

IncluditUDE

[In•clud•i•tude] n. The attitude of including everyone and everything.

Walsworth yearbooks

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Trends for 2012-2013

Walsworth yearbooks

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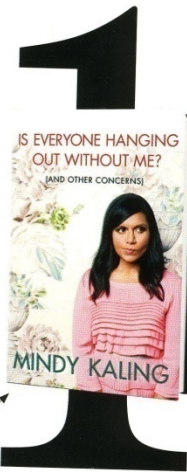
IncluditUDE

Calendars

- ▣ To follow chronology
- ▣ Can act as division spreads
- ▣ Allows for coverage of small events
- ▣ Covers more people

robotic
Including

ELLE CALENDAR / NOVEMBER



Tuesday, November 1

RIOT GIRL The *Office* writer, producer, and actress Mindy Kaling doles out neurotic charm and hilarious everywoman musings (from cupcake avoidance to the mysterious appeal of one-night stands) in her first book, *Is Everyone Hanging Out Without Me? (And Other Concerns)*.



Friday, November 4

DON'T BE LATE Fall down the rabbit hole at Tate Liverpool's *Alice in Wonderland* exhibition, which explores Lewis Carroll's *Alice* children's novels from the mid-1800s through original drawings and manuscripts as well as artwork inspired by the books, including Peter Blake's illustrations from a 1970 edition (above). tate.org.uk



Saturday, November 12

HAPPY 29th BIRTHDAY, ANNE HATHAWAY

THE ELLE MUST-DO CHECK LIST

Tuesday, November 1

NO HIGHER HONOR In her second memoir, former Secretary of State Condoleezza Rice writes candidly of her eight-year White House stint as the first female national security adviser.

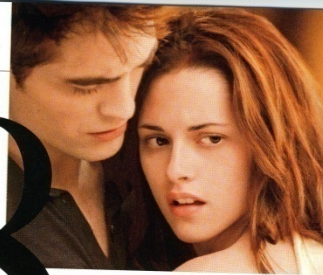
Tuesday, November 15, 8 P.M. PST

IN CONVERSATION Authors Vendela Vida and Joan Didion discuss *Blue Nights*, Didion's memoir exploring the tragic loss of her daughter, tonight at San Francisco's Herbst Theatre.

Friday, November 18, 9:30 P.M. EST

ALL ON THE LINE WITH JOE ZEE The fashion crusader and ELLE creative director rescues failing designers on his Sundance show's second season.

18



Friday, November 18

GETTING CLOSER Bella and Edward finally tie the knot in *The Twilight Saga: Breaking Dawn: Part 1*, the penultimate film in the franchise adapted from Stephenie Meyer's record-breaking YA series. Sorry, Team Jacob!



22

Tuesday, November 22

MONSTER MASH Fashion photographer Terry Richardson snapped more than 100,000 photos during his 10-month all-access pass into Gaga's life for his book *LADY GAGA x TERRY RICHARDSON*, out today.



see you next month!

Clockwise, from top right: Andrew Cobarr/© 2011 Summit Entertainment; P. Peter Richardson/WireImage.com; The Museum of Modern Art; Peter Blake/© 2011 Summit Entertainment; P. Peter Richardson/WireImage.com

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hyearbooks.com

A Day in the Food Life of Queen Latifah

The crown jewels in the busy singer and entertainer's routine: fresh tomatoes and a shot of tequila.



8:30 a.m.
Take two. I'm not a morning person. I'm more of a mid-morning person, if that even exists. I split time zones so much between New York and L.A. that I wake up at different hours.

5:30 a.m.
My internal clock wakes me up when I know I should still be sleeping. It's telling me, "Get up! Do something." And I say, "Shut up! We're going back to bed."



9 a.m.
Get my usual coffee across the street at Starbucks: a double short "wet" cappuccino. It's a less milky version of a latte, with two shots of espresso.

9:10 a.m.
Check my email. In addition to acting and music projects, I'm working on my Queen Collection clothing line for HSN, so I want to get up to speed on everything.



9:30 a.m.
I work out while I still have that caffeine in me. I do a little bit of everything: walking, weights, circuits, hiking, spinning, yoga. I gotta mix it up or it gets boring.



10:30 a.m.
I'm a serious egg lover, so I make scrambles with spinach for breakfast, with sliced tomatoes and turkey bacon on the side. If I go out, I order the Japanese breakfast at the Four Seasons. It comes with grilled salmon, rice, miso soup, pickled veggies, tofu, seaweed and green tea. It sounds like a lot, but it's very balanced.



4 p.m.
Ready for a short break: I play computer games in between the things I really need to be doing. Right now I'm into Parks Unleashed on YouTube, which is set in Central Park. You have to master different outdoor challenges along the way to be crowned king or queen (ha!) and win prizes. It's addicting!



2 p.m.
Lunchtime! I'm eating a salad with sautéed mushrooms, tomatoes, sprouts, egg whites and grilled chicken with balsamic vinaigrette. I should've added pine nuts for a little crunch.

11 a.m.
I work from home because everything I need is pretty much here. I'll throw on comfy clothes before sitting at the computer. I leave my windows open to let in the fresh air, and I don't need anyone walking by and seeing me looking like a bum!



5:30 p.m.
Once I get all the work stuff out of the way, all I'm thinking about is, "What's cooking for dinner?" I'm always looking forward to the next meal. I got no problem talkin' food.

6:30 p.m.
Tonight I'm making something good and hearty: fresh capellini pasta with tomatoes and garlic and a side of mozzarella, tomato and basil. Can you tell I'm really into tomatoes? Actually, I love chopping stuff. Next time I'm on Rachael's show, I want to cook with her. Give me a sharp knife and something to dice up. And when I throw it in the pan, I want to hear it sizzle.



8 p.m.
No dessert for me. Give me a shot of tequila instead.



9:15 p.m.
To wind down, I turn on CNN and crime shows like Law & Order: SVU or Criminal Minds. Got to watch the case get solved and see what the heck is going on in the world.



12 a.m.
I am a bona fide night owl. When I'm in the studio, I record until really late because I've got a lot of energy. But tonight, it's lights out at midnight.

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ELLE CALENDAR

SEPTEMBER

From fashion week's big kickoff to Liza's latest—ELLE plans the agenda



HAPPY LABOR DAY
To celebrate (mourn) is more like it the end of summer, anthropologist Michael Rabel of Chicago's *Violet Hour* recommends this cocktail:
2 oz Herradura Tequila
1/4 oz lime juice
3/4 oz grapefruit juice
3/4 oz St-Germain
1/4 oz simple syrup

Combine all ingredients, shake, and strain into an old-fashioned glass filled with ice. Drink. Repeat.



Wednesday, September 8, 10 P.M.
TUNE IN TO SEASON TWO OF THE DAY BEFORE, SUNDANCE CHANNEL'S DOCU-SERIES THAT FOLLOWS SIX MAJOR FASHION DESIGNERS (INCLUDING ALEXANDER WANG, ABOVE) JUST HOURS BEFORE MODELS WALK THE RUNWAYS IN PARIS, NEW YORK, AND MILAN.



FASHION WEEK
WALK, WALK, FASHION BABY Today, ELLE kicks off fashion week at Lincoln Center by hosting an exclusive runway show of RISD students' designs and awarding one young designer the ELLE Design Award scholarship.
elle.com/RISD

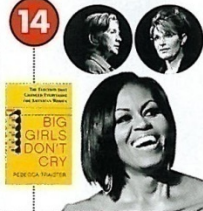
ELLE 60 www.elle.com



Tonight's Stand Up to Cancer fundraising concert event (Lady Antebellum will perform) won't be hard to miss: It's on ABC, CBS, NBC, FOX, HBO, Discovery Health, EL MLB Network, and the Style Network.
8 P.M., standup2cancer.org

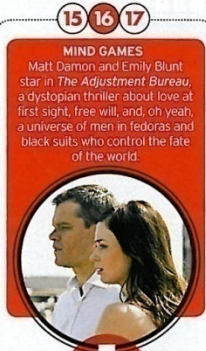


Monday, September 13
HAPPY BIRTHDAY
to eco-friendly fashion designer Stella McCartney, who turns 39 today.



Tuesday, September 14
In Big Girls Don't Cry: The Election That Changed Everything for American Women, ELLE contributor Rebecca Traister examines modern feminism's role in the 2008 election by zeroing in on Hillary Clinton, Sarah Palin, and Michelle Obama.

"Those who were raised to Clinton's defense were raised not because she was a girl, but because she was being treated like one." —Traister in *Big Girls Don't Cry*



MIND GAMES
Matt Damon and Emily Blunt star in *The Adjustment Bureau*, a dystopian thriller about love at first sight, free will, and, oh yeah, a universe of men in fedoras and black suits who control the fate of the world.



GO EAST: YOUNG WOMAN
Today the Museum at FIT in New York City presents "Japan Fashion Now," an exhibition of 100 contemporary Japanese ensembles, ranging from school uniforms to avant-garde street looks.



LIZA WITH A Z!
Today, Broadway vet Liza Minnelli releases her twelfth studio album, *Confessions*, a mostly stripped-down jazz collection that's just Liza and a piano.



