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## For Immediate Release

### FANS HEAR AND MEET MODEL AND ACTRESS MARIEL HEMINGWAY AT CAROL G. SIMON CANCER CENTER EVENT

**MORRISTOWN, NJ MAY 8, 2009** – Mariel Hemingway, best known for her modeling career and acting roles in *Lipstick* and her Oscar-nominating performance in *Manhattan*, entertained and enlightened a packed auditorium at Morristown Memorial Hospital Thursday night with tales from her acting career and road to a healthy lifestyle.

Hemingway was the guest speaker of “Tell A Friend,” hosted by the Carol W. and Julius A. Rippel Breast Center at the Malcolm Forbes Amphitheater at the hospital.

The audience of 200 people included a large contingent of Mariel Hemingway fans, as well as women who were seeking motivation to live a healthier lifestyle and cook healthier meals.

Hemingway talked about the philosophy of her new cookbook, “Mariel’s Kitchen: Simple Ingredients for a Delicious and Satisfying Life,” before taking questions from the audience and then meeting with fans for a book signing.

“It’s taken me a long time to get here and I am quite proud of the road I have taken,” said Hemingway.

Hemingway recounted the seven suicides in her family history, including her grandfather and Nobel prize-winning author, Ernest Hemingway, uncles, aunts, and even her sister. She described her childhood as one of survival in a loving, yet dysfunctional family. Hemingway believes she has inherited an addictive personality and therefore, has always stayed away from alcohol and drugs, and even today does not eat any sugar because of its addictive qualities.

“I am addicted to yoga and Twitter,” says Hemingway. “I have a history of controlling everything around me, including what I eat. That’s why I now make purposeful time for food.”

Jennifer Briggs, of Bernardsville, could relate. Briggs, who once suffered from an eating disorder, heard about Hemingway’s visit at the Rippel Breast Center at Morristown Memorial Hospital and decided to come to the event.

“It’s so true,” Briggs said of Hemingway’s account of her history with fad diets. “I have learned to take my meals seriously and eat with a conscience. I no longer snack in the car or in front of the TV.”

“My journey to wellness was a great journey, in a way, because it taught me what *not* to do,” Hemingway added.

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T H E P A S S I O N T O L E A D

Hemingway explained that she grew up in a family where mental illness, depression, heart disease and cancer were common.

Her advice is to get rid of noisy foods. Noisy foods are caffeine, sugar substitutes, and processed foods, to name a few.

"Foods you can't pronounce are probably noisy," she said. "Noisy foods cause chemical imbalances. Stick to simple, clean food and eat organic as much as possible."

All the recipes in Hemingway's cookbook are gluten free.

Hemingway went on to encourage women to take better care of themselves.

"By taking care of you, you take care of others," she encouraged. "It is a good thing to give, but if you keep yourself out of it, you hold a degree of resentment."

Hemingway encouraged all audience members to get a screening mammogram, tell a friend, and encourage them to get one as well. The Rippel Breast Center at Morristown Memorial Hospital is a full service center, providing care for 15,000 women each year. The Center is staffed by dedicated breast-imaging radiologists who specialize in digital mammography, ultrasound, breast MRI and breast biopsies. A unique service at the Center is double interpretation for all digital screening and diagnostic mammography, which means the studies are read by a board certified radiologist, who is Fellowship trained in mammography, and with Computer Aided Detection (CAD).

"When you are raising kids and have a family, you feel guilty for the time you take for yourself," added Hemingway. "But taking the time to get a mammogram, preparing and eating healthy meals, taking a yoga class, or any activity with movement, is not selfish, but the most loving thing you can do for those around you."

The Tell A Friend program at Morristown Memorial Hospital asks women who have had their mammograms at the Rippel Breast Center to tell a friend to do the same.

Hemingway is a big believer in movement or exercise with a mindful attitude.

"Do it with intention – no music or TV," she says. "I believe in a healthy balance of food and physical movement."

Much of Hemingway's philosophy is outlined in one of her other books, "Healthy Living from the Inside Out."

"Learn how to breathe," she says. "We think we are doing it, but we're not breathing deeply. Take a deep breath. It will change your life."

She also encourages self-appreciation.

"Tell yourself everyday that you are ok. Everyone needs and deserves to be appreciated."

The questions asked by audience members focused on her new endeavors, her life's obstacles and how she manages her time.

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Hemingway advises to plan ahead and buy food for the entire week on a Monday.

"It's important to make time for food," she says. "Even when I eat alone, I take out a placemat and light a candle. It sets the tone and makes me relax."

"She is very real, so grounded," said Laura Munoz, of Morristown. "Yet she has a spiritual sense about her. I am sure women our age were reminded about the time we need to spend for ourselves."

Hemingway also believes silence is incredibly nurturing and beneficial.

"In conjunction with your breath, silence makes movement more effective," says Hemingway.

"That resonated with me," said Barbara Smith, of Randolph. "I just don't have a quiet, calm place for me. My home is for everybody else's needs, but not mine. I am going to change that!" she added with a laugh.

Hemingway is host of the Spiritual Cinema Circle and is working on a new film about her grandfather's book, "A Moveable Feast."

Hemingway's closing statement received great applause.

"Love yourself. Make health and holistic being a part of your everyday life, and be sure to create sacred space in your body and your home."

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