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at home

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5 MIRACLES

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YOUR SKIN

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THE AIR...

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WINTER 2006
VOL. 1 ISSUE 4 - \$3



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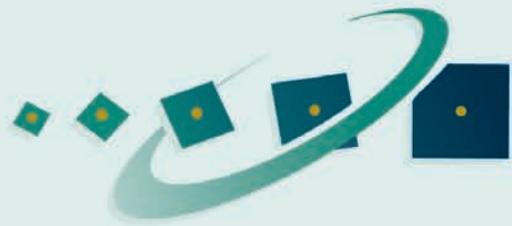
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IMAGE

BEAUTY

Winterize Your Skin - 10
 Transform - *Wanda Long* - 11

BODY

Book Excerpt: Total Heart Health For Women - 12

FASHION

Holiday Wear - 14

LIVING

ENTERTAIN & MENU

Party: Love Is In The Air - 20

HOME

Do It Herself - Centerpiece - 21
 Make Your Bed Cozy - 25

BALANCE

Are you Sad? - 22

TRAVEL

Charleston - 23

RELATE

DATING

Starting Off Right - 24
 Compatibility Quiz - 24

INSPIRE

My 5 Miracles - 26
 Seven Questions - *EA Brown* - 30

Letter From the Editor - 6
 Good Stuff - 9
 SNAP ! - 28
 Rachel's Ways - 8



9



10



11



12



14



20



23



21



30



25



26

LOVE (luv) a strong, deep affection and devotion for another, unconditional and unexplained

I must say that I really enjoyed wearing a wedding dress for this photo shoot. This made me wonder why women love to put on a wedding dress. Is it because wearing it means that someone has chosen you above all others? Is it because you look like the princess you always knew you were? I found myself very excited when Jan at I Do, I Do Bridal Center asked if I would like to wear a tiara with my dress. As she placed it on my head, I was six years old again...

Fantasy world is such a lovely place and it is okay to visit every now and again, but it is when reality and fantasy merge that you need to worry. When love is in the picture and you wear rose colored glasses, you might not like what you see when they are removed. So if you think that you might have found the one, take our quiz – it will bring you back to reality. As I get older, I do realize that I am much happier when I make decisions that are reality based.

I am not saying you can't be a little wild with your thoughts and I do believe that most things are attainable if you truly believe in them. And love, above all else, makes the world go 'round. Love of a significant other, love of a child, love of a parent, love of a friend...just pure, sweet love!

So, if you find your life without love, find some and make it yours! Get a cat, mentor a child, work with the elderly or join any number of groups in our community.

Be sure to take care of your heart on all levels. Cardiovascular disease is the number one cause of death in women. You are what you eat, so eat as healthy as you can, go for a walk and take deep breaths. When your fitness guru says don't forget to breathe, they really do mean to BREATHE. In through your nose, deep into your chest and out your mouth. It will give you more oxygen, which I am sure we all need a little more of!

Enjoy our LOVE issue! I hope it inspires you to throw a party, give someone a hug, take a trip with a loved one, cozy up in a warm bed and read or dress up for a night out on the town (or just walk around your house in a wedding gown).

Sincerely,
Shannon Walsh

You can participate in WEAR RED DAY on Friday, February 3. Go to the American Heart Association website at www.americanheart.org for more information.

Wedding dress & tiara courtesy of I Do, I Do Bridal Center.
Jewelry by Charles Pickney. Photo taken at Old Clarke County Jail.
Photo by Ian McFarlane



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rachel's WAYS

By Rachel Barnes



Martha Stewart is old news. It is all about Rachel (your trusty image editor) and my crazy ways! I am here to share with you my great, fabulous even, ideas and tricks. Take 'em or leave 'em!

Change your purse often? At the end of the day, dump your ENTIRE purse out into a cute basket or box near the front door or in your closet. This gives you the chance to weed out any trash, receipts, or crumbs and keep what is important. Then, the next day you will be able to throw what you need into your new purse and head out the door without leaving something in yesterday's bag!

A jewelry box just does not cut it for all the jewelry I own!

Try putting rings and small earrings into a vintage ashtray. Hang all of your dangly earrings from a doiley attached to your mirror— so much prettier!

Samples, samples everywhere! There is nothing worse than those perfume samples that bulk up my monthly fashion magazines. Before hunkering down to read my mag, I'll flip through and rip out each sample. I toss the stinky ones and put the ones I like in my suitcase pockets. That way, when I am traveling, I do not have to bring my big perfume bottles (the ads do not take up much room), and I can wear a different scent each day!

So sit on that for awhile (at least until the next issue). Have any suggestions? Email me at Rachel@metromags.com and I'll feature you in the next Rachel's Ways column!

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The new thing in room fragrance and quite possibly the most visually appealing! *K.Hall Designs Scent Diffusion*, available at *Frontier* on *Clayton Street*.



Hop on the cowboy boot bandwagon. These babies have been in style for ages. Add a heel for extra glam. *PennyKenny cowboy boots*, found at *McColly's* on *College Avenue*.



A hat that is cute AND warm? The great color and cute button make this hat a must-have. *Knit cold weather-ware* ready to be worn at *Helix* on *Clayton Street*.



Pajamas that are so exciting I don't know how I'll be able to sleep! I hear Jennifer Aniston wore these in an episode of *Friends* (well in that case!!) *Bed Head P.J.'s*, available at *Toula's* on *Clayton Street*.

I don't know what I love more about this lotion, the silky feel of it or the delicious smell (the vanilla smells like frosting)! I can't get enough of this stuff! *LaLicious Body Butter*, get it at www.lalicious.com



Calling this product simply a lip gloss doesn't do it enough justice! This stuff is a lip stain, gloss and cheek stain in a killer color that can fit in my pocket! "A Rosy Glow on the Go!" *Benefit Benetint Lip Stain*, at select *Macy's* and at www.benefitcosmetics.com



No more ratty ribbons for your suitcase. With adorable luggage tags like these, there is no mistaking which bag is mine! (It's the one that says "Careful, my shoes are inside"!!) *Luggage Labels* found at *Helix* on *Clayton Street*.



Stylish, colorful and VEGAN! The perfect structured bag. *Pick up a Matt&Nat handbag* at *Helix* on *Clayton Street*.



Even drinking tea can be stylish when drinking Tea forte. Cute tea bags and delicious flavors to warm you up on those chilly afternoons. *Tea forte* can be found at *Bee's Knees* on *Mitchell Bridge Road* or at *Helix* on *Clayton Street*.



It's no wonder women drive miles and miles to get this Jane Iredale Makeup! This product is a Four-in-one, combining foundation, pressed powder, concealer AND sunscreen! (That's at least five minutes off my makeup routine!) And it really works! *Jane Iredale Makeup* available at *Nuance* on *Mitchell Bridge Road*.



winterize YOUR SKIN



By Cindy German-Day
Photos by Ian McFarlane

Many people are diligent about preparing for the wear and tear of the winter months by winterizing their cars and homes. But something that is often overlooked is the impact that the cold and dry weather has on the skin – the body's largest organ. By the time you notice dry skin, an itchy scalp or ashen skin tone, the change in weather may have already taken a toll on your skin.

