

Sarasota Author Pens "The Plain Choice"

Sherry Gore's cookbook, "Me, Myself, and Pie" was beautiful in every way — from the recipes to the layout and photos to the wonderful tips. WCW featured the book last year. Now Sherry has a follow-up book but it has nothing to do with pies. She's penned a memoir *The Plain Choice* (released August 2015) in which she shares her decision to join the Amish community in Pinecraft later in life as a single mom to three young children after a series of heartbreaking and difficult circumstances.

We frequently hear about individuals leaving the Amish community and this is a rare journey of someone joining — and successfully staying — in this lifestyle. As you'll read, Sherry has weathered a difficult and harrowing personal journey that ultimately led to her spiritual home, the Amish-Mennonite Plain Community. There she has raised a chronically ill child, lived the Amish buggy life, and fulfilled her dream of using words (and food) to inspire others.

Raised in a broken family and emotionally

overlooked, Sherry grew up without a solid foundation, a prisoner of her own poor choices, and at times without hope. A series of terrible mistakes left her feeling wrecked and alone and a sudden tragedy threw Sherry into an emotional tailspin too powerful to escape.

Unwilling to return to the darkness of her former life, she remakes for herself and her children as she seeks to follow the teachings of the Amish-Mennonite faith. Thus she becomes one of the few people on earth to have successfully joined the Amish from the outside.

Sherry is the author of two cookbooks, "Simply Delicious Amish Cooking" and "Me, Myself and Pie" and co-author of the novel "Made with Love." She is also a weekly scribe for the national edition of the Amish newspaper, *The Budget*, established in 1890. The National Geographic Channel featured Sherry prominently their documentary series, *Amish: Out of Order*. Sherry's culinary adventures have been seen on NBC Daytime, *The Today Show*, *Mr. Food Test Kitchen* and more. Sherry is a year-round resident of Sarasota is a member of a Beachy Amish Mennonite church. The book costs \$15.99 and can be purchased at Amazon.

Carefree Gadget Charging

Many people have portable chargers to use in a pinch when their smartphone or tablet starts warning of a low battery. But those chargers only work if you have the cords for your phone or tablet and the cord for the charger itself in case it is dead. That is a lot of stuff to remember to haul around all the time.

The myCharge Hub Plus portable charger eliminates the need to bring many of the cords you are now lugging around. Folded into the side of the Hub Plus are built-in wall prongs, an Apple lightning cable and micro USB cable. The 6000 mAh Hub Plus is designed to recharge itself four times faster than other power banks. It can also recognize the type of device you plug into it so the right level of power is delivered to charge your device faster without frying it while eliminating non-compatible charging messages.

MyCharge products can be purchased at Best Buy, Bed Bath and Beyond, Target and at mycharge.com.



C-Esta for the Skin

Summer in Florida is particularly tough on the skin. So, unless you like tough skin, fight back with Jan Marini C-ESTA, a product line that packs skincare ingredients with Vitamin C to produce anti-aging benefits. C-ESTA helps minimize visible signs of aging by encouraging collagen production to smoothe fine lines and wrinkles.

Jan Marini Skin Research C-ESTA Serum is a powerful antioxidant solution for anti-aging and skin rejuvenation. Vitamin C and DMAE lift, firm and tighten the appearance of facial contours while providing added environmental and free-radical protection. With continued use, lines can appear less pronounced, facial contours more defined and skin tone can improve for noticeably younger, healthier looking skin. Cost: \$99. Sold at www.janmarini.com.



While You're Away, Germs Will Stay

Just return from a weekend getaway? Your suitcase has a dirty little secret. Even before reaching the hotel room, your bag can come into contact with up to 80 million bacteria reveals a recent study.

Grossed out and fretting about the cleanliness of your belongings stowed away inside? While bacteria and germs lurk on the outside of your luggage....what about your toothbrush?

The Travel Safe™ UV Toothbrush Sanitizer by Violife works in just six minutes. It's a portable sanitizer that kills 99.9% of the germs on any toothbrush — manual or electric. Just close the lid, and the germicidal UV bulb goes to work, ridding germs and bacteria from your brush so it's clean and ready to use, wherever you may be. Cost: \$29.95. Available at www.violife.com.



All Your Hair Needs in a Nutshell

Give your hair some nut-trition with two nutty intensive oils from Topganic. These multitasking oils are all enriched with different nuts from around the world. Known as one of mother nature's best sources of Selenium, an important mineral for healthy scalp, Brazil nuts are also jam-packed with omega-3 fatty acids that smooth hair to the tip.

Topganic's Intensive Oil is also formulated with shea butter, avocado oil and Topganic's own keratin protein.

This oil will repair the quality of hair and create a protective coating that leaves hair shiny, bouncy and

silky soft. It also has high levels of essential fatty acids, argan oil not only stimulates hair growth but also helps combat dryness while preventing dull hair and split ends. Topganic's Intensive Oil is formulated with sweet almond oil, grape seed oil, jojoba seed oil and linseed oil. Price: \$8.

