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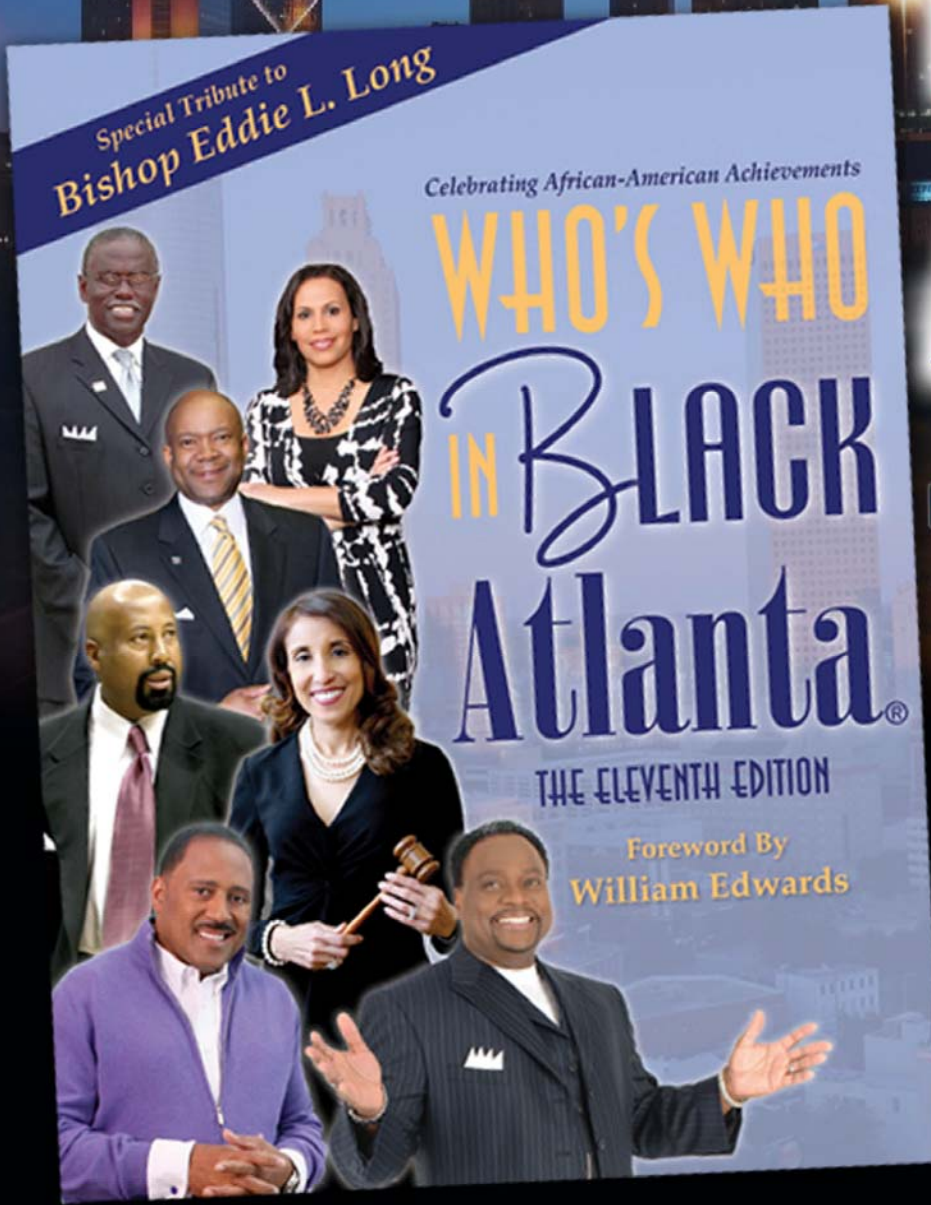
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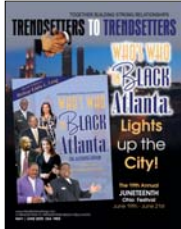
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May/June 2009 contents

- 05** PUBLISHER'S NOTES
WE'RE ON THE MOVE Willie Stewart reflects on the recent events covered by Trendsetters to Trendsetters Magazine.
- 09** EDUCATION
SOLID FOUNDATION INC.
 Scholastic Program implemented
- 13** EVENT TRENDS
SWEET AUBURN SPRINGFEST
 Celebrating 25 years!
- 16** BUSINESS TRENDS
BUSINESSWOMEN IN PHILADELPHIA MAKE ENTREPRENURIAL STRIDES
- 21** TRENDSETTERS ON THE MOVE
FONDA P. WILLIAMS
 Man on a Mission
- 33** BEAUTY TRENDS
DOROTHY FLAKE, PhD.
 Hair Replacement and Restoration Solutions
- 37** ARTS & ENTERTAINMENT
WALTER "WALLABE" BREWER is "in Da Paint" once again highlighting Who's Who in Black Atlanta
- 40** REAL ESTATE TRENDS
LISA CUNNINGHAM
 It's Springtime!



ON THE COVER
 Who's Who Publishing lights up the city of Atlanta with the unveiling of Who's Who in Black Atlanta

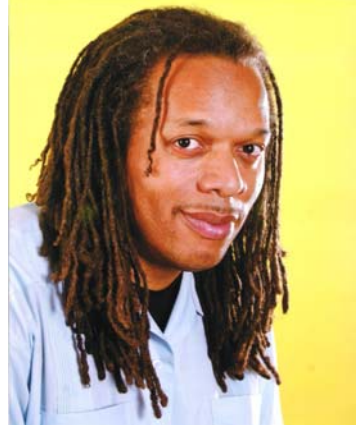
departments

- | | |
|------------------------------------|--------------------------------|
| 05 Publishers Notes | 25 Global Trends |
| 06 Up and Coming | 26 Inspiration Trends |
| 09 Education | 31 Health Trends |
| 11 Event Trends | 32 Beauty Trends |
| 14 Business Trends | 36 Arts & Entertainment |
| 17 Corporate Trends | 40 Real Estate Trends |
| 18 Trendsetters on the Move | 41 Travel Trends |
| 24 Commentary | 42 Auto Trends |

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▲ Singing sensation Gerra L. Gistand



▲ 19th Annual Juneteenth Ohio Festival



▼ Who's Who in Black Houston

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"We're On The Move"

In the last two months, we have attended some awesome events, which are covered in this issue of *Trendsetters to Trendsetters Magazine*. It is our passion to travel to cities across the country and connect with the movers and shakers. We are dedicated to spotlighting the people who are truly making a difference in our communities.

We were fortunate to have attended Who's Who in Black Houston and Atlanta and the 25th Annual Sweet Auburn Festival in Atlanta. During these inspiring events, we were able to get some great coverage. As you can see, Who's Who in Black Atlanta is featured on the cover of this bi-monthly issue. In attendance were Al Sharpton, Judge Penny, Bishop Eddie Long, Warren Valentine, Frank Ski, and many other national figures.

Please read our entire innovative publication and share it with your family and friends. I would encourage you to read every article and send us your thoughts and opinions. We would love to hear from you.

Until next time, remember that *Together, We Can Build Strong Relationships.*

God Bless

Willie Stewart



WILLIE STEWART
CEO/ PUBLISHER

PUBLISHER'S NOTES

ON THE RADAR Trendsetters activity around the world! On Line Television Show

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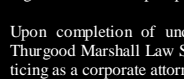
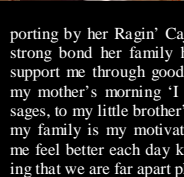


The Astonishing Elizabeth Shaunt'e Fletcher

The astonishing Elizabeth Shaunt'e Fletcher is a junior majoring in Interpersonal and Organizational Communications with a minor in English at The University of Louisiana at Lafayette located in Lafayette, La. The Christian reared young lady has many accomplishments under her belt and is currently ranked #6 in the nation for Collegiate Power lifting with records of bench press-132.8lbs, squat-137.6lbs, and dead-lift 297.8lbs. She is active in The University Program Council, African American Culture Committee, Big Brother Big Sister, as well as an active member of her local church choir.

Elizabeth enjoys staying physically fit and working out daily. "As an African American woman, we are at high risks of diabetes, blood sugar, and other deadly health factors, and I do not want to be a statistics I choose LIFE." She began power lifting her freshmen year in college with minor knee injuries restraining her from squatting weights properly. With much prayer and supplication along with hard work, she strengthened her knew by exercising daily not giving up. Not only is she supporting by her Ragin' Cajun Coach & team, but forgets not of the strong bond her family has. "They are always my backbone and support me through good and bad-(lol) decisions. Everything from my mother's morning 'I love you', my cousins comical text messages, to my little brother's random calls, they along with the rest of my family is my motivation to keep striving to succeed. It makes me feel better each day knowing that they are with me in spirit being that we are far apart physically."

Upon completion of undergraduate studies, she plans to attend Thurgood Marshall Law School in Houston, TX with hopes of practicing as a corporate attorney. □



SINGING SENSATION

Gerra' L.

Gisand

"What God has for me is for me"

Often referred to as the "pint size singing sensation," Gerra' L. Gisand was born July 5, 1999. A child prodigy, she began performing before audiences of thousands at the age of two and has not slowed down. Gerra' has sharpened her many talents by entering Houston-based oratory and theatrical competitions and productions. Her recent accomplishments include:

- 2009 winner of the Thirteenth Annual Gardere MLK Jr. Oratory Competition Lead performances in the stage plays, "Mama," at Houston's Jones Hall, "Sunday the Musical" in Charleston West Virginia, and the return engagement of "Left Back" in the summer of 2009, at Houston's Wortham Theater.
- Numerous engagements since the age of 4, singing the national anthem for the city of Houston's professional sports teams.
- Television appearances on local talk shows on CBS, NBC, FOX, ABC and independent affiliates; including the popular Debra Duncan Show and Outlook Houston with Yolanda Green.
- 1st Place winner of the Bible Storytelling Competition for the Houston Region and participate in the National Bible Storytelling Competition.
- Live performances at numerous banquets, churches, and special events including the Children's Museum, Buffalo Soldiers Museum, 40th NAACP Image Awards, and Black Professional Cowgirls and Cowboys Association.

Gerra', a fourth grade honor student at MacGregor Elementary School in Houston, participates in the school's gifted and talented program and has a role in "The Wiz" their end of the year musical production. Her talents and interests include singing, dancing, acting, violin, piano, swimming and horsebackriding.

Gerra' is an active member of the Holman Street Baptist Church under the leadership of Rev. Manson Johnson, II. A

member of the church's Youth Discipleship Ministry, she sings in the youth choir and performs with the drill team. Gerra' enjoys spending time with her extended family and manager/mother, Vanessa L. Gisand.

"What God has for me is for me." says Gerra' with a maturity that surprises new interviewers. "My destiny is in His hands and I'm determined to work hard and become all that He wants me to be."

