

S.H.E. Agency

Welcome to the future of Public Relations and Special Events Planning with a unique twist! *S.H.E. Agency - Style. Hot. Energy.* This concept was created with a vision to promote memorable and delightful experiences while making an impact in the communities and lives we serve in the River Region and beyond.

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SHE TALKS

From the desk of Traci A. Smith, CEO/President

Don't be green with envy because this newsletter is one of my favorite issues. Why? So many reasons, but here I go! I have two new contributing writers (Sharon Carter and J. Carter). I'm excited for this new relationship and hope you will enjoy the inspirational and entertaining news that will keep the newsletter Stylish, Hot, and full of Energy. Plus, I had the opportunity to do a "gorgeous" photo shoot with a few of my staff members: Joy, Chelsa, and Krystle. These ladies looked fabulous in their black and white. Special thanks to Aubrie Moates with Hello Gorgeous Photography! We had so much fun that we didn't want it to end. Be sure to check out the pictures throughout the newsletter. We started two wonderful projects called All TIEd Up and All DOLLEd that will motivate and inspire every young men and women to become successful leaders. Last but not least, we reached another milestone of being in business for 2 years and S.H.E. Agency is still growing! What's next? I can't tell you all that...yet. Maybe you will just have to wait and see...next month!

~TAS

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Staying Recession Fashionable

Of course, we are still considered to be in a recession! But who says you can't be fashionable? You can opt to mix and match classic pieces in your wardrobe as well as frequent thrift stores to look for timeless pieces. It is time to march away from the military fashion trend and ride into biker clothing! It is time for the biker trend to have glory and give the soldier look a rest. If you prefer not to ride, you could settle for "70s sophisticated glamour" or "70s bohemian" look. Did I mention the maxi dress is back and it is must have staple for a woman's summer wardrobe! So go ahead and grab a cute maxi and pair it with a jean jacket and be the fashionable luv bug that you are!



Source: www.FashionISing.com & www.StyleCovered.com

About the Writer



Courtney L. is a graduate of Alabama State University and Troy University. She received her Bachelor's in Special Education, Masters in Public Administration and Educational Specialist degree in Brain Based Teaching/Instructional Leadership. She enjoys traveling the countryside and wine tasting. She also enjoys shopping at thrift stores. You can follow Courtney on Twitter ([IamCourtneyLuv](https://twitter.com/IamCourtneyLuv)), log on to www.CourtneyLuv.com, or e-mail her at Courtney@SHEagency.com

sheBITS...For the Nerd in You

The Battle: Original iPad vs. iPad 2

Dimensions - CHANGED (slightly)

While the overall footprint of the iPad 2 is the same as that of the iPad, the thickness has gone down from 13.4mm to 8.8mm. The weight is also down for all models (WiFi model down from 680g to 601g while the WiFi + 3G is down from 730g to 613g for the AT&T model and 607g for the Verizon model).

Screen - UNCHANGED

No change here - The iPad 2 makes use of the same 9.7-inch LED-backlit IPS 1024 x 768 screen as the original iPad.

Processor - UPDATED

Out with the old 1GHz single-core A4 chip, and in with a dual-core 1GHz A5 chip. The original A4 featured 256MB of RAM while the iPhone 4 has 512MB.

Storage - UNCHANGED

The options for storage remain the same - 16GB, 32GB and 64GB.

Radios - UPDATED

While WiFi and Bluetooth remain the same (802.11 a/b/g/n and 2.1 + EDR respectively) the cell radio in the updated iPad has been updated. The original iPad featured EDGE plus tri-band HSPA while the iPad 2 features EDGE plus quad-band UMTS/HSDPA/HSUPA (850, 900, 1900, 2100 MHz) and GSM/EDGE (850, 900, 1800, 1900 MHz) for the AT&T versions and CDMA EV-DO Rev. A (800, 1900 MHz) for the Verizon model.

