

FEBRUARY 2017

free! PLEASE TAKE ONE!

SASSY

WORK. LIFE. BALANCE. SASS.

Nº52

The Michiana Career-Driven Woman Who Does It All.

WHEN IT COMES TO YOUR **HEART,** *Dial 911*

COMMUNICATION
FOR LASTING
RELATIONSHIPS

6 QUICK START-UP
BUSINESS IDEAS

4 Ways to

Love
YOUR HOME



2017

Women to
WATCH
a SASSY special promotion.

Do you know a professional woman in the Michiana community that has a great concept of
WORK, LIFE, BALANCE & SASS?

Does she have proven passion and drive for her work, her family and her causes? Does she consistently tackle new projects with a positive attitude, a little SASSY moxie and a significant commitment to excellence in all that she does?

Are you anxious to see what she does next with her flair for life? **Does she have "IT?"**

If so, SHE could be our kind of SASSY gal!

NOMINATE this SASSY gal NOW
for the 2017 class of
SASSY Women to Watch!

SASSY Magazine will select 10 fabulous women
from the nominations submitted to
SASSY Magazine between

February 6th –
February 17th, 2017!

Submit your nomination by filling
out the Women to Watch nomination
form at the following link below:



www.surveymonkey.com/r/CT9GVD7

ALL WOMEN TO WATCH

Will receive special VIP gifts from SASSY Magazine and its partners throughout the year. Each Woman to Watch will also be featured in the November and December issue of SASSY Magazine with their bio and a headshot on MichianaSassy.com site, social media and press releases and will also be included in several VIP events and special invitations/opportunities throughout the year.

PICK YOUR COVER GAL!

Each of the 10 Women to Watch gals will be featured on the SASSY Magazine Facebook social media contest promotion where you, your friends, colleagues and the public can vote for your favorite Woman to Watch from the Class of 2017. The gal that receives the most votes in this promotion will be featured as a FUTURE SASSY COVER GAL!



PHOTOGRAPHY:
Amy J Studios

MAKEUP:
Bethza Professional
Makeup Studio

OUTFIT:
Macy's

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ON THE COVER

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The old adage that says that the older you get, the faster time flies is definitely true. I can't believe that it has been a year since I took over the FAMILY Magazines! It has certainly been a learning experience! In that one year's time, we have published 30 magazines, held a Virtual Kid's Camp Fair and hosted a successful Glitz & Sass Fashion Show. This could not have happened without the amazing team I

inherited - Jessy Haviland, managing editor; Amanda Oiler, ad coordinator & inside sales; Zuzanna Zmud, graphic design manager; and our newest member Denise Longley, event coordinator & outside sales.

We have had some ups and downs throughout the year as might be expected in the first year of any business. Now, with a year under my belt, we are ready to move forward with new vigor. We will be making some changes as we move through the coming year, some small, some larger. You may see some changes in focus, content and format of the magazines themselves. We are looking at our distribution channel and may make some changes there as well. The first change we are implementing is to put BOOM Magazine in semi-retirement so that we can focus more attention on FAMILY and SASSY. We will review that decision in six months. If you are a fan of BOOM, please be assured that we will be bringing some of the regular BOOM content, such as travel, into SASSY, and some, such as grandparent activities, into FAMILY.

If you have any suggestions or have any special requests for content or changes you would like to see in SASSY, please let me know. I would love to hear from you.

Coming up in February are two important activities. The first is Valentine's Day. You will find some romantic (dare I say chocolate?) ideas for things to do to celebrate. The second is that February is Heart Month, a reminder to look after your own heart health as well as that of your loved ones. Be sure to read the article from the American Heart Association in this issue. We are fortunate to have Laura Guy, corporate director of the Michiana chapter, on our cover.

One more thing, mark your calendar for the 27th Expo for Women on March 2, 2017 at the Century Center and stop by our booth to say hello. You can read about the event in this issue as well.

Since this is our first issue of 2017, we wish you a wonderful, happy, prosperous, and SASSY New Year!

Sue

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We would love to hear from you! Please submit press releases, event information and inquiries to:
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Read SASSY Magazine online each month!
Go to www.MichianaSassy.com and flip the pages, cover-to-cover the organic and green way!

FEBRUARY 2017
Volume 7: Number 1

LOOK WHO'S TALKING

FOLLOW US ON TWITTER, AND BECOME OUR FAN ON FACEBOOK.

 @MichianaSassy

 www.facebook.com/Sassy-Magazine

 pinterest.com/MichianaSassy/

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RITA MILLER

Rita Miller is a CPA in public practice, a mom of four, an avid reader and serves on two boards in the community. She has worked with a variety of industries, including medical professional services, real estate development and rental and retail establishments.



ANDREW SKIPPER

Andrew Skipper is an interior decorator and lifestyle expert who believes that life should be celebrated every day. His company, Andrew Skipper Everyday, focuses on helping people elevate the everyday tasks they perform and objects they live with. He is the lifestyle expert for NBC affiliate WNDU TV in South Bend, IN, giving decorating and entertaining tips. He is also the official lifestyle expert for Elkhart County, IN, working with the Convention and Visitors Bureau.



MARGO BELL

Margo Bell, a first-wave Boomer, has a B.S. degree in Biology from Arkansas State University and worked in medical and marine biology research before making a mid-life career change to writing for adults and children. Margo is a former magazine editor and has published over 50 articles and features in newspapers and magazines. She and her husband Jim live in South Bend and have two grandchildren.



CHUCK BERGMAN

Chuck Bergman is a local michiana marketing professional and an avid home brewer. He fell in love with craft beer a few years ago and has never looked at beer the same way. He encourages everyone to support local breweries and be willing to "experience new tastes."

ON THE COVER

Meet the cover photographer and stylist!



AMY REINERT
PHOTOGRAPHY

Amy Reinert is Michiana's Premier HS Senior, Teen and Fashion Photographer. She grew up working in her father's studio and then decided to start her own. Her style is clean, modern and with a flair for fashion. She shoots a variety of sessions in her new Granger studio as well as on location.

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Bethza Seminario is the Co-Founder, Creative Director, Licensed Esthetician and Head Makeup Artist of Bethza Professional Makeup Artist Studio located in Elkhart and has her own cosmetic company, Nethyel Pro Beauty. She worked as a freelance makeup artist in Chicago and Indianapolis. Her specialization in editorial, commercial and high fashion makeup inspired her to bring that style to her community.

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READER testimonials

"I love SASSY Magazine. It has the perfect amount of fashion, balancing life and work! Plus the recipes are amazing!"

– Kelly S.

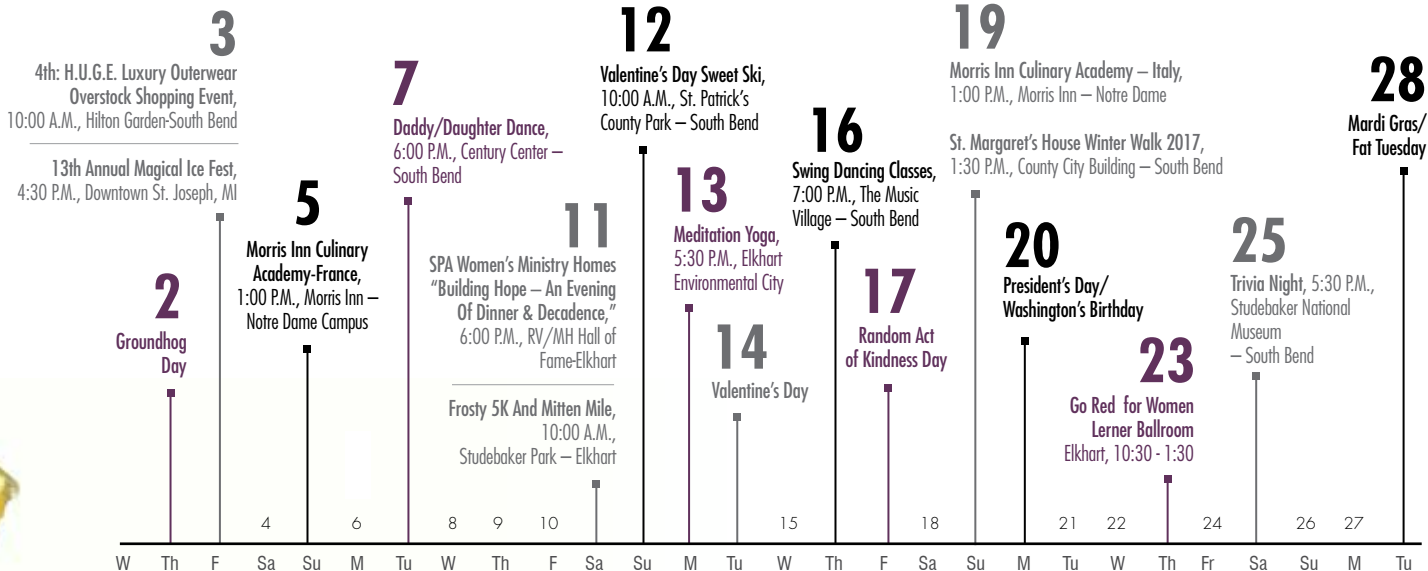
"Last year's Glitz and Sass Fashion Show was amazing! I can't wait to go next year with my friends!"

