

PACE

Magazine

Positive. Authors. Teachers. Entrepreneurs

Vol.92025 September- November

AUTUMN EDITION

Domestic Violence Awareness Month

AudioBook Narration Styles

Change All Around Us

What's Going on

...and more



**Dr. Lane-Milo:
Improving the
Quality of Life**

**Meet Kimberly
Manning:
Educator
Teaching Wealth
Through
Protection**

**Tales of Survival:
Domestic Violence**
by LJ Thomas

Signs
Safety
Prevention
Resources
Victim accounts

**Real life Survival
Stories and
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Letter from the Creator



Hello! I'm LJ Thomas and I am the editor-in-chief of PATE Magazine. PATE is a digital publication focusing attention on positive authors, books, teachers, educators, & entrepreneurs. PATE is a part of the Purely Positive Network family.

The focus of PATE is on positive impact through actions, conversations, products and communications. Anyone can look around and see the negativity we are constantly bombarded with on a daily basis. We need good news. We need positive impacts. We need good things.

PATE is determined to spotlight authors who are combating negativity through books, no matter the genre or format. What matters is that the subject is upbuilding and it brings about

positive feelings, interactions, or change.

Teachers and educators deal with a multitude of challenging classroom situations on a daily basis. These educators are remarkable blessings and when they enter our lives when we are children, they have the opportunity to mold us and create a foundation of who we will soon become. I remember my favorite teacher and the little things she did that made a huge impact in my life. It was that teacher who implanted the idea of becoming an author into my head. We should never underestimate our teachers and educators. Most of them do this work for the love of teaching, not the money or recognition. This makes them even more precious.

PATE is also drawing attention to those persons with an entrepreneurial spirit. Large companies have publicity departments and campaigns but smaller, growing businesses may need help in this area. PATE is here for them. We want the world to know about your service or product, whether you are just starting or have been in business for years.

Our team is happy to shine a light on these authors, teachers and entrepreneurs.

Welcome to POSITIVITY and VISIBILITY!

Truly,

LJ Thomas

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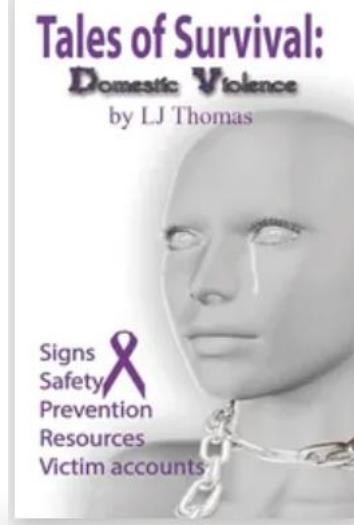
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This issue's book feature will cover the topic of domestic violence in recognition of Domestic Violence Awareness Month during the month of October. As the publisher of this periodical, I felt it would be advantageous for our readers to learn about a book containing many resources for many kinds of domestic violence. So, here we go!

Tell me who you are (educational background, interesting information, hobby, and any other relevant information)

My name is LJ Thomas and I am an author, graphic designer and the CEO of Purely Positive Network. I've loved to read since I was three years old and started writing by the age of eight. Of course this was little things like poems, but by the time I was ten years old, I had begun to write short stories. Writing and reading are my escape from the world as they are for many people. I also like to paint (when I have the time), color (yes, I said color), put together jigsaw puzzles, and sing. My educational background is business, health, and management.

What is the name of your book and what is it about?

The name of the book is *Tales of Survival: Domestic Violence*. As the title suggests the book is about serving domestic violence. There are different kinds of domestic violence and this book was written as an education resource book for anyone experiencing these things. Needless to say, my story is included in the book along with the real life experiences of a few others. Surviving domestic violence can be challenging depending on who and what you're dealing with at the time. But, it can be done. Here is an excerpt from the book to help you understand why it was written:

“Why Did I Write Tales of Survival?

As a child I repeatedly witnessed instances of domestic violence and abuse. I did not know what I was seeing. All I knew, was that when I grew up, I was not going to let anyone hit and beat on me, no matter how much I loved them.

I could not understand how a person who says they love you can hurt you and do it over and over again. I also could not understand how someone could let another person mistreat them over and over again. True, I was young, not even four years old and I had seen a lot.



Fast forward to writing Tales of Survival. I am a grown woman, married with children. Life is life, which means there are good and bad times. An associate of mine came up with an idea to do a book centered around women surviving different things. I liked and contributed to the book. She wanted to make it a series, but I chose the second topic and it has been my baby ever since.

I am passionate about domestic violence and abuse. No doubt, this has a direct correlation to the events I witnessed as a child, adolescence and throughout my adulthood. So, I began to research the topic. In doing so, I got the shock of my life.

Imagine what it feels like to realize you are something you abhor and loathe. It was devastating, to say the least. I cried for days. Then I pulled myself together and took a good hard and hurtful look at myself.

I did not like what I saw. I knew I needed to make a change. I had taken anger management classes a few years back and realized that while, I felt I could not use any of the information, I was exactly the kind of person the class was designed to help.

