

Our Hometown Authors

Interview by Alissa Lukara



Alissa Lukara is the author of *Riding Grace: A Triumph of the Soul* (Silver Light Pub., March 2007), writing coach and facilitates Writing Grace—Writing as a Path to Transform Your Life workshops in Ashland and internationally. She also offers individual and group Constellations for Creativity to help writers and other creative people fully live their creative dreams. For information: www.ridinggrace.com, alissa@ridinggrace.com or 541-482-7877.

Communication takes many forms and impacts us all in a myriad of ways, as the books by these hometown authors demonstrate.

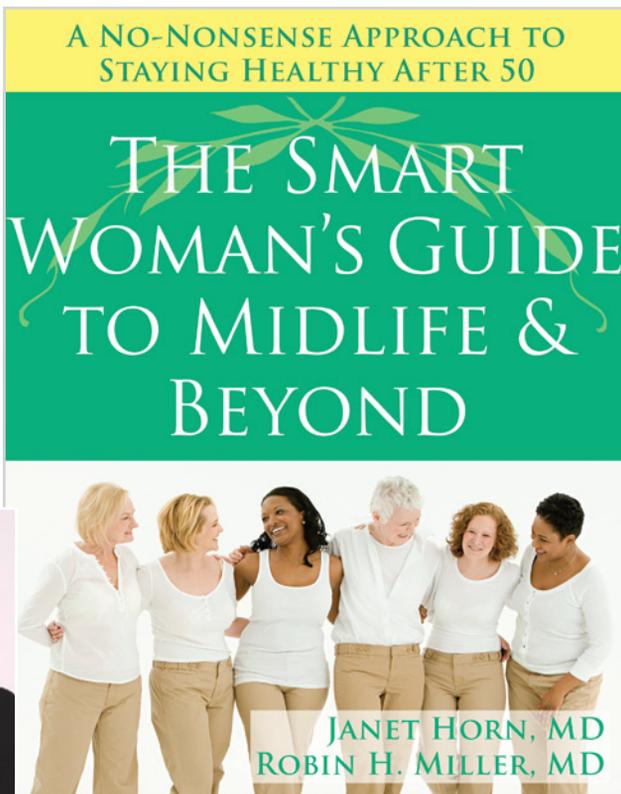
“If women over 50 want to stay healthy, they should listen to what their bodies might be telling them and clearly communicate any needs to their doctor,” said Robin Miller, M.D. Miller, a general internist and medical reporter for KOB1-5 in Medford recently co-authored a book with Janet Horn, M.D., entitled *The Smart Woman’s Guide to Midlife and Beyond: A No-Nonsense Approach to Staying Healthy After 50* (New Harbinger Publications, 2008).

“Women in midlife and beyond have many health issues in common,” she said. “Our book lets women know what they can do to prevent some of the most prevalent diseases and how to determine whether their symptoms point to a medical emergency. We offer suggestions from conventional medicine and from the field of Integrative Medicine, an area in which I trained with Andrew Weil, M.D.”

After meeting in 1983 on the first day of their fellowships at Johns Hopkins Hospital, Miller and her co-author have been friends for 25 years. “We’ve been talking regularly ever since. These girlfriend-to-girlfriend conversations between two Baby Boomer physicians eventually inspired our book.”

A particularly noteworthy asset of the book is a method the authors called “The 4 A’s.” “It helps women organize, simplify, and remember what they need to do to stay healthy and active,” says Miller, who has lived in Medford since 1991. “We want them to be *aware* of risk factors for certain conditions; be *alert* to symptoms; take *action* when they know something isn’t right; and *advocate* for themselves with health professionals. The ‘4 A’s’

support women to take more responsibility for their own health.” More information is available at www.smartwomanshealth.com, www.triunemed.com or 541-734-7770.

