

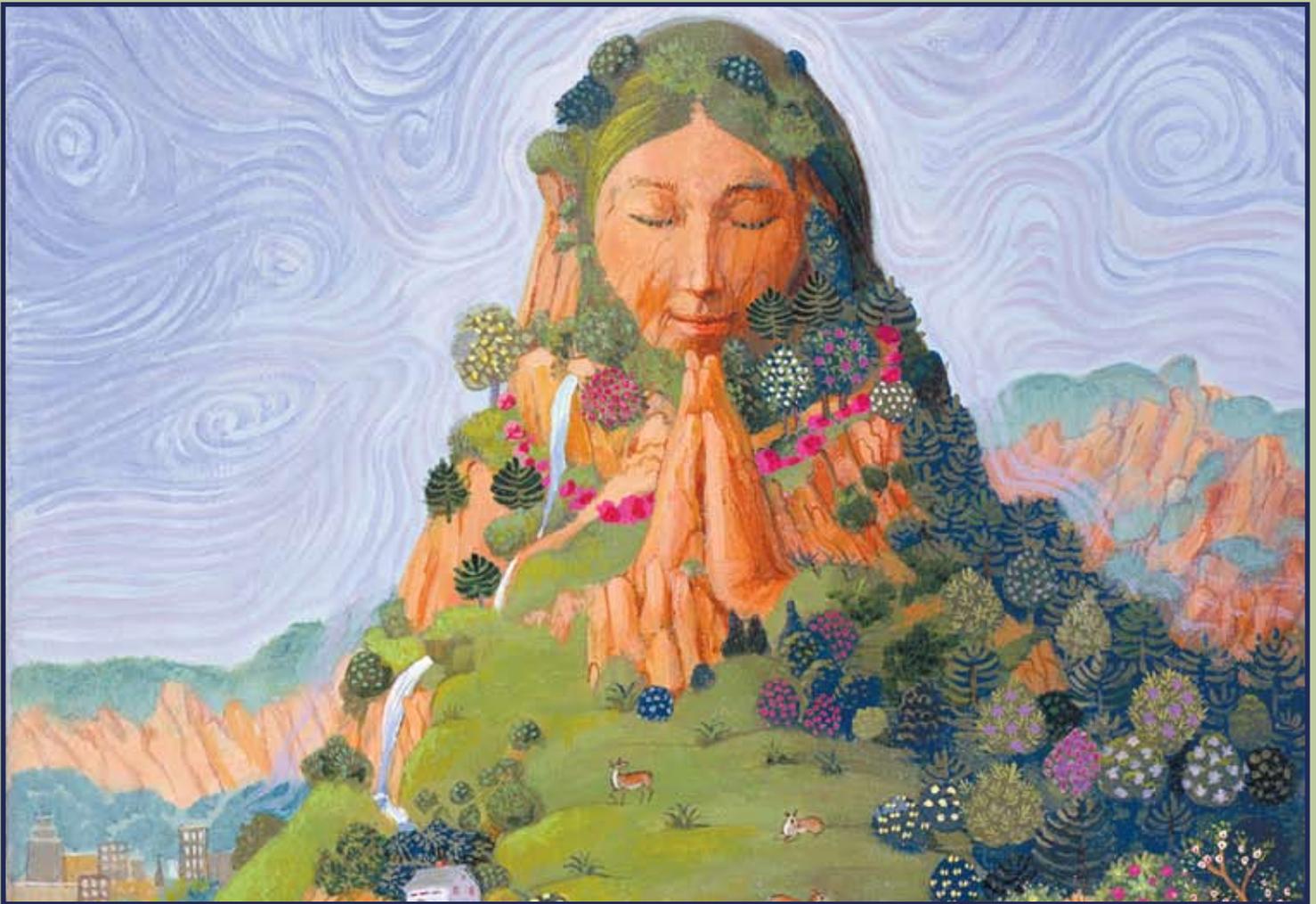
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April 2009



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In the tradition of the best-selling *Eat, Pray, Love* and spiritual classics such as *The Alchemist*, *Way of the Peaceful Warrior*, and *The Celestine Prophecy*, *Waiting for Autumn* (Hay House, hardcover, April 7, 2009) is an enchanting semiautobiographical parable that reveals a deep and powerful message. The book follows Scott, an inquisitive seeker who meets a mysterious cardboard-sign-toting homeless man named Robert with a penchant for changing lives.

Sparked by the unconventional wisdom of Robert (with a sleepy black Lab puppy at his side), Scott is thrust into a spiritual adventure where he attempts to heal his past while confronting the spirit of his dead fiancée. He ultimately faces an extraordinary dilemma between his spiritual calling and earthly responsibilities.

Join Scott on his unique journey of self-discovery, into unseen worlds where various healing and spiritual modalities are revealed. This metaphysical pageturner is a fascinating exploration of one humble soul's profound awakening with a surprise ending that will warm your heart.

Scott Blum is an author and the co-founder of the popular inspirational website DailyOM. He is also a successful multimedia artist who has collaborated with several popular authors, musicians, and visual artists and has produced many critically acclaimed works, including a series featuring ancient meditation music from around the world. Scott lives in the mountains of Ashland, Oregon, with Madisyn Taylor—his wife, business partner, and soul mate.



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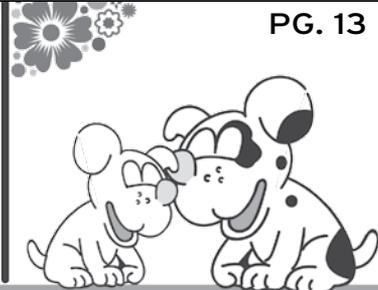
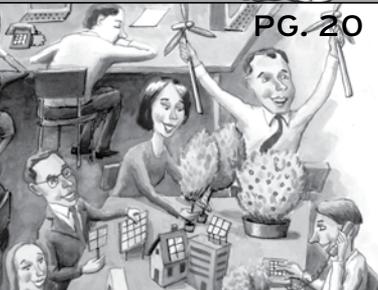

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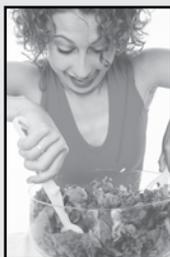
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Natural Awakenings is your guide to a healthier, more balanced life. In each issue readers find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.

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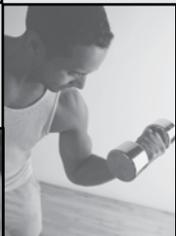
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letterfrompublisher



It's that time of year again, when the crocus and spring flowers begin poking up through the ground. Trees are budding and the early morning birds are chirping a little more loudly. Spring has finally arrived. Now that the clocks have been changed, even people have come out of hibernation, wearing lighter coats and leaving the house after dinner before the sun has gone down. It is as if the great cloak of winter has been lifted. We look forward to the new life before us and an opportunity to start again. We can open our windows and bring in the

fresh air, breathe deeply and await the promise of summer yet to come.

Spring reminds us of what an amazing planet we live on, renewing itself each year after months of long cold nights and snow covered ground. Our planet beats the odds with its perfect balance: Water, land, air, temperature – all come together to support the miracle of life. Never is the earth's greatness more profoundly appreciated than during the months of spring.

Yet, as keepers of this natural wonder, we have not done what is best for her. Since the Industrial Revolution, living in harmony with the earth has been waylaid in the name of progressive ideals. Even as far back as the 1950's, however, scientists began asking the question, "What is our impact on this perfect balance?" It's been a long slow road since then but what started as a grassroots effort to change how we do things, and in some cases to return to what was, has become the main stream. And I want you to know that it is working. All of your efforts and involvement are making a difference. Sure, we have a long way to go, but when international companies begin changing the way they do things, we know that success is on the horizon.

All of the financial scaling back that is in the air somehow feels right, too. Being thrifty is perfectly aligned with conservation efforts and staying home more, cooking for ourselves and conserving is a more natural state. Wastefulness is on the decline for economic reasons, but our moral obligations to the earth require it. For our pockets as well as our planet, we should strive to reduce, reuse and recycle as much as we can. Of course there is some pain associated with an economic correction, but our freedom from excess can bring relief, too. We all are guilty of overindulging, but as we turn the corner toward responsible consumerism, we may be surprised to find ourselves grateful.

At *Natural Awakenings*, we are all grateful for your support. As a result of that support, we have increased our number of pages. Within these pages, we bring you this month's issue, dedicated to The Green Economy. One can almost feel the rumblings of the green movement. As our economy begins to recover and grow again, there are plenty of new career opportunities springing out of this new green initiative. The "Top 10 Green Jobs" on page 20 shows that many traditional professions can easily translate into a green job.

From across the country and all the way to Washington, people have realized that this earth is the only one we have. Check out all the events happening for Earth Day on page 27 and celebrate the wonder that is Rhode Island. There are lots of great opportunities to get out there and help clean up our incredible shorelines, rivers and neighborhoods. If each person did one thing to help the earth grow greener, what a wonderful world it would be, indeed.

Maureen Cary, Publisher



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Join Team Natural Awakenings

Natural Awakenings is proud to support the 20th Anniversary Multiple Sclerosis walk on April 19th. Participants may walk in Bristol, Narragansett, or for the first time, in Providence. Registration starts at 7:30am, walk begins at 9am.

The National Multiple Sclerosis Society simultaneously funds research for a cure while helping people with MS lead more fulfilling lives. More than 400,000 Americans live with MS and your decision to help can and will make positive changes in their lives.

Search for "Team Natural Awakenings" at MSWalkRI.com to join our team when registering. Side by side as teammates, we can raise awareness about MS while raising much-needed funds and getting some fresh air and exercise. Share in the MS Walk's contagious spirit of joy and hope with hundreds of walkers who are committed to making a difference.

Register at MSWalkRI.com or call 401-738-8383. Any questions, please call 401-709-2473.

Workshop Returns the Broken to a State of Wholeness

The Work of Return is a gentle self-healing modality that is based on the nondual Kabbalistic and Buddhist understanding of wholeness and health. A workshop based on this Work of Return, A New Mind-Body-Spirit Healing, will take place from 9 a.m. to 5 p.m. April 25, in Seekonk, MA. Cost is \$150.

Led by Eileen Marder-Mirman, director of Work of Return, A Society of Souls and sponsored by Kabbalistic Healers of RI, the workshop aims to fuse physical difficulties, emotional problems and mental confusion into one healing wholeness. "We suffer deeply because the various aspects of our soul are not unified and because we fear the complete openness of reality," says Marder-Mirman. "Guided by egos that are not integrated into the totality of our being, we don't live full lives."

This unique mind-body-spirit practice supports deep integration and healing through a specific type of movement, sound, breath and focused attention. Says Marder-Mirman, the awareness's discovered through the Work of Return heal symptoms by shifting belief systems, states of stress and chronic pain. In this way, the Work of Return will help students return to a more integrated and original state of health and more creative and dynamic functioning.

Call 908-236-0543 to register. For more information, visit SocietyOfSouls.com. See ad, page 33.



DiscoverYou: Holistic and Wellness Expo

The DiscoverYou holistic and wellness expo will be held April 5 at the Twin River Event Center, 100 Twin River Road, in Lincoln. The event will include seminars, demonstrations and sampling opportunities. Tickets are \$10 per person. Exhibitor's opportunities are still available. The DiscoverYou Expo provides a wonderful opportunity for holistic minded businesses to speak to the public about the ways in which they can bring balance to their body, mind and spirit.

For more information, visit DiscoveryExpo.com. See ad, back cover.

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Divinely Touched SEMINARS

Seminar Awakening Us to Spring

Divinely Touched welcomes Dr. Michael Sharp, keynote speaker for the upcoming seminar Awakening to Your Life's Potential from 12 to 5 p.m. May 2 at the Crowne Plaza Hotel, in Warwick. Tickets are \$25. Sharp is creator of The Lightening Path, a complete system of spirituality, enlightenment, awakenings and empowerment. He has written 9 books on subjects such as spiritual awakenings, 2012, and spiritual ascension.

Also on the program will be: Reverend Ian Taylor of Concordia Church speaking on Connecting to Spirit. Pat Hastenings author of *Simply a Woman of Faith*, will discuss miracles. Robert Smith an international Ananda yoga & meditation instructor will talk on Yoganda: Grounding Yourself Spiritually. Finally, Dr. Dave DiSano, author of *Holistic Mental Health*, will discuss the science of intent.

Divinely touched is located at 1542 Main Street in West Warwick. To reserve a seat, call 401-323-6934 or visit DivinelyTouched.com. See ad, page 31.

**If we had no winter,
the spring would not
be so pleasant:
if we did not sometimes
taste of adversity,
prosperity would not be
so welcome.**

—Anne Bradstreet
(1612 - 1672),
'Meditations Divine
and Moral,' 1655



A New Name, Same Exceptional Massage



Thai Massage for Women is now Thai Tranquility. Since the service has been extended for quite some time, from exclusively massaging women to treating men and women, a more applicable name was in order, says owner Kullawan Merola.

Thai Massage is an energizing, relaxing and refreshingly unique massage that uses finger and palm pressing with slow gentle yoga-like stretching to help balance the mind and body.

The pressing is done alongside muscles, where many Asians believe the body's energy lines flow. It is common for Thais to view all disease stemming from an imbalance of the body's energy, a blocking of the energy lines. It benefits both women and men by naturally promoting relaxation, pain relief and improved circulation. Thai massage differs from traditional western massages by focusing on releasing the body's energies to promote healing. No oils or lotions are used, and light comfortable clothing is worn throughout the session.

Thai Tranquility is located at 378 Main Street, in East Greenwich. Call 401-615-4052 or visit ThaiTranquility.com. See ad, page 31.



it's sew you

Providence resident Kirsten Cole recently introduced a new line of eco-friendly products under the name it's sew you. Cole designs and produces a full line of handmade accessories and home accents in her studio on Providence's east side. Combining her passions for sewing and the environment, it's sew you is an environmentally friendly sewing company with a mission is to allow customers to express their individual style, while reducing their impact on the planet.

Using reclaimed fabrics and materials made from recycled products, Cole designed a reusable coffee sleeve made with either reclaimed or designer cotton fabric and Eco-fi poly-felt made from 100% post-consumer recycled bottles. The sleeves are now being sold at three local coffee houses, Benders Caffe in Downcity, Malachi's in Foxpoint, and Wayland Square's The Edge. it's sew you also maintains a successful online shop at Etsy.com.

Learn more at itssewyou8.etsy.com. Contact Cole at itssewyou8@yahoo.com or call 401-378-3649.

Herbal Studies Program Kicks Off Next Month



The Herb Wyfe will offer an 18-month Herbal and Aromatherapy Apprenticeship Program beginning in May. This program is being offered by Bonnie Kavanagh, R.N. and Herbalist Lesley A. Wooler. Kavanagh has been teaching herbals and health care for almost 30 years and serves on the council of the North East Herbal Association. Wooler is the owner of The Herb Wyfe in Wickford. She is a registered aromatherapist, flower essence practitioner, yoga teacher and master gardener. Wooler also has a bachelor's degree in Horticulture from URI and is president of NEHA.

This program is an in-depth study in the use of herbs, essential oils and flower essences for holistic healing. Upon completion, students will receive a certificate of completion in Basic Herbology and will be eligible to take the ARC exam to become a registered aromatherapist.

