









# HER Agenda


SHELLEY LAKE


7 a.m.  I DON'T DO MORNINGS unless I must photograph the first light } INCOHERENT

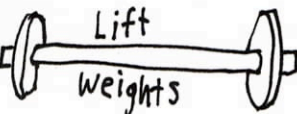
9:20 a.m.  Hot shower - YES stretch gastrocnemius and soleus, prevent achilles tendonitis  HOT TEA  take I-4 from Longwood to Winter Park - erk


10 a.m.  open doors at studio - unpredictable typically photograph and print paintings catch up on email, blast music in studio...  shoot  - CALL MOM

12:30 p.m.  grab a bowl of Frosted mini-wheats NEED LOTS of FIBER OR  ZONE BAR

2 p.m.  MORE TEA

5:45 p.m.  MORE I-4 - erk TIL 6PM

8 p.m. THEN WORK-OUT AT GYM  Lift Weights

11:05 TAKE OUT DINNER and bring over to MOM'S house then watch TV together... (MORNING JOE) -TIVO- BRITISH DRAMA TCM 

Go home and Watch Charlie Rose then DREAM... about TOMORROW



Shelley Lake

By Cathleen K. Bode

Read more at: [StyleToMe.com](http://StyleToMe.com)

> Shelley Lake, daughter of well known philanthropist Harriett Lake, is an amazing artist in her own right.

Please read more about her accomplishments at: [shelleylake.com](http://shelleylake.com) <

# ORLANDO STYLE

EVERYTHING LUXURY WHO'S WHO AND WHAT TO DO

**SUMMER  
FASHION**

**CELEBRITY  
GOSSIP  
OPRAH VS  
ANGELINA**

**BOB BARKER  
PRICELESS**

**AUDI \$5  
OPEN AIR**

**DIET  
STRESS EATING**

**TRAVEL 'N STYLE  
HOT SUMMER  
GETAWAYS**

**Real Estate  
Scams &  
Red Flags**



GOT STYLE? ORLANDO

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