

THE PLATFORM 2 years SINCE 2013 RM

Magazines



Featured

CEO of The Platform Magazine

Dr. Judy Staveley

The 2015 Special Edition Ladies issue is to represent the most inspiring females from around the world who have made a difference with their platforms.

The focus is to celebrate the achievements of these ladies who have influenced and made a positive change within their community. They instill an inspiring purpose with their journeys they share. Every year we choose ladies who were nominated from their peers. They are selected by submitting their platform journeys and show how they make a contributing difference within their communities. These ladies have inspired others by their various achievements and have expressed their positive values towards others.



Dr. Judy Staveley is a Professor, author, and a triathlete who teaches at several colleges in the Maryland area. She is currently the CEO of The Platform Magazine. She serves as a spokeswoman and advocate for several biological, health medicine and forensic science organizations. Additionally, as a triathlete, and National Health/Fitness Specialist she assists in several community programs to initiative “health in youth sports” and is part of the USA Swimming, USA hockey and USAT organizations. Dr. Judy Staveley was born in San Antonio, Texas and currently resides in Maryland. Her education was completed at the University of Alaska Anchorage (pre-med curriculum). She graduated with honors, leadership honors along with the honor Society Tribeta. A Bachelor of Science in Biological Sciences with research focused on toxicology was awarded to Staveley. Staveley pursued her dream of becoming a Forensic Scientist, by enrolling and completing a Masters of Science degree in Forensic Science specializing in DNA and Serology at the medical school of University of Florida – Gainesville School of Pharmacy. She continued with schooling and pursued a second Masters degree in Biological Sciences and Emerging Diseases. Finally she completed her doctoral in Health Psychology with a Biological and Health emphasis and continued to pursue her career in teaching Biological Sciences and Health Psychology at the college level.

While mentoring athletes at the University of Alaska Anchorage, she took up marathons, cycling, triathlons and swimming along with other sports. She started to compete in triathlons in the year of 2004. She completed her first triathlon in 2004 with team in training, combining sport and charity for the first time. She continues to compete in multisport events, marathons, and ultramarathons. Staveley achieved her childhood dreams when she won the Chancellors AWARD for teaching at the University level. This award was given by the students of the University of Alaska Anchorage and was considered to be a heart filled achievement. This achievement led her to pursue a Ph.D. Professor Staveley is a highly regarded speaker in biology, research, health and wellness, sports, and science. Topics range from motivating athletes in health activities, molecular research sciences, forensics, biochemistry and nutrition. Her Focus is to continue to promote the biological and psychological aspects of health and promote healthier lifestyles. Staveley has been featured in numerous media articles, speaking presentations and television appearances. She remains active in her athletic and charitable pursuits and raises money for cancer, autism, and many other charitable nonprofit organizations to help support families in need. www.judystaveley.com



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Veronica Jeon



Veronica Jeon is a testament to the notion that there is in the worst of fortunes, the best chance of a happy ending. Veronica's message is regardless of your circumstances, you can live the life you choose instead of letting life choose you. Veronica is no stranger to opposition and adversity but refused to allow those obstacles to hinder her success. Defying the odds from language barriers to domestic abuse, she has conquered every situation with style and grace.

Currently, Ms. Jeon serves as the President/CEO of V. Agency, Inc., formerly known as JIVI, Inc., an award winning full-service communications, public relations and IT firm. Her experience from deriving new work in an extremely competitive environment, coordinating large scale events, as well as exercising the ability to pay attention to the fine details, gives Ms. Jeon an excellent understanding of the challenges of managing her clients' day to day necessities, as well as their long-term goals. She has a strong track record in fundraising, raising in excess of a million dollars for clients. Her successes have helped her strengthen business planning and performance for clients who have developed new stakeholder relationships or diversified their income.

As President/CEO, Ms. Jeon is responsible for provid-

ing strategic leadership for V. Agency, Inc. and establishing long-range goals, strategies, plans, and policies. She plans, develops, organizes, implements, directs and evaluates the organization's fiscal function and performance. Ms. Jeon enhances and develops, implements and enforces policies and procedures of V. Agency, Inc. by way of systems that improves the overall operation and effectiveness of the company. She also provides technical advice and knowledge to her team. Ms. Jeon is responsible for overseeing and managing day-to-day operations and contract negotiations. She manages client relationships and ensures contract fulfillment for all of V. Agency, Inc.'s clients.

Ms. Jeon is actively involved in the community. She was a candidate in the 2014 Leukemia & Lymphoma Society's Man & Woman of the Year Campaign and also serves as a mentor for the Ladies America Mentoring Program. Ms. Jeon sits on the board of directors for the Northern Virginia Urban League and the Virginia Empowerment Council.

Ms. Jeon's attitude towards failure propelled her towards her success. Dynamic, powerful and a true visionary, Veronica Jeon truly personifies her motto that "If Plan A doesn't work, you have the whole alphabet."

Daniella Reneé Espinoza

Daniella Reneé Espinoza is nineteen years old and she is the only child of Mark and Sylvia Espinoza. She recently graduated from Antonian College Preparatory High School. Serving as a student ambassador all four years of High School, Daniella welcomed and provided guided tours of the blue ribbon high school to prospective students. She was the President of the Medical Club at Antonian, a Eucharistic Minister, Lector, and was inducted into 'La Sociedad Nacional de Honores Español' (The National Spanish Honors Society). In addition, Daniella was a member of the National High School Scholars Society. Daniella was awarded numerous academic scholarships because of her dedication and hard work.

Daniella is currently pursuing her passions for math and science as a student at Northwest Vista College in San Antonio, Texas. Daniella plans to obtain her Associate of Biology degree from Northwest Vista and then pursue a Doctorate in pharmacy education.

In addition to her outstanding academic record, Daniella is also an active volunteer at numerous organizations, including the Animal Care Services of San Antonio, SAMP Ministries, 'St. Vincent De Paul', The Leukemia & Lymphoma Society, Battered Women and Children's Shelter of San Antonio, Jimenez Thanksgiving Dinner, St. Peter and St. Joseph's Children's Shelter, The Little Black Dress Society, The Ronald McDonald House Charities of San Antonio, St. Jude Children's Research Hospital. Moreover, she has also donated her time to the Wounded Warrior Project.

Furthermore, Daniella has been dancing for fourteen years and she is classically trained in Flamenco and Ballet. She is also proficient in Folklorico, Modern, Jazz, Hip-Hop and Tap. For nine years, Daniella has been dancing at a professional level throughout the city, as well as the state of Texas. Daniella is also a professional choreographer and has provided such services for numerous Quinceañeras and Sweet Sixteen parties. Daniella enjoys teaching people of all ages the art of dance whenever she gets the opportunity.

Daniella has been working as an independent model for the past eight years. Throughout her modeling career, she has worked with local designers and designers throughout the state of Texas. Daniella has appeared in several runway fashion shows, commercial, and print work. Lastly, Daniella has also made a number of appearances on local television stations to help promote local designers from the San Antonio community.

In addition to all of Daniella's vast accomplishments, she was also inducted into the San Antonio Hispanic Chamber of Commerce ("SAHCC"). The SAHCC will guide her business into the limelight as a performer, choreographer, and community service activist. Being a part of the longest serving Hispanic Chamber of Commerce in the U.S. will provide Daniella with the opportunity to serve as a leading light and influence in the San Antonio community.

On August 9, 2014 Daniella obtained another significant achievement when she was crowned as the very first Miss Latina San Antonio. In addition to



her crown, she was also awarded best overall interview, best swimsuit, and best talent. Daniella received a five-hundred dollar scholarship from the Blue Armor Security Services, which she has used to pursue her goals in higher education. Daniella's reign has provided her with the opportunity to serve as an ambassador for the Miss Latina San Antonio Organization.

In her role as Miss Latina San Antonio, she has capitalized on the opportunity to give back to her community by promoting the importance of education, physical fitness, and inner beauty. Being a role model for Latinas of all ages is one of Daniella's goals in life and she believes that her title as Miss Latina San Antonio allows her to inspire and encourage young women to never give up on their dreams.

In closing she feels her faith, family, and education have been the keys to her success, and she plans to remain ever mindful to these pillars as she continues to pursue her dreams and passions.



Cathrine Lauritsen

Cathrine's drive became apparent at a young age when she started playing soccer at an elite level, without losing focus on her academics. Never content sitting still and watching the world go by; she wanted to take it on and experience it for herself as she journeyed through life. (from avoiding death by spiders, to little dutch pancakes in Singapore, to wrestling pirates, to waiting in line at the notorious DMV)

Finding any excuse she could, she travelled the world living on either end to develop her cultural sensitivities. Her passion for the world we live in, and the challenges it can present; has led her to join the Royal Danish Navy, With aspirations to study anthropology and document it all through a passion for photography.

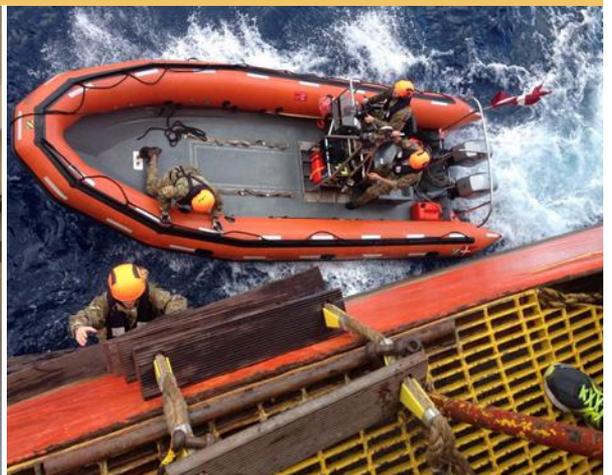
In the navy she specializes in Tactical Naval Warfare; Intel, Reconnaissance and Surveillance to be more specific. She has

Sailed with Queen Margrethe II of Denmark at the Faroe Islands and Greenland as a national guard, and is currently a permanent employee on NATO support ship HDMS Absalon, where she has taken part in several diverse deployments in hotspots around the world. Her ship was in charge of the mission to recover and destroy the chemical weapons remnant from the Syrian Civil War, now known as the war against ISIS. Stopped weapons and human trafficking in the Mediterranean Sea, and Sailed Comm SNMG1 in the Persian Gulf and Indian Ocean while hunting Somali Pirates. In the coming years, her ship will function as the NATO Response Force Unit, while going back on another deployment in the Indian Ocean.

Having always been a dreamer, it wasn't till after a special encounter she became confident enough to live uninhibited. The love and safety she experienced, did not only make her confident enough to stand by

her sexuality, it also showed her how to love herself for who she is. To always commit to her goals, because the best person she can be; is herself, a dreamer with the strength and courage to commit to her passions.

Today, her sheer determination and gift to connect on a fundamental level with people from all walks of life is culminating in one of her most coveted dreams yet. She has started her own charity organization; Caritas Ausus - Charity Has Been Ventured. Her organization aims to raise global awareness and funding on an annual basis for important, yet often overlooked causes. This will be achieved in parallel with her need to challenge herself physically and mentally while drumming up support for the cause. This year's cause is Alzheimer's; Cat has arranged "A Walk To Remember", where she will first walk Rim To Rim of the Grand Canyon, before taking on the 1000 km hike at the pilgrim trail Camino De Santiago in Spain.





Dr. Shellie Hipsky

was just honored as a “2015 National Association of Professional Women VIP Woman of the Year”! Dr. Shellie is interviewing 100 women from around the globe for Empowering Women Radio as the basis of her 6th book, *Common Threads*. Voted “Best Business Woman” of 2013 in Pittsburgh, Hipsky produced and hosted the globally viewed TV talk show “Inspiring Lives with Dr. Shellie.” In 2014, she received the “Exceptional Artist Award” and was inducted into the Pittsburgh Fashion Hall of Fame. A performer and volunteer, her acting/singing talents have raised over \$100,000 for homeless children in shelters. Shellie Hipsky was recognized as an Official Super Professor in the top 200 academics worldwide by Faculty Row. The personal mission of this mother of two is to educate, entertain, and inspire internationally.

Dr. Shellie Hipsky and Inspiring Lives International searched the globe for empowered and successful women to be interviewed for Empowering Women radio and her sixth book, *Common Threads*. The top 100 are going out daily on Soundcloud for listening anytime, anywhere... as a free resource for women to learn from other incredible women. Empowering Women Radio explores the personal stories of ladies and illuminates their strategies for everything from achieving life balance to manifesting goals.



