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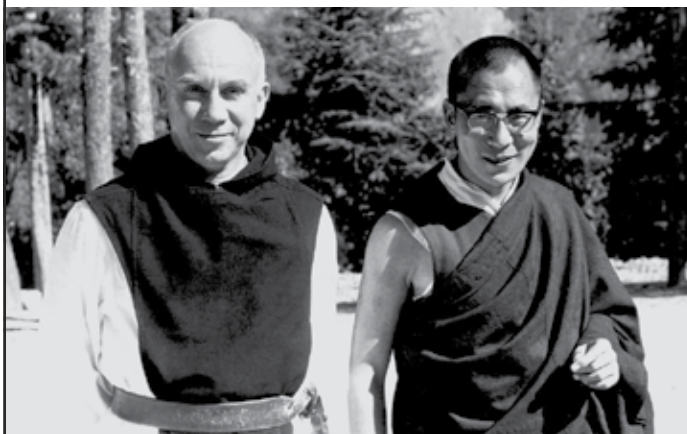


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INTERFAITH PATHS TO PEACE

seeking peace through interfaith understanding

MARCH & APRIL EVENTS

SUNDAY, MARCH 10 AT 4 PM

Hope & Healing Memorial Service

(for Lives Lost to Homicide & Suicide)

Muhammad Ali Center, 144 N. Sixth Street



A special memorial remembering those who have lost their lives to homicide and suicide. The Ceremony of Hope includes readings, music, and a memorial display to celebrate the lives of those being remembered.

4-5:30 p.m. Healing Space ~ Individuals, families and children are invited to come to the Healing Space to create a memorial in honor of the person who died.

5:30-6:00 p.m. Ceremony of Hope

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SUNDAY, APRIL 7 AT 3 PM

Janet Irwin Celebration of "Creativity in Peacemaking"

St. Andrew's Episcopal Church, 2233 Woodbourne Ave.



Join us for a program of creative expression featuring Louisville-area musicians, artists, poets, dancers, photographers and more!! All in celebration of peacemaking in an interfaith context. Janet Irwin, who passed away in 2011, was one of the visionary leaders of Interfaith Paths to Peace.

A RECEPTION IMMEDIATELY FOLLOWS

For additional information visit
www.Paths2Peace.org





contact us

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letterfrompublisher

**“Just living is not enough,”
said the butterfly, “one must
have sunshine, freedom, and a
little flower.”**

Hans Christian Andersen



Dear Readers:

What does Going Green mean to you? To some of us, it is unrealized goals that originate with the idea that we are not doing our part to preserve the planet. The task can seem overwhelming but there are ways ... baby steps that each of us can take which will not only help save the Earth but also save us money along the way.

Recycling cans, paper and plastic is a no brainer in our world today. Recycling centers combined with curbside services (several don't require separating) allow even the busiest a simple and convenient way to get involved. Changing the furnace filter monthly and lowering your thermostat just a few degrees saves energy and money. Replacing incandescent light bulbs with fluorescent or energy efficient ones take only a minute but the reward may well last a lifetime.

Purchasing food locally keeps money in our community and supports local farmers who make fresh organic products available for our consumption. Reducing the chemicals we introduce into the environment by making your own cleaning supplies is an easy, inexpensive and valuable option.

Resources on simple steps to Go Green are plentiful and I encourage all of us to put into practice some of the suggestions already made or do a little research and come up with your own. Amazing things can come from small changes made in our everyday lives that can make our world a better place for generations to come!

Prayers Always,

Jim and Rhonda

Jim & Rhonda Collins



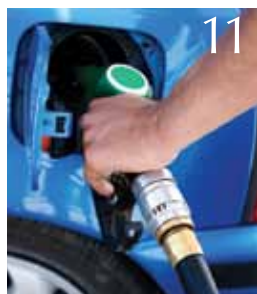
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advertising & submissions

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Free Lectures on Healing and Cancer at Gilda's Club

Anyone interested in learning more about how the mind-body-spirit connection can affect the healing process and reduce stress on a cancer journey is welcome to attend two free discussions at Gilda's Club with international speaker, retreat leader and full-time oncologist Dr. Rob Rutledge, MD, FRCPC.

The series will begin on Wednesday, May 8 from 6-7:30 PM with the talk, "The Body-Mind-Spirit Connection: Making a difference on the cancer journey." Participants will learn integrated cancer care, including how to empower the body, scientifically proven healing techniques and how to work with difficult emotional issues. The second lecture, "Skills for Healing Seminar," will take place on Saturday, May 11 from 9 AM - 12 PM. Participants will learn how to get complete cancer care, including mindfulness-based stress reduction, simple relaxation and meditation techniques and how to work with our greatest difficulties.



Dr. Rob Rutledge is a Radiation Oncologist in Halifax, Nova Scotia, specializing in breast, prostate and pediatric cancers. He is also an associate professor in the faculty of medicine at Dalhousie University and has facilitated 33 retreats in 21 cities across Canada and abroad. To date, more than 1,400 people have attended his retreats, designed to provide an integrated approach to the cancer

diagnosis and ways to heal through the body, mind and spirit. Rutledge also leads the Healing and Cancer Foundation (HealingAndCancer.org) and is co-author of *The Healing Circle*.

Light refreshments will be served and the lectures are free, though reservations are recommended.

Location: Gilda's Club, 633 Baxter Ave., Louisville. To reserve space for these events or to learn more about Gilda's Club, call 502-583-0075 or visit GildasClubLouisville.org.

Cupping Massage Recommended as Alternative Form of Healing

Cupping massage is an ancient medical technique that dates back as far as 1550 BC. This alternative therapy uses local suction on the skin in order to help mobilize blood flow and promote healing.

A 2012 medical study published in the Journal *PLoS ONE* suggests that cupping therapy may be effective in the treatment of various diseases. Australian and Chinese researchers reviewed 135 studies on cupping therapy (published between 1992 and 2010) and concluded that when combined with other therapies, such as acupuncture, this therapy can be an effective treatment for some of the following: Herpes zoster, acne, facial paralysis, cervical spondylosis, among others.

While effective for the general public, this practice should be avoided by pregnant women, people with skin infections, bone fractures, muscle spasms, burns and metastatic cancer.

Julie Edwards, LMT, of Healing Touch in La Grange, Kentucky was trained in the modality of cupping in South Africa and is currently offering this therapy for clients in the greater Louisville area.

Location: Healing Touch, 2421 S. Hwy 53, La Grange. For more information or to schedule an appointment, call 502-222-4124 or visit Massage-Spot.us.

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Occupational Kinetics to Host Community Meet and Greet

Occupational Kinetics and The Center for Alternative Medicines is Louisville's only full service, all inclusive healthcare facility. Recently under new ownership by Dr. Alan M. Bee, DC, ART, the center has a focus on care ranging from orthopedic rehab to soft-tissue treatment (including ART and ASTYM), run/walk gait analysis, on-site rehabilitation, massage therapy, nutritional counseling, dentistry and yoga. Incorporating both more traditional Western practices and alternative medicine, Occupational Kinetics facilitates treatment for a wide range of patients.

The staff of Occupational Kinetics invites the community to join them for a health-professionals networking event and meet and greet on Tuesday, April 16 from 6:30-8:00 PM, co-sponsored by *Natural Awakenings*. At this free event, attendees are encouraged to get to know the new owners and other health professionals in our community while also enjoying a facility tour and light refreshments. Appetizers will be created by Occupational Kinetics' professional chef and author, Peter Klarman, known as the Chef of the Future.

Location: 13100 Magisterial Dr., Louisville. For more information, call 502-245-0767 or visit MyOckKn.com.

newsbriefs

The 2013 Festival of Faiths Prepares Community for Dalai Lama's Visit

This year, the Center for Interfaith Relations is hosting a special Festival of Faiths to help prepare the community for His Holiness the Dalai Lama's visit to Louisville in late May. The Festival of Faiths, now in its 18th year, will take place May 14-19 at the Actors Theatre of Louisville and the Galt House Hotel.

Programming will reflect the historic meeting of the Dalai Lama and Thomas Merton in 1968, featuring renowned experts on meditation and compassion, drawn from the faith traditions of the world and recent scientific research on compassion. Programs will include daily guided public meditations, keynote addresses, films and a dedication to Thomas Merton "in his own voice."

Presenters include molecular biologist turned Buddhist monk Matthieu Ricard; globally recognized ecumenical teacher Fr. Richard Rohr; Rabbi Arthur Green, a preeminent authority on Jewish thought and spirituality; Seyyed Hossein Nasr, one of the world's leading Islamic scholars and spiritual leaders; Arjia Rinpoche, director of the Tibetan Mongolian Buddhist Cultural Center in Bloomington, Indiana; and many more.

Festival highlights include a mini-retreat on Tibetan Buddhism; presentations on how compassion is defined in Eastern and Western spiritual traditions; programming for middle school and high school students; and discussions about sacred silence from the Christian, Islamic, Jewish and Hindu traditions. The festival's signature events will take place Saturday, May 18, when festival presenters will engage in an interfaith dialogue focused on compassion and Louisville Mayor Greg Fischer will host a dialogue on compassionate governing. On Sunday, May 19, several Festival of Faiths presenters will join His Holiness the Dalai Lama on stage during his public talk at the KFC YUM Center.

Tickets for the May 2013 Festival of Faiths will be available in March through the Actors Theatre of Louisville box office. All events, regardless of whether or not they are free, require a ticket for entry. A complete schedule of events and information about pricing is available online at www.festivaloffaiths.org. For questions, call (502) 583-3100 or email festivaloffaiths@interfaithrelations.org.

The Dalai Lama's visit to Louisville is hosted by the Drepung Gomang Institute. For details, contact Lisa Morrison, Director of Media and Public Relations, at 812-272-3551 or dlouisvillemedia@gmail.com or visit DalaiLamaLouisville.org.



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Natural Awakenings' Family of Franchises Keeps Growing

Natural Awakenings Publishing Corp. (NAPC) recently welcomed a group of new publishers that completed a March training program at corporate headquarters in Naples, Florida. The NAPC training staff spent several days with the entrepreneurs now launching new *Natural Awakenings* territories or taking over the production of existing magazines in several locales. New markets include Albany, New York; Toledo, Ohio; and Portland, Maine; and the franchise in



Indianapolis, Indiana, will have a new publisher at the helm.

Company CEO Sharon Bruckman launched the first edition of *Natural Awakenings* in 1994 and began franchising it in 1999. The company currently publishes 88 *Natural Awakenings* magazines throughout the United States and in Puerto Rico, with a collective readership exceeding 3.5 million.

"Interest in naturally healthy living that's good for people and the planet is now influencing mainstream America, thanks in part to our active and growing readership," says Bruckman. "*Natural Awakenings'* dedicated family of publishers, supported by loyal advertisers, connects readers with a wealth of national and local resources mapping out alternate routes to a healthier, happier, longer life."

For a list of locations where Natural Awakenings is publishing or to learn more about franchise opportunities, visit NaturalAwakeningsMag.com or call 239-530-1377.



Free Tree Giveaway from Rainbow Blossom to Celebrate Earth Day

Rainbow Blossom will honor the 43rd celebration of Earth Day by giving away free tree seedlings on Sunday, April 22 from 11AM – 7 PM. Rainbow Blossom is happy to join people across the world in observing Earth Day. To demonstrate their commitment to earth stewardship, Rainbow Blossom will be giving away free, Kentucky-grown tree seedlings at all five of its locations on Earth Day.



