

ELIZABETH HAMILTON'S

Best
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You™

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besteveryyou.com

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January 2011



I posed a question to my 9 year old son about what he would write if I gave him this space instead of me writing.

He chose music.

Quaid: "Singing music," he says. "Because pretty much, if you sing, you get to hear voices and harmony and it gives you a message of feeling. So if you are singing a spiritual song and it's really sad, you might start to cry," says Quaid, age 9.

MOM: What else would you write about singing?

Quaid: "Probably about the songs. Um, the songs are what gives singing the fun part. It isn't just like talking. Singing you get to express your voice with song and the songs are fun to sing. They can be long. They can be confusing and you have to learn them.

MOM: What else would you write about music?

Quaid: "Drumming to me is kind of fun because you get to be able to get the rhythms of stuff out of my head and into the music."

MOM: Who is your favorite singer or song?

Quaid: "That one is hard, but either DJ Godess Falling in Love or the other maybe – MOM that's not how you spell it. Got Us – DJ Got Us Fallin' in Love."

MOM: Do you like Barry Manilow?

Quaid: Who's that? Is he like Elvis?

Speaking of singers . . . we have Robin Meade on our cover this month. Meade appears on Jim Brickman's new album, "Home," — available exclusively at Target — on the soaring ballad, "Welcome Home," a tribute to the troops (Meade also steers HLN's "Salute the Troops" segment).

What great fun it was interviewing her and getting to know her better!

Elizabeth Hamilton
Best Ever You, Founder and CEO

What's in Your Coat Closet?

Now that winter is officially upon us, you may be living somewhere where you need to don a coat when going outdoors. If that's the case here are some thoughts on what to include in your coat closet.

For starters, every man needs a good raincoat. Hands down the best is made by Burberry. They make them in a variety of styles and colors, however I advise staying with a tan raincoat, preferably their cotton/poly belted model with zip-out wool lining and removable wool collar. Unless you sleep in it, it should last you ten years or more. It will not go out of style and it can be worn over casual clothing or a suit — but not a tuxedo. A Burberry raincoat is worth the money.

Now you need to add a topcoat to wear over a suit — to the office, to a party, wedding, business meeting, et al. The safe bet is a navy blue cashmere top coat with or without a belt, either single or double breasted. Wool topcoats are Ok, but you can't beat the look and feel of cashmere. If you don't like navy blue, then go with either black or gray.

The classic choice is a single breasted navy topcoat without a belt; the length of which should be just below the knee. A third piece of outerwear that is essential is a car coat — so named because it covers your butt and can easily be worn while in a car. This coat length is just above the knee but it should cover your thighs.

Of course you will also need a few waist length jackets, a black or brown leather (bomber jacket) is a nice addition. Top this off with one or two light weight jackets for knocking around and you have a well rounded coat wardrobe.

As is the case with all types of men's furnishings, coats are often on sale with substantial mark downs. If you are on a budget, you can buy outerwear incredibly cheap at Costco. If money is no object, treat yourself to a piece of outerwear from Loro Piana — they are the best there is and you pay for it. Stay warm!



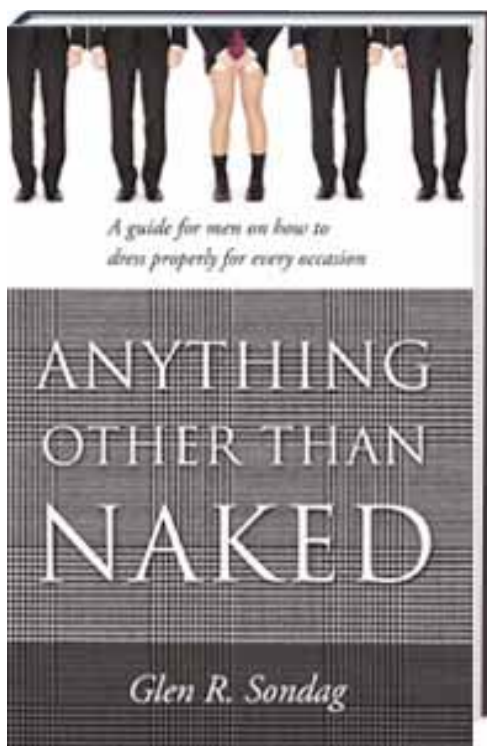
Glen Sondag, an investment professional, is married with four adult sons, living in Chicago. He came by his fashion sense largely from his mother who was a fabulous seamstress. Later on while attending graduate school he worked in a clothing store which simply fueled his love of clothes.

His new book "Anything Other Than Naked" will be available for purchase in February. Visit www.anythingotherthannaked.com for details.



ANYTHING OTHER THAN NAKED

A guide for men on how to dress properly for every occasion



Let's face facts: most men struggle with what to wear, when. Although many professions and businesses allow for "business casual" attire, there are a number of careers and social occasions which call for a more formal, or at the very least, a more personally attentive approach to dressing and presentation.

In *Anything Other Than Naked*, author Glen Sondag provides an easy-to-read, yet comprehensive guide illustrating the basic dos and don'ts for any man attempting to put his best dress oxfords forward as he walks out the door.

Based in personal experience and knowledge gleaned through a discerning eye, *Anything Other Than Naked* was originally intended as a style guide for Sondag's four sons to use. However, it has evolved into a narrative that covers everything for the reader to consider when it comes to exercising proper

clothing protocol and etiquette.

Some of Sondag's sartorial tips include:

- What to consider when purchasing a suit.
- How to combine the right suit, shirt and tie.
 - Why your belt, hose and shoes matter.
 - How to choose a collar style.
- How to build an outstanding wardrobe.

www.anythingotherthannaked.com

I recently called the president of a company for a scheduled telephone meeting and ended up fighting for air time with a dog. Not just any dog, but one that sounded like a guard dog cornering a burglar in the heist of the century. “Sorry,” the executive said, “I bring my dog to work with me and he goes crazy every time he sees a bird.” Our corporate conversation was preempted because of a bird? I almost had a canary!

On another occasion, the manager I visited in her corner office had a puppy by her feet in a funky little carrying case. Cute. Until Phoebe (the puppy, not the woman) appeared at my feet and began licking the toe of my one of my brand new Manolo’s. “I can’t keep her locked up in there all day!” exclaimed her Master. I hope she came up with a Plan B, because I’m certain I’m not the only one who left her office with a question about professionalism that day.

These days there seems to be plenty of opportunities for people to bring their favorite four-legged friends to work with them. In fact, the little critters can add a lot of character to a business, in some cases even becoming part of the corporate brand.

But if your dog comes to work with you there’s something you need to know—not everyone loves having your canine companion around as much as you do. Some people are frightened of even the friendliest lap version. Others think dogs are, shall we say, unhygienic. And then there are folks like me, who adore dogs but are allergic to them.

By now I suspect that you bring-your-dog-to-work lovers are thinking of me as a ‘Doggy Bag’. And I get it. But before you get your extendable leash in a knot, please hear me out.

Bringing a dog to work is a privilege that is usually reserved for business owners and other ‘higher-ups’. Some employees may wonder why there’s a double standard. After all, if you get to bring a dog to work why can’t they? As a leader you’re setting an example, so be prepared to deal with the questions and complaints of others before you open the crate to let the canine equivalent of the cat out of the bag.

Sue Jacques is The Civility CEO™, an executive consultant who helps individuals & businesses create courteous corporate cultures. Sue proudly promotes respect in the workplace.

Do you have a corporate conundrum for The Civility CEO™? Please send it to advice@TheCivilityCEO.com. Your question could be featured in an upcoming column! www.TheCivilityCEO.com



Is Corporate Civility Going to the Dogs?

If you want to stay out of the corporate doghouse when Fido accompanies you to work, please follow these three guidelines:

GO PUBLIC. Whether you mention it in conversation or post a ‘pooch-friendly’ sign on your door, it’s respectful to let people know there’s a dog on the premises so they can make arrangements to meet you elsewhere if that’s their preference.

MAKE MANNERS MANDATORY. Only bring a courteous, pleasant, well-trained dog to work with you. Ensure that barking, sniffing and jumping are not in your doggy’s bag of tricks.

MIND YOUR BUSINESS. Work comes first, especially when a client or colleague is present. Avoid letting your dog’s needs overshadow those of the humans around you.

In the long run, it’s your decision whether or not to bring your furry friend to work. But if you do, please keep this in mind: you may get the short end of the stick if that doggy in the window takes a bite out of your professionalism.



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Heaven in 2011...

I am filled with excitement and enthusiasm as I look forward to fulfilling my intention of finding Heaven on earth. For me, 2010 was a year of trusting in the process of healing and clearing out all that was no longer in alignment to my authentic self. It was quite a year, one that felt at times like I was riding a roller coaster. There were so many twists and turns that at times I wasn't sure that I was going to come out of it unscathed, but here I am contemplating Pamela's Heaven.

Many think of Heaven as a place that they go to when they die, but truly it is a consciousness that resides within and through you. It is always a possibility that resides within you, speaking to you, calling to you, inviting you to enter into the Golden Gates. Upon reflection of my life, I see that I lived an illusion that presented as Hell as my reality. Can you imagine how glorious it was to throw back the veil and see that Heaven was there all along? The murk of the underworld holds a tight grip, but when one has simply had enough, there is another way, another life, another place. The good news is that you create your own castle and kingdom, so to open your mind and heal your heart is to allow a fluctuation of your belief systems from what is to what exists as your highest potential. Raising your consciousness is the grace which allows you to leave behind the illusions of separation and open the doors of wholeness, which undoubtedly leads you to your personal Kingdom. For those of you that are saying yes, Yes, YES! I have three simple steps that will usher you up the white marble steps towards the castle gates.

Take responsibility for what you are Creating.

I know it is hard to believe when your life seems to be dragging you along by ball and chain, but you are the Creator of your experiences. If you want to know how you measure up to your own expectations, look at what experiences and people are showing up for you. Are you in alignment to peace, joy, happiness and abundance? These experiences are your current point of attraction and thus give you an idea of what requires healing to get you from where you are, to where you desire to be.

Set clear intentions for forward movement.

What you focus on is what you receive more of. It is impossible to create abundance by looking at limitation. It is impossible to create love when looking at separation. It becomes imperative to create a mindset of positive intentions. Actually writing down what you intend for the year is a major leap into creating this in your life. Remember to keep your thoughts and words aligned for positive movement. For instance, instead of writing down "I intend to pay off my debt in 2011," say this: "I intend to be financially free in 2011." Then couple this intention with positive emotions of what it feels like to be financially free. Does it make you feel elated, joyful or successful? Then visualize what it feels like to be in this situation now. Imagine how you feel writing a check to pay your credit card bill in full. This feeling assists in locking the appropriate vibrational frequency needed to make this happen.

Step aside and allow.

Once you realize that you can create anything you desire and you learn to align your vibrational frequency to match the desires you intend for, you must step out of the way and let the Universe deliver your creations to you. It is counterproductive to attempt to control the process or doubt yourself. Meditation is a valuable tool to assist in maintaining a consciousness of peace so that you may allow your desires to manifest. Please check out my Mindful Meditation CD to help heal and clear the way for ease of flight. <http://cdbaby.com/cd/PamelaJoMcQuade>

I wish you FUN in your pursuit of realizing your dreams and hope you will say YES to Heaven in 2011 and beyond!

Love and Light ~
Pamela Jo McQuade

Pamela Jo McQuade is a Reiki Master, student of "A Course in Light", a Reverend with the Universal Life Church, and a trained Holographic Healer. After leaving the corporate world, she underwent a radical spiritual transformation and now is on a soul-inspired quest to bring forth teachings of inner light and truth. For more information on Pamela Jo and her teachings, visit her site at: [www.http://spiritualityissexy.com](http://spiritualityissexy.com).



"Best Ever You" is a compilation of material from various sources from various walks of life. Our goal is to represent the best of ALL of you, and as such, all beliefs will be represented in a fair and just manner. All material is submitted by the public, and we reserve the right to accept any article that promotes a positive life, creating the Best Ever You, and reject any articles that do not reflect our goals.

