

*she*

Shines™

SPRING 2007 • FREE

celebrating the aspirations and accomplishments of women

**strength  
and vitality**

the history of  
women's writing

eliminating prejudice  
against women and  
minorities

thoughts on being  
a crone

**special insert**  
ywca spring programs

share it  
trust it  
smile

volume 3, number 1  
[sheshines.org](http://sheshines.org)



## march

● **March 1 - 31, Women Writers Online:**

For Women's History Month, Women Writers Online will be open to the public at [www.brown.edu](http://www.brown.edu). For more details see "What's Past is Prologue" on page 17.

● **March 1 - 31, Irish Heritage Month:**

Event featuring Celtic storytelling, Irish step-dancing, lectures, teas, Irish coffee contest, Jameson Irish whiskey tasting, and St. Patrick's Day parade. Citywide in Newport. Call 800-976-5122. [gonewport.com](http://gonewport.com)

● **March 8, International Women's Day**● **March 8, Female Faces of War:**

Event of women who have had personal experiences with war either as civilians or as active military personnel. Sponsored by YWCA Greater Rhode Island. Call Johanna LeClair at 831-9922. [ywca.org/femalefaces.htm](http://ywca.org/femalefaces.htm)

● **March 8, Martha****Graham Dance Company:**

8pm as part of the performing arts series at Rhode Island College, 600 Mount Pleasant Avenue in Providence (The Auditorium, Roberts Hall). Call 456-8144. [ric.edu/artseries](http://ric.edu/artseries)

● **March 9, Conference for**

**Nonprofit Professionals:** The Value of Volunteerism - keynote speaker Deb Ruggiero. 8am - 4:30pm at Salve Regina University in Newport. Sponsored by Volunteer Center of Rhode Island. Call 421-6547 to register. [vc.org](http://vc.org)

● **March 10, Maple Sugar Thanksgiving:**

Tree tapping, maple foods, traditional thanksgiving ceremony, storytelling, song and dance. At the Tomaquag Museum, 390 Summit Road in Exeter. Call 491-9063. [tomaquagmuseum.com](http://tomaquagmuseum.com)

● **March 18, St. Patrick's Day Brunch:**

Homemade brunch prepared by the Ladies Guild of St. Andrew's Church. At St. Andrew's Parish Center, Spring Street in Block Island. Call 466-2474.

● **March 27, Managing Your Finances:**

Workshop will help you achieve your financial goals. Fee is \$25. 6 - 7:30pm at the Center for Women & Enterprise. Call CWE Providence at 277-0800. [cweonline.org](http://cweonline.org)

● **March 28, "Never Again" with Alice**

**Goldstein:** Sponsored by RICAA and RI Holocaust Museum. Begins at 4:30pm. The Jewish Community Center at 401 Elm Grove Avenue in Providence. Call Donna Fishman at 423-0397. [ricaa.net](http://ricaa.net)

sights and sounds for the *she spirit*

## Paula Hunter

## her expressive dance

**P**aula Hunter is a performance artist and choreographer. She is also the director of The East Side Ballet Studio. And her newest role comes as artistic director of Jump! Her dream is to make it a solid part of the local cultural landscape. To find out why Hunter wants to break the traditional mold of dance, see "Let's Talk Shop" on page 13. photo by Agapao Productions

● **March 30, Anne of Green Gables:**

Presented by Arts Power National Touring Theatre. 10am performance at the Stadium Theatre, 28 Monument Square in Woonsocket. Tickets are \$8. Call 762-4545. [stadiumtheatre.com](http://stadiumtheatre.com)

● **March 31, Easter Egg**

**Hunt:** Meet the Easter Bunny and bring your own basket to hunt for eggs and candy. Ages 1-8. Wilcox Park, Broad Street in Westerly. Call 596-7761. [westerlychamber.org](http://westerlychamber.org)

Museum, Gardens and Arboretum at 101 Ferry Road in Bristol. Call 253-2707. [blithewold.org](http://blithewold.org)

● **April 18, Fairy Houses, Fairy Moon:**

Artist Maria Sangiolo combines literature, music, song and play. Providence Children's Museum at 100 South Street in Providence. Call 273-5437 x126. [childrensmuseum.org](http://childrensmuseum.org)

● **April 18, Woman Veterans' Network:**

6pm at the VA Medical Center, 830 Chalkstone Avenue in Providence. Visit [www.dhs.state.ri.us/dhs/women\\_vets.pdf](http://www.dhs.state.ri.us/dhs/women_vets.pdf) for more details and see related "To the Editor" letter on page 5.

● **April 19, Candlelit Tour and Tea:**

Costumed interpreters lead through 1793 Slater Mill, Pawtucket. Finish in the 1758 Brown house parlor. Reservations necessary. Call 725-8638. [slatermill.org](http://slatermill.org)

● **April 29 - May 12, Galleries of the Providence Art Club:** Maxwell Mays gallery shows "Moments in Time", features traditional oils and watercolors by members Rose Coppa D'amore, Veronica Farrell, Jacqueline Beaupre Roy and Sandra B. Yeghian. Opening reception is on Sunday April 29 from 2 - 4pm. At 11 Thomas Street in Providence. Call 331-1114. [providenceartclub.org](http://providenceartclub.org)

● **April 12 - May 20, Done:** Play based on interviews with over 100 teenagers. RN Sandberg gives an insight into the world of teens. At the Providence Black Repertory Company at 276 Westminster Street in Providence. Call 351-0353. [blackrep.org](http://blackrep.org)

● **April 12 - Nov. 10, The Look!:** Doris Dukes day and evening wear. Learn how day and evening styles evolved from the 1930s to 1980s through the clothing collection of Doris Duke, heiress and philanthropist. On display in the galleries at Rough Point, Dukes ocean-front Newport home at 680 Bellevue Avenue. Call 849-7300. [newportrestoration.org](http://newportrestoration.org)

● **April 14, Spring Wine Tasting:** Visit the Newport Vineyards at 909 East Main Road in Middletown. New releases, specialty cheeses and gourmet food events. Call 845-5161. [newportvineyards.com](http://newportvineyards.com)

● **April 14 - 29, Daffodil Days:** 50,000 daffodils at 33-acre garden estate. Blithewold

## april

## may

● **May 4, Cinco de Mayo:** Mexican food and music at Cove Cabin. Mount Hope Farm at 250 Metacom Avenue in Bristol. Call 254-1745. [mounthopefarm.com](http://mounthopefarm.com)

● **May 4 - 6, Women's Wilderness Weekend of RI:** Great food, heated cabins, classes and entertainment. Located at W.

