

The Z Spot



BEAUTIFUL ON THE OUTSIDE

Money, Fame, and the Pursuit
of Happiness

The Z Spot Credo

I AM A Zankli - I have an unshakable commitment to the good and the potential of humanity. I am dedicated to the essence of a changing world, "Where opportunity is real, life is free, and equality is in the air we breathe." I believe that love of our fellow man overrides any and everything.

M. J. Duffy



Meet the Author

M. J. Duffy is a gifted author of paranormal romance. She lives in Los Angeles surrounded by incredibly supportive family and friends. After graduating from UCLA, she began working in marketing and spent many years as a career and personal growth coach and educator. Writing has always been her passion, and her most treasured moments are spent spinning tales of love, sexual fulfillment, and self-actualization for her readers.

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or zanklichronicles.com

Publisher's Note

April is a special month. I love the variety of flowers in bloom - their color, their complexity, their fragrance - seem to heighten the excitement of the month. From spirituality and religious observances to the celebration of new life and the richness of the poetry that echoes the human heart and the art that illuminates the soul, all are in concert during the majesty of the month of April.

This issue reflects our diversity of thought and living. And I am enthralled by the talent and inspiration of the people willing to share pieces of their cosmos with the Z Spot readers. A shoutout to them all. We hope you enjoy this issue and the abundance of the Spring season.

M. J. Duffy



The Z Spot

The Z Spot Magazine is a lifestyle publication that features the characters and storyline of the book series, the Zankli Chronicles, and relates them to situations and activities in the present. There are articles on finance, business, clothing trends, fashion and beauty products, romantic cooking recipes, health, recreation, spiritual growth and LOVE. Dr. MJ Duffy is the publisher of the Z Spot and the author of the Zankli Chronicles as well as other inspirational books. She is a Life Coach and Credential Educator in Personal and Professional Growth.

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Thank you



The Z Spot would like to thank Kevin Gentry for his incredible painting of Billie Holiday for our cover art. Kevin is a native Angelino. He works in multiple disciplines including illustration, tattoos, logo art, graphic design, 3D Design Modelings, and more. To learn more about Kevin's services or to purchase a print of his art, visit his website at www.wideawakedesigns.com



God's Reminders

My friend Pastor Michael Holliness refers to Jesus as "the Master Reminder." And that is good, because in these trying times, we are so doubting and forgetful. No matter how often Jesus met the needs of the people who came to him Him when He was here on earth, His first disciples feared they would somehow be left in need.

On a journey across the Sea of Galilee, the disciples realized thy had forgotten to bring bread and were talking about it,. Jesus asked, "Do you still not see or understand? Don't you remember?" Then he reminded them of when He fed five thousand people with five loaves of bread. "He said to them, "Do you still not understand?" Mark 8:11-21

Welcome to the world of the Zankli

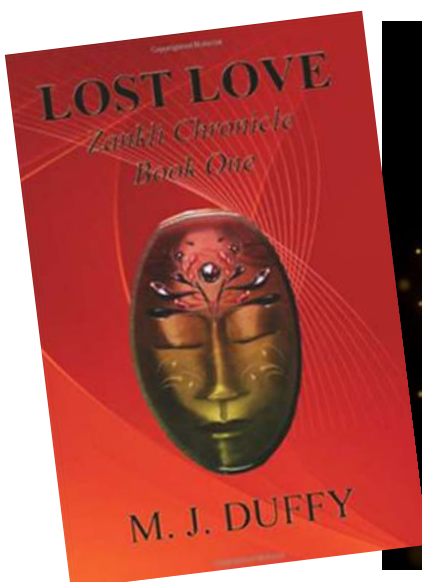
The Zankli Chronicles are a three-part book series written by M. J. Duffy. The Zankli are an extraordinary people of ancient lineage from sub-Saharan Africa who are the descendants of indigenous tribesmen and a band of celestial beings who have amazing physical and spiritual powers.

At the dawn of time, in the lush and fertile land of modern-day Togo, the Zankli celestials interbred with the local natives for ten decades before their departure. Their instructions to their numerous offspring were that they should join with each other for five generations before branching out and

linking with other tribes. The earthly Zankli inherit their sires' celestial gifts, some more than others, and enjoy youthful longevity—aging slower than fellow humans—into their seventies and eighties. Some Zankli can mind merge—speaking and hearing telepathically—others have extraordinary healing powers, exceptional ones can move through time and space, and the truly blessed have all of the gifts combined.