More information on little Ms. Gisand:
<http://gerragisand.com> or info@gerragisand.com.
 Manager: Vanessa Gisand: 832-794-3044
 Booking Agent: Kijana Wiseman, M.Ed. MoShows.com □



The 20TH Annual Black Heritage Festival Pageant



Photo courtesy of
© Vinh Photography

The Black Heritage Queens represent the Black Heritage Festival of Louisiana throughout the state and other regions. The festival is a celebration of culture, community, education and diversity and is held the first week-end in March in Lake Charles, Louisiana. Come and expand your awareness at two days of festivities full of food, fun and excitement in honor of

the rich heritage of African-Americans. A pre-festival event is the pageant that will be held February 20, 2010 at the Lake Charles Civic Center in Lake Charles, Louisiana. The festival executive director is Stella Miller, the pageant director is Cynthia Metoyer and co-chairs are Debra Perry and Benita January. For more information visit us on the web at www.bhfc.org. The recently crowned 2009 Royalty is listed below:

Tiny Miss – Kennedy King
Deb Miss – Courtney Ceasar
Little Miss – Maleah Harrison
Junior Miss – Trenesia Guillory
Petite Miss – Jade Thurman
Miss Ambassador – Megan Smith
Young Miss – Daionjane Young
Teen Miss – Morgan Delphin
Youth Ambassador – Alex Garcia
Miss BH – Alisha Lawrence □



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Photo by Antonio Kebreau



DR. LESLIE JACKSON
FOUNDER/CEO

SOLID FOUNDATION Scholastic Program, Inc.

Where Students Learn Differently and are OK with it!

During the 2009-2010 academic school year, as part of the SB10, a parental choice program for Georgia public schools, Solid Found-

yet find other school tasks very difficult, frustrating, or time consuming to complete." Dr. Jackson went on to explain that the program will now specialize in individuals with learning differences that may appear to possess the uniqueness of a person with learning disabilities keeping in mind that it is only when they are so pervasive or severe that they markedly interfere with learning or day-to-day work habits that a learning difference or a learning disability is suspected. Because of this, Solid Foundation works with each child, transforming obstacles and weaknesses into strengths and opportunities. For the student, the outcome is not only improved academic performance, but better self-esteem, greater confidence and a renewed joy in learning.



ation has been approved to accept public school students who have an Individual Education Plan (IEP) and whose parents desire to place them in a private school setting. Fifty percent of student enrollment is expected to consist of students using their SB10 scholarship. There are currently more than 183,000 students in Georgia that have this scholarship available to them, and to date, only 1600 students in Georgia are taking advantage of it primarily because families don't know that the funds are available to them.

If we are honest with ourselves, all of us have learning differences and difficulties in one area or another. Some people who are exceptionally skilled with language and even become English teachers have difficulty balancing their checkbooks. Others who are nuclear physicists never do learn to spell proficiently. Many people never fail a subject in school but are at a complete loss when figuring out a diagram for making a simple house repair. Similarly, children may experience real success in some school subjects,

incapable of successfully doing the work. At Solid Foundation, academic work is modified to accommodate each student's instructional level of achievement; therefore a student may be above, at or below grade level for each subject area and teachers help every child strive for excellence at his or her level.

There are other components that make Solid Foundation the ideal program to educate students with mild to moderate learning differences. Please call us at 770-469-3211 or visit www.solidfoundationinc.org to find out more about the program as well as school Open House dates. □

Helping to Create Good Citizens



A good citizen is honest, respectful, shows compassion and takes responsibility. Help your children take their first steps in becoming good citizens when you introduce them to CookieTown World. At www.cookieTownWorld.com we have created an exciting new animation concept to assist children ages 2-10 in the areas of health, money, responsibility, safety, making positive choices and so much more.

The CookieTown web site offers a safe interactive environment where children can become CookieTown Citizens for FREE. There they can participate in educational games and help make decisions that will become a part of the CookieTown World forever and prepare them for their future in the real world.

CookieTown will be releasing a series of CookieTown books, both for the parents to read to children and books for children to learn reading skills. The first book will be "The Treasurer of Milkshake Mountain" an exciting and educational story of adventure and friendship. Along with books, CookieTown provides a host of items featuring the CookieTown characters to add to the fun learning experience. Go to cookieTownWorld.com for more details. CookieTown, creating a world of good citizens one child at a time!

The Beginning

CookieTown was the result of a dream and founder Alan C. Woods had some 10 years ago.

Mr. Woods was a production manufacturer for a gourmet gift



company some 18 years. Cookies were one of the main components of those gifts at that time. Christmas season was one of the company's busiest times. Starting right after Thanksgiving weekend they would work every day for 12 to 14 hours until Christmas Eve. As cookies were being produced they would literally be stacked to the ceiling of a three story building. With some 20 pieces of equipment and 75 people on his shift alone, Mr. Woods had his hands full. After what had seemed to be one of the longest nights of his career Mr. Woods went home and collapsed on the coach not even making it to bed. This is how Mr. Woods entered into what is now known as CookieTown.

Walking down what he thought was a dirt road. Mr. Woods came to find out later that the road was made of chocolate and everything in this place called CookieTown was edible. As he continued to walk he felt someone or something was watching him. He kept walking and when he looked back there they stood a group of what looked like big round headed cookie people far off. As they got closer he could tell something was different. Their approach became faster and faster. Well, Mr. Woods wasn't taking a chance to find out what they wanted and began to run. The faster he ran the closer it seemed the cookie people got. Just before they caught him, he woke up. Needless to say the cookie people didn't catch him. However they did capture his mind from that night forth and so CookieTown was born.

True Story
Alan C. Woods □

Meet the Folks

Mayor Butterscotch, Deputy Snickerdoodle and Nurse Cookie are just a few of the folks you'll meet in CookieTown. Visit our website to meet the rest!



The 19th Annual JuneteenthOhio Festival

"Freedom with the stroke of a Pen, written in a people's blood"

The 19th Annual JuneteenthOhio Festival will be held on June 19th thru June 21st 2009, in Columbus Ohio JuneteenthOhio, hosted by Alkebulan Ujamaa Bookstore, is the longest-running, fastest-growing African American event in the Central Ohio area. As one of the major businesses in the area, we would like to formally invite your organization to help support this valuable community event by serving as a sponsor for the festival. This year's event promises to be the best yet as the three day program is packed with wonderful events which include soul food health & wellness activities musical entertainment, art Exhibits Re-enactments, Underground Railroad journey for Children a Father's Day Tribute, family Reunion, Performances from national R&B recording artists Phil Perry, Ty- Tribett, Chris Davis, Stone-City band and Ohio's Finest Zapp! various business vendors, and health organizations will be on hand.

This festival is packed with activities for all

ages and is aimed at providing social and cultural education. Juneteenth commemorates June 19th, 1865, when Texas the last state in the Union, received news that Abraham Lincoln signed The Emancipation Proclamation on January 1, 1863, legally emancipating captives of African and Black Native American descent. However, June 19, 1865, is considered to be the date the last captives in America were freed. The 18th Annual JuneteenthOhio Festival was a huge success and benefit to all that participated in making it an enjoyable experience.

This exciting, historical, and cultural event attracted nearly 150,000 attendees in 2008 and we're expecting record-breaking attendance for 2009. □

MUSTAFAA SHABAZZ
DIRECTOR, JUNETEENTH OHIO



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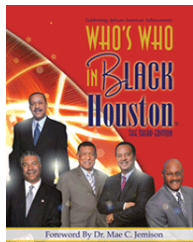
Who's Who in Black Houston

By Dorothy Flake PhD.

Trendsetters To Trendsetters Magazine congratulates Who's Who In Black Houston on The Third Edition. The unveiling Reception was held on Thursday, April 9, 2009 at the InterContinental Hotel. The Who's Who In Black Houston Directory recognizes the successful professional African American Business and Industry leaders in the area.

The Third Edition of Who's Who In Black Houston also highlighted some of Houstons African American dedicated physicians. The 2009 Honorary Reception Chair was given to Dr. Mae C. Jemison, founder of Bio sentiment Corporation, a medical technology devices and service company focused on improving Health and Human performance through physiologic awareness and self regulation. A special

tribute to Dr. Edith Irby Jones, a Trailblazer Physician giving back to others throughout her incredible career still in progress.



The Unveiling of Book Cover by Founder & CEO, C Sunny Martin, Houston Associate Publisher Phyllis Bailey and Who's Who Chief Operating Officer, Cassandra Bozeman.

The entertainment was provided by The Imani School Jazz Band. The mistress and master of ceremonies for the evening were, Kandi Eastman, a radio host on KMIQ Majic 102.1 and Jerome Gray for local TV KPRC Senior News Anchor and Editor.

Your continued efforts recognizing the achievements by African Americans in Houston, leaving a legacy for youth is phenomenal. □



Sweet AUBURN FEST

Enjoy Yourself Events Hosts 2009 Awards Luncheon and Reception

By Jessica Williams
Photos by JWPphotography

Sweet Auburn Springfest 2009 was a celebration of 25 years of great festivals on Auburn Avenue. In 1984 civil rights icon, Hosea Williams produced the first festival in an effort to bring people back to Auburn Avenue. His vision was to once again see Auburn Avenue as a thriving, bustling center of Black Atlanta's business, social, civic and religious life. Over the past 25 years the vision has not changed. Charles E. Johnson has a passion for Atlanta's Auburn Avenue that began when he moved to the city in 1984 from Philadelphia. "It's been a love affair ever since," says the founder of the Spirit of Sweet Auburn (formerly the Friends of Sweet Auburn) and executive producer of the Sweet Auburn Springfest. In the late 1980s, Johnson participated in the Sweet Auburn Festival as a vendor and in later years became involved in Sweet Auburn's business association. In 1993, he spearheaded the production of the festival, he says, and has done it ever since. Today it is closer to being a reality. Elaina M. Whitley, CEO of Enjoy Yourself Events was able to do just that.

Enjoy Yourself Events was responsible for both the 'Legends, Heroes & Heroines Awards Luncheon' and the VIP/Media Reception, both presented by 'Spirit of Sweet Auburn' & '2ndOffice.com.' The awards luncheon honorary co-chairs are those who dedicate their time to make a difference in their communities, including Xernona Clayton Founder, President and CEO of the Trumpet Awards Foundation, and Frank Ski, Radio Personality, WVVE/V-103, and President of the Frank Ski Kids Foundation to name a couple. The VIP/Media Reception was held as a gesture of appreciation for those vendors, sponsors, volunteers, and Sweet Auburn team members who helped to make the festival what it is. Held on Thursday, May 7th, 2009, the reception also served as a kick-off event setting the tone for the weekend to come.



Enjoy Yourself Events is available for Media Events, Red Carpet Events, Launch Parties, Celebrity/VIP Events and more. Handling everything from the vendor selection and event design, to on-site event coordination and management. If you have a special event coming up you can visit www.EnjoyYourselfEvents.biz or contact Elaina M. Whitley directly at 404-274-8812. □



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Recession Proof: The Business of You

Series 1: Goal Setting

BY MELISSA EVANS

Melissa Evans, MHA, PMP, Master Coach is the President and CEO of The Broshe Group. Melissa Evans is passionate about helping people be their best while making money and enjoying life. Melissa is a no nonsense dynamic speaker, author, and business coach. She coaches, mentors, and consults entrepreneurs, sales and marketing executives, business executives, and entrepreneurial aspired people and has success in helping them make more money while getting increased enjoyment out of life.