Cocktail: Chloe Johnson/Alamy; Moore and Blair: Alexandra Wyman/WireImage.com; Degenera and Garner: ABC/Adam Larkey; The Adjustment Bureau: Andy Schwartz/Universal Pictures; Minnelli: courtesy of the Everett Collection; McCartney: Getty Images; Palin: Gary Miller/FilmMagic; Clinton: Saul Loeb/AP/Getty Images; Big Girls Don't Cry: courtesy of the publisher; runway: iMaxtree.com; The Day Before: Darrell Stone/Box; McCartney: Dave K. Bennett/Getty Images

Key Girls State
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from Elle
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For more cultural coverage, go to elle.com/blogs

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maps

- ▣ To define locations
- ▣ Allows for unique coverage

COP15: The Players

Who's invited to the party?

When the United Nations holds its international get-togethers, countries are traditionally sorted into five regional groups: African states, Asian states, Eastern European states, Latin American and Caribbean states, and Western European and other states (incidentally probably the only time the United States gets listed as "other").

In theory, these groupings give smaller countries a chance to speak as part of a louder, unified voice. In practice, though, the groupings have far less of an impact on negotiations than the preexisting alliances between different nations. These are some of the better-known examples:

ALLIANCE OF SMALL ISLAND STATES This group of 43 countries has one thing in common: If climate change causes sea levels to rise, they could be sunk—literally. These low-lying countries could cease to exist if their collective voice isn't heard.

EUROPEAN UNION Though the 27 countries in the E.U. will defend their own interests, they will also get the chance to have their views represented collectively by a member of the nation that holds the current E.U. presidency—in this case, Sweden.

GROUP OF 77 Founded in 1964 after a United Nations conference, the group now represents more than 130 developing countries—from Afghanistan to Zimbabwe. This group tends to work together to establish common negotiating positions under the G-77 banner.

LEAST DEVELOPED COUNTRIES These are the 49 countries ranked at the bottom of the United Nation's list of developing nations. The majority are in Africa and Asia.

UMBRELLA GROUP This somewhat informal grouping of industrialized countries outside the European Union is composed of Australia, Canada, Iceland, Japan, New Zealand, Norway, Russia, Ukraine, and the United States. It grew out of the Kyoto talks in 1997.

ENVIRONMENTAL INTEGRITY GROUP Mexico, South Korea, and Switzerland formed this grouping after Kyoto because Switzerland did not share the priorities of the Umbrella Group and wanted to form a coalition. Switzerland typically represents the group.

B.R.I.C. This acronym—which stands for Brazil, Russia, India, and China—seems especially appropriate given how much weight these countries pull, and how much their actions can directly affect climate change.

ORGANIZATION OF PETROLEUM EXPORTING COUNTRIES Better known as OPEC, these oil-rich nations—including Iran, Nigeria, United Arab Emirates, and Venezuela—will certainly have a common interest at a conference where one of the primary goals is to reduce global dependence on nonrenewable energy sources.



United States

CHIEF DELEGATE Jonathan Pershing, U.S. deputy special envoy for climate change
CONVENTIONAL WISDOM The Obama administration hasn't been as ambitious about climate change as it was about health care (and look how that has turned out so far). After continued failure to ratify the Kyoto Protocol, and nearly collapsing the entire global economy this year, no one is expecting too much from the United States. Besides, all eyes will be on China anyway.



Russia

CHIEF DELEGATE Alexander Pankin, chief climate negotiator
CONVENTIONAL WISDOM Russia surprised the world when it reversed its position on climate policy earlier this year—namely, by accepting that human activity was responsible for our changing climate. But critics are quick to point out that the country has yet to commit to a strategy to reduce its own emissions.



India

CHIEF DELEGATE Shyam Saran, special envoy to the prime minister on climate change
CONVENTIONAL WISDOM India is the world's largest democracy and has one of the fastest growing economies. But it's taking the same line as most other developing countries: Until the industrialized nations step up with aggressive commitments to emissions reductions and funding, don't expect it to shoulder the burden.



China

CHIEF DELEGATE Su Wei, senior climate negotiator
CONVENTIONAL WISDOM As the world's largest emitter of CO₂, China has nowhere to go but down. That said, some significant cuts on its end would mean a world of difference, so everyone will be taking its cues from this heavyweight.

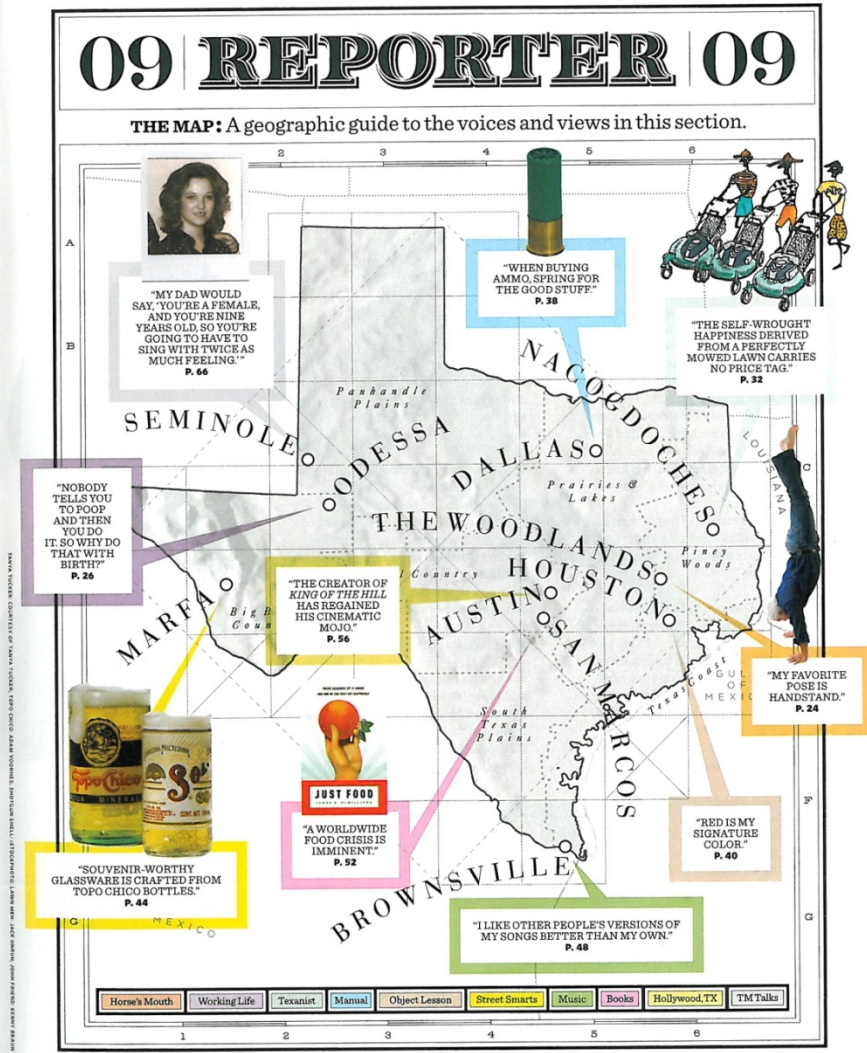


Japan

CHIEF DELEGATE Mutsuyoshi Nishimura, special adviser to the cabinet on climate change
CONVENTIONAL WISDOM Some experts believe that Japan—which has managed some notional energy-efficiency victories in recent years—has lessons to teach the world. Others see its success as an anomaly, brought about by a relatively weak economy and a lack of domestic resources.

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THE MAP: A geographic guide to the voices and views in this section.

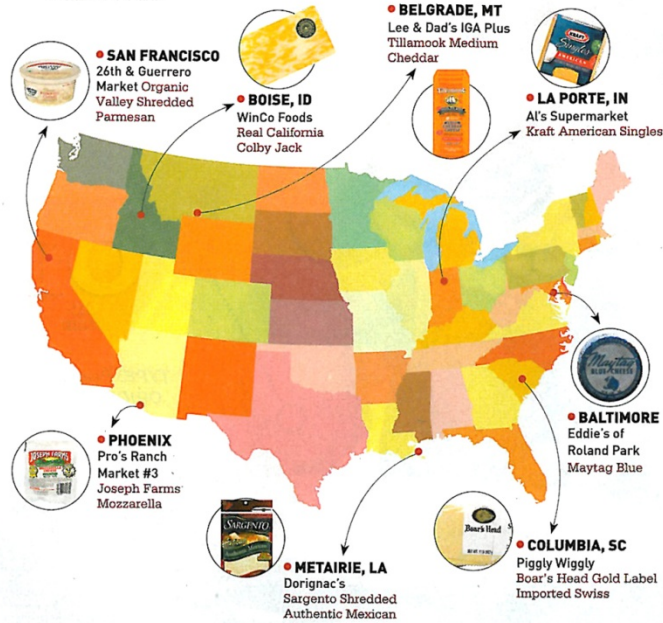


- Horse's Mouth
- Working Life
- Texanist
- Manual
- Object Lesson
- Street Smarts
- Music
- Books
- Hollywood, TX
- TM Talks

bestsellers...
cheese

The top-selling varieties at supermarkets across the nation

—WILL VUNDERINK



After a day of shopping, kick back with a good show! Ten readers will each win seasons one through four of *30 Rock* from Universal Home Entertainment, for a total value of \$1,750. Enter to win at rachaelraymag.com/giveaway. See page 164 for rules.



