

FemaleGang

The Year Of The Woman

Q & A With
Buzzfeed
comedian star

How to get bright
white teeth!

**Never Contemplate
What to Wear Again.**

Sexual Health,
Fitness, Holistic
Health, Mom
tips, and More!

**Breastfeeding
at its Finest!**

Fashion Tips for
the New Year

Women Making a Difference



January 2019

Kelsey Darragh, Confidently Insecure

Comedian, youtuber, feminist, mental health advocate, and so much more, Kelsey Darragh has gained popularity with her bold, fearless and hilarious videos as well as sharing her personal journey through social media. Like the FemaleGang founders, Kelsey is a Tampa native! We got a chance to chat with the BuzzFeed star and get some details on her start up and plans for the New Year!

Q: Give me a little background on you?

A: I'm Kelsey Darragh a writer/comedian mostly known for my videos on the internet and my work at BuzzFeed. I'm based in Los Angeles now but went to school with the lovely creators of this mag!

Q: How did you get into the field that you're in?

A: I've been an attention whore since birth and I used to get a lot of shit for it but I decided to turn it into a career and now people pay me to be an attention whore. I also went to college (and dropped out three times) for TV journalism and screenwriting which helped me learn the basics of the Hollywood system. But learning comedy came from years of observation and growing up in Florida.

Q: What city were you in that jumped started your career?

A: I lived in New York City when I started acting but it was too cold and that's what I blame my lack of success on. Too much snow to do anything. Once I moved to LA, I made a YouTube video right when YouTube was getting cool that got millions of views which got me my managers and agents. See? Sunshine is the key to success!

Q: Being a woman, did that make it easy or more difficult to get your foot in the door?

A: As is the case for majority of women, it took extra steps to be taken seriously and paid the same amount that my male coworkers were being paid. I also found that the comedy scene was run by men which is annoying because I've had much more fun when I'm making comedy with women who run the ship.

Q: What was your first job for BuzzFeed?

A: I started as an intern! For 6 months I helped set up sets, run camera, handle props, etc.

Q: Why did you decide to leave BuzzFeed and go behind scenes?

A: I still work with BuzzFeed part-time but left so I could be able to go work with other awesome companies. My goal has always been to make content, no matter the platform, so once I knew there were opportunities to grow on other platforms, I left to diversify my work load and job responsibilities.

Q: What inspired your podcast-Adult Shit?

A: I just like hearing myself talk, honestly.



Q: We loved your mini doc on medical marijuana with chronic pain- why was it so important to you to get this message out there and to share your story of chronic pain with others?

A: It was a secret I was keeping from so many people about how much pain I was actually living in every day. It's a hard concept for people without chronic pain to grasp - the idea of being in pain *every day*. It was therapeutic to introduce my chronic pain in a way that I had complete creative control over with a subject that was told from my point of view. I knew once I started going down the rabbit hole of different treatments to try, I wanted to document it in a way that was digestible to the masses and not so clinical or scary sounding. Once I started opening up about it, I sort of became this accidental advocate for it and started meeting people and joining other communities of people with chronic pain. That togetherness has been what's gotten me through some of my darkest pain days. Just having people that *get* what I'm going through.



Q: Tell me a little bit of your stance on women's rights?

A: I want what every feminist wants - to be treated as equals to men. As a white woman, it's easier for me to say that as society reflects my views in media more often than women of color or trans women. As a white woman and ally, it's my job to support *all* women and lift all our voices. Not just pick and choose what issue is easiest for me to identify with and fight for.



Q: Being a woman in the entertainment world, do you feel it's important for women to stand together and support each other?

A: Absolutely!

Q: Tell me about your merch?

A: I've lived with a debilitating anxiety disorder most of my life and was pretty sick of being ashamed of it. It's something I've worked really hard to cope with and wanted to make a shirt that just said how I felt; that I am an Anxiety Queen. I'm not afraid of it any more! In fact, I want people to ask me about it so I can help people better understand that this is a part of your mental health you can live with and be successful with. Part of the proceeds of that merch go to the National Alliance on Mental Illness. Out of that stemmed my catchphrase: Confidently Insecure. As in - I'm confident that I'm not perfect and I love it. With the rise of social media and people putting out these "perfect" versions of themselves, I wanted to remind people that it's okay to not be okay.



