



WREEL READERS

WOMEN READING TO ENHANCE AND ENRICH LIVES

WREEL Readers, Inc.
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Learn More

Non-Credit Online Learning

WREEL Readers is pleased to announce a convenient, affordable and effective way to learn a new skill or brush up on an old one. WREEL Readers has partnered with ed2go offering more than 250 non-credit online courses that you can take anytime, anywhere, 24 hours a day, 7 days a week. Experience learning the way it was meant to be; enjoyable, clear, uncomplicated, fast, and convenient.

All courses run for six weeks (two lessons per week) and are project-oriented. Each course contains lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. Each ed2go course comes equipped with a patient and caring instructor, lively discussions with your fellow students, and plenty of practical information that you can put to immediate use.

You can complete any of these courses entirely from your home or office and at any time of the day or night.

Examples of some of the ed2go courses include:

- Introduction to Microsoft Excel
- Creating Web Pages
- Accounting Fundamentals
- Speed Spanish
- A to Z Grant Writing
- Real Estate Investing
- Computer Skills for the Workplace and more

New course sessions begin on the third Wednesday of each month. For additional information visit <http://www.wreelreaders.com/Ed2GO.html> □

It's Not Too Late: Start Walking

April 8, 2009, marked the launch of the American Heart Association's National Start Walking Day.

The American Heart Association's Start Walking initiative calls on all Americans and their employers to create a culture of physical activity and health to live longer, heart-healthy lives through walking. National Start Walking Day aimed to get Americans up and moving for 30 minutes on April 8, 2009. If you missed April 8, it is not too late to join the National Start Walking campaign.

Why Walking

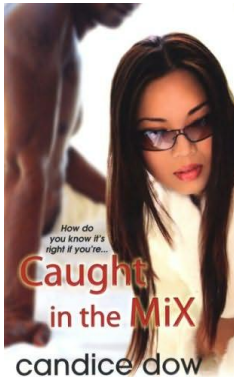
Walking has the lowest dropout rate of any physical activity. It is the simplest positive change you can make to improve your heart health. Research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help you:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental well being
- Reduce the risk of osteoporosis
- Reduce the risk of breast and colon cancer
- Reduce the risk of non insulin dependent (type 2) diabetes



Visit AHA at www.americanheart.org for more information. □

Monthly Reading Selections



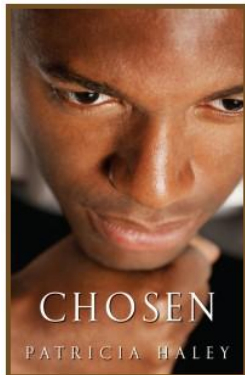
April - Caught in the Mix by Candice Dow

CAUGHT UP IN DREAMS

For Clark Anderson, senior year at Hampton University promises to be her finest yet. The smart sister from Baltimore City has looks, brains, a promising job offer, and now, it looks like she's met her dream guy in handsome law student, Devin Patterson. Though their backgrounds couldn't be more different, wealthy, sheltered Devin falls hard for savvy, inner-city Clark. They're more than lovers; they're soul mates, and their storybook romance is the envy of the campus.

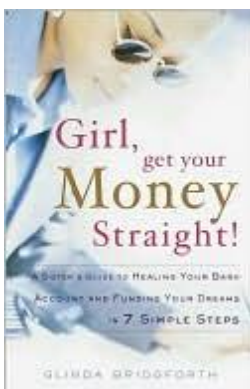
CAUGHT IN THE MIX

Now, for two people caught in the mix of secrets, family drama, lies, career struggles, and the hard truths of growing up and moving on, love is anything but easy...and doing the right thing by yourself is the hardest lesson of all.



May - Chosen by Patricia Haley

Discord pounding below the surface explodes in the Mitchell clan when Dave appoints his youngest son to run the family business, discounting the outrage which is sure to be expressed by his first wife and mother of his eldest son. Madeline has never truly gotten over the betrayal stemming from her husband being lured away over twenty-seven years ago by Sherry, a woman who still dictates the ebbs and flows of their lives. Madeline has lost much -- an estranged daughter and the horrific demise of two other sons. Don is all she has left. Refusing to lose any more, the former Mrs. Mitchell is determined to snatch the company back and rightfully restore it to the most suitable heir - her son. Madeline goes a step farther and amasses a group of perpetrators who collectively work to bring Joel down, while Sherry relentlessly fights for respect, legitimacy and her son's place at the helm. Mother's pitted in opposing corners is certain to create a nasty 'family' mess.