Alton Jones Campus at URI. [womenswildernessri.com](http://womenswildernessri.com)

● **May 12, Sheep Shearing Day:**

Enjoy a hike around the 265 acre historic farm, watch farm flock be shorn by local shearers and visit with baby lambs. Watson Farm, 455 North Road in Jamestown. Call 423-0005. [historicnewengland.org](http://historicnewengland.org)

● **May 13, Meet Our Moms Day:**

The zoo is admitting all mothers, grandmothers, stepmothers and honorary mothers for half price on Mother's Day when accompanied by a child. Activities from 11am - 4pm. Call 785-3510. [rogerwilliamsparkzoo.org](http://rogerwilliamsparkzoo.org)

● **May 15 - 20, Chita Rivera, The**

**Dancer's Life:** Two time Tony Award winner Chita Rivera is coming to RI in a musical that celebrates her career. Providence Performing Arts Center at 220 Weybosset Street in Providence. Call 421-2997. [ppacri.org](http://ppacri.org)

● **May 19, Rhode Island Scottish**

**Highland Festival:** Scottish foods, wares, genealogical information, activities and clan village. Competitions in Highland dancing and caber toss. At Washington County Fairgrounds on Route 112 in Richmond. Call 596-5849. [riscot.org](http://riscot.org)

● **May 28, Memorial Day Parade:**

Parade and ceremony in Wakefield from Holley to Main to High Streets. Call 789-9301.

*Events are listed in the calendar as space allows. Submissions for the calendar may be e-mailed to [sheshines@mac.com](mailto:sheshines@mac.com), faxed to 769-7454, or mailed to She Shines, 514 Blackstone Street, Woonsocket, RI 02895.*

**the color of a person's skin  
reveals only one thing**

**the color  
of a  
person's  
skin**

**eliminating racism  
empowering women**

**ywca**

YWCA Northern Rhode Island  
514 Blackstone Street  
Woonsocket, RI 02895  
401-769-7450





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**how to . . . . .**

**contribute.** *She Shines* welcomes letters to the editor, articles, poetry, stories, graphics, photos and calendar events. Contact us if you have an inspiring story to tell or have a suggestion of someone to be featured. Only original contributions will be considered and may be edited due to space limitations. Include contact information including name, e-mail, address and phone number. Images provided electronically must be high-resolution.

**submit cover art.** The cover is reserved as a gallery of art in keeping with the theme of *She Shines*. For consideration, send in a photo by e-mail attachment or mail. This is a wonderful opportunity for local artists to show their work. A biography is published in conjunction with the "Artist Canvas" section of *She Shines*.

**advertise.** Visit sheshines.org to view the advertising media kit. *She Shines* reserves the right to refuse to sell space for any advertisement the staff deems inappropriate for the publication.

**receive the magazine.** *She Shines* is a free publication mailed to members and friends of YWCA Northern Rhode Island. To be added to the mailing list, a subscription form is available on this page and on the website sheshines.org. The magazine is also available at YWCA Northern Rhode Island and at various special events.

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## strength and vitality

Onna Moniz-John participated in the Civil Rights Roundtable forum featured on page 10. And for the interview about her collection of black memorabilia, see page 11.  
photo by Agapao Productions



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**special insert**  
**YWCA Northern Rhode Island:**  
spring programs

## subscription form ✂

*She Shines* is a free publication in RI and southeastern MA. To receive a subscription, fill in the form below. *Donations are appreciated and help to support this local magazine of women's issues.*

Name \_\_\_\_\_ Organization/Company \_\_\_\_\_  
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Optional Donation: \$ \_\_\_\_\_  
Please enclose a check made payable to  
YWCA Northern Rhode Island.

Thank you!





Lisa Piscatelli in a photo from her 1985 graduation from Bishop Feehan High School. "I was delighted when a senior [Meghan Gibson] from my alma mater contacted YWCA Northern Rhode Island about an assignment for her social justice class," Piscatelli explains. See an excerpt from Gibson's interview on page 7.

## life lessons

**W**hen I was growing up, women's history wasn't a focus of the school curriculum and in my hometown of Mansfield, Massachusetts, there wasn't much diversity. But as I ventured off to college and then beyond, I grew in understanding the importance of knowing about the women from past generations and of cultural competency.

Now with a fuller appreciation of both, I'm intrigued with women's studies programs at educational institutions; delighted when I see the media focus on amazing women; and when local events highlight either women's programs or inclusion topics, I am interested. (Keep on sending these event details for *She Shines* to share.)

Books are always special gifts that I receive from my family around the holidays. Recent favorites are a biography on Rosa Parks and a short story collection entitled *Women of Spirit*.

Learning continues lifelong. Inspiration comes from the legacies of generations of notable women. Inside this edition, strong and vital women share their experiences: young women finding their own way, women teaching others, women asking questions, women inviting thought, women reaching out to others, and women preserving history.

On page 8, *She Shines* invites you to share your experiences. ✨

Take care, *Lisa*

## register now

### RI Woman Veterans' Network honors all women who have served our country

Dear Editor,

Just went into your website and wanted to say a big thank you for listing our announcement . . . Perhaps at some point when you have some space . . . we could be interviewed for an article on our plight to account for every woman veteran in Rhode Island. Would love to talk with you sometime.

LTC Jeannine E. Vachon  
RI Army National Guard

**D**id you know that woman veterans are more likely to be unemployed and less likely to receive compensation for their service-connected disabilities than male veterans? The Woman Veterans' Committee, as part of the Veterans' Task Force of Rhode Island and RI Blueprint©, wants to do something about it.

Although the Woman Veterans'

Network has various projects underway, their most critical is the development of a Rhode Island woman veterans' registry to account for all Rhode Island woman veterans that have served their state and nation in honor throughout the world, during all eras and in all services. The registry already includes the names of over 500 Rhode Island woman veterans, but there are over 5,000 more names to collect. If you're a Rhode Island woman veteran, please register now.

To register, contact the Rhode Island Woman Veterans' coordinator:  
LTC Jeannine Vachon  
Rhode Island National Guard  
330 Camp Street




Woman Veterans' Network service liaisons from left: Colleen Ross, Air Force; Jeannine Vachon, Army and RI Woman Veterans' coordinator; Elena Soini, Coast Guard; Ginny Hanson, Navy; and Jane Deptula, US Marine. photo courtesy of Vachon


Providence, RI 02906-1954  
jeannine.vachon@us.army.mil  
275-4208

If you're a woman veteran and would like to find out more about what federal and local benefits and programs are available to you, or if you'd like to learn about other woman veterans' initiatives, please join the Woman Veterans' Network at 6pm on Thursday, April 18 at the VA Medical Center, 830 Chalkstone Avenue in Providence. Find out more at [dhs.state.ri.us/dhs/women\\_vets.pdf](http://dhs.state.ri.us/dhs/women_vets.pdf).

