

OUR CONTRIBUTORS

WRITERS



Dr. Asha Fields Brewer is a speaker, author and radio personality. She combined her love of sports medicine and her faith background to launch the Temple Fit Health organization in 2012. Through her weekly radio show, health empowerment programs, and inspirational speaking engagements, she has equipped communities across the nation to live well.



Amanda Wallace is a freelance writer who has lived in Tallahassee for most of her life. She received her degree in creative writing from the University of Central Florida. In addition to magazine articles, Amanda writes fiction and is currently working on a screenplay as well as a book, and contracts with Tallahassee Woman for marketing.

PHOTOGRAPHERS



*a member OF Tallahassee

AJ Abellera is the owner of AJ Studios Photography. He is a member Tallahassee Professional Photographers Guild; the Florida Professional Photographers, Inc. (FPP); and the Professional Photographers of America. In 2015, AJ received the Florida Degree of Photographic Excellence (FDPE Florida Master Photographer) offered by FPP. View more of his work at ajstudiosphotography.zenfolio.com.



Erin Pierson of E. Mika Photography was born and raised in Kansas, and graduated with a bachelor of fine arts degree in 2007. Since moving to Tallahassee in 2012 with her husband, she has fallen in love with the people here and delights in the gift of being able to document their special memories.



Romina Rivadeneira, owner of I Shot the Bride® and RominaPhoto.com, graduated from SCAD in Savannah with a Bachelor of Fine Arts in Photography, and from the Portfolio Center's Commercial Photography program in Atlanta. In addition to brides, Romina shoots kids, families, and commercial work throughout the Southeast and beyond.

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PURPLE REIGN

By Jordan Stinson

"Honey I know, I know, I know, times are changing. It's time we all reach out for something new!"

—Purple Rain by Prince

Perhaps it's time to try the power of purple for your wardrobe? Luckily this year's trendiest color can be worn in its warmest and coolest shades. A lighter shade of purple offers a more delicate look to any outfit, perfect for the whimsical free spirit feel of summer. ***making IT a great fall color** appearance, **making a great fall color.**

How to personalize your purple: ***word choice - "color" vs "skin tone"**
golden goddesses, compliment your **color** with a light lavender sundress. For the **fair skin beauties**, perhaps an orchid top with ***fair SKINNED** jeans. For a more subtle statement, try a violet colored clutch for year round use. Purple tees can be worn with shorts in the summer, or under a blazer in the fall. Purple pants are the absolute "it" look this year. Loose fitting cuff-able purple slacks can be rocked in the office with pumps or at a summer brunch in flats.



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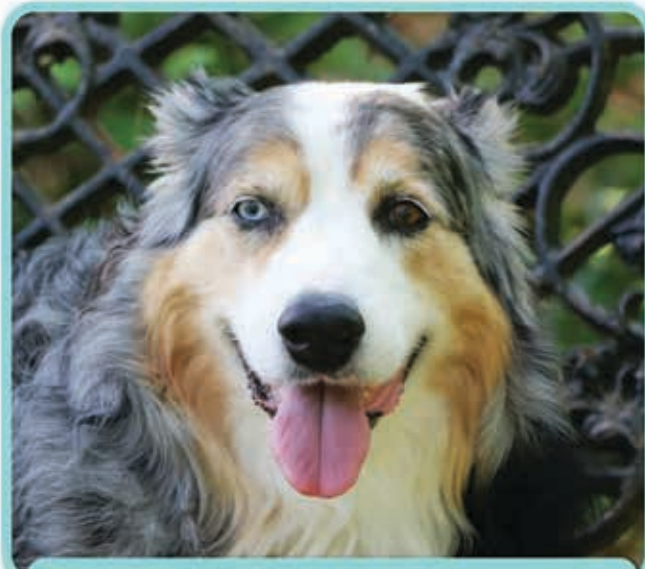
Get Into the Groove with a Musical Messenger

By Sella Kinch

The 2015 Music App of the Year, “Ditty” by Zya, is still taking the app world by storm. Ditty is a fun musical messenger that will take

music video. Using popular songs with your text has never been more fun. The videos usually are only a few seconds long but are incredibly simple and entertaining to make. New songs are added constantly, making the opportunities endless and is guaranteed to get you into the groove.

***this sentence doesn't make sense (“is guaranteed”) - maybe “and WHICH is guaranteed”**



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Hair I Go Again ***should be capitalized**

How to Get Voluminous Hair **without** Damaging It

By Sella Kinch

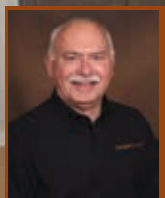
Obtaining lifted hair full of volume is sometimes only a wishful dream. Instead of spending every morning curling or lifting your hair with heated tools, there are three simple ways **that add volume** without wasting your time or damaging your hair. ***TO add volume**

Boost Your Roots- The volume of your hair always begins with the roots. In order to lift your hair and maintain volume throughout your day, add **special treatment of your roots** to your daily routine. You can blow-dry your hair upside down, focusing on the hair at ***word choice - special treatment TO your roots** with a comb, using hairspray if needed.

***that can be achieved by styling their** ***word choice - maybe "placing"** of hairstyles **you can achieve with just styling your hair** before a single messy bun, three buns or even braids to wake up with curls. Focusing your buns closer to your scalp will give much more volume **to hair closer to your roots.** Additionally ***simplify - "much more volume TO YOUR ROOTS"** you want

Use Specific Products- This method is certainly more expensive **than others,** ***simplify - delete "than others"** of products, ranging from shampoos to mousses, which are **geared to adding** volume in hair. It can take some time, but find a good quality product that **fits the volume** you want to achieve. Ask your hair stylist for ***geared TOWARD adding** ***word choice - "provides" rather than "fits"**

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She's Got Bette Davis Eyes Three Ways to make your Eyes Get Noticed

***should this be capitalized (?)**

***unnecessary comma** stresses her perfectly mascaraed eyelashes to, “tease and unease,” as the 80s hit by Kim Carnes reminds us. Get your Bette Davis eyes noticed with these three easy tips.

to apply your shadows, simply dampen your brush a little with warm water. This easy trick works with both bright and neutral shades. The hint of warm moisture will add an intensified shimmer to your color and make those eyes pop!

***should “gently” be capitalized (?)**

is as easy as 1.2.3. 1: gently comb your eyelashes. 2: get an old business card and it behind your eyelashes. 3: use your hand to sweep your mascara brush gently back and forth over your eyelashes. This simple trick can be used to make a drug store mascara Hollywood favorite. ***having TO wake** eyes looking wider, without having wake them up with eyeshadow.

3. Camouflaging concealer
If you suffer from dark circles, bags, or crow's feet then a super light concealer may be your saving grace. You can grab any concealer as long as it is a lighter color than you would usually use. After you apply the rest of your base makeup you'll be left with a light and bright palette to play with. The lighter areas that now surround your eyes will add contrast to whatever shade you choose, giving your eyes that extra ump.

***OOMPH**

2. Shimmery shades
If you're looking to pump up your eyeshadow party, don't just keep adding more color. If you're already using a brush



“Pour Some Sugar on Me”

By Dr. Asha Fields Brewer

It has caused many a woman to question the late night activities of her spouse. It has tempted the most dedicated to taking the long way home. Our youth are even hiding it from their parents at younger and younger ages. What is the culprit?

Sugar.

Going by its formal name of “carbohydrates,” sugar is regarded as the primary fuel source of healthy bodies. The brain, heart, muscles and other organs prefer carbohydrates to other sources of energy. However, going by the stage name of “sugar,” the guilty party has been given the **bad rap** of causing weight gain, liver disease, and diabetes.