Q: What inspired the new clothing venture?

A: I love a good soft tee with a nice message so I thought I'd make my own.

Q: What can we look forward to from you in 2019? Anything new coming soon?

A: I'll be on E!'s new show *Dating: No Filter* Jan 21st at 10pm! Also, I'm developing my own show for Comedy Central and writing a book about anxiety :)

Samantha and Lauren are Tampa natives and fellow boss babes. We have been following their story from the beginning and couldn't be more excited to share their success! -FG

Dress DontGuess



In October 2015, I flew to Dallas, TX, to visit a friend. When it was time to get ready for dinner, I asked him what I should wear. His response? "I don't know, wear a dress."

I decided to look up the restaurant on my smartphone. To my dismay, the website was about as helpful as my friend. Sitting there with no answers and a time crunch, I did the only thing I knew to do: followed my gut. Unfortunately for me, my instinct was a bit over dressed for the Dallas restaurant.



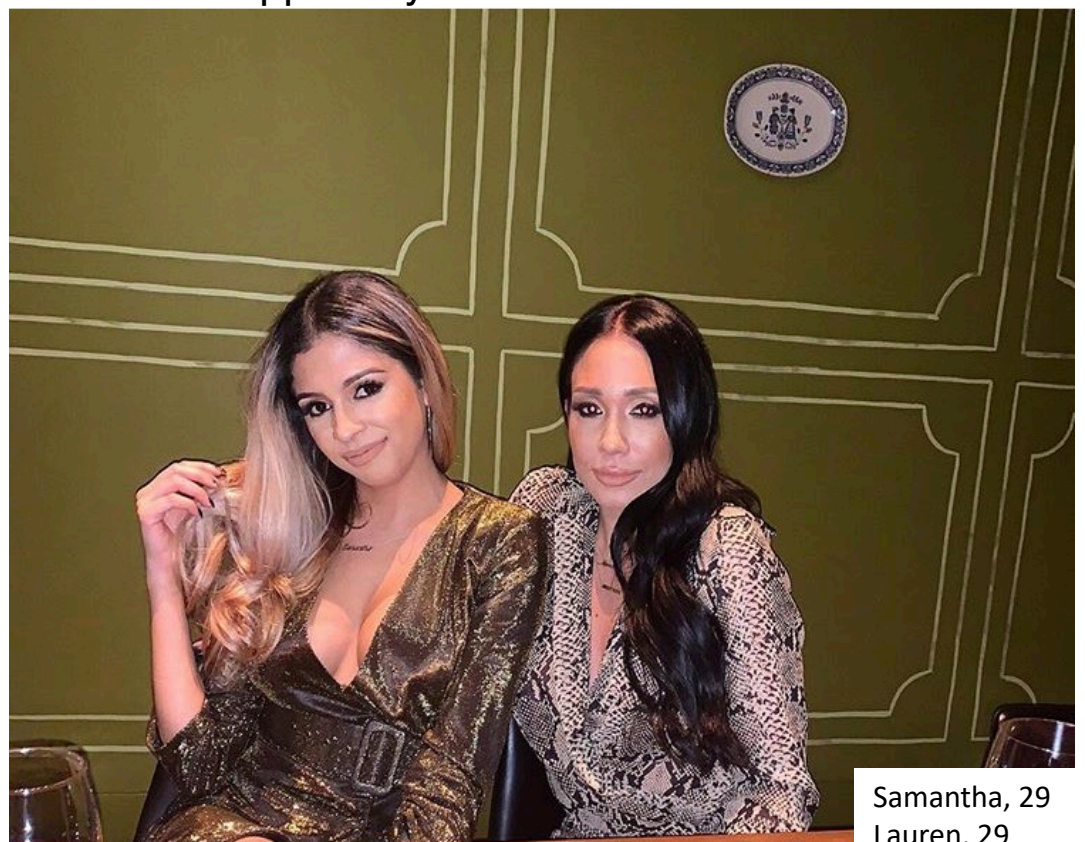
After my dilemma in Dallas, I wanted to create a solution. I started tapping into my friends and acquaintances, and discovered they had all shared my dilemma at one time or another when faced with a new venue. The questions were entirely common: What do I wear? Is this too casual? Am I overdressed?

