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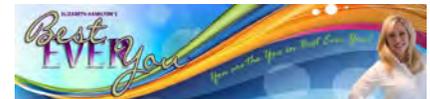
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Buffalo, NY	8/13/2011	Boston, MA	9/25/2011	Dallas, TX	10/22/2011
Indianapolis, IN	8/20/2011	Columbus, OH	9/25/2011	Detroit, MI	10/22/2011
Seattle, WA	8/20/2011	Atlanta, GA	10/1/2011	Los Angeles, CA	10/23/2011
Baltimore, MD	8/27/2011	Austin, TX	10/1/2011	Ridgewood, NJ	10/23/2011
Nashville, TN	8/27/2011	Las Vegas, NV	10/1/2011	Charlotte, NC	10/29/2011
Houston, TX	9/10/2011	Portland, ME	10/1/2011	St. Louis, MO	10/29/2011
Kansas City, KS	9/10/2011	Westchester, NY	10/1/2011	Raleigh, NC	11/5/2011
Minneapolis, MN	9/10/2011	Milford, CT	10/2/2011	San Diego, CA	11/5/2011
Denver, CO	9/11/2011	Philadelphia, PA	10/2/2011	Tampa, FL	11/12/2011
Chicago, IL	9/17/2011	Salt Lake City, UT	10/8/2011	Virginia Beach, VA	11/12/2011
Lansing, MI	9/17/2011	BJ Hom Memorial 5K	10/8/2011	Tempe, AZ	12/3/2011
Long Branch, NJ	9/18/2011	California Bay Area	10/8/2011	Virtual Walk	12/10/2011
Pittsburgh, PA	9/18/2011	Long Island, NY	10/9/2011		
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Best Allergy Life

I have Anaphylaxis (life or death allergies) to multiple foods.

I have been resuscitated twice.

I have fought for my life in the ER 18 times now.

MedicAlert Foundation has helped save my life on many occasions.

MedicAlert ID is for any medical condition—
I wear mine for these life or death food allergies.

I devote much of my time helping teach people about food allergies, and have started a few websites for resources and networking: www.bestallergy.com and www.bestallergynetwork.com are two of these websites. Because of my allergies, I started a nut-free cookie company in 2002 called Maine Cookie Company, and have handmade and donated around 90,000 cookies to kids since then.



Why MedicAlert Foundation?

I joined MedicAlert on April 16, 1998 – one year after having my second son. After having him, I kept having these episodes of hives, blood pressure drops and digestive anaphylaxis.

It took a year of putting two and two together to discover the severe allergy to nuts and shellfish. Back in 1997, food allergies were not so common and definitely weren't really talked about.

I've been resuscitated twice now and nearly died many more times than that, and on more than half of those occasions, my MedicAlert bracelet has saved my life. I have a few specific stories I'd like to share. I asked my family what they thought was the scariest episode and they all felt this one was the most severe:

1999 - 6 Months Pregnant

When I was six months pregnant with my third son, my mom gave me a cookie with walnuts in it. At this point we knew I was allergic to peanuts and almonds, but not walnuts, so I went ahead and ate it. She also said, "Oh, you've eaten these your whole life," and so I trusted my mom and ate the cookie. However, I fell over about two minutes later in distress. No one in my family really understood the severity of my allergies until that moment, and I hadn't really talked too much about them because I found the allergies so embarrassing.

My husband said "Call 9-1-1!" When the ambulance arrived, he told them about the allergies and showed the EMTs the MedicAlert bracelet. I was in and out of consciousness. Due to being six months pregnant, the emergency crew administered massive amounts of a saline-type solution through an IV to flush my system, but because of my pregnancy, it was decided the Epi-shot could not be given. I was in the hospital with this allergic reaction for several days while monitoring

our unborn son's health. I was fine – we added walnuts to the list of allergens.

I'm telling you about this episode first because it was the scariest to me as well. The life of our unborn child was in jeopardy during this reaction. Now, in 2011, words still can't express how terrifying this allergic reaction was, as well as how we appreciate how everyone involved so quickly responded.

Being Resuscitated

The reaction that prompted me to join MedicAlert was even before that one, however. One year earlier, not knowing I was allergic to any nuts, I ate a bag of almonds with lunch. Everyone at work that day kept telling me how sunburned I had gotten and I couldn't figure it out because I wasn't out in the sun.

I drove home and decided to meet my husband at Starbucks. I made it as far as the front door, where I collapsed outside on the sidewalk with gut-wrenching pain and hives, and I could feel my blood pressure starting to nose-dive. (Because we were still uncovering these allergies, my husband really had no idea what was wrong with me, but luckily from an episode a few months earlier, I was carrying an Epi-shot.)

My husband administered the Epi-shot in the car on the way to the hospital and when we arrived, my blood pressure was 60/30 and still going down. The doctors treated me at first as though I had overdosed on a drug, because no one really knew what was wrong.

The doctors resuscitated me from a reaction to almonds.

It was official. I had Anaphylaxis and the doctors urged me to join MedicAlert Foundation.

Over the next several years of eating other people's cooking, eating out, and at various other events, I have had numerous other life-threatening reactions and yet another instance of being resuscitated.

Best Life with Allergies

I've had to ask several airlines, many times now, not to serve their packets of nut snacks, or allow anyone on board to open anything with nuts in it, but overall I think the allergy is under control. The last episode I had, the ambulance crew and ER crew were able to easily save my life, just by spotting my MedicAlert bracelet.

I try to joke with people that I am probably the only person above the age of 10 with true anaphylaxis to nuts and shellfish. It sort of eases the pain for me of having to deal with my eating issues, but also raises awareness and often becomes a talking point where someone will say to me, "I know such and such and she has the same allergies or even yet, lately, I've heard, "Hey, I have that also."

Hearing that, I immediately look at their wrists or neck and usually find that they are not wearing a MedicAlert, and may not have ever even heard of it. I have helped thousands of others who now wear a MedicAlert, most of whom are children allergic to peanuts. Just by making people aware through these discussions, I really feel I am helping save lives same as mine has been saved on numerous occasions.

I sincerely hope this will inspire you to not only wear a MedicAlert bracelet if you need to wear one, but to also tell your own story, and donate to MedicAlert if you are able. That way others will know how MedicAlert can make a difference during a life-threatening emergency and that you will know your contributions are going to a worthy cause.

All My Best,

*Elizabeth Hamilton-Guarino
Certified Professional Life Coach
Best Ever You, Founder and CEO*

Elizabeth Hamilton-Guarino

Mrs. Maine
INTERNATIONAL

Helping save lives with



The Way We Were



The other night, I drove 2 hours to have dinner, and then drove 2 hours back home. Was it worth it? You bet it was!

You see, thanks to Facebook, I managed to re-connect with several friends from high school, and we all live within a few hours of each other. I've heard the arguments: so and so never bothered to stay in touch after high school, so why now...they didn't like me back then, so why should I friend them now...and, of course, the "who are you? I don't remember you at all..." So really... why now?

We humans are social creatures. Even the most introverted of us has a need, a desire to be liked, and to like, as well. Those we've found online after a period of years share a unique connection with us, a moment in time that for many of us holds something that is elusive and that is unable to be re-captured. Some of us may not WANT to re-capture that moment, as for many, the high school years hold memories of awkward moments and teen-aged angst from unrequited love. Nevertheless, I seem to find some comfort in finding old friends and acquaintances and re-connecting.

This particular evening brought together seven women, now aged 50, whose lives intermingled for a minimum of a couple of years, and, for others, entire childhoods. It felt, to me, like the cogs of a wheel that meshed together in a way it never did back then. Two of the seven were closer friends of mine than the others...two of them were closer friends with one of those friends, and two of them were part of my crowd my sophomore year,

but not the others. It was a jigsaw puzzle with all the pieces on the table, and we were able to form a new picture out of those pieces.

Will we do it again? Of course! In fact, we can likely do it on a semi-regular basis. It was healing in a way to a couple of us in the group that have encountered some gaps in their memories during recent health issues. These health issues have impacted what they remember from back then. Each of us now have new memories that have supplanted those old memories, and for those of us that were having difficulty putting things in place, those few missing pieces of their lives are back in clear view.

It's time to make new memories, and develop some of those friendships that have roots in our pasts. Reach out to those friends that you've grown apart from. You might be surprised to find that you can help them put some pieces together from the past that have eluded them. You might be surprised to find that they may not have reached out to you, because they may think YOU didn't want to! Leave those pre-conceptions at the door, step inside, and re-build those friendships in the here and now. You may just help someone heal, and not even know it...and you will be a better person for it. And a few hours of laughter is oh, so good for the soul.

Liz Foley, Editor-in-Chief

Come home to Maine.



Home is where the heart is, and it's time to make Maine your home. As you enter into Maine, a sign welcomes you, saying "Maine, the way life should be." And it's true. So few places offer the amenities that Maine does: beaches, mountains, lakes, pastures, quaint country villages, and cities brimming with opportunity are all within your reach.



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HALFTIME ADJUSTMENTS

I'm a performance consultant but before I started my consultancy I spent twelve incredibly rewarding years as a college lacrosse coach. At my core that is still who I am and how I self-identify... Coach Bru, teacher and coach. If you looked up the terms teaching and coaching in Webster's dictionary, it would tell you that to teach is to coach and to coach is to teach. If you asked anyone who knows me well that is what they will tell you I do. I look to find teachable moments in almost everything, whether it is improving my own business, a life lesson from my daughter's day at school, coaching a student-athlete or consulting with a client who can't see the forest through the trees.

The first half of 2011 is over and in the books. So this month's article is dedicated to halftime adjustments. If you've ever watched a sporting event on TV you will see the analysts during the postgame show interview the coach and ask him what adjustments he made at halftime to win the game. If it is a come from behind victory you will sometimes hear the sideline reporter ask a player "What on earth did the coach say to you guys at halftime to get you to play so much better in the second half?"

Well, it's mid-year, and you're in the sport of business, so consider me your sideline reporter. Halftime is a key time for a coach; it's where you really earn your money. You make adjustments and changes based on what is working and not working. You share information with your team and inspire them. Good coaches, like good business owners, go into the game with a clear game plan – a plan that accentuates your strengths and minimizes your weaknesses. I trust you do that in your business, right?