Something almost magical happened as the words of these women went viral... at <https://soundcloud.com/empowering-women-radio>... Others started taking notice. One such lady is from Pakistan who wears a veil living in a male dominated society. In a land where many women are denied education she has a master’s degree. Many are not allowed to be employed and she works as woman’s rights activist through SAWERA. In the part of rural Pakistan where she lives, females are not part of decision making but yet, she decided to reach out to the United States-based Empowering Women Radio. Hena Gul listened to Dr. Shellie’s interview with “Empowered Girl - Empowered World” conference leader Haseena Patel in South Africa. It is through Haseena that Dr. Shellie skypes in to schools to work with Power Circles of teenage girls in South Africa. Hena reached out to Empowering Women Radio and she was introduced to ladies with similar missions. After she bonded with Dr. Shellie and the connections were formed with incredible women around the world... Hena created the phrase a “Global Sisterhood” for what we are experiencing through Empowering Women.

The book “*Common Threads*” will answer questions (including but limited to) based on the interviews from 100 women internationally: 1) how they found success; 2) obstacles they have faced; 3) strategies that helped them achieve, 4) how they juggle it all, and 5) what wisdom would they give the women of the world? The Global Sisterhood is thrilled and grateful that Dr. Shellie Hipsky’s Inspiring Lives, LLC was about to raise over \$13,000 in less than a month with over a hundred backers world-wide through the Empowering Women Kickstarter! Look for the *Common Threads* book to be released in Fall 2015.

Photographs: They were taken at the Harvard Yale Princeton Club. The HMUA is Kourtney Leech, the Photographer is Juan Carlos Silva, and I was styled by Kelly Wallace Ventrice from Kelly Collections Boutique.

Juan Carlos Silva
PHOTOGRAPHY



11 Lessons

I have been faced with hard choices in life and made decisions that weren't always wise. I was raised by a strong single parent and an uncle who both taught me to be strong and that the world was out there waiting. My mom was facing her own challenges and lessons many of which I learned with her. My goals growing up mostly consisted of going to college, and finding a way to go paid, because I thought that was the only hope I had of going period. I graduated high school in varsity sports and with a 4.17 GPA. I got a full ride Naval Scholarship to UNM. What I failed to realize and plan for was life after I reached my goal. I had no idea what I wanted to do besides maybe be a doctor and my scholarship didn't cover that program. **Lesson 1) Failing to plan is never a good plan.**

I loved working out so I fell into the sport medicine field. Being an overachiever I took 21 credit hours not including Naval class and the extra physical fatigue of participating in cross country (also failed to realize UNM was at 6,000ft above sea level). I found myself exhausted and needing someone or thing to let me know what

I was working for next. **Lesson 2) Don't let anyone plan your future that is your job!**

This is when I met my ex-husband. He was strong and educated, he had a solid career and was what I thought was supposed to happen in my life. **Lesson 3) Nothing is supposed to happen, you make things happen.**

So after he asked me to marry him, for the fourth time, I said yes. I was 19. He told me that I'd have to get out of the Navy because he was in the Marine Corps and we would never be stationed together. So I gave up my 1 goal in life and followed his lead. **Lesson 4) Never give up something you worked for because it was worth it and should remain of value.**

We got married in the following few years. Three weeks after the wedding I found out I was pregnant. At 21 I became a mother. And again at 24 and 26. Our family traveled like any military family and most of the time I took on all the household responsibilities because my ex was overseas or in schools. I love my children but I was left unfulfilled. I finished my degree online and in various colleges. I picked business with an emphasis accounting. Why? Well because it seemed like a challenge and I needed one bad. I graduated again with a 4.0 GPA and I stood by and helped my family grow. I made my boys strong and taught them that nothing can hold them back besides themselves. **Lesson 5) Never hold yourself back for anyone**

I realized I was MOM or my ex's wife and that somewhere, somehow I lost me. I couldn't continue to live what was "suppose" to be happy. I worked but nothing significant. My ex was convinced I needed to raise the boys and he would work more if we needed things but he didn't understand the money wasn't the goal. At that time I was 29 and pregnant again. I delivered the baby early due to a blood clot. I held my 4th son for an entire day feeling his heart beat and cuddling his little body knowing I wouldn't have him for long. He died in my arms 26hrs after he was born. **Lesson 6) Cherish every second in life because you can't ever get them back.**

I left the hospital days later, lost once again. Not knowing who I was, how I was going to be strong enough to bury my child and explain to his brothers why he wasn't ever coming home to play. Knowing my husband didn't understand who I was either or what I wanted in life, nor did he care. So I put my boots on, took care of my losses, and marched into my husband and told him that I was done. **Lesson 7) Never be afraid to start over.**

My divorce cost me well over \$100,000 attorney fees alone were \$33,000, one can say my ex had no intention of making my life easy. I had 3 part time jobs, 3 kids, a house and way too many bills but I knew I would find me. I prayed and got lost many, many times. I found pleasure in dark places some of which I knew better because I saw my mom go through. But I woke up before I traveled to far down any one or two misguided roads. Oddly enough some of the challenges I faced brought a few amazing friends into my path. **Lesson 8) People will take and give what you allow**



I realized all the above wasn't me. I found my career and put my feet back on solid ground one step at a time. I became the police. I entered the Prince George's Police Academy March 12, 2012. I was told not to stand out but I knew if I wanted to find myself I had to stand out; that was me or at least it used to be. Day 1 of the academy I did more and pushed harder than every single male and female on those foot prints and I became class leader. That was me! After 8 months of "learning" I graduated the academy and had found my passion again, my footing, my life.

I became me, solid. Someone I could admire and my kids could be proud to call, not only mom, but a role model. I started to realize somewhere along this path that what was "suppose" to make me happy just wasn't for me. I started dating women. **Lesson 9) If it taste good eat it.**

I met an amazing woman she changed my perspectives and open my world. She made me realize I could do and have anything. So I began just that. I explained to my boys that love isn't limited and neither is life. If you love someone let them know, no matter who or what they are. If you want something let it be known too. **Lesson 10) Nothing is "suppose" to be....NOTHING!**

As we grow up, we learn that even the one person that wasn't supposed to ever let us down, probably will. You'll have your heart broken and you'll break others' hearts. You'll fight with your best friend or maybe even fall in love with them, and you'll cry because time is flying by. So take too many pictures, laugh too much, forgive freely, and love like you've never been hurt. Life comes with no guarantees, no time outs, no second chances. You just have to live life to the fullest, tell someone what they mean to you and tell someone off, speak out, dance in the pouring rain, hold someone's hand, comfort a friend, fall asleep watching the sun come up, stay up late, be a flirt, and smile until your face hurts. Don't be afraid to take chances or fall in love and most of all, live in the moment because every second you spend angry or upset is a second of happiness you can never get back.

Someone just yesterday called me brave. But what many fail to realize is we don't have a reason not to be. **Lesson 11) Limitless is an option.**

- PO MURPHY 3709/PGPD





Renee' Sunday, M.D.

**Founder and CEO of Sunday Publishing Company, LLC.,
and RS Commerce, P.C.**

I have practiced anesthesia for over thirteen years. My mission is to encourage and empower others to enjoy life and obtain their dreams. Furthermore, I enjoy being an instrument in God's Plan to render services to others and to show compassion, love, and the standard of care." Empower others to propel their message to the world.

Renee' is a radio and television personality – Host of Good Deeds Radio & TV Show, Platform Builder, Grief & Loss Specialist, Group Counselor, Motivational & Inspirational Coach, Passion & Purpose Guru, Author, Publisher, and an Anesthesiologist. Renee's passion is to be a catalyst to stimulate others forward toward their destiny. For fourteen years, I thought my purpose was doing providing anesthesia services until in I went from 6 figures to 0 figure in 24 hours. When one door closed several new doors opened. The doors continue to open on a daily basis.

Everyone has purpose. Everyone has a calling. Everyone has reason to be on the earth right now. A lot of people are asking, "why was I created?" They want to know his/her Grand Purpose in life. The truth of the matter many people are not called to one area or one thing. There are many things we enjoy in life. Can you say you are enjoying life? If you are frustrated with your job, career, where you are right now. Get Purpose Now with Dr. Renee Sunday encourage, empower, and educate others to propel their passions to purpose. One step will lead to an abundant supply of opportunities, obtaining dreams, and achieving a purposefully driven life.

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A promotional graphic for Renee Sunday, M.D. It features a photograph of her in a red dress on the left. To the right, her name and website are listed in large, bold, red font. Below her name is the text "Let Dr. Sunday help you share your message with the world." To the right of this text is a vertical list of her roles: Doctor, Author, Coach, Speaker, Publisher, Radio Host, Television Host, and The Platform Builder, all in bold red font. The background of the graphic is white with a subtle sunburst effect behind the text.

Renee Sunday, M.D.
www.ReneeSunday.com

Let Dr. Sunday help you share
your message with the world.

**Doctor
Author
Coach
Speaker
Publisher
Radio Host
Television Host
The Platform Builder**

Working Title: Four Businesses, a Husband, and a Kid!



When *Stacey Ansley* was approached by Platform Magazine to be included in the 2015 Inspiring Ladies Special Edition, she was both elated and humbled. “We are in exciting times,” stated Stacey, “the last couple of years has seen the emergence of families working together, through business, to transform their lives.” Stacey and her husband Jason currently have one child, however “we often feel like we have five children, because we have been entrusted with four companies,” Stacey explained. Stacey spent 12 years working in the non-profit world for two different International organizations. In 2014 Jason and her began to feel the winds of change (again). Their primary company *ansleyRDgroup™*, a business development concierge™, coaching, and consultancy, was looking to add another team member and the logical choice was to transition Stacey into the company. “While the work I did during those 12 years prior was very important, I realized an extraordinary opportunity lay before me.” Stacey continued, “as a business coach I am passionate about helping people leverage business as a vehicle that will change their lives so they ultimately have a greater impact on their world. This is where the vision for *ansleyRDgroup™* came from ‘Build Your Business, Change Your Life, Impact the World™’, I wanted to be a part of that full time”. Stacey’s transformative story came a few years prior to joining Jason in their companies. In 2009 Stacey had another decision to make. Would she take control of her health?

“My physical health was a disaster. I was 150lbs overweight! I had a choice to make. I had to make a change...and so I did”, Stacey shared.

She purchased her first bike, since the one she had in middle school, and worked towards a healthier life. That same year she completed her first 5k. A few months after, she completed her first sprint triathlon. And now a few quick years later she has dropped all those extra pounds and completed four triathlons.

One of the Ansley’s businesses is *Mile 22™*, a custom bag manufacturing company (right here in America!) that makes high quality bags from people’s memorabilia and life’s moments. Stacey related, “What we love about *Mile 22™* is that it is much more than a “bag company”...*Mile 22™* is a story company. We help people share their stories by carrying their achievements with them!” Stacey says in life, “we spend more time focusing on the negative and not enough time celebrating the successes. Momentum is better build upon success. With a *Mile 22 Bag™*, people are empowered to share their successes. Whether it is taking control of your health or fighting something you have little or no control over, you do have a choice! You have the choice to win. You have the choice to succeed. You can “carry your achievements with you™”.

You can contact Stacey by visiting www.ansleyRDgroup.com. If you are like Stacey and want to share your story and “carry your achievements with you™” she encourages you to checkout *Mile 22™* at www.mile22Bags.com and use

promo code: **PLATFORMMAGAZINE**



SUZANNE HOBBS

The Power of One: What is Your Defining Moment?

When this investigative television crime reporter was given an anonymous tip about a newborn's body found among the trash in an alley dumpster, her life changed. Suzanne Hobbs stood there, her mind not believing what she was seeing. Her cameraman was capturing video of police pulling the yellow tape to protect the crime scene while the lifeless body of a day-old baby, wrapped in a bath towel, was gently lifted out. She'd covered horrific crimes over her many years, but this one hit her hard.

"That is an image I will never forget," Suzanne says.

"It was a defining moment for me, I had a mission and it was personal. At the time, I had been struggling for seven years to get pregnant. My husband and I would have gladly taken that unwanted baby. I never wanted to report on a news story like this again in Idaho."

She learned over the following days about the young girl who hid her pregnancy and delivered the baby alone in her bathroom, then made a heartless choice out of fear. She also learned about a law that was in other states, but not hers. Mothers can leave their new-born at specified locations like medical offices and fire stations and simply walk away, no questions asked.

In 2001 the Governor of Idaho signed the Safe Haven Law. He handed Suzanne one of the pens he used, thanking her for initiating the push the previous year. Since then, more than 25 babies have been safely surrendered in Idaho. Suzanne has also helped advocate for legislation and education about the law in other states. Over the years, similar laws were passed and now all 50 states, and other countries around the world have similar laws.

But the story doesn't end there. Suzanne still ached to be a mother and started the process to adopt a child. Two years after the law was put in place, Suzanne adopted a baby who was abandoned under the protection of that law. Her little girl, named Lilly Love, is the 5th Safe Haven baby in Idaho.

For more than a decade now, Suzanne has shared her powerful story with both large and small audiences. Her message:

when you have a set-back, you're being prepared for a set-up. "I am sure that had I not struggled to have a child of my own, I would have covered that dumpster baby story differently, not made it as personal. But because I was struggling to have a child, I felt driven and made something good come from that tragedy." Yet she had no idea that when she began efforts to get the law in Idaho, that it would lead to her becoming a mother one day. She simply acted on her strengths and abilities to turn tragedy into triumph.

