

FemaleGang



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NEW WEBSITE LAUNCH!

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BRUNCH SO HARD TAMPA BAY

This group of four is anything, but boring! Alex, Jeffrey, Kerensa, and Lauren all have very different personalities that compliment each other well and make for some interesting and fun outings! This fabulous four bunch put brunching to the test, with their new endeavor, 'Brunch So Hard.'

It all started with a Sunday brunch session that began at the WOB airport location, where the four enjoyed brunch and beers. After that, came a handful of other places, including Flemings to add a little class into the booze fest! The brunching bunch continued their Sundays trying out some Tampa favorites and enjoying each others company. Of course, after Sunday Funday comes the harsh reality of Monday. The group would text back and forth from work the hangover struggle, and jokingly named the group 'brunch so hard'. They even started to talk up the idea of starting an Instagram account. So what started out as a joke, has turned into an awesome platform where the group has gotten to meet so many new and awesome people while also hanging out with their besties!

The fabulous four behind the 'Brunch So Hard' IG account started off mainly as brunch content but over the last year they have branched out to dinner, lunch, cocktails, lifestyle, and really just everything Tampa. The BSH crew just celebrated their one year anniversary and don't plan to stop brunching anytime soon! For great places to eat, drink, and more follow their talented brunching on IG @brunch.so.hard



A Beautiful Trans-Journey

Nicole grew up in a small town, USA sort of life. (insert Miley Cyrus Welcome to the USA). Her childhood pictures consist of her sitting on her dad's lap on a lawnmower or trying to run around outside naked! Her home and school was located in Lutz, FL, where she spent most of her time and energy playing tennis. Growing up she always wanted to be the Little Mermaid, then Belle, and then Britney Spears. She never thought about why she wasn't on the girls team or not using the girls bathroom, she was just busy being a kid. Although Nicole didn't grow up as a girl in the traditional sense, she always felt she identified as female.

Today, Nicole is a business woman, or as we like to call it a Boss Bitch! She dreams of one day living the Southern California tropical lifestyle, but currently resides in an urban community where most things are in walking distance. As she approaches 30, she is focused on building her career and planning her next adventure. Before coming out and identifying as a woman, Nicole was always turned off on the idea of traveling or seeing new things. She didn't want to experience any magical moments not as herself. The little boy she grew up as wasn't her, and never will be. She spent more time purging pictures and wiping away past memories than focusing on who she really was as a trans-woman. Now, more than ever, she was ready to embrace new and exciting things!

Like many trans-people, Nicole wished she started her journey sooner, but is grateful and positive about the life she has ahead of her. It was in law school when she finally realized the time was NOW! She had just finished the first 1L exam and was over-joyed and relieved to be done. Everyone was celebrating and over a round of margaritas (of course) she can recall telling her friends, "I will never come-out and live as myself, and I will be okay with that. I said something like, "I will live a pretty normal life, work a decent job, and just move through the motions. But, one day, maybe 10 years from now, or maybe 20, I'm just going to walk off a cliff, and be okay with everything." It just seemed like that was my reality. Then, sometime over that winter break I just started living as myself, everyday. It's strange to think now how easy it is just to really "be", but then it didn't seem that simple."

Nicole doesn't define herself as "brave", but it took something inside her to start living her favorite mantra, "get busy living, or get busy dying." Although Nicole doesn't live her everyday work life as a visible trans-person, she is taking steps to living her best life! She commends her fellow trans community for those who live their life visibly and advocate for the LGTB community! If she could give advice to her younger self or anyone else going through their transition period, she says it best through a small excerpt from a letter she wrote during her change.

"Dear Nicole...You laid their still, with your eyes tearing up from the dryness in the air, and watched star, after star shoot across the sky. Each time one would fall, you could hear him yell out, "Another one, another one!" His screams sounded like a distant roar that echoed through the blackness of the night.

And, it was then that you closed your watery eyes as if to make wish, but instead you met me.

That wasn't the first time we met, but you know that. I just remembered your reflexive smile, and that childish moment of hope that washed over you like the last wave of a high-tide as it renews the beach, only to go through the same cycle over, again, and again. It was those times that you felt; really felt.

I'm writing not to advise you to ignore feelings of longing, I still feel those. Or, to ignore the complexities of fear, I still feel those. Although, these days they're a little diluted by the wonders of pure joy, freedom, and happiness.

