



Magazine publisher offers inspirational advice

■ 'Live simply' and slow down, she says.

BY DEBORAH SEDERBERG
The News-Dispatch

When people do less, they often do more, Beth Aldrich told the people who feed 7,000 students plus a good number of teachers, administrators and staff of Michi-

gan City Area Schools.

Aldrich, who spends her summers in Michigan City, was invited to speak to food service employees during an organizational meeting by Kathy Kane, director of food service.

The path to doing more by doing less, Aldrich said, is directed by setting priorities.

"Live simply and deliberately," she said. "By choosing

not to get caught up in the details of this fast-paced world, you are doing your part to slow down. You also will discover you will have more time to enjoy being alive."

Aldrich publishes a quarterly magazine written by volunteers and is about to launch a television show on public television. Both the magazine and the show are called, "For Her Information."

While she spoke to a few men from the food services department, most of her advice is directed at women, based on her experience as a mom and business woman. Much of it embraces the art of simplifying.

"Most of us are very busy from day to day," she said. "Time seems to just fly by with multi-tasking, errands and sleep."

Aldrich, whose husband is

an options trader, lives in the Lincoln Park neighborhood in Chicago and spends summers in the Beachwalk development in Michigan City. She and her husband have three sons, the oldest of whom is 10.

Her slick, quarterly magazine covers topics ranging from how to be a "hot mom" to finding organic vegetables

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to health advice to an interview with an orthopedic surgeon who also designs women's shoes.

Her television show, which has just been picked up by the Public Broadcasting System, will be similarly eclectic.

Already she has taped interviews with Jane Goodall, who risked the wilds of the African forests to study chimpanzees; Nell Newman, daughter of Paul Newman and a pioneer in the organic snack food industry; and celebrity chef Rick Bayless, who will talk about his own garden and the benefits of eating organic foods.

When she talks about living simply, Aldrich says, she means living consciously. She means making choices about how to expend time, money and other resources. She means avoiding the traps that seem to suck the very breath from family life, professional life and personal life.

Living simply and consciously has nothing to do with living selfishly, Aldrich said, adding that she promotes the building of community and protection of the environment.

"Support or teach others as often as you can," she advises, and "Nurture ties to our tribe and if you don't have one, create one ... Modern life can be isolating. When you have a tribe, you have a circle that you are part of."

Aldrich attended Kent State University and Christopher Newport University in Newport News, Va., earning a degree in journalism and English. Chicago's public television station, WTTW, Channel 11 will broadcast the show at 1:30 p.m. on Sundays beginning in September.

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Contact reporter Deborah Sederberg at dsederberg@the-newsdispatch.com.