Here are a few easy and cost-effective ways to battle the adverse effects of the winter weather on your skin:

HYDRATE, HYDRATE, HYDRATE!

We all know we need to drink lots of water, and it is even more important during the winter. The best thing we can do to combat dehydration of the skin is to drink an adequate amount of water for our own individual requirements. Many experts recommend drinking a minimum of eight 8-oz. glasses of water per day and some recommend as much as 1 ounce of water per pound of body weight every day.

Just remember that water comprises about half of our body mass. Drinking plenty of water flushes environmental toxins out of our system and helps our skin to maintain balance.

EXFOLIATE

In order for your skin to breathe and rejuvenate, it needs to shed its dead cells. You can help your skin do this with a daily regimen of exfoliation complemented by a mixture of weekly at-home scrubs and monthly professional treatments. Exfoliate your body every day with a loofah or brush before you shower or bathe. Use a pumice stone on hands and feet. For extra soft lips, apply moisturizer before bed and when you wake up, brush off the remnants with a toothbrush.

Commit to a balanced approach of exfoliating the delicate skin on your face with an at-home facial scrub once a week and a professional facial or microdermabrasion once per month. This prepares your skin for absorption of the anti-oxidants and moisturizers that will

help keep your skin soft and blemish-free even in the toughest winter months. Similarly, professional body scrubs can also jump start your cell-turnover.

MOISTURIZE

Because of the dehydrating effects of the cold and dry air, providing extra moisture becomes essential for healthy skin. Use a vitamin-C rich moisturizer with antioxidants to give your skin a protective barrier from the elements. Use a moisturizing mask twice a week to help your skin stay moisturized. Look for masks with ingredients such as Shea Butter and L-sodium hyaluronate, a natural protein that helps retain moisture in the skin.

Be sure to apply moisturizer for the entire body after a shower or bath when your skin is still damp as it is best absorbed at this time. And remember to wear sun screen with a proper SPF (30 is ideal). Try Peter Thomas Roth's Ultra-lite Oil-Free Sun block SPF 20. You still need to apply sun screen every day in the winter, especially to your lips.

MINIMIZE EXTERNAL FACTORS

There are several cost effective and effortless ways to help your skin adjust to the colder months. Turn the heat down in your house, and avoid sitting directly by the fireplace. As cozy as it feels, this heat will absorb the moisture from your skin.

Minimize time in hot showers and baths. Just like heat in the air, hot water will have a drying effect on your skin. Also, try to alternate days of using a hair dryer and letting your hair dry on its own. If you do have an itchy scalp during the winter you can try Nioxin Shampoo and Scalp Therapy Treatment available through your stylist, or Wella Regenal Instant pH Normalizing Lotion can be purchased at beauty supply stores.

more good stuff beauty



Hydrate and heal your winter skin with Anti-Oxidant Rich Cream.

Smooth and repair those fine lines and wrinkles with Anti-Oxidant Serum. Both available at Nuance on Mitchell Bridge Rd.



When outside, cover as much of your skin and hair as possible. Protect your skin from wind, and during outdoor sports wear a neoprene mask for your face.

ACCENTUATE THE POSITIVE

Change makeup base to reflect your lighter skin tone if necessary. Accentuate your beautiful winter skin with deeper lip colors and blush, as well as smokier eyes. When purchasing makeup take into consideration having a day look and an evening look to accommodate the many formal events held in the winter.

More than anything, make taking care of your skin part of your everyday routine and enjoy a rejuvenated, refreshed look all winter long.

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Photos: Ian McFarlane

transform transform transform

By Samantha Turner

Wanda Long, 47, wanted a makeover for her 20th wedding anniversary and to freshen up her “washed out” appearance.

Shana Vollmer, a stylist at DRee & Company, located on Prince Avenue, wanted to give Wanda an easy to achieve look that fit her lifestyle. She used a light copper highlight to warm up Wanda’s look. “It really made her eyes pop and gave her a brighter, younger look,” said Shana. For the haircut, she cut the length of Wanda’s hair for shape and volume and gave her feathered layers that angle away from her face.

Shana chose makeup that Wanda could wear every day. “I kept it very natural,” said Shana. Gold and green shimmer eye shadow, light brown eyeliner and a soft lip color helped to accentuate Wanda’s fair skin.

Wanda says she loves her look and that it makes her feel new and refreshed. This experience was something special for Wanda to have for her anniversary. When asked how couples should try to keep the love alive in their marriage, Wanda gave the following advice: “You have great days and you have horrible days, so commitment is key...remember your vows, take them seriously and grow old together.”

Wanda’s Jacket provided by Sonia Says on Prince Avenue in Athens



above: Wanda on her wedding day



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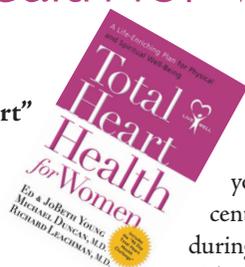
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BOOK EXCERPT

Selected Excerpts from:
 “The Seasons of a Woman’s Heart”
*Heart Health Through the
 Decades of a Woman’s Life*



The Terrific Twenties

At age twenty-four, Jody was ready to conquer the world. Having just graduated from college, she had a well-paying job, a new apartment two states removed from her parents’ home, and big dreams for her life ahead. Jody was thrilled about being totally on her own now. She planned to live her own life without the shadow of Mom and Dad’s rules hanging over her. But it only took Jody a week to realize that she couldn’t live without *some* rules. Showing up late for work two mornings, she drew a stern reprimand from her supervisor. So she bought a reliable clock radio and set the alarm for six o’clock. She also made sure to get her train fare on her way home each night so she wouldn’t have to stop at the ATM in the morning. Jody knew if she didn’t develop some good habits early, the independent life she had always dreamed about would be nothing more than that: a dream.

As Jody discovered, this first decade of adulthood is the time to set productive lifestyle patterns. The twenties is also the time to establish good heart health habits that will benefit you for the rest of your life. As a growing teenager, you could get by without paying close attention to what you ate. But when the growing years are over, maintaining normal weight for your height means eating healthy foods and getting sufficient exercise. Resist the temptation to plan your diet around convenience and cost. Learn to prepare meals that are nutritious and well balanced, keeping the total number of calories low. It can be done—even on a limited budget.

Join a gym, take aerobic classes at the local community center, or invest in a stair-stepper, dumbbells, or an exercise machine. If you can’t afford these exercise options, get into running, walking, or working out with one of dozens of video programs you can buy for pocket change at a garage sale. Start your life healthy, and you will likely stay healthy. *Your twenties is the best time in your life to launch into a Total Heart Health lifestyle!* The most important decision you can make for your heart at this stage is to not smoke—or to stop smoking if you got into it as a teenager. Smoking is a heart killer.

