

MAGAZINE FOR WOMEN

athena

evening
garden party

LIVING ROOM
MAKEOVER

White Hot
Summer Fashions

SUMMER 2005
VOL. 1 ISSUE 2 - \$3





innovations for *Women*

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The phrase "lazy days of summer" hasn't described the Athena office lately. We've been busy with stories that capture the best of these hazy months. Check out way-cool fashions, for when the mercury rises (page 20), and beauty features to help pull it together for longer days and sultry nights. We'll show you four women who run Athens' best restaurants (page 32), and a scrumptious summer salad (page 19) for at-home dining. Our living room makeover (page 16) and craft project (page 15), are easy enough to do yourself. Oh, then we have a quick summer getaway, our Seven Questions (for Oby Dupree, page 38), and . . . well, like I said, we've been busy!

Personally, I know plenty about busy. I'm flattered when asked "How do you do it?" Rearing two children, publishing three magazines, keeping up with friends, dating, and handling the other things I do (housekeeping, bills, appointments . . .) seems like a lot from the outside looking in. It's a lot from the inside looking out too (see "Seven Friends Nobody Needs" on page 35 . . . I'm the 'Busy Bee' minus the domestic goddess title). Can you be too busy? My girlfriend called me recently to complain that she hadn't seen much of me (as I was driving to Atlanta for a wedding). As I was explaining my hectic schedule and all the deadlines, another driver plowed into me (I know - Shut Up And Drive!) I did my best to keep cool in a crisis (i.e. how to avoid sitting on the side of the road crying into my airbag). On reflection, I took it as a sign that a girl **can** try to do too much at once.

I spoke to the experts, and both my physician and pilates instructor gave me excellent advice about dealing with stress. I'm passing along their suggestions ("Creating Balance," page 34), for anyone who sometimes feel overwhelmed -- if you never feel that way, please tell me how **you** do it! Let us hear how you juggle life and care for yourself too. We all enjoy an action-packed summer best when we're healthy and happy.

Now, get busy . . . reading!

Happy Summer!

Shannon



Photo: Ian McFarlane

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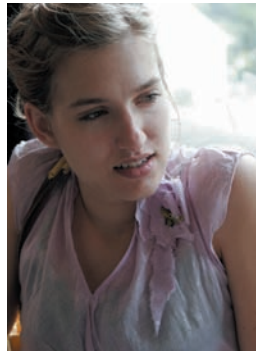
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2



3



4



8



9



10

1. Bee and butterfly pins from Frontier, downtown Athens (706.369.8079), darling atop any floral blouse and under \$1. 2. Of the season's metallic makeup, we like **Ultra Shine** lip gloss, **Sparkle Stick** glitter highlight for eyes and **Star Powder Eye Shadow**. See www.elaincosmetics.com for details. 3. For beachside accessorizing, pack this **travel jewelry bag** designed by **huê** from Helix, downtown Athens (706.354.8631). 4. **Profound shampoos and conditioners** provide personalized pampering for the hottest heads, at DRee & Co., Athens (706.548.0770). 5. Made from wet suit material, **Built NY cooler bags** hit the spot when you're ready to dive into a frosty bottle, under \$30 at Helix, as before, or Orvis at The Forum, Norcross (770.798.9983). 6. Give your body the vacation it deserves with **Lollia's** decadent "Dream" milk and **linden calming bubble bath**, "Breath" peony and white lily perfume, and "Relax" hand cream with shea butter, lavender, and honey from Frontier, as before. 7. **Jergens Soft Shimmer Skin Radiance Moisturizer** brings sheen and softness to thirsty skin, at most drug stores (www.jergens.com). 8. Must-have Brazilian-made **Havaianas** suit your every step, Dynamite Clothing in Athens, (706.543.1243) or www.havaianasus.com. 9. Try **Benefit's Big Magic lip gloss**. for natural color and a good cause, naturally. All net proceeds are donated to Big Brothers Big Sisters of America, around \$14 at www.benefitcosmetics.com and select Macy's. 10. This handy **wine tote**, from **Built NY** as before, is picnic-perfect year 'round. 11. The UK's **ghd** (good hair day) makes the ultimate **Styling Iron**, available at Bob Salon (706.546.0950 or www.bobsalon.com, also www.ghdhair.com). Straighten your tresses, or add perfect curls with a flick of the wrist. 12. The Styling Iron's right-hand woman: **ghd's Iron Oil** protects hair from heat damage and ensures all-day hold, from Bob Salon, as before. 13. New York's **Jonathan Adler** serves up divine **pottery** to benefit Aid to Artisans, at both Helix, as before, and Toulas, Downtown Athens (706.353.7339). - RACHEL BARNES



No matter what you are expecting...



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Tom Goggin, MD
Kelly Channell NP
Manda Barnett NP

Obstetrics and Gynecology

snap!



above: GNA honoree
Holly Philpot MN, APRN-BC
left: Downtown Athens



Karen Benson, Jane Mullins, Lana Mitchell at the Collectors'
Bridge Party at the Georgia Museum of Art



