



INSPIRATION

## Chicken Soup

FOR THE SOUL

## Fixing a broken heart

An athletic woman shares her story

By LISA M. WOLFE

FROM CHICKEN SOUP FOR THE SOUL: A CUP OF SOUP

"Exercise should be regarded as tribute to the heart." — Gene Tunney

One of the valves in my heart is too small, giving me a heart murmur and occasional blood flow in the wrong direction.

I am very comfortable with doctors, as they have been examining me from the day I was born. My small valve and I got along well during my childhood. I had no restrictions and could climb trees, play baseball and ride bikes with the best of the boys on my street, being the tomboy that I was.

When I was 18, my valve began to express unhappiness. Any stress I felt led to chest pain.

It was as if I was cutting off the oxygen supply to the valve and in return, the small flap was screaming at me to relax.

According to the doctors, the only solution was medication, which I soon learned I would be on for the rest of my life.

At 18, the "rest of my life" sounded like 100 years. I had to find an alternative to reduce stress and increase blood flow to my heart. I found myself in an aerobic exercise class — good for mood boosting, relaxation and cardiovascular health.

The instructor "saw something" in me. She said I was always smiling and moved to the beat. Then she asked if I would like to be an instructor.

My response was, "Sure, but you'll have to teach me." God bless her, she did. Donna spent the entire summer showing me how to be a fitness instructor and then hired me to teach classes for her business.

That same fall, I entered college not knowing what degree I was pursuing. Once there, I learned I could get a degree in exercise science. How perfect. My fitness-instructing career led me to a desire to learn about the body and the body's response to an exercise program.

I could not get enough. I wanted to know everything about the heart, muscles, bones and brain.

During this time, I experienced a reduction in chest pains and would exercise or walk whenever I felt an episode approaching.

I studied biology, physiology and my favourite, the heart. During my class on EKGs, which are electrocardiograph tests for the heart, I learned more information about the medication I was taking and the effect of my body's response to exercise. I did not like the side effects, so with the doctor's guidance, I weaned myself from the drug.

If it weren't for my "broken" heart, I would not be where I am today.

Twenty-three years have passed, and when I

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## This Week

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TUESDAY

A natural way to prevent, treat fragile bones

WEDNESDAY

Slow cookers can cook virtually any kind of meal

THURSDAY

Setting a new career course for women

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Exhibition tells the story of Mi'kmaq on P.E.I.

SATURDAY

Reflections of a life in speed skating

# Landing a big one

What started out as a practical joke between fisherman Timmy Cudmore and his son has turned into a comedy EP titled *King Fish Man*, which is now being sold across P.E.I.

By SALLY COLE

THE GUARDIAN

Each fishing season brings out the spirit of rivalry between Timmy Cudmore and his eldest son, Ryan, 28.

"We always have a fishing competition, and he has beat me three years in a row. Basically, I got tired of him catching more trout than I," says the guitarist/fishing enthusiast from Hampshire, P.E.I.

So, this past spring, he decided to get even with Ryan.

While his son was teasing his friends on Facebook by saying 'here, fishy, fishy', as he waited for the fishing season to open, Cudmore, a P.E.I. guitarist, wrote a song to show off his fishing superiority.

"I named it King Fish Man and I recorded it on the home studio of my other son, who also loves to fish," he says.

Then, on the first day of fishing season, Cudmore picked up Ryan and, on the way to their favourite fishing hole, Old Faithful, he popped a CD in the truck player.

The humorous song, with its catchy beat, started to play. It's the silly dialogue between father and son after the latter lands fish the size of smelts.

But it was the last line that piqued his offspring's attention.

