CEL

OVER 40 & FABULOUS

DEFINING BEAUTY WITH EVERY YEAR

Ageless & Empowered: Celebrating the Bold Beauty and Strength of Women Thriving After 40

VOLUME I

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BE INSPIRED BY THEIR STORIES

Market Street Studio

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AGE IS THE BEGINNING OF YOUR **MOST BEAUTIFUL CHAPTER**

Welcome to Over 40 and Fabulous, a celebration of the extraordinary beauty, strength, and wisdom that come with time. This magazine is more than just a collection of portraits-it's a testament to the power, resilience, and grace of women embracing life beyond 40. Each image tells a story of confidence, self-discovery, and the undeniable radiance that only grows with age. Our goal is to redefine the standards of beauty by honoring the women who inspire us with their individuality, boldness, and unwavering spirit. This is your invitation to witness the true essence of being fabulous-at any age.

BECAUSE AUTHENTICITY NEVER GOES OUT OF

As a portrait photographer and owner of Market Street Studio, I focus on creating an inclusive space where clients can share their stories through genuine connection. I use photography to help individuals and organizations express their unique narratives. At Market Street Studio, we celebrate diversity and support our community by encouraging meaningful conversations around important social issues.



"There's power in allowing yourself to be known and heard, in owning your unique story, in using your authentic voice." - Michelle Obama





Amy P.

FITNESS & NUTRITION COACH

Looking back, what risk are you most grateful you took? As a single mom I took a risk on myself to start my own business. Having always been financially supported by a spouse in the past, this was a scary leap! But, my passion for helping other women live their best life won out. It hasn't been easy, but I have no regrets!

What excites you most about the next chapter in your life? I'm most excited about the impact I can create in changing the trajectory of poor health in our society. I imagine harnessing the power of the caregivers in society, especially women, to create this change!

What does beauty mean to you at this stage in your life? Confidence. It took me some time to find my voice after coming out of a relationship that made me feel so small. I had to dig my way out and prove to myself I could make anything possible for myself!

What are you fiercely passionate about advocating for? Health! Our society is only becoming less healthy. I believe women, especially the caregivers in our community, have the power and influence to change the direction of this trend.





Amy S.

"In a world that wants women to whisper, I choose to yell." – Luvvie Ajayi

Andrea B.

CLINICAL PSYCHOLOGIST

Name a woman who inspires you – and why does she hold a special place? My maternal grandmother, Elaine. As a young girl, I only saw her through the eyes of how she fit into her societal role. She made amazing meals, took care of six kids (and then all of her grandkids when we visited every summer), and appeared to be relatively quiet. As I came into womanhood, I had prolonged opportunities to spend real time with her, and I am forever grateful. There was so much more to her than I ever realized. As a young woman who had never left Wisconsin, Elaine joined the Navy in WWII and, against her parents' and then-fiance's wishes, set off into the unknown to serve her country. She made choices that were unheard of among her peers and lived a life that was bold and true to what she valued most.

When my own life fell apart in my 20s, she was the person who put it in perspective and helped me see how much more there was for me in the world. She loved her family and her friends fiercely and made us feel warm and welcomed in her presence. She was irreverent in her own way, something which I finally understood only very late in her life. My grandma inspired me to serve my country, first in Navy ROTC in college and then as an officer in the U.S. Public Health Service for the last 11 years. When I struggle with the pressures of being a mother and wife, I remember her example of being true to herself, filling her life with adventure, and loving her family exactly as she was.





ratul S.

IMAGE CONSULTANT & PERSONAL STYLIST

What are you fiercely passionate about advocating for? I am fiercely passionate about advocating for women to step into their true power! Too many of us find ourselves stuck in the narratives of times past, and I am honored to serve so many women on their journey toward creating a new narrative on their own terms.

Name a woman who inspires you - and why does she hold a special place? My mother, Mehjabeen, is my greatest inspiration. As a young person, I did not heed her lessons in service over self, humility over pride, forgiveness (even of oneself), and the value of connecting with others in our community. As an adult and mother myself, I have realized that these are the keys to success in life and in business. No degree ever taught me these lessons.