– Lindsey C.

"Thanks to SASSY Magazine, I was able to get a promotion by reading their tips and tricks!"

– Gail T.

Thank you!



Pomegranate MARTINI

INGREDIENTS:

- 1 Ounce Vodka or Gin
- ½ Ounce Cointreau or Orange Curacao
- 3 Ounces Pomegranate Juice

DIRECTIONS:

Shake with ice and strain into a martini glass. Garnish with an orange peel or a lime wedge!

Enjoy!



Fun Facts On The 89th Annual Academy Awards

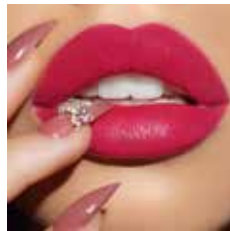
- The first Academy Awards were presented in 1929 at a private dinner of about 270 people. It was first televised in 1953.
- Only three women have received Best Director nominations.
- Meryl Streep has been nominated 20 times and winning three of them.
- Katherine Hepburn won a record of four Best Actress Oscars.
- Walt Disney won 22 Academy Awards from 59 nominations and four honorary Academy Awards.

(Information found at www.thrillist.com)



WHAT WE ARE PINNING

Kissable Lips



Matte Pink

(www.instagram.com/billionwomanofficial)



Rich Purple

(www.ca.motiviescosmetics.com)



Sparkly Red

(www.webeartit.com)



Romantic Chocolate Truffles

INGREDIENTS:

- 12 Ounces Semi-Sweet Chocolate, Chopped
- 1/3 Cup Heavy Cream
- 1 Teaspoon Vanilla Extract

DIRECTIONS:

1. In a medium saucepan over medium heat, combine the chocolate and cream. Cook until chocolate is melted and mixture is smooth.
2. Remove from heat and whisk in the flavoring. (It doesn't have to be vanilla. It can be any flavoring of your choice!)
3. Pour into a small dish and refrigerate until set, but not hard, 1 ½ to 2 hours.
4. Form into balls and roll in confectioners' sugar or ground chocolate.
5. Enjoy!

TIP:

For Valentine's Day, you can drizzle the truffles with strawberry syrup or serve with strawberries on the side!



WHEN IT COMES TO YOUR HEART, *Dial 911*

By: Dr. William Sarnat
CARDIOLOGIST AND MEDICAL DIRECTOR OF THE CARDIOVASCULAR RESEARCH
DEPARTMENT - SAINT JOSEPH HEALTH SYSTEM

When it comes to matters of the heart, one fact remains, every minute counts when someone is experiencing a heart attack. Making one simple decision to dial 911 instead of driving to the hospital can make a difference by saving heart muscle, and your life.

During American Heart Month, Saint Joseph Health System (SJHS) and the American Heart Association want you to be aware of the impact dialing 911 can have on surviving a heart attack.

Over the years, I've seen many cases where that decision has proven itself over and over. And, since 2013, I've collected data to help the community see and understand how important this decision can be. Below is a typical scenario that can occur:

Mary Z. is a 60-year-old woman who is overweight, sedentary, is on high blood pressure medications and is trying to quit smoking. She had been told by her physician that her blood sugar is borderline high and she is trying to lose weight in order to bring her sugar level down. At 6 A.M., she awoke with moderate back and shoulder discomfort, associated with nausea, shortness of breath and fatigue. She attributed this to gardening the day before and took an Advil. She thought that this might be heart disease, but had read on the Internet that women do not get heart attacks and that this is primarily a disease of men. By 8 A.M., her discomfort had begun radiating into her mid chest and was more severe. She took an antacid, but got no relief. By 9 A.M., the discomfort had become moderately severe and she decided to drive to the hospital. She did not want to call an ambulance to draw attention to herself in the neighborhood. The hospital in fact was not so far away and she was not sure if insurance would cover the cost of an ambulance ride. At 9:15 A.M. while driving the car, she became so weak that she could drive no farther and stopped the car. At this point, she took out her cell phone and dialed 911.

Mary's case isn't unusual. In fact, those same thoughts have been expressed to me from many of my patients during their recovery process. **Here are some things that kept Mary from getting the best possible outcomes when experiencing a heart attack:**

1. Mary assumed that as a woman she was protected from heart disease. Her sedentary lifestyle, borderline blood sugar readings, obesity and smoking place her at high risk for heart disease. Although women develop heart disease 10 years later on average than men do, just as many women die of heart disease.
2. As Mary was experiencing the symptoms of a heart attack, she brushed them aside. Mid-back, right and/or left arm discomfort, shoulder discomfort, nausea, shortness of breath and fatigue are common. Mid-chest pressure or tightness is less common in women than men, but still occurs frequently.

MAKE AN IMPACT – Local Events:

Little Hats, Big Hearts – All Month
(www.heart.org/littlehatsbighearts)

Macy's Red Dress Pin Sale –
February 1-6

**Coach Mike Brey's Men of Heart
Wristband Sale at all Martin's
Supermarkets** –
January 25 – Valentine's Day

Wear Red Day – Friday, February 3
Coach Mike Brey's Men of Heart Mardi Gras

Masquerade – Thursday, February 9

Go Red For Women Luncheon –
Elkhart County – Thursday, February 23

3. Mary did not take aspirin. This is a blood thinner that may work within one to two hours to prevent further blood clotting.
4. Mary did not call the EMTs for an ambulance. By driving herself to the hospital, she was incapacitated and put others on the road in danger, as well.

Luckily for Mary, the ambulance quickly found her location and took her to the hospital, where she underwent an emergency cardiac catheterization. Her right coronary artery was totally blocked, but was opened with a balloon and then a stent. Her post-procedure course was uneventful and she was discharged from the hospital two days later. Afterwards, Mary talked to her physician about how to prevent future heart disease. As such, she enrolled in a smoking cessation class and also joined the Cardiac Rehab program at SJHS. She was also placed on appropriate cardiac medications.

While Mary was lucky enough to survive a heart attack, 50 percent of deaths from a heart attack occur within the first hour. The data collected from SJHS Mishawaka Medical Center showed that an ambulance can arrive at a residence within eight minutes and begin a person's evaluation and treatment. Choosing to drive to the hospital only prolongs the optimal time for treatment, ultimately affecting recovery from a heart attack.

When you dial 911, once the EMT crew arrives, they can assess, perform an EKG and make a diagnosis within eight to nine minutes. The EMT crew also can transmit the EKG results to the emergency room and notify the physicians on call and the Cardiac Catheterization Lab before you even arrive. Cardiac Catheterization can occur usually within 45-60 minutes. Ideally, the best recovery from a heart attack happens when this procedure occurs within 120 minutes of the onset of chest pain.

