

◆ INTRIGUING ◆ EMPOWERING ◆ ENTERTAINING

BELLA

MAGAZINE

MARCH 2011

A [♪]GET TOGETHER[♪] WITH
CONNIE & JESSE COLIN YOUNG



AIKEN'S TRIPLE CROWN
WHAT TO WEAR

BLOWING IN THE WIND
KITES AND WIND CHIMES

DOGS:

THErapy, FITNESS, PORTRAITS,
FIRST AID AND PET TRUSTS





the Box Calendar

March

1. Sing!
2. Write a romantic note
3. Change the CD's in your car
4. Tape a quote to your bathroom mirror, memorize it
5. Listen-really listen- to the the message in your worship service
6. Dredge up your favorite childhood memory; repeat it for your child
7. Bake Cookies
8. Stroll around our yard for signs of spring

9. Sharpen your knives
10. Skip television
11. Reach out to a friend in need
13. Pick up a new magazine
14. Hide some money for a rainy day
15. Read about horses
16. Make a decision you've been postponing
17. Wear green!
18. Journal
19. Sit with your sweetheart under the full moon
20. Sing a lullaby
21. Look though your high school yearbook
22. Clean your telephones
23. Watch the sun rise
24. Make a to-do list for a rainy day
25. Polish your silver jewelry
26. Enjoy your friends
27. Use the good china
28. Make a resolution for a day. Keep it.
29. Volunteer
30. Work on your taxes
31. Drink more water

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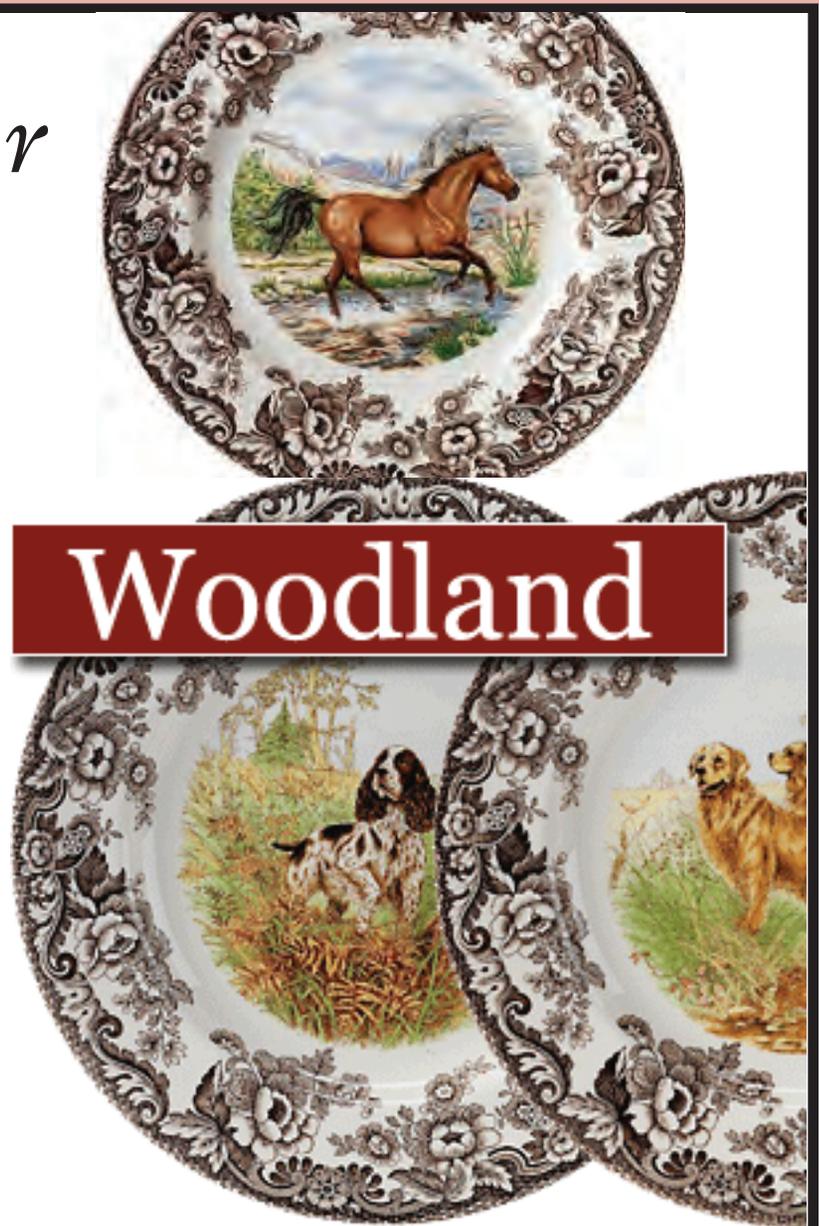


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St. Patrick: From Slave to Missionary

Born to wealthy parents in England, young Patrick was not particularly religious even though his father was a deacon in the Christian Church. His life did an about-

face when Irish raiders attacked his family's estate and kidnapped the lad. He was sold as a slave to a Druid priest chieftain named Milchu.

Patrick labored as a shepherd in the dangerous hills of Ireland. Frightened and forsaken, he turned to prayer as a way to cope and became a passionate Christian.

In his writings Patrick said God told him to escape his captor, so he tramped over 200 miles to the Irish coast. After his return home, Patrick heard a second voice telling him to someday return to Ireland as a missionary. He trained and

studied for more than fifteen years, then was ordained as a priest and sent back to the land of his enslavement.

Since Patrick knew the customs and language of the Irish, he chose to incorporate their traditions into Christian faith banishing circle was Irish symbol. He the cross more natural to them, the Celtic Irish honored their fire, so bonfires created their fire, so bonfires Easter. He used the three-leaf shamrock to explain the concept of the Holy Trinity.



It is believed St. Patrick died March 17, approximately 493 AD. He worked relentlessly to convert the Irish to Christianity, and is remembered in Ireland and by her emigrants around the world.



Happy St. Patrick's Day, From BELLA!



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BELLA MAGAZINE WILL RUN ANNOUNCEMENTS FOR FREE FOR NON-PROFIT ORGANIZATIONS, COMMUNITY EVENTS, AND BELLA ADVERTISERS. SPACE MAY BE LIMITED. UNTIL MARCH, WHEN A NEW EMAIL ADDRESS WILL BE IN PLACE, READERS ARE ASKED TO EMAIL EVENT INFORMATION TO: BELLABUZZ@AIKENBELLAMAGAZINE.COM AT LEAST 3 WEEKS IN ADVANCE.

March

Calendar

EVENTS

Downtown Aiken

March 3-5 Spring Sidewalk Sale

March 4, 11, 18, 25, and every Friday, 10 a.m. Free yoga classes at Just Breathe, 116 Pendleton St. SW. Participants are asked to bring their own mat and personal items (shampoo, deodorant, etc.) to benefit The Cumbee Center. 803/ 648-8048.

March 5 Aiken Woman's Club *Sweets, Savories, Tea, and Style*, St. John's Methodist Church, 1 p.m., \$25. Call 648-5217 for tickets.

March 5 One-day introductory watercolor workshop by Nanette Langner, 10-4 p.m., Aiken Center for the Arts

March 10 Mid-Day Music & Lunch Concert by the Students of the Juilliard School of Music, 12 noon, First Presbyterian Church, 224 Barnwell Ave.,

NW. Free. Reserve lunch for \$8.50 by calling 648-2662.

March 10 Red Cross Dog First Aid Class, 1314 Pine Log Road, 6-8 p.m. Call 641-4152 for registration information.

March 12 Fused glass bowl workshop at Aiken Center for the Arts by Charleston glass artist Mike Hiester, 10-12 noon. Call 641-9094 to register.

March 18 Aiken Preparatory School "Prep Fest", "619 Barnwell Ave., 5 p.m. to 11 p.m., Aiken Prep soccer field. Call 648-3223, 648-8048 or 645-1904 for tickets. [For detailed information, see Connie and Jesse Colin Young article.]

March 27 Phoenix Rising Yoga Therapy workshop with Kevin Sharpe, 2-5 p.m., at Just Breathe Studio. Registration: 648-8048.

March 19-20 Yogafit Teacher Training, Level 1, Just Breathe Studio, 8 a.m. to 6 p.m., 648-8048 for information and registration.

Aiken County Historical Museum 803/ 642-2015

March 17 The Center for African American History, Art and Culture Art Show. jsaunders@aug.edu for ticket information

March 19 7 to 11 p.m. Beaux Arts Ball to benefit the studio art program at Aiken Prep, \$50. Call 648-3223, 648-8048, or 645-1904 for tickets.

March 20 Piano concert by Bob Gerstenberg, 3 to 5 p.m., \$10 at the door.

March 26 *Rediscovery of Authentic Self* workshop facilitated by Lillian Gaffney, Just Breathe Studio, 2-5 p.m., call 648-8048 for information/registration.

URS Center for the Performing Arts Tickets: 803/ 648-1438

March 1 Aiken Concert Band Concert, 8 p.m.

March 4-5 *Up the Down Staircase*, 8 p.m.

March 7 Juilliard Dance, 7:30 p.m.

March 17-18 *The Passing Zone in Gravity Attacks*, 8 p.m.

March 5 USCA Cultural Series: Anderson & Roe, Piano Duo, 8 p.m., a Juilliard in Aiken concert.

March 9 Juilliard Drama Division Cabaret, 8 p.m.

March 11 Juilliard Artists Showcase Concert, 8 p.m.

March 17 James and Mary Oswald Distinguished Writers Series: Authors Percival Everett and Sue Monk Kidd, 8 p.m. Free, but ticket required

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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March 24 USCA Concert Choir, 7:30 p.m.

USCA Etherredge Center

Tickets: 803/ 641-3305

March 25 Aiken Symphony Guild presents Symphony Augusta: "Mahler's Titan," Maestro Shizuo Kuwahara, Conductor, 8 p.m.

March 30 USCA Jazz Band Concert, 7 p.m.

DuPont Planetarium

Tickets: 803/ 641-3654

March 5, 12, 19, 26 *Mission to Mars*, 7 p.m.

March 5, 12, 19, 26 *Journey into the Living Cell*, 8 p.m.

Miscellaneous Events and Venues

March 4 9 a.m., 10th annual reenactment of the Battle of Broxton Bridge

March 4 Annual AAUW Books N'Things Fair, 9-6 p.m., Target Shopping Center, in former Goody's storefront

March 5 Annual AAUW Books N'Things Fair, 9-2 p.m., Target Shopping Center, in former Goody's storefront

March 5-11 Juilliard in Aiken Week

March 9 Juilliard in Aiken, The Joye Cottage Lawn Concert & Tea, 129 First Ave. SW, 2 p.m., \$45 tickets available at Nandina or www.juilliardinaiken.com Backup venue: Green Boundary Club

March 9 Juilliard Drama Division Cabaret, USCA O'Connell Theater, 471 University Parkway, 8 p.m.

March 9 10th Annual Reenactment of the Battle of Broxton Bridge

March 12 Adult CPR/AED Class, 9-12 p.m., American Red Cross of Aiken County Training Room, 1314 Pine Log Road. Call 641-4152 to register.

March 12 Trash and Treasure Sale sponsored by Women of Woodside, Odell Weeks Center, 9-1 p.m.

March 13-14 4th Annual WOW Cup Charity Golf Tournament, Woodside Country Club and the Reserve Club, open to all golfers with established handicaps. Sponsored by Women of Woodside. Proceeds benefit the Cumbee Center. Email tallman28@gforcecable.com for more information, or call 643-0242.

March 19 Aiken Trials, first jewel of the Triple Crown. Gates open at 10 a.m.,

carriage parade at 1 p.m., post time 2 p.m., Aiken Training Track, 538 Two Notch Rd. See ticket and parking information in Triple Crown article.

March 26 Spring Steeplechase, second jewel of the Triple Crown. Gates open at 10 a.m., post time 1 p.m. Village of Shops opens at 10 a.m., the Guarantor Party at 11 a.m., carriage parade between the first and second race at 1:15 p.m. See ticket and parking information in Triple Crown article.