Known as the Chosen Ones, the truly blessed are prophesied leaders, purebred, and the bearers of future princes of Zankli and rulers of humankind.

Click below to listen to an excerpt of *Lost Love*



EXCERPT OF LOST LOVE

Written by M.J. Duffy, Read by Joy Parris



Customer Review

LOST LOVE, Zankli Chronicles Book One, was an explosive read that kept me on the edge of my seat! I am not an avid reader of paranormal romance, but as an erotic book junkie, I felt that MJ Duffy did a great job with combining suspense, fantasy, passion, ecstasy and drama-something that even today's hottest authors can rarely pull off.

Enjoy a 25% Zankli Chronicle discount when you order all three books online! Order now at www.zanklichronicles.com

Giti



Thai

By Joy Parris



A Food Experience That Will Have You Coming Back for More



Thai food is one of the most popular cuisines in the world. People like its blend of sweet and sour, bitter and salty flavors as well as its healthy green vegetables.

If you love Thai food, as I do, then check out Giti Thai. Located in View Park- Windsor Hills, Giti Thai is a Black-owned restaurant that opened during the pandemic. Owner JeRome Tarver felt it was an ideal location for the upscale community.


Windsor Hills is nestled in an area historically called “The Black Beverly Hills” because Los Angeles’ Black affluent members and celebrities like Ray Charles purchased homes here. Today this west Los Angeles community is still a real estate gem.

Giti Thai feels more European than California. The restaurant is spacious and yet has a home-style ambiance. Chef Som Boon offered six dishes for my tasting and a dessert.

I started with the Appetizers: Crab Lagoon, a small pastry shells filled with fresh crab meat. It was the perfect combination of flavor and crunch. And it could have all gone wrong if the pastry dough had been under or over-fried. My second dish was the Coconut Shrimp. This savory dish included large fresh deep-fried shrimp breaded with the chef’s special batter rolled in coconut flakes. The flavor exploded in my mouth, and if you love coconut this a must-have appetizer.

The Pad See You stir-fried flat rice noodles with black bean sauce,





"This is the best Thai food in Windsor Hills. I'm so glad they opened. Just what the neighborhood needs."

Dennis J. via Yelp



broccoli, egg and your choice of beef, chicken, shrimp, tofu, or vegetables was a pleasant surprise for me. I am not a lover of beef, but this beef was tender and delicious.

Chef Som Boon uses only fresh ingredients, but most importantly, he uses a superb combination of seasonings that allow every bite to be savored which makes this food so special.

Next up was the Pad Thai rice noodles stir-fried with bean sprouts, green onion, egg with your choice of chicken, beef, shrimp, tofu, or vegetables. In most restaurants, you will find small shrimp but not at Giti Thai. The large shrimp were cooked to perfection and the noodles had the perfect amount of sweetness.

My fifth dish in the culinary tour was the Panang Thai Curry (Chef Boon uses authentic Thai Curry paste) with lime leaf, green peas, carrots had the most sublime lamp grilled lamb chops I've ever eaten.

Lastly, Giti Thai's Tom Yum Soup was like ambrosia for the mortal soul. The bowl was filled with large shrimp, mushrooms, green onions, and vegetables.

My tasting in paradise came to a sweet end with fried bananas for dessert. They were absolutely addicting! Thank you for JeRome and Chef Som Boon for an out-of-this-world dining experience. In the words of the Terminator - 'I'll be back.'

Giti Thai

4423 West Slauson Ave.

Windsor Hills, CA 90043

(323)792-4552 | <https://giti-thai.com/>

Mon-Wed 11:00 am -9:30 pm

Thurs - Sat 11:00 am -11:00 pm

Sun-11:00 am - 6:00 pm

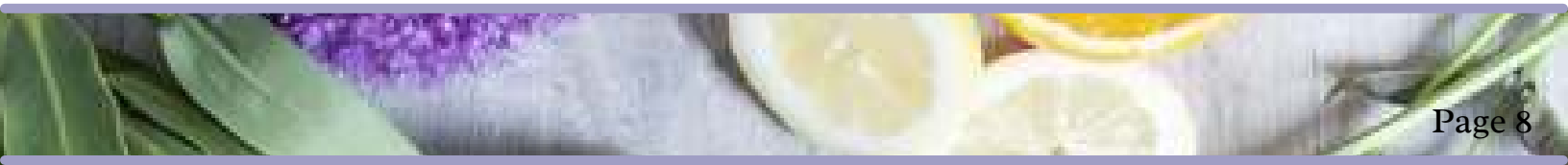


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Meeting ID: 967 885 1090 | Passcode: Zankli



Cooking With Shy On The Fly

By Charmaine Jackson-Feldman

*Bringing family together
with a great bowl
of gumbo*

From Left to Right: Tyler, Shy, and Shannon

It's cold and rainy, in many parts of the country but nothing can bring family together better than a steaming bowl of gumbo. In the south, Louisiana has had plenty of influence on Houston. And lucky for me I have had lots of friends and family to weigh in on this delightful and delish cultural dish here in my home. If big pot of gumbo is calling your name, follow this delish recipe.

