

HHER LIFE[®]

KEEPING WOMEN CONNECTED

Beauty

SHOW OFF
YOUR NEW
SPARKLE

Fine Things

WEDDING
TRADITIONS

Finance

YOUR WEDDING
BUDGET: WHAT'S
MISSING?

Home

HERS + HIS = HOME

Host of Lorie TV

LORIE
Woodruff

Realtor and Entrepreneur

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Realtor, Entrepreneur and Host of Lorie TV:

Lorie Woodruff

D.C. native Lorie Woodruff uses her depth of knowledge in real estate and credit education to create Lorie TV, offering expert advice spiced with humor. She wants to know: Are you ready to say “Yes!” to yourself?

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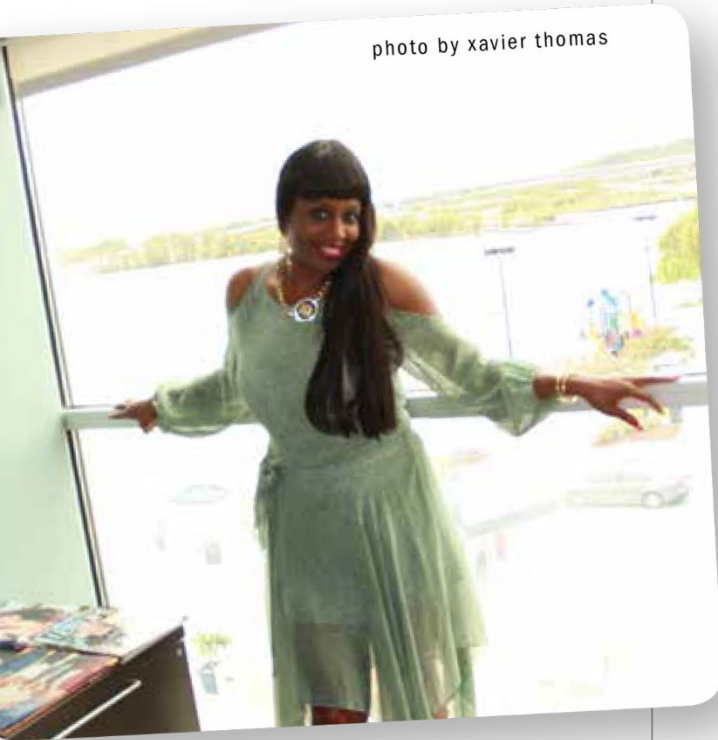
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photo by xavier thomas



Establishing vision for 2016

Traditionally, before the clock strikes midnight on the 31st of December, people make plans to modify a specific segment of their life, whether it is to curb an appetite, start a diet, pursue an academic advancement, drop an old habit, etc. Even though more than 40 percent of Americans take on New Year's resolutions, only 8 percent of the population realizes their goals, according to a study conducted in *Forbes Magazine*. What's my take? VISION.

So, how do we accomplish what we set out to achieve throughout the year? We must develop a vision that embodies the person we want to become. According to John K. Jenkins Sr., a vision will have the following impacts on your life:

1. Vision determines your friends. Develop networks with like-minded individuals. Limit who has access to your life.
2. Vision determines how you spend your money. You need three things to accomplish things in life: a sense of direction, organization and cash. Spend money on things that set you up for success.
3. Vision determines your attitude. Develop habits or patterns that reflect the goals you are attempting to achieve.
4. Vision determines your priorities. Prioritize things that will move you closer to your goals.
5. Vision determines your investment. Invest in people, resources and activities that enhance your future. Do NOT focus on things that do not have a return. Re-invest in yourself.

Now that we are officially one month into 2016, I am challenging all of the *HERLIFE* readers to refocus AND develop a vision that correlates with your New Year's resolution.

My VISION for 2016 is *HERLIFE*. I am a woman who connects and uplifts other women. I vowed to take *HERLIFE* to higher heights in 2016, and guess what—we are already rocking toward a year of success! The Baby Ambassador project is in effect. Next up, international movement! So, pick up your resolution and keep strong.

PS—I'm sending a special shout out to all of my Aquarius Sisters! XOXO!


Patricia Watts,
Publisher



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Show off your new sparkle!

An engagement is one of the most exciting times in your life! You're getting ready to plan a wedding to the love of your life and you have a gorgeous new ring on your hand. When it comes to sharing your engagement news, you need to be ready for the enviable request that always seems to follow: "Let me see your ring!"

by Laura Leiva

As beautiful as your ring is, the last thing you want to do is present your hand to your friends and family and have dry skin or cuticles. Here are some tips for putting your best hand forward and showcasing that beautiful new stone friends and family are eager to see.

Exfoliate your skin weekly

Do you exfoliate your skin diligently, but often forget to give your hands a good rubdown? The skin on your hands tends to be very thin and delicate, which makes it even more important to remove dry skin patches and keep them looking healthy and soft, just the way you want when you're showing off that sparkly ring. There are numerous sugar scrub products you can purchase at your favorite retail store, or you can make simple sugar scrubs at home to smooth and deeply hydrate skin. Mix a few drops of olive oil with sugar to create a paste, then massage the scrub into your skin. The olive oil hydrates skin and cuticles while the sugar gently exfoliates dry skin cells away for youthful and fresh-looking hands.

Hydrate frequently

Dry skin doesn't just feel bad. You don't want to detract from your beautiful new engagement ring by having patchy or rough skin. Hydrate your hands throughout the day with a rich lotion, especially during the winter months, when skin is prone to even more drying and cracking as a result of cold and dry temperatures. Look for a hydrating lotion containing deeply moisturizing oils such as jojoba or avocado oil; grape seed oil and olive oil are other good options. When you want an ultra-hydrating treatment, apply a liberal layer of cream to the hands and use glamour gloves to seal in the moisture during a deep treatment.