What does beauty mean to you at this stage in your life? Beauty, to me, is waking up every morning in a state of gratitude and peace. Living a life of love and authenticity, filled with laughter and a strong support system, void of the expectations of others.

LIFE COACH

A Chronic Diagnosis

In my late 30's, I was diagnosed with a systemic, autoimmune form of arthritis. I worked in the IT industry with Fortune 500 companies. It was high-pressure, big-dollar, deadline-based. Also, lots of travel. All of which exacerbated my health. Ultimately, I left, took some time off to get my health under control, and transitioned into working as a government contractor. I also took a salary cut. But it put me in a very strategic position. I was supporting the Chief Information Officer for that federal agency. Eighteen months later, I became a federal employee.

The Sudden Death of My Spouse & COVID

My husband unexpectedly passed away in November 2019. It was also my birthday. Three short months later, we were entering a global pandemic. Having survived the passing of my husband while simultaneously going through a global pandemic that put me in near isolation for two years fundamentally changed my beliefs, values, and goals.

I Quit My Life

I woke up one morning and realized that I was not going to be happy unless I made some radical, wide-sweeping changes. These were changes I had started thinking about during the pandemic. I decided I wanted to become a life coach and help other people who have gone through or are going through similar experiences as mine. I laid out a plan, submitted my retirement papers, and retired six months later.

Today

I sold my home in the DC area, built a small house close to my family, and started pursuing my life coaching certification. I've reconnected with some old friends, and their circle of friends have embraced me wholly. It's absolutely been a healing experience. I am launching BEYOND: Life Coaching by Beth LLC. But mostly, I'm happier and more fulfilled than I have been in a long time. I'm living life on my terms!





Camille J.

"The worst thing that we can do as women is not stand up for each other, and this is something we can practice every day, no matter where we are and what we do – women sticking up for other women, choosing to protect and celebrate each other instead of competing or criticizing one another." — Amal Clooney

Jawnita W.

"A girl should be two things: who and what she wants." — Coco Chanel





Jenne K.

HEALTH POLICY GOVERNMENT AFFAIRS

What's your secret weapon for maintaining confidence and inner peace? My faith, quality time with friends and family, and movement as medicine.

What makes you feel unstoppable? Taking good care of my spiritual, emotional, mental, physical health. You can't pour from an empty cup and for me, all those categories need nurturing.

What does living life to the fullest mean to you? Balance. I'm a Libra, so I guess that is my nature.

Imagine your younger self meeting you today. What would you tell her? Get out of your head! You are more talented than you believe.

Jina C.

SENIOR VICE PRESIDENT DIVERSITY & INCLUSION

Tell us about a pivotal moment that shaped who you are today.

I was conducting a presentation several years ago in my mid-20s. This presentation or training was for teachers who needed continuing education credits, and I had a room of about 30 people. Two of the individuals, both male, started whispering to each other and staring at me, which I assumed meant they had a question. I told the group to take a five-minute break, and I went to check on these two men, who clearly had a question for me as their whispering continued. Long story short, they indeed had a question for me, and their question was...where was my tail? They explained to me they couldn't figure out where my tail was, because I was wearing pants, and they assumed that I had a tail like a monkey or a horse, because I had brown skin. I couldn't believe it, because I was there in a professional capacity, and they basically told me they saw me as an animal. The scarier part of the whole story was that thinking wasn't limited to those two individuals, but unfortunately, a common understanding in the room of participants and the town that I was in, in upstate New York. Once I explained that I didn't have a tail like a monkey or a horse, I found the strength to complete the lesson. I didn't realize it then, but that moment forever changed my life and career path.

What excites you most about the next chapter in your life?

I'm excited because for the first time in my life, I don't know what's next. I've reached a point in my life, education, and career where the sky is truly the limit!!





Elisso P.

