

Gloss

SPRING 2014

FRESHEN UP
YOUR ROUTINE

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CLOSET
& UPDATE
YOUR
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Gloss

SPRING 2014



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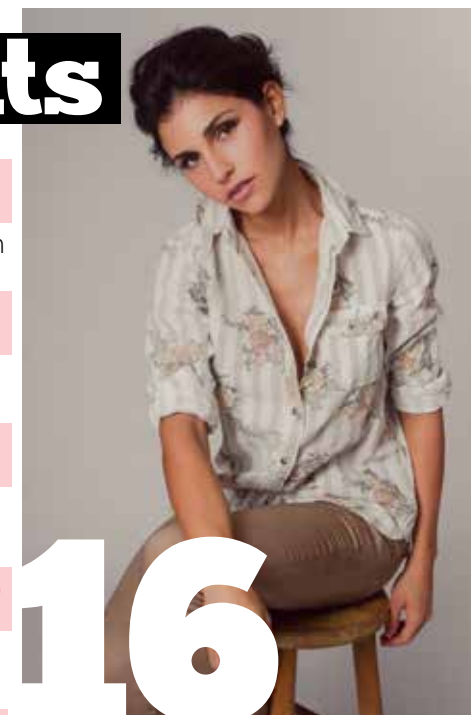
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It takes spirit, it takes talent, but most importantly it takes believing in yourself to succeed in the music business. This is the mantra of Kentucky's hot new country/rock duo, Aly'An.

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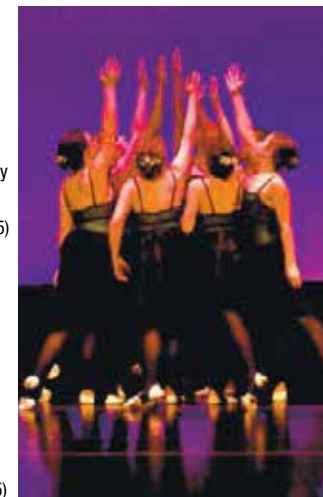
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SUCCESS

is Realizing Your Passion

By: Callie Miller
GRCHS Senior/Smoke Signals
newspaper Editor-In-Chief

TO JEN ALGIRE, PRESIDENT AND CEO OF THE GREATER CLARK FOUNDATION, SUCCESS IS HOW YOU DEFINE IT. "SUCCESS MAY BE TOTALLY DIFFERENT THAN WHAT YOU IMAGINED IT TO BE," SHE SAYS.



Realizing her true passion -- to believe in people and to make Winchester a thriving community, Algire has embarked on a journey she hopes will make the town "stronger and more resilient," she says.

As a senior in high school, Algire had set her sights on the Naval Academy, determined to be a fighter pilot and the first woman pilot and commander of the space shuttle.

When an illness prevented her from pursuing these goals, she decided to go to college to major in engineering. After realizing that engineering wasn't for her and transferring to a new school, she finally found her calling. "I loved writing and leadership, and I became involved in politics and healthcare," Algire says. "I got into in things where I could have a purpose but still get to have influence." Looking back 20 years, she would never have seen herself where she is now.

Coming from North Carolina, Winchester presented a unique opportunity with the selling of the land its local hospital occupied. Because the hospital was public, the assets went into the creation of the Greater

Clark Foundation and invested in the community.

"Winchester is a really neat community, but it has some challenges," says Algire. "This is an opportunity to take a specific amount of resources and target them to make people healthier, help increase educational attainment, and make our economy stronger."

Through the "What's Your Ambition?" ongoing campaign through the GCF, Algire is working to motivate and inspire teenagers and young adults in Winchester. "The origin of the campaign is that ultimately we want the community as a whole to be forward-leaning and strategic," she says. "We started asking people, 'What's your ambition?' so that young people can say what their hopes and dreams are for the future."

The application process for the "rapid response mini grants" is simple and Algire wants people to believe that they can make a difference. "One of the things we hear

people say is, 'I can't do that; I'm not elected or in a position of power, but the truth is anyone can affect change.'"