Seven Peak Performance Tips for Entrepreneurs

As one of the estimated over 30 million Americans entrepreneurs, I have walked the proverbial mile in your shoes. This list is a result of my personal experiences. The project began as a result of my quest to become more self-aware of what makes me most productive. I have synthesized it into the top seven most important tips to focus on.

7 Dress For Success

As they say in sports, "Look good, feel good, play good"; the same holds true in the sport of business. Just because you are self-employed doesn't mean you shouldn't look your best to feel your best which will in turn bring out your best. This involves some reflection and an element of self-awareness.

For example: I know I function best in a shirt and tie, it is my "game uniform" so to speak. A client of mine who operates a home based business realized that for him it is about putting on his work shoes. So I encouraged him to buy a special pair of dress shoes he only wears in his home office. They go on before he steps into the office and this serves as a mental trigger that it is time to get down to business. The rule is simple whatever you determine you are most productive in wearing: Get up, Dress Up, Show Up, Play Up!

6 Three Way Fitness

Whether you are willing to admit it or not, your business's fiscal fitness is directly related to your mental and physical fitness.

Exercise your body. DAILY. Every day I hear people say "I don't have time to work out." My experience has been that the time "spent" working out is actually an investment in my productivity later that day. I increase my energy reserves, my focus, improve my mood and create positive momentum in all I do by INVESTING the time in exercising. Even something as simple as investing 15 minutes in walking the dog around the block will refresh both you and your pooch.

Exercise your mind. DAILY. Whether it is personal, professional or spiritual development you need to invest in yourself by reading daily. (Questions to be answered internally . . . Name the last book you read? Now answer how long ago that was.) If you are answering in anything greater than hours, consume some vitamins for your mind by reading daily, even if it is only half a chapter. It is a habit and putting positive messages in your mind will improve your point of view.

5 Mindful of money hours

The double-edged sword of being self-employed . . . You can work anytime, anywhere. Don't let that become all the time, everywhere or, just as important – doing the wrong things at the wrong times. This rule is particularly important for those working in sales but relates to all entrepreneurs. Definition of money hours: 8 am-5 pm Monday through Friday.

During this window of time you want to be working on communication tasks that relate to making sales, customer service and direct client interaction. In other words, "the right tasks at the right times" and don't let projects that can be done outside of those hours invade those hours.

4 Script a work day routine

We are creatures of habit. Some good habits, some bad. Home offices (and many businesses) are full of distractions (TV, internet, children, pets, etc..) that can pull us in directions we shouldn't go during "office time." Here are some rules of engagement: arrive at your "office" at a regularly scheduled time, and accomplish your most important daily objective first. Designate break times, lunch, meeting hours, respect the money hours and do paperwork at the very end of the day.

3 Follow the 3:1 RE-Rule

I developed this self-imposed RE-rule based on my attention span. For every three hours of work, I take a 15-20 minute break. The break serves multiple purposes: relaxing, recharging, refocusing, rejuvenating (exercise-see #7) and sometimes simply redirecting my energy. Adapt this to make your own RE-rule. Use a stopwatch or timer to chart on the average how long you are effectively "on task" before you need a break.

2 Call time-out

Be mindful to schedule "out of office" times throughout the week. When you are self-employed or telecommute, from time to time you can feel isolated and disconnected. To break the isolation, make it mandatory that you schedule a weekly breakfast or lunch meeting with a client, prospective client, or colleague. Beyond upping your productivity, it will consistently get you time out of the office and reconnected.

1 Feng Shui Your Way

To better energize yourself – energize your home office environment. Here are FOUR energizing things you can do for your work environment:

- **"Go Green"**: Nature has a way of lowering our stress levels. Adding a green plant to your office will lower your stress level while having an energizing effect on you.
- **"Brighten your day"**: Most rooms simply aren't very well lit. Add a floor lamp and desk lamp, using incandescent bulbs.
- **"Tune In"**: Add some music, whether it's an iTunes docking station or internet radio. Introducing your favorite music will pump up your production and your mood.
- **"Paint a Picture"**: Choose a bright energetic color to paint your office walls. Supplement this new found energy with photos, awards and art that are sources of positive emotions such as: love, accomplishment and trust.

John Brubaker teaches audiences how to obtain better results in business with straightforward tools that turbo charge performance. Author of the forthcoming book *Overtime Victory: Success Strategies From The Locker Room To The Board Room*, John uses a multidisciplinary approach to help organizations develop their competitive edge.

John Brubaker brings more than fifteen years of experience in Leadership Development, Coaching and Human Resource Management to his work as a consultant, speaker and author. He is a 1992 graduate of Fairleigh Dickinson University with a bachelor's degree in psychology and he also earned a master's degree in personnel psychology from FDU in 1993. Brubaker has completed his doctoral level coursework in Sport Psychology at Temple University. For more information visit: www.coachbru.com





Meet the girl who is giving art more heart than ever before. At age sixteen, Radhika Mitra, a student in California, witnessed a tragedy on a family vacation: “On a visit to Kolkata, I was riding in a taxi with my sister when a homeless boy came to the cab’s window at a traffic light and tried to sell us a handmade necklace. When the light turned green, a rickshaw came by and suddenly trampled him. No one did anything. The taxi driver just drove on.”

Shortly after the accident, Radhika learned that the boy she saw was likely from a poor artisan family in a nearby village, where most of the inhabitants make their living by selling handicrafts on street corners. Children from these families begin working to earn money as soon as they can walk and talk. Immediately, Radhika felt compassion and concern for these struggling artisan communities:

“These artists have no education, no formal vocational training and, above all, no tools with which to create their handicrafts. These artisans are everywhere in the world and are exceptionally talented. The incident with the rickshaw left my sister and me with a harsh memory which became our inspiration to do something about it.”

Radhika and her younger sister Ritwika decided to create a public charity to support and spread awareness about underprivileged artists. Their organization, aptly named Renaissance Now provides artists with free tools of their trade, organizes workshops on tools and techniques, teaches modern marketing techniques, helps guide product development, and displays and promotes the work of numerous artists.

“I’ve been around artists all my life,” says Mitra, “My dad is an excellent photographer; my grandfather is a writer and plays piano; my 14-year-old sister Ritwika is a singer; and my mother loves interior design. It just seemed natural to me to help struggling, poor artists and craftspeople like the boy in India. Even beyond that, art survives through time, crosses national borders, language barriers and all religious beliefs. Can any other human activity claim to be more subtle than, yet as impactful as, art?”

Renaissance Now currently has projects in India, Romania, and the Maldives, with projects in Vietnam and the Philippines in the works. They have helped around 10,000 artists internationally and are continuing their efforts to create sustainable artist

communities. “Each project we do helps not only the artist but their families’ livelihood, education, and capability to become independent earners,” says Mitra. RenNow’s trainings have been widely appreciated by all the artists that have attended. After one training, Rabindranath Dey, an artist in West Bengal, India, wrote to Radhika to show his appreciation: “The three day training organized by you . . . was unparalleled. I have attended some trainings before but none of them were as enjoyable as this one. I will never forget your exemplary and compassionate interaction with the artisans.” “The letters are so heartwarming and encouraging to read,” Radhika says.

Apart from international projects that are on-location, Renaissance Now’s Youtube channel—Rentube has gained worldwide popularity for the free tutorials made for hobbyists, photographers, videographers, and artists living everywhere.

When asked what she has learned from this experience and where she sees Renaissance Now in 20 years, Radhika replied, “I’ve learned that it really doesn’t take millions of dollars or a big organization to make a positive difference...I see Renaissance Now expanding worldwide with its own vocational training video tutorial program and cooperatives localized internationally for artists to acquire resource and education.”

Most of all, Radhika wants to continue to work hard to continue her philanthropic work. “Being able to witness the joy and change my efforts can make in other’s lives makes me feel so humbled. I always remember the faces, the words and the stories I exchange with the artists I meet at RenNow’s training. Each artist inspires me and having the privilege to meet them and work with them is best thing about being part of Renaissance Now. It is the greatest feeling to be able to do something for someone else and know it benefitted them. Reading the hundreds of letters all the artists write about their experience with Renaissance Now truly instills me with a purpose of fulfillment and enthusiasm.”

Want to support Renaissance Now? Radhika is always seeking recommendations of artists or group of artists from different countries. To learn more, please visit www.RenNow.org or www.Youtube.com/supportren.

Making a Difference

Being able to witness the joy and change my efforts can make in other’s lives makes me feel so humbled.

— Radhika Mitra

By Sarah Cronk

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A photograph of Robin Meade, a woman with long brown hair and bangs, smiling and looking upwards. She is wearing a black top with a silver paisley pattern. She is holding a pair of black headphones. In the upper right corner, a professional microphone with a pop filter is visible. The background is a solid blue color.

Robin Meade is the Real Deal

This is another one of those interviews I dreamed of doing when I started Best Ever You in 2008. I said to my husband, “Someday I’d like to have Robin Meade on the cover of our magazine.” When I said this to Robin, she replied, “Girl, It’s time to set some new and higher goals! Isn’t it fun when we can do that?”

Robin Meade is the anchor of HLN’s morning show, “Morning Express with Robin Meade.” Meade began her career in broadcasting at WMFD-TV in Mansfield, Ohio, where she worked as a reporter.

The interview she is most proud of she says is, “My June 2009 skydive with President George Herbert Walker Bush in Kennebunkport, Maine, to commemorate President Bush’s 85th birthday. The Golden Knights had been trying to get me skydiving for years and so I said, ‘call me when you have something I can’t turn down’.” And so she jumped.

By Elizabeth Hamilton

She says, "It was an incredible honor and I got great insight into his personality."

2010 was a big year for Robin too. AWRT (American Women in Radio & Television) bestowed upon Meade the prestigious Gracie Award for Outstanding Anchor, News or News Magazine. Her music career also gained her recognition. "Well, I just achieved a life-long goal with respect my music career, which is to sing at the Grand Ole Opry. I did this with Jim Brickman with my new song 'Welcome Home'." She's been singing all her life and it shows.

Meade is also the face of HLN's "Salute to Troops" segment, a daily message to U.S. troops using photos and videos sent in by their loved ones. Her music plays throughout this segment.

On that note, I confide in Robin that I think I am actually having a panic attack speaking with her and that suddenly, I've forgotten just about everything I wanted to ask and say. It's a problem she is personally familiar with, as she tells me that is the theme behind her book. She tells me, "I used to have full blown panic attacks when I did the news in Chicago and my first book, 'Morning Sunshine! How to Radiate Confidence and Feel It, Too' is an anxiety tell-all." She has learned to stay in the present and to be grateful, not fearful, she says.

I calm down, focus, and realize that I will live through interviewing one of my heroes, and I will set some new goals.

So what does a beautiful news anchor with a beautiful voice have to worry about? I mean, being on TV is all glamour and glory, right? "No!" says Robin. "I'm up at 2:30 doing my homework and getting a pulse on the morning. I'm in make-up and on set very early in the morning." I am mistaken, having thought that the job of a morning news anchor was to show up, get in makeup, and read the news. "Not in my world," assures Robin, "I am a very active participant in each and every show from the stories that we cover to all aspects of the show. In the morning, it has to pass my gory test, as we want people to tune in and not out. I'm also always non-biased and non-prejudiced with political coverage, making sure to give each side fair time."

2:30 am? Really? I'm tired just thinking about being up each day at 2:30 in the morning. I ask Robin how she stays in such great shape

with that type of schedule. (You'll love this answer) "I've been known to walk on the treadmill and watch the Food Network. I'm not much of an exerciser, and I love Deep Dish Pizza."

To me, at that moment, in this interview, I've really learned why I set up this interview, and that is to know that Robin Meade is the real deal. She isn't putting on a fakey-fake show in the morning, nor is she an egomaniac. She's real and I'm so glad she agreed to let us interview her for our magazine so I can share this with the world.

A Real Life Pizza Eating Newscaster. My kind of lady! Oh, and a fellow shoe hound . . . "I don't like pedestrian shoes" she confesses. My BFF!

Further proof of her grounded self is revealed when asked about her days in high school.

For Robin, "High school was like a campaign each day. I had the need to be strongly liked and be interested in each and every group and person. It would really bug me if someone didn't like me, and so I would work on them harder. I'm still that same Robin today, but I realize I won't please everyone. For me, it is important to be my authentic self."