EXTREME SHOPPER

This bargain hunter knows how to score serious deals at the grocery store. Here are his favorite money-saving tricks.

—NICOLE GULL

WHO: Sam Pocker, economist and author of *Retail Anarchy: A Radical Shopper's Adventures in Consumption*

HOMETOWN: New York City

BEST INSIDER SAVINGS TIP:

If a sale item is no longer in stock, ask the store for a rain check (a paper voucher that guarantees you the discounted price once the product is back on shelves). "Thursday is the best time to try this—it's the day when most sales end, so stocks are low," Pocker explains. Wait to use the rain check until there's a promotion on the item

[buy one, get one free, for example]; by combining deals, you'll save more money.

BIGGEST COUP: "There was a promotion that offered a free movie ticket for every two boxes of cereal purchased. The cereal was also on sale—and I had a coupon—so it cost me about 25 cents a box. I cleaned off the shelves and haven't paid for a movie in years."

TOP SPOT FOR BARGAINS: Thecouponcupboard.com and hotcouponworld.com. "You'll find a wide variety of printable grocery coupons, and you can search for deals at chain stores near you."

did you know? Research shows that brand loyalty trumps price when it comes to guilty pleasures like chocolate, cookies and ice cream.

From this

To this

win it! **MARKET 101**

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bestsellers... cheese

The top-selling varieties at supermarkets across the nation

—WILL VUNDERINK

- SAN FRANCISCO**: 24th & Guerrero Market Organic Valley Shredded Parmesan
- BOISE, ID**: WinCo Foods Real California Colby Jack
- BELGRADE, MT**: Lee & Dad's IGA Plus Tillamook Medium Cheddar
- LA PORTE, IN**: Al's Supermarket Kraft American Singles
- PHOENIX**: Pro's Ranch Market #3 Joseph Paves Mozzarella
- BALTIMORE**: Eddie's of Roland Park Maysag Blue
- METAIRIE, LA**: Dorignac's Sargento Shredded Authentic Mexican
- COLUMBIA, SC**: Piggly Wiggly Boar's Head Gold Label Imported Swiss

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Slip slidin' away

Students' favorite spring break ski resorts

- Alaska, AK**: Lisa Lee
Tie tat. Vullan utpatumsan et in henim irusciduis Voloreros nismodigna consenim
- Arizona, AZ**: Jimmy Nguyen
Tie tat. Vullan utpatumsan et in henim irusciduis Voloreros nismodigna consenim
- Colorado, CO**: Aspen, CO
- Illinois, IL**: Granite Peak, WI
- Michigan, MI**: Mar's Hill, MI
- Minnesota, MN**: Nancy Patterson
Tie tat. Vullan utpatumsan et in henim irusciduis Voloreros nismodigna consenim
- North Carolina, NC**: Joe Oro
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- Washington, WA**: Mar's Hill, WA

Fun Fact: Equis sagittis vero consequat nulla feugiat magna consequat. veni luptatue ming eu feugiat laet nism nisi lat preti conulla autem vel uti doctore sent nism zzziquis alic ne nulla corem quisquid si bla consequat la feugit nulland loulummod delecto dignibh et essequis et labober samsandit exerepti vel

Going to extremes

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did you know? Research shows that **brand loyalty trumps price** when it comes to guilty pleasures like chocolate, cookies and ice cream.

hewing to the line. Where there isn't a border road, or where the route looks more interesting a little inland, I'll let myself drift north. My first chunk is the 350 miles that now stand between me and Ajo, Arizona, including the 120 miles of open desert that immediately precedes Ajo, a stretch called El Camino del Diablo.

And that leads to the final problem: water. El Camino del Diablo, like a lot of places along the border, is dry. One hundred twenty miles' worth of water weighs a lot more than I can carry on my back. If this were a century and a half ago, if I were one of those obelisk-planting surveyors, I'd probably have opted to bring along a mule.

Instead, I've got a baby stroller.



YOU NEED HELP??

Feet digging, ankles stretched, calves tight, knees bent, back straight, shoulders up, head down, arms out, palms open, leaning forward, into the handlebar. The handlebar doubles as a rack to hang things on and dangles my quick-draw necessities: a Garmin GPS, a thirty-two-ounce Nalgene water bottle, a Spot

emergency locator beacon, and a can of Counter Assault Bear Deterrent pepper spray.

I look up, but I don't stop leaning. The stroller, if you add its own weight to the weight of all the gear and food and water inside it, weighs more than 120 pounds. The incline here, near the top of Otay Mountain, a dozen miles east of the beach, is steep, at least 45 degrees. If I stop leaning, the stroller will roll backward, over me, on down the slope.

The agent is standing on the top of the rise, looking down. He's holding a pair of binoculars.

"I saw you coming from a ways away," he says.

The border is approximately nineteen hundred miles long, and there are approximately eighteen thousand Border Patrol agents tasked with protecting it. That's nine agents per mile. Of course, these agents aren't posted at strict and regular intervals along the line. They move around, they cluster, and sometimes they pursue leads or man checkpoints

up to a hundred miles from the frontier. But still. If you're walking the border, you're going to see a lot of Border Patrol.

I push the final few feet to the top of the rise and lock the stroller's wheels and stop to chat with the agent.

The eastern flank of Otay Mountain drops two thousand feet into a deep valley that runs north to Highway 94 and south to Mexico. I can see the fence, about a mile away, and some cars passing by on the other side of it. That's where they cross, the agent tells me. It's best to spot them as soon as they hop the fence, when they're exposed, because once they enter the thick foliage of the valley, they become a lot harder to see.

I give him back his binoculars and keep walking. Otay Mountain is the highest peak for miles around, and this particular spot has a great view of the ocean. The chaparral that clots the slope—the redshanks, the monkey flower, the mission manzanita, the sugar bush—fuzzes into a blue-green pastel as the slope descends toward the Pacific, which coruscates mildly in the distance. Maybe it's just the pollution, the haze of the San Diego-Tijuana megalopolis, but everything has a soft focus up here.

I hope to average twenty miles a day, but the mountain is steep and the cart is heavy and I only make it ten today before the sun drops away completely. I stop and make camp on a clearing beside the trail. I'm tired, and fall right asleep, then spend the rest of the night waking every couple of hours to the rumble and glare of patrols passing my tent.

At dawn I get up, get ready, and start again.



LA GLORIA
A wooded stream bed that has become a popular trafficking route. The Border Patrol has installed underground pressure sensors to try to stem the traffic, but smuggling persists.



COMING DOWN OFF the mountain is a lot easier than climbing up it, and I can relax a bit and let the rhythm of the walk begin to establish itself.

Every few miles, I'll run into an agent, who'll ask what I'm doing out here. Sometimes he'll ask to see the soles of my shoes. Agents spend most of their time cutting sign, which is to say, they patrol dirt roads near the border, looking for fresh footprints or other sign of aliens. When they come across people who are not aliens, they often ask to see the soles of their shoes. That

way they won't later confuse native sign for alien sign.

Sometimes I'll see agents even when they're not really there. I'll spot their bright white-and-green vehicles parked on almost every significant overlook, but it's not till I'm right up on them, peering through the tinted windows, that I can tell whether they're occupied or just expensive scarecrows. About a third are empty.

The trail from Otay Mountain feeds into State Route 94, and I follow the highway east for about ten miles, then cut south toward the border again.

I spot a truck, and this one has an agent inside. I tap on the window and he rolls it down and gives me a nod. People call this town Tecatito on account of how it sits right across the border from the much bigger town of Tecate, Mexico. The agent's got the nose of his truck pointed straight south, where every so often someone walks out of the Customs building and into America. A poster pasted to a wall in his line of sight features head shots of ten Hispanic men, along with details of the crimes they're wanted for, mostly smuggling, some kidnaping, some murders. I tell him I'm going across, that my hotel's a couple of miles away, that I'll have to walk through most of Tecate to get there. Does he think I'll have any problems, safetywise? Tecate's not too bad these days, he says. From what he hears, anyway. He's never crossed himself.

The passport-control booth is empty. Nobody's there to look at my ID or ask to see what's inside the stroller, so I just walk across the line.

Let me make my prejudices clear: I love Mexico. I lived in this country for a couple of years when I was a kid, and I used to go back all the time. I love the language, the food, the pace, the people, the temperature.

Let me make something else clear: Mexico scares me.

The last time I visited, I was driving around a small city with an off-duty police detective, and the car we were in was his own, and he wasn't wearing a uniform, and he was just cruising at first, re-



YUHA DESERT
The shoes of an illegal immigrant caught trying to cross the border in the Yuha Desert west of Calexico. He and others caught with him had glued foam rubber to the bottoms of their shoes to try to mask their tracks.

