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magazine for women



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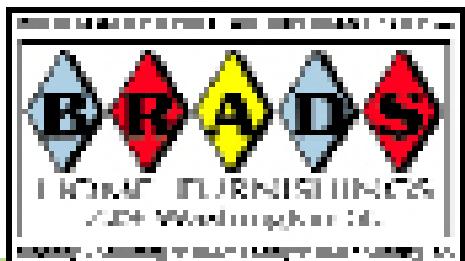
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# october

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on the cover: Nancy Brodfuehrer (page 22). Photo by April Knox.

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Well, folks, the honeymoon is officially over. But it wasn't long enough. I know I could use a few more days, if not weeks, on that beautiful sandy beach in Mexico. But couldn't we all?

The hyper-speed of life has finally slowed down a little. My new hubby and I are still busy, but quiet nights at home choosing wedding photos for our album and writing thank-you notes have replaced the chaotic go-go-go of the wedding planning days. It's a welcome change of pace. However, what's strange is that there's also a sort of withdrawal. A longing to go back and do it all over again. Perhaps that's because the day of the wedding and the days leading up to it flew by. I've heard from other married friends who said that they also missed their wedding. One thing I – and my bank account – won't miss is paying for all those expenses.



SHE PHOTO BY ANDY HEIDT

the Holiday Inn Conference Center. This will be my third consecutive year in attendance and I'm looking forward to another day of inspirational speakers and networking opportunities. If you've never been, I strongly recommend you check it out. For more information, contact the Columbus Area Chamber of Commerce at 379-4457.

Congratulations to Kim Howell, our Crocs contest winner. She chose a pair of brown Endeavors from Bradbury's Waterin' Hole. Kim, center, is pictured with Darlene Morford, left, of Bradbury's sales and marketing, and Michelle Tracy, online media representative for The Republic. Thanks to everyone who entered and offered feedback about She. We were overwhelmed with the response. Can you believe we received more than 430 entries? Thanks so much for reading! And be sure to look for our next contest, which is coming soon.

Amberly Peterson, Editor  
apeterson@therepublic.com

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**EDITOR/GRAFIC DESIGNER**

Amberly Peterson

---

**COPY EDITOR**

Katharine Smith

---

**STAFF WRITER**

Nancy Wheeler

---

**CONTRIBUTING WRITERS**

Jenni L. Bryant

Sherri Eastburn

Roxanne Hood

Suzanne Kanehl

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**SEND COMMENTS TO:**

Amberly Peterson

The Republic

333 Second St.,

Columbus, IN 47201,

call (812) 379-5703

or e-mail [apeterson@therepublic.com](mailto:apeterson@therepublic.com)

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# dawn

QMIX radio personality

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

*If I were President Bush, I'd kiss my wife more in public.*

**2** What has been your best purchase this month?

*My best purchase in the past month has been a \$3 tube of designer lip gloss from TJ Maxx.*

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

*If I had a free weekend, I'd hide out, spoon and take an occasional bathroom break.*

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

*This is a tough one. It's hard for me to look at my life and imagine someone famous acting it out. I guess if I had to pick one person, I'd look for someone who's excelled in exhausting roles whose character didn't sleep much. Maybe an actress who's not afraid to get dirty and didn't care about being glamorous. Finally, I'd look for an actress whose past roles were caring, mothering and a little witty. Does C3PO have a sister?*

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

*My ultimate goal in life is to remain sane and succeed as a parent. Parenting is the hardest but most rewarding thing I've ever experienced in my life. I struggle sometimes to make the right decisions for my boys, but I've learned that as long as I love them and do my absolute best to take care of them, they love me back twice as much. I hope to teach my boys that trips to Disney aren't as important as an "I love you" with a hug and kiss every day. Most of all, I wish that someday when they're all grown, they'll let me know in their own way that I've been a great mom.*





# Ministering in song

Sarah Kittle Mara has been called to a new mission through music

BY NANCY WHEELER \* PHOTOS BY APRIL KNOX

Sarah Kittle Mara dreamed of singing at the Metropolitan Opera as she studied at the Indiana University School of Music. Life, however, has led her down another path, using her talent to guide others into music careers and to be a missionary to South American churches.

She's happy with the change.

"My dream was to sing at the Met," Mara said. "How much better it is to help others realize it."

Mara has taught voice since she was a high school senior. She remembers all her students, from a young girl to a singer who was 65.

"I love seeing the transformation," Mara said.

Opera singer Jane Dutton, who came to her for lessons as a ninth-grader 25 years ago, originally wanted to sing like Pat Benatar.

"I listened," Mara said. "She grew vocally. I asked her to learn an Italian song and to practice one month with all her heart."

"She began to express something vocally that she did not know she was capable of."

Dutton remembers her teacher fondly.

"She was the first person who introduced me to opera and classic vocal music," Dutton said. "When I first studied with Sarah, she patiently put up with my not-so-hot renditions of Broadway favorites."

"Eventually, she guided me to opera and helped me find my niche. Without her wonderful teaching, I don't know where I

would be right now — but I'm pretty sure I would not be traveling around the world singing opera."

Mara is understandably proud of her pupil.

"That's my most outstanding example of encouraging God's gift in them," she added.

Nancy Dutton knew Mara was the perfect choice to teach her daughter.

"We had seen Sarah perform and loved her voice," she said. "Her reputation was that she was the best. We knew she had graduated from IU School of Music."

Jane Dutton liked rock music in junior high, her mother recalled. She liked to perform and sing.



Sarah Kittle Mara has taught voice lessons for 41 years. Sarah accompanies Rachel Ozols, left, and Allie Halstead on the piano.

"Sarah is very inspirational," Nancy Dutton said. "She has her students' well-being always in mind. She's a gracious lady and an excellent friend and motivator."

Mara watches the young people she teaches grow in confidence vocally. That confidence, she believes, permeates other aspects of the students' lives.

She now teaches 15 hand-picked students, all working toward career goals.

"I'm going to teach five more years," Mara said. "I'm going out with a bang after meeting the potential in this group."

### One more opera

The veteran of Columbus Camerata and Mill Race Players has a dream: staging a production of "Hansel and Gretel" in Columbus, with the help of Janie Gordon and Jane Dutton.

"It's a wonderful opera," Mara said. "People are familiar with the story. It performs nicely in English and lends itself

well to using voices age 18 and younger."

Although she has the singers to do it and Dutton's help in staging, she knows it would be a huge undertaking.

"I'm just waiting until God says, 'Go,'" Mara said.

She has waited a long time for direction, however.

Although Mara was blessed with talent, she describes her experience at IU as "a horrible time." She searched for peace and joy in the wrong places and did not find fulfillment.

Although raised a Protestant, Mara said she "had a religion, but not a relationship with Jesus Christ."

"I grew up in the church, but something was missing."

"I knew the 'thou shalt nots' but couldn't keep them," she said, adding that she was searching for answers. "I was 40 when I was saved."

Erma Linn, Mara's close friend and

mission partner, said she first met Mara through her job as a real estate agent. A friendship developed.

"She came to visit me," Linn said. "I could tell she was lonely."

Counseling drew them close, as Linn shared her faith.

Mara said she learned about God's grace, the Holy Spirit and the power in the blood of Christ.

Mara lived with Linn and her husband for several years before she was married.

"I call her my spiritual daughter," Linn said, adding that they are very much alike. "We're really close."

Mara decided to concentrate on Christian music instead of the theatrical work she was known for locally.

"After that we felt like the Lord had put us together to honor him," Linn said. "We set up the Season of Song ministry in 1987."

Linn does the preaching, and Mara sings.

### Following the call

"God opened opportunities for us to share testimony," Mara said. "What God had for me was not a Sandi Patty ministry."

Mara and Linn left for their first mission trip to Brazil in 1991. In 1994, they connected with a female pastor in Venezuela, concentrating on a mission to women.

Mara said she began to pick up Spanish, a talent for languages she believes was God-given. She became the translator for Linn.

"The Venezuelan people understand the mission as a work of love," Mara said. "They seek hard after God as their hope."

"When we bring hope and the word of salvation, they are hungry for that."

She said both men and women there have had experience with the occult, the dark side, and realize the light through Jesus.

After Sept. 11, Linn and Mara began four-month-long trips instead of two-month trips because of the expense and red tape.

"We miraculously entered the country the last time when missionaries were not being allowed in," Mara said. "Customs had a list of names they were not letting in. We didn't know that when we flew in. We were waiting in line at customs for foreigners when the guy

See SARAH page 45

# Electrifying career

## Columbus native named to lead lighting company

BY ROXANNE HOOD

Amy Huntington has moved toward the light, as in the Juno Lighting Group.

In May, Huntington was named president and chief executive officer of Juno, a subsidiary of Schneider Electric. She started working for the company 18 years ago.

Huntington grew up in Columbus and graduated from Columbus East High School in 1984 and from Purdue University with a bachelor's degree in industrial management and industrial engineering in 1988.

That was the same year she moved to the East Coast to work in a two-person sales office for Square D, a manufacturer of electrical distribution equipment.

"I was recruited by Square D right out of college," she said. "It was one of those campus interviews."

By 2001 she became vice president of strategic global business development for Schneider Electric, which bought Square D in 1991.

With that job came new responsibilities and lots of travel. The company has offices in Chicago and Paris, which is where Huntington was based.

"I had the opportunity to travel all over the world," she said. "It was fascinating, but after a while I just couldn't keep doing that."

After living in Paris and traveling for

three years — 170,000 miles in one year, she moved back to Chicago, eventually landing in the role of CEO for Juno.

"They've bought a lot of companies the last few years," she said. "The Juno CEO left, and they asked me to come over and be the CEO. It's a different opportunity in the same company."

Huntington's mom, Susie Huntington, said her daughter was always eager for new adventures at any age.

"She was never afraid to take a challenge," Susie said. "If someone said she couldn't do it, she would."

Huntington has met little resistance in her many leadership roles in a business that caters to men.

"This business is kind of a male-dominated industry," she said. "They are women-friendly; they took a chance with me."

Huntington has spent her entire working career with one company and has found that to be positive.

"When you enjoy the people, the place — you stay," she said. "I've never had a bad boss. I've been really lucky in that regard."

She also believes she has been lucky to be raised by supportive parents.

"My parents have been my biggest cheerleaders," she said. "From the get-go they instilled a can-do attitude."

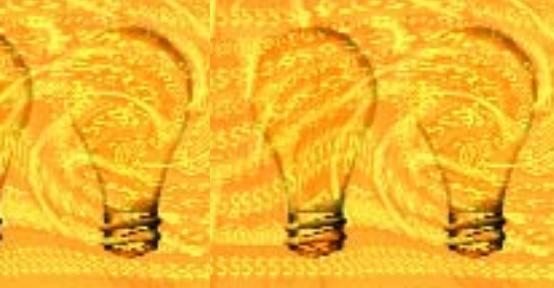
They have always been there through many challenges and travels. They have been supportive and enthusiastic of every opportunity."

A n d Huntington is enthusiastic about her role as CEO and is looking forward to meeting the new challenges.

"I have the opportunity to lead at a different level," she said. "I have 18 years of experience to gather from; now I get to put all those things to practice, things I admired from my own bosses. I want to be the type of leader who inspires. That's what I want to do."



Amy Huntington



Her parents, Susie and Jim Huntington, who still reside in Columbus, are proud of their daughter and know whatever job she tackles, she will do well.

"Amy has a great personality," Susie said. "She can relate to people."

Relating to others is only one of the many job skills she will bring to her new position.

"My job is to make sure all the teams work," Huntington said. "My other jobs were in mastering specialties; now it is developing people and watching them grow. These people are responsible for others, and my job is to find the secret sauce for everybody to work well together."

These are the kind of opportunities that Huntington loves and has thrived on for years.

She said her dedication and strong work ethic were instilled in her from her parents, who taught her to meet new challenges and work hard.

