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FOR IMMEDIATE RELEASE

The One-Armed Cook
Media Accomplishments

Magazine Coverage:

Baby Talk magazine (by-lined article, March 2007, May 2006), American Baby (by-lined article, June 2006), Child (May 2006), Cooking Smart (March/April 2006), Southern Living (October 2006), Modern Babies and Children, 2007; Atlanta Parent, Atlanta Magazine, Jezebel, Rockland Magazine (featured gift item, "Gotta Have it!"), Westchester Parent, Hudson Valley and Capital District Parent, Rivertown Magazine, Atlanta Baby

Newspaper Coverage:

NY Daily News, Winchester Star, Longview News-Journal, The Jackson Citizen Patriot, Daily Southtown, Dallas Morning News, Ft. Worth Star-Telegram, St. Petersburg Times, Palm Beach Post, Toledo Blade, Pittsburgh Post Gazette, Richmond Times Dispatch, Atlanta Journal-Constitution, Cincinnati Enquirer, Lexington Herald, Post & Courier-Charleston, Rockland and Westchester Journal News, Daily News-Batavia, Journal-Register-Medina, Athens Banner Herald

Other Print Media:

TCM Reviews Newsletter – Toronto, Canada; Mary's Memo– Chief & Ray's Supermarkets

Television Coverage:

WFTW-Dallas, WCBS-New York, NY1, Daily Buzz (WB, 152 markets nationally), WAGA-Atlanta, WGNX-Atlanta, WCAU-Philadelphia, WXTF-Philadelphia, PBS series "Real Moms, Real Savvy" episode 5

Radio Coverage:

Dr. Laura (national book giveaway January 30, 2006), "Shawn in the Morning" – WOBN-FM (Bayville, NJ, March 8, 2006), "Simply Food with Prudence Sloane" (Hartford, Meriden, Waterbury, Torrington, CT, March 11, 2006), "Chef and the Fat Man" – AM1160 (Atlanta, March and May, 2006), Craig and Heather Morning Show (KXOJ – Tulsa, OK), WSIV/WVOA (Syracuse), CHED (Canada nationwide), Savvy Mommy (syndicated), Mommy Chronicles (SIRIUS satellite radio)

Internet:

Weekly Menu Planner Newsletter, distributed by ParentsConnect.com, a Nickelodeon venture; Amazon.com (hit #1 in Parenting/Motherhood on February 1, 2006); USABookNews.com (finalist in the "Best Book of 2005" Awards, Cookbook category); ClubMom.com cooking/parenting "Experts" (30 articles); RealSavvyMoms.com (monthly recipes, celebrations, and advice); AmericanBaby.com (5 articles posted February 2006); ModernMom.com (March 2, 2006); Sallys-Place.com (March 6, 2006); Numerous Mommy Blogs with reviews

Personal Appearances:

Babies 'R Us Grand Openings 2005 – 2007 (24 cities nationwide); Lunch and Learn Seminars (Spring and Fall 2007); La Leche League New York-East Breastfeeding and Parenting Area Conference, 2006 and 2007, guest speaker on “Healthy Whole Food Meals for Busy Families”, 2007; Bright Horizons Family Solutions (November 2007); Southern Women's Shows, Cooking Demos on Stage (Spring and Fall, 2006); MidSouth Faire, Memphis, TN (September 2006); “Road to Motherhood” Tour, Nanuet, NY (September 2006); American Baby Faire 2006-Boston, Atlanta, Edison, NJ; Baby and Toddler Expo 2006, Nassau Coliseum, NY; Women’s Conference Fort Benning, GA (March 2006 and 2007); 2006 AUSA (Association of the United States Army) Annual Meeting and Exposition Family Forum III (Expert Panelists, October 2006); Babies 'R Us Baby Fests and Educational Seminars in NY, NJ, CT, MA, NH, MD, AL, TX, FL and GA (monthly, ongoing); IACP (International Association of Culinary Professionals) 2005-Dallas; American Baby Faire 2005-Dallas, Atlanta; Good Samaritan Hospital Children’s Health Fair 2005; Local Mom’s Groups, MOPS, and MOMS in NY, NJ, CT and GA; Bookstores; Libraries

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Cynthia Stevens Graubart and Catherine Fliegel, RN, CCE are the authors of “The One-Armed Cook: Quick and Easy Recipes, Smart Meal Plans, and Savvy Advice for New (and not-so-new) Moms” published by Meredith Books (April 2005) ISBN 0-696-22682-0.

Visit them online at www.theonearmedcook.com.

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