# THE VAGINA MONOLOGUES



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receiving the  
VAGINA WARRIOR Award  
for her work with women  
in conflict zones around the world









# social justice

## investigating racism as a reality in today's society

by Meghan Gibson

**R**acism is a major social justice issue that continues to pervade society. Quoting the American Bishops, "Racism is an evil which endures in our society . . . Despite apparent advances and even significant changes . . . the reality of racism remains." For my individual investigation, I decided to research a local institution dedicated to eliminating racism in society. Although the YWCA is a global organization, local agencies can be found scattered throughout New England. These local agencies try to carry out the organization's global message of eradicating racism and empowering women, but they do this at a local level in their community. I contacted the YWCA in Woonsocket Rhode Island, which serves northern Rhode Island and southeastern Massachusetts. Here I found a community dedicated to change, equality and promoting diversity.

**Q:** In my social justice class, we specifically addressed the issue of racism as a long withstanding reality in today's society. In your opinion, do you

think that we are making strides in combating racism in society today? Do you see racism as an issue that will continue to hurt society in the future?

**A:** *Our society has been built upon the foundation of racism for so long that it has become part of the landscape: always there, seldom acknowledged. I think more people are trying to combat racism. White people are beginning to take ownership of the issue. But there is still a tremendous amount of injustice in our educational, political, legal, medical, housing and employment systems. Yes racism will continue to hurt our society until our current system is dismantled. The unequal boundaries of color have been permanent barriers to the economic development, educational and social advancement for millions of Americans, living in what for them has been a deeply flawed and often hypocritical democracy.*

**Q:** As an organization dedicated to eradicating racism, the YWCA remains an important associa-



**editor's note:** Meghan Gibson is a senior at Bishop Feehan High School in Attleboro, Massachusetts. She was assigned a social justice project. Gibson focussed on racism and the fight to eliminate prejudice against women and minorities. She interviewed Deborah L. Perry, the executive director of YWCA Northern Rhode Island. photo by Agapao Productions

tion devoted to bringing about social change by positively impacting society. What can high school students do to get involved and to help make a difference in combating racism in their local community today?

**A:** *Join your local YWCA; volunteer to serve on a committee; or request a seat on the board of directors. There are many ways high school students can make a difference. Just use your imagination.*

## racial justice

visit [ywca.org](http://ywca.org) for more facts

**health care:** Heart mortality rates for adults ages 25-64 are almost twice as high among African Americans as whites. source: The Henry J. Kaiser Family Foundation

**education:** The National Conference for Community and Justice reports that 68% of Americans believe racism is a problem in education - 20% say it's a major problem. source: [nccj.org](http://nccj.org)

**workplace:** In 2003, the median U.S. household income for all races was \$50,984; for Asian households it was \$60,803; white non-Hispanic households, \$54,522; African American households, \$38,354; and Hispanic households, \$37,314. source: U.S. Census Bureau - Income in the United States: 2003

**law enforcement:** According to the American Civil Liberties Union, studies in several states show that African Americans and Hispanics were being stopped for routine traffic violations in excess of their representation in the population. source: [aclu.org](http://aclu.org)

# Don't wait another minute

## Talk to your child about marijuana

[www.woonsockettaskforce.org](http://www.woonsockettaskforce.org)

RI Department of Mental Health, Retardation and Hospitals  
Division of Behavioral Healthcare Services



a quote from herstory

## Shirley Chisholm 1924 - 2005

“In the end  
antiblack,  
antifemale,  
and all forms of  
discrimination are  
equivalent to the  
same thing -  
antihumansim.”

Shirley Chisholm was the first black woman to serve in the United States Congress. An early education expert, Chisholm was elected to the New York Legislature in 1964 and to Congress in 1968. She ran for president in 1972, winning 152 delegates before she withdrew. Chisholm served in Congress until 1963. During her congressional career, she was noted for her support for women's rights, her advocacy of legislation to benefit those in poverty, and her opposition to the vietnam war.

Jone Johnson Lewis. "Shirley Chisholm Quotes." About Women's History. URL:<http://womenshistory.about.com/od/quotes/a/shirleychisholm.htm>. 12/14/2006

# share your story with *She Shines* “seaside” theme for summertime

### tell us your story

examples:

What are your experiences or feelings associated with being at or near the Rhode Island or Massachusetts coastline?

What do you see and feel close to the water?

What are your fondest memories associated with the coast?

Have you ever experienced extreme weather at the ocean? What was it like?

Do you work, play or live by the coast?

### send us your photographs

We are also looking for photographs of your “seaside experience” along with a photo description.

### contact *She Shines*

In 250 words or less submit your answers to:

[sheshines@mac.com](mailto:sheshines@mac.com)

or

*She Shines*

c/o YWCA Northern Rhode Island

514 Blackstone Street

Woonsocket, RI 02895

Photos must be submitted digitally, in high-resolution format to [sheshines@mac.com](mailto:sheshines@mac.com).

Please include your name, home address, phone number, and e-mail address and anything else you would like us to know.

If your story or photograph is selected you may be interviewed and featured in the summer edition of *She Shines*.

### SAMPLE

Spending a day at Colt State Park in Bristol is one of my favorite things to do in the summer. I love the smell of the salt water, the ocean breeze, watching sailboats in the bay and watching people fish. It's an amazing park, a great example of how man and nature can co-exist.

I usually take my two dogs along for the journey. We play all day long. On the ride home we stop at Scoops Ice Cream. I order a single scoop cup of black raspberry chocolate chip ice cream. The dogs get to lick the bottom of the cup when I'm done.

For me it's the perfect summer day.

Deborah Perry  
Rumford, RI



Lola



# nine to five

Akeita Murchison works to achieve her goals

**W**hen Akeita Murchison was 17 years old, she was pregnant and living with her mother in Boston. "When the baby was born I decided we should be closer to his father. We moved to Woonsocket, Rhode Island. I moved into a shelter, found a GED program and eventually found an apartment. I did everything I was supposed to do because I had a baby," she says.

