

BEST
EVER

You

Envision a New Decade
of You Being Your Best Ever

January 2010 . Vol. 2, No. 1

Natalie Pace

*How a Miner's Daughter
became a Money Mogul*

INSIDE:

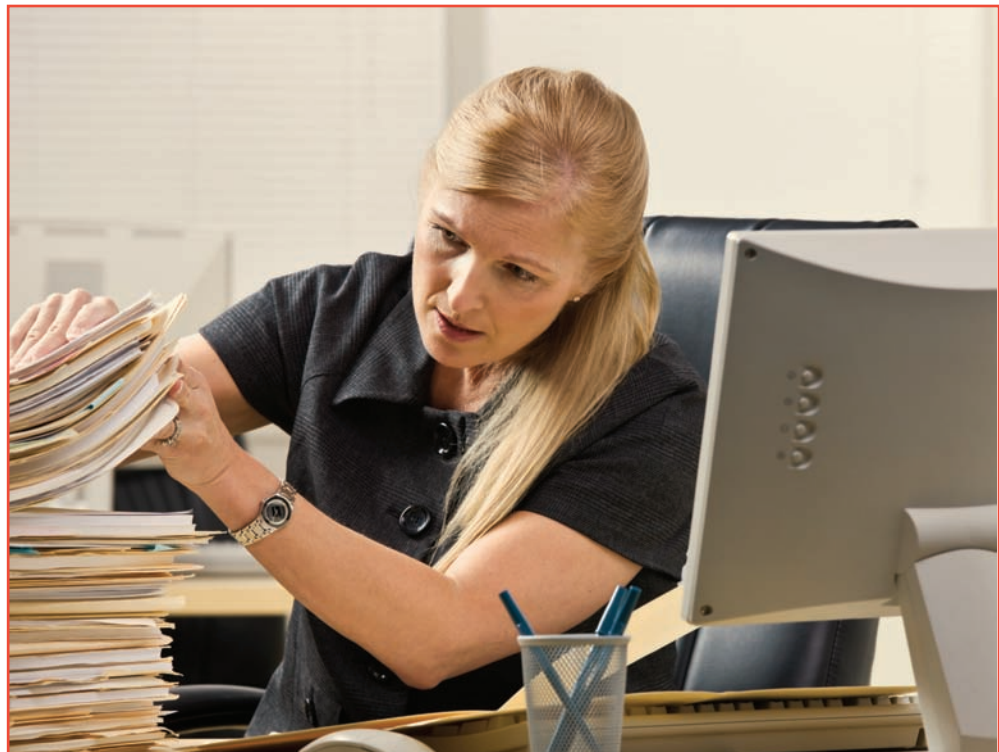
Attention Parents: Your Kids
Are Learning from You

One Mom's Journey to Stop
Dating Violence

Rock Drummer Marches
to the Beat of Giving

First Lady of San Francisco
Balances Motherhood
and Movie Directing





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BEST
EVER
YOU

is on the Web!

Visit **BestEverYou.com** for great advice on everything you need to build a better life, from insurance to gardening, nutrition to real estate. Our goal is to help you find and create your purpose!

Vision, Confidence, Attitude

I'm looking ahead to the New Year and New Decade. If you haven't heard that sentence enough lately, I'm just here to say it again. But let me explain, as the words aren't empty. I'm thankful for the past year, which has been triumphant and filled with growth.

I'm thankful for all of the people, experts and supporters of Best Ever YOU and me personally in my career as an actress and model. (Yes, really! Standing proudly at 5'3" tall, age 40 and the mother of four kids! I'm so thankful to those who allow me to talk about their products, services and businesses with pride and a big huge smile.)



Our future for Best Ever YOU, which includes YOU as a reader, is bright, brilliant and exciting. We have so many changes in store, such as a new website launching, magazine distribution expansion, and many people becoming involved with our site and branding efforts – fascinating, unexpected and inspiring people, some of them famous, some of them unsung heroes.

In this month's magazine we've chosen Natalie Wynne Pace as our cover to help us demonstrate vision and confidence in a financial sense and more. Natalie has a background of growing up so broke; she had to go barefoot a lot more than most of us would care of think about. I grew up with an abundance of shoes and had I known her, I would have sent her some of mine. But Natalie has overcome so much and is rich in life and has a knack for teaching others. I encourage you to stop and read her feature, buy her books and think about what she says and follow her on BestEverYOU.com over the next year as our investment expert.

Along with vision and confidence, attitude speaks louder than words or even actions sometimes. In this month's magazine, we're providing some insight into some of the background thinking that went into developing Best Ever YOU, along with your very own Vision Planner to help you imagine a decade of becoming more and more the person you want to be. We hope it inspires you to be your very best and really appreciate yourself and all you do.

So Smile. Plan. Imagine. Dream. Enrich. Achieve all you dare to do. Be Your Best Ever YOU!

Elizabeth "Elise" Hamilton
elizabeth@besteveryou.com

Jennifer Newsom's Double Feature

By Elizabeth "Elise" Hamilton

Before we talk more about Jennifer Siebel Newsom, new mom, actress, director and The First Lady of San Francisco, we'd first like you to actually meet the second lady of San Francisco, newborn Montana Tessa Siebel Newsom. Not to steal the light which is shining so brightly these days on her parents – Mayor Gavin Newsom and movie director Jennifer Siebel Newsom – but we think Montana, born Sept 18, 2009, is just, well..... really cute.

"The love we both have for her is the biggest eye-opener yet," says the admittedly sleep-deprived mom. Baby Montana has a nursery inspired by Jennifer's love for Africa. "The baby nursery still needs a rug and is a mix and match of things, but overall it is a safari theme with earth tones, browns & greens, and everything to appreciate the outdoors," says Jennifer.

While baby Montana was taking a nap, we stole a few hours from Jennifer's day to talk with her about her life, motherhood, career and Gavin's "love" of changing diapers.

Jennifer is new to motherhood, and still figuring out how to balance it all. "I've learned I'm not one to really want to be away from my baby much, so for me, we've hired in-home care and Montana travels with me when I need to go," she says. She also has a home office, so even when she's working, her daughter isn't far away.