Whether you are employed, self-employed or between employment, there are ways to implement a recession-proof plan for making money. Regardless of the economic pressures we face, someone, somewhere is always earning a profit.

First, I will tell you why we need to recession proof our earning potential and then I will tell you how. By recession proofing our earnings we can focus on living our life purpose and taking care of ourselves and our obligations. As individuals we need to 1) set goals and hold ourselves accountable, 2) create a strong brand and invest in ourselves, 3) network with others and create a strong support system, and 4) stay close and connected to our customers. During this series, I will share with you essential strategies for recession proofing yourself and your lifestyle. Today I will focus on how to set the kind of goals that will help recession proof the business of you and how to hold yourself accountable to ensure success.

Do you ever find yourself feeling drained and tired during your workday? Have you experienced energy loss and fatigue even before you have even exerted any energy in fulfillment of your job responsibilities? Have you ever stopped to consider that you may be a motivated person in an uninspiring opportunity? Many people feel this way. This feeling can result from the need for a good sense of professional direction and a mismatch between occupation and their ultimate life purpose. Operating in this mode, individuals tend to expend a lot of emotional and physical energy but do not ultimately get anywhere. This can happen to individuals and

it can happen to businesses. This can happen to you. In order to recession proof the business of you, you must have a direction and you must set goals while holding yourself accountable. Here are a few questions that have helped many to start identifying how to recession proof their earnings.

Recession Proof Questions: Goal Setting

Have you formulated professional goals? What will you get if you achieve your goals? If the answer is longevity and the ability to continually have streams of income coming in then you are on the right track.

How would your life be different than today if you achieved this goal? If the answer relates to being able to enjoy your life, friends and family, meet obligations, and make money then you are well on your way.

How do you get started?

Start with three financial goals; whether in a company or if you have your own business or seeking employment, set three goals with an eye toward minimizing expenses, maximizing resources and expanding revenue streams. Any goal made for a business should strive for achieving the best value. It should be contemplated as a business goal that places as much emphasis on saving money as making money.

What kinds of goals (other than financial) can make you recession proof?

The recipe is simple. Each goal you make should fulfill a bragging right after it is accomplished. Make it quantifiable, like a resume entry; "I will sell 59 widgets in the month of May" translates into "sold 59 widgets in the month of May". This way, when you accomplish a number of goals, it is easy to list accomplishments or bragging rights that then become your track record. Having a substantial track record of achieving quantifiable goals is a wonderful promotional tool anywhere; your accolades will be readily accessible whether you seek an on-the-job promotion, new customers for your own business or a resume for new employment.

Do you hold yourself accountable?

Goals mean nothing if you are not committed to accomplishing them and overcoming the challenges, if needed. Hold yourself accountable and if you need to make daily, weekly or monthly goals to lead up to the ultimate goal then do so.

Goals, lead to bragging rights, bragging rights set the stage for a powerful brand that earns you money...even in tough times.



Peak Performance,

Do You Need a Tune-Up?

BY CHIQUANDRA C. CROSS

In a recent conversation, with a friend who still insists on calling me his mentor, God dropped something smack dab in the middle of our conversation. I was hit with "Peak Performance."

I admitted to him that I felt compelled to improve my life in all areas and I listed, in no particular order, spiritually, mentally, financially, professionally, physically and socially. As the conversation continued I felt my spirit within stand up. It was if my spirit was saying, "She finally hears me...I've been screaming at her for so long now. She finally knows what I've been trying to tell her for the longest time." I recognize that I had not always been at my best, but I hadn't recognized how things had gotten so out of control.

I spent about a week examining all areas of my life and I discovered some harsh realities. I examined everything with this lens:

"Am I currently able, in all areas in my life, to continue as I am, at the rate I am going, with the finances that I have, and with my current mindset to successfully and peacefully achieve and fulfill my goals?"

My responses were amazing. I had not realized it, but somewhere along the way I had lost control of my life. I was living, I was busy, I was getting things done, but I wasn't always effective and efficient. I am most embarrassed to admit, that many times I wasn't even present! I had bouts of insomnia; comforted myself with food, I was frequently distracted, and easily became uninterested. I felt disconnected, unproductive and unsuccessful. My mind, body and soul were crying out for help and I had ignored the warning signs.



HOUSTON, TX

When one area of your life is out of balance it grossly affects all other areas. Ever try driving a car at top speed when one tire is on flat? What if you had two flat tires? How fast would you get to your destination? How many homes would a real estate agent sell if she rolled up to million and multi-million dollar estates with two flat tires? What if you had three flat tires? Or four? This is an exaggerated example, but I hope you get my point. Again I say, if one area of your life is out of balance, then it grossly affects all other areas.

Is your mental or physical "check engine" light on? Do you hear some unusual "knocking and bumping"? Are you leaving a trail of thick white smoke behind you? Don't end up on the side of the road, take some time to examine your life and make the necessary adjustments so that you can reach your peak.

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Businesswomen in Philadelphia Make Entrepreneurial Strides

As of 2008, 10.1 million firms are owned by women (50% or more), generating \$1.9 trillion in sales (www.womensbusinessresearch.org). A group of women business owners in Philadelphia are doing their part in by sharing necessary information and tools for entrepreneurial success.

What started out as two friends meeting for productive conversation in March of 2008 has morphed into more than 50 determined women entrepreneurs across the region—now known as Motivating Mondays. With backgrounds in fields such as construction, financial services, business consulting and event planning, Motivating Mondays promotes members' products and services while providing sisterly motivation and inspiration.

"We first called it 'Mary J. Blige Martini Mondays,'" says Simone Cartwright, group co-founder and owner of Abundant Home Inspection Services. "Dana [King] and I would have martinis and listen to Mary because her music is so empowering." The commonality? The women are progressive. Each meeting resulted in accomplished goals stemming from intellectual conversation. Cartwright adds, "We knew it would be beneficial for other women—whether in business or not—to be a part of our meetings."

Meeting the third Monday of each month, these ladies have established valuable working relationships, grown their businesses and made friendships. "It's essential that we support our colleagues and do what we can—not only so that we can do well, but *excel* in this economy", says Tara Colquitt, "The Credit Woman" and another group coordinator.



Motivating Mondays' first business showcase was held in March 2009 in honor of Women's History Month. Guests were able to meet, greet, and shop for products and services. Colquitt says, "We're so excited about the feedback and look forward to expanding the event." Plans for another showcase this fall are in the works. Due to the overwhelming success of and buzz about the first event, the group is expecting twice as many participants and attendees.

Motivating Mondays is a prime example of businesswomen who are not simply surviving, but are making significant gains in today's economy. For more information about the group, contact Dionne Watts-Williams at Dionne@Inspiredprpro.com or visit www.motivatingmondays.com. □

Procter & Gamble's "My Black is Beautiful" Multi-City Tour Arrives in Atlanta to Inspire African American Women to Celebrate Their Unique Beauty

Celebrity Actress Tasha Smith and Panel of African American Experts in Beauty, Health and Entertainment Kick-off Second Annual Multi-City Tour



Procter & Gamble's (P&G) 2009 "My Black is Beautiful" (MBIB) multi-city tour, arrives in Atlanta. The tour is a **FREE**, interactive event designed to spark conversations about black beauty amongst African American women and a nationally renowned team of celebrities and experts. Similar to the official symbol of Atlanta, the Phoenix, the MBIB movement is designed to shed old negative stereotypes of African American women to augment the beauty and strength of the positive contributions they make in their community. In addition, the Atlanta City Council has also officially proclaimed May 2, 2009, "My Black is Beautiful Day."

The 2009, multi-city tour, which launched in Charlotte, NC, features panel discussions led by actress Tasha Smith, from Tyler Perry's "Why Did I Get Married?" and "Daddy's Little Girls," and includes a variety of beauty and health activities

for attendees to enjoy. The Atlanta "My Black is Beautiful" tour stop premieres at The Cobb Galleria Centre, Room: Main Hall, Two Galleria Parkway, on Saturday, May 2, 2009 from 11:00 a.m. to 7:00 p.m.

The Atlanta main event features musical performances by Lalah Hathaway and Eric Roberson, and includes a keynote address by celebrity wellness coach and actress AJ Johnson. Johnson, along with "The Souls of Black Girls" producer Daphne Valerius, beauty on a budget expert Candace Corey, songstress Lalah Hathaway, and DJ Frances Jaye, will also lead attendees in discussions about beauty, healthy living, and more with Tasha Smith serving as the moderator. P&G will also host a "Pioneer" awards ceremony honoring local community women and local retailer, Kroger, for making strides in education, beauty, health and the community.



Atlanta City Councilman, Jim Maddox (District 11), presents the official proclamation stating May 2, 2009 is "My Black is Beautiful Day," to Procter & Gamble's Multicultural Brand Manager, Kisha Mitchell Williams (R) and Assistant Multicultural Brand Manager, Pamela Rhett (L) during the Atlanta, GA "My Black is Beautiful" tour stop on Saturday, May 2, 2009 which drew nearly 5,000 women in attendance. A group of African American women at P&G started "My Black is Beautiful" in 2006 to celebrate the diverse collective beauty of African American women and encourage black women to define and promote their own beauty standard, one that is an authentic reflection of their indomitable spirit. "My Black is Beautiful" tour events will also take place in: Chicago (May 30) and New Orleans (July 3-5) for more information please visit www.myblackisbeautiful.com. Photo by: The Flashpoint Agency.

In addition to musical interludes and dialogue sessions, the tour includes a Kroger sponsored health and wellness pavilion offering complimentary yoga sessions and health screenings, along with cultural exhibits and a beauty-themed area consisting of makeup consultations by a team of CoverGirl® Queen Collection beauty experts; mini-facials and skin analysis offering by Olay® Definity; full hair services and analysis by Pantene® Pro-V® Relaxed & Natural; hair color applications by Clairol®; and oral consultations and screenings by Crest Pro-Health®.

"P&G is thrilled to introduce the second annual "My Black is Beautiful" tour," said Kisha Mitchell Williams, P&G Multicultural Brand Manager. "We believe that bringing the 2009 tour to Atlanta is the perfect locale to convene African American women for this discussion. Our hope is that this year's event will contribute to continuing the conversation among African American women about how they are viewed and perceived in society."

The "My Black is Beautiful" campaign, created by a group of African American women at P&G in 2006, is an integrated, multi-brand initiative supported by Crest Pro-Health®, Pantene® Pro-V® Relaxed & Natural, CoverGirl® Queen Collection, Olay® Definity, Always® and Tampax® and Beautiful Collection®.

For more information about the "My Black is Beautiful" campaign and multi-city tour, visit www.myblackisbeautiful.com □



Atlanta Links Honor their Own Dr. Beverly Hall

SUPERINTENDENT OF THE YEAR

Pictured left-to-right: Mary Bailey, president, Magnolia Chapter; Dr. Beverly Hall, honoree and Superintendent of Atlanta Public Schools; Sadie Dennard, president, Atlanta Chapter; Alexis Scott, president, Dogwood Chapter; Joyce Hendricks, president, Azalea City Chapter; and Gloria Patterson, president, Buckhead-Cascade Chapter. □

The five Atlanta Chapters of The Links, Incorporated added their voices of congratulations and praise for Dr. Beverly L. Hall in recognition of her stellar performance as one of the outstanding educators in the nation and for her honor as the National Superintendent of the Year for 2009.

