

Today's Woman

Fall 2008

INSIDE:

Home
improvement
queen

Conquering
clutter

Balancing
mom
and woman

Car
know-how

Adult house
to kid-friendly
home

'In'
interior colors

Run away
pounds **PAGE 3**



HAMILTON'S MATERNAL INFANT CARE CENTER delivers over 2,400 newborns annually and provides the region's only Level II special care nursery.

HAMILTON AMBULATORY SURGERY CENTER performs a wide range of advanced surgical procedures and has earned the nationally prestigious Summit Award for patient satisfaction.

HAMILTON REGIONAL CANCER INSTITUTE brings together experienced surgeons with advanced medical and radiation oncology, as well as participation in clinical research initiatives.

HAMILTON DIAGNOSTICS CENTER provides advanced diagnostic and imaging technologies. Other services include centers for sleep disorders, breast care and laboratory diagnostics.

THE HAMILTON ADVANTAGE

MEDICAL EXPERTISE AND ADVANCED TECHNOLOGY

Hamilton Medical Center—a not-for-profit, 282 bed regional acute care hospital based in Dalton—provides a wide array of services and a medical staff of over 200 physicians. Hamilton's Emergency Department—the region's only Level II trauma center—offers accredited centers for primary stroke and chest pain.

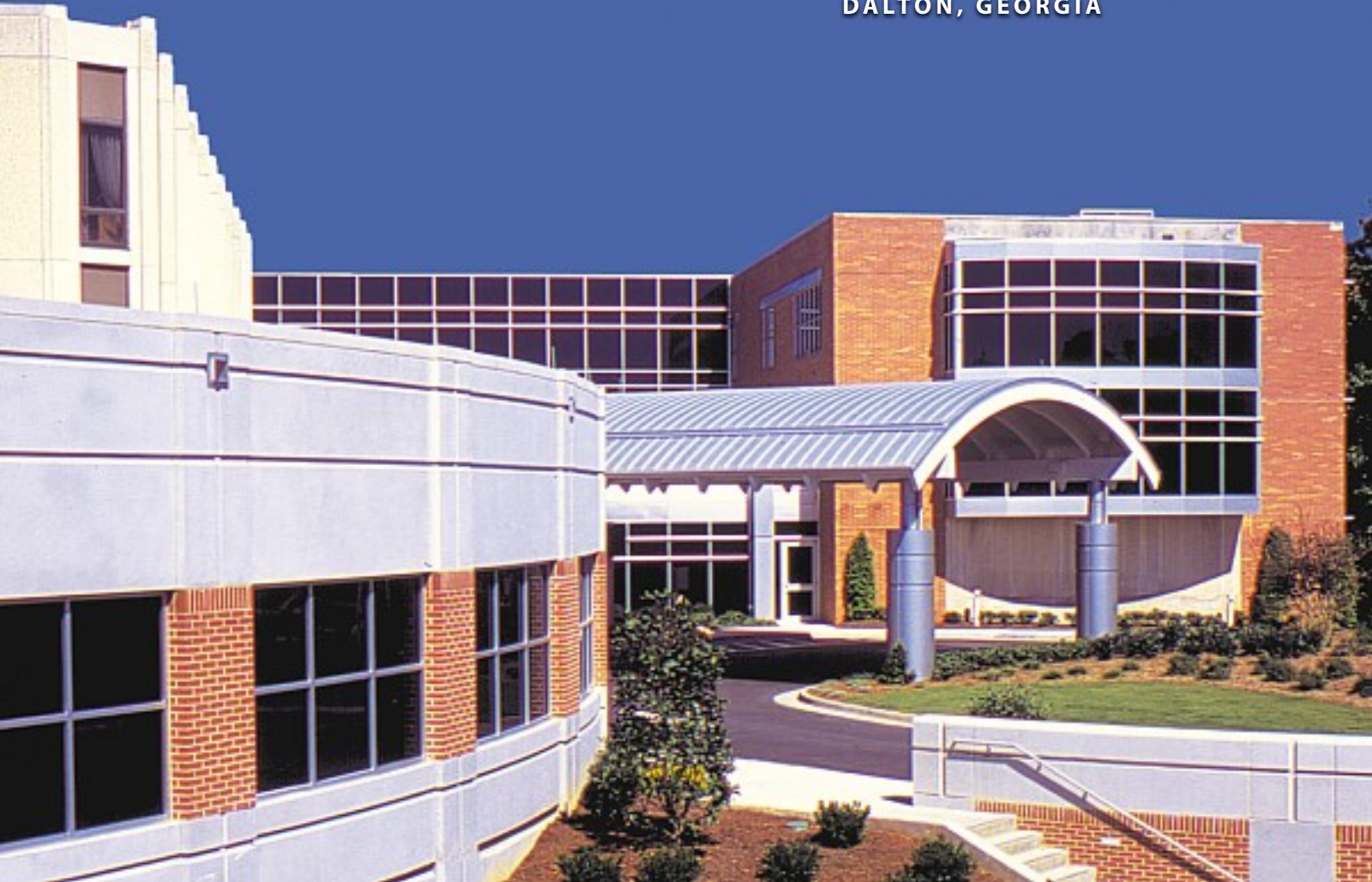
Hamilton Medical Center also offers advanced cardiac, vascular and neurological diagnostic and treatment options with its digital cath lab, 64-slice CT scanner, endovascular lab and electrophysiology studies.



