

SEAMLESS SOUTHERN AUTUMN 2023

# Style!

WITH  
SONYAMACDESIGNS

**FUDGE**  
**FAMILY**  
**FEASTS**

**FAITH**  
**FLANNELS**  
**FOOTCARE**





WELCOME



# WELCOME

## TO OUR LATE AUTUMN 2023 ISSUE!

Welcome to the Late Autumn Issue of Seamless Southern Style Magazine with sonyamacdesigns! This jewel of a seasonal magazine has been a dream of mine since I read an old Countryside Magazine. As the founder and Chief Creative Officer of Key Word Bible Studies, I am overjoyed to welcome you to the newest publication in our product line up. Our aim here at Seamless Southern Style Magazine is to glorify our heavenly Father in all that we do. And folks, family friends and foes please know, our lives are more than Bible Study. The lifestyle of a believer is full to the rim with homes, gardens, food travel, fashions, fish and fixing and so much more.

We joy to linger in lower case, while living, loving and leading a One And Only Jesus lifestyle in this our one life

I hope and pray you enjoy perusing this late Autumn gathering of words and images as much as I have enjoyed the task of making. .

**SONYA MCCLLOUGH LOCKRIDGE**  
Editor-In-Chief

## CONTACT US



[SEAMLESSSOUTHERNSTYLE.COM](http://SEAMLESSSOUTHERNSTYLE.COM)

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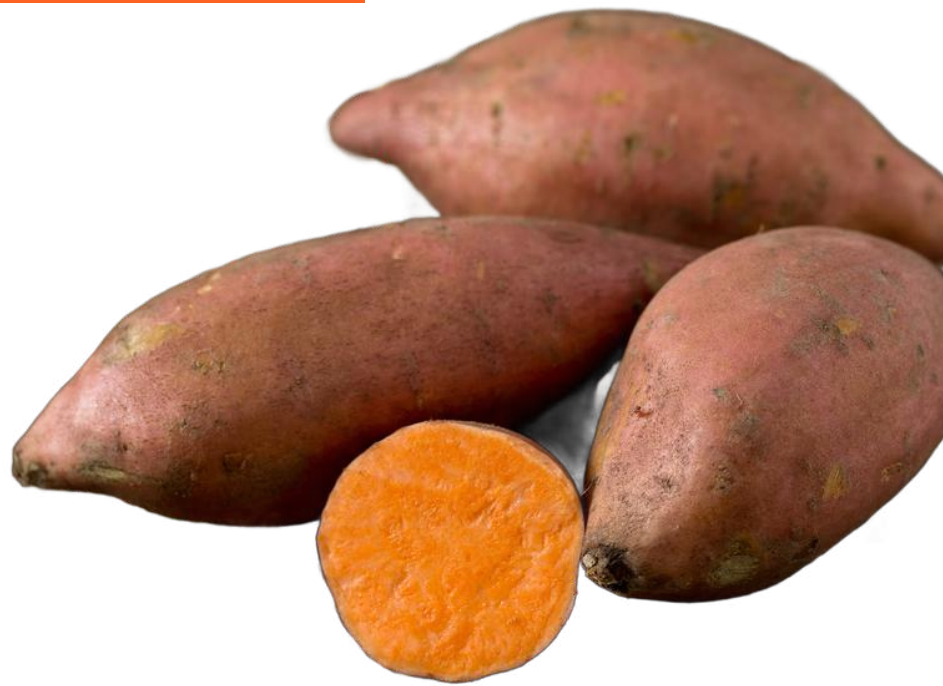
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# Editor's Note **BAKING & The BREAD**

These ever so quickly changing Autumn days, find me hunkered down in the kitchen checking the baking cabinet for need recipe ingredients on a daily.

I've always and forever enjoyed the placing, the waiting and the watching of pans of collected and married ordinary everyday dry and wet ingredients rise and stand in the heat of a pre-heated oven.

This, my friend is the activity of the Baking of Bread. Sometimes, the bread is left in the heat of the preheated oven too long and burnt bread is the result of hours of baking. Other times the bread is pulled from the oven prematurely and gooey bread is the result of the baking. But, often times the bread is baked exactly as instructed and the best bread is pulled from the heat of the pre-heated oven.

The entire process of baking and the bread is much like sanctification, is it not?