Things don't always go according to the game plan and I have coined a term for that. It's called "Life". So when the game plan isn't working to perfection, at halftime the coach will bring the team into the locker room to regroup and adjust a

little. Over the years, I've found that when it comes to halftime, less is more. Less strategy, less critique, less negativity, just plain less information. You don't want to give your team information overload or you run the risk of them suffering paralysis by analysis and not being able to execute anything well. So what I do at halftime is get everyone refocused on the one main thing we have to do well to win.

Less is more in the sport of business too. There are just too many emails, too many phone calls, too many interruptions. We live in a self-created, self-imposed society of information overload. Instead of focusing on that, focus on the one main thing you have to do to get the win. This is the key to being a peak performer; keeping the main thing – the main thing.

I'm going to take you through an exercise I do with my team at the beginning of the season. I realize it isn't the beginning of your "season" but it also isn't too late to do this yourself. Each year we discuss what we need in order to achieve our goals as a team and we come up with a trigger word to serve as a focal point for the program for year. I also have each player to individually come up with the best word to represent that person's focus as a member of the team. Then we post them on the inside of each locker so everyone can hold each other accountable.

Back in 2002, our team motto was dedication. Before the year began, we felt we had the potential to have a very special season, but the only way to turn potential to performance would be through dedication. Not just by "being dedicated" but also by each person dedicating their efforts to a higher purpose. So, each member of the team dedicated the season to someone special who made an impact in their lives. I dedicated the 2002 season to my father who lost his battle with cancer two weeks before our season began. Dedication would serve as our trigger word to reflect on when adversity hit, when in a slump or when we had to find the reserves

in the tank to push through late in a game. I think it worked. We advanced to the NCAA Final Four, had our first winning season, six of our ten wins were one goal games and we finished the season ranked third in the country.

I continue to do this myself as a consultant, speaker and author. My trigger word this year is balance. I spend a lot of time speaking and consulting, and when I'm not on the road I'm either writing articles or putting the finishing touches on my book. The schedule can be exhausting at times. How do you juggle a crazy schedule and stay healthy? Balance! If I want to be performing at as high a level in the second half of the year as the first, I need to maintain balance in my life. Balance to me is about successfully balancing work time with family time as well as rest time. I know that it takes balance in all areas in order to fully enjoy any one of those areas.

I encourage you to do as my teams and clients do. Take an index card, engage in some self-reflection and then write down the trigger word that will help give you the right focus and purpose to make the second half of 2011 an absolute game changer. Share this word with the people closest to you at home and at work, they will be your best accountability partners. Then post your index card in a strategic location where you will view it often over the course of your day. Locations I recommend are: on your desk, above your monitor, on the office door or wall and on your mirror at home. This will help you maintain your focus.

While this is an effective strategy for you as an individual, imagine the difference it could make if you shared it with your team; whether that team is your family, co-workers or employees. I have been doing this with my teams for years; I do it myself and teach athletes, executives and entrepreneurs to do the same. I've seen the results first hand so I know it will work for you!!

Positive thoughts lead to powerful actions. Take your trigger word, focus on it and use it to make the second half of 2011 an absolute game changer.

This month's "Bru Tips" are in the form of some introspective questions:

1. What is the one main thing you need to do well to stay ahead or get ahead of your competition? What needs to change in the second half to make this happen?
2. What changes do you want to see in your business or yourself?
3. What needs to take place to re-motivate you for the homestretch?

John Brubaker teaches audiences how to obtain better results in business with straightforward tools that turbo charge performance. Author of the forthcoming book *Overtime Victory: Success Strategies From The Locker Room To The Board Room*, John uses a multidisciplinary approach to help organizations develop their competitive edge. John Brubaker brings more than fifteen years of experience in Leadership Development, Coaching and Human Resource Management to his work as a consultant, speaker and author. He is a 1992 graduate of Fairleigh Dickinson University with a bachelor's degree in psychology and he also earned a master's degree in personnel psychology from FDU in 1993. Brubaker has completed his doctoral level coursework in Sport Psychology at Temple University. For more information visit: www.coachbru.com



How to Deliver Difficult Messages in Difficult Times

“I can’t give you a raise at this time, and you are very valuable to the company.”

“For the foreseeable future, I only need you to work part time.”

“I know we have worked together for a long time, but we won’t be needing your service for now.”

Conversations like these are happening more frequently now, and they are never easy. It seems I am coaching entrepreneurs to have these very difficult conversations on a regular basis.

One business owner recently decided to offer her employees (all 27 of them) furloughs: every other Friday off (unpaid). She made this decision instead of reducing staff, because she knew that once things got better economically, she would need staff again and did not want to go through the expense and time of recruiting.

She spent a few sleepless nights, thinking about how to frame what she needed to say. Did she say it to the group or speak individually to each employee? How could she tell her staff the news without transmitting fear about the future? We sat down and made a plan:

1. She would convene a meeting with her three managers, and let them know what she was thinking and ask for their input and their confidence;
2. At a staff meeting, she and her management team would announce company results and what was being planned;
3. Immediately following the staff meeting, she and each manager would call in their respective team members, one at a time. During those 15-20 minutes, she would explain the economic impact on that employee, and reinforce that each person was a valuable member of the team. Each employee would have the opportunity to ask questions;
4. The following Monday, each manager would meet with his/her team, outlining workflow, assignments, etc.
5. Her door would be open to anyone who had ideas or concerns.

The communication took place and of course, employees were worried, but they stayed with the company, maintaining a high level of productivity. They worked hard and were loyal not only because jobs are hard to find, but because they felt respected and cared about.

Some rules of thumb when you have to deliver a difficult message:

- ALWAYS be compassionate when delivering difficult messages. You might be uncomfortable, but the recipient is more uncomfortable. This is true even when you are firing someone.
- Difficult messages are usually relatively short conversations. Belaboring these conversations usually doesn't bring better results, and only ends up in exhausting everyone.
- Speak for yourself and not anyone else. Saying things like, “everyone agrees...” will lead the other person to ask, “Who else?” That will take the conversation off track, away from what you intended.

Be clear about what you want to accomplish in the conversation.

- Don't try to have the other person be empathetic to you – they are the one receiving the bad news.
- Acknowledge the other person's point of view as well as his or her emotions. Saying things like, “I understand how upset you are” will go a long way to calm the other person as much as possible. Be sure to acknowledge their emotions without saying something like, “I can see how you feel, but this really has to happen.” The key word to eliminate is “but,” as it negates the empathy. (Say “and” instead!)
- Keep your discomfort to yourself, as you are not in the hot seat. “This hurts me more than it hurts you” is counterproductive.
- Never say things like, “Now don't be upset.” It always has the opposite effect!
- Have whatever facts, analysis, etc., readily available.

ANOTHER STORY – Mary has a company that has been growing, even during these challenging times. This company is her first entrepreneurial attempt, after having worked for others her entire career of 18 years. She currently has 19 employees. Five of the employees are related to her. One of those five, her Mom, is the receptionist. One thing I noticed when visiting, was that her Mom never smiled, and didn't greet visitors in a very welcoming manner. We discussed this, and Mary was extremely uncomfortable about addressing the issue with her mother. After talking it over, and helping Mary to find a comfortable way of dealing with the situation, Mary spoke to her Mom at the end of a day, when no one else was around.

“Mom, I love having you here, and working with you. This is so exciting, as you are participating in my dream coming true. In order to succeed, I need you to be more positive – smile more, greet everyone in a friendly manner. I know you can do it, because you are a positive person. The first impression my clients get is you, and you can make their experience a great one! What do you say?”

Mom shifted her manner, their relationship did not suffer, and clients remarked how great her Mom was!

Delivering difficult messages can be done. As a business leader, whether times are easy or challenging, you have the responsibility of delivering news that is crucial. Be empathetic, and those getting the news will be able to listen. Good luck!



Dr. Diane Katz has worked with organizations and professionals for over 40 years. She holds a Masters Degree in Organizational Psychology from Columbia University and a Ph.D. in Conflict Resolution from Union Institute. Her consulting company, The Working Circle, provides organizational development, human resources, teambuilding, training and coaching to organizations of all sizes. Her newest book, “Win at Work! The Everybody Wins Approach to Conflict Resolution” is now available. www.TheWorkingCircle.com

BodySpeak: 5 Ways You May Be Sending the Wrong Message (and what to do about it)

Body language is a universal form of communication. Sometimes, though, our messages get mired in our mannerisms. When the information our body sends is different from the message we intend to relay, we can easily end up being misunderstood.

Take Samantha*, for example. Samantha, a professional in her mid-thirties, was struggling to make eye contact. The whole thing stemmed from an uncomfortable conversation she had months ago, where she was publicly lambasted by a superior for a simple error at work. It subsequently blossomed into full-blown body language evasion.

Samantha's inability to look at others was taking a toll on her success. After all, it's hard to do business with someone whose soul you can't see. Her flagging confidence led to fewer sales, seriously affecting her – and her company's – bottom line.

It was a concerned colleague who suggested that Samantha seek help. We worked together to rebuild her image, from the inside out. It wasn't easy, but Samantha is once again able to express herself with composure and pride.

Ensuring that your point is being well received can be as simple as adjusting your body language. Here are 5 suggestions to help you overcome some of the most common body language blunders:

Listen with your eyes: It's easy to be distracted by electronic gadgets, but whenever we look away from someone who is speaking we inadvertently send a message that we're not paying attention to what they're saying. When you are in conversation with someone, show that you are fully engaged by making eye contact with them instead of with the screen in your hand.

Get a grip: A handshake can set the tone of a relationship, especially in business.

Yet most of us really don't know how our handshake feels to others. Is it too limp, too strong, too soon? Make sure that your handshake sends the right message by standing up when you shake someone's hand, grasping their palm instead of their fingers, and having a comfortable, firm grip.

Open up: Crossed arms can be read as a barrier, so make a concerted effort to have your arms naturally by your side. You can also add depth to conversations by using your hands to enhance your point. Practice open body language by looking in a mirror or asking a trusted colleague or friend to provide feedback about how you're coming across to others.

Say 'Cheese': A sincere smile comes from the heart and speaks volumes. Smiles are universally understood because they are a direct reflection of our choice to be pleasant and welcoming. Start sharing your positive outlook by intentionally smiling more often.

Create your own virtual reality: Even when we're not present, other people can see us through the messages we send electronically. Demonstrate your level of confidence by creating a virtual image that mirrors your physical presence. Let others know that that you mean business by communicating professionally no matter how you are connecting.

