AUGUST/SEPTEMBER 2016

reSTART magazine

SUMMER AFTERMATH

Welcome to reSTART magazine.

I am blessed to know some really cool people with great stories. Their stories don't always make the news, but these people are always doing something to make news happen in the lives of others.

reSTART is a quarterly publication, although the next one will come out in October, and each issue promises to be packed with unapologetically inspirational and informational pieces by some very purpose-driven people.

The uniqueness of reSTART is writers share their stories from their own voices. Real and authentic voices have time and space here. If you are one of them, please contact writerbilly@gmail.com.

reSTART is designed to allow people to share in a way that liberates rather than limits their voice. Another interesting dynamic is the delivery is in a PDF format, for now, and we will be moving to a broadcast magazine and podcast by year's end.

In this issue, you will find stories about dad's "manning" up, getting and keeping your finances in order, slaying for that last bit of summer heat and personal stories of survival.

I hope you enjoy and support this effort. Feel free to join or like us on Facebook @ reSTART MAGAZINE.

Blessings,
Billy Montgomery, reSTART Publisher

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Summer Aftermath Issue

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COVER STORY

PORCHEA LONDONE

Porchea Londone has been doing fashion all of her life. "Even when I was set on being a lawyer aka the next Clair Huxtable, I was more concerned about what to wear in the courtroom than actually practicing law," the fashionista says.

She has styled for LA-based talk show host, Chundria Stanback, and for private clients helping them identify their purpose and dress accordingly. She has also appeared on Chicago television fashion segments.

She has a graced the inaugural issue of reSTART with a few tips on dressing as we transition from summer to autumn on page 19.

Readers can follow her online at:
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Photo:
Dara of Queensview Studios

reALITY check

REAL PEOPLE!
REAL STORIES!

BILLY MONTGOMERY PHOTOGRAPHY

Dads "Man Up" On Fatherhood

Be A Lifelong Learner
By Peter Da Via

I'm not a perfect father. So I've learned to let God be my master teacher because He's the perfect Father. I'm happily married to my beautiful wife and best friend Chantae and I'm learning how to father our daughter Ava.

Here are my tips.

Be Prayerful: We need to be in constant communication with our heavenly Father or we'll miss out on opportunities to hear and see things from a different (divine) perspective. Ask Him to help you; we'll need divine help while we raise our children.

Be Present: Our children need us to be there. It sounds ridiculous right, but it's so true. Our children need us to simply be there for things like dance recitals, games, school events, homework, shoulders to cry on and to simply be the tickle monster at times. Not only that, they need us to be with them at home too. They need (REAL-undivided attention) time with us.

Over time our children will develop friendships and acquaintances with others, but we will need to continue to BE PRESENT in those times too. Don't allow their relationships with others to take away time with you. We may need to adjust our schedules to build time specifically for them.

Be Persistent: Even when your plate and their plates are full.

Be Patient: Our children will make mistakes and they won't understand things right away. Remember what you were like. Keep teaching, keep molding and keep loving them. They need time to see and learn and we just need to be patient as they learn.

Be Purposeful: Make sure your time with them has a purpose attached to it. Don't look back 18 years from now and wish that you had done things differently. Be a FATHER on purpose not on accident; purposefully guide and nurture them. Seek out creative ways to help them discover who they are. If we don't, something or someone else will teach them.

Lastly, and most importantly, enjoy the journey. There's no magic secret. Spend as much time with them as you can because one day they'll be out of your house!

Ready Made Dad
By Brandon W. Riggins

I grew up without a father and was raised in some of the worst neighborhoods on Chicago's South Side. These experiences became my motivation to be a part of my children's lives, no matter what, and to always put them first.

At 40, I'm in a blended marriage (my wife has three and I have three children). Shortly after Briana, (my wife) and I reconnected after 15 years, her son, Emmanuel (Eman) was diagnosed with a terminal illness. I stepped in to offer support where needed. I accompanied Eman to his semiweekly doctor's visits, talking to him to relax him. As his disease progressed, I literally had

to carry him from place to place, inside and outside. We spent hours playing video games and watching movies. When Eman died, a void was left in my heart.

