



A PEACEFUL VIBE ... A TOUCH OF CLASS ... A TOUCH OF KARIMAH!!!

Do *not* judge *this* book by its cover. Nestled inside the chaotic exterior of the north county Grand Slam Flea Market is an incredible boutique that envelops you in sensory pleasure. Personalized customer service, lilting background music that sets a relaxing tone, wonderful jewelry, “handcrafted healing treasures and organic herbal body products” create an environment of luxury that transports you far beyond the traditional shopping experience.

Ontaya Brooks, and her husband, Jamon are the proprietors of this small, family-run business and each of her five children has participated in jewelry design and the day-to-day running of *A Touch of Karimah, LLC*. Ontaya says, “Entrepreneurship runs in my blood. All my family members had their own businesses, from selling watermelons to selling real estate. Most of them were self-taught, and I worked with them all the time and knew I wanted the same. I just hadn’t found the product or service that I wanted to market.”

When she discovered that the jewelry worn by a friend was hand-made in a jewelry class offered at CWAH, she immediately asked for a referral and was accepted into their program. A single mother at the time who had always been family oriented, she attended with her sons and daughter and took full advantage of the many classes they offered – Computer Literacy, Healthy Eating and Fitness. The Jewelry Making with Kenya Ajanaku led to the launching of her business.

Ajanaku was so impressed with the natural talent displayed by Ontaya and her son Mikale he continued working with them after the session ended, donating much of the expensive equipment needed to make jewelry, and helping her create a support network. She was off and running – working various events around the city and county that allowed her to market her creations, studying websites to gain an understanding of how to run a successful business, designing and creating jewelry and, most recently, expanding into organic herbal body products that use only food-grade ingredients – a hectic schedule of 70+ hours per week.



ONTAYA BROOKS
A TOUCH OF KARIMAH, LLC.

A little known secret is that this incredible woman dropped out of high school in the eleventh grade. Moxy, a strong belief in God and self-confidence helped her find employment as a bank teller, gas station manager and a number of other jobs, but entrepreneurship was her ultimate goal. The key, she says, is in believing that you *can*. “***I never asked if I could just how I could.***” she says. And although she has managed to accomplish much without a college education, she firmly believes it is a critical element to success and is proud that her children are being well educated.

Karimah, a name Ontaya’s close friend gave her, means generous. And she believes that what you put out into the world comes back to you. “I was extremely inspired by the generosity of Gloria Taylor, and knew that I wanted to do something to help others, as well,” says Ontaya. And she does!

This writer left with a bag full of wonderful treats – natural soaps and oils, beautiful copper earrings, a free sample of natural, aluminum-free deodorant and an introduction into the health benefits of copper. You have ***got*** to have this wonderful experience! She can be reached at 314/502-7311, karimahzarah@yahoo.com and at the Grand Slam Flea Market at Highway 367 and Chambers Road.

Story by Gwen Swan

COMMUNITY WOMEN AGAINST HARDSHIP

APRIL / 2014

IN SPITE OF CUTBACKS, PARTNERSHIPS AND COLLABORATIONS GROW

Community Women Against Hardship (CWAH) is elated to gain a new Cooperative Agreement with the University of Missouri – St. Louis where we now act as “The Clinical Agency” for the College of Nursing (renewable each year). This opportunity provides a much needed exchange that benefits the clinical experience of the students while providing awareness and access to information for the overall improvement of the health of our families.

(Pictured Below)

Henry Lazard, Human Resource Specialist IV, City of St. Louis, prepares students for Career Fair, on Interviewing Techniques.



LEAH GUNTER AND CAROL EDWARDS, NURSING STUDENTS UNIVERSITY MISSOURI ST. LOUIS, SIX WEEK HEALTH CLASSES TEACH YOUTH TO "EAT WELL/ FEEL WELL"



Triton Health Educators, University of Missouri St. Louis, discuss "Over The Counter Drug Use" with students during CWAH's Health and Wellness Workshop.

"Alone we can do so little; together we can do so much" *Kelen Keller*



**10th Annual
Walk – A-Thon & Health Fair
Saturday, May 10, 2014**



*Tower Grove Park
4256 Magnolia*



*Dr. Denise Hooks – Anderson
St. Louis University
School of Medicine*



*Dr. Will Ross
Washington University
School of Medicine*



*Dr. Christy Richardson
Richardson Endocrine Care*



Join these distinguished healthcare providers at the Walk, Run (1k, 3k, and 5k), while youth gain valuable exercise in the hula – hoop contest, volley ball games and arts/crafts. Beyond the walk/run, adults can enjoy the Licensed Massage Therapist, Line Dancing and refreshments including a delicious smoothie.

Come out and enjoy, as proceeds benefit the health and wellness programming of CWAH.

Not pictured but also on site; Angela Pinex, First Bank, Healthy Finance, Tim Williams, MPPA Certified - Planned Parenthood, Knight's Alzheimer Disease Research Center, and Monica Tyler, LMT Optimum Rebalance, Inc.

For more information give us a call today: 314-289-7523 or email communitywomenstl@yahoo.com



DR. ALEXANDER HARRIS JR. DIRECTOR OF EXTERNSHIPS, UNIVERSITY OF MO. ST. LOUIS COLLEGE OF OPTOMETRY



DR. CANDACE WAKEFIELD, DMD, CHILDREN 'S DENTAL ZONE



DR. TERENCE WHITAKER, DMD, THE W DENTAL GROUP



DR. TRACY REED, PODIATRIST



DR. EVELYN IRVING, FAMILY THERAPY SPECIALIST



DR JACQUELINE HALL – DAVIS, CHILD PSYCHIATRIST



DR. XAIVIER TIPLER, D.C., PROFICIENT CHIROPRACTIC



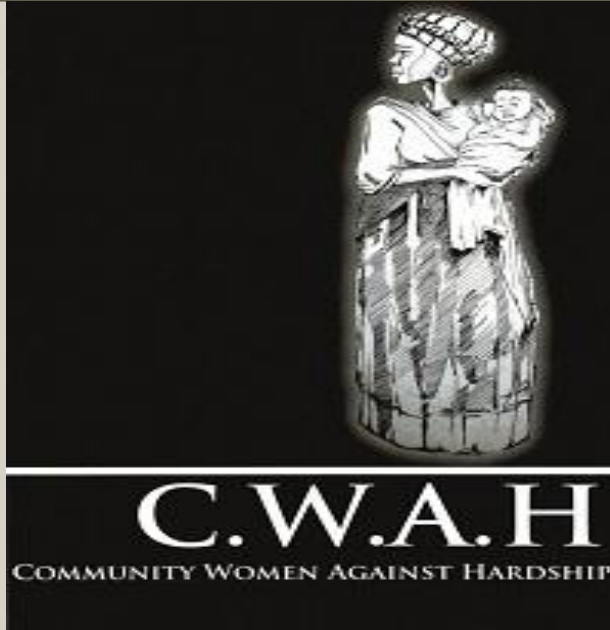
DR. EDGAR EVERETT III, D.C., PROFICIENT CHIROPRACTIC



DR. ROCHELLE G. CATUS, GYNECOLOGIST

COMMUNITY WOMEN AGAINST HARDSHIP

PROVIDING HOPE FOR THOSE IN NEED



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REMEMBER THE SEEDS WE PLANT TODAY ARE THE FLOWERS WE SEE TOMORROW



CWAH Ambassadors
9th Annual Charitable
Golf Tournament
Friday, June 6, 2014
Norwood Hills Country Club
1 Norwood Hills Country Club Dr
St. Louis, MO 63121

GOLF ANYONE?

Honorary Co-Chairs



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