You see, I have a problem controlling myself when I get too angry. True, it takes a long time for me to get angry, but when the pot boils over, there is going to be a big fire. I tended to physically lash out at the object of my anger. Usually this was my husband. No one else ever makes me angry enough to hit. But, that is **NO EXCUSE**. There is never a reason to put my hands on someone else unless it is self-defense. Since I did and do not want to be a hypocrite, I resigned myself to practicing what I learned in the anger management class.

“The more information I found on warning signs and behaviors, the more I realized that someone I know very well is an abuser. **Me**. I have at one time or another displayed the warning signs and certainly the behaviors of an abuser.”

I tend to not engage in conversation. (I do not want to say something that I will regret and cannot take back). I just get up, say excuse me, then go somewhere to be alone (usually my office or bedroom. I try not to drive in this state because I do not think it is safe). I turn on some soothing music and I begin to write out my feelings. Now, I have to say that my husband finds it disrespectful that I excuse myself. But, he lets me have my time alone and that is a very good thing for both of us. (Newly added: He also understands that while I'm angry with him, it may be warranted. As such, he backs away when it gets to that point.)

I realize that I do not physically hurt him, but the actions themselves speak volumes. I do not want to be that kind of person. By the same token, when I see that he is getting angry, I give him space so that he can cool

down. This has been working for us since 2006.

I am married to the love of my life. He is a great man and he never deserved my violent actions toward him. True, I was wrong, but to his credit, he never treated me the way I treated him. This is a credit to the kind of man he is. I am fortunate that we are in love.

So, the bottom line is that I wrote Tales of Survival for me. It has helped me in more ways than one and I know the information will also help others and save lives. It is very hard to realize that you are something you hate. But, making a change for the better is the only way to eliminate the problem. We cannot continue to sweep things under the rug and turn a blind eye to all of the evidence we see around us. We can put a stop to this silent plague.

How do you think you can use your platform as an author to help people and why?

As an author, my platform can be global, which means I can reach a wider audience than speaking to local groups. I have made my books available via global resources. I am also a speaker on a variety of topics from entrepreneurship and business to domestic violence, Multiple Sclerosis and more.

How do you see your writing impacting readers?

I enjoy writing my children's book series. It teaches little ones how to deal with situations that come up in life. My oldest grandson is a consultant on this series. When he was just four years old he suggested that we write books on topics that kids actually have problems with and I agree with him. A few topics include bullying, patience, helping and sharing, and finances.

Where do you see yourself in the next five years and then the next ten years?

In the next five years I see myself continuing to write my children's book series. Within ten years I see the books moving into audiobook format and eventually making a movie. I would love to see the book come to life on the screen.

What advice do you have for publishers?

Publishing is not for the faint of heart. It takes masterful organization, talent to market and promote and systems to ensure the deadlines are met to get the product out in an efficient and timely manner. One person can do it, but it really takes a team for the behind the scenes work like the editing, design, and administrative work. I strongly suggest having a production calendar to help keep the author accountable and make the entire process glide along smoothly.

What are social media links you want to share, including email and website, if applicable.



Are you an abuser? This book is filled with information for an honest self-evaluation. I was an abuser, but I made the necessary changes to stop that destructive behavior. I did it because I truly love my husband and I do not want to ever hurt him. I do not want him to fear me and I never want to control him. As domestic violence continues to plague society, the number of survivors of injustice who are speaking out is increasing even among men. Read these survival accounts and the words of hope and encouragement within these pages.

In addition, there are resources for safety and warning signs. Use these warning signs to evaluate yourself honestly. Prevention is also covered as much as it can be. Inflicting domestic abuse is a choice. You do not have to be a victim or remain a silent casualty. There is help.

You can make the change.



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Okay, so currently (because you never know when an addition is coming) there are three production styles for audiobooks. These include basic narration, enhanced narration with music and sound effects and dramatic narration where the book is basically acted out (almost like a 1940's radio soap opera).

Basic narration for audiobooks really depends on the reading skills of the reader to correctly read the text aloud, using distinctively different voices for individual characters they keep a consistent tone and pace for the story. When looking for a voice narrator you want someone who has vocal stamina good breath control, correct and careful pronunciation, and someone who prepares in advance, even doing research on difficult words and who understands the structure of the book. The main objective is to “create an immersive and engaging listening experience by embodying the narrative and conveying the author’s intent.”

Enhanced narration for audiobooks typically refers to the advanced use of Artificial Intelligence (AI) and text-to-speech (TTS) technology used to create natural-sounding, emotionally subtleties, and customized audio versions of books. This includes auto-narrated audiobooks with synthetic voices, the potential for human voices to be cloned and used as AI models, and even the addition of professional audio descriptions and sound effects to create more immersive and accessible experiences.



The AI Enhanced Narration works by using **text-to-speech** technology that analyzes the text in a book. This means that the system identifies sentences, words, and punctuation to generate the spoken version of the book.

The AI models do **deep learning and data training** on large amounts of audio data in order to understand and mimic the speech patterns of humans, their intonation, and the rhythm.

