

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!

Dear Coastal POWER Women,

Can you believe that another summer has come to a close? Whew... we got through it! Fall marks for me a time to "go back"...

- My children (and me too) "go back" to school
- As an adjunct professor, I "go back" to work along with other educators
- The tourists "go back" to where they came from
- My business (and life) will "go back" to some sense of normalcy
- My clock will "go back" an hour shortly

Well, for us at ABWA, we have an opportunity to "go back" as well. As August comes to a close, we should all "go back" and review our lists of friends, coworkers, and women business networks to see if we have invited them all to our meetings. September marks the beginning of the Fall Membership Campaign and we all play a part in inviting women to participate in our group.

I would like to ask each of you to think of just three women that you will commit to invite to our meeting during the month of September... just imagine how big our October meeting would be if all brought three guests! Your involvement in ABWA opens the door for countless women who need support and networking for their business. All we have to do is ask them to come!

Thank you for including the ABWA Coastal POWER Express Network into your busy summer! I can't wait to see you when we "go back" in the fall!

Looking forward to exchanging ideas,
Angela Kegler McDowell
President

August 30, 2007

Volume 1, Issue 8

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Next Meeting:

Tuesday
September 4, 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.

Celeste Perez Attends National Conference in Houston

Celeste Perez of Surfside Beach attended the 2007 PartyLite National Conference which took place in Houston, Texas from July 25-28th. PartyLite, the world's leading direct sales marketer of home candle décor and fragrances, helps independent sales representatives, called Consultants, start and maintain their own successful businesses.

Participation in this year's National Conference included a range of activities for the more than 6,000 participants, from elaborate stage productions and innovative business seminars to fun awards ceremonies. PartyLite also celebrated the success of their personal fund-raising efforts on behalf of the American Cancer Society, which resulted in donations of more than \$9 million over the last 9 years.

Celeste began her own personal business as an independent Consultant for PartyLite in 1995. She currently provides customers in the Horry and Georgetown areas with premium quality candle décor and home fragrances and also assists with developing and training new Consultants.

For more information about products and career opportunities with PartyLite, visit www.partylite.biz/celeste or contact Celeste at 843-655-0894.

Her Body & Soul is now offering:

Minerals Baths before your massage to help ease the pain of arthritis and any joint pain as well as detoxify the body. This treatment is great for runners.

Massage Therapy for Golfers from His Body & Soul. A treatment that is designed specifically for the golfer enthusiasts includes a mineral bath to help with muscle pain.

Call for your Appointment soon.
843-650-7685.

Kimberly Dahlin heads to the Bahama's!

Kimberly Dahlin will once again be attending the 2007 Top Agent Retreat sponsored by Century 21 at the Atlantis, Bahama's Sept 6-9th. The Top Agent Retreat recognizes the top 6% producers for Century 21 nationwide.

For your personalized "top agent" service, call Kimberly at (843) 602-6023.

Laws Women Live By—Just Pickin'!

I hope you all enjoy these LAWS WOMEN LIVE BY:

1. Don't imagine you can change a man - unless he's in diapers.
2. Never let your man's mind wander - it's too little to be out alone.
3. Go for younger men. You might as well - they never mature anyway.
4. Men are all the same - they just have different faces so that you can tell them apart.
5. Best way to get a man to do something: suggest he's too old for it.
6. Love is blind, but marriage is a real eye-opener.
7. If you want a committed man, look in a mental hospital.

8. The children of Israel wandered in the desert for 40 years. Even in biblical times, men wouldn't ask for directions.

9. If he asks what sort of books you're interested in, tell him checkbooks.

10. Remember, a sense of humor does not mean you tell him jokes; it means you laugh at his.

Hope these "LAWS" brighten your day !!!

Submitted by
Sarah Johnson

*To all of our GUYS out there. We still love you!
We are just having a bit of fun.*

You're Invited to a Reliv Special Event!



As a retail store owner, Mindy soon discovered she was working long hours, leaving little time for her young daughter. Leaving that behind, she has been able to work her Reliv business around her daughter as a single mom, and built an incredible income that has enabled her to live the lifestyle she's always dreamed of without selling her soul to corporate America or sacrificing precious time with her daughter!



John & Rosemary had both lost their jobs, were facing huge debt and the possibility of losing their home when they were introduced to Reliv. Within two years of sharing the hope they'd been given for their health and finances, they were earning a six figure income, and traveling the world with friends and family!

