

# RESILIENT

NO.1 FOR BARRIER BREAKER NEWS

*Charis Jones*

THE FASHION ICON AND  
\$2 MILLION GROSS  
SALES OWNER EXPLAINS  
THE RESILIENCE OF  
SASSY JONES BOUTIQUE

*The Youi Lady Vibe*

TAKING CARE OF YOU  
AND EVERYTHING  
ATTACHED

*The Art of Seduction*

SECURING A DATE  
WITHOUT LOSING  
YOURSELF

*Happy Valentine's Day*

ISSUE#9 | VOL.1 | FEBRUARY 2021

\$15.00  
ISBN 978-05-09-19810-1  
51500>



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LANCÔME   
PARIS

# RESILIENT MAGAZINE

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JANUARY 2021



*Photo courtesy of Charis Jones*

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The Resilient Magazine is published by  
Teia Acker #RESILIENT, LLC.

[www.resilientmagazine.com](http://www.resilientmagazine.com)

## Resilient Magazine

*Established June 1, 2020*

Resilient Magazine's mission is to highlight the resiliency of women, their work, their worth and their ability to weather the barriers that life may bring. The magazine also highlights entrepreneurs from all facets of life, while highlighting the exceptional roles African American women play in the prevalence and relevance of culture.

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MAGAZINE



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# Resilient

EMPOWER | IMPACT | GROW & GLOW

**W**hen I began this journey to **EMPOWER** women to feel great about themselves despite the barriers life brings, I did not realize that I would be apart of the journey as well. Having received the name **RESILIENT** from a good friend and business colleague at the 2nd Anniversary of one of my businesses, I had no idea the power of the word itself. I

always believed that **IMPACT** comes in the form of transparency. I believed that being vulnerable and honest helps others and heals the hurt in you. Being transparent enabled me to identify with the needs of women who were not only going through similar barriers, but were praying for a connection to a survivor. What many of them failed to realize was....so was I. I needed to see women climb from the ashes of the fires of life. I gained strength from watching women defeat cancer, survive divorce, raise children as a single mothers, become spiritual leaders, become political leaders, receive doctoral degrees, become entrepreneurs, eliminate debt, delete criminal records and become thriving citizens and ultimately live a self-rewarding life. After witnessing women succeed on all levels, it propelled me to **GROW** - up. The days of the "woe it's me" died. The days of complaining of what I did not have ceased and I rejoiced in what I did have. The **GLOW** that is revealed today is as a result of finding myself, establishing my own identity, deciding that I matter, acknowledging that I have purpose and deciding to go back, give back and get women to travel this amazing journey with me.

This is RESILIENCE.....

## J.A. #Resilient

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#GETNOTICED-The Podcast



*Throughout this issue, you will find stories of women who are **RESILIENT** in their walks, their thoughts and their actions. You will see advertisements from women in business. You will feel apart of something small in size but big in substance. You will identify with the stories, establish a new meaning of **RESILIENT** and aid in the positivity of inspiring women to **EMPOWER, IMPACT, GROW & GLOW.***



# SIT DOWN SISTA:

Chew & Chat Motivational Moment with Coach J Dianne Tribble

## LIFE IN THE “SWEET SPOT”



## At the Table

*Life Coaching & Motivational Speaking Services*

Hey Sistas! Sit down. Let’s chat. Let’s begin with a mindfulness exercise. Capture a picture, in your mind, of a time or season in your life when everything was going well. It makes you smile just thinking about it. Right?

“Capture a picture, in your mind, of a time or season in your life when everything was going well.”

You know what it is like when you hit that “sweet spot”. It’s that place where you’re slaying your goals. You’re striking through everything on that endless “To Do” list. Your relationships are on point with your spouse or your significant other, your children, your colleagues, and your friends.

Things on the job or in your business are functioning like a well-oiled machine. Just thinking about all these things will put a song in your heart and a pep in your step!

Let’s focus on that “sweet spot”. The “sweet spot” is subject to give you energy. You may find your stress level decreasing; your night’s rest more peaceful; and your overall quality of life so much better. Energy produced by the “sweet spot” may also increase your productivity.

As good as the “sweet spot” is, it only lasts for so long. Like life, the “sweet spot” is cyclical. It is seasonal; it comes, and it goes. When it comes, be determined to get as much mileage out of it as you possibly can.

When the season shifts, know this: You can Still Soar! You

can still advance. You can maintain the energy it takes to win.

“How,” you may ask.

Let me share a three-step strategy:

1. You have got to see yourself winning. Just as you captured a picture of a time or season when everything was going well, as we started our chat, you have to keep that mental visual in the forefront of your thinking. It has to be important enough to you to stay on your radar. Visuals are powerful focal points. They keep us moving toward our goals.

2. You have to do the work. You must make the quality decision to keep the visual before you as you work towards your goal. This will require practice! Practice! Practice! Practice until you

develop a good new habit. In other words, do it so often that it becomes second nature.

3. Get back up! If you lose your focus, slip, or fall, be willing to get back up. When you mess up, fess up, and get up! Get moving again. Quitting and throwing in the towel are not your options. You will get back to the “sweet spot”. Repeat steps one and two.

Think about a professional gymnast – like Simone Biles, America’s most decorated gymnast, for example.

A professional gymnast has a love for skills such as splits, handstands, split leaps, cartwheels, forward rolls, etc. Several hours daily are spent practicing even though she knows how to do each move. She sees herself faultlessly performing these amazing

moves and she practice, practice, practice. However, if she falls, she quickly gets back up and continues to perform - focused and laser sharp. She cannot afford to get caught up or set back by a fall.

Sista, neither can you. See your self winning. Put in the work. Get back up if you fall short. Enjoy the “sweet spot” and slay the goals. Here’s to your continuous success. I believe in you.



**Coach J Dianne Tribble, Award-Winning Health & Wellness and Business Coach, Motivational Speaker, Corporate Trainer, Business Consultant, and Published Author**

Voted 2020 BEST MOTIVATIONAL SPEAKER by BEST Society and Best Coaching Services in Jacksonville, FL by EXPERTISE.COM three years in a row (2018-2020). 2019 award recipient of the Public Service Award by ACHI Magazine and 1st Place award recipient of Best Business Coach/Consultant by BEST (Black Entrepreneur SisTer) Society. 2019 Woman of Influence nominee by the Jacksonville Business Journal. Awarded the 2018 Health & Wellness Award for her impact in the community by ACHI Magazine Awards, Coach J Dianne Tribble is the CEO and founder of At the Table Life Coaching & Motivational Speaking Services LLC. In 2018, she also received a Certificate of Recognition for Women Who Lead by VITAS Healthcare. In 2011 & 2015, she was the recipient of the Spirit of Service Award for her impact within the community by the University of Phoenix. She serves as the current President of the University of Phoenix Alumni (UOPX) North FL council.

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CASHMERE

Bath & Body Works  
*pink*  
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Bath & Body Works  
*pink*  
CASHMERE  
Ultra Shea  
body cream

Bath & Body Works  
*pink*  
CASHMERE  
Shea & Vitamin E  
body oil  
8 FL. OZ. / 236 mL

Bath & Body Works  
*pink*  
CASHMERE  
Shea & Vitamin E  
body spray  
8 FL. OZ. / 236 mL



# DANIETTÉ: THE LIFE OF A DESIGNER

by Claudia Dasher  
Photos by Somi Benson-Jaja

Specializing in custom designs for special occasions, and conceptual developments for creative shoots, DANIETTÉ takes pride in providing a standpoint in a fashion that is not only relatable but innovative and inspiring. Our founder is passionate about the industry of fashion and looks to be at the forefront of what is evolving in the southern states of the US in fashion. Danietté Arionna Thomas is the founder, lead

designer, stylist, and creative director of DANIETTÉ, a custom couture design company based out of Savannah, GA, and servicing people all over the United States. At age 11, Danietté entered middle school, and for the first time without the textile composite of a school uniform. When school shopping, she could never find the apparel she imagined shopping for, which led her to sketch. After finishing her school work, Danietté was happiest with printer paper and a sharp #2 pencil. The sketching was simply a way to keep a record of her ideas, but her professor asked her if she planned to make her designs. Laughing, Danietté claimed such a thing was impossible. Still, after hearing from that same professor, how she could get fabric and a sewing machine from a local fabric store, and how patterns were created for the different shapes needed for clothing, Danietté was amazed. By the end of the school day, Danietté knew she wanted to be a fashion designer!

By age 12, Danietté sought after the Savannah College of Art and Design. For years she was self-taught, but then paid a SCAD master's student to give her lessons while in high school. Her experience at SCAD was one of the greatest of her life thus far. She was selected amongst her senior classmates to showcase her senior collection in the annual SCAD Fashion Show. Still, her collection was recognized at the private after-party by Andre Leon Talley, as the best in show.

In the fall of 2015, Danietté was commissioned for her first custom couture piece, and immediately filed the necessary paperwork to start her business, and has been creating couture ever since. Her accomplishments include two seasons at New York Fashion Week, and the opportunity to showcase her designs at the Oscars of 2020.

More recently, Danietté was inspired to create new content for marketing at the beginning of the COVID-19 pandemic. Instead of consistently sharing photos and sketches of her wedding and prom garments from previous seasons, she did a #quarantined

***“The DANIETTÉ brand works to boost the confidence of men and women walking into their purpose as they enter every room, by designing unique couture, styling their current closets, and helping them launch their own fashion brands effectively through creative direction.”***

- Danietté Thomas

photoshoot with designer masks to compliment her designs. She got a reaction online that was like no other for her business. She now offers the masks and a customized option on the website and celebrated 5 years of business in September 2020.

This year, the DANIETTÉ brand now offers new services and strategies to help the DANIETTÉ clients evolve into the tenacious people they are capable of being and looking for in 2021. Let us creative conduct you through this world of fashion.

## THE PROCESS

We begin with a consultation. We offer in-person and online consultations for a nonrefundable fee of \$150, which is applied to your total cost should you move further. In our consultations, we assess your needs and desires and offer the package best suited for you in your 1 on 1 or group consultation. These needs range from custom couture, styling, and creative direction packages. Upon your agreement, to a particular package a proposal is sent, and once the proposal is signed, and deposit paid, your spot is secured!