**HAMILTON
MEDICAL CENTER**

www.hamiltonhealth.com • 706.272.6114

DALTON, GEORGIA





AP Photos by Matt Rourke

Linda Stowell, the vice president for Associated Press's East region, is seen before the start of a road race in Philadelphia, Nov. 18, 2007.

Running for my life:

ONE WOMAN'S RACE AGAINST TIME

by Linda Stowell

Associated Press

PHILADELPHIA — The routine was the same as always — the exact way I have grown accustomed to dealing with the hours before a big race. But on that November morning last year, everything else was different.

I had awakened before the sun and come downstairs to all of my running gear, laid out perfectly the night before, exactly as planned. There it all was: bottled water, my fanny pack, gels to eat along the way, my precious iPod with its playlist calibrated just for me. Exactly as planned.

I had even pinned my number to my shirt in advance. Alone, in silence, I ate a banana and a granola bar and half a bagel. Exactly as planned.

I thought to myself: I need this routine. I need to be a robot today.

Nearly five years before this day, before I started running, I had been diagnosed with melanoma skin cancer in my left shin. Then, much later, came the thyroid cancer; they found that one looking for more melanoma. I was 51 and I had two forms of cancer. Now here I was in the middle of chemotherapy — weakened, scared, with more chemo scheduled for the following day. And I was heading out to run a half-marathon on the streets of Philadelphia.

What was I thinking?

I arrived at the starting gate and joined the pack of runners. The sun was coming up. Nearby, I could see

the city's art museum, where Rocky climbed the steps in triumph so many years ago.

I never heard the starting gun, but the people ahead of me began to move.

I clicked my iPod. My song came on — “Gonna Fly Now,” Rocky's inspiration. Appropriate for Philadelphia, for this race and for me. The tears started coming, as they often do when I begin a run. I brushed them away because I didn't want to irritate my contacts.

And then I ran. Exactly as planned.

I was running for my life, in a sense, though I knew that competition was really unfolding inside my

body, far beyond my control. I was running in affirmation, in defiance. I was running to prove that I could, to show that I was not defined by the clusters of renegade cells that were growing within me.

To deal with something in my life that has not, in any conceivable way, gone exactly as planned.



I haven't always been a runner. Cancer made me into one.

Two cancers, actually. They're unrelated, which is good. There are two of them, which isn't.

The National Cancer Institute estimates that among the 10.1 million cancer survivors that were alive as of January 1, 2002, about 8 percent had more than one

form of cancer diagnosed between 1975 and 2001. Three cancers is "almost unheard of," one doctor told me. I guess I should be thankful for that.

This year, 62,480 cases of melanoma, the most serious form of skin cancer, are expected in the United States and 37,340 cases of thyroid cancer. While my melanoma was a recurrence, I still saw it as unfair: Fewer than 100,000 people in this country got one of those cancers; I, a regular tennis player and nonsmoker, got both.

The melanoma begat two surgeries — one to take it out and one to make sure it hadn't spread. What's more, I was informed that I could develop lymphedema, a sometimes

painful swelling of the leg due after surgery that happens because the lymphatic system has been compromised.

"Unless you want a fat leg, stay on the couch with your leg up. No running and very limited exercise," one oncologist, considered among the

best melanoma doctors in the world, told me.

Then, I was not a runner. I'd been intrigued by it and thought I might try it someday — whatever someday might mean. But to be told, at 46, never to run, made me realize that I was too young to be sentenced to a lifetime on the couch.

So I took up running. I started slow and short, built up, pushed myself, gained endurance. I won't say it was easy, but I

won't whine, either. I ran my first 5K a year later, then a 10K, then two half-marathons.

My decision to take up running produced varied reactions from my doctors. Most were supportive. Some were concerned. One shook his head and told me not to do it. My brother Bruce, a crack marathon runner, said what many others echoed: Go for it. If you can't do it, your body will tell you so.

His words reassured, but only to a point. Because somewhere along the way, I had stopped trusting my body.



When it came to running, at least, my body didn't betray me. So I

ran. And then I ran some more.

As I did, I felt thankful that the drugs and surgery hadn't stopped me. And as I ran my physical and metaphoric races, I began to realize that my chosen sport and unchosen condition shared many of the same traits.

Runners, for example, seem to have their own language — PR/PB (personal record, personal best), chip time (finishing time recorded by a small electronic chip), and distances of races like 5K, 10K and of course the 26.2-mile marathon. Cancer, too, has its own language, and terms like PET scan vs CT scans (imaging tools that help doctors pinpoint the location of cancer), stages of cancer, clinical trials and recurrence have become daily conversation points for me.

Runners cheer each other on. The fast ones who finish first populate the sidelines, cheering for those of us still running. Cancer patients do the same thing. During long and frightening days in the cancer center, you see people holding hands and clinging to each other.

Me, I usually huddle in the corner with my work e-mail, trying diligently to forget where I am. When I do talk to my fellow patients, I always hear good news — like the guy with lung cancer who was there alone because his wife couldn't handle it. He wasn't complaining; he was focused on his next vacation and on a recent Eagles game he'd seen.

His goal was not to worry his wife. Mine was more finite. I wanted to race and, like any runner, to win. And I did.

OK, it wasn't winning in the traditional sense. I didn't come in first that day last November; in fact, I crossed the finish line that day way in the back. But for me, it was a more towering personal victory than I could ever have imagined.