***bad RAP**

If it was just the ice cream causing us ill-health, we might be in better shape. Why? Because we all grow up knowing confectionary foods are to be enjoyed sparingly. The issue is that not every sugar is hot, sticky, or sweet. Frequently used items, such as salad dressings, sauces, yogurts, and flavored drinks contain hidden sugars. Unbeknownst to many consumers, we are smothering the health out of our food. Some believe we have the marketing industry to thank for this mass deception.

Children are a target demographic for marketers, because they “shape the buying patterns of their families,” according to Dr. Sandra Calvert’s Spring 2008 article in *The Future of Children*. Calvert further mentions, “Paid advertising to children primarily involves television spots that feature toys and food products, most of which are high in fat and sugar and low in nutritional value.”

The Federal Trade Commission, a governmental regulation agency, launched restrictions against youth-targeted sugar marketing in the late 1970s. But these restrictions were swiftly retracted, due to lobbying from the food industry, as recorded by the *Journal of Health Politics, Policy, and Law*’s April 2010 issue.

What is even more unfortunate is that children have developed an affinity for both blatantly sugary and inconspicuously sugary foods alike. Some would even call it an addiction.

Regardless of the source—money, praise, drugs, food, etc.—the brain registers all pleasurable experiences in the same way. Harvard Medical School warns us in the July 2011 article, “How Addiction Hijacks the Brain” that addiction changes the brain by “subverting the way it registers pleasure.” You are likely not surprised that sugar makes our pleasure centers light up brighter than a Def Leppard sound stage. Remember how it felt to bring home smiley-faces from preschool and be granted with a cookie? Or maybe you remember the anticipation of earning a kid’s meal—complete with a burger, soda, and fries—in exchange for a good report card? While our parents meant well, this reward system taught us to register good behavior, not as a noble act, but as a way to feed our pleasure center. After decades of reinforcement, it is no wonder that we have such an issue with sugar as adults.

Despite the marketing tactics, the addictions, and the 1980s telling us to keep pouring it on, how do we get out of this sugary mess?! One easy method is to swap out hidden sugars for real food:

- Homemade salad dressing- Most of our favorite salad dressings are laden with sugar. Make your own dressing with olive oil, vinegar, and herbs.
- ***accompanied BY sugar** sauce, our favorite meats are often **accompanied with sugar**. Try making your own sauce with combinations of herbs, citrus fruits, and a bit of unsweetened apple sauce or honey. This way, you have more control over how much sugar you ingest.
- Smarter smoothies - A number of smoothie establishments include sugar as one of their ingredients. Ask your favorite smoothie bar to hold the sugar or use a little less, so you can enjoy the more natural fruit sugar instead.
- Spa water – Water-flavoring powders and liquids and other flavored drinks also sneak in some sugar. Instead, use fruit to flavor your water, like you have seen at the spa. Then add an earthy twist with mint or basil leaves. Feel free to pour this lightly sweetened beverage as often as you wish.



An Original Body Electric Dancer

—Jane Marks

By Michelle R. Nickens

I sing the body electric
I celebrate the me yet to come
I toast to my own reunion
When I become one with the sun
—Excerpt of lyrics from I Sing the Body Electric from FAME

The reference to “I sing the body electric” was originally from a poem by Walt Whitman. It was one of the twelve poems in the first edition of Whitman’s *Leaves of Grass*. In the poem, Whitman explores the body, its connection to the soul, sensuality and the unanimity of all of us. It is not surprising, therefore, that Body Electric—an exercise movement that emerged in the 80s—focuses on moving the body in a healthy and beneficial way as well as the love for life and for each other. Taking its theme song from the television show, FAME, was also apropos. The ladies of Body Electric were like stars to many of its followers and the show continues to leave its legacy.

After seeing exercise in a new way, visiting South Florida, Margaret Richard came back to Tallahassee and decided that

the concept of dance could revolutionize exercise. And, it did. Some view Body Electric as the impetus to the aerobics movement and many of the exercise programs we have today.

Body Electric took off in Tallahassee and grew into a PBS-broadcast show. Our very own Jane Marks (wife of former Mayor John Marks and psychotherapist) was one of the original Body Electric dancers. “Body Electric changed how we viewed exercise,” Jane explained. “It was fun. High energy. The music made you want to move.”

Jane started dancing in her thirties. “My husband actually bought me my first leotard and even found a class for me—a ***fast-PACED and active** fast past and active woman was seeking.

“When Margaret started Body Electric it ***we BUILT camaraderie - should be past tense (?)** We build camaraderie,” Jane said. “There was a sense of belonging. It grew into a

sisterhood. Where women could go to be themselves. To express themselves through the freedom of dance.”

Body Electric became so popular, Margaret was approached about filming the classes. It was first filmed locally, but then transitioned to PBS. More than 400 stations across the country aired the show. “We were like mini-celebrities. It was a taste of the entertainment world,” Jane explained. “Sometimes we would film until 1 or 2 in the morning. We didn’t care. We did it out of love. The love of dance and for each other.”

In the midst of this success, some people were critical. “There were so many rules on what you should do, and wear and act,” Jane explained. “Thirty was defined as old ***LEG warmers** I loved legged warmers—had them in every color. Mostly, though, what we were doing was well received. We didn’t realize it at the time, but we were changing the way people thought, not just about exercise. We were changing the rules.”

***toneD**

There are so many benefits of exercise. Staying active not only keeps you strong and tone, it is an important component of your overall health management program. It reduces stress, boosts energy and improves your mood and outlook. It builds confidence and self-esteem. Sometimes, it even results in lifelong friendships. "Those ladies are still my friends," Jane said. "Even today. We get together."

Jane served as an assistant to Margaret, auditioning dancers at her home and working to coordinate logistics and routines for the program. She participated in Body Electric for 25 years and it is still going strong.

Jane takes four or five Zumba classes a week and teaches a Throwback Thursday Zumba class with 80s and 90s music. "You have to set priorities. Dance is important to me. Teaching helps me stick with it."

Exercise directly benefits our bodies, minds and overall health. Body Electric was the spark, creating a movement that celebrated the "me yet to come." A toast to ourselves, strength and love. To dance, freedom and fun. To the 80s.

To learn more about Body Electric and available programs, visit <http://www.bodyelectrictv.com>.



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The Power of Love and Collaborative Co-parenting: Best Friends or Battlefield?

By Dr. Michelle A. Mitcham, LMHC, NCC, CCMHC, CFM

*what does this sentence mean?

Breaking up is hard to do, right? Separate lives, broken wings, and these dreams? Whether through divorce or dissolution of a committed relationship, challenges are inevitable—now add children to the equation. Children are also in need of some emotional first-aid and healing.

They are hurting, adjusting, grieving, worrying and trying to understand, if old enough to be aware of the breakup. What about when children are caught in the middle of co-parenting high-conflict? Children may be devastated and traumatized as a result of the parents' negative behaviors. Parents are oftentimes

so e
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even depressed. This is a tough time for the family, friends, and everyone. The co-parents may seek professional interventions if they are not able to come together in a civil manner and move forward collaboratively. Parents choose to be helpful or hurtful; it is up to them. Their reality with the other parent is usually not their child's reality.

You may be wondering, what's in the best interest of the children? Even though the love for each other has changed, the love for the children and need to be parents lasts forever. Co-parents must make a decision not to enter into a combat zone and go onto the battlefield.