March 26 *Rediscovery of Authentic Self* journaling workshop with Lillian Gaffney, Just Breathe Studio, 2-5 p.m. \$18 plus one journal as donation. 648-8048.

Augusta

March 12 Symphony of Kitchens Tour to benefit the Augusta Symphony Guild, 10 to 2 p.m. Call 706/ 826-4705 for tickets or www.soaugusta.org

COMING IN APRIL

April 1-3 Annual Aiken Horse Show, begins 9 a.m. daily, at the Horse Show Grounds in the Hitchcock Woods. Admission for Saturday Hunt Breakfast. and Sunday Lunch available in advance only. See AikenHorseShow.org for more info.

April 2 Pacers and Polo, 3rd jewel of the Triple Crown events, gates open at 11 a.m., game begins at 1:30 p.m., Powderhouse Fields. See ticket and parking information in Triple Crown article.

April 4-8 Spring Break Camp at Aiken Center for the Arts, half days and whole days. Call 641-9094 for registration details, or aikencenterforthearts.org.

April 4-10 Masters Week

April 16 Blue Jeans and Black Tie fundraiser at Good Springs Plantation Club House to benefit The Child Advocacy Center. Call 644-5100 for \$45 tickets.

April 27 "Dancing with the Lions" Fashion Show and Luncheon 11:30 a.m., by Mid-Day Lions Club, First Baptist Church Family Center on Chesterfield St., \$30 tickets. Call Margaret Foreman, 649-9352, or Pat Friday, 643-8258.

April 29 Eat, Drink and be "Marry" Annual Hitchcock Healthcare Annual Auction and Dinner Party; royal wedding theme. Call 293-4375 for tickets.

SAVANNAH RIVER SITE TOURS

FOR 2011

There are 27 more public tours of the Savannah River Site scheduled for 2011, hosted by the Department of Energy. Pre-registration online is required. The tours are free of charge.

	Tuesday	Wednesday	Thursday
February		02/16/2011	02/10/2011
March	3/1/2011	3/16/2011	3/24/2011
April	4/12/2011	4/20/2011	4/28/2011
May	5/10/2011	5/25/2011	5/19/2011
June	6/7/2011	6/15/2011	6/23/2011
July	7/12/2011		7/28/2011
August	8/16/2011	8/31/2011	8/4/2011
September	9/20/2011	9/28/2011	9/8/2011
October	10/11/2011	10/26/2011	10/20/2011
November	11/15/2011		
December	12/6/2011		

Those interested in touring the site must register at www5.hanford.gov/srstours/ and provide full names as stated on photo identification for each of the tour members. Social security numbers are required on the day of the tour. Participants are allowed to request up to two tour slots for their party.

Online registration allows the number of people in any party to be selected and will lead to a list of tours dates with approximate available seating and the time of the desired tour date. A second screen requires a point of contact, the full names of all tour members, who must be at least 18 years old, and verification of US citizenship. Confirmation will be sent by email, or if no email address, by US mail.

Tours begin and end at the Center for Hydrogen Research, 301 Gateway Dr., Aiken, SC 29803. Check-in and badging starts at 12:30 p.m. The SRS overview begins at 1 p.m. and the bus tour begins at 1:30 p.m. Tours last approximately 3 ½ hours to 4 hours.

Source: www5.hanford.gov/srstours

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BELLA

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con • tents

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Ciao Bella!



It's March, and it's Spring! The trees are budding out, bushes and shrubs are flowering, and bulbs are popping out of the ground. It must be time for the

met and after they married, Connie coming full circle to Aiken with her husband and children. Jesse reminisced about his days in The Youngbloods and Crosby, Stills, Nash and Young. It was all so interesting, but too much to contain in the March BELLA, so the story will continue in a future issue. As a teaser, I'll say that Jesse gave me an exclusive (every reporter's dream!), but it will have to wait!

March is full of horse events, and BELLA interviewed Larkin Steele to salute her work at the Equine Rescue Farm. What a bonus—she's also a chef and gave BELLA a recipe for The Aiken Historical Cookbook!

This month, courtesy of Anna Dangerfield, we also celebrate our four-footed canine friends, covering the various activities offered for dogs, and conversely, the services they perform for us. Phyllis Maclay treats us to the windy delights of March and a history lesson about St. Patrick. Back again are our columnists, who write to “intrigue, empower, and entertain us”—BELLA's goal every month.

Thank you for reading BELLA. Write to editor@aikenbellamagazine.com and offer your opinion about the changes you see. And visit us on Facebook! We'll be building our

space there to intrigue, empower and entertain you even more!

Kathy Urban Huff, Editor



Our Dog Photo Contest Winner is.....

Gina Bassford's Chihuahua Tina, who won our hearts and also a bag of dog treats. Her chapeau would be a winner at the Steeplechase, if only she could attend! Gina says she is changing Tina's nickname from “Pumpkin” to “Bella” because she won!

Triple Crown!

Not only is it time for the Triple Crown, it's time for every event ever imagined by any Aikenite. The calendar exploded with activities this month. Trying to keep up is a challenge, but after a winter of cold temperatures and damp cold, we are all ready!

BELLA was offered a rare opportunity to interview legendary rock star Jesse Colin Young and his wife, Aiken native Connie Witham Young. Connie is chairing the Prep Fest at Aiken Prep, to celebrate its 95th anniversary. We talked amiably about their lives before they

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rrrrrrrrrrrrrrrrRacy Gracie!

In 2004, Aiken native Grace Howell was the first graduate of Aiken Prep who had gone through all 12 grades in the 95-year-old private school. "It's a great place," she says. "I gained a lot more than an education there," citing the cultural surroundings of one of Aiken's oldest buildings. Grace was one of the first females enrolled at Aiken Prep, the institution having gone co-ed not long before when Aiken Day School merged with Aiken Preparatory School in 1989.

Grace grew interested in her father Bill Howell's hobby of racing when only 8 years old. To illustrate that Aiken Prep builds lesson plans around each student to maximize the learning experience, Grace was allowed to continue her hobby of drag racing even during the school year. "The school came up with creative ways for me to learn while I was gone," she explained.

With her father's encouragement, she joined the Junior Drag Racing League as a young girl and traveled the world competing. She won the league championship in Australia at the age of 13, and in Puerto Rico three times. In 1996 she became the national champion. Still an avid racer, this season will see her in Gainesville, FL to start, then up and down the East Coast and in California at various race tracks.

What exactly is drag racing? It's two cars competing in heats on a quarter-mile straight track designed for the sport. As a junior racer, Grace



routinely raced at 60 mph. Now, however, her car reaches speeds of 160-170 mph in the scant eight seconds it takes from start to finish.

Of course, she wins money and trophies, but "it's

a sport where I'm always learning," she said. "What can I accomplish, how can I go faster? It's also a great group of people. Off the track, most racers will give the shirt off their back to an arch-rival on the field. There's good camaraderie."

When she's at home, Grace is part of Howell Printing, the family-owned business that has been in Aiken and the Howell family since 1867. Prior to that she owned a trendy clothing store downtown called Pink. "I always wanted to open a shop, and I learned so much about business, the ins and outs, more than I could have by just studying about business. I especially enjoyed meeting people." Because she was also still working at the family business, the time split plus racing took a toll on her, and she closed the shop. She is also continuing her studies in Management at USCA.

Grace's plans are to "race indefinitely. I love the competition, and of course it's something I can do with my Dad. It's a great family sport." Is racing at all feminine? "Well, all the suits are all designed for men, so I have to have a custom suit made that includes a firesuit, helmet, shoes, gloves and a neck brace. It's not fashionable but I do get to choose my own colors. So naturally I chose pink!"

HISTORIC AIKEN PREP CELEBRATES 95 YEARS WITH CONCERT AND BALL

One of Aiken's downtown historic properties--Aiken Preparatory School--will celebrate its 95th anniversary this month. Over the weekend of March 18-19, "Prep Fest" will offer activities of all descriptions. Beginning Friday, March 18, at 5 p.m. the soccer field on the Aiken Prep campus at 619 Barnwell Ave. NW will be the scene for entertainment and games prior to the big event: the Jesse Colin Young Concert at 8 p.m. Known for his musical talents in legendary rock group The Youngbloods, Jesse Colin Young is a resident of Aiken.

Admission for family festival seating is

\$10 plus canned goods for the Golden Harvest Food Bank. Those who desire reserved table seating under the tent can make advanced reservations for \$75 each (plus canned goods) by calling 648-3223, 648-8048, or 645-1904.

Another festive event celebrating Aiken Prep's anniversary is The Beaux Arts Ball, to be held Saturday, March 19, at the Aiken County Historical Museum from 7 to 11 p.m. to benefit the school's studio art program. Masquerade ball masks have been designed and created by the art students of Aiken Prep. Tickets to the semi-formal event are \$50 each, available by calling

648-3223, 648-8048, or 645-1904.

Aiken Prep was founded in 1916 by Louise "Lulie" Hitchcock for sons of Winter Colony residents. At first, the school held classes in several different residences along Barnwell Ave. then constructed school buildings and added athletic fields. Exclusively a male school for many years, it became co-educational in 1989 when Aiken Day School merged with Aiken Prep. At that point, grades 4K-3 were added to the traditional 4th through 9th grades then offered, followed later by 10-12th grades.

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A Chat with Connie and Jesse Colin Young, Aiken's Resident Rockers

by Kathy Huff

In 1985, Aiken native Connie Witham was working in Washington, DC—for Senator John Warner of Virginia, as it happens. In her spare time, she was in training for her pilot's license. She was also getting hit on by a powerful...well, that doesn't matter. What does matter is that she held out for love.

So how did it happen that Connie, trained in classical music on the violin, became the girlfriend—and then the wife—of a legendary rock star? One whose song "Get Together," written with and performed by his band The Youngbloods in 1967, became more or less the hippie anthem of the turbulent '60s?

They met at a show in DC.

A mutual friend working in radio knew within minutes of introducing her to Jesse Colin Young they were meant for each other. Connie and Jesse didn't know for sure for quite a while. After two years of a coast-to-coast relationship, Connie flew across the US in her Cessna to see Jesse in California, with the idea of becoming a flight instructor. She soon discovered that if she followed through with instruction "it would be difficult to teach students and also be on the road for six weeks at a time." She chose to be Jesse's "roadie." They married within a year.

The Youngs settled in the country north of San Francisco, an area where Jesse had lived since the '60s. Recounting the story of how The Youngbloods came to California, he remembered, "We were barely making it in New York City in the music world. Our song, 'Get Together' had been released but was not being played on the East Coast. We were booked to play the Avalon Ballroom in San Francisco and when we arrived in May of '67, 'Get Together' was all over the radio! We had a huge following we didn't even know about." So the boys returned to New York, packed up their things and moved west.

"I was never fond of drugs and they were not fond of me," he replied to a question about his new West Coast lifestyle. "We lived in the country. I had a young daughter (Julie), I loved being a dad, I chopped wood and wrote music. It was a beautiful time."

Since the age of 18, Jesse has had a love affair with a motorcycle, a hobby Connie now shares. When he first moved to the Bay area, he discovered that "there's an S-turn every

half-mile," he said. "It's motorcycle heaven." On his rides, he happened upon herds of white



deer, and hundreds of seals on the beach. "They weren't scared of me. It was a dream come true."

Still singing with The Youngbloods, and later touring with Crosby, Stills and Nash and Young, Jesse didn't participate in the antics of the hippies that got all the press at that time. "I'm afraid I missed some of the '60s. I was working too hard," he said.

Jesse did not go to Viet Nam, childhood asthma having kept him out of the draft. But he has vivid memories of those times. "It was a terrible mistake our generation made: not to separate the warriors from the war." He later wrote 'Darkness Darkness,' a song that became popular with Viet Nam veterans in the aftermath of the war. A social activist in his own way, Jesse gave many benefit concerts "to help those vets get the benefits they deserved."