*Sonya McElough Lockridge*  
EDITOR IN CHIEF



# In This Issue **DISCOVER**

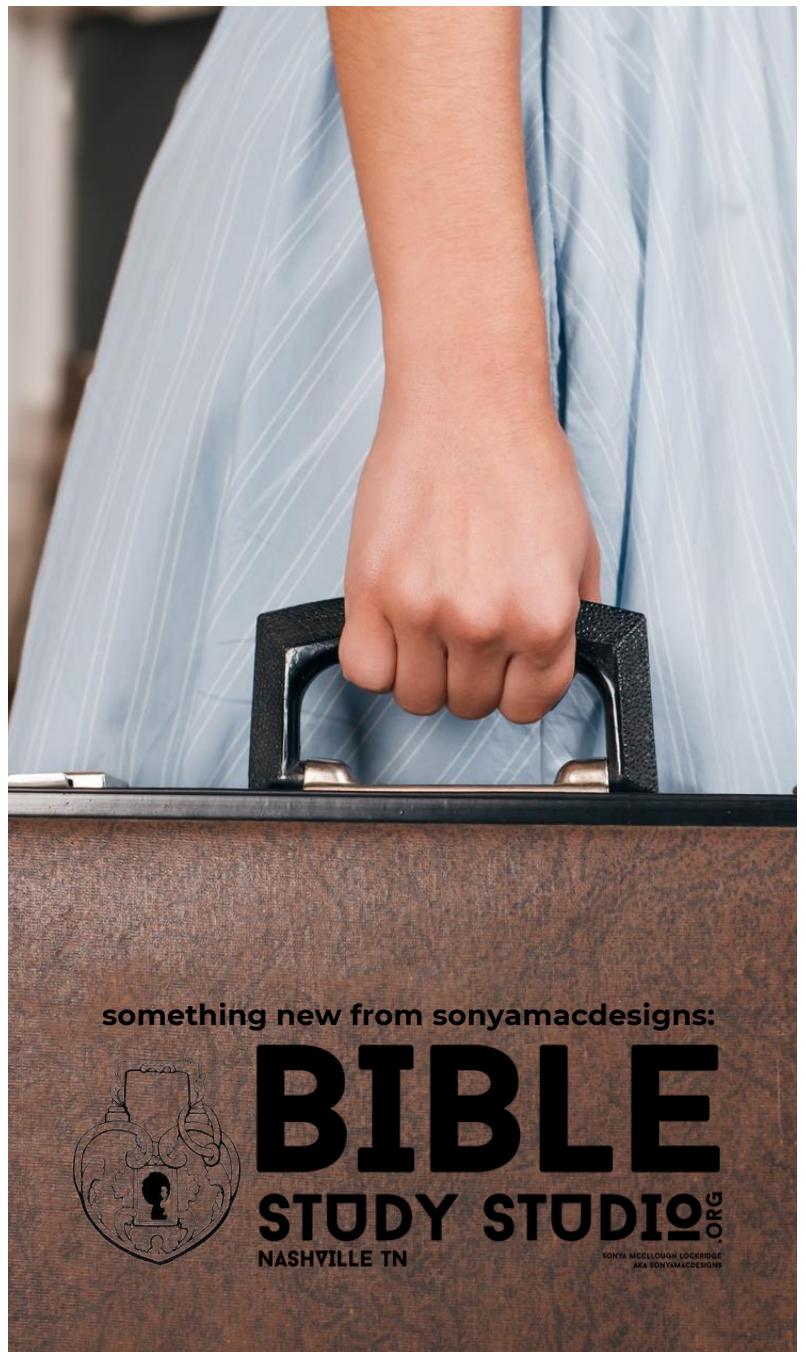
Five ways to prepare a Turkey for an Any Day Feast! Also, we learn a few secrets and signs of the ever popular Snake Plant.

And, I super can not wait for you to meet my **STANDING STRONG AT SIXTY** friend and Franklin classmate **Kymerly!**

At the age of sixty **Kymerly** plans and executes European Travels Trips for herself and a close friend, she is also the author of the most amazing photographs as she is an avid hiker and nature enthusiast. A Trauma Survivor, **Kymerly** does all of this and more all while being a lovely keeper of home, wife, mother of many and Grand Mother to some. You are just going to love and be totally inspired by the life she has joyfully and faithfully built over the past sixty years!

This issue also draws our attention to Foot Care, Fudge, Fluffy or Firm Pillows, The Love of Flannel and so much more!

**This Christmas  
emphasize the  
light of Christ &  
his everlasting love.**



Hopefully and much prayer abounding, our Seamless Southern Style WINTER issue will publish in a more timely and dedicated fashion! As we plant to publish on the first day of Kwanza, which is Tuesday December 26th!

Please NOTE: The inside Back Cover is dedicated and reserved for Churches and Ministries. Please e-mail publisher@eastwindpress.gmail.com for no cost/no fee Classified Ad placement.



