

Rosa's Concepts of Love, Life, and Living

Living With Depression

In Love With Life
The Joy of Writing
Decorating Tips
Recipes
Spiritual Concepts

Rosa Ann Crowder

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I dedicate this book to all who suffer from depression. Your feedback is important. Email - Rosas.concepts101@gmail.com

It is an agreeably known detail by doctors of all walks, that stress, anxiety, pressure, doubts, and fears can hurt anyone's health physically, mentally, and emotionally.

However, for many years I existed in a state of persistent worry, stress, anxiety, fear, and panic or trauma that put a lot of pressure on my nerves. External influences also have affected my moods and state of mind, but I got help, and so can you..... Rosa

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In Love With Life

Be in Love With Your Life - Every Minute of it

“Love your life, Be Powerful, Be Beautiful, Be free, Be Wonderful, Be Magical, Be You. You are not your mistakes, and you have made a few. Love your life. Be where you want to be.”

I'm In Love With My Life

Put God First

I am always a dreamer. I am a deep thinker with incredible powers of observation. I love to create. I am a poet at heart. I am a lover of truth, wisdom, knowledge and random acts of kindness. I love being a woman... I believe in chivalry. Godly with a little bad girl edge... I am gifted as a decorator, a writer, transparency, and expressionism. I am an admirer of beauty, art, music, literature, and poetry. I love to be moved, to feel, to express and a movie that makes me think. I love challenges and stretching my abilities.

I love the morning sun rises and the last of the rays of light stretching from the horizon and looking upwards at the blue-black sky with the first of the evening stars preparing to take their place. I love God, His Word, His mercy, His grace, and His love. I love that God has His hand in my life, engineering and building something from an idea in my head...

I love front porch swings. I love my morning coffee and evening hot green tea. I love the sound of rain and the beauty of a rainbow. I love complex over simple. I love architecture, antique furniture, refinishing furniture, decorating, textures and the color of red.

I like to wear high heels, cool boots, and skirts and big cotton t-shirts. I love nature, mountains, water, and the ocean. I love to explore, but sometimes comfortable silence is welcomed.....

Be in Love With Your Life - Every

Minute of it

To say you need a vacation from your daily life is ridiculous; because we take all the baggage with us. The secret is to live a life worth living, seek happiness, and boycott all that is dragging you down. I have learned not to let anyone or anything suck the joy out of me.

Failure Is Not An Option

I think the definition of failure is not having passion, settling for average, and being too afraid to take chances.

I have disciplined myself to examine my thoughts and behavior and relentlessly toss anything that is hindering me from being my best, most glitzy self. It's a joyful process of self-discovery, but it also requires commitment and tremendous guts.

My Quotes - Rosa's Concepts

- Life is awe-inspiring! To take great care of yourself spiritually, physically, and emotionally is the best gift you can give yourself and those who love you.
- When I have a lot on my plate, I call it a blue plate special. In my younger days, a lot on my plate was all right; I had a big appetite and a lot of energy. Nowadays, as an older lady, a lot on my plate isn't that wise.
- Life is not a bed of roses. There will always be thorns. It is our attitude, how we land on our feet and how to hit the curve balls and the fastballs that life pitches.

- You are the author of your life. You cannot erase your mistakes. You can only learn from them.

Steps To A Healthier Lifestyle

You Can Do This

- less Soda - more water
- less alcohol - more tea
- less sugar - more fruits
- less meat - more vegetables
- less driving - more walking
- less worry - more sleep
- less anger - more laughter
- fewer words - more action

Brain - Healthy

Can you remember your best friend's phone number, what you had for lunch, and names of familiar faces, what you need from the grocery store or where you left your car? Trying to remember can be emotional and stressful.

Being in the way of life that has become uninteresting and tiresome can cause brain cells to become lazy. Recent studies concluded that you could give your brain workouts by gardening, putting together jigsaw puzzles, reading,

thirty-minute walks and playing board games.

- Enhances visual perception
- Helps coordination
- Improves memory
- Develops critical thinking
- Increases production in the brain
- Heightens creativity

Your brain needs to exercise; needs to be challenged. Also, try eating a nutritious breakfast; studies show that kids who eat a nutritious breakfast do better in school; therefore, you would do better in your day-to-day living.

Digest Food

Cold drinks will coagulate the greasy food that you have just consumed. It will slow down the digestion by lining the intestine; creating more fat. Once this 'substance' reacts with the acid in your body; it will break down and be absorbed more rapidly than the solid food. The result is weight gain.

Drink room temperature water with your meals. Also, a cup of hot tea or coffee with dessert will keep it all flowing through you like clockwork.

The Chinese and Japanese drink hot tea with their meals; maybe it is time, we adopt their drinking and eating habits.



Liver Cleansing

Living in a toxic environment means that;

- We are exposed to toxins regularly.
- It is impossible to avoid toxicity completely.
- The food we consume is filled with chemicals.
- Fortunately, our body consistently removes toxins.

There are two groups of toxins:

- Water-soluble toxins; are pushed through the kidneys and the blood.
- Fat-soluble toxins; are hard to be removed.

The liver is critical in this process. Also, through the digestive system and the detox pathways, these toxins can enter the

blood, "fatty cells, and the brain from the liver. Furthermore, these toxins can linger in our body for years.

Loose stools, slime in the bowel, or constant constipation, it may be a sign of detoxification and pathways problem. Besides, if you experience pain or nausea after eating certain foods, it may mean that there is toxic fatty storage. Struggling with this problem may tell that you should consider taking proper responsibility for your health and pay close awareness to your diet.

There are foods which may help in the process of liver cleansing, such as garlic, green tea, grapefruit, carrots, apples, avocados, olive oil, lemons and limes, green leafy veggies, turmeric, walnuts, beets, and cabbage.

Healthy Feet

I have always believed if you take care of your feet, your feet will take care of you. It could be as simple as getting regular pedicures.

- Improves Foot Health
- Releases Stress
- Removes Foot Odour
- Prevents Ingrown Toenails
- Makes You Look Good

According to research, The Organs of your whole body possess their sensory pressures at the bottom of your foot; if you caress these points, you will find comfort from twinges, pain, and cramps. The heart is on the left foot. This subject is covered in extensive detail in Acupressure education or

textbooks.

I believe that God created our organs so well that he imagined even this. He made us walk. Therefore, we will regularly be pressing on specific pressure points and henceforth keeping these organs stimulated at all times!

Balanced Diet

- Keep a good supply of different fruits, vegetables, low-fat dairy milk, cheese and yogurt and lean proteins (chicken, pork, fish, or lean beef).
- Make a plan and keep a daily report of what you eat and drink
- Consume foods from all five food groups. Strive to consume foods from each group throughout the day.
- No skipping meals. Regular, frequent meals and snacks provide a steady flow of energy to your brain.
- Monitor all Carbohydrates. Try to stick to ½ cup serving
- Limit your sugar, saturated fat intake, and alcoholic.

Engage In Physical Activity Daily

Exercise is a necessity for good health, and those who do will receive the benefits. The difficulty of an aging body is a part of life. Staying fit all through life keeps your body;

- Healthy - physical challenges
- Looking good - weight management
- Active - Helps keep you doing the things you love.

There are many ways to improve our bodies.

Here are a few;

- Take the advice of cats. Stretch when you wake up. Stretch to increase flexibility
- Warm up & cool down before and after physical activities to help your body transition more quickly.
- Wear comfortable shoes
- Stay hydrated - our bodies depend on it.
- Be as active as possible - walking does the body good.



How to Plan An Intimate Brunch



Brunch Concepts

Preparing a meal for others is a way to extend your heart. Dining together allows us to get to know each other better and connect with those we love. You can let your table setting speak for you. People will forget what you did and what you said, but people will always remember how you made them feel.

For brunch, I like to use my blue and white mixed matched patterns. Remember that sometimes less is more. Preferably use a tablecloth or placemats is determined by the occasion. As well as what food will grace it.

When having the girls over for tea, I would dress the table with a tablecloth, cloth napkins, breakfast plates, cups & saucers and a platter of finger foods as a centerpiece. That is all that is needed.



For a romantic brunch for two, I like to have two place settings. The main course would be in the kitchen and desert in the sitting room. I want to have music in a different being vaguely heard from both chambers.

Romantic kitchen setting will have four placemats completed with two table settings and cloth napkins. The other two placemats will display main courses – flower arrangement as a centerpiece, fresh fruit, and bread.

A romantic, sitting room setting, displayed on the coffee table with candlelight, breakfast plates, and cups & saucers and cloth napkins. I would bring the rest of the fruit from the kitchen – also, toppings to put on the fruit and the central desert.

Brunch Main Dishes

The main course does not have to be fancy or complicated. Most people prefer simple contemporary food. In this fast-paced world, it is not easy to get family, friends or acquaintances together for a home cooked meal in a dining setting and on a budget.

With work schedules and family responsibilities, Brunch is an excellent opportunity to meet and greet friends or business associates that add richness and fruitfulness to our lives.

Good Wholesome Gravy

From caramelized juices to a tasty gravy, this dish can complement a simple or elegant meal. The creativity in this dish is amazingly endless.

After removing cooked meat from a pan, do not let the drippings go to waste; only add some broth or wine in the drippings to deglaze. With one or two tablespoons of flour stirred in, it will make the paste. Then add enough water to make gravy. Seasonings added for a more flavorful sauce. Add salt and pepper to taste.

The sauce should be served hot. Sautéed diced vegetables (onions, peppers, mushrooms) can be included in the drippings or added to the gravy. Also, you can add shredded cooked meat (chicken, sausage, other). Being served from a gravy boat compliments any table.

Breaking Bread

The aroma of baking bread is irresistible and pleasingly

uplifting. It is always worth the endeavor. The bread, a symbol of love and harmony, can be served with honey butter, jellies, sauces, gravy or other. A meal is not complete without bread. The ways, you can serve, is endless. It complements any table and every meal. As the bread passes around the table, it uplifts our spirits.

How Do You Like Your Fruit?

