

MAGAZINE FOR WOMEN

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SPRING 2006
VOL. 2 ISSUE 1 - \$3

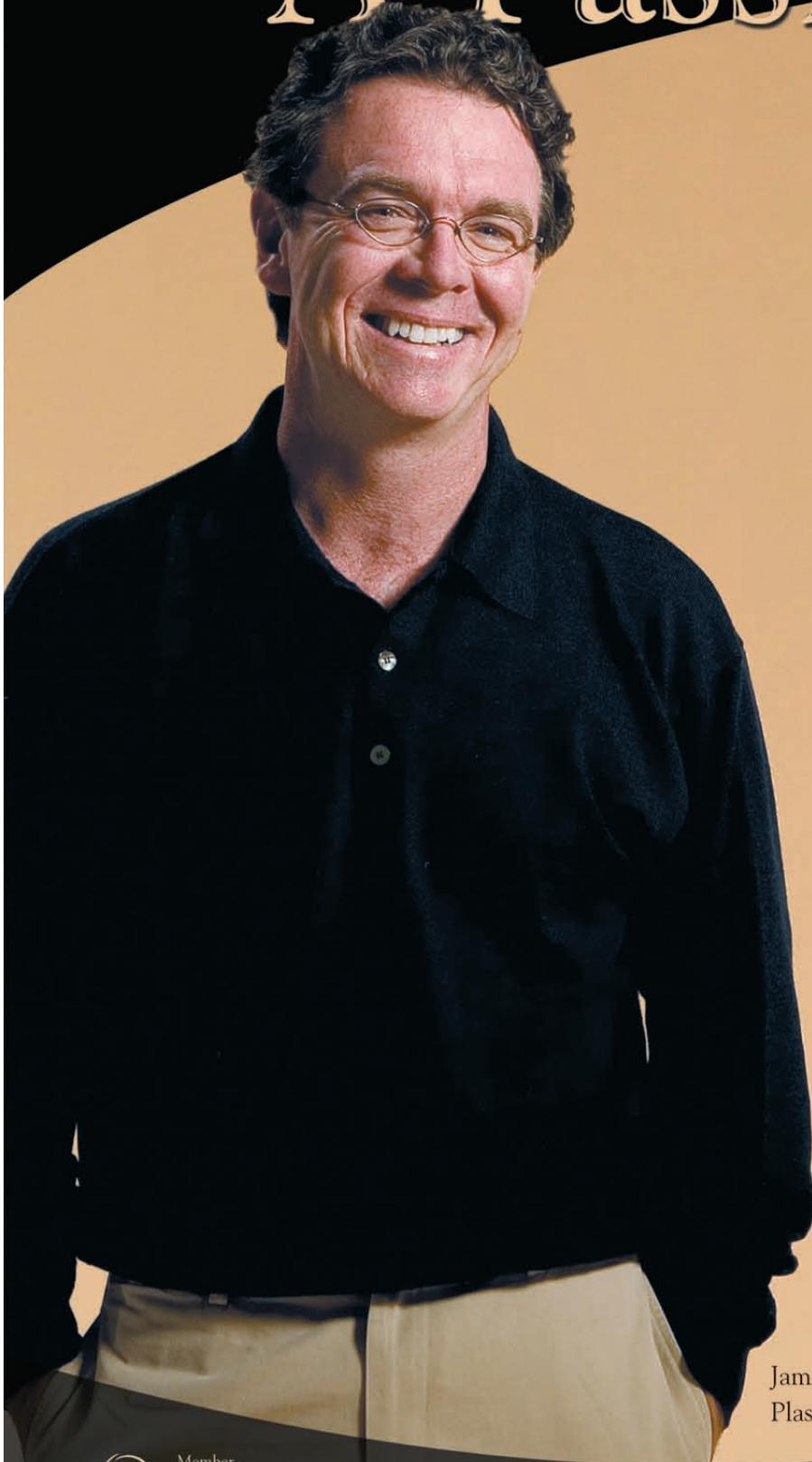


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MAGAZINE FOR WOMEN
athena

Volume 2 Issue 1 Spring 2006



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Cover photo by Ian McFarlane; Model: Laura (Elite, Atl.)

HAPPY BIRTHDAY TO US!

Athena Magazine is one year old. I cannot help but compare this first year to a child. You see, giving birth to her was not very easy— it was a long and painful delivery. When we first saw her, we thought she was pretty cute. We watched her babble and coo. We watched her crawl and finally stand up (so did I). I am proud to say that our little baby is finally walking and her legs are strong. We could not be more proud.

Enough analogies and on to our special thanks:

You will see Ian McFarlane's name throughout the magazine, and as one of the best photographers in Athens he makes his mark on our magazine with his beautiful photography. The spring shots blew me away! Special thanks to Rachel Barnes for all she does for the Image section— finding good stuff before the national magazines do and clothes that we love; Stephanie Markham for making sure our editorial is just right; Hamilton Taylor for his design talent; Alex Starke for keeping us all on track and smiling; Claire Phillips and Fran O'Rear for assisting our advertising clients; Tim Blalock for his two cents; and Chris Parsons for handling the money, honey; and everyone else who has written, photographed, organized or touched Athena in some way.

A very special thanks to all of our advertisers over the last year - without their vision, support, and dedication, Athena would not be here. Please use their services and shop in their stores and remember to mention that you heard of them through Athena!

As the sun creeps out more and more each day, Athena shares ways to enjoy the freshness of the season. Enjoy this issue of makeovers, cleaning, organizing and inspiring. And as the sun sets, we showcase just a few of the musical talents Athens has to offer. At a recent benefit, I enjoyed watching the women of Jackpot City rock. I have always wished I could be a rock star - I am hoping for someone to be in the need of a tambourine player or

dancer. Until then, I will just keep watching and follow my moms advice "celebrate your uniqueness!"

To all of the women embracing life (and reading this issue) I celebrate you!

Shannon Walsh

Photo by Ian McFarlane



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This adorable bird plate caught my eye from across the room! I just love the color. Find it at Toula's on Clayton Street.

I never got into using body oil until I tried the LaLicious Body Oil in Lily Mango. The smell gets me in the mood for summer, while the body oil gets my legs bikini-ready! LaLicious Body Oil available at www.lalicious.com



The most comfortable of the platforms that you'll be seeing all over the place this season. Perfect dancing shoes! Carlos Santanas available at Fetish on Clayton Street.



The most inspiring book to land on your coffee table. "Offerings: Buddhist Wisdom for Everyday" found at Frontier on Clayton Street.

This stuff is like mascara for your hair. It plumps and thickens the more you put on! For those that crave volume, it's addictive. ghd Fat Hair available at bob(SALON) on Foundry Street.



Forget necklaces. This fabulous hand-made scarf is lightweight enough to wear all spring! To inquire about prices, email: wendyhanson@hotmail.com.



For years we've been putting chemicals on our skin to look beautiful. Now we can look beautiful with all-natural glō mineral makeup. Found exclusively at The Spa at The Foundry Park Inn.



I love Paris in the springtime! Especially when flashing my passport in this killer passport cover. Get one at Helix on Clayton Street.