This tribute is the top professional honor for a K-12 school administrator and was bestowed on Dr. Hall at the AASA's National Conference on Education in San Francisco in February 2009. The award capped a year of high-level honors for Dr. Hall, who was named Georgia Superintendent of the Year in December 2008 by the Georgia School Superintendents Association and one of the 100 most influential Georgians by the Georgia Trends magazine.

Dr. Hall's selection is based on creativity in successfully meeting the needs of students in the school system; strength in both personal and organization communication; constant improvement of administrative knowledge and skills, while providing professional development opportunities and motivation to others on the education team; and active participation in local community activities and an understanding of regional, national, and international issues. She has developed relationships with the business community; civic organizations; non-profits and government leaders and as a result, has an extensive network of partners who donate their resources and volunteers to help individual schools, including the first all-girl school in the Atlanta Public School District – The Coretta Scott King



Young Women's Leadership Academy.

As a member of the Magnolia Chapter of The Links, Inc. Dr. Hall was a catalyst in the creation of the partnership with the five Atlanta chapters of The Links, Inc. in the endeavor to address academic achievement and improve the education process in high risk young women students. She joins the five Atlanta Chapters – Atlanta,

Azalea City, Buckhead-Cascade City, Dogwood City, and Magnolia – in their work with the Coretta Scott King Leadership Academy for Young Women as a community service project in an historic endeavor that demonstrates the Link's spirit of collective cooperation and strong desire to significantly impact the lives of the young women attending the Academy. □

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anything when she raps her mind around it. She is a one stop powerhouse consultant that offers Marketing; Special Events and Programs Planning; Concert Promotions, Talent Management and Media/PR services. So whether you are launching a new product, business, idea or image into the market place, she has the ability to transform visions into reality, with a plan and strategy to make it happen.



Her proficiency as a marketer is directly related to the varied roles she has successfully performed throughout her dual career as a Sr IT Project Manager Consultant in working with IBM, The Coca-Cola Company, General Dynamics Engineer Land Systems and CSC. However, the foundation of her empathy as a service provider, was derived from her humble beginnings as a sibling of five, and her active role in her community. Her gifted talents resonates as she believes in delivering her clients visions, projects and business with quality and professional services.

Contact Information: Tel/USA: 678.797.0701 | Email: LMEYMarketing@Comcast.net □

Dr. Elbonie Hornbuckle

Serving Her Community

Dr. Elbonie Hornbuckle, owner and chiropractor of Loving Care Family Chiropractic, LLC, who is originally from Alabama, graduated with a Bachelors of Science degree from Tuskegee University. She later attended Sherman College of Straight Chiropractic where her doctor of Chiropractic degree was obtained. Loving Care Family Chiropractic was opened in October of 2006 and has been striving to deliver the best possible service to our community ever since. By Dr. Hornbuckle being a minority in a male dominated career she has had some obstacles but believes it also gives her an edge over the male competition. Loving Care Family Chiropractic was created to give the community a gentle al-



STONE MOUNTAIN, GA

ternative form of health care. It provides a service to the people and teaches them about all of the great possibilities through CHIROPRACTIC. Chiropractors work to restore the normal function of the nervous system by manipulating and treating the misaligned vertebrae of the spine. Chiropractic isn't just about back pain, but the many issues of the human body. To name a few: migraines, asthma, arthritis, scoliosis, numbness and tingling into hands or feet, and carpal tunnel.

Dr. Hornbuckle's goal is to continue touching as many lives through chiropractic as she possibly can, by teaching (families) as she goes. Loving Care Family Chiropractic, LLC, located at 925 Main Street, Stone Mountain, GA 30083 □

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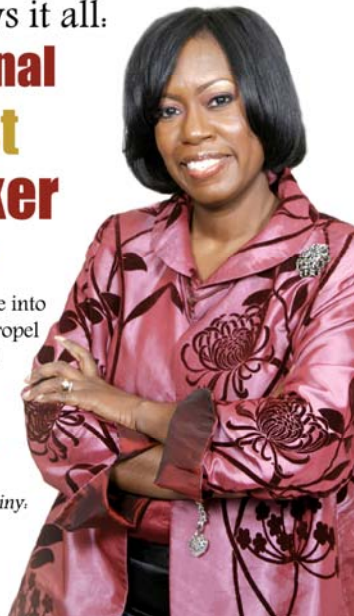
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Follow Jernigan's path to success in her autobiography, *The Pursuit of Destiny. Making 'Yes, I Can' a Personal Reality, to be released in Spring 2009.*



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Fonda P. Williams

Man on a MISSION

Fonda P. Williams is the Executive Vice President of New Business Development for GroupMidwest, Inc. Since joining firm in 2002 Mr. Williams has served as our Director of Global Services, Vice President of Sales and Marketing, and Executive Vice President of New Business Development. Before being promoted to his role as Executive VP of New Business Development, Mr. Williams was VP of Sales and Marketing and led an initial sales campaign to a revenue run rate of \$4 million dollars. Mr. Williams is a true business leader with diverse P&L management experience across several disciplines with a focus in Management, Sales and Marketing. He has a record of success in domestic and multinational organizations, serving the telecommunication, manufacturing, service, and non-profit industries. Mr. Wil-



CANTON, OH

liams has consistently been recognized for his ability to improve company performance through improved information flow, increased operational efficiency, and the ability to work with all organizational disciplines. Mr. Williams holds a B.A. Degree from Duke University and has been an active board member of the Canton Regional Chamber of Commerce, and former Chairman of the Board of Trustees for Stark State College of Technology. Prior to his employment with GroupMidwest, Mr. Williams served as a City Councilman for the City of Canton and was recognized in the New York Times (1996) for his grass root efforts to increase voter participation. Mr. Williams is a proud member of Omega Psi Phi Fraternity, Inc. and resides in Canton, OH with his wife Pamela. □

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21

Who's Who in Black Atlanta®

Unveiling of 11th Edition a Grand Success, Unforgettable Experience

Photos courtesy of Denise Gray Photography



By Alonia Jernigan

The city of Atlanta is not called "Hotlanta" for naught. Many are captivated by the fact that the city continues to rise from the ashes, taking its rightful place as one of the leading centers of culture, business and entertainment. Others are mesmerized by the way in which many in the city have masterfully employed combining southern hospitality with daily living. And for African Americans, the city has continually lived up to yet another nickname, "The Black Mecca." Atlanta's reputation for the latter epithet was given further validation when nearly 1,000 of the city's most exciting and prominent leaders in business, religion, the community, media and government converged on the Ritz Carlton Buckhead to unveil the 11th edition of *Who's Who in Black Atlanta*®.

The delightful event took place Thursday, April 30, 2009, and it was a gathering of some of the most elite. With wall-to-wall excitement exuding from local

national media personalities to a TV reality show star, the Ritz Carlton Buckhead was filled some of the nation's most admirable and inspiring leaders to include Who's Who Publications executives, corporate supporters, as well as individuals who are featured in the book and other well wishers. This event is sure to be the talk of the town for months to come.

The night was certainly one that reflected the elegance and style that has become a mainstay for Who's Who publications and events. To set the atmosphere, attendees walked the red carpet into the ballroom entrance. Once inside the entrance area, WAOK 1380 AM's Derrick Boazman was on hand conducting live, on-air interviews with many of the movers and shakers in attendance. Boazman's enthusiasm and professionalism only created more excitement for the much-anticipated release of this year's edition.

Delectable hors d'oeuvres were in abundance as heavy networking was the mode of operation for that portion of the celebration. Morris Baxter of WCLK

91.9 FM hosted the reception. His participation in the event also helped commemorate WCLK's 35th anniversary. A highlight of the reception came from musician extraordinaire Melvin Miller as he dazzled the crowd with smooth yet invigorating trumpet sensations. Without a doubt, he created an ambiance that had the people "feeling the moment."

When the networking reception reached its end, the formal program was turned over to two of Atlanta's most beloved media personalities: Jovita Moore, news anchor and reporter for WSB TV/Channel 2 and Frank Ski, host of the Frank and Wanda Morning Show. A special tribute was made to Bishop Eddie Long (verbally as well as in the book) for not merely being the pastor of a mega church but for his long-time commitment to the community in general. The crowd was ecstatic to have Bishop Long make a personal appearance at the event, as well as pronounce a blessing over the unveiling celebration. Bishop Long was presented with a special plaque that was created by Lydell Martin of Vases With Faces. Martin's work has been favorably featured nu-

Lights Up the City:

Cover Design by Kimbely Byers



merous times nationwide by audiences who have been totally in awe of his artistic abilities.

A surprise appearance was made by nationally syndicated radio hosts Rev. Al Sharpton and Warren Ballentine, who both have shows in the Atlanta market. Both gentlemen offered remarks and commendations. Other program highlights included remarks from *Who in Black Atlanta*®'s Founder C. Sunny Martin and executives Ernie Sullivan (Senior Partner) and Yolanda Reynolds (Atlanta Associate Publisher.)

Highlights of the 11th edition include a beautiful cover collage featuring Bishop Eddie Long, Jovita Moore and Frank Ski. Others included in the collage are Fulton County Commission Vice Chair William "Bill" Edwards (who penned the foreword), Judge Penny Brown Reynolds of "Family Court With Judge Penny," Ron Frieson of Children's Healthcare of Atlanta and Atlanta Hawks' Coach Michael "Woody" Woodson. Readers were intrigued by the book's feature sections of Interesting Personalities, Corporate Spotlight sec-

tions, as well as profiles on Atlanta's doctors, entrepreneurs, spiritual leaders, Fulton County government, most influential, corporate brass, academia, community leaders and media professionals. The book also boasts of an article on the role that continuing education plays in a tough economy. This article, along with the Interesting Personalities stories, and the feature on Bishop Eddie L. Long were penned by Who's Who in Black Atlanta®'s senior writer, Alonia Jernigan.

Eric L. Jackson, Fire Suppression Captain / Public Information Officer for DeKalb County's Fire Rescue Department stated, "I thoroughly enjoyed myself at the unveiling reception. It was a great opportunity for leaders in the community to bond through the development and nurturing of relationships that will ultimately allow us to work together for the common good of the people."

Others in attendance at the grand event included Pastor Edward and Judge Penny (Brown) Reynolds, Wayne K. Brown of the Who's Who Corporate office, Barney Simms of the Atlanta

Housing Authority, Ron Frieson of Children's Healthcare of Atlanta, Linda O. Vega of New Birth Missionary Baptist Church, Rebecca Franklin of *Women Looking Ahead* Newsmagazine, Milton Jones of Bank of America, Shirley Mitchell of Bank of America, Willie Watkins of Willie A. Watkins Funeral Home, Dr. Joyce Dorsey of Fulton Atlanta Community Action Authority (FACAA), Cepada Martin of Vases With Faces, Don Rivers of Rivers Productions and Rodney Moore of the National Bar Association.

For more information on Who's Who publications, visit www.whoswhopublishing.com.