The importance of dialing 911 instead of driving to the hospital is vital to surviving a heart attack. For more information, visit sjmed.com or the American Heart Association at heart.org. Be sure to speak with your family physician about ensuring you are living a heart-healthy lifestyle. ☞

How Healthy Is Your Heart?

AMERICAN HEART ASSOCIATION AIMS TO RAISE AWARENESS OF HEART DISEASE AMONG WOMEN IN MICHIANA!

Love Your Heart This Month

February is American Heart Month, and Friday, February 3rd is National Wear Red Day, both drawing attention to cardiovascular disease and the efforts to stop America's number one killer – heart disease. Heart disease and stroke cause 1 in 3 deaths among women each year – more than all cancers combined.

Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease. February is also the signature month for the American Heart Association's Go Red for Women movement, which inspires women to make lifestyle changes, mobilize communities and shape policies to save lives.

This February, the American Heart Association in Michiana is pulling out all the stops to raise awareness of heart disease during American Heart Month. Through community initiatives, fundraising events and an educational luncheon, the AHA is making sure Michiana is aware of their # 1 killer.

Little Hats, Big Hearts, an American Heart Association program, in collaboration with The Medical Foundation, aims to raise awareness of congenital heart disease. Volunteers have knit and crocheted little red hats and will be distributing the hats to all babies born at the four major hospitals in Michiana in February to increase awareness of congenital heart disease, the number one birth defect in our community. Mid-month, Coach Mike Brey's Men of Heart an initiative to put men on a healthy path will host their annual Mardi Gras Masquerade at Ruth's Chris Steak House to raise money for local research and community events. The AHA will round out American Heart Month with the Elkhart County Go Red For Women Luncheon, the Go Red For Women movement's signature event.

Why Go Red?

- Heart disease and stroke kills approximately one woman every 80 seconds.
- An estimated 44 million women in the U.S. are affected by cardiovascular diseases.
- 90% of women have one or more risk factors for heart disease or stroke.

On Thursday, February 23rd, the American Heart Association will host the Elkhart County Go Red For Women Luncheon at the Lerner Crystal Ballroom. The event is designed to raise awareness, empower women to take charge of their health and raise funds which will go back to the Go Red For Women initiative in Michiana.

"We hope to inform and educate women, but most importantly give women the resources they need to take proactive steps to be healthy. It takes a community armed with awareness to tackle this health crisis and we look forward to making an impact in the Michiana community," said Laura Guy, Corporate Director – Michiana Chapter American Heart Association.

The luncheon is sponsored nationally by Macy's and locally by Goshen Health System and Elkhart General Hospital and will feature healthy lifestyle expo, gourmet luncheon, interactive women's health panel and the Rock The Red Runway Fashion Show. For more information on the American Heart Association's local events, visit www.Facebook.com/AHAIndiana.



By: Phyllis Rose

Day Trip

Steuben County Churches

Do the Steuben County Steeplechase! Don't worry. It doesn't involve riding helter-skelter on horseback across the countryside, jumping over ditches and fences and heading toward the nearest church steeple, as was popular in 18th century England.

It just takes your horse-powered vehicle and a list of historic churches in Steuben County from the website, www.lakes101.org. Then, you're off and running to see 19 churches built before 1900, most still in use.

The drive will take you through the rolling hills of Indiana farms, along beautiful lakes and gorgeous lake homes, by streams and swamps, over some dirt roads, and through delightful small town America. Dave and I took two days to do the tour but you could do it in one day since the churches are, at most, only 20 minutes apart.

If you're lucky, a church or two will be open and you can go inside to see the stained glass windows, the antique pews and, of course, the modern upgrades.

We had our favorites among the 19 churches. First, the Mount Zion United Methodist Church, 3401 S. Golden Lake Road, Pleasant Lake, built in 1865, sits on a hill from which you can see Golden Lake in the distance. We wandered through the old cemetery next to the church, always an interesting interlude as you wonder about the people buried there. Some tombstones were so old and weathered, we couldn't make out the inscriptions.

Walking back past the church, we saw the door was open and we heard a vacuum cleaner running. We stepped inside and talked to a church member about the beautiful stained glass windows and the church's history. They celebrated their 150th anniversary last year, he told us.

The pews in the church are original. We marveled at their fine workmanship and beauty and thought about the thousands of people who have sat in those pews over the years. When the church was built, the country was still reeling from the effects of the Civil War. Members may have lost family in the war and sought comfort from their faith in these very pews.

Dave was particularly taken with Christ's Church at Lake Gage, 5540 W. Orland Road, Angola, built in 1890. The small sanctuary wraps around two sides of the curvilinear steeple. Over the entrance is a stained glass window featuring a lighthouse. He plans to make a model of the church so we took photos from all sides.

Photos Provided By: Phyllis Rose



These pews in Mount Zion United Methodist Church are original to the church which was built in 1865.



Christ's Church at Lake Gage was Dave's favorite church.



A restoration fund for the South Scott Church has been established through the Steuben County Community Foundation.



The twin steeples of Clear Lake Bible Church, a church built in 1872 as a Baptist Church.



Old weather tombstones in the cemetery adjacent to the Mount Zion United Methodist Church.

From there, the drive took us along Lake Gage and its beautiful luxury homes. Our next stop was at the Orland Congregational Church, 202 E. State St., Orland, the county's oldest standing church, built in 1852. Fortunately, the door was open and we went inside. We particularly wanted to see the stained glass over the door. Looking at it from the outside just didn't do it justice. Inside, we were amazed at the vivid greens, pinks and reds in the window.

The Nevada Mills United Methodist Church, 4710 W. Bachelor Road, Angola, completed in 1892, is in a lovely setting, overlooking the old mill pond.

Built in 1876, the Ray Community Church, 6265 E. 800 N., Fremont, has a sign which says, "Ray of Hope Community Church." We waved at Amish people driving by in their buggies. The maple trees on the property had been tapped and sap was dripping into plastic containers.

The Clear Lake Bible Church, 9050 E. 700 N., Fremont, built in 1872 as a Baptist church, was unusual because it has two steeples. It looks like there were two churches at one time, now joined by a connecting building and entrance. We theorized how that might have happened.

In 1983, the Powers Church, 1 N. Old State Road 1, Angola, was added to the National Register of Historic Places. Built in 1876, it's still the same inside and out, according to its website, www.powerschurch.org. Regular services are no longer held there but community services are scheduled four times a year - the fourth Sunday evenings of June, July, and August and the Sunday after Thanksgiving. We want to go back to one of the services to see the inside of the church where everything from the wallpaper to the oak floors is original.

Surprising us at the end of our tour was the South Scott Church, 3285 Metz Road, Angola. All the other churches were in good condition and well taken care of, but this church was falling apart. Built between 1886-87, the church is now abandoned. The windows are broken and the birds are apparently nesting in the belfry. Later, we were pleased to discover that a restoration fund for the church has been established through the Steuben County Community Foundation.

Whether you do the tour in one day or two, you'll need to refresh yourself with a good meal. We found two places to fit the bill. If you like a local eatery where the waitresses seem to know everyone and which serves up comfort food, try the Village Kitchen, 109 N. Superior St., Angola. Dave enjoyed his country-fried steak and I my chicken parmesan. For dessert, Dave's chocolate sundae was so large, the top scoop was in danger of falling out of the glass. My hot pecan pie with ice cream was wonderful.

On our second trip, we opted for Caruso's, 2435 N. 200 W., Angola. This cozy Italian restaurant serves up hearty portions of Italian cuisine. We started with cups of chunky and tasty minestrone soup, followed by spaghetti and meatballs for Dave and chicken parmesan for me. The steaming breadsticks accompanying our meals were the largest I've ever seen. Our entree portions were so large (and delicious!) we opted to take some home so we would have room for dessert - peppermint ice cream for Dave and lemon blueberry mascarpone cake with house-made blueberry ice cream for me.

Having done the Steuben County Steeplechase, you'll return home blessed with reminders of our country's spiritual heritage and filled with the blessings of great food. ✨

FOR MORE INFORMATION:

Northern Indiana Lakes Country website:

www.lakes101.org

Click on the "Visitors" dropdown menu. Then, click on "Tours" and then "Historical Church Tours."