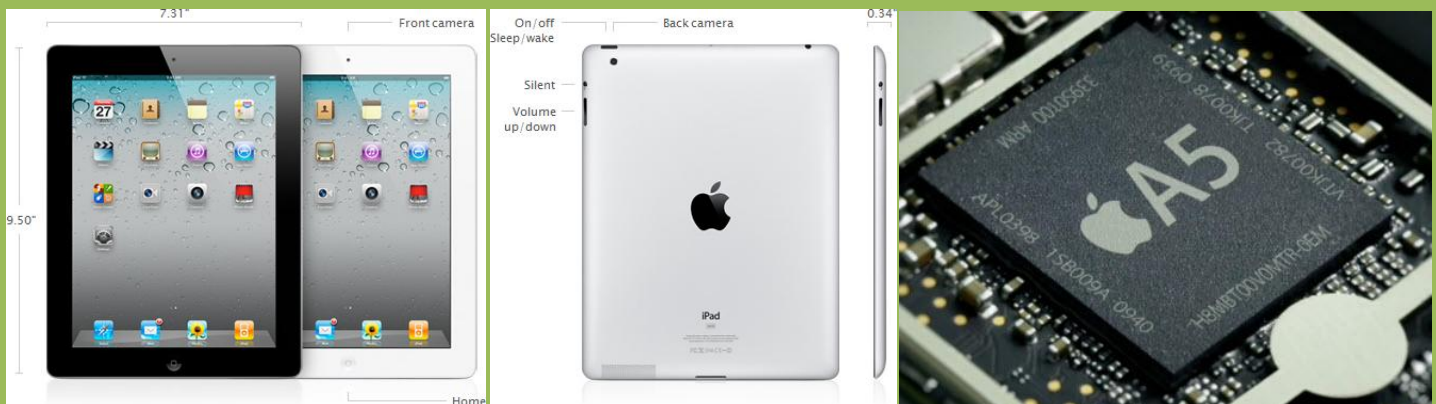
Price - UNCHANGED

The price remains unchanged for all models - iPad 2 starts at \$499 for the 16GB WiFi-only model.

New features

There are a few features completely new to the iPad 2.

- Front-facing VGA camera
- Rear-facing 720p camera
- Gyroscope
- New case (optional) that is attached by magnets (how DO they work? ;) and features a microfiber surface.
- HDMI output dongle (optional).



LAKESHA WOMACK PRESENTS



I WANT IT ALL! CONFERENCE MONTGOMERY AL

August 4 - 7, 2011

PERSONAL PROFESSIONAL & SPIRITUAL DEVELOPMENT

Thursday

Black Tie Dinner & Reception

Friday

Professional Development &
Networking Mixer

Saturday

Personal Development & "Rock the
Runway" Fall Fashion Show

Sunday

Spiritual Development & Farewell
Brunch



facebook/MsLaKeshaNomack



twitter/LaKeshaNomack

For more information, visit

LaKeshaNomack.com/iwantitall



CORKy things to do

By Chelsa Brown

Many wine lovers save the corks from bottles of wine. However, many have no idea what to do with them. We save them in Ziploc bags or other containers knowing that there must be something to do with all of those corks. You're in luck! Here are some neat ideas of ways to put those corks to good use.



Cork coasters are a great addition to a wine lovers bar or for hosting a party. They'll protect your furniture and keep away wine stains or protect your surfaces from hot beverages. You can make them yourself! Go to http://www.ehow.com/how_4761628_make-wine-cork-coasters.html to find out how.

Wine cork serving trays are great for serving guests at parties. These are simple to make and kits can be purchased online. Simply take a serving tray, place corks at the bottom of the tray and cover with plexiglass. Viola! You've jazzed up a simple wooden tray to a conversation piece with your party guests.



If you have champagne corks they will make neat **cardholders**. Just simply cut narrow slits across the wide, curved end of the cork. The flat "bottom" will serve as the base of each card holder. You can also use these to indicate foods on a food spread of buffet.



For more fun ideas to use those saved corks check out www.wineintro.com/products/corks/.

About the Writer



Chelsa Brown is a graduate of Troy University Montgomery. She received her Bachelor's in Social Sciences. She enjoys traveling, meeting new people, and mentoring youth. Her appreciation for culture and wine prompted her to develop the blog [Heard It Through the Grapevine](#) to inform and engage the River Region in all things related to wine. She currently lives in Millbrook, AL. You can follow Chelsa on Twitter (MsCB83) or e-mail her at Chelsa@SHEagency.com.



