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WOMAN

directory

Volume 3, Issue 12



the

Queen's

closet

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Bring early spring to your home with indoor gardening

(ARA) - Do images of flowering trellises laden with yellow, pink, green and purple blooms dance through your dreams? You may be ready for some warm spring-like temperatures, but the weather outside is still a little frightful. Ignore the weather and bring spring inside with some indoor gardening.

Not only does bringing spring inside help brighten your home, but houseplants can also improve the quality of the air you're breathing. A NASA study found that houseplants remove up to 87 percent of toxic indoor air inside a sealed chamber within 24 hours.

By planting now, while winter is still in the air, you will have vegetables, herbs and flowers primed for transplanting when warmer weather finally arrives. And since they're inside, you can watch the plants as they shoot their little green stems out of the fresh dirt, monitoring them as they grow.

* Use loose potting soil to promote root growth. Outside, worms and insects tunnel through the dirt, naturally breaking it up to help plants spread their roots. To mimic their effect indoors, use potting soil mixed with peat moss, vermiculite and perlite to create a light texture that won't compact after a couple of waterings.

* Make sure the natural light is adequate. Some plants like direct sunlight and must be located near a south-facing window, while others prefer a few hours of indirect light. But to really keep your herbs and flowers looking strong all season long, consider using artificial light like the Grow Light Pro White from Wards.com, which can also help you get your spring garden started early with seedlings. The Grow Light has four lights that can be turned on as a unit or individually, and it has an adjustable bottom shelf so you can alter the light level as your plants grow.

When plants don't get the light they need, they start to appear thin and frail. As your plants begin to grow, make sure to rotate the pots so the stems grow straight, rather than bending unnaturally toward the source of light.

* Keep the humidity level above 50 percent with a humidifier. Not only will your plants appreciate the extra moisture, but so will you. When the humidity drops below 50 percent, most plants suffer from water loss through their leaves, and it's difficult to regain that water balance, even with frequent watering.



* Really bring spring inside your home with beautiful pots and decorating accents. Visit Wards.com to find beautiful and creative birdhouses that not only are functional, but stylish enough to hang inside. Consider hanging a wire birdhouse in the shape of an acorn in the kitchen window, or using a set of two birdhouses as a unique decoration for your entryway.

* Mix art and fun together with some ivy. Ivy topiaries are very easy to grow, and there are many creative planters and forms you can use to support the ivy as it winds its way toward the sun. Are you a music fan? A guitar and music stand with little pots incorporated into the design can help brighten up your living room. Or maybe you prefer a vintage look created by placing a Madeline Dress Form over your vines, allowing them to grow and construct the skirt. Both styles are available at Wards.com.

Courtesy of ARAcontent

I say this every year. I can't believe it is already March! I am still picking up pine needles from my Christmas tree. I LOVE March. Spring begins in March...my husband was born in March...I got married in March...spring break is in March...and my oldest daughter was born in March. I love the smell of spring, especially after a nice rain. Spring in Texas...gotta love it!

As you flip through this months edition, please notice our new advertisers. Some new businesses have come to Abilene, and I think that shows that there is an upswing in the economy. Please be sure to support these businesses and mention that you saw it in the Abilene Woman Directory.

We are very excited to be back on the radio. Tune in every Tuesday and Thursday from 1 p.m. to 2 p.m. CST on www.highvoltagegeradio.com. While listening, you can even chat with The Girls and request songs. If you like what you hear (and we know you will), become a facebook fan - Gabbin' with the Girls with Nan & Erin. Don't worry, if you miss us at that time, you can catch us on www.momtv.com live on Wednesday evenings. Our blog is still being updated twice a week. Become a follower at www.gabbingals.blogspot.com. So, as you can tell, there are lots of ways to keep up with us and the Abilene Woman Directory.