Murchison is now 20 and enrolled in the Parenting in Progress program at YWCA Northern Rhode Island which includes GED test preparation, job training, child care, parenting skills, case management, life skills training and violence prevention.

A single mother of two boys, Murchison wakes up every morning at 6:30 to begin her day. "I'm determined to finish school, I want to make something of myself, I don't want to be poor," she says. "I want to go to school to get a better job and to provide for my kids."

By 9am she has already prepared meals for the day for her children, dressed them for school, dressed herself, driven to the YWCA, dropped her children off in the YWCA child care and has headed upstairs to her Parenting in Progress class. When class finishes at 1pm, Murchison heads to the gymnasium to begin work as an instructor, teaching cooking and gym classes to preschoolers and basic gymnastics to elementary school age children. "Going to work is easy because it's in one place, one spot. I work and go to school at the YWCA and my kids are here," she says.

Murchison will finish her GED testing in the next few months. She plans to continue working while taking classes at a local college in preparation to become a registered nurse or medical practitioner. "I want to help other women, I want to support other women," she says.

When asked how she handles work and a life balance as a young single mother Murchison says, "Determination and a positive attitude are my keys. I don't let anyone get me down. I have a very positive self-esteem and I do the things I do because I have to, it's not a choice. But, I do have a choice to have fun and enjoy myself while I'm doing it."

And she does! ❖❖❖

- Deborah L. Perry, *She Shines* staff





# roundtable spotlights civil rights topics

Pam Steager of the RI Council for the Humanities, near left, stands with Toby Ayers, of the Rhode Island For Community & Justice, who co-facilitated the ninth-annual roundtable, a policy forum that honors the legacy of Dr. Martin Luther King Jr. In attendance were: center photo from left, Germaine Dennaker and Beatriz Perez of the RI Department of Health, and far photo from left, Lola Lange of the Public Defender's Office and Reza Corinne Clifton.



Michael Evora's Prism of Praise Community Gospel Choir concluded the Jan. 14 program, which was held at the Providence Black Repertory Company. The roundtable is held yearly to educate coalition members and others on local civil rights issues that may come before the General Assembly.



Amy Rainone, of Rhode Island Housing, above, and state Rep. Elizabeth M. Denningan, East Providence, lower right, also attended the forum.



Shanna Wells of the Rhode Island Commission on Women, left, hosted the program. State Rep. Joanne Giannini, of Providence, center, with microphone, spoke of the importance of passing legislation to abolish human trafficking in Rhode Island.

photos by Agapao Productions





## more than a casual interest

### Onna Moniz-John preserves black history

**O**nna Moniz-John has collected black memorabilia for over 20 years.

Among her favorites is a 6-inch doll of Ruby Bridges, the 6-year-old who integrated public schools in New Orleans in 1960. She also has a photograph of herself with Bridges prominently displayed in her office.

Moniz-John's collection tells the story of African-American life and includes black dolls, stamps, postcards, photographs, books (including

five versions of *Little Black Sambo*), salt and peppershakers, lawn art, pins and posters.

Many of her items show the grim and painful realities of the Black experience in America, such as her cast iron bank featuring a black man. "It's what I call the beast," she says.

"The bank is designed to scare people and to promote a negative image. The man is pitch black with giant white eyes, giant red lips and his ears are pointed. You put the coin in his hand and flip the lid, his hand goes up, his eyes roll in the back of his head and he eats the coin. The back of the bank says 'Jolly Nigger Bank'."

Although offensive to some, Moniz-John says this is typical of early memorabilia and offers a window into American history.

"Black men in particular were dehumanized in early black art in order to justify slavery, beatings, justify chaining people and dragging them around," she says.

Moniz-John's collection has been displayed at public places throughout the state including East Providence City Hall where she is employed as the city's affirmative action officer and public welfare director.

"At one time collecting consumed all my spare money," she says.

"Now I'm more focused on sharing my collection with people. It sheds light on how images and stereotypes shape us," she says.

- Deborah L. Perry, *She Shines* staff



# chiropractic women

aligning with the past, adjusting for the future

by Susan Donahue, DC

Chiropractic medicine has been around for thousands of years and transcended numerous cultures, however, Daniel David (D.D.) Palmer, a self proclaimed magnetic healer of the early 19th Century, deduced that inflammation and subsequent dis-ease was in part due to anatomical discontinuity.

“As chiropractic colleges are seeing an increase in the number of female students, the trend continues for women to have an even greater impact on the future of the chiropractic profession.”

as Mabel Heath Palmer, DC to modern-day educators, and researchers, women have had some of the most influential roles throughout the history and development of the profession.

The history of women in chiropractic begins in 1899 in the first class of 15 students at the Palmer School of Chiropractic. It is here that Minora Paxson, DC was one of the first female chiropractors to graduate. In 1904 she co-founded The American School of Chiropractic in Cedar Rapids, Iowa. She also co-authored the first chiropractic textbook, *Modernized Chiropractic*.

Alma Cusian Arnold, DC, received her chiropractic degree in 1903 and within 10 years estab-

lished dual practices in Washington, DC and New York. Alma’s patient constituency consisted of members of Congress, a Vice President and Clara Barton, founder of the American Red Cross.

She is also thought to be the first woman to go to jail for the profession as chiropractic medicine was not yet accepted under the governing laws.

Chiropractic would not be what it is today if not for Mabel Heath Palmer, DC, affectionately known as “The First Lady of Chiropractic.” In 1904, she married B.J. Palmer and in 1905, graduated from the Palmer School of Chiropractic. Dr. Mabel Palmer, a revered researcher, was recognized as an authority in anatomy and assumed the role of instructor at the school for more than 30 years. Also within that time, she authored the book, *The Textbook on Anatomy*.

Ruth Rose Ashwoth-Cleveland, the wife of Carl S. Cleveland, accomplished a great deal in her eighty years of life. Ruth was one of the co-founders of Cleveland Chiropractic College, as well as an accomplished public speaker and active in several chiropractic organizations for much of her adult life.

Sylvia L. Ashworth, DC, known as the matriarch of the Cleveland clan. As a single mother of four, Sylvia was the first woman ever elected president of a national society in the United States, the Universal Chiropractors Association in 1926. The UCA laid the groundwork for insurance coverage for practicing chiropractors.

In 1935, several female students from the Lincoln School of Chiropractic rallied to form the American Council of Women Chiropractors (ACWC). Its mission was to publish information



Susan Donahue has been practicing in the Rhode Island area for the past three years. She is an active member of the American Chiropractic Association and the Federation of Chiropractic Education and Research. She was recently elected secretary of the Chiropractic Society of Rhode Island and is on the board of directors at YWCA Northern Rhode Island. She may be reached at 475-6585.

photo by Agapao Productions

about the council along with scholarly work performed by its members. The ACWC also formed a scholarship foundation for women chiropractic students however; their most important role was to support women chiropractors. This council remained in existence until 1960.

