FEB. 2014 // MAR. 2014 ISSUE 8

BE WISE

An Inspirational Magazine

ABOUT BE WISE MAGAZINE

Be Wise was created from the dream and desire of one girl to make a difference. Ceciley Hallman, the creator of Be Wise loves working with people and her passion is helping others to understand that they are of worth.

Being wise begins with understanding who we really are. In order to Be Wise and make smart choices in our life we need to know we are of worth. This magazine is dedicated to uplifting, inspiring, and teaching people how to understand that they are of infinite worth and the importance of Being Wise.

We hope this magazine can bring everyone who comes across it the courage to stand strong, remember who they are, and never give up.

"One person can make a difference, and everyone should try."
-John F. Kennedy

LETTER *from the* EDITOR

I couldn't be more thrilled about this issue! I am so grateful for all the wonderful and talented people featured who made this magazine possible. I hope as you read through this magazine you are able to learn and feel of your own worth. You deserve to feel beautiful and confident. I hope and pray this magazine will help each of you to feel that.

-Ceciley Hallman, Editor in Chief

BE WISE

FEB/MAR | ISSUE 8

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THE PAST IS WHERE YOU
LEARNED THE LESSON
THE FUTURE IS WHERE YOU
APPLY THE LESSON.

DON'T GIVE UP
IN THE MIDDLE!

ENTERTAINMENT

Choose wisely when using media because whatever you read, listen to, or look at has an effect on you. Select only media that uplifts you.
-For The Strength of Youth

photo by Phil Winters

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WHAT WE ARE LISTENING TO

photo by Phil Winters

HOLIDAYS
by Miami Horror

WHO YOU ARE
by Jessie J

LET HER GO
by Passenger

YOUNG HOMIE
by Chris Rene

A WAY TO SEE IN THE DARK
by Jason Gray

CLOSER
by Shawn McDonald

WISE READS

by Anita Hallman

This issues book pick is "The Sweetness at the Bottom of the Pie" by Alan Bradley. This is the first in a series of Flavia de Luce mysteries.

Set in the summer of 1950 in an English countryside, Flavia de Luce is an 11 year old amateur sleuth. She's an avid chemist, inheriting a lab from a relative who left it in the once-grand mansion of Buckshaw. Flavia's mother, a free spirit who disappeared on a mountaineering adventure in Tibet 10 years earlier is presumed dead. Her father is devastated and rarely leaves home mostly pouring over his stamp collection. Her sister Daphne (13) is always reading a book and her sister Ophelia (17) is an accomplished pianist. Flavia is constantly thinking up ways to poison these "bothersome" and haughty sisters.

Mysteriously a man dies in their yard. Flavia begins her investigation and gathers up clues , interviews suspects and compiles research. She has that 11 year-old feeling of being unstoppable with the zeal of youth. She recalls "I wish I could say I was afraid, but I wasn't. Quite the contrary. This was a bay far the most interesting thing that had ever happened to me in my entire life."

If you like a fun, easy read with an intriguing old-fashioned mystery you will love this book! It's wonderfully entertaining and has won multiple awards. Be careful! You will want to read the following five books!

featured artist

BETHANY STODDARD

Anyone who knows Bethany is fully aware that she is one of the most friendly and kind people around. She has a way of lighting up any room. This is a very obvious talent she had that is easily recognized within minutes of knowing her. As if that wasn't enough, this girl can sing. When we say she can sing, we mean SING! She has one of the most stunning voices and the passion required to make it as far as she could dream. We are honored to know our sweet B.

Her single "Settle Down" is currently available on iTunes, amazonMP3 and Spotify. Just search "Bethany Stoddard" to check her out! You won't regret it!

www.reverbnation.com/bethanystoddard

BE WISE *loves* INSTAGRAM

Be Wise loves Instagram! There are so many incredibly talented people out there and we couldn't help but share some of our favorites with you. We discovered some real gems and got the scoop on what inspires them. Take a look and be sure to follow these talented people. You won't be disappointed!

