



Partly Cloudy  
66 / 49

**LIFE**

Find out where to get the best cup of coffee on campus  
**SEE PAGE 5**



**SPORTS**

Men's basketball looks to take their success away from Memorial Gym in their next game against Georgia  
**SEE PAGE 7**



# THE VANDERBILT HUSTLER

THE VOICE OF VANDERBILT SINCE 1888

WEDNESDAY, FEBRUARY 16, 2011

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123<sup>RD</sup> YEAR, No. 16

■ LIFE FEATURE

## SPRING FASHION

# the *silk* road

**OLIVIA KUPFER**  
Life Editor

Candy hues, graphic floral prints and delicate silk separates are this spring's must-have trends. Last fall, when the fashion-set gathered at Lincoln Center in Manhattan for Mercedes-Benz New York Fashion Week and the presentation of Spring/Summer 2011 collections, there were common threads between all the collections – silk, floral and color.

**THE FABRIC**

Silk – originally imported from China – is luxurious and body-conscious without looking obnoxious. Retire haughty bandage skirts from the rotation – a delicate silk romper in a graphic floral print is more subtle and avant-garde for the season (outfit pictured).

How to wear silk? Day or night, for class or Demonbreun. Silk has limitations (water stains the fabric, which means beer does too, unfortunately), but few fabrics are as versatile. Silk lets the body breathe, an advantage for humid springtime in Nashville.

**THE COLORS**

Bright candy hues are a must; hang a sheet of candy buttons on a mirror for color inspiration. For daring combinations pair poppy pinks and blues, yellows and pinks, and purples and blues. When the color palette has been pulled from the rainbow, the sky really is the limit.

Or to don bright candy colors but still look



Printed Chloé shirt, Sophia Eugene silk short from United Apparel Liquidators (UAL) located on West End. All jewelry (Gold+Rocks line) is from Judith Bright Jewelry, located in Green Hills.

polished, wear slight variations of the same color – for instance, melon and pastel pink – for an on-trend, but not over-the-top look (outfit pictured). Dressing in one color, or shades of the same color, is a subtle way to wear brights without looking loud. A monochromatic look is derived from spring's other prominent trend – donning an entirely nude or earth tone outfit. Fortunately, an all-over, bright pop of color warms winter's sallow complexion while all-over nude enhances pale skin tones.

**THE PRINTS**

If bright colors are inappropriate for everyday work attire, but brown and black are drab for spring, wear large, graphic floral prints. Tiny floral prints and washed-out, Western floral prints look stale, but graphic floral prints add busy interest to an outfit (outfit pictured). Graphic and solid separates also pair well together – mix and match to the heart's content.

Please see **SPRING FASHION**, page 5



CHRIS HONIBALL/ The Vanderbilt Hustler

**INSIDE:**

Be sure to check out our Fashion, Beauty and Health Guide!



■ CAMPUS NEWS

## Rites or wrong?

**LIZ FURLOW**  
Staff Writer

The Rites of Spring lineup may have been mistakenly revealed on a test website on Tuesday, a week before the planned official news release.

The first test website listed Kid Cudi, The National and Sara Bareilles as the headline artists to perform in the concert weekend.

After social media circulation of the news, Dwayne Elliott, director of Student Programming, denied the validity of the lineup and stated that it was simply a test website. The lineup then changed to Cee Lo, Wiz Khalifa and Sara Bareilles as Rites of Spring test page artists.

Artist biographies on the second page were less complete, and the graph beneath the News Headline, once in Latin, then announced the page as a test site.

Later Tuesday evening, the website changed for a third time. The website now holds no artist information and the News Headline lists the official lineup to be released on Thursday, Feb. 17, five days before the previously listed lineup release date.

Elliott said via Twitter the change in announcement date was because a spot opened up in other publications for Thursday.

Rumors of the mishap spread quickly across campus.

"I don't understand why they'd do a test page and taunt people with the lineup. I'm way too excited about Rites for that," junior Camila Ortiz said. "I want Kid Cudi, though. He's way more versatile than Cee Lo, and I love all his music. And The National are just amazing."

Other students noted that Bareilles appeared on both test pages.

"Anything with Sara Bareilles would be sick," said junior Austin Wilson.

The official lineup will be released Thursday, and tickets will go on sale a week later on Thursday, Feb. 24. ■

■ CAMPUS NEWS

# Pawlenty, Romer, Huffington, Kristol to headline 2011 Impact Symposium

**KYLE BLAINE**  
News Editor

Vanderbilt will host high-profile speakers to discuss the state of middle class America as part of the university's annual Impact Symposium.

Christina Romer, former chair of President Obama's Council of Economic Advisers, and Tim Pawlenty, a former governor of Minnesota and likely candidate for the Republican nomination for president, will discuss economic policy Tuesday, March 22, at 7 p.m. during a panel titled "Whose Policy is Best?"

William Kristol, editor of the Weekly Standard, and Arianna Huffington, editor-in-chief of The Huffington Post, will have a conversation, "How Does the Media Speak to the Middle Class," Wednesday, March 23, at 7 p.m.

Ben Smith, senior political writer for Politico, will serve as moderator for both events. Smith previously was a political columnist for the New York Daily News and started three of New York City's political blogs — The Polliticker, The Daily Politics and Room Eight.

Huffington and Kristol's public conversation will be streamed live at news.vanderbilt.edu and posted on the same website following the event.

Please see **IMPACT**, page 3

### GETTING THE TICKET

- Tickets for the symposium go on sale at 10 a.m. on Tuesday, Feb. 15.
- Tickets to the lectures are free to Vanderbilt students, faculty and staff. Only one free ticket may be picked up per Vanderbilt identification card at the university's Sarratt Student Center box office.
- General public tickets are \$10 at Sarratt box office or any Ticketmaster outlet. Tickets may also be purchased at [www.ticketmaster.com](http://www.ticketmaster.com) or by calling 800-745-3000.
- Non-Vanderbilt students with their college or university identification cards may purchase tickets for \$5 at the Sarratt box office or any Ticketmaster outlet only.



ARIANNA HUFFINGTON



WILLIAM KRISTOL



TIM PAWLENTY



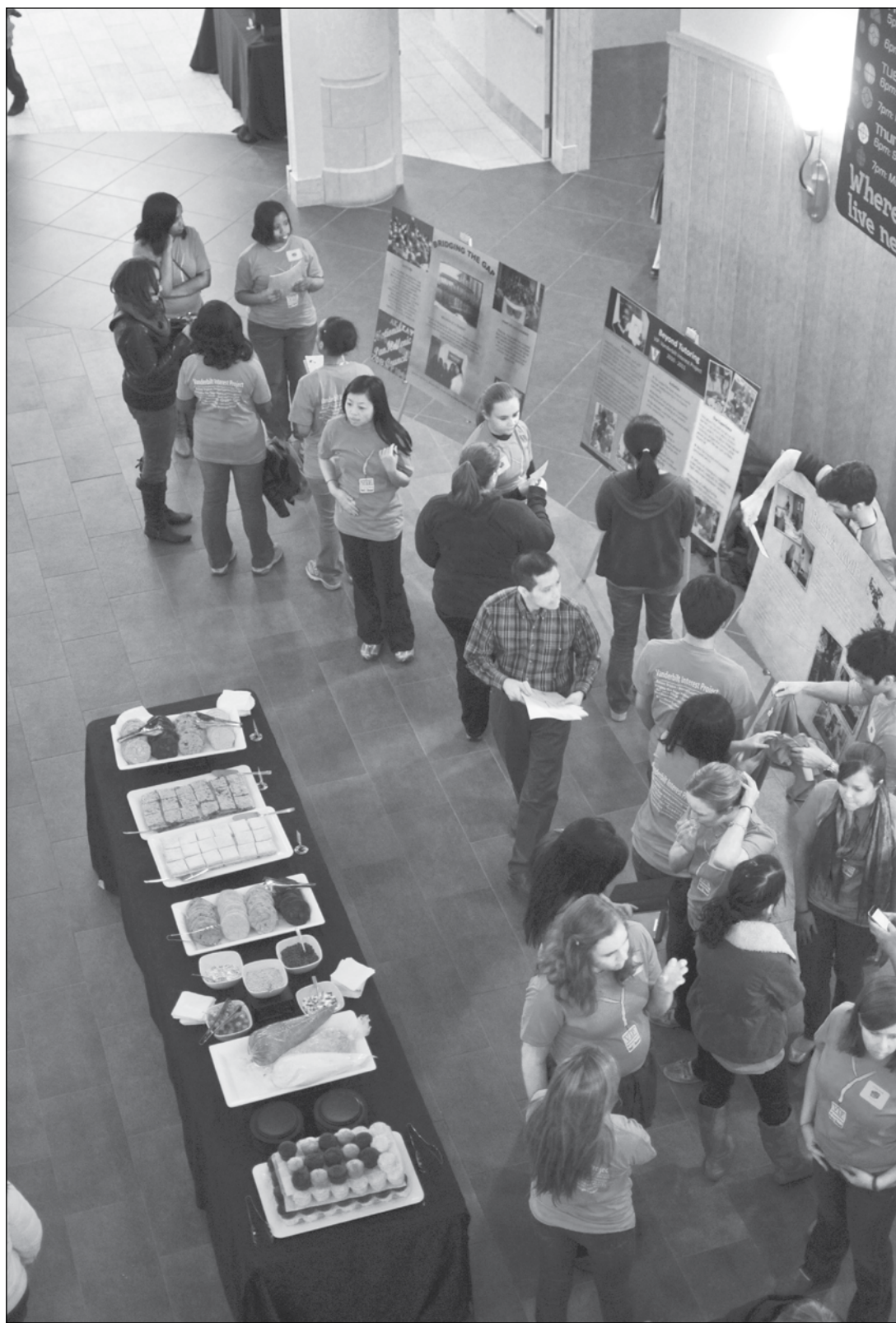
CHRISTINA ROMER

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If you enjoy photography, the staff is a great opportunity to gain access to concerts, sporting and campus events. Opportunity for advancement and pay is available.



If interested,  
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(past Last Drop Coffee Shop)  
**WEDNESDAY, FEB. 23 AT 6 P.M.**

FEATURE  
PHOTO

MURPHY BYRNE/ The Vanderbilt Hustler

Students involved in the Living Learning Community VIP program showcase their years work Tuesday night in The Commons Center. The event was held to generate interest for the VIP program.

NEED  
TO KNOW  
NASHVILLE

The top news stories from around Nashville that you need to know to be informed this week.

## Bonnaroo snags Eminem, Arcade Fire, Springfield

**NASHVILLE, Tenn. (AP)** — A reunited Buffalo Springfield will play its only festival date this year at the Bonnaroo Music and Arts Festival, joining Eminem, Arcade Fire, Widespread Panic, Lil Wayne, The Black Keys and Robert Plant in celebrating 10 years down on the farm.

Bonnaroo will be held June 9-12 in Manchester, Tenn., on the 700-acre farm it has called home since its debut in 2002, featuring four dozen jam band-leaning acts.

To celebrate the anniversary, Dr. John and The Original Meters will make a rare joint appearance to recreate their 1974 album "Desitively Bonnaroo," the source of the festival's name. Bonnaroo shed the jam band label early on and has become one of the most eclectic summertime gatherings of its kind, drawing tens of thousands of revelers each year to rural central Tennessee.

Throw in Loretta Lynn, The Strokes, Big Boi, Gregg Allman, Alison Krauss & Union Station, Florence + The Machine, String Cheese Incident and Mavis Staples, and the festival becomes a grab bag of styles. ■

## Tenn. Senate panel passes 'Health Freedom Act'

**NASHVILLE, Tenn. (AP)** — A proposal that would allow Tennesseans to opt out of the federal health care law is once again advancing in the Legislature.

The "Health Freedom Act" sponsored by Republican Sen. Mae Beavers of Mt. Juliet was approved 6-1 by the Senate Commerce, Labor and Agriculture Committee on Tuesday and is headed for a vote on the Senate floor.

The companion bill is waiting to be heard by the same committee in the House.

Beavers says the measure is necessary to ensure "Tennesseans cannot be fined by the federal government if they don't have national health care."

Both the Senate and House failed to work out differences in the legislation last year.

The measure is likely to pass this year because Republicans control the House and Senate, and every committee in both chambers is headed by a GOP member.

## Billy Ray Cyrus: 'Hannah Montana' destroyed family

**NASHVILLE, Tenn. (AP)** — Billy Ray Cyrus says the Disney TV show "Hannah Montana" destroyed his family, causing his divorce and sending daughter Miley Cyrus spinning out of control.

In a December interview published in the Feb. 22 issue of GQ Magazine, Cyrus said he wished the show that launched his daughter to pop stardom had never happened.

Cyrus and his wife, Tish, filed for divorce in October. They have three kids together — Miley is the oldest — and two from Tish's previous marriage.

Billy Ray Cyrus said when he asked about the rumored video footage of his daughter smoking from a bong at her 18th birthday party in December, he was told it was none of his business. He refused to attend the party, saying it was wrong to have it in a bar.

Cyrus, a native of Flatwoods, Ky., had his own success as a country singer beginning in the early 1990s with his huge hit "Achy Breaky Heart." ■

## Tenn. debt level equivalent to \$300 per person

**NASHVILLE, Tenn. (AP)** — Tennessee's general obligation bond debt burden of about \$300 per person is one of the lowest in the country and leaves "substantial capacity" for borrowing more money, Comptroller Justin Wilson said Tuesday.

Wilson argued in a hearing before the Senate Finance Committee that taking on significantly more debt would break with the state's traditional financing model.

Wilson said there are a number of debt rankings that use different measurements, but none places Tennessee higher than 46th. The state's \$300 per capita debt level stands in contrast to local governments, some of which owe 10 times as much, and the federal government, which owes more than 100 times as much per person, he said.

The comptroller told the panel that when the general obligation debt is combined with the state's unfunded pension liability, the per capita debt rises to about \$750. ■

## CRIME LOG

Compiled from VUPD crime reports by CHARLOTTE CLEARY

## THURSDAY, FEB. 10, BETWEEN 4:30 P.M. AND 5:10 P.M.:

A student's iPhone was stolen from the Student Rec Center.

## TUESDAY, FEB. 8, BETWEEN 5:30 A.M. AND 7 P.M.:

A student reported damage to his vehicle while parked in the South Garage.

## SUNDAY, FEB. 6, AT 2:15 A.M.:

A hat was stolen from a fraternity house and was later returned.

## BETWEEN 12 A.M. ON TUESDAY, FEB. 1, AND 7:30 A.M. ON SUNDAY, FEB. 6:

The back window of a student's car was broken out in the West Garage.

## MONDAY, JAN. 31, BETWEEN 12:01 A.M. AND 11:59 P.M.:

A student was harassed by a man in the Central Library.

STRANGE  
BUT TRUE

## POLICE: DRUNKEN DRIVING SUSPECT PULLED SELF OVER

**SANDUSKY, Ohio (AP)** — Police in Ohio can't take too much credit for stopping a woman they say was drinking and driving — they say she pulled herself over.

Officers in the Lake Erie town of Sandusky say the woman stopped because she thought she saw police lights, but it turns out the flashing lights were from a skating rink sign.

The Sandusky Register reports that the woman's car got stuck in a snowbank near the sign when she stopped early Monday and another motorist called police.

Officers say they took 27-year-old Nicole Scott to jail on charges of operating a vehicle under the influence. Police say Scott denied she had been driving. There is no telephone listing for Scott and it isn't clear whether she has an attorney. ■

## GIRAFFES IN A BOAT? 8 TAKEN TO KENYAN ISLAND

**NAIROBI, Kenya (AP)** — Eight giraffes got a very rare ride to their new home — in a boat.

The endangered Rothschilds giraffes were ferried by barge to a reserve on an island in Kenya's Lake Baringo earlier this week.

Conservation leaders built a small pen on the barge that was covered in plastic sheeting. Only the giraffes' necks could be seen sticking out above the pen as they moved across the lake.

There are four females and four males in the group, and conservation leaders hope they will reproduce, said Elodie Sampere of the Northern Rangelands Trust. If the giraffes thrive, more may be taken to the island.

Rothschilds giraffes — also known as Baringo giraffes, after the lake — are listed as endangered. Only a few hundred remain in the wild. ■

PROFESSOR  
REPORT

Profiling an interesting professor

## JOSHUA CLINTON

Associate Professor  
Co-Director, Center for the Study of Democratic Institutions

by LUCAS LOFFREDO

Clinton teaches Legislative Processes every fall semester, and next spring he will teach an undergraduate seminar on Election Forecasting and Predicting.

Clinton recently worked with fellow political science professor John Geer on a poll of Tennessee citizens about various state and national issues. The study found that Tennesseans think that newly elected officials in the state should prioritize economy, education, and healthcare, that newly elected Governor Bill Haslam has extensive public approval, and that about one third of Tennesseans approve of a complete repeal of President Obama's health care reforms.



## DO YOU BELIEVE THE POLL WAS SUCCESSFUL?

I believe that the Vanderbilt Poll was successful in accomplishing several tasks. First, it provided a snapshot of Tennesseans' opinions that will hopefully prove useful in evaluating the actions of elected officials. Second, I think the poll helped promote Vanderbilt University. Having poll results discussed in debates and discussions at the national level helps to inject Vanderbilt into important conversations at the national level. Third, the poll provided important new data that can be used for research by our postdoctoral scholars, as well as graduate and undergraduate students.

## WHAT WAS THE MAIN POINT YOU AND PROFESSOR GEER TOOK AWAY FROM THE POLL?

The main point of the poll for me was simply getting a better sense of public opinion in Tennessee at the beginning of the new legislative session and with the inauguration of a new governor and trying to communicate that to a larger audience.

## WHAT UPCOMING EVENTS ON CAMPUS WILL YOU BE SPEAKING OR LECTURING AT?

Even though I am on sabbatical this semester, on Feb. 24 I'll be participating in a discussion with Washington Post reporter Anne E. Kornblut on "Is America Ready to Elect a Woman President?"

## SERVICE GUIDE

The Vanderbilt Hustler (ISSN 0042-2517), the student newspaper of Vanderbilt University, is published every Monday, Wednesday and Friday during the academic year except for during exam periods and vacations. The paper is not printed during summer break.

The Vanderbilt Hustler allocates one issue of the newspaper to each student and is available at various points on campus for free. Additional copies are \$5.50 each.

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The Hustler strives for accuracy and fairness and will correct errors of substance. See our correction policy on the Opinion page for information about notifying us.

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## BACK ISSUES

Back issues are available in Sarratt 130 during business hours.

## SUBSCRIPTION RATES

Subscriptions are available for \$125 per semester or \$200 per year. Checks should be made payable to The Vanderbilt Hustler. A pdf subscription order form is available at <http://www.vscmedia.org/hustler.html>

# IMPACT: Format different than years past

From **IMPACT**, page 1

Available Impact speakers will also sign books at the Vanderbilt Bookstore at 4 p.m. both days of the symposium.

Junior Ethel Mickey, co-chair of the Vanderbilt Speakers Committee, said this year's Impact Symposium is completely different than that of years past.