Since then, Suzanne's has been on the cover of a European magazine, her story told in other magazines and a handful of newspapers. She's been interviewed on television, radio shows, has been written about in recent book, while others tell her story on stage to large audiences. She was also a guest on The Oprah Winfrey Show in 2006. "Sharing my story in so many avenues, including 20 million viewers on Oprah helps keep this law on people's minds," Suzanne says, "That's key to saving more unwanted lives."

Suzanne says, "I remind people that it's not who they are that is holding them back, it's who they think they are NOT. Winners seize that defining moment, and act knowing that they have the strength and ability to do big things meant to help them grow and improve the world around them. They act with no thought as to how it will turn out, or how it may benefit them later, but it will. I can promise that."

She now lives in Hilton Head, South Carolina doing public speaking about her "Power of One" message, giving other mommy entrepreneurs life and business coaching, among other fun projects. Yet her biggest focus is being a mom to her very special 11 year old daughter.

Caryn Chow



BIO

America's Love Your Life coach, Caryn Chow, is an author, speaker and founder of Take a Bow Presentations, the interpersonal communications and speaker training company. Caryn shares her happy lifestyle tips on The Huffington Post, 24/Seven (digital magazine featuring fellow contributors Joel Osteen, Cheryl Richardson, Don Miguel Ruiz, etc.), and on TV and radio (she is a featured communications expert on WOR710 AM / iheart radio). She has co-authored two books and is working on her forthcoming book, 21 Days Back to Pure Love and Crazy Freedom. Her speaking clients include professionals, celebrities and entrepreneurs who want to want to become better communicators by learning to present with authenticity, flair, audaciousness and impact.

www.carynchow.com

<http://www.huffingtonpost.com/carynchow/>

www.cyacyl.com/coach/caryn



For as long as I can remember, America has been preoccupied with beauty. Not the “beauty from the inside out” kind, but the superficial kind influenced by Hollywood of yesteryear - masked by glamour, armor molded with 50% stylization and 50% preservation. That’s why movie stars had stage names, appeared larger than life, and had their dirty secrets kept under wraps. The issue I take with obsession of “conventional” beauties embodied by Marilyn Monroe, Rita Hayworth and others with symmetrical features, jewelesque eyes, petite nose, porcelain skin, small mouths and 36-24-36 figures - is that they are cookie-cutter distortions of what real beauty is. America isn’t “America the Beautiful” for nothing; we are a melting pot of mixed nationalities, races, heights, weights, shapes and sizes

My second issue is with beauty pageants. Don’t get me wrong - I like a crown like nobody’s business. As a toddler, I was entered into a baby pageant. In my pre-teens, a prominent local politician pursued me to enter a beauty pageant. Halloween after Halloween I wanted to be a princess – mask, crown, wand and all. While all that was fine and dandy, the part about pageants that I found disturbing, contrary to how it was spun, was the fixation on looks. But maybe that was because I was already living in a world of my own where beauty reigned. In other words, I allowed myself to be defined by others’ opinion of me. Growing up all I ever heard was compliments on my looks.

While there is nothing wrong with outer beauty per se, when it forms the basis on which we are judged, self-worth diminishes and obliterates other aspects of what make us great and unique. When you are a child and don’t know better you buy into the hype, which leaves you to wonder after your looks have faded and betrayed, “What else am I worth?” For me, beauty was a crutch and calling card to dysfunction – not much a blessing and definitely a curse. I didn’t know it then, but I was fast becoming the “empty” in the empty shell in which I hibernated for so long. It’s not a nice feeling, feeling as though you have nothing else to offer, even if know you are smart, talented, and a natural athlete.

I’ll never forget the day I decided to choose happiness, decades later. Learning to accept perfection as a flawed perception, and my imperfections as perfection, was what led me to reclaim my sweet spot. I began to set aside preconceived notions and misconceptions about beauty and its long-held relevance, and went to work on my “inner-personal” skills. Finally, I was letting go to heal and thrive, and by mastering my internal language I was becoming the communicator I am today.

I now live mask-free, although the crown still sits comfortably on my head, and I have learned to put my wand to good use.

Love & Light,

www.theplatformmagazine.com Special Edition 2015 13

Who do you know in life who has never had to overcome any obstacles? Never had any setbacks at all; financially, personally, professionally? Never had a failed relationship? Never encountered a devastating loss? Never had a flat tire on the way to a career altering meeting? Never had the baby spit-up on her dress on the way out the door to the Annual Company Gala? Never had one-too-many cocktails at a holiday party and made an ass of himself? Never had a single thing in life go wrong?

I'll answer that myself, because I am 100% positive that there is not a single person, including you, who has never had to overcome some adversity in life.

The real question is: What makes some people more resilient than others and able to bounce back from adversities with an even greater degree of self-efficacy?

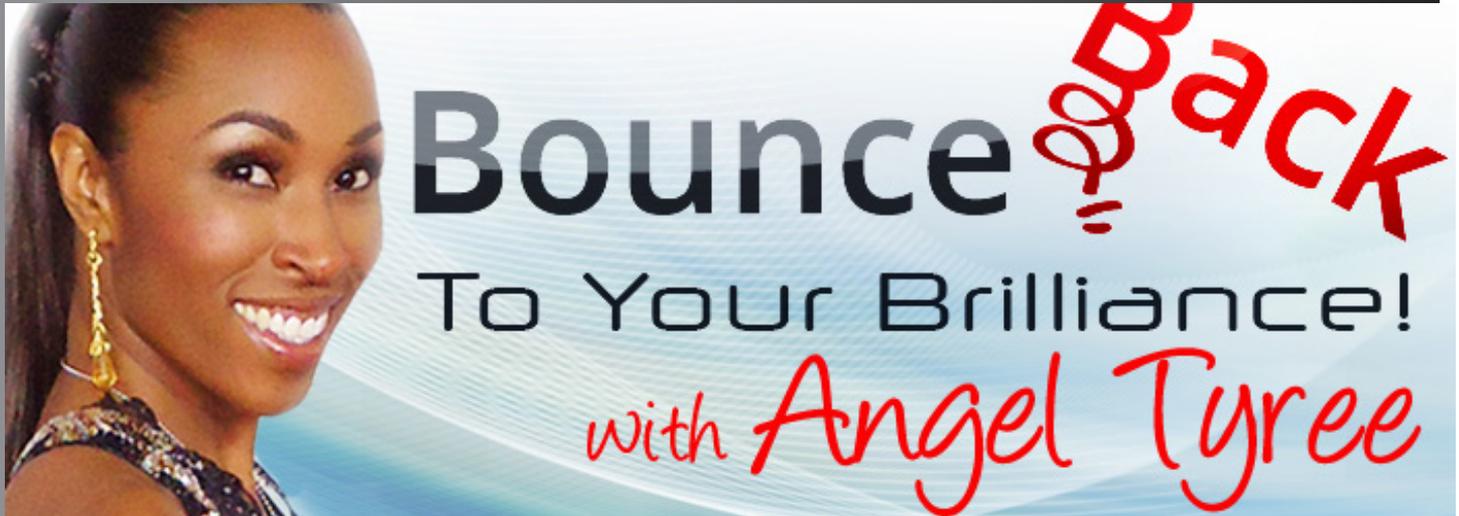
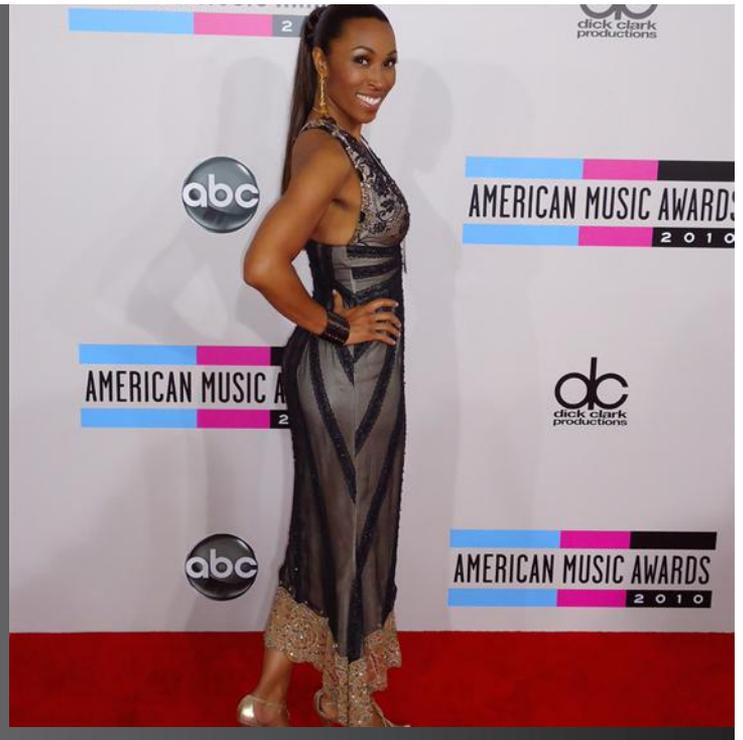
Bounce Back to our Brilliance was born out of my own seeking an understanding as to how and why people recover from challenging, and sometimes life-altering devastation, while others succumb to the circumstances and watch from the outside while their lives crumble around them? I was in the midst of my own storm, having moved across the country in a struggling relationship, experiencing the absolute biggest gift (the birth of my only child) and the biggest loss (the death of my Mother) all within 8 months, and I was spiraling into a depression that I was hiding from everyone around me.

I've been interviewing people from all walks of life over the past few years on my podcast, **Bounce Back To Your Brilliance** about "bouncing back" and resilience. Here are the top 3 commonalities that I've found:

1.) **The Adversity Itself is Not Who You Are** - Whatever the situation, set-back, obstacle or adverse issue is not a reflection of *Who You Are*. It is an event happening in your life, a by-product of actions or mis-actions, but it does not define who you are as a Being. If you can separate yourself from the issue by remembering the true essence of your Self, and become an observer of it as if you are on the outside looking in, then you can remove the resistance of feeling the pain and move through it certainly clear that things can and will shift again with right actions, moving you into an improved state of being.

2.) **Seek Out Trusted Guidance** - Not everyone has that "*resilience factor*" that makes it easy and obvious to see the brighter side of things. Many people simply don't and that's okay. There are so many places where you can learn how-to become more resilient, specifically targeted toward whatever you are experiencing at the time. I'm an advocate for mentorship. Find a great mentor who is willing to help guide you through life challenges, and who will also recognize and applaud you when you are thriving. Also, if you are not a candidate for mentorship because that's just not your thing, then read religiously! Reading biographies and memoirs is a great way to learn how great leaders have overcome adversities in life. Asking for help is not a weakness, it's actually the sign of a very empowered person. It takes courage to admit that you need help but the reward, if sought from the right persons, can be monumental.

3.) **Make Peace With What Happened and The Role That You Played In It** - Whatever is done, is done. It serves no purpose to punish yourself or anyone else over it. Confront the situation, accept it for what it is, accept the role that you played in it, forgive it (and forgive yourself), make peace with it and move forward. I speak a lot about forgiveness because I think that it's one of the BIGGEST energetic blocks that we all have to enjoying what we truly want



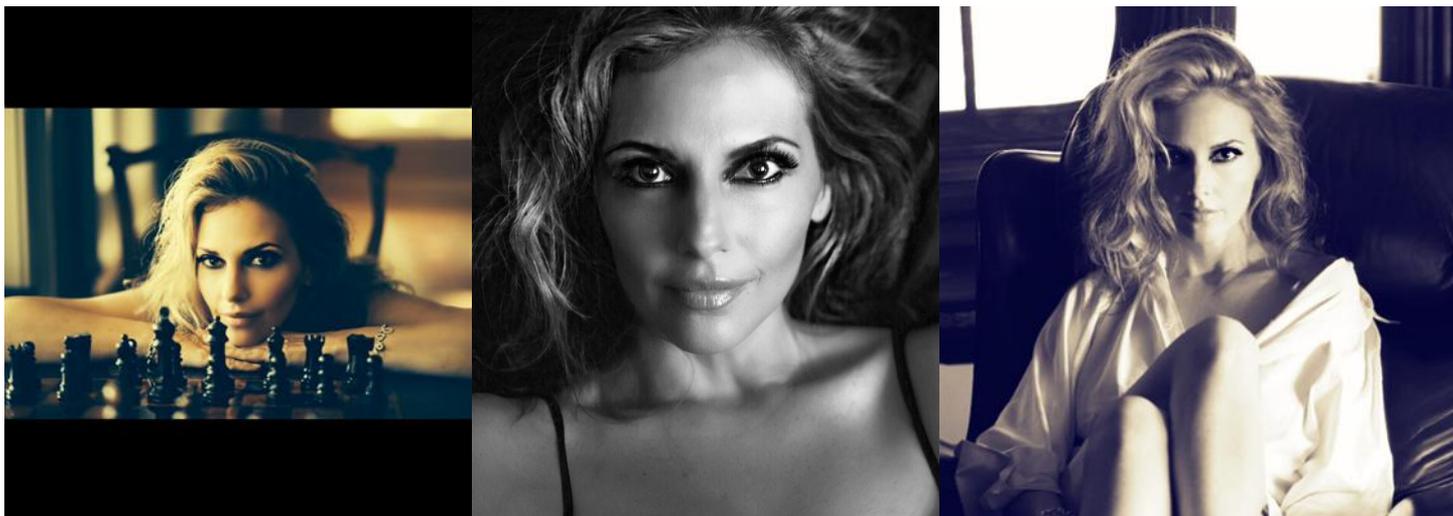
Angel Tyree is a published author, speaker & life strategist, who's been featured on KABC 7 News for her expertise on relationships.

