

This ad was never approved for print.... we no longer have a working file for this version.

***fix this issue and delete this phrase**



Walter Green

- A BOUTIQUE LIKE NO OTHER -

**HUGE
ACTIVE WEAR
SELECTION!
EXCLUSIVE
BRANDS
AND STYLES.**

Casual
Evening/Designer
Apparel • Swimwear
Accessories • Activewear
Jewelry & Gifts
(Sizes XS-3X)

1817 Thomasville Road
in the Whole Foods Shopping Center

850-999-6105

www.WalterGreenBoutique.com

Instagram: #WalterGreenStyle
Facebook: Walter Green Boutique

contents

4 Editor's Note

My Story

6 ***the "m" needs to be deleted**

Spring
10mThings to do Instead of Checking Your Phone
Why You should Pursue STEAM

10 ***capitalize "should"**

Never go out of style
Spring/Summer style: outfit ideas for this season.

12 ***should "style" be capitalized?**

Beautiefull Things: A "Beautiefull" Success — Sisters' Etsy
Busines

***the word "success" is misspelled**

14 Health and Wellness

Nine Ways to Improve Mental Health

15 DIY

Homemade Beauty Products



28

16 On the Cover *Strides for Seizures, Strides for Friendship* by Cristi Mckee

About the Cover: Photography by Romina Rivadeneira | Makeup by Leslie McClellan of Makeup Pro Studio | Hairstyling by Ashley Anderson of Divine Designs by Ashley

20



16 On the Cover

Molly McCann and Rachel Rumana: Strides for Seizures, Strides for Friendship

20 Inspire

28 Things that Matter More than Likes

22 Shining Bright

Six seniors that have accomplished outstanding achievements

24 On Focus

Virginia Johnson's Mustang Makeover

25 Community

Exploring Tallahassee: discover the many parks Tallahassee has to offer

What's Happening Around Tallahassee This Summer

28 Around the World in 80 Plates

Warm Weather Inspired Recipes: Blueberry mint water, kale slaw, and the ultimate strawberry shortcake

30 Last Words

A few quotes to leave you inspired long after the last page.

15





EDITOR'S *Note*

Should put a quote or something here.

***fix this issue and then delete**

When I was 8 years old, I wondered what exactly I wanted to do when I was older. My elementary self didn't ponder that question too much, but now, as a teenager in the middle of high school with everything that goes on during these years-school, extracurricular activities, relationships, fun, and just life in general, it's hard to know what to do or how do it, and that's where I am now. When I came to Tallahassee

***need space between hyphen**

When I came to Tallahassee

***how "to" do it**

Magazine with the idea of creating a magazine specifically for the teenage girl community of the city, I realized that I answered my 8-year-old self's question. I wanted to inspire teen girls and motivate them through writing. I wanted to encourage them to not only wear glass slippers, but to shatter glass buildings.

I wanted teens to know that they can do it-whatever "it" may be. My hope is that this magazine will help all the

***need space between hyphen**

Without the help of my wonderful staff and the staff of Tallahassee Woman Magazine, Tallahassee Teen Magazine wouldn't exist and I thank them from the bottom of my heart for letting me have this experience. Without my family and friendships (similar to the one in this issue!), I wouldn't be where I am today.

So, that's my story, but now, tell me yours.

Cristi

Cristi McKee, Editor

Tallahassee TEEN

Spring/Summer 2016 Volume 1 | Issue 1

TALTEEN.COM

EDITOR
Cristi McKee

EDITORIAL ASSISTANT
Jolee Keplinger

GRAPHIC DESIGN
Alexi Saliba

EDITORIAL OVERSIGHT
Tallahassee Woman Magazine

Tallahassee Teen Magazine is published twice per year and is distributed on a complimentary basis online and throughout Tallahassee and the surrounding communities.

ADVERTISING
For more information on advertising, call (850) 893-9624 or e-mail ads@TalWoman.com.

The information in this publication is presented in good faith. The publisher does not guarantee accuracy or assume responsibility for errors or omissions.

Copyright ©2016 Tallahassee Woman Magazine LLC. All rights reserved. Reproduction, in part or in whole, without expressed written consent of the Publisher is prohibited.

