



WREEL READERS

WOMEN READING TO ENHANCE AND ENRICH LIVES

WREEL Readers, Inc.
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Bullying is Not a Fact of Life.

It is official! Summer is over and the kids have returned to school.

School is supposed to be a place of cultivation that facilitate the growth and development of our children. However, in recent years the media has alerted us to an increase of Bullying in our school system. This activity terrorizes and robs our children of their self-esteem and often strips them of their identity.

Often people dismiss bullying among kids as a normal part of growing up but bullying is harmful. It can lead children and teenagers to feel tense and afraid. It may lead them to avoid school. In severe cases, teens who are bullied may feel they need to take drastic measures or react violently. Others even consider suicide. For some, the effects of bullying last a lifetime

1,229 boys and girls were asked to answer some questions about bullying. Nearly half of them said they had been bullied before. Some said it was happening every day. Others said it only happened once in a while. Here is how the group answered:

How often have you been bullied?

- every day (8%)
- every week, but not every day (7%)
- once in a while, but not every week (33%)
- never (52%)

While 52% percent stated that they have never been bullied, 48% experienced bullying. This is an extremely high percentage. It can be hard for kids to know what to do if a bully bothers them. About half of the kids said they fight back. There are many problems with this solution. First, one or both of the kids could get hurt. Unlike on TV, where actors are just pretending to fight, when kids

Continued on page 2

Countdown to Census Day: April 1, 2010

What is the Census?

- The census is a count of everyone living in the United States every 10 years.
- The next census is in 2010
- The U.S. Constitution mandates it.
- You are required to participate by law.
- It takes less than 10 minutes to complete.
- Federal law protects the personal information you share during the census.
- The Federal government uses the Information collected to distribute Congressional seats to states, to make decisions about what community services to provide, and to distribute \$400 billion in federal funds to local, state and tribal governments each year.

Safety Tips:

I received the following safety tips in an email from an associate but found it to be relevant.



With the 2010 U.S. Census process beginning, the public should be cooperative, but cautious, so as not to become a victim of fraud or identity theft.

Continued on page 4

Inside This Issue:

Stop Bullying	1
2010 Census	1
Monthly Reading	3
Pamper the Princess	5
2010 Women's Health Calendar ..	5
Women Bullying Women	6
Breast Cancer Awareness.....	7
WREEL Review	8
Upcoming Events	8

Bullying (continued on page 1)

punch, kick, and push each other, they can get real injuries, like bruises and cuts and broken bones.

Bullying in school has always existed but the problem today is that bullying has reached beyond taking another kids lunch money or spreading rumors that causes a child to feel ostracized. Bullying today has become extremely brutal and in some cases fatal.

Cases of Bullying in Schools

- Elementary School Level
- Middle School Level
- High School Level

There are two keys to solving bullying:

1. Kids should tell adults when bullying is happening to them, a friend, or a classmate.
2. Adults should take action to prevent bullying and discipline kids who are bullies.

Resources:

- **Stop Bullying Now**
<http://stopbullyingnow.hrsa.gov/kids/>
- **Kids Health**
<http://kidshealth.org/kid/feeling/index.html>
- **Bullying Medline Plus**
<http://www.nlm.nih.gov/medlineplus/bullying.html#cat22>
- **Safe Youth**
<http://www.safeyouth.org/scripts/topics/bullying.asp>
- **Fighting the Bully Battle**
http://www.schoolsafety.us/pubfiles/bullying_act_sheets.pdf



SUDOKU

“Keeping the brain active”



Solving Sudoku puzzles does not require any math skills, just simply basic reasoning

3		8			1			
		4		6				9
9			3	5	4			
2					9	6		5
5		9	2					1
			5	9	3			2
7				2		9		
			4			3		8

Rules:

A Sudoku puzzle is a grid of nine by nine squares that have been subdivided into nine sub-grids featuring three by three cells. In each Sudoku puzzle, several numbers have already been entered and these may not be changed. The objective of Sudoku is to enter a number from 1 through 9 in each cell, in such a way that:

- Each column contains each number only once
- Each horizontal row contains each number only once
- Each sub-grid contains each number only once

Tip:

Use a pencil and not a pen

Solution available online at

<http://wreelreaders.com/SudokuSolutions2009.pdf>

To forgive is the highest most beautiful form of love. In return, you will receive untold peace and happiness.