Now it's a priority to spend quality time with my children. I make certain that they know they are loved and that I will always be there for them. I am careful to let each one know that they are special in their own way.

Being a father makes me a better man. I haven't always made the best choices, but I strive to make each day a better one for my children. I am proud to be their dad, and wouldn't change that for anything in the world.

Time Check
By Jason Smith IV

I've been a father for nearly 21 years. I have two sons: Jason V, 20, who is starting his fourth year at the University of Iowa, and Justin, 15, is a rising junior at Thornton Township HS. My wife, Shirley, and I had another child, Christian Ramon, who was stillborn on February 28, 1998. It was during this time that our relationship with God and with one another became so much stronger through the adversity. I believe exhibiting open displays of affection in front of your children gives them a great example of a loving, faithful, monogamous relationship.

Time is the one thing a father can spend with his child that can cost very little but is very valuable. Even when you live with your kids, communication and going to different places with them can create memories that last a lifetime.

Respect for, or civility with, the kids' mother also goes a long way towards showing the kids that there doesn't need to be hatred nor animosity between their parents. It's all about the kid(s).

Your child will always need you. Maybe less so as he or she gets older, but as a parent, you are a source of information, comfort, trust, and security. As long as you're around, they'll be around for you in your latter years when you need them.

1 Corinthians 13:13 tells us that out of faith, hope, and love, the greatest of these three things is love. Have faith not only in God for your relationship with your kids, but have faith IN your kids that the good you've poured into them will not only be retained but radiate for others to see. Put the hope into your kids that there is greatness within them and, again, they can inspire others. Love towards your kids is so much more than monetary or material.

It is vital to know that having enough respect for yourself as a father is also showing love for your child. When they see you doing well, they want to emulate that or do better. You ALWAYS want better for your child. As a father exhibits love for his child, and God is love, then that child sees God within his/her father.

And what's bigger or better than a Godly father?

Not About Me Anymore
By Evan F. Moore

When you become a father, it is no longer about you. It is all about the well-being of your family. No matter where you go or what you do, they are your first priority no matter what.

Be aware of how you were raised along with how you want to do things differently. I love my mom and dad. I would never call out their parenting. However, there's nothing wrong tweaking your approach while thinking of how you were raised.

Take care of your health. It took me longer than I expected to become a father. I wanted to get back into shape. I took up hockey. I want to be there for my daughter like my dad is still there for me.

Save money. That was the first thing my father told me about raising children. You never know what's going to happen. Every pay period set aside some money for a rainy day.

Finding Light Beyond My Mom's Shadow

By Brittany Watson

I am not my mom.

My greatest struggle was to not be like my mom. I know who wouldn't want to be like their mom. Moms are supposed to teach you everything you know, because they are by your side every step of your life, especially if they are alive.

Well that wasn't the case in my life, my mom is very alive, and she went through a tough period in her life that has caused her to miss out on the upbringing of her four children. She let other mom figures step in because she was too weak to figure out how to lead us and to show us "the ropes".

The things that I did differently were:
+ Completed college
+ When I got pregnant while in college, many thought that I was going home, but I put her in day care at six weeks old and went right back to school
+ I held two jobs to support my child, even landing the cover of the college paper for being able to juggle school, a child, and work at a young age.
+ Then, I took a leap of faith and moved my family to the "land of opportunity", Los Angeles, California, with dreams to become a writer.
+ I accepted opportunities that weren't always the best, like working as demo girl at Home Depot, but I was there for my child and I did what I had to in order to keep a smile on her face.

Coming to California with four suitcases was tough at first, our living conditions weren't as set out as it was back in "college town". However, my daughter never noticed, she believes we had the luxury of living in a museum (really a hotel) for a while. With hard work and diligence and I can't forget my Father God who has kept us on the right path, we live a much better lifestyle.