Keep Gabbin' Gigglin' and Grinnin'!
Nan & Erin - Abilene Woman Publishers
nan@abilenewomandirectory.com
erin@abilenewomandirectory.com

Sudoku

9	5	2			
	3		4		
8	2		1	5	7
1				5	
	2		7	9	
	9				6
	9	3	7	4	5
			5		3
			6	2	1



Irish Bread Pudding with Caramel-Whiskey Sauce

Ingredients

1/4 cup light butter, melted
1 (10-ounce) French bread baguette,
cut into 1-inch-thick slices
1/2 cup raisins
1/4 cup Irish whiskey
1 3/4 cups 1% low-fat milk
1 cup sugar
1 tablespoon vanilla extract
1 (12-ounce) can evaporated skim milk
2 large eggs, lightly beaten
Cooking spray
1 tablespoon sugar
1 teaspoon ground cinnamon

Caramel-Whiskey Sauce

Ingredients

1 1/2 cups sugar
2/3 cup water
1/4 cup light butter
2 ounces 1/3-less-fat cream cheese
(Neufchâtel) (about 1/4 cup)
1/4 cup Irish whiskey
1/4 cup 1% low-fat milk

Preparation: Combine sugar and water in a small heavy saucepan over medium-high heat, cook until sugar dissolves, stirring constantly. Cook an additional 15 minutes or until golden (do not stir). Remove from heat. Carefully add butter and cream cheese, stirring constantly with a whisk (mixture will be hot and bubble vigorously). Cool slightly, and stir in whiskey and milk. Note: Substitute 1 tablespoon imitation rum extract and 3 tablespoons water for the Irish whiskey, if desired.



Preparation:

Preheat oven to 350°. Brush melted butter on one side of French bread slices, and place bread, buttered sides up, on a baking sheet. Bake bread at 350° for 10 minutes or until lightly toasted. Cut bread into 1/2-inch cubes, and set aside. Combine raisins and whiskey in a small bowl; cover and let stand 10 minutes or until soft (do not drain). Combine 1% milk and next 4 ingredients (1% milk through eggs) in a large bowl; stir well with a whisk. Add bread cubes and raisin mixture, pressing gently to moisten; let stand 15 minutes. Spoon bread mixture into a 13 x 9-inch baking dish coated with cooking spray. Combine 1 tablespoon sugar and cinnamon; sprinkle over pudding. Bake at 350° for 35 minutes or until set. Serve warm with Caramel-Whiskey Sauce. Note: Substitute 1/4 cup apple juice for the Irish whiskey, if desired.

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A vacation home away from home

(ARA) – Getting away during the spring months is popular for many families, especially families with children in school looking for a break from the spring semester. Visiting relatives, traveling from one sightseeing opportunity to another and cramming the whole crew into a hotel room with tight sleeping quarters and one bathroom is all par for the course, right? Well, it doesn't have to be.

Travelers are jumping on the vacation home rental bandwagon, where they're finding comfortable spaces, just-like-home amenities and a more relaxing experience –



all for about what it costs to book a hotel room. In this tough economy, owners of second homes are increasingly renting out their properties for some extra cash, according to HomeAway, a collection of vacation-rental Web sites. And as the market floods, prices drop to lure renters.

A recent online search of hotels in La Jolla, Calif., a beautiful seaside community that's technically part of San Diego, revealed some hotel rooms starting around \$150 a night. A search for vacation homes returned two bedroom, two bathroom options starting at just over \$100 a night.

Not only do you get more space, you get the luxuries of home, such as a full kitchen, washer/dryer and parking, all of

which are further money-savers. Plus, standard hotel rooms can be pretty boring, rarely lending insight into the destination's character. Vacation rentals are an actual person's home, albeit a second home. And some are even pet-friendly.

Here's how to find a vacation rental that suits your needs:

Where to start: Away.com, a research and travel-planning Web site, offers a comprehensive listing of vacation rentals, including houses and condos, from all over the Web. Find it at away.com/vacationrentals.

Be comfortable: If the thought of renting a vacation home "sight unseen" and directly from the owner is daunting, work with a property management company. Such companies, particularly ones with local offices, know the market well

and might even be able to move you to another property if a problem arises.