VIEW Tallahassee TEEN YOUR WAY

Print... Pick up a copy around town.

Digital... The digital version of the magazine is posted online every issue on our website, TalTeen.com.

*don't understand this sentence - reword?

Get Social With Us...

ON **FACEBOOK** AND **INSTAGRAM** FOR EXCLUSIVE ONLINE CONTENT AND UPDATES, INCLUDING EVENTS, PHOTOS, ANNOUNCEMENTS AND MORE.



[facebook.com/tallahassee teen](https://www.facebook.com/tallahassee teen)



[instagram.com/tallahassee teen magazine](https://www.instagram.com/tallahassee teen magazine)



TALTEEN.COM

OUR STAFF

*maybe Cristi's bio needs to mention interning with TalWoman

Editor: Cristi McKee



Cristi is 16 years old and a rising junior in high school. She has lived in Tallahassee since 2008. She

*what does this stand for?

is additionally serving as the Arts/Entertainment Editor for the **FLVS** Newspaper and as a member of the National English Honor Society. When she's not writing,

she's singing, adventuring outside, participating in church activities, playing mandolin and ukulele, spending time with her family (and 3 dogs!) and friends, writing poetry or baking. In the future, she plans to major in Marketing in college and hopes to attend Duke University.

Editorial Assistant: Jolee Keplinger



Jolee began interning at Tallahassee Woman Magazine in August 2015. She was born and raised in Stephenville, Texas before moving to Tallahassee in 2011.

Jolee is a senior at Lawton Chiles High School who plans to graduate in May. At Chiles, she volunteers with Anchor Club and serves as the club's secretary.

In addition, Jolee volunteers with Garden Club and is a National Honor Society member. Outside of school, she attends dance classes at Sharon Davis. Although unsure of her college major, she's considering journalism, business, global perspectives, or sustainability.

Graphic Designer: Alexi Saliba




Alexi started as an intern at Tallahassee Woman Magazine in August of 2015 before starting the design of Tallahassee Teen Magazine in early 2016. She is a senior at Lawton Chiles High School who plans to graduate in May of 2016. Alexi is an active member of the Marching Band and serves

as **its** Baton Line Section Leader. She takes graphic design opportunities

*need hyphen to show possession

s around Tallahassee. Alexi enjoys creative photography and is a movie and T.V. show enthusiast. In the fall of 2016, she will be attending the University of Central Florida to major in Graphic Design and Business.



Girl ↔ Girl

THIS SEASON'S Makeup Must Haves

*should this be hyphenated?

Whether you like to keep it natural with a swipe of peppermint lip balm or go all out with the newest eyeshadow pallet, this list of Spring/Summer makeup must haves is for you!

*YOUR lips

Lip balm - Lip balm is not only good for you lips but also is easy to carry around. Perfect for beach trips and spontaneous

*is also (rather than "also is"?)

Colorful eyeshadow - You can achieve the perfect smoky eye and up your makeup game this season with colorful eyeshadow.

Lotion - Make sure to have a small bottle of lotion on hand that you can keep in your purse — you will not regret it.

Sunscreen - Having sunscreen on hand is always a good idea. Whether you're at the beach or playing soccer in your yard, sunscreen will protect your skin.

Charcoal face cleanser - Leaving your skin clean and smooth, charcoal face cleanser is a must have.

*hyphenated

Waterproof mascara - Waterproof mascara guarantees a sweat-proof solution while enhancing your eyelashes.

*hyphenated

Colorful eyeliner pencils - Different colored eyeliner pencils make winging your eyeliner a whole lot more colorful.

*spacing

Pink lipsticks - Lipsticks in all shades of pink are a fun and colorful way to change up your daily makeup look.

10 THINGS TO DO INSTEAD OF CHECKING YOUR PHONE

By Cristi McKee



HAVE YOU FOUND YOURSELF CHECKING YOUR PHONE EVERY MINUTE? DO YOU SUFFER FROM NOMOPHOBIA (NO-MOBILE-PHONE-PHOBIA)?

