



The Zone Archives - January 2005

Sunday, January 30, 2005

This crusader knows no limits

Mandy Flynn

"What do you do?" the elderly stranger asked me as we chatted in line at the checkout.

I guess I couldn't call her a stranger, actually.

I knew she read Good Housekeeping and liked macaroni and cheese from a box and her house smelled like citrus air freshener.

It was all right there in her buggy.

"Ma'am?" I said and she asked me again. "What do you do ... do you work?"

I work from home, I told her, and she nodded. "And I have two children," I added. She nodded again.

"So you're not very busy," she said as she wrote her check. I didn't know what to say. I wanted to argue that being a stay-at-home mother isn't the easiest job in the world, but she waved goodbye and was gone. I loaded my groceries on the moving belt and sighed.

When our second child was born, we decided I'd be the one to stay at home. It was a mutual decision, one made easier considering the fact that my husband didn't know which end of the baby to diaper and which to burp. So while he went off to work each day I stayed behind in my newfound love — stay-at-home-motherdom.

Our son, just 3 years old at the time, spent the better part of each day following me around and asking "Why?"

Why do we need shoes? Why do we burp? Why does the water go down the drain? Why do we have eyelashes? Why does the baby smell? Why are you pulling your hair out, mommy?"

Their father would come home each night with some measurement of his productivity, either talk of an interesting meeting with clients or a new sale. There were days I was just proud both children ate what I thought was a vegetable and that I hadn't fallen asleep in the unwashed laundry pile. I pulled Batman out of the toilet more than once, dislodged Play-Doh from the VCR and learned to make pooty noises with my mouth that made my infant daughter laugh.

All in a day's work.

My husband's distorted view of stay-at-home mothers quickly changed when he realized I wouldn't be wearing high heels and waiting with a martini when he came home. Some days, he was lucky if I'd brushed my teeth.

Now, 7 and a half years later I'm still a stay-at-home mom. Batman has moved on to clog other people's septic systems and both of my children are in school, but I think my days are just as productive.

I'm learning to cook. I keep track of who goes where when and for how long and make sure they get there. I write. I volunteer at school.

Instead of following me around anymore, my now 10-year-old son avoids me altogether when he sees me in the hallway. And when our paths do cross, instead of "Why?" it's usually "Don't" he's professing.

"Don't wave at me in the hall." "Don't hum." And my personal favorite, "Don't swing your arms like that."

My daughter, on the other hand, loves the fact that her classmates call me "Pumpkin Lady" and that I make funny faces when I read aloud to them sometimes on Friday — my proudest moment being once as I settled in the reading chair, the class gathered at my feet to listen, and one little boy announced, "Your feet don't even smell, Miss Mandy!"

So, lady in the grocery store, you're right. Some days I'm not very busy. But most days, I am. Challenges don't always come in a black cape.

And if you want to know what I've accomplished from all my years of staying home, well, I couldn't name it all. But I can still make a pooty face. And I bet if you caught me on a good day, my feet won't even smell.

It's all in a day's work.

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A night to remember

- Make Valentine's Day dinner personal, with homemade invitations, decorations and a feast fit for the king — or queen — of your heart.

Jaime Peck

LBANY — When the thought of those long lines spilling out of restaurants on Valentine's Day makes you want to forget everything red, white and pink, think again.

This Valentine's Day, make your loved one feel extra special with a quiet dinner for two at home. Handmade decorations and invitations can be inexpensive, and showing off your creative side should be enough to make any lover swoon.

Plus, you don't have to spend hundreds of dollars on gifts to woo a loved one. Inexpensive, impressive gifts for both men and women are suggested below, with

prices included.

Candy. Flowers. Teddy bear. Expensive dinner. Valentine's Day doesn't have to be routine.

Make Feb. 14 a night to remember, both in your wallet — and in a lover's eyes.

