

She's

SUMMER 2020

SINGLE

A BACHELORETTE IS BORN

HOW TO
QUICKLY
GET OVER AN EX

FASHION
FINDS UNDER
\$500

SEXY MAKEUP
TUTORIALS

SMOKEY CAT
EYE AND FLAW-
LESS NUDE LIP

LEARNING TO
EMBRACE YOUR
SINGLEDOM
& **DATING**
OVER 40!

JAZZ FOR THE
MILLENNIALS

15

HEALTHY WAYS
TO GET BACK IN
THE GAME

INTRODUCING

LGBTQ

RELATIONSHIP
COLUMN

Lily Arlin
THE FIRST BOLDBACHELORETTE

...AND AN INTERVIEW
WITH ACTRESS
LUNDEN DE'LEON

ISBN 978-1-935098-55-3

51695



9 781935 098553

SULFATE FREE. NO PARABENS. NO PETROLATUM.
NO MINERAL OIL. NO ARTIFICIAL COLORS.



WEB EXCLUSIVE

Copyright 2019 Carol's Daughter, All Rights Reserved

HAIR MILK PERFECT CURLS COLLECTION

Walmart 




Health®

carolsdaughter.com

THE SWEETEST DEALS OF THE SUMMER

Stock up on excellent bargains that
do your closet justice without giving
you a shopping meltdown.

Photography by: [@dmitrysvetkov](#)

DISTRESSED STRAIGHT-LEG
ANKLE JEANS \$28



TWENTY

SEVENTH AVENUE

27th
Avenue

twentyseventhave.com

RUBY RED BERET

\$10.00

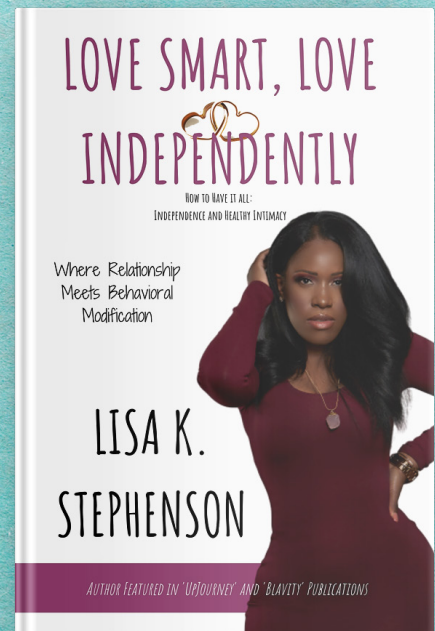
LOVE SMART, LOVE INDEPENDENTLY

*Your Guide to Becoming
a High Valued Independent
Woman*



A SELF-HELP RELATIONSHIP
BOOK BY
LISA K. STEPHENSON

“I believe that behaviors are learned and just like you were taught to be a nurturing fool, you can learn how to be an independent woman. When I say independent, I am not telling women to live their lives without men, or without the assistance of men, what I am teaching women to do is not rely solely on a man to acquire the things they need in life. This can range from money to simple validation.”



amazon

LISAKSTORE.COM



Unilever



SOFTER, SMOOTHER SKIN AFTER JUST ONE SHOWER.

With our most effective skin-natural nourishment, feel the difference it makes to your skin. To learn about our breakthrough formula, visit dove.com



Photo Credit: @selosamarts



GUESS

Copyright GUESS, Inc. 2020. All Rights Reserved





Leonard's Academy of Dance

CENTRE FOR THE ARTS

2011 taught hip hop, jazz, and African workshops in Macau, China
2010 –Led LAD/UND team that taught dance/vocal workshops and performed in Moscow, Russia
2009 & 2010 Performer in “Hope-The Musical: premier event Jan 2010 Frankfurt, Germany;
2009 Performed at Commerzbank Arena, Frankfurt, Germany to audience of 45,000
2007 choreographed and performed for Royal Star Cruise Lines in Africa
2006 taught hip hop workshops and aerobics in Malaysia
2006 opening act for Kirk Franklin Youth Convention Tampa, Florida;
2005 choreographer play entitled “A Salute to Christ”, Baghdad, Iraq.
1994 & 93 Choreographer & Performer with U.S. Army Soldier Show;
1993 choreographer with Mariah Carey in Koln, Germany

In 1991, Leonard founded, the Musical Performance Troupe, United Nations of Dance (UND), which has performed around the world and now consist of over 100 members representing 23 countries and 5 continents. UND celebrated its 20th anniversary with its original stage play, “A Passage Through Time” during its mega weekend also commemorating its 5th anniversary of Leonard’s Academy of Dance. “A Passage Through Time” is an original stage play written by Leonard and members of UND using singing, acting, and dancing to depict the achievements and contributions of African Americans from the Middle Passage to present.

302 W. Robertson Street
Brandon, FL 33511
(813) 653-0400
LMardis@tampabay.rr.com
ladbrandon.com

EXPRESS

SUMMER 2020

Photo Credit: @seltosamarts

Copyright 2020 Express. All Rights Reserved



CUSHNIE

SPRING 2020 PREORDER NOW

As a woman, I understand what my customer wants from her clothes. I've grown and evolved alongside her over the past 10 years, and I strive to present her with timeless silhouettes that make her feel sexy, sophisticated and powerful — all at once.” says owner, Carly Cushnie



NAVY/WHITE
STRETCH CADY
ONE SHOULDER
DRESS
1,495



When we think of African American fashion designers, we can't help but think of CUSHNIE label owner, Carly Cushnie. Cushnie and her sculptural like collection was a winner of the Ecco Domani Award in 2009, a finalist for the CFDA/Vogue Fashion Fund in 2011 and a nominee for the CFDA Swarovski Award in 2012. With a smile this bright and talent this extraordinary, we can't wait to see what's next for this label designer. Established in 2008, Carley founded her label with the desire to serve the modern woman. A clean look with meticulous design worn by prestigious woman such as: Michelle Obama, Lupita Nyong'o and the likes of Beyoncé.

NAVY SILK
CHARMEUSE
DEEP V BODYSUIT
795



NUDE MINI
WHISTLER BAG
278.25

WHITE LEOPARD
INFINITY RING
CROSS BODY BAG
348.25



Balmain Icon Stripes
Tank One-Piece
Swimsuit, \$430.90,
Neiman Marcus;
Notch Collar
Roll Sleeve Blazer
\$108.00, Express
Pave Drop Earrings,
\$24.90; Express



High-Spirited and Glamorous are a couple of the adjectives we'd use to describe our cover girl, Ms. Lily Arlin. From practicing her facial expressions to studying materials found between the pages of your favorite fashion magazine, Lily's got drive! With a long resume of human service related activities and professions, we couldn't help but notice how benevolent and loving Lily Arlin really is: Dancer, Nurse, Fitness Instructor and Model, Lily's got flair and time to give back, encouraging women to love the skin they're in. On Instagram, Lily shares with her followers just how hard she works and more importantly, why, "Tip Monday: How does one improve? You study your craft!" exclaimed Lily. "I personally love reading books on posing and the tips from experts in the industry who made it. There is so much valuable information found in books. I read and I apply. It's like getting the inside secrets to make yourself more competitive in this market!" Wise words

spoken from our first BOLD-Bachelorette. In an exclusive interview Lily bears it all, her truth, experiences with men and why she's taking the time now to embrace her singledom.

Born and raised in Silver Spring, Maryland nearest the D.C. Metropolitan area, Lily describes her hometown as having a diverse culture and history. "Everywhere you turn in the area there is something of significance, be it the monuments, Black Historical trails, and the museums. There is always something new to learn," says our BOLDBachelorette. While she may speak highly of her birthplace Lily dreams of one day visiting Brazil due to her ongoing studies of Samba and performing with a local group in D.C. Lily shares her thoughts on the art, "It is a beautiful dance and I would love to see where it originated from, and even perform in Brazil." An inspiration to those around her, we asked our BOLDBachelorette what it would take for someone special

to grab her attention, "Kindness and attempting to dance, those are winning qualities for me," she smiled. Although her parents are Lily's biggest inspiration as they are both entrepreneurs and hustle for their business and family. She describes their work ethic as out of this world, therefore motivating Lily to work and put her all in everything she does, Lily herself finds joy in inspiring others, "Let me start by stating that I take every opportunity to be kind and to say something complimentary to anyone I meet. It does not take a lot to be kind, but it is worth more than anything. I also try to share my modeling tips and write motivational posts on Instagram to help people keep grinding and chasing their dreams," she said. "Secondly, I teach Dance Fitness, the choreography is intense, very technical, and at times can be complex. I love it when my students master the choreography. I love it when my students master the choreography. I break it down and build them up to master. I give them goals

and tell them they are doing amazing! Each class they get better and better which helps to boost their confidence. It inspires my students to keep stepping out of their comfort zone and to take on new challenges." Lily goes on to mention, "Lastly, I go about inspiring others through the dance classes I offer at different gyms. I love giving my participants who are mostly women, the space to feel empowered to move and isolate their bodies—mostly the hips—through my dance fitness. One of my students told me, "I love your classes because you give us the space to feel sexy and let us know that it is okay to be sexy." Another student told me, "I always feel so pretty in your classes, you help make me feel beautiful." Several students have remarked that my classes help them to lose inches off of their waist which in turn encourages them to keep dancing."

Sometimes it isn't always a perfect world where motivation meets inspiration, Lily admits to facing one particular misconception others have had in terms of her personality, but as we look to dive deeper into the life of our cover girl, we learned there is

much more than what meets the eye. "People think I am actually extremely quiet and reserved. I guess that is true in the first fifteen minutes of meeting me. Once I am comfortable and get a sense of your vibe, I get loud, giggly and start joking around with people." Good to know and there's nothing false about that statement as we've come to get to know Lily, it was even asked, what is your most annoying habit? "I am extremely forgetful and have a bad habit of just leaving things anywhere. It's annoying to everyone including myself because I put myself in a frantic state because I simply misplace things. My mom tells me often that I leave a trail everywhere I go. It's not as bad as it used to be, but I still have my moments," chuckles Lily before disclosing to us the weirdest comments she's encountered in her DM. "This question came into my DM's on Instagram as soon as I created a business page to promote my petite modeling journey: "May I clean your apart-

ment and cook all of your meals in exchange to bask in your beauty?" It was bizarre and literally out of the blue. I didn't respond, I hit that beautiful block button feature that IG has." It would have been nice considering the trail she leaves behind, but dating isn't always easy.

While there may be fans willing to assist Lily in keeping her space immaculate we asked her take on dating one, "Probably not," she says boldly. "I feel a fan would love the idea of you and what you represent, but may not be into who you are as a person." But that wasn't all, we love a BOLDBachelorette best/worst date story and Lily is of no exception, "The best date I've been on was when the guy surprised me by coming to one of my dance performances—which meant the world to me—and afterward we went dancing—which isn't his thing—ate some vegan food and walked around D.C. holding hands and talking. It was special, knowing someone would support me and get out of their comfort zone for

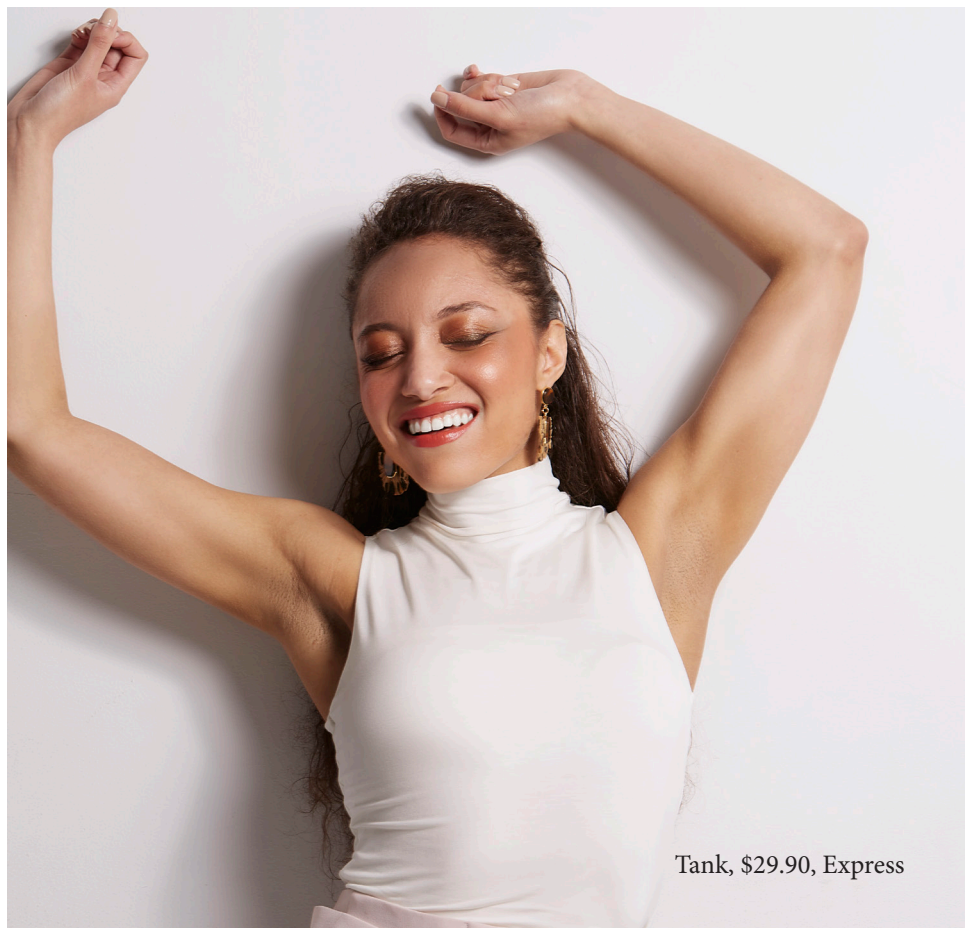




me.” Lily replied. Not long after with a mild knit to her brows, she continued, “Now let’s talk about my worst date. I went out to this Ethiopian Restaurant. My date at the time came from a well-to-do family...not a problem, until his elitism showed it was unattractive,” Lily stated. “I asked the waitress for a take-home box. My date scrunched up his nose and literally said, “Leftovers!? You eat leftovers!! I never had leftovers in my entire life! My food is always fresh!” I was flabbergasted, who screams about something so trivial? It was absurd. Needless to say, that was the end of the date. Did not speak to this gentleman again... and I enjoyed my leftovers the next day.”

When the thought of leftovers enter our minds its safe to say the holiday seasons are where we can find the most desirable meals lasting days at a time. Yet for our BOLDBachelorette when we asked about her favorite holiday season, Lily responded, “I didn’t grow up celebrating holidays and even now as n adult it feels like another day to me. However, I do love the lights around Christmas though. It definitely is so pretty to look at it brings cheer when it is cold and dark out.” Many folks look forward to the holidays and Christmas on some level, perhaps believing they can or will rekindle that childhood feeling of innocence and wonder that typically accompanies that time of year. And while Lily may not be celebrating the holidays she couldn’t help but feel a bit nostalgic when asked about her desired profession as a child, “As a kid, I wanted to be a news anchor. I used to have a little desk and whenever my parents would come home from work, I would have them sit in front of my desk as I would tell them, “This is Lillian with the Evening News...” then proceed to tell them the current events (e.g. whatever happened to me at school).” But that’s not where our BOLDBachelorette found her calling, “Things changed in my teens when I discovered my true passions: modeling, and dance fitness. I love posing and just promoting health through dance—I’ve been dancing since I was two years old. I love seeing people be happy, healthy and living their lives. Fitness allows people to be their best and I am elated to get to have a hand in that. It’s amazing that I am actually living my teenage dreams now that I am in my twenties. I believe anything is possible when you put in the work and believe in your abilities.”

In some cases when we’re chasing dreams we’re not paying attention to the physical hurdles that may be standing in our way and for our BOLDBachelorette a clumsy slip landed her an absence for the



Tank, \$29.90, Express

day right before midterms. Multifaceted and determined to keep herself active, Lily studied hard, but she fell hard too, when asked what is the dumbest way she’s been injured, Lily told us, “Breaking my ankle in college for sure. I was so stressed out by my pathophysiology exam. I was studying my electrolytes and their imbalances hard and heavy. While on my way to take my midterm, I was looking over my cards and didn’t look where I was going. I feel over an ankle height coffee table that connected the couches in the lobby of my building. I immediately got up. I had attracted so much attention to myself...they boom! I fell back down and my ankle was completely twisted in. My nursing school professor came out and said, “You need to go to the ER now!” Definitely freaked me out. Let’s just say for certain I didn’t take my midterm that day.” She laughed. It’s not hard to imagine that when you’re running working diligently towards a goal it can be rather arduous and for that reason many of us may have wished for some super to help us along the journey, for our cover girl that superpower is invisibility. “There is something powerful about going unnoticed in a sense. Like Invisible Woman from Fantastic 4, she was powerful yet, went unnoticed until it was the right moment for her. You make your power moves in silence, people not know-

ing what you’re up to until after the fact. Nowadays, social media can put every aspect of your life out there if you let it: for example, landing the modeling gig of my dreams or posting about my journey after I hit a major milestone and how I got there.

Our BOLDBachelorette is all about leveraging her talents and disclosing information as it pertains to her everyday life one tidbit at a time. Her quotes, her classes are all meant to inspire women no matter the race. Effective communication is key and when asked if our BOLDBachelorette is fluent in any other languages, this is what she had to say, “I only speak English fluently. I am learning to speak Spanish and Portuguese. I love the music and culture of Latin America and it helps me to become more attached to my Cuban Heritage—through my father. It is also amazing because it helps me to relate to more people, especially my students who come from all over the earth.” Lily then made mention, “I am definitely not good with accents, however. Eventually all of my accents that I try to attempt sound the same. I am good at mimicking someone, but I have to be around them for a while to pick up on their inflections and mannerism.”

So what’s new for the young starlet who says she is a lover of pets and a proud BOLDBachelorette? “Being a BOLDBach-

elorette to me means that you are a complete person whether you are looking for love or not. Living your best life in a sense, living what is beyond your wildest dream. For me, it means being the best servant of GOD that I can be, that I am dancing every day, modeling, traveling, knowing someone would support me and get out of their comfort zone for me.” As fas as pets, for now, our cover girl is all for the possibility of one day owning a dog, “...like a black lab. Something loyal and loves to play. That breed is very friendly to people which is a major plus.” Lily invites women to join her in Washington D.C. for her classes.