Though her most recent work on the market is "Recession Proof Relationships: 52 Easy Ways To Protect Your Relationship Through Tough Economic Times", her knowledge and wisdom spans far beyond relationships and into detailed life strategies.

As someone who's life's mission is to help people realize their dreams, Angel is a firm believer that life is a really about the journey. So each week on "That's Life w/Angel Tyree" she will take on specific subject matters that affect our lives, and align those topics with relevant guests, from everyday people to celebs alike, to share a heart to heart dialogue that will inspire, empower & enlighten everyone who tunes in.

Bounce & Back
To Your Brilliance
Inspire . Create . Renew

<http://www.bouncebacktoyourbrilliance.com/>



Meredith Seidel
Singer ~ Songwriter ~ Performer
www.meredithseidel.com

Artist's Biography

A performing artist since early childhood, Meredith Seidel has been singing most of her life. She was born and raised in Baltimore, Maryland, and started singing, dancing and performing at the young age of 5. Throughout her teenage and high school years, she performed in numerous musicals and theatre projects.

Meredith has become one of the most sought-after performing artists in the greater Washington-Baltimore region. Following an early stint in Hollywood during which she was featured in a national commercial, and after a string of similar experiences—including being offered a spot at the prestigious American Academy of Arts in New York— she returned to Maryland to focus on her love of music and her musical career and to accept a position as lead singer in the popular band “High Society.” She appeared with the group for nine years, often at some of the region’s most high-profile events—including hallmark galas and prestigious special events. She gained acclaim for her performance at an inaugural ball for President George W. Bush.

Currently, Meredith appears with her own group, Soul Fusion. She recently performed at Washington, D.C.’s world-renowned Blues Alley. She has released two albums of original music, “Remember My Name” and “The World is Yours.”

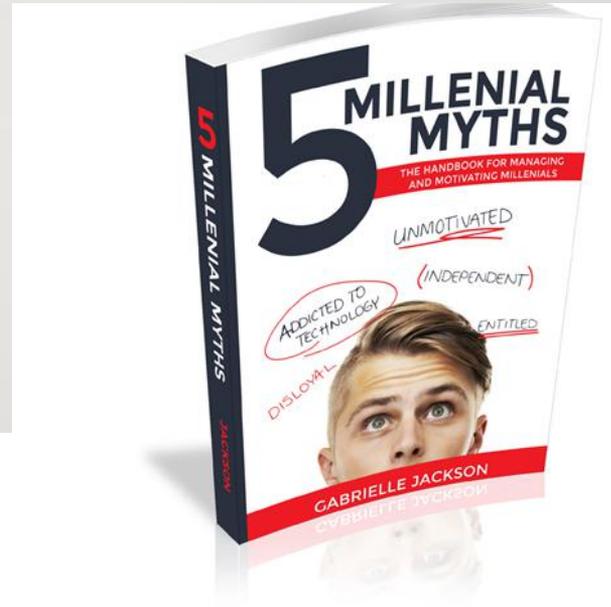
Meredith Seidel is a rare and incredibly gifted songstress whose ever-increasing East Coast fan base has come to believe is simply “destined.” An accomplished singer-songwriter in her own right, Seidel has been likened to the late, posthumously acclaimed Eva Cassidy—not only because some of their musical styling are similar, but also because Seidel’s music as a whole seems to defy “genre” typecasting, as did Cassidy’s. One minute she delivers up Gershwin, Kern, Berlin, Cole Porter, or Etta James, but the next it could be Janis Joplin, Nora Jones or anything in between, as she toggles between modern pop, standards, jazz, blues, gospel, and even folk.

Meredith can be riveting on stage and she has the raw talent and great looks to back it up. Her vocals are sensuous, earthy, and unmistakably heartfelt. She’s genuine, spirited and soulful. Even when belting out time-tested standards, she sings them “her” way, seemingly creating something “new” every time. Her renditions of even the most familiar tunes have an “edge.” Older covers consistently sound fresh and never trite. She readily admits to never singing a song exactly the same way—something only a gifted and supremely confident artist would dare undertake.

Her talent for and love of songwriting is never ending. She started at a very young age and continues to write heartfelt and captivating songs. She also writes anthems for personal business ventures, “Singvitations” and “Anthems for a Cause.”



Gabrielle Jackson



What would the 13 year old version of you think about who you are today? Would he or she be excited, disappointed, proud or impressed? This is one of my favorite questions to ask people because it's a window into who they really are. My internal tween is still in disbelief. At 26 I have written two books and am now the CEO of my own company. I wrote my book, *5 Millennial Myths: The Handbook for Managing and Motivating Millennials* because of one thing: I wanted to help generations work better together. It was a simple solution to a problem I personally experienced. I was often the youngest person in the boardroom and found myself defending this generation against stereotypes that we were lazy, entitled and selfish. That's now the Millennial generation I know. When I looked at my generation, I saw an inspired, driven and compassionate group of young people ready to change the world.

In the book, I dispel the top 5 myths about Millennials and explain how both Millennials and those who lead them can have better relationships.

Millennials are the generation born between 1980 and 2000 and are the largest generation on the planet. We are a generation that were given trophies just for showing up and encouraged by our parents that we could be anything we wanted to be. For better or for worse, that mentality has come across as entitled to others when Millennials (like most of us) really just want to know what they do makes a difference.

In addition to entitlement, the other four myths I take down are that Millennials are unmotivated, addicted to technology, independent and disloyal. The biggest takeaway from *5 Millennial Myths* is that every individual- no matter their age- is motivated by something unique to them. By celebrating our diversity, it helps everyone find fulfillment in what they do.

Little did I know that writing a book would change my life. After *5 Millennial Myths* came out in February 2014, I had companies and organizations asking me to speak all over the world—and even train their leadership-- on how to better motivate and inspire their Millennial staff. I am now launching online courses and even a new podcast (stay tuned!).

I not only work with established companies, I am committed to daring other Millennials to start their own companies and providing them resources to turn their dreams into reality. You can learn more at www.mesummit.com.

My next book is on Millennial entrepreneurs and how this new generation of innovators, disrupters and developers are changing the world with business. You can sign up at www.millennialsolution.com/books to get one of the first copies!

Much has happened since I was 13. I have failed more than I have succeeded. I have learned a lot and grown because of it. Through the journey I have discovered that when you know your motivation and your message, you will become an unstoppable force for positive change.



Yolanda Ayala

founder and owner of Picturesque Multi Media Productions, has been a producer and director since 1990. She has produced several programs for television as well independent films.

Her first show was Bailando, an “American Bandstand” style show for the Hispanic market. Bailando showed worldwide in Hispanic markets at Univision and featured international guest stars like Luis Miguel, Selena, Anna Gabriel, Ricardo Montalban and Juan Gabriel.

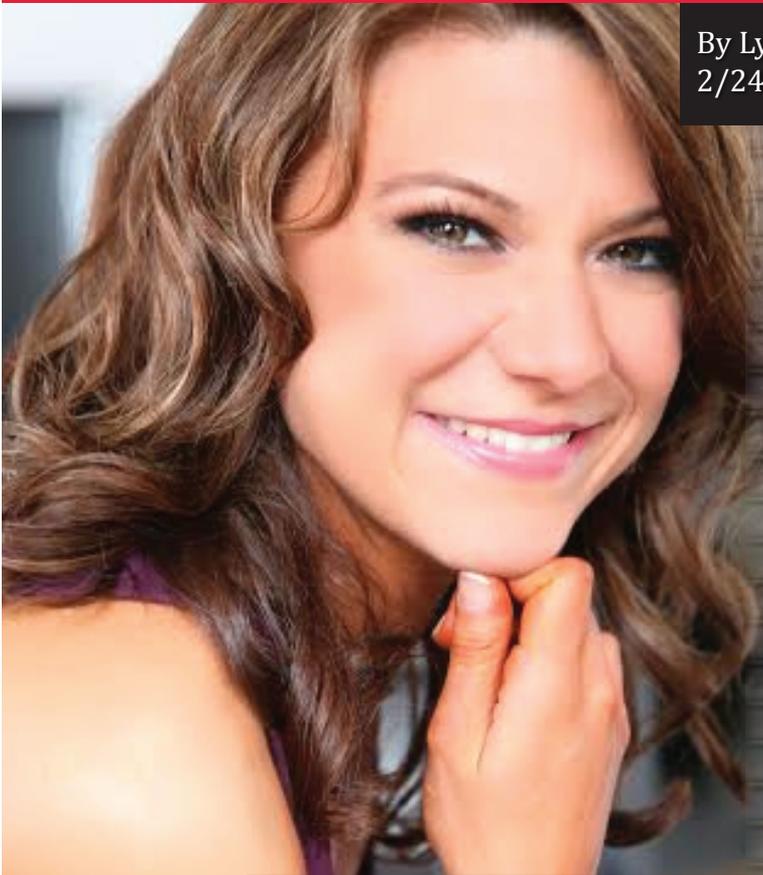
Other credits include a documentary entitled, Latinos from WWII and thereafter for Alamo Community College, a soap opera pilot entitled Alamo Heights SA, a documentary for UTSA entitled Hispanics with HIV/Aids.

Feature films include: Schizophrenic Love Story written by Andrew Pozza, Supernatural Activity Directed by Derek Nixon, HOA starring Daniel Baldwin. Independent films include Petalos, Psycho Granny, Karen’s Car, The Grass is Greener and also Schizophrenic Love Story. Currently in post production is her original comedy screenplay, The Golden Girls of Texas and in pre-production, The Alvarez Vietnam, based on the true story about 3 brothers who fought in Vietnam at the same time and has attached actors Jesse Borrego better known his role as Jesse in the television series Fame and Jeremy Valdez starring opposite Benjamin in La Mission.



How I Redesigned My Mind

By Lydia Michalitsianos
2/24/2015



I think the biggest challenge in life is to find, what we truly feel like, is true happiness. I remember one day in high school, during my social studies class my teacher took a poll. This is probably one of the few things I remember from high school, but became a huge eye opener. Especially to me, as I thought was the only one experiencing negative thoughts and hating myself and feeling miserable. The teacher asked our class, "How many of you truly believe that you are happy?" Only two or three hands went up. Many times we got off topic but ended up spending the class talking about life lessons and more important information that what I believe we were being taught. But if its one thing I remember from high school, that actually had an impact on my life and remained with me, it was that day.

It is amazing what kinds of things kids will find and use to give others a hard time in order to feel better about themselves. I would be on the bus on the afternoons on my way home from school and always hoped that one person wasn't on the bus because he tortured me the most. I vividly remember him telling me

"You're fat! And you're always going to be fat!" I can still hear it even today. If I tried to fight back, and call him something back, he would come back even harder and scream at me even louder. In the hallways I would get random strangers calling me "fatty" or would just come up to me and tease me. People in gym class, particularly, would give me a hard time by acting like they were frustrated because I was not good in sports. I dreaded having to run worrying that I was just going to come in last and embarrass myself. I basically put in a position where I was not worth people's time or the same space.

What I came to realize, at the age of 28, and during my journey to finding myself these past 6 years, its that, it is not others who are forcing you to feel inadequate and unhappy. It is when you let people make you believe these types of things. How you respond to anything, says more about you than anyone else. Confidence comes from being happy and comfortable with yourself. And once you find that, you learn that you do not have to pay attention to what anyone else says and that what everyone else thinks is irrelevant.





CARLA FERRER, NPDIR

IDLife Corporate Trainer & Founding Partner

Phone: 800-438-0830

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Carla Ferrer: Fan-Tabulous Living!

Carla Ferrer is a pioneering Life Coach in the field of transformation & consciousness for healthy lifestyle living. For over eighteen years, her work has focused on sharing both her personal and professional experience addressing the whole being, mind, body and spirit; empowering profound personal and professional break-throughs for individuals and organizations throughout the United States and United Kingdom (EU).