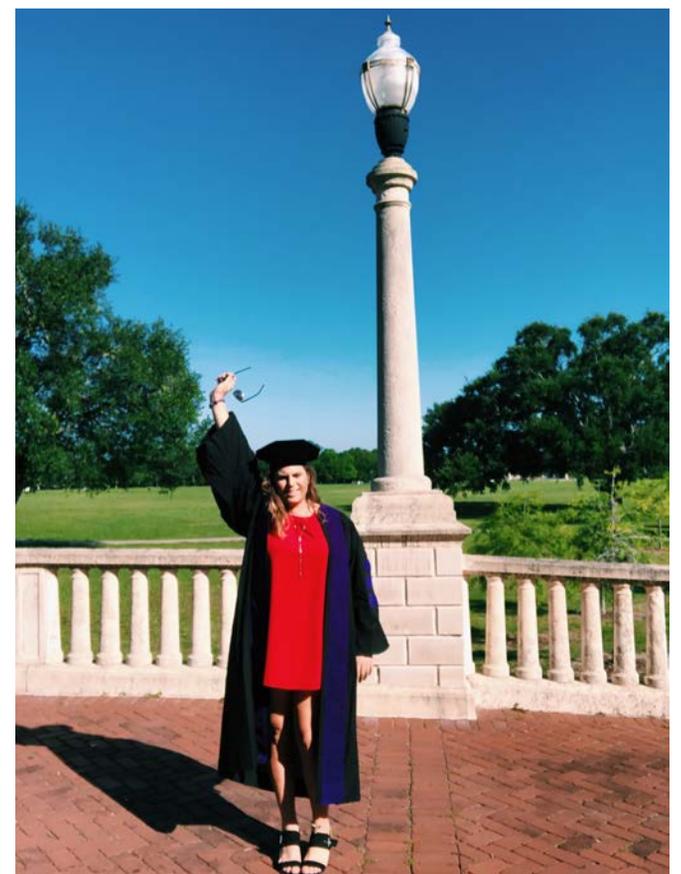
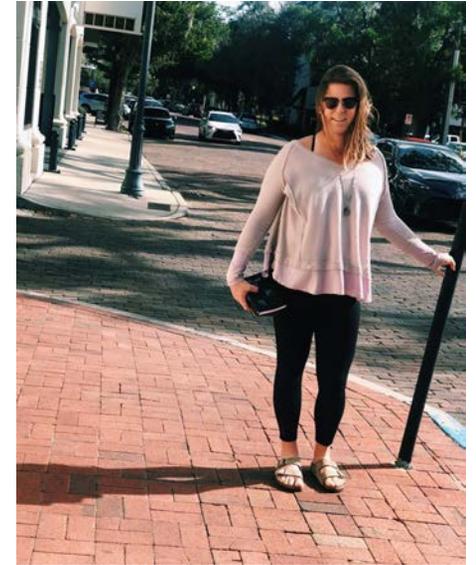
Most of all, my days are spent in a bit of a haze, now. It's a fog that conceals the cruel, and amplifies the ordinary. It sticks around for most of the day like the sounds of a hungry clock. It feels new to you, and somehow you know it'll never grow old; love.

So, keep getting lost in the stars and keep hoping for more, because I can tell you that the journey is so, so worth it! I sit here, now, writing an old friend. She doesn't know me as well as I know her, but when the time comes, it'll feel like we're one.

if you need to talk, I think you'll find a way to see me.

Until next time, Nicole."

Since coming out, and making this journey, many people have reached to her for advise. She doesn't view herself as trans expert, but encourages others that it is never too late and to never be ashamed or apologetic for living as yourself.



A YOGA ADVENTURE

Being a business owner is the most liberating and rewarding experience. It is also equal parts stressful and exhausting.

Rewind to a couple of years ago, 8 years into my career, being a hairstylist, standing on my feet all day, exuding energy physically, mentally, emotionally, all the while juggling home ownership, managing anxiety, and the day to day stresses of running a business, my cup was empty. At the perfect time, yoga showed up in my life, waving its bright and shiny face. I had no real agenda for practicing other than slowing down. Little did I know the profound ways in which yoga would change me.