Today, pioneers such as Jean Moss, DC, MBA, are continuing to set the groundwork for other women to take leadership roles in the chiropractic profession. Ms. Moss was elected president of the Canadian Memorial Chiropractic College in Toronto, Canada in 1991, which at the time made her the only female chiropractic college president in all of North America. Most recently, Jean was elected President of the Association of Chiropractic Colleges (ACC). The ACC is the governing body, which oversees all chiropractic colleges here in the United States and abroad.

Recent studies show, women comprise nearly 18 percent of all the licensed chiropractors in the United States. As chiropractic colleges are seeing an increase in the number of female students, the trend continues for women to have an even greater impact on the future of the chiropractic profession.

Women in the chiropractic profession need to continue shaping the future by getting involved in teaching, research, the political arena, state boards and national associations. The future of healthcare in this country is on the brink of disaster and women in chiropractic are in a position to make a significant impact if they choose to take some responsibility and get involved. ❖❖❖

## 10 tips for healthier living

- 1 Limit yourself to two processed or pre-made foods a day.
- 2 Have a piece of fruit or a vegetable with every meal.
- 3 Walk wherever you can.
- 4 Don't buy food you know you shouldn't eat.
- 5 Limit eating out to once a month.
- 6 Schedule at least three hours a week for yourself.
- 7 Wear a pedometer and aim for 10,000 steps a day.
- 8 Keep a food diary.
- 9 Stop drinking soda and fruit juice.
- 10 Find a physical activity you enjoy.

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# students and audiences get ready to jump

## Paula Hunter teaches a new way to dance

**G**rowing up in the 60's, Paula Hunter enjoyed physical activity, but at that time there were few opportunities for girls to be involved in sports. Dance was a natural outlet for her. She was physical with a creative orientation.

She received a MSA in dance from the University of Michigan. Hunter has performed in New York and Rhode Island as a solo artist.

Her style is dancing memoirist. "In my own work I tell stories of my life. I dance them as I am talking them. I blend autobiography with a very idiosyncratic movement style," Hunter says.

She reflects on the mother of modern dance, Isadora Duncan. "I feel like I model myself totally like her. She is amazing . . . The difference, she was free form. She was really pioneering a break with ballet. I am very ballet based. I think we both think of dance as a way of expressing emotion," Hunter says.

As a college dance teacher, her students came with a limited vision of dance. Hunter wanted them to think of their medium the way an artist sees a drawing, more expressive. Realizing to break the mold of a teacher creating the choreography and her students performing the work at a recital, she needed to start with younger students.

Jump! was born out of that. Currently there are



Paula Hunter is the artistic director and founder of Jump! Visit [jumpdancecompany.org](http://jumpdancecompany.org) for performance details on this youth dance company. At Jump!, young local artists create and perform original choreography. photo by Agapao Productions

20 students ranging in age from 8 to 18. Hunter expects dedication, discipline and commitment from them.

She says, "I feel like I am training them to be very strong clean dancers with a creative bent. I

just love that . . . I think I am at the forefront of making young people and audiences think of dance in a much deeper way." ❖❖❖

- Lisa Piscatelli, *She Shines* staff

smile



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Sunday 8:30am on 630 WPRO AM

Wednesday 7:30pm on RI PBS television (channel 36/cox 8)



**Kweyono Kaine is a seventh grader at Sophia Academy.**

She is the vice president of the Student Council. "We, at Sophia, consider ourselves lucky to have Kweyono in our lives. She is a shining star!", says Linda Angelic her language arts teacher. photo courtesy of Sophia Academy



*Sophia Academy is a nondenominational, private, non-profit gender-specific middle school for girls, grades 5 - 8. Located in Providence, its mission is to create a holistic learning community in an atmosphere of nonviolence, to focus on the academic, spiritual, cultural and social growth of girls and their families.*

# a student's story

## journey from Monvoria to America

by Kweyono Kaine

**H**ow can I ever forget the story of my birth? Although it wasn't the best time or place for any woman to give birth to a child, it surely was one of the happiest and most special events that ever happened in my family. It was a birth that brought so much joy, harmony and love into my family. It put a smile on everyone's face. My family tells me that it was such a unique and special moment.

I was born April 12, 1995 in Liberia, Monvoria. My mother, Meicy Kaine, and my father, Davis George were never married. I was born into hard times, suffering, struggling, sickness and hunger. It was also during the war in my country. In this same year, my parents and I and some other family members moved to Ghana because they were looking for a better life. Life in Ghana was not easy for us because my family had to find a way to make a living there. In order for them to make a living, my family did many jobs. They sold and braided hair, and the boys helped people who were traveling with their bags in order to make some money. It was very difficult for our parents to get jobs in Ghana,

especially since it was not their homeland. By the grace of God we made it - somehow.

November 27, 2000 was the greatest day of my life because it was the day that my mother, my sister Mamie and I arrived in the United States of America, the country we Africans call "The New World." I knew right away, even at the age of six, that this was the beginning of dreams, prayers and goals coming true. I also knew that this was the opportunity for me to shine and enjoy the fullest of the American dream, which are a good education, a decent place to live. In America, I knew I could enjoy the simple things that we did not have in Africa, such as a functional bathroom and electricity. I can still recall being the most excited person in the New York airport!

America has changed my life dramatically in ways I never imagined myself to be, like learning how to read and write and learning the English language. Charles N. Furtes was the first school I attended in America. It helped me learn so many of the things I was unable to do before. It was very

hard for me that first year, and I often got confused and angry mainly because I could not speak English well like the rest of the other students. I had a hard time being understood because of my Liberian accent. Finally, a teacher named Ms. Taylor helped me to overcome my confusion and anger. At last, I am finding everything easy to understand and I am doing excellently in all my school work.

Then again, in 2005, a great possibility came to my attention. I had the chance to attend an all girls' school in Providence named Sophia Academy. I did get accepted at Sophia the summer of that same year and started that September. At Sophia Academy I have found encouragement, love, and we are like one big family. My skills in math, science, language arts and social studies have expanded. I am doing great projects, homework and class work. I am very grateful to God for everything. I am especially grateful for the opportunity to attend Sophia Academy, a school I will never forget. I am grateful to God for putting me in the United States of America, where all my dreams will some day come true. ✨

Linda Angelic has been teaching at Sophia Academy since 2003.