As a professional life coach, transformational seminar leader, author, and keynote speaker, Carla marries her depth of wisdom and insight, with passion, humor and sensitivity to empower individuals in awakening to the brilliance of who they are; Bridging The Gap Between Impossible And Attainable!

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JACQUELYN ALUOTTO

It all started with saving 20,000\$ in quarters and a dream to create content that impacted society. The vision was and still is to highlight shelters and organizations across America that are serving much needed communities “Jacquelyn Aluotto” says. So who is Jacquelyn Aluotto? She is a producer, director, and activist dedicated to saving shelters for homeless people through the eradication of poverty, violence, and abuse across America. Jacquelyn created, produced, and directed three series proving that making a difference is entertaining and inspiring. She is the go to girl for celebrities, activist, and advocates who want to be featured on her shows and highlight their causes. Currently she is spearheading the socially conscious entertainment division for FUBU TV. Her goal is to make activism sexy and trendy. She directed and produced the Award Winning Documentary “Not In My Backyard” with never seen before powerful footage of abused and homeless women and children. In 2012 NIMBY screened in Washington and received a standing ovation from over 30 countries at “The World’s Women Conference Of Shelters.” Labeled ‘The Socially Conscious Fashionista’ she is a constant face on popular television shows, and also hosts a web shows Real Beauty Real Women, making giving back look glamorous with exclusive interviews of celebrities and red carpet charity events. She has presented at numerous colleges and universities. She has received congressional recognition for her work. Two Citations’ from the State of New Jersey Senate and General Assembly. She is the recipient of many awards to name a few the B.O.S.S. “Influencer” Award, Winnie Mandela Award, Community Service Award, and was a finalist in the Russell Barrie Foundation’s People Making A Difference Award. In 2010 she was voted a top 10 CEO women in America. She is the founder and creator of RBRW.ORG, Pick It Up Pictures, and her non-profit Break The Cycle. She is a speaker for Shesource Women Media Center and sits on the advisory board for the F3 Women’s Initiatives. Jacquelyn’s main focus and dream is to inspire people through Socially Conscious Entertainment to make a difference and give back.

Check out her popular website www.rbrw.org and www.pickituppictures.com
Twitter @RBRW



Anne Agoren

My name is Anne Agoren and I am the CEO and Designer of izzi bag and the CEO Emerging Social Media Company Axieve.com. I created izzibag when I was over 40 and Axieve when I was 49. The first step is to believe in your dream because when other's see you believe it is easier for them to believe it to. I always tell other women that it doesn't matter what life throws at you, if I can restart my life and recreate a career at 40 you can too.

Check us out at
<http://izzibag.com/>
and <http://axieve.com/>

“I was a finalist at the shorty Awards out of 17 million other companies which was such an achievement after raising 3 kids, survived 2 divorces, moved continents twice, I really needed to find Anne again. I believed in a dream and I followed it, and I know that whatever life throws at me, I will get up and fight another day.”





Mrs. Connecticut USA Universal 2015

Susan Pagan

Much of my upbringing was under, what I consider extreme poverty conditions. Some of my 5 siblings may disagree, but the fact was-- our house was literally falling apart around us, we had little or no money for extra activities that kids sometimes want to participate in, and much of the time we wondered where the next meal would come from. My belief is that if you emerge from, or if you are victorious over, a struggle or trial; then it is not only your responsibility but also your privilege to help others who are in, or going through, what you have come out of. An awakening of sort came over me during a mission trip to Jordan in the fall of 2007. While visiting Amman, we had the opportunity to meet with refugees from Iraq and Iran and hear their stories. The people had literally lost everything including: homes, possessions, vocations, and some even had been separated from all of their family members. I was touched so deeply by their continued hospitality toward us even during their time of complete loss and despair. I shared some of my story with them, which at the time sounded hollow in view of all of their pain. I remember thinking: if only one person could be encouraged knowing that I overcame a compromised living environment and at times I also lived displaced separated from my family, then I would just pour it all out for them to hear. Since that time, I have had a desire to seek out, reach out, and to serve those who are homeless, those who are in compromised living conditions, and those who are displaced (refugees). Once a revelation or the calling of your life is made real to you, you cannot help but to just walk in it.

On a global scale, my vision takes flight! I am in the process of setting up a business or organization which will include a variety of "mini" groups or subsets of the business. All proceeds will go 100% toward a goal to establish a clinic(s) to serve refugees around the globe. My heart is to begin with the Syrian people in Northern Iraq and/or parts of Russia where the displaced Ukrainian people have fled for refuge. The clinic(s) would supply basic medical needs as well as have a strong mental health presence. The people have suffered a great deal of loss and many struggle with PTSD along with other varieties of mental health issues due to the traumas.

I am in contact with a good friend, founder, and Executive Director of Beasister2asister to work through some beginning details on this vision. We are looking for times and funds in order to take a scouting trip back to Northern Iraq sometime this year (we had traveled to this area in 2012 prior to the refugee crisis). I am hoping to gather private and organizational supporters to back this endeavor as well as using the funds raised through my own business. (I hope to have my website up by spring/summer of this year: PagansNoMore, LLC <3)

The title of Mrs. Connecticut USA Universal has opened SO MANY doors in support of my platform which might otherwise be closed. I know that the title of Mrs. USA Universal would open that much more all over the country, as well as all over the world. Victoria Hughes, the CEO and Director of USA Universal Pageants has been an incredible support to me, my state title, and my platform-- as well as to the other amazing woman who hold their own state & regional titles. I cannot say enough wonderful things about her, and this fabulous pageant system. USA Universal Pageants is truly a family and proof of that is that the former title-holders and Queens still remain loyal and involved in the pageant system. Mrs. USA Universal is the official preliminary to the Mrs. Universe Pageant. The current Mrs. Universe, Sabrina Pinion was first Mrs. USA 2014 before winning the crown of Mrs. Universe in August of 2015!!

I leave for Reno, NV on June 13, 2015 to compete for the Mrs. USA Universal title & crown. The pageant week is June 15-18, 2015 at the Peppermill Resort & Spa. We hope to have the final show on June 18th live-streamed. Please follow me on my Crown Quest: FaceBook— Mrs.Connecticut USA Universal2015/Susan Pagan, Instagram—MRS. CTUSA_SUSANPAGAN, Twitter—Mrs.CTUSASusanpagan@SBawlickPagan



HELENE (REGISTERED NURSE / SPA OWNER)

Helene, a native New Yorker, received her associates degree in Nursing from State University of New York at Alfred and a Baccalaureate in Nursing from State University of New York at Utica. She moved to Maryland in 1985 to pursue a career as a Registered Nurse and received her certification as an Enterostomal Therapist. She has been working in the skin care industry for the past 25 years. She has been trained and certified on the multiple aesthetic laser giving her an unparalleled, broad based wealth of clinical expertise in laser treatments including: hair removal, laser spider vein removal and skin rejuvenation. She cannot wait for you to meet the team! In her rare moments away from the spa, she enjoys personal fitness, reading, cooking and spending time with her husband and four children. She enjoys running 5ks and is currently training for iron girl.

<http://www.labellamedispa.com>

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THE PLATFORM
Magazine

Roli Chauhan

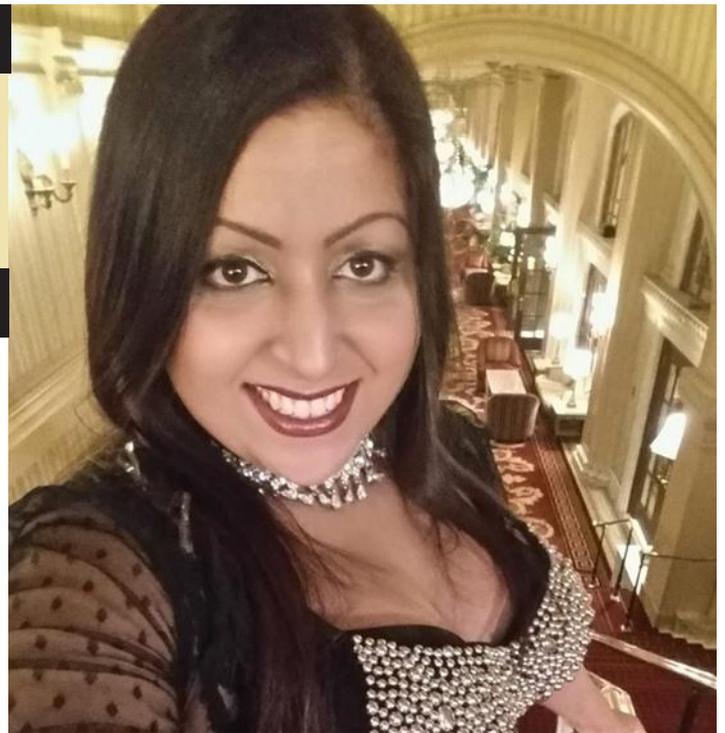
I am a Physician with a diverse background , talents and abilities. I am also an Entrepreneur, TV anchor/host and a prominent socialite at several fashion and networking events in New York City. I have been attending several red carpet events in the Entertainment industry and have been featured in celebrity red carpet interviews. I have a special passion for the Entertainment world and meeting people in addition to my medical background.

Regarding my medical background, I am a graduate of Pt.BDS Post Graduate Institute of Medical Sciences, India (Pt. B.D.S. University of Health Sciences (formerly called Maharshi Dayanand University)) where I earned a Bachelor of Medicine and Bachelor of Surgery Degree (equivalent to an MD) . I also hold a Bachelor's degree in Anthropology from CUNY Queens College (City University of New York). I graduated with several honors and awards.

My professional and academic background has provided me with a strong understanding of life and industry principles. As a woman of Indian origin, I have always felt the cultural pressures of being a woman and I am known for standing up for women's rights. I recently appeared on the Empowering Women Radio Show by Dr. Shellie Hipsky to raise a voice and awareness against suffering women.

I have also been involved in modeling in the Fashion world. I am a size 14 curvy woman and I am comfortable about it. I had always been modeling at photoshoots and this year in January I walked as a model in the Jewel of India Fashion Show at the Miss. World Pageant in Washington DC. I was very happy and honored to represent the normal curvy woman of the world at the fashion show at the Pageant. I want all the curvy women out there to feel as beautiful, confident and top of the world as I felt on the Fashion Ramp at this prestigious event. As a budding photographer, I try to make every woman (especially the curvy women) feel the beautiful ladies that they really are. Feeling good and confident inside is the secret to looking good on the outside regardless of what size one is. I was also on many other TV shows such as Newsbutterfly TV (as guest for women power) and Michaela TV and Radio show etc . I love to do Entertainment and fashion projects especially if it is for an important cause such as Women Empowerment.

I have many other talents which include being an Entrepreneur and being good with social media. I view life as a learning process and I keep exploring new opportunities that interest me. I have an exceptional ability to apply my training and knowledge to real world situations. The combination of my professional experience and practical knowledge has contributed to my self-motivation and my accomplishments. My experience, skills, and self motivation create dramatic and successful results in everything that I attempt to do.