## THE SERVICES

Bridal Gowns/Bridal Party Gowns  
Prom Gowns and Prom Suits  
Galas, Photoshoots, Black Tie Events, and More!  
Alterations for all the Misfits  
Personal Styling

***“In the fall of 2015, Danietté was commissioned for her first custom couture piece, and immediately filed the necessary paperwork to start her business, and has been creating couture ever since. Her accomplishments include two seasons at New York Fashion Week, and the opportunity to showcase her designs at the Oscars of 2020”***

- Danietté Thomas

# DANIETTÉ

CUSTOM COUTURE FASHION

*DANIETTÉ is an emerging fashion brand founded by Danietté A. Thomas. The brand has showcased in New York Fashion Week, featured by multiple magazines, and awarded for its published works in magazines. Currently, DANIETTÉ offers custom design services, hair and makeup services, stylist services, and more!*

Website: <https://www.daniette.com>

Snap Chat: @daniette2010

Instagram: @daniette\_llc

Style Seat: [www.styleseat.com/daniettethomas](http://www.styleseat.com/daniettethomas)





## "The Yoni Lady Vibes"

by Adeyemi Yetunde

Photos by Somi Benson-Jaja

### 7 Steps to Intimate Yoni Care

#### 1 - Well balanced diet.

Remember the 80/20 rule, 80% of what you eat should provide nourishment to you. Green leafy vegetables make your "YONI" wetter. The freshness of your 'YONI' stems from the consumption of sweet fruit. **Remember: you are what you eat... fresh and sweet.**

#### 2. Drinking plenty of alkaline water with a ph of 8 or better.

Water hydrates your skin, your "YONI", and keeps you energized.

#### 3. Yoni steams

"YONI" steams cleanse, rejuvenate, restore, revitalize, and strengthen the womb and body. It's also a great way to reconnect with yourself on an emotional, spiritual, and physical



**"Green leafy vegetables make your 'YONI' wetter."**

level. Yoni steams can be meditative, relaxing, and centering; creating space for you to feel more at home within your own body. The purpose of steaming is to increase circulation and heighten your energy flow by bringing warmth to the womb and pelvis. Due to vaginal tissues being so absorbent, the herbs delivered to the vaginal tissues byway of steaming have proven to amplify healing properties.

#### **4. Moisturizing your Yoni**

Moisturizing your "YONI" can be essential. By using our "Lipgloss for the other lips" vaginal dryness can be avoided. If left untreated, sores or cracking in the vagina. Moisturizing your Yoni daily prevents the issues listed above and keeps your Yoni soft, moist, smelling amazing as well.

#### **5. Natural Organic Feminine Wash**

Using organic feminine wash such as our YONI WASH will keep your pH balanced and have you ready to please your partner at any given moment. A high vaginal pH level — above 4.5 — provides the perfect environment for unhealthy bacteria to grow. Having a high vaginal pH puts you at risk for these infections: Bacterial vaginosis (BV) is a bacterial overgrowth condition that causes a "fishy" odor, along with an unusual gray, white, or yellow vaginal discharge.

#### **6. Yoni Egg**

Yoga yoni eggs work as little energy healers to help women transform stored trauma, spiritually renew their womb space and hearts, increase sexual energy, and help one connect to themselves and feminine energy. regular use increases chi, orgasms, vaginal muscle tone, hormonal balance, and feminine energy in general.

#### **7. Removing Dairy!!**

Now I know we spoke on diet but more importantly and very detailed I must say removing dairy will alleviate most vaginal issues you could be experiencing. Dairy creates mucus in the womb causing yeast infestations, bacterial vaginosis, painful periods, periods that stay on entirely too long. Remove dairy and watch how your Yoni thanks you.

#### **The Yoni Lady**

Certified Herbalist

Postpartum Doula

Healing Women suffering from Fibroids, Endometriosis, PCOS, Adenomyosis, Infertility, Painful Periods, BV

**912-463-YONI**

Owner of YONI SPA ROOM

The Pynk By The Yoni Lady

Vegans Taste Better - Mobile Vegan Food Trailer



**Who does not  
want a  
healthier,  
fresher, wetter  
Yoni?!?**

**Follow these  
steps and allow  
your Yoni to  
live her best  
life!!**



# Resiliently Elite

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Entrepreneur

Marketer

Leader

Top 0.1% of Company

Organization Builder

Motivator

Change Agent





★ macy's



STEVE  
MADDEN





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# FIRST THINGS FIRST

THE FIRST BLACK CAPTAIN OF SOUTH FULTON LEADS THE PLEDGE OF ALLEGIANCE AT THE 2021 PRESIDENTIAL INAUGURATION

EXCLUSIVE INTERVIEW WITH CAPTAIN ANDREA HALL



53rd Presidential Inauguration, Washington, D.C.

Photo Courtesy of Associated Press

On perhaps one of the coldest days of winter, with a few snow flurries falling from the sky, Captain Andrea Hall, simultaneously led our nation in its 53rd Presidential Inauguration using American Sign Language (ASL) and her prestigious voice.

Hall, who began her career almost 28 years ago, was most noted as the first black woman firefighter of the Albany Fire Department in Albany, Georgia. In early 2004, Hall was promoted to Captain at the South Fulton Fire and Rescue. Having held such a pivotal position for nearly 16 years, one would think this is the pinnacle of success. For this humble - spirited woman, it was.....

until January 20, 2021, at 11:30 AM.

Hall, who denoted this experience to be very surreal, mentioned that she was very humbled by the extended opportunity. Hall also mentioned she was grateful for the experience and the importance of the role she had taken on. In fact, Hall stated that oftentimes, we take for granted the obstacles, pushbacks, and barriers many faced to put us in the positions we are in. "While this experience involves me, it is not solely about me," says Hall. Hall also adds "I am very fortunate to have had this opportunity and I do not take it lightly or for granted". It is this level of humility that most individuals of power, title and

prestige can not understand.

As Hall gathered herself and embraced the moment, she took a deep breath at the mere thought of being chosen and attributed it to her lineage. "I owe them" Hall states. "I feel as though I have no choice but to be great and to demonstrate responsibility".

The entire world witnessed Captain Hall using American Sign Language (ASL) as she recited the Pledge of Allegiance. What was not seen, was the symbolic gift and respect to her late father. "I really wanted to pay respect to the deaf and the hard of hearing community," says Hall. The Pledge of Allegiance encompasses every citizen in this country. I wanted to ensure that all communities shared this moment with me and had my father, the late Russell Williams, been alive, this would have been the way he heard it as well.

While embracing the support of family and friends, Hall was extremely honored by the support of the community as well. Hall shares

that it was very emotional to receive the support of millions of strangers as it related to her making history. She also stated that while she was embarking on something so significant and monumental, she was also representing her family, friends, and community in the highest regard. "Seeing strangers send overwhelming messages of how proud they were on social media was absolutely amazing. In fact, "I owe my friend, Miriam Jones, a thank you for keeping me updated on what was happening on social media" says, Hall.



*Photo Courtesy of Associated Press*

**..... On Being RESILIENT.....**

Aside from being the first black woman promoted to captain in South Fulton Fire & Rescue Department, Hall is also the president of her local chapter of the International Association of Firefighters, which was the first labor group to endorse President Joe Biden. Hailing from Albany, Georgia, RESILIENCE built strength and established character.



*Photo Courtesy of Whitney Williams-Smith*

"I am everything that I am because of the elder women that came before me and sacrificed their success to pave the way for mine. My sister, Whitney Williams - Smith, who currently serves as the first black Fire Marshal of Savannah Fire & Rescue in Savannah, Georgia has experienced levels of resiliency with me as well. We have encouraged and strengthen each other in our darkest times. The journey to this moment has not been easy but it has most definitely been worth it", Hall states.

From Dougherty County to the Capitol Building took faith, understanding, and institutionalizing principles as well as establishing personal integrity for the work Hall has been assigned to do as well as the people she has been assigned to. At the end of the day, "I want the

the outcome to not only reflect RESILIENCE, but also reflect my family, the city of South Fulton, women, African American women, firefighters, and the many individuals who believe in and wish to evoke change.



*Photo Courtesy of Cpt. Andrea Hall*

***"My personal mission is to be a source of light and inspiration for all who come into contact with me; to leave persons, places and situations better than they were before, as a result of our interaction"***

~ Captain Andrea Hall



 macy's









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# *Being Resilient*

Resiliently Speaking with Charis Jones

# Resiliently Speaking

With Charis Jones

**Sitting with the brilliant mind of greatness - Charis Jones was nothing short of amazing.**

**Tell us about yourself? (who are you, where are you from, what do you do, etc.)**

I am Charis Jones I am the owner of Sassy Jones we are a lifestyle beauty and accessories brand that inspires confidence. My most important roles include being a wife and mother to twin boys Jaxon and Julian, also known as my heart beats. I am from a small town in Hampton Roads area of Virginia, called Portsmouth. Our hometown's claim to fame is a ghetto Chinese dish called "yokamein", which consists of noodles chicken broth, chicken, ketchup and onions. It's delicious

**What makes you resilient?**

The thing that immediately comes to mind about what makes me resilient is my tenacity. When I got fired from Verizon, I was in the process of building my dream home at the time. However, 30 days before closing I got fired from my job. It felt like an entire volcano had erupted on my life, yet despite the setback I decided to quickly replace the job, so that I could close on the home. This is the same home that I actually started Sassy Jones out of. And thank God I ended up getting fired from the job because I still would've been there and today, I get to employ over 30 people who look like me.

**How do you deal with setbacks?**

I deal with setbacks with my perspective, I am a firm believer that if you change the way that you look at things, the things you look at will change. I may consider a setback defeating for just a moment, but after I've had a moment to regroup, I'm usually able to come out of it with a new positive perspective and I'm able to find some level of good

***When I got fired from Verizon, I was in the process of building my dream home at the time. However, 30 days before closing I got fired from my job. It felt like an entire volcano had erupted on my life, yet despite the setback I decided to quickly replace the job, so that I could close on the home.***

*~ Charis Jones*

in the thing. But what we have to know and realize, is that all of our steps have already been ordered by God. So if we can detach from the outcome and find ways to lean in to the unknown, albeit uncomfortable, we will then be able to adjust our perspective regarding perceived setbacks.



