



# THE STILETTO TALKS MAGAZINE

**Inside**  
**Pivot Power**  
**Well Behaved**  
**Women Don't**  
**Make**  
**History... Women**  
**Who Are Kicking**  
**Down Doors**



**Plus**  
**Recipes for**  
**Business Meetings**  
**Working from**  
**Home Strategies**

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**Featuring**  
**The**  
**Dualpreneurs...**  
**Women That Play**  
**Both Sides of the**  
**Game**

## Inaugural Edition

Welcome to The Stiletto Talks Magazine! We are beyond excited to provide a spin on women doing their thing in entrepreneurship, careers, and lifestyle. Please go through every page and enjoy. This has been quite the journey but we are here and ready to share the experiences of life with you. Subscribe to our website so that you will be the first to know when a new edition drops.

## A MESSAGE FROM THE CEO

I am beyond thrilled to bring you all on this journey. Since creating The Stiletto Talks in 2016, we have touched hundreds of lives. The goal is always to inform , uplift and empower women of color. We are mothers, daughters, sisters, wives, girlfriends and associates. No matter the level of kinship, we are in this world together and must stick together speaking our truths. Thank you for supporting and stay connected with us.



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The Stiletto Talks Magazine



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Thank you so much for supporting our commitment to women!

[www.thestilettotalks.com/magazine](http://www.thestilettotalks.com/magazine)





## WHY THE STILETTO?

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This is a questions that come up often. Why not a slipper, a boot, a flat...anything other than a stiletto. Well, we have an answer for that.

When most wear stilettos, they feel powerful. They feel that they own the room. They feel refined. Truth be told , they hurt sometimes. Yet for the next event, off we go again to find the perfect pair to make us look tall and strong.

While a stiletto is powerful, they are synonymous with pain. Ain't that a woman? stiletto.

As women, we all know the walk we must have at work or play. Women are resilient and unwavering just like the heel. We know the pain of starting over, just like the high that has been reintroduced multiple times in our culture.

While many of us bear the pains and scars of life, we embrace our uniqueness. From our melanin to our hair; from our setbacks to our triumphs, we all have power to take one step at a time. It is all about a mindset and a way of life. Walk tall sisters and be a stiletto.

*Paula Johnson Hutchinson*

# MEET OUR CONTRIBUTORS

**Welcome Contributor**  
Kimberly Spruill  
**Vegan Lifestyle Expert**  
Author & CEO  
Vegan Cooking with  
Kimberly



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Team Leader



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# LIFE PLANNING WITH SENIOR EXPERT KANEKA TROTTER

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## What is Senior Care? When Do I Plan for It?

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Senior care is a topic that is often overlooked and ignored. While most assume that aging is a wonderful display of a life well lived, others see aging as troubling times when it comes to living arrangements and care. Random illnesses, dementia, Alzheimer's, and a list of other difficulties can put a stop to most retirement plans. When should we start talking about senior care for our elders? The technical answer is....as soon as possible. Retirement income, 401k, IRA's, long term care policies, and savings accounts are all options needed in order to retire when the time comes, but what if you need to retire and have an illness? Independent living, assisted living, memory care, and group homes are all living options for seniors with different levels of care and pricing. Being able to know and understand which level of care is needed and what is affordable based on income can be the deciding factor between life and death. Having a financial plan just like most due for retirement will ensure that with an ever changing housing market seniors will be able to afford the care that is needed when they need it.

## Ageless Connections LLC (Arizona)

**Owner/ CEO: Kaneka N. Trotter MSAJS MSAC - Senior Consultant**







*"Do things at  
your own pace.  
Life's not a race."*

We have all found ourselves in regrettable positions. Unfortunately, these are part of the human experience. When these occur, We must think to ourselves...why and how?

One thing that many are guilty of is watching the success of others to a point where they feel rushed to get to the same level. Everyone grows at their own pace. What works for you will not work for someone else and vice versa. So why do we feel so drawn to compare ourselves?

Your Sunday School teacher was right...comparison is the thief of all joy. It causes one to be so obsessed with others at their own potential demise.. Here are a few points that we all know work when we use them.