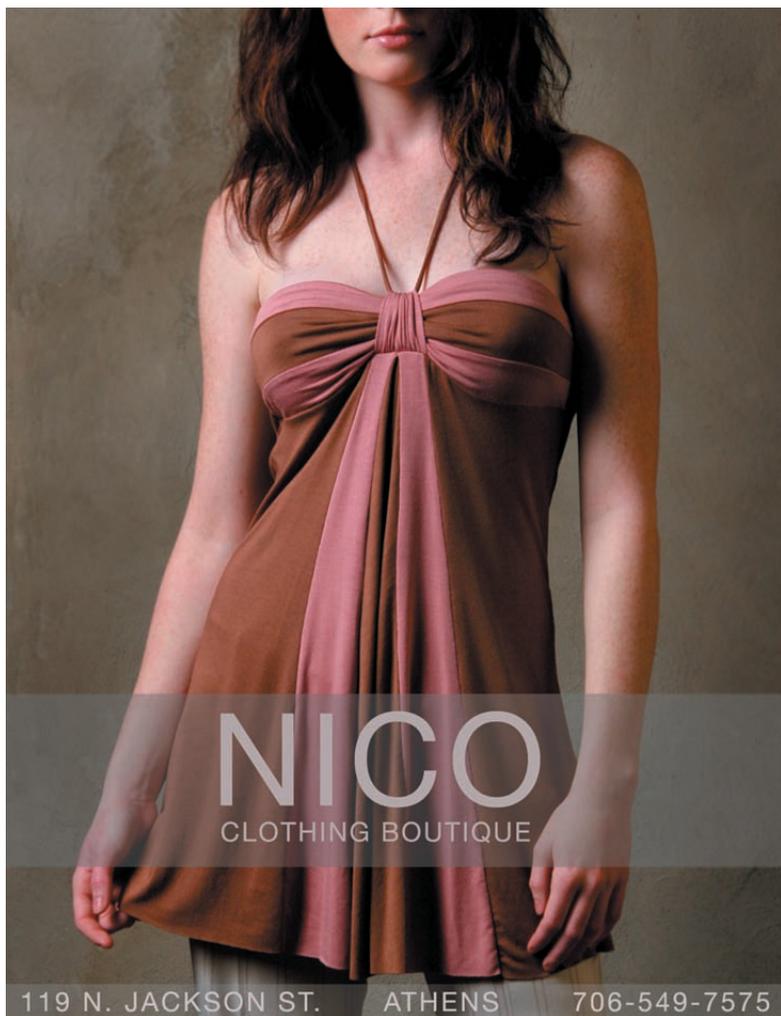
I love impressing guests, and since I know so little about wine, this amazing bottle topper/candle holder will distract them! Find one for yourself at Shiraz in the Leathers building on Pulaski Street.



I love displaying fresh flowers in my house, and this little flower spike makes it 100 times easier! Just stick the stems into the spikes and place in a cute vase with water. Pick up a Frog Pin at Donderos' Kitchen on Milledge Avenue.



By Rachel Barnes - Photos by Ian McFarlane



rachel's WAYS

By Rachel Barnes

Can't find your keys?

Grab a cute hankerchief (that one your grandmother gave you that's in the bottom of your drawer will do) and tie it in a knot around your keyring. Now you have an easy to spot keychain that looks great. Try a floral one for spring!

Couldn't say no to that pair of shoes that are a size too small?

If your shoes are a little too snug, take them in to your local shoe repair shop (try Marvin's Shoe Service on College Avenue). Leave them anywhere from a week to a month and they'll stretch your shoes without damaging them. My purple cowboy boots fit perfectly now!

Not enough room for all those accessories?

Why not put them on display? I hung all of my purses in a staggered pattern on the wall and now what I love is art for all to see!

Want your perfume to last longer?

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transform transform transform transform transform transform

By Stephanie Markham
 Photos by Ian McFarlane

In March of 2004, 38 year old Lisa Wandzell starting feeling what she thought were classic flu-like symptoms. This active and otherwise healthy young woman had no idea that a “super bug,” methycillin resistant staphylococcus (MRSA) to be exact, had infected her body. When her symptoms did not go away, and the pain in her joints became unbearable, Lisa made her way to the University of Georgia Health Center. Unable to afford medical insurance, she was reluctant to seek medical assistance for what she still thought was a simple case of the flu.

“UGA doesn’t provide it [medical insurance] to grad students, even though I was teaching three UGA biology lab classes,” Wandzell tells *Athena*. “So, I went to the hospital uninsured. Since I had access to the UGA Health Center and I was hardly ever sick, I never dreamed I’d ever need insurance since I was so healthy, physically active and a vegetarian,” she says.

The staff at the UGA Health Center immediately sent Lisa to Athens Regional Medical Center for further care. Tests later showed that she had a complete blood infection and had also developed double pneumonia. The bacteria that caused the infection in Lisa’s body had colonized in her heart, which later required her to undergo open heart surgery on March 26, 2006. The majority of the time that Lisa spent in the ICU at Athens Regional, she was under a drug-induced coma while she fought to stay alive. A doctor told Lisa’s family and friends that she had a “total system failure,” which meant that she had minimal liver, kidney and bone marrow function. Her outlook for survival was bleak.

On April 11, Easter Sunday, Lisa woke up from her coma. Still hooked up to a respirator and numerous IVs, she wondered what had happened to her. Her once athletic body had dropped 30 pounds, and the deterioration of her muscle tissue made walking impossible. Physical therapy, hard work and determination later paved the way for Lisa’s recovery.

“I want to thank the doctors, nurses and staff at Athens Regional,” Wandzell says. “They were amazing and I owe my life to them.” She also expresses a deep gratitude to her family, friends and everyone in the Marine Sciece department at UGA for being there for her family while she stayed in the ICU. She also sends a special thanks to everyone around the world who put her on e-mail thought and prayer lists..

While lying in her hospital bed, Lisa says she remembers thinking that she could really use a makeover and a massage. After she e-mailed her story to *Athena*, the staff agreed unanimously that Lisa was more than deserving of a makeover and a feature spot in the Transform department of the magazine.

Autumn from DRee and Company cut Lisa’s hair to accentuate her curls and give her a style she could work



with, not against. Autumn also chose the outfit used in the photo shoot as well as the makeup that complimented Lisa’s features.

Despite her illness and physical setbacks in the hospital, Lisa will be graduating in May with her Master’s Degree in Marine Science. She is working hard to pay off her debt of over \$50,000 in medical bills to the 11 doctors she is still seeing. She says she hopes to get a job out West to be closer to her family.

“I don’t think a person ever really knows how strong they can be until they are confronted with something like this,” Wandzell says. “In some ways I surprised myself, but in others I expected it of myself. I couldn’t let this be the end of my dream of being an environmental scientist and an athletic person. I’d worked too hard to get to this stage and I wasn’t going to stop now.”



After Picture: Dress and jewelry by Ann Taylor Loft, Beechwood.

What is Home?

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The feeling of being "at home" comes from an intimate relationship between you and your most personal place. A home gives you comfort, pleasure and sanctuary. Whether you're relaxing on a Sunday afternoon in a hammock, planting flowers in your garden, entertaining friends or tucking your children into bed after a long day, home is where you build your own family traditions.

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What is a Medical Day Spa?

By Eva Lee Henson, NP-C

A medical day spa, according to the International Medical Spa Association, is "a facility that operates under the full-time, on site supervision of a licensed health care professional." In addition, practitioners within a medical day spa are governed by the appropriate state licensing boards. Facilities range from association with traditional medical and surgery offices that offer everything from liposuction to lasers to a narrower band of non-invasive treatment options like botox and collagen.

Coupled with traditional spa services like massage, facials, waxing, threading, and organic facial peels, the medical spa has become the fastest growing segment of the spa industry.

The medical spa industry is growing. As you decide on your spa services, make sure the facility is reputable and that all the service providers are licensed by the state board. Continuity of care is important. A true medical practice will have a doctor on-call 24 hours a day to deal with emergencies. No matter how "medical" the treatments are, it should be stressed that medically-based beauty treatments at these spas can be more expensive than the traditional spa and are not covered by insurance.

If you have decided to invest in one of these procedures, the most important step is to educate yourself on the certification and reputation of the establishment.



