

SDMETRO

your business your life

NO. 2 VOL. XXXIII

RENAISSANCE WOMAN

Mariel Hemingway is not only an iconic Academy Award nominated actor from a celebrated family, she is a prolific author, adventurer, eco activist, mental health advocate and entrepreneur. And a principal speaker at San Diego Women's Week, March 19-23.

See more on **PAGE 12**

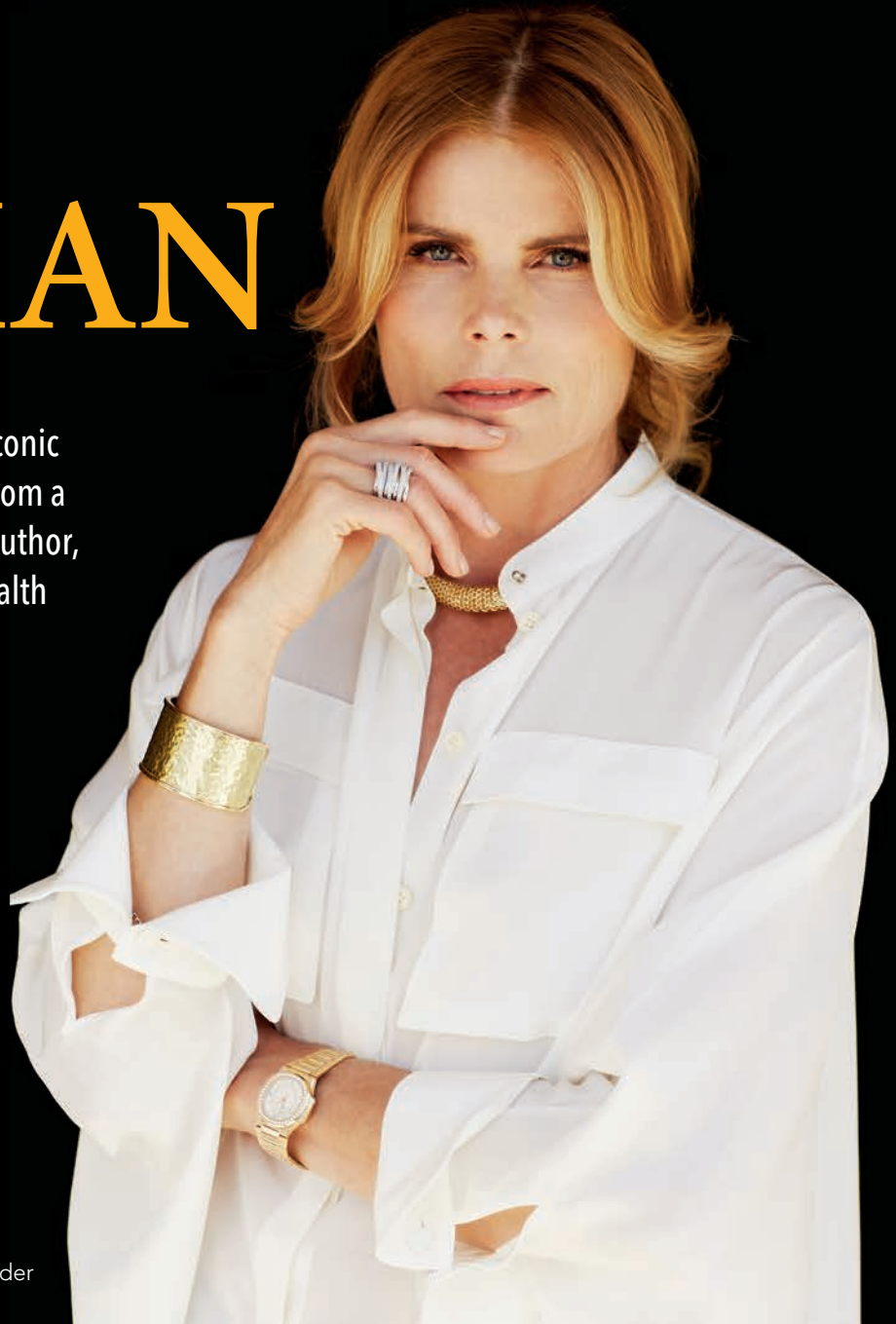


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COVER STORY



Mariel Hemingway, Kim Coles, Naomi Tutu and other women of influence are preparing to speak to the San Diego community between March 19-23 at various venues and events around the region as part of San Diego Women's Week. Coverage starts on **Page 10**



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A Crusader for the Power of Resilience

When Lesia Cartelli speaks to San Diego Women's Week attendees about the power of resilience, she will be sharing lessons learned the hard way. She was severely burned in a natural gas explosion that blasted nine family members across the street.



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The Voice of Positivity

How do you move on from a diagnosis of cervical cancer and lupus? For Janice Freeman, you become a finalist on "The Voice." And her positivity and faith are what got her there.



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Q&A with a Veteran Blue Angel

Last year, Marine Corps Capt. Corrie Mays finished her assignment as Blue Angel #8, making her only the second woman to be selected for one of the Blue Angels' numbered positions (one through eight).

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SAN DIEGO SCENE

Sullivan Solar Power workers assemble solar panels atop Petco Park.
(Photos courtesy of Sullivan Solar Power)



Major League Baseball's Largest Solar Power System is Under Construction at Petco Park

Construction of the largest solar power system in Major League Baseball has begun at Petco Park, home of the San Diego Padres. The 336,520-watt Sullivan Solar Power system is designed to generate more than \$4,117,000 in utility savings. The project is larger than the other seven Major League Baseball solar projects combined.

The Sullivan Solar Power system utilizes 716 high-efficiency, 470-watt Sunpower solar modules, and will produce over 12 million kilowatt hours over the next 25 years. This is equivalent to disconnecting over 1,200 homes from the grid. The solar project not only saves the Padres millions of dollars during the lifetime of the system, but it creates local, union jobs, reduces regional air pollution and lessens the need for imported fossil fuels. It also supports the city of San Diego's climate action plan.

The project is scheduled for completion in March 2018, prior to Opening Day. As part of their partnership, Sullivan Solar Power and Padres will be hosting educational workshops at Petco Park throughout the season to help Padres fans go solar as well.

This is the highest profile solar project on a San Diego facility since the city's commitment to achieve 100 percent renewable energy by 2035. San Diego was the largest city to make such a pledge.

"As a native San Diegan, I could not be prouder that the Padres are joining the solar energy revolution, and showing the world that we no longer need dirty fossil fuels to power our needs," said Daniel Sullivan, founder and president of Sullivan Solar Power.

To learn more, visit www.sullivansolarpower.com/padres.