- Fruit - Appetizer, Main Course or Dessert
- Rainbow mixed fruit bowl with vanilla dressing
- Fruit salad with raisins, coconut, and vanilla dressing
- Fruit with cake, vanilla pudding, and cool whip salad
- Fresh fruit and crushed cookies transform plain yogurt into a guilt-free treat worthy of devouring.
- Fruit topped pizza
- Fruit custard or pie
- Watermelon
- Pear halves topped with mayo and a cherry.



I Learned To Be A Better Mother-N-Law

Passive-Aggressive behavior manifested in clear patterns.

Never show anger. It'll only fuel the fire. I may have been justified to feel furious, but so what? I should never try to prove I'm right; it's about not making a bad situation worse. I learned to bite my tongue and practice patience until the case passes.

No one knows better than a mother-in-law that the relationship between her and her daughter-in-law can be prone to hurt feelings and power struggles. I need to understand her, learn more constructive ways to assert them.

And as a mother-in-law I have gripes of my own, I don't know "exactly" what upsets my daughters-in-law the most. I figure that recognizing the problem can help me fix me. I took a few deep breaths then took a look. I realized the problem is me. I wish I solve all of our bumpy problems.

Daughters-in-law need autonomy, they need independence, and when I offer unwanted advice and help, I undermine that. I have learned to think twice before offering my two cents worth.

Unwanted Advice

Parenting advice? Thanks, but no thanks; seems to be the way both of my daughters-in-law feel about it. The way I see it, they both are saying, "If I'm looking for tips, I've got plenty of resources, friends, my pediatrician, my mother, and most importantly, your son. Unless we specifically ask for your opinion, let the two of us figure it out. We want to raise our kids our way, mistakes and all."

No one likes unsolicited advice. To a daughter-in-law, it seems like criticism, "She may hear it this way: 'I'm the one who knows. You need my input. You'll be better off doing things my way.'"

Even if my advice comes from a place of love, chances are she hears me as threatening her authority and challenging her role as a mom and caretaker in her family. It's a lack of regard for the younger woman's power and control of her family space.

I feel like my tongue is bleeding; from so much biting. I think my daughter-in-law's philosophy on mothering, cooking, and housekeeping is somewhat different than mine, but it is none of my business. Even though my daughters-in-law asks her mother's for advice, she seems offended when I make comments. Then it's back to biting my tongue.

In an ideal world, I think of my daughters-in-law as my daughter, and she'd think of me as another mother. But for some women that may be very hard.

Speak No Evil!

Lots of things were said from a place of love but were deeply insulting to my daughter-n-law.

Sometimes, I have to tread very lightly. An even question can come off as judgmental. There are differences in how my daughter-in-law raises her children versus how you did it. I have recognized this.

I began to focus on the things I appreciate in my daughter-n-laws. They both have gone out on a limb for me. Be it, letting me watch the grandbabies, taking me places, eating out with me, giving me my mother's day wishes, and welcoming me into their homes.

Don't Burn Bridges!

Do you talk to your son about his wife? Simply put, don't. Complaining to your son about his wife puts him in a challenging position, In fact, your son should put a stop to it. She's his partner, he loves her, and he doesn't want to hear anything negative about her.

But you, as the more mature one, know that your daughter-n-law holds the keys to the kingdom, your son and your grandkids. And you should also know, even if she doesn't, that if you put your son in the middle, the chances are he'll defend his wife and kids. Not you.

Don't talk about your daughter-in-law to anybody. You don't want your complaints to come back to your daughter-in-law, it would hurt her. Not necessary what you said as for you said anything.

Diva - Sugar & Spice But Not So Nice

Behind Every Woman There Is a Story



Women come in all shapes and sizes. Each personality does not fit all women. All of us can blow steam at any given moment. Some more often than others. Some women are too classy to pitch a fit. Some woman has natural beauty and doesn't even know it.

Most of us can go from a sophisticated woman to a loud-mouthed woman in a matter of minutes and vice versa.

The Sophisticated Woman - Sugar & Spice

The most recognized characteristic is she has her set of rules. She is Wonder Woman of this society. She is strong-willed, independent and believes she is capable of doing what she pleases. She thinks she is all that and then some. She has much self-respect; controls her emotions, manners and body language in a ladylike way.

She has no fear of the competition, willing to go the extra mile and backs down from no one. She is always in the learning mode, takes mental notes and keeps a journal. She is professionally inclined; be it a career or self-employment. She is aggressive, assertive, and ambitious and has much pride in her accomplishments; but yet insists on being treated like a lady and not data/objects.

She will not take on a task in which she is not passionate, preachy and pushy. She is self-made and desires to design her life and requires much space. She is a go-getter, goal setter and plans ahead. She is a positive thinker/optimistic. She thinks outside the box and sees the results. Sometimes things do not go as planned; then it's time for a backup plan. Tomorrow is a new day.

When it comes to her fashion, she dresses for success, be it sexual, to hook a man, further a career or stand out. She is very much feminine, unique and has her style. She takes checks periodically in the mirror. She seeks self-worth, gratification

and is true to herself/her beliefs but is very tactful in how she elegantly represents herself and in what she says and does. She is polished and well smitten.

She is the type of woman to step up to the plate, organize or reorganize events or groups, make a difference, sometimes change the way things were before and she gets away with it. Consciously or unconsciously, she irritates others and makes others feel uneasy. You may try to ignore her and argue with her but you can't. Habitually, she can suddenly appear within a group or disappear from a group without prior notice.

As a friend, she will drop everything and come to your aid. She is your number one critic; offering constructive criticism pushes you to higher levels and encourages you. Relationships are vital to her. She always finds time for her best friends, her children and the man in her life.

The Crude Woman - Chili Peppers

The most recognized characteristic is she thinks she is equivalent to a man. This woman is arrogant, cranky and malicious. She is a Drama Queen of this society. She is a busybody and is always putting in her two cents worth. She has little respect for herself and others.

She fears the competition and will not take many chances. She is uneducated and inexperienced (it's not her fault). She does not care to learn anything new. She never finishes what she starts. She thinks she knows it all. She accuses others of mistreating her and takes everything personal (that's the only mental notes she keeps).

She will take on many tasks and pretend to care or be interested in it. She will make things up as she goes. She is overbearing, inflexible and blunt. She does not care how she walks, sits, and flops down, mopes around or what tone of voice she uses. She tends to make sure people can hear and see her.

She does not care if she has the worst looking yard or car on the block (after all, it's not her fault). When it comes to her fashion, she has none. She will wear the same thing over and over (hi heels and makeup are out). Most of the time, she will go from one extreme to the other.

She is the type of woman to follow the crowd (she needs someone to blame if things go wrong). She accuses others of not driving right and gets heated up to road rage. She consciously irritates others. You may try to ignore her or argue with her but you can't. She lives in her world.

As a friend, be ready to jump when she calls. She needs to borrow this or wants that (wanting a hand out). Relationships, she can take it or leave it.

Question is: Are you a sophisticated woman or a crude woman?

Conclusion:

"Do not be a false friend. Always be kind and thoughtful. You have the power to bless as well as to curse. Choose your words carefully. Things have a way of coming back around to us." Rosa's Concepts

How To Flaunt Without Going Overboard

I Celebrate My Life

As a woman, I have many opportunities to flaunt. There is no wrong place to show off yourself. Flaunting is a celebration of life, so I feel free to celebrate wherever I find myself feeling, loving, and living it!

I flaunt as if a photographer is taking pictures. "Hello world, I'm confident enough that I look good! I am a sophisticated woman that answers only to myself".

I Am Flaunt-Worthy



An un-flaunted woman leads to a life unlived. Never put

yourself down. Do not listen to that accusation of not being worthy. Get dressed up and go out there and flaunt as you mean it! However, never let it all hang out. Cover up your goods. Say, "Hello world, I am classy enough to go out without the need for anyone else's approval!"

Despite its causes, thoughtlessly blaming incidents or others is a weakness. Though regularly flaunting is sophistication, it can be an opportunity for one-upmanship and an excuse to get out into the world more often.

Flaunt

1. To parade or display oneself, conspicuously, or boldly.
2. To wave conspicuously in the air.
3. To parade or display ostentatiously: (to flaunt one's wealth).
4. To ignore or treat with disdain.

I Advertise My Fashion Style

I dress as if I am on a red carpet runway, especially in clothing, footwear, accessories, makeup, and my body.

To me, it seems like beauty is not in the eye of the beholder. Fashion can seem very difficult to catch and only for the advantaged. But it's easier to start taking strides in the right direction than you think, towards confidence and a fashionable wardrobe.

I check out the sale and racks in the upscale stores. I also hit

the thrift stores for slightly worn clothes, shoes, purses, and others. Sometimes I think outside the box and buy a dress that isn't sexy. I alter the length and add a belt. With stylish jewelry and shoes, I look fabulous.

Tip: If you have loads of items that don't fit anymore, do not keep them all to be hopeful. A closet that is full of clothes that no longer fits can be very demotivating.

I Try to be Classy From The Inside Out

Imagine a mirror that can reflect your personality, what would you see? Sexiness is all about feeling beautiful with a charming personality; being genuine, confident, and being a real person.

I have my ethics and morals. I have my anchor point of what is right and wrong in real life. However, I'm not afraid to flaunt every aspect of my beauty and personality concerning creating my character.

I have discovered that you don't learn style from watching other people. Sexiness happens every morning when you wake up, and you put on your smile. Fashion occurs when you select your clothes, shoes, makeup, and jewelry. But your personality is the icing on the cake; it is how you act and flaunt with how you look and feel.

Flaunt Your Smile

I have been told that my smile is my most significant asset, and I flaunt it every chance I can.; even when I feel the blues,

my smile shines out.

Life is full of beauty, notice the little things, the bumble bee, the small child, and the smiling faces. Smell the rain, the grass, pick the wildflowers and feel the wind. Feel beautiful and act sexy. Live your life to the full potential, and aim for your dreams. Most of all, smile and laugh.

