

### #34- Jessica E (Bellflower, CA)



The words "Heart Healthy Hero" only brings one person to mind, my grandmother. A while back she was diagnosed with bone cancer. Being the resilient person she is, she fought it for three years before officially entering remission. A few years later, my grandmother suffered from a heart attack. Once again my grandmother was in the hospital. According to the doctor her love of unhealthy homemade meals and her lack of activity attributed greatly to her heart attack. He told her that things in her life were about to change yet again. First, she would have to stay to a strict diet and second become more active. This request seems very simple for most but for an eighty year old changing habit at this point is very difficult. Slowly but surely she made strides toward living a healthier lifestyle. Every morning she fixed herself a sensible meal and walked to the park across the street. Since her cancer treatments, she was left to rely on her walker and scooter to compensate for her weak legs. So, she started slowly with her walker and other days she tried to go without it. Some days were kind, and others like the day she fell wore her thin. But she persevered on and today she maintains her heart healthy lifestyle and triumphant attitude. Her motivation may have been a heart attack but her perseverance is heroic, that is why she is truly a Heart Healthy Hero.

**Fabric(s):** Stretch Satin, Metallic Dot Tulle  
**Stylistic embellishment:** Campbell's Logo  
**Color(s) used (predominantly red):** Red, white with silver

### #53- Pablo C (Long Beach, CA)



I opened and looked inside my sparsely stocked refrigerator to try and scrounge up items for my makeshift chicken soup. Picking up a half molded onion from one of the crisper drawers, I realized my next meal might come harder than imagined. Chicken. Check. Noodles. Check. Onion. Half check. If only I had taken the time to learn how to cook from my mother before I moved for college. She always said that life was like cooking, but I could never understand why. My mother will always remain an enigma to me: how she managed to raise three kids on her own (all boys), balance two jobs as a nursing assistant, keep herself and us all in nice clothes and still prepare delicious meals. Her strength, determination and beauty have always been my inspiration. Even as she approaches fifty, she remains unchanged, like some super human sent from another planet to protect me; my hero, in every sense of the word. Alas, my hero is human. Last year, she was diagnosed with high cholesterol. Without proper maintenance, heart disease only meals away. Under strict orders, her famous recipes revamped to be healthier, and the dusty treadmill once a forgotten relic, now part of her daily routine. As I watch her today, alive and radiant in the kitchen, I finally understand. The universe is life's kitchen and life's recipe, simple: 1 part Family 1-part Friendships 1 tablespoon Good Food 1 teaspoon Balance Bake until golden. Sprinkle with LOVE

**Fabric(s):** Printed chiffon for the midsection, stretch satin for the rest, self lined.  
**Stylistic embellishments:** The chiffon sewed into place to look somewhat woven to reach around to the back side and twist into an intricate knot then fall into two tails, one white, one red.  
**Color(s) used (predominantly red):** Red and White. The Campbell's logo printed in black.

### #20- Jodie S (Riverside, RI)



My heart is my hero. Despite functioning at 30% of normal, it allows me to work, play and LIVE - albeit at a slower pace. I can physically feel how hard my heart is trying to keep me going each day, which inspires me to do everything in my power to be heart-healthy. Born with congenital heart defects, I underwent multiple open heart surgeries as a baby. Following additional surgeries in 2007, I was declared in congestive heart failure at the age of 23. While the congenital nature of my defects led to my heart failure, living a heart-healthy lifestyle is essential to making it through the day. If I don't make it a priority to get at least 8 hours of sleep a night; take all of my prescribed medications; eat healthy, mostly homemade, low salt foods; and walk as much as possible, my body is barely able to make it through a full day of activity. I have learned there is one real choice in living with heart disease - take advantage of all you CAN do. While there are negatives aspects to my illness, my heart condition has made me a stronger person and allowed me to find my calling in life - working with teenagers who live with chronic illness. Today, at age 26, I know a heart transplant may be in my near future, but I also know living a heart-healthy lifestyle will allow me the best chance to survive into old age.

**Fabric(s):** Silk Charmeuse, Chiffon  
**Stylistic embellishment:** Scalloped neckline  
**Color(s) used (predominantly red):** Red, white with silver  
**Other specifics (optional field):** Two-sided back drape, petal skirt for bottom layers, not see-through