# ANY DAY THANKSGIVING FEASTS



# ANY DAY THANKSGIVING FEASTS



FIVE DIFFERENT WAYS  
TO PREPARED A  
*Full Flavor Turkey*

# ANY DAY THANKSGIVING FEASTS

## FIVE DIFFERENT WAYS TO PREPARED A *Full Flavor Turkey*

**SONYA MCCLLOUGH LOCKRIDGE**

Years ago, I published my very first book, titled Thanksgiving by The Book. This was my first time exploring Biblical Key Words in a not so private condition. Learning the key word Thanksgiving was in the Holy Word of God more than twenty times was the beginning of beginnings for the all of me. So, it makes me sad to think we dedicate just one day for Thanksgiving, which is the reason I'm declaring Seamless Southern Style Magazine to be the home of the ***Any Day Thanksgiving Feast!*** Turkey is still the meat of choice for for an *Any Day Thanksgiving Feast*, below I've shared five ways for you to prepare a Turkey anytime for a Feast.

**Roasting** is the tradition way to prepare a Turkey for an *Any Day Thanksgiving Feast*.

**Smoking** a whole Turkey or several Turkeys on an outdoor grill is the vintage method of preparing Turkey for an *Any Day Thanksgiving Feast*

**Slow Cooking** a Turkey in a Slow Cooker or Crock Pot is an unusual method of preparing a Turkey for an *Any Day Thanksgiving Feast* This method required the Turkey to be browned in the oven for the last 15 minutes of cook time.

**Deep Frying** a Turkey, is not as traditional as Roasting, yet the Deep Fried Method is yet another method of preparing a Turkey for an *Any Day Thanksgiving Feast*.

**Air Frying** is one of the newest ways to prepare a Turkey Breast for an *Any Day Thanksgiving Feast*.



# SWEET POTATOE SPUDS

## SSS STAFF

Sweet potatoes are becoming a year-round superfood as consumers become more health-conscious, said Robin Narron, marketing director and sales support at Nashville, N.C.-based Nash Produce LLC. “With all the nutrients that sweet potatoes provide, they have become a top choice with consumers,” she said.

Per Time.com sweet potatoes—the orange, yellow and purple varieties of the root vegetable—are lower in calories and carbohydrates than the average spud. They’re also higher in vitamin A, an antioxidant that boosts immunity and helps you maintain healthy skin and vision. Sweet potatoes are also rich in vitamin C and vitamin B6, which is important for brain and nervous system health. They’re also a good source of potassium and magnesium, which help improve heart health by helping to regulate blood pressure.

One average size sweet potato has about four grams of plant-based fiber, which helps you maintain a healthy weight and lowers risk of chronic diseases such as type 2 diabetes and high cholesterol.

Learn more than you ever wanted to know about Sweet Potatoes and discover ten versatile recipes at the Old Farmers Almanac. And, check out a favorite Seamless Southern Style recipe for *Sweet Potato Pound Cake*, on the next page.



# SWEET POTATO POUND CAKE

## INGREDIENTS

- 1 very large sweet potato
- 2 teaspoons cinnamon
- 1/2 teaspoon ginger
- 1/4 teaspoon cloves
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 2 cups all-purpose flour\*
- 3/4 cup (1 1/2 sticks) unsalted butter, very soft
- 1 1/4 cups Imperial Sugar Extra Fine Granulated Sugar
- 3 large eggs, at room temperature
- 2 tablespoons orange zest, no white bitter pith
- 1 tablespoon orange juice
- 2/3 cup Imperial Sugar Confectioners Powdered Sugar

## INSTRUCTIONS

**Preheat** oven to 350°F. **Butter and flour** a 9x5-inch loaf pan or bundt pan. **Set aside.** **Peel and cut** sweet potato in small cubes. Boil in water until tender, about 15 minutes. **Drain all water** and mash sweet potatoes until very smooth and no lumps remain. **Measure** 1 1/2 cups and **set aside.** **Sift together** all dry ingredients and **set aside.** **Cream butter** until light and fluffy. **Add** granulated sugar and mix further. **Add** eggs one at a time waiting for previously added egg to be fully incorporated before adding next. **Scrape** bowl often. **Whip** until the mixture is very light and fluffy. **Add** orange zest. **Ensure** that sweet potato puree is no longer warm and then **add** to above. **Add** dry ingredients and mix until just combined. **Scrape** batter into the prepared pan. **Place** in the oven, after being in the oven for 45 minutes **drape** a sheet of buttered aluminum foil gently on the surface of the pound cake. (Keeps cake from browning too much.) **Bake** for 1:15 or until an inserted toothpick comes out clean. **Let sit** in pan for 10 minutes before removing **Whisk** together orange juice and powdered sugar and **drizzle** over cake.