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Planning to Go Vegetarian?

by Che-Na Stephens - Interviews by Samantha Turner - Photos by Justin Evans

These days it seems like everyone I know is crossing over to the other side. Whatever their reasons may be, many people are jumping over the threshold into the field of veggies. Somehow, declaring a vegetarian lifestyle has become trendy and involves much more than just cutting meat out of a diet. When I became a vegetarian two years ago, it seemed like the right thing to do both ethically and for health reasons. Unfortunately, some people make this decision without enough information on how to maintain a healthy vegetarian diet. So, before hopping on the vegetarian bandwagon and entering the subculture of soy and tofu, take a peek at just how much planning it takes to maintain a healthy vegetarian diet.

Going vegetarian without the proper planning may prove detrimental instead of beneficial to your health, since a significant portion of nutrients are lost and often not adequately replaced.

"For those who are not consuming any dairy, including calcium-fortified soy products or juices can help a woman meet her daily need for calcium," says registered dietitian Alice Bender. "Vitamin D is also an important component of bone health and as women age, the need for this vitamin increases."

Other nutrients that a vegetarian diet may lack are vitamin B12, heme iron and complete proteins that are found in meat and animal products. A B12 deficiency can lead to anemia and severe damage to the nervous system. Vegetarians, and especially vegans (diet contains no meat, fish, poultry or any animal product whatsoever), should enrich their diets with vitamin B12 supplements since animal products are the only source of B12.

"I take a regular multivitamin and plan my meals around getting a balance of nutrients," says Kristin Hood, 22, who has been a vegetarian for eight months.

Another common nutritional challenge among vegetarians is to obtain enough iron, which is especially important for women of child-bearing age due to the loss of iron during their menstrual cycle. Some foods that are rich sources of iron are beans, spinach, chard, beet greens and dried fruit. In addition to these foods, some women may also benefit from an iron supplement.

So what are the rewards from all this planning and constant monitoring? There are several health benefits, such as the reduction in the risk of chronic diseases. According to the Vegetarian Society, vegetarians suffer less heart disease, hypertension, diabetes, various cancers, diverticular disease, bowel disorders, gall stones, kidney stones and osteoporosis. Most research suggests that dietary antioxidants found in the vegetarian diet, such as carotenoids and vitamins C and E, are associated with a reduced risk of cancer and heart disease.

However, the predominant question remains—do you really need meat in your diet? No, but a healthy vegetarian diet does require more thought in order to properly replace the lost nutrients. Registered dietitian Connie Crawley suggests eating primarily whole grains along with 8-10 servings of fruits and vegetables per day while consuming low-fat and non-fat dairy foods at least three times a day.

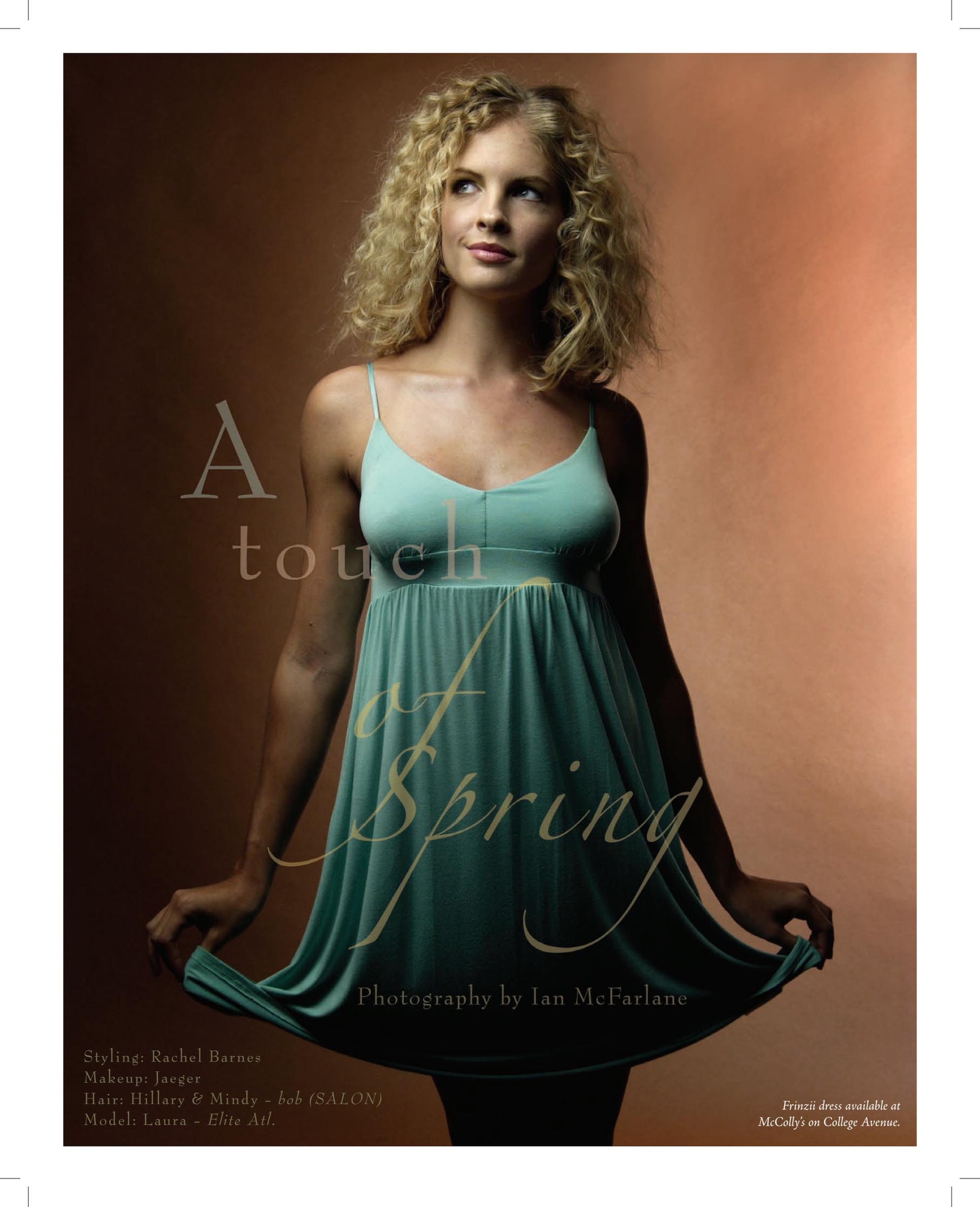
"If a person's idea of a vegetarian diet is french fries and a milkshake, the benefits probably are lost," Crawley says. The only way to completely benefit from a vegetarian lifestyle is to carefully plan a balanced diet and make sure you find alternative sources for lost nutrients.

"The past two years I've seen nothing negative [about being a vegetarian] because we're very conscious of getting the proteins we need and we don't just eat veggie burgers," 25-year-old Beth Cyr says. "We have a huge variety of foods—tons of veggies, fruits and grains."

Variety in a well-balanced diet and tons of veggies, fruits and grains is something we could all benefit from whether we are vegetarians or not.

Website with additional information:
<http://www.uhs.uga.edu/nutrition/vegetarian.html>





A
touch
of
Spring

Photography by Ian McFarlane

Styling: Rachel Barnes
Makeup: Jaeger
Hair: Hillary & Mindy - bob (SALON)
Model: Laura - Elite Atl.

Frinzii dress available at
McColly's on College Avenue.



*Akiko dress/skirt (worn as a halter dress) found
at NICO Clothing Boutique on Jackson Street.
Origami butterfly brooches made by Wendy
Hanson: wendyhanson@hotmail.com*



Joolay embroidered tank found at McColly's with Akiko jersey tank underneath, found at NICO. Frankie B. Denim culottes available at Red Dress Boutique on Baxter Street.



Derondalee tank from NICO, over a jersey cami from Slippers in Five Points, with Poema shorts from Red Dress Boutique.



