

ON
THE

VERGE

Here's what I M doing

Never Too Soon To Pursue A Passion Meet a couple of young entrepreneurs



Summer



Noah

ON THE WATER

Visionaries and
Entrepreneurs
come aboard our
**Entrepreneur
Brunch Cruise**

TRANSFORMATION

What does it mean
for your life or
business?

YOUR GROWTH

Skills to develop
for maximum
growth

**Resources & Events for
Young Entrepreneurs**

I M on YouTube & MeetUp

Share Your Story

Stories of ordinary
people and
transformative
life experiences



ACHIEVEMENT IS BORN FROM DISCIPLINE



Welcome to

On the Verge

Welcome to ***On the Verge (OTV)***, a digital publication dedicated to individual and organizational preparation and accomplishment. OTV focuses on bringing out the best in you by providing content and resources to guide your personal, professional and business development. OTV's goal is to provide valuable content to improve your career, to start a business, goal-setting, life management skills, health-and-wellness, leading a balanced life, etc. OTV promotes those who are pursuing their passion and are on the verge of their big breakthrough. Our objective is to bring you to the edge, but it is up to you to take the leap. We

should always be striving to be on the verge of our next accomplishment.

OTV also serves as the media communication channel for the I M Possible Mall (**I M**). **I M** is a portfolio of businesses, products, services, brands and activities cultivated to elevate the performance of individuals and organizations. **I M** entities form a strategic alliance, leveraging their core competencies to deliver integrated, holistic, robust solutions for personal, professional and business development.

I M an ecosystem of ***betterment***.

Are you ***on the verge*** of your next accomplishment, breakthrough?

Everything you seek is inside of you. Joey Klein

THEME: Transformation



Relation Ships

YACHT CHARTERS



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our
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Brunch Cruise

July 27, 2019 11:30AM – 2:00PM Weehawken, NJ

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Our mission: To transform lives through education, exposure, and experiences.

Our vision: To become the largest provider of personal, professional, and business development resources, services, and products.



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FROM

The founder of I M



Welcome to the journey!

Another lesson from Mother Nature

Are you familiar with the term, “imaginal cells”? I was not until a couple of months ago when I came across the term while studying my craft, *transformation strategy*. Also being a science and metaphysical nerd, I found the term extremely interesting.

I’ve been a huge believer that we can learn a great deal from Nature on how to live in a collective collaborative eco-system. Those around me have often heard me say, “In Nature, nothing goes to waste”, which I found to be true with ideas and experiences. The term, “imaginal cells” is Nature’s representation of true transformation.

The word *imaginal* is associated with *imagination*, which is the process of thinking about *things* that do not exist. Every man-made object was once only something imagined, a thought, an idea in someone’s head. The word “cells” is associated with living organisms.

The term “imaginal cells” was created by biologists to describe the science behind the metamorphosis (transformation) of a caterpillar into a butterfly. Transformation represents the 3 level of growth which is covered in this issues featured article. When something is transformed it cannot return to its previous state, which is why the caterpillar-butterfly is the classic representation of true transformation.



The amazing aspect of this transformation is the science on how Nature makes it happen. We all learned that a caterpillar forms a chrysalis (slightly different than a cocoon), resides inside it for a period of time and then emerges as a beautiful butterfly.

Prior to taking refuge in the chrysalis, the caterpillar ravenously consumes large amounts of food.

There is no structural similarity between a caterpillar and the butterfly. While the two share the same DNA they are totally different insects. The butterfly is unable to return to being a caterpillar. Nature does not have a reverse process.

What happens inside the chrysalis is truly awesome. The caterpillar is unable to move, and ultimately dissolves into a liquid, gooey substance. Cells that have been dormant within the caterpillar for caterpillar's entire life begin to step into their greatness. The caterpillar was born with the blueprint to be a butterfly. Though it walked for its entire existence, it was born to fly.

Biologist calling these cells, "imaginal cells" is scientific-poetic beauty.

As the imaginal cells begin the transformative process of creating something totally new, something great, the cells operate independently as single-cell organisms. Unfortunately the caterpillar's immune system attacks these imaginal cells as it believes they are a threat.

The imaginal cells are determined and remain persistent. They begin to multiply and connect with each other. They begin to form clusters and resonating at the same frequency but a different frequency of the caterpillar's cells. This allows the imaginal cells to communicate and pass information between them without interference from



the caterpillar's cells. This continues until the imaginal cells achieve a tipping point. At this time the imaginal cells no longer operate as individual cells but as a unified multi-cell organism. They overrule the "old" with the "new" and welcome, the birth of the butterfly.

Nature gives us a brilliant metaphor for our own growth with the caterpillar-imaginal cells-butterfly transformation process.

- *Transformation quite often requires separating yourself from external influences and going within to find the "new you".*
- *Prior to beginning a transformation process, you have to consume as much new knowledge and experiences as possible. The hunger for something new is what drives the desire for transformation.*
- *Everything is born with all it needs to become what it was design to be. The old has to die to make way for the new.*
- *There will always be haters who fight to retain the old regardless of how great and beautiful the new will be.*
- *Surround yourself with like-minded people who are able and willing to communicate and share information with you. This is the development of collective intelligence. Build momentum to drive the desired change. This can be achieved by establishing collaborative achievement relationships that will help you grow into your next level.*

It doesn't matter how many legs a caterpillar has it cannot run fast enough to fly. It has to go through a transformation. Wright, Darin. "Mastering Change". SMART Networking Lecture. 16 March 1999



The Butterfly

Like the butterfly, we too must go through a transformation if we are to spread our wings and fly. At times we will find ourselves secluded in a self-made cocoon and we will stay there until we have evolved and are ready to start anew. That evolution requires a metamorphosis. Sometimes, usually all the time, this transition is painful and challenging.