- Take a social media break
- Get an accountability partner
- Work on goals
- Be real with yourself
- Show yourself some grace
- Set timelines

As of today, you are 100% a survivor. Honor your talents and gifts. Get a solid community that discusses goals, not people. Keep going no matter what. Adjust some due dates if you must, but please believe that if you have a vision, it will be met with provision! YOU GOT THIS SISTER!



# SISTERHOOD

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## FACTS ABOUT THE GIRLS

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It is a fact that women have historically charged their own paths. From thrones, to business, the workplace...you will find a woman. For women of color, much of our history has been hidden. Within the will to suppress the light, women of color simply cannot be contained. We are not just active in church and caring for our children. We are changemakers, influencers, and have a universal sisterhood that knows no bounds.

The pandemic shift hit everyone, but women of color were able to use the issues they face daily and create their own paths to financial freedom. While the Great Resignation seems new, women of color have been planning and implementing strategies for years. While finding is still sketchy, we are taking any available assets, skills and networks to reimagine our next chapter.

The keys to being successful in this moment are similar to a science project. There's the idea, the hypothesis, the experiment and the conclusion. IF IT DOES NOT WORK, LEARN AND TRY AGAIN. We are often too quick to give up on what this life experience has for us. Be diligent, strong and resourceful. The sisterhood is alive and well and will help guide you to your next. Sending love and light your way.





# PLACES TO GO THINGS TO SEE

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## TRAVEL

It is no secret that sisters are on the go. That is not just going to work, events, school and church. We have become quite curious and are flying out all over the world. Some of our top spots include the following:

- Jamaica
- Dubai
- Cancun
- Los Cabos
- Sedona
- Wineries
- Festivals

They let us out ( well we really decided we were out) and we love it! We are passport ready, cultured, studied and ready to go where our internal compass leads us. Wherever that is, enjoy the experience! Post your pictures and videos when you get back. Be in the moment. Be thankful that we went from the stove to the beach. We went from coffee to wineries. Went choose peace over chaos. Set a course and live!



# THE STILETTO TALKS SPOTLIGHT

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## The Comeback Kid That is Second to None

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In the last 13 months , I have been a part of a whirlwind. After having my own life saving surgery, my mother was diagnosed with cancer. Not just any cancer that would have a high rate of survival... instead, we were dealt a blow that my mother had pancreatic cancer.

This meant rearranging my life further to care for my favorite girl. And just to add a hint of defeat, I had to place my businesses on hold. Many were empathetic and then other ... let's say real situations reveal the intentions of many.

But this is not about being negative. This spotlight is to celebrate all that has been overcome. While on pause, I rebranded and shifted my focus into preparation instead of execution. From that , The Stiletto Talks has grown by leaps and bounds! That doesn't happen without a strong will , faith and a positive community! I share this to say that no matter what it looks like, keep pushing. Let folks talk. Talking makes NOTHING MOVE. Your faith and effort makes the necessary changes for your next. Yes, you will cry. I cried lots. But on the other side ... a magazine , cosmetic line , a new signature event and an academy has been added. Remember who you are and do the damn ( yes damn ) thing! .

*By: Paula Johnson Hutchinson*

# THE STILETTO TALKS SUPPER CLUBS & HOUSE PARTIES HAVE RETURNED

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**Break out the food, wine, and  
playlists...More than ever, we are  
becoming more intentional about how  
we connect...**

It is safe to say that we are all over the pandemic. We are tired mentally and physically. We desire to connect with others in a safe way. Small groups have proven effective and with that , supper clubs are back in style.

Supper clubs are reminiscent of a forgotten time when gathered for sacred conversations over food. The intentionality of preparing meals and setting the right atmosphere to "woosah" are a cultural right of passage. Many are taking their favorite dishes , charcuterie boards and libations from house to house for "feel good " moments. We are glad to see that in this historical moment, a positive outcome has included a return of our elite heritage.

*By: Paula Johnson Hutchinson*



# Book Reads for Summer



## BOOK READS

Viola Davis ...Finding Me

April Ryan ...Black Women Will Save the World

Paula Johnson Hutchinson... The Journey of the Sisterhood to Purpose

LaJill Hunt... Imitation of Wife

Listen... we love a good book! Please take advantage of these great reads for your summer chill time. Self care includes expanding our imagination and possibilities. Reading transports us right where we are. Got a book coming out, send a feature request to [contact@thestyletaltalks.com](mailto:contact@thestyletaltalks.com).