Click on "Download Historical Tour Brochure Location Map."

Print out the map. It has addresses, pictures, and brief descriptions of 19 churches.

The Village Kitchen

260-665-9053

www.villagekitchenin.com

Caruso's

260-833-2617

www.carusos-restaurant.com

Steuben County Community Foundation

260-665-6656

www.steubenfoundation.org



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Library

LOVERS DAY

By: Rita Miller

February 14th is a hallowed day for sweethearts across the world. Boxes of chocolate candy are purchased, special cards are bought and roses are standing tall in their delivery vases. This special day is known as Valentine's Day. There is a lesser known holiday observed on February 14th: Library Lovers Day. This special day can be celebrated without candy and presents, but still be festive, fun and worthwhile!


Library Lovers Day started in Australia in 2006. The Australians recognized the need to cherish and value our history and the future of libraries. They wanted the politicians to know that libraries need funding to service the community.

My first memory of a library is the Eva K Bowlby Public Library in Waynesburg, Pennsylvania. This library was a 40-minute walk from my house (we walked everywhere in those days). It was an actual home, a warm fortress carved in stone. It sat on a hill in a distinguished neighborhood. I can still remember the small front desk, the winding stairs to treasures of books and the happiness at finding something special to read. I was four years old when I first won "Of Course It's a Horse" at a library contest. My love of reading started that very day, progressing to Nancy Drew, Agatha Christie and all mystery novels in between.



One of our own local libraries, the St Joseph County Public Library, has always been special to our family. The Francis branch was within walking distance (although it was risky to push a stroller down Ironwood without sidewalks). We spent many afternoons in the cozy woodland nooks of that library. The downtown branch had toys and computer games. There was something for everyone.

The library website, sjcpl.org, is bright, inviting and easy to navigate. They have a calendar packed with events for the community. As I write this, they are offering classes in creating Pokémon bath bombs (ask any teen how relaxing a bath bomb soak is), a lecture on “Discovering The Real Downton Abbey, and a holiday Symphony concert. All of that is in addition to access to books, movies, CD’s, museum passes and more! Books can easily be reserved on the website, sent to the library location near you, ready and waiting for pickup. There are plenty of opportunities to volunteer and donate. More info is available on the website.

This February 14th, remember to celebrate both holidays! A visit to the public library with someone you love would be a great idea! 



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SASSY  life



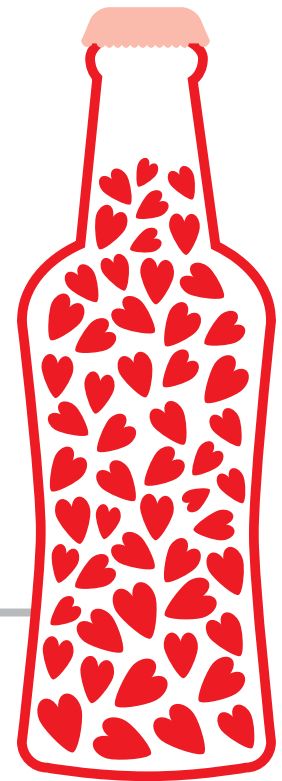
Craft Beer  
FOR VALENTINE'S DAY

By Chuck Bergman, homebrewer and beer enthusiast

GREAT GIFT OPTIONS FOR YOUR CRAFT BEER LOVER

If you really want to impress your sweetheart this Valentine's Day, skip the usual gifts and surprise him with something unexpected – craft beer. You could just buy a case at the grocery store and be done, but where is the romance in that?

This holiday is full of romance and mystery, a chance to really show how much you care about him and his passions. Never fear, we have assembled some great gift ideas to make this year's Valentine's Day a special treat.



SEASONAL MULTIPACKS

Winter is a great time to experience new beers. Many breweries offer multipacks during the season that contain 3-4 different styles. This gives you and your sweetie a chance to try some unique beers that are not normally sold individually.

LIMITED RELEASES

Breweries often have limited release or special edition beers every season. These unique and sometimes hard to find beers are usually packaged in larger bottles, usually bombers (22oz) or 750mL. They are often higher in alcohol content and feature an array of unique flavors blended into the beer.

BEER CLUB MEMBERSHIP

Another great Valentine's Day gift option is membership in a beer club. Each month your special someone gets a different selection of beers available to sample. Most clubs have a broad selection of craft beers, allowing your loved one to sample great brews produced by different craft breweries from around the country and possibly the world.

SET OF SPECIAL GLASSWARE

A true craft beer connoisseur knows that specialized glassware allows the brew to be truly enjoyed the way it is meant to. The proper glass shape enhances aroma and brings out the unique flavors of specific beer styles. There are a wide variety of glass styles to choose from, but no bar is complete without a set of mugs, pint, pilsner, tulip and snifter glasses.

DAY TRIP BREWERY TOUR

With so many great craft brewers within a few hours' drive, why not plan a trip to a local brewery? Not only do you get to sample amazing locally-brewed beers in their tasting room, but you also get to spend some quality time with your sweetheart. Plan a special meal at an area restaurant and you have a romantic quick trip.

WEEKEND GETAWAY

Why not plan a special weekend getaway for Valentine's Day ... but with a special twist? Southwest Michigan has an amazing selection of vacation destinations within close drive to a brewery. So like the day trip, you can spend a few hours of your weekend touring the brewery and tasting some great craft beers.

BEER SWAG

Finally, no craft beer gift would be complete without some swag. Hats, t-shirts, sweatshirts, posters ... you name it and you can find it printed with a brewery logo. Hopefully this list helps you find the perfect, romantic gift for your special beer-loving valentine. ♡

CHEERS!

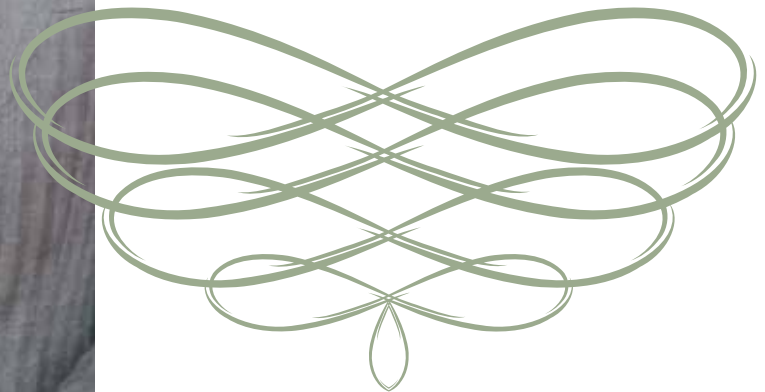
SOME THINGS *Hanks*

By: Margo and Jim Bell



Thomas Jeffrey Hanks turned from a self-described “geek, a spaz . . . painfully, terribly shy” kid to an honored, award-winning actor, taking on films that range from comedy and voice-overs to biopics and action-thrillers.

See how much you know about the actor many refer to as “The Modern Day James Stewart.”



1. Two of Hanks' before-the-biz jobs were:

- a. Peanut/popcorn vendor
- b. Tire salesman
- c. Hotel bellman
- d. Dog groomer
- e. Theater usher

2. Which of the following is true about Tom Hanks? (Pick two)

- a. His favorite rock/pop band is The Beachboys
- b. He's distantly related to George Clooney and Camille Cosby (Bill's wife)
- c. He was turned down for a role in the movie Argo
- d. Attended Princess Diana's funeral

3. What is Hanks' religious denomination?

- a. Jewish
- b. Catholic
- c. Greek Orthodox
- d. Presbyterian
- e. Scientologist (no longer active)

4. How many real life roles did Tom Hanks portray?

- a. nine
- b. eight
- c. seven
- d. six

5. Tom Hanks' first dramatic movie was:

- a. Nothing in Common
- b. Philadelphia
- c. Forrest Gump
- d. Apollo 13

6. How many Academy Award nominations did Tom Hanks receive?

- a. four
- b. five
- c. six
- d. seven

7. What is unusual about Tom Hanks? He:

- a. Collects typewriters and owns at least 80.
- b. Made a one-time guest appearance on the TV sitcom "Happy Days."
- c. Has an asteroid named after him.
- d. Is an honorary member of the United States Army Rangers Hall of Fame.
- e. Starred in a movie with his wife Rita Wilson and two of his children.
- f. All of the above

Find Answers on Page 27!