**"It was a terrible mistake
our generation made:
not to separate the war-
riors from the war."**

-Jesse Colin Young on Viet Nam

As a child, Jesse entertained his family by singing Harvard fight songs, but soon grew bored with it when he met and fell in love with rock and roll. Working as a scholarship student at Phillips Andover Academy, he got too many demerits and then "got caught playing guitar." It was a month until graduation, but Jesse was out. His father, a Harvard grad, was heartbro-

ken. At this critical moment in his life, Jesse threw himself into music, eventually formed The Youngbloods, and the rest—as they say—is history. Musical history.

The newlywed Youngs were happy in Northern California. Jesse was active in his music career, but then tragedy befell the couple. Their house Ridgetop burned to the ground in a forest fire, and the only surviving structure was Jesse's studio. "We hosed it down as the fire got closer. We just had to save it," Connie said, painting a desperate picture of their successful fight against the blaze to save Jesse's musical recording masters. "It still smells like smoke in the studio," Jesse reflected.

With a young son, Tristan, at an age to start school, and facing a two-year wait to enroll him at any good school in the Bay area, the Youngs retreated to their small house in Hawaii, purchased as a honeymoon cottage earlier. "It was a gift," they said. "The fire was a gift. Otherwise we never would have moved to Hawaii. We had a small house, but it was only 10 minutes away from the Waldorf Kinderhaus," a school based on an educational system that came from Germany in the early 1900s. "It in-



terweaves the artistic and scholarly disciplines," they said, and proved to be exactly what the Youngs wanted for their son.

They planted coffee on their land and since that time and have become certified organic Kona Coffee farmers. Connie was actively involved in helping the Waldorf school grow and add grades. Jesse aided the effort by giving benefit concerts. However, when Tristan was in 8th grade, Connie grew tired of adding grades and didn't want to think about building a Waldorf high school. The Youngs opted

to move to Aiken. Connie particularly liked the idea of “coming full circle, coming home.” They enrolled Tristan and their daughter Jasmine at Aiken Prep. She herself is considered a graduate of Aiken Prep because she attended and was graduated from Aiken Day School, which merged with the preparatory school in 1989.

Friends with the Bostwick family, they bought the old Hitchcock property and built a house where the venerable Winter Colony founders formerly lived in “Mon Repos,” another house that came to a fiery end years ago. “Full circle again,” Connie mused.

The Youngs have settled into the rhythm of Aiken and their own activities. Although Tristan is now a college student at Emerson College in Boston, the Young tradition is carried on at Aiken Prep by daughter Jasmine, 16.

Currently, Connie is intertwining her love of family and community with her love of education by chairing “Prep Fest,” a celebration of the 95th anniversary of Aiken Prep held on the school’s campus on Barnwell Ave. over the weekend of March 18 and 19. “This is the first annual event,” she explained. The idea was born of her imagining the components of an event that would be a community gathering at the Aiken Prep School grounds benefitting the school and a charity selected by a committee there. “It will be a living, growing event.

We’ll have it every year and involve the whole community. This year we are asking attendees to bring canned goods for the Golden Harvest Food Bank. Next year it will be another local charity, and so on.”

Who’s the headliner for the event? None other than Jesse Colin Young, some musical cronies, and—surprise!—Connie, who has been experimenting with Jesse’s new “jazz meets blues and country” fusion by playing an electric violin. “It’s daunting,” she said, but admits she’s into it.

“It will be a living, growing event. We’ll have it every year and involve the whole community. This year we are asking attendees to bring canned goods for the Golden Harvest Food Bank. Next year it will be another local charity, and so on.”

-Connie Young

No doubt the Aiken Prep concert music will reflect Jesse Colin Young’s philosophy about music: “It’s personal...the lyrics are subjective and the music carries the emotion. Part of that is channeled through me. [To write] I

have to have intense experiences first, then they trigger a song in me.”

Aiken has the rare opportunity to “Get Together” and hear that musical philosophy in concert on the night of March 18. The music in the air will be beautiful, fun, and most certainly Young music, new and old.

For more info on Jesse, to buy coffee, or check the touring schedule, please go to www.jessecolinyoung.com...or become a Facebook Friend.



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Starting Gate Fashions at Triple Crown Events

Aiken's Triple Crown--The Trials, The Steeplechase and Polo—provide three of many Spring occasions to venture out into the Great Outdoors and the warm sunshine after the cold winter months. All are exciting venues, with The Trials kicking off the season.

The starting gate fashion forecast this season will be anything from denim or khaki to splendid tweeds and silk scarves. If there's a chill in the air, colorful suede, leather, or leather-trimmed parkas are often the choice of spectators.

"Marie Claire" featured an entire article in the February issue on the classic Anorak Parka Jacket. Those fashion mavens stated, "The humble Anorak will become one of ready-to-wear's boldest statement pieces come rain or shine. This spring it will arrive in Crayola-colored iterations of the weatherproof coat paired with oxford button-down in a contrasting bright." Last year the trench coat took center stage, and again, there's a return to classic casual only with a more sophisticated twist--just in time for the Aiken Triple Crown. Comfortable flats or boots are the sensible choice to run back and forth from the rail to the 'exercise ring' to see the young thoroughbreds as they warm up for their big race.

Thousands of folk travel from near and far each year to make the pilgrimage to the Steeplechase. The excitement of thundering hooves dashing over hedges alone is enough to bring them back year after year. With so many in attendance, ticket holders admit they only get a glimpse of a horse at this event, which is in competition with the fresh air, sunshine, and tailgating.

Last year, one tailgater was observed serving her favorite beverage with a napkin imprinted, "Horses, What Horses?"

The Steeplechase is the perfect setting for distinctive textured jackets such as raw silks, tweeds, leather, linen, or twin sweater sets in rich neutrals or rainbow sherbets. For those partying under the tent, the choice may be a little more of a 'high tea' ensemble, along with an amazing bonnet to give the Kentucky Derby a run for the money.

The last, but certainly not least, leg of

the Triple Crown is, of course, Polo. Since the 1880s, this classic event has been the oldest and most historic sports attraction in Aiken. The tradition of walking on the playing field between chukkers to replace divots churned up by galloping ponies is true family fun. Don't forget to bring a lawn chair or blanket.

As for the dress? You'll see everything from walking shorts and ball caps to elegant ladies in beautiful mid-calf skirts and magnificent floppy straw hats. It's no wonder the Triple Crown has become one of Aiken's premier events of the season. Whether you choose to attend one or all three, what better reason to get together with friends and family to celebrate the magnificent horse?

Lee Cavanaugh is in her 15th year as a wardrobe consultant with Doncaster, a designer clothing company. She offers personal shopping by appointment in private settings for all wardrobe needs—special occasion, business, and leisure. She has been a frequent contributor to BELLA as a fashion columnist over the past seven years. She and her husband Fred are the parents of two sons. For private wardrobe consultations, call Lee at 803/ 649-1583



Aiken's Triple Crown

There are no more awaited events on Aiken's social calendar than those associated with the Triple Crown. With spring in full flower, thousands of people flock to the Horse District to watch the Aiken Trials, the Spring Steeplechase, Pacers and Polo, and—of course—each other. Each day is a giant festival of social activity centered around Aiken's beloved horses. It's an opportunity to enjoy fresh air and sunshine, picnic fare, and friends. Score your tickets now and shop for your Steeplechase hats to show off with your new clothes. It's Spring! It's Aiken! And it's the Triple Crown!

The Aiken Trials— Saturday, March 19, 2011

The Aiken Trials have been running now for 69 years. The flat races are generally the first time that 2-year-olds are out in public, so to speak, to show their stuff on the race track. There will be six races, including three for juveniles, and two for older horses that need the training to get back into shape for racing. Jockeys are local exercise riders who are in the spotlight for the

day.

Aside from the prizes for winning horses, there will be contests with prizes for Best



Hat and Tailgate Spot, incentives to get into the spirit of things at the track!

What You Need to Know

The Aiken Trials take place at The Aiken Training Track, 538 Two Notch Road. General admission tickets are \$10 in advance, and \$15 at the gate. Parking is \$10 in advance and \$15 at the gate. Tickets are available at Aiken Saddlery, H. Odell Week Activities Center, Allstar Rents, Aiken Training Track, Boots, Bridles & Britches in Aiken and Evans, GA, Anything Goes Gifts in North Augusta, or Tixonline.com, or charge by phone at 803/ 278-4849. For

more information, visit www.aikentraining-track.com.

Schedule

10 a.m. Gates open
1 p.m. Carriage parade
2 p.m. Post time for the first race

The Spring Steeplechase— Saturday, March 26, 2011

The Spring Steeplechase will once again be the centerpiece of the Triple Crown, returning this year for the 45th season. Steeplechase racing features jumps over hedges placed around the track. There will be six races during the afternoon, but socializing starts much earlier in the morning.

What You Need to Know

The Spring Steeplechase takes place at Ford Conger Field, 931 Powderhouse Rd. General admission tickets cost \$10 in advance and \$15 on race day; children 6 and under will be admitted free.

Continued on page 25

Black Cohosh: An Herbal Menopause Recommendation

I am asked frequently about treating Pre Menstrual Syndrome (PMS) and Perimenopause symptoms naturally. (Perimenopause is the season of up to ten years prior to menopause. Menopause actually is the one day 365 days past the last period and after that one day, the woman is said to be post-menopausal). It is during the days prior to menstruation and during the months and years prior to menopause that many uncomfortable side effects of hormone change show up.

The herb that I have seen the most success with in quelling physical and mental discomfort associated with hormone fluctuation is Black Cohosh (*Cimicifuga racemosa*). I am comfortable recommending Black Cohosh because it has been used in Native American cultures (as “Cramp Bark”) for more than 100 years. Even more impressive, it has been used in Chinese medicine for many centuries. Currently, The North American Menopause Society recommends its use in conjunction with other lifestyle changes (such as getting adequate restorative sleep, a healthy plant based diet and learning stress management techniques such as meditative breathing and yoga). The symptoms I’ve seen it benefit include hot flashes, mood and sleep disturbances from night sweats, excessive sweating, palpitations, menstrual cramps, and vaginal and skin dryness. Black Cohosh is most effective when used for six months followed by a 2 week break. Many peri-menopausal women no longer need the herb but if symptoms return during the two week break, another 6 months treatment is recommended.

Standardized Black Cohosh (sold also as the brand name product Remifemin) has potential estrogenic properties and therefore its safety for use during pregnancy and breastfeeding has not been established. Remifemin is one of the most widely used herbs in Europe where it is well-documented as an alternative to HRT (Hormone Replacement Therapy).

As with all herbs, the possibility exists of negative interactions when combined with other herbs and certainly when combined with estrogens. It should not be taken along with hormone replacement, evening primrose oil, ginkgo Biloba or soy supplements (which is not to say that it can’t be taken along with dietary soy). Because of its anti-inflammatory effect, it also shouldn’t be taken along with prescription anticoagulants such as Coumadin or Warfarin. Nor should it be taken by women who take blood pressure medication as it may excessively lower blood pressure in some women.

I recommend 250 to 500 mg standardized Black Cohosh daily.

A licensed Clinical Nutrition Therapist practicing in Aiken, Cyndi Catts, RD, LD, sees clients who desire individualized programs to address weight reduction, metabolism measurement, menopause issues, cholesterol and triglyceride-lowering, blood pressure management, and diabetes management, in addition to eating disorders, anti-inflammation, and cancer prevention. Self-referred patients and medical referrals are welcome. Cyndi can be reached at cattfood@bellsouth.net and 803-642-9360 for appointments.



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Parenting for Modern Families

WHO'S IN CHARGE?

Being in charge of something or someone can be a very empowering feeling. Along with the sense of responsibility this entails, we also experience competence and pride when we know others are listening to us and doing what we say.

Our children are no different; they too love to feel they are in charge of something. Unfortunately for them, there are not many occasions when we can allow this. Depending on their ages, temperament, and maturity levels there are only so many things we can trust them to decide that will keep them and others around them safe and healthy. But as with any skill that we nurture and develop, making our own decisions, being in charge, and living with the consequences takes practice. If our children never have an opportunity to practice this practical and crucial skill, they will be ill prepared for what life brings them.