"Not only will we be bringing four speakers to campus this year, but we are also changing the format of the symposium," Mickey said. "There will be a point-counterpoint discussion each night, making it more of a conversation between speakers and creating an open dialogue between the speakers and audience members."

Each speaker brings a unique voice to

campus, Mickey said.

Romer was a key adviser to President Obama through the economic crisis. She chaired the Council of Economic Advisers from January 2009 to September 2010. The council, an agency within the Executive Office of the President that was established by Congress in the Employment Act of 1946, is charged with offering the president objective economic advice on the formulation of domestic and international economic policy.

After leaving the president's economic team, she returned to her job as an economics professor at the University of California at Berkeley. She is considered one of the nation's leading scholars of macroeconomic history and an expert

on the Great Depression.

Pawlenty spent two terms as the Republican governor of Minnesota. During the 2008 presidential election he was an early endorser of Sen. John McCain and campaigned heavily for him. According to media reports, he was on the short list to become McCain's 2008 vice presidential running mate. He has been quoted as saying that the Republican Party can do a better job facing working people. In 2001, he coined the phrase "we need to be the party of Sam's Club, not just the country club." The term "Sam's Club Republican" has been associated with him ever since.

Huffington is the author of 13 books and co-host of public radio's political roundtable program "Left, Right and

Center" and "Both Sides Now," a weekly syndicated show with Mary Matalin moderated by Mark Green. In 2005, she launched The Huffington Post, which has become one of the most widely read and cited news and blog websites. In 2006, she was named to the "Time 100," Time magazine's list of the world's 100 most influential people.

Kristol helped found The Weekly Standard in 1995 and is a leading political analyst and commentator appearing regularly on Fox News Sunday and Fox News Channel. Prior to starting The Weekly Standard, he led the Project for the Republican Future. He also served as chief of staff to Vice President Dan Quayle and to Secretary of Education William Bennett under President

Ronald Reagan. He has taught politics at the University of Pennsylvania and Harvard University's Kennedy School of Government.

Mickey said the four speakers will bring different perspectives to the symposium.

"Governor Tim Pawlenty is a rising leader of the Republican Party, and Christina Romer, with her experience working for the Obama campaign, will bring distinctive insight to the current state of America's middle class," Mickey said. "Arianna Huffington's new book speaks directly to our theme, and Bill Kristol is an ideal candidate to represent the conservative side of the American media as founder and editor of The Weekly Standard." ■

■ CAMPUS SAFETY

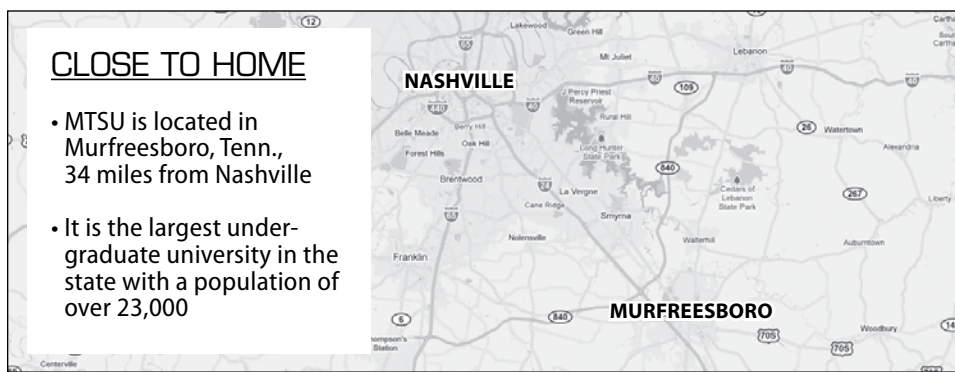
## MTSU shooting raises campus safety questions

**CHARLOTTE CLEARY**  
Staff Writer

Vanderbilt's reaction to campus threats such as the shooting that occurred Monday morning on the Middle Tennessee State University campus in Murfreesboro would be similar to that of MTSU's, said Captain Patrick Cunningham of VUPD.

On Monday afternoon, police took a man suspected in the MTSU shooting into custody. The incident resulted from an argument in which one man pulled out a gun and shot at the ground, causing the bullet to ricochet and strike the other man in the hand. MTSU officials used voicemail, text and email alerts in order to notify the MTSU community about what was going on, which Cunningham says is similar to what would occur if an incident like this were to occur on Vanderbilt's campus.

"We train for this type of situation and we work closely with the Metro Police Department in preparation for serious



incidents that might occur on campus," Cunningham said. "In responding to a situation such as this, one of the big things we want to do is to make sure that all of the information we send out is timely, accurate and useful, and we want to make sure we let the community know what the situation is and what they need to do."

A key component in this is the AlertVU emergency notification system, which is activated when there is a campus-wide

imminent threat. There is regular testing of the system to make sure it is working properly, and a test is scheduled for later this month. Cunningham and VUPD encourage all members of the Vanderbilt community to sign up for the voluntary alert system to ensure that they are immediately notified about campus threats.

"It's important that people are signed up so that they can get that information," said Cunningham. ■

### HOT YOGA NASHVILLE

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	9:30	9:30	9:30	9:30	9:30	9:30	9:30
PM	12:00	12:00	12:00	12:00	12:00	12:00	
	4:30	4:30	4:30	4:30	4:30	4:30	4:30
	6:15	6:15	6:15	6:15			6:15
	7:45	7:45	7:45	7:45			

2214 Elliston Place (1 Block from Campus) 615.321.8828  
www.HotYogaNashville.com

## WORK FOR THE HUSTLER

E-mail: editor@insidevandy.com

### Revolution in the Middle East!

February 17: Sarratt Cinema: 4:10 p.m.—6:00 p.m.

Vanderbilt Faculty. Panel Discussion. Open Forum.

Panel:

Cherie Fathy (Moderator), President of MESA (Middle Eastern Students Association)

Richard McGregor, Associate Professor of Islamic Studies

Katherine Blue Carroll, Assistant Professor of Political Science

Tom Schwarz, Professor of History

Beverly Moran, Professor of Law

Beginning last year in Iran, and more recently springing up in Tunisia, Egypt, and Yemen, mass street protests have been making headlines. As dictators fall, the stakes are raised in this generation's bid for democratic reforms in the Middle East. In a departure from the typical pattern of the coup d'état, with one strongman replacing another, change in the Middle East now seems to be fought out in the streets. Is change coming from the bottom up? Does victory now go to those best able to network and organize protests? Join a panel of Vanderbilt faculty as they discuss these and other issues around the recent protests.

Sponsored by: Vanderbilt Muslim Student Association, Middle Eastern Student Association, Program in Islamic Studies, Department of History, Max Kade Center for European and German Studies

# FULBRIGHT

### Grants for Post-Graduate Research & Teaching Abroad

#### Information Sessions

Monday, February 21 4:30 p.m. Sarratt 363  
 Sunday, February 27 4:30 p.m. Wilson 126  
 Monday, March 21 4:30 p.m. Sarratt 363

#### APPLICATIONS DUE IN EARLY SEPTEMBER

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# OPINION

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■ COLUMN

## Beach Week 2011: Live the dream



**CLAIRE COSTANTINO**  
Columnist

I have been to the edge and back, Vanderbilt. I visited [www.vanderbilt.edu/commencement](http://www.vanderbilt.edu/commencement), the website wholly dedicated to the departure of the Class of 2011. 2011 used to seem like this faraway year that would never come, and if it ever did then our champagne and strawberries celebration would be served in pill form aboard a spaceship or something. Much to my dismay, 2011 is right now (and we're still eating solid foods on Earth). In case writing 2011 atop my class notes each day weren't reminder enough, the commencement website helpfully provides a countdown clock reminding me that, as I write this, there are only 86 days, 20 hours, 34 minutes and some seconds remaining for me to live the dream.

My initial reaction to this news was to freak out. But fear not, fellow seniors. I've realized that there is a lot of good stuff on our horizon! In fact, to quote my friend's high school graduation cheesy party theme: Our futures are so bright we'll need sunglasses! I'm talking about Beach Week, of course. (Really though, bring sunglasses. You'll get sand in your eyes and all of your pictures will be squinty and hideous if your trusty Wayfarers aren't there to protect you.) Beach Week is what we should be counting down for, not graduation. It sounds a lot more fun, right? Our week of sand and sun before commencement is not a last hurrah so much as it is the culmination of years of training and preparation for the best party of your college career. It's like the final exam to see if you learned everything you were supposed to have picked up about partying during your freshman year and four rounds of Rites of Spring.

This is one exam we're all sure to ace. Many of us have even pulled all-nighters in pursuit of our

partying expertise. Remember Sunrise Party? That was just a practice scrimmage. Play up your strengths and let your friends help you out with your weaknesses once you're on the beach. For example, I will take on the "telling everyone how much I love them role" so my less fortunate peers who are angry drunks don't kill the party. Hopefully, some of my better-coordinated friends will do all the dancing, because anyone who's ever seen me at a party knows that's my biggest drunk struggle. Underclassmen, it's fine to be an "undeclared" academic major for a long time, but pick your party specialty soon. There are a lot of hours required for each focus, and you want to be prepared for Beach Week when the moment comes for you to perform.

People have recently been asking if a college degree even holds value anymore, and I feel confident telling them that it does indeed offer lifelong skills with practical applications in the workforce. If my parents' office holiday parties, golfing outings or business dinners were any indication, the ability to enjoy a cocktail or two while remaining jovial and composed is a crucial part of being employee of the month every month. So, study hard for these upcoming midterms and always be on time to your internship because academic success is an important part of starting a career. But also dedicate ample time to preparing for your Beach Week. Whether it is this May or in 2014, that final exam comes upon you faster than you think. If you do Beach Week right, you can graduate feeling confident that you'll soon be everyone's favorite coworker — just as soon as you find a job and have some coworkers.

— Claire Costantino is a senior in the College of Arts and Science. She can be reached at [claire.u.costantino@vanderbilt.edu](mailto:claire.u.costantino@vanderbilt.edu).

■ LETTER

## Sale of WRVU would homogenize university

To the editor:

As a Vanderbilt alum (BS '94) and as someone who works in the communications industry, I am deeply distressed to learn of the pending closure/"migration" of WRVU from the airwaves.

My time as a student DJ for WRVU was one of the seminal moments that helped define my professional career. I am thoroughly dumbfounded as to why such a wealthy and prominent university as Vanderbilt would deny a similar experience to future generations of students.

Perhaps even more significant for me were the friendships that I formed with my radio colleagues, which would not have happened otherwise. When would I have ever hung out with my old buddy Omar who did the Cuban show after me? At a frat party? When would Omar have ever taught me about Cuban jazz and the long-forgotten icons of such a proud musical tradition? I never even saw the kid on campus, but I'll never forget the spirit and passion he had for his music. The rest of the country would have to wait another 10 years for Ry Cooder and the "Buena Vista Social Club." When that award-winning album and documentary were released, I was already in the know thanks to Omar; and when I saw the Buena Vista Social Club on tour one summer night in Seattle, I drank a toast to my old WRVU compadre and thanked him for helping to open my ears and eyes to a fantastic

culture and musical tradition.

I guess that sort of cool stuff won't be happening anymore.

So, congratulations, Vandy and Vanderbilt Student Communications. You will now have student media/communications operations overshadowed by most state schools.

Let's face it: Vanderbilt is a homogenous community and needs all the creative free-thinkers and cultural influences it can possibly attract to truly offer a world-class education. With the closure of WRVU, the "Vandy bubble" will simply be capped tighter than ever with no eclectic broadcast voice that once brought world music to "Music City" — and forged a friendship between one white kid from Boston and a Cuban-American with family roots in old Havana.

At a time when cutbacks have left the U.S. education system in a sorry state, I would expect Vanderbilt to be a shining light in the wilderness.

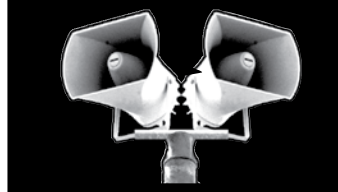
So, in conclusion, I promise to donate money to the University of Massachusetts before I ever send a check to Vanderbilt: They have a great Cuban music show on their radio station. But I guess you'd expect that from a mediocre state school in the Northeast.

Forget I mentioned it.

**George V. Corsiglia, BS '94**  
Boston, MA

“So, congratulations, Vandy and Vanderbilt Student Communications. You will now have student media/communications operations overshadowed by most state schools.”

## THE RANT



What is on your mind? The Rant is your place to anonymously sound off on any issue you want. To submit to The Rant, e-mail [opinion@insidevandy.com](mailto:opinion@insidevandy.com) or go to the opinion page on [InsideVandy.com](http://InsideVandy.com).

Compiled by Theo Samets

Any student that wears any opposing schools colors at sporting events should lose ticket privileges. You go to Vandy not UK!

How much longer is this late night construction project in Highland Quad going to last? I miss Kissam.

Why is it that InsideVandy never lets us comment on Hudson Todd's articles? Afraid of what we are going to say?

Bring back Frannie Boyle.

Why are all the opinion writers idiots?

Who the hell decided to make the Slant once every three weeks? That's a 9:1 ratio of Hustler to Slant. No Bueno. Here's an idea: Print the Hustler once every three weeks

What the heck, Nashville? If you're gonna snow, snow! None of these pathetic random flurries that fail to cancel classes.

Why is Cheesburger Charley's no longer on the card? Is Vanderbilt trying to phase Taste Of Nashville out?

Claire Costantino might be worse than Frannie Boyle. At least Frannie had a guiding moral compass!

■ COLUMN

## The bucket list, revisited



**THEODORE SAMETS**  
OPINION EDITOR

A month ago, I wrote a column in which I talked about all the things I wanted to do in my final semester at Vanderbilt.

I encouraged others to make their own "bucket lists" as well.

Then last week, I wrote about my disappointment at having not taken an English class where I read classic American literature. Instead, I'm spending my last semester in biology.

The advice I hope to impart today isn't for seniors. It's for freshmen and sophomores, for people who are going to be around here for the next couple of years.

Some of the things I included on my list, like the Stevenson roof and a visit to one of Nashville's most famous bars, Tootsie's, were easily completed. But other things that my friends and I wanted to do, including tour Kentucky's Bourbon Trail, remain undone — and probably will.

For underclassmen, my advice is this: Start thinking about things like, "What classes do I absolutely want to take while I'm at Vanderbilt?" and, "What places am I dying to go in Nashville?" before your senior spring.

By the time you've gotten to where my classmates and I are, you won't have any more opportunities to sign up for classes, and yes, if you wait this long to make your bucket list, there are places you aren't going to make it.

For example, I'm probably not going to make it on a tour of the Yazoo brewery. Our Life editor may well never go to her first Vanderbilt men's basketball game. And there's no way my friend will get to see The Grand Ole Opry at the Ryman, given that the show won't be back at that venue until after we graduate.

This is all to say that you have to start young. When you start making lists senior year, you might not finish them, and when you only start looking for fun "Nashville" things to do during your last year in town, you're not even going to include things on your list that someday you might wish had been there.

We're beyond lucky to be at Vanderbilt and in Nashville. I hate to keep coming back to this, but I've got a lot of regrets for waiting as long as I did to really notice this. My hope is that students who aren't going anywhere very soon will start enjoying Nashville — and not just Demonbreun — now. Maybe some of you already are.

— Theodore Samets is a senior in the College of Arts and Science. He can be reached at [theodore.d.samets@vanderbilt.edu](mailto:theodore.d.samets@vanderbilt.edu).

### OPINION POLICY

The Vanderbilt Hustler opinion page aims to stimulate discussion in the Vanderbilt community. In that spirit, columnists, guest columnists and authors of letters to the editor are expected to provide logical argument to back their views. Unreasonable arguments, arguments in bad faith or arguments in vain between columnists have no place in The Hustler and will not be published. The Hustler welcomes reader viewpoints and offers three methods of expression: letters to the editor, guest columns and feedback on [InsideVandy.com](http://InsideVandy.com).

Letters must be submitted either in person by the author to the Hustler office or via e-mail to [opinion@insidevandy.com](mailto:opinion@insidevandy.com). Letters via e-mail must come from

a Vanderbilt e-mail address where the identity of the sender is clear. With rare exception, all letters must be received by 1 p.m. on Tuesday, Thursday or Sunday. The editor reserves the right to edit and condense submissions for length as well as clarity.

Lengthy letters that focus on an issue affecting students might be considered for a guest column at the editor's discretion.

All submissions become the property of The Hustler and must conform to the legal standards of Vanderbilt Student Communications, of which The Hustler is a division.

### CORRECTION POLICY

Accuracy is our profession. As the "Voice of Vanderbilt," we are committed to ensuring our work is fair and accurate. Errors of substance will be corrected. With very rare exception, these corrections will be listed on Page 2.

Bring corrections to the Hustler office in Sarratt 130 or e-mail us at [hustler.news@insidevandy.com](mailto:hustler.news@insidevandy.com). You may also report them by telephone on the news line at (615) 322-2424.

### ADDITIONAL CONTACTS

Your voice doesn't stop here. The Vanderbilt Hustler encourages its readers to voice their opinions on legislative issues. The following students and legislators represent the Vanderbilt community.

**President Lori Murphy**  
Vanderbilt Student Government  
3028 Station B  
[Lori.L.Murphy@vanderbilt.edu](mailto:Lori.L.Murphy@vanderbilt.edu)  
Sarratt 355  
(615) 322-8742

**U.S. Sen. Lamar Alexander**  
United States Senate  
Washington, DC 20510  
(202) 224-4944  
(615) 736-5129

**U.S. Sen. Bob Corker**  
United States Senate  
Washington, DC 20510  
(202) 224-3344  
(615) 279-9488

**Rep. Jim Cooper**  
U.S. House of Rep.  
Washington, DC 20515  
(202) 225-4311  
(615) 736-5295

**Rep. Brenda Gilmore**  
Tenn. District 54  
P.O. Box 281934  
Nashville, TN 37228  
(615) 876-3665

**Sen. Douglas Henry Jr.**  
Tenn. District 21  
11 Legislative Plaza  
Nashville, TN 37243-0021  
(615) 741-2380

**Council Member Kristine LaLonde**  
2005 20th Avenue South  
Nashville, TN 37212  
(615) 522-7319

MUSIC

# Vanderbilt's first Dubstep Party



RAD OMEN/ Photo Provided

**KENDALL BIRD**  
Staff Writer

Tomorrow night at Club Mai, DJ Wick-it, Rad Omen and King Fantastic will perform during Vanderbilt's first Dubstep party. Dubstep is a genre of electronic dance music. This party marks the first installment of the Robot Ears concert series, which is a student-organized effort to bring electronic music to Nashville. Senior Evan Harris, who owns Robot Ears Production, sat down with Life writer Kendall Bird to discuss organizing this event and why it's one party not to miss.

