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Barbara Vernoski is Crowned Mrs NJ American Queen 08

(Glamour Shots Rockaway NJ)

Barbara Vernoski Crowned Mrs NJ American Queen 08 in Cherry Hill NJ

BARBARAVERNSKI@NAC.NET • READER SUBMITTED • APRIL 17, 2008

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Barbara Vernoski takes the Title of MRS NEW JERSEY American Queen

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You're never too old to try something different and new. At almost 45

years of age **Barbara Vernoski**, mother of 7, including a special needs

child was crowned "MRS NEW JERSEY" in the Mid-Atlantic American Queen Pageant in Cherry Hill, NJ. The Mid-Atlantic Regional pageant

included: New Jersey, Pennsylvania, Virginia, and included categories

of Jr Miss, Miss, Mrs, and Ms. She won 4 overall awards: Mrs. New

Jersey, 1st in interview, 1st in community service, 1st in personality and scored 2nd in total points among all contestants in all categories. As each one of the medals were given out, her husband and children's eyes filled with tears, "she selflessly does so much for so many other people, now she is finally being rewarded for all her hard work" Remarkably she won all this while competing against women half her age. Rachel, one of her daughters disabled with Spina Bifida and confined to a wheelchair, and Emily were also in the pageant's noncompetitive division. Barbara had to hold back tears and hold on to her false eyelashes when she saw Emily pushing Rachel down the runway.

Barbara says she was, "kind of a nerd in high school and never had

tried anything like this before in her life." At 44 she is a well-rounded person. People describe her as compassionate, inspiring, a visionary. Professionally, she is a Nationally recognized motivational speaker, published writer, and Professional Executive Corporate & Personal Empowerment Coach, Owner and founder of "Restoring Life Coaching". Barbara is a Certified Empowerment Coach, and a Certified Energy Leadership Coach. She holds a BA in Church Ministries, has pursued Aeronautical Engineering and

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Aviation studies, including completion of a private pilots Ground School. She recently finished her thesis for her Masters Degree in Theology. Barbara is currently enrolled in a practitioner program, studying Neuro-Linguistic . Programming for Marriage & Family Therapy credits.

Her greatest achievement is her incredible family! She says that,

"her 23 year marriage has faced every kind of trial and tests

imaginable." Yet they have come out the other side better then ever.

Barbara's family is very unique because it is very large! She has 7

children ages 7 to 21 years and has home schooled them for the past 17

years. Her husband Paul is a pilot for American Airlines and is gone often, she says, "usually when a major appliance breaks or the electricity is

out." Her family is very involved in the community, her 3 older

daughters, Kristen, Sarah and Hannah are involved in the Sussex Co.

Youth Orchestra, where they went to China last summer. Her son

Nicholas and the 3 daughters listed above were involved in Civil Air

Patrol. Jacob is involved with Stillwater baseball. Their family is

very compassionate and inclusive towards disabled people where. Their

whole family is very involved with their church activities, at the

Evangelical Free Church of Blirstown.

Much of Barbara's time is spent caring for her family. Everyone

pitches in and works well as a team to get everything done during the

day. She spends lots of time cuddling, kissing boo-boos and mending the

broken hearts of her teens. Also having to take care of the medical

needs of Rachel. She cooks, cleans and drives for a small army.

Homemaking is also where she expresses her creativity

through decorating, painting, sewing, knitting, smocking, canning

,gardening and photography. She has won many blue ribbons at the State

Fair. Her family has had many opportunities to travel, whether on trips

with her husband or together on 7 week camping trips. She has a

creative passion for the arts, has a lyric soprano voice and also plays

the clarinet. Recently she has had fun learning everything about pageants and taking time to pamper herself.

Even with her full schedule she has time for community service and

volunteerism. Especially in the area of empowerment and leadership of

women. She volunteers as Regional Speaker Trainer for New York/New

Jersey area. She oversaw, coordinated and was responsible for hundreds

of women during monthly New Jersey events as an Area Rep for Stonecroft

Ministries. For many years she has taught classes to children of many

ages, on personal development through a Fine Arts program. Community

service is a family event. They have raised money to help another

family adopt a special needs child from China. "We help other parents of children with disabilities. We also provide childcare for a mother of three children (one was autistic) that was in an abusive relationship, and went back to school". Her family reaches out to touch the hearts of Veterans, through a nonprofit she started called "A Little Child Will Lead them. "My business allows me to donate my services of coaching, speaking, workshops and writing to individuals and non-profit groups."

American Queen is known as a "pageant with a mission" DASH program is supported by this pageant. DASH stands for Domestic Abuse Stops Here. It provides educational programs for Jr High and High school kids, to educate them about abusive relationships. To find out more about DASH go to DashFoundation.net.

"I learned so much about myself through all this. I have showed my 5 daughters, 2 sons and other women that you can do anything you set your mind to." She wants to use the winning of this pageant to encourage, empower, equip and motivate people, to give them hope. To help get them from where they are to where they want to be. If ever you have dreamed of what it would be like to feel the exhilaration of entering a pageant, I can tell you that as a Mrs. New Jersey, American Queen contestant, your dreams will be fulfilled and then some!" She is going on to represent New Jersey in the National Pageant in July.

Barbara is available for appearances, workshops, retreats and is looking for sponsors for the national pageant. Barbara can be contacted several ways RestoringLifeCoaching.com, TheBusyMomCoach.com , MrsNJAQ08@yahoo.com 973-670-0876 Support can be send to PO Box 516, Blairstown NJ 07825

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