Yet, when we are aware, we realize that the Divine, the Universe, Nature provides us with everything needed to completely transform ourselves from one level to the next.

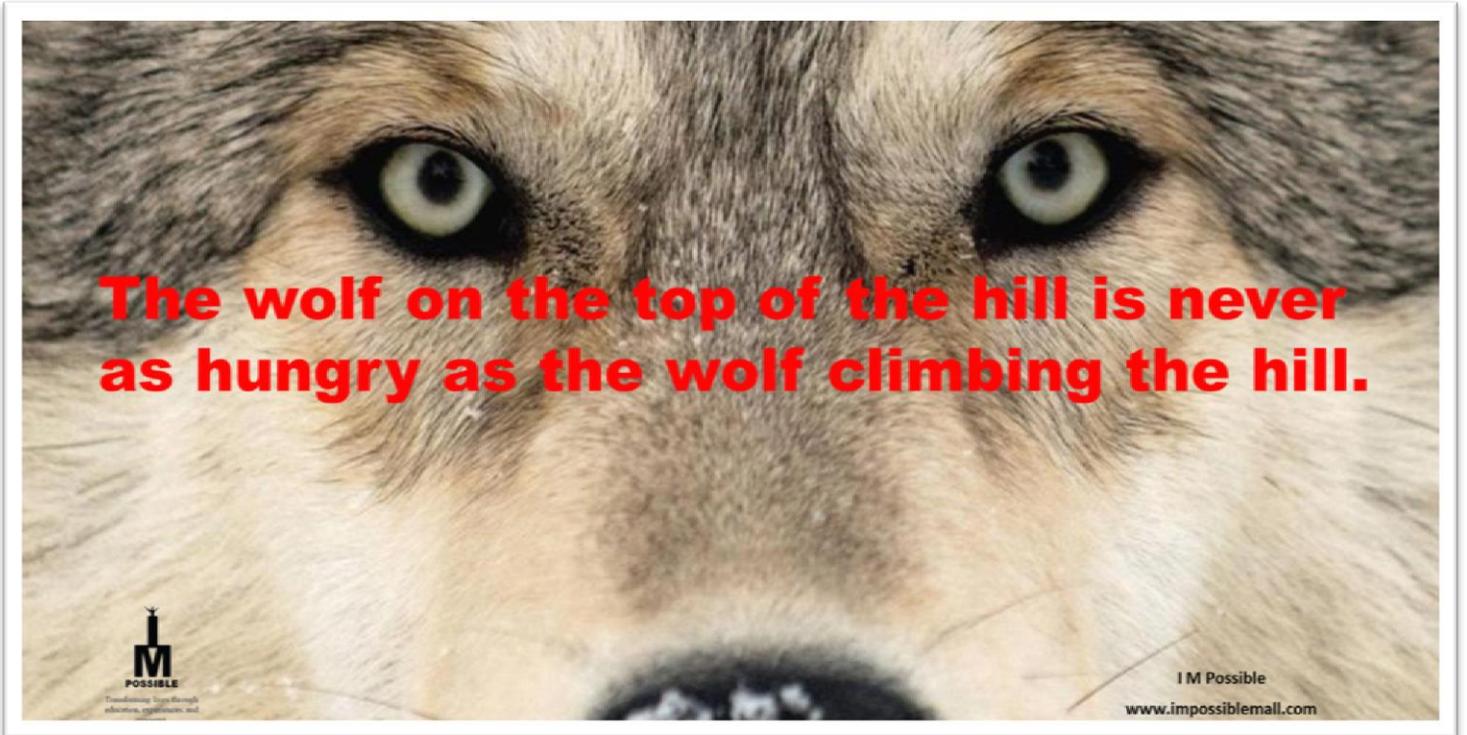
Never at any point during the process, does the caterpillar doubt itself or Nature's abilities. It knows nothing other than to trust the Divine. It is our intellect that hinders our belief. During those times when we are enclosed by adversity and seem most alone, it is then that we too must trust the Divine.

We are in constant transformation. Birth and Death are not our beginning or our end but an opportunity to allow us to prove our ability to be one with our Creator. Does the Caterpillar die with the birth of the Butterfly? If one were to answer 'yes', then the question to ask is, "What dies when we are born and what is born when we die?"

Nature does not permit the reversal of genuine change. A Butterfly can never be a caterpillar again. We can never be what we were when we experience genuine change. We must change our self emotionally, mentally and spiritually to ensure that there is no reversal.

The Butterfly is one of nature's unique creatures in that it has seen the world from two different perspectives. We who are fortunate to walk the path of growth are capable of seeing the world from many perspectives. When we view the world from our Creator's perspective then we, as the Butterfly, will spread our wings and fly.

Written by Claude Garretson (1998)



If you are hungry for change, if you are hungry for something greater, then you better be hunting for it!



Build Powerful Relationships



If you had to quantify the prominent relationships in your life, how many of them would you consider to be “collaborative achievement relationships”? Collaborative achievement relationships (CARs) in its simplest form are relationships where both/all parties grow stronger as a result of the relationship. CARs serve a different purpose than our social or intimate relationships. It is great when they are one in the same.

Years ago, businesses began to realize the value of long-term meaningful customer relationships (i.e. customer lifetime value - CLV). They shifted their focus from managing separate transactional activities to transactional activities connected to developing a long-term meaningful relationship. The latter is similar to how we develop intimate relationships but even our intimate relationships may fall short of being a collaborative achievement relationship. It was not uncommon to not get the sincere support from those closest to us.

