

MAGAZINE FOR WOMEN

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INTO NATURE

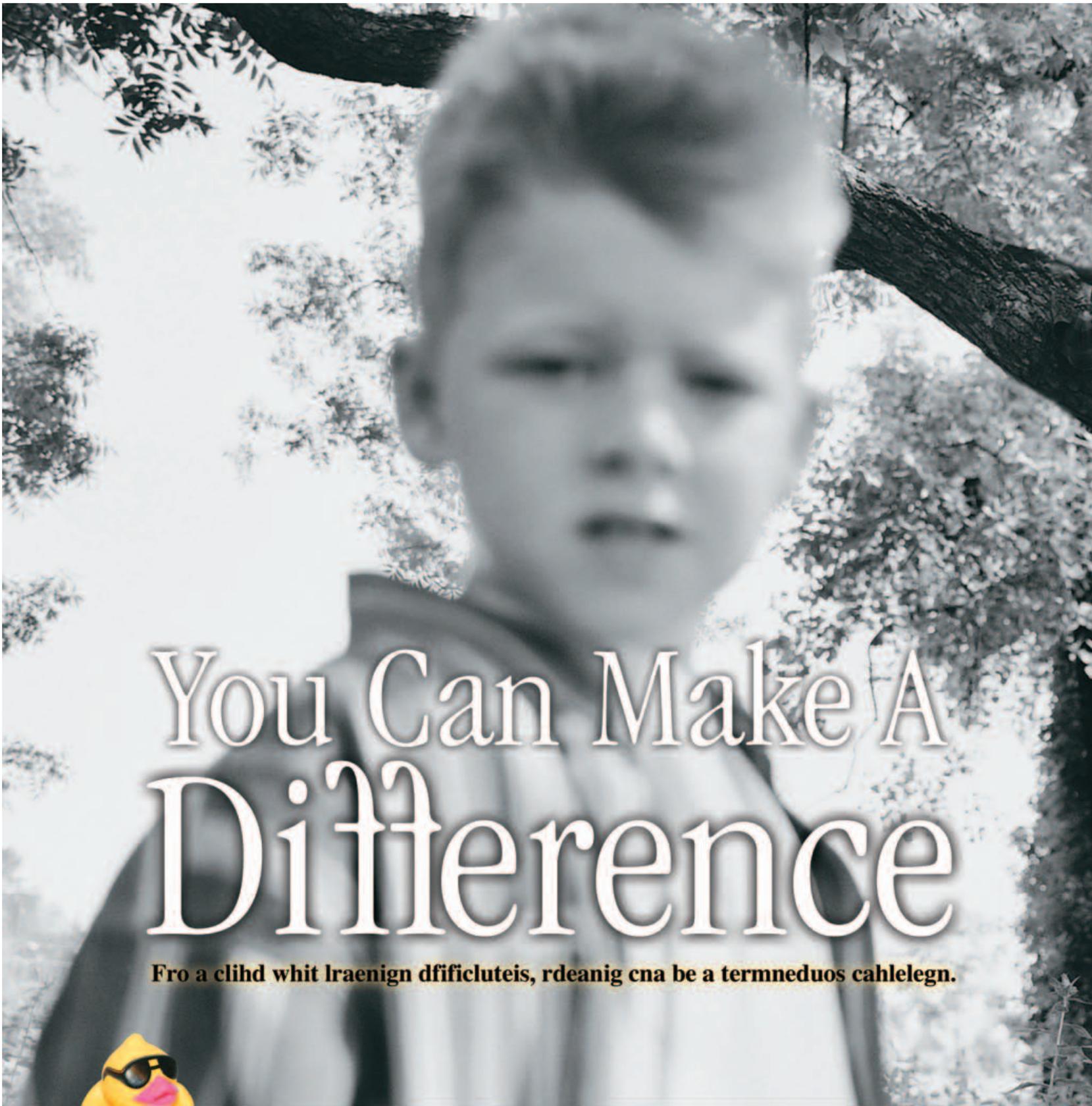
5 REASONS
TO FORGET
MR. PERFECT!

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3 WAYS

FALL 2005
VOL. 1 ISSUE 3 - \$3



INSIDE:
KATHARYN
RIGHT
ON TOP OF
HER GAME



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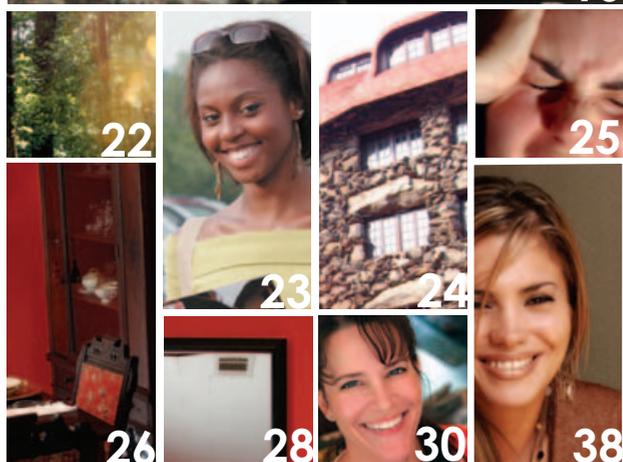
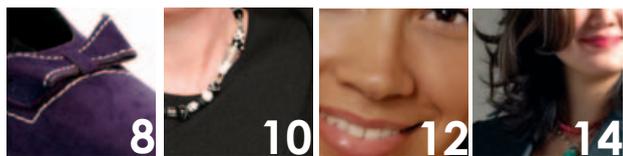


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Welcome to the third issue of Athena Magazine for Women— Fall 2005. As many of you know our magazine is broken down into three categories: Image, Living and Relate. Fall brings a wonderful time for fashion and change, which gives us a very strong Image section this issue.

After spending the day at the M.A.C counter in Belk previewing their new fall collection, I decided to do some shopping. After reading Amy Bray's piece on the essentials of fashion, I felt that I was ready to take the next step and look for the hottest trends of the season. I decided to buy a few accessories to get me in the mood: a page boy hat, some funky tights and a velvet jacket. I realized that I needed to organize my closet and bring a check list with me for future shopping. This fall, I am going for quality over quantity, so when I go to my closet I will find it filled with things I really love. I am surely finding myself "falling for fashion" this season.

Besides educating you about how to get the most out of your wardrobes in this issue, we are educating you on several other topics as well, such as car maintenance and purchasing decisions and how to overcome sleepless nights. We are also bringing you encouragement this issue by motivating you to get your body moving outdoors. Check out our Inspire department to find other encouragement in the Katharyn Richt story, and as we introduce you to Lourdes Rubio in our Seven Questions.

As you can see, Athena offers information that will allow you to use your time and energy on things that should matter most— family, friends and the community.

Love is the theme of our upcoming winter issue with stories about weddings, Valentine's Day and ways to cozy up with loved ones during the holiday season. Our readers are welcome to send ideas and photos.

Thank you to everyone who has welcomed Athena into the community. We greatly appreciate all of the feedback that we have gotten. We are still trying to reach our goal of providing valuable content to a wide range of women. As I discussed this with one of my older friends over lunch she said, "Whether you are 28 or 48, we are really looking for the same things - to look good and to be loved!"

Shannon

A woman with long brown hair is lying on her back on a paved parking lot. She is wearing a green knitted shawl over a pink long-sleeved top, a brown hat, and sunglasses. She has a playful expression. Several shopping bags are scattered around her, including one with a leopard print pattern and another with a purple and black pattern. The background shows a blurred parking lot with cars and a building under a clear blue sky.

Falling for Fashion...shop 'til you drop!

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◀ HEELS

Getting noticed will be unavoidable with these suede pumps in this season's hottest color. Donald Pliner shoes at Slippers in Five Points.

CLEANING PRODUCTS ▶

Washing dishes is enjoyable once you add Green Tea or Pineapple Nutmeg scented dish soap. Caldera Dish Soap Liquid, Hand Soap Liquid and Hand Lotion Sink set available at The Rolling Pin on Alps Road.



STATIONARY ▶

Eye-catching notepads you'll be proud to have your name on! Available at Toulas on Clayton Street or go online for similar stationary at www.fountainmaury.com.



◀ HOBO BAGS

Used as a wallet or a clutch, and just big enough for the essentials, this is the perfect fall accessory. HOBO INTERNATIONAL clutches found at Masada Leather and Sabina in Athens, and at Suite6 in Lake Oconee.



GLASSES ▶

These fab glasses are made from recycled wine bottles! "Green Glasses" found at Frontier on Clayton Street.



◀ WORKING GIRLS KIT

This kit includes 22 must have beauty items, such as deodorant, pain reliever and lint remover to help you get through life's little emergencies at work! Working Girl's Survival Kit available at Junkman's Daughter's Brother on Clayton Street.



SPANX ▶

Thanks to this amazing lump, bump and bulge-sucking undergarment, my tight, black dress has never looked so good. Different Spanx products available at Sonia Says on Prince Avenue, Rouge on Barnett Shoals Road, Slippers and Opulence in Five Points and Amelia's in Madison.



◀ SOAP

At 99 cents each, I can't get enough of these cute little soaps! Bee & Flower Soaps in "Jasmine" and "Sandalwood" available at Daily Co-Op on Prince Avenue.



◀ EARRINGS

The handmade design makes for unique eye-catching purple earrings. Bijoux Luck Earrings found at Slippers in Five Points.



CANDLES ▶

Cute designs and delicious scents like "warm sake" are what make these candles so appealing. Skeem Candles found at Frontier on Clayton Street.