Okay, so maybe that's not a real thing, but it's possible that you have thought that you didn't have anything to do except check your phone for status updates or new texts. If you're guilty of constantly being on your phone and am looking for things to do, look at the list below.

*inconsistent hyphens

1. DRAW - Get out that paisley coloring book and get drawing.

2. ORGANIZE YOUR CLOSET - How many shirts do you own? 50. How many do you wear? 5. Organize that closet and donate clothing you don't need.

3. TAKE A WALK - Taking a walk outside is not only good for your health, but also is a great way to become more creative.

4. MAKE A MEAL FROM SCRATCH - Put your cooking skills to the test and see if you can make something homemade.

5. CLEAN YOUR KITCHEN because that home cooking probably made a gigantic mess.

6. MAKE A BUCKET LIST - Make a list of fun things you would like to do.

7. DO SOMETHING - *[text obscured]*

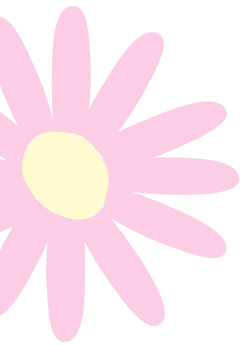
*add the "s" to mysteries

8. READ A BOOK - YA Fiction, Non-fiction, **mysteriess**, and get reading!

*should "fiction" be capitalized?

9. CLEAN YOUR ROOM - Clean your room and organize it but don't get distracted when you find something you lost a year ago.

10. DO YOUR HOMEWORK - If you haven't already completed your homework, do it right now instead of reading this article.



Rompers

This go-to one piece is perfect for those who are constantly on the go. Wear one to the beach for a casual look or add accessories to dress it up.

Modeled by: Cristi McKee



Denim Skirt & Ringer T-Shirt

These 70's-style pieces are making a comeback! Wearing the a denim skirt with a vintage-
***delete "a"** sneakers creates a **casual** outfit.

M ***misspelled "casual"**



Off-the-Shoulder Top

Guilty of giving warm weather the cold shoulder? Embody the season's spirit with this breezy and bohemian style top. It nonchalantly exposes the shoulders, creating a delicate balance between fabric and skin.

Modeled by: Alexi Saliba



Beautiful Things: A "BEAUTIEFULL" SUCCESS

By Cristi McKee

When sisters Madyson (18) and Raegan (15) Mahler started their Etsy shop back in 2012, they had no idea it would grow to be so popular. After participating in Market Days at the North Florida Fairgrounds with their knitted and crocheted products, they were inspired to start an online Etsy shop called Beautiful Things. With over 11,000 followers on their business' Instagram page and over 1.6K admirers on Etsy, their business has taken flight. I had the opportunity to interview Madyson and ask her a few

***delete "at what age" because she didn't answer this**

When and at what age did you start your Etsy Shop and why? My younger sister and I decided to start our Etsy shop after participating in Market Days Craft Show at the North Florida Fair Grounds. We had sold so many hats that we knew we had to open up a shop because a lot of people wanted our products!

What is your Etsy shop's mission? Our shop's mission is to provide quality, handmade products to customers that they will love to wear. We hope that when our customers purchase from us, they feel as though they are part of a story — our story.

When and from whom from did you learn to knit/crochet? When I was 10 and my sister was 8, we learned to crochet from our neighbor, Mrs. Brown.

What's your favorite part of running your business? I love connecting and sharing pictures and communicating with followers [on social media]. That has been my favorite aspect of our business. Instagram has been a great opportunity for me to share behind-the-scenes pictures of projects and things that inspire me.

In the future, where do you see your business? We hope to build a stronger online presence, offer crocheting/knitting patterns, and participate in more shows in different states. We're also working



Photo credit: Rick Mahler

on building a brand ambassador program through Instagram which will allow individuals to apply to represent our products on

***should it be "that" or "who"**

What do you suggest to teens that want to start an Etsy business? I would suggest to set out goals for yourself that are manageable and following them as best you can. Also, don't be afraid to try something new and experiment with different things if others aren't working. There are so many helpful websites, forums, and blogs that teach you how to run your own small business and tips for building one.