Meade went on to attend Malone College, and Ashland University where she majored in radio/television production, programming and performance and minored in political science. For those in college right now or for those aspiring to be broadcasters she advises, "Different reporters have different methods, but I believe an interview should be a conversation, not a quiz", she continues, "Learn. Learn how to write, be an intern. The worst interns are those who don't seize the opportunity of knowing that even in something mundane, there is something to gain. I've seen interns so busy filling out resumes for positions outside the environment they are currently interning in that they miss the opportunity looking right at them."

"For me, in addition to being a singer, I always wanted to be a public speaker, too," she adds, "I used to have a little tape recorder and my own radio show."

Looks like she achieved that, plus some! So Robin Meade is now setting some new goals for 2011. Watch and see!

Try Robin's recipe for Pumpkin-Cheesecake Ice Cream Frozen Dream. See page 16.



Robin's Favorites

Mascara: XXL, Double Wand . . .
Has a great primer & mascara

Jeans: Lucky Brand

Height: 5'4" (but we've concluded she's around 6ft tall on air, lol, with hair fluffed up and the highest heels ever)

Hair: Nope, no extensions. She just has absolutely beautiful hair!! It's her hair.

Foods: Deep Dish Chicago Pizza
and anything cheesecake

Exercise: said with a giggle, walking on the treadmill while watching "The Food Network"

Favorite Charity: her Salute the Troops segment on TV and Royal Children's Center

Tradition: The No Make Up Zone cabin she shares with her husband

Pets: 2 dogs and 1 cat

Shoes: Yes fans, she admits to being a minor shoe hound, BeBe brand is a favorite non-pedestrian brand

Hair Spray: Back to the hair again, did you know she really has curly hair? It is tamed with a flat iron and FrizzEase.

From the Kitchen Of Robin Meade . . .

Pumpkin-Cheesecake Ice Cream Frozen Dream

Ingredients:

Kroger's private selection brand pumpkin cheesecake ice cream (available during the holidays)

Philadelphia Cream Cheese filling (ready made, found in a tub)

PUMPKIN SPICE FLAVOR (available during the holidays)

Cool Whip (one large tub)

Graham Cracker Crust

Pumpkin Butter (in the aisle with apple butter)

Pecan pieces

White chocolate chips

Directions: You're going to layer this easy cheesecake-pie, so here we go!

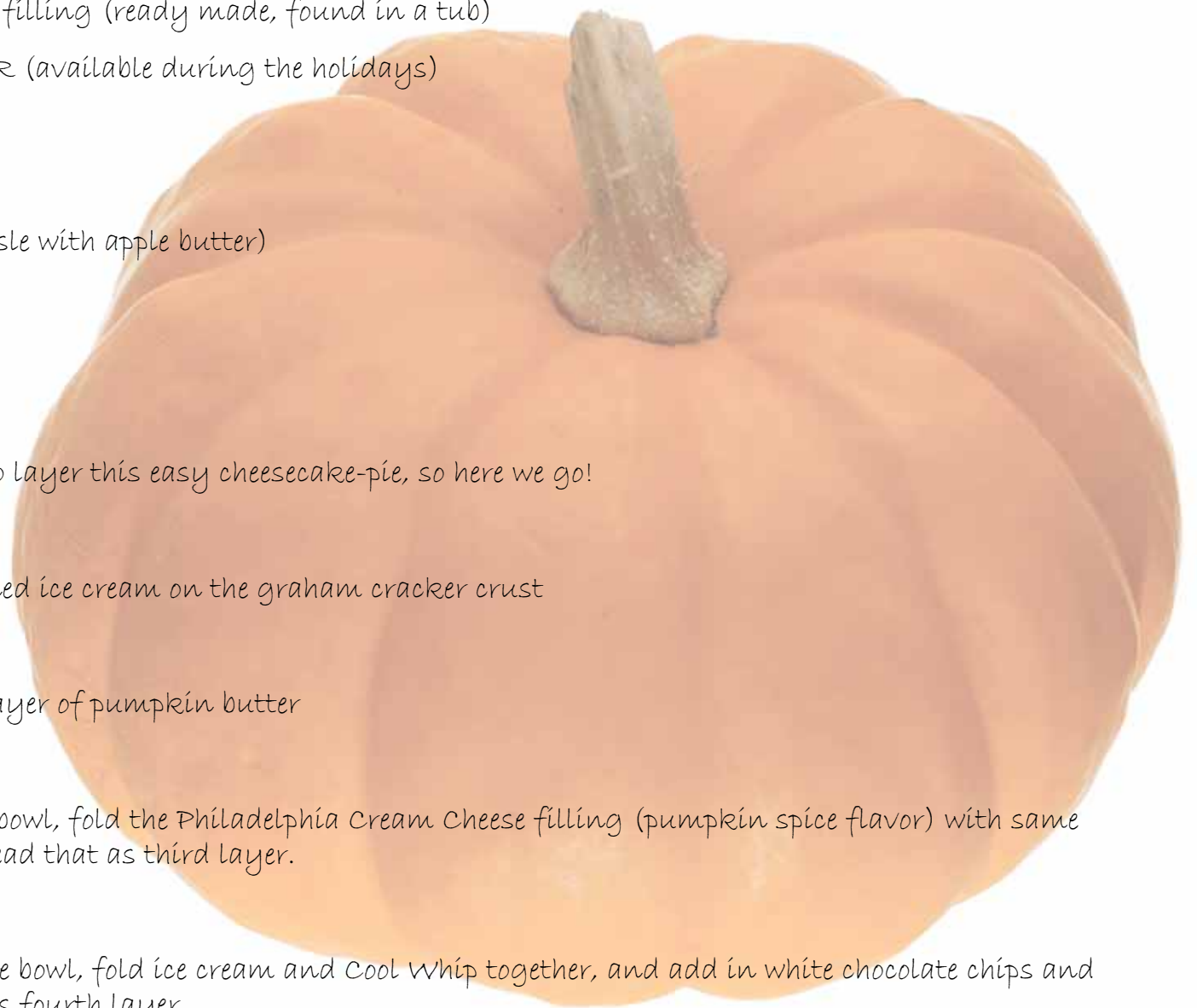
First layer: Spread softened ice cream on the graham cracker crust

Second Layer: Spread a layer of pumpkin butter

Third layer: In a separate bowl, fold the Philadelphia Cream Cheese filling (pumpkin spice flavor) with same amount of Cool Whip. Spread that as third layer.

Fourth Layer: In a separate bowl, fold ice cream and Cool Whip together, and add in white chocolate chips and pecan pieces. Spread that as fourth layer.

Cover the pie with lid provided with the graham cracker crust, Freeze until completely solid. When you slice it, you'll see four pretty layers, and you'll taste a dreamy concoction of pumpkin, cheesecake, and ice cream. How can it be wrong?





*My husband's
Italian! I can't
serve sauce
from a jar!*

That's what I thought – until I tried the delicious, authentic sauces from Dell'Amore. Frank and Dave have created three amazing varieties of grand-mother Filomena's recipe – all natural, gluten-free, and made with care in Vermont. Each one tastes light, fresh and homemade, with no added sugar, paste or water to get in the way of that great Italian flavor. Thanks, Dell'Amore!

*“When company comes,
hide the jar and
take all the credit.”
– The Boston Globe*

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Photo © William Garvin

The long winter months

are a testament to the pleasure of watching the seasons change. When the wind is howling and the snow is blowing, I want to eat something that is hearty, wholesome, and above all, nourishing. My thoughts turn to red wine, root vegetables and, yes, bread. Just think of how wheat soaks up all the sun's energy during the summer to deliver it to us during the dark days of winter. I look forward to creating soups and stews that will simmer for hours, filling the house with enticing aromas.

What I love about the winter months is that they inspire me to become creative in the kitchen since what is available in my area becomes minimal. At times it can be quite a challenge, but it is important to remember that it is all a cycle, and even though winter is the end of the cycle, it also represents a new beginning.

Seared Halibut with Orange Salsa

Serves 4

To prepare the salsa:

3/4 cup fresh orange juice
(about 2-3 medium oranges)
3 small clementines, cut into segments,
segments cut in half
2 Tbs. minced red onion
1 Tbs. chopped fresh cilantro
1 Tbs. extra-virgin olive oil
1 Tbs. finely grated orange zest
(from 1 medium orange)
salt and freshly ground black pepper

To prepare the halibut:

1 tsp. finely grated orange zest
(from 1 small orange)
1 1/2 tsp. chopped fresh thyme
salt and freshly ground black pepper
4 6-oz. skinless halibut fillets
3 Tbs. extra virgin olive oil

Position a rack in the center of the oven and heat the oven to 425°F.

For the salsa: In a small saucepan, boil the orange juice over medium heat until reduced to 1/4 cup, 8 to 10 minutes. Let cool. In a medium bowl, combine the reduced orange juice, orange segments, onion, cilantro, olive oil, and orange zest. Season to taste with salt and pepper.

For the halibut: In a small bowl, mix the orange zest, thyme, 1-1/2 tsp. salt, and 1/2 tsp. pepper. Rub the mixture all over the halibut fillets.

Heat the oil in a 12-inch ovenproof skillet over medium-high heat. When the oil is shimmering hot, arrange the fillets in the pan. Sear for about 2 minutes without moving; then use a thin slotted metal spatula to lift a piece of fish and check the color.

When the fillets are nicely browned, flip them and put the pan in the oven. Roast until the halibut is just barely cooked through, 3 to 5 minutes. Remove the pan from the oven and transfer the halibut to serving plates. Spoon some of the salsa over each fillet.

*This dish is amazing served over mashed potatoes!

Continued on next page

What produce is in season in during the winter months?

Beets Broccoli
Cabbage **Kale**
Leeks Lemons
Carrots **Radishes**
Citrus Dried beans
Endive **Parsnips**
Winter Squash
Turnips **Shellfish**
Potatoes
Avocados (Pinkerton,
Haas & Bacon)

Grapefruit, Avocado & Crab Salad

Serves 6

This salad makes a delicious lunch or light dinner served with a freshly baked baguette and extra olive oil for dipping...or, if you prefer, you can omit the crab and you'll have a beautiful salad that pairs perfectly with a spicy chili!

2 pink grapefruits, segmented,
and juice reserved
2 tsp. white wine vinegar
1 tbsp. minced shallot
2 tbsp. minced fresh chives
salt and pepper
3 tbsp. extra virgin olive oil
1 head butter (Boston) lettuce,
leaves separated and torn into small pieces
(or you can use Arugula)
2 firm, but ripe avocados,
cut into 1/2 inch slices
1/2 lb. fresh lump crabmeat

In a small bowl, whisk together 2 tsp. of the grapefruit juice with the vinegar, shallot, chives, and a pinch of salt and pepper. Whisking constantly, slowly add the oil until well combined to make the vinaigrette.

In another bowl, toss the lettuce with 1 tbsp. of the vinaigrette. Divide the lettuce leaves and place among 6 salad plates. Gently toss the avocado slices in 1 tbsp. of the vinaigrette and place a few slices on each plate. Place the remaining ingredients of grapefruit slices and crabmeat on a platter or in a serving bowl. Drizzle some of the vinaigrette over the top and toss until lightly coated. Season with salt and pepper and serve right away.

Roasted Butternut Squash Soup

Serves 4 to 6

3 to 4 pounds butternut squash,
peeled and seeded
2 yellow onions
2 red apples, peeled and cored
3 tablespoons good olive oil
Kosher salt
Freshly ground black pepper
4-6 cups homemade chicken stock
optional: heavy cream

Preheat the oven to 425°F. Cut the butternut squash, onions, and apples into 1-inch cubes. Place on a sheet pan and toss with the olive oil, 1 teaspoon salt, and 1/2 teaspoon pepper. Roast for about 45 minutes, or until very tender.

Meanwhile, heat the chicken stock until it's simmering. When the vegetables are done, place them in the pot with the chicken broth. Blend using either an immersion blender or a food processor fitted with the steel blade. When all of the vegetables are processed, you can decide if you would like to add more broth based on how thick or thin you prefer

your soup. Add salt and pepper to taste. I like to finish this soup with a few tablespoons of cream. Ladle into individual bowls and top with the blue cheese and walnut toasts.