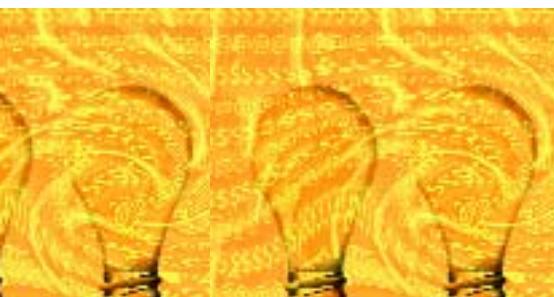
Huntington's motto has always been, "Work your hardest today and tomorrow will take care of itself."

Huntington knows that her job will be challenging and at the same time engaging and is excited about the possibilities.

SUBMITTED PHOTOS



Huntington is president and CEO of Juno Lighting Group.



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# Conference designed to help

BY AMBERLY PETERSON

On Oct. 23, professional women will gather at the Holiday Inn Conference Center for a day of learning and inspiration. The eighth annual Women's Professional Development Conference theme is "The Total You" and will feature keynote speaker Karyn Buxman.

For 15 years, Buxman, a licensed nurse and owner and founder of HumorX, has been finding funny inspiration in the workplace. Her presentation is titled: "Overcoming Your Overflowing Brain: Is the Noise in My Head Bothering You?"

"My goal as a motivational humorist is to find out where the pain is, and for most adults, humor comes from pain and discomfort," Buxman said. "It might be theirs. It might be somebody else's. It might be a little. It might be a lot. But the fact is, we're not laughing about having a good hair day or a sexy figure. We're laughing about the things that make us twitch."

Her session will focus on the struggle for balance in life and the workplace and how women can address those challenges and the ones they impose on themselves.

"A lot of women have issues with self-esteem whether they're aware of them or not," she said. "Does this dress make my butt look big? Does this person think I'm being a good mom? Does this person think I'm doing a good job? We tend to put a lot of emphasis on what other people think and develop our sense of self based on what we

think other people think about us. That's another area to look at and laugh at."

Buxman, who does speaking engagements 40 or 50 times a year, is sure to be a hit. Just take it from one of her former conference participants, whose evaluation reads, "You made me laugh so hard tears ran down my leg."

"I figure if I can do that, I've done my job," Buxman said.

During the day, other sessions will showcase local women with inspirational stories. Dr. Judith Monroe, Indiana's health commissioner, will share her story of being a doctor, a wife and a mother, all at the same time.

Nancy Wilson Head, director of the Center for Teaching and Learning, will present a discussion on the importance of personal and professional lifelong learning.

"Be prepared when that next door opens," Wilson Head said. "Women

especially need to know that anything could happen."

She should know. She found herself in that position as a single mother and was thankful she had nurtured her interests and skills.

"You've got to be ready at any moment

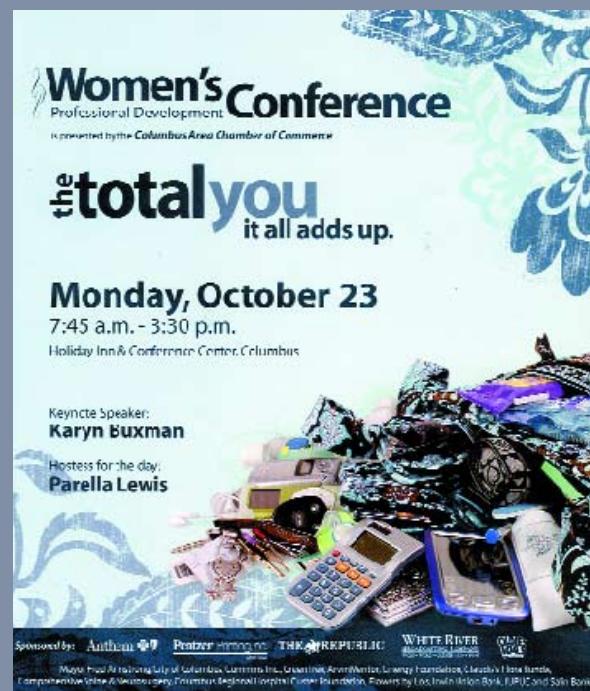
to step into the next door," she said. "Keep your skills sharp. The brain is a muscle. If you don't use it, you lose it."

Shayla Holtkamp, a personal trainer and fitness instructor for the Wellness Program at Columbus Regional Hospital, plans to share how she found joy

and miracles after enduring the death of her daughter and her own cancer diagnosis.

And Lockett's owner Lynne Hyatt will lead a presentation about appropriate clothing for a professional woman in the workplace.

The conference's hostess will be WTHR's



Karyn Buxman



Dr. Judith Monroe



Nancy Wilson Head



Lynne Hyatt



Shayla Holtkamp

# p women

Parella Lewis for the second consecutive year.

"It was such an honor to have been invited last year," Lewis said. "I look forward to returning. It's one of the more unique events I've been a part of."

Lewis, a meteorologist and anchor of "Weekend Sunrise," emcees about 30 events a year in the Indianapolis area.

"There are a couple that you grow attached to, the ones that are different, unique and serve a purpose, and this is one of those events," she said. "I've literally been talking about this all year. And I'm even bringing some co-workers down with me this time."

For those women still on the fence about attending, Buxman had this to say:

"I'd also like to encourage those people who may be a little hesitant or just aren't seeing what everyone else is seeing. They may be saying 'humor is nice, it's cute, but what benefit does it really have?' I think they will leave not only entertained but highly enlightened."

For more information about the conference, call the Columbus Area Chamber of Commerce at 379-4457 or visit the Web site at [www.columbusareachamber.com](http://www.columbusareachamber.com). To learn more about Karyn Buxman visit [www.humorx.com](http://www.humorx.com).



Parella Lewis

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# Worldwide sisterhood

Zonta Club of Columbus on a mission to improve status of women

BY AMBERLY PETERSON



SHE PHOTO BY JOE HARPRING

Zonta International's mission is to improve the educational, health, economic, professional and political status of women. And Zonta Club of Columbus, made up of 40 local women, makes that its mission, too.

The Columbus club, which has been in existence for more than 50 years, gives away three \$500 scholarships each year to women attending McDowell Adult Education Center, Ivy Tech Community College of Indiana and IUPUC. This year Zonta will, for the first time, offer another \$500 scholarship to a woman attending Indiana Business College. The scholarships are funded through an annual holiday auction. Zonta Club of Columbus also raises money from an annual book sale in the spring.

Recently, the local club sponsored the inaugural Yellow Rose Affair, a fundraiser that honored and benefited Turning Point. The club chose the organization because it has done so much to improve the lives of women

in the area. During the event, Zonta Club auctioned an original yellow rose watercolor and donated proceeds to Turning Point.

"It was very successful, and we felt very good about it," said Barb Smitherman, who played a large role in organizing the event. Smitherman, a former president of the Zonta Club of Columbus, is now chairwoman of organization, membership and classification for Zonta in Indiana.

Another goal of the Yellow Rose Affair was to boost awareness of Zonta International.

"We've had a club in Columbus for over

Guest Carol Wilkins, left, receives a bouquet from Jodi Engelstated during a Zonta rush party at Barb Smitherman's home. BELOW: Zonta board members, front row: Nancy McKinney, left, Betty Jean Beshear and Barbara Smitherman; back row: Gilda Wettschurack, left, Georgia Webb and Valerie Chowning.

## Just the

- The organization was founded in Buffalo, N.Y., in 1919.
- Zonta International is headquartered in Chicago.
- Members are known as Zontonians. They are executives or professionals in a recognized business, institution or profession working at least 50 percent of a normal week and willing to support the objectives of Zonta.
- Zonta is derived from Lakota, an American Indian Sioux language, and means honest and trustworthy.



SHE PHOTO BY ANDREW LAKER

50 years, but it's still not as well known as some organizations with much shorter histories," Smitherman said.

The Zonta Club of Columbus has also worked with Youth Hope and supports Project Self-Sufficiency, a program which gives professional clothing to women who are interested in getting back into the work force.

According to Julie DelGenio, current president of Zonta Club of Columbus, the club routinely polls its members to get ideas about which organizations or causes to support. "We always want to have a handle on or feeling about the interests of the members," she said. "Whatever we do support, we need to follow the Zonta mission. If the Boy Scouts were having problems, we couldn't do anything for them."

Besides the club's hometown projects and fundraisers, members are involved at the international level. Each local club is supposed to give one-third of its service money to the international club. That money goes to fund worldwide projects, such as tetanus immunizations for women and children in certain Asian countries.

"A lot of the issues are just very important to me, and I have a 4-year-old daughter so I want to make sure that I'm setting a good example for her," DelGenio said.

Zonta International, which has 30,000 members in 60 countries, is recognized by the United Nations as a non-governmental organization. That distinction allows local clubs to team with much larger organizations that already have foot soldiers on the ground.

"We can just give them money, and we know that they're being audited, that they're regulated," DelGenio said.

For example, Zonta International has worked with UNIFEM and the Afghan Institute for Learning's Women's Health Center among others to fight genital mutilation practices and teach women how to read. In Niger, Zonta International has worked with other groups to assist women in business.

"It's amazing what just a small amount of money, you know \$5, can do for these

See ZONTA page 43

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# Wage Equity: Women vs. Men

## The scale is tipped by discrimination

BY JENNI L. BRYANT

We like to believe that in our advanced society, most forms of discrimination have been brought into the light, that we can deal with inequalities within the legal system, that fairness is not a fantasy. But could it be that issues we consider resolved are actually silenced by fear?

“One reason we have wage inequality is because women are afraid to talk about it,” said Lynn Duggan, a tenured professor in the Division of Labor Studies at Indiana University Bloomington.

In Indiana, a man and a woman employed with the same company, accomplishing the same tasks, and carrying the same job titles have one significant difference: wage. In 2004, when comparing women and men in identical positions, women made 68 cents per dollar that men made, according to the American Community Survey.

This survey of the U.S. Census Bureau assesses full-time, year-round employment situations. On Aug. 29, the numbers were adjusted to reflect 2005 statistics, and women are encouraged by the change. Currently, in Indiana women make 72 cents per dollar that men make, with women’s median earnings at \$29,946 and men’s median earnings at \$41,362.

While the upswing is a good sign, it is far from fair.

How can Indiana correct wage inequity? It seems that the issue can be addressed two

Currently, in Indiana women make 72 cents per dollar that men make, with women’s median earnings at \$29,946 and men’s median earnings at \$41,362.

ways — by addressing discrimination and by addressing the self-worth of women.

Both discrimination and low self-worth are learned behaviors. While you can penalize a company for discriminatory practices, you cannot require that it change its morality. If a fight for equality were to commence, is the mindset of our male-driven work force so solidly set that a female voice crying out for justice would be disregarded and qualified as a nuisance?

Unafraid of irritating the system, Duggan and many wage equity advocates became the voice of gender-based wage discrimination by forming, in 2001, the Coalition for Wage Equity in Indiana. Its mission, as listed on its Web site <http://www.indiana.edu/~justwage/>, is "to reduce Indiana's large gender gap, a gap measured as the difference between pay for men and women working full time, year round; as well as its racial pay gap."

The CWEI believes the answer is stronger legislation. In 1999, state Rep. Linda Lawson, D-Hammond, introduced House Bill 1487, which proposed that employers be required to include the method behind the determination of wage within their companies, so employees would know what they were worth in comparison to the other employees at that same company.

The result would force equity by bringing all job description and compensation factors to the top. Then employers would not be able to hire a man and a woman for the

same position and pay the man 28 percent more than the woman simply because of gender.

13 states, not including Indiana, have passed legislation that requires employers to pay women the same wage as men for work involving equivalent skill, effort, responsibility, and working conditions.

Both are true," said Duggan. "Women are really caught in a double bind. This is what characterizes oppression of all types." Another double bind, she explained, is that women are led to believe one of two things:

— They must work at home and receive no compensation for their labor or

— The skills they bring from the home into the workplace are not as valuable as other skills and subsequently reimbursed at an insultingly low level.

