

Celebrating

10 Years

Since 2000

COVER STORY

CELEBRATING 10 YEARS OF ROCHESTER WOMEN MAGAZINE

By AMY BRASE

40

RW

MAGAZINE

MARCH/APRIL 2010

in every issue

- 9 From the Editor
- 10 In the Know
- 72 Networking News
- 74 Upcoming Events
- 76 Advertisers Index
- 76 Community Calendar



50



47



35



16

FOOD

THE WORLDLY BIRD

Ethnic chicken dishes spice up the menu.

By MARGO STICH

50

ROCHESTER-LICIOUS

The city's best-kept-secret desserts.

By MARGO STICH

58

HEALTHY LIVING CHOOSING VICTORY

Join the bicycling community that tackles 100 gravel miles each May.

By STEPHANIE WITTMER

63

OVARIAN CANCER

Learn the symptoms and meet the survivors.

By PATTI DOLAN

66

HEALING WATERS PROJECT

Nominate a woman living with breast cancer for a healing water garden.

67

HOME & GARDEN FRENCH COUNTRY KITCHEN

A remodel blends existing themes for a seamless look.

By PENNY MARSHALL

43

REALIZE RAINGARDENS ROCHESTER

Preventing pollution through beautification.

By EMILY WATKINS

47

HUMOR ONE EYE OPEN

By STEPHANIE WITTMER

78

PERSONAL GETTING SERIOUS ABOUT SKINCARE

Q&A with Jessica Amos of Hair Studio 52.

12

ASK JILL

Peek at the spring fashion forecast with image consultant Jill Krieger Swanson.

14

PIECING TOGETHER THE PAST, THE PRESENT AND THE PASSION

Quilting brings joy and staying power.

By ENID GJELTEN WEICHELBAUM

35

PROFESSIONAL REDEFINING THE BOUNDARIES

Amanda Mikhail is an IBM hardware engineer with 19 patents to her name.

By JENNIFER M. GANGLOFF

16

WOMEN IN BUSINESS

Meet six business owners who are making reverie a reality.

By GINA DEPUYDT

19

\$7 SALE

Fill your home with spring color during Sargent's **\$7 SALE**

- 2 Gerbera Daisies in a Bud Vase **\$7**
- 2 4.5" Rieger Begonias **\$7**
- 2 4.5" Cyclamen **\$7**
- 1 6.5" Cyclamen **\$7**

sale ends 3/31/10



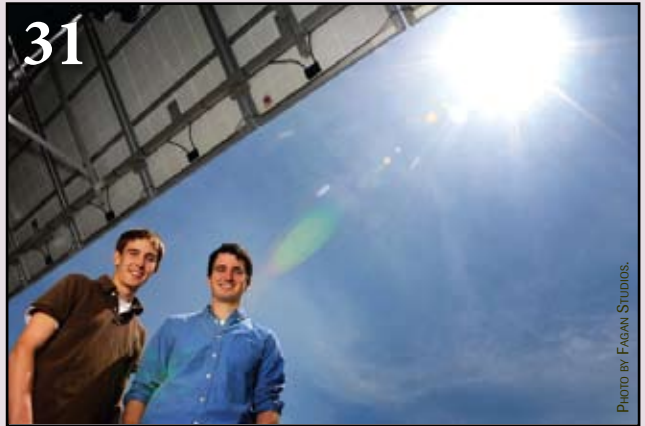
- FLORAL & GIFT -

1811 2nd St. SW, Rochester

507-281-2496

Expect the extraordinary!

MARCH/APRIL 2010



31

PHOTO BY FAGAN STUDIOS

PROFESSIONAL BADGE OF HONOR

The Girl Scouts recognize Dr. Patricia Simmons as a Woman of Distinction.

By AMY BRASE

27

TO GIVE IS BETTER THAN TO RECEIVE

National Philanthropy Day recognizes outstanding contributors.

By SUZANNE NOVAK

31

TRAVEL REACHING ACROSS THE GLOBE

Rochester's partner cities promote friendship and peace.

By KATHERINE SHINE

55

CANNON FALLS

A stop worth making...a community to watch.

By MARGO STICH

60



60

Passionate Nails

Specializing In:

Glitter Tips • Luxury Pedicures (hot stone massage)

Gift Certificates Available
Walk-Ins Welcome

Mon-Fri 9am-8pm, Sat 9am-5pm, Sun open by appt

1126 7th Street NW, Rochester

located by Northgate Health Club



Kim, Tasha, Tisha

Terri, Sophy

507.252.1612