Blue Cheese & Walnut Toasts

8 slices baguette, thinly sliced
3 tbsp. butter at room temperature
3/4 cups finely chopped walnuts
Freshly ground pepper

Mash the cheese and butter together, then add 3/4 of the walnuts. Toast the bread under the broiler until nicely browned on one side. Watch as it browns . . . this happens fast! Remove from oven and flip the toasts. Spread the paler side with the cheese mixture, then broil until bubbling. Remove and dust with remaining nuts, add a little pepper and serve alongside the soup!

Orecciette with Kale, Chickpeas & Chicken Sausage

Serves 6

This dish is delicious with Applegate Organic Sausage or a vegetarian option by omitting the sausage and adding an extra 1/2 cup of chickpeas and a 1/4 cup chopped walnuts!

1 lb. orecciette
1 tbsp. olive oil
1 tsp. garlic, minced
1/2 tsp. red pepper flakes
1/2 cup chicken or vegetable broth
2 bunches dinosaur kale, stems removed
and leaves cut into 1-inch pieces
salt and pepper
3/4 lb. chicken sausage,
sliced into 1/2 inch slices
1 1/2 cups canned chickpeas,
rinsed and drained
1/4 cup grated hard cheese,
such as Parmesan

Bring a large pot of salted water to boil over high heat. Add the orecciette and cook until al dente, 10-12 minutes, or according to the directions. Reserve 1 cup of cooking water and drain the pasta.

While the pasta is cooking, in a large frying pan over medium heat, warm the olive oil. Add the garlic and red pepper flakes and saute until fragrant, about 1 minute. Stir in the broth, kale and a pinch of salt. Raise the heat to medium-high, cover the pan, and cook until the kale wilts, about 1-2 minutes. Remove the cover and add the sausage. Continue cooking until the leaves are tender and the liquid has evaporated, 3-4 minutes more. Stir in the chickpeas and cook until heated through, about 2 minutes.

Add the orecciette to the kale and stir to combine. Stir in 1/2 cup of the pasta water to moisten the mixture, adding more if needed. Transfer the pasta to a serving dish and top with the cheese. Serve right away!



Sara Sullivan, BA, NC, HHP, CH is a Certified Nutritional Counselor and Holistic Health Practitioner. She has a private practice at Sanctuary Holistic Health & Yoga Center in Yarmouth, ME.

Sara uses an individual approach to achieving optimal wellness for each and every client. "We are all unique" — no two people have the same metabolism, biochemical make-

up, health concerns, behavioral issues or nutritional needs.

For the past five years Sara has also been a featured chef at the Stonewall Kitchen cooking classes in Portland, ME and continues to teach Pilates classes three days a week at Sanctuary Holistic Health & Yoga Center. She lives in Yarmouth, ME with her husband and two children.

Come home to Maine.



If you are looking to purchase your forever home this year, what better time to do it than during the holidays? Maine is gorgeous during the winter, with icicles dripping off the bare trees, snow-covered fields and mountains, and ice-covered lakes. Whether you're after a ski condo or a traditional beach cottage, now is the time to shop!



Maine is a great place to be all year round. Our saying on the interstate as you come into Maine says "Maine, the way life should be" and we mean it. Very few places offer the amenities Maine does: beaches, mountains, lakes, pastures, quaint country villages, and cities full of opportunity are all within your reach.

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Inspired

ENTERTAINMENT FOR PRESCHOOLERS

As a mom and a professional speaker on child behavior, I've collected many resourceful ways to entertain and engage kids. Luckily, these ideas also save money. Here are three of my fun filled favorites:

1. The tried and true – homemade playdough! The necessary ingredients are probably already in your kitchen. Mix together 2 Cups flour, 1-Cup salt and 1-Tablespoon alum. Then, blend 2 Cups of boiling water and your preferred food color into the flour, salt and alum mixture. Stir well to blend. Finally, add 2 Tablespoons oil and stir until a dough forms. When your dough is cool to touch, knead it until smooth and elastic.

Physics with youngsters? Yes! This is an ideal time to talk about ingredients in a recipe; how they combine and change when heated or cooled. One of the reasons I love and advocate cooking with kids is because it teaches physics and simple math concepts in a practical, relaxed way.

The warm, soft dough in your hands is also therapeutic for frazzled nerves. Squeeze it between your fingers. Encourage your kids to roll and squish it too. It's a fact that tactile stimulation, or using the hands, is calming. Pretend and build with the playdough as you whittle away the hours and create enjoyable memories for you and your kids. Playdough also helps to build a young child's small motor muscles.

2. Ever wonder what to do with those boxes of broken crayons? Don't throw them out. Instead, make new ones! Generously coat a muffin pan with non-stick cooking spray. Together with your children, remove any remaining paper from the crayon pieces. As you do this, talk about the virtue of recycling.

Drop an assortment of pieces and colors into each muffin cup. This may be a bit messy so your careful supervision is needed. Bake the filled muffin pan 10-20 minutes at 275 degrees. Remove from the oven and cool. Using a knife, carefully outline and remove the crayon "blocks" from each muffin cup. Now you have beautiful, large crayons. Each can be used as is or you may break it into smaller chunks so everyone has a new crayon.

Then get out the coloring books or sheets of blank paper and color away. Not only are you inspired by the new use of broken crayons, but your kids will be enthused too. Each stroke of the new crayon reveals a rainbow of color.

I promote coloring with kids because it's an open-ended activity. This means, there's no right way to color so every child feels creative and productive. It's a terrific self-esteem builder.

3. Getting preschoolers to eat healthy food is sometimes a challenge. To meet your goal, entertain, and involve them at the same time with this snack art activity. Instruct older children to prepare one box of sugar-free vanilla or lemon instant pudding according to package directions. While they are mixing the pudding, involve younger ones by having them roll out a ready- (or homemade) piecrust into a rectangle about ¼ inch thick. Bake the crust on a greased cookie sheet 8 – 10 minutes until lightly browned. Remove it from the oven and while the crust – a.k.a. your canvas – is cooling, spoon the pudding into small, glass dishes. Drop blue, yellow, red, or green food color into each dish and gently stir to blend. If you're averse to using food colors, stir in a natural coloring such as strawberry puree for red or blueberry juice to make blue pudding. Use this time to review colors and counting with youngsters.

On the cooled piecrust, "paint" with the pudding. Pastry brushes, fingers, or a medicine dropper work great. Encourage your children to illustrate a yummy work of art; perhaps a smiley face. They can also add healthy toppings like banana slices, raisins, or mandarin oranges to their picture. Tasting is encouraged. As your children are busy entertaining themselves with their artwork, they are also making a healthy snack food. On special occasions, such as a birthday, your kids can design a giant, edible card for friends.

Entertaining kids can be fun, inexpensive, and educational with a few inspired recipes and your undivided attention. But the best part is – you will be showing love to your kids because they spell love, T-I-M-E.



Brenda Nixon is a speaker and writer to parents on child behavior. She's a contributing author to 27 books and the author of *The Birth to Five Book* on raising young children.

For parenting articles, books, resources, and Brenda's speaking topics go to www.BrendaNixon.com.

As a speaker, writer, and the parenting expert on numerous websites, I run into parents, grandparents, and childcare professionals who want a quick fix to a kid's unpleasant behavior. I guess that's why TV's Supernanny is popular – viewers get a quick, easy fix in an hour.

But when it comes to daily discipline with youngsters, I recall Dwight Eisenhower's profound observation, "There is no victory at bargain basement prices."

Changing a child's unpleasant behavior – or teaching an appropriate one – demands patient, persistent, consistent devotion on your part. I wish I had some "pie in the sky" advice for you today, but honesty is my policy. Even when you think you've resolved one behavior issue, another one rears its ugly head. Remain dedicated to teaching a child how to behave . . . it'll eventually pay off.

The hopeful news is: I offer a one-hour discipline CD with eight effective ways to get kids to mind. "Creative Discipline," which you can listen to over and over again or pass along to another parent, grandparent, or childcare professional. It also includes funny and practical stories and concludes with audience Q/A.



“Family dinners are more important than play, storytime and other family events in development of vocabulary of youngsters,” (Harvard Research, 1996).

. . . and did you know about the Columbia University survey? It revealed that teenagers who eat with their families at least five times a week are more likely to get better grades in school and are less likely to have substance abuse problems. I realize every family today is totally overloaded with schedules and stress. It's difficult to get everyone to come together on a decision much less the table! But our society's family-dinner deficit today is a contributing factor to childhood obesity, teen substance abuse, poor academic performance and increased household stress! So it makes sense to me that one component of good parenting - and good discipline - is to try having dinner together at least three times a week. You don't have to be June & Ward Cleaver, but want to join me in that 2011 goal?

When I was growing up, my mom wouldn't let us joke and laugh at dinner (maybe she thought we should be dignified like the Cleavers). But I beg to differ with dear ole Mom.



Keep your dinnertime enjoyable by playing:

“20 Questions” with a theme each night, such as cities with funny names, state capitols, favorite seasons, etc.

Not only will everyone at the table be engaged but it could encourage kids to study about the theme prior to meal time.

“Fiddly Diddly Dee” I see something you don't see. Describe the shape and color of something in your kitchen and see who can guess the object.

“What Was Your Fave Today?” by asking each person around the table to share his/her fave part of the day.

Daily discipline may just be sitting together with your kids over dinner where you are teaching them many lessons.

To get your discipline CD, send a \$12 check* to Brenda Nixon at: PO Box 1302, Mount Vernon, OH 43050. I'll ship your CD to you ASAP for your daily discipline encouragement! *U.S. orders/shipment only. / Fascinating information about research on family meals can be found at <http://nutrition.wsu.edu/ebet/background.html>. © 2011, Brenda Nixon. The Birth to Five Book: Confident Childrearing Right from the Start is available at bookstores and online at Amazon.



HOW TO ACHIEVE THE *Winning Edge* IN LIFE

Over time I've realized that people who consistently win in life have certain personality traits that will determine the winning edge. Winners become people who attract success. Your life will only get better when you make a firm commitment to a life of excellence. Excellence comes from the determination to be better than you are today.

To the right are the personality traits that I've found in common amongst individuals who have achieved elevated levels of success in their careers.

By Keith Aul

Winners Develop a Clear Image of Themselves Winning

Winners will create the mental imagery that portrays success. They see themselves as successful by engaging in creative visualization techniques. When you sincerely believe in yourself, the people around you will tend to believe in you also. Your team will begin to believe in you and accept your ideas when you have the self-confidence and positive expectancy about your goals.

Winners will think like winners. Winners have the edge in life because of their confident expectation that any problem is solvable. They find a way to turn any situation into a positive advantage and will realize any goal that is important to their success. All winners share some general personality traits that are so basic to success that they wind up gaining the winning edge.

Winners Think Positively

They face the day with the attitude to discover what can be done instead of worrying about what cannot be done. When roadblocks appear, as they often do, winners will instantly draw upon their positive attitude and determine how to react constructively. It's the attitude that is brought to the table that will determine the success or failure of any endeavor. Winners don't make excuses nor do they accept any excuses. When you concentrate only on the positives of any situation you stir up the desire to get moving.

Winners are Willing to Pay the Price of Success

Just as you must pay the toll prior to going through the toll booth, so is it that you must pay in advance to achieve your ultimate success. Winners know that there is no such thing as a free lunch. The price that is exchanged for the success is through their time, effort, creativity and money. Winners know that success comes with a heavy price tag, in which they're glad to accept the opportunity to invest in their own success.

To achieve worthwhile, predetermined goals, winners are willing to work by a plan and stick with it to have that winning edge. They take this path because they want to be a champion and to be the best at what they do.

Accepting Personal Responsibility is a Key Ingredient

Personal responsibility comes with the territory when it comes to your own results. Winners will take the initiative on any project because they do what is needed to make sure the project will get done. They acknowledge their mistakes and failures so they can learn from them.

Winners Draw on Their Creative Abilities

Humans are gifted with a faculty that allows them to think creatively. This means we are able to be creative with our thinking. Winners know this and they will cultivate their creativity and exercise it everyday. Winners will step out with courage to develop and practice one's unique talents. They will enter everything they get involved in with the attitude of the possibility of succeeding. To them there is no possibility of defeat. To win, you must have a 'no-limitations' attitude on your belief.