Algire has high hopes for the Foundation's future. Some of the grant money will fund short term projects, but Algire doesn't expect to be able to see some of the change for 10 to 20 years. Ultimately, she strives to develop Winchester into one of the strongest communities in Kentucky.

"What if every kid that started ninth grade graduated in four years?" she asks. "What if every kid whose parents have a drug or alcohol problem found a place for support so that they don't also turn to drugs or alcohol?"

One of her life philosophies is that anyone can do whatever anyone sets his or her mind to. "It's just about having a plan and getting there. I believe that the world is abundant," says Algire. "All the resources that we need are out there; we just have to see them."

Take it outdoors

FRESHEN UP YOUR ROUTINE TAKE IT OUTDOORS

ONE OF THE MOST
WONDERFUL CLIMATIC
TIMES OF THE YEAR
IS HERE---SPRING!
THE BIRDS ARE
SINGING THE MOST
DELIGHTFUL SONGS
AND AN UNYIELDING
GRACEFUL BREEZE IS
COHERECING EXERCISERS
EVERYWHERE TO JOIN
THE SCENE.

As if you didn't already know that exercise, in general, is totally good for you, recent studies are crediting outdoor exercise, in particular, with its own unique health benefits. A study published in the research journal Environmental Science and Technology, showed that exercising in natural environments was associated with greater feelings of revitalization, increased energy and positive engagement, together with decreases in tension, confusion, anger and depression. And it is no surprise that participants also reported greater enjoyment and satisfaction with outdoor activity and stated that they were more likely to engage in the activity again.



GREEN WORKOUTS

While any exercise is good, clearly the benefits of indoor and outdoor workouts are vastly different. Indoor workouts simply cannot provide fresh air, majestic scenery, and naturally derived vitamin D from the sun's rays. In fact, the benefits of outdoor exercise have evoked experts to add a new name to the list of exercise jargon-- "green workouts." Green workouts are especially revered for the mental health benefits that nature provides; so much so, they are even being prescribed for individuals with depression and other mental illnesses. A green workout can provide a momentary break from the hectic American lifestyle that leaves many indoors, immersed in technological chaos.

How can you take advantage of all that a green workout has to offer? A green workout can be as simple as taking a brisk walk or cycling around the block. Think of simple ways to get more green time; perhaps the next time you are at the park, you can blast through a few push-ups, triceps dips, and crunches while your toddler hits the jungle gym.

Try This



Interval Aerobic Training Outdoor Routine

- Interval training is exercise that incorporates timed stints of low intensity and high intensity activity.
- To Begin: Find a safe and comfortable outdoor track or trail to perform your routine.
- You will need a stop watch to time the intervals. The routine will be 30 minutes in length.

Warm Up:

For the first 5 minutes begin walking at a slow to moderate pace.

Begin Intervals:

Use a 2:1 ratio for the remainder of the routine. For 2 minutes, walk at a brisk almost jogging pace. Next, for 1 minute, increase your pace to a slow to moderate jog or sprint depending on your fitness level. The 1 minute interval should be challenging enough that you could only maintain it for 1 minute. Continue the 2:1 ratio until you complete 20 minutes.

Cool Down:

For the last 5 minutes return to the starting pace of a slow to moderate walk.



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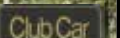
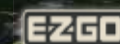
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- 1 packet of stevia



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Born from Necessity

The Story of McCauley Shoes

by: Adam C. Smith

How are great fashion ideas born? From necessity. The greatest fashion inventions in history came from an overwhelming need as much as a creative desire to “make a statement.” From the invention of the zipper in 1893 to the invention of Velcro in 1948, there has always been a certain pragmatism that benchmarks comfort as the starting point for the newest fashion trends. In 2013 one more invention joined this echelon of fashion distinction.

The story of McCauley Shoes is a familiar one to all of the busy moms out there who are balancing a career, motherhood and a social life. Melissa Mulholland was a 28 year old art teacher and soon to be mom from Lexington, Kentucky. Her busy life consisted of running from work to parties, standing in the grassy infield at Keeneland Racetrack and weeknight dinners with friends. When her daughter McCauley arrived in the fall of 2009 things just got crazier.