Photos by Ian McFarlane

FASHION ESSENTIALS

By Amy Bray

Fall fashion 2005 is about luxury: embellishment, fur and anything metallic. However, if you are missing the basics in your closet then none of these "extras" will mean anything to your wardrobe. So, where do you start? Here are some tips for creating a basic wardrobe that will be the foundation in support of the glitz and glamour of this season's fashion trends.

PANTS - You must have a good black pair and brown pair. Buy the best that you can find, because these items are going to get a workout. Everyone needs a great pair (or two) of jeans. A dark rinse is best, and a slightly flared bootleg will make you look taller and thinner!

TOPS - One of the reasons that most women feel they have nothing to wear is that they do not have enough tops in their closet! One of the most important basic tops of a good wardrobe is the white blouse. A great starched, white blouse is an absolute must. Layering pieces are key for a wardrobe that works.

JACKETS - Jackets expand your wardrobe with endless possibilities. Don't hesitate when presented with a great jacket buying opportunity.

SHOES AND HANDBAGS - For fall, start with a good pair or two of basic black shoes. A good shoe in a brown tone is also helpful, especially in animal or snake prints. A metallic shoe will work where black or brown won't and will save you a headache when getting dressed. Handbags are one accessory that allows you to really show your personality. Pick a metallic finish, an animal print, or a great color that will "pop" against basic black. Purple is the hot color this season. It looks great with black, grey and brown.



CHECK LIST FOR FALL WARDROBE 2005

TOPS

- White Starched Shirt
- Ribbed Tank
- Silk Camisole
- Embroidered/Embellished Top
- Tie Blouse
- Turtleneck
- A Cashmere Top
- Soft Cardigan
- Deep V-neck Shirt

DRESSES

- The Little Black Dress
- Casual
- Cocktail Dress

JACKETS

- Work Suit
- Casual Blazer
- Denim Jacket
- Caplet
- Trench Coat

PANTS

- Black
- Brown
- Camel
- Olive
- Winter White
- Jeans

SKIRTS

- Pencil Skirt
- Pleated Skirt
- A-line Shape
- Dressy/Loose

THEN ADD TRENDS:

- Velvet
- Purple
- Newsboy Cap
- Military Jacket
- Menswear Trousers
- Oversized Sweaters/Knits
- Knee-High Boot
- Textured Tights
- Heeled Loafers
- Cowboy Boots
- Skinny Scarves

SHOES

- Black
- Brown
- Metallic
- Tennis Shoes

HANDBAGS

- Structured/Utility Bag
- Circle Shoulder Bag
- A tote
- Clutch

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As for Mickey's husband, she says he neither noticed nor reacted. "But I could walk naked through the house with a purple afro, and he wouldn't notice either," says Mickey.

When it comes to trying to balance family life with her career obligations, Mickey advises women to forget being perfect and to stop trying to please everyone. If you pretend you can, she says, you'll disappoint yourself and others.

This makeover gave Mickey the chance to catch up on a new look that is both versatile and easy to manage. For this busy mom, and career oriented woman, she says she both loved and needed it.



OPPOSITE PAGE:
CLOTHING AND
JEWELRY BY THE
TRAFFIC LIGHT IN
WATKINSVILLE.

LEFT:
CLOTHING AND
JEWELRY BY HEERY'S
CLOTHES CLOSET IN
DOWNTOWN ATHENS

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beauty fall '05

To demonstrate two of this season's hottest makeup trends, Athena teamed up with two talented artists at the M.A.C couter of Belk. M.A.C calls this new fall collection Naturally Eccentric, and describes it as having "the natural look of sun-warmed, honeyed lips, to eyes nestled in dusky tones of velvet and pearl." Whether you are looking for a dramatic evening look, or would rather keep it low-key and neutral, M.A.C definitely has something for everyone.

DAYTIME LOOK



Lisa Gonzalez, 27, from Madison, Ga., has combination (oily/dry) skin and usually spends about 10 minutes on her makeup in the morning, or a little longer if she is going out. She works for AMICI, in Madison, Ga., as the assistant general manager.

"This look is glamorous, confident, smart, but still girly," says M.A.C makeup artist Jaeger.

He started off Lisa's look by using an everyday SPF moisturizer on her face followed by a new product called Prep and Prime, which helps even out skin tone, keeps the makeup on longer and leaves a flawless finish. In order to illuminate Lisa's skin, Jaeger then used a product called Mineralizing Skin Finish on the high points of the face (cheekbones, nose and forehead). He chose a soft blush called Sunbath to give Lisa a natural glow.

For her eyes, he again used a medium tone Prep and Prime (from lid to brow) before using colors from the Inventive Core Quad eyeshadow (new to MAC) in strategic places on Lisa's eyes. He placed the darkest shade on the crease, and used the lightest shade on the brow bone and on the very insides of the eye for contrast. For eyeliner he applied Carbon (a matte finish product) with a liner brush. Pro Long Lash mascara in black, both thickened and lengthend Lisa's lashes. On her lips, he used just a slight amount of liner, called Cranberry, followed by a glossy lip jelly called Slicked Pink.

Day & Night

TWO DIFFERENT HOT FALL LOOKS FROM M.A.C.

BY STEPHANIE MARKHAM & RACHEL BARNES

EVENING LOOK

Michelle Foo, 27, originally from Trinidad, is now in Athens as a second year doctoral student studying entomology at UGA. She does not normally wear makeup, and if she does it is just usually a little lip gloss.

Margaret Rhodes, the Athens Retail Manager for M.A.C and another talented makeup artist, also started off with the new Prep and Prime product on Michelle to even out her skin tone and allow her makeup to stay on for as long as possible. Next, she applied Embark eyeshadow to Michelle's eyebrows with an angle brush to give them a cleaner, finished look. She then used a cream product color base on Michelle's eyes called Flighty Fuchsia. Other eyeshadows used such as, Phlaf, Nocturnal and Hep Cat really make Michell's eyes pop giving her a dramatic evening look. Margaret also used Pro Long Lash mascara, in black, on Michelle's lashes to lengthen and thicken her lashes. Stiletto liquid liner completed the look on Michelle's eyes. On her lips Margaret used Night Mauve lip pencil and then Rebel lipstick (applied with a brush) and finished with Dreamy lip gloss to complete the look.



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1 one SUIT THREE ways

Every woman ought to have at least one great suit. Maybe you bought one for that first big interview, or just for those occasional formal meetings, but now it is stuck inside of your closet! Not everyone needs a powersuit every day. In fact these three women will show you three fabulous ways to show off your suit by mixing and matching other items from your wardrobe!

Photos by: Chip Rudisill

Styled by: Rachel Barnes

Jewelry by: Courtney DiGarlo

Hair & Makeup by: Nathan Altman

Story by: Corie Dickherber



Courtney, 27, designed all of the wonderful jewelry used for this shoot in her studio that she shares with her two dogs. She is wearing her suit jacket over a flirty dress that shows she is ready for a great afternoon with friends. Her once formal suit jacket is transformed into a casual cover-up. Paired with these great boots, flattering dress, and her amazing jewelry, the jacket becomes the piece that ties it all together!

Dress, Alexia Admor, available at Nico Clothing on Jackson and E. Broad; Cowboy Boots, Vintage, found at Dynamite Vintage Clothing on E. Broad; Necklace, For more information on the jewelry e-mail: dc_jewels2@yahoo.com



Kimber, 41, spends her free time working on dance steps with her eleven-year-old daughter, Layne, for this Christmas' production of the Nutcracker. In this stunning outfit, Kimber is ready to steal the show on any special occasion. The classic, yet catty, fur jacket over a mesh turtleneck gives Kimber's once dull suit a stunning combination of tradition and personal style.

Jacket, Revue; Turtleneck, Spanner, both available at IV Seasons in Five Points; Shoes, Vaneli from Slippers in Five Points; Clutch, HOBONATIONAL, available at Masada Leather on Clayton Street.



Airee, 31, owns the chic "everything" store Agora on Clayton Street. Airee is ready for a night out on the town with this basic suit jacket over her comfortable, yet stylish, blouse and trouser jeans. By adding an eye-catching necklace, and a pair of bright red heels, Airee's suit jacket makes this outfit a sleek and stylish any-time look.

Jeans, "U" by Unix, and Blouse, Tibi, both available at Red Dress Boutique on Baxter Street; Shoes, Anne Michelle, available at Fetish on Clayton Street;

GETAWAY FASHION

THE BEGINNING OF THE
ROAD INTO FALL

Photography by

Ian McFarlane

Stylist: Rachel Barnes

Photo Assistant: Cat Norman

Model: Taylor Vickers

Location: Blood Mountain Cabins,
Blairsville, GA





OPPOSITE PAGE: SHRUG: "Pure & Co." from Slippers in Five Points TANK AND SKIRT: "Tramp" from Junkman's Daughter's Brother on Clayton Street. Cowboy Boots: Dynamite Vintage Clothing on Broad

THIS PAGE: DRESS: "Betsy Johnson" from Dynamite





OPPOSITE PAGE: BLOUSE: "J.W. Los Angeles" from Slippers
CORDUROY: "Bella Doll" from NICO on Jackson Street.

