



THE OPRAH
MAGAZINE

LIFE'S A TRIP LIVE IT UP!

Try a flower bath
from Java (heaven)
...good-time music
from Cuba (olé!)
...ice cream from your
own kitchen (yum)
...a journey to the center
of your self (amazing)



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Girls Rule!

The Lower Eastside Girls Club was founded in 1996 by a group of women educators, mothers, and activists, who came together to address the alarming lack of after-school activities available to girls in New York City. Today they provide a range of innovative and creative programming for over 300 girls ages eight to 18. The Club offers arts, sports, photography and literacy programs, as well as entrepreneurial training



through their "Sweet Things" commercial kitchen. For more information about the Lower Eastside Girls Club, or to volunteer, make a donation, or order from the Sweet Things bakery, visit their Web site, www.girlsclub.org.



GREATNESS IS DETERMINED BY SERVICE.™

MARTIN LUTHER KING, JR.