*Future Paradise lace tank available at Red Dress Boutique.
Lucca tulip skirt found at McColly's.*



*Honey Punch pouch shirt at McColly's
paired with white Curio 9 culottes from
Red Dress Boutique.*



*Walter silk halter dress found at Red Dress Boutique.
All earrings, used in fashion shoot by Charles Pickney Design*



Clockwise:
clothes from
Belk



below: shoes from Slippers



earrings
from Aurum



*Solid-colored shirts and cap-sleeved tops that add embroidered details to a basic piece of clothing.

*Wrap-around shirts that give April a new neckline without revealing too much to her patients.

Since accessories can make or break an outfit, we grabbed a large bag that will allow her to carry all of her work materials while remaining stylish for spring. We also found a delicate beaded drop-necklace that picked up the colors in many of her new spring blouses. With just a few closet additions, April can revamp her work-look for a younger and more modern wardrobe, that can easily transition to her days outside of work.

Mmeet April. She is a hard-working 28-year-old physical therapist at Horizon Physical Therapy in Athens. Her daily wardrobe consists of pastel jersey t-shirts paired with some khaki pants, which are a part of her work uniform. April has had the same basic wardrobe since she graduated from college, and she thinks it is time to start dressing more her age. Keeping her work uniform in mind, we helped April step out of her pastel box and into a new, sassier wardrobe. We found several pairs of spring shoes. April has to be on her feet for eight hours every day, so we chose a comfortable mule in a warm brown leather, and a slightly heeled, strappy sandal for weekend wear. To get April out of her plain-jane solid shirts we found quite a few options to pump up her wardrobe:

*Sweaters with faux-layered collar. By wearing a sewn-in, button-up striped shirt underneath a brightly colored sweater, April can experience the airy comfort of one layer yet the fashionable combination of two layers.



above, left and below: clothes and shoes from Belk



snap!



above and right: photos by Ian McFarlane, taken at the Girl's Night Out Fashion Show. below: Photos by Lee Clower of Reyes fashions (lower right) and Youco fashion.



Returning to the Homeland

By Ian McFarlane as told to Stephanie Markham
Photos by Ian McFarlane

After traveling the past few years to Italy and France, I needed a change. My solution—taking two weeks to tour the southern coast, and surrounding cities, of Ireland. My adventure began as a friend and I flew into Shannon Airport on the west coast. This city, including its international airport, is very small. Arriving here allowed us to avoid the larger city and complex roadways of Dublin. We booked our car rental online before arriving and had no trouble picking up a compact car and heading out on the road. I picked up a road map at a small bookstore and was soon set to go.

By traveling in the middle of October during the slow season, lodging and travel directions came easy to us. If you are planning to travel during the high season (the spring and summer months) be sure to plan ahead and make reservations in advance.

We headed south, randomly picking towns to visit, never really knowing what the next day would bring. We mostly stayed at local bed and breakfasts, and after comparing the cost to that of hotels, we found the price difference was not all that much. This arrangement allowed us to experience the local treatment, and most places

welcomed us with a cup of tea and some sweets before we could even put our bags down. We also stayed a few nights in local hostels, which were all very well-run, affordable and clean. Depending on your budget, I would recommend trying both accommodations.

Back on the road, we traveled along the southern coast, staying in one tiny town after the next. The people we met were all very friendly, and almost any night of the week we found a pub with live music featuring traditional Irish tunes or a local rock band. Either way, we found ourselves singing and drinking with strangers and loving it.

It is hard to recommend any one place to visit when I saw only half of the country. I would, however, suggest avoiding the typical tourist spots as they will be filled with busloads of travelers making it almost impossible to see or do anything. If you are in the area, be sure to check out the Cliffs of Moher, just north of Shannon, and the Dingle Peninsula just to the south.

What I did manage to see of this beautiful country changed my life. I have never felt so connected and at peace with a place as I did here. It is like stepping back in time to a landscape of stone walls and rolling hills that will surely take your breath away.



working progress - our office makeover

by Lacy Strohschein

When thinking of office work, stress and chaos often come to mind – and with just cause. It is hard to deny that bills, deadlines and other unavoidable responsibilities of office work lead to headaches. While you may be unable to escape the monotony of your job, you can spice up your environment with a few easy and affordable steps.

In redecorating the Walsh Publishing office, I looked for items that would foster a sense of creativity, organization and peace. I felt that the room should reflect these ideals, as they are all important elements of creating a magazine.

Using paint donated by Clarke Paint, the peach walls provide warm tranquility to the room, while the rich accents of red and purple on the couch, table and chairs add some funk to the color scheme. Children's artwork is another way to add color to walls and put a smile on your face.

A water feature is always a wonderful way to bring serenity to a space, particularly an office. The 'Eco Jug' fish tank created by Greg Johnson is a great low cost and low maintenance way to decrease stress, especially if it is placed next to bills or paperwork. This tank is not only visually appealing, but also self cleaning and inexpensive, costing around \$65.

Using bamboo shoots in vases in lieu of fresh flowers is another easy way to add life and color to your office, without having the burden of constantly replacing a dying bouquet.

To keep markers, pens and pencils in order, I used adorable buckets made locally by Stephanie Cartwright of Bread & Budder Buckets. By attaching a toothbrush holder to our dry erase board (oversized white boards are available at home improvement stores for around \$10), I found an innovative way to keep the appropriate markers close by.

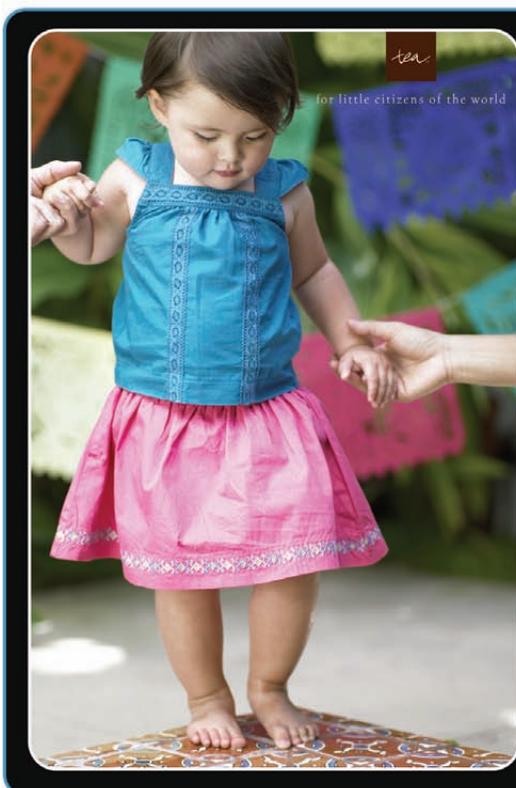
Loose papers are another common problem in many office spaces. To avoid this issue and visually lay out ideas, I headed to the Martha Stewart of Milledge Avenue, Tori Tucker. Tucker created a fantastic and functional message board in under 30 minutes, at a cost of around \$20. By wrapping batting around a poly insulation board and covering it with your choice of fabric, ribbon and buttons, you can create a decorative and useful message board with items found at any craft store.

Your office may not transform into your favorite setting overnight, but with a few small changes it can easily become a more productive and positive work space!

Below: Art from a Clarke County School District auction. Painting by students at Oglethorpe Ave Elementry School.

above: before

above, right, left & bottom: after



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An Organized Closet

by Stephanie Markham

We have all been there at one time or another. Maybe it has happened to you before a big date, or 15 minutes before you should be heading out for work in the morning. You stand there perplexed staring into the abyss that is your closet. The universal statement, "I have nothing to wear," eventually crosses your mind. Is it really that you have nothing to wear, or is it that you can't get to anything that you have? This spring, take a moment to work through that entanglement of hangers and stockpile of shoes. Think of an organized closet as the starting point to becoming a more polished and presentable you.