Finding herself playing the various roles of mother, wife, teacher, entertainer and friend was taking a physical toll on her feet. Like all great fashion inventions there had to be a way to combine comfort with style and efficiency. And then one day while chasing around then 3-year-old McCauley, lightning struck. “One Shoe...endless possibilities.”

It occurred to Melissa that a shoe, much like the endless possibilities of a child’s building blocks, could be stacked and then pulled apart again to achieve the perfect fit for any occasion. But for an art teacher who had no knowledge of the world of patents, materials, cost, or if her idea was even possible, where did she start?

“I went to Google and spent a lot of time there,” says Mulholland. “It is actually a lot easier than you think it would be to get a patent. You just need to put in the time, put in the research.”

When asked what words of inspiration she had for other women with an idea that sits in its infancy, Melissa is modest, “Just get out there and do it, all the information is out there for the taking.”

Indeed, the modern day oracle known, as Google is the divine communication between eager inventor and that unknown abyss of unanswered questions commonly referred to as “cyberspace.” But Google can only answer questions; it cannot offer the moral support and trustworthy advice that can only come from the warm breath of another soul. So Melissa recruited her sister, grandfather, and mother to begin the business, which started with child-play of her daughter and thus took the name of her new company, McCauley Shoes.

In early 2013 Melissa flew to Taiwan along with a member of her church congregation who acted as



her consultant, her patent and some rough sketches of her new invention. The wedge shoe sole technology, which consists of inside hooks & loops that bind the various soles of the shoes together, does not currently exist in the United States.

In Taiwan Melissa oversaw every step in the manufacturing process from the models to the production line. A year later McCauley Shoes introduced the three inch stiletto, making McCauley shoes mix n’ match soles and uppers, now 3 shoes in one.

McCauley Shoes plans to launch a new line of men’s shoes, which would convert the soles so that the wearer could “go from church to playing golf.”

When asked what words of inspiration she had for other women with an idea that sits in its infancy, Melissa is modest, “Just get out there and do it, all the information is out there for the taking.”

A great fashion invention starts with a need, is nurtured by a desire and is grown with love. Melissa says there is nothing more satisfying than watching women mix and match the different colors and heights and accessories that change to create hundreds of different styles of shoes. Like all great inventions it is our inner child that clamors for fun and comfort, and keeps us creating.

For more information on McCauley Shoes, please visit: www.mccauleyshoes.com

“One Shoe... endless possibilities.”



The staff at McCauley Shoes

Podiatry

The Podiatry of the Right Shoes

By: Dr. Nicole G. Freels **KyForward** columnist

It used to be hard to find the perfect pair of shoes that are both comfy and stylish. Now it's no challenge to find shoes that benefit both your fashion ego, as well as your health. Did you happen to see Julianne Moore at the Cannes Film Festival this year? She looked gorgeous in her pale lilac Dior dress, but her pinky toes were sticking out of the sides of her open-toe heels!

Where was her stylist and more importantly, wasn't she in pain? There was clearly not enough room in the toe box if her toes were spilling out of the shoe. She put style above comfort and ended up failing at both. **BIG TIME!** She is proof that anyone, even celebrities, can have a fashion

mishap. Here's another example. Businesswomen often have problems picking out a great go-to shoe for wearing to the office. Take Elise for example. She's a team member at Lexington Podiatry and she made the mistake of thinking that just because her favorite heels had a round shape instead of pointy toe, she was being responsible with her choice of

I felt her shoe and noticed that the tips of her toes were right up to the edge of the shoe. The best way to illustrate this to her was to take an x-ray. Her toes in those shoes were really crammed together and were even causing her bones to shift. A pair of shoes with a wider toe box would be a much better fit for her! You're probably wondering – what

“I suggest McCauley shoes to my patients because they are a gorgeous, biomechanically correct shoe that can transform from a high heel to a lower heel in seconds. I believe that if the option is BUILT IN, women will be more responsible.”

~ Dr. Nicole Freels of Lexington Podiatry

shoe did I suggest for Elise? Well, even though I caution my patients about the perils of high heels, they are going to wear them anyway. So, I have a great compromise.