They call it a yoga “practice” for a reason, you can literally start anywhere with little to no knowledge. There are so many beautiful resources out there, Tampa is flooded with amazing yoga studios, free opportunities to embark in community yoga, you can even stream free yoga videos in your living room from your phone (thanks technology). The vastness of education and resources is the most inspiring part for me. What started as a studio practice, slowly transformed into a desire for more. After a year of steady practice, I decided to dive in head first and sign up for a 200 HR YTT program. The journey was filled with several epiphanies, new knowledge, a beautiful new community of yogi friends, and a strong desire to live more mindfully.

Yoga has forced me to slow down in a world that asks us to do it all. Through the practice of pranayama (breath work) and the yoga asana (poses), I have slowly begun to chip away at the layers of anxiety and societal conditioning. Yoga teaches us to breathe, a concept that we rarely pay attention to. When one becomes connected with intentional breathing you can begin the journey of being more present in each moment. The ability to sit still in a world that is forever changing. Breathing is a quick and accessible way to bring you out of your head and into your body. For me, the breath work is the most profound aspect. There are so many ways to get a good workout, in addition yoga provides a way of release for the mind. Flexible mind = flexible life.

Mini workshop: I love to incorporate yogic philosophy, mantra, and affirmation into my daily life. A great way to start your morning, or a pause in your day, is to think of something you’d love to manifest into your life and place it in a present state mantra, I am _____ (i.e. peace, joy, stillness, presence, love). Repeat this mantra silently to yourself multiple times throughout the day.

Nadi Shodhana Pranayama (alternate nostril breathing). Start in a quiet space, find a comfortable seat, begin with a few inhales through the nose and exhales out the mouth. Set your affirmation or mantra. Bring your right hand out in front of you, fold your pointer and middle finger in towards the palm. Bring your right ring finger and pinky to close off left nostril, exhale right nostril, inhale right nostril, close off with thumb, hold the breath, remove pinky and ring finger and exhale left nostril, inhale left nostril, close and hold, exhale right nostril, inhale right nostril, close and hold, exhale left. Repeat side to side for a few rounds. This breath is such a great way to balance the mind, it brings equilibrium to left and right hemisphere of the brain. Watch the ease that is created in just a few short moments. Repeat as often as needed. Bonus: teach this to a lover or friend, let us share the peace.

May you be well,
May you be happy,
May you be free,
Namaste.

-Lexi Garcia
Follow me on Instagram for
inspirational posts, updates on
future yoga classes, and
hair inspo. IG: L.G.artistry



Q & A WITH THE REAL ESTATE QUEEN

Q: How did you get into real estate? How did your career in real estate start?

A: I got into real estate after my husband and I sold our second home and bought the home we are in. I became friends with my realtor (now one of my best friends) and I was really ready to move on from being a teacher. I kept wondering what I should be doing, I needed a new chapter in my life so the more and more we discussed the possibility of joining her team, the more it seemed like this was the right move. I studied non-stop and hustled to complete the real estate course and passed the state exam right away. It was the kind of thing that I truly felt good about so I just went for it (obviously with some what of a plan).

Q: Did you go to college? Thinking specifically wanting to do real estate or did you have other plans?

A: I went to USF and studied elementary education. I love children so much and I found that, at the time, teaching gave me that sense of pride. I really thought I was going to be a teacher for life, but once I started teaching and then becoming a veteran teacher I realized how the “politics” of it kept me from being the teacher I wanted to be. When we were in the middle of selling our house I realized how intense the whole real estate process was. I was very involved and I knew I wanted to take the leap.

Q: When did your real estate career take off?

A: I think people often forget that real estate agents have their own “business” and just like any business, it takes A LOT of hard work, time, and dedication. I feel like I’m always working hard, but the first couple of years in real estate, like any business, you really have to hustle. You are working hard every weekend hosting open houses or meeting clients, you network as much as possible during the week, and anytime in between you need to make sure you are learning the market and going out to see properties. All in the meantime meeting with clients after their work hours or whenever their schedule allows it. You work A LOT. You are putting yourself out there and basically letting anyone you know, that you can help them. Now, I feel like I work just as hard for sure, but now that I am established I am juggling different things. I’ve been really blessed with amazing clients that keep referring me to their friends and families. I worked VERY hard and put in MANY hours and the first year I was in real estate I did very well, the following year I doubled my sales and so on. But with any career that you are self employed, you always have to think and plan ahead. The work never stops, but once you become a seasoned agent you can feel a sense of calmness while still juggling so many things.