How do two people once in love move on with their lives when they have to also be parents and engage in shared parental responsibility? It is not easy. This may be the most difficult challenge they have ever faced. Co-parents should act as a united front, on one accord—

Communicating, collaborating and caring all while dealing with the myriad changes in their lives.

Here are some guidelines to help co-parents move forward collaboratively, as a “united front” and act in the best interest of their children.

- Communicate with each other directly (telephone, email, text messages, face to face meetings) and not through the children; this is hurtful and damaging. If this is not an option at present, consider utilizing a parenting notebook whereby parents email each other. ***delete comma to be consistent** sharing the good news, updates, pertinent school, and medical information. This is not a mechanism for fighting or venting.

- Do not discuss the details of the breakup or court case with the children and lean on them for emotional support; this is stressful.

- When exchanging child(ren), speak to another parent with a positive greeting and be cordial. Modeling professional communication and positive conflict resolution skills teaches your child that being kind and civil takes you further than not.

- Seek the assistance of a professional for an appropriate intervention (counselor, divorce coach, family mediator, parenting coordinator, mental health professional).

- Say positive things about the other parent. ***doesn't make sense - reword (?)** positive effect because each parent is child's best friend. Do not discuss the parent's faults or shortcomings with the child.

- Do not put children in the middle of a loyalty bind and encourage keeping secrets, choosing between parents, and playing the blame game.

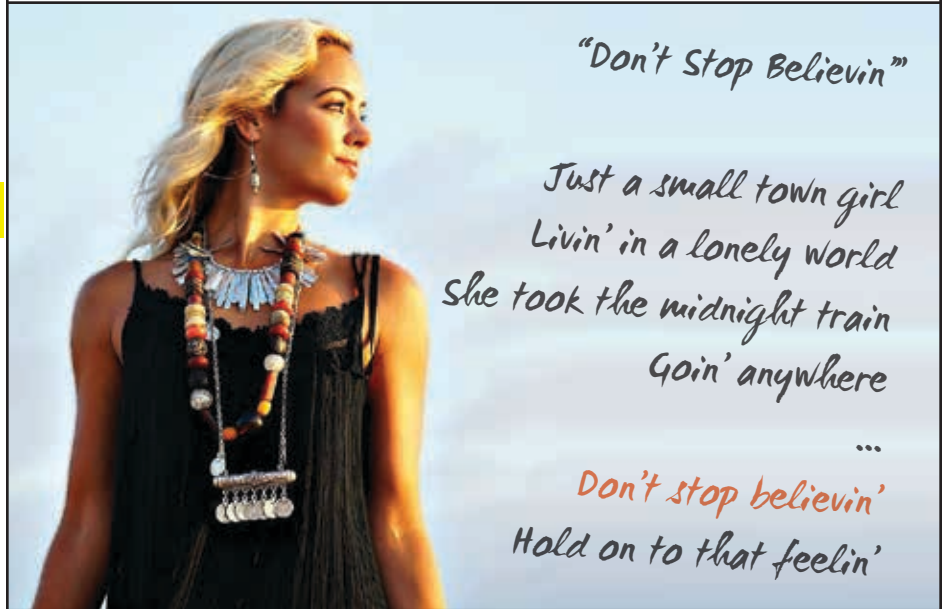
- Allow children to discuss their visit at the other parent's home; it is normal for children to discuss their daily activities.

- Allow children access to another parent (social media, telephone, FaceTime, scheduled shared parenting time). Do not monitor phone calls and demand that the phone be on speaker. Children need their special time and privacy with each parent.

- Both parents should attend school meetings, functions, team sports events—consider sitting together.

- Take the high road. ***cut off** and be a role model. When parenting, put forth great effort as co-parents, oftentimes, others

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She's Electric! A Champion for Today's Electric Youth

By Heather Thomas

Photography by Kira Derryberry

Styling by Calynne Hill

"Life moves pretty fast. If ***unnecessary comma after "a"**le, you could miss it." From Ferris Bueller's Day Off

There aren't a lot of opportunities **for a, "day off,"** for Shelly Bell, Principal of Godby High School, but she does take a moment with Tallahassee Woman to look around at the positive impact she's making at Godby, along with the changes in the school environment and women's leadership roles in higher education since the 1980s. Despite the challenges she faces on any given day, Shelly strives to love and serve her family, students, faculty, and the school community, and to not miss out on impactful opportunities to invest in the lives of today's electric youth.

"Good Morning! Welcome to another day of higher education!"—From Pretty in Pink

At 5:00 a.m. Shelly Bell's alarm clock goes off. Her day (and sometimes the night) of leading close to 1,300 students and over a hundred faculty and staff members as Principal of Godby High School has only just begun. By 6:00 a.m. she is at her desk doing as much office work as she can before heading to the parent and school bus drop off areas to greet students as they arrive, and check in on the students in the cafeteria. With two sons of her own, Taylor who is 11 and Parker who is 12, she understands the confidence that parents place in her and the school staff in entrusting their children into their care. "Parents and guardians are opening their doors and sending us their most precious gifts. When people ask me, 'How many children do you have?' I always answer, '1,300.' My Godby students are my babies too."

After the morning announcements at 7:30 a.m., she illustrates in one of many ways being a mother to her boys by calling home to make sure Parker has woken up and gotten himself ready to make it to the bus stop. “There have been days where my kids have been in my office.”

You can’t buy in only half way at the high school level. There has to be a one hundred percent commitment to by me and my

Bell, also

district as the Director of Interdivisional Support Services. “I’m incredibly lucky to have a husband who understands my responsibilities at the higher education level.”

This commitment is not for the faint-of-heart. On a typical day, the majority of her time is spent meeting with teachers, parents, and students and she visits as many classrooms as she can for teaching student observations, along with visiting the Guidance department to check in with students and counselors. She is especially committed to meet with students to look at their academic progress

and help them problem solve. “A ‘one-size-fits-all’ approach does not work. It’s our role to figure out what works for each student and to give them a lot of individualized attention as we can. I lot of what I do is in a counseling capacity.”

I of a teenager so that they believe that you are invested in their future. It takes thousands of hours and a daily devotion to the overall goal of uplifting each student to their fullest potential, and leading teachers, administrators, and staff members to do the same. Add in the

can be yelled at, scared by, confronted by angry parents and students, handle bomb and gun threats, and preparing for worst-case scenarios that make parents and communities shudder in fear, and you would need incredible strength. “In my job, I can’t always be the ‘yes’ person. Over time and with the experience I’ve learned how to maintain control of a tense situation or I’d be an emotional wreck. I

“I just want them to know that they didn’t break me.” From *Pretty in Pink*

Where did Shelly’s emotional fortitude

and commitment from? Shelly’s father, a colonel in the Air Force and Shelly’s

school teacher of over 30 years are clearly pivotal figures for her. She says, “Growing up in the 1980s, we moved around a lot due to my father’s tours in the military, so I was very adaptive to change. Both of my parents worked really hard and education was always at the forefront in our home. My mother was a wonderful working-mom role model for me, juggling a demanding teaching career, whose students loved her while raising four children.” Shelly’s twin sister, Tami, a son, an Assistant Principal at Middle School, was also a source of influence, due to their competitive natures. “I often say that my love of learning and leadership stemmed from my competition with her!”

