



AUTHOR JUDITH VIORST HAS AGE 80 MUSINGS FOR JEWISH BOOK FAIR

THE ARTS B6

LIFESTYLES

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ALUMNI STARS SHINE AT BISHOP'S SCHOOL ANNUAL DINNER GALA



SOCIAL LIFE B12

SECTION B

10 QUESTIONS

Her belief in service leads Lisa Lindgren to Soroptimist Int'l



Lisa Lindgren
COURTESY

Lisa Lindgren is the new president for Soroptimist International of La Jolla (www.silj.org). The organization's mission is to improve the lives of woman and girls, locally and globally. The La Jolla branch has served the community since 1947.

Lindgren said her family moved frequently while she was

a child, and attributes this to her interest in meeting new people and trying new things. She holds a B.S. in Applied Economics from Cornell University and a MBA in Marketing from San Diego State University. Her professional career includes 10 years with IBM and six with SAIC.

In 1997, Lindgren hung out her own shingle and is now a marketing consultant, specializing in helping companies deploy their corporate social responsibility (CSR) activities in the community.

Lindgren is married and counts as part of her family, a dog, a cat, and three horses.

What brought you to La Jolla?

Fate. In late December 1989, my husband and I were returning to Florida after spending Christmas in the Bay Area. A combination of heavy fog, and then a mechanical problem, forced our plane to land here and we stayed overnight.

We spent a wonderful day in La Jolla and after returning home, decided we really wanted to move here. It was, after all, the dawning of a new decade. It was the best decision we ever made.

What makes this area special to you?

This area is so accessible and offers so much from our vibrant downtown to our beautiful coast and expansive countryside. Here there are so many ways to touch the community and really make a difference. One of my goals when moving here was to be more involved and I couldn't be happier with being a Soroptimist member and helping to improve the lives of women in need.

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Paws for Applause

Henry is a hero and the ASPCA's 'Cat of the Year'

BY EMILY DERUY
Contributor

La Jollans have an unassuming hero in their midst. He's furry, three-legged, and has just been named "Cat of the Year" by the American Society for the Prevention of Cruelty to Animals (ASPCA).

Henry J.M., as he is known by thousands of loyal followers, has an important message for people, and his name says it all. J.M. stands for "Just Me," and that's exactly the message Henry and his owner Cathy Conheim, a retired psychotherapist, want to spread.

Henry encourages people of all ages to move beyond ignorance and bias into an attitude of acceptance and love for those around them — just as they are, no matter their circumstances.

Henry, with assistance from Cathy, has authored two books — "Henry's World," and "What's the Matter with Henry?" His sister, a poodle named Dolly whose world was upended when her



Cathy Conheim, a retired psychotherapist, rescued Henry from a dire fate, and the pair now writes inspirational books for those living with amputations from their home in La Jolla.

COURTESY

family adopted Henry, has also written a book, "What About Me? I'm Here Too!" that gives a voice to the siblings of sick children who sometimes feel forgotten.