According to Duggan, some of the lowest-paid jobs in society are those that

revolve around tasks associated with the home, or "female" work. These include child care, food preparation, sewing and cleaning jobs.

In October 2003, at a hearing on wage equity, Duggan made a presentation before the Commission on State Tax and Financing Policy with the following statistics from the American Community Survey:

— More than 50 percent of full-time working women in Indiana tend to work in lower-paying occupations:

— 23 percent work in office or administrative support (median wage

\$24,120)

— 19 percent work in service jobs such as health-care support (median: \$21,110), food prep or serving (\$17,840), or personal care services (\$17,840)

— 11 percent are in sales, which has a median wage in Indiana of \$19,530

In her presentation, Duggan stated the reasoning behind CWEI's forceful advance by pointing out, "Wage discrimination not only harms individual women and people of color, it depresses living standards, contributing to higher poverty rates among female-headed and minority households.

It prevents the maximum utilization of available labor resources, it causes labor disputes that burden commerce and it violates the state's expressed policy against discrimination."

During her statement, she noted that 13 states, not including Indiana, "have passed legislation that requires employers

to pay women the same wage as men for work involving equivalent skill, effort, responsibility, and working conditions."

Fighting against wage inequity with her voice and her life, Billie Dragoo, owner and CEO of RepuCare and RepuStaff in Indianapolis, employs

women in her business as much as possible, even from a vendor standpoint. Eighty percent of her employees are women. It is not enough to employ them, but her goal is to encourage them.

"Women need to empower other women," Dragoo said. "The way we're going to do that is to talk about it. Share our networks and open up our knowledge. A big focus of mine is mentoring because of how hard it was for me."

Dragoo wants to see more women get into politics, but she said the fear of figurative "assassination" by media keeps them out.

"It takes a very strong woman [to be in politics], someone who is obviously very focused," Dragoo said.

*Note: The American Community Survey is a household survey of 800,000 households nationwide with a time series beginning in 2000 for states. The Bureau of Labor Statistics data are based on estimates from the Current Population Survey of 60,000 households each month.*

For more information on wage equity and the statistics regarding the battle, visit the following sites:

[www.ibrc.indiana.edu/](http://www.ibrc.indiana.edu/)

[www.iwpr.org](http://www.iwpr.org)

[www.bpwusa.org](http://www.bpwusa.org)

# this month's question:

What's the biggest hurdle facing you as a business/professional woman?



**Terry Kutsko,**  
**That Special Touch**

"We're not in a business where we're competing with men or where we're competing to get promotions, so I don't think that's something that we have to worry about. We don't really have to answer to anybody but ourselves, which is sometimes worse than having to answer to somebody else."



**Diane Hansen,**  
**That Special Touch**

"The downside is you don't just work 8 to 5. Being your own store owner, you don't go away from it. It's kind of like you live and breathe it, especially in the first three to five years."



**Deb Steele,**  
**Cookies, Baskets & More**

"This is so new. We've only been here two months and we just added a new product line with the cookies. I'm still learning the business and there's so much that's unknown. We don't know what the demand will be."



**Betsy Brown,**  
**Dr. Jon Roberts' office**

"Trying to run my kids and work at the same time. By the time I get off work, take them home, make dinner and help with homework, it's late. And I have to get up and then do it all over again."



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# Time to invest is NOW

Women mortgage their futures when they delay financial planning

BY SHERRI EASTBURN \* PHOTO ILLUSTRATION BY ANDY HEIDT

She might initially feel uncomfortable and uninformed, but a woman's place is in the planning of her financial future, says Jodi Engelstad, an investment representative at Edward Jones in Columbus.

"I think women still seem to think it's a complicated issue and they don't know enough to be able to invest," Engelstad says.

Some basic truths about the financial lives of many women directly affect their willingness to explore investment opportunities, Engelstad says.

Women may often be financially strapped and find it difficult to consider investing.

"We, on average, still earn less than men," she says. "And we're often out of the work force because we bear the children, which affects wages and Social Security benefits."

Those barriers are also reasons why it is so

important for women to overcome obstacles and discover investing.

Also, too many married women depend on their husbands to make investment decisions, Engelstad said.

"Life expectancy for women is seven years longer than men," she says. "If we aren't saving enough, there's a chance that we could outlive our assets."

Even without the adult struggles in tow, women usually aren't taught money skills or introduced to the importance of making

independent financial decisions.

"From the time we are little girls, we are not taught to handle money," Engelstad says. "So as we grow up, we tend to shy away from that. But investing is like anything else, we can learn it."

It is past time for women to gain confidence in their financial savvy, she says.

According to the U.S. Bureau of Labor, 60 percent of American women are employed outside the home, earning \$1 trillion collectively every year.

## Steps to investing in your financial future:

- Find an investment representative to guide you through investment options.
- Get to know and trust the investment representative.
- Set clear goals about your financial future.
- Stick with the plan.

Another staggering fact is that 9.1 million businesses in America are woman-owned.

According to a recent study called "Women, Money, Power," conducted by Mark Zesbaugh, president and chief executive of Allianz Life, women are taking on a more equal financial role in their homes, regarding purchases and payments.

But when surveyed about investment plans, more than 40 percent said lack of knowledge kept them from pursuing investment planning. Others said they found the topic too confusing.

Even with the obstacles, it is past time for women to take an assertive interest in their financial futures, Engelstad says.

Her role with clients of both genders is simply to educate them about investing.

"Our biggest asset for any investment is time," Engelstad says. "The future value of money is time."

One mistake women and men alike make most frequently is that they wait too long to set and act on investment goals, Engelstad says.

When asked to offer advice for new generations, older women in the Allianz Life study suggested that young women start planning early, learn about investing, avoid being financially dependent on others and "set aside money that is just yours."

Engelstad agrees.

"As soon as you get your first steady job right out of college, you need to start investing in something," she said. "If you learn those habits then, the retirement nest egg that you have later can be quite phenomenal."

Financially aware investors take advantage of retirement plans at their place of employment, Engelstad says.

An extra investment step will also assist the success of a long-term plan.

"When you sit down to pay your bills every month, don't forget to pay yourself," Engelstad says. "Start a separate savings as an investment vehicle of some sort, such as contributing to an IRA."

Putting off getting started is the biggest mistake, Engelstad says.

"Women tend to be the primary caregiver, and it's difficult to juggle the home with a career and lots of other responsibilities," she says. "But making a plan for your financial future is also very important."



## HELPING WOMEN TO BE HEART SMART

In 1999, you subscribe to a magazine that features primarily women. The first, heart disease is one of the killer of women. The magazine features stories that encourage an average woman to take charge of her own health.



average woman knows that she can do more to take charge of her own health. Yet, for the most part, she does not. That's where the Women's Heart Health Program comes in. The Columbia Hospital created the Women's Heart Health Program.

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- Nausea
- Unexplained sweating or chills
- Fatigue
- Shortness of breath
- Pain or discomfort in one or both shoulders, neck, jaw, or teeth
- Discomfort or pain between the shoulder blades
- Dizziness or lightheadedness
- Fainting
- Indigestion or heartburn
- Pain in the upper back, neck, or jaw



**THE HEART CENTER**  
at Columbia Hospital



Nora Coleman has been a PE teacher for 30 years. She won the My Favorite PE Teacher Award last spring. She is pictured here on the new Freedom Field with Parkside students.

## Physical education teacher Nora Coleman keeps her students on their toes

BY JENNI L. BRYANT \* PHOTO BY APRIL KNOX

She's a health fanatic, a nutrition missionary. She makes her own motivational T-shirts: "G.Y.M." on the front; "Get Yourself Moving" on the back.

One would think that Nora Coleman's energy is spent in her classes, motivating children to take care of their bodies, but all her energy is not spent. In fact, to meet her is to ask, "Does this lady ever slow down?"

"I'm like my mom," Coleman explains. "She's very energetic. She's a go-getter. I just like kids. I've always said I could never sit behind a desk."

It's not the energy alone that sets Coleman apart but her purpose. Her focus is undistracted. Every poster in her office, every award on her wall and every accessory on her desk speak to her passion: total physical wellness.

Coleman has taught physical education

for 31 years, the past 28 in Bartholomew Consolidated School Corp. Her career is highlighted by the recent national recognition she received because of her nomination by students at Parkside Elementary, where she teaches kindergarten through sixth grade.

A Parkside parent found an application from the PE4Life organization for the 2006 My Favorite PE Teacher Award. Parkside students from the fifth- and sixth-grade classes of Rita Bass and Suellen Gillespie submitted 19 letters of recommendation for Coleman, nominating her for this award.

Excerpts from the children's letters testify that Coleman's lessons on fitness are also her lifestyle:

"Mrs. Coleman not only leads her students into a healthy life, but lives one herself."

"She's organized walks, rollerblading

parties and ice skating parties, running programs with rewards and extra-curricular activities after school."

"Mrs. Coleman is supportive, fair and kind ... everything a gym teacher should be."

"She puts as much passion into her life as she does air in her basketballs."

Having received the most nominations throughout the country for this award, Coleman received an invitation from PE4Life to the National PE Day activities on May 2 and 3 in Washington, D.C..

Travel and lodging accommodations were included in the package. So was a dinner on May 2 and time the following day on Capitol Hill. Several famous athletes were present at the dinner, including Herschel Walker, Bill Russell, Freddy Adu, Jennifer Azzi, Archie Manning, Peter Manfredo Jr.,

Alana Beard, Tim Brown, Jennifer Capriati and Antwaan Randle El.

Parkside student Justin Hodapp also was invited as a representative from the student body, and he accompanied Coleman to the stage when Azzi and Capriati introduced her for her award.

Walker was Coleman's personal escort for her two-day trip, even spending the day at Capitol Hill, where National PE Day advocates mingled with senators and representatives to solicit support for the PEP grant, a bill which proposes to spend \$70 million in schools to promote fitness and health.

"You've got to turn them on," Coleman said. "The games and activities I do ... they don't realize what all they're doing."

Although Coleman credits much of her kid-oriented success to her "energetic presentation," it is not her personality alone that wins the affections of her students. She involves herself in their lives for more than just her class time. Coleman has activities available during lunch, take-home papers, exercise journals and fitness calendars.

"There are too many kids growing up without making good health choices," Coleman said. "I'm always talking about healthy eating. Most kids don't even know what a serving looks like. They think it's super-sized."

With her message permeating the school, Parkside Elementary was the only school in Indiana to be recognized with the Healthy Hoosier School award for 2006. The school submitted a 13-page document with data, test results and lists of activities compiled from the 2005-2006 school year. Coleman is proud to report that Parkside is on target to receive the award again this year.

Her dreams include becoming a mentor to newly graduated PE teachers and teaching exercise programs for the elderly in nursing homes.

"If you can just make a difference in someone's life," she said, "it's worth it all."

Coleman received her B.S. from Indiana State University in Terre Haute and her master's in physical education from Ball State University. She resides in Columbus with her husband, Jim, a fourth-grade teacher at Southside Elementary, and her daughter, Sarah, a kindergarten teacher at Richards Elementary and varsity basketball cheerleader

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# Spare time

Bowlers strike up lifetime friendships

AMF

BY SHERRI EASTBURN  
PHOTOS BY APRIL KNOX

**W**hen she walked into the Columbus Bowling Center more than 30 years ago, Sherry Munn's only interest was in learning how to throw the ball.

She joined a mixed league which happened to include a very accomplished bowler named David Munn.

"I couldn't bowl worth anything," Munn said with a laugh. "I burst David's bubble when I got put on his team. And during the tournament, I let him down."

But somewhere amongst the gutter balls, fate threw a strike.