This marks Rainbow Blossom's seventh annual free-tree giveaway. The seedlings are available while supplies last—one seedling per customer. No purchase is required. Eight hundred trees, Black Cherry and Eastern Redbuds, will be given away. The event is sponsored by Nordic Naturals, makers of the world's finest omega 3 fish oils harvested using sustainable fishing practices.

Planting trees is one way to reduce our global footprint. As trees grow, they help slow global warming by removing carbon dioxide from the air, storing carbon in the trees and soil, and releasing oxygen into the atmosphere. Trees can absorb CO2 at the rate of 13 pounds per tree per year. During a 50-year life span, one tree will generate \$30,000 in oxygen, recycle \$35,000 worth of water, and clean up \$60,000 worth of air pollution or \$125,000 total per tree without including any other values.

Trees serve many other practical functions in our communities as well such as filtering the air we breathe, fighting soil erosion, and slowing storm water runoff preventing flash flooding. Trees control noise pollution, can screen unsightly views and soften harsh outlines of buildings, along with providing homes and food for wildlife. Their fallen leaves provide excellent mulch for flowerbeds and gardens.

Location: Rainbow Blossom has locations in St. Matthews, Middletown, Springhurst, New Albany and the Highlands. For more information, visit RainbowBlossom.com



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Free Acupuncture Clinics Offered to Louisville Veterans

The new Louisville Veterans' Community Clinic will be serviced by local certified acupuncturists in conjunction with Acupuncturists without Borders and the Kentucky State Acupuncture Association the first and third Wednesday of every month from 6 – 7:30 PM.

Free military stress clinics are forming all over the country to help veterans from any conflict, active-duty vets, vets in transition home and to their families and those who work in service to them.

These simple treatments can help reduce stress and feelings of emotional discomfort, can improve the quantity and quality of sleep, increase energy, elevate mood, help reduce pain, reduce nightmares and create a sense of well-being.

The effects of serving in conflicts are being recognized as causing stress in veterans and their families. From these Military Stress Relief Program (MSRP) clinics, veterans have experienced benefits such as a full night's sleep and fewer bad dreams, as well as improved mental clarity, less anxiety and a reduction in stress. Some have reported a temporary reduction in pain from headaches or sciatica.

Community-style acupuncture will consist of the following: Acupuncture needles used on the ears only, 30–45 minute treatments done in a group setting and prepackaged, sterile needles that are disposed of after use.

Location: 1813 Brownsboro Rd., Louisville. For more information, contact Martha at 502-489-1068 or martha@classicalacupunctureherbs.com or visit the Louisville Veterans Community Acupuncture Clinic page on Facebook.

A Bus Pass to Green Well-Being



There's a way to simultaneously help both Planet Earth and one's own health, report scientists from Imperial College London, in England. The researchers examined four years of data from the country's Department for Transport National Travel Survey beginning in 2005, the year before free bus passes were available for people ages 60 and older. The study team found that those with a pass were more likely to walk frequently and take more journeys by "active travel"—defined as walking, cycling or using public transport.

Staying physically active helps maintain mental well-being, mobility and muscle strength in older people and reduces their risk of cardiovascular disease, falls and fractures. Previous research by Taiwan's National Health Research Institutes published in *The Lancet* has shown that just 15

minutes of moderate daily exercise lowers the risk of death in people over 60 by 12 percent, and another study at Newcastle University found that 19 percent of Britain's adults achieve their recommended amount of physical activity through active travel alone.

Public health organizations in the UK believe that "incidental" exercise, such as walking to and from bus stops, may play a key role in helping seniors keep fit and reduce social exclusion.

Getting the Lead Out

The U.S. Centers for Disease Control and Prevention (CDC) recently redefined the "action level" for lead exposure in children. Youngsters are now considered at risk and qualify for careful medical monitoring if they have more than five micrograms per deciliter of lead in their blood—half the previous threshold. Lead poisoning can cause cognitive and behavioral problems, and the American Academy of Pediatrics recommends testing blood lead concentration levels at age 1 and again at 2, when concentrations peak.

Most lead poisoning cases occur in substandard housing units, especially those with window frames still coated with lead-based paint banned since 1978. Families in dwellings built before 1950 should also be vigilant about lead. The Consumer Products Safety Commission cautions that home lead test kits sold online and at hardware stores may not be reliable enough to identify and remove sources of exposure. Professional contractors offer more accurate results.

Children exhibiting blood lead levels above the new threshold are usually monitored, rather than treated with medications that carry serious risks. Once lead sources are removed, children's blood lead levels typically return to a more normal range within weeks.

The CDC confirms that rather than remedial treatment, the primary goal should be making sure children aren't exposed to lead in the first place. Fortunately, the levels of most of America's youngest children today are well below the revised action point, with average blood lead content of 1.8 micrograms, while school-age children, teenagers and adults face little risk.



Turmeric Acts Against Cancer



Throughout history, the spice turmeric has been a favored seasoning for curries and other Indian dishes. Its pungent flavor is also known to offer medicinal qualities—turmeric has been used for centuries to treat osteoarthritis and other illnesses because its active ingredient, curcumin, can inhibit inflammation.

A new study led by a research team at Ludwig-Maximilians-Universität, in Munich, Germany, has shown that turmeric can also restrict the formation of metastases and help keep prostate cancer in check. The researchers discovered that curcumin decreases the expression of two pro-inflammatory proteins associated

with tumor cells and noted that both prostate and breast cancer are linked to inflammation. The study further noted that curcumin is, in principle, suitable for both prophylactic use (primary prevention) and for the suppression of metastases in cases where an established tumor is already present (secondary prevention).

How Does Your Garden Glow?

Gardening can be a healthy pastime... as long as toxic tools aren't involved. Researchers at the Ann Arbor, Michigan-based Ecology Center recently tested nearly 200 garden essentials—especially hoses, hand tools, gloves and knee pads—for chemicals and heavy metals such as lead, cadmium, phthalates and Bisphenol A (BPA), which are linked to birth defects, hormone imbalances, learning delays and other serious health problems. The researchers found that nearly two-thirds of the tested products contained levels of chemicals that concerned them greatly.

Cautious gardeners should seek products that are free of polyvinyl chloride (PVC) and lead-free, and follow good garden hose hygiene: Avoid drinking out of the hose, don't leave it exposed to the sun (where water within the hose can absorb chemicals) and always flush it out before watering edible plants.



Source: EcologyCenter.org

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~Ralph Nader

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Online Literacy

Students Learning to Adopt Internet Academics

The findings of a survey of teachers conducted by the Pew Research Center's Internet & American Life Project, in collaboration with the College Board and the National Writing Project, show that the Internet has opened up a vast world of information for today's students, but digital literacy skills need improvement.

Three-quarters of Advanced Placement and National Writing Project teachers say that the Internet and digital search tools have had a "mostly positive" impact on their students' research habits, but 87 percent say these technologies are creating an easily distracted generation with short attention spans, and 64 percent say they do more to divert students' attention than to help them academically.

The good news is that 99 percent of teachers in the study agree with the notion that, "The Internet enables students to access a wider range of resources than would otherwise be available," and 65 percent agree that, "It makes today's students more self-sufficient researchers."

Read the full report at Tinyurl.com/TeenResearch.

Suburbia is where
the developer bulldozes
out the trees, then names
the streets after them.

~Bill Vaughan

globalbriefs

News and resources to inspire concerned citizens to work together in building a healthier, stronger society that benefits all.

Cool Tool

New Calculations for Polar Ice

A new report from the University of Washington, in Seattle, published in the journal *Science* on polar ice sheets in Greenland and Antarctica, works to reconcile differences between sometimes-conflicting research studies. Scientists compiled 20 years of data to determine how much ice is being lost and sea levels have increased as the global climate warms.



Past studies have shown a range of ice losses, from zero to catastrophic. When the data was synthesized and analyzed holistically, it became clear that the ice sheets are losing three times as much ice each year as they did in the 1990s—in the middle of previous estimates.

Ice sheets are one of several main drivers of rising sea levels. Other factors, which account for 80 percent of the increase, include the melting of glaciers on land and the expansion of the sea itself as the atmosphere heats up. The melting of polar sea ice has no direct effect on sea levels because the ice is already in the water.

Glaciologist and co-author Ian Joughin told *The Christian Science Monitor*, "The melting needs monitoring to further understand the ice sheet processes leading to the change."

Thrifty Threads

Levi's Latest Sustainable Moves

World record holder and Olympic champion sprinter Usain Bolt will soon model Puma boots that are "made for rotting," and when the next Levi Strauss collection arrives, their new jingle will be, "These jeans are made of garbage." Crushed brown and green half-liter plastic bottles will be on display at retail store displays, of which the equivalent of eight, or 20 percent, are blended into each pair of Waste<Less jeans.

Nike and Gap have their own sustainability programs, and Patagonia has long supported a small ecosystem of Earth-friendly suppliers. But as the biggest maker of jeans in the world, with sales of \$4.8 billion in 2011, Levi's efforts command the most attention.

Levi joined the Better Cotton Initiative, a group of companies that work with local nongovernmental organizations in Pakistan, India, Brazil and Mali to teach farmers how to grow cotton with less water. Last year marked the first cotton harvest given this effort and Levi has blended its share into more than 5 million pairs of jeans.

With cotton prices on the rise and pressure from activist groups such as BSR, an environmental organization that works with businesses, large clothing manufacturers are starting to adopt more sustainable practices.

Source: Business Week



Pose of the Month: Kukkuttasana The Rooster Pose



Kukkuttasana is one of the oldest yoga postures known and was described in the Gheranda Samhita as early as 1350 A.D. Kukkuttasana is a challenging pose, not to be attempted until one has developed flexibility in the hips. It is taught in Ashtanga Primary Series, which Lauren teaches on Tuesdays and Thursdays in her Mysore-style class. Mysore-style Ashtanga is yoga as it has been taught in India. Lauren is one of the assistants of Laura Spaulding (KPJ-AYI Level 2), the only teacher in Kentucky who has studied the system in India and is authorized to teach both Primary series and Intermediate series. Mysore-style Ashtanga Yoga builds strength, flexibility, endurance and lightness of body and mind. It can be practiced by any person of any age or level of physical ability, even if you have never done yoga.

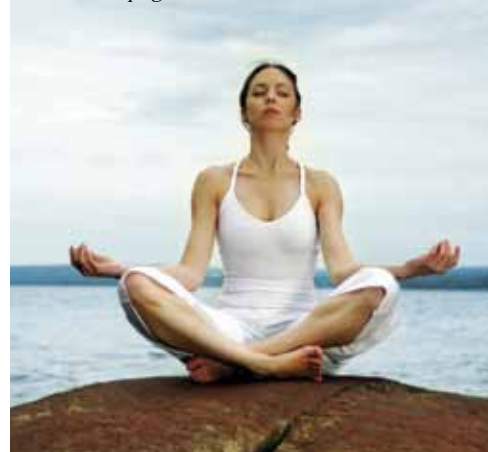
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MONDAY

Moving On with Parkinson's -10:30-11:30am. An exercise/support group for those with Parkinson's Disease. With its roots in yoga, "Moving On" helps the student with Parkinson's by building strength, flexibility and balance through gentle movement and stretching. The class offers support and encouragement to its members. Caregivers are also welcome to attend these free classes. Sponsored by the Parkinson Support Center of Kentuckiana. Family Activity Center, 717 Burks Branch Road, Shelbyville. 502-254-3388. Support@PSCKY.org.