Want your Instagram featured? Follow @bewise_magazine and hashtag your photos with #bewisemagazine to get noticed!

@lorenbenson

I am a believer that there is no such thing as too many hobbies. I love experiencing new things and seeing what I can do. As a result, I discovered how seriously I wanted to be about photography. I honestly love it. I always have, but increasingly so over the past couple months. Just last summer I borrowed my uncle's Nikon and began taking pictures with it. Perhaps a few hundred images later, I decided that I wanted one for myself. So when given the choice between a large 16th birthday party and a new camera, I obviously opted for the latter! Ever since, I have taken my camera everywhere and documented everything. I am convinced that looking through the lens has altered my view on life and opened my eyes to all the beauty in the world.

@garrettjlewis

My name is Garrett Lewis and I was born 19 years ago. When I was 3 and 4, while my mom was filming us with her camera, I would always say: "Lemme see! Lemme look in there!". And I guess that thought just stuck. I've been "looking" into cameras for awhile but I got my real start in photography just this last summer when my good friend gave me some tips. I started sharing my photos on Instagram because I mean - come on, it's Instagram. Now I rarely go anywhere without the trusty ole camera. I love capturing moments and sharing them with others. There is beauty in that. Don't be afraid to try new things and always remember to follow your dreams. Hey that kind of rhymed. Instagram: GarrettJLewis, MySpace: I don't have a MySpace.

@kellykim_

Hello my name is Kelly and I am fourteen years old living in Sydney Australia. My hobbies are taking pictures and watching a nice movie.

@chrisdbw

When I first started Instagram I had no idea that photography would turn into a hobby. I was so inspired by the people I followed on instagram that I wanted to be just like them. As I got further into talking photos I started to come up with my own ideas and soon just started posting what I thought was interesting or worth people seeing The idea of sharing photos and having people comment or like your photo is what inspires me now.

STRONG WOMEN
DON'T PLAY VICTIM,
DON'T MAKE THEMSELVES
LOOK PITIFUL,
AND DON'T POINT FINGERS.

THEY STAND
AND THEY DEAL.

-MANDY HALE-

DIY

CEE'S Kitchen

TWO IS BETTER THAN ONE

Ahh, love is in the air… Two is better than one? Yeah, two cakes are always better than one. Cracked my skull (not literally) to come up with something that would incorporate the whole idea of "Valentine's Day". The final recipe/idea wasn't "final" in the beginning; I've made several changes as I was baking and ended up with what I am going to share.

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What you'll need for the cake:
2 different coloured cakes or bake 2 different ones
(Like what I did. You can also grab any of your favourite cake recipe and work from there)
A heart shaped cutter
What you'll need for the icing:
1½ cups of icing sugar
2 tablespoons of milk
30g/40g of butter
½ teaspoon of Vanilla essence

Instructions for cakes:
Once you have 2 different cakes, use the heart shaped cutter to cut out the middles and swap them over. Really simple, isn't it? For me, both cakes were regular butter cake. However, if you would like to spice things up a little by mixing 2 different cake flavours together, it is totally fine! Try at your own risk though, unless you know which flavour complements which. When you're done with that, prepare your icing mix.

Instructions for icing mix (skip this step if you don't like your cake to be too sweet):
Mix all the ingredients together and beat until smooth and fluffy. Once ready, apply it however you want on your cakes. Then you may begin decorating, with handwritten love notes or drawings, maybe?

You must be thinking, why go through all the trouble of combining 2 different coloured cakes together, only to slather on so much icing? Well, here's the deal. Slice the cake and voilà! You've got a fancy cross section. I've not been in love so it's really hard for me to understand this, but I guess love is not really about showing off who you are with or what you do together. Some things are just meant to be kept under wraps. Get my drift and reason behind hiding the cake under a layer of icing?

