

# Paige Wolf

Media & Public Relations

---

January 2008

## The Paige Turner: Spreading More Good Word of Mouth Paige Wolf Media & Public Relations Newsletter

In the spirit of my "spreading good word of mouth" slogan, I have more fun stuff to share for the new year.

[Freerice](#) donates rice through the United Nations to help end world hunger. All you have to do is play a multiple-choice vocabulary game where each word you get right equals 20 grains of rice. The brilliance of this is their revenue source through advertisers actually make sense, and people who are bored in their cubicles - or actually want to become more verbose - can use this simple educational tool while doing good. The same concept applies to the [Carbon Offsets Game](#) which puts money toward renewable energy and conservation each time you answer easy math problems (think 1+1).

[Change the Margins](#) is such a simple concept: narrower margin settings = more text per page = less paper used = less waste and less money. The default margins for Microsoft Word are set at 1.25" on each side. Documents will print just as easily if you change the margins to .75" on each side.

I read about [Greendimes.com](#) in my friend [Neen's](#) productivity newsletter and signed up right away. I've been spending too much time sending e-mails to the catalog companies who flood my mailbox during the holiday season because I hate to see all that paper waste. For a nominal fee, this Web site will unsubscribe you from all sorts of junk mail *and* plant trees when you sign up. And for loads of super useful tips for saving the environment and money at the same time, local writer does good with [The Lean Green Family](#) blog.

I think that's plenty to keep you busy when the boss isn't looking.

*Paige*

Sonam BYOB Brings Global Dim Sum to South Street

The newly opened Sonam redefines global fusion and offers a new spin on the small-plate trend, serving "global dim sum." The seasonal menu merges intercontinental cuisine into unique bites, many of which meant to be enjoyed by hand. Diners get to taste a large portion of the menu in a relaxing environment as in the Chinese dim sum style.



A global meal wouldn't be complete without a wide variety of liquid accompaniments. To simplify the task of deciding what would best match Wild Boar Tar Tar and Risotto Tamales, Sonam offers menu suggestions for wine, sake, beer, and mixed drinks - not to mention the right glass for every cocktail. These helpful suggestions are available online and over the phone.

The menu fuses concepts and ingredients which seem to come from different gastronomic worlds into delicious innovations like Hamachi Nachos with flour tortilla chips, yellow tail, avocado puree, and pico de gallo oil; S'mores constructed from goat cheese marshmallows, fig reduction, and wheat crackers; Buffalo Falafel with gorgonzola tzatziki and celery batonets; and an Italian Egg Roll with roast pork, broccoli rabe, roasted yellow peppers, sharp provolone, and sundried sweet chili sauce. Tantalizing desserts include Chocolate Gelato topped with chicharrones for a real twist on sweet and salty; a delectable Egg Roll with bananas foster, dulce de leche ice cream, and blackberry coulis; and an ever-changing crème brulee duo served with binuelos spoons.

[Sonam BYOB](#)  
223 South St.  
(215) 922-3092

## New Sensitive Skin Saver by Necklace Necessities



I'm one of those super sensitive people who can't even wear a watch because I get a weird rash from the metal clasp. I even used to have to coat earring backs and the inside of rings with clear nailpolish which peeled off by day's end.

But now [Necklace Necessities](#), the product line which specializes in jewelry solutions, introduces a new product for metal-sensitive skin. Necessities Skin Guard is a

liquid easily applied to areas of jewelry which make contact with the skin, preventing irritation, infection, and discoloration. Complete protection for metal-sensitive skin, it works on all jewelry and metal surfaces, including necklaces, earrings, watches, bracelets, rings, and buttons. One easy-step application dries quickly and lasts up to two months.

*See the coupon at the bottom of the newsletter for a coupon for everything by Necklace Necessities.*

## Beginners Mat Class at Equilibrium

Looking for a New Year's fitness resolution you can stick to? Equilibrium Pilates' Six-Week Winter Workshop for beginners starts Jan. 16. Class times are 7-8 p.m. each Wednesday and focus on teaching the traditional matwork in the Pilates system with emphasis on form and safety. The class prepares participants to join all ongoing Pilates mat classes at Equilibrium Pilates. Then you can come sweat with me and get a little closer to looking like the instructors (see Brie at left - yes, that photo is supposed to be upside down).



[Equilibrium Pilates](#)

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

## Authentic Indian Brunch at Palace at the Ben



For a delicious detour from pancakes and waffles - or even if you're just tired of waiting in line at Sabrina's and Morning Glory, Palace at the Ben offers an authentic Indian brunch experience Saturdays and Sundays from 11:30 a.m. to 3:30 p.m.

Brunch specials include a wide variety of traditional dishes all under \$10. Brunch is also the perfect time to try the Spicy Indian Bloody Mary made from traditional Indian spices.