Before a child can appreciate the opportunity to be in charge, he or she must have experienced many times when the adult was in charge. Unfortunately some of us allow our children to be in charge when the decisions should be made by the adult. How many times have you seen a child in the store get what she wants just because she demands it? How many times have you watched a child demand to watch "one more show" and be allowed to? How many times have you heard a parent lament that his child will only eat cheese noodles?

Who's in charge? Who is paying for the item being whined for? Who can turn off the TV and enforce bedtime? Who is bringing the junk food into the house? These are times when we parents must step up, take a deep breath, and be in charge. We can quietly remove the item from the cart and keep moving; we can enforce bedtime by turning off the TV and picking up the child if necessary; we can refuse to spend our money on junk food so it will not be available.

As you are taking charge, ask your child, "Who's in charge?" He or she will likely respond, "You are." He will not like it, but following our directions does not have to mean our children like it, just that they do it!

Once you have established this consistent and secure parenting role of being in charge, you are ready to surprise your child with the following statement, "You are in charge now. What do you want to do?" Watch your child's face when you say to him, "Who's in charge?" and he has to answer, "You are," or "The teacher is," or "The babysitter is," etc. Then watch his face when an opportunity comes for him to be in charge and you say to him, "You're in charge. What do you want to do? To wear? To read? To play?" She will light up, feeling empowered and you will be giving her the opportunity to make a decision on her own. She will be gaining practice in this essential skill of decision making.

When, then, can a child be in charge? If we parents determine their diets, their schedules, their behaviors, what is left? Here are some examples of situations when you can allow a child to make the decision, to be in charge.

1. What toys do you want to take on the road trip Grandma's?
2. Which of these dresses do you want to wear tomorrow?

3. Which of these quiet activities do you want to do today while the baby is napping?

4. Do you want to take your bath first or read your bedtime story first?

5. Which of these snacks do you want? (You will have healthy options out for him to choose from.)

Depending on the age of your child, I'm sure you can think of many other situations where your child can be given the reins to be in charge. I know a young mother who lets her child be in charge of what she wears on Saturdays. As you can imagine the imaginative three-year-old comes up with some interesting outfits, but she is getting important practice in making her own decisions in an area in which neither her safety nor her health is jeopardized. She is also a lot more willing to wear what her mother wants her to wear the other six days of the week.

Each time you give your child the choice, say "You're in charge." This way they can internalize the feeling they get when they make their own decisions. They will learn to appreciate that sometimes you allow this and are not always the one in charge. This is empowering to a child and they gain respect both for you and themselves as the one "large and in charge!"



Unfortunately some of us allow our children to be in charge when the decisions should be made by the adult.



Betts Hunter Gatewood is a National Board Certified school counselor with 28 years' experience in elementary and middle school counseling. She holds an EdS degree from USC and has authored or co-authored four books on school counseling strategies and activities. She and her husband are the proud parents of three adult children and have four granddaughters.



Dogs, Dawgs, DOGS!

By Anna Dangerfield

**“No Philosophers so thoroughly comprehend us
As dogs and horses”**

-Herman Melville

Perhaps Herman Melville, the famous author, came to this observation in the 1850s when he supported his family by farming. Or perhaps he was just as intuitive as the animals he wrote about. But to the inhabitants of a city boasting a multimillion-dollar horse industry and a huge population of their barking companions, Aikenites have long known that horses and dogs are valuable and sensitive animals.

Our daily papers are filled with stories of dogs and horses, but lately, there seems to be more of a focus on dogs. Perhaps interest in our canine companions has increased due to the Aiken SPCA's fire and the building of its new facility, or it may be due to Paw Prints, the upcoming local documentary. Another reason may be the awareness of the numerous, modern professional choices available to any industrious dog.

They are now seen as assets in the practices of some marriage and family therapists, psychologists, psychiatrists, and social workers. The use of pet therapy in hospitals, nursing homes and other medical facilities is increasing with awareness of those programs. Even the daily newspaper comic strip Funky Winkerbean recently highlighted veteran Wally's need of a dog for Post Traumatic Stress Disorder.

Special Relationships

Dogs and horses share a special relationship with each other and with the people who love them. Local veterinarian Stephanie Simonson believes that dogs bring companionship and fun energy to both people and horses. “Horses, dogs, and barns all go together,” she says. “Dogs like to roll in the mud and play, and the horses love to watch them. I believe my horses and dogs know they all belong; they're all part of a family. And they communicate with each other.”

While Stephanie works in her barn and the horses are in the pasture, she feels soothed and peaceful to have them and the dogs and cats around. They are good for her mind and soul. “If I am worried, my animals know it and will do something to make me laugh,” she says. “My horse starts playing with my hair, or the dogs will roll around and step on my toe like, ‘You know, Mom, it's okay.’ And I show them affection by playing with them and whispering sweet nothings in their ears, telling them they're a good girl or boy and that I love them. And of course, I give them lots of carrots and apples.”

She also believes in mutual respect, especially with horses. “I pet them and talk with them,” she says. “I believe they know what you say. When I talk to them, they get it.”

Many of Jeannie Heard's former clients have admitted that their horse or dog has been their best counselor ever. And while the horsewoman and licensed professional counselor is not certain what causes the special rela-

tionship between horses and dogs, she believes that it exists. “Could they be connected through the shared relationship with their human friends?” she asks. “Or perhaps is it that horses and dogs unknowingly ascribe to Dr. Carl Rogers' Unconditional Positive Regard theory? In reality, his theory is ‘Be present and pleasant.’ And they are.”

“There's a real bond between people and their dogs,” local artist Louise Mellon agrees. “And the bond between dogs and horses is a natural one.” Louise owns a Corgi and a shelter dog, and three ponies, two Connemaras and one Shetland. Her ponies are wonderful with children and attend their parties when invited. Because of their gentle nature, one of her Connemaras even stood patiently at the Aiken Center for the Arts not long ago and served as a live canvas for 40 or 50 young, budding artists.

“These animals offer unconditional love. Whatever you tell a dog or horse, it goes no farther. And they never roll their eyes and say, ‘Whatever!’”

Jeannie Heard, licensed professional counselor.

Some of her past dogs herded sheep and cattle on her farm, and also were trained to nip at the heels of horses that balked when they were supposed to enter their trailers.



“Dogs can be trained to lead horses and guard them, according to the personality of the horse,” Louise says. “Even now, Ruffie and Cricket run back and forth to me and bark and bark when something strange occurs in the paddock, like the ponies are racing around, or what they ‘think’ is misbehaving.”

“My dogs are well trained, because they know what is expected of them. Dogs respond when they spend a lot of time with their owner, when you show them what is wanted and needed. Some people say my dogs are better trained than children,” she says.

Petfinder.com

Louise found her shelter dog, Cricket, on Petfinder.com (the Aiken SPCA, Molly's Militia, and the Aiken County Animal Shelter are all located there). “On this site, I indicated the attributes and preferences I desired,” she says. “The site helps locate the kind of dog you want, rather than letting you go without one. I searched for a dog I could pick up, one under 30 pounds. I was looking for a sweet dog, short haired (for people with allergies), and one that didn't drool, a friendly sort with long legs so he could put his paws on someone sitting.” She was looking for a dog with the disposition of a pet therapy dog.

Pet Therapy

“Certification procedures are necessary in pet therapy,” says Lois Fair. Lois is an obedience instructor for Jae-Mar-S in Martinez, but makes her home in Aiken. “I teach dog obedience classes to help people get a better relationship with their dog,” she says.

“We are also testers/observers for Therapy Dogs Inc. I do the field observations for the Aiken group. We test dogs for manners, their abil-

ity to walk on a loose lead, and we check to see if they enjoy meeting people. The dog does not require formal training, but we want them to be socially responsible in strange places and make sure they are not fearful and do not bite. With the right temperament, any dog can be a therapy dog.”

After the initial testing in Martinez, they conduct three field observations, two of which are in a medical facility like a hospital or nursing home. Then the owner may register with the national organization and pay a fee. “The good part about this national organization,” Lois says, “is that it provides insurance.” After registration, the dog and its owner make visits alone or in a group.

“I like spending time with my animals. They’re always happy and are filled with joy. They live in the moment and just have fun.”

*-Veterinarian
Stephanie Simonson*

Their Visits

Aiken’s group of pet therapy volunteers numbers about 10, and they visit medical facilities, schools, nursing homes, and birthday parties. “Every other Tuesday, our group visits one nursing home,” Lois says. “Upon invitation, we will take our dogs to schools to teach a dog safety program, teaching kids how to be safe around dogs. Many kids don’t understand dogs, and a lot of older people are not used to dogs living in a house. They come from an era when there was no flea control.”

A Calling

Biz Mann is a member of Therapy Dogs Inc. Her golden retriever, Annie, received puppy training at about six months with Jae-Mar-S at Bone-I-Fide Bakery. Annie received a Canine Good Citizens certificate and recently passed the test to serve in pet therapy. “Among other places, we’ve visited the Wounded Warriors program at Eisenhower Army Medical Center in Augusta,” Biz says. “We see people of all ages there, vets and members of their families. One wounded warrior especially grabbed my heartstrings. He was from Pennsylvania and had not been back in the U. S. too long. Annie walked over and put her head on the edge of his bed, and he rubbed and rubbed her. He was quite enamored with her. We didn’t want to leave him. I think our soldiers befriended a lot of stray dogs in Iraq, and now the soldiers miss those dogs and any they have at home.”

The love of animals runs in her family. Her brother-in-law, Dr. Earl Strimple, is a retired veterinarian who started animal programs in the

Washington, D.C., area such as PAL--People, Animals, Love. Some of his other programs include animals in the prisons and animals with inner city kids.

“I prayed a lot about what God wanted me to do when I retired,” Biz says. “I have a lot of time, and I wanted to do something. I love dogs, and I felt like this is what He wanted me to do. From the very first, even before we got Annie, it was my goal to use my new dog as a therapy dog.”



Betsy Wilson-Mahoney.

“I painted about 30 that first Christmas season, and I have now done over 150.”

While she paints them all year, many portraits are given as gifts at Valentine’s, Christmas, and Mother’s and Father’s Days. She has painted many grand dogs for college students or newlywed children. She asks people to bring in favorite pictures of their dogs. “When they come in to the studio, they tell me their stories and tear up so much, they can’t talk,” she says.

“When I paint dogs,” Betsy says, “it’s easier to satisfy myself and the buyer than if I had painted their children. It’s more forgiving to paint fur on a face than to try and capture the colors and highlights of shadows on human skin.” Pointing to a picture of a Shar Pei, she says, “If I were to paint your grandfather with all of those wrinkles and that grumpy expression, you might be disappointed. But in your Shar Pei, it’s precious. We enjoy the comical looks our pets have, but it’s not the same in the paintings of our people.”



Pet Fitness

And dogs’ health is also important to Dr. Sybil Davis, owner of Aiken Pet Fitness and Rehabilitation. Dr. Davis has been a licensed veterinarian since 1985, and a certified canine rehabilitation practitioner since 2007

She works with dogs that are lame, paralyzed, overweight, and old. Some pets that she rehabs have had knee surgery, such as labs, or back surgery, such as dachshunds. She also works with those who are recovering from an injury or are cross training to get fit. She works with small dogs as well as larger ones who weigh over 100 pounds.

In her hydrotherapy room, Dr. Davis uses underwater treadmills. “The dogs walk in the water,” Dr. Davis says, “and this helps especially the senior dogs who can walk without carrying their weight. We put a vest on them, and the treadmill helps them with gait training.”

Her gym is equipped with a land treadmill, a trampoline and

a rocker board for balance and coordination, and physioballs to help strengthen the back and abdomen. Other types of equipment are in the gym, some of which help increase a dog's range of motion, especially in senior dogs who tend to shuffle. Certain exercises help them to pick up their feet.

