

Lawrence Herald LIFE

Questions? Call the newsroom at 304-526-2788

Thursday, January 14, 2010 3F

WHAT'S UP

■ **Exhibit: "Soul,"** 9 a.m.-9 p.m. Thursdays; 9 a.m.-5 p.m. Saturdays-Sundays; noon-5 p.m. Sundays, May 1-Feb. 28. A 10-month-long exhibition that will showcase the "art and soul" of African American history and culture and offer exhibit goes a studio space where they can create their own artwork to tell their own stories. Call 614-297-2300 or 800-686-6124 or visit www.ohiohistory.org. Ohio Historical Center, Interstate 71 and 17th Avenue, Columbus. Admission: \$8; \$4 youths 6-12; children 5 and under free.

■ **Whiskey River Saloon,** THURSDAY: Beginners line dancing, 7 p.m. SATURDAY: Line dance and dance music. MONDAY: Monday Night Football. TUESDAY: Karaoke with Melinda, 9 p.m. WEDNESDAY: Advance line dancing, 7 p.m. Whiskey River Saloon, The Grandview Hotel, U.S. 52, South Point.

■ **Exhibit: "You Can Get There,"** Monday-Friday, Dec. 17-Jan. 15, in the Dingus Center Art Gallery. Watercolors and costumes by Elizabeth Payne. Ohio University Southern Campus, 1804 Liberty Ave. Ironton.

■ **Pub Quiz,** 7:30 p.m. Thursday, Jan. 14. Hosted by Quizmaster Steve Rodeheffer. Play along for a chance to win the veneration of all present and valuable prizes. Port City Cafe and Pub, 824 Chillicothe St. Portsmouth.

■ **Karaoke,** 9 p.m. Fridays. Port City Cafe and Pub, 824 Chillicothe St. Portsmouth.

■ **2010 Chicago Flower Show Group Departure,** Friday-Sunday, March 5-7. The Ironton in Bloom organization has planned an early spring weekend getaway trip to the acclaimed Chicago Flower Show. The travel package includes nonstop round-trip airfare from Columbus, Ohio, to Chicago Midway, round-trip transportation from Chicago airport to hotel and vice versa, two nights lodging at the Hotel Seneca, general admission to Chicago Flower and Garden Show at the Navy Pier, breakfast at the Seneca on Saturday and Sunday and all current taxes, fees and services of a group escort. Space is limited. For more details or to register, call Carol Allen, 740-532-4495, or Steve Call, 740-550-9540. Registration and money due by Friday, Jan. 15. Visit www.lawrence-countyohio.org/iib. Ironton in Bloom, P.O. Box 4599, Ironton. \$400 per person, double occupancy; single, triple and quad rates are available.

■ **OH+5: An Ohio Border Biennial,** noon-5 p.m. Tuesday-Saturday; 1-5 p.m. Sunday, Jan. 15-Feb. 28. The seventh biennial, all-media, juried art exhibition featuring 46 artists from Ohio, Indiana, Kentucky, Michigan, Pennsylvania and West Virginia. Opening reception from 5-7 p.m. Friday, Jan. 15. Visit www.dairybarn.org. The Dairy Barn Arts Center, 8000 Dairy Lane, Athens.

■ **Third Saturday Open Acoustic Jam Session,** 9 p.m. Saturday, Jan. 16. Get together with other local musicians for a unique musical experience. All skill levels welcome to participate. Port City Cafe and Pub, 824 Chillicothe St. Portsmouth.

■ **Zumba and Line Dancing,** The following classes are offered: Zumba with Jessica, 6:30 p.m. Monday-Friday and 3 p.m. Saturday-Sunday; beginners line dancing, 7 p.m. Thursday; and advance line dancing, 7 p.m. Wednesday. Whiskey River Saloon, The Grandview Hotel, U.S. 52, South Point.

Resolution lands columnist's bank account in hot water

Impulsiveness has never been a good friend of my bank account, but this last battle nearly made them bitter enemies.

It was because of everyone's New Year's resolutions. I didn't make one this year, but every January I seem to get sucked onto the wave of those who committed themselves to getting into shape. I just can't escape it. Although the urge generally wanes substantially by March, I always start out the new year with very good intentions.

I know also from past experience that the sooner I started into some kind of routine exercise, the more I would get



Heidi EVANS

out of it before I forget (three months or so later) about the promise to myself. I had to commit to something. Now.

So I did. Less than half-a-mile from my campus is a small gym. Before even going in, I had pretty much wrapped a ribbon around it. It was so convenient from where I worked, and the Web site promised trainers

who work with clients one-on-one to keep them motivated.

That was especially appealing to me, as when I usually go to the gym, I have no idea what I'm doing and end up drawing from a buffet of exercises in probably very bad form. I wanted someone to tell me exactly what would be good for my body. I have to see results if I'm going to stick with something.