 @lilyarlin

A NEW DECADE OF HAIR & BEAUTY

introducing...

About Ecoslay: Founded by Adria Marshall in 2015, the hair line — based on homemade products for her own naturally, curly style— has grown to 30 retailers across the globe and has received quite a following from those with curly and wavy hair textures. No matter how much her business grows, one aspect remains the same. Each product is still handmade in her kitchen using carefully chosen and thoroughly-explained ingredients—no labs, no factories and no warehouses. The result is hair care that’s as innovative as it is natural and sustainable.

Homemade food is good for the body and the soul. While you can’t exactly give your hair a home cooked meal, Ecoslay comes awfully close to feeding your lovely locks the nourishing meal it deserves with handmade products consisting of natural, eco-friendly ingredients. Made with flaxseed and agave nectar extract, aloe vera juice and sweet orange essential oil, try their curl definer, Orange Marmalade. For extra thirsty locks, apply Banana Cream as a leave-in treat or as a moisturizing mask. Aside from offering a line of affordable vegan, no-filler formulas, the brand takes natural hair care a step further educating consumers about the ingredients it uses by explaining their purpose: what you put on your body is just as important as what you put into it.

▶ 1



Paige’s stunning curls are a match made in Ecoslay heaven. Keep reading to see how she styles her low-porosity, medium-density curls “The Eco-slay Way”!

Products under
\$30.00 at
ecoslay.com/



▶ 2



Apply Banana Cream Deep Conditioner to hair, completely saturating locs.

▶ 3



Using 1-2 pumps per section, rake Orange Marmalade aloe and curl definer into locs, coating each strand.



Gordoné Cosmetics is an upcoming brand providing premium quality, cruelty-free, and affordable cosmetics to women. As an affordable luxury cosmetics brand, Gordoné Cosmetics is made to make you look good and feel good without breaking the bank.

 @leahgordone



GRACE ELEYAE



We design our products with your hair care in mind. Our goal is to take the sweat out of your morning routine by offering protective hair accessories that are fashionable and functional. Our silk and satin-lined products eliminate hair-damaging friction, lock in moisture and help distribute your hairs' natural oils throughout your scalp. Plus, they help prevent your hair from thinning and create the optimal environment for healthy growth.

Grace Eleyae Inc. was founded on the belief that you should never have to choose between haircare and style, so we made products that combine both; starting with the Original Slap (Satin-Lined Cap)*. In 2014 Grace took a trip to Kenya that changed her life. During a bumpy 8-hour car ride, all the hair on the back of her head broke off - the result of her chemically straightened hair and constant friction against the headrest.

Later that year, as a solution to her completely damaged, broken and dry chemically straightened hair, the first prototype of the Slap was created. After seeing immediate changes in her hair, she passed it to friends and family. It was a hit. Soon after, Grace Eleyae began selling her products on Etsy and by September 2014, decided to fully launch Grace Eleyae, Inc. One month after the launch, a YouTuber, CloudyApples, named the cap as a "must have" in her nighttime routine. This led to more and more beauty bloggers giving the Slap rave reviews, which then brought the Slap

into the mainstream world. Since then, Grace Eleyae, Inc. has been dedicated to reinventing the way we protect our hair by creating modern protective products with you in mind.

graceeleyae.com





*Saks
Fifth
Avenue*

THE PHONE JINX

BY LISA K. STEPHENSON

Well hey there handsome! There comes a time in every woman's life she meets a datable guy—urban dictionary knows what I mean—and thus she's happily being courted by Mr. Right. It's an exciting time, isn't it, ladies? I would say so. A guy that checks off every box on your list and shows you just the right amount of attention while sparing you a mundane conversation in which he obviously has nothing to talk about. This Mr. Right plans dates too, heck, maybe even grabs you a bouquet of flowers moments before you're actually supposed to meet up and so, while you're transferring your six-inch heels from the concrete to the clean mats in his car, you're thinking, jackpot!

Thumb exercising anyone? As he drives allowing the R&B music to blare from his stereo with jams obviously preferred by women, he has your attention because he's showing you just how romantic he can be, oh and attentive, so you do what almost every woman does, tell her girlfriends about Mr. Right and he's pulling out all the stops.

"Girl! He bought me flowers and got some smooth music playing in the car," and then he looks over at you every so slightly while the red light from the traffic light glares just off of his face and his eyes low, "Whatchu know about that?" he asks and aww man, the phone is away and the girls are ready to play. Mr. Right licking his lips and it's time, time for what you ask? Well, to dine and then return home from the perfect evening where dude hasn't made one attempt to kiss you, send you a text asking for nudes or photos that are not on your Instagram account and so, he's perfect.

Let's save that number and add some emojis and then end the night texting our new bae simultaneously singing his praises to our BFF or the women in the

group chat. It's a good night because Mr. Right is just that. But then something happens, Mr. Right is a little off—did I just put all those emojis next to your name AND tell my girlfriends about how wonderful you are and now you can't answer my text message until four hours later? Yep, you did and yep, he did. Could it be the phone jinx? Why is it that as soon as we create a contact for the blue bubble exchange for the unsaved number in our phone belonging to a potential Mr. Right, he suddenly becomes a Mr. Wrong? The universe has a funny way of playing with our minds and emotions, oddly enough the reason is simple. When you decide he's worthy of emojis, you're subconsciously deciding he's worthy of emotions and without even realizing it you've went from a fun girl to date to a girl ready to be a wife and push three babies. He knows. Men smell neediness coming from a mile away, just like God gave us intuition, he gave men, the needy radar. Any man can attest to the fact that they're just looking for a calm, nice, wholesome girl to ultimately settle down and wine and dine. But where there is expectation, there is sure to be disappointment.

So next time try this, instead of going on and on to your girlfriends about Mr. Right—because let's face it, the more you sing his praises is the more your mind is going to anticipate this being. You'll begin to crave this person. So is it a jinx or a simple case of, I can't let things flow, keep his number unsaved and tell your friends, "Eh, I met a nice guy. We'll see how it goes." Try that approach on for size.

BY ERICA WILES

Telling your friends about a potential suitor will not in and of itself jinx the potential new relationship. In fact, it's good to be able to express your excitement over the possibility of a new future with your friends and loved ones. It is okay to dream about things working out and being in love. However, you do not want your excitement and daydreams to have a negative impact on the budding relationship. You have to keep yourself in check and be in tune with reality in order to give the relationship a chance to thrive.

We know that our thought processes, thought patterns and attitudes can have a direct impact on our behaviors. This has been proven repeatedly by science and social science. We also know we tend to look towards the future. We want to know the outcome. We want to plan. It is hard to have a really good first date and not begin to

daydream about a future together or make plans in your head. However, it is important to take things step by step. If you begin acting in ways that signal to your date that you are more invested or emotionally involved, it may be a turn off and send that person running for the hills.

Enjoy dating for what it is. Dating is an experience. It is supposed to be fun and open you up to a world of possibilities. Seeing it as only a means to an end will put extra pressure on it and take away the joy. In order to capitalize on the experience be aware of your feelings, thoughts, wants, needs and attitudes. Get to know your date. Give yourself a reality check if your daydreams and future plans begin to affect your behavior. Communicate with your partner. This will be key in discovering more about one another, developing a deeper relationship and seeing if the potential for a future is really there.

BY CELIA SCHWEYER

When it comes to our dreams, we can't help but fantasize about it—we daydream about making that buzzer-beater, game-winning shot; being awarded employee of the year; or even going steady with someone you like. This indulgence in your desired and idealized future is called positive fantasy.

Although visualizing your dreams and aspirations is normal and it can help us achieve our goals, sometimes, it can be detrimental towards our goals. When we lose the game, fail to get the award, and the romance we've been waiting for has fizzled down, we can't help but think that somehow, we jinxed it.

In psychology, engaging in positive fantasy may negatively affect the outcome of your desired future. In the context of relationships, having that vision of yourself walking down the aisle to marry the person of your dreams can be de-energizing. Knowing that someone likes you and the anticipation of being in a relationship with someone can make you daydream about it thereby making you less inclined to work towards that goal because in your mind, you're already together.

It can if...you will assume too much or blow it out of proportion (ex. he just likes you, but you are saying that he loves you). The potential suitor might know about it and feel pressured. Some men wouldn't want people expecting so much from them, it creeps them out. Alternative outlets for excitement: Write it down

Feel like in primary school again and write in your personal diary. At least you are sure that it will never share it with anyone. Just be careful on where you keep it, so nobody reads it.

BY BRI MCCARROLL

Telling friends about a potential suitor does not 'jinx' the relationship, per se, but it can negatively impact it. Your friends know you, care about you, and want what is best for you. They have possibly seen you hurt in previous relationships, so don't want that to happen again. When you share about a new suitor, your friends are going to act protectively.

As humans, we psychologically have a 'negative bias' and your friends will be innocently asking questions and expressing concerns from that bias. Although their intentions are great, your friends can put things into your mind that are based on THEIR fears and concerns, not yours. In hearing all these various concerns, you will look at the possible suitor with less excitement and more skepticism.

If you want to share your excitement with your friends, do so. It's ok to set limits though. You can explain you are just getting to know this person and don't want to hear their concerns unless you ask specifically. Another option is to assess which friends tend to be more positive and supportive of your choices. Share with them first. It's valid that you may want feedback from the others eventually, but it's ok to share with the friends who will also share your excitement. In the end, it's your relationship, to savor and enjoy.



HOW TO GET OVER AN EX

BY LISA CONCEPCION

Getting over an ex can be quick or a long healing process. It depends on the dynamic of the relationship, the amount of time invested and the emotional resilience of the person healing. Many people out there are codependent (as I once was) so their relationships are a huge part of their identity and security. Codependents have a terrible time getting over their exes. They are usually incredibly reliant on their

"Overlapping relationships is unhealthy in that it doesn't allow a person to fully heal and process the previous relationship"

partner for their self-worth so unfortunately, when the partner ends the relationship, their world falls apart and rebuilding it requires a lot of inner work. If they choose to do this work it can take anywhere from 90 days to 2 years for a full transformation and reinvention.

When should you return to the dating scene? People

make the mistake of using dating as a distraction to soothe the pain of a break up. This is very dangerous in that dating before healing makes you a magnet for toxic, narcissistic people who prey on the broken. Overlapping relationships is unhealthy in that it doesn't allow a person to fully heal and process the previous relationship. I advise clients to return to the dating scene once they have learned to revel in their solitude. When they reach a place where they aren't attached to the outcome of a relationship and can bring a secure, self-loving person to a relationship, then they are ready to date.

How to avoid typecast dating? And overall advice for our readers to take into consideration as they look into mending their broken hearts. When mending a broken heart, the best thing to do is turn inward and reassess your own goals for your own life regardless of whether or not someone is in it with you. If your heart is bro-

ken best to get support through a counselor or coach to help process and shift any self-sabotaging beliefs they relationship and break up may have caused. People who don't heal often attract the same types over and over. These "types" all appear to trigger exactly what the other person needs to heal the most.

BY MICHELLE SMITH

Need relationship closure? Use your imagination! Your brain does not distinguish real from imaged experiences, so here's a super creative but potent way to get over an EX. Because if you are just waiting for the suffering to stop, replaying all the things you wished had happened, or been different it's going to take a long time. It takes doing something that will change the emotional response within your body around this relationship and this person.

Maybe you have been waiting for an apology? Wanting to hear that person say, "It was my fault." Or thinking—if ONLY they did this or that... this would have never happened. Or are you fantasizing about a "real housewives" kind of rant and yell out all the PAIN you've been feeling. To know more or see them suffering or finally get an answer! You likely won't get that. You won't find out. It doesn't even HAVE to be an EX that is keeping you distracted and making it impossible to move forward in your love life. It may be a belief about yourself. It may be a regret. It may be shame, guilt or low self-esteem. It may be something else you can't quite put your finger on...ALL of these are emotional flat tires keeping you from rolling into connection, intimacy and companionship that you deserve. You don't have to stay stuck. There is a way out.

One of the ways I help women get over an EX may sound super strange but it works! Zoos all around the world offer programs where you can name a cock roach

after an EX and have it devoured by hungry MeerKats. And specifically on Valentine's day. Poof your ex is dead. How would it feel like to have a cockroach sacrifice itself in service of your inner PEACE? If you feel like this is an unattractive process—okay. This might not be for you.

But I would invite you to think again. Because the research and science say that this kind of sensory, meaningful ritual is exactly what can shift pain for good. It changes your emotional memory to something that has the completion that most heartbroken women are wanting so badly. When this shifts, when it's gone, when you can imagine that the ONE who has caused you so much pain has been gobbled up and pooped out in a cage somewhere you are now starting a new chapter, on your way to your heart's desires. And I am NOT advocating revenge. This is NOT mean-spirited at all.

This is about taking personal responsibility for your heart space. And calling in a vehicle (cockroach) to be the THING that is the surrogate, the focus, the metaphor for LETTING GO. When it's chewed up by a hungry MeerKat on Valentine's Day...Mother Nature has set you free. And



she LOVES this...she allows the roach and all the pain to be transformed into something that actually is positive! it's pooped out back into the earth to nourish NEWNESS to come. Just as freeing yourself of this pain, will allow NEW love to come.

Every year, Big

Happy Love purchases a pile of these vile critters to help single women create space for the imagination to receive this powerful healing that happens in a snap. Revenge to hurt someone is not helpful. But using your imagination in a way that captures ALL of this and gives you a sensory experience of ejecting the emotional burden that comes with QUESTIONING over and over your choices, or NOT being able to be at peace and MOVE ON.

That's a good idea. This means NO more pain. NO more questioning. NO more wondering. This will set you free, if you let it.

RELATIONSHIPS

ByeBoy BACHELORETTE



Dear Editor,

This week I had to head for the hills. Please allow me to start from the top. I met this handsome guy about four weeks ago on a dating app, he was super nice, older guy, no car though and I do drive. He wasn't making things hard—he would meet me for dates and then I would take us both home. After a while, I made the fatal mistake of inviting him to my house for a laid-back date kind of, I asked him to sleep in my guest room—I doubt he was pleased. As Valentine's Day neared, I made some cute suggestions about places we should go (i.e. Wine Tasting, Movies to see The Photograph etc.) he would either change the subject or stop

speaking about it entirely. I even got him a card and told him about it. After a few days of his continuance of, "Good morning baby," I decided to confront him. In doing so I learned that he believes that I've "friend zoned" him! What a bunch of bull! The night before Valentine's Day...mind you. So, I politely let him know that he's wrong for not having said this to me before and pretending to still care. We decided to stop speaking. Two days AFTER Valentine's Day he sends me a text, "So does this mean we don't speak anymore?" I blocked him! He's childish.

Yours truly,
Dating App Mishap.

Dear Editor,

I have a pet peeve when it comes to dating. That is, don't ask me for a photo of myself. I recently started speaking to this guy and we didn't last five minutes—figuratively speaking—before he decided to text, "send me pics that's not on your Instagram." I had to check him because he asked for my Instagram account to which I am very active on and so my photos are all up to date. But here's why I had to let him go, in my opinion asking for a picture that's NOT on my Instagram means that you're asking for something inappropriate. Why on earth would I send an inappropriate picture of myself to a guy I just started talking to? We hadn't even gone on a date yet! So, I politely let him know what I thought about that to which he proceeded to call me uptight. I could have exploded. I'm in the market for a husband, not a man-child.

Best,
Malinda.

Dear Editor,

My dating dealbreaker is a guy who refuses to have me meet his friends after we've been dating for a certain amount of time—five dates max. I feel like that would mean he's hiding something.

Thank you,
Alex

LETTER TO THE EDITOR

Tell us about your dating dealbreakers by emailing your letters to hello@sheshinglemag.com
{ByeBoyBACHELORETTE}

IN THEATERS JULY 3, 2020



SUMMER CINEMA

A bank teller discovers that he's actually an NPC inside a brutal, open world video game.

starring actress Britne Oldford



Originally from Toronto, Canada, Britne Oldford moved to New York City at the tender age of 18.

Getty Images/ NBC Contributor



fifteen

HEALTHY WAYS TO GET BACK IN THE GAME

Photo Credit: @neonshot

The only way to have a successful relationship is to have a keen sense of self. As women, it is easy to become lost in your relationship or eclipsed by your significant other.

But how can you handle this?

BY LISA K. STEPHENSON

It is never a good idea to immediately go from one relationship to the next. While this maybe tempting,--given it may present itself as a temporary solution to what is inevitably a long-term issue--rebounding is a sure-fire way to find yourself in a catastrophic nightmare. So, when can you look to begin dating again, “Getting back to dating is appropriate when you are ready to meet someone new without bringing the old person with you into that relationship,” says couples counselor Raffi Bilek. “If going out to dinner is going to reduce you to tears because of all the good times you had going out with your ex, you’re not ready yet. That’s not to say you won’t still feel sad or regretful from time to time; but if it is still overwhelming you emotionally, hold off for now until you can bring your whole self to a new relationship.” That’s where She’s SINGLE comes in, we’re teaching women the importance of self-love and self-assessment to generate self-awareness. We cannot hope to find Mr. Right, if we are still Mrs. Wrong.

1. *Date Yourself.*

Hello Saturday night! A nice dinner by candlelight will help set the mood whilst out on the town with the most important person in your life; you. As women it is easy to lose focus and at times reentering becomes a necessity. We are natural nurturers which means, when we love, our loved ones can take precedence over our lives. But when you’re single and trying to figure things out, stop for a moment and learn to appreciate yourself. Treat yourself to a day at the spa, enjoy living alone and curling up in the couch on a Friday night with a nice glass of wine. When you date yourself, you’re getting to know who you really are and this helps when setting standards. When you know you, you are more likely to have a better grasp of who you choose to allow into your life; whether it be a significant other or even a friend. Not to mention, we love a bachelorette who isn’t afraid to step out on her own. Movie date anyone?

2. *Love Smart, Love Independently.*

Learning to love with your mind before your heart can be tricky especially when we feel we’ve met the one person who’s checked off every box on our list. But while this maybe an exciting time in finding new love, it can also be time to take caution. Loving smart means learning to value your friendship over your relationship with a significant other. A healthy way of getting back into the game is to no longer put the pressures of commitment on yourself, or him/her. We want to allow people their freedom, because let’s face it, before reentering the dating pool you had your freedom and of course, you loved it! Loving independently means understanding that men, unlike women do not like to feel suffocated. “Women love in the presence of a man, while men love in the absence of a woman,” comes a quote from the self-help book, Love Smart, Love Independently. “People are not objects and cannot be controlled. When we love independently, we allow one another breathing room for independent growth which in turn encourages unity.”