A relationship can be assessed by the conversations of the parties. Superficial relationships discuss frivolous topics that are absent of substantial content that leads to the growth, progress or success of the individuals. Who do you talk to that is receptive when you talk about your dreams and passions? Who offers a lending hand? Who offers resources, opportunities, information, etc. to help you realize your vision? Social relationships serve their purpose and should not be dismissed as long as it does not bring negativity or drama.



Followers on social media, names in our contact database are not meaningful relationships. Investing time and money attending networking events only to exchange business cards has little to no return. This is why successful people do not network, or spend time on social media in useless dialog or measure themselves by followers, likes or contacts. Successful people concentrate on building meaningful long-term relationships.

One benefit of CARs is the collective intelligence within the relationship. Collective intelligence continuously grows and expands as each participant acquires and shares new knowledge and opportunities. This allows participants to grow exponentially.

Another benefit of CARs is that they may serve as your accountability partners or group who will hold you accountable to your commitment to yourself.



If you want to grow personally or professionally shift your focus to developing collaborative achievement relationships. This means you have to be willing to give to get, you have to contribute, and you have to surround yourself with those who want you to succeed as much as you do.

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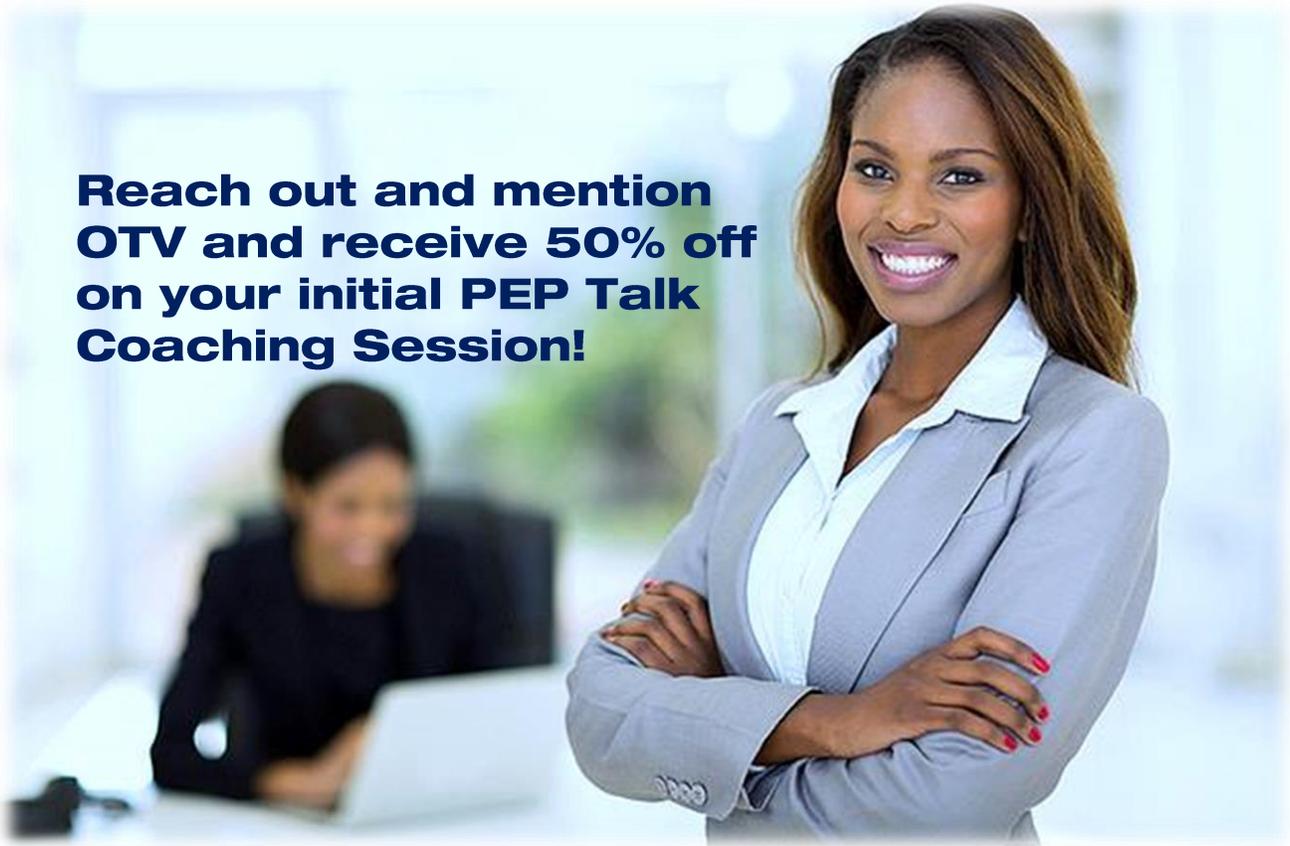
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On the Verge

Never Too Soon To Pursue A Passion

Meet a couple of young entrepreneurs



Hello, my name is Summer Holiday, I am the CEO of Summer's Smart Cookies (SSC).

When I was three years old, my aunt started calling me a **smart cookie** which gave me an idea for a Halloween costume. That Halloween, I asked my grandmother to make me a smart cookie costume. My grandmother sews and she made me the best chocolate chip cookie costume ever. My mother bought me a graduation cap and glasses that completed my costume. I even won the costume contest that year. I was so excited.

Later, that year I told my parents that I wanted to start my own cookie business and call it Summer's Smart Cookies.