After graduating with a degree in English Education from Florida State University, Shelly did her first internships at Cobb Middle School, SAIL High School and Godby High School. She then taught at Belle Vue Middle School for three years while also working on her Masters in Educational Leadership at Florida State University. “I loved working with my

***add hyphen (problem-solve)**

***COME from**

***A lot of (delete “I”)**

***add comma after “years”**

***simplify - delete “that”**

***check tenses - “handle” and “prepare”**

***grammar check - add commas**





Kayla Page
Business

Tallahassee Woman Magazine is proud to announce the 2016 Women Who Mean Business Scholarship. Kayla is a Tallahassee native and graduated from Lawton Chiles High School. She earned her undergraduate degree in accounting and finance at Florida State University (FSU), and is now pursuing a master's degree in accounting at the FSU School of Business. Ultimately, she is seeking a career in public accounting where she hopes to gain exposure to large corporations and their financial and business decisions and processes.

Kayla's ambition and drive have already proved her to be a woman who means business. A treasurer of the Lady Spirithunters, she managed a budget of over \$30,000. In addition to serving as Activities Director, she was recently elected Treasurer for Beta Alpha Psi, an accounting fraternity at FSU. In this role, she will manage the collection and disbursement of funds as well as develop a budget for the year. In addition, she was elected Membership Chair for the Career Center Ambassador Program.

Passionate about giving back to the community, Kayla has participated in Relay for Life and various annual FSU events including the BIG Event, FSU Dance Marathon, and FSU Homecoming. Currently working part-time at Florida Court Clerks and Comptrollers as an Accounting Professional, she is gaining experience conducting evidence vault audits, and researching special tax provisions and GAAP standards. Between working, studying for the CPA exam and her extracurricular activities, this scholarship will allow Kayla to continue focusing on her academic success and prepare her for a future career in business.



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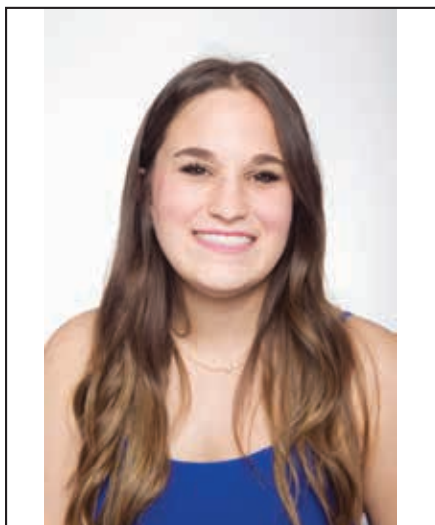
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*THIS PICTURE IS ARIANA



Celita Summa
Journalism

A Tallahassee native who graduated from Florida High, Celita Summa's natural talent for writing is what led her Florida High English teacher to encourage her to take up journalism. An Advanced Placement student with over 400 hours of community service under her belt, she found it was writing that allowed her to express herself. "Journalism is definitely my passion," said Celita, "I like being able to articulate my thoughts. Also, with journalism, there's a sense of community that I love being a part of." Her hard work and dedication while acting as Editor-in-Chief of her high school newspaper recently earned her the Best & Brightest award for Journalism.

This award was also granted to Celita due in part to her impressive list of extracurricular activities, which all began with her participation in her school's Key Club. "Once I started serving my community, I started to expand and branch out to other projects, like writing a historiography and assisting at the animal shelter. I was targeting my own interests while still making a difference," said Celita, "It's important to realize that once you expand your horizons beyond the scope of yourself, you learn to be grateful for what you have and help others who may not have those things."

Hoping to guide other young professionals, she participated in the competitive Summer Youth Training program in 2014, which trains young people on how to join the workforce. She followed her own path last year after being chosen to attend the Chuck Stone Program for Diversity in Education at the School of Media and Journalism at UNC-Chapel Hill. This year she'll be starting at Florida State University where she hopes to continue her career in journalism by majoring in Editing, Writing, and Media. Her advice to others writing their own destiny: "Take advantage of resources that you're offered and make sure you're networking and building ties with people and making the most of those connections."

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Ariana Trautmann
By Brooke Harrison

Ariana Trautmann, having recently been accepted to Florida State University's College of Medicine, has pursued medicine since childhood. She was eleven years old when her brother, who was fourteen at the time, was diagnosed with cancer. It was her family's experience that gave Ariana a fierce desire to become a doctor. "It's something that can be incredibly rewarding," Ariana said, "After being in a position where I felt like I didn't have much control, I like having the ability to help people." While attending Chiles High School, she took classes like anatomy and found that she really enjoyed them. She became particularly interested in family medicine.

During high school, Ariana developed a team for Relay for Life called Siblings of Survivors and has continued to support the team even beyond her four years at Chiles. Ariana has also volunteered her time at Capital Regional Medical Center and with the Hang Tough foundation, a nonprofit organization with a focus on pediatric illness. More recently, she developed a branch of the nonprofit at Florida State University so other FSU students can

get involved.

But Ariana's path to med school wasn't always easy. She faced "road blocks" after transferring to FSU from Tallahassee Community College, where she'd received a scholarship to complete her first two years of undergraduate work with the honors program. These challenges included an academic advisor who didn't believe she'd make it to med school. When Ariana realized she hadn't taken two important subjects prior to the Medical College Admission Test (MCAT), physics and biochemistry, she took it upon herself to learn the material. "I stuck with it, and I'm glad I did. I'm definitely very proud of getting into med school," said Ariana. She's particularly appreciative for the support of her fellow classmates and also her family, and feels lucky that her parents and grandparents live in

***CUT OFF**

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Woman of Philanthropy

Women of Philanthropy

By Sara Dreier

"The success of every woman should be an inspiration to the rest."

- Serena Williams

Alexis "Lex" Phillips

When a woman in the Tallahassee community

*different fonts - quotation marks

iver, she
deserves the spotlight. 33-year-old Alexis
"Lex" Phillips is doing just that. Director
of Communications at Rogers, Gunter, and
Vaughn Insurance, Alexis has been in the
business of marketing for 11 years and continues

to thrive in the working, Alexis dedicates her time as board
*needs comma after "Circle" (?)

*United Way of THE Big Bend

Way of Big Bend. With locations all over the nation, United Way seeks to "advance
the common good by creating opportunities for all." United Way of the Big Bend,
specifically, serves eight counties across Florida. By focusing on education, income, and
health, the organization provides a sector for young professionals to volunteer, precisely
where Alexis found her niche. As an active member, Alexis has the vision to engage
young professionals in the Tallahassee community to give their time and resources.
The organization has set aside "Days of Doing," where members will participate in a
canned food drive, read to children at local schools, or raise money to provide books and
educational tools.

When Alexis isn't volunteering for United Way, she's an active member of the Junior
League of Tallahassee where she serves as Management Team Director. Determined
to improve the community and encourage other young professionals, Alexis uses her
leadership skills to mold and prepare future leaders in the community.

WWMB

Women Who Mean Business
WOMEN TO WATCH

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As part of a community of business-minded women, *Tallahassee Woman* wants to celebrate, recognize and honor the achievements made by women in the workplace, in the community and in arts and culture. In doing so, we are connecting women together, empowering one another and celebrating our successes that are making a difference for everyone.

WOMEN TO WATCH

BUSINESS



Jamila Carter is a business N...er while massage studio offering various massage techniques. She recently oved to Tallahassee moved from Washington D.C where she practiced massage for r... F...

***MOVED**

***repetition - delete**



Kristen McDonald has recently joined Hill+Knowlton Strategies as an account supervisor. In her new role Kristen will be...

***extra space b/w "in" and "her" (?)**

of the "30 Under 30 Rising Stars in Florida Politics" in 2014 by SaintPetersBlog. Kristen holds master's and bachelor's degrees in political science from Florida State University.