CHECK OUT MADYSON AND RAEGAN ON SOCIAL MEDIA!



etsy.com/beautiefullthings



instagram.com/beautiefullthings



beautiefullthings.wordpress.com

Photos courtesy of Madyson and Raegan Mahler. >

9 WAYS TO IMPROVE MENTAL HEALTH

1. Talk to your doctor - Consulting with a doctor about what the appropriate steps to take toward your good mental health should be the first step you take.

***confusing sentence - reword?**

2. Try meditation - Meditation can help you start or end your day on a peaceful note. Meditation doesn't have to be a long, complicated process while chanting. Sitting on the floor in your bedroom for 15 minutes and relaxing is all it takes.

3. Value yourself - Treat yo' self! Respecting yourself and treating yourself well is a proven way to be happier and healthier.

4. Take care of your body - Drinking water frequently, eating nutritious meals, and getting enough sleep are all things people with good mental health do.

5. Spend time with good people - Studies show that people that spend time with family or good friends are generally healthier.

6. Set realistic goals - Setting realistic goals is a great step toward good mental health. Make sure to aim high, but not to set unrealistic and stressful goals.

7. Take a walk in nature - According to a study by Stanford scientists for "Proceedings of the National Academy of Sciences," walking outside prevents depression.

8. Eliminate bad habits - By getting rid of bad habits, you can achieve a much happier and healthier mindset.

***simplify - "exercising"**

9. Exercise - Staying in shape by **doing exercise**, whether it be yoga, running, dancing, or soccer, helps maintain a healthy mindset.



*delete the "e"



*delete the "e"



On January 26, 2013, Molly McCann experienced her first seizure. Prior to that night, she hadn't exhibited any symptoms of epilepsy. Luckily, Rachel's father, Dr. Christopher Rumana, a neurosurgeon, recognized what was happening, and she was rushed to the hospital. Just two days later, she was officially diagnosed with epilepsy. Epilepsy is defined as a neurological disorder marked by disruptive brain activity. Developing epilepsy at that age is extremely uncommon, and Molly and her family weren't sure what to do. There were not many local epilepsy resources available, and information on the Internet isn't always reliable, despite epilepsy being the third most common neurological disorder.

After watching her best friend have a seizure and seeing her family try to obtain as much information on epilepsy as they could, Rachel knew what she had to do. In the spring of 2014, a little more than a year after Molly had her first seizure, Rachel founded Strides for Seizures.



"I founded Strides for Seizures, a non-profit fund under the umbrella of the Tallahassee Memorial HealthCare (TMH) Foundation, to raise money to buy educational materials for newly-diagnosed epilepsy patients and their families," explains Rachel. "Strides for Seizures raises money through individual runners who participate in a 'run-a-thon'-style activity raising money from individual sponsors. It also raises money through corporate, business and individual sponsors."

*attribute this quote to Rachel

After a partnership with the Epilepsy Association of the Big Bend, raised enough money to start the Tallahassee Memorial HealthCare Epilepsy Resource Center, the region's first epilepsy resource center. Rachel and Molly, both now 17 and rising seniors at Maclay, share a mutual love for running track and cross country. For six track seasons and five cross country seasons, they've been on the same teams and have loved every minute of it. Their friendship means everything to them, and they can often be found laughing about one thing or another.



"I'm so thankful for Rachel to have started this for not only me but for other kids and teens that have epilepsy. She's truly a great friend, and I'm so thankful to know her. She's done really amazing things, and she helps so many people. I'm so blessed to be one of them," Molly stated. Both Rachel and Molly wanted to thank the TMH Foundation President, CEO Paula Fortunas; Rachel's parents, Dr. Christopher Rumana, M.D. and

28 Things that Matter More Than Likes

By *Cristi McKee*

With all the social media used today, we tend to forget about the bigger things in life. Everyone nowadays has a Facebook, Instagram and Tumblr. We spend hours cropping pictures, picking the best filters, then deciding what the best time to post our picture is. After we post the picture, we watch the likes roll in. Then, if we don't get the desired amount of likes, we feel like something was wrong with the picture.

Whether a person receives 4 likes or 400 likes, does it really matter? Getting a certain amount of likes on a picture doesn't show how much you're worth, how pretty you are or how talented you are. Getting "likes" doesn't matter at all in the grand scheme of things.