Robert Muller

Monthly Reading Selections



September - Push by Sapphire

An electrifying first novel that shocks by its language, its circumstances, and its brutal honesty, *Push* recounts a young black street-girl's horrendous and redemptive journey through a Harlem inferno. For Precious Jones, 16 and pregnant with her father's child, miraculous hope appears and the world begins to open up for her when a courageous, determined teacher bullies, cajoles, and inspires her to learn to read, to define her own feelings and set them down in a diary. Published in 1996, *Push* is the story of Claireece "Precious" Jones, an obese black teen who is not only beaten often by her mother, but also sexually and verbally abused by both her parents. Her own father is the father of Precious's two children.

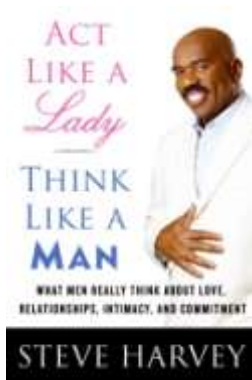
Sapphire is the author of the critically acclaimed novel, *Push* and *American Dreams*. *Push* is now a major motion picture "**Precious**" scheduled for release on Friday, November 6, 2009. WREEL Readers will to see the movie *Precious* as a group on November 7. □



October - The List by Sherri Lewis

Single and satisfied? Not Michelle, Angela and Lisa. These saved but sexy, successful black women think they're getting too old to keep waiting on God to send their soulmates. Under the protective eye of their more spiritual sistergirlfriend, Vanessa, and the scrutiny of newly saved manhater, Nicole, the ladies go on a hilarious adventure to "be found" by their husbands.

Armed with their list of essential must-have's, would-be-nice's, icing-on-the-cake's, and total-deal-breakers, they start their search – but soon encounter issues specific to the saved woman on the dating scene. Is online dating okay for Christians? How long do you wait before you tell the hottie you just met that you're celibate and plan to stay so until married? He's too fine to pass up – how saved does he really need to be? And of course, how do you keep things holy when he's oh-so-sexy? It's not long before they realize they still have to trust God to know what's best for them and that He loves them enough to send them everything on *The List*.



November - Act Like a Lady; Think Like a Man - by Steve Harvey

Steve Harvey, can't count the number of impressive women he's met over the years, whether it's through the "Strawberry Letters" segment of his program or while on tour for his comedy shows. These are women who can run a small business, keep a household with three kids in tiptop shape, and chair a church group all at the same time. Yet when it comes to relationships, they can't figure out what makes men tick. Why? According to Steve it's because they're asking other women for advice when no one but another man can tell them how to find and keep a man. In *Act Like a Lady, Think Like a Man*, Steve lets women inside the mindset of a man and sheds lights on concepts and questions such as:

- The Ninety-Day Rule: Ford requires it of its employees. Should you require it of your man?
- How to spot a mama's boy and what if anything you can do about it
- When to introduce the kids and what to read into the first interaction between your date and your kids
- The five questions every woman should ask a man to determine how serious he is

2010 U. S. Census (continued from page 1)

The first phase of the 2010 U.S. Census is under way, as workers have begun verifying addresses of households across the country. Eventually, more than 140,000 U. S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race and other relevant data.

The big question is: How do you tell the difference between a U. S. census worker and a con artist?

- If a U. S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. **However, you should never invite anyone that you do not know into your home. This includes U. S. Census workers.**
- Census workers currently are only knocking on doors to verify address information. **Do not give your social security number, credit card or banking information to anyone, even if they claim they need it for the U. S. Census.**
- While the Census Bureau might ask for basic financial information, such as salary range, the **Census Bureau will not ask for social security, credit card or bank account numbers nor will employees solicit donations.**
- Eventually, U. S. Census workers may contact you by telephone, mail or in person at home. **However, the Census Bureau will not contact you by email, so be on the lookout for email frauds impersonating the Census Bureau.**
- **Never click on a link or open any attachments in an email that re supposedly from the U. S. Census Bureau.**

Lemon-Garlic Marinated Shrimp

Marinating precooked shrimp in garlic and lemon infused oil is a simple yet elegant appetizer.

