

transition is to listen to her and to assess her array of symptoms. Her age and prior-year menstrual history provide a clear picture of where she may be in the transition process.

Menopause is not a disease. No absolute requirement for treatment exists. Each woman determines whether or not she needs treatment. If her quality of life remains unaffected by her symptoms, she may not need any treatment. However, some asymptomatic women may need treatment due to the increased susceptibility of post-menopausal women to other conditions. If risk factors or family history exist for these conditions then preventative measures must be put in place. These conditions include osteo-

porosis, arthritis, breast cancer, and heart disease, which is the number one killer of woman.

Many treatment options exist for those seeking help including (in ascending order of invasiveness): diet and lifestyle changes, homeopathy, supplements and herbal remedies, and bio-identical hormones. I do not recommend synthetic hormones at all due to recent evidence of increased health risks including breast cancer, heart disease, and stroke. These increased risks may be associated more with the synthetic progestins than the synthetic estrogens. However, I won't take the risk with my patients' health by using either of them. In fact, I rarely need to prescribe any oral hormone re-

placement therapy for symptom management. Diet and lifestyle changes, herbal preparations, and vitamin/mineral therapy adequately address symptoms in the majority of my patients. These therapies treat the underlying cause of the many menopausal symptoms including adrenal fatigue and burnout. ▼

➔ Dr. Renée Lang is a licensed naturopathic physician practicing at The Healing Way clinic in Brattleboro. Dr. Lang provides naturopathic options for women's health, cancer, chronic illness, mood and substance abuse disorders, and digestive disorders. Visit her website at [www.thehealing-way.net](http://www.thehealing-way.net) or call 802-254-4369, for more information.

## FAMILY

# Foster Families Needed

BY TORY OLIVER, MSW

What does family mean to you? Are you interested in opening your home to a child or teen that is in need of a nurturing and supportive environment? It may be easier and more accessible than you may have realized to become a foster parent within the state of Vermont.

Children come into the state's custody for a variety of reasons. Some of these reasons include abuse or neglect by their caregivers, or most often teenagers come into custody because they either commit a delinquent act or are beyond their parent's control.

Because children who come into care come from many different backgrounds, it is important to find diverse foster families. In order to become a foster parent, you must be at least 21 years old. You can be single, married, living with a partner or joined through a civil union. Applications are considered regardless of race, ethnicity, gender, religion or sexual orientation. You must have sufficient income to support your family and you can live in either

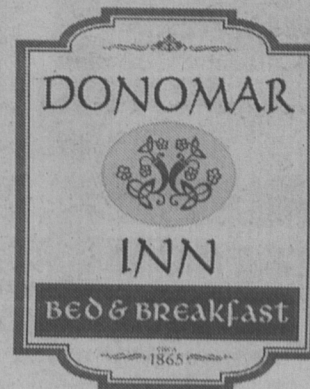
a house or apartment, as long as you have enough room to house a child. We are looking for people who enjoy being around children, who will treat children in foster care like their own and stick with them even when they act out; people who can provide direction in a nurturing way, people who are able to ask for help when they need it, and parents who are willing and able to work as a team in order to best support this child and his or her specific needs.

Does this describe you? Foster parents open their hearts and homes to children in need - for a few weeks, months, years, and sometimes a lifetime. By becoming a foster parent, you could make it possible for a local child to stay in his or her own community and school.

If you are interested in making a difference in a child's life, then please call the Vermont State Department for Children and Families to find out more. ▼

➔ Tory Oliver, MSW, is Resource Coordinator at the Hartford District Office. You may contact her at 1-802-295-8840 or 1-800-658-1198.

A MOST WONDERFUL VERMONT EXPERIENCE!

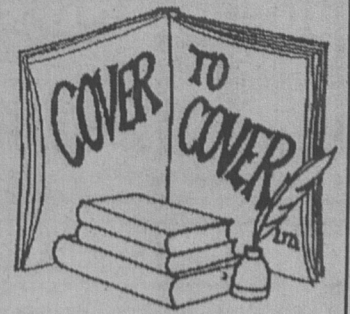


INNKEEPERS  
MARY BOUVIER & MOIRA DONOVAN

\*QUIET, ROMANTIC GETAWAY  
\*LOCATED IN THE HEART OF VERMONT'S SKI INDUSTRY  
\*CIVIL UNION HAVEN!

WWW.DONOMARINN.COM  
802-644-2937  
JEFFERSONVILLE, VT

"Books make up no small part of human happiness."  
— Frederick the Great



Books, Unique Cards,  
Maps & More.

Special Ordering Service

27 N. Main Street, Randolph  
Mon-Thurs: 9-5:30 • Friday: 9-6  
Saturday 9-5 • Sunday 11-3\*  
(\*April-December only!)  
(802) 728-5509

802.658.2202

- Puppy/Kitten Packages
- Vaccines
- Micro-chipping
- Health Certificates
- Geriatric Exams
- Euthanasias
- Multiple Pet Discounts



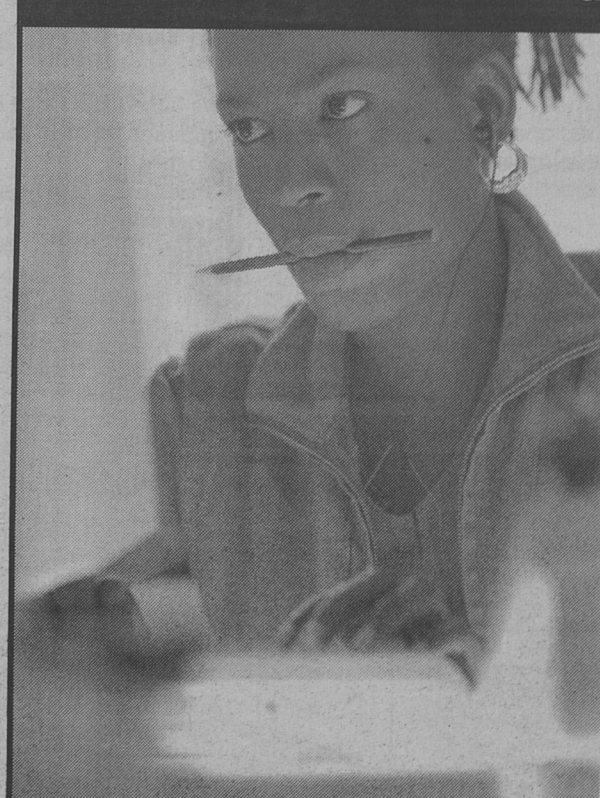
Susan McMillan, DVM • Becky Roberts, Mgr.  
P.O. Box 5785 • Burlington, VT

If computer information technology is to serve a broad and diverse population, it should be created by one, too.

If you're a woman thinking about a great career,

think about

IT



Virtually everywhere you look, you'll see Information Technology at work and play.

That's why the world needs people who create the applications most of us take for granted. With the right education, you could be ready for a career in healthcare, marketing, automotive technology, game development or systems management. In 2004, the average salary for a software engineer was nearly \$77,000\*.

Find out how to earn a degree in **Information Technology or Software Engineering** at one of several Vermont colleges. Call Diana at 728-1297 or go to [VermontITcareers.org](http://VermontITcareers.org).

In partnership with:



National Science Foundation  
WHERE DISCOVERIES BEGIN

\*U.S. Department of Labor, Bureau of Labor Statistics, [www.bls.gov](http://www.bls.gov)