Well, I hope that you like this idea. Visit my blog for a second Valentine recipe. Happy Valentine's day to all you lovers out there, and as well as the singles!

Off
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@ardaisy_

KNOW WHAT YOU WANT.
CLARITY IS POWER.
AND VAGUE GOALS
PROMOTE VAGUE RESULTS.

BEAUTY

"It isn't just about cosmetics or clothing. What makes a young woman truly attractive comes from her heart." - By Elder Lynn G. Robbins

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|| BEAUTY ON THE BRAIN 34 || HEALTH/FITNESS 36 ||

Who doesn't want fresh, clear and happy skin! Here are a few tips and tricks that we thought we would share with you lovelies to achieve just that!

1. WATER – We all know this. But a reminder is always nice. Not only does it hydrate our bodies and help us feel refreshed, it also helps to flush out all of the impurities. Bottled water is super handy while you're on the go and even in the house for easy access. Or, buy a cute mug or water bottle to fancy things up and help keep you on track! Stay hydrated!

2. Omega-3 Fats – Healthy fats are so important! They give us energy and make our skin soft. Not only are healthy fats good for your skin, they are also beneficial to your hair and nails! A few of our favorites are vitamin e and fish oil. You can easily get either of these in gel capsules at your local grocery store or health store. Coconut oil is also great! You can cook with it or put it in smoothies like we do!

3. Fruits & Vegetables – Eat up! They are so healthy for your skin and body. Fruits and vegetables will keep your skin glowing and clear. They are full of vitamins and nutrients that our bodies love and that will keep us looking and feeling our best!

4. Exfoliate – Who wants dead skin cells lurking around on their face? Nasty! It's important to exfoliate at least every other day to keep your skin looking healthy. One of our favorite facial scrubs is the Burt's Bees Citrus Facial Scrub. Not only is it all natural but it smells yummy too! Another cheap and easy alternative is baking soda! We've been using this for the past year and love it! It's always in the house and it leaves your skin feeling soft. Use a small amount mixed with a little water to form a paste and rub in soft circles all over your face making sure to be gentle around the eye area. When we say soft circles, we mean soft circles! This stuff is powerful! You only want to scrub away the dead skin ;)

Drink this to GLOW! Powerhouse Smoothie.

Here's one of our favorite nutrient rich, delicious smoothies!
The protein powder is optional although we prefer it because it keeps us fuller longer.
*You can substitute any of these ingredients for your favorites

1 cup COCONUT MILK ~
Super Delicious Unsweetened
Coconut Milk

1 pack of ACAI ~
Sambazon Frozen Acai
(We get ours at Whole Foods
or Harmon's grocery)

1/2 FROZEN BLUEBERRIES

1/2 cup COCONUT MILK YOGURT ~
Yummy Vanilla Yogurt

1 handful SPINCACH

3-4 leaves KALE

1 (giant) Tablespoon
COCONUT OIL

1 scoop PROTEIN POWDER
~ Plant Fusion Protein Powder

Blend this baby up and voila! Cheers to healthy, beautiful skin!

YOU ARE ENOUGH

(PERIOD.)

The day of the Victoria's Secret Fashion Show it seemed that nearly every single post on social media sites were directed towards the show. There were some extremely strong opinions from the viewers. Both self-belittling comments as well as negative comments about the models were being expressed. Neither of these sit well with BE WISE.

We live in a world where it seems no one is "good enough". According to popular media, in order to be "beautiful" one must be thin, have luxurious thick long hair, a perfect and pore-less complexion...The list could go on. However, when we see these women who seem to have everything one needs to be considered beautiful, many of us are very quick to bash on them for their looks.

Why do we do this?

We spend so much time comparing ourselves. We are overly obsessed with our physical appearance. There have been so many comments where women belittle themselves and discuss their "less-than-perfect" bodies. Many of these women compare themselves to these models and feel inferior and even ugly. This is wrong. No one should feel this way. Unfortunately we live in a world where NOT feeling this way is becoming increasingly difficult.