Traditional brunch dishes include Idli, ground rice batter steamed dumplings served with freshly grounded coconut chutney and sambar (a lightly spiced lentil soup and mixed vegetable soup); Masala Dosa, paper-thin rice and lentil crepe stuffed with spiced potato and onion; Aloo Papri Chaat, a mixture of chickpeas, finely diced tomato, and cubes of homemade hard bread, tamarind chutney and yogurt garnished with coriander; and Dahi Puri, hard mini size balloon bread stuffed with chickpeas, potato, tamarind chutney and topped with yogurt and coriander.

Conventional Thali are also served and come in vegetarian and non-vegetarian varieties. They include five small dishes and condiments such as Papadam (lentil flat breads), Raita (cucumber and yogurt with mint), plus plenty of Naan (flatbread), Basmati Rice, Daal Makhani (a dip made from seven variety of lentils),

and dessert.

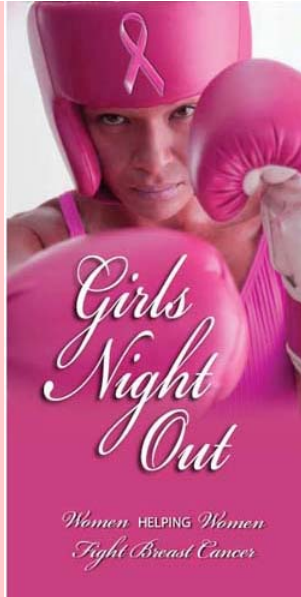
*P.S. Palace at the Ben is open Christmas Eve for those of you who, like me, generally spend the evening with Chinese takeout.*

[Palace at the Ben](#)

834 Chestnut St.

(267) 232-5600

## Girls Night Out at Bleu Martini With Comedian Chris Rich



Bleu Martini hosts a "Girls Night Out" charity happy hour for breast cancer, Jan. 23 from 5:30 - 7:30 p.m. Sponsored by [Contemporary Styles by Mena](#), a family-owned hair salon in Media, Pa., the event will offer drink specials, complimentary appetizers, and a performance by comedian [Chris Rich](#). All proceeds benefit [Living Beyond Breast Cancer](#) and [Fox Chase Crozer Cancer Center](#).

[Bleu Martini](#)

24 S. 2nd St.

(215) 940-7900

## Shout Outs

Save the date for [Girls Inc. of Greater Philadelphia and Southern New Jersey](#) Sixth Annual Founders' Strong, Smart, and Bold Breakfast, Wed., March 5 at The Pennsylvania Convention Center. This event honors Pamela Browner-Crawley, Senior Vice President & Director of Public Affairs, Citizens Bank; Marciene S. Mattleman, President, ASAP/After School Activities Partnership and Education Reporter, KYW Newsradio; and Nilda I. Ruiz, President and CEO of Asociación Puertorriqueños En Marcha Inc. Come for the breakfast at 7:30 a.m. and stay for the Philadelphia Flower Show funded in part by the Philadelphia Department of Human Services.

Do you know a woman who is a leader in business, academics, public service, the law, or her community? If so, consider nominating her to be recognized with The Alice Paul Equality Award given by the Alice Paul Institute. The Alice Paul Equality Award is named in memory of Alice Stokes Paul who dedicated her life to securing equal rights for all women. The award will honor several women who have contributed significantly to championing equality for women. Nominees can be lawyers, business people, academics, legislators, or community leaders. Deadline is Feb. 15 and forms can be downloaded [online](#).

### Contact Information

email: [paige@paigewolf.com](mailto:paige@paigewolf.com)

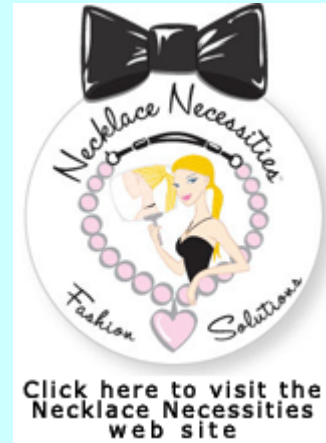
web: <http://www.paigewolf.com>

### Join our mailing list!

Join

Use Code PW1007 for 10% off everything at Necklace Necessities.

10% Your Order at  
NecklaceNecessities.com  
- necklace extenders and  
unique accessory  
products for necklaces  
that are too short, too  
tight, or simply won't stay  
in place



[Necklace Necessities](#)

Offer Expires: 1/31/08

10% Off Your Bill at  
Palace at the Ben

Enjoy 10% off your bill at Palace at the Ben. Does not include tax and gratuity.

834 Chestnut St.  
(267) 232-5600  
Open for lunch and dinner seven days a week. Take out available.

[Palace at the Ben](#)

Offer Expires: 1/31/08

10% Off Your Bill  
at Sonam

Enjoy 10% off your bill at Sonam. Does not include tax and gratuity.

223 South St.  
(215) 922-3092

[Sonam BYOB](#)

Offer Expires: 1/31/08