AI technology has amazing **voice synthesis**. They can produce synthetic voices with a fluidity, emotional expressiveness, appropriate pauses, and natural speech patterns.

The AI technology can help with **audio descriptions** for illustrated books which would include visual elements that will bring a more comprehensive and

accessible experience for children and persons who have low or no vision.

The **sound effects** use high-quality, appropriate effects to blend naturally with the narration can enhance atmosphere emotion, creating an even greater entrancing encounter for the listener.

Dramatic narration is a form of storytelling incorporating theatrical elements and the story comes to life. To find dramatized versions of books, look for "**Full Cast**". This means the cast that read the book was a full cast of individuals for each characters. You can also use the phrase "**Radio Play**". These keywords can be used to narrow down your results for a dramatized book.

Now that you have an understanding of the different narration styles for audiobooks, you can make a better choice for the production of your bestselling book.



Understanding the Foundation

From her earliest memories, Kimberly's life was steeped in love, faith and service. Much of her childhood was spent under the watchful eye of her grandparents, devoted Deacons in the Baptist church. Their home was more than a residence- it was a gathering spot of faith, family and fellowship. Surrounded by their unwavering love and the extended embrace of church members and friends, Kimberly learned material possessions are important but the service to others is immeasurable.

She remembers tagging along with her grandparents on visits to hospitals where they prayed with and comforted those in need, blessing the sick and shut ins. [communion after church on Sunday and our soulful Sunday dinners with family and friends]

Kimberly also shared the many road- trips that were not vacations but check- ins, on sick relatives out of town, that evolved into a fun time.

These early experiences planted the seeds of stewardship, commitment and love that will shape the path of Kimberly's life. They were not casual acts of kindness but consistent demonstrations of duty and devotion. It was within that environment rich in faith, service and community that Kimberly's identity as a caretaker took root. More than a role, it became her calling; To care for, to nurture, and to create spaces of security and support for others.

All these experiences- acts of service, moments of care, traditions of love and faith form the bedrock of Kimberly's identity. They nurtured in her a spirit of stewardship and a heart committed to others. More than fond memories, they became the guiding principle of her life, shaping her into a natural caretaker. Her journey was not something she chose later in life- it was planted in her early days, watered by the devotion of her grandparents, and cultivated by family, faith and community.

From the outside looking in, Kimberly's caretaker journey may seem like a natural extension of her upbringing- a continuation of the love, faith and service modeled by her grandparents. Yet beneath that noble calling lies a deep story. One layered with emotional, financial, and spiritual realities that often go unspoken. At 16, Kimberly acquired her driver's license and she stepped into the role as a "caretaker assistant".

When most teenagers were focused on school classes, friendships and discovering themselves, she was learning to juggle academics with hospital visits and becoming the steady presence of those who needed her the most. That was her personal entry point into caretaker journey which expanded over 40 years.

Despite these challenges Kimberly never lost sight of her own dreams. Carrying this foundation forward, she pursued her education with the same drive and determination. She is a proud alumnus of Clark Atlanta University, where she honed her leadership skills and deepened her appreciation for excellence and service. Her education gave her the tools to bridge faith in service with knowledge and strategy; skills she would later use to uplift others facing many of the same challenges she endured.

Professionally Kimberly built a career spanning over 20 years in corporate America, holding positions from sales executive to marketing director. These roles sharpened her expertise in business strategy and communication, but they also gave her insight into the delicate balance many women face pursuing professional achievement while simultaneously bearing the weight of family responsibilities. It was here that her personal story and professional path began to converge on her experiences as a caregiver. Her experiences taught her the realities of sacrifice without financial security, while her corporate background gave her the ability to develop strategies and create opportunities.

Life's Evolution

During a trip to Atlanta a good employee from college informed Kimberly, she had been a caretaker since they met over 30 years ago. Kimberly dismissed the situation at first, but during her journey back to Maryland, she became aware that she had assisted more than 35 individuals in caretaker duties. While her grandparents' heart felt gestures were supported by their financial security. Kimberly quickly realized that was not her narrative.

That reality hit hard when her grandmother passed- and their home, the very place where she learned so many foundational lessons and blessings, was lost because there was no will. The devastation of watching her family's legacy be lost revealed a truth that without financial knowledge , even the strongest families can be left vulnerable to life's unplanned occurrences.

The Pivot...

Inspired by her personal journey and commitment to affecting positive change, Kimberly established Horizon Legacy Group financial services firm focused on assisting individuals, families, and business owners in building and protecting their wealth. Her work has already changed the financial landscape for thousands of families, preparing for life's uncertainties and building generational wealth with confidence.

As part of that mission, Kimberly and Horizon Legacy Group are leading a six-city financial empowerment tour, even getting your finances under par-designed to merge lifestyles and legacy planning in a fresh engaging way. These events are hosted for individuals' families and business owners who want to take the opportunity to learn, connect and change their financial futures.