No Longer Suffering in Silence

By
Krystle Bell

Three years ago on a December night, I arrived at the emergency room suffering from severe abdominal pain. Prior to that night, I had suffered in silence for nearly 10 years with issues that affected my health and limited my ability to perform daily activities. I went from doctor to doctor, and no definitive diagnosis could ever be established. Arriving at the emergency room that night changed my life for the better. I was referred to a specialist that had knowledge and skill in treating my illness, and he was truly a God send. My suffering finally had a name. It was endometriosis.

March is National Endometriosis Awareness Month, and I believe it is vital that women and girls are educated about this chronic, debilitating disease. According to the Endometriosis Association, endometriosis is a painful disease that affects approximately 6.3 million women and girls in the United States alone. It occurs when the endometrial tissue that lines the uterus is found outside the uterus. The symptoms of endometriosis include severe pain during a woman's menstrual cycle, fatigue, and infertility. Many women and girls go undiagnosed for approximately 7 years before ever knowing they have the disease. Endometriosis awareness is crucial in order for individuals to be equipped with the knowledge and understanding of the disease.

The bondage of pain and suffering no longer consume my life because my faith has healed me. My experience with endometriosis has not only increased my awareness level, but it is now my mission to inform others about it. For more information about endometriosis, please visit the Endometriosis Association's website at www.endometriosisassn.org. You no longer have to suffer in silence because you have a right to divine health and wholeness.

About the Writer



Krystle Elaine Bell is a 2007 magna cum laude graduate of Jacksonville State University with a Bachelor of Arts in Political Science and a double minor in Spanish/Business and Technical Writing. She is currently pursuing her Master in Public Administration with a concentration in Nonprofit Management and Leadership at Auburn University Montgomery where she will complete her studies in May 2011. Krystle lives in Montgomery, Alabama. She enjoys running, reading, and writing. Her interests include philanthropy, women's health, and metaphysics. Krystle can be reached at Krystle@SHEagency.com.

S.H.E. AGENCY
PRESENTS:

MGMT
tweet
& greet



LOCATION: EASTSIDE GRILLE
6667 ATLANTA HWY
MONTGOMERY, AL

DATE: FRIDAY, APRIL 15, 2011

TIME: 5 PM - UNTIL

LIVE MUSIC BY KIP TRAYLOR

& FEATURING...

THE GREEN DINOSAUR & THE MELON AFTERSHOCK

BRING YOUR DONATED
NECKTIES FOR THE
ALL TIED UP WORKSHOP

ALL TIED Up



@SHEAGENCY
@ALLTIEDUP_
@EASTSIDEGRILLE
@KIPTRAYLOR
#MGMTWEETANDGREET

STAYING.HEALTHY.EVERYDAY: ALL ABOUT HEART DISEASE

By: Matalia Liptrot

HEART DISEASE IS THE #1 KILLER IN MEN AND WOMEN and 40% OF ALL DEATHS!

BLACK WOMEN ARE AT GREATER RISK BECAUSE OF LITTLE AWARENESS AND MORE RISK FACTORS!

Many forms of heart disease is preventable or treatable with early diagnosis. Many people are not diagnosed until condition worsens to a heart attack so it is important to be aware of the symptoms. Symptoms of heart attack include chest pain, shortness of breath, numbness and weakness. In women, the symptoms can be subtle and unrelated to chest pain which include neck/shoulder discomfort, dizziness, and nausea/vomiting. Symptoms in women are not typical of a heart attack which causes a delay in receiving medical treatment on time and because of this much damage has already occurred. Heart disease risk factors include age, sex, family history, smoking, poor diet, high blood pressure, high cholesterol, diabetes, obesity, smoking, low estrogen, birth control, high stress and illegal drugs.

The most common heart disease is cardiovascular disease. The damage caused to your heart or blood vessels is a buildup of fatty plaques in your arteries. The blood vessels are responsible for carrying oxygen and nutrients from the heart to the rest of the body. Over time, when there is too much pressure to the arteries, it can make the walls thick and stiff. This restricts the blood flow to the organs and tissue. This is caused by living an unhealthy lifestyle. An example of heart disease complication is *heart failure*. This happens when the heart can't pump enough blood to meet the body's need. This leads to having a *heart attack*. A heart attack is when a blood clot blocks the flow of blood through a coronary artery. This can occur at anytime without warning and can lead to *sudden cardiac arrest*. Sudden Cardiac Arrest is when electrical disturbance in the heart causing blood to stop flowing to rest of body. It is important to know your risk and start taking care of your heart health at an early age.