For more information and pricing, contact Kavanagh at 401-334-4058 or Wooler at 401- 295-1140. Visit HerbWyfe.com. See ad page 16.

Chronic Conditions and Caretakers' Workshop

Whether it is arthritis or psoriasis, depression or diabetes, we all know someone who suffers chronic pain or illness. We may be that someone. From 9 a.m. to 12 p.m. June 13, Adriene Smith will hold a Living Well with Chronic Illness workshop at The Wellness Center at Gold Plaza, 917A



Warwick Ave., in Warwick. The workshop is for anyone living with or caring for a person with chronic illness.

Smith has been living with chronic illness since being diagnosed with diabetes in 1974. She has been active in researching traditional, scientific medical advancements, and is a perpetual student

of holistic or complementary forms of healing. The workshop will focus on ways to optimally manage conditions through the integration of traditional medical care with stress reduction and complimentary healing modalities. Cost of \$35 includes materials. All those attending will be eligible for a special door prize.

Contact Smith to register: 401-741-2278 or Adriene@AngelWhispersRI.com. See ad page 27.

Herb Shop Hosts Variety of Spring and Summer Programs

Farmacy Herbs is now accepting applications for the Herbal Education and Training Program (HEAT) summer session, which begins May 5. These hands on programs take place at Farmacy Herbs in Providence and Seven Arrows Farm in Attleboro. Classes take place two to three times a month. Cost is a \$700-\$900 sliding scale. Payment plans and work trade is available.



Farmacy Herbs will also facilitate an herbal kids program – Lil' Sprouts – beginning in June. Running from 9 a.m. to 3 p.m. each Tuesday, the program is for children ages 8-14. This 2-1/2 month session will focus on holistic health, herbs and gardening. Early sign up is recommended, as space is limited. Program cost is \$350. Family discounts are available.

Finally, Farmacy Herbs will host the 8th annual May First Fundraiser for Farmacy Herbs and the Jessica Fund from 5 to 9 p.m. Tickets for this organic dinner with local musicians are available on a sliding scale \$25 to \$50.

Farmacy Herbs is located at 28 Cemetery Street, in Providence. For more information on any of these events, call 401-270-5223 and visit FarmacyHerbs.com. See ad, page 26.



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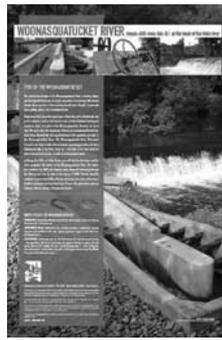
Woonasquatucket River Celebrated at Providence Place

Senator Sheldon Whitehouse joined the Woonasquatucket River Watershed Council (WRWC) in unveiling a series of five informational panels that form a permanent display at Providence Place. Other speakers were Ames Colt, Kevin Cleary and a representative from Natural Resources Conservation Service. The panels inform visitors about the river's watershed, habitat and ongoing projects. They offer insight into the river's ecology and reinforce the importance of protecting it.

Alicia Lehrer, WRWC's Executive Director, said of the project, "Our hope is that all Rhode Islanders and the many people that visit Providence Place from all over the world will become advocates for the river and all the resources that the Woonasquatucket River and its Watershed have to offer. The river and its watershed provide invaluable wildlife habitat, historic and cultural value to our state."

The US Environmental Protection Agency and the Rhode Island Rivers Council sponsored the project and graphic designer Jason Tranchida of Llama Product Inc. designed, produced and installed the panels.

For more information call Woonasquatucket River Watershed Council 401-861-9046 or visit the website WRWC.org.



Get Green - Spring Clean

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For home delivery, contact Live Life Now, toll free at 1-800-554-0031 or their website shaklee.net/stgerdonly/getclean. See ad page 31.

Senate Considers Bill on Naturopathic Licensure

The Rhode Island Association of Naturopathic Physicians (RIANP) has launched its plan to license naturopathic doctors. Sponsored by Senator Roger Picard, the bill to license and regulate the practice of naturopathic medicine in RI, was submitted February 26 and has been referred to the Senate Health and Human Services Committee for review.

The RIANP exists to serve, support, promote and educate the public about the science, art, effectiveness and safety of naturopathic medicine. The RIANP seeks to make naturopathic medicine available to anyone in RI who wishes to choose natural medicine from properly trained naturopathic physicians.

For more information on how to support licensing naturopathic medicine, contact RIANNP president Dr Sheila Frodermann at 455-0546 or vice president Dr Cathy Picard at 597-0477 or your local/state representatives.



Get the Big Picture on Home Energy Leaks

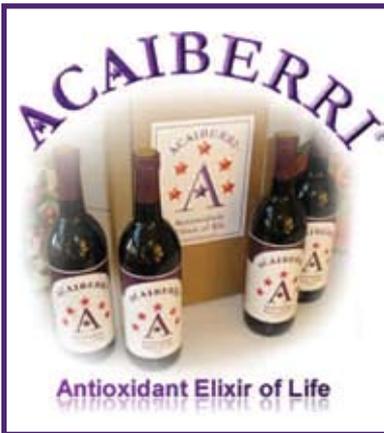
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THE Apeiron Institute FOR Sustainable LIVING

Apeiron is the ancient Greek philosophical concept of the infinite spatial existence of substance. Anaximander was the first of the Greeks to use the word Apeiron to refer to the universe as spatially unbounded.

by Beth Davis

The meaning of the Apeiron concept was later extended to the infinite, the indeterminate and the boundless. It was with this meaning in mind that Bradley Hyson, founder and director of the Apeiron Institute for Sustainable Living, founded the non-profit organization in 1994.

According to Hyson, the organization was originally named “The Apeiron Foundation” and was created with the belief that infinite and boundless possibilities exist for the growth and development of all forms of life on earth. The group changed its name to the Apeiron Institute For Environmental Living in 2002 and to the Apeiron Institute for Sustainable Living in January of 2008.

The mission of Apeiron, says Hyson, is to transform Rhode Island into a sustainable state where the needs of the present are met without compromising the needs of future generations. “Our goal is to have these sustainable living principles become the foundation for how people live—to become a part of our culture.”

Sustainable means to work and live in ways that can continue for generations to come. Examples of sustainable practices are: meeting our energy needs from clean renewable sources such as wind and solar power; producing foods locally; or designing buildings with healthy materials that use fewer resources to heat and cool. Practices that work for future generations encompass almost every aspect of our lives from the air we breathe and water we drink to how we grow our economy and develop our communities. Ultimately, notes Hyson, these practices determine our health, safety and prosperity.

By promoting these sustainable living practices, Hyson says the group acts as a catalyst to creating healthy communities. “We lead by example and serve as an information portal that educates, connects and inspires individuals, families, schools, businesses, communities, governments and other institutions to live more sustainably.”

Having a positive impact on the community is a priority for Hyson and his staff and one of the guiding principles the organization follows in its quest toward making Rhode Island a national leader and “model sustainable state.” Determined to make sustainability an integral part of all decisions that our society makes, they work tirelessly toward their goal of creating a better world that offers clean air and water, fertile soil, abundant wildlands and wildlife and beautiful places.

“Each of us has an important and meaningful role to play,” explains Hyson.



*ABOUT THE CENTER:
The house showcases more than fifty environmentally friendly systems, technologies, and products, and is open to the public.*

“Our true strength lies in our collective power to create a sustainable world that offers opportunity and hope for all.”

The Institute has four main programs for which it focuses its efforts. The programs include Sustainable Rhode Island, education programs, The Rhode Island Sustainable Living Festival and Clean Energy Expo and the Center for Sustainable Living. All are crucial in getting the word out about sustainable living practices and what we can do to help change our world.

Sustainable Rhode Island is a multi-faceted initiative to transform Rhode Island into the nation’s first Sustainable State. The Apeiron Institute launched Sustainable RI as the Rhode Island Sustainability Coalition in 2001 to put sustainable thinking at the heart of how we grow and develop our state. The goal of the coalition, Hyson explains, is to create a critical mass or tipping point of people and institutions making their homes, organizations and communities sustainable such that they become beacons of change that ripple outward to ever growing numbers of Rhode Islanders.

Because education is a key component in the movement toward sustainable living, Apeiron also offers a variety of programs and events for people of all ages including school programs, field trips, teacher training and adult programs. In addition to being educational, classes are stimulating, fun and offer hands-on experience.

Located on 55 acres in Coventry, the Center for Sustainable Living is an award-winning educational facility for

energy conservation and environmental building technologies. Created by over 2,000 volunteers and 120 businesses, the building uses almost 70 percent less energy than a traditional building its size. It features signed nature trails, edible landscapes, streams and meadows, and an ecological housing model that showcases over 50 green building systems, technologies and products.

Now in its 8th year, the Rhode Island Sustainable Living Festival and Clean Energy Expo will take place Saturday, June 6 from 10 a.m. to 8 p.m. and Sunday, June 7 from 10 a.m. until 6 p.m. at Apeiron's Center for Sustainable Living, a 55-acre campus located in Coventry. The festival, says Hyson, is a regional mainstay celebrating sustainability.

Local, regional and national musicians provide entertainment for the entire family, and, this year Hyson expects over 65 different workshops covering a variety of topics. Community workshops are aimed toward the betterment of our communities through education for action and utilizing multiple strategies, practices, media and philosophies. Other workshops address the energy options available in our lives, the options we have for taking action both individually and together and finally natural and environmentally friendly building and living options for reducing carbon footprints and other forms of caring for the planet.

Approximately 100 vendors will offer Rhode Island's most sustainable products, services and ideas. Exhibitors will offer the latest technologies and information for our homes and businesses. The Eco Mall will include everything from handmade soaps and solar panels to information on non-toxic living.

"It really has become a wonderful meeting place for individuals and groups to network, celebrate and build a sense of community," comments Hyson. "It is a catalyst for getting the word out about sustainability and how important it is to our culture."

The Apeiron Institute for Sustainable Living is located at 17 Gordon Avenue, Suite 207 in Providence. For more information, call 401-228-7930, email Info@Apeiron.org or visit Apeiron.org. The Center for Sustainable Living is located at 451 Hammet Road in Coventry. Call 401-397-3430



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healthbrief



Sleeping on It Helps Us Learn

Sleep helps the human mind learn complicated skills and recover learning we thought we had forgotten from the previous day, concludes a new study by the University of Chicago. Howard Nusbaum, professor of psychology at the university, explains that “Sleep consolidates learning by restoring what was lost over the course of a day and by protecting what was learned against subsequent loss.”

Researchers tested their theory by asking 200 college students to learn a new video game containing a rich, multisensory virtual environment, in which players had to use both hands to deal with continually changing visual and auditory signals. The volunteers, most of whom had no previous gaming experience, were divided into three groups, each trained and tested at different times of the day. The groups that were allowed to get a good night’s sleep before being tested again the next morning achieved the highest performance scores.

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Why Dog People are Naturally **greener**

by Lola Michelin



The latest American Pet Products Manufacturers Association (APPMA) survey on pet ownership trends reports that 74.8 million canines now enjoy camaraderie with at least one special two-legged companion. Although studies regularly document the significant health benefits that dog owners experience from this close animal/human relationship—including better health, companionship, security and emotional release—only recently have we understood more about its environmental impact.

It's uncertain whether today's dog guardians are intentionally taking steps to become green consumers or environmental activists. But an increasing number are considering their family's environmental impact while purchasing more than \$40 billion in pet products and services, according to the latest APPMA report. Dog owners, in search of more Earth-friendly versions of everything from organic food and sustainable toys to shampoos, flea treatments and biodegradable waste bags, acknowledge that their loyal, four-legged friends frequently inspire other healthy environmental choices, as well.

Rather than driving to run errands, for example, dog people often take Fido or Fifi on recre-



ational walks to the corner store or post office. Women out and about on their own report they are less likely to take their cars on short trips when they can enjoy the security of walking with a dog. Such auto-free errands help reduce America's carbon footprint, a key contributor to global warming.

Canines and their human companions also are prompting the creation of environmentally friendly green spaces in urban areas. An increasing number of municipalities, responding to demand from constituents, are developing dog parks. These minimize the need to drive long distances to find open areas to exercise critters, and they add much-needed nature to city settings. Everyone using the park benefits from added

opportunities to socialize, exercise and enjoy a natural setting. Everyone in the area reaps the rewards of life-giving plants in place of more concrete and asphalt.

Dogs may even nudge their two-legged kin toward a natural, holistic approach to health and well-being. Canines, like all animals, instinctively seek wellness and balance. When faced with a health challenge, they usually respond positively to improvements in diet and exercise and to alternative healing therapies such as massage, acupuncture, hydrotherapy and chiropractic.

People who may have been skeptical about these modalities are often willing to consider them to help a beloved furry friend. These more natural approaches to health rely less upon use of drugs and other synthetic toxins that may harm the body and, via excretion, the environment. Once people witness a pet's improving health as a result of effective treatment, they often adopt alternative modalities for themselves.

It's a good feeling to know that the animals who love us so well can also inspire us, as caretakers, to love them, ourselves and our planet well.

Lola Michelin is director of education at the Northwest School of Animal Massage. For more information call 877-836-3703, visit NWSAM.com or email Lola@NWSAM.com.

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Functional Fitness

exercise that translates to real life

by Lisa Marshall

So, you can bench press 200 pounds, run 10 kilometers in 45 minutes and turn heads when you slip on your Speedo.

But, can you hoist your suitcase into the overhead compartment without throwing your back out, or squat to tie your toddler's shoes without grimacing?

According to advocates of "functional training"—predicted to be among the hottest fitness trends in 2009—these are the questions and answers that *really* matter.

"Functional training is about doing exercises that assist you in performing activities of daily living more efficiently," says Fabio Comana, an exercise physiologist with the San Diego-based American Council on Exercise (ACE).

The notion of practicing everyday movements during a workout, rather than just bulking up with weights or slogging away on the bike, is not new. Professional golfers and skiers have

long mimicked swings or turns in the gym. Physical therapists often ask rehab patients to practice the motions they perform most at work. But, only in the past decade has the idea of functional training reached the general population.

