

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.

CONTACT:
PR@sheagency.com
www.SHEagency.com



SHE TALKS

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

The Month of May is here and I can truly say it will be a busy month for me. Staying busy is not a bad thing especially when you are giving back to the community. This was proven in April when the state of Alabama was hit with numerous tornadoes that left residents trying to salvage belongings. This became the 2nd deadliest tornado outbreak in U.S. history.

However, I'm so proud to see friends getting involved in Montgomery, Birmingham, and other areas outside of the state to collect items needed to help storm victims get back on their feet. Whether you were impacted directly or indirectly, be a helping hand because it could have been you. You never know when you may need help one day. Take care of yourself but remember to take care of those around you. We are family! Take this time to remember those that lost their lives and help those that are rebuilding their lives from this devastating natural disaster.

~TAS

IN THIS NEWSLETTER

Birds of a Feather Flock Fashion Together....Page 2 sheBITS...Page 3

I Want It All ConferencePage 4 No Cork, No Stopper...No Wine?...Page 5

Don't Keep Strokin'Page 6

It's Not Too Late.....Page 7

Coach Carter FastBREAK ...Page 8

SHE Features...Page 9

Birds of a Feather Flock Fashion Together

Expressing your fun side and being fashionable is what rocking feathers is all about. If you haven't noticed, the peacock has made a comeback and can be seen throughout the fashion industry. The trend of weaving feathers into hair started in California. But since celebrities, notably Steven Tyler on "American Idol," started sporting the long feathers in their hair, the style has arrived here in the south as well. So go and add some extra flair to your wardrobe and shake a tail feather.



Hilary Duff, Cassie Scerbo, and Steven Tyler wearing feather extensions

Send pictures of you wearing your feathers to CourtneyLuv@CourtneyLuv.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), log on to www.CourtneyLuv.com, or e-mail her at Courtney@SHEagency.com

sheBITS...For the Nerd in You

By: RAH, III

Finally.

The amazing iPhone 4. Now available in white.



Finally indeed. After months of delays, the All-white iPhone 4 is now available for purchase (AT&T and Verizon). You still get all the great features, and options of the black iPhone 4, and access to the Apple App Store. Reasoning for the delay? Extra UV protection was added to keep the internal components from malfunctioning.
www.apple.com/iphone

Along with the release of the All-white iPhone 4, Apple has also updated their All-in-one iMac line. Prices start at \$1,199 for the 21.5-inch model with new 2.5GHz quad-core Intel Core i5 processor and they jump to \$1,999 for a 27-inch model with a 3.1GHz quad-core Intel Core i5 processor, or optional 3.4GHz quad-core Core i7 processor.
www.apple.com/imac/

The ultimate all-in-one goes all out.

Now with a quad-core processor in every model, up to 3x faster graphics, Thunderbolt, and a FaceTime HD camera.

Starting at \$1199.



The all new BlackBerry Bold 9900/9930, or the BlackBerry Bold Touch. Revealed during the BlackBerry World Conference in Orlando (May 3-5) this refresh features a 2.8in VGA, capacitive touchscreen, a 1.2GHz Snapdragon processor, and 8GB of internal storage with microSD expansion. It also includes the all new BlackBerry 7 OS, which includes a faster browser, and voice-activated search. Coming Soon.

<http://us.blackberry.com/smartphones/blackberrybold/touchbold.jsp>

In case you may not be a “gamer”, or know of anyone who has proclaimed themselves as one, the PlayStation Network was hacked, and compromised, and has been down since April 20th. As pictured in the image on the right, Sony has sent a document to Congress over concerns about the leaking of personal information. Sony to Congress: All 77 Million PSN, and Qriocity accounts have had information stolen, and they have no clue what exactly has been compromised, or who is behind the attack.



Sony Computer Entertainment America
919 East Hillside Blvd.
Foster City, California 94404-2175
650 655 8000
650 655 8001 Fax

May 3, 2011

The Honorable Mary Bono Mack
Chairman
Subcommittee on Commerce, Manufacturing, and Trade
United States Congress
2125 Rayburn House Office Building
Washington, D.C. 20515

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



No Cork, No Stopper...No Wine?



Tessa A. asked *Heard It Through the Grapevine*:

“How do you store an open bottle of wine without a cork or bottle stopper?”

I'm sure most of us wine lovers have come across this problem a time or two. Either the cork has crumbled from trying to remove the cork or you just can't get the cork back into the bottle. However, you don't have a bottle stopper to stop the bottle. So what do you do?