I decided to name my business Summer's Smart Cookies because I like learning new things and sharing new facts with others; plus, I really like eating cookies.

My GiGi owns her own business and so does my father. That is why I wanted to start my own business. We are a family of business owners and we want to impact others positively and give back to the community.





My family was very supportive, and my mom began to practice baking cookies to launch my business.

I am a 6-year old entrepreneur and my dream is to one day open Summer's Smart Cookie Café's across the world to help provide resources to children that are less fortunate. My plan is to share knowledge by baking the world a smarter place one cookie at a time by providing Smart Cookie Facts with each order.

This spring I had the privilege of being a vendor at a scholarship breakfast where I sold Summer's Smart Cookie graduation sets. It was an awesome experience to sell my products and receive the compliments from the customers when they found out I was the owner of SSCs.

With the help of my family I hope to make my dream come true and be able to provide resources through my cookie sales to get books, book bags, food and other resources for kids whose parents cannot afford it.

My love and compassion for others sparked the creative idea that "baking cookies would be an awesome way to make people aware of hunger and the importance of education.

I want to help and give back to the community by providing jobs in my cookie cafés.

My desire is to continue to grow my business while I attend school to become an animal rescuer and veterinarian.



[Connect with Summer
abc123#summersmartcookies.com
www.summersmartcookies.com](https://www.summersmartcookies.com)



Become your own cookie decorator! Summer's Smart Cookies is extremely excited to announce that they will be conducting Cookie Decorating workshops at Michael's in Clark, NJ on:

Wednesday - July 24th, 4PM – 6PM

Saturday - August 10th, 6:30PM - 8:30PM

Tuition: \$40



All ages welcomed! Sign up yourself, your children, your nieces and nephews, your friends, your neighbors! Come learn the ABC's of cookie decorating.

Register at: <https://www.michaels.com/classes-and-events/classroom#id=introduction-to-cookie-decorating-class-nwk-clark>

SUMMER'S SMART COOKIES IS AN





My name is Noah Wright. I am 10 years old and the founder and CEO of **Vlogs With Noah Wright (VWNW)**. Vlogs With Noah Wright is a daily YouTube Channel where I post videos about Fortnite, football and other content.

When I first started my YouTube channel in 2015, I only created the account so I could comment on and like other channels. While viewing these channels for entertainment purposes, I noticed a lot of YouTubers who were becoming popular and making money by posting cool videos. After watching these videos for years, I started to wonder why I couldn't do the same thing. That's when I decided to try and build a business by posting from my own videos.



My channel is all about my life. My videos are mostly random thoughts about various topics and I also create Fortnite streams, comedy skits, nerf wars and anything that is entertaining to me. I recently got a waterproof camera, so I'll begin to post some cool underwater videos too. Videos include thoughts about some of my hobbies and favorites like:

1. **Watching/Playing Football** – my favorite team is the NY Giants and my favorite player is Saquon Barkley. I also play in the NFL Flag Football league.
2. **Playing Video games** – my favorites are Minecraft, GTA and Fortnite
3. **Watching Basketball** – my favorite team is the Golden State Warriors and my favorite player is Kevin Durant. I just started playing basketball for fun and I like it. I may join a team one day.
4. **YouTube** – my favorite youtuber is Pewdiepie



I also like to travel and I want to share my experiences with my audience. I've been to the Dominican Republic, Los Cabos, Mexico, Turk & Caicos, Los Angeles, San Diego and France.

My plan is to continue to post good content and, hopefully, more people will begin to enjoy the videos as much as I do. My goal is to have 100K subscribers before the end of 2019. Right now, I have 70. Only 99, 930 to go!!

In addition to my YouTube channel, I'm always thinking of other ways to grow my fan base. I decided to start **VWNW** pages on Instagram and Facebook. More importantly, I decided to begin to sell merchandise branded with my logo. My merchandise is my biggest accomplishment to date. I sell t-shirts, bags, hats, cell phone cases and other items – all with the **Vlogs With Noah Wright** logo. Slowly but surely, more people will begin to see my logo all over the world and that will help me grow my brand!



Growth is very important in the YouTube business. In addition to merchandise sales, I want to engage my audience more. This summer, I plan to begin asking my audience for video suggestions and posting some of the content recommended by my viewers. For example, I was recently asked by one of my YouTube followers if I could post a video of me and a friend wearing our Fortnite costumes and going to Great Adventures to ride the biggest roller coaster... I may actually do that one!

Although I plan to spend most of my time building the **Vlogs With Noah Wright** brand, I would like to build other brands as well. I have a 2-year-old German Shephard named Scout. I want to design and sell cool merchandise for animals too because there



are tons of dog lovers in the world. Eventually, I want to have my own apparel line that includes shoes, coats and joggers (sweatpants).

Building my business is fun but it's not as easy as I thought it would be. For other kids who want to start a business, I'm not going to give the basic advice like "try your best". That is obvious. The 3rd time may not be the charm. But if you really love what you're doing, the 50th time may be the charm and you'll be just as happy!!