Jennifer has a lot of places to go with her new film "Miss Representation". As the writer/director/producer, Jennifer's film seeks to call attention to women's underrepresentation in positions of power and influence in America by challenging the limited portrayal of women as encouraged by the mainstream media.

"I have a desire to make a difference and to enact social change. I'm challenging the status quo. The film is non-profit and fairly investigative in



Photo: Angie Silvy

nature," says Jennifer. You can read more about the project at www.missrepresentation.org.

On empowering women, Jennifer says, "Young girls – and all women, for that matter – can acquire confidence to be leaders in their own right and choose to do whatever they aspire to do. There should be no limitations or anything held back. My documentary challenges women to become more involved and challenges the media to put out positive images and support women."

Jennifer graduated with honors from both Stanford University and Stanford Business School. She worked in Africa, Latin America, and Europe on assignments with Conservation International, a global environmental organization. Upon graduation from business school, she moved to Los Angeles to act and produce.



Scenes from a life: Newsom, pregnant with Montana, talks with skater Kristi Yamaguchi on the set of "Miss Representation"; above, with film editor Jessica Congdon at one of their family-friendly meetings with babies Montana and Claire.

More recently she has performed in numerous studio and independent films. Several of these films have screened at Cannes and Toronto film festivals, among others, and the majority have been winning awards on the international film festival circuit.

Our conversation drifts back to parenthood, as between all of us on the phone, we are parents of eight children ranging from newborn to 14. I want to know if Gavin changes diapers. "Yes and No," says Jennifer, "We were on a plane a bit ago and Montana had a blowout and Gavin just looked at me....It was pretty hilarious. Gavin is a very hands-on dad and figuring out his role," Jennifer adds, "and I think that is important because I think girls learn how a man is supposed to treat them based on their dad."

I wanted to know if Jennifer can fit back into her skinny jeans, "Yes and No. I can, but things have changed. Even Gavin gained weight during the pregnancy. I craved ice cream bars and pizza and he ate them right with me," admits Jennifer.



Where the stars appear, but YOU shine!



Best Ever YOU, founded by Elizabeth "Elise" Hamilton in 2008, is a national multi-media company with sights set to become global as its online presence has nearly one million followers. Your advertising dollars will go farthest with us as we offer multiple platforms to recognize your company. You will benefit from our interactive web experience, print magazine and TV segments that give your brand maximum exposure.

Our audience needs solutions to make their lives richer, healthier and more fulfilled. Best Ever YOU is all about real people, real places, real products, real lives, and real advice. We seek solutions, fresh ideas and inspiring content.

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Kids' Message: We See What You Do

By Pat Washburn

What happens when you take a pair of kids, give them access to a professional movie crew and scriptwriting help, and turn them loose? It actually happened – and the result is *Influenced*, a 30-minute film with a powerful message for parents and families.

It all started in the summer of 2008, when Aleah Graham was 12 and Josephine Cooper was 14. Both active actresses and interested in all aspects of performing, they met in a one-week summer film workshop for kids. In the workshop, teams came up with ideas for one-minute public service announcements on issues important to young people.

Aleah and Josephine chose to depict the importance of parents as role models – an issue they had seen at work positively in their own lives, but not always in the lives of their friends.

"Parent role modeling is something that happens in every person's life," explains Josephine, pointing out that kids often make bad choices – but they don't do so in a vacuum. "We hear about drug abuse and alcohol and abusive relationships, but this particular issue is happening everywhere and has so much to do with the other stuff."

After the Project Aware summer film institute ended, Carl Lakari, its director, sent the PSAs to various people in the media industry. Josephine and Aleah's work caught the eye of Karen True, who with partner Maureen Gorman has years



Emily Hutchins photo

Left, Aleah Graham, one of the creators of *Influenced*, plays a girl whose mother (JennyWren Sanders) has an eating disorder; bottom right, co-creator Josephine Cooper with her movie "mom" Jen Means; top right, the cover of *Influenced*.

of experience as a casting agent. True thought the girls' project had the potential to become something bigger. And though her schedule is impossibly busy, she made time to meet with Josephine to write the screenplay.

They developed three scenarios to express the message. In one, a young girl (played by Aleah) has a mother with bulimia who projects her own issues onto her daughter. In the second, Josephine plays a girl whose mother is a positive role model of caring and attention, but whose best friend suffers from an uncaring parent. The final plotline deals with parents who are too busy to see the problems that lead their son toward prescription drug abuse.

The two girls were also actively involved in choosing a film crew and casting the movie. Crew members from Gum Spirits Productions "were really great

and open to us," says Josephine, and "Casting was really fun. It was great for Aleah and I to sit in and have our ideas be heard and watch Karen at work."

The shoot took place in August 2009, about a year after the girls first worked together on their PSA. "I expected that being 15, I was going to sit in the back seat and watch the professionals at work. They were really, really open to me showing exactly what I was looking for, for me to direct the actors and block the scenes," explains Josephine.

"I definitely met some very life-changing people," agrees Aleah. "The adults were great, they were totally there for us when we needed them, and totally stepped back when we were ready to lead."

True, who did much of the work to shepherd the production to completion, is eager to share the

credit. "These people gave of their time, shared their skills, knowledge and experience for the successful completion of the film. Without them, this powerful message could not have come to life."

Now that the film has had its premiere, Lakari is working to raise awareness through parent organizations, schools and kids themselves. "People are really impressed with the quality of the movie and with the fact that young people have taken the lead to make this happen."

If you would like to own a copy of *Influenced* or set up a screening in your community, visit influencedmovie.com.

A Daughter's Death, a Mother's Story

By Vicki Crompton-Tetter

Jenny is dead. Those thoughts would hit me every morning within 30 seconds of waking. Dead. How on earth was I going to live with this? At first I wondered if I could even survive, and I really doubted that I could. I wasn't doing well at work (crying uncontrollably, staring unseeing at my desk) and I wasn't doing well at home (depressed, not sleeping, and not able to care for my family). However, I did discover that I felt somewhat better when I could talk about Jenny.

Years later, in a masters-level counseling class, I would learn that "grieving individuals must tell their story over and over again, until they no longer need to tell". Unknowingly, I was figuring out an important healing step by myself: talking. Talk and tell your story whenever and wherever you can. Talking leads to healing.