*Photo courtesy of Charis Jones*

## How do you cope with the pressure?

I am one of the weird people that cope well with pressure, I actually start to get a little anxious when there's not pressure around. I know that sounds weird, however I am always looking for opportunities, new conversations and new interactions that push me. When I'm faced with something that seems insurmountable, my strategy is to get really quiet and start to meditate. I simply remind myself of who I am and the things that I've already overcome.

## What has been your biggest failure to date and how did you deal with it?

My biggest failure was hiring my mother to work in the business as VP. I call it a failure because my initial reasoning for wanting her to work inside of the business was to actually fill a childhood void, I wanted her to see me as successful and actually provide for her in this way. It was a way of saying "mommy mommy, see me please." However, hurt from her past could not allow her to harmoniously work in this environment. So, she ended up quitting and although it was her own decision, I felt horrible because she had left a job to come and do this with me. It turns out that it was the perfect thing, however that did not reveal itself until sometime later. And you asked how I dealt with it, I had to learn to not only forgive her but to heal myself from stings of rejection related to my Mother.

## Describe a time when something didn't work out as well as you'd hoped. What did you do and what did you learn from it?

I would say that this year 2020 has been one heck of a crisis. Being responsible for over 30 employees and not to mention my own family, can get heavy when you are at this level of business and responsibility. I decided to put the fear away and lead with inspiration. So, I paused on the CEO role just a bit, and focused on the customer experience like shipping orders side-by-side with the warehouse team. I pretty much did



Photo courtesy of Charis Jones

***"I know that sounds weird, however I am always looking for opportunities, new conversations and new interactions that push me. When I'm faced with something that seems insurmountable, my strategy is to get really quiet and start to meditate."***

~ Charis Jones

anything necessary to ensure that we could come out of this on top. It turns out that we actually thrived in this space, and ended up in Forbes magazine because of it.

**Describe a time when something didn't work out as well as you'd hoped. What did you do and what did you learn from it?**

When I was building this brand, I thought that I was going to become rich from doing these convention shows every weekend, for one year. It actually turns out that that is the worst possible way to build a business, nor is it scalable. I learned that you've got to be able to pivot when the opportunity presents itself. I noticed that all directions were pointing to e-commerce and it was time to adjust my strategy.

**Tell me about a time when you worked with someone you didn't agree with?**

I work with people I don't agree with all the time, agreement is not a requirement for me, intelligence is. I actually appreciate differing opinions from mine, I tend to walk away smarter from those conversations. It's more of a nice to have, not a need to have. As long as we can express our thoughts respectfully and flow in a space of appreciation for what one another is saying, I'm good.

**How would you respond if you received negative feedback from your manager?**

I would thank my manager for giving me negative feedback, what we have to understand is that taking offense is a choice. 'Taking' is an action word, it's a verb. This indicates that I can actually control how I choose to feel about feedback. It's definitely uncomfortable to hear, but what you do with it it's always important.

*So What's Next.....* **Shopping, of course!!**

*Accessories | Style | Lifestyle Basic is SUCH a bore, upgrade your accessory life! Shop our award winning accessory brand today.*



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*Photo courtesy of Whitney Threatt*

# Triple "Threatt"

BEAUTY, BRAINS, & BEATS

## Meet Whitney Threatt

By Teia Acker-Moore

WHITNEY THREATT is an ambitious dreamer and curse breaker. She is a professional makeup artist and is employed as a MAC PRO in Atlanta, Georgia. While, she is a native of Savannah, Georgia, Whitney was determined to rise above situations and circumstances. Her passion

and drive is displayed on the human canvases she refers to as clients. Currently serving clients from all over the country, Whitney's stance is RESILIENCE. She does not believe in quitting. In fact, that is not an option for her and is most definitely not apart of her vocabulary or mindset.

She notes that there are many things that keep her going and growing. But of all things, the biggest is her son. Her determination to establish a legacy for him is by far her greatest challenge and

accomplishment as well. Whitney states she is willing to do whatever it takes to build his legacy and break generational curses. In fact, she states that her son "will be the resurrection [her] family needs."



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M·A·C



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# Luster's® Pink®

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COCONUT OIL  
FOR NATURAL-TEXTURED HAIR



Now with Certified Organic Shea Butter and Coconut Oil



Luster's  
**Pink**  
SHEA BUTTER  
COCONUT OIL  
FOR NATURAL-TEXTURED HAIR  
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MOISTURIZES  
SOFTENS  
ADDS SHINE  
CONDITIONER  
with Shea Butter and Coconut Oil  
Plus Argan, Olive, Jojoba and Wheat Germ Oils, Vitamin E, and Pro-Vitamin B5  
12 fl. oz. (355 ml)

Luster's  
**Pink**  
SHEA BUTTER  
COCONUT OIL  
FOR NATURAL-TEXTURED HAIR  
DETANGLES  
MOISTURIZES  
SOFTENS  
ADDS SHINE  
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Plus Argan, Olive, Jojoba and Wheat Germ Oils, Vitamin E, and Pro-Vitamin B5  
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Luster's  
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SHEA BUTTER  
COCONUT OIL  
FOR NATURAL-TEXTURED HAIR  
**SMOOTH & HOLD EDGE GEL**  
with Shea Butter and Coconut Oil  
plus Castor and Argan Oils  
LASTING HOLD  
BRILLIANT SHEEN  
4.5 oz. (128 g)

Luster's  
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SHEA BUTTER  
COCONUT OIL  
FOR NATURAL-TEXTURED HAIR  
CLARIFYING  
HYDRATING  
SULFATE-FREE  
MOISTURIZING SHAMPOO  
with Shea Butter and Coconut Oil  
Plus Argan, Olive, Jojoba and Wheat Germ Oils, Vitamin E, and Pro-Vitamin B5  
12 fl. oz. (355 ml)

Luster's  
**Pink**  
SHEA BUTTER  
COCONUT OIL  
FOR NATURAL-TEXTURED HAIR  
HYDRATES  
SMOOTHES  
ADDS SHINE  
MOISTURIZING &  
SMOOTHING CONDITIONER  
with Shea Butter and Coconut Oil  
Plus Olive, Sunflower and Argan Oils, and Vitamin E  
12 fl. oz. (355 ml)

Luster's  
**Pink**  
SHEA BUTTER  
COCONUT OIL  
FOR NATURAL-TEXTURED HAIR  
SUPER MOISTURIZING  
CURL DEFINER  
with Shea Butter and Coconut Oil  
plus Argan and Sunflower Oils, Argan  
Kola Nut Extracts, and Vitamin E  
8 oz. (227 g)

Luster's  
**Pink**  
SHEA BUTTER  
COCONUT OIL  
FOR NATURAL-TEXTURED HAIR  
CURL & TWIST PUDDING  
with Shea Butter and Coconut Oil  
plus Olive and Argan Oils, Aloe Vera and  
Chamomile Extracts, and Vitamin E  
8 oz. (227 g)

**THE  
RESILIENT  
TOP TEN!  
ATLANTA EDITION**

**Ten Women - Ten Questions**

**10 THINGS YOU DID NOT KNOW  
ABOUT SOME OF THE MOST  
RESILIENT WOMEN**

# One



ATLANTA, GA

JESSICA COLLINS



@JESSCOLLINS16

## 1 - Who are you and what do you do?

My name is Jessica Collins, and I was born and raised in Fort Wayne, IN. I now reside in Atlanta, GA where I serve as a Licensed Masters Social Worker and a Licensed life insurance agent.

## 2 - What is your favorite thing to do?

My favorite thing to do is work out and dance. I work out every morning at 5:30am and find myself dancing all throughout the day!

## 3 - What is your favorite getaway?

My favorite getaway is one that doesn't entail a lot of social media and technology presence. I love getaways that are intimate and

authentic. My most recent getaway that embodied this was me going to the cabins in Tennessee with my line sisters.

## 4 - What is your favorite restaurant?

My favorite restaurant is Chipotle. I could eat there multiple times throughout the week!

## 5 - Name a song you play daily or on the regular? Why?

I play "I'm getting ready" by Tasha Cobbs because, it reminds me of all the things that God is getting ready to do in my life. This song brings makes me emotional every time I hear it.

## 6 - Who has the greatest impact on your life?

My mother has the greatest impact on my life because, she has taught and exemplified many life lessons for me. She is strong, she is brave, and she is my hero. She is the reason why I keep going and continue to press toward to goals and dreams each day.

## 7 - What makes you cry?

I am secretly emotional so; a lot of things make me cry. I cry most when I am hearing or witnessing things that make me feel. So many times, in life I think we forget what it's like to actually embrace moments as we are actually experiencing them. I love the authentic cries.

## 8 - Name something no one would ever guess about you?

Something no one would ever guess about me is that I love cartoons! I will watch cartoons over anything else. Cartoons make me feel light and reminds me that it's okay to still be childlike.

## 9 - What is the greatest gift you could give someone?

The greatest gift I could give someone is my story. This is the greatest gift that I could give someone because, my story is a testament to anyone that, you can overcome any obstacle that you face, and you are stronger than you believe yourself to be. This is the greatest gift I could give someone because, I can show them where I started and show them how I got to where I am now.

## 10 - What is your greatest accomplishment?

My greatest accomplishment is breaking the chains and generational curses that my family had to experience. I am a first generational college student, the first person in my family to obtain a Master's degree, a child who lived through domestic violence and alcohol and substance abusive families, as well as a 27-year-old woman who has remained abstinent her entire life. These are my greatest accomplishments because none of them are about me. They are for my parents, siblings, nieces and nephews, friends, and other young people who look like me or may be experiencing the same tribulations that I have.

# Two



ATLANTA, GA  
PAIGE BAZILE



@PAIGEBAZILE

## 1 - Who are you and what do you do?

I'm Paige Bazile, a multidisciplinary designer specializing in interior and graphic design as well unique and personal creative gifts with Sage Creations.

## 2 - What is your favorite thing to do?

Attend live concerts.

## 3 - What is your favorite getaway?

Anywhere that's warm with a beach!