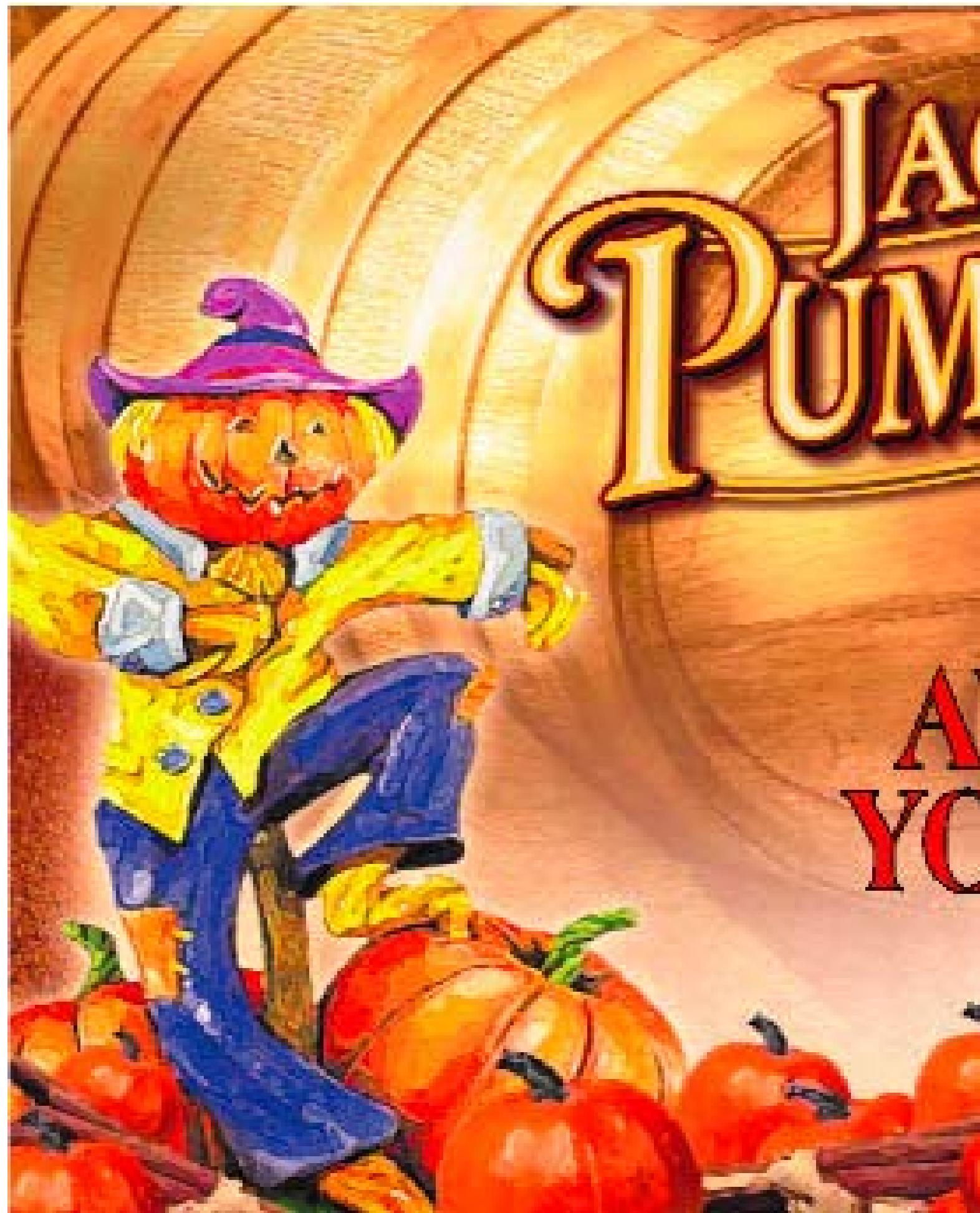
"On our first date, I bet him a hamburger that he couldn't pick up a split," Munn said. "I ended up buying the hamburger. And we just went from there."

On their 25th wedding anniversary, the Munns invited family and friends to join them where their love originally blossomed.

"We renewed our wedding vows on the same lane where

From left, Sherry Munn, Jan Mahoney, Pat Franklin and Nancy Brodfuehrer have each been bowling for decades.





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"He said, 'You may now roll the bowling balls,'" Munn said. "I only picked up three pins. David picked up seven. So it was still a perfect strike."

Like Munn, Eileen Yost of Taylorsville did not immediately thrive as a bowler.

"I got up there and dropped the ball behind me," Yost said with a laugh.

That first effort, in 1946, didn't go so well. But Yost caught the bowling alley fever anyway.

"I bowled for 30 years," Yost said. "My husband would go and watch me. But he never did bowl."

Back problems forced Yost to give up the sport in 1976.

**BELOW:** The longtime friends have shared many things throughout the years they have bowled together, from having and raising children to dealing with the loss of spouses. **OPPOSITE PAGE:** Franklin has been bowling for 27 years.

**"We renewed our wedding vows on the same lane where we met."**

SHERRY MUNN







Sherry Munn, current president of Columbus USBC Bowling Association, holds a photo from her 25th wedding anniversary party. She and her husband, David, renewed their wedding vows on the same lane where they met at The Columbus Bowling Center.

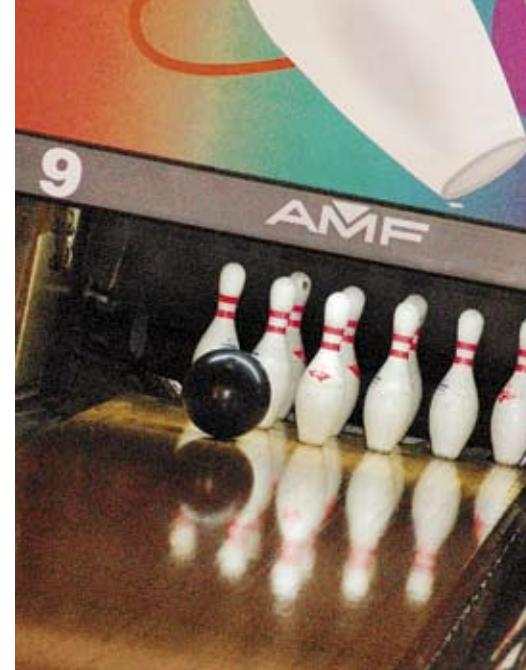
Yost's late sister, Norma Brodfuehrer, bowled for 60 years. Her bowling skills won Brodfuehrer membership in the Indiana State Bowlers Hall of Fame and the Columbus Women's Hall of Fame before she died in May.

Brodfuehrer's sister-in-law, Nancy

Brodfuehrer of Columbus, continues the family tradition.

"I've been bowling for 50 years," Nancy Brodfuehrer said. "I've only laid out a couple of times when I was pregnant."

Every three years, Brodfuehrer and the members of her league travel to Reno, Nev.,



An advertisement for Eldon's Automotive Service. The background features a woman with curly hair smiling, surrounded by falling snowflakes. The text "Angela is ready for Winter! Is your Car?" is written in a stylized, blue, cursive font. The Eldon's logo, featuring a stylized 'E' and 'D', is prominently displayed. The text "Schedule your appointment to tune your vehicle" is written in a smaller, blue font. The phone number "372-1440" is also present. The bottom of the ad includes the text "We'll tune up your vehicle and will listen to your concerns with a smile." and "Call us for a free estimate. We offer free delivery, pickup and mobile service in the greater Columbus area." The logo for the Better Business Bureau is also included.



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Sheriff



Eric Hayes  
Candidate for  
Judge Superior  
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Rose Johnson  
Candidate for  
Recorder



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Candidate for  
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Candidate for  
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Bob Freeman  
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to compete in the national tournament.

"Whether we bowl well or not, we always have a good time," she said.

Now married nearly 33 years and still bowling twice every week, Munn said she still hasn't quite conquered the sport.

"I will never go down in history for my great bowling scores," Munn said. "But that doesn't stop me from bowling."

Not-so-wonderful bowling scores don't prevent Munn from volunteering her time for the promotion of the sport, either.

She has served as state director for the Indiana State USBC Women's Bowling Association for 10 years.

"I just got re-elected for another three years," Munn said.

She also pens articles for statewide newsletters and publications about bowling. Locally, she serves as president for the USBC Association.

Bowling provides her with close-knit friends she would never have met otherwise, Munn said.

Learning to bowl was one activity she successfully juggled into the busy family schedule, Brodfuehrer said.

"I could go bowling late in the evening when my husband would be home to babysit," she said. "I could get a little bit of exercise and get out of the house a little bit, too."

Four decades of bowling in state and national tournaments have helped her make friends in lots of different places, said Pat Franklin of Columbus.

Franklin's husband, Steven Franklin, also bowls.

Like the Munns, the Franklins' first date occurred at a bowling alley.

A few years ago, when Valentine's Day fell on a bowling night, Steven Franklin sent a barbershop quartet to the bowling alley to serenade his wife.

Through the week, Franklin and her husband bowl in different leagues. But every Friday evening, they bowl together.

Initially, Jan Mahoney's late husband, Ron, was the designated bowler in the family. Mahoney went along to tournaments strictly as her husband's cheerleader.

When one of the women's teams needed a new member, she tried her skills. That was



40 years ago.

Mahoney is still bowling.

After recently losing her husband of 51 years to a sudden illness, she looks at bowling with a newfound fondness.

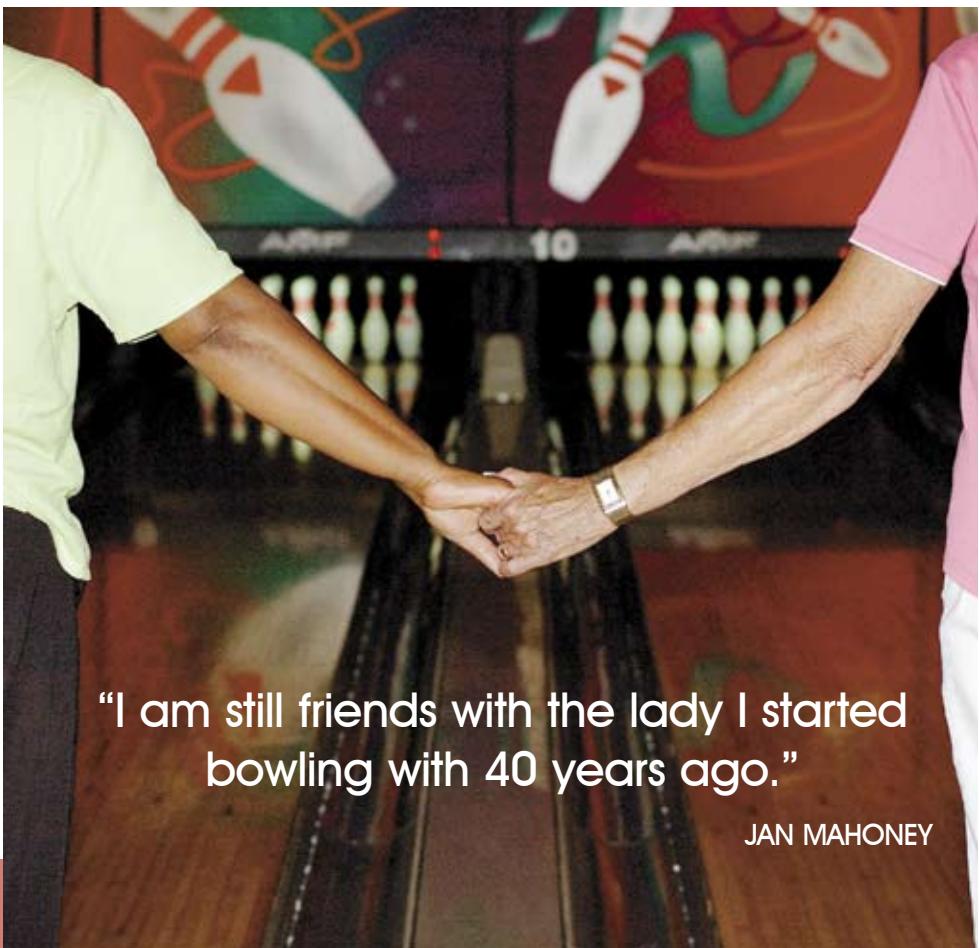
"It will probably be a lot more important to me to bowl now," she said. "It will help me to get my mind off things here at home. Bowling will be really important to me now."