WEDNESDAY

\$5 Yoga for Meditation - 6-7:15pm, Hatha yoga postures followed by guided meditation instructions. For all levels of students including new yoga students and beginning meditators. Yoga East 1125 E Kentucky Street, Louisville.

FRIDAY

Moving On with Parkinson's -11:30am.-12:30pm. An exercise/support group for those with Parkinson's Disease. With its roots in yoga, "Moving On" helps the student with Parkinson's by building strength, flexibility and balance through gentle movement and stretching. The class offers support and encouragement to its members. Caregivers are also welcome to attend these free classes. Sponsored by the Parkinson Support Center of Kentuckiana. Christian Church, 1882 Bellefonte Drive, Lexington. 502-254-3388. Support@PSCKY.org.

Friday Night Flow Yoga - 7:00pm. Yoga East Clifton/Crescent Hill location, 2001 Frankfort Avenue. YogaEast.org.

SATURDAY

Prenatal Yoga with Emily Thompson - 11:30am-12:45pm. Connect with yourself, your baby and other expectant moms in a safe

and open community where we will freely share the joys, concerns and the wonderful changes your body and baby are experiencing. Classes are moving to our new St. Matthews studio when it opens sometime in February. Prenatal Yoga 6 class series \$85 includes a goody bag, Itsy-Bitsy book and get-together. Each additional series is \$72. \$15 drop-in. Emily at 614-572-4825, YogaEast.org.

SUNDAY

\$5 Intro to Yoga - 1-2:15pm. Yoga East Holiday Manor, Louisville. 502-585-9642. YogaEast.org.

Do you have yoga news for our readers?

To add information to our Yoga section, send an email to:

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Laura Wagner: Coaching Our Community Toward Greatness, One Believer at a Time

by Kirsten Clodfelter

Laura Wagner is a rare find. A licensed marriage and family therapist, life coach and weight loss coach working in Louisville, Kentucky, she is smart, genuine, and bursting with optimism. After only a few brief conversations, it's easy to see that she's the real deal—sincere, grounded, and a true gem in our community.

Wagner has been practicing in her field for nearly a decade and came to work in therapy and coaching by way of teaching and writing. Says Wagner about this journey, "It definitely was not a linear process, but I know that the path to get to this place in my career unfolded exactly as it needed to—successes and disappointments included. I was a high school English teacher in my 20's and got my Master's degree in school counseling. Something kept pulling at me, though, in the direction of clinical counseling. I also felt like I wanted to do something creative, which for me was connected to writing. I was attracted to the process of life coaching, since I'd worked with a



Whitney Neal Photography

Laura Wagner

coach myself and saw the leaps that one can make with a coach asking you the right questions to challenge the 'stuckness' we all have at different times in our lives."

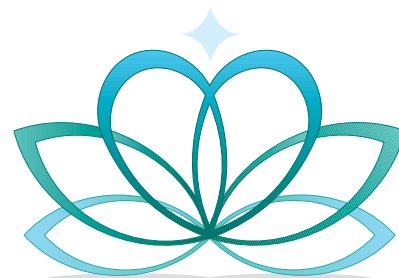
"For awhile," Wagner shares, "all of those things—counseling, writing and coaching felt mutually exclusive, but certain turns in my life showed me I could create the kind of work I wanted to do in the world.

Additionally, there were some challenges in my personal life that informed this process; namely, my struggle with infertility and the adoption of my son in 2008. I experienced both

"This work means everything to me."

deep pain as well as monumental joy connected to that time, which really propelled me to move forward and start a coaching and consulting practice to help people who struggled with infertility navigate the adoption process."

Wagner goes on to say that she "quickly saw that my clients were also seeking emotional support and a place where they could build resilience while battling infertility; it's



Laura Wagner~LMFT & Certified Life Coach

often a traumatic experience." With the realization that she needed more training to take on this work, she was accepted in 2009 to the University of Louisville's Marriage and Family Therapy post-Master's program in the Kent School of Social Work.

Like any labor of love, the work is not without its challenges. "The greatest thing about the work I do," explains Wagner, "is that it's both challenging and inspiring. We live in an increasingly complex world where the way we communicate and connect is changing all of the time, and none of us go through life without experiencing some inner or relational conflicts, pain, disappointment or even despair. I see myself as a catalyst for hope and change when someone decides to work with me. I can hold hope for an individual or couple when they feel drained of it; I have great tools and strategies for helping people put their lives back together and build their resilience muscles so they can handle

future challenges on their own. I help people look at their cognitive processes and how much power they have when it comes to challenging their thoughts and perspective on life."

Wagner's website, which details her many services and modalities for connecting with patients, mentions the practice of "radical self-care." In speaking about this concept, Wagner says, "I changed my life almost two years ago when I decided to stop telling myself that a life of connection, fun, creativity, inspiration and passion was elusive. The catalyst for that was hiring a weight loss coach, and I did so very much below the radar because I didn't 'look' like someone who needed to drop any weight. I was exhausted, stuck in a cycle of secret dieting and my 40th birthday was that year."

Wagner, ever the questioning scholar, used her own positive experiences working with a coach to better inform and deepen her own coaching practice. "When I began to engage in a more peaceful

"I see myself as a catalyst for hope and change."

relationship with food and my body, that opened up the space in my life to do really great things in the world. My body changed (I lost almost 40 pounds), but so did the way I designed my career. My relationships also thrived—especially the relationship I have with myself."

After further reflecting, Wagner expresses that she eventually saw an even bigger picture than this: "It's not just one person's life and the people that they're closely connected to that changes when they are no longer consumed by a struggle with their body and weight. I believe that when women heal their relationships with their bodies, they can heal and change the world."

Wagner didn't take these discoveries lightly. "This work means everything to me," she admits. "It catapulted me from

a good life into an amazing life. The work of radical self-care is not at all about white-knuckling it around ice cream or whipping your body into submission in a gym class you hate. When I work with clients, I focus on joy and play as a modality to self-care." Her work, she explains, is "about helping women find (or re-introduce themselves to) their sass, style, confidence, creativity and passion. It's also about connecting to what is sacred within us, what nurtures us and how all of that will spill over into more magnificence in our lives. I come from a place of believing nothing is too good to be true; we are amazing and can be the architects of the lives we want. I'm an excellent companion for my clients on that journey."

To learn more about Laura Wagner's practice or services in the Louisville, Kentucky area or to schedule a consultation, call 502-855-6078, email laura@laura-wagner.com or visit Laura-Wagner.com.

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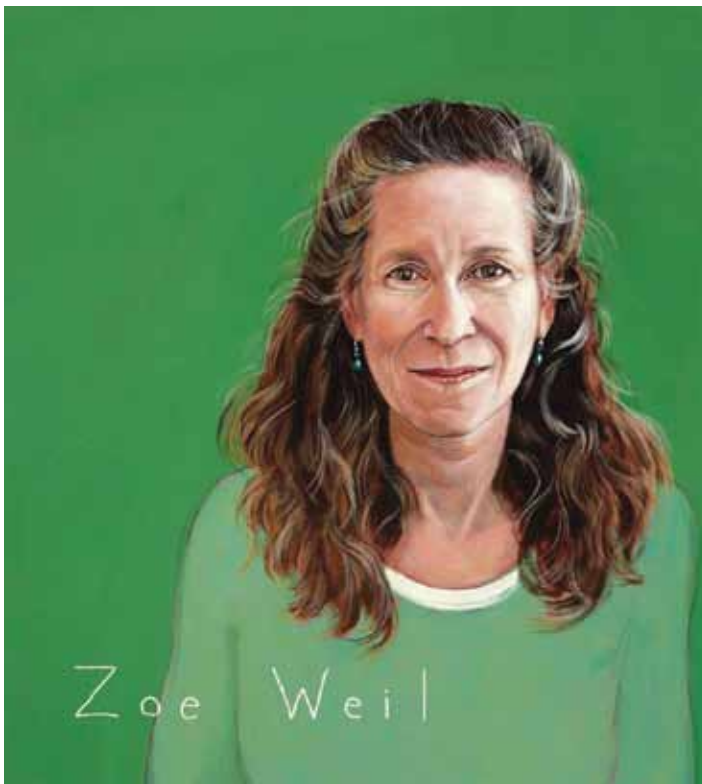
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Zoe Weil portrait by Robert Shetterly

access to both positive choices and the necessary tools for problem solving. “These elements enable students to take all that they learn and use it with reverence and a sense of responsibility,” says Weil.

Her institute offers the only master’s degrees in humane education that this approach requires, with complementary in-class and online programs for young people and adults. Her determined vision is slowly becoming a reality as teachers become familiar with these concepts and integrate them into hands-on, project-based learning that crosses disciplines and better marries school experiences with real-life lessons.

Make the Extraordinary Ordinary

Massachusetts Institute of Technology’s Seymour Papert, a renowned educator and computer scientist, has conducted in-depth research in how worthy real-world topics get students excited about what they learn. They increase their tendency to dig more deeply and expand their interest in a wide array of subjects as they better retain what they learn, become more confident in trusting their own judgment and make the connections needed to broadly apply their

THE NEXT LEVEL

Education for a More Sustainable World

by Linda Sechrist

“What is the purpose of education?” That’s a question Zoe Weil frequently revisits with her workshop audiences. As co-founder and President of the Institute for Humane Education (IHE), Weil has spent most of her adult life researching the answer. Her conclusion is that the U.S. Department of Education’s present goal of preparing graduates to “compete in the global economy” is far too myopic for our times.

Weil’s firsthand research, which grounds her book, *The Power and Promise of Humane Education*, has led her to forward the idea that the goal should be inspiring generations of “solutionaries” prepared to joyfully and enthusiastically meet the challenges of world problems.

“I believe that it is incredibly irresponsible for America’s educators and policymakers not to provide people with the knowledge of interconnected global issues, plus the skills and tools to become creative problem solvers and motivated change makers in whatever fields they pursue,” says Weil.

Weil points to four primary elements that comprise a humane education: providing information about current issues in age-appropriate ways; fostering the Three C’s of curiosity, creativity and critical thinking; instilling the Three R’s of reverence, respect and responsibility; and ensuring

We need to build cases for environmental protection around broad-based community concerns like health, quality of life, the protection of watersheds and wildlife and the education of our children. Environmental issues are also social, economic and quality of life issues. Our challenge is to bring life-sustaining principles into creative thinking for the long view, rather than the short term.

~ Terry Tempest Williams

knowledge. Young people learn how to collaborate and improve their social and group speaking skills, including with adults.

According to Papert, project-based learning improves

test scores and reduces absenteeism and disciplinary problems. "If schoolchildren are given the gift of exploration, society will benefit, both in practical and theoretical ways," notes Papert.

Telling Transformation

Papert's observations were affirmed by middle school students at Voyagers' Community School, in Farmingdale, New Jersey, in one of the IHE 10-week online classes—Most Good, Least Harm—in April 2012. "Initially, students were intimidated and underestimated their ability to express their thoughts and concerns or debate issues with the adult participants. That challenge faded quickly," remarks Karen Giuffre, founder and director of the progressive day school.

