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onthecover: Kathi Armstrong (page 26). Photo by April Knox.



It's the end of the year and the end of the road for me with She magazine. This issue will be the last that I work on. For a long time, I have dreamed about working in public relations and/or marketing, and finally, that dream is coming true. On Dec. 11, I started a marketing communications job in Indianapolis. (I may question this decision after a few days of commuting on I-465 in the winter.)

I take great pride in this magazine and have been designing it and writing for it since the premier issue in October 2002. Do you remember the big, bulky newsprint format in the beginning? It's certainly come a long way. And I hope it only gets better. I really feel that it's a valuable asset to the community.



SHE PHOTO BY MIKE DICKBERND

I appreciate everyone letting me and my skills grow with the magazine and allowing us time to find our niche. I hope you'll continue to be just as patient as the magazine goes through another transitional period.

There is no doubt in my mind that I will miss being a part of She every month.

It's become a big

part of who I am. I've had a lot of fun with my co-workers, the freelance writers and photographers, and I don't think I'll ever find another job that pays you for coordinating fashion photo shoots.

Maybe the greatest thing about She magazine is that it focuses on the talented, successful women right here in Columbus. I regret that I won't get to tell the stories of more of them, but I am grateful I met the ones I did. Thanks to those of you who gave me the confidence and the courage to pursue my dreams.

Have a very merry Christmas

Amberly Peterson, Editor

CLARIFICATION

In our October issue, a story on wage inequality compared salaries of men and women in the same jobs. The 2004 American Community Survey compared salaries of men and women working full time year-round in all jobs and industries in Indiana. The study found that women working full time year-round in Indiana make 68.5 percent what men working full time year-round in Indiana make.

EDITOR/GRAFIC DESIGNER

Amberly Peterson

COPY EDITOR

Katharine Smith

STAFF WRITER

Nancy Wheeler

CONTRIBUTING WRITERS

Jenni L. Bryant
Roxanne Hood
Marcia Walker

December 20, 2006

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Published monthly by

The Republic.

SEND COMMENTS TO:

Doug Showalter
The Republic
333 Second St.,
Columbus, IN 47201,
call (812) 379-5625
or e-mail dshowalter@therepublic.com

ADVERTISING INFORMATION:

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michele bollorff

executive director,
Bartholomew County Historical Society

1 If you were president, what's one thing you would do differently?

First of all, that's not a job I would ever choose for myself. But if I were, I would do everything within my power to get our soldiers home from Iraq safely.

2 What has been your best purchase this month?

A passport!

3 If you had a free weekend, what would you do with it?

My ideal weekend would include some reading, walking and relaxing, but then top it off with a big dinner celebration that includes family and friends.

4 What actress would be most likely to play you in a movie about your life?

Someone who has a good sense of humor about herself. Possibly Sally Field, who could be a cross between Sister Bertrille and Gidget.

5 What's one goal you still hope to achieve?

To paint (on canvas) again.



Holiday Greetings

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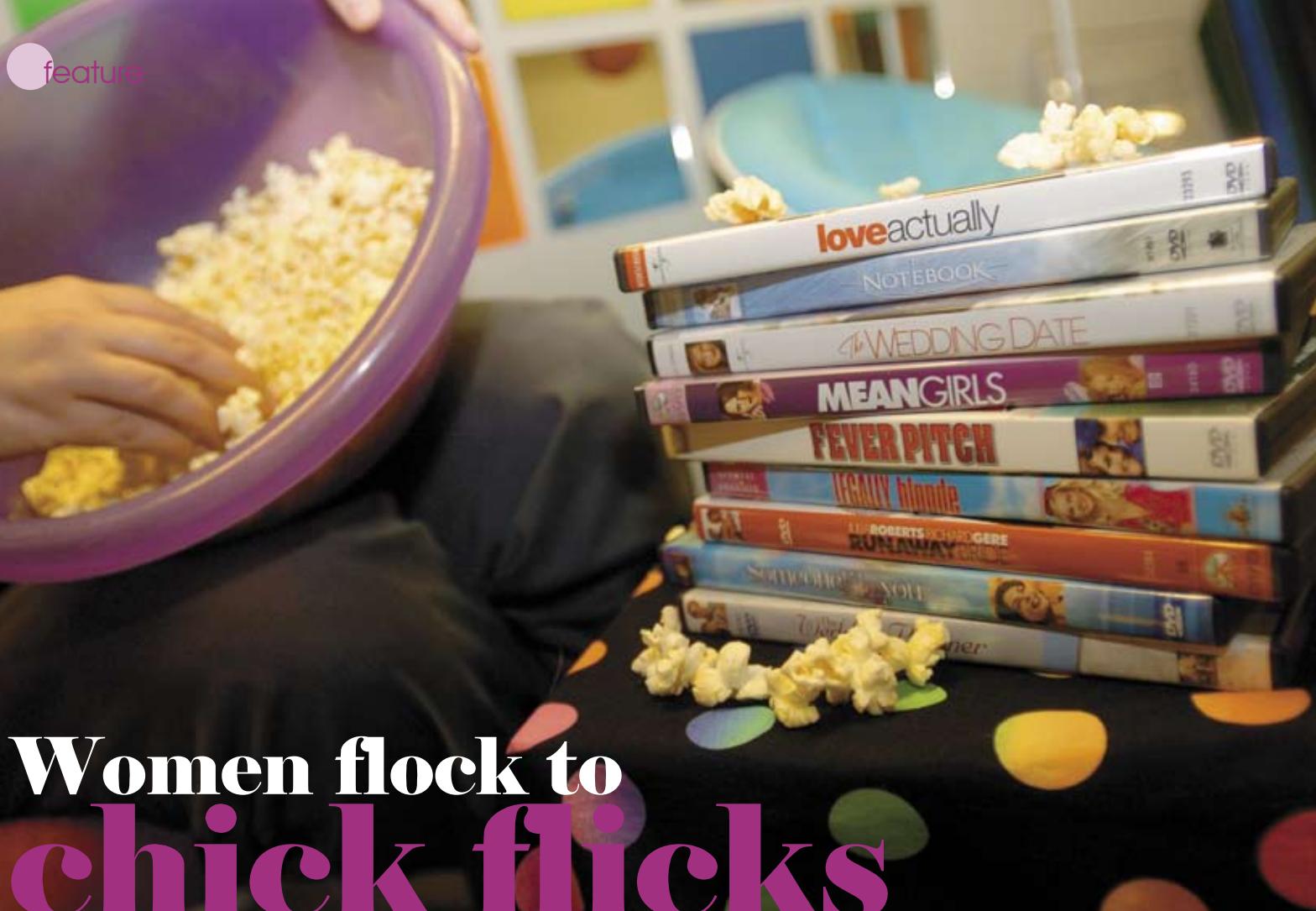


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Women flock to chick flicks

BY ROXANNE HOOD * PHOTOS BY MIKE DICKBERND

So what exactly is a chick flick? A movie only women want to watch? A movie that makes women laugh with their friends or tear up faster than slicing onions? Or is it a romantic movie, full of mushy stuff?

Chick flicks typically focus on romance and relationships. The stars are usually female, and the female audience easily identifies with them. Chick flicks have been labeled as trite, sappy, emotional, soap-operahish, clichéd, melodramatic, weepy and trivial. But whatever you call them, they are a billion dollar industry, and women can't get enough of them.

Several local women love chick flicks. They find them funny and entertaining and don't mind getting out the Kleenex if needed.

Shelly Zeigler is a busy mom of two who works full time and loves chick flicks. "Fried

Green Tomatoes" and "Steel Magnolias" are her favorites. She said she relates to those movies because they deal with issues of love, family and children.

She owns the DVDs, and when her college roommate visits from out of town, they always make time for "Steel Magnolias."

"We get a bottle of wine and a box of tissues, and watch the movie," she said. "It's something we always do."

Natalie Barkes enjoys watching movies, especially chick flicks. She has several she likes because they each represent something different to her.

"My very favorite is 'Center Stage,'" she said. "It's a dance movie; the girl in the movie works really hard to get into the dance school. She has to overcome a lot."

Barkes likes it because it's a feel-good movie.

"If I'm having a bad day, I like to watch it," she said. "I curl up on the couch with a cup of tea. It makes me feel good."

She also enjoys watching movies with her best friends. The movie they usually choose is "Now and Then." It's about four best friends and how their lives go in different directions.

"We watch it every once in a while together," she said. "It seems similar to our lives. We're all going in different directions."

Barkes said her husband doesn't mind watching the occasional chick flick with her.

"We just got 'The Lake House,' and we love 'Hope Floats,'" she said. "Probably half the movies we have are chick flicks."

Denise Conroy admits she is "a one-time-movie watcher." She doesn't own any

movies, but she enjoys renting them and likes chick flicks.

“Return To Me” is probably my favorite,” she said. “It was a great feel-good movie; it was just so touching.”

Conroy, along with her two children and husband, rent movies almost every weekend.

“I’m the one who rents them, so they have to watch what I want,” she said. “I usually want to watch a chick flick.”

Conroy said occasionally her 13-year-old son complains about them, but usually ends up watching.

“Sometimes they are surprised with the movie,” she said. “They realize they like them better than they thought.”

Rachel Stark, a senior at Columbus North High School, watches several chick flicks when she has the time.

“My favorites are ‘The Notebook,’ ‘Save The Last Dance’ and ‘Titanic,’” she said. “Those are my top three.”

Stark, along with her friends, enjoys having a sleepover to watch chick flicks. They pop

popcorn, stay up late and talk while watching movies.