My keys to success: I don't believe in following others out there. Instead I believe that everyone should always follow their own heart and their own power within them. Everyone has got an energy inside them and it is that energy that they should tune into. That is what will empower them. And last but not the least, one should always be happy, work hard and have fun in whatever work they do. As Multimillionaire Real Estate Mogul Barbara Corcoran once said "It is when you have fun that the best ideas in work come out!" Hard work does not have to be ugly like dragging yourself through quick sand! If you are not having fun at what you are doing, you won't like it, and you won't be able to put in the right energy and hard work into it. That will ultimately affect the success. So, my key to success is doing something that you love and have fun working in it and success will automatically come rolling to you! Always keep happy and positive; always keep that inner energy smiling and peaceful and don't forget to live life

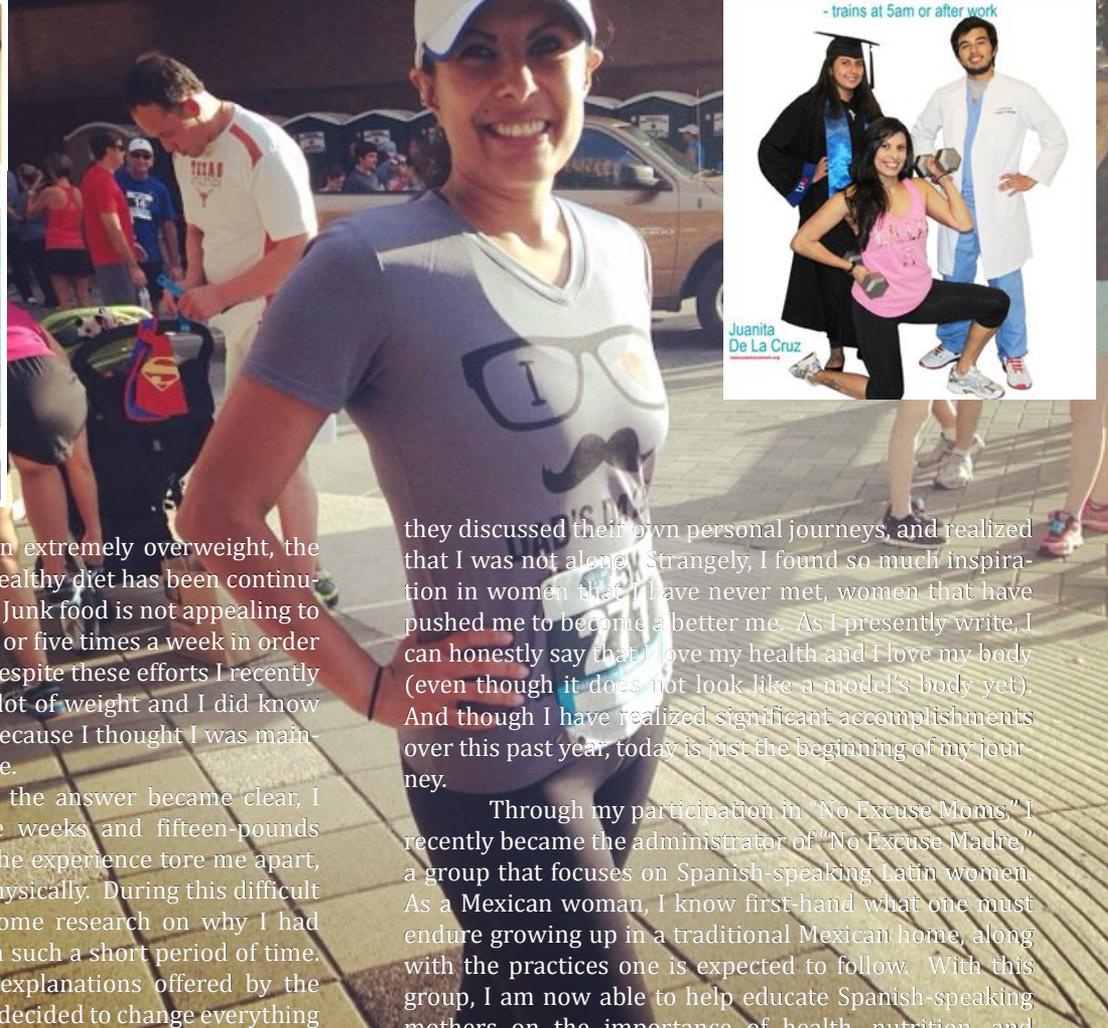
Enclosed is my Biodata. I am also attaching a photograph with this email.I can be reached anytime at (516) 439-0102. I am also on Facebook and Twitter. Thank you for your kind consideration. Thank you for including me as the New York Inspiring Lady for The Platform Magazine inspiring ladies 2nd special edition. I feel very honored to be in your Prestigious magazine which features ladies from all over the World, from Nobel Prize winners, CEO's, Guinness World Record holders, and all around inspiring and amazing ladies who make a difference within their community. Thank you for having me in your prestigious Magazine.
Respectfully Yours,

Roli Chauhan

I AM MY MOTIVATION

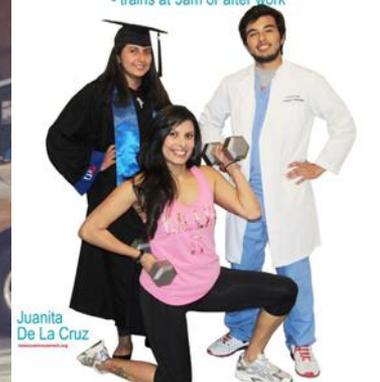


Juanita De La Cruz



NO MORE EXCUSES

- full time student (mom)
- single mom working two jobs
- never missed a single sports game
- caregiver to mother
- trains at 5am or after work



Juanita De La Cruz

While I have never been extremely overweight, the struggle to maintain a healthy diet has been continuous throughout my life. Junk food is not appealing to me and I run about four or five times a week in order to control my weight. Despite these efforts I recently found myself gaining a lot of weight and I did not know why it was happening because I thought I was maintaining a healthy lifestyle.

Soon thereafter, the answer became clear, I was pregnant. Twelve weeks and fifteen-pounds later, I miscarried and the experience tore me apart, both emotionally and physically. During this difficult time I decided to do some research on why I had gained all that weight in such a short period of time. Not satisfied with the explanations offered by the medical professionals, I decided to change everything about my health.

Starting with my eating habits, I became a vegan. I began running longer distances and enrolled in crossfit classes at Crossfit Central Houston. At first my goal was to simply lose the fifteen pounds I gained while pregnant. However, without a specific cause or reason, my journey soon became something much greater; it transformed into a new lifestyle.

Not only did my body react really well to this nutritional change, but the detox water helped my inflammation disappear. Furthermore, I had energy levels which I did not know my body was capable, and most importantly, my body transformed into something I had never seen before. It feels great when the loved-ones in your life start noticing the difference and continue to provide encouragement.

I joined nutrition and fitness groups on Instagram, Facebook and Twitter, and through these affiliations I came across a movement called "No Excuse Moms." I began following Maria and other moms as

they discussed their own personal journeys, and realized that I was not alone. Strangely, I found so much inspiration in women that I have never met, women that have pushed me to become a better me. As I presently write, I can honestly say that I love my health and I love my body (even though it does not look like a model's body yet). And though I have realized significant accomplishments over this past year, today is just the beginning of my journey.

Through my participation in "No Excuse Moms," I recently became the administrator of "No Excuse Madre," a group that focuses on Spanish-speaking Latin women. As a Mexican woman, I know first-hand what one must endure growing up in a traditional Mexican home, along with the practices one is expected to follow. With this group, I am now able to help educate Spanish-speaking mothers on the importance of health, nutrition, and fitness.

This month, "No Excuse Moms" started the "No More Excuse Movement" in an effort to encourage and motivate others through the sharing of our own personal stories. Plenty of people make up all sorts of excuses when confronted with the idea of change, so we are saying to them "stop making excuses and start doing something about it."

Thank you for giving me the opportunity to share my story.

Juanita De La Cruz
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<https://www.facebook.com/groups/noexcusemomlatina/>





MOJISOLA EDU
aka **Lush**

Mojisola Edu also known as **Lush** is an individual with a vision, the voice of the people, US Army Veteran and a force to be reckoned with.

With 12 yrs in the industry and an award winning internet Radio Personality, Lush is the go to person for contracts, PR, anything dealing with branding. She is PR specialist, Artist Management, Multi-media specialist, Photographer, videographer and Consultant, She has interacted and Interviewed with various celebrities from NFL players, Artist and Actors.

Mojisola A. Edu aka LUSH; is one of today's most prominent and determined rising females in the entertainment industry. Born in OYO State Nigeria and raised in Queens, NY, Lush (now residing in DMV) decided to commit herself to many projects that are generally controlled by the male dominated industry. At age of 27, she had already founded her very own online radio station entitled LUSH RADIO ONLINE.

Inspired to create something as an outlet for women of today's society, Lush created the STREET QUEENZ THE MOVEMENT (THE SISTAHOOD) panel conducted of five additional ladies who are all established in the industry in different ways. The show covers serious topics such as politics, self-esteem,

diseases, sex, the economy and supports each other's movement.

With many charity projects in her plate such as - Christmas with the Street Queenz, which includes adopting a family for Christmas, toy drives for unfortunate children and collecting letters and Christmas cards to brighten up the holidays for prison inmates; Lush still finds time to be an activist for the homeless.

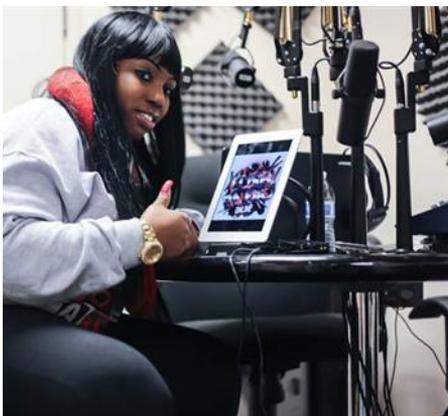
Also, holding the title of CEO for Diverse Media Group, LLC which is a multimedia marketing and consulting company, Lush continues her promotional ventures by hosting mix-tapes, parties and events as well as interviewing aspiring and established artists on her weekly radio show.

She have worked with such clients as Roxxane Shante, Micheline Bowman, MNSMEDIA, Glenn Jackson (Creator of Golden Scissors Awards, E2k Enterprises, Tionna Smalls, Erotique Liquor. She was also one of the official photographers and videographer for the 2013 "Ambassador's inaugural ball"

Lush is also the first lady of GAMPHACE (an inspirational company that also provides motivational t-shirts and apparel), affiliated with coast2coastdjs as a DJ/online radio personality and GM for Barz and Bra Strapz for DMV

(female battle league founded by Sara Kana). She is also a member of African United Dj and an Agent for IHHP (International Hip-Hop Parade in the Bronx starting 2013 in the Bronx). Lush is the owner of all female business call 2chicksN.A.camera which does photography, video work and websites. She has interned at Radio One with one of the Biggest fm radio personalities in the DMV, Ezstreet of 93.9 WKYS. She is known as the people's voice. Speaking for those who need a voice. Lush continues to change the world one day at a time by the double E method (Educating and Entertaining). Lush is the Winner of 2014 Social media / Radio personality award at The Female hip hop honors in LA and she also received an award and recognition from Black WallStreet for all her hard work and dedication to giving back.

Additional Celebrity Guests: T-BOZ of TLC, Tichina Arnold AKA Pam from Martin, French Montana, Fred the Godson, Super Producer Buda da Future, Kurtis Blow, BusyBee, DJ Scratch, Kid Capri, DJ Kay Slay, DJ J-RONIN, DJ LAZY K, DMX, FAT JOE, Lil Flip, Queen Pen, Charlamagne Tha God, 1st Lady EL, Lil Fats CEO of coast2coastmixtapes, Dame Grease, Special Ed, Jive A&R/Mgr Kevin Shine, Super Producer Ty Fyffe, Super Producer Tony Dofat, Super Producer Shaun Bless, The Awesome 2, Ed OG, Noe (byrdgang), And Many More.....





Jennifer Ward

My name is Jennifer Ward. Others know me as Miss Los Angeles Icon. How I became who I am today is a story you may not expect, but it is what has molded and shaped me to be where I am at and who I have become. In the past 2 years I have been heavily promoting 2 organizations that I truly have a passion to work behind. Love Is Louder, a movement started by the Jed Foundation. I began with Love is Louder as my platform in 2012, and spoke at various events, schools, clubs, etc. In 2014 I was thrilled to become an outreach speaker for Teen Line, a national suicide prevention hotline for teens. Now let me tell you a little bit about why I do what I do.

I struggled with some very common issues beginning in my early teen years. I was bullied at a very young age, and it only got worse, the older I got. One of the worst was in 8th grade. I had recently become a Dance Team Captain, and while I was thrilled, my peers were not. The following day I came to the locker room to change for dance, and upon opening my locker a note fell out. I opened it and I was not prepared for what I was about to read. It was signed by all of the girls on the dance team, and it read things like “you’re the worst dancer” “we all hate you” “why don’t you just go jump off a cliff and do us all a favor?”. I brought it to the teachers attention, and nothing was done about it and I dealt with these bullies the rest of my 8th grade year.

High school was worse, I had hoped that a new group of older more mature friends might be easier, but I was wrong. I had my first relationship in high school, and it ended up tearing me apart emotionally and mentally. I began struggling with self esteem issues and depression. I became an easy target for hateful and spiteful rumors. The cyberbullying became so bad, I missed a weeks worth of school because I was receiving death threats. As my self-esteem lowered I began hating my body, and took my pain and shame out on my body with self harm. I remember that I had stopped eating all together at one point, because I was constantly told I was fat.

After graduating, I decided I wanted to compete in a local pageant. I competed in September of 2010 and won the talent title. It was then that I knew I wanted to keep doing pageants. It was something I had wanted to do my entire life but never was able to. I competed again the next year and lost. I was off the stage and changed and out to my moms car before she was. I had gained a bit more weight as well since high school and I thought that maybe that was it, maybe I was just too fat to be a beauty queen. I changed all of that in 2012 when I lost over 60 pounds, and won my first title. Since then, my platform is and will always be my story of what I’ve overcome, and how I can help many others with it. I hope to continue to inspire as many people as possible with it.



TRISH COBB

Q&A with The Platform Magazine's Creative Director/
Lead Graphic Designer

Who is Trish Cobb?

Great question, I am a daydreaming, notebook doodling, INFJ who lives for amazing influential design. I graduated with my BFA from Savannah College of Art and Design in 2010; from there on out I have perusing my dreams of working with amazing people on design projects.