Ingredients:

- 3 tablespoons minced garlic
- 2 tablespoons extra-virgin olive oil
- ¼ cup lemon juice
- ¼ cup minced fresh parsley
- ½ teaspoon kosher salt
- ½ teaspoon pepper
- 1 ¼ pounds cooked shrimp

Preparation:

Place garlic and oil in a small skillet and cook over medium heat until fragrant, about 1 minute. Add lemon juice, parsley, salt and pepper. Toss with shrimp in large bowl. Chill until ready to serve.



From:
Eating Well - December 2006

12 servings | Active Time: 10 minutes | Total Time: 10 minutes

Nutrition:

Per serving: 73 Calories; 3 g Fat; 0 g Sat; 2 g Mono; 92 mg Cholesterol; 1 g Carbohydrates; 10 g Protein; 0 g fiber; 154 mg Sodium; 108 mg Potassium

Exchanges: 1 ½ lean meat

Pamper the Princess—*Mind, Body & Soul*

Girls put your record on and play your favorite song. Go ahead and let your hair down.



Anoint Your Body

The practice of anointing dates back to biblical times and is a commonly practiced as massage therapy today.

Essential Oils

Essential oils are integral part of many spa treatments, from massage

and hydrotherapy baths to body wraps and facials. You can continue the use of essential oils at home to help transport you on your path to beauty and relaxation.

Essential oils can play a significant role in skin and hair care. Their natural healing properties allow them to effectively assist in treatment for everything from bruises to dandruff.

Essential Oils and Skin Care:

When using essential oils to moisturize the skin, simply add to a carrier oil such as Jojoba. Another good tip is to purchase fragrance and lanolin free creams or lotions, from which you can create your own skin care products by adding a few drops of your favorite essential oil.

The key to developing your own products is to determine what you want them to do. Are you trying to fight cellulite? Then add some Lemon oil to your cream. Are you trying to minimize the appearance of scar tissue? Patchouli is your answer here.

Essential Oils and Stress:

Stress is the term used to describe any reaction to a physical, mental or emotional stimulus that upsets the body's natural balance. Lavender and Sandalwood are suggested oils for treatment. Add 10 drops of essential oil to a warm bath and soak for fifteen minutes or add a few drops of essential oil to a carrier oil and massage around the neck, back and shoulders.

Caution: - long-term stress can cause serious medical concerns and a physician should be consulted in these cases.

You may find additional information about essential oils at: www.aworldofaromatherapy.com

Essential Oil	Benefits	Used to Relieve
Clary sage	Relaxing	Exhaustion
Grapefruit	Rejuvenating	Water Retention
Lavender	Relaxing	PMS Symptoms
Orange	Energizing	Stress
Patchouli	Relaxing	Eczema/Cellulite
Rose	Comforting	Insomnia
Sandalwood	Relaxing	Anxiety
Ylang-ylang	Calming	Stress

Essential Oil Blends

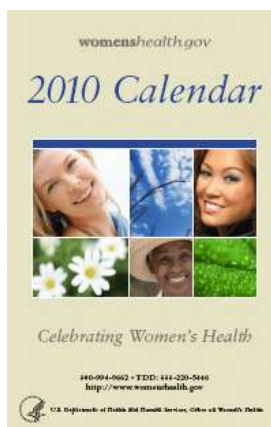
Relaxation	Lavender, Sandalwood
Energy Boosters	Rosemary, spearmint; Rosemary; grapefruit
Balance	Ylang-ylang; sandalwood

Remember you should always use essential oils with carrier oils such as almond, jojoba or sesame oil.

Order Your 2010 Women's Health Calendar Today!

Available in English & Spanish

Reserve your copy of the 2010 women's health calendar.



This FREE calendar offers information about common health problems and important symptoms to watch out for; you will also find charts that describe the screenings and immunizations you need, tips on how to get a second opinion and how to read a drug label, and more – all in a handy, portable calendar you can keep with you year round. **The calendar is now also available in Spanish!**

Use our easy online form for single orders. For bulk orders (more than one copy), call us at 1-800-994-9662.

Visit WomensHealth.gov website at the link below to order your copy.

<http://www.womenshealth.gov/newsletter/2009/10.cfm>

Backlash: Women Bullying Women at Work

YELLING, scheming and sabotaging: all are tell-tale signs that a bully is at work, laying traps for



employees at every pass.