Cultural, generational and even technical factors can also play a role in how we are perceived by others. Don't let your meaning get mixed up. Whether you're in the same room as someone or sending messages in absentia, always remember to stand tall, beam with confidence and warmly welcome everyone who crosses your path.

*name changed out of respect

'What you do speaks so loudly that I cannot hear what you say.'

– Ralph Waldo Emerson



Sue Jacques is The Civility CEO™, a corporate civility and image consultant who helps individuals & businesses gain confidence, earn respect and create courteous corporate cultures. Sue proudly promotes respect in the workplace. Do you have a corporate conundrum for The Civility CEO™? Please send it to advice@TheCivilityCEO.com. Your question could be featured in an upcoming column! www.TheCivilityCEO.com

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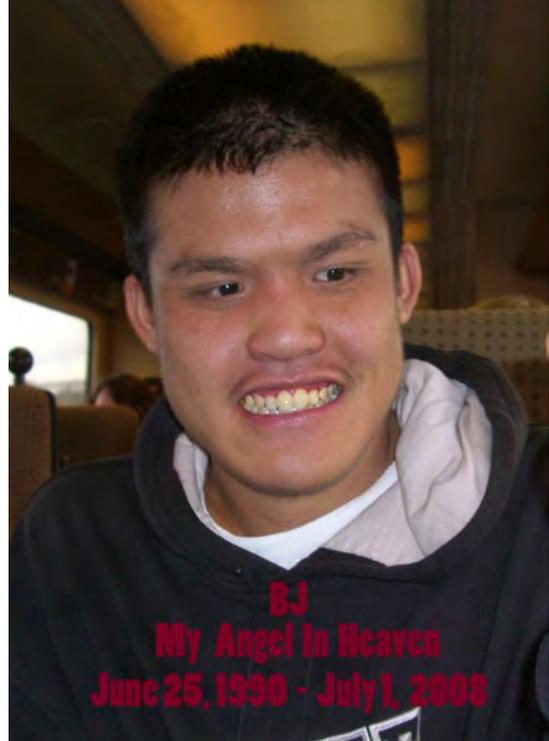
In Memory of BJ Hom

By Elizabeth Hamilton-Guarino

It is a trend that is on an upward climb. Food allergies are on the rise, especially in younger people. It is estimated now that at least 1 in 13 children have food allergies.

Most people think of an allergy as hives, but Anaphylaxis, is an often fatal reaction to eight common foods: peanuts, tree nuts, milk, soy, wheat, gluten, fish and shellfish.

With allergic reactions, they often get progressively worse with exposure to the allergen, as appears to be the case with BJ Hom, who lost his life in 2008.



His dad, Brian Hom has vowed to spread the word about the severity and hidden dangers of food allergies. He lost his son BJ, who died from an allergic reaction while on vacation in Los Cabos, Mexico to celebrate BJ's high school graduation and his 18th birthday.

After eating at the dinner buffet, BJ said, "Dad, my throat hurts. Can you get me some cough drops?"

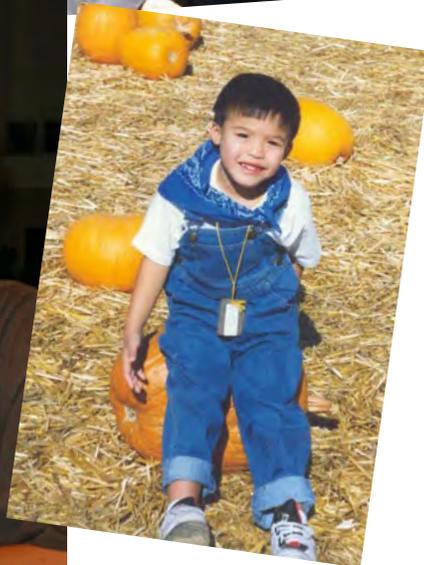
"Those were the last words I heard my son BJ ever say," said Brian Hom.

BJ and his dad went to the gift shop to purchase cough drops and afterward BJ took the cough drops and walked away with his Mom. Minutes later BJ's lips turned blue and his face pale, gasping for breath. He died that night from an allergic reaction to peanuts in a dessert from the dinner buffet.

"It was like someone reached in and ripped our hearts out," said Brian Hom, BJ's dad, after witnessing his son's death in the resort lobby.

Since then, Hom has been speaking about the dangers of food allergies and educating people about protecting themselves and their children from a possible life-threatening or deadly reaction.





“BJ had never been tested for food allergies, but he knew from his experience with fish – and the hives he’d get when eating peanut butter – that he should avoid certain foods. He seemed to manage these relatively mild reactions with antihistamines and did not carry an epinephrine auto-injector. We always heard the stories, but we thought every time he’d get a reaction it would be these hives or itchy throat and he’d just feel uncomfortable,” Hom said. “We thought, OK, then, we’re safe. You don’t think it could get to the fatal stage.”

After BJ’s death in July 2008, Hom had his other sons, Brandon and Steven, tested for food allergies. They both tested positive for peanut allergy, which may have explained why Steven broke out in hives after eating the same dessert from the buffet that led to his brother’s death.

The Homs make sure to have an epinephrine auto-injector around all the time for Steven, who is now 15. But Brandon, 18, says he doesn’t need to carry one, because he had no reaction to an oral test for peanut allergy.

“I would like to tell the world to be vigilant, do not assume that a mild reaction to food reaction will lead to a full blown Anaphylactic Shock which will lead to sudden death. I wish we had a second chance for BJ. But we don’t. So I am doing everything I can do to protect my other two sons and to educate the world so one else has to suffer a loss like my family has. Losing a child is a parent’s worst nightmare. You never think about burying your child and to lose a life to food is unthinkable. I am raising awareness with FAAN’s (Food Allergy and Anaphylaxis Network) 1st Annual BJ Hom Memorial 5K Run in San Jose, California,” said Hom.

**To participate in the BJ Hom Memorial 5K Run
or for more information visit:
[http://www.foodallergywalk.org/site/TR/2011Walks/
2011Walks?fr_id=2020&pg=entry](http://www.foodallergywalk.org/site/TR/2011Walks/2011Walks?fr_id=2020&pg=entry)**

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Meet Andrew Morrissette

Andrew is 12 ½, carries an EpiPen, and is a member of MedicAlert Foundation.

He has had two allergic reactions, both of them resulting in Anaphylaxis: One at two years old to cashews – which is how the allergies were first discovered. Then this past year with peanuts . . .

Andrew's Story (in his own words):

On Tuesday, January 11, 2011, I experienced a terrible thing that could have been prevented. I was in the hallway waiting to go to snack and my friends were eating muddy buddies. I felt I needed to eat them because everybody else thought that they tasted soooo good. I ate it and it all went downhill from there.

I went to the nurse's officer to tell her my stomach hurt and she told me to wait. I sat there, and then I told her I just eaten a peanut – and then she freaked out. She gave me a 50 ml dose of Benadryl and I sat there on the bed. My pulse dropped and my face turned pale.

The nurse gave me the Epi-Pen, then I went to the hospital. Then five hours later I was back to normal. What a terrible experience.



Look Out World, Here Comes Alexis!



By Rani Shah
(writer and local mama, sharing my peace!)

Every once in a while we come across amazing situations and amazing people. It is these times that I cherish because I know I will only learn and grow from them. This is one such story of a very inspiring little girl.

Alexis Fellows is, in my eyes, a perfectly wonderful role model. No, she isn't a scholar, scientist or superstar athlete... not yet anyway! She is a 10 year old girl living life to the fullest, despite her life threatening food allergies.

According to a recent CNN article, a new study in the journal Pediatrics reaffirms this "growing problem of food allergies among young people. Researchers found that 8% of children under 18 in the United States have at least one food allergy. In the past, estimates had ranged from 2% up to 8%, adding to the growing body of evidence that increasingly more children have food allergies. Even more striking, among those with food allergies, about 39% had a history of a severe reaction, and 30% were allergic to multiple foods. The most common food allergen was peanuts, followed by milk and shellfish."

If Alexis were to ingest an allergen (in her case, dairy, egg, tree nuts, peanuts, shellfish, cherries or mustard) she could die within 20 minutes if not given the proper medication. Since her birth, Alexis and her younger brother Ryan could only eat certain foods. This led her parents on a life changing mission to not only make sure all foods would be safe, but to make sure they have full, happy and wonderful lives. Thus began the work

Because of their efforts, local kids and other parents have learned a deeper understanding and collectively support efforts in awareness and understanding allowing them to have a "normal" life. As Michele, Alexis's mother stresses, "Dealing with food allergies can be very difficult, and although it is a hidden disability which can be fatal, children appear perfectly healthy (which confuses many adults) and like any child with a disability, it is extremely important for them to feel as normal as possible."

Alexis isn't letting her food allergies get in the way of living the best life she can! She attends public school in safety. She isn't bullied or teased; she inspires her friends and those around her. She is even a cheerleader! She is living her life happily and positively!

Her parents are extremely proud of her. They further the understanding of food allergies by providing a valuable (and yummy!) resource in the community... Sweet Alexis Bakery. As a result of having to change their eating habits and finding safe, yet tasty alternatives for their kids, Michele started Sweet Alexis, not only to provide delicious dairy-free, egg-free, tree-nut and peanut-safe products, but also to serve as a resource to the world as large. Her whole story can be found at www.sweetalexis.com, where not only can you order her goods online, but also access stories and resources that families can turn to for support, encouragement and knowledge.

I came across Alexis at the same school my two girls attend. This is how I came to know of Alexis, her mom (and now my wonderful friend; Michele), as well as her fabulous bakery, Sweet Alexis. I hope you learned a little something and continue to do so. Inspiration comes in many forms... Alexis is definitely an inspiration!



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"I cannot place a value on my sessions with Sara. I learned so much and feel as though I have new found clarity when it comes to food and well-being."

- B.G., Falmouth, ME

. . . from the way you think to the way you digest your food. So a one-size-fits all approach to getting healthy probably won't fit you very well. My programs consist of a balance of education, modeling, guidance, and emotional support. Breaking bad eating habits is one of the most challenging things that one can face. Together, we will replace bad habits with good ones. You will develop habits that uplift your spirit and bring you happiness through fitness, good health, and mental clarity.

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For delicious recipes and nutrition tips, please visit me at www.saradishes.blogspot.com



Sara Sullivan, BA, CN, HHP, CH
Nutrition Counselor
Holistic Health Practitioner

BEAT THE BLOAT THIS SUMMER!