Winners Persist and Persevere

Giving up is not an option for winners. Winners commitment to achieving a goal is firm and steadfast. The hurdles that they encounter will be turned into stepping stones on their way to the achievement of the goal. Winners will pursue their goals persistently until they succeed. A winner's self-image will not change towards their ability to succeed if they meet with rejection.

Winners Always Grow

As time progresses, winners never lose their passion to be the best. No matter the accomplishments that they've achieved, there is always something else to achieve. They know that growing is a natural progression of all life forms. And since growing is a key to a better and more meaningful life, winners will not stop setting goals. They will persist and persevere through all their days on this earth. Winners continue to look for ways to be more efficient, reduce costs and add more value to their business and bottom line.

Attitude Will Determine Your Path in Life

Winners will live by a mantra, "Attitude is everything." Your attitude will carry you through many obstacles and setbacks. If your attitude focuses on weaknesses, then you will fail each time. But turn your attitude towards strength, there's no telling how far you can go from there.

Elizabeth's Picks

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**Learn to Eat Clean with the editors of
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www.pickitkickit.com



www.bestofcleaneating.com

You can also listen to their interview on The Best Ever You Show at:
www.blogtalkradio.com/besteveryou

Good Diet Bad Diet

Here are the characteristics of a bad diet:

Dead Food (cooked, microwaved, etc.) has little nutritional value.

- Processed Foods (milled, bleached, etc.) have little nutritional value.
- Little or no fresh, living fruits and vegetables.
- Inadequate water hydration (or drinking only manufactured beverages).
- Foods very high in processed sugars and processed carbohydrates.
- Foods derived from genetically modified (GM) corn, soy or sugar from GM sugar beets.
- Large amounts of processed, pasteurized dairy products such as cow's milk.
- Foods made containing any number of chemical food additives from hundreds available including MSG and aspartame to chemical preservatives.
- Food packaged in toxic containers, including plastics and epoxy resins that contaminate food with BPA (Bisphenol A). (BPA is found in polycarbonate plastic food containers often marked on the bottom with the letters "PC" recycling label #7).
- Non-Organic primarily conventionally-grown, pesticide-contaminated foods.
- Foods containing a large quantity of unhealthy oils derived from corn or soy or use partially-hydrogenated oil.
- A diet largely consisting of fried foods or foods cooked at very high temperatures that destroy nutrients while creating carcinogenic compounds.
- Foods made or modified with unnatural ingredients, such as hydrogenated oils (preservatives), refined sugar (which removes the minerals), or homogenized milk fats (which can trigger an auto-immune disease response).
- Animal products like milk or non-animal products such as wheat or peanuts that can cause allergic reactions.

A junk food diet is a "diet of death" that can result in physical and mental impairments. It can cause rapid aging and the aggressive development of degenerative diseases, such as cancer, heart disease, obesity and diabetes, Alzheimer's and many more.

I believe we have a duty to rebuild and educate our children about nutrition so they can start now to make healthier choices. Advances in medicine through the first two thirds of the last century have helped improve the quality and length of our modern lives but now it seems that each generation is plagued with increasingly more disease and health issues than the previous generation. One of the root causes of this new reversal is now widely acknowledged as the result of a change in diet. Therefore, it is imperative to understand the powerful impact food has on everything that matters to us as individuals and our society, like health, happiness, employment, productivity, education and even freedom.



Shea Vaughn is an accomplished fitness instructor, choreographer, personal trainer of athletes and celebrities, a model and a successful business woman. Her journey represents a lifetime of study and practical experience in fitness combined with a passion for health and well-being. Ms. Vaughn is also the founder of SheaNetics®, a new East-meets-West exercise and lifestyle practice that helps you make positive and lasting mind-body changes. Visit www.SheaNetics.com for more information on the SheaNetics lifestyle concept. The website provides a video introduction to SheaNetics and its Five Living Principles of Well-Being, and offers samples of the workouts in addition to student testimonials, physician endorsements, and a sign-up for the SheaNetics newsletter coming soon.

The reality is that most people who think they eat a fairly healthy diet, don't. The rapid acceleration of heart disease and diabetes in the US is acknowledged evidence of this. One estimate suggests 90% of the U.S. population eats a "bad" diet right now. And if you are looking to the USDA for guidance, its policy today for Americans is simply to "Eat More" – more dairy, meat, grains and sugar – because it is routed in the mindset of the 1930's when people were literally starving from the lack of calories. Americans don't need to eat more; they need to eat less; especially less highly toxic, disease promoting foods.

Fortunately, there is a solution to all this. Any individual and any nation that wishes to remain strong and successful must follow a "good" diet. Let's see what that looks like.

Daily consumption of fresh, unprocessed plants (fruits, vegetables, nuts and seeds) which can be made into variety of delicious recipes (raw food chefs are especially good at this craft).

- Minimizing consumption of meat or animal products (including dairy).
- Avoiding virtually all processed, manufactured foods and beverages, or only using them sparingly.
- Consuming a wide variety of phytonutrients - fruit and plant-based foods rich in vitamins, nutrients and natural medicines that help prevent disease.
- Spending substantial time outdoors, in nature, where vitamin D can be created and stored in the body.
- Minimizing or eliminating refined sugars and carbohydrates (like white flour)
- Eliminating GMOs (Genetically Modified Organisms) from the food supply . . . too little is still known and most of it is not good.
- Minimizing consumption of foods sprayed with chemical pesticides or fungicides. This not only helps prevent disease caused by such chemicals; it also protects the environment from chemical contamination. Buy organic.
- Hydrating adequately with clean water (avoiding sodas and sports/vitamin drinks).
- Including nutritional supplementation to correct nutritional imbalance or deficiencies. (This can also be accomplished through super-foods or food-based vitamins, etc.)

This diet, as you might guess, is rarely pursued in its entirety by the average American consumer. Typically, only highly health-conscious individuals attempt such a diet, as it does require extra time, effort and money to make it a reality. But just attempting to do a small part of it can make a big and noticeable difference. More important is that you will see and feel the benefits of your effort and you will be setting a positive example for generations to come.

I wish all of you a healthier life, full of laughter and love.

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Cardio exercise is important to release your pot-belly, but resistance exercises are even more important. The more muscle you build, the more calories you burn. Try this for maximizing your abs:

Lie back on your elbows and lift your pelvis with both feet on the ground (knees bent). Now, lift one leg slowly trying to bring your knee to your nose. You should feel this in your abs and in your hamstring (back of leg) on your supporting leg. Repeat 8-10 times on each side working all reps on one leg before alternating.

Say Goodbye to Your Pot Belly

The holidays are over and so are the pot-luck luncheons, so why are you still hanging on to your “pot-belly”? When did you decide to let it take up space, hibernate, and keep you “warm” without offering rent each month? Now is the time to release that pot-belly since it will only keep you from reaching your full potential. The annoying pot-belly can cause back pain, restless sleep, heart disease, depression, and major lack of self-esteem.

It's the New Year and time to find fitness and eating programs that work! This year focus on consistency and commitment instead of just the resolution itself.

The resolution is the first step and from there you have earned the right to follow through and put your words into action. You can literally buy every fitness magazine, informational gadget, diet book, fitness equipment and gym membership, but if you don't apply them to your life –they are useless.

The second step is to pay really close attention to your nutrition (or lack thereof). Shrinking your waist is 80% diet and 20% exercise. The food you eat is a vital part in achieving the abs you've been longing to see again or to sculpt for the first time.

- Consume lean proteins (such as fish and chicken), fresh and organic fruits and vegetables, and nuts and whole-grains.
- Stay away from refined sugars and any processed foods.
- Think of grazing throughout the day, eating 5-6 mini meals.
- Staying hydrated with water is also the key to your success. When you stay hydrated with good ole H₂O, you will have more energy, less bloating, and you will snack less.

Deep breathing is another favorite of mine and you can do this exercise anywhere. Inhale deeply through the nose and exhale through the mouth releasing all the air you just inhaled. As you exhale, take your abs down and back towards the spine. Think of a vacuum cleaner suctioned to your back drawing your abs toward it. You will be amazed at the effectiveness of deep breathing. Keep regular with your workouts and adjust to “clean” eating and you will succeed. Evicting your pot-belly for living in a place that was never for rent is more than satisfying!



WENDIE PETT is a nationally renowned fitness expert, mother, speaker, author of *Every Woman's Guide to Personal Power*, and creator of the *Visibly Fit™* exercise program. Her many *Visibly Fit™* instructional DVDs teach wellness maximization through the balance of mind, body, and spirit as well as

how to use your body as your gym! To learn more about Wendie visit - <http://www.wendiepett.com>.



WENDIE PETT
mind + body + spirit

It's time to become **Visibly Fit™**!

PAM ROLAND CANCELLED HER GYM MEMBERSHIP AND FINALLY FOUND FREEDOM FROM THE BONDAGE OF 100 EXCESS POUNDS! SHE'S NOW VISIBLY FIT!

As I look back at my fifty plus years on this earth, I realize that I've always tried to get comfort from food. That comfort was always short lived. Being over-weight (which is a nice way of saying that I was fat), I was always self-conscious and had very low self-esteem. I was never popular in school and often times felt invisible to everyone, so food became my best friend.

Later, I realized that my best friend had become my worst enemy. After countless experiences of years of losing and gaining weight, I could no longer stand the frustration. I knew I had to find a way to turn things around for me.

It was right about that time I learned about Wendie Pett's, Visibly Fit™ approach to fitness and weight loss. Since I was 100 pounds overweight I didn't want to jump into something that would harm my body. Wendie's Visibly Fit™ program allowed me to use my body as my gym...no weights, no gym, no equipment – period! I liked that idea since I was trying to cut costs due to having recently retired. Aside from wanting to avoid gym membership fees, I dreaded the thought of having to drag myself there every day, so I was instantly intrigued by Wendie's "at-home and anywhere" approach to getting fit.

Wendie assured me that by using her program and activating what she calls "mind/muscle connection and visualized resistance" that I wouldn't be putting any additional wear and tear on my joints, tendons, or ligaments.

I was amazed at how Wendie's daily Visibly Fit™ 7X11 moves made a difference so quickly. In less than 10 months, I released 100 pounds and over 46 inches. Wendie coached me not only physically, but mentally and spiritually as well. I found that a healthy balance of all three combined offered maximum results. I'm grateful that Wendie equipped me with the proper fitness tools and coaching, but obviously I had to do the work to see the results. She believed in me and saw the masterpiece of who I am, even at a time when I did not. I found that being physically fit gave me freedom. Freedom to live like others and freedom to feel good about myself and love myself the way I deserve!

"If I can do it...believe me, so can you!"

PAM RELEASED **OVER 100 POUNDS IN TEN MONTHS** BY CHANGING HER HABITS INTO POSITIVE ONES. SHE IS NOW VISIBLY FIT!



PAM "THEN"

PAM "NOW"

Learn more about Wendie Pett and her Visibly Fit™ exercise and coaching program at www.wendiepett.com

Here are 20 top nutrition tips to help you manage or lose weight.

Remember, consistency is the key to permanent weight loss and not some fad diet!

1. Eat breakfast . . . momma was right! I ate alot of oatmeal for breakfast growing up. She didn't say it was good for me . . . she just said eat it! A good healthy breakfast gets your metabolism kicked off for the day.

