



# Sisters Striving For Excellence, Inc

July 2010 Empowering Females to become their best...

It's SUMMER Time!!



July is officially here and summer has arrived! Be sure to take some time out to enjoy yourself - individually, with family and friends. Plan some exciting activities such as Picnics in the park, trips to adrenaline rushing theme parks, or vacations at the beach. This is the time of the year to kick back, enjoy a nice, cold glass of lemonade and have some FUN!!

While this time of the year calls for fun and excitement, let us not forget those who worked so hard and put their lives on the line for our independence so that we as American citizens could have the freedom to enjoy life and spend time with our loved ones.



So, let us join together to say "THANK YOU" to those who fought yesterday, those who are fighting today, and those who will fight tomorrow for our country and our world. May God continue to bless the world.

On behalf of Sisters Striving for Excellence, Inc. - Happy Independence Day!

*Christy Terry*

Natl. Executive VP of Membership Services

## What's Coming Up?

In an effort to service our communities, Sisters Striving for Excellence, Inc. has partnered with the Reading Is Fundamental Foundation to provide reading aids for our youth. Our hope with this partnership is to increase the elementary literacy within the state of Georgia. This program is selected to tentatively kickoff in September 2010 in Savannah, GA. Should you be interested in joining forces on this service initiative, contact Jamese Beazer at [Jamese.Beazer@sistersstrivingforexcellence.org](mailto:Jamese.Beazer@sistersstrivingforexcellence.org). Let's spring back into reading!

*Angela Carthan*

Natl. Executive VP, Co-Director

### Inspiration:

#### Success Lives Within U

The success you seek is a reality that already exists within you. Your actions are the way you express that reality and bring it to your outer world.

⇒ You are more successful and powerful than you realize, everything you do and share with those around you is successful in some way.

**Achievement is not a matter of becoming successful. It is a matter of fully demonstrating the success that is already within you.**

⇒ Many people see their awards and accolades and proof of their success, but you are successful when you claim the good things that will soon come your way.

**Success is not something that you must strive to obtain or acquire. Instead, it is a beautiful and unique gift that you are able to give to your world.**

⇒ Don't spend your whole life chasing success. Instead, focus on what makes you special—those amazing characteristics that no one else has but you!

**Every success, every achievement comes from within. Nothing can separate you from the success you desire because it is already a part of you.**

⇒ Success is inherent in your every move. Even when you make mistakes, you will still be successful because it's not in your nature to be a failure.

**When the success that is within you drives your actions, that success will surely and faithfully flow out from you. Live the success that is yours, and that success will surround you.**

⇒ Every step you take has already been ordered. God has wonderful plans in store for you, have faith that success is yours and it let your good deeds inspire others to be successful. Keep positive people around you and encourage each other to be your best.

**Choose in each moment to fully and lovingly share the success that is within you. The expression of that success will add great value and beauty to your world.**

⇒ Don't be selfish! When you learn about things that will make you better, share them with others! It will make you more successful than you ever dreamed! -- Ralph Marston

*Tiffany Fletcher*

Natl. Executive Vice President of Public Relations/Membership Co-Director

### Empowerment

Building and Maintaining Relationships are essential in life. Four of the Ten Commandments deal with our relationship with God while the other six deal with our relationships with people. BUT all are about relationships. Any type of "ship" that you are involved with will leave an impact or impression in your life. Partnerships, Friendships, Relationships, Fellowships, all involve someone else. So controlling emotions and real maturity shows in every instance. The old saying, "Never burn a bridge" is a FACT. Because nine times out of ten you will have to cross back over it. This is why it is vital to understand that every person you have an experience with, is apart of your growth. (TNG)

*Tawana Gibbs*

Natl. Executive Director/Founder

### Need Info?

Ladies! Hello! Hello! Summer has officially arrived! June 21 marked the first official day of summer. Summertime means less clothing and more exposure to the sun's dangerous ultraviolet (UV) rays. The bright sunshine provides many outdoor activities and fun but, you should also be aware of the risks of being without the proper protection from the sun's UV rays. The sun's dangerous UV rays are the leading cause of NEW skin cancer patients every year. You can also increase your risk of cataracts by being without proper eye protection. July is UV Safety Awareness month and here are a couple of safety-tips to keep you healthy, yes I said healthy, this summer:

- ◆ Use a sun block with a SPF of at least 15 SPF. SPF 15 filters about 95 % of the sun's UV rays but, an SPF of 30 would increase your protection by 3% more. It should be applied 20 minutes prior to being exposed to the sun and reapplied every two hours.
- ◆ Avoid the sun between the hours of 10a.m. and 4 p.m. whenever possible.
- ◆ Wear protective clothing, including a long-sleeve shirt, pants and a hat with a wide brim to shade the face, head, ears and neck.\* Wear sunglasses that block 100 percent of UV-A and UV-B rays to protect the eyes. Exposure to bright sunlight may increase the risk of developing cataracts, age-related macular degeneration and growths on the eye, including cancer. **REMEMBER African-Americans receive sunburn as well.** Even 15 minutes in the sun without protection can harm the skin. Skin turning pink, red or brown is a sign that damage has occurred, increasing the risk for skin cancer in the future.

Visit our website:  
[www.sistersstrivingforexcellence.org](http://www.sistersstrivingforexcellence.org)

*Jamese Beazer*

Natl. Executive VP of Finance