Through the years, women in longtime leagues have laughed together, engaged in friendly competition and watched each other live life — from the birth of children to the onset of illnesses and the loss of spouses.

"I am still friends with the lady I started bowling with 40 years ago," Mahoney said.

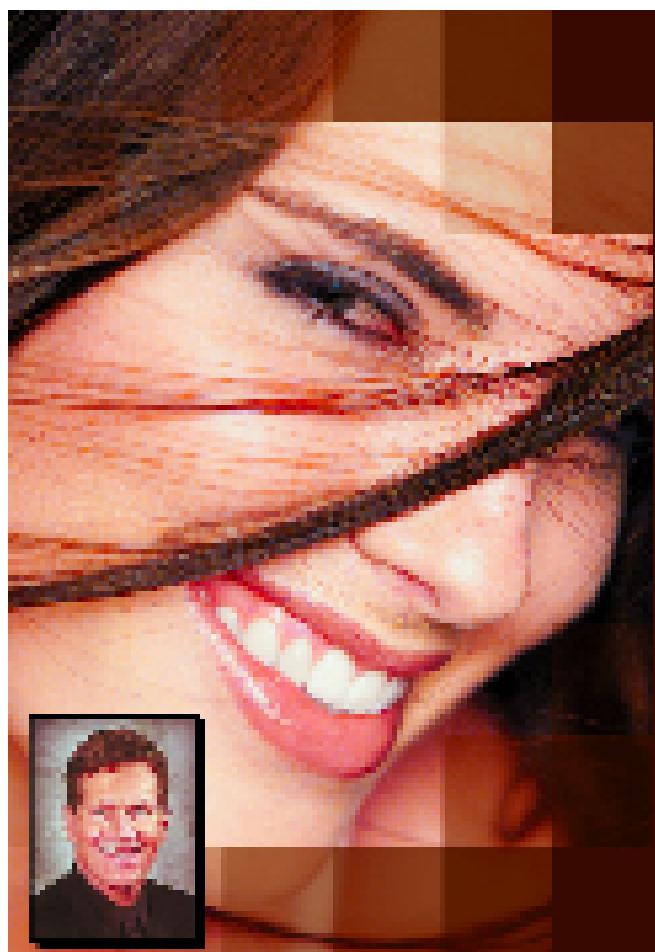
"It's a sport you can do into your old age," Brodfuehrer said. "And I'm getting there."

Throughout the years, friendships are built by women sharing life experiences while bowling for Columbus USBC Bowling Association.



**"I am still friends with the lady I started bowling with 40 years ago."**

JAN MAHONEY



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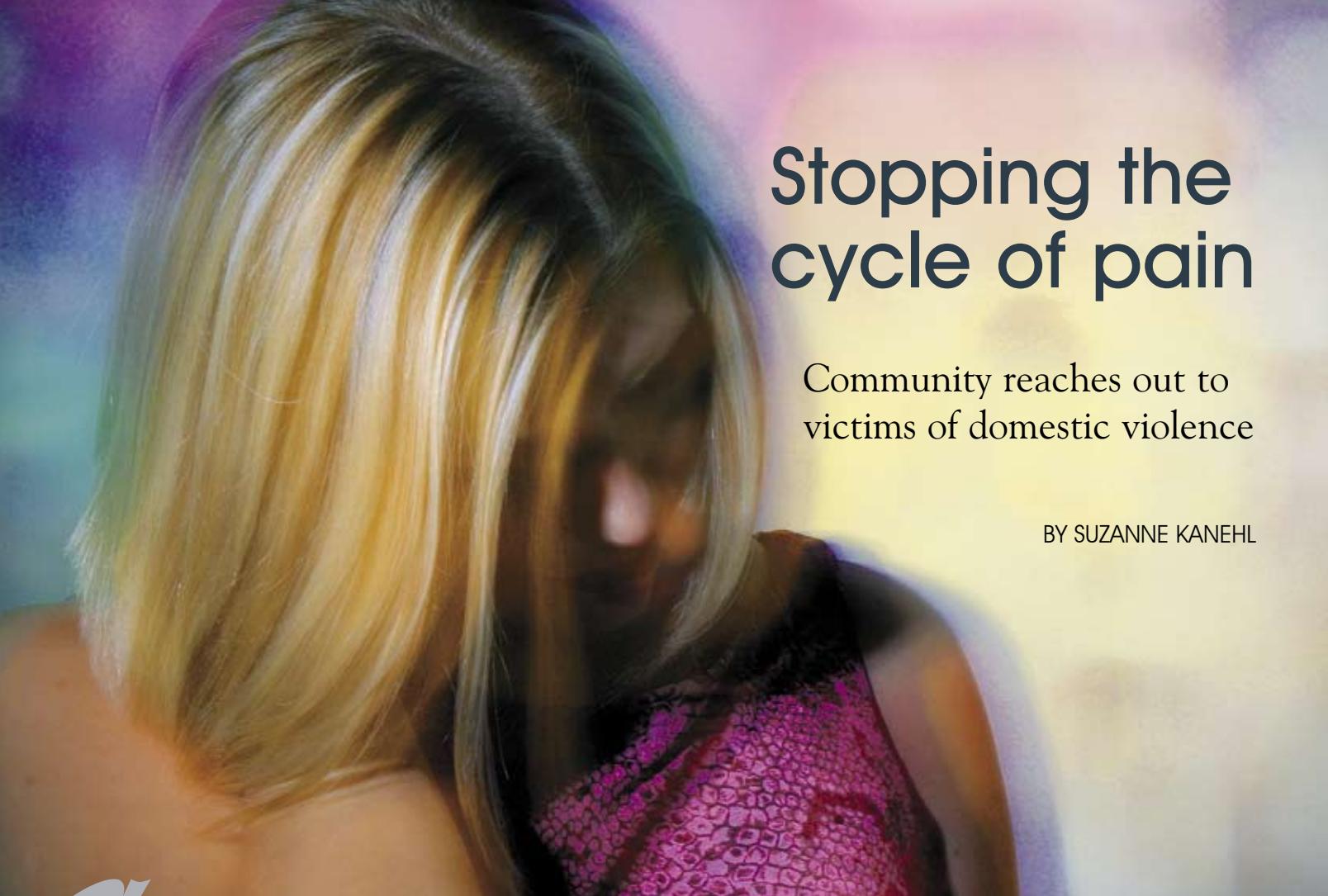


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# Stopping the cycle of pain

Community reaches out to victims of domestic violence

BY SUZANNE KANEHL

Are you in a whirlwind romantic relationship where your partner constantly wants to be with you or wants to know where you have been or where you are going?

Does your partner get jealous from the innocent attention paid to you by others or attempt to isolate you from your family, friends or even school or work?

Does your partner force you to have sex or do things you are not comfortable doing and blame you for any abuse to which you are subjected?

If you answered "yes" to any of these questions, your life may be at risk. You probably have fallen victim to one of our country's most often overlooked and hidden crimes — domestic violence.

According to a National Violence Against Women Survey, roughly 22 percent of all women are physically assaulted by an intimate partner or date at some point in their lives. Also, among women age 18 and older, almost 5.3 million partner victimizations occur every year.

The staggering and frightening result is nearly 2 million injuries and 1,300 deaths attributed to domestic violence each year in the United States.

While women are the most common victims and heterosexual men are the most likely offenders, there are no boundaries to the occurrence of domestic violence. In fact, statistics show that approximately 7.7 percent of heterosexual men, 5.4 percent of gay men and 11.4 percent of lesbians experience some form of domestic violence at the hands of an intimate partner or date at some point in their lives.

With statistics indicating that a woman is beaten every 15 seconds, the Columbus Police Department takes all cases of domestic violence seriously. "Our goal is to prevent injuries and domestic violence all together," said Detective Mike Ward, domestic violence coordinator at CPD.

Domestic violence occurs in every country and culture. People from all socioeconomic, religious and educational backgrounds can

become victims. While this crime can occur in all types of intimate relationships, individuals with fewer resources or a perception of being more vulnerable make easy targets for their offenders.

For example, teenage girls and women experiencing psychiatric or physical disabilities or those who live below the poverty line are at greater risk for becoming victims.

When you add the more than 1 million women and 371,000 men stalked by their partners each year in the United States, the issue of domestic violence should be considered a very real and dangerous crisis.

Other victims, the children, sometimes go unnoticed while witnessing and experiencing the devastating effects of domestic violence, whether physically or psychologically. "Young children in these homes turn inward and may become anxious, guilty or struggle to sleep," said Beth Morris, director of Community Health Partnerships with Columbus Regional Hospital.

"As they age, these children typically become more outwardly hostile and disruptive in school," Morris said. "As teenagers and young adults, they are apt to engage in abusive relationships, creating an ongoing, intergenerational cycle of battering and victimization."

As the domestic violence coordinator with CPD, Ward has seen firsthand the effects of domestic abuse. All domestic violence calls where an officer responded and generated a police report come across Ward's desk.

"Sometimes we will have cases that are clear-cut batteries, but we can't find the person who did it. He or she has fled," Ward said.

"In these cases, when I receive the report, I will make sure that report gets to the prosecutor's office, make sure the officers did their job by taking statements and photographs at the scene, and then, hopefully, the prosecutor's office will file charges against that person and a warrant will be issued for his or her arrest."

### A definition of abuse

The common assumed definition of domestic violence is when one person hits another person on a routine basis. In fact, however, domestic violence is much more complex.

"The impact for victims is loss of self-esteem, emotional and psychological hurt and physical injury, which can be fatal," Morris said.

Domestic violence is actually the coercive control of one partner by the other partner in an intimate dating, unmarried live-in or marital relationship. This control comes in many forms, including physical, sexual, emotional and economic abuse along with a variety of threats.

The victim's physical isolation from family and friends as well as the abuser's threats to commit suicide if the victim flees are other damaging elements of domestic abuse.

Battering is a behavior that physically harms, arouses fear, prevents a partner from doing what she wishes or forces her to behave in ways contrary to her normal behavior.

Battering includes the use of physical and sexual violence, threats and intimidation to the victim, children and even the family pet. It also includes emotional abuse, such as

degrading and demoralizing comments, and economic deprivation, such as preventing the victim from working and withholding money.

In the beginning, the abuse consists of small, seemingly isolated incidents for which the abuser conveys remorse. The abuser promises not to repeat the offense and even attempts to rationalize his actions. The offender takes no responsibility. In fact, it is common for the abuser to blame the victim for the abuse.

### Complicated relationships

Many of us who have never experienced any form of domestic abuse tend to view the victims as weak or not intelligent. Many of us cannot understand the complex nature of abuse and violence in the context of an intimate relationship and wonder why so many victims stay with their abusers.

Victims often feel unable to get out of their dangerous relationships for a whole host of reasons. These reasons keep victims feeling hedged in and include having a sense of being alone with no social support and maintaining

strong personal, religious or cultural values that prevent them from leaving.

