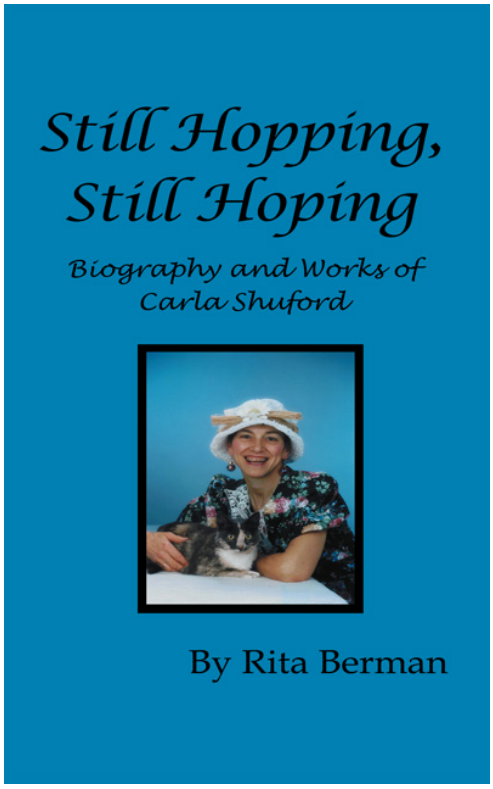
Still Hopping,
Still Hoping
Biography and Works of
Carla Shuford
By Rita Berman

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"*Still Hopping, Still Hoping* is a delight. I did not know Carla was so distinguished. Rita Berman has done a superb job with this biography."
--Larry Cramer, Chapel Hill, NC

"I have just finished Carla's bio. What a memorable, enlightening book! Many stories by Carla and her poetry. Carla has always been a shining star, but now that star is brighter than ever. You will all love it!"
--Suellen Kaltenhacher, Hannah Moore Academy, Class of 1960, to her fellow classmates

"Rita Berman captures Carla perfectly: in her stories, her ever ready, and sometimes wicked wit, her travels and travails, her origins and the difference they've made in what and who she cares for and about, and living fully with a disability that would have leveled the most stalwart. Berman's biography, like Carla, evokes laughter, tears, amazement and a fuller heart."
--Lynn Knauff, NC

When Carla Shuford was dealt a major blow when she lost her left leg at the age of fifteen, she didn't say "pity me", or "I can't do it." Instead, she carried on with determination and the love and support of her parents, hard-working farmers who lived in the mountains of North Carolina. More than fifty years after her operation she laughingly calls herself "a uniped." She says swimming six days a week and eating non-toxic foods have kept her on the path to good health. Carla's stories and poems, and the various materials included here, will tell you of her life, her interests, and her passions.

Rita Berman is a free-lance writer, lecturer, editor, and author. She was born in London, England. Her work has appeared in more than 500 travel, feature, business, and trade journals, as well as newspaper columns, for diverse publications in the United States and Great Britain.

Her reference book for writers, *The A-Z of Writing and Selling*, was a *Writer's Digest* Book Club selection September, 1981.

Chapel Hill has been her home for almost forty years. In 2011 she was recognized as a "Town Treasure" by Chapel Hill. Previously, she was recognized as a "Hometown Hero" for her community and volunteer service.

She lives on a lake and is visited daily by ducks and geese.