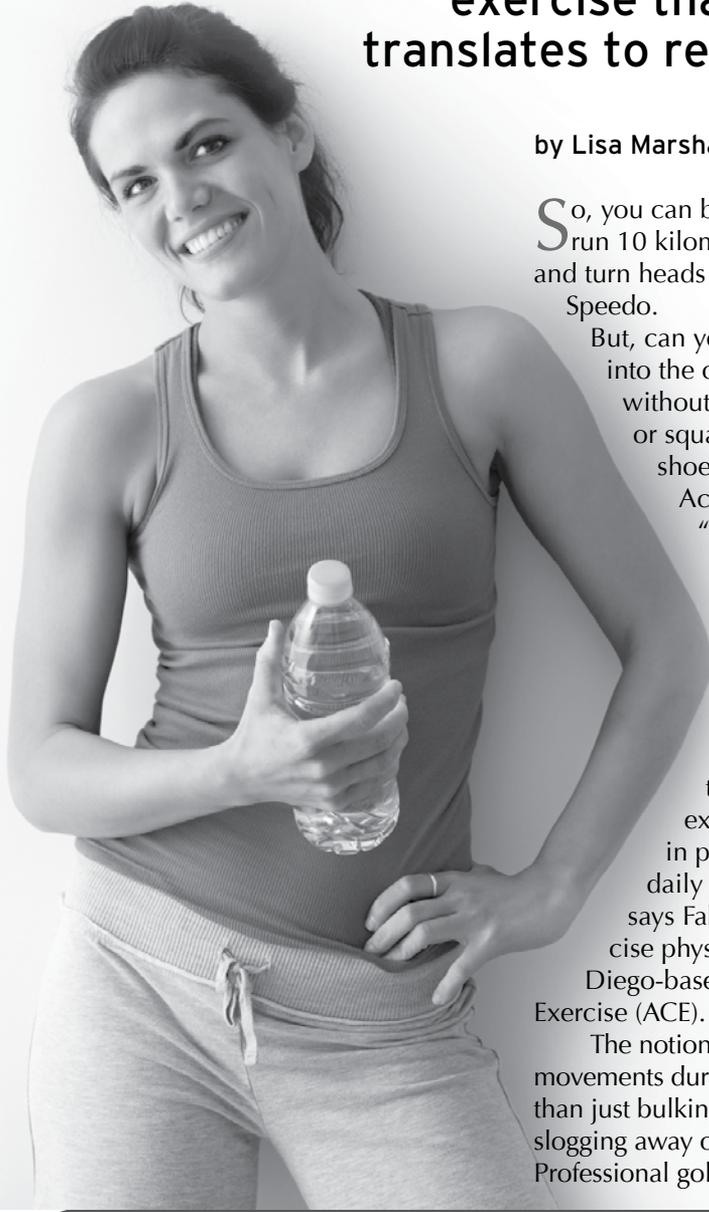
The updated philosophy has transformed everything from the way some weight machines are made (with more freedom of movement) to the types of equipment used in classes (think lightweight medicine balls, kettle bells, resistance bands and Bosu balls) and the everyday moves trainers ask clients to do.

In November 2008, the IDEA Health and Fitness Association, a trade group for health clubs, listed functional training among the top trends for 2009. This spring, the nonprofit ACE will travel the country, hosting workshops from Ann Arbor, Michigan to Portland, Oregon to teach personal trainers how to safely incorporate functional fitness into their classes.

"It's a whole new paradigm in fitness," observes Juan Carlos Santana, a Florida-based trainer who creates functional fitness videos. "It can be done with easily accessible equipment that is not intimidating to the regular Jane or Joe."

Walk through RallySport Health and Fitness club in Boulder, Colorado, on any given day and you'll find svelte men and women doing squats (handy for tying shoes) and overhead reaches (for pulling a plate from the top shelf) with 2- to 4-pound medicine balls. They also perform squats or stand on one foot, atop an unstable surface, such as a DynaDisc or Airex pad, to train their bodies to maintain stability; it's a good skill to have when traversing an icy parking lot.

In an adjacent studio, trainer Erin



FUNCTIONAL FITNESS PROGRAM AT HOME

Consider a trainer: Functional training requires balance, stability and coordination; it can be more challenging than using machines that support body weight. A personal trainer can start you off right.

Use your body for resistance: Squatting, standing on one leg or standing on one leg and reaching for a lightweight object on the floor with one hand or foot, promotes balance. Once mastered, add more resistance.

Add a little resistance at a time: Lightweight medicine balls, dumbbells or kettlebells add resistance while allowing freedom of movement. Resistance bands, anchored to a stable surface such as the pole on a stationary bike, can lend resistance for stationary running or upper body exercises.

Throw in an unstable surface: After mastering the moves, try them on a balance pad or wobble-board. Ultimately, add some weight, but avoid injury by using wisdom and not upping the ante too soon.



Carson leads women in their 30s to 50s through an hour-long class using functional circuit machines called Kinesis. They are honing oft-neglected stabilizing muscles and refining their coordination.

"When you do a bench press or a seated chest press on a conventional machine, you are training your muscles like a bodybuilder, making one muscle perform the same range of motion over and over again," explains Carson. "That's good for building muscle and strength, but it's not how people move in daily life."

Instead, the Kinesis machines employ pulleys that allow a full range of motion and force the user to stand while lifting. In this particular class, the women work through a series of exercises that resemble movements in a busy parent's day: a "single-leg dead lift with a reach," looks a lot like leaning over to pick up a kid's toy; a "lateral lunge with an overhead press," mimics reaching into an overhead compartment; and a "lateral lunge with a decline press," resembles pushing a vacuum cleaner.

Functional fitness group classes have proved a hit among seniors, too, with YMCAs from Atlanta to Albuquerque joining in. One recent study by researchers at the University of Wisconsin, La Crosse, found that adults ages 58 to 78 who engaged in functional training three times a week showed greater improvements in upper and lower body strength, cardio-respiratory endurance, agility and shoulder flexibility than those who stuck to lifting weights and cardiovascular training.

No one has to convince Cindy Cruz-Mazzei of the benefits of functional fitness. She says she's seen her training translate to real-life, time and again: "We were in the grocery store once when my daughters were little, and both of them jumped on the cart on one side. It was about to tilt over on them, when I grabbed the cart and flipped it back," she relates. "My body just instinctively did all the right things it was supposed to do, and I didn't hurt myself. It just kicks in."

Lisa Marshall is a freelance writer in Estes Park, CO. Connect at LisaAnnMarshall.com.

healthbriefs

Cocoa Mulch May be Toxic to Pets

Many homeowners use cocoa bean shells, a byproduct of chocolate production, as a landscaping mulch. They like its rich brown color and biodegradability. They also appreciate its chocolate aroma—and so do some pets. Dogs, particularly, may be attracted by the smell and eagerly consume the mulch.

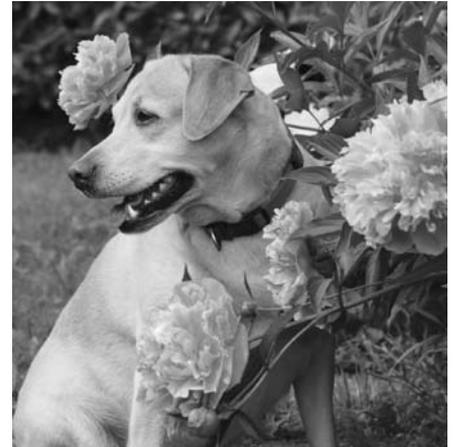
"Some dogs will eat large quantities of fresh mulch, which can lead to intestinal upset," notes Dr. Steven Hansen, a veterinary toxicologist with the American Society for the Prevention of Cruelty to Animals (ASPCA) "If the amount is high enough, it can lead to increased heart rates and trembling." Dogs metabolize methylxanthine compounds slowly, so symptoms may take hours or days to manifest. Hansen says death is "very unlikely with current products, because the residual theobromine is very low."

The ASPCA calls for caution. Cocoa mulch contains caffeine and theobromine, methylxanthine compounds to which dogs and cats are particularly sensitive.

In 2003, the ASPCA investigated cocoa mulch ingestion in 16 dogs. Their study, still posted on their website, reported vomiting in 50 percent of the cases; tremors in 33 percent (with "large or significant" amounts of mulch ingested); tachycardia (rapid heart rate); and hyperactivity or diarrhea in 17 percent of the cases, but no clinical signs of illness in 33 percent of the dogs. Cats can also be sickened from ingesting the mulch, but are less likely to eat it.

The ASPCA notes that the organization "has not received any cases involving animal deaths due to cocoa mulch ingestion." The ASPCA's bottom-line advice: Avoid using cocoa mulch anywhere unsupervised dogs roam, and don't let a dog eat any mulch while out on a leash.

If you suspect a pet has eaten any toxic substance, immediately contact a veterinarian or the ASPCA's Animal Poison Control Center at 888-426-4435. View the ASPCA cocoa mulch study at ASPCA.org/site/PageServer?pagename=pro_apcc_publicationscocoa.



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People's Wisdom

World's Citizens Want Renewable Energy

From Buenos Aires to Nairobi and Beijing, 77 percent of the population in 21 nations polled by the University of Maryland said their governments should put more emphasis on solar and wind energy systems. Sixty-nine percent said utility companies should be obliged to use more renewable energy sources, "even if this increases the cost of energy in the short run." Yet, the poll also suggests that an increasing number of people believe that a shift away from fossil fuel toward renewable energy sources offers practical and immediate economic benefits.



"I was struck by the consistency and strength of support," says Steven Kull, head of the Program on International Policy Attitudes at the University of Maryland. "People think of this as an investment and a transition." *SustainableBusiness.com* reports that total new investment in clean energy worldwide rose 4.4 percent during 2008, exceeding the \$150 billion mark for the first time.

Source: The Christian Science Monitor

Earth Grants

2009 Opportunities for Innovative Leaders

Each year, 40 new promising and proven leaders selected by TogetherGreen from among scores of outstanding applicants, receive professional development opportunities, a \$10,000 grant to help support an innovative conservation action project, and introduction to an international network of committed leaders. Results of these role model programs roll out as significant gains in habitat, water and energy conservation and environmental education.

In 2008, TogetherGreen awarded \$1.4 million in funding to new and existing collaborative projects, ranging from restoration of wetlands, grasslands and global bird habitat to engaging children with nature and encouraging the next generation of conservation professionals. The 2009-2010 Fellows program runs 18 months. Participants attend a five-day Leadership Institute this summer and a three-day retreat next summer.

Applications are due April 15, 2009; selections are announced in July. For details, visit TogetherGreen.org.



People's University

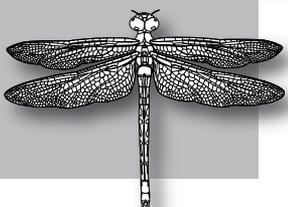
Celebrating Libraries' Contributions to Community

A year past the half-century mark, this year's theme for National Library Week, April 12-18, "Worlds Connect @ Your Library," aptly characterizes the essential role that public, academic and special libraries play in our communities.

As Project for Public Spaces reports, "If the old model of the library was the inward-focused reading room, the new one is more like a community front porch."

These welcoming institutions not only foster the habit of reading in both adults and children, they teach us how to become savvy in accessing, evaluating and using information. With almost all U.S. public libraries now online, these continuing bastions of democracy provide access to onsite and global resources to all people, regardless of their ability to pay. Onsite English as a Second Language classes support immigrants in becoming productive citizens. Libraries also increasingly serve as the social gathering places that early public library advocate and builder Andrew Carnegie envisioned. They can even be a fulcrum for renewal in cities and neighborhoods.

Check with local libraries for schedules of special events, classes, lectures, book talks, children's programs and other activities.



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Acceptance Brings Contentment

by Lama Surya Das

I have been thinking a lot lately about acceptance and its transformative magic. It helps us become more patient, tolerant, flexible, empathic and open-minded. It brings contentment.

When we calmly observe and investigate the causes of things and the fact that nothing happens by accident, the truth reveals itself. Cultivating patience and acceptance provides the mental clarity and spaciousness that allows us to examine input before unthinkingly reacting in a way that may escalate the problem.

In taking a sacred pause, we dramatically increase the chances of making better choices and undertaking wiser actions. We simply have to remember to breathe once and relax, enjoying a moment of mindfulness and reflection before responding.

Sometimes, we may not know what to do. That is a good time to do nothing. Too often, compulsive overdoing creates unnecessary complications. In humble listening to a higher power, the way to go forward comes.

Such patience does not mean passivity. Neither does acceptance infer weakness, apathy, indifference or carelessness. We can cultivate patient forbearance and loosen our tight grip a bit by remembering the Buddhist mantra, "This too, shall pass." Ask:

"How much will this

matter to me next month, next year, five years from now?"

Here is one secret of spiritual mastery and inner peace, freedom and autonomy: It is not what happens to us, but what we make of it, that makes all the difference.

Unconditional acceptance is not static, but ecstatic; vibrant, dynamically engaged in and connected with reality. The spiritual hero strides fearlessly into life's depths, facing its incessantly undulating waves, without holding back. Unconditional acceptance is the kind of love Jesus spoke of when he taught us to love our neighbor, and what Buddha meant, when he said that an enemy, adversary or competitor can be one's greatest teacher.

We must first love and accept ourselves before we can love and accept others. To quote Carl Jung: "The most terrifying thing in the world is to accept oneself totally." What are we afraid of?

Lama Surya Das, author, founder of the Dzogchen Center and leading Western Buddhist meditation teacher and scholar, is a main interpreter of Tibetan Buddhism in the West.



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The Case Against Homework

Family Benefits of a Reality Check

by Sara Bennett

These days, beginning as early as kindergarten, homework is a consuming nightly activity. According to a 2006 joint National Education Association/Leap Frog report, on average, children ages 8-13 work at it from 1½ to 1¾ hours a night. Most require almost 3 hours of help a week from their parents. It's no wonder that parents complain about homework almost as much as, or more than, their children.

Their complaints are well founded. A 2006 Duke University review of more than 180 research studies found that there's virtually no correlation between homework and academic achievement in elementary school. Even in middle and high school, the only correlation is that students who do their homework do better on teacher-created tests and grades. But no proof supports the misperception that homework helps with such long-term educational goals as creating life-long learners who are creative and analytical thinkers.

Many short-term education goals aren't strengthened by homework either. Consider the time-honored tradition of weekly word study for a spelling test. As early as the late 19th century, research has found no link between the time spent on drills and student performance. That's why, as so many teachers and parents know firsthand, students who can spell a new word on Friday won't be able to incorporate it into their writing, or even remember how to spell it, the following Monday.

Similarly, endless math problems serve no educational purpose. According to the U.S. Department of Education, children can demonstrate mastery in just five problems. If they can't, they need more guidance from the teacher, not more and more problems they can't solve.

Further, homework's most lauded benefits—developing responsibility, self-discipline and motivation—have never been formally researched.

Unfortunately, homework takes up time that could be spent in ways that better contribute to a child's overall health, well-being, and intellectual development. For example, young children—and teens, too—need plenty of time to play. That's how they make sense of the world and their place in it.

Play is at such a premium these days that the American Academy of Pediatrics has lamented the current trend of eliminating recess in elementary school. Its January 2009 report found that when students get 15 minutes of recess, their in-class behavior and performance improve dramatically.

Homework is also the number one reason why reading for pleasure declines at age 8, according to a 2006 Scholastic/Yankelovich poll. Yet reading, educators agree, is the most important intellectual activity of all. That's how students learn to spell, write, analyze, and gather background knowledge that helps them develop into critical thinkers.

The National Endowment for the Arts also has found that "Reading is an important indicator of positive individual and social behavior patterns." According to its research, readers volunteer, attend arts and sports events, do outdoor activities and exercise at higher rates than non-readers.

Other casualties of homework overload include socializing with family and friends, family dinners, exercise, outdoor activities and sleep—all important facets of a balanced childhood and adulthood. Indeed, according to a 2001 study by the University of Michigan, family meals are the single strongest predictor of better achievement scores and fewer behavioral problems for children ages three to twelve. John Medina writes in *Brain Rules* that sleep deprivation, a bane of many school-aged children, affects children's overall mood, as well as their ability to pay attention and use abstract thinking skills.