## 4 - What is your favorite restaurant?

I don't really have a favorite one, but I do enjoy a good seafood restaurant.

## 5 - Name a song you play daily or on the regular? Why?

Shine by Tobe Nwigwe, the live Pandemic Experience version as well as the original version. The songs speaks to being great and shining your light that is within despite what others may think or no matter what your situation may be. I play it often to remind myself to stay focused and resilient!

## 6 - Who has the greatest impact on your life?

My parents. "Make do with what you got" is one of my dad's infamous sayings. The values and lessons they have instilled me has been my guiding light through out my adult years.

## 7 - What makes you cry?

Recently, watching the tv show "This is Us".

## 8 - Name something no one would ever guess about you?

I don't like spicy foods or hot sauce, even though I'm originally from New Orleans.

## 9 - What is the greatest gift you could give someone?

My support and understanding. I always try to be the biggest cheerleader for others and have a keen listening ear when asked for advice.

## 10 - What is your greatest accomplishment?

Thus far, my 7-year-old son. I aspire to be the best example of living in your purpose and using your gifts and talents to accomplish all the dreams and goals that he may have. Motherhood is a big part of who I am now and it has definitely shown me a level of strength in me that I didn't know existed.

# Three



JONESBORO, GA

TIFFANI HUDSON



@TIFFANIHUDSON

## 1 - Who are you and what do you do?

I am Tiffani Hudson, Queen, mother, wife, child of God, and business owner! I am the owner and creative force behind GudMoodEssentials LLC, a handmade skincare company located in Jonesboro, Ga dedicated to leaving you and your skin in a Gud Mood! You can find all my natural handmade goodies at [www.gudmoodessentials.com](http://www.gudmoodessentials.com)

## 2 - What is your favorite thing to do?

My favorite thing to do outside of formulating new products is cooking and researching. Being the mother of 3, 2 which are boys; I often get a chance to test my skills in the kitchen. And I love to end my evening researching herbs and oils!

## 3 - What is your favorite getaway?

Being originally from Florida, anywhere that I can sit by the ocean and hear the waves is a favorite for getaway for me. I love driving down to Florida for a quick getaway to enjoy the beach. The sounds of the ocean always calms and relaxes me.

## 4 - What is your favorite restaurant?

My favorite restaurant is a seafood restaurant called Dixie Crossroads located in Titusville Florida. I only know of that one location it's not nationally known, but is a local gem that stays with a long line to get a table. I used to go there often when I was a kid.

## 5 - Name a song you play daily or on the regular? Why?

Method Man and Mary J Blige "You're all I need". This is me and my Husband's song! This song is a daily reminder of our love, dedication, loyalty, and the family we've created together.

## 6 - Who has the greatest impact on your life?

My daughter has the greatest impact on my life. Having a little black girl that I'm responsible for shaping and molding changed my life forever and for the better.

Because I know the difficulties she will face as a black woman in American I am conscious of the image that I show her on a daily basis, so that she has a great example to follow.

## 7 - What makes you cry?

Sharing memories of Grandmother, and Aunties that have passed away, makes me cry. They helped raise me and were strong, positive female influences in my life, and almost all my childhood through young adult memories included them. I miss them and although I wish they were here, I know that my children have Angels looking over them.

## 8 - Name something no one would ever guess about you?

No one would ever guess that I am afraid of heights and bridges! Fears that I semi conquered when my boys wanted to jump off of Jaws bridge last Summer. Since my Husband and I couldn't let them do it without us, I jumped first to show them that they can do anything they put their minds to.

## 9 - What is the greatest gift you could give someone?

The greatest gift I could give someone is my love, As a Taurus woman, I love hard, am extremely loyal, and will always be there when someone I love needs me.

## 10 - What is your greatest accomplishment?

My greatest accomplishment is starting my own business where I make products using formulas that I create after months or researching and testing. This accomplishment has given me the opportunity to help some family members and customers find skin and sometimes pain relief; as well as make products that are fun for the whole family.

# Four



ATLANTA, GA

MICHELLE BOOKER



@WARDROBEBYCHELLEB

## 1 - Who are you and what do you do?

Hi, I'm Michelle Booker (Chelle B) and I love all things fashion. I run an ecommerce womenswear boutique and style professionals.

## 2 - What is your favorite thing to do?

My favorite thing to do is browse Pinterest. There's nothing like a 2am Pinterest browse.

## 3 - What is your favorite getaway?

A beautiful blue water beach with lots of mimosa's and seafood :)

## 4 - What is your favorite restaurant?

Currently, my favorite restaurant is this awesome Persian restaurant named Divan. The food is divine! I'm not a big meat eater, but you have to try their lamb chops...omg!

## 5 - Name a song you play daily or on the regular? Why?

I have so many favorite songs. Tony! Toni! Toné station is on everyday with my favorites from Stephanie Mills, Janet Jackson, Freddie Jackson, Johnny Gill and Earth, Wind & Fire. All old school. As you know, music affects your overall mood, so I keep happy love songs on repeat.

## 6 - Who has the greatest impact on your life?

My dad has had the greatest impact on my life. He's the one that instilled the whole 'keep going' meaning. Being raised by a Marine, I've developed a no nonsense characteristic in my everyday life.

## 7 - What makes you cry?

I can be a sack of water when it comes to movies, songs, and overall joy. If my cry is associated with anger, well that's not a good place to be in. I like happy cries :)

## 8 - Name something no one would ever guess about you?

I take hour showers. I know what you are thinking..... and yes, I do.

## 9 - What is the greatest gift you could give someone?

A hug and words of encouragement. I love to make people feel great about everything despite what is going on or how they may be feeling. Words mean a lot. Due to Covid-19, hugging has been limited, but I miss those as well.

## 10 - What is your greatest accomplishment?

Raising my two sons is my greatest accomplishment and forever will be.



# Five



ATLANTA, GA

MARGO J. COFER



@MARGOJCOFER

## 1 - Who are you and what do you do?

My name is Margo Cofer. I am a Registered Nurse in the field of Hospice and Palliative Care, with 28 years under my belt. I am a woman of God, a devoted wife, mother of 2 biological children and 3 bonus children, and a grandmother of 4.

## 2 - What is your favorite thing to do?

I have several pastimes but what I really enjoy most is spending time with my family. I especially enjoy the holidays and milestone celebrations where we all come together. We enjoy cooking, dancing, singing, playing games, and telling family stories...the same ones we love to laugh about

year after year (lol).

## 3 - What is your favorite getaway?

I would say my favorite getaway is being with my husband somewhere in the Caribbean, enjoying the sun, white sandy beaches, beautiful blue waters, clear skies, and all the culture that goes along with it. We love all-inclusive resorts. They are so relaxing.

## 4 - What is your favorite restaurant?

Right now, I think my favorite place for dinner and a night out is at Capital Grille in Buckhead, Atlanta. If you ask me again in a couple months, my answer may change (lol).

## 5 - Name a song you play daily or on the regular? Why?

I enjoy many genres of music, especially gospel and R&B. Lately, I have been vibing to "Butterflies Pt. 2" by Queen Naija. It is a very sexy song that totally depicts the love I share with my wonderful husband. It is literally our love story.

## 6 - Who has the greatest impact on your life?

I would definitely have to give that credit to my mother. She is the absolute most caring, giving, loving, supportive, selfless person I have ever known. She has sacrificed so much for her children, grandchildren and so

many others whom she has come in contact with...Mom is a true angel from God.

## 7 - What makes you cry?

I would say just about any and everything makes me cry. Although I see myself as a strong woman, I am a big bucket of tears!

## 8 - Name something no one would ever guess about you?

Wow... this is a hard one, because I am pretty much an open book. I guess what people don't know is at the age of 52, I can still do a full split!!!

## 9 - What is the greatest gift you could give someone?

The greatest gift I can ever give someone is MYSELF. By that, I mean my love, my time, my undivided attention, my loyalty, honesty, respect, support, etc. The list could go on and on and on.

## 10 - What is your greatest accomplishment?

So far, I feel my greatest accomplishment has been in the area of my career. Almost 30 years ago, during a very difficult time in my life, God allowed me to obtain my nursing degree and pursue the career I had dreamed about since around the age of 12. Everyone who knows me knows that I am a very compassionate and dedicated nurse who goes above and beyond, empathizing with my patients and caring for them the way I would want someone to care for me.

# Six



ATLANTA, GA

KEYSHA WILSON



@MANCAVECOLLECTION

## 1 - Who are you and what do you do?

My name is Keysha J. Wilson, aka Keysha Jay, 45 yrs old, born and raised in West Savannah, Georgia. Currently residing in Atlanta Georgia. Im also a college mom and the small business owner of Man Cave Collection. Where I create & design and sell products made just for men. (Candles, Beaded Jewelry, Cigars, Skincare, Customized Gifts)

## 2 - What is your favorite thing to do?

With my my business, one of my favorite things in this world is creatively capturing moments for men that oftentimes go unnoticed, unappreciated or unrecognized. As for me personally, I enjoy sitting back in one of my most

comfortable chairs and watching the rain while drinking cocktails. ....And watching sports!

## 3 - What is your favorite getaway?

Prior to COVID, I actually enjoy the small private beaches of Florida. It's a very quick but nice getaway for me. I enjoy the private resorts there along with the bungalows that sit directly on the beach. It's my own little personal hideaway. When I need to unplug, it's my go to spot.

## 4- What is your favorite restaurant?

My favorite restaurant would have to be Chops here in Atlanta.

## 5 - Name a song you play daily or on the regular? Why?

I love ALL music however daily I listen to LeAndria Johnson's version of "Never Would Have Made It" originally by Marvin Sapp. She sung this version to him in a tribute a few years ago. It touches me every time I listen to it. It reminds me of strength and with strength weaknesses are okay, but you must keep God first and no matter what you can NEVER give up.

## 6 - Who has the greatest impact on your life?

Wow there are so many women that have made huge impacts on my life. I must say my grandmother. She is a woman that

comes from a family of strong driven women with strong constitutions about themselves and I appreciate & continue to strive to be just like her.

## 7 - What makes you cry?

I'm a complete water bag when it comes to tears. Any less than situation that involves children or elderly people, saddens me and will most times bring me to tears.