Alonia Jernigan is an award-winning journalist based in Atlanta, Georgia. She was recently nominated as Best Journalist by Electronic Urban Report, a nomination she shares with Susan Taylor, formerly of ESSENCE Magazine. To contact Alonia, call (770) 256-4337 or via email at Jernigan.Alonia@gmail.com. You may also visit her online at www.TheEffectiveCommunicator.net. □



DAYTON, OH

Attitudes

By Teri MILLER BARKER

Is your cup half full or half empty? Supposedly, the way we answer that question determines if we're an optimist or a pessimist. The optimist perceives the cup as half full, while the pessimist views it as half empty. It's opposite perceptions of the very same situation. Our views and attitudes influence the way we handle trials or opposition. Charles Swindoll, pastor, educator, and author wrote a profound inspirational passage explaining how our attitudes impact our lives. In the passage, he says, "I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our attitudes."

We decide if we want to see things from a cup-half-full or cup-half-empty perspective. A positive attitude will make all the difference as we endeavor to achieve success in every area of our lives, whether it pertains to our health, finances, relationships, careers, and even how we raise our children.

From early childhood, I was taught to read my Bible, pray and be positive. It's the foundation I've built my life upon. And it has helped me to stay emotionally, mentally, physically, and spiritually grounded during difficult times. As we live our day-to-day lives in these hectic and perilous times, it is without doubt that we will face opposition and adversity, but how we react to it will determine the outcome and its impact on our lives. Now, to answer my own question, is my cup half full or half empty? Well, according to Psalm 23, my cup runneth over, and goodness and mercy shall follow me all the days of my life. And so it is with you. Read your Bible, pray about everything, and be positive. □

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The Day I Met History

By AVA COLLIER

I arrived at Gold's Gym that morning for my daily workout. It was Monday, November 3, 2008, the day before the Presidential Election. Barack Obama was in Jacksonville that day for a final campaign rally. I could not attend because of other obligations. However, I did wear my bright yellow and white "Barack Obama for President" T-shirt to the gym that morning in support. As I approached my gym, I noticed a flurry of activity. Helicopters overhead, several police cars and uniformed officers standing around. My first thought was that one of the two nearby banks had been robbed. I continued walking towards my gym and saw a police officer talking with a tall man in a suit. They were directly in front of my gym. Being naturally inquisitive, I walked up to them and asked what was going on. The tall man in the suit asked me where I was headed and I told. He said he would escort me inside. Puzzled, I followed him into the building. Why was I being given an escort?

Once inside, I noticed several other men in suits standing around. The tall man asked the young woman behind the counter if I was a member. She stated that I was and she scanned my membership card. Once the "beep" confirmed my membership, the tall man looked down at me and smiled and told me to have a good workout and turned to leave. I asked him what was going on. He walked back over to me and bent down just a bit and said "I can tell you this....you're wearing his t-shirt" and he smiled again and left. I realized what was happening. I asked the young woman if Barack Obama was in the gym. She said yes. My heart began to race with excitement. At that moment she pointed in the direction of the stair case leading up to the cardio level. There was Senator Barack Obama vigorously sprinting up the stairs. What did I do? What any good Obama supporter would do...I sprinted up right behind him! There were two other suited men at the top of the stairs and the cleaning lady on the other side of the floor. There were no other gym members in sight. Barack Obama stood at a weight machine diligently working on his biceps. I acknowledged the two secret service agents and walked in the direction

of the senator. "Good Morning Senator, how are you today?" Mr. Obama cheerfully responded, "Good Morning!" I extended my hand and he did as well. He then said "I like your T-shirt". I smiled and said that I liked it, too. I introduced myself and he said "I'm Barack".

Yes, Senator, I know who you are!

We chatted for just a minute. I was nervous and excited at the same time. I could not believe that thousands of people were gathering at the arena for a rally for Mr. Obama and I had him all to myself for a few minutes in the gym. I told him that I was confident that he would win the election the next day and what an honor it was to meet him. I wished him and his family blessings in the white house and in his new job as our President. He thanked me sincerely. Out of respect for his time and space, I moved on toward the treadmill in an attempt to workout. Looking back now, there were lots of things that I could have said to him. However, I was lucky to just be able to remember my own name.

President Obama stayed for about 10 minutes longer before he and his entourage left the gym. Needless to say I did not burn one calorie that day on the treadmill. I do not know why out of all the people in Jacksonville, God had chosen me to be in the right place at that particular time. No doubt it was orchestrated by God and I will never forget that wonderful experience. The next day, Senator Obama became President Elect Obama. I will cherish that meeting with him for a life time. What a blessing! □



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Feeling Powerless?

BY TRACY Y. WASHINGTON

We are living in tough times, and it may even get worse before it gets better. I'm not insensitive to the setbacks that people are facing today; I too, have suffered many setbacks, emotionally, financially, physically – but I'm still here. I've come to realize that it's all in our perception. When change comes, people are often unsure on how to handle it. How are they supposed to feel? Suddenly, everything that we thought was stable becomes unstable and doubtful. Depending on your perception, you can look at change as being an opportunity or an obstacle.

Recently I was working as a marketing manager for a global manufacturing company. I kept a good attitude every day at work; I came to work on time and performed well on the job. While I was employed I felt a sense of security knowing that my bills would be paid and I had some degree of financial freedom. I didn't particularly like the job, but it was a means to an end – or so I thought. I really sensed that deep down I was supposed to be doing something else, but because I had the "security" of being in a well-paid position I decided I would just stay there until whenever. Well "whenever" came sooner than I thought. I was called into the office with what I thought was going to be a promotion and was instead "let go". At that moment, my emotions were all over the place. On one hand I was anxious on how I was going to pay my bills, but on the other hand I was relieved that I didn't have to work that job anymore and this was the was the open door I had been waiting for to pursue my dreams and goals. I was very nervous on the ride home that day. I had bills to pay and two sons in college. I wasn't sure what was going to come next, but I knew things had definitely changed. As the human resources manager walked me out after clearing out my desk, she said to me "You seem

so relieved". I couldn't quite understand what was happening at that very moment so my reply was simply, "Yes, I am".

Next, a series of events took place. I felt many emotions: Fear, uncertainty, panic, anxiety. I felt as though I was truly on an emotional roller-coaster ride. I was a believer and knew that God was going to work it all out in the end, but no one told me all the stuff I would have to go through before it was "worked out". What I didn't realize at the time is that I was being taken to a whole new level of faith and that I was being tried and tested. If I was going to truly trust in God, I was going to need a "reason" to trust Him. It's easy to say we trust God when everything is good and we have all our needs met.

One thing that I have learned about God is that for everything that He is – a Provider, a Comforter, a Healer, a Protector – He will show himself very real in that area. Whether it's through financial lack, sickness, death or adversity God is not unaware of the situations that his children are facing. As believers, we have His power within us to change our circumstances by simply changing our attitude on the situations we encounter that seem like setbacks. We are actually being setup for something greater if we can just yield, trust and believe. It's difficult to be thankful in the midst of the storms & trials of life; however, when we display an attitude of thanksgiving and yielding to the process of change, we can look back and see how God's provision was there all along guiding and directing us into our next level.



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Trusting in the Power of Love

Part 2

BY RICHARD THOMPSON

The next day he showed up a 15 minutes early for their meeting and to his surprise she was already there. She explained that she had showed up 20 minutes early so she could make some calls before lunch in order to clear her calendar for their meeting. "No interruptions while negotiating", she said.

They both ordered light meals, salads and water. Not good to order heavy food when discussing a deal, too much chewing gets in the way of talking. Small talk was made at first while waiting for their orders. They talked about their careers, how they had gotten to where they were in their lives, the tough market and its opportunities. After the meal was consumed, and the deal was finalized, she remarked that she had found his conversation interesting last night, complimented him on his knowledge of her industry and wondered if he had the time to go with her back to her boutique to give her some ideas on how she could maximize the new space for the expansion. His radar was still in the business mode, emotional radar still on mute. He agreed.

Once at her boutique, he noticed how large the space was, how she had set up her displays to accentuate the sale items and the welcoming warmth her staff showed their clients. She led him back to her office where copies were made of the contracts they had signed at lunch and it was then she posed "The Question". She asked him back to her boutique because this was her turf and if he said no, she would be in comfortable surroundings to handle the rejection. Would he like to see her again, outside of business, you know a date? He took a step back from her, looked into her beautiful brown eyes and all he saw was the right answer. "Yes", he said.

One year and countless dates later, they are a happily engaged couple. She too had been hurt like him he would later learn. She too had built a wall around herself, emerging herself in her business to hide the pain of rejection. She too had believed that love was for someone else and that God had

stopped listening to her prayers for a mate. It was only after she met him is when she felt safe with a man for the first time in a long time, and if she gave in to the spirit of fear and did not ask him to go out with her to learn of him, she would miss out on a chance for love.

He confessed to her that when she initially asked him out on a date, he was a bit surprised because he was in a strictly business mind-set and because of his self-imposed exile from women, his first thought was to say no. However, once he looked into her pretty brown eyes, yes was the only response. He also told her that his life has a new meaning and purpose now that she is so deeply a part of it and he could not imagine his life being any richer because of what she adds to his existence.

Because they both decided to trust in God's Word where the Bible says in II Timothy 1-7, "That God has not given us the spirit of fear, but of power, love and a sound mind", this couple realized that fear and faith cannot coexist in the same space. So in order for them to find the love that God had for them with each other, they had to trust in His Word, not in fear.

Richard M. Thompson is a professional freelance writer. Mr. Thompson can be reached at thmpsmic@gmail.com. □



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HEART WOUNDS

ANGELA M. THOMAS

There are so many wounds that are in the way. We hurt so deep inside and we try hiding all the hurt from these invisible wounds today. I hurt in my soul for all the women and men who allow themselves to be used and abused as an instrument on hiding in the shadows of brokenness. I believe that low self-esteem pull women into a need of acceptance, yielding themselves to fit an acceptable image. We have gotten to a place in time where we accept just about anything to have someone in our lives. We allow them to dog us, beat us, cheat on us, disrespect us, lie to us, take our love for granted, use us, change us, and strip us of all our self esteem and respect. We waste months and years of our lives wishing and hoping that maybe one day, we would wake up and things would be different. We need a healing for our souls to give us a new life. We need to be healed and become whole again within ourselves. To remove all this pain and misery because we are truly torn apart and broken hearted. Hoping and praying that one day we would be loved the way we should be loved... they would hold us like they should... they would talk to us like we are somebody and special...they would look at you like you mean something to them... All the lies would stop and they

would ask for forgiveness from all the hurt. Some of us are dreaming and holding on to false hopes and promises, we must put ourselves before them and love ourselves first. If we want to be truly happy and at peace within ourselves, we need to first determine just what we are seeking in a relationship. If we want that true unconditional love, refuse to accept anything less than that! Although you may have fallen, you may hurt right now but healing is sure to come. You just have to open your eyes to your heart. You may have experienced being played for a fool and you may have been someone's fool. But, it's time for you to take off those blinders and open your eyes to your heart. Consider this as a learning experience, but this chapter you will now close in your life. Make sure when you start your new chapter that the new title no longer includes them or your past. It's time for you to start your new journey and take your life back. We all have a melody deep within us, you just have to listen and it will minister and speak to you.