HOME ORGANIZER

What's your secret weapon for maintaining confidence and inner peace? Friends. I know so many deeply kind, curious, brazenly smart women who are abundantly generous with their ear, their advice, and their kindness. They teach me about myself every day.

Name a woman who inspires you - and why does she hold a special place? The generation of Olympians we just watched. They've lived through some really difficult times. They are all shapes and sizes, and all spectacular. They celebrate themselves in the best ways, and it has been an honor to be around long enough to witness Sha'Carri, Simone, and so many others bring home the gold for their countries. The kids are alright.

and celebrating how my beautiful, hardworking body exists today.

rights in all its forms.

What does beauty mean to you at this stage in your life? Being kind

What are you fiercely passionate about advocating for? Human

YSICIAN ASSISTANT

Name a woman who inspires you – and why does she hold a special place? My mom. In an area and during a time when moms didn't work, my mom was an executive at a home improvement company. She was basically the only mom who worked outside of the home when women were "supposed" to stay at home and raise a family. She created a tribe of women in our neighborhood to help take care of her children before and after school until my dad came home. She was the 1970s and '80's #bossbabe.

Looking back, what risk are you most grateful you took? I was very comfortable at a practice where I could punch in and punch out. I chose to go out on my own and build something where I made all the decisions and took the risks. I learned a lot where I was, but I'm so thankful for the opportunity and the support to move forward and be my own boss.

What are you fiercely passionate about advocating for? Women's right to feel good about themselves with hormone replacement. No one should feel guilt, shame, or fear that they are doing something wrong or making a bad health decision. All women should be able to make their own healthcare decisions and not be scared into "just accepting things as they are." That's not right.





Gennifer W.

CHIEF ADMINISTRATIVE OFFICER

"The future belongs to those who believe in the beauty of their dreams." – Eleanor Roosevelt

Julie W.

"Success is liking yourself, liking what you do, and liking how you do it." – Maya Angelou





fathleen K.

"Strong women don't have 'attitudes', we have standards" – Marilyn Monroe

Kimp.

"Leadership is about encouraging women to break their silence and tell their stories to the world." – Zainab Salbi





fimarie J.

RETIREE & CAREGIVER

therapy.

Tell us about a pivotal moment that shaped who you are today. Having to take care of my son with special needs. I've experienced something I never experienced before in my life. I had to tap into a part of me I never had before, which was a deeper love.

What accomplishment, big or small, are you most proud of? Getting through all of the challenges life presented to me. I started my nonprofit organization, Push For Love, which supports parents with special needs children emotionally and financially.

What makes you feel unstoppable? Loving myself and building my relationship with God.

What's your secret weapon for maintaining confidence and inner peace? Prayer, meditation, and natural healing techniques and

a Jaska N.

PASTOR & EXECUTIVE DIRECTOR

What makes you feel unstoppable? When asked what makes me feel unstoppable, my answer is unwavering: my faith, my family, and my community. These three pillars are the foundation of my daily life and influence every aspect of how I interact with those around me. My faith acts as a guiding light, keeping me grounded and focused on what truly matters. It shapes how I engage with my loved ones, whether they are immediate family or extended relatives, and instills in me a sense of purpose and responsibility toward my community. Relationships hold immense value in my life, and I am intentional about nurturing them. I believe that strong connections with others create a support system that can weather any storm.

In my pursuit to serve those close to me, both in my family and within my church and community, I embrace the role of "The Fixer." It's my inherent drive to address challenges, mend rifts, and find solutions. I understand I can't fix everything, but I find solace in the belief that many issues can be resolved through genuine relationships and the sharing of experiences. I am passionate about listening to others, understanding their struggles, and working collaboratively to uncover paths to healing and growth. Ultimately, this combination of faith, commitment to family, and devotion to community empowers me to face life's challenges head-on. I believe we can create a more supportive and loving environment for everyone we encounter.







laura N.