Kimberly is also a sought-after public or motivational speaker, bringing her powerful story and practical expertise to audiences across the country. With a voice that resonates from the heart and strategies that create real results she inspires women to embrace financial empowerment and equips them with tools to secure their legacies. Horizon Legacy Group is your place for all of the following:

Retirement Strategies

Life Insurance

Long-Term Care

Annuities

Estate Plans

Retirement Rollovers

In addition to making these products available, Kimberly takes the time to educate her clients. She actively listens to what you are looking for. Then she asks pertinent questions to accurately assess what you need to achieve your goals. This is done so skillfully, that you don't even realize you're being taught. At the end of the day, not only do you have a great product, but more importantly, you've been educated for life.

Horizon Legacy Group currently hosts live seminars, one on one presentations, a podcast, a radio show and a monthly newsletters to ensure her clients are informed and able to make the best decisions to address their family's needs.

THIS is what women need in these changing times to be able to not only live well, but also to build wealth. I recommend working with Kimberly Manning and gaining the knowledge she so freely delivers with poise, professionalism and compassion.

Please schedule a time to discuss how Horizon Legacy Group can assist you with securing your financial future: www.horizonlegacygroup.net or call 443-363-3315

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Do you know a child struggling to read?

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- Ages 1-12 years old
- 10 week program
- 1 session a week
- Virtual sessions
- Monthly reports

Mission: To build lifelong readers who will grow into lifelong learners who can educate themselves out of poverty. We are determined to help decrease the illiteracy rate in the state, one child at a time, through reading, writing, mentoring and educational programs focused on winning this war against children. We are starting with the battle for better reading and writing.



Change. Many people do not like it or are uncomfortable with it. So, we use one of the following words: adjustment, modification, revision, shift, development, transition, correction, alteration or something else.

Have you ever thought about why some don't like change? Is it a bad thing? Does it cause hardships? Is it life threatening?

All in all, the way a person relates to change or transition is strictly individual. For instance, an eighty year old woman may be used to going to the bank once a month to deposit funds. However, one morning she gets there and there is a new process to enter the bank, position yourself in line, and get the necessary service before leaving. Now, this modification could have been advertised, posted and even explained in a written letter to the customer. But, because she is resistant to adjustments, she ignored them and mistakenly thought they would not affect her.

Unfortunately, the woman's stubborn attitude did not stop the new developments from taking place. Therefore, her complaints to management about the inconvenience were not met with much sympathy. After all the new revisions had been advertised and customers had received repeated letters regarding it for more

than six months. Therefore, there was nothing to be done. Could this have been avoided for the woman? Yes.

In essence, just because "we" do not agree with a change does not mean switch to a new process will not happen. Instead, we need to look at why the conversion is happening and how it will benefit us. We should look at the "big picture" not the small one that involves only our world because there are many more people in the world using the same system and they will be affected as well.

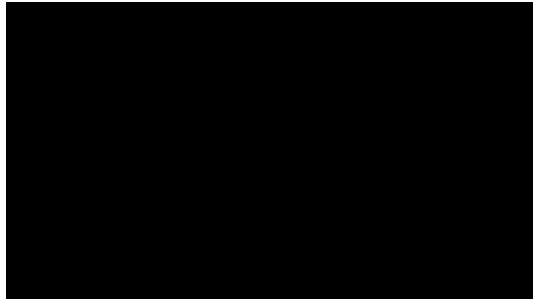
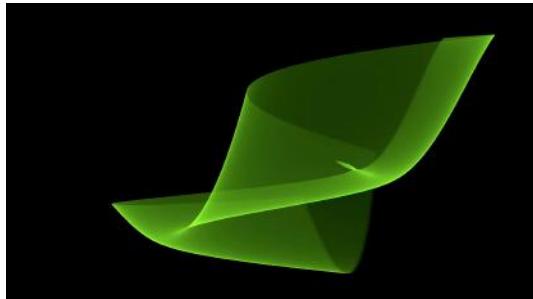
While alterations are not always welcome, they are many times necessary. In our ever-shifting world we cannot and should not expect things to always stay the same. If they did, in the year 2025, might well be still traveling by horse and buggy. Nooooo! I much rather choose the kind of transportation I want and this happened because of revolutionary renovations/changes.

We may not like to think about it, but we all live with change. The weather changes. Traffic lights change. We change our clothes. We try new foods. We visit new places. We find new hobbies. We like new songs, and so much more.

Change: All Around Us

So while change is not readily embraced, it IS all around us. We benefit from some of these changes daily, and we don't even think about it. It's just a part of life. We live in a time where this is constant adjustments being made, to employment, finances, the weather, our home planet, even the convenience we hold dear. The bottom line is this: no matter who we are or think we are, none of us can have our way all the time and we have to live with change in one way or another.

Unnecessary Change



Sometimes we see patterns that don't make any sense to us, but they are changes nonetheless. Some are beautiful and some, well, not so much.



Necessary Change



Through nature we all experience transitions daily in our lives. Some are breathtaking in beauty and we're awed. They're necessary and good.



Each year, the month of October focuses on bringing awareness to domestic violence. First, let's define domestic violence. According to Google, "The law preserves violence as one or two incidents. However, abuse is a prolonged pattern of emotional or physical mistreatment to control someone that can last years."