Author Angela M. Thomas CPC

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MY DATE with Cancer

PART 3
 BY BARBARA CAMPBELL

You are invited, "Remember there are no flowers or candy"

My daughter Chantal, found her lump in the shower, she call and ask me, "What does a lump feel like?" I told her, it should be pea – size, without pain; she said, "It hurts." Chantal was stationed at Hulbert Air Base and I was in San Antonio. I told her to call her doctor, because breast cancer runs in our family. The doctor told her to have an ultrasound test. After the test, a radiologist told her the lump needed to be biopsied. A surgeon told her the lump was a tumor and needed to be removed. The surgeon also told her he thought she was too young to have breast cancer. (The word on the street is that's an old woman's disease). Her lump was removed in July and tested by three additional pathologists.



"God is in control you must stand on Faith, and let God be God."

No one understood the suffering, fear, pain, and sadness I felt. We know who is in control God. The answer when you are facing trials in life, read James 1-2 NKV.

it will give you comfort. Rather than allowing fear to take charge. Chantal felt a different emotion rise up inside her. God is in control Jesus gave her a guardian angel to watch over her, her cousin. Breast cancer has touched the lives of so many people. What I hope you take from this is that Jesus had paid the price for our sins. □

Our first date - A call from her doctor's office, I need to see you bring someone with you. When she got the call her roommate was there with her; who I love like a daughter. Chantal, said to her doctor, "Sir, I want to know now." That isn't normal protocol, he said. Then he told her, you have stage three breast cancer. The night before her cousin, Dicia, who visited her in a dream died from breast cancer in May 2005. Dicia told Chantal, "It's going to be OK," and put her hand over her heart, Chantal said. Chantal called me and her voice was trembling. My first thought, after hearing her diagnosis was, "Wow!" **Stop**, hear the word, your daughter has CANCER. First you're in shock! Then the fear! There must be some kind of mistake. My patience stepped in and Faith took over, **Jesus** was there to help me stay in control.

When Chantal was diagnosed with breast cancer in 2007, we discovered it does not discriminate against age or gender. More and more instances of women in their late teens and 20's are afflicted with the disease. After all of these years and billions of dollars donated to research...**WHERE IS THE CURE???** I know through Faith JESUS is the cure, but you must have faith for yourself. Chantal was scheduled for her first surgery August 2007, for a lumpectomy. I flew to Pensacola, Florida for her surgery. She was in surgery 7 hours. I was there with all her Godfathers (bosses) and her roommate. When the nurse came out to give me an update on Chantal, she said, "Let's go into this room." I said no, please tell me in front of her Godfathers (bosses). She was still in surgery and they removed some of her nodes and they were cancerous, I sat there in disbelief. I called my Pastor in San Antonio, TX. I told him, "Four of her nodes are cancerous," he replied,



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NEW ORLEANS,

Brings the Word of God to His Audiences

By DR. ADAMS

Dr. Adams' dynamic approach and in-depth study truly brings the Word of God to his audience. His bold and attractive visual teaching style stems from years of experience in the music industry. In 1992, Dr. Adams toured with some of the biggest rock bands in the world. Bands such as Guns-n-Roses, Metallica, Pearl Jam, Red Hot Chili Peppers, Sound Garden, Peter Frampton, and Ice Cube, to name just a few. He also worked at Paisley Park Studios (Prince's studio) as an intern sound engineer. Making use of the wealth of skills he learned in music industry, Dr. Adams fine-tunes his teachings with sixty-inch screens that display the book of Revelation chapter by chapter in order to take his audience on a complete journey.

Dr. Adams' experiences also took him

to the realm of banking from 1997 until 2004, linking projects that sought capital with the best interest rates from investors around the world. He was nominated for the Ernst & Young award two years in a row. His sponsorship came from a financial consultant of Merrill Lynch. Later, his business volume earned recognition that found him featured in CNN Money and US NEWS.

With the death of his fiancé to suicide, after she lost both of her parents and a brother in a quick series of events, Dr. Adams began a study of biblical prophecy that has reshaped his life in an irreversible way. He knew that faith, hope, peace, and most of all love were essential to the Bible.

In the wake of his father's death in 2004, Dr. Adams wrote *Nearing Midnight*, sold off the banking business, and is now steadfastly committed to do the works that the Lord has led him to do. The book, *Nearing Midnight*, is published in fifteen countries and in ten different languages. The web site, www.nearingmidnight.com, is the only Christian web site translated instantly

into twenty-five different languages. Dr. Adams also co-hosted the *Nearing Midnight* TV show, which illuminated world events with the light of biblical prophecy. The show aired in the Lafayette area to 500,000 households. The *Nearing Midnight* TV show was a great stepping stone for Dr. Adams to be able to become the supporting host for a short time with *Keys to the Word*, which aired in the Greater New Orleans area to one million households on UPN/WB. Dr. Adams received an Honorary Degree of Doctor of Ministry from Cornerstone Christian College based in Lafayette, Louisiana. He was made an Honorary Louisiana State Representative by Robert Faucheux, Jr. in September 2006. In November 2006, Dr. Adams was also made an Honorary Louisiana State Senator by Louisiana State Senator, Nick Gautreaux. He was made an Honorary Military Police Officer of the Directorate of Emergency Services, Ft. Benning, Georgia in May 2007. These rare awards of honorariums from both houses and from Ft. Benning are testament of Dr. Adams' works. □

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When Daddy Cares for Baby Girls Hair

By DR. LINDA AMERSON



ARLINGTON, TX

There are thousands of single men who face the challenge of caring for their baby girl's hair. It can be especially difficult if the daughter/daughters have thick, long hair. In some cases, all Dad has to do is show a hair brush and comb, and the next reaction he sees on his daughter's face are tears.

To all fathers who are concerned with the proper care of your daughter's hair, you do have options:

- You may choose to maintain her hair yourself. For ethnic hair, frequent shampooing must become routine. I recommend weekly shampoos as a minimum. If your daughter perspires in her scalp at night, you may need to shampoo her hair more often, even 2-3 times per week to avoid scalp odor. A healthy scalp is the foundation to healthy hair. In addition, the hair growth rate will vary per child. If your baby girl has not grown any hair

by six months of age, please do not panic. Permanent baldness in babies is extremely rare. Your baby girl will grow hair, unless there is a scalp disorder condition. One example of a scalp condition is tinea capitis, which is a fungal infection, very common among children ages 2-9. You may choose to designate a certain day per week to shampoo her/hair. For biracial girls, and other races of children, shampoo as often as necessary. Conditioning is also important, however, you should consult with a hair care professional or Trichologist, to purchase the correct products for their hair texture. Please do not have any chemicals applied to your daughter/daughters' hair until after puberty. Their hair is in a more mature stage to better receive these chemicals.

- You may decide to take styling and/or braiding lesions from a family member,

► Continued on Page 35

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'Chic SkiNotations

VOLUME 2

"Nail It: TrāChic's Cuticle and Nail Etiquette

Author: Tracy L. Hill



Greetings Trendsetters—Well, we are now heading into the beautiful warmth of summer and we should be clapping our hands and kicking up our heels rejoicing in the ambient splendor and summer breezes that this time of year brings us! Oh correction— at least *some* of us should be rejoicing with a show of hands and feet. Summer is the season that we show more skin than any other time of the year but the only problem is many of us neglect the important, smaller parts of our skin...Our hands

and feet. Yes sir, I said it...We've all seen the women and men wearing sandals with not just ashy feet, but also dreadful, unkempt toenails and cuticles—and of course we can't forget about the fingernails that exhibit chipped polish on top of unshaped nails surrounded by torn cuticles. Ladies and gentlemen, none of these scenarios are appropriate for "Trendsetters", so what should we do to ensure that we don't fall prey to this bad nail etiquette? First of

all I think we need to understand the role that "nails" play in our everyday life...In other words, "What do nails do?"

Nails act as a counterforce when the end of the finger touches an object, thereby enhancing the sensitivity of the fingertip. Even though there are no nerve endings

Continued on Page 35 ►



Hair Replacement and Restoration Solutions

VOLUME 1
BY DOROTHY FLAKE, PhD

Solutions for women's hair thinning and hair loss include options ranging from non-invasive preventive treatments and camouflage makeup to hair replacement and surgery. There are 10 solutions that may work depending upon pattern stages, lifestyles, preferences and needs:

- Styling and framing techniques, specially for thin hair
- Topical and nutritional hair care treatments that can be applied to nourish and strengthen the hair,

and laser-light therapy to accelerate the effects of treatment by drawing nourishment from the blood to the scalp

- Camouflage makeup—colored creams and pressed powders to conceal areas where hair is thinning
- Hair extensions, through which length, fullness, and texture are added to natural hair
- Wigs and full cranial prosthetics—a complete, full head prosthesis designated for women with extreme hair loss
- Hair additions, which are fashionable made out of NEW hair and that can be worn with hair to simulate fullness and growth
- Hair alternatives, provide fashionable accessories covering the head,

with new hair attached as an option

- Hair duplication, designed for more extensive coverage to restore the appearance of a full head of hair
- Hair integration, is where a small hair system combine with the natural growing hair to fill in areas
- Surgical hair restoration, minigrafts and micrografts are attached to the scalp for permanent restoration of growing hair

The solutions cover a range from early stages of thinning or hair loss, when people start looking for a style to hide their problem, or later stages, or when people realize other treatments might work better for their advanced needs. It is better to find a therapist that you can trust to recommend the right products for their particular circumstances, and start with a dermatologist, or a reputable treatment center such as Ekalf Hair Restoration specializing in women and girls hair loss. □



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'Chic SkiNotations

► Continued from Page 32

in the nail itself, they are our protection for the nerves in our fingertips, while toenails protect toes from damage or injury. Nails are part of the skin layer and are made up of a protein called keratin. The cuticle is a natural seal where the skin bonds with the nail.

Having said that, when it comes to properly maintaining our nails and cuticles there are many Do's and Don'ts that we should follow. I have included just a few that everyone should make note of:

Do coat the outside of the nails with a ridge filler, which can help protect the nail and prevent breaking and splitting.

Do wear gloves to protect nails and cuticles from housework, gardening and washing dishes.

Do apply a hand cream that is rich in vitamins especially after washing your hands, paying close attention to the cuticle area.

Don't use nail products that contain formaldehyde or toluene. These chemicals pose health risks for the nail and for your entire body as well.

Don't use fingernails as tools to pry things open.

Don't pull or tear at hangnails. Always gently cut them away, leaving the cuticle intact.

Don't allow any manicurist/pedicurist to touch your hands or feet with utensils that have not been properly sterilized.

Following these nail care tips will definitely make them look and feel great but we should always make it a point to use maintenance products that are rich in vitamins and are beneficial for hydration, nail growth and strength. Products that contain jojoba oil, olive oil, pumpkin seed oil and vitamin E are an excellent choice for cuticle care and products that are rich in shea butter, cocoa butter, and avocado oil are an excellent hydration choice for those dreaded ashy feet and hands!