My trainer was great — enthusiastic and toned. She took me through the exercises and not bad, thought I. Thirty minutes of the same workout three times a week sounded easy. Bikini body, here I come! They didn't offer a trial

period, but I was so perfectly pleased with my decision that I signed a contract for one year.

Four days later (the snow had cancelled my other appointments with the gym), I learned that my friends' gym cost much less and had a ton more to offer (Zumba classes! A pool!). Even though it was a little farther away, they would hold me accountable and keep me motivated.

Now, about that one year contract I signed. ...

The receptionist told me that their contract specified that I had three days to cancel after signing. As this was the fourth day, I was locked in to my monthly payments for the

next 11 months. I started to panic. Thirty minutes of the SAME workout THREE times a week? Suddenly it sounded like a prison sentence that I was paying too much money for.

So I begged. I blamed the snow. I blamed my impulsiveness. I blamed their no-trial-period. I flattered: Amazing program — just not for me!

Finally, after three phone conversations, I got the manager to let me out of the deal. They would refund me the down payment and cancel future payments — under one condition. I had to send them a

Please see EVANS/4F

TOOLS of the TRADE



Courtesy of Janet McCormick

columnist Janet McCormick offers her delicious recipe for these exotic Spicy Peanut Butter Shrimp Skewers.

Few quality kitchen gadgets better than a pantry of tools you don't know how to use

As much as I'd like to throw my money at new kitchen tools and gadgets, I've learned to tame my enthusiasm and rethink possible transactions.

Kitchen and pantry space is a precious good in my home and I won't even tell you what I think of cluttered shelves and drawers.

Which means, darn right you can still accomplish your most imaginative meal fit for a king — or

tasty or deliriously delicious. You get the idea.

So, here's my list of must-haves. Feel free to shoot me an e-mail of your favorite, can't-live-without tools and tricks of the trade.

■ I think most kitchen work can be done with two knives, a large santoku knife and a small paring knife. Slice through a tomato with a dull knife and you might be inclined to play a little tennis, using your tomato as the ball.

Please see COOK/4F



Janet McCORMICK

hungry cubs, in my case — without depleting your rainy-day savings.

The right tool can mean the difference between quick or fast and furious, lusciously creamy or loose and lumpy,

One man's mess is another's 'creative' disorganization

I walk by her bedroom and shake my head. How is it possible one person can make such a mess?

Pajama bottoms lie there, one leg inverted while the other leg hangs off the back of her desk chair. Pajama top, one arm inside out, two buttons still clasped at the bottom, is askew on the floor. One pillow on the bed is turned sideways, while another pillow is tilted with one end touching the floor.

The flute case is open and on the floor at foot of the bed. Why is it open, and where is the expensive instrument that belongs inside it? Hair ribbons flow decoratively off the dresser, while a hair elastic dangles from the ribbon. Meanwhile, I observe that her hairbrush is on the floor in front of the dresser, most likely the result of a careless flick of the wrist. Books, papers, pencils add to the floor debris.

"I thought I remembered her cleaning up her room yesterday. What happened in 24 hours?"



Stephanie HILL

This "creative" display of disorganization is not just isolated to her bedroom. No, that is not enough! It must spread down the hall. I trip over one shoe near her bedroom door, while the matching shoe is at the opposite end of the hallway. Socks are found partway between the two shoes.

Coat is in the kitchen, barely clinging to a chair. Lunch box and backpack tossed aside on the dining room table. One, lone straw wrapper from those popular juice pouches is resting on the family room carpet. Three feet away sleeps a yogurt tube wrapper.

Meanwhile, back in her bedroom, my daughter, Madelyn, hums quietly to herself



Courtesy of Stephanie Hill

Columnist Stephanie Hill's daughter, Madelyn, didn't fall far from the tree when it comes to keeping her room tidy. Hill reminisces of the times her own parents spent coaxing her into "tidying up" her own room.

while sitting on the lone bare spot of her bedroom floor, drawing.

Apparently, the state of her bedroom (and the rest of the house, for that matter) is not distracting her thoughts in the least. She appears content

and happy with her bottom between legs that are bent behind her. How on earth does she sit that way?

My mother and father, I feel confident, will smile when they read this. They might even laugh out loud. They

know the "apple did not fall too far from the tree."

I can recall my parents insisting that I "straighten up" my bedroom. I would stomp off angrily, feeling as if my parents simply did not understand that my bedroom was a reflection of all the important thoughts in my head.

I had matters of grave concern to think about: Should I do a science experiment with popping corn or carrot tops? What 45-record did I need to purchase? Which board or card game could I trick my siblings into playing so that I could once again demonstrate my complete gaming dominance? What was going to happen in the next chapter of the current book I was reading?

Then, there were my plans to staple some notebook pages together and write a book. Or, hey, I could get my paint-by-number kit out and finish it. As you can see, I had critical matters to which

Please see HILL/4F