On the other hand, bashing these models for the way they look isn't right either. There have been countless comments regarding the bodies of these models calling them disgusting and ugly because they have no curves. This is fascinating because this proves that no matter what we look like, society will tell us that it is not good enough. This couldn't be more false.

As cliche as it sounds, EVERYONE is beautiful. While someone might not necessarily be beautiful to you, the same person might just be the most attractive person to someone else. The thin model with the perfect hair walking down the runway...SHE is beautiful. The curvy girl watching the fashion show wishing she looked more like the model...SHE is beautiful. The incredible human being reading this post....YOU are beautiful.

Let's spend less time comparing ourselves and bashing others. YOU are enough. YOU are beautiful. Just the way you are. Don't buy in to what society will try and convince you is beautiful because according to society, no one will ever be enough.

-Advertisement-

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NOTHING MAKES A WOMAN MORE BEAUTIFUL THAN THE BELIEF THAT

SHE IS BEAUTIFUL.

-SOPHIA LOREN-

BEAUTY ON THE BRAIN

GLOW FOR VALENTINES DAY

We L O V E Elise Harris from Beauty On The Brain! She is such an incredibly skilled makeup artist with more tricks and tips than you could ever imagine! We are so excited about featuring her and getting some awesome tips to look stunning for Valentines Day!

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I thought it would be fun to do a bronzed look for v-day!
It's more unexpected than red lips.

- Sephora Self-Tanning kit for face and body |
apply before foundation -

- NARS Tinted Moisturizer in ONE shade darker than
your skin tone -

- NARS Illuminator in Orgasm |
mix with your tinted moisturizer -
{this will make your skin 'glow'!}

-| Bobbi Brown Shimmer Brick in Pink Quartz |
apply on cheek bones -

- Nars Shimmer Eyeshadow in Lola Lola |
apply around entire eye -

- MAC Cremesheen Glass in pagoda -

add a white eyeliner to your waterline
and black mascara on both top and bottom lashes.
the key to this look is making sure your self tanner AND tinted moisturizer is evenly distributed around your face AND neck!

|| pro tip ||
achieve a "streak free" finish by applying your tanner and tinted moisturizer/illuminator with a face sponge.

This look goes perfectly with beach waves,
and any color gloss!

www.beauty-on-the-brain.com

The Xtend Barre Workout is a fast-paced, 55-minute full body immersion that fuses dance, Pilates and sculpting exercises at the ballet barre to give you a chiseled body- and fast!

The Xtend Barre philosophy is simple. We teach a multi-level class geared to challenge bodies of any age, gender, or fitness background. We offer exercises that can be modified for beginners, prenatal clients or clients with injuries, but that can also be amplified for advanced clients that are looking for an extreme challenge.

www.xtendbarreprovo.com

The Xtend Barre system sculpts the body proportionally so that all body parts are equally challenged. This total body workout serves to strengthen, lengthen, and stretch the body from top to bottom, from inside out. The end result is a long and lean physique… with out added bulk. Developed from a dance/ Pilates background the Xtend Barre workout combines the amazing results of dance with the principles of strength and safety in Pilates.

Named one of the top workouts in 2013 by Shape Magazine, and top pregnancy workouts to expect for 2014 by the Huffington Post. Xtend Barre is defiantly gaining more and more popularity and sweeping across the world with results to prove it!

THERE ARE PLENTY OF DIFFICULT OBSTACLES IN YOUR PATH. DON'T ALLOW YOURSELF TO BECOME ONE OF THEM.

FASHION

"The most important thing to remember is that you can wear all the greatest clothes and all the greatest shoes, but you've got to have a good spirit on the inside. That's what's really going to make you look like you're ready to rock the world."— Alicia Keys

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|| STYLE WISE ||

"Never lower your standards of dress. Do not use a special occasion as an excuse to be immodest. When you dress immodestly, you send a message that is contrary to your identity as a son or daughter of God. You also send the message that you are using your body to get attention and approval."