Across the country, parents and schools are beginning to seek solutions. A principal in Wyoming who abolished homework at her elementary school in the fall of 2007, said, "Not having homework isn't hurting. Our test scores continue to rise." High schools are beginning to coordinate assignments, place limits on homework and even abolish homework-heavy advanced placement classes. And, parents are banding together to make sure that their children get recess and some time at the end of the school day to just be children.

Sara Bennett is the co-author of *The Case Against Homework: How Homework Is Hurting Children and What Parents Can Do About It* and the founder of *Stop Homework*, a not-for-profit project dedicated to advocating for homework reform. To find out more about what parents and schools are doing, visit StopHomework.com.

How to Tame Monstrous Homework

by Sara Bennett

- Focus on what's important for your children. If you want them to have unstructured time to dream and find their interests, make sure that happens.
- Don't worry about their getting all A's in school. Don't worry so much about their grades.
- Make sure they get plenty of sleep.
- If your children are spending too much time on homework, or it's causing too much family conflict, let your children do something else and write a brief note to the teacher.
- Let your children read whatever they want. Their vocabulary, writing, spelling and analytical skills will improve much more if they read voraciously than if they spend that same time on vocabulary and spelling sheets.
- Talk to other parents about the homework problem and then talk to the school.

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WELCOME TO *Green Collar* AMERICA

A WORKABLE WAY TO NEW JOBS AND
SUSTAINED RECOVERY

by Brita Belli

Illustrations by Joe Weissmann

Yes, the traditional American economic picture is bleak, with every major sector—retail, banking, automotive and construction—reporting record job losses.

Twenty-two of the 30 companies comprising the Dow Jones industrial average have reported job losses since the economy began crumbling in October 2008, including industries that many experts thought were strong enough to weather the storm; even construction equipment manufacturer Caterpillar announced 20,000 jobs would be cut on January 27, and pharmaceutical giant Pfizer announced 8,000 job cuts the same day. That month, the nationwide unemployment rate reached 7.6 percent, its highest level since the 1980s recession.

But, the previously nascent green economy is taking shape, bringing with it the promise of new jobs.

Among these will be well-paying manufacturing jobs; management and sales opportunities with huge growth potential; and abundant niche positions for enterprising students and others seeking alternative careers. On the upper tiers of the economic ladder, many CEOs and CFOs are already jumping into green jobs. Online green job directories are heavy with listings for those with pertinent business experience.



Top 10 Green Jobs

Government Stimulus

To jumpstart this new green economy, much hope rests upon the economic stimulus package called the “American Recovery and Reinvestment Plan,” which President Obama signed into law in February 2009, and with the business expansion and job creation that legislation promises. By directing federal money to infrastructure building and clean energy, President Obama’s administration has pledged to use the \$787 billion authorized in the bill to rebuild the American economy and with it, the struggling middle class.

The ambitious goal of that legislation is the creation of 3.5 million new jobs, some of which will directly contribute to the country’s renewable energy future. The idea is that the stimulus package can solve two problems simultaneously: getting Americans the dependable, well-paying work that will allow them to support their families and stay in their homes; and redirecting the U.S. energy picture away from dirty, polluting fossil fuels like oil and coal and into clean, renewable energies like wind and solar.

“This is a green and bold stimulus package that will help our economy and protect our environment,” said Representative Edward J. Markey, who chairs key energy and global warming panels in the House.

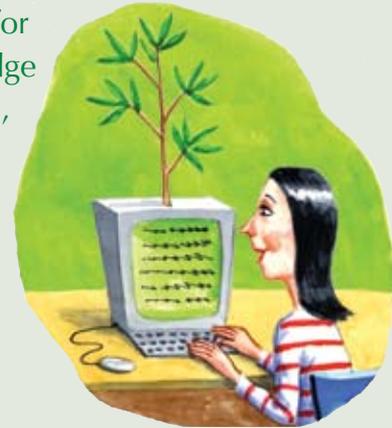
By adding critical job training skills to reach those in greatest need—inner-city kids, former inmates and welfare recipients among them—Van Jones, founder and president of Green For All, believes the federal economic stimulus effort can go even further—to fight poverty and pollution, simultaneously. His nonprofit advocacy organization is dedicated to building an all-inclusive, green economy.

“There’s this whole invisible infrastructure, trying to get people who need jobs connected with work,” says Jones, who also authored *The New York Times* 2008 bestselling book, *The Green Collar Economy: How One Solution Can Solve Our Two Biggest Problems*. “There are vocational training centers, return-from-prison work centers and community colleges. But none of that infrastructure is pointed at the green economy.” He’s out to change that.

The goal of the legislation is the creation of 3.5 million new jobs, some of which will directly contribute to the country’s renewable energy future.

by Brita Belli, Kathryn Gutlebar, Julia Hirsch, Jessica Knoblauch and Shawn Query

Across every industry, new job possibilities are emerging for those with the skills to bridge the divide between the old, fossil-fuel-based economy and the new, energy-efficient one. Many corporations are partnering with nonprofits and hiring corporate social responsibility managers.



1) Green Globetrotters: Travel and Hospitality

Green travel employees generally work for private companies, government and public institutions and nonprofits. The Green Hotels Association, for example, states that “A ‘Green Team’ can turn hotel employees into educators, showing us how we can be more sustainable.”

Connect: International Ecotourism Society, 202-347-9203, EcoTourism.org; Green Hotels Association, 713-789-8889, GreenHotels.com; Lindblad Expeditions & National Geographic, 1-800-EXPEDITION, Expeditions.com.

2) Sustainability Stewards: Planning and Land Use

Local governments are increasingly interested in how they can reduce their communities’ carbon footprint and are turning to city planning professionals for direction. A new view of smart urban planning, which emphasizes sustainable and transit-oriented development, is growing, particularly in the Southeast, California and the Pacific Northwest. Stormwater management and wetlands restoration are other areas coming to the forefront.

Connect: American Planning Association, 202-872-0611, Planning.org; International City/County Management Association, 202-289-ICMA, icma.org.

3) Complementary Care: Health and Medicine

A 2008 survey reports that 38 percent of U.S. adults and 12 percent of our children use some form of alternative care. The most popular holistic techniques are deep breathing exercise, meditation, chiropractic or osteopathic manipulation, massage and yoga. While both coasts are stocked with

natural-care physicians, the need for alternative practitioners is spreading across the rural states.

Connect: National Center for Complementary and Alternative Medicine, 1-888-644-6226, nccam.nih.org.

4) Power Pushers: Energy and Renewables

"Solar and wind are already multibillion-dollar industries," says Peter Beadle, president of *Greenjobs.com*, "but hydrogen and fuel cell production are still in the nascent stages." Job seekers will have an easier time breaking into the renewables industry via marketing and sales. Workers also are needed to install and maintain solar panels and wind turbines, and certification is readily available.

Connect: *GreenJobs.com*; Apollo Alliance, 415-371-1700, ApolloAlliance.org.

5) Planet Protectors: Legal Careers

Environmental law groups go to court. Lewis and Clark Law School students, in Portland, Oregon, can get environmental law certification with their degree, and most go on to work in state or federal government offices or private practices with an environmental bent.

Earthjustice, a nonprofit that started as the Sierra Club Legal Defense Fund in 1971, employs some 150 lawyers, communications specialists and fundraising and general support personnel. They also keep an online list of job openings.

Connect: Lewis & Clark Law School, 503-768-6600; Earthjustice, 1-800-584-6460, EarthJustice.org.

6) Green Geeks: Information Technology

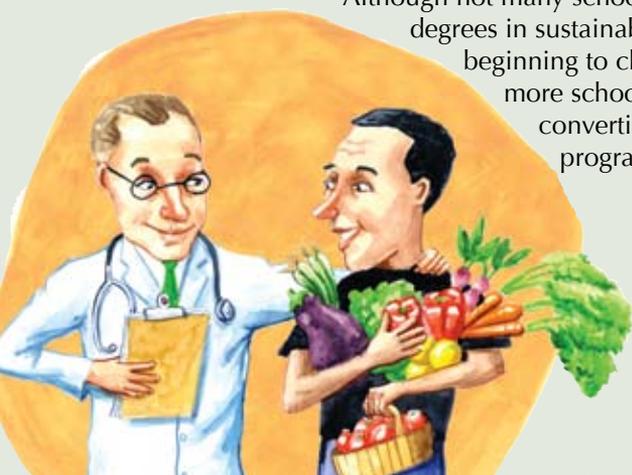
"People think there is some kind of mystery, 'Where are the green jobs?'" says Marie Kerpan, founder of consulting practice Green Careers. "There are a bazillion companies where you can take your skills and put it to work in a green company." She particularly notes opportunities in outreach, fundraising and political awareness.

Connect: EcoVentures International, 202-667-0802, Eco-Ventures.org.

7) Eco Educators: Green Learning

Sustainability coordinators have been joining the ranks of educational institutions looking to go green.

Although not many schools offer degrees in sustainability, that's beginning to change; more schools are either converting existing programs or start



The stimulus package responds by including language from the *Green Jobs Act of 2007*, part of that year's larger *Energy Savings Act*. It includes \$100 million for worker training in upgrading the nation's electrical grid, and up to \$500 million for renewable energy and electric power transmission projects, with provisions that all laborers and mechanics are paid fair wages. Another \$750 million is designated for competitive grants for "worker training and placement in high growth and emerging energy sectors." Some \$250 million is directed toward building Job Corps Centers around the country, which the legislation notes "may include training for careers in the energy efficiency, renewable energy and environmental protection industries."

On a larger scale, \$16.8 billion of the federal package is directed toward energy efficiency and renewable energy research and projects that include: advanced batteries to power plug-in, hybrid vehicles; geothermal and biomass projects; wind and solar installations; building weatherization; modernizing the electrical grid; and environmental cleanup.

A February 2009 report by Good Jobs First, a smart growth advocacy group, cautions that, in the rush to create a quantity of jobs, it's crucial that we pay sufficient attention to the quality of those jobs.

To make corporations more responsive to environmental, human rights and health issues, corporate responsibility advocates have persuaded some corporations to move from thinking solely about profits to the three P's—people, planet and profits.

Private Sector Progress

In its *State of Green Business 2009*, Greener World Media asks the tough questions that must be addressed. Are we moving far enough, fast enough? Do current initiatives represent true transformation? Or, are we just nibbling at the edges of national and global problems?

Joel Makower, chairman and executive editor of Greener World Media and the editors of its flagship *GreenBiz.com*, see optimistic signs that the shift to a green economy is real. For example, green building is on the rise, spurring new technologies that save energy and money, while creating more healthful workplaces. The automobile industry seems finally engaged in a green race to introduce electric vehicles.

Leading makers and retailers of consumer products are starting to more rigorously assess the environmental impacts of their products and signaling suppliers that tomorrow's goods must hew to higher levels of environmental responsibility.

Building on the possibility offered by such public and private investment, along with the promise of a true, "green collar," workforce, government officials joined with thousands of labor, environmental and business advocates in Washington, D.C., February 4 to 6, for the Good Jobs Green Jobs National Conference and public expo, dedicated to exploring emerging green-oriented career paths. It was sponsored by the Blue Green Alliance, an unprecedented national partnership formed in 2006 between the Sierra Club and the United Steelworkers Union.

Kevin Doyle, president of green consulting and training company Green Economy, advises that the government's initial investment is only meant to be a launch pad. "The federal government serves best as an innovative leader," he counsels. "Money from the private sector should be at least five times that much."

Green on Top

"CEOs and senior level executives across a broad spectrum are entering the environmental field in droves," says Rona Fried, founder and president of *SustainableBusiness.com*, which includes a "Green Dream Jobs" online directory. Corporations need strong communicators as they build environmental strategy into their policy, partner with nonprofits and work to respond more quickly to rising public concern over environmental issues.

"Many companies have environmental managers, who are now being upgraded in terms of status," says Dan Esty, co-director of the Center for Business and Environment at Yale University, and co-author of *Green to Gold: How Smart Companies Use Environmental Strategy to Innovate, Create Value and Build Competitive Advantage*. "To be a successful manager, you need good analytical skills, to understand the environment in a business context—as a core business strategy."

The 300 largest corporations are now in the initial stages of crafting a new social frontier, writes author Bruce Piasecki, in *World Inc.* "Business first seeks to sustain and further itself," he notes from his perch as president and founder of his consulting firm, American Hazard Control Group, "but this revolution has the side benefit of being good for us all."

Turning Blue and White Collars Green

The 10 Midwestern states perhaps suffering most from the disintegration of the country's traditional middle class are ideally suited for wind energy development. According to the Environmental Law and Policy Center, they could jointly realize nearly 37,000 new jobs by 2020 if the nation's renewable energy portfolio were set to 22 percent.

ing new ones.

Connect: Association for the Advancement of Sustainability in Higher Education, aashe.org, 859-258-2551, aashe.org; Presidio School of Management, 415-561-6555, PresidioMBA.org.

8) Better Builders: Design and Construction

Green builders already have a competitive advantage over traditional builders in both commercial and residential arenas, advises Ashley Katz, manager of communications for the U.S. Green Building Council.

That advantage will continue to grow as sustainable, energy-efficient building practices become the norm. Opportunities exist for green-minded engineers, contractors, architects and designers as well as more employees in service businesses making green products and materials.

Connect: U.S. Green Building Council, 1-800-795-1747, usgbc.org.

9) Improving Industry: Corporate Social Responsibility

To make corporations more responsive to environmental, human rights and health issues, corporate responsibility advocates have persuaded some corporations to move from thinking solely about profits to the three P's—people, planet and profits. Job seekers need knowledge of labor law and human resource management.

Connect: Social Venture Network, 415-561-6501, svn.org.

10) Organic Occupations: Food and Farming

According to the U.S. Department of Agriculture, land used for organic crops increased from 48,000 acres in 1997 to 122,000 acres in 2005, and that number continues to grow, opening doors for students seeking experience on a working farm through the Worldwide Opportunities on Organic Farms (WWOOF).

Some workers manage organic farms by leasing it through a land trust. Other jobs exist in farmland protection, education opportunities at on-campus student farms and in the restaurant/hospitality niche, with a need for chefs specializing in local foods.

Connect: WWOOF, 831-425-FARM, wwroofusa.org; Northeast Organic Farming Association, 203-888-5146, ctnofa.org.



GREENING THE GLOBE

Growing our Health

We can each spring into greening the economy, our local communities, and the globe along with our health by starting with the basics: our food choices! Focus on fresh veggies and fruits. Although eating seasonally in early spring is challenging it will get easier to find fresh, tasty greens (like fiddleheads) as we warm deeper into the season. Meanwhile, enjoy last year's remaining locally grown pears and apples baked in a compote of frozen organic berries. This summer, make plans to visit a local 'pick-your-own' berry farm. After filling up on fresh picked treats, freeze the goods for next winter instead of purchasing berries shipped from the southern hemisphere. Choosing fresh bunches of vegetables over bagged or canned offers more nutrients for your body, more flavor for your buck, and decreases the burden on landfills and incinerators by minimizing wasteful packaging. Gathering nuts, dried beans and grains at the bulk bins of your neighborhood health food stores will serve the environment and the economy. These foods serve up high nutrition without the package waste. Pre-soak nuts, grains and beans for 12-24 hours before cooking to increase their nutrient content. Soaking initiates the sprouting process which helps with digestion. Nuts soaked for 24 hours are creamy and delicious; try almonds. Drain and refrigerate after soaking.