My close friend awaited me at the finish. Around the country, my parents, sister and brother were tracking me on the race's Web site. When it crashed, my sister tracked down my friend to find out how I was, how I looked and if I had finished. My brother the doctor, my brother the



Stowell is seen running near her home in Narberth, Pa., in August.



PINK
IS YOUR COLOR.

*Breast cancer affects us all.
It affects our mothers, sisters, wives and friends.
It affects people of every age, sex and race,
and is the leading cancer among white and
African-American women.
Pink is everyone's color.*

Southeastern
BREAST CARE SPECIALISTS



***Specializing in the treatment of benign
and malignant diseases of the breast.***

**Eric R. Manahan, M.D., F.A.C.S.,
Medical Director**

Steven Paynter, M.D., F.A.C.S.

Richard Fromm, M.D., F.A.C.S.

W. Christopher Sutterfield, M.D., F.A.C.S.

(706) 217-2265 • 1504 Broadrick Drive • Dalton

marathoner, told me later that he was “sweating bullets.”

Early this year, two months after I finished the race, I finished chemotherapy. My first post-chemo scan was in April. I would have done just about anything for positive news. And I thought I had done everything right.

On April 15, exactly one year from the first recurrence, the scan showed “uptake” — one of the words that cancer patients don’t want to hear.

It means doctors are seeing “something” — maybe scar tissue, maybe a reaction to the shots, perhaps more cancer. In my case, the uptake was in both the thyroid and melanoma sites. That meant it could be a simultaneous recurrence of both cancers. Every doctor I spoke to said that would be all but unbelievable. And yet suddenly possible.

The news came back a few days later. The good: I did not have both cancers again. And the bad: The melanoma was back.

A day later, I ran. It had become

what I do, how I fight back, how I shake my fist and press forward despite feeling like an unseen enemy is always following, always chasing.

It was a local race, only five miles, and I finished. I knew, however, that my metaphoric run — the one against an unseen enemy that just wouldn’t go away — was only gearing up.

During the Chicago Marathon last year, which was held in brutal heat, a young man dropped to his knees a half mile before the finish line. Another runner ran by him, stopped, took a few steps back and said something to him.

The first man struggled to his feet. Together, they ran to the finish line.

I still wonder what the runner said to the man who was down that inspired him to get back up. I could use some of that.



I began this story with a run, and I end it with one.

But first I must tell you about what happened in between.

It is not a happy ending. But neither is it entirely bleak, and in that I find hope.

For me, the summer of 2008 was not a good one. From May to August, I did not run at all.

Radiation therapy

kneecapped me and a debilitating round of chemo made sure I stayed down. For the first time, I lost a significant amount of weight — 15 pounds.

I now feel as if I know what it’s like to be in a coma. I called in sick for four days — something I never do — and slept for 15 hours each day. Nothing I ate stayed down.

I was enveloped by my illness. It was controlling me. The fatigue was so intense, the sleep so deep that it was as if a chunk of my life was sucked away. I rose only to take a shower. One afternoon I tried to make tea and slept through the kettle’s whistle. I awoke to the kettle burned dry to the stove and belching smoke. I had few conversations; that took too much energy. A trip to the grocery store was overwhelming.

One night around 5 p.m., as I was getting back in bed and closing the shades, I saw neighbors firing up their grills for a summer dinner. I felt as if I was slipping away from the world I knew. I would ask myself: Is this what it’s like to die?

One recent day, I met with my doctors. They told me I looked frail. I

“ I now feel as if I know what it’s like to be in a coma. ”



Stowell leaves her home to go for a run Aug. 19.

felt frail. But I responded in a way that, by now, will probably not surprise you:

I ran.

The morning I did, in August, was exactly three months after surgery and 19 days after my treatment ended.

What, I wondered, would happen? I felt slow and stiff. I felt thankfulness and I felt hope — hope that I could do the run after all, hope that the drugs had worked and the cancer was gone.

I powered up my iPod. The same song came on as I had heard during that run last year — a day that now feels as if it happened a lifetime ago. I listened to the lyrics, and they penetrated my brain:

“Won’t be long now. Getting strong now. Gonna fly now.”

My goal was to run a half-mile without stopping — a small goal in the running world but a big one in the universe I now occupied. The one that mattered most.



I ran two miles. Yes, it took more than a half hour. Yes, it was difficult. But I expected it to be harder. And I didn’t expect it to be quite so ... exhilarating. I was not shuffling around, not in a hospital bed or sick from drugs or closing the blinds at 5 p.m. and leaving the world behind. I was outside, and I was running.

I wish I could tell you that the surgery and the drugs worked. But I don’t know yet if that’s the case. I am setting smaller goals these days, in both my running and my life. My aspirations are more compact than

they once were, but they still loom large. My reach, I hope, still exceeds my grasp.

I’d be lying if I told you my future wasn’t cloudy. But aren’t all futures? My two races are, today, being run in parallel fashion. I am racing against cancer and against my own clock. Under the most adverse of conditions, I am becoming a decent runner.

Few things unfold exactly as planned, it turns out. And now, though I am weakened, I am stronger, too. I can handle more, appreciate more, understand more about the world around me. I can cope with the unknown, too; I’m not happy about it, but I am capable.

And I fight. It’s an old metaphor, but it’s all I have. I’m fighting to become a runner and a healthy person, and giving up either fight is not an option. I may be in the back of the line for the moment, but I am running two races. I am a dedicated runner now, and I plan on finishing both.

