

Letter from the Publisher



Dear Readers:

Now that summer is here, we are more conscious of what our body looks like and what, if anything, we are going to do about that extra fat we are carrying around. It's not only distressing to be overweight, but it's unhealthy. All we have to do is remember Tim Russert and what happened to this successful and happy guy. If only he had worked harder at taking off the weight, perhaps he might not have had that fatal heart attack. There are many programs out there, but for me, the one that has worked the best (30 pounds in 3 months) is the "Smart for Life" Medical program using cookies and other healthy foods (soups, shakes, puddings, muffins) to keep your insulin under control. Exercise, proper nutrition and less stress are all part of losing weight and keeping it off for life.

The "Cutting Edge with Anita" National Public Radio show is now in its second month, gaining speed and recognition. If you want to hear five different 10+ minutes of the latest "Wow" conversations from around the world, be sure to tune in on Sundays, 6-7AM on WXEL, 90.7FM.

If you have a pet, please beware of their nervousness when the fireworks and other loud sounds occur. You can either put the TV on loudly if you are leaving, or get them a companion to keep them company if you have to leave, especially during the July 4th celebration.

We are past the 6 months of 2008 and hope that you are experiencing lots of joy and satisfaction in your life. If not, why not? If so, you're good to go!

Joyous July,

—Anita Finley, Publisher

A handwritten signature of Anita Finley in blue ink.