Greening is promoted by eating lower on the food chain. It's cheaper to grow plants than to grow cows! Consciously choosing to eat beans, grain, and greens over animal products helps sustain our global economy. Shop your local, increasingly year-round, farmers' markets. Enjoying these fresh nutrient-rich foods will promote our health as well as our regional agricultural businesses, and slash our carbon footprint associated with shipping foods around the world. Join your local Community Supported Agriculture (CSA) this year and enjoy the abundance of fresh picked produce and fresh eggs. Team up with your neighbors, work cohorts, and friends to buy bulk through your local Food Co-op. Why not cultivate your green thumb? Designate space to grow your own food: enhance your garden. Or start one: order your organic seeds and start your seedlings now. Pots on back porches or side-yard raised beds can grow your favorite

herbs, salad greens, kale, chard, tomatoes and pole beans. Don't forget to use organic soil.

The growth of flowers and new leaves in springtime initiates the natural detox season. It's time to cleanse after winter's long hibernation, eating heavy foods and spending time indoors. Local 'weeds' such as Stinging Nettle and Dandelion are nature's perfect offering to invigorate our metabolism and help us shed winter's burden. Brew Nettle leaf as a tea to promote cleansing. Nettle leaf is rich in vitamins and minerals, and provides a natural anti-histamine action to counteract seasonal allergies. The tea provides a gentle detox to the skin, urinary and digestive systems. Young dandelion leaves freshen up a salad. It's a gentle diuretic. Brewing the root helps stimulate liver function and balances hormones. For a wonderfully refreshing and anti-oxidant rich spring tonic, combine these herbs with your favorite Green Tea. Try this delicious, nutritive soup call "Bieler Broth": enjoy a cup with each meal for several days: a delicious way to lighten and green your body toward health this season.

Sheila M. Frodermann, MA, ND, FHANP is a naturopathic physician, homeopath and Bowenwork practitioner in a private practice at Providence Wholistic Healthcare in Providence. She has provided naturopathic medicine in a natural family practice for over eleven years. Call 401-455-0546 or visit ProvidenceWholistic.com.

Primary Sources:

Naturopathic doctoral training at National College of Natural Medicine, Portland, OR.

Biehler Broth

Organic fresh vegetables are recommended when available. Frozen organic vegetables are the preferred option, when fresh are unavailable.

2 medium zucchini

1 cup green beans

2 stalks celery

One handful of chopped parsley

Chop 2 medium zucchini, 1 cup of green beans, 2 stalks of celery. Place chopped vegetables in a steamer and steam until soft, approximately 15 minutes. Place veggies, the steaming water, and a handful of chopped parsley into a blender. Blend until smooth, approximately 1-2 minutes. If you like garlic, a clove may be added as you blend for additional flavor as well as addition herbs.

Makes 2-3 bowls. Enjoy 1 cup at meal times.

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- Raleigh/Durham/Chapel Hill, NC
- North Carolina Southern Coast, NC
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- Morris County, NJ
- Santa Fe/Albuquerque, NM

- Long Island, NY
- New York City, NY
- Rockland/Orange Counties, NY
- Westchester/Putnam Counties, NY
- Cincinnati, OH
- Tulsa, OK
- Portland, OR
- Lehigh Valley, PA
- Rhode Island
- Charleston, SC
- Columbia, SC
- Grand Strand, SC
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healthbrief



Military Trains Doctors in Acupuncture

The ancient Chinese practice of acupuncture is catching on in the military as a pain treatment for troops wounded in combat. While only a handful of medical centers currently use acupuncture, Walter Reed Army Medical Center has considered it a viable treatment since the 1980s. Now, Andrews Air Force Base, which operates the military's only acupuncture clinic, is boosting interest by training doctors to take acupuncture into the war zones of Iraq and Afghanistan.

In a pilot program started in March, the military is preparing 44 U.S. Air Force, Navy and Army doctors to use acupuncture as a part of emergency care in combat and frontline hospitals. Air Force physician Col. Richard Niemtow developed the battlefield acupuncture method in 2001; based on traditional ear acupuncture, it uses shorter needles, to fit under combat helmets.

Niemtow says that most of his patients report a decrease in pain within minutes. Acupuncture treatment also allows troops to reduce narcotics prescribed for pain, giving physicians a more accurate assessment of any underlying brain injury. Plus, according to Col. Arnyce Pock, medical director for the Air Force Medical Corps, acupuncture's pain relief avoids traditional painkillers' side effects.

Source: *Military.com*, 2009



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Cost: \$145 for weekend gatherings / \$275 for August 7-day gathering. Meals, camping, cabins and lodge rooms available.

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Party for the Planet Roger Williams Zoo

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Saturday, April 18, 2009

10am to 4pm

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Information: 401-245-7500 or visit ASRIECC.org.

Celebrate Earth Day Help Clean up the Woonasquatucket River

Wednesday, April 22

(rain date April 23rd)

8:30am - 2pm

Cleanup • Painting • Planting

Call (401) 461-8848, ext 391 or email rivers@narrabay.com to register

Riverside Park Earth Day Cleanup and Park Service Day

Saturday, April 25

9am - 2pm

Remove debris from the Woonasquatucket River • Plant flowers and trees • Build an outdoor classroom.

Enjoy a delicious BBQ lunch and raffle after the work is done.

Email lisa@woonasquatucket.org to register

Earth Day Conservation Day

Saturday, April 25th

All day

Norman Bird Sanctuary

583 Third Beach Rd, Middletown RI

Conservation projects:

Clean aviaries • Construct education exhibits
Paint • Maintain trails

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Save the Bay - Beach Clean up Schedule.

Advance sign-ups are required!!!

Sign up by contacting Stephany Hessler at shessler@savebay.org or at 401-272-3540 x130.

April 4 10am - 12 pm
Bristol Harbor Cleanup.

April 18 9 am - 11am
Shoreline Cleanup at East Beach,
Charleston.

April 19 9am - 11 am
Longmeadow Fishing Area
Cleanup, Warwick

April 19 9:30am - 11:30am
Goddard Park Beach Cleanup
East Greenwich

April 22 2:30pm - 4:30pm
Misquamicut Beach Cleanup
for Earth Day

April 25 9am - 12pm
Earth Day Community Cleanup
in North Kingstown

April 25 1pm - 3pm
Omega Pond Dam Cleanup,
East Providence

April 26 1 pm - 3 pm
Mackerel Cove Beach Cleanup
in Jamestown

May 9 1 pm - 3pm
Barrington Town Beach Cleanup

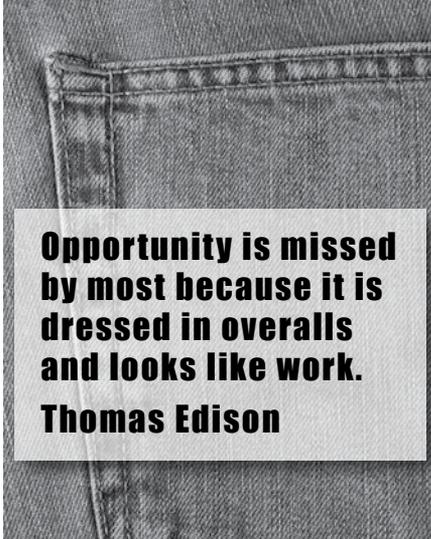
May 9 1 pm - 3pm
Sandy Point Beach Cleanup,
Portsmouth

May 10 1:30pm - 3:3 pm
India Point Park Cleanup,
Providence



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A Conversation with Bill McKibben

by S. Alison Chabonais

Bill McKibben is the author of a dozen books on the environment and culture, most recently, *Deep Economy: The Wealth of Communities and the Durable Future*. He explains how vibrant local economies are getting it right and showing us the way to a saner, human-scale world. McKibben also is co-founder of *350.org*, the first global grassroots movement to deal with climate change.

Q. In *Deep Economy*, you note that America's "more is better" mantra of economic progress is no longer making us wealthier, but instead, less happy, less healthy and more insecure. Why is this?

Up to a certain point, accumulation does make you happier. Visit, say, rural China; there, people live in extreme poverty, often with six or seven people in a room. When you make some money, perhaps working at a factory, you can heat your hut in the winter. You can add another room for you, your wife and your kid. You get some relative privacy for the first time in your life, worth a great deal in terms of increased happiness.

But, past a certain point—which economists around the world have estimated at roughly \$10,000 a year in average income, or \$40,000 for a family of four in this country—that equation starts to fall apart. Americans, for example, have been using their money to build massive houses, where everyone has their own room and electronic screen. We barely see our families, much less our neighbors. The average American today has half as many close friends as the average American of 1950.

Q. What else have we sacrificed by buying into advertisers' push to accumulate more stuff?

Where to start? Health, maybe. The average American is badly overweight, largely because of the intake of relatively expensive processed commercial foods, which we often rely on because we spend so much time at our jobs, earning the money we need to support a consumer way of life.

Or, consider leisure. The average European works about seven fewer weeks a year than we do. Yes, they consequently have less disposable income, but far more time with family and friends. Not surprisingly, Europeans generally report being happier with their lives than we are, concludes prominent British economist Richard Layard, in *Happiness: Lessons from a New Science*.

Q. *Deep Economy* makes a convincing case that rebuilding community-oriented neighborhoods and sustainable local economies delivers a better quality of life; so, where do we start?

Probably the simplest place is with localizing food supplies. Because that's a consumer decision we make three times a day, we can convert at our own pace. I once spent a year eating nothing but local foods. I met many of my neighbors for the first time—all the farmers who were growing my food.

Neighborliness is a common outcome; in one study cited by Christopher Cook in *Diet for a Dead Planet*, sociologists followed shoppers, first around the supermarket, and then around the farmers' market; the average shopper engaged in ten times more

conversations at the farmers' market. They weren't just acquiring their weekly calories, they were rebuilding broken communities.

Q. Realistically, which other vital areas of community life can we make sustainable soon?

We can do much more for ourselves. In communications: A few giant conglomerates own most radio stations in this country; now, a low-power FM movement is erecting community stations across America. In education: We know that the best education comes in small classrooms and small schools; it's time to start deconsolidating. In government: In Vermont, where I live, we rely on town meetings; everyone in town gets together once a year and hashes out the budget, and it works.

Individuals' long-term survival depends on having a strong working community. By patronizing local businesses, they remain a hardy support network in tough times.

Q. In speaking of the environmental fallout due to escalating consumption, you observe that, "If the rich countries can't change course, then the poor countries won't." What will it take to make the transition to a different lifestyle tolerable?

Global warming makes it clear that we're all in this together. The only way we'll get out of this fix is if we work cooperatively.

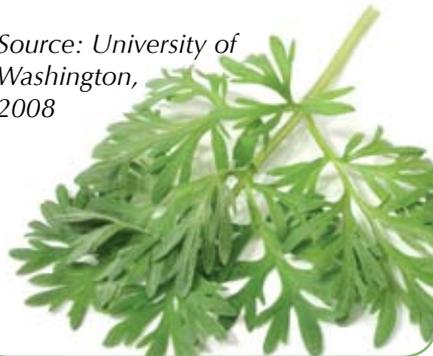
That's why we're accelerating a huge global organizing drive for *350.org*. 350 is the amount of carbon dioxide, in parts per million, that climatologists now deem the safe maximum for our atmosphere. At 387, we're already past that total, turning the global climate issue from a problem into an emergency. We need *Natural Awakenings* readers to join us October 24, 2009, in organizing and attending rallies and events around the planet to draw attention to that number and its meaning. Together, we can reach out beyond individualism, toward survival of the community of humankind.

For more information visit BillMcKibben.com.

WORMWOOD FIGHTS CANCER

Researchers at the University of Washington have discovered that a compound derived from the sweet wormwood plant (*Artemisia annua L*), an ancient herb used in Chinese medicine and in Asian salad dishes, is more than 1,200 times more specific in killing certain kinds of cancer cells than currently available drugs. The finding heralds the possibility of a more effective chemotherapy drug with minimal side effects.

Source: University of Washington, 2008



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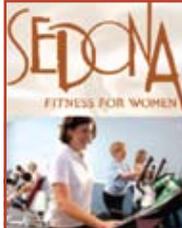
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FINDING BALANCE AND HEALING

IN THE

Beauty

OF PHOTOGRAPHS

By Barbara Bourgette

*B*eautiful images have a positive impact on our lives. It is however, all too easy to forget this simple fact. During these challenging times we all need to be uplifted and inspired. Visual cues surround us everywhere and form a subtle backdrop to the context of our lives. Now more than ever, we need to increase our consciousness about the kind of images that impact our daily lives.

Negative, depressing images can suck the energy right out of us and cause a great deal of unrest. We can be bombarded by these images and yet not even realize or see the impact that it is having on us. Driving each morning through a backdrop of dirty roads, working in a drab and unnatural space, shopping in places stripped of aesthetic value – these are the images that are quietly seeping into our psyche and



changing our moods. How many of us have been drained by even by turning on the television news? Take a good look around... do the surroundings inspire and uplift or do they add more negative energy into a life plagued with anxiety?

As our lives become more complicated, our stress levels increase. Sometimes this escalating stress creeps in so subtly, we don't even notice how uptight we have become, although a closer look will reveal it. Perhaps we are clenching our teeth or our fists more often. Maybe we are short tempered or restless or unfocused. We have to work hard to become conscious of it, and strive to not let daily stressors overwhelm us.



Clearly, we are in great need of keeping our lives in balance. Every minute of every day our energy is being pulled in many different directions. Most of our lives are moving from one electronic device to another in quick succession. We stop at the market on our way home and we are over stimulated by the excess of products. We go home and our attention moves quickly from family members to computer to television back to family and home again and right back to technology once more. It is at these times that we need to stop, breathe and re-focus our thoughts in the present moment. One of the best ways to shift into the present moment is to look at something beautiful and uplifting. Often, photographs of nature provide that instant pick-me up. It's like taking a one minute vacation.

When we stop and shift our energy with intention, taking a deep breath, we not only clear out the lungs and re-oxygenate our whole system, but also lower our blood pressure and center our whole being. One of the most critical challenges of our overloaded lives is to try and remember to stay focused in the present moment. If we are constantly living in the past or worrying about the future we easily become overwhelmed and stress escalates. The secret is to have a simple focal point like a lovely photograph of something beautiful to look at. That photograph is like an instant pick-me-up. The image gently brings us back to the present moment of conscious breath. Most times, that one minute vacation is all we need.

All images have energy. We must ensure that we surround ourselves with positive imagery in all forms. We can easily and cost-effectively create an environment of healing and beauty with photographs, pictures of nature that touch our souls and bring a smile to our faces. When we look at a beautiful photograph, it takes us into the present moment, rebalancing our energy, reducing stress and focusing on the work at hand.

Barbara Bourgette is a photographer in Providence, RI.



Contact Barbara and Natural Images by Bourgette at 401-374-8424 or Babs@BarbaraBourgette.com. Visit BarbaraBourgette.com. See ad, page 29.