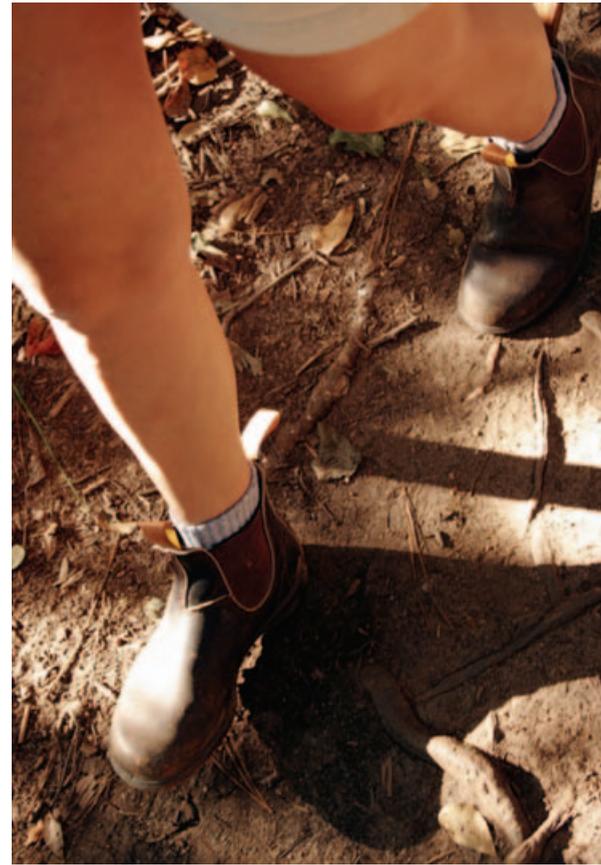
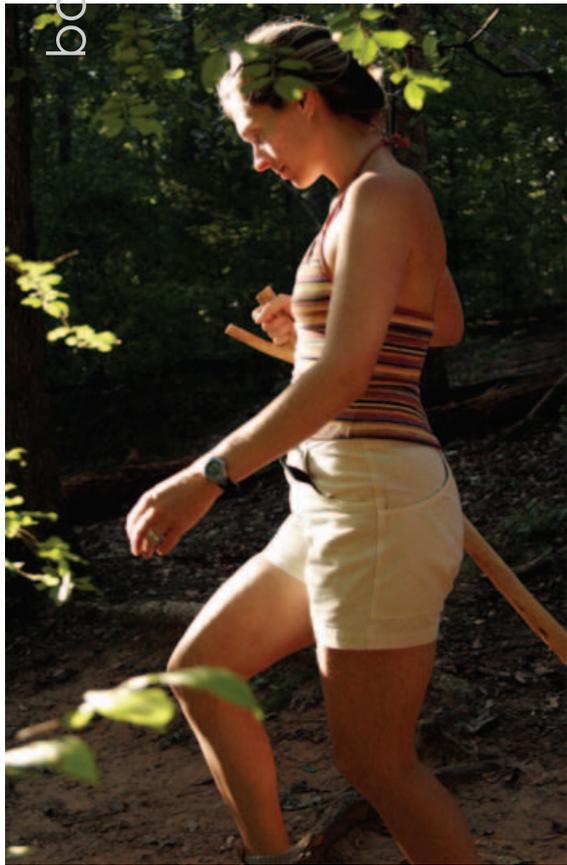
THIS PAGE: SCARF, JEANS, &
SHIRT: "Zoocy" from NICO.





OPPOSITE PAGE: JACKET: Dynamite Clothing EMBROIDERED TANK: "Lulumari" and SKIRT: "Tramp" from Junkman's Daughter's Brother.

THIS PAGE: SHAWL: "Pure & Co." from Slippers SHIRT AND JEANS: Dynamite Clothing



Take a Hike

By Stephanie Markham

As the lazy days of summer become simple memories filed away in photo albums, and the crisp, autumn air replaces the sweltering noon day heat, I challenge everyone to escape from the monotony of their treadmills in favor of an unpaved hiking path. While walking is one of the best forms of exercise for the body, the addition of a slight to moderate incline provides the benefit of burning more calories and raising the heart rate to a more active level.

The physical health benefits of hiking, both short term and long term, are numerous. Not only will you get a boost of energy from this outdoor workout, but you will also reduce your risk for diabetes, heart disease and osteoporosis. The number of calories that you will burn is also a plus. According to the American Hiking Society, when hiking a comfortable 2 mph, a person weighing 150 pounds will burn 240 calories in one hour.

Getting out on the trails, and taking in some fresh air and beautiful scenery, will also give your mind a rest helping to reduce the stress and anxiety of everyday life. Enjoy a calming

commune with nature, with friends, on a date, or turn it into a weekend adventure. In any case, you don't have to be in perfect shape or spend a ton of money to enjoy this physical activity.

more good stuff

body



If you're as sweet as I am, going into the woods will result in getting bitten by bugs. This Badger Anti-Bug Balm really does the trick! It's 100% natural with a surprisingly good fragrance; the bugs won't know what hit them.

Find this product at Toulas on Clayton Street across from Mia Madonna.

So, whether you decide to try out a hiking trail at The State Botanical Gardens of Georgia (2450 South Milledge Ave., Athens), or the Intermural Fields at UGA, take advantage of this beautiful time of year— get outside and get moving.

HIKING SAFETY TIPS

SOURCE: THE AMERICAN RED CROSS

- Always tell a responsible person where you are going and how long you plan to be hiking. If an emergency comes up, or you get lost, it is best to have someone know where you are. Even with the comfort of technology and a cell phone with a fully charged battery, you may not always get cell phone reception out in the woods.

- Pack extra food, water and warm clothing (especially if going on a day hike or camping trip). You never know when you might get lost and have to spend the night outdoors. It is best to prepare for this ahead of time.

- Always hike with at least one other person. If both of you are unfamiliar with the area, then try to talk to someone who may know more about where you plan on hiking. Also, make sure you have the most recently updated maps. Trails can change throughout the year and some may close due to weather conditions.

For suggestions on trails to hike, or places that might make a fun day trip visit www.georgiatrails.com. For suggestions on gear, like hiking boots and backpacks, visit www.gorp.com

Photos: Ian McFarlane

7 Secrets to Successful Car Maintenance

By Kate Stuart

I have always had it easy when it comes to car repair. Through high school and college, I would call my daddy when something went wrong with my car. Growing up in a small town, he would take it to the corner mechanic, who my dad went to school with, and the necessary repairs would be complete by that afternoon. After I graduated from college, got married and moved to Georgia, I realized that it was just me, my husband and our cars. Both our dads were far away. After a few blushing trips to the wrong mechanic when I needed a tire rotation rather than a repair, I decided I was not going to feel embarrassed again. Here are a few tips that I have picked up during this learning process.

1. **When it comes to finding a mechanic, always get a recommendation.** Ask your girlfriends, not the tow truck guy who might get a finder's fee for his suggestion.

2. **Get an estimate IN WRITING before the work is done.** This kind of confrontation and assertion is sometimes difficult, but requesting an estimate will let the mechanic know that you will not let them rip you off.

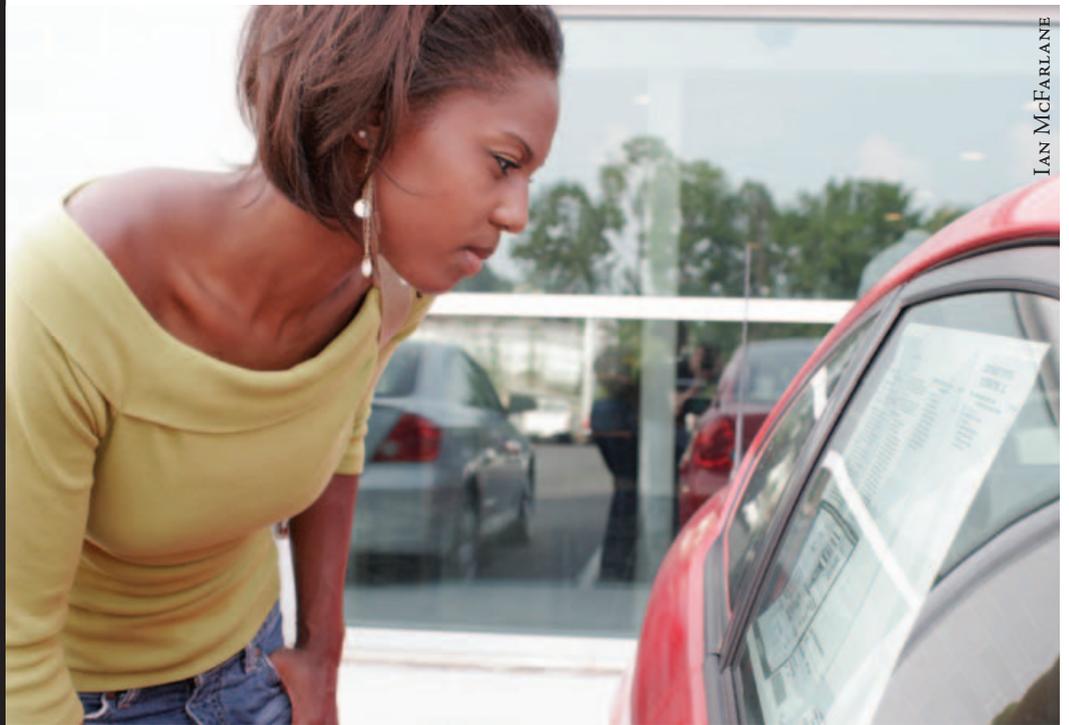
3. **Never sign a blank work order.** Mechanics may ask you to sign a blank work order, saying they may need it for insurance purposes. They will actually use it for authorization of repairs that you did not allow them to make.

4. **LOOK at the bill!** Take your time. Do not rely on what the cashier or mechanic tells you. Request an itemized bill. Speak up and ask what certain services are, especially if you are unfamiliar or have not authorized them. Simply asking questions will save money.

5. **Keep all your paperwork.** It is important to keep a record for many reasons. First, you can compare the costs of certain services when you need them again, ie: air filters, coolant, tire rotations, etc. Secondly, you can keep track of how often you need certain things repaired. Mechanics will almost always try to sell you more repairs than you need, but only you know when the last time you had a filter replaced or coolant flushed. Finally, if there is a problem down the road, you will have an invoice for restitution purposes.