Do your homework: Check out online photos and read all property reviews. If you're renting directly from an owner, reach out to them with questions and put a face to the transaction. And the golden rule: Clarify all costs and payment methods upfront. Time invested in the beginning will yield a more enjoyable experience in the end.

Whatever you decide is right for your spring vacation, book it now. As usual, the early bird will get the worm.

Courtesy of ARAcontent

Calendar | March

Mar. 1st-5th Muskegon College Men's Baseball Team Spring Break Baseball HSU, McM, ACU, Cisco College. Call for times and admission. 231-777-0386, Coach Cap Pohlman

Mar. 1st-2nd Abilene Cultural Affairs Council and Celebrity Attractions presents the Best of Broadway "Tuna Does Vegas" The hilarity begins when oddball-conservative radio host Arles Struvie announces on air that he and his wife Bertha Bumiller are heading to Vegas to renew their wedding vows...but everyone in Tuna, Texas goes along for the ride. Abilene Civic Center. 7:30pm. 806-869-1451.

Mar. 4th-6th, 11th-13th, 19th-20th "The Kitchen Witches" Abilene Community Theatre, 801 S. Mockingbird. 7:30pm. 673-6271.

Mar. 4th-8th "Once Upon A Mattress" Dinner Theatre This musical comedy follows the story of Princess Winifred as she is tested to be the bride of one Prince Dauntless. It features well-known songs such as "Shy" and "In A Little While". HSU, Van Ellis Theatre. 670-1405, Box Office.

Mar. 5th-6th UIL Region 2-1A Boys Basketball Tournament ACU, 674-6943/Coach Cook.

Mar. 6th-7th Big Country Home and Garden Expo Abilene Civic Center. 698-4232, Brenda Moore. 676-6211, Civic Center.

Mar. 7th-13th Ranch Management Consultants, Inc. Ranching For Profit School The business school for the livestock industry. Expert instructors will help you find the breakthroughs you've been looking for to increase profit, improve the health of the land, improve the relationships in your business and increase your satisfaction with your ranch. MCM Elegante Suites. 707-429-2292, Judy Katona.

Mar. 8th-10th American Southwest Conference Abilene Classic Baseball Tournament McM & HSU. 793-4651, Coach John Byington

Mar. 8th-10th 15th-Annual Christian University Theatre Festival This festival showcases the talents of various Christian universities featuring productions from the host school HSU and other universities. HSU, Van Ellis Theatre. Call for ticket prices and times. 670-1405, Box@Office.

Mar. 11th ArtWalk Bring the entire family to historic downtown where restaurants, shops, museums, galleries, and entertainment await you! 5-8:30pm. Free. 677-8389, Center for Contemporary Arts

Mar. 11th-12th "The Quest: An Academic Institution Seeks to Honor Native Americans" McM University. 793-4850, Judy Surles

Mar. 12th-14th 52nd-Annual Sweetwater Rattlesnake Round-up Nolan County Coliseum, Sweetwater. 235-5488, Chamber of Commerce

Mar. 13th Chautauqua Learning Series Buffalo Gap Historic Village. 11am to 12:30pm. \$7 per person; Free for members. 572-3365.

Mar. 19th-20th Players in Progress PIPs Festival PIPs from everywhere meet each other and learn that competition, respect and even friendship can be a packaged deal. PIPs main focus is children in grades K through 6th grade. ACU. \$60/person. 972-775-8747, David Land

Mar. 21st Military Appreciation Day Buffalo Gap Historic Village. Noon-5pm. Free with military ID. 572-3365

Mar. 24th-26th Annual Business Expo Sponsored by the Chamber of Commerce. Abilene Civic Center. 677-7241, Chamber.

Mar. 26th-27th Abilene High School Invitational Tennis Tournament Abilene High School. 677-1731 x1653, Coach Fred Scott

Mar. 27th-28th Texas Gun & Knife Show Abilene Civic Center. 676-6211, Civic Center.

