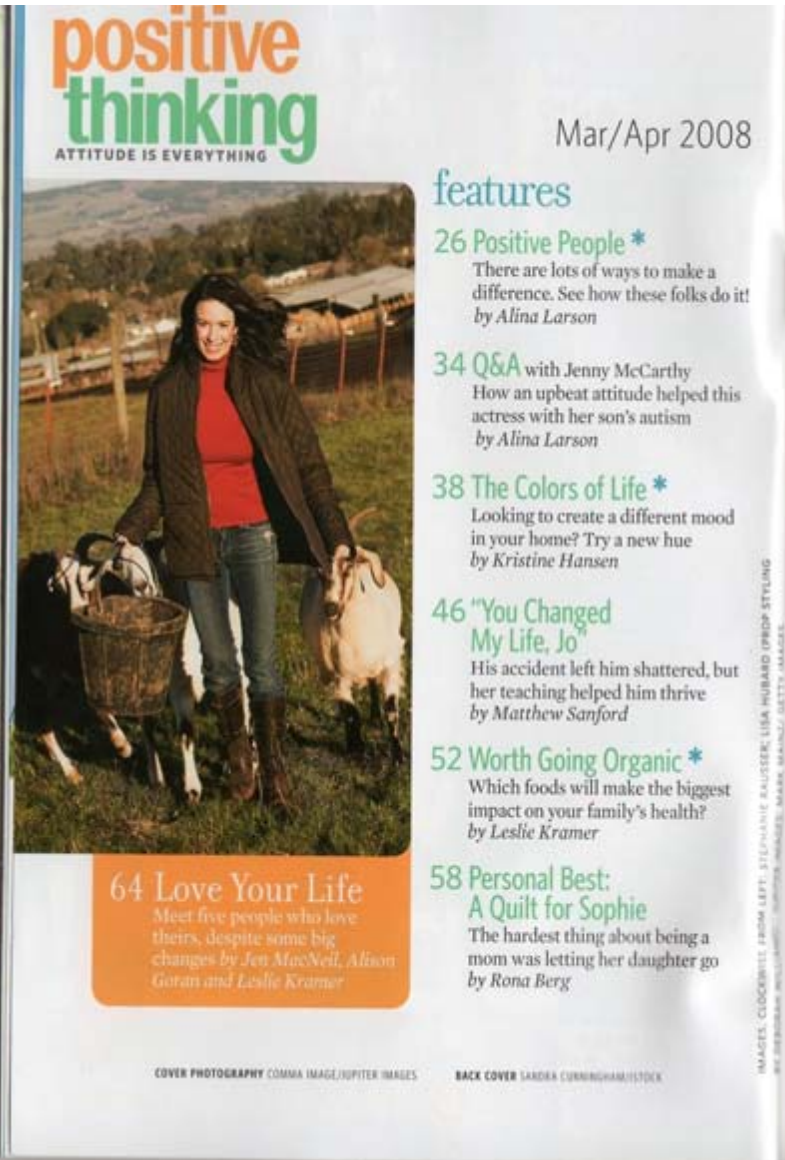




Laura Howard, Laloo's Ice Cream Company Founder and CFO (Chief Flavor Officer) shares how to love your life in the March April Issue of Positive Thinking Magazine – Where Attitude is EVERYTHING!





love your life

MEET 5 WHO LOVE THEIRS, EVEN THOUGH THEY HAD TO MAKE SOME BIG CHANGES

▶ **LAURA HOWARD**

Most people move to Los Angeles to chase their dreams. Laura Howard left to find hers. In 2004, she was living an enviable L.A. lifestyle: She was a successful television producer, a yoga devotee and a recent convert to eating natural foods. But the stresses of city living were getting to her and getting in the way of achieving inner peace. "I realized I needed to change my life when I was spending so much of it sitting in traffic," Laura says.

Changing her life started

with changing her career. Completely. Her interest in natural foods led her to research food markets, and she hit upon a great idea: goat milk ice cream. "The thought just sort of appeared on the horizon," she says. "Running a small farm was exactly what I was looking for as a lifestyle." That August, Laura bought a goat farm in Sonoma County and launched Laloo's Goat Milk Ice Cream (Laloo was her childhood nickname).

