

Coastal Power Women!

Professional Organization of Women Encouraging Referrals

American Business Women's Association (ABWA)
Coastal Power
Express Networking
Myrtle Beach, South Carolina
www.coastalpowerwomen.com

Message from the President!

Well... as many of you know by now, I have been going through chemotherapy treatment for breast cancer since June. Although this has been quite the ordeal, I have remained steady and committed to beating cancer (again!). Well, to update everyone - I only have 3 more treatments! In about one month, I will be able to claim victory once again and move forward!

I want to express my thanks and gratitude to all of those who sent prayers and well wishes for me during the past few weeks. I am so thankful and blessed to have such amazing women in my life! Every one of you has been an inspiration for me as I have gone through this ordeal.

A dear friend of mine sent me a card that had the following poem on it and I wanted to share it with all of you. Every person I talk to either has had cancer, has lost a loved one to cancer, or knows someone that has cancer. Basically... cancer touches everyone. So, the next time you talk to someone who has or is dealing with cancer, share this poem with them:

What Cancer Cannot Do

Cancer is so limited.
It cannot cripple love.
It cannot shatter hope.
It cannot erode faith.
It cannot destroy peace.
It cannot silence courage.
It cannot suppress memories
It cannot kill friendship
It cannot erode the spirit.
It cannot conquer the soul.

I look forward to seeing everyone at our meeting in August! By the way... have you had your mammogram this year???

Angela Kegler McDowell
President

July 30, 2007

Volume 1, Issue 7

Inside this issue:

Nutrition gaps
with our children 2

Horse Tidbits 2

In Case of Emer-
gency—ICE 3

Essential Mas-
sage introduces 3

Lots of new
things at Her 4
Body & Soul

Are you ready
for the next 50 4

Next Meeting:

Tuesday
August 7, 2007

12-1:30

Magnolia's Restaurant
2605 N. Ocean Blvd.

Myrtle Beach, SC 29577

Meet in the
conference room. Buffet
lunch \$10 per person.

Nutritional gaps with our children!

By the early teens, most children receive less than 50% of the RDI of key nutrients. Reliv Now® for Kids bridges this nutritional gap with a broad base of essential vitamins, minerals and micronutrients necessary to keep growing bodies healthy, and to help boost energy and mental performance. Fortified with cell-protecting antioxidants, 5 grams of non-GMO whole bean soy, plus the “brain-building” nutrients *DHA, PS and PC*. One shake a day is all it takes. Ideal for children ages 2-12.

Chocolate or vanilla flavor.

For More Information Call: Sheila Karsevar at 843-568-9522 or email sheila6reliv@yahoo.com



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**Fall fashions on tour
Aug. 7 thru Aug. 14.**

*Etcetera fashions can be pre-
viewed at www.etcetera.com.
We will have over 100 different sepa-
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*You try on the samples and we will
order your size.*

Contact Mary Ann at
267-664-0883

Horse Tidbits — Lessons, Ring Riding, Day Camps!

We take pride in not only teaching you to ride, but we also teach you some horse smarts as well. We'll teach you tidbits of horse information that will help you understand the natural behavior of horses. Learning about how horses think will help you be ready for handling horses on the ground, and overcoming obstacles while riding.

Lessons

Learn from the ground up by grooming and preparing your horse for your lesson. Enjoy riding in our outdoor ring and on our trails. Lessons are private and adapted to you. Beginners welcome!



Ring Riding!

For those who already know how to ride and just want to spend some time on a horse. Join us in our outdoor ring!

Day Camps!

9am–2pm or 3pm-8pm

Age 6 and up (semi-private camp — space is limited)

Includes drinks, lunch, crafts, horse care lessons, barn skills, riding lessons, arena games on horseback and a trail ride.

Call for details! 843.685.5485

Tammy Watier

Instructor and owner of the Horse Tidbits horses.
www.HorseTidbits.com

In Case of Emergency! ICE

ICE Campaign - "In Case of Emergency"

We all carry our mobile phones with names & numbers stored in its memory but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends.

If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call.

Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency?

Hence this "ICE" (In Case of Emergency) Campaign The concept of "ICE" is catching on quickly.

It is a method of contact during emergency situations. As cell phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during emergency under the name "ICE" (In Case Of Emergency).

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose. In an emergency situation, Emergency Service personnel and hospital Staff would be able to quickly contact the right person by simply dialing the number you have stored as "ICE".



For more than one contact name simply enter ICE1, ICE2 and ICE3 etc.

Submitted by Kate Jensen

Fulfilling Dreams

CruiseOne-Myrtle Beach

Visit my website today: <http://www.cruiseone.com/kjensen>

Essential Massage introduces...

Essential Massage would like to introduce a new massage therapist-Elaine Sweet, and a new esthetician-Ami Romano!

So Essential Massage Therapy and Day Spa now offers facials, body wraps, and couple massages.

Specials are: Massage and Body Wrap-120min-\$125 and Massage and Facial-120min-\$115.

Suzanne Adams

Essential Massage Therapy

<http://www.essential-massage.net/>

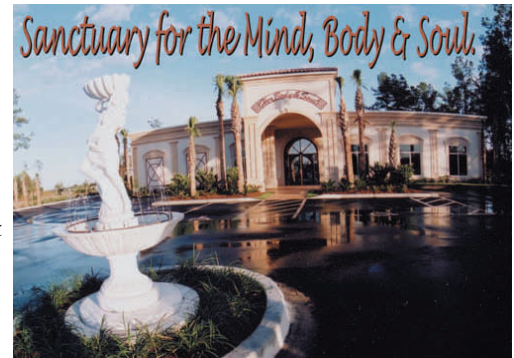
Lots of New Things at Her Body & Soul Spa

A lot of new things are going on at Her Body & Soul.
We are adding His Body & Soul!

Men would come with their wives and said they didn't think they could come in because of the name. Well, now they will know they are welcome. Under Her Body & Soul on the front of the building will be His Body & Soul. We will also be putting in mineral baths and mud baths for our clients to use in a private room either before or after a service. We also carry our own line now called HBS..... for Her Best Skin and His Best Skin.

Come see us!

Beth Marcis
President
843.650.7685



Are you ready for the next 50 years?

Lindsay Madding, of Livingston, Montana, is only 51 years old, but not so long ago she felt like she was falling apart. Due to bone and joint discomfort, she wasn't sure how much longer she would be able to clean houses – the best way she knew how to make a living.

When she turned to her sister in despair one night, Lindsay learned about Reliv. She went to a meeting and started the products right away. Other treatment options had failed her.

"I couldn't even pick up any of my eight grandchildren," she says, recalling the pain.

After eight weeks, Lindsay's knees felt much better, and at three months she felt like her pain had been cut in half. Troubling menopause issues were no longer a problem either, and she was pleased to be sleeping through the night.

"My body was ready for this great nutrition, and I have a better sense of who I am," she says. "I'm ready for the next 50 years. I want to watch my grandkids get married and I'm going to be there for that. With these products and this amazing company, I'm truly blessed."

For more information please call Sheila Karsevar at 843-568-9522 or 843-650-3937.