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Ronson J. Shamoun, Principal Attorney and CEO of RJS LAW, is an Adjunct Law Professor at the University of San Diego-School of Law where he teaches a Tax Practice and Penalties class. He was recently presented with the following awards:

- San Diego Metro Magazine- Best Attorney 2016
- San Diego Magazine- Top Attorney 2016
- San Diego Business Journal- Best of the Bar 2014, 2015 & 2016
- Martindale Hubbell's- AC Preeminent Rated 2014, 2015 & 2016
- San Diego Daily Transcript- Top Attorney 2014 & 2015
- San Diego Metro Magazine- 40 Under 40 - 2015



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San Diego Author Sally J. Pla Wins National Award for Debut Novel

San Diego author Sally J. Pla received the national Dolly Gray Children's Literature Award for her debut novel "The Someday Birds" (Harper Collins, 2017). The award recognizes high-quality books for children, adolescents, and young adults that authentically portray individuals with special needs. Pla's protagonist is a 12-year-old boy with autism, though the focus of the book is his cross-country road trip to visit his father.

The award is especially meaningful because Pla's highly anticipated second novel "Stanley Will Probably Be Fine" (Harper Collins, 2018), which also features a protagonist with autism, is set to hit bookstores in early February. The middle-grade tale of anxious Stanley, a comic-book enthusiast who invents his own super-hero to help get him through the day, has already been named a Junior Library Guild Selection for 2018. In a starred review, Kirkus recommended Pla's novel be added to the list of "intelligent books about kids whose brains operate outside the norm."

As a mother of a son with autism, Pla wanted to write stories that featured neuro-diverse characters involved in a variety of different activities. "These books aren't about autism," she says. "They are adventures that happen with characters who just happen to be naturally neuro-divergent." Autism is not the story, it is one of the many facets of a character. Pla says she wrote "The Someday Birds" as a "heart gift" to her autistic son. "As a child, he struggled to feel at ease in the world," she says. "I wanted to say something about what that struggle feels like, to help others realize what that feels like from the inside."



Sally J. Pla

New Sports Medicine Chief Catherine Robertson Personalizes Athlete Care at UC San Diego Health

Catherine M. Robertson, M.D., has been named chief of Sports Medicine at UC San Diego Health. Robertson, a board-certified orthopedic surgeon who specializes in treating injuries of the shoulder, knee and hip, will further enhance UC San Diego Health's reputation for customizing innovative, evidenced-based care for all athletes — from the weekend warrior to elite, professional and Olympic athletes.

Robertson is head team physician for the San Diego Padres, where UC San Diego Health is the Official Health Care Provider, and the lead physician in the health system's partnership with the U.S. Olympic Committee. She also serves as team physician for the San Diego Sea Lions women's professional soccer team

and all UC San Diego Tritons sports teams. She previously served as a team physician for the San Diego Chargers.

Robertson earned her medical degree and completed residency training in orthopedic surgery at UC San Diego School of Medicine. Prior to returning to UC San Diego Health in 2009, she completed a nationally renowned sports fellowship at the Hospital for Special Surgery in New York. There, she performed complex arthroscopic reconstructions of the knee, shoulder, elbow and hip, and gained considerable experience in the field of women's sports medicine.



Catherine Robertson

Heather Rosing of San Diego Elected First President of California Lawyers Association

Klinedinst shareholder and CFO Heather L. Rosing of San Diego has been elected president of the California Lawyers Association (CLA), the nation's second-largest professional association for attorneys.

In October of 2017, Gov. Jerry Brown signed SB 36 into law, effectively separating some of the professional promotion activities of the State Bar of California into CLA, a private nonprofit entity.

San Francisco-based CLA is the new home of the Sections of the State Bar of California, as well as the California Young Lawyers Association (CYLA).

The organization's mission to promote professional advancement of attorneys practicing in California.

"With the launch of CLA, we are on

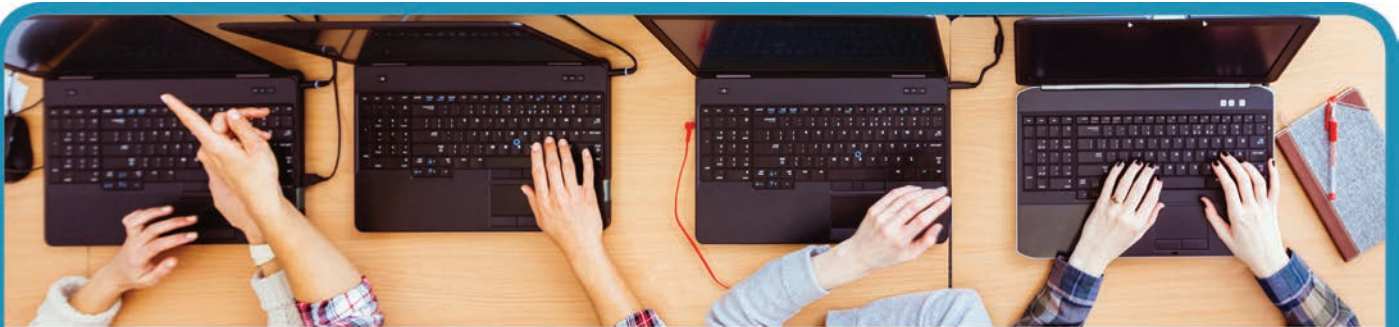
an exciting path toward advancing the legal profession in California," said Rosing. "Our goal is to become an indispensable resource for the legal community, and a tireless advocate for our lawyers and our courts."

Rosing currently serves as the president of the California Bar Foundation, California's largest scholarship resource for diverse law students. Having served as Vice President of the State Bar of California, she provides a unique perspective in the makeup of the state's legal community.

"We are incredibly proud of Heather's selection as the very first President of California Lawyers Association," said John D. Klinedinst, CEO and founder of Klinedinst. "She is the perfect choice for the CLA to help it find its footing during



Heather Rosing



TW2 CELEBRATES SAN DIEGO WOMEN'S WEEK!

We congratulate the North San Diego Business Chamber for organizing this exciting event and the many supporters who make it possible.

The TW2 team is proud of our woman-owned heritage and is honored to work with many of the incredible women doing business in our city.



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San Diego State Capitalizes on Drone Popularity and Multiple Purposes

As drones become more popular and affordable, San Diego State University's new Center for Unmanned Systems Technologies, or Drone Lab for short, is looking to capitalize on its potential for crowd protection, surveillance and research while heading off potential dangers.

"The goal of the Drone Lab is to get people thinking about ways to use drones that they may have never imagined before," said Lamine Secka, director of emergency services and Drone Lab program manager.