Q: How do you exceed expectations in your company now- landing a top spot in your business?

A: When I got into this business, I was definitely intimidated. But I kept telling myself, what do I have to lose? NOTHING. I just keep working hard, treated my clients right, and continue to push myself.

Q: How do you manage momming, wife duties, and a full time career ?(literally agents have no days off)

A: Where do I even start with this one. Well, It’s HARD. Real estate has so MANY moving parts, not only do you have to make sure you stay in communication with clients, but also with lenders, title companies, inspectors, vendor, etc for just ONE file. Imagine doing that with 5 or so files all at once. On top of that you have to make sure you pay attention to the small details and stay on top of everyone, one careless mistake can cost your client a lot of money. Luckily, I have a lot of help, there’s just no way to do it all and still be a successful agent. I have a Transaction coordinator that helps me with all the paperwork and processes while clients are under contract, she basically keeps me sane. With my children, well this is a funny thing. People think because I work for myself I have all this flexibility, well I do in some ways... but if I’m not working I am not producing. I can’t tell you the amount of people who have DMed me telling me that they are thinking about going into real estate so they can stay at home with their kids. Well, all I’ll say is that my 3 year old goes to school and has been since I started this career and I am very blessed my mom is able to watch my 4 month old three days a week and then I have help the two other days. There is NO WAY you can be a producing, full time agent and a full time stay-at-home mom (and stay sane). But I have learned one thing, having full time help (during business hours) and working hard at what I do has made me become a better mother. I know they are WELL taken care of and when I come home after working all day, I am truly grateful for the time I spend with my kids- I enjoy dinner, bath and bed time much more. I can be 100% present when I am with them during that time and so on. I am SO thankful I have a husband that knows it’s his duty to parent, he isn’t “helping me.” He does it all just as much as I do and we truly parent. As much as our kids are our world, my husband and I know that if we aren’t okay, we can’t be okay for them. We always work on our marriage, we always make sure to have a date night and spend time with our friends, but of course our first priority is our children. It’s a balancing act, it always will be and accepting that is what has helped us stay sane. At times we will need to adjust and be flexible, and that is perfectly okay. When it comes to work (and actually everything else) people need to understand there are boundaries. Unless it’s an emergency, there is a time that I am off my phone and it can wait til the next day. Having boundaries with clients, family members, friends, even our children, is a must and I truly recommended it to keep from being burnt out.



Francesca Randall
IG @francesca_r
Lombardoteam.com
Lombardo Team Real Estate



Our favorite thing about following Francesca’s real estate journey is seeing how she treats her clients with care and always closes a deal with the cutest, personalized gifts for them. <3 FG

Q: How do you use social media to your advantage?

A: I use social media to connect with people by showing them my job isn't about just selling homes, but selling a lifestyle. I use it to educate clients or anyone thinking about the home buying or selling process and how this business works and how I can be a helpful resource or guide.

Q: What do you feel is your biggest success as a women in the business world?

A: My biggest success is being able to build something that my family can look back on and see that with hard work and determination you can achieve anything! If I were to listen to the people who tried to scare me out of doing this, I'd be in a miserable place with my career. I do the things I do for my boys and my family, I want to be the best remodel for them and I want them to know that if they believe, they can do anything they set their minds to.

Q: We know you have an itch for travel... how does this affect your work?

A: My family and I LOVE to travel. If I have had to be on conference calls while in a different country, write emails on the plane, or talked to lenders while in the airport? Definitely! The weeks and days leading up to a trip, you have to make sure you have a team behind you to make sure everything goes smoothly while you are not reachable. I work with some of the best in the field. I have a transaction coordinator that assists me with making sure deadlines are met, paperwork is in, and clients are constantly informed of what's going on with their files. The most important thing is making sure clients know they always have someone on their side while you are gone.

Q: Tell us about some of your family travel experiences ?