The simplest thing to do would be to pour the wine into a decanter with a seal-fit stopper. This may allow you to store smaller amounts of wine without as much exposure to oxygen. The wine must fill up to the bottom of the stopper to prevent the wine from aging. Also, serving “leftover” wine from a decanter makes for a more attractive presentation when serving it. Prices for decanters can range from as low as \$3.95 to \$300. So the amount you spend would be based on how you'd like to present your wine.

Other methods would be to use pumps or nitrogen sprays to displace the oxygen in the bottle. It's primarily oxygen that interacts with the wine and microscopic elements in the wine that cause it to spoil. However, these methods have shown to not extend the life of wines much and are a bit expensive.

For a more inexpensive method of preserving your wine, here's a tip from e.how.com at [click here](#).



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.

Don't Keep Strokin'!

One half of all African Americans especially *women* will die from a stroke. A stroke is the 3rd leading cause of death. Why does it strike so many African Americans?

A stroke is a “*brain attack*” which occurs when a blood clot blocks an artery or when a blood vessels breaks, interrupting blood flow to an area of the brain. When this happens brain cells begin to die and the abilities controlled by that area are lost such as speech, movement, and memory. The affects of a stroke depends on where the stroke occurs in the brain and how much damage is done to the brain. The statistics are staggering; strokes affect the black race more than any other racial group! **African Americans have a higher rate of the risk factors which includes high blood pressure, diabetes, smoking, and obesity.** High blood pressure is the #1 risk factors and 1 in 3 African Americans suffer from this. Smoking “*doubles*” your risk and if you stop today you will immediately decrease your risk. Having one or more of these risk factors increases chances which is why it's important to know if you are at risk and seek treatment.

Types of strokes...

Ischemic: A blood clot blocks blood flow to the brain.

Embolic: A blood clot forms in the body & travels through the bloodstream to the brain.

Thrombotic: Blockage of one or more arteries supplying blood to brain or unhealthy blood vessels clogged with buildup of fatty deposits and cholesterol.

Hemorrhagic: A blood clot caused by the breakage of a blood vessel in the brain

Small Vessel Disease: Blood flow is blocked due to very small arterial vessel

The Strokes slogan is “*act FAST*” with the letters a checklist of symptoms to recognize

Face, is the face drooping?

Arm, does arm drift downward?

Speech, is speech slurred?

Time, act quickly to get medical treatment

As African Americans, we can decrease the statistics by increasing awareness, lowering salt intake, know your blood pressure/cholesterol levels, stop smoking, and exercise. If you have these risk factors work with doctor to get health risk under control. By knowing the symptoms of a Stroke such as sudden numbness or weakness, confusion, trouble seeing/walking, dizziness, loss of balance, loss of consciousness, or nausea/vomiting, you can act quickly and be given treatment in a timely manner!

If you have or recognize any of the symptoms remember act FAST because every minute counts!



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 include 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.

INSPIRATIONAL CORNER

It's Not Too Late!

By: Sharon Carter

Goodbye April, hello May! The first quarter of 2011 has rapidly passed and come to a close. As the saying goes, time waits for no one. Each year on the brink of a New Year, many make goals (some refer to them as resolutions) about what they are going to focus on in the coming year to move their life forward. After all, one common trait we all have as human beings is the desire for progress. Whether your goal is to lose weight, eliminate your credit card debt, start a new career or start your own business, change will be necessary in order for you to achieve what you desire.

Research has shown that by the time March rolls around many people have long forgotten about their goals they were so determined to accomplish just a few short weeks ago. So let me ask you, are you keeping up-to-date with your goals? If you are, congratulations! But for those of you that have lost some steam since the New Year began, now would be a good time to revisit those goals so that you can get back on track to living your life by design.

Here are some helpful tips to help you get back on track:

Tip #1: Revisit the “why” – Why did you set the goal in the first place? The reasons that compelled you to begin are the same reasons that will propel you to complete your goal. Constantly remind yourself of why you started to keep you motivated and encouraged. For example, you can do this by writing your goals on index cards and reading them 2-3 times per day.

Tip #2: Find Inspiration – Look to others who have done what you want to do. As the saying goes, “there is nothing new under the sun” – be encouraged, what you aspire to do someone else has done before. Whether your goal is to lose 20 pounds, write a book or go back to school, someone else has done it. Post pictures and/or read articles about individuals who have walked the road that you are currently walking. With the advancement of social media, it is easier to connect with positive people from all walks of life.