3. *Flaw Identification.*

The imposition of perfection is a turn off for almost any human being. While many of us want to believe we are perfect, there is a very high chance, this is a fallacy. With that being said, accountability plays a huge role in having a successful relationship right

alongside communication. Boundaries are also a key component in understanding that sometimes something maybe off-putting to our significant other, potential beau or spouse and this is okay! Communicate through it and when reentering the dating pool, don’t be afraid to take constructive criticism and listen keenly to the needs and wants of your partner. Submission is never a bad thing, however, there are almost always red flags of when this can be taken too far. But since you’ve been single, you’re stronger, wiser and of course, independent so walking away from anything that doesn’t meet your standards of quality is not a problem! But remember our flaws make us unique.

4. *Do a Self-Assessment.*

Sure, it can be daunting to think back on all those sly and unfavorable comments made by friends—both old and new—about your personality that maybe now you wish you had taken heed. At times we are quick to get on the defense when we feel a mild case of character assassination approaching or has begun to leave the station all together. Granted, maybe some of those comments were made out of anger, but ever here the saying? “People tell you the truth when they’re mad.” Surely, at times it is safe practice not to take some grueling comments at face value, but then what happens when some traits begin spilling over into your intimate relationship? If you’ve heard it more than once, then it is most likely true and now, during your time as a single, independent woman, you must conduct a self-assessment. Think about how you may have reacted in past

A QUEEN YOU ARE

situations you could perceive as belligerent or pestering, work on that. First

things first though, you have to step away from denial and say hello to confirmation.

5. *Communicate.*

We’re all guilty of this one major flaw! We lack the ability to effectively communicate with our significant others. Especially in the technology age where text messaging has taken precedence over face to face communication. If this was an issue in your past relationship, it is prudent to consider heavily working on improving this characteristic before heading out into the dating pool. While many men are not effective communicators, honing this ability for yourself will assist you in being assertive and cutting your loses far before you begin wasting your time. A few suggestions on how to improve your method of communication is to listen to yourself speak, don’t beat around the bush, ask for clarification on anything you do not understand before jumping to conclusions, eye contact and speaking with enthusiasm.

6. *Wine and a Movie.*

Something BOLD, oh yes, red is good. Dating can be wasteful at times because you have to kiss a few frogs to find your prince, therefore, we recommend keeping it simple and sweet. Some women like the grandiose act right from the gate, lift those flags, drop it and off they go! Mature women seem to find themselves more likely to allow access to their abode much sooner than normal when testing the waters. Why? Because, they’re not about wasting their time. It’s work getting ready for a date: Hair, Makeup, Heels and a Bodycon Dress! My oh my, so why not take the reigns to determine if HE’S worth it? Granted, many women love the thought of dressing up and hitting the town, but where’s the fun in that if you’re only going

to be bored, having wasted a good outfit and pumps of makeup and a baking ritual you could have traded for a nice glass of wine and Kodi? Simple is better and in an intimate setting where the music isn't louder than your thoughts is the perfect way to ask the right questions and listen to the answers. Here's what we recommend for date night: Baseball Game, Cooking or Baking Class, Home Movie and Dinner.

7. *Do Swipe.*

In a world where the likes of Facebook and Amazon are leveraging their platforms to include dating we can't help but wonder, has swiping become the new norm for meeting a potential bae? In the information age it is quite convenient that almost everything we could possibly want to know can be accessed right at the push of a button and in some cases, a mere swipe. We asked one of our BOLDWives, Alissa Miller to tell us about her experience with the technological hookup. "I joined Hinge when I grew tired of being single and eventually I began to see it as shopping for a man," she said. "If I read something and I didn't like what it said, then I would hit the 'X'! Online dating makes me feel in control as the woman. Not just prey waiting to be hunted—most likely by someone I don't even like—the ball was in my court." Getting back into the game can require trying something new or for some of our Bachelorettes, reconfiguration. Stepping back into the dating pool after you've spent a significant amount of time dating yourself, we recommend a great online dating app to help you get started. After all, it's just like shopping in a mall and what girl can resist a good spree?

8. *List Your Standards.*

Standards are the most important weapons you can arm yourself with when reentering the dating pool. This is because you've spent enough time with yourself to learn your pet peeves, grow mentally and of course, achieve your goals. We recommend setting your standards at a place that even you can reach. Setting higher standards for your mate than yourself automatically puts them in the driver's seat. You want to retain your independence while balancing intimacy. But to do so, you must have something to offer in the relationship aside from your lady parts. Let's say you're looking to only a date a man who drives, ask yourself, do you drive? Do you have a license? If the answer is no, then rethink that standard until you, yourself can meet it. A quality man will ask, he will listen and he will ultimately categorize you in his mind: Placeholder or Game changer. We're going for game changer status!

9. *Toss Away Expectations.*

Placing expectations on a new bae or even a potential one can be the kiss of death. No one wants to feel obligated! I think if they had a choice between that and diving from a high-rise building in Manhattan with a 1% chance of living, they'd choose option B. Okay, well maybe not that extreme, but you catch my drift. Let things flow, allow people their freedom. Here is where men become counterintuitive; forcing a man to be faithful or coerced into meeting your expectations is setting yourself and your relationship up for failure. Dating requires listening attentively and asking the right questions, with this, you can gauge the kind of man you're dating. If he's not mature enough or meets your standards, then, do not waste your time. Stop falling for potential and then expecting potential to become a working reality. This does nothing but create an atmosphere of misery.

10. *Designate a Me Day.*

When we think of 'Me' day it is quite easy to think of pampering. No, we mean, a day where there are no phones, no outside communication and it's just you and your thoughts. During this time you want to fine tooth comb your current relationships, evaluating them. As women we tend to be forgiving of boyfriends no matter how toxic the relationship, yet we can hold one hell of a grudge towards our female friends. 'Me' day is designed to change that. On 'Me' day you will find the time to explore any past decisions you've made locating solutions to your problems by determining whether or not you need to cut ties or apologize. Life can be frustrating, but having the right people in your life can be rewarding. Before you set out into the dating pool allow yourself to become accustomed to 'Me' day.

11. *Do a Mirror Test.*

While there are advantages to wearing a smile on your face, such as picking up a quality guy. There are a few other reasons you want to practice that welcome face in the mirror: facial exercises help to strengthen the muscles in your face while reducing the appearance of wrinkles. Black don't crack, we know, but how amazing is it that you can meet a nice guy and fight age lines? Sounds like a win-win to us. The overly friendly type aren't what we're encouraging here, but a good laugh and a little charm can have the good guys knocking, and while the sleaze balls may follow in toe, they'll no soon learn that you're not the one to mess with, because while you're friendly, you're still stern. Some other known benefits of facial exercises are an increase in blood circulation, release of tension in the face and neck and lastly, the firming and tightening of the facial skin.

12. *Work on that RBF!*

Let's say online dating isn't your thing, that's okay! But now that we've past the mirror test it's time for the next phase, RBF (resting bitch face). Believe it or not confident women wear a smile and studies have shown that women who read are naturally happier than those who don't, can you imagine that? I would suppose it has something to do with the excitement one gets with creating a fantasy and allowing themselves to have an emotional connection with something that maybe fictitious or in the case of non-fiction readers: the idea behind learning and applying. You may not be having a bad day but one can't tell when you're face is looking like you've been sucking lemons. You don't have to smile 24/7 but be warm, inviting, amicable and you'll find that you're far more approachable in that sense. Men test and test and test, flash a smile and get a good grade.

13. *Try This on For Size.*

Taking your dating life into your own hands is pertinent to finding the perfect mate because while other may have to ask you what you want, you can just go out and grab it! What does this mean? It means no more waiting around for a potential bae to find you. Attend events, conferences, game nights and more fun fiasco for a chance to mingle, meet and greet. Don't allow your social life to fall flat because you're single, remember, single it's scary, it's power! You have control over your life, your decisions and the people you allow access or deny. This is all about you and your acute self-awareness. Don't settle and don't fear that you will grow old alone, in many



Self-assessment involves finding our inner beauty and tranquility.

cases like this you will end up compromising your standards and that is never a good idea.

14. *Contact Him.*

Online dating in today's day and age has become highly preferred and is suggested by many relationship coaches and therapists because not only does it help women to be more assertive, but it can help to alleviate the pressures of speaking first when you're a man. Some men get tongue tied from nerves ending in their spewing many foolish comments to a woman who otherwise may have been interested. So, here we are, swiping and X'ing. Good thing is, now it's behind a computer screen and nerves are no longer a factor. Some men like when you contact them first, that's a good first sign of a mature woman who is all about getting what she wants. We can't stress enough how much a man can appreciate a decisive woman. Don't believe me, just ask. So don't join the dating app and let it sit, participate, say something! Get the guy you want, not the one you're forced to speak to. Take advantage of this wondrous feature called online dating.

15. *Don't Call It a Comeback.*

Feeling confident in your ability to meet Mr. Right? Good, because confidence is the number one thing you're going to need. A man can smell neediness a mile away and as aforementioned freedom is the name of this game. A clingy, needy woman already proves herself to be emotionally unstable and while some men get their rocks off from women who obsess over them, those are almost never the wife type aka our Gamechangers. He will entertain you for the sake of keeping you out of a straitjacket, hell, you may wind up pregnant

in which case he will stick around pretending to care long enough until she comes along, the woman who's entered the dating pool in a healthy manner and is...The Game changer.

LITERARY SPOTLIGHT



Dr. Jackie knows that every woman is different, and she's designed a reading experience that's tailor-made for each individual. After taking a fun quiz to uncover your own vaginal personality (V.P.), you'll embark upon an eye-opening journey of self-discovery. Are you a Mary Jane, a Sanctified Snatch, or a Notorious V.A.G.? What's the shape of your vaginal flower—rosebud, tulip, or carnation? Dr. Jackie

reveals the answer and doles out advice so personal you'll feel like you're in the office talking to her.

available for purchase at [amazon.com](https://www.amazon.com) and [barnesandnoble.com](https://www.barnesandnoble.com)

BY KAYLA MCCULLOUGH

The new buzzword centered around 2020 can easily be, authenticity. We're always told to bring our full selves with us every day in order to reap the benefits. And despite the mantras, most of us don't live life as our best possible selves, but I promise you it's not because we lack the capability or power—it's because we are attached to living as the inferior version of ourselves.

If you think about it, we have all felt like we are ready for more. We know we are ready for that promotion at work, but we never ask to be considered. We know we are ready for that relationship, but we run from it right from the beginning. We know we are ready to lose weight, but we sabotage our diet it as soon as we get up. We're bothered by what could have been because we label ourselves as not being "good enough". And I know that it's easy to feel like the world is against you, but these tiny failures have not just manifested because of laziness or lack of confidence, they stem much deeper than that.

As a child you were fearless, you were creative. You acted and effortlessly demanded what you wanted from the Universe. It wasn't until you aged that you started to perceive this way of life as dangerous, as something outside of the social norm. As you aged, you began to see this way of life as the criteria needed for others

to place judgment; so, you adapted and began to belittle yourself even before you knew what you were doing. And in doing so, you unthinkingly created your smaller self.

Your smaller self is the version of you that came to be by combining the habits, beliefs and behaviors from the people around you. You adopted the traits that they deemed safe, and never actually stopped to question, "Is this who I am?"

I know that it's almost instinctive to resort back to that old way of thinking, but if you have ever wondered what it would be like to step into your authentic self, then here's the good news; in the same way that you adjusted to societies expectations, you are capable of adjusting and adapting to your own. Because habits form in a three-step process: by a trigger, routine, and reward. And the reason why you are performing less than what you are capable of, is because you keep living in that mindset and deciding that you are.

Let's say that you wanted to step outside of your comfort zone for a change—whether it's as difficult as showing up at the gym to get your daily workout in, or as simple as taking the night off to tour the city's most adventurous bars. You get ready for your workout by sliding into some of your comfiest clothes, but you sit down on the bed and open your social media account to catch up really quick before opening your workout app. Before you know it thirty minutes has gone by and your tennis shoes remain in your closet, untouched.

Opening your phone is your trigger (thirty second action) that leads to you aimlessly scrolling (your routine) that is rewarded

2020



by feelings of safety and security. When you're stressed, you resort to old habits; to your smaller self, better known as those feelings of safety and security that are paired with sticking to the status quo. And if you ever want to be enough for the highest version of yourself, you need to remember that your "self" is malleable. You can change and unravel the identity you created long ago and build a new version that is aligned with your authentic self.

The fact that you are aware that you are not being your best self means that you already know what you want your best self to look like. It means that you are conscious about the discomfort in your authenticity, and better yet, you already have some thought of what being authentic means.

Here's how you can bridge the gap between who you are and who you want to be.

1. *Visualize* the person you want to become: Imagine what they look like. Imagine living as them. Imagine behaving in the ways that they do. Imagine completely embodying them every day when you wake up. This is the only way you will become them.

2. *Change* your old habits: If you know you need to squeeze exercise into your day, you must defy your old habit to curl up on your bed and watch YouTube videos. This will seem hard at first, but the only way to change an old habit is to abandon the mindset that you can't do it. The only way to becoming the person you want to

be, is believing in the fact that you are not only capable of becoming them, but believing you are them.

3. *Believing* in your new mindset: You must believe, with your whole heart, that you are this person. That this person is who you are meant to become. You do this by telling yourself that you are the most loved version of you, and that you deserve this life. This process of self-validation is the most crucial because it will set you apart from those who merrily wish it and those who desperately want it.

YOU ARE NOT MEANT
TO LIVE IN PAIN, SO
TRANSFORM IT INTO
SOMETHING
BEAUTIFUL

Continued on page 41

AUTHENTIC VISION



LGBTQ RELATIONSHIP COLUMN



WE'RE COMING-OUT

In this First Impressions Issue we're talking about 'coming-out' and standing tall in your sexuality!

BY LINDSEY DANIS

Lindsey Danis writes about lesbian relationships, LGBTQ finance, and travel. She's been featured in *After Ellen* and *Business Insider*

While some amount of fear may be natural when coming out to a family member or friend—you can't assume that everyone will be chill; even if these days most people are accepting. If you're feeling ashamed to come out, you should take a step back from publicly coming out and work on self-acceptance, first. When you can look in the mirror and accept your sexuality or gender presentation, you'll be able to take the step of coming out publicly from a place of power rather than fear—even if someone asks rude questions; my favorites are, "Which one is the man?" and, "What's it like to have sex with a woman?"

If there is a specific negative response you anticipate—say, a parent asking, "Does this mean you'll never have kids?" You can script an answer in advance, which can help alleviate some of the coming-out fears. There are plenty of ways to have a kid if you're a lesbian who wants children, and not wanting children is a valid choice women make for all kinds of reasons and don't need to explain (even if, yes, people will ask for an explanation or, my favorite, assure you that you'll change your mind someday).

In thinking over what you're afraid of hearing from a friend or family member, you might uncover some elements of internalized homophobia where you have work to do (which is totally natural...twenty years after coming out, some of my friends are still uncovering false beliefs they developed about their sexuality!). Take it easy

on yourself as you navigate your way to coming out publicly—you'll be coming out your whole life, as I've written about, and you might as well do it from a place of power and self-acceptance rather than a fearful or apologetic stance (because even though I can tell you there's nothing to apologize for, you won't really hear me until you believe it yourself)

There's a difference between someone being a jerk to you when you come out and someone asking questions because they don't understand the subtleties in what you're telling them. Now I try to assume best intent when people have strange reactions, but when I was first coming out, I definitely took offense when people questioned my identity, in part because I wasn't yet strong in who I was.

New lesbians first coming out may be tempted to take everything personally, when in reality you never know why you, let's say, didn't get offered a job or were treated rudely by a bartender. It could literally have nothing to do with your sexuality but going through a coming out experience, it's easy to be hyperaware of things because you're shifting perceptions. For this reason, it's helpful to have some queer friends or mentors around where you can talk things out, share stories, and get support. As a new lesbian you might be wondering where to connect with the gays—fortunately, many gay and bi ladies are probably hiding in plain sight! You just don't know they are queer yet. There are all sorts of places you can connect with other lesbians from LGBTQ centers to women's sports teams or LGBTQ-themed professional organizations.

The same honesty, self-acceptance, and self-love that serve you in coming out will help you in developing healthy lesbian relationships, too. Women often fall into unhealthy relationship patterns when they feel like they can (or should) fix their partner and while there's nothing wrong with supporting a partner as they make a desired life change, fixing someone else will never work in the long term. When someone's focused on a partner's flaws and wanting to fix them I always suggest looking inside for what the behavior says about them because it's really not about the partner! It's about control, or a family or personal pattern the other person illustrates, or sometimes their own dissatisfaction with a personal flaw.

BY KATIE DAMES

Relationship Expert & Womens Health Consultant

Coming out to your family can be a hard and daunting task, no matter how loving and accepting your family typically is. It's scary to reveal this secret and wonder whether or not people will love you for who you are. The main thing to remember is that once you choose to reveal this part of yourself, do not be ashamed. Proudly yet thoughtfully tell your family your news and give them time to process it. Depending on family dynamics, you might decide it's best to tell everyone all together, or you might prefer to start with a smaller crowd. Do whichever way is easiest for you so that you aren't overwhelmed, and you feel better prepared to handle the situation. At the same time, you are reminding your family that you are still the same person that you were before, remind yourself as well so that you do not shake your self-confidence. Focus on how much your family means to you, the fact that you love them and hope that they can continue to love and support you for who you are.

Despite the rising acceptance rates, once you come out, things might get a bit complicated before they settle down. During this time, don't let your current relationship with your partner fall to the wayside; make sure that it still remains a priority. Your com-

munication might be affected by tense moods or a need to focus more proactively on relationships with family members. Despite these obstacles, make time to work on the communication with your partner. Difficult times that are accompanied with open, vulnerable communication, often create the strongest foundation for a lasting relationship. Additionally, decide to tackle this issue as a couple so that you can support each other throughout it.

Without a doubt, the biggest pro about same sex relationships is the fact that they allow you to be true to who you are. Luckily, the rising awareness of the need to eliminate the LGBTQ+ stigma means that our generation is becoming more accepting of same-sex relationships. Unfortunately, this isn't necessarily the case of older generations, parents, and particular family friends.