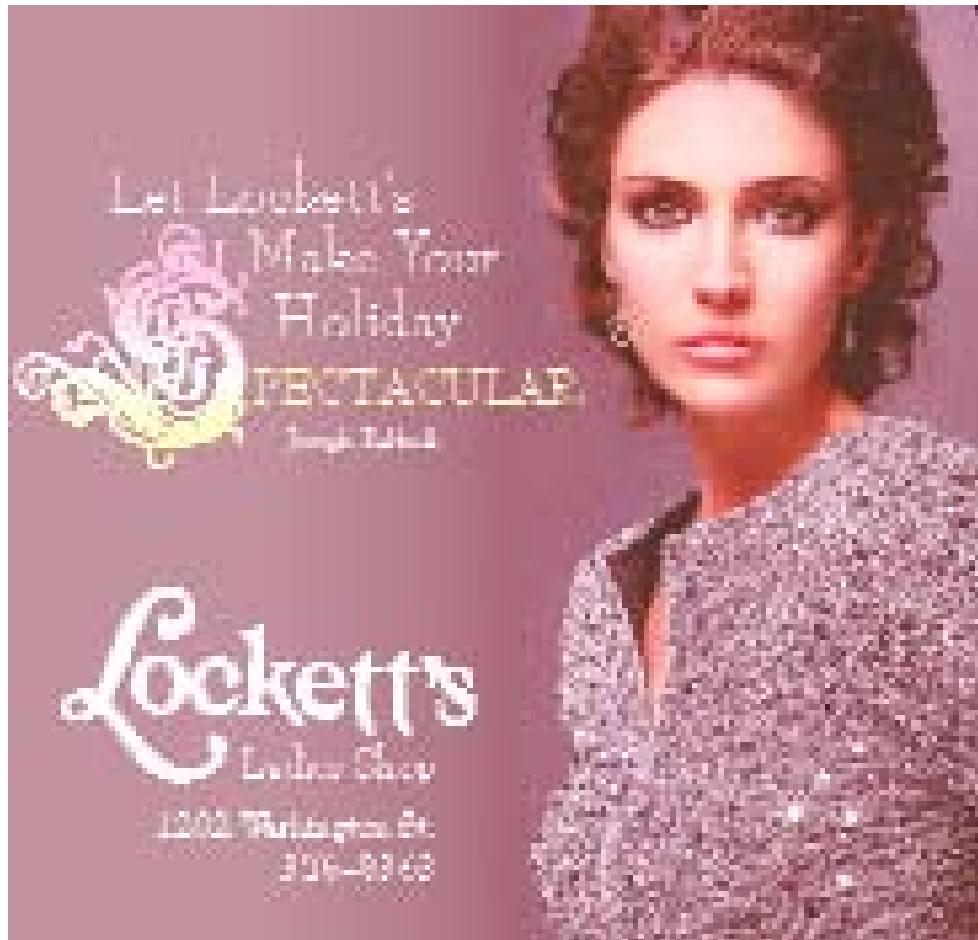
A fear of being judged, likely threats and intimidation regarding custody of or separation from their children, an illegal immigration status as well as any physical disabilities or perceived lack of viable alternatives also inhibit a victim's ability or willingness to leave her abuser.

Many victims are too scared to leave. "It's that fear of the unknown and the fear of getting away from that money holder," Ward said. "Many men use money as a controlling factor in keeping their partners there. There are many different factors involved in why victims don't leave their abusers.

"Maybe they saw that as a youngster and they were raised in a relationship where Dad beat Mom and that was OK, but it's not OK," he said. "Many times, the victims still love their abusers."

"Like the rest of our state and country, domestic violence is a community challenge in Bartholomew County which is often hidden," Morris said.

To overcome these obstacles, a continued





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increase in public, legal and health-care understanding, along with improved domestic violence resources throughout the community are enabling more victims to become survivors of domestic violence.

"Most law enforcement agencies, beginning in the '90s, have taken a more aggressive approach toward domestic violence, and I would think that the numbers have been reduced," Ward said.

### Seeking help

Columbus police routinely refer men, women and children to Turning Point for help with domestic abuse issues. Even when an abuser is not arrested due to a lack of solid evidence, but abuse is believed to have occurred, the case will be referred to Turning Point.

"We try to give Turning Point the chance to call the victims to let them know that they are here to help," Ward said. "We want to offer as many services as possible to the victims.

"We have many clear-cut cases where victims have been battered but say they don't want anything done," he said. "In those cases, we are going to arrest the assailant, whether the victim wants us to or not. We are going to take the proper steps in making sure the violence stops right there."

Besides telling domestic abuse victims about Turning Point, Columbus police officers can place a 72-hour hold on the offender in certain cases that warrant a longer jail stay than the normal six-hour "cooling off" period.

Ward has been a police officer for almost 18 years and has observed how domestic violence cases are handled. Currently, Columbus police officers receive yearly domestic violence training, which keeps them up to date on new laws and changes in policy.

"I know that, at least here locally, we are doing a better job with the position that I am in, making people aware of domestic violence, helping victims get out of that relationship or at least giving them the options to seek counseling and doing the things that might make their relationships work," Ward explained.

He realizes that victims of domestic abuse have different ways of thinking about and dealing with their abuse. "It's all about changing their mindset and giving them the tools to help them get out on their own,"

# Get out and get help

Although you cannot prevent abuse by your partner, you can stop the dangerous cycle and reclaim your power and freedom. Only abusers can change their behavior, which rarely happens, but you, the victim, can find help and support services.

Do not hide the abuse any longer. Talk with someone you trust. Report the abuse to your physician, nurse, therapist, co-worker, friend or pastor. Do not be ashamed to call the police. They are there to help when you are in danger.

Also, any battered woman or man may contact Turning Point for a safe, secure and confidential place to stay once the decision has been made to leave the abuser and begin rebuilding a new and healthy life.

"Turning Point continues to be the strongest community resource, but the judicial system, schools, other social agencies, churches, employers and the medical community all have a hand to play in solving this problem," said Beth Morris, director of Community Health Partnerships with Columbus Regional Hospital.

If you or someone you know is being abused, help is available. Contact one of these resources. Break the cycle and rebuild your life or save the life of a friend.

- Columbus Police Department, 376-2600, columbuspd.com/domestic.html
- Detective Mike Ward, domestic violence coordinator, 376-2641
- Turning Point Regional Shelter For Victims of Domestic Abuse, 379-9844, (800) 221-6311, members.aol.com/tamoore/tp/ or www.scdvtf.org/turning\_point\_victim\_shelter.htm
- National Domestic Violence Hotline, (800) 799-SAFE (7233) or (800) 787-3224 (TTY), www.ndvh.org
- National Coalition Against Domestic Violence, (303) 839-1852, www.ncadv.org

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# Obesity detrimental to women's health

**O**besity plays a significant role in causing poor health in women by negatively affecting quality of life and shortening life span.

A person has traditionally been considered obese if she is more than 20 percent over her ideal body weight. The National Institutes of Health has more precisely defined obesity as a body mass index (BMI) greater than 30 (to reference a BMI chart visit [www.crh.org/bariatric\\_center/bmi.html](http://www.crh.org/bariatric_center/bmi.html)).

More than half of adult U.S. women are overweight (defined as a BMI greater than 25), and more than one-third are obese. Body weight is the result of genetic factors, metabolism, behavior, environment, culture and socioeconomic status.

Obesity has become a serious health threat for women at every stage of life. As obesity rates have increased, obesity has become the second-largest cause of preventable death in the United States, following tobacco. Obesity is a factor in more than 30 serious medical conditions that affect women.

Eighty percent of adult onset (Type II) diabetes mellitus is related to obesity. Obese women are at increased risk for several cancers, such as breast, uterine and colon. Seventy percent of coronary artery disease is related to obesity. Obese women are four times more likely to develop osteoarthritis, and hypertension is largely caused by excess weight.

Weight loss can be accomplished by decreasing food consumption/caloric intake or increasing energy expenditure. Low fat diets diminish caloric intake because food with a high fat content contains more than twice as many calories as food high in

protein or carbohydrate.

Medications can also assist with weight loss. Several prescription drugs decrease food intake by working in the appetite center of the brain. One weight loss medication affects the small intestine's ability to absorb fat, decreasing calorie intake.

Prescription drugs that treat medical conditions both associated with obesity as well as caused by obesity can be used to decrease appetite. Medications can also be used to help the body burn calories.

Aerobic exercise is the classic way to increase energy expenditure. Aerobic exercise uses up the body's stored energy by increasing heart rate for prolonged periods of time. Examples of aerobic activity include running, walking, bicycling and swimming.

Strength training is another form of exercise important to weight loss. Muscle mass can be maintained and even increased through strength training. Muscle is the body tissue that is most involved in maintaining and increasing the body's metabolic rate.

The Bariatric Center at Columbus Regional Hospital is available to assist patients with weight loss. Our multidisciplinary team includes surgeons who have experience in weight loss procedures, dietitians who specialize in the nutritional needs of overweight and obese patients, psychologists who understand the emotional needs of patients who struggle to lose weight, and a bariatrician (weight loss physician) who can help counsel patients regarding exercise, treat medical conditions as they relate to obesity and prescribe medications to assist with weight loss.

*Dr. Brian Kline is a bariatrician and internal medicine physician.*



Dr. Brian Kline

Ward said. "Advocate groups like Turning Point and the Training Center for Family Violence try to educate victims and get them to the point where they seek help.

"There really is a cycle of abuse where victims will first be very upset and want their abuser arrested," he said. "Then, they will go through a phase where they feel sorry. Then, if back with their partner, they go through a honeymoon stage where nothing happens. Everything seems fine, and then bang, another episode of abuse occurs."

"It's all about trying to break that cycle of abuse and getting the victim out of his or her situation," Ward added.

"Being educated about domestic violence can help break the cycle," said Christina Bailey, educator/trainer with Planned Parenthood.

Education and community awareness continue to play a big role. "In a healthy relationship, both partners encourage each other to be their best," Bailey said. "You have concern for each other's happiness and can talk openly about your needs and are listened to. Don't accept less in a relationship."

# THE PROBLEM OF FAMILY VIOLENCE

## Predisposing Factors

Training in violence  
Violent childhood, culture  
Family circumstances  
Conflicting interests, rigid expectations, poverty, stress, isolation, low status  
Attitudes, personality traits  
Hostility, low self-esteem, jealousy, belief in using violence for self-interests, low empathy, self-centeredness

## Situational Factors

Increased stress on individual  
Violence facilitators  
Peer support, weapons, alcohol, drugs  
Violence inhibitors  
Witnesses, deterrence, self-control

WHY WE HURT  
THE ONES WE LOVE

## Trigger Events

Arguments  
Insults  
Violated expectations

Violence

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If you have any questions, contact Katry Burnotti at 812/379-5655. Your name and city will be published with your recipe in The Republic on Nov. 22. Deadline for submitting your recipes is Nov. 1.

THE REPUBLIC

## Kathy Peters finds renewed strength after breast cancer ordeal

BY SUZANNE KANEHL  
PHOTOS BY APRIL KNOX

i

"I was diagnosed on our 20th wedding anniversary, which was April 27 of 2005," Kathy Peters said.

"I felt a lump in my left breast and went to my doctor, Dr. Cindy Mason, who referred me to a breast specialist, Dr. Hahs in Greenwood," Peters said. "There I had a mammogram, but the lump did not show up on the mammogram. They decided to take an ultrasound and definitely found it there."

Peters, 46, was accustomed to doing breast self-exams and had just had a negative mammogram six months earlier. "It was extremely surprising," she said.

The lump could be felt, but was not evident with mammography. "It was quite large at 6 centimeters," she said.

Peters is not alone. Every two minutes a woman is diagnosed with breast cancer. One in every eight women, who lives to 85 years of age, will develop breast cancer during her life.

This year, more than 211,000 women will receive a diagnosis of invasive breast cancer. This year, 43,000 women will likely die of the disease. Additionally, and to the surprise of many, roughly 1,600 men will be diagnosed with breast cancer. Approximately 400 men die annually from the disease.

The good news is, however, that the five-year survival rate exceeds 95 percent when this cancer is detected and treated early. Early detection is key. The best, most effective means of detecting breast cancer early is a combination of three methods,



Kathy Peters, a breast cancer survivor, has been the director of children's ministry at St. Peter's Lutheran Church in Columbus for nine years.

including performing a breast self-exam, having routine clinical breast exams by a physician and having mammograms starting at least by age 40.