-For The Strength of Youth

At Be Wise we are passionate about the importance of dressing modestly. We believe that when you chose to dress modestly you will gain more respect for yourself and become more confident. We also know that it is possible to dress modestly and still look fashionable.

This issue we are featuring Jalynn, blogger from The Red Closet Diary.
We can't get over her uniquely real style. She is such a doll!

Oh hey!! My name is Jalynn and I am a fashion blogger at The Red Closet Diary. I started blogging in 2011 and have been so blessed from this little passion of mine. Through my journey I have learned a few (very important) things. 1. It is totally okay to be yourself. 2. Being modest AND fashionable isn't impossible. 3. It's okay to wear what you want (haters be hatin' anyways) 4. Be comfortable in your own skin (confidence is way more attractive than showing some cleave, promise).

In the world we live in, modesty is far from being a trend. If you watch TV for two seconds, you already know that. Let me tell you, you don't need to show skin to be "trendy". Being modest may be a challenge at times (especially since I am 6 ft tall... sheesh), but there are SO many ways to wear your favorite trends and still be modest (time to bust out the creativity). I have done it hundreds of times, so you can't tell me it isn't possible.

For more modest inspiration, you can find me at www.theredclosetdiary.com

Be yourself, be modest, and have fun while doing it. :)

TAK
ME
AWAY

www.theredclosetdiary.com

-Advertisement-

JAMES MICHELLE

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Either *you* r u n the day, or the day r u n s *you*.

MORNING ERICA

Hi, my name is Erica Renee Barnett. I am 21 years old and reside in Sunny Southern California. I am all about experimenting and trying new things in the fashion world. This has been going on ever since I was a child. Ask anyone! Some of my fashion icons are Tom Ford, Kate Moss, the Olsen twins (of course!), and Sienna Miller. The thing about me is I can literally take anything I find and make it work with something that I already own. Whether it be from a thrift store/ flea market, or a designer. Through my blog I hope to inspire the creative side of people's wardrobes.

hat,jewels,moto pants, clutch / the oxford trunk | tee | sandals / target

jacket / bb dakota | booties / sam edelman |sweater / brandy melville {old}

kimono // The Oxford Trunk | boots // All Saints (old) | denim // Paige

tee / brandy melville | denim | jewels | heels / zara

jewels + army shirt / The Oxford Trunk | booties / Jeffrey Campbell | denim / Paige | sunnies / Karen Walker

www.morningerica.com

sweater / the oxford trunk | jewels / st. eve jewelry | denim / paige denim

@ eerrkaab

|| FEATURED ENTREPRENEUR ||

My name is Matthew Allred and I am a day dreamer, optimist, "unrealistic," passionate, creative and relentlessly driven individual. I am sure I am missing some descriptive adjectives but these will suffice. To start off, I was born in Salt Lake City to Randy and Susan Allred. Susan is a costume designer, and most recently ended a 30 plus year career as the Utah Opera Costume Designer. Randy, is one of the more charismatic and creative people I have ever known. He works in the financial realm. When I was a child I would reply when asked what he does with the response, "he talks on the phone." I love my parents and all they do for me. I have a younger sister, Amanda who is the bomb. She is my best friend and has pushed me to become who I am today. She is currently serving as a missionary in Argentina. I have some classy Grandparents that have set the bar high, and I cherish them and what they stand for. I love to ski, mountain bike, surf, skateboard, dance, and am always looking to do something new. These are my passions and I love to associate with them on as many levels as possible.

Family (including friends) is everything, and this is the foundation upon which I do what I do. I live to inspire and be inspired, and look for the value and meaning in everything. It is this lack of value and meaning in much of the world that motivates me to continue to create and add to my surroundings. I have a hard time sitting still and letting things happen to me, I would rather be the one making waves. I take great pride in my work, and in my work there is true value for me. Entrepreneurship is exciting, and unlike anything out there it inspires me to be better and to work to improve my life and the lives of others. We all have the opportunity to do something great, it is just a matter of doing something about it.