The important thing to remember is that other people's reactions are not a reflection of you. You can't control how those around you react to certain situations, you're coming out included. Fighting hate with love is the only way to live in peace. Spread love, give love, and accept love. Learn to ride the waves and let the tide roll off your shoulder. Living in a same-sex relationship has less challenges than it used to, but negative people will still surprise you on every corner, and you have to learn to be okay with that to a certain extent. This advice is true not only of same-sex relationships, but also to any aspect of life. With the rise of social media, 'likes' and 'follows' have begun to define our self-worth. Living a life that is dominated by awaiting others self-approval is not a life. So, you do you, and love will win.

For more information from Katie, visit feelyfeelings.com



BY LISA K. STEPHENSON

A political drama following the life of Irvng Houston. The Yellow Brownstone is about love from the depths of The White House for an African American homosexual man.

Available for Amazon Kindle and on amazon.com
Get it autographed from: lisakstore.com

FIRST IMPRESSIONS

FASHION

BY ALEXIS TAYLOR

First impressions are important in all areas of life but none more so than when you're meeting a potential romantic partner. You've been matched online, read each other's profiles, conversed a little (or a lot), and you've both been building a mental image of the other person. When you finally meet you will immediately look for signs that this person resembles, not only their photograph but also how you've imagined them to be in stature, personality and so on.

When it comes to dating, making a good first impression is everything, because many people won't waste their time going out on a second date with you, when the first date didn't go very well. This is why it's imperative to look your best, to have good manners, and to be a good conversationalist. Being a good conversationalist means being able to carry on a conversation, but it also means that there should be a balance between how much you talk and how much you listen. People usually only need about 15 seconds before they judge you. And despite the fact that we shouldn't judge others



so quickly, many of us do. This is why we need to make a great first impression. Things that should be done to make a good first impression: Be yourself: This is the advice usually given to people going on a date but we would add a little – be your 'best' self. This means becoming conscious of your posture, your smile, and your mindset. Unlike at a job interview, you can't pretend to be something you're not on a date. Any pretense will be exposed if you get into a relationship but we all have aspects of our personalities that are more attractive than others. Self-absorption is not attractive. You need to be able to leave your troubles at the door for the duration of the date and focus on the person in front of you. People who are attractive, charming and charismatic are usually comfortable in their own skin. Enjoy your date's company and be attentive to their thoughts, needs and opinions rather than be wrapped up on your own.

Look your best: Even if you are only meeting for a quick coffee in the middle of a workday afternoon, it's important to look your best. Paying attention to things like fresh breath, clean nails and ironed clothes show you are someone with self-respect. Small efforts can make a big difference in the impression you give.

Put away your phone: If you arrive at the venue of your date early it can be tempting to pull out your mobile phone and get busy on it while you wait. If you do, however, your date's first impression of you may be of someone who hates even a few minutes alone without something to occupy them.

BY MARYANNE PARKER

The first date can make or break our potential relationships because first impressions are lasting impressions and they can be good or bad. How to create a good first impression and get invited back on a second date? We should follow a few social etiquette rules which do serve in our favor every single time. We should always consider the environment—and based on the environment we



and slimmer and the horizontal stripes will have the opposite effect. Our perfect fit is not too small and not too big also we should make sure our clothes do not have stains and they are ironed. Perfumes and colognes – we should not overuse any kind of fragrances, in this situation less is more, because some people have heavy allergies. For our first date could be very detrimental if our date gets an allergy or asthma attack due to the fact we weren't careful and considerate while using our perfume or cologne. Our hands – both genders should take care of their hands, I do not suggest men to get a manicure all the time, but clean and well-maintained hands is a must! We love to wear new clothes. But is it comfortable? We should know in advance what we will be wearing on our first date and we should have something prepared upfront. Many times we purchase something three hours before the date and we end up regretting it, because it was too uncomfortable and this subconsciously almost ruined our experience. Our attention was diluted.

BY CINDY CONROY

Here are my fashion Do's and Don'ts for a first date: Don't wear a blouse or dress that's too revealing. While you might be inclined to wear something super sexy, pull back. The first date should be about conversation, banter and laughs. Wearing something too revealing puts the focus on your body, rather than your personality. Sure, you might want to show off your curves, but it's the latter that will get you the right partner rather than a heart breaker. So, opt for reasonable V-necks that don't show off the girls too much. Wear a fitted or bodycon dress that isn't too tight. You can even wear a mini skirt – just make sure you balance the sexiness of the skirt with a top that isn't overly suggestive. Try wearing a silky slip dress. It's alluring and utterly beautiful. Whether you go for a neutral like silver or don a fun color like lilac or royal blue, you have options to change up your hairstyle. Put your hair in a bun (a life saver on a hot summer day or when you don't have time to wash your hair). Or go all out and let your locks flow in the breeze.

will dress accordingly. If we are invited on a coffee date during the day we should dress in a casual fashion, without being too extravagant. Heavy make up for ladies won't be appropriate because strong make up is suitable for evening events. Are we going for a walk on our first date after a casual coffee? If we are, in this case high heels will be our last choice. We should wear some very comfortable shoes which will match the "theme" of the date. Classics vs. trends – we should develop our own style instead to follow religiously fashion and trends. In some occasions the trends might not be very suitable for our body frame, skin tone (if a particular color is in fashion), for example, the color yellow doesn't complement my skin tone, I look pale, tired and sick. The fact that yellow might be the fashionable color for this season shouldn't make it the color of choice for me. We should know what compliments us and what it doesn't. And accentuate on the details which brings the best of us. Classic never goes out of style. The importance of the correct fabric – during the winter we should wear fabrics made of wool, heavier cotton and other fabrics which are keeping us warm. During the summer we should wear lighter fabrics. Also, we should be careful how we combine colors and patterns, some colors how I mentioned earlier can complement us and some not. It is the same with patterns, vertical stripes make us look taller





so being whisked away would be very cool (and he'd get lots of brownie points for organizing it!)

BOLDBoss Question (2): Tell us about your career, how did you get started in fashion and what makes you stand out from other stylists?

CC: If you had told me 10 years ago that I would become a business owner, I'd say "absolutely not". Yet here I am. I went from being a business exec to an on-air TV Fashion Expert and Stylist. From reading Cosmopolitan to being inside the magazine. Despite a mountain of fear and anxiety, I took the plunge and started my business. I had no formal fashion training. Just a business degree, an eye for style and a lifetime of buying exquisite shoes, stunning clothes and jaw-dropping jewelry. Armed with that, I started a website and my styling business was born.

At every turn there were major roadblocks. Set-backs that made me want to cry a river. I was entering an industry I had no formal training in and the learning curve was steep. I was used to sitting in my cubicle at my 9-to-5 working on reports. Yet I kept knocking on doors and persevering because I truly didn't want to be 65 years old and think: What if?

At first I thought my meandering path was a hindrance, but over time I've realized it's a strength. It sets me apart from other stylists. My collective experiences allow me to see things differently and thus, style differently.

BOLDBoss Question (3): We've heard many quotes from famous fashion designers such as McQueen, Chanel and Versace to name a few, what are some memorable, unique fashion quotes of your own you'd like to share with us?

"Clothing is just clothing, but when harnessed the right way it can change lives! It can give you newfound strength to pursue your wildest dreams."

"The right head-to-toe look will have you emanating confidence from every pore."

BOLDBoss Question (4): Aside from fashion, what are some of your greatest indulgences?

CC: Food. I love to eat great food. If it makes my mouth water or my taste buds tingle – then I'm all for it. From Asian dishes like Pad Gra Prow to Ackee and Saltfish to Mexican food. In my experience a lot of my wow meals have come from little "hole in the wall" restaurants. So whatever you do, never dismiss those gems. They're often filled with delicious treasures that will have you dreaming of food for nights on end.

BOLDBoss Question (5): What is your beauty secret?

CC: I have a couple of beauty secrets that I swear by. First up is good ol' fashioned sunscreen. As a kid I started using facial sunscreen even though none of my friends were using it. My 10 year

While the empowerment of single women is always at the top of our list, we can't help but recognize and love our sisters who are in healthy, prosperous unions. Our team sat down with Fashion Stylist Cindy Conroy who, as always, was all smiles and we couldn't help but ask, are you single? Amicably she said, "No, I am very much taken. He's a great guy that makes me laugh!" As we figured considering that smile. We're always elated to hear about the wonderful ways in which our sisters are enjoying their unions while still making time for their booming businesses and adoring clientele. Cindy is no different, in this BOLDBoss Q&A we're getting to know the Canadian Fashion Stylist in the comfort of her own backyard

BOLDBoss Question (1): What is your ideal romantic getaway?

CC: Oh boy, I don't think I've ever thought about this. Whatever it is, it will have to involve massages, wine, great food and beautiful surroundings. Maybe somewhere like Bali, Amalfi Coast, Nice or Bora Bora. I've never been to any of these ultra-romantic locales

TEN FOR TEN

W/ FASHION STYLIST CINDY CONROY

BY LISA K. STEPHENSON

old self was determined to protect my skin and prolong wrinkles for as long as possible. I've been applying it every morning since.

I also do at-home facials once a month: Exfoliation + Mask. A few years ago I swapped out harsh scrubs for a Clarisonic brush to really deep clean my pores. It gets all of the grimy buggers out and leaves my face feeling super clean. Then I follow up with a mask to detox my pores even more.

BOLDBoss Question (6): Take us down memory lane, can you share with us your most memorable moment in the industry?

CC: I've had so many incredible moments that I'm still pinching myself. From my first on-air TV segment to styling my first magazine editorial. Booking my first public speaking gig with an audience of 100+ was a major milestone as well.

Recently I keep thinking about last summer when I modeled for a swimsuit photoshoot. I was coached by supermodel Stacey McKenzie (loved her on America's Next Top Model so big thank you to Ken Mok, Kenya Barris and Tyra Banks). It was truly a fantastic experience to go from being the stylist to being a model. Now I love every minute of being an on-air Fashion Expert and Fashion Stylist, but that shoot sparked something in me. I realized I really like being on the other side. So I'm excited to explore more opportunities that require me to be in front of the camera, rather than behind it.

BOLDBoss Question (7): When we see celebrities take the red carpet and begin reciting the names of their designers, do you sometimes wish the stylists would receive the same recognition? If so, why?

CC: It's like you read my mind. Yes! I put so much thought into each outfit I craft. I consider the client, trends, silhouette etc. All of it comes together so each look tells a story. Whether my client's in a magazine editorial, walking down the street, wearing my look on TV or walking a red carpet, a little part of my heart is woven into the ensemble. I'm obsessively inclined to give them the perfect look. So absolutely I think stylists should get highlighted. We work really hard to curate a look that makes our clients feel fabulous and cause onlookers to think: Wow!

BOLDBoss Question (8): How do you look to balance being an entrepreneur and a nurturer at home?

CC: Life is more than just work. It's about meaningful relationships, family and doing good in the world. I regularly eject myself from work to focus on the other amazing aspects of life. Home is where the heart is, so I take great care to nurture it! Maybe I silence my phone for a few hours to spend quality time with family and friends. I might whip up a yummy meal in the kitchen and invite my girlfriends over to gab. Cooking is one of my many love languages, so when time allows, I do it!

BOLDBoss Question (9): How do you handle your most stressful days?

CC: I'm all about "me time". On my most stressful days I prioritize it. Whether it's day-of or a few days later, I make sure to carve out time for self-care. Without it I can't recharge and be the best version of myself.

BOLDBoss Question (10): What is some advice you would offer aspiring fashion stylists?

CC: Just the other day I was onset styling a client for TV. After I had dressed her I walked her to set and waited in the background as the camera crew filmed. In between taping an intern came over and introduced herself to me. We started chatting (because the next few shots had no audio, so we were free to whisper) and she asked me for career advice. So I'll tell you what I told her:

1. Believe in Yourself: If you don't, how can you convince others to buy into your dreams?
2. Hone Your Craft: Work hard. Honestly assess your weaknesses and strengths. Pinpoint what you enjoy doing within the realm of your craft and what irks you. Use these revelations as your compass.
3. Follow Your Gut: My instincts are never wrong. Whenever I don't listen to them, I always pay the price. So trust your gut and follow it. You might not definitively know why your gut is pointing you in a direction but if it feels right, I say go for it.

If you do the above you'll see great things blossom in your career (and life).





Hyacinth
\$520.00 US
myclover.de/en

Clover offers the highest-quality luxury, smartest bag with coolest handcrafted accessories for you, the 21st-Century super woman.

A NEW DECADE OF HAIR & BEAUTY

continued with... Leah Gordoné

Leah Gordoné, our beauty guru bachelorette and educated African American entrepreneur is doing more than just advertising new products—from lipstick to highlight—she's hitting the books. Some say the beauty industry has become oversaturated with the likes of world-renowned reality stars launching their own beauty line to YouTube sensations like Jeffree Star and Jackie Aina contributing to the list, Gordoné still felt something was missing and so, she decided on adding her own sense of flair. Originally from North Carolina, Leah relocated to the Black Hollywood of America better known as Atlanta where she began her Master's Degree program, Leah is now in her Ph.D. program concurrently working in an elementary school. Gordoné is quite the humanitarian, sharing with us her everyday contributions to the African American community. In a shy, delicate tone, she states, "It was from YouTube a lot of people began asking me about makeup and that's how I got into beauty." Leah expresses that her long time employment in lower-income areas is what sparked her interest in establishing a cosmetic line that everyone could afford.

Gordoné Cosmetics has become quite known for its quality affordable products, with makeup essentials targeted specifically to African American women costing as low as \$7 and the highest cost for products spanning to just \$12. The most important factor for Leah is providing something that is much needed in our community: olive tones, dark pigment, and peach tones, golden to name a few. As per



Leah, "A lot of popular cosmetic brands are targeted to one person and that's the European beauty aesthetic." With the idea of a new brand in mind, Leah herself swears behind the hot-selling go-to lipstick, He's Mine, retailing for



\$7 at [Gordonecosmetics.com](https://www.gordonecosmetics.com). The ultra-pigmented, lightweight and creamy matte liquid lipstick is an easy to apply liquid formula. A bold red lipstick works well for Leah as she chuckles when asked the question of her current relationship status. "I am single," she exclaims. "I really got to the point in my life where I do not want to date down. I really want to find someone that is my equal and has the same ambition as me. I am not sure if maybe it is because I am in Atlanta, but I am dating, yet nothing seems to stick. Not to mention, I do feel like there are good men here, it just feels like everyone is on the go. Like they're just not ready for something serious and committed." But like many of our Bachelorettes, single is fun and Leah is making no exception to the rule as she is a step coach for an elementary school, a natural hair club advisor and in her spare time loves to go out dancing. Gordoné expresses to our team here at She's SINGLE that she absolutely loves working with kids, volunteering with organizations such as Hands-on Atlanta to do service related projects throughout the city

The hot summer weather is always tricky when it comes to makeup regimes for women with both oily and dry skin types, Leah recommends this summer to take the time to invest in a good cleanser while allowing your skin to breathe—tinted moisturizers work well: BB Crème for example. In a much dryer climate, Gordoné further recommends an oil base cleanser but to be mindful that using such a product will require the use of a follow-up cleanser—hydrating cleansers works best. "No makeup wipes. Instead, try cleansing oils; you can use olive oil, rose water..." says our Beauty Guru. Next you want to use a good toner and then a moisturizer, preferably hydrating. "Skincare matters way more than makeup. If you don't have your skin protected underneath it will ruin the whole application of makeup. To have longer lasting, matte makeup it is always good to use oil-free products and a pore filling primer, also try to make sure your foundation says that is it matte and always remember to set it with a powder." As for highlighters, Gordoné loves her very own Contagious, retailing for \$7 at [Gordonecosmetics.com](https://www.gordonecosmetics.com). This highlighter creates a radiant glow with a silky smooth texture that allows for a buildable radiance.

Leah Gordoné will be featuring three new eyelashes this summer, along with a new highlighter. Go check her out online and on YouTube.

RAISING CLEAN BEAUTY STANDARDS IN 2020

Founded by Baylee and Ryan Relf, DIME Beauty combines both of their experiences working in the skincare industry as they make it their mission to create luxury beauty and wellness products at an affordable price point. Baylee is a licensed master esthetician and healthy skincare advocate. Ryan is a former beauty and skincare product development specialist. With the knowledge of mark-ups on quality products in this market, they merged their resources to develop their own brand of premium skincare, beauty, and wellness products.



The online guide for cosmetics and personal care products is a resource dedicated to helping people find safer options, with fewer ingredients. According to EWG guidelines, the lower the score, the better the ingredient.

"We really wanted to capture the entire realm of the clean beauty statement by only including ingredients in our products that have a three or lower score on the EWG Skin Deep Database," DIME Beauty co-founders Baylee and Ryan Relf and co-owner Mitch Casey said. "Articulating these formulas to achieve that standard while still honing in on the effectiveness was surely a task, however, we are pleased to have been able to achieve it and are ecstatic to share them with you and your potential customers."

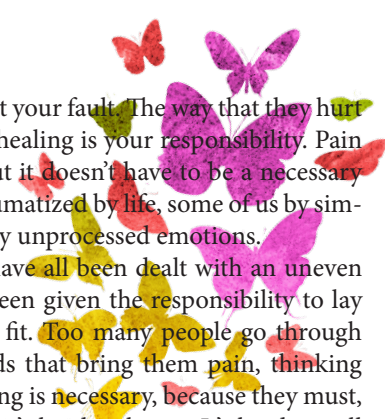


DIME BEAUTY



Eliminating the stereotype that "you get what you pay for," the brand utilizes sustainable ingredients and biodegradable packaging all while keeping an affordable price point. Products currently range from \$15-59.

For more information visit dimebeautyco.com or contact mitch@dimebeautyco.com or marissap@team-chicexecs.com.



The way that you feel is not your fault. The way that they hurt you is not your fault, but healing is your responsibility. Pain is a natural part of life, but it doesn't have to be a necessary part. We have all been traumatized by life, some of us by simple wrongdoings, others by unprocessed emotions.

Whatever it may be, we have all been dealt with an uneven hand of cards and have been given the responsibility to lay them down when we see fit. Too many people go through life holding onto the cards that bring them pain, thinking that the pain they are feeling is necessary, because they must, somehow deserve it. Yes, it's hard to let go. It's hard to call a truce with the war that's raging on in your heart, but it's necessary. Because this belief that you must overthink the excruciating details that made you bleed, will dictate who you become afterward. Let the pain you feel become a mere symptom of the wound that was sliced through your heart. Let it become a teacher. Let it show you what matters and what needs to change. Pain arrives as a warning, signaling you to walk out from the beaten path, and it only lingers when we don't know how to let it go.