## 8 - Name something no one would ever guess about you?

Most people would never guess that, as a black woman I owned my own Production House years ago that traveled while filming music videos. During an era of time when women were considered video vixens, I actually ran entire video sets and all the moving parts of production that came along with it.

## 9 - What is the greatest gift you could give someone?

The greatest gift I feel that I can give someone is to respect, love, listen and appreciate them and be present with them in those feelings.

## 10 - What is your greatest accomplishment?

I've accomplished a lot of wow factor things, however, I have 2 great accomplishments.

1. Becoming and being a mother
2. Loving who I am as a person

# Seven



ATLANTA, GA

DR. MIATTA DENNIS



@MIATTADENNIS

## 1 - Who are you and what do you do?

I am Dr. Miatta M. E. Dennis, a first generation college graduate and Public Health Advisor at the Centers for Disease Control and Prevention (CDC) where I support many global health initiatives across the world. Public health advisors oversee activities involving a broad range of public health programs operating overseas and stateside.

## 2 - What is your favorite thing to do?

My favorite thing to do is to volunteer and spend time with my sorority sisters (Delta Sigma Theta Sorority, Inc) or family members in support of the needs of the African American communities or

communities in Africa. I love traveling to international borders or to rural areas where she can see God's glory.

## 3 - What is your favorite getaway?

My favorite getaway is to visit family in Monrovia, Liberia, West Africa, and I also love to visit other countries within Africa.

## 4- What is your favorite restaurant?

My favorite restaurant favorite restaurant is Pappadeux Seafood Kitchen.

## 5 - Name a song you play daily or on the regular? Why?

I have been playing "Deliver Me - This is my Exodus" by Donald Lawrence & Le'Andria Johnson. I love this song because it reminds me that I have been healed from the past of the hurts, rescue from self, overthinking and restoration is granted by Jesus Christ.

## 6 - Who has the greatest impact on your life?

My parents (Eddie J. Dennis & Lovesta M. Jones) had the greatest impact on my life. My parents passed away in 2012 and 2015 where I begin to commit my life to honoring all the things that they taught me regarding achieving and conquering life adversities. Special shout-out to my cousin, Dr. Clarice Ford-Kulah for her support during my primary and college years.

## 7- What makes you cry?

I cry anytime I think of achieving a goal that my parents discussed, and I remember that they are not here in the physical presence.

## 8 - Name something no one would ever guess about you?

I have royalty in my bloodline, I am related to the first female president of Liberia, West Africa (Ellen Johnson-Sirleaf).

## 9 - What is the greatest gift you can give someone?

The greatest gift I could give someone is to always reach back to the community I am a product of or a similar community. I have vowed to always support African American communities especially in mentoring youth that do not believe that they can achieve the goal of being something so much more than what they see before them.

## 10 - What is your greatest accomplishment?

My greatest accomplishment was graduating with my Doctorate in Public Health with a concentration in public health leadership from Georgia Southern University. I did not think that I could achieve this as I always struggled in school even during her primary years. I discovered that no matter your limitation, a person could achieve their goal if they have someone or something that motivates them.

# Eight



ATLANTA, GA

PETHRAL DANIELS



@PETHRALDANIELS

## **1 - Who are you and what do you do?**

I am a strong woman of faith, who is passionate about life and living it to the fullest and helping others to do the same.

## **2 - What is your favorite thing to do?**

I enjoy spending time with my family, but I am equally passionate about travel. I enjoy learning about different cultures. I believe that travel has increased my level of awareness on everything from global politics to the world's economy. It also gives me a broader perspective of my place and purpose in the world.

## **3 - What is your favorite getaway?**

I enjoy the beach. I love warm tropical getaways where I can walk the beach in the morning and watch the sunrise.

## **4- What is your favorite restaurant?**

I am a foodie, so there are many that I truly enjoy, however, you can never go wrong with the Capital Grill.

## **5 - Name a song you play daily or on the regular? Why?**

I don't play music daily, but if I were to play something regularly it would probably be "Order my Steps", which is one of my all time favorites. I also love R&B but don't listen to music as much as I used to. I find it more fulfilling to listen to a self-development audio book.

Personal development is a wealth building principle that I have embraced on my journey to my wealthy place.

## **6 - Who has the greatest impact on your life?**

Personally, it would be my family. That would include my mom, my children and my siblings.

Professionally, it would be my coach and my team.

## **7 - What makes you cry?**

I don't cry much, but injustice has made me shed a tear lately.

## **8 - Name something no one would ever guess about you?**

That I am really funny. Most

people think that I am serious most of the time, but I can be quite silly. I have a great sense of humor.

## **9 - What is the greatest gift you could give someone?**

I believe the greatest gift you can give someone is to teach them how to grow, spiritually, mentally, physically and professionally.

## **10 - What is your greatest accomplishment?**

My greatest accomplishment so far has been self-development. Self-development gives me increased capacity to show up better in every role that I have, as a mom, a daughter, a sister, a business coach, a servant leader, a follower and the list goes on.

# Nine



ATLANTA, GA

KAYDENCE HILL



@KAYDENCEHILL

## 1 - Who are you and what do you do?

I'm Kaydence Hill. I am a student at SCAD of Atlanta. My major is Film & Television. While I am unsure of what's next, I am excited to be in the great city of Atlanta, Georgia.

## 2 - What is your favorite thing to do?

Shopping of course. Money wise, I have become very thrifty due to the expense of my education. I love putting clothes together that represent my feelings versus what would typically be culturally accepted.

## 3 - What is your favorite getaway?

My favorite getaway is Miami. Oh my the "all white" buildings and night life is very exciting for me.

## 4- What is your favorite restaurant?

My favorite restaurant is the Mary Mac Tea Room. I am a soul food lover and this place captures that and then some.

## 5 - Name a song you play daily or on the regular? Why?

My "go-to" song is "Come Away With Me" by Norah Jones. This song is so soothing and aids in my relaxation.

## 6 - Who has the greatest impact on your life?

My parents are equally the most impactful people in my life. I am very fortunate to have been raised in a two parent household. They have given me such an amazing foundation. My level of commitment to make them proud is my constant goal. I absolutely love them for their sacrifices and I simply can't say 'Thank You' enough.

## 7 - What makes you cry?

The thought of losing my parent. I know its apart of life but I can't wrap my mind around it. I also cried at the thought of having the first black Vice President. Seeing Vice -President Kamala Harris walk in the shadows of a predominately male, white male at that position made me cry happy

tears. Tears of hope and a sense of FINALLY!!

## 8 - Name something no one would ever guess about you?

Most people would never guest that I send myself encouraging text messages under the saved name 'BFF'. Before I seek compliments or words of encouragement from others, I send them to myself. At the beginning and at the end of the day, if no one said anything nice to me, I have already said 2 nice things to myself.

## 9 - What is the greatest gift you could give someone?

My LIGHT! My light is my energy. This is the absolute best gift I can forfeit. It carries more weight that anything I have.

## 10 - What is your greatest accomplishment?

My greatest accomplishment has not happened yet. I have set so many goals that as I accomplish one, I seek the other. I am so grateful for where I am and I anticipate where I am going.

# Ten



ATLANTA, GA

ASHLEE H. PARKER



@ASHLEE.H.PARKER

## 1 - Who are you and what do you do?

First, I am a woman of God, because without him I am nothing. I am a wife, mother, daughter, sister, and friend. Lastly, I am the owner of two successful businesses, Proficient Tax, LLC and The Harris Parker Realty Group, LLC.

## 2 - What is your favorite thing to do?

As much as I like to be on the go, I also like a quiet evening with my family. Anytime I can relax and watch a movie or play board games, I'm DOWN!!!

## 3 - What is your favorite getaway

I cannot say, I have been enough places to say I have a "favorite" getaway. Anywhere I can wear a

swimsuit, sunbathe on a beach, and not think about the hustle and bustle of my daily routine, IS MY FAVORITE GETAWAY!!!

## 4- What is your favorite restaurant?

Because I am from Savannah, anywhere that serves good seafood, I'm willing to try. I eat Pappadeaux almost everyday for lunch, because it's close to my office. If I am on a night outing, I like Oceanaire (Atlanta) or Truluck's (Miami).

## 5 - Name a song you play daily or on the regular? Why?

"Never Would Have Made It", by Marvin Sapp. There were so many times I could have given up on my career/businesses, my marriage, and lost my faith. I am human and social media, IS NOT REAL. I live a real life too.

## 6 - Who has the greatest impact on your life?

Without a question, my parents! They have always supported every and anything I ever wanted to do. Their unconditional love molded me into the woman I am today, and I am forever grateful!

## 7 - What makes you cry?

The thought of anything happening to my loved ones, rather it is my family or friends makes me emotional. Looking back at how much I have grown as a mother, wife, and entrepreneur,

brings me tears of joy. My faith, perseverance, and the resilience that I possess, often makes me pause, take it all in, and cry out THANK YOU, to the man above.

## 8 - Name something no one would ever guess about you?

Going into college, my plans were to go into the Air Force after graduation, as an officer. 9/11 happened my freshman year in college, and the idea of joining the military, went out the window. So now here I am, saving tax returns and getting families into their dream homes. I can honestly say, I like this career path, much better.

## 9 - What is the greatest gift you could give someone?

LOVE! Love is often taken for granted or mistaken for lust. So, for one to love you unconditionally, means you are receiving a package all in one: loyalty, forgiveness, respect, acceptance, selflessness, trust, growth, and companionship.

## 10 - What is your greatest accomplishment?

My greatest accomplishment is being able to stay true to myself and my values. Living in the world of social media, people often lose themselves, without even knowing it. It has allowed me to nurture my kids, communicate in my marriage with realistic expectations, thrive in my businesses, and show humanity.