CFP® PROFESSIONAL

What's a piece of wisdom you've learned through experience that you find invaluable? Once you make up your mind, be open to feedback but don't let anything or anyone stop you.

How do you define success on your own terms? It's all about the small wins that add up each and every day.

What are you fiercely passionate about advocating for? Helping women invest for the future so they can live life on their terms.

What does beauty mean to you at this stage in your life? Beauty is about confidence, accepting who I am and what I look like at this point in my life.



MATCHMAKER

What accomplishment, big or small, are you most proud of? Bringing love into so many peoples' lives.

Name a woman who inspires you – and why does she hold a special place? My mom—she survived the Holocaust and moved her life forward by forming a family, building a business and supporting so many people.

What's a piece of wisdom you've learned through experience that you find invaluable? Don't let the "should's" in life stress you out. Focus on the things you want and need to do instead.

Imagine your younger self meeting you today. What would you tell her? That things will work out in the end. Believe in yourself!





"Each time a woman stands up for herself, without knowing it, possibly, without claiming it, she stands up for all women." — Maya Angelou

FEELING INSPIRED?

It's shoot!





filiga f.

"As you grow older, you will discover that you have two hands: one for helping yourself, the other for helping others." — Audrey Hepburn





VP OF GLOBAL ACCOUNTS

What accomplishment, big or small, are you most proud of? My family! I have always wanted to be a mom. My daughter Chloé and son Romain are truly the lights of my life and I am so proud of them.

What makes you feel unstoppable? When my clients have amazing feedback, it makes me feel like I am contributing to their success. When I am able to give back to organizations I care about, I feel like my hard work is paying off and it feels amazing to help others!

What excites you most about the next chapter in your life? I hope to soak in this chapter as much as possible first honestly. It's everything I have imagined and worked hard for! In my next chapter I look forward to being able to enjoy more balance, family, and giving back more in meaningful ways.

What's a piece of wisdom you've learned through experience that you find invaluable? A dear friend gave me the book The Miracle Morning and another shared the book The Secret with me. I found these life changing for me personally and the ideas have gotten me through some very difficult times.

Imagine your younger self meeting you today. What would you tell her? That things will work out in the end. Believe in yourself!

Madge B.

ACCOUNTANT AND PUBLIC SPEAKER

What accomplishment, big or small, are you most proud of? In 2007, I wrote my first book, "Spiritual ER," and I am very proud to be an author. I have earned two Master's degrees, in Education and Psychology, and I'm working to become a Licensed Clinical Therapist.

Name a woman who inspires you – and why does she hold a special place? My mother has been my inspiration over the years because she was never afraid to keep going and reinvent herself for what was next. This helped me not be afraid of going back to college at 39 years old and earning bachelor's and master's degrees later in life.

What's your secret weapon for maintaining confidence and inner peace? Prayer.





Margaret J.

"Every woman's success should be an inspiration to another. We're strongest when we cheer each other on." – Serena Williams



Marie C.

"The best way to find yourself is to lose yourself in the service of others." — Mahatma Gandhi





Melissa C.

PHILANTHROPY CONSULTANT

What's your secret weapon for maintaining confidence and inner peace? Fake it 'til you make it. Smiling will make you happier, no matter how you really feel. Standing tall will make you feel stronger when you're scared. Act like the woman you want to be and you will become her.

What accomplishment, big or small, are you most proud of? | invested a lot of time and energy in my family to help them be happy and know they are loved. The sacrifices I made to do it don't even seem meaningful anymore.

What's a piece of wisdom you've learned through experience that you find invaluable? "No one can make you feel inferior without your consent." — Eleanor Roosevelt

Imagine your younger self meeting you today. What would you tell her? It's going to be okay! Just do the best that you can each day and take advantage of all the adventures the journey has to offer. Don't worry about the destination. I promise it's beautiful but you'll get there when you get there.



Nancy !:

"Our lives begin to end the day we become silent about things that matter."

- Coretta Scott King





Vanezza M.

