

STYLE | HEALTH | ENTERTAINMENT

# she

FOR THE WOMEN OF SIOUX FALLS

GUIDE TO  
**HOLISTIC  
HEALTH**  
WHAT YOU NEED TO KNOW

## HISTORIC RENOVATION

A look inside Parker's  
and Crawford's

## WIND SISTERS

Motorcycle group raises  
money for breast cancer

## THE SCIENCE OF DANCE

Book offers health help



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# the *art* OF BOOK CREATION: *Two Talents Collide*

BY **Lori Walsh** PHOTOS BY **Emily Spartz**



Left: Judith  
Peterson,  
doctor and  
writer

Right: Kathleen  
Rowland,  
illustrator



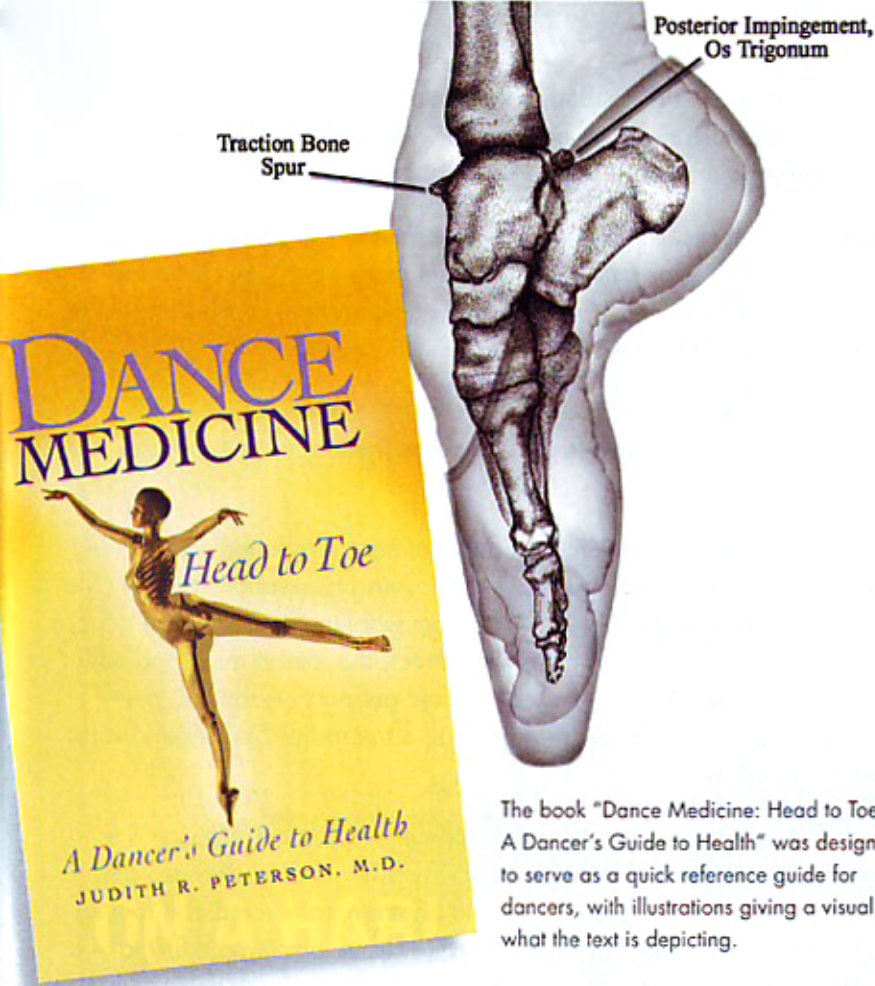
Two years ago, Judith Peterson was desperate. The book she'd been working on for years was almost complete, and she had yet to find an illustrator who understood her vision.

"I'd been interviewing illustrators from here to Boston. My publisher was sending me sample illustrations – they were all great, but not what I needed for my book," says Peterson, a doctor who specializes in physical medicine and rehabilitation.

Her book – "Dance Medicine: Head to Toe: A Dancer's Guide to Health" – was inspired by her more than 15 years working with dancers as the attending physician for the Pennsylvania Ballet. Designed to serve as a quick reference guide for dancers, Peterson knew that her words alone would not serve the purpose. She needed an illustrator who got her vision – who understood her.

"Illustrations hammer home the points of the book. I needed something that if people were overwhelmed by the text, they could look at the image and say, 'Aha. I get it,'" explains Peterson.

Relaxing in her office at SoDak Rehab, Peterson smiles as she relays how her search for the perfect illustrator finally ended when a mutual friend introduced her to Kathleen Rowland, a



The book "Dance Medicine: Head to Toe: A Dancer's Guide to Health" was designed to serve as a quick reference guide for dancers, with illustrations giving a visual of what the text is depicting.

medical and archaeological illustrator who works for the Augustana College Archeology Lab and is the owner of Rowland Illustration.

"I was literally crying on my friend Cate's shoulder about how I was looking all over the country trying to find an illustrator with no luck," Peterson says. "She said, 'Oh, my neighbor will do it.' I looked up Kathleen's website and loved her illustrations and technique."

Just like that, Peterson's search was over.

"Our first meeting was a little about the book and a lot about life. We talked about travel, good coffee vs. bad coffee – everything," says Rowland.

### WRITE ABOUT WHAT YOU LOVE

Writing a book was not something Peterson had done before. Looking back, she says the process is a long, time-consuming one.

"You really have to write about what you love and what you know, because you're spending enormous numbers of hours at nights and on weekends," Peterson says, adding that deadlines she set with her publisher helped her stay on task.

Rowland agrees. Balancing her role as a mother, her full-time job and

the 78 illustrations she needed to complete for Peterson's book was a bit tricky, but because she enjoyed the topic and work so much, she carved out time for the project.

"I love the sciences. My art has connected me to the sciences. For me, this body of work was more than a dream come true," says Rowland of her scientific illustrations. "I would work on illustrations in the living room where my daughter, Emily, 12, spends most of her time."

Although neither woman thought they'd find the other in Sioux Falls, they both say the ability to meet face-to-face was imperative to the book's success.

"We were meeting all the time. It could not have happened without the personal interaction," Peterson says. "This was an enormous project. The book educates dancers on everything from what the floor they are dancing on should ideally be, to controlling stress, the role of sleep and how to prevent injuries. As you can see, it could get pretty technical, pretty quick. Kathleen is incredibly professional, a true artist. She understood what I needed illustrated."

Of the 78 illustrations, Rowland only needed to redo two. "It was a fun challenge deciphering Judith's notes. I would read her instructions and then do the research to see how I could illustrate, for example, a foot en pointe with a bone spur correctly," says Rowland, who would first take a photo of a foot en pointe, then review X-rays and research her medical books to ensure the illustration was accurate.

Rewrites were part of the process. Peterson would write, Rowland would illustrate, the women would collaborate and then resend portions of the book to the publisher for review.

"Working together was incredible," Peterson says. "They say it takes a village. This book took a village plus Windows and Adobe."

When Peterson's last rewrite was complete and Rowland's final illustration sent to the publisher, both women said life without a project that consumed so much time for two years has been different.

"I moved this enormous mass of material out of my house," Peterson says. "It was strange to have free time to go for a walk."

Although the book was released this summer, meeting up for coffee continues to be a part of their life.

"We became friends through this process. Just like our first meeting, when we'd meet to discuss illustrations over coffee, about a tenth of time we'd discuss the illustration and the rest of the time we'd spend visiting about other things," Rowland says. "Judith and I have a lot in common. I find her interesting, humorous, and her passion for her projects is contagious." ❁