On the grounds surrounding the building, Dr. Davis uses obstacles and uneven surfaces to show dogs how to exercise in their own environments, so they don't have to come to a gym.

"Some of the dogs that come here just need to build up their strength for activities of daily living," Dr. Davis says. "They need to be able to go outside, or just stand up so they can eat. If they can't do these things for themselves, it may be the end."

First Aid

Another group in Aiken is doing their part to take care of dogs. Darcy Hammond-Ross, the Health and Safety Coordinator of the Aiken County Chapter of the American Red Cross, says, "We are known for helping to keep residents and their families healthy and safe. Now with Dog First Aid, our guide to preventing, preparing for and responding to emergencies, the Aiken County Red Cross is spreading the word that it can do the same for four-legged loved ones as well. Dog First Aid explains emergency care procedures for dogs in simple terms and is a must-have for pet lovers." Topics covered include sections on breathing and cardiac emergencies, injuries, sudden illnesses, and first aid guidance on caring for nearly 70 canine health conditions.

"We know pet owners enjoy a very special bond with their pets," Darcy Hammond-Ross says. "They're a part of the family."

In Memory of Annabelle

The memory of Annabelle is the inspiration that drives Barbara Sue Brodie to do her part in building the Aiken SPCA's new facility. "I lost my big lab, Annabelle, not long ago," Barbara Sue says. "It ripped my heart out. So I wanted to do something significant for her and to make my heart feel better." Barbara Sue Brodie Needleworks made a donation to the Aiken SPCA to sponsor the bell for the sanctuary, which will ring for adoptions and memorials. A group of Barbara Sue's stitchers will sew a prayer rug, which will be on display in the sanctuary. The names of those who earmark their SPCA donations as to the Barbara Sue Brodie Needleworks program will see their name stitched on the prayer rug. Barbara Sue's other dog, Emma Louise, now keeps up the canine duties at her shop. "People enjoy seeing her here. It's been quite positive," Barbara Sue says. "Her presence makes the shop comfortable and warm, like a spot in your home."

Dogs in Schools

Captain Hall says that the presence of dogs in schools is not always to sniff for drugs. Though the handler can give cues to the dog to begin this process, if the cues are not given, the dogs can walk by lockers or other areas and not stop.

"The dogs are in schools for show and tell," he says. "These visits help increase our positive rapport with kids. They give us the opportunity to talk to the students and help to remove the non-approachable aspect of a police officer. And Sasha and Fox and their handlers all enjoy them."

All of their animals are well treated, but they seek medical attention from Dr. Charlie Timmerman if it is needed. "We have a large investment in these animals as far as money, training, and time, and we want to protect our investment. The health of our animals is very important to us," Captain Hall says.



Police Dogs

Blocks away, Captain of Community Services at the Aiken Department of Public Safety, Wendell Hall, says the City uses dogs in two disciplines. "We share the bloodhounds with the Sheriff's office to use as tracking dogs. They help find lost children or wandering Alzheimer patients."

Narcotics Detection

And the second discipline where they use dogs is in narcotics detection. The two Belgian Malinois they use in this job are trained in North Carolina at a site

that sells dogs to local law enforcement and the federal government. "Our handler is then trained, learning cues from the dogs," Captain Hall says. "The dogs live with the handler and are used to sniff out drugs in homes and cars. We've had great success. One of our older dogs found over one million dollars worth of drugs during his career. These dogs are passive alert dogs. When they detect drugs around a car, they sit, like a bomb dog. You don't want them to jump on the car like you don't want a bomb dog to start digging in the package that may contain a bomb. This sitting gives the officer probable cause to search further."

Canine Consolation

Sylvia Kelly knows the healing therapy the right dog can provide. The consolation of a special one helped her through a sad time. She has always been an animal lover, growing up in Whitehaven, England, where she had ponies and horses and dogs and always liked to ride. Her love of animals led to her volunteering at the Aiken SPCA for over ten years where she exercised dogs, helped raise funds, and co-managed the SPCA thrift store. "At the SPCA there were so many dogs that it broke my heart," she says. "When people came to look at the dogs, they seemed to go past the big boys. 'Please take me,' the big dogs seemed to ask."

While Sylvia has given her heart to many animals, it was her dog Albert who helped her through an especially difficult time. "It was during the time I was mourning Candy, my dog of 16 years," Sylvia says. "We had put her to sleep just that morning, because of cancer. Later in the day, my husband Sam walked in with Albert from the SPCA. He was a Rottweiler cross, a mixed breed. He weighed about 60 pounds, just skin and bones. Someone had found him abandoned, with badly ripped pads. "As I continued to mourn Candy, I cried every day. I talked with Albert, and he never left my side. He lay with his head on my lap. He sensed my unhappiness, my pain and grief. If I sat on a chair, he'd come stand by me and place his head on my lap or shoulder. He was such a comfort. And later, when I was in bed with a bad back, he would come upstairs and lie by my bed all day. Sam had to take him down to eat, then Albert would run back up to be beside me. When Sam traveled, Albert would lie across my doorway and sleep there guarding me. If he barked, I knew someone was there. His hearing was much better than ours, and his sense of smell was better, too. I depended on him."

Herman Melville could not have said it better.

Aiken resident Anna Boylston Dangerfield is a free-lance writer whom readers will recognize from her long association with BELLA Magazine. Her "Reflections" interviews with "Old Aiken" women are classic representations of a lifestyle gone by. In addition, Anna has been published in other secular and religious magazines. She has a BA in English, a BS in Pharmacy, and is a business partner with Leslie Alexander in their new card line for volunteers. She has a precious husband, three handsome sons, two beautiful daughters-in-law, and two perfect grandsons.



American Red Cross
Aiken County Chapter

Free Dog First Aid Class

When: Thursday, March 10th 6:00pm-8:00pm

or

Sunday, April 30th 9:00pm-11:00pm

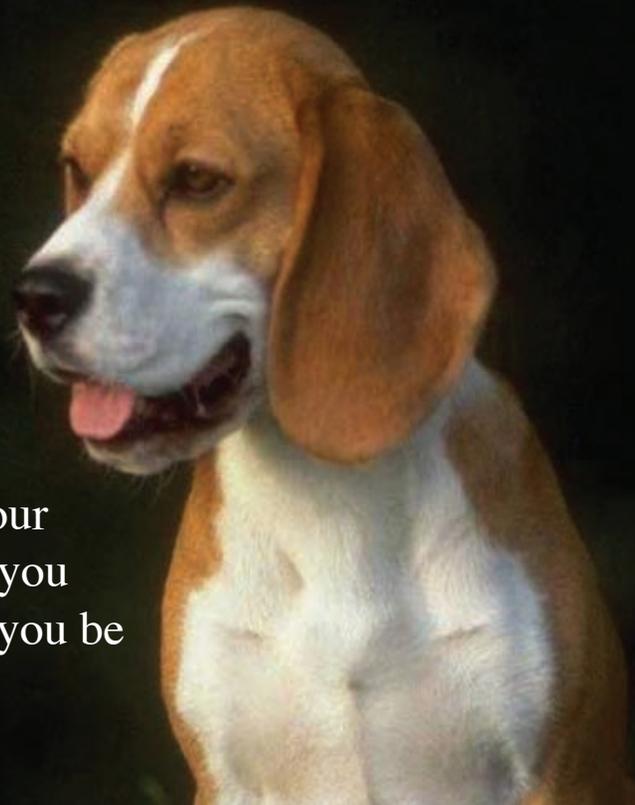
Where: American Red Cross of Aiken County
1314 Pine Log Road Aiken, SC 29803

Cost: Free class for individuals who make a \$100 donation during the month of February.

For more information or to register for a class please call the Red Cross @: (803) 641-4152

Classes will be taught by Vernon Carver, Certified Pet First Aid (Dog and Cat) Instructor and Registered Vet Tech.

“ When your dog needs you most, will you be ready?”



ARTIST JAN FLEETWOOD TAKES ONE DAY AT A TIME

By KATHY URBAN HUFF

Jan Fleetwood was never into art as a child. It took health issues to send her to a canvas and begin an art career that has encompassed jewelry, pocketbooks, belts, and oil painting. And just recently she was asked to enter a design-by-invitation boot competition.

After treatment for some health issues in her early 30s, she inexplicably began to dig up mounds in her front yard to make “monkey grass designs.” When that got out of hand, she turned her attention to some new art supplies and began to paint. With quite an inventory of contemporary art pieces on hand, she approached the chic Nonnah’s Gallery in Columbia about the possibility of marketing her canvases. “Oh, yes, I can sell these,” Nonnah told her. Today, Jan’s work can be seen and purchased here in Aiken at Rose Hill, Prime Steakhouse, and still at Nonnah’s in Columbia.

Her first signature items were red palmettos, but she now paints series with stories. “One of the Beach Boys bought a piece from my series entitled High Maintenance and Complicated Women,” she laughed. She was solicited by the South Carolina Philharmonic to donate two “Painted Violin” paintings as part of a fund raiser for the organization. Featured in a small, sleeved, limited edition book, her paintings are wild with color, one of the hallmarks of Jan’s art. In real life, they are huge in size, measuring about five feet by eight feet.

Before her art career, Jan ran Fleetwood

Studios in Aiken and Augusta, a modeling and finishing school that produced models for



Jan Fleetwood

advertisements, movies, television and runway modeling. “My biggest achievement was the Southeast Modeling Convention,” she said. “Judges were from the big New York City agencies and there were literally hundreds of young

conventions were in various Southern cities, from Augusta and Charleston to Hilton Head to Savannah.

“That was my greatest professional achievement,” she said. “That competition involved so many young girls, and it altered their lives. It taught them confidence,” she added, noting that she had accomplished all of that by the time she was 30. Her daughter April, who lives in Jackson Hole, Wyoming, is her greatest personal achievement, “without a doubt.” She beamed as she described April’s educational achievements, including a fellowship at Clemson and a degree from Emory Law School. “Now she has her own radio show and is the emcee for political debates,” she continued.

Another business endeavor was Jan Fleetwood Designs, a separate company that sold jewelry, belts, and purses across the country. “I employed a number of ladies with that and eventually sold it to a company in Birmingham,” she said.



High energy and very social, Jan is uncharacteristically quiet when queried about her venture into book publishing, except to say she has two more in the works.

She offers advice to young, aspiring artists: “Paint what you want to paint. Don’t allow your art to be a photograph. Let it be a mind graph.” She expanded on that thought to add, “And don’t ever plan on working for anyone else. You can’t grow unless you answer to yourself.”

models paying to compete for runway, photographic, and commercial gigs.” The annual

JAN FLEETWOOD IN A NUTSHELL:

What’s the most daring thing you’ve ever done?

A hot air balloon ride across the Mara Desert in Africa. I landed with a cheetah looking at me.

What is your favorite quote?

“Life is a bowl of cherries; then why are these poor suckers starving to death?” That’s from my favorite movie, Auntie Mame.

What is your favorite book?

The Bible.

What trait do you most admire in other people?

Smiles and a sense of humor, people who understand it’s great to be alive. Quit complaining!



What trait do you most deplore in people?

Conceit.

What historical figure do you most admire?

Jesus Christ.

What’s the most overrated virtue in life?

Money.

What was your favorite superhero as a kid?

Nancy Drew. Oh, I guess she’s not a superhero, but she inspired me!

Who is your favorite real life hero?

My mother, who is coming back from the brink of Alzheimer’s.

What characteristic do you most appreciate in men or women?

Integrity.

If you could do it again, what would you do?

I’d be a medical researcher or an archaeologist.

Where do you see yourself in five years?

I don’t have a clue. I take it day by day.

Who Will Care for Your Pet When You're Gone?

By Kathy Huff

If there are no dogs in heaven, then when I die I want to go where they went.

— Will Rogers, American Humorist

More than 75% of American families own a dog, and 50% own a cat, according to a 2009 survey. They spent \$45.4 billion to care for them. In actual numbers, then, Americans care for more than 225 million dogs, and 150 million cats. And those are just the figures for dogs and cats – not horses, birds, gerbils, snakes, hamsters, and the myriad other animals that qualify as pets.