She was born and raised in New York and comes from a long line of "crones." Women dominate her family (eight aunts, three sisters, three daughters, and four granddaughters). Teaching is her passion. She enjoys writing, music, Broadway musicals, and her greyhound dog. "I am simply wild about my four granddaughters. And I love being a crone," Angelic says. photo courtesy of Sophia Academy



## a teacher tells her story

### when I grow up I want to be a crone

by Linda Angelic

**W**hile leafing through a magazine recently, an ad for a t-shirt caught my eye. It read, "When I grow up, I want to be a crone." After predictably smiling to myself at this rather witty statement, a deeper reality gripped me. Crone, I mused. I had read about that final phase in the three phases of a woman's life. Based on the aspects of the ancient triple goddess, the three fold cycle is maiden/moth-

er/crone. This cycle is in perfect rhythm with the universe, the moon, waxing/full/waning. This "crone/waning" time in a woman's life takes place after menopause, attributing a noble wisdom to the term crone.

"So," I mused, "does a woman simply wake up one morning and miraculously find herself a crone?" I am at "that age," I thought - a realization that was rather shocking. I am in that third phase of

life! My body resembles a pear rather than an hour glass. There are signs of aging in my face, a sagging in my chin. Other parts of my anatomy are surrendering to the pull of gravity as well. Yes, there is even the occasional ache or pain in these aging bones. Does this mean that I am crone? Or, does this mean that I am now old - too old to be of any use to my family, to society, to myself? Is this the "beginning of the end?" Is that time quickly approaching when I should sit on a log, find a peaceful sea, and float off into the sunset, never to be seen again?

No! I shout from deep within my soul!

No! I scream silently!

I will be crone!

I will not become a useless, wrinkled up raisin, but I will be a regal purple grape, ripe with potential - a deep, rich burgundy wine, warming myself and others.

"What an intelligent, clever declaration," I observed, feeling quite proud of myself. "But," I wondered, "How do I accomplish this feat?"

Suddenly, the first part of the quote tumbled into my confused brain - "When I grow up . . ." Yes, of course! Crone is growth. Crone is becoming. Crone is a life process. No fairy "crone mother" waves her magic wand, and suddenly . . . "Poof! You're a crone." Crone is birthing oneself. It is a decision, a conscious empowerment. Most importantly, crone involves choice. In the life of a crone, growing older and wiser go hand in hand.

As Jean Shinoda Bolen states in her magnifi-

continued on next page

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# when I grow up I want to be a crone

continued from previous page

cent book *Crones Don't Whine*, "Crone is about inner development, not outer appearance. A crone is a woman who has wisdom, compassion, humor, courage and vitality. She has a sense of truly being herself . . . can take action when need be . . . She can see the flaws and imperfections in others . . . but she is not harsh or judgmental."

Looking back at my life, which to me seemed ordinary and common, I was euphorically amazed at the choices and decisions which have led me to potential crone-hood. At first I thought that it was odd that these choices, made a life time ago, could affect me in this third and final phase of my life, but as the memories came pouring into my mind, it all made perfect sense. If crone is a process, all important phases and events play a vital role in who I am now and who I shall be in the future.

## maiden

When I was seventeen years old, during the "maiden" and first third of my life, I entered the convent, fulfilling my life's dream. I chose a Franciscan order because I truly believed (and still do) that money and possessions are not all important. I wanted to own nothing, possess no treasures. My burning desire was to follow that saint who preached and lived in poverty, finding his wealth in living for God and others. I lived this life for six years. Although disillusionment in many aspects of religious life led to my decision to leave the order, this experience led me to evolve into a person who is set apart from others at times by my spirituality and my views of "the world." I have made decisions throughout my life to view material things as secondary, never fretting or worrying about them. Rather, I set my sites on becoming a spiritual individual. I proudly view myself as a generous person in the deepest sense of the word. I find joy in the simple things of life, and I am not bogged down by the acquisition of money or power.

After my "convent days", marriage brought with it the usual, day to day ups and downs. At times I referred to these thirteen years as my "dark years." Other than the birth of my three incredible daughters, there was little mental or spiritual growth. However, there is no blame to be placed; it was my subconscious choice. Did I marry the "wrong" man? I place no culpability on my husband or myself, but I learned to perceive this time, not as the wasted years, but as a time where my soul lay dormant, anticipating the season of blooming and blossoming, gathering the fortitude I would need to face the future.

My marriage ended suddenly, abruptly, in an instant - the flash of an eye. I can recall the exact moment (the day before my youngest daughter's fifth birthday) when my husband simply packed his things and said he "needed time" to be alone and think. (I can also recall my reflection, so incongruous at this tragic moment: "You just turned forty," I

thought. "Buy a red sports car and get over it.") I knew at that moment that my marriage was over, and instinctively, in spite of the shock and confusion and fear, I knew in my gut that I would find myself again.

## mother

I made three clear and decisive promises to myself: I would raise my girls to be free thinkers and independent women recognizing their potential and power, I would grow, better myself, learn, survive, and lastly (perhaps the most important), I would never allow myself to be a victim. I would turn to the beliefs I gained throughout my life and simply trust. It was during this, the "mother" third of my life, that I read and meditated and found it in my heart to truly "let go" of any negative emotions and anger I harbored towards my husband. Angry women cannot grow. I came to the realization that he did what he was capable of doing at the time. He was the unlucky one. I, on the other hand, experienced the joy and honor of raising my three daughters, developing a bond and a support system that will never fade. We now savor our time together - "just the girls" - relishing our shared memories.

I attained my Bachelor's Degree with honors just weeks before my oldest daughter graduated high school. I have since received a Master's Degree, and I am only a thesis away from a second MA in English Literature.

It is during those years, years that I raised my daughters alone that Bolen's description, "Crones have green thumbs," fit me so aptly and has carried me to this day. I nurtured my children, protecting them as well as liberating them. Remaining true to Bolen's metaphor, I helped them to "grow and bloom," through the sunny times, rainy times, through warmth and snow. I did not comprehend then what I accept now as a simple (but nonetheless profound) fact - their growth was my growth also.

## crone

I cannot write about my passage into emerging "crone-hood" without mentioning the death of my mother. I don't think any woman, whether eight or eighty is prepared for that unimaginable mourning and grief. It changes us women. It suddenly pushes us into that next phase of life whether we want it or not, whether we feel ready or not. Does any woman ever feel ready for it? For me, the passing of this incredible woman - my anchor, my model, my "mommy," brought with it the insight that I now held the "grown up, distinguished" title of matriarch of my family as well as the "bewildering and scary" title of orphan. It is a lonely grief, the loss of a mother, bringing with it tears at unexpected

moments and a gaping hole in the heart.