So, instead of viewing the pain you feel as a burden, view it as a rare gift. Because even though you are not at fault, healing becomes your responsibility. It becomes the necessary dam between unprocessed pain and transference, and it's your responsibility to not allow what someone else did to you become what you do to the ones you love. Yes, when painful things happen, it is normal and healthy to feel pain, to feel hurt. But what is not normal and healthy is to allow that pain to have a constant flow from your mind to your heart. It is not normal to allow the pain to become you. You are meant to heal from the hurt that has tormented your soul. You are meant to metabolize that built up energy and produce something beautiful from it. You are not supposed to live in pain forever.

You are meant to heal from it. You are meant to confront the heartache head-on, to cry when you are sad, to mourn when you are disappointed. You are meant to acknowledge the hurt and uncover the true meaning of what's going on inside, and then learn from it. Yes, it might become ugly at times. Yes, it might become unbearable at times. But pain does not arrive to punish you, and it does not arrive to become your friend. It arrives to show you that a greater life is possible. It arrives to guide you to a better path, one that is full of belonging, purpose and enjoyment. Pain arrives to show you where to bridge the gap between hurt and healing, and it only lingers when you fail to recognize it. I promise you, that pain is not meant to last forever. It is not here to hurt you. Your pain is meant to help heal you. It is meant to fill the pit in your stomach, to mend the brokenness inside your heart. Your pain is meant to flourish you. As humans what we fail to realize is that it is in the hurt where we learn the most valuable lessons from life. It is in the hurt where we can find the fertile breeding ground that is meant to nourish the roots to the tree meant to bring us new life. It is in the hurt where we determine if our pain becomes our greatest tragedy, or the start of our most beloved love story of how the victim became the hero.

skinnytees

In the world of fashion, “nude” once meant simply white, black or various tones of beige. This limited spectrum left much to be desired. skinnytees™ is proud to introduce “SKIN”, five “inclusive” skin tones to their basic tank and cami line, including their plus size collection too. The goal is to remove the word “nude” from their color list as there is no “one” nude. Dark Brown, Stone, Toasted Almond, Ivory and Taupe round out the range allowing for all to find a shade that compliments their skin tone when layering. Not to mention the “slimming” secret weapon built into each style!

“Whatever your shape or shade, we are here to help!”, says Linda Schlesinger-Wagner, founder of skinnytees™. The brands most popular styles, the Basic Tank and Basic Cami, are both a closet must-have. It features wider bra friendly straps and a longer length. It smooths out bumps and lumps, and ensures that you never get the dreaded peek-a-boo of your undies. Stretching but never stretching out, this tank can easily be used before, during, and after pregnancy making it a great piece for all ages and body types.

skinnytees.com





CLEAN, SKINCARE-INFUSED BEAUTY FOR ALL COMPLEXION STANDARDS REDEFINED

Clean beauty is the name of our game and as The Complexion Authority™, we wanted to redefine complexion standards with a 4-in-1 Foundation and Concealer that can help improve the look of skin in 100, flattering shades. We understand that finding the perfect foundation can be a daunting task, so we wanted to use this product to educate consumers about coverage, undertones and good-for-you ingredients to help them achieve the most desirable results.

Key Ingredients + Benefits:

Energy Complex | A combination of ginseng, green tea and vitamin B that helps boost the skin's natural metabolism and rejuvenate the skin's appearance
Lingonberry Extract | Helps protect skin against abuse caused by high energy visible blue light
Polysaccharide Film | Provides a protective, breathable film on skin to help shield skin from environmental stressors, like pollution
Ceratin® Complex | Helps smooth skin and refine skin texture and tone

4-in-1 Benefits: Concealer,
Foundation, Skincare,
Longwear



PUR™ THE COMPLEXION AUTHORITY®

SHE'S
SINGLE
DATING
GUIDE

WATCH WHAT YOU SAY SIS...LOVE IS A FUNNY THING

As women, we are always told to never settle for less than the best type of guy. To never put yourself in a situation that hinders your emotional intelligence. But how do we really know when we are being played? How can we distinguish between being someone's priority versus than their second choice? Because we have all been there. We have all fallen madly in love with a guy who has treated us like his championship trophy, but really, we were the consolation prize/runner-up to someone else. So, to put things into perspective, we've come up with a list of eight ugly truths that can naturally occur if you were indeed his second choice, rather than his priority.

01/

HE TREATS YOU LIKE A FRIEND, NOT A FLAME: Hello drunken midnight texts! A man who offers sweet nothings in the bedroom but can't keep a conversation up in the middle of the day, is a man who does not view you as his girlfriend-but as a girl that he can sleep with. The truth is, men really haven't evolved that far from animals, so if you were his, truly his, he would mark his territory.

02/

HE'S ONLY AVAILABLE WHEN IT'S CONVENIENT FOR HIM: Sure, things happen and people get busy, but when you are the only one initiating rendezvous between you and your man, somethings up. If this is happening, you need to think about whether he really wants to spend time with you because he likes you or because he has nothing else to do. Because a guy who won't commit to dinner plans until half an hour before he's supposed to pick you up, is a guy who is clearly waiting on a decline from someone else.

03/

THEY'RE NOT MAKING AN EFFORT TO GET TO KNOW YOU: I know that when we really love someone, we often have a tendency to overlook things in the beginning of a relationship. We forgive things when we shouldn't and overcompensate for conversations that shouldn't have been overcompensated. You're not alone in this behavior, but when you are not very high up on your special someone's list, you will notice that the conversations leading up to get to know you, will become stagnant. You will notice that they don't go out of their way to ask questions, and often will forget the important things that make you unique. Have you ever heard the saying "If they're not making an effort, why should you?", well it rings true in this circumstance.

04/

IF HE STILL CLAIMS TO BE "SINGLE" ON FACEBOOK: Okay, you're dating a guy who claims to never be active on social media. This might be counterintuitive, but it's the 21st century and every-

one who is a someone, is on social media—even the husbands' who claim to not have a Facebook, can be found on their wife's joint account. So, chances are, if your guy is constantly on his phone, he's probably scrolling through his account and if you're his priority, he would make it known.

05/

IF HIS TINDER ACCOUNT IS STILL ACTIVE OR HASN'T BEEN DELETED: If this is the case, you better believe he is still swiping on his account and is still actively looking for someone else, which you apparently are not. So, do your heart justice and get out before it's too late.

06/

HE FLIRTS WITH OTHER WOMEN: Some men will label this as being charming, but if a man makes a pass at another woman, you are not his only lady. Doesn't matter if it was the waitress taking your order or if it was the girl sitting alone at the bar, there is no excuse for your man's eyes to linger on anyone other than you.

07/

COMPARISONS: Whether it is him comparing you to other women, or it is you comparing yourself to them, chances are it's happening for a reason. Insecurities in relationships arise because there were seeds planted in the beginning. So, if you catch yourself scrolling through his Instagram feed and notice yourself taking count of his newly added followers, you should probably step back and ask yourself "why is this happening?"

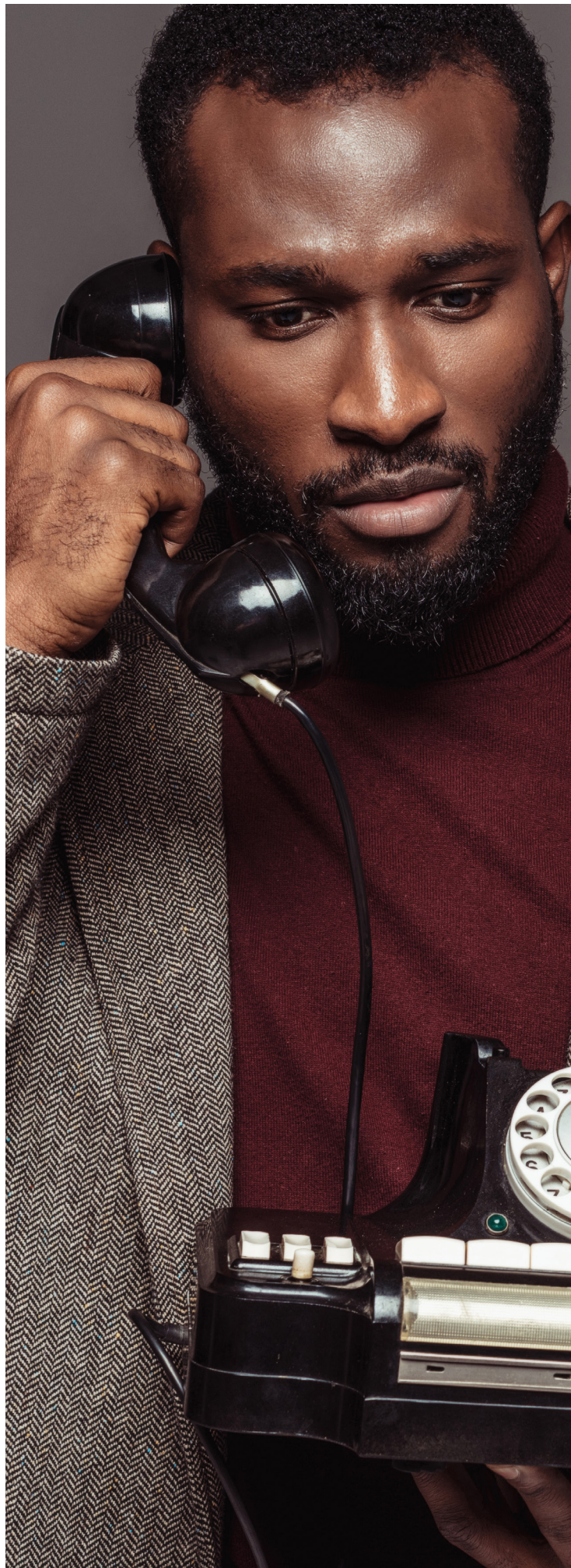
08/

HE'S NOT THERE FOR YOU DURING A CRISIS: When you are someone's priority it will be known. They will show up when it is not expected, so if he takes off when the going gets tough, you really were never high up on his list to begin with and you are much better off without him. Because a man who does not support you during the peak of a crisis, is a man who has diverted his attention to someone/something else. And you can best believe, it is a man who will never extend his hand to you in marriage.

Feeling like someone's second choice can make you feel as though you were never good enough. It can make you feel rejected and unworthy because you have sacrificed the very things that make you inimitable. If you have caught a sneaking feeling that the person you are dating wants to be with someone else, let them. Because the worst relationship to be in, is one that compromises your self-love.



She's **SINGLE** Heterosexual Relationship Columnist Kayla McCullough (@kaylamccul) writes about relationships and financial independence.





Bold & Bare is an essential collection of simplified, multitasking skincare for the modern woman that lives a full life and is not afraid to show who she really is. Coned with bare ingredients, our high-las renew, balance, skin. It's our goal to driven, versatile that easily adapt and make them feel selves. Bare Elixir: beauty elixir and instantly dewy Lightweight and game-changer in with hyaluronic peptides to give hydration, improve protect from envi-



boldbare.com



RELATIONSHIP RED FLAGS

When you enter a new relationship, it's only natural for you to want to make things work. But sometimes that sense of optimism clouds your judgment and blinds your vision to the tell-tale signs that, despite what your heart wants, warrants the relationship won't last. Don't get me wrong, finding a guy to hold on to is difficult, especially if you're looking for the long-term guy. But it's important to view your partner without tinted glasses. And yes, looking for Mr. Right will often become a trial-and-error process, during which you are bound to encounter more than a few red flags. The point is to get better at spotting them and being able to remove yourself from a situation that will ultimately cost you your time and emotional energy.

What red flags should you be looking for? And can you even spot them at the beginning of a relationship? According to licensed clinical psychologist, Dr. Jaime Zuckerman, the answer is yes. "Absolutely. Majority of the time, when asked about a previous toxic relationship, most people will say they 'knew but ignored' the red flags. It's not always a matter of 'not' seeing red flags, but more about one's willingness to acknowledge them. Everyone comes to a relationship with their own baggage. Included in that baggage are the glasses through which they perceive their world and others. Some red flags, although unhealthy, may feel familiar to someone based on their past. Some people may be hesitant to give significance to a red flag because they really want the relationship to work...or they think they can fix the other person." That's where She's SINGLE comes in. We're teaching women to spot some of the most obvious red signs early in a relationship, that way you can avoid trying to fix Mr. Wrong. Take a look at the five signs below if you're at all concerned that you have become a construction worker instead of lovesick dove.



01/

POOR COMMUNICATION: Without question, we can all say that communication is key to a healthy long-lasting relationship. Couples need to have the ability to bring up, discuss, and work through any issues that may arise. So, if your partner is not capable of listening to what's on your mind without interjecting you or placing blame on you, chances are your relationship may be doomed from the beginning. Remember, a mature partner should be able to express their feelings and ask for constructive criticism without pointing their finger back at you.

02/

SENSE OF ENTITLEMENT: When your partner comes into the relationship with a sense of entitlement and expectation that their needs must come before your own, resentment and anger are usually the result. Be on the lookout for subtle and overt clues that your partner might be hiding the title King somewhere in his name. You can learn a lot about someone with how they treat complete strangers, especially those who provide services. So, next time you're out with your man, watch how he treats the barista or waiter.

03/

THEY ARE INCAPABLE OF APOLOGIZING: Quarrels in relationships happen, arguments will arise, and things will be said in the heat of the moment. That's just the reality of having a close relationship with someone. The fact of the matter is, both parties need to be able to accept blame and apologize for it. Without apologies, the fights and disagreements will remain unsolved, which could lead to resentment and stress later in the relationship. If someone you love refuses to apologize to you, and cannot maturely accept your version of events, then that could put a long-term strain on your relationship.

04/

ALL OF THEIR EX'S ARE CRAZY: Yes, not all relationships will end on good terms, but your partner should not refer to ALL of their ex's as crazy. The more likely scenario is that some—but not all—of them were crazy, and they are downplaying their role in the relationship ending badly. This scenario is equally bad because it shows lack of self-awareness and unwillingness to take responsibility.

05/

He's a Control Freak: Does your new partner push the boundaries of your personal space? Do they get upset when you don't text back quickly? Or is it the extreme, and they tell you what to wear? Manipulative ways may take a variety of forms: some may berate you into becoming who they want you to be; some may win by isolating you from your friends and family. Regardless of which, those kinds of people will end up becoming authoritarians and will have a strong urge to dictate you or the relationship. These are the people that you do not want a relationship with. Everyone deserves their right

to privacy, to prior relationships, and to the unique qualities that make you, you.

At the end of the day, the bottom line is that you get to decide what your relationship deal-breakers are. As long as you are aware of what you do and do not want in a relationship, there is no reason why you won't end up with a happy and successful ending. Just remember with whatever you decide, what you deserve, above all else, is to be treated right.



Olive Blend-Long Cardigan Sweater, \$90.00, Banana Republic

FINANCIAL INDEPENDENCE 2020

BY KAYLA MCCULLOUGH

What is financial independence? Is it important for women to become financially independent? And, should you take part in merging your bank account with your partner's once you tie the knot? While everyone defines financial independence a little bit differently, there are common themes that apply to us all. Financial independence means that you can support yourself without the help of outside parties. It means that you solely rely on your own income and take control over your finances. It means that you know where you want your finances to be and you are implementing goals to achieve those plans. When you are financially independent you are the architect of your financial future.

Managing your finances and budgeting with your partner has always been the “normal” thing to do. Call it old-fashioned, but many believe merging accounts once you’re married is the same as sharing a bed with your partner, when in all actuality it is completely different. Marriages get messy, they get complicated, and because of this there are many good reasons to have separate accounts; it might actually make your relationship stronger in the long run. Read below the benefits that come with separate accounts:

01/
PREMARITAL SAVINGS:
These days Americans are waiting longer for marriage. That means that you will likely be bringing more to the union, like financial assets. Anything you acquired while single, won't be considered marital property (your savings account), so it may not make sense to merge it with your partners; however, in the event of a divorce, your spouse could lay claim to the inheritance you earn after your relative passes.



02/

YOUR SPOUSE HAS PREMARITAL DEBT: If your partner entered the relationship with student loans, credit card debt, or child support payments, joining accounts could result in some of your hard-earned money garnished towards paying off those debts. Joining accounts could also result in diminishing your credit score.

03/

YOU CAN SPEND ACCORDING TO YOUR TEMPERAMENT: Nobody wants to scold or nag their partner when they spend a little more than they should while shopping on Saturday morning. Separate accounts will nip bickering about spending habits in the butt. Money also has psychological consequences, so having a separate account will give you financial freedom and a sense of self-identity.

And yes, it is necessary for women to play more of an active role in the financial aspect, partly because women live longer than men; it is said that 90% of women will become solely responsible for their finances at some point in their life. And to add more flame to the fire, there's a big push to move the financial planning industry from men to women because there are more women in the workforce taking control over the growing amount of wealth due to soaring careers

and inheritance. So yes, learning to become financially independent is an essential life skill for women. Then why are women facing challenges when it comes to receiving financial independence? Well it's one of two things: one, because you are receiving less time to achieve financial independence than a man due to maternity leaves and part-time jobs, and two, women still generally receive less pay than a man. Both mean that women will struggle to contribute to their retirement and savings funds.

So, how can you start your path to becoming more financially independent?

STEP ONE: The first step to becoming financially independent is understanding how your money comes to you and where it goes after you spend it. You need to understand your cash flow in order to truly understand the activity of your hard-earned money.

*Tip: You can use The Core Four of Personal Finance at Udemy.com to learn the core four pillars of personal finance! This course takes you back to the basics and focuses on managing your debt, reducing your expenses, financing a home, retiring, and everything in between!

STEP TWO: After you have become aware of the activity your money plays, you need to set a budget. Budgeting is easy once you figure out the goals you want to accom-

plish, whether that is to save up enough cash to purchase your dream home, or pay off the pesky credit card debt; whichever your goal, just figure out how much you need to save up to achieve them. Remember, eradicating debt should be your priority. So, you should pay off your highest-interest debt first and then work towards that dream house.

STEP THREE: Once you've figured out what it is exactly you are budgeting money for, you need to re-prioritize your expenditures so you're able to start saving! Read the cost-cutting tips below to get started:

- Get rid of any unnecessary subscriptions
- Eat out less and make food at home
- Make gifts instead of purchasing them
- Take advantage of coupons (it might not seem like it, but they add up) and online deals
- Quit going out every weekend with friends

***Tip:** Try using Personal and Family Financial Planning at [Coursera.org](https://www.coursera.org) to learn about investing, managing risk, and building your own personal financial plan!