SINCE 1843  
**Imperial  
Sugar**



Lori Copeland

## **FAMILY TRADITIONS**

As I wrote 'The Christmas Lamp' I realized that tradition is priceless, whether you have a small family, a large family, or no family.

Tradition doesn't have to be logical; it only has to emphasize the light of Christ and his everlasting love.

This Christmas emphasize the light of Christ & his everlasting love.



# FUDGE

ON CALL FOR CHRISTMAS



# FUDGE

ON CALL FOR CHRISTMAS

## Two Sisters Peppermint Fudge



yield: 24 PIECES - prep time: 10 MINUTES  
cook time: 10 MINUTES total time: 20 MINUTES

*This super easy-to-make Peppermint Fudge is bursting with Peppermint Flavor and pieces of crushed Candy Cane. So yummy and it comes out perfectly every time!*

### INGREDIENTS

- 2 bags White Chocolate Chips
- 1 can Sweetened Condensed Milk (14oz.)
- 1teaspoon Peppermint Extract
- 1 cup Crushed Peppermint Candies or Candy Canes

### INSTRUCTIONS

You will need 1 cup of Crushed Candy Canes or Peppermint Candies for the fudge. Add the White Chocolate Chips and the Sweetened Condensed Milk to a medium saucepan. **Heat** the ingredients on medium-low heat until the white chocolate chips are melted. **Stir** continuously during the melting process. Take off the heat and add the Peppermint Extract and stir until combined. **Add** the Crushed Candy Canes or Peppermint Candies and **fold** together. **Line** an 8×8" baking pan with parchment paper. **Pour** the fudge mixture into the pan. Working quickly, **spread** the mixture out to the edge of the pan. We used a second piece of parchment paper to **smooth** out the fudge. **Cover** with plastic wrap and refrigerate until fully set (2-3 hours or overnight.) **Store** in the refrigerator in an air-tight container but we think Fudge tastes best served at room temperature. It should only take about an hour for the fudge to come back up to room temperature.

<https://www.twosisterscrafting.com>

## Two Sisters Easy Maple Fudge

yield: 24 PIECES prep time: 5 MINUTES  
cook time: 10 MINUTES total time: 15 MINUTES

*The Easy Homemade Maple Fudge recipe is so creamy, chock full of maple flavor, and easy to make that you will be tempted to make it all year round and not just for the holidays.*

### INGREDIENTS

- 2 bags White Chocolate Chips
- 1 can Sweetened Condensed Milk (14oz.)
- 2 teaspoons Mapleine Flavor or Maple Extract
- Dash of salt

### INSTRUCTIONS

**Add** the White Chocolate Chips and the Sweetened Condensed Milk to a medium saucepan and **heat** the ingredients on medium- low heat until the white chocolate chips are melted. **Stir** continuously during the melting process. **Take** off the heat and **add** the Mapleine Extract and the dash of salt. **Stir** until combined. Line an 8×8" baking pan with parchment paper. **Pour** the fudge mixture into the pan. Working quickly, **spread** the mixture out to the edge of the pan. We used a second piece of parchment paper to smooth out the fudge. **Cover** with plastic wrap and refrigerate until fully set (2-3 hours or overnight.) Remove the fudge from the refrigerator and cut it into individual pieces. **Store** it in the refrigerator in an air-tight container. It should last at least 2-3 weeks in the refrigerator. We think Fudge tastes best served at room temperature so we take it out of the refrigerator about an hour before we serve it.

<https://www.twosisterscrafting.com>



# ONLY JESUS

**is king over all the earth**  
And the Lord will be  
king over all the earth;  
in that day the Lord will  
be the only one, and  
His name the only one.

**Zechariah 14:9 NASB**



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# PLAYING WITH PLAIDS

Playing with plaids, just might be, my new favorite pastime! I tell you what, I super love mixing plaids with floral accessories and foundations. I also love pairing a plaid pant with a polka dot blouse in the same or close enough color palette. Oh, and the right combination of plaid, paired with any prior overdone animal print is most definitely where it's at these days. I used [urstyle.fashion](https://www.urstyle.fashion) to create fashion looks I love.