So now that we've gotten that out of the way, what is awareness? This is a concentrated effort to educate the public about the commonality of domestic violence, recognize courageous victims and survivors, shine a light on the impact of these behaviors and the dynamics of intimate partner, family violence and abuse. According to Google's AI Assistant, "It involves recognizing survivors, honoring those who lost their lives to abuse, promoting prevention, providing education on healthy relationships, and encouraging community engagement to support and advocate for victims."

Domestic abuse is a "silent plague". Why? Simply put, because it can and does happen to anyone. Yes, anyone. The rich, poor, man, woman, transgender, child, elderly, American, Latino, military trained or serving, government workers and officials, same sex partnerships and babies. There are no berries that are not crossed by domestic violence and abuse. So, how do we prevent it from happening?

One way it is talk about it openly. Stop hiding it and sweeping it under a rug. If you are a victim, speak out when you can and accept help. If no one offers to help and you want out, educate yourself on available resources. It is not easy to walk away from this kind of relationship. But, it can be done.

DID YOU KNOW?

The purple ribbon is considered to be "a unifying symbol of courage, survival, honor, and dedication to ending domestic violence."

It's easy to see something and not say anything. This is the kind of world we live in, unfortunately. It takes courage to speak up when we see that something is wrong or not right, especially with someone we do not know. Example: You are sitting next to a woman in a public meeting. You happen to notice out of the corner of your eye several bruises on her arms. She tried to cover them, but her sleeves came up and you saw the shape of a hand. What would you do? Is it any of your business? Do you have a right to say something?

YES. You have a right to say something. You saw the bruises in plain sight, you didn't go looking for them. Still, what do you do?

"No snitching". "That doesn't have anything to do with me." "It's none of my business." "Not my problem."

You could talk to her and casually find out a little about her since you are sitting next to one another. Based on her demeanor and what she says you can give suggestions of where to get help. Sometimes a person doesn't mind an offer of help if it is not pushed directly at them and makes them feel bad for their situation.

Things You Should Never Say to an Abuse Victim

Assume that battered women know about their options and the services available.
Overload the victim with services and decisions.

Never ask the victim why they stay. Leaving does not always solve the problem.

Impose your own values and make quick judgments.

Lump all victims into one category.

Convey disappointment if the victim chooses to stay.

8 Ways to Show Support Toward Survivors of Domestic Violence

- I believe you.
- None of this is your fault.
- Nothing you did or can do makes you deserve this.
- You're not alone.
- I will support you however you need me to.
- Would you like me to look into resources?
- Do you want to go to the crisis center? ...
- I am here for you

GOLD STAR URGENT CARE

Gold Star Urgent Care is a great place to receive medical care. Here is how I know and yes, this is a personal experience.

In 2023, my husband came home from work flustered. Something happened at work that should have taken ten or fifteen minutes to correct, but it took well over an hour to get his computer password reset with technical support. When it was time to leave, he got to the car and could not remember how to get home. If it had not been for the GPS on his phone, there is no telling what would have happened.

Once he got home to me, he explained that something was wrong and he had no idea what was going on. He told me about the password incident at work and was visibly upset about the trouble he had getting home (which was only a

few miles from his job and basically a straight shot). I listened intently and as I was doing so, I started thinking about what the issue could be. I knew immediately that we were either going to the doctor or the emergency room of the hospital.

Of course, he did not want to do either. I had to bribe him with dinner to get him to go see an urgent care doctor. I'm sooooo glad I did. I chose the facility in the area that stayed open the latest, which was Gold Star Urgent Care. During this time they were located on the Pamplico Hwy in Florence, SC directly across from MUSC Florence Health Center, (one of two hospitals in the city).



Featured Business: Goldstar Urgent Care

Needless to say, my husband tried everything he could not to see the doctor. It was already after five o'clock pm, so he thought he could wait until the next day. I was adamant and fought to get him to the doctor.

Once we walked into the office, we were met with a nice young lady. The place was quiet and had a pleasant atmosphere. We completed the necessary paperwork and explained our reason for the visit. After the initial triage, we were led back to the room where the doctor would see my husband.

When the door opened, I was immediately transported to North Vista Elementary school when I saw the face of the doctor. She recognized me, but could not put a name with the face. So I broke the ice and reminded her that she and my oldest daughter had been in the same class. I remembered her as Latoya Lane. She gave me her new last name and we chuckled at the coincidence.

Then, she got down to business. She did a thorough examination of my husband via oral capture of information. Then she did a neurological examination (I was happy about this because I was thinking he had a TIA based on this primary symptom of having memory issues). Dr. Lane, now Milo did and on the X-ray and sat down for a serious conversation.

Dr. Milo and her patient Carl "Jaz" Thomas at the new location on 2nd Loop Rd.





She explained that my husbands needed to go across the street and have a scan done because she did not have the equipment. He listened to her, but he refused to go that evening, which was a Friday night. Instead, he wanted to go home and go to sleep. I stayed up all night watching him to make sure nothing happened. Finally he got a phone call from his mother around 7am asking about the situation. She lit a fire under him and we finally got to the ER of MUSC Florence Health Care. My husband was diagnosed with a thalamic stroke. Thank you Dr. Lane-Milo!