June - Girl, get your Money Straight by Glinda Bridgforth

In *Girl, Get Your Money Straight*, Bridgforth offers the unique and specific financial advice that African American women need but usually cannot find. Through a holistic approach, Bridgforth uses writing exercises, worksheets, and question-and-answer sessions to help the reader better understand her relationship with money.

Bridgforth teaches her readers that they can get their finances under control, no matter what shape their bank account is in right now. With this message of self-reliance and potential, *Girl, Get Your Money Straight* is a hip, honest, and engaging road map for black women to find (and fund) a life they love.

Though written for African American women, Bridgforth's advice crosses racial, gender, and socio-economic lines. It provides useful advice for anyone seeking to break through the emotional barriers to financial health. □

Up & Coming:



**Shaunteka
LaTrese**

Jazz
Spoken Word
Soul
New Thought

About Shaunteka LaTrese

An Artist in every essence of the word, born singing, Shaunteka LaTrese has been making rhymes and rhythms since she came to this spiral called earth. At an early age, she embraced her gifts taking this classically trained artist right to Carnegie Hall by age 15. Introduced to the art form of Spoken Word in 1998, she found comfort in knowing at anytime her passion for writing and singing could be combined. Mixing into the open mic scene Shaunteka LaTrese has fastly grown to be a force of Truth, Power and delight. Focusing on the love of self thru her poetry, she has been able to up lift spirits and free minds one poem at a time.

Flashbacks

As dusk fades into what sometimes
resembles eternity
Mental reflects on how I can't
recall the memories I
need too
But ponders my digressing
Into what seems
to be a redundant retardedness
I stepped outside what is
Sanity portraying guess images
In lite years...
I blink-
A natural response for hesitation
I blinked, the two second delay
From the 5 pixel camera
It's a sample
of what happens when the picture
is out of focus and the you're
too close to the flash

(c) 2008 Shaunteka LaTrese

Request Your Annual Free Credit Report

Not knowing what is on your credit report can cost you more than you know.



Start the new year with a new habit. If you are not in the habit of requesting

a free copy of your credit report annually, now is the time to start. Even if you think you have a good credit history, you still should get a copy of your credit report annually. You might find anything from old accounts, errors or identity theft. You should not be the last to know what's in your credit file. Both creditors and employers use your credit report to make decisions about your future.

The federal Fair Credit Reporting Act requires each of the nationwide consumer reporting companies - Equifax, Experian, and TransUnion - to provide you with a free copy of your credit report, at your request, once every 12 months.

AnnualCreditReport.com is the only authorized online source for your to get a free credit report under federal law. You can get a free report from each of the three national credit reporting companies every 12 months.

To ensure that you are visiting the legitimate site, type <https://www.annualcreditreport.com> directly into the address bar on your browser. Some sites claim to offer "free" credit reports, but may charge you for another product if you accept a "free" report. You will never receive an email directly from the Annual Credit Report Request Service soliciting your business.

In addition to online request you may call 1-877-322-8228 or mail a request form to Annual Credit Report Request Service, PO Box 105281, Atlanta, GA 30348.

The only man who sticks closer to
you in adversity than a friend is a
creditor. ~Author Unknown

Just Between You & Me



...a conversation between friends based on conversations that you would normally have with a friend. Readers will have an opportunity to weigh in on conversations through the WREEL Readers' blog at <http://wreelreaders.blogspot.com/>

Phenomenal Woman

Each year WREEL Readers establishes a theme to help us enhance a new area of our life. The theme for 2009 is "Phenomenal Woman". Webster's new world dictionary defines phenomenal as extremely unusual, extraordinary and highly remarkable. The slang version phenom is defined as extremely talented, able or skilled.

Here is the kicker:

Maya Angelou's poem "Phenomenal Woman" reads:

Pretty women wonder where my secret lies. I'm not cute or built to suit a fashion model's size. But when I start to tell them, they think I'm telling lies. I say, it's in the reach of my arms, the span of my hips, the stride of my step, the curl of my lips.

I'm a woman phenomenally. Phenomenal woman, that's me.