What achievement(s) are you most proud of?

My degree. I love what I do, I love design and I am most proud of graduating from college. Both my parents are hard working people who never pursued a higher education but wanted that very much for me, and I am so proud to show off my degree and that my parents have always been there loving, supporting and cheering me on the whole time!

What are the most important things to you in life?

Family. Family is the most important thing in life. Always put your family first, time spent together with my family has no dollar value but means everything to me.

What advice would you give to yourself 3 years ago?

Never stop trying. Trying and failing is the only way to learn.

What was your favorite class in school?

In K-12, most definitely art. In college, it's a close tie between color theory, psychology and branding.

How did you get started working with The Platform Magazine?

First, this has been one of the most fun projects I've ever worked on. After graduating in 2010, I wanted to go back to school to actually teach art – before I could even enroll in a masters program I had to take a few science classes. I met one of the most amazing professors I've ever had the experience of sitting in a classroom with. Dr. Staveley was my professor and she came to me one day knowing I had a background in design and told me how she wanted to create an inspirational magazine and needed a logo, from there we just meshed and the magazine became one of my most favorite projects to work on, read, and share with other!

Who inspires you?

My mom. My mom is amazing; she's my best friend. I wouldn't be the person I am today without her influence and love.

THE PLATFORM  RM
Magazines



Lauren Hummel

Graphic Designer for *The Platform Magazine*

My name is Lauren Hummel, and I am currently a sophomore at Albright College in Reading, PA. I study Digital Media and Communications. My dream career is to be a professional graphic designer and possibly to work for an advertisement firm. I was born and raised in Carroll County, Maryland. I grew up in a rural town, in a small rancher. I loved nature and animals, and many other things I learned or experienced from back home, but nothing interested me more than art.

I've always loved art, ever since I was little. I was just always scared as to how I could make a stable career out of my skills and love for art. Then, the answer came to me once I discovered the Career and Technology Center that was offered through my high school. That place changed my life! My high school was Century High School, and I was lucky enough to have the option of attending the Carroll County Career and Technology Center (CCCTC) nearby to take classes in my field of choice, which was graphic design. The thought of going there excited me; I finally found something that I could study that was career-oriented! High school may have taught me the basics of everything I know, but I had never experienced as much fun as learning at the CCCTC. Nothing could compare to the excitement of realizing I had found a career option that I loved!

The best part about the CCCTC was that they had a club dedicated to Skills USA. I was the secretary for the club for two years while I attended school there. Skills USA is an organization supporting only career-driven contests, extending all the way to a

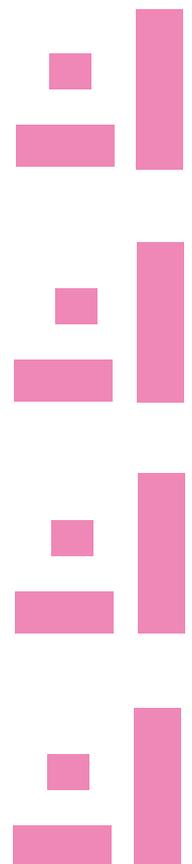
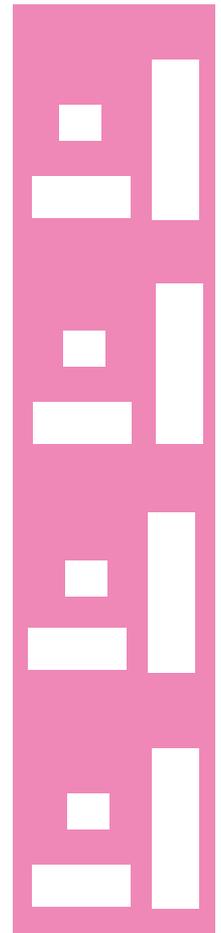
national level. I had the privilege to participate in this contest in 2012. I won third place in the state of Maryland for Advertising Design! That was one of my most prized moments, and to this day I still have the bronze medal hanging in my room at home.

I chose to get my degree, a Bachelor of Arts, at Albright College. I preferred a smaller school so I could concentrate more easily and work more personally with professors. Even though nothing could compare to my time at the Career and Tech Center, I know that it was the place where everything began for me.

I'd like to thank my Career and Tech teachers, Mr. David Hutchison (Hutch) and Mr. Tony Hooper (Hoops), for always supporting me and teaching me new things. They helped me with not only Skills USA, but also taught me how to make an amazing portfolio and resume, how to work a video-camera professionally, how to use Adobe Creative Suite (the software for graphic design), how to use a regular camera professionally, and even helped me organize my future. You guys are the best teachers ever! Thank you for teaching me everything I know!

I also want to thank my friends and family for always being there for me as well. Thanks everyone!!

Lauren Hummel



Jayne Wood
President of Go Lo Foods,
Ms. Woman United States 2014



Jayne's journey to wellness began in the 70's following a catastrophic knee injury, which required multiple surgeries. Despite the initially grim outlook of a life defined by this crippling accident, she was determined to pursue additional treatment, which would give her the best opportunity to heal. Jayne sought the advice of expert Los Angeles orthopedic physicians, representing world-renowned Olympic trainers and athletes, which she then incorporated with physical therapy and nutrition. Years of trial and error followed, leading not only to her full recovery, but also to a well-defined, organic approach to diet and lifestyle. Her personal experiences with her incredible team of health care providers have given Jayne a more comprehensive overview of health and healing, emphasizing the need for understanding the issues involved, particularly for women. In this regard, her positive mind, pro-active role and remarkable results serve as examples of what can be achieved. Jayne quickly realized the power of a mind-body connection and the advantage of concentrating on the benefits of good health. She decided to turn to the medical field and began a long and highly successful marketing career within that community, working extensively with the world famous Sherman Oaks Burn Center. Jayne's passion for wellness remains unrivaled. In any season of life, be it the energetic years of youth, the transition through middle age, or active retirement, Jayne embodies a genuine commitment to maintaining the joy in living. This, she believes, can only be achieved through well-founded principles and accessible options of health. Jayne lives each day with a clear focus on how to accomplish this goal, including, most specifically, a holistic mindset, physical movement, and a low-sugar, low-carbohydrate lifestyle. She is currently writing her first health and wellness book, *Going Lo: A Healthy Lifestyle Alternative*. Jayne has now set her sights on bringing Go Lo Foods to the forefront of the low carb/health-conscious community. Founded in 2012, Go Lo Foods was created to help people prevent and overcome life-threatening health conditions like pre-diabetes, diabetes, obesity, and heart disease. These few alone are regarded by many as a public health crisis of epidemic proportions— one that can be readily solved by the foods we eat. Our mission at Go Lo Foods is to communicate and support a healthier lifestyle that focuses on a low sugar, low-carb approach. Our protein packed breads, tasty spreads, and a variety of other low carb products enhance dietary choices for those with medical restrictions and those who are simply practicing a healthy lifestyle. Amazing gluten free options as well! Jayne is an active spokesperson for the wellness community at large. Being a health and wellness advocate and also recently crowned Ms. Woman United States 2014 and NAPW Woman Of The Year; she is thrilled to use these titles to share her knowledge and expertise for a healthy lifestyle.

To this day, her greatest joy still comes from spending time with her son, Adam, daughter-in-law Kristen and her three beautiful grandchildren — all of which provide even more incentive to live a long and healthy life!

www.golofoods.com

Alicia Johnson



As the founder of Precious Dezigns Rhinestone Apparel, Alicia Johnson ranks among the best in the business in her creation of unique designs that allow

her clients to stand out from the rest. Her love and passion for designing is evident in her creativity and in her determination to constantly push herself to take her craft to new levels. A consummate professional and creative force, Alicia's designs have been featured on numerous high-level entrepreneurs in various industries and her current projects include expanding into high-end boutiques and celebrity clientele. Alicia's work has been seen on Radio One personalities including Ms. Clovia Lawrence. She has also designed shirts for R&B singers Chante' Moore, Kandi and Lotocha Scott. Alicia has made it a point to set herself apart in the crystal industry by focusing on precision and quality.

Alicia started her crystal business with the hopes of designing a line of shirts that would allow her clients to exhibit their love for Christ, but also give them a unique sexiness. In only four short years, Mrs. Johnson has grown her business from offering six simple sayings to offering a full array of customized designs—including fully customized logos in crystals. Her passion for precision and quality enables her to turn any garment into a glamorous piece of art. Her specialty clients include companies seeking "out of the box" designs on a range of products from shirts and sweatshirts to crystallized embellished hand towels and baseball caps. She

stands by her motto "If You Can Think It, We Can Bling It". Alicia is the person who can turn your vision into a crystalized dream. Try her you won't be disappointed.

Mrs. Johnson is excited to move into the next stage of business which includes rolling out vinyl apparel designed for males and children. She will soon be moving into conferences, sports organizations and fundraisers as well. Alicia will be expanding her expertise to include branding and promotional items, giving her clients more options to add crystals for any occasion.

For additional information about Alicia Johnson and Precious Dezigns Rhinestone Apparel, visit her website at www.preciousdezigns.com or send an email to info@preciousdezigns.com.





About Tonya...

CEO & founder of the
Public Speakers Association

Global Speaker

Host of Tonya Hofmann's
Fabulousness TV Show

Multi-Book Author

Winner: International
eWomenNetwork '08 Business
Matchmaker of the Year

Nominated for...

CEO of the Year Award
by the Business Journal

2015 Global Influencer of
the Year Award

Most Connected Person in Dallas

Austin's BJ Profiles in Power

Tonya Hofmann

H4H



HAWTIES FOR HIRE

Model & Talent Agency

Last year I had the honor and privilege to be featured in The Platform Women's Edition of the Magazine and again this year, I've the same privilege. Only this year, I'm able to write and update everyone on the changes that have occurred since the last issue.

In March '14, I had a turn in my life and it seems to begin the latest adventure to a kick off. I was laid off from a job that I had held for almost 17 years. Following this event, I was able to achieve a goal I had set out to accomplish, the year prior and that was to compete in my first body building competition. This was achieved in May '14. As the year went on, I traveled around the states, working on my own personal branding of Lori J Yokiel and creating a base for my future dreams and goals of becoming a full time motivational speaker. In midst of this, I was also able and honored, to be a part of kicking off the LiveSTRONG program at the local YMCA. Which in turn, helped me to realize that I was on the right path, for we only live this life once and the journey should attain no regret. With all of this occurring in my life, we ended the year on a very rough note, another death to a close family member.

One would think that with the grief and loss we go through, you'd settle comfortably in an area and nestle in. In which, I did nothing of the sorts, I continue, to this day, to risk all that I have and work on my next goal and achievement in life. I was able to celebrate 20 years in recovery this May and I was also able to open and establish my very own Model and Talent Agency, with the help of many others and also direction from many of my wonderful mentors. Hawties For Hire Model and Talent Agency officially opened its doors legally on Feb. 17th 2015, focusing on Fit Male Models as well as offering events to bring to light the talent that we possess as well as continuing to give back to the world by giving a proceeds of each event back to local charities.

The business that I've opened is one that is not of a normal agency, for I personally work with each model/talent to create their next level of success in their own personal journeys. Allowing them to achieve nothing but success at what they have a passion and desire to share with this world. We offer to them full service for all that they are signed up for as well as guidance to the next levels.



Taylor Chivalal The Platform Magazine Blogger

Well, I have one of the most generic names ever, but I like to think of myself as one of the most unique persons you'll ever meet. I like to call myself a bohemian, fashionista, alternative, athletic princess-nerd. I'm one of the few that can master both sides of my brain, tackling many diverse talents such as writing, drawing, painting, math, acting, fashion, singing, athletics, animal care, and so on. I enjoy diversity more than anyone I know, love learning new things, and I quite enjoy seeing things in the eyes of another. I'm very extroverted and curious; I love talking to people, though it is very hard for me to maintain relationships. Through the past couple years, I've dealt with a lot of hardships, more than anyone should ever have to face. I've lost people close to me, I've been deathly ill, I've gotten injured, I've gone through the toll of being poor, and many people have taken their toll on me through words and actions. I was even diagnosed with a seizure disorder. And, I've been striving, somewhat painfully, to go to school for Fashion Journalism. One good thing that has come from all of this is losing 160 pounds (though it caused half of my problems...go figure!) But, through it all, I've come out stronger, and I've finally found myself and became the person I wanted to be, not the person the world wanted me to be. I choose to be free and happy. I am proud of who I am, faults, illnesses, goofiness, everything.