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ALYAN

HOW 2 SMALL TOWN GIRLS

Earned Their Place in The Country Music Scene

by: Adam C. Smith



It takes spirit, it takes talent, but most importantly it takes believing in yourself to succeed in the music business. This is the mantra of Kentucky's hot new country/rock duo, Aly'An.

Alyson and Andrea grew up in the small town of Burgin, Kentucky (pop. 1000) where they competed against each other in local singing competitions and jamborees. It was their passion for music brought them together, and with the help of Andrea's father, also a musician, began touring the little towns of central Kentucky as "The Wild Roses."

Aly'An share more than a love of singing and performing. There is an underlying sense of competition and message that echoes in the chorus of their vibrant harmonies and edgy rock power-ballad anthems. This "in your face, do or die trying," attitude goes back to their early days of musical competition as well as in collegiate-level basketball. Both performers share a very strong work ethic that is both inspiring to aspiring artists and intoxicating to their crowds of fans.

It is this fearless attitude that pushed Aly'An from the sweet-faced little girls that played at local festivals in to the edgier country/rock duo Aly'An. Warner describes the duo's evolution as a musical maturity that is "feminine, powerful, and creative." This transformation came with realization that the ruthlessness of the music business is not for the faint of heart and if Aly'An was to succeed the duo needed to show that they could compete.

However, being from a small town carries a responsibility that must be respected. "It's a fine line sometimes," says Warner. "We are from a small town with good morals and we are always representing our town. But we are also performers." The range of shows that Aly'An plays is vast; playing everything from the family oriented Kentucky State Fair to Toby Keith's whiskey fueled country bar in Detroit.



"This is what we want to do with our lives. We don't think we could be truly happy doing anything but singing and performing,"

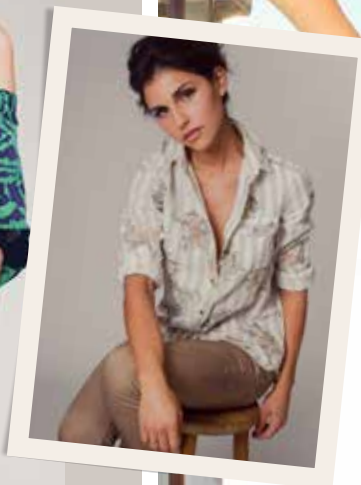
But herein lies the strength of a successful musical group, the ability to adapt while still maintaining core values and goals. And for Aly'An attributes are simple and strong. "This is what we want to do with our lives. We don't think we could be truly happy doing anything but singing and performing," states Warner.

Aly'An has shared the stage with some of country music's biggest names, including: Thompson Square, Heidi Newfield, Marty Stuart, Ashton Shepherd, Confederate Railroad, Bucky Covington, Florida-Georgia Line and Trent Tomlinson. They were invited by NASCAR's Earnhardt family to perform at some of their most prestigious VIP events. They were also selected as one of the only musical acts to perform at the October 11, 2012 Vice-Presidential

Debate in Danville, Kentucky.

A self described mix of Journey meets the Dixie Chicks, the message of Aly'An is "feel good" music that inspires. "Hard work pays off," says Warner, who when she is not touring with Aly'An works with her husband on the family farm. In one of the most competitive industries, especially for female acts that account for far less than male musical acts, it is the strength of Aly'An that has pushed the band above the cut. Warner remarks that her band was one of the first female fronted acts to play at a bar in Florida in the last 17 years. But when she reminisces about a little girl who approached the band after a show in Indiana, full of hope that she could one day be up on stage as well, she can't help but mention one of her favorite songs to perform, Journey's, "Don't stop Believing."

For more information on Aly'An, visit www.alyanmusic.com



SPRING CLEAN your CLOSET + UPDATE your Wardrobe

By: Whitney Alexandra

Purge

This process can be rather exhausting, but try everything on! If you feel hesitant, set the garment aside and come back to it. Get rid of all items that are too large, too small or the wrong colors for you. Everything should fit you today! Also, it is time to part ways with clothes that you have not worn in over a year except for special occasion pieces!