Latoya Lane - Milo, FNP

Providing a service that improves the quality of life not only for others, but also for her family. Latoya S. Lane-Milo has always worked diligently to achieve her goals.

Born and raised in Florence, South Carolina, after becoming a single mother at the age of 18, she strived to give her children a better life. This, now family nurse practitioner and proud Wilson High School Alum, developed a personal passion for education realizing that it would offer her financial and emotional stability. She went on to obtain her Associates Degree in Nursing from Central Carolina Technical College, and then continued her education at Francis Marion University where Latoya received her Bachelors and Masters in Nursing. This hometown "shero" strives to be an example for others to excel regardless of their situations. She currently resides in Florence with her husband and their children.

"I feel like "Gold Star Urgent Care is the best kept secret in Florence, SC" says Jaz. "I tell everybody I know about it and how if it wasn't for Dr. Lane-Milo, I don't know what would have happened to me. I feel like she helped save my life!"

Featured Business: Goldstar Urgent Care



info@goldstarurgentcare.com

Phone 843-407-4451

Fax: 843-799-2064

Hours: Monday-Friday 8:30 AM - 5:00 PM

Here are some of the service offered at Gold Star Urgent Care

URGENT CARE

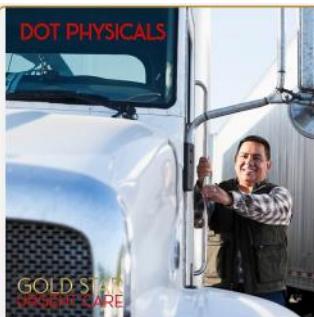


URGENT CARE

- Allergy & Sinus
- Cold & Flu
- Sore Throat
- Ear & Eye Infections
- Abscess
- Abrasions + more

[SCHEDULE APPOINTMENT](#)

DOT PHYSICALS



DOT PHYSICALS

DOT required physicals and drug screens can also be completed at Gold Star Occupational Services. Chain of custody must be provided for DOT drug screens. Testing can be scheduled or walk ins are available. We will assist with making sure that you have all of the proper paperwork required for compliance.

[SCHEDULE APPOINTMENT](#)

IV HYDRATION THERAPY



IV HYDRATION THERAPY

- Vitamin infused cocktails to suit your individual needs
- Decrease risk of hydration and get to feeling better faster
- Specialty cocktails for athletes
- Specialty cocktails to help with PMS, migraines, hangovers and more
- Book a "Drip Party" for your next event

[SCHEDULE APPOINTMENT](#)

TELEHEALTH VISITS



- Allergy & Sinus
- Cold & Flu
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Do you know why nonprofits are important or do you believe that are a bunch of people who don't have anything to do but meet monthly to eat lunch? Have you ever worked with or been involved with a nonprofit?

DID YOU KNOW?

Nonprofits come together to solve problems

Nonprofits promote civic engagement

Nonprofits help drive the economy

Nonprofits are labs teaching leadership



92%

Most nonprofits are small and community-based, serving local needs: 92% spend less than \$1 million annually; 88% spend less than \$500,000.



> 10%

Nonprofits employ more than 10% of America's private workforce – more jobs than in manufacturing, construction, or finance.



< 3%

Less than 3% of nonprofits lobby to advance their missions – compared to 100% that have the legal right to do so.

According to the Nonprofit Impact Matters website, “Operating a nonprofit is not easy these days. Several challenges exist. Some are internal to each organization. Others are external and larger than any one organization can address alone. By tapping into the power of nonprofit networks, including for advocacy, nonprofits can continue improving lives and creating more equitable and thriving communities.” This is the reason nonprofits are important and necessary.

Nonprofit Spotlight-



The National Council of Nonprofits is a resource that is trusted and a leading advocate for the nonprofits in America. There is a network of association throughout the states with 25,000 plus members. This valuable resource serves as a central coordinator and mobilizer poised to help nonprofits reach their collective impact potential within local communities and across the country.

WE HELP NONPROFITS ADVANCE THEIR MISSIONS

THE NATIONAL COUNCIL OF NONPROFITS EXISTS TO MEET THOSE NEEDS



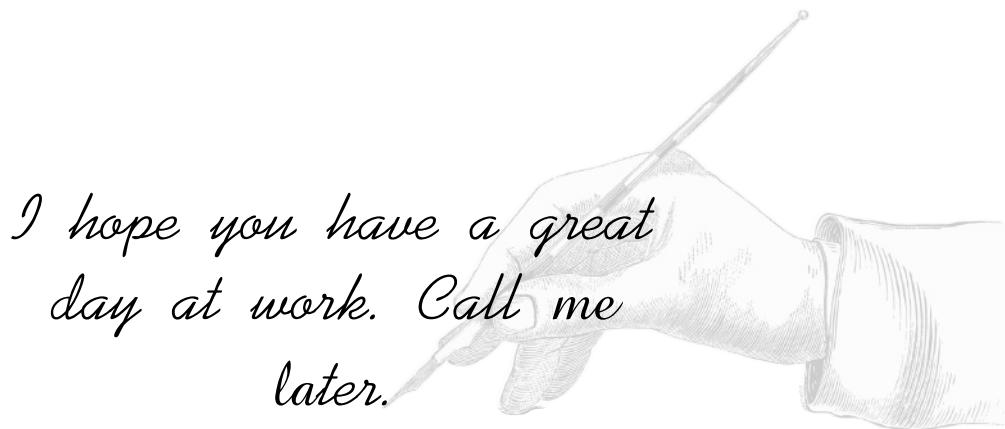
Source: <https://www.nonprofitimpactmatters.org/>