Start off by removing everything from your closet. This includes hangers, baskets or anything else used in the previous attempt to arrange your personal items. By using wooden hangers to hang up your clothes in color-coordinated sections, your closet will have a balanced, more uniform appeal. Also, when piecing together an outfit, you will be able to quickly get to a coordinating shirt or blouse. Not to mention, wooden hangers do a better job of preventing those awful puckers in the shoulders of your garment—a definite sign of a wire hanger.

As with most closets, the lack of storage space can lead to different piles converging into one giant mess. By taking Polaroids of your shoes in neatly organized rows and then attaching them to the outside of an appropriate plastic container or shoe box, you can now see the proper place to keep each pair of shoes. This is a great idea for small closets that cannot accommodate bulky shoe racks. Try placing everyday, more casual shoes in canvas bins with the toes facing up. Again, color coordinating each bin will save you time in the long run.

By hanging your necklaces and other jewelry on the inside of your closet door, you can quickly choose the appropriate accessory to compliment each outfit. You can hang your camisoles from these hooks as well.

By applying these organizational tips to your closet, you will gain a more visually appealing space to store your belongings. When you can see everything you own, you will be more likely to wear it and take care of it. Besides, if you are going to spend your hard-earned money on clothes, you should use them — on your body, not the floor of your closet.

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Bring Your Own Brunch

by Corie Dickherber
recipes by Christina Rodriguez
photos by Keith Rein





While growing up, I watched my mother throw parties and get-togethers for her friends. All grown up now, I seem to have caught the entertaining bug. You can't go wrong with a late-morning brunch on a bright spring day. Here are a few tips for throwing a low-stress, low-cost potluck brunch to gather friends and family together. Including one tip for after the party.

Step One: The Invites Make sure you choose a time that is reasonable. Noon is a fine time to start a party, especially on a weekend.

A formal invitation isn't necessary for a potluck brunch. After making a single invitation on a half-sheet of patterned paper (from at Helix on Clayton Street), I photocopied the invitation and started handing out my fliers. I encouraged guests to make whatever food their hearts desired.

Step Two: Decorations Don't go crazy cleaning. Your guests aren't going to notice that all of your sinks weren't recently bleached, nor are they going to care that your windows aren't crystal clear. Remember, this is about having fun, not scouring floors. Throwing a couple of tablecloths over your tables and counters makes the area more friendly and colorful. Try to have tables and seating areas indoors and out.

Flowers in smaller vases or empty glass bottles quickly brighten a room. Buying two bundles of flowers should carry you throughout the house (flowers from Flowerland on Prince Avenue). **Hint: To give your random assortment of flowers a similar theme, tie a simple raffia ribbon around the neck of each vase. Also add two pennies or some Sprite to the water to make the plants last longer.**

Step Three: Preparing things in advance Many batters and foods can be prepared the evening before your event, and if you're throwing a potluck, you shouldn't have to provide more than two dishes for your guests. Decorate the evening before your potluck, so that all you have to do is get ready, and throw your dish into the oven. Always set out more plates and cups than you think you'll need.

Step Four: Enjoy yourself Before your guests start to arrive, throw on a pot of coffee and relax. The more relaxed you are, the more at ease your guests will feel. Besides, no one likes a hostess who worries too much!

Zucchini Bread

(makes 2 bread pans)

Ingredients:

- 3 eggs
 - 1 cup vegetable oil
 - 2 cups granulated sugar
 - 2 cups grated zucchini
 - 2 teaspoons vanilla
 - 3 cups all-purpose flour
 - 1 teaspoon salt
 - 1 teaspoon baking soda
 - 1 teaspoon baking powder
 - 1 tablespoon ground cinnamon
 - 1 cup chopped walnuts (optional)
- Note: Christina uses glazed walnuts for extra flavor!

Beat eggs until light and foamy. Add vegetable oil, sugar, zucchini and vanilla. Mix lightly but blend thoroughly. Mix together flour, salt, baking soda, baking powder and cinnamon; mix lightly. Add dry ingredients to the wet mixture, stirring to blend. Stir in walnuts. Bake at 325 degrees for 50 to 60 minutes.

Lemon Pancakes

(makes about 30 dollar-sized pancakes or 10-15 regular pancakes)

Ingredients:

- 5 lemons (zest and juice)
- 6 whole eggs, separated
- 1 cup powdered sugar
- 1 1/3 cup all-purpose flour
- 1 pint low-fat cottage cheese
- 2 sticks clarified butter, melted

Mix lemon juice, lemon zest, egg yolks, cottage cheese and powdered sugar. Mix in flour. Add clarified butter. Whip egg whites to soft/medium peaks (easiest with a mixer, but can be done by hand.) Fold whites into batter. Cook pancakes on a greased griddle to desired golden-brown color. Serve garnished with whipped heavy-creaming cream (add 1 teaspoon of vanilla for flavor to every 1 pint heavy cream), a thinly-sliced lemon twist and powdered sugar. Best when batter is made a day ahead and then cooked on the day of the event.

Sausage Pinwheels

Easiest and quickest, these are always a hit!
(makes 10-15 pinwheels per croissant pack)

- 2 rolls of croissant dough
- 1 package spreadable sausage
- 1 package shredded cheese (colby jack)
- mustard
- tin foil

Roll out croissant dough on piece of tin foil. Squeeze together all perforated areas, so that the dough is no longer full of holes.

Spread 1/2 pack of sausage over the entire sheet of dough.

Squeeze mustard on top of the sausage. Sprinkle cheese on top of sausage and mustard. Roll the dough into the longest cylinder possible. Seal the edges by pinching together dough, making sure the roll will not come open. It is best to store the rolls, wrapped in the tin foil, in the refrigerator for at least an hour so that they are easier to cut.

Cut the log into finger-width slices, place flat on a cooking sheet, then follow directions from the croissant dough (usually 350 degrees for 10-15 minutes) to cook the pinwheels. Sprinkle cheese over the warm pinwheels and serve.

Bloody Mary Mix and Champagne provided by Shiraz located in the Leathers building on Pulaski St.

Do it herself:

Homemade Oven Cleaner



photos by Keith Rein

Cleaning a grime-covered oven can be quite a chore, especially using a store-bought cleaner that can leave a chemical residue in your oven. We've developed a high-powered, made-at-home product to help you de-gunk your oven during spring cleaning without harsh chemicals - and at half the cost.

Recipe: The juice of 1/2 lemon and 1 teaspoon of water to every 3 tablespoons of baking soda. Save the lemon half for step 2. Mix together the ingredients to make a paste. Hint: The paste will fizz as the baking soda is added to the lemon juice. Unless, of course, your baking soda is old, and no longer active.