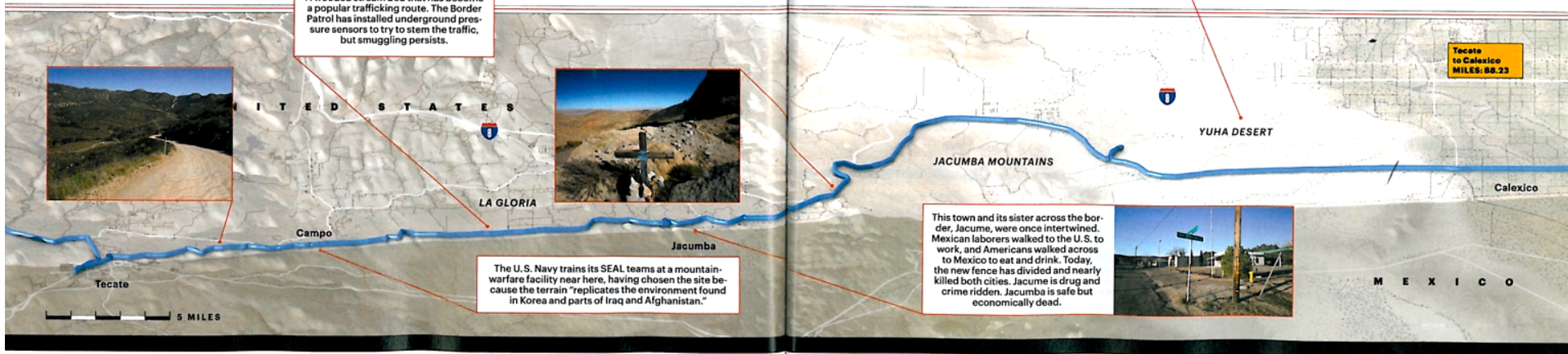
laxed, a big tough guy spinning stories about some of the scrapes he'd been in, but I'll always remember the jolt that went through his body when at a stoplight he suddenly realized he'd left his wallet with the badge in it lying open on the dash, and how fast he scrambled to snatch it and hide it away, and the look on his face as he shot glances at the other vehicles stopped at the light to see if anybody had noticed.

That kind of fear is contagious.

And I hate it, how this fear works its way into my experience, how it becomes as tangible a part of the background texture of Tecate as the uncatalyzed exhaust or the swollen-titted dogs or the snake-skin boots or the sweet little old lady who gives me directions to my hotel and then says, "Dios te bendiga" as I'm walking away.

Because if you scrape away the fear, if you dig through it, or just look past it, all the best parts of Mexico are still here.

Tonight I eat at a restaurant near my hotel and they bring me flank steak and grilled nopale cactus and homemade corn tortillas and flan



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- ▣ To convey a message
- ▣ Creates entry points
- ▣ Should vary in size and design

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103 Smartest Snacks!

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Body and caption type

- ▣ With varied justification
- ▣ Play with leading
- ▣ Create visual tension
- ▣ Use a type hierarchy

—centered vs. flush left vs. contoured

CL Recommends

HEALTH AND FITNESS



TAKE A STAND

Your desk might soon be getting a lift: Ergonomically minded office-furniture designers are giving your seat the boot — at least for part of the day — with desks that are meant for both standing and sitting behind. California-based GEEKDESK makes an electronically adjustable desk that can go from seat height to standing height with the push of a button. The desk enables you to give your back a break and give your body some variety, and proponents swear the ability to switch from seated to standing during the day makes them more productive. \$800, geekdesk.com — L.S.

30

The largest sporting audience ever, and the number of FANS who watched the 2006 FIFA World Cup of soccer in Germany, according to Guinness World Records.

Happy Campers

Style-conscious campers tend to adore hitting the road with a sleek, retro Airstream attached to their wheels. And now, with the rollout of the EDDIE BAUER AIRSTREAM, they'll be able to explore the great outdoors with a trailer that's as ready for adventure as it is stylish. The special-edition model comes with gear-ready outdoor hatches, Eddie Bauer bedding, and a distinctive interior. \$73,702, airstream.com — L.S.



Gourmet TO GO

At The Island Hotel in Newport Beach, California, executive chef Bill Bracken keeps guests at the luxury resort happy and well fed with his "American-style cuisine with a twist."

Now the resort's "Air Fare" program means you can take a delicious meal (like macaroni and cheese with crushed truffles and a Parmesan tuile or The Island's signature chopped salad) with you when you head to the airport or the beach. If, that is, you really must leave their posh digs. islandhotel.com — L.S.



Health WATCH

Can wearing a watch make you feel better? The designers at PHILIP STEIN watches think so. They've worked to combine the principles of overall well-being with a distinctive watch design based on what they call Natural Frequency Technology. New for spring: a burst of colorful strap options including fuchsia, turquoise, and bold plums. philipstein.com — JANET THOMAS

FOLLOW the Leader

Heads will turn when you take the kids for a ride on ZIGO's "The Leader" five-in-one family cycle. The cleverly designed jogger lets the little ones have a front-row view of the action, then converts easily into a stroller, baby jogger, and rear trailer, leaving you with a bike that's perfect for cruising. It also folds down, so you can take the Zigo wherever you go. \$1,399, myzigo.com — L.S.



7.5 HOURS

The amount of time children, ages 8 to 18, spend using ELECTRONIC MEDIA each day, according to the Kaiser Family Foundation.

IncluditUDE

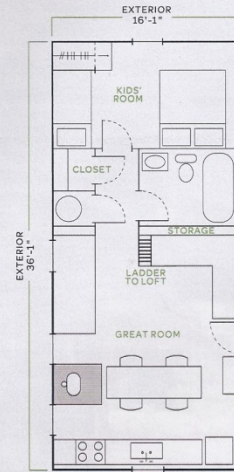
headlines

- ▣ for verbal/visual connection
- ▣ Use Poetic Devices
 - Allusion
 - Alliteration
 - Onomatopoeia

RE//USE, CYCLE, SIDE.

ON OREGON'S RURAL SAUVIE ISLAND, THIS TINY COTTAGE HAS ITSELF BEEN RECYCLED OVER THE YEARS. ACCORDING TO LOCAL LORE, THE BUILDING HAS SERVED AS HOUSING FOR SHIPYARD WORKERS, A SURVEYOR'S OFFICE, AND A GOOSE-CHECK STATION. NOW, AFTER AN INVENTIVE GREEN MAKEOVER, IT'S HOME TO A FAMILY OF FOUR.

PHOTOGRAPHS BY Lincoln Barbour | TEXT BY Eleanor Duncan



THE FLOOR PLAN



120 | MARTHASTEWART.COM

A NEW leaf

From Japan to the United Kingdom, tea is steeped in history—perhaps more than any other beverage. But with their boozy tea parties and hugely original blends, the trio behind Bellocq Tea Atelier is infusing their brews with 21st-century cool.

110 | MARATHASTEWART.COM

Walsworth yearbooks

from Martha Stewart Living.com



Play.

ClubCorp News and Events

HIT THE SLOPES: Ski well into spring at Squaw Valley in Lake Tahoe.

On the Radar

Ski Report

At Squaw Valley, it's not too late to make some thrilling downhill runs this season

BY ELAINE GLUSAC

No need to mothball those skis just yet. In Lake Tahoe, springtime warrants fresh ski waxing to tackle the "corn snow," the sun-softened depths that typically cling to the Sierra Nevada peaks well beyond the frigid winter months.

If you're looking for more slope time this season, California's 4,000-acre Squaw Valley, Tahoe's best-known north-shore resort, remains open for skiing through May 8, depending on conditions. Nighttime freezes maintain the runs, which can

warm up to 60 degrees during the daytime, making spring skiing particularly appealing to families with cold-sensitive kids and anyone averse to winter wind chills.

Though Squaw has links to hard-core skiers — Olympic gold medalists Jonny Moseley and Julia Mancuso both trained here — it's now courting families, too. KSL Capital Partners, ClubCorp's parent company, recently purchased the ski resort, village, and surrounding real estate, and plans to invest \$50 million over the next three to five years to entice more families, while also

better positioning Lake Tahoe as an international destination, not just a weekend favorite among Californians. Improvements are still on the drawing board but could include new runs, renovated lodges, and an expansion of beginner and intermediate terrain.

More than \$5 million has already been spent this ski season to upgrade the resort made famous for hosting the 1960 Olympic Winter Games. Here's what you'll find new if you take to Squaw's slopes this spring:

→ **An expanded rental program:** Rent the latest



The Village at Squaw Valley



Squaw Valley's outdoor pool



Springtime mountain biking

3 Great Deals

Members of ClubCorp clubs who book Squaw Valley through the ClubLine save:

→ Up to 37 percent on lift tickets

→ Up to 50 percent on season passes

→ 10 percent off the best available rate on accommodations at the Village at Squaw Valley

Coming this summer: golf benefits

At the Resorts

Warm-Weather Fun

The resorts' latest and greatest features for you and the fam

BARTON CREEK RESORT & SPA

What's new: Last year's renovations at this Austin, Texas, resort created a slew of new spaces, including the Callaway Performance Center, relaxation areas in the spa, and a resurfaced fire pit at the Rock House, a hangout next to the Fazio Canyons' 18th green complete with an expanded menu.

Family fun tip: Play 18 holes of mini golf, located near the resort pool.

Calif. resort's dressed up guest rooms and suites, the renovated convention center, and all-new meeting planner suites. An adult infinity pool, new outdoor entertainment venues, and updated, nature-inspired spa interiors are slated for summer debuts.

Family fun tip: Cut loose at Splash Landing, an impressive web of pools and waterslides. Take the tots to the water play zone, decked out with a waterfall shower and sprinkler-style fountains.

