

BRIEFLY



CONTRIBUTED

Elizabeth Petruccione

Author to speak on weight loss

“You were born fat” exclaimed Elizabeth Petruccione’s mother so often when Elizabeth was a kid that she used the dreaded reminder as the title of her new book.

Petruccione will give a book talk and signing July 17 at 6:30 p.m. in the auditorium of the Silas Bronson Library, 267 Grand St., Waterbury. Admission is free.

Born at St. Mary’s Hospital at 8 1/2 pounds, Petruccione grew up as Elizabeth Pagoni. By the time she was in eighth grade, she was the tallest and heaviest girl in her class.

As a teenager, she was placed on numerous draconian diets — the Ayds Diet, Stillman, Atkins, Cabbage Soup, 1,000 Calories, etc. While the rest of the family was dining on lasagna and meatballs, she was allotted an eight-ounce can of Metracal diet drink along with a reminder from Mom that she had “just another 10 pounds” to go.

When Petruccione’s successfully tackled weight loss as an adult, she lost 93 pounds in three years. In her book, she shares her strategies as well as the stages of weight loss: denial, anger, awareness, action and success.

Petruccione uses the “Banking Method” of counting calories in a diet diary. The book also contains meal planning suggestions, recipes and basic exercises suggested by personal trainer and fitness instructor Nina Lane.

The diary pages are also enhanced with inspirational remarks from Plato to Lee Iacocca.

WOW forum set for Sept. 28 at Warner

The eighth annual WOW! Forum Professional Women’s Conference, a day of professional development for women, will be held on Sept. 28 at the Warner Theatre’s Carole & Ray Neag Performing Arts Center in Torrington.

This year’s speakers include the owners of Manolo Blahnik USA, George Malkemus and Anthony Yurgaitis. Also included will be: entrepreneur and co-founder of Jack Black, a men’s skincare line, Emily Dalton; marketing guru Diane Meier; motivational speaker and author Renata Bowers; and humorist Michelle Gotay. The conference moderator will be Hartford Courant reporter MaryEllen Fillo.

In addition to the speakers, the WOW! Forum conference includes a continental breakfast, luncheon and a wine and chocolate networking reception with a silent auction, and live music. Conference attendance is \$125.

Register online at www.wowforum.org. Register by Aug. 1 to qualify for a chance to win a strand of pearls. For information, call 860-482-6586.

Mattatuck galleries temporarily closed for cooling work

Mattatuck Museum galleries in Waterbury will close for a two-week period beginning today for the installation of new energy-efficient cooling system for the gallery spaces.

“The goal is to complete the upgrade quickly with as little impact on our visitors as possible,” said Bob Burns, museum director. “The installation of a new conservation friendly HVAC system will help to improve the environment and protect the artwork.”

The children’s summer art programs “Art Tells a Story” and “Exploring Art” will still take place during the installation. The museum has made arrangements to ensure a comfortable learning environment for all participants.

The current changing exhibitions, “Reflections and Undercurrents: Ernest Roth and Printmaking,” “In the Shadow of St. Anne’s” and “Many Visions/One Community,” as well as the exhibitions in the permanent galleries, will be back on

view for the anticipated re-opening of July 17.

Museum staff will be onsite during the closure. Call 203-753-0381 ext. 10 with any questions or visit www.mattatuckmuseum.org.

Fortune cookies help Rhea of Hope

A Rhea of Hope Foundation, a newly launched nonprofit organization dedicated to preserving fertility for women and men following a cancer diagnosis, has launched its Fortune Fundraiser, a pay it forward program.

More than 100 fortune cookie boxes stuffed with individually wrapped treats will penetrate the Connecticut, New York, Boston, Florida, Chicago and California markets. In the spirit of generating awareness, the program will encourage guests who receive the box to take four simple steps to “good fortune:”

- Enjoy a cookie
- Scan the QR code
- Help make an impact (donate)
- Pay It Forward — pass it on and enjoy life, whatever your fortune.

For those interested in being the recipient of one of the first 100 boxes that kick off the promotion, email info@arheaofhope.org. A Rhea of Hope will update its Facebook account frequently to track donations and total funds raised. Those who make a substantial donation are candidates to receive a special oversized fortune cookie as a “thank you” from the team at A Rhea of Hope.

What is MDS?

“Good Morning America” host Robin Roberts told viewers in an emotional announcement last week that she has the rare disorder myelodysplastic syndrome.

She will soon get a bone marrow transplant from her older sister.

It’s probably fair to say that many people haven’t heard of the disease that also goes by MDS.

MDS is actually a group of disorders that cause the bone marrow to produce an inadequate number of healthy red blood cells, white blood cells and platelets, according to the Mayo Clinic. Cells in the bone marrow that make blood cells don’t mature, don’t make enough blood cells or make defective cells, according to the

Mayo Clinic.

About 10,000 to 15,000 people in the United States are diagnosed with the disease each year and 80 percent of cases are in people over age 60, says marrow.org.

In some cases, MDS can lead to cancer, the Mayo Clinic says.

Treatments include blood cell and platelet transfusions, chemotherapy and bone marrow transplants, according to The Myelodysplastic Syndromes Foundation. Roberts told viewers she was extremely lucky that her sister was a match for a transplant,

The Foundation says the disease can develop after exposure to certain chemicals or radiation. Roberts was treated for breast cancer five years ago and told her colleagues in a letter that the treatment likely caused the disease.

Roberts began treatment when she received a drug to prepare her for the transplant. She will continue her morning hosting duties, but will not be on air during recovery from the transplant.

Indian makeup company raises awareness

Austin, Texas-based cosmetic company Radiant Cosmetics was created with the purpose of raising awareness about human trafficking through the sale of women’s cosmetics.

Radiant Cosmetics’ newest collection was inspired by founder and owner Nicole Marett’s time in India working to fight human trafficking. The Indian Collection features an eye shadow palette (\$26 eye shadow, \$28 makeup bag, and \$48 for the set) in vibrant colors

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seen in India: Goldilocks, a yellow-gold shimmer; Souffle, a matte espresso; and a teal-blue Cyprus.

The two makeup bags in the collection are handmade with Indian fabric and created in partnership with Rahab’s Rope, an anti-trafficking organization. The makeup bags are available in contrasting colors of gold and teal.

Marett credits her drive to publicize the plight of victims of human trafficking to her time participating in the World Race, a year-long mission traveling 11 countries in 11 months. Not only did Marett begin her cosmetics company with a goal of providing financial support to organizations that help women, she’s active in bringing awareness to human trafficking on a local level.

Twenty percent of Radiant Cosmetics profits, including those from the India Collection, go toward Free the Captives, a Houston-based organization against human trafficking.

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