Reliv has been recognized recently by leading business publications such as BusinessWeek, Forbes, Fortune and Success from Home as one of the fastest growing small companies in the US! – The time is right for Reliv!

Date: Friday, September 7th
Time: 7:30pm - 8:30pm
In Myrtle Beach!

For more information and exact location call Sheila Karsevar at 843-568-9522 or email at sheila6reliv@yahoo.com

Some Things You Need To Know If You Are Self-Employed

Amber McCann, CPA

Tax Seminar – The Taxpayer's Guide to Running a Successful Business

This class will provide an overview of many tax issues that are pertinent to most business owners. There will also be an opportunity for a question and answer portion allowing you to be a little more specific with your questions. I am certain that we will cover something that will benefit you in some way either financially, or through better planning or even just gaining the knowledge necessary to run a profitable business in today's business climate.

The cost of the class will be \$110.00 just over an hour of consulting (and is a business deduction). I will provide you with hard copy information for you to take notes on and take with you and use in your business. Afternoon snacks will be provided.

Please RSVP at 843-455-6985 so that I can be prepared for the number of people attending. Also, please feel free to invite anyone that you feel could benefit from this information.

Date: September 19, 2007
Time: 2:00 p.m.
Location: Your Cup Runneth Over Coffee House
700-D Hwy 17 S Business – Surfside Beach

Office: 843.455.6985
Fax: 843.903.0043

The greatest compliment that you can give me is the referral of your friends and family.

Recipes!

The Ultimate Barbecued Ribs

- 2 slabs baby back ribs (about 3 pounds)
- Kosher salt and freshly ground black pepper
- Extra-virgin olive oil
- 2 bacon slices
- 4 sprigs fresh thyme
- 1/2 onion
- 3 smashed garlic cloves
- 2 cups ketchup
- 1 cup peach preserves
- 2 tablespoons Dijon mustard or 1 tablespoon dry mustard
- 2 tablespoons brown sugar
- 1/4 cup molasses
- 2 tablespoons red or white wine vinegar
- 1 teaspoon ground cumin
- 1 teaspoon ground paprika



The Ultimate Baked Beans

- 1/2 cup molasses
- 1/2 cup ketchup
- 1/4 cup Dijon mustard
- 1 canned chipotle chiles in adobo
- 3 big (28-ounce) cans cannelloni beans, drained and rinsed
- Kosher salt and freshly ground black pepper
- 8 slices pancetta
- Leaves from 6 fresh rosemary sprigs
- Extra-virgin olive oil



Ultimate BBQ Ribs

Preheat the oven to 250 degrees F. Put the ribs on a baking sheet, season with salt and pepper and drizzle with olive oil. Stick them in the oven, and let the ribs bake, low and slow for 1 1/2 hours.

Meanwhile, make the sauce. Wrap the bacon around the middle of the thyme sprigs and tie with kitchen twine so you have a nice bundle. Heat a 2-count of oil in a large saucepan over medium heat. Add the thyme bundle and cook slowly for 3 to 4 minutes to render the bacon fat and give the sauce a nice smoky taste. Add the onion and garlic and cook slowly, without coloring, for 5 minutes. Add all of the rest of the sauce ingredients, give the sauce a stir, and turn the heat down to low. Cook slowly for 20 minutes to meld the flavors. Put some sauce in a separate bowl for basting, reserving the remaining sauce for serving.

Baste the ribs with the sauce and let them continue cooking, basting twice more, for 30 more minutes. When the ribs are cooked, take them out of the oven. You can let them hang out like this until you're ready to eat.

When ready to eat, preheat the broiler for 5 minutes and broil the ribs, basting with the sauce. They should become crisp and charred, about 5 minutes on each side. Pick the onion and garlic out of the sauce and serve with ribs.

Ultimate Baked Beans

Preheat the oven to 350 degrees F.

Put the molasses, ketchup, mustard, and chiles in a blender and puree. Scrape that into a big bowl, add the beans and season with salt and black pepper, and gently toss so that the beans are coated with the molasses mixture. Divide the mixture evenly amongst individual crocks. Top each crock with a piece of pancetta, sprig of rosemary and a drizzle of extra-virgin olive oil. Bake in the oven until the bacon is browned and fat is rendered, about 25 minutes.

Submitted by Angela Kegler McDowell