The Thrilling Thirties

Childbearing can take a toll on a woman’s figure, and a busy life of career and/or homemaking and parenting can seriously challenge her commitment to a regimen of diet and exercise. As one thirty-something woman groused, “I’ve got a husband, three young children—two of them still in diapers, and a part-time job. And I’m supposed to exercise thirty minutes a day? Get serious!” Yes, the career and/or

family demands at this stage can be taxing. It will take some creative planning to maintain a Total Heart Health lifestyle through the thirties. If you’re a mother, keep your eyes open for a gym, club, or community center that offers childcare for a nominal charge during exercise classes. Arrange a childcare swap with a friend, relative, or neighbor, allowing you to work out at home or at a club. And it is important to maintain healthy eating habits for you and your family. Your kids may not believe it at first, but prove to them that healthy meals served at the family dinner table can actually taste good! In the process, use this time to teach them about good nutrition. Often during this decade, hypertension (high blood pressure) and lipid (cholesterol) abnormalities begin to manifest themselves. It’s important to schedule regular checkups with your physician so any problems can be diagnosed early and treated.

The Fabulous Forties

As a single career woman, Abby took full advantage of one of the great perks her company offered: health-club membership. She worked out at the club for thirty to forty minutes several times a week. But another “work perk” backfired on her. She was responsible for entertaining clients for breakfast or lunch, so she was eating out on the company nickel three or four days a week. Even though she enjoyed the food and loved making clients happy, she began to put on a few pounds—despite her workout routine. Abby realized she had to be more careful when she scanned the menu. When she was, her exercise program helped get her back to her target weight.

may become lax when it comes to exercise, resulting in fewer calories burned. More calories taken in coupled with fewer calories worked out equals weight gain. Disciplined diet and exercise are a must at this stage to avoid unwanted pounds. For many women, menopause begins in the mid- to late forties. During menopause, the ovaries, which have produced eggs for four decades or more, begin to shut down production. And since the developing eggs supply estrogen, that supply decreases as menopause approaches and then ceases altogether. Important note: any signs of high blood pressure or cholesterol problems must be treated aggressively with medication. This is also the time for your doctor to check for the presence of latent diabetes, especially if you are overweight.

The Fantastic Fifties

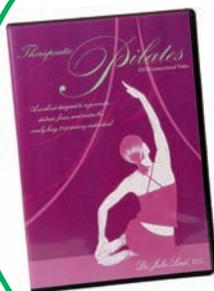
This is the decade when many women ride an emotional and hormonal roller coaster. For those who married and started families in their twenties, the kids are grown and leaving home for college, marriage, and career. Those who delayed parenting until mid-life may still have children at home, but the empty nest is within sight. It’s a time to get serious about the plans, dreams, vacations, and hobbies you just didn’t have time for while the kids were still at home. And with education expenses reduced, now’s the time to get that fitness club membership you always wanted. Concurrent with the empty nest experience, menopause concludes. The disappearance of estrogen allows good cholesterol (HDL) to decrease and bad cholesterol (LDL) to increase. So if you are in your fifties, *it is very important to closely monitor your cholesterol and blood pressure and keep your weight in check.*

The Sensational Sixties—& Beyond

It is during their sixties when most women see the first clear manifestation of cardiovascular disease (CVD). Therefore, *any noticeable change in health, such as the sudden onset of fatigue or flulike symptoms, should be taken seriously, and medical treatment should be sought right away.* As always, proper nutrition, along with vitamin supplementation and medication for hypertension and cholesterol abnormalities, should be faithfully continued during this stage. It is also important at this stage of life to keep exercising. You probably won’t be able to crank the treadmill up to top speed like you did when you were thirty or forty, but the good news is you don’t need to. Just maintain an active life as much as possible and spend at least thirty minutes a day in some form of regimented exercise: walking or jogging (on the treadmill, in the neighborhood, or in the local indoor mall), playing a sport such as tennis or paddleball, or working out on a resistance machine set to accommodate your level of strength.

A lot has been written and discussed recently about hormone replacement therapy (HRT). At first HRT was widely recommended by doctors for most women past “the change” to relieve postmenopausal symptoms, such as hot flashes and bone loss, and to aid in the prevention of cardiovascular disease. However, *the most recent American Heart Association guidelines do not recommend hormone replacement therapy for primary or secondary prevention of heart disease or for use in women*

more good stuff body



Dr. Julie Lord, D.C., a chiropractor and Pilates instructor for UGA and the SANGHA yoga studios, made an incredible instructional video for the homebodies in all of us!

Her Therapeutic Pilates DVD calms the nervous system, balances misalignments in the body, and builds core strength. I’m hooked! DVD available at Helix on Clayton Street or The Healing Arts Center on Prince Ave.

Women in their forties are fully involved in career pursuits, family activities, or both. This is the decade when some women begin to put on weight. Increased earnings and a higher standard of living often accompany career success at this stage. And with more discretionary income comes the temptation to eat richer foods and dine out more often, resulting in greater calorie intake. Some women eat more at this stage in response to stress and life pressures. Also, as energy begins to wane, forty-something women

with known heart disease. Studies do not show a significant benefit in heart disease prevention, and the use of HRT raises the possibility of a short-term increase in risk.

Most cardiologists agree that hormones may be considered for non-heart benefits, including symptomatic relief of menopause.¹ However, because the complications of HRT use increase the longer it is used, HRT should be used only for the shortest time necessary. Women should weigh the risks of HRT and discuss them with their doctor.

No matter what decade you find yourself in, physical heart health is both important and achievable. Don't allow the duties and demands of these normal life stages to rob your heart of the care it deserves. Whether you're a single twenty-something or a grandmother, now is the time to establish a healthy heart lifestyle.

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beautiful skin



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A WINTER AFFAIR



Photography: Ian McFarlane Styling: Rachel Barnes

Makeup: Jager Photo Assistant: Cat Norman Model: Annie

Location: Historic Athens Home



THIS PAGE: Dress, vintage, available at Dick and Jane on Clayton Street. Find vintage faux fur jackets at stores such as Dynamite or Dick and Jane.

OPPOSITE PAGE: Satin bubble dress, found at Red Dress Boutique on Baxter St. Shoes available at McColly's on College Ave.



THIS PAGE:- Black lace dress and cameo necklace found at NICO clothing boutique on Jackson St.

OPPOSITE PAGE- "Zoompy" teal stretch blazer and pink satin dress available at Junkman's Daughter's Brother. Silver heels found at Fetish. Both stores on Clayton St.







OPPOSITE PAGE: "BCBG Max Azria
Couture" dress, Red Dress Boutique.

THIS PAGE- "Jenny Han" dress and shoes
available at McColly's.



Love Is In The Air...

By Stephanie Markham



Photos by Ian McFarlane

In celebration of love, these party ideas will make any bridal shower or Valentine's Day bash extra special for you and your guests. As partygoers start to arrive, pass out red and white leis. Give the red ones to singles and the white ones to couples. This way, everyone will know who is available and who is already taken.