On the campus safety side of things, that means using aerial drones to hover over outdoor concerts or other large gatherings and monitor for signs of violence or people in distress. These UAVs can provide not only eyes in the sky for security personnel but also can shine spotlights or deliver directions or warnings via mounted loudspeakers.

Drones can offer a bird's-eye view of field sites, ocean patterns, environmental degradation, traffic, crowd size, and many other things that may help researchers answer scholarly questions. Secka hopes the drone lab will be a resource for researchers interested in learning how drones might benefit their work, even if they've never flown one before.

The lab currently has access to a dozen UAVs of various sizes, configurations and specializations. Students, faculty and staff are welcome to use the drones for research and filming.



Aerial view of Hepner Hall at SDSU, shot by a drone (Credit: SDSU Media Relations)



Drone photo of SDSU Library. (Credit: SDSU Media Relations)

Former California First Lady to Speak March 22 at the Academy of Our Lady of Peace

Maria Shriver, former First Lady of California and best-selling author, will be the guest speaker at the Architects of Change Live program on March 22 at 1 p.m. at the Academy of Our Lady of Peace (OLP) in San Diego.

Attendees will have the opportunity to engage in conversation with the award-winning journalist and producer while she shares her thoughts on everything from her new book, "I've Been Thinking...Reflections, Prayers and Meditations for a Meaningful Life," to her Architects of Change Live Conversation series and more.

The school has been in partnership with Shriver Media since November 2016, as the first school to bring the Architects of Change program to the scholastic level. Since that time, the school has hosted bi-yearly Live Conversations on campus.



Maria Shriver (Photo by Azusa Takano)

San Diego WOMEN'S WEEK

March 19-23, 2018

ONE WEEK OF INSPIRATIONAL SPEAKERS & EVENTS



Mariel Hemingway
Actress, Author
Finding Your Voice



Lesia Cartelli
PEOPLE Magazine's
Hero of the Week
Many Faces of Resilience



Kim Coles
Actress, Comedienne
*Your Stories are Powerful,
Amazing, and YOURS*



Edith Eger
Auschwitz Survivor
*The Choice:
Embrace the Possible*



Janice Freeman
Singer on NBC's *THE VOICE*
*Always Believe Something
Good is About to Happen*



Captain Corrie Mays
Blue Angel #8,
USMC
Dream Big



Naomi Tutu
Activist, Daughter of
Archbishop Desmond Tutu
Dare to Dream

Monday, March 19 - Women & Wine at Bernardo Winery

Wine & food tastings, unique shopping, networking

Wednesday, March 21 - Dare to Dream Luncheon

Featuring a keynote from Naomi Tutu, lunch, and networking

Friday, March 23 - Leadership Conference at Town and Country Resort & Convention Center

See website for full speaker lineup.

TICKETS

\$35 - \$199

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EMPOWERING AND INSPIRING WOMEN

SAN DIEGO PUTS SPOTLIGHT ON ACHIEVEMENT



The speakers are bright, articulate, successful and their messages are empowering and inspiring to everyone. The 2018 San Diego Women's Week is focused on leadership with speakers that will be sharing their journeys and success.

Women such as Mariel Hemingway, Kim Coles, Naomi Tutu, Capt. Corrie Mays, Edith Eger, Lesia Cartelli, Janice Freeman and others are preparing to speak to the San Diego community between March 19-23 at various venues and events around the region. They will be sharing lessons and journeys that have shaped their lives and careers.

This year's featured conference keynote, Mariel Hemingway, Academy Award-nominated actress, will talk about using our voices, to stand up for ourselves and advocate for other women.

Another powerful keynote will be Edith Eger, Auschwitz survivor, sharing her survival by making choices and embracing the possible.

Leadership is a key component to this



year's conference and talking about where leadership has come from in their success are:

- Captain Corrie Mays, Blue Angel No. 8
- Lesia Cartelli, People Magazine's Hero of the Week for her leadership.
- Janice Freeman, A "Voice" finalist, taking her tragic life story and turning it around to lead others to believe that something good is always about to happen.

Returning will be the annual favorite, Kim Coles, formerly of *Living Single* and *In Living Color*. Kim's message is about picking up when you fall and believing that anything is possible.

The Dare to Dream Luncheon will feature Naomi Tutu, daughter of South African Archbishop Desmond Tutu. Naomi will inspire us with her story and how to build the world we want to live in.

"Each of these speakers were invited because of their success and the knowledge that they bring from their journeys, successes and often failures. Their stories will inspire women to face challenges and empower them to become stronger leaders and go after what it is they desire," says Debra Rosen, president and CEO of North San Diego Business Chamber. "The lineup is diverse, with each message focused around inspiration, empowerment and leadership."

San Diego Women's Week is celebrating its ninth year and is produced by North San Diego Business Chamber, which considers women important in the region's changing business environment. "Our focus for the week is to connect women, share stories, and empower them to reach higher," says Rosen. "More companies than ever have implemented women's leadership programs as part of their diversity and women's leadership initiatives."

SAN DIEGO WOMEN'S WEEK EVENTS

MONDAY, MARCH 19:

OPENING KICKOFF-WOMEN AND WINE

Bernardo Winery
13330 Paseo Del Verano Norte, San Diego 92128
5:30pm - 8:30pm

Attendees will receive:

- Five Wine Tastings
- Food Tastings
- FREE Souvenir Wine Glass
- Wine Bag
- Unique Shopping
- Free Parking

*details subject to change without notice

WEDNESDAY, MARCH 21:

DARE TO DREAM LUNCHEON

Sony Corp Headquarters
16535 Via Esprillo, San Diego 92127
11:30 a.m. to 1 p.m.

Enjoy lunch and a powerful message from Naomi Tutu about how to build and be the world we want to live in.

FRIDAY, MARCH 23:

LEADERSHIP CONFERENCE

Town and Country Resort and Convention Center
500 Hotel Circle North, San Diego, CA 92108
8 a.m. to 4:30 p.m.

Keynotes include: Mariel Hemingway, Edith Eger, Lesia Cartelli, Kim Coles, Captain Corrie Mays and Janice Freeman.
 Panels: (panelists announced soon)

- The Art of Negotiating for YOU
- Challenges and Opportunities Faced by Mid-Level Managers

Attendees receive:

- Six powerful keynote speakers and two panels will leave you feeling like you can achieve anything you go after.
- Swag Bags with upscale goodies
- Luncheon
- Coffee Bar in the morning
- Dessert Bar in the afternoon

For additional information: www.sdwomensweek.com.