The trouble with telling your story, especially a tragic story of death, is that nobody wants to listen. People care and they want to comfort you, but deep down they are very uncomfortable hearing the details and witnessing your pain. Just as I was realizing that talk made me feel better I was also realizing that others didn't want to listen.

The first invitation to speak formally came about because of an office friend. This woman was the leader of her kids' youth

Your teen may be experiencing patterns of an unhealthy relationship if:

Your Teen:

- Apologizes and/or makes excuses for his/her partner's behavior.
- Loses interest in activities that he/she used to enjoy.
- Stops seeing friends and family members and becomes more isolated.
- Casually mentions the partner's violent behavior, but laughs it off as a joke.
- Often has unexplained injuries or the explanations often don't make sense.

The Partner:

- Calls your teen names and puts him/her down in front of others.
- Acts extremely jealous of others who pay attention to your teen.
- Thinks or tells your teen that you, the parent(s), don't like them.
- Controls your teen's behavior, checking up constantly, calling or texting.

You:

- See the partner violently lose his or her temper, striking or breaking objects.

For immediate assistance or to talk to a trained advocate:

- Call the National Teen Dating Abuse Helpline 24 hours a day at 1-866-331-9474 [1-866-331-8453 TTY]
- Start a live chat at loveisrespect.org (between 4 p.m. - 2 a.m. CST)

What You Can Do:

- Early on, start talking with your child about what constitutes a healthy, respectful relationship.
- Share the warning signs of teen dating abuse with your child.
- Assure your child that she or he is not to blame for an unhealthy relationship, and that you are available to help him or her be safe and happy.

— Source: LovesNotAbuse.com/Liz Claiborne Foundation

group so was always looking for guest speakers. She asked if I would talk about Jenny to her group of 30 teenagers.

I agreed but was terrified; I had never spoken publicly in my life plus teenagers intimidated me. Then I remembered the simple truth that had been bringing me comfort: just tell her story. So I threw away my notes and decided to wing it. I started by playing a recently popular Whitney Houston song, "The Greatest Love of All". After a few refrains I stopped the music and said "I chose to play this song because the message is powerful, I also chose it because it describes my daughter Jenny; I played it at her funeral." Absolute

silence! I had their attention. It's hard to believe I am still telling Jenny's story 23 years later. In the beginning I just wanted to talk about her, selfishly keeping her alive through my words. But gradually I began to see that Jenny was educating young girls, Jenny was saving lives; her voice is still heard.

While writing *Saving Beauty from the Beast*, I saw again the healing power of "talk". I would invite young women to my home to discuss their dangerous relationships; thinking they would stay for perhaps an hour. Four or five hours later they would leave, thoroughly exhausted. Next I would talk to

their parents and found the same dynamic at work: the pain and fears of these parents would rush out, and in the telling of their stories they found perspective and healing from the horror of what they had lived through.

I estimate that I have presented 2000 speeches in over 20 states, and the book has sold close to 50,000 copies. I have letters and emails from young women telling me that Jenny has opened their eyes to the truth, that her story scared them into breaking off a bad relationship and sent them to their parents for help. One life lost; many lives saved.

Life is a curious thing. My own attempts to heal ultimately brought healing to many. A tragic loss was turned into something positive. I'm happy about this but will forever wonder, using the words of her best friend: "why did it have to be Jenny?"

Vicki Crompton-Tetter is the author of *Saving Beauty from the Beast: How to Protect Your Daughter from an Unhealthy Relationship* (Little Brown, 2003). Since her daughter's murder, she has worked as a crisis counselor for teens and frequently speaks on the topic of teen dating violence.



Jenny Crompton was 15 in 1986, when her former boyfriend, Mark Smith, ambushed her in her own home, stabbing her more than 66 times until she died. Smith is now serving a life sentence for first-degree murder in Iowa.

Natalie Wynne Pace has been poor, and she's been rich. Now she's GOLDEN

By Elizabeth "Elise" Hamilton

I'm on the phone talking with internationally acclaimed author and Wall Street expert, Natalie Wynne Pace, while in her downtown New York hotel room when the signal drops. I'm left on the phone waiting for her to dial back in. Meanwhile I'm thinking of off-the-wall and obscure things to ask her like "What do you think of socks with sandals?" and things that are totally and completely irrelevant to our interview at hand. It becomes even more comical as money, finances and Wall Street do not typically relate to humor and certainly not the "rockstar" image of Natalie Pace.....but you will discover how intriguing Natalie is.

Turns out, she's not a big fan of the socks with sandals look, but she does have a keen sense of humor, a secret stash of sunglasses and a closet full of Armani clothes that one could certainly be quite jealous. Most important of all, she has a best-selling book *You vs. Wall Street* and yes, she presents herself in rockstar style and appeal in her choice of dress as well as early career with her rock band.

You'd never know it, unless of course you asked or she told you: Natalie didn't have it easy as a kid. Natalie is the daughter of a copper miner in Morenci, Arizona, and her mom died when Natalie was just seven. She grew up more barefoot and poor than some of us would care to think about.

Her father was very devoted and wanted Natalie to have something to remind her of her mom, so with what little money they had, he paid for piano lessons and they purchased a rickety old piano. Music and math abilities often go hand in hand, and the rest is quite a story of one brilliant little girl with a classical piano background, a love of writing and a mind for math and logic.

She first went the music route and was Rockstar Natalie, not Wall Street Natalie. for quite some



In addition to her writing and media work, Natalie Pace is a founding member of the Los Angeles Donor's Circle, dedicated to raising \$1 million to educate underserved women and girls in financial literacy, and has been a leader in raising more than a million dollars for public schools in Los Angeles.

*Photo: Stacy Isabella Turk, Ribbonhead
Stylist: Melody White*

time. She was on that musical journey with Gilby Clark and Matt Sorum, until there was a turning point in her life.

"I was in a toxic relationship and my primary concern was breaking the cycle of violence and creating a safe, loving and fun home. Of course, for single moms, money is also a huge issue. I was so far behind on my bills that the county was threatening to put a lien on my one asset — my condominium — to collect the property taxes I owed.

"In 1998, I developed the Thrive budget and the 3-ingredient recipe for cooking up profits in investments. It worked so well over the dot-com recession that my much richer girlfriends begged me to teach them my strategies, and that is how I went from divorced and desperate to dream come true. Imagine squeezing out of the worst moment in my life to today, when I have a book that is endorsed by a Nobel Prize-winning economist!"

