

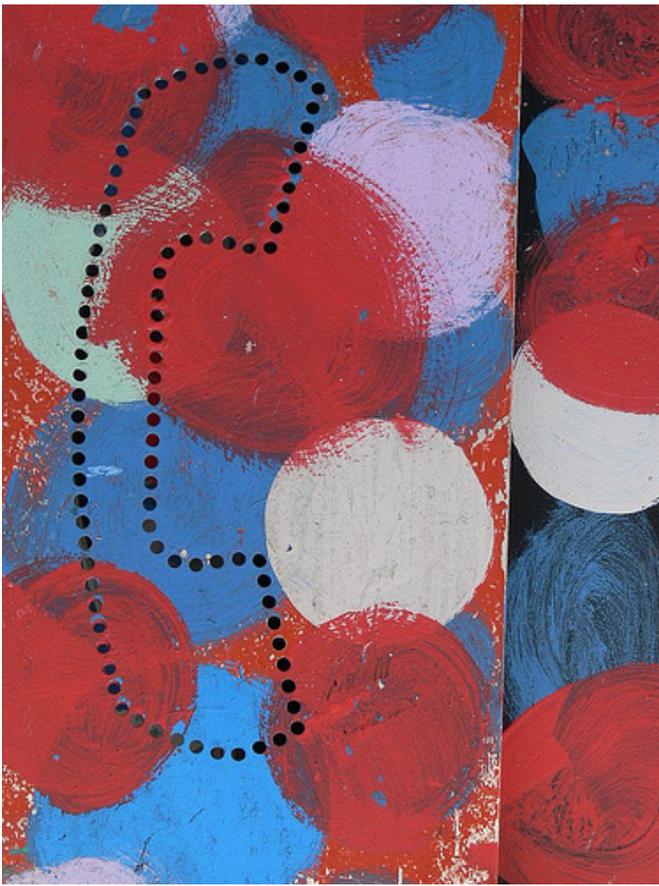
# Peace UP<sup>®</sup>

A Magazine to Empower and Enrich Today's Inner-City Woman

September 2008

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# Get It On Sale

Last Fling for Hot Weather Looks By Nadine Raphael & Hilthia Diaz

**F**ashion and style are not just keeping up with the latest trends. Instead they become an outlet for your personal sense of creativity and imagination. Being “in fashion” is really about creating your own look and feeling confident about it.

With that said, we are living in a questionable economy, so we have to use financial sense when displaying fashion sense. Most of us enjoy looking good but do not enjoy the financial setback looking good can bring. Here are some fashion advice and ideas to those on a budget.

Look for great buys that cost less. Nothing works better than one outfit that you can wear three different ways, depending on where you’re going. Here is a very clean look that can be dressed up for a night out or dressed down for weekend wear. These trend-setting looks were accomplished for under \$80 (including shoes and accessories).



## Work Look:

This look is clean and professional. Pair a high-waisted pencil skirt with moderate length with a classic white button-down shirt. Add a simple but eye-catching silver choker. Go with a black hobo or tote bag. To pull off this look, wear a moderate, but comfortable heel. And you’re ready for work! (Pencil skirt=\$14/white shirt \$15/chain=\$2)



## Evening Look:

Take the pencil skirt and the button-down shirt to another level by simply leaving the shirt untucked and adding an oversized, black-rouged (style of material that’s scrunched together) belt. Try black leather peep-toe pumps. Add a rouged clutch to accent the belt. This outfit is stylish and flattering on any body type. (shoes/pump=\$15/belt=\$8/clutch=\$8)

## Weekend Look:

This is a very simple look. Wearing the same pencil skirt, we paired it with a bright ribbed tank top (for added contrast) and black flip flop sandals. Go with a set of black and silver bangles. Add a long silver chain to make a stronger fashion statement. The bag should be hobo or tote (big but not overpowering). (sandals=5/tank top=\$5/set of bangles=\$6)



Now you’ve created three different looks from one main outfit! Remember, you wear the outfit; the outfit shouldn’t wear you. Fashion is only an extension of your personality/creativity. Now go, be beautiful, be creative—but more important, be confident!

*All items were purchased from your neighborhood D.O.T.S*

**Model, Hilthia Diaz**

# Broken Pieces

Crystal Wacker

I packed the box myself. Maybe that should have been my first clue.... But as I wrapped up my special dishes to ship them from Los Angeles, California, to Brooklyn, New York, I didn't realize their fate was sealed.

I knew it wasn't a good sign when I heard clinking sounds as the box was delivered. Sure enough, the plates were in broken chunks.