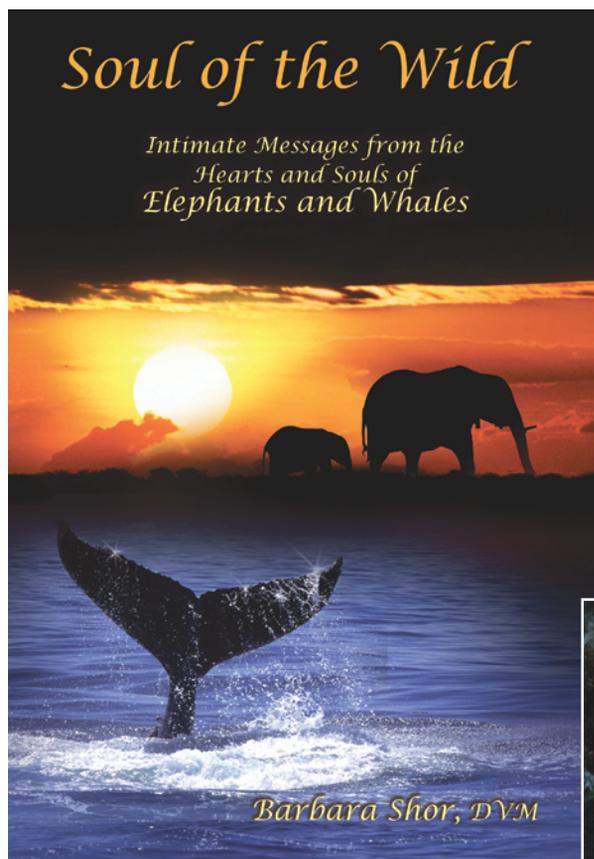
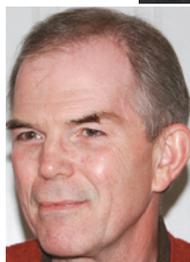
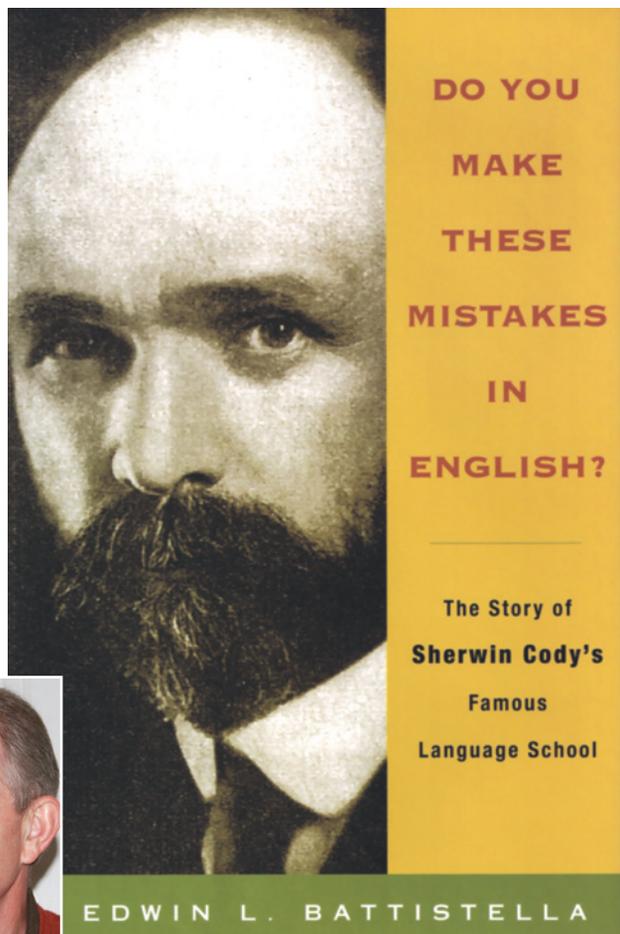


“*Sherwin Cody’s 100% Self-correcting Course in the English Language*, an early correspondence course, set the tone for how we think about English for much of the 20th century,” said Edwin L. Battistella, author of *Do You Make These Mistakes in English? The Story of Sherwin Cody’s Famous Language School* (Oxford University Press, 2008). “It was the most widely-advertised English education program in history and provides a unique window onto popular views of language, culture, success and failure. Ads ran from 1918 until 1959 in the *New York Times Book Review* and pulp magazines.”

The book is both a biography of Cody and a cultural history of early advertising and correspondence courses. Other liberal arts, etiquette and health courses were sold during this time, too, including Charles Atlas body-building and Dale Carnegie courses.

“The course ads played on people’s anxiety about whether or not they would succeed and sold the ‘cure,’” said Battistella, a Southern Oregon University professor of English. “But they also offered an opportunity for anyone to get ahead by self-study, even those who could not afford a college education. They paid \$35 for 25 weeks of courses, which ended up being the precursors to today’s distance learning and self help industry.”

Battistella first came across the ads while researching his previous book, *Bad Language: Are Some Words Better than Others?* “I remembered them from childhood and realized that while Sherwin Cody was one of the founders of business communication, no one had done a biography of him. Soon I was hooked. I talked to Cody’s grandchildren and cousin. I researched family records, contacted historical societies and tracked down what he had written. The SOU Library was a tremendous help in getting what I needed.” For more information: visit www.oup.com.



When veterinarian Barbara Shor realized there was more to medicine than the traditional medical approach she had learned at Colorado State University Veterinary School and later, at UC Davis, and at the California Department of Fish & Game, she began focusing on holistic medicine for animals. Eventually, she turned away from her veterinary practice and entered a brand new world of learning how to communicate with animals. “I became fascinated with discovering how animals perceive the world and what their true function is here,” she says.

Some time later, after visiting Africa, Shor began receiving messages from the elephants and later, from whales. “I communicated with them through writing. I didn’t see them or hear a different voice. I asked questions, and the answers came in the form of thoughts, which I learned to trust and write down.”

Shor finally wrote a book entitled, *Soul of the Wild: Intimate Messages from the Hearts and Souls of Elephants and Whales* (Soul of the Wild Publications and Interactive Media Publishing, 2009).

“I feel so blessed to be doing animal communication,” she said. “When the elephants transmit, I feel a deep sense of peace and love. The whales are not as emotional and yet, they’re very loving. They bring a less personal and more universal love. Both species are here to transmit the energy of harmony and love throughout the earth—through the sounds they make and their body movements.”

Shor loves living in Ashland. “So many people with similar spiritual values live here,” she said. Visit her at www.barbarashor.com or www.soulofthewild.com. For workshop information, call 541-531-6617. ■