CATERER

What makes you feel unstoppable? The support of my family and the close knit community of amazing women inspires me to reach for the stars!

What accomplishment, big or small, are you most proud of? | am most proud taking chances throughout my career on young people who did not yet see their own potential. I have been blessed to be able to witness them realize how truly talented they are and how they too can help others overcome circumstances to succeed.

Name a woman who inspires you - and why does she hold a special place? My late aunt, Judith Pagani, inspired me deeply through her professional mentorship, generosity in sharing personal challenges and triumphs, and her life full of faith and dedication to family and community.

What are you fiercely passionate about advocating for? | am passionate about advocating for those, especially young women, who have yet to experience unconditional love, support and kindness.



Patrice W.

"I am not free while any woman is unfree, even when her shackles are very different from my own." — Audre Lorde





Philippon C.

– Maya Angelou."



"Determine to live life with flair and laughter."

Preti S.

"Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us."

– Wilma Rudolph





Rebecco M.

"What you do makes a difference, and you have to decide what kind of difference you want to make." – Jane Goodall

Sara M.

MAKEUP ARTIST & MARY KAY BEAUTY CONSULTANT

What's your secret weapon for maintaining confidence and inner peace? Understanding and believing in the uniqueness of who I am, there is no need to compare myself to others because we often compare our weaknesses to others' strengths. I truly believe a lot of inner peace comes from simply aging. Surrounding myself with positive women has always been a secret weapon. I'm forever grateful to be part of a culture that lifts one another up.

What makes you feel unstoppable? Momentum! One of my biggest success strategies is to keep momentum. Self doubt rarely kicks in when you are doing the things you are supposed to do! It builds confidence and that makes you feel unstoppable.

Looking back, what risk are you most grateful you took? Starting my Mary Kay business! I said no for a long time. I was a young adult without a network or knowledge of how to build a business. I thought I'd get the products I loved at a discount, but I found a lifelong passion for watching women light up because of the time we spent together.





Sarah J.

EDUCATOR, INTERNATIONAL BACCALAUREATE DIPLOMA PROGRAM COORDINATOR

What's your secret weapon for maintaining confidence and inner peace? I know who I am and what is most important to me. I know that I am good at my work and confident in the love of my family. This helps me to be confident.

What does beauty mean to you at this stage in your life? Being healthy and finding the ways that make me feel good. With that my light shines out for others to see as well.

What excites you most about the next chapter in your life? I feel like I know who I am and how to keep moving forward. I know that with this in mind I can do good things for myself, my family, and my community.

Name a woman who inspires you – and why does she hold a special place? Jane Goodall! She has taken steps in her life and work that were bold and courageous, allowing her to do more than people thought she could do and learn things no one else could have known.

Selome B.

"The most common way people give up their power is by thinking they don't have any."

- Alice Walker





Sheern S.

"I raise up my voice—not so that I can shout, but so that those without a voice can be heard... we cannot succeed when half of us are held back." — Malala Yousafzai

Sonji M.

FEDERAL EMPLOYEE

Tell us about a pivotal moment that shaped who you are today. The moment I realized the work I had done and the longing I'd felt for love and acceptance from family, friends, and partners was actually a result of my own misunderstanding of what my soul wanted, I found the peace, love, and acceptance I craved. My soul wanted me to love and accept myself just the way I was. This 'innerstanding' has shaped my commitment to my well-being.

What excites you most about the next chapter in your life? At 47, I feel like I am beginning my second act. What excites me is knowing that this time around, I have experience to draw from as I set and reach new goals.

What are you fiercely passionate about advocating for? Creating space for the voice of groups who are marginalized by systems and inequitable practices, and building their capacity to access opportunities afforded those centered by those same systems and practices.





PHYSICAL THERAPIST AND FUNCTIONAL MEDICINE HEALTH COACH

What does living life to the fullest mean to you? Before my wedding, someone gave me a great piece of advice. Make sure you stop for a few minutes and observe what is happening. Reflect on the fact that all those people came to celebrate you and your husband. I have carried that advice with me. Therefore, living life to the fullest means that you try to be present in the moment and really enjoy the experiences you are having. While we need to plan, don't get caught up in it. The present is here, so don't let it slip by.