And for those who don't know, TraChic Bodywear has outstanding hand and foot maintenance products. The nail and cuticle oil is referred to as "Chic Nails" and contains pumpkin seed oil, vitamin E and many other vitamin-rich oils. The foot conditioner is called "Pedi-CURE" because it really hits the spot! Say good-bye to those dry, cracked heels as the key ingredients are shea butter, jojoba oil and lanolin which provide maximum moisture benefits and then there are lavender, eucalyptus and peppermint essential oils which help prevent foot fungus and offer a nice "cooling" sensation to tired feet. Customers rave about how soft and conditioned their feet feel after the "Pedi-CURE!" But don't take my word for it, find out for yourself!

Please tune into Volume 3 titled, Lip Balm or Lip "Bomb"... Which do You Use?

Best Regards and Beautiful Skin,
Tracy, TraChic Bodywear- President/Chemist

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When Daddy Cares

► Continued from Page 31

or a hair care professional. You may also decide to keep her/their hair styles an easy low maintenance design, such as ponytail. You are always safe with a ponytail style. However, please use covered ponytail holder, versus rubber bands, to minimize hair loss problems.

- You may choose to not bother at all with her/their hair, and take her/them to a hair salon or clinic. I will suggest that you research a hair salon or clinic who enjoys doing little girls and teenagers hair. If you baby girl is a handful for you, with her hair care, she may very well be a handful for the hair care professional. Overall, girls and teenagers enjoy sporting the latest styles from a hair salon or clinic. Another, decision you may face with taking your daughter/daughters to the salon, is their request for hair extensions. My suggestion is to not allow them to receive them until they are mature enough to take care of it. Please be aware that peer pressure among girls with a trendy hair style is very prominent.

To conclude, as a parent, you should also stay observant to alopecia, which is the medical term for hair loss, scalp disorders and scalp infections. Some scalp disorders are very easily transferred from a daycare or school environment. Seek a professional microscopic scalp analysis from a doctor of Trichology.

Questions and inquires for Dr. Linda Amerson, may be forwarded to (888) 265-8854, Or website is www.hairandscalpessentials.com. Dr. Amerson has more than 27 years of experience and is a world renowned alopecia and scalp disorder expert. She is the owner of LA's Hair & Scalp Clinic located in Arlington, TX. ◻



National Recording Artist's First Album Release

Wallabe

A native of Columbus, Ohio, Wallabe is a multi-talented hip-hop artist with self-determination and an intense hunger for music. He has been expressing his personal struggles and successes through his passion for writing and recording music for over ten years. Wallabe has performed in over 80 shows in the past year alone, and continues to cultivate relationships with DJ's, producers, and other artists to develop timeless classics that are distinctive throughout the Midwest. Wallabe's talent for creating music that is diverse and memorable has been celebrated with him being a featured artist in Ohio's Columbus Alive, Urban-Trendsetters, The Columbus Post, and Trendsetters to Trendsetters publications. Wallabe partnered with Columbus' radio station WCKX Power 107.5 to write and perform the now popular theme song playing for their radio talk show "Street Souljahs," and contributed to the show via call in interviews.

Wallabe created a bi-weekly showcase labeled "The Reallest Talent in the City," for local hip-hop talent in the Columbus and Midwest area. This collaborative project along with the development of his "Stay Out the Streets Youth Empowerment Program," further establishes Wallabe's position with the community and his drive to draw attention to the various talents in the Midwest. Through his youth program, Wallabe mentors children and young adults by administering school seminars to student's on reaching their full potential and fostering their dreams. The high energy, educational program delivers a powerful message of encouragement and inspiration; and demonstrates Wallabe's desire to be a positive role model in the urban community. Wallabe is currently the Director of Arts & Entertainment and the creator/writer of "In Tha Paint" for the Atlanta based publication Trendsetters to Trendsetters Magazine. Wallabe has published articles for high-profile events such as the 2008 BET Hip-Hop Awards, and the 2009 Trumpet Awards. He has skillfully transferred his enthusiasm, charisma, and tactful word play from the stage to the page as he effectively recreates industry events for his

readers. Continuing to explore and perfect his craft, Wallabe is currently experimenting with new sounds to compliment his amazing lyrics while preparing for the release of his first album titled 'The Reallest Alive.'

Although Wallabe has been rapping and ripping stages for years, finally his 1st album is complete. The Reallest Records is preparing for the Album Release party somewhere around late June (more details to come). The album is truly a classic; it deserves 5 mic's for sure. The project is based all on true events. The Reallest Alive summarizes the life of every man who seeks success but must surpass all the road blocks society has thrown their way. The uplifting sound and mature lyrics alone makes the project extremely industry ready. With production mostly by an all female production team Rubaband Muzik, A.Dee and Million Dolla Baby, the collaboration shows the industry what Columbus Ohio has to offer. Other producers Selah (43216), One Hundred, Mackie of M.O.D, Qua of the Stakk Boiz, C-Magic, and Miami's own Brain Vasquez of Powerful Musik Records. This is not your average rap record; it's filled with originality layered by various samples that gives the game a breath of fresh air. This project contains no voice tuners, nothing corny or pop sounding. The Reallest Alive* displays tracks that relate to the hood, the ladies, the kids, and songs that give real music lovers prolific detail with Wallabe's strong delivery and vocabulary. If I had to compare Wallabe to any other great artists it would be 2Pac, Nas, Jay-Z, and Scarface. He's the Reallest Alive. The album cover speaks for itself. No gimmicks, no costumes, make-up or jewelry. Check out the video to new single "We Argue" please visit www.youtube.com/wallabe the Reallest or www.myspace.com/wallabe614. □

"The Reallest Alive". To keep up with Wallabe please visit the following websites:
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In Da Paint

BY WALTER "WALLABE" BREWER

Trendsetters to Trendsetters Magazine attends the 2009 Who's Who in Black Atlanta

Trendsetter to Trendsetters Magazine is proud to have been a part of the Who's Who in Black Atlanta April 30, 2009 in Atlanta, GA at the Ritz-Carlton Hotel in Buckhead. The Arts and Entertainment Director of Trendsetters to Trendsetters Magazine, Wallabe had a chance to meet some of the honorees at this year's **Who's Who Black Atlanta**. The Who's Who publishing company publishes books that highlight the achievements of black Americans. Just like the Trumpet Awards, BET Awards and the Gospel Awards, this event is very important to the prominent people in America who make a difference and find time to serve their communities and accomplish their daily goals. This event is a prestigious platform that gives high remarks to Who's Who in the areas of religion, law, politics, public service, business, sports and entertainment. Often we don't find the time to congratulate the people we don't see on the big screen or hear all over the air waves. The people who make the world go round are the ones we barely see but who make all the difference for the success of others.

Arts and Entertainment Director, Wallabe caught up with a few people at the ceremony. Yolanda Reynolds, publisher and C. Sunny Martin, Founder and C.E.O of Who's Who Publishing Company. The home base of Who's Who publishing is based out of Columbus, Ohio. I'm from Columbus, Ohio so I really give Who's Who Publishing Company high praise for coming such a long way in this industry and giving so much recognition to others for their achievements. The featured guest was Fulton County District 7 Commissioner, William "Bill" Edward, and a special tribute to Bishop Eddie L. Long and many other honorable personalities. Just to name a few, Wallabe was able to meet Al Sharpton- politician, Jovita Moore-news anchor of channel 2 Action news, Ronald E. Frieson- Senior Vice Presi-

dent of external affairs children Healthcare of Atlanta, Judge Penny- owner and founder of Family Court, and Frank Ski - Frank Ski and Wanda Morning Show on V 103 WVEE fm and founder of Frank Ski Kids Foundation.

As Arts and Entertainment Director, it was my honor to have witnessed such a spectacular event. I was in the presence of all these successful people. It made me feel like I was in the right place. They say when you surround yourself around people who want more out of life, most likely you will be a good reflection. I'm a Trendsetter and all of my life I wanted to be an example of a good citizen. My mother raised me to do my best at whatever I do. I decided to make the right choices and decisions in all situations. The honoree's again displayed such class and humbleness while giving honest testimony's about their achievements and what it takes to continue to be successful embarking history on what the Civil Rights movement did for us today and for the next generation of tomorrow. In my own words I'd say keep the dream a live Black America and for the Who's Who Publishing Company it was an honor to be in attendance.

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TRENDSETTER'S A&E SPOTLIGHT

K.O.R.

King Of Rhythm



What it do. This is Wallabe the Director of Arts and Entertainment for Trendsetter to Trendsetter Magazine. As you all know the magazine has been doing its thing, and recently we reached out to Houston, TX where we were able to catch up with K.O.R (Kingz of Rhythm). Doshoh and GMB are on the up rise to breaking into the game with their unique sound with beats and lyrics with a taste of southern swag. Trendsetters to Trendsetters Magazine interviewed K.O.R and this is what they want the world to know:

Wallabe: K.O.R What's poppin family? What are your names?

K.O.R: (K.O.R.) – King Of Rhythm, DOSHO and GMB – Googie Da Monsta Beatz

Wallabe: What makes your style of music different from any one else in the game?

K.O.R: We make music that comes from the core of how we are what we represent rocking on a positive note but keeping it real to who we truly are.

Wallabe: In what ways are you promoting yourselves as independent artist?

K.O.R: We have connections and fans that support us in Ohio, Louisiana, Houston and London that believe in us and help with circulating our product. We have the CD's and posters, etc. whatever is needed to place our materials out there for exposure and doing it all within our circle. We've traveled all over and it helps. We have a website where people can go and view our videos and listen to our music, view information about the group and vote on what they want to hear.
www.myspace.com/kingzofrhythm,
www.myspace.com/doshohmusic and
www.myspace.com/googieamonsta-beatz.

Wallabe: How did you come up with your group name and where did it come from?

K.O.R: The name "K.O.R. - King of Rhythm" came from GMB and myself. After we did our first 9 joints in about 2 weeks right after we met, we felt like we was a team with a solid core so one day it hit me when we was talking about a name and K.O.R. seemed like it represented everything we are about.

K.O.R. - King Of Rhythm has a winning combination of what true hip-hop is all about. With mind blowing lyrical content and skill from artist/mc DOSHO along with the creative and versatile beats from producer GMB – Googie Da Monsta Beatz, K.O.R. is in route to stamping there footprint in hip-hop history books as they continue to grow and gain ground.

DOSHO, real name Charles Simmons III, is a Columbus, Ohio native that has 13 years of experience as a mc and 12 years performing live. DOSHO has done numerous shows in Ohio and in Houston, TX where he now resides. With his amazing freestyle versatility DOSHO has proven to be destined to making a serious impact in the music industry.

While being known for his lyrical skills, DOSHO has also written songs for various artists in other types of music such as R&B, Soul & Rock.