***Women OF Florida (?)**


year and final term as president of Business & Professional Women/Florida. Christi is director of operations at FRLA's Regulatory Compliance Services.



***Women OF Tallahassee (?)**

President of Business & Professional Women/Tallahassee for 2016-2017. Marcy is operations administrator at FRLA's Regulatory Compliance Services.

WOMEN TO WATCH



NEW GIRL

***delete the apostrophe (patient's)**

***repetition - reword**

***smileS**

Dr. Dozier earned her degree in biological m the University of She then sought out her tree from the University of Nebraska Medical Center, gra in 2016. In order to provide h patient's with the best care possible, Dr. Dozier continues her education daily. In order to provide the best care and improve her patient's overall health, Dr. Dozier is continually educating herself on the latest techniques to improve her giving them confidence in their smile. S the American Dental Association (ADA), the Academy of General Dentistry (AGD), and the American Association of Women Dentists (AAWD), as well as, the American Dental and Political Action

***unnecessary comma - delete**

Dr. Dozier is happily married to husband Cory whose career is in photography. In her spare time, she enjoys volleyball,

Submit your items for the WWMB Community Women to Watch for Business, STEAM, Milestones, New Girl and Arts and Culture to listings@Talwoman.com.

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She Works Hard For the Money
By Keasi Smith

During the 1970s, the ***United States** number of women in the United State labor force soared. Since this emersion into the work force, ***IMMERSION** tackled a number of issues including equal pay, workplace harassment and working around family-career interruptions. Cinema in the 1980s reflected these struggles with films such as 9 to 5 (1980), Baby Boom (1987) and Working Girl (1988). Watching these movies ***DEBUT (?)** because of the culture and the tremendously since their debut, there is still progress to be made.

9 to 5: Toxic Workplace Environments

A comedy starring Jane Fonda, Lily Tomlin and ***STARRING** to 5 illustrious women in a work environment where they are subjected to sexist remarks, sexual harassment and denied promotions based on their gender. After kidnapping their boss, the women seize control of the company and implement equal pay, flexible hours, a job-sharing program and a daycare center. Almost four decades later, full-time female workers make

only 79 cents for every dollar earned by a man and that gap only gets wider for women of color. And while many companies have sexual harassment policies put in place, it has been harder to stomp out more subtle, everyday slights and gender expectations. Besides campaigning for women in the workplace through legislation and the implementation of better workplace policies, you can shut down sexism in the workplace by speaking up when you feel you aren't being heard, taken seriously or undermined. More importantly, encourage your male and female co-workers to take on a zero tolerance policy.

Baby Boom: Can We Have It All?

After becoming a single parent through inheriting a child, J.C. Wiatt, played by Diane Keaton, struggles to keep up with her demanding career working at an advertising firm. Today, women still bear a disproportionate amount of responsibility for childcare and housework, which can often lead to missed career opportunities. A 2013 Pew Research Center survey found that mothers with children under 18 were three times more likely as fathers

to say that being a working parent made it harder for them to advance in their careers either by turning down a promotion, reducing work hours or quitting. Some may just ***chalk** this up to the way the world is and insist that making sacrifices is the norm, but I'll argue that providing flexible hours, the ability to work from home, and childcare would not only allow a woman to do her job, but do it better. These types of initiatives can impact our communities in an amazing way and increase a company's productivity and thus, its profits.

Working Girl: Climbing the Ladder

As Tess McGill, played by Melanie Griffith, learned in the movie Working Girl, climbing the corporate ladder isn't easy when there are systematic barriers in your way. Although not legal, hiring and promotion processes often favor men and lack of support and role models often deter women from seeking these positions in the first place. Polls show Americans find women leaders indistinguishable from men in traits such as intelligence and capacity for innovation and that they excel in areas such as compassion and organization. Still, there has been no significant change in the number of women holding corporate board seats in Fortune 500 companies over the last 8 years. While Tess chooses to impersonate a senior executive to get ahead, there are other ways to shatter glass ceilings. Find a mentor, whether it's someone you know or a prominent woman you'd like to emulate. Also, network, especially with other women. And lastly, don't forget to ask for what you want. If you can't get the promotion you're seeking, don't be afraid to accept a position elsewhere where there's more room for advancement.

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OUR COMMUNITY

A look at the events, organizations, businesses and people that make Tallahassee a great place to live—and love.

Hanging Tough with the Hang Tough Foundation

By Jordan Stinson

“Hang Tough Hayley Hart” was the slogan that represented the body of hope that surrounded now 11-year-old Hayley Hart when she was diagnosed with Lymphoblastic Leukemia at just four years old. Hayley’s parents Michelle and Lance Hart were as terrified as any parents would be to hear of what their baby girl would soon face. Inspired by her incredible strength, four men decided to compete in the Hang Tough triathlon. The duo radiates excitement and when they explain all that their coaches, was sought out all the way from Colorado. The team raced and took home gold for their category! Not only did Hayley’s team win, but she walked away victorious as well when she won her battle against the disease. And still, the two families’ paths crossed again when Brady Irwin, alongside his wife Janelle and their daughter Katelyn picked up with moments and joined CureSearch for Children’s Cancer. In 2012, this became the new platform for the racers to represent as they biked again, this time, 3000 miles across America.

Almost two months after the race was finished, Janelle and Brady were blessed with a brand new baby boy, Grayson. In a terrible twist, their support and understanding of Hayley’s journey would soon become their own reality. Just a week before Grayson’s first birthday, in August of 2013, he was diagnosed with infant T-Cell Leukemia. Having been told

that their baby had only a 10% chance of survival, the Irwin’s were left in a state of devastation. Having no family living in Tallahassee with them besides their “hang tough” family, Janelle reached out to her friend from the Michelle Hart Tough Foundation. Having seen no nonprofit quite like it before, Michelle and Janelle co-founded this grassroots 501(c)(3) foundation to support the entire family unity of children with chronic or life-threatening illnesses and special needs. The duo radiates excitement and when they explain all that their foundation does, it’s not surprising that Janelle and Brady are addressing the issue as there is a tendency to neglect their own well-being in desperate efforts to care for their sick child.

“During the course of Grayson’s two year treatment, my eyes were opened to the fact that it isn’t just the patient whose life is altered by a medical condition. My undergraduate degree is in Family Life and I’ve been involved with analyzing the family cycle and how each member is affected. Yet, I was astonished at how little support is provided for the parents and siblings as they embark of their new life changes due to a child’s diagnosis,” said Janelle.

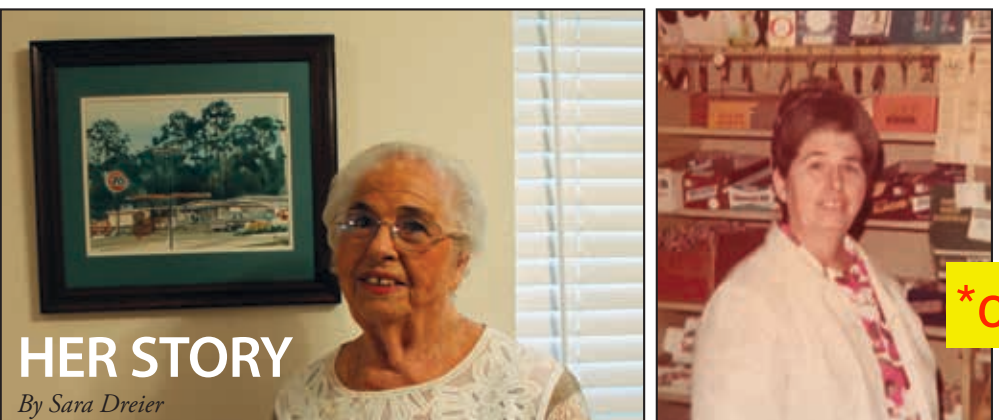
Hang Tough has evolved as a customized support service that is designed around each family’s individual needs. A Hang Tough family is welcomed with open arms and immediately given a care plan. Services automatically offered to the families such as tutoring, counseling

and therapy for parents, parent’s night out events, and family fun night. From there, the intimate connection the Hang Tough team establishes with the families allows them to learn more about the family’s specific needs. This one-of-a-kind relationship has helped harbor the community which M. “Hang Tough Heroes.”