A: The first time we started traveling with our oldest son was when he was a year and half (2017) we went to Italy. We visited Rome, Naples, and the Amalfi coast. Last year, we traveled to Iceland, Paris, and the south of France. We absolutely love to travel with our little ones! As parents, we knew we always wanted to expose our children to new cultures, places, and experiences, and what better way to with traveling abroad. Since my husband and I work nonstop, when we go on vacation, in between the sightseeing, tours, and historical landmarks, we definitely find adequate time to kick back and relax. This year, I gave birth to our second son so we will be waiting until next year to continue our family travels— were thinking of taking them back to my home country of Ecuador and visiting the Galápagos Islands.

Q: Do you feel work, family, adventure balance is key? How do you make it all happen?

A: Balance is key in an overall picture, but each day of my work and family life is different. There are some days where I will be working more than others and there are some days that I am spending time with my family more than working. We just have to realize that is more than okay. When I do something I do it 110%, so when I am working I give it my all, just as I do when I am with my family. I have realized that I am a terrible multitasker, and truthfully I don't like multitasking. I like to be focused so I can give it the best I got. I do work a lot, but I also do take my family time very seriously. It's all about prioritizing what's important and I think I'm still working on it. Especially with having my second little one, the only way I can do it all is with the team I have behind me. I ask for work assistance to keep me on track, we ask for help when it comes to our children, and my husband and I communicate very well when it comes to figuring out our schedules to make sure everything runs smoothly. But something I figured out this year, it's that it is okay to say NO. I've been saying yes to so many things, that I wasn't saying yes to me. It was affecting me in a negative way, so now I just have to be very mindful of what I commit to.

Q: What advice would you give to a women stepping into the real estate business? And to women in the business world in general with the inequality our society has created?

A: I recently came across this quote "Soon, when all is well, you're going to look back on this period of your life and be so glad you never gave up." Starting a new career is SCARY, but remember why you are doing it and keep going. There will be so many people that will tell you you will fail, but keep at it. I think a lot of people think it's easy and they will reap the rewards immediately, well that's not true. You will put in your time, efforts, and sometimes tears, but you will realize how strong you are and how worth it it truly was. When it comes to the business world, we are the minority. I've rewired my brain to keep pushing harder when someone tells me no. I've heard it over and over again that I can't do something, that makes me fight harder to prove them wrong. I do get frustrated with the system as I feel like women are supposed to work all day then go home to do their "second shift." In the last few years, I've definitely found my voice and I let it be known. Don't be afraid to stand up for yourself and don't forget to share your wants and needs. I've ran on empty for a long time and the only person I wasn't making happy was myself. Now, I've implemented the right support system to help me be the best I can be. I know I can't do it all and having the right team with you isn't weak, it makes you're stronger.



JET SET BRONZE

Hey everyone, my name is Jamie Hardiman. First off, I'm a wife, mom and a step mom! I'm also a flight attendant for Alaska Airlines and I just started a new business, Jet Set Bronze Mobile Spray Tanning. As much as I LOVE flying I wanted to be home with my family more. Thankfully, a flight attendants schedule can be very flexible. Some months I don't fly at all! It has given me the best opportunity to stay home with my family and especially take care of our growing 2yr old, Maverick. Now that he is getting a little bit more independent and started preschool I still wanted to be home more but also wanted to find something productive to do with my extra time I now have.

My first job was at Desert Sun Tanning up in Seattle, WA in high school and I worked at several tanning salons after. This is where I first learned to spray tan. Obviously when I moved down to Scottsdale, AZ to attend ASU my career path changed. Even though I stopped working in a tanning salon I still always spray tanned myself! It's pretty rare to not see me with a tan these days! It's a weekly must!! A good friend of mine who lives in Montana started her own mobile spray tanning business and she also has two beautiful babies at home and does this full time and KILLS it! It inspired me to actually take a good look in to if this would be something that I would love to do. The more research and help from my family and friends I decided, YEP this is exactly what I want to do along with flying!

I immediately got with a marketing team and we came up with the name-Jet Set Bronze! I love it because it also describes my first job as a flight attendant and with it being a mobile business it markets FAST, easy and quick! Appointments usually take about 20mins and the whole time the customer is in the comfort of their own home! They love it!

Both of my jobs are very flexible and still give me time to enjoy those little moments I never want to miss with my family at home. Being a woman today, owning a small business while maintaining another job and taking care of my family with the support of my loving husband is HUGE!! As long as women keep supporting women we can't lose! I know there will be rough days but as long as I keep trying my best then I know that's all I can do. If you strive to be better than the person you were yesterday and you can't lose! Compete with yourself and go for your dreams!