Athens Twilight



Participants in the Relay for Life

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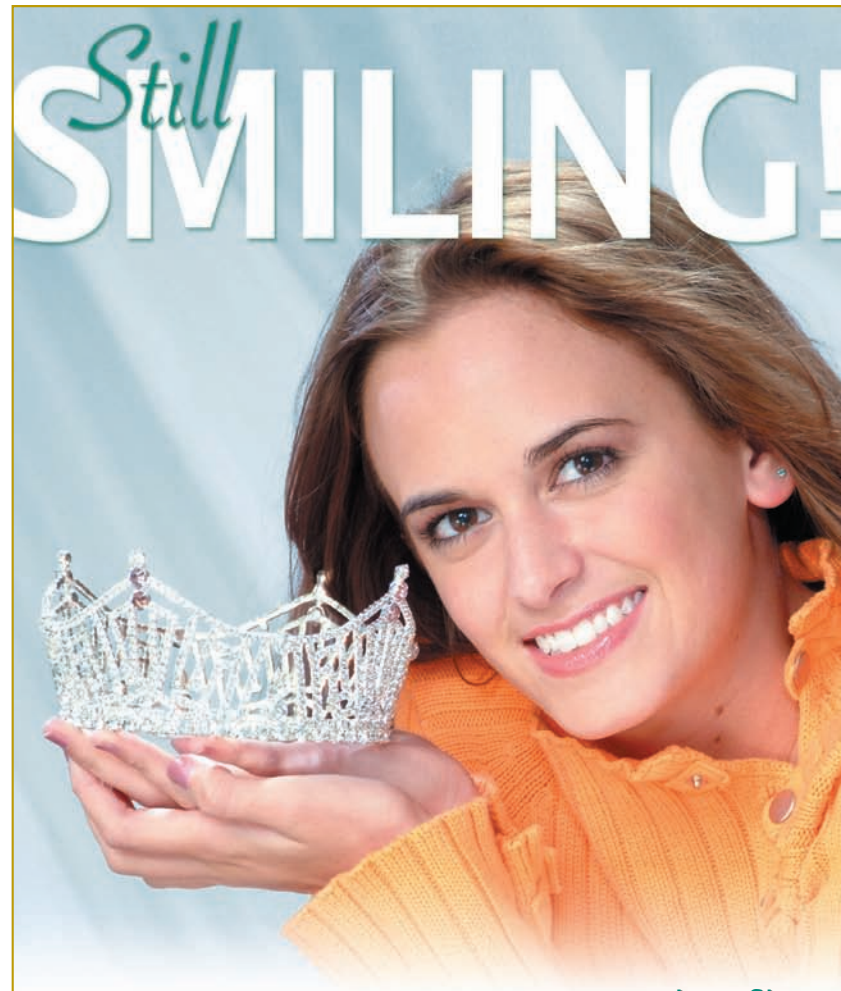
Dr. Debbie Hatmaker was named as the Georgia Nurses Association's Nurse of the Year



Ladies lounging at UGA's Legion Pool, enjoying Athena Magazine.



Twilight 2005



Jena Sims

Miss Junior National Teenager
and former Waugh & Allen patient.

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transformtransformtransformtransformtransform

Initially I was asked to help find someone who wanted a makeover, but you see me on the left in all my bland-colored, no-hairstyle, unfashionable glory, so my reply was, "Look no further."

I became a little nervous the day of the transformation, thinking, "What if they make me look 'trendy,' or like one of the cast members from 'Friends'?" I did *not* want that. I spent the morning gathering pictures of French film actresses to inspire the stylist. Armed with three idealistic pages, I headed to DRee Salon where I met the wonderful Jessica. After only a few minutes my jitters stopped, as she knew exactly where I wanted to go with this. We headed on back, and I let Jessica do her thing.

It had seemed like a good idea to let my hair grow out so I could pull it back, but then I learned the phrase "ponytail headache" (it's become a favorite of mine). Yes, natural hair color is a great idea, but when your natural hair color is beige you realize it's good for only one thing: dyeing. First, Jessica touched up my roots which, at that point, were about three different shades. She stuck with dark brown. Jessica shortened my hair to remove the darker ends, then cut softer bangs, reshaping beautifully for a brand new style. She then lifted the color on artfully selected strands, and did a wash on my whole head with expertly blended color. We were both extremely pleased with the results!

My face was next. I know that no one has perfectly shaped eyebrows, but some of us have *ridiculously* shaped eyebrows. Nazi used string to shape mine (see page 14). I don't know how she did it, but not only do my brows actually look like they might be related to each other now, they're great! She went for a dark eye, and since then everyone asks if I am wearing blue contacts because the color really pops (full disclosure: they really are blue). This look reminds me of my younger, more rebellious days, but with subdued sophistication, and I truly love it!

story/makeover subject: Kera Schaley photos: Ian McFarlane

summer makeup

MORE GOOD STUFF



Blistex Spa Effects is a trio of great tasting lip balms. They contain seven effective emollients and moisturizers in a clear gel, hydrating lips and massaging the senses. The three scents are Uplifting, Renewing and Relaxing, and all are SPF 15. Just throw one in your purse, one in your pool bag and one in your car - to soothe your lips and mind anytime of day.



Neutrogena presents **Healthy Defense**, a daily SPF 30 moisturizer with a light to medium tint. Enriched with vitamins, it protects the skin from environmental damage and keeps skin hydrated all day.



Benefit Cosmetics offers **gorgeous georgia palette** and **georgia peach powder**. For summer, keep it simple: just wash , apply healthy defense for sun protection and a hint of color, and some lip balm for shine. Perhaps a dab of powder, then grab this purse-size kit for touch ups, and you're ready to go where ever the sunshine takes you.

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Threading

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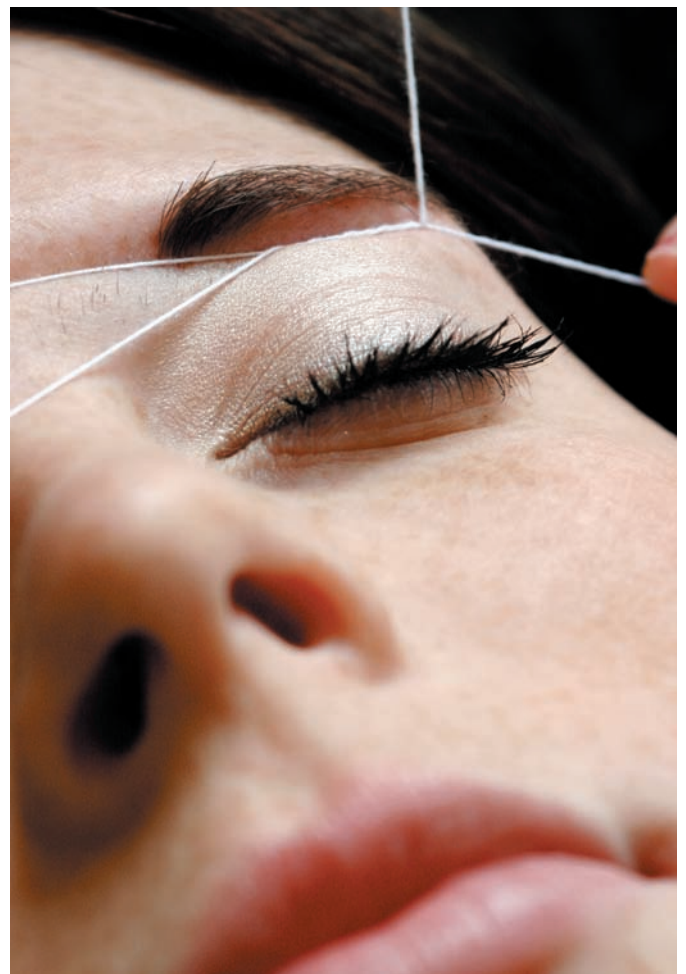
We know well the importance of perfect eyebrows. It's also good to know that there's an alternative to waxing or spending valuable mirror-time plucking, and it's no recent innovation. 2,000 years ago, in Iran and the rest of the Middle East, threading was a pre-wedding event for all females from the bride's and groom's families. It wasn't until you were the bride that you could have threading done. This hair removal technique was part of a pre-nuptial celebration where women fêted the bride-to-be with dancing, music and traditional foods.