For my latest updates on "Cali living":
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Pictured: Brittany, William and their future Olympian daughter Haelo

Daughters Need Their Fathers

By Laria Land

I didn't watch the Roots remake when it first aired. These days I prefer a good binge watch. The remake is intense, to say the least; and while I can't personally compare it to the original version from the 70s since I didn't watch it, what I am told from others who did is that this version is a lot more historically correct. They might have meant the gross mistreatment of slaves during this era. I hope, instead, they were referring to the relationship between Kunta Kinta and his daughter and Kizzy.

First, I would like to acknowledge I am aware this is a relatively fictitious story and I am only on part two of the miniseries (I needed a break from the emotional roller coaster), but so far this father-daughter relationship is my favorite part. He loved her unconditionally. He kept her secrets and did not judge or reprimand her for them. He respected her tremendously (not sure how many dads would refrain from physically hurting the guy he caught kissing his only daughter, especially knowing they could potentially be "mated").

Despite their circumstances, he equipped her the best way he could to live the best life available to them, which included his version of Mandinka warrior training. In doing these things, he instilled in her even more powerful lessons – the courage to be herself, to defend herself, and trust her instincts. As proud as I was to watch a father sow into his daughter in as intently as Kunta did, I could not help but feel pangs of jealousy vibrate through across my heart and mind. As crazy as it sounds, I envied the life of two fictitious characters, slaves at that.

The thing is, my dad passed when I was in 8th grade, but he was not really active in my life before that. My grandfather passed a few years before that, but he was too old to play a super direct father figure role during the short time we had. I do have an awesome God-father who stepped up in so many ways since I was a baby, but his approach more often than not was pretty hands off. I was the smart kid who everyone assumed "knew better," so there was no need to talk with me about things I wasn't typically expected to be into or aware of. So as children do, I played into that belief, sometimes consciously and sometimes not. There were nights I ran the streets of Chicago, with maybe a best friend knowing where I was. There were times when I agreed to things with friends, or in relationships, that turned out to be no so smart choices. My self-esteem over the years seemed so fragile as I looked for validation from nearly anyone.

I have always longed for a real father figure, someone who would give me the real deal on everything from cars and guys to finances and education over ice cream sundaes. Daddy's little girl they call it, but after 26 years it never came. There is just certain emotional support only a father can give a child, and the little I was able to pick up from my friends who did have active fathers, seemed to barely hold tight. For the most part, I felt like I was in the world winging it, and in a lot of ways, I felt cheated, like I wasn't good enough to have someone looking out for me.

Each Father's Day, the longing gets louder; and if I'm honest with myself, there has always been one unconventional thing that helps me to push through bad days and stay positive when looking toward the future. It is the fact that I can make sure I give any future children I have this particular thing that I have wanted my entire life. Desiring a partner who was just as committed to fatherhood as I desired a child, isn't just something I fantasized about, but it became a requirement. I know the emotional hurt of feeling unwanted and I can't inflict

reFRESHERS

KICK BAD HABITS!
STEP INTO THE NEXT GEAR!
TIPS ON GETTING RIGHT!

BILLY MONTGOMERY PHOTOGRAPHY

Tips To Keeping That Summer Body

By Caprice O'Bryant

Everyone wants to maintain that summer body but many fail to follow the rules. A one-hour workout is great but what you put on your plate for the other 23 hours a day is essential to achieving your goals for a better body.

Here are some great tips to push you towards your summer body and most importantly, a healthier life!

* No carbs for dinner! All you need is protein and veggies.

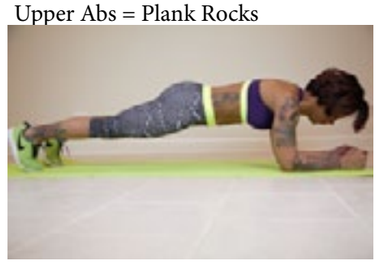
* Cut out sugary drinks (fruit juices, pop, coffee, etc.) Enjoy nature's candy: pineapples, apples, grapes, cantaloupe, and watermelon. Aim to eat fruit early in the day because you will have the rest of the day to burn off that sugar.

* Get enough protein!! An individual exercising regularly needs .8-1.2 grams of protein per pound of his/her body weight.