STEP FOUR: You need to start SAVING and INVESTING. If you're not already, you need to start contributing to your retirement fund. According to the Transamerica Center for Retirement Studies 59% of women are merely guessing the amount they need upon retirement and lag men when it comes to contributing to their 401(k) plans. On top of that, 45% of women work part-time, as opposed to 24% of men, which means they have fewer chances to fund their retirement accounts.

***Tip:** If you need help understanding the importance of a retirement fund, or investing in general, check out Investment Vehicles, Insurance, and Retirement at [Khanacademy.org](https://www.khanacademy.org). This course will break down the big takeaways you should know about your financial plan.

Some people are simply more financially savvy and are confident with the money they earn. If you are not one of those people and are not interested in taking a course to learn how to become one of those people, you might want to consider working with a financial advisor to help you with your financial planning. We recommend touring the website [CPT.net](https://www.CPT.net) to find an advisor that can help you work towards the goals you want to achieve.





Tina B. Tessina, PhD, (aka “Dr. Romance”) psychotherapist
and author of *Dr. Romance’s Guide to Finding Love Today*

A first impression is the first time someone sees you, or is introduced to you. It may be on a first date, or for a job interview or when you’re meeting your date’s family for the first time. Research shows that people form their first impression of you quickly, and that first impression influences your relationship. While a bad first impression might be possible to change, it can often mean that people won’t give you time to change their minds. A good first impression means that people will be open to learning more about you and getting to know you. Research shows that people form fairly accurate first impressions within the first few minutes of meeting.

Your appearance is a big factor in first impression, since it’s the only information new people have about you. Looking well-dressed, well-groomed and appropriate for the setting and occasion are important. Your first words matter, too. A friendly and open approach, polite and interest in the other person, makes the best first impression. Don’t fall into the trap of trying to impress the other person; you are likely to come across as self-involved and conceited if you do. Just be your friendliest self, and focus on getting to know the other person. Your interest in the other person will be very appealing.

If you can feel that your sense of humor hit the wrong note, or you made some social gaffe, or you were caught looking disheveled or ill, you can take the time to think about what went wrong, and try again. This will be especially important if you’re meeting the family of a date, or your new boss or colleague for the first time. Instead of worrying about how bad it was, make an extra effort to do it right the next time. Clean up your act, listen more, be open and friendly, and apologize if you have a reason to (for example, if you inadvertently insulted someone or spilled your drink).

THERAPY talks

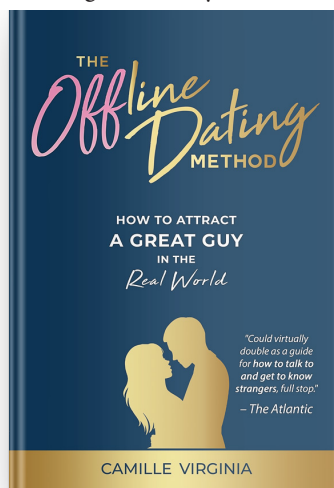
Elisabeth Goldberg,
Licensed Marriage and Family Therapist

People put way too much pressure on first impressions. When I met my husband, I was running very late, irritable after a stressful day at work, and he was already drunk because of nerves. We have been happily married for 3 years. Be yourself, don’t show your best qualities because eventually your true colors will come out.

Camille Virginia,
Author of *The Offline Dating Method*

The first moment on the first date can set the tone for the entire rest of the date. So, no pressure! The good news is that you have a lot of control over that first moment. Men tend to remember key points in the dating phase – including that moment when you walk up to him on your first date. They may not tell you about those memories for many years (or at all), but trust me when I say that Men Remember Moments.

For example, I've received several texts over the years from different men I dated, long after we stopped dating, each one sharing a memory about me during our time together. This



includes sitting in the spot where we first met, walking past the place where we had our first date, and remembering what I was wearing when he walked up to me at a family function. So just know that “men remember moments” and use that to your advantage by creating the type of impression and memory you want him to have for years or even decades to come. There are two aspects to an Epic Entrance...

Flash Him a Big Smile: First, approach him with a big smile, which shows him you're happy to see him before you even say so. Don't forget he's probably a little nervous too (“I wonder if she regrets saying yes to this date...” / “Did I choose the right place?”) so when you show up with a big smile, it immediately makes him feel at ease and excited to see you too. I have a fun story about an unintentional Epic Entrance smile. I'd taken a train out to the suburbs to go to a friend's family birthday party. My friend was running behind on prepping for the party, so she sent her brother (who I'd never met) to pick me up from the train. He texted me that he was running late too, so I ended up walking half a mile through a foot of snow from the train station to a convenience store so he could easily swing by and pick me up. Honestly, I thought it was a fun adventure, but I think he was expecting me to be mad about the whole thing. So, when he walked into the store to find me, he was totally shocked when I stood there with a big smile on my face and introduced myself. He and I ended up exploring a connection on and off over the next few years, and he would always remind me of that first impression I gave him: “I was so late – but I walked in and you were smiling!”

Hug Him Like You Mean it: Second aspect of your Epic Entrance: skip the handshake and go in for a hug. Hugging gives you body contact right off the bat, which will show him you're glad to see him and set a more intimate tone for the rest of the date. And don't just light-touch hug, go all in girl! Give him a big, heartfelt hug and stay up in there an extra second or two. Shaking hands sets the tone of a business get-together (bleh!) so yeah, don't do that. Always hug. Good men can be hesitant to touch women because they want to be respectful, so hugging gives him the green light to go for it.



Dr. Carla Marie Manly,
Clinical Psychologist and
Relationship Expert

The eyes--and the mind--retain the all-important details and information absorbed during the first few seconds of meeting someone new. Visual appeal is critical, for vision is a key sense when making decisions about potential partners. On an unconscious level, the eye scans a person for “possible fit” on myriad categories from height, weight, and body tone to eye color, smile, and attire. Not only is vision involved, but the other senses also gather information as to tone of voice, smell, and even touch (e.g., that initial hug, handshake, or brush of the hand). All of these often-subliminal factors become part of the blend of the first impression.

As potential bae's begin to talk, the conversation also provides vital cues as to personal style, emotional availability, self-confidence, and intelligence. The impressions garnered are critical in making a decision as to the suitability of the individual. As well, neurologically, potential partners are certainly seeking a sense of connection and genuineness that make the encounter feel “safe”; in general, the first meeting also offers the opportunity to assess for unappealing or threatening behaviors. In essence, first impressions truly do matter when it comes to meeting a potential bae, so it's important to be at your best psychologically and physically. However, it's even more important to be genuine and at ease with yourself. Of course, showing up in your pajamas isn't the best idea, but neither is putting on anything that feels false to you, whether in the form of clothes, make-up, or attitude.

Julia McCurley,
Professional Matchmaker

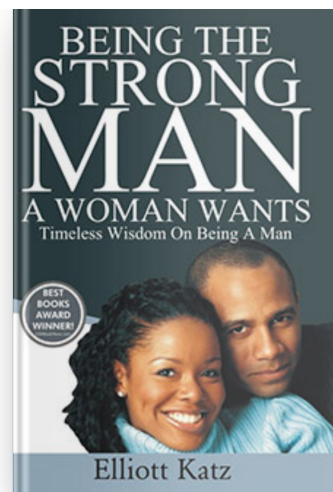
Here are some guaranteed ways to make a good first impression according to relationship coach and CEO of Something More, Julia McCurley. Smile. Now, this is no shock, but studies do show that the amount of time you smile during a conversation has a direct impact on how friendly you're perceived to be. Also, people mimic the expressions on the faces they see, so if you smile, you're more likely to be smiled at. (Scientists have identified nineteen types of smiles, by the way.) Be easily impressed, entertained, and interested. Most people get more pleasure from wowing you with their humor and insight than from being wowed by your humor and insight.

Prepare some unique topics and questions ahead of time to help liven up the conversation. You wouldn't go for a job interview without preparing in advance, so why should a first date be any different? Think about the sort of questions you could ask, and some interesting answers to the questions that may come your way. Don't treat the first date like an actual interview, though, or you'll set alarm bells ringing. Remember trait transfer. In "trait transfer," whatever you say about other people influences how people see you. If you describe a co-worker as brilliant and charismatic, your acquaintance will tend to associate you with those qualities. Conversely, if you describe a co-worker as arrogant and obnoxious, those traits will stick to you. So, watch what you say.

Laugh at yourself. Showing vulnerability and a sense of humor make you more likable and approachable. However, don't push this self-deprecation too far—keep it light. You'll make others uncomfortable if you run yourself down too much. I met a guy who kept saying things like, "I'm an idiot," "I have the most boring job ever," etc. He was trying to be self-deprecating, but it was hard to know how to respond to that kind of comment from a stranger. Radiate energy and good humor. Because of the phenomenon of "emotional contagion," people catch the emotions of other people, and they prefer to catch an upbeat, energetic mood. Even if you pride yourself on your cynicism, biting humor, or general edginess, these qualities can be conveyed with warmth. You have to dress to impress, of course! According to conventional wisdom, the very first impression is made within seven seconds, so your appearance is key. Have a friendly, open, engaged demeanor. Lean toward people, nod, say "Uh-huh," turn your body to face the other person's body. Don't turn your body away, cross your arms, answer in monosyllables, or scan the room (or look at your phone! I have seen this happen!) as the other person talks.

Flattery will get you everywhere, as the saying goes. So, make sure to give your date a sincere compliment. If your date looks amazing when they arrive, it's okay to say so. Similarly, pay attention if your date has any special skills or goals they want to achieve. Validate their desires and speak up if you have similar goals for yourself. You may have more in common than you think! Show your liking for another person. We're much more apt to like someone if we think that person likes us. Look for ways to signal that you enjoy a person's company. A simple comment like "you certainly are a very accomplished person" or "you make me laugh" can leave the other person feeling like you and he/she "get each other." Don't be afraid to make yourself vulnerable, someone's gotta make the first move. You have nothing to lose and everything to gain.

Here are a couple of things I advise men upon when it comes to making a good first impression. On a first date, be a man with a plan. When you ask the woman out, have a plan for the date that you suggest to the woman. If you can't even choose a place to go for a cup of coffee, she will



wonder how you would handle the challenges that come with marriage and family. Taking the time to prepare a plan makes her feel special. Pay for the first date. If a woman offers to pay or to split the bill -- she is testing you to see if you will insist on paying for the date. Insist on paying. Be on time. If you're late meeting her, she may feel like you don't respect her. If you're going to be late, call her and apologize. Be sure you have a good reason for being late. More importantly, don't hide pertinent information about yourself. For example, if you have children, let her know. If you wait to tell her, she may wonder what other information you're hiding from her and for sure, don't badmouth your own ex-partners. If she asks about your exes she may be looking to know how you treated other women in the past. Tell her what you learned from your past relationships and how those experiences enabled you to grow as a person.

Let's talk about clothing, dress nicely. Women usually dress nicely when going on a first date because they know men like it when a woman looks her best. Be sure to compliment the way she looks. Women also appreciate it when a man takes the time to dress appropriately for a date -- it shows you have confidence and it makes them feel special. Lastly, don't ask about ex-partners on the first date. It can bring back negative memories and the person may not feel they enjoyed the date with you.

THE RAPY talks MEN

Mr. Elliott Katz, author of *Being The Strong Man a Woman Wants*

OUR FASHION BLOGGERS ARE SO FLY.

EDITOR'S PICKS



Cream extreme ribbed crew neck bodysuit, \$30.00, Misguided.com

Faux Leather Jogging Pants, \$39.90, Zara.com



Eclipse: Color (BONE), \$19.98, callitspring.com



Paraventa Crossbody Bag, \$54.99, DSW.com



Basic Slub Knit Tee, \$7.99, Forever21.com



Denim Mini Skirt, \$14.99, Forever21.com



Dellmar \$49.99, callitspring.com



Satin Cami, \$20.00,
Boohoo.com

FASHION FINDS UNDER \$500



Bershka textured
knitted sweater in pink,
\$14.50, ASOS.com



RAID Amy black suede
two part flat shoes,
\$19.99, ASOS.com



Instagram Fashion Blogger? Email
us at hello@shessinglemag.com to
be featured



NINE
WEST®

THE FIRST IMPRESSIONS ISSUE

Sponsored by Kombination Kouture, American She's
SINGLE Magazine and EUR She's SINGLE Magazine



SHESSINGLEMAG.COM

SOUL MATES

Our celebration of Black Love, because it's more than
just a hashtag!



“

We are both fun loving adventurers and Christians that attend the greatest HBCU, Alabama A&M University. We are both majoring in different art forms. John is majoring in Marketing & communications and I (Cayeton) am majoring in Interior Design. We both have a strong passion for community leadership and we currently both have a radio show on WJAB - HD2. One fun fact about us is that we are both West Indian! John's cultural background comes from Antigua & Barbuda and My cultural heritage comes from Jamaica. We are looking forward to the many years that we'll spend together and the soon to be empire that we will call our family.

Instagram: @Johnandcayeton
Twitter: @Johnandcayeton



“

Black love is unique because it can be different from everyone else's experience. Black love means adapting to one another and to the spaces you move through together. Black love means strength and resilience to me. I've always known that black love means covering each other—in prayer and in principle—and having each other's back through thick and thin. Both relationship and career are important in an individual's life and learning to strike a balance between the two is learning how to prioritize which of these two, and when. How I learn to balance the two is to show unconditional support and stay connected throughout the day; as well as give respect.

Photo Credit: @blackqueenphotography

Facebook- Courtney's Corner
IG- @Courtneyscorner89
YouTube- Courtney's Corner

“

I am a wife and the mother to two beautiful little girls. I am married to the BEST man in the world name AJ. I love children and help to promote early learning. My husband is a high school science teacher. We enjoy taking family photos with one of our good friends Kory Williams, who knew my husband and I separately before we began dating. I enjoy working out and sharing my life on both YouTube and Instagram. My goal is to share the REAL about what it is like being a millennial wife and mother in today's world with technology. I enjoy getting together with other woman and being their hype woman to show they are beautiful just the way they are!

Instagram: @NailahChronicles
YouTube: Day to Day Johnsons

Photo Credit: @korywilliamsphotography





PROTECT *your* MELANIN 101

DermaQuest SkinBrite Serum

DermaQuest SkinBrite is a smooth, lightweight serum designed to lighten stubborn pigmentation and brighten skin. It's long been a firm favourite of Skin, a nationwide dermatology chain based in the UK,



who combine it with many of their in-house skin peel treatments. SkinBrite works equally as well on its own and is ideal for women with darker skin tones who are particularly concerned with pigmentation. At \$60 it is slightly pricey, but it spreads easily and lasts a long time, meaning it can be used in the AM and PM.

A powerful, Vitamin C-based skin-care product, very different from the others. It is formulated with 20% pure Vitamin C

(L-Ascorbic Acid) and a patented encapsulated delivery system that

continues to work its magical full-strength results throughout use with no degrading of color or formula. Formulated with 20% L-Ascorbic Acid, the purest form of this benefits-driven ingredient, our Skin Refiner



uses a patented encapsulated delivery system. Each particle is capsuled, or coated, in a water-repellent matrix that prevents oxidation, so color stays true. No degradation, no ugly color change. The formula remains consistent, delivering full-strength results from the first application to the last.

beautystat.com

DermaQuest Retinol Brightening Serum



If you're looking for a retinol cream that targets both ageing skin and stubborn pigmentation, then look no further. DermaQuest Retinol Brightening Serum has a light

luxurious texture that provides intense exfoliation to the skin and stimulates the renewal process. It contains a high concentration of 2% retinol, meaning that for its \$87 price tag, it delivers on all its promises. Other benefits include its anti-acne and re-texturing properties. It's not to be missed.



Yangu Beauty is a skincare line that turns back time with products that incorporate time-tested beauty rituals rooted in Africa. By combining scientifically advanced technology with nature based ingredients from Southern Africa, dark circles, puffiness, dryness, dullness and hyperpigmentation

can be a thing of the past. Prices start around \$30 at YanguBeauty.com and Amazon.com.



ROOTS

and...



● ● ● ● ● ●

Traction Alopecia, the horrific resulting side affect of many years of sporting “beweavable” hair! Images of Diana Ross, Naomi Campbell and Tyra Banks easily come to mind of its sufferers. As many African American women (over 40% suffer from this condition) who have opted to weave or wear intricate braided hairstyles can tell you, the realization of seeing your hairline recede overtime can be devastating. Even “lace fronts” can’t save you as they too cause premature receding hair lines. Nearly every woman has natural hair loss with normal aging (even starting in your 20’s) as the rate of hair growth slows and hair strands become smaller and have less pigment as we age. But with the added stress to the scalp and hair follicles with the continuous “tug-o-war” with hair weaving, it just exacerbates the inevitable. Not to mention the added mental stress of knowing that you are losing your hair because of this. To add insult to injury, mental “stress” produces what is know as “DHT”, another culprit in the hair loss conundrum. Luckily for most, traction alopecia can be reversible. Introducing Actsyl-3, an easily applied restorative hair growth serum “specifically designed to address hair loss in women” promoting stronger fuller hair follicles, blocking DHT and promoting overall hair health on your road to recovery!

Chemical relaxers, hot hair tools in addition to intricate weaving techniques, and even constant braiding and ponytails, will all wreak havoc on hair follicles, your scalp and your hairline. The loss of hair can have insurmountable and devastating effects on a woman’s emotional health and self-esteem and many women suffer in silence. With a flood of products targeting male pattern baldness, practical and effective solutions for hair loss in women seem to be scarce, until now. Early-onset baldness and hair loss is a more frequent conversation among men, as a multitude of male-focused products and advertisements can attest. Hair thinning and loss among wom-

en of any age, however, is rarely discussed, which can lead to increased feelings of embarrassment and shame. Taking a major “time out” from weaving and intricate braiding to reverse the signs of Traction Alopecia, Actsyl-3 can be your best and only defense as it will assure the promotion of a healthy scalp and hair follicles during this “recovery” stage.