The technique itself utilizes 100% cotton thread, which is wound between the fingers, holding one end between the teeth as sort of a third hand. The tension in the thread, along with a back and forth motion, removes hair from the skin.

Threading is wonderful for people who use medications that preclude waxing, like Retin-A, or for those whose skin is sensitive from sun damage, chemical peels or for other reasons. This technique can be used for the whole face. Threading doesn't exfoliate the top layer of skin like waxing does, so it can be performed easily during lunch hour with no irritation. It's great for thick, coarse hair, and takes care of shorter, finer hair that waxing might miss. Best of all, threading lasts just as long. This time-honored procedure is tidy, simple, and simply wonderful for giving faces a fresh new curve.

Nazy Samimi is a lead Spa Technician at DRee and Company. She provides facial services, natural nail care, hair removal services and bridal hair and make-up. You can find out more about these services by visiting their website www.dreeandco.com or drop by for a complimentary tour at 497 Prince Avenue, Athens.

Photos: Ian McFarlane



3 Quick And Easy Ways To Upgrade A Summer Staple

Whether you steal them from your boyfriend's dresser or buy them at a discount store, the ribbed tank is sure to show up in your clothing repertoire when temperatures are soaring. In just a few steps, you can customize this old standby, adding personality to your summer wardrobe.

RIBBON BELT

WHAT YOU'LL NEED: pencil, ribbon of your choice, thread to match ribbon, a needle, and scissors.

1. Mark lightly with a pencil where you want the ribbon to start, on the left and right sides of the shirt.
2. Sew one piece of ribbon to the mark on the right side. Sew a second piece of ribbon to the mark on the left side. Leave each piece of ribbon long enough to wrap around your body twice.
3. Cut ribbon to desired length, wrap, tie and you're done.

TIP: Put the shirt on before step 3.

NOT YOUR AVERAGE FLOWER BROOCH

WHAT YOU'LL NEED: thin wire, interesting found object, small safety pin and hot glue .

1. Use wire to discretely attach found object to the safety pin.
2. Hot glue the back of the object to the pin to secure the object, and let the hot glue cool.
3. Attach brooch to shirt, and you're done.

TIP: Flowers are trite. Try something different, like the vintage bird we found.

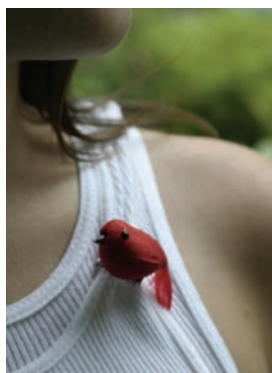
PAINTED PRINT

WHAT YOU'LL NEED: blotting paper, rubber stamp, fabric paint (or a stencil of your choice, and a sponge).

1. Choose an area of the shirt to apply your print (like on the back, between your shoulder blades).
2. Lay the shirt on a flat surface. Place a piece of paper inside the shirt, underneath the area to be printed.
3. If using a rubber stamp: Apply fabric paint to stamp then press firmly onto the shirt. Remove carefully. If using a stencil: Place stencil flat on the shirt. Sponge fabric paint on exposed area. Remove stencil carefully.
4. Follow paint directions for washing and drying.

TIP: Put the tank top on before printing. This will stretch out the shirt and prevent distortion of the print.

do it herself



Story: Catherine Dash
Photos: Ian McFarlane

living room makeover

summer '05



a s u m m e r p l a c e

PHOTOGRAPHY: IAN MCFARLAINE



DESIGN SCHEME: BENJAMIN E. RICE



STYLIST: ALEX STARKE



This summer, draw inspiration from your garden, where multitudinous greens look wonderful side by side. Animal prints, natural fiber baskets, a pair of elephant sconces, and a simple bamboo pole as a curtain rod bring tropical flavor to this verdant living room while leaving the heat outside. We hung delicious percale curtains behind a semicircular settee, and repositioned an existing mirror, establishing smooth contours and better flow in a formerly static furniture grouping (below, left). A round area rug and cocktail table put this room even farther ahead of the curve. Crisp throw pillows and subtle hints of orange complete an inviting space. Not casual enough for the life you lead? Substitute woven window shades and a sisal rug. And if your style is more formal, silver frames and gilded accents will dress this classic palette right up. Don't think that all of these greens require vast sums of another: this room was redone for under \$400. Once you've worked this makeover magic, invite friends over for a comfy seat and cool beverage in your own civilized oasis and watch them turn . . . well, green! --BER



Arrangements: at left, daylilies and acuba; above, fig leaves, nandina clusters, beuplurum, and white stock. Flowers from Flowerland in Athens 706-549-1884.

VINTAGE CURTAINS FROM THE STATE BOTANICAL GARDEN OF GEORGIA (THEIR RUMMAGE SALE IS AUGUST 20TH, CALL 706-542-1244 FOR DETAILS); BAMBOO POLE FROM COFER'S.

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When you're long overdue for a gold star and have but one night in which to award it to yourself, remember that the Ritz-Carlton in Buckhead is little more than an hour away down Highway 316. One of their comfortably appointed rooms is as inviting a retreat as you'll find, and the staff provides competent, seamless service that makes it impossible not to relax.

It's well worth the higher nightly rate to stay on one of the Club Floors, and you'll quickly grow to appreciate the concierge lounge. Banish all thought of tired cheeses and crackers: the lounge offers refreshments that make you remember what the word means. "Those cookies are so good I got out of the shower for another bite," confided one guest who spoke to Athena.