STEPS TO SMART HEART HEALTH: Get a baseline level of your current heart health. Start building heart healthy habits. Research and learn your family history.

Remember: It is never too late to start taking care of your heart health! Through awareness and making healthy lifestyle choices, you can begin TODAY in improving your heart health to live a longer healthy life!

About the Writer



Matalia Liptrot is an Ozark native with a Bachelor degree in Marketing from The University of Alabama. Matalia started out her professional career in corporate America as a buyer for a retail chain. She later entered upper retail management before making a career change to become an event planner to now working for a non-profit organization. Matalia's interests includes working with community organizations to promote health and education and bring awareness to issues facing the community. She also enjoys socializing with family & friends, reading, writing, and personal growth. You can follow Matalia on Twitter (Tylo12) or e-mail her at Matalia@SHEagency.com.



All *DOLLED* up

Saturday, March 5, 2011
The Shoppes at EastChase
(Space next door to Hollister)
Open to young women ages 13-18

Topics

Dressing for Success | Making Your Dream a Reality
Hair & Makeup Tips | Responsible Choices
First Impressions | Etiquette | Public Speaking & More

Registration

\$15/person or \$10/groups of 5 or more
<http://alldolledup.eventbrite.com>
or www.SHEagency.com

Use discount code "ALL_DOLLED_UP_2011"
Lunch & T-shirt included in registration.

INSPIRATIONAL CORNER

Spring Time!

By: Sharon Carter

Welcome to March! I love this time of year. Not only is it a time to celebrate St. Patrick's Day and all things green, but it's a time many look forward to because the spring season is on the horizon! Spring is such a beautiful time of year; this is when Mother Nature comes alive and shows off her beauty. The flowers are in full bloom and the rays from the sun beam a little longer thanks to daylight savings time. Spring also brings an excitement for people as they say goodbye to the doldrums of winter. People come out from hibernation and start enjoying the outdoors in abundance.

As Mother Nature blooms all around you, you may look around your life and think that your problems are at a standstill. For some of you, your situations haven't turned out exactly the way you desired them to. Maybe you are going through a divorce. Or maybe you are experiencing financial difficulty. Because of your circumstances, you may be wondering if your life is stuck in the season of winter. Why haven't my prayers been answered yet? Where are the good things that you are believing for? Take comfort in knowing that God has a special plan for your life and His timing is perfect!

In the book of Genesis, at the age of 75, God told Abraham to depart from all that was familiar and go to a place that He would show him. At the age of 86, God told Abraham He would give him a child and at the age of 99, he promised that his son would be born. Finally, a year later, Abraham's son Isaac was born. Long story short, you cannot rush the plan of God.

Here are some lessons from Abraham's Story:

1. **God is on YOUR side:** God was with Abraham every step of his journey. The same way He was with Abraham is the same way He is with you today. The Bible says He is the same yesterday, today and forever.
2. **Delay does not mean denial:** Although it took time for Abraham's promise to come to pass, it still came to pass. God was faithful to Abraham and He will be faithful to you. While you are waiting, take some time to remember prior situations where God came thru for you. Also, remember to give thanks for what is right in your life now.

In conclusion, as Max Lucado has said, even though you may not understand how God works, you KNOW He does. Believe God is working things out for you!

Until next time....live, laugh, love!

About the Writer



Charismatic. Inspirational. Go-Getter – are some of the qualities that personify who Sharon Carter is. Born and raised in Brooklyn, New York, Sharon attended the Brooklyn Campus of Long Island University, where she received her Bachelor's in Political Science as well as her MBA in Finance. She enjoys traveling, meeting new people and reading. It is her love for words that has ignited her passion for the written word. Currently, Sharon is working on her first book and her blog is coming soon. Also, some of Sharon's writing will be featured in an upcoming book for aspiring Makeup Artists that desire to work in the Entertainment Industry, written by Celebrity Makeup Artist Marietta Carter-Narcisse. You can follow Sharon on Facebook (Sharon Carter), Twitter (sharon4success) or Sharon@SHEagency.com.