In the past four years since her passing, the death of several female relatives of the older generation has enabled me to comprehend that their spirit of love and nurturing is with me every day. I smile when I recall the wondrous memories of childhood, and I marvel at the depth of their love. They achieved and deserved the honorable title crone. They achieved that level of womanhood, and they are still with me. I can feel them guiding, protecting, infusing me with their incredible strength and decency and splendid, delicious womanhood.

A synonym for crone is grandmother. These titles are used interchangeably. This makes perfect sense to me because there is nothing, absolutely nothing in this world that enables a woman to treasure this third

**"They have the capabilities to share their wisdom and women's wisdom has the resilience to flow from generation to generation."**

and final phase in her life as much as the title "grandma" Those women who have not physically given birth, have within themselves the capability of attaining this honor by their "being." They have the capabilities to share their wisdom and women's wisdom has the resilience to flow from generation to generation.

The wisdom of all crones who have passed before us enriches, deepens and balances the world. Grandmothers can plant these precious, invaluable seeds of crone-hood with ease and confidence. And, the best part, the prize for us "crones in training," is that it is fun! The words laughter and crone cannot be separated. How wonderful to play and laugh and treasure these precious little lives! Looking into the innocent eyes of my granddaughters, I can envision the crones who have lived before us, as well as the potential these beautiful little girls possess to carry the torch of the crone to future generations. How lighthearted it makes me feel when I know that, in spite of their mothers' worrying and fretting, all will be fine. We are all an integral part of this well oiled universe and we are safe within its arms.

I love this time in my life. I love my pear shaped body, I love my wrinkles, I love my sags. I love the effects of gravitational pull on my anatomy! I love the fact that I have attained a peace and joy in my life that will ripple on, teaching those I hold dear, enhancing the universe. I love that I love learning, anxiously anticipating what the day has to offer. Sit on a log? The only time I will assume the position of "log sitting" is in the midst of a beautiful forest to read or write or reflect on a good poem or to laugh and cajole with a sister crone. This third phase of my life will be the most important. To quote Bolen, "Wisdom, compassion, character, what we do with the life we were given, and who we have become, all matter."

"When I grow up I want to be a crone."

And I am well on my way. ❖❖❖



“In the texts of past centuries we can see repeated the same issues and questions women still address today: how to educate their children, how to make their voices heard politically, how to reconcile public and private religious experience, how to maintain strong friendships, how to make a great calves-foot pie . . .”



Julia Flanders is the director of the Women Writers Project (WWP) at Brown University. WWP is a long-term research project devoted to digitally publishing early modern women's writing. The goal is to bring texts by pre-Victorian women writers out of the archive and make them accessible to a wide audience of teachers, students, scholars and the general reader. It supports research on women's writing, text encoding and the role of electronic texts in teaching and scholarship.  
photo courtesy of Flanders

## what's past is prologue

### celebrating the history of women's writing

by Julia Flanders

**T**he same year that saw the first celebration of Women's History Month also marked the beginning of another kind of celebration of women's history: the Women Writers Project (WWP) at Brown University. With the goal of discovering and publishing rare texts by women from before 1850, the WWP attempts to make visible the influence of the past upon the present, by making early texts accessible to modern readers. Without this textual record, the story of literary history is only half told, and the ways in which we have been shaped by these early authors must remain invisible to us.

Women (of course) have had a history in writing, but that history has been hidden or obscured for centuries. Their writing was often circulated in manuscript rather than in print, making it more vulnerable to loss and destruction, and less likely to be preserved in libraries. Their works were also printed in smaller numbers and were less likely to be reprinted: many of the texts in the WWP's collection exist only as first editions and only a few copies remain in existence. As a result, until very recently the history of women's writing was largely inaccessible. Printed textbooks and anthologies with limited space tended to focus on male authors, because of the limited market for women's writing - a self-perpetuating cycle of scarcity.

The WWP was founded as an experiment in a different kind of publication, using digital technology to transcribe and collect hundreds of early texts by women, and publishing them online via the World Wide Web. With grant funding from the National Endowment for the Humanities, the WWP was able to create one of the earliest digital collections of women's writing, which has been distributing texts since 1989 and has been available online since 1999. Texts from the WWP have enabled teachers to offer entire classes on women's writing, from the Renaissance to the

Romantic period; the students who studied these texts in the late 1980s are now themselves faculty with students of their own, who are fully aware of the richness and diversity of this textual history and can pass it on to their own students in time.

The influence of this past on our present is potentially enormous. In the texts of past centuries we can see repeated the same issues and questions women still address today: how to educate their children, how to make their voices heard politically, how to reconcile public and private religious experience, how to maintain strong friendships, how to make a great calves-foot pie . . . The plays of Hannah Cowley, which dramatize the subterfuges and absurdities of courtship as well as the strength of sincere affection, are as funny and wicked as when they were first written, and the political writing of Anna Barbauld is as incisive and critical as any commentator writing today. If we see modern problems and situations in these texts - some of them four hundred years old or more - it is because they describe conflicts and challenges that have not been resolved. And when we observe instead a radical difference of attitude or voice, we can learn more about the intervening history and what has changed to produce our typically modern environment.

The WWP's work so far has created an online collection of texts entitled "Women Writers Online", which is published for teaching and research use for a small annual license fee. This collection currently includes about 250 texts and is steadily growing as more materials are added. The WWP also conducts ongoing research on digital publishing and its impact on education, and provides advice to other projects that work on creating digital collections of rare materials. For Women's History Month 2007, Women Writers Online will be open to the public at <http://www.wwp.brown.edu>.





# express yourself in *She Shines*

# seen not heard

by Melanie Ducharme



**S**een not Heard is every adult woman who feels that she is a child within an adult body. Repressed and unable to express oneself in the manner in which she pleases without permission or validation of her feelings. She blends in with her surroundings, quiet as a mouse until she is “allowed” to speak and be heard. ❖❖❖



Melanie Ducharme is a visual artist whose first love has always been painting. She studied fine arts at CCRI and graphic design at the University of Massachusetts, Dartmouth. However, even with the promise of a future as a graphic designer she couldn't give up her passion for painting. She booked her first art exhibit before she started her career as a designer. Her paintings have been described as an exploration into the female psyche. Her work contains a common thread of female identity, what that identity means and stereotyped femininity.  
photo by Agapao Productions

## contribute:

*She Shines* welcomes letters to the editor, articles, poetry, stories, graphics, photos and calendar events. Contact us if you have an inspiring story to tell or have a suggestion of someone to be featured. Only original contributions will be considered and may be edited due to space limitations. Include contact information including name, e-mail, address and phone number. Images provided electronically must be high-resolution.