Spending time on social media is a really fun and great way to spend downtime but with all the time we're spending on social media, it would seem that we're missing out on life. So many things matter more than the reaching a certain amount of likes. here are 28 o

***delete "the"**



1. Being surrounded by family and good friends.
2. Having your favorite dinner.
3. Remembering the lyrics to a song you used to sing when you were a kid.
4. Educating yourself.
5. Learning about the world around you.
6. Traveling to places you've never been before.
7. Helping people in need.
8. Animals.
9. Kind human beings.
10. Beautiful scenery.
11. Music that makes you happy.
12. People that make you want to live forever.
13. Loved ones.
14. Learning how to play an instrument.
15. New experiences.
16. Good books.
17. Water.
18. Getting an A+ on a test you studied very hard for.
19. New friends.
20. Old friends.
21. Being Safe.
22. The person.
23. Food.
24. Flowers.
25. Writing anything-books, essays, poems.
26. Hearing new songs.
27. The world around you.
28. Now.

cole
couture®
boutique

FROM DENIM TO LACE AND EVERYTHING IN BETWEEN..

1240 THOMASVILLE ROAD | SHOP COLECOUTURE.COM | (850) 553-3327

COMMUNITY CHRISTIAN SCHOOL



VPK-12 • Excellent Academic Test Scores
 Celebrating 39 Years in Tallahassee!
 Spiritual Formation • Leadership Program
 Athletics • Sand Volleyball Courts
 After School Program • Fine Arts

Fully Accredited

4859 Kerry Forest Pkwy • 850-893-6628 • www.ccs-chargers.org



We would love to meet you!

Shining Bright



SENIOR EDITION

These Tallahassee girls are shining bright with their accomplishments! We admire these girls because...



**elizabeth
LEHMAN**

Elizabeth Lehman (17) was a finalist for the Best and Brightest homeschooler award in the Drama and Performing Arts category.



**grace
UBBEN**

Grace Ubben (18) got the part of Ariel in Leon High School's summer production of "The Little Mermaid."



**anslie
JACKSON**

Anslie Jackson (18) actively **persues** her dream of becoming a musician through **misspelled "pursues"** classes.



**brianna
LORD**

Brianna Lord (18) got nominated by Senator Marco Rubio to attend West Point Military Academy.



**emma
WHARTON**

Emma Wharton (18) **Emma IS** SAIL High School's finalist for the Best and Brightest award in the Art category.



**hope & joy
RICHARDS**

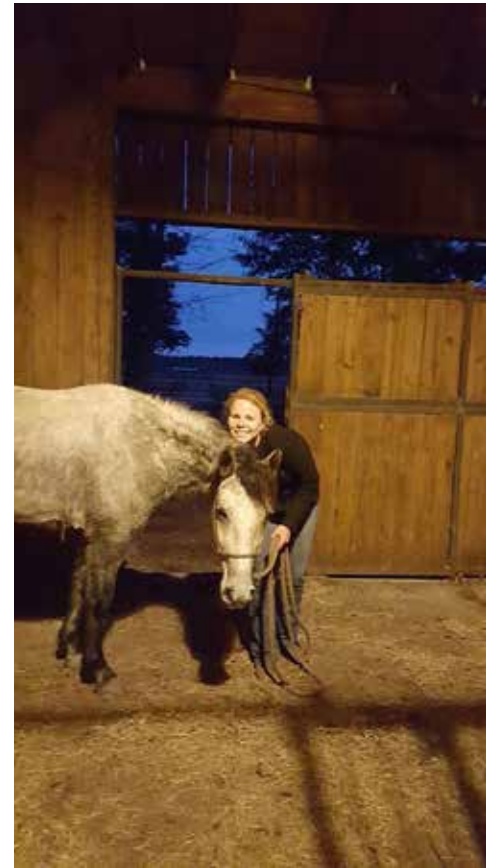
Hope (18) and Joy (18) Richards and their team received First Place at the District Fine Arts Competition.