# 15 Fall Foot care Tips

# Fifteen Fall footcare tips

**Dry winter boots and shoes out**  
**Wear comfortable boots**  
**Keep feet clean and dry**  
**Understand foot wear is protection**  
**Check your toenails for changes**  
**Wear wool, cotton or gel socks**  
**Apply moisturizer**  
**Enjoy a foot massage**

**Soak feet weekly**  
**Wear wool, cotton or gel socks**  
**Apply foot Scrubs**  
**Use Epsom Salt**  
**Rub in coconut oil**  
**Take care of skin**  
**Wash feet daily**  
**Trim toe nails**



# LIFE MOMENTS WITH WILLIAN



## TIK TOK TRENDING

### FIFTEEN STEPS TO A SHOP TikTok Seller Center

1. If you are 18 years of age or older and have 1000 followers, you are eligible to Create a Shop if you have posted a video in the past thirty days!
2. Go to the TikTok Seller Center: For merchants in the US, go to <https://seller-us.tiktok.com/>
3. Become a seller by signing up with a TikTok Account
4. Set up your shop's Warehouse/Pickup Address. Select a country/region and enter the street address.
5. Enter the name of a contact person.
6. Input your Post-code.
7. Add your Phone number.
8. Provide a return address for your shop.
9. You can check set as return address to use the Warehouse/Pickup address for returns.
10. Or you can set up a return location by adding a Return Warehouse Address, Contact Person, Post-code, and phone number.
11. Check the box to agree to the relevant terms and conditions, and click Start Your Business.
12. Verify your documents - identity and or eligibility under applicable laws to sell your products/services through the TikTok Seller Center.
13. Upload Documents from step 12
14. Under Seller Information, select your Business Type: Corporation or Individually owned business.
15. Enter a Shop Name.



# AT HOME & ABROAD

WITH

*Kymerberly  
Petty Emrich*

## Beyond grateful

Kymerberly Petty Emrich

14 years, yes it's been 14 years since my car accident. Many "coincidences" contributed to my still being here, from the location (50' from a fire station), a police officer witnessing the accident, the man (who worked in the trauma unit at Vanderbilt) sticking his fingers in my head to stop me from bleeding out, to the trauma Dr. who sat with me as I floated in and out of consciousness. Once awake he filled me in on how "he is concerned because one artery will not stay closed" he didn't give up on me. All of these God winks fell together perfectly to protect me that faithful day.

Once better I made changes, I quit my high stress job at the DAs office, went to intense therapy for concussion syndrome, and eliminated negative people from my life. It took about 3 years to fully heal, but heal I did. All the praise goes to God who got my attention because I'm stubborn and didn't take His hints. I am beyond grateful for His love and protection on that day and many others.

## Seeing beauty in it all

Snippets of Thought

with Kymerberly Petty Emrich

This morning while hiking and talking with God I came across this fork in my path, which do I take, where will each path lead, will I circle around and end up in the same place? In life we must make choices and we make them with the information available, but when you need to change your life, is the information skewed by our ingrained patterns? It's challenging, yet we need to trust God knows the path we need to walk.

Even in our darkest times God will show you a ray of hope, take the time to look for it.

Hiking is a place where nature's message is forced upon you, how you choose to interpret it's message is up to you. I see beauty in it all.





AT HOME  
& ABROAD  
WITH  
*Kimberly*  
*Patty Emrich*

# AT HOME & ABROAD WITH *Kimberly* *Petty Emeric*



At home in Williamson County Tennessee early morning walks with the sunrise and fog are my favorite!