THE GENESIS OF SAN DIEGO WOMEN'S WEEK

The rationale for launching San Diego Women's Week was not immediately apparent to the three men on North San Diego Business Chamber's executive committee when CEO Debra Rosen laid out the plan on the Wednesday before Thanksgiving in 2009.



Debra Rosen

They wondered – what does this have to do with business and why would the chamber host a series of events for just women?

Rosen's response was this: "Female leadership is less than it should be and we need to do more to promote this within business."

After much dialogue, Rosen was given approval to move forward on San Diego Women's Week, under certain conditions:

50 percent of projected revenue must be raised by January 2 – five weeks after the original meeting. Rosen persevered and raised 100% of projected expenses within three weeks.

"Nine years ago, working with the partners meant connecting with the marketing groups of companies and getting their support," says Rosen today. "Over the course of those nine years, the decisions went from marketing departments to human resource departments and now we work primarily with Diversity and Inclusion or Women's groups."

The result: Nine straight years of growth for the event with respect to attendees and partnership revenue.

Events during the week have been scheduled at different venues around the county so that member companies could be part of the experience and showcase their properties. And because of the continued growth, the Leadership Conference was moved to the Town and Country Hotel this year which will allow for growth over the next couple of years. "The focus has always been on Empowerment, Inspiration and Leadership," says Rosen.

Conference speakers from past years have included: Mariel Hemingway, (appearing again this year); Padma Lakshmi, Elizabeth Smart, Deepak Chopra, Gayle Wilson, Amy Cuddy, Naomi Tutu (appearing again this year), Susan Packard, Tanya Brown, Scout Basset and Piper Kerman.

Mariel Hemingway **EVERYONE HAS A VOICE**

By Teresa Warren

Mariel Hemingway is an Academy Award-nominated actor, prolific author, adventurer, eco activist, healthy lifestyle and mental health advocate, yoga video star, entrepreneur and much sought-after speaker focused on mind-body-spirit optimization and purposeful living. She took time out of her hectic schedule to answer a few questions in anticipation of Women's Week.

Q. You've spoken at Women's Week before. What is it about the event that keeps you coming back?

Mariel: The mentality of Women's Week — the focus on “how do I get better?” and stepping into our own power — everyone has a voice — and sharing that voice and how we create our own voice of wellness, balance with others and the feeling of being connected.

Q. Are your messages different when you are talking to women vs. both men and women?

Mariel: I do adjust my messaging. When I look into a sea of female faces, it's easier to relate, but in general I believe that connection, balance, health and wellness crosses all boundaries. We are all human beings — we still eat food and want to connect with others. We are all on such similar journeys, so gender doesn't really matter. But when I do talk to women, I see our struggle to be perfect — I feel that when I look into a crowd.

Q. As individuals, how are we most likely to let ourselves down, and how can we start to build ourselves up?

Mariel: So many of us are hyper-critical of ourselves. That comes from a message in the back of our brain that we aren't good enough. We think about the things we haven't done and how we aren't where we thought we would do by this time. Instead of waking up being critical of yourself, show gratitude first...take some moments to really appreciate where you have come from and show gratitude, then make new choices to become better. Show yourself gratitude every single day.

Q. You are quoted as saying “We all have stories and we must tell them to let them go.” How do we let go?

Mariel: To move on from where we come from, from our stories — the nonsense that we created or was created for us by those that came before us...find someone that you feel safe with and good about and tell your story. You may have to speak about it or write about it. That's the beginning of the healing. You may need to tell it many times...it becomes a story and not who you are. Letting it go is transformative.

Q. You travel extensively and speak to many people, what is the common theme you hear from women?

Mariel: I tell my story so much...of family, addiction, suicide, then joy...many people say they have the same story. When they tell me their story, it isn't the same, but emotionally it is. It is very healing. And I love. I am doing what I am so supposed to be doing because people need to be heard.



Photo by Jiro Schneider

Lesia Cartelli

A CRUSADER FOR THE POWER OF RESILIENCE

By Jennifer Coburn

When Lesia Cartelli speaks to San Diego Women's Week attendees about the power of resilience, she will be sharing lessons learned the hard way. She was severely burned in a natural gas explosion that blasted nine family members across the street and destroyed Lesia's grandparents' Detroit home. The young girl was playing in the basement at the time and was buried in the rubble. She managed to crawl out on her own, then rolled in the snow and dirt to extinguish the blaze that was her body.

Lesia's childhood experience was the first time she realized the power of resilience, but it wasn't the last. She went on to become the founder and chief executive officer of Angel Faces, a nonprofit organization that provides healing retreats and ongoing support to adolescent and young women with severe burn and trauma injuries. She is a sought-after speaker and author of "Heart of Fire," her story of overcoming adversity. "I didn't want all of that pain to be wasted by not doing something with it," says Cartelli. Her message is one of "finding the gift in hard times," she says. "Not everyone has a tragedy, but pain can be a great motivator and out of these experiences we can find healing."

Cartelli says the key to building resilience is changing one's perception of hard times. "You have to dig for the gift in the pain," she says. "You may not get it right away, but it will come because it is there." Cartelli says she will discuss the markers of resilience and share stories from others who have surmounted daunting obstacles.

Many of Cartelli's stories of inspiration are born from the Angel Faces retreats, which are limited to 20 participants because of the intensity of the weeklong program in New Hampshire. The curriculum focuses on self-love while accepting and embracing trauma and disfigurement. Group sessions led by licensed psychologists focus on emotional healing through discussion, journaling, and art therapy. "There are so



many magical moments," Cartelli says of the retreats. "The beauty is that there are no boundaries by race or socio-economic status, the common chord is pain and resilience."

Cartelli recalls a recent retreat where two girls from very different backgrounds made a very special connection. One girl had lost her hair in an accident, while the other had long, lush locks. Although the second girl had also suffered trauma and a disfiguring injury, she offered to cut her hair to make a wig for her new friend. "We need to look beyond the hair and see another woman as a sister, a friend, and see that people love her and care for her and we should too," says Cartelli.

Changing our perception of life experiences, hard times in particular, isn't always easy, but it's always worth it, says Cartelli. "Every morning I wake up and instead of thinking about what I have to do, I realize it is what I get to do," she says. "It's not a duty, it's an opportunity."

Cartelli recalls a day when her work felt overwhelming until a girl who was severely disfigured approached her and wrapped her arms around her at a retreat. "She asked me if I had any idea how I was saving her life and I realized I was exactly where I was supposed to be."

Edith Eger

CHOOSING STRENGTH THROUGH ONE'S OWN THOUGHTS

By Jennifer Coburn

When 16-year-old Edith Eger arrived at Auschwitz concentration camp in 1944, her parents were ordered to join a group on the right, and she and her sister were told to step to the left.