>>> *continued...*

My most recent business endeavor is much more then a business, it's J.Bones, the man, the legend and the purveyor of style. Who is he? Well we came across J.Bones a little over three years ago and life has never been the same. While on a vacation, we came across J. and never have I met such a classy, cool, composed and kind individual. Always rocking his suit and bow- tie we would have never expected him to get down, but J. knows how to have a good time. I mean why wouldn't he? He was one of the Rat Pack members you never knew about...Until now. One thing we came to know him for was picking up the tab. One time J. had a dinner meeting with a client and as expected paid for his clients meal, but then also paid for everyone else's meal. This is just what he does, he picks up the tab regularly and works to spread positivity wherever he goes. He is generous to his friends, but not in a needy way. He's relaxed and casual about his generosity, and finally J.Bones is average height and build, but you wouldn't mess with him. Not because you couldn't win, but because everyone would hate you. There is so much more that could be said of J.Bones but this will do for now.

Now that you have an idea of J. I will explain the business side of this story. J. went his way and we returned home to SLC, but my friends and I continued the J. way of life that we had experienced. For three years we continued to share J. with others, we quickly coined the phrase "J.Bones Approved" which is not to be used lightly. This phrase is attributed to only the finest of people, eateries, events, cool things, etc. As time went on we began to gain a following behind this J.Bones who became quite a legend amongst folks in Salt Lake City. People were getting to know and love him through the stories. The thought of creating a brand crossed my mind on occasion until one day, I decided to pull the trigger. July 12, 2013 was the official launch of J.Bones Clothing, and to celebrate we threw quite the party.

We operate the brand as if it were J. We regularly throw awesome events, as he would do. We pick up the tab around the city for random people just as he does and push the J. way of life. We make classy and clean street wear that J. would approve of. We have embodied J.Bones in the brand. It is a brand with a personality, characteristics, likes, dislikes, and all the traits that J. has. Get to know J.Bones because it's good to know J. and keep in touch with us, because we are doing things differently and look to make a great impact in the world.

http://jbonesclothing.com

KRZA BY KRYSTLE DAWN

Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens.

-Khalil Gibran-

LIVING WISE

"Open your eyes, look within. Are you satisfied with the life you're living?" - Bob Marley

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|| L I V I N G W I S E ||

At Be Wise we are firm believers that everyone was born for a purpose. We all have infinite worth and potential. One of our favorite quotes is,

"One person can make a difference, and everyone should try."
-John F. Kennedy.

We love this quote because we believe full-heartedly in its truthfulness. We are constantly impressed by the many people around us with the motivation and desire to better the world. This section of the magazine is dedicated to showcasing some of these incredible individuals.

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We are so thrilled to be featuring *Sistas in Zion* for this issue of BE WISE! These ladies are so fantastic! We had the awesome opportunity to be interviewed on their Radio Show and instantly fell in love with them!

Link to our interview:
http://www.sistasinzion.com/2013/08/siz-radio-be-wise-magazine-jamaican-lds.html

SISTASinZION

A Relief From Sobriety Where Hilarity Never Faileth

Are Mormons funny? Oh, Heavens Yes! This is all about our point of view on all things MORMON. We're just two Sistas with testimonies in the gospel of Jesus Christ. We love to laugh and we think Mormons are hilarious, if we do say so ourselves. We don't always agree with one another, but we always "Love One Another." We are truly blessed to have one another as sisters, friends and SISTAS IN ZION.

Photos: Catherine MamaRine Clark

Sistas in Zion ~ A Relief From Sobriety Where Hilarity Never Faileth.

