



FAB LIVING W/ REBEKAH STAR

Here are a few small, low cost changes you can make to kick start your most FABulous year ever:

Try a new hair-style or haircut Add a new accessory to your wardrobe Smile all day long...FREE

Add 15 minutes of exercise to your daily routine polish your nails once per week...FREE Have your eyebrows shaped...\$15-\$25

The boost to your confidence is PRICELESS

JUST FOR FUN

- 33 percent of women choose to color their own hair over going to a salon.
- The average woman pays \$42 for a haircut.
- 17 percent of women choose to wax eyebrows, lip, and/or bikini line.
- 3 percent of women have tried Brazilian Waxing. Ouch!
- 4 percent of women have never worn make-up.
- The average woman eats 4-9 pounds of lipstick/lipgloss in her lifetime.

As a beauty expert for over 10 years, I've learned that everyone has a different idea of what great beauty and style consists of. What does a more beautiful self look like for you? Halle Berry or Jennifer Lopez? Jennifer Aniston or Angela Bassett? Whomever you consider, all of these women have a beautiful style that they make their own. I hope to bring you an interesting fashion and beauty column that can inspire you to connect with yourself and with the women in your community. Please contact me with any information or questions you may have on our Facebook page: FaB Living w/RebekahStar.

Live FaBulously!

Welcome to the year 2010 — Your most beautiful year yet! Although it's almost February, we still have time to set some realistic and great goals. As I brought in the New Year, I reminisced on the last decade of resolutions. Well, how did I do? Financially? I could always do better. Spiritually? I've grown. Health & Beauty? I'd rather not say! I'm sure you can figure that one out! With so many of us goals to better ourselves have a way of getting pushed behind everything else. The truth is: If we make it a priority to meet those goals, everything else will take a turn for the better. Our mood, relationships, our social life and even the amount of money we make. According to a University of Texas Economics Study, men and women who take care of themselves by maintaining a health and beauty regimen, make 10 percent to 15 percent more than those who don't. Couldn't you use a bit more dough? I know I can! There are so many small, easy additions and changes in our routine from food and exercise to Fashion And Beauty which can add loads of value to our life.

This year I personally invite you to enjoy FaBLiving!

New Therapy for Heart Attacks

Using stem cells to repair heart tissue

Cardiac patients are now being enrolled in a new study designed to evaluate whether adult stem cells are an effective means of restoring damaged heart muscle

Oregon Health & Science University is enrolling research participants in a new clinical trial that evaluates whether intravenous infusions of adult stem cells can restore damaged heart tissue in patients after a heart attack.

OHSU is the only health center in the Northwest, and one of only approximately 40 in the world, to offer the experimental treatment.

Preliminary tests indicate stem cell

therapy administered within a week of a heart attack may reduce inflammation and rebuild damaged heart muscle. The therapy, called Prochymal, is a formulation of adult stem cells derived from the bone marrow of healthy adult donors.

If proven effective, this would be the first time doctors are able to reverse the cardiac injury inflicted by a heart attack. The therapy also may reduce the chances of developing heart failure.

People who receive the treatment will be followed for two years after receiving the stem cell therapy. Participation in the study includes a thorough health evaluation, study related medications and tests at no cost to the participants. For additional information about the research study and eligibility, call 503-494-8750.

HealthWATCH

Managing Chronic Hepatitis C -- Third Wednesday of each month at 5 p.m. The informative session is led by a registered nurse to help you manage side effects of medications and dosage preparations and administration; doctor referral required. To register, call 503-251-6313.

Cancer Resource Center -- Providence St. Vincent Medical Center and the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

Lead Poisoning Prevention -- Learn how to protect your family from lead poisoning. Ideal for folks in live in older homes with children or pregnant women. Qualified participants receive a free kit of safety and testing supplies. Call 503-284-6827.

Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

Cardiac-Rehab Exercises -- A medically supervised exercise program for people dealing with heart conditions. For information, call 503-251-6260.



HAITI QUAKE SURVIVORS DESPERATELY NEED YOUR HELP

The massive 7.0 earthquake that struck Haiti has left millions of people on the brink of survival.

Give a gift to Mercy Corps. Your quick action today will help save lives!

More than 3 million people have been affected by the devastating quake that struck the impoverished country of Haiti. The death toll is expected to be catastrophic. Without immediate help, many more could die.

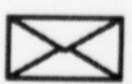
You can help prevent the further needless loss of life. Mercy Corps has launched a relief effort that will provide lifesaving emergency supplies like food, clean water, and hygiene kits for earthquake survivors.

Join us, and help save lives today.

3 WAYS TO HELP



Call toll-free 1-800-766-4040.



Fill out this form and drop it in the mail along with your check.



Give online at www.mercycorps.org/helphaiti

Emergency Quake-Relief Gift

I will provide lifesaving emergency relief for the survivors of the devastating earthquake in Haiti. Use my gift to bring food, clean water, and other humanitarian assistance to people in need:

\$35 \$50 \$100 \$250 \$_____

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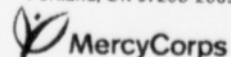
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ZIP _____

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Haiti Earthquake
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Please mail your check payable to Mercy Corps with this form today.

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