The services, being free, mean that business owners local to Tallahassee are donating their time and services because they believe in what Janelle and Michelle are doing. Recently, FSU donated a baseball suite to the children to come watch a game and enjoy fun activities. The services are even offered at Fun Station, who shut their doors to the public to allow Hang Tough Heroes to play safely with their families.

One sibling of a Hang Tough Hero beamed as she explained that her favorite part of the family fun night was “spending the evening with just my mommy.” This is a true testament to how important the purpose behind the Hang Tough Foundation is. The family of a sick child needs as much support and strength as they can get, to support that child to the best of their ability.

The Hang Tough Foundation has doubled in size in just a year and now boasts eight active board members. The support of the Tallahassee community is crucial to help the foundation thrive. If you’re inspired by the work that this foundation does and want to donate, you can always do so on the Facebook page, or directly at hangtoughfoundation.org. Wear a gold ribbon during the month of September



HER STORY
By Sara Dreier

Tallahassee is rich in culture, entertainment, and history. It has a lot to offer, especially that have lived here for most of their lives. Here, we hear from the women of Tallahassee reflect on the past and share with us how times were for women as Tallahassee was growing.

“I never worked from the time I got married until I was 1965 when Doris Kenberg and her husband, Chesley pulled together 1000 dollars to buy a small grocery store that intersected on Bradfordville and Thomasville Road in rural Tallahassee, Florida. Growing up in Pelham, Georgia – Doris was a small town girl who never unfolded before her. In the midst of raising four daughters—Nancy, Peggy, Hilda, and Nell—Doris had more than just a full-time job on her hands. The days began at 4:30am and were nonstop until Doris closed the store as late as 9pm. “I was always there, that’s how we stayed open,” she stated matter-of-factly. The days were long but the family banded together to tackle work at the store and chores at home. Every Friday, Doris would take the money her family had earned to the bank. Gun control was lenient, and she made sure to carry her pistol on the dashboard of her car whenever she was traveling alone at night. Her face

expressed a hint of playful disappointment that she had to use it. She was well known throughout the community, not only for its variety of goods and services provided (gasoline, fishing licenses, food, and hardware) but also for its unparalleled hospitality. The customer was always put first and the employees were treated like family. “My husband, Chesley, could talk to anybody. It didn’t matter what they looked like, if they were a millionaire, or had no money at all. It was a good life—we worked hard.” The humble little store caught its fifteen minutes of fame when President Eisenhower, who was passing through Tallahassee, stopped at Rehberg Grocery to fill up on gas. Then, Doris and George were thrilled to find out that their store would be featured in the new Country Blue.

After 36 years of business and countless memories made, Rehberg Grocery closed its doors to the public in October of 1986. It was a bittersweet day for Doris, as it was the end of an era of her life. In talking about the memory of her late husband, Chesley – Doris smiled thoughtfully. “He had a ninth grade education but everything he touched turned to gold.” Hanging on the wall of Doris’ kitchen is a hand painted picture of the store in its heyday. Rehberg Grocery will be remembered for its reliability and small town charm, and the woman who worked tirelessly to keep it thriving for nearly four decades.

CARDS FOR A CURE

It was May 20, 2014, the night before her annual gynecological exam and 39-year-old Abby Bender Kirkland knew Dr.

over the past year. Abby had not done this, so she did a self exam, even though she had her annual mammogram seven months prior and the results were normal. To Abby’s surprise, she found a dime-size lump in the right breast. The next morning, Abby shared her discovery with Dr. McKinnie.

Taking Abby’s medical history into consideration, Dr. McKinnie advised they closely monitor the lump over the next few weeks. After one month, the lump was still present and Abby started experiencing discomfort. Abby was diagnosed with a clogged duct and referred to Dr. Richard Zorn, a general surgeon at Tallahassee Memorial HealthCare. “My first impression was Dr. Zorn was so kind and made me feel very comfortable,” said Abby. “He examined me and stated he felt I had intraductal papilloma, a benign breast condition, and he could remove the benign tumors if they were of mind.” Surgery to remove the tumors was scheduled for September 8, 2014. During her surgery, Dr. Zorn discovered something that would forever change Abby’s life and those of her family. “Dr. Zorn told my husband he found suspicious areas in my breast and he decided to perform an emergency pathology evaluation. It was determined I had invasive ductal carcinoma.”

When Abby woke from her surgery, her husband had to tell her that she had breast cancer. “That ride home was the most blurred memory. Having to go home and tell my daughters was by far the most difficult part of this process.” The following day, Abby received a call from Dr. Zorn saying she had the most curable of breast cancers, and a recommendation



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for a single or double mastectomy. She decided on a double mastectomy and reconstruction with plastic surgeon, Dr. Ben J. Kirbo.

Abby was referred to receive chemotherapy and radiation treatments at the Tallahassee Memorial Cancer Center. Abby admitted that, "Knowing you are walking into a Cancer Center to receive chemotherapy is about as intense as it gets emotionally. I remember feeling like this can't be real, and can't really be happening to me. But, immediately when I walked in, I was greeted by Dr. Iman Imanirad, hematologist/oncologist, his nurse Lea Lane, and patient navigator, Dreama Taylor. After one month of chemotherapy, Abby met with Dr. Bendre and Dr. Imanirad. "Bendre entered the room," Abby said, "he knew my entire medical history. We discussed the best options for me and he seemed to know every case study regarding my type of cancer. Knowing Dr. Bendre and Dr. Imanirad were my oncology team made me feel much more secure."

As of March 2015, Abby was declared cancer free. Having returned to full health, giving back became her mission. With much involvement in the community, she wants to remind everyone about the importance of self examinations and regular doctor appointments. "My attitude in life has surely shifted to being more accepting of what God's plan is for me," said Abby. "This very crazy journey was filled with every emotion possible. Seeing the love I received from so many people made me truly understand my meaning to others. Today I work hard to give back to those who need to feel that same love during such a difficult time."



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DIFFERENCE TURNS INTO
THE GREATEST LOVE OF ALL
***very long sentence**

Life has a funny way of working out differently than we thought it would, and Talethia Edwards is no stranger to the curveballs life can throw at us, as well as to the gifts and new perspectives that can come if you learn to roll with the punches and make the most out of life's surprises.

A graduate of Florida A&M University, Talethia had dreams of "making a difference" with plans to go to law school before becoming the first ever female African-American Supreme Court Justice, but plans have a way of shifting and "making a difference" is often not what we expected it to be. "My husband always wanted a lot of children," Talethia said of the first amendment in her life's plan. Law school was put off when she married her husband and began her journey becoming the mother of seven children, all born within nine years of each other.