Could You Live Without Toilet Paper?

Out House



Toilet paper, toilet tissue, bathroom tissue - is a convenience that we take for granted. Sure we could live without it but would we want to.

History

- A middle-easterner would use their left hand.... eww. Folks didn't know what hand sanitizer was back then.
- Ancient Greeks used stones and clay.
- The Romans would use sponges. Usually, the sponge was on a stick.
- In the early American West, it was widespread to use a catalog. If you were done looking at the Sears Wish-book, it ends up in the outhouse.
- Pioneers grew and harvested so much corn; therefore, the corn husks were one of their most popular toilet paper options.

Toilet paper's been commercially available in the United States since 1857 – and was produced splinter-free since 1935.

What to use when out of toilet paper

Despite its worldwide presence, the facts are that one day you'll find yourself in great need of toilet paper, and there will be none in sight. Toilet paper is a modern luxury that we tend to take for granted until the moment we reach for it and find nothing but a cardboard roll. So what do you do? Directly pursue all options – every single one of them: baby wipes, washcloth, rags, paper towels, kleenex, coffee filters, newspaper, notebook paper, magazine, envelope, plastic bag, sponge, rubber gloves, spray bottle of water, and etc.

I'm Not Right In The Head

Coping With Depression

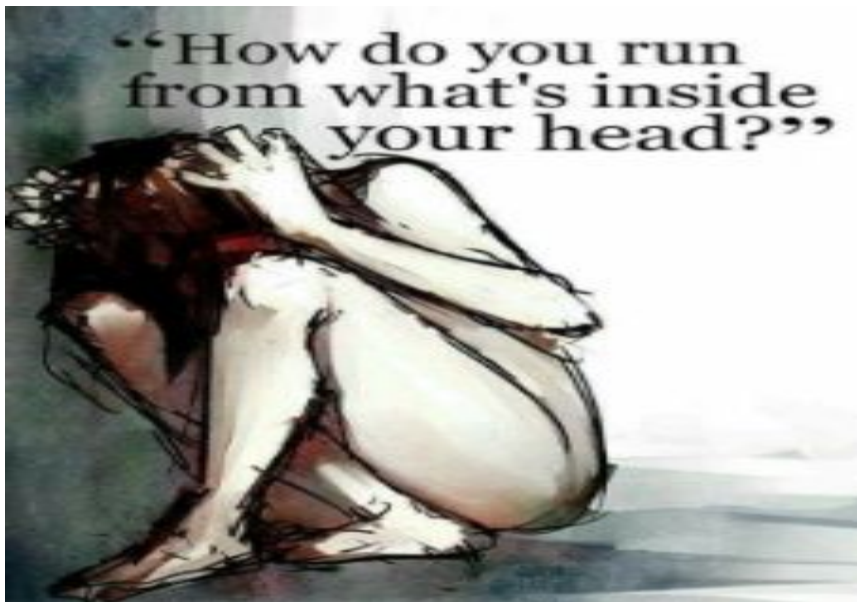
Depression Hurts - Depression is a mental illness that causes feelings of sadness, hopelessness, and emptiness. It is one of the most prominent mental diseases.

The first step is to talk to somebody, your general practitioner, your religious leader, or a therapist. All Doctors agree that stress, anxiety, pressure, doubts, and fears can hurt anyone's health physically, mentally, and emotionally.

However, for many years, I existed in a state of persistent worry, stress, anxiety, fear, panic, and trauma that put a lot of pressure on me. External influences also have affected my moods and state of mind, but I got help, and so can you.



I Created a Monster in my Head



I had to demonize the critical voice and make it the enemy. For me doing so created psychic warfare. I would create a reality with no basis in fact and convince myself that the things I was building were real. Was I a fake and meaningless person?

I felt as if I had a Demon on one of my shoulders and an Angel on the other shoulder; negative and positive thoughts about myself and my life. It was so destructive and didn't solve a thing. I realized, with help, I deserve to love myself and be proud of me!

Judgments Hurt - Don't Be Victimized.

People called me crazy. The problem with this kind of logic is it's acting on flawed precepts. It is one of those off the wall phrases which coincides with the term 'nobody's perfect'; the human race tends to make mistakes, big and small.

We can play word games, tossing concepts around, but being called crazy is entirely inapplicable to the experiences of reality. I am the only person that has walked in my shoes. You are the only person that has walked in your shoes. Who are these "enlightened people" that has the right to judge?

Lifestyle Changes in Coping With Depression

You can further make lifestyle adjustments that can increase your self-esteem. Strive for as much stability as possible in your life. Set goals. Here are some thoughts;

- eating a healthy diet - stop snacking and give up junk food
- getting regular exercise - walk more, take the stairs, clean the house
- getting a good night sleep - early to bed, relax
- volunteering - hospital, nursing home, other
- a new hobby - painting, needlepoint, other

- socializing - join a bowling league, participate in a club, and spending time with friends who make you feel good about who you are.

Conclusion:

With self-control and persistence, I think that almost all individuals suffering from depression will develop improvement, experience a sense of comfort, and self-esteem once again. I believe that anybody who's had to contend with mental illness (whether it's depression, bipolar disease, or severe anxiety) has a fair amount of resilience. That they've had to deal with suffering already (personal pain).

My Life is Not Your Story to Tell

Are You Writing a Book About Me

Is that juicy nugget of information about me nagging at you, begging you to release it to the rest of your friends and the rest of the world? Do you sense the urge to blab about me behind my back to make yourself little more attractive?

It might appear to be a temptingly great idea at the time, to dump me right in the core of a humorous tale or an awkward moment. But will your friend think so? In fact, your friend will be examining your loyalty along with your shortage of tactfulness, wondering where the love you are supposed to have for your sister?

Some of the most excellent books are biographies and experiences that tell the life stories of other people. However, I don't want you telling my story. First of all, you don't have all the facts. Your stories about me are one-sided, offensive, and judgmental. Gossiping shows others your insecurity and mean-spiritedness.

Here is a tip! "Get a life" and stop talking about mine.

What Does The Bible say?

"God is just: He will pay back trouble to those who trouble you and give relief to you who are troubled, and to us as well. This will happen when the Lord Jesus is revealed from heaven in blazing fire with His powerful angels." 2 Thes. 1:6-7

Stop Talking About Me Behind My Back!

Gossip Hurts - Gossip is an unconstrained and often derogatory conversation about other people and can involve betraying a confidence and spreading sensitive information or judgments that are hurtful.

Is it always evil to talk about others? The answer is to view one's intent in discussing another person and relationships.

If you talk about your friends, coworker, or a family member behind their back, imagine how it is inclined to make them feel. Before you drag along one more piece of information,

pause and think about what you're doing. Then make an agreement with yourself to quit talking about people behind their back for good.

Speak No Evil

- Research shows that individuals who gossip the most have very high levels of anxiety.
- They are not particularly attractive because they can not be trusted.
- Broadcasting private information or contrary judgments is painful to others and reflects badly on the gossiper.



Why Do People Gossip? Facts!

- To feel superior - People who don't feel good about themselves temporarily feel better when they judge others negatively.
- Out of boredom - When people can't generate exciting discussions based on knowledge or ideas, gossip can rouse people's interest.
- Out of envy - People gossip to hurt those whose popularity, talents, or lifestyle they envy.
- To feel like part of the group - People gossip to feel as though they belong to the group. When the base of acceptance being "in on a secret," it is not based on a person's identity. It is a maliciousness way to earn friendships.
- For attention - A person gets to be the center of attention temporarily while talking about somebody else's life. Spreading gossip or rumors is like demanding attention; it is unstable and has no foundation.
- Out of resentment or unhappiness - A person can derive a sense of retribution with remarks.

Gossip Quotes/Sayings

- It is sad how some people are so jealous and intimidated by you that they only have negative things

to say when they know absolutely nothing about you.

- Those who talk about others have lots to hide about themselves.
- I don't trust anyone who talks wrong about someone else to me; they probably talk behind my back too.
- For someone who hates my guts, you sure talk about me a lot! Love me or hate me, it's still an obsession.
- Rumors: are carried by haters, spread by fools, and accepted by idiots.
- O, what a tangled web we weave when first we practice deceiving!

Bitter Sweet - Counterfeit Friends - Poison

Lots of times, you can just sit back and look and see who your real friends are. Because lots of people pretend to be your friend but are not, I'm just saying, "Observe" and you can tell who the real ones are and who is just a counterfeit.

In other words, hate me all you want, try to start a crusade and try to recruit others to hate me. I couldn't care less, if there's one thing we can agree on is that I am not a fake friend collector.

I'm no longer surprised nor offended by individuals who use my life story for their pleasure. Remember Karma! Everything that meant for harm will return to sender ten-fold.

The Joy of Writing



"Creative writing is when words become thoughts, and ideas become a masterpiece of the mind written on paper." - Rosa's Concepts

I Am A Writer Because It Sets My Soul on Fire

Freelance Writer

I am a monster of a dreamer. I am fearless in the pursuit of what sets my soul on fire. However, sometimes, there is still the feeling that my writing is a lesser class of literature. Controversial issues, my personal life, or the bedroom is as important as what happens on my battlefield; that what I know about is a category of knowledge of its own.

I stop, listen, and look around. I'm staring down the vessel of the last acts of my life. My brain is always absorbing everything around me. The inbox to my mind is still open, and anyone or anything can get in any time. Turning it off would be like giving up on life and age silently.

For me, writing is hard work. I have to give up a significant amount of my personal life, to be a writer. However, I am excited about control and my solo effort, and I resent the business aspects that interfere with my space for my writings.

I do not think my approach to writing is suitable for everyone. My writing dilemma is; I tend to make it up as I go along. I am in a mode of truth-telling and self-expression. I can write about anything I can imagine and write what the things I know. I am not sure if that's brilliance. But it is the way I roll.

The idea is to make it feel like I am being pulled into the plot. The reality, the imagination, the characters, and the creativeness comes to life as I write, read, rewrite, and edit. I love the mysterious, process of creating fiction and writing non-fiction as I understand it to be. Then the sigh of relief when published.