“It’s fun to watch with girlfriends, because you can usually relate to some aspect of it,” she said. “They usually have comedy, romance, or they are tear-jerkers.”

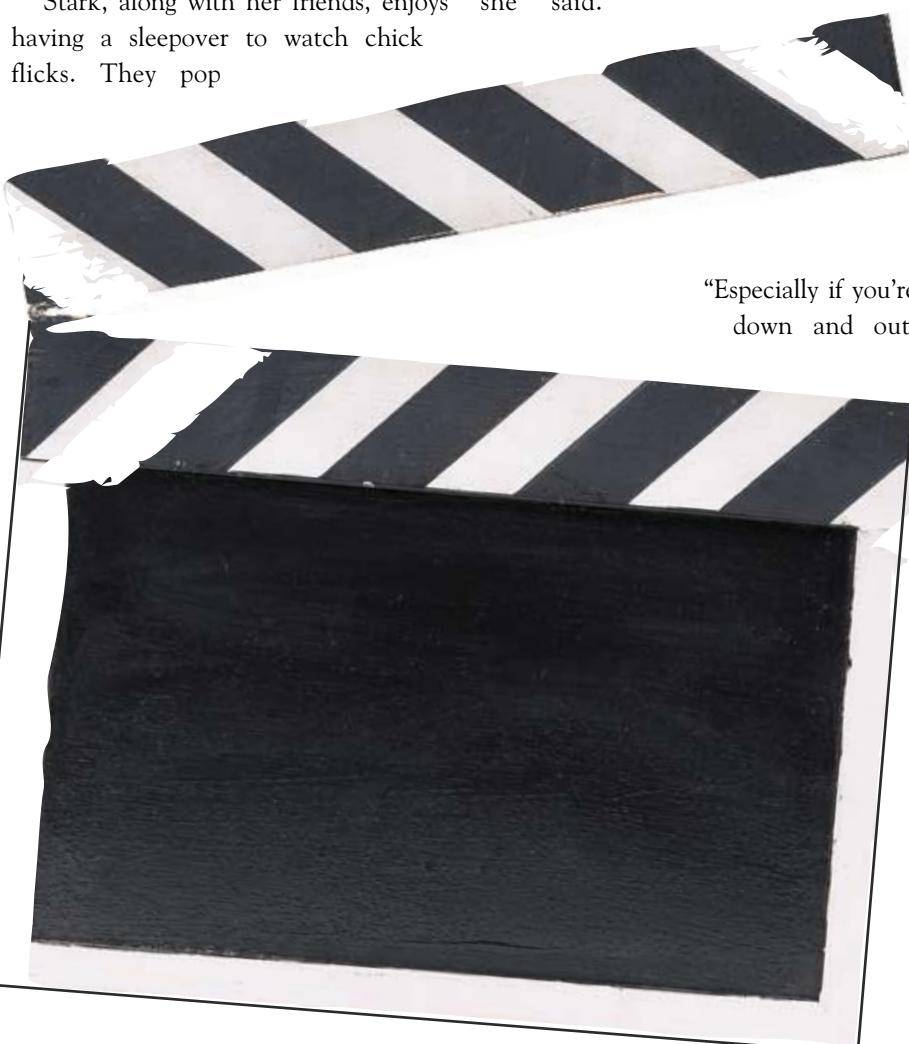
Tammy Hanner has a long list of chick flicks she loves. Naming one favorite is almost impossible for her.

“I really don’t have a favorite one because I love to watch them over and over.”

When pressed to name her favorites, she came up with several. Leading the list was “Divine Secrets of the Ya Ya Sisterhood,” “The Wedding Planner,” “Monster-in-Law” and “Sweet Home Alabama.”

She also admits to having more than 40 chick flicks on DVD and watching at least one once a week.

“They make you feel good,” she said.



“Especially if you’re down and out,

this month's

What's your favorite chick flick and why?



**Heather Holler,
Columbus**

“The Lake House.’ It’s really good. I do love Sandra Bullock, and she’s in it. I loved it because you really didn’t think that they were going to end up together in the end, but they did.”



**Cecilia Hiatt,
Columbus**

“Kate and Leopold.’ The reason why is because of the characters’ good, old-fashioned values and chivalry. I like the way they stood up when a woman entered the room. It just makes a woman feel like she’s golden.”



**Chaley Jordan,
Greensburg**

“My favorite chick flick of all time is ‘The Notebook’ because it is romantic and based in the 1940s. The clothing, hairstyles and makeup were so pretty during that time period.”



**Randi
Eckstein,**

“I really like ‘Titanic.’ It’s so romantic, and Leonardo is so gorgeous.”



Melissa Hannebaum wears Gap curvy fit jeans, \$34.99, available at Gap Outlet, Edinburgh Premium Outlets. OPPOSITE PAGE: Various jeans available at Gap Outlet and Banana Republic Factory Store at Edinburgh Premium Outlets.

I dream of jeans

Women should give poor-fitting pants the boot

BY AMBERLY PETERSON * PHOTOS BY APRIL KNOX

Finding the perfect pair of jeans may seem like a daunting task, especially when you think of all the styles and brands out there on retailers' shelves.

"Women hate to look for bathing suits and jeans, even if they're a size 0," said Karen Boggs, owner of Renew You Style Consultants.

But why? Mainly it comes down to not knowing what to look for. Instead of zeroing in on certain rises, cuts and leg shapes, women often try on jeans in a wide range of styles. Add it all up and that's a lot of combinations and a lot of room for error.

Boggs, who shops with

clients for their clothing and performs closet consultations, urges women to go shopping for jeans when they have lots of time. She says they'll need to try on several different styles, not just two or three.

According to Lockett's Ladies Shop owner Lynne Hyatt, finding the right pair of jeans can be easier if you get help.

Instead of aimlessly hauling armloads of jeans into the dressing room, ask for helpful suggestions from knowledgeable sales staff. They should be able to tell you what styles and brands will work best for your body shape.

"We try to save customers a lot of that frustration," Hyatt said. "Fitting room frustration is a death knell for retailers. If you go in there and you leave mad, you're not buying squat."

Another way women can avoid dressing room dissatisfaction is to take



along an honest friend whose opinion you value.

"If you find a pair of jeans that you think looks good and your friend thinks looks good on you, it's probably a good fit," Boggs said.

Tops, jackets, blouses and accessories are great places to experiment with trends. However, when it comes to jeans, it's best to find a style and fit that looks best on you and stick with it, for the most part.

"Right now the rage is the skinny leg," Hyatt said. "That's not good for much of anybody. It's not flattering for most people. You've got to be very slim and slender to wear that, and you've got to be slim through the thighs, the hips, the whole thing."

If you can pull off the look, pair the jeans with a longer, tunic top that can camouflage a tummy and thighs.

According to Boggs, the most flattering style of jeans for most women is a boot cut



French Dressing jeans are available at Lockett's. Shown here, 1. Peggy bootcut, easy fit, regular rise. 2. Kylie bootcut, natural fit, low rise. 3. Olivia flare, natural fit, mid rise.

style, which flares slightly at the knee and helps create an hourglass shape. But err on the side of moderation.

"You want some hourglass shape, but

really wide down there isn't going to do big hips a lot of favors," Hyatt said.

Another style that suits most people is the straight leg.

"If you find a pair of jeans that you think looks good and your friend thinks looks good on you, it's probably a good fit."

WIN A PAIR OF JEANS!

You could win a pair of French Dressing Jeans from Lockett's Ladies Shop. All you have to do is log on to therepublic.com and answer a few short questions.

Contest deadline is Jan. 7. Our winner will be chosen in a random drawing and must agree to appear in a photo and/or advertisement for The Republic and She magazine.

SUBMITTED PHOTOS

"The straight leg is forever," Hyatt said.

However, be careful to avoid what Boggs calls "mom jeans" — those unflattering styles that have high waists and tapered legs.

"This is not a good look for anyone," Boggs said.

Most people look best in a medium rise jean that hits just below the waist, Boggs said.

"Some older women freak out when jeans don't come up to their waist," she said. "But there should be some overlap, and your top should meet the top of your jeans."

Denim comes in a rainbow of colors, but darker rinses are more slimming and look dressier than lighter styles. And these jeans are more acceptable to wear on casual Fridays or to a nice dinner.

"Dark jeans can be paired with a nice shoe for more pizzazz," Boggs said.

Pockets play a role in making jeans look better. Angled pockets or interesting details can draw attention from other problem

Karen Boggs, owner of Renew You Style

areas. Keep in mind that the size of the pocket needs to be in proportion with your size, according to Hyatt.

Luckily, you can find jeans for a reasonable price — think \$25. However, more styles and features are available in higher price ranges.

"I think Target has upgraded a lot," Hyatt said. "So you can get a good, reasonable jean under \$50."

One of Lockett's best-selling jeans is by French Dressing. They cost \$88 to \$98 and come in three fits, three rises, various cuts and multiple colors. Lockett's also carries jeans by Not Your Daughter's Jeans, City Girl, Karen Kane, Votre Nom and Oui, some of which cost \$150 or more.

"The price of jeans varies. If you're a smaller size or a missy size, you can find more options than someone who's a 22," Boggs said.

One of her favorite denim brands is Tommy Hilfiger, which she said has a good selection of rises, sizes and cuts.

The next time you go shopping for jeans, allow some time, take a friend, try on some different styles and don't be a slave to your size.

"Women get caught up in size. If they think they are a size 8, they're hesitant to try on a size 10," Boggs said. "No matter what

Melissa Hannebaum tries on a pair of dark rinse skinny fit jeans from Banana Republic, \$59.99, available at Banana Republic Factory Store, Edinburgh Premium Outlets.