2. Eat small meals every 3-4 hours to keep up your energy and to keep your metabolism humming along.

3. Plan and pack your meals for the day. This way, you are more likely to stay with your nutrition plan.

4. This rule always applies to any day---if its fried, let it slide!

5. Alcohol has calories too—7 calories per gram to be exact. Don't tank it too much!

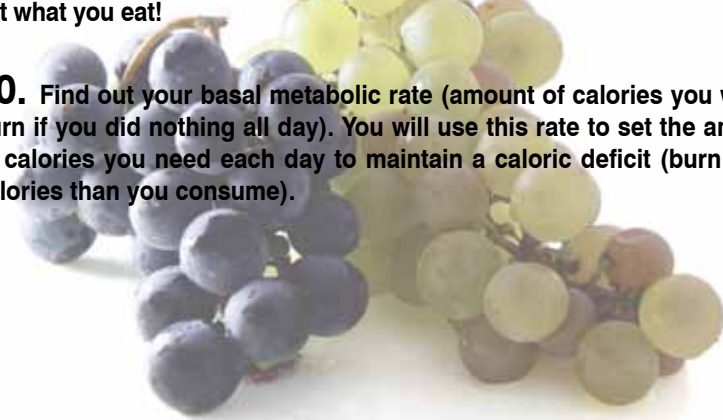
6. Carbs are not your enemy! They are your body's preferred source of energy. Just eat the right kind—like fruits, veggies and whole grains.

7. Eat protein with every meal. Protein helps you feel fuller for a longer period of time and repairs your muscles after a tough workout. You also need healthy fats in your diet.

8. Don't skip your post-workout meal. It is important to help your body recover from intense exercise (especially weight training). You don't have to eat immediately after your workout (if you want to eat immediately after a workout, YOU DIDN'T WORK OUT VERY HARD)! There is a 45 minute to 1 hour "window of opportunity" where replenishing your body's fuel (carbs, protein, fats) will optimize your tissue's repair and growth. If you miss this "window of opportunity" it is gone forever. A carb/protein shake will work well.

9. Research has proven that you will have a better chance of succeeding with your meal plan and fat loss if you keep a food journal! By logging your actual food choices, you are holding yourself accountable throughout the day. You will also be forced to plan your meals better. It will also help protect you from binge eating and emotional eating if you write down why you eat what you eat!

10. Find out your basal metabolic rate (amount of calories you would burn if you did nothing all day). You will use this rate to set the amount of calories you need each day to maintain a caloric deficit (burn more calories than you consume).



11. Drink water and unsweetened drinks (like tea) most of the time.

12. Add volume to your diet (eating wet). Eat as many foods as you can with high water content/low calories. Foods such as fresh fruits and vegetables are examples. These types of foods help you to feel fuller (satiety) while eating fewer calories. For instance, grapes with the same caloric amount as raisins will provide more satiety and theoretically help you eat less the rest of the day. Other good foods would be whole grain pastas, brown rice, whole grain breads and cereals, soups, salads and skinless white chicken/turkey.

13. Don't starve yourself (severe calorie restriction)! This will only encourage your body to store fat because it thinks you are starving. Eat small meals every 3-4 hours to keep your body energized and to keep your metabolism humming!

14. Forget the quick weight loss gimmicks (they lead to yo-yo dieting and even more weight gain)! There are no quick solutions to permanent fat loss and weight loss. Change your eating habits permanently!

15. Eat foods as close to their natural state as possible. So, a baked potato is more healthy than french fries. And, we could add foods like whole grains, nuts, brown rice, fish, lean meats, etc.

16. Try not to eat foods stored in a box or bag. These foods are usually loaded with trans fats and saturated fats.

17. Don't assume that LOW-FAT means LOW-CAL—Read the Label.

18. Go easy on the condiments. Sauces, dips, ketchup, mayo and toppings are loaded with calories.

19. Try to stay on your normal diet during holidays! Don't make Thanksgiving through January 1 one long eating binge!

20. Stick to your meal plan at least 90% of the time and you should be just fine (provided you are sticking to your exercise plan).

There you go . . . 20 nutrition tips for you (and me)!

Mark Dilworth, BA, PES, CPT is a Certified Personal Trainer and former NCAA Division I athlete. Mark's Fat Blaster Athletic Training System has been proven to give his clients the fit, sculpted and athletic-type bodies they want. Learn how to lose weight the right way and get My Fitness Hut's 7-Day Weight Loss And Fat Loss e-Course! The e-Course is FREE! Visit www.myfitnesshut.blogspot.com

How Did My Belly Get So BIG!?

When you look down at your toes... you should be able to see them! When I was carrying my twins I was huge! I never thought I'd be able to paint my own toenails again! I was determined to get back to my pre-pregnancy weight as soon as possible, and in fact am now healthy and happier than I had ever been. And it is a good thing, too: experts agree that fat surrounding your mid-section may have worse consequences than just not being able to squeeze into your favorite pair of jeans. The fat that lies beneath muscle is called "visceral" fat, and it is often wrapped around internal organs. Middle aged men and women who carry visceral fat around their tummy sections are a higher risk for a whole host of health related issues including high blood pressure, high cholesterol, and it may lead to an increase risk of heart disease.

Sounds scary – and it is. It should serve as a wake-up call, because the good news is that even moderate weight loss can help in prevention.

So, how do you whittle away your middle when the nearest six-pack is the beer in the fridge? I have outlined six steps to get you started on your quest for a slimmer waistline:

- **The Pen Is Mightier Than The Fork!**

Get out the tape measure and write down the place where you start. Measure the circumference of your waist just above the belly button. A good rule of thumb for men is the tape measure – a maximum waist limit for men is 40 and women 35, so that is what you're shooting for. Be sure to track your progress so you can celebrate your losses!

- **Get Lean By Going Green**

Adding more veggies to your diet – whether raw in a salad, steamed or sautéed as a side dish, or even snuck into a smoothie – can add much needed nutrition to your body so you'll crave fewer sweets. I also highly recommend a product called Vital Boost that has 72 much need vitamins and minerals in a single packet. (<http://www.VitalBoost.com>)

- **Water, Water Everywhere**

Why is it that we have a tap in every kitchen, office and gym, bottled water is available everywhere, and yet most of us are dehydrated. Water flushes out your system, reduces fluid retention and quiets a growling stomach. Drink between 6-8 glasses daily and cut down on the alcohol, which (even though "it's wet") robs your body of much needed hydration.

- **Move It or Lose It**

Exercise and movement is the key to a healthy life. If you're not a "gym person", turn on your favorite music and dance; find a DVD program that inspires you - from Zumba to Insanity; or, just go outside for a walk. I can't pass up this chance to suggest you carry a SpinGym with you every chance you get. SpinGym weighs less than a pound and fits into your pocket, so you can do it anywhere, anytime. You'd be surprised how often the opportunity to spend 5 minutes on your SpinGym arises in the course of the day: waiting in car line, waiting at the doctor's office... sitting at your desk at lunchtime. Suddenly this "wasted" downtime is turned into "waist-ed" healthy lifestyle time! SpinGym not only burns extra calories and revs up your metabolism, but it also engages your core, stimulates the deep micro muscles and stabilizes your middle. An added bonus to having a strong core is that it will help with back pain. www.MySpinGym.com

- **Wear Undergarment Shape Wear**

Sometimes it might feel like being encased in a sausage stuffer, but because fat is more spacious than muscle it does squeeze in, and you'll look sleeker in the mirror. Your jeans might fit again, and that favorite dress will not look all bulgy. You will feel inspired to stick to your weight and exercise plan if you can imagine there really is a light at the end of the tunnel.

- **Sometimes, Less Is More**

Believe it or not, studies show that chronic stress can create hormonal conditions that increase "belly fat." Work on de-stressing techniques, from breathing to yoga, and make sure you are getting enough rest.

Believe me: I know how daunting a big belly can be, but I promise you'll feel good about every inch you lose. So, grab your water bottle and SpinGym and get moving! Follow that with a protein package smoothie and meals loaded with leafy green vegetables and a good night sleep. You'll be well on your way to weighing less! Don't let your waist go to waste!!



Forbes Riley is an award winning TV host, author and a 2010 inductee into the National Fitness Hall of Fame for her lifetime commitment to selling quality in-home fitness and wellness products. She is known worldwide for promoting the Jack Lalanne Juicer, the Living Well Health Master and for starring in the feature film about raw food called "Super Charge Me!"

Forbes is on a continuing mission to promote health, vitality and fitness as a lifestyle and not a fad. She can be seen on television with a variety of health and fitness products on HSN, Ideal World-UK, Canadian Home Shopping and soon on QVC Germany and Japan because as Forbes says, "It seems living well and getting fit has no cultural barriers!"

The mother of 7 year-old twins, she and her husband live between Los Angeles, California and St. Petersburg, Florida. www.myspingym.com or www.forbesriley.com

2011 Beauty Resolutions!

Happy New Year!

What a wonderful time of year for new beginnings and a fresh start . . . and of course making those resolutions. This year, try to add in some beauty resolutions. To feel and look beautiful takes a consistent approach to self-care and treatments; there truly are no quick fixes in the long run. Here are some beauty resolutions we should all pay attention to for a gorgeous 2011!

BEAUTY RESOLUTION #1: I will wear sunscreen everyday: Yes, this is a point given to us on a daily basis, but it is something to make sure we do...everyday. The sun is one of the biggest offenders of premature aging and wrinkles...and the harmful rays can reach us even if it is cloudy or raining. If remembering to apply a sunscreen is too much for you, switch to a tinted moisturizer with an SPF or use mineral makeup (natural SPF built in). Now there are no excuses!

BEAUTY RESOLUTION #2: I will take care of my teeth... a smile is your best beauty feature: Resolve to floss every day and brush at least twice a day. If your teeth are yellowed, make it a priority to whiten them, either with an at home product or at the dentist office. Baking soda combined with hydrogen peroxide is also a great whitening treatment. Then... remember to smile- everyone looks beautiful when they smile.

BEAUTY RESOLUTION #3: I will exfoliate my body and face at least once a week: On your body, coconut oil combined with sugar makes a spa-quality body smoothing treatment. On your face, opt for a retinol product or a glycolic to keep your face looking fresh. Make this the year you incorporate this important anti-aging treatment into your regimen.

BEAUTY RESOLUTION #4: I will work out at least 3 times a week to ensure healthy, glowing skin: Ok, let's face it, not only does exercise help you with your weight and health, it makes your skin glow. So even if it's not for health, do it for your skin!

BEAUTY RESOLUTION #5: I will get out of my beauty rut: If you have worn the same makeup for years and the same hairstyle, vow to update your look. Try a new haircut or style, and hit the makeup counter for a makeover with new colors and techniques. While you are at it, make sure you have the right color foundation and concealer. Our skin changes on a regular basis and your makeup needs to keep up with the seasons.

BEAUTY RESOLUTION #6: I will take care of my hands: Your hands are the first place to show age...and they are one of the first things that people see as well. Remember to exfoliate and moisturize your hands, and apply cuticle oil to your nails. If you bite your nails, try some techniques to stop the habit, whether it's a special polish that tastes bad, or you put a rubber band on your wrist and pull it every time you start to bite your nails. Make this the year that your hands and nails are in tip-top shape.

BEAUTY RESOLUTION #7: I will not wash my hair every day: Unless you excessively sweat every day, there is no need to wash your hair on a daily basis. Try using a dry shampoo for great volume and texture... the day after.

BEAUTY RESOLUTION #8: I will drink more water and start eating "beauty foods": Drinking at least 8 glasses of water a day flushes toxins from your skin and beauty foods such as blueberries (loaded with antioxidants), salmon (omega-3 fatty acids) and spinach (for vitamin C) and keeps your skin glowing and radiant. Make it a point to incorporate these into your daily diet.

BEAUTY RESOLUTION #9: I will wash my makeup brushes on a regular basis: This one sounds obvious, but people often forget to do this. Using dirty makeup brushes can clog pores and transmit bacteria. While you are at it, don't forget to throw out old makeup that can harbor germs and bacteria or is just plain old outdated.

BEAUTY RESOLUTION #10: I will shape my eyebrows and keep them updated: Your eyebrows frame your face and polished brows can make your whole face look pulled together even with no makeup. Try to get your eyebrows professionally shaped and then keep them up yourself.

So there is the start to your beauty resolutions . . . remember that feeling and looking good takes effort and simple discipline . . . but the payoff is worth it. Have a beautiful and wonderful 2011!



Nina Sutton is a dynamic TV host, Beauty and Mom Expert. With an MBA and a business background in beauty, fashion and consumer packaged goods, she brings real world expertise to audiences around the country.

Nina's first book, *The Chic Mom's Guide to Feeling Fabulous* was published in 2008. With the rise of celebrity moms bouncing back so "effortlessly," this book offers real women tips on staying chic in all areas of their life—including beauty, fashion, fitness, relationships with friends, spouses, children, and financial and time saving tips for moms.