Take Polaroid pictures of guests posing in front of a red background or getting snugly on a couch. Next, using a hole-punch and ribbon hang these pictures from a topiary centerpiece or from a full-sized plant for everyone to see. Give the pictures out for guests to take home after the party or keep them for yourself as a fun way to remember your get together.

Give your guests a chance to break the ice with this fun, flirty game. Using index cards write down the names of famous or historic couples (one name per card). Tape a card to each guest's back. Then, instruct them to ask yes or no questions to the other guests in order to figure out who they are. Give a prize to the first couple that finds his or her correct match.

Pick a different five letter word to take the place of bingo, such as bride, lover, or cupid. For bingo pieces use cut-out shapes of hearts, or romantic images such as a champagne glass, a sunset or a diamond ring.

For a love-themed decor, decorate with soft, pastel colors and rose petals. Tealight and votive candles also come in handy to set the mood of your party. Use your fine china to add a touch of elegance to a simple menu of snacks and sweets. Add frozen strawberries instead of ice cubes to a pitcher of lemonade to add a romantic touch to this common drink.

Cupcakes are not just for your child to take to class on their birthday anymore. This sweet treat is even taking the place of a more traditional wedding cake at some receptions. Give your cupcakes a richer taste by using a cream cheese frosting rather than typical vanilla, and top each with a strawberry. If strawberries are not in season, try using edible flowers instead. Arrange the cupcakes on a tiered tray to add height to your table of goodies.



As the party comes to an end, make sure everyone gets a satchet of favors to take home. Include items such as picture frames, candles, stationery and other mementoes from your event that will surely let your friends that came know how special and loved they really are.



MANHATTAN MEATBALLS

makes approx. 8 servings

Ingredients:

- One package of frozen meatballs
- One jar of apricot preserves (jelly)
- One jar of barbecue sauce

Mix together, heat and serve.

For casual events, serve from crockpot or in a dish with toothpicks.



SPICED CASHEWS AND PECANS

makes approx. 8 servings

Ingredients:

- ½ Lb unsalted cashews
- ½ Lb unsalted pecans
- 2 ½ Tbs. minced, fresh rosemary leaves
- ½ Tsp. cayenne pepper
- 2 ½ Tsp. light brown sugar
- 1 ½ Tbs. kosher salt
- 1 ½ Tbs. unsalted butter, melted

Preheat oven to 350 degrees.

Spread cashews and pecans on cookie sheet toasting them in the oven until warm, approximately 5 minutes.

Using a large mixing bowl, add together the rosemary, cayenne pepper, salt, sugar and melted butter. Toss the warm cashews and pecans in this mixture until evenly coated and then serve while still warm.

DO IT HERSELF

PIZZA CHEESE DIP

makes approx. 8 servings

Ingredients:

- 1 Can of pizza sauce (16 oz.)
- 2 Pkgs. of cream cheese (16 oz total), *softened*
- 1 Pkg. mozzarella cheese (8 oz.)

Preheat oven to 350 degrees.

Using a spatula, spread softened cream cheese into the bottom of a square or circular casserole dish. Next, pour pizza sauce on top of cream cheese covering it completely. Top with mozzarella cheese and bake for approximately 20 minutes.

Let mixture cool for at least 10 minutes before serving. Enjoy as a dip with your favorite corn chips.



more good stuff entertain

Having a last minute get-together? Throw your wine in this wine chiller, turn the dial and within minutes it's the perfect temperature. One less thing to worry about! *Portable, 7-minute Breville Wine Chiller available at Bed, Bath, & Beyond.*



Ian McFarlane



This idea came from Jennifer Starke. She made 25 of these to use as centerpieces for her grandparents' 60th wedding anniversary celebration. Jennifer has been a veteran set decorator in New York City for the last 15 years. She dresses sets for multiple projects, ranging from commercials to feature films.



1. Start with a clean, dry can – any kind of can would work. We used a large coffee can.
2. Cut a paper grocery bag to the same size of the can and glue it around the surface of the can. In this case, wrapping the can has several purposes: 1) You need some texture for the glue to stick to. 2) There is a lip to the can on the top and bottom, and the paper helps make the can more even. 3) You want the background behind the sticks to be a neutral color.
3. Gather some sticks of similar texture and size. For the best result, use sticks that are dry. It is also best to use sticks that you can break with your own hands to avoid having to use a saw.
4. Start gluing the sticks to the paper surface around the can. We used heavy-duty craft glue, but a hot glue gun would work as well.
5. Work your way around the can gluing each new stick to the paper surface. Keep in mind that you do not want the sticks to go below the bottom of the can. You want the bottom to stay perfectly flat, so that it will stand evenly as a centerpiece.
6. Allow for drying time to ensure that the sticks will not fall off the paper surface.
7. When it comes time for the flowers, be creative and pick your favorites. It might be easier to first place a vase inside the can and then arrange your flowers inside the vase. Instead of cut flowers, you can also use a small fern or any type of houseplant. There are endless possibilities!



are you sad?

By Lisa Anger
Photos by Justin Evans

This time of year, the weather gets colder, and the days get longer. You eat more, sleep more and do less. You seem to have no energy and little motivation. Your mood worsens; you may feel depressed, irritable or anxious. Is this a normal phenomenon, or could these be the signs that something more serious is going on?

What you may be experiencing is a seasonal depression. With seasonal depression, symptoms of depression begin to appear in the late fall or early winter and peak during the coldest months. In spring there is an absence of symptoms and people report a marked improvement in mood. When cold weather and less daylight return, so do the symptoms.

It has been estimated that approximately 6 percent of the population (one out of every 100) suffer from a phenomenon know as Seasonal Affective Disorder (SAD). Another 10 to 20 percent suffer from a milder form, sometimes referred to as the Winter Blues. The majority of individuals with SAD are woman. It usually first appears in the mid twenties to thirties, although it is occasionally seen in children. It is seen more often in people who live in colder climates than in those who live in warmer areas.

SYMPTOMS OF SAD

The common characteristic of people with SAD is a depressed mood that worsens in the cold winter months, and shows marked improvement in the warmer months. Symptoms include:

- Increased appetite and weight gain
- Cravings for sweets and/or carbohydrates
- Irritability
- Anxiety and nervousness
- Lack or lessening of sexual desire
- Increase in premenstrual symptoms (PMS)
- Need for increased sleep and having an overall feeling of sleepiness
- Decreased energy
- Lack of motivation to socialize and engage in activities
- Increased alcohol use
- Increase of physical illnesses and ailments
- Relationship problems
- Feelings of hopelessness

TREATMENT

If you believe that you or someone that you know is suffering from SAD then it is important to get treatment. Fortunately, there are many forms of treatment that are helpful in dealing with seasonal depression. Techniques that work with other forms of depression, such as psychotherapy, anti-depressant medications, and St. John's Wart have been shown to work well with SAD. Light therapy is another treatment that has been used with SAD. This involves exposing the eyes to daily periods of light in the form of a light box. This is based on the assumption that decreased exposure to full spectrum light may be responsible for chemical changes that trigger depression in some people. Some studies have suggested that the full spectrum is not necessary, but that the light does need to be extremely bright.