## submit cover art:

The cover is reserved as a gallery of art in keeping with the theme of *She Shines*. For consideration, send in a photo by e-mail attachment or mail. This is a wonderful opportunity for local artists to show their work. A biography is published in conjunction with the “Artist Canvas” section of *She Shines*.

## advertise:

Visit [sheshines.org](http://sheshines.org) to view the advertising media kit or call Lisa Piscatelli at 769-7450.

## upcoming themes:

Summer issue is “seaside” with content due by 4/23.

Fall issue is “fountain of knowledge” with content due by 7/2.

Special issue honoring the 2007 YWCA Women of Achievement is “improving the lives of children and youth” with content due by 9/3.

Winter issue is “hearth and home” with content due by 11/5.

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Hi Mollie!



# shining

with  
Nancy Rafi

*Are you a feminist?* “I would consider myself a feminist most definitely. I hate the thought of people thinking that ‘feminist’ is a bad word.”

*Who do you admire?* “One of the women who influenced me was Gloria Steinem. I was very fortunate to host her book signing last December in Providence. To have the opportunity to meet someone you idolized your whole life, you know growing up, was very interesting. Because I think we have a tendency to put our heroes up on a pedestal. It was wonderful to see that she was a woman. Oh my gosh, we have things in common. And she’s like normal and ordinary. And she’s extraordinary. I think in a lot of ways it made me realize that everyone has the ability to do something really special. Though she’s an icon, she still wears makeup and loves shoes.”

*Is there a personal power behind the Silent Witness project?* “To give these women an opportunity to speak. It is an energy. It reminds me of why I am doing what I am doing. They’re there with me. It is not my journey alone. It is such a privilege. It could have been me, my sisters cutting out one of those for me. But I survived. So I have been given the opportunity to use my voice to tell these women’s stories. That’s a real honor.”

The Silent Witness National Initiative’s vision is to promote successful community-based domestic violence reduction efforts in order to reach zero domestic murders by 2010. Life-sized red silhouettes in the likeness of women, men, and children are created and wear golden shields - each one tells the specific story of a person murdered in an act of domestic violence.



Nancy Rafi is president of Rafi Productions. She is also on the international board of directors of The Silent Witness Initiative. “When you find something that you believe in, you kind of find your own voice,” Rafi says. interview by Lisa Piscatelli and photo by Agapao Productions

*Have you had a life changing moment?* “I went to the very first national Silent Witness March in Washington DC in 1997 . . . [A former abusive husband] talked about his journey working with Silent Witnesses addressing his own issues of violence. And now he was using his own story to help other men. It was at that moment that I realized literally that I didn’t have to hate all men because of what one man had done to me. I thought wow, I have an option.”

*What do you do to cope with all these heart-breaking stories?* “At the end of the night [of a Silent Witness March in Providence], a silent witness mother came up to me and introduced herself. She gave

me a big hug and I will remember this till the day I die. She said, ‘Thank you so much for allowing my husband to wrap his arms around his daughter one more time, because he never got a chance to say goodbye.’ I thought, here they are moving through their process and in some small way I helped that and made it a bit better for them. Talk about how life rewards you in amazing ways. I thought, okay I am so committed to this project. For any kind of roadblock or negative issue, I always go back to that story.”

*Describe what V-Day tries to accomplish?* “V-Day and Silent Witness creates space for women to feel safe to tell their own story . . . Both organizations believe

that everyone is part of the problem and everyone needs to be part of the solution. It is not a gender issue. It is not a political issue. It is not a religious issue. It’s a human issue. It affects everybody in some way. And we all have to be involved in changing it.”

*How do you view the controversy surrounding V-Day productions?* “An opportunity to educate. More often than not, people who have an issue with the play have not seen the play. They only know that to hear the word vagina is shocking. And of course it is not used in every day language. I believe that’s probably part of the problem. That’s why violence against women isn’t considered outrageous, because we can’t even talk about our genitals without there being shame and embarrassment. If you can’t talk about the anatomy of what makes a woman, how can you deal with and talk about what’s happened. That’s what the play does. These are women’s experiences. These are women’s stories. Now what are we going to do. Anytime that you challenge the status quo there is going to be backlash. But I like to believe that change is a positive thing. And the way that real change happens is by inviting everybody to the party.”

See the advertisement on page 5 for event information on V-Day Newport 2007.

*Tell me about your dreams?* “I dream of a world where there is no violence against women and girls. And more than that being a dream, I believe that can happen.”

**feminism:  
activities  
on behalf of  
women’s rights  
and interests.**





# Did you know heart disease is the #1 cause of death in women?

One woman in 2.5 will die of heart disease or stroke. Both women and men may have the "classic" chest pain of heart attack, but women can also have abdominal pain, difficulty breathing, nausea, and / or unexplained fatigue. Plus women avoid or delay seeking medical care for heart attack symptoms. Denial, atypical symptoms, and having heart attacks later in life when other diseases, such as arthritis, can mask heart attack symptoms, all play a part.

## Five Steps for a Woman's Heart Health:

1. Have a yearly checkup.
2. Get 30 mins. of exercise a day.
3. Maintain a healthy weight.
4. Make Heart-healthy food choices.
5. Watch your salt intake.



**Don't Smoke.** It's the single most significant risk factor for heart disease. The good news is that if you stop your risk of heart disease decreases by **50%** in the first year **after quitting.**

## Got sleep?

Poor sleep can contribute to heart disease.

- Go to bed and get up at the same time every day.
- If you can't sleep, get out of bed.
- Go easy on alcohol and caffeine; avoid nicotine.
- Exercise in the late afternoon, not at night.



## Know Your Label Lingo!

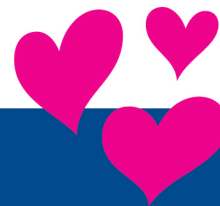
**Calorie-free** = fewer than 5 cal/serving  
**Low-calorie** = less than 40 calories  
**Reduced or fewer** = at least 25% fewer cal.  
**Light or Lite** = 1/3 fewer cal, or 50% less fat



# Landmark Medical Center

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