During this downturn, as stress levels rise, workplace researchers say, bullies are likely to sharpen their elbows and ratchet up their attacks.

It is probably no surprise that most of these bullies are men,

as a survey by the Workplace Bullying Institute, an advocacy group. However, a good 40 percent of bullies are women and at least the male bullies take an egalitarian approach, mowing down men and women pretty much in equal measure. The women appear to prefer their own kind, choosing other women as targets more than 70 percent of the time.

In the name of Betty Friedan and Gloria Steinem, what is going on here?

Just the mention of women treating other women badly on the job seemingly shakes the women's movement to its core. It is what Peggy Klaus, an executive coach in Berkeley, Calif., has called "the pink elephant" in the room. How can women break through the glass ceiling if they are ducking verbal blows from other women in cubicles, hallways and conference rooms?

Women do not like to talk about it because it is "so antithetical to the way that we are supposed to behave to other women," Ms. Klaus said. "We are supposed to be the nurturers and the supporters." Ask women about run-ins with other women at work and some will point out that people of both sexes can misbehave. Others will nod in instant recognition and recount examples of how women — more so than men — have mistreated them.

"I've been sabotaged so many times in the workplace by other women, I finally left the corporate world and started my own business," said Roxy Westphal, who runs the promotional products company Roxy Ventures Inc. in Scottsdale, Ariz. She still recalls the sting of an interview she had with a woman 30 years ago that "turned into a one-person

firing squad" and led her to leave the building in tears.

Jean Kondek, who recently retired after a 30-year career in advertising, recalled her anger when an administrator in a small agency called a meeting to dress her down in front of co-workers for not following agency procedure in a client emergency. Ms. Kondek said she had the last word. "I said, 'Would everyone please leave?'" She added, "and then I told her, 'This is not how you handle that.'"

Many women who are still in the work force were hesitant to speak out publicly for fear of making matters worse or of jeopardizing their careers. A private accountant in California said she recently joined a company and was immediately frozen out by two women working there. One even pushed her in the cafeteria during an argument, the accountant said. "It's as if we're back in high school," she said.

A senior executive said she had "finally broken the glass ceiling" only to have another woman gun for her job by telling management, "I can't work for her, she's passive-aggressive." The strategy worked: The executive said she soon lost the job to her accuser.

ONE reason women choose other women as targets "is probably some idea that they can find a less confrontational person or someone less likely to respond to aggression with aggression," said Gary Namie, research director for the Workplace Bullying Institute, which ordered the study in 2007.

Another dynamic that may be at work. After five decades of striving for equality, women make up more than 50 percent of management, professional and related occupations, says Catalyst, the nonprofit research group and yet, its 2008 census found, only 15.7 percent of Fortune 500 officers and 15.2 percent of directors were women.

Leadership specialists wonder, are women being "overly aggressive" because there are too few opportunities for advancement or is it stereotyping and women are only perceived as being overly aggressive? Is there a double standard at work?

The complete article can be found online at: <http://www.nytimes.com/2009/05/10/business/10women.html>



*Screening – a
simply way to*

fight breast cancer

Fight cancer - be proactive!

You hear the message everywhere and I hope that you take notice. Regular screenings can reduce your chances of dying from breast cancer.

According to the National Cancer Institute, women who find breast cancer early - before it has spread - have a five-year survival rate of 98 percent. So, when it comes to breast cancer, take simple steps toward good health by having regular screenings, including breast self-exams, clinical exams, and mammograms.

Breast self-exam

Women older than 20 years of age should do a monthly breast self-exam. Here is how:

- Examine yourself in front of a mirror.
- Look for any changes while holding your arms at your side and over your head.
- Examine your breasts with your hands on your hips and your chest muscles tight. Then bend forward with your hands on your hips.
- Feel for changes in your breast, armpit, and around your collarbone.
- Lie on your back and use a pillow to prop up your right shoulder.
- With the middle three fingers of your left hand, check your right breast by pressing in a small circular motion.
- Use a combination of light, medium, and firm pressure.
- Repeat with an up-and-down or circular motion over the breast.
- Do not lift your fingers off your skin.
- Repeat using your right hand on your left breast.