*What a waste. Can't use these!* I disgustedly thought.

Fortunately, my dad thought ahead enough to have the box insured. I went to the post office with my box of broken plates and filled out the forms. The clerk said I could get replacement cost, though I didn't see how they could be replaced since the plates were from Israel. But at least I had money in hand.

Then the clerk reached to take my box to the back to throw it in the trash. Rather shyly, I asked if I could keep the box.

"We can't give it to you. Besides, why would you want it? They're broken plates!"

"I know, but I want them." (I had read a magazine article about an artist who took broken pieces of china and made picture frames and furniture and all sorts of beautiful things with them. Maybe I could do something with the broken pieces.) "Please could I have the box? It's just going in the trash...."

By now at least three men were certain I was crazy and insisted that "rules are rules." They could not give me the

box. One lady clerk, however, caught on to what was happening and looked me in the eye and asked, "You want them for something, don't you?"

"Yes," I said with a rather embarrassed smile. "I do."

She walked with determination by the three men who were certain that no one gets a box back after an insurance claim on it had been filled. She grabbed the box and handed it over to me.

With a huge smile, I thanked her and left that crowded post office with my box of broken ... treasure.

However, since I'm not much of a project person and I'm usually pretty busy, I never got around to working on it. So the box was left in the basement. Then came the time to move. You guessed it. I packed and shipped

... a box of broken china ... to Florida. Someday, I thought, *I'm going to make something out of that broken china.* I was convinced that those broken pieces could be made into something beautiful.

It's kind of like you and me. Sometimes we think we're doing a good job of taking care of ourselves, but unexpected things happen.

The next thing we know, we're broken into pieces. We don't feel useful. We used to be pretty, but now we feel used and ugly—good enough to be tossed into the garbage, but that's about it.

People around us pretty much agree. Broken. Useless. The rules say, Unless you live exactly this one way if you messed up—to the garbage dump you go!

But an artist comes along and thinks, *I can use those broken pieces and make something beautiful out of them.*

And on a bright, sunny day, he pulls out the box. He also grabs an old table that was cast aside in the basement. He's going to make a new creation.

He cleans off the surface of the table. He carefully takes out the broken pieces, looks them over, and a plan forms in his mind. He may break the pieces even more to make them fit together better. Carefully, looking for the best angle, he glues down the broken pieces.

Does this sound a little bit familiar? Jesus looks at our broken lives and rescues us from being thrown into the dump. He sees what no one—not you yourself or anyone else—can see: a woman, though broken, with great potential. With a little help, she can



be made into something quite useful, beautiful, and worth more than money can buy.

At first we squirm as He picks us up. Even if we're broken, we like calling the shots. Sometimes we don't like being committed to something or Someone. But after awhile, we get kind of used to it and we settle down.

# Women's Self Defense

Violent crime can occur at virtually any time and at any place without warning. Two out of three women will experience some type of violence in their lifetimes.

How you respond to such an alarming event could mean the physical safety of yourself or your loved ones. There are many smart ways to deal with a violent crime towards you.

- 1) Avoid potential violent situations—be aware of your surroundings!
- 2) Run
- 3) Talk your way out
- 4) Fight to escape

Using force to escape should be your last resort. But once chosen, you must commit to it 100%!

Some of the best natural weapons that you possess are your elbows. The tip of the elbow can deliver tremendous power to many vulnerable parts of an attacker's body, such as the jaw, ear, temple, neck, nose, eyes, mouth, top of the head, ribs, stomach, and groin. The elbow can be delivered with speed and force from a variety of angles. Forward, backwards, from the side, up or down.

To learn more about women's self-defense, seek out a trained professional in the combat arts.

**Patrick Ramsey** is the chief instructor of Transcend Martial Arts & Fitness and the founder of Woman's Force Self-Defense Seminars. He has over 28 years of martial arts experience and holds advanced ranking in karate, jui jitsu, okinawan weapons, and boxing.



Just as we get used to the place He's put us, the artist puts this grout all around the broken pieces. It's sticky and it's different again. He carefully wipes and cleans the top of the china piece. Now more than ever, we're connected to other broken pieces. He's making an entirely new piece by putting broken pieces together and holding them together by the grout.

Finally it's finished.

A work of art made out things tossed aside and broken.

People come by and "ooh and ah" over its beauty.

Oh, you think, *I couldn't be beautiful after all the stuff that's gone on in my life.* You may even have family members around you who would agree with you.