I think of writing as exercising my brain. Since the brain is responsible for perception, cognition, attention, memory, emotion, and action; I want to use it as much as possible. Like the saying goes, "If you do not use it, you will lose it."

There is power in thinking

I have learned that the reality of life is somewhat bombarded. The consciousness and the unconsciousness of spying on real people's lives are my artistic endeavor. All I need is imagination. I always write things down that strike me as impressive. Anytime I travel, eat in a restaurant, sit on a pew in a church service, or during a conference I try and fill up notepads.

As I'm trampling through this mysterious world, I try to get as much knowledge about the people and subjects to which I am drawn to harness an excellent blog. We live in a confused society: realities are manufactured by the media, our governments, the big corporations, different religious groups, and political groups on both sides of the fence. I question what is real.

I don't expect writing to be a career; just a way to make use of my talents, abilities, and my time. Self-Confidence is necessary

for the writing business. It has always amazed me how my brain and body work together. I mean, my heart does not ever see what my eyes see. Sometimes I write from my heart, and sometimes my emotions take over. In either case, I write with confidence.

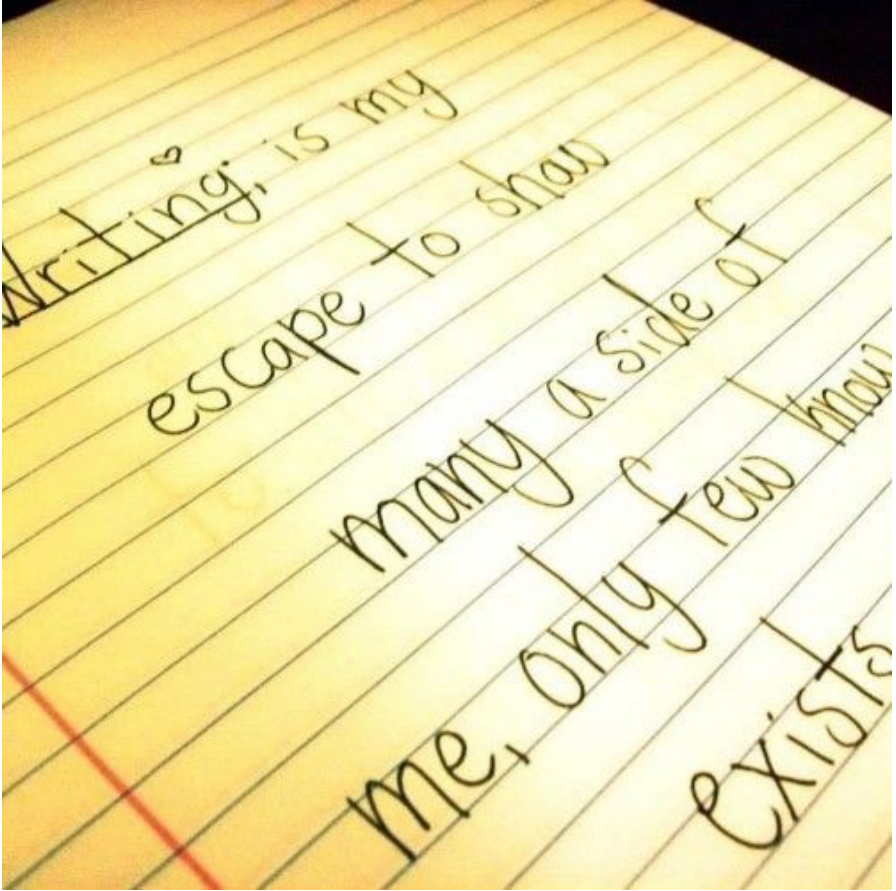
I can be as creative with my ability to create something fresh and unusual, a genuinely unique approach to writing. I have become an author, writer, and journalist.

Authors and novelists lifetime's work fill the libraries, public and private. These men and women draw from experiences and can tell us a story, fiction or nonfiction, that they weave from the treasury of their mind. Thanks to them, we learn, thanks to them, we are challenged to think. Authors, writers, novelists, columnist, and journalist have provided a gift for us.

Conclusion: Write with confidence

- An author; defined as the originator of any written work and whose authorship determines responsibility for what he has created.
- A writer is a person who originated or gave existence to anything.
- A journalist is a person who collects, writes, or distributes news or other current information to the public.

Writing Is Therapy



Writing Is Thoughts On Paper

At first, all you see is a blank page. Minutes later, you are scribbling away like your thoughts are chasing you. At moments, you only intended on doing a page. But after some

minutes, you have already written two pages, and you're not even halfway there.

You love listening to your thoughts. Thinking comes naturally. Sometimes we try as much as possible to avoid it; embrace it. You ask yourself, "Why do you think so much?" The truth is, there is no answer to that because you do it!

You are not in grade school, and nobody is going to grade you on it. However, it is essential that the few minutes you designate honored by family, friends, housemates, and pets. You should be out of the house if you need to and write at a café or the library.

Writing Is A Relationship You Have With Your Soul

To make the right decisions in life, you have to become in touch with your soul. You are focusing solely on yourself. To do this, you need to feel solitude, which most people are scared of because in the stillness you hear the truth and know the solutions.

Every relationship goes through highs and lows, good and bad times. If you are not attentive, you can lose heart, lose hope, and lose faith in yourself.

Explore your feelings; Putting it all on paper will help you do

that. A lot of misery may flow onto the page, and that is good. You have to remove the hurt first (bitterness, fears, disappointments) before you can find the healing.

The beauty is to help you grow as a person, help you identify patterns in your life, and help you gain perspective and control over your environment.

Take Notes – A Journal or A Diary

What do you do when you're struggling? Share your feelings with your journal or diary. Give yourself sound advice, honor yourself, your thoughts, and your emotions by chatting with yourself on paper.

However, you always come back to your journal. Feel the need to put words on paper like you need oxygen. Both are necessary for survival. We must use our talents, brain, and courage to succeed.

For successful journalism, love conquers all. Make it an event to remember. Your journal is a place of innocent. You can explore whatever is on your mind without fretting about how it will affect anyone else. You write about your ups and downs.

The Struggles of Writing

Writing becomes a struggle more often than not. In all its forms makes the process a whole lot harder.

- The idea of putting yourself through the torture of writing
- Putting words on paper is no longer appealing.
- Dealing with the negativity and doubt
- Reality as you see it hits you in the face
- Allowing it to beat you.

You are allowed to feel awkward and self-conscious. What can you do? You take the good with the bad. Treating the times of struggle as a test of commitment, helping you get through it. Writing takes both patience and dedication, do not let the hard times stop you!

Writing Is a Love-Hate Relationship

Therapeutic journaling can both break your heart, but save your soul? It feels good to write but stinks at the same time.

- Being in your little world can be lonesome.
- Your words can elevate your spirit and pursue dreams.
- Stringing words together in ways that both delight and scare you.
- To take care of your mental state, you must first feel like crap.

All you must do is to muster the courage to write and step up your game. There is a story within your story.

Writing is Creative and Artistic

Writing is a gift and should be enjoyable. Keep a spirit of play, and infuse some pages with a little humor. Adding art and creativity keeps the process fresh and inviting. Feel free to detail your experiences. Follow your instincts, and you will be on your way to a dedicated journalist in no time!

Material For Other Ideas

When you write, you realize that the fascinating thing is not knowing what will happen, and discovering an unexpected result. By pairing things together to see how they play off each other is easy to do and very satisfying to see a story transform. Anything you come across in daily life is an idea for a story.

Any Cures for Writer's Block?

Writer's Block

A person once told me if I felt like I was blocked and couldn't come up with something to write, just start writing anything that comes to mind or just words for a few minutes and see if

that breaks the block, so it did.

If I was already writing, right past the part I was stuck on, and if it feels weak, I write it anyway. I just keep going. The story will pick up again, and I was able to go fill it in later.

When I am not actively working on something, I go out and do something I have never done before, meet up with another writer, do something with a friend, or other. It has always given me something to write about.

Outlines. I don't believe writer's block exists as its own real thing. I think the writer's "block" themselves by not planning the blog, story, novel, or other well enough. So, they write themselves into a corner. So the best cure for setting yourself up and not get stuck is to outline and plan. Figure out where it's going and then bridge the gap.

Loss of motivation

Write an essay for yourself: "why do I write." Write down why you started writing, every possible detail. Your first story, the first computer, the first time you shared your work with someone else.

It's helped kick start that old loving feeling. Y'all know the one I'm talking about.

Decorating Tips

Simple Outdoor Living

Why build a large house when you have much outdoor space. Other words, a tiny home or camper is all you need. It is almost like camping 365 days a year. It is one of life's simple joys.

A love for grilling is the best reason to step outside into your backyard. Build a deck or patio for simple living. You can install an outside fireplace kit. It will be necessary for those cold days and evenings. Grills including outdoor kitchenettes make close-by counters a must, year round.

Whether your outdoor area is a deck or a patio with several acres or a half an acre, dining outdoors is a much-anticipated ritual, entertainment, and pastime during all seasons of the year. Take an idea from establishments that turn sidewalks or patios into outdoor cafes.

Remodeling your lawn, deck or patio into a dining area requires minimal effort—just general sense and planning. Follow simple or complex design ideas and tips to improve the experience for you and your guests.

Tiny Houses



Living Off The Grid



Shabby Chic Decorating Tips

Know Your Style

Decorating your home or office should be personal, and your goal is to ensure you get the right pieces. You want the right look, at the best price. Almost anything can have a natural place in shabby chic interiors making your spaces look like scenes from the old movies.

My house is dangerously overwhelming. I decided to liven it up Shabby Chic Style. I paired it very vibrant colors and rugs, I think that they're fascinating and they're natural.

"I like my house to be unique to me. Sure, I've bought plenty of things out of a catalog, but the way I put them together in my home is special. Even though you might have bought your sofa at a major home decorating store, the rug you found at the flea market is so unique; it takes your room from 'carbon copy' to 'simply yours' in no time" Nate Berkus.