What's a piece of wisdom you've learned through experience that you find invaluable? Perseverance. No matter what the challenge, don't give up if you truly want to accomplish that goal. As Wayne Gretzky said, you miss 100% of the shots you don't take. So take the shots and then another one, even if you keep missing because at some point, you'll hit the back of the net (or your goal).

What's your secret weapon for maintaining confidence and inner peace? People have opinions, but they don't matter, unless that opinion is coming from someone who 100% has your back. You need to live your life on your terms and do what is right for you because what is right for you may not be right for someone else.

Sunifa P.

LAWYER

What's your secret weapon for maintaining confidence and inner peace? I am "me" on social media. I don't post to get the most views—I post things that are thought-provoking to me. This strategy has opened doors for me!

Name a woman who inspires you – and why does she hold a special place? My dear friend Amanda is patient and caring, has an amazing sense of humor and analytical skills, and is skilled at keeping plants alive. She does all of this in what seems to be a constant storm of challenges.

What's a piece of wisdom you've learned through experience that you find invaluable? Constantly ask yourself if you can be neutral in a changing world.

Imagine your younger self meeting you today. What would you tell her? It will all be ok.





Sunita S.

ASSOCIATE DIRECTOR OF REGULATORY SCIENCE OFFICE OF INFECTIOUS DISEASES AT THE FDA

Tell us about a pivotal moment that shaped who you are today. Being a second-generation Asian (Indian) only child who was born/raised in rural Missouri had many challenges. These challenges created self-doubt due to not looking like the rest of the kids, being bullied, having braces, not being athletic enough, being the nerdy "brown" girl, and having a name and cultural background that left me ashamed of my entire identity. My life changed with each passing decade, from leaving home at age 13 to attending a culturally diverse boarding school in Chicago to explore my identity and independence to college in St. Louis, MO, back to Chicago for my PhD, then to Washington, DC. I spent my 30s building my career as a wife and a mom. However, my pivotal moment came when I saw a picture of myself at age 40-the person staring back at me was overweight, tired, uncomfortable, and the same insecure girl as back in rural Missouri despite her many accomplishments. I decided it was finally time to be me: an athlete, a musician, someone who will never be bound by labels again.

Looking back, what risk are you most grateful you took? I'm very grateful for leaving some relationships that left me depleted and seeking resources to help to build me back up. I learned that you are not what others say about you, you are only what you believe about yourself.

Sugarne J.

PSYCHOTHERAPIST SPECIALIZING IN WOMEN'S MENTAL HEALTH AND POSTPARTUM ADJUSTMENT

What makes you feel unstoppable? I am not sure that I ever completely feel unstoppable. But I am working on that! I am trying to do one or two things that scare me consistently. Once I tackle "the thing" that I thought scared me and get through it, it makes me feel more and more confident. For example, public speaking definitely makes me nervous, but in recent years, I have taken this on and am beginning to feel more confident in that space. I think sometimes we have to feel scared and push ourselves forward even if the outcome is unknown. There is always learning if we keep moving and don't put barriers up before we even start.

What does living life to the fullest mean to you? It means I have a sense of purpose whether it's a job or a hobby or something that inspires me every day. It also means that I have people in my life I feel connected to, love, and that these relationships are reciprocal. It also means having new experiences, traveling, enjoying great food with family and friends, swimming in the ocean, hiking, and celebrating big milestones.

Looking back, what risk are you most grateful you took? I remember being so scared to open my own private practice. It felt very vulnerable as it was all on me to make this type of business successful. I am so thankful I took the risk 9 years ago and I am happy to say it is thriving and doing well.



Market Street Studio

PHOTOGRAPHY

READY TO HAVE YOUR VOICE HEARD?

Book your shoof!



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