"People have embraced this as something new and

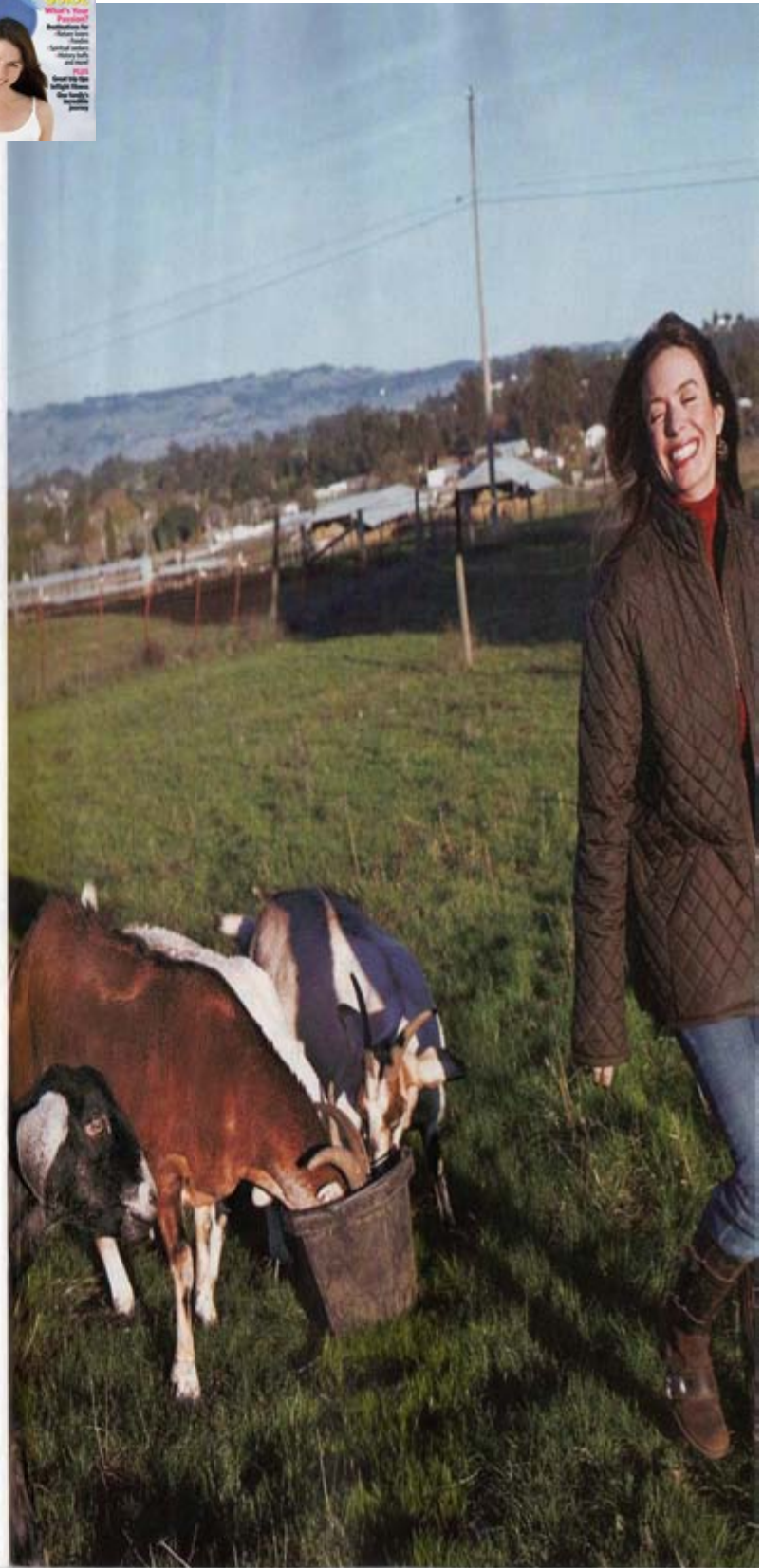
LAURA'S TIPS ON HOW TO DO WHAT YOU LOVE AND LOVE WHAT YOU DO

- ◆ **Be creative.** Good ideas can come from anywhere!
- ◆ **Reevaluate your life.** Find out what works, and change what doesn't.
- ◆ **Use your talents.** I made the most of my business skills to do what I love.

interesting," Laura says of her unusual, delicious product, which comes in distinctive flavors like Saffron Cookie Crunch and Honey Lavender. By the

LAURA said goodbye to Hollywood and hello to her own business—and a bunch of goats!

PHOTOGRAPH BY STEPHANIE RAUSSER





JIM gets into the swim of things with his Harlem Honeys and Bears teammates.

JIM'S TIPS ON HOW TO DO WHAT YOU LOVE AND LOVE WHAT YOU DO

◆ **Connect with people.**

In my neighborhood and on my team, there's always someone to say hello to.

◆ **Dare to be different.** I never thought I'd be a swimmer, but it's been great!

◆ **Dream big!** How many people are Olympic champs in their sixties?

middle of 2005, Laura's ice cream had caught on, flying off the shelves at stores nationwide. She began attending food fairs, meeting

people unlike any she'd encountered in the entertainment industry. "It's a whole different world," she says.

Best of all, Laura has finally found the mind-body harmony she was seeking. "I used to be either in a studio or in the car all the time," she says. "Now I'm outside all day." She and her all-female staff work alongside animals instead of actors, and her downtime is spent playing with her 16-month-old. "It's changed my outlook," Laura says. "I can see myself doing this for a very long time."

—Jen MacNeil

► **JIM FORD**

Jim Ford takes to the water at a recreation center in Harlem with the ease of an Olympic swimmer. He's a member of an elite swim team there, and has quickly become one of their shining stars. So what's more surprising: That Jim is 63, or that he didn't start swimming until his late forties?

He was working as a pastor and youth crisis counselor when he was seriously injured in a car accident several years ago. After he got out of the hospital, he asked his doctor if he could get back to