Shop Flea Markets

As you go to a flea market or garage sale, you see lots of things you've never seen before.

Shop from flea markets, garage sales, thrift stores, and Estate sales. The beautiful thing about shopping in flea markets is there is no pressure. From casual décor to custom designs,

there is a fantastic selection of antiques, vintage decor, flowers, handmade creations, and more. You can plan out every room in your home and know that you won't have to spend a fortune to get the look or quality you deserve.

Flea markets regularly add furnishings to their store. You can browse one day and come in another day to find a host of new tables, lamps, or accessories.

Wall Color

The color gray is a versatile shade. Medium gray walls along with white trim quickly become the canvas for your wrought iron, metals, mirrors, and earthy wood tones. Beadboard on the bottom half of walls lends depth to the palette.

"Good food and a warm kitchen are what makes a house a home. I always tried to make my home like my mother's, because Mom was magnificent at stretching a buck when it came to decorating and food. She valued beautification in every area of her life, and I try to do the same" Rachael Ray.

Accessories

If an eclectic look is a goal, pieces can be different colors, shapes, and sizes. The key is to capture the tarnished style that characterizes charm. Accessories are a blend of vintage, modern, hard, soft, shiny, and dull. Whether they are what knots, vases, candle holders, picture frames, art, paintings, or old signs; these accent pieces are intentionally mismatched.

Enhance your decor with beautiful knobs made of cast iron for the doors and drawers throughout your home.

Improve your pottery, baskets, and decorative pots with green leafy plants. Jugs and jars can be used to house cooking utensils. Old tin canisters make good organizers.

Furniture

Wrought iron or metal bed painted white gives the bedroom a comfy old style cottage feel. With homemade furnishings, a vintage clock, natural lighting, and natural wood furnishings create a magical feel.

Furniture pieces are distressed, whether through the passage of time or intentionally. Rather whitewashing, two-color painting palette, or natural wood, your goal is to create a vintage look.

Choosing Fabrics

Upholstery fabric with florals, stripes, and patterns or mix-matched with the same colors for easier pattern mixing, pair up with the same background colors. Both lace and burlap add texture.

Accent your windows with Elegant fabrics, panels, curtains, valances, swags, or scarves that make a stylish statement.

Antiques

I quite like antiques. I like old things and the history they

bring with them. I shop at thrift stores a lot. I look for silver pitchers, iron/metal pots, pottery, vases, and I put my flowers in those.

I was always fascinated, even as a child, by antiques and ancient times. I always felt I should have been born in the 17th or 18th century.

It doesn't take money to have style; it just makes a great eye. Sometimes you can find rare antiques that make your home feel like an old French home.

Fine Art is Like Old Folks

A room sits empty
full of potential
like fine art
begins with a pencil
Paints to decorate
with gentle strokes
it is fine art
like old folks
Windows with draperies,
furniture with new stain
it is like fine art
that fills an empty frame

Ways to Have a Successful Booth

Tagging Aggressively

I think when you get interested in buying and selling antiques, collectibles, vintage, and high-end home furnishings, the most frustrating thing is you have no idea what price you should pay and what you should ask for the item to make a reasonable profit.

"Priced to sell" - just the phrase makes me joyful. When I say all the items in the booth are priced to sell; I mean, I've tagged everything as gracefully as I can to get you to buy it. I am an enterprising person determined to succeed. I am a go-getter making an all-out effort. I like to think of my spot in the mall is thrifty and unusual.

"My flat is a bit like an oriental bazaar. It's filled with the oddest objects from all my travels, and you can't move in it. I love collecting antiques and often spend weekends driving around bric-a-brac markets." — Mark Shand

Booth Appearance

My booth is a box, the size of a walk-in closet. I present it as a place of joy and a celebration of who I am. You enter it and see every color of the rainbow. I shop for items that are pleasing to

my eyes and my creative mind. I like edgy but classic looks. It's pretty spectacular since I am a Gypsy girl.

My booth is very traditional. For me, decorating perfection means eclectic styles and collections of beautiful things like pottery, sewing machines, real wood furnishings, unusual looking pieces, and unique, colorful items. Also, I love 'shabby chic.' It gives my booth a homey-cozy vibe. I keep my box organized, neat, and clean.



Shopping

The local thrift stores are my go-to when I'm looking for rustic or unusual shelving. Sometimes I find things that I can flip. Sometimes I can get an item that I can dress up and place in my booth to draw attention. I am always thinking outside the box. Sometimes I have to go into overdrive and aggressively shop for items.

Fixer-Uppers

People throw out good stuff all the time. It's just a matter of stopping and loading it into your vehicle. Like the saying goes, "One man's trash is another man's treasure."

Sometimes you have to make do with whatever you have access to; many hand-me-downs, beside the road findings, abandoned houses and thrift store shopping.

Make-Or-Break Factors

Display With Confidence

I think of my booth as a mini store. With all the competition, I want my box to stand out, giving my customers the desire to enter and shop. I want my customer's eyes to get big as they come. Also, I want them to take their time browsing. I want my merchandise to move, to sell. I want my booth to be like a revolving door.

There are many factors in whether a client enters a store shop. Here are a few tips that work for me.

- Start with a theme then bring in the pieces.
- Every few days, a different look.
- Surprise your recurring clients by avoiding the predictable

- Use shelving of bold colors and shapes.
- Coffee and end tables do make great shelving.
- Take advantage of all wall space.
- Keep a focal point at eye level.
- Suspend items from the ceiling.
- Make use of the floor space.
- Pack your booth elegantly.
- Give your "box" the "wow" factor.

I have recurring clients because they never know what treasures they will find in my closet.

From Trash To Treasure

One Man's Trash Is Another Man's Treasure

I drive around in neighborhoods and picking up free stuff at the curb... I clean it up, fix, repair, sand, stain or paint the items. I list it on the Marketplace and other sites. I have sold on eBay and craigslist.

Cannot believe what people throw out... I call it Trashing for Treasures... I have picked up more free lumber for my

"handyman do list" projects than I do at the building supply stores... My friend is a whiz with the electric saw... We made birdhouses, plaques, tables, and more with free wood.

Birdbath

I even picked up a nice concrete bird bath and a metal glider for my yard... I took it home, set the birdbath up in the front yard, cleaned it up and spray painted it, filled up with water and planted flowers around it. I cleaned up the metal glider and spray painted it. It was a nice addition to my front porch.

I even get in on someone cleaning out their rental houses, grandmother's homes, people moving, etc. People set lots of good stuff at the curb. It's free for the taking.

Recipes

Wicked Homemade Chili For A Crowd

A Good Cook Dispenses Happiness

Basically, in every kitchen sits an abundance of unexplored ingredients; especially when the process demands little more effort than what's required to switch on the oven.

Anyone can be lured over to their mysterious side and come up with a delicious meal with a twist. If you believe you do

not like spicy foods, you might want to give these foods another chance. It is possible that you can develop a tolerance to peppers so you can begin to enjoy them. Remember, even though the peppers might feel uncomfortable, it's just a delusion.

Did you know? Capsaicin binds to and activates TRPD whenever you eat a chili pepper. You're not actually in any danger; your body naturally thinks it is "being exposed" to extreme heat.

There such stylishness that goes into the technique, transforming into something exceptionally remarkable, which demonstrates the mastery of any chef or cook; it strikes me as being a bewitching sort of everyday charm. After all, it's a passion that makes the world go around.

Simple ingredients layered into a classic dish. Go from the fridge to table in less than one hour, they may honestly seem like the product of some black magic.

Ingredients

3 pounds shredded beef roast, cooked

2 cups beef broth

one clove garlic, diced

one onion, peeled and diced

one bell pepper, cored and diced

three pitted prunes, diced

3 cups tomatoes, crushed

1 cup ketchup

1 pound pinto beans, cooked

1 pound kidney beans, cooked
One tablespoon Tabasco sauce
One tablespoon chili powder
One package hot chili powder mix
one milk chocolate bar, king size

Instructions:

Put all ingredients in an oversized pot. Stir well. Cook over medium heat until bubbly. Reduce heat and simmer over low heat for 45 minutes. Stir often. This dish feeds about 20 people. Prep time: 30 min - Cook time: about an hour.



13 Ways to Serve Chili

You can get in touch with your creative side and come up with some mysterious Chili. Think outside the box, and your signature dish will be a pleasingly hit. To save time in the kitchen, cook the meat and beans ahead of time. Make one big

pot on the weekend and eat it during the week. And then, the leftovers get used in various ways reinvented into a whole new dish.

- Serve with oyster crackers.
- Open a bag of corn chips and pour into a baking dish, top with chili and shredded cheese. Bake in the oven until bubbly.
- Grease a baking dish. Spread leftover mashed potatoes in the bottom of pan; top with chili and shredded cheese. Heat in oven until bubbly.
- Preheat oven to 450 degrees. Grease a baking dish. Pour chili in the bottom of the pan. Mix up a small bowl of cornbread batter. Pour mixture over chili and bake for twenty minutes until brown.
- Make quesadillas using chili and cheese as a filling.
- Make Burritos using chili and cheese as a filling,
- Serve over hot dogs and top with Sauerkraut,
- Serve over noodles and top with Parmesan cheese,
- Serve over rice
- Spoon hot chili over freshly cooked french fries and top with shredded cheese.
- Scrambled Egg and Chili Burrito
- Chili and Cheese Omelet

- Throw a party and make a chili bar with several of your favorite topping

Conclusion:

When it comes to chili, everybody has ways to make it and many ways to serve chili, freshly made or leftovers. As with many other foods. However, you can't have all that yumminess without spices.

Note: Compounds called capsaicinoids in chili peppers; linked to a lower risk of chronic disease, weight loss, and more. Capsaicin, a capsaicinoid, stimulates TRPV1 receptors, which are found in many body tissues and appears to be responsible for many spicy foods' beneficial effects. Capsaicin stimulates beneficial brown fat, helping to boost metabolic rate, and potentially speed weight loss.