GMB – Googie Da Monsta Beatz, real name is Eric Jones Jr., is a Baton Rouge, Louisiana native and now resides in Houston, TX. GMB has 4 years of experience as a producer but as proven to be a seasoned hip-hop producer with amazing versatility. GMB has been known to be the best-kept secret in the South. New York native Cedric "Easy" Long played a major role in GMB's development as a hip-hop producer while mentoring the soon to be legendary beat maker on what hip-hop is based on from the beginning

So I went to their site and checked out a few of their jams. The track I peeped first was "People". To my surprise I thought it would be a deep southern vibe, shockingly it was more of an East Coast feel with and reality driven topics. They remind me of a Bun B and Pimp C with a Midwest/South flavor. Don't get me wrong I compare these guys to such greats for the fact they hungry, and they are taking the necessary steps to be heard worldwide. The 2nd track I listened was KOR music. This track was banging, riding type of joint yet mixed with heavy bars of reality. Strong! Nevertheless I think if these gentlemen continue making hits and staying on that grind they have a good chance breaking into the industry mainstream. Keep banging them CD's out the trunk. Holla at Wallabe! ☐

Timeless Entertainment Concepts Has Record Growth In A Down Economy



The state of today's economy has proven to be a perfect storm for Timeless Entertainment Concepts (TEC), a boutique entertainment and marketing firm located in Atlanta, Ga. Drawing from classic events, themes and concepts, TEC offers entertainment options that allow its clients to tap into their spirit of nostalgia in social and professional settings while having fun. TEC has proven that nostalgia sells; as other entertainment entities lost market share during the floundering economy, they have experienced record growth.

"2008 was one of the worst years in US history; nearly every industry felt the effects of a slowing economy," says Imari Harvard, CEO-Timeless Entertainment Concepts. "We are truly fortunate; TEC expanded the PlayDate™ brand (www.PlayDateUS.com) into 10 new markets in 2008. And, all indicators point toward a strong 2009 as we launch 20 additional markets...including Charlotte, DC, San Francisco and Miami"

PlayDate™, one of TEC's entertainment offerings, is an alternative to the everyday club scene that brings diverse groups of people together to interact in a social setting while playing games from their childhood. "Our company takes nostalgic entertainment concepts and retools them to meet the needs of today's consumers, explains Imari. "While many companies believe you cannot please everyone...at TEC we believe everyone wants to have FUN! And, we are in the business of selling FUN for a fair price."

Despite the unprecedented growth TEC is experiencing, many

speculators still wonder if the entertainment industry is recession proof. News agencies such as TIME are reporting consumers need quality entertainment, but they will make smarter economic choices. "We will see less and less discretionary income set aside for entertainment and leisure," says Michael Pachter, an analyst who tracks video games at the securities firm Wedbush Morgan. "There will be a shift from high-cost forms of entertainment to low."

This shift towards lower cost entertainment without compromising quality or fun perfectly aligns with the TEC and PlayDate™ business model and has been the "secret sauce" in their success.

"We have a unique business model that allows the affiliates of TEC and PlayDate™ to operate at up to a 75% profit margin. This is proving very attractive for experienced event managers and investors looking for smart choices," says Ryan Hill, VP of Operations-TEC. "This model has the added benefit of allowing us to offer entertainment options that provide more value and fun for less money than other nightlife choices."

To learn more about Timeless Entertainment Concepts (TEC) visit them on the web at www.TimelessEntertainmentConcepts.com and look for them as they expand their product offerings with new concepts such as Call Me Up (www.CallMeUpAtlanta.com) and the Wanna Play Getaway (www.PlayDateUS.com/Cruise). ☐





ATLANTA, GA

It's springtime, as I'm sure you've noticed. It's time for the flowers to bloom and outdoor activities to resume. It's also time for spring cleaning and barbecue eating. I always look forward to spring.

disappointed when my phone didn't ring. Now that we have a new President and a stimulus package, I am again looking forward to the spring. Let's take advantage of the upward turn in the economy. There are great deals to take advantage of this spring. There is an eight thousand dollar tax incentive. There are even great loan programs for those who have not refinanced. For those of you that have been considering moving don't let your spring turn into summer and summer turn into fall and fall into winter. This year will go by fast like they always do. This is the time of year we have been waiting for and I look forward to opening a door for you this spring! □

It's Springtime!

Lisa Cunningham
Cunningham Realty
Owner/Broker mortgage
cunninghamrealty@bellsouth.net
404-978-5433

It's the time of year that my business begins to kick into full gear. When the weather gets warm and kids get out of school for the year potential homebuyers begin the process of looking for a new home. I remember last spring being so

Real Estate Prices and Franchise Opportunities

(NAPSI)

Lower real estate prices may mean more opportunity for those interested in operating a restaurant franchise.

That's the opinion of one restaurant franchise in particular. Its executives believe that the trend of lower real estate prices—and lower prices for construction materials as well—can make building and conversion costs on existing properties more affordable for new owners.

The chain—called Perkins Restaurant and Bakery—is currently seeking experienced restaurateurs who meet the neces-

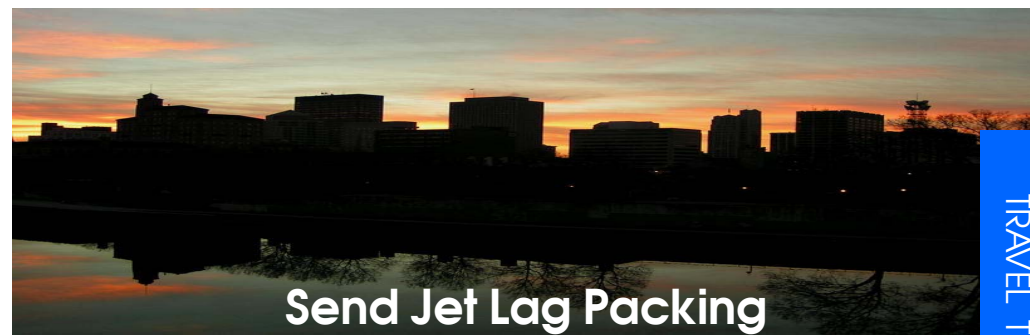
sary financial qualifications to open and manage new locations.

It offers a comprehensive training program that covers everything from recipes and meal preparation to operational procedures and customer service.

It supports its franchise operations with a supply chain created to provide quality ingredients and products in a timely fashion and to help control costs.

To learn more, visit

the site at www.perkinsrestaurants.com. Lower real estate prices may be the hidden ingredient in the recipe for success at a well-known restaurant chain □



Send Jet Lag Packing



Everyone loves to get away from it all, but the process of getting there isn't always such a vacation. Airline travel brings the hassles of airport parking, security procedures, long lines, and delayed and canceled flights. But the aspect of airline travel most people find especially frustrating is desynchronization, the condition known in layman's terms as "jet lag."

Jet lag shows up in those feelings of fatigue, throat and nasal irritation, headaches, nausea and overall irritability associated with traveling across time zones. Generally, the severity of jet lag and the length of its recovery period correlates to the number of time zones traveled.

Many travelers find jet lag to be worse traveling west to east than vice versa, because of the hours lost immediately. For example, a five-hour flight from Los Angeles to Miami departing at 3:00 p.m. will arrive at its destination at 11:00 p.m., according to local time. But the traveler's sleeping rhythm says that it is only 8:00 p.m., throwing things off-kilter. People who sleep by rigid, predictable schedules will experience jet lag more than those who don't, which is why adults tend to get jet lag more than young children do.

So what's a traveler to do? Before leaving, analyze the direction of your trip, the number of time zones you will cross through, and the arrival and departure times, both in your home city and in your destination. Travel experts often assert that each time zone crossed will require a full day of recovery, though it is not realistic for most people to take several days off from work after a trip. If possible, at least arrange for one full day off after arriving home.

The day before as well as during your trip, avoid alcohol and caffeine; drink plenty of water instead. You should also sleep well and get some exercise before flying, since you will be sitting down for a long period. Then you should follow local time patterns as soon as possible when you get to your destination. If you arrive during sunlight hours, try to stay awake until nighttime so that you sleep well. If you arrive at nighttime, prepare to sleep so that you wake up according to the local time. With enough preparation, jet lag won't be your traveling companion on your next flight. □

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ITENERARY
AUGUST 6, 2009 - Bus departs Columbus, Ohio 10:30pm from Northern Lights Shopping Center in route to Winston-Salem, NC
AUGUST 7, 2009 - Arrive in Winston-Salem, check into hotel and enjoy festival activities.
AUGUST 8, 2009 - Enjoy performances, attend workshops, etc.
AUGUST 9, 2009 - Enjoy breakfast, check out of hotel and return to Columbus, Ohio

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Final payment due **July 15, 2009**

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Behind The Wheel

LIONEL LOCKE



AUGUSTA, GA

Trendsetter magazine attended the 27th Annual Atlanta International Auto Show, and got a first look at what's new for the 2009 model year and beyond. The decline in auto sales and the economical status of some car companies did not prevent others from participating in this year's event. Brand new models were introduced for the 2010 model year from Honda, Cadillac, Hyundai, and Kia; while Buick, Chevrolet, Ford, and a host of others, redesigned some of their current models for 2010.

The Buick Lacrosse, and the Ford Taurus have both had a reputation for attracting the older buyer. However, for 2010, both have been redesigned from the ground up. If you are thinking that Buick doesn't make a reliable product, think again. Buick has tied with Jaguar for winning the award for the 2009 Vehicle Dependability Study conducted by J.D. Power and Associates. This award goes to the vehicle(s) with the fewest number of problems during the first three years of ownership. The redesign of the 2010 Buick Lacrosse was stunning. By taking a quick glance at the

car, you would have been convinced that it was a Lexus until you saw the Buick insignia on the grill. The Lacrosse features a sleek exterior appearance, a luxurious first-class interior, and plenty of options to appeal to all buyers. The Lacrosse comes standard with a 3.0L V6 making 255 hp and an estimated fuel economy of 18/27 (city/highway). For buyers who want more bang for the buck, an optional 280hp 3.6L V6 is available, and has a descent fuel economy of 17/26. The base model starts under \$30K, and will be available this summer.

Another model that you might be hesitant to consider is the 2010 Ford Taurus. Ford has done an exceptional job redesigning the vehicle, again, with the mid-career professional in mind. Ford has also brought the SHO option back to the Taurus for 2010. The SHO remains almost identical to the SEL and limited trims, with the only exceptions being 19 inch rims, two-tone interior, a 365 hp twin turbo-charged V6, and paddle shifters for the 6-speed automatic. The SHO is all-wheel drive which will put it in the 0-60 range of 6 seconds. The SE trim of the Taurus starts out around \$25K with

fuel economy estimated at 18/28 (city/highway); while the Taurus SHO starts at \$38K. Both will be available in the summer. Other models to be on the lookout for this are the 2010 Cadillac CTS Wagon, Ford Fusion, Chevrolet Camaro, and the Hyundai Genesis Coupe.

If you are someone who just has to have a truck, take a look at the all new Ford F-150 with the SFE package. The Ford F-150's, equipped with the Superior Fuel Economy package, achieves a 15/21 (city/highway) mpg rating. General Motors offers a similar package for their Sierra and Silverado 1500 trucks. The XFE (Extreme Fuel Economy) package offers the same fuel economy as the F-150, but with more horsepower. Both Ford and General Motors were able to accomplish this mpg rating by taken overall weight, low resistance rated tires, improved aerodynamics, and fuel management measures into consideration. Both trucks start out at around \$33K, and are only offered in a four-door crew cab with a two-wheel drive configuration. Kudos to Ford and GM for taking a step in the right direction. □

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