GIFTS FOR HIM

- Lotto for Lovers (CVS) — \$1.99
- Valentine boxers (CVS) — \$6.99
- Music CD — Nothing says "I love you" like music!

GIFTS FOR HER

- Valentine coupon book (CVS) — 99 cents
- Grow kit — Flowers in a Valentine pot (CVS) — \$5.99
- Necklace (Belk) — \$30 (on sale now for \$15)

SWEET AND SIMPLE TABLE DECORATIONS

- Vinyl lace tablecloth (Rugged Warehouse) — \$3
- Red glass heart-shaped tea candle holders (Big Lots) — \$1.59
- Silk roses with baby's breath (Jo-Ann Fabrics and Crafts) — \$2.50
- Sparkle streamers (CVS) — 99 cents
- Napkins made from fabric purchased at Jo-Ann's (Cut 15-inch squares and hem ... yields six napkins per yard of cloth ... Valentine fabric is now half off regular price). Pattern shown — \$2.99 per yard
- Tea goblets (Dollar General) — \$1 each
- Red ribbon (Jo-Ann's) — 50 cents

ROMANTIC CARD MENU

WHAT YOU NEED

- Gold foil kit
- Small paint brush
- Gold-tipped paint pen
- Poster board
- Colored paper
- Scissors
- Ribbon

Note: A foil kit, which includes adhesive and sealer, is optional. Elmer's Glue can substitute for adhesive. The sealer creates a glossy finish over the gold foil, which is optional.

WHAT YOU DO

1. Draw design. Decide color scheme. Cut each piece of paper to desired size (some smaller than others create a framing effect). Write romantic poem on the smallest piece of cut paper. Glue paper pieces together to create design. Tie ribbon through card. If desired, roll card into scroll and tie with ribbon.

PRICE LIST

- Gold foil kit, \$10.49
- Small paint brush, 39 cents
- Gold-tipped paint pen, \$3.29
- Ribbon, \$3.99
- Poster board, \$1.79

Total: **\$21.35** from Michaels Arts and Crafts including 7 percent sales tax.

Note: If substitutions are used, the price can be cut dramatically.

Made by Gary Grimes

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Raise temperatures with a memorable meal

- Temp your loved one with a aphrodisiac-inducing dinner.

Jaime Peck

ALBANY — Creating the perfect romantic meal menu all starts with perfect planning.

Go easy on garlic or onions, since those foods can add a breath issue to your otherwise perfect night.

Also, you'll want to plan dishes that go well with wine, since few things are more romantic than drinking wine together. Remember that you can always break the "red wine with red meat, white wine with poultry and fish" rule if your lover has a specific wine preference. However, it might be wise to stick with white wine just for this occasion, as red wine can obviously and immediately stain teeth.

Even in low light, purple teeth just aren't that attractive!

If you're not a wine drinker, well-chilled raspberry or strawberry ginger ale served in champagne flutes is an ideal pseudo-champagne.

Keep portions small so your mate won't feel stuffed and fall asleep right after dinner. With that in mind, space out the courses of the meal to breed expectation, suspense — and desire.

Keep candles lit to a smart minimum — too many and you'll feel like you're dining in the middle of an airport runway; too few and you won't be able to see what you're eating!

And, what you're eating — if you use the menu below — will actually get the old libido cranking, since each menu item is chock-full of aphrodisiacs — olives, portabella mushrooms, salmon (and it's pink!), ginger, maple syrup and lots of decadent chocolate.

All recipes are courtesy of chef Robert Meyers-Lussier, author of the cookbook "This is Delicious! What Is It?"

TRI OLIVES WITH FENNEL AND ORANGE

INGREDIENTS:

2 cups Kalamata olives, pitted
 2 cups black olives, pitted
 2 cups green olives, pimento-stuffed
 1/4 cup olive oil
 1/4 cup fresh lemon juice
 1/4 cup fresh orange juice
 2 tablespoons orange peel, grated
 1 tablespoon fennel seed
 1/2 teaspoon crushed red pepper

DIRECTIONS:

Combine all ingredients in a medium non-metal bowl until evenly distributed. Cover in a non-metal container or pour into a gallon-size resealable plastic bag. Chill at least one full day before serving. Stir or shake periodically to distribute flavors.