Don't forget cuticles

While you want to pay attention to the skin on your hands, don't forget cuticles! The skin around your nails tends to dry out quickly

Lorie

WOODRUFF

“It’s not what you do, it’s what you know!”

“When I am challenged to accomplish something, I’m going to do it,” she confidently asserted, reinforcing that her overall plan is to inspire people to have more out of life, educate them on how to do that, and offer them the necessary opportunities to do it.

written by ann e. butenas • photography by marcus bennett
hair by charlette walker of mirror images • makeup by talanee of tng beauty express

Rock stars come in many varieties, whether in the world of music or the world of business. Lorie Woodruff is one such individual; she likely will have created another entrepreneurial symphony by the time you finish reading this article. Her personal drive and ambition are typically on full throttle and she’s determined to let nothing stand in her way of success. She has proven this time and again and will continue to do so while simultaneously inspiring others to greatness along the way. Her only question to you is: Are you ready to upgrade your lifestyle by saying “yes” to yourself?

In the past several years, this energetic Realtor, author and host of Lorie TV has garnered some major hits, proving she is far from a one-hit wonder. Lorie has appeared on TV One with Roland Martin and on several radio shows, discussing credit makeover techniques; she has won numerous awards for top sales and performance in real estate sales and network marketing; she has presented seminars on personal growth,

real estate, credit repair and business opportunities, changing the lives of individuals and offering them advice on ways to earn extra streams of income through network marketing; and she established herself as a team leader for Novae, a personal growth and self-development company that she had helped catapult into the Maryland and Washington, D.C., areas.

By all accounts, Lorie will top the charts again in 2016 with unparalleled accomplishments, not just to meet her income and personal goals, but also with the direct objective of helping as many other people as she can along the way. Lorie is not a party of one when it comes to embracing success on all levels. She extends an invitation to succeed to everyone and will gladly assist on the journey.

Building on a Strong Foundation

A long-standing presence within the real estate industry, this D.C.-area native always had a strong work ethic within herself. She was nourished by the entrepreneurial spirit of her parents and used that sustenance to fuel her ambitions. Working to succeed has



Blended families

When Denise Perkins, a single mom, sat down with her fiancé, Darrell, to tell his girls, then 8, 11 and 12, that they were getting married, the first thing they asked was if she'd "take their daddy away." "I was shocked," she recalls, assuring them, "We are all going to share him."

by hope e. ferguson

Forty percent of married couples with children in the U.S. are step-couples; one-third of all weddings in America form stepfamilies. More than 100 million Americans are part of stepfamilies.

A blended family, by definition, consists of something that has been broken. But sometimes when Plan A fails, Plan B can be just as sweet in its own way, experts and stepparents say.

But sweets aside, how do you break the news? April, a relationship expert and author, says, "Explain that your marriage to their mom or

dad ended, and that you're very sad about that, but you will always have a special place in your heart for their other parent. Then explain that you're so very lucky to have found new love and to be able to share that new love with your children. Don't try to replace their other parent with the new stepparent. It will backfire."

"Blending families can be a challenging enterprise," says Andrew E. Roffman, LCSW, clinical assistant professor at NYU Langone's Child Study Center. "It's important to remember that you and your partner are the two people who are volunteering for this new family configuration. So recognize that it can take time for kids and others, such as one's own parents, new in-laws, ex-spouses and even former in-laws, to accommodate to this change. The more time and space you can give for this accommodation and the less pressure you put on yourself and the kids to get used to it, the more likely that accommodation can take place smoothly."

Ari Squires

Life Design Strategist

written by ann e. butenas | photography by krissy chong of k'sera photography and phelan marc |
 hair by dee pruit | makeup by tia terry and krissy chong

You have a dream, a goal, an idea and a desire. But sometimes negative mind-sets keep you fumbling around in the dark wondering where to go. As fear, hesitation, doubt and anxiety gather to dampen your resolve, just finding your way can be frustrating and, at times, almost paralyzing. So you retreat into the comfort of inactivity, without realizing your soul is aching to achieve its purpose. Wouldn't it be great if there were someone who could show you the right door to your own personal success, inspiring you to the greatness you deserve every step of the way?

Well, in some respects, your prayers have been answered. Meet Ari Squires, an in-demand success coach who is the SheEO (as opposed to CEO!) of Aspire with Ari Professional Coaching & Seminars. Her heart-felt mission is to empower women, teens and entrepreneurs to go after what they want, without those stumbling blocks of fear, doubt or hesitation standing in the way.

Taking the First Step

It took Ari 17 years to get to the point that she had the courage to pursue the passions of her heart, and she is committed to ensuring that you have the confidence to go out and meet your success today without waiting for it to come to you. She will help you find that right door for you, and she has an exciting tool bag from which to draw to ensure your success.

She's not just another business coach, however; Ari has been in the trenches and knows what it means to have to reach up to touch bottom. Raised by a prominent child psychologist on the West Coast, Ari was given all of the resources and support to succeed from an early age. She credits her mother for raising her well. However, Ari chose another path, one that temporarily sidelined her as she struggled without a job, a home or any sense of stability in her late teens and early 20s. After meeting the man to whom she is now married back when she had little to her name, he asked her the pivotal question that Ari presents to clients today: What do

you want to do?

"At that time, I wanted to leave Sacramento and go to school," recalled Ari, who was subsequently accepted to Howard University in Washington, D.C., so she and her then-fiancé took that proverbial leap of faith and relocated across the country. Ari worked tenaciously and

Close some doors today
 not because of pride,
 incapacity or arrogance,
 but simply because they
 lead you nowhere.
 ~Paulo Coelho



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