Posing provocative questions like, "What brings you joy?" and engaging in conversations in subjects like climate change, racism, recycling, green energy, genocide and war challenged the students to step up to become respected equals. "This demanded a lot from these young people, because the experience wasn't only about absorbing complex issues and developing an awareness of the

material, political, economic and cultural world around them. It was also about how they probed their minds and emotions to determine where they stood on issues and what they could do to change their lifestyle, or that of their family and community, to make it more sustainable," says Giuffre.

The students went on to help organize a peace conference that entailed 20-plus workshops to inspire an individual mindful awareness of peace that motivates and empowers the peacemaker within. It was intended to incite collective action across generations, explains Giuffre, and was followed by community service to people impacted by Hurricane Sandy.

Answering the Call

Children or adults that participate in activities such as those created by IHE or the National Association of Independent Schools (NAIS) Challenge 20/20 are developing what Peggy Holman describes as "change literacy", the capacity to be effectively present amid a changing set of circumstances. Holman, an adjunct professional lecturer at American University's School of Public Affairs, in Washington,

D.C., is co-founder of the Open Space Institute-US, which fosters whole-system engagement, and author of *Engaging Emergence*.

"Conversational literacy—the capacity to talk and interact in creative ways with others that are very different from us—is our birthright. However, change literacy, a necessary skill for future leaders, is learned via curiosity," advises Holman. "In my experience, children grasp it more quickly than adults, because authentic expression and curiosity come naturally to them. Children don't have a long history, and so are naturally more present when engaged in exploring things that matter."

Global problems of deforestation, peacekeeping, conflict prevention, terrorism, water pollution and shortages, natural disasters and mitigation, global warming, education for all, biodiversity, ecosystem losses and global infectious diseases aren't yet subjects found in a normal curriculum for grades five through nine. However, the Internet-based Challenge 20/20 program now has youth in nearly 120 independent and traditional schools throughout the United States working

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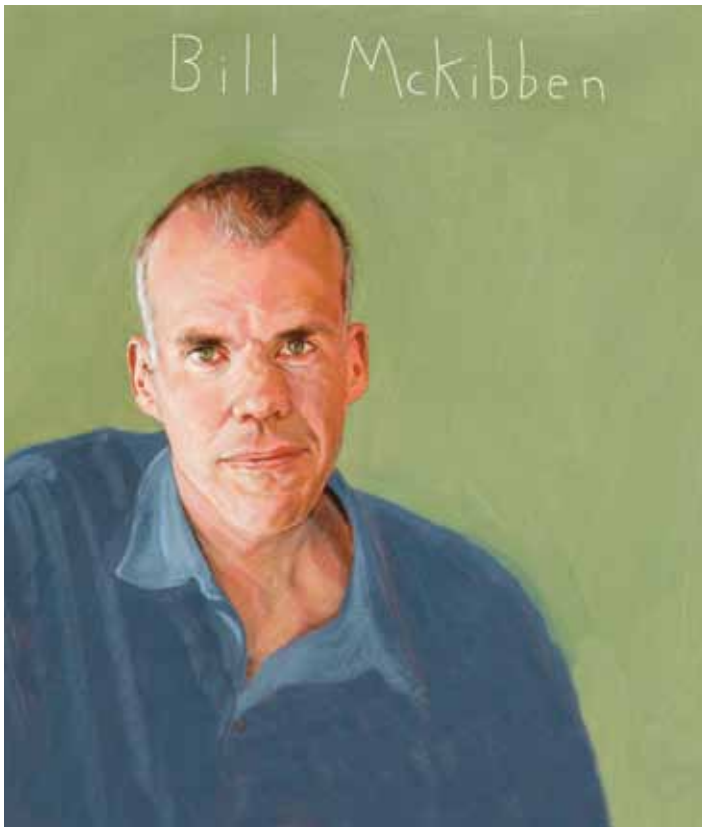


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Bill McKibben portrait by Robert Shetterly

transformative learning, we are cultivating capacities. This is how certain capabilities become embodied in us, either as individuals or as human systems,” he advises.

Portrait artist Robert Shetterly tours with his series of more than 100 portrait paintings in traveling exhibits titled *Americans Who Tell the Truth*. They are helping individuals learn to embody patience, perseverance and compassion, while enhancing their understanding of sustainability, social justice, civic activism, democracy and civil rights, via both historical role models and contemporary mentors such as environmental activist Bill McKibben, conservationist Terry Tempest Williams and renowned climate scientist James Hansen.

“We don’t need to invent the wheel, because we have role models that have confronted these issues and left us a valuable legacy,” remarks Shetterly.

In 2004, he collaborated to produce a companion curriculum with Michele Hemenway, who continues to offer it in Louisville, Kentucky, elementary, middle and high schools. Hemenway also teaches Art in Education at Jefferson Community & Technical College and 21st-Century Civics at Bellarmine University, both in Louisville.

Out of many, she shares a particularly compelling example of a student transformed due to this learning method: “I taught a young girl studying these true stories and portraits from the third through fifth grades when she took her place in a leadership group outside the classroom. Now in middle school, she is doing amazing things to make a difference in her community,” says Hemenway.

Reflecting on her own life, deciding what she cared about most and what actions she wanted to take, plus her own strengths, helped the student get a blighted building torn down, document and photograph neighborhood chemical

on solutions that can be implemented both locally and globally.

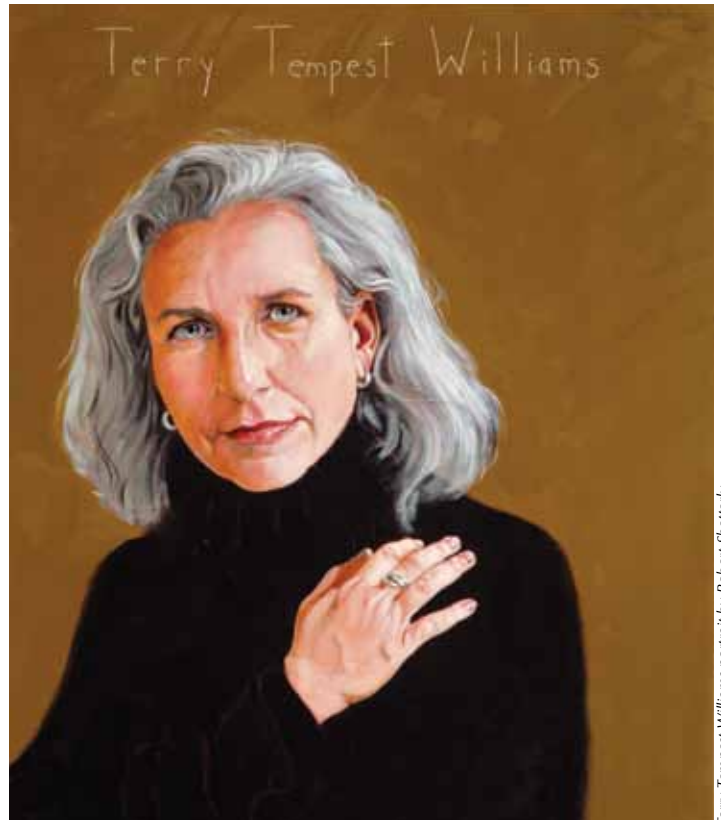
“Challenge 20/20 partners American schools at any grade level [K-12] with counterpart schools in other countries, free of cost,” explains NAIS Director Patrick Bassett. “Together, teams tackle real global problems while forming authentic bonds and learning firsthand about cross-cultural communication.” Qualifying students may have an opportunity to share their experiences at the association’s annual Student Diversity Leadership Conference.

In 2010, 11 students at the Fay School, in Southborough, Massachusetts, partnered with Saigon South International School (SSIS), in Vietnam. After a year of studying, raising awareness and brainstorming solutions for the global water deficit, Fay students focused on the challenges families in underdeveloped countries face that must walk miles to find clean, safe, water sources.

A taxing water-carrying experiment brought immediate appreciation for the difficulty of transporting water, prompting them to invent the Water Walker. The modified rolling cooler with heavy-duty straps attached can carry up to 40 quarts of water on large, durable wheels and axles designed to navigate rocky terrain.

Re-Imagining Education

“Transformative learning, which is vital to the learning journey, goes beyond the acquisition of information,” says Aftab Omer, Ph.D., president of Meridian University, in Petaluma, California, and founder of its formative Institute of Imaginal Studies. “In informational learning, we acquire facts, concepts, principles and even skills, but in



Terry Tempest Williams portrait by Robert Shetterly

dumping and have it stopped and succeed in establishing a community garden, a factor known to help reduce crime.

Among Shetterly's collection is the portrait of John Hunter, a teacher in Charlottesville, Virginia, who devised the World Peace Game for his fourth grade students. Children learn to communicate, collaborate and take care of each other as they work to resolve the game's conflicts. The game triggers an eight-week transformation of the children from students of a neighborhood public school to citizens of the world.

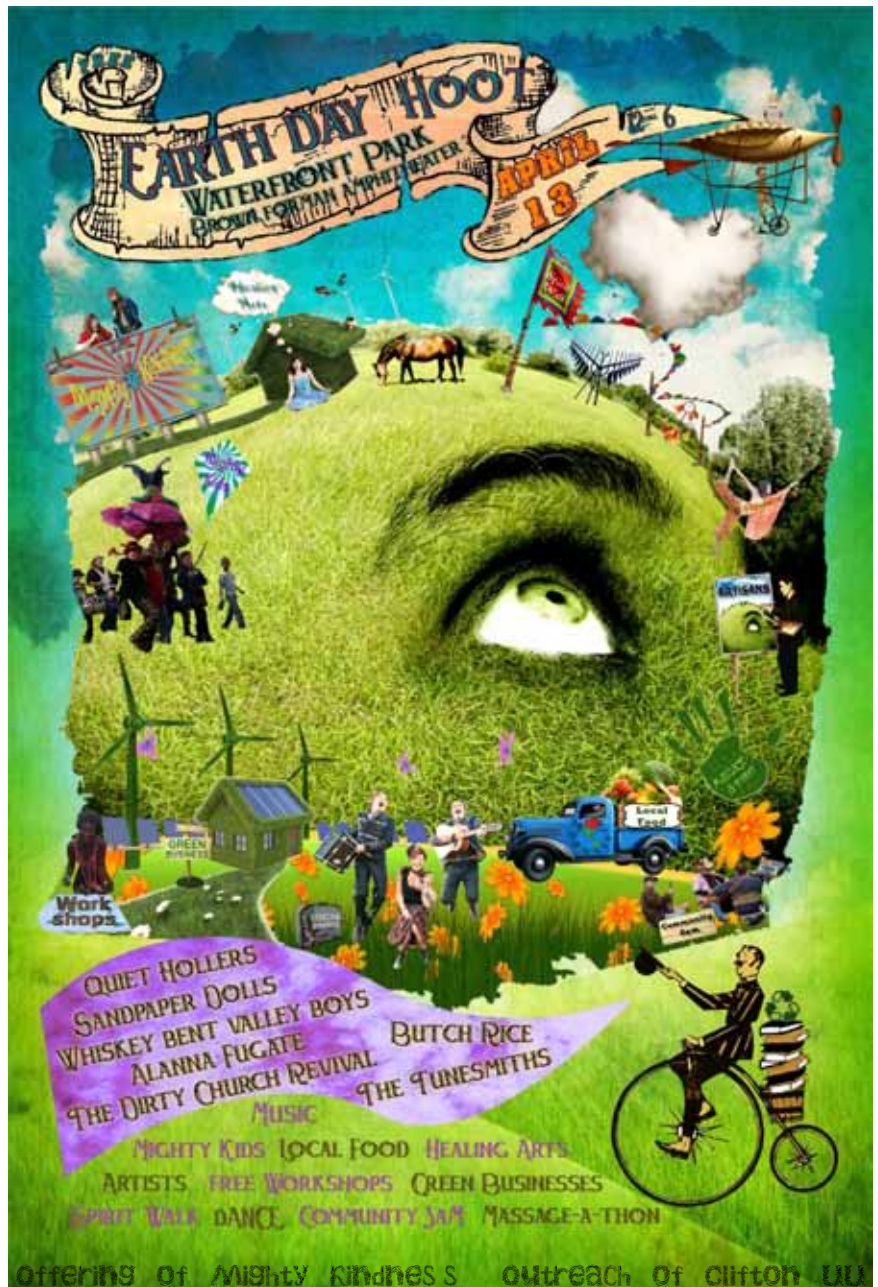
Demonstrating transformational learning at its best, they experience the connectedness of the global community through the lens of economic, social and environmental crises, as well as the imminent threat of war. Hunter and his students are now part of a new film, *World Peace and Other 4th-Grade Achievements*, which reveals how effective teaching can help unleash students' full potential.