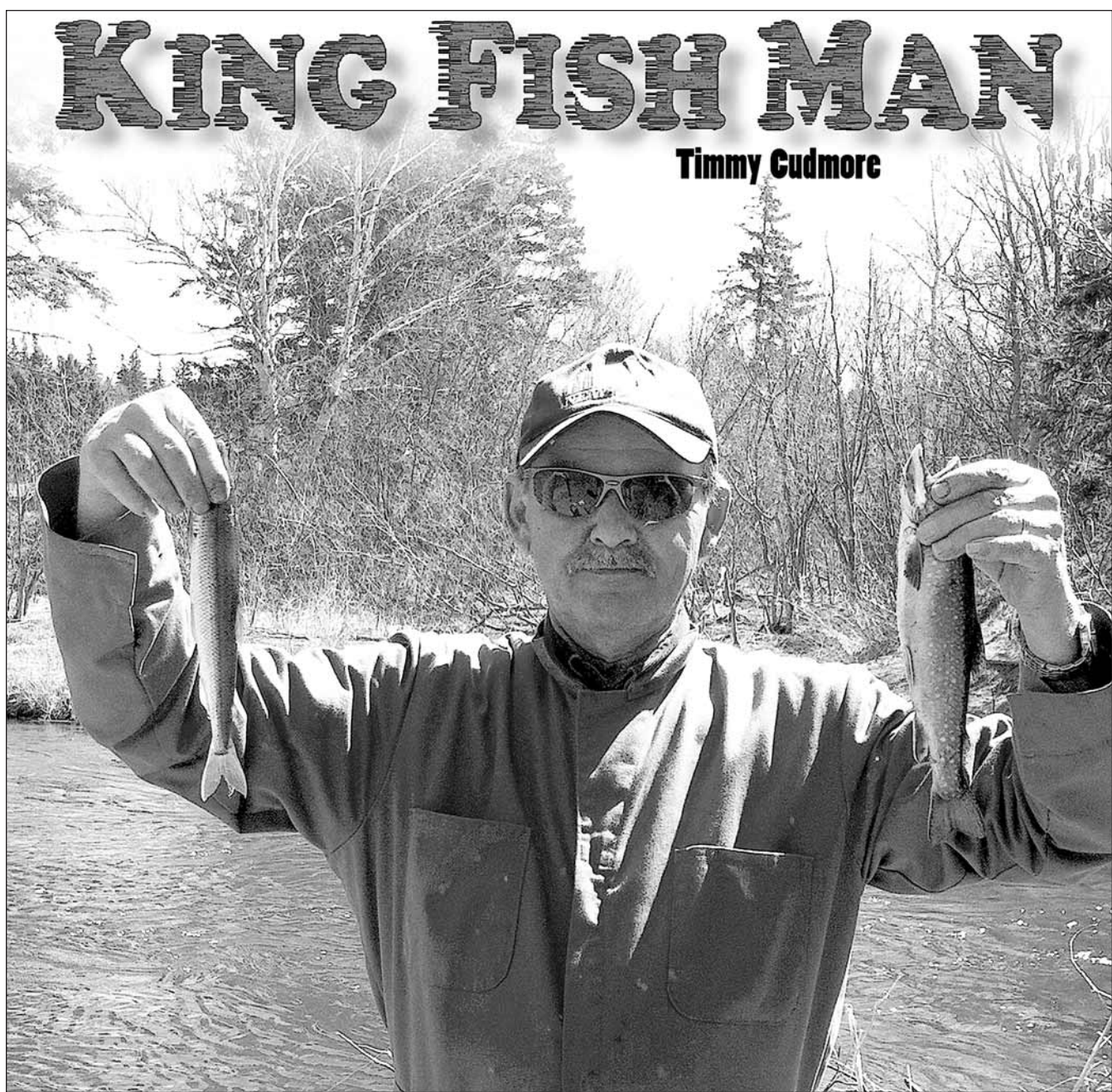
"When Ryan heard the words, 'I'm going to catch more than you, son, today,' he burst out laughing," says Cudmore.

Inspired by his son's reaction, the father gave it to his youngest son to listen to.

"He giggled, too," says Cudmore who sent it to his friend, David Musial, a recording engineer, musician and producer in New York City.

"David was in hysterics and encouraged me to compose more. So, I did," says Cudmore, who emailed him the musical elements.

One thing led to another and soon Musial was in his studio producing a CD, *King Fish Man*.



Timmy Cudmore shows off a recent catch. This handout photo is actually the cover of his new EP, *King Fish Man*. SUBMITTED PHOTO

AT A GLANCE

Just the facts

- ▶ What: *King Fish Man*.
- ▶ Where: Available for sale at Food Basket in Kensington, the Seagull's Nest in Rustico, Wellington Co-op and Clow's Red and White in Hampshire.
- ▶ Website: Go to [www.kingfishman.com](http://www.kingfishman.com).