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"I want to thank everyone at Silver Oaks for all they did for my husband during his time with us and for all they have done for me."

Theresa Thompson

A former Resident of Silver Oaks Health Campus



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Indiana is a blank canvas for Jackson County artist

BY MARCIA WALKER * PHOTOS BY APRIL KNOX

W

Where most people see blank walls, Jackson County's Amber Hudson sees an empty canvas waiting to be filled.

Like the fire station in Ogilville that Hudson passes on her way to Columbus. Or the wall in the break room at The Republic in Columbus, which she said has interesting shapes.

"Those would be great spots for a mural," the California native said. "I look at a space ... (and) do a sketch to show them what it would look like."

Hudson, the youngest of five,

said she turned to art as a child as a way to combat her shyness.

"It was a way for me to talk without using words," she explained. "(To share) my experiences or how I was affected by something. ... I didn't think about that until I had Tristan and see how children learn."

Hudson's interest led her to Chaffey College, where she took art classes and became involved with Chaffey Back Stage, a theater group, where she secured a job as a scenery artist, working on backdrops.

"That helped me not be a lazy painter," she recalls. "I had deadlines; I had to get it done."

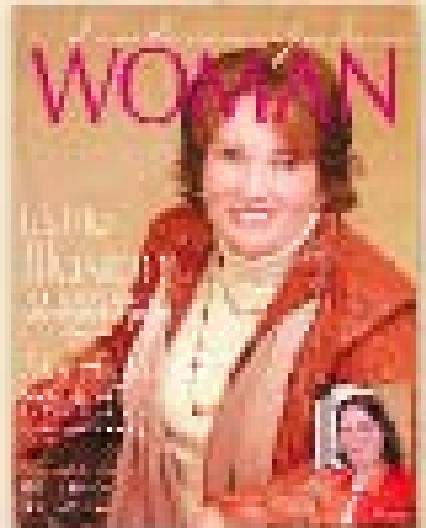
Also at Chaffey, Hudson linked up with Becky Guzak, who was teaching a class about murals. The two began working together. Guzak would sketch designs, but her arthritic knees made it difficult for her to finish the work, so Hudson would fill it in.

"It was great what I learned in school and from painting," she said. "It's something that helps me be totally expressive and get things out."



Amber Hudson considers Rainbow Woman a bridge between her California roots and her new home in Indiana.

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Hudson talks about the mural on the wall of her son's bedroom, a work in progress that changes with the little boy's imagination. **OPPOSITE PAGE:** With her husband, Curtis, and sons, Tristan, 5, and Logan, 3 months.

Hudson and her family, including husband, Curtis, and sons, Tristan, 5, and Logan, 3 months, have lived in Indiana for only two years.

Amber and Curtis were raised in California and met at Chaffey, but Curtis' family has roots here, and they decided this was a better place to raise a family.

While Curtis has lived in a number of different places, partly because of time spent in the Army, Amber had lived only in California.

There are beautiful places in California, the two said, but people have to drive to those places and are disconnected from nature. Here, Hoosier National Forest is literally their backyard.

The Hudsons have only to look out the window, where wild turkeys and deer wander through the yard.

"I always wanted to live close to nature," Hudson said.

The family got a different taste of nature during their first winter here. They had been told winters were not severe, but that first

winter brought a record-breaking December snowstorm. The family stayed put for six days until a neighbor plowed them out.

"It was just so beautiful," Hudson said.

In a sense, she is searching for her artistic niche in her new home, but her time is limited because of her children.

Those time constraints haven't dampened her enthusiasm, however. She talks excitedly about the murals she wants to paint and ideas she wants to explore, perhaps teaching art to at-risk youths. She has given private art lessons and hopes to link up with a local theater group to be a scenery artist.

Hudson is also exploring the art world in Indiana. She has been to one of the galleries in Nashville, where she discovered the Hoosier state's landscape artists. She relates to them because of her fascination with the Indiana landscape, the clouds, the light, the colors, the storms that sweep in.

"Now I can understand why you want to be a landscape artist," she said. "When I walk out there (the woods surrounding her home), I feel like I'm part of something."

Before Logan arrived, Hudson volunteered at the Columbus Museum of Art and Design. She is impressed by how the community accepts and promotes the arts, mentioning the mural project that involves at-risk youths.

"If I could somehow get into that program ... and work with children through art, that's something I'd love to do," she said.

Hudson wants to continue working on murals and is looking for contacts, but also realizes that she needs to work on smaller pieces, too. Last year, she created the family's Christmas cards.

Meanwhile, she is working on a mural in her sons' room, incorporating figures that Tristan suggests. It's a work in progress, and may be for some time since the little boy is always coming up with new ideas.

The mural now covers most of a wall, but Hudson anticipates at some point it will work its way across the ceiling.

Another piece hangs in the living room, a painting she calls Rainbow Woman. It incorporates bold colors and elements of



nature, including clouds and a rainbow. Hudson said it reflects her American Indian roots.

She also considers Rainbow Woman a "bridge" because she started the piece in California and finished it here. She left much of her art in California with her father but is excited about the possibilities offered in Indiana.

"You need to let go of the past and keep creating things," she said.

Hudson said her biggest supporter is her husband, who is also an artist and encourages her to pursue her love. In fact, the two talk about working on mural projects together, he working on layout and base colors, Amber doing the details.

"This is what she needs to be doing," Curtis said, flipping through his wife's portfolio and pulling out examples of her work. "It's easy for me to talk about her ... I've been around enough art to know what's good ... she can do plants, animals and people like photographs."

Hudson is a young mother, nurturing and raising her two children. But she is also seeking ways to nurture her artistic spirit as well, putting down roots to allow that spirit to grow and blossom.

"It's always just been something I've done," she said. "All this stuff comes out. It's a language of symbols, all these things coming out."

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PACKAGING GIRLHOOD

PACKAGING GIRLHOOD

Rescuing Our Daughters from Marketers' Schemes

Sharon Lamb, Ed.D., and Lyn Mikel Brown, Ed.D.



Sharon Lamb, Ed.D., and
Lyn Mikel Brown, Ed.D.

ST.
MARTIN'S
PRESS

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Have you ever stopped to wonder how all those princess cartoons, attitude T-shirts and teen magazine quizzes affect young girls? In "Packaging Girlhood: Rescuing Our Daughters from Marketers' Schemes" Sharon Lamb and Lyn Mikel Brown explore the territory and come up with some frightening and eye-opening results.

The inside book jacket reads: "The image of girls and girlhood that is being packaged and sold to your daughter isn't pretty in pink. It is stereotypical, demeaning, limiting and alarming.

"Girl Power has been co-opted by marketers of music, fashion, books and television to mean the power to shop and attract boys. Girls are besieged by images in the media that encourage them to pursue accessories over academics; sex appeal over sports; fashion over friendship. These stereotypes are everywhere from Disney movies to hip-hop lyrics, Nickelodeon cartoons to Seventeen magazine."

As it turns out, modern-day girls may not have it so much better or differently than girls of the past, say Mikel Brown and Lamb, who both hold

Shopping for
stereotypes

Parents encouraged to help daughters overlook hype to find positive role models

BY AMBERLY PETERSON

doctoral degrees in education. Lamb is a clinical psychologist who teaches psychology at Saint Michael's College in Vermont. Mikel Brown is a professor of education and human development at Colby College in Maine and is co-creator of the nonprofit organization, Hardy Girls Healthy Women.

Both women are also mothers.

They have been studying girls for more than 20 years and have written other books about their development. Some of their ideas come from assignments given to women in their college classes.

"The girls come in thinking everything's equal," Lamb said during a phone interview.

But after the students research how girls are represented on products such as deodorants or cereal packages, they realize stereotypes are still present. One is that boys play and get dirty while girls watch and look pretty. Another is that girls are either one of the boys or for the boys.

Get them while they're young

Mikel Brown believes that by the time most girls reach middle school, they can tell when an image in a magazine has been digitally enhanced. Girls in this age group

Suggested media

Magazines

New Moon, Teen Voices

Books

"Sisterhood of the Traveling Pants" by Ann Brashares, "The Paper Bag Princess" by Robert Munsch, "Alanna" series by Tamora Pierce

Movies

"Spirited Away," "Whale Rider," "Fly Away Home"

Tips and advice

Instead of shopping, find other ways to bond.

If you have a daughter who likes to play soccer, instead of getting her a girls' magazine that might have one story about soccer, buy her a soccer magazine.

WILDS AHEAD IN HEART CARE



WOMEN ARE DIFFERENT. SO ARE THE SIGNS.

Ruth Cheshire, D.O., is a women's heart health specialist and is different for a woman.

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"The thankful many days I recall. Oh, my goodness."

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THE HEART CENTER
AT COMMUNITY

5 tips for raising media savvy daughters

Your daughter's world is changing every second, but the more things change, the more they stay the same. In our book, "Packaging Girlhood: Rescuing Your Daughter from Marketers' Schemes," we give examples of the kind of stuff that your daughter faces every day in her world.

Both the media and marketers influence her from age 3 through her teens, and in our book we show you how, at every stage, they reinforce old stereotypes, encourage narrow choices while pretending to sell her girl power, overvalue boy-world, and tell her that if she can't be one of the boys, she'd better be for the boys.

Below we offer five tips for talking with your daughter. Are there paths through the forest of sexy diva princess pink shopping hotties? There sure are. And whether a mom or a dad, you can raise a daughter who can make her way through the prefabricated, prepackaged world marketers offer.