I walk into a room, just a cool as you please and to a man. The fellows stand or fall down on their knees. Then they swarm around me, a hive of honey bees. I say, it's the fire in my eyes, the flash of my teeth, the swing in my waist, and the joy in my feet.

I'm a woman phenomenally. Phenomenal woman, that's me.

Men themselves have wondered what they see in me. They try so much but they can't touch my inner mystery. When I try to show them, they say they still can't see. I say, it's in the arch of my back, the sun of my smile, the ride of my breasts, the grace of my style.

I'm a woman phenomenally. Phenomenal woman, that's me.

Now you understand just why my head's not bowed. I don't shout or jump about or have to talk

real loud. When you see me passing, it ought to make you proud. I say, it's in the click of my heels, the bend of my hair, the palm of my hand, the need of my care.

Cause I'm a woman phenomenally. Phenomenal woman, that's me.

Here is the catch:

The statement that I find most profound in this poem is "Now you understand just why my head's not bowed. I don't shout or jump about or have to talk real loud".

Here is the Pass:

So, what are your thoughts?

- What is your perspective of Maya Angelou's poem "Phenomenal Woman"?
- How do you define phenomenal woman?
- What characteristics, skills or abilities you believe a phenomenal woman should possess?
- Do you believe a phenomenal woman has to be heard to be seen?

Here is what Terry Washington said:

A woman that dresses from head to toe, holding her head up, not letting the world know when she is going through. She knows her direction in life and who she is within herself. This is what I think mostly about a "Phenomenal Woman".

Here is what S. Harris said:

Personally, I think a phenomenal woman is one who loves God. A woman who can overcome any obstacle set before her, who respects herself and demand respect from others. An educated woman who can acknowledge her weakness and turn them into a strength.

A phenomenal woman should have confidence in herself. Her self-esteem should remain high. She should be able to help another woman realize her self-worth and how she too should carry herself as a woman.

Add your comments

We would love to know how you define a "Phenomenal Woman". Visit

<http://wreelreaders.blogspot.com> to add your comments. □



National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health (OWH). National Women's Health Week empowers women to make their health a top priority. With the theme "It's Your Time," the nationwide initiative encourages women to take simple steps for a longer, healthier, and happier life. During National Women's Health Week, communities, businesses, government, health organizations, and other groups work together to educate women about steps they can take to improve their physical and mental health and lower their risks of certain diseases. Important steps include:

- Getting at least 2 ½ hours of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both each week
- Eating a nutritious diet.
- Visiting a health care professional for regular checkups and preventive screenings.
- Avoiding risky behaviors, like smoking and not wearing a seatbelt.
- Paying attention to mental health, including getting enough sleep and managing stress.
- U.S.

Why celebrate National Women's Health Week?

It is important to celebrate National Women's Health Week to remind women that taking care of themselves is essential to living longer, healthier, and happier lives. Women are often the caregivers for their spouses, children, and parents and forget to focus on their own health. But research shows that when women take care of themselves, the health of their family improves. During National Women's Health Week, it is important to educate our wives, mothers, grandmothers, daughters, sisters, aunts, and girlfriends about the steps they can take to improve their health and prevent disease. After all, when women take even the simplest steps to improve their health, the results can be significant and everyone can benefit.

When is National Women's Health Week?

The 10th annual National Women's Health Week will kick off on Mother's Day, May 10, 2009 and will

be celebrated until May 16, 2009. National Women's Checkup Day will be Monday, May 11, 2009. The eight-week Women and Girls Out Moving Across the Nation (WOMAN) Challenge, an online physical activity program, runs from May 10-July 4, 2009.

Join the Challenge

Stay physically active all year long! Set personal goals, earn virtual awards, and track your success. Interact with a community of women making the commitment to a healthier life!

Once registered, making and tracking your goals is easy. Keep in mind that the Woman Activity Tracker encourages women to get at least 2 hours and 30 minutes of moderate-intensity aerobic physical activity each week, including muscle-strengthening activities on 2 or more days of each week.

There are lots of other tools to help you along the way. From newsletters, to quizzes, and our new Woman Community section, you're sure to get the support you need to be a success!