Natalie graduated summa cum laude from the University of Southern California. She is now one of Wall Street's most respected authors and experts, admired by many of the country's most notable entrepreneurs.

Natalie's goal is to simplify the concepts of money and wealth. Wall Street gobbledygook and math logarithms are not in her language, or in her book. She delivers quite a compelling forecast of our economy and the direction of Wall Street which has her many times going head to head with the likes of pundits of Wall Street.

"My message is simple. Get rich and enrich the world around you. My message is a message of peace and prosperity that speaks to everyone, not just single moms," says Natalie, "I'm not an investment advisor or a stock analyst. I write the songs that your broker sings (if she's smart)!"

Stock Questions

- What is the product?
- Who's going to buy it?
- Why is it better than its competitors?
- Can this company make a superior product and get it to the masses?
- Who's running the company?
- How motivated are the employees to deliver a superior product?

THRIVE

Natalie's budget aims to create
a life rich in money AND joy



50%

Basic
Necessities



10%

Investing

10%

Charity



10%

Education



20%

Fun

An Actress' Leap of Faith

By Arleigh Hays

A native Texan, an "impressive, disarmingly powerful, and talented" actress, a guy's girl who loves pretty shoes and stylish purses, a "real pro" when it comes to producing...each accurately describe Christina Mauro. But none tells the whole story.

Christina owes her Mediterranean looks to her parents and her uniquely Texas heritage. Of Spanish, English, Welsh, Native American, and Italian descent, she is the youngest daughter of a south Texas cattle rancher and an East Texas artist. She began acting as a child and first appeared on stage in a college performance of *Brigadoon*. She has been acting ever since.

While at the University of Houston, she built a reputation for choosing roles that were challenging, physically and emotionally. Later, while teaching and selling real estate, Christina continued to hone her craft on stage and screen. Realizing that she could continue acting in local productions or make a leap of faith, she leapt. In the fall of 2000, Christina packed up her townhome, rented a moving truck, and loaded herself and three dogs in her SUV and headed west to Los Angeles.

Christina began studying at Playhouse West. There, she worked with Chris Liebe and Jeff Goldblum for more than four years. She read a script for a short film by fellow student, writer/director Ward Roberts, and loved the story. She agreed to produce it even though, at the time, she had no idea what "producing" meant.

Learning on the run, Christina looked to successful women in the industry for inspiration, such as Bonnie Curtis and the indie producing duo of Christine Vachon and Pam Koffler.

An actor first, she continues to enjoy working with first-time filmmakers as they make their way in the business. "I didn't have anyone helping me get where I need to go," explained Christina "but if I read something that I think has promise, I can't help but want to reach in and give them a hand."

Success and practicality led to the founding of Fly High Films in 2003. Since then Christina has focused on character-driven projects and has produced many independent films, both shorts and features, while continuing to act on both stage and in film. To date, she has fifteen producing credits and nine acting credits including two award-winning features: *11 Minutes Ago* and *Stellina Blue*. "11 Minutes Ago was great fun because it was such a challenge to do," explained Christina. "It was shot in one day – 16 hours. We were bound by the concept and I am very proud of it."

Christina describes *Stellina* as "a catalyst for change. I think that may be some part of why I wanted to be involved with filmmaking. If I could make a difference anywhere...it would be wonderful."

Home is now a 1920s Spanish-eclectic bungalow, which she shares with her husband, author Jeremy Juuso, and their canine "kids," Oliver and Jake. Christina is currently working on the budget for a sci-fi thriller called *Annihilation Day*. She will be acting in this project as well and sees this as an opportunity to bring an outstanding ensemble cast together.

In Stellina Blue, Christina Mauro plays a recluse who has a brush with death and a second chance at life.

Photo: Zack Driscoll



A Rock God – And a Giver

Phil Varone is a drummer, music producer and songwriter best known for his work with the bands Saigon Kick and Skid Row. In 2004, Phil left Skid Row and the music business to pursue acting and standup comedy. This has led to acting roles on *Californication*, a commercial for Nokia Cellular and an appearance on NBC's *Identity*. In December, Phil gathered funds, gifts and goodies to provide Christmas to 30 teenagers in a treatment center.

How did you get to be where you are today? Practice!!!

Have you ever been fired? Yes, I was fired from a band a long , long time ago when I was 17.. It was devastating.. They has no idea I would turn out to be a rock star!! Hmmm, I wonder what they are doing?

What are your real passions? Entertaining, drumming, writing, creating, cooking., watching television!

If you won the lotto what would you do? I would help others who needed it. I would start with the homeless. America needs to start taking care of its own.

What do you hope to accomplish in the future? As much good as I can.

What do you like to do in your personal life? Not much!!!! I'm a homebody. I like me time.

Please give us one shameless plug: go to Philvarone.com!

Please give us one plug for someone else: go to clearviewtreatmentcenter.org and donate!

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Elizabeth “Elise” Hamilton
is the founder of Best Ever YOU. She’s also a model, actress, television producer, writer and mother to four boys. Here, she offers one of her tools for keeping an eye on the big picture while juggling a lot of roles.



When I founded Best Ever YOU a few years ago, I implemented some of my beliefs and practices in my own personal life and career and made them come to life via BestEverYOU.com, with experts in each area providing expert advice to help you become your best. I brought all my passions together to create and develop Best Ever YOU. It has proven to be one of the most interesting and challenging years of my life with every day presenting something new and different, but most important to me is continual growth and development.

In practice, continually becoming the best person you can be might sound sort of boring, or like something else to take up time in an already busy life. Yet it's actually fun, and helps me stray from my routine and dream of doing something new. Each year, I evaluate each of these various aspects of my life and set goals and dreams within each area.

At the start of this new decade, I invite you to design to the life you choose to lead for yourself and envision your life 1 year, 2 years, 5 years, 10 years and even 20 or more years out. You don't have to answer all these questions – pick the ones that are most relevant to you and write down your vision for the Best Ever YOU!

Vision: What is your life road map? What are you doing? Where are you going? What do you want to be when you grow up? What steps are you taking to get closer to your dream?

