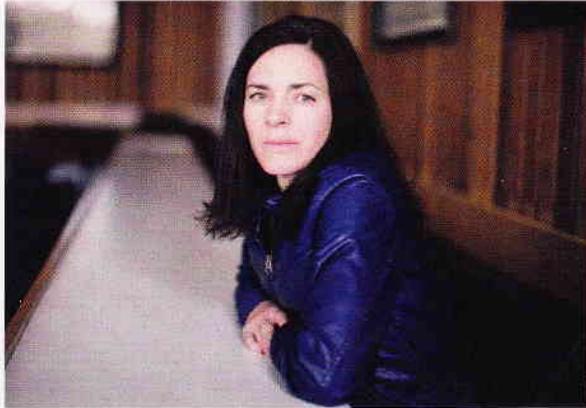




We have our eye on
Annabel Webb

by Elaine O'Connor



When Annabel Webb was 12, the body of a teenage girl from her small B.C. town was found at the side of a remote country road. The murder, which remains unsolved, still haunts her: "It had a profound impact on my psyche," she recalls. Years later, she founded Justice for Girls, a Vancouver-based group that advocates for the rights of young women coping with poverty and violence.

In 1999, Webb began monitoring how girls were being treated by our courts. She found her answer in a sex-abuse trial where the offender was allowed to cross-examine his victims for days. The situation was worse in B.C.'s youth prisons: Girls were routinely incarcerated with males and reported sexual and physical abuse. "They don't know what safety is," the 41-year-old mom of two laments.

Justice for Girls wants to change that. In 2006, the group convinced one of B.C.'s youth prisons to unshackle Aboriginal teens during sweat-lodge ceremonies; in 2007, it revealed that a male doctor had been performing breast exams on girls as young as 13 during routine psych assessments. In a perfect world, Webb would also be able to win justice for that murdered teen from so long ago. But for now, she says, "If we're able to help girls realize they deserve better, then we've been successful."

HAVE YOU HEARD?

by Anna-Kaisa Walker

We were impressed a few months back when we heard that Jennifer Aniston spends only three minutes in the shower each day. But no wonder – it's not like she needs to shampoo and condition: For a mere \$50,000, she reportedly flew her hair-dresser around Europe to maintain her do during a recent Marley & Me promo tour.

From the headlines

BBC News "Saudi lingerie trade in a twist" by Siri Agrell

Raise your hand if you'd be comfortable with a male salesclerk shilling bras and panties at your favorite La Senza. That's what we thought. So imagine how awkward it must be for ladies in Saudi Arabia, an ultra-conservative Muslim nation where lingerie stores were until recently staffed almost solely by men. Women in the country traditionally don't work, but in 2006 the Saudi government passed a law allowing the fairer sex to be employed in stores that sell women's items. Few malls, however, seem willing to give up their jobs – despite facing the tricky task of selling intimate apparel in a country where unwed men and women cannot be alone together and fitting rooms are illegal. Talk about a great opportunity for Victoria's Secret!

It's time to... by Tralee Pearce

START

donating to the food bank again. We remember to donate food at Thanksgiving and Christmas, but in the summer? Not so much. By July, the shelves are getting a little bare, says Gabrielle Chackal from Toronto's Daily Bread Food Bank. The high-demand items remain the same: baby formula, beans, peanut butter, canned fish, fruit and veg; some food banks even accept produce from your garden. Or give cash so food can be bought at a bulk discount. Visit Foodbankcanada.ca and click on "Donate Food" to find a bank near you.

STOP

stressing out about taking vacation. Many of us leave at least one vacation day unused each year, according to a recent Expedia.ca survey. Don't let it happen to you. Delegate any time-sensitive tasks to a co-worker – remember all the times you've covered for her? – and the rest can wait until your return. (The work world will continue to function in your absence, we promise.) Then set up your out-of-office alert and get out of Dodge – even if "getting out of Dodge" entails nothing more than spending a relaxing week at home.

Crush of the month

by Siri Agrell



Sacha Baron Cohen

If you like your men fearless, shameless and capable of assuming a variety of accents, this 37-year-old British actor (best known for the film *Borat*) is your man. We expect his new movie, *Bruno* – about a flamboyant fashion correspondent – to unleash another round of lawsuits from his unwitting co-stars, as well as a ream of new catchphrases. Just when we finally got our guys to stop asking us for "sexy time."

Apple Cider made 6 pounds

Monique lives in QC health sector. She lost 16 pounds. My name is Monique, I work in the care sector five days a week. I lost 16 pounds. I went to a pharmacy and bought Apple Cider 600.

Even though I exercised, especially my legs felt very heavy. I spoke to the pharmacist and he gave me Apple Cider 600, in order to lose weight. I took two boxes and started to lose weight. Apple Cider 600 worked. I went from 153 lbs to 137 lbs, just by taking it. I finally lost weight. I started to exercise while taking Apple Cider 600. I feel healthy and I did it. My body truly transformed. I gave it to anyone who asked for it. It works! I am thrilled. Monique, QC