Get Started:

1. **Register** - Register online at: <http://www.womenshealth.gov/woman/> - it's quick and easy!
2. **Set a Goal** - Set a weekly goal for how many minutes of moderate- and vigorous-intensity activity you want to complete. You can also set a goal for how many days of muscle-strengthening activities you want to complete.
3. **Enter Your Activities** - After completing an activity, enter it online. You can even keep track of what type of activity you did. For example, *walked to the store or biked 2 miles*.
4. **View Your Progress** - Watch your progress throughout the week as you move closer to meeting your goal. You can even compare your progress from one week to the next using the new progress graphs.
5. **Earn Awards** - Earn up to 6 new awards each week. Are you an Activity Champion? Or maybe you're a Quiz Mastermind? Find out each week!

For additional information visit 4women.gov or <http://www.womenshealth.gov/whw/>



Pamper the Princess—*Mind, Body & Soul*



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

I once read a book by F. Batmanghelidj, M.D. titled, “You’re not sick, you’re thirsty”. The basic premise of this book is that most of the sickness that

individuals encounter is a result of unintentional dehydration, an insufficient water supply to the body. Albert Einstein once stated that the significant problems we have cannot be solved at the same level thinking in which we created them. With that in mind, the first step to pampering the princess is a commitment to nourish the body by drinking an adequate supply of water daily.

Develop the Habit of Drinking Water

If you do not like drinking water, buy yourself a beautiful glass to drink from - it really, makes a difference. Carry a bottle. Many people find it useful to get a big plastic drinking bottle, fill it with water, and carry it around with them all day. I like to keep a bottle of water at my desk, and I drink from it all day long. When it is empty, I fill it up again, and keep drinking.

Water is an Internal Cleanser

Water is an internal cleanser used by the body to help flush out toxins and waste products from the body. Drinking water can clear up your skin and people often report a healthy glow after drinking water. It will not happen overnight, but just a week of drinking a healthy amount of water can have good effects on your skin.

How Much Water Should You Drink?

The amount of water you should drink daily varies per individual. Mayo Clinic states that if you drink enough fluid so that you rarely feel thirsty and produce 1.5 liters (6.3 cups) or more of colorless or slightly yellow urine a day, your fluid intake is probably adequate. However, you cannot rely on thirst alone as a guide for when to drink. By the time you become thirsty, it is possible to be slightly dehydrated. For additional information about the benefits of water visit

<http://www.mayoclinic.com/health/water/nu00283>

Eating Well

Asian Chicken Salad



Crunchy vegetables and tender chicken breasts tossed in a tangy vinaigrette make a refreshing main-dish salad. If you poach the chicken yourself, reserve 3/4 cup of the cooking liquid to make the dressing.

Makes 6 servings, 2 cups each

Dressing

1/4 cup reduced-sodium soy sauce
3 tablespoons rice-wine vinegar
1 1/2 tablespoons brown sugar
1 1/2 teaspoons sesame oil
1 1/2 teaspoons chile-garlic sauce (found in Asian section)
3 tablespoons canola oil
1 tablespoon minced fresh ginger
2 cloves garlic, minced
1 tablespoon tahini paste
3/4 cup reduced-sodium chicken broth or reserved chicken-poaching liquid

Salad

2 tablespoons sesame seeds
8 cups shredded napa cabbage (1 small head; see Ingredient notes)
1 1/2 cups grated carrots (2-3 medium)
5 radishes, sliced (about 1 cup)
1/2 cup chopped scallions
3 1/2 cups shredded skinless cooked chicken (about 1 1/2 pounds boneless, skinless chicken breast)

1. To prepare dressing: Combine soy sauce, vinegar, brown sugar, sesame oil and chile-garlic sauce in a glass measuring cup; stir to blend. Heat canola oil in a small saucepan over medium-high heat. Add ginger and garlic; cook, stirring, until fragrant, 1 to 2 minutes. Add the soy sauce mixture to the pan; bring to a simmer. Whisk in tahini and broth (or poaching liquid); cook until reduced slightly, 3 to 4 minutes. Let cool.
2. To prepare salad: Heat a small dry skillet over medium-low heat. Add sesame seeds and cook, stirring, until lightly browned and fragrant, 1 to 2 minutes. Transfer to a small plate to cool.
3. Combine cabbage, carrots, radishes, scallions and chicken in a large shallow bowl. Stir dressing to recombine and drizzle over the salad; toss to coat. Sprinkle the sesame seeds on top.