Keep your basics

Basics are key to building the remainder of your wardrobe. Denim, bottoms, leggings, blazers, tanks, and tees all play a factor in your daily attire. Make sure they fit properly, since they are essentially the key to

keeping your wardrobe updated in the most economical way.

Invest in good quality hangers

It is important to invest in good quality hangers for a few reasons.

- Hangers keep your clothing looking the way that they are supposed to.
- Hangers help to give your closet more space.
- Hangers help maintain the organizational flow in your closet.

I recommend a skinny - multipurpose felted hanger that can be used for shirts, pants and dresses.

Organize your closet by color and type of garment

When you organize your

clothing according to color and type of garment, you will easily and quickly find what you are looking for. Everything will be in clear sight, giving you many more options to work with when putting an outfit together. Just imagine the time you will save in frustration.

Go shopping

Now that your closet is clean and updated, let the spring shopping adventure begin. Here are five spring trends to add to your closet:

- Metallic Colors
- Floral Prints
- Artsy Prints
- Pleats
- Slouchy/Boyfriend Pants

Photography by Nick DuPlessis

TOP 10 brain boosting foods for kids

SCHOOL IS BACK IN SESSION, AND IF YOUR CHILD IS GOING TO BE AN ACADEMIC STAR THIS SCHOOL YEAR, HIS DEVELOPING BRAIN NEEDS WHOLESOME NUTRITIONAL SUPPORT TO PERFORM AT GRADE-A LEVELS.

These top 10 brain boosting foods contain either one or of all of the following super ingredients, fiber, omega-3's, choline and antioxidants, all of which help fuel the brain and sustain energy throughout the day. Do your part as a parent and help nurture your child's noggin by including these healthy foods in your child's diet every day.

1. Peanut butter
2. Nuts and seeds
3. Yogurt
4. Eggs
5. Oatmeal (whole grains)
6. Fruit (Berries)
7. Veggies
8. Beans
9. Fish
10. Lean beef



SAMPLE MEALS



Breakfast:

1 scrambled egg, 1 cup of oatmeal, 1 cup of juice (not from concentrate)

SNACK: Yogurt, berries

LUNCH: Peanut butter and jelly sandwich on whole grain bread, 1 banana, 1 cup of milk
SNACK: Trail mix that includes their favorite nuts, carrot sticks

DINNER: Grilled fish, steamed mixed veggies, whole grain dinner roll

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Many cosmetic products contain harmful ingredients that can actually dry out skin, cause irritation, and upset natural pH levels. If you have been searching for an effective treatment for fine lines and wrinkles, an all-natural product like honey may just be your answer. Ancient Romans and Egyptians recognized the benefits of raw honey centuries ago, even hailing it as liquid gold. Honey is still a precious product and is effective as ever in helping with innumerable skin conditions. Cosmetically, honey is especially esteemed for its ability to moisturize the skin. Since wrinkles are often a result of moisture deprived skin, a powerful moisturizer is an absolute necessity for obtaining smooth skin. One of the principal reasons why honey is a known wrinkle fighter is because it is a natural humectant. It helps the skin both absorb and actively retain moisture.

Honey is indeed a superior all-natural product choice. It does not contain alcohol or parabens like most beauty products so it will not dry out your skin or leave a residue—just smooth and silky skin! Choose raw honey that has not been heated or strained, this will ensure it still retains all the minerals, enzymes, and other properties that provide its unique skin healing power.

SWEET AS HONEY MOISTURIZING MASK

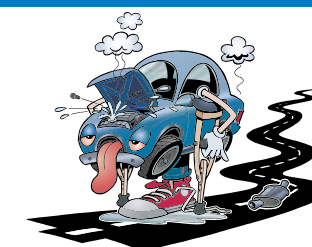


- 1/2 tbsp of organic raw honey
- 1/2 smashed banana
- Mix together and apply on the face with fingertips.
- Allow to sit on the face for 30-60 minutes then rinse.
- Apply mask once per week for silky smooth skin.