Exactly as planned. **TW**

Breast Enlargement, Breast Reduction, Breast Lift, Tummy Tuck, Facelift, Botox



Dalton Plastic Surgery

Reginald R. Sherrill, M.D.

Member of the
American Society of Plastic Surgeons

(706) 226-3311

Affordable payment plans
We accept major credit cards.

1501 Broadrick Dr., Suite 1, Dalton, GA 30720

www.daltonplasticsurgery.com



Blepharoplasty, Liposuction, Thermage, Restylane, Obagi, IPL for hair removal



More and more women are making repairs and upgrades around the house

(MS) — Traditionally, men were the ones who tackled many of the renovation and repair projects around the home. But the tides have been changing. Stemming from the number of women waiting longer before getting married, the number of home improvement programs geared to females, and the can-do attitude of a different generation of women, home improvement is no longer just a boys' club.

Women represent 44 percent of “do-it-yourselfers” and 51 percent of people that usually hire professionals for home improvement projects. There is increasing evidence of women tackling more home improvement projects, including the number of tool manufacturers that are creating separate tool lines that are more appealing and comfortable for women. Look at some of the features in the world of women's tools:

- **Lightweight:** Tools that weigh less but still pack the same power punch are available. Also, a variety of drills are now available that easily fit into a woman's smaller hand, allowing the user greater mobility and fatigue-free use.

- **Size adjustments:** Shorter shafts and handles on hammers and other tools make it easier for women to achieve balance and leverage when wielding tools.

- **Stylish appearance:** Catering to the female shopper's eye, more tools are being produced that are aesthetically appealing. New color combinations and other appealing

HOME
IMPROVEMENT
 for the
QUEEN
 OF THE CASTLE

visual aspects are popping up on tools marketed to women.

With women equipped and mentally ready to embark on projects around the home, Lowe's provides some project ideas and tips.

In the Kitchen

Whether you yearn for an old-world kitchen or your tastes run more modern, there's nothing like a kitchen that's



both inviting and super functional. To brighten up a drab space, paint an accent wall with a bright color of Valspar paint from Lowe's, illuminate decorative dishes or precious glass pieces with under-cabinet lighting and give your floor a lift with self-adhesive vinyl flooring.

Functionality is always in style, so organize your pots and pans with in-cabinet systems and replace an outdated appliance with an energy efficient ENERGY STAR one.

In the Bedroom

Whether you live alone or with a significant other, it's time to turn that bedroom into a romantic retreat. To transform



your uninspired bedroom to a romantic boudoir, cover your window with a delicate sheer, warm up the space with an elaborate rug and install the Lutron Lumea Dimmer Switch to set the mood and save energy.

Create some additional drama by using a mantle shelf to make a customized headboard to fit any size bed.

In the Bathroom

Turn a neglected bathroom — or one that needs a little pick-me-up — into a beautiful sanctuary.



RegROUT tarnished tiles for a fresh update, give yourself extra space in the shower by installing a curved shower rod, and put in grab bars to make getting into the tub or shower easier. Build your own bath mirror to match your style; all you need is an unframed mirror, plywood and decorative moulding. **IW**

Home improvement ideas:

- www.diynetwork.com
- www.hgtv.com
- www.bejane.com



Associates In Obstetrics & Gynecology, PC

North Georgia's Only Essure® Accredited Practice



Harvey S. Wages, MD



Eric F. Calfee, MD



Craig Tidwell, MD



Mathew D. Smith, MD



Christine M. Sager, MD



Dr. Angela S. Wood, MD



Susan Cockburn, CNM



Rita-Marie Goudreau, CNM



Sanna Wagner, CNM



Judy Martin, CNM



JoEllen Wingate, CNM



Rachel Poe, CNM

- State of the art treatment for bladder leakage
- Advanced Laparoscopic & Laser Surgery
- Bone Density Screening
- Minimally Invasive Hysterectomy

"Serving Northwest Georgia for over 30 years"

**Non Surgical, No Incision,
In Office Tubal**



HerOption®
Tired of Heavy Periods?
A Non Surgical solution is now
available at AOG!



- High & Low Risk Pregnancy
- 4D Ultrasound Technology
- 5 Certified Nurse Midwives, offering:
Prepared Childbirth Classes,
Preventive Care Exams

Office Hours:
Mon.-Thurs. 9 am - 5 pm
Friday 9 am - 12:30 pm

(706) 278-4640
1105 Burleyson Rd.
Dalton



Conquer *the* clutter

Metro Connection

7 ways to

(MS) — If you're stepping over piles of junk on the floor, or being pummeled by haphazardly stacked belongings when you open closet doors, you just may be suffering from a clutter problem. Don't worry, you're certainly not alone.

According to organizational expert Peter Walsh, millions of Americans are

drowning in clutter. Blame it on our super-sized mentality that "more is more." We're buying bigger homes and stuffing them to the gills with even more stuff. We're measuring status by how much we own, and getting overwhelmed with clutter in the process.

The trouble with clutter is that it

sneaks up on a person. It slowly grows, and when it's gotten out of control the task of sorting through it seems so overwhelming. But conquering the clutter is the key to taking back control of your life. Here are some steps for doing just that.

1. **Material things don't make the man or woman:** First, transform your

www.daltondailycitizen.com

OPEN 24/7

OPEN 24/7

way of thinking about stuff. Packing your home full of things will not make you better off than anyone else. In fact, it could do just the opposite if it affects your physical or mental health. When shopping, think about why you're buying something. Is it for need or is it just because you're bored or shopping for pleasure?