The Ritz-Carlton's spa treatments are not to be missed. We recommend the Jet Lag massage, even if you've merely driven down from Athens. Who knows where they get that wonderful mud, but after a slathering of it and a hot shower, your masseuse

will have you promptly on the table, and just as promptly begging not to leave it. Try the whirlpool if you prefer your hydrotherapy mud-free.

High tea at the Ritz-Carlton is one of Atlanta's quintessential treats, and, if scones aren't on your diet, the pianist provides a feast for the ears. Sunday brunch in the Café is, simply put, legendary. And for unsurpassed gustatory excellence, The Dining Room offers exceptional cuisine in an elegant, intimate atmosphere.

It's one of only 14 restaurants in the country to receive the Mobil Travel Guide 2005 Five-Star Award.

Outside the hotel walls, Lenox Mall and Phipps Plaza are within walking distance and offer some of Georgia's finest shopping. However, we think you won't want to leave this luxurious lap for a minute of your stay, much less at check-out time. Go to www.ritzcarlton.com for reservations and other information.

Praline Spinach Salad

This crisp, simple spinach salad will certainly serve for guests or family. With chicken, it's a wonderful, one-dish, warm-weather supper, or a delightful first course by itself. -HT

5 1/2 tbsps extra virgin olive oil
1/8 tsp salt (plus more for dressing)
1/8 tsp fresh black pepper
2 chicken breasts
(or 6 thinly sliced cutlets)
1 tbsp balsamic vinegar
1 lb large strawberries,
stemmed and quartered
1 tbsp butter
1/4 cup pecans
1 tbsp brown sugar
1 bag pre-rinsed spinach
1 tbsp bleu cheese, crumbled

1. Warm two tablespoons olive oil in a pan on medium high heat. Lightly salt and pepper chicken and cook, seven minutes per side for breasts, or around three minutes per side for cutlets.

2. As chicken cooks, combine remaining olive oil with vinegar and salt in the bottom of a large bowl, mix lightly, and add strawberries.

3. Heat butter in a small sauté pan on medium high. Once butter is melted,

add pecans and toss, adding more butter as needed to coat completely. Once browned (one to two minutes), add sugar, sprinkling and stirring to coat, taking care not to burn. Remove pecans from heat and place on wax paper or nonstick surface to cool.

4. Remove chicken from heat and let sit two minutes. Add spinach to strawberry mixture and toss, adding bleu cheese to taste. Top salad with pecans, and chicken (shredded or sliced according to preference).

Photo: Ian McFarlane

midsummer sultriness

DAY AND NIGHT,
SHAPELY SILHOUETTES
SHINE IN SUN OR SHADE





Photography by
Ian McFarlane
Stylist: Rachel Barnes
Photo Assistant: Cat Norman
Models: Tian, Kim
Locations: Whitehall Mill Lofts,
Watson Mill Park, 283 Bar



ABOVE: Tunic by T-bags
OPPOSITE: Terrycloth tube dress by Charol Ronson.
Both available at Fortson's in Athens.







ABOVE: Bikini by RGBY from Fortson's, Bracelet by Beth Cyr
OPPOSITE: Vintage one piece from Dick and Jane in Athens, Earrings by Beth Cyr



ABOVE: Pants, top and vintage belt, Dynamite Clothing in Athens. OPPOSITE: Dress by Saint Grace, Fortson's. NECKLACES: Beth Cyr
Thanks to Whitehall Mill Lofts, 283 Bar, Fortson's, Dick and Jane, Dynamite Clothing. Email Beth Cyr at: artsygirl1017@aol.com



evening garden party *summer '05*



Article: Hamilton Taylor
Photography: Ian McFarlane and Terry Allen
Set Styling: Alex Starke

CATERING: Foodworks 706-316-0998 · WINES: Gosford Wine 706-613-5828 · P



MENU:

smoked salmon with capers, chopped egg, lemon,
diced red onion, cucumbers and dill sour cream
pumpernickel and toast points
tarragon tenderloin of beef with tarragon
mustard and horseradish cream
sliced baguette and yeast rolls
fresh basil, mozzarella, and tomato on crostini
with pesto mayonnaise
asparagus mimosas
crab cakes with herb tartar sauce
walnut pesto cream cheese on
garlic toasts and pita points
bleu cheese pecan crackers
assorted cookies and biscotti

PALACIO DE MENADE CUVÉE (WHITE)
ARTAZURI GRENACHE (RED)

If there is one thing the south is as well known for as its hospitality, it's summer's omnipresent heat and humidity. Fear not, you needn't retreat to your air-conditioned house the next time you want to entertain, just take advantage of the cooler nights. An evening garden party is the perfect excuse to use that underappreciated yard of yours, and neither tents nor ice sculptures are required.

While you're dodging the heat, you can avoid hours spent making countless pastry thimbles and finger sandwiches too. Carry-out trays from your caterer easily fit the bill (we went to Foodworks), and if you're especially industrious, transfer them to your own platters. Finger foods give garden party guests the mobility to mix and mingle, and if you're a die-hard do-it-yourselfer, just remember the Chinese banquet principle: the greater variety of things you serve, the less you need of each. With chilled white wine, and a few well-chosen reds, your menu is absolutely complete (our source: Gosford Wines).

When the sun goes down, hit the lights: tiki torches and holiday strands do beautifully. Music is optional, but the notion of the requisite strolling violinist needn't hamper your creativity, so suit yourself. Our guests were as delighted with Motown classics from a discretely placed portable stereo as they were with every other aspect of this fuss-free, lively evening's entertainment. In every way, an evening spent in the garden is a fabulous chance to throw a hot party without you, or your guests, ever breaking a sweat. -HT



