



Neli's Notes of O'You Event:

*Saturday, October 7th, 2006 at Boston Convention Center O'You Launch Event
Hosted by O'Magazine, featuring Editor at Large Gayle King.*

The "one-woman financial advice power house" [Suze Orman](#) gave advice on money:

- *Be aware of your FICO (Credit) score! Work towards excellent credit, get the best rates with your mortgage, and loans.*
- *Immigrantdirect.com offers the best money market rates over 5%*
- *The best balance transfer card is the Discover Platinum Card*
- *Get Term Life Insurance Policy, not Whole Life*
- *Make a will - Living Irrevocable Trust - with incapacity clause "who will make a decision for you?"*

[Stacy London](#) from TLC's "What Not To Wear" gave fashion advice and rules for what to wear:

- *Rules: Body, Shape, Age, Lifestyle*
- *Season Favorites:*
 - *A line skirt*
 - *Straight leg jeans in mid-rise fashion*
 - *Fitted blazer*
 - *Wrap dresses*
 - *Great shoes and accessories change look and can extend life of classic clothing!*

Interior Designer [Nate Berkus](#) touched on what to consider in your home:

- *Where do you want to start? In a room you'd like to live your best!*
- *Take in your surroundings, respect where you've been and get excited about where you can go!*

O Magazine's infamous life coach [Martha Beck](#) discussed finding your North Star and using your body as a compass. She also touched on how to deal with "Have to's" in your life:

- *Bag - Avoid person, place activity or situation without creating catastrophe.*

- *Barter - Trade service! If you hate to do your work but still need to, then give yourself a treat! Hair cut or Manicure!*
- *Better - Add elements that make you happy. If you have work to do surround yourself with things you enjoy in order to have more fun with the "Have to"*

*Seeing such amazing experts on life, love, beauty and spirit made **Be!** feel so honored to be a part of it all. **Be!** was personally selected **by Emmy Award Winning Make Up Artist to the Stars, [Reggie Wells](#)**, in his workshop entitled "**Love It!**"! Reggie featured **Be!** as a brand he loves and **Be!** believes in and recommends to anyone who wants a completely polished look from face to toes! And as a 35 year veteran in the business he would know! Reggie is not only an amazing beauty professional, but he is also an excellent entertainer! His interactive workshop kept all eyes fixed on him and everyone roaring with laughter! **Be!** has said it before and we will say it once more, we are truly honored to have been apart of this fabulous experience! The O' Event clearly was another demonstration of Oprah and her team "**Doing Well by Doing Good**" and sponsoring supportive events "**For Women On Top of Their Game!**"@ Just as we at **Be!** are committed to do also by developing innovative **Be!**auty products with names that inspire!*