3 of My Favorite Core Exercises:

Obliques = Side Plank Crunch

Upper Abs = Plank Rocks



Lower Abs = Seated Flutter Kicks

Use Stress Without It Using You

By Shannon McDougal

Did you know that stress is good for you?

For years, healthcare providers have been telling their clients stress kills. Have you ever heard this? It's a pretty common theme in the health care industry. What has become apparent during the last decade is that stress itself doesn't harm you but your beliefs about stress do.

The mind is a powerful organ and it is not only an old saying, "What the mind conceives, the body follows", it's actually true and there is proof. According to Harvard researcher's, stress gives us access to our hearts. Stress often forces us to use our resources and make the relationships around us more important. Stress can build courage and resilience when you have the positive emotional attributes that are attributed to those who tend to live a longer and happier life. What are those attributes? Well, according to Laura Kubzansky of Harvard University they are simple (Rimer, 2011):

Emotional Vitality: a sense of enthusiasm, hopefulness, engagement

Optimism: the perspective that good things will happen, and that one's actions account for the good things that occur in life.

Supportive networks of family and friends

"Stress often forces us to use our resources and make the relationships around us more important."

Self-Regulator: bouncing back from stressful challenges and knowing that things will eventually look up again: choosing healthy behaviors such physical activity and eating well; and avoiding risky behaviors such as unsafe sex, drinking alcohol in excess and regular overeating.

What does it all mean?

It means that we cannot prevent the road bumps that life will bring us. We cannot control how others will react to us or treat us during difficult times. We can, however, change our perspective on life to remember that life is short and that we must live each moment in the present. Treasure the small things; remember that we've already overcome many obstacles in our journey through life. We have to believe that no matter what is thrown our way, that we are equipped to conquer it. If we live our days like this, it doesn't much matter if we have a lot of stress, moderate stress or minimal stress. Wherever we are, we are happier because of our positive emotions and our optimistic perspective. If we don't believe life guru's like Oprah or Iyanla Vanzant, we can look at the research conducted on ordinary people like you and I. We have a significant chance of living a longer healthier life than those who see the world through negative lenses or who blame everyone else for falling short on their dreams. We can have the body we want, the career we dreamed of, the house for our children. We can do anything we want to do but in order to achieve it, we must first believe it!

In the words of Maya Angelou, "And still I rise."

Referenced Article Rimer, S. (2011). The biology of emotion—and what it may teach us about helping people to live longer. Happiness & health . Harvard Chan School of Public Health

Finishing The Summer Strong Is A Must

By Serita Love

As summer fades, many are enjoying the last few days of fun in the sun activities, getaways and more! While all of this is exciting, your goals should be even more exhilarating! Here are five "Successful Summer Aftermath" tips for reaching your goals that will get you closer to your dreams.

1. Set that goal!
What is something you want to accomplish, during or after this summer? It can literally be anything! Do you want to conquer a fear, go someplace new, or finish something you've started? Well, challenge yourself a little bit, and go for it!

2. Specification and Deadline
Many times, we will write a goal that is very general and open-ended. You MUST get specific with details and deadlines.

This allows you to follow through with your goals. By setting a deadline, your goal becomes more realistic. Make that goal official.

I challenge you to take it on!

3. Baby Steps to Big Dreams
Ok, so you have a goal that you are psyched about! Time to get that game plan in place to help you accomplish your goal. Break your big goal down into "baby steps" – small actions you can take, leading up to reaching your goal. When you follow this tip, the goal will begin to feel more attainable, and real.

4. Up your "Triple A Game"

Always attempt to maintain the right ATTITUDE, APPEARANCE, and force yourself take ACTION when you are serious about your personal achievement process. If you have a positive attitude, you will feel better about the actions you take in pursuit of achieving your goal. Your appearance aligns with how you feel, and sometimes, who you encounter. If you want to be taken seriously, you need to look the part. Invite success into your life, by always having your "Triple A Game" on deck. Get this right, and you will never go wrong .Your goal is waiting to be met!