Grapefruit

Like other fruits with high water content, grapefruit is nearly 90 percent water and it is high in fat-burning enzymes.

Avocados

Avocados contain monounsaturated fat, which will help regulate your blood sugar and keep you feeling full for longer periods of time. When your blood sugar is stable, your body is less likely to store fat around your stomach.

Strawberries and Blueberries

Fiber absorbs excess calories in your intestinal tract and sends them out of the body. At the same time, antioxidants increase the blood flow to your muscles, which may help your muscles work harder and more quickly while you are active.

Oranges and Watermelons

Because water flushes waste and excess water out of your system, enjoying water-rich food is ideal. Watermelons, as their name suggests, are almost all water — 92 percent. Oranges, too, are approximately 80 to 90 percent water.

Garlic

This plant helps reduce the levels of fat in the liver, whose main functions include detoxification and the production of biochemicals necessary for digestion — major aspects of the prevention of bloating.

Lettuce, Spinach, Kale & Chard

These green leaves, in addition to kale and chard, provide a healthy dose of fiber, vitamins, and minerals. They also help with acid indigestion and constipation.

Peppermint, Chamomile and Ginger

These teas are gas reducers. In addition to these tasty herbs, bitter herbs, despite their taste, are effective at stimulating the digestive tract as well as the flow of saliva.

Recipes are shown on the following page.

More than 10 million Americans regularly complain about being bloated.

That uncomfortable sensation — the result of air passing through your intestines — is often caused by certain foods.

So, what's safe to eat to keep you from unbuttoning your jeans? Try incorporating these foods into your daily diet and you'll be zipping up your pants in no time!



Sara Sullivan, BA, NC, HHP, CH is a Certified Nutritional Counselor and Holistic Health Practitioner. She has a private practice at Sanctuary Holistic Health & Yoga Center in Yarmouth, ME.

Sara uses an individual approach to achieving optimal wellness for each and every client. "We are all unique" — no two people have the same metabolism, biochemical make-up, health concerns, behavioral issues or nutritional needs.

For the past five years Sara has also been a featured chef at the Stonewall Kitchen cooking classes in Portland, ME and continues to teach Pilates classes three days a week at Sanctuary Holistic Health & Yoga Center. She lives in Yarmouth, ME with her husband and two children.

BLOAT FREE RECIPES:

Grapefruit and Avocado Salad

4 large red grapefruit, peeled and sectioned
4 avocados - peeled, pitted, and sliced
1/3 cup orange juice
1/3 cup olive oil
3 tablespoons lime juice
2 tablespoons honey
Salt and cracked black pepper to taste

Arrange the grapefruit sections and avocado slices attractively in a shallow serving dish. In a bowl, whisk together the orange juice, olive oil, lime juice, and honey until well combined; drizzle the dressing over the grapefruit and avocado slices. Season to taste with salt and black pepper. Serve immediately.

Just a few easy dietary changes can change your feeling from bloated to blissful in no time.

Strawberry Balsamic Salad

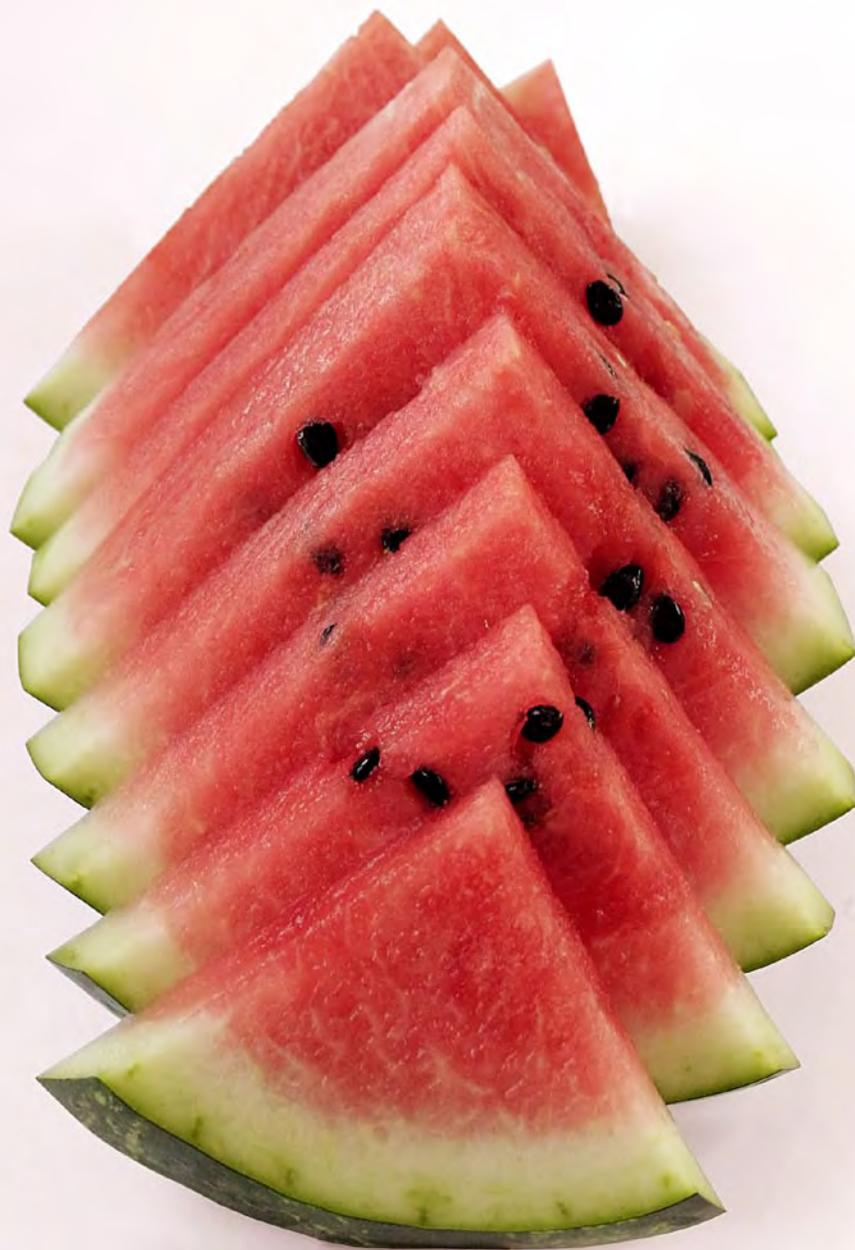
1/4 cup balsamic vinegar
1 1/2 tablespoons Dijon mustard
1 tablespoon honey
1 small shallot, peeled and chopped
2 small cloves garlic, peeled
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/2 cup olive oil
1 head red lettuce leaves, rinsed, dried, and torn
1/2 small red onion, peeled, cut into 1/2-inch-wide slivers
1/4 cup sliced almonds, lightly toasted
1 pint fresh strawberries, rinsed and sliced

To make the dressing, place the balsamic vinegar, Dijon mustard, honey, shallot, garlic, salt, and pepper in the bowl of a mini food processor. Pulse until blended. Slowly pour in the olive oil and pulse again until thoroughly blended. Set aside or refrigerate until needed. Divide lettuce between 6 serving plates, and top with red onion, almonds, and strawberries. Serve dressing on the side.

Chilled Watermelon Soup

4 cups seeded watermelon cubes
1/3 cup apple juice
2 tablespoons fresh lime juice
1 teaspoon chopped fresh mint
1/4 to 1/2 teaspoon ground ginger
1 tablespoon honey (optional)
1/3 cup plain nonfat yogurt

Process first 5 ingredients and honey, if desired, in a blender or food processor until smooth, stopping to scrape down sides. Cover and chill for 1 hour. Serve in individual bowls with a dollop of yogurt.



Lemon Garlic Grilled Salmon

8 salmon steaks, de-boned, skin left on
1/4 c lemon juice, freshly squeezed
2 heap tbsp dried basil
4 large garlic cloves, minced
1/4 c olive oil
Salt and pepper

Marinate salmon with all the above except salt and pepper for 2 hours or overnight in freezer bag in fridge. Remove from bag and grill to desired doneness approx. 5 minutes per 1 inch thickness. Salt and pepper during the last few minutes of cooking. Serve with wild rice and salad.

Simple Swiss Chard

2 tablespoons extra-virgin olive oil
4 cloves garlic, minced
1 bunch Swiss chard, stalks discarded, leaves cut into wide ribbons
1/4 cup balsamic vinegar
Salt and pepper to taste

Heat the olive oil on a large skillet over medium heat. Stir in the garlic and cook until tender and aromatic, about 2 minutes. Add the Swiss chard and balsamic vinegar; cook and stir until the chard is wilted and tender, about 5 minutes. Season with salt and pepper and serve.

Meet Juliana McKee - Helping Hearts

At first glance Juliana McKee, winner of 2010's Miss Teen International Pageant, looks like a typical nineteen year old: she's a student at University of Maryland, College Park, a member of Sigma Kappa sorority, and a national advocate of health and heart disease? That's right, Juliana, who draws inspiration from her cousin's battle with congenital heart disease, is passionate about raising awareness about heart healthiness nationwide. "Almost three years ago, I lost my 12 year old cousin to congenital heart disease, which inspired me to begin my work both as an advocate, volunteer, and spokesperson for the American Heart Association, as well as in pageantry."

But that's not all: Juliana's passion is two-fold. When she's not helping hearts across the country she's encouraging kids and teens to stand up against bullying. "Throughout my teen years and young adulthood I struggled with eating disorders and a negative self image due to the pressure to be 'perfect' and the fear of not being accepted by my peers, or worse, being bullied by them. I now make sure that I eat and exercise properly, which has really helped me learn to love myself. In turn, I have learned to stand up for myself to my peers and demand to be treated with the dignity and respect that all human beings should give each other, no matter what the circumstances."

Juliana wants kids to know that bullying comes in many forms: "Bullying can take place anywhere, anytime, by anyone. It can be at school, at home, at work, or anywhere else. The bully can be a stranger, an acquaintance, a relative, or even your best friend. Bullying is anything that makes you feel uncomfortable, unhappy, or embarrassed, it doesn't just include physical bullying like punching, but also verbal and emotional bullying and abuse." Most importantly, Juliana wants all kids to know that if they are being bullied, they are not alone. "The best way to stop bullying is to share your story, first with someone who can help ensure your bullying ceases, then with others who may be going through what you did."