By combining these three detection methods, breast cancer can often be caught and successfully treated. Although mammography is one of the best early-detection methods for some types of breast cancer, nearly 13 million women, ages

40 and older, have never had that first important mammogram.

"I want people to understand that mammography is a very good tool," Deana Tuell, nurse manager and nurse navigator with the Breast Health Center at Columbus Regional Hospital, said. "Mammograms are not now and will never be 100 percent detection."

"Physical exams by a physician and

monthly breast self-exams always go hand-in-hand with mammography," she said.

CRH is implementing new digital mammography technology in January. This technology will further assist in detecting breast cancer in women with dense breasts.

While some types of breast cancer are not detected by mammography, a large percentage of cancers are found. "Some breast cancers just don't show up on mammograms," Tuell explained. "That is why a negative result on your mammogram never means you are all done."

"A negative mammogram paired with a physician exam and monthly self-exams are a woman's best bet at early detection," she emphasized. "I don't want women to give up on mammograms because they do help us find most breast cancers, and find them earlier."

Any time a woman, after having a clear, negative mammogram, has physical breast changes, further investigation by a physician is necessary. The breast changes can include a palpable lump, dimpling or puckering of the skin, changes in appearance of the skin or nipple or discharge.

In Peters' case, even after receiving a clear mammogram just six months earlier, she felt a lump and immediately began the long journey from early detection to extensive treatments and surgery, and now recovery.

"Further testing was necessary, and women need to hear her story," Tuell said. "A negative mammogram with physical changes apparently prompted her actions, just like it should have."

The key is prevention and early detection. "Breast cancer is curable until it travels to distant sites," she added. "Then we don't talk of cure, we talk of control."

Peters was diagnosed with stage III invasive ductal carcinoma. This cancer starts in a milk passage, or duct, of the breast, but then the cancer cells break through the wall of the duct and spread into the breast's fatty tissue. It can then spread into lymphatic channels or blood vessels of the breast and to other parts of the body. About 80 percent of all breast cancers are infiltrating or invasive ductal carcinoma.

"Because I had stage III cancer, 14 of my lymph nodes were removed," Peters said. "I then had a double mastectomy and reconstructive surgery at the same time. Then, I had radiation after that. I just had it all."

"Breast cancer is staged in four categories, with zero holding the best and four holding the poorest prognosis or outcome," Tuell said.

Stage III cancer means the original tumor is considered "locally advanced" or growing into the chest wall or skin. It can also

mean that the lymph nodes are significantly enlarged and matted together. The good news is that there is no evidence of the cancer spreading anywhere else.

"With this stage of cancer, chemotherapy is often given before surgery of any kind," Tuell said. If the tumors shrink enough to permit surgical removal, patients will generally have the option to choose a mastectomy or lumpectomy along with radiation therapy.

### The long journey

"My husband, Brent, works for Cummins and was in India at the time," Peters said. "I called him up and told him that I had found the lump and was going to go in and just see what it was."

"I remember, it was a Wednesday. I went in and had a mammogram done," Peters said. "They said it looked like cancer and did a biopsy in the office."

Peters scheduled a follow-up appointment for that Friday to discuss the biopsy results. After hearing that she might have cancer, she called Brent in India to give him this first bit of news.

"He wasn't due to come back yet, and I really think he did 'The Amazing Race' trying to get home because he had to catch a train, jump on a plane and try to make connections to get all the way back home," she said.

"My appointment was at 2:30 p.m. on Friday. He got in at the airport at around 2:45 p.m. My doctor hadn't called me in yet, and he said that if I was waiting on somebody, we could wait a few more minutes."

"Brent hopped in a cab and took it to the office in Greenwood. He made it. It was pretty amazing for him to get from India to here, from a Wednesday to a Friday, and be able to make all of the right connections along the way."

"It was very important that he was there," Peters added. "My mom was there, too, and it was really good to have that support and to have someone else listening to what was being said."

Although Peters had been trying to prepare herself for the likelihood that she

Peters helps lead songs before Sunday School class.



# Steps to Breast Self-Examination



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Just as your period ends (or at the same time each month if you do not have periods), check for any change in the normal look or feel of your breasts. Report any changes to your doctor or nurse. Go for regular breast exams and ask about a mammogram.



## Step One: Lying Down

Feel for a hard lump, thickening or any change in your breast tissue.

- Lie down on your back with a pillow under your right shoulder
- Use the pads of the three middle fingers on your left hand to examine your right breast
- Press using light, medium and firm pressure in a circular motion
- Follow an up and down pattern
- Feel for changes in your breast, above and below your collarbone and in your armpit area
- Repeat on your left breast using your right hand

These steps may be repeated while bathing or showering using soapy hands.

## Step Two: In Front of the Mirror

Look for changes in the shape, size or appearance of your breasts. Look for dimpling, rash or puckering of the skin or nipple, nipple discharge or any change from normal. Inspect your breasts in four steps:

- Hold arms at your sides
- Hold arms over your head
- Press your hands on your hips to tighten your chest muscles
- Bend forward with your hands on your hips

For more information about breast health or breast cancer, please call the Komen National Toll-Free Breast Care Helpline (1.800.462.9273) or visit our Web site. The Komen Foundation does not provide medical advice.

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had breast cancer, the news was still a shock. Before the initial shock could sink in, the roller coaster had already begun.

"On Monday, I went to St. Francis and had all of my tests. I had my MRI, CAT scan, bone density, chest X-ray and all of my blood work," she said. "So, by the beginning of the next week, I had my first chemo treatment."

"Treating breast cancer is not an exact science where each patient, male or female, neatly fits the mold," Tuell said. "Treatment options vary from patient to patient and are tailored specifically to meet the needs of the patient."

"My treatment regime was eight rounds of chemo, followed by surgery and then 31 treatments of radiation," Peters explained.

The first four rounds of chemo were a combination of three different drugs, and the second four rounds were a different combination of drugs.

"The last four are a little easier to take than the first four," she said. "I didn't have as much of the nasty nausea, but it zapped my energy, wiped out my taste buds and made me lose all of my hair just 17 days after my first treatment."

Because of the large size of her tumor, Peters' treatments began with chemotherapy rather than surgery with the goal of shrinking the tumor. She had one round of the cancer-fighting cocktail once every three weeks. The chemo worked, the tumor was smaller and Peters took her last round of chemotherapy in the beginning of October 2005.

"I wrote everything down because, when you go through chemotherapy, your mind just turns to mush. You forget things, and they call it 'chemo brain,'" Peters said. "You just forget things, and it's really hard getting it all back. It's coming back, but I still forget things."

After chemo, the next step in her treatment was a double mastectomy, which occurred at the end of October. "Mastectomy was suggested because I had such a large lump and because of the stage I was in at the time," she said. "My option was, 'Do I just remove one breast or two, in the event that the cancer recurs?'"

Peters' surgery was difficult, as she had gained a good bit of water weight from her last couple of chemo treatments. "I gained about 25 pounds," she said. "They were

putting all of this fluid in me, and nothing was coming out. It was a little tricky during the surgery, but I made it just fine."

Emotionally, her mastectomy surgery was also a bit tricky. "I knew it was for the best, and I was comfortable with my doctors," Peters said. "I thought that if the operation was going to get rid of all the cancer, then that's what I should do."

"Your body goes through a lot of changes," she said. "You know, I just went through chemo where I lost all of my hair, I had no eyebrows, and I figured, 'What's one more thing?'"

Other concerns, which cross the minds of women who have mastectomies, involve the impact her new body may have on her life. Fears of not being found attractive and just looking different are common.

"That does go through your mind, but I have a very loving husband who was with me 100 percent all the way," Peters said. "He was at every one of my treatments except the very last one. When going through something like this, you really need that support."

While in Peters' case a mastectomy was necessary, many times a less drastic procedure, lumpectomy, is recommended.

"If we find it very early, when it is still small, we can do a lumpectomy where we just take out the cancer and a little bit of the normal tissue around it," Tuell said.

"Certainly 20 years ago everyone with breast cancer had a mastectomy and all of the lymph nodes were removed, which can be dangerous for the patient," she said. "Now we do a sentinel lymph node biopsy, which isolates the one to three lymph nodes that drain the area of the breast where the cancer is."

If these few lymph nodes are clear of cancer, then nothing more will be removed. "We have been doing the sentinel lymph node biopsy at Columbus Regional for the last eight years," Tuell added.

### The love of a family

When one member of a family has any type of cancer, not just breast cancer, the whole family is affected. Kathy and Brent have 18-year-old triplets, Emma, Zach and

Megan. When she was diagnosed, their children were 17 and were more than willing to pull together and help.

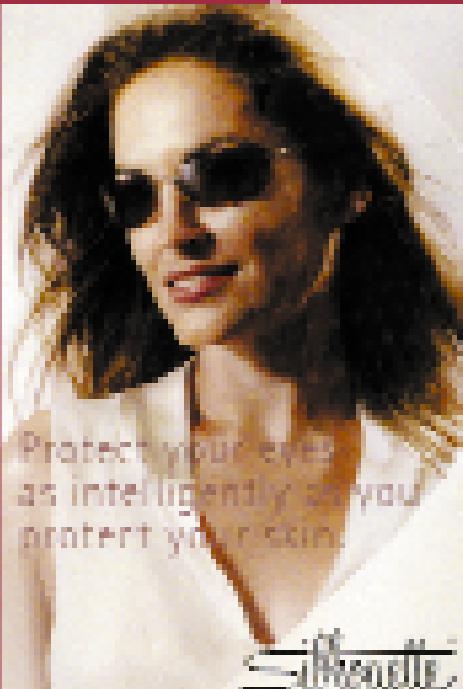
"My kids really took care of me," Peters said. "When I was first diagnosed, my son got on the computer and immediately did research. He ordered the stretchy breast cancer bracelets, handed them out to all of his friends and put his keys on one as a keychain."

"Both of my girls are very caring and wanted to take care of me," she said. "It was like we all just pulled together and took care of Mom and made sure I was OK."

During her chemo treatments, despite the intense fatigue and side effects of the drugs, there were still times when Peters felt well enough to go into work at St. Peter's Lutheran Church where she works part time as the director of children's ministries. Her children routinely asked how long she had been at work and if she got enough rest that day.

While Peters had wonderful encouragement from her family, she also found herself supported by friends, neighbors,

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church members and complete strangers.

"It was really neat to see all of the people who came together to support me with their prayers, meals, cards and gifts," she said. "I don't know how people go through such a devastating event like this without the support of other believers."

"Even my kids said, 'Mom, I didn't know how much we were loved,'" she said.

"We're not alone, and we're not in control," Peters said. "My whole life was dominated by the doctors, and my health had to be No. 1 at the time."

"If you don't have faith, you need to find a support network because you can't do this on your own," she said. "Really, even if you do have faith, you are going to need encouragers because most days you just feel so badly."

The message that Tuell and Peters want others to have is that breast cancer, when caught early, is beatable. By using self-exams, physician exams and mammography, breast cancer is usually caught and cured.

"Combining these three methods of detection is the best chance you've got to

find it early," Tuell said.

Peters attributes much of her recovery to her solid faith in God, her family and all of her many supporters and great physicians.

"One Bible verse I really clung to was Isaiah 40:31," she said. "It reads, 'But they that wait upon the Lord shall renew their strength: they shall mount up with wings as

eagles; they shall run, and not be weary; and

they shall walk, and not faint."

"I knew that I needed to wait for the Lord and he would renew my strength, and he did," Peters added.

## CANCER STAGES

Stage 0 — **In Situ Cancer** — Cancer is contained within the duct (not invasive).

Stage I — **Invasive Cancer** — Tumor is 2 centimeters or less ( $\frac{3}{4}$  inch or less), no lymph nodes in armpit affected.

Stage II — **Invasive Cancer** — Tumor is over 2 centimeters and spread to lymph nodes in armpit.

Stage III — **Invasive Cancer** — Tumor spread is locally advanced in the chest wall or in the skin and lymph nodes are matted together in the armpit.