The greatness of a Nation and its moral progress can be judged by the way its animals are treated.

— Mahatma Gandhi, Indian Philosopher, Lawyer, Teacher, and Non-Violence Advocate

Because of our country's love affair with pets, it is now legal in 40 states to set up a Pet Trust to care for animals after the death of their owner; South Carolina is one of those states. Local attorney Arthur "Buzz" Rich often draws up the documents to protect and care for pets to give peace of mind to owners whose life spans might not outlast that of their pet. "If pets are important to us, we owe it to them to do what they cannot –

insure their well being when we are gone," Buzz said.

"A Pet Trust is a legal document that appoints a caregiver, and an alternate caregiver, and also a trustee to monitor the caregiver. The money is protected to ensure it lasts for the lifetime of



the pet," he continued. In addition, the money in the Trust can be set up to go to a family member or charity when the pet dies, and the Trust can detail directions regarding health care, exercise, diet, preferred veterinarian, and burial.

A dog is the only thing on earth that loves you more than he loves himself.

—Josh Billings, American Humorist.

Before the advent of Pet Trusts, many pet owners left instructions in their wills about their pets, but their wishes were often disregarded by the court because legally, a pet is considered to be not a person, but property. A pet cannot hold title to property or receive a provisional trust because of this legality, which often left the care of the pet in limbo. In fact, bequests to a pet can be considered excessive, as in the case of Leona Helmsley, who left \$12 million to her dog, Trouble. Also, under tax law, gifts to pets are not charitable donations (unless made to a non-profit shelter or the like).

In the Pet Trust, Rich explains, the owner should take into account the temperament of the potential caregiver and whether there are animals in the caregiver's home that might not get along with the pet. The caregiver should have experience with pets, especially the type to be cared for, and should not be allergic to the pet. The caregiver should also be financially stable, with no social assistance that could be threatened by the Trust.

If you pick up a starving dog and make him prosperous, he will not bite you. This is the principal difference between a dog and a man.

—Mark Twain, American Humorist and Novelist

Source for information in this article: Attorney Arthur W. "Buzz" Rich, 205 Barnwell Ave. NW, Aiken, SC 29801, buzz205@bellsouth.net, 803/ 649-3923.

*Mac and Charlie are Border Collie Rescue Dogs.

Pet Fun Facts!

- 40% of Americans carry pictures of their pets in their wallets.
- The majority of cats and dogs sleep in homes, many in their owner's bed.
- 98% of owners talk to their pets.
- Shared custody of pets is common in divorces.
- 20% of Americans change their romantic relationships due to arguments over pets.

— In a recent survey, the majority of pet owners, when asked if they were stranded on a desert island, with whom would they want to be, picked their pet instead of their spouse.

Outside of a dog, a book is a man's best friend. Inside of a dog, it is too dark to read.

— Groucho Marx, American Film Star and Comedian

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Beautiful Wines, Great Spirits!

Heard it through the grapevine...

by Missie Boisvert

Stir UP Cups

I love my Aiken. There is no more beautiful place in the springtime than Aiken, South Carolina. Aikenites and visitors alike are fortunate to have Aiken's Triple Crown events to attend and enjoy this time of the year. From the Trials, to Steeplechase and the third leg, USCAiken's Pacers Polo Match, all three are a time of celebration, excitement and camaraderie. They are a time for tempting, tented and/or tailgated parties. And what would a party be without special drinks to bring along? What better way to begin a sporting day in Aiken than with a Bloody Mary, a Mimosa or a Pimm's Cup?

The Bloody Mary has been around since the 1920's and is used as an early morning "pick-me-up." The base for this cocktail is most always vodka and tomato juice. Other additions could be Worcestershire sauce, horseradish, Tabasco, jalapeño pepper sauce, lemon juice, salt, pepper (cayenne or black) and garnishes that range from celery, olives, lemon or lime slices, pickled carrots or green beans, to a plain dill pickle. For a different twist, you might want to try Bacardi Limón, a citrus-flavored rum, instead of vodka. Whether you decide to be traditional with vodka or adventurous with rum, the best recommendation I can give for the easiest and yummiest

Bloody Mary...make it simple and use Zing Zang Bloody Mary Mix. It is just the best.

The Mimosa cocktail is pretty simple: Half orange juice and half champagne or sparkling wine. Its origin is from the Paris Ritz Hotel pre-20th century. However, there is some controversy surrounding it because a similar drink, called "Buck's Fizz" was being served at another Parisian watering hole. As the story goes the Ritz bartender named the drink Mimosa because the very word mimosa is defined by "mimicking the movement of an animal by moving leaves." I think he gave himself away. Don't you?

If you decide to serve Mimosas, I would recommend using a sparkling wine like Cava Cristalino. This effervescent brut (dry) from Spain is lovely even if you decide to leave out the orange juice and it is a great bargain to boot.

I've saved the best for last with Pimm's Cup No.1. This refreshing gin and herb based liqueur was invented in 1823 by Englishman James Pimm. There have been as many as six Pimm's Cups made over the years with different liquors as their base. Most of the cups are no longer in production except for No. 1, No.3 and No.6; the

most popular being the original No.1. It makes an invigorating number of drinks by adding lemonade and lots of fruits and veggies such as oranges, lemons, strawberries, apples, cucumber and herbs such as mint. Other recipes call for the adding together additional liquors, champagne, ginger ale, etc. Don't these descriptions just spell Spring? In fact, we will be glad to give you recipe cards with each purchase of Pimm's Cup detailing eight unique and delicious recipes for your next springtime event. Cheers!

Elissa "Missie" Bowman Boisvert is the proprietor of Palmetto Package & Fine Wine Shop at 230 Park Avenue in historic downtown Aiken. Upon returning home to Aiken, she purchased Palmetto Package in 2002, and developed a great wine selection. She works every year with many charity wine tastings in Aiken and has also taught adult an education wine class at USC-Aiken. She specializes in hands-on, one-on-one service in the comfortable, relaxed atmosphere of her store 803/649-6961.



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Catching the Wave

by Liz Stewart

Successful Strategies for Business

BIG LESSONS FOR SMALL BUSINESS

Recently I had a conversation with a small business owner who complained about how hard it was to run his business. Some days he felt like one of those entertainers – a plate-spinner – who ran back and forth between half a dozen plates delicately balanced on top of spindly poles. The more he talked the more I convinced I became the he was making his job harder than it had to be. He was assuming he had to do everything himself and was re-inventing many processes and systems because he thought he *had* to. He was so busy running his business that he forgot *why* he was in business. So, as a reminder, here are 10 lessons small business managers can adapt from big business.

- 1. Start with an idea that focuses on meeting a need.** Big business constantly researches to maintain the right focus. Smaller businesses need to do the same thing – the ways they do it and the scale just may be different.
- 2. Start small.** Don't put all your eggs in one basket. Big business conducts pilots, trials, and does test marketing before committing extensive resources. Small businesses need to minimize the risks by sampling the marketplace before launching a full-blown marketing effort. Once you have conducted initial research, just get started. Understand that there is always an element of trial and error in every endeavor. Move in the general direction and adjust along the way based on continuous testing.
- 3. Look beyond the initial concept.** See the vision of what more the business could be. Growth is often achieved because of futuristic thinking and the leveraging of current strengths.
- 4. Profit or perish.** If you are not increasing sales and decreasing costs, you lose. Big business always keeps a tight rein on expenses and sets high expectations for revenue production. Small businesses can find keeping this information visible is even easier. Earn something every day. Initially it's not even about how much you make but rather about how you make it. Set up systems and processes to support what needs to happen to generate profit. Focus on spending money on the right things.
- 5. Understand the power of planning.** People do what they are thinking about each day. If long-term goals and plans are not in the face of the small business manager every day, you can get caught up in the day-to-day process of reacting to situations instead of creating the right ones. Planning does not have to be an involved, cumbersome process. It is the process of defining the actions necessary to accomplish the desired vision. A simple checklist will do. Post it in your daily calendar or planner or even keep in on your computer.
- 6. Use the magic of marketing.** Marketing is the global approach to building awareness of your business, creating a need for your product and inspiring action on the part of the customer. Build a brand name based on dependability, quality and consistency. Build trust and credibility. Be realistic about what you can deliver – being dependable and punctual establishes a basis for trust and confidence. Branding is basically a strategy to develop consumer trust. Focus on attracting new customers every day. Proportionately, big business spends much more on marketing than small business does. Even smaller businesses should invest in research, secret shopping, competitive assessment and advertising.
- 7. It's all about people.** We often say that employees are our most important resource but setting up systems that actually support, recognize, and reward that sentiment is key to success. Actually employees are the most valuable assets the business has. Well-chosen, well-trained and well-treated employees will communicate their sense of pride and satisfaction to customers. Choosing the right customers, treating them well and establishing reasonable expectations for service levels and outcomes completes the people picture. Always thank the people you interact with – employees, customers and vendors. Without the right people – customers and employees – success is impossible.
- 8. Develop the right people.** Successful growth involves constant improvement. In order for the business to be successful, individuals must feel successful. Loyalty is built when employees are well trained and developed. They will contribute more to the right outcomes when they feel challenged and involved. Training is one area where small business has not kept up with big business. Effective training does not require a large budget – just creativity. Once you understand what people need to know to be effective, identify who has that information or who else needs that information also and ally yourself with them.

One of the most successful strategies that big business uses is to invest in customized training versus sending people to canned training seminars.

- 9. Create the right relationships.** If a small business has developed a plan, understands its marketing needs, and has the right people, it is ready for the next step – collaboration. The rationale for collaboration is simple – small business cannot do all it needs to do to be successful alone. Allying with others is a logical and often creative step. Collaborative efforts in marketing and training are often simple to arrange. Find others who market non-competitive products to the same market and share expenses in research and secret shopping, advertising and possibly even training.
- 10. Develop a positive culture.** Use all these strategies to create a culture that reflects a profoundly positive belief in the people around you. Regardless of all the systems and processes you create, ultimately success is based on the informal set of rules – the culture – that people live in day to day.

A final word to small business managers – when you feel overwhelmed, take a little time to review your long-range goals, congratulate yourself on your accomplishments for the day, excuse your errors, and make a short list of what you need to do the next day.

Liz will be presenting six Seminars for Success in April and May. Be sure to see her ad on page 12 for more details.



Liz Stewart is president of Stewart and Associates, Inc., a national management and training consulting firm specializing in helping leaders grow successful organizations. Her specialties are in the areas of strategic planning, human resource management systems, management and leadership development training, and executive coaching. Author of "Back To The Basics© In Strategic Planning" and a current book entitled "Leading the Disciplined Organization," Ms. Stewart is the current Past Chair for the Board of Directors of the Aiken Chamber of Commerce, Past President of the Aiken Rotary Club, and is a member of the City of Aiken Planning Commission. Visit www.StewartandAssociates.com and contact Liz at 803-502-0099.

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h, Mischievous March! Whimsical winds tug at jackets and toss hair. Flower buds pop open, teasing us with tidbits of color and tantalizing scents. Birds wing back with songs of spring. The free spirit of this month beckons us to go outdoors and enjoy things like kites and wind chimes and backyard friends.

Tibetans, Balinese, and Chinese hung them in their homes to attract good spirits and drive away evil ones.

Wind chimes can be made of other materials besides metal and wood, and in more shapes than rods or tubes. You can design your own using cookie cutters, silverware, or seashells. They can be hung in gazebos used for meditation or prayer. Gardeners like to hang bamboo chimes from branches for a muted, soft sound. Stained glass and chimes with beads add a splash of color to your porch or yard. If you prefer wind chimes in shapes of birds, butterflies, or other creatures you can arrange a menagerie on your lawn.

Kites: More Than Kids' Play

Charlie Brown couldn't fly one. They embodied gods. Monarchs, fishermen, and scientists used them.