Vlogs With Noah Wright Products

Baby Onesie

Premium Backpack

Tote Bag

Skull Cap / Beanie

iPhone Case

Long Sleeve T-Shirt (Youth & Adult)

Short Sleeve T-Shirt (Youth & Adult)

Hoodie

Drawstring Bag

Women's Tank Top

Men's Piped Fleece Jacket

Joggers

Sweat Socks

Connect with Noah

YouTube: @VlogsWithNoahWright

Facebook: @VlogsWithNoah

Instagram: @VlogsWithNoahWright

Website: www.vlogswithnoah.com

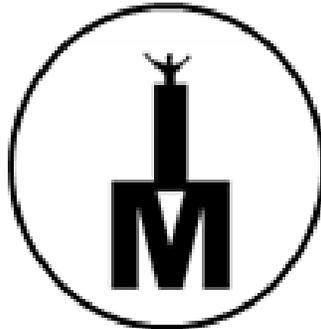




A note

Summer shares entrepreneurial duties with her mother. Her father is an entrepreneur (Holiday Yards Landscaper) and her paternal grandmother is an entrepreneur (My Sweet Experience).

Noah's father and paternal uncle are entrepreneurs (KCK Wright Group sponsorship consulting firm); his paternal aunt is an entrepreneur (Care For Me Children's Learning Center); and his paternal grandfather once owned a record store.

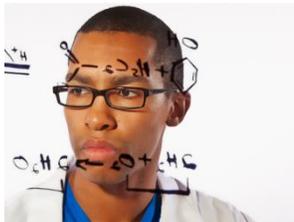
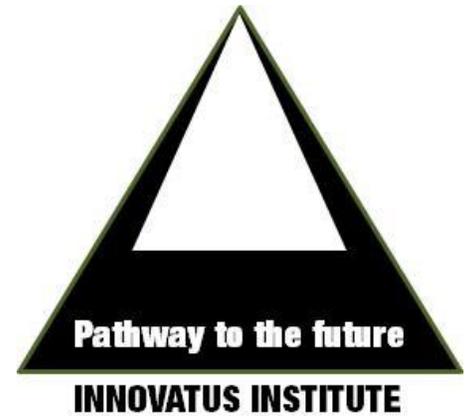


I M proud to see Summer and Noah ***on the verge*** of their next breakthrough!



I M Launching a STEAM Program (for all ages)

Innovatus Institute (II) is a progressive educational entity that focuses on preparing learners to transition into the future. The word, *innovates* is Latin for *innovation* and means “to renew, to change.” The core of who we are is to renew minds that are able to change the world.



II will be the only education and training entity that offers a STEAM (Science, Technology, Education, Arts, Math) program integrated with entrepreneurship development and life-management training for **all ages**. Our

triangular logo represents our 3-point strategy. The purpose of **II** is to inspire, engage and empower people of all ages to embrace the future in the present by connecting them with Technology.

Innovatus Institute is the vision and passion of our new team member, Woodrow Wilson III who was featured in the last issue of OTV. Woodrow and I transformed his vision and passion into an idea and then into a concept. This approach exhibits several **I M** principles: the power of an idea, vision, collaboration, action, leveraging talents, and agility focus - seeking done over perfection. **II** extends **I M** portfolio to offer growth and development services to people of all ages.

I M is partnering with Sky Tank Labs (www.skytanklabs.com) to launch an **II** e-learning platform for success-oriented content.

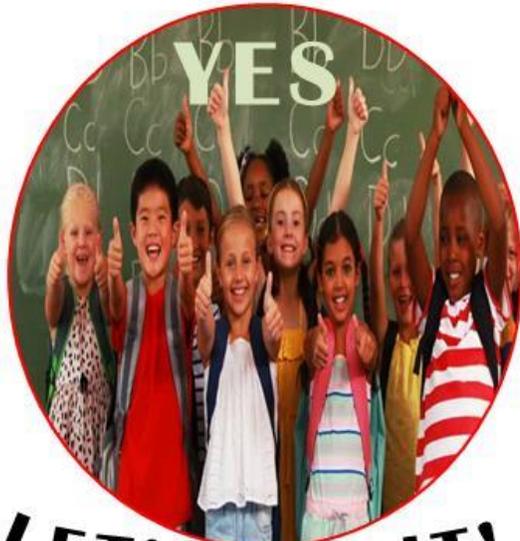
Read more about Innovatus Institute at www.innovatusinstitute.org.



I M Hosting a Young Entrepreneur Showcase

Sketched on a Napkin is planning its **Fall 2019 Young Entrepreneur Showcase**

(YES). YES instills an entrepreneurial spirit amongst young people by encouraging to creativity, collaboration, communication, and financial literacy.



LET'S DO IT!

YES will feature young entrepreneurs in the following age groups: 9 & under; 10 - 12; and 13 – 17.

YES is seeking host locations in Essex and Union Counties areas. A desired location would be indoor space at a school or corporate facility.

YES will deliver workshops for teenagers based on the business curriculum for high school students created by Wharton, The Business School, University of PA.

KNOWLEDGE @ WHARTON HIGH SCHOOL

Additional information for **YES** will be available at **YES.IMPossiblemall.com**. If you know a young entrepreneur who may be interested, would like to volunteer, or would like to be an instructor, or participate in any capacity send your contact information to yes@IMpossiblemall.com.

Say **YES** to the success of our future!

Visit **Sketched on a Napkin** at www.sketchdonanapkin.com.





Transformation - What does it mean?

The word *transformation* has become common part of business and self-help lexicon. Well what does it actually mean? The classic definition is *a marked or complete change in form, appearance, or nature of something, usually in a good way.*



Transformation is the 3rd level of change. The first being **improvement**. The second being **change**. All three are important. Here are descriptions taken from **Escape Velocity Transformational Program**:

Improvement focuses on enhancing an aspect of the whole. Improvement is doing the same thing better. We attend courses and workshops to improve a skill to do the same job better or we exercise to improve our health, or learn how to improve our time management. The core of who we are remains the same. The specific *improvement* must be implemented to experience the desired results. To start the improvement process requires a decision followed by action. Improvement only remains when the “act” is consistently performed until it becomes habit or the new way of “doing”.