1. Do your own work

This is a lot harder than it might sound, which is why we put it first. Doing your own work means becoming familiar with what's out there. Watch what she watches, listen to her music, read her books and magazines so that you know what messages this world sends her. It also means being aware of your emotional response to the things you see.

Do you feel like screaming, "No!" when she points out the "Little Hottie" tank top? Observe your reaction and consider why you feel this way. Is it because you fear for her? Because you worry about what people will think of her? Because you worry what people will think of you?

It's important that you take the time to name and understand what makes you so uncomfortable, so that you can take care of your feelings before trying to understand hers.

2. Listen to what your daughter likes and why she likes it

Ask her about her world. Don't assume you know why she loves shopping at Victoria's Secret. You might be surprised by her answer. She may love the power she gets from wearing these clothes or she may enjoy the grown-up feeling they give her. Only when you understand where she's really coming from can you talk with her about her desire and your concerns.

And really, isn't her wish to feel powerful and grown up a much more important conversation to have than the clothing she covets?

3. Bring her the world on your terms, from your broader view

Reflect on what she says. Share your discomfort. Help her notice the bigger picture, for example, how looking hot like her latest teen idol can be fun but also connects her with a lot of other stuff she might not have noticed or thought about. Wonder aloud about more general patterns you see, like how all those little purses hanging from everything might make girls think that all girls, even 3-year-olds, are into shopping.

4. Start young

You can help your 4- or 5-year-old develop a vocabulary and a way of talking that will set the stage for conversations for years to come. What better way to introduce the word "stereotype" to your daughter than by walking through the girls' department of any clothing store or the "blue" and "pink" aisles of any toy store?

If you question, she'll question. Model a way of seeing and talking about the different choices presented to her. Ask her to imagine stories other than romance, shopping sprees or saved by the prince versions she'll see over and over. Help her notice when her world is becoming smaller and more limited, so she can step back and say, "That's silly. That's a stereotype. Girls aren't really like that."

5. Open up possibilities and create options

Our job as parents is to encourage our daughters to be all they can be and to introduce them to a world of possibilities. Increase time spent trying new activities that challenge her imagination and her body. Seek girl-positive books, TV shows, and music. Offer her the full rainbow of colors.

— From Lyn Mikel Brown and Sharon Lamb, authors of "Packaging Girlhood: Rescuing Our Daughters from Marketers' Schemes"

also understand that not all girls look like the images in the media.

"They're pretty savvy, but they don't know about the licensing agreements or the connections with other companies," Mikel Brown said by phone.

She uses the example of Aldo shoes teaming up to include its products in My Scene Barbie packages.

"They start building brand loyalty or brainwashing brand loyalty at an early age," Mikel Brown said. "Because the girls are getting more and more media savvy, the marketers have to get better and better to make it seem like reality."

Marketers start attracting girls at a young age, and by the time some girls reach their teen years they are loyal to the brands they grew up with.

"They start to believe in brands as part of their identity," Lamb said. "If it's taken away, they often feel there's nothing left of them. It's hard to let go of that. If she says she's an emo-type, there are certain places she shops and certain music she listens to. It is very much part of her identity."

What angers Mikel Brown and Lamb even more is when marketers target girls younger than 5. Children younger than that aren't able to distinguish between fantasy and reality.

"It seems really awful to me that the marketers are doing that to kids so young and getting kids to pester their parents," Mikel Brown said.

Nothing angers the women more than marketers' decisions to make over Dora the Explorer, normally a healthy role model for young girls, into a princess or a fairy complete with a kitchen playset.

Another pet peeve of the authors is using Princess Fiona instead of Fiona the ogre in promotions for the hit movie, "Shrek."

"I don't know if it's Dora or Fiona that bugs me the most," Lamb said. "The marketers turned Dora into a princess. And the message was positive in ("Shrek"). Fiona found true love no matter what she looked like."

Solutions and ideas for parents

"Packaging Girlhood" also includes chapters about clothing, television and movies, books and magazines and activities.

The authors give example after example of stereotypes that exist in each of these categories and how they can be harmful to young girls. But the book also devotes an entire chapter to helping parents talk to their daughters about the images they are seeing.

"The first thing you do is do your own work," Mikel Brown said. "Know what she's watching, wearing and hearing."

Instead of saying "no" to princess movies and "Little Hottie" T-shirts, Lamb and Mikel Brown suggest that parents ask their daughters questions and take a more active role in their lives.

"Why does she want what she wants? Does that 'Little Hottie' T-shirt give her power or attention?" Mikel Brown asks. "We're not saying, 'No, you can never see these movies or read these books.' We encourage, 'Yes, and let me show you this too.'"

The authors advise parents to give their daughters other, healthy options in addition to the ones they're asking for.

"Bring the world to her on your terms," Mikel Brown said. "Explain that there are other ways to be powerful and gain attention than being sexy or cute. There are other qualities to develop."

Another important thing for parents to know is that they are not alone. They can connect with like-minded parents and organizations such as Campaign For A Commercial-Free Childhood, which has done extensive research on media literacy.

Media-savvy and concerned parents can make an impact. Last spring, Hasbro announced plans to market and sell dolls based on the overtly sexy lounge act/pop group the Pussycat Dolls. The target audience was girls ages 6 to 9. Infuriated parents associated with Dads & Daughters wrote letters to the company's CEO Alfred Verrecchia asking him if he really wanted his 7-year-old granddaughter to play with these dolls. Ultimately, the company abandoned the line.

"We understand it's a business and the bottom line is making money, but there are creative ways to do this without perpetuating the stereotypes," Mikel Brown said.

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Bartholomew County Extension Homemakers club members celebrated the 80th year of the Homemakers Council at the annual October Fall Event.

Debbie Phillips, president of the Night-Timers extension club, was elected council president this summer, joining a long list of women dating to 1926. Although each club has projects to benefit the community, the council is active, too.

"The past years we've given to Love Chapel and milk money to a country in Africa," Phillips said.

As the current council president, she plans to continue urging members to exhibit at the local fair and to increase club membership.

"We're hoping to do a couple of community projects, but nothing is set yet," she added.

Phillips' term is two years. The council's past president remains on the board for two years, adding experience to the group. Phillips has been an extension club member since 1977, enjoying both

SUBMITTED PHOTO BY NORMA BUTLER



Marnie Carr, left, and Debbie Phillips enjoy the October Fall Event of Bartholomew County Extension Homemakers.

HOME IMPROVEMENT

Extension Homemakers Council celebrates 80 years of education

BY NANCY WHEELER

"They are the mainstay for keeping the history and keeping the organization together," said Kathleen Hendricks, former extension educator. "The past presidents are charged with keeping the history."

Past council presidents realize it is a privilege to have been a county president, she added. Often they are asked to serve as advisers by those following them in office.

Looking back

Reminiscing is part of any birthday party.

"It is important to remember the reason for the club and county organizations," Hendricks told the women attending. "We never outgrow our need and ability to learn."

Nutrition was the main course of study in 1921 and is still an important topic, she added.

"There is not a day goes by but someone

is advertising and speaking about the need for education on what we need to eat. We need the university specialists and the food departments to give us information that is tested and not biased."

Hendricks and Butler have served as Bartholomew County agents for the past 50 years. Hendricks retired in 1981 after 28 years, and Butler began her work 25 years ago.

A century of education

The extension service was formed in the early 1900s. An effort to present home economics in Bartholomew County began in 1922, when S.R. Miles was county agent.

In the beginning, projects were taken up by a few interested women who were members of study clubs and Sunday school classes. Farm Bureau was the main agriculture agency that worked with Miles. Leaders and demonstrators came from Purdue to instruct

the programs and the social aspect.

"A neighbor asked me to come to a meeting," she recalled. "I went, had fun and went back. Mother was in extension homemakers, too. I went to her meetings when I was little."

The fall event is one members look forward to.

"It is a social time for extension homemakers to get together to network and enjoy themselves," said Norma Butler, local extension educator.

The council was formed in 1926. Made up of 31 current club presidents, it meets four times a year to take care of business, including approving the county budget, organizing program books and making decisions on county projects. The women decide which lessons and programs clubs will present to their members, Butler explained.

women in improved homemaking.

By 1925, local leaders' goal was to have a group in each of 14 townships. In 1926 they came together to form a county organization. Lucy Doup was the first county president, working with the theme "Today's Home Builds Tomorrow's World."

Early lessons from Purdue University were presented by Aneta Beadle. She later became Aneta Vogler of Hawcreek Township and served as county president in 1957 and 1958.

In November 1926, the organized clubs had their first round-up in the form of Achievement Day. Each club had an exhibit booth and gave a demonstration.

A copy of extension work history is kept in the Indiana Room at Bartholomew County Public Library. Past County President Juanita Harden's county scrapbook gives a complete history of each club in 1976-1977, the 50th anniversary year.

"When we first started, the county reporter made a scrapbook with accounts and clippings," Hendricks said. "That was presented to the county president when she went out of office.

"There are 40 scrapbooks somewhere in the county. We're trying to get those to the

Some early clubs

1927 — Union Township: Showed interest in forming a club. It was organized a few years later.

1929 — Flatrock Township organized. Had 50 members at one time.

1930 — Clifty of Columbus organized.

1932 — Clay Township: Leona Davis was the first leader. By November, the club had 70 members.

1933 — Clifty Township: Organized at a Farm Bureau meeting. It grew to 50 members.

1934 — Hawcreek Township organized with 17 charter members.

1934 — Sandcreek Township organized.