6. **Educate yourself!** The more you learn about the car you are driving, the easier it will be to know if a mechanic is taking advantage of you. Reading the owner's manual (especially the section on recommended scheduled maintenances) will be very beneficial and empowering.

7. **Make a logbook of all repairs and services.** This will help you remember the last time a filter was changed, when you replaced your battery, etc. Also, using a log book along with your car's manual will remind you of recommended repairs or when to schedule a belt change. Logbooks are also helpful to record noticed changes in your car's performance. By logging the day, time, mileage and weather conditions of the uncharacteristic symptoms, you will assist the mechanic in diagnosing the problem, thus saving you money.



IAN McFARLANE

BAILING ON THE GAS GUZZLERS:

A look at New Trends in the Automotive World

By Alex Sams

The latest automotive market shift shows more women climbing down from their gas guzzling sport utility vehicles, and re-outfitting themselves into sport wagons, gas-electric hybrids and other less thirsty vehicles. As a professional consumer car shopper with 14 years experience, I am witnessing the first wave of gas consumption fear in my career. Should we be afraid? If we trade in our vehicles, what should we buy?

Several clients have already bailed from their big sport utility vehicles. I helped one jump into a BMW sport wagon, because of the handling, control and better gas mileage. The sport wagon's ability to zip in and out of traffic and parking lots, while still providing cargo space, has made it popular. Most mothers like the size of the Volvo wagon, but Subaru, Mercedes and BMW all make fine sport wagons, and each has a personality of its own.

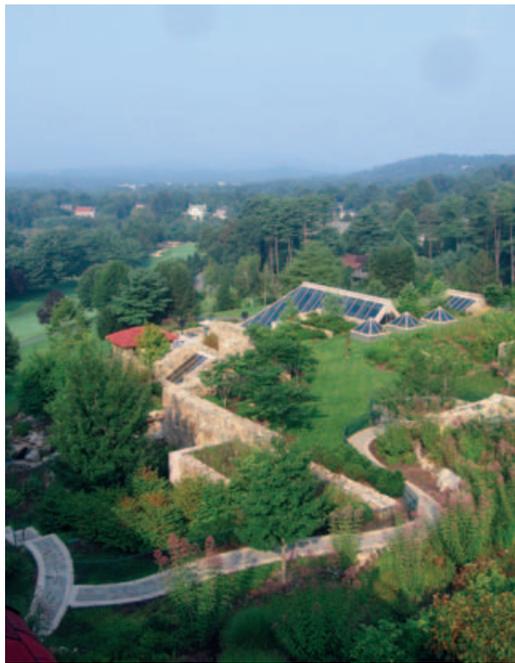
When recently assisting clients with their SUV trade-ins, I found that dealers had little interest in acquiring these kinds of vehicles. The enormous depreciation of the trade, or resale of the SUV, began when manufactures started giving huge rebates and cash incentives on new SUV's. That alone will drive used car prices down. However, buyers started trading in their old SUV's earlier than they normally planned in order to not miss out on the new deals. This placed more and more newly used SUV's for sale on the market creating a competitive used car market. Mix in the incredible jump in gas prices, and the market has now made the used SUV the most economically undesirable vehicle in the industry.

Is the gas-electric hybrid the solution? Hybrids do burn less gas, but the extra cost of the vehicle takes away the savings for several years. Owning a hybrid makes a great statement for the environmental cause and supports new fuel technology. Buying these vehicles also gives manufacturers the incentive to develop better cars with lower emissions. However, if you strictly need to save money over the next three to five years just buy a smaller car with a four-cylinder engine for now.

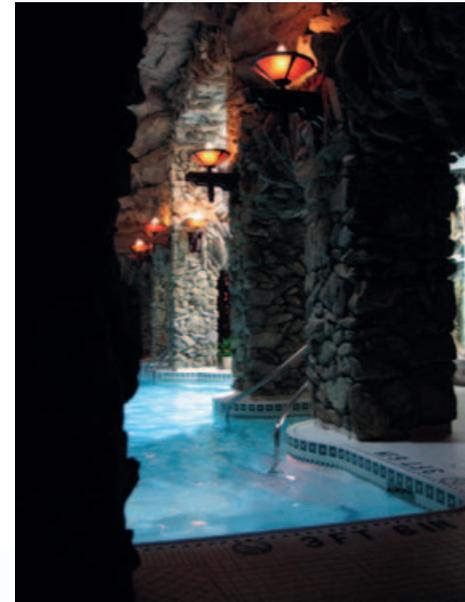
It is time to get used to higher gas prices and change our automotive lifestyle accordingly. Every mile you do not drive saves you 100% in gas consumption. Speed up at a constant pace instead of slamming on the gas, and cruise to a stop whenever possible. Do not use your car for storage, because extra weight burns more fuel. Be sure to keep your tire pressure correct. Do not let the price of gasoline send you into a panic. Drivers should view this rise in prices as a challenge and as motivation to make smart automotive decisions.

FRESH FROM THE GROVE

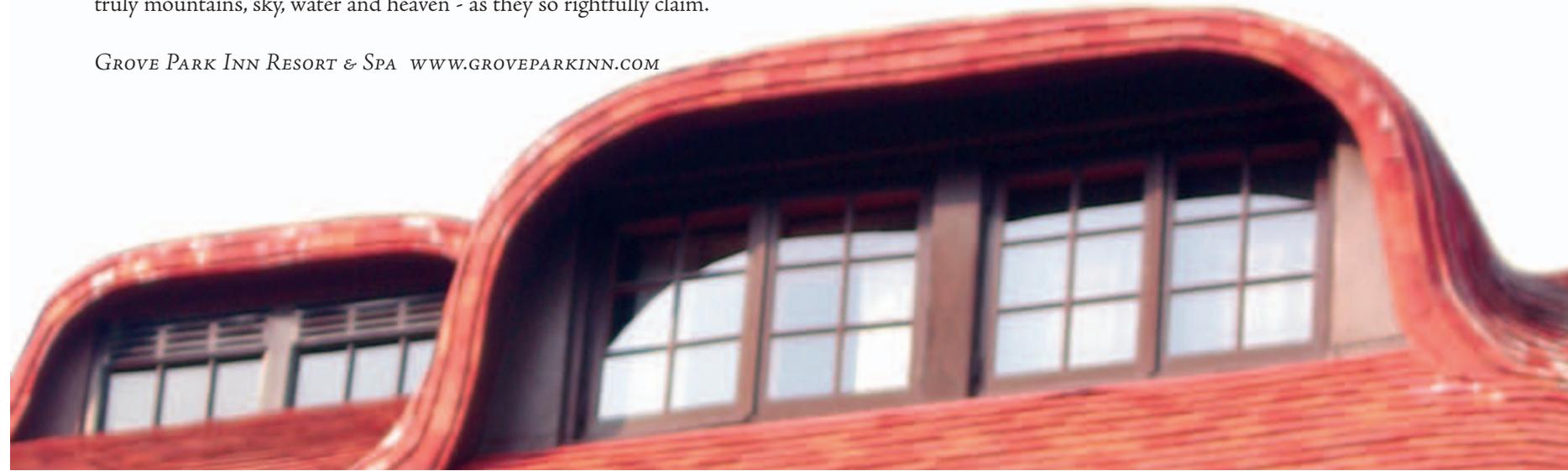
Photos and Story by: Shannon Walsh Howell