If you or someone you know is "shining bright" and you would like to submit her accomplishment to be featured in a future issue of Tallahassee Teen, e-mail her name, age, accomplishment, and high resolution (300 dpi) photo to Cristi@talwoman.com

Virginia Johnson's Mustang Makeover

By Cristi McKee

The ***delete "and"** Johnson laid her eyes on a horse as a child, and she fell in love. After beginning riding horses in 2007, she never thought she would be doing that as a career. In December of 2015, Virginia got approved to train a wild mustang for the Extreme Mustang Makeover Competition at 3 Y Ranch in Crawfordville, Florida. In just three months, under the professional supervision of Trey Young, she had to completely tame her selected mustang, Sephora, a 5-year-old mare from Wyoming, then showcase her talents to a panel of judges. A select few horses and their trainers, including Virginia and Sephora, made it to the Top 10 for the final competition. Trainers were given the option to either keep or auction off their horse after the competition. The extreme Mustang Makeover Competition ended May 7, and, while Virginia was sad to see her go, Sephora is living happily with her new owners.





Food Truck Thursday at Lake Ella. Photo courtesy of Cristi McKee

Food Truck Thursday at Lake Ella

Simply grab a picnic blanket and gather a group of friends for a unique dining experience. Live music and food trucks congregate from 6 p.m. to 10 p.m. every Thursday. For more information, visit online at facebook.com/FoodTruckHub.

Summer Art Camp at the LeMoyne Center

Beat the heat and immerse yourself in art this summer. The Teen Foundations Program is a fun and creative way for students to learn about various artists and techniques. To reserve a space, call (850) 222-7622 or visit lemoyne.org.

***delete space between 9 and colon**

Every Saturday from March to November, 9:00 AM
Visit the Downtown Market to pick up fresh, homegrown produce and more while listening to local bands play every Saturday from 9:00 AM to noon.

***does this need to be repeated?**

Colorful Light Show at Cascades Park

Beginning at dusk, Imagination Fountain puts on an illuminating show. Programmed to music and lights, the fountain performs to hit songs which repeat every seven minutes.

Skyz *should this be hyphenated?

Pick up style volleyball games are held on the 2nd and 4th Tuesday of every month from 7:30 p.m. to 9 p.m. Dodgeball

leagues are held on the 1st and 3rd Thursday of every month from 7 to 9 p.m. for ages 16+. Visit skyzone.com/tallahassee for more information.

Junior Counselor in Training at the Tallahassee Museum

This weekly program, offered on a first come, first serve basis, is available to students who have completed ***need period**. Students will develop leadership and teamwork skills along with various activities such as crafts and games. For registration information, visit tallahassee.com.

***consistency - should the time of the event be the first line (heading) of every entry?**

June 10-11 at the North Florida Fairground

This regional adult and youth bicycle ride, health fair and family fun event benefits the Tallahassee Memorial Cancer Center and the people in this region. For more information, call 850-606-2306 or e-mail sports@visittallahassee.com.

Girls Can Do Anything! Summer Camp

June 13-August 12, 2016 at The Oasis Center

A junior leadership program is available for campers ages 12-15. These weekly camps use empowerment-based philosophies to help girls develop an expansive view of what they can achieve.

FSU *need consistent hyphens

June 20 — August 12, 2016. Teens 17 and under can experience a truly unique day camp under the Big Top with The FSU Circus student performers. V

*does "the" need to be capitalized?

Steve Miller Band Concert

July 20, 2016 at the Tallahassee Pavilion. This classic band will be performing at 8:00 p.m at the Tallahassee Pavilion.

Zach Seabaugh Concert

August 5, 2016 in Thomasville, GA. Country singer Zach Seabaugh from "The Voice" will be performing in downtown Thomasville from 7:30 p.m. to 9:30 p.m. For more information, call (229) 228-7977 or visit thomasvillega.com.

Eastside Farmer's Market

Every Saturday, 9:00 AM at St. Luke's Anglican Church
Pick up fresh fruit and veggies while supporting local farmers at this farmer's market every Saturday.

Tallahassee Animal Service Center

Dogs and cats galore! Many animals that are waiting to be adopted can be found at the Tallahassee Animal Service Center. If you're looking for a furry friend, visit online at talgov.com/animals for more information.