**Kendall Bird:** So, for those who might not be very familiar with Dubstep, how would you describe it?

**Evan Harris:** It's basically hip-hop-influenced electronic music. Dubstep originates in the UK, but it has evolved into something unique here in the United States. It's typically produced at around 70 BPM, versus Electro, which is typically between 122 BPM and 132 BPM. It's gotten popular because of artists like Rusko, Bassnectar, Caspa, Borgore and Skrillex and now also because of pop artists like Britney Spears and Mike Posner.

**KB:** Who are Rad Omen and King Fantastic?

**EH:** Rad Omen is one of California's biggest names in Dubstep. His hit track "Rad Anthem" went viral. You might have seen the music video featuring comedian Nick Swardson. King Fantastic is a Los

Angeles-based rapper. He raps over original Dubstep productions as well as remixes of tracks like (Bassnectar's) "Bass Head" and the Glitch Mob's "Drive It Like You Stole It." DJ Wick-it, the opener, just got signed to Big Boi's label. He also won "Best Mash Up of the Year" from "Spin Magazine."

**KB:** What can you tell us about the Robot Ears concert series?

**EH:** I can tell you that the second installment will feature DCUP — the man behind the international hit, "We No Speak Americano." That track went No. 1 in 20 countries and to No. 27 here in the States, which is insane for a song with practically no lyrics. The second event will take place on March 31 at Club Mai. I'm also throwing a much larger outdoor event in April with close to a dozen performers. The lineup for that will be announced tomorrow night at Club Mai.

**KB:** How is it that a Vanderbilt student is able to put these kinds of productions together?

**EH:** I wake up early. Apart from that, I'm pretty much completely consumed by these projects. And it helps to have good sponsors. For example, I got Fork's Drum Closet on 12th Avenue South to donate Rad Omen's drums for King Fantastic's live set. Also, I should mention that the city of Nashville as well as Vanderbilt's Greek community have both been incredibly supportive.

FASHION

# Fashion at your fingertips, literally



VitalJuice.com

**LEX ARDELJAN-BRADEN**  
Staff Writer

The most sought-after trend this season is not found slung over the shoulder of respectable celebrities. This season's most avant-garde lust can be found poised upon the pristine fingers of any en vogue woman. Luckily for college students, the trend is not diamonds but something almost as durable and illustrious — a little something called Minx nail covers.

Created in California with the purpose of "extending fashion to fingertips," Minx has emerged as the premier provider of nail couture. Provided in premium salons across the country and favored to dazzle the hands of classic and edgy celebrities alike, Minx is a flexible film that is applied to nails with the use of heat and pressure and does not smudge or chip. Minx fanatics across the globe have chosen to bid adieu to drying time, nail damage, chemicals

and frequent visits to the nail salons and have instead opted for two-week nail and four-week toe wear of immaculate polish. With sandal and vacation season quickly approaching, the promise of a flawless manicure is almost more alluring than a tan that didn't come out of a bottle.

Celebrities like Rihanna and Beyonce have been pictured flaunting their Minx manicures. With celebrity seal of approval, salons across the country have noticed a growing demand for the product.

It's only natural that fashionistas have worked themselves into a frenzy over these long-lasting little lifesavers; the Minx line boasts a vast range of colors of prints from "AlligatorSkin" to "GoldenLightening Studs." And for the less adventurous, Minx also features timeless essentials like "French Manicure" and "Ballet Pink." With three local Nashville salons (Dani Massie salon, Divas & Dudes, the family salon and Miss Minx's Natural Nails) that offer Minx,

Vanderbilt women are lucky enough to be able to receive the service for interview, date party, or pampering purposes alike. Now if only waxing was this easy. ■



KIMMIE KYEES/ Photo Provided

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# SPORTS

■ SWIMMING

## Swimmers to SEC Championships

**BRIAN LINHARES**  
Sports Writer

On Wednesday, the Vanderbilt women's swimming team will open four days of competition at the Stephen C. O'Connell Center in Gainesville, Fla., for the Southeastern Conference Swimming Championships.

Vanderbilt seeks to return to the form that earned the squad its first victory of the 2010-11 campaign against Marshall on Jan. 29 in Huntington, W. Va., head coach Jeremy Organ's unit defeated the Thundering Herd for the second consecutive season.

On Feb. 5, the Commodores returned home to face Tulane at the Dr. Thomas F. Frist Centennial Sportsplex. The Green Wave narrowly escaped with a victory on Vanderbilt's Senior Day, 133-129.

Sophomore Jess Eccher fought valiantly in a losing effort, winning both the 200-yard backstroke and 100-yard butterfly. She also posted Vanderbilt's best times in the 100-yard freestyle and 200-yard individual medley, as well as the second-fastest in the 200-yard freestyle. Eccher will undoubtedly figure prominently for Organ and the Commodores in the conference championships.

Eccher will join together with Rose Corleson, Chloe Mott and Melissa Roberts for the 400-yard medley relay. In 2010, the quartet of Eccher, Corleson,

Allie Voss and Jennifer Molchan set a school record in that event, at 3:52.71.

In the longer distances, Erika Deardorf will be expected to pace the Commodores. The sophomore, who celebrated her 20th birthday on Tuesday, will aim to emulate her performance in West Virginia last month, when she stepped up in the 1000-yard freestyle and 500-yard freestyle to post the squad's best and second-best times, respectively.

The SEC Championships have been good to Deardorf in the past. Last season, as a swimmer at Georgia, she finished the 1650-yard freestyle with a time of 16:59.60.

Deardorf, however, will have to wait until the last day of competition, Saturday, Feb. 19, for another shot.

The festivities commence on Wednesday with the 200-yard medley relay and 800-yard freestyle relay, followed by the 500-yard freestyle, 200-yard individual medley, 50-yard freestyle and 200-yard freestyle relay on Thursday.

The action heats up on Friday, which features the 400-yard individual medley, 100-yard butterfly, 200-yard freestyle, 100-yard breaststroke, 100-yard backstroke and 400-yard medley relay all take place. And on Saturday, the meet closes with races in the 200-yard backstroke, 100-yard freestyle, 200-yard breaststroke, 200-yard butterfly, 400-yard freestyle relay and 1650-yard freestyle. ■

■ MEN'S BASKETBALL

## Commodores travel south seeking sweep of Georgia



NICOLE MANDEL / The Vanderbilt Hustler

Steve Tchiengang (33) and the Commodores will look to build off of Saturday's strong performance as they travel to Athens on Wednesday.

Before Wednesday's game against Georgia, ESPN All-Access will profile a day in the life of the Commodores with a behind-the-scenes look at the Vanderbilt basketball team. At 5 p.m. CT, tune in to ESPN for exclusive coverage of the men's team on and off the court.

**NEXT GAME**



**VANDERBILT AT GEORGIA**

Wednesday, Feb. 16 — 6 p.m. CT  
Stegeman Coliseum — Athens, Ga.

**TV:** ESPN

**RADIO:** 97.1 FM



BECK FRIEDMAN / The Vanderbilt Hustler

The Vanderbilt women's swimming team heads to Gainesville this weekend for a four-day stint at the Southeastern Conference Championships, held at the University of Florida.

**STEVE SCHINDLER**  
Sports Writer

Vanderbilt (18-6 overall, 6-4 Southeastern Conference) visits Athens on Wednesday night to take on the Georgia Bulldogs (17-7, 6-4 SEC) in a battle for sole possession of second place in the SEC East.

With a victory over Georgia, Vanderbilt can separate themselves in a tightly packed Eastern Division. The Commodores are riding high off of a win over Kentucky on Saturday; however, Vanderbilt is 0-3 on the road against SEC East opponents this year.

"We've got to go on the road and face a good Georgia team and it will be a tremendous challenge," said head coach Kevin Stallings. "With tremendous challenge comes tremendous opportunity. There's a lot at stake in the game as far as placement in the conference

and divisional race."

The Commodores will lean on sophomore guard John Jenkins, who leads the SEC with 19.8 points per game. In last year's visit to Georgia, Jenkins struggled mightily. He shot 0-for-9 from the field in the 72-58 defeat.

However, Jenkins has been on a hot streak as of late, shooting 55.7 percent from the field and 46 percent from behind the 3-point arc. He will need help down low from big man Festus Ezeli. The redshirt junior center recorded a double-double when he last faced Georgia, recording 18 points and 10 rebounds. Jeff Taylor will try to rebound from his worst offensive outing of the year, scoring only four points against Kentucky.

"I'm just going to move on from my last game and continue to stay focused on the task at hand for this team, and that is beating Georgia," Taylor said.

The Commodores will have their hands full with an athletic trio of Bulldog playmakers in Travis Leslie, Gerald Robinson and Trey Thompkins. In the last meeting between Georgia and Vandy, Robinson scored 20 points. Thompkins and Leslie each recorded double-double performances with 13 points and 13 rebounds, and 21 points and 13 rebounds, respectively.

Thompkins and Leslie have formed a potent inside-outside duo all season for Georgia, averaging a combined 30.8 points and 14.6 rebounds.

A victory over Georgia would be critical for the Commodores, who play four of their next five games away from the comforts of Memorial Gymnasium. Vanderbilt will look to contain Georgia's big playmakers and sweep the season series against the Bulldogs on Wednesday. ■

## SEC MEN'S BASKETBALL POWER RANKINGS

by Reid Harris

	<b>1. No. 14 Florida (20-5 overall, 9-2 Southeastern Conference)</b> The Gators keep winning, piling up nine conference wins despite having already played some of the toughest teams in the league. The key has been winning close games — three of their past four wins have been decided by less than five points.		<b>7. South Carolina (13-10, 4-6 SEC)</b> After losing five of its last six conference games, South Carolina will travel to play both Tennessee and Kentucky this week, two of the toughest road trips in the conference. Unless something drastic changes for South Carolina, it looks like they will have to win the SEC Championship to have a shot at playing in the postseason.
	<b>2. No. 18 Vanderbilt (18-6, 6-4 SEC)</b> Led by John Jenkins' 32-point performance, Vanderbilt held off Kentucky and remains in the race for the SEC Eastern division title. At this point, every game counts; Vanderbilt needs to beat Georgia on Wednesday to have a realistic chance of challenging Florida.		<b>8. Mississippi State (13-12, 5-6 SEC)</b> Although the team is loaded with talent, discipline and conduct issues have kept Mississippi State from making a run at the SEC regular season title. If the Bulldogs do eventually come together and play as well as the can, they could make a deep run in the SEC tournament like they did last year.
	<b>3. Georgia (17-7, 6-4 SEC)</b> The Bulldogs fell at home against Xavier before an impressive road victory in Columbia against South Carolina. On Wednesday, Georgia will look to avoid being swept in the season series against Vanderbilt after losing in Nashville in January.		<b>9. Ole Miss (16-9, 4-6 SEC)</b> After a slow start, the Rebels have won three of their last four games to reach a respectable 4-6 record in conference play. With the toughest part of its schedule behind them, Ole Miss will look to finish the season strong and could believably win the rest of their games.
	<b>4. No. 22 Kentucky (18-7, 6-5 SEC)</b> Despite high preseason expectations, the Wildcats are now on the outside looking in on the SEC Eastern Division race after losing five of their first six conference road games. They must prove they can win outside of Rupp Arena before becoming a contender to win the SEC.		<b>10. Arkansas (15-9, 5-6 SEC)</b> The Razorbacks will get much-needed rest from the SEC schedule against Florida A&M on Thursday before traveling to division-leading Alabama this weekend. With its final three games against fellow struggling members of the SEC Western Division, Arkansas has a chance to finish the season with a .500 record in SEC play.
	<b>5. Alabama (16-8, 8-2 SEC)</b> This week, Alabama will have the opportunity to strengthen its already-tight hold on the weak SEC West with matchups against LSU and Arkansas. The Tide has won six of its last seven games, including upsets of Kentucky and Tennessee.		<b>11. LSU (10-15, 2-8 SEC)</b> After losing eight straight games, LSU hosts both division leaders this week, facing Alabama and No. 15 Florida. Head Coach Trent Johnson may be coaching for his job, trying to avoid his second consecutive season with just two conference wins.
	<b>6. Tennessee (15-10, 5-5 SEC)</b> Tennessee has now lost three consecutive games and each of Coach Bruce Pearl's first two games since returning from a conference-mandated suspension. The Volunteers play two games at home this week as they try to get back on track in conference play.		<b>12. Auburn (9-15, 2-8 SEC)</b> Although they showed signs of life with a win over Mississippi State on Saturday, the Tigers have struggled all year and are likely looking forward to the offseason. With two wins apiece, Auburn and LSU are both fighting to not finish last in the SEC Western Division.

# BACK PAGE

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WHO SEES THIS AD?  
**11,500 STUDENTS**  
and many faculty/staff,  
parents and alumni

## SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level:

- 1
- 2
- 3
- 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk)

2/14 Solutions

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## CROSSWORD

### ACROSS

- 1 Classifies, in a way
- 5 Antony listener
- 10 Envelope abbr.
- 14 Beige-like shade
- 15 Representation
- 16 Dealer's dispenser
- 17 Game played on a six-pointed star
- 20 Keystone lawman
- 21 Smart club
- 22 Cry to strike up the band
- 23 Penne relative
- 24 She played WKRP's Jennifer
- 25 1964 Beatles hit
- 30 Time Warner "Superstation"
- 33 Capacious
- 34 Peddle
- 35 The tan in a Black and Tan
- 36 One of five states in which same-sex marriage is legal
- 37 Trendy aerobics regimen
- 39 Fort with many bars
- 40 Apparel retailer Taylor
- 41 Legatee
- 42 In abeyance
- 43 La + la, in Lille
- 44 Diamond-patterned attire
- 47 Volunteer st.
- 49 "Let's leave \_\_\_ that"
- 50 Producer Ponti

- 52 "My Name Is Asher Lev" author Chaim
- 54 Restorative place
- 57 Companion at the end of 17-, 25-, 37- and 44-Across
- 60 Jai \_\_\_
- 61 Pentium producer
- 62 Brand with a pony in its logo
- 63 A few
- 64 Seacoast
- 65 Stern's counterpart

### DOWN

- 1 Chaste kiss
- 2 Reverberate
- 3 Stagehand
- 4 Heliocentric universe center
- 5 \_\_\_ the occasion
- 6 1991 movie sequel subtitled "The Awakening"
- 7 Apple products
- 8 Turkish honorific
- 9 At birth
- 10 Be hospitable to
- 11 White Star Line's ill-fated steamer
- 12 Actress Spelling
- 13 Place to brood
- 18 Agent Prentiss on "Criminal Minds"
- 19 Bit of guitar music
- 23 Coors malt beverage
- 24 His show has a "Jaywalking" segment
- 25 Serif-free font

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2/16/11

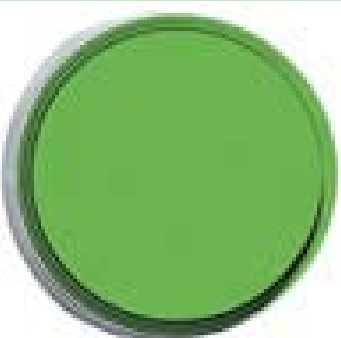
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KICKUP	ONESHEELS	
ALIEN	POLA	PLEA
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# Say Cheesy!

# PORTRAITS TODAY!

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**10 A.M. - 5 P.M.**



Through your words, actions and choice in any given moment, you can help end violence... one green dot at a time.  
**What's your green dot?**



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The Vanderbilt Hustler brings you this guide to help plan your spring fashion, health and beauty routine so you can enjoy some fun in the sunshine.

# Beauty, Health & Fashion

# VANDERBILT you! Guide

WEDNESDAY, FEBRUARY 16, 2011

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SPECIAL SECTION

## New year, new delights

BY **BOOTH MOORE**  
LOS ANGELES TIMES  
(MCT)

With a new year, it's time to gear up for the fashion trends, people and happenings that will define 2011.

There's a whole list of things I'm looking forward to seeing, shopping, watching and reading. My rundown:

### 1) Skirts falling

At last, some clothes for women who don't look to the Kardashians for style tips. The tyranny of the mini is over, and skirts are getting longer. Midi, maxi and knee-length skirts were all over the runways in collections for spring 2011 shown by Jil Sander, Michael Kors, Yves Saint Laurent and more. They'll be seen in a variety of price ranges, and I've got my eye on a sparkler from J. Crew's spring collection.

### 2) Tom Ford

He directs, he designs, he guest-edits magazines. Is there anything he can't do? The sultan of sex who defined fashion in the 1990s at Gucci

and Yves Saint Laurent is returning to women's wear at last, after a break of six years.

Proving that he hasn't lost his talent to provoke, he used the oldest trick in the Hollywood playbook when he previewed his collection in September on some of the most beautiful women in the world (Beyonce and Lauren Hutton were among the celebrity models) and told his select few guests, "No pictures please."

Of course, the secrecy only made us want him more. Since then, he's released photos on his own terms in glossy magazine spread after magazine spread. But come Oscar week in February, he will roll out the red carpet for real and throw a party for his new boutique on Rodeo Drive. No doubt the flashbulbs will be blinding.

### 3) Fashion at the museum

The Metropolitan Museum of Art's Costume Institute plans a retrospective of the late designer Alexander McQueen's work in May

(with the requisite Vogue-sponsored gala opening). But first, L.A.'s Kate and Laura Mulleavy, the designers behind the Rodarte label, will be the subject of a show opening March 4 at the Museum of Contemporary Art at Pacific Design Center.

### 4) Fashion on film

Due out in June is the Madonna-directed film "W.E." (after the first initials of Wallis Simpson and Edward, the Duke of Windsor), about the love affair that cost Edward the British throne. Arianne Phillips is designing the costumes for the notorious fashion plates, so I expect great things. Phillips has collaborated with Madonna on her last four concert tours, as well as designed costumes for films such as "A Single Man," "Walk the Line" and "The Crow."

On the other end of the entertainment spectrum, there's "The Muppets" opening Thanksgiving

weekend. Since it's a Disney film, you know the fashion merchandise collaborations are going to be off the hook (just like they were with 2010's "Alice in Wonderland" and "Tron: Legacy").

### 5) Royal aisle style

I still remember staying up all night to watch Prince Charles' and Lady Diana Spencer's nuptials in 1981, and I know, come April 29, I will be glued to the screen again watching Prince William and Kate Middleton. The gown, the flowers, the cake — the world is waiting in breathless anticipation. It should also be interesting to see whether Middleton becomes an ambassador for British fashion in the way that First Lady Michelle Obama has been for American fashion.

### 6) The new political guard

If there is one person I'm eager to



SEE DELIGHTS, PAGE 2

## Fashion goes westward haute

BY **JOSEPH V. AMODIO**  
NEWSDAY  
(MCT)

Hollywood has given us a double dose of country-Western style in recent films.

There's the Nashville look — all glitter, big hair and pressed plaid shirts, as seen in Gwyneth Paltrow's new film, "Country Strong," which hit some theaters last week. Then there's not-so-Nashville — like the rugged, rough-hewn denim and coarse woolen looks in the Coen brothers' "True Grit."

To rock your own frontier flair, check out various brands that also felt the call of the West this season. Charlotte Russe has sassy takes on saddle bags, denim dresses and frayed jeans; Levi's offers trucker jackets and other down-home duds produced in collaboration with Pendleton.