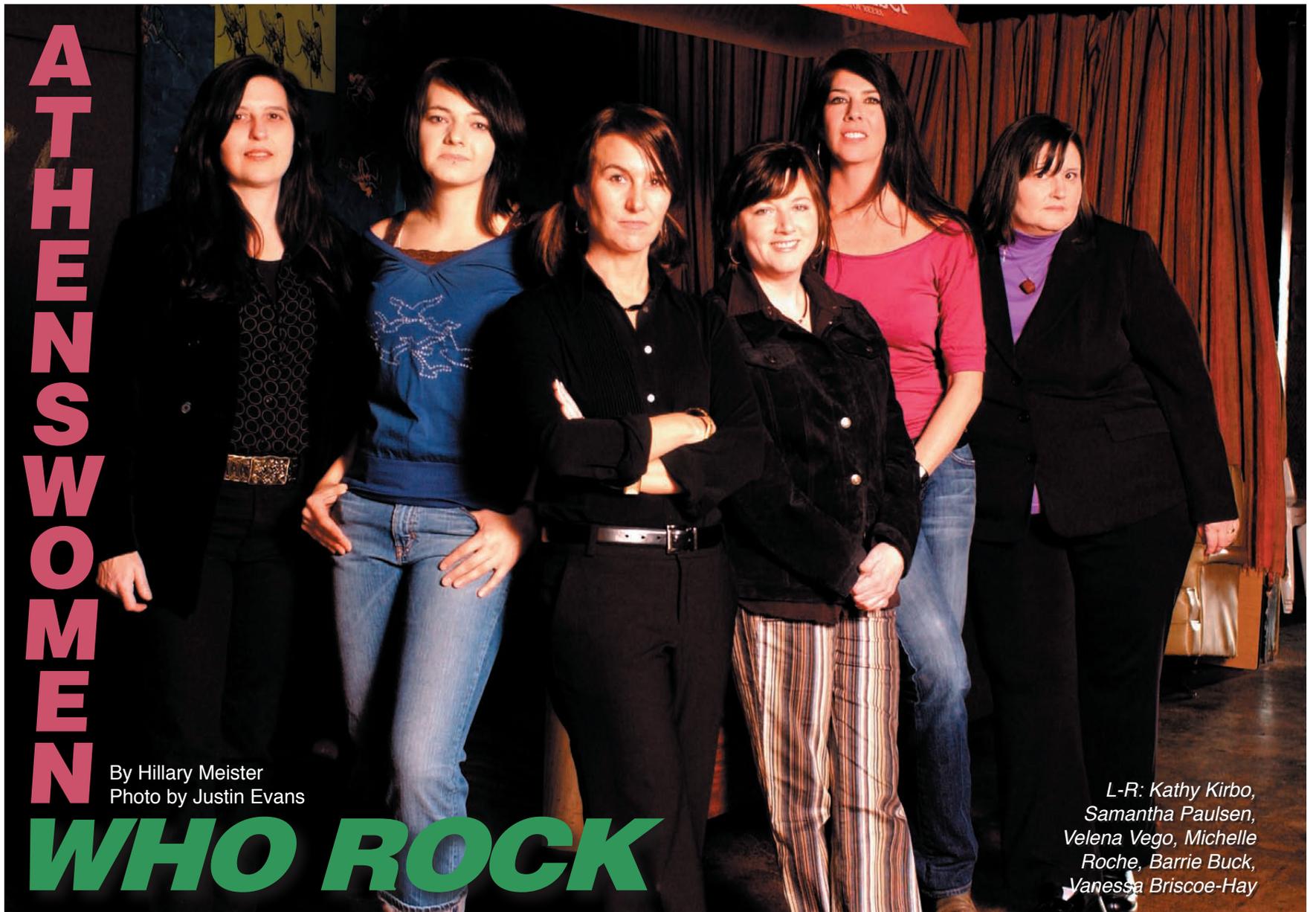
1. Spread the paste onto the dirtiest spots of your oven. Let the solution sit for about 10 to 15 minutes before you begin cleaning.
2. Fill one of your lemon halves with the paste.
3. Using the lemon as a scrubbing utensil, start to rub the paste all over your oven. Hint: Put a little elbow grease into it!
4. Let the paste sit for another 10 minutes, then start to clean the oven using a wet rag.

Voila! A clean and fresh oven!

ATHENS WOMEN

By Hillary Meister
Photo by Justin Evans

WHO ROCK



L-R: Kathy Kirbo, Samantha Paulsen, Veleno Vego, Michelle Roche, Barrie Buck, Vanessa Briscoe-Hay

Women in the Athens music scene prevail over more than guitars and drums these days – they book bands, promote charitable events, run clubs and record labels. But truly, in this day and age, it's not as strange as it used to be even 10 years ago. We all know, by now, that women rock!

I spoke with six women about the music scene in Athens. Most of them are veterans of the scene, having worked within it for 15 years or more. One is a newcomer and making waves of her own.

The Business of Rock n' Roll

Veleno Vego and Barrie Buck – The 40 Watt Club

Vego and Buck have worked together over 15 years. Vego books the bands for the 40 Watt Club, while Buck does the day-to-day management of the club itself. What keeps their fervor for the business alive is the constant change in the bands they see.

"You think it's not going to be anything special and it turns out to be one of the best things you've seen in your life," Buck says. "When you have a relationship with a band that returns every touring season - they come back every year and you keep up with them – you keep up with their career, you read about them in the rock 'n roll magazines and then you finally see each other once or twice a year and it's a great homecoming kind of feeling when

your old buddies roll back into town."

One of the things Buck gets asked about a lot regarding running a club is if it's lucrative. "My answer is, 'I guess it can be,' but I think that I would never put myself up there in the cut throat business person world," she explains. "I'm just not a corporate-line, business suit type, so that's one aspect people want to know about. A lot of people think it's all glamorous and I have to tell them you're dealing with equipment, tender egos and artists and things that break down a lot and also people that might've had too much to drink – so that's a pretty volatile combination to try and manage on a regular basis."

The 40 Watt also hosts many benefits throughout the year, but the biggest ones include the Mental Health Benefit, which has been going on now for over 15 years and benefits the Mental Health Association of Northeast Georgia, and the Boybutante Ball, which benefits AIDS Athens (formerly AIDS Coalition of Northeast Georgia).

Vego alternates between booking the 40 Watt and running Pitch-a-Tent records and managing bands Camper Van Beethoven and Cracker.

"I've had this rich music life by not having to live in New York or LA. Most people think you have to live in a major city to do all that I've accomplished in the last 20 years," she says.

Vego also has brought on a number of students to help her with her label chores and club duties. Since women tend to be more nurturing, she's found that most of her assistants have been female.

Vego spoke at the University of Georgia's school of business for their Music Business Certificate Program, which has hosted speakers from law professor and R.E.M.'s manager Bertis Downs to Buck Williams, who manages Widespread Panic.

"People romanticize the music business in general," Vego says. "The business side of booking is not just going and hanging out with the band at the end of the night - it's advancing and guarantees and percentages and losing money and making money and bars. There's a lot more to it."

Michelle Roche – Michelle Roche Media Relations

"It's [the music industry] very male-dominated," publicist Roche states. "You have to - as a woman - you really have to have a thick skin. You have to be able to play with the boys."

Roche originally arrived in Athens in the mid-'80s to attend college. She graduated with a degree in journalism and later discovered the music business after working at a jazz club in Buckhead. "It was like a light bulb went off in my head!"

Her first client as a publicist was Athens' band Allgood and after that, over the years, she's worked

as a publicist for Sky, Ichiban, Capricorn and Restless records.

As to why most publicists are women, Roche offers a theory. "There definitely is a relationship between the male rock critic and the female publicist." A flirtatious one, sometimes, but generally a more nurturing one.

She also loves helping students learn the business from the inside/out by offering internships. "I've helped nurture a lot of careers and for the most part it's been girls," she says, mostly because more women apply than men. After 16 years in the business she now operates her own publicity company in Athens and manages Ken Will Morton, who also happens to be her boyfriend.

Women who rock, physically!

Kathy Kirbo – Jackpot City

Kirbo learned to play four instruments before she turned eight. Now, she sings and plays bass and guitar for Jackpot City. She's been in Athens since the mid-'80s and has worked on the last two mayoral campaigns (O'Looney and Davidson) and has arranged numerous benefits. An activist at heart, she works from her home in Athens as Executive Director for the Reefball Foundation, a group that helps revitalize coral reefs around the world. She ends up traveling abroad quite a bit, usually without her guitars.

"I've used my music... and friends to do benefits," she explains. "I know it's important to shape your community instead of letting it shape itself."

