

# Los Angeles Times

# FOOTHILLS READER

FACES  
PLACES  
SHOPPING

## This one's for the girls – the benefits of good friends

When we are young, we have fun asking each other questions that, at the time, seem so deep.

If you were stuck on a deserted island, and could take only one food what would it be?



**SANDRA LEE**  
SPECIAL TO  
FOOTHILLS  
READER

If two loved ones were bitten by a venomous snake and you had only one antidote, whom would you give it to?

This favorite: Would you rather be really, really

intelligent or really, really beautiful?

And: If you had a choice, would you be a boy or a girl?

I always answered "boy," because to me, life was easier male. A man's wit and intelligence can be valued over looks and style. And they can be the boss, without being labeled "bossy."

Parents treat girls differently. Heck, as a young teenager, I had to fight tooth and nail to get a phone in my room. Then, my brother who is five years younger got one without even asking!

And, we hear it said



CONTRIBUTED PHOTO

Long after high school, women can still benefit by spending time unwinding together.

that some females can be

nice to your face, but say terrible things behind a friend's back. It was so less complicated to hang out with the boys.

### In praise of friends

Well, I'm writing this now to admit that I was dead wrong. Spending vacation time with friends helped me to see the light.

It took over 40 years for me to truly admire the complexity of a woman's life. Many of us women work full-time, but we know that the real, self-

less work starts when we walk into the door of our homes in the evening to cuddle our kids. And it's just as difficult for women who spend their day at home, giving so much of themselves to their loved ones to ensure life runs smoothly for all.

As I've become older I have come to value deeply, and depend on, the loyalty, support and trust of the amazing women in my life. We know them, don't we? They are the fascinating, intel-

ligent, beautiful women who want only the best for you, and with their supportive and encouraging words, empower you with the drive to become a better wife, mother and woman.

They are sincerely proud of your accomplishments and they motivate you to pursue your dreams. And you want to thank them for their love and support, so you strive to do the same for them.

So, at age 43, I declare I am now a "girl's girl" after all.

I see the husbands roll their eyes at us when we act silly, chatting about work, kids, shopping, the winner of "The Voice," or those crazy reality TV housewives. But I don't care, they're just jealous. I'm proud to be a woman and I love my girlfriends! Remember, ladies, hold on tight because we will one day rule the world!

— Visit our new website at [www.skinsps.com](http://www.skinsps.com). Also, tune into "The Doctors," where Dr. Lee is a regular guest. She can be reached at [drleeskinsps@yahoo.com](mailto:drleeskinsps@yahoo.com)