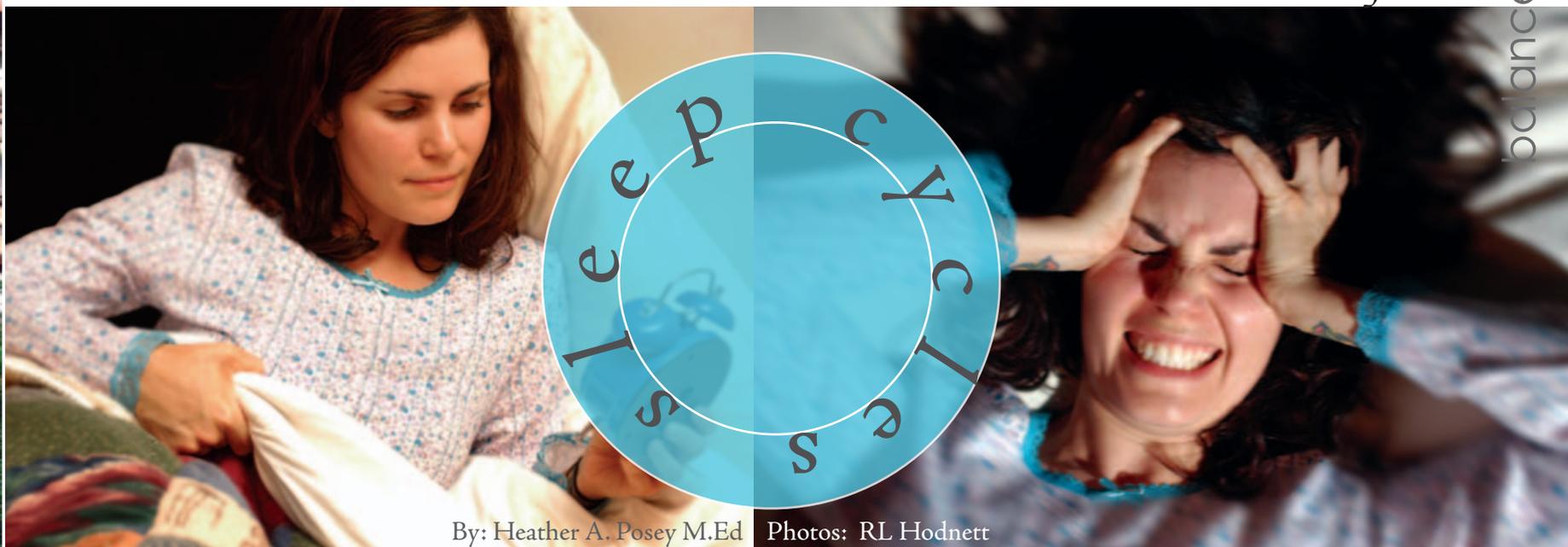


As you make your way to the Grove Park Inn it seems as if you are driving through a European countryside to a chalet in the mountains. However, when you arrive it is much more like a castle. You can feel the history and the grandness of this resort. The imagery of the well-to-do meeting up in the lobby for drinks and gossip seems to take over. It is a mystical place that weaves old heritage and new conveniences into one wonderful life (or weekend)! The view from the back of the resort is breathtaking and calming all at once. The design of the resort allows you to see this amazing view from rooms, restaurants and the outside pagodas designed for massages. The spa awaits you under the land and the rocks in the side of the mountain. It is tucked away in such an intriguing way; walking thru the rock wall halls, you fill that you have entered a very special place. With the pools, jacuzzis, waterfalls, robes, steam rooms and peppermint washcloths - you feel how you wish your mind and body could feel everyday - serenity. Resorts don't get much better than this, and with it being less than three hours from Athens, you will be thrilled that such an amazing place is so close! Located in Asheville, NC, you can visit the town, see the Biltmore Estate, or never leave the Inn. With an amazing children's club - adults can get the time alone they need day or night. The Grove Park Inn is truly mountains, sky, water and heaven - as they so rightfully claim.



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By: Heather A. Posey M.Ed Photos: RL Hodnett

Is your morning coffee as important to you as your daily shower? Do you sometimes cancel workouts because you are too tired to go? Do you have trouble concentrating during the day, when you need to be at your best? If you answered yes to these questions, then you might be one of the many people in America that gets fewer than six hours of sleep per night. Even then, the quality of the sleep you are getting may not be good enough.

Whether you are burning the midnight oil by reading a novel, or just socializing with friends, it is widely known that getting enough sleep is of major importance to your body. The sleep you get affects everything from weight gain to your ability to concentrate. Skimping by on just a few hours of sleep can put your body into a compromising health situation. Your immune system will suffer, leading to more colds and infections, your ability to repair muscle and other body tissues will slow and your brain's ability to store complex memory and to concentrate during the day will suffer.

Whatever the reason for your sleep loss, it is important to recognize what is getting in the way of you and a good night's sleep. Correcting the problem and moving towards getting a better night's sleep will

make you feel, and perform, better. The solution can be as simple as placing dark curtains over windows, or having a heart to heart conversation with a noisy spouse, roommate, or neighbor.

Why Can't I sleep?

Good quality sleep is just as important as how long you sleep. There are five sleep stages that you enter throughout the night. Some stages include light sleep, and others include heavier, restorative sleep— like the kind of sleep that takes place during the stage of rapid eye movement. Your body and your brain engage in different activities during the different stages. Going through each stage is essential, and this is why waking too early can leave you feeling just as tired as you felt when you first fell asleep. You should try to schedule at least 7 to 8 hours per night for sleep. Some people will need more, some less. The best way to find out how much sleep you need is to reset your own natural sleep clock. To do this, sleep without an alarm clock for about a week. You can go to bed early to make sure you are up on time, or begin the process while you are on vacation and have fewer time obligations. A few days after sleeping without the clock your body will adjust to its own schedule, and you will recover from lost sleep. Then, on weekends

avoid sleeping too late or sleeping at odd hours. Try to keep your body in its own preset rhythm. If you are like most people, you will need between 7 and 9 hours per night.

ARE YOU SLEEP DEPRIVED?

(TAKE THIS SIMPLE TEST!)

Do you find it increasingly difficult to concentrate in class?

Do you feel tired during the daylight hours?

Is it difficult for you to fall asleep at night?

Do you need an alarm clock to wake up?

Do you feel the urge to nap during the day?

Do you drink caffeinated beverages to get going in the morning?

Are you too tired to exercise most of the time?

Do you fall asleep easily when sitting for 20 minutes or more while watching television, reading, or sitting in class?

Do you feel irritable or sluggish during the day?

Have you been sick a lot lately, or noticed an increase in cold or flu-like symptoms?

The more questions you answered yes to, the more likely it is that you are sleep deprived. You may have a diagnosable sleep disorder. Please consult your health care provider for assistance.

Continued on Page 37...

more good stuff

balance

If you're having trouble catching some zzz's, try Badger Sleep Balm. With scents like rosemary and lavender, putting this on your pulse points will clear your thoughts and eases your mind. 100% natural Badger Sleep Balm and Jane Sleep Mask both found at Helix on Clayton Street.



dining room makeover *fall '05*



TICKLED RED

ROOM DESIGN:
SHARON LINDELL
HAMILTON TAYLOR

STYLIST:
ALEX STARKE

PHOTOGRAPHY:
IAN MCFARLANE





Fall opens the door to two full seasons of entertaining. In the coming months, your dining room may play host to countless football parties, numerous holiday dinners as well as weekly bridge parties, bunko nights and the usual daily grind. This year, give some much needed attention to that often underutilized and underdecorated dining room.

era chairs were purchased from Poor Stephen's Antiques in Athens. China, glasses and silver service were all hidden away in the owner's china cabinet. We cleaned them up before display which added to the elegance of the room.

from Lowes. The entire makeover cost less than \$500 (four chairs \$240).

Finally, the mirror (featured in Do-It-Yourself article on page 28) was created using a damaged frame and adding a stock mirror

The paint was donated by Clarke Paint Supply in Normaltown, Athens (paint - Benjamin Moore 098).

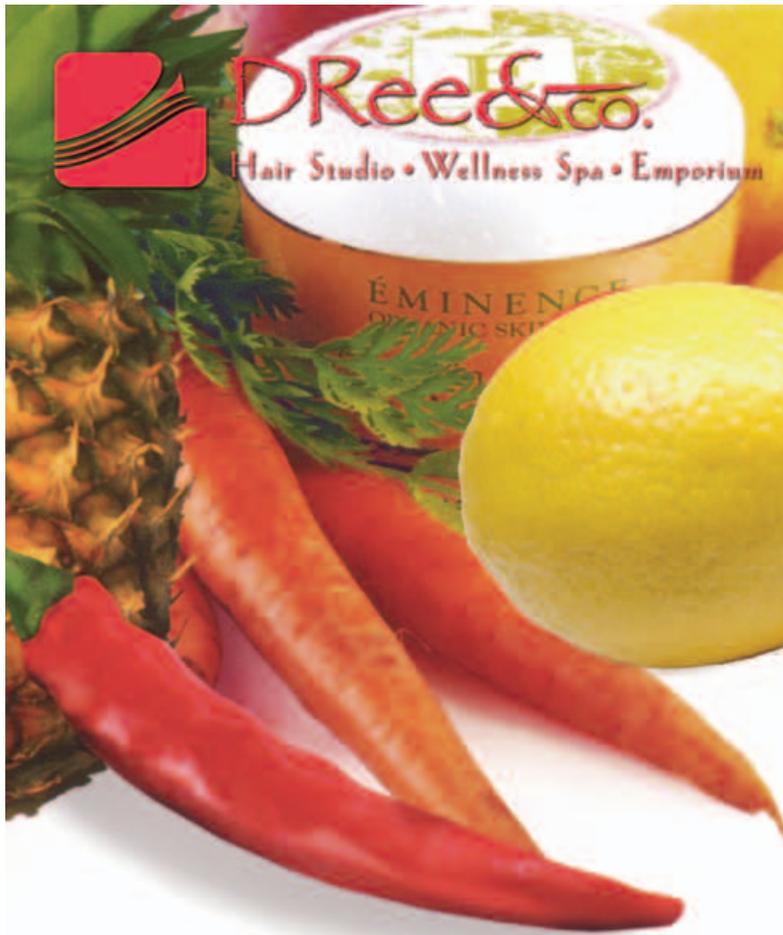
We decided to go with a striking red wall color and an elegant theme. You will notice that even though few of the room's contents have changed, the transformation is dramatic because we chose a color that would bring out the classy side of the furniture that was already there. Be warned - red is not the easiest color to paint with, and be prepared to be priming and painting over multiple days.

CURTAINS PROVIDED BY D. WILLIAMS DESIGN.

First, we removed the largest piece of furniture, the piano, to open up the room. We then removed the older Oriental rug, revealing the bright wood underneath.

We used simple white curtains made from muslin fabric to replace the old blinds. The Craftsman





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DO IT HERSELF REFLECTIONS REFLECTIONS



THE MIRROR FEATURED IN OUR ROOM MAKEOVER CAN BE MADE FOR UNDER \$40 BY FOLLOWING THESE SIMPLE STEPS:

1. Obtain a discounted frame that fits your look. Ours came from The Pottery in Commerce and was less than \$20 because it was in the damaged bin - it had lost its glass. The mirror glass can be purchased from Lowe's, and they will custom cut any size you need. The only other things you will need are spray paint and a screwdriver.
2. Remove the hardware from the frame.
3. Remove the paper backing.
4. Fold back the metal braces and remove the picture.
5. Use matte black spray paint to paint the empty frame.
6. After the paint dries, place the mirror in the frame.
7. Place the backing in the frame; secure the metal braces.
8. Replace the hardware on the back of the frame and enjoy your new mirror!