THE HOMESTEAD

What's new: For your next banquet, reserve this Hot Springs, Va., resort's restored Commonwealth Room, a rich, up-to-456-seat spot complete with mahogany wood panels, gleaming chandeliers, and regal murals.

Family fun tip: Burn off that rambunctious energy by paintballing, kayaking, fly-fishing, and off-roading in the Allegheny Mountains.

RANCHO LAS PALMAS RESORT & SPA

What's new: New executive chef Sean O'Connell brings Southwestern flavor profiles to this resort in Rancho Mirage, Calif. Regional ingredients and culinary experience with Mandarin Oriental Hong Kong and Fontainebleau Resorts give him an eclectic edge.

Family fun tip: Hit the 25 hard-surface tennis courts and cool off at Splashtopia, a two-acre water wonderland.

HOTEL DEL CORONADO

What's new: Starting at check-in, your kids will feel like stars, thanks to the Very Important Kid program.

Visit select locales — think ice cream shop — at this San Diego-area resort and round up stickers for their VIK passes. Once the passes reach sticker-capacity, the kiddos receive prizes at Kidtopia, the brightly colored children's activity center.

Family fun tip: Cowabunga, dude! Get your surf on year-round with beachside private lessons in front of the hotel.

VAIL MOUNTAIN LODGE & SPA

What's new: Kick start your fitness regimen on the new Keiser M3 stationary bikes at the Vail Athletic Club. By analyzing your 20-minute time trial, this Vail, Colo., resort's fitness experts will create your ideal training program for peak performance.

Family fun tip: Take your vacation to new heights by scaling the VAC's indoor climbing wall, the only outfit of its kind in Vail Valley. The VAC's vertical birthday parties' include instruction, equipment, and supervision.

- CLAIRE JURKIEWICZ

LA COSTA RESORT AND SPA

What's new: This spring, don't miss the Carlsbad.

ski equipment at the Gold Coast Adventure Center in the base village. As part of a demo program, you can keep exchanging skis at this mountain outpost until you find just the right ones.

→ **More snow-grooming capabilities.** Three new groomers boost trail grooming capabilities by 25 percent.

For the less avid skiers, there's High Camp (on the mountain at 8,200 feet), home to the Olympic Ice Pavilion, the Olympic Museum, and, reopening mid-March, a swimming pool and Jacuzzi (separate admission fees for rink and pool). All stay open throughout the summer, when hikers, disc golfers, and paintball players converge here for warm-weather sport.

→ **A kids terrain park.** This mountaintop attraction excites youngsters with a snow fort, jumps, and dips for playful skiing and riding.

→ **Renovated restaurants.** Remodeling work at Bar One at the Olympic House base lodge added a fireplace and improved mountain views. 39° North in the mid-mountain Gold Coast Lodge, rebuilt with environmentally sustainable

GRANT GUNDERSON

CHRIS BECK/VILLAGE; ERIC BRANDT/POOL; NATHAN KENDALL/EBERHARDT

DINING CAPITAL

Savory **new restaurants** are putting the Obamas' D.C. stomping grounds on the culinary map. Eight you must try.

BY BILL ADDISON
PHOTOGRAPHY BY SCOTT SUCHMAN



This page, food and brews at Birch & Barley, opposite page, Kushi's seafood specials



Kushi

Walking through Kushi's door at the prime-time dinner hour raises the question: Is this major attraction in the Mount Vernon Square neighborhood a nightclub or a restaurant? Indie-rock tunes ricochet off the concrete floors and 20-foot ceilings. It can be difficult to see the room past all the would-be diners waiting in the small, linen-draped foyer. But once you reach a table, Kushi wows with both its raw and cooked specialties. On one side of the room sits a sushi bar, serving seafood flown in daily from Tokyo's famed Tsukiji fish market. The other side showcases a robata, a grill on which meats and vegetables sizzle over charcoal. Mix and match for the vivid contrasts of flavors and textures. Many of the grilled dazzlers are available only at night. That said, lunch promises a much more peaceful experience.

Culinary highlights: Uni (sea urchin) sashimi offers a pure oceanic taste that teeters between sweet and saline. Share grilled whole fish and duck sausage-stuffed quail with tablemates.

Essentials: 465 K St. NW, 202-682-3123, eatkushi.com. Sushi and sashimi: \$4.50-\$12, grilled robata dishes: \$4-\$35.

For decades, Washington, D.C.'s restaurants specialized in extremes, either lofty temples of French and Continental gastronomy or modest ethnic joints that reflected the diverse immigrant population of the nation's capital. But in the last couple of years, D.C.'s dining scene has filled out fetchingly in the middle, as a new generation of chefs and restaurateurs infuse their businesses with the kind of daring and imagination typically seen in cities like New York and L.A. A major reason, from a purely bipartisan standpoint: Barack and Michelle Obama's frequent date nights give D.C.'s restaurants more visibility — and more inspiration to excel.

These **eight newcomers** — ranking among the best of the best — flaunt the city's surge of culinary creativity, from the latest eateries by revered chefs to crowded neighborhood upstarts and even a decadent lobster roll on wheels. There's no better time to experience the buzz than in spring, when the cherry blossoms, a gift from the people of Japan planted in 1912, give the city an ephemeral, shimmering beauty.



24⁹⁹

AUTHENTIC CHINO
reg. 45.00
web ID: FC510-5406

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29							
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34							

ST. JOHN'S BAY
EST. 1984

KHAKI HOLIDAYS

At prices that won't take you for a ride



89⁹⁹

CLAIBORNE BOMBER
(at left) orig. 180.00
wool/polyester.
web ID: FC518-1011
Available in larger jcpenny
stores and jcp.com

J. FERRAR BOMBER
(at right) orig. 180.00
wool/polyester.
web ID: FC518-6002

claiborne
exclusively at jcpenny

JF
J. Ferrar

Joy To The Wool

here's to warm coats, hot deals and good friends

AMERICAN
LIVING

34⁹⁹

HOLIDAY SWEATERS
orig. 70.00
web ID: FC509-6151



Sweater Watch Out

Santa Claus is coming to town

IncluditDe

playing with

numbers

- For visual impact
- Add coverage
- Supply vital information

248

Number of extra calories consumed per day by people who go to bed very late (on average around 3:45 a.m.), compared to those who hit the sheets earlier (around 12:30 a.m.), according to a recent study.

16 Health.com **October 2011**

ANIMAL CROSSING

Tom Turkey may be the leading act of New York City's Macy's Thanksgiving Day Parade (airing November 25 at 9 a.m. on NBC), but to pull off the big march, he gets plenty of help from his animal friends. Behold **some larger-than-life facts about the parade's other critter participants.**

three years

The length of time that the parade featured live (not inflatable) animals, like lions and tigers, from the city's Central Park Zoo. Since they scared a few (okay, many) onlookers, the predators didn't make it past 1926.

42 FEET

The height of the caravan of balloons and floats that parades through the Lincoln Tunnel (they're stored in a former Tootsie Roll factory in New Jersey all year) on Thanksgiving eve. Officials shut down the tunnel to other traffic during the hour and a half it takes to transport the balloons and floats through.

300 to 500 pounds

The dead weight of each balloon character, depending on its shape and size. Just think of the pre-Thanksgiving workout those balloon handlers get while keeping them from drifting away!

3 weeks

The amount of time prior to the parade that the balloons are unveiled to Macy's staff: "We throw a big party someplace we all can fit, like a stadium parking lot," says John Piper, VP of Macy's Parade Studio.

sixty-five

The average height, in feet, of the tallest balloons in motion. "If you lived on the sixth floor of a building on the parade route, you'd have to look up at Mickey as he passed," Piper says.

80 to 100 people

THE NUMBER OF TRAINED PERSONNEL IT TAKES TO STEER THE LARGEST BALLOONS DOWN THE PARADE ROUTE. TRANSLATION: SNOOPY AND KERMIT THE FROG ARE HIGHER-MAINTENANCE THAN WE THOUGHT.