Professor Emeritus Peter Gray, of Boston College, who researches comparative, evolutionary, developmental and educational psychology, believes the transformational method will be accepted as part of the increased demand to integrate enlightened educational approaches in public schools. The author of *Free to Learn* notes, "A tipping point can occur. It's happened before, when women won the right to vote, slavery was abolished and recently when gays were openly accepted in the military."

Weil agrees that when more individuals commit to working toward a sustainable and just world, it will happen. "What's more worthy of our lives than doing this work for our children and coming generations?" she queries. "How can we not do this for them if we love them?"

Linda Sechrist is a Natural Awakenings senior staff writer.

For recorded source interviews and additional perspective, visit her website, ItsAllAboutWe.com.



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A Conversation with Education Visionary Michele Hemenway

by Kirsten Clodfelter

Michele Hemenway, a Kentucky educator of both children and parents, is doing outstanding work for our community. With a passion for engaging students at every grade from K-12 to the collegiate level, Hemenway is a tour-de-force in the academic world, and her unbridled passion for education and outreach make her an inspiring figure in our city.



Michele Hemenway

I teach civics engagement classes and work with teachers at all three levels: elementary, middle and high school, using AWTT curricula as well as other tools, including the work of internationally recognized artist, Lily Yeh.

I teach a course called Art Education at Jeffersonville Community and Technical College, which is a required course for all KY-certified teachers. It

helps teachers learn how to use art to engage students at all levels and at all areas of the curricula. This summer I'll begin teaching a course for graduate students at Bellarmine University called Teaching 21st Century Civics. It's a course designed for teachers looking to engage civics instruction in an active and meaningful way in a very practical setting.

I also teach a course in Art and Community at Kentucky School of Art at Spalding University that helps art students come to understand the significance of art in social justice and social change in their communities.

Have you always worked in education, or did you come to this profession via a different path?

I was set on a course of teaching as a young child. I had a sister who had brain damage, multiple learning challenges

"Teachers will have to risk their jobs in order to finally see a shift in power."

and differing abilities. I quickly learned I'd not be able to teach her things as I'd done with my three prior siblings. As a teen, I taught at the Y as a swim teacher and camp counselor. I've been very blessed with opportunities to learn. Teaching has always been part of who I am, thus I learned early that real teaching involves knowing one's students and being taught by them, not the other way around.

One of our articles this month discusses your work in education alongside artist Robert Shetterly and his Americans Who Tell the Truth exhibit. Can you talk about your involvement with that project and how you've worked to develop this into a teachable curriculum?

I began working with Rob's portraits when I was teaching eighth grade history over nine years ago. The year prior I had started hosting middle school forums for my students. Given my background using art and biography to teach history, Rob's portraits were a perfect match. I contacted him and found out that Dutton, his publisher, was about to release his book and needed curricula to accompany it. I invited Rob to work with my students, and he brought five portraits. At that time, AWTT was so small! Now,

KC: Can you start by talking just a little bit about your career in education?

MH: I began teaching in special needs and early childhood. After 10 years, I started working in parent education and teacher training. Next I trained as a Waldorf educator. I taught students in the Grade 1-8 cycle, and during that time I helped found a Waldorf school in Louisville and a middle school inspired by Waldorf ed. I continued training teachers and doing parent ed at that time. I also began writing curricula for organizations such as the Muhammad Ali Center, the Ali Institute at the University of Louisville, the Center for Interfaith Relations and, most recently, Americans Who Tell the Truth (AWTT). I also hold a Master's in Learning and Behavior Disorders.

So what and where are you teaching now?

180-something portraits later, I've been in classrooms using the work, writing lesson plans and curricula for courses at all levels, including professional development for other teachers.

During the past two years, AWTT and I were extraordinarily blessed by an organization in Louisville formed by Jennifer Ratoff called SYNAPSE. Not only did they raise the funds to continue the work, but they allowed me to research it in more depth, create journals for student study, make connections to local government offices, including the Mayor's office, and build relationships with numerous local artists. In those two years we really flourished, and we continue to build on that work today, though no longer in partnership with AWTT.

SYNAPSE allows me to work in my local community, bringing civic engagement to students via local partnerships with groups such as the Louisville Metro Center for Neighborhoods, the Louisville Metro Council members and individual artists. AWTT is now pushing forward to reach more teachers with the curricula I created, as well as other teachers who will contribute on a national level.

Outside of the wonderful work you've done with AWTT and SYNAPSE, in what other ways are you reimagining education in order to better reach and serve your students?

My college courses are geared toward helping new educators reinvent education, and this is done with great intention on my part. I work very hard to help them understand that their students are more than data and test prep partners. I push them to see that relationship and the use of art in particular as a tool for creating true education, not training.

In my ES, MS and HS courses, I'm creating alternatives to data-driven

"I learned early that real teaching involves knowing one's students and being taught by them."

classroom exercises and study by employing art, story and expression in relationships, as well as trying to help students find the "beloved community," as described by Dr King, within their own circles.

Can you point me toward a few examples of how this work may be impacting them?

My students tell me that the courses are life changing for many reasons. One young girl wrote me a letter explaining that she was teaching her dad the stories I was telling her. She went on to say that her dad is in jail, and she does this when she goes to visit him. A grandmother wrote me to thank me for teaching her grandchild stories of courage and true history. She was raising her grandchildren because their mother had died of cancer. I think that often my students see themselves in what I'm teaching in regard to their future students, and it's very healing for them.

And of course, there's data. Research has us that the students who came to class on the days the courses are taught began to read more and experienced improved overall behavioral issues. It also reshaped attitudes about community engagement and citizenship.



Which individuals and organizations do you feel are notable for contributing positively to the type of work you're doing?

I think there are some important voices in education that we can pay more attention to, such as Ken Robinson, Bill Ayers, Diane Ravitch, Nancy Carlson Paige, Jonathan Kozol, Rethinking Schools, Zinn Education, YES!, Marian Wright Edelman, Michelle Alexander, the school-to-prison pipeline programs, etc. The list goes on and on.

Where do you see the most opportunities right now for teaching to grow, both in your own classrooms and generally, particularly for students transitioning from high school to college?

I think we're at a huge turning point—everything is about to transform. We have several components working, including research about the brain and learning, which is essentially being ignored; funding issues: Where will we, as a people, continue to spend or not spend our monies; and, most importantly, the rising up of teachers in many cities saying NO to data-driven, test-based teaching, which has so many implications that perhaps now teachers will have to risk their jobs in order to finally see a shift in power. More and more families that can do it are opting to home school, also. I think perhaps the old children's marches during the Civil Rights era, in which entire schools/classes of children walked out and protested, might be coming. I don't know what it will take, but I see these issues about to boil over. Teaching opportunities in the future will also include the transformation of classrooms, and I hope this includes the concept of sankofa, or bringing forward the lessons of the past and making the future new.

TARC Paves the Road to Environmental Stewardship

by Kirsten Clodfelter

The Transit Authority of River City (TARC) is giving Louisville and Southern Indiana residents much to be proud of lately. TARC's mission is honest and simple: "To explore and implement transportation opportunities that enhance the social, economic and environmental well-being of the Greater Louisville community." And enhance they do.

Geoffrey Hobin, TARC's Special Projects Manager, who is in charge of administering all of TARC's federal grants, its capital improvement program, its capital budget and major capital projects, had this to say about the outstanding work TARC has been doing lately, "If we take that mission seriously, then our job is stewardship. We're working as hard as we can to reduce our environmental footprint, to minimize negative impacts of our operations."

So what does this look like? Hobin speaks to this specifically when he explains, "With regard to our bus fleet, we installed catalytic converters on our buses more than 12 years ago, began using ultra-low sulfur diesel two years ahead of the EPA's mandate and purchased the first hybrid buses

in the Midwest." He goes on to share, "As of this summer, when we accept delivery of 11 new hybrids, we'll have 32 in our fleet. Hybrid buses use about 20 percent less fuel than standard diesel buses and produce at least 20 percent fewer emissions. Every new bus we've purchased since 2008 has been equipped with diesel particulate filters that dramatically reduce particulate emissions. Now we're adding selective catalytic reduction to our fleet of buses, which will reduce NOx (Nitrogen Oxide) emissions by as much as 90 percent."

Hobin boasts, and with good reason, "We're committed to 'greening' our facilities too. In 2011, our new Maintenance Annex received a LEED (Leadership in Energy and Environmental Design) Gold designation from the U.S. Green Building Council. That building uses substantially less electricity, gas and water than a typical building of the same type. It does so with well-insulated ceilings and walls, a vegetative roof, room-occupancy sensors, high-efficiency lighting, heating and air conditioning systems and by collecting rainwater to flush toilets."

As if that isn't enough, TARC is also



A photo of what Louisville's future electric busses might look like.

improving the energy efficiency of Union Station, the 120-year-old historic train station that serves as the company's headquarters. Additionally, Hobin reports, "We've restored and weatherized all 274 of TARC's windows, including our beautiful art glass panels, and we're restoring our exterior doors, replacing our skylight and insulating the building." When they're finished, they will have reduced their energy consumption by as much as 70 percent.


That still isn't the end of TARC's impressive environmental contributions. Electric buses are also in the works, with Hobin explaining that TARC plans to "replace five of our historic replica trolleys—the vehicles which release the highest amount of emissions in our entire fleet—with electric buses sometime in 2014. Those electric buses will run on electricity alone and won't have internal combustion engines. We're very excited about this opportunity to improve the livability of Louisville's downtown."

Hobin continues, "We're also very excited about implementing our new automated fare-collection system. We know that the single greatest impact we can have on Louisville's sustainability is through helping to create a city where everyone can choose to ride transit. The more people are able to do without using their cars, the cleaner our air will be and the more livable our streets will become." For helping to increase the livability of our neighborhoods and for their commitment to long-term caring for our community, we certainly owe thanks to TARC.

Kirsten Clodfelter teaches at Indiana University Southeast. To read more of her work or to contact her regarding writing or editing consulting, visit KirstenClodfelter.com.



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**with author
Rev. Michael Dowd**
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Mitsubishi's Impressive New All-Electric i-MiEV

by Kirsten Clodfelter

With as much time as we spend behind the wheel, one way to promote better environmental stewardship is through the use of electric cars. Walking, biking, public transportation and ride sharing are an important part of caring for the Earth and reducing

then customers should also qualify for a \$7,500 tax credit to be paid on their following year's return."