Kirbo says female students will sometimes ask her about being in a band or whether or not they should learn an instrument. "That's kind of nice and inspiring and makes them think that it's not as weird for them to play drums - so the next generation of girls will be even better musicians," she says.

Jackpot City is also made up of Mamie Fike Simonds, Kelly Noonan and various drummers including Ian Werden or former Counting Crows member Ben Mize. Their music combines elements of alt-country, crunchy guitars and loads of harmonizing.

Vanessa Briscoe-Hay – Pylon

Vanessa Briscoe-Hay, singer of Pylon has written a very descriptive history of the band on their website (wearepylon.com) filled with the makings of the early new wave of the Athens music scene. And while reading through it can send goose bumps down your spine if you're an Athens music history buff, she is very nonplussed by the extraordinary adventures the band has had over its 20-year history.

"It's not like I've lived the most exotic life on earth," she says. "There's something about you becoming part of the music - you become outside yourself. The music is just so great - it's the best feeling in the world. There's nothing really conscious or studied about it. When the audience comes along with you, it's really wonderful. For me that's what it is. We're all dancing together, we're all part of the same thing - it's not just me - everyone there is part of it."

Inspired, in part, by such bands as the B-52s, Briscoe-Hay realized how much fun you could have with music. She even remembers seeing Patsy Cline and Loretta Lynn when she was 4 with her dad. Her grandmother also influenced her. "She never made me feel like I couldn't do it just because I was a girl. That's important - everyone needs someone that can believe in them."

Besides fronting an amazing band, she is also a registered nurse. Her husband Bob Hay once played guitar for the popular dance band The Squalls and currently fronts Bob Hay & the Jolly Beggars. The couple also has two daughters. Vanessa says Athens is a great place to raise your kids.

Pylon is also made up of Curtis Crowe, Michael Lachowski, and Randy Bewley. They are a highly influential, arty new wave pop band with an insistent dance beat.

"Now you have to be told by someone in the know that this is a good show...there's so much going on all the time. There's a core group of people who know when and where all the shows are. The challenge is always trying to educate people."

-BARRIE BUCK

*Samantha Paulsen –
We Versus the Shark / Hello Sir Records*

Paulsen has only been in Athens for 2 1/2 years and at 23 is the youngest of the women I spoke with. She's not that familiar with Athens' musical heritage (though she has seen the movie *Athens/Georgia: Inside, Out*) and doesn't want to mix politics with her band.

"I don't want to associate politics with music," she explains. "I see them as two very separate things. They're more associated a while ago... but now it seems that people want to keep politics to themselves and not as much with the music. That's how the Sharks are."

To survive beyond the music she works in a coffee shop and tends bar. But she's hoping that the music and the label will become her solid jobs. "Our goal as a band and as a label is to hopefully quit our day jobs and just do music full time."

The label Hello Sir was started with friends in the band Cinemechanica. "It's nice to have your own label and not give that control to someone else," she says. "Our album was on the CMJ charts and it was our first album. When we tour we have good crowds and that's pretty incredible to have that at this point." The label even had their own showcase at this year's SXSW (South by Southwest) Music Conference in Austin, Texas.

Her band, We Versus the Shark, plays what some call "math rock," precise, direct, hard-driving rhythms over a cacophony of guitars. Like so many other young musicians, she and her band have completely embraced the internet and do a lot of mail order business through it.

She probably sums up what younger musicians in Athens feel. "Right now I just feel like I'm a musician in a band, that I'm not doing anything particularly active. I've been supportive of the music scene, but I don't know if I've done anything to evolve it. I just want to play music and have people hear my music."

Overall, all these women are shaping the Athens music scene by nurturing it and expanding upon it. Each, in their own way, will ensure its survival for many years to come when one day they'll be sure to pass the proverbial microphone on to well-trained and passionate music lovers like themselves.

Get out and see local bands! "I think everyone doesn't realize how fortunate we are to get the caliber of bands that live here and tour here and sometime people feel that, 'oh, this is always going to be like that,'" says Barrie Buck, 40 Watt Club owner.

Hillary Meister is a freelance writer/web person who once spent 5 years as music editor at Flagpole Magazine, did online reporting for the summer Olympics ('96 and '00), pushed Southern bands, culture and humor on yall.com for Cox Communications (Atlanta Journal Constitution), and bathed dogs during the dot com crash. She currently works for Network Communications, Inc. in Lawrenceville, GA as their Online Content Manager.



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Oh, What a Difference She Made

By Lisa Earle McLeod



Every woman at some point in her life has a “moment.” It’s that instant in time when you quit going through the motions and actually think about your life and what it all really means. My moment occurred at my mother’s funeral. I was 29 years old and seven months pregnant with my first child. My mother had died at the age of 53 after a yearlong battle with breast cancer.

We hadn’t had one of those “she’s my best friend” relationships that seem to only exist in feminine hygiene ads. In fact, we had several falling-outs over the years, but during her illness we were able to put that behind us and become close again. Cancer does that. Here I was at her funeral. I had on my very expensive maternity suit and looked quite the sophisticate. I was the embodiment of my mother’s dream, a professional woman about to have my first child, proof that women really could have it all.

After a few of the usual words from the priest, others rose to speak. Former students talked about her lasting impact on their lives, neighbors spoke of her community activism, a letter was read about two foster children she had taken in.

As the list went on and on, I started wondering if I was at the right funeral! Was this the poor housekeeper who lost it on a daily basis, screaming while her children ignored her? The woman who cut up SPAM on top of baked beans and called it a casserole? Surely this was not the woman being so eloquently eulogized.

As I listened to people pay tribute to my mother I thought long and hard about what a difference she made. She wasn’t perfect, far from it, yet she obviously had played a major role in the lives of everyone there.

That day was my wake-up call. My mother had died and I suddenly realized the obvious: One day so would I. My fancy house, impressive job and even the great Christmas party I gave every year didn’t seem quite so wonderful as I sat there listening to everyone eulogize a mother, teacher and friend.

That “what in the world am I doing with my life” moment was when I started thinking about women’s lives and what will really matter when it’s all said and done.

As I look back on that service, I suspect my mother would have been surprised by it as well. To her, life probably seemed like an endless to-do list and she could never seem to get it all checked off. But the sum of our lives isn’t how perfectly we can handle every item on our lists, or even what’s on the list to begin with. It’s the impact we have on others.

My mother did some pretty important things with her life. And if she didn’t know it while she was alive, I hope she does now. It isn’t always easy to remember what’s going to matter most at the end of the day. Especially when our hectic pace leaves us little time to even think about it. But we deserve more than just going through the motions of life. We deserve to live our lives knowing that at our funeral everyone will be saying, “Oh, what a difference she made to me.”

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) Lisa and her husband live outside Atlanta with their 2 daughters. Contact Lisa at www.ForgetPerfect.com.

Words of Wisdom

by Samantha Turner
photos by RL. Hodnett



Hannah Harvey isn’t your typical grandmother.

Her warm elegance and quiet energy proves one can age gracefully without slowing down. Preferring to keep her age a secret, Hannah’s own “formula” keeps people guessing.

“I tell people I have a son that’s 50 and another son that’s 55, so that makes me 39,” she laughs. “They really love that.”

Originally from Worcester, Mass., Hannah has lived in Athens since the ‘60s and her love for the city hasn’t diminished.

“People are unaware of the culture we have here,” she says. “There’s Town and Gown, Hodgson Hall and of course a wonderful music scene.”

Hannah embraces her love of culture through her involvement at the Georgia Museum of Art and is an active member of the University Women’s Club, which has interest groups ranging from antiques to bridge.

She believes staying active is the key to remaining young and recommends regular exercise, involvement in the community and joining organizations. She also advises to “look before you leap” and to not get hung up on little, unimportant things. “You must keep yourself open to new possibilities,” she says. “And be flexible.”