—CHRIS STRAUSS

RAP'S NEW SMART GUY MAKES HIP-HOP WITH FEELING
THE HEARTBREAK KID

When rapper **Kid Cudi** released *Man on the Moon: The End of Day* last fall, his emotive hip-hop outcooled every thugged-out MC on the market. Almost overnight, the 26-year-old, dressed in skinny jeans and thick-frame glasses, sold nearly half a million albums, lent vocals to Jay-Z's "Already Home" on *The Blueprint 3*, and became a lead player in HBO's dramedy *How to Make It in America*. On September 14, he'll release *Man on the Moon Pt. 2: The Legend of Mr. Rager*, a sophomore effort that upstages his first, with booming choruses (Cudi sings—sans Auto-Tune, at that!), raging electro beats, and a rock-rooted single, "Erase Me," which features that other hypercool skinny-jean-clad rapper, Kanye West.—**JULIE VADNAL**



"It's an aggressive album, not to be taken lightly."
 —**Kid Cudi**



PUBLIC POLICY: WAITING FOR "SUPERMAN"

WE NEED A HERO

Director Davis Guggenheim hopes his new documentary, *Waiting for "Superman"*, will do for education what his *An Inconvenient Truth* did for global warming. In the legendary Harlem school reformer Geoffrey Canada and the fearless, magnetic Washington, DC, schools chancellor Michelle Rhee, the film finds charisma to burn—and showing us poor kids waiting to hear whether they got into model schools might just stand in for Superman as a game-changer. "One of the reactions I get," says Guggenheim, "is, 'Oh, you picked the good families, the bright kids.' That makes me really angry. They're all born learners, born dreamers."—**BEN DICKINSON**

MEET JENNIFER LAWRENCE, HOLLYWOOD'S CURRENT OBSESSION

THE NEW FACE

"I looked at a lot of actresses, but I couldn't cast it for the life of me. Then I saw Jennifer, and I went, 'Wow, she's incredible. We need to rewrite the role for her.' There's wells and wells of stuff going on inside her. Her face has the symmetry of somebody who is classically beautiful but looks like she's really lived, not someone who wakes up at noon and puts on a bunch of makeup. That's not something you can manufacture. That's something you're born with."—**Jodie Foster** on casting 20-year-old **Jennifer Lawrence**, star of this spring's acclaimed *Winter's Bone*, as the moody valedictorian Norah in *The Beaver*



1: Matt Doyle/Contour by Getty Images; 2, courtesy of Paramount Pictures; 3: Stevie and Wade (steviemade.com)

field hockey Girls State
 basketball Larping

er tennis golf
 walsworthyyearbooks.com
 from Elle

In

'I GET ANNOYED WITH ALL THE ESTABLISHMENT TYPES WHO SPEAK AS IF THEY'RE SUPPOSED TO BE CONTROLLING EVERYTHING, WHO SOUND ANNOYED WHEN THINGS HAPPEN THEY DON'T EXPECT. I MEAN, WELCOME TO THE WORLD.'



Bill Kristol, editor of The Weekly Standard

50 PHOTOGRAPH BY GUY AROCH

THE SHORT LIST

STAY

LANDMARK MANDARIN Rooms start at \$475; 15 Queen's Rd., Central; 852/2132-0188; mandarinoriental.com.

MANDARIN ORIENTAL Rooms start at \$655; 5 Connaught Rd., Central; 852/2522-0111; mandarinoriental.com.

THE PENINSULA Rooms start at \$440; Salisbury Rd., Tsim Sha Tsui; 852/2920-2888; peninsula.com.

THE UPPER HOUSE Rooms start at \$420; Pacific Pl., 88 Queensway; 852/2918-1838; upperhouse.com.

EAT + DRINK

208 DUECENTO OTTO 208 Hollywood Rd., Sheung Wan; 852/2549-0208; 208.com.hk.

ALFIE'S Prince's Bldg., 10 Chater Rd., Central; 852/2530-4422.

DRAGON-I UG/F, The Centrium, 60 Wyndham St., Central; 852/3110-1222; dragon-i.com.hk.

LILY & BLOOM 6/F LKF Tower, 33 Wyndham St., Central; 852/2810-6166; lily-bloom.com.

SEVVA 25/F Prince's Bldg., 10 Chater Rd., Central; 852/2537 1388; sevva.hk.

TAZMANIA BALLROOM 1/F LKF Tower, 33 Wyndham St., Central; 852/2801-5009; tazmaniaballroom.com.

THE PAWN 62 Johnston Rd., Wan Chai; 852/2866-3444; thepaw.com.hk.

TIM HO WAN Tau Yuen Mansion, shop 8, 2-20 Kwong Wa St., Mong Kok; 852/2332-2896.

SEE + SHOP

BERRY'S FINE WINE RESERVE Prince's Bldg., 10 Chater Rd., Central; bbr.com.hk.

GAGOSIAN GALLERY 7/F Pedder Bldg., 12 Pedder St., Central; gagosian.com.

LANE CRAWFORD IFC Mall, 8 Finance St., Central; lanecrawford.com.

O.O.I. BOTOS GALLERY By appointment only; 852/6685-3147; oobotos.com.



RUNNING THE NUMBERS

\$900 | Cost of Lemke's **Vocation Vacation** (excluding food and accommodations)

\$140,000 | **Start-up** expenses

\$8,000 | Cost of **permits and licenses**

\$3,500 | **Monthly payroll** (excluding taxes)

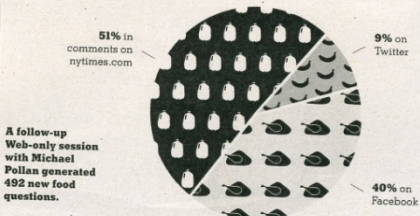
\$20,000 | Average **monthly gross**

\$0 | Lemke's **monthly salary** in 2010

\$2,000 | Lemke's **monthly salary** in 2011

ANALYTICS: What's on Our Plate

17 out of 64 of the questions in our Food and Drink issue were reader-generated. Readers sent us their questions:



Walls

IS GLAD SHE WAITED ON MOTHERHOOD. "YOU GROW UP AND HOPEFULLY BECOME MORE SELF-AWARE," SHE SAYS. "I THINK I'M A BETTER PARENT. I HAD A LOT I WANTED TO DO WHEN I WAS YOUNGER, AND PERHAPS I WILLN'T HAVE BEEN AS FOCUSED."

eld hockey Girls State basketball Larping

ennis golf from Details walsworthyyearbooks.com

Wa

ANTI-AGING
Special

10 THINGS THAT REALLY KEEP YOUR SKIN FIRM

In a bathroom somewhere, a woman is stroking her jawline, hoping to remind her skin where it used to sit. Another is trying to follow the directions—in French—of a new facial-massage technique. And in that special place where desperation meets magical thinking, another is actually considering a face bra. When women confront the force that holds the moon in the earth's

1 PUT SPRING IN YOUR SKIN "If I had to pick one thing to fix in my skin, I would choose elastin," says Miami Beach dermatologist Leslie Baumann. "Elasticity is what makes youthful skin snap back when you press it." The sobering reality, though, is that we stop making elastin around the time we hit puberty—and until very recently, nobody really knew how to trick the skin into making more. "Collagen is so much easier to stimulate than elastin," says Baumann. Retinoids seem to help. And scientists have now discovered that dill extract may produce new elastin. (It's found in the new Aveeno Ageless Vitality line, Olay Pro-X Intensive Firming Treatment, and DDF Restoring Night Serum.)

4 TAKE COVER Sure, you could hide out in a cave. But it's a lot easier to simply apply sunscreen every morning, just as you know you should. The sun really is skin's worst enemy: "Long-term exposure causes collagen to break down and elastin to degrade," says Brandt. Choose broad-spectrum formulations with Helioplex or Mexoryl, which offer the longest-lasting protection, and be sure the SPF's at least 30.

Injection Face-off

When a new muscle relaxant called Dysport was approved by the FDA last year, it was big news. Many hoped its arrival would cause Botox prices to drop (it didn't) and offer improved results. But the truth is, neither seems significantly better than the other. "Botox and Dysport are both botulinum type A, they're injected in a similar way, and they both last for three to four months," says Brandt, who tested each during their clinical trials. So why choose one over the other? Speed. Maybe. "We've noticed that Dysport may take effect within two days, while Botox may take three to five days," says New York City dermatologist Howard Sobel.

orbit, is it any wonder we fall for gimmicks and hype? Skin sags when fat, collagen, and elastin break down. Still, "there is a lot we can control," says Fredric Brandt, a dermatologist in New York City and Coral Gables, Florida. Here, experts reveal the latest findings on the ingredients, nutrients, and daily habits that will help your skin stay firm.

2 Make Collagen Without collagen, skin is destined to have the same texture as an old leather bag. Fortunately, there's a way to make more: retinoids. They are the rare family of ingredients that dermatologists agree actually work. "We know that they stimulate collagen production and cellular regeneration," says Brandt. The nonprescription form, called retinol, can start working in six months. (We like Replenix Retinol Plus Serum 10X.) Prescription retinoids are more powerful but also more irritating.

3

LOOK OUT FOR YOUR EYES They should be the windows to your soul—not to your birth certificate. Big sunglasses help. Baumann also says to wear a retinoid at night (such as Shisiedo Benefiance Pure Retinol Eye Mask) and, in the morning, Relastin Eye Silk, "which is shown to increase elastin under the eyes."

5 FIGHT FREE RADICALS Antioxidants are the superheroes of skin care. They protect skin from all the evil forces in the environment—also known as free radicals—plus block an enzyme called elastase that breaks down elastin. Choose products containing several different antioxidants—"they often work best in synergy," says Sobel, who recommends those with vitamins A and C and coenzyme Q10, such as Eucerin Q10 Anti-Wrinkle Sensitive Skin Lotion SPF 15.

6

MAKE THE MOST OF MOISTURIZER Here's one thing we bet you didn't know about moisturizers: They protect skin against free-radical damage. "Dehydration leads to oxidative stress, which generates free radicals," says Brandt. "Without moisture, your skin isn't able to repair itself and suffers even more damage." You just have to use the right product. Cholesterol, ceramides, essential fatty acids, and niacinamide are among the best ingredients—they improve skin's protective moisture barrier. (Try CeraVe Moisturizing Lotion or Olay Regenerist Micro-Sculpting Cream.)