But the artist, the One who can take broken pieces and make something brand new, says, "Oh, but you're wrong. You are beautiful. I see what you can't see. I can make a brand new you with the broken pieces you give me. Let's just see what I can do!"

Feeling broken and tossed aside today? Reach up to Jesus to take your brokenness. He'll probably have some work to do on you, and it may take awhile. But if you let Him, He'll make you into a woman who not only was rescued out of the dump, but made into a beautiful work of art. And like the table, wherever you live and work will be a much better and prettier place just because you're there.

Trust the Artist,  
Crystal Wacker



# “My Merry Go Round Masquerade Party”

by Babs Kincaid

Don't you just love a masquerade party? I do. I can let my imagination soar and have fun with putting together a fascinating outfit! Then the party's over, and though I always have a spectacular time, I have to figure out how to put the costume away. Truth is, I don't have so much trouble with the costume, but the mask—now that's another story.

I used to own many masks, but they weren't the kind you put in a box. I had grown fond of my many masks, and I attached a certain comfort level to them. I just loved hiding behind them. I didn't even realize that I had such a colorful habit going on. I lived in denial over all the emotional sickness that was going on within me. I was the adult child of an alcoholic, and I had learned to take care of myself in a defensive manner. So early in my childhood I acquired a supply of colorful masks to carry me through the chaos in my life! My masks came in handy to camouflage who I really was. I lived in so much denial that I rarely had time to figure out who I was. The masks just kept me protected and less challenged to show my true identity. My masks kept my secrets well hidden behind my game-playing.

You might wonder what masks I wore outside of my house. So I don't wear you out, I'll only disclose my top seven masks.

1. My Party Mask—This mask was to be worn at all social events. I just loved wearing my happy face to hide my years of childhood sorrow. Wasn't I just the darling life of the party now! What a great smile!

2. My People-Pleasing Mask—This mask was to be worn to validate my worth and earn bonus points to gain acceptance. Wearing this mask was a tiring effort and made me often feel resentful. Saying 'yes' to everyone's requests just kept me burnt out.

3. My Victim Mask—This one was worn when I need to stand on my highly decorated soapbox and stroke my needy ego. This one came with the added power pack of anger and self-pity. I could get all the extra attention and sympathy in my drama queen role with this mask! Don't you just feel sorry for me?

4. My Religious Mask—This mask was reserved for all church events to show that I was totally fine and a class-act church member. I loved telling everyone that I was, “FINE, thank you very much.” A more truthful (recovery) translation is, “Freaked out, Insecure, Neurotic and Emotional.” But this mask kept my lies intact.

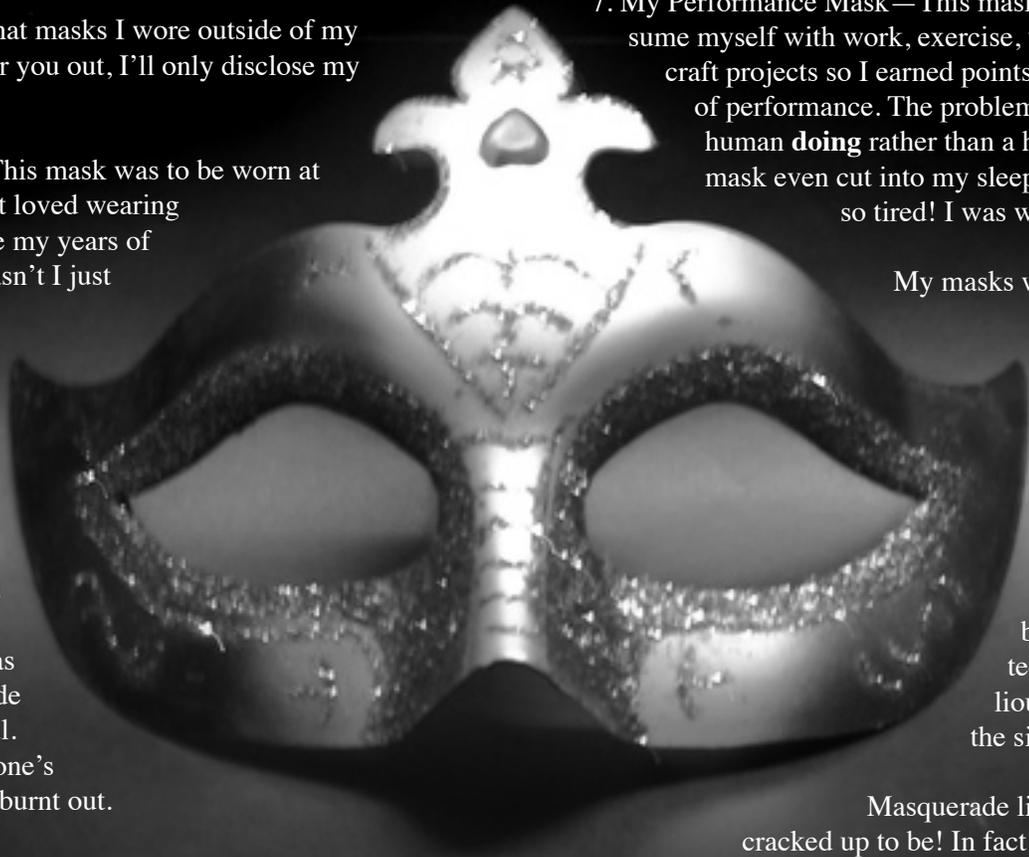
5. My Rescuer Mask—This mask was worn when I needed to save someone else in crisis so I could avoid my own painful problems. It came in handy whenever I jumped in to save the day and became the hero. After all, weren't everyone else's needs more important than mine? Wasn't I just Superwoman?