Granted, there are lots of strong opinions and regional differences out there when it comes to how to make “authentic” gumbo, including variations in thickening techniques, whether or not to include tomatoes which seasonings to use (and how spicy to make the broth), proteins to include (chicken, sausage, various kinds of seafood, etc), and on and on.

So while I can't guarantee that this gumbo recipe is necessarily authentic, I can vouch that it is absolutely delicious and always a favorite with my family whenever I cook up a big batch. Don't forget to freeze some up for later in the year when its chilly.

Ingredients

- 1 cup all-purpose flour
- ¾ cup bacon drippings
- 1 cup coarsely chopped celery
- 1 large onion, coarsely chopped
- 1 large green bell pepper, coarsely chopped
- 2 cloves garlic, minced
- 1 pound andouille sausage, sliced
- 3 quarts water
- 6 cubes beef bouillon
- 1 tablespoon white sugar
- salt to taste
- 2 tablespoons hot pepper sauce (such as Tabasco®), or to taste
- ½ teaspoon Cajun seasoning blend (such as Tony Chachere's®), or to taste
- 4 bay leaves
- ½ teaspoon dried thyme leaves
- 4 teaspoons file powder, divided
- 2 tablespoons bacon drippings
- 2 (10 ounce) packages frozen cut okra, thawed (optional for those who like okra in theirs)
- 2 tablespoons distilled white vinegar
- 1 pound lump crabmeat
- 3 pounds uncooked medium shrimp, peeled and deveined
- 2 tablespoons Worcestershire sauce





Step 1

- Make a roux by whisking the flour and 3/4 cup bacon drippings together in a large, heavy saucepan over medium-low heat to form a smooth mixture. Cook the roux, whisking constantly, until it turns a rich mahogany brown color. This can take 20 to 30 minutes; watch heat carefully and whisk constantly or roux will burn. Remove from heat; continue whisking until mixture stops cooking.

Step 2

- Place the celery, onion, green bell pepper, and garlic into the work bowl of a food processor, and pulse until the vegetables are very finely chopped. Stir the vegetables into the roux, and mix in the sausage. Bring the mixture to a simmer over medium-low heat, and cook until vegetables are tender, 10 to 15 minutes. Remove from heat, and set aside.

Step 3

- Bring the water and beef bouillon cubes to a boil in a large Dutch oven or soup pot. Stir until the bouillon cubes dissolve, and whisk the roux mixture into the boiling water. Reduce heat to a simmer, and mix in the sugar, salt, hot pepper sauce, Cajun seasoning, bay leaves, thyme, stewed tomatoes, and tomato sauce. Simmer the soup over low heat for 1 hour; mix in 2 teaspoons of file gumbo powder at the 45 minute mark.

Step 4

- Meanwhile, melt 2 tablespoons of bacon drippings in a skillet, and cook the okra with vinegar over medium heat for 15 minutes; remove okra with slotted spoon, and stir into the simmering gumbo.
(OPTIONAL) Mix in crabmeat, shrimp, and Worcestershire sauce, and simmer until flavors have blended, 45 more minutes. Just before serving, stir in 2 more teaspoons of file gumbo powder.

Wahla - add rice and enjoy!

Let me help you
discover your
*Meaning, Message
& Mission*

Coach
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Contact **Coach Wendy** Today!

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SAVING FOR A RAINY DAY



by Crystal Mitchell

Remember when you were a child, and you heard your grandparents talking about saving for a rainy day. As sayings go, this wasn't an empty saying; they experienced many rainy days during their lifetime. This was our grandparents' mantra because they knew it was crucial to put something aside for a future time of need.

My grandmother had nine children, and by saving for the rainy days, she clothed her children, sent all nine to college, purchased several homes, and provided for her children after my grandfather passed. Her rainy day fund made this possible.

