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## Be Choosy! News, Events and Tips

### CHUNK-CHUNK...

While washing dishes one February evening I received a phone call from **Prevention Magazine's** Senior Editor, disclosing they selected me as one of five finalists for the nationwide Picture of Health contest. The small click made when hanging up the phone echoed like a steel safety bar jarring into place on a carnival ride. Closing my eyes, I whispered a personal promise to enjoy the ride. Dramatically, my mind supplemented the next five weeks with soundtrack music - **chunk-chunk, chunk-chunk**- from methodical metal gears as the amusement park ride car ascended to its apex.

Twelve weeks later, waiting for a flight at Logan Airport in Boston, I received **the** email. It is safe to share; Prevention's sponsors and voters selected another finalist as the winner. I'll confess, my shoulders drooped and I teared-up briefly, but mostly from relief and closure. I marvel at the winner's genuine, gracious inner self, and am very happy for this person. As we emailed I realized **how close** I really was on this ride! I am still unclear when Prevention is sharing the announcement on the Doctors.

Not only am I very proud, I am elated to have shared this life experience with my children. Their disappointment was deeper than mine; although my daughter is declaring I came in "2<sup>nd</sup> place!"

Then, I realized, this was just **one** exhilarating corkscrew of the roller coaster. Not time to exit to the left of the ride. The momentum is barreling forward with purpose towards unrevealed adventure. Thank you so much for sharing the cars surrounding me - playing, voting and sharing the news.



### IT TURNS OUT....

Instead of cleaning frenetically, waiting for the phone to ring about the contest, I **impulsively** decided to attend the Women's Health and Environment Conference in Pittsburgh. Speakers, scientist, authors, and leaders in the movement gathered and spoke. I felt a resounding, "**this is where I am supposed to be**" pounding in my veins as I sat in my VIP seat, surrounded by those I revere.



Waiting for Teresa Heinz to start the conference, I introduced myself to others at the table. Turns out, I was not the only one who flew in from Boston. Sincere and kind Nancy Nichols, two seats over, had as well. Conversation also revealed we shared too-common history at Dana Farber Cancer Institute. Innocently I asked, "What drew you to the convention?" She revealed she is an author, and was an esteemed speaker from the previous conference after publishing her book [Lake Effect](#). Here is what I learned for *Be Choosy!* *Subscribers*.

What inspired you to write your book?

*My sister and I grew up in a heavily polluted town. After she was diagnosed with ovarian cancer in 1992 she asked me to investigate the pollution in my town and its possible links with her disease. Midway through investigating her cancer and its possible causes, my own cancer was discovered and my book became a book about the two of us, our cancers and their possible links with chemicals in our town.*

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Do you recommend **Lake Effect** for book clubs?

*I think that my book would be a great read for book clubs. There is lots of material in there for discussion on a whole range of topics: the environment, our relationships with our sisters, our ability to talk about the causes of our illnesses. And it is all done in a way that is accessible to a person who has just begun to think about these issues.*

What can we do?

*We need to be active on a number of fronts. Obviously, the things we purchase and bring into our homes is the first place to start. But beyond that, we need to get active in groups that lobby state and federal agencies and lawmakers. It will take some major reforms in the way that certain substances are regulated to make a difference in the environment.*

I would like to add that I read Lake Effect this weekend. Some books in this genre are overwhelmingly thick, layered with statistics. Lake Effect balances a personal story woven into an introduction of our complex current world circumstance. As a quick, impactful learning experience, I agree it is "book club worthy."

#### FROM THE INBOX:

*Thank you, again, for your presentation "What's a Girl to Do?" yesterday at the [Women's Business Network](#). Your presentation was polished, professional, and passionate. You have a gentle, respectful way of offering harsh facts in a very informative, yet non-threatening manner. I especially appreciated that you respect the intelligence of your audience. You never speak down, but instead guide your listeners to be curious and then provide sources of information for them to satisfy their curiosity as to what the ingredients in their purchases really are. In this way, way are empowered to make our own choices... and Choose Wiser.*

*I feel that this particular program should be presented at **every** high school, college, youth group, Moms clubs and more. Wishing you continued success and momentum on your movement and your journey.  
Susan*

#### CREATING A HEALTHIER HOME

**Monday, May 17th 2010** 7:30 p.m. – 9:00 p.m. Personal Best Karate Easton, MA

Open to the Public

Learn to reduce daily exposure to harmful chemicals found in your household environment and cleaning products.

- Focus on easy, convenient, and affordable changes. Learn how science and technology is helping us to choose wiser.
- Discuss household cleaning products options: conventional, alternative and do-it-yourself methods. Create a DIY cleaner to experiment with at home!

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- Discover how some household items contain ingredients our bodies - and our children's bodies - recognize as additional hormones.
- Familiarize yourself with 2010's three hot topics - **VOCs, phthalates and bisphenol a (BPA)**. Understand why the FDA recently elevated BPA to a "chemical of concern."

Register at Personal Best Karate's front counter, or online at [www.choosewiser.com](http://www.choosewiser.com).

Registration: \$20.00

### COMING TO NEW HAMPSHIRE

Choose Wiser will be hosting [two workshops](#) in **Salem, New Hampshire** on May 21<sup>st</sup>. Please forward *Be Choosy!* to friends who live **north of Boston** or in **southern New Hampshire** as they might find interest in these events.



Until next time, ***Congratulations*** on your journey to choosing wiser and respecting the body.

Kristi Marsh