AVOIDING THE WINTER BLUES

Before you find yourself succumbing to the winter blues here are some things that you may want to try:

- Try to minimize the stresses in your life. Simplify!
- Get out in the sun whenever you can.
- Dress warmly and take brisk walks or engage in another physical outdoor activity.
- Sit near windows and keep the shades up.
- Plan some activities and get together with good friends.
- Plan a winter vacation to a sunny place.
- Eat healthy. Avoid too much fat, sugar and meats.
- Don't overdo the alcohol.
- Try essential oils to wear or use in your home.
- Start a new hobby.
- Watch a funny movie or go to a comedy club. Laughter is the best medicine!
- Join a support group.
- Try meditation, yoga, or visualization techniques to relax and de-stress.

more good stuff

balance

Bundle up and have a seat on your front porch with this amazing new winter drink. It's hot chocolate with a kick! Straight from the cocoa bean of the theobroma cacao tree, this drink causes the brain to release B-endorphin, which is a feel very good chemical. It has the same anti-oxidants that help prevent heart disease, decrease stress-levels and protect against disease. For less than three dollars, this 120 calories per 8oz serving and zero fat drink is worth the trip out! "Cacao" found only at Espresso Royale Café on the corner of Jackson Street and Broad Street



CHARLESTON 35

Photos and Story by Shannon Walsh



When I reviewed the photos I had taken from this trip with our photo editor he said he thought this was a travel story, not girls gone wild! Well, yes this is a travel story and yes, girls did go wild! Whether a bachelorette party or just a girls weekend away, Charleston is a great town to visit. It is close enough to arrive in about four and a half hours from Athens and far enough to do what you want without the worries of local gossip.

It is best to stay somewhere in town, such as the Mills House (millhouseinn.com). This way, you can walk almost everywhere. When the walk is just a little too far, be sure to take a bike taxi. We had four girls in one at once and I've hardly ever laughed so hard. We may have all been celebrating our 35th birthdays, but I think we reverted back to being 15 years old again.

Charleston has plenty of history, fine dining and shopping to offer. There are local attractions such as walking tours and horse drawn carriage rides. It is best to visit the Charleston Area Visitor's Bureau website to see what would best fit your desires on this trip. If you enjoy less planning and more adventure, it is just as easy to step out of your hotel and explore. We found a great little place to eat called Poogan's Porch, named for the dog who once made his home there. We saw more of the city by walking to the battery and touring some of the historic neighborhoods as well.

While walking down one street, we ran into a gentleman named Mr. Tommy Baker. He told us that we were angels, and in his Southern accent it hardly sounded cheesy. His gracious hospitality led him to assisting us with decisions on where to

eat and be seen. He even called his assistant and asked her to arrange reservations for "suppa." We dined at Carolina's one night, which had charming atmosphere and we ate at Hank's the next night— both are wonderful restaurants.

Everyone we met during our visit was lovely. The Southern hospitality is alive and well in Charleston, SC. Bring your camera, because there is so much to see and capture. If you have the good company of friends this town will offer the rest.

more good stuff travel



History and jewelry combined? This sterling silver Historical Charleston Gate Collection jewelry infuses present day fashions with the inspiration of the historic gates of Charleston, S.C. This beautiful jewelry is handcrafted in Charleston, but you can find it locally at *Athena Jewelers on Clayton Street*. A perfect gift for someone you love!

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Tom Goggin, MD
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Starting off right

Think counseling is only good when your marriage is on the rocks? Think again...

by Jennifer Coats
Photo by Justin Evans

Do you feel that your partner listens to you? Do you think that your lifestyles will change after having children? Have both of you discussed whether or not you plan to have children? After answering 75 similar questions, I was certain that my fiancé and I would pass this quiz with flying colors. Earlier in the day, we came to our church to begin our required pre-wedding counseling sessions. Not knowing what to expect, I was a bit nervous and hesitant as to what was in store for us during the first of our six counseling sessions.

"You'll be in separate rooms, but just do your best to try to answer all of the questions," said the secretary that met us in the office. My mind started going crazy. I began trying to recall facts from Sunday school and remember the names of all the people and the seas and who did what. I convinced myself that I was going to fail the quiz and the church I grew up in would refuse to marry us! After working up the nerve to ask what kinds of questions would be on the quiz, I soon found out that I had nothing to worry about. "It is basically a personality test," said the secretary. "It will ask you both questions about your relationship and how you feel about each other, how you feel about marriage, and things like children and discipline." I let out a huge sigh of relief. Aaron, my fiancé, looked at me and smiled. He could tell that I was worried.

After getting our results back, my fiancé and I learned that we answered practically all of the questions similarly. This quiz showed us just how well we communicate and work through problems. We also learned about certain areas in our relationship that may cause problems in the future. But, having taken this quiz and having gone through several counseling sessions already, we are now more aware of our different communication styles and how to best relay our needs to one another.

With each day that passes, our wedding gets closer and closer. Each day brings more excitement and more planning. I highly recommend that couples who are planning to make this ultimate commitment to one another take the time to complete a similar program from whichever place they plan to get married. In any case, couples should at least discuss important issues such as family structure, roles of household duties, finances and

future plans for starting a family before making this lifelong commitment.

Even though we did not think we needed it at first, this relationship counseling has brought us closer and has even helped us communicate through all of the stressful planning of our wedding. Finding out just how quickly some places and services for a wedding book up in advance of the event date was a real surprise to me. I did not want to have my reception at a buffet-style restaurant or have my flowers done by a grocery store! Needless to say, things have worked out and most of the details are set. We are looking forward to a successful marriage and knowing that we will always have each other is comforting as we think about our future together. Take the time to answer these questions with your significant other. Your future just might depend on it.



Love is...

"Love is wanting to spend as much time with my husband as I did when I first married him nine years ago."

— Jackie Wood, 41

"On our anniversary when I asked my husband what he was doing at this exact moment 26 years ago, he said he didn't have a clue. It was 2:30 in the afternoon, and I know exactly what I was doing. I was a nervous wreck, frantically shaving my legs at the hotel before our wedding!"

— Louise Shaw, 53

"If you're planning on setting a romantic mood by tossing rose petals on the bed, make sure you dry them with paper towels first. They're usually kind of damp straight out of the bag from the florist. It's never a good thing when the color from them runs right onto your white, down comforter."

— anonymous

NATIONAL ASSOCIATION OF WEDDING MINISTERS PREMARITAL QUESTIONNAIRE

Provided by Pastor Scott Carpenter

NAWM encourages all couples to attend premarital counseling/coaching sessions if possible. However, if you will not be receiving premarital counseling then please read the following questions and answer them with your fiancé. You will be surprised how much you learn about each other and your relationship from answering these simple questions. Have fun; be honest and follow-up with counseling, if necessary.