Web: [www.proficienttax1040.com](http://www.proficienttax1040.com)

Facebook: [ashlee.h.parker](https://www.facebook.com/ashlee.h.parker)

Instagram: [iam\\_proficienttax](https://www.instagram.com/iam_proficienttax)



# Taste of Home

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# THE ULTIMATE DOPE LIST

TOP LISTINGS OF FEMALE MUSICIANS,  
PODCASTERS AND AUTHORS

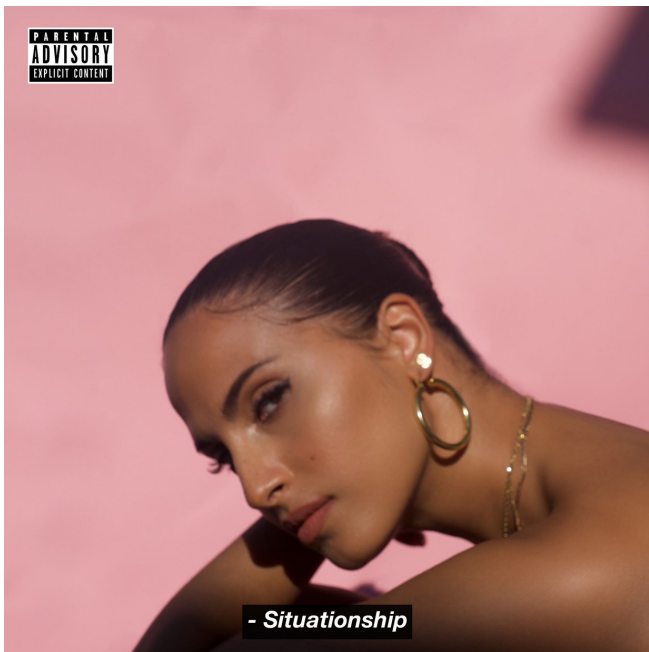
WRITTEN BY TEIA ACKER-MOORE





THE ULTIMATE LIST OF

# DOPE MUSIC



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By Teia Acker-Moore  
of Resilient Living Radio

You can probably imagine me sitting here in front of my computer listening to some lovely music while I seek for inspiration for next month's issue. Well, if you guessed that, you are correct.

listening to music from Jhené Aiko, Ari Lennox, and H.E.R. I chose these artist because of the meaning of all the lyrics inside the song. Listen carefully to each word as you listen to the song. You will find the elements (as described earlier) - love, peace and positivity.

Music controls my day-to-day vibes. Depending on my mood, I have several female singers that I can connect with. Lately, as the time has changed and the holidays are approaching, my mood has shifted to that of love, peace, and positivity. I can only think of three women that have achieved all three of these aspects in one album.

Here is this month's Top 3 female musicians.

**Stop, Look, and Listen!!!**

At the moment I am





Hosted by Kimberly Sumpter

THE ULTIMATE LIST OF

# DOPE PODCASTS



By Teia Acker-Moore  
of Getnoticed-The Podcast



As the world becomes busier, the podcast format has become incredibly popular. Audio content allows the listener to multitask. A recent study showed that while 49% of podcast listening happens at home, 22% happens while driving, 11% at work, and 8% while exercising.

Podcast audio content gives listeners the ability to dive into topics without having to set aside time to read or watch a video. Podcasts also offer articles in smaller bite-sized chunks perfect for daily

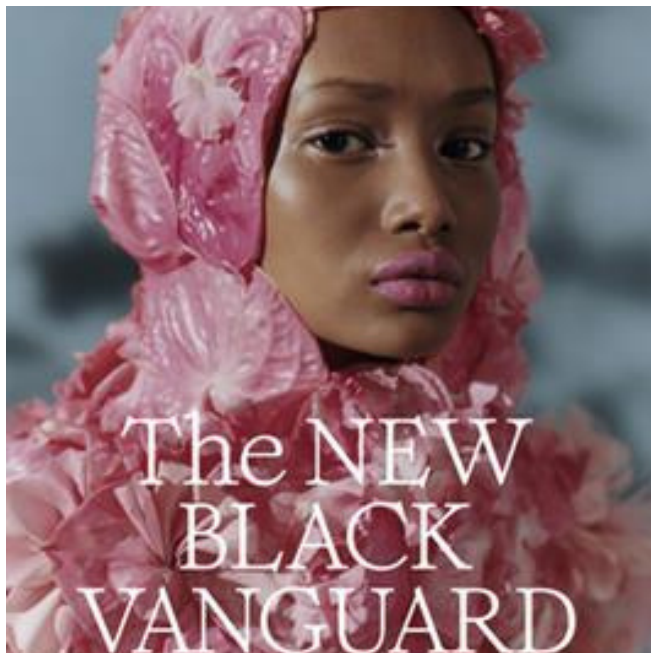
commutes or busy routines.

While I am an avid podcaster, I enjoy listening to these ladies from time to time. Their shows are electric, eccentric and much needed most days.

If you are into podcasting, I recommend you save the stations of these amazing women.

Here is this month's Top 3 female podcasts.

**Stop, Look, and Listen!!!**



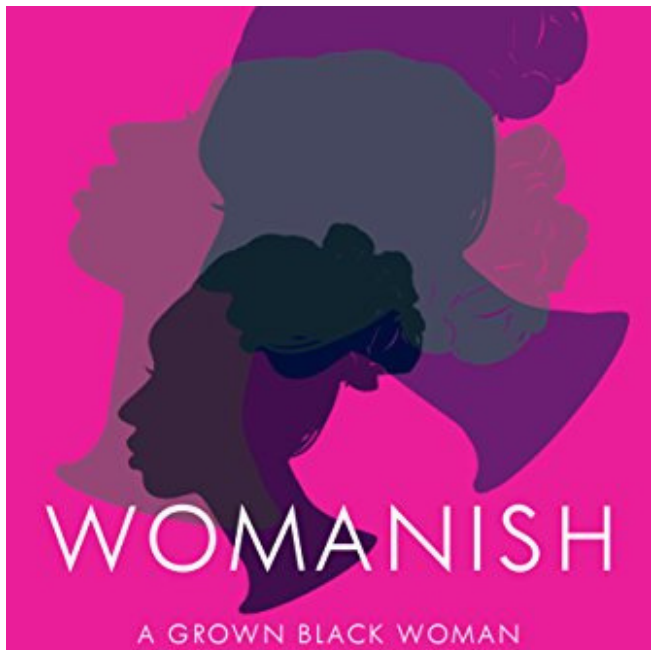
THE ULTIMATE LIST OF

# DOPE BOOKS



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By Teia Acker-Moore  
of MOORE BOOKS, LLC.



While I believe reading empowers people, I also believe it offers them empathy to live in the shadow of others while discovering themselves. Good books can provide an advancement in education and various methods to improving one's life. The goal of most authors is to provide affordable means for others to enjoy some of the greatest literary, contemporary and various genres of work our world has been awarded to have.

Most authors feel the same way. They want to ensure the message has been conveyed in an epic way.

While in quarantine or in your spare time, I encourage you to check out the following books by some of the most amazing black women.

Here is this month's Top 3 female authors.

Stop, Look, and READ!!

Being an author, I am always concerned with the readers take away from my work.



**S A V A G E  F E N T Y**

LINGERIE BY RIHANNA





# Resilient Thinking

## HOW TO RECLAIM YOUR SELF-CARE TO LOVE YOURSELF BETTER

Victoria Baylor, Mindset & Clarity Coach, TEDx Speaker



Why do you think women struggle so much with the notion of self-care? Why do women struggle with taking time for themselves, honoring and fulfilling their own desires? Research has shown that self-care promotes positive health outcomes, such as fostering resilience, living longer, and becoming better equipped to manage stress. In short, it keeps us sane and enjoying life. Despite that fact, there are many women who don't know they need it. They are so wrapped up in the constantly swirling details of their lives that by the time they come up for air just a little they are pulled back into their ever-evolving and rotating daily tasks and responsibilities. Then there are other women who know they desperately need it. They struggle to break away from the madness of their lives to have a moment of solitude or reprieve--any for that matter--no matter how few or far in between they come. And then there are women who reject the notion altogether, choosing instead to throw themselves with nun-like devotion into the care and focus of others while sloughing off the notion of self-care as weakness and abject selfishness. I can tell you the truth, as a Mindset and Clarity Coach, with a focus on helping women overcome their mental blocks to achieve more rewarding professional and personal lives, I've personally encountered and helped these 3 types of women. Unfortunately, I've seen the negative side

effect that each of these types of scenarios creates and the ultimate toll it takes on a woman's confidence, clarity, and satisfaction in life.

There can be many culprits to this problem. Women are known for putting unrealistic and high pressure on ourselves that leaves us fending for everyone but ourselves. Others think that somehow society has managed to convince women that self-care is a sign of weakness and that a woman's ultimate job is being a nurturer- even if, excessively doing so, does lead to her detriment. Not to mention how each woman has different family dynamics, experiences, and personality that influences the way she sees her role in this world and how much of her time should be devoted to herself. Look, it doesn't matter where you point the finger it still doesn't solve the problem. The truth of the matter is, due to self-care neglect, women are worn out, tired, and overworked like never before. The challenges of 2020 alone (i.e. CO-VID and other issues) have left women dealing with anxiety and stress on unprecedented levels. Research is showing that women are drinking and self-medicating more than ever before. Ladies we have to wake up! We can no longer afford to tiptoe around the notion of self-care and treat it like it's optional or like it's that fancy pair of shoes that we only wear on special occasions. Enough is enough. It is a necessity of the highest magnitude and should be and

daily observed as such.

The biggest issue I'm finding is that once women buy into the importance of self-care they are oftentimes ill-equipped to defend their "self-care territory". Many women will cave in or lose the battle because they haven't reframed their thinking on the subject or don't know how to emphatically put their "foot down" and demand the time and space they deserve. With that in mind allow me to offer you a few helpful perspectives and tips.

### **#1. Embrace being a little selfish**

Focusing on yourself through self-care should never make you feel guilty. In truth, self-care is the most caring thing to do. It is a way to honor your energy, mental state, and limits while at the same time recharging so you can better fulfill your other duties and roles you serve others in. So ladies the next time you take that nature walk, go for that pedicure or grab your favorite meal & movie, I want to think of how the investment you're making in yourself is one that honors you and ultimately serves the greater good of your purpose, mission, and goals.