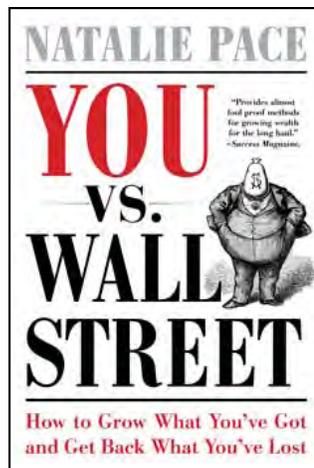
So what turned things around for Juliana? "My involvement in pageantry, especially winning Miss Teen International 2010, has had a huge impact on me. I have not only grown in my platform work on behalf of the American Heart Association and my communication skills, but also in growing as a person. I feel that this year I have really grown into who I am, learned to love myself, and am ready to face the world!" And face the world, she will. In twenty years Juliana envisions herself married, raising a family, and continuing to speak up for what she believes in. To learn more about Juliana please visit <http://www.missteenutah.us/>



By Sarah Cronk

**For More Information about Miss Teen International,
please visit <http://www.missteeinternational.us/index.php>**

Grade Your Guru Before You Buy



I am writing this one day after the world was supposed to end. Harold Camping, the president of Family Radio (based out of California), predicted that the world would end on May 21, 2011, beginning at 6:00 p.m. in your time zone. He's not sure how he got it wrong. It's a bit perplexing, however, this wasn't the first time Camping got the date of the Apocalypse wrong. He tried to whirl up a frenzy back in 1994 as well.

Another guru with failed predictions is Harry S. Dent. In his book, *The Roaring 2000s: Building The Wealth And Lifestyle You Desire In The Greatest Boom In History*, Harry Dent predicted that the Dow Jones Industrial Average would hit "at least 21,500 and likely higher." Dent predicted "the greatest boom in history" six months before the NASDAQ began its slide down a canyon of losses totaling 75%. NASDAQ bottomed out at a low of 1,114 on October 9, 2002, and has rarely come within half of the distance of the high of 5060, set on March 10, 2000. The Dow Jones Industrial Average spent most of the last decade below 11,000, and had bottomed out at 6547 by March 9, 2009. At that point, rather than admit defeat, Dent's newest prophecy became that America was in a Great Depression.

Dent titled his new book, *The Great Depression Ahead: How to Prosper in the Crash Following the Greatest Boom in History* (even though the boom he predicted never occurred). This book was released on January 6, 2009, just a few months before the Dow stalled out at its 12-year low. Since that time, the Dow has almost doubled, for one of the most spectacular two-year gains the Index has ever posted! The Dow is up 40% since January 2009, while NASDAQ is up 73%! Investors that followed Dent's suggestion of moving into bonds and Treasury bills were earning dismal, or negative, returns, instead of rolling in the returns of stocks, as bonds suffered worldwide due to excessive debt in almost all of the developed world.

By Natalie Pace

Whether it is a doomsday prophet or a cheerleader tossing out candy with his data, your first move isn't to listen and learn. It is to grade the guru, to determine if s/he is worthy of listening to at all.

One of my subscribers recently asked me about a guru who might even be a scam artist! This person was speaking on the stage of a bestselling author, so the listener assumed he was legitimate, but a simple Internet search revealed that this "expert" had a history of problems with the SEC. According to the Securities and Exchange Commission, a few years ago, subscribers paid over a million to this expert when he promised them that he would "DOUBLE YOUR MONEY ON MAY 22ND ON THIS SUPER INSIDER TIP." The e-mail was promoting a company that was involved in the nuclear energy field and was supposed to benefit from the arms reduction treaty between the U.S. and Russia.

Recently, this "expert" claimed that people made a lot of money by listening to his warnings and using his strategies, but he never provided testimonials of those happy campers. In fact, the articles that I did find (it turns out the guru was a writer, not an analyst)

"A great guru will have a PhD in results, and you'll be able to see those results easily when you request them. So, grade your guru by how well her strategies have worked for the last decade . . ."

would have lost a lot of money for people. If you began shorting stocks in December of 2008, as the guru advised, you would have lost a lot of dough because 2009 was an outstanding year on Wall Street. NASDAQ earned 40%, more than gold!, while the Dow Jones Industrial Average earned 15%. Shorting would have lost beaucoup money in that rally. Are you surprised that, after all of the hoopla on gold, that NASDAQ beat gold over the last two years? And, believe it or not, NASDAQ is far less risky than gold is! The trouble with gold is that when it's hot, it's hot, and when it's not it's the worst performing asset, usually stagnating at returns that are lower than inflation. Over the last 10 years, gold has earned 17% annually. Woo hoo! Over the last 30 years, it was less than 3% annualized gain. Meanwhile, over the last 10 years, small cap stocks have earned 9.63% annually, and over the last 30 years, 12%.

(I've penned an article that you should read on gold (if you haven't already) – <http://www.nataliepace.com/newsletters/members/news.php?np=yes&issue=709/709&article=02>)

When I see fear mongering (so common these days) with very little evidence to back it up, I start smelling a rat. There are definitely issues in the U.S., however, the issues are worldwide, not limited to US alone. Many other countries are in far worse shape. PIIGS comes to mind – Portugal, Ireland, Italy, Greece and Spain. And those countries that are perceived to be in better shape (like say, China) are tied to the success of our future. We are China's biggest customer.

The U.S. invents a lot of things that the rest of the world loves. We live in the freest

country on the planet. We have oceans bordering our nations, and two friendly, fairly free neighbors. By contrast, China is the most polluted nation and has to import our innovations (Google, Apple, etc.). China loves our products so much that many clean energy and technology companies rack up to 80% of their sales from Asia. As Chinese President Hu said in his visit to the White House on January 21, 2011, "Our two sides have acted in the spirit of cooperation as if we were in the same boat and we should row in the same direction when we tackled previous international challenges. And I think we need to keep up the spirit in the future as we tackle challenges."

I am touting the strengths of the U.S. but that doesn't mean I'm Pollyanna all of the time. I did in fact predict the fall of General Motors, the fall of Freddie Mac and Fannie Mae and the Great recession. GM is outlined in my book, *You Vs. Wall Street*, which I penned in 2006. The Great Recession was predicted in January of 2008, and I included a simple way to get safe that MADE MONEY during the Great Recession. And I told investors to get out of Fannie and Freddie as early as 2003. All of my research is available online 24/7, dating back to 2003. And more importantly, I have many testimonials from happy investors who have incorporated my strategies in bull and bear markets quite successfully for more than 12 years. Perhaps the biggest testimonials I have are TD AMERITRADE chairman Joe Moglia and Nobel Prize winning economist Dr. Gary Becker, who wrote, "Many people, including educated men and women, get into trouble when they neglect to follow the simple rules in this book. That is why I recommend it with enthusiasm."

You might think it is tough to distinguish between the testimonials of Moglia and Becker and a bestselling author, but it isn't really. If someone is on the stage of a bestselling author, you can bet that person is paying the author to be on that stage, or giving him/her a commission on any sales. You can't buy the testimonial of the TD AMERITRADE chairman or the University of Chicago professor (Dr. Becker).

Another important noteworthy clue is when your guru has been in business for longer than seven years, with no complaints and no problems with regulators. In fact, www.FINRA.org, the broker-deal overseer, actually contributes to my website every month.

Having an Ivy League MBA or a big job sounds impressive, but that doesn't mean anything either, unfortunately. Harry Dent has a Harvard MBA. Bernie Madoff was the non-executive chairman of the NASDAQ stock market. Dr. Myron Scholes won a Nobel Prize for writing his options theory, and yet his hedge fund Long-Term Capital Management went bankrupt. Secretary of the Treasury Hank Paulsen, who oversaw the biggest bailout in the history of the United States, was the Chairman of Goldman Sachs when all of the troubles were reaching their zenith.

A great guru will have a PhD in results, and you'll be able to see those results easily when you request them. So, grade your guru by how well her strategies have worked for the last decade (one or two years of outstanding gains hasn't withstood the test of time) before you waste any time learning from her.

Natalie Pace is the author of *You Vs. Wall Street* and founder and CEO of the Women's Investment Network, LLC at NataliePace.com. She is a repeat guest on CNBC, ABC, Fox News, Forbes.com, NPR and a contributor to HuffingtonPost.com, BestEverYou.com and more. As a philanthropist, she has helped to raise more than two million for Los Angeles public schools and financial literacy. For more information, please visit www.NataliePace.com. Follow Natalie on www.facebook.com/NWPace and on www.YouTube.com/NataliePaceDOTCOM.



Finding Your Way to

HAPPINESS



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Take Hold of Happiness

Research shows your mind does not distinguish between the realities of a situation you experience, and the visualizing of an experience you create. Your mind considers both events as real, and therefore ignites the cascade of responses accordingly. First, your thoughts, then your feelings created by the thoughts, and then a behavior as a consequence of the thoughts and feelings.

If this is true, then you should be able to increase your good feelings at a mathematical rate proportional to the good thoughts you input into your mind.

Thoughts -> Feelings -> Actions



Good News For You

Let's take this principal one step further, and consider the opportunity to "rewrite" the script in your mind. Perhaps you get a consistent bad feeling every time you pay your bills online. It feels nearly impossible for you to create a good feeling from a bad feeling producing behavior – paying your bills (who really enjoys paying their bills?). This may be true for you.

ReWrite Your Brain

Did you know you can insert a good thought, which produces a good feeling into the displeasure action, which can help overwrite the feeling you experience from that displeasure task? You can!

Make Yourself Smile Now

For example, you could play a positive Blog Talk Radio interview in the background on your computer, while you are paying those bills. Listening to the "happy mind vitamins" from the radio show, while you are doing the negative task at hand, offers your mind the opportunity to focus on the new information you are feeding it to process. I like to call this effort, "successful sabotage" because you are deliberately sabotaging yourself for success.

The Mind is a Terrible Thing to Waste

Your mind is capable of numerous tasks simultaneously. Just because you haven't experienced success in changing your thoughts, feelings, and behaviors to date, doesn't mean

your mind can't achieve the goal with tremendous success. Don't believe me?

Stand next to manure and smell like manure. Stand next to perfume and smell fragrant.