Rosa's Southern Brunswick Stew

Brunswick Stew

The thing with Brunswick stew is that you're primarily using leftovers or what is in your cabinets to make a hearty, thick stew the family will enjoy – which is probably why there isn't any one recipe that is thought to be the original.

It seems there is practically no right or wrong way to make it. Make it personal. Serve the stew with whatever else your

family might enjoy.

The consistency about tasty Brunswick stew is that it's flavorful and robust with a tomato base. For me, a stew is different from soup in that I put a lot of meat in mine and make it thick.

In the recipe that I share with you below, I use a lot of vegetables. I don't always make the same version twice. Sometimes I throw in leftovers and canned cream corn. I like it with beans, corn, onions, and potatoes, along with chicken and pork. I make up a big pot of stew, share with a crowd, and then freeze the rest in small portions.

I cook the chicken and sausage first, shred them, and then add the unique ingredients that make the stew hearty and full of flavor. Just remember, it's got to be tomato-based, and it has to be thick – not like soup. I just let it all simmer. I do hope you'll like it.

Ready to give it a try? Alright then, let's get cooking!



Prep time: 1 hour - Cook time: 1 hour - feeds about 12

Recipe - Ingredients

2 pounds of chicken breast
16 ounces frozen baby lima beans
16 ounces of frozen corn
3 potatoes, diced into small pieces
1 onion, peeled and diced
1 pound sausage
16 ounce can tomato sauce
16 ounce can stewed tomatoes
8 ounces ketchup
1/4 cup vinegar
1 tablespoon brown sugar
1/2 tablespoon black pepper
1/2 tablespoon salt
1/2 stick butter
1/2 cup Worcestershire sauce
1/4 cup hot sauce

Recipe - Instructions

I start out on high heat and let the water come up to boil. Then, I reduce the heat down to medium-low and add two pounds of chicken breast. Cook at a low boil for about one hour; you want to make sure you have enough water in the pot to cover the chicken and keep it submerged while it cooks.

Remove the chicken from the pan when it's done, and place it in a colander to let it cool. Shred the chicken once it cools enough to handle.

In the chicken broth, add 16 oz bag of frozen baby lima beans and a 16 oz bag of frozen corn. Peel three potatoes and one onion; dice them into small pieces. Toss them into the pot with the beans and corn. Add enough water to the vegetables to cover them by about two inches. Note; I like to rinse my potatoes before peeling and dicing them.

Place the pot over medium heat on your stove, and let it come up to a low boil. Reduce the heat down to medium, and let the vegetables cook until the beans are tender.

Shred the chicken into small bite-size pieces and add to the vegetables.

Scramble a pound of sausage in a skillet over medium heat. Drain off the grease. Add to vegetables.

Add 16 oz canned tomato sauce and a 16 oz can of stewed tomatoes. Also, I add ketchup at the end. It complements the stew.

Add 1/8 cup of vinegar, a tablespoon of brown sugar, a tablespoon of black pepper, 1/2 tablespoon of salt, 1/2 stick of butter, 1/2 cup of Worcestershire sauce, and 1/4 cup of hot sauce to the stew.

NOTE: Best to be safe and start out with a few drops of hot sauce if you are uncertain about the amount to use. You can always add extra as needed. The sauce is added for flavor, not to make it spicy. You may want it to be kid-friendly, and you'll be happy with your dish. I usually end up adding 1/4 of a cup. I don't like spicy, hot foods, and this was just right for my

palette.

Simmer. Grab a big spoon, and give it all a good stirring. Finally, top it off with some ketchup; then give it another stir. Let the stew simmer over medium heat, often stirring, until the stew is a little bubbly. If it's a bit dry-looking, add some extra chicken broth. Enjoy!

The Taste Test

You should always taste the stew to see if you think it needs a little more of something. Let your taste buds decide for you. You may want a second opinion. Two people don't always taste the same things.

Cotton Candy For Adults

Cotton Candy

It felt like my mouth was full of melting sugar. I wondered, what is in my mouth? It is full of flavored sugary sand. It feels sort of like sugar glass crystals. But as an adult, cotton candy can be taken to another level.

Cotton candy contains mostly air, with a typical serving weighing around 1 ounce or 28 grams. It is often served at fairs, circuses, carnivals, and Japanese festivals, and sold on a stick or in a plastic bag. However, you can purchase the stuff at your local supermarket.

I got to have a glass of my cotton candy wine tonight. I think it

is delicious, with a light taste of the cotton candy. It could use a bit more of the cotton candy, and it could be just me, but like I said, it is delicious. I would purchase it again.

Cotton Candy Cocktail

Fill glass with cotton candy.

Pour one-ounce vodka over the cotton candy.

Top with sparkling water and ice.

The cotton candy will melt immediately

Garnish with a cotton candy drink stick.



Cotton Candy Smoothies

Put two scoops of ice cream in a blender

Fill with cotton candy

Pour two ounces of vodka over the cotton candy

Lightly mix

Wet rim of two glasses

Roll tip of glasses in colored sugar sprinkles

Pour the smoothie into the glasses & Top with cool whip

Witchery Brews To Help Perk You Up

Early To Bed - Early To Rising

I am just a regular, sensitive kind of go-about-my business everyday kind of woman. I get up at the crack of dawn and make coffee and stretch out on the sofa with my laptop on my thighs and write blogs, read bible studies online, and play online scrabble with friends. A hot cup of green tea with honey in the evening is welcomingly refreshing.

You are making coffee, tea, and spirits with a delightful twist that can be stimulating. However, I am not a doctor, nor trained in any way medically, nor claim to be. Please see your physician with any questions about these products. Use these recipes or ingredients at your discretion and responsibility. I waive liability medically or any otherwise.

Let's Create Some Magic

Cure - All - Remedy

In a gallon jug

- large can pineapple chunks with juice

- large can peaches (diced) with juice
- large jar cherries with juice
- bottle of Whisky
- eight ounces of honey

Stir and put on the lid

"Take to every Gallon of Honey, three Gallons of water, and put them both together, and set them on a soft fire, that you may endure to melt and break the honey with your hands." — Kenelm Digby

Get Well Soon - Natural Antibiotics

- cumin
- garlic
- eucalyptus
- Echinacea
- goldenseal
- onion
- myrrh gum
- green tea

"We have finally started to notice that there is real curative value in local herbs and remedies. We are also becoming

aware that there are little or no side effects to most natural remedies, and that they are often more effective than Western medicine." — Anne Wilson Schaef

Get Well Potion

Ingredients:

- 6 cups of water
- Two lemons rinsed off and sliced
- 5" fresh ginger root, peeled and cut into small pieces
- 1/4 cup honey
- 12 oz. can of frozen orange juice concentrate, thawed

Directions: Put all ingredients in crockpot except orange juice and cook on high two hours. Then add the juice, stir and serve.

Homemade Cough Syrup

Ingredients:

- 2 Tablespoons apple cider vinegar
- 2 Tablespoons honey
- 4 Tablespoons water
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon ground dry ginger

Directions: Place all the components in a small container or jar and shake to combine well. Store in the refrigerator. Shake well before using. Take a tablespoon as desired.

"You see, those who are hooked on alternative medicine are often reasonably healthy, and they go to alternative remedy for what I see as the 'symptoms of life.' Exhaustion, body

pains, inability to focus, perhaps, the sorts of things that anyone over forty gets at some point." — Rosa's Concepts

Share With A Friend

"I force people to have coffee with me, just because I don't trust that a friendship can be maintained without any other senses besides a computer or cell phone screen." — John Cusack

Beverages

Coffee - Milkshake

Place a scoop of ice-cream in a heavy glass, add cold coffee, and top with cool whip

Iced Coffee

Make a cup of coffee as usual. Pour over ice cubes in a heavy glass.

Hot Chocolate Espresso

Ingredients:

- cup strong hot coffee
- tablespoon sugar
- 1 cup cream (1/2 cup half-and-half and 1/2 cup milk)
- one tablespoon unsweetened cocoa
- whipped cream
- grated chocolate

Directions: Place coffee, sugar, milk, and cocoa in a pot and heat. Pour into mugs and top with whipped cream and grated chocolate. Serve hot.

Hot Chocolate

Ingredients:

- 1/4 cup unsweetened cocoa powder
- 1/4 cup sugar (it depends on how sweet you like it)
- One gal milk or any combination of milk, half-and-half, or cream
- one teaspoon vanilla extract

Directions: Put all ingredients in a crockpot except vanilla. Turn on high. Whisk together all ingredients; occasionally stir until it is hot. Stir in the vanilla and serve. Option - add miniature marshmallows.

Iris Coffee for Two

ingredients:

- 2 cups hot brewed coffee
- 1 teaspoon light brown sugar
- 1-ounce Irish cream whiskey
- 1-ounce Irish whiskey
- 1/2 ounce peppermint schnapps
- Whipped Cream, recipe follows for topping
- Shaved dark chocolate for garnish

Pour the hot coffee into a small pot, add the sugar and stir until the sugar melts. Stir in the cream, whiskey, and schnapps. Pour into two cups. Top with a blob of Whipped Cream and some shaved chocolate if using.

Homemade Whipped Cream

- 1/2 cup heavy whipping cream
- One tablespoon confectioners' sugar
- One teaspoon pure vanilla extract

Combine the cream, sugar, and vanilla to a large bowl. Beat with a mixer until soft peaks appear.

Espresso Martini for Four

Ingredients:

- 16 ounces coffee
- 8 ounces vodka
- 1/2 cup simple syrup
- Ice

Directions: Chill 4 martini glasses. Combine the coffee, vodka, and simple syrup in a shaker. Fill the shaker with ice. Shake for about 10 seconds. Divide between the chilled martini glasses. Serve immediately.

Simple Syrup:

- 1/2 cup water
- 1/2 cup sugar

In a small saucepan, blend water and sugar over medium heat. Bring the liquid to a boil and reduce heat Simmer for five minutes, until the sugar has melted. Remove the pan from the heat and chill the syrup. Any additional cooled syrup can be stored in a sealed container in the refrigerator.