Karen Kendra Holmes



Karen Kendra Holmes works for the Federal Government as a Safety Officer. Because of her deep commitment to ensure safe and healthy environments for all people, she has decided to share her training in Life Support. In October 2013 she received “Soldier of the Year” by the State Guard Association of the United States out of 24 states and 23 thousand soldiers. In December 2012 she received “Soldier of the Year” by the Maryland State Guard Association and The Maryland Defense Force. In 2014 she received the Willi Greene Community Service Award from the Corporation for National & Community Service for her service work outside the Agency. In 2012 she volunteer two weeks of her vacation to join North-Star Global Response on a mission to Haiti to teach the Haitians on Search & Rescue and Swift Water Rescue. In 2011 she was detailed with FEMA to Joplin, MO to help the victims from the tornado that destroyed homes and lives. In 2012 once again she was detailed to Long Island, NY with FEMA for two weeks to help the victims from Hurricane Sandy. In 2013 she led a church team from Twinbrook Baptist Church to help rebuild homes in Crisfield, MD for a week. She has been doing volunteer work with the Maryland Defense Force under the Maryland National Guards with the Force Protection, Chaplain’s Unit as a Chaplain’s Assistance and with the Honor Guards. She has been doing volunteer work with the American Red Cross for the National Capital Region since 2009 on the Disaster Action Team (DAT) and over sees the MASS Care for Montgomery County Chapter. As a disaster responder Karen has managed several shelters that had to be open in the National Capital Region due to families being displaced due to a disaster. For several years, she has been volunteering with Community Emergency Response Team (CERTs) in Prince George’s County, MD, and also with the Medical Reserve Corps. In 2013 she served on the board for Equality Maryland. She now serves on the board with PFLAG Metro DC and Retired Senior Volunteer Program (RSVP) in Prince George’s County, MD. She is certified as an instructor through the National Safety Council (NSC). Karen believes whole heartedly in the importance of and Giving Back to her Community, and looks forward to serving as a training resource for First Aid, CPR, and AED.





Monique Staveley
THE PLATFORM MAGAZINE
Graphic Artist



Monique is currently a sophomore in college and pursuing Bachelors of fine arts. Monique has been with The Platform Magazine as a Graphic Artist since the birth of the publication.

Monique is a passionate and very talented artist. These past 2 years with the platform magazine publication, she has experienced several red carpet events around the U.S. She is currently learning the industry of graphic design, magazine publishing and the art industry. Monique is the daughter of Pete & Dr. Judy Staveley CEO of The Platform Magazine.



Michelle McDowell



Though my journey to entrepreneurship was somewhat unplanned, I started Bella Moda Studio with a desire is to make a difference in our world by supporting and empowering women to strive to be all they were created to be, each different and unique, but all beautiful.

I've always had this sensing inside that I was created for more.... More then what my life had amounted to. Pregnant at age 16 and married shortly after, I never finished high school. I had another daughter by the time I was 19 and this sensing I had inside me felt more like a fantasy then a calling or a destiny.

Like many others I was just trying to survive life. Shortly after getting away from my abusive husband, I started a job in the corporate world and worked my way to a decent salary for my age.

I remarried at 26 and was doing everything possible to control my surroundings and create the family and life I had imagined. But during this time, beginning at age 21, my health started a serious decline. After 7yrs of debilitating neck pain, and following every procedure, medication or therapy recommended, and being diagnosed with diseases that resulted from these treatments to alleviate my pain, I then I lost my job of 9 years.

At about the time I lost my job I had also been selling kids clothes on eBay to make a little extra cash and that had grown into a sewing hobby where I was selling T-shirts that I had redesigned into sassy little corset tops.

When I was laid off of my corporate job, and because my health was to volatile to hold down a job, I went full time into sewing and selling on eBay, which in turn expanded into buying and reselling international women's fashion lines.

Despite my ongoing physical struggle with chronic pain and bewilderment from doctors as to how to "fix me," I still managed to grow my eBay business into what was becoming a lucrative company. At this time I was just trying to bring in an income with no real purpose or message. Survival.

Then in May 2009, on Mother's Day, while driving home one night with my two elementary age kids in the car, we were hit by an intoxicated driver. With 75 mile an hour impact, we were hit almost head on and pushed into traffic where a semi truck hit us again.... we were fortunate to walk away.

However this accident turned our already shaky world upside down.

Now, not only was my condition worsened with a head injury on top of more neck pain, but my kids were also affected with similar injuries. The next 4 years were a blur of daily doctors appointments and procedures for all three of us and a growing sense of desperation and disillusionment. I spent weeks on end bound to my bed in more pain then I can describe, watching my parents take on my parental responsibilities, which was both a sense of relief and a deep sense of pain and regret...longing.

My second marriage and relationship of 13 years, ended in a divorce during this time and I was forced to file bankruptcy and along with it, close my business that had now dwindled into nothing more then growing debt and neglected dreams. All the while in excruciating physical & emotional pain and the agony of seeing my daughters now fighting the same battle I had lived with for my entire adult life...and doing much of it without me.

My passion is to create a new type of fashion environment marked by beauty that comes from deep within, from women who refuse to settle for beauty on the outside alone, but embark on a personal journey to wholeness in body, spirit, mind and soul, taking hold of the profound responsibility they were given to impact this world.

A place where beauty comes in all forms of unique and is appreciated for its uniqueness and even celebrated!!

I believe that we each have immeasurable value and a purpose. With Bella Moda Studio my desire is to strengthen other women by encouraging, supporting, praying, and inspiring with our beauty as we walk through the trials that life presents, with the resolve that we will rise above opposition, we will pursue our dreams without fear of what others think and we will be an undeniable example of strength and inspiration to those watching.

I believe that we are better for our differences and that when we each pursue with passion and love, the purpose we were created for and allow each other to do the same, we become an unstoppable movement of hope that can change the course of a life and thus change the course of our world.

I desire to inspire, empower and uplift each other using our differences to strengthen humanity as a whole and believe we each play a vital, irreplaceable role in the lives of those around us with limitless potential to breathe life into a hurting, difficult and sometimes seemingly hopeless world.

My message is YOU ARE NOT ALONE!! Follow your Dreams no matter how wild no matter how impossible it may seem!

We each have a unique beauty to offer this world and we actively choose to carry that with confidence yet humility, compassion and wisdom, respect and value, using our lives to give hope and encouragement to a world in need of a beauty that is far deeper than the eye can see!

If you are reading this and know the pain of disease, aloneness, broken dreams, seemingly impossible circumstances, discouragement by others about your passion or are dealing with pain entirely different, know that you are not alone. There is a GOD who hung the moon and the stars with the words of his mouth and that loves YOU, is for YOU and has a remarkable and unique plan for your life. We are better when we, even in our own times of pain and uncertainty, reach out to uplift others because we are with out a doubt, uplifted as well and brought into community and life with others. What an exciting journey with incredible individuals and limitless possibilities!

This is the heartbeat behind Bella Moda Studio. Fashion is just the avenue. Join us in pursuit of a beauty that stands the test of time and continues to break the mold that society has set for us.

Bella Moda Studio, Dare to be Different!

Bellamodastudio.com



FIGHT FOR A CURE

Dr. Kristen Eastman, MD

Dr. Eastman is an enthusiastic outdoorswoman, who grew up in Alaska and learned to enjoy spending time in nature early on. She has done martial arts for half her life and is now excited about her new adventures in the world of running. After attending the University of Alaska Anchorage and earning a BS in Biology and Natural Sciences, she went on to pursue a doctorate in medicine at the University of Washington School of Medicine. Upon graduating in 2012, she did a year of internal medicine training in Nevada and is now completing specialized training in dermatology at the University of Wisconsin. She currently writes a column for The Platform Magazine, with a series of Skin Sense advice.





“Brush all your skills and Diversity is the Key. ReInvent YOURSELF”
~Mani Kamboj

A self-described accidental entrepreneur, unconventional executive, critical innovator, by heart philanthropist and a sprouting film producer, Mani Kamboj is The Owner of Kamtiel Software, based in NYC and Co-Owns ROSHNI Media Group. She also sits on the board of various small to big Non Profit Organization that supports child education and women empowerment. To add to this, out of her love for movies, she is currently producing a Hollywood Movie based on famous book “Grey Wolves and White Doves”.

Coming from corporate family, she never thought growing up that she would be a business owner instead of taking the conventional family trail of going into oil industry. In Kamtiel, Mani oversees client operations to ensure quality service-delivery for her commercial and government customers. Clients include Bank of America, Nomura Securities, United Nations, Columbia University, Miss Universe Organization and many more. She has supported lot of technology/business startups and have empowered them with technology.

The Mission of ROSHNI is very close to her heart as she has been a big believer of Dr. Rashmee Sharma’s vision.

While growing up she had her hobbies lined up in executing events and functions at School and College. That resulted to bring her in executing a Hollywood Feature Film today in her life. She is excited to be an integral part of this Movie Project which is set to release by end of 2016 worldwide. Mani has been featured in various magazines in India and USA. Her Interviews which has been showcased on various platform, has been one of the iconic examples of Young Women Entrepreneurs in India and USA.

Mani has an MS in Computer Applications. She has various certification in Mutual Fund Advisory, UNESCO and United Nations Organization. She is currently doing PhD in Computer Science. She lives with her equally talented and a busy entrepreneur husband Nish Kamboj, who is currently nominated by NYC Govt to do Executive Management/PLD from Harvard Business School. They live with their 4 year old daughter Divina Kamboj in the Upper East Side of Manhattan. A little Brief on Roshni Media company(Mani is a Partner) History & Mission: Since 2005, Roshni Media group has been documenting the contributions of South Asians who have made their own success in their chosen field, and then found creative, impactful ways to give back to the community. The Roshni legacy begins with Roshni, the Light of South Asia (2005), which featured 101 South Asians who had made extraordinary contributions within the United States. That was far from sufficient to really show what South Asians are capable of. So in 2011, Roshni Media presented Roshni, the Light of South Asia: North American Edition, which spotlighted another set of inspirational South Asians from the US and Canada. Roshni Media also publishes a monthly newsletter full of updates about our very busy honorees. And in the course of our research, it became clear that there is a whole new genre of Global and Emerging leaders who deserve to be recognized for their successes at Global level for the success stories that they have written, Either from being one of the inspirational South Asians themselves or being one of those who being from diverse community background chose to empower the South Asians by joining hands with them. This is where your company support will come in. We are in the process of launching our third and most ambitious book on Global-Emerging Leaders of South Asian origin in North America. With nearly 10 million South Asians in North America, the outstanding contribution from Global and Emerging inspirational heroes likes Sal Khan (Khan Academy), Rachel Roy (Fashion Designer), Sakina Jaffery (House of Cards), and Neil Keshhkari (Running for Governor California), Abhay Deol(Actor), Jay Sean (Pop Singer), Kamesh Nagarajan(Morgan Stanley), Karl Mehta(Menlo Ventures), Amit Kanodia(Lincoln Ventures), Satya Nadella(Microsoft), Bibhu Mohapatra(Designer), Francis Greenberger(Times Equity), Paula Shugart(Miss Universe) and many more. The Global Emerging Leaders edition of the book will be launched at Roshni Media Group Annual Awards Gala evening at The Pierre, Taj Hotel on May 29th, 2015 in NYC. Please click on this link http://www.roshnimedia.com/images/Roshni_Award_Gala_Mediakit.pdf to know more about the RoshniMedia Group Award Gala Event. There will be approximately 350 global elite people attending the Roshni Media Groups Awards Gala. Some of the Roshni Honorees at the Roshni Awards Gala expected to be are Fareed Zakaria (CNN Host), Dr. Sanjaly Gupta (CNN Host), Salman Rushdie (Author), Mira Nair (Film Director), Lt Col Ravi Chaudhary (Air Force officer) and Chelsea Clinton. In keeping with the spirit of philanthropy and inspiration that Roshni encourages, Roshni Media has pledged to donate a portion of the proceeds from the sale of every book to OMI-Art and Art Unlimited-a nonprofit global organization based in New York. The growing community of Roshni honorees has become a vibrant network with big ideas and a very broad global reach. Also do have a look at the Curtain Raiser of Awards Gala that happened at CGI NY ballroom <http://youtu.be/m2C9Rly8ByY>

I feel this is something you would like to showcase.

Link to Upcoming Roshni Media Group Awards Gala 2014 http://www.roshnimedia.com/images/Roshni_Award_Gala_Mediakit.pdf

Links to Recent Roshni 2014 Party coverage

You Tube TV Asia: <http://www.youtube.com/watch?v=zVz3fdt0AVA>

AVS TV: <http://www.avstv.com/single.php?c=14034>

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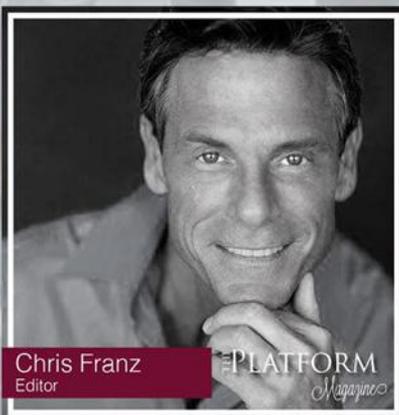
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