What's up y'all! We're the Sistas, we've got aliases (Sista Beehive & Sista Laurel), but for the fabulous folks at Be Wise Magazine we don't mind saying hello as Tamu Smith and Zandra Vranes. Once upon a time for different reasons both of our families found themselves in the Wasatch Mountains of Utah. If you've never been there before you should visit, it's a beautiful place and home of the Greatest Snow on Earth and the Great Salt Lake. Both of which provide a contrasting canvas for two mahogany-mamas such as ourselves to stand out (No, we did not move to Utah because it is the home of the World's first KFC. And, yes, someone really did ask us that). While being African-Americans made us a minority among our Utah neighbors, being members of The Church of Jesus Christ of Latter-day Saints made us part of the majority in the predominantly Mormon State. This was a new experience for us having both relocated from culturally diverse parts of the country where we still stood out as the only Mormons in many of our circles.

In 2009, we decided to start a blog as a way to stay in touch with one another because we no longer lived in the same state. We settled on the idea of writing on matters of faith, and Sistas in Zion was born (www.SistasinZion.com). In many aspects of our lives, we know what it's like to be the "only", to stand out, so our hope was to create a place where our friends and families of all faiths could openly converse, and we also wanted to share humorous aspects of Mormon culture (What's with Mormons and green jell-o? And, why do we love minivans?).

Sometimes family business doesn't stay family business, and as our friends and families shared our posts, our blog readership grew. Today we're blessed with a multimedia entity that includes our blog, our weekly online Sistas in Zion Radio show, we travel the country to speak to live audiences, and we've authored our first book, Diary of Two Mad Black Mormons (April 2014).

Sistas in Zion's mission is to use multimedia to provide humorous, faith-based content that uplifts, inspires, bridges religious divides and creates healthy dialogue. We believe that wise women and men shouldn't be afraid to stand up and stand out. It's ok to be original; it's beautiful to be unique. The world is a much better place when we dialogue about our differences instead of dividing over them, and we Sistas love creating spaces for folks to do just that. The way we see it life is so much more fun with faith, hope, charity and hilarity!

www.sistasinzion.com

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We can't wait to see your ideas!

SHOP AT: WWW.BEWISEMAGAZINE.COM

NEVER LET
yesterday
USE UP TOO MUCH OF
today

endless love

Valentines Day is the day of love. For many it is a day to spend with and pamper their significant other. For the rest it seems to be a day of self-pity and "single awareness". This is not necessary. Whether you have a special loved one to share this day with or not it doesn't have to be a day of hurt. Instead of having a pity-party if you find yourself in the "single" category this year, use this day as a time to *give* love where it might not be expected.

Take a moment and compile a list of those you love. You can list them as individuals or as groups such as "Family". As you do this, consider the different reasons you love these people. Do you love them because they have shown love to you? Have you grown to love this individual or group of people through serving and caring for them? Or, is it a mixture of both?

From that list, honestly determine how many of these people know that you love and care for them. Whether you believe they know or not, *let them know*. Letting them know can be as simple as giving them a call or writing them a letter. Express to them how much they mean to you. As you do this, not only will you begin to lose yourself, you also invite the opportunity to bless the lives of others.

"Generally speaking, the most miserable people I know are those who are obsessed with themselves; the happiest people I know are those who lose themselves in the service of others...By and large, I have come to see that if we complain about life, it is because we are thinking only of ourselves." -Gordon B. Hinckley

Valentines Day also seems to be a day where many become overly critical of themselves. If you aren't in the perfect fairy-tale relationship during this holiday, it might appear (mostly to yourself) that there is something wrong you. Clearly, if you were worthy and desirable you would be in a perfect relationship... Right? Wrong. Instead of entertaining these self-depreciating thoughts, use this day to show love to *yourself.*

This might seem like a selfish idea, but in reality, it is not. For some reason we feel that thinking or speaking badly about ourselves is totally fine. It is not. Would you speak about another person the way you speak about yourself? Would you entertain such negative and degrading thoughts about another person? Then why is it okay for you to do this to yourself? In order to successfully help another person and give them the love and attention they deserve, you must have the strength to do so. Take time to care for YOU. It is not selfish. It is the only way you will be able to adequately give of yourself.