Hot Green Tea

Ingredients:

- one tea bag
- one tablespoon honey
- cup of water

Directions: Place all the ingredients in a mug. Heat in microwave for 90 seconds and serve.

Option - Add teaspoon lemon juice.

Spiced Tea For A Crowd

Ingredients:

- 16-ounce container instant tea
- 1/4 cup instant tang
- one small box red hots candy
- 1/2 gallon water

Directions: Place all the ingredients in a crock pot and turn on high. Keep stirring until candy melts. Serve hot.

Note - Substitutions

Use any milky liquid you prefer, whether it's from a cow (whole, 2%, 1% or fat-free), nuts (almond milk), beans (soy milk), or grains (rice milk). For sweeteners, feel free to substitute maple syrup, honey, or agave nectar for sugar, but start with less, and taste the combination before adding more.

Old Fashioned Banana Pudding

Classic Southern Dessert

The old fashioned banana pudding is a style of dessert that has been a favorite for generations – made with a creamy vanilla egg custard - layered with vanilla wafers, slices of bananas, and the custard – then topped with a wavy homemade meringue. The only tricky part about this vintage delight is waiting for it to cool before eating.

I've always stayed true to that tradition. However, You can use whipped cream instead of meringue, and instant pudding instead of custard. You can't go wrong, either way.

My fascination with banana pudding began at a young age. It was an absolute necessity on the dessert table at every single special event, church social, and extended family gathering. There were tables arranged with the best of Southern food.

You Will Need

9 X 13 rectangular, deep baking dish

electric hand mixer

whisk

fork

2 mixing bowls

a heavy - deep saucepan

dessert bowls

Prep Time: 20 minutes - Cook Time: 20 minutes - Chill Time 2 hours

Custard Ingredients

3 - 12 oz can of evaporated milk
16 ounces of water
1 cup granulated sugar
1/4 cup self-rising flour
7 large egg yolks (reserve egg whites)
3 Tbsp butter
1 Tbsp pure vanilla extract
2 boxes vanilla wafers
6 medium bananas sliced

Instructions

In a deep mixing bowl - whisk together the evaporated milk, water, granulated sugar, flour, and the egg yolks until mixed. Pour into the deep heavy saucepan.

Cook over medium continuously for about 10 -15 minutes until the custard has thickened. Once thickened remove from the heat. Whisk in the butter and vanilla. Set aside

In a 9 X 13-inch oven safe dish, layer the bottom with vanilla wafers. Top with banana slices. Cover with 1/3 of the custard. Repeat ending with custard.

Meringue Ingredients

7 reserved egg whites
1 tsp pure vanilla extract

6 Tbsp granulated sugar

Instructions

Preheat oven 450 degrees

Mix the 7 egg whites with a mixer, add the vanilla and mix, pour sugar a little at a time while mixing. Beat on high until stiff peaks.

Spread the meringue on top of the banana pudding. Use a fork to make peaks. Place on middle rack in oven for 10 - 15 minutes until golden. Remove from oven and set aside to cool.



Spiritual Concepts



Fruits of The Spirit

Introduction - Bible Truths

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things, there is no law.

The more connected you are to the fruits of the spirit, the healthier you will be physically and emotionally. The less connected you are, the more you are disconnected from God; one's soul remains out of balance. The lifestyle of the fruit of the spirits is as essential as the air we breathe.

- Learn to love unconditionally
- experience pure joy
- the peace that passes all understanding
- the forbearance to accept things that you cannot change
- the kindness that is compassionate and thoughtful
- the goodness that comes from being righteous and having integrity
- the faithfulness that originates from a pure heart
- gentleness like that of a peacemaker
- the self-control that shows discipline and obedience

As part of your daily quiet time, work through the fruits of the spirit one at a time. I believe by doing so; you will be challenged to think, learn, grow, and live the life that God created you to live.

Along with this devotional and your bible, keep a real and personal journal. I suggest that you describe your spiritual state as you meditate on and reproduce each of the fruits with your mind, body, and spirit.

The Power of Love

Pure unconditional love built on God's supreme qualities of love. We are to demonstrate that same "awe-inspiring love" which He shows us. Unconditional love comes from wisdom; it begins when nothing expected return. We automatically like without thinking. It exists in the heart like radiation. It becomes a habit and a way of life.

Love is not only a feeling it is an action that Knows no fear and can be understood. We unchain ourselves and become brave enough to step out of our comfort zone and look past our differences and show God's love through us by showing affection without limitations. It does the heart good for the giver and the receiver to love unconditionally.

Unconditional love plants seeds for harvest and allows us to reap the benefits without conditions or even an expiration date. It plants seeds, and people change. It has no demands and cannot earn it.

Love without discriminating; treating everyone as brothers and sisters even if the person doesn't deserve it; must be shown in our words and actions from a joyful heart. It is a blessing to be able to love unconditionally and freely because it teaches others to do the same.

Do we all hunger for love, great peace, and contentment? Do we all detest judgmental words, jealousy or evilness? We can practice the powerfulness of unconditional love by demonstrating real forgiveness, encouragement, peace, give of our time, and expect nothing in return.

Love God first and with all your heart and soul; makes all this possible because God is Love. The heart's lost without God.

The Power of Joy

Genuine Joy built on God's supreme qualities of being joyful. We are to demonstrate that same "awe-inspiring joy" which He shows us. Therefore we can be in a difficult situation and yet experience pure joy.

We must yield to God's purpose and seek biblical joy, a fruit of God's Spirit. Jesus suffered disappointment and persecution from various sources in his life on Earth. His joy was more significant than any situation that occurred while he was in human form because he had the joy of the Lord in Him that lifted Him.

In today's world, where the pursuit of happiness involves being famous, successful, and wealthy; when this type of joy is glorified, it is easy to lose focus on what brings real joy. Put simply; we can seek comfort in our accomplishments, good fortune and athletic endeavors, hobbies, travel, dancing, fashion, home improvements, wealth, status, alcohol, food, and drugs. These all fail except for a brief period of satisfaction and sense of well-being because it's not pure joy.

The real joy is a sweet and delightful passion that is "God's way." It must evolve as a result of being sincerely submissive to the purpose in which God is working in our lives.

Pure joy is spending time in God's presence; feeling His

presence, feeling His touch and feeling His love through our faith. God's reflection fills us with joy, which makes us joyful through song and praises.

It has that pure joy deep down in our hearts no matter the circumstances. We must let our joy shine through our troubles; allowing other's to see that Godly joy within us.

The Power of Peace

Inner Peace built on God's supreme qualities of Peace. Mental or emotional calmness is a desire. How can we have peace when reason rules the mind? A peace, above all things, has to be desired. With malice toward none, I believe that the pursuits of peace make one truly happy. It is a mind game. We are to strive to build peace, have a desire for peace, a willingness to work for that genuine peace and charity for all.

No matter what someone else has done, it still matters how we treat people. Sometimes we can't be at peace with others until we are at peace with ourselves, forgiving ourselves and others. We should, by all means, refrain from gossiping, disrespecting others, and violence. We should never abandon the pursuit of peace.

Smiling is crucial. If we are not able to smile, then the world will not have peace. It is with our capacity of smiling, breathing, and being the peacemakers that we can make peace. Smiles, draw hope, and move us irresistibly toward peace.

The Power of Patience - Forbearance

Today's society and way of living do not encourage one to be patient. We live in fast food, microwave world. Patience does not come naturally; It is a challenge as a child, and the concept is learned as you get older and more mature.

In the dictionary, "patience" has several meanings: 1) bearing pains or trials calmly and without complaining, 2) not being hasty or impetuous, 3) being steadfast despite opposition or adversity, and 4) showing forbearance under provocation or strain.

We often think of patience as something benign, but the dictionary definitions and the Bible imply that pain, trials, adversity, and strain may also be involved.

The Power of Kindness and Goodness

I grouped kindness and goodness together because I feel as though they are close in meaning. Divine Kindness/God's goodness being taught throughout the Bible and goes hand in hand with the other fruits of the spirit.

God's kindness is intended to lead to repentance, not to the rejection of him (Rom 2:4). Human imitation of God's goodness does not come naturally.

In fact, ultimately, no one is kind. It is only as of the fruit of God's Spirit that kindness can be a consistent part of our daily living. As the "worldly" saying goes; you can catch more flies

with honey than you can with vinegar.

The Power of Faithfulness

Being faithful and honest is not always easy. Temptations overflow, and as Christians, our lives are busy. It is easy to become amused by movies and magazines. The Internet, cell phone texting, kids homework, school activities, and events keep us busy.

Being reliable means making mindful choices to follow God. It means standing up when others disrespect you and your faith. Sometimes, explain why you are a Christian. It involves doing what you can to grow stronger in your faith and be a witness. Noah was presumably not accepted by his fellow man because he made the chose to follow God.

Faithfulness is having an abundance of faith. Adhering firmly and devotedly, as to a person, cause, or idea; being loyal, responsible, dependable, and reliable.

The Power of Gentleness

As believers, we can display the fruit of gentleness as we abide and trust in Christ. When we, are saved; the Holy Spirit lives inside of us, He gives us the power to be gentle, and we can be people who overflow with gentleness!

Being gentle does not come easy, and we are not calm at times. But as we get closer to God, we change! The sweetness becomes part of who we are.

We communicate with people with gentle words. We do not have to tip-toe on eggshells but can be calm and respectful to everyone.

The Power of Self-Control

Self-Control is about making wise decisions/choices. Building self-control can be a bit challenging, but it is possible to create change in your life and control impulsivity.

You will feel more in control and your actions when it comes to the way you treat people. Monitoring and restraint of one's activities, feelings, etc. Resist temptation and urges.

It is so easy today to give in to the temptations that Christians face. Sometimes it is harder to work to walk away from temptation than to give into it. There is so much peer pressure to drink, have sex, do drugs, not go to church, etc. and more in the world.