Be careful what and who you surround yourself with, because without any effort from you, the effect automatically rubs off onto YOU. Surrounding yourself with positive affirmations, knowledge, and ideas, will without fail, generate the same.

I love utilizing blog talk radio as one of my happy mind vitamin tools in my armamentarium of building a solid happy life. Real life resources are available on demand, twenty four hours a day, seven days a week at no charge! How great is that?! The only cost to you and me is the time it takes to set your reminder, or follow a show! Voila!

I created, "The Best People We Know Radio Show!" to fill a need for happy mind vitamins. I am passionate about offering you a steady source of solutions to problems. Antibiotics against diseases of the mind. Committed to helping YOU be the best person you were created to be! Many BTR hosts, like our very own Elizabeth Hamilton Guarino, are dedicated to the same!

You CAN take mind vitamins which help you get from; hopeless to hopeful; good to great; average to extraordinary. The choice is yours. Don't miss the opportunity to be happy. You're worth the effort!

I Have the Power to Decide!



DEB SCOTT, BA, CPC is the author of the two-time national award winning motivational book, "The Sky is Green and the Grass is Blue – Turning Your Upside Down World Right Side Up!" She is also a certified professional coach at Discover the Amazing YOU! coaching, and host of "The Best People We Know Radio Show!" on Blog Talk Radio. Sign up for Deb's newsletter today!

Elizabeth's Picks

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www.tgbears.com

9-11 REFLECTIONS:

ONE WOMAN'S NEW PERSONAL MANIFESTO

Recently the biggest story in the news was the death of Osama bin Laden. Many of us have mixed feelings, because it doesn't seem right to feel happy about the death of a person, no matter who they are. So I decided a little reflection was in order.

It dawned on me that a couple days after 9-11, almost ten years ago, to make sense of the tragedy; I wrote something I called, "One Woman's New Personal Manifesto." I actually dug it up and found it from all those years ago. As I re-read it, I can easily tell I was trying my best to take a horrendous negative and look for a way to turn it into a life-shifting positive.

Here's what I wrote on September 13, 2001:

I was driving home late last night listening to the radio. We're now at war and being told retaliation is likely. When I got home I sleepily went to bed making a mental note to either buy a gas mask or move to Mexico next week. I'm kidding of course, but it's scary stuff. This morning I woke up and thought, "Okay, I could die any day."

We've all heard the question, "If you knew you had only six months to live what would you do differently?" I've decided to start living as if I only had six months left. Not from a place of panic but from a place of squeezing every delicious drop out of life.

I want to know I spent every moment doing the things I love and I'm passionate about. I will no longer do anything out of misplaced guilt. I refuse to waste a single minute doing anything that isn't joyful or doesn't serve my greater purpose.

Living Life with Joy in the Midst of it All

- My mission is supporting people in going for their dreams.
- I will no longer do anything because I feel like I don't have a choice. There are always choices and if we think outside of the box, there are always alternatives.
- I won't try to be all things to all people. I won't even TRY to be "slick." I will be my authentic self in all my goofy, corny quirkiness.
- I will no longer let fear hold me back. I will take more risks. That doesn't mean I won't be afraid, but I'm doing it anyway. After all, that's the definition of courage.

- I will no longer try to do five things at a time. Women are excellent multi-taskers, but we lose the present moment that way. Besides, I discovered if I do one thing at a time I actually get more done in the long run.

- I will no longer say "yes" when I mean "no." I stand for honesty even when it's not easy being truthful. I mean to tell the truth about myself with honesty and humility.

- I stand for compassion, not anger. I'll take a few deep breaths and count to "10" when I'm cheesed off. People who know me know patience isn't one of my virtues. But I'm better than I used to be.

- I will no longer feel guilty when I order a Carmel Frappacino at Starbucks. With whipped cream. I won't worry about the money or the calories. Everyone is entitled to a little splurge.

Some things I WILL do from now on . . .

- I will take better care of my health and walk daily outdoors. I'll listen for the song of the birds and notice the beauty of nature.

- I will no longer stress out over the fact that I hate going to the gym. I'll take tennis lessons instead, something I used to love.

- I will look for win-win solutions to every problem. From now on if everyone isn't satisfied with the outcome, it isn't a good solution.

- I will get my nails done every week instead of trying to save \$12.

- I will buy flowers every week at the Farmer's Market.

- I will buy expensive make-up instead of cheap, drug store stuff.

- I will make a concerted effort whenever I hear my self-talk becoming negative to stop and switch to a more positive, thought. Y'know what I mean – all the limiting things we say to ourselves that we would never dream of saying to another person we cared about.

- I will spend more time cooking and less time hurriedly eating fast food while driving in my car. It's soulless and nutritionally empty. Besides, is there anything more wonderful than a pot of homemade soup on the stove?

- I will write down three things I am grateful for every morning. I will keep these in a Gratitude Journal. I think Oprah Winfrey does this, but this time I'll do it.

- I will tell people I love and appreciate them more often.

Denise Michaels is author of the business bestseller, "Testosterone-Free Marketing." You can connect with her on Facebook. Or, find out more about her book by going to <http://www.tfmbook.com/>

Dieters Need **CHEERLEADERS**



By Bonnie Pfister

Many people dream of doing great things all their lives without telling one single soul. Often times these hidden hopes are only shared or discovered after it's too late.

There are plenty of reasons people may choose to keep desires quiet. Some people may be scared of sharing dreams in fear of being laughed at or judged. However, I believe one of the biggest reasons people don't want to expose their ambitions is to simply avoid the embarrassment of failure.

Although I do understand it's a lot safer to keep these things to yourself, I believe keeping aspirations hidden just sets you up for failure. I see this in the gym all the time. People will explain how they aren't telling anyone what they're doing until they lose some weight first. What they're really thinking is "I want to make sure I succeed before I tell anyone what I'm doing." On the contrary, they need to tell people what they are doing in order to increase their chance of success.

Unfortunately with dieters, it is common to fail. The problem is, people's response to failing is quitting. Let's put this into perspective. Say you are learning to ride a bike and you fall, do you get back on the bicycle? Of course you do. Do you have a good chance of falling again? Of course you do.

How is a child able to keep trying despite their fears, scrapes, bruises, and desire to give up? A child has someone everyone needs – a cheerleader. When mom or dad picks their child back up and offers encouragement, it may be all they need to do give it one more try.

When I was small I probably said "I can't" more than my father wanted to hear. I can almost hear myself pleading with my dad trying to convince him that I was unable to do whatever task he had given me, "It's too heavy," "I can't reach it." My father pushed me beyond my comfort zone in so many areas – and thank goodness he did! I was unable to see my own potential and he always believed in me more than I did.

We all need cheerleaders like that in our life. We need someone to tell us we can be the man or woman we want to be. We need people to encourage us that we are not alone in our battles. We need people to speak the truth to us and hold us accountable when we are in the wrong and we need people to be there to pick us up when we fall. However, no one can be there to pick us up if they never know we fall.

I can only imagine what it would have been like if I tried to ride a bike for the first time all alone. Knowing me, I would have fallen down, bumped my knee, looked around to make sure no one saw me, and then walked my little bicycle home while crying in self-pity for my uncoordinated gawky self. If you could have seen me as a child, you would understand what I'm talking about. Just picture Laura Ingalls from Little House on the Prairie trying to ride a bicycle and you'll get the picture.

Maybe after some time passed, and all the stars were aligned, I might have attempted it again. I can assure you, without a cheerleader, I would eventually quit trying. No one likes to fail. Nevertheless, in order to succeed, we need to realize "falling" should be the expected speed bumps, not roadblocks, on the journey to success.

If you are attempting to lose weight or get in better shape, don't do it alone. Invite some cheerleaders along side of you and remember quitting is really the only way to fail. Your cheerleader forces you to live up to the standard. Here is an example: "I am continuing to try but I need your help too . . . I love you, Steve"

Quitting is really the only way to fail.

For some reason we look at diet and exercise as a pass/fail exam instead of something that requires practice. Failing really isn't an option.

Bonnie Pfister is co-owner of Longevity Fitness Clubs in Vero Beach, FL, a fitness expert for Sears Fitness, BCx Boot Camp Trainer and a health & beauty columnist. Her husband, Steve Pfister, is celebrity trainer for weight loss reality shows, ABC's Fat March and VH1's Bridal Bootcamp.



BAD JOB OR NO JOB? YOUR MENTAL HEALTH

What are the health effects of poor-quality jobs, defined as jobs with high demands, low pay, limited decision-making and no security? Studies show that the health benefits you get from having a job that pays you and not having any job at all depends on the job. Also, workers in good jobs have significantly better mental health than those who are unemployed. BUT, the mental health of workers in BAD jobs is worse off than those who are unemployed.

A study begun in 2001 and using data gathered over seven years while following more than 7,000 Australians, found that 20% of workers had spent time working in bad jobs and more than 25% of all respondents were identified with a mental-health problem at some point during the study. Not surprising was the finding that mental health declined significantly in the unemployed workers who took a poor quality job. What does this add up to? It's clear that adverse working conditions may in fact incur a health cost, that affects your over all mental health.

In today's recessionary economy we face the worst labor markets since

the Great Depression. Worse still is the possibility that the labor market problems we see right now might be with us for some time. The question is: Is any job better than none at all? Looking at it from a practical point of view, we need to be able to take care of ourselves and our family. However, being employed with the prevailing wisdom that gainful employment will fix you right up, isn't necessarily so, according to research published in an Occupational and Environmental Medicine, news release, March 14, 2011. In effect, a crummy job can be just as bad – if not worse – than unemployment.

You might be sitting there reading this and saying, I don't care what the study says, I need a job and I've been looking for one for quite some time. The point is, when we are so stressed out, we are not as effective in finding a job as we could be. Try; try as you may, what we are feeling does show is our anxiousness to find employment.

So what can you do to help yourself get back on track? You can plan some physical activity and exercise. Just "Taking a Break" from worrying about finding a job can help you refocus and

think positively. Doing this brings you back to a state of mind which can help you sort out your opportunities and look for something worth applying for.

I can't help but remind you that part of the journey, especially in these uncertain times, will be made less unsure and provide better clarity if you allow the Five Living Principles of Well-Being to be your guide: Commitment - Perseverance – Self-Control – Integrity & Love – Be inspired by what they stand for and how they can motivate and guide your actions – open your mind and heart and amazing things can happen

SOURCES: News release, BMJ Group.Butterworth, P. Occupational and Environmental Medicine, March 2011. Peter Butterworth, PhD, associate professor, Center for Mental Health Research, Australian National University, Canberra.