Expect more this spring from Anna Sui (antique lace and pioneer dresses), Ralph Lauren (blanket bags and fringe) and Hermes (Jean Paul Gaultier's last runway show for the brand featured suede pieces in dusty, desert tones and hats much like the one young Hailee Steinfeld wears in "Grit").

If there's one thing we associate with the "Wild West" — besides showdowns at high noon — it's that hat. But back then, "hats were not the classic cowboy hats that we have now," says "True Grit" costume designer Mary Zophres. Men wore bowlers or other "city hats that were just kinda fried — they'd been worn in the rain and on the trail too much," she explains on the film website [intention.com](http://intention.com).

Then came John B. Stetson, who started making wide-brimmed hats in 1865, and the rest is history. We like their "Roxbury" distressed leather Western hat for men or women, with scalloped concho band and shapeable brim, \$55.95; at [stetson.com](http://stetson.com) or [rods.com](http://rods.com).



LOW-PROFILE STETSON COWBOY HAT, KNOWN AS A "ROCKER," MADE OF ANTIQUED STRAW. \$59.98 FROM THE MAD HATTER. (CHARLES BERTRAM/LEXINGTON HERALD-LEADER/MCT)

## FLARES with FLAIR

BY **MELISSA MAGSAYSAY**  
LOS ANGELES TIMES  
(MCT)

This spring, we'll be turning to the '70s. Fashions inspired by the decade will show up in all forms, including Marc Jacobs' trippy "Taxi Driver" baby dolls and Derek Lam's minimal, crisp white shirts and neutral-colored platform sandals.

But in Los Angeles, where denim is part of a daily uniform, plenty of people are bound to put down their skinnies (for a season anyway) and pull on a pair of flare-leg jeans that hint at the extreme bell bottoms of about 40 years ago but are not quite as severe.

Flare leg (and a few bell-bottom styles) will be out in abundance once spring merchandise starts landing in stores in February, and although the trend may be enticing, remember not to pile on macrame and a big floppy hat with these jeans, or the whole look will be too costume-y.

For a more subtle approach to the flare leg, the Roxley Flare (\$179) and the Bentley Wide Leg (\$211) from Paige have a leg that's wide but looks as sleek and clean as a trouser jean. Selecting flare-leg jeans in a lighter, sun-faded wash (which is also a huge trend in spring denim) will stay true to the 1970s appeal, as well as look more casual. A deeper, darker wash (such as Roxley's Pure wash) will lend itself to a tux jacket, tailored blazer or dressier blouse for an evening out or important meeting.

For a fun weekend jean that's still got some flare, a lighter shade looks best. Try the Drama jean in the Forever Blue wash from Mother (\$220) or the Sugar Hi Rise from Rich & Skinny (\$206) for that sun-bleached wash that just screams for a leisurely bike ride along the beach. Both these styles have a high rise that come up all the way to the waist, creating a long, shapely silhouette. But

note: although they are authentic in style, they could be a bit uncomfortable at the midsection for anyone who is used to a lower rise. The most extreme styles out there fall into the bell-bottom category. The Farrah jean from Decades Denim (\$130) is a soft and comfy style, with an even wash that works day or night, with flats or a platform sandal. If you want a slightly exaggerated bell, 7 for All Mankind's bell bottom (\$178) and the Angie jean from Citizens of Humanity (\$228) have that true, triangular-shaped leg opening that juts out from a fitted thigh and knee area for a more dramatic take on '70s denim. All we can say is dy-no-mite.



THE ROXLEY FLARE (\$179) FROM PAIGE HAVE A LEG THAT'S WIDE BUT LOOKS AS SLEEK AND CLEAN AS A TROUSER JEAN. (COURTESY OF PAIGE DENIM/MCT)

### FASHION WATCH

## Skirts worth a good, long look

BY **MELISSA MAGSAYSAY**  
LOS ANGELES TIMES  
(MCT)

Unless you're following the Gwyneth Paltrow dressing plan of "the more leg the better," spring's big trend in long, almost-floor-grazing skirts might just appeal to you.

True, it's yet another trend that could drown those of us shorter than 5-foot-5, and so far every long skirt I've seen worn has been on a runway model (Michael Kors did the long, lithe casual version; at Jil Sander it was more crisp and polished) on whom the skirt drapes and pools so elegantly and perfectly I want to cry. But by taking into consideration your proportions and matching the skirt with the right top and shoes, a woman of any height can certainly carry it off without looking as if you've been attacked

and rolled up in a bolt of discount fabric.

I love the everyday casual look of wearing one of these skirts with a white T-shirt or white men's button down, tucked in and maybe with the sleeves slightly scrunched up. Ballet flats, simple flat sandals or even Converse Chuck Taylors look adorable peeking out from the hem. If you don't want to tuck in your shirt, then leave it loose and hanging out, but think about winding a thin leather belt around your midsection to define the waist and create some shape, especially if you're on the shorter side.

If you're going for a dressier look and want to wear heels, make sure the skirt isn't long to the floor, but rather more of a tea length (in the front, at least), like the beautiful smoky gray version from Club Monaco. The way long skirts were presented at the Jil Sander spring 2011 show is also a perfect example of how

to take the look into nighttime. The skirts here were more structured and came in a palette of happy, vivid colors. A crisp white T-shirt tucked in and the right statement accessories make for a modern, chic and unexpected evening look.

On the other end of the spectrum, you can bring out your inner grunge girl by putting a neutral-colored skirt in a gray or black with flat lace-up boots, a slouchy shirt and a draped tissue-thin scarf.

The length of these skirts may seem a bit daunting to wear, but because the colors, fabrics and silhouettes are so simple and elegant, think of pairing more casual and minimal pieces with them, so you're not engulfed in fabric. And, hey, long may be a new concept for us for spring (save for the cotton jersey maxi dresses so many women love) but they sure beat booty shorts.

## THE TOURNAMENT

THE VANDERBILT HUSTLER'S NCAA BASKETBALL TOURNAMENT GUIDE  
WEDNESDAY, MARCH 16



# So you want to be a wardrobe stylist

BY LISA GUTIERREZ  
McCLATCHY NEWSPAPERS  
(MCT)

KANSAS CITY, Mo. — Katie Brown, a 23-year-old dead ringer for (a young) Jennifer Aniston, gets paid to tell people how to dress.

She herself follows the lead of her style icon, Jacqueline Kennedy Onassis, which means she chooses classic pieces — like the trench coat her aunt bought in London — and she doesn't chase trends. Neither should you, says the wardrobe stylist from Prairie Village, Kan.

More than just a pretty face. Fashion has "always kind of been hidden in my heart," she says, from the days she played dress-up in her sisters' clothes and chose items for her mom and aunt to try on when they shopped together.

After earning a fashion merchandising degree from Johnson County Community College, she moved west to study at the Fashion Institute of Design and Merchandising in Los Angeles. "Project Runway" fans will recognize that as the site of

Season 6. (She never saw Heidi Klum or Tim Gunn. Sigh.)

"Some people really think it's an easy degree to go into, but it was a full-time job. We worked really hard. ... Some of my professors were buyers for Ralph Lauren, and you just sit there with your jaw dropped open every day."

Staying on top of the game. School taught her everything from the business end of the fashion industry to the nitty-gritty of fabric care. (She learned design, too. "I have something in the works. Stay tuned.")

To stay on top of her game she reads Women's Wear Daily, all the fashion mags and web sites including [www.refinery29.com](http://www.refinery29.com), [www.whowhatwear.com](http://www.whowhatwear.com) and [www.dailycandy.com](http://www.dailycandy.com).

Bigfish,smallpond.California's an expensive place to live, so she moved home to put her fashion education to work. She started a business called Chanari Style and Design ([www.chanaristyle.com](http://www.chanaristyle.com)). "The canary bird is one of the signals of warning when things go wrong. So I'm kind of your fashion canary bird."

What not to wear. For \$75 an hour, she will come to your home and prune all the ill-fitting, out-of-style, never-wear-them-anymore clothing from your closet and advise you on what to buy to fill the gaps.

She will pack for your business trip or vacation. She will come to the office and advise employees on proper work wear. And, like a helpful girlfriend, but one with really cute shoes, she will shop with you.

"When I take my clients shopping I will ... have items picked out ready for them to come in so they don't have to wander around and get stressed out and waste their time."

Two words: balance and proportion. "If you're wearing a balloon skirt on the bottom, you want to wear something slimming on top. If you wear something billowy on top, you want to wear a cute little pencil skirt or skinny jeans."

Don't blink. Like it or not, people make up their mind about you in the first 10 seconds, she says. "One thing that I stress to my clients — first impressions

are everything. It can determine whether you get that job or not; it can determine whether you get that date or not. It can determine if someone wants to be friends with you.

"And it's not about having the most money to spend ... but learning how to find your true personality and unleash it with your own unique style."

Follow their lead: If you like to take your style cues from celebrities, she recommends Jake Gyllenhaal — "he's down-to-earth, athletic but knows how to get dressed up and put it together" — and Jessica Alba. "She's eclectic, and she'll play around with anything. I think Jennifer Aniston is always an icon, too." (And she's not just saying that because people tell her she looks like Aniston.)

Who said black is chic? "Black is nothing. It gives no shape. Yeah, sure, it'll make you look thinner, right? Whatever. But unless you're going to be wearing a giant diamond necklace, you need something with it that's going to pop. It doesn't tell a story like fuchsia would."



"BLACK IS NOTHING. IT GIVES NO SHAPE. IT DOESN'T TELL A STORY LIKE FUCHSIA WOULD," SAYS WARDROBE STYLIST KATIE BROWN. (ALLISON LONG/MCT)

DELIGHTS, CONTINUED FROM PAGE 1

observe dressing for today's political stage, it is California Gov. Jerry Brown. In his 1970s heyday, he was a dandy in double-breasted suits with sharp lapels. But now, almost nothing is known about what he wears.

Compared with Gov. Arnold Schwarzenegger — who favors suits by Armani, Prada and Gucci, has been known to carry a Prada weekend bag and refers to himself as a "shoe

queen" — Brown is practically anti-fashion. That could almost be more interesting.

**7) Shopping, high and low**  
Lanvin is opening its first West Coast store at Two Rodeo Drive any day now. And British chain Accessorize (think Claire's but so much better), which opened its first U.S. store in New York in October, will be rolling out locations across the country throughout the year.

**8) Designing, high and low**  
Following on the heels of 2010's hit

Lanvin for H&M collection, designers continue to branch out. I'm most intrigued by Derek Lam's crowd source-designed collection for EBay. He will show his designs in February, and shoppers will vote on EBay to determine which pieces are produced. Karl Lagerfeld's collection for Macy's is also one to watch. It hits stores in September.

**9) The Gaga effect**  
Fashion editor and stylist Nicola Formichetti, a frequent Lady Gaga collaborator (yes, he was behind the meat

dress), will show his first collection, fall 2011, as the new creative director for the house of Thierry Mugler. Chrome hip fins? Metallic leotards? I can honestly say I have no idea what to expect, but I might wear a raincoat just in case.

**10) New media move**  
Pulitzer Prize-winning Washington Post fashion editor Robin Givhan is starting a new job, and I look forward to reading what she writes from her new perch at Newsweek and the Daily Beast. Because if anyone can redefine how fashion and style is covered online, it's Givhan.



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# beauty foods

APPLY THE MARKET  
INSTEAD OF MAKEUP

## GROCERIES TO GORGEOUS

By Jodi Mailander Farrell, McClatchy Newspapers

The best way to look healthy and attractive may not be inside a \$100 jar of cream or under a surgeon's knife. Rather, what you put on your plate may be just as important as what you put on your skin.

An increasing number of studies and clinical trials are underlining the importance of "beauty foods" — super-nourishing fruits, vegetables, nuts, teas and other everyday foods that may replace a trip to the spa with a stop at the neighborhood grocery store.

Did you know that eating salmon and other foods rich in Omega-3 fatty acids could result in fewer wrinkles? That you could brighten your smile with cranberries? That spinach, broccoli and Swiss chard contain vitamins that help produce an oily substance that acts as a natural hair conditioner?

"Taking care of your skin is from the outside in, as well as the inside out," says Dr. Joely Kaufman, a Miami Beach, Fla., dermatologist who participates in aging research and is an assistant professor at the University of Miami Miller School of Medicine. "A good skin care regimen involves both topical and dietary regimens."

The most obvious sign of the beauty foods movement has started appearing on store shelves. Last year, the American Dental Association identified foods that are good for oral health with a "Smile Healthy" sticker. The small stamp alerts shoppers that certain foods and drinks have been tested and met the standards set by the ADA for promoting healthy teeth, including fluoridated water.

"There's real science behind the sticker," says Dr. Dominick DePaola, a professor at Nova Southeastern University's College of Dental Medicine, in Fort Lauderdale, Fla., who is helping the ADA identify foods worthy of the logo. "We don't want people to think there are good and bad foods; unless you abuse food, it's really not bad. But we want to be able to tell people that these are the better choices."

Most experts say eating a well-balanced diet is the best way to ensure healthy benefits. Still, some specific foods are proving to pack more punch in grooming a glowing complexion, shiny hair, healthy teeth and strong nails.

## SKIN-FRIENDLY FOOD

Kaufman, the Miami Beach dermatologist, recommends foods rich in antioxidants — green tea, citrus fruits like oranges and pomegranate, spinach, collard greens, broccoli, romaine lettuce and egg yolks — to combat skin damage from the sun and aging.

"There have been several studies linking foods rich in antioxidants to protection from the damaging effects of ultraviolet light," Kaufman says. "Ultraviolet radiation is known to cause production of harmful free radicals, which are linked to aging and skin cancer."

Add red wine to your shopping list, too. It contains resveratrol, an antioxidant found in the skin of red grapes. Resveratrol has been shown to exhibit anti-inflammatory and antioxidant properties; it also is associated with delays in the aging process, Kaufman says. One glass of wine offers benefits; more than that and you risk too many free radicals that attack collagen and elastin, which accelerates aging.

Kaufman also urges patients to stay well-hydrated with water because dehydration makes the skin appear dull, rough and older. Current thinking says you should let thirst guide how much water you drink every day. Liquids are the primary source, but you can also eat food with high water content, such as apples, blueberries, cherries, strawberries, asparagus, carrots, celery and mushrooms.

In "Food Cures: Treat Common Health Concerns, Look Younger & Live Longer" (Rodale, \$18.95), nutrition expert Joy Bauer writes that in addition to avoiding too much sun and smoking — the "two worst things for your skin" — fruits and vegetables rich in vitamins C and E nourish and protect the skin. High on her list: bell peppers, orange juice, lemons, whole grain cereals, peanut butter and avocado.

Bauer also advocates eating foods that contain selenium, a mineral used in making a type of protein with antioxidant properties. Foods with high selenium levels include canned light tuna, whole wheat pasta, lean beef, shrimp, turkey and brown rice.

Omega-3 fatty acids help maintain cell membranes so they allow water and nutrients in and keep toxins out. Foods rich in omega-3s — wild salmon, walnuts, flax, canola oil, soybeans and sardines — also seem to be able to protect skin against sun damage, according to Bauer.

Avoid sugary foods, refined-flour baked goods and soda, Bauer recommends. They cause inflammation in skin cells and throughout the body, causing premature aging and wrinkles. (If that doesn't turn you off of soft drinks, nothing will.)

## SUPER SMILE

It follows that whatever you eat affects your teeth and gums.

But sugars are not the only culprit. Even a whole-wheat roll can be damaging. Carb-based foods like breads and crackers tend to have a chewy texture that makes it easier for them to get caught between teeth and under the gum line, where bacteria can accumulate.

If you have carbs at a meal, rather than as a snack, you can curb the negatives. When you eat larger amounts of food, you produce more saliva, which helps wash food particles away, says the American Dietetic Association.

Some foods and drinks that may, surprisingly, help keep teeth healthy: Cranberries, black and green teas, even raisins. Researchers have found that a compound in cranberries can stop bacteria from clinging to the teeth, blocking the formation of damaging plaque deposits. (But because many cranberry products are loaded with sugar and consuming large amounts could lead to tooth decay, don't overindulge.)

Black and green teas contain polyphenols, antioxidants that prevent plaque and help reduce chances of developing cavities and gum disease. There's also evidence that tea has potential for reducing bad breath because it inhibits the growth of bacteria that cause odor. Many teas also contain fluoride from the leaves and the water they're steeped in, which helps protect teeth from decay.

Although they may seem sweet and sticky, raisins contain compounds that fight bacteria that can cause cavities and

gum disease, according to a University of Illinois at Chicago study. DePaola, the dental professor, also recommends low-fat cheese, yogurt and even some fish for calcium, which helps re-mineralize the enamel on teeth.

## HEALTHY HAIR

Going on a low-calorie fad diet may be the worst thing you can do to your hair. Diets are often low in important nutrients like omega-3 fatty acids, zinc

and vitamin A, which can stunt hair growth and lead to dullness or even hair loss.

Your hair grows up to a half-inch every month and the foundation for all that new hair, skin and nail growth is the nutrients we eat. If you were born with fine, thin hair, no food will give you thick locks. But a well-balanced diet can make a difference, nutrition experts say.

Spinach, broccoli and Swiss chard

## BEAUTY FOODS

■ **HAIR:** Vitamin B helps prevent shedding, slow growth and weak hair. Vitamin C deficiencies can lead to dry, splitting hair.

■ **Eat and drink:** Fortified whole grain cereals, chickpeas, wild salmon, lean beef, pork tenderloin, chicken breast, white potatoes, oatmeal, bananas, sweet potatoes, peanut butter, eggs, tofu, apricots, strawberries, guava, bell peppers, orange juice, snow peas, broccoli, kiwi, cherry tomatoes, raspberries and tangerines.

■ **SKIN:** Foods rich in vitamins C and E or the antioxidant mineral selenium help safeguard the skin from sun damage and delay aging by protecting skin elasticity.

■ **Eat:** Sunflower seeds, peanut butter, avocado, tomato paste, red bell peppers, olive oil, mangoes, peaches, broccoli, spinach, cantaloupe, tangerines, watermelon, orange juice, tilapia, shrimp, turkey, brown rice, chicken breasts, mushrooms and eggs.

■ **SKIN HYDRATION:** Water helps flush away toxins and keeps cells well-hydrated, which means skin will look firmer and clearer. Although liquids are the main source of water, some foods have such high water content that

they contribute to overall hydration.

■ **Eat:** Apples, blueberries, cherries, grapes, kiwi, lemon, mangoes, watermelon, pineapple, artichokes, beets, celery, cucumbers and yams.

■ **SKIN RENEWAL:** Zinc helps maintain the collagen that keeps skin firm; it's also involved in skin renewal.

■ **Eat:** Pumpkin seeds, chickpeas, fortified whole grain cereals, cashews, lentils, lima beans, fat-free milk, green peas and pork tenderloin.

■ **TEETH:** Polyphenols are antioxidant plant compounds that prevent plaque from adhering to teeth and help reduce chances of developing cavities and gum disease. Calcium strengthens the jaw bone, which helps hold teeth in place and prevents serious gum disease.