### **#2. Claim your limits**

It's interesting enough that we are careful to not let the bathroom tub water overflow when filling it or we won't let the water in a boiling pot overflow but we will allow ourselves to work beyond our own capacity and not consider our own limits. So what are your limits? Have you considered them? Your limits are when you no longer have the energy or focus to give something. Now is a time to establish your limits with boundaries. One great way to protect your limits is to politely saying "no" when it's necessary. One way to say that is "I greatly appreciate you for thinking of me

but unfortunately, my plate is full at the moment and I can't commit to anything else". Try practicing saying that a few times until it feels natural and you have no more guilt around it.

### **#3. Show your claws**

In nature, animals show their claws often as a healthy defense mechanism. This is the part where I may get a bit of raised eyebrows but I'm going there anyway. If you think that people are just going to roll over and make sure you get the self-care you need that won't always be the case. For you Mom's out there, you already know that kids are inherently selfish. They don't mean to be and oftentimes adults follow suit.

This is where you may have to in essence "show your claws" or "put your proverbial foot down" and maybe even stomp it a few times to show you're serious. Hold your ground ladies! If no one else around you believes in meeting your needs you make sure you do it for yourself!

If you can take away anything from this article I hope it would be the realization of elevated understanding that self-care is the greatest form of self-love. It's necessary to ensure you function at your best. It's time out for thinking it's optional. It's time to take back your peace of mind, health, and focus. It's time to love yourself better and start giving yourself the grace, compare and compassion you give to everyone else.

**Let's Connect**

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**LinkedIn: Victoria Baylor**

**Facebook Page: Victoria Baylor**

**Instagram: Victoria Baylor**

**Twitter: VictoriaDBaylor**







The Art  
of Seduction

with Nekita Robinson of Pure Romance



# THE ART OF SEDUCTION

by Nekita Robinson  
Photos by Getty Images

**Seduction.** The word alone is titillating. The seducer is in a seat of power and confidence. As Your Favorite Pure Romance Consultant, allow me to share a few products that can help you entice and seduce.

## Entice the 5 Senses to Set the Mood for Seduction

**SIGHT:** We're always told that men are visual creatures. Make

**EYE CONTACT!** Do not just look at your partner, SEE your partner, so that energy may be reciprocated. Your walk is also important. Remember in the movie "Waiting to Exhale", Gloria walked away from her neighbor with a little extra razzle dazzle? He couldn't take his eyes off of her! Turn your confidence UP, and your insecurities DOWN. Put on flattering lingerie, then strut right

**"Remember in the movie "Waiting to Exhale", Gloria walked away from her neighbor with a little extra razzle dazzle? He couldn't take his eyes off of her!."**

up to your partner. You get extra points if you walk pass them nonchalantly!

**SUGGESTED PRODUCTS:**  
**Lingerie with a set of pasties for extra detail.**

**“They love for us to smell feminine, and it’s even better if you don’t smell like every other woman.”**

**SMELL:** Most of us LOVE a good-smelling man. The same goes for men. They love for us to smell feminine, and it’s even better if you don’t smell like every other woman. Think along the lines of your own SIGNATURE scent. You want to imprint your scent on your love interest. All of us have natural pheromones, which can be heightened by products that are INFUSED with pheromones. Layer your fragrance by using a body wash, body oil, body lotion, and/or body spray or perfume. It will last longer throughout the day, and you’ll surely turn heads in passing.

**SUGGESTED PRODUCTS:**

**Basic Instinct Sex Attractant, Hydrating Body Dew Oil, and Pure Romance’s exclusive perfumes. All of these products are infused with pheromones!**

**HEARING:** Play music that your soul connects with. It will naturally bring out the sexy in you. For some, that may be 90’s R&B, trap music for others, or a country love song for someone else. However, don’t just think in terms of music. Certain sounds can set the mood as well: think along the lines of beach waves, still night sounds, or the constant vibrating sounds of a bedroom accessory. Whatever is going to put you in the headspace to seduce. An added touch to make the moment even sexier is to whisper in the moment of intimacy. Don’t hesitate to lean in and whisper your intentions.

**SUGGESTED PRODUCTS:**  
**Opening Act, Fan Favorite, coupled with your favorite playlist.**

**TOUCH:** Touch can be healing. Touch can be reassuring. Touch can be sensual. Lightly touch your partner’s face, their arm, their knee, or the nape of their neck during everyday interaction. Massage is also a popular form of foreplay and seduction. Not only is it relaxing, but it’s so selfless, that it causes your partner to WANT to give back. Massage your partner in a way that they can feel the love coming through your fingertips! Add an element of heat and vibration, and surely you’ll be the MVP of Seduction.



**SUGGESTED PRODUCTS:** Hearth Throb, Burning Desire Massage Oil Soy Candle.

**TASTE:** Why does it seem like our sense of taste is heightened when we close our eyes? If you're eating something delicious, you'll close your eyes to savor the taste! Your eyes also tend to close when you kiss your partner.

Hmmm.....how much sweeter seduction will be when you love what touches your lips.

**SUGGESTED PRODUCTS:** Whipped Cream Lubricant, Sensations Warming Lubricant, Just Like me Water-based lubricant. Choose your favorite flavor!

Make eye contact, compliment your partner, have confidence in yourself, then add in a few products from Your Favorite Consultant.

To shop with me or request more information about joining my team of business partners, visit [www.yourfavoriteconsultant.com](http://www.yourfavoriteconsultant.com).

**“Make eye contact, compliment your partner, have confidence in yourself, then add in a few products from Your Favorite Consultant..”**



# Resilient Credit

## How To Improve Your Credit Score

Tonice Cooper, Credit Strategist



*Photo courtesy of Tonice Cooper*

Are you tired of being denied credit? Are you tired of having to ask a relative or friend to co-sign on a car or loan for you? Well if you are, then it's time to sit down and take a serious look as to why you can't get that credit. It's because you have less than perfect credit, girlfriend. Now don't go beat yourself up about it. You're not the first woman nor will you be the last to have struggling credit. Are you ready to do something about your situation? Are you ready to bounce back and improve your credit profile? Yes! That's what RESILIENT women do! We bounce back! Here are a few tips to get you started in the right direction to improving your credit score.

- **Pay your bills on time.** This is the biggest component that makes up your credit score. Your payment history counts for 35% of your credit score. Be sure to not only pay credit cards on time but also utilities, phone bills, car loans, and student loans. Even if you are at a place now and maybe behind on a couple of bills, bring the bill's current as soon as you can. The more you make on-time payments, the negative impact of the late or missed payments will begin to not have as much of an impact on your credit score.
- **Pay down credit cards and pay off debt.** The general rule of thumb is to pay down credit card debt below 30% utilization. The lower the utilization the better. A low credit utilization tells lenders you know how to manage credit well and not max out your credit cards. Do not close credit cards once you have paid them off. In fact, keep a small balance on your credit cards to keep them active with the credit card company. Strategically use your cards for small purchases that you would normally purchase with cash. Pay the balance off of the purchase on your statement date. (We will discuss why later.) You want to keep your credit cards active to keep the credit card company from lowering your credit limit. This will lower your score.
- **Get a secured credit card.** A secured credit card requires an upfront deposit. The amount that you pay down will determine the credit limit. It reports every month to the three major credit bureaus just like a regular credit card. A secured credit card is an easy way to rebuild your credit.
- **Become an authorized user.** Have someone you know with great credit add your name to their credit card account. The history associated with the account will be added to your credit reports. Your credit standing

improves if the account owner has on-time payments and low credit utilization.

- **Check your credit report for errors.** It's important to regularly check your credit reports. You can now request a free report once a week until April 2021 due to the current pandemic. Just go to [www.annualcreditreport.com](http://www.annualcreditreport.com) and download a free report from each of the three major credit bureaus. If you find anything that is inaccurate or fraudulent, according to the Fair Credit Reporting Act, you can dispute it.

Every month, in the **RESILIENT** magazine, look for credit tips and relevant information that will boost you in the right direction to restoring your credit. If interested in a free credit consultation, I am here to help you restore your credit and to put you in a better financial position. Also, order the Vantage Point Financial Wellness Planner to effectively manage your budget, credit, and debt. It includes 12 dateless months (so there's no wasted space in your planner) goal planning sheets, monthly affirmations, credit tips, debt management, space for notes and this is just to name a few.

You can do both at [www.vantagepointcreditsolutions.com](http://www.vantagepointcreditsolutions.com).

Tonice Cooper, Credit Strategist Vantage Point Credit Solutions



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# WHEW.....CHILE!!!!!!! I LOVED HIM MORE THAN I LOVED MYSELF BUT I FIXED THAT

By Claudia Dasher

Photography by Madi Ross

*Resilient Magazine Writer,  
Claudia Dasher opens up about  
"LOVE" and the effects it has  
when you love someone greater  
than you love yourself.*

I remember hearing the song "When It Hurt So Bad" by Lauryn Hill while I silently cried in my pillow after my last breakup. I was physically and emotionally tired of giving all of myself to a man and yet he says the most famous man line ever "I'm not ready". Ready for what? I would always ask myself. Ready to be honest? Ready to commit? Ready to be a man? Huh!!! I mean sure he was ready to date, have sex, and of course, say or text all the right words. I begin to self-examine. Was I upset that we broke up or was I upset that I told my family, friends, enemies, social media, basically, the whole world that he was the one. I started my entrance to the universe and my diary with "So there's this guy"..... We've all done that right? Nonetheless, I was devastated because here I am again on Valentine's Day alone. Not that that day matters but let's be honest....IT DOES.

I realized that I put so much pressure on myself to be this amazing woman that I was actually becoming this





amazing man. We genuinely understand what we want and need. We only long for that to derive from another human.

After my break-up, I went back to review what I did and didn't do. Needless to say, I did too much. I was basically his second mother and there was no room for him to love me on the level I needed him too. I thought that by giving him everything he needed, it would ultimately give me everything I needed. Boy, was I wrong. Men are wired to figure things out. Instead of taking the lead, I should have taken a step back. I should have made him feel needed instead of displaying my independence so freely.

Now by no means am I suggesting to hide who I am to make a man feel good. But, I could have been more feminine instead of acting as if I was the alpha male and female.

