



September 2007

The Paige Turner: Better Than a Money Mailer

Paige Wolf Media & Public Relations Newsletter

Ever since my bargain shopping segment on ABC, people have been asking me to share my money- saving tips. While I don't mind splurging on a wonderful meal, a great night out, or even a fabulous vintage coat, I find that having the money to spend on important things has as much to do with saving as it does with earning.

When I heard Hillary Swank talking about coupon- clipping on *Ellen* recently, I realized if an Oscar winner can own up to it, no one should be ashamed to save a buck.

I excel when it comes to Internet shopping, and I never buy anything online without going through [Ebates](#) first. Simply clicking through this site can give you back up to 15% on any purchase. And of course there is the prerequisite Google coupon search for all online store purchases.

When I shop in a department store, it seems there is always some special coupon they ask for, which I haven't bothered to clip. So I have no problem asking complete strangers in the store to borrow theirs for a quick scan. If all else fails, some cashiers and customer service counters can even dig up an extra to scan for you.

Happy Hunting!

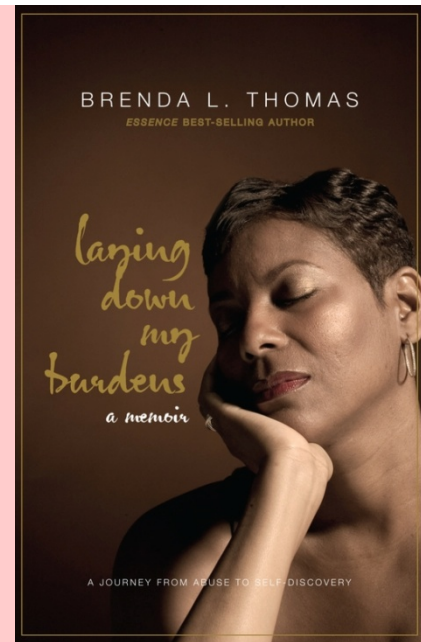
Paige

This Fall's Must Read by Brenda Thomas

In her new memoir, *Essence* best-selling author Brenda L. Thomas departs from fiction as she ventures into the difficult reality of her own past. *Laying Down My Burdens* is a graphic and deeply moving depiction of the author's struggle with domestic violence and its underlying self-esteem issues. It tells a frighteningly familiar tale which takes a positive turn as Thomas overcomes her struggle and becomes an independent, successful woman.

Since self-publishing *Threesome* in 2001, Brenda has received coverage for her literary work and knowledge of her subject matter in a wide variety of national media outlets. After working as personal assistant to an NBA athlete, Brenda became an expert on their culture, appearing on shows such as *CNN*, *Dateline*, and *Entertainment Tonight*. Since then, she has penned three bestselling novels through a major publishing house, *Fourplay*, *The Velvet Rope*, and *Every Woman's Got a Secret* in addition to two anthologies, *Four Degrees of Heat* and *Kiss the Year Goodbye*.

Laying Down My Burdens will be released Tues., Oct. 2, coinciding with Domestic Violence Awareness Month, and will be available at all bookstores, amazon.com, and the author's [Web site](#).



Monday Night Football With Jon Runyan at Vesuvio

Plus New Optimal Choice Menu at Vesuvio

Every Monday through football season, Eagles Tackle Jon Runyan will appear at Vesuvio for *Monday Night Football*. Expect appearances from other teammates when they are not on the field. The first Monday of each month, Jon's wife Loretta will be doing a "Football 101" for the ladies (and maybe a few gentlemen in hiding) who like to hang and watch the game, but just don't have a clue.

New Optimal Choice Menu

Beginning this month, Vesuvio Restaurant & Bar will be featuring new "Optimal Choice" items on its dinner, vegetarian, and bar menus. The Optimal Choice menu items are formulated by Optimal Wellness Inc. nutrition specialist Gabrielle Sigal and provide balanced portions of whole grains, lean protein, vegetables, as well as healthy fats and fiber.

Optimal Choice menu items include Seared Pepper Crusted Tuna with ginger, carrot, artichoke, and wasabi pea sauce; Gazpacho Soup with tomato, cucumber, onion, jalapeno, and cilantro; Spinach Salad with baby spinach, orange segment, shaved fennel, grilled pineapple, and soy citrus vinaigrette; Grilled Salmon with

honey lime bbq sauce, roasted vegetables, and bulgar wheat; Pan Seared Red Snapper with black bean, mango, papaya salsa, sweet potato puree, and fried plantains; and Chicken Bruschetta with tomato, shaved parmesan, broccoli rabe, and artichoke hearts.

[Vesuvio Restaurant & Bar](#)

736 S. 8th St. (at Fitzwater)
(215) 922-8380

Equilibrium Pilates Fall Beginners Workshop

As everyone gets back into their regular routine with less slow summer days and long trips to the shore, fitness is something everyone at least *thinks* about including in their schedule. To make it easy, here's a schedule for you:

Equilibrium Pilates' fall workshop for beginners will run six weeks from Sept. 19-Oct. 24. The course is \$150 per person. Call to reserve your space now as classes fill up fast.