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Communication

For Lasting RELATIONSHIPS

By: Lara Krupicka

It's no secret that stable, long-term relationships, whether with a spouse, or with children, take a lot of work. But the payoffs are more than worth it. And there are ways of communicating that ensure better, more enjoyable relationships.

FOCUS

We live in a highly distracted age. It's not uncommon at a restaurant to see couples glancing at their cell phones, or outright texting or surfing social media during dinner. But while we're busy keeping up with all of the other people in our lives, we're missing out on connecting with the person in front of us. Putting away distractions and focusing on the immediate conversation goes a long way to communicating attentiveness - literally and emotionally.

LISTEN

Make an effort to be an active listener. Ask questions that probe deeper. Reflect back what you are hearing, including any emotions you sense underneath the words. Allow silence between your comments and questions to encourage the other person to speak up.

ENJOY

Talk about fun stuff too - not just school (with the kids) or the kids (with your spouse). Connect with them by bringing up topics that interest you both - a tv show you enjoy watching together, or a new fact you learned that they would appreciate.

APPRECIATE

Make a point of noticing when the other person does something you appreciate. Tell them what specific attributes or attitudes or actions you value about them.



“FOCUSING ON
THE IMMEDIATE
CONVERSATION
GOES A LONG
WAY TO
COMMUNICATING
ATTENTIVENESS”



WHEN CONFLICT ARISES:

- Don't be afraid to inject humor to lessen the tension. But try not to direct it at the person with whom you are arguing.
- Avoid being defensive. Seek to understand the other person's perspective. And refrain from leveling criticisms at others, but instead share concerns rationally, unemotionally. Relationship expert John Gottman identifies both defensiveness and criticism as behaviors that are corrosive to relationships.
- Demonstrate affection - a gentle touch, a kind look, an endearing word, even when you aren't feeling affectionate, can diffuse heated emotions. It's a reminder that you are *for* each other and not *against*.

Good relationships are key to a happy life. Communicate well to keep them healthy. ✨

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SKY ZONE
TRAMPOLINE PARK



By: Andrew Skipper

4 Ways to *LOVE* Your Home

Home is where the heart is. It's a common expression, but what does it really mean? The heart, in this case, isn't in reference to the organ in our chest, but rather to the emotion of love. Home is where love is. While everyone is unique, and we see the world from our own perspectives, we all have one thing in common — we need love. It is a wonderful feeling to receive love from others, but the most important thing one can do is love one's self. The home, then, is a reflection of the love we have for ourselves, and in turn, others. What does your home say about you? How can you create a space that nurtures and serves you better? Here are four ways to love your home, helping you transform your house into a haven you'll love.

Make It Personal

First things first, your home should reflect you. In a world of mass production and throw-away furniture, it can be tempting to follow the latest trends and buy the same things that everyone else has. The problem? You end up with a house full of disposable pieces and an overall atmosphere that doesn't say anything about your personal style. Of anywhere on earth, your home should be the place that tells your story. Need artwork for your walls? Create something! Even if you think you aren't the creative type, ask a child (or a friend's child) to paint on a canvas for you. This gives you unique, affordable, instant and very personal artwork.

When shopping for furniture, accessories and lighting for the home, consider mixing in antiques, vintage items and estate sale finds with new pieces from big box retailers. Maybe you'll take an antique dining table and pair it with a set of new chairs. Perhaps you can pair modern white sofas with an antique rug. It's really all about the mix. It's the unique pieces in your home that tell a story and open up space for a dialogue.

If you collect anything, display it! There's nothing sadder than seeing a prized collection packed away in boxes and hidden in a closet. Group collections together on tabletops, on shelves or in display cabinets. Books are another excellent way of letting your personality shine. Even if you don't have an entire room dedicated as a library, squeeze a shelf into an empty corner of the room or at the end of a hallway. The point is to get show off pieces that make you happy. If something makes you feel good, buy it, love it and display it!

Entertain

Perhaps one of the best ways to love your home is to bring people you love into it. If you're not the Martha Stewart type, don't worry! The key is to keep entertaining on a level that makes you completely comfortable, whether that means take-out or full on formal dinner party. If you're new to entertaining at home, invite a few friends over for a game night. Order a pizza, pick up a bottle of wine, light a couple candles, put on some fun music and voila—you've got yourself a no-stress party. No matter what entertaining endeavor you choose, preparation is key. The more you can do beforehand, the less pressure you'll have the day of your party. If you're having fun and at ease, your guests will have an enjoyable time too. At the end of the day, relationships are the most important things in life, so why not celebrate them in the most important place—home!

Indulge in Little Luxuries

You know that feeling after you get a pedicure or a massage? It feels good, right? Indulging in little luxuries is actually a necessity. We all want to feel special, and when you can give gifts to yourself, you open up an energy flow that tells the Universe, "I can receive graciously!" The same concept applies in your home. Most people have an idea of what their dream home would be like. Some people would have a chef's kitchen while others long after a luxurious master bathroom, and still others would have both! Even if you can't go all out and build your ideal dwelling right now, try to incorporate certain elements that make your home special to you. Splurge on a fancy food processor in lieu of a chef's kitchen. Buy the best towels and bath mats your budget allows, even if you can't afford a complete gut job for your master bathroom. Indulging in little luxuries is a great way to love your house and allows it to love you back.



Maintain It

Maintenance is a necessary part of life. Without proper care, most things will break down and fail to perform their intended purpose. The home and everything in it are no exception. Keeping a regular cleaning schedule is a wonderful way to love your home. Vacuuming and mopping weekly ensures that rugs and solid surface floors are free of dust, thus eliminating offensive smells. Giving bathrooms a deep clean once a week keeps germs at bay, allowing you to be healthier. Disinfecting the kitchen daily prevents the spread of dangerous bacteria. Enrolling in preventative maintenance plans for your heating and cooling systems helps ensure that they are working properly and will be able to serve you when needed. By keeping your home maintained, you are showing appreciation for it and respect for yourself. It's a sure way to live in your house fully, and love every minute of it. ❧



Dip Into *Romance.*

How to Host a Fondue Party

By: Lara Krupicka

WHAT IS IT ABOUT FONDUE THAT MAKES IT SO ROMANTIC?

Perhaps the appeal comes from it being an exotic meal. Or the intimacy of sharing food from a communal pot. Maybe the leisure required when eating a meal one bite and dip at a time adds a certain spice to the air. Whatever the cause, Swiss fondue makes for an undeniably romantic affair - good cause for hosting a fondue party this Valentine's Day weekend.

We're here to dish the details for holding your own couples' fondue party, making it fun and easy for you and your spouse/significant other.



MEXICAN HOT CHOCOLATE FONDUE

- 1 c. heavy cream
- 1 c. whole milk
- 3 cinnamon sticks, or 1 tsp. ground cinnamon
- 1 lb. semisweet or dark chocolate, chopped
- 1 tsp. instant espresso powder
- 1 tsp. ground chipotle chile, or ½ tsp. ground cayenne pepper
- ½ tsp. vanilla extract

Combine cream, milk and cinnamon in a medium saucepan. Cook over medium-low heat, watching until small bubbles appear around the edge of the pan. Reduce heat to low and cook 5 minutes. Discard cinnamon sticks.

Gradually stir in chocolate with cream mixture until melted and smooth. Add espresso powder, ground chipotle and vanilla. Continue to cook over low heat for one minute, stirring well.

Transfer to fondue pot kept on low heat.