AT HOME  
& ABROAD  
WITH *Kimberly*  
*Petty Enrich*



# AT HOME & ABROAD

*Kimberly*  
*Petty Erwich*

WITH

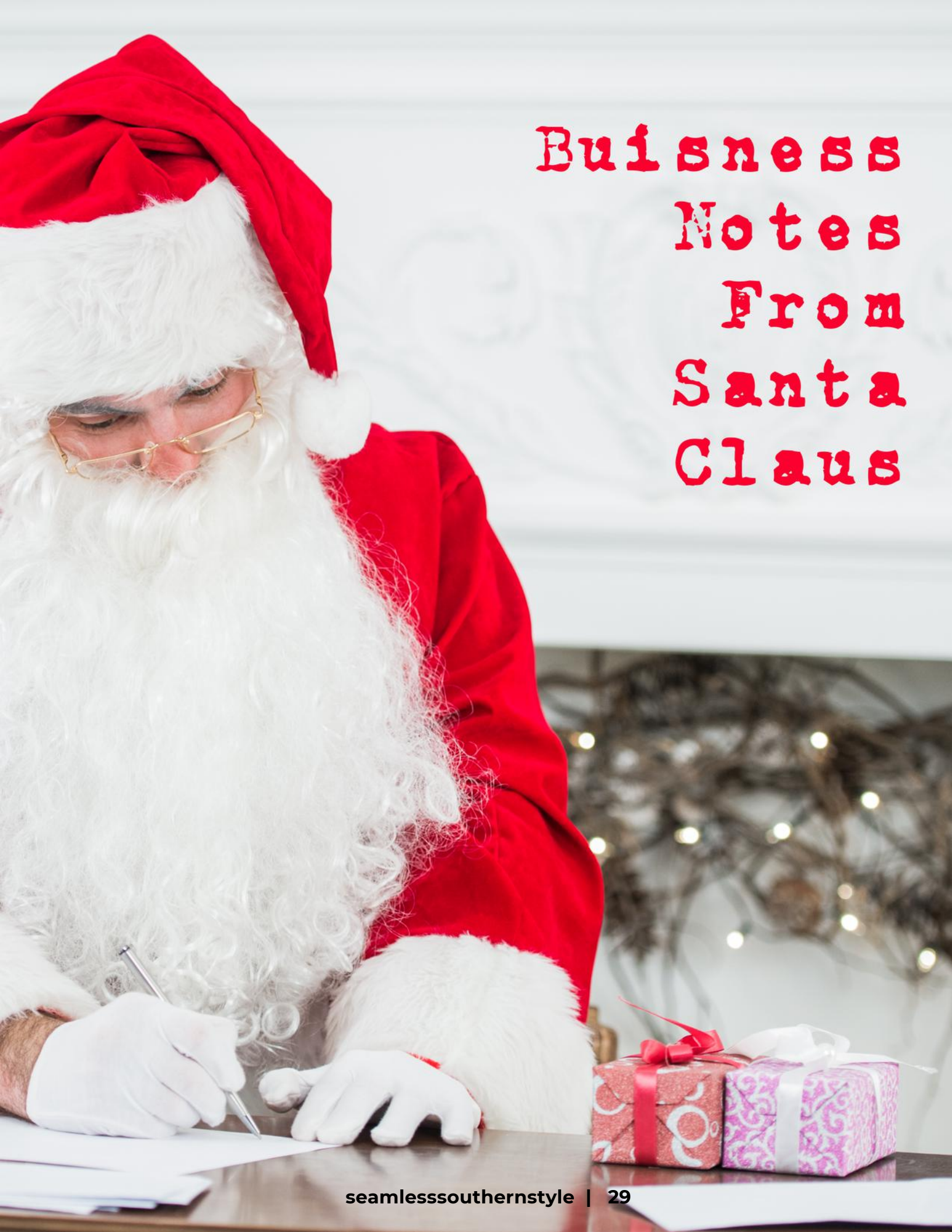


Our tour of Scotland began with time in London sightseeing, then we took the train to Edinburgh for a few days, then on to Glasgow where we will started our 100 mile West Highland Way hike! Then to Inverness for a few days of sightseeing then on to Isle of Skye for more hiking. Then home.



AT HOME  
& ABROAD  
WITH *Kimberly*  
*Petty Emrich*





**B u i s n e s s  
N o t e s  
F r o m  
S a n t a  
C l a u s**

---

# BIZ NOTES FROM SANTA

BY SONYA MCCLLOUGH LOCKRIDGE

As a little girl I would cling to my Mother's side as she constructed garments for my sister and me, while everyone else was outside playing. After a few years of intentional study, I was allowed to sew, but to my surprise as well as my Mother's, I could do more than sew, I could make dress patterns to fit out of newspaper! The seed of a fashion designer was planted and my Mother was the dirt that held it in.

While in high school, I excelled in Art and Graphic Arts. I almost failed Home Economics, no surprise either, since our teacher wanted us to follow the guide sheet to the letter. Then came design school.

The most important thing I learned from design school and many years in the fashion industry is to think ahead. So, when it's July in Tennessee I'm thinking of Christmas and if I were still in the fashion industry, I would be at least two seasons ahead.

As I started to think about business, Christmas and blogging, I began to see some distinct parallels when I added Saint Nicholas to the mix. Having little confidence in my memory of the history of the jolly old elf, I soon learned through the power of the internet that Mr. Nicholas went viral in the seventeenth century when settlers arrived in New York with his story completely intact. The true story of Santa Claus began with Saint Nicholas.

On St. Nicholas Day in 1809 Washington Irving published Knickerbockers' History of New York, a satirical work of fiction. Irving's work was regarded as the "first notable work of imagination in the New World!" This fictional work by Irving created a legend when published on St Nicholas Day. A Visit from St. Nicholas was later written in 1822 by Clement Clarke Moore and is now known as "The Night Before Christmas."

So, yes Santa is a legend, loosely based on the past life of a Saint. If you ask me as a business woman, this Santa guy has got it going on. For one thing his story went viral more than two centuries ago and is alive and well today. As business men and women we can learn and implement most, if not all of Santa's characteristics. As a business woman and Mother, I require sleep but this Santa guy is working (service) while everyone else is asleep. Although he is self-employed, he still wears a uniform, even when he knows, his end goal is not to be seen!