By Hamilton Taylor

Photos by Ian McFarlane

A close-up photograph of a bowl of creamy corn soup. The soup is a light yellowish-cream color with visible corn kernels. In the center of the bowl, there is a garnish consisting of crumbled, cooked bacon and diced plum tomatoes. The bowl is dark blue or black, and the background is a dark, textured surface.

Corn Soup

This issue's recipe will give you a use for all of that left-over summer corn. This fresh soup has a small amount of half and half in it, but not enough to cover the flavor of the corn. The bacon and tomato accent the flavor as well.

INGREDIENTS:

Serves 6

5 C. of water

8 C. of corn kernels

(if frozen, use 4 C. water instead)

1/4 Tsp. of black pepper

1 Tbs. of Kosher salt

3/4 C. of half & half

5 slices of bacon

1 to 2 plum tomatoes seeded and diced

Preheat the broiler. Mix the corn, water, salt and pepper in a 6 quart pot. Bring to a boil and then cover. Lower the temperature and simmer for 20 minutes.

While that is simmering, place the bacon on a foil-lined baking sheet and broil for 3 to 4 minutes on each side. When the corn is finished, puree it with the half & half in a blender over 4 batches. As each batch is finished place the soup in another pot on low to keep the soup warm.

When you are finished, allow the soup to warm to the desired temperature and serve. Garnish with tomatoes and crumbled bacon. This soup can be prepared in advance and reheated when it is time to serve, though the bacon would be best fresh.



at the top of her GAME

BY CYNTHIA HAMILTON
PHOTOS BY TERRY ALLEN

*Katharyn Richt:
She finds happiness
in her family and
her faith.*

At first glance, nothing about the home of UGA head football coach Mark Richt surprised me: a spacious three-story stucco house, well-manicured lawn, glistening built-in swimming pool, a three-car garage complete with oversized car, and a media entertainment room outfitted in — what else — red and black. Even his beautiful, personable wife who met me at the door was one I would have imagined on the arm of one of Athens' most celebrated men.

What I did not expect were the overturned flower pots that laid abandoned in the driveway, the sounds of playful children that rang throughout the house, the freshly baked bread that was set out on the counter to cool, and a down-to-earth woman who seemed a little uneasy admitting she is most comfortable in a pair of blue jeans and who shared her remorse about her self-diagnosed poor posture that resulted from years of hating her above-average height.

But what I found most surprising about the home of one of UGA's highest-paid and perhaps best-known employees was the unpretentiousness of a wife who clearly values her family and faith more than the acquisition of money and material possessions typically used to define success.

As we sat and talked in the red and black room, I quickly forgot I was interviewing Katharyn Richt, Athens' first lady of football, and instead enjoyed sharing advice on ways to cope with feelings of rejection from young sons who no longer feel it is "cool" to kiss their mothers; on how best to teach responsibility to a son who forgets to pack his football pants for practice; and how to limit the negative influences of television, magazines and the internet on developing young minds.

She is a mom like any other, yet her distinct confidence in her roles as wife and mother differentiates her from many other women who still struggle between choices of home and career and the desire to be "superwomen."

"My identity is his (Mark's) wife, and I like that identity," said Katharyn. "I love being Mark's wife, and I love being the mother of my children. And anything I can do to help him in his lifelong goals and dreams, I'll do."

Doing for Mark and her children is the focus of her days. She accompanies Mark on all of the team's away games and has recently begun assisting the team as the "water girl" during home games as a way to both help the team and better manage her own game-day nerves.

When she is not spending time with the team, she (like many stay-at-home moms) ferries her children from school to sports practices and games and struggles to find ways to coordinate their needs with the very demanding schedule of her husband. This year she has also taken on the task of homeschooling her youngest son, Zack, who she feels right now requires a bit more attention in school. As a result, she's had to forego contributing her time to the various charitable functions she has enjoyed in the past.

"I realize that by virtue of my husband's position, I am in a position to be able to have a positive influence in areas, but I can't, because if I get too busy doing all this other good stuff, then my husband or my children are going to suffer," she explained.

Intertwined with her unwavering dedication to family is her fervent commitment to her faith, the best example of which is the adoption of the Richts' two youngest children, Zack and Anya, now ages 9 and 8, respectively.

After having had difficulty conceiving their older boys (John and David), the Richts, both of whom wanted large families, had considered becoming foster parents when Katharyn's brother and his wife got them thinking about adoption. Also unable to get pregnant, Katharyn's sister-in-law visited the Ukraine with a friend from the Richts' church who was returning to adopt a second child.

During this same time, the Richts were studying the Book of James wherein God was talking about the need to care for orphans and widows. "One of the ways God speaks to us is through circumstances, through His Word, recalls Katharyn, "So we started listening."

While on her trip, Katharyn's sister-in-law sent the Richts some pictures of a little boy with whom she had fallen in love and thought would be perfect for Mark and Katharyn who had already expressed a desire for older children. Although the Richts were unable to adopt the boy, it was in that picture that Katharyn first spotted Anya and began asking about the little girl who, she later learned, was left abandoned in the maternity ward by her parents because of her facial deformity.

It was on her visit to the orphanage to see Anya that Katharyn learned of Zack who also had been abandoned by his birth parents. At two months old, he was found in an empty drawer in a vacated apartment.

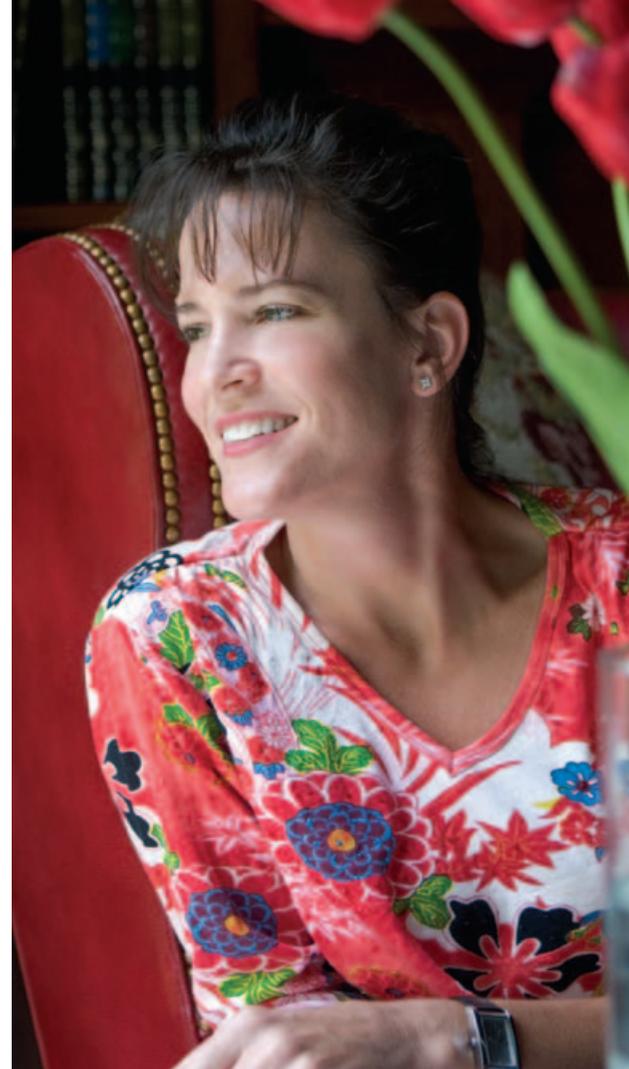
"Throughout the whole time, God's hand was in it; He knew whom we needed to have," explained Katharyn. "It wouldn't have mattered whom they would have brought to me, I wouldn't have said 'no.' Anybody they would have put in front of me, I probably would have said 'okay, I'll take him.'"

Katharyn's acceptance of her two adopted children into her home cuts to the core of how the first lady of football views the home she and Mark have created in Athens and the means by which she measures her own success.

After moving from a beloved 1,750 square-foot home she and Mark shared for 10 years in Florida, Katharyn sees her greatly enlarged Oconee County home not as a showplace for beautiful furnishings but as a greater opportunity to welcome more friends and family into her and Mark's life. In addition to their youngest children, the Richts also opened their home to Mark's father who for two years lived above their garage. At the same time, they invited Mark's sister, her husband and first child to live in their basement as they looked for a permanent residence.

Friends and family alike are welcomed guests and can be found routinely hanging out at the Richts' home following each home game—win or lose.

(continued on next page)



"The size of the (current) house is wonderful because of the family and the friends that we have and for when we entertain, but other than that, I don't need it," said Katharyn.

At first surprised by some of the "lived-in" qualities of the Richts' home, I quickly realized that the tell-tale signs of the lives that fill their home are the very measures by which Katharyn Richt determines her success: the occasional nicks and scratches that four happy, playful children naturally inflict on any house; the collection of photos which completely covers the refrigerator door; and the dirty dishes left casually in the kitchen where Katharyn enjoys baking her own wheat bread for the benefit of her children.

"As long as I have my husband, and we have our relationship with the Lord and with each other, and we have our children, I don't think the house, or his position or any of that—those are not factors that determine success," explained Katharyn. "I determine success on my relationship and my walk with the Lord and my relationships with my husband and my children."

CYNTHIA IS A FREE-LANCE WRITER AND THE EDITOR OF ATHENS PARENT MAGAZINE. SHE WOULD LIKE TO EXTEND A SPECIAL THANKS TO JAY HAMILTON AND BRIAN BEGNAUD FOR THEIR TECHNICAL ASSISTANCE.