6. My Busy Mask—This mask allowed me to fill my emotional needs with empty fillers like shopping-till-I-dropped, marathon TV watching, and endless surfing on the web. Watch me fill my calendar with so many activities so I don't have to be quiet and deal with my problems. Keeping on the treadmill kept me from going anywhere with a real purpose.

7. My Performance Mask—This mask helped me consume myself with work, exercise, writing, reading, or craft projects so I earned points as the superwoman of performance. The problem is—I became a human **doing** rather than a human **being**! This mask even cut into my sleep time and made me so tired! I was way out of balance.

My masks were so great in concealing my hurts, hang-ups, and bad habits, which I had skillfully buried long ago under a rubble of woundedness from my childhood. My wounded child had become the angry teenager, the rebellious young adult, and the sick adult.

Masquerade life wasn't all it was cracked up to be! In fact, I grew pretty tired

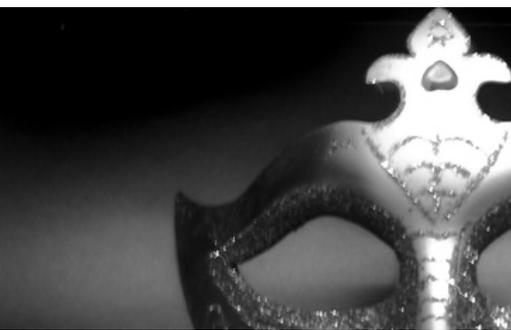


of the games and the tiresome clean up! It was at this point when I was struggling the most to keep all my mask-faces on that I stumbled across a recovery book at a yard sale. God has such a wild sense of timing! I was intrigued and read all about the topic of co-dependency.

“Oh, my God,” I said, “That is me!” How shocking to learn that my bizarre behavior actually had a name and a lengthy description! My best efforts to “try to control other people, places, and things just to give me a level of comfort” was a simple definition of co-dependency. And all the time I just thought life was just one masquerade party.

Duh! I was a believer in Jesus Christ living a masquerading life that was one huge mess I was so over the chaos.

The One who makes all things new had some better plans for



my life than playing masquerade all the time. God provided the gift of recovery for me. I found hope in the rooms of recovery where other people were also trying to overcome their hurts, hang-ups, and habits. I am learning

to improve my relationship with God, myself, and others. I am learning to let go of Satan’s lies and adopt God’s light! I am learning to look honestly at myself and change my thinking for kingdom behavior.

Bye-bye, masquerade. Hello, recovery makeover!

Recovery tool: Recovery is a spiritual program based on honesty. The old masks have to go, along with the old tapes and old behavior! You are as sick as your sickest secrets! Since Jesus is the truth, it makes sense to drop the false props and get real! Recovery gives you the tools for a spiritual makeover.

Recovery groups like “Celebrate Recovery” or “Believers in Recovery” are the keys to getting rid of your masks and finding your true identity in Christ.

**Wow verse: “Then you will know the truth, and the truth will set you free.”**

**JOHN 8:32**

**Babs Kincaid** lives in Palm Beach Gardens, FL. All the glory for her writing goes to Jesus, her “Knight in Shining Armor” who is responsible for taking her to heights beyond her wildest dreams! This is an adaptation from a chapter in her upcoming book, “Breaking the Cycle One Day at a Time.”

## Dinner Time Focus

by Two Sisters in the Bronx

The other day we saw two people eating lunch together, but both of them were talking on their cell phones to someone else. They weren’t talking to each other!