2. Observe the "in and out" rule:

When you buy, for example, new clothes, toss out an item you already have for each new piece of clothing you purchase. If the old clothes are in good condition, donate them to a local charity.

3. Remove items from the scene to sort: You're more likely to do a half-effort job of sorting unless you take out all of the items from a cluttered room and sort them elsewhere. Spread out a tarp or tablecloth in the yard and sort through bedroom or kitchen clutter. Determine a set limit on what can be kept (one or two plastic bins full) and separate stuff based on what should be kept, sold, donated, or trashed. Be reasonable: if you haven't used something


in six months to a year, chances are you can do without it. Remember, marketplace sites like eBay and Amazon are good places to sell things you don't use anymore. Or place an ad in the paper and host a yard sale.

4. Tackle one room at a time: Viewing the organizational project in its entirety could overwhelm even the most steadfast organizational guru. Break up the project into manageable chunks. Do a room a weekend.

5. Keep a bin for miscellanea: There are bound to be items that belong in one room that have gravitated to another room. When organizing, toss those stray items into a bin that will be brought to the right room at a later time. Avoid stopping and starting your project by going room to room, and you'll be more likely to stick with the task.

6. Kids and clutter: Many families can attest that kids' belongings contribute to a good portion of the household clutter. That's because well-mean-

ing parents and other family members tend to over-indulge children with every toy imaginable. Soon you're left with a house bursting at the seams with toys and other kids' stuff. Many of these toys are expensive and you don't want to part with them. So what's the solution? Rather than trash toys in frustration, keep a fraction of the stuff in a playroom or bedroom in an organized manner (bookshelves, bins, cubbies, etc.). Store the other toys in an attic or basement in bins. At regular intervals, rotate the toys that are in the playroom. The kids will become excited about seeing "old" stuff again, and you'll be left with less clutter.

7. Categorize: Closets are one of the places that present a number of clutter problems. Out of sight, out of mind is a common mindset. Think about categorizing closets, such as hanging all skirts together, slacks, sweaters, etc. If you haven't worn it for 12 months or it's out of style, get rid of it. 



Immanuel Women's Center, LLC



106 Hospital Dr, Suite 6 • Chatsworth, GA 30705
www.immanuelwomenscenter.com

"We Deliver Excellent & Compassionate Care"

**Area's Latest Female Only
 Run OB/GYN Practice**

*2007 Award Winner
 for Excellence in Medicine*

Visit our website and see all the services we offer:
www.immanuelwomenscenter.com

Now Accepting New Patients

**We Now Offer
 "Baby Face"
 3D Ultrasound
 Meet Your
 Baby Before
 Birth
 Call for more
 details.**



Dr. Joy Nwadike

Call today for appointment: (706) 517-4444

We accept most major insurance.



Making time for you, including relaxing moments alone are important for providing balance in a hectic mom's life.

LEARN HOW mom and woman CAN HAPPILY EXIST TOGETHER

(MS) — The parenting books and television experts tell us that becoming a mother is one of the most wonderful things a woman can experience. And for most it truly is. But a strange phenomenon happens to many mothers — a sort of metamorphosis that can eventually tarnish the happy glow of motherhood.

With each passing year another layer of a woman's former identity can

peel away as she begins to evolve from woman to mother. It may start out as something small, like subtle wardrobe changes for "comfort" or skipping events that were once pastimes in lieu of kid-oriented events. No big deal, right? But eventually the transformation crescendos and an identity detachment can occur.

But there are ways to meld mom and woman and allow them to cohabi-

tate peacefully, all the while making for a stronger, happier family. Take for example the story of Tate in "The Book of Mom" (Nautilus Press), by Taylor G. Wilshire. Tate's a stay-at-home mom who left the fast-paced business world when she became a mother. While the mom persona works for her for a number of years, soon she starts to question her identity and the woman she's become. Through friendships and a little

therapy, and some soul-searching, Tate gets back on the path to becoming a unique and remarkable woman — both in and outside of her role as mom.

For mothers who are facing the same questions and dilemmas as Tate, don't feel guilty as you're far from alone. Follow these tips for changing your attitude and outlook and make for a well-rounded family life.


Schedule time for you

It's unhealthy to always put the needs of your children first, which can lead to resentment and an emotional breakdown. Tailor time solely for yourself. Good ways to unwind and enjoy some "you" moments include meditation, yoga, affirmation walks, or simply jotting down words of gratitude or feelings in a your-eyes-only journal. Just as you'd mark the calendar for an after-school sports practice or a relative's birthday, add an "appointment" for you alone.

Embrace the present

As overachievers most mothers want to take on the world, constantly multitasking and thinking ahead to the long list of to-dos to come. But in multitasking you're really not getting more done in a quality way. Amid the chores and other responsibilities, it's easy to lose sight of the present moment — especially those moments shared with the kids. Too soon missed opportunities occur and you're left with should've's and could've's instead of solid mother-child experiences. Live in the moment, the now. The rest will work itself out.

Change your attitude and outlook

with it. The time that you once devoted singularly to sharing time together must now be subdivided among familial responsibilities and the needs of your children. Expecting things to be what they were is impractical. Your spouse is also affected by the children, which you must expect. He may be drawn more to the kids' wants, work responsibilities, and the demands of keeping the family company. It's easy to feel underappreciated, unsexy or just as another fixture in the home. Communication remains one of the best ways to resolve these feelings. Tell the man in your life what you need from him, where you could use more support. Then be appreciative of what he offers. 