NUTRITION INFORMATION:

Per serving: 289 calories; 14 g fat (2 g sat, 7 g mono); 64 mg cholesterol; 14 g carbohydrate; 28 g protein; 3 g fiber; 518 mg sodium. Nutrition bonus: Vitamin A (100% daily value), Vitamin C (60% dv). 1 Carbohydrate Serving

MAKE AHEAD TIP:

Cover and refrigerate the dressing (Step 1) for up to 2 days.

Source:

http://www.eatingwell.com/recipes/asian_chicken_salad.html



Dressing for Success

How to Dress for an Interview

The first impression you make on a potential employer is the most important one. The first judgement an interviewer makes is

going to be based on how you look and what you are wearing. That is why it is always important to dress professionally for a job interview.

An article in U.S.A. Today spoke about candidates for jobs wearing jeans, purple sweat suits, and spike heels or sneakers. Other applicants were not afraid to show pierced body parts and spiked hair. Still others chewed gum or showed up in rumpled clothes or with their pants falling down. One recruiter even told a candidate with his trousers down below his hips, to "Pull your pants up." According to the article, the outlandish dress costs some candidates the job.

Dress Your Best When Interviewing

Does it really make a difference how you dress for an interview? In many cases, it does. Allison Doyle states that she will never forget the gentleman she interviewed for an accounting position. He had been out of work for a few months and wanted to show her why. He took off his jacket, unbuttoned his shirt and started to pull down his pants (this is a true story) to show her the scar from a boat propeller that had injured him. He did not get the job. Neither did the young woman in a bright red skirt so short and tight that she could hardly sit down!

In a conservative business climate, appearances does matter. In other environments, it is not as important. However, it does make sense to dress your best for the interview, regardless of the dress code at the organization. If you are in doubt about how to dress for an interview, it is best to err on the side of conservatism. It is much better to be overdressed than underdressed (or undressed).

According to Kim Zoller at Image Dynamics, 55% of another person's perception of you is based on how

you look. Her Dressing for Success information gives some tips on how to look your best, without necessarily spending a lot of money. Here is a quick look at the basics:

Women's Interview Attire

- Solid color, conservative suit
- Coordinated blouse
- Moderate shoes
- Limited jewelry
- Neat, professional hairstyle
- Tan or light hosiery
- Sparse make-up & perfume
- Manicured nails
- Portfolio or briefcase

Men's Interview Attire

- Solid color, conservative suit
- White long sleeve shirt
- Conservative tie
- Dark socks, professional shoes
- Very limited jewelry
- Neat, professional hairstyle
- Go easy on the aftershave
- Neatly trimmed nails
- Portfolio or briefcase

What Not to Bring to the Interview

- Gum
- Cell phone
- Ipod
- Coffee or soda
- If you have lots of piercings, leave some of your rings at home (earrings only, is a good rule)
- Cover tattoos

Interview Attire Tips

- Before you even think about going on an interview, make sure you have appropriate interview attire and everything fits correctly.
- Get your clothes ready the night before, so you don't have to spend time getting them ready on the day of the interview.
- If your clothes are dry clean only, take them to the cleaners after an interview, so they are ready for next time.
- Polish your shoes.
- Bring a breath mint and use it before you enter the building.

Source:

<http://jobsearch.about.com/od/interviewsnetworking/a/dressforsuccess.htm>



My Prayer for America by Eric under Prayers

For more than five decades we have drifted away from the principals God set forth when he created this great country. We have deluded ourselves into thinking that we could replace God's laws with the laws of man. This has created a society where anything goes, where there is no right or wrong. My hope is that we can band together to change our country. I truly believe we can do this by getting on our knees and praying to our Lord and Saviour Jesus Christ.

My prayer is not that we will not pass laws to make abortions illegal, but that there will be no one seeking abortions.

My prayer is not that we will make pornography illegal, but that they will go out of business due to lack of business.

My prayer is not that we will pass laws regulating morality, but that the people of this great country will become great again because the word of God is written upon their hearts.

My prayer is that God will give us God fearing leaders who seek his counsel and forgiveness. That God will put these men and women into positions of leadership in our governments, our schools, our businesses, our little leagues, our civic organizations and in our churches.

Source: <http://www.prayerforamerica.org/>



UPCOMING EVENTS

May 7, 2009
National Day of Prayer

May 10 – 16, 2009
National Women's Health
Week

May 16 – 17, 2009
National Black Book
Festival

**July 31 – August 2,
2009**
National Book Club
Conference



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