I took to dating myself to discover what I really wanted. Of course, I want the fine, successful, no drama, healthy guy. But I also want one that will love me flaws and all. I mean, how could I want someone so perfect and yet I not be. I discovered so much about myself that I decided to share it with as many women as possible. It's ok to love someone but never love them more than you love yourself. You love is priceless. Protect it.

***After my break-up, I went back to review what I did and didn't do. Needless to say, I did too much. I was basically his second mother and there was no room for him to love me on the level I needed him too.***

**- CLAUDIA DASHER**



**Sign #1: You Are  
Willing To Leave  
Your Friends  
Behind, But They  
Aren't**



**Sign #2: They Don't  
Do For You Like  
You Do For Them**





**Sign #3: You Feel  
As If They Will  
Leave You For  
Someone Better**

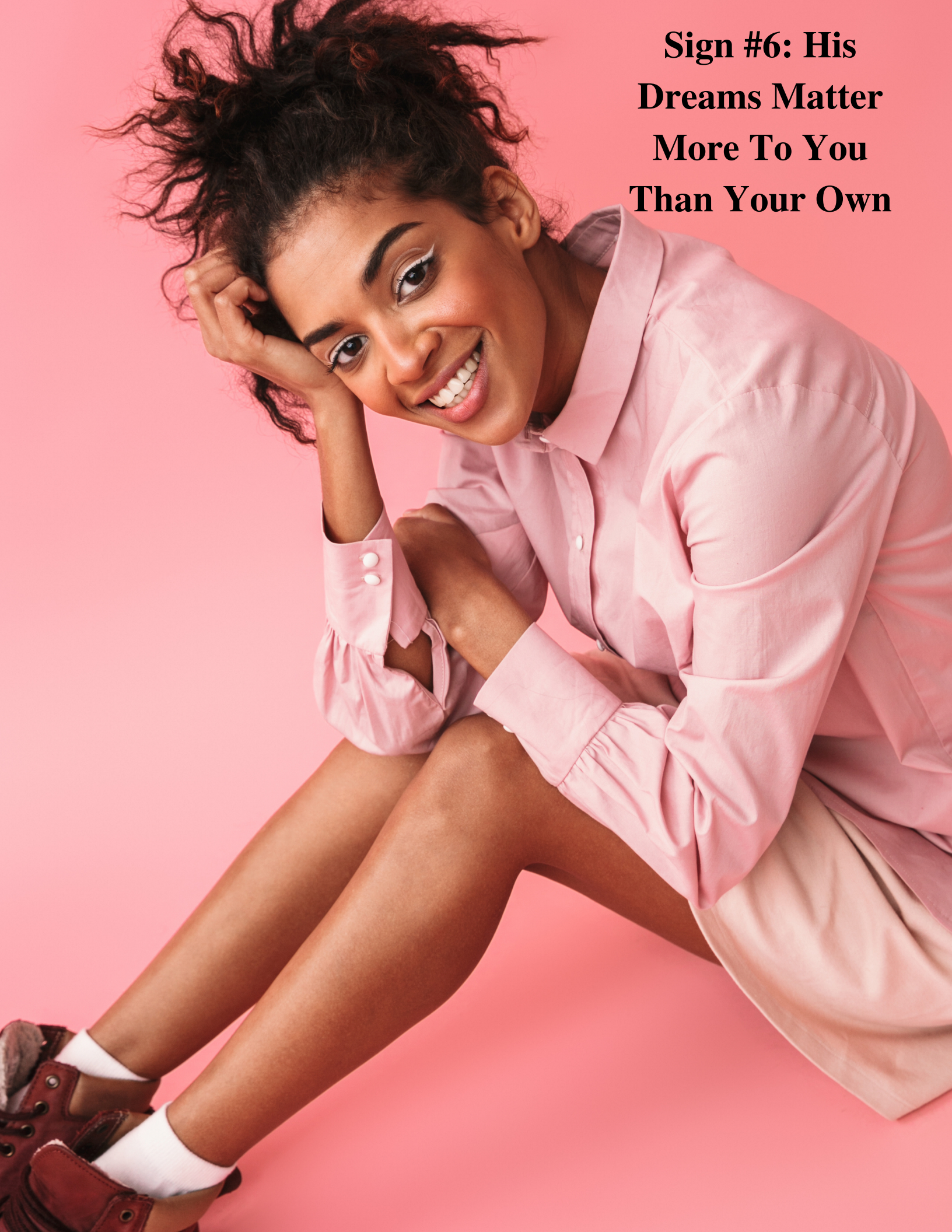
**Sign #4: You Take  
More Initiative To  
Do Things Than  
They Do**



**Sign #5: He Never  
Mentions You In  
His Future**



**Sign #6: His  
Dreams Matter  
More To You  
Than Your Own**



A young woman with dark, curly hair is shown from the chest up, wearing a light pink button-down shirt. She is sticking her tongue out playfully towards the camera. The background is a solid, vibrant pink color. The lighting is soft and even, highlighting her features.

**Sign #7: You  
Know More About  
Them Than They  
Do About You**

**Sign #8: You  
Always Want To  
Work On Your  
Problems & They  
Don't**





**Sign #9: You Sacrifice Your  
Happiness For Theirs**





# Resiliently Fit

## IT'S A LIFESTYLE CHANGE. YOU'RE WORTH IT! LET'S GET FIT TOGETHER.

with Tasha Devoe, Personal Trainer



### RESILIENT HEALTH & FITNESS

Whew! Yes we've done it! We've made it through January and I must say feeling quite proud of getting some workouts in and making some changes with our eating. Don't lose that momentum let's keep pushing for even more. Who doesn't enjoy feeling good about themselves from within. Go ahead and let your resilience show J. Now this is the month where we get to celebrate the history of African Americans and love. So while we reflect on those who have paved the way and those paving new ways let's love on ourselves or our significant others.

---

### LET'S GO, LET'S WORK QUICK 15 MINUTE WORKOUT

#### LOVE HANDLE WORKOUT

- Side plank tuck (left)
- 30 Sec side plank (left)
- 15 Side plank tuck (right)
- 30 Sec side plank (right)
- 15 Russian twist
- 30 Sec hold Russian twist position
- 15 Bicycle crunches
- 30 Sec hold legs extended straight out
- 15 Heel touches
- 30 Sec crunch hold
- 15 Plank jacks
- 30 Sec mountain climbers rest

Complete 2 more sets

**\*\*Don't forget to stretch and hydrate\*\***

Ok, I see you! You've been seriously committed to your working on those love handles and it shows. The inches are melting away, you're feeling good inside, and looking great on the outside. Now the million-dollar question.....what are you going to eat? Well if you're trying to think of a delicious meal to make this V day special try this tasty and waist-friendly meal.

#### PAN SEARED SALMON MEAL

Ingredients: 4 oz salmon fillets, salt, pepper, lemon juice, olive oil, butter

Directions: Season fillets, heat skillet with a touch of olive oil, add salmon skin down, flip so the other side can sear while adding butter, lemon juice, and parsley. Lemon slices are an amazing touch

To accompany this delicious salmon pair it with some sautéed garlic broccolini and baked cubed sweet potatoes (yes you're getting a bonus recipe)!

Directions: Preheat oven to 400 degrees, peel, cube, and dice 2 sweet potatoes. For less mess grab a Ziploc bag add the sweet potatoes then toss in 2 tsp minced garlic, 1 tbsp olive oil, melt 2 tbsp of butter, ¼ c of parmesan cheese, ½ tsp Italian seasoning, and ½ tsp garlic salt. Coat the potatoes well, add to a baking sheet, and cook for 20 mins. The potatoes can be garnished with dried parsley.

Enjoy your delicious meal in under 45 mins

**FIT WITH TASHA OFFERS IN-PERSON AND  
VIRTUAL TRAINING MONDAY – FRIDAY  
LET'S GET FIT TOGETHER!!**





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## CAPRICORN

Single persons are looking for fun in relationships. Relationship with children will be marvelous. Health will be splendid and career growth will be fabulous. Students will excel in their studies. Financials and travel plans are not gainful.

## AQUARIUS

Marital life will be harmonious and enjoyable. Family life will face unexpected challenges. Health and career will be in turmoil and full of problems. Business travel will give good returns, but students will face a lot of difficulties in their studies.

## PISCES

Singles will find love partners through good communication. Family relationships will be volatile. Professional growth will be excellent and financial flow will be copious. While travel engagements will be beneficial, educational prospects are not encouraging.

## ARIES

Based on the Aries star sign 2021, planetary aspects are favorable in February 2021. Married life will be more friendly than passionate. Health and career prospects are fabulous. Finances are comfortable, while academic growth and travel activities are not encouraging.

## TAURUS

Love and affection will be missing in love relationships. Singles are in search of temporary relationships. Health and financial prospects are wonderful. Academic development of students will be encouraging and travel activities are exceedingly beneficial

## GEMINI

Planetary aspects are beneficial for social activities and you will explore new areas of life. Love life will be very romantic, and singles will find partners in social circles. Prospects for profession and finances are a little difficult. Family relationships will be chaotic.

## CANCER

Married life can be made sweeter by going on pleasure holidays. Family relationships will be pleasant and health prospects are excellent. Career growth will be good and travel prospects are encouraging.

## LEO

Love life will be both romantic and sensual with scope for pregnancy. Family relationships present a pretty picture and health prospects are encouraging. Career development will be quite good and financials can be problematic. Travel and educational fields will face rough weather.

## VIRGO

Love relationships will be both romantic and sensual. Health will not be posing any problems during the month. Educational prospects are wonderful. Professional growth will be retarded. Finances and travel activities will not be propitious.

## LIBRA

The month is dominated by very good marital bliss. Health will not pose any problems. Students will excel in their studies. Financials and professional growth will face tough conditions. Travel engagements will not have any beneficial effects.

## SCORPIO

Love relationships will face problems during the initial parts of the month. Career development and financial prospects will face difficulties. Family relationships will be problematic and health will be tentative. Considerable gains from travel activities are likely.

## SAGITARIUS

Love relationships will be fabulous this month. Career prospects will suffer due to problems in the workplace. Family affairs and health will not pose any difficulties. Travel activities do not promise any benefits while the academic growth of students will be admirable.



ROMANCE

ROMANCE  
*Rosé*