Mar. 27th 6th Annual Chocolate Fest Benefitting the Abilene Philharmonic. Booths feature all types of chocolates. Mall of Abilene. 11am to 3pm. 677-6710, Philharmonic.

Mar. 27th Texas High School Powerlifting State Championships Taylor County Expo Center, Coliseum. 9am. \$5/person. 676-2556, Debi Schultz

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We want to "Spotlight" a woman or several women each month who go above and beyond the call of duty and do so without fanfare, accolades, pats on the back...yada, yada, yada. We want to share these acts of kindness with everyone in order to inspire others to do the same. We would like to mention their "caught in the act" activity and have a picture of them (if they so desire). Also, we welcome a sentence or two from our readers if they see someone doing a random act of kindness or a "pay it forward" moment. For example, something as simple as paying for someone's coffee in the line in front of you. Shoot us an email and we are going to start this inspiration page in our April issue which happens to be our 4 Year Anniversary Abilene Woman Issue! Seems fitting to us!

So come on ladies, let's hear from YOU! Our men readers are more than welcome to send us a "woman in action" moment too!
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CHALKBOARD CHAT

Irish-American Heritage

March is Irish-American Heritage month and St. Patrick's Day is also celebrated. Below are some interesting facts.

1. Originally, St. Patrick's Day was a religious holiday to honor St. Patrick, who introduced Christianity to Ireland in the fifth century. It has evolved into a celebration of all things Irish. The world's first St. Patrick's Day parade took place on March 17, 1762 in New York City.
2. There are 34.7 million U.S. residents who claim Irish ancestry. This is almost nine times the population of Ireland itself.
3. Massachusetts boasts the highest percentage of Irish ancestry at 24%.
4. The median income for households headed by an Irish-American is \$51,937; this is higher than the \$46,242 for all households. In addition, nine percent of Irish ancestry are in poverty, lower than the rate of 13 percent for all Americans.
5. There are four places in the United States named Shamrock - Mount Gay-Shamrock, W.Va., Shamrock, Texas, Shamrock Lakes, Indiana, and Shamrock, Oklahoma.
6. There are nine places in the United States that share the name of Ireland's capital, Dublin.
7. In 2005, the U.S. beef population was 41.6 billion and cabbage production was 2.4 billion. Corned beef and cabbage is a traditional St. Patrick's Day dish. The corned beef that was dined on my horse originated in Texas, which produced 7.3 billion pounds of beef, while the cabbage likely came from California, which produced 466 million pounds.
8. Americans consumed 21.6 gallons of beer per capita in 2004. On St. Patrick's Day, you may be able to order green beer at one of the nation's 87,984 drinking establishments.
9. In 2004, there were 387 breweries in the United States.
10. The U.S. imported \$23.8 billion from the Irish Republic from January through October 2006. Meanwhile, the U.S. exported \$6.9 billion worth of goods to Ireland.



Sudoku Answers

From Page 5

9	4	5	7	2	8	1	6	3
7	3	1	9	4	6	8	5	2
8	2	6	1	3	5	4	7	9
1	6	3	4	9	2	5	8	7
5	8	2	6	7	3	9	1	4
4	7	9	5	8	1	3	2	6
2	9	8	3	1	7	6	4	5
6	1	4	2	5	9	7	3	8
3	5	7	8	6	4	2	9	1

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Abilene woman BUSINESS spotlight

CONSIGNMENT... WHAT IS IT AND WHY SHOULD I DO IT?



Whether it's the Dolce & Gabbana jacket you fell for then seldom wore, or the Hepplewhite table that doesn't fit the new dining room, your once-loved treasures can be a true joy to someone else. And just think of all the kids' clothing, gear, and equipment that your kids outgrow! That's what consignment shops do—they connect your underloved items with new owners who will adore them!

How consignment works...



When you agree to consign your items to a shop, you're a consignor. You maintain title to your possessions but give the rights to sell these items to the shop, which is the consignee.