However, God rewards your self-control. Look at Joseph. While he spent many years in prison and as a slave, eventually he rose to the highest appointed position in Egypt and even found his family once again. God will ultimately reward your self-control.



Spiritual Gifts And Talents

Step Out In Faith

It is so natural for you to use your spiritual gifts and talents within your comfort zone. I relate! When you step out of your comfort zone, magic is significant in its strength and extent; it is essential to make it all visible to yourself.

You can't see what you can't see -- until you acknowledge your fears. Your spiritual gifts and talents are priceless. To be seen, heard and recognized so that "you" can experience the deeper waters.

"Here I am Lord, use me."

God has given us all talents. Yes, we all have them. We need to use them for God's glory and stop deserting our skills. You have opportunities to get your talent noticed and will you get some rewarding experiences that are enjoyable. Sometimes we need a nudge. The compensation may not be in payment but reaps self-benefits and blesses the hearts of audiences.

Form A Group

Seek people looking for singers, musicians, costume designers, dancers, models, speakers, photographers, storytellers, people that can brainstorm, have visualization skills, are adaptable, and a great imagination and the list goes on.

You will be able to improve your self-esteem and make a real and positive contribution to your life and others. You will be able to look back with pride on your adventures and be

satisfied.

Pray And Ask God

God can shift things around for you and let things work in your favor. God closes doors no man can open & God opens doors no man can shut. Do you need God to open some doors for you?

Many times, God will confirm His will through His Word and others; such as Godly counsel.

Usually, you know it is an open door from God when you have to rely on Him. Some people try to do things of the flesh. When it's God's will, we must ask Him to bless the work of our hands.

How Do You Measure Yourself

You are never to measure yourself with someone else's rules. We all are unique. We all have individual talents. Some more, some less, but all are special. Some are great cooks, great teachers, lawyers, farmers, or law enforcement officers. Some have chosen to be caregivers to others. Some are ministers, and some even volunteer at hospitals.

When someone says, "You just don't measure up." Tell them, "I don't use your ruler either."

- Everyone can become better.
- We all should want to make a difference.

What Does The Holy Bible Say?

Bible Verses About Talents, Gifts, Spiritual Gifts, Skills, and Abilities

Acts 1:8 - But ye shall receive power, after that the Holy Ghost comes upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and Samaria, and unto the uttermost part of the earth.

Romans 1:11 - For I want to see you, that I may impart unto you some spiritual gift, to the end ye may be established;

Romans 12:4-5 - For as we have many members in one body, and all members have not the same office:

Romans 12:6-8 - Having then gifted differing according to the grace that given to us, whether prophecy, [let us prophesy] according to the proportion of faith;

1 Corinthians 12:1 - Now concerning spiritual [gifts], brethren, I would not have you ignorant.

1 Corinthians 12:4-11 - Now there are diversities of gifts, but the same Spirit.

1 Corinthians 12:7 - But the manifestation of the Spirit is given to every man to profit withal.

1 Corinthians 12:27-28 - Now ye are the body of Christ and members in particular.

1 Corinthians 13:2 - And though I have [the gift of] prophecy, and understand all mysteries, and all knowledge; and though I have all faith so that I could remove mountains, and have not charity, I am nothing.

Ephesians 4:11-13 - And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers;

Ephesians 4:12-13 - For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ:

1 Peter 4:10-11 - As every man hath received the gift, [even so] minister the same one to another, as good stewards of the manifold grace of God.

Glorifying God

God works in different ways through each of us, and we all serve him faithfully as we use our gifts to glorify him. We should invest the gifts that God has blessed us with wisely.

We should use our gifts and abilities to honor God and to bless, encourage and strengthen others in love (without love, all our tips are nothing!). We should not neglect our gifts but instead develop them, “stir them up,” “fan them into flames” so that they get even better, to the edification of the church and the glory of God.

How Many Talents Do You Have?

Make a list of your Talents, Gifts, Spiritual Gifts, Skills, and Abilities. What steps can you take to improve? Make a list of ways you can use each one.

Being a Grandmother To Other's

NOTE: This story was written March 31, 2014

Grandmothers

Grandparents have been the leaders of most households since the beginning. Grandparents are seen as a source of wisdom. Grandparents usually tell the best stories, like exciting tales about when they were youngsters. Grandparents will often drop everything to spend time with their grandkids. Grandparents do stand firm when it comes to right and wrong. But on the flip side, they give in to the grandchildren wants.

When I raised my boys, I hoped to be a grandmother one day. My grandson calls me "Big Mama," which I love it. My oldest son and his wife are expecting their second child, a girl. I know she will fill my heart with joy. However, I find myself having a great love for other children.

When I moved back to Whitesburg a little over three years ago, I never thought God was sending me to "love the children." I learned when I was a child that "God is Love," and if I want to be like Jesus, "I must love unconditionally."

It Is A Spiritual Gift

The first time I kept the nursery was two years ago during a revival. Then I was put on the rotation. Then I started helping on Sunday nights for our children's program at Whitesburg Christian Church. I don't know how it happened, but I started being the teacher of the toddler class.

One of the toddler's parents started coming to Sunday school, so I volunteered to be the Sunday school teacher for that class too. During VBS, I get to be their teacher.

My toddlers are learning to play together, share, and follow the rules. They love to play toy instruments and sing, and then I have them sit at the children's table in the room and watch a movie while they eat. Elaine brings them a craft to do. Yes, they do participate and do his or her work with supervision. As far as myself, I love it.

One of the toddlers, I get to babysit outside of the church. I get to babysit him and his older sister, who is in Pre-K. It does my heart good. I am always thrilled when their mother texts or calls me. The little girl asked me if I can be her grandma. She started calling me "Big Mama." Therefore when she comes to my house to spend the night, it's like going to grandma's house.

Love

I never thought I could love somebody else's kids so very much, but I do. I enjoy it more than I have experienced anything. This is my purpose in life. This is my calling. The spiritual gift that I never knew I had until two years ago. I get

to love on and spoil the children.

Being a grandparent to others is a big job. I get to help children develop skills to enhance their lifelong learning. In many ways, they help me stay young at heart. Because of these children, I have a positive attitude toward aging.



Spiritual Suicide

With references from the Holy Bible NIV

- Obsession - Anything that clouds your mind or spirit.

Exodus 20:2

You shall have no other Gods before me.

- Complaining - negative conversation

Ephesians 4:21

Do not let any unwholesome talk come out of your mouths. Only what helps build others up according to their needs, that it may benefit those who listen.

- Bitterness and Jealousy - lack of love & compassion

Hebrews 12:14-15

Make every effort to live in peace with all men and be holy. Without holiness, no one will see the lord. See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.

- Immorality - loose and careless

1 Corinthians 6: 18-20

Flee from sexual immorality. All other sins man commits are outside his body. He who sins sexually, sins against his own body. Do you not know that your body is a temple of the

holy spirit, who is in you, whom you have received from God? You are not your own; bought at a price. Therefore honor God with your body.

- What we see and hear - television, books, the internet

Psalms 101:3

I will set before my eyes no vile thing. The deeds of faithless men I hate; they will not cling to me.

- Negative Thinking - depression

2 Corinthians 4:16-18

Therefore we do not lose heart, Though outwardly we are wasting away, yet inwardly we are being renewed daily. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but what is unseen. For what is seen is temporary, but what is unseen is eternal.

- Conclusion:

Psalms 1:1-3

Blessed is the man who does not walk in the counsel of the wicked, stand in the way of sinners, or sit in the seat of mockers.

But His delight is in the law of the Lord, and on His law, He meditates day and night.

He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prosper.



My Testimony

My Faith Conquers

I didn't anticipate myself to be good. When I first started freelance writing back in 2003, I assumed I was too "deep-rooted" and also "far behind" to ever "make it" as a writer. All I wanted was to write my way and what was easy for me. I created reality within my imagination. Then I was having too many thoughts to sit and chill. My imagination created "out of my comfort zone" reality. That is what I wrote about and forwarded to popular magazines. To my surprise, I received payment for several of those stories/articles.

It was spring 2010 when I relocated to my home town, where I grew up. As I was trying to figure out the course and the road I wanted to take with my life, I rented a building and opened a gift shop. As an interior decorator by trade, I knew how to put flower arrangements together and some arts & crafts. It was open to the public to bring items into my shop for me to sell on commission. I did foresee that I was not going to make a lot of money at first. Therefore I did send in more stories. I had too; I wanted to eat, I had car expenses, gym membership, and overhead for my shop.

After being in the retail business for several months, one of my vendors gave me a copy of his CD: he and his wife sung in a gospel group. I was already a Christian and was a believer. I did trust God with my finances and was a praying woman. I got back into my childhood church, thinking I could sit on a pew every time we had a service. I also thought that since the stories I wrote was just tales of my imagination that it was just a job that I created for myself to make easy money.

I wanted to help promote this couples CD and did listen to it. When I heard the song "Not For Sale," the power of the spirit within me convicted me of my sins. I fell to my knees and began to cry like a baby. I then knew I was guilty of selling out. I begged God for forgiveness. I also confessed to the ladies at church and asked for prayers. I promised that I would never again write anything I wouldn't want them to read. I have done some assignments for a different but similar newspaper. Even though these stories and articles required some research, I do believe to be somewhat dicey.

It was 2012 when I got more involved in church activities. I began to study my bible more. I put my novel on the back burner for several months trying to figure out how to take some of the explicit material out or reword it. As I got closer to God, it was easier to do. I also started writing poetry, religious articles, and concepts. I then changed my business to Rosa's Concepts.

The beginning of 2014, I thought my novel was ready to be published. With help from the internet, I have been trying to edit it myself and found more issues than I realized. It is a slow process, but I am getting there. I find myself praying as I go step by step.

It is March 2015, and I am walking down many roads simultaneously with my writing. I am very active in my church. I have fallen in love with toddlers and babies. The elderly are my role models. I have brothers and sisters in Christ that I care about, pray for, and love dearly. My faith conquers, and my wisdom is my fortune. ©

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Thank You for reading. May God bless you.

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