Later that day, as her mother was murdered in a Nazi gas chamber, young Edith was forced to dance for the infamous Dr. Josef Mengele. But despite the horrors she lived through, she always held tight to what her mother told her in the cattle car to the concentration camp. She told her daughters she didn't know what would happen to them, but that no one could take away what was in their minds. Regardless of what was happening in the world, they could always choose their reaction to it.

On that fateful day at Auschwitz, the Hungarian teen made a choice. As she danced for one of the most notorious war criminals, she put into practice her mother's sage advice. Edie closed her eyes and imagined she was dancing the Romeo and Juliet ballet to the music of Tchaikovsky at the Budapest Opera House.

In many ways, this decision saved her life. Dr. Mengele offered her a piece of bread as reward for her performance, which she gladly shared with the other women in her barracks. Months later, while Edie was on a death march, she felt so weak she could not go on. But the women with whom she shared her bread that first day at the camp joined together and carried her. She uses that as an example of how our choices help shape our lives wherever we are. She also recalls the day she and her sister's heads were shaved at Auschwitz. "She asked me, 'How do I look?' and I told her, 'You know, you have beautiful eyes and I never really noticed them before with all of your hair.'"

"You decide what to focus on. You always have that choice."

Today, the 90-year-old psychologist still deeply believes in her mother's parting words to her. She works with victims of



abuse and veterans suffering from post-traumatic stress disorder, focusing on what she calls the "hope in hopelessness." She says her work is to help people "free themselves of the concentration camp of our own minds."

Her memoir "The Choice" was released last year to critical acclaim and sold-out audiences at book events. She will address San Diego Women's Week conference attendees with her message of choosing strength through one's own thoughts. "I want us to recognize that we have the strength within ourselves and that we are

connected in mind, body and spirit," she says. "All of the power comes from within and we must stop wasting time waiting for someone to complete us."

Eger defines strength as financial and emotional independence, but also compassionate listening and childlike curiosity. "I am the most curious 90-year-old, I love to learn," says the doctor who is known to end her talks by lifting her leg in the air with the full extension of a professional ballerina. "I'm still here and that is the best revenge."

Kim Coles

DISCOVER YOUR OWN TRUE “GIFTS” AND SHARE THEM WITH OTHERS

By Randi Crawford

Kim Coles is a comedienne, author, actress, speaker, and terrific teacher. Kim will make you laugh. You may know her from her hugely popular series, “Living Single,” or seen her on a multitude of hit shows including “Frasier,” “Six Feet Under,” “In Living Color,” as well as several guest spots on daytime talk shows.

But today, we’re talking about loving your story.

Cole’s newest venture is combining her comedic talent and inspiration to empower others with a unique program called Open the G.I.F.T.S. The program inspires others to discover their own true “gifts,” so that they may share them with the world.

Why would Coles undertake the program, since she already is an accomplished actor and comedienne? She explains that every comedian/actor’s journey is different. Her journey started when she was in and out of college. During a hiatus, she entered a beauty pageant for plus-size women. Thirty days prior to the pageant, she received a call stating that a talent competition was being added. Coles panicked because at the time, she didn’t know her talent. She considered taking tap lessons but quickly realized that she wasn’t going to be a beast tap dancer in 30 days. Recalling her high school days of being funny, she decided to make a comedy routine based on beauty pageants. And then during her routine, she ripped off clothing to reveal a sequined leotard and started twirling a baton to the tune of Michael Jackson’s “Thriller.” She was a hit. On that stage, Coles said she felt the wave of love from her audience. That is when she decided she needed to be a comedian.

Her career took off fairly quickly after that pageant. She started performing at comedy clubs and appeared on local television. She booked the pilot for “In Living Color.” From 1985-1998, Coles could do no wrong. Everything she touched

turned to gold.

Coles says her involvement in “Living Single,” which was on the airwaves for five years, was “the sparkling jewel of my career.” But when it went off the air, she was left with no other means to support herself. When the money stopped coming in, Coles went on a shopping splurge. She basically shopped all her money away. “Some people drink, some take drugs, some gamble, but for me, it was shopping,” she says. And she didn’t discriminate. She would shop at Neiman Marcus or the 99 Cent store — as long as she was shopping, she was living. Kim started to dig deep and ask herself the questions, “Am I still relevant? Do I still have talent? Do I still belong?”

It was a quote from motivational speaker Zig Ziglar that roused Coles out of a depression: “You can have everything in life you want, if you will just help other people get what they want.”

Coles believed she had gifts inside of her, and would share her gifts with other people.

Coles added motivational speaker to her resume and has been taking that same guiding spirit and empowering people, combining comedy and inspiration in her transformational program called G.I.F.T.S, designed to inspire you to discover your own true “gifts” so you may share them with the world. G.I.F.T.S stands for gratitude, intention, forgiveness, triumph and self-love.

“Nothing works better than sharing who you are,” says Coles. “It engenders others to want to work with you. It’s incredibly powerful.”

She offers a seven-day challenge called, “Choosing You.” YOU stands for Yielding to your purpose, Overcoming obstacles, and Upgrading your life.

Visit www.kimcoles.tv to access Kim Coles and her story.



Photo by: Xavier Bailey

Janice Freeman

THE VOICE OF POSITIVITY

By Cecilia Buckner

How do you move on from a diagnosis of cervical cancer and lupus?

For West Covina resident Janice Freeman — you become a finalist on “The Voice.”

And her positivity and faith are what got her there. “If we understand the power that we truly have, that God gave us ... the power of perspective...the power of what you allow your thoughts to ponder on...that changes your whole reality,” Freeman said.

It has not always been an easy process though. “I was very pessimistic and angry,” said Freeman, who at 7, fought for her life with kidney failure and at 14, was diagnosed with meningitis.

One of seven children raised in a single-family home in Harrisburg, Pa., Freeman had serious health issues, and she had a hard time dealing with the loss of family. Her grandfather and uncle were killed in a car crash before she was born. When she was a pre-teen, her brother was shot to death.

“What I couldn’t get over or fathom in my mind,” Freeman said, “he left that day. Any other normal day, he would come walking back through the door, and he didn’t.

During that same period of time, Freeman’s grandmother died of breast cancer and her aunt of AIDS. “To see my aunt die...her life every day just disintegrating ... that was just hard,” she said.

Freeman turned to the church and music for solace. As a teen, she began singing with a praise dance ministry at a church in Pasadena, which branched out into girl gospel group, M.I.G. (“Matured in Glory”). The group once traveled to Japan to sing their praise-filled music, including their first single, “It’s Not About Us.”