Their Intensive Oil with Baobab Oil is great for summer-fried hair with vitamins A, D, E and F, Baobab oil for rejuvenating hair. It also has antioxidants that help fight the aging process of the hair. Topganic's Intensive Oil is also formulated with linseed oil, sweet almond oil, grape seed oil and jojoba seed oil. Cost: \$8 and sold at www.topganic.com.



Freshen that Indoor Air



Imagine a new technology as small as a coffee cup that scrubs the air of 99.7% of germs and contaminants. Virus Zero is the only system in the U.S. that uses Samsung SPi technology to send disinfecting ions INTO the air, proactively cleaning it by disrupting and neutralizing the structure of germs and other contaminants.

The air not only gets clean, but it stays clean. Virus Zero reduces mold, dust mites, pollen, smoke, animal dander, fungi and other contaminants. The effectiveness of Samsung SPi technology has been tested and certified by the British Allergy Foundation and many other academic research centers around the world for its ability to eliminate viruses and other air contaminants. You can also take it with you when you travel this summer.

It covers 230 square feet and costs \$179. More information is available at: <http://www.viruszero.com/>

Style Meets Function

Those outdoors experts at Orvis have "baby boomers" in mind. You know it's going to be a good day when you can see through the glare and also be able to thread the tippet through the eye of your fly. If you enjoy fishing, you know exactly what that meant and are very happy to hear Orvis has sunglasses with readers built right in.

These polarized magnifier polycarbonate lenses block glare. They're also lightweight, shatter resistant and are super light.

So now if you block glare you'll see more fish – happy fishing! They come in 1.5 X, 2.0 X and 2.5 X magnifications and cost \$98.

Purchase at www.orvis.com.



For Your Stylish iPad or iPhone



When you partner Trident Case, a manufacturer of rugged mobile phone and tablet cases with Kim Parker, an artist, lifestyle designer, and author, the end-result is a series of ultra-protective, floral device cases perfect for any fashion-forward female.

The new Trident cases with the Kim Parker designs offers maximum protection and durability; however, Kim Parker's floral designs make the cases, well, more attractive. The American designer's vibrant prints are licensed on various surfaces such as bedding, bath, designer rugs, pillows, housewares, tableware,

giftware, wall art, stationery and fashion accessories. Now, she's entering the world of mobile and tablet accessories. Parker's products have been sold at Macy's, Bloomingdale's, Crate & Barrel, Kohl's, Harrods, WH Smith, John Lewis, Sears, JC Penney, Amazon.com, B&N and Walmart to name a few.

The Kim Parker Tech Accessory Collection is available in three of Parker's signature floral prints: "Petunias" in white and "India Garden" in black for smartphones, and "French Garden" for tablets. The Aegis Design Series for Samsung Galaxy S5 and iPhone 5S and iPhone 6 is priced at \$34.95 while the Kraken AMS Series for Apple iPad 2, 3, 4 is priced at \$79.95.

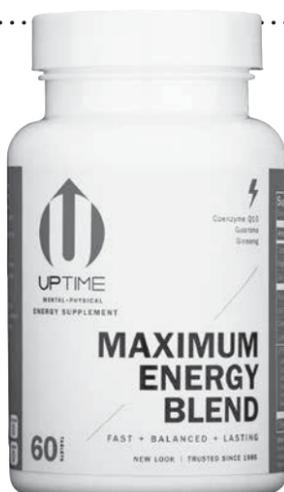
For more information or to purchase, visit tridentcase.com.



If You're Sagging in Summer

Yep, it's the heat, but maybe you're sagging because you've been overdoing it a bit and need some nutrition. UPTIME Original Energy Drinks and tablets have been designed to provide a balanced, energy boost with only a fraction of the supplements found in other energy drinks. Each contain about as much caffeine as a cup of brewed coffee and are sweetened with cane sugar.

If you don't want the drinks, then there's UPTIME Maximum Tablets (60 count) — said to be like having 10 energy drinks in your pocket (except that you can screw the cap back on and save some for later). Cost: \$19.95. The UPTIME Original tablets (60 count) cost \$17.95. Their UPTIME Maximum Tablets (60 count) costs \$19.95.



One serving of three tablets contains 45% of the daily value of calcium, 38% magnesium, 100% zinc in addition to royal jelly, 5-HTP, coenzyme Q10 and lutein. Caffeine and green tea extract provide enough energy to power through a tough workout or never-ending meeting. Additional natural ingredients include ginseng, cayenne, kola nut, guarana and other seeds, roots, berries and mushrooms. The UPTIME Original tablets (60 count) cost \$17.95.

You can also get the liquid/drinkable version of these two supplements. Uptime is sold at GNC and other natural foods stores as well as at www.up-time.com.