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FOR IMMEDIATE RELEASE

***MEDALLION PRESS AUTHOR, STACI BOYER, IS THE OFFICAL TRAINER OF MISS ILLINOIS 2008!***

St. Charles, Illinois—November 25, 2008—Medallion Press, Inc., debut author Staci Boyer, whose motivational and strength training nonfiction book will hit store shelves in January 2011, has been named the official trainer of Miss Illinois 2008, Katie Lorenz. In January 2009, Katie will compete with 51 other titleholders from across the country for the title of Miss America at the 2009 Miss America Pageant at Planet Hollywood Resort and Casino in Las Vegas, Nevada. She will also take part in the TLC reality show *Countdown to the Crown*, which will air on TLC in the weeks leading up to the *2009 Miss America Live Finale*. The eight-week journey to the Miss America Pageant begins today as Staci begins working with Katie not only on fitness, but also on building confidence and improving motivation.

Staci was also contacted through her Web site by Aubry Bozzano, who was just crowned Miss DuPage County. Staci and Aubry will team up to prepare for the next level of competition, the Miss Illinois Pageant, in June 2009.

In a recent seminar titled “Motivation Through the Ages,” Staci spoke to over 250 women about how to focus on personal goals at each age in life and find what motivates them. It is this principle that gives Staci more to offer her clients than just a fitness plan; she can also help change people’s lives. In her upcoming nonfiction book to be released in 2011, she uses personal stories to reflect on life lessons learned and encourages readers to reflect and look inside themselves to help them grow and improve their own quality of life. Staci has said, “Strength is not defined by the absence of moments of weakness, but more in your ability to overcome them,” and this is the theme of her motivating and inspiring book.

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**About Staci Boyer:**

Staci Boyer is an award-winning master personal trainer, fitness educator, and motivational speaker with twenty years of experience in the fitness industry and twelve years as a Navy medic. She has been featured in a Bally’s Total Fitness television marketing campaign and has appeared in many different print and national news segments. As a figure competitor, she has appeared in the 16<sup>th</sup> Annual ICA Symposium on Natural Fitness with Arnold Schwarzenegger and was named NYStrength Fitness Director of the Year for 2007. On top of all of this, she is a dedicated and devoted wife and mother of two boys.

***Author website:*** [www.staciboyer.com](http://www.staciboyer.com)

Title: To Be Determined

ISBN: 9781605420929

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Release Date: January 2011

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**About Miss Illinois 2008, Katie Lorenz:**

Twenty-four-year-old Katie Lorenz of Chicago was crowned Miss Illinois 2008 on the night of Saturday, June 21, 2008.

Katie will now spend the next year touring the state of Illinois speaking at schools, public events, and charitable functions about CHARACTER COUNTS! and Right Decisions, Right Now, as well as promoting her personal platform, "Realistic Volunteerism."

Additionally, Katie will make appearances throughout her year of service on behalf of Children's Miracle Network, the official platform of the Miss America Organization.

In January 2009, Katie will compete with 51 other titleholders from across the country for the title of Miss America at the 2009 Miss America Pageant at Planet Hollywood Resort and Casino in Las Vegas. She will also take part in the TLC reality show *Miss America Reality Check*, which will air on TLC in the weeks leading up to the *2009 Miss America Live Finale*.

Katie volunteers as a Make-A-Wish Foundation Wish Granter, English as a Second Language tutor, and deputy registrar for the state of Illinois. Her greatest service accomplishments include coordinating her workplace to help raise over \$30,000 for Chicago's Christopher House; co-creating the Chicago Idealist Network, which includes a 200+ mailing list, a Facebook group, an international podcast, and a blog for connecting Chicagoans with opportunities to create social change; and speaking to over 1,000 high school students on the importance of community activism.

A graduate of the University of Michigan with a bachelor's degree in English and Spanish, Katie is an MBA candidate at Loyola University Chicago's Graduate School of Business specializing in marketing and international business.

For more information on the Miss Illinois Scholarship Association, please visit, [www.missillinois.org](http://www.missillinois.org).

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For additional information on the news that is the subject of this release, contact Heather Lewis-Eng.

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