5. Mission Accomplished

If you are consistently going after your goal, and reading about different ways other people have accomplished the same type of goal, then you will most definitely reach it. Your actions will be key!

Imagine Yourself Great. It Is Possible!

By Listiner Martinez

Look out the picture window at the passerbys..... you spot a fabulous individual that's walking with confidence, ambition, and purpose. They look like they have a destination ahead of them that's full of GREAT possibilities. Imagine what their AWESOME life must be like on a daily basis; filled with spectacular adventures and radiant, positive outcomes....where things happen as they should and LIFE is Wonderful and Grandiose.

You like that idea???.....Now imagine that is you and your life. What will it take to live that very existence you just envisioned before you? Well, for starters it takes one thing for sure..... YOU! You are the only one that can bring your dreams to LIFE and you are the only one getting in your way of your GREATNESS. And NO, it won't be easy..but as the saying goes "if you can

dream it you can achieve" and if you can think it you can do it. But first, you must believe it is possible and be willing to put in the work that it takes to achieve GREATNESS. Learning to use the tools and gifts within yourself to help you elevate to new levels. Many of us live in fear of actually being anything more than what we have been told we are, whether it's our past or current situations. When in actuality we are ALL born to be great and successful, it's just a matter of looking past our current circumstances and seeing a better existence over the horizon. Often times that requires us letting go of dead weight, whether it's people, places or things. For to truly soar to new heights you must be willing to fly free with nothing holding you back not even your own dead weight thoughts.

The Universe and God want you to succeed, you must know and believe that. No matter what has happened to you in your life up until this point...it all changes NOW. When you start going after everything you believe you deserve, desire and want and start intentionally walking a path of Greatness that will lead you on a journey of destined success.

I am a inspirationalist, clarity consultant, and journalist. I create innovative platforms for revolutionary minds to be GREAT. I aim to inspire, encourage and prompt individual GREATNESS.

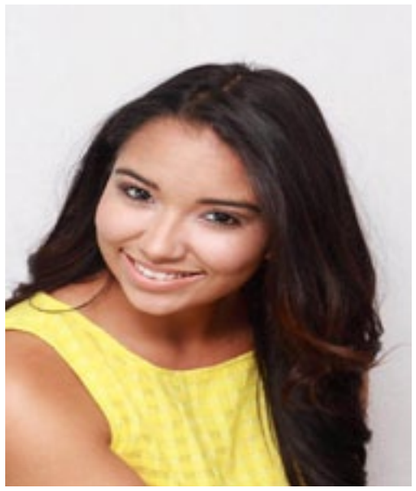
From Bullied Preteen To Beauty Queen

By Amanda Perez

"Always wear your invisible crown." Throughout the years this motto, along with other things, has been my key to who I am today.

As a little girl, school was difficult for me in the social aspects. I'll admit, I was awkward, quiet, and a people pleaser. In my elementary school, the "he said, she said" drama was always a problem. A lot of the times I can recall going up to the teacher and telling her what other students would say behind my back. I remember asking one girl in my class to put up her chair on the table so that I can begin prayer. (I studied in a Catholic School and being prayer leader was my job that week). Her response to me was, "Why? You're not important anyway!" All I remember is running out the classroom, into the bathroom and crying like a baby. I never realized that those words would impact me today.

My sister, Dash, was and is the person I look up to. She is the reason why I believe that I matured so quickly and professionally. She would always, and still does, take me to her job and volunteer. She was also my first introduction to pageants. At the age of sixteen, I won my very first pageant, Miss Teen Puerto Rico 2014. From then on, I have grown so much and I have met many great people.



Winning in a pageant, one expectation of the girls is to be 100 percent confident in themselves. In my case, I wasn't. My weight did affect me to a certain degree. In the summer of 2015, I began training and dedicating myself to my health.

As high blood pressure and diabetes run in my family, my personal and short term goal was to lose weight and to be the best me. As I did lose around 25 lbs, my confidence grew more, and I was confident enough to compete in the Miss Illinois Teen USA 2016 competition and winning the Miss Bliss Fashion Show 2016 competition.