If that incentive isn't enough, the website boasts that the i-MiEV also has an eight-year, 100,000-mile

limited battery warranty. There's no compromise on safety either. The car houses six airbags and a unique body design, a "technology [that] features a sophisticated, impact-smart design that helps keep you safe and sound."



*Kristopher Kent Haire
with the i-MiEV*

our footprint, but those options aren't always feasible for everyone. If you must drive, though, the next time you're in the market for a new vehicle, consider making the switch to an electric car.

Sam Swope Mitsubishi in Louisville is currently offering the i-MiEV, an impressive, entirely electric car that won't break the bank. According to MitsubishiCars.com, "The i-MiEV is one of the most efficient electric vehicles you can buy. Perhaps that's why it was recognized as 'The Greenest Vehicle of 2012' by the American Council for an Energy-Efficient Economy."

Kristopher Kent Haire, Manager of the Louisville Mitsubishi store, has this to say about the new i-MiEV, "This car is very attractive for several reasons, but what makes it really stand apart is that it is the most affordable electric car on the market. We have one on the lot that is \$22,988 (including all rebates) and

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"Both the ride and the drive," explains Haire, "are extremely nice and quiet. With Zero maintenance as far as gas and oil go, you're sure to save—and make a major statement in doing so!" This dealership also offers leasing options for as low as \$259 per month (though buyers should be aware that this will cost them the tax credit).

The website sums up the pros of going electric: "The all-new Mitsubishi i is 100 percent electric. It will never burn a drop of gasoline or emit one single molecule of exhaust gas from its tailpipe. In fact, it doesn't even have a tailpipe. Here, the internal combustion gasoline engine has been entirely replaced with a clean, efficient electric motor and a high-tech drive train that produce zero on-road emissions—and all kinds of good times. Welcome to a whole new era of transportation."

To test drive an i-MiEV or for more information, visit Sam Swope Mitsubishi, #11 Swope Auto Center Dr., Louisville or contact Kristopher Haire at 502-499-5033 or khaire@samswope.com.

Kirsten Clodfelter teaches at Indiana University Southeast. To read more of her work or to contact her regarding writing or editing consulting, visit KirstenClodfelter.com.



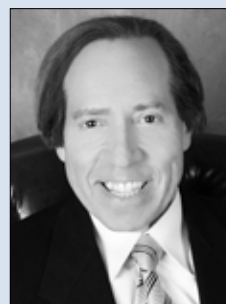
The Earth is
what we all have
in common.

~Wendell Berry

Natural Awakenings Readers' Q&A with Dr. Gary Weinstein of Holistic Psychiatry:

Readers asked:

Describe what your own self-care practice looks like (or, if you'd rather not be quite so personal, perhaps you can talk generally about what specific examples of common self-care practice are mainstays for good mental health).



Dr. Gary Weinstein

Readers asked:

Can you talk specifically about the importance of exercise as it contributes to a contributing factor to mental healthiness and recovery?

Dr. Weinstein answered:

Since there is a relationship within both questions, I will answer them together. It's important to realize that research has shown a strong correlation between physical health and its influence by thoughts and emotions, and also the reverse with physiology influencing thoughts and feelings. Holistically this body-mind connection is also linked to emotion, spirit and energy.

An ideal daily routine for greater health is one that improves the flow of life energy throughout the body without blockages. If there are restrictions, then physical and psychological problems are more likely to occur and harmony and balance are reduced. Humanity, though, means nothing is ideal and with busy lifestyles, a simple and efficient routine is one that's more likely to be practiced.

A brief outline of three important activities for self-care:

- Besides proper nutrition and rest, exercise with some form of moving is vital. This can include walking on land or in a pool or even exercises preformed while sitting in a chair. Endorphins are released that trigger positive feelings and reduce the awareness of pain. Additionally, not only is anxiety diminished but energy

increases and sleep improves.

- Diaphragmatic breathing that is slow and deep also reduces anxiety. The parasympathetic nervous system is stimulated by this, which slows the heart rate and relaxes muscles. A mindful focus on breathing increases a sense of well being and awareness of each moment.

- Even a simple yoga or qigong routine can increase

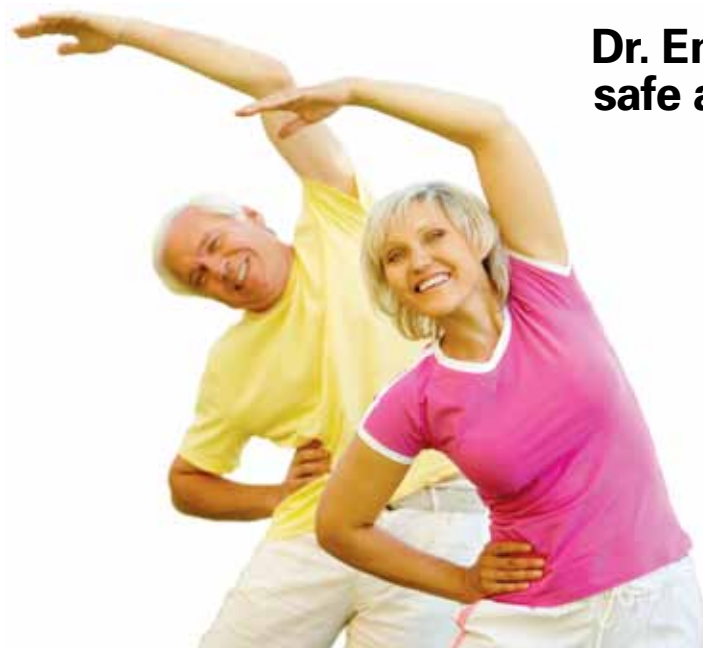
the internal life force. An example is the qigong "eight pieces of brocade," which can be done in a brief period but also strengthens the interconnectedness with the Earth, the heavens and all others.

Self-care implies a sense of loving kindness toward oneself that is positive and noncritical, so contentment can be achieved from any of these practices no matter how long or often they are performed.

Dr. Weinstein is a holistic psychiatrist combining many modalities of traditional and complementary medicine. A former Director of Outpatient Psychiatry at the University of Louisville School of Medicine where he is now a Clinical Associate Professor, he is Board Certified by the American Board of Psychiatry and Neurology. He is also a Medical Qigong Master, Advanced Pranic Healer and Reiki Master.

Dr. Alan Bee, DC, ART of Occupational Kinetics will join us for next month's Q&A. Submit questions for Dr. Bee about the four practices under the OK umbrella: The Center For Alternative Medicines, Sports Medicine and Injury Rehabilitation, Industry Based Occupational Health and Clinic 32 Dentistry for this candid, informative feature to Metropublisher@NaturalAwakeningsMag.com no later than April 15. We reserve the right to edit questions for publication once they're submitted.

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I became intrigued by an up-and-coming natural aid: Emu Oil. Out of personal necessity to get off drugs, aided by pain management doctors, other medical personnel, herbalists and lengthy research and development, I created the natural topical pain relief product, Dr. Emu's Rx for Pain.

It not only eased my pain within minutes, it also made my life more livable again. Since then, many physical therapists, chiropractors and pain management doctors have testified to its apparent effectiveness with their patients."

Darrell Hart,
founder and CEO of Everlasting Health

Here's What Some of Our Customers Have to Say About Dr. Emu's Rx for Pain:

"I have been using this for 3 months to relieve my arthritis pain and it has been a lifesaver on my bad days! LOVE it!"

Angie at ForLivingStrong.com

"I had a knee injury for 15 years. After using this three times over three months my knee was better."

Jeffrey Mark Bablitz

"I ... was amazed at how good this is. It has taken away the pain from my hip/leg/ankle and reduced the swelling in my ankles I get every summer. Thank you!"

Patty Mullins

"I was told about this by my doctor's office. It truly helped my back and knee pain. It is a little costly but well worth the extra cost over others in discount stores. It works so well, I don't even need to use it as much now. Thank you for bringing it to us."

Tony, Naples, FL

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Eating Ecology

Daily Decisions Make a Difference

by Judith Fertig

Consuming food has such an enormous ripple effect that making small changes, one meal at a time, can reap big benefits. How we choose, prepare, cook, serve and preserve our food can improve nutrition, weight loss, cost savings and the environment.

Decide What to Eat

Choosing what we eat is critical. *New York Times* food columnist Mark Bittman believes that no food is absolutely off limits because, "It's all in the way we use these things." Yet, he adds, "The evidence is clear. Plants promote health."

For the past few years, Bittman has experimented with eating vegan for breakfast and lunch, and then indulging at dinner. "It's just one model of a new way of eating," he says, "but it makes sense on many levels. By eating more plants, fewer animals and less processed food, I've lost 30 pounds and my cholesterol and blood sugar levels are normal again."

When a friend sent him a 21st-century United Nations study on how intensive livestock production causes more greenhouse gas emissions than driving a car, Bittman realized how a change of diet is a win-win for him and the environment.

For a wake-up call on how our food choices affect the planet, the Center for Science in the Public Interest offers a short quiz at Tinyurl.com/EatingGreenCalculator.

Identify Good Sources

"One of the most ecologically conscious things you can do to make a great meal is prepare it with food that you grew yourself," says New York-based lifestyle writer Jen Laskey, who blogs at Frugaltopia.com. "Plant a small vegetable garden and a few fruit trees in your yard or join a local community garden. Even sprouting an herb garden on a windowsill will make a difference; plus, everyone in your household will appreciate the choice in fresh seasonings."

Kansas City Star journalist Cindy Hoedel suggests planting parsley, basil, dill and other herbs every three to six weeks in eggshells in a sunny window after the outdoor growing season for a year-round tasty harvest.

When shopping, renowned activist, author and eco-stylist Danny Seo, of Bucks County, Pennsylvania, suggests bringing along reusable shopping bags and choosing local foods when possible, plus sustainable seafood and free trade, organic and hormone-free foods. The Socially Responsible Agricultural Project offers more eco-shopping tips, such as carpooling grocery trips and avoiding products with more than five ingredients, at Tinyurl.com/ShopHealthier.

Prepare and Serve Righteously

"On average, each person throws

about \$600 worth of food into the trash every year because of spoilage," says Seo. Instead of rinsing food before storing, which causes more spoilage, he recommends cleaning it right before meal preparation.

Buying what's in season (and thus less expensive) makes sense, advises Hoedel. "When you find fresh produce on sale, buy it in large quantities and boil it (one to five minutes, depending on how long the regular cooking time is), and then freeze it in glass containers. This saves money and plastic packaging waste." Hoedel also likes to store lemon wedges, chopped onions and other leftovers in small glass jars instead of plastic bags.

Seo suggests using real dinnerware, glasses and utensils instead of disposable products. For a touch of elegance, take the advice of travel expert Kathy Denis, of Leawood, Kansas. "Adopt the traditional French practice of using—and reusing—a cloth napkin all week, or until it is too soiled to use," she recommends. "Family members like to have a personal napkin ring. Each napkin gets shaken out and then rolled up in the ring for use at another meal."

"Saving leftovers in the freezer helps keep it full (which helps it run more efficiently) and ensures future meals that require minimal energy to prepare," advises Seo.

Hoedel's zero-waste tips, shared via Twitter, include making and freezing lots of end-of-season pasta sauce with tomatoes, peppers and basil.