1935 — North Wayne organized.

1937 — Ohio Township organized with 26 members.

1937 — North Sandcreek organized. In 1942, it merged with Sandcreek Township.

1937 — The county extension chorus was organized.

1955 — The first county past presidents' organization met at the home of Ruth Thompson.

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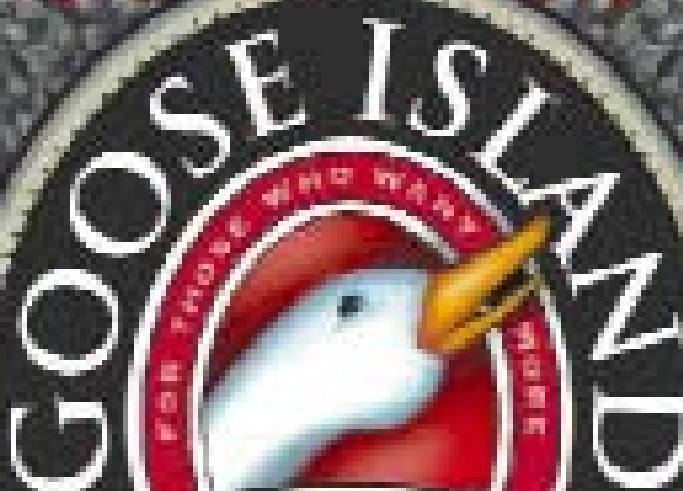
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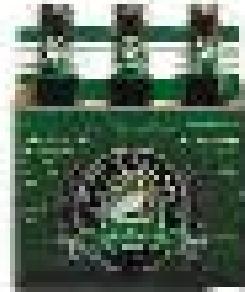
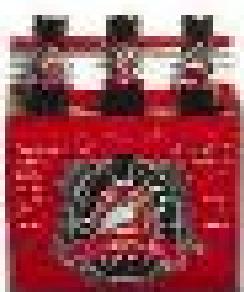
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From golf to grandkids

Kathi Armstrong juggles job,
community obligations and
devotion to family

BY JENNI L. BRYANT * PHOTOS BY APRIL KNOX

She's not trying to be a celebrity. It's not her goal to stand out. In fact, Kathi Armstrong insists that when she is not beside her husband, Columbus Mayor Fred Armstrong, many people do not recognize her. But that's the way she likes it.

Why don't you think more people recognize you in public?

I'm very visible in the public. I'm out with Fred a lot and in the courtroom a lot. Lots of times, I just fly under the radar. Maybe it's because I just pick and choose what I want to do. I don't mean that condescendingly. I'm pretty tailored.

I get e-mails daily from Fred's secretary asking what I want to do. I just tell her which events I will attend and which ones I won't.

How does your husband respond to your control of your schedule?

He's very good about that. He realizes

that I am very selfish with my time. I work in the (Thomasson, Thomasson and Jackson) law office 40 to 60 hours a week. On top of that, I have city stuff he wants me to do. On top of that, I have my charitable work.

What matters to you?

I usually have all my physical work done earlier in the year. I had my mammogram done, and I got a message asking me to come back into the office. I had a bad mammogram come back.

When they did the biopsy, it was benign. All the tissue around it was the precursor tissue for cancer. So now I'm giving talks on the importance of yearly examinations and breast cancer awareness.

I've always done what Columbus Regional Hospital has asked me to do for them — to highlight certain things for them. I've done spots for breast cancer awareness before, but it's never been so close as it's been this year for me. It's





Kathi Armstrong at Thomasson, Thomasson and Jackson, where she works as the senior certified paralegal.



Spending time with her daughters and grandchildren is important to her. Pictured from left, Amelia Brand, 15 months, Kathi, Gretchen Brand, Ellie Brand, 5, Josie Royer, 7, and Shannon Royer.

real hard to face your own mortality — in a sense.

That was a very difficult time for me. Fred wasn't home. He was on an economic development trip in Japan for two weeks, and I wasn't really ready to tell my children about it. Some of the biopsies were painful. Before I knew it, I was setting up a surgeon by the time he got home. I had to wait 12 days before I could tell anyone about it.

I didn't really answer your question, did I?

At the end of the day I never forget that I have a God who takes care of me,

a husband who loves me, children and grandchildren who are loved and protected, and Steve and Vicky Gochenour and Darrel and Judy Richards who keep me sane with their remarkable friendship. My life is really blessed.

What happens to your schedule when the mayor is gone?

When he's gone, that means I have to pick up the slack. It's not only the dinners that I go to for him. Usually people from the city will go with me, so I don't have to go alone. The city people usually try to surround me, so I don't have to be

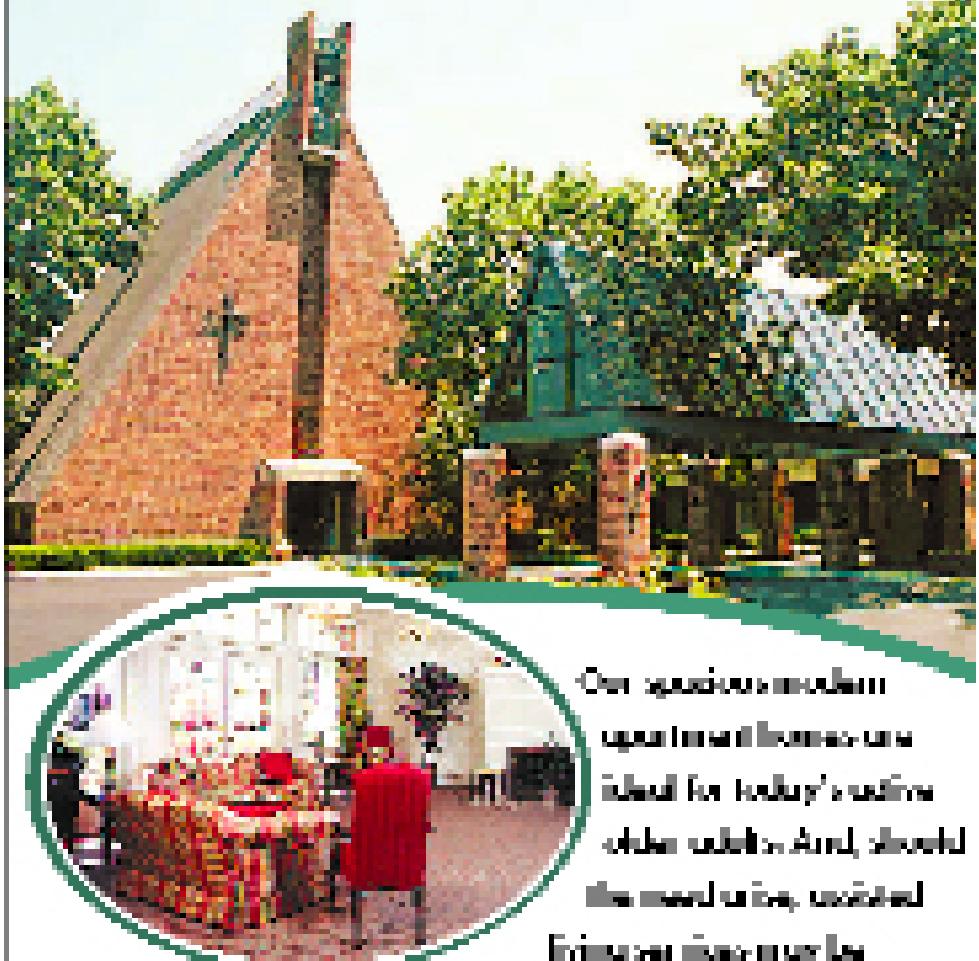
floundering by myself.

Is public speaking something you're doing more now?

No. I've been doing public speaking for the city.

The first two years [of the 11 years that Fred has been mayor], I didn't want to do any of it. I was still home with a kid in college when he first ran for mayor. I've been out a lot now. I've been at different city and ethnic functions speaking on topics they ask me to speak on. I turn very few of those down because it seems very important to them to have that happen.

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my dad. They were very kind to him. He had melanoma. He was only diagnosed six months before he passed away.

You take the charities that are dear to your heart, and you kind of run with those. We're at all kinds of dinners that people ask us to attend, but those two are my passion.

What is your educational background?

I studied at Bethesda Hospital in Cincinnati. I wanted to be a nurse, and I couldn't stand blood. I couldn't stand anything. It was bad. That changed in a hurry.

I got my paralegal degree from IUPUI.

What is your work experience?

Michael [Thomasson] and I started out together in 1977. There were three attorneys. They split off, and I worked for one of them for 23 years. Then Mike asked me to come back to him. Now I work at Thomasson, Thomasson and Jackson. I am the senior certified paralegal at the office.

What are your hobbies?

I'll tell you a funny story. Back in 1985 for Mother's Day, Fred carried in this huge box. I thought, "Man, have I scored!" The girls were sitting on the sofa with a sheepish look on their faces. It was a golf club set with shoes and a glove and balls.

I started playing because he wanted me to. Now it is a big part of our life. It's more of a social event for us girls. My claim to fame is that I have two holes in one and Fred has zero.

Where did you get your holes in one?

Number 5 at Greenbelt. Number 8 on the north course at Otter Creek.

It's just great to tell people when they ask me how many I have. Then I say, "Fred, tell them how many you have." It really frosts Fred.

You work, attend city events and support charitable events. Do you have free time?

This is my free time. (She points to the pictures of grandchildren on the shelf at the top of her desk.) Any free time I have, I spend with my grandchildren. They are the light of my life.