At home, kids breeze in and out. Meals are eaten standing up and in front of the TV. Everyone is in a hurry.

Truth is, there’s a real need for families to have dinner together—just the family, not all their friends from the neighborhood, not the relatives or even the boyfriend. Just your family around the dinner table.

So plan a dinner meal for just you and the kids to eat together at least once a month, if not once a week! Make sure the kids know it’s going to be a special time. Fix their favorite meal, even if it’s just macaroni and cheese. If you have special plates, use them. But if you don’t have special plates, don’t let that stop you. Set the table with the paper plates and napkins and flatware and glasses. Put a centerpiece in the middle of the table. It can be as simple as a can with a cloth tied around it and flowers set in it, or one of the kid’s art projects, or something you saw at the dollar store. The point is to make the table look special.

This is also a good time to get the kids involved helping you in the kitchen. They can set the table, help stir, grab something out of the refrigerator for you, or help measure an ingredient. Together time helps increase the anticipation.

When it’s time for dinner, let everyone know that they have three minutes to wash their hands and come to the table. Then turn off the TV, phones, and anything else that could cause a disruption. This is the time to focus on each other. If someone bangs on your door, ignore it. Let the kids know that they’re the important ones.

Some people say grace holding hands around the table, some encourage the littlest one to pray, or sometimes the head of the house leads in prayer. Whatever your tradition is, make sure that as a family you give thanks to the Lord for your family and the food He’s blessed you with.

As you pass the food around, begin the conversation. Let each one talk about what’s going on at school and with their friends. Give time for the youngest to the oldest to express themselves. Laugh. Enjoy the time—they grow up so quickly, and these times together are important for you and for your children.



# “Ask Pat”

Devon from the Bronx asks:

*I am confused. What immunizations are needed for school? My son is going into the third grade and is 8 years old.*

This is a great question, Devon. This can get confusing now that your child is in school. Babies are given immunizations based on the American Academy of Pediatrics charts. Older children are sometimes forgotten, so when you are taking your son to the doctor for a back-to-school physical, here is some information that may help.

This is the recommended (required) Immunization Schedule for children ages 7-18. This schedule assumes that your child is up to date on all other vaccinations. If your child is behind on vaccinations, those won't be listed on this chart.

## 1. Diphtheria, Tetanus, Pertussis (D,T,P) :

7-10 years old = no booster is needed

11-12 years old = need booster

## 2. Hepatitis A vaccine (HepA):

Needs 2 doses, 6 months apart

HepA is recommended for any child in the age group of 7-18

## 3. Hepatitis B vaccine (HepB):

If your child has never had this vaccine, 3 doses are needed.

If your child has already been vaccinated, a 2-dose series is given to children 11-15 years old.

## 4. Varicella vaccine: (also known as chicken pox)

Need 2 doses at least 3 months apart to children under the age of 13.

Most doctors give this at 4-5 years old, so if your child has already had it, no more is required.

## 5. Meningococcal vaccine:

Needs one dose 11-12 years old and 13-18 years old if not previously vaccinated.

The following is recommended for girls. It is not required:

## 6. Human papillomavirus vaccine (HPV): (Females only)

Needs to be given to females 11-12 years of age.

Second dose is given 2 months after the first dose.

Third dose is given 6 months after the first dose.

This is to prevent sexually transmitted diseases that lead to cervical cancer.

**Patricia M. Gonzalez, RN, BSN, CPAN**, Director of ICU at the *Kingston/Benedictine Hospital, Kingston, NY (2008)*. [http://www.aap.org/Recommended\\_Immunization\\_Schedule\\_for\\_Persons\\_Aged\\_7-18years-United\\_States\\_Web\\_site](http://www.aap.org/Recommended_Immunization_Schedule_for_Persons_Aged_7-18years-United_States_Web_site): [http://www.cisimmunize.org/IZSchedule\\_Adolescent.pdf](http://www.cisimmunize.org/IZSchedule_Adolescent.pdf)

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## “About the Cover”

Our Cover Art is taken from photos of the Heidelberg Project ([www.heidelberg.org](http://www.heidelberg.org)) in Detroit, Michigan. The artist, Tyree Guyton, saw the tragic effects of the Detroit riots in his neighborhood. In 1986 he began taking interesting objects that he found, objects of color and symbolism and creating works of art. Vacant lots and abandoned houses were transformed and now people come from all over to see the statement he makes with things tossed aside. His street of Heidelberg is a place of inspiration to all ages.