Fast absorbing, non-greasy with a light and pleasant fragrance, Actsyl-3 has been formulated to target three areas of treatment; blocking DHT (the hormone responsible for hair loss), improving follicle thickness and health and activating hair stem cells. The Actsyl-3 serum contains Redensyl (3%) and Capixyl (2%) – two revolutionary ingredients proven to help regrow hair - and key peptides to strengthen hair roots and improve scalp health all without affecting hormones, making its use safe for women. Now, women no longer have to suffer in silence. The proven ingredients in Actsyl can help regrow hair, increase thickness, and reduce shedding. Furthermore, 85% of users have seen results in just 60 days! Retailing at \$25.00 on Amazon, Walmart.com and via www.actsyl.com, Actsyl-3 can truly be touted as the new “must-have” for women worldwide who are experiencing varying stages of hair loss.



Introducing a new era of luxurious lip color from our

IRIE LIPZ COLLECTION

irieherbapothecary.com



THE INDEPENDENT

BY LISA K. STEPHENSON

BLOCKISLANDORGANICS.COM



Organic Revitalizing Night Cream

I hate to see it. Until it happened to me, I would have never believed it to be true: women staying in relationships even after they've been cheated on! What in the heck is going on? When did we forget our worth, lower our self-esteem and stopped holding ourselves to the standards of a Queen and a WOMAN? We are so powerful that a lot of men fear us. So why are we settling for less than we deserve or remaining stationed in an unhealthy relationship? I'll tell you why because it happened to me, we're afraid to let go. Unlike men most women are faithful to their mate, emotionally it takes us longer to find a replacement—quality women are whom I speak of—unlike our male counterparts who allow their emotions to grow later, dotting over a new partner because she is physically attractive.

Now, more than ever the independent woman is finding herself single, settling or simply put, tolerating bullshit. I want to ignite a bold and urgent conversation about millennial men and women failing in their relationships. Over time I learned that boomers and millennials have a lot to offer, and can learn from one another. Self-help books such as, *Love Smart*, *Love Independently* and *Love Smart, Love Independently: Work-book* teaches millennials how to repurpose a lifetime of experience and wisdom, both learned and practiced by our elders to stay not just in long-lasting relationships, but to help bridge the gap between working woman and nurturing wife. But how dare you be a nurturer to a fool and a man less deserving of your love and loyalty? Here's my story: I experienced my first heartbreak in 2015 leading me to lose 35 pounds in just four weeks, combat depression and build



“WOMEN ARE LOSING THEIR POWER IN RELATIONSHIPS!”

a defense mechanism against the opposite sex—once a fool, I am no longer. Just when I thought I had found the love of my life, feeling emotionally safe, I became co-dependent and unable to realize just how toxic my union was. I later learned that in order for me to move on I had to be given no other choice. Today, I say this is unacceptable and I encourage women to reclaim their power, therefore loving smarter.

One year later, I was emotionally stuck, never truly realizing the negative impact this toxic relationship had on me, I then turned to my first love; writing. Relationship blogs derived from my readings, experience and a new-found knowledge of relationships and not just any relationship—urban relationships.

Taking into account now the struggle of African American women and how such issues vastly differ than other races entering the dating pool, I had to in-

MILLENNIAL WOMAN

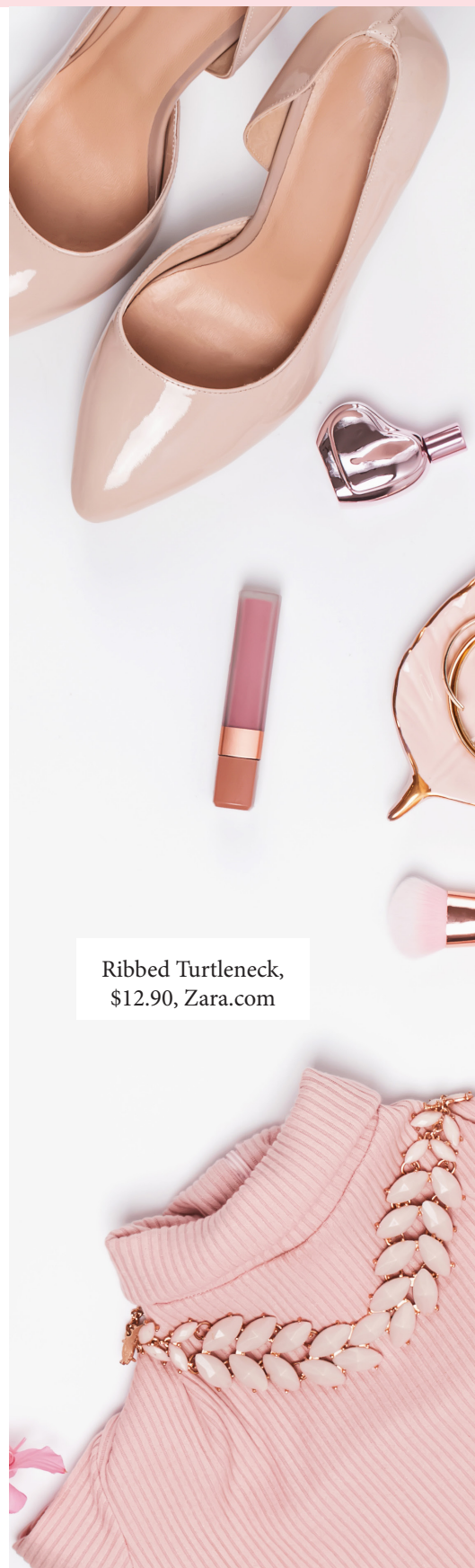
tervene. On one hand I wanted to mentor younger women who in direct response to my blogs disclosed their chilling stories from dealing with infidelity to domestic abuse while pregnant, cheated on while pregnant and knowingly settling for second place in a man's life. Much of which were due to several instances: unemployment, lack of education, children or a feeling of low self-worth. She's SINGLE Magazine is my gift to African American women across the world, offering a playbook on how to marry wisdom and experience with love and independence, a new mode and a willingness to evolve not only as a species but as wives, mothers and educators—all hallmarks of what I call, "The Independent Millennial Woman."

The fact is, "The Independent Millennial Woman" is not a woman who takes pride in being alone, or exuding masculine energy, in fact, she possesses a set of invaluable skills—high emotional intelligence, good judgment, specialized knowledge, and a vast network of possibilities. I do tackle the hard truth that women are losing their power in relationships. Women are no longer leaving relationships, and African-American women are more likely to suffer from low self-esteem which in turn leads them to remain in unhealthy relationships for validation purposes. Whether you've been forced to leave a relationship due to infidelity and not being chosen in the end, new to the dating scene, or are currently in a relationship where you feel powerless, we're here to help you on your path toward leading a healthier lifestyle with a partner who is deserving of both your love and loyalty.



Lisa K. Stephenson is an African-American fiction and non-fiction author, dating coach, motivational speaker and entrepreneur. Ms. Stephenson is a native of The Bronx, New York. As the daughter of a single parent and from a family immersed in African-American studies, she determined early on that education, independence and equal justice were import-

ant for all women and men of color. Her educational development began as a student at Monroe College of New Rochelle where she earned her Bachelor of Science degree in Criminal Justice with honors. Professionally, Lisa owns and manages the following companies and organizations, Kombination Kouture LLC and She's SINGLE Media. As well as authoring and touring novels such as *Late Bloomer* and *The Yellow Brownstone*—her latest self-help book entitled: 'Love Smart, Love Independently' is set to release Summer 2020. In the interim, Lisa has begun conducting workshops, seminars and hosting podcasts where she delivers a powerful message to women, *How to Have it All: Independence and Healthy Intimacy*.



Ribbed Turtleneck,
\$12.90, [Zara.com](https://www.zara.com)



See someone you like?
Let us know using the
hashtag #bachelorssin-
gleusamag or email us:
singlemagbachelor@
gmail.com



Instagram: @cmazyck

New York, NY

Christopher Mazyck, 28
Personal Trainer/ Bartender

Meet Christopher:

Christopher says, "I'm great company! Just find out for yourself."

DATING A GIRL NOT LIKED BY FRIENDS:

"My friends' opinions would not matter to me if me and the girl I am dating really connect and get along"

DO YOU MANSCAPE?:

"No, I keep that area natural."

CALL VS. TEXT WHEN ASKING A WOMAN OUT:

"When asking a woman out, I often find that calling works best but I'd send hints via text. Calling is great to solidify details and hear voice cues from the woman I am asking out whether or not the date I have planned is a good idea."



Instagram: @CurrencyQ

Staten Island, NY

Quinn Crowell, 30
TSA

Meet Quinn:

Quinn says, "I'm very laid back, loyal..."

SOMETHING WOMEN NEED TO KNOW:

"I'm very patient with a person I like and I hope to get that as well."

DATING DEALBREAKERS:

"Smoking cigarettes. That is a gross and expensive habit that hurts not only you, but secondhand smoking can hurt others as well."

FUN FACT:

"I am vegan and I've followed my vegan diet for about three years and some change now. Hopefully my next partner would be open to exploring new vegan restaurants because I love food!"





Instagram: @paulstaylow

Long Island, NY

Paul Golding, 22
Student

Meet Paul:

Paul says, "I believe women rule the world."

DATING DEALBREAKERS:

"...when a woman has no sense of humor. Also, a woman that is way too shy and doesn't support my financial goals."

HOBBIES:

"I love to search social media platforms and look at new fashion trends."

TEXTING STYLE:

"My texting style is very casual. With me, the way the conversation goes depends on the other person's energy through text."

WHAT WOMEN NEED TO KNOW:

"Women need to know that I'm a very respectful young African American man. I believe women rule the world."



Instagram: @1King.Vaughn

Queens, NY

Vaughn Robinson, 21
Working Part-Time at the University

Meet Vaughn:

Vaughn says, "I'm shy at times and quiet when I'm being observant."

DATING DEALBREAKERS:

"We're in the day-and-age of technology, and my most modern pet-peeve is being on your phone during a date."

MANSCAPE:

"Yeah, there's nothing wrong with doing so. It plays a huge role in male hygiene."

TEXTING STYLE:

"When I'm truly into you, I'll stop everything that I'm doing to respond to you..."

WHAT WOMEN NEED TO KNOW:

"I'm adventurous; I love experiencing new things and creating moments."



Instagram: @valentinus_day

New York, NY

Casanova Valentine, 26
Mental Health Specialist

Meet Casanova:

Casanova says, "I am from
North Carolina and proud
Air Force Veteran."

SHORT TERM GOALS:

"Get a doctorate in the field
of psychology and continue
to help people with their
mental health."

WHAT WOMEN NEED TO
KNOW:

"I'm big on communication
and it's a big turn off if there
is some type of insecurity or
poor communication on the
woman's part. I am an open
book and love to talk."

DATING DEALBREAKERS:

"Bad teeth is a big one. Also,
if you don't know how to
express your feelings then it
isn't going to work out."



ROLEX

PHOTO BY MARINO BOCELLI

NIVEA

FOR MEN

*LET'S MAKE OUR WORLD
FEEL THE POSITIVE POWER
OF THE HUMAN TOUCH!*

niveausa.com







Instagram:
@larrynevergivinup

New York, NY

Larry Patterson, 26
Entrepreneur

Meet Larry:

Larry says, "A good woman needs a go-getter."

CALL VS. TEXT WHEN ASKING A WOMAN OUT:

"I prefer to call her. The energy is better understood on both sides and confirmed by hearing each other's voice."

DO YOU MANSCAPE?:

"Yes, I trim regularly."

WHAT DO WOMEN NEED TO KNOW ABOUT YOU?

"I am not a pretender; I do not make excuses and I don't give explanations. I respect you and you respect me.

Honesty, compassion and encouragement is a two-way street. Also, I put God first always."



Instagram: @real_bbass
Photography by:
@latoyasantos.com

New York, NY

Brandon Bass, 20
Model/Actor
Meet Brandon:

Brandon says, "If you want a man to cook and fix things, I'm the guy for you!"

HOBBIES:

"Some of my hobbies are basketball, cooking, photography, singing, being active, traveling and living my best life!"

TEXTING STYLE:

"My texting style is very smooth. People call me Smooth DoubleB."

DATING DEALBREAKERS:

"If someone does not love themselves fully or who doesn't want to take care of themselves spiritually, mentally, physically and financially."

BOLDBACHELOR A MAN FOR ALL SEA- SONS

Instagram:
@ayo.mateo

Bronx, NY

Matthew Daley, 32
Paralegal & Inventor

Meet Matt:

Matt says, "I LOVE to laugh
and enjoy life."

HOBBIES:

"I love to create art, draw,
photography, decorate apart-
ments, play football and
basketball."

SHORT TERM GOALS:

"Get a company to buy my
invention."

WHAT DO WOMEN NEED
TO KNOW ABOUT YOU?

"I am a hardworking, caring,
loving individual, who wants
to be a husband, father and
friend to someone who
deserves it."

Photo Credit: @chuch.wolf



BVstylez

— YOU ARE NEVER ALONE —

THE LIBERATORS

Travel Entrepreneur Guerline T. Emmanuel, Co-Founder of Belle Vue Tours is Telling the Untold Stories of her Ancestors. Giving a whole new meaning to "I've got the power of my ancestors with me". THE LIBERATORS travel bag is available now.



Whether you are walking around the office or ready to hit the outdoors, the ALL NEW Chukka Corduroy by Lems lets you put your best foot forward!

Designed for the shape of your foot for the ultimate fit, these stylish Vegan friendly shoes in both men and women sizing are wrapped in the comfiest corduroy and feature all the favorite qualities you've come to expect from Lems Shoes.





Take 15

Chopping it up w/ *Lunden De'Leon*

We're getting to know the South Carolina Native, Lunden De'Leon currently starring in the Netflix original, *Blackbear*. Best known for her role as Joanne Mbutu on the hit television series, *Vital Signs*, De'Leon has starred in over fifty television shows and movies including the blockbuster hit(s), *We're the Millers*, *Turnt*, *Sweet Home Carolina*, *Cyrtz*. The *Lake House*, *Twelve Dog Days Till Christmas* and the award-winning drama, *Somebody's Child*, just to name a few. Raised in a small town in South Carolina called Marion, De'Leon shares with us one of her most joyful memories—riding horses with her dad and grandfather. Both of whom she cites as her greatest inspiration, in addition to other members of her family. “Growing up we lived down the street from the projects, we were poor but my family made sure that we were fed,” says the actress. Most recently, the South Carolina native portrayed the role of Mammie Till, mother of Emmett Till, in the film, *Justice on Trial*.

While many of De'Leon's cinematography credits can be depicted as profound entertainment, Lunden is all about enjoying time indoors and picking out home décor, “I purchased a house in the Carolina's so in my spare time I'm renovating my house and it's this old historic house—it's about 100 years old—,” she chuckled. “...and I'm just putting up sheetrock, doing some landscaping. That is my joy!” Speaking further, it was quite the surprise when Lunden revealed her biggest screw up in the new kitchen of her South Carolina abode, “You know what's so funny? I was born in Barbados and raised in South Carolina, so most people think, ‘hey, you're from the

south and you know how to cook soul food, you know fried chicken and so on...” she laughs. “So, my biggest screw up is, I'm not a good cook. I'm not good at anything in the kitchen to be honest.” Along with cooking, De'Leon expressed her most underused talent to be writing. Despite having majored in Journalism, her career path took a different turn.

The actress also recently portrayed the wife of a slain police officer in the psychological thriller, *Broken Halo* as well as joined the cast of the horror film, *Payne* portraying the role of hard-nosed detective, Yvette Paige. Besides with staying booked and busy, De'Leon is all about living a quiet single life, “I am single, loving me and dating me. I tried the whole dating thing and it just didn't work out.” But when asked if should ever consider dating a fan, she smiled, “Whenever God sends that person into my life, I am open. He doesn't have to be some billionaire. Some people are successful in their own right. It ultimately depends on the character of the person and if he's strong, spiritually, mentally and emotionally.”

Being single is never a bad thing and most of all, Lunden wants readers to know it is quite easy for a woman in the industry to sometimes be misled or coerced into compromising her dignity. Having once experienced a director exclaiming to her that he would no doubt look to feature her in a movie if she were to go on a date with him, “He wanted to talk far more than business.” Spoke the South Carolina native. But Lunden takes pride in never having sold her soul for fame, further proclaiming, *We Are the Champions*, sung by Queen to be the theme song of her life and an absolute favorite to sing in the car and shower—one of her many pleasures. As for keeping things frugal and playing by her own rules, Lunden speaks about finances and when it

AWARD NOMINATED ACTRESS



comes to investments, she's got that one in the bag. “I am very frugal. The best investment I've made would have to be my house, something I can pass onto my family.” And while taking in the views of Brookgreen Gardens, Lunden finds some moments of nostalgia and jokingly recalling her most embarrassing childhood memory, “I had someone message me some photos from my High School yearbook and from my hair to my clothing, I was like, oh my goodness, I actually dressed like that or wore my hair like that. I couldn't believe it.”

One thing is for sure though, with a new look and a flourishing career we can expect a lot more from Lunden De'Leon and her frequent on-screen appearances making her way into both our hearts and homes.

ATTORNEY FAITH FOX CELEBRATES AS THE COCHRAN FIRM CAROLINA NEWLY APPOINTED MANAGING PARTNER



It was not long ago that Attorney Faith Fox made the decision to open her own Law Office after overcoming several obstacles in her personal life and was determined to steer towards a positive direction. What makes Fox's office much more different compared to other offices? She is the first to offer residents the opportunity to have unprecedented access for managing their specific legal issues and apprehensions. Her driven personality, leadership skills, and conscientious qualities have allowed her to gain high positions in the entertainment field. Astute observers might say that Faith Fox has always displayed excellent leadership

qualities. A native of Philadelphia, PA, she graduated with a Bachelor of Arts from Temple University's Department of Media Studies and Production before launching her first career in the entertainment business.

Fox made great strides early on holding positions that included working as a production assistant to legendary jazz musician and producer George Duke; serving as general manager for CME Records, distributed by MCA and owned by Carl Martin from the R&B group Shai; and road manager to singing greats Boys II Men, Brownstone and countless other artists. Her successful 20-year career in the entertainment industry also saw her as a consultant negotiating multi million-dollar contracts

for some of the music industry's most notable recording artists.

Before establishing her private practice, Faith Fox had personal matters that affected her deeply, including the divorce of her marriage, fighting for custody of her son in court, and the death of her mother during the pregnancy of her oldest child. All of these obstacles made Fox prove to herself that she was stronger than anything that blocked her path to exceed in what she knew she had to do next. Without facing problems in life, there would be no growth within a person and for Fox, dealing with the issues in court for her son allowed her to align herself with the path of being in

the legal field. Fox says, "When I left court that day in September 2011, I was determined to never allow myself to be in such a powerless position of advocacy...I was determined to fix things for myself and prevent others like me from ever experiencing it as well."