GREG KADEL

Incl

MINI MAKEOVER

5 easy ways to upgrade your entrance

1. Color it bold Nothing has a bigger impact on a coastal front door than fresh paint, which boosts curb appeal and provides protection from the elements. First buff the door with 220-grit sandpaper, and then prime it so the paint adheres better. According to Pat Sandor, a how-to expert at The Home Depot, "a smoother finish, like a semi- or high-gloss, will help prevent moisture from creeping in and forming mildew." Choose a cheery color—bolder is better at the beach!



1. Ebdtide (SW6493); sherwin-williams.com



2. Martha Stewart's Peony Orange (MS032); valspar.com



3. Folly Green (76); farrow-ball.com



3. Play the numbers

Make sure guests (and mail carriers) can find your home with house numbers that are easily visible and have a coastal vibe.



From top: **Eames House Numbers** in Paprika, \$38 each; heathceramics.com. **Neutraface Address Numbers** in Satin Stainless Steel, from \$65 each; customhousenumbers.com. **Surfboard Address Plaque**, from \$72; oceanstyles.com



2. Light it up Add ambience with a hanging lantern or nautical-style sconces. Materials such as unfinished copper or brass look even better with patina, says Gale Singer, president of Circa Lighting. Another tip: Use frosted bulbs for softer light and less glare.



Compton Sconce in Chrome, \$285; wayfair.com



Charleston 1-Light Outdoor Pendant in Oil-Rubbed Bronze, \$219; ballarddesigns.com



4. Get some life Extend a warmer welcome with planted pots. Check out local nurseries for low-maintenance plantings, such as succulents, that thrive in your plant zone.

South Seas Planter in Verde, \$84; campaniainternational.com



From left: **Mail/Welcome Basket** in Natural, \$36; peterborobasket.com. **Anchor Door Knocker**, \$100; michaelhealy.com

5. Accessorize with style Door knockers, mailboxes, and pretty wreaths are like jewelry for front doors. Add one or two—but don't overdo it. >

Wals

from Coastal Living

orthyearbooks.com

Bodies in Motion

Accclaimed photographer Howard Schatz shares his method for capturing these athletes on the move.

PHOTOGRAPHY AND TEXT BY HOWARD SCHATZ

My goal in studying human motion is to capture the flow of the components which make up the perfect pitch, the perfect golf swing, the perfect catch, etc. Some of the images in this series were made for my book, *Athlete*, published in 2002 by HarperCollins, but my ongoing fascination with the human body and its physical capabilities has led me to explore movement in an enormous range of activities. A wide range of images can be seen on my website in the Action section of the Portfolio. howardschatz.com



Anna Goldstein, Tennis Coach: The image of the tennis player was made as part of an advertising campaign for Gatorade. I used a very fast, multiple stroboscopic effect with the light firing off every one-hundredth of a second. The goal was to show the flow of the movement of a tennis player and racket, with some movement of the camera.

David Beckham: This shot was made for Sports Illustrated magazine. The idea was to create an image that shows Beckham "bending it." I used a very complicated set of lights to follow and track his running — using a soccer player to rehearse this for a day and a half prior to the shoot — and used multiple lights as a multiple stroboscopic effect.

IncluditDe

scan reads

- ▣ to entice nonreaders
- ▣ Provide coverage areas
- ▣ Add depth to the spread
- ▣ Add entry points to the spread

FOOD • TRAVEL



Spinach gnocchi with porcini cream and chanterelles



Pecan tart with maple cream

IN THE RAW

BY NEAL WEBSTER TURNAGE

WHAT TO ORDER — heirloom-tomato lasagna with pistachio pesto or the blue-corn tostada with baby zucchini? Tough decision. Time to consider the deal breaker: Which one will taste better raw? That's right, raw. As in uncooked. Or at least not heated above 105 degrees. It's the principle behind the cuisine at Oklahoma City's 105degrees Café, which is a part of the 105degrees Academy. Here you can dine, take classes, or enroll in an (un)cooking school to get an education and/or begin a career in

raw food, or "living cuisine." 105degrees is the first state-licensed living-cuisine academy in the country — and Oklahoma, despite its steak-and-potatoes rep, has proved to be an ideal locale. "People here are willing to try something new," says Matthew Kenney, director of culinary arts and operations and twice a James Beard Rising Chef Award nominee. "It's a city where everything is accessible — and evolving." Kenney likes to approach the academy, the café, and the retail shop where prepackaged

food is sold with a similar sensibility. "We're always true to the source of the dish, so it's easy for people to feel comfortable," he explains. "The 105degrees Café utilizes a number of menu descriptions, and even presentations common to traditional cuisine, [but] the end result is highly unique. Our ultimate goal with living cuisine is to develop an entirely new lexicon for all living-food dishes. Thus, living food will become a verifiable cuisine with dishes that reflect



its individuality." Not to mention, Kenney hopes, firmly establish 105degrees, both the food and the Oklahoma landmark it evokes, as a culinary presence in mainstream culture. (405) 842-1050, www.105degreesacademy.com



LOOK TO THE STARS How many times did your mother say, "If your best friend jumped off a bridge, would you do it too?" Well, we're not advocating that, but you must admit the following celebs look pretty darn good, and we're betting it has a lot to do with their raw-food lifestyle.

- DEMI MOORE / WOODY HARRELSON / ALICIA SILVERSTONE / DAVID BOWIE / FAMKE JANSSEN / UMA THURMAN / STELLA MCCARTNEY / PAUL MCCARTNEY / NATALIE PORTMAN / EVA MENDES / MICHAEL FRANTI / GISELE BÜNDCHEN / OWEN WILSON

"It gives me a renewed energy ... the health and wellness benefits are fantastic." — Donna Karan



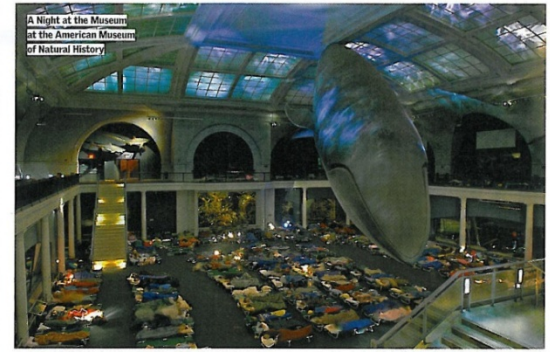
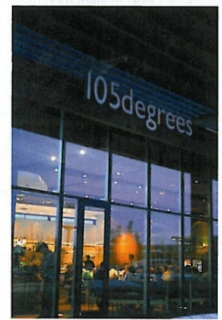
105DEGREES: A SNAPSHOT

For Students
Offers professional chef certification. Level one's "The Fundamentals of Raw Cuisine" is offered monthly and highlights core techniques. Level two's "Advanced Raw Cuisine" is offered seasonally. Students participate in menu planning and budgeting, work alongside a mentor chef, and learn advanced flavor and wine service techniques. *Level one: \$3,650; Level two: \$8,450; or \$12,100 for the entire program.*

For the Public
The public can take individual Raw Food Daily classes, which are offered every month. Spring courses (which focus on the theme of spring cleaning) include "Raw Foods for Weight Loss," "Healthy and Indulgent Desserts," "Gourmet Raw Meals," and "Elements of Cleansing." Cost is \$40 per two-hour class.

Special Events
Monthly "Rawstar Chef" dinners feature local and national celebrity guest chefs. Upcoming chefs include former Dallas Cowboys coach Barry Switzer.

Sunday Suppers feature level-two students preparing dinner for the public in the café.



NIGHT AT THE MUSEUM (OR ZOO ... OR AQUARIUM)

BY RANI LONG

If you've ever wondered what would happen if you were locked in a museum at closing time, here's your chance to find out. Many museums, aquariums, and zoos are offering overnight events that give participants a unique behind-the-scenes perspective. "It's a great blend of education and fun," says Luz Montez, associate director of audience development at the American Museum of Natural History in New York City. "There is nothing more charming than seeing a band of eight-year-olds gathered with flashlights, trying to figure out the answers for the dinosaur scavenger hunt — they're immersed and excited at the same time!" Midnight tours and scavenger hunts along darkened halls are just some of the activities offered through this sampling of nocturnal adventures.

San Diego Zoo
CALIFORNIA
Roar & Snore sleepovers at the Wild Animal Park
Kids don't get all the fun. While the zoo does offer popular overnight programs designed for youths (allowing them to take guided safari tours, play drums around the campfire, and fall asleep to exotic animal calls), it also offers all-night "Adventure" events just for adults. **Cost:** Depends upon age and tent options. **Upcoming dates:** Vary, depending on the program and extend through November. **Contact:** (619) 718-3000, www.sandiegozoo.org

Museum of Nature and Science
DALLAS
Snore and Explore
After-hours access to this museum includes a nighttime Electric Theatre performance or a Fire and Ice show that will do anything but lull you to sleep. Wake up to an IMAX film first thing in the morning. **Cost:** \$35/child, \$20/adult, chaperone. **Upcoming dates:** Through May. **Contact:** (214) 428-5555, ext. 8, www.naturesandscience.org

National Aquarium
BALTIMORE
Sleepover with the Sharks
What do sharks do at night? You'll get up close and personal to find the answer as you spend the evening in the underwater viewing area. Visit includes a film in the 4-D Immersion Theater and a Jeopardy-style test of shark knowledge after breakfast the next morning. **Cost:** \$95/person. **Upcoming dates:** Year-round. **Contact:** (410) 576-3833, www.aquarium.org

Wisconsin Maritime Museum
MARINETOWN, WISCONSIN
Submarine Sleepover
Join the Navy for a night and sleep on the restored World War II submarine USS Cobble, a National Historic Landmark.