■ **Eat and drink:** Black and green teas, cheese, milk, yogurt, cranberries and raisins.

■ **NAILS:** Zinc keeps nails strong. Protein is necessary for nail growth and strength. Iron keeps nails from distorting into spoon shapes.

■ **Eat:** Lean beef, turkey, chicken, veal, fat-free yogurt, milk, peanuts, green peas, clams, oysters, shrimp, egg yolks, tofu, beans and fortified whole grain cereals.



ANA LARRAURI-LENSE/MIAMI HERALD/MCT

are good sources of vitamins A and C, which your body needs to produce sebum. The oily substance, secreted by your hair follicles, is the body's natural hair conditioner. Legumes like kidney beans and lentils provide plentiful protein to promote hair growth, as well as ample iron, zinc and biotin.

## WHOLE FOODS, NOT SUPPLEMENTS

If you rely on supplements as part of your healthy beauty regimen, think again. Recent research suggests it's better to get your nutrients from whole foods, not pills. In an academic review published in Nutrition Reviews last year, University of Minnesota public health professor David Jacobs concluded we derive more benefits from eating whole foods rather than isolating nutrients for supplements or fortifying foods with them (vitamin C or calcium added to orange juice).

It's the synergy between vitamins and nutrients in naturally occurring food that creates the optimal benefits, Jacobs believes.

Jacobs isn't against supplements; he believes they're beneficial for people with deficiencies and other medical needs.

But most people should get their nutrients from food, he said. "The totality of the diet is what's important. What we're eating — plant or animal — previously was a living organism and the closer it is to that form, the better."

# Fashion choices for full-figured women

BY JEAN PATTESON  
THE ORLANDO SENTINEL  
(MCT)

**Q:** I am what is politely referred to as a full-figured woman. Which is my better choice: clothing that is too tight or too loose?

**A:** Neither. Both will make you look larger than you really are.

But why would you be choosing between those extremes, when the best choice is clothing that fits properly?

I guess if you find an item you simply can't resist, but one size is too tight and the next size up is too loose, the dilemma would arise. In that case, go with the larger size — but please, have it altered to fit. It is almost always easier to take a garment in than let it out. And baggy is a style-buster.

While we're on the subject

of good choices for full-figured women, here are a few pointers:

Avoid fussy details at the neckline, including ruffles, bows and billowy scarves. Long earrings are better than big, round, button styles.

Drapey fabrics are more flattering than stiff, bulky materials. Combine drapey fabrics with asymmetrical styling, and you've hit on a win-win formula.

Short sleeves are OK, so long as they're not tight.

Flat-front trousers are slimming. Pleated pants add inches to tummy and hips.

For the same reason, choose pants and skirts with a tailored waist, not an elasticized one.

Hide heavy legs with wide, straight-leg trousers. But make sure the trousers aren't too long, or they'll make your legs

look even wider.

Choose dress and jacket styles that follow your curves — but not too closely!

## NO END IN SIGHT

**Q:** What is an infinity scarf?

**A:** As the name suggests, an infinity scarf has no ends. That's because it's a loop of fabric, not the usual rectangle or square.

You don't tie an infinity scarf. You simply slip the loop over your head, then twist it into a figure-8 and loop it around your neck once more.

For a turtleneck effect, loop the scarf a third time — if it will stretch that far.

PHOTOGRAPH BY TODD PLITT/KRT



## PERSONAL TRAINER

### 10 good reasons to exercise

A mountain of medical evidence shows it's important for older adults to get plenty of safe, appropriate exercise; the top reasons:

- 1** To increase bone density and prevent osteoporosis
- 2** To keep up physical abilities and maintain independence
- 3** To increase metabolism by increasing muscle mass with strength exercises; may also reduce body fat
- 4** To maintain balance, improve reflexes and decrease falls
- 5** To enhance social relations, feeling of belonging
- 6** To improve breathing, especially if changes in spine have reduced chest capacity
- 7** To lift mood, improve self-esteem, give feeling of accomplishment
- 8** To help regulate blood sugar level, prevent diabetes with aerobic exercise
- 9** To improve flexibility, range of motion and blood circulation
- 10** To maintain healthy heart and circulatory system, reduce risk of heart disease

© 2011 MCT Source: American Council on Exercise Graphic: Paul Trap

## HEALTHY LIVING

### Variations on a classic

Bruschetta, an Italian appetizer, can be nutritious as well as tasty.

#### Bread and more

• From the Italian "bruscare," or "to roast over coals," traditional bruschetta is made by rubbing day-old bread with garlic, drizzling it with extra-virgin olive oil and baking it in a wood-fired oven

• Today's home cooks usually toast the bread under a broiler

• Healthy additions can include fresh tomatoes, red peppers or other vegetables, chopped avocado, beans or mozzarella cheese, topped with basil

Source: The Food Network, MCT Photo Service Graphic: Pat Carr



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## PERSONAL TRAINER

### Shoes made for walking

Almost any kind of athletic shoes can be used for fitness walking, but specially designed walking shoes have some advantages.

**Fitness walking** is a brisk, arm-swinging style of walking, done at a pace of about 15 min. per mile (9 min. per km)

**Running shoe**

- Thick wedge-shaped cushion absorbs heel impact
- Does not compress very much when shoe is used for walking; heel lift can cause shin pain

**Cross-training shoe**

- Strong construction holds foot firmly; good for vigorous sports, sprints
- Not needed for walking; adds extra weight
- Usually has deep tread for grass, loose surfaces
- Not needed for walking on flat surfaces

**Walking shoe**

- Lightweight construction
- Comfortable padding
- Moderate cushioning in front and under heel
- Moderate tread gives good traction on pavement, other flat surfaces

© 2011 MCT Source: Better Homes & Gardens Graphic: Paul Trap

## HEALTHY LIVING

### High fiber foods – to go

Adding high-fiber foods to your lunch box is good for your health and an easy way to maintain a healthy weight.

#### Brown bag tips

- Fill whole-grain pitas with veggies and hummus (as shown here)
- Bring a cup of high-fiber soup, such as lentil, black bean, split pea, minestrone
- Make a sandwich with high-fiber bread and add an apple, a pear, a small bag of baby carrots or other fruits or veggies as a side dish
- Add black beans or chick peas to a large garden salad
- Mix fresh fruit and low-fat yogurt

© 2010 MCT Source: "The Full Plate Diet," MCT Photo Service Graphic: Pat Carr



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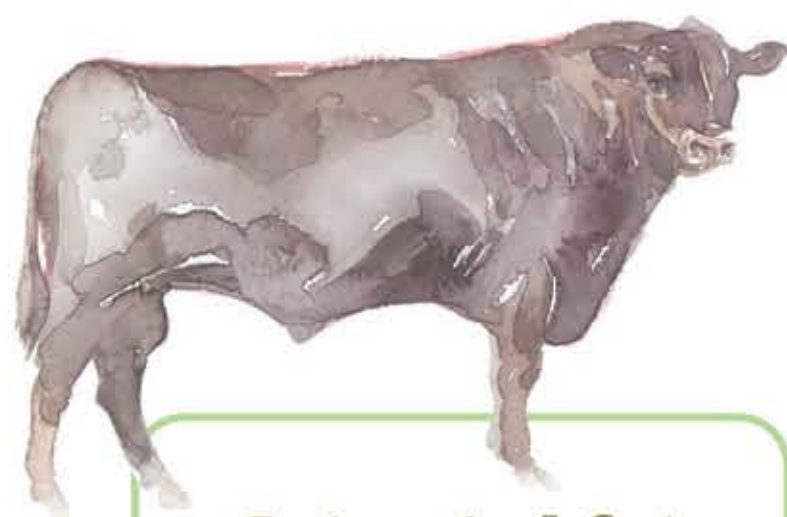


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# THE fat OF THE LAND



## Saturated fat

This is the bad fat blamed for clogging arteries, causing heart attacks and stroke, and occasionally associated with cancer, especially colon and breast cancer.

**Source:** Red meat, poultry, whole dairy products such as milk and yogurt, lard and butter.

**Benefit:** It's a powerful source of fuel. Some saturated fat in the diet suppresses appetite for hours longer than the other fats. That's why the Atkins diet worked for some people.

**Caution:** Foods fried in saturated fat have vastly superior flavor. Be careful at restaurants. Those really great-tasting rolls could be made with lard or butter, and you won't know.

**Danger:** Eat like this for a few years and it will probably clog your blood vessels. Also the more saturated fat you eat, the higher your bad cholesterol. And it seems to lower your good cholesterol.

**Hint:** The leanest meat will deliver all the saturated fat you need in your diet. If you're a food addict, or you like great gourmet meals, you need to exercise a lot more to work off this fat.

By HARRY JACKSON JR.  
St. Louis Post-Dispatch

In recent years, here's what the scientific, medical and nutrition communities have said about dietary fats: Fats are bad for you; fats are good for you. Fats cause cancer; fats don't cause cancer. Fats cause weight gain; fats don't cause weight gain. Get the picture?

Don't worry, we're here to help. Here's a guide to help clear up some of the confusion about fat and its effects on the human body.

## WHAT IS FAT?

Fat is oil. Chemically, it's a long carbon molecule with different configurations of hydrogen molecules attached, and it won't dissolve in water.

Dietary fat has lots of destinations after it's eaten. Its primary use is to burn as fuel.

"Ironically, (fat) is a lightweight way to store fuel," said Dr. James Shoemaker of St. Louis University School of Medicine. He's also a biochemist and a molecular biologist and has a doctoral degree in nutrition. "Fat can store fuel without water. If you stored carbohydrate, that takes water, and water weighs more than fat."

In addition to being stored or burned, fat acts as a shock absorber between organs, as insulation to regulate body temperature, as padding beneath the skin and as a means to dissolve vitamins that don't dissolve in water.

All types of fat pose two problems:

■ Fat causes health issues when it lingers in the bloodstream.

■ All fats are high-calorie foods. That's why some researchers say any fats are bad when you get too much, and good when you get just enough.

The relationship between humans and fat began with ancient human ancestors. Fat was a rare commodity from the animals

they hunted, so the human physiology learned to hold on to dietary fats.

But as time marched on, the human body found itself ill-equipped to handle a state of perpetual abundance with most food flavored with fat. That has resulted in obesity and clogged blood vessels.

## WHAT PEOPLE EAT

People eat four basic types of fats. Each category has lots of versions, but these are the names you hear:

■ Saturated fats are from red meat and poultry.

■ Monounsaturated fats include fish oil and olive oil.

■ Polyunsaturated fats come from vegetables and grains.

■ Trans fats are manufactured fats.

## OTHER LIPIDS

Lipids are fatty substances in the blood. When your doctor orders a "lipid panel," here is what he's looking at:

■ **Cholesterol:** Cholesterol is a waxy substance used to build cell membranes, skin and nerve tissue.

The liver manufactures the only cholesterol you need. However, you can't avoid getting extra cholesterol, especially if you eat meat and dairy products.

Cholesterol travels around the body by connecting to proteins. That's where it's differentiated between bad and good cholesterol.

LDL is low-density cholesterol. It's bad. That means there's more cholesterol than protein, which makes it more prone to clog blood vessels.

HDL is high-density cholesterol. It's good. That means there's more protein than cholesterol. It doesn't clog blood vessels, and when it bumps into bad cholesterol, it sticks to it and carries it from the bloodstream.

Egg yolks, liver, organ meat, some shellfish and whole milk are sources of dietary cholesterol.

■ **Triglycerides:** Explaining how fat becomes triglycerides is complicated. Triglycerides are the fats that have been processed by the body and are on their way to being burned or stored. If you have high triglycerides, you're eating too many fat calories and not exercising enough. Doctors use triglycerides as an indicator to overall health.

## MAKING GOOD CHOICES

Medical people agree that Americans eat too much fat — way, way too much.

The good news is that food scientists estimate that American fat consumption consists of an enormous amount of added fat, put in or spread on something as an ingredient — some estimate as high as 75 percent.

"I'd say that's true," said Shoemaker of St. Louis University. "We need about 1 percent of our diet to come from fat. However, we eat 20, 30, 40 times that amount."

But if it's added, it can be removed.

First, don't submerge food in cooking oil. "Submerging it in oil adds 200 to 300 calories," said Dr. Anne Goldberg, an endocrinologist and physician with Washington University School of Medicine.

Second, watch the food labels. Fat in processed food can be avoided by finding healthier alternatives.

Avoid added fat by eating more food that doesn't come out of a factory, Goldberg said — that means more fruits and vegetables, less red meat, lots of water and no heavy oil cooking. Also, at a minimum exercise according to recommendations from the United States Department of Agriculture — that's moderately intense activity for 30 minutes a day, most days of the week. A stronger heart pushes blood through blockages and cleaner blood is less likely to cause a blockage.



## Trans fats

These are manufactured fats. Manufacturers change natural fat to trans fats in order to prolong the shelf life of bread, milk substitutes and desserts. A tiny amount exists in nature, but the problem dosage comes from food produced in factories.

**Source:** Manufactured food, especially baked goods. Imitation dairy products, hard margarines and some hard cheese. Trans fats make shortening harder.

**Benefits:** None.

**Caution:** Read food labels; the government now requires that trans fats be listed.

**Danger:** Trans fats are associated with raising bad cholesterol and can float around the system getting in the way of nutrients. Also, the residue can be solid at body temperature, so it's like wax floating around in your bloodstream.



## Monounsaturated and omega-3 fats

These are considered good fats because they move through the bloodstream without clogging up the works and do some cleaning in the process.

**Source:** Monounsaturated fatty acids are found mostly in some plants, such as olives. Olive oil is the most popular source of monounsaturated fat. Omega-3 fats come from eating fish oil or canola oil and can be purchased in pill and liquid forms.

**Benefit:** They appear to reduce bad cholesterol and raise good cholesterol. Olive oil is valued because it replaces the use of butter and margarine. Omega-3 doesn't allow sticky fats and

platelets to accumulate in narrow blood vessels and helps move cholesterol back to the liver for processing.

**Caution:** Olive oil and fish oil have the same calorie content as any other fat: 9 calories per gram. Olive oil is 13 percent saturated fat.

**Danger:** Too much omega-3 fat in the blood can slow blood clotting a tiny bit. It takes a lot to be a health risk alone, but be careful with fish-oil pills if you're taking a prescription blood thinner or aspirin.

**Hint:** You could get all the omega-3 fats you need by eating 6 to 8 ounces of fatty fish three times a week. When cooking with olive oil, use just enough to lubricate the pan. Don't immerse your food.

## Polyunsaturated fat

This generally is oil extracted from vegetables — soy mostly, but also corn and safflower oil. The Food and Drug Administration says polyunsaturated fatty acids tend to lower levels of good and bad cholesterol.

**Source:** Wesson and Mazola oils, margarine and some dairy substitutes that use plant oil, such as coffee creamers.

**Benefit:** The only real benefit is that it's not saturated fat.

**Caution:** It's still oil: 9 calories per gram. Many people deep-fat-fry with vegetable oil, including fast-food restaurants.

Dr. James Shoemaker, a researcher with St. Louis University School of Medicine, says the confidence in vegetable oil is undeserved. Vegetable oil is a very new substance to the human diet, he said.

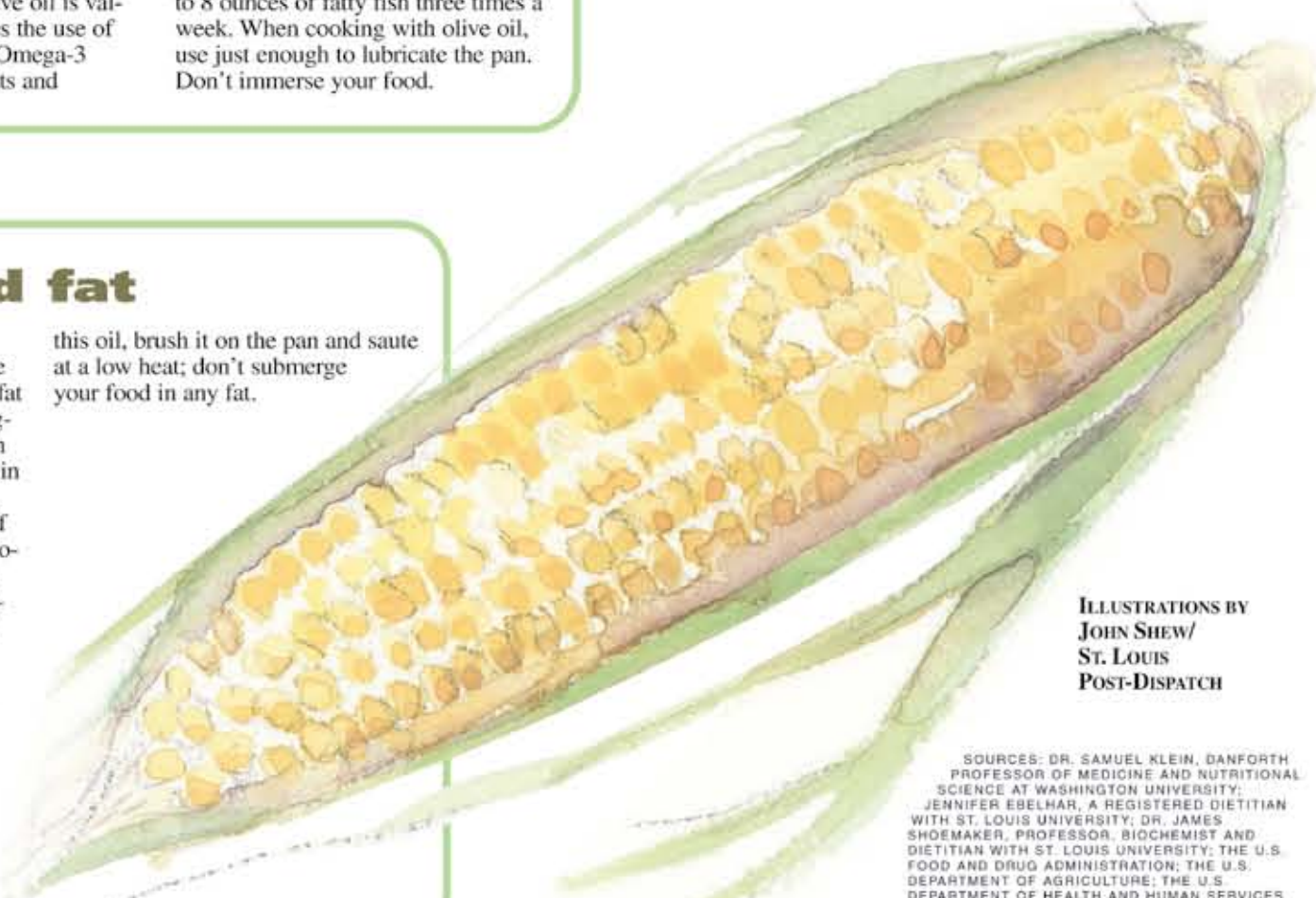
Humans didn't start eating vegetable oil until the second half of the 20th century. Then, when saturated fat got a bad rap in the early 1970s, vegetable oil's popularity took off. Even fast-food restaurants stopped frying in lard and started using vegetable oil.