Question do you have a saying that keeps money in your pocket? We, too, have experienced many rainy days in our lifetime, unexpected job loss, illness, recessions, and the latest Coronavirus. Unexpected life moments can completely derail our lives as we know it.



Here are a few tips that can help you save for a rainy day:

Is it a need or want? Always remember that your needs come before your wants. Identify your basic needs, housing, transportation, and household needs.

- Take a look at your fixed expenses. Are you spending more than 40 percent of your income on things such as rent, utilities, and your car payment? If yes, you could benefit from looking into ways to lower these expenses. Evaluate how you can reduce or eliminate some of your variable costs. You may need to look at adding additional streams of income to offset monies going out each month.
- Make sure that you pay yourself. Pretend like your savings account is a fixed expense that you have to pay every month. Whether it's 5 or 20 percent of your income that you decide you can afford to save, move it directly to savings when you get paid (like tithes) right off the top, make it an automatic withdrawal from the bank; you won't miss it that way.
- Track your money. Know where every cent you are spending is going. Try some personal finance digital tools such as Mint.com or Truebill.com; these apps will help you control your money. Money can disappear real fast if you don't monitor the comings and the goings.



- Set budgets and goals. For example, if you have a long-term goal of having \$5,000 in an emergency fund, you can accomplish this in about four years if you save \$100 a month. It might seem like a long-drawn-out task, but if you lose your job, experience a medical crisis or a pandemic, and can't work, your future self will appreciate the small sacrifices your current-self made.
- It's never too soon to think about retirement. The earlier you start putting money away for your retirement, the better. Schedule a meeting with a retirement specialist to find out how to get started.

Remember, adopting the rainy day saying from our grandparents will help you prepare for your future needs.

National Poetry Month

Each year the month of April is set aside as National Poetry Month, a time to celebrate poets and their craft. We hope you enjoy our poets this month.
Celebrate with words from the heart!





Love

By Woodrow Bailey

Accept love

Who doesn't want that?

In fact, it's almost unattainable

Does he speak for himself?

Was that a book?

I know someone who wrote it

Do you have an intense feeling?

deep affection?

for who? me?

someone?

The mystery is looking, finding, seeking

I envy the promoting, enjoy this feeling

Loving life is We chase relationships

Loving you We erase connections

Loving approval We debate situations

Loving the dance of... we embrace emotions

Loving a chance of... we take to remember

I love () we make virtues in December

Accepting love

conveying this diversified past tense

we all participate in piercing arrows from Cupid

I have been called

silly, crazed, processed

stupid...love

When will it all this work out?

Does Love really to need new clout?

Why do we scream or shout?

If there is a woman you desire to share time and space with for the rest of your life and you knew she was that special one at first sight, then you may want to light a few candles, turn off the lights, and share this one with her...

My Life With You

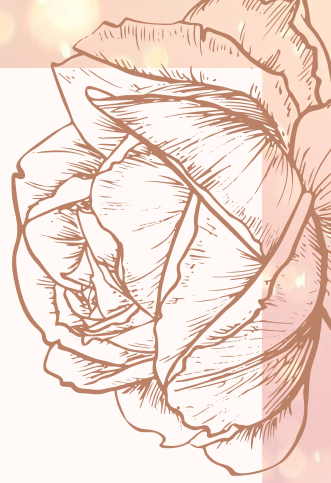
By Melvin Bray

*The first time I saw you
I could not believe my eyes;
That a woman so beautiful
was wearing no disguise.
So I took it upon myself
to open my life to you;
Feeling all my dreams of happiness
with you, would somehow come true.
We have built a degree of trust
that no one can tear apart;
We have touched each other so deep inside
I feel you within my heart.
Others have tried to imitate
the sensitivity that you possess;
Still none can ever compare
to your love and tenderness.
Now, Baby, you know I love you
this has always been so true;
And all I want out of this life I have
is to continue sharing my life with you...*



As I interject these thoughts, I have of you please keep in mind.

that roses never bloom in the wintertime.