Eventually going the solo route, Freeman auditioned for “The Voice,” not making it through the first round. After several attempts, she not only made it on the show, but achieved a top-11 spot in Season 13. It



changed her life tremendously, Freeman said. “Everything is falling into place.”

She had been praying for a platform to affect lives with her music and “The Voice” gave her that. “You know, we grow up...especially being an African American ... things happen and they tell you to sweep it up under the rug or tell God about it and be quiet. And we never get to really talk about it, which brings about healing,” she said. “Look where I was and now look where I’m at and you can do it too. I am going to talk about it. That’s an aspect of my life I know God is calling me to do.”

Freeman, 32, has been married to

husband, Dion Neuble, a drummer, for more than two years and has one daughter, Hannah, 11.

Although cancer-free following a hysterectomy, Freeman still struggles through tiredness and illness associated with lupus, but remains positive. “You can change your situation. That can change the world. You have the power,” she said.

Freeman dubs her genre “Alternative Soul.” Some of her music can be found on iTunes, as well as SoundCloud. Also, follow Freeman on Facebook at [janicefreemanlive](#); Instagram at [Janicefreeman](#); and Twitter at [janice_freeman](#).

Corrie Mays

Q&A WITH A FORMER BLUE ANGEL

Last year, Marine Corps Capt. Corrie Mays finished her assignment as Blue Angel #8, making her only the second woman to be selected for one of the Blue Angels' numbered positions (one through eight).

Q: Can you describe what your duties were with the Blue Angels?

Corrie: I handled all the event planning and served as the squadron Naval flight representative. We fly F-18s in the fleet. I represented the two-seat community, meaning weapons systems officers who fly in the back seat. As the Blue Angels event planner, I took care of all future operations for the Blue Angels. During the show season, I coordinated air space, air show layout, hotels, gyms, police escorts and public relations.

Q: We've seen a groundswell for women's equality this past year. As one of the first female Blue Angels, what has this movement meant to you?

Corrie: I hope that for any women out there, no matter their age, if they have felt held back, this helps them realize that they shouldn't let anyone else create barriers or shouldn't create barriers of their own. Anything is open to anyone. Go for it.

Q: What inspired you to join the Marines?

Corrie: 9/11 planted the seed. I wanted to be part of the solution and help in any way I could. After I graduated college, I worked a civilian job for a few years first, but it wasn't fulfilling. I would watch jets flying overhead at a nearby military base, and I couldn't stop looking at them. They weren't doing anything fancy, but they were still awe-inspiring. I wanted to realize my potential more and give back. I'm the kind of person where, if I'm going to do it, I'm going to go all out. The operational and tempo structure of Marines appealed to me.

Q: Why do you think we don't have more female aviators?

Corrie: I don't know the answer. The field is



open to anyone. You find a lot in the Air Force and Navy. Due to the nature of the Marine Corps, it has the smallest percentage of women, and its female aviation community is even smaller. The female fighter community is even smaller than that. The numbers are increasing, though.

Q: What would you say to young women who have aspirations to do what you've done?

Corrie: I encourage everyone, no matter where they are in their journey or what they're doing, to always give it their all. If they perform their best, they can truly ask themselves, "is this something that makes me happy?" Performing at your peak opens doors.

Q: What qualities do you have that propelled you to achieve in your career?

Corrie: I credit my father for showing me

the impact and effectiveness of an awesome work ethic. He was an aviator who flew commercially his entire life. I've always done the job as best I can until the end.

Q: What's one highlight of your career?

Corrie: The people I've worked with. Being able to learn something from as many people as I can has contributed to where I am.

Q: If you couldn't be a pilot, what would you do for a living?

Corrie: I own a business with my sister now — a Cape Cod gift shop called Plum Porch, and I'm transferring to the Marine Reserve in a few months. Work-life balance is important but also one of the most challenging things. I think the transition from active duty to reserves will help me reconnect with family.

SAN DIEGO WOMEN'S WEEK SPEAKERS

Dare to Dream Wednesday, March 21

NAOMI TUTU

Activist, Daughter of Archbishop Desmond Tutu



The challenges of growing up black and female in apartheid South Africa has led Nontombi Naomi Tutu to her present as an activist for human rights. Those experiences taught how much we all lose when any of us is judged purely on physical attributes. In her speeches, she

blends the passion for human dignity with humor and personal stories.

Ms. Tutu is the third child of Archbishop Desmond and Nomalizo Leah Tutu. She was born in South Africa and has also lived in Lesotho, the United Kingdom and the United States. She was educated in Swaziland, the US, and England, and has divided her adult life between South Africa and the US. Growing up the 'daughter of...' has offered Naomi Tutu many opportunities and challenges in her life. Most important of these has been the challenge to find her own place in the world. She has taken up the challenge and channeled the opportunities that she has been given to raise her voice as a champion for the dignity of all.

Naomi Tutu's professional experience ranges from being a development consultant in West Africa, to being program coordinator for programs on Race and Gender and Gender-based Violence in Education at the African Gender Institute at the University of Cape Town. In addition, she has taught at the Universities of Hartford and Connecticut and Brevard College in North Carolina.

Ms. Tutu started her public speaking as a college student at Berea College in Kentucky in the 1970s when she was invited to speak at churches, community groups, and colleges and universities about her experiences growing up in apartheid South Africa. Since that time, she has become a much sought after speaker to groups as varied as business associations, professional conferences, elected officials and church and civic organizations. She has also led Truth and Reconciliation Workshops for groups dealing with different types of conflict. Together with Rose Bator, she presents a workshop titled Building Bridges dealing with issues of race and racism. The two also lead women's retreats through their organization Sister Sojourner. They are also writing a

book provisionally titled I Don't Think of You as Black: Honest Conversations on Race and Racism.

In addition to speaking, Naomi Tutu is a consultant to two organizations that reflect the breadth of her involvement in issues of human rights. The organizations are the Spiritual Alliance to Stop Intimate Violence (SAIV), founded by renowned author Riane Eisler and Nobel Peace Prize Laureate Betty Williams, and the Foundation for Hospices in Sub-Saharan Africa (FHSSA).

Ms. Tutu is a single mother of two children and currently lives in Nashville, TN.

Leadership Conference Friday, March 23



LESIA CARTELLI

Founder, Angel Faces, PEOPLE's Hero of the Week

Lesia Stockall Cartelli is the founder and chief executive officer of Angel Faces, a national nonprofit based in California that provides healing retreats and ongoing support to adolescent girls and young women with severe burn/trauma injuries to achieve their optimum potential and develop meaningful relationships for themselves, their families and their communities. Cartelli endured serious burn injuries to her face and body in a natural gas explosion at the age of nine. Her grandparents' home was destroyed in the fire, yet her spirit survived. In 1991 she launched and directed the first camp for burn-injured children in southern California.