Now, as I begin my college career, my goal outside of school is to motivate other girls. My message to others is that no one can stop you from being the best you. Being bullied, in the end, made me truly stronger and more humble. Be the best you, know who you truly are, and walk with your invisible crown!

Amanda Perez is 18 years old of Puerto Rican and Cuban descent and the youngest of seven siblings. She is currently a college student and has interned for American Academy of Pediatric Dentistry this past summer. In pageantry, she was Miss Teen Puerto Rican Parade of Chicago 2014, competed for Miss Illinois Teen USA 2016 and won Miss Bliss Fashion Show 2016.

Fix Your Finances, Fix Your Life

By Christa Hester

Has debt overwhelmed you? Since becoming a stay-at-home mom a few years ago, our two-income household has reduced to one. From that point on, my focus has been on eliminating debt and saving money. Today, all I can think of is obtaining financial freedom.

So I began reading and researching this topic until I finally comprised a plan that is doable for my husband and I. Prior to taking on this large task, I had very little concern about debt and avoiding it altogether.

After completing my undergraduate studies and landing my post-graduate position, I was too excited to even think about bills. My thoughts were on earning more money.

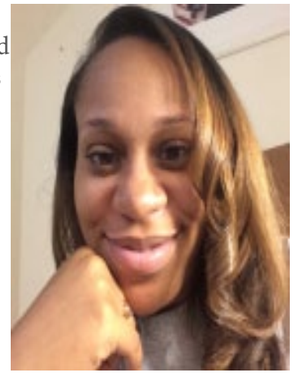
The same year I graduated from college I got married and a year plus later, my husband and I had our first child. Let's fast forward four years. I now have five small children and I'm no longer working outside the home.

A little later I decide to go back to school and earn a master's. At this point, we are drowning in debt, because I'm not done paying off previous school bills before accumulating more bills.

My lack of financial planning created more debt. Wisdom was calling. I knew I could have financial freedom through careful planning and execution.

No matter how much or little money I had, I needed to budget. I created a detailed budget that distinguished needs (groceries, utilities, and transportation) versus wants (recreational).

Another way to reduce debt I minimize monthly expenses. We began eating out less, minimizing extracurricular activities, and buying less. We also started using apps such as ebates and ibiotta to save on retail and groceries.



I began to search ads and shop for the sales. Occasionally, we plan a dinner out or see a movie. Ultimately, our goal will eliminate all debt within the next five years.

We are striving to achieve financial freedom today so we live peaceably tomorrow.

Christa is a blogger, wife, and mother of five with a strong commitment to paying off all of her debt. She has an undergraduate degree in Business Administration and an MBA, with a specialization in Corporate Finance.

5 Creative Ways To Destroy Debt

By Restart Staff

Fearing debt is a good thing — it keeps you in check. But don't be too scared to get back on track.

Incurring debt traps to a lot of people and you are not the first nor the last person trying to get out of it. Others have escaped, so why not you? Let's get going.

1. Create a plan
The first thing you need to do is sit down and look at all the numbers. See how much you are spending, where you are spending it, how much you are earning, and come up with a plan based on all the numbers. You can even see where you can save money by just looking at your budget.

2. Pay off your high-interest debts first
If you have credit cards or some other form of debt that has high interest rates, you should look to pay them off first. Interest rates will pile up over time and the longer you wait, the more money you will lose.

3. Prepare your food by yourself
One of the first steps is to start saving up and, depending on the amount of debt you have, drastic measures might be required. This doesn't mean that you won't eat or that you will be forced to eat unhealthy foods. On the contrary, you can eat solid, healthy foods for a cheaper price than at restaurants or fast food joints.

4. Find a second job
Times are hard, and if you are really that desperate and in a hurry to pay off your debt, you can find an additional part-time job that can earn you extra cash. Besides saving up money, it is also important to earn more, and you can do this by putting in additional work at your current job and working overtime or by working two jobs at the same time. Everyone has some skills or talents and you can try and monetize yours.