My Winter Rose

By Mel Bray

*It's not poetic justice which motivates me
to initiate this prose;*

*It's your supreme woman qualities
that I deem to expose.*

*The strength you exude
is so worthy of praise;*

*It's likeness to a winter rose
will impress and amaze.*

*Like a seed in a winter's womb;
You struggle forth to bloom.*

*You spread your delicate petals
to capture a ray of the sun;*

*To enhance your natural beauty
and nourish a life begun.*

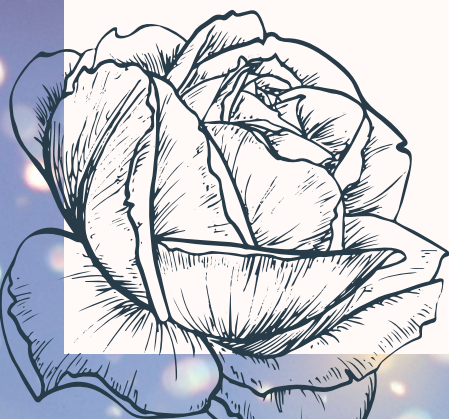
*As you grow into an eloquent grace;
Your beauty imparts a subtle trace.*

For you exude confidence in place of strife;

That I hold so near throughout my life.

And though I dwell in a world so cold;

Your strength I gain My Winter Rose...





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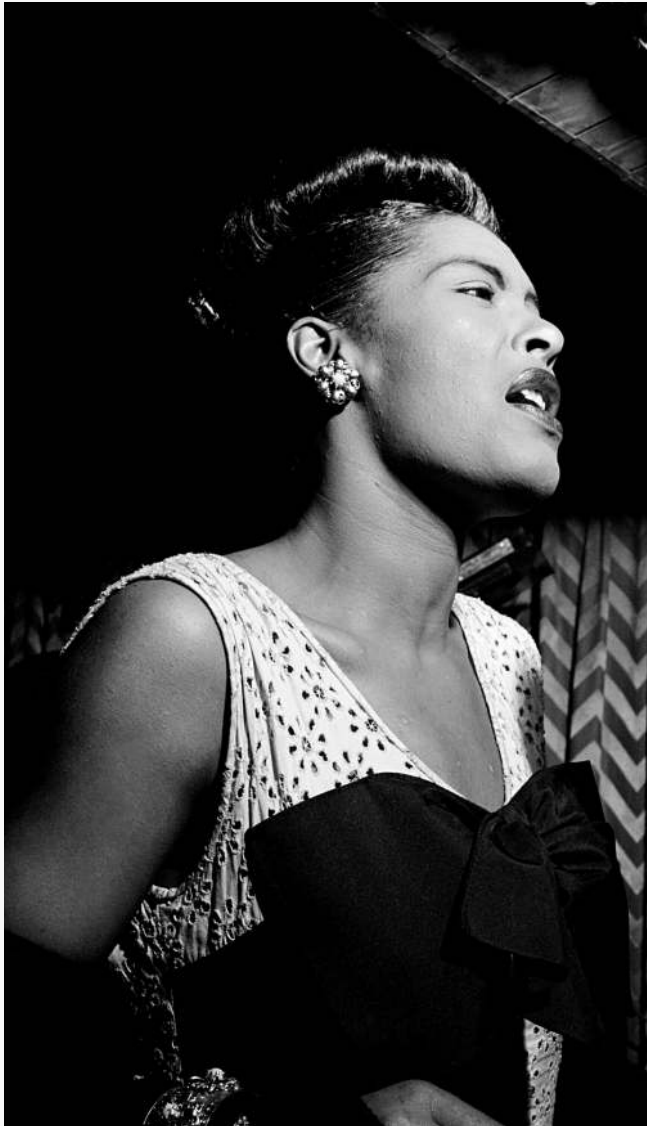
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Need to Unwind?

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to browse the Zankli
Romantic Blends





*Beautiful on
the Outside*



Money, Fame, and the Pursuit of Happiness

By Daniella Masterson

Lee Daniel's movie "The United States vs. Billie Holiday" is a heartrending depiction of a world-class jazz singer with a painful legacy.

Adorned with the signature white flower in her hair, she was lovely to look upon. A unique talent, she possessed an incomparable musical gift and was welcomed on stages all over the world. She was also addicted to heroin and toxic relationships. Perhaps like her song, "Strange Fruit," there was blood on her roots.

Her story could easily be compared to Whitney Houston, Amy Winehouse, Kate Spade, Robin Williams... These people reached iconic success. They indulged in untold desires and expensive eccentricities. They also took their own lives. They had Everything and Nothing.

The everything and nothing paradox starts with a misconception - "If I have money (or success or...), then I will be

happy.” If you’re delaying happiness or a more fulfilling life based on circumstances or conditions, try a different approach. Your pursuit of happiness should be grounded in what’s going to give you genuine fulfillment and sustainable joy. And real prosperity should follow.

A lot of people are not happy. While happiness has different definitions, it is often described as having positive emotions and life satisfaction.