Stage IV — **Invasive Cancer** — Cancer has spread to distant sites, such as bones, lungs or other lymph nodes not near the breast.

## EARLY SIGNS

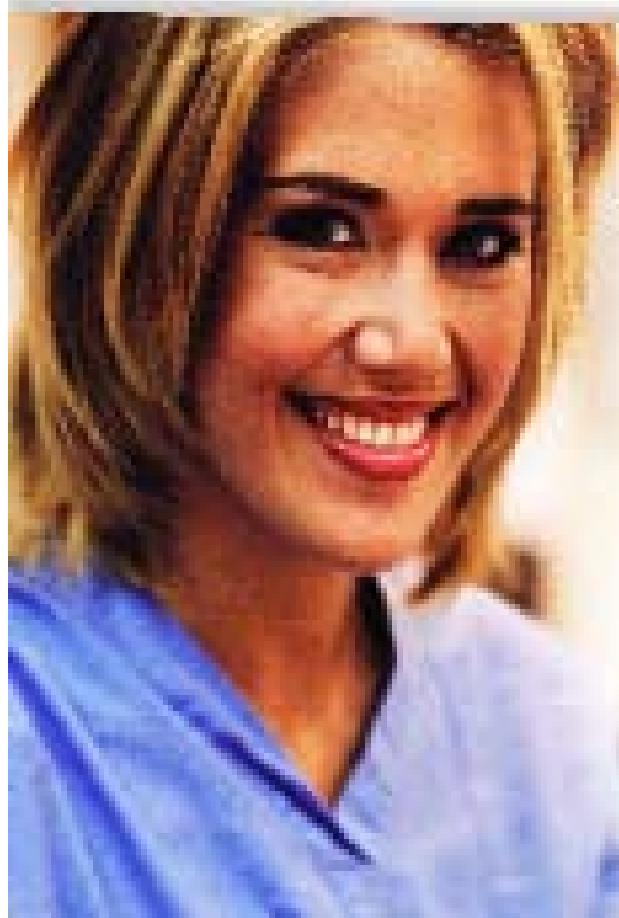
A palpable lump is detected, which is usually single, firm and typically painless.

An area of skin on the affected breast or underarm shows signs of swelling and exhibits an unusual, atypical appearance.

Veins normally seen on the skin's surface become more pronounced on the affected breast.

The diseased breast's nipple can become inverted, develop a rash, have changes in skin texture or have an unusual discharge.

A depression or "imprint" is seen on part of the breast.



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women in the villages," DelGenio said. "It could mean that they're able to feed their chickens more so they can take their chickens to market and then they can do more trade. It allows them to better their lives."

DelGenio has been involved with the group since 2000. While she was interested in Zonta's worldwide work for women, she joined, in part, because she knew she would be able to network with other professional women. The Zonta Club of Columbus meets for dinner the third Monday of every month, except July and December.

"That was actually the main reason I joined," DelGenio said with a laugh. "I mean I loved what they stood for, but having just

moved here when I joined, I didn't know many people, so it was great for networking. And I love to eat out so it was a guaranteed night out every month."



The same was true for Vice President Valerie Chowning.

"It was dual-fold," Chowning said. "The first reason was because I just wanted to get to know other women in the community. I was new to the area and didn't know anybody. And I wanted to be able to give back."

Chowning also found networking beneficial to her

current job as director of career services for Indiana Business College because many of her Zonta colleagues were in positions to hire recent graduates.

Columbus Zonta members are

professional and executive women from a variety of industries, including banking, real estate, dentistry and nursing. It's made up of retirees, new moms and recent graduates.

"I think they try to get a broad range," Chowning said. "It really runs the gamut."

Occasionally, Zonta Club of Columbus hosts what the members call "rush parties" to meet potential members. The club's most recent rush party occurred on Sept. 25.

However, rush parties aren't the only time women can join Zonta. Current members often invite friends or colleagues to meetings. If you're interested in joining or learning more about Zonta, contact one of the members or Julie DelGenio at 378-4708.

"It's just a great organization," Chowning said. "It's a great way to be involved and do networking locally with women, and you can have a global impact."

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SUBMITTED PHOTO

Sarah Kittle Mara hugs a South American child during one of her missions.

**SARAH** continued from page 7

at the resident customs booth said to come there. He waved us on through."

Their last experience in Caracas, Venezuela, left them huddling in a 14th-floor apartment at the American Embassy for three weeks while the odor of burning tires and tear gas wafted up to the room. The first night was so noisy that they had to scream at each other to be heard during Bible study.

"In the United States, we don't know what it feels like to go to sleep with gunfire and screaming," Mara said. "We felt security in the center of God's will."

When the turmoil subsided, the women spent two months traveling in the field.

"I'd never experienced the power of God moving so strongly," Mara said. "It was life-changing. The experience feels like being in a bubble, with power and joy around us."

SOS Ministries works with a pastoral couple from Caracas in connection with the Four Square Church of Jack Hayford in California.

"The word of mouth spreads," Mara said of the music ministry that has turned into a teaching ministry. "It's amazing that God can take two ladies who haven't had any training and open so many doors."

"I can't believe the life God has allowed me to live."

She realizes the importance of "moving in God's will."

"With all the unrest in the world, you have to know when God wants you to do

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372-8220  
Mon. thru 10 a.m. - Th. 107 a.m. Sat. 9 a.m. - Sun. 2 p.m.

An advertisement for Furniture Plus. It features a large red banner at the top with the text 'Open Soon' and 'Decorating for the Holidays?'. Below this is a section with the text 'Inspire Holiday Guests with Brilliant Room Sets. New Furniture and Bedding. Plus Decor and Keepsake Boxes.' The main title 'Furniture Plus' is in a large, stylized font with a plus sign. Below the title is an address '14th Street Plaza • Columbus' and a phone number '372-8220'. The营业时间 'Mon. thru 10 a.m. - Th. 107 a.m. Sat. 9 a.m. - Sun. 2 p.m.' is also listed. The bottom half of the ad shows two photographs: one of a bedroom with a dark wood bed and a tall, decorative wooden headboard, and another of a dining room with a large wooden table and chairs.

**ONERA-MAYA**  
FRESH FISH MARKET  
*Opening Soon*

A photograph of the exterior of a restaurant named 'ONERA-MAYA'. The sign is large and stylized with red and yellow letters. Below the main sign, there are smaller signs for 'Riviera' and 'Mesa'. The restaurant has large windows and doors, and the interior is visible through the glass, showing tables and chairs.

Experience a Mayan Dining Experience.

**EDEN'S MALL**

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See **SARAH** page 47



# Love yourself, part 2

Loving yourself is a mindset and an approach. It is a foundation to your life. We talked last month about challenging the doubts. Challenging your inner doubts starts to create space at your core to open yourself to seeing yourself in new ways.

There is an overall process of addressing the doubts and understanding them, learning to accept yourself as you are, and incorporating change into your self-perceptions. Within that overall process of change, we cycle and recycle through the steps.-

We clear out a few doubts through putting them into context, then we practice more self-acceptance. As that self-acceptance builds, we have the internal confidence to go back and clear out more doubts.-

## The process works like this:-

You focus on what is not working. You come to an understanding of the ways in which things that aren't right are reasonable. You forgive yourself for being reasonable. And you move on.-

You open your mind to the idea that what's wrong isn't so bad after all because there was a really normal reason you were like that to begin with. You start to see yourself as a more forgivable person.-

You start to conceive of yourself differently. You have more space in your mind to see your positive qualities and aspects. You can stop here and take the incremental changes in self-concept that naturally occur. Or you can more intentionally stretch your view of yourself.-

To stretch your view of yourself, start to list what you like about yourself. List it on paper or in your mind. Every day, think of things you like about yourself. The most important thing you can do is to connect your positive thoughts with how you feel about yourself.-

This next part is deceptively simple to describe and surprisingly difficult to do: Identify what you love about yourself.

Yes. I do mean that you have to decide what you love about yourself. This has a very different feel from what you like, appreciate or value about yourself. The reason most of us do not feel comfortable doing this exercise is the very reason why it is crucial to do it. It changes the way you feel about yourself at a deeper level.-

Identify what you love about yourself. Practice saying, "I love \_\_\_\_ about myself." I love my warmth. I love my caring. I love my way of looking at life. I love my intelligence. I love my eyes. I love my ability to be persuasive.-

Honestly, it is a bit intimidating to do this. The results are meaningful, so it's worth doing even if it is intimidating. We are socialized to avoid bragging to such an extent that loving things about ourselves has become uncomfortable for most of us.

I had to debate whether I wanted to use examples that I personally love about myself. Even if I had never told you that those were things I love about myself, it still would have felt like a risk. You do not have to tell anyone what it is that you love about yourself. Just practicing within yourself is fine.-

It is perfectly fine to have just one or two things that you love about yourself, or even to not feel that you have anything you love about yourself. You can even start with a quality that you like about yourself that you want to stretch into loving. You can try out what it feels like to take something you like about yourself and say "I love \_\_\_\_ about myself" just to try on the process.

Avoid saying "I love myself because \_\_\_\_." That phrase has a little more of a connotation that you are earning the love or proving yourself lovable.-

This will take practice. Even the people I know who feel pretty good about themselves, in general, struggle with this exercise. The practice is worth it. Give it a try.-

Leah Jackman-Whitner is a career and business consultant with Life Design



Leah  
Jackman-Whitner



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it."

Mara has realized how fulfilling it is to help others realize their dreams.

"I'm one person," she said. "When you give it away, life has more worth."

"The SOS Ministry, bringing the message to God's people, is probably the part I enjoy most," Mara said. "Music touches hearts."

### Coming home

Mara is a member of Northview Assembly of God. Currently, she and Linn are working on Christmas productions of "How Should a King Come" for adults and "How Should I Come to a King" for children.

The singer was married at age 49 to Jim Mara, who works with LifeTouch, an international school picture company.

"I learned new life lessons," she said.

Jim Mara and Donald Linn support their wives' mission work.

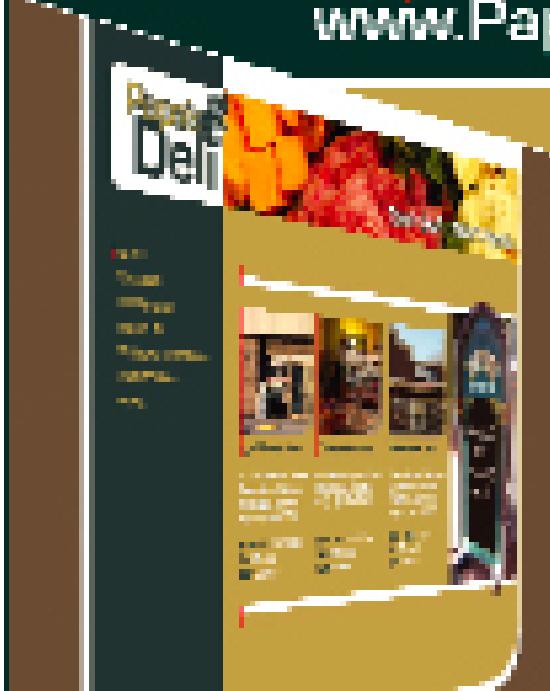
When at home, Mara said, she loves to do yard work, shop and clean the house. She likes being up and moving around.

When she gets the chance, she

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# Coming in

NOV. 15 ISSUE

### A DAY OF MAKEOVERS

See which local women got chosen for free makeovers at A Better Cut Salon.

### A WHOLE NEW WORLD

Learn about the trials foreign-born women face as they get accustomed to life in America.

### COOKED TO PERFECTION

Columbus native Melissa Nyffeler has been named one of the top chefs in Seattle Weekly magazine.

### HOLIDAY GIFT GUIDE

Get great ideas for all the special people in your life.



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同上。但此指“作五”或“作五事”之“五事”指五种不同的事。