Food can also be canned or pickled. Seattle cookbook author Kim O'Donnel, who founded Canning Across America and is known for her meatless recipes, says, "My only regret about canning is that I waited so long. Learning how to extend the season of my favorite fruits and vegetables in a jar is one of the most gratifying and useful skills I've acquired as an adult."

As green eating habits add up, Bittman says he enjoys... "a bit of self-satisfaction knowing that, by an infinitesimal amount, I'm reducing the pace of global warming. And I'm saving money by buying more 'real' food and less meat and packaged junk."

Award-winning cookbook author Judith Fertig blogs at AlfrescoFoodAndLifestyle.blogspot.com.

DETECTING DISEASE

Liver and Adrenal Issues Share Symptoms

by Dr. Shawn Messonnier

Adrenal and liver diseases can commonly plague pets, with adrenal problems occurring more often in dogs but routinely misdiagnosed, and liver disease more frequently present in cats.

Liver Disease

This inclusive term is used to describe any disorder of the liver. In both dogs and cats, common causes include toxins, infections, metabolic problems and tumors. In cats, infections and fatty liver disease are more likely, while dogs more often experience infections and tumors. Clinically affected pets are usually anorectic (not eating) and lethargic; in severe cases, jaundice may occur.

Conventional therapies depend to some extent on the cause, but in general, antibiotics and hospitalization for fluid therapy and forced feeding, often through a stomach tube, are necessary to give the pet the best chances of recovering. Pets with liver cancer are usually diagnosed too late to be a candidate for surgery, unless only one liver lobe is involved, or chemotherapy.

More gentle natural therapy often results in curing the condition, even in later stages, depending upon the root cause. The herb milk thistle is well known for its ability to heal liver damage. B vitamins, as well as the nutritional supplements comprising S-adenosylmethionine (SAME) and phosphatidylcholine, may also be effective treatments.

Adrenal Disease

Adrenal issues, especially common in middle-aged and older canines, can refer to Addison's disease or Cushing's disease—signifying decreased or increased adrenal function, respectively—and are commonly misdiagnosed as liver disease.

Addison's disease, although not prevalent, is often incorrectly diagnosed because its symptoms of reduced appetite, vomiting, diarrhea and weakness are shared with

most other diseases. Blood testing can be helpful, but is not always definitive.

Cushing's disease is a more common problem. Signs mimic diabetes and kidney disease, including increases in appetite, thirst and urination. Accurate diagnosis requires specialized blood tests and abdominal sonograms.

Conventional treatment for either disease involves lifelong medication. Natural therapies that work to prevent and alleviate such ailments may involve adrenal glandular supplements, milk thistle and herbs such as licorice (for Addison's disease) or ginseng and magnolia bark (for Cushing's disease).

Regular laboratory testing is important for a pet to allow for early diagnosis and treatment of potentially life-threatening diseases. If a pet develops liver or adrenal disease, combining conventional therapies with natural remedies usually results in successful treatment of the condition.

Shawn Messonnier, a doctor of veterinary medicine practicing in Plano, TX, is the award-winning author of The Natural Health Bible for Dogs & Cats and Unexpected Miracles: Hope and Holistic Healing for Pets. Visit PetCareNaturally.com.

"In my veterinary practice, pets with elevated levels of enzymes indicating liver or adrenal disease are always treated with natural remedies first. In most cases, this treatment is effective and conventional medication is not needed."

~ Dr. Shawn Messonnier



calendar of events

NOTE: All calendar events for May's Issue must be submitted by April 12th. For guidelines and submissions visit NALville.com.

MONDAY, APRIL 1

April Fool's Day!!

Day with the Doctor - 4-7pm. Get started on the road to better health with a FREE 15-minute health consultation. No appointment needed. Rainbow Blossom Highlands. 502-498-2470.

TUESDAY, APRIL 2

Reconciliation Day!!

Evening with the Massage Therapist - 4-7pm. Get tips on how to keep your aches and pains at bay in this FREE mini consult with licensed massage therapist Kammaleathahh Livingstone. Complimentary chair massage included. No appointment needed. Rainbow Blossom Highlands. 502-498-2470.

THURSDAY, APRIL 4

Hug A Newsmen Day!!

FRIDAY, APRIL 5

National Walk to Work Day!!

Oneness Blessing - 7-9pm. Experience the gentle transfer of awakened/intelligent energy and begin the process that naturally leads to a state of oneness, inner peace and well-being. Rainbow Blossom Highlands. 502-498-2470.

SUNDAY, APRIL 7

World Health Day!!

Gluten-free Tasting Fair - 12-4pm. Take some of the guesswork out of gluten-free living - sample lots of good tasting wheat- and gluten-free fare while learning the ropes of gluten-free living. Living gluten-free can be easier than you think! Rainbow Blossom St. Matthews. 502-896-0189.

Janet Irwin Celebration of Creativity in Peacemaking - 3pm. Join us for a program of creative expression featuring Louisville-Area musicians, artists, poets, dancers, photographers and more, all in celebration of peacemaking in an interfaith context. Janet Irwin, who passed away in 2011, was one of those visionary leaders of Interfaith Paths to Peace. St. Andrews Episcopal Church, 2233 Woodbourne Ave. Louisville. Paths2Peace.org.

MONDAY, APRIL 8

Rolfing with Carolyn Pike - 6-7:30 PM. Learn how Rolfing - a non-invasive touch therapy - can help your body function at optimum levels, and experience a mini session yourself! This FREE class focuses on how Rolfing can address digestive issues including acid reflux and constipation. Visit the event calendar at for more details. Rainbow Blossom St. Matthews. 502-896-0189. Rainbow-Blossoms.com.

THURSDAY, APRIL 11

Meal Planning for Weight Loss - 5-7pm. Yo-yo and crash diets have you feeling discouraged? Learn 'tricks of the trade' to simplify meal planning and discover meals and snacks that will get you energized, motivated and moving in the right direction.

Your fitness goals ARE attainable! Rainbow Blossom Springhurst. 502-339-5090.

SATURDAY, APRIL 13

Alternative Health & Healing - 10am-4pm. Come sample a variety of approaches to relaxation and healing. Cost is \$20 per 20 minute session of Reiki, PEAT, Self-Hypnosis, and Magnetic Energy. Nova accepts cash and credit card payments. Hosted by Nova Counseling Alternatives. 1941 E. Spring St., New Albany, IN. 1941 E. Spring St., New Albany, IN. Nova-CA.com.

6th Annual Mighty Kindness Earth Day Hoot - 12-6pm. over a dozen different Free Workshops, learning incredible eco-friendly and community building skills with local innovators. Free Workshops like Seed Saving, Growing Mushrooms, Green Building, Permaculture, Organics, TimeBank Bartering, Hemp, Activism & more! Free/ Waterfront Parks Brown-Foreman Amphitheater, 1217 River Road, Louisville. Contact Aim Me Smiley at 502-608-1587. MightyKindness.org.

Usui Reiki I & II Training - 10am-6pm. April 13 & 14. Easily & quickly learn how to utilize this gentle yet powerful energy for healing yourself & facilitating healing with others. \$135 for Level I, Saturday & \$185 for Level II Sunday. If you have taken these before & have certificates, you may review for \$50 per level plus our manual (\$20) if you need it. May attend one or both days. Nurses-8 contact hours per day. 1403 E. Breckinridge Street, Louisville. Contact JoAnn Utley @ 502-777-3865, JUtley5122@bellsouth.net.

MONDAY, APRIL 15

Rolfing with Carolyn Pike - 6-7:30pm. Learn how Rolfing - a non-invasive touch therapy - can help your body function at optimum levels, and experience a mini session yourself! This FREE class focuses on how Rolfing can address digestive issues including acid reflux and constipation. Visit the event calendar at for more details. Rainbow Blossom Middletown. 502-244-2022. Rainbow-Blossoms.com.

TUESDAY, APRIL 16

Try It - It Works!! - 6:30pm. Try the body wrap for just \$25 or a chin wrap for \$10. Receive FREE samples of our Defining Gel, ProFit protein drink, and Greens!!! *It Works!!* Meeting at the Olive Garden, 1230 Veterans Pkwy, Clarksville, IN 47129. (We can apply the body wrap at the restaurant in the bathroom. Some take it with them and use it at home). If you can't make it...call us and have an event at your house. To learn more, call us at 812-225-1177 or visit us at WrapMeNaturally.com.

THURSDAY, APRIL 18

Ask the Herbalist, Highlands - 6-8pm. Get a FREE mini-consultation with herbalist Jenny Boice and learn how the healing powers of herbs can address common health concerns like headaches, digestion, hot flashes, allergies, sleep problems and more! Rainbow Blossom Highlands. 502-498-2470.

FRIDAY, APRIL 19

Healthy Happy Hour Meditation - 6:30-8pm. End the week with a "Healthy Happy Hour Meditation"... Experience relaxation, healthy snacks and connect with like-minded individuals. April's theme - "Attracting Abundance." Meditation begins at 7:00. Rainbow Blossom Highlands. 502-498-2470.

SATURDAY, APRIL 20

Earth Day Celebration - 10am-2pm. Earth Day celebration at Red Orchard Park full of kid crafts, critters, bugs, pony and wagon rides, geocache trail, free paper shredding and e-cycling, educational booths and much more. Live music by the Ye Merrie Melodious Dulcimers. The Miller Outdoor Education Center will be open as well. FREE! Red Orchard Park, 704 Kentucky Street, Shelbyville, KY. 502-633-5059. ClearCreekTrailBlazers@hotmail.com. ShelbyCountyParks.com/Clear-Creek-Trailblazers-Schedule.

SUNDAY, APRIL 21

Earth Day Festival - During the Earth Day Festival, April 21, guests can enjoy \$2 admission to the Zoo, courtesy of LG&E and KU. Free parking will be available that day as well. Additional activities include zookeeper presentations, animal encounters during the week, special character visits and events every weekend. LouisvilleZoo.org.

MONDAY, APRIL 22

Earth Day!!

Earth Day Seedling Giveaway - All Day, Show your Mother (Earth) some love by planting a tree! To celebrate Earth Day Rainbow Blossom is giving away tree seedlings. Stop by any of our five locations and get your *free* Red Bud or Black Cherry seedling!

TUESDAY, APRIL 23

Crystal Prana Healing Clinic & Meditation - 6:30-8pm. Discover how to harness the power of crystals and gemstones to enhance self-healing. Meditation, group healing session, and more are included in this FREE class. Bring a yoga mat or blanket if you desire. Visit the events calendar at www.rainbowblossom.com for more details. Rainbow Blossom Highlands. 502-498-2470.

FRIDAY, APRIL 26

Usui Reiki Level II Training - 10am-6pm. Includes attunement to/training on the 3 Level II symbols for protection; grounding; healing physical issues & pain; for mental, emotional, addiction & relationship healing & manifesting goals. Participants will learn advanced techniques -to send Reiki with their eyes & breath, how to do distance healing & how to manifest goals. \$185 with nonrefundable \$50 deposit per level required by April 19. If you have taken this level before & have a certificate, you may review for \$50 plus our manual (\$20) if you need it. Nurses-8 contact hours. 1403 E. Breckinridge Street, Louisville. Contact JoAnn Utley @ 502-777-3865, JUtley5122@bellsouth.net. JoAnnUtley.ByRegion.net.

