



*Ying Pu, Publisher of the Erie Chinese Journal  
and  
Cynthia Marek Lundeen of Cynthia's Centuries of Style  
Present*

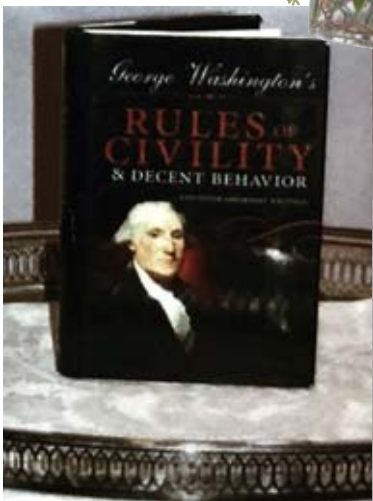
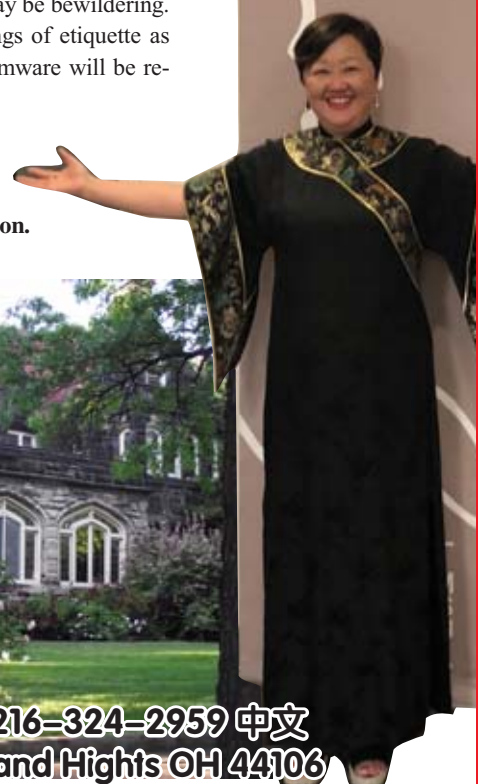
*Treasures of the Heart: Design your Dreams, Becoming your Best Self.  
Essential Etiquette, Professionalism and Navigating American Culture in the 21st Century*

In every culture and in every century, from Confucius, King Louis XIV to Emily Post, we have learned that thoughtfulness and good manners never truly go out of style. While not commonly known, the first president of the United States, George Washington, found the topic sufficiently important, prompting him to author a book entitled Rules of Civility and Decent Behavior.

While etiquette is grounded in consideration for others, the forms in which it is manifested may be bewildering. The formal dinner, meant to be a feast for the senses, sometimes intimidates. The deeper meanings of etiquette as well as the outward appearances such as the mystery of a myriad of silver flatware and crystal stemware will be revealed.

There is a great deal of competition in the world and a knowledge of etiquette can be an important factor in establishing a successful professional life as well as facilitating harmonious relations in your personal life.

Join us for an etiquette course which will infuse you with the confidence to meet any situation.



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They are excellent because they are confident; They are excellent because they have the ability  
They are excellent because they are hard-working; They are excellent because of the opportunity to prepare people

**她們優秀, 因為她們自信; 她們優秀, 因為她們有能力  
她們優秀, 因為她們勤奮好學; 她們優秀, 因為機會給有準備人**

*"TAKING JOY IN LIFE IS A WOMAN'S BEST COSMETIC."* - Rosalind Russell

If taking joy in life is a woman's best cosmetic, it is no wonder that I found Pu Ying beautiful, both inside and out, from the moment I met her. Filled with joy, a great spirit and energy, her sense of friendship extends to all, and we hope that you may join us for a celebration of Mother's Day and Friendship. Whether related by family ties or bonds of friendship, come and bring your mother, sister, aunt, neighbor or friend and feel awash with a sense of peace and leave feeling both relaxed and energized, with a charming program, refreshments and delightful memories of a day well spent.

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