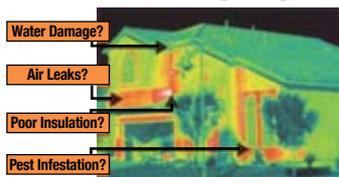


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Great Cooking Oils

As Good as Liquid Gold

by Monika Rice



All oils, by definition, are pure fat, but not all oils are created equal. Though many of us are accustomed to choosing easy to find vegetable and olive oils, intriguing options are showing up on grocery shelves across the country. Oils of grape seed, sesame, coconut, peanut, walnut, safflower, pumpkin and sunflower now greet us. With so many unfamiliar choices, we need to be aware that some oils are more useful than others, in terms of light, healthy and flavorful cooking.

Bottled Benefits

"Fats and oils can be among the healthiest substances in your diet," advises nutritionist Ann Louise Gittleman, Ph.D., "but only if they're organic." She notes that oils in conventionally grown seeds and nuts can be "a storehouse of fattening pesticides." Like other nationally certified foods, organic oils produced without toxic and persistent pesticides are clearly preferable.

Liquid at room temperature, most oils are a blend of saturated, polyunsaturated and monounsaturated fatty acids, with the exception of coconut oil, a plant oil comprised mostly of saturated fatty acids, which is solid

at room temperature. Its composition makes coconut oil safe for high-heat cooking and searing, without risking oxidation of the oil and the introduction of free radicals into the food, a risk when oils high in polyunsaturated fats, such as walnut and sunflower oils, are exposed to high heat.

Canola oil rates high among nutritionists and physicians because it, too, can help lower the risk of heart disease. Extracted from rapeseed, a plant in the cabbage family, its generous helping of omega-3s helps qualify it as the best fatty acid composition (good versus bad fat) among oils. Its mild taste also makes it a preferred selection for cooking and baking.

Look for organic, expeller-pressed brands of canola oil, advises Dr. Andrew Weil. "When extracted with chemical solvents or high-speed presses that generate heat, canola oil's fatty

acid chemistry is altered in undesirable ways," he says.

Olive oil, a top-seller around the world, is renowned as the Mediterranean secret to good health and long life. Its distinct flavor complements multiple heart-healthy ingredients. Research attributes olive oil's particular benefits to its monounsaturated fat content, which can lower the risk of heart disease by reducing cholesterol levels. It's also a good source of vitamins E, A and K, and abundant in polyphenols, a powerful class of antioxidants.

Flavor Factors

Oils pack plenty of flavor punch, so small amounts can go a long way. Few are as multitasking as olive oil. Extra virgin olive oil, the least processed and most flavorful type, works best in unheated dips or sauces, salad dressings and marinades. Virgin olive

Heating olive oil does not diminish its nutritional value, but does weaken its flavor. Many chefs choose virgin olive oil for cooking, saving extra virgin varieties for cold dishes and for flavoring.

oil, slightly more acidic, is useful for general cooking.

Russell Scott, certified master chef and executive chef at Isleworth Country Club, in Windermere, Florida, and a former associate professor at the Culinary Institute of America, lauds olive oil's versatility. "There are lots of varieties," he advises, "and it has a great flavor that holds up during cooking."

Nut oils like walnut and almond are also favorites of Scott. Though many have strong flavors, most have low smoke points, so Scott suggests adding them at the end of cooking. "Just a drizzle can wake up a dish," he notes.

Seed oils burst with distinctive tastes, too. Pumpkin seed oil, a recent addition to American cuisine, is a polyunsaturated powerhouse of antioxidants. Try it as a memorable, last-minute seasoning for fish or a delectable enhancement to steamed vegetables. Grapeseed oil, high in heart-healthy vitamin E, has a high smoke point, so it's good for stir-frying and sautéing. Its light, nutty and slightly fruity taste is the perfect foil for fruit salads or baby greens that might be overpowered by olive oil's more robust flavor.

Untoasted sesame seed oil is another culinary multitasker with a high smoke point, although toasted sesame oil is usually used as a flavoring agent only, rather than in cooking. European or cold-pressed sesame oil is light in color and nutty in flavor; the Asian variety is made from toasted seeds, giving it a darker color and more pronounced taste.

A final tip: For the optimum culinary adventure, choose oils in glass bottles to avoid the risk of the oils interacting with chemicals found in plastic containers and to ensure the freshness and genuine flavors of the product.

Primary sources:

OliveOilSource.com;
MedicalNewsToday.com;
MayoClinic.com;
CoconutResearchCenter.org,
DrWeil.com;
TheEpicentre.com.



calendar of events

NOTE: All Calendar events must be received by April 10th (for the May issue) and adhere to our guidelines. Visit rinaturalawakenings.com to submit Calendar events or email info@rinaturalawakenings.com for guidelines and to submit entries.

MONDAY, MARCH 30

Your Health; Your Choice: Ten Steps to a Healthier Lifestyle – 7-8pm. Wellness Presentation open to the community. Learn some helpful tips and tools to live a healthier lifestyle. Please call to register. **FREE.** The Highway 2 Health, LLC, Unique Total Body Fitness and Spa, 190 Putnam Pike (Route 44), Johnston. 401-769-9393.

THURSDAY, APRIL 2

Green Drinks Newport – 5-8pm. Environmental Networks monthly gatherings provide an opportunity to talk with people who are personally and/or professionally interested and involved in a variety of environmental, conservation and sustainability issues. Informal/fun time. **FREE.** Norey's, 156 Broadway, Newport. Kara@6square.com.

FRIDAY, APRIL 3

Wellness From the Inside Out – 12-1pm. Adding whole food based nutrition such as whole grains, beans, healthy fats, fruits and vegetables is the key to wellness. Learn about healthy fats and analyze your body fat with this fun and interactive class. Quick and easy recipes including nuts and whole food nutrition. Provided by a Registered Dietitian with culinary expertise. Space is limited to 15. \$10. Fitness Solutions USA, The Village Plaza, 375 Putnam Pike, Rte 44, Smithfield. 401-286-8998. FitnessSolutionsUSA.com.

SATURDAY, APRIL 4

Fire in the Belly, Peace in the Heart – 10am-5pm. The Power of a Prana-based Yoga and Meditation Practice. Tap the power of prana, the vital life energy of the universe, to kindle a fire in the belly and channel that energy to cultivate a deep and abiding peace in the heart. This day-long yoga and meditation retreat is intended to bring prana to the forefront of your yoga to cultivate a powerful, energy-based, and deeply meditative practice. \$125. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Renewable Energy Presentation – 1-3pm. Information about residential solar systems, wind systems and solar thermal (heating) systems, costs, benefits and state and federal incentives. Tour of a residential installation of solar PV, solar hot water and geothermal systems. **FREE.** Alteris Renewables, Westerly Armory, 3 Dixon St, Westerly. 401-596-8554.

Open House & Guided Tour – 1-5pm. Tour the award winning Center for Sustainable Living. Features nature trails, edible landscapes, streams, meadows, and an ecological housing model that showcases over 50 green building systems, technologies and products. \$5. Suggested donation. Apeiron, 451 Hammet Rd, Coventry. 401-397-3430. Apeiron.org.

Tribe Earth Drum and Dance Circle – 8pm-1am. Access your inner rhythm, release stress, enhance self esteem and most of all Celebrate Life! Please call for information. \$10. Free Spirit Sound Healing and Therapeutics, 420 Main St, Warren. 401-245-7979.

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SUNDAY, APRIL 5

Discover You Expo – 10am-5pm. Broad range of businesses from the fields of holistic health and wellness, natural and organic foods and eco-conscious green products. Seminars, demonstrations and sampling opportunities. \$10. Twin River, 100 Twin River Rd, Lincoln. DiscoverYouExpo.com.

Creating Your Healing Space with Feng Shui – 1-4pm. Feng Shui, the ancient art of placement, can help you to assess your spaces and synchronize them with your professional goals. Learn the tools you need to attract, maintain, and nurture your clients and your business; create a functional, beautiful, and supportive decor using what you have; and keep your space energetically clear. \$45. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

MONDAY, APRIL 6

Natural Solutions to Headache Pain – 6-7pm. Millions of Americans suffer from chronic headaches. Presentation designed to educate the audience about the different types of headaches, what causes them, how to prevent them, and safe, natural and effective alternatives to treating them. **FREE**. Lincoln Chiropractic, Northern RI Chamber of Commerce, 301 Blackstone Valley Place, Lincoln.

TUESDAY, APRIL 7

Understanding Fibromyalgia: A Holistic Approach to Chronic Pain and Fatigue – 11am-12pm. People who are suffering with fibromyalgia are desperate for relief from the constant nagging symptoms, pain and fatigue. The doctor will educate the audience about safe, effective and natural alternative methods for addressing Fibromyalgia and chronic pain symptoms. **FREE**. Lincoln Chiropractic, CCRI Campus, 1762 Louisquisset Pike, Lincoln.

Tea and Tarot Psychic Faire – 1-7pm. \$5. The Edward King House, 35 King St, Newport. 401-846-7426. EdwardKingHouse.com.

Tai Chi for Mobility – 4:30-5:30pm. Tai Chi offers a way to maintain mobility. It is shown to improve balance and restore vitality. **FREE**. Tai Chi Charlie, Main St Martial Arts, 1282 North Main St, Providence. 401-447-6729. Budojo.com.

Get the MOST out of Your Care – 6:30-7:30pm. Learn to take action in a positive way. **FREE**. Twin River Chiropractic, 305 Farnum Pike, Smithfield. 401-233-2211.

The ABC's of Meditation – 6:30-8:30pm. This class will give you straightforward and useful information on all different tools and ways to meditate and help you bring back wandering mind. Your guide: spiritual medium Stephanie Miller. Space is limited. Reserve with Grace. healingheartstri@yahoo.com. Call for pricing. Healing Hearts, 1542 Main St, West Warwick. 401-615-2423.

WEDNESDAY, APRIL 8

Smart Business Networking – 6-8pm. Network, share ideas and make new friends. With the power of networking, business owners are able to develop relationships with professionals throughout Rhode Island. **FREE**. State Lounge, 1 Throop Alley, Providence. 401-453-3333. SmartBusinessNtw@gmail.com.

Juicing for Health – 6:30-8:30pm. Juicing is an important element to a healthy diet. While whole foods with their fiber are very beneficial and necessary, that shot of raw juice with all of its enzymes and its ability to go from the mouth to the cells is very, very quick. \$10. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

Self-Love – 7-8:30pm. This workshop will help you manifest a sense of self love as we heal each other and the universe together with unconditional love. You will be guided to release all blocks interfering with your truth, and your purpose in life. Space is limited. Reserve with Grace healingheartstri@yahoo.com. **FREE**. Healing Hearts, 1542 Main St, West Warwick. 401-615-2423.

FRIDAY, APRIL 10

Introduction to Foot Reflexology – 6:30-9pm. Becoming a Reflexologist requires special training, and certification, but understanding the way Reflexology works will add a new dimension to foot therapy for your family and friends. Learn to apply the soothing, healing principles of Reflexology, make a foot scrub, and practice the technique. A 'manual' is provided, so you won't forget the technique. \$45. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

Guided Meditation Night – 7-8:30pm. Healing with the Archangels. This month we will combine the healing power of the Archangels and meditation. Come see how good you can feel with these magnificent beings of Light. \$10. Heavenly Hugs, 917A Warwick Ave, Warwick. 401-935-8451. Heavenly-Hugs.com.

TUESDAY, APRIL 14

Creating Wellness in a High Stress World – 6:30-7:30pm. Learn to take action in a positive way. **FREE**. Twin River Chiropractic, 305 Farnum Pike, Smithfield. 401-233-2211.

WEDNESDAY, APRIL 15

The Healer Within – 6:30-8:30pm. Each of us has the capability to heal ourselves. Learn the difference between "healing" and "curing", how our bodies desire to be health, that healing is a process and that we are empowered through the healing process as we participate in our health. This two-session class is a "hands on" workshop. We will work with each of our "healers". Come and get in touch with the healer within you. \$40. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

THURSDAY, APRIL 16

Green Drinks Providence – 5-8pm. Environmental Networks monthly gatherings provide an opportunity to talk with people who are personally and/or professionally interested and involved in a variety of environmental, conservation and sustainability issues. Informal/fun time. **FREE**. Everyman Bistro, American Locomotive Works, 311 Iron Horse Way, Providence. 401-751-3630.

FRIDAY, APRIL 17

Concordia Spiritual Cinema: Fireproof – 7:30pm. Join us for a motivational film on marriage and relationships. Includes **FREE** refreshments. \$5 donation/\$10 families. Concordia Church, 292 West Shore Rd., Warwick. 401-732-1552.

SATURDAY, APRIL 18

Tea Leaf/Tarot & Angel Card Readings – 10am-2pm. Get an answer to your own pressing questions today with Kari Kline. \$20/15 minutes, \$30/20 minutes, \$40/30 minutes. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

Fibromyalgia and CFIDS Support Group – 10:30am-12:30pm. Support group for individuals with fibromyalgia and CFIDS. **FREE**. East Smithfield Public Library, 50 Esmond St, Smithfield. 401-339-2193.

Saving Your Sight – 12-6pm. Want to improve your eyesight, become less dependent on glasses, and prevent vision problems at any age? Optometrist, acupuncturist and author Marc Grossman demonstrates simple therapeutic exercises to improve a variety of vision problems. \$95. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Concordia Spiritual Cinema: Fireproof – 1pm. See April 17th for details. Concordia Church, 292 West Shore Rd., Warwick. 401-732-1552.

SUNDAY, APRIL 19

20th Annual MS Walk – 9am. Walk in Providence, Bristol or Narragansett to raise necessary funds to research a cure, and help people with MS lead more fulfilling lives. Call 407-738-8383 to register or visit MSWalkRI.com.

Reiki Level II – 9am-5pm. For those who are already Reiki level I, this class will take you to the next level of Reiki with the ability for long-distance healing. This is a hands-on class that takes two full days to complete. At the end of the first class you will be given assignments to complete in preparation for class the following week. \$300. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

Brag It Forward – 10am-5pm. If you didn't learn another thing, get any thinner, taller, or richer, how could you begin creating your dream life immediately? Join in playful discovery. Workshop led by Tara Sage Steeves. For tickets and location details visit LoveLightLaughter.net. Love, Light & Laughter: Enchanted Event, Crowne Plaza Hotel, 801 Greenwich Ave, Warwick.

S-T-R-E-T-C-H! – 10am-5pm. How far are you willing to stretch to birth your dreams? Identify the risk level that's right for you, and the inspired action steps to follow. Workshop led by Tara Sage Steeves. For tickets and location details visit LoveLightLaughter.net. Love, Light & Laughter: Enchanted Event, Crowne Plaza Hotel, 801 Greenwich Ave, Warwick.

The Celiac Support Group of S.E.N.E – 11am-1pm. Gluten free buffet at the Outback Steakhouse. Reservations are required by April 12. For reservations call Kathi. \$25. Outback Steakhouse, 1301 Fall River Ave, Seekonk. 401-624-8888.

MONDAY, APRIL 20

Natural Solutions to Headache Pain – 11am-12pm. See April 6 for details. **FREE**. Lincoln Chiropractic, CCRI Campus, 1762 Louisquisset Pike, Lincoln.

