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KEEPING WOMEN CONNECTED

## HEALTH

**FAST AND FIT!  
10 MINUTUE EXERCISE  
PROGRAMS YOU CAN  
DO ANYWHERE**

## FINANCE

**TIPS FOR PREVENTING  
PERSONAL DATA BREACHES**

## HOME

**PROTECTING YOUR HOME  
FROM BURGLARS**

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# | protecting the future |

This month was one of the most informative periods I've experienced since I started working in the financial industry. Currently, I teach investors about saving, planning and market protection. I focus on investment and insurance that can prepare the typical working family for the future—savings for education, retirement, long-term wealth and protection. But this month I took things one step further by engaging with professionals that could shed insight on estate planning, which protects generations of wealth.

My immediate family is pretty small. Typically, family discussions remain focused on my mom, dad and daughter. In this particular case, we embarked on the path of estate planning in order to prepare for unforeseen events of the future. Our goal was to achieve two things—distribution of assets upon death and asset protection. We explored a number of avenues that include insurance, trusts, wills, etc. The real insight, however, came from the questions an estate planner asked us to review. My family and I had a very candid conversation about topics that I never REALLY explored until we had to write it down on paper, such as:

- Where will my parents go if one or both of them become unable to care for themselves?
- How will we distribute or tend to physical possessions, such as houses, vehicles, etc?
- What is the expected reaction if the family has to decide whether or not to pull the plug?

The discussion sparked an emotional response from each of us. The thought of losing a loved one is overwhelming, but we were able to communicate a difference of opinion and developed a consensus aligned with the viewpoint of each household member.

The best part of this discussion was that even though we were planning for the possibility of death, we also planned for the welcoming of life. My daughter is pregnant with her first child AND my first grandchild! We always kept the growth of generational wealth at the forefront. And by the end of the conversation, we were satisfied with the creation of our first “million dollar baby”! Oh yes—email me at [patricia@herlifemagazine.com](mailto:patricia@herlifemagazine.com) and ask me how.

I encourage each of you to share in open dialogue with those close to you. Don't let them pass you by without knowing how to properly care for them if something were to happen. Plan for your future and be in the know!

Until next time....



photo by xavier thomas

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# fast and fit!

10 minute exercise programs that you can do anywhere

by lisa taranto butler



**W**hen it comes to exercise, most Americans come up short. Lack of time is probably our most overused excuse, and instead of looking at all the options for getting our “sweat on,” some folks give up on exercise altogether.

But research shows that improved health and a reduction in the risk of chronic disease can be achieved in as few as three ten-minute bouts of exercise per day. Ideally, we should be aiming for 150 minutes of total exercise per week, but when we're short on time, a condensed workout is still beneficial and will do wonders for our body and mind.

#### The Suitcase Workout

Business travel, vacations and weekend trips can be a great time to exercise, not to mention an easy way to keep weight in check while we're away from our normal routine. If hotel gyms bore you, then why not use the perfect muscle builder stowed neatly in your trunk or overhead bin?

**Try This:** Stand with your feet just wider than hip width apart and hold your suitcase or bag to your chest. Push your hips back and lower your body into squat. Stand up and move the suitcase to your right side, wrapping your right arm around it in a “headlock.” Complete another squat and return to the bear-hug position. Repeat again, this time switching the suitcase to your left side and using your left arm as a headlock. Continue alternating for ten minutes.

#### 10 Minute HIIT

High Intensity Interval Training is a way to exercise that alternates periods of short, very intense exercise with less-intense recovery periods. It works because it is fast, efficient, boosts metabolism and fits well into a ten-minute workout. Just make sure you are doing the exercises properly and don't overdo it. Listen to your body.

**Try This:** Do 40 seconds of a strenuous exercise, such as jumping jacks. Rest for 20 seconds. Repeat this four more times. Choose another exercise, such as sit-ups and perform the same scenario. That's ten minutes of HIIT! Choose exercises that you can perform but that still challenge you for best results.