First FAMU Football Game

Saturday, September 3, 2016 in Miami Gardens, FL
Cheer on the Rattlers at their kickoff game in south Florida. Visit famuathletics.co

*should "south" be capitalized?

First FSU Football Game

Monday, September 5, 2016 in Orlando, FL
Support the Florida State Seminoles at their first football game of the season in Orlando. See the full football schedule online at seminole.com.

Free Cuban Dance Lessons

Every Tuesday, 7 PM at the FSU Student Union. Given by the Azucar Dance Company, learn to dance Cuban style every Tuesday at 7 at the FSU Student Union.

Tallahassee Nurseries

Visit Tallahassee Nurseries to get everything you need for the ultimate "Tumblr" garden. Succulents, hydrangeas and fish galore are sure to catch your eye.



Adopt a furry friend
at the Tallahassee Animal
Service Center today.

Photo courtesy of Cristi McKee.



Tallahassee Nurseries fish.

Photo courtesy of @cottonyejoanna on Instagram.

WARM WEATHER *Inspired* RECIPES

This summer, try out these warm weather-inspired recipes submitted by our staff and readers!

By Jolee Keplinger, Cristi McKee and Alexi Saliba

Kale Slaw

Base:

- 4 cups kale, finely chopped
- 2 cups of cabbage, finely sliced or grated
- 2 cups of colorful carrots, grated (about 3 large, peeled)
- 1 ½ cups of apples, grated

Dressing:

- 1/3 cup apple cider vinegar
- 1/3 cup olive oil
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 1 ½ teaspoons celery seed
- ½ teaspoon pepper
- ½ teaspoon salt



Directions:

-Combine kale, cabbage, carrots and apples in a large bowl. In a separate bowl, combine vinegar, olive oil, mustard, celery seed, honey, and salt. Whisk the dressing mixture and pour over slaw. Stir until dressing is evenly dispersed. Finally,

*maybe put spaces between the hyphens and the words?

Variations:

- Add a handful of sunflower seeds for additional crunch.
- For a tropical twist, substitute the grated apple with pineapple.

Photo credit: Jolee Keplinger



Blueberry Mint Water

Ingredients:

- 15 mint leaves
- Handful of fresh or frozen blueberries
- Glass of water

Directions:

-Drop mint leaves and blueberries into a glass full of water. Add ice for a great refreshing drink.

Photo credit: Cristi McKee

*the graphics (utensils) go over the line of the box (at the bottom)



If you have an original recipe you would like to share, send your recipe and a high resolution picture (300 dpi) to cristi@talwoman.com

The Ultimate Strawberry Shortcake



Ingredients:

1/2 cup butter or margarine

2 cups flour

1/4 cup sugar

4 teaspoons baking powder

1/4 Da: ***delete the extra space before the "4"**

1/2 cup milk

2 eggs, separated

2 to 3 cups quartered strawberries

Whipped cream

***inches is denoted by quotation mark (")**

- Grease 9" cake pan with 1 tablespoon of butter.
- Sift flour, sugar, baking powder, salt, and nutmeg into a mixing bowl.
- Cut in remaining 7 tablespoons of butter to resemble coarse meal.
- In measuring cup, blend milk and egg yolks with fork. Stir into flour mixture to make soft dough.
- Press into prepared cake pan with lightly floured fingers. Brush surface generously with egg whites. Sprinkle sugar to the top.
- Bake in preheated oven for 12 minutes or until golden brown.
- Cut and top with quartered strawberries and whipped cream.

Photo credit: Alexi Saliba

MAKEUP PRO STUDIO



Leslie McClellan

Professional Makeup Artists
Makeup Lessons

850-329-6950

MakeupProStudio.com

f /makeupprostudio1



15 Flavors of Chicken Salad



Made Fresh Daily!

Gulf Wind Shopping Center

1496 Apalachee Parkway
(850) 402-0653

Open Monday - Wednesday, 11am to 7pm
Thursday - Saturday, 11am to 8pm

The Pavilions

1410 Market Street
(850) 894-2502

Open Monday - Saturday
10:00am to 7:00pm

www.ChickenSaladChick.com