# INTERIOR

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Summertime is filled with tropical colors. Plants and aromatherapy fill the air. Here are a few tips for spicing up your home.



## 01 Dining Room

Spice up your dining room with a pop of color in the form of tropical plants and textured table settings. Additionally, consider stones like turquoise or natural rocks.



## 02 Living room

Get to stuffing some fresh pillowcases for your living room area. Again, live elements such as plants can change an area. Don't sleep on artificial plant either! If you lack time or a green thumb, they are an easy and carefree way to add a vibe to your living space.



# HEEL POWER.....

## WEARNING HEELS FOR COMFORT & STYLE

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We have been wearing flats for two years as we worked from home. Unless you had an event that was necessary, chances are your feet dodged being in the air. Now that outside is slowly opening up, we have returned back to the heels. The only issue is...the feet have changed. . Your arch resigned , your pinky toe says "no," and your plantar fasciitis says "Break Every Heel."



### Prepare Every Foot

When is the last time you stretched your feet? Rolled them on tennis balls? Massaged them or tried acupuncture? Your feet will not be loyal to you if you are not loyal to them.



### How High Can You Go?

Yes, once your heels could make you look 5 inches taller. But now, your feet will not let you be great. They ache and moan with every inch of heel you attempt to wear. You are looking at a closet full of shoes and feet that are revolting.

Tip 1: Try on every pair and assess.

Tip 2: Practice walking around the house.

Tip 3: Get your shoes stretched.

# CULTURAL DIVERSITY

## YOUR BESTIE MAY NOT LOOK LIKE YOU

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Look to your left and then to your right... The world is a blended beauty... Friendship should be as well.

### Besties

Back in the day, many were taught to "stay with your own kind." The strangest thing about that is while they were trying to be race specific, that message grew to a more advanced meaning.

The world is smaller as we all travel all over the world. The once derogatory statement has been replaced with "finding your tribe." We now connect with people on a deeper level. That often excludes the amount of melanin that someone has in their skin. Choose to expand your horizons and consider having a diverse group of friends that match your diverse interests.

*By Korina Villanueva*



WE THINK  
FREELY

WE LOVE  
OPENLY

WE CONNECT  
UNAPOLOGETICALLY



# EXPERIENCING VEGAN THE HEALTHY WAY

## KIMBERLY SPRUILL

Have you ever looked at a picture of yourself and thought, "Now wait a minute, I just knew for sure I was walking around here looking good!" When in the world did I gain all of this weight?!" Well, these were my exact sentiments in 2019, after seeing myself in my favorite red, regal dress, with red lipstick and all. You couldn't tell me anything! Ever heard the saying, "a picture is worth a thousand words?" Well, that picture spoke volumes! My face was full and my waistline was wide.

Although I was vegetarian (one who does not eat meat), I was the heaviest I had ever been, weighing a whopping 231 pounds! Thinking back on the day that picture was taken, I remember my knees hurting and I felt heavy and bloated. Sadly, I didn't like what I saw and immediately decided to make a change.

Living an overall healthy lifestyle was my ultimate goal. For me that meant embracing a plant based/vegan lifestyle (devoid of all meat, dairy and cheese products), losing and maintaining my weight, and truly loving what I saw in the mirror each day. In other words, I wanted to experience health in a new way; the vegan way.

For some time, I had considered "going vegan" but I just couldn't see myself giving up the cheese. Maybe you can relate. I absolutely loved cheese... all kinds at that! Cheese was my weakness, as is the case for many because it's incorporated in many of the foods we eat. Regardless of my love for cheese, I understood the negative affects it has on the body and why I had to depart from it.

My decision to transition into the vegan lifestyle was not necessarily a hard decision since I had been vegetarian for about 4 years prior. However, this decision definitely challenged my open mindedness about this new way of eating and would require a level of discipline that surpassed my years of vegetarianism. Despite all of this, I was ready for the challenge.