Disclaimer: The entire contents of this article are based upon the opinions of SheaNetics and Shea Vaughn, unless otherwise noted. The information is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Shea Vaughn and her community. SheaNetics and Shea Vaughn encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



Shea Vaughn is an accomplished fitness instructor, choreographer, personal trainer of athletes and celebrities, a model and a successful business woman. Her journey represents a lifetime of study and practical experience in fitness combined with a passion for health and well-being. Ms. Vaughn is also the founder of SheaNetics®, a new East-meets-West exercise and lifestyle practice that helps you make positive and lasting mind-body changes. Visit www.SheaNetics.com for more information on the SheaNetics lifestyle concept. The website provides a video introduction to SheaNetics and its Five Living Principles of Well-Being, and offers samples of the workouts in addition to student testimonials, physician endorsements, and a sign-up for the SheaNetics newsletter coming soon.

Top 10 Women's Fat Burning Strength Exercises



Women need strength exercises to primarily build muscle, burn fat, improve bone density and tone the body. And, building muscle will not get you bulky! But, it will give you the shapely, toned body you want.

One way to build muscle mass is through heavy weight lifting. "Heavy" is relative to your body weight and strength. According to the research, doing this type of weight lifting will give you exercise-induced testosterone increases. Of course, this will help you build muscle mass.

So, how much weight is heavy enough? Your repetition range for exercises should be between 3-5 (you would have a difficult time lifting these repetitions). You would typically do 4-5 sets of each exercise.

Rotate heavy lifting days with light lifting days (10-12 reps per exercise, 3-4 sets). Do circuit weight training with the lighter weights (little or no rest between sets). You will need more rest between sets when you lift heavy (1-2 minutes rest between sets).

Strength exercises for fat loss should focus on maximizing your time at the gym. Build more muscle mass to speed up your metabolism and burn more fat.

To recruit more muscle fibers during workouts and improve your success, focus more on MULTI-JOINT OR COMPOUND EXERCISES.

COMPOUND EXERCISES will help you burn more fat because you are working large muscle groups in your body. You will also burn more calories after your workout.

Examples of SINGLE-JOINT EXERCISES are: biceps curls, seated calf raises, leg extensions, leg curls and triceps pushdowns. Spend less of your time on these exercises.

Here are my Top 10 Strength

Exercises to enhance fat loss and build muscle mass:

1. Squats – Bodyweight, dumbbell, bulgarian split, side, one-legged or barbell....do your squats!

2. Deadlift – Deadlift is a must for your exercise program. It is also one of the best ways to build muscle thickness in your lower back. Lower back fat is a problem for many people.

3. One-Arm Dumbbell Rows – If you're trying to build up back muscles and burn back fat, bentover dumbbell rows should be in your routine. Bentover dumbbell rows allow you to work your lats using heavier weights. Your lower back will be worked more if you row with both arms at the same time. You will also work your obliques in the process.

4. Pull-ups – The pull-up is not just a back muscle exercise. Pull-ups work your lats (and other back muscles), core, shoulders, arms, chest, biceps and improve grip strength. That's why you should be doing pull-ups! You can use a stool to spot yourself and give yourself a little help as you work up to doing 5-8 repetitions per set. Start with 1 if needed.

5. Clock Lunges with Dumbbells – Clock lunges work your body in all planes of motion. Lunge with your right leg at 12 o'clock, 2 o'clock, 3 o'clock, 5 o'clock and 6 o'clock. That's 1 repetition for your right leg.

Lunge with your left leg at 12 o'clock, 10 o'clock, 9 o'clock, 7 o'clock and 6 o'clock. That's 1 repetition for left leg. Maintain upright posture throughout to improve core strength.

6. Dumbbell Chest Press on Ball – Doing the chest press on the ball forces you to balance while lifting. Each arm also has to do equal work. Regular bench press is always an option.

7. Standing Barbell or Dumbbell Shoulder Press – Doing an exercise on your feet (closed-chain) activates more muscles and that's what you want. The standing shoulder press will not only work your shoulders and arms but will also activate your core muscles. And, since you are standing, your lower body also has to do some work.

8. Step-Ups with Dumbbells on Knee-High Platform – The step-up is one of the best exercises to strengthen your glutes and tone your leg muscles. Weakness in the gluteus medius can result in knee and back injuries. Weakness in the gluteus medius also contributes to instability when you walk, run and jump.

9. Pushups on Medicine Ball (pictured above) – This exercise will really challenge your chest, arms, shoulders and core muscles. Don't let your butt sag during the exercise!

10. Triceps Bar Dips – One of the best upper body exercises. Don't lean forward on descent.

Build major muscle mass and watch your body begin to shape and tone like never before!

"Exercise is not my life.....exercise makes my life better!"

Mark Dilworth, BA, PES, CPT is a Certified Personal Trainer and former NCAA Division I athlete. Mark is the owner of My Fitness Hut, Her Fitness Hut, Sports Fitness Hut and My Nutrition Hut. Mark's Fat Blaster Athletic Training System has been proven to give his clients the fit, sculpted and athletic-type bodies they want. Visit Mark's main site at www.yourfitnessuniversity.com

Top Tips

for Your Most Beautiful Summer Ever!

Summer is here and the increased heat and humidity can wreak havoc on the best of us! From sun damage to faded hair color or breakouts, we all can use some help to save our skin and hair this season. Here are some ideas to integrate into your warm weather routine and make this your most beautiful summer ever!

1) Choose your sunscreen wisely: Many thicker formulas can make your skin look ashy or white. These include zinc oxide and titanium oxide which while are excellent physical sun blockers, can look thick and white on most skin tones, especially olive or dark skin. Look for sheer formulas (these usually have thinner formulas that blend into your skin) and if you are prone to breakouts, look for oil-free. These sunscreens usually contain alternative chemical sunscreen ingredients like avobenzone.

2) It's vacation time for your hair: If you wash your hair often and heat style, this is a good time to give it a break. Summer styles this year are natural and "un-done", so take advantage of this trend. Try to air-dry your hair as much as possible. One of my favorite tricks is to slather on a moisturizing conditioner on my hair and pull it back into a tight bun for the day. Not only do you get a sleek do for the day, but your hair is getting a major conditioning treatment!

3) Invest in hats: Try to get a roster of hats for the summer- some for the beach (large floppy hats in neutral colors are the best!) and some for everyday (think fedoras, bucket hats, anything that you feel good in; just avoid baseball caps unless you are working out!). Once again, they do double duty- they protect your face and hair from the elements, and especially keep your hair color from fading. Try also to use a color-enhancing shampoo in the summer to prevent fading and brassiness.

4) Ice your skin: Hot weather can cause flushing and redness on your face, so try soaking a washcloth in a bowl of ice water and then squeezing out the excess water. Apply to your face to increase blood circulation and reduce puffiness on your face.

5) Switch up your makeup: Summer is the ideal time to ditch foundation and replace with a tinted moisturizer. Some companies are also making primers with a bronzer built in (like Too Faced cosmetics). These can be used under makeup or even alone to perfect the skin. For an extra golden glow, try applying a gel bronzer to your cheeks.

7) Lip Treatments: Instead of using lipstick or gloss, try a tinted lip balm with SPF. One beauty editor favorite to try is Fresh Sugar Rose Tinted Lip Balm in SPF 15. These sheer formulas keep your lips hydrated and kissable all day long!

8) Watch the skin peels: If you use skin care products that contain glycolic or salicylic acid on a regular basis, try to limit using them to 1-2 times per week during the summer. They increase your sensitivity to the sun and can make you more prone to burning. In conjunction, try to limit how many skin peels you do during the summer. A good idea is to get one at the very beginning of summer to freshen your skin and at the end of summer to recharge your skin for fall.



Nina Sutton is a dynamic TV host, Beauty and Mom Expert. With an MBA and a business background in beauty, fashion and consumer packaged goods, she brings real world expertise to audiences around the country. Nina's first book, *The Chic Mom's Guide to Feeling Fabulous* was published in 2008. With the rise of celebrity moms bouncing back so "effortlessly," this book offers real women tips on staying chic in all areas of their life - including beauty, fashion, fitness, relationships with friends, spouses, children, and financial and time saving tips for moms. Nina also devotes her time to charity - she is on the LA board of Step Up Women's Network and worked with the March of Dimes on their Celebration of Babies event with Halle Barry in November 2009. For more information visit www.ninasutton.com

By Ellen Haynes

Sewing Lessons

“But out of limitations comes creativity.”

– Debbie Allen

Last spring, as the weather was warming up in New York City and I was retiring my wool coats for the season, I felt the familiar mixture of hope and dread. My hope arrived with the weather for wearing beautiful dresses. The dread was knowing the agonizing process of finding a dress that actually fit. I, like most women, was not born with the proportions of a clothes hanger. According to the sizing logarithms of clothing manufacturers, there is anywhere from a two to six size difference between my upper and lower halves. Off the rack dresses that fit my hips, balloon at my torso, and the ones that fit on top squeeze across my lower half like they're auditioning for a Mariah Carey video. While I'm in awe of women who can pull off the bo-ho-chic shapeless dresses, it's just not my style. Alterations on styles that I like tend to cost as much as the dress itself. Yet, every year, like the blooms on the trees, hope would return that I would find a dress that suited me.

When my quest found me in an Ann Taylor dressing room surrounded in a sea of dresses in four different sizes each, I gave up. I'd had it with feeling like I was disproportionately assembled. In my anger, I realized that it wasn't me that didn't fit the dresses—the dresses didn't fit me. There's a saying in German, when kids at the dinner table are hunched over their food, that the king doesn't go to the spoon to eat his soup. The spoon goes to the king. The principle applied here too. No more trying to fit to the dress. The dress must be made to fit me. I didn't need an Ann Taylor dress; I needed an “Ellen Tailored” dress.

So began my adventures in rediscovering my love of sewing. Reaching past the winter coats now in the back of my closet, I pulled out and dusted off my Kenmore sewing machine. I googled “sewing dresses” and was floored by all the resources that appeared. My first encounter with sewing was nearly two decades ago, in the pre-internet era. My mother spent hours teaching me when I was a little girl growing up in Miami. A close circle of my childhood friends learned from their mothers too, and we'd wear our home-made sundresses to school and admire one another's creations. Clicking through the google search results, I discovered there is a whole online sewing circle of people sharing their tips and creations.