RELATIONSHIP

- Do you love and trust your fiancé?
- How will you make decisions once you are married?
- How would you handle/settle an argument?
- What do you do if you cannot agree?
- Is it hard to say please, thank you and I'm sorry?
- When you are ill, how much sympathy and attention do you desire?
- How would you handle end-of-life decisions and life insurance?
- How will you relate to in-laws, opposite-sex friends, ex-spouse or children from previous relationships after you are married?
- Do you believe your fiancé will be faithful?
- Can you see yourselves growing old together?
- Is your fiancé an honest and truthful person?
- How do you show each other affection?
- Is your fiancé kind, gentle and understanding of children, co-workers and family?

FINANCES

- Who will be the primary financial provider in the family?
- Do you support your fiancé's career?
- How will you decide on what major purchases to make?
- Who will pay the bills and keep the checkbook?
- What is your philosophy of giving to your church or other charitable organizations?
- What are your thoughts about the use of credit cards?
- If either you or your spouse lost your job, what budget items would you cut?
- Will you have joint savings and checking accounts?
- Have you created a family budget?
- What percentage of your income will go toward home, car, groceries, utilities etc?

HOME

Where do you want to live and in what setting would you want to live (city, suburb, small town, rural, plains, mountains, desert, coastal, etc.)
What do you expect your marriage and standard of living to be like after five years?
How soon after you are married do you expect to have your home reasonably furnished?
Will you do your own home maintenance?
Who will do the landscaping?

CHILDREN & PARENTING

What is your attitude towards children?
When will you begin having children and how many?
What would you do if you cannot conceive children of your own?
What is your view on abortion and birth control?
Who will be the primary caregiver of your children?
How will you discipline them?
Who will be the primary disciplinarian?
Will your children do chores?
Will they receive an allowance and how much?
How will you deal with children from a previous marriage?
How will you deal with issues at their school?

HOUSEKEEPING

Who will prepare each meal and what types of food will you eat?
How often will you eat out?
Who will do the laundry and ironing?
Who will go purchase groceries?
Who will make sure general automobile maintenance is done?
Who will do general household cleaning and bed making?
Who will wash and dry the dishes?
Do you want a pet in the home? If so, what type?

SOCIAL ACTIVITIES/CHURCH

Do you share the same beliefs?
Will you attend the same house of worship?
What will you teach your children regarding your faith?
What hobbies or recreational activities will you pursue individually, together and how often?
How will your personal friendships (his/her friends) change after marriage?
How do you feel about alcoholic beverages, smoking and guns in your home?
Where will you spend the holidays, birthdays and anniversaries?
Will you both have certain times to spend with your own friends?
Will you be joining any social clubs?

RED FLAGS

Your fiancé seems to be irrationally jealous of friends, family or past relationships.
Your fiancé is prone to extreme emotional outbursts and mood swings.
Your fiancé displays controlling/smothering behavior.
Your fiancé is unable to hold a job.
Your fiancé is unable to resolve conflict.
Your fiancé exhibits dishonesty.
Your fiancé does not treat you with respect.
Your fiancé is overly dependent on others for money.
Your fiancé exhibits patterns of physical, emotional or sexual abuse towards you or others.
Your fiancé displays signs of drug/alcohol abuse

Note: If any of these signs exist, you should schedule a time to talk with a minister or counselor immediately.



bedroom makeover



If anyone needed a new look for their bed, it was definitely me! Last summer, my boyfriend and I moved into a studio apartment, and our bed is one of the first things you lay your eyes on upon entering our humble abode. You can imagine the humiliation of someone seeing a big Crate and Barrel bed frame with major potential wasted on what I was considering a

“summer look”. I was using a duvet-less down comforter, as my “white comforter,” some cream-colored pillowcases and some cheap blue pillow shams stuffed with two pillows, since I didn’t have any that were long enough! Needless to say, it was quite a mess and the only un-cute thing in my apartment!

So, I gathered myself a budget and the bed decorating pro herself, Stephanie, an editor for the magazine, and we set out. With \$200, I was prepared to get my bed winter-ready and maybe even a little more romantic. We decided on colors that we felt were a deeper shade for the season and also man-friendly. We grabbed some incredibly soft sheets (finally I’ll have a fitted sheet!) and a duvet cover from Bed, Bath, and Beyond. Duvet covers can go over any existing comforter and are a great way to easily change the look of your bedroom, not to mention most are machine

washable and a must-have to protect down comforters. Next, we bought a dust ruffle from Target, and once we added some decorative pillows from Kohl’s, the bed became something actually worth visually admiring. All in all, I love how the bed looks (my boyfriend could care less), and now I can let people into the apartment without asking them to ignore that big eye sore in the corner!

So, we went over the budget a little (barely!).

But, I am so happy with my new bed!

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THANK YOU FOR SHOPPING!
PLEASE COME AGAIN



My 5 Miracles

Sherri Goggin shares the obstacles, fears and joys of entering motherhood

BY STEPHANIE MARKHAM
PHOTOS BY RL HODNETT

Thanksgiving was supposed to be Sherri Goggin's last hurrah before going on bed rest for the remainder of her pregnancy. She was expecting twins—a boy and a girl. After receiving fertility treatments in Atlanta, this pregnancy was the start to having the family that Sherri and husband Tom, had always hoped for. “It was perfect— boy, girl,” said Sherri. “Who hasn’t secretly wanted twins?” In the rush of preparing to take dinner to a friend’s house, Sherri ran to the restroom while Tom, who has been an obstetrician gynecologist for 17 years, busily loaded their white sports utility vehicle. Even though this was her first pregnancy, she knew that the bleeding she noticed was nothing to ignore. The look on her husband’s face confirmed Sherri’s fears.

“I thought, I know he looks worried, but things will work out,” said Sherri. She and Tom made their way to St. Mary’s Hospital only to find out that it was too late to stop her labor. Her pregnancy lasted 24 weeks to the day— a typical pregnancy lasts anywhere from 38 to 40 weeks.

According to the March of Dimes, every year nearly 500,000 infants are born prematurely. This organization, whose mission is to improve the health of babies by preventing birth defects, premature birth and infant mortality, compares this number roughly to the population of Cleveland. By raising awareness of this complicated issue and supporting research to better understand why premature births happen, the March of Dimes says they hope that someday doctors will be able to effectively prevent pre-term deliveries.

On November 28, 1998, Sherri delivered twins, Kate and Jack. Both infants struggled after birth and Jack lived for only nine hours. Weighing only 1 pound 7 ounces at birth, Kate spent nine days in the neonatal intensive care unit (NICU) at St. Mary’s before an intestinal perforation sent her to the Medical College of Georgia in Augusta for emergency surgery.

Sherri rushed to be with her daughter immediately. “I don’t even remember what I packed—I just went,” she said. The medical team at MCG was waiting on Sherri to arrive before starting Kate’s surgery. “The doctors were clear that even Kate’s survival may bring future challenges,” said Sherri. “While each day was a blessing, we never knew what the next day would bring.”

What did happen next for Kate Goggin was a series of challenging events during her four month stay in the NICU, including a grade three brain hemorrhage, corrective eye surgery and complications involving feeding intolerance. With each of these setbacks, Sherri tried harder to become pro-active in her daughter’s care. “By becoming more involved in Kate’s care, we were able to make more informed decisions based on the most current medical information available,” said Sherri. “The doctors and nurses welcomed our participation.”