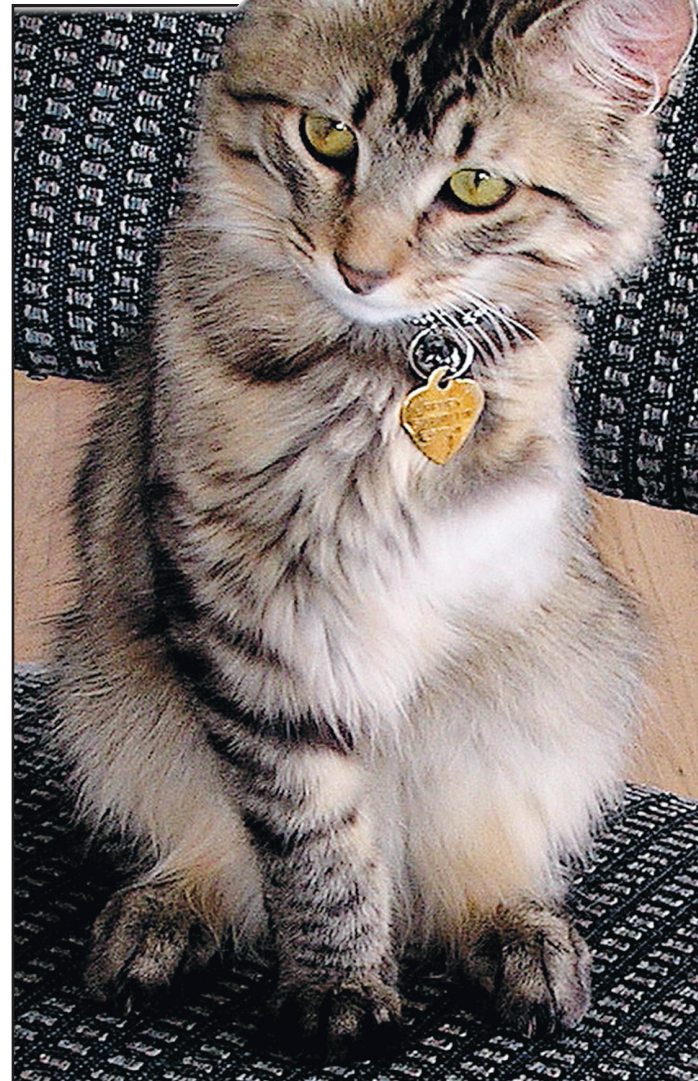
Cathy, a devoted "dog person," said she found Henry (his upper left leg dangling from his shoulder) in Julian, Calif. near her vacation home in 2004. She rushed him to the veterinary clinic where she learned the leg would have to be amputated.

Wary of bringing a cat into her life, Cathy said she debated about whether to proceed with the surgery, but Henry won her over and soon enough she was bringing the three-legged, indoor cat back to her home in La Jolla.

Cathy sent an e-mail written from Henry's perspective about his new life to 20 of her friends, and unbeknownst to her, a project was born. Cathy's friends forwarded her e-mail to their friends, and what started out as a simple note has snowballed, six years later, into an international phenomenon.

Henry and his story have reached millions of people, from South Africa to Japan. His books, each accompanied by a workbook, have offered comfort and inspiration to victims of Hurricane Katrina and been translated into Creole and sent to a children's amputee project in Haiti. Henry has also helped thousands of children from military families cope with a new and frightening reality when their parents return from Iraq and Afghanistan with missing limbs or other serious injuries.

The books are paid for privately by Henry's family. When they are sold retail, the profits go to animals. The Just Me Project (the educational non-profit arm of Henry's World under the Athena Foundation) distributes them free to institutions and individuals



Henry J.M. has been named '2010 Cat of the Year' by the American Society for the Prevention of Cruelty to Animals.

who need them and cannot pay for them. All profits above printing costs (some \$50,000 thus far) aid animal welfare groups. Any group that uses the products for fundraising is permitted to keep all of their profits locally.

Some 45,000 children and adults have written to Henry, and he responds to them in an emotional, nonjudgmental, openhearted voice. For Cathy, it's a way to reach out to those in need without all of the paperwork and requisite diagnoses that clinical therapy requires.

Writing as Henry allows her to ask people healing questions that might seem condescending in a traditional therapist/client relationship. Cathy says people talk to their pets differently, without fear of ridicule, and Henry answers with the innocence and acceptance they seek. "He's become a virtual pet to so many. Henry is their lifeline," she said.

The ASPCA selected Henry from hundreds of nominations, and in November, Cathy alone (Henry gets car sick even on short trips) will travel to New York City to attend the annual Humane Awards Luncheon. "Henry's story touched us. Henry is a true hero, role model, and inspiration," said Sean O'Connor, vice president of ASPCA Special Giving.

On the Web
www.henrysworld.org