Change focuses on altering how we see and interact with our environment. It is about changing our consciousness. Change requires improvement but is not transformation. Improving our eating habits is good but changing our consciousness about food leads us to seek a lifestyle change when it comes to what we eat. Change is good but it has its limits as one can easily revert back to their previous state of being.

Transformation is limitless because we become something entirely new and different. Transformation encompasses change. When one has transformed they cannot revert back to their previous state of being. This is why the butterfly is often used as the symbol of transformation as the butterfly can never return to being a caterpillar. Transformation is about entirely transforming yourself or an aspect of yourself into something new. It is driven by a higher consciousness and purpose.

We should continuously improve aspects of ourselves that are working but need to be better. There is always space for growth in our profession and in our personal lives.



We should always seek to change the things in our lives that no longer support our higher good. This may mean *letting go*. This includes changing bad habits, jobs/employers, circle of friends, relationships, etc. Change requires a higher-level of awareness and a bit more courage than improvement.

We seek transformation when we recognize that what we want to experience in life is on a level that we cannot reach based on who we currently are. Like improvement and change, transformation can focus on just one aspect of our life. Transformation requires a higher-level of consciousness. An example of transformation is one who replaces a high-paying career in a major city for a rural, less-paying agricultural career that disrupts other aspects of their lifestyle. Transformation changes who you are at the core and how you see a particular area of your life.

One who reduces the number of cigarettes they smoke per day exhibits improvement. One who quits smoking exhibits the concept of change. One who gains a different perspective about living a healthy lifestyle exhibits the concept of transformation.

We should be in a constant flux of improvement, change and transformation. We are either growing or decaying as that is the essence of Nature. There is no in between. Humans are the only species that willfully chooses to do less than its potential.

All levels of change require a new mindset, which begins with changing our inner conversation. The inner conversation evolves from *should* to *can* to *will* to *am*:

I should *change* - I can *change* - I will *change* - I am *change*

Transformation – Part 2 will appear in the next issue of OTV



Life is fluid. It is forever changing. Change is natural and constant.

You believe you see a river in its entirety but that is not true for it is constantly changing as it flows by you. You see an aspect of river's past, present and future as each drop moves. A drop that was there is now here, soon to be over there. What you see depends upon where you stand. The change is what keeps the river alive.

We must allow change to flow within our life. We must learn to change with change. We must learn to adapt. We must learn to be flexible. Change from who I was yesterday into who I am today; change that leads to growth that is intertwined with purpose.

The worst thing we can do to ourselves is to say "This is who I am. Accept me for who I am." Goodness and greatness never have to force its acceptance. It is only mediocrity that has such a need to be accepted. Goodness and greatness can stand alone. Goodness and greatness live because of their perpetual birth which is change. It is only fear that wishes to be imprisoned in the present; locked inside the gates of a comfort zone.

Change is the essence of all natural laws. Nature is never static. Nature lives to change and changes to live. So to demand acceptance of a "static me" is to fight against what is natural. The part of you governed by Nature will change. It will be a life un-lived if you do not change with it.

Our soul seeks change. It wants to evolve so that it may experience its fullness and glory so like the river we may feel alive. Grow, expand, change!

Claude Garretson (2019)



I M Supporting Others in Their Endeavors

Let's talk about it...different perspectives, single vision was founded on the principle that meaningful, respectful, solution focused discourse is the beginning of empowering one another. We are a safe space for women of all walks of life, backgrounds, cultures, education, or experiences. Our belief is that no matter your vocation or where you are in life, we all need accountability partners to lift us, encourage us, motivate us and correct us in love, spirit and truth.



As a sisterhood where we are still facing inequality for the value we bring, it is our responsibility to lift one another; support each other through challenges and failures; celebrate each other's victories and successes; and assisting each other to succeed.

This group holds true to these simple yet profound values:

- | | | |
|--------------------------|-------------------------------|-------------------------|
| <i>Honesty</i> | <i>Truth</i> | <i>Love</i> |
| <i>Compassion</i> | <i>Confidentiality</i> | <i>Integrity</i> |
| | <i>Respect</i> | |

For more information connect with us on Facebook - **Let's Talk About It**, username @LTAIWMYS or email at ltaiwmys1@gmail.com. Look for LTAIWMYS in September!



I M Going to Hollywood



I M embellishing! We are not going to Hollywood yet but we are heading to YouTube.

Brother Bind is a new brand that will be launched in conjunction with our book clubs. Brother Bind is a YouTube channel that will feature books, popularly known as a Book Tuber channel. Brother Bind will focus on bringing people together through the joy of reading, progressive discussions, self-discovery, and empowerment. Brother Bind supports I M's mission to assist people with moving to the next level.

Brother Bind will host our Achievers Book Club which covers personal, professional, business, and entrepreneur development titles.

YouTube is a new platform for I M and will provide new experiences and knowledge. Our goal is to learn how to effectively utilize this media platform and leverage that knowledge to grow other I M brands. Look forward to seeing Brother Bind in September.



I M Well 2019



I M committed to improving health and wellness! Come out to our next **Walk the Talk** on August 3, 2019 at 8:45AM in Brookdale Park, Bloomfield/Montclair, NJ.

Walk the Talk encourages people to get together and walk in a park. If walking is a challenge, then come for the progressive conversation and serenity of the park. Connect with Too Fit to Quit on Facebook or email us at IMwell@toofittoquit.net so you will know when and where we will be walking.