Marriage evolution

After kids, marriage does change. But your husband and you must change along

These are just a few lessons that can be excerpted from "The Book of Mom." Learn more about the book and author at www.bookofmom.net.



La Parisienne
UNIFORM SHOP

AUTUMN
Sales Event
25% OFF

Katharine Heigl™ & peaches
Tops-Pants-Jackets
(Select Styles)

Clearance Merchandise
Tops * Pants * Jackets \$10 each piece
ALL SIZES

927 N. Glenwood Ave., Dalton, GA
706-278-6846





PrimaCare
BOARD CERTIFIED FAMILY PRACTICE
JAMES R. ZUPPA, M.D.
Sports & School Physicals • Immunizations
Minor Emergencies • Minor Skin Procedures
X-rays and Lab • Industrial Health Network
Worker's Compensation • Medical Review Officer (MRO)
Drug Screen (DOT/Non DOT/Rapid)
Hair Testing • Physical Exams (CDL/Pre-employment)
Health and Wellness



FULL SERVICE PREVENTIVE CARE
706-270-9989
102 North Oaks Drive • Dalton, GA 30721-8392



TURNING AN **adult party house** INTO A **kid-friendly home**



INTERIOR DESIGN
CAN BE HIP AND
KID-PROOF

by **Candice Olson**

HGTV

Joanna and Al are hip, young professionals who live in an architecturally unique house with an open concept layout, several catwalks and open stairwells connecting different levels. The couple love to entertain, and the house has served as party central for their friends. But with the arrival of a new baby into their lives, their place has changed from a haven for late-night parties into a space for late night feedings.

Soon after becoming parents to baby Aaron, the couple realized their house would have to undergo some changes, particularly their sunken living room. They wanted to turn the comfy but sadly outdated space into a modern room in which they could relax and entertain visiting grandparents. But they also wanted it to function as a safe, kid-proof environment. So I called in my crew and got set to create a room that will prove you can have kids and style.

The living room is adjacent to an open kitchen, which the couple recently revamped in black and white. To complement this adjoining space, I decided to use black and white in the living room, but kick up the color quotient a notch. To this end, I chose a peacock-inspired feature tile in iridescent black, purple, teal,

gold and fuchsia (for the fireplace) and used it as the jumping off point for the room's color palette.

I painted most of the room in bright white, put up halogen lighting, and laid down a natural-stained strip maple hardwood floor. Then I got busy designing three zones: a living area, a dining area and an office area.

In the living area, I created a feature wall with a fireplace that has a black quartz mantle and hearth, and is clad in the colorful feature tile. On one side of the fireplace I put in black wood veneer cabinetry for storing baby toys, and on the other side I painted the wall fuchsia and installed a flat screen TV.

In the sitting area around the fireplace, I installed a variety of lush furniture. A white, easy-to-clean leather-like sofa and matching love seat, a funky teal chaise, and a chair in luscious blue upholstery all help create a cool, loungy vibe. On the wall behind the sofa I put up wallpaper in teal and gold paisley for an added wow factor.


In the dining area, I installed a chic black table that can expand for six or contract for two, and surrounded it with great chairs in the room's feature colors.

Next, I created a small office area

under the stairs that includes a desk with a painted glass top and a new, funky chair.

But this room is not just about style — it is also about substance. With this in mind, I installed some much-needed baby-proofing. I clad the back of the hazardous open stairs with wood, added tempered glass panels to the side of the stair railing, and put in some functional (but ultra-hip) baby accessories, including a high-style high chair and the world's funkiest baby rocker.

After adding a host of fabulous accents and accessories, including a two-story remote control blind, a stunning piece of art on the wall, and a hanging mobile (for adults and kids), this room was complete.

With some bold strokes of color, some funky finishes and fabrics, and some very special considerations for the baby, the once lackluster and slightly hazardous living room became a cool space for relaxing, tending to the baby — and maybe even hosting a few future late-night parties! How divine! 

Interior decorator Candice Olson is host of HGTV's "Divine Design." For more ideas, information and show times visit www.HGTV.com or www.divinedesign.tv.

4 things every woman should learn about CARS



(MS) — Women purchase more than half of all the vehicles on the road. But the majority of women, between 65 to 80 percent, do not do routine maintenance and repair themselves, say automotive experts and information from Road & Travel Magazine. Most women rely on a service center or another party to take care of their vehicles.


However, there are some things that every woman should know about cars and automotive repair/maintenance to keep them safe. What if you're stranded with a flat tire and an out-of-service cell phone? Would you know what to do?

1. Know how to read and understand the gauges and lights on the dashboard. These warning signals can indicate everything from low engine coolant to an air bag that's inactivated. Familiarize yourself with these lights and gauges so that you'll know if your car is trying to tell you something.

2. Learn how to change a tire. Tire blowouts or flats are the leading

cause of auto emergencies on roadways. Knowing how to change a tire and having the proper tools for the job can save you time, money, and be a safer method than flagging down a stranger. A flat-head screwdriver, a lug wrench, a car jack, and a spare tire are items to have on hand.

3. Know how to give the battery a jump. Another common auto incident is a battery that's died. Maybe the kids left on an interior light, or maybe a faulty switch drained the power. Either way, you'll need to get your vehicle back on the road. This involves a set of jumper cables, some know-how on positive and negative charges, and another vehicle to provide the auxiliary power.