One example of something more that could be done is how a local plastic surgeon donated a breast implant for Kate to use as a pillow, to help support her tiny head. “I think that being pro-active is the main thing that I

did, that parents can do," said Sherri, remembering ways that she tried to do something, anything to participate in Kate's care. "I would tape my voice in the car driving to and from Augusta, reading *Little Women*, or singing Christmas carols to play for her while I was gone...anything that I thought might help, I would just try."

Everyone wanted to see her thrive, and thrive she did. Kate is now as active and healthy as any 7-year-old little girl. She loves to play the piano, swim and spend time outside with her three younger brothers and one sister. Yes— that makes five of them in all. After Kate, Sherri and Tom Goggin welcomed son Tom into the family and then triplets Will, Sam and Mary. All together that makes 100 fingers and toes. This growing bunch goes through four gallons of milk every two days and a weekly trip to the grocery store can easily add up to \$300.

"I always wanted a Kool-Aid house," said Sherri. "Like the old commercial; kids everywhere having fun, mom smiling, serving a healthy lunch for the entire neighborhood...Tom and I are so thankful for these five wonderful blessings. There's no man to man coverage in our home—we are strictly zone defense."

When I first met Sherri Goggin she warmly welcomed me into her home. We sat comfortably on the floor of her living room sipping ice water from cobalt blue glasses and snacking on delicious southern style pound cake. Will, Sam and Mary later joined us and Sherri let their sweet little hands sneak a bite of her cake. I watched as mother and children smiled at each other through crumbs and gleeful laughs.

After hearing Kate's story, I realized that she and I had more in common than I had first thought. I was born at 26 weeks gestation at Grady Memorial Hospital in Atlanta and faced many of the same surgeries and challenges that Kate did as an infant in the NICU. I weighed just 2 pounds at birth and my hand was small enough to fit inside my mother's thumbnail. I endured four intestinal surgeries,

each of which were fairly new procedures at the time for such a tiny infant to undergo. I also suffered many breathing difficulties and a massive brain hemorrhage. As with Kate as well, people referred to IF I lived and the doctors even told my mother that at best, I would probably be "trainable."

Kate and I, and the Goggin's triplets who were born at 30 weeks, are all living proof of the importance of funding for organizations, like the March of Dimes, that are committed to funding research that gives premature infants a better chance at survival. For

"What if surfactant didn't exist?," asked Sherri. "Because I had four preemies, my kids might not be here today. The impact of this drug is nothing short of amazing."

Today, Sherri volunteers with the March of Dimes by sharing her story and helping to raise money in their annual walk that takes place every spring. With a group of friends, Sherri and her "preemie teamie" raised over \$5,000 for research. Raising money and bringing attention to this important issue is something that Sherri says she is passionate about.

Her optimistic attitude and contagious spirit helps her pass on this passion to the community around her.

For each of her children's futures, Sherri says that what she hopes for them the most, aside from happiness, is for all five of them to have a strong faith, a positive attitude and to be surrounded by positive-energy people. "Tom and I feel that leading by example is the best way to achieve these goals," said Sherri.

Sherri's positive attitude certainly is an example for her children to follow. Even when discussing all of her family's challenges, she manages to find the positive in what Kate went through to survive. "It's one of those life experiences you never dream possible nor would you ever want another person to experience—yet it strengthened my faith in God's miracles," said Sherri. "I am so blessed to have witnessed one of God's miracles before my very eyes; now I look around and there are five of them!"

In the 16 years between my birth and Kate's, research organizations have made a number of accomplishments in this field of study. However, even though babies born prematurely now have a better chance of survival, the rate of premature births has risen by 21 percent since 1981. This trend makes raising awareness of this issue all the more important. Even still, in the face of such challenges there is hope; hope and endless possibilities to what the human body and spirit are capable of overcoming.



ABOVE: Sherri & Kate BELOW RIGHT: Kate 3 lb. 5 oz.

BELOW LEFT: Will 3 lbs. 2 oz., Sam 2 lbs. 10 oz., & Mary 2 lbs. 5 oz.



example, doctors can now administer a drug called surfactant to premature babies early on as a way to combat Respiratory Distress Syndrome. This often fatal disease is a common challenge that many premature babies face. Surfactant, and the \$12.5 million that the March of Dimes has contributed to studying newborn lung development, is one example of how these infants now have a better chance of surviving.



Premature babies
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snap!



ABOVE LEFT: Kristen Fellows and Erin Weeks celebrating Erin Weeks and Kimberly Choosewood's birthday party at the downtown Barberito's
 ABOVE RIGHT: The Aesthetic Impulse Homecoming Fashion Show



ABOVE: Miss April Rackley and her Maid of Honor Miss Heather Wagner
 RIGHT: Erika & Laura at AIDS benefit.



ABOVE, RIGHT & LEFT: models at the Athens Area Humane Society Car Walk

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REAR ROW - L-R - Stephanie Sharp: President, Plexus Web Creations, Inc., Maureen Baker Meyer: Director of Sales, The Classic Center, Joan Prittie: Executive Director, Project Safe, Inc., Lanie Lessard: Interior Designer/Owner, Lessard Design Associates, Quittis Smith-Luna: President and CEO, Northeast Georgia Temporary Service, Inc. and North American Temporary Service, Inc., Shannon Walsh Howell: Publisher/CEO, Walsh Publishing, Inc.

MIDDLE ROW L-R Dr. Flora Tydings: President, Athens Technical College, Stella Sailors: Director, Catholic Social Services, Inc., Barbara Sims: Recruitment Coordinator, All God's Children, Inc., a special needs adoption agency, Clothilda Barnett: Program Administrator, Hancock Community Development Corporation

FRONT ROW L-R LuAnn Brown: Career and Professional Coach, Careers that Fit, Florence Schwartz: Case Manager, Barrow County DFACS, Barbara Dooley: Radio Talk Show Host, WGAU - Realtor, Coldwell Banker Upchurch Realty

NOT PICTURED: Dr. Sherrie Ford: Chairman of the Board, Executive VP, Culture, Power Partners, Inc. - Founder, Principal, Change Partners, LLC, Nancy Denson: Tax Commissioner, Athens-Clarke County



