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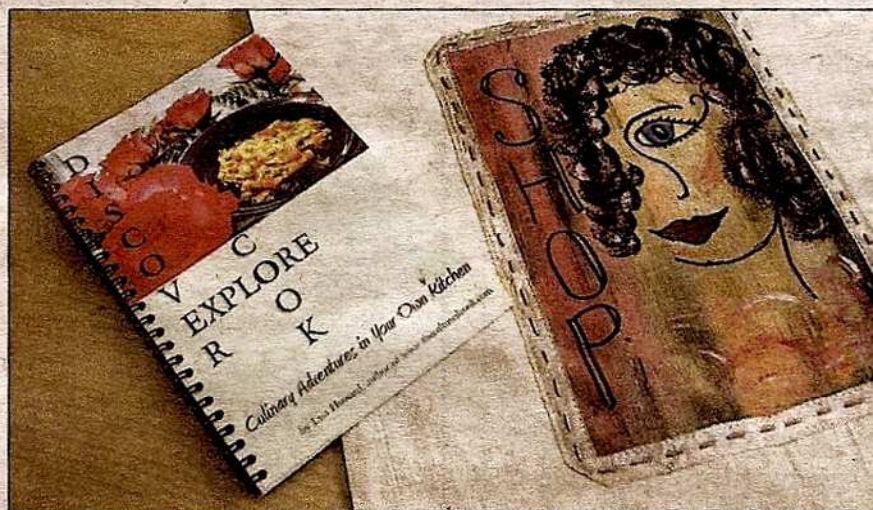
A little 'culture' goes a long way

*Berkley food writer/
health coach launches
line of culinary media*

BY JEREMY SELWESKI
C & G Staff Writer

BERKLEY — Lisa Howard is one of those incredibly energetic, ambitious individuals whose myriad accomplishments are likely to make the rest of us feel downright lazy.

An avid reader and traveler,
See CULINARY on page 13A



For sale in Howard's product line are her cookbook, "Discover, Explore, Cook: Culinary Adventures in Your Own Kitchen," and a line of custom, reusable grocery bags created by Sherry.