With no prior expertise in the technology field, I studied, asked 100,000 questions, and took a little bit of everything I learned and made it my own. I immediately told my best friend Lauren and she LOVED the idea, so much that she left her corporate job, and came to live with me in Dallas to make our dreams come true.



Fast forward 3 years later and we now have an app Dress.Dontguess. in both IOS, and Google play store. Dress.DontGuess hand selects places to go, and what to wear there, ranging from most casual to most formal. Make sure you follow us on Instagram, for daily fashion tips, and recommendations in your cities for where to go and where to shop. Download the app today and make sure you #DressDontGuess

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@samantha_schell
@lc_ash



DOG
DRESS. DON'T GUESS

Samantha, 29
Lauren, 29

5 Tips to Happy & Healthy Sex All Year Long

It's the new year and it's time to make your sex life a priority! Sex can sometimes be challenging between juggling kids, work, pets, school, your needs, your partners needs, etc. We are moms, partners, and working women, Lets face it our sex life sometimes takes the back burner! Let this be the year "Stella got her groove back". Here are 5 tips to happy and healthy sex!

1. Finding the right products to make it comfortable.

Don't let age fool you, even young girls tend to struggle with dryness and have to go on the search for the perfect products. We, as women have a million things on our mind which sometimes gets in the way of arousal and natural lubrication. Whether you are using them with yourself or a significant other, lubricants can make foreplay and sex more comfortable. We recommend an original water-based lubricant or spice things up with a flavor!



2. Confidence in yourself and in asking what you want in bed

With the new year bring your confidence! You are beautiful and your body is amazing! Own it! Dress up for yourself and look sexy! Be bold and tell your partner what you want in bed!- Most will be completely turned on! If you feel uncomfortable about asking directly, introduce it as a fantasy or a dream you had!



3. A workout routine to strengthen sex muscles

With the new year, we are always looking at starting a diet or getting to the gym. Kegel exercises can work wonders to strengthen the pelvic area, making for better and more intense sex and orgasms. Make this your daily workout goal all from the comfort of your own home.



4. The right diet for a healthier body & increased sex drive

Along with exercise, eating right can improve sex drive in women. Eating fruits and vegetables with rich vitamins, such as watermelon and carrots can relax blood vessels and increase circulation, in turn boost your libido.

5. Trust and communication

Last but not least, every relationship should have an open and honest communication about sex. This means sexual history, ways to have safe sex and talking about what you are comfortable with in the bedroom. If your partner isn't open to these discussions, he or she may not be the right person for you. This might leave you single for the new year, but there is nothing wrong with self love!



RUSHOURPICKS

And just like that, 2018 has come to a close. It has been a challenging, inspiring, scary, exciting year to say the least. Feeling all the feels and grateful for all the experiences and memories. Bring it on, 2019!

I don't know about you but this was a fun year for the comeback styles we had in our childhood: IE, bright colors, pink everything, animal print and the return of the fanny pack. Although I do not foresee the above trending out, I am here to tell you the three things you can begin stocking up on now!

1. Neutrals. I promise I am being unbiased (as I mostly only wear these colors on the daily) but you will start to see many other [neutrals](#) being hung on shelves through all retailers. Some of the reasons I love this trend include pairing possibilities - they are limitless, seasonal continuity - [tan](#), [gray](#), [white](#), [black](#) - no matter what month, you can invest in these pieces and they will never be "out of style".

2. Unique purses. Let's be honest, the [fanny pack](#) is not for everyone. I especially do not understand the over the [shoulder pack](#), but I am not here to judge :) So, if you are like me and maybe you stray away from those options, let's talk about the [structured bags](#) taking the retailers by storm. Coming in all [shapes](#) and [sizes](#), [fun handles](#) vs. [crossbody](#), etc., this is one trend that can add major flare to any outfit.

3. Suits. We started to see this with [plaid](#) making a MAJOR comeback. Many [coats](#) and [oversized blazers](#) were hosted on racks and whether you partake or not, we will see these options take storm by spring.

Any of these outfit choices for you? I would love to know! Visit Rushourpicks.com for more!