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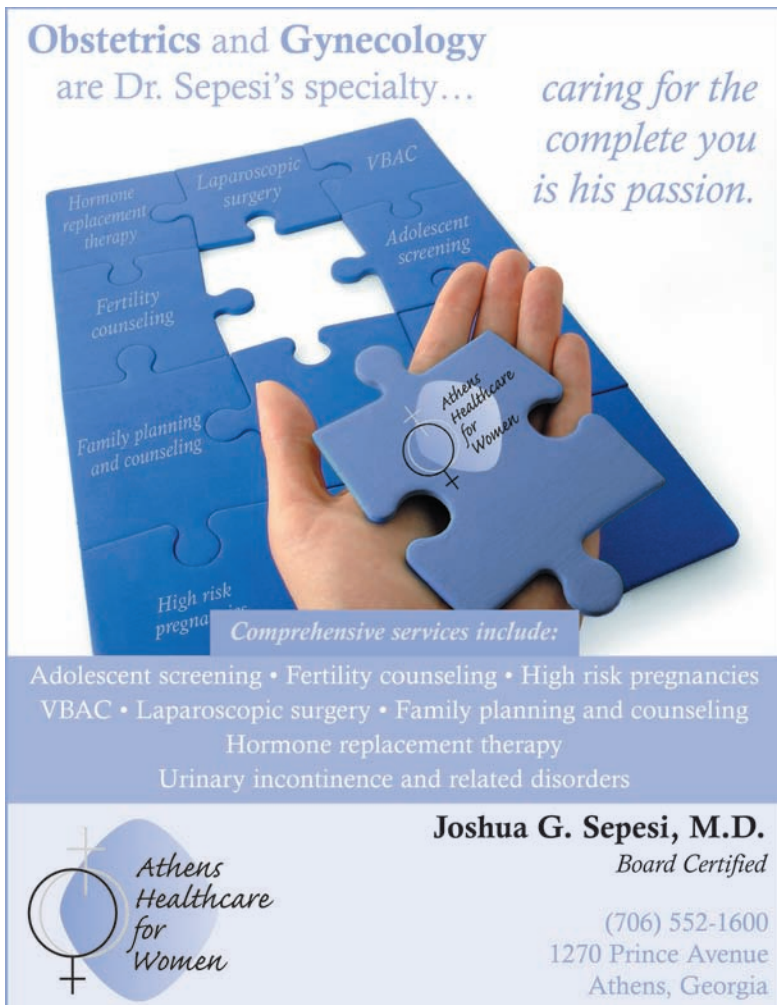
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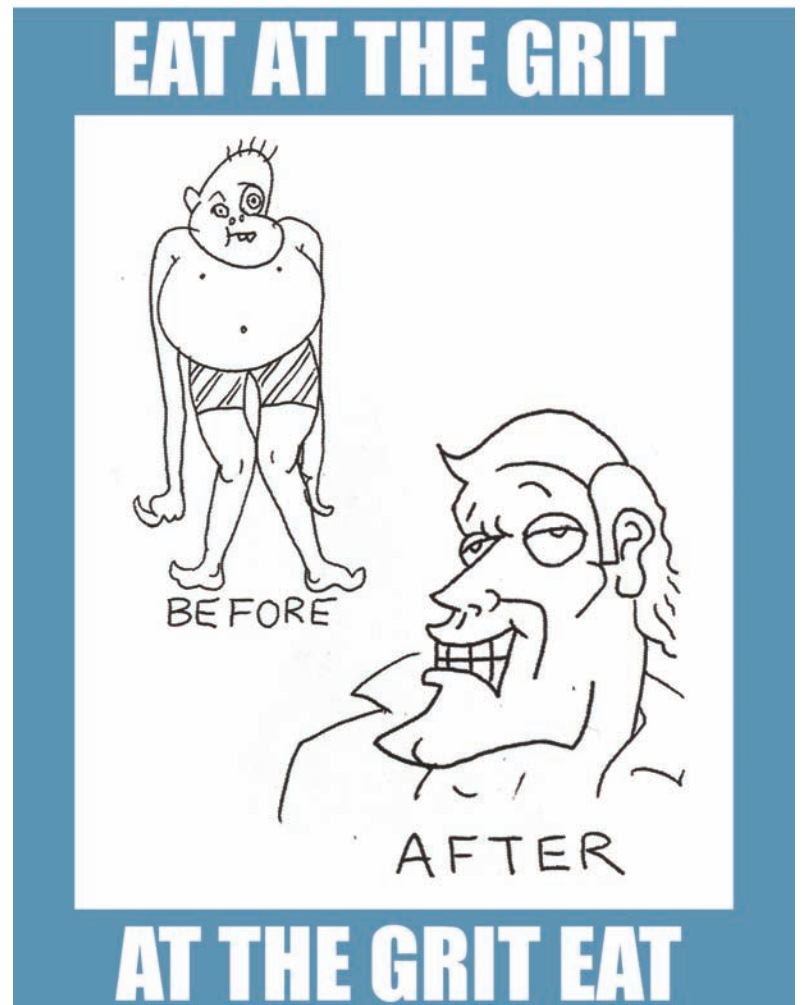
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EAT AT THE GRIT



BEFORE

AFTER

AT THE GRIT EAT



EMOTIONAL abuse

Story: Kim and Pat Priest
Photo: Dorus Rudisill

Someone among your friends and acquaintances, this very day, has a painful secret. In her most intimate relationship, where she thought she had found love, acceptance and support, she experiences cruelty, rejection, criticism, and threats. Unknown to others and maybe even herself, her life is adversely affected by an almost invisible form of domestic violence: she's enduring emotional abuse.

Carrie met Ben (not their real names) in their junior year of college. He was sweet, attentive and chivalrous, and often told her that she was the best thing to ever happen to him. But as their relationship progressed over the years, Carrie began to notice changes. Ben criticized her driving, or choice of clothes, sometimes badgering her until she burst into tears. Prone to fits of jealousy, he would often check the call log on her cell phone if she left it unattended. Sometimes she would discover that friends and colleagues' numbers had been deleted. She often missed appointments or dates with friends that she was certain she had put in her Palm Pilot. Ben denied any tampering, and called Carrie crazy. She was starting to feel like she was going crazy.

Research and hard experience at battered womens' shelters reveal that living with or dating an emotional abuser is like living with someone who poisons you every day. Being on the receiving end of the demeaning attitude and venomous words saps the victim's strength, damages her health, and destroys her self-esteem. The harm is subtle but real. Although the damage is on the inside, these wounds are as painful

as bruises, black eyes or broken bones. And just as real, too, is the anxiety, stress, and fear of living with a person who is verbally or emotionally abusive one day and, sometimes, begging forgiveness the next.