I have three. Josie Royer — she lost a tooth last night. She called to tell me this morning. Ellie Brand and Amelia Grace





Kathi holds her 15-month-old granddaughter, Amelia Brand.

Brand.

My daughters are Shannon Royer and Gretchen Brand.

You know how you always have children and you think, "Oh, I hope they have one of those when they grow up"? Ellie is Gretchen's. She is just like her.

How long have you been married?

We've been married 37 years on Dec. 31.

You've not heard this story? His sister, Becky, was my friend. She fixed us up on a date in October, and we were married two months later.

Were you born in Columbus?

We both were.



After she fell at Ethnic Expo, Kathi's grandchildren covered her boot with artwork.

What are your goals?

I'll tell you a schedule.

Friday we left the Volunteers in Medicine dinner early and went to the North High School game. He got up Saturday to do things. I took kids to the Mickey Mouse magic show. We tried to find the East game on the radio, and we couldn't get it at the

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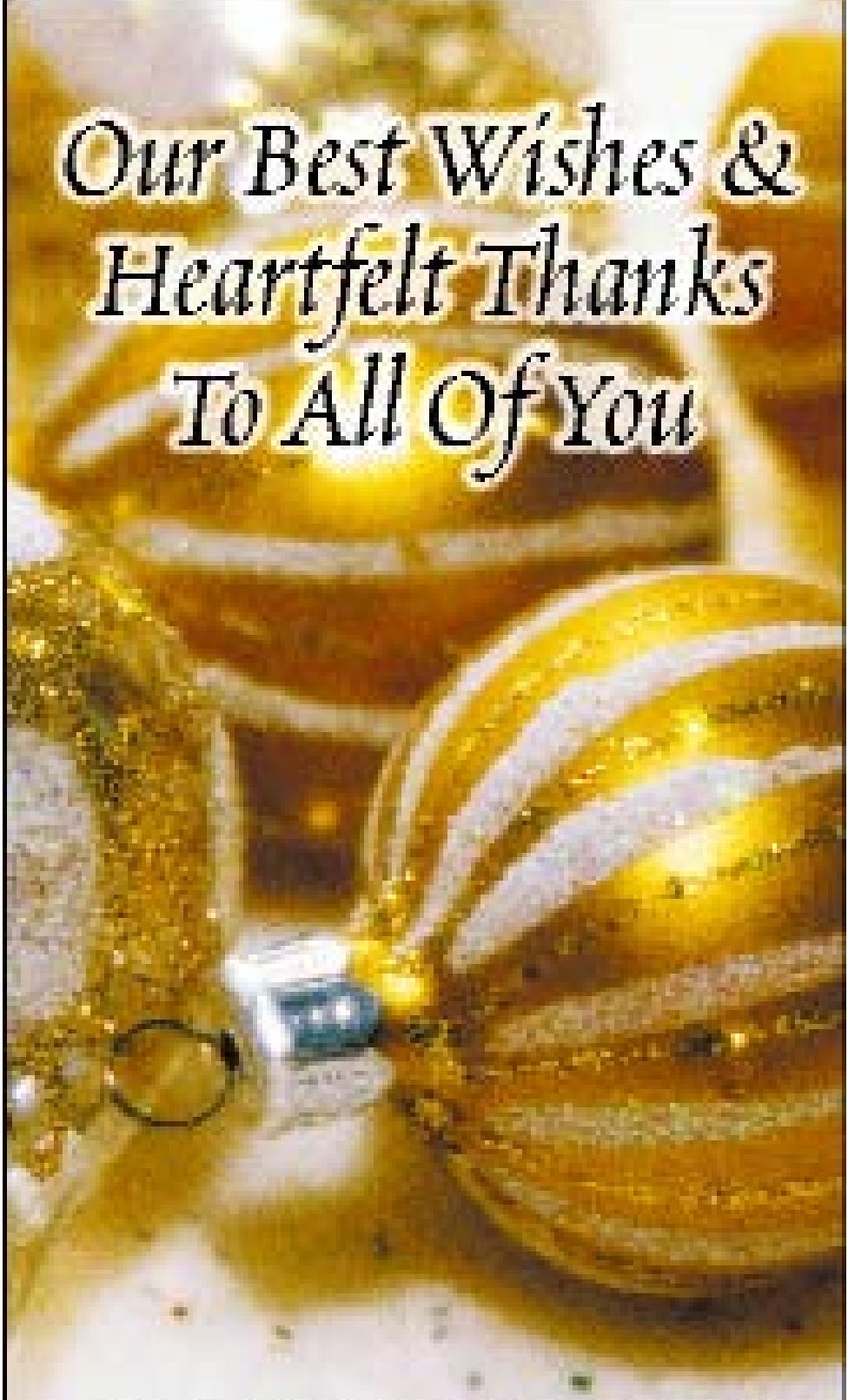
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house so we tried to drive around to find it. Sunday he was gone at 4 a.m. to catch a plane.

I got hold of Fred about the murder. Read two proclamations. Gave a speech about mammograms, NAACP dinner ... (She continued listing the events of her week.) Friday night we will spend half at the East ball game and half at the North ball game.

So see. Anything that I would do after this — just to sit at home would be fine with me.

It doesn't upset Fred, but it kind of drives him crazy. I stay up to 1 in the morning reading and get up at 5 a.m. to go to work. I read two books a week. I think if I could do anything, I would just lie around and read.

Do you have to accommodate much?

Yeah. I have to accommodate.

Fred was on the police department, and probably the last 10 years he was in public relations. He was in the public a lot and at the schools a lot. He was out for five years when he retired. He worked for a private company, and it was so nice. He worked 8 to 5. We did lots of things with the kids.

There are lots of things he commits himself to. He puts the city first. There are certain things that have to be done. There is no helping this, and there is no way we can have any control over this.

When the big snow storm hit in 2004, it was our 35th anniversary. He had made plans to take us out of the country. We spent 10 hours together in a plow truck helping to plow the city streets. It wasn't funny at the time. I was physically and mentally exhausted. I know that was an unusual circumstance, and we can laugh at it now. I know we'll always remember it.

People would see us and bring sandwiches out to us and laugh at us. It got to be almost comical. But it sure wasn't what I wanted to do. While he was out with the city crews trying to get things accomplished, I was at home trying to take 100 calls from people that were mad. Because it happened before Christmas, it was horrible and completely out of our hands.

What would people be surprised to know about you?

I don't know how to answer that. I don't

Kathi with her co-worker, Gretchen Stigdon, at Thomasson, Thomasson and Jackson.



think I'm a very surprising person. I'm pretty straightforward. I'm the kind of person that what you see is what you get. I'm not pretentious in any way. I tell people what I feel and what I think. I don't think I'm a

surprising person at all.

What motivates you?

Being professional. You know, my job is very difficult. I've stood in a conference

room and lined women up against a wall that have been beaten, so I could take pictures of them. I guess what motivates you is that you've helped someone. I know attorneys get a bad rap, but they really do help people.

Michael (Thomasson) was just in here talking to me. It is a case where we got temporary custody of a 2-year-old child for a father, and we're fighting to keep custody for him. You realize that most of the time this stuff is 50/50. My expertise is in family law. All I do all day long is divorce people. When I go home, it makes me have great respect for the big lug sitting in the lounge chair.

Twenty-five years ago, it was almost unheard of that a father would get a child. You could be about the worst mother in the world and the judge would still give the child to the mother. I not only have fathers that are raising their children, but there are grandparents raising them. It's just not easy.



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local flavor

Chefs share sweet and savory recipes

STORY AND PHOTOS BY NANCY WHEELER

KRecipes are available at every turn, from cookbooks to the Internet, TV programs, friends and those in your mother's favorite recipe box. Have you ever wondered what local chefs make for their friends and relatives?

Five local chefs have shared a favorite recipe with *She* readers, just in time to make these dishes for that special holiday dinner.

For a hearty dish to go with turkey and all the trimmings, try this sweet potato casserole from Sadie Cress, owner of Sadie's Diner on 25th Street.

"This casserole complements the turkey and dressing," she said. "If you have a large group, this will go a long way."

"I enjoy the sweet and crunch combination."

SWEET POTATO CASSEROLE

3 cups mashed sweet potato

1 cup sugar

1 stick butter

1 teaspoon vanilla

1 teaspoon cinnamon

2 eggs

Blend together well and put into casserole dish.

Topping:

1 cup brown sugar

½ cup flour

1 stick butter

1 cup chopped pecans

Blend together and put on top of casserole mixture.

Bake at 350 degrees for approximately one hour, until center is done.



SHE PHOTO BY ANDY HEIDT



For a main dish, Alexa Lemley suggests paella.

"When the holidays come around, my favorite meal to make for family and friends is paella," said the executive chef of Lemley's Catering.

The dish originated in Spain and is traditionally prepared on Sundays to feed large groups. Lemley uses authentic, 6-foot-long pans to make the dish in her catering business. At home, she uses a smaller pan on the stove top. She suggests using a Dutch oven if you don't have a paella pan.

"The wonderful aroma of the dish calls everyone to the table before I've even finished cooking it," she added.