ENTERTAINMENT NEWS

Rihanna walked away from a \$500,000 payday this month just to party the night away. The pop star canceled a performance at Donald Trump's cancer fundraiser only hours in advance. Rihanna said that she was suffering from bronchitis, but the ailment didn't stop her from performing at the NBA All-Star Game. Jennifer Hudson took her place at last minute. Donald Trump said the cancelation was "insulting" and showed a "lack of respect." We think it shows that Rihanna is a boss, not worried about money, and free to do whatever she wants.

It seems as if Rihanna pulled a classic on Donald Trump and he was none too happy about it. Too bad he was dumb enough to fall for it! Trump's got some harsh words for the pop singer after she faked being sick to get out of a Cancer benefit that he asked her to perform at. She reportedly was being offered \$500,000 for the gig. She was clearly healthy when performing at the NBA All-Star Game with Drake and Kanye West. Sounds like Trump got Punk'd! But it's not a problem when you're a guy like Donald Trump, who just as easily got singer Jennifer Hudson to fill in at the last minute.

Trump's thoughts:

"I thought that [Rihanna bailing] was insulting to everyone... But for Rihanna to go to the [NBA] All-Star game and perform after she told us she was sick, that is just a lack of respect. "But nothing was missed. Jennifer's a beautiful girl. She came on her day off even though she performs almost every night. She is an unbelievable talent, and her voice is better."

I don't know who's crazy enough to walk away from \$500,000 but apparently Drake and Kanye and millions of NBA fans are worth it. Jennifer Hudson got a nice little paycheck, Donald gets feisty, and Rihanna just gets more famous. The world keeps spinnin'. What do you think of the drama?

-J. Carter

About the Writer



J. "Coach" Carter is the President of Authentic Team Management LLC. Created in 2004 by J. Carter and Desmond "Haiti Fresh" Bowie, Authentic Team is a grass roots promotion and creative marketing company with years of experience in street distribution, online promotion, event production, and logo branding. A TEAM has been an intricate part of several events in Alabama, Atlanta, and now Miami at top nightlife destinations including Opium Garden, Crobar, Nikki Beach, The Living Room, Billboard Live, Shore Club, Delano, and Townhouse. For more information, you can check out Authentic Chronicles News at www.authenticchronicles.com.

S.H.E.'s Gorgeous Girls!



S.H.E. Features

March is Women's History Month. Before the 1970's, the topic of women's history was largely missing from general public consciousness. To address this situation, the Education Task Force of the Sonoma County (California) Commission on the Status of Women initiated a "Women's History Week" celebration in 1978 and chose the week of March 8 to coincide with International Women's Day.

The celebration was met with positive response, and schools began to host their own Women's History Week programs. The next year, leaders from the California group shared their project at a Women's History Institute at Sarah Lawrence College. Other participants not only became determined to begin their own local Women's History Week projects but also agreed to support an effort to have Congress declare a national Women's History Week.

In 1981, Sen. Orrin Hatch (R-UT) and Rep. Barbara Mikulski (D-MD) cosponsored the first Joint Congressional Resolution proclaiming a "Women's History Week."

In 1987, the National Women's History Project petitioned Congress to expand the celebration to the entire month of March. Since then, the National Women's History Month Resolution has been approved every year with bipartisan support in both the House and Senate.

For more information about National Women's History Project, go to <http://www.nwhp.org/whm/index.php>.

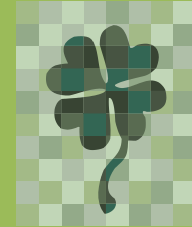
Upcoming Events

Montgomery's Tweet & Greet 3

April 15, 2011
Eastside Grille
Live Music from Kip Traylor
Montgomery, Alabama

Eve's Circle I Am Worth It Conference

June 11, 2011
True Divine Baptist Church



National Pan-Hellenic Council's Walkin for A Cause & Community Day

June 18, 2011
Downtown Montgomery

I Want It All Conference

August 4-7, 2011
<http://lakeshawomack.com/2010/12/14/i-want-it-all/>
Montgomery, Alabama



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