Athens's local non-profit Project Safe has been providing services and working to improve laws to protect emotionally and physically battered women in Athens and surrounding counties since 1990. Executive Director Joan Prittie is excited about services begun late last year that are designed specifically to help victims of emotional abuse.

"We started a weekly support group in October 2004 specifically for women who are in such poisonous situations, because they sometimes have different concerns and issues from people who are experiencing physical abuse. Often a victim of emotional abuse will believe her problem is insignificant compared to a woman who has been physically battered."

Research shows that emotional abuse takes different forms. In addition to corrosive verbal attacks, emotional abuse can include suffocating and controlling behavior, delusional accusations, irrational jealousy, and paranoia. Abusers often threaten to harm the woman, her children, friends or family -- and to show they are serious, some men torture or kill a woman's pets.

Abusers will often actively isolate the victim from friends and family. He may also coercively control her -- preventing her from bathing, sleeping, or having a job -- whatever it takes to force her to become reliant on him alone. Some men purposefully make their victim feel that she is mentally unsound or imagining things. After wearing down a woman's confidence, an abuser might manipulate the woman into believing that he has connections to a higher power that would prevent her from doing certain things or would alert the abuser if the victim were to say anything to anyone about the abuse. Men who batter women physically or emotionally repeatedly tell victims that they are worthless and stupid.

Women whose self-esteem has been ground down are less likely to feel worthy of the help they might seek. And victims sometimes minimize the harm done to them because they have not been beaten or kicked or physically injured in ways consistent with our understanding of domestic violence as depicted in movies and in the news.

Joan Prittie says, "It's a shame that victims of emotional abuse tend to downplay the harm done to
continued on p. 37

An advertisement for AKO SIGNS. It features a photograph of two young children, a girl and a boy, sitting at a table and drawing with markers on a piece of paper. The girl is on the left, wearing a red shirt, and the boy is on the right, wearing a white shirt with a red bow. The background is dark. At the top of the ad, the text "Leave it to the professionals." is written in a white, serif font. At the bottom left, the "AKO SIGNS" logo is displayed, with "AKO" in a stylized red font and "SIGNS" in a yellow box. At the bottom right, the phone number "706-548-5389" is printed in white.

restaurantes



Above: East West Bistro's Renee Middleton behind the bar where she once mixed drinks. Left: Sharing downtime, restaurant partners Diana Fairbairn and Mary Long are ever mindful that if you can't take the heat, you can raise the dryer helmet and have an iced tea. (photographed at DRee & Co.) Opposite: Melissa Clegg started off clearing tables, and now she fills them (with eager customers).

Ladies who lunch? Sure, but these four can also handle dinner, drinks, dessert...

Research: Stephanie Markham

Photos: Terry Allen

Word has long been out that the twenty or so blocks comprising downtown Athens boast an impressive variety of dining experiences, from white tablecloths and discerning wine lists to big fat burgers and malts. A simple stroll will confirm this, but when you mosey down the sidewalk and overhear, "Oh let's go there!" in dulcet tones, realize that women don't just *choose* restaurants in Athens, they *run* them too, with panache and great success.

Melissa Clegg knows her business well. Co-owner of Five and Ten, Last Resort Grill and Mia Madonna, Clegg began working as a bus-girl at Sparky's restaurant in the old Athens Fleamarket at the ripe old age of twelve, with hopes of saving up for a dream cruise vacation with a friend. "I remember that summer," Clegg says. "Many treks downtown begging for a job!" The close-knit Sparky's staff became sort of a second family over the years, and one owner, Ed Wilde, continued to be Clegg's mentor and friend.

Of her subsequent management experience at the old T-Bones on Baxter Street, Clegg says modestly, "Although my role was very minor, it gave me a taste for the business, and I learned invaluable 'back-of-the-house' skills." Since her tenure at that venerable steakhouse, Clegg has gone on to open some of the Classic City's most consistently popular and enduring establishments. She now draws upon her rich food and beverage background in

conceptualizing new eateries, including menu development, restaurant design, and initial staffing and training. “It’s like putting a puzzle together for the first time, and making sure all the parts work together,” Clegg says. “The restaurant business is a constant challenge. In essence, you start from scratch every shift, and so many things have to go right for someone to have a fantastic experience . . . paying attention to these details is key.”

Close friend Prisca Zaccaria says, of Clegg’s accomplishments, “By designing, achieving and owning her own success, Melissa is absolutely inspiring.” Clegg credits her two daughters with having an influence on her career, enjoys photography, and keeps a current pilot’s license (whew!).

Aside from the three restaurants that she currently co-owns, Clegg put her skills to use opening East West Bistro and Lumpkin Café. In February of 1998, Clegg sold East West Bistro to Renee Middleton. Having done everything from making french fries to waiting tables, Middleton came to East West Bistro as a bartender with an eye toward someday owning her own business. After acquiring East West Bistro, Middleton found that stepping in as the owner of an existing business held a whole new set of challenges.

“ . . . what I’ve always liked about the restaurant business is that it’s very rewarding. ”

“It took a while to figure out what worked best for everybody,” Middleton says. “Gaining a friendship and a partnership with a staff that was used to working with a different owner was a challenge, and it took a while to find a happy medium for everyone.”

Middleton tweaked the menu and added outdoor seating. With Chef Lamar Thomas (“Super-creative!” says Middleton), East West Bistro offers a fusion of Asian and Mediterranean entrées. Future goals include catering expansion and increased recognition

for the hard-working Thomas.

Middleton is expecting her second daughter in July and, like Clegg, works hard to balance motherhood with the demands of the business; her well-trained staff is crucial in helping her avoid burnout. “I think that’s why I’m still doing it eight years down the road, because I still do enjoy going in and facing new situations,” Middleton says. “That’s what I’ve always liked about the restaurant business, is that it’s very rewarding. You kind of go in and set everything up, but at the end



of the night you can look at what you’ve done and feel like you’ve accomplished quite a bit.”

As co-owners of tapas standout Speakeasy and downhome favorite Five Star Day Café, Diana Fairbairn and Mary Long have also accomplished quite a bit. Fairbairn and Long met ten years ago while managing Last Resort Grill. They soon became close friends and realized they shared the goal of restaurant ownership.