Jaime Hardiman,
Owner of Jet Set Bronze



To support her business journey follow on IG
@jetsetbronze & @jaimielynnhardiman

PATH TO THE DESK

Hi! My name is Neena Pacholke, originally from the sunshine state now doing life up in the frozen tundra, also known as Wisconsin!

Gosh, where do I start?! Growing up my mom always told me I would make a great attorney because I loved to argue but as I got older I understood that was more of a jab at my ability to be sassy (LOL). Fast forward to high school and I still had no idea what I wanted to do or be when I grew up. In high school, I had a path unlike many, I was supporting my boyfriend as he was fighting for his life. Jordan battled stage four PNET brain cancer for about two years. During that journey and trips to the hospital to visit him, I saw the compassion his nurses had and then it sparked a thought, I want to be a pediatric oncology nurse. My mom was a nurse so I knew I would have support from her in that journey!

Then came senior year. Jordan relapsed, the cancer was back, and spreading. We were told that this would be the end of his battle – there was nothing the doctor's could do. At that point, I had a decision to make. Stay home with Jordan and keep true to my word in sticking by his side through it all or go off to college and live out my dream? I went with the first option and I am so so thankful that God led me to making that decision. I stayed in Tampa, where I played for University of South Florida women's basketball team. A couple months later, in October 2013, Jordan passed away. Loved ones, including myself, all by his side as he took his last breaths.

Now, it was time to focus on healing and figuring out what life was going to look like for me. I was focusing on school and basketball. Now earlier, I mentioned wanting to become a pediatric oncology nurse but being a full-time Division I athlete, my academic advisers would tell me it would be too much on one plate. Well, now what?? I knew I wanted to reach my community and be the light in such a dark world we live in.. A couple weeks later, I realized I had some friends in the media industry and thought, "That might be kind of cool and an easy way to have a voice and be a beacon of light in a community." The rest, is history.

Spring semester of my senior year, I applied to dozens of T.V. Stations, begging for a job, pleading to get my foot into the door. Craziest part, it was through Facebook that I found a job through chatting with some newscasters that were already in the business (shout out to 21st century social media LOL). I would graduate from USF in May 2017 with a Bachelor's Degree in Mass Communications – TV News with a minor in Leadership Studies. Two weeks later, I bought a new car, packed it with all my clothes and made the 21-hour drive with my mom and dad! I signed a 2-year contract as a general assignment reporter for WAOW, an ABC affiliated news station in Wausau, WI, which I never visited before making the decision crazy I know, but gotta do whatcha gotta do. It's a much smaller town than Tampa so that definitely humbled me, but I have grown to love this community so much...so much so that this past February I threw out my reporter contract after a year and a half and signed a 3-year deal to be the co-anchor of our weekday morning show here at News 9! It has been quite the journey and it's only just beginning but I wouldn't trade it for the world! I love have the opportunity to be a part of many people's morning routine and getting to be welcomed into so many living rooms throughout central Wisconsin. That being said, plans don't always work out the way you think, but if you keep yourself motivated and follow your dreams, anything is possible!