CHICKEN-ARTICHOKE SPREAD

INGREDIENTS:

14 ounces marinated artichoke hearts, drained
 Nonstick cooking spray
 8 ounces boneless, skinless chicken breast
 1 tablespoon olive oil
 1/2 cup green onions, chopped
 4 cloves garlic, minced
 1 cup plain yogurt
 2 tablespoons mayonnaise
 1/4 cup Parmesan cheese, fresh grated
 2 teaspoon Worcestershire sauce
 3 drops Tabasco sauce
 1 teaspoon paprika

DIRECTIONS:

Preheat oven to 350 degrees. Apply a shallow 1-1/2 quart baking dish with nonstick spray.

Place artichoke hearts in food processor and process only until coarsely chopped. Spoon into a medium mixing bowl and set aside. Coat a baking dish with nonstick cooking spray. Lightly coat chicken

STRAWBERRY TRIFLES

INGREDIENTS:

Marinated strawberries:

1 quart fresh strawberries, halved
 1/3 cup aged balsamic vinegar

Whipped cream:

3 cups heavy cream
 2 teaspoons vanilla extract
 1/4 cup confectioners' sugar

1 (1 pound) fresh pound cake
 1/3 cup amaretto liqueur
 2 amaretto cookies, garnish
 Demerara sugar, garnish

DIRECTIONS:

In a small shallow casserole dish, toss the strawberries with vinegar and let stand at room temperature for 15 to 20 minutes. After the strawberries have marinated, check for sweetness, adding sugar if desired. xxIn a large bowl using an electric mixer, whisk the cream to soft peaks. Add the vanilla and confectioners' sugar. Whip to stiff peaks. Set aside. xxUsing a serrated knife, slice pound cake lengthwise into 1/2-inch thick slices. You will only need 4 slices. Using a 2-inch cookie cutter, cut out circles from each cake slice. Line up 2 highball glasses and place 1 cake circle in the bottom of each. Brush cakes with amaretto liqueur. Add 2 tablespoons of marinated strawberries and spread evenly. Using a different tablespoon, add a large dollop of whipped cream and spread evenly. Add a second layer of cake, pressing down lightly. Brush with amaretto liqueur. Add 2 tablespoons of marinated strawberries and spread evenly. Top with a large dollop of whipped cream, spreading evenly. Use remaining cake, cream and strawberries to create a more humble trifle dish. xxCover trifles with plastic wrap and refrigerate for impromptu indulgence, keeping in mind that it will store for up to 2 days. xxTo serve, remove and discard plastic wrap. Grate amaretto cookie on top and sprinkle with demerara sugar.

breasts with spray, then lightly coat with minced garlic and season very lightly with salt and pepper. Bake at 350 degrees until chicken is fully cooked, about 15 minutes each side, turning over once. Remove chicken from oven and let cool. Once cool, cut chicken into 1-inch pieces.

Add olive oil to medium skillet and medium-high heat. Add onions and garlic. Sauté about 10 minutes. Let cool for 5 minutes. Place chicken and onion mixture in food processor and process until all is just ground, making sure there are no chunks of chicken. The mixture should not be completely smooth. Turn into a large mixing bowl.

Add yogurt, mayonnaise, cheese, Worcestershire and Tabasco to the chicken mixture and mix until well blended. Add artichokes to chicken mixture and stir well. Add salt and pepper to taste.

Spoon mixture into sprayed baking dish. Sprinkle with paprika and cover with aluminum foil.

Bake for 30 minutes or until heated through.