4. Learn how to change the wiper blades. Wiper blades are a safety feature on vehicles, keeping the windshield free of rain, snow and debris. To ensure optimal vision when driving, a properly functioning set of wipers is necessary. Check your owner's manual for wiper blade sizing and then practice taking the blades on and off. 



*Mastectomy Fittings • Wigs
Prosthetic Breast Forms
Feminine Prosthetic Bras*

We carry Jodee® after breast surgery products

Dalton
706.275.6600

Ringgold/Ft. Oglethorpe
706.858.0710

*We file Medicare and all private insurances.
Now Accepting Blue Cross/Blue Shield HMO
State Health Benefits plan*

Caring for the children



Of Dalton since 1955

**Richard F. Spanjer MD
Luis M. Viamonte MD
William R. Edwards MD
Michael A. Hale MD**

**1107 Memorial Dr. Suite 100
Dalton Ga. 30720
Phone: (706) 278-5373**

**Web: www.pediatricsofdalton.com
We are open M-F for all services
We are open holidays and weekends
for emergencies**

Se Habla Espanol

TRAIN OF THOUGHT

Parents can play an important role in their children's education

DEAR DR. FOURNIER: I have two children in school, and I am concerned that they might not be receiving a well-rounded education. In past columns, you discuss the importance of preparing our children for a new global work force, and you emphasize how quickly our world is changing. While this may be true, I am not sure that our schools are adapting at the same pace. Some schools are making small strides — and I hear much philosophical talk about change — but I am not sure that the implementation takes place. When looking back on the past semester, I don't see much evolution in our school's curriculum. Is there anything I can do to enrich my children's education and provide them with the knowledge and skills they will need for the ever-changing future?

ASSESSMENT: Unfortunately, your concerns are warranted — the American educational system is in need of change. Many schools are oblivious to the evolving world around them. Even schools that understand the need for change often don't know how to proceed. In the old educational paradigm of the 19th and 20th centuries, students were often measured by the amount of correct work they could complete. A student who

could successfully complete 100 math problems and diagram 20 sentences for homework was considered better prepared than a student who only completed 50 problems and 10 sentences.

In the new educational paradigm, more work is not always better. In fact, more work can often be a waste of time. In today's world, computers and machines do rote tasks much more efficiently than humans, but there is one thing that machines can't do — think creatively. The person who can calculate 100 complex math problems in a minute may be considered a savant, but that talent is of little use in today's world. On the other hand, mathematicians and computer programmers who develop high-level computer applications that solve technical problems will be in demand for their skills. If our students aren't prepared for this competitive environment, they will be left behind by emerging students around the world.

WHAT TO DO: You are correct that many schools do not teach for the future, and if your students are in this situation, then you must take action. First, make an appointment to speak with your students' teachers or principal(s). Explain your concerns and offer ideas that could facilitate change. Parents need to be proactive and not feel



Dr. Yvonne
Fournier

Scripps Howard
News Service

that they don't have a voice in their children's education.

Secondly, parents can play an important role in their children's education through alternative modes of learning. The summer allows parents to invest their time and efforts into these avenues. Take your child to the museum or library and engage your child's mind with questions and activities. If you attend an exhibit on astronomy, check

out a book on planets from the library and give your child a fun follow-up project. Most importantly, find out which subjects are interesting to your child and make the exercise interesting. This will capture your student's curiosity, and he or she will remember that learning can be fun.

During the school year, many students become disengaged because teachers overwhelm them with work that is repetitive and a waste of time. Parents then become discouraged when their children don't show an interest in school. Not only is the work boring, but rote homework assignments keep students from spending time with their families. Use the summer to reconnect with your children and instill in them a passion for learning. Ultimately, a child's education is not the responsibility of the teacher, the school or the government. Parents must take a stand for the education of their children.

The awkward intersection between faith, kids, and sex

As a young adult Saint Augustine of Hippo, a victim of his raging hormones, prayed poignantly to God: "Lord, give me chastity," then added, "But not yet."

In our current moral climate, it is difficult to understand the saint's dilemma. Today we take sex for granted

as a carefree adventure, to be indulged even before the onset of adolescence. The sole remaining sexual "sin" is unwed pregnancy, for which the routine remedies are contraception or abortion.

In fact, sex among the young is more prevalent, less carefree, and more damaging today than in Augustine's time. In 21st century America one-third of 9th graders are already sexually involved. By the 12th



David Yount

Scripps Howard
News Service

grade, two-thirds of American school children are active. More than 7 percent of boys and girls began sexual relations even before they entered their teen years.

As a consequence, one in four American teenage girls has already contracted at least one sexually transmitted disease and is poised to pass it along to future partners. One in five schoolgirls will become mothers while still in their teens.

Children acknowledge being pressured into sex. But even in cases when adolescent sex is consensual, it is not carefree. Contraceptives meant to protect against pregnancy can be ineffective against sexually transmitted diseases.

Moreover, the emotional scars that can be inflicted in loveless physical intimacy during childhood can last a lifetime. Sexual desire encourages deception, emotional manipulation, and even physical abuse of the partner. Children are not like adults. They are not motivated by romance, nor can they offer love and protection to each other. They are not lovers but awkward adventurers seeking, at best, to derive some friendliness and self-affirmation through physical intimacy. When adults achieve this satisfaction so seldom through sex, how can we expect children to be more successful? Hearts break at all ages.