Breaking the Cycle of Poverty

Ockeshia Pompey, the Finance and Utilization Supervisor of the District of Columbia Housing Authority (DCHA), has not always been the dynamic and articulate holder of dual Masters' degrees (Public Administration and Organizational Management) that she is today. Ockeshia's maiden name, Christian, was born in 1984 in the rural city of Sanford Florida. She is the oldest of four and was raised by her mother, Carroll, and step-father, Clifford. At an early age, Ockeshia's parents ensured she and her siblings were highly motivated to break the cycle of poverty and miseducation in their family and community.

After graduating from the University of South Florida with a Bachelors in Psychology, Ockeshia began her mission to empower families at Tampa Housing Authority (THA) as a Housing Counselor in the Housing Choice Voucher Division. THA assisted over 8,500 families in Hillsborough County with the Housing Choice Voucher (HCVP). HCVP is a HUD funded program that assigns families rental assistance in the private market. With an annual caseload of 600 plus families, Ockeshia aided families by evaluating their income, assets, family composition, and housing needs. On many occasions Ockeshia assisted those families with educational planning including Federal Student Aid documents all of which was outside the scope of her job responsibilities.

In efforts to save taxpayer dollars and eliminate duplication and confusion with having a city and county Section 8 program, a unified agency was developed. In 2011, Hillsborough County Affordable Housing transitioned its Section 8 program to Tampa Housing Authority (THA).

As Lead Counselor, at an offsite location, with a staff of 10, Ockeshia and her team seamlessly merged 2,000 Section 8 participants into one agency. With a 2,000 participant increase THA was acknowledged as High Performers in 2012. The transition saved Hillsborough County taxpayers approximately \$306,000 annually. Advancing to a Housing Supervisor, the youngest to do so, Ockeshia was able to develop and implement programs that cultivated self-sufficiency. In 2015 THA started relocating over 2,000 families from public housing to the Housing Choice Voucher program (HCVP). With the assistance of her colleagues, Ockeshia held classes regularly to teach, train, and motivate families to become self-sufficient. Classes included HCVP 101, Financial Budgeting, Credit Repair, and Relocation Preparations. The relocation was a success and families were equipped for success.



Ockeshia Pompey, 34

Currently, Ockeshia is the Finance and Utilization Supervisor at DCHA. She continues to assist families in self-sufficiency. DCHA has over 14,000 participants in the HCV program. She is the supervisor of the Homeownership division which accounts for over 212 families becoming homeowners while utilizing their Housing Choice Voucher. DCHA no longer assist these families with rental portions but with mortgage assistance for up to 30 years. She also supervises the Portability Division at DCHA which works with all PHAs in transferring families from one state to another. She is fluent in policy development, policy writing, and publication. Ockeshia manages a 100 million-dollar budget and voucher allocations in compliance with HUD programs, policies and procedures. She ensures compliance with finance regulations and policies that are relevant to all federal, local, and internal regulatory requirements of programs administered by the HCVP. Ockeshia conducts research, writes, and organizes departmental ideas on the expansion of existing HCVP participant initiatives beyond housing assistance. One initiative that has been a great success at DCHA is the Beyond the Voucher program. This program inspires boys and girls to consider careers outside of sports using a mix of STEAM (science, technology, engineering, art, and mathematics) workshops, personal development workshops, and an annual basketball tournament. In 2017, Kevin Durant and his basketball association conducted the annual basketball training and tournament. With over 10 years of experience in housing, Ockeshia continues to empower families just as her mother inspired her to make a difference by being different. Her personal statement is as follows:

I, Ockeshia, attribute my success to my Professional Beliefs and Core Values:



Compassion- True compassion involves an authentic care for your fellow man. In an industry predicated on service; possessing the value of compassion is key to staying grounded and focused on the agency's mission and quality of standard.

Compassion breeds Collaboration.

Courage- Courage is the decision to not be afraid. We must have courage to stand behind our integrity and core beliefs, in order to do what is right. We must have courage to meet the immediate and dire demands of our industry. We must have courage to strive for excellence.

Courage breeds Faith.

Commitment- Commitment means to stay the course until the job is done. As a housing authority, rarely are our problems black and white; but by maintaining a commitment to our agency's mission and quality of standard we will surely cultivate an environment of positive change.