As with any major change in life, I understood the importance of knowing the reason for desired change. In other words, I kept my "why" before me. Keeping a mental picture of the lifestyle and body I wanted to acquire is what would keep me focused. Since I was ready for change, I was willing to do whatever it took to achieve my ultimate goal.

On May 1, 2019, I embarked upon a 10-Day Raw Vegan Challenge that literally changed my life. I ate raw fruits and vegetables, lots of salad, trail mix and drank plenty of Alkaline water. The first three days were most challenging, however, by day four, I was well adjusted. By day 10, I was down 11 pounds! The weight was dropping quickly and I was so proud of the progress I made. I was so pleased with the results that I pushed myself to complete another 15 days!

As a result, not only did I lose weight, I experienced great mental clarity, my skin was glowing and I truly began to love who I saw in the mirror each day. Not long after my lifestyle change, I had the pleasure of creating my own 10-Day Vegan Challenge, where I helped a group of women successfully transition to the vegan lifestyle. I wanted them to know what it meant to experience health the vegan way.

This accountability group served as a source of education, encouragement and inspiration. I taught them that they could still eat the meals they so loved, they simply had to "veganize" them, or substitute the non-vegan ingredients for vegan ones. These women experienced weight loss, increased confidence, blood pressure regulation and one in particular no longer had to take blood pressure medication!

From there, I created Smoothie Sunday where I shared live videos on Facebook of different vegan smoothies, smoothie bowls and juicing recipes to assist with the vegan transition. Smoothie Sunday has since evolved into Vegan Cooking with Kimberly where I connect with people from across the world by giving live cooking demonstrations of a variety of delicious, flavor packed, vegan meals and snacks on Sundays at 2:00pm CST.

All in all, it's my desire to help people experience health the vegan way, just as I have. Yes, it comes with a mindset shift and great discipline, but the results are well worth it! Going vegan has been the best decision I could have ever made concerning my health. My question to you is... are you ready to experience health the vegan way?



# FINANCE

MONIQUE ROBINSON



## Start With the Basics

Whether personal or business, managing your finances is the most important thing you can do to attain financial success. Managing your finances entails documenting the source and amount of your income source(s) and accounting for your expenses, which is the foundation of your budget. For your personal budget, it would be wise to also include a savings line item. No matter the amount, it is best to start somewhere. According to an article published by CNBC, roughly 56% of Americans cannot fund a \$1,000 emergency from their savings. In any emergency or unexpected expense, having \$1,000 could make a world of difference. In business, this is typically called a contingency fund, an emergency fund for unforeseen expenses. Once you have itemized your income, expenses, and savings, you can clearly see whether there is any lagniappe, or if you have a deficit. Either way, adjustments can always be made, and it allows you to clearly plan your spending. As you can see, budgeting for home and business is very similar and the starting point to achieving one's financial goals.

For more articles on finances, follow social media and website:

Fb: @1Foresight

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Web: [www.foresightfinancial.pro](http://www.foresightfinancial.pro)

By: Monique Robinson, CEO & Financial Professional

Foresight Financial Services



# EDUCATION WITH DR. FELCIA YOUNG



The Time is NOW! Education is Within Your Reach!

School is out and summer is upon us. We are all excited to get outside and play in the sun. However, before you know it school will be back in. So now is the time to think about how you will finish the rest of this year with a bang. This can be done by pursuing the one thing you have always wanted to do, obtain a college degree.

Are you thinking about going to college or re-enrolling? Do you think you cannot afford it? Have a family and no time to attend college in person? Do you owe your previous school money? Can you relate to any of these scenarios? If so, this message is for you.

If the past two years have not taught us anything, it has taught us NOW is the time to pursue our dreams. Higher education enrollment is increasing in the 25 and older population. Students are interested in upskilling or obtaining new skills; therefore, they are pursuing a college degree. But let's not kid ourselves, these students are not only focusing on four-year degrees. Millions of students in the U.S. have attended and graduated from two-year technical and college programs in the past few years.

At this moment you may be asking yourself, how can you find the time, resources, and confidence to begin this journey. It all starts with a decision. Once you make the decision to begin your journey to a college education, the next steps are relatively easy but not without their hurdles!