Walk the Talk is an I M *collaborative achievement relationship development* event that fosters progressive conversation, collaboration, and action!





Share Your Story

Stories of ordinary
people and
transformative
life experiences

Sharing stories or storytelling is as old as humanity itself and part of every culture. The methods and modes have changed but the value remains the same. There is power in storytelling which is why we should share our story with others.

Share Your Story series is provided by **I had a happy productions** (www.ihadahappy.com). **Share Your Story** serves as a platform for individuals to share their life experiences, to tell their story in their words. For some, telling their story takes courage as they reveal themselves to the world. This is what makes storytelling so powerful and transformative! Honor the storyteller and the story.

We hope these stories will make you cry, laugh, grateful, think, learn; or inspire you to overcome your fears and challenges, to transform your life; or move you to do great things.

We would like to introduce you to our storyteller, Loretta Scales.

shareyourstory@ihahappy.com

Beautiful are those whose brokenness gives birth to transformation and wisdom. John Mark Green



My Story in My Words



I was born a Navy baby on Camp Lejeune, NC. I remember nothing about NC. However, from the stories that I heard; my mom packed us up, my brother Terry, my sister Wendy and myself in a shopping cart and headed for Freehold NJ. From NC to NJ is a very long walk but I imagined that she made it there in other ways. I don't remember my first day in NJ or my little sister Robyn ever being a baby. All I remember is the first time I saw her; she was in a crib jumping up and down.

My childhood was not very good. I do not have many fond memories and at times like now I want to cry because my life as child was so rough. I have more memories about being molested, seeing people gunned down, and my grandmother almost stabbed to death. These memories continue to roll around my mind even today.

I grew up in a home that was never really clean and wore clothes that were mostly dirty which I had to wash by hand to clean. To clean myself which was not a daily ritual, I had to wash in the kitchen with water warmed up on the stove before I went to school. Often times I had to retrieve things to wear to school from a dirty pile of clothes and then iron the wrinkles out of them. The one good thing is that I am the oldest girl so all my clothes were new!

I never really felt love in my house, my mom yelled screamed and cursed all the time which kind of messed up my nerves. I still cannot be in places where people are yelling and it bothers me when someone yells at me. Don't get me wrong my mom did the best she could do in taking care of us. We never went hungry.



While I would like to make, “a long story short” for you the reader, it is difficult because it is a long story for me. A story that will never be short! Anyone can live a story but I have a story to live. I don't believe in coincidence as everything happens for a reason and everyone is placed in position exactly where God needs them to be at all given times.

I was an angry child and no one ever asked me why I was so angry. They just medicated me. I never had a best friend and being tomboyish I spent a great deal of time alone. I've built a shield around me at an early age mainly due to the molestation from age 3 to around 5 making me afraid to be around people as I could not trust anyone.

I began to run away from home around the age of 11. I remember walking in the rain one night so depressed; with no friends; and nowhere to go. I was in a *lonely time zone*. Most of the time I tried to fit in places where I did not belong, hanging out with people much older than I, and drinking alcohol and smoking weed. I smoked my first joint at age 9 and had my first alcoholic drink around 12 or 13. I started selling weed around 15.

This one time, I was leaving home and never going back. I was standing on the corner near a newsstand in Freehold NJ, alone and feeling lonely with nowhere to go. This one car turned the corner and my eyes met his. This is how I met my first love, Billy who was 5 years older than me. He loved me and took care of me. Not too long after we met, I gave birth to our son in 1978 which I am sad to say is now deceased. Oh, did I mention that Billy was a drug dealer, a booster and a drug addict. This was all unknown to me at the time I met him. I was attracted to his style, his 1970s look, and his wad of money. He gave me everything. All I had to do was ask.

I would take rides with him and his friends to New York and they would always leave me in the car for hours. When they returned they were always different; acting



different; and talking different. They seemed happy, like it was fun to feel that way. After some time I got tired of sitting in the car and refused to stay. So I started making him take me with them. That's when I found out why they were different when they came back to the car. They were high! So guess what? Who doesn't want to feel happy? I didn't know then that they were shooting drugs; heroin and cocaine.

Billy started taking me inside with him but would make me sit in another room. These places were always dirty with an overwhelming stench like the aroma of death was hovering over us.

Eventually, I became even more curious and followed him, never leaving his side. I wish I would have listened and stayed in the car. I didn't realize what I was getting myself into until years later.

I began sniffing heroin around the age of 17. I think because I had been going with Billy I had avoided sniffing as I was more into taking pills which would knocked me out for hours.

The way I see it, I was never drug free as there was always something to medicate my feelings whether it be anger, depression, low self-esteem, or wanting to fit in. Fighting was something I used to medicate myself at a very young age! It wasn't until 2005 when I went to prison that I was finally able to deal with some of my issues. The first time I ever talked about my molestation was when I went prison, in my 40's!

During the time of my relationship with Billy my aunts from Maryland came to visit us in Freehold. Our house was so nasty that they threatened my mom to find somewhere else to live or they were going to call Division of Youth and Family Services (DYFS). They offered my brother and me the chance to live with them in Maryland. I refused at



that time because I was a new mom and still in a relationships with Billy. After a few months had passed I decided to pack up what little I had and take my son and head to Baltimore, Maryland.

My aunt decided to throw a party for my brother and me so we could meet people and make some friends. There was one person who stood out to me. A tall good-looking almond complexion gentleman; Billy D look-alike; whose name was Harold. Harold soon became the father of my second child, my daughter Tyree and my third child who was never born. Due to my heavy drug addiction at the time I made a decision not to bring a child into this world under those conditions. I wish I would have done things differently and wonder what he would have looked like.