[Equilibrium Pilates](#)

424 S. 2nd St. (at Lombard)
(215) 923-3669



Bleu Martini Happy Hours for PAWS



Every Wednesday in September, Bleu Martini's Charity Happy Hours will benefit [The Philadelphia Animal Welfare Society \(PAWS\)](#). Beginning on Sept. 5, from 5:30 to 7:30 p.m., enjoy complimentary hors d'oeuvres and drink specials, while 15% of all proceeds go to this great new organization.

PAWS is a 501(c)3, donor-funded division of the Philadelphia Animal Care and Control Association, the City of Philadelphia's contracted animal control shelter. PAWS is dedicated to promoting public welfare and to saving the lives of Philadelphia's homeless, abandoned, and unwanted animals. Receiving nearly 30,000 animals each year, PAWS is working to end the killing of healthy and treatable pets in Philadelphia.

[Bleu Martini](#)

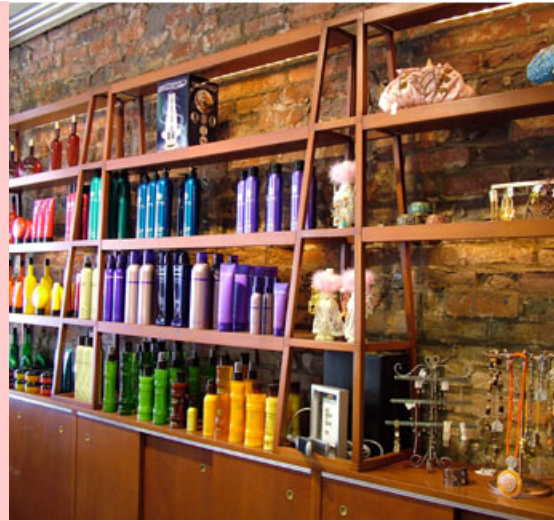
24 S. 2nd St.
Old City, Philadelphia

(215) 940-7900

First Friday at East End Salon

The First Friday in September is always the best. Everyone is back from the shore, the weather is perfect for walking around Old City, and there's plenty of Fringe Festival events in the area.

On Sept. 7, East End Salon will be launching its new cosmetics line, Beauty Addicts, with make-up applications all day long. The salon will also be hosting an art exhibit by A Square Deal featuring affordable works by 25 artists with a portion of the proceeds going to charity. Plus there is new fall merchandise at Tesoros At East End boutique. At the very least, stop by for Michael's famous sangria.



[East End Salon](#)

219 Arch St.

(215) 592-6486

Shout Outs

Philadelphia Animal Welfare Society to host a "Mutt Strut"

The Philadelphia Animal Welfare Society (PAWS) will host a "Mutt Strut" Sat., Oct. 6, at FDR Park (near the stadiums) in Philadelphia. Join more than 1,000 dogs and their owners as they parade 1.5 miles to raise funds and awareness for PAWS' lifesaving activities on behalf of Philadelphia's homeless, abandoned, and unwanted animals. For more information or to sponsor or register for the "Mutt Strut," visit [online](#) or call (267) 385-3800.

Helium Comedy Club Welcomes Lisa Landry

Lisa Landry will perform at Helium Comedy Club September 12-15. Showtimes are 8 p.m. with an additional 10:30 show on Friday and Saturday. Lisa recently starred in her own half-hour special "Comedy Central Presents Lisa Landry," and can be seen in the frequent re-runs of her 2005 appearance on Comedy Central's popular show "Premium Blend." She is also one of the wisecracking gals on "Brett Butler Presents: The Southern Belles of Comedy," and is a contributing writer for *US Weekly Magazine's* satirical and wildly popular "Fashion Police." For more information, please visit [online](#) or call (215) 496-9001.

FORWARD TO A FRIEND

If you thought this was better than a money mailer, why not [forward to a friend](#).

Contact Information

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web: <http://www.paigewolf.com>

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Save 20% Off Your Food Bill at Vesuvio

*Philadelphia City Paper's Reader's
Choice for Best Italian Food Two Years
in a Row*

20% off your total food bill with this coupon
(does not include tax or alcohol)

Vesuvio Restaurant & Bar
736 S. 8th St. (at Fitzwater)
(215) 922-8380

[Vesuvio](#)

Offer Expires: 9/30/2007

\$5 Off One Business Suit at Career Wardrobe Sale

\$5 off ONE business suit at The Career
Wardrobe monthly clothing sale the 1st
Thursday of every month from 4 p.m - 7
p.m.

1211 Chestnut St.
Suite 205
(215) 568-6693

[The Career Wardrobe](#)

Offer Expires: 12/31/07

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