Commitment breeds Action

Balancing Mom Life

Being a Mom, Wife, and Athletic Trainer can seem like a lot to juggle, but the right balance of each of these is what allows me to feel successful and accomplished every week. During the day I'm a stay at home Mom to two awesome little boys. We have playdates, library story times and lots of fun and learning in between. Twice a week I work out for an hour a day, although it might not seem like a lot it's exactly the break I need to keep me sane. For 60 minutes I am focused on no one but myself. Twice a week I work as an athletic trainer providing medical coverage for sporting events. After the kids go to sleep, hubby and I enjoy adult time. Sometimes it's dinner together or watching a movie and other days its folding laundry together. I believe it is very important to find a way to balance it all so that I can feel complete. Here are a few tips on how I balance life as a mom, wife and professional:

Plan ahead- meals, chores, playdates, workouts.

Work as a team- allow your spouse and children to help with chores.

Child care- hire a babysitter and have a date night once a month.



The Art of Breastfeeding

Discovering you are pregnant can be one of the most joyous points in a woman's life, especially when it's the first time. Your friends and family tell you of all the things to expect and look forward to, like baby kicks, food cravings (or aversions), glowing skin and the prospect of breastfeeding. Most women consider breastfeeding to be a natural extension of pregnancy and expect that feeding their nursling will be "the most natural thing in the world". While



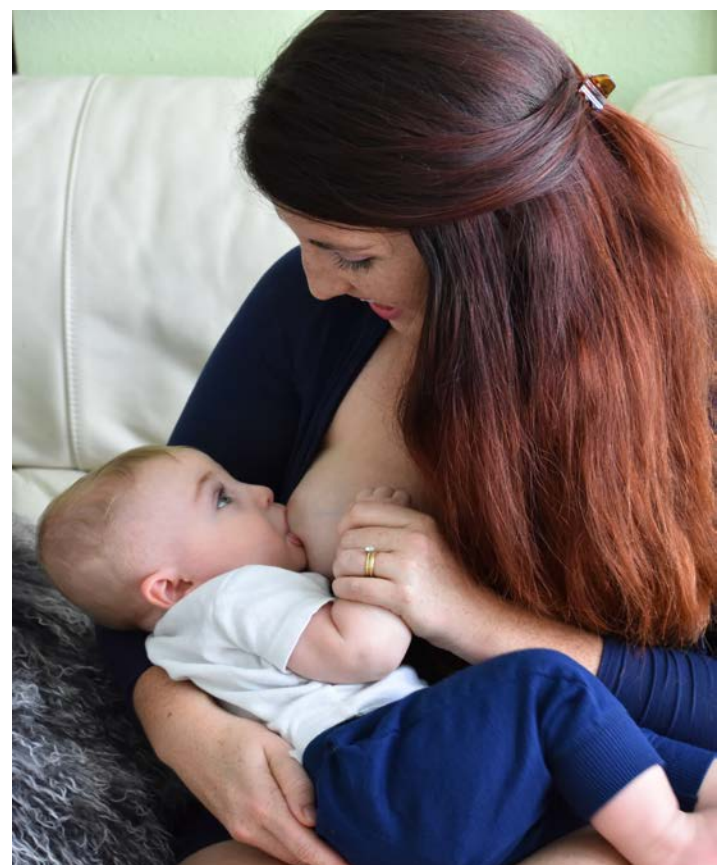
breastfeeding is an innate function, and breastmilk is considered the "nectar of life", it is not necessarily an innate behavior. Breastfeeding is actually a learned behavior that takes practice, patience and support from your sisters, mothers, grandmothers and girlfriends. Having a female gang of supportive women in your life can make your breastfeeding journey last longer, be less stressful and help forge a bond between mother and child that is one of the sweetest connections in human existence.

The media blasts us with photos of picturesque women nursing rosy-cheeked babes in a woodland meadow while the sun shines down on them both, creating an idealistic image of how easy breastfeeding is expected to be. In reality, it takes time for both mother and child to learn the art of the latch, which may result in sore, cracked nipples and slow weight gain for the first few weeks of life. Once the latch is mastered, or mostly successful on at least one breast, things begin to get easier but the mother is still deeply connected to her babe in a way that modifies her whole lifestyle. She must drink twice, even three times the amount of water of her non-breastfeeding peers in order to sustain her milk production, and even at this pace, she still feels constantly dehydrated and fatigued.