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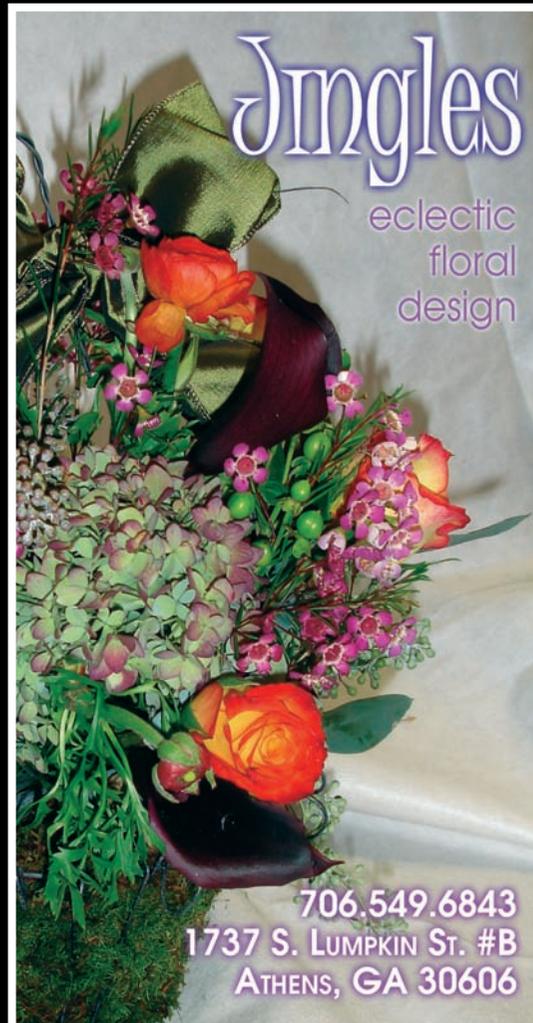
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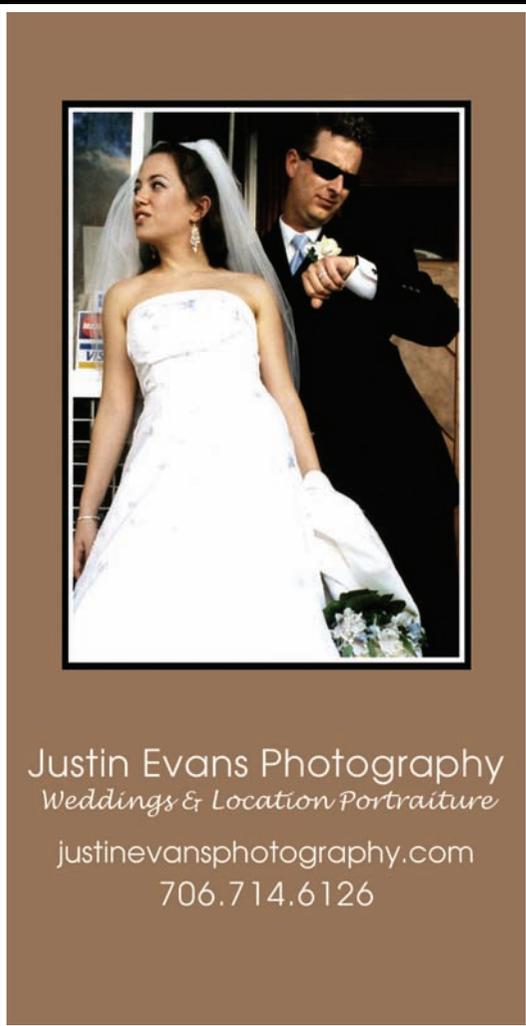
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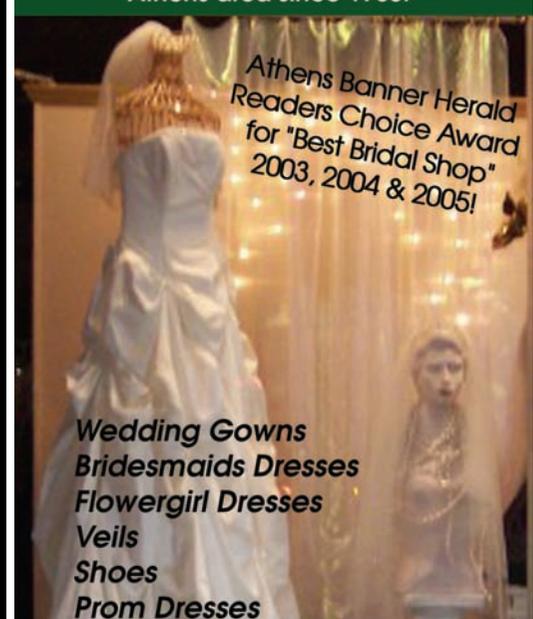
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Seven Questions:

EA Brown

What are you reading right now?

1 A Million Little Pieces by James Frey. I have never read an “Oprah Book Club” book so I thought I would give this one a try. It is so powerful.

What do you enjoy snacking on?

2 Anything chocolate.

Why do you love Athens?

3 How could you not love Athens? My husband and I are both native Athenians and we can't imagine living anywhere else. We have the perfect combination of big city and small town.

What's the best compliment that someone could give you?

4 The best compliment that I could receive is when someone compliments my children. Parenting is my number one priority and when someone says something great about the children I think “Wow, I'm doing pretty OK at this”.

How did you meet your husband?

5 My husband is the brother of one of my closest high school friends. I don't ever remember meeting him, he was just always “Laura's big brother”. We were married in 1993 in Athens. Thirteen years, and three children later we still wonder how we got so lucky!

Where is your favorite vacation spot?

6 This is a complete tie between Walt Disney World and Sea Island, Georgia. We are taking the children to Disney for the 5th time this January and we go to the beach every summer. Some of our very best family memories are from our vacations. We love to travel more than anything else and it is so great for the kids to experience different places.

Who is your role model?

7 Many people have been role models for me, I couldn't pick just one. My mother, Jenny Broadnax, taught me about community service when I was very young and I loved how she was able to help so many people. I knew that I wanted to do that when I grew up. My brother-in-law, Hailey, taught me to always be myself and to love uniqueness. My dear friend, Donald Cofer, taught me to work hard and to enjoy every minute of it because life is short. I meet people every day that inspire me and challenge me.

Elizabeth Anne (EA) Brown, 37. Born and raised in Athens. My husband, Pete Brown, is a Realtor and we have three children: Chase (10), McKay (7) and Parker (5) who all attend Barrow Elementary School. I am currently the President of the Junior League of Athens. I run a small design business and love to travel with my children and my husband.

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Joy Moncrief, Red Cross volunteer and Pink Ribbon Team. 40 years of service.

Nina Koen, Hospital Auxiliary Volunteer 38 years of service

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Joy Moncrief and Nina Koen embody the spirit of the over 47,000 volunteer hours contributed to ARMC last year. “Our mission is to complement the services of our paid staff.” says Norma Kamphaus, volunteer services director. “Joy and Nina are the perfect examples of that. Completely loyal and dependable – and their history with us brings a continuity to the hospital and our service.”

Nina first began working at what was then Athens General Hospital because she felt it was her civic duty. Her daughter soon followed in her footsteps as a candy-striper, and eventually became a nurse in our Neo-natal unit (now in her 20th year). “Caring for others runs in our family.” states Nina.

Joy’s daughter first volunteered here as a candy-striper, then Joy decided to become a volunteer also. “I would have never guessed that 40 years later I would still be enjoying it this much.” smiles Joy. “But this hospital provides wonderful healthcare for the people of this area. And, as volunteers, we enjoy what we do and we feel like we’re a part of a team doing very important work.”

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