What to look for

During your self-exam, look for:

- A lump, hard knot, or thickening of the skin
- Swelling, warmth, redness, or darkening
- Changes in size or shape
- Puckering or dimpling of the skin
- Itchy and scaly sores or rashes on the nipple
- Nipples turning inward

- Sudden nipple discharge
- Lingering pain in one spot

Clinical breast exam

In addition to your own exams, your doctor or nurse practitioner should do a breast exam on you once every three years between the ages of 20 and 39 and every year After 40. Clinical breast exams are most effective in women older than 50, but are advisable for all women.

Mammogram

A mammogram - the “gold standard” of early detection- may show tiny lesion years before it can be felt by examination. Every year after 40, you should have a mammogram. A screening mammogram is used to find breast changes in women who have no signs of breast cancer. Some women are at high risk because they:

- Carry a specific gene
- Have a strong family history of breast cancer
- Have had radiation to the chest before age 25

Lumps are often too small to be felt, so mammograms usually catch them. An ultrasound may be needed to check whether the lump is solid or filled with fluid. Your doctor will recommend what to do from there. Sometimes the lump is drained; other times, it is best just to keep an eye on it.

Now what?

Just because you find a lump does not mean you have cancer. Other possibilities include:

- **Cysts:** These fluid-filled lumps are not usually cancerous and occur in women ages 35-50.
- **Fibroadenoma:** This hard, round benign growth is usually painless, but feels like rubber and can be moved around easily. Women often find these growths during their self-exams. They may get bigger if a woman is pregnant or nursing. Doctors may remove the growth if they are unsure whether it is benign.
- **Mass:** These may be round and smooth or have irregular borders and are often caused by normal hormone changes. Mammograms or ultrasounds can be used to see if the mass is solid or filled with fluid. Biopsies are often used for diagnosis.

Bottom line:

Along with a healthy lifestyle, clinical breast exams and mammograms are the most important steps you can take to protect your breast health or increase your chances of survival should you develop breast cancer.

Source: Humana.com

A WREEL Review



PUSH by Sapphire

Published by: Vintage Books
 Distributed by: Random House
 Website: www.randomhouse.com
 Author's Website:

Back Cover

Precious Jones, an illiterate sixteen-year-old, has up until now been invisible: invisible to the father who rapes her and the mother who batters her and to the authorities who dismiss her as just one more of Harlem's casualties. But when Precious, pregnant with a second child by her father, meets a determined and

highly radical teacher, we follow her on a journey of education and enlightenment as precious learns not only how to write about her life, but how to make it her own for first time.

A WREEL Review

While the book "PUSH" itself was a quick read, the story is heart wrenching. Sapphire presents the story in the voice of Precious, who writes in a voice that displays the illiteracy and frustrations she experienced in childhood. The story evolves as Precious begins to realize that she does not have to continue as a victim, that she has a option to take control of her life and her future.

Precious' story will tug at your heart and extract compassion. It gives you in-depth insight into the hurt and pain she experienced. Although the story is brutal, it is engaging. Because your heart goes out to Precious, her story will cause you to continue to read with an earnest desire to know how she was able to survive. Precious' story may open closed wounds or disturb wounds that have not healed for anyone who has been a victim of sexual abuse.

I will keep this book on my bookshelf and recommend it to others who express the desire to either cope with or understand the effects of sexual abuse. However, because of the subject matter, this book may not be suited for reading groups who may lack the capacity or compassion to help members who may have been a victim of sexual abuse. A group discussion could lead to information that the group is not prepared or equip to discuss. If you do choose to read "PUSH" as a group, I recommend that you seek resources to help anyone who may need it.

UPCOMING EVENTS

Miami Book Festival

Nov. 5 - 18, 2009

The Color Purple

Nov. 3 - 8; Orlando

Nov. 17 - 22; Jacksonville

Nov. 24 - 29; Clearwater

The Chocolate Nutcracker

Nov. 21 - 22; Orlando

Dec. 15; St. Petersburg



I have traveled the world twice over,
 Met the famous; saints and sinners,
 Poets and artists, kings and queens,
 Old stars and hopeful beginners,
 I have been where no one has been before,
 learned secrets from writers and cooks
 all with one library ticket
 to the wonderful world of books.

- Anonymous -

Visit

www.wreelreaders.com

For more information