You receive the agreed-upon monetary return after the goods are sold...if they are sold. That's consignment in a nutshell. Specifics of consigning with a shop should be clearly outlined in their consignment agreement, which will spell out the monetary return, length of consignment period, price-reduction policies, and so on. These details might be a factor in which shop you choose.

Two good reasons to consign: it's good for you and it's good for the environment. It's good for you because it keeps your closets and cupboards filled with only the things you actually love and use. It simplifies your life and saves you time otherwise spent maintaining under-appreciated



possessions. Best of all, it turns your cluttered closets into cash.

Recycling is good for you, your family, and your wallet.

Keep your closets clean. Why waste time organizing things you don't use and love? It's a snap to get everyone dressed in the morning—or the party table set—if you love every choice you own.

Simple living is good for your family. Wouldn't you rather spend time with loved ones, instead of caring for all those boxes of unused possessions? Wouldn't your spouse be much happier if the car would finally fit in the garage?

Simple living is good for your wallet. While consigning or selling your "mistakes" won't make you rich, it will provide a welcome rebate on past purchases that turned out to be not so perfect. And, of course, that money can be joyfully re-spent in the shop on something that is just the thing!

There is a fabulous new consignment boutique in Abilene. It's called the Queen's Closet and it is located at 4102 Buffalo Gap Road, Suite H, in the Rhinestone Ranch boutique. Jeri Lyn Jones opened for business in November 2009. Shortly after opening, she realized that the consignment side of her boutique was outselling her retail side. So she flipped the store. She moved the retail side to the smaller part of the store and moved the consignment side to the bigger side of the store. And guess what...she is still busting at the seams!



Jeri Lyn accepts consignments by appointment only on Monday and Tuesday each week. You can call her at (325) 232-8068 to set up an appointment.

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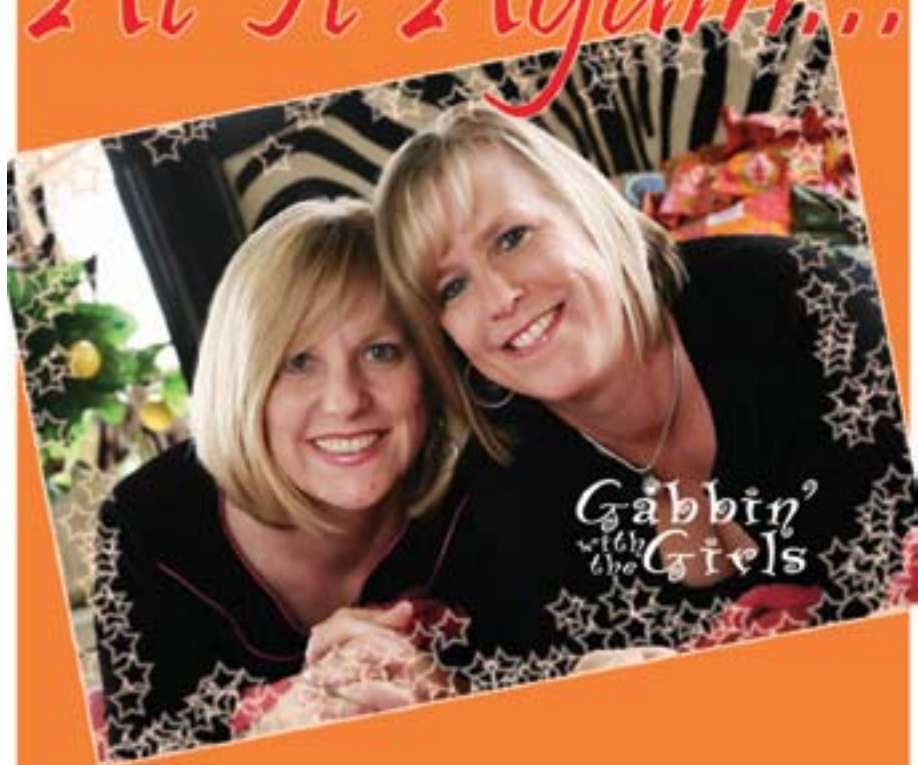
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