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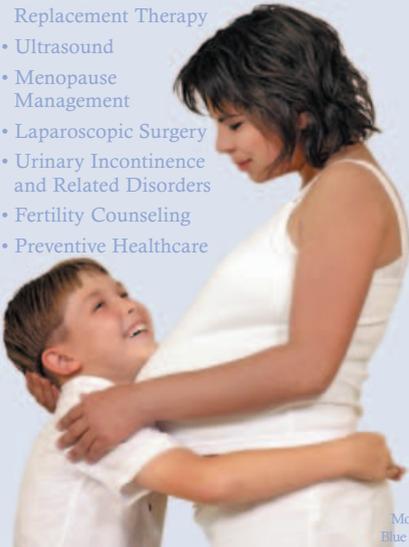
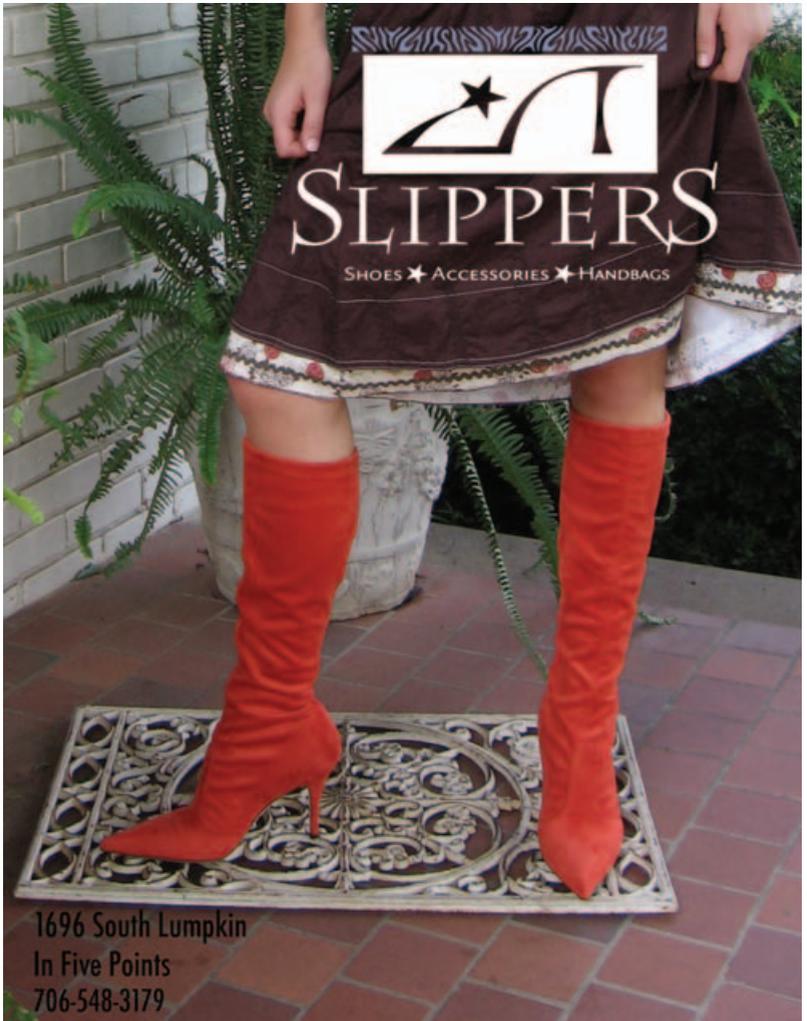
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Forget Mr. Perfect

FIVE REASONS WHY AVERAGE IS JUST RIGHT IN LOVE

By Lisa Earle McLeod

Take it from me, an 18-year marriage veteran: A flashy, smooth-talking hunk may make for a great date, but a man who is good husband material is a different breed altogether. Unfortunately, too many of us women are using the wrong criteria to search for Mr. Happily-Ever-After. "Romantic love thrives on fantasy — even ignorance, but that's not sustainable in the long run," says Harville Hendrix, Ph.D., author of the best-seller "Getting the Love You Want." If you're looking for a long-haul relationship, here are five criteria you should strike off your romance wish list today:

more good stuff

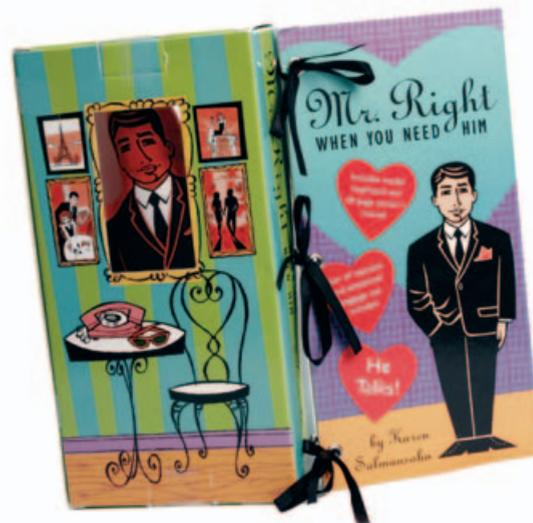
relate

Can't find Mr. Right? Try Mr. Right When You Need Him! The perfect low-maintenance male companion to utter complements and say sweet things like, "It's not your fault, it's mine" with the push of a button. Just don't get too attached! Find him at Junkman's Daughter's Brother on Clayton Street.

mistake by letting sensitive, flexible furniture maker Aidan get away and continuing to be infatuated by Mr. Big, with his big ego, fancy digs and full-time limo. If Carrie ever tries to make the big commitment with Big, she'll find herself playing second fiddle to a ringing cell phone for the rest of her days. A guy who can keep his work in perspective and has enough time and ego left over to support your own endeavors is a much better bet. My own middle-management husband endeared himself to me forever the time he left a business dinner to help out with a kid crisis.

4. A FLASHY CAR. Sure, you look great in the passenger seat with the top down and your hair billowing in the breeze, but a snazzy convertible doesn't cut it when it comes to carpooling. The guy who considers his car a declaration of his manhood isn't going to be very comfortable driving a minivan with two car seats and the remnants of last week's Happy Meal squashed into the floorboards. Kristi, 45, says she knew her husband was a great guy when she decided she wanted to be a stay-at-home mom, and he gave up his fancy leased sedan for economy's sake, without thinking twice. "He drove my old, cheap compact for years and never once complained," she says.

5. A FLAWLESS FAMILY TREE. The perfect guy has no baggage, no serious exes and no meddling parents, right? Wrong! If a man like that actually existed — and he doesn't — you wouldn't want him anyway. The man with no skeletons (or crazy aunts) in the closet and no major traumas in his



past may seem like a dream come true, but he's completely inexperienced in dealing with the crises life throws at every long-term relationship. He'd also be completely freaked out by the crazy cast of characters you'll bring to the party. If you're looking for a perfect prince to take away all your troubles and make your life worry-free, quit it! Great husbands don't serve you a fairy-tale world on a silver platter; they stand beside you and help you deal with real life.

LISA EARLE MCLEOD IS A SYNDICATED COLUMNIST, A NATIONALLY RECOGNIZED SPEAKER AND THE AUTHOR OF "FORGET PERFECT: FINDING JOY, MEANING, AND SATISFACTION IN THE LIFE YOU'VE ALREADY GOT AND THE YOU YOU ALREADY ARE." (PENGUIN/PUTNAM) SHE HAS BEEN FEATURED IN REAL SIMPLE, ESSENCE, AND THE NEW YORK TIMES AND SEEN ON GOOD MORNING AMERICA, LIFETIME AND FOX. LISA AND HER HUSBAND LIVE OUTSIDE ATLANTA WITH THEIR TWO DAUGHTERS.

1. AN ATHLETIC PHYSIQUE. Beefy biceps and killer quads were really important back when we needed a man to hunt for food or defend us against the T. Rex. But as sexy as it is to watch a guy with six-pack abs work on his car or slam a ball over a volleyball net, a perfect body has no bearing on how good a person is at creating lifetime happiness. All bodies succumb to the ravages of time — if you're attracted to a man because of his looks, you may struggle to stay interested as you both age. More importantly, a guy who spends hours at the gym and takes daily body-fat measurements isn't likely to be forgiving when your dress size creeps its way into the double digits. He's also not going to like it if Junior doesn't turn out to be a chip off the old Mr. Muscle block. Forget the star athlete! A happy-go-lucky man with iffy hand-eye coordination is the one with enough patience to play endless rounds of catch with a four-year-old.

2. A GREAT WARDROBE. As most women know, designer duds are mucho expensive and flawless grooming is really time-consuming. Denise, 35, recalls her shock after she married her GQ-cover-worthy husband and got a glimpse of his spending habits. "I understand he's an attorney and he needs to look good in court, but we could take a vacation for what he's spending on one suit!" she laments. Look for a man who understands the natural order of things: He knows that his wardrobe is less important than yours — and that both come behind the mortgage and car payments.

3. A PRESTIGIOUS JOB. High-profile jobs come at a big price — i.e., the work-comes-first syndrome and time away from you. It's no coincidence that most of my married friends think that "Sex and the City" heroine Carrie Bradshaw made a huge

accessories
home
kids







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snap!