In 1998, along with Fairbairn’s husband David, and fellow Last Resort Grill staffer Steve Wilkerson, these ladies opened Five Star Day Café (so named because all four owners’ horoscopes promised them “five star” days on the date of the lease signing). The restaurant is “all about being southern and from scratch,” Fairbairn says. “You don’t have to put fatback into everything just to make it southern.” That innovation alone

brings vegans and vegetarians back repeatedly to join the streak-of-lean crowd.

Since July 2000, the ladies’ other collaboration, Speakeasy, has enjoyed second-floor views and a reputation that continues to spread. Fairbairn says that, as a woman,

“ You don’t have to put fatback in everything just to make it southern. ”

it takes confidence to be a restaurant owner. “There can be a lot of ego involved, and sometimes vendors or other people within our own industry won’t take us seriously because they think that being in the kitchen cooking, or being in the restaurant business, is just a hobby for us,” Fairbairn says. “You can’t just know how to cook something well to be successful. You have to know how to run a business as well, and you can’t forget that that’s what it is.” Both Fairbairn and Long have taken time out of their careers to have children. They share a mutual understanding of the physical and emotional demands of work and family, and have learned to jump in and fill one another’s shoes as necessary.

Clegg, Middleton, Fairbairn, and Long each have a success story as enlightening as it is nourishing, and have helped maintain epicurean excellence downtown, each in her own way. From somewhat intertwined paths, these four restaurateurs have embarked on singular journeys, enjoying and providing countless superb meals along the way. -BER

Last Resort Grill - 184 W. Clayton St.

706-549-0810

Five & Ten - 1653 S. Lumpkin St.

706-546-7300

Mia Madonna - 269 N. Hull St.

706-548-1804

East West Bistro - 351 E. Broad St.

706-546-9378

Five Star Day Café - 229 E. Broad St.

706-543-8552

Speakeasy - 269 E. Broad St.

706-546-5556



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DR. JULIE LORD
CHIROPRACTOR
PILATES INSTRUCTOR

CREATING BALANCE

SEVEN RULES OF THUMB FOR KEEPING THE UPPER HAND IN HEALTH, PLUS TENSION REDUCTION TIPS.

1. GET A PHYSICAL EVERY YEAR

This includes a complete physical examination, PAP smear, and routine blood work. Ask to if you need sexually-transmitted disease testing, a mammogram, colonoscopy, bone mass density scan, or special blood work, and be sure your immunizations are up to date. This is the ideal time to discuss health problems and preventative measures.

2. EXERCISE

Try to get 30 consecutive minutes of aerobic activity at least three to four days a week. Strength training is also great, building muscle and keeping bones healthy. Begin slowly, gradually increasing duration, then intensity.

3. EAT HEALTHILY

Eating a wide variety of foods is key, concentrating on whole grains, vegetables, fruits, low-fat dairy, and protein. Keep sweets and simple carbohydrates (white bread, pasta, potatoes) to a minimum. Choose foods with mono- (olive oil) or polyunsaturated fats (fish, nuts) over foods with saturated fats. Trans fats (packaged cookies, cakes) are particularly bad. Drink six to eight glasses of water a day, and avoid caffeine and alcohol.

4. QUIT SMOKING

Quitting is never easy, but you must. See your healthcare provider and develop a quitting strategy together. Ask about prescription medication to help curb cravings, and enlist the support of family and friends.

5. Perform self breast exams monthly

One week after your menstrual cycle, perform an exam. If you don't know how, ask your healthcare provider to instruct you.

6. SLEEP

Most women need eight to ten hours of sleep nightly. Sleep deprivation has been linked to weight gain, depression, and decreased mental

alertness. If you have trouble with insomnia, see your physician.

7. REDUCE STRESS AND ANXIETY

Stress is inevitable, but learning to cope can help. Find time to exercise, get enough sleep, and avoid caffeine. Extreme stress may affect work, relationships, sleep, etc., and chronic stress can affect you physically. Consider seeing a therapist if these feelings persist. -Sarah Middendorf

TREATING TENSION

For body tension in the back, neck, and shoulders, try pilates two to three times a week, and yoga weekly. The 'swan' exercise strengthens your back extensor, while shoulder bridges help lengthen the spine. Neck stretches are also extremely beneficial. Don't underestimate regular massages, every two to four weeks. For serious muscle tension, use Tiger Balm or Arnica Cream.

Chronic jaw clenching indicates serious tension, and should not be ignored. An experienced massage therapist can perform both external and internal cross-fiber massage on jaw muscles. Neck traction, with a towel, by a trained therapist, is also helpful. Emotional issues can lead to TMJ complications, so have those talks you've been "holding back" (by clenching your jaws).

Daily meditation can be instrumental in maintaining balance. Sit in a chair and breathe deeply for five minutes, and remember the calming effect of deep breathing throughout the day when situations become overly stressful. Contemplative moments spent writing in your journal are wonderful for relieving burdensome emotions: get it all out on paper. Hot baths are time-tested tension-relievers, and with the use of therapeutic essential oils they become a favorite time for relaxation. Try soothing lavender, or tea tree oil for mental and spiritual cleansing, mixing with epsom salts for relief of muscle tension. -Julie Lord

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Seven Friends Nobody Needs

38 | relate.summer.05

THE LEECH, THE BUSY BEE AND OTHER PESKY PALS.

All friends are not created equal. Most buddies add to your life, but there are probably a few you would be better off without. The common denominator for these friends-gone-bad is that they act as if it's all about them, and never about you. We're all guilty of being a little self-absorbed at times, but friendship is supposed to be a two-way street. If one of your friends isn't holding up her end of the bargain, consider calling her on her bad behavior — or slashing her from your buddy list. (One word of caution: Before you start friend-cleaning, ask yourself if you fit any of these descriptions. You don't want one of your pals reading this and deciding to dump you!)



Story: Lisa Earle McLeod
Photos: Dorus Rudisill

1. THE WHINER. Nobody knows the troubles she's seen. Things most of us accept as part of daily life — carpool snafus, demanding bosses, men with poor communication skills — she treats as evidence that the world is against her. We all enjoy complaining occasionally, but with her it's a nonstop moan-fest. Susan, 30, a public relations executive, refers to one of her friends as "the Crisis Queen." "It's always a catastrophe. It's draining just to have to hear it," she says.