The Big

Attitude: What is your outlook on life? What are your core values? What are your coping mechanisms? What attitude do you want to embody within yourself and toward the world?

Health: Have you had all relevant medical checkups in the past year, including dental and vision? How do you manage emotions? How do you manage chronic conditions?

Money: What has changed in your financial life in the past year? Does your budget accurately reflect your means and your priorities? Do you have the insurance you need? Can you make a plan to pay off debt or at least move it to a lower-interest account? If you've done well, what have you done to solidify your financial position?

Exercise: How can you incorporate a healthy amount of exercise into your schedule? Do you need to meet with a doctor to start an exercise plan, or a trainer to tune up your workouts and make them more fun? How do you manage stress, and can you find healthier ways to handle it?

Looks: How do you care for your appearance? What does your look say about you, and what do you want it to say? Can you find things to like about your face and body? Is the time and energy you spend on appearances appropriate to your life now?

Picture

Home: What are your goals for your home this year? Do you want to find a better home, fix up the one you have, make a few decorating changes? Do you feel “at home” where you live? If not, what would it take to get you there?

Relationships: How is your relationship with yourself? Do you have a balance of relationships in your life – partner, friends, children, siblings, parents, others? What one change would you like to make in the way you relate to someone else – or to everyone – this year?

Work: What work would you like to do? What has changed about your work life, and what are you doing to deal with those changes? What are you doing to move closer to your career goals?

Leisure: What do you do for fun? Do you get enough fun? Do you have too much fun? What relaxes and renews you? What excites and enlivens you? What plans can you make to get the most out of your leisure time, or to find more of it in your schedule?

Religion/Spirituality: What is your relationship with the Divine, or with the human spirit? What beliefs guide your life? Are you closer or further from your spiritual center than you were a year ago? Are there people in your life who share your spiritual outlook, or who can offer teaching in this area?

Food: What is your relationship with food? Do you eat mostly healthy things? Do you allow yourself to eat something delicious but unhealthy once in a while? Do you stay connected to your feelings of hunger and fullness? Do you deny yourself food when others are eating? Does food run your life?

Volunteering: What do you do to help others? What would you like to be doing? Do you choose your charity or volunteer projects, or do you just say yes when someone asks you to help? How can you focus your helping efforts on the goals that mean the most to you?

The Long Run: Have you got a will? Have you made legal arrangements for what would happen to your kids if you were dead or disabled? Have you got life insurance? What is your plan for your retirement and old age? Living wills, health care proxies, powers of attorney, difficult conversations with your relatives.

Vision:
Last year I

This year I

In 2012 I will

In 2015 I will

In 2010 I will

In 2020 I will

ASK THE PRODUCT PRINCESS

By Katie-Britt Greenway

Shopper Extraordinaire! kb@besteveryou.com

Happy New Year and Happy New You! Clean out that old toiletry bag and fill 'er up with brand new soaps, shampoos, and loofahs – for out with the old, and in with the new. This month is the perfect time to reevaluate your colors, closet, and calorie intake. With my help, and a few simple products we will get to spring in no time... So ladies, start applying that Sunless Tanner if the winter white is getting to you, and men get in that gym or better yet, take a few Yoga lessons next to your lady... (Your body will thank you come May!) In the meantime, we have to have necessary products to take care of our chapped lips, freezing toes, and bored brains.



Votre Vu Duetto Luxe Lip Balm & Hand Crème – If you've been an avid Product Princess reader, you will know already that anything Votre Vu is a favorite of mine. This nourishing and moisturizing two-part concoction is not only brilliantly packaged, but is so intoxicating by its fragrance, you may use it all up in one sitting. The Lip Balm, made from coconut oil, shea butter and beeswax, calms and heals ripped and chapped lips immediately. \$38

Le Baby hair gel – Little ones never need much styling to be adorable. They crawl, bat their eyelashes, and voilà! we're putty in a 6-month-old's hand;

It's crazy how they have this wonderful control. But every once in a while, there is that one strand of hair that stands straight up – Alfalfa-style... What to do? From taming wild fly-aways to smoothing frizzies for everything from family photos, to beauty pageants, this non-chemical gel is specifically made for little ones in mind. \$9.95

Caress Evenly Gorgeous Exfoliating Burnt Brown Sugar & Karite Butter – A big title, with a bigger punch! If you like to save a few dollars, note this in your product-junkie head – This \$6.99 product is compared to a \$65.00 body scrub with a very similar fragrance made by "fresh". The Caress Exfoliating Brown Sugar Wash gives you 4 oz. more than the "fresh" product and cost \$58.00 less!!! Sold yet? How about this... If you need a ton of moisture in your skin, and the word "exfoliate" is scaring you away, have no fear my dear – after stepping out of a warm shower, you will feel more moisturized by the micro beads in the wash, on top of the triple silky lotions used to create this product – the scent of Brown Sugar & Karite Butter turns into a delicate and invigorating soft Shea smell – So, evenly colored skin, exfoliating without disregarding moisturizing, and a stimulating aroma? I'm there!

Anti-Monopoly® – So we're not all bankers, that's beyond obvious with the economy. In Anti-Monopoly®, players play either by Monopoly or competition rules fixed at the beginning of the game. COMPETITORS (the Good guys) ... charge fair rents. MONOPOLISTS (the Bad guys)... extort-high rents from their poor tenants, build only after they have monopolized a color grouping, and occasionally go to Prison. Since players do not play by the same rules, fairness is achieved by a patented probability technique, has given each side equal chances to win. The objective is still the same as old Monopoly - bankrupt, move on to the next victim - become super rich and rule the plastic real estate home world.

Lacoste – Socks are a key in the winter... my toes freeze and I am one of those few that cannot sleep without socks... so, I have found the best little ankle socks that are suitable for both Men and Women. Available in White, Gray and Black, the Lacoste "Ped" is a simple cotton ribbed sock that is not only thick and durable for running around chasing children but they are also warm enough to wear in place of slippers. \$10.00

Off to a successful 2010... Hope you are too! I can't wait to see what this year has in store for us mentally, physically, spiritually and materialistically!



Votre Vu puts lip balm and hand creme in the same container, with a side mirror for makeup checks!



Get the fragrance of a high-end body wash for dozens of dollars less, thanks to Caress! Great for those with very dry skin.