The Corona Virus has made some of us realize that the way we’re living isn’t working. Perhaps you’re living in a house that’s too large, working a job you don’t like, or staying in a marriage for the money. You’re no longer soul mates. You’re roommates.

So how do you stop the insanity – doing the same thing and expecting a different? Many are turning to wellness and mindful living.

The Mayor Clinic defines mindfulness as a type of meditation in which you focus on being aware of what you’re sensing and feeling in the moment without interpretation or judgment. Mindfulness practices help you to reduce stress and to realize areas in your life that need to change.

You can start mindfulness right now with these simple practices.



Paying Attention: Although you’re very busy, take time to observe and truly enjoy whatever you’re doing. Smiling helps to reduce outward signs of aging.

Living in The Moment: Accept everything you do and strive to find joy in the simple pleasures.

Focus on your Breathing: When negative thoughts occur, sit down, take deep breaths, and close your eyes. Focus on your breath as it moves in and out of your body.

"Ordinary riches can be stolen; real riches cannot. In your soul are infinitely precious things that cannot be taken from you."

Oscar Wilde

Aim to learn more about mindfulness and practice it. Over time, you might find that mindfulness becomes effortless and beneficial. There was a study conducted to find out what patients who overcame life-threatening diseases did. Their checklist may help your pursuit of happiness and wellbeing.

- Take control of your health by changing your diet.
- Release suppressed toxic emotions like bitterness and unforgiveness.
- Deepen your spiritual connection with prayer and meditation.
- Increase positive emotions like gratitude and forgiveness.
- Have a strong purpose for living.





Influential Fashion

by C.R.E.W. Creating Raw Evolutionary Work



Have you grown to love the coziness of your sweatpants, more than your favorite cocktail, at the end of a bad day? Or are you so self quarantine crazed, that you're wearing your most expensive threads, just so your selfies can show, you still got it goin on, regardless of the "Rona"?

Either way ... don't let your dull environment control your fashion influence!

During the pandemic Designers and retailers have been looking to social media, youthful cultures, influencer trends, street style and celebrities for inspiration about what's current and what's hot.

Spring 2021 trends are forcing us out of our couch clothing, and into fun reveals ranging from monochromatic minimalists, to sequined tiger print party starters!

Some of these influential wardrobe essentials you can try are:

- Body revealing and curve hugging pieces
- Tractor-Inspired Boots & Streamlined Chelsea boots
- Statement layers & Nature's textures
- Duvet coat, Weatherproof coat
- Vintage-Inspired everything
- Oversized shoulder-padded boyfriend jackets & cropped cardigans
- Cut off jean shorts and bejeweled mini skirts
- Candy-Colored Sweatpants, printed pants & leggings
- Puff shoulders
- Yellow puff purses
- Outdoor active sneakers

Pick a glamorous piece from your closet, maybe even a celeb, a dope era, or an influencer you idol, that can inspire you to try new looks for a new you in a new spring year!

Laptop Fashion 101



The pandemic has caused the fashion world to take a toll and count on humans dressing themselves and creating their own trends, while working from home and showing their personalities through a computer screen.

Aside from the annoying masks we are forced to wear, and own several of, the new wave is now what you're sporting on your upper half, and the vibe of your space in the background, that expresses your "Laptop Fashion" style.

There are only two ways to deal with this LF style ...comfort or crafty.

Comfort

Comfort includes wearing pieces that are comfortable around the home, at the same time functional for indoor-outdoor dressing.



- Key Items- Sweaters, elevated cardigans, premium leggings, knit matching sets, pull-on trousers, bodysuits, cutout tops, comfort clogs & designer slippers

Crafty

People are getting into Crafting and DIY clothing to accent their style and try new things they wouldn't normally wear in the streets. Using Distressed materials and patched fabrics, mixing contrasting pieces, looking to extend the life of cherished pieces you already own, remixing old & new, and refreshing your look with offbeat color combos.

- Key Items- textured Shackets (shirt jackets), dresses with volume, slouchy cardigans, oversized soft volume fabrics, statement trinkets, extreme textures, Chelsea boots & winter sandals.



Try extending your style into your laptop background, by adding small creative details of your personality in the room!

C.R.E.W. Creating Raw Evolutionary Work; is a full-service agency specializing in content creation and creative marketing. Since 2018 headquartered in L.A., the C.R.E.W. agency is an independent, creative, collaborative network designed to help brands successfully navigate leveling up, with impressive brand enhancements using the latest trends in digital marketing.