XOXO,

Neena Pacholke

IG @neenapacholke



THE 411 ON LUBES

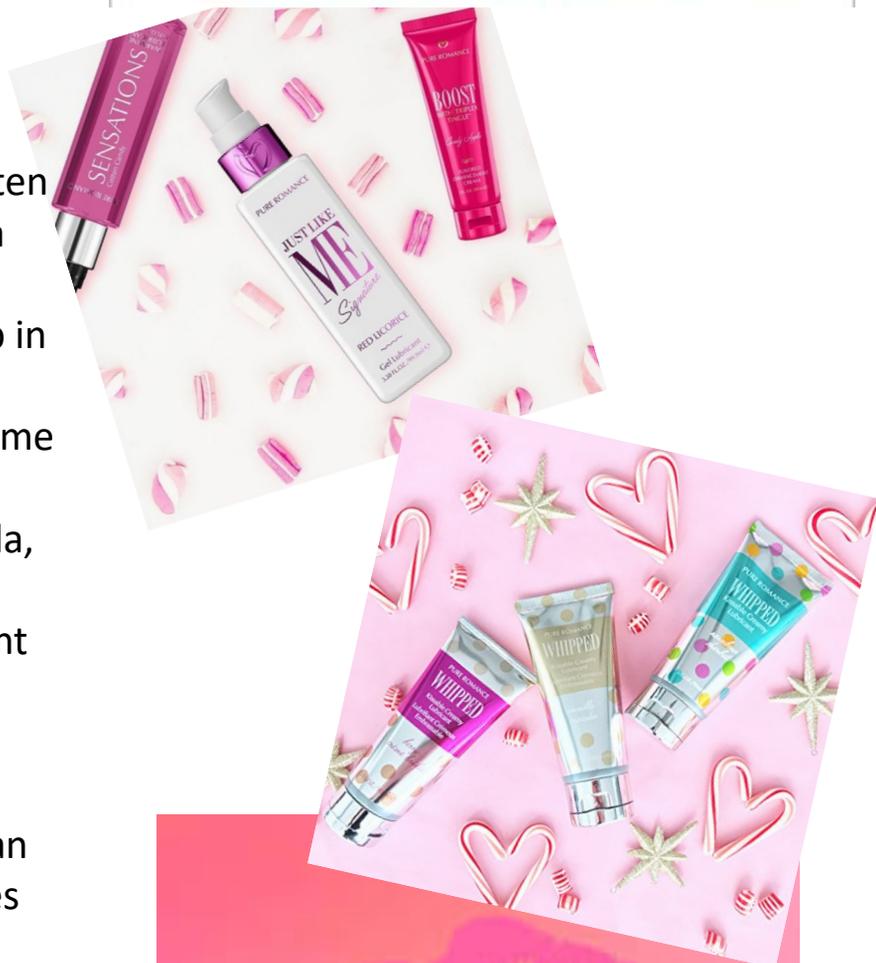
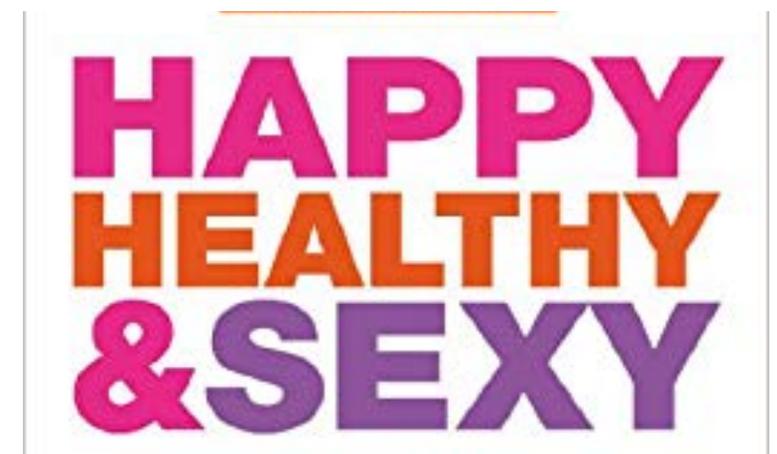
It takes on average women 12-20 minutes of foreplay to create natural moisture for sex. So, if you are feeling any pain, a sense of discomfort, dry embarrassment, or just don't even have that kind of time, lubricants are the answer!

Don't fret, many women experience dryness before and during sex. Vaginal dryness can be caused by a multitude of things, such as hormonal changes or an imbalance after birth, pregnancy, menopause, medication for depression or anxiety, birth control, and stress. It is important to find a lube that is PH balanced safe, to not throw off the natural levels in your body.

If you are still worrying about what kind of lube to get, don't! There is a lubricant for everyone! Lubes come in many different forms; water based, silicone, playful, scented, flavored, anal, creamy lubes, and lubes for toys.

