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EMPOWERMENT



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Wednesday at 4 PM Pacific

August 5th 2010: Aging Fabulous, Nuts in the Kitchen, Kinder Gardens

Andy Rooney had it right when it touted the qualities of women over fifty. Although humorous, his words are filled with wisdom. Heather Brittany and Cynthia Brian sing the praises of aging with grace, beauty, and style. Time to go nuts, with renowned food expert Susan Herrmann Loomis! Susan reveals all the secrets, flavor, tricks and tips about nuts in her new book, NUTS IN THE KITCHEN. Through more than one hundred simple yet sophisticated recipes, kitchen tricks, and essays, Susan cracks the shells to give you the skinny about nuts. Do you yearn to connect with your children and with nat

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Featured Guest



Susan Herrmann Loomis

As an internationally-recognized expert on food and an award-winning journalist/author, Susan takes a unique approach to her craft; combining training in journalism with a love for food and the people who produce it.

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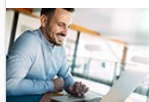
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