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CHANGE HOW YOU AGE!

Retired educator returns to roots *in Africa*

Part Two . . .

Upon arriving to Ghana, flying in from a 30 day stay in the French speaking country of Gabon (the stay in Gabon will be discussed later), Cassandra had experienced taking the Covid-19 test three times since leaving the United States. The African countries were serious about the effects of the pandemic on their people, and they had heard about a plan to begin giving experimental vaccines to their population.



Dr. Cassandra Hawkins





Those who suggested the experimental vaccine(s) were heard saying that the Africans were useless and not productive. The African government seemed to be determined to take care of their countrymen, their precious citizens, their people. Enormous banners sharing information about how to be careful during the pandemic, and to stay calm and not panic, but practice safety by wearing masks were seen everywhere.

These banners were seen throughout the airport, around the countryside and on the freeways, and billboards. Signs were posted that read “No mask, no entry” – Nose and Mouth are to be covered.” In Cassandra’s own words, “No one fought against protecting others. There was a sense of caring about others-- a sense of connection.” A sense of feeling for and caring for one another in a community is important to Dr. Hawkins, thus observing the sense of caring made her feel a bit safe and comfortable.



The moment I stepped onto the plane traveling to Ghana from Gabon, I felt an assortative gathering, strange to say, because everyone looked like me. Now this is not a statement of being prejudice or racist. Research shows likenesses may work better than opposites (differences) because, as the idiom reveals, “Birds of a feather flock together.” The minute I stepped off the plane and walked into the Kotoka Airport, located in Accra, Ghana, my breath was taken away as I viewed such artistic architectural, well-built, and secure structure.



The airport was certainly the state-of-the-art, world class. When I heard, “Welcome Home,” walking through immigration and walking through the airport, I knew it would be the beginning of truth, and at that moment I was given a mission and vision to end the lies that have been fed to Decedents of African Slaves (DOAS) by the Western media and about “the” continent—the mother land.

During the middle of a pandemic, I noticed a calmness among the people. Signs were everywhere instructing the people to stay calm, be prepared and wash their hands. I was interested to see how the pandemic was affecting the

community there. I learned the African Countries were not being devastated by the pandemic as was in the US. At one point in time, of the 30 million people across the country, 73,003 had contracted covid-19, 65,583 had recovered and 482 passed away. The others were still being treated or in quarantine.

I didn’t feel concerned until the end of the year when 2 variants of the virus entered the country. Ghana’s medical management was able to identify, through their covid-19 procedures to enter the country, who may have brought the variants into the country.

STOP AAPPI HATE NOW!!



Almost 70% of the Anti-Asian ATTACKS reported in
the past year were WOMEN

An Attack on One is an an Attack on us ALL

It has been reported that nearly 3,800 racist incidents against the AAPI community were reported between March 2020 and February 2021. To learn more about Asian-related hate and/or report an incident, visit the Stop AAPI Hate website <https://stopaapihate.org/>

Aging Fantastically



The Awakening

I will never forget the morning I first realized that I was aging... and not so fantastically.

There was nothing particularly unusual about the day. I had gotten out of bed at 5:30 AM, gone through a stretch, scratch, and frown routine, made a mental note that my shoulder was stiff again, and then noted that my feet hurt when I walked across the floor.

Not new occurrences, but nagging, in that I was beginning to accept the aches and pains as part of my awakening routine, part of my life.

What was jarring was that I was beginning to mirror my grandmother. I could remember her complaining about body aches, while reaching for the rubbing alcohol or Bengay.

I remember thinking, "Why does she have to move that way, sit with her legs gapping, and have me thread the needle when she wants to darn clothes."

This memory of my grandmother was, if not earth shattering, certainly eye-opening.

Especially, when I applied these pictures to what I felt and saw in my own life. However, more than the physical limitations, I realized that I was stagnant in other areas of my life.



Somewhere, along the way, I got lost. So on that gray, achy morning, when I looked in the bathroom mirror, I felt like the Rip Van Winkle character that peered in wonder at his image after twenty-five years of slumber.



I had no financial package to speak of, no retirement other than social security, and you know what that means in today's world. Worse, I had no concrete plans for long-term survival. In fact, as I began a tally sheet of personal assets, financial and otherwise, my future forecast was grim to say the least. First off, I was not fit – mentally or physically. I had become cumbrous and dated. Not only did my wardrobe reflect a potpourri of styles, some clothes and shoes dated back to the seventies, but my make-up, hair and accessories screamed “yesterday, passé, buried, gone.”