There's nothing like the tug of the string in your fist and a kite soaring overhead against a shimmering sky to get you out in the spring sunshine. We are not alone with our enchantment of surfing the blustery winds of March.

The Chinese flew kites 2,800 years ago made out of silk and bamboo. No one knows exactly where kites originated, but long ago fishermen of the South Sea Islands attached bait to the tail of a kite with a web skimming the water to catch supper. Polynesians symbolized their god Tane as a kite, and the Chinese and Japanese constructed kites strong enough to hoist spies over enemy territories.

Kites were integrated into Asian traditions. Monarchs of Thailand had their kites flown all winter by monks and priests. Koreans wrote the names and birth dates of male children on their kites. After launch, the lines were severed to fly away, banishing all bad spirits into oblivion.

In 1750, inquiring-minded Benjamin Franklin proposed an experiment of kite-flying in a storm to prove lightning is electricity. No one knows if he did fly his kite, but in 1752 Frenchman Thomas-Francois Dalibard threw caution to the wind (literally) and drew sparks from a cloud with his kite. **DO NOT TRY THIS AT HOME!**

Two of the most important users of kites were the Wright brothers. Using a small kite to prove their aerodynamic theories, they went on to fly gliders as unmanned kites at Kitty Hawk, experiments that enabled their successful flight in 1903.

Kites Around the World Today

Kite Fighting is a popular contest in many countries of Asia. Using tailless kites made of bamboo and paper, fliers snag opponents' kites in hopes of grounding them. In Afghanistan, kite fighters sometimes rub their strings with an abrasive mixture of glue and glass powder to sever other adversaries' strings, which can cause injury to other people. In Pakistan and Afghanistan, kite-flying competitions are held every spring. As depicted in "The Kite Runner," chasing after cut-loose kites and capturing them are part of the festival. Kites and contests are big business in these countries.

The Vietnamese fly tailless kites and attach small flutes so the wind hums haunting melodies as they sail overhead. Malaysians hitch on gourds with slots for a whistling resonance, while bows on the front of kites in Bali resonate a deep pulsing vibration.

Music in the Air

Wind chimes as old as 3000 B.C. have been unearthed in Southeast Asia. By Second Century CE, wind-bells were dangling in corners of Pagodas to scare away evil spirits and birds, both unwanted guests. Feng Shui, the Chinese art of element arrangement for harmony and balance, incorporated wind chimes for good luck. The Japanese,

Feathered Friends

What did the bird say when her house blew down? "Cheep, cheep!" Don't let this happen to your birdhouses. It might surprise you many aren't suitable or safe for our backyard buddies. Never buy a metal house. Summer's temperatures will heat it up and kill nesting birds. Here are more tips on buying birdhouses:

- Find out if it's the right size for the bird you want to attract
- Check for ventilation and drainage holes. This will prevent overheating and drowning of babies
- It should be easy to clean
- It must be constructed of nontoxic materials in case the bird ingests it
- Entrance holes too big will allow in squirrels, mice, or snakes
- Brightly painted houses are pretty but draw attention. It should blend in with its surroundings
- No sharp edges
- If it is too smooth inside, birds might not be able to get out

Location, Location, Location

It's best to use freestanding poles or PVC pipes because most predators find them difficult to climb. If you must attach it to a tree don't use nails. Instead, slip galvanized wire through the vent holes with an attached bungee cord. Make sure the house is secure, you don't want seasick birds. The entrance hole must face slightly downward and away from the prevailing wind. That way the family will stay dry when it rains.

Most birdhouses are placed 5-10 feet above ground, but check to be sure. No pesticides are to be used in the area.

You don't want your houses to be bird buffets for cats or dogs, so a guard protector helps. Nesting birds, fledglings, and roosting birds are extremely vulnerable to predators. Keep your cats and dogs indoors.

Familiarize yourself with their habitat. Bluebird boxes are placed in open areas with scattered trees. Providing birdbaths or dripping water encourages them to move in. Carolina wrens like bushy areas. Purple Martins prefer being near people in a large open space. They like "apartment" houses made of a special aluminum, or clustered gourd houses.

With so much to experience, it's good March is a long month. So watch for the birds, listen to the wind chimes, and good grief-- go fly a kite!

Phyllis Maclay is a free-lance writer living in Aiken. She is the author of *A Bone for the Dog*, the dramatic, chilling story of a father's battle to rescue his daughter. Parents Magazine, Country Woman, and Pacific Press have published her writing. She is also the author of the children's musicals, *What's the Matter with Christmas?* and *Whose Birthday Is It Anyway?*, published by CSS Publishing Co. Phyllis has written feature articles for the Aiken Standard, as well as for the Lancaster, PA, Sunday News. Visit

Equine Rescue and Cooking Balance Larkin Steele's Life

By Kathy Huff

"Tell us if you know of a horse in need," says the brochure. And they do. Equine Rescue of Aiken receives calls with horrific stories about abused horses, neglected horses, or horses no longer wanted. At Haven Hills Farm, located south of Aiken at 532 Glenwood Drive, the rescued horses now graze in fenced paddocks with shelters, nursed back to health by her farm manager, staff, and volunteers. They run up to the fence when visitors approach in the farm's golf cart, especially if they can see or hear their "Mom." She carries treats.

"Mom" is Larkin Steele, who founded Equine Rescue of Aiken in 2005 as a joint venture with her mother. That happened when Larkin asked her, "Want to make a difference?" A series of negative natural events brought Larkin permanently to Aiken from Florida. "Hurricanes," she stated. "After my fourth move in a year due to hurricanes, and my condo destroyed by Hurricane Wilma, I decided to move." The creation of an Equine Rescue program could probably have been predicted about a woman who spent a large part of her childhood bringing home injured wildlife and pets.

Since the inception of the program, 415 horses have been saved, and most of them have been adopted out. They come from near and far, voluntarily and involuntarily. Larkin accepts horses from local animal shelters that stumble across horses in need. Later, when the horses find a "forever home," a portion of the sale money is rebated to the shelters so that the money can help other animals as well. Larkin recently took in nine of the animals displaced by the SPCA shelter fire, and three of the stalls on the property are kept available for County use when feral horses are captured or horses are seized on properties for other reasons. She laments the lack of South Carolina laws to prohibit violators from getting more horses.

Her routine is to tend to the business side of the rescue farm until closing, then she retreats to the pastures to visit her "children." Currently there are only 55 equine residents, a low number, but she said that number will "pick up." Occasionally she receives a call from someone who tells her he's on his way over to drop off a horse. "No, you aren't," she tells them. There are procedures to go through, and each new horse must be placed in the right area and in the right company. "You can't put geriatrics in with youngsters," she explained as an example. She works with veterinarians and other medical personnel to develop a health program for each new addition. "I meditate over them," she said.

Some of her children have cured each other. Blind Buddy is led around by Hollywood ((Larkin's name for an animal movie "actor") who tugs on Buddy's halter to guide him. Buddy also senses the vibrators installed on the fences for the purpose of defining the paddock boundaries. Then there's Jasper who came to the

Equine Rescue Farm very depressed, confused, and hardly breathing. No wonder. He had been sold for \$55 to pay an electric bill. "You could see every bone in his body," Larkin recalled. Jasper's recovery was jump started by acupuncture, but the arrival of Jasmine brought him completely out of his depression.. The two are now inseparable and will live happily ever after on the rolling terrain of Haven Hills Farm because Larkin will not adopt them out.

She pointed out a government-issue mustang 15 years old who came to Haven Hills with a colt whose facial skin had grown over its



baby halter, never removed by the former owner. "When it was removed, it took him three days to realize his mouth wasn't sewn shut," Larkin related.

PMU horses are numerous—horses bred and kept pregnant for their urine, in which lies the critical component of hormone replacement therapy drugs for women. When their usefulness is at an end, they are euthanized. But not if Larkin gets there first.

There is a story about each horse, and Larkin knows them all. Nursing them back to health and finding homes for them to spend out their days in health and peace is all she cares about. "I care a lot about this place," Larkin said. "It's pastoral."

Life wasn't always pastoral for Larkin. Growing up in Manhattan, where her mother

worked for Glamour, she moved to Vermont in her late teens and helped open a restaurant called Philbin and Wife in a farmhouse. A four-star restaurant, it was written up in Gourmet Magazine. "I sous-chefed in the morning, rode horses in the afternoon, and worked the line at night. I learned young how to chef," she said.

After the restaurant sold, she went to Florida where her mother ran the first Lord and Taylor Department Store in Florida. Larkin learned business sense from her mother and became the

assistant to the director of a cooking school in the kitchen store on Worth Ave. in Palm Beach. She began catering after hours. Her cooking credentials? They came by way of the Cordon Bleu through the Sorbonne in Paris.

Eventually she founded a successful aircraft catering business at the Palm Beach airport. However, when the new airport was built, she lost the concession, and it was then she decided to take time off from food. At that juncture in her life, hurricanes played a pivotal role in directing her to Aiken and equine rescue.

In Aiken, Larkin cooks for family and friends. Puttering around in the kitchen creates the groundedness she needs to balance the comedy and tragedy of Equine Rescue work. "In America we can create good quality food fast," she said, apparently musing over her French cooking days.

Her home kitchen is only four-tenths of a mile away from the farm, a mere minute in her trademark blue "Smurfette" SUV. But animals



are never far from her mind. A week after her interview with BELLA, Larkin called to ask if I had inadvertently brought home a gray cat with white sock feet. Had I left my windows down in the car while we toured the farm? No, I answered--sorry, no cat. But Larkin's concern for animals is infectious. I'm still looking for that missing cat.

Equine Rescue of Aiken, Haven Hills Farm:
803.643.1850 Or check out the website @ www.aikenequinerescue.com



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The Aiken Historical Cookbook

By Kathy Urban Huff

At age 19, Larkin Steele was working in the Greenwich Village area of New York City at a restaurant called the Wine Bar. When the weather was warm enough to enjoy chilled soups, she made gazpacho regularly—10-15 gallons a day. Much of the soup was sold to restaurant patrons, but a good portion of it went out the door as take-out and special orders. Her gazpacho was so popular that the restaurant owner asked her for the recipe when she gave notice. She refused to share it and was denied her last paycheck because of it. Now in Aiken, contentedly running the Equine Rescue Farm, she is happy to divulge the recipe for the enjoyment of cooks everywhere. “Everything in this recipe is ‘to taste,’ she said. Gazpacho is one of those recipes that lends itself to personalization. Get creative!”

Bistro Gazpacho

Serves 8-10

3-4 cloves garlic, or to taste

1 each red onion and white onion

4-5 celery stalks

4-5 carrots or ½ bag of baby carrots

1 green pepper

1 cucumber, seedless or best tasting available

1-2 medium to large tomatoes, chopped, or slice cherry tomatoes into thirds

Green olives with pimentos, strained and chopped; use ¾ of the olives and ½ of the pimentos

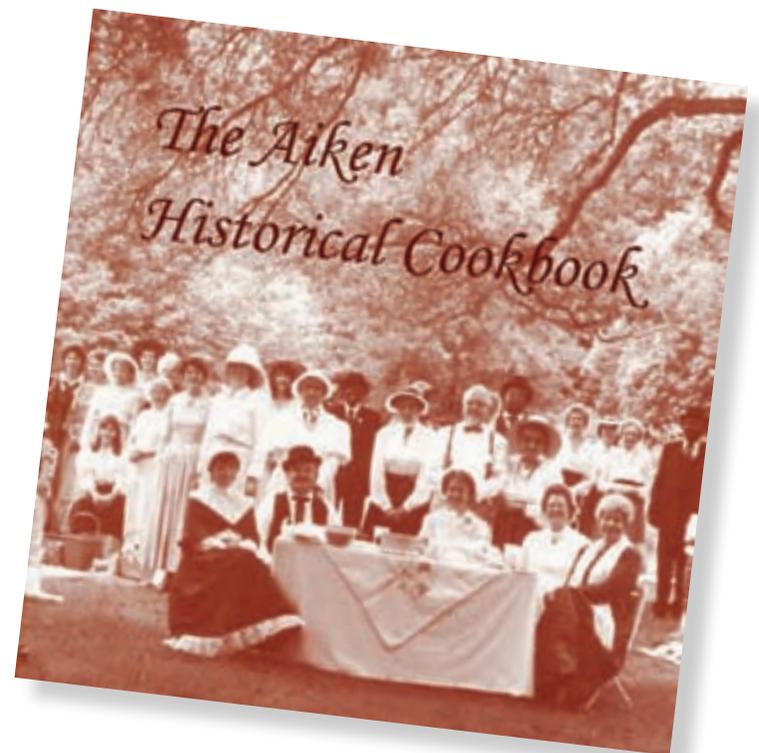
¼ cup extra virgin olive oil

½ cup red wine vinegar, or ½ cup Zesty Italian salad dressing

Fresh Italian parsley, chopped, to taste

2 large cans (46 oz. each) V-8 juice

1 large can Sacramento tomato juice, or equivalent



Prepare all ingredients and pulse them separately in a food processor. You want small pieces, but not paste. Combine all liquid ingredients and stir well. Chill.