Everything she eats and drinks eventually makes its way to the breastmilk, and her diet must be constantly modified to meet the demands of her nursling, who may show aversions to certain foods or ingredients that she consumes. Nursing babes eat more frequently than their formula-fed counterparts, especially at night, and mothers who exclusively breastfeed cannot share the feeding responsibility with their partner as equally unless they have pumped milk available. Once the art of breastfeeding begins to get easier, it is usually nearly time for a mother to return to work if she has chosen this path. Returning to work and continuing to breastfeed introduces a whole slew of new problems, which must be mastered to ensure your baby continues to receive the milk that sustains their life. So begins the Art of Pumping, and it is certainly a delicate and frustrating combination of technology, natural bodily reflexes and engineering design. Advertising and marketing campaigns for breast pumps show women easily pumping 6-8 ounces of milk per breast, while also looking fresh, beautiful and completely put together. The reality often looks vastly different; tired mothers who feel more like dairy cows than ethereal goddesses.

However, given all these obstacles, breastfeeding is still not only the best thing for your baby, but it is also the best thing for the mother. It decreases your risk of post-partum depression, breast cancer, ovarian cancer, helps you lose baby weight, and saves you time and money in the long run. However, it takes a village to be successful, so it is important to have an excellent support system in place with friends, family and breastfeeding counselors or lactation consultants who can help you work through problems that arise along the way and threaten to derail your breastfeeding success. Breastfeeding USA and Le Leche League (LLL) are excellent resources to find peer breastfeeding counselors who can provide you with prenatal lessons, post-partum support and weaning assistance all for free! These volunteers comprise a tribe of women who provide support for mothers and children in their communities and in online support groups. If you are struggling in your breastfeeding journey, help is not far away! There are women all over the world, from all walks of life, who will happily provide support and encouragement to their sisters in need. Everyone needs to find their female gang, especially women entering the crazy, unpredictable world of motherhood!

By Lauren Partridge
Breastfeeding Counselor with [Breastfeeding USA](#),
President of the West Central Florida Chapter
lauren.partridge@breastfeedingusa.org



Lauren Partridge, 30 (Mom of two boys)
Will-3 and Rowan- 10 months

PSA: You will never be criticized by someone doing more than you. You will only be criticized by someone doing less.

I got a text message the other day. You know, the passive aggressive kind that says “i love you sooo much, but..”

... you're going a little crazy with your posts....you need to stop ...i'm just looking out for you

Hold up! 🖐️ You love me, but...?

I want to say this LOUD & PROUD.



Not everyone is going to understand your hustle. Or, appreciate the positivity you're shining on the world. Or, the fact that you show up for YOU and YOUR dreams every single day.

That is 100 ok! Because small minded people will never understand the drive and ambition from the “crazy” people in this world trying to make a difference. The ones who thrive on inspiring others to do the same.

Or, the fact that you took a leap of faith and are doing the damn thing! You didn't conform to what society says is “success” or the “American dream”.

Wake up people! ☀️ It's 2019. And the “American Dream” is what we choose to make for ourselves! Not what someone else thinks is comfortable.

So to all my people out there with haters or friends & family that don't understand you... keep chasing that dream. Keep hustling with heart. NEVER freaking stop. Because the second you do, they win.