After 20 years of spearheading support services (at University of California, San Diego and University of California, Irvine Regional Burn Centers) she founded Angel Faces in 2003 for trauma/burn patients.

To date, over thousands of people have been touched by her programs. Through Angel Faces and through her speaking, Cartelli inspires all who are in her path.

She transformed her pain into a life of passion and purpose.

Resiliency and courage motivated Cartelli to face her fear of fire at age 33. She suited up in breathing apparatus, full firefighting gear, and entered a burning building known as a "control burn." Her fear conquered, she married the fire captain who led her into the fire to face her fears.

Cartelli was chosen and featured on CNN's "Human Factor" with Dr. Sanjay Gupta, HLN, ABC NEWS 20/20, Associated Press Wire (video and print), PBS, and other national TV media venues.

Cartelli has received many prestigious awards for her leadership and inspiration including the Heart of a Woman Award on the Dr. Phil Show. She is regularly interviewed on radio stations; including Doctor Radio, Sirius and Clear Channel. Readers Digest and numerous national and international publications have written about her. Cartelli's own articles and blogs have been published in USA Today, Today.com and on CNN Blogs. Cartelli is a dynamic and captivating nationally known motivational speaker. Cartelli's first book, Heart of Fire, is available via Amazon and Barnes & Noble.

KIM COLES

Actress, Comedienne, Author, Playwright



Actress, comedienne, author, playwright and TV personality Kim Coles is truly a renaissance woman. Best known for her zany characters and outrageous sense of humor, Kim Coles began her journey to Hollywood when she was announced the runner-up in the "Big Beautiful Woman" pageant in Atlantic City, New Jersey. She rode her beauty pageant success into a plus-size modeling career and began performing as a stand-up comedienne, which ultimately turned into a showbiz career that has continued to skyrocket.

Best known for her five-season turn as the unforgettable "Synclaire" on FOX's ground-breaking comedy series, Living Single, KIM COLES has starred in numerous hit television programs including Frasier, Six Feet Under, In Living Color, One on One and the uproarious TBS comedy series 10 Items Or Less. She was the co-host of the nationally syndicated daytime talk show, In the Loop with iVillage and has been a guest co-host for various shows, including The View and Good Day Live. She was the host of BET's My Black is Beautiful, a show that was part of a national initiative sponsored by Proctor & Gamble celebrating the diverse, collective beauty of African-American women.

Kim Coles is also known to reality audiences for having appeared on The Mole and VH1's Celebrity Fit Club. KIM later added game show host to her extensive resume with BET's groundbreaking show Pay it Off, becoming the first African-American woman to host a primetime game show. She returned to the role of game show host this past summer as the co-host of "Are You Normal, America?" on the Oprah Winfrey Network (OWN). In addition, Kim has quickly become a fan favorite as "Wanda" on TVLand's new hit comedy series, The Soul Man.

Keeping with her comedienne roots, Kim Coles continues to bring her fresh take on love, life, and laughter to comedy club stages across the nation. She has co-written and starred in her own award-winning play, Homework, a one-woman stage show about the lives of three best friends who progress from elementary school to womanhood. She debuted her new solo piece called "Oh, But Wait. There's More!" in the prestigious

Hollywood Fringe Festival in June 2012.

Kim Coles is also an author who wrote a best-selling book, "I'm Free But it Will Cost You: The Single Life According to Kim Coles."

With her latest venture, Kim has added speaker to her resume and is taking that same guiding spirit and empowering people, combining comedy and inspiration a transformational program called G.I.F.T.S, designed to inspire you to discover your own true "gifts" so you may share them with the world. Kim's new book "Gratitude Journal" in which she shares her own personal journey in order to inspire others is available at openthegifts.com.

DR. EDITH EGER

Auschwitz Survivor



A native of Hungary, Edith Eva Eger was just a teenager in 1944 when she experienced one of the worst evils the human race has ever known. As a Jew living in Nazi-occupied Eastern Europe, she and her family were sent to Auschwitz, the heinous death camp. Her parents were sent to the gas chambers but

Edith's bravery kept her and her sister alive. Toward the end of the war Edith and other prisoners had been moved to Austria. On May 4, 1945 a young American soldier noticed her hand moving slightly amongst a number of dead bodies. He quickly summoned medical help and brought her back from the brink of death.

After the war, Edith moved to Czechoslovakia where she met the man she would marry. In 1949 they moved to the United States. In 1969 she received her degree in Psychology from the University of Texas, El Paso. She then pursued her doctoral internship at the William Beaumont Army Medical Center at Fort Bliss, Texas.

Dr. Eger is a prolific author and a member of several professional associations. She has a clinical practice in La Jolla, California and holds a faculty appointment at the University of California, San Diego. She has appeared on numerous television programs including CNN, The Oprah Winfrey Show, and was the primary subject of a holocaust documentary that appeared on Dutch National Television. She is frequently invited to speaking engagements throughout the United States and abroad.

JANICE FREEMAN

Singer, Top 11 Contestant on NBC's THE VOICE



Janice Freeman a voice to remember. This Neo-Soul artist from Harrisburg, PA, is the voice the nations have yet to hear. The soulfulness and round sounds of her vocal range are beyond imaginary overtones ever heard before.

WOMEN'S WEEK

Singing is her deepest passion and when you're passionate about something you're willing to give it your all and go the distance despite the many challenges that are faced along the way.

Janice was 21 years old when her beautiful daughter, Hannah, was born. A few years later, Hannah's father passed away from cancer. These were tough times in being a single mother but a lesson in strength and perseverance. Janice would need this strength while pressing forward in the entertainment industry.

Janice began her professional music journey in 1999, moving to California and joining the group (M.I.G). Janice and (M.I.G) performed national and international shows including Japan.

Janice later auditioned for a Television Series competition called Sunday's Best and climbed to top 6 in the United States. She was also accepted into the top writers Association in the world (SESAC). She then released her first single titled "You".

While on this journey she met her wonderfully supportive husband and phenomenal musician/producer. Life continued with amazing triumphs as well as continued challenges as she was diagnosed with lupus in 2009.

In 2012 Janice was also diagnosed with cervical cancer. With her surviving spirit and supportive family she fought it and survived. In the midst of all the trials and tragedy she held on to her dream and continued to press with perseverance.

Moving forward despite her health challenges, Janice auditioned for another Television series competition "The Voice". Janice made it to the top 11 becoming a nationally acclaimed Artist. This experience allowed her to learn so much along the way -meeting impactful mentors and developing new flourishing relationships.