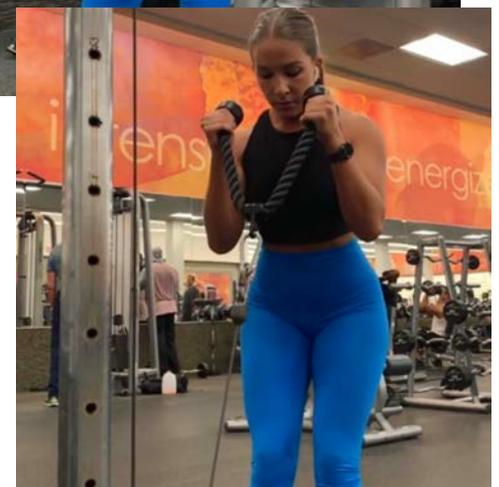
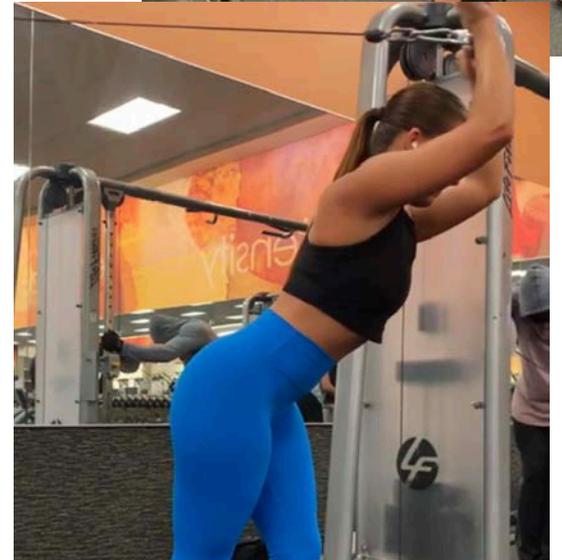
- Water Based lubricant- If you have very sensitive skin, don't care for flavors, and scents, an original water based lube is for you. 'Just Like Me' original lube is a water based lube that continues to moisturize with your natural wetness. A small amount goes a long way and you won't be disappointed.
- Playful Lubes- If you are looking to spice things up in the bedroom, playful lubes, such as scented and flavored are the way to go. 'The Whipped' is all time favorite with clients. This flavored lube comes in berry Crème Brulee, birthday cake, red cream soda, and vanilla cupcake. It can be used on toys or directly on skin to enhance oral flavors! If you want to get even hotter, go with a warming lube. 'Sensations' comes in three flavors and heats up with intimate friction.
- Creamy Lubes- If you want more excitement, try an enhancement cream! 'O with Triplex Tingle' comes in flavors and original and features an exclusive blend of sensory-enriching ingredients that will make your toes curl.

Stay educated and keep your vagina healthy and happy! To snag one of the lubes for yourself or to learn more contact codyshari28@gmail.com or shop PureRomance.com/CodyDawson



GET TIGHT TONED ARMS

- 4x12 straight bar underhand grip tricep extensions. SUPERSET with 4x12 overhead tricep extensions.
- 4x12 rope cable bicep curls. SUPERSET with 4x12 angled grip tricep push downs.
- 4x12 kneeling bicep curls with straight bar (rest elbows on knees). SUPERSET with 4x15 cable front raises.
- 4x12 each arm bent over cable tricep extensions. SUPERSET 4x12 each arm rear delt cable flys.
complete both exercises on one arm before moving to the next side
- 4x10 barbell upright row to front raise (1 rep).
- 4x10 Arnold dumbbell press



For full bis/tris/shoulder workout video follow @sarablaylock

30 minute Pretzel Chicken Recipe

Cooking from the comfort of her home, Chef Phyl creates mouth-watering recipes! Although we only get to drool over her IG story, unless you're a lucky friend that gets to do some taste tasting (be jealous) , we still get the details on how to whip up something ourselves!

Pretzel Chicken

1 serving - 30 minutes

1 chicken thigh or breast -pounded thin
Seasoned with salt, chili powder, & onion powder

1 tablespoon of mayo

Olive oil

2 handfuls of pretzels - you can either put these in a ziplock bag and beat them until they're crumbs or you can use a food processor like a civilized human being (I chose the former) .

Place in a separate bowl.

1) heat a cast iron or regular skillet with a thin layer of oil (about 1/8") on medium heat

2) cover seasoned chicken in mayo- you can do this with your hands or a bbq brush or the back of a spoon

3) dredge in pretzel crumbs

4) add the pretzel covered chicken to the hot oil and cook on each side for about 3 minutes

[#chefphyl](#)



For more secret recipes
follow Chef Phyl on IG
[@dolladollaphyl](#)