



Top Ten



Top Five

Over 40 and Fabulous!

Whether they're donating their time to charity, helping out friends and family or just enjoying time with loved ones, these 40 amazing Atlantans are tireless in their efforts to improve themselves, others and the world around them. We received numerous nominations from friends, admirers, co-workers and family members who were all eager to share their pick for Best Self's Over 40 and Fabulous. We were overwhelmed with the response and also excited to see that there were so many people out there making a difference.



PAMELA ATKINS

Age: 44 years young and counting.

Fab Factor: Pamela is in great shape physically and mentally. In 2010, she summited Kala Patthar and trekked to Mount Everest Base Camp. She is a wonderful single mother to her son, TJ. By profession, she is an attorney advocating on behalf of persons with disabilities. *-Nominated by a friend*

What inspires you? Nature, beauty, masters of the written word, travel, new born babies, a mother's love, children, life's simple gifts, and my son.

Your best piece of advice? Think about what you really want for your life (your best self) and then ask the question Are my actions consistent with my desired path? On any road, true kindness, honesty and love never fail! Despite difficult challenges or tragedies, "write it on your heart that every day is the best day in the year." (R.W. Emerson)

Name something on your Bucket List: a year of living abroad engaged in cross cultural volunteerism.

Who do you admire: I admire aspects/characteristics of different people such as the resiliency and fortitude of my disabled clients. I have great admiration for people who have achieved success and taken a place in our society as true philanthropists.

What famous historical person would you want to meet: Thomas Jefferson or Leonardo da Vinci.