Lacoste Peds are gentle enough to keep feet warm in bed, and tough enough to take the place of slippers.



www.itsaglamthing.com / www.getglam.tv

Manage Your Money Better, with \$12 and a Friend

By **Alison Hinson**

Personal Finance Guru, AlisonHinsonMBA.com

This year is, the desire to get financially fit is the number one resolution. Although I know that this desire is a direct result of a bad financial year for many people, the potential focus on finances fills my heart with joy. I could ask for no holiday gift greater than millions of people determined to tackle their personal finances.

I say “potential” focus because we all know what usually happens to New Years resolutions by about January 15. Since I want 2010 to be your best financial year ever, I’m going to share my secret to financial success. For the low, low price of \$12, you too can be on the road to financial freedom when 2011 rolls around. No, you haven’t stumbled into a bad infomercial. It really does cost only \$12 to tackle your financial issues and concerns.

Before you start scrounging up \$12 in change, I want you to find a friend who also wants to get a better handle on his or her finances in 2010. This person should be someone you like, trust, and who isn’t offended by constructive advice. They should also like and trust you – I know if you’re reading this magazine that you’re already open to advice on ways to make your life easier and better.

Your friend is now your handpicked “budget buddy.” Since people who have a support system are more likely to succeed in reaching their goals, the two of you will provide support, encouragement, and the proverbial kick in the butt for each other when needed.

Now that you have your budget buddy, I want you to each grab your \$12 and take a field trip to the nearest store that sells small notebooks. You have my permission to skip the comparison shopping for these notebooks, since they are usually pretty inexpensive (usually \$1 each, which is why you have \$12 with you). Buy 12 little notebooks (one for each month). Put 11 of the notebooks in a safe place and keep one notebook with you. Believe it or not, this notebook holds the key to your great financial future.

Now that you have your handy-dandy notebook, you will need to do two things each day to make this \$12 investment work:

- 1. Write down everything you spend this month in the notebook**
- 2. Call your budget buddy to make sure she is recording her expenses**

Once a week, call or visit with your budget buddy and discuss (or confess) what you spent your money on. Just the act of writing things down and reviewing them with someone else should make a



big difference in your spending. It is a proven fact that people spend less when they keep track of their expenses. This is why diet gurus recommend that you record everything that you eat – just being more aware of your intake (or expenditures) can help you cut down on your eating (or spending).

One word of caution from someone who’s been recording expenses for years – your desire to write down expenses may diminish around the 15th of each month. This is another reason you have a budget buddy. The daily phone calls can help keep you motivated so you can get a full month’s look at your spending.

Start keeping track of those expenses, then tune in next month to find out how the information in your notebook can put you on the road to financial freedom.

Living a Dream Takes Work – and It's Worth It

By **Matthew J. McDonald**

Real Estate Attorney and TV Producer!

You don't know it, but I'm on a bike right now. No matter what happens, I just keep pedaling.

I don't know who said it but one time I heard this phrase, "in this life you are either smart or lucky – never both." I'm lucky. My dreams have come true. I'm a lawyer and I own my own successful title company. I found exactly what I'm supposed to do in this life – help people buy homes. But there's this little thing about dreams – once you achieve them, you have a tendency to find new ones.

Cumberland Title Services (www.cumberlandtitleme.com) will always be my dream come true. I love my staff, and I couldn't be happier with what we do and how we do it. My staff thinks I'm "full of it" when I say this, but I would do my job for free.

But there was something else nagging me. For years I couldn't really put my finger on it. I was always a good public speaker so I sought out public speaking opportunities. I now teach thousands of people per year in first-time home buyer classes. I've been told that I am "funny" although I'm not sure I really like that description. I knew that nagging feeling had to be something creative... so I did stand-up comedy. While it was fun, it still wasn't really what I was after.

So what was it? Finding the right dream for you sometimes takes a deeper analysis. What did I really care about? Well of course there was God, family and country. But this nagging dream didn't have anything to do with those. I knew I cared about my adopted home state of Maine.

Then I figured it out. I'm not sure how I figured it out but I know it took a lot of serious introspection and watching TV. I kept finding myself wandering back to the TV and looking at the various talk shows, late night shows and magazine style interview shows. I found it – I sat there and said, "I can do that!"

The Brand New TV Show (www.thebrandnewtvshow.com) is indeed the dream not quite YET come true. We are on the air and having a blast. If you are in the southern Maine area or parts of New Hampshire you can watch this little dream take shape Thursday nights at 11 pm. You can also check out our past episodes at thebrandnewtvshow.com and follow the show on Twitter; @brandnewtvshow.

The Brand New TV show is a comedy/magazine style program focusing on events, people, arts, music and businesses. Every show starts off with a comedy skit that stars some friends of mine. I am very thankful



to the many friends who have helped out on the show.

I say not YET come true – because we have a LOT of work to do. We still need more advertisers, still need better cameras and of course we are always looking for great guests and bands to feature. Just keep pedaling Matthew.

And dreams don't always come quickly. When I first sat down with the director it was the summer of 2008. We shot an experimental episode in November of that year. Then it was summer of 2009 when we shot our first "season" of 5 episodes. We are in the middle of our second season of 12 episodes right now. So as I sit here I've been at it for over a year and half. Just keep pedaling Matthew.

Oh and then there are the setbacks. Advertisers that say they will advertise – then never write a check, guests who pull out only hours before we shoot and the long long hours of shooting only to come up with only minutes of usable footage. Even as I type this, I found out that one of the cameras from yesterday's 9 hour shoot was not working. No time for complaining, I've got a re-shoot to schedule. Just keep pedaling Matthew – keep pedaling.

Guess what my wife got me for Christmas... a bike.



A neighborly gesture – homemade cookies, for example – can do much to keep you out of court if a dispute should arise.

Get Your Affairs in Order: 5 Steps to Legal Fitness

You may have rung in the New Year with a resolution to lose weight and improve your physical fitness. However, you should also consider getting legally fit in 2010. Here are five, simple things that you can do to enhance your legal health. No sweat or Spandex is required:

Bake Cookies for Your Neighbors. We are most often sued by people we already know well. Fights between family and neighbors take up much of the docket at every local courthouse in America, so do your best to maintain positive relationships with the people around you. Shovel your walkway, scoop your dog's poop off of your neighbor's lawn and if you still can't get along with that grumpy guy who lives on the corner, at least wave when you pass by.