Nina also devotes her time to charity- she is on the LA board of Step Up Women's Network and worked with the March of Dimes on their Celebration of Babies event with Halle Barry in November 2009. For more information visit www.ninasutton.com

Life Without Traction

It was one of those OMG moments. One of those, “I know I read about this in Driver’s Ed — THIRTY-THREE YEARS AGO!!” Do you pump your brakes? Do you head for the trees instead of oncoming traffic? There’s no time, there’s just pure adrenaline. And a few thoughts feel like an hour. How exactly does about 5 seconds feel like an hour? Let me explain . . .

A few weeks ago, Portland, Maine had a very fast and furious first snowstorm. The predictions didn’t indicate anything of substance. At around 3:30pm, I glanced out the window where I was working, and realized it was pretty much a white-out. No big deal — we get snow squalls all the time up here — part and parcel with living in our beautiful state. 4:30 comes along — the city of Portland realizes that our negligible snowfall was turning into a bit of a monster, and let many workers out early.

Myself, I was due out at 4:30 anyway, and proceeded to head on my merry way. Not for long. I made it less than a mile, and realized traction was a lacking commodity in my trek. No, my life didn’t flash in front of my eyes — not enough room in my brain as I tried to coordinate the lack of traction with lack of diminishing speed. Add that to the onslaught of workday release traffic? I was a goner — flat and simple. Back to Driver’s Ed — of 1977. Realizing my choices in that limited moment were somewhere between slim and none, I opted to aim for the stop sign. The sign could at least prevent my nose creeping out into the stream of traffic. Guess what — didn’t work.

The sound one hears when one is colliding with moving mass is not a sound easily forgotten. There was no sound of brakes — at least I don’t remember hearing them. Having turned away as best I could from the traffic, I managed to glance against the back end of the closest vehicle. Picture bumper cars on ice. A full 360 degrees for both of us. The other driver, in turn, as he turned his 360, glanced against a bus.

The car, totalled. The other drivers? All fine. Myself? Okay — jarred; bruised. But alive, and okay. Two hours in the freezing cold, without a running vehicle, sitting on the side of the road, sure that someone else was going to clip my tail end as I am facing traffic — that was not so fun.

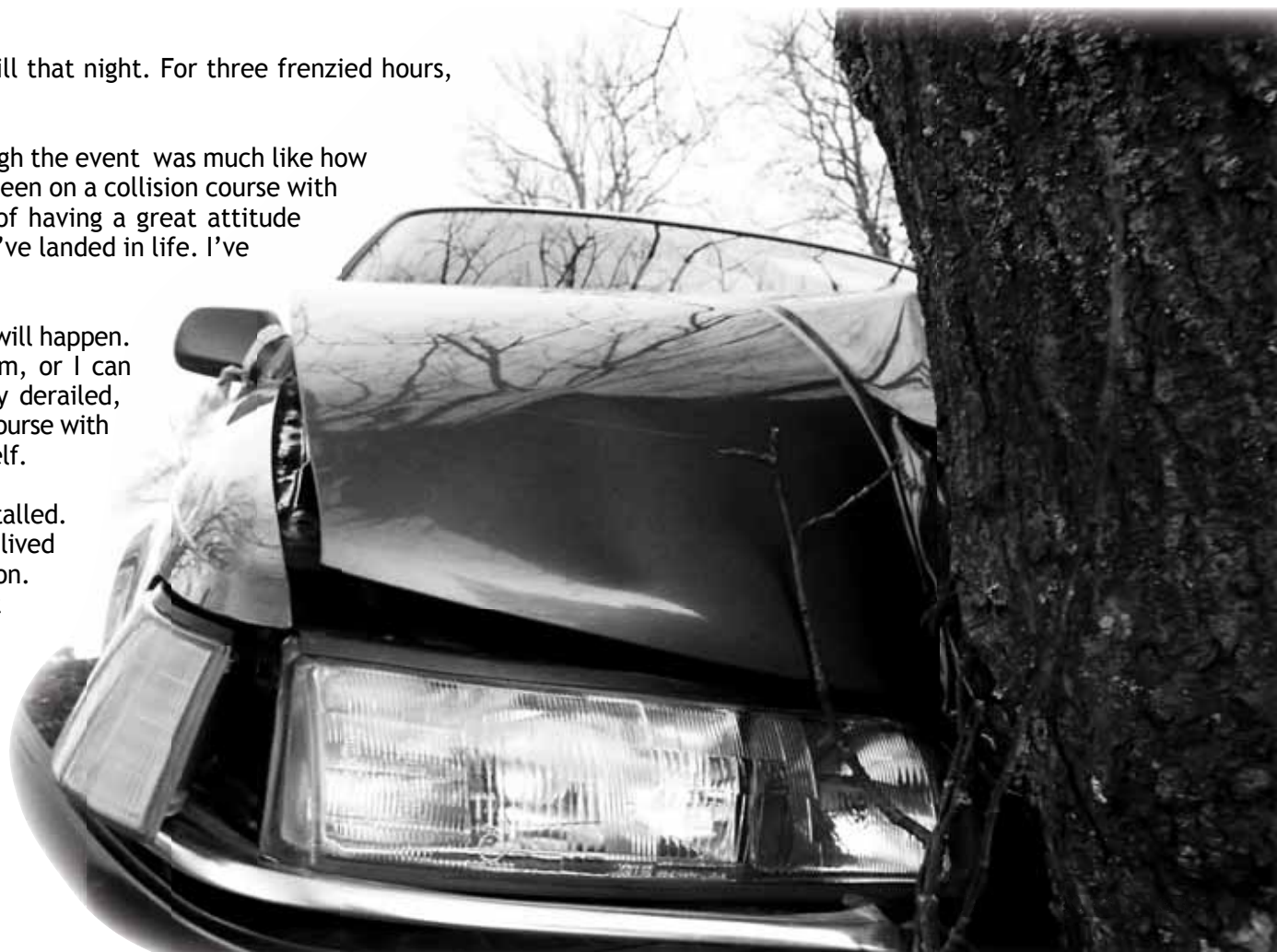
It seems the entire city came to a standstill that night. For three frenzied hours, the city of Portland was in gridlock.

So why tell you about this? It seems as though the event was much like how life has felt lately. I’ve felt as though I’ve been on a collision course with fate. No amount of planning, no amount of having a great attitude has been conducive to moving past where I’ve landed in life. I’ve been without traction for a while now.

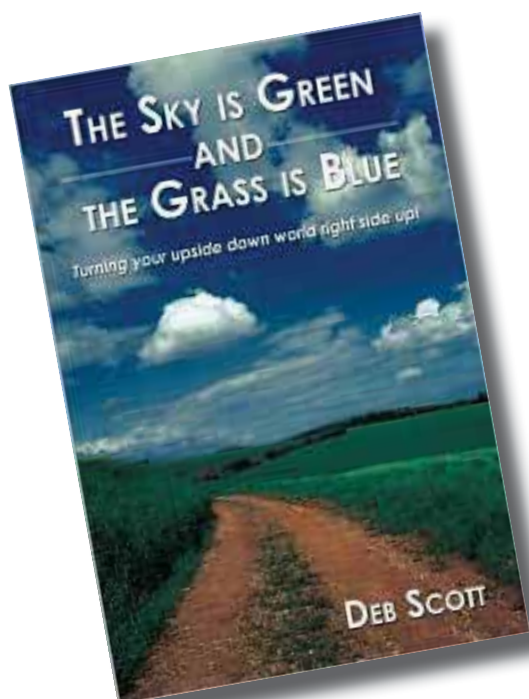
So what to do? I can accept that life events will happen. Life events can be something to learn from, or I can continue to allow myself to be perpetually derailed, floundering without traction, on a collision course with disaster, or use past experience to save myself.

I choose to save myself. Yes, my car was totalled. Yes, it was a miserable experience. But I lived to tell the tale. I live to proceed with caution. And I can use experience to make the next experience less traumatizing. Here’s to an uneventful 2011. Please?

By Liz Foley



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Okay, who doesn't want to be their best? I mean really, anyone who wants to be truly happy, understands reaching your full potential is a prerequisite to being your BEST EVER YOU! Being your best naturally includes striving for excellence, living your passion, and achieving your personal goals.

What will accomplishing your goals do for you? 1) Increase your self-esteem; 2) Inspire daily living; 3) Make a difference in the world.

Setting your goal to be your very best is the most unselfish act you could ever do. Why? Because when you are at your best, you are more likely to be an effective instrument to help others be their very best too.

Three Simple Steps to Achieving Your Goals

Create a Goal Mission Statement

Define your goal - and WHY you want to make it happen.

If you don't know where you want to go, then it won't matter what you do. You must have a clearly written goal complimented by the benefits resulting from achieving the goal.

"I want more more money," is a goal, but not one sure to keep you motivated to reach if you don't have the passion to power the momentum needed on a daily basis. Having more money is usually a byproduct of something else you are striving to accomplish.

"I want more money so that I can do more marketing in my business, to reach more people, which then will inspire them to start theirs," is a clearly defined goal with a mission statement. Write down your Goal Mission Statement.

Visualize the Experience

How do you feel? Create the experience of having achieved your goal.

Studies have shown that your mind can't tell the difference between a real experience and an imagined one. It is critical that you experience in your body the feeling of achieving your dream in order to keep you focused in attaining the desired result.

New actions are inspired by the new feelings you want to experience. These new feelings are a result of new thoughts. You need to connect your goal to a feeling which is real for you – a specific tangible result.

Engaging all five senses is a game changer. How do you feel? What do you see? What do you hear? Identify what is happening around you when you achieve the benefit of your goal.

In the example given above, this might look like, "A new client is approaching me in a sold out seminar event, enthusiastically thanking me for helping her move from fear to faith so that she will now start her own business." Wow! I feel lighter than air! Now your turn.

Sabotage Yourself for Success

Surround yourself daily with people, resources, and images which Inspire.

Consider this "mind vitamin therapy" designed to feed your whole soul. You must have discipline to take your positive energy and remain empowered to follow your goal to completion.

Organizing your day to help you build your success in every way, is what this step is all about. Place pictures, affirmations, quotes - any items which consistently ignite a feeling of excitement towards reaching your goal. In this example, this might be finding a magazine picture that makes you think of how it will feel to hear someone come up to you and tell you that you changed their life. It might be your favorite quote taped to your fridge which states, "If we do not change our direction, we are likely to end up where we are headed." What is your successful sabotage tool(s) and where will you place it (them)?

Your progress can never be reviewed often enough as you strive towards achieving your goal – and you should celebrate the little successes you experience along the way.

Statistics prove that people who are having fun are more likely to persevere in any activity. Keep your focus on the "Why" you want to achieve your goal, on the benefits to you and others, and keep that visualization and emotional good feeling front and center throughout your day.

Remember, if you don't share your unique brilliance in the world, who will?

Goal Setting - 3 Simple Steps to Becoming Your Absolute Best!



DEB SCOTT, BA, CPC utilizes her 20 years of award winning cardiac surgery sales experience to help individuals, groups, and businesses transform low energy dynamics into high energy successes.

Deb is the author of the award winning motivational book, "The Sky is Green and the Grass is Blue – Turning Your Upside Down World Right Side Up!" and host of "The Best People We Know Radio Show!" on BTR.

Ode to a Blizzard

There is something about watching a white spray of energy blow by your window that evokes a sense of awe. The beauty of the cascading snow can be warming and centering IF one is warm, cozy, and prepared. Otherwise, it can be frightening, overwhelming, and alarming to be “caught in a storm” when unprepared.

Fear comes about as a result of being unprepared. Our spiritual muscles are initially weak. Those spiritual muscles need strengthening so that when something happens that creates chaos or challenges our sense of control and security, we can cope.

So what does a “blizzard hitting” have to teach us about being caught off guard when “life hits”? Plenty! To be prepared when life happens is to understand certain principles of managing fear. They are:

1. It's all relative. What frightens one person is cake to another, so don't compare your self to others! In the south when it snows, everything stops because everyone is unprepared. Drivers slam on their brakes when they see a patch of ice. Uncertain and inexperienced, they respond with panic and react to the snow. Contrast this approach with the northerners who look at even a “noreastah” as commonplace and undisturbing. It's all relative, based on our awareness and preparedness.