#### Walk This Way!

Whether you're taking a power walk at work or taking the kids out in

# SYANNE CENTENO



by ann e. butenas

photography by ray ally of ally kat photography

hair and makeup by roshaunda jenkins of beautiful.becomings

It's difficult not to notice the stunning beauty of Syanne Centeno. However, once she begins to talk about the passions of her heart, it's evident that she has a stunningly beautiful heart as well.

Currently a resident of Hughesville, Maryland, Syanne, 23, was born in the U.S. Virgin Islands. She moved with her family to California at age eight, but, as she puts it, did not fit in with the rest of the kids. "I was the only Hispanic girl at my school," she recalled. "Not only that, but I was the Hispanic girl who liked rock music and was labeled as a freak."

By the time she was in high school, the consistent bullying she received for being "different" spiraled her into issues with anxiety and depression and ultimately a vicious battle with an eating disorder. She endured a few hospitalizations and even once attempted suicide. In hindsight, she realized why it happened, but at the time, it truly affected her self-esteem. "People tear down the weak and what they don't understand," explained Syanne, who now struggles with osteoporosis, which is rare for someone her age, yet was a result of her history of anorexia. "It does limit me to some degree," she noted. "And I can easily fracture a bone if I fall."

However, she does not allow such a limitation to control her life, and what she has accomplished since her high school days strongly suggests that she has successfully learned to navigate life with purpose and ambition. For Syanne, limitations are real, but they can be overcome with a positive attitude and an arsenal of purpose and conviction.

After moving to Maryland at age 15 with her parents, Syanne eventually completed

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# Kristina TANASICHUK

**“I LOVE AMERICA WITH EVERY OUNCE OF MY BEING.”**

**W**hen first reviewing the resume, experiences and accomplishments of Kristina Tanasichuk, it might suggest that she has been given more hours in a day than the rest of us. In reality, she operates on a 24/7 agenda just like we all do, but she is fueled by seemingly unstoppable passion, motivation and desire to effect change. Although she currently boasts a cornucopia of noteworthy titles,

including CEO of the Government Technology & Services Coalition; executive vice president of InfraGard Nations Capital Members Alliance, Inc., and president and founder of Women in Homeland Security, the journey that has led her to this place and time has been one of determination, hard work, relentless perseverance and a heart of service.

Born and raised in St. Paul, Minnesota, Kristina displayed her academic stripes at St. Olaf College, earning a degree in political science





# TAMARA BARNES

Those who serve our country do so with a selfless heart; they are willing to put their lives on the line daily for the greater good. The respect they deserve for what they do cannot be measured and is something for which the rest of us owe a debt of eternal gratitude. Whether on active duty, in the reserves or retired from service, each and every one of them has given so much, but what remains of great interest is their continued hearts of service as they transition to civilian life.

Air Force and Coast Guard veteran Tamara Barnes is one such person. She sacrificed much in her patriotism to this land, yet in her civilian life she continues to give back in so many ways. She is not one who selfishly seeks a handout, but rather prefers to give a hand up to her fellow countrymen, both veterans and civilians alike.

Raised in a military family, Tamara completed high school in San Diego and went straight into the Air Force before the ink on her diploma could dry. She spent her first 15 months of service in Turkey and then transferred to Pope Air Force Base in Fayetteville, North Carolina, where she remained for four years. During that time she was deployed three times, and by the third deployment she realized she did not want to leave her two young children anymore.

"It was then I decided to get into the Coast Guard," she noted. "I was initially stationed in Florida and then moved to Charleston, South Carolina, within four months. After I made rank again, I was sent to the Coast Guard Headquarters here in D.C."

A reservist since 2014, Tamara now resides in District Heights, Maryland, where she has been ambitiously pursuing her business endeavors. She is happy to be together with her family, which includes her 9- and 10-year-old boys, her new husband whom she married last year, and his three boys, ages 13, 11 and 7. With her roots a bit more solidified now, she can focus on the passions that speak to her heart.

With an associate's degree in general studies from Central Texas College, a bachelor's degree in workforce education and development from Southern Illinois University, and a paralegal certification from Howard University, Tamara currently works for a government contractor with the Department of Homeland Security as a resource acquisition specialist, but she also oversees her own empire of sorts.

When she first returned to civilian life, Tamara started her own lingerie business. This is something she does that simply



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