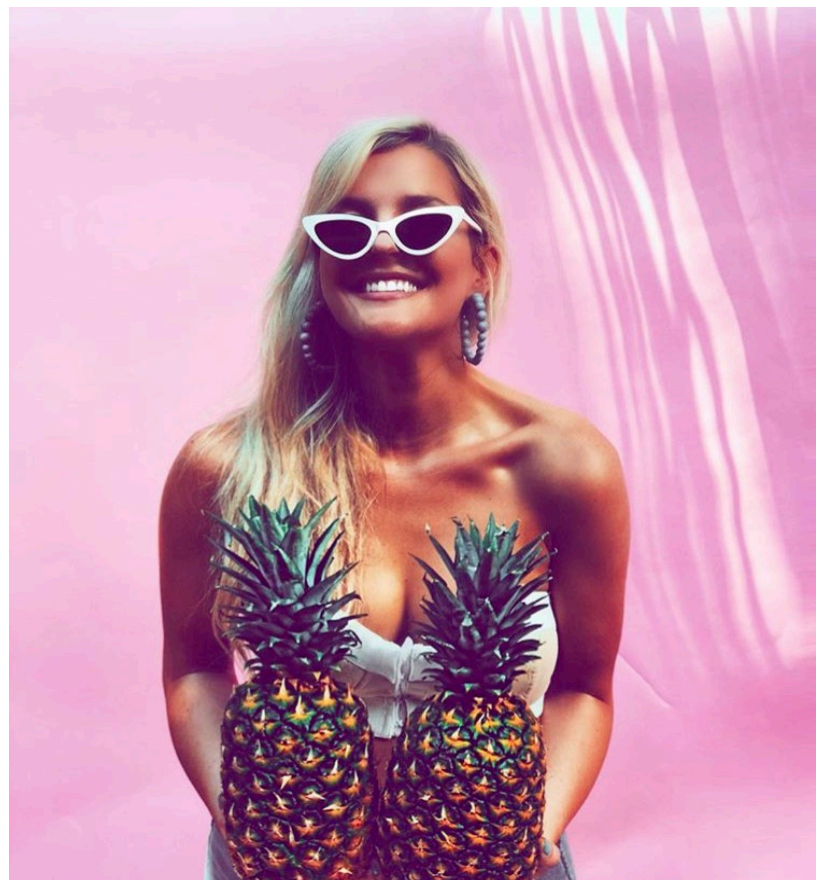
And the only winner I see is YOU. The one saying 🖐️ the haters. Because YOU my friend, will make it to the top. & I can't wait to see you there.

IG @ Rachel_brea
Entrepreneur & Holistic
Health and Wellness

Fruutfull

Creator: Danielle Rushton
#loveyourfruits

Let's talk about how terrible bras are :)



We are gathering market research, and would love to hear how you feel about your bras! Help us in our product development by taking this quick survey (it will take you less than 3 minutes).

Better bras coming soon, promise!!

<https://fruutfullbras.typeform.com/to/V3LSI9>



Shoulder Workout



Shoulder Bandwork

This is your warmup!

- 12 reps



Cable Shoulder Raise

- 4 sets of 12

Superset: 10-20 Shoulder Pushups



Lateral Raise

- 4 sets of 12

Superset: Lower the weight and do 15-20 reps



Seated Shoulder Press

- 4 sets of 12

Superset: Lower the weight and do 15-20



Shoulder Spread Raise

- 4 sets of 12

Superset: Lower the weight and do 15-20 reps

Fitness Tip: Hold each rep for 5 seconds up and 5 seconds down

@therockglove



Hot Pink Gloves featured
Fitness Meets Fashion
TheRockGlove.com

Bright White Teeth!

We all SMILE in the same language so they might as well be WHITE right?!?

I'm a Dental Hygienist so it's obvious I would LOVE white teeth...But I HATE the pain and hassle that comes along with it. This is why I am SO excited about this professional whitening toothpaste I recently found through a friend. Wanted to share it with ya'll. Results look incredible, and no harsh chemicals to cause sensitivity.

You CAN'T buy this in stores so check it out...
No Bleach or Peroxide
No Sugar

- knocks out wine, coffee, & nicotine stains.
- Gluten Free
- Dentist recommended
- Removes Plaque
- WAY less money than whitening systems
- Replaces your toothpaste for everyday brushing.
- Gentle & safe for children and pregnant moms out there
- Clinical tests resulted in a 63% increase in teeth brightness!!!

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Jacque Sufka ,30



THE NOW IS FEMALE

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New Year-out with the old, in with the new. We are no longer chanting & protesting that the future is female. The future is now and the NOW is female! We no longer are looking into the future hoping one day we will see women in charge, but simply making it a statement for today! Women are on the rise, moving into higher positions and establishing equal pay and rights! It's the year of the women, we must stand together and support one another's goals and dreams no matter how big or small! -FG

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