THE GUESTS

While you could create a romantic candlelit fondue dinner for two, it's easier and just as much fun to invite several other couples to join you. We suggest three to four couples total, including the hosts, depending on how many courses you want to include in your meal. If you don't mind hosting it potluck, asking each couple to bring ingredients for one course not only disperses the food prep, it also adds variety, as each couple has the opportunity to select their favorite ingredients to share.

THE COURSES

Oftentimes we think of fondues as strictly melted cheese or chocolate. But Webster's Dictionary defines fondue as both a preparation of melted cheese usually flavored with white wine and kirsch and a dish that consists of small pieces of food (meat or fruit) cooked in or dipped into a hot liquid. A menu with two cheese fondues, a hot oil or broth (oil cooks faster and more thoroughly) for cooking meats, and a chocolate fondue for dessert suit a Valentine's couples party quite well. If you choose to have two cheese fondues, try to ensure that they contain different cheeses - one sharp and one mild - or different seasonings.

THE DIPPERS

Add flavor to your fondue meal through the morsels you choose for dipping. Here are our favorite dippers for each type of fondue:

Cheese Fondue

- French or Italian bread cubes
- Blanched raw vegetables such as carrots, zucchini, cauliflower and broccoli
- Apple slices
- Pretzels
- Smoked sausage slices

Hot Oil or Broth

- Marinated beef cubes
- Marinated or breaded chicken bites
- Pork tenderloin pieces
- Shrimp

(You will also want to serve sauces with the meats. Some options include mustard sauce, barbecue, hoisin, curry, chimichurri, piquant, béarnaise, and chipotle mayo).

Chocolate Fondue

- Angel Food or Pound cake or frozen cheesecake
- Marshmallows
- Fruit: strawberries, bananas, mandarin orange slices, dried apricots, pineapple chunks
- Pretzels
- Donut holes
- Oreo Thins
- Graham crackers



CLASSIC SWISS FONDUE

- 2 c. grated Gruyere
- 2 c. grated Swiss
- 1 ½ tbs. cornstarch or flour
- 1 large garlic clove, peeled & crushed
- 1 ½ c. Dry white wine
- 2 tsp. Fresh lemon juice
- 2 tbs. Kirsch
- Dash of nutmeg
- Dash of cayenne pepper

In mixing bowl, toss cheeses with cornstarch to coat. Rub inside of saucepan or fondue pot with garlic, then discard. Pour wine and lemon juice into pan and heat on medium until simmering, not boiling. Reduce heat to low and add cheese to wine, a handful at a time. Stir until melted between additions. Add kirsch and cook for two more minutes. Season with nutmeg and cayenne. Keep on warm heat in fondue pot to serve. ♪



MUSTARD SAUCE (for dipping cooked meats)

- ½ c. light brown sugar
- 1 to 1½ tbsp. dry mustard
- 1 tbsp. all purpose flour
- ⅓ c. cider vinegar
- 1 beef bouillon cube in ⅓ c hot water
- 1 tbsp. lemon juice
- 2 eggs beaten to lemon yellow color
- 1 drop yellow food coloring

Combine the brown sugar, dry mustard, and flour in the top of a double boiler. Mix thoroughly. Add vinegar and beef bouillon. Stir until smooth.

Add lemon juice and beaten eggs and stir until well blended. Place over barely boiling water and cook, stirring constantly until mixture has thickened.

Remove from heat and add food coloring. Beat with a whisk until smooth and slightly bubbly. Serve hot.

THE SUPPLIES


Now is your chance to break out that fondue pot you received as a wedding gift! Don't have one? You can always make do with a crockpot set on low (taking care to stir often) or a regular pot set over a heat source such as a chafing fuel, gel burner or electric burner. Or borrow a fondue pot. You will want one pot for each course of the main meal, reusing one for dessert.

Fondue forks are highly recommended as well - particularly for use in cooking meats. The longer rod keeps your fingers safe and heatproof handles make it possible for the fork to be left in the pot of oil or broth without heating up. Plus many fondue forks are color coded allowing each guest to keep track of their fork in the pot. Table forks can be used with cheese and chocolate fondues, although you'll find it easier to stab and hold onto dippers using a fondue fork.

A Lazy Susan can also be quite handy, for either serving dippers, or sauces used on meats. One created for a fondue meal contains a stationery center platform for the fondue pot, surrounded by a rotating tray for sauce bowls.

THE ROMANCE

As if the food weren't enough to create an amorous atmosphere, there's a tradition that accompanies the eating of fondue that might be the capstone on creating a very Valentine-y evening. It's the tradition surrounding a lost morsel - that is, what one does upon discovering their fork has come out of the fondue pot empty, leaving their dipped bite behind. One version says that when a woman drops a bite in the pot, she has to kiss every man at the table, and when the offender is a man, he buys the table a bottle of wine. We prefer to follow the rule that the offending party must kiss their partner. You'll be surprised at how often you and your guests will "lose" a piece in the fondue over the course of an evening!

So tuck the kids in bed early, cue up your favorite dinner music playlist and gather some friends for an evening of dreamy dining. 



SOME THINGS

Hanks

By: Margo and Jim Bell



ANSWERS

1-a, c: As a California-born teenager Hanks sold peanuts and popcorn at the Oakland Coliseum. He also worked as a bellman at the Oakland Hilton, carrying bags of such luminaries as Cher, Sidney Poitier, Slappy White and Bill Withers.

2-b, d: Hanks and Clooney are seventh cousins and Camille Hanks Cosby is a distant cousin, all through Abraham Lincoln's mother Nancy Hanks. Tom Hanks attended Diana's funeral with Steven Spielberg (you can catch a glimpse of them in the 2006 film *The Queen*), along with Nicole Kidman, Tom Cruise and other celebrities. Incidentally, re (a), Hanks loves the recordings of Elvis Presley.

3-c: Hanks is Greek Orthodox! His heritage lists Catholic and Mormon faiths but Hanks converted to Greek Orthodox when he married his second wife Rita Wilson, who was from a Greek Orthodox family.

4-c: The seven actual roles are Jim Lovell in *Apollo 13* (1995); Carl Hanratty in *Catch Me If You Can* (2002); Charlie Wilson in *Charlie Wilson's War* (2007); Richard Phillips in *Captain Phillips* (2013); Walt Disney in *Saving Mr. Banks* (2013); James B. Donovan in *Bridge of Spies* (2015); and Capt. Chesley Sullenberger in *Sully* (2016).

5-a: In the 1986 movie *Nothing in Common* Hanks plays an ad executive who reluctantly must care for his ailing father played by Jackie Gleason. This was Gleason's final film.

6-b: The nominations were for *Big* (1988), *Philadelphia* (1993), *Forrest Gump* (1994), *Saving Private Ryan* (1998), and *Cast Away* (2000). He won for *Philadelphia* and *Forrest Gump*, making him only the second actor to win back-to-back Best Actor Awards, behind Spencer Tracy: *Captains Courageous* (1937) and *Boys Town* (1938).

7-f: In (a), Tom's typewriter collection is gathered from all over the world. In fact, the iPad application *Hanx Writer* imitates the sound and feel of an old typewriter.

(b) He played a classmate of Fonzie in *Happy Days*, and this started a collaboration with director Ron Howard.

(c) Hanks is a real fan of outer space! He once wanted to be an astronaut, lists *2001: A Space Odyssey* as one of his favorite movies, is a member of nonprofit National Space Society, and did a voice-over in a show for the Hayden Planetarium in New York City. The asteroid is called 12818 Tomhanks.

(d) In 2006 he was inducted into the Hall of Fame for his true-to-life portrayal of the character Capt. John H. Miller, an Army Ranger in WWII France, in the movie *Saving Private Ryan* ((2002).

(e) Hanks starred with Rita Wilson, son Colin Hanks, and daughter Elizabeth Hanks in the 1996 movie *That Thing That You Do*.

SOURCES: Wiki, IMDb; moviefone; more.

UP AND RUNNING IN NO TIME:

6 Quick Start-Up Business Ideas for Mompreneurs

By: Pam Molnar

When my third child was born, the cost of daycare was no longer worth my time working outside of the home. My family had grown used to my paycheck, however, so I wanted to create a business I could run at home alongside my children. Knowing I was taking a temporary pay cut, I was not willing to gamble too much money on a start-up business.