GINGER AND MAPLE-GLAZED ROAST SALMON

INGREDIENTS:

1/2 cup fresh ginger, peeled and grated
 1/2 cup rice vinegar
 1 cup maple syrup, divided
 4 pounds salmon fillets
 12 whole shallots, halved lengthwise
 1 teaspoon salt
 1/2 teaspoon pepper

DIRECTIONS:

Combine ginger, vinegar and 1/2 cup maple syrup in a small mixing bowl. Use an oven proof baking dish or pan that will allow you to place the entire fillets into it without much extra room. Pour liquid ingredients into the dish.

Yield: 2-plus servings.

WHITE CHOCOLATE-DARK CHOCOLATE CHEESECAKE

INGREDIENTS:

Crust:

2 cups chocolate wafer cookies, crushed
 1/2 cup sugar
 10 tablespoons butter, melted

Filling:

2-1/2 pounds cream cheese, softened
 1-1/4 cups sugar
 1/4 cup flour
 1 teaspoon vanilla
 5 large eggs
 2 large egg yolks
 1/4 cup half and half
 8 ounces white chocolate, melted and cooled

Glaze:

1/4 cup light corn syrup
 3 tablespoons water
 2 tablespoons butter
 1 cup semisweet chocolate chips

DIRECTIONS:

For crust: Mix cookie crumbs and sugar in medium bowl. Add melted butter and stir to blend. Press mixture onto the bottom and up the sides of a 9- or 10-inch spring form pan. Refrigerate while preparing filling.

For filling: Using electric mixer, beat cream cheese in large bowl until smooth. Add sugar, flour and vanilla and beat until well blended. Add eggs and yolks, one at a time, beating until just blended after each addition (Too much results in a cracked surface). Stir in half and half; fold in white chocolate.

Pour mixture into crust. Bake for 10 minutes. Lower oven temperature to 300 degrees and bake 60 minutes longer or until filling is set. Turn oven off and let sit in oven an hour longer. Remove from oven. Let cool at room temperature at

Add fish, skin side up, to ginger mixture. With your hands, press the fish in mixture to make sure fish has the full effect of the ginger mixture. Cover and marinate fish in the refrigerator for one hour.

Drain the marinade. Turn the fish over so it is skin-side down. Place shallots, cut sides down, evenly around fish. Sprinkle with salt and pepper. With a pastry brush, baste the fillets with maple syrup.

Bake salmon for 10 minutes. Baste with additional maple syrup. Bake an additional 7 minutes or until fish flakes evenly with a fork. Cut into serving sized pieces and serve with grilled vegetables.

least an hour, then refrigerate until ready to glaze.

For glaze: Stir corn syrup, water and butter in heavy medium saucepan until butter melts. Bring to a boil. Remove from heat and add chocolate. Whisk until melted and smooth. Cool slightly, about 15 minutes. Pour over top of completely cooled cheesecake. Smooth into a pleasant pattern. Refrigerate until ready to serve.

Once ready to serve, wait 15 minutes to soften.

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Albany native rides high

- A Dougherty High School graduate moved to L.A. and discovered there's life after sweet tea.

Jaime Peck

ALBANY — When Doris Weldon moved from Albany to Los Angeles, Calif., a year and a half ago to audition for acting roles, advisers immediately told her to lose her Southern accent.

"I've proved them wrong because they all love my accent out here," said Weldon, 29, via a phone interview from Los Angeles. "I offer to alter my accent for a part, but they end up tailoring the character for my voice."

Weldon found that a little south Georgia honesty was just what Los Angeles needed.

A 1994 Dougherty Comprehensive High School graduate and a 1998 graduate of Valdosta State University with a bachelor of fine arts in speech communications, Weldon always desired to act.

"I did it just so that later on in life, there's no what ifs," Weldon said.

She started off doing work as an extra, but other doors soon opened. Weldon's been a hair model, an application model for BareMinerals of Bare Escentuals Cosmetics and most recently, an old-fashioned show girl on a float in the Rose Parade on Jan. 1.