When Talethia and her husband moved into a home on Tallahassee's Southside, within weeks, Talethia said, they noticed things that made them uncomfortable with their home's location. While she was able to see the community's elementary school from her front yard, she decided to drive her children out of the school zone to attend a different school. Talethia wasn't comfortable with her children going to the school where they lived, due to the amount of crime and dangerous behavior that she was witnessing in the Bond community.

Regardless of her concerns, Talethia was active in her new community, serving on

the Smith-Williams Advisory Board. After attending The Neighborhood Leadership Academy, hosted by the City of Tallahassee, she found herself being approached about the area's need for a leader. Talethia decided that she needed to be a part of the solution to her neighborhood's problems and after much prayer, she asked herself, "If I don't do something, who will?" That question leads

***past tense - LEI**

h
o
a
association from scratch,
naming it the Greater Bond
Neighborhood Association,
and focusing on "bringing unity and
cohesiveness back" to the area. A part
of that can be seen in the motto she
created for the area, "Building a Greater
Community Together."

As if before, ***extra space?** children and community leader wasn't enough, Talethia **continued** to follow her passion for helping people by founding the H.A.N.D. Up project. HAND stands for Helping Alleviate the Need and Deficit and Talethia says it is a "hand up rather than a handout." While the program was created as a way for Talethia to help members of her community receive items they were in need of, such as food and clothing, it grew into a way for Talethia to share money saving techniques with those individuals in order to help them achieve long-term financial stability.

While Talethia continued to make progress, she was clearly making deep

*comma after "city"

Dona Neighborhood could be. Her neighbors, and the city did see the picture she was painting for them, and In June, Taleh and her mother, Gholam, and the Dona Neighborhood.

*remove capitalization

***remove capitalization of "IN"**



Recently, Talethia came to a realization. She says, “I was choosing not to send my children to a school that I had never even set foot in.” She knew that part of the “sustainability” she wanted was not “walking away from your neighborhood,” but rather to become even more active within it. Talethia made her way down to Bond Elementary, met the administration, and learned about some of the amazing programs they offer.

Again, Talethia felt the pull to be a part of the difference she was hoping to see created in her area and has moved all of her school-age children over to Bond where they will attend school with the children from their own neighborhood, being one more link in the chain that strengthens the community bond.

While Talethia says she used to spend a great deal of time “thinking about how I wasn’t clicking my heels on the halls of justice,” she is beginning to see the way that her original plan is not as “divine” as the one laid out before her. Life has worked out a little differently, but Talethia

“I’m not a person named after a difference.”

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l a long road

ahead of her, the difference she is making within her community and

*period for end of sentence

mother of seven children and community leader wasn't enough, Talethia continued to follow her passion for helping people by founding the H.A.N.D. Up project. HAND stands for Helping Alleviate the Need and Deficit and Talethia says it is a "hand up rather than a handout." While the program was created as a way for Talethia to help members of her community receive items they were in need of, such as food and clothing, it grew into a way for Talethia to share money saving techniques with those individuals in order to help them achieve long-term financial stability.

*the rest of the article is repeated

the Greater Bond Neighborhood could be. Her neighbors, and the city did see the picture she was painting for them, and In June, Talethia was named Leon County's Neighbor of the year.

Recently, Talethia came to a realization. She says, “I was choosing not to send my children to a school that I had never even set foot in.” She knew that part of the “sustainability” she wanted was not “walking away from your neighborhood,” but rather to become even more active within it. Talethia made her way down to Bond Elementary, met the administration, and learned about some of the amazing programs they offer.

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While Talethia says she used to spend a great deal of time “thinking about how I wasn’t clicking my heels on the halls of justice,” she is beginning to see the way that her original plan is not as “divine” as the one laid out before her. Life has worked out a little differently, but Talethia says, “I don’t need a street named after me. I just want to make a difference.” While she says there is still a long road ahead of her, the difference she is making within her community and the lives of her children will last for generations.

Talethia Edwards and the HAND Up Project can be reached at toedwards1069@yahoo.com

Is there a Woman You Admire that you would like to see recognized?

E-mail us at info@talwoman.com to let us know all about her, and she may be selected to be featured in an upcoming issue of *Tallahassee Woman*.



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This September, Tallahassee is hosting the first-ever Florida Jazz and Blues Festival throughout a three-day weekend. Jazz and blues music is a core part of American culture, making this festival not an opportunity to miss. The festival will be run by multiple award-winning jazz musicians explaining that the festival will be open to all ages and is

***reword - “run by multiple award-winning jazz musicians, who explain that...”**

Wine, Woman and Walking!

August 19th, 5:30 p.m. to 8:00 p.m.
640 East Gaines Street
Spend a night with women from all over Tallahassee in a three-mile stroll with your favorite glass of wine. The only supplies you need are comfortable walking shoes, your favorite wine, an outdoor chair and an appetizer to share! This event is an easy way to meet both old friends and new ones. For more information about the unique event, contact Dawn Griffin at griffindd@aol.com.

Fine Artistry Fashion Show

August 20th, 6:45 p.m. to 9:30 p.m.
Double Tree Hotel, 101 South Adams Street

If you and your friends are interested in a night of fashion, buy tickets to attend the Fine Artistry Fashion Show.

Created in order to preview the newest works of aspiring fashion designers in the Tallahassee community, the event additionally helps promote new clothing along with raising money for High H.E.A.L.E.D. Hearts. This non-profit organization is dedicated to helping struggling survivors. If you are interested in participating, please visit www.eventbrite.com/e/fine-artistry-fashion-show-tickets.

The Allie Cats

August 28th, 8:00 p.m. to 11:00 p.m.
Ouzt Too in Crawfordville
Created in the early 90's, the Allie Cats Band is a group notorious for combining music from various genres and years to create their own set. Often featured with acoustic or electric guitar, the band creates a fun and active environment wherever they perform. If you are interested in a

night of remembering classics, hearing new songs and

***cut off (?)**

LCHA Open Horse Show

September 3rd, 10:00 a.m. to 4:00 p.m.
The LCHA Open Horse Show is open for all to attend and see the horses. Featuring classes such as halter, English, western and hunter, this quarterly horse show is guaranteed to impress. With both free admission and concession, the horse show is a perfect way to spend a day with family, friends and fellow horse lovers. For more information, go to showlcha.com

CARE Casino Night

September 16th, 7:00 p.m. to 11:00 p.m.
Shiloh Farm
Interested in a night of card games and fundraising? The Companion Animal Rescue Endeavor (CARE) is hosting its second annual casino night to raise money to treat sick or injured animals. 100%

of all the proceeds gained from the fun-filled night will go towards this cause. Spend a night with your best girlfriends surrounded by hors d'oeuvres, silent auction prizes and card games. In order to buy a ticket for the fundraiser, go to

***needs apostrophe?**

Beth Moore's Living Proof Simulcast

September 17th, 9:45 a.m. to 5:10 p.m.
Lake Talquin Baptist Church
Beth Moore will be showcasing her daylong “Living Proof” seminar for everyone in the Tallahassee community. Living Proof Ministries was created in order to help people find faith and learn more about scripture. If you are interested in a day full of learning about

***format heading**

Cards for A Cure Tallahassee

September 17th, 6:00 p.m. to 10:00 p.m.
“Cards for A Cure” is an annual silent

auction, hosted by the Tallahassee Memorial Healthcare Foundation, which was created in order to raise money to find the cure for cancer. With dazzling prizes and entertaining live band performances, Cards for a Cure is a wonderful environment dedicated to helping the Tallahassee Memorial Hospital. For more information regarding both the event and the sponsors, go to cardsforacuretallahassee.com

The Fuzzy Pineapple's Art + Craft Festival

***needs apostrophe?**

All food-lovers, artists, photographers, jewelers, authors, musicians, actors and more are welcome to visit the second annual Art + Craft Festival. This free-admission event features a variety of activities, live performances and more. The festival was created in order to bring notice towards arising artists and to propel them forward. A portion of the proceeds from the daylong festival will go towards community projects such as youth

sponsorships. For more information about the fun-filled festival and how to become a sponsor, visit thefuzzypineapple.com.