Tip #3: Think long-term – Dr. Thema Bryant-Davis, Ph.D., states that giving up a bad habit is an investment in the life that you want to live. In order to be successful in life, it is important not to focus on short-term gratification but on the long-term rewards. It is imperative that you become a future-focused thinker!

Tip #4: Start small – We live in a world that magnifies immediate results; however, change is a process not an event. Studies have shown that it takes 30 days to make new habits stick. Instead of focusing on 10 goals at a time, start with 1 or 2 that you can be consistent with.

Tip #5: Track your progress – Celebrate your progress! Every monumental step in a positive direction should be celebrated. Also, you are more likely to stay motivated when you see how far you've come.

Lastly, remember it's not too late and 2011 can still be your best year yet! Go forward!

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. Sharon currently resides in West Palm Beach, Florida and can be reached at Sharon@SHEagency.com.

Coach Carter's FastBREAK



About the Writer

John "Coach" Carter is a graduate of Troy University. He received his Bachelors in Political Science with a concentration in Business. He is also President of a management & marketing firm, Authentic Team Management LLC which specialized in helping amateur and professional talents, concentrating in music, modeling, and sports. He is heavily involved with health related causes such as Sickle Cell Foundation, AIDS Outreach, and Joy for Life. You can check out his media publication Authentic Chronicles News at acnewsmag.blogspot.com. Coach Carter currently resides in Montgomery, Alabama and can be reached at ateammangement@gmail.com



Top Ten 2011 NFL Draft Picks Before Cam Newton will ever put pen to paper in signing an NFL contract, he will put it to cardboard, jersey's, helmet's and other pieces of memorabilia thousands of times for tens of thousands of dollars. Along with other top picks in the NFL draft, Newton will take advantage of his NFL draft status and cash in even more than he did after he won his National Championship at Auburn. But which pick from the 2011 NFL Draft will keep his memorabilia rising in price? This is always a question when buying the memorabilia of an unproven prospect. While it is a fact that some of these players show a lot of promise and many of them will be successful at the next level, the bottom line is that some will fail. The biggest difference between college football and the NFL is that rather than there being a couple of tremendous athletes on each team, every team has one at every position. So which one will beat expectations? Will Newton prove the doubters wrong? Will Green change the Bengals offense? Will Ryan dominate defenses with Julio and Roddy at wideouts? Only time will tell.

Here are the Top 10 Draft Picks from the 2011 NFL Draft:

1. Cam Newton – Carolina Panthers – College: Auburn
2. Von Miller – Denver Broncos – College: Texas A&M
3. Marcell Dareus – Buffalo Bills – College: Alabama
4. A.J. Green – Cincinnati Bengals – College: Georgia
5. Patrick Peterson – Arizona Cardinals – College: LSU
6. Julio Jones – Atlanta Falcons – College: Alabama
7. Aldon Smith – San Francisco 49ers – College: Missouri
8. Jake Locker – Tennessee Titans – College: Washington
9. Tyron Smith – Dallas Cowboys – College: USC
10. Blaine Gabbert – Jacksonville Jaguars – College: Missouri



S.H.E. Features

May is Asian-Pacific Heritage Month. It is a celebration of Asians and Pacific Islanders in the United States. President Jimmy Carter signed a joint resolution Oct. 5, 1978 designating Asian-Pacific Heritage Week as an annual celebration in May. Twelve years later, President George H.W. Bush signed an extension making the week-long celebration into a month-long celebration. In 1992, the official designation of May as Asian-Pacific American Heritage Month was signed into law.

The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.

Asian Pacific Americans have made lasting contributions to America's wartime efforts. This includes World War II, Korea, Vietnam, and Iraq. In honor of Armed Forces Day, be sure to honor Americans serving in the five services-the Army, Navy, Marines, Air Force, and Coast Guard. Say "thank you" for Freedom is not "free"!

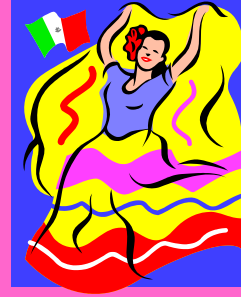
For more information about Asian-Pacific American Heritage Month, go to Federal Asian Pacific Council Website at <http://www.fapac.org>

Upcoming Events

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

All TIEd Up Workshop

September 2011

Montgomery's Tweet & Greet 4

Fall 2011

Montgomery, Alabama



S.H.E. Agency, LLC
P.O. Box 240933
Montgomery, AL 36124