5. Sell the stuff you don't really need
Another way you can quickly earn some cash is to sell some of your stuff. Most people have a lot of stuff just laying around. We don't really need this stuff to live our lives, and we just cling to it, hoping that we will do something with it in the future. Well, this is a good opportunity to do something with this stuff — sell it and help yourself get out of debt quickly.

8 Ways Your Gift Can Make Room & Money

By Restart Staff

Having multiple streams of income is becoming more and more common as freelancers, work-from-home entrepreneurs, writers, and other types of flexible jobs are out there. With the laptop becoming more widely available, internet-only companies cropping up left and right, and internet access becoming available at almost every coffee and food show, it's no surprise. Having multiple streams of income (some of which are even totally passive, meaning zero work involved) allows you to retire early.

Here's how to make extra money:

1. Become a Freelancer
Over 15 million people are self-employed in the US as of May 2015. Being self-employed is becoming less of a dream and more envied than ever, and people are doing it. You can find freelance work in these areas:
Writing
Web design
Graphic Design
Programming
App development
Customer service
Consulting
This list isn't nearly extensive. There are tons of other ways you could freelance. To find work, check out:
Fiverr
Upwork
Toptal
Elance
Craigslist
Yup, even Craigslist. Poke around these sites and see if any of the work catches your fancy. You might like being a freelancer!

6. Start an eCommerce Store
Opening an online shop is actually a lot easier than you might think. You can have one up-and-running in less than an hour using a tool like Shopify or BigCommerce. And, once you get it set up and running, it has the potential of being another passive stream to make money.
Don't worry if you don' have any experience, there are plenty of free resources to help you get started with your online store and marketing "hacks" to help you make your first sale.

7. Write a Blog
If eCommerce isn't your cup of tea, you can still make money with your own website. Creating a blog has never been easier – you can even get started for free with tools like WordPress or Blogger. What are you passionate about? Cats? Computers? Backyard chicken coops?
Start writing about your passion in your blog. Writing high-quality content consistently on the same days every week will get you going in the right direction. There are other things to worry about, like SEO (Search Engine Optimization), but you don't need to know about that to get started.

Once you acquire a steady following, there are tons of ways to make money off your blog, like:
Affiliate Marketing
Google Adwords
Selling Your Own Products
Sell a Subscription (like a course or eBook)

8. Teach Something
The final idea for you on how to make money is teaching. You don't have to be a professional teacher or coach. Do you know a lot about basketball? Can you play the piano really well? How about math, English, science, or even video games? You can get paid to teach almost anything.

Helping Your Beat Survive The Heat

By April Singleton

Summer can be a daunting season for those of us who somewhat endear the "cake-face", have skin imperfections that we utilize foundation to cover or just plain appreciate the polished finish that a good foundation application can provide. Following are some recommendations to help us weather the heat.

Set Realistic Expectations
Know Yourself… do you sweat heavily and/or easily? Take into consideration the Activity and the Environment. If you are a person that easily perspires in the heat or when active then no amount of primer or foundation setting spray is going to prevent three layers of cream-based foundation, highlight, and contour from sliding off your face for the long haul. You basically have two options here, adjust the makeup to a more heat friendly application or adjust the environment, activity, and duration to one that features air conditioning, little movement and a potentially a cameo appearance.

Step up non-foundation focused regimens
Try shifting the focus on your face to other areas like eyes and lips. This will help focus attention away from your skin. Consider deepening your crease, a kaleidoscope of colors on the eyes, a bit of extra winged liner, a bold and vibrant lip, fun and flirty lashes…etc. Get creative with a bit of powder based bronzer and/or highlighter to play up or down certain areas of the face. In general, the non-foundation makeup products have good staying power and many come in long wear/waterproof formulations.

If you must wear it…… Always remember your BFF (Base/Formulation/Fix). Let's face it…for some of us our skin is simply not a part of the (I don't really need foundation) crew. Others simply like what they like!

Base Base Base. Choose a good foundation primer. Most makeup lines now carry these both in the drugstore arena as well as the professional, department store and make-up store brands. Smashbox Photo Finish is a popular one.