PAELLA

1 cup olive oil
 1 onion, diced
 2 heads garlic, finely diced
 2 cups tomatoes, peeled and seeded
 1 diced red bell pepper
 1 diced green bell pepper
 1 pound diced chicken breast
 1 pound jumbo prawns

1 pound mussels

1/2 pound spicy sausage such as chorizo

2 cups medium grain rice

4 cups chicken broth, warmed, in which you have steeped 1 1/2 teaspoons whole length saffron, 1/2 teaspoon sweet, smoked Hungarian paprika and 2 bay leaves

1/2 cup black olives, whole

Salt and pepper to taste

1 bunch parsley, chopped

In your paella pan, add the olive oil and onion. Saute the onion until translucent and add the garlic, chicken, chorizo and the red and green bell peppers. Cook for around 5 minutes, stirring constantly. Add the rice, diced tomatoes, prawns, mussels and olives. Stir well and add the chicken broth and stir again. Turn the heat down to medium or medium-low and don't stir the paella. Cook until rice is tender. Garnish the paella with chopped fresh parsley and serve with lemon wedges. Serves 8.



This schmünn recipe is from Mark W. Weil, chef at Smith's Row. His grandmother used to whip up this pancake-like dessert, similar to funnel cake, and serve it with fresh peaches.

It can be fried in a pancake shape in a skillet or drizzled into hot oil in a deep fryer for a finger food.

The recipe takes only one egg, a testament to the frugality of German housewives. The sugar was added to please the American palate.

SCHMÜNN

1 egg, separated

$\frac{1}{4}$ cup milk

$\frac{1}{4}$ cup sugar

1/8 teaspoon vanilla

$\frac{3}{4}$ cup flour

Separate egg into two bowls. Beat egg white until it forms soft peaks. Store in the refrigerator while preparing the batter.

Whip the egg yolk with the milk, adding vanilla and sugar. Blend in the flour, adding more milk if batter becomes too thick. Fold in beaten egg white.

Fry as a pancake in $\frac{3}{4}$ inch of oil in pan or drizzle into hot oil as a funnel cake.

When golden brown, drain on paper towel.

Put on serving dish and dust with powdered sugar and drizzle with chocolate sauce.

Or serve the cakes with fondue or cinnamon and sugar. It is excellent served with fruit. The dish, served warm or cooled, is perfect for Christmas parties.

If you're watching your calories and fat intake, try this simple, healthful recipe for fruit salsa and chips.

Cristin McKinley, dietitian at Columbus Regional Hospital, loves this recipe because it's so easy.

"It's unique, looks pretty on a platter and is easy to make," she said. "It is also easy to adapt to your tastes by changing fruit choices, using frozen fruit or making it spicy."

"My kids love to make it and eat it."

FESTIVE FRUIT SALSA AND CINNAMON TORTILLA CHIPS

Salsa:

1 cup finely chopped strawberries

1 can mandarin oranges, cut into pieces

3 small kiwi, peeled and diced

1 can crushed pineapple, drained

1 tablespoon lemon juice

$\frac{1}{4}$ cup finely chopped sweet red pepper



Mix all ingredients in mixing bowl, cover and refrigerate for 6 to 24 hours. (Note: For a spicy salsa, you can add the following ingredients: 1 finely chopped jalapeno pepper and 1/4 diced green onion.)

Makes about 3 cups salsa, 24 calories, 6 grams of carbs, 0 grams fat per 1/4 cup serving.

Tortilla Crisps:

12 flour tortillas

PAM cooking spray

1 to 2 teaspoons cinnamon

1/2 cup sugar

Cut tortillas into triangles (like pie). Place on ungreased baking sheet. Bake at 350 degrees for 5 to 10 minutes until lightly browned and slightly crispy. Mix cinnamon and sugar; set aside in bowl or shaker. After cooling crisps slightly, spray crisps with a thin layer of cooking spray, then sprinkle with cinnamon and sugar. Makes about 96 crisps. Four crisps equal 90 calories, 10 grams of carbs, 0 grams fat.



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Everyone loves a tasty salad. Caterer Marie Huntington serves Holiday Salad to her guests.

"It's sweet and spicy and is really a great combination of lots of different flavors," she explained.

It's perfect as a salad course during the holidays because of the bright colors.

HOLIDAY SALAD

3/4 pound mixed salad greens

Balsamic vinaigrette

4 ounces blue cheese, crumbled

2 oranges, peeled, sectioned and membrane removed

1 pint of strawberries, topped and quartered

Sweet and spicy pecans

Toss greens with vinaigrette and crumbled blue cheese. Place on six individual plates. Arrange orange slices over greens. Sprinkle with strawberries. Top with sweet and spicy pecans.

Dressing:

1/2 cup balsamic vinegar

3 tablespoons Dijon mustard

3 tablespoons honey

2 garlic cloves, minced

2 small shallots, minced

1/4 teaspoon salt

1/4 teaspoon pepper

1 cup olive oil

Whisk together first 7 ingredients until blended. Gradually whisk in olive oil. Makes 1 2/3 cups.

Pecans:

1/4 cup sugar

1 cup warm water

1 cup of pecan halves

2 tablespoons sugar

1 tablespoon chili powder

1/8 teaspoon ground red pepper

Stir together 1/4 cup sugar and 1 cup warm water until sugar dissolves. Add pecan halves. Soak 10 minutes. Drain. Discard sugar mixture.

Combine 2 tablespoons sugar, chili powder and red pepper. Add pecans, tossing to coat. Place on lightly greased baking sheet. Bake at 350 for 10 minutes or until pecans are golden brown, stirring once. Makes one cup.



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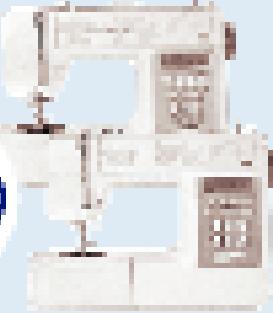
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A SHOT OF PREVENTION

New vaccination protects young women from HPV

BY JENNI L. BRYANT * PHOTO BY ANDY HEIDT

Public awareness about prevention of sexually transmitted diseases has been pursued with urgency in this age of life-altering and sometimes deadly viruses such as HIV. Newest on the scene is another virus that has made its way through the population without warning: human papilloma virus.

According to the Centers for Disease Control, HPV is the most common sexually transmitted virus in the United States. It can be carried and passed on without showing any signs that it is present, and it can sometimes disappear on its own without treatment. In the worst

case scenario, HPV can cause cervical cancer in women and in rare cases surfaces in men as genital warts.

This fall, the CDC began giving information on Gardasil, a vaccination created to prevent HPV and the development of cervical cancer. It is offered through Merck & Co., a pharmaceutical manufacturer. Locally, OB/GYN Associates administered its first HPV vaccination to a patient in early November.

Becky Arterburn, nurse practitioner at OB/GYN Associates, said that more than 100 types of the virus have been discovered. While 16 types lead to cervical

cancer, the vaccination is designed for the four most aggressive types.

Arterburn said 98 percent of abnormal pap smears are related to the HPV virus. Not all Pap smears have the capability of detecting and identifying HPV and its specific type, however.

The disease is transmitted only by sexual contact, whether genital or oral. Anyone is at risk who has had more than one partner or whose partner has had more than one partner.

"You can be fine for 10 to 15 years, and all of a sudden it will show up," said Arterburn. She said the virus can be detected in a pap smear as early as 21 days after exposure, but it does not always show up that soon.

Because a woman cannot always see symptoms, Arterburn said that any sexually active woman should have a yearly gynecological exam.

Prior to the new knowledge about HPV and its various types, Arterburn said, any discovery of HPV was treated aggressively.

See [HPV page 43](#)

A Personal Perspective

Dawn has had two sexual partners in her lifetime. She was diagnosed with HPV in 2006.

For the past eight years, Dawn had irregular pap smears. In 2006, she went to a new doctor for her yearly exam. Her doctor scheduled a follow-up visit with her and told her she had HPV.

Dawn remembered a short break-up with her first sexual partner, during which time he was sexually involved with another person. Shortly after they reunited, Dawn discovered that she had genital warts. She believes this was the early sign of HPV.

"My doctor told me that sometimes it can cure itself, and sometimes it doesn't," she said. "But it makes me at a higher risk for cancer."

Dawn's doctor scheduled her for more frequent pap smears, every six months instead of yearly. Until recently, each visit showed her cancerous cells at higher levels. Now they have reached a plateau.

"Every time I see the commercial (for the HPV vaccine), I get really scared," Dawn said. "Every time I go back for a pap test, I have to re-forgive my [first partner] for hiding his unfaithfulness from me and passing this on to me. I didn't even find out about the unfaithfulness for over a year after it happened."

"I never had any warts ever again, so I don't have a bad time dealing with it," Dawn said, "but I know I have the HPV virus."



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Learn more about dizziness and vertigo

Women and men of all ages are affected by vestibular disorders. It is estimated that roughly 40 percent of all Americans have bouts of dizziness at some time in their lives. It is also estimated that 85 percent of dizziness can be due to an inner ear (vestibular) disorder.

People often spend considerable time and resources to find help for their condition. Those who have vestibular impairments have symptoms that affect their ability to participate in daily activities. Symptoms include poor balance, vertigo, dizziness, nausea and problems with dynamic visual acuity. The ability to concentrate is often affected, as is memory.

As these symptoms occur, individuals begin to limit participation in social interactions, are unable to perform job responsibilities, cannot perform household responsibilities and are unable to enjoy leisure activities. Anxiety, depression, irritability and fatigue often are reported by these individuals, particularly those who have had the problem a long time.

There are three major components that affect balance:

1. Information received from the inner ear, vision and sense of the body in space.
2. Processing of this information by the brain.
3. Muscles and joints working together for movement.

Some activities or situations that people often report make their symptoms worse:

- Moving about in the dark.
- Standing with eyes closed (as when in the shower).
- Being in the presence of someone who moves their hands when they are talking.
- Walking down aisles of the grocery store.
- Walking on uneven surfaces such as

grass or rocks.