Having gone through so much, she is grateful to be cancer-free, but fights against Lupus today. With support from her loving family and friends, Janice Freeman is a survivor, inspiration and "The Voice" to remember.

MARIEL HEMINGWAY

Actress and Author



Renaissance woman Mariel Hemingway is not only an iconic Academy Award nominated actor from a celebrated family, she's a prolific author, mother of 2 successful models, documentary producer, and renowned healthy lifestyle brand founder.

In a high-tech world, Mariel is considered an expert in high-touch solutions that facilitate the greatest sense of personal power, life balance, joy, fitness, authenticity, peace of mind and meaning. Her bestselling books, videos and speaking engagements render techniques and strategies for self-empowerment.

From shy child to young actress to becoming an in-demand key note speaker at global business and lifestyle conferences, it

took years for her to find her voice, sense of purpose and passion for optimizing the lives of others by means of her leadership in the Healthy Lifestyle marketplace. Mariel Hemingway understands the impact and importance of focus, engagement with those of like mind and heart, and hard work as the keys to thriving in all parts of life.

CAPTAIN CORRIE MAYS

Blue Angel #8, USMC



Captain Corrie Mays is a native of Cape Cod, Massachusetts, and graduated from Barnstable High School in 1998, where she lettered in lacrosse and field hockey. She attended the University of Georgia, Athens, Georgia, and graduated with a Bachelor of Science in Environmental Sciences with a degree in Environmental Economics and Management in 2003. Corrie was commissioned as a Second Lieutenant in the U.S. Marine Corps through Officer Candidate School in October 2006, reported to The Basic School at Marine Corps Base Quantico, Virginia in January 2007, and completed training in July 2007.

Corrie then reported to Naval Air Station (NAS) Pensacola, Florida, for Aviation Pre-Flight Indoctrination and completed Naval Flight Officer Training in the T-6 Texan, T-1 Jayhawk, T-39 Saberliner, and the T-45 Goshawk. She received her wings of gold in November 2009.

Corrie then reported to Marine Fighter Attack Training Squadron 101 (VMFAT-101), the "Sharpshooters," at Marine Corps Air Station (MCAS) Miramar, California, for initial training in the F/A-18 Hornet. She then reported to Marine All Weather Fighter Attack Squadron 225 (VMFA(AW)-225), the "Vikings," at MCAS Miramar in October 2011, where she served as a Weapons Systems Officer, Airframes Division Officer and Ground Safety Officer. While assigned to VMFA(AW)-225, Corrie completed one Unit Deployment Program to the Western Pacific Area of Operation (AO) and one combat deployment to the Middle East AO. She also served as the Air Watch Officer for 1st Marine Division (Forward), and participated in many exercises around the world, including RIMPAC in Hawaii, the joint force exercise Valiant Shield in the Western Pacific, and many multinational exercises in the Middle Eastern AO.

Corrie was selected for the United States Navy Blue Angels in July 2014 and joined the team in September 2014 as Blue Angel #8, where she served as the Events Coordinator and Squadron Naval Flight Officer. Not only was she one of the few to represent the USMC, she was responsible for coordinating all Blue Angel related items for 130 flight demonstrations, multiple high visibility flyovers including Super Bowl 50, and planning over 350 community events across the country. She has nearly 1,000 flight hours and earned various unit and personal awards.

SUMMER STEPHAN**San Diego County District Attorney**

District Attorney Summer Stephan has devoted her life to protecting children and families and providing justice to the voiceless and most vulnerable. She is a national leader in the fight against sexual exploitation and human trafficking, who has served as a Deputy District Attorney in San Diego County for 27 years. During this time, she combined extensive courtroom experience with over 15 years of management and leadership experience. She rose through the ranks to appointments as Chief of the DA's North County Branch and Chief of the Sex Crimes and Human Trafficking Division, a Special Victims Unit she pioneered. In 2012, she was appointed Chief Deputy District Attorney. In 2017, she was appointed District Attorney.

District Attorney Stephan leads the second largest DA's Office in California, managing a professional staff of over 1,000 employees, serving as the People's Prosecutor for all of San Diego County and its over three million residents, which are spread throughout cities and communities from the U.S.-Mexico border to the Riverside County line. The DA uses her nearly three decades of experience to set public safety priorities and to leverage, partner, and collaborate with law enforcement and the community to maintain San Diego County as one of the safest urban regions in the United States.

As a trial prosecutor, Summer tried more than 100 jury trials, including cases of complex homicides, sexually violent predators, child molestation, sexual assault, school shooting, and human trafficking-related cases.

She holds leadership positions in public safety on the national state and local level, including being selected as one of only two prosecutors in California to serve on Governor Schwarzenegger's Task Force for High-Risk Sex Offenders and Sexually-Violent Predators. Among her many leadership positions in the fight against human trafficking, Summer chaired the San Diego County Human Trafficking Advisory Council. She spearheaded the innovative "Know the Price" campaign, which focused on reducing sexual assaults of college students. She also led the award-winning "The Ugly Truth" Human Trafficking Campaign.

She is a leader in advancing public safety through a smart, fair and equal criminal justice. She brings solutions to complex issues through her unique data-driven and common sense approach that goes beyond a one-size-fits-all mentality. Instead, she leverages innovations in crime prevention and restorative justice practices and believes in investing in and building healthy lives and communities instead of destructive and costly prison pipelines. For example, Summer was part of the leadership team that diverted more youthful offenders into positive programs

while lowering recidivism and harm to communities, dramatically lowering the incarceration rate for juvenile offenders by 48 percent. In addition, she helped implement and expand smart on crime programs that address the underlying causes of criminality for non-violent offenders such as mental health, substance abuse and addiction. In addition, she began the first Veterans Treatment Court in North County with Deputy DA George Loyd, a heroic Marine Corps veteran.

Summer is the recipient of numerous local, state and federal awards, including an FBI commendation for organized crime prosecution, the outstanding achievement award for the complex prosecution involving the sexual assault and murder of an elderly woman. She was named "Angel of Anti-Human Trafficking" and "Modern Day Abolitionist." She received the prestigious 2016 "Voices for Justice" award by the Interfaith Center for Worker Justice. This year, she received the Lifetime Legacy Award by Women of Influence and the Community Impact award by North County Lifeline.

DA Stephan is an instructor and trainer for the National District Attorneys Association Executive Management Course: "How to go from Boss to Leader." She received her Bachelor of Arts degree from the University of California at Davis and her Juris Doctor from the University of the Pacific, McGeorge School of Law. She completed the "Driving Government Performance" Executive Education Course at the Harvard Kennedy School of Government.

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