I really can't remember where or with whom I started using heroin. It may have been with Harold.

I continued my relationship with Billy while in a relationship with Harold. What one didn't have the other one did. Who said you can't love two? I believe that I could as I went back and forth between Maryland and Jersey.

After some time had passed, I became tired of sniffing heroin. So on a visit in NJ I went with Billy on one those New York trips. Except this time I made Billy take me into the room where everyone was shooting up. I asked him to shoot me up with heroin and he begged me not to make him put that needle in me. I told him that if he didn't do it someone else would. I begged him. He fell to his knees and began crying like a baby asking me, "Please don't make me do it". Well, he did it and that was the start of my life going into a complete downward spiral. It seemed fun at first until the withdrawal symptoms started to kick in. Interestingly, no one ever warned me of this aspect of



drugs. I spent 30 years shooting heroin, shooting cocaine, taking pills, drinking alcohol and anything else I could add to the high. The fun was over!

I have overdosed at least 20 times during my addiction. It was around 20 times when I stopped counting. I've overdosed in bathrooms, at clubs, on the streets, at people's houses. This one time I fell and rested on a hot water pipe and suffered 3rd degree burns. I didn't feel a thing. Another time I fell asleep with a cigarette between my fingers and suffered 3rd degree burns. Again I did not feel a thing. While burning didn't seem to bring me pain, there was this one time I was dragged at 55 mph on my behind while hanging out of a car holding on to a stick shift.

My life was out of control and I am still haunted today by some of those experiences. Let's be honest, I was on a death march led by me and my demons. But I am here to say that things can change. By God's grace and mercy, I have been clean from drugs and a criminal lifestyle for 15 years; and kicked smoking to the curb 13 years ago. I have the self-awareness to know that the disease of addiction is still with me. I simply choose to be addicted to things and experiences that raise my life and bring out the best in me.

“So let's get high on God's grace and mercy!” I am still alive today because of God's mercy. If the devil had his way, I would have been dead and in my grave a long time ago. I would not be here to share my story. I've been in jails, institutions, prisons and near death. Other things that came along with my drug addictions were HEP C (now cured) and HIV (now undetectable) hallelujah thank you Jesus!

It's difficult to give you parts of me without wanting to give you all of me. What I gave may be too much for some and too little for others. If I could give you my life story up to this point, I would probably have to be way ahead of myself to write more about myself and still would not be able to catch up.



I'm free to exceed my highest dreams. I'm free to choose to live my best life. My story will not end where it began. My story does not end with prison or with my drug addiction. I am here with conviction to transform my story into a legacy. I am committed to helping others transform their story. My story...to be continued!

With love and grace,

Loretta

Loretta can be reached at lorettascales@gmail.com.



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My Life in My Words

Another day has come and gone,
And so much still lingers on.
Waiting for night to come
And tomorrow again to see the sun!
*Could it really be,
I got lost in time or did time leave me.
I'd like to float the words of my life on paper and line the sky
Like the clouds,
And instead of hearing them
They would be seen out loud.
The winds would blow and the rain could fall
And my life in my words still would be seen over all.
They would change forms into different shapes,
gliding through the air at a slow steady pace.
Imagine my life in my words floating with the clouds,
shinning in the shadows so bright and proud.
Imagine my life in my words seen all over the world,
Recognized by every man, woman, boy and girl.
When the sun rises, it shines a glare,
And my life in my words floats as if they were meant to be there.
Always unique, never not one the same,
To these words my life signs its name.
When the sun sets my words remain clear,
And in the darkest of the night they still appear.
My life in my words, I push out strong and raise them high,
Imagine my life in my words written across the sky.
In the beauty of sight,
My life in my words stands strong and shines their own light,
Recognize my words in the silence of the night,
With power to comfort that brings peace to sight.
You'll close your eyes and dream,
And my life in my words will continue to float in the skies stream,
And as time turns my life into another day,
The words of my life are right there to see but seem so far away.*
Loretta Scales



IM Calendar

| Events | When | Company/Brand |
|---|-----------|-------------------------------|
| Walk the Talk | Saturdays | Too Fit To Quit |
| Entrepreneur-Ship Brunch Cruise | Jul 2019 | Relation Ships Yacht Charters |
| The Power of Ideas | Aug 2019 | Sketched on a Napkin |
| Achievers Book Club Launch with Brother Bind YouTube Channel | Aug 2019 | Field of Dreams |
| Annual Friend-Ship Fishing Excursion | Aug 2019 | 4Reel |
| All About the Notes Workshop | Sep 2019 | Sketched on a Napkin |
| Power Brunch | Oct 2019 | Taste Me Please |
| Creative Cookie Design Workshop | Aug 2019 | Summer's Smart Cookies |
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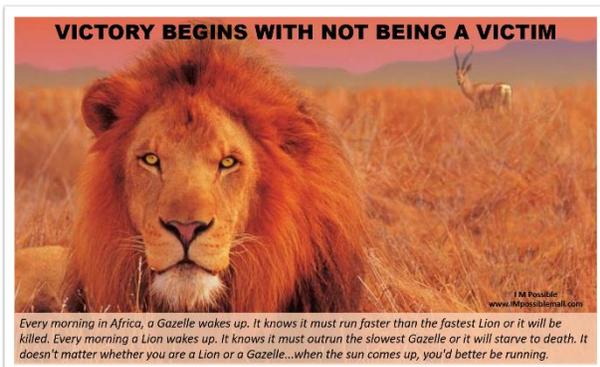


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