FREE Reiki Clinic – 4-7pm. Come experience the healing and relaxation of Reiki. 15 minute sessions. Call or email Maureen O'Donnell amberhawk@verizon.net to reserve a session. **FREE.** One Wellness Center, Hope Artiste Village, 1005 Main St Suite 116, Pawtucket. 401-728-8018.

TUESDAY, APRIL 21

Understanding Fibromyalgia: A Holistic Approach to Chronic Pain and Fatigue – 6-7pm. See April 7th for details. **FREE.** Lincoln Chiropractic, Northern RI Chamber of Commerce, 301 Blackstone Valley Place, Lincoln.

Nutrition Facts They DON'T Want You to Know – 6:30-7:30pm. Learn to take action in a positive way. **FREE.** Twin River Chiropractic, 305 Farnum Pike, Smithfield. 401-233-2211.

WEDNESDAY, APRIL 22

Career Transition: Getting Unstuck and Finding What's Next – 7-9pm. Being out of work can feel isolating and difficult, especially when everyone is talking about the economic climate. Interactive workshop to discuss how to manage this transition. Workshop will offer practical tools and explore the importance of a spiritual practice during this transition. With Pat Hastings and Jeff Doff. Call to register. **FREE.** Pharmacy Herbs, 28 Cemetery St, Providence. 401-521-6783. SimplyaWomanofFaith.com.

THURSDAY, APRIL 23

Basic Garden Photography Talk – 6:30-8pm. Learn how to take better photographs of your yard and garden. This talk will be non-technical with lots of tips and tricks to get great photos. With photographer Barbara Bourgette. **FREE.** Natural Images by Bourgette, East Smithfield Public Library, 50 Esmond St, Smithfield. 401-374-8424. BarbaraBourgette.com.

KISS (Keep it Simple, Silly) – 6:30-8:30pm. Learn easy and effective ways to stay positive, think positive, and BE positive. Come learn how to attract healthful, joyous experiences into your life. Learn how to cut "etheric cords" to boost your energy; clear away and diffuse negative energy from others with the help of the Archangels; and learn how to trust your emotional guidance system to ensure you are attracting what you truly desire. \$20. Heavenly Hugs, 917A Warwick Ave, Warwick. 401-935-8451. Heavenly-Hugs.com.

The Healer Within – 6:30-8:30pm. See April 15th for details. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

FRIDAY, APRIL 24

Healing from the Inside Out – 11am-12pm. Learn about the healing power of whole food nutrition. Adding whole grains, beans, healthy fats, fruits and vegetables is the key to wellness. Learn quick and easy recipes with nuts and get your body fat analyzed with this fun and interactive workshop. Provided by a Registered Dietitian with culinary expertise. Space limited to 15. \$12. Healing in Harmony Wellness Center, 712 Putnam Pike, Chepachet. 401-286-8998. HealingInHarmonyWellness.com.

Acupressure Techniques for Head and Neck – 6:30-9pm. Acupressure uses the gentle but firm pressure of hands. Effective method for tension related ailments, relaxing muscular tension and balancing the vital life forces of the body. A 'manual' is provided, so you won't forget the technique. Class is limited, so pre-registration is required. \$45. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

Breathwork for Stress Management – 7-8:15pm. This workshop will help you deepen your breath and help you feel more relaxed, focused and connected to your higher self. Dr. Heidi Gabrilowitz will host. Reserve with Grace healingheartsri@yahoo.com. \$11. Healing Hearts, 1542 Main St, West Warwick. 401-615-2423.

Coyote Energy Healing and Cherokee Bodywork, Level 1 – 7-10pm. Lewis Mehl-Madrona MD has studied indigenous doctoring with traditional North American healers for over 30 years and incorporated these approaches into mainstream practice. The goal is practical: you will be able to apply these techniques to your practice at the end of the weekend. Time permitting, we will explore techniques using Cherokee style acupressure/puncture, use of crystals, correspondence of Cherokee meridians, Chinese medicine meridians, and other similar practices. \$325. for three day workshop. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

SATURDAY, APRIL 25

Sacred Silence: The Re-introduction of a Daily Practice – 9:30am-12pm. In today's technologically advanced society we are often accessible/vulnerable 24/7. As a nation we sleep less and experience more di'stress'. In this workshop we will discuss tools to bring peace and silence back into our daily lives. The benefits are physical, mental and emotional. With Adriene Smith. \$15. The Wellness Center at Gold Plaza, 917A Warwick Ave, Warwick. 401-741-2278. AngelWhispersRI.com.

Coyote Energy Healing and Cherokee Bodywork, Level 1 – 10am-6pm. See April 24th for details. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

Tribe Earth Drum and Dance Circle – 8pm-1am. See April 4th for details. \$10. Free Spirit Sound Healing and Therapeutics, 420 Main St, Warren. 401-245-7979.

SUNDAY, APRIL 26

Reiki Level II – 9am-5pm. See April 19th for details. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

Coyote Energy Healing and Cherokee Bodywork, Level 1 – 10am-5pm. See April 24th for details. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.com.

MONDAY, APRIL 27

Balancing Hormones Naturally – 7-8pm. Learn about some of the mysteries surrounding the symptoms women experience with PMS and menopause and the alternative methods for addressing them. There is a great thirst for knowledge in this field. The Balancing Hormones Naturally presentation dispels some of the mysteries surrounding the symptoms women experience with PMS and menopause. **FREE.** Lincoln Chiropractic, Women & Infants, 2138 Diamond Hill, Woonsocket.

TUESDAY, APRIL 28

Sound Bath Meditation Class – 6:30-7:30pm. Facilitated by Jaime Poyant and Alan Stone. Utilizing Sound to deepen inner body awareness. Come and release the stresses of the week and reconnect with your true self. \$8. Free Spirit Sound Healing and Therapeutics, 420 Main St, Warren. 401-245-7979.

Life Without Limits – 6:30-7:30pm. Learn to take action in a positive way. **FREE.** Twin River Chiropractic, 305 Farnum Pike, Smithfield. 401-233-2211.

Breathing Techniques for Weight loss – 6:30-8pm. Scientifically proven the oxygen delivered with the proper breathing techniques burns fat in those areas that your body needs. \$15. Healing Hearts, 1542 Main St, West Warwick. 401-615-2423.

WEDNESDAY, APRIL 29

To Be Prosperous You Must Follow Your Own Heart – 7-8:30pm. Prosperity includes leading the life you want and doing what you love to do. Stop limiting and restricting yourself to receive what God has planned for you. You can only receive what you see yourself receiving. Pat Hastenings author of Simply a Woman of Faith will guide on this prosperous journey of self discovery. Space is limited. Reserve with Grace: 401-615-2423, email: healingheartsri@yahoo.com. **FREE** will offering. Healing Hearts, 1542 Main St, West Warwick.

SATURDAY, MAY 2

2nd Annual Marcella McDermott Scholarship 6 Mile Walk-A-Thon – 8-11am. John G. Jones Grand Chapter, Inc., OES under the jurisdiction of the Most Worshipful George Washington Carver Grand Lodge, Inc., A.F. & A.M. in the state of Massachusetts is hosting its 2nd annual Walk-A-Thon. Donations and walkers are welcome and checks can be made payable to John G. Jones Grand Chapter, Inc., OES Attn: Marcella McDermott Scholarship Committee, 23 Kenilworth, St Roxbury, MA 02119. John G. Jones Grand Chapter, Inc., OES, Franklin Park, Dorchester, MA. 617-442-1295.

mark your calendar

AWAKENING TO YOUR LIFE'S POTENTIAL

May 2, 2009

12-5pm

Crowne Plaza Hotel, Warwick, RI

Featuring:

**Dr. Michael Sharp,
Dr. Dave DiSano, Pat Hastings
and Rev. Ian Taylor**

**(401) 323-6934 or visit
DivinelyTouched.com
to register**

Sunday

Kripalu Yoga – 9-10am. With Chris Belanger. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

Vinyasa Flow Yoga – 10-11:15. Beat the winter blues with this powerful and effective yoga/flow, to enhance circulation, deep breathing, balance and strength. Feel the joy of yoga and movement connecting you with body, mind and spirit!. With Nicki Shea. \$60/Series of 6 or \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

MEDITATIONS FOR WORLD PEACE – 11:30am-12:30pm. Without first developing inner peace, world peace will remain impossible to achieve. We all have within us the potential for peace and happiness. Cultivating this potential creates the harmony we seek. Classes include teachings, meditations and discussion. Everyone is welcome. Drop-in to any class. \$8. Providence Meditation Center, 154 Waterman St, Lower Level, Providence. 401-286-9760. MeditationInProvidence.org.

Gaia's Hearth CUUPS Monthly Meeting – 12:15-2pm. 1st Sunday of the month. We invite anyone who is interested in becoming part of Rhode Island's only CUUPS (Covenant of the Unitarian Universalist Pagans) to join us. Gaia's Hearth CUUPS is open to the public and welcomes members of the local RI, MA and CT community, no matter what your level, path or tradition is. Plans for open celebrations such as Yule / Solstice, Imbolc, Beltane, etc to be discussed. Free. First Unitarian Church of Providence, 1 Benevolent St, Providence. 401-533-7628. GaiasHearth.com.

Group Hand Drum Lessons – 2:30-4:30pm. Held frequently on Sundays. Lessons led by Alan Stone covering drum circle etiquette, cultural rhythms, and improvisation. Please call for specific dates. \$15. Free Spirit Sound Healing and Therapeuti, 420 Main St, Warren. 508-567-4498.

Monday

Noontime Meditation – 12-1pm. Through learning to meditate we can train our mind to become peaceful and we shall be happy all the time, even in the most adverse conditions. Join us for a mid-day meditation to receive practical advice on how to enjoy a meaningful life through contemplation and meditation. Includes teaching and guided meditation. \$8. Providence Meditation Center, 154 Waterman St, Lower Level, Providence. 401-286-9760. MeditationInProvidence.org.

Environment Council of RI Meeting – 5:30-7:30pm. 1st Monday of each month. Check website for schedule changes. **FREE**. Environment Council of RI, The Department of Administration Bldg, Conference Room B, One Capitol Hill, Providence. EnvironmentCouncilRI.org.

Pilates – 6-7pm. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

Belly Dancing with Mahdia – 6-7:15pm. Learn to enjoy your body for what it is. Get in shape and have fun while exploring the ancient art of Middle Eastern Folk & Cabaret Style Belly Dance-Raks Sharqi. \$60/Series of 6 \$13/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

Mixed Level Amrit Yoga – 6:30-7:30pm. Class designed for students of all levels of experience. Will be tailored to suit the students present. \$60/Series of 6 or \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

Dream Circle Workshop – 6:30-8:45pm. Mondays through April. The Dream Circle is a powerful, affordable, fun, 5-week incubator for your dreams. Oh yes... it's time. Co-facilitated by: Tara Sage Steeves & Ali LeBrun. \$175/series of 5. Create Your Life, Private Home-details upon registration, Providence. 401-569-7017. CreateYourLifeInc.com.

Power Vinyasa Yoga – 7-8:30pm. Vigorous workout, not for beginners. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

Women's Spirituality/Intention Group – 7-9pm. 2nd Monday of the month. Dynamic and powerful group of women coming together to share intentions and dreams. We support one another through prayer all month. Open to all on the spiritual path who are seeking a deeper connection. \$15. Pat Hastings, Providence. 401-521-6783. womanoffaith@bluebottle.com or simplyawomanoffaith.com.

Meditation with Jodi – 7:30-8:45pm. This class will give insight to different types of meditation and breathe work. Learn the benefits and healing qualities of meditation, as well as, how to focus your attention and quiet the mind. Classes will include: The Art of Breathing, Buddhist Meditation, Shamanic Journey, Guided Meditation, Chakra Balancing, The Mind/Body Connection, Healing the Body and Emotional Release Therapy. \$12. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-942-2310. VillageWellnessCenter@verizon.net.

Tuesday

Vinyasa Yoga – 9-10am. With Usha Bilotta. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

Weekly Nia Classes – 11:30am-12:30pm. Nia (Neuromuscular Integrative Action) is a fusion fitness and lifestyle practice that blends rhythmic music with carefully choreographed hour-long routines. Inspired by dance, the healing arts including yoga, and the martial arts. \$48/series of 4, \$14/one class. All That Matters, 315 Main St, Wakefield. 401-782-2126. AllThatMatters.org.

Svaroopaa Yoga classes – 4-5:30pm. Very gentle, yet deep and restorative style of yoga. Focus on releasing all the muscles along the spinal column. Releasing these muscles benefits both your physical and emotional well-being. Space is limited – pre-registration is necessary. \$112/series of 8, \$17/drop in. Blissful Moment Yoga, 1006 Charles St. #10A, North Providence. 401-742-8020. lkorb7@aol.com.

Herbal Education and Training Program (HEAT) – 4-8pm. Every other Tuesday The preparation methods of salves, tea blends, creams, lip balms, tinctures, poultices, cordials and more! \$350-\$400 sliding scale. Pharmacy Herbs, 28 Cemetery St, Providence. 401-270-5223. FrmacysHerbs.com.

Restorative Yoga – 6-7pm. Relaxing class with hot stones. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

Figure Drawing Class – 6-9pm. Bring your drawing utensils and paper to AS220 and sketch from a live model. \$6. AS220, 115 Empire St, Providence. 401-831-9327. AS220.org.

RI Sierra Club Monthly Meeting – 7-8pm. 2nd Tuesday each month. Learn about how to get involved with the Sierra Club in Rhode Island. Covers grassroots conservation activities across the state. All are welcome. **FREE**. Sierra Club, 17 Gordon Ave, Suite 208, Providence. 401-855-2103. RhodeIsland.SierraClub.org.

Basic Yoga Series – 7-8pm. Basic Yoga, mixed levels. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

Nia Class – 7-8pm. Fusion fitness movement class that blends rhythmic music with easy to follow choreographed moves inspired by dance, soft and hard forms of the martial arts and the healing arts including yoga. Adapted to any level of fitness from beginner to advanced. Nia engages body, mind and spirit to deliver a fun whole body workout. \$12. The Spot on Thayer, 286 Thayer St, Providence. 401-383-7133. TheSpotOnThayer.com.

Your Holistic Path to Weight Loss: Healing Your Relationship with Food – 7-8:30pm. Tuesdays through June 9th. Discover your personalized blueprint for weight loss and lifelong healthy eating in this 12 week, small group program for women. Create and learn positive beliefs and behaviors to support your personal blueprint and heal your relationship with food. Program participants will receive the powerful benefits of both individual guidance and group support. \$140. for 12 weeks. Thrive Health Solutions, 19 Friendship St., Suite 300, Newport. 401-324-6061.

A Course in Miracles Study Group – 7-9pm. Learn how to bring miracles into one's life. Drop-in. \$5. It's My Health, 2374 Mendon Rd, Cumberland. 401-405-0819. Its-My-Health.com.

Reiki Share – 7-9pm. 3rd Tuesday each month. Reiki Share for practitioners and non practitioners alike. \$5. Trinity Energetics, South Kingstown Office park, 24 Salt Pond Road, Bldg H Suite 3, South Kingstown. 401-263-1107.