In a creative frenzy, I downloaded a free dress pattern off the BurdaStyle website, Elaine May's “Coffee Date Dress”, printed it on 8 1/2 x 11 paper and taped the pieces together. I cut the pattern to match my measurements and pulled out the two yards of navy cotton brocade I'd found in a fabric store downtown. I felt the excitement of creating something beautiful. As I pinned, cut and stitched the fabric together, I remembered my mom's instructions and guidance—phrases I hadn't heard in years came back to me: right sides facing, seam allowance, press darts.

My navy blue dress, spread out in pieces on the hardwood floor of my apartment, was coming together. I missed my mom's helpful hands as I tested the fit, and twisted in the mirror to place pins in the hem in the back. Thankful that I'd at least gone to one yoga class that month and was able to twist just far enough to place the pins, I plowed ahead. Along the way I improvised a number of alterations to suit my taste. I placed the zipper at the side instead of the back, added a sleek lining and created a waistband. Nearly finished, with a shock I realized I had skipped an early step of sewing the shoulder seams together. There was no going back without un-doing many other seams, so with a few snips of the scissor and a number of creative hand stitches (this dress would be one-of-a-kind in more ways than one) I made it work. After a few nights of sewing, the

dress was complete and I was overjoyed! I reached out to the online sewing circle and posted pictures of my creation. Several cyber-compliments later, it felt like I was back in the company of my girlhood friends. Wearing the dress, I felt the satisfaction of a made-just-for-me fit.

With visions of a wardrobe filled with custom dresses, I daydreamed about my next project. Would it be a breezy sundress? A form hugging sheath? A flirty cocktail dress? With spring in full bloom, I found inspiration all over the streets of Manhattan. Seeing a businessman's pinstripe suit, I imagined the fabric transformed into a sleek, belted, just above knee-length number. The umbrella on a baby carriage brought up visions of a vintage yellow picnic dress. A young man's messenger bag painted the picture of a one-shouldered sexy-yet-structured dress. After several weeks of swimming in a sea of inspiration, I realized I was caught in what Barry Schwartz would call the “paradox of choice.” Since the possibilities seemed endless, I didn't know where to start. How to narrow it down? I realized that the frustration of not finding a store-bought dress that fit was a replaced with a new challenge. How to choose the next step in the face of endless creative paths?

Finally, after weeks had gone by without starting a second dress, I sat myself down to make choices in two categories: fabric and color. I picked cotton broadcloth and pink. With those stakes in the ground, I grew bolder and decided to draft my own pattern. It would be a strapless A-line dress. Now I could get to work. The pattern drafting was fun, even though I often felt I had no idea what I was doing. Laughing at myself, I wrapped my torso in butcher paper and made folds and cuts to fit my shape. With that framework in place, I began to cut the fabric and stitch it together. The process was precarious. Unlike my experience with the coffee date dress, where I saw it coming together, this cotton pink dress seemed on the brink of disaster at every turn. The top was saved from shapelessness by improvising four more darts, but was nearly ruined when the zipper didn't line up properly.

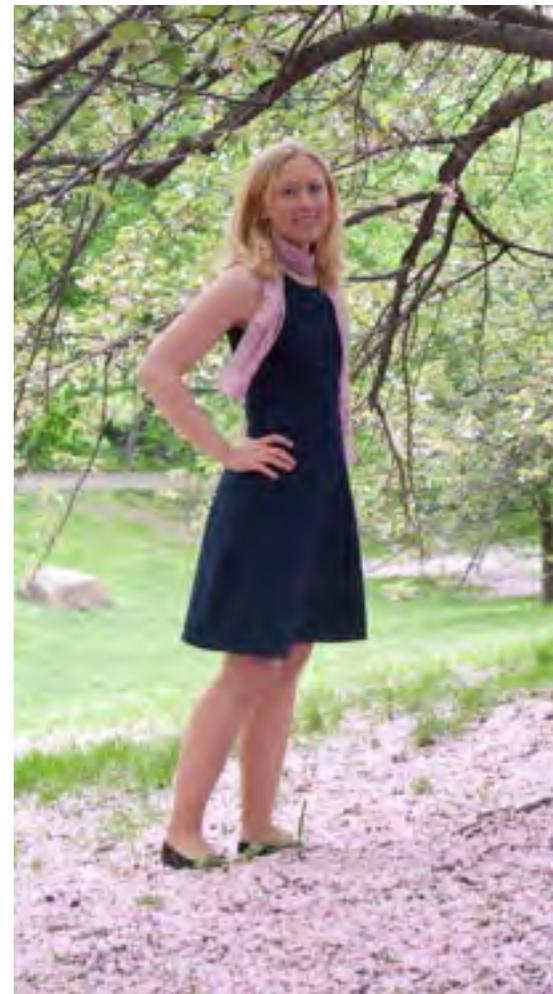
After many further twists and turns the dress was finished. It fit me to a “T”. But I felt no thrill wearing it for the first time on a walk in Central Park. My heart sank. I didn't like the dress. The flimsy cotton clung with each step. The fact that it was light pink made it seem even flimsier. The zipper pinched at my armpit, and how did I not know that strapless is not a good look for me? Returning home in my awful pink dress, I looked to the online sewing circle for comfort. Relief came in the form of a definition. A “wadder”... a project you “wad” up into a ball and throw away. I wasn't alone in my failed attempt. It was part of the process.

I took off the dress and felt the temptation to use the fabric for another project. What if I cut it up and stitched the pieces into a quilt? Never mind that I didn't know how to make a quilt, I could learn. I bet YouTube's filled with how-to's. I felt a whole swirl of possibilities welling up. I could make little satchels, pillowcases, or travel toiletry cases. I could do this, I could that, I could this... Another of my mom's German sayings came to my rescue. “Du kannst auch ein Knopf auf die Backe nähen.” “You could also sew a button on your cheek.” Grateful to see the absurdity of being bewildered by many options, I chose the option that fit me best. I tossed the “wadder” and got the task of picking a fabric and color for my next dress.

To find out more about Ellen, please visit: www.imdb.com/name/nm2946758 and www.facebook.com/ellenursula

Please note that not all experiences, beliefs and ideas are shared by each member of the “The New Hollywood.” We are a group of shepherds, not sheep.

The magazine written by YOU!



ADVERTISING AND YOUR SELF-ESTEEM: THE AD-FREE EXPERIMENT



Commercials. They are so much a part of our lives that we think we barely notice them anymore, and that we can tune them out, that they don't affect us.

To that I say: Ha!

Try this for just one day: No Ads. Wherever you see a message that suggests you buy something, change your opinion, do something differently – turn away. And watch what happens.

I tried this once for a full week. Not easy, trust me. Ads are everywhere! Not just radio and TV, or before the movie you just paid \$11 to see (even movie trailers are ads). Every billboard is an ad. So are the signs in the store window. So are many T-shirts. So are the banners that pop up on websites. And the list goes on.

Why go ad-free for a day? Two reasons:

- Awareness makes you less susceptible to marketing messages
- Freeing your mind from constant ad chatter is a vacation for your brain

First of all, it helps to just be aware of the sheer magnitude of advertising's presence in our lives. Even on TV, if you fast forward past the obvious

commercials, there are still plenty more to invade your mind. Promos for the next show are ads. Promos for the station you are watching are ads. Those annoying pop-ups that appear on the bottom of the screen? Yup. And yuck, I might add. And, by the way, how many shows themselves are simply long ads, telling us that we have to change? We aren't cooking inventively enough, our homes aren't stylish enough, we certainly are not thin enough.

Secondly, here's the bottom line of much advertising theory: if you don't already have a problem to solve, then advertisers must first convince you that you have one. Then they can solve it with whatever they're selling. The enemy of advertising? This phrase: "What I have – what I am – is good enough." Charles Revson (Revlon) famously said: "In the factory we make cosmetics; in the drugstore we sell hope." In their advertising, Revlon had to find a way to make us believe that the right shade of lipstick could change our entire lives.

Now, I may be biting off my own foot by suggesting this, as I make a good part of my living providing voice-overs for commercials. But – seeing the business from the inside has also opened my eyes to the tricks of the

trade. You have a problem (short eye-lashes, fees at the ATM, wrinkles, dull floors). We can fix it. And make you happy.

So, for one week, I strove to live ad-free. I was surprised to find I actually had to keep my eyes on the road while driving, to avoid billboards. On the streets of NYC, I had to look at faces instead of T-shirt logos, found myself less tempted to walk into stores without reading the "Sale!!!!" signs in the window. And a funny thing happened. I began to feel, somehow, purer. More connected to simpler things: trees, people, the sky, my own thoughts. And over the course of the week I strengthened the feeling that what I owned, what I looked like, where I was in life was pretty darn good the way it is.

Just for a day, see how it feels. See how you feel. You just might find you are pretty darn good yourself. At least for today.



Randye Kaye is the author of "Ben Behind His Voices: One Family's Journey from the Chaos of Schizophrenia to Hope" (Summer, 2011 from Rowman & Littlefield) a memoir of her experience with the onset of schizophrenia in one of her children, and the years from that chaos to recovery.



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Everyone in Maine feels that by spending the 6+ months of winter in Maine, he or she has earned the right to enjoy the summer months to the fullest extent possible. One of my favorite things to is drive around in my convertible with the top down! And then there are the summer musical theatre productions, fireworks in the evening (and not just on the Fourth of July), organ concerts at Merrill Auditorium in Portland, lobster rolls at any number of places in the area, ferry rides to the islands off Portland, or best of all, a sail on someone's boat.

At Brown Fox Printing, we learned a long time ago that our enjoyment of summer is enhanced just in knowing how much we're a part of some of those activities listed above. We print menus with delicious lobster offerings, the programs at Merrill and other performance venues, and brochures that cover any number of activities taking place across the state.

Brown Fox Printing is a four-season print/copy/design company. But in the summer, with our location on busy Route 1 in Scarborough, we can have meetings with customers under the willow tree in the back yard, pick roses from the garden underneath our sign, and enjoy an ice cream cone while running the press. Really!

Got a print job? Bring it to the Fox!



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Russ Burleigh, owner of Brown Fox Printing in Scarborough, Maine, took this photo at Memorial Park in Scarborough at about 7:00 a.m. one warm summer day.