While that reduced the amount of saturated fat, it didn't reduce the calories. One piece of fried chicken, for example, can deliver up to 300 additional calories because the breading has been bathed in oil.

**Danger:** Some early studies showed a possible association with cancer.

**Hint:** Read food labels. Polyunsaturated fat is added to a lot of prepared foods and used to fry a lot of french fries, meat and many other nibble foods. At home, don't fry. If you must use

this oil, brush it on the pan and saute at a low heat; don't submerge your food in any fat.



ILLUSTRATIONS BY  
JOHN SHEW/  
ST. LOUIS  
POST-DISPATCH

SOURCES: DR. SAMUEL KLEIN, DANFORTH PROFESSOR OF MEDICINE AND NUTRITIONAL SCIENCE AT WASHINGTON UNIVERSITY; JENNIFER EBELMAR, A REGISTERED DIETITIAN WITH ST. LOUIS UNIVERSITY; DR. JAMES SHOEMAKER, PROFESSOR, BIOCHEMIST AND DIETITIAN WITH ST. LOUIS UNIVERSITY; THE U.S. FOOD AND DRUG ADMINISTRATION; THE U.S. DEPARTMENT OF AGRICULTURE; THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

# Jewelry in 2011 will 'take it down a notch'

BY DEBRA D. BASS  
ST. LOUIS POST-DISPATCH  
(MCT)

Maybe it's just the natural yin and yang of fashion, but in response to years of big, bigger and gloriously outlandish layered necklace configurations, there's finally a definitive movement of tiny and simple edging into the cluttered world of accessories.

Retail Jeweller magazine listed tiny charms among the big trends for 2011, saying that it's probably a sign of consumers scaling back. Instead of an armful of often garish and indistinguishable charms, many are now opting for a single, distinctive charm dangling from a necklace or bracelet chain.

She noted that if you are wearing something with a clean open neckline, even a small charm can be a statement piece. Anything suspended on the canvas of the skin becomes a point of attraction, and the tiny charms are available in unique forms that can be bizarre, whimsical or classic.

Aside from Beau's tiny bows, hearts and stones, Dutcher also has a small fortune cookie necklace (\$36) and tiny gold diary locket charm necklace.

Of the tiny charm trend, boutique owner Laurie Solet said, "It's the nature of the beast to do the opposite, so after a few seasons of big necklaces we are seeing more small objects. It's all about keeping things fresh."

She said that it's a nice time to appreciate the simple things in life and "take it down a notch."



SCOTT BARON LOOKS FOR A GIFT FOR HIS WIFE AT LEBER JEWELER INC. IN CHICAGO, ILL. (ZBIGNIEW BZDAK/CHICAGO TRIBUNE/MCT)

We think it has less to do with scaling back and more to do with the elegance of simplicity and balance. We could all use a little yin in our lives of multitasking, multimedia yang.

Some have declared that 2011 will also welcome the trend of femininism or feminine minimalism, a womanly take on austerity.

Maybe it's some evolutionary response to protect tiny objects, but in a very unscientific poll most women we contacted cooed in response to all things miniature and cute.

You could hear the smile in the voice of Hillary Dutcher, owner of Ivy Hill boutique in St. Louis, as she described the "little, tiny bow" charm (\$26) by Clara Beau.

It is embellished with a few crystals and looks as if it were a hand-tied present bow, but the width is barely that of a fingernail.

"It just seems sweet and girly, but the trend is not just for young girls. I think it would be really cute for 16-year-olds, but also for women in their 40s and 50s because it's just simple," Dutcher said.

That's always a good thing."

A search for "tiny charm necklace" on the global handicrafts marketplace, etsy.com, recently yielded 1,646 responses ranging from a tiny octopus (\$26), turtle (\$27), silver wings (\$21), a tiny Missouri (or state of your choice, \$19), a miniature house and key (\$38), dice (\$19), a teapot (\$19) and a trio of teensy charms \_ a muffin pan, whisk and recipe book \_ on one necklace (\$22). Perhaps a single silver bead (\$18) or blue gem (\$19) is more your style.

We wonder if Erica Weiner was out to prove a point with her tiny brass and silver mouse pelvis charm (\$70 to \$80). It's very detailed and measures just three-fourths of an inch. The artist found her inspiration for the piece in the woods of Maine and on her website (ericaweiner.com) she explains: "This unusual piece is a meditation on the transience of life and the beauty of the natural world."

Dutcher summed up the appeal of small charms another way, "Anything tiny is adorable."

## HEALTHY LIVING

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• Limonoids in grapefruit **prevent tumors** from forming by boosting the creation of detoxifying enzymes

• Grapefruit may prevent certain types of medication from working properly, such as **antidepressants, statins and antihistamines**

Source: World's Healthiest Foods, Mayo Clinic, MCT Photo Service Graphic: Lauren Yoffe



## PERSONAL TRAINER

### Taking a power nap for fatigue

When you're tired, a 10-minute nap improves performance better than a shorter or a longer sleep, according to new Australian research.



• Participants took a series of performance tests, then were allowed to sleep for 5, 10, 20 or 30 minutes

• Their performance level was then retested over the next 3 hours

#### Results

• After a 20- or 30-minute nap, the participants reported feeling groggy, and their performance was impaired for as much as 30 minutes

• Performance did not improve significantly after a 5-minute nap

• People who took 10-minute naps had improved performance and felt most alert



#### Possible reason

During a long nap, you sink into lower levels of sleep, then wake up feeling groggy; "sleep inertia" can last an hour or two

During a 10-minute nap, the nervous system sleeps lightly and doesn't go into sleep inertia

For some unknown reason, the process of falling asleep itself, even if it's followed by only a brief nap, has significant benefit

Source: Flinders University School of Psychology Sleep Laboratory (Adelaide, Australia), Reuters Graphic: Paul Trap

## Nails by Jason Wu

BY MELISSA MAGSAYSAY  
LOS ANGELES TIMES  
(MCT)

Creative Nail Design, the San Diego, Calif.-based company that designs the manicures for many of the runway shows during New York Fashion Week, has teamed up with Jason Wu to launch a capsule collection of nail polishes.

Staying true to his elegant aesthetic, Wu tapped three of film's iconic beauties for inspiration. Veronica (Lake) is a deep and undeniably glamorous oxblood red, Sophia (Loren) is a mushroomy gray, Brigitte (Bardot) is a muted rose-pink. A fourth color, Miss Wu, is the designer's signature shade — a light gray that dries with an opaque matte finish.

The fifth bottle in the set is what Creative Nail Design calls an "effect," a top coat that adds a sheen or texture to the polish. Wu's effect is called Anna, and when brushed over dry nail polish, tiny microfibers attach to the nail, supposedly giving it the look of tweed.

The colors made their debut on models' nails when Wu showed his collection for spring 2011, but they won't be available for purchase until May. So get ready to see a lot of classic colored nails.

The limited-edition set of four polishes and one effect is \$47 and will be available in salons and at www.cnd.com in May.



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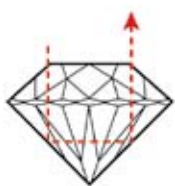
## FASHION TRENDS

### Exploring a diamond's cut

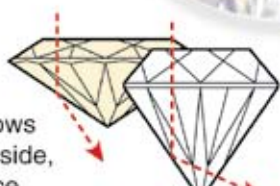
The cut of a diamond determines how well it reflects light.

#### Proportion

A well cut and proportioned diamond should reflect light side to side and back toward you.



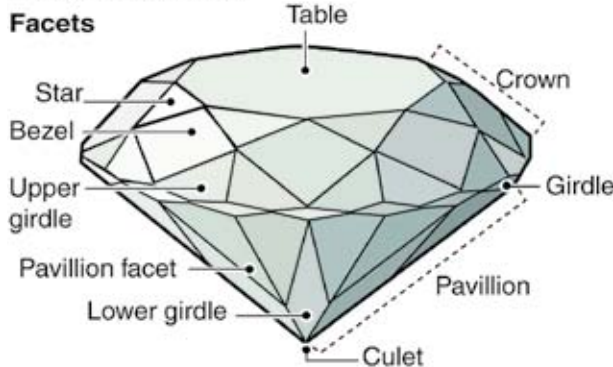
A diamond cut too shallow or deep allows light to leak out the side, reducing its brilliance.



#### Shape

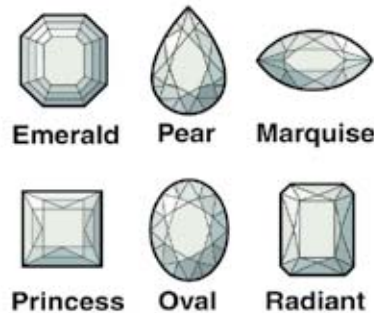
A diamond's cut also refers to its shape. The most common shape is the round brilliant cut. More than any other shape, its symmetry allows it to reflect nearly all the light that enters it.

#### Round brilliant cut



#### Selected cuts

Other diamond shapes:



The round brilliant cut reflects more light than any other diamond cut.

SOURCE: DE BEERS, CANADIAN INSTITUTE OF GEMMOLOGY, WWW.ADIAMONDISFOREVER.COM, MCT  
ILLUSTRATIONS: JUTTA SCHEIBE, ISABEL SONDERGAARD AND ANGELA SMITH/MCT

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# TIE, TIE AGAIN

The modern version of the traditional gift has been around almost as long as Father's Day

By EDWARD M. EVELD  
McClatchy Newspapers

**T**he necktie is so tangled up in Father's Day it's become the cliché gift of the century.

Or maybe it's the perfect gift. Fine line. On the cliché side, the choice of a tie for Dad is lame, the tie, unwanted.

But the "not another tie" message resonated more soundly just a few years ago, before suit coats and ties started clawing their way back from "business casual."

"People are dressing up more today," said Keith Novorr, owner of Michael's Fine Clothes for Men in Kansas City, Mo. "It's reverting back."

As for the tie being an uninspired gift, Novorr doesn't think so. It would be much easier to choose khakis and a sport shirt for most men. Customers often ask, "Can you pick out a tie my father would like?" Novorr tells them he can, but first he has to learn something about him.

"Ties are extremely personal," Novorr said. "You can almost tell the personality of a person by his neckwear."

Lee Allison, who has a nationally recognized tie-selling Web site (www.leeallison.com), said there's always been a lot to recommend a tie gift.

"A tie rejuvenates an entire outfit, so it's the biggest bang for the buck," Allison said. "The rest of the outfit is the frame, and the tie is the piece of art. It's the exclamation point."

And, in fact, the tie remains the leading Father's Day gift, according to the U.S. Census Bureau. Americans buy 100 million ties a year.

So how did the necktie become intertwined with Father's Day? Father's Day emerged after World War I and was followed in the 1920s by the creation of the modern tie, constructed from three pieces of fabric, cut on the bias, with a lining. Tie makers and sellers saw the potential and began pushing neckties as gifts, said Jerry Andersen, executive director of the Men's Dress Furnishings Association in New York.

Now, as then, ties are an affordable gift. Buying the right size isn't a problem, and they're in fashion again.

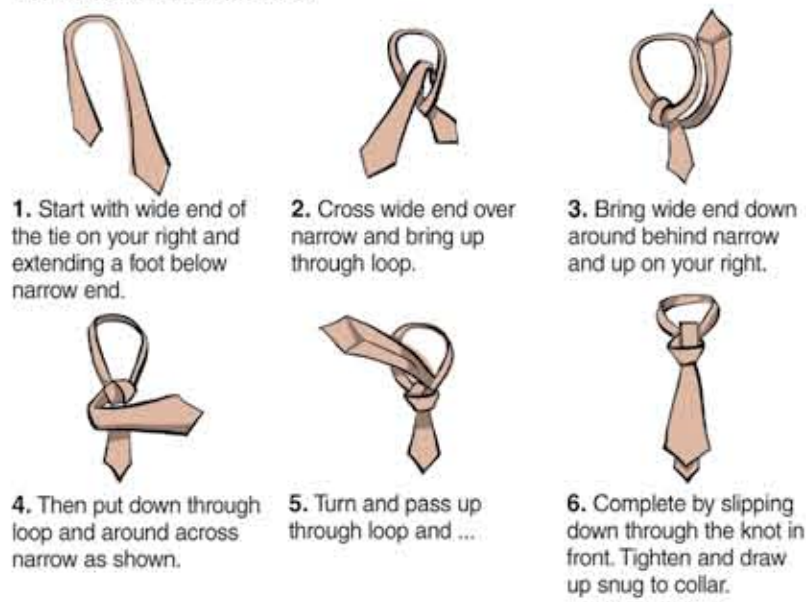
"A lot of people are just getting back into neckties, particularly younger men," Andersen said.

The deeper question — why wear anything around the neck at all? — takes us way back in time. Neck coverings were needed for protection against the elements but quickly morphed into a fashion statement, from demonstrating social status to expressing individuality.

As our timeline shows, neckwear's history is long and storied, but its genealogy can be stated fairly simply: Knotted scarves begat the cravat or neckcloth, and the cravat begat the modern tie, knotted carefully at the neck with the blade falling cleanly to the belt.

## THE WINDSOR KNOT

For standard shirt collars.



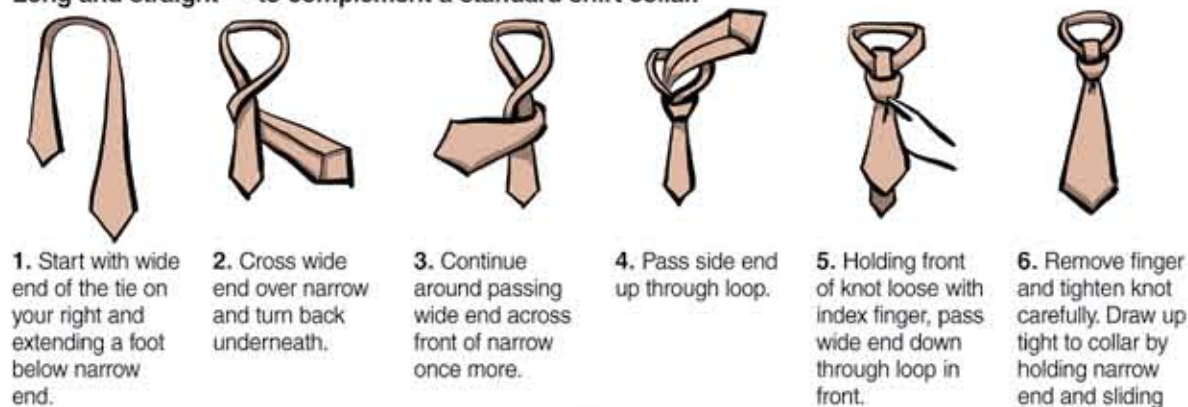
## THE HALF-WINDSOR KNOT

Medium half symmetrical triangle — for standard shirt collars.



## THE FOUR-IN-HAND KNOT

Long and straight — to complement a standard shirt collar.



SOURCES: MEN'S DRESS FURNISHINGS ASSOCIATION, KANSAS CITY STAR



JACK ORTON/MILWAUKEE JOURNAL SENTINEL

## Neckwear history

From floppy cravat to iPod holder

■ **210 B.C.:** The Terra Cotta Army — thousands of replica warriors buried with Chinese Emperor Shih Huang-ti and discovered in 1974 — wore knotted scarves. And so it began.

■ **A.D. 100:** Some Roman orators and legionnaires sported neck cloths tied in a knot, probably for warmth and to set themselves apart socially.

■ **1630s-1660s:** As Croatian soldiers arrived in France during and after the Thirty Years War, the French noticed they tied distinctive scarves around their necks. The "cravat," one story goes, derived from the word for "Croat." Cravats got lacy.

■ **1690s:** The Steinkirk emerged, popular in military dress, with a loosely tied knot and the ends twisted and tucked into the buttonhole of the coat.

■ **1700s:** The cravat was variously understated and frilly, depending on the fashion. Think of the Founding Fathers with their ruffles, waistcoats and breeches.

■ **1850-60s:** The longer "four-in-hand" tie became the precursor to the modern tie. Some say four-in-hand referred to the clothing fashions favored by men who made their way around town in four-in-hand carriages, which were led by four horses and guided with one hand.

■ **1920s:** New York tie maker Jesse Langsdorf is credited with creating the modern necktie, constructed from three pieces of fabric, cut on the bias, with a lining.

■ **1940s:** Ties ebbed and flowed in width. Ties with extra-wide

blades were nicknamed "belly warmers" and featured palm trees and hula dancers.

■ **1950s-60s:** Ebbing from fat to skinny, cool ties could be as lean as 1½ inches.

■ **1960s-70s:** Anti-establishment attitudes led many to quit the tie. You didn't need one with turtle-necks or Nehru jackets, although they remained a staple in business settings.

■ **1970s:** Flowing from skinny back to fat, cool ties broadened amazingly into the 4- to 5-inch range.

■ **1975:** Even while the tieless leisure suit was in its heyday, John Molloy's "Dress for Success" told men to get serious and put their business suits and ties back on.

■ **1980s:** The power tie was born, a take-no-prisoners, Reagan-era tie generally in a bold color, particularly red.

■ **1990s:** By mid-decade, "business casual" had necktie salespeople twiddling their thumbs. If dot-commers could make bundles of cash from home in their boxers, there was no reason to dress up.

■ **2000:** Researchers Thomas Fink and Yong Mao of Cambridge University used mathematics modeling to come up with 85 different knots in their book, "The 85 Ways to Tie a Tie: The Science and Aesthetics of Tie Knots."