Don't Procrastinate. As with my cookie baking advice, this is not a complex legal concept, but it is an important way to minimize legal risk. Like weeds in an untended garden, litigation blooms when people ignore issues instead of dealing with them when they arise. If your credit card debt is out of control, contact your lender and try to arrange an alternative payment plan before you miss a payment. If you have a problem with a new appliance, let the manufacturer know immediately, before the warranty ends. Deadlines make a difference.

Buy Insurance. The legal fees and costs incurred in litigation often dwarf the amount that is actually in dispute. If you forget to shovel

your walkway and your neighbor falls and breaks her hip, a plate of cookies may not save you from a lawsuit. Make sure that you have title insurance for any real estate that you may own.

Prepare a Durable Power of Attorney. A power of attorney is a document that allows you to appoint a person or organization to handle your affairs while you are unavailable or unable to do so. A "durable" power of attorney will remain in effect throughout your absence, disability or illness. The more detail that you can provide your designee about your wishes while you are alert and healthy, the better. You should consult with a qualified attorney in the state where you live to help you prepare a durable power of attorney.

Make an Estate Plan. Even if you believe that your estate will be too small to be taxed, you should make a will. Spouses should each have a will to dispose of any separately owned property in which they may have an interest and to dispose of that property on the death of the surviving spouse. A will is also the place to designate a guardian for any minor child and to designate an executor to administer the estate.

About the Author: Dave McConnell is a shareholder and director of Perkins Thompson, P.A. in Portland, Maine, where he chairs the Litigation Department. When he isn't baking cookies for his neighbors, he enjoys spending time outdoors with his wife and three children.



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Heating Systems That Go 'Bump' in the Night

By David Johnson

Ask the Handyman, 207-256-9070

This is usually the time of year that most of us hear those popping or cracking noises in our homes at night. The extreme day/night-time temperature variations in four-season climates can and does cause an exaggerated expanding and contracting of the structures' framing. This is quite normal, and should be no cause for alarm. For those so inclined, these eerie creaks and groans will bolster and add credence to the ghost stories you tell when the power goes out!

Something many homeowners are inclined to do during these economically challenging times, is to turn their heat off on those rare days when the temperatures are above normal. You should never turn the heat off in winter - no matter how warm it gets.

By keeping your heat on, you will help to prevent possible freezing of your water lines. Again, the cost of repairing burst water lines is far greater than the cost of fuel it takes to prevent freezing.

I heat with a wood stove, and I find that while it keeps the rooms nearest the stove toasty warm, it doesn't reach the entire home. Therefore, by directing one small fan, I am able to move the warm air and comfortably heat all the rooms in my house. This is often effective with other heat sources as well.

It may be that you wish to close the heat vents to unused, or seldom-used rooms. This is perfectly okay as long as there are no water supply lines running through the walls or floor of the room you wish to close off. If you lower the setting on your thermostat when you plan on being away for an extended period of time (+/- 2-7 days, or more), make sure you re-set it when you return. It's best to have a trusted friend or family member check on your home if you plan on being away for extended periods of time - even if you've "winterized" the home.

We've all had the "Plow-Guy" take out a mailbox, garden fence, and the like. Most hardware stores, and all "Big Box" retailers carry reflector stakes. These may be placed in such a way so as to alert the "Plow-Guy," (and you), of their being there, and to define the perimeters of your driveway. Replacing a mailbox, fence, etc., is considerably more costly than a few reflector stakes.

The days are getting longer, and Spring is just around the corner. And isn't it in early Springtime when we discover those little jewels unfold under the melting snow? That forgotten skateboard, baseball, or any number of other reminders of the summer that we refused to put away? Treasure awaits us all!



She Says Tomato, He Says Beige

By **Cristina Acosta**
Paint and Color Consultant

"My husband and I have completely different ideas when it comes to decorating our home. I love bright vibrant colors like deep red and citron lime. His favorite colors are beige, brown and white. We haven't been able to agree and we've hardly fought about anything until now. Do you have any ideas that'll help us figure out a color scheme we'll both love?"

M.E. Salazar

The colors you see in your home reflect the choices you both make to define your life together. Because you both care enough about color to fight over it, make the time to choose your color scheme together.

Don't fall into the trap of first choosing paint and decor colors for both of you and then bring the choices to him for his approval – you'll only end up in a power struggle. Giving the partner who doesn't do any of the work veto power over the other's color choices is a sure-fire way to get into another fight or end in a frustrating standstill.

Use this disagreement over your home decor as a way to reach a new level of understanding in your marriage. Here are a few ground rules to start – add any others as needed:

1. Don't be mean when you criticize any color or decor choices (including your own). You can say no to a color without getting personal.
2. Say things you would be comfortable hearing.
3. Remember that you love each other. Compromise is necessary for a new beginning.

Begin by working together to collect swatches or examples of favorite colors. Go through your closet together and collect piles of clothing colors you love. You might be surprised to find that your favorite color of faded blue jean is really more blue-gray than bright blue. When you spot a great color combination, like his natural linen trousers paired with your soft turquoise blue shirt, take note. Move your separate piles of clothing out of the closet and set them aside.

Keep an open mind as you walk around the house and collect other objects that have colors you adore. Don't limit yourself to the assortment of colors in a few pictures or throw pillows. Open the kitchen cupboards. You may love the deep, rich brown of your favorite blend of café or the amber gleam of a cup of brewed tea.

When you feel like you've collected enough samples, sit down together and look at the collection of items. Take turns choosing a favorite color from your own pile and then a color you like (or can at least live with) from his pile. You may both be surprised with the color combinations you discover you like.

Remember his favorite linen trousers? Team that soft taupe color of linen with the deep red of your favorite dress and you're on your way to a great color scheme in the living room – taupe ceiling and walls with a red accent wall. Pair the cocoa powder brown color of his beloved old leather coat with the soft pinks of your best lingerie and you now have a sexy, warm color scheme for the bedroom.

Feb. 14, 9 p.m. The Bedroom:

Leave the overhead fixture off. Two or three smaller light sources should be placed around the room, all dimmable. Candles are great for ambiance, but be sure to extinguish them before sleeping. If you need to further brighten the room, try feeding your special someone chocolate!