Can parents support their children by advising them about their sex lives? Sociologist Amy Schalet, writing in The

Washington Post, complains that American teens are raised in an environment where "they feel sex is a secret that can ruin their lives." She notes that, by contrast, a majority of Dutch parents are now willing to allow their children and sexual partners "to spend the night together in their homes...when they see that they have formed a loving relationship, feel ready for sex, and understand how to use contraception responsibly."

Statistics suggest that few American teenagers are ready to pursue their sex lives in the family home. American teens rely on their peers rather than on their parents for sexual guidance.

Many American parents are blissfully unaware of their teens' actual sexual behavior. In a recent study of 700 teens in Philadelphia, three-fifths of the boys and girls acknowledged being sexually active, but only one-third of their parents were aware of it.

Incidentally, none of the surveys reveal how many teens are emulating St. Augustine by praying for chastity.

Write Dr. Yvonne Fournier, Fournier Learning Strategies Inc., 5900 Poplar, Memphis, TN 38119.

E-mail her at drfournier@hfhw.net.

Contact

David Yount's new book is "How the Quakers Invented America" (Rowman & Littlefield).

He answers readers at P.O. Box 2758, Woodbridge, VA 22195 and dyount@erols.com.

Corner Drugs & Compounding Center

Specializing in Customized Hormone Therapy (Natural Hormones)

Are you searching for an alternative to synthetic hormones? Are you suffering from the effects of menopause, pre-menopause or PMS? Are you still feeling run down even while taking synthetic hormones?

Are you feeling **depressed, irritable, anxious, having sugar cravings, irregular menstrual cycles, water retention, decreased sex drive, can't sleep, hot flashes, vaginal dryness, memory loss, weight gain, or thinning skin, hair and nails?**

These may be signs that your hormones are out of balance. With the help of your physician, we can customize hormone therapy to what your body naturally needs. Call us or come by for a consultation.

(706) 695-0444

430 N. 3rd Avenue • Chatsworth, GA



Check out the latest interior color trends

by Rosemary Sadez Friedmann

HGTV

Economic extremes call for color extremes. Check the predictions for colors at Color Marketing Group. This group has been predicting color trends with remarkable accuracy for over 45 years so I would say they can be quoted. The CMG forecasts color trends up to three years into the future for its members, many of whom need to plan ahead for products and materials. So what is CMG predicting for this fall and winter?

Opposites attract. Ecological concerns mean fabrics are made with less dye, which gives them a vintage look. That's one side of the opposites. Bright, ethnic colors such as sunny yellows, true turquoises and warm oranges are also popular so that is the other side of the opposites. How do these two, seemingly polar colorizations mix? Jamie Stephens, executive director of CMG gives an example. "We are drawn to old-culture decor — a Tuscan farmhouse kitchen — but we want state-of-the-art appliances in that kitchen. So we are drawn to both vintage hues and new bright colors," she said.

Look for lots of special effects this season with patterns and textures. You will see black-on-black beading, stitching or embossing and you will also see bright metallics with a matte graphic overlay.



Red-based purple is back.

Purple is back! And it has moved from a blue-based lavender to a red-based purple — almost a raspberry color. There is a convergence of red and purple that is high-energy.

Reds and oranges are taking leading roles. Blue-based red in a sophisticated and complex shade is in. Remember the Summer Olympics in Beijing? The popularity of the Olympics brings us a passion for orange red. And intense lipstick berry red with a touch of orange is being used as a great accent color.

Gray has shifted from metallics to fabrics to paint to home products. If you're going for gray, keep that lilac idea in mind and opt for a lilacy gray. A truly classic gray, with no undertones is in vogue also for the season. And silver with blue undertones works too. So gray is in and you decide whether it should have a lilac undertone, a blue undertone or straight gray. Gray is a good color.

Green has been the most used color in the last few years since environmentalism has been so popular. The new greens are moving toward shades that are grayer and bluer. That vintage look again. That graying look again.

Soft blues are gaining momentum. Pale blues, spirited blues and inky navy blues will be seen this season. Are you daring enough to buy appliances in blue? A bold, new European-influenced blue is now available in laundry room and kitchen appliances.

If you want more information, check out www.colormarketing.org.

Rosemary Sadez Friedmann, an interior designer in Naples, Fla., is author of "Mystery of Color," available at Barnes & Noble Booksellers and Amazon.com. For design inquiries, write to Rosemary at DsgnQuest@aol.com.



Pals is Green!

Why use Pals instead of washing your car at home?

Suburban water use is a leading cause of water pollution of rivers and lakes*. Residential driveways and streets are inundated with oils and metals from cars and trucks. Carwashing flushes these elements along with detergents and chemicals into our waterways.

* EPA

Think HDTV is cool?

Just watch what happens when MRI goes high-def.



Gordon Hospital's new HD MRI is here.

High Definition Magnetic Resonance Imaging is the most advanced MRI technology available. And now it's available right here in our community — at Gordon Hospital. Much like HDTV, HD MRI gives physicians a clearer, more highly defined image of problem areas, which can lead to a more accurate diagnosis. We even

have on-staff specialists who allow us to take full advantage of this new technology.

To learn more about our new HD MRI, call Gordon Hospital at [706.602.7800](tel:706.602.7800).

It's one more way we're here for you.



Gordon Hospital

FOUNDED ON FAITH. FOCUSED ON FAMILY.