The 30-foot high float kicked off the Las Vegas Centennial.

"I just thought, 'How lucky am I to be up here?' " Weldon said. "I saw someone in the crowd holding up a sign saying, 'Happy New Year! Go Dawgs!' We weren't supposed to say anything back to the crowd but 'Happy New Year,' but I had to holler out to those people from Georgia!"

Weldon has several other projects under her belt — portraying a character in an upcoming film titled "In Memorium" and a product catalog ad modeling a Fendi bag and an MP3 player. Her acting credits include playing Miss Georgia in "Miss Cast Away," a waitress in "The Last Run" and a mental patient in "Breaking Dawn."

Weldon has been in a music video for Wheat's "I Met a Girl" and will be in an upcoming Terri Clark video.

In March, Weldon will begin filming a science fiction television series called "Dhampyr."

When she's not busy with work, Weldon enjoys the mountains covered with snow surrounding her home in Los Angeles. But while Weldon is loving life in California, she hasn't forgotten her roots — which seem to be coated in red clay.

The biggest adjustment from Georgia to Los Angeles is the caliber of people, Weldon said.

"Folks back home in Albany will say hello to strangers, will look you in the face when they talk to you, will speak to you while you wait in line at the grocery store, will smile for no reason, will ask how your mama is doing if they know you," Weldon said in an e-mail. "Folks here do not. I miss that a lot."

Friendliness aside, Weldon found Los Angeles missing a few other Southern staples — green tomatoes, venison, cornbread, boiled peanuts —and sweet tea.

"I've learned not to order tea in California," Weldon said. "It comes to your table unsweet and hot."

To combat the other missing Southern amenities, Weldon boils her own peanuts and has her parents in Leesburg ship her cornbread mix.

"But, you know, people meet me and learn that I am from the South, and they immediately love the mannerisms that I bring," Weldon said via an e-mail. "I refuse to become L.A. and jaded. And I think folks out here respect that. I've even rubbed off on a few of my friends."

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Looking back

Mary Braswell

Each week, Albany Herald researcher Mary Braswell looks for interesting events, places and people from the past. You can contact her at (229) 888-9371 or e-mail

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1886

Pennsylvania's official celebration of **Groundhog Day** began with a proclamation in the Punxsutawney Spirit by the newspaper's editor. "Today is Groundhog Day and up to the time of going to press the beast has not seen his shadow." According to handler Bill Deeley, a funeral director, the current Phil weighs 15 pounds and thrives on dog food and ice cream in his climate- controlled home at the Punxsutawney Library. On the big day, Phil is placed in a heated burrow before being pulled out at 7:25 a.m. to make his prediction for the coming of an early spring (no shadow) or six more weeks of winter (shadow). Through 2004, Phil has seen his shadow 94 times, not seen his shadow 14 times, with nine years having no record.

1909

The newly built **St. Nicholas Hotel** was touting all its amenities in the classified section of The Albany Herald. Each room had steam heat and hot and cold running water. Rooms with private baths were available. And, as if that weren't enough to draw many tourists and visitors, the elegant new hotel also had electric lights! A large sample room was open to public viewing. The downtown building, located at the corner of Flint and Washington, now houses the Albany Transition Center.

1926

Contracts were issued for 25 homes in the **Eugemar Subdivision** off Slaphey Drive. Plans were announced to begin construction immediately with the first few homes to be ready for occupancy in 90 days. The exteriors varied — wood, brick or stucco — as did the floor plans. All were to be "extremely modern" with water, sewerage and electricity at costs ranging from \$5,000 to \$15,000.

1930

After winning 13 basketball games in a row, the **Albany High Indians** got their first taste of defeat for the season. As the guests of the Tift County Blue Devils, the Indians lost by four points — 36-32.