Most mothers do not want to risk their family's savings or take out a loan when they launch a new business. Luckily, a few hundred dollars is often enough to build from an idea to a successful home based business. With a combination of hard work, integrity and the right marketing, it is possible to make a profit as soon as the first month. If that sounds intriguing, take a minute to imagine yourself in one of these careers.

Day Care - The most logical business for a stay-at-home mom is a day care provider. You are already experienced in changing diapers, opening tricky strollers and making toddler lunches. You have age appropriate toys and safety items in place. If you only take on a few children, you can still go on outings to the library or park. As your kids get older, you can continue to provide before and after school care, leaving your daytime free for something else.

Startup Costs – Assuming you already have toys and safety items, you will only need insurance and CPR certification. Advertise – Elementary schools, library, churches and local Facebook groups.

Direct Sales – There are so many advantages to having a direct sales business. You can make your work hours fit your schedule, whether it is days, evenings or weekends. The majority of direct sales companies offer low cost kits to start your business and have support systems in place to help you succeed. Direct sales companies have name recognition and sell items that the average woman can use. Your first customers are usually friends and family, allowing you to pay back your business investment in no time. Many companies even offer bonuses for top sellers that include trips, cars and jewelry.

10 WAYS TO SAVE SEED MONEY FOR YOUR HOME BASED BUSINESS

One of the largest obstacles for moms starting a business is coming up with capital for business expenses without affecting their family's finances. Here are 10 quick ideas to save money for your business:

Have a garage sale. Of the 1000 people surveyed on Yardsalesearch.com, half of them averaged \$300 in sales at their garage sale.

Pay yourself every week – Start with \$1 on week one, \$2 on week two, etc.

Trim your household budget. Take time to shop for savings in phone, cable and insurance bills.

Preplan meals for busy nights instead of ordering out. Pack lunches instead of buying every day.

Take on some household projects yourself (like painting or housecleaning) instead of paying to have it done.

Put money away without realizing it. Shop with cash and put the extra coins and singles in a jar.

Check with your bank about an automatic savings plan. Move a small amount from checking to savings each week.

Head to the library instead of buying new books. Many libraries loan out ebooks as well.

Shop with coupons and put away the money you save towards your new business venture.

Look for seasonal employment. Try sports referee, holiday sales or merchandising.

Startup Costs – Kits are usually enough to have your first party. Advertise – word of mouth, social media and moms groups.

Petsitter - According to The Humane Society of the United States, 65% of U.S. homes have a least one pet. Households that have dogs or cats need someone to watch their pet for day trips as well as while they are on vacation. You can set up your business to watch the pets at either your house or in the pet's home. Some dog owners work long hours and pay to have someone walk their dog midday. Imagine getting paid to exercise! With my customer's permission, I often took my four year old with me when he was not in preschool which meant no day care costs.

Startup Costs – Flyers, business cards, insurance. Advertise in grooming salons, vet offices, pet shops and local community boards.

Freelancing - Most people associate freelancing with writers. Freelancers are needed in data entry, administration, IT, design, media, accounting, translation, marketing, engineering – the list goes on. The flexibility of this career makes it very family-friendly. Use your pre-mom skills and education to find projects in your field without the commitment to a full or part time position. Browse the freelance websites and view the projects. Bid on those that fit your skills and time constraints.

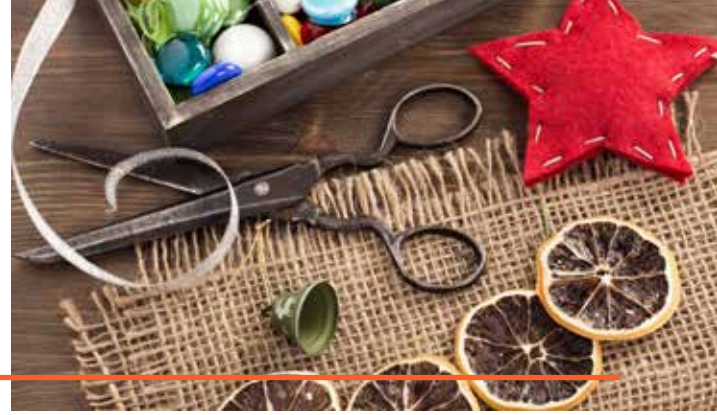
Startup Costs – Business cards and the tools of your trade. Advertise – Local chamber of commerce, word of mouth, freelance websites

Tutor - Use your talents to teach others. While tutors are traditionally viewed as those helping students with academics, they can do so much more. Tutors are needed for voice lessons, musical instrument instruction and sports skills. If you have a flair for sewing, art or dance, you can offer classes to teach both children and adults. Tutors primarily work after school or evening hours allowing moms who tutor the opportunity to use teenage babysitters.

Startup Costs – Business cards, flyers and tools to teach your skill to others. Advertise – Reach out to schools, community boards, home owner associations, music stores and sports facilities.

eBay Retailer – eBay is a very mom-friendly job because the internet is open 24/7. Start with items you have around your home like outgrown clothing and toys. When you have exhausted your own inventory, take the kids along to shop at garage sales and thrift stores and flip them for a profit. YouTube is filled with eBay how-to videos and is a great source of information for beginners.

Startup Costs- Listing fees and shipping supplies. Advertise – Unnecessary as eBay has 165 million active users. ☺



10 MORE QUICK START-UP BUSINESSES FOR MOMS

Fitness instructor/personal trainer – If you enjoy working out, why not get certified to teach classes in your home or theirs?

Inflatables rental – Purchase a bounce house, inflater and small trailer and you are in business!

Digital Conversion Technician – Help families preserve their memories by converting old VHS tapes to DVD

Carpool service – It is amazing how everything happens on the same night. Offer a shuttle service for kids in your area to help out parents who work or those who can't be in two places at once.

Used book reseller – Collect used books from your home, garage sales and flea markets. Resell online at Amazon, Abe Books or other online bookstores.

Baby Proofing Service – New moms have no clue about the trouble their toddlers can get into. Use your experiences to show them the safety features they need.

Virtual Assistant – If you have general office computer skills, your talents are often needed to help other mompreneurs with their businesses.

Cleaning offices – Looking for something to do after hours? Clean offices after everyone has gone home and let Dad stay home with the kids.

Crafter/Etsy seller – Love crafting? Sell your creations at craft fairs, church bazaars or online at Etsy.

Party hostess/scout crafter – Got a knack for party planning? Do you have Girl Scout craft ideas? Offer your services to moms in your area who are craft-challenged or frankly, stuck for a good idea.





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Dismas House of South Bend,
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*Grab your gal pals for a day of shopping,
rejuvenation, cocktails and a wedding!*

By: Ross Ford

**GET EXCITED ONCE AGAIN FOR THE EXPO FOR WOMEN LADIES DAY OUT
CELEBRATION 2017.**

The celebration will kick off National Women's Day and Empowerment Week in the Michiana community! The Expo for Women brings you the best local products and services to help you feel and look your personal best. Oh, and did we mention there will be cocktails and a wedding?

For 27 years, the Expo for Women Ladies Day Out Celebration has been highlighting local businesses in the Michiana Community to help women become happy, healthy and wise. During this time each spring the Century Center has been filled with thousands of attendees and over 60 exhibitors offering a full range of products and services to women from all walks of life.

The Expo for Women is a large scale community event that brings women together in a fun, open environment and introduces them to area nonprofits. Attendees will treat themselves and their girlfriends to a fabulous day of shopping, food, beverage and product sampling, fashion shows, art, health and wellness demonstrations, rejuvenation services and more. The celebration is more than about how you look, it's about listening to other women's experiences and sharing yours, positively impacting others about empowerment and raising awareness.