Writing as Self-Expression

Some people love to write. Some people love the idea of writing research papers. They would rather write a hand written note than, text on a mobile device or make a phone call.

I call these people my kinfolk. I am this type of person. I'm the type of person who would rather write a label on masking tape than print a label. I prefer to jot down notes by hand instead of using a dictation device.

Since November is National Novel Writing Month (NaNo), I thought I'd mention how rewarding a hand written note can be when someone receives it.



Even though the 501 (c)(3) organization shut down in April 2025 due to financial and other challenges, we can still celebrate. Continue to write as much as you can. Authors, get busy writing those new pieces of work. Writers, don't stop. Finish that novel, novellas, short story or nonfiction book.

Let's keep the energy going by not only continuing to write, but consider starting a writing challenge in your area and let everyone know so that they can participate. Be creative and have fun.

Meanwhile, work those pens and pencils in your handwriting as well! Remember a handwriting note is a personal expression and goes a long way in communicating more than words.



■ INTERNATIONAL ■
Literacy Day

Celebrate on September 8, 2025

About PATE Magazine

Issue Schedule: every March, June, September, and December on the 1st of the month

Mission: Our mission is to open the eyes of the world to the positive authors, teachers and entrepreneurs via articles, advertising and interviews.

Vision: We envision a shift in society to embrace the positive aspects of these professions.

Summary: PATE is a quarterly digital magazine dedicated to the visibility of positive authors, teachers/educators, and entrepreneurs. While things are happening around us everyday, we are not always presented with something that is positive. PATE Magazine will chance this. Each issue will only feature positive this is intentional.

This means authors, books, brands, businesses, educators, entrepreneurs, organizations, products, services, and teachers are featured within our pages. In addition, we have advertising and sponsorship opportunities. We offer classified ads all the way up to 2-page spreads. As a digital publication, audio, hashtags, links and video are included within the articles.

Our distribution is global via social media, websites and more. We also offer opportunities for translation into other languages (French, Spanish and potentially Swahili).

A perk of being published in the magazine is the opportunity for an interview on one of our other promotion platforms distributed via Amazon Fire TV (Roku and additional outlets coming soon).

PATE Magazine is a member of the Purely Positive Network media company. While there are a number of publications geared to these target groups, this is the only publication which also gives the person the option of interviews on podcasts, in other magazines and radio as an added benefit to their feature article. Pate is unique in the way we bring visibility. As such, our expertise in this arena is sought after and this is the reason the magazine was started.

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What's Going On? September - November

September has the beginning of fall on the autumnal equinox. This is when the Sun is directly above the Equator. The flowers are the Astor and the morning glory. They mean love, positivity and affection.

[Hydrocephalus Awareness Month](#)

[National Suicide Prevention Awareness Month](#)

[National Hispanic Heritage Month](#)

[Childhood Cancer Awareness Month](#)

1st [Labor Day](#)

4th [National Wildlife Day](#)

5th [World Samosa Day](#)

6th [Read a Book Day](#)

8th [International Literacy Day](#)

9th [International Sudoku Day](#)

11th [Patriot Day](#)

12th [National Chocolate Milkshake Day](#)

13th [International Chocolate Day](#)

14th [Grandparents' Day](#)

15th [International Day of Democracy](#)

16th [National Guacamole Day](#)

17th [Constitution Day](#)

18th [National First Love Day](#)

19th [National Dance Day](#)

20th [Locate An Old Friend Day](#)

21st [International Day of Peace](#)

22nd [Autumnal Equinox \(Start of Fall\)](#)

23rd [National Voter Registration Day](#)

25th [National Daughters Day](#)

26th [National Love Note Day](#)

27th [World Tourism Day](#)

28th [National Sons Day](#)

29th [World Heart Day](#)

30th [International Podcast Day](#)



What's Going On? September - November

October is busy month and there are many things we should be noticing. The flowers are Marigold & Cosmos. The Marigold means optimism, prosperity and the Cosmos means harmony, serenity.