Choose more "Summer-Friendly"
foundations (Long Wear, BB Creams/Shear Coverage Foundations, Powders) Summer is a good time to put away the full coverage creams and shift towards long wear foundations like Mac Pro Longwear or Revlon ColorStay as examples. A medium-full coverage powder such as Mac Studio Fix Powder or Milani Even Touch Powder Foundation would be a consideration. Powders tend to affix better, absorb moisture and oil and help control shine. To some people, powders may seem too dry looking on the face to use in the cooler months and thus they can be a good consideration for the warmer temperatures.

In general, regardless of what you prefer or feel your skin may need, it may be time to shear on down. Some of those acne scars may just have to shine through at times. Less is simply best and easier to fix in the unfortunate event that a major public bathroom makeup touch-up/overhaul session becomes required.

No matter what the foundation says….set it with a powder and fixing spray. Some common fixing sprays are Model in a Bottle and Urban Decay All Nighter. Just as most makeup lines now carry primers many also now carry some form of fixing spray.

Check Up On It
Don't trust that long-wear to hold you….see how it's doing...blot it…. powder it, take it off and re-apply it if you have to. Do what is required to not look like you are sweating vanilla, butterscotch, caramel or chocolate sweat.

If you're like me and like to switch to smaller purses and bags in the summer then you may want to consider down sizing that wallet or other items in your purse to make room for the touch up products…(blot papers, powder, makeup wipes etc)…..you will need them.

With all that being said, glam on and good luck out there in the heat. Educate yourselves on the best products for your skin texture, tone, completion, and lifestyle. YouTube as always is the Holy Grail of insight into most things these days and certainly makeup makes the top of the list.

~April Singleton is a Chicago-based freelance makeup artist

Model: Chyneil

Looking Hot Without Being A Hot Mess

By Porchea Londone

1. Experiment with colors and prints. The summer and early fall are bright and lively times. Dress for the occasion!

2. Consider your body type. This is a year round "do". Every trend isn't for every BODY. Never wear anything that isn't comfortable or doesn't make you feel like you can conquer the world.

3. Hydrate and Moisturize. Skin care is the foundation of fabulous fashion. A bomb outfit is nothing without the glowing skin to match. Drinking the necessary amount of water daily and properly moisturizing for our skin type, not only keeps you looking fresh but also makes you feel healthier and happier, and that's what fashion is all about.

4. Shave or wax the necessary areas. Before putting on that sundress or bikini, ensure that your legs, armpits, and bikini line are clean. Groupon has GREAT deals for waxing!

5. Get maxi dresses hemmed! Nothing ruins and cheapens a beautiful maxi dress like seeing it drag on the floor and collect dirt. Wear appropriate shoes or get your dress professionally hemmed. You can do it at your local dry cleaners for almost nothing!

Don'ts
1. Wear sandals without a pedicure. Cracked heels and chipped nail polish are always no,no's! Literally put your best foot forward by booking a pedicure. Get a $15 credit for a mani or pedi by downloading the Pretty Quick app and using the code: porchea

2. Wear clothing that is too tight. Opting for lighter, breathable fabrics are more comfortable and flattering than throwing on form fitting denim shorts or tight bodycon dresses. SN: Tight clothing can lead to not so fun health issues like skin rashes and yeast infections.

3. Let bra straps show. I love a good strapless top or spaghetti strap blouse as much as the next girl. Investing in a proper fitting strapless bra is so important. Visible bra straps are NOT cute. There's no other way to put it lol

4. Be overexposed. Choose one body part to accentuate. In example, if you are wearing a strapless top, pair it with a fun pant instead of a skirt or shorts. Less is more and modesty is key.

5. Don't forget to follow my blog porchealondone.com for more fashion tips!

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IN THE NEXT ISSUE OF reSTART

Clearly, her look is inspiring but **AnnMarie Tabo** is more than a stunning woman. This model/dancer has an even more provocative story. Catch the next issue to read about her powerful, purposeful story as she overcomes obstacles to achieve greatness. PHOTO: Billy Montgomery