Of all the people to remember and think of on this day of love, our savior, Jesus Christ and our Heavenly Father should take the forefront. There is no one who could love you more perfectly than these two. They have loved you from the beginning and will continue loving you into the eternities. Regardless of what you might think or feel, you are worthy of their love. Their love for you is endless.

"God's love is there for you whether or not you feel you deserve love. It is simply always there."
—Thomas S. Monson, "We Never Walk Alone"

On this day of love remember all the people in your life who you love and care for. If you don't have that significant other in your life, IT'S OK. There are so many people for us to celebrate on Valentines Day. Let's not get lost in the commercialism of this day and truly remember what it is all about. Also, let us not forget about the one who truly, deeply loves us. The one who gave his life so that we can live. We are never alone. We will forever have His love.

THE IMPORTANCE OF *respect*

by Ceciley Hallman

I have been reading a lot of information lately and doing a bit of my own observing of my generation. A generation of teens and 20-somethings who are called the "Millennials". While we are incredibly tech-savy and even considered to be overly confident, much of the research I found does not speak highly of this generation... and I don't blame them.

In a recent article in TIME Magazine it goes into great detail about this “narcissistic, overconfident, entitled and lazy” generation. This is truly a generation who is far too concerned about themselves. The book “Looking Out for Number One” was even a number 1 best seller. We are obsessed with instant gratification. I remember a time when we had to actually use the home phone in order to connect to the internet. It seemed to take forever to get it going. Now we literally have the internet in our pockets.

There used to be a time when the only way you could get a hold of someone was by calling their house phone. Now there are countless ways to stay in contact with those around us.

With all of this new and innovative technology, I truly think society has lost something very vital. Respect. It used to be that when you made plans with someone, you were there and you were there on time. There was no way to let them know you were running late or that you wouldn't be able to make it. Today it seems that commitment is a thing of the past. When people say they will be there, that doesn't always mean they will. People are far more flaky in this generation than any other generation before. This sense of entitlement has brought people to believe that whatever is on their agenda is much more important than anyone else's

Along with that, we have lost what should be obvious common courtesy. I frequently give presentations to youth groups about BE WISE and other various topics. I have noticed more and more how truly addicted people are to their electronic devices. They can't even put their phones away for a 45 minute presentation. People are constantly connected to their technology. I have witnessed ipods being used during various presentations. I have even sat with someone for an hour trying to have a conversation and literally 90% of the time we sat in silence because he was on his phone. To me, this seems to be extremely obvious disrespectful behavior. Unfortunately that does not seem to be the case with majority of this generation.

I have been constantly surprised with the lack of respect this generation shows to others. The worst part is, I truly believe they don't see anything wrong with it.

So..... I've broken it down for everyone.

- *When you say you will be somewhere, then be there. If you cannot make it for whatever reason, let the person know.*

- *When you say you will be somewhere at a certain time... Be there. If you are running late for whatever reason, let the person know.*

- *If someone is trying to have a conversation with you.... Put all electronic devices away. It is RUDE.*

Respect is a wonderful thing. If you want it you should for sure be giving it. That being said, just because others might have never been taught what is respectful or not, give them the benefit of the doubt. Be respectful towards others whether they deserve it or not.

I challenge you to be more respectful. Focus on keeping your word. When you say you will do something do it. TURN OFF your devices! Just try it. I think you will be surprised how much of the world you are missing when you are constantly plugged in.

"When we treat people merely as they are, they will remain as they are. When we treat them as if they were what they should be, they will become what they should be. "

-Thomas S. Monson, Pathways To Perfection: Discourses Of Thomas S. Monson

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-Ceciley Hallman Editor in Chief