Rascal Flatts Rhythm and Roots Tour

September 24th, 7:30 p.m. to 10:30 p.m.
Tallahassee Pavilion
Award-winning country band Rascal Flatts will be bringing their Rhythm and Roots Tour to Tallahassee in late September. Take your family or your friends to a night of singing, dancing and fellowship. For more information about the concert and finding tickets, go to bridseats.com.



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3rd Annual The First Ladies Tea Awards



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Mugs and Movies

First Commerce Credit Union teamed up with The Edison to kick off summer and take a totally awesome trip back to the 1980s during Mugs & Movies, a fundraising initiative for the FCCU FOUNDATION, a 501(c)(3) nonprofit

*does this need to be in all caps?

or movie-themed events that will rotate venues around town, Mugs & Movies offered guests 80s movie trivia hosted by Greg Tish, a special viewing of “National Lampoon’s Vacation,” a gourmet popcorn bar, plus food provided by The Edison and locally crafted beer supplied by GrassLands Brewing Co.

IMG_4229
Scott Donalson
Sarah Sorne

Mugs & Movies_1

Andrea Spratt
Tammy Webb



Lillian August exclusively at SuzAnnz

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Don't Forget About Breakfast. Be Part of The Breakfast Club!

By Randi Shiver

I admit it. I have served detention in Saturday school, just like the characters did in one of the 80's most memorable films – The Breakfast Club. In honor of National Breakfast Month in September and this totally tubular movie, I created a breakfast bio for each character. Who knew Saturday school could bond a bizarre group of teenagers together and inspire a really rad menu to keep the breakfast club vibes alive?



Let's begin with The Princess. I am serving something fancy for this trendy teenager. This crust-less quiche will help her watch her waistline and please her particular palate. Made in mason jars, this quiche is an elegant breakfast and perfectly portioned for a princess.

Spinach and Mushroom Quiche

1 tablespoon olive oil

***does this need to be capitalized?**

16 oz package frozen spinach, thawed and drained very well
4 Eggs
16 oz cottage cheese
2 cups mild cheddar cheese, shredded
Salt and pepper
Makes seven half-pint mason jars

Saute mushrooms in olive oil for five minutes. Add green onions and salt and pepper to taste. Cook one minute. In a bowl, combine the mushroom mixture with the spinach, eggs, cheddar and teaspoon salt and 1/2 teaspoon pepper. Spray mason jars with cooking spray. (about three scoops). Bake at 325 degrees for 35-40 minutes. To
***add the accent over the "e"** til ready to bake. Remove tops and add 5-10 minutes to cooking time. To prepare in a pie plate, spray pie plate before adding mixture and bake at 325 for 1 hour.

Moving on to The Athlete – What this jock needs is a hearty, all-American breakfast to tide him over until his next meal and prepare him for football practice. These Breakfast Sliders are perfect to grab and go or when you need a big meal to feed the whole team.

Breakfast Sliders
12 slider buns, sliced in half
12 eggs, fried
8 pieces bacon, cooked
8 slices American cheese
1/4 cup butter, melted
1 tablespoon minced onion (fresh or dried)
1 teaspoon Worcestershire sauce



Place the bottoms of the slider buns into a 13x9 inch pan. Layer eggs, bacon and cheese over the buns. Put the tops of the buns on.
Stir melted butter, onion and Worcestershire sauce. Spoon over sliders. Cover with foil and bake for 10 minutes at 375 degrees. Uncover and cook 3-5 more minutes, until golden brown. Let cool slightly then cut sliders with a knife. Frying your eggs in mason jar lids will form them to fit perfectly on the slider rolls. Spray a flat skillet with cooking spray. Put 2-3 mason jar lids upside down on the pan and spray with cooking spray. Crack one egg into each lid. Gently break the yolk and sprinkle with salt and pepper. When the egg starts to set around the edges, 1-2 minutes, use a spatula to carefully flip the egg over (with lid still on). Cook one minute longer and remove to a plate. When cool enough to handle, remove lids.
To make this the night before, cover and refrigerate. Add 5-10 minutes to cooking time.

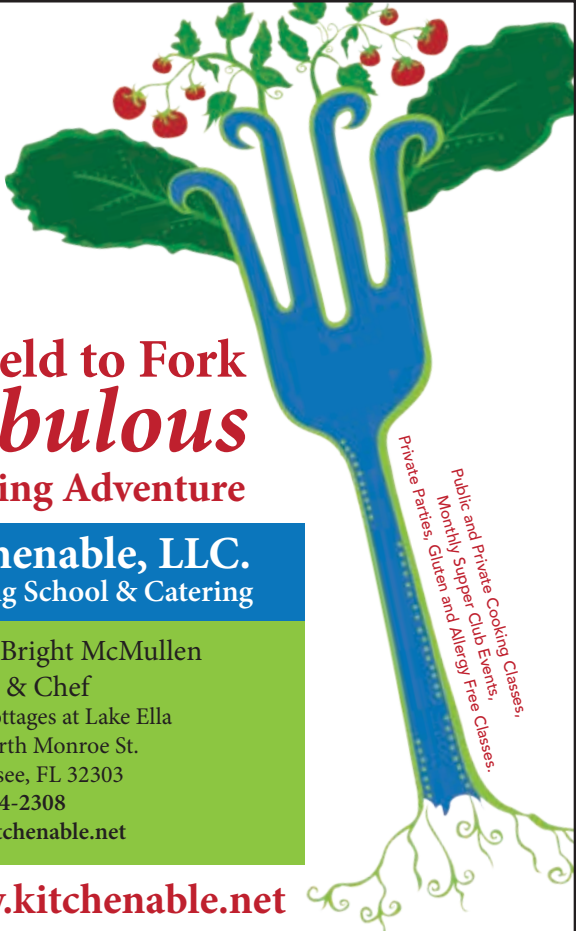
Last but not least, The Basket Case. What could be more perfect for her early morning meal than dough-“nuts”? She may be nuts in this movie but by the end, she's all sugar and spice – and everything nice. That's what these doughnuts are made of!

Cinnamon-Sugar Dough-“Nuts”
1 tube refrigerated biscuits (Grands Homestyle or equivalent)
Vegetable oil
1 cup butter, melted
1/2 cup cinnamon-sugar (more as needed)

Cut out the middle of each biscuit using a small, circular cutter or bottle top. The top to an olive oil bottle works well. Roll the small pieces of dough into balls for doughnut holes.
Pour melted butter and cinnamon-sugar mixture into separate bowls.
Heat 3/4 inch oil in a large frying pan. When hot, add 4 doughnuts (don't overcrowd) and cook 1- 2 minutes until the edges are golden brown. Carefully

flip the doughnuts and cook 1 more minute until golden brown all over. Place doughnuts onto a plate lined with paper towels. Cool slightly. As soon as they are cool enough to handle, dip the doughnuts in butter on both sides then coat with cinnamon-sugar mixture. Serve immediately.
Cook the doughnut holes for about 30





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