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While the word is often associated with a hanging, any execution without due process of law is a **lynching**, most often an act carried out by a mob. A black man who confessed to attacking and killing the 14-year-old daughter of a prominent white farmer was taken by force from the custody of the Irwin County sheriff in Ocilla. A crowd of several hundred escorted the prisoner to the place the slain girl was found. He was stabbed and beaten. His body was then burned by the mob. There were no indications from papers published in the days after the killing that any of the mob members were arrested.

1975

The Thronateeska Chapter of the Daughters of the American Revolution awarded Deerfield School senior **John Inman** the chapter's Good Citizenship medal. Inman was active in numerous school clubs and organizations. He had already been accepted to Emory University where he planned to study medicine. And, yes, this is the same Dr. John Inman Jr. that practices medicine in Albany today.

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The Albany Standard Metropolitan Statistical Area (SMSA) dropped from first to second place in its **unemployment rate**. Only the Columbus metro area surpassed Albany's 8.4 percent unemployment with 9.2 percent. Within the SMSA, comprising Dougherty and Lee counties, Dougherty's jobless rate was 8.5 percent while Lee's rate was 6.4 percent. These figures did not yet reflect Firestone Tire and Rubber Co.'s layoff of 140 workers.

1980

Mayor James H. Gray introduced **Eloise Thackston Haley** as Albany's 31st Woman of the Year. Haley was described as a dedicated volunteer in the community, especially in the field of arts. Her dedication to the field earned her the distinction of being the first Albanian named to the Georgia Council for the Arts in 1979.

1984

Two Albany Police Department officers were arrested on charges of **conspiring** to buy and sell marijuana and cocaine. A grand jury indicted the pair on a total of 26 counts of violating the Georgia Controlled Substance Act. The two were immediately fired from the department.

••

The Georgia Senate moved to keep alive legislation that would **equalize the number of jury strikes** given prosecutors and defense attorneys in criminal trials. Obviously the change did not occur as the law remains as it was. Defense attorneys are allowed to strike up to 12 jurors from a potential panel while the prosecution is allowed only six strikes. This same issue is before the 2005 Legislature.

1997

Merry Acres Middle School held its ribbon cutting and open house for its recently completed new wing. The school's \$2.2 million addition featured 11 classrooms, two special education rooms, four science labs, and one art lab.

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Nothing says the South like camellias

James Morgan

Living in the South my entire life, I have noticed that there are a few plants that are very traditional in the landscape such as magnolias, pine trees, roses, maple trees, dogwood trees and of course, camellias.

Camellias have a lot of desirable traits that a gardener would want out of a plant: great shape, form, foliage and flowers.

They also present gardeners with fewer pest problems as well. The most common pest to camellias is the tea scale. They are present this time of year and can be controlled by pruning or applying a systemic insecticide.

Tea scales are found on the underneath of the leaves but can also be attached to stems. They range in color from white to brown or black. As they mature, tea scales develop a hard outer shell that protects them from contact insecticides thus making them hard to control. Symptoms of the tea scales include a yellowing of the upper leaf surface followed by leaf drop and twig die back.

Using systemic insecticides such as dimetoate (Orthene) or acephate (Cygon) can control tea scales during the spring and summer. The plant absorbs the insecticide, which in turn controls feeding insects. However, now is the time to apply miscible oil sprays to control overwintering tea scales. Spray when temperatures are above 40 degrees, but not within 24 hours of a freeze. Read the label carefully before applying oils to camellias.

Large overgrown camellias are difficult to spray and homeowners often neglect them. Eventually scales become a problem. Therefore, in this case the best way to control scales is pruning. In late February, prune the plant back to 12 inches to 24 inches being sure to remove most limbs and all foliage. This will not hurt the plant.

As with any pruning remember to clean your tool between cuts. Dip your pruning tool in a mixture of one part bleach and nine parts water to disinfect the blade. Do not lay the tool on the ground because this will promote the spread of harmful organisms.

Information for this column was gathered from Camellia Culture for Home Gardeners and Timely Tips for the Landscape and Garden.

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