I had spent thirty years raising three sons, most of the time alone. In this family, I was a star-athlete. To quote my granny, “I was the butcher, baker, and candlestick maker.” On any given day, I could wear five different hats. I was the cook, maid, caretaker, breadwinner, coach, disciplinarian, nurse, confidant, best friend, worst nightmare, tutor, policewoman and above all, Mother.



Somewhere, along the way, I got lost. So on that gray, achy morning, when I looked in the bathroom mirror, I felt like the Rip Van Winkle character that peered in wonder at his image after twenty-five years of

slumber. I recognized the woman in the mirror, but it was not the image I wanted to see. This woman was in bad need of a tune-up. But, unlike my car, there was no neighborhood Jiffy Lube, or Tune-Up Master that I could pull into for “instant” oil or filter change. Today, I can look in the mirror and celebrate the image. I have changed, and the overhaul was not instantaneous. Rather it required physical and psychological repairs that not only renewed and revitalized my life, but gave me a new purpose and resolve. My health is improved, my spirituality is enriched, my sexuality is enhanced, my professional skill-sets are bolstered, and my finances upgraded. I am renewed, and it is an open secret.

Renewal is a set of protocols that can be shared, and it is a strategy that is duplicable. I found that there were two primary and indispensable ingredients to reconstructing one's life -- commitment and self-love. They were the glue that fused everything together, and they were the ingredients that launched my new beginnings.

Join me, and I can promise that you will begin a phenomenal journey toward Aging Fantastically.

What great lady said it?

“When the whole world is silent, even one voice becomes powerful.”

1. Malala Yousafzai
2. Harper Lee
3. Helena Morrissey

* Malala Yousafzai is a Pakistani activist for female education and the youngest Nobel Prize laureate.

“It took me quite a long time to develop a voice, and now that I have it, I am not going to be silent.”

1. Hillary Clinton
2. Winnie Mandela
3. Madeline Albright

*Madeline Jana Korbel Albright is an American politician and diplomat. She is the first female United States Secretary of State in the U.S.A.

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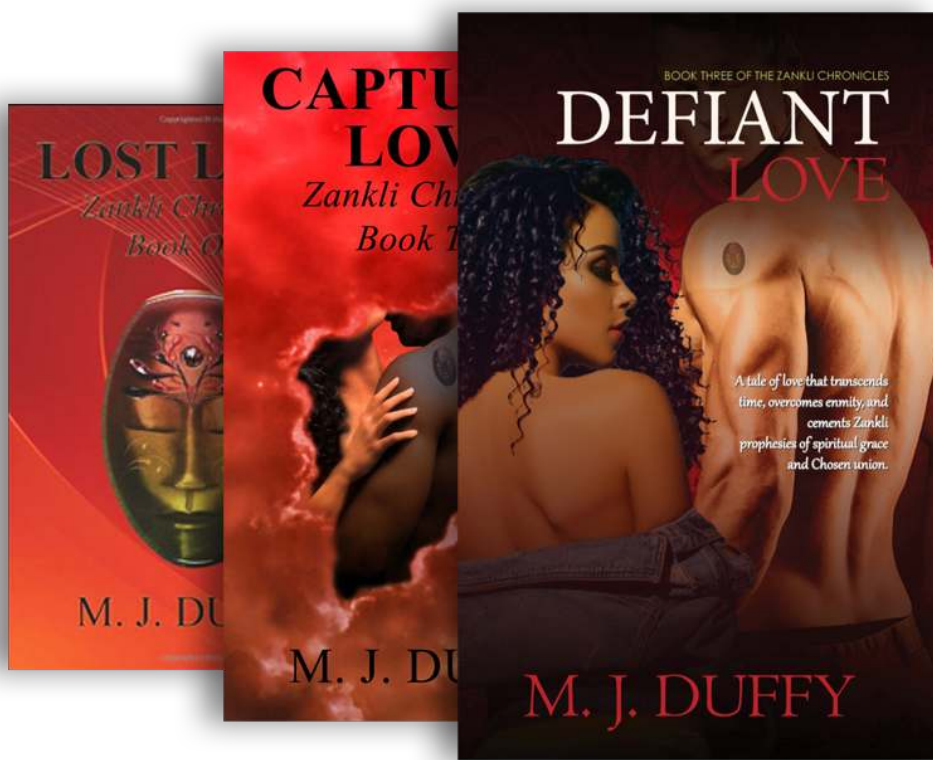


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