Cindy Cohen RN, event promoter and coordinator has said, "I make it a priority to include local businesses, health services, and nonprofits who want rebuild, rejuvenate and educate women in our community." Cohen further expressed that she wants to make sure that all women attending have the opportunity to become empowered to improve their quality of life. "Come prepared to shop and we know you'll find a great Michiana shopping experience." says Jackie Appleman, spokesperson for Downtown South Bend and Event Advisor.

In addition, there will be non-profit services spotlighted who have given back to women in the Michiana community for a lifetime. This year the Michiana Shop & Greet Cocktail Party for Charity joins the Expo for Women Ladies Day Out Celebration. "Dismas House of South Bend, Hello

Gorgeous and Goodwill Industries of Michiana all have a huge impact on the well-being of our community.” says Karen Bachert, Organizer & Host for the annual Michiana Shop & Greet Cocktail Party for Charity, “and we are so appreciative of the opportunity to bring this event to the Expo for Women Ladies Day Out Celebration.”

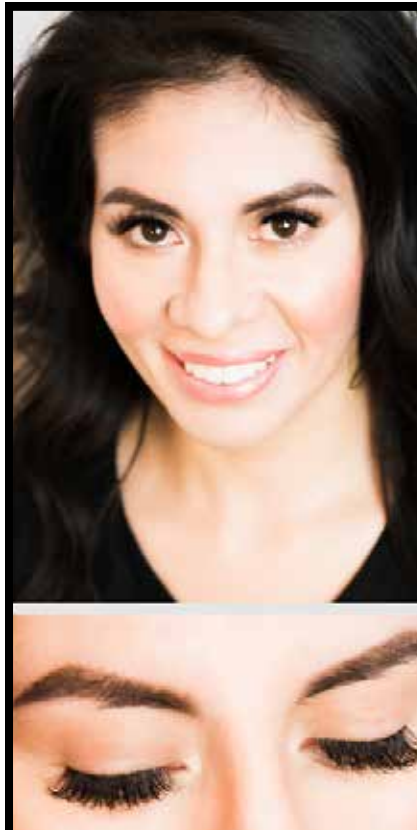


Lots of fun things will be happening and wonderful on-stage entertainment will welcome the Michiana community. Included this year will be a D.J. and Jazz Band, a fun, fast-moving, onstage Zumba session, the “Pitch to Michiana Sharks” Competition and lots of other local entertainers plus the featured events of 2017. A “Champagne and Bling” Give Away starts at 5:00 P.M. Silent Auction items will be open for bids center-stage throughout the Expo. A LIVE Charity Auction will start at 6:00 P.M. and will be followed by the “Reveal Event” introducing a surprise guest (someone battling cancer) who received a complimentary beauty-makeover from Hello Gorgeous during the Expo. The presentation of the Charity Angel Awards recognizing the contributions of community volunteers chosen by the 2017 charities will begin at 7:00 P.M. and will be hosted by sponsor WSBT-TV and WSBT anchor Cari Peugeot. Goodwill Industries will provide the award recipients with a beautiful granite plaque, a unique piece of art Goodwill created and produced.

And don't worry, it's not done until you've taken part in the first ever wedding at the Expo for Women in South Bend and the first wedding ceremony to take place at a women's expo in the Midwest. This celebration of love between Chrissie Caron and Timothy Kriel will begin at 8 P.M. and will be officiated by Mary Jo Smith from 2equals1.

The Expo for Women Ladies Day Out Celebration is scheduled for Thursday, March 2, 2017 at the Century Center from 2 P.M. - 9 P.M. with the Michiana Shop & Greet Cocktail for Charity from 5 P.M. - 9 P.M.

To learn more about the event visit www.exporforwomensouthbend.org. Look for the Expo on Facebook and Twitter; Expo for Women, #exporforwomensb, #ladiesdayoutsb. You can watch past videos of the event at the Expo for Women YouTube Channel www.Youtube.com/exporforwomensb. You can contact Cindy Cohen RN at her website www.CindyCohenRN.com and find her on social media using Cindy Cohen RN. ☺



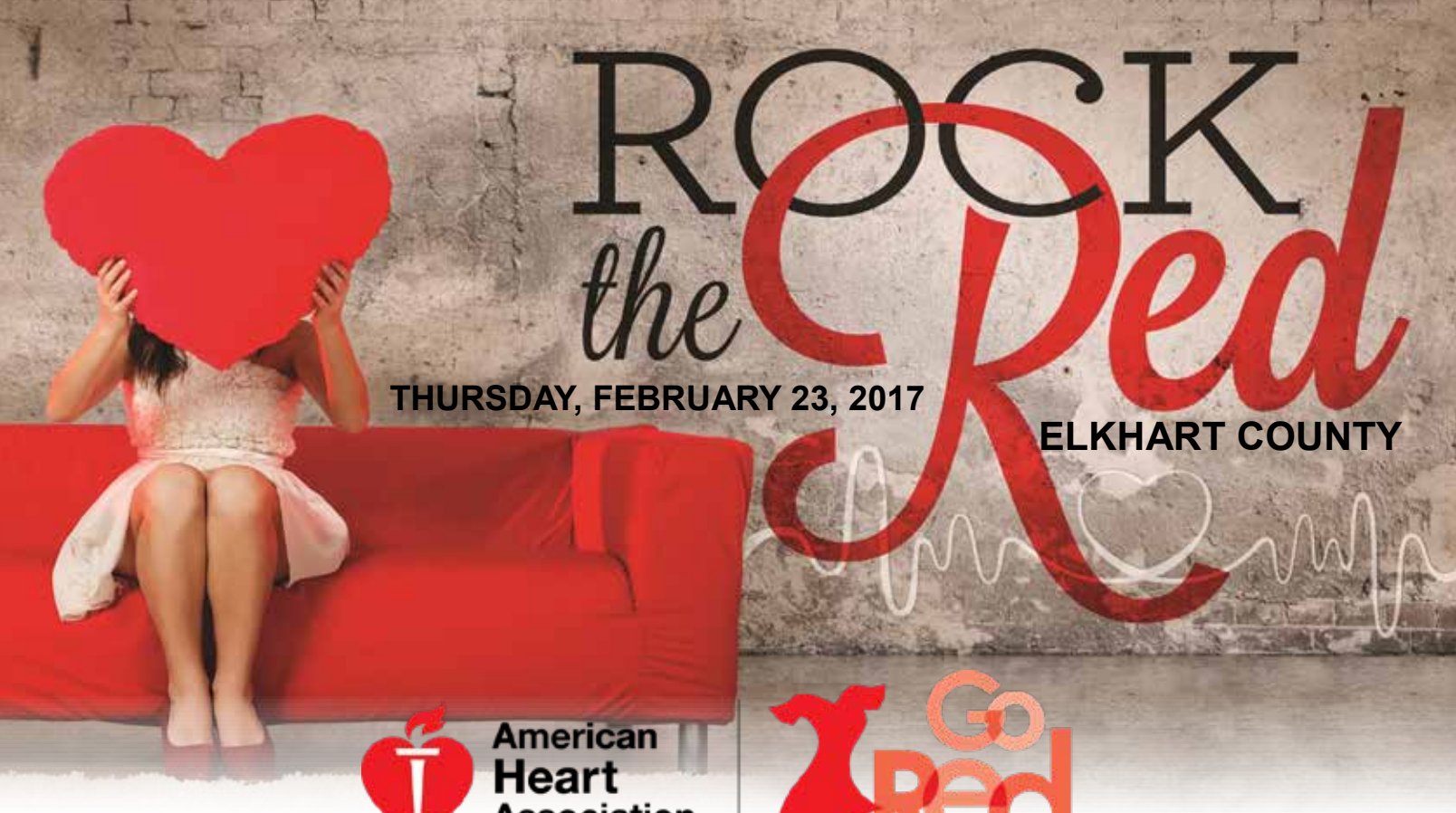
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2017 Go Red For Women Luncheon

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Lerner Crystal Ballroom | 410 South Main Street, Elkhart

Fundraising to benefit the American Heart Association's Go Red For Women Campaign. For table sponsorship and tickets, go to www.heart.org/MichianaGoesRed #MichianaGoesRed

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