Introduction to Buddhism – 7-9pm. Tuesdays through April 14th. This series of classes will explore the essential principles of the Buddhist view, intention and action. Meditation will be explained clearly as a tool for developing qualities such as inner peace, love and patience. No need to register. Drop in basis. Come to one or as many classes as you can. \$10. Providence Meditation Center, 154 Waterman St, Lower Level, Providence. 401-286-9760.

Medieval Arts & Music Night – 7-10pm. Open workshop of The Society for Creative Anachronism. Anyone is welcome to bring a project, song or just a curiosity for the study of medieval arts and music. **FREE**. The Artists Exchange, 50 Rolfe Sq, Cranston. 401-490-9475. Artists-Exchange.org.

Introductory Amrit Yoga – 7-8pm. Developing confidence in yoga basics, postures, breathing, body science and meditation. Focus is on a developing a strong foundation on which to develop a regular practice. \$60/Series of 6, \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

Weight Loss Program with EFT – 7:15-8pm. 2nd and 4th Tuesday. Release the negative emotions that are sabotaging your goal weight. Learn to make better food choices and eat mindfully with Diane Stacy. \$20. Greenville Family Counseling, 3 Austin Ave, Greenville. 401-949-2917. ChoicesandPrevention.com.

Hula Hoop Dance Class – 8-9pm. Teaches the basics of hula-hoop dancing. Hoops provided. With instructor is Sasha Gaulin. \$12. The Spot on Thayer, 286 Thayer St, Providence. 401-383-7133. TheSpotOnThayer.com.

Wednesday

Men's Yoga – 6:15-7:15pm. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

Kundalini Yoga – 4-6pm. Great blend of exercise, stretching and meditation. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

Westerly Arts Night – 5-8pm. 1st Wednesday each month. Downtown galleries and studios open in unison to exhibit new works. **FREE**. Artists Cooperative Gallery, 12 High St, Westerly. 401-596-2221. WesterlyArts.com.

Breathwork – 6:30-8:30pm. Last Wednesday of each month. Release blocked emotion or energy. Be more emotionally vital and present in your response to life. With Dayna Mondello. \$25. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

Introduction to Japanese Calligraphy Classes – 6:30-8:30pm. 5 week session through 5/13/09. The beauty of Japanese Calligraphy (Shodo) lies in the balance between its power and its simplicity. Explore this graceful, ancient art form and discover how Japanese brushwork calms the spirit and frees the soul. No previous art experience required. \$125/Arts Guild Members \$145/Non-members plus \$30 materials fee. The Portsmouth Arts Guild, 2679 East Main Rd, Portsmouth. 401-683-2598. PortsmouthArtsGuild.org.

Northern Rhode Island Conservation District Monthly Meeting – 7-8pm. 1st Wednesday of each month. Regular monthly board meetings are open to the public and all are encouraged to attend. Please call for directions and to be sure there has been no change in scheduled date or location. **FREE**. NRICD Office, 17 Smith Ave, Greenville, RI. 401-949-1480. NRICD.org.

Reiki Share – 7-9pm. 1st Wednesday of each month. All level Practitioners and non-Practitioners welcome. \$5. The Studio at The Wickford Cove, 23 Brown St, Wickford. 781-962-6724. FourFoldHealing.net.

Thursday

Vinyasa Yoga – 7-8am. With Usha Bilotta. \$72/6 classes, \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

Svaroopa Yoga classes – 9:45-11:15am. Very gentle, yet deep and restorative style of yoga. Focus on releasing all the muscles along the spinal column. Releasing these muscles benefits both your physical and emotional well-being. Space is limited, pre-registration is necessary. \$112/series of 8, \$17/drop in. Blissful Moment Yoga, 1006 Charles St. #10A, North Providence. 401-742-8020. lkorb7@aol.com.



The Dream Circle Workshop – 6:30-8:45pm. Thursdays through April 30th. The Dream Circle is a powerful, affordable, fun, 5-week incubator for your dreams. Oh yes... it's time. Registration required. \$175. Create Your Life, Ferns & Flowers, 1094 Centerville Rd, Warwick. 401-569-7017. CreateYourLifeInc.com.

Meditation Group – 6:30pm-8:30. Thursdays, April 16th through May 21st. Any level or interested party. \$10/each session. Trinity Energetics, South Kingstown Office Park, 24 Salt Pond Road, Bldg H Suite 3, South Kingstown. 401-742-2354.

Providence Slam: Poetry Tag & Writers Workshop – 6:30-9pm. Laid back, low pressure writer's group. A chance to share and talk about poems away from the stage. **FREE**. AS220, Classroom Space- 2nd Floor, 115 Empire Street, Providence. myspace.com/providencepoetryslam.

Yoga Nidra (Guided Meditation) – 6:45-8:15pm. All you need do is lay back and stay awake while specific body and breath visualizations are used to guide you gently and quickly into a deep peaceful meditative state. In meditation, intention is used to direct the mind into taking this peaceful awareness with you into your life. \$15. Santosha Yoga Studio, 14 Bartlett Ave, Cranston. 401-780-9809. YogaAtSantosha.com.

Basic Yoga Series – 7-8pm. Basic Yoga, mixed levels. \$72/6 classes or \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

Reiki Share – 7-9pm. 3rd Thursday each month. Continue your study and practice with others who have been attuned to Reiki. Fine tune your skills in a peaceful and comfortable setting as you give and receive Reiki treatments. All lineages and levels are welcome. \$5. Joan Hobbs, 39 Carrington St, Lincoln. 401-241-6481.

Blackstone River Theatre Drum and Dance Circle – 7-9pm. 3rd Thursday each month. Blackstone River Theatre's open drum circle focuses on tribal and multi-ethnic rhythms. Beginners and novices are always welcome. The emphasis is on fun, feeling the beat and playing together. Bring a hand drum, rhythm instrument or just dance. Some instruments will be provided. \$5. Blackstone River Theatre, 549 Broad St, Cumberland. 401-725-9272. RiverFolk.Org.

Mixed Level Amrit Yoga – 7-8pm. Class designed for students of all levels of experience. Will be tailored to suit the students present. \$60/Series of 6 \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

Friday

Introduction to Kabbalistic Healing – 12:30-2pm. We study Kabbalah to learn to love Life and to honor its every piece and see its presence in every way. Classes include experiential exercises, meditations, spiritual practices and an Integrated Kabbalistic Healing (IKH). Call to register. \$25. Kathy Bernstein, 144 Waterman St, Providence. 401-338-1317.

Women's Spirituality/Intention Group – 7-9pm. 2nd Friday of each month. Dynamic and powerful group of women coming together to share intentions and dreams. We support one another through prayer all month. Open to all on the spiritual path. \$15. Pat Hastings, Providence. 401-521-6783. womanoffaith@bluebottle.com or simplyawomanoffaith.com.

1st Friday Reiki Share – 7-9pm. Bring a friend who is new to Reiki and introduce them to receiving some peaceful energy from those who have been attuned. All lineages and levels welcome. \$5. Lynne Lamarre, 39 Carrington St, Lincoln. 401-725-0566.

Friday Night Live Presents The Open Stage – 8pm. Last Friday of the month. Offering young people a positive, artistic environment, this new event gives local youth performers a forum to display their talents in front of a live audience. Audience members will have the opportunity to sign up for a 5-minute performance slot before each show. \$5. The Carriage House Theatre, 7 Duncan Ave, Providence. 401-273-9009. ChouseSchool.org.

Saturday

Citizens Bank FREE Family Fun Day – 9am-5pm. 1st Saturday of the month. The Environmental Education Center is open free to the public. Join us for crafts, nature stories, animal discoveries, hikes and more. **FREE**. Audubon Environmental Education Center, 1401 Hope St, Bristol. 401-949-5454. ASRI.org.

Basic Yoga Series – 9:30-10:30am. Basic Yoga, mixed levels. \$72/6 classes or \$14/drop in. Village Wellness Center & Heart in Hand, 422 Post Rd, Warwick. 401-941-2310. VillageWellnessCenter@verizon.net.

Behind the Scenes: Hands on Wildlife Biology – 10am. 4th Saturday of each month. Participate in hands-on research projects with your family. Along with the NBS team, you'll collect data, monitor local species, and help to determine ecosystem health. Each innovative and interactive workshop will spotlight a different local environmental issue. \$6/member adult 13+, \$4/member child, or \$8/non member adult 13+, \$6/non member child. Norman Bird Sanctuary, 583 Third Beach Rd, Middletown. 401-846-2577. NormanBirdSanctuary.org.

communityresourceguide

Connecting you to the leaders in natural healthcare and green living in our community. To find out how you can be included in the Community Resource Guide email info@rinaturalawakenings.com to request our media kit.

Saturday Morning Crafts – 10am-12pm. Visit the Audubon Society of Rhode Island Environmental Education Center and make a fun nature craft to take home. Designed for children of all ages, they take just a few minutes. No registration is needed. Free with admission. Audubon Environmental Education Center, 1401 Hope St, Bristol, RI. 401-949-5454. ASRI.org.

Save the Bay Exploration Center – 10am-12pm. Through April 18th. We have 14 tanks and exhibits and some 150 species that call the Bay home. Free/ members & kids under 3, \$4/non-members. Save The Bay Exploration Center, 175 Memorial Blvd, Newport. 401-272-3540 x133. SaveBay.org.

Beginners Yoga – 10-11am. Developing confidence in yoga basics, postures, breathing, body science and meditation. Focus is on developing a strong foundation on which to develop a regular practice. \$60/Series of 6, \$14/drop in. Sunsalutations Yoga Studio, 840 Smithfield Ave, Lincoln. 401-632-7254. Sunsalutations.org.

NIA – 11am-12pm. Fusion fitness movement class that blends rhythmic music with easy to follow choreographed moves inspired by dance, soft and hard forms of the martial arts and the healing arts including yoga, the Alexander Technique and Awareness through Movement. Adapted to any level of fitness from beginner to advanced. \$12. The Spot on Thayer, 286 Thayer St, Providence. TheSpotOnThayer.com.

Wintertime Farmers' Market – 11am-2pm. Open December 6 through April 25 Winter produce, meat, oysters, fresh herbs, Narragansett Creamery cheese, honey, maple syrup, jams, jellies, artisan breads and pastries, gluten-free breads, tortillas, chocolates, fair-trade coffee hot or by the pound and gifts will be available from local producers. **FREE**. Farm Fresh RI, Hope Artiste Village, 1005 Main St, Pawtucket. FarmFreshRI.org.

Rhode Island Orchid Society Monthly Meeting – 12:30-2pm. Last Saturday of the month. **FREE**. Rhode Island Orchid Society, Roger Williams Park Botanical Center, Greenhouse entrance, Providence, RI. 401-769-0369. RIOrchidSociety.com.

Save The Bay Seal Watch Tours – 1pm-3. Week-ends and school vacations through April. Join Save The Bay and the Rose Island Lighthouse Foundation for award-winning seal watch and lighthouse cruise around Rose Island aboard the M/V Alletta Morris. We provide binoculars and expert guides for the Bay's coolest winter family outing. \$20/ person, \$15/children and seniors. Save the Bay, Bowen's Ferry Landing, 18 Market Sq, Newport. 401-272-9540. SaveBay.org.

Grandmother's Empowerment Group – 1-3pm. 1st Saturday of the month. Based on the book, *The Grandmothers Speak: How to Find Balance in a Chaotic World*, by Sharon McErlane. Group is run by Jane Henderson, by donation. All are welcome. "When the Grandmothers are Heard, the World will Heal," Native American Prophecy. The Healing Circle, Providence. 508-292-2798. ProvidenceHealingCircle.com.

Crafternoon at AS220 – 1-5pm. Last Saturday of each month. Local art wizards spinning magical crafts. Bring a project to work on with other crafty creatures. **FREE**. AS220, 115 Empire St, Providence. 401-831-9327. AS220.org.

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HELP WANTED

YOGA STUDIO – in Lincoln looking for certified teachers in yoga, tai chi or other modalities. Call Amy at 401-632-7254.

DISTRIBUTORS – Become an Acaiberri distributor. Health and nutrition interests preferred, but not required. Selling is also a plus. Potential distributors can contact Angelo at 401-497-0740, or email acaiberri@cox.net. Visit acaiberri.com for more information.

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See ad page 17.

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SolidK9Training.com



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Maxine Bornstein, RN,MS,HNC,CIH
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508-292-5258 • maxine@reikibythesea.com
reikibythesea.com

Maxine provides much more than a Reiki session for her clients. Using her skills as a master's prepared nurse and community health nursing specialist, she first prepares a holistic assessment for her client, listens thoughtfully to their needs and then includes an hour of Reiki energy healing. Reiki has been used successfully with those who have pain, anxiety, imbalances of all types and those in need of relaxation and healing techniques. *See ad page 15.*

THERAPEUTIC MASSAGE

IT'S YOUR BODY'S SYMPHONY

2051 Plainfield Pike • Johnston RI 02919
401-464-6100 • ItsYourBodysSymphony.com

ITS ALL ABOUT YOU. You deserve the BEST The journey begins. Enter a new plateau @ ITS



YOUR BODYS SYMPHONY We offer: A variety of massage therapies including La Stone, Cupping, Thai, Ultimate pumpkin & back facials, Reflexology... We look forward to your arrival.

See ad page 29.

ONE WELLNESS CENTER

1005 Main St Suite 116 • Pawtucket, RI
401-728-8018 • OneWellnessMassge.com



One Wellness, located in the newly renovated Hope Artiste Village, is committed to assisting its clients achieve pain relief, stress reduction and an enhanced overall sense of well being. There is a talented and dedicated team of massage therapists, reflexologists and energy workers available at the Center.

WELL CARE COLLABORATIVE

IT'S MY HEALTH

Marie Bouvier-Newman
2374 Mendon Rd., Cumberland, RI
401-405-0819 • Its-My-Health.com

We provide much more than products, services and education. We provide the tools you need to optimize your health in a comfortable environment. We care. *See ad on page 7.*

YOGA AND HOLISTIC HEALTH CENTER

ALL THAT MATTERS

315 Main Street • Wakefield, RI
401-782-2126 • Info@allthatmatters.com
AllThatMatters.com

Choose from 45 yoga classes each week. Enjoy a variety of therapeutic health services. Experience workshops on yoga, meditation, self-care, self-discovery and the healing arts. *See ad on page 9.*





HOLISTIC & WELLNESS EXPO

Sunday April 5, 2009
10am - 5pm
Twin River Event Center
100 Twin River Rd
Lincoln, RI 02865

Exhibitors

Chiropractors, Acupuncturists, Wellness Practitioners, Nutritional Products, Massage Therapists, Wellness Centers, Fitness Centers, Natural Beauty Products, Eco-friendly Green Products, Organic Pet Supplies, and more.

Speakers

Joan Dwyer - All That Matters
Tara Crawford Roth - NE Holistic Chamber of Commerce
Linda Osga - The Life Breath Institute
Dr. Tad Szytkowski - Center for Preventive Medicine
Erin Sharaf PA-C - Mindfulness Based Stress Reduction Instructor
Sean Fuller - Fuller Wellness

Demonstrations to include gong ensemble, drumming, yoga, martial arts, etc.



discoveryyouexpo.com

For more information, please contact Susan Lataille at (401) 769- 1325 x11 or info@discoveryyouexpo.com.