[Breast Cancer Awareness Month 2025](#)

[National Disability Employment Awareness Month](#)

[Down Syndrome Awareness Month, Global Diversity Awareness Month](#)

[Domestic Violence Awareness Month, ADHD Awareness Month](#)

[National Book Month, Bullying Prevention Month](#)

1st [Breast Cancer Awareness Month](#)

2nd [National Custodian Day](#)

International Day of Non-Violence

4th [World Smile Day](#)

5th [World Teachers' Day](#)

6th [Sukkot](#)

7th [World Cotton Day](#)

8th National Depression Screening Day

10th [World Mental Health Day](#)

11th World Hospice and Palliative Care Day

12th [Farmers Day](#)

13th [Native Americans' Day](#)

14th [National Dessert Day](#) and Indigenous peoples' Day

15th [National Medical Assistants Day](#)

16th [World Food Day](#)

17th [National Mammography Day](#)

18th [Alaska Day](#)

19th [National Kiss Your Crush Day](#)

21th [Diwali](#)

22nd International Stuttering Awareness Day

23rd National Paralegal Day

24th [United Nations Day](#)

25th [World Pasta Day](#)

26th [National Pumpkin Day](#)

27th World Occupational Therapy Day

28th [National First Responders Day](#)

29th World Stroke Day

30th [National Text Your Ex Day](#)

31st World Savings Day



October ~ Marigold

What's Going On? September - November

November is a time for reflection, thanksgiving and appreciation. During this month there are celebrations with many dishes and family gatherings. This is also the month before Winter starts. The flower of the month is the Chrysanthemum and it means love.

Epilepsy Awareness Month

National Alzheimer's Disease Awareness Month, Men's Health Awareness

National Diabetes Awareness Month, Lung Cancer Awareness Month

Native American Heritage Month, National Family Caregivers Month

1st National Author's Day

2nd Daylight Saving Time Ends

3rd National Homemaker Day

4th National Candy Day

5th National Redhead Day

6th National Men Make Dinner Day

8th National Cappuccino Day

10th Marine Corps Birthday

11th Veterans Day

12th World Pneumonia Day

13th World Kindness Day

14th World Diabetes Day

15th National Philanthropy Day

16th International Day for Tolerance

17th National Hiking Day

18th National Entrepreneurs' Day

19th International Men's Day

20th Hanukkah and Universal Children's Day

21st World Television Day

22nd National Adoption Day

23rd National Espresso Day

27th Thanksgiving Day

28th National French Toast Day

29th Small Business Saturday

30th National Personal Space Day



November ~ Chrysanthemum



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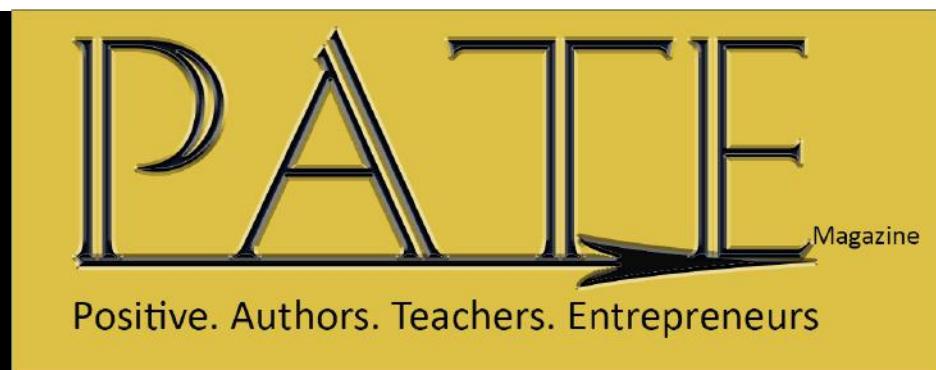


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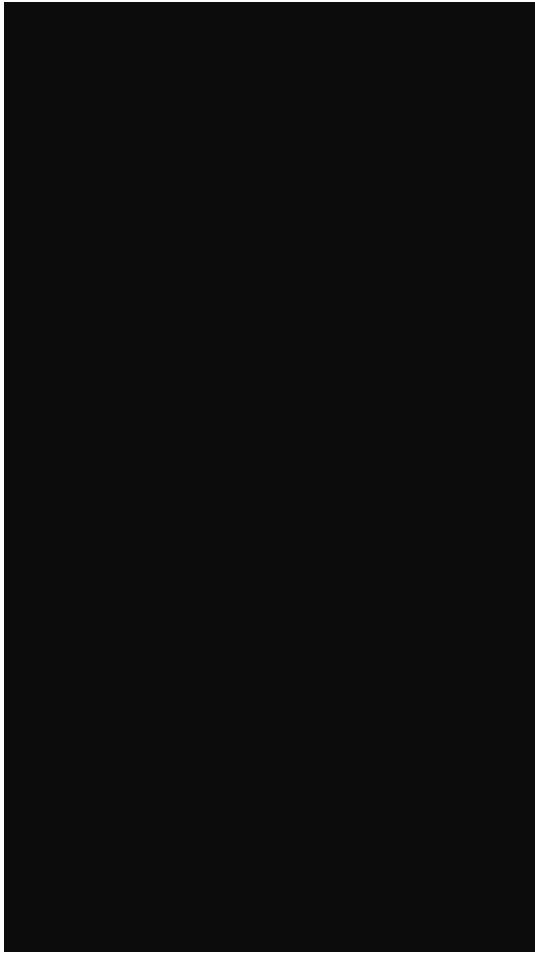
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**Welcome to PATE Magazine and
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