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Travel

How to succeed in FAMILY TRAVEL

By: Michele Poche

Shh. Listen. Can you hear it? That's the sound of another school year mercifully coming to an end. Personally, I can't wait. Because aren't we as parents just as excited about getting a break from helping our kids with social studies projects, long division and Huckleberry "I-had-to-read-it-four-years-in-a-row" Finn? Never fear, my friends. Summer is just around the corner. It's the season of flip flops, looser schedules and family vacation.

Relax.

I'm kidding. Not every family trip is taken from the pages of a National Lampoon script. With a little advance planning and some fast thinking, you and your brood can be on the road to making some great family memories and maybe even growing a little closer this summer. (Oh, stop laughing and just keep reading.)

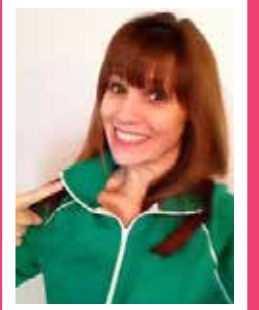
Snacks.

Small, individually-wrapped stuff works best. It's easier to distribute and there's no messy preparation. Speaking of which, the less crumbly, drippy and oozy, the better. Because, chances are, you won't be doing any laundry on vacation. Just remember, if you wouldn't eat it in a wedding dress, don't bring it.

Music.

It's important for every age. It can keep travelers happy, relaxed and occupied. But I have yet to find

music that appeals to a baby, a toddler, a middle schooler and a teenager. (I'm not including you here because, as we both know, your needs don't count.) So bring headphones and individual devices along for the journey. And expect to learn the lyrics to all of their favorite songs. Because headphones only keep you from hearing the song itself. The deafening sounds sweet serenade of your children is another story.



Michele is the founder of an award-winning blog about whatever craziness crosses her family's path. She is a freelance writer for various websites, magazines and newspapers and is always looking for new projects. As a married mother of two from New Orleans, she is actively involved in her children's lives and has served as everything from Room Mom to Brownie Leader to even PTA President.

Games.

It's one of the best ways to interact as a group and pretend it's the 1950's again. Whether it's ISPY, license plate bingo or maybe even something we brought.

“In America there are two classes of travel — first class, and with children.” — Robert Benchley



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SANCTUARY



Creating a sanctuary in your bedroom means suiting your surroundings in that bedroom to your personality. You should ask what does sanctuary mean to me? If you share the bedroom, that question needs to be asked of both of you.

Sanctuary brings to mind a sense of peace, harmony, and calm. It should inspire restfulness and pleasure. How you bring that to your bedroom is a matter of individuality and personal style. Whatever styles you choose must make you feel comfortable if your bedroom is to truly be a sanctuary.

For a bedroom to be a sanctuary, comfort should be a main focus. This focus involves many elements. First of all, the bed should be comfortable. The mattress needs to be a place where rest is accomplished and support is given so your body can take a break from supporting itself all day. Bedding should be of a weight and fabric that you personally find comforting. Bedding should feel great against the skin and be neither too hot nor too cool. The correct temperature in the room is vital and often a point of contention for couples with different bodily temperature gauges. Some folks like the window open and others love air conditioning.

Remember to use mattress pad to add extra comfort and really great pillows. Your pillows should be of the shape, size, and amount of support you comfortably. If you love to read in bed and so reading pillows are a must in your bedroom. The smoother, higher thread count sheets are more comfortable year

round. Stay away from satin sheets if you wish comfort, but consider flannel soft sheets for cold weather.

Your bedroom sanctuary should also be about convenience. You should have adequate lighting to read and soft lighting for romance. You should also be able to block out all light for times when sleep is necessary or you have a migraine. Having a nightstand with everything you could possibly need means less midnight trips to find stuff in other rooms. Sleep is less disturbed if you do not need to actually get up.

To make your bedroom a true sanctuary, you must decide if you wish to have a small TV in there or if that would take away from the peaceful feel of the room. Having the ability to play music in your bedroom adds an element that can be romantic, soothing, or uplifting depending on what you need at the time.

Adding fresh flowers or plants can be a beautiful, healthy addition to your sanctuary.

If you keep your bedroom your private place allowing no one else in unless it is your idea and follow these tips for comfort, convenience, and beauty, your bedroom will be a sanctuary.

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