Making the most of her current situations, she studied to complete several courses and earn her degree in law, and a part time program as well. Fox graduated cum laude with distinctive honors in pro bono service, while consistently achieving "Best Advocate" during regional competitions on the Trial Team Advocacy Honor Board, making Fox a hard working person, not just in her personal life, but in her studies as well. She did this for her family's sake, and for herself to prove that a bump in the road won't knock her down.

Fox has since then expanded her business beyond her initial goal. She has recently been appointed as the new Managing Partner for The Cochran Firm. This firm was originally built by Johnnie L. Cochran, Jr. who is a known icon in the legal business. He has offices across the nation in the name of his law firm business. Fox currently runs The Cochran Firm built in Charlotte, NC and it is the first office in the state. Without facing obstacles and struggles in her life, Faith Fox would have never had the courage to go beyond her dreams and prove that in the middle of every hurdle, lies opportunity.

Attorney Faith Fox is available for legal consultation at cochranfirm.com/location/charlotte. Reach her directly at (704) 762-1588 and via email at ffox@cochranfirm.com for speaking engagement inquiries. Follow Fox on Facebook at Attorney Faith Fox and on Instagram at [@attorneyfaithfox](https://www.instagram.com/attorneyfaithfox) and [@cochranfirmcharlotte](https://www.instagram.com/cochranfirmcharlotte)

She's SINGLE Magazine welcomes press releases to:

hello@shessinglemag.com

{PRESS RELEASE: Name}

BY ARBED CANCEL

#GIRLBOSS

It seems everywhere you turn the term GirlBoss is being used. Widely common in hashtags on social media, trendy merchandise, even making its way to the title of books and movies. Women entrepreneurship has been on the rise as of lately. In fact, according to a study done by Fundra, forty percent of businesses are owned by women and sixty-four percent of new women-owned businesses were started by women of color in the last year.

Which brings us to one of the main reasons we had to have a chat with Krystle Coleman, the founder and CEO of Midori Star Media Group, a full-service public relations boutique. She also has credited writer, creative and event designer to add to her already impressive resume. The true definition of a GirlBoss. Under the brand of Midori Star Media Group, she's worked with big names such as Trina, Lala Anthony, Jagged Edge, Phillip Buchanon just to name a few. In our chat we were able to get to know the woman behind the empire, which she endearingly calls her "baby".

When asked what inspired the name of her brand, she answered very coyly, "I actually minored in Japanese in college and 'midori' means green. My favorite color." Coleman knew what she was interested in early on in life, taking elective classes on business and marketing in High School. She got the proper head start needed for her industry takeover. While attending Florida Memorial University, she snagged internships with Vibe Magazine and The Pub Report. She majored in journalism and through her internships got excited about the process of setting up the interviews, not just the writing aspect of it, which ultimately sparked the interest in being a publicist. She even shared a memory of interviewing the rapper, T.I. in her college dorm room when he was just starting out.

To be a female powerhouse as Krystle, you can imagine it would take much organization and structure. That is why she has a standard procedure when dealing with or taking on new clients. With a very boutique-like feel, her approach is simple; book

a one on one sixty-minute call with Ms. Coleman. That call not only ensures that the potential client is serious about their career but also allows her the adequate amount of time to do the research of said prospective client. This way she can communicate her expectations, goals and suggestions. She is a very results based driven publicist and places importance on outlining a detailed plan of action with her clientele. Coleman also mentioned that mental health has always been super important to her, "Even before it became a trendy thing to say," she noted. The way she stays balanced in her personal and business life is by not taking things personal. "It's a singles match much like tennis, if you mess up, all the pressure is on you," she said, referring to the fact of why one can get lost in that rhetoric. Understanding that you've done your best is another motto she stands by along with knowing when to pass on a deal. With being in the business and

reaching the accolades that Krystle has, of course we wanted to know if it was hard to separate business and pleasure. She assured us that as a Black Woman in the industry she is very aware that there is a different lens on her and that people are waiting for her to "mess" up or drop the ball. This is why she stands firmly behind not fraternizing with her clients and she simply does not represent any of her celebrity friends. You know we had to ask her about scandals. We all know

publicists are well known for being the fire extinguishers to a public figure's huge mistake. "Bad publicity is good publicity" is a phrase that often gets tossed around lightly. When asked, in your opinion is there any scandal too big to "clean" up? Krystle responded with no hesitation, "Nope. Scandal comes from making a mistake." She continued to advise that if a genuine apology is expressed, the public will sense the humility, and more often than not, move on from said scandal.

Krystle made sure to leave us with her piece of advice for any future girl bosses looking to get in the business. "I'm big on manners, treat people how you would like to be treated. Proper greetings are important. Being kind goes a long way," she affirmed. Krystle Coleman's transparency and honesty mixed with her drive for success not only shows that she will continue to attain more accomplishments but also paving a way for the new wave of female entrepreneurs ready to break into the business. Wanting to be remembered for her groundbreaking creative experiences and meekness is what makes her stand out amongst the rest.



@midoristarmediagroup



A HOT MILLENNIAL READ

THE NEW AGE BACHELORETTE, NOEL-LEE KWON

Available for purchase in the Lisa K. Store
lisakstore.com and amazon.com



Born to a middle-class family, Noel-Lee Kwon is the unjaded millennial in search of finding her place in the world. Bashful, beautiful and alluring, she is eager to learn the love laws that govern *The City That Never Sleeps*. Her first encounter with the millionaire tycoon—Nathan, who is nothing less than pretentious—sets off a series of events that may very well change her life forever. But just when her fondness of him begins to take an ugly turn as revelations about her new beau surfaces, new reunions and friendships emerge.

Centered between two love triangles with anxiety over her life to come when her thirties begin to near, Noel is unwilling to lose. This alluring girl using her charms and wits will do anything to procure the man of her dreams while securing her future.

▶ Noel was not a hoyden. She was, in fact, a simple Korean and Black girl who was now arriving in the big city at Penn Station—her mind blown: the tall buildings, the angry men and women screaming at their cellular phones, the taxi cabs honking their horns, the tall woman with the afro pushing Noel out of the way as she ran for the metro bus that read M54. She threw her duffle bag across her shoulders; she was determined to start over, and that meant a new wardrobe. She packed nothing but her personals, some undergarments, hair products and her favorite bootie accompanied with her American Eagle sweatshirt and size 2 ripped denim jeans. Standing on the sidewalk by 34th street, her eyes wandered aimlessly. She was falling into a trance when a man bumped into her and shouted, “Pay attention!” She was confused. After all, he had bumped into her, the second person to physically assault her in less than twenty minutes, and she couldn’t be more thrilled. Noel thought of her parents for a brief moment: her dad, this short Korean man, standing at only 5’4, she always wondered how the hell he managed to sweep her dear mother off her feet, literally. Jennifer stood at 5’7 on a bad day, and with heels...forget it, she loomed over him. Sometimes, Noel too. Then she thought to herself, as she watched the afro-centric women saunter along the sidewalks in groups of five or more, confident, that she was just a Black girl mixed with Korean.

Jennifer had come to accept that she was indeed an African-American woman, however, she no longer found herself attracted to the African-American male. Noel despised this, though, as often times her mother would insist that Noel too, date outside of her race. However, with her caramel skin-tone, many African-American men and women had come to identify with her and she, them, but her dearest mother—all through Noel’s childhood, Jennifer would not hear of such blasphemy. Jennifer only acknowledged her family on certain holidays: Martin Luther King, Jr. Day, Thanksgiving, and sometimes she would phone dear old grandma and grandpa wishing them a Happy New Year’s, and that was it.

Living in the city, Noel just knew things were going to be different now.

Christmas time was always a happy time in the Kwon household. Her mother and her father always went above and beyond for their children. Thirty years of marriage, not one story of infidelity, and three beautiful children later, her parents were still inseparable and appeared to be as in love as two high school sweethearts.

As Noel reminisced on her past, she came face to face with the Hilton Hotel, where inside the lines were long and everyone appeared

to be in a hurry. She continued to step lightly, everyone must have known she was a tourist; she was not moving with a purpose, but rather with admiration.

Noel took her place in line where she stood for what felt like twenty minutes. The yellow marble tiles and the high chandeliers were all indications that this hotel was out of her price range, but she decided since it was her first time in New York, she wanted to experience some form of luxury, plus she had no idea where she was going or even where she was for that matter.

Finally, she was next in line. An African-American woman stood behind the receptionist desk, her uniform slightly wrinkled. Noel stepping to the counter and requested a week’s stay, removing both her credit card and identification card from her wallet. Noel noticed the receptionist taking

glimpses of whoever stood behind her, causing her to become heavily distracted. Noel, intrigued, turned her head slightly to notice a man behind her engrossed in his phone. After a few minutes, the receptionist assisting Noel delivered some devastating news.

“Ma’am, I’m sorry, but this card is declined,” the receptionist told Noel. Noel was both embarrassed and appalled because the woman had spoken loud enough for everyone to hear, but soft enough to sound polite. She was no fool, after all. Noel had managed to save enough money for her travels and had a secret credit card her parents knew nothing about; however, for the sake of saving money, she thought she would try her father’s card first. Just then, she saw the hand of the gentleman standing behind her kindly express his interest in picking up the tab,

“Jade, honey, it is fine; you can just put her expenses right along with mine,” the man said.

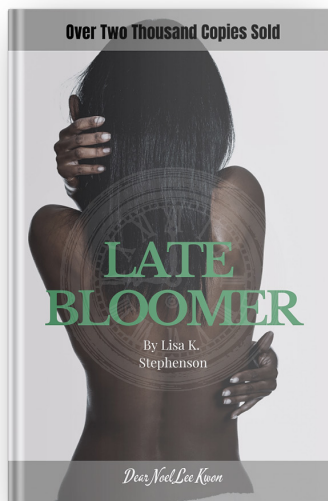
“It’s great to have you back, Mr. Ramirez. Will it be you and your wife joining us this weekend?” She inquired.

Noel scoffed; turning to the stranger, she said, “Sir, while I do appreciate the gesture, you don’t have to do that—”

“Please, it’s most certainly my pleasure,” he said, smiling as his eyes made their way up and down her body. “You aren’t from here are you?” His eyes told a story of their own. Noel stood still even as the receptionist called to her.

“Ma’am! Ma’am! You’re all set!” she said.

Noel remained fixated on the strange man as she stepped aside wait



CHILDREN'S LITERATURE

During the summer, we're treating you to African American Children's Authors who have written books for all ages. While we look to motivate, educate and entertain our children this year, take a moment to not only support these authors but don't forget to like, share and most importantly, leave a review!

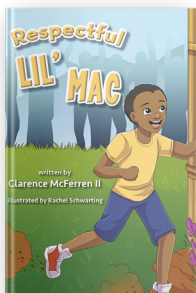
by Anne Berkley



Young girls of color can now see characters who look like them in the new book series, Madison Miles & Friends. This exciting book series focuses on self-identity, character, faith, and fun that young black girls experience.

Each book consists of 100 pages and 10 chapters of colorful illustrations for those transitioning from character books to chapter books.

Madison Miles and the Big, Big Move features a 12-year-old's struggling with the adjustment dealing with bullying and more after a big move from Georgia to Michigan.

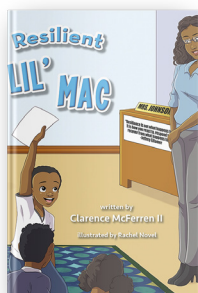


Every summer, Lil' Mac can hardly wait to visit his family out in the country. Summers in Fayette County, Tennessee, move at a different pace than life in Lil' Mac's urban city home, and every year Lil' Mac

makes the most of it.

This year, he faces quite a trial when his cousin Perry challenges him to a race, but he soon finds out he has much more to learn than how to run fast.

Join Lil' Mac and find out how he discovers respect is an important character trait no matter who you're with.



As a superb academic student and star football athlete, Lil' Mac is very familiar with being in the spotlight. On the field and in the classroom, everyone always counts on Lil' Mac to be prepared for the unexpected.

When the day of the city championship football game finally arrives, Lil' Mac faces the unimaginable. Will Mrs. Johnson and his classmates ever let him live this down?

Join Lil' Mac and find out how some quick thinking allows him to be resilient and bounce back despite a messy situation.



House rules are more effective when family members understand why they exist. FLUSH! helps families get on the same page about the 37 essential rules by providing a contract between kids and parents that will put an end to daily arguments. Whether it's

switching off the lights when they leave a room, learning to share, or taking responsibility for pets, kids will learn to self-regulate through practical examples of how to behave in different situations, using characters and scenes created by Mrs. Wordsmith's state-of-the-art Hollywood game designers.



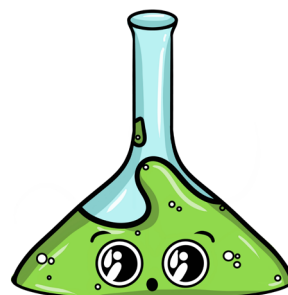
lisastore.com

Cozy up to this enticing adventure starring Lillian Hunter, an ordinary girl with astounding abilities: she has super powers!

It's the first day back to school for this fourth grader and Lillian couldn't be happier enjoying the cool weather, playing and spending time with her friends. There are even new friends for her to make, including a new teacher who can't wait to meet Lillian, having heard of how studious she is. But where there are friends, there are foes and when a curious Harley—a close friend to Lillian—finds himself in a whirlwind of trouble, a valiant Lillian races to his aid. But outnumbered and alone, Lillian and Harley fear for their safety causing Lillian to feel a strange, tingling feeling in the center of her palms. Just as she deflects, attempting to ward off their bullies she springs into action, the elements from her palms saving them just in the nick of time.

Learning to control her powers, fighting off bullies

and helping others in her neighborhood, Lillian is unstoppable and is just what her peers need.



SOUND DNA



Elixir

ELIXIR (Twin Sisters)
stemming from Carroll-
ton, Georgia...



@elixirofficialpage

OUR MUSICIANS ARE SO FLY.

Our vibes are most certainly on high after becoming acquainted with twin sisters, Aleeya and Aleexus Crowder, better known as, Elixir. This girl group is unlike many others offering through their music a tranquil and positive moment for their listeners. We caught up with the ladies during an exclusive sit-down interview where our most intricate questions got answered with open, candid responses—our team here at She’ SINGLE and Elixir spoke a great deal where the ladies were saccharine to our journalist. Aleeya Crowder when asked to tell us about her relationship status, very openly expressed, “I am currently not single at the moment,” while Aleexus amicably made it clear that she is very much single and on the market! That wasn’t the highlight of the conversation however, we asked about the stage name elected to represent the ladies, while some have come to know the term Elixir to mean a sweetened substance, aromatic solution of alcohol and water, containing, or used as a vehicle for, medicinal substances, Aleeya and Aleexus explains it to us a bit differently and what the noun has come to mean for them, “The name Elixir basically stems from the collision, or colliding of two great things to make something else greater. For example, with me and my sister Aleexus, we come together to make music greater.” spoke Aleeya. Speaking of music and the exemplary sounds produced by the ladies, their creative process is often times contingent upon the type of piece they’ve agreed to work on. Aleexus further went on to explain, “Our creative process can require that sometimes we go our separate ways and work on our separate verse’s, and other times it’s better when we come together and we make like, the tightest songs when we’re together. It just depends.” Aleeya then added, “We like to brainstorm, putting all of our ideas on paper so we actually can visualize what we’ve been thinking about on our head tops. Once we’ve completed that, we process and start constructing songs...we just want to make sure that everything that’s in our mental is on paper.”

While we’re all too familiar with hidden messages behind bars/lyrics from world renowned artists like: The Beatles and rapper Nas, we asked Elixir what they hope their listeners will take away from their music, Aleexus says, “For now, we want people to get good energy, but later on in the future yes, we want to have hidden messages in our music because the people that have influenced us they tell stories and that’s the type of stuff that we want to put into our music, we want it to be deep and meaningful.” When we listened to Vibes on High and Thrive with Pride, our hands swayed and our heads bopped because through the music the enjoyment in their voices resonated within us, but that’s not all that has to be said from Elixir. As children the pair dreamed of working in a profession they ultimately enjoyed and for them, music is a passion; from



performing on stage to writing lyrics on a paper. Inspiration runs deep and from the musical side, Aleexus let us know her greatest inspiration to be American-Canadian singer Justin Nozuka.

It is safe to say that while both Aleeya and Aleexus are passionate about what they do, making time for loved ones is pertinent. Relationships can be tough to maneuver when you’re working long shifts and recording for hours on end. But according to Aleeya respect is the key component to keeping her and bae on good terms, additionally, communication and the ability to create boundaries in an effort to have a prosperous relationship. Aleexus then added the importance of assisting one another to help each other grow when you’re in a committed union, all in all, this is solid advice for anyone looking to enter the music industry with questions on how to maintain the solidarity of their partnership. With no cold sweat mounting on the dating front, we asked the ladies whether or not they are ever nervous before a performance, Aleeya says, “Of course we get nervous when we’re performing in front of people. We want our sound to be perfect, but we have ways of simmering our nerves down with various exercises.” Practice makes perfect, so while Aleeya and Aleexus work on perfecting their craft we couldn’t help but wonder if ever they assist others in perfecting theirs, “We do teach music by delivering good energy and good vibes and of course if ever we were given the opportunity to teach children we would do that wholeheartedly,” says Aleexus. As the conversation ensued, we concluded with one final question for Elixir, asking about the tips would they share to aspiring musicians, “Always believe in yourself,” advocated Aleeya. “...never allow criticism to be a distraction and be open to constructive criticism.” she concluded.

To learn more about Elixir and to listen to their new album *Vibes On High*, log on to theofficialelixir.com/

She's

SINGLE



VISIT WWW.SHESSINGLEMAG.COM/SHOP
TO BEGIN ENJOYING YOUR DIGITAL
ISSUE TODAY!

iPad and iPhone are trademarks of Apple INC., registered in the U.S. and other countries. Kindle Fire are trademarks of Amazon.com, INC., or its affiliates. NOOK is a registered trademark of barnesandnoble.com llc or its affiliates. Google play is a trademark of Google Inc. Windows 8 is a registered trademark of Microsoft Corporation in the United States and other countries. She's SINGLE Media is a trademark of Kombination Kouture llc., registered in the U.S. and other countries.



WHERE BLACK GIRLS MEET MAGIC



@singlemagusa