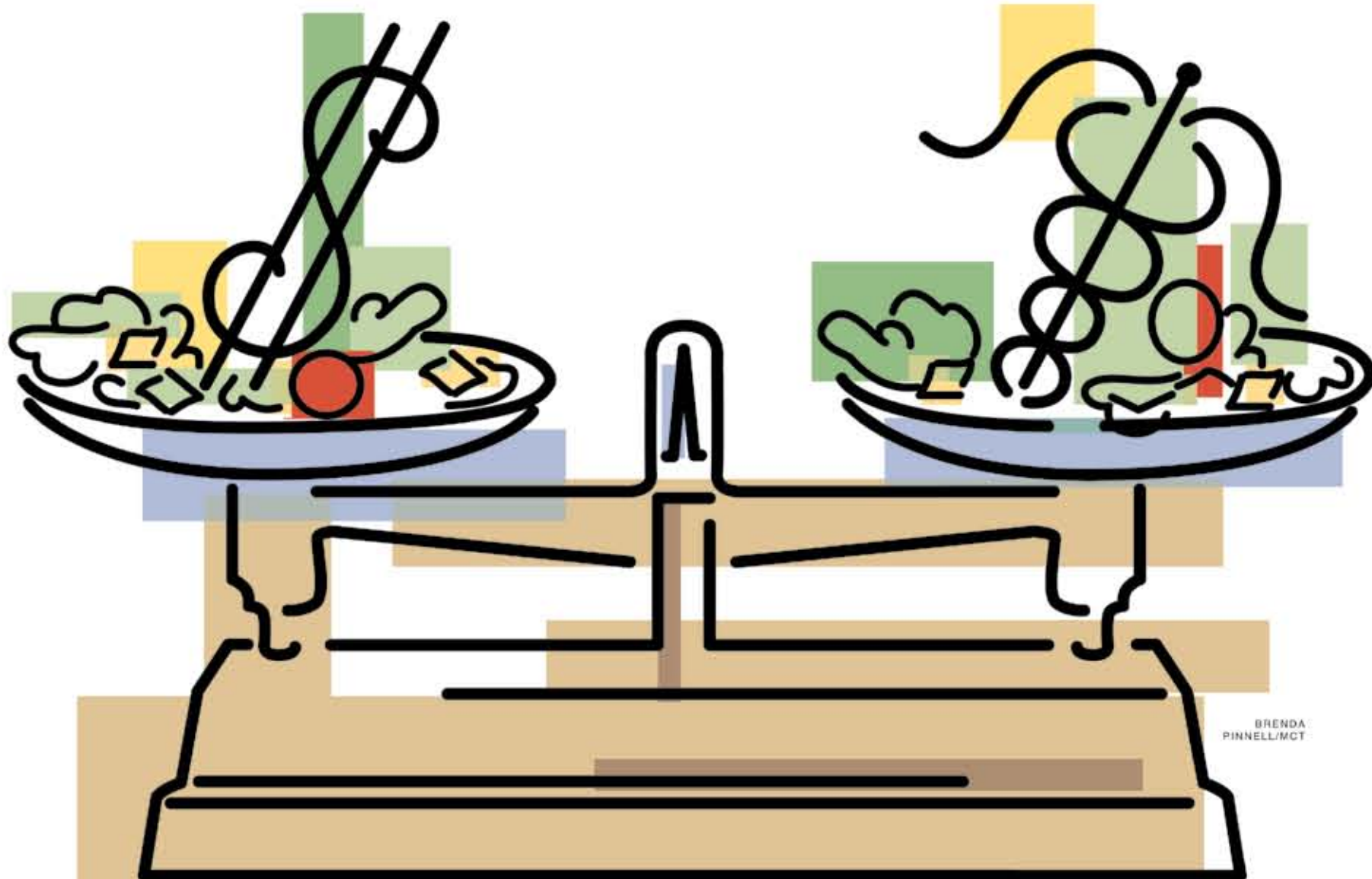
■ **2001:** The burst of the dot-com bubble signaled the need once again to put the tie back on in business settings. Meanwhile, young people noticed band members, such as those in Green Day and Interpol, were wearing ties, so the neckwear started showing up in clubs.

■ **2006:** Thomas Pink offers the Pink Commuter iPod tie. Fashion and practicality all at once: It features a pocket on the back to hold music players.

**Skinny ties were fashionable in the 1950s and '60s.**

KATRINA WITTKAMP/CHICAGO TRIBUNE





BRENDA PINNELL/MCT

# A balanced diet (and budget)

BY JILL WENDHOLT SILVA  
McClatchy Newspapers

Have you tried organic goji berries from the Himalayas?

An acquired taste, the antioxidant-rich jewels look a lot like red raisins. You can buy a bag at health food stores, but at \$14 to \$18 a pound, they aren't considered cheap eats.

But trying to trim your food budget doesn't mean you should give up on making healthy choices.

Here is a list of 20 easy ways (and a few recipes) to help keep your food budget and your waistline trim.

**1.** Kiss food fads goodbye. Sure, pomegranate juice is yummy and good for you. But you can approximate the same flavor in drinks, cocktails or smoothies by adding less expensive cranberry juice and still get that antioxidant burst. An even less expensive substitution: 1 cup red grape juice (still high in antioxidants) and 1 teaspoon lemon juice.

**2.** Save more with savvy recipe substitutions. If a recipe calls for a high-fat ingredient such as sour cream, consider using plain yogurt instead. If the recipe calls for an exotic ingredient, swap a less expensive one. From abalone to zwieback, "The Food Substitution Bible" (Robert Rose) by David Joachim is one of the best resources on the subject.

Case in point: While testing a recipe a few weeks ago, I needed eight Szechuan peppercorns. After two trips to the Asian market, I wound up buying a lifetime supply. Wow, I could have substituted 2 teaspoons black peppercorns plus 1 teaspoon lemon zest or 1 tablespoon salt-free lemon pepper seasoning.

A more compact substitution guide is available free at [www.oznet.ksu.edu/humannutrition/INGSUB.htm](http://www.oznet.ksu.edu/humannutrition/INGSUB.htm).

**3.** Bag your own lettuce. Salads may be a dieter's delight, but bagged salad mixes are rarely a bargain. Buy lettuce and other greens by the head. Wash and chop leaves yourself, then store in a zipper-top bag. Want an even bigger bang for your buck? Buy a super-large quantity of salad mix at a warehouse store and split it with a friend.

**4.** Bulk up on spices. Spices are loaded with antioxidants. To save money, buy from bulk bins. Although it may sound counterintuitive, buying spices this way allows you to buy only the amount called for in a recipe, so there's no waste.

Keep in mind whole spices are the best value and last longer, up to two years. Powdered red spices, such as paprika, chili powder and cayenne, which typically have a one-year shelf life, last longer when stored in the refrigerator.

## 20 ways to pinch pennies and still eat healthy

**5.** Munch money. Popcorn is a budget-friendly snack food. And it's a whole grain. Keep in mind the kernels need not be oozing butter to taste utterly delicious. You can easily transform plain popcorn with a dab of your favorite seasoning blend, a sprinkling of fresh herbs or a shaving of Parmesan cheese.

**6.** DIY dressings. Bottled salad dressings are pricey and usually loaded with preservatives. Instead, use oil and vinegar at a ratio of 3-to-1. Resist the urge to buy olive oil in bulk since it goes bad in as little as three months once it's opened. And don't you dare pitch that vinegar lurking in the back of the pantry. Cook's Illustrated reports commercial brands contain 5 percent acetic acid and have been pasteurized for a long, long shelf life. If there is sediment at the bottom, simply filter the clouds away with a coffee filter.

**7.** Down-size dinner — and dessert. Americans have grown used to bagels the size of hubcaps. So when meal-planning, keep in mind a serving of meat should be no larger than a deck of cards, an ounce of cheese is about the size of Monopoly dice, and a medium piece of fruit the size of a tennis ball.

But don't skip dessert just because you're keeping tabs on portion distortion. In tough times dessert is good for your psyche — and it's easy to downsize with mini-muffin or tiny tart pans.

**8.** Save with speedy grains. Quick-cooking grains like barley, couscous and quinoa are economical and quick to fix.

But if you want to add more grains to your diet, there is a world of others including sorghum and spelt.

**9.** A big return on investment. Most nuts and seeds are pricey but well worth the investment healthwise since they're loaded with hearty-healthy omega-3 fatty acids. Studies show that nuts and seeds also help you to feel full longer throughout the day. To keep nuts and seeds from turning rancid quickly, be sure to store in the freezer.

**10.** A cereal two-fer. No need to promenade down the pricey, presweetened cereals aisle. Just keep walking right past those breakfast bars and boutique granolas. Grab a barrel of old-fashioned rolled oats and you're doing your heart — and wallet — a favor.

A versatile staple, you can use rolled oats to make oatmeal or to make your own granola. To avoid boredom, experiment with different natural sweeteners (maple syrup, honey, molasses, agave and so forth) and vary the dried fruit and nut combinations you choose.

**11.** Get more bang for your organic buck. "The Organic Food Shopper's Guide" (Wiley) lists 20 foods that might be worth paying more for if you are concerned about pesticide residue: apples, beef, bell peppers, carrots, celery, cherries, chicken, citrus, coffee, corn, eggs, imported grapes, milk, nectarines, peaches, pears, potatoes, red raspberries, spinach and strawberries.

**12.** Snack attack. Nearly every snack chip, cookie or bar is available in 100-calorie snack packs, but do you really want to pay a premium to have someone else throw a few cheese crackers in a sandwich baggie?

Buy in bulk and take a few minutes to portion them into your own reusable containers. Not sure what 100 calories looks like? With most snacks, it's about a handful, but check the nutrition labels.

**13.** Budget beef. Like butter and eggs, beef is no longer considered a nutritional bad boy. Red meat provides protein, vitamin B-12 and iron. Still, steak is pricey even in the best of times, so choose lean beef cuts that are more moderately priced.

Consider recipes that call for bottom round steak, hanger steak, tri-tip, shoulder tender or shoulder center steak. Remember to eat a moderate amount of meat in your overall diet.

**14.** Fizz for less. Instead of buying pricey carbonated juice drinks containing high-fructose corn syrup and other artificial sweeteners, make your own thirst-quenching spritzer using sparkling water and just a splash of 100 percent fruit juice.

Take a long sip and feel the jingle in your pocket. That extra change used to help pay all those superstar spokesmodels to advertise those pricey soda and juice drinks. Now it's yours.

**15.** Save a penny. Bakery cakes, cupcakes and pies are pricier than baking from scratch. And to extend the shelf life, most contain hydrogenated oils, also known as trans fats. When you bake it yourself, you control the kinds of fats, sugar and flours you use.

**16.** Trickle-down economics. Drink more tap water. It's good for you. It fills you up. It's free.

**17.** Pint-size purees. Making your own purees for baby keeps the ingredient list as simple to decipher as ABC. But it's also downright trendy, judging from all the baby food cookbooks and specialized gadgets, including the Williams-Sonoma "Beaba Babycook," a food processor that retails for \$150.

All you really need is a decent food processor or an inexpensive food mill. Plan on pureeing the family dinner, and keep an eye out for produce on sale. Use freezer trays to freeze the food, then pop the cubes into a zip-top freezer bag for storage.

**18.** Bargain-basement beans. How low can you go? Beans are one of the most inexpensive staples you can add to your shopping list. Loaded with protein, fiber and folates, they're also one of the most nutritious.

Slow cookers are a great way to speed up the cooking time. Canned beans cost a little more, but are still healthy if you rinse and drain to remove the sodium they're processed with.

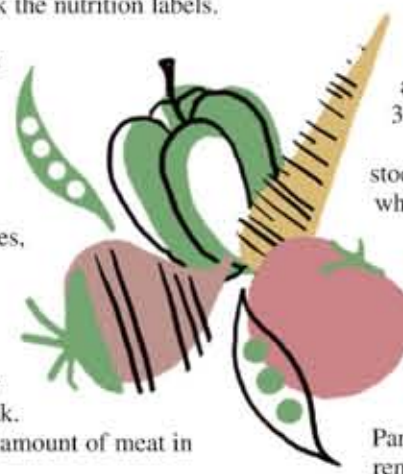
**19.** Waste less food. Americans are reported to waste anywhere between 15 percent and 30 percent of all food they buy.

Guilty? Make your own vegetable stock from vegetable remnants. Roast a whole chicken, and find clever ways to sneak leftovers into the menu.

Turn a stale heel of bread into breadcrumbs. Save the yolk, even when the recipe only calls for egg whites.

Just keep in mind you can take frugality too far. The Partnership for Food Safety Education reminds consumers there are limits to safe leftovers. For more info, go to [www.befoodsafe.org](http://www.befoodsafe.org).

**20.** Luxurious leftovers. Take what lurks in the shadows of the refrigerator and make it into a sumptuous meal or snack. For instance, you can turn a lowly head of cabbage into something fit for the deli with the addition of a curry dressing, blue cheese crumbles or a handful of nuts and dried cranberries.



### BLUEBERRY CASHEW GRANOLA

#### INGREDIENTS

- 2 1/2 cups old-fashioned rolled oats
- 2/3 cup unsalted cashew halves
- 1/2 cup wheat germ
- 1/3 cup unsalted sunflower seeds
- 1/3 cup molasses
- 1/3 cup honey
- 1 tablespoon canola oil
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- 1 cup dried blueberries

Preheat oven to 275 degrees. Line a baking sheet with aluminum foil and spray with non-stick vegetable cooking spray.

Combine the oats, cashews, wheat germ and sunflower seeds in a large bowl. In a separate

bowl, combine the molasses, honey, oil, cinnamon and nutmeg. Pour molasses mixture over oat mixture and stir well to combine. Spread evenly in prepared pan.

Bake 30 minutes or until golden, stirring after 15 minutes and frequently after that. Remove from oven and cool completely. Stir blueberries into granola mixture.

Per (1/2-cup) serving: 317 calories (27 percent from fat), 10 grams total fat (2 grams saturated), no cholesterol, 52 grams carbohydrates, 8 grams protein, 8 milligrams sodium, 6 grams dietary fiber. *Makes 10 servings*

#### KEY LIME TARTLETS

##### INGREDIENTS

- 12 crisp gingersnap cookies
- 3 eggs, at room temperature

- 1 (14-ounce) can fat-free sweetened condensed milk
- 3/4 cup freshly squeezed lime juice plus grated lime zest from all limes (about 6 to 7 Persian limes or 12 to 14 Key limes)
- 1 teaspoon vanilla
- 1/3 cup heavy whipping cream, whipped

Preheat oven to 325 degrees. Line 12 muffin cups with paper liners. Spray each paper liner with nonstick spray coating. Place a cookie in each paper liner.

Whisk together eggs, milk, lime juice, lime zest and vanilla until well-blended. Pour a scant 1/4 cup lime mixture into each cup. Bake 16 to 19 minutes or until firm; do not overbake. Allow hot tarts to set in pan about 10 minutes. Carefully lift each tart from

the pan and place on a tray. Cool completely, then refrigerate several hours or overnight. Dollop with 1 tablespoon whipped cream.

Per serving: 151 calories (19 percent from fat), 3 grams total fat (2 grams saturated), 9 milligrams cholesterol, 28 grams carbohydrates, 3 grams protein, 82 milligrams sodium, trace dietary fiber. *Makes 12 servings*

### RASPBERRY GREEN TEA COOLER

#### INGREDIENTS

- 2 raspberry green tea bags
- 1 cup light cranberry juice cocktail
- 2 cups 0-calorie raspberry sparkling water
- Fresh raspberries, for garnish
- Slice of lime, for garnish

Heat 1 cup water to a boil. Add tea bags and allow to steep 3 to 5 minutes. Pour into a pitcher and add 1 additional cup of water. Add cranberry juice and raspberry sparkling water. Serve with ice and, if desired, float a few fresh raspberries in glass as a garnish. Serve with a wedge of lime if desired.

Per (1 1/4-cup) serving: 18 calories (none from fat), no fat, no cholesterol, 4 grams carbohydrates, trace protein, 5 milligrams sodium, no dietary fiber. *Makes 4 servings*

### QUICK COOKING GRAINS

If the time commitment of whole grains trips you up, try cooking grains in the pressure

cooker. Here is a cooking guide.

**Barley, pearl:** 18 minutes

**Barley, hulled and hull-less:** 18 minutes

**Hominy:** 45 minutes

**Oat groats (whole oats):** 30 minutes

**Rice, brown basmati, medium-, short- and long-grain:** 15 minutes

**Rice, whole-grain blends that call for 45 minutes cooking time:** 15 minutes

**Rye berries:** 25 minutes

**Sorghum, whole:** 28 minutes

**Wheat berries:** 35 minutes

**Spelt:** 35 minutes

**Wild rice:** 25 minutes

SOURCE: "WHOLE GRAINS EVERY DAY, EVERY WAY" BY LORNA BASS (CLARKSON POTTER)

# vibrant PINK

named 2011's Color of Year  
but hue experts warn a little goes a long way...

BY MARY BETH BRECKENRIDGE  
AKRON BEACON JOURNAL  
(MCT)

The color gods have sent us a quick fix for the winter blahs: Honeysuckle.

The vibrant pink has been named 2011's Color of the Year by Pantone, the color-services company whose advice influences what we're sold to wear, decorate with and even eat off of.

Pantone chose Honeysuckle for its adrenaline-pumping quality, explained Leatrice Eiseman, executive director of the Pantone Color Institute. It's a happy color, she said, a hue that can energize us and lift our spirits in times of economic adversity.

Even the color's name is evocative. People associate the name Honeysuckle with the sweet scent and taste of the plant it's named for, she said, and that association conjures pleasant feelings.

Honeysuckle may also bring the Barbie doll to mind, but Eiseman begs to differ.

"It's definitely not Barbie," she said with a laugh. "It's definitely more sophisticated."

Honeysuckle is a reddish pink with a blue undertone. It's stimulating, yet not as aggressive or passionate as red, Eiseman said. It's also somewhat complex, giving it more grown-up appeal than simpler pinks.

When it comes to home decorating, designers say it's a color best used with restraint.

Honeysuckle is "a vibrant, in-your-face kind of color," said Pamela Bayer, an interior designer in Hudson, Ohio. She believes it's best used as an accent, paired with more subdued colors to tone it down.

Fellow interior designer Joel Wolfgang agreed.

"I can't imagine it on a wall. I can't imagine it as an area rug," said Wolfgang, a designer based in Palm Springs, Calif. "It needs to be used cautiously."

That's not to say you should shy away from it, both designers said. Particularly if it's used in accents and accessories such as pillows, lampshades and towels, it's a cheap way to enliven a room. And if you don't sink a fortune into the pieces, you'll be able to get rid of them without guilt when you tire of the color, they noted — a phenomenon that commonly happens with any color after about four years, Wolfgang said.

He likes Honeysuckle as a vibrant accent against rich charcoal or taupe. It also looks great paired with white, cream or butter yellow, he said.

Gold tending toward beige also works well with Honeysuckle, Bayer said. So does muddy brown, which makes the color more appealing to both sexes.

Still, Patone's Eiseman doesn't think Honeysuckle is necessarily a feminine color, at least not anymore. Just look at the equipment used in the extreme sports that appeal to many young men, she said: Pink is often used in the graphics that decorate that equipment.

Pink is also common in men's shirts, ties and other clothing. "Younger guys just don't have a problem with that the way Grandpa did," she said.

Eiseman likes Honeysuckle painted on a single wall as an accent, or perhaps in a powder room to lend drama to the small space. In fact, Pantone recently used Honeysuckle paint on one wall to spruce up the entry to its headquarters, she said.

Despite his general hesitation about Honeysuckle as a wall color, Wolfgang said he did use the hue in an alcove that houses the crib in

a nursery in Copley Township, Ohio. The rest of the room was painted a buttery color, with window coverings in a Honeysuckle and white stripe, he said.

Bayer also sees Honeysuckle as a good choice for a teenager's room, because its cheerful nature might help ease the emotional swings that are so common with teens. She'd limit it to private spaces such as bedrooms, guest rooms and baths, however, and avoid rooms a family shares regularly.

"I don't know too many men who are going to look at this and say, 'Honey, I love this color,'" she said.

Look for Honeysuckle in fabrics, linens, home accessories and housewares, Eiseman said. Because of its intensity, Honeysuckle will probably often be incorporated in a design such as a floral print or stripe rather than used as a solid color, she said.

Just be prepared for a fling rather than a long-term relationship, Bayer cautioned. "I think it's going to be a short-lived trend."