"Timmy is so funny. He's like Lucille Ball meets the Three Stooges while Tiny Tim is playing Tiptoe Through the Tulips," says Musial, with a laugh during a telephone interview.

The five-track EP includes comical songs

titled Bait Robbers, Mosquito Hell Haven, No Luck With Strangers and The Big One Got Away, as well as the title track.

It's receiving enthusiastic reviews.

"I love it. It's from my time. I grew up listening to the comedy of Eddy Murphy, Cheech and Chong and Jimmy the Janitor from it from the '80s and '90s," says Rob Pineau of North Wiltshire.

"This CD has the same quality of humour that I've grown to love. It's not something you hear every day," he says.

Cudmore is also getting reaction from south of the border.

"It's cute. It's a man's CD.

We just sold two of them to drivers from Indianapolis, who are fishermen," says Harriet Ballard, who stocks them at Ballard's Camping Centre, just outside Buffalo, N.Y. Liberty Landing Marine Centre in New York City is also considering selling it.

"We just received them and will be listening to them shortly," says manager Liz Mernick.

Listening to the feedback, Cudmore, who is a P.E.I. truck driver, is pleased but a little dumfounded.

"I'm surprised. I thought it was a bit of humour about fishing. I didn't expect that people would enjoy it so much that they would want to hear more," says Cudmore

who is now working on a full-length fishing comedy CD that will be released in the near future.

He also realized something else. Because fishing is a solitary pastime, people often feel that their experiences are unique, he says.

But they're not. They're universal.

"One song that really sticks out to me (about this) is No Luck With Strangers. It's about three people that show up in your secret fishing hole. Not only do they invade your space, they don't know how to fish. This is something that has happened with me and I know that others have had similar experiences."

# Worth the cost

Price tag often high, but some men opt for single fatherhood via births by surrogate moms

By DAVID CRARY

THE ASSOCIATED PRESS

Trey Powell's first name has an extra resonance these days. Though still a bachelor, he now presides over a family of three as the dad of twin daughters born six months ago via a surrogate mother.

"I feel so lucky every day," Powell said.

At 42, he's a new addition to the ranks of men who intentionally seek the role of single father. While some opt for adoption, others yearn to have children with genetic ties and are willing to invest \$100,000 or more to make that happen.

There are no firm numbers of how many men have taken this route. It's clearly still a rarity, although Grow-

ing Generations, a leading for-profit surrogacy agency in Los Angeles, says its caseload of single men has risen steadily and totalled about 25 cases last year.

Experts say the driving force is generally a male equivalent of the "biological clock" that prompts some unmarried women to have children while they're still fertile.

"They say they've always wanted to be a dad, they haven't found a partner that they want to start a family with, they're getting older and just don't want to wait — the same things single women say," said Madeline Feingold, an Oakland, Calif., psychologist who has done extensive counselling related to surrogacy.

That was the case for

Powell, a pharmaceutical company executive in Seattle who spent three years futilely trying to adopt.

"I was in an adoption pool for a year and half, didn't get any calls and got bummed about the whole experience," he said. "I just wanted to be a dad. Time was not on my side, and I didn't have the luxury of waiting for an ideal mate."

Before approaching Growing Generations, Powell discussed his options at length with family members and with people who'd been through surrogacy. There was a lot of self-interrogation.

"If something happens to me, who's going to take care of my daughters? Is this an egotistical, selfish thing?" he recalled asking himself. "I



Trey Powell, left, kisses his daughter, Ashton, last month as nanny Randy Hambley holds her twin sister, Kyran, in Powell's home in Seattle. Powell says fatherhood is the focus of his life — a transformation made easier because he often works from home and can afford a full-time nanny. ASSOCIATED PRESS PHOTO

had to be sure it was the right thing to do."

Now, he says, fatherhood is the focus of his life — a transformation made easier because he often works from home and can afford a full-time nanny.

That level of affluence is a virtual prerequisite for men pursuing the option of fatherhood via surrogacy.

"We tell people to budget \$125,000 to \$150,000 for a single baby, and \$150,000 to \$175,000 for twins," said Stuart Bell, co-owner of Growing Generations.

Those figures include compensation of \$8,000 to \$10,000 for the egg donor, and at least \$25,000 for the surrogate mother who gives

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