Steps to Begin Your College Journey:

1. Contact an admission rep at your preferred college or university
  - a. You want to make sure you know exactly what documents you will need to submit and any other necessary paperwork.
  - b. Ask about any entrance tests or transcripts. Also ask about any credits that may transfer if you attended any other colleges.
2. Complete the FAFSA
  - a. Visit [Studentaid.gov](http://Studentaid.gov) and complete the FAFSA Application. Although you may believe you are not eligible for any free aid, please still complete the FAFSA. You could possibly qualify for institutional aid or scholarships. Many scholarships may require students to complete the FAFSA.
  - b. If your financial situation changes, please contact your financial aid adviser. You could possibly qualify for more aid. It is ok to be private with your struggles but talking about a change in your situation could benefit you. So please reach out EARLY!
3. Ask EVERYONE you know about scholarships
  - a. Each year millions of dollars are not used because students are not applying for scholarships. Most people think scholarships are for 18 years old college students. And why there is a lot of money for that demographic, there is money available for non-traditional or mature students.
  - b. Do an open search on Google for scholarships based on your age, gender, race, potential college major, interest or current career.





# EDUCATION WITH DR. FELICIA YOUNG

## 4. Seek out professional assistance

- a. If you do not have time reach out to schools or do the necessary work needed to get into school, reach out to a professional for help. A higher educational consultant can assist you on your journey. Make sure the person is qualified and highly recommended. You do not want to waste unnecessary money.

## What to do if you owe a previous school money:

1. Contact the school to see if the debt is still valid.
2. Ask the about a payment plan
  - a. If you are eligible for a payment plan, ask if your transcript can be released to your new college.
3. Be honest with your new school about what your situation. Ask if they can provide any assistance or counseling to you.

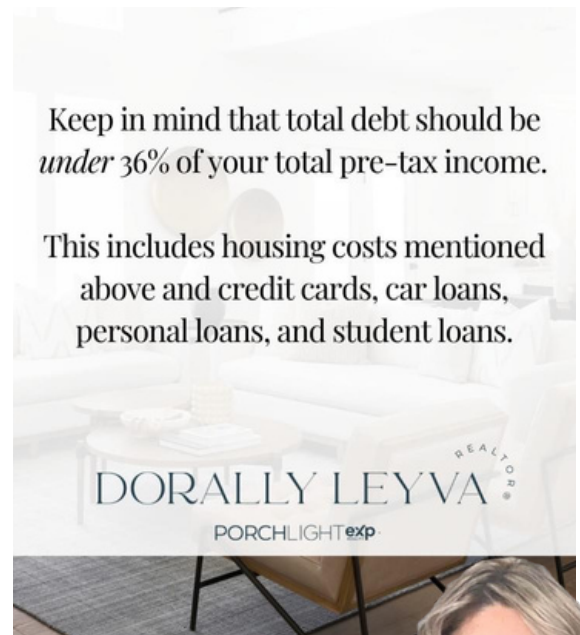
As a mother, entrepreneur, and recent doctoral graduate, I understand the hard decision it is to choose school. Finding time, balancing life and school is hard; but it can be done. Create a plan, find mentors, stay encouraged and never give up. 2022 is YOUR year to begin! You can do this! Believe it and it will happen with a bit of hard work. If you need help to get started, please do not hesitate to reach out to me at [info@hmofed.com](mailto:info@hmofed.com) and visit my website [www.hmofed.com](http://www.hmofed.com).



REAL ESTATE  
WITH  
DORALLY LEYVA

---

Check out these tips as you consider  
when house hunting!





## My Mic Sounds Nice

Since the onset of the historical pandemic, entrepreneurs have found resourceful ways to stay connected to their audiences. Radio or listening is an overlooked communication channel. To an entrepreneur or expert, it equals a cost-effective way to remain relevant and engage potential or current clients. Podcasting is easy, effective and has gained international momentum.

As it currently stands, there are over 2 million (with an "m") podcasts worldwide. so why not you? Create an outline, review the submission process, get a name, and get to recording! It is a great way for introverts to share their products and services. There conventions all over the country designed just for podcasters to connect , learn and grow. This is a great opportunity to grow through mistakes and identify who is the true audience of your brand. Discuss with your coach or business networks and create a podcast. The world needs your gift!