COLOR IS CREEPING BACK INTO FASHION TRENDS AFTER BLACK AND GRAY DOMINATED. T-SHIRT AND SWEATER IN SHADES OF PINK ADD A SPLASH OF COLOR. (PHOTO ILLUSTRATION BY TALIS BERGMANIS/KANSAS CITY STAR/MCT)

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# Go relaxed, calm and neutral

*Wearing low-key neutral color that turns heads without an excessive exposure of flesh*

BY JENN HARRIS  
LOS ANGELES TIMES  
(MCT)

Actress Emmy Rossum is well on her way to making a name for herself, already at age 24 a Golden Globe nominee (for "The Phantom of the Opera" in 2004) and budding fashion idol. Her most recent career endeavor is her role as Fiona in the new Showtime series "Shameless" (Sundays at 9 p.m.), where she plays the oldest sibling in the inappropriately shameless Gallagher clan.

Luckily for fashion fans, she's been busy on the media circuit this year, offering up plenty of envy-inducing outfits to fawn over. Most recently, Rossum grabbed style headlines when she rang in the new year with a bang by going buff. No, not in the buff, but in the kind of low-key neutral color that turns heads without an excessive exposure of flesh. Rossum attended the New Year's Eve grand opening of the lavish Cosmopolitan in Las Vegas clad in a neutral-colored, curve-hugging dress by Julien Macdonald, gold Jimmy Choo heels

and a cream Misela clutch.

Rossum elevated her neutral color with bands that snaked loosely around the dress. The color may seem delicate but the dress' body-conscious fit and thick straps are tough-chic and anything but subdued. The clutch and gold heels balanced out the party outfit nicely.

You too can come off your holiday high of sparkling metallics and sequins and settle into 2011 with a more relaxed, neutral-colored dress for special occasions. The bright colors and neon tones of spring are fast approaching, so now is the time to take a color breather. Just keep things interesting with an eye-catching design. We found some delightfully neutral dresses that should do the trick, without busting your post-holiday budget.

Check out the MM Couture by Miss Me Drape Mini Dress with sassy black waist detail for \$92 on [revolveclothing.com](http://revolveclothing.com) and the sexy knit cutout Bodycon Dress from Topshop for \$50.

For a simple clutch that is versatile enough to accompany you to all your 2011

parties, consider the BCBGeneration Maya clutch available at Macy's for \$48 or the Sparkle Nighttime clutch from Forever 21 for just \$7.50 — that has to be less than the sandwich you bought for lunch yesterday.

For your heels, it might be fun to go vertiginously high, but any pair of strappy neutral heels you already own will complete the look. Mix and match the bags and dresses to fit your budget and you can re-create Rossum's ringing-in-the-new-year look for \$100 or less. Remember your calm color respite will be short-lived: You'll be ready to leap into a rainbow palette for spring.



THIS SPARKLE NIGHTTIME CLUTCH IS FROM FOREVER 21. (LOS ANGELES TIMES/MCT)



EMMY ROSSUM ARRIVES AT THE 63RD ANNUAL GOLDEN GLOBE AWARDS AT THE BEVERLY HILTON HOTEL IN LOS ANGELES, CALIF. (HAHN/KHAYAT/ABACA PRESS/KRT)

HEALTHY LIVING

## The lunch box – Japanese style

Want to eat healthier lunches and save money? Pack a bento box.

### Nifty and thrifty

- From the Japanese "obento," or packed meal, a bento lunch is meant to be visually appealing and nutritionally balanced
- Foods from any cuisine can be adapted to the bento, following the rule of 3 parts carbs, 1 part protein and 2 parts fruits and vegetables; no junk foods or candies
- Leftovers, salads, soups, nuts, rollups, sandwiches, fruit, yogurt, hummus, cut-up veggies all work, packed in reusable containers that let you control portions

Source: Laptop Lunches, lunchinabox.net, MCT Photo Service  
Graphic: Pat Carr



HEALTHY LIVING

## Biscotti's cousins

The British have hardtack, the Germans zwieback, the Greeks paximadia, the Russians sukharki — all relatives of Italian biscotti. Jewish cooks bake mandelbrot.

### Jewish almond bread

- Like biscotti, mandelbrot — whose name is Yiddish for almond bread — is twice-baked
- Low in fat and calories, it is good for noshing, dunked in hot tea or eaten with sliced apples or pears
- Traditional recipes call for a generous quantity of almonds, an excellent source of vitamin E and manganese, as well as good flavor

© 2011 MCT  
Source: World's Healthiest Foods, Tribune Media Services, MCT Photo Services  
Graphic: Pat Carr



HEALTHY LIVING

## To lose weight, drink milk

A study by Israeli researchers found that adults who drank the most milk and had the highest vitamin D levels lost more weight than those who ate few milk products.

### Three a day

- The study followed more than 300 overweight adults ages 45-60 who ate low-fat, Mediterranean or low-carb diets for two years
- Those who drank nearly two glasses of milk daily (580 mg) lost 12 lbs. (5.4 kg), while those who drank little or no milk lost about 7 lbs. (3.2 kg)
- In addition to calcium, milk contains vitamin D, which researchers found positively affected weight loss
- Researchers suggest drinking three glasses of fat-free milk daily, each containing 80 calories, to help maintain healthy weight

Source: American Journal of Clinical Nutrition, Medical News Today, MCT Photo Service  
Graphic: Pat Carr



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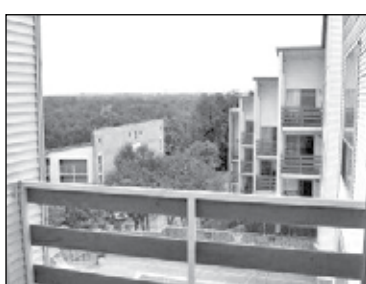
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# GROCERY GUIDE

## Learn healthy shopping tips

By AMY BERTRAND  
St. Louis Post-Dispatch

Your diet may be sabotaged even before you get home from the grocery store. That's because what you put into your cart becomes what you have at home, which becomes what you eat.

"If you put the wrong things in your grocery cart, you are defeating your purpose in trying to eat healthy. It all starts in the grocery store," says Deanna Miller, clinical nutrition manager at Missouri Baptist Medical Center in St. Louis.

The first step is to start with the perimeter, says Natalie Allen, a dietitian at Barnes-Jewish Hospital in St. Louis. "That's usually where you'll find the healthiest food, the fresh food."

"I'd say fill 70 percent of your cart with foods from the perimeter."

So grab a cart and join us on a tour of a typical grocery store.

TRADER  
MOE'S

**1 Before you begin:** Start with a list and a full belly to cut impulse purchases.

**2 Produce:** Here, Allen says you need five to nine servings of fruits and vegetables a day. "If you like fruit better, eat mostly fruit." And the goal, she says, "is to eat one from every color group a day." For more information on this, check out [www.5aday.com](http://www.5aday.com). Allen suggests that if time is a problem, look for already cut and washed fruits and veggies.

**3 Salad bar:** Most groceries have salad bars. Allen recommends that for the busy family, you should buy a big salad loaded with veggies and eat it that night for dinner.

**4 Bakery:** If your sweet tooth must be sated, go for single-serving items such as a cookie rather than the whole cake.

**5 The deli:** Most deli meats are good for you, Allen says. Turkey and chicken, roast beef and ham are better than bologna and salami. For cheese, choose white over yellow because it's usually a little lower in fat.

**6 Prepared meats:** Rotisserie chicken, without the skin, can be a great, easy meal for your family. But stay away from anything fried.

**7 Fresh seafood:** Rich in omega-3 fatty acids, most seafood is a good choice. Some stores will even season it and cook it for free.

**10 Canned fruits and vegetables:** Fresh is best, then frozen, then canned. "Some of the nutrients are lost in the canning, and also there's more fiber in fresh," Allen says.

**9 Breads:** Look for brown bread labels that read "100 percent whole grain" with at least 2 grams of fiber per slice.

**8 Oils:** For baking, use canola oil. For sautéing, try olive oil. These are rich in mono-unsaturated fats.

**11 Chips and cookies:** Make sure what you are buying has no trans fats, and look for "baked" in the title. A good option: whole grain Fig Newtons, which provide fruit and whole grains. "It's all about the portions, though. If you are one of those people who can eat the whole box, it may not be a good idea to buy a box of cookies," Allen says.

**12 Cereal:** Choose something low in sugar and high in fiber (at least 3 grams per serving). And watch portion size. You'll probably eat more than ¼ cup at a sitting.

**13 Soups:** Choose broth-based soups over creamy ones. And watch out for high sodium.

**14 The butcher shop:** When looking at meat, "the redder the better," Allen says. "The white stuff is fat." Allen says it's the same with ground meat: Ground round or sirloin is usually lower in fat than ground beef or ground chuck. Allen says that kebobs offer portion-controlled servings with vegetables.

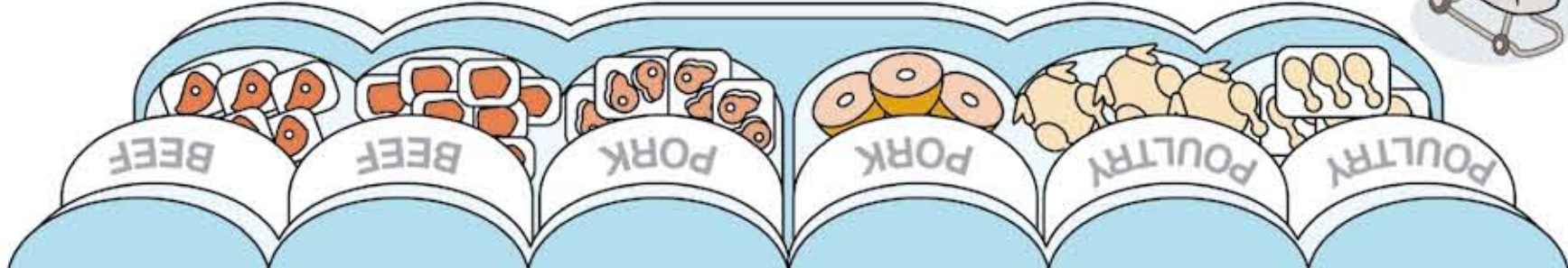
**18 Milk and other dairy:** Low-fat options are best. If you are choosing soy milk, be sure it is calcium-fortified. As for yogurt, be sure to read the label; some are made with sugar and are high in calories.

**17 Butter and margarine:** Spreadable butter or margarine is better than stick. And the squeezable or spray is even better. Look for trans-fat free.

**16 Juice:** "If you are trying to watch your weight, be careful that you don't drink your calories," Allen says. If you like juice, the darker ones (such as pomegranate) are usually filled with more nutrients than lighter ones, and the pulpy ones usually have more fiber.

**15 Frozen meals:** Read the label. Many are high in fat and sodium. Miller suggests you look for calorie totals of around 500, and because most don't include fruit, make sure you are snacking on fruits during the day.

JOHN D. TELFORD/ST. LOUIS POST-DISPATCH



# Turn back the clock at New York fashion week

BY **BOOTH MOORE**  
LOS ANGELES TIMES  
(MCT)

NEW YORK — The fall-winter 2011 runway show season, with all of its attendant hype, hope and surprises, kicked off last week in New York. Some of the most anticipated collections are coming from Los Angeles designer Barbara Tank (a new line of denim produced in collaboration with L.A. denim guru Henry Duarte), Olivier Theyskens (for Theory) and the Libertine label.

Scott Sternberg, the CAA agent-turned-designer, is showing his men's and women's Band of Outsiders collection on the runway for the first time (instead of at a presentation). Derek Lam is showing a dress collection for eBay — live and at dereklam.ebay.com. And don't forget about Tom Ford. He isn't having a runway show this season — or ever again, if you believe him when he says he no longer wants to be part of the fashion machine. But reports say the 100-person, super-secret show he had in September is resonating with other designers who will be having quieter, more intimate shows. What — no look-at-me bloggers and TV tartlets in the front row? We'll believe it when we see it. What follows are reports on some of the first shows — for women and men — of the New York season.

## BCBG

The bodysuit made famous by Donna Karan made a comeback on the runway in the strong fall-winter 2011 BCBG collection, where sheer white turtleneck versions were layered under long crepe dresses with pleated or paneled details.

Earth tones were broken up with flashes of the “emberglow” orange that Pantone has named as one of the top 10 colors for this round of shows.

Obviously, the Los Angeles-based contemporary label designed by Max Azria caught the 1970s fever we saw on the runways for spring. The long looks were grounded with hard clutches and great-looking high boots with chunky heels.

But will women really go long? Not one of Azria's front-row fans (Kelly Rowland, Taraji Henson, Ashanti) was wearing anything below mid-thigh.

“Sometimes, it's more sexy to wear long,” the



designer said backstage. “And some women have problems with their legs.”

Not these ladies, Max.

## Vena Cava

With a 'zine at every seat, and remixed grunge on the soundtrack, Vena Cava designers Sophie Buhai and Lisa Mayock were saying “Viva the 1990s” with their fall 2011 collection.

The 'zine waxed nostalgic for Contempo Casuals, Judy's, Andre Agassi's mullet, pagers, Filofaxes and Kriss Kross.

And you could see the references to Contempo, Betsey Johnson, Donna Karan and others on the runway, in the black-and-white polka-dot palazzo pants, square-neck jersey tube dress, off-the-shoulder tops and leather jackets with supersized sleeves (which had the look of flea market finds).

No doubt, the twentysomething designers, who are native Angelenos, were reminiscing about their formative fashion years with this

collection. But though it had a heavy dose of vintage cool, it didn't have many clothes that flattered even the pin-thin models. (The stringy hair didn't help.)

In the end, this collection felt more like a styling exercise than a designing one.

Mara Hoffman and Tadashi Shoji

Where designers Mara Hoffman and Tadashi Shoji are concerned, fall is all about spiritual transcendence, 1970s-style.

Oh well, Jerry Brown is back in the governor's office. And the New Age, funk-soul side of the Me Decade is one we didn't see too much of last season in the spring shows.

But to have an indie designer (Hoffman) and a department store dress stalwart (Shoji) channeling the same cosmic wavelengths, well, there must be something in the air.

For Shoji, it was spirituality in a Far East, Zen kind of way. “The art of birds dancing... branches intertwining... light reflecting in water,” his show notes stated. How that translated into

formalwear was at times head-scratching.

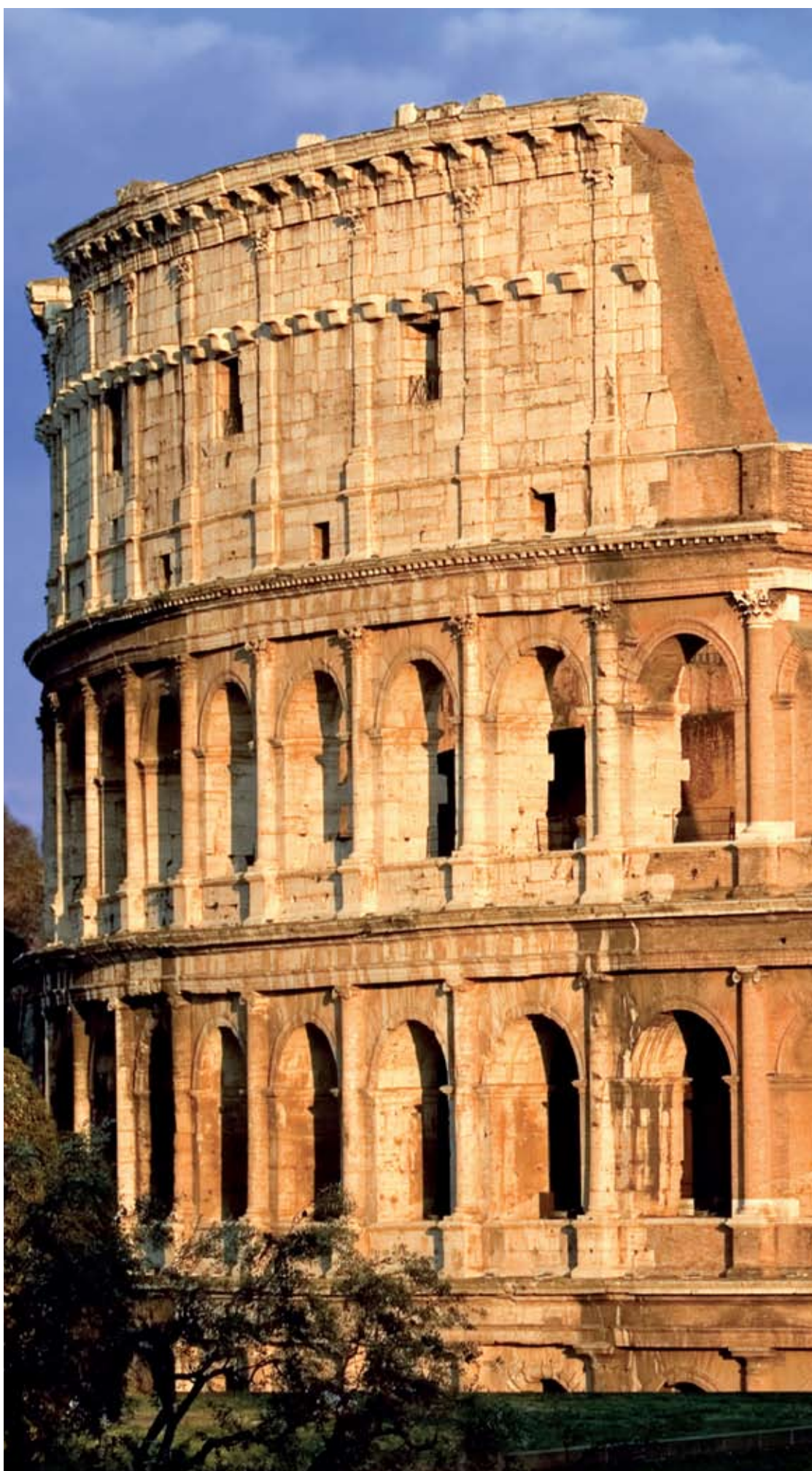
There was a certain liquidity to softly draped, silk crepe one-shoulder dresses in shades of “eclipse,” “sunglow” and “horizon.” And the hand-cut silk organza petals on cocktail shifts had a rough elegance to them. Shoji finished with a pair of draped gowns — one with a single sleeve, another with a pleated floor-length skirt.

His less-is-more looks were the most successful. And they made a strong statement for a new ease in dressing up, even if they did borrow a bit from last season's Lanvin collection.

For Hoffman, the theme was sacred warrior-meets-Earth mother, with hooded caftans in tribal prints, macrame detailed gowns worn with turbans and talisman-like jewelry by All for the Mountain.

It was a good look, especially for California. Guess it's time to dig out the yin-yang symbol necklace again and plan a trip to Big Sur.

MODELS PRESENT FASHION BY BCBG MAX AZRIA DURING MERCEDES-BENZ FASHION WEEK IN NEW YORK CITY. (MEHDI TAAMALLAH/ABACA PRESS/MCT)



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