2. THE LEECH. She treats her friends like servants who exist to feed her dog, cover her shift at work, pick up her dry cleaning, or peel her another grape. "She'll start off asking what I'm up to, but she really just wants to find out if I'm free to help her out," says Ellen, 39, a stay-at-home mom, about the leech in her life. "She recently called to ask what my daughter was doing. I said nothing, thinking she was going to invite her over. Instead, she asked if her daughter could come to my house!"

3. THE BUSY BEE. She's the PTA president, a party organizer, and a domestic goddess all rolled into one. She makes you feel as if you are but a mere blip on her overscheduled radar screen. She consistently shows up late or says she's too busy to take your calls. "Since my friend got a new job, all she talks about is her crazy schedule," says Leslie, 26, an environmental consultant. "She makes it seem as if she's doing me a big favor by making time for me!"

continued on p. 37

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(Abuse; continued from p. 31)

them, because we now know that emotional battering wounds one's spirit just as much as physical battery does. It's just as cruel and just as destructive to one's well-being. We started the support group to address that, and it's been an amazing success. It's been a challenge, though, to get women there to take in the nurturing and support they need and deserve. Sometimes friends will call us to find out about the group, and that's fine. We encourage friends and families to call to ask how they can help when a woman is increasingly isolated from them by an abusive partner."

Group co-leader and therapist Jane Peach can attest to the positive changes she's witnessed in women coming to the group. "One woman came at the urging of a friend. The first time, it was obvious just through her body language how she was so beaten down emotionally. Now [several weeks later] she's talking about goals and what she's able to accomplish."

The other group leader is Melissa Morse. Both she and Peach are with Family Counseling Services of Athens, and have years of experience working with victims and survivors of abuse. Says Prittie, "We've collaborated with Family Counseling on several projects, and Jane and Melissa are wonderful facilitators."

Groups like this have been found to be highly effective around the country as women find that learning from each other is a potent antidote to the poison of emotional abuse. Prittie says, "We think of the support group as poison control for the soul. It's saving women's emotional health -- and their lives."

For more information about the Emotional Abuse Support Group or other Project Safe services, please call the 24-hour hotline at 706-543-3331.



(Seven Friends... continued from p. 36)

4. THE YAKKER. Thank God for caller ID. Everybody has friends that like to talk (if any of my pals are reading this, please know I've got that muzzle on order), but this buddy never lets you get a word in edgewise. In fact, she missed her calling as a telemarketer or a carnival barker. "I could hand the phone to one of the kids for five minutes and she wouldn't notice," says Kristi, age 42, a personal coach, of her personal Chatty Cathy. "Next time she calls, I'm going to have that country song 'I Wanna Talk About Me' playing in the background and see if she gets the hint."

5. THE ADVISER. We all count on our friends for advice, but nobody needs a steady stream of unsolicited intervention. Whether this pal is trying to prove how smart she is or start her own counseling practice, she's got the answer for everything — whether you ask her or not. Jodie, 32, a part-time nurse and mother of two,

says she quit sharing things with one of her friends because, "She can't just listen; she always has to tell me what to do. She reminds me of the mother-in-law from hell!"

6. THE DUMPER. Whenever something better comes up, she drops you like yesterday's business. The worst kind of dumper is the one that treats her female friends like fill-ins or time-passers until a guy comes into the picture. Jennifer, 24, a law student, says of one boy-crazy friend: "You'd think she was still in high school. We'll make plans weeks in advance, but if her boyfriend calls and asks her to hang out, she rushes over."

7. THE BRAGGER. She's been there and done that — way better than you have. She just can't resist telling you how many carats her diamonds are or how much better her office is. She lets you know that your discount designer duds are so last season, while her outfits came straight from the Paris runway. "My conversations with this one friend consists of how important she is at work, what she's done to her house and how perfect her marriage is," says Julie, 31, a human resources administrator. "Doesn't she know it's supposed to be a friendship, not a competition?"

Lisa Earle McLeod is a syndicated columnist, a nationally recognized speaker and the author of "Forget Perfect: Finding Joy, Meaning, and Satisfaction in the Life You've Already Got and the YOU You Already Are." (Penguin/Putnam) She has been featured in Real Simple, Essence, and The New York Times and seen on Good Morning America, Lifetime and FOX. Lisa and her husband live outside Atlanta with their two daughters.

FALL ISSUE

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Local personality Oby Dupree was born in Athens in 1952, the youngest of four children born to Walter and Carroll Magill Wellman. Though named after her mother, her siblings nicknamed her "Oby" (like "Oh, by the way") something they made up from baby talk. Growing up, Oby was insistent that parents, teachers and everyone else call her Oby, because "Carroll was a feminine name, and I was quite a tomboy." As a child, she spent much time with horses and dogs, and remains a dedicated animal lover to this day. "I enjoy any outdoor activity, and feel my greatest blessing is having a large, very close family," Oby says. She has eight grandchildren, with one daughter expecting this year. She and husband David Dupree enjoy a relaxed life in Bogart, surrounded by their families (and animals!).

Oby Dupree

- 1 A PERFECT DAY IN ATHENS, PLAY BY PLAY? Breakfast at Zim's, then browsing through the precious baby clothes at the Elephant Trunk. Next, a run through Cat's Pajamas to say hello to Jean, and see what's new in the shop. Then 5-Points Deli or Lumpkin Café to meet a friend for lunch – and don't forget dessert! Relaxation time is my favorite, and a facial with Karen Gorman at Classic Hair, and a giggle with Bridget the receptionist is the way to go! Lastly, a good bridge game and an abundance of laughter with close friends.
- 2 FAVORITE QUOTE OR SAYING? Make happiness a habit.
- 3 MOST STRESSFUL PART OF YOUR LIFE? The period between a failed marriage, and finding happiness again.
- 4 FAVORITE THING TO DO WITH A GIRLFRIEND? Go hiking, play bridge or ride horses.
- 5 RANDOM ACT OF KINDNESS? Reaching out to others in need.
- 6 WHY DO YOU LOVE ATHENS? Because my great grandparents, grandparents, parents, siblings, children and grandchildren all have there roots planted there.
- 7 BEST BEAUTY SECRET? Happiness.



Photos: Marisu Wehrenberg

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Kathryn Kyker, Emergency Department
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Photo by Terry Allen

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