For Greek style Gazpacho: use basil and oregano as seasonings, then add feta cheese to each serving.

For Mexican style Gazpacho, use cilantro and jalapeno as seasonings, then offer shredded chicken on the side.

This recipe can be halved, doubled, tripled, or made in whatever proportions desired. It is better if prepared at least one day in advance and stays good for 4-5 days, improving with age.

Larkin Allen Steele

Now a regular feature of BELLA Magazine, *The Aiken Historical Cookbook*, by Kathy Urban Huff, was written for the 175th anniversary of Aiken's founding by charter in 1835. Organized by historical era, the cookbook includes the history of Aiken and 185 recipes contributed by Aiken residents, along with their stories and personal recollections. Copies of the cookbook may be purchased at Tea Garden Gifts, 3 Monkeys, Shake it Off, The Aiken Center for the Arts, The Aiken County Historical Museum, Aiken Office Supply, Material Things, and The Willcox, or by calling 803/ 644-9165. Call Kathy Huff if you have a recipe and story to be considered for this feature.

Journaling: A Metaphorical X-Ray

Journaling: A Metaphorical X-Ray 2011 Donation Journal Project is the name of the project launched by Lillian Gaffney in January to jump start 2011 women into new lives in 2011 through journaling. It is Lillian's hope that these women will find the same level of healing and therapeutic work that she did when she began writing in a blank book 20 years ago. "What was once a saving grace is now my passion," she declared—a passion she shares with others in the form of workshops, healing, coaching and creating art.

The journal donation project began when a friend came to her with the idea of collecting 2011 journals for Lillian to give away to other women in 2011. Through meditation, Lillian felt that she should take on the project, and her friend agreed. "Sometimes it's about taking the steps forward and allowing the process to unfold."

"Journal writing is like an x-ray that reveals what is below the surface," she said. "Once you get the picture, you can become your own physician (metaphorically speaking), and can diagnose and treat yourself. Self-de-

velopment is an ongoing process. This type of work will lead to a more meaningful and fulfilling life."

Lillian gives out journals as she collects them. Recently she gave 20 journals to the Child Advocacy Center and 30 to the Solicitor's Office. Currently, she has 73 on hand to give away and is seeking places and individuals who would benefit from having them. Thus far, 126 journals have been donated to the project. Over the weekend of March 18-19, Books-A-Million will offer journals on sale to support and increase awareness of the project. In addition, Lillian will offer two journal presentations to inspire people to write their thoughts and feelings in journals. "I will give tips on journaling and have the audience do some writing," she said. The presentations are scheduled for 7 p.m. on March 19 and 3 p.m. on March 20.

A full workshop about journaling called "Rediscovery of Authentic Self" will be offered by Lillian at Just Breathe Studio on March 26 from 2-5 p.m. Cost is \$18 plus one journal to donate to the project. To register, call 648-8048.

"Journaling was my life line," Lillian said. "I was crippled with fear and driven with the desire to change." Retreating to her room to write herself "through the darkness," she used her journal to catapult herself into a whole new life. "My journal was my best friend, my confidante, a safe haven for me to release."

Now a creative artist, healing facilitator, coach and speaker, Lillian attributes her positive life to changes that occurred because she was able to delve inside while journaling to find different perspectives on life. Her feelings about journaling were so profound that she began to direct journaling programs and workshops, intent on bringing the same gifts to others that she herself experienced. In all, Lillian has filled 50 journals, many with themes of joy, gratitude, goals, food, travel, healing, and creativity, to name a few.

Gifts of journals to the Journal to Change YOUR Life may be made to Lillian by contacting her for a mailing address through her website, Lilliangaffney.com, and email, Lillian-gaffney.com.

Triple Crown, Continued from Page 11

Tickets are available at :

Aiken Drug, Aiken Saddlery, Anything Goes, Boots, Bridles and Britches, Floyd & Green, Ingate Professional Pharmacy, Lominick Pharmacy, H. Odell Week Activities Center, North Augusta Chamber of Commerce, Plum Pudding, Southern Bank & Trust, Stoplight Deli, and Unique Expressions.

Parking at the field is reserved for Subscribers and Guarantors only; all other parking is off-premise. Guests of Subscribers must have a Subscriber ticket (\$15), available at The Steeplechase office, 538 Two Notch Rd. For more information, call 648-9641 or visit www.aiken-steeplechase.com

Schedule

9:30 a.m. Gates open
10 a.m. Village of Shops opens
11 a.m. Guarantor Party
1 p.m. Post time
1:15 p.m. Carriage parade between the first and second race

Pacers and Polo—April 2, 2011

Pacers and Polo is the event featuring a polo match benefitting the USCA Pacer Club, booster organization for university athletics. Polo is Aiken's oldest equine tradition, dating back to 1882.

What You Need to Know

Pacers and Polo takes place at Powderhouse Fields. Tickets purchased in advance are \$8 for adults and \$5 for children. At the gate, tickets will be \$10 for adults, and \$5 for children. General admission parking is \$5, including a souvenir program. Tickets can be purchased at Aiken Drug, Floyd & Green, USCA Athletic Department, Lominick's Drug Co., or H. Odell Week Activities Center. For more information, call the USCA Athletic Department at 641-3486.

Schedule

11 a.m. Gates open
1 p.m. Polo match begins

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SCENE

Around Town

Aiken Center for the Arts Antique Preview Party

Elke Haas and Robert Horne



Sandi Custodi



Joe Ewing and Nancy Roth



Graham Holiday, Joe and Jill Aulisi



Patty Oakland, Danielle Falk,
Blair and Warren
Koehl



Richard Enk, Mary Alice Powell,
Gene Roach



Sean O'Connor, Frances Browder,
Laurie O'Connor, Leonard Browder



Gracie Waters, Judith Burgess,
Pam Milner



Becky Robbins and Elly Gwyn



The Aiken Camellia Society

Karen, Elana and
Jim Darragh



Betty McCullough, Sandra Heath,
Frances Browder



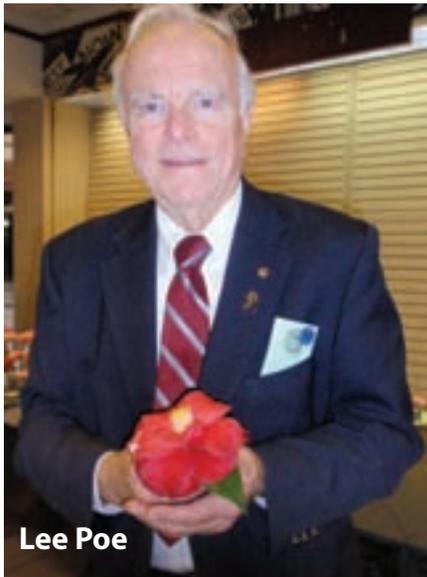
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(before 1900):
Lee Poe

1st Place Most Outdoor
Blooms:
Eddie Mann

Lee Poe



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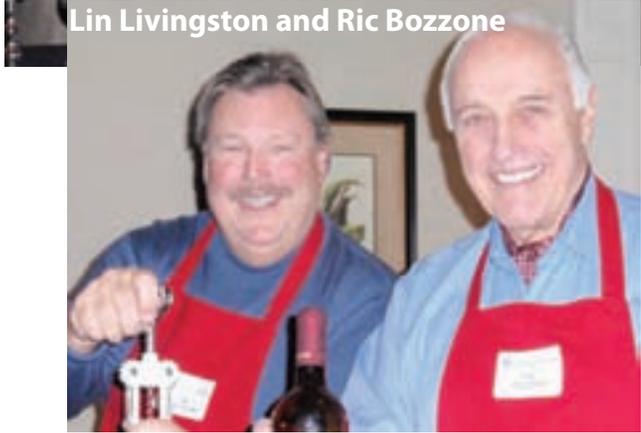


Gary Ceccucci, Bill and Gail Toney, Sandy Ceccucci



Leslie Alexander, Rich Viviano, Blanche Premo-Hopkins

SCENE
Around Town



Lin Livingston and Ric Bozzone



Mike Colatarci, Ernie Squarzini, Sally Colatarci



Sergio Fedelini and Tony Harris



Dick Dewar, Nancy and Don Cerra, Tony Coffaro



Rich and Chef Jeff Viviano

Red Cross Sweet Charity Event



Lindsay Findley, Donna Webb, Kelly and Donna Findley, Gwen Schwallie



Pam Michaud and Barbara Galvin



Linda Walters, Peggy Stover, Betty Jossey, Charlene Gallman



Pam Johnson and Kiki Lemmon



Kristy Umek and Janet Coxon



Laura Witham, Jo Mariea



Betty Merriman and Judy Geddis



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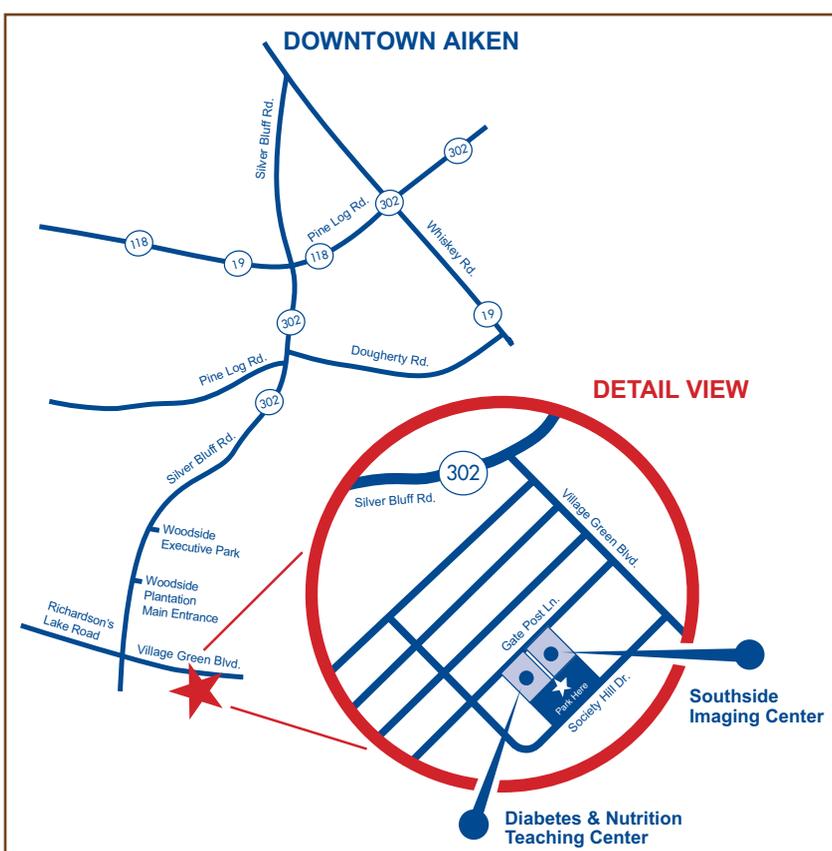
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