For the Love of Lighting

By **Jeffrey Boisvert**
jdgreenwood.com

Most people don't give any more thought to lighting other than flipping the switch for the overhead fixture and calling it good. However, this is not good, this is bad. Overhead lighting from a single source (especially fluorescent) isn't flattering to anything or anyone. It illuminates the floor, which is convenient because it prevents us from tripping over bits of furniture and breaking our necks, but it leaves the upper areas near the walls and corners of the room dim.

Consider placing multiple sources of light around a room. Mix up floor lamps, table lamps, wall sconces, and lit art (such as lighted fountains, clocks, etc.) Positional track lighting can be dramatic as well. Angle the lamps so that the light reflects off walls, or use them to spotlight particular pieces of furniture or art.

Want a new look without spending a lot of money? Don't be so hasty in storing away those Christmas lights! Both "icicle" style lights and rope lights (where the bulbs are encased in a clear plastic tube) can look stylish when used year round, as long as they have white bulbs.

The Secret Pleasures of a Travel Writer

By **Melanie Nayer**
melanienayer.com

A colleague recently asked me, “How do you keep it together with all this travel?” I laughed out loud and thought, “what in the world is ‘together’ and how do I get there?” The reality of the situation: if you don’t love to travel, you probably couldn’t handle this lifestyle. But, there is a little secret to ‘keeping it together’...

It’s no secret I love to travel, but when it comes time to actually putting the trip together there are few things I can’t live without. I love sampling the local food, shopping in the local markets and exploring hidden streets and hideaways that are often untouched by tourists. While my tastes in travel have changed over the years one thing has remained the same: my guilty pleasures. These five little things don’t cost that much, always enhance the trip, and they’re essential for “keeping it together” on the road or in the air:

1. A taste of home: There’s nothing like tasting your first sip of Barolo from atop the Spanish Steps in Rome, or biting into a fresh éclair from a hidden bakery in Paris. The local food and flavors of foreign cities are part of what keeps travel exciting, but there’s nothing wrong with grabbing a Starbucks grande half-caf, no-whip caramel macchiato when you’re between airports. There’s nothing wrong with ordering baked chicken and mashed potatoes from a bistro in Provence, or asking for U.S.-brewed beer in Belgium (caveat: you can only do that once, then I’d cut you off and insist you drink from the local tap). There’s absolutely nothing wrong with wanting ice cream instead of gelato or cinnamon rolls instead of crumpets. The little tastes of home keep you centered and as long as you branch out for the majority of your trip, indulging in the savory bites that remind you of home won’t hurt your travel experience.

2. One hour off: It’s necessary – essential, even – to give yourself a break when traveling. Exhausting yourself by running to one tourist attraction after another won’t do you any good. The excitement is overwhelming, especially when you’re visiting a new place, and the chances of you remembering everything you saw are slim to none if you don’t take a moment to let it all sink in. I often have to cram three days worth of

work into an overnight stay and an airplane ride, which makes the trips downright tiring. One of my favorite guilty pleasures: Devote one hour to doing nothing. You can fill the hour a million different ways – get a manicure in the airport before boarding my flight, catch the end of the big game in an airport bar, enjoy a cup of coffee and stroll through the city where you’re staying, book yourself a tour, sunbathe, nap, spa, whatever! Taking one hour out of your travel planning will result in a much more enjoyable and productive trip.

3. Handing over the agenda: We Virgos, by nature, are very meticulous planners. We’re perfectionists, like everything done a ‘certain’ way, and usually take over the situation when it comes to fine details because let’s face it: if it’s not done our way it’s not likely not done correctly. Of course, you don’t have to be a Virgo to understand this. But handing over the agenda to someone else is somewhat liberating. Allow yourself to see the destination through the eyes of your travel companion — I guarantee you’ll discover something new (and you’ll probably enjoy the mini-break from planning).

4. (In)expensive indulgence: I buy a little something from every destination. The items don’t have to be expensive, but the guilty pleasure is in the prize. I’ve nabbed drink napkins from pubs in Ireland, saved opera tickets from the Met in New York, handed over \$10 for a silver mermaid charm from Mystic, Connecticut, and spent hundreds of Euros on one-of-kind artist renderings from the square in Montmartre, Paris. Each time I look at my ‘one indulgence’ from a particular destination it brings back a million memories.

5. The latest copy of Vanity Fair: I never board a plane without my Vanity Fair. I don’t care who is on the cover, what the topic is, or how thin or thick the issue, the VF is coming with me. I’ve gone so far as to pay 12 pounds for my Vanity Fair UK edition, simply because it was new on newsstands and wasn’t available in the US. I rarely get the opportunity to sit down and read a magazine or get lost in a good book – while some people pick up the latest John Grisham novel or dive into their Kindles, I open the pages of a crisp magazine and lose myself in the photography on page 1. There’s about 20 minutes during taxi and takeoff when electronics are not allowed on the plane, and I’m at peace with my Vanity Fair.



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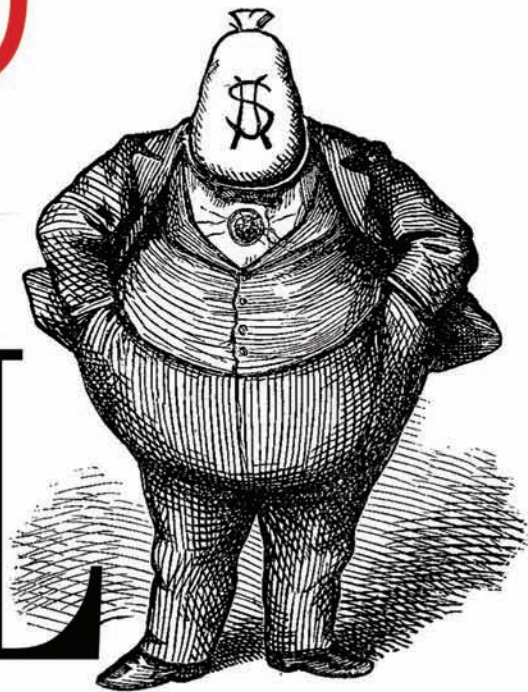
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