What can we say about Santa's focus? All of his focus is settled on one day, one event, Christmas. To him there is nothing else. Now let's examine his level of commitment. This is one committed, roof walking, chimney sliding delivery man.

When Santa arrives at this home, on a cold winters night, the joy and confidence of his work resonates and calms the Dad of this family. Santa's purpose is defined. Santa's purpose is concise. Santa's purpose is to deliver toys to children home's on the eve of December 24th by any means necessary. Santa shows up in spite of his age, unhealthy appearance and bad habit, no time for apologies, he's speechless as he works. A productive-peddler on the third shift. Santa is on a mission, one in which he encourages his transportation team to dash faster and faster. There is a sense of urgency in his voice as they exist the property, yet Santa exclaims Merry Christmas to all and to all a good night.

This once hidden poem of Clement C. Moore has created countless joyful moments for many and many to come. This once hidden poem has inspired countless creative acts. This once hidden poem is an example of one effort multiplied to a power one is unable to quantify. All because of generous hard work and effort of Saint Nicholas.

As creative business owners and bloggers we have more to learn from this Santa story. We must consider evolution and time when growing our readership and craft. As the first settlers expanded the boundaries of the New World as they grew accustomed to the landscape and environment. We must follow their lead. We must consider blogging for an audience of one. In the original Santa Story we never, never see Santa visit but the one home. This unique visit, this single visit, this one visit. This audience of one, allows the world to participate, because where there are few, there is always room for one more. This is one reason why, we likely rarely see blogs with huge readerships with blog counters.

Somebody always writing this Santa man a letter and here in the US our government once played along (with taxpayer dollars) by enabling our federal postal services to collect letters. Santa is so embedded in our culture he gets first dibs on editorial calendars and newspaper budgets. The North Pole is the official address for Santa and if you have the opportunity to visit, I'm sure you'll find him delegating assignments to his elf team.

As we all know, not everyone likes the jolly ole elf, because the jolly has a purpose and a platform and little LIKE buttons have no effect on his campaign or his mission. Toys will be delivered rather CNN, catches a glimpse of him or not. Ignore the LIKE buttons!

This Santa story also inspired songs, and we now sing of "Santa Claus Coming To Town." Facebook and Twitter are growing and both will be there long after you have defined your niche, created products and generated your list of potential buyers. It is a risky business practice to depend on your online community of supporters, for anything more than support, they may not be your potential buyers. Networking is important, but we must also network outside of our niche, like Santa.

In conclusion, might I suggest "The Night Before Christmas" is a written form of a business referral and Moore created this service guy Santa with solid business standards of the late 17th and 18th century that are still valid today.

Until Sunday Morning:  
peck  
with  
a  
pattern  
of  
passion  
and  
power





# UNTIL SUNDAY MORNING

BY SONYA MCCLLOUGH LOCKRIDGE

**Written 11/02/2010**

My pastor is on his game and Sunday Morning at 10 a.m., it was game time.

He is an awesome pastor but lately either I need to be feed more than ever or He is just on his game more than ever.

Because I had to be dragged to Church on Sunday, I'm gonna go with me needing to be fed. He spoke of the way we should walk daily in our Christan life and he made three points.

No Reserves

No Retreats

No Regrets

On a short walk the other day with my camera, I spotted this bird, pecking away excavating a hole in this dead tree limb for nesting.

There are several types or tribes of the North American Woodpeckers and their habits are all distinctly different. But one thing is for sure, they don't stop pecking till the hole is made and all the while they do

this with ...

passion

power

pattern

These are the tools my pastor spoke of on Sunday and we all have the same access to them, but do we use them, do we use one with the other or do we use one without the other.

Or do we wait and use all three, all the time cause we have NO Reserves. Do you have any reserves, any reservation about the assignment HE has equipped you for and placed right before your very eyes?

I was beginning to have some doubts ... until Sunday morning.



# FLUFFY OR FIRM PILLOWS

*Five reasons why a good pillow should be on your Christmas must have list.*



# FLUFFY OR FIRM

*Five reasons why a good pillow should be on your Christmas must have list.*

When looking for the perfect pillow, it's not enough to simply consider the fluffy or firm value. To help improve sleep and overall health, it is essential to invest in a pillow that suits your needs. Below, please are five reasons why a good pillow should be on your Christmas must have list.