2. Own it. Your fear is a message. Learn from it. There's a lesson to be learned. Find that opportunity within the challenge. My 8 year-old daughter taught me something about “weathering a storm.” She reminded me that when it snows, we hunker down, sit together in front of the fire and peacefully wait out the storm. She loves these times because we are all together. So often, we don't realize what we love and value until those times. Those are times when life challenges us and forces us to lean on each other, because we are in a sense “shut-in” by illness, or loss, or other difficulties. Waiting out the storm can often mean taking time to reevaluate what we have surrounding us that provides comfort and not letting fear overcome us.

3. Give yourself a break! There's plenty of time to clean up later. So often we think we are supposed to “fix” ourselves to prevent fear. Somewhere we learned fear is bad, but a healthy dose of fear is what prevents us from driving through a whiteout; much like it keeps us aware of what is needed to change in our lives. The problem is that we don't always heed the warnings and listen to that fear. How many times do we ignore a voice inside us that says: this is a toxic situation, run! We keep going back trying to make it right, until, ultimately, it buries us in enough pain that we desire change. If we would all take time to consider what messages fear has to offer us, we would learn to put gas in the generator, batteries in the flashlights or even better . . . move to Hawaii!

Dr Katie Eastman

CEO, Children's Palliative Care Community www.childpallcare.org

207 749 1392

“The purpose of life is to make a difference”

Oprah and Austin, (age 9)

You Can Just Taste Success: Setting Goals for 2011

The act of setting goals for the year ahead can be daunting to say the least. Being a type A, I have the tendency to overload my list or set lofty goals without making the time to break those goals into the actionable steps required to achieve them. So, in truth I begin my new year setting myself up for disappointment. Last year I avoided this vicious cycle by developing a plan to put my goals into terms that I could implement and enjoy along the way. One of my hobbies is cooking. I love the feeling of exploring the uncharted territory of a new recipe. The adventure of tasting a new type of cuisine and the steadfast reassurance that comes with following the recipe step by step. I realized I could apply this to my goal setting; making it fun and tantalizing to my brains tastebuds. So that's how we arrive at food. I love food! I love to smell it, talk about it, read about it, try new and exciting types of it. So, in that vein, here is my foolproof recipe for successful execution of your goals for 2011 and beyond. How to begin:

Preheat your mental oven.

Sit down, curled up on the couch with your Journal or sheet of blank paper with a glass of wine or cup of tea and ponder your life. Sounds silly I know, but if you can come up with the things that are most important to you, the goals around these important things flow freely.

Select your choice ingredients.

Now take those important ingredients and put them into writing. Type them up on your laptop, write them in a special journal; committing them to paper gives them importance and turns them into something tangible. Now you can post them up where you can see them everyday and begin baking them into a plan. Either on the mirror, on your vanity, in the bathroom, on your front door, or, my favorite spot: the fridge.

Plan your meal accordingly.

We all want peace in the Middle East and the dismantling of all nuclear weapons, but this probably isn't going to happen in the short time span of 365 days. If your goals are too lofty, you'll end up over-promising, under-delivering, and setting yourself up for disappointment. To quote an entrepreneur friend of mine, who has run a very successful PR firm for 12 years, "How do you eat an elephant? One bite at a time." This

of course appeals to me, because again it deals with food. I wonder . . . can it be a tofu elephant? Hmm . . . I digress.

Follow your recipe step by step.

Maybe your goal is getting into shape. What does that mean for you? Losing inches? Losing pounds? Get really specific, then set up the action you want to take. For example, does that mean joining a gym, working out 4 days a week, creating healthier eating habits? The clearer you are with yourself the higher likelihood for your 2011 soufflé to be light and fluffy and delicious, and by delicious I mean successful. Break it down to goals for the year, the month, and then the week. For example, your goal for the year is to get into shape. Actionable steps towards that: for the month join a gym and for the week take 3 exercise classes. You wouldn't mix flour without water and eggs. Sometimes following step by step makes the most sense. Remember "one bite at a time."

Don't forget to set your timer.

How long do you cook a soufflé? You don't want it to burn or fall. Timing is everything. Keep yourself accountable by breaking your goals into bite-sized pieces that can be accomplished quarterly, monthly and weekly. Remember not to get stressed—the purpose of a schedule or timeframe is not to apply

pressure, but rather to maximize your time and the amount of things you can in fact accomplish this year. This also ensures you avoid the scramble in November of frantically trying to check things off your list.

Savor the flavors along the way.

Measure your success. How is it all going? Check off accomplishments and congratulate yourself on your victories! No matter how small you may think they are—you did it and that is wildly important.

Serve your dish immediately.

I think you'll find this dish extremely satisfying without the pesky calories. Savor every bite of your Goals dish. You've earned it!

So, there you have it! I hope this trusted recipe brings you success and accomplishment in 2011. Bon appétit!

Sara Wells is an actress and a business owner living in Los Angeles. You can follow Sara on Twitter @saracwells.



Please note that not all experiences, beliefs and ideas are shared by each member of the "The New Hollywood." We are a group of shepherds, not sheep.

In My Next Life, I Don't Want Employees!



I can't tell you how many times I have heard business owners tell me, "In my next life, I don't want employees!" Managing employees can be highly rewarding (someone has to do the work!) and can be highly challenging. I sat with a client this morning who was telling me how one of her managers confronted her and accused her of not being a good leader. The boss listened, was stunned, and then responded to the employee's complaints.

I told the boss what I always tell business owners and senior managers: **DON'T EVER RESPOND TO AN EMPLOYEE ATTACKING OR BLAMING YOU.** As soon as you respond, you are tacitly reinforcing the unprofessional behavior. What you can do is say things like:



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"I understand that you are frustrated. You need to define the issue and not find fault with me or anyone else."

"I need you to speak to me in a professional tone. If you have a solution, please let me know."

"In this organization, we don't accuse each other, and we remain professional. I expect that of you, too. If you want to restate what you have said, do so in a non-accusing tone. I will be able to listen then."

If this kind of thing is happening to you often, you need to look at how you manage others. You might not have adequate boundaries between you and your employees. You might be too lenient in how you establish discipline and codes of conduct around communication. Or, you might be exhibiting blaming and finger-pointing behavior yourself, thereby letting everyone know that it is okay in your organization. Blaming behavior only brings defensiveness. Defensiveness in an organization increases the error rate, decreases creative problem-solving, and allows conflicts to fester.

Back to employees and how they can be challenging. An entrepreneur with 25 employees was extremely frustrated with people not taking initiative and not thinking things through. Employees were only making minimum effort, which limits productivity and necessary communication. The boss said, "I want people to think here! I want people to let others know what to expect, so that a process can be completed without all these damn mistakes!" His frustration was completely understandable. But what to do? Here is what we did:

- 1) We set up company-wide standards for accountability that included communication about service issues, errors, and passing the baton. For example, if there was going to be a delay that would affect another department, it was incumbent upon the person who was aware of the issue to let the receiving department as know soon as the issue popped up.*
- 2) We are to hold people responsible for going to management with issues along with solutions. In other words, an employee is to be a problem-solver as well as a person that completes tasks.*
- 3) We are to set short term objectives, tied to performance reviews and salaries, that includes their ability to problem-solve, reduce errors, and avoid issues from popping up. It was challenging to quantify, but we managed to do so.*
- 4) The boss, when approached by an employee with a problem, is to consistently ask what solution the employee has before going further into the conversation. That makes everyone think about solutions before approaching the boss.*
- 5) We instituted the "Great Idea of The Month" and gave the employee with a cost-savings or process improvement idea (that was implemented) a certificate for dinner for two.*

Here is one important thing to remember if you are a boss: **BEHAVIOR THAT IS REPEATED IS IN SOME WAY REWARDED.** In other words, if my employee is rude to me and I respond without asking for a restatement, I have rewarded the rude behavior.

If your employees are acting in a way that is unacceptable, nip it in the bud, ASAP! The manager-employee relationship is a complex one, based upon expectations and trust. Let your employees know what you expect and reward them when you get what you expect (that could be as simple as, "thanks") and call them out when they demonstrate performance that is unacceptable. Follow these steps, and maybe, in your next life, you won't have those darn employees, you'll have those wonderful employees!



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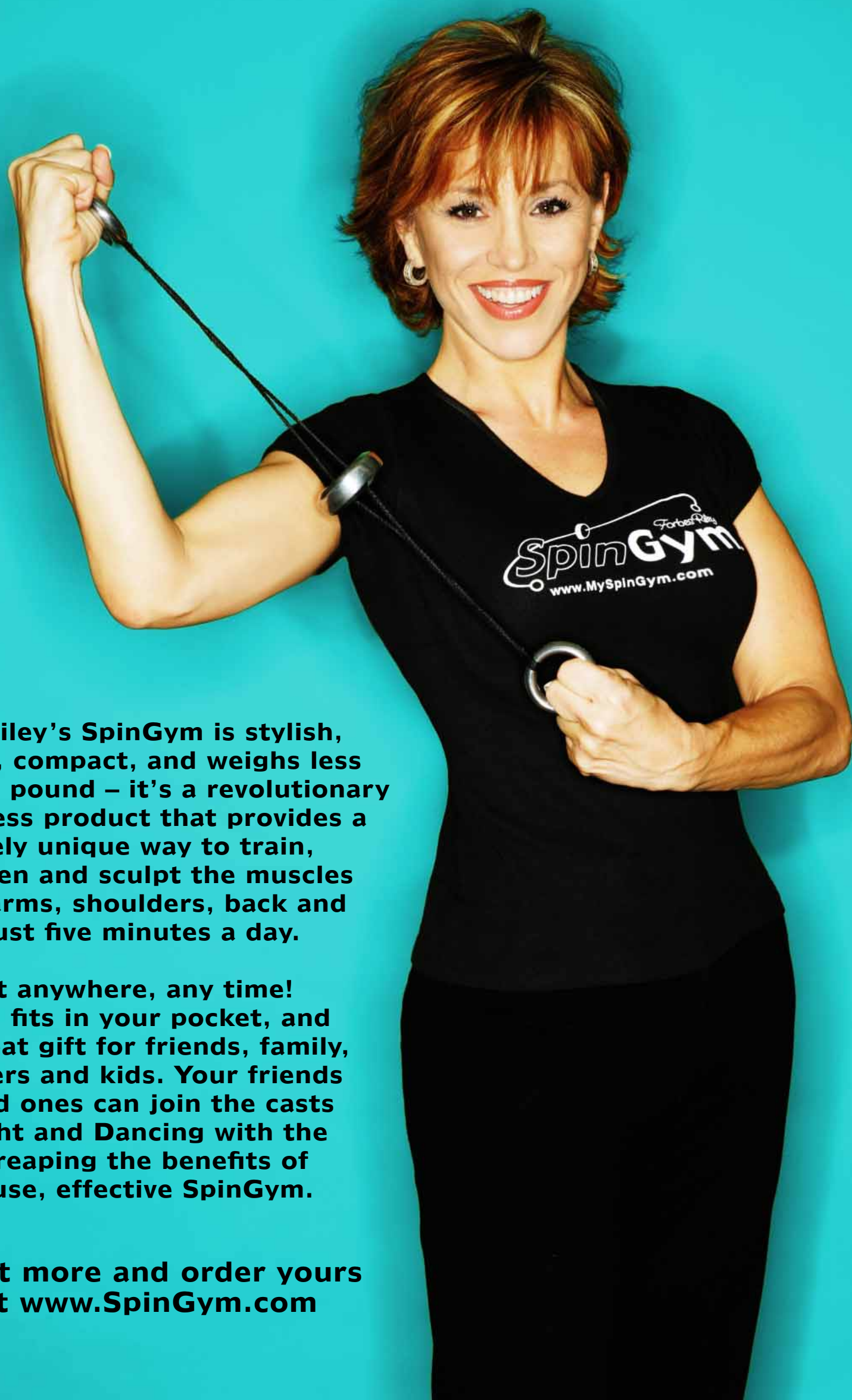
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