## RUN AT YOUR PACE

Outside is back open. Now that we can move around a bit, steps at a pace that works for you should be part of the routine. We all gained pounds that have tried to stay around like a bad love affair. Just 30 minutes of brisk movement has the ability to change your overall health profile. We deserve to feel good after all that we have been through. Commit to walking or running and see how great you feel. Outside is a great way to shake off excess emotions, build strength and lose the pounds that love us more than we love them.



# LET'S GET TOGETHER

It's that time of year again for backyard gatherings and celebrations. Spring is winding down and we are approaching the Summer season. A family gathering is a unique event with the aim of reconnecting the family. It is an opportunity for the family to bond and celebrate the family's culture and traditions. A good part of the gathering is cooking and eating. I created a plan and list to help your gatherings and celebrations go on without a hitch and in true chef style. First things, first. Set a date and time, determine your budget and start planning.

It is important to set a date as early as possible to allow the members of your family and guests to plan accordingly thereby increasing the likelihood of participation of every person invited since hands and help will be needed in entertaining.

A budget of the event must be set including cooking and drinks. A decision must be made on the type of foods to be cooked. Afterwards, make the list of ingredients so that the estimated prep time and cooking can be made drawn and concluded.

If you are gathering with family for a backyard gathering and agree to contribute and divide food costs, then this next step is important. The best way to make family gathering affordable is to share the cost among family members. It reduces the burden that will be put on a group and makes everyone to be involve in the process.

Divide the labor. Majority of the members of your family need to volunteer to make this a reality. Teamwork makes the dreamwork as the saying going, as it should. This will reduce stress, make cooking easy, fun filled, and increase the chance of quick bonding and reunion. Different ideas of doing things and better ways will also come up as each person adds their own different flair and unique cooking skills giving the food a better chance in terms of taste, sweetness and flavor. Just be sure to know who will make the potato salad.

Preparing for a family gathering or celebration can be a time consuming and laborious task so ask for help if needed. While someone make decorations, someone can get and refrigerate the drinks, another person can take care of the menu and cooking. Foods such as mango salsa and lime infused shrimp skewers, skirt steak fajitas and grilled vegetables, potato salad, Hot dogs, BLT, also can be on the menu list.

Beverages can include tequila spiked lemonade, aqua fresca, wine, infused water, lemonade, or iced tea. Always remember to serve food immediately for best results. The food should be well served, hot foods hot, and cold foods cold.

Last but not at all least, a chef's tip is to never try a new recipe for the first time at a family and friends celebration. Make sure it is tried and true. Have a test kitchen and make fun of it by asking your spouse, girlfriends or kids to join and get their opinion before you present it a family gathering.

XOXO,  
Chef Diana

## Mango Salsa

### Ingredients:

- 2 mangoes - peeled, seeded, and chopped
- 1 large tomato, diced
- 1 small onion, minced
- 1 small jalapeno pepper, seeded and sliced
- 1 tablespoon minced fresh cilantro
- 1 lime, juiced
- 1 tsp salt and
- 1 tsp ground black pepper

### Directions:

After prepping all ingredients, add to a bowl. Stir the mango, tomato, onion, jalapeno pepper, cilantro, and lime juice together in a bowl, season with salt and pepper.





WE WANT YOU!!

WE ARE LOOKING  
FOR ARTICLE AND  
PRODUCT SAMPLES  
FOR REVIEW!

The Stiletto Talks Magazine is committed to highlighting women that dare to dream in every area. It is so easy to submit. Please follow the directions:

- Articles-\$100 Comes with digital graphic , press and 2 print copies of magazine.
- Product submissions-Come with a review in the magazine and 2 print copies. Product should be sent to:

PO Box 12632, Chandler, AZ. 85248

For questions, email us at [contact@thesilettotalks.com](mailto:contact@thesilettotalks.com)



THANKS

This magazine is not possible with our contributors and community!  
Thank you so much for believing in the vision we have for women.  
Together, we indeed do great things' Now tht you see a tangible product,  
please consider advertising with us or sharing your story.





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MAGAZINE

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