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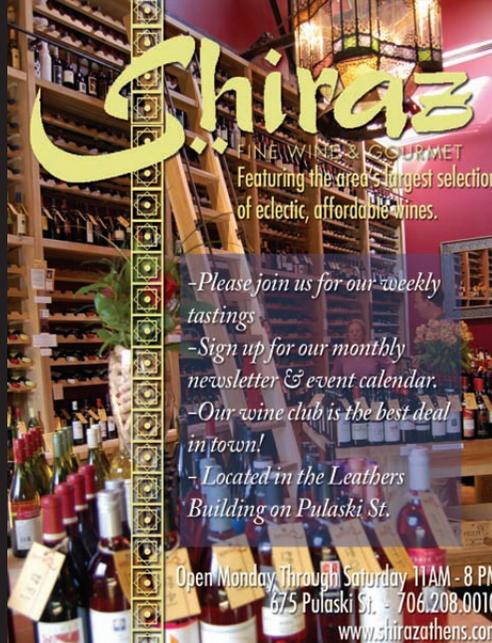
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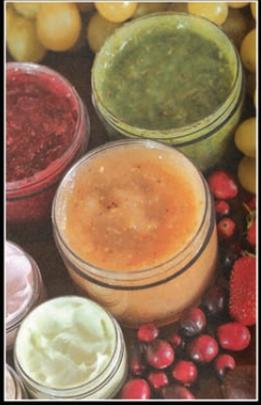
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Seven Questions

NANCY DENSON

2006 Athena Award Winner

Photo by Eric Krumm

1. What would be a perfect day for you in Athens, play by play?

A perfect day in Athens, for me, normally falls on a spring or fall weekend. I don't enjoy extremes of heat or cold. I always say, "God knew what he was doing when he put me in the South" and although he put me in Memphis he gave me the good sense to know where to stay, when Bob's company transferred us to Athens. On this perfect day we would have one or all of our six grandchildren visiting. I would hang around in my granny gown till late morning then go out to lunch and a movie with the boys and their one girl cousin. We usually run into folks we know, which allows me to show them off. Back at home, I would pitch balls for them, or watch them show off on the trampoline. A bedtime story, then a well-earned night's sleep.

2. How did you meet your husband?

I knew Bob most of my life. Since he is five years older, he just thought of me as James' little sister and I thought of him as Bubba's big brother. His mother was my mother's Sunday school teacher. Bob joined the Air Force and was stationed overseas. When he came home I had grown up, a junior in high school. He asked me out on a bet that he couldn't get a date with me. He didn't the first time, even though I thought he was the handsomest man I had ever seen. I learned later he was also the nicest. I was only nineteen when we married. I will have to say that saying yes is the best decision I ever made.

3. What's your best beauty secret?

My beauty secret, if there is such a thing, is optimism. I believe beauty is in the eye of the beholder and the way we interact with others determines their assessment of our "real beauty." A positive outlook on life shows.

4. What is your favorite thing to do with a girlfriend?

My favorite thing to do with a girlfriend is the same as every other woman I know. Do something fun together and gripe about the men in our lives.

5. What is the most stressful part of your life?

The most stressful part of my life is also the most rewarding: Trying to help citizens solve problems. Even when I think there is no solution but keep plugging away, I often am able to help. It is heartbreaking to get a call from someone who is upset or desperate and the only help I can offer is a sympathetic ear.

6. What's the best compliment someone could give you?

The best compliments I have ever received came from younger women. During my adult life, I have had a number of young women tell me that meeting me, hearing me speak, something they learned about me or something I said to them made a great difference in their lives. I have had several tell me that they either went to or finished college because of some contact we had.

7. What are you reading right now?

Reading is one of my favorite things and I am usually working on more than one book. I am reading "Our Endangered Values by Jimmy Carter", "Adams vs. Jefferson: The Tumultuous Elections of 1800" and a John Grisham novel.

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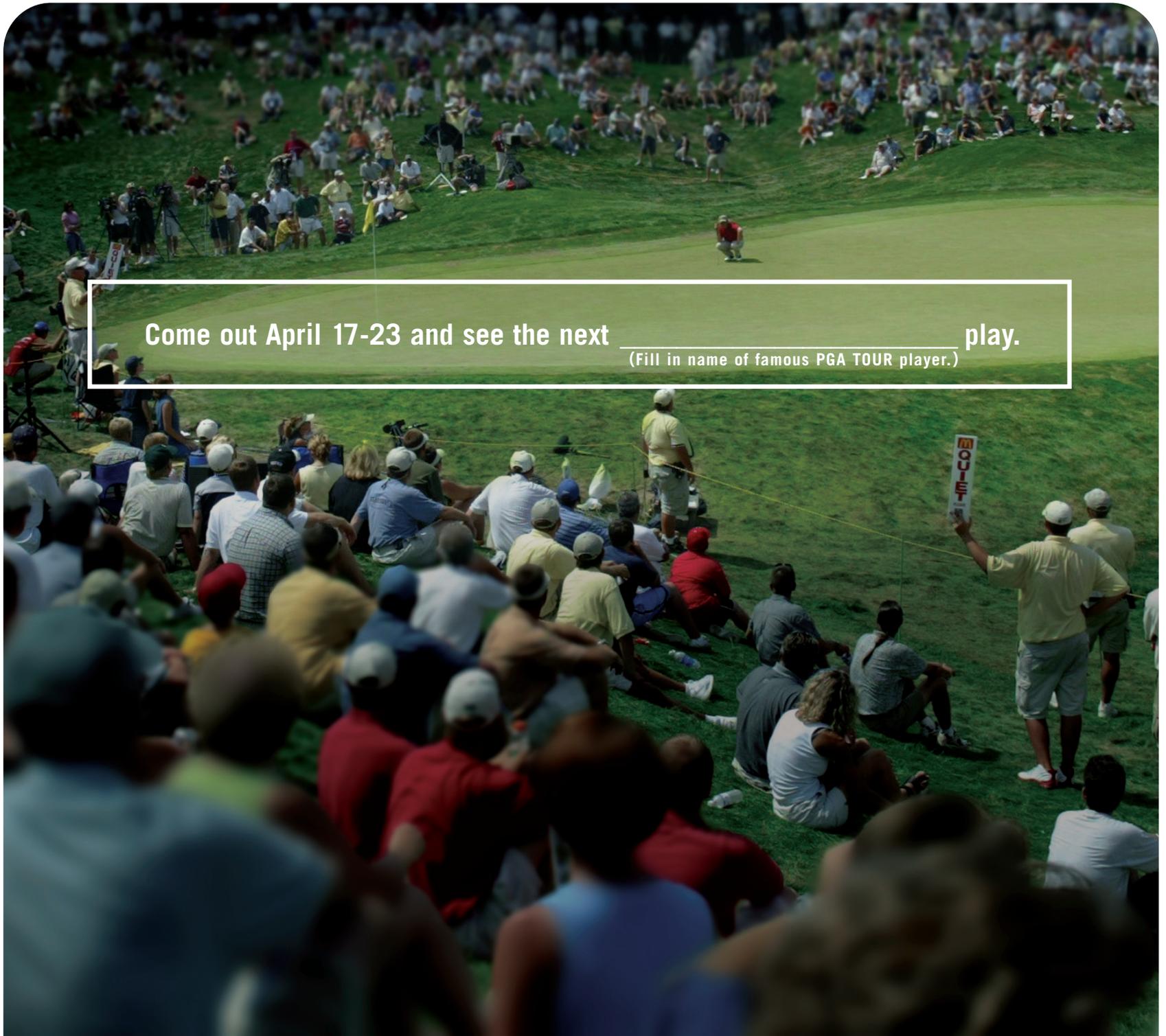
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