- 1. Comfort:** The right pillow should provide adequate comfort and support while allowing the head and neck to remain in a comfortable position as you sleep. You should be able to lay your head on the pillow and go straight to sleep without thinking about its position or firmness or having to wake up and fluff it up!
- 2. Aligns the Spine:** The right pillow will help to maintain the alignment of your neck in a neutral position while you sleep, but not too high or too low that it causes strain to your joints and muscles in your neck, which can cause neck pain and maybe contribute to headaches.
- 3. Reduced Snoring:** The wrong type of pillow can cause the neck muscles to become strained, which may contribute to snoring. The right pillow should support the natural curve of your neck while keeping the airways open, reducing snoring and improving sleep quality.
- 4. Spinal Pressure Relief:** The right type of pillow will help relieve tension throughout the body, as it helps distribute weight more evenly. A good pillow can also help reduce pressure on your hips, shoulders, neck, and back, resulting in better quality sleep.
- 5. Improved health:** if you struggle to get a good night's sleep due to your pillow, then this will impact your quality of sleep, how well you function the following day, and your overall vitality. Therefore, the correct type of pillow is essential for maintaining general health and ensuring a good night's sleep.

# FOR THE LOVE OF FLANNEL



# FOR THE LOVE OF FLANNEL

Flannel is my go to fabric for Autumn and Winter, I love to pair my flannel shirts with graphic tees, leggings and jeans and I greatly enjoy a bed wrapped in the soft stuff. According to SEWPORT.COM “flannel” is essentially, any cotton, wool, or synthetic fabric that fulfills a few basic criteria:

**Softness:** Fabric must be incredibly soft to be considered flannel.

**Texture:** Flannel has either a brushed or unbrushed texture, and both textures are equally iconic.

**Material:** While many materials can be used to make flannel, not all materials are suitable for this fabric. Silk, for instance, is too fine to be made into flannel, which is supposed to be both soft and insulative.

It’s believed that the word “flannel” emerged in Wales, but we know for a fact that the term was in common usage in France in the form “flannelle” as early as the 17th century. While flannel was periodically popular among the French and other European peoples throughout the Enlightenment era, interest has waned elsewhere while Welsh flannel use has only increased.

Flannel is not the same thing as plaid. While plaid refers to a particular pattern that can be reproduced on any fabric or interior surface, flannel is a type of fabric that has been created with softness in mind. While some plaid shirts and other types of plaid apparel are made from flannel, not all plaid garments are flannel.

Visit SEWPORT.COM to learn more about the fabric of flannel.



# SNAKE PLANT SIGNS & SECRETS

WITH SONYA MCCLLOUGH  
LOCKRIDGE



# SNAKE PLANT SIGNS & SECRETS

Snake plants are succulents, meaning they store water in their bodies! Yellowing tip steams typically indicate over watering. And per *Gardening Know How* There are around 70 different species of snake plants. When grown indoors, they will seldom flower, but according to *Garden Design.com* a mature plant may surprise you by one day sending up a slender spike of small lily like flowers. The blooms are usually white or pale pink and very fragrant. Most plants will go many years between bloom cycles.

They say snake plants posses medicinal benefits such as removing indoor air pollutants (formaldehyde and benzene) and are reported to help filter out impurities such as xylene, trichloroethylene, toluene, and ammonia. They also say The snake plant can remove up to 87% of these harmful toxins at night!

Myth or legend The Snake Plant is dearly loved, forgiving and easy to care for with the five tasks and tips below:

1. Water when the top two inches of soil feels dry.
2. More sunlight is better, but anything is fine.
3. Keep your snake plant in a warm spot, above 10°C.
4. Repot in spring, if needed
5. Wipe the leaves once in a while with a damp cloth.





something new from sonyamacdesigns:



# BIBLE

## STUDY STUDIO<sup>®</sup>.ORG

NASHVILLE TN

SONYA MCCLOUGH LOCKRIDGE  
AKA SONYAMACDESIGNS






Full Page 7.5 x 10	1/2 Page Horizontal 7.5 x 5	1/2 Page Vertical 3-1/4 x 10
1/3 Page Vertical 2-3/8 x 10	1/3 Page 4-5/8 x 5	1/3 Page Horizontal 7.5 x 3-3/8
1/4 Page 3-1/4 x 4-7/8	1/4 Page Vertical 2 x 10	1/4 Page 7-1/2 x 2.5

The  
good news  
sunday show



sonya mcclough lockridge

 @thegoodnewssundayshow





SEAMLESS SOUTHERN STYLE  
LINKPLUS MARKETPLACE

# REGIONAL CHURCH DIRECTORY

Please contact the publisher for a \$10 listing in our seasonal  
Regional Church Directory : [eastwindpresspublisher@gmail.com](mailto:eastwindpresspublisher@gmail.com)



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