FAT Friday Trolley Hops - 6-10pm. Includes free trolley rides along Frankfort, Mellwood and Story Avenue. FatFridayHop.com.

SATURDAY, APRIL 27

Discuss the Dalai Lama's Latest Book "Beyond Religion" – 3pm. Join us at Louisville Tibetan Buddhist Center and explore the Dalai Lama's Latest insights as we prepare for his visit to Louisville in May. Drepung Gomang Institute, 411 N. Hubbards Lane, Louisville. Interfaith Paths to Peace. Paths2Peace.org.

TUESDAY, APRIL 30

Crystal Prana Healing Clinic & Meditation - 6:30-8pm. Discover how to harness the power of crystals and gemstones to enhance self-healing. Meditation, group healing session, and more are included in this FREE class. Bring a yoga mat or blanket if you desire. Visit the events calendar at www.rainbowblossom.com for more details. Rainbow Blossom Highlands. 502-498-2470.

savethedate

WEDNESDAY, MAY 8

The Body-Mind=Spirit Connection: Making a Difference on the Cancer Journey – 6-7:30pm.

Learn integrated cancer care, including how to empower the body, scientifically proven healing techniques and how to work with difficult emotional issues. Facilitated by Dr. Rob Rutledge, MD, FRCPC. Light refreshments will be served.

Please call Gilda's Club at 502-583-0075 to reserve space at these events.

savethedate

SATURDAY, MAY 11

Skills for Healing Seminar – 9am-12pm.

Learn how to get complete cancer care, including mindfulness-based stress reduction and simple relaxation techniques. Facilitated by Dr. Rob Rutledge, MD, FRCPC. Light refreshments will be served.

Please call Gilda's Club at 502-583-0075 to reserve space at these events.

classifieds

BUSINESS OPPORTUNITIES

NATURAL AWAKENINGS MAGAZINE IS CURRENTLY LOOKING FOR INDIVIDUALS

- to assist in distributing our magazines the first of every month. This would be in exchange for a business card size ad (\$132) or larger depending upon the route(s) selected. There are several routes available including La Grange/ Crestwood area. Call or email now to get in the May issue.

savethedate

SATURDAY, MAY 18

The Respiratory System - 10am-5pm.
Dr. Victoria Snelling will present a class in homeopathy and natural medicine that's full of practical information that you can put to use right away. You'll easily understand more about how your body works, how to treat common conditions, and how to regain and maintain your health. This comprehensive class is great for beginners and also for experienced practitioners. \$80 in advance/\$100 at the door.

RSVP at 502-426-2033. DrSnelling.com.

savethedate

SATURDAY, MAY 18 & SUNDAY, MAY 19

Usui Reiki Master Teacher IIIb Training - 10am – 6pm.

Final level of Usui Reiki—attunement to 2 powerful Tibetan symbols. Learn how to initiate others to all levels of Usui Reiki & advanced techniques – a meditation to break up blocks in chakras & the Healing Attunement to easily break through physical, emotional, mental or spiritual issues. \$565 if paid in full by April 19, \$600 after April 19 with \$200 nonrefundable deposit required by May 3. If you have taken this before & have certificate-may review for \$200 plus our manual (\$20) if you need it. Nurses-16 contact hours. 1403 E. Breckinridge Street, Louisville.

**Contact JoAnn Utley @ 502-777-3865,
JUtley5122@bellsouth.net.
JoAnnUtley.ByRegion.net.**

Only when the last tree has died and
the last river been poisoned and the
last fish been caught will we realize
we cannot eat money.
~Cree Indian Proverb

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ongoing events

NOTE: All calendar events for May's Issue must be submitted by April 12th. For guidelines and submissions visit NALville.com.

daily

Get Healthy Walking Club: Mall St. Matthews – Opens at 7:30am, Mon-Sat & 10am, Sun to accommodate walkers. Walking the perimeter of the mall is 1.2 miles per lap. NortonHealthcare.com/WalkingClub.

Get Healthy Walking Club: Oxmoor Center – Opens at 7:30am, Mon-Sat & 10am, Sun. Path is nearly three-quarters of a mile per lap. NortonHealthcare.com/WalkingClub.

Get Healthy Walking Club: Jefferson Mall – Opens at 9am, Mon-Sat and 11am, Sun. Path is nearly three-quarters of a mile per lap. NortonHealthcare.com/WalkingClub.

sunday

Metaphysical Bible Interpretation Class – 10-10:45am. Class draws from *A Course in Miracles* and *the Holy Spirit's Interpretation of the New Testament*. Unity of Louisville, 757 S Brook St, Louisville. 502-583-5559. SusanE@UnityOfLouisville.org.

Infertility Support Group – 4-5:30pm. Struggling with infertility? A bi-weekly, professionally-led support group for women can help you feel less isolated and empower you with the tools and knowledge to deal with the ups-and-downs of your journey. \$25 per meeting. Space is limited; participants must contact the facilitator to RSVP prior to attending. Metro Business Center, 2200 Dundee Road, Louisville. 502-855-6078, Laura@Laura.Wagner.com, Laura-Wagner.com/upcoming-events.

Louisville Zen Group – 5:30-8pm. Meets Sundays for meditation, Zen talks, films, and discussions. Introduction to Zen Meditation class at 5:30pm. Group practice at 6 pm. Donations. Yoga East, 1125 East Kentucky Street, Louisville. 502-276-5738, LouisvilleZen.org.

monday

Gain Confidence Communicating With Others – 12-1pm. 1st & 3rd Monday except holidays. Grow professionally and personally by practicing giving prepared and impromptu speeches. You will improve yourself; building skills to express yourself in a variety of situations and speak more comfortably and confidently in one-on-one and group situations. Free. Expressers Toastmasters Club, 500 W. Jefferson St. Louisville. 4241.ToastMastersClubs.org.

tuesday

The Kent Society Homeopathy Study Group - 3rd Tuesday of each month at 6:30pm. Learn to use this gentle and effective form of holistic medicine for your family, your pets and yourself. This group

is open to everyone, from beginners to those with much more experience. Meetings held near The Summit, R.S.V.P. \$10. Dr. Victoria Snelling, 9700 Park Plaza Ave, Suite 109, Louisville. 502-426-2033, DrSnelling.com.

Seekers of Self-Awareness (SOS Program) – 7-9pm. 3rd Tuesday. The goal of this training is to actualize your highest whole brain function by awakening all your senses to balance emotionally and live more fully in the present moment. Access the link between meditation and creativity. Balance the Male/Female within by bridging your right/left brain through meditation, imagery, relaxation, affirmations and self-hypnosis. 2701 Lindsay Ave., Louisville. Rev. Patrice Joy Masterson, 937-631-5581, PJoyHHR@gmail.com.

Reiki Introduction & Share - 6:30pm. Free. 4th Tuesday of each month. Those who do have not Reiki training—come for an introduction & to experience it. Those with Reiki come to receive the Reiki energy & practice on others. No experience required. Please RSVP for Introduction. 1403 E. Breckinridge Street, Louisville. Contact JoAnn Utley @ 502-777-3865, JUtley5122@bellsouth.net. JoAnnUtley.ByRegion.net.

Circle of Reiki Friends – 7-9pm. 4th Tuesday. Certified Reiki Masters and Licensed Practitioners share Reiki with one another. We also offer our services for those who have not had Reiki training to experience a session at no charge. The intent of this circle is to provide the opportunity to acquaint the public with the advantages of integrating Reiki in their lives for physical, mental, emotional relief and for pain management. 309 W. Madison, LaGrange. Rev. Patrice Joy Masterson, 937-631-5581, PJoyHHR@gmail.com.

wednesday

Free Noontime Meditation – 12:10-1pm. Add some peacefulness to your hectic week by attending free noontime meditation programs. 1st Wednesday, Zen Buddhist Meditation with Richard Sisto, 2nd Wednesday, Lectio Divina with Terry Taylor, 3rd Wednesday, Buddhist Vipassana Meditation with the Venerable Nanda, 4th/Last Wednesday, Creative Visualization with Deanna O'Daniel. Presented by Interfaith Paths to Peace. Christ Church Cathedral, 425 S. 2nd Street, Louisville. 502-214-7322. Paths2Peace.org.

Free Acupuncture for Veterans – 6-7:30pm. 1st and 3rd Wednesday. Free acupuncture treatments providing relief from stress and emotional discomfort, and enhancing sleep, mood and sense of well-being. Local licensed acupuncturists administer this service free of charge to veterans, their families and caregivers. Our clinic is devoted to offering a caring and compassionate environment for the growth of hope, resiliency and overall health. This is a walk in clinic and no appointments or preregistration is required. Louisville Veterans Community Acupuncture Clinic 1813 Brownsboro Road Louisville For more information follow us on facebook.com/LouisvilleVeteransCommunityAcupunctureClinic.

Zija Team Pay It Forward - Information/Opportunity/Training Event - 7pm. If weight management, pain management, fatigue or a need for more income is an issue for you or someone you know, then you owe it to yourself and your friend to discover “*The Miracle Tree*” moringa oleifera! Come learn about “*The most nutrient-rich plant on earth*”! Listen and see amazing testimonials from people around the world and from people right here in our area of their life-changing results from moringa oleifera nutrition. And, the unique one-of-a-kind, business opportunity Zija has to offer. *Remember...“to accomplish a goal that you have never reached before, you must FIRST do something you have never done before.”* Hampton Inn, Alliant Ave. off Blankenbaker Ln. near Sam's Club. Louisville. DrinkLifeIn.com.

saturday

MonaVie™ Tasting and Business Review – 10:30-11:30am. Come taste MonaVie's nutritional juice blend containing 19 fruits and 11 vegetables, including the Brazilian acai berry. Free samples of MonaVie's weight loss and weight management products will be distributed to all who attend. A short review of the company's history, MonaVie's unique business opportunity, and its MORE Project to help the children of Brazil will also be shared. Watterson Medical Center, 3430 Newburg Rd., Louisville, in first floor Conference Room. 502-689-7875 or 812-989-5501. MonaVie.com/Rep/Vivify.

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Where's Your Ad?

To place a listing in our Community Resource Guide section, send an email to:

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5027498911
EarthFriendsCafe.com



We strive to provide Louisville with some of the best products local businesses have to offer. In the café, you'll see cakes from Desserts by Helen, scones and muffins from Great Harvest Bread Company, bottled tea from Rooibee Red Tea, and meat from Marksbury Farms. Some of our organic selections include coffee, milk, soups, cheeses, spinach and tomatoes. Enjoy our location in the Floyd County Public Library. *See our ad on page 6.*

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HarmonizingHealthRetreat.com



Rev. Patrice Joy Masterson, MA, Reiki Master is co-owner of Harmonizing Health Retreat near Bedford, KY. The 26 acres of woods, labyrinth, creeks and meadows provide beauty and tranquility for a wedding, family reunion or group meeting. Rev. Patrice officiates marriages, offers Healthy Living Plans, Smoke-free programs, stress management, couple's consultation, hypnotherapy, NeuroLinguistic sessions and a variety of CEU class credit for nurses and massage therapists.

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For store locations: RainbowBlossom.com
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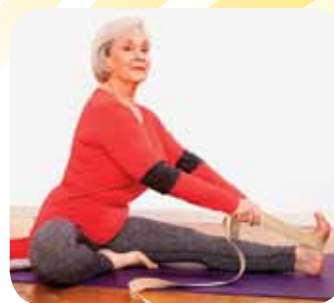


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