Above: Nancy Denson, Lorraine Edwards, Marilyn Hill, Sue Lawrence, Reita Rivers and Heather Cummings Lynne Smith Luncheon held at the Athens Country Club



Left: Natalie Rittle and Jonessa Howald at the United Way Fashion Show



Above: Jane McMullen, Linda DePascale, Trudy Bradley and Martha Henderson at the Lynne Smith Luncheon held at the Athens Country Club



Above: Betsy Stewart, MaryCompton, Toni Pomerene, Carrie Olson, Judy Scott, Maia Thomas, and Tanya Kooi at the Athens Area Humane Society Elegance Fundraiser



Above: Anna Cook with children Lorelai (age 3) and Aubrey (14 months) tailgating at the first UGA home game PHOTO BY CHUCK THOMSON

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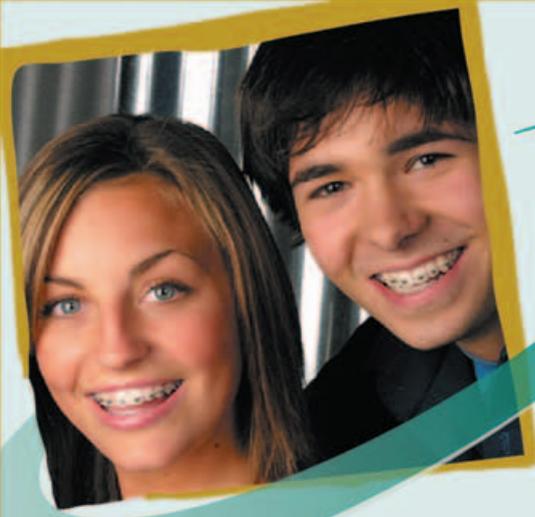


Above: Sisters Elizabeth and Rebecca at Cobbham's Labor Day Festival

Left: Helen Durrence and Sherry Luoma tailgating at the Georgia season opener
PHOTO BY CHUCK THOMSON



Above: The "Moss Side Drive Ladies" attend the United Way Fashion Show



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Sleep Cycles Continued from page 25

BARRIERS TO GOOD SLEEP

- Late night activities, projects or housecleaning.
- Consuming too much caffeine, nicotine or other stimulants.
- Noisy surroundings.
- Everyday worries or anxiety.
- If your room is too brightly lit.
- Room temperature is too hot or cold.
- An irregular work schedule.
- Excessive use of alcohol.
- Physical body aches or illness.
- Depression.
- Estrogen levels, particularly during menopause.

TIPS FOR BETTER SLEEP

Make sure your bedroom is comfortable— from lighting conditions to room temperature (optimal around 68 degrees).

Use a fan for white noise, or use earplugs if you cannot control the noise around your room.

Use your bed for sleep and sex only. Avoid activities such as reading, or watching television while in bed. These activities may cause you to be more alert when trying to fall asleep.

Get enough exercise (30 minutes at least 3 times per week, but do not exercise within 4 hours of bedtime. Exercise is a natural body stimulant.

Avoid eating large meals close to bedtime.

Avoid caffeine for several hours before bedtime.

Avoid excessive use of alcohol. It may make you feel sleepy at first, but too much actually disrupts your natural sleep cycle and will wake you up later.

Try learning to meditate and do it before bedtime.

Take a yoga class and practice some of these stretches before you go to bed. You'll be less likely to wake up from pain due to muscle tension.

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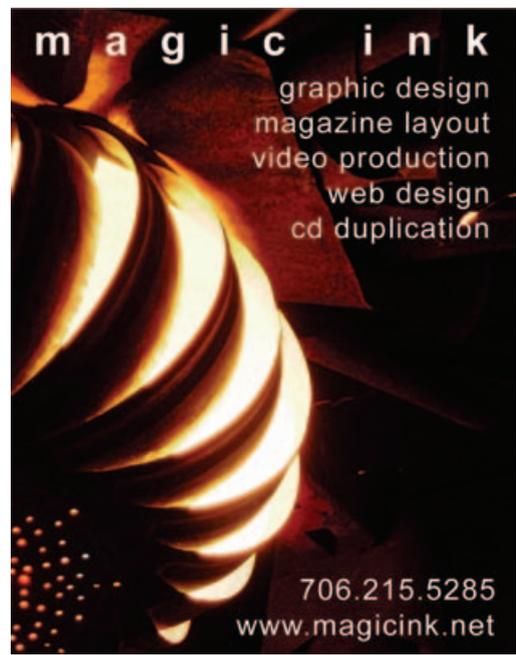


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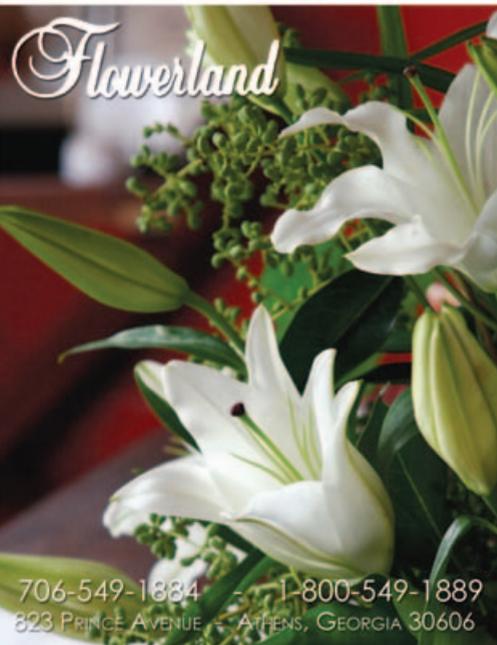
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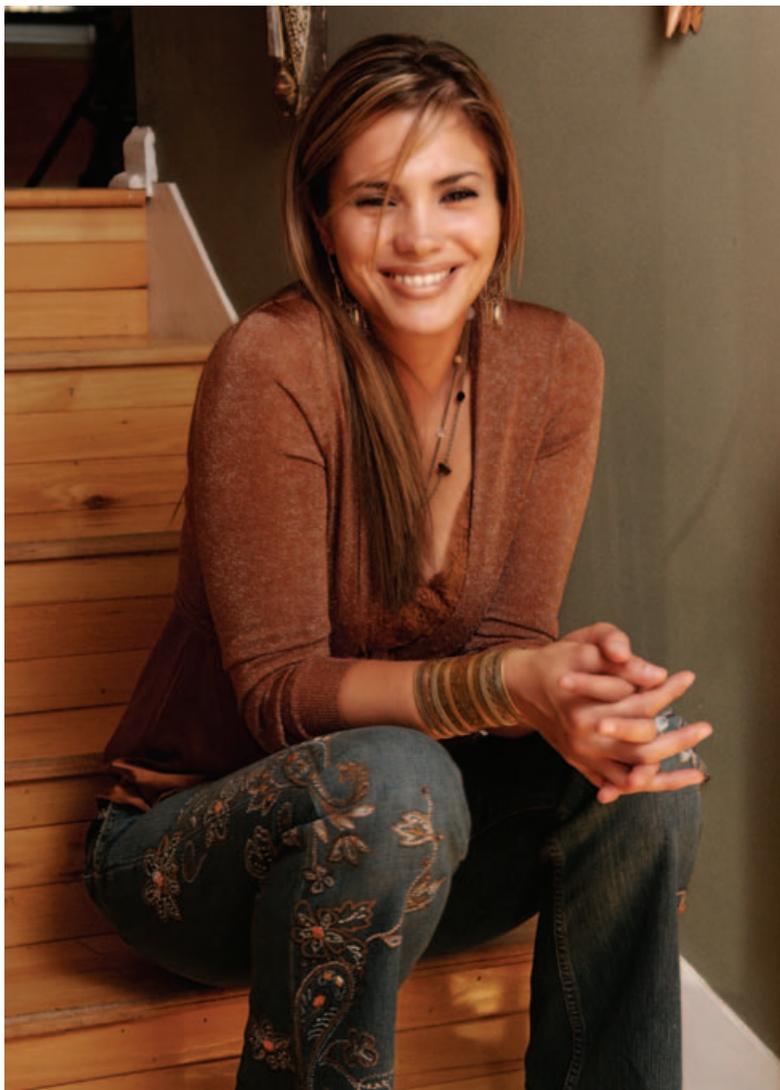
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LOURDES RUBIO



Who is your role model?

My role model is my husband, Bruno. I have never met anyone more dedicated to family or business than my husband. I think he is truly an inspiration to those around him.

What is the most stressful part of your life?

Maintaining balance is by far the most stressful thing in my life. Being a business woman has its demands, but my first priority is to be a great mother to my daughter. New challenges arise everyday, but I strive to never lose sight of the things that are really important in life.

Where is your favorite vacation spot?

Playa Conchal, Costa Rica. It is such a beautiful and relaxing place. The water is crystal clear, and the beaches are lined with shells. I have found the people there to be some of the warmest and most welcoming I have encountered in all of my travels, and the food is out of this world.

What is your favorite thing to do with a girlfriend?

I love to go out to eat at the great local restaurants, and then go downtown and enjoy the Athens atmosphere.

What do you enjoy snacking on?

Rocky road ice cream with extra almonds

Why do you love Athens?

Athens is a wonderful town for many reasons. The first thing that comes to mind for me is the Southern hospitality. The consideration that people in the area have for others is really a special thing. Athens is also an area rich with business opportunity, and has that nice, small town feeling with just enough big city proximity to provide families with a happy and prosperous life.

What is in your CD player right now?

Laura Pausini

Lourdes Rubio, 27, a local business owner, was born in Elmhurst, NY. She takes full advantage of her free time and spends it with her husband, Bruno Rubio, nine-year-old daughter, Alycia, and their pets. When its time to escape from everyday life, there is nothing she loves to do more than travel.

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Talya Vexler, former All American gymnast at UGA, and breast cancer survivor

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She was the picture of health. An All-American gymnast at the University of Georgia, Talya Vexler was strict about her diet, her training and her academics. A leader on campus with a warm smile for anyone at any time, she was the kind of daughter every parent would want.

But cancer didn't care about that. At the young age of 23, it was discovered Talya had breast cancer. Fortunately, the doctors and staff at Athens Regional Medical did care and knew what to do. It's what they do every single day.

Talya is now 25. A survivor with a room dedicated in her name at the Breast Health Center at ARMC. "I hope my story shows other women that you can deal with this. Chemotherapy is tough. Cancer is tough - but it can be defeated." says Talya. "So many people at ARMC helped me believe in that."

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