- Reading.
- Being in basketball arenas.
- Rolling over in bed.
- Standing up quickly.

Before a vestibular disorder is diagnosed, other causes of dizziness or vertigo need to be ruled out by a physician. If the physician recommends dizziness and balance therapy (also called vestibular rehabilitation), an evaluation by a trained specialist is the first step.

This will consist of taking the medical history and characteristics of dizziness, testing of muscle strength, range of motion and balance testing, plus testing of specific movements which may bring about the symptoms, coordination of eye and head movements and sensation testing.

Treatment may consist of exercises that address balance, eye/head coordination, or specific exercises designed to decrease or eliminate the symptoms. During the treatment, symptoms are purposefully brought on so that the brain is actually "retrained" in interpreting the information it receives.

In some instances, crystals in the semicircular canals can bring on severe vertigo when the head is moved to a particular position. A simple repositioning treatment can often alleviate this problem.

The Vestibular Disorders Association provides information, education and research for people with vestibular disorders. You can access its Web site at www.vestibular.org, or call (800) 837-8428.

Columbus Regional Hospital has therapists specially trained to treat vestibular (balance) disorders. A referral from a physician is necessary for evaluation and treatment. Information: 376-5373.

Kerri Elpers is a physical therapist at



Kerri Elpers

JUST THE FACTS ... on HPV

According to CDC:

- About 20 million people in the U.S. are infected.
- 6.2 million more get infected each year.
- HPV is spread through sexual contact.
- HPV can cause cervical cancer in women, the second-leading cause of cancer deaths among women around the world.
- There is no treatment for HPV infection, but the conditions it causes can be treated.

The HPV vaccine treats two types of HPV that cause about 70 percent of cervical cancer and two types that cause about 90 percent of genital warts.

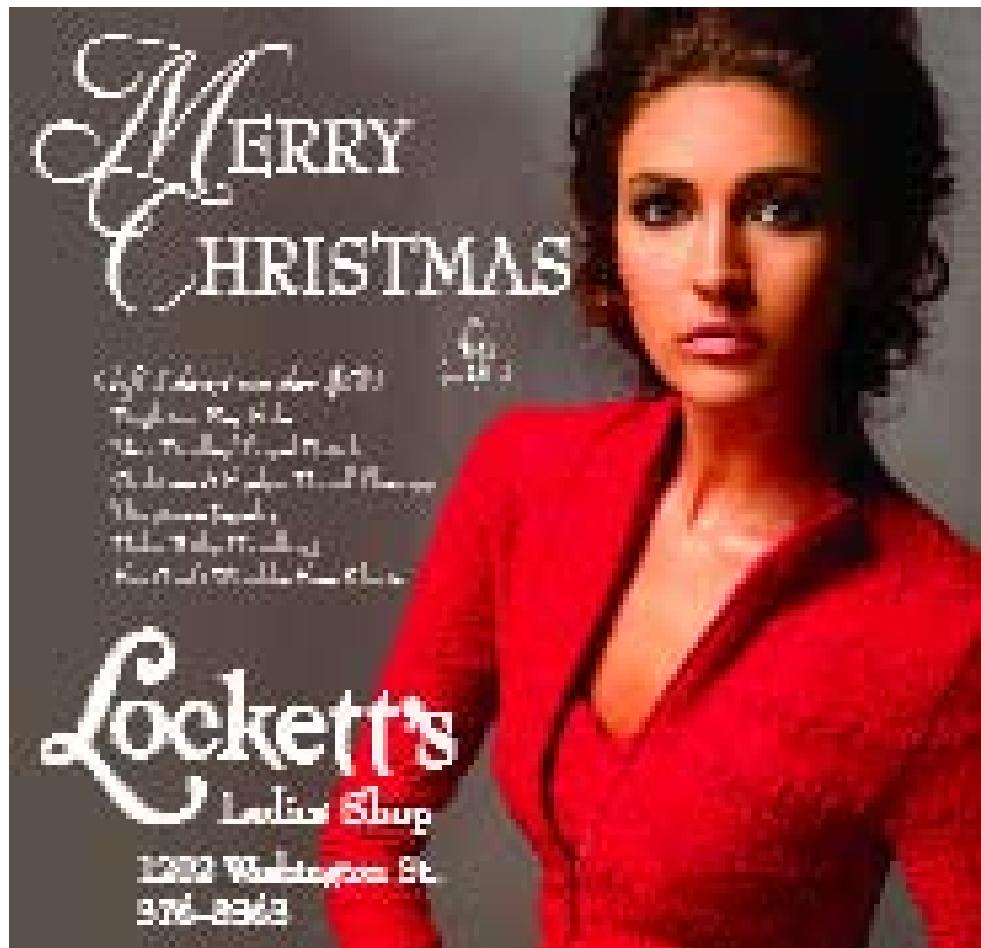
Since the types are now recognized by specific testing, not all are treated the same.

Arterburn recommends that a woman receive the vaccination even if she has a less threatening type of HPV to prepare her body to fight off the more dangerous types in case she comes in contact with it in the future by changing sexual partners.

If HPV is detected, a follow-up examination is scheduled which could require a biopsy to determine the stage of development of the virus and the level of risk for the patient. Arterburn said the HPV vaccination will help to slow development of the virus.

The HPV vaccination is available for patients ages 9 to 26. It is a series of three injections which take effect similar to the hepatitis vaccination that builds the body's natural immunity and antibody load. After the first injection, the second one is given two months later. The third is given six

See [HPV](#) page 45



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Our dreams keep growing

Over the past few years, my shortcut to Target has routinely taken me past a designated Dream Home. It is very large. Commute time from the kitchen to the living room alone would be a minimum of 10 minutes.

We would drive by as the house was being built and I'd mutter, "Who would want a house that big? How are you going to clean all the windows?"

The kids said that if you could afford to live in a house that big you could afford to have someone else clean your windows.

"OK, but how are you going to find your reading glasses?"

The kids said you don't hunt for glasses when you live in a house that big. You get that LASIK eye surgery.

"OK, but what if you want to go out for pizza and you're downstairs and you realize your shoes are all the way upstairs?"

The kids said, you don't pick up pizza, you have it delivered — along with the breadsticks, extra cheese, a padded booth and the jukebox.

"OK, but how are you going to know where the kids are and what they're doing in a house that big?"

Not a single wise guy had an answer.

Last week I buzzed by the Dream Home and was surprised to see a large sign out front: REMODELING.

I don't know. I guess I thought the dream would have lasted a little longer.

A front-page article in the Washington Post (apparently there wasn't any interesting instant-messaging going on that day) says that a lot of us are chasing the dream home. Or at least the dream bathroom. This year, Americans will spend \$22 billion on luxury bathrooms.

These once purely functional rooms,

where you slipped in and out, are now embellished with floors imported from French chateaus, heated towel bars, spa tubs, portable speakers for the iPod and wide-screen TVs with surround sound.

And the showers. Some of them have shower heads costing \$750, four and five body sprays and poof — instant steam.

Bathrooms have gone luxury. Who would have thought that keeping up with the Joneses would one day mean installing a heated toilet?

The article also reported that the \$22 billion spent on bathrooms is 10 times what the U.S. government will spend on AIDS research this year and is six times the annual budget of Kenya.

Gasp.

But just as those who live in glass houses shouldn't throw stones, neither should those who live in houses with vinyl siding.

For several years we have supported a Haitian girl who lives with her mother and grandmother in a stick hut that tilts to the west. In Haiti, a Dream Home is made of cinder blocks and can be purchased for about \$2,000.

No shower heads, but it stands upright and offers protection from the elements.

At one point I determined we would save that money — a 10 here, a 20 there — but as of now, the dream home is still just that: a dream.

Do I have excuses? Plenty. There have been tuition and utilities bills, new computers and a car to buy, higher-speed Internet connection, more cell phones, necessities, and, to be honest, a whole lot of not-so-necessities.

Which brings us to the age-old question: How much is enough?

And the age-old answer: More. Much, much more.



Lori

months after the first.

Arterburn said she expects the vaccination to eventually be offered at pediatric offices as a form of prevention. She said that a child does not need a gynecological exam to get the vaccination.

OB/GYN Associates administers the three-dose vaccination for \$180, but not all medical offices offer it. Coverage by Medicaid is still in review, but some insurance companies will cover the vaccine. Arterburn said that SIHO Insurance Services includes the HPV vaccine on its prevention list.

While few people are requesting the vaccination at the present time, Arterburn expects that to change.

"I'm really confident that over time this will reduce our patients' risk for HPV and abnormal Pap smears, subsequently reducing their risk for cervical cancer."

Coming in JAN. 17 ISSUE

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A festive advertisement for Furniture Plus. It features a purple sofa in a living room setting. A red Christmas ornament hangs in the foreground. Text on the ornament includes "5 MONTHS SAME AS CASH", "FREE LOCAL DELIVERY", and "Best Selections Available". Text on the sofa includes "Furniture Plus offers comfort and style at incredible low prices! See our beautiful showroom of leading brand name furniture." and "We invite you to shop and compare!". The Furniture Plus logo is at the bottom left, and the store's name and phone number are at the bottom center. The bottom of the ad has a green banner with the store's hours.

Endings and beginnings

Writing this column has been an honor. As this year of change comes to an end, I want to leave you with two tips.-

First, let's address the upcoming holiday season. Many women feel overwhelmed with plans and preparations for events and visitors. If you want to feel differently this season, it is time to put a few changes into place. Changing your mindset is most important. Take out a piece of paper and a pen.-



Leah
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