Nighttime "watch groups" learn how to decode messages and find out how torpedoes are fired. **Cost:** \$39/person. **Upcoming dates:** July and August. **Contact:** (920) 684-0218, www.wisconsinmaritime.org

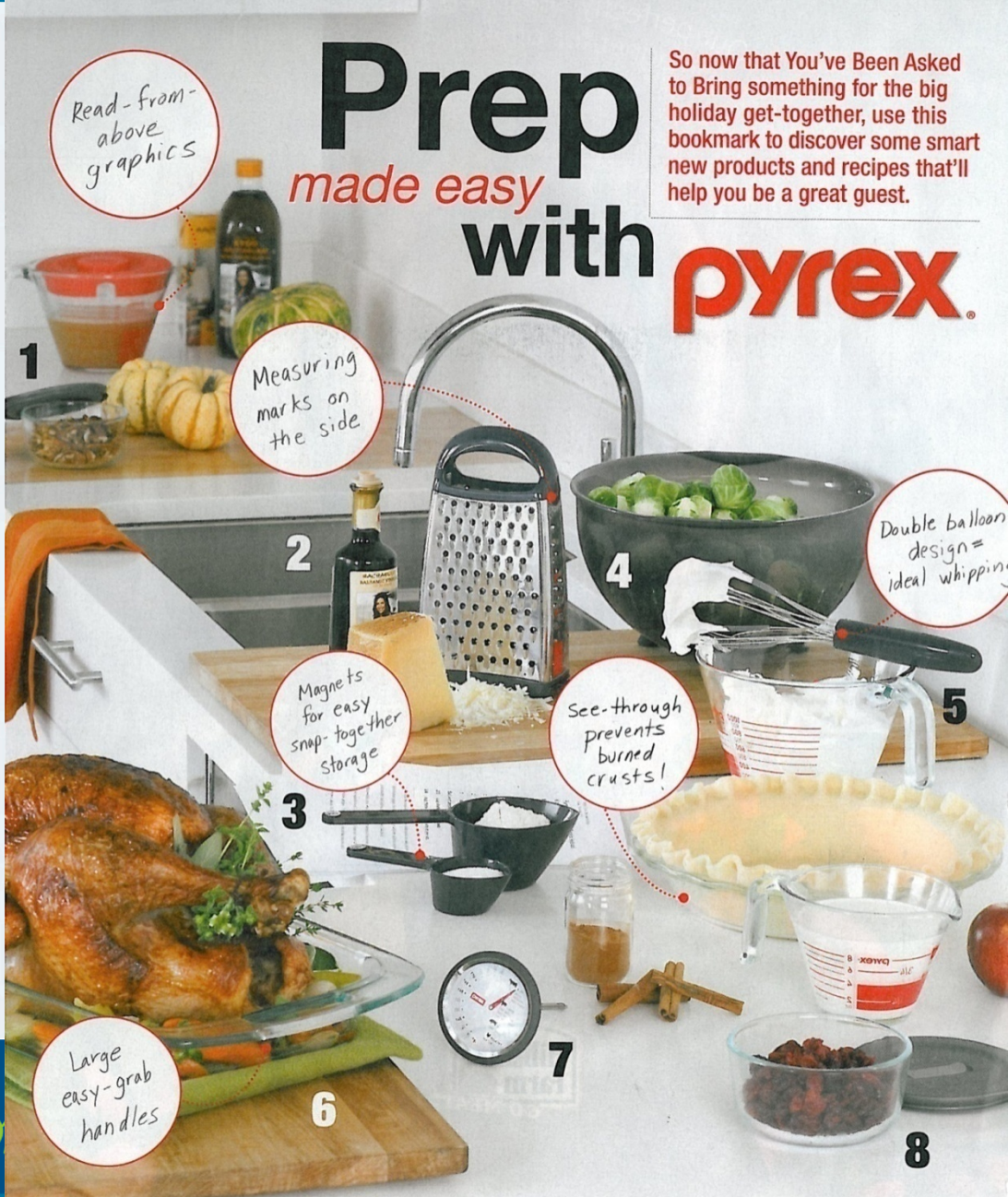
American Museum of Natural History
NEW YORK CITY
A Night at the Museum
Flashlight in hand, tiptoe past the famous fossils after dark. Sleep under the giant blue whale or beneath the dioramas in the Hall of Northern American Animals. **Cost:** \$129/person. **Upcoming dates:** Through June. **Contact:** (212) 769-5200, www.amnh.org

IncluditDe

linear pull-outs.

- ▣ to explain
- ▣ Add depth to story
- ▣ Include more people





Prep

made easy

with pyrex.

So now that You've Been Asked to Bring something for the big holiday get-together, use this bookmark to discover some smart new products and recipes that'll help you be a great guest.

Read-from-above graphics

1

Measuring marks on the side

2

Magnets for easy snap-together storage

3

4

Double balloon design = ideal whipping

5

See-through prevents burned crusts!

7

Large easy-grab handles

6

8

IncluditUDe

From this

1 Read-from-above graphics

2 Measuring marks on the side

3 Magnets for easy snap-together storage

4 Double balloon design = ideal whipping

5 See-through prevents burned crusts!

6 Large easy-grab handles

7

8

Prep made easy with pyrex.

So now that You've Been Asked to Bring something for the big holiday get-together, use this bookmark to discover some smart new products and recipes that'll help you be a great guest.

To this

So... you think you can dance?

Jack Johnson loves to break dance on the street

Maria Rodriguez loves to dance with the ballet

From hip hop to ballet, students find their own style on the dance floor and the stage

Elaine Day blends today's dance moves with gymnastics

Rhonda Wellston just dances to her own beat

Reagan Martinez is jazzed over hip hop

From this

To this

supermarket **101** shop better, save more

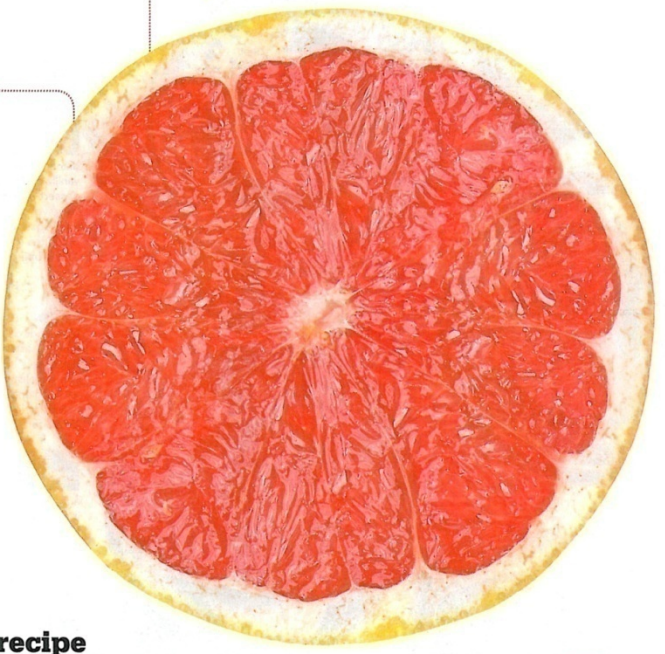
buy it now
Grapefruit

BY KATIE BARREIRA

- select & store**
- ✦ Choose a fruit that is heavy for its size.
 - ✦ Look for taut, springy skin with fine pores.
 - ✦ Refrigerate in the crisper for up to 2 weeks.
 - ✦ Avoid skin that has soft spots or is rough and withered.
 - ✦ Best January through March.

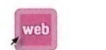
use it...

- ...in a **crab roll** Combine chopped grapefruit and avocado, shaved fennel, crabmeat and mayonnaise; serve on toasted hot dog buns.
- ...in a **ceviche** Marinate raw scallops and chopped chiles in grapefruit juice until the scallops are opaque, 1 hour; top with grapefruit segments.
- ...in a **sauce** Sauté grapefruit segments and juice with shallots until reduced; remove from the heat and stir in cold cubes of butter; serve over a whitefish like tilapia.
- ...in a **dressing** Whisk together grapefruit juice, honey mustard, olive oil and chopped tarragon, then toss with winter greens like escarole and radicchio.
- ...as a **sweet treat** Substitute grapefruit juice and peel for lemon in your favorite curd or meringue pie.



try this recipe

Pulled Pork Sandwiches with Grapefruit-Avocado Salsa **SERVES 4**
 Preheat the oven to 325°. In a large dutch oven, heat 2 tablespoons vegetable oil over medium-high heat. Season a 5-pound pork shoulder roast with salt and pepper and cook until browned on all sides, about 8 minutes. Add 4 crushed garlic cloves and cook for 30 seconds. Stir in 1 cup each grapefruit juice and water and 1 tablespoon grated grapefruit peel; cover and transfer to the oven. Cook until fork-tender, about 2½ hours, then shred. In a medium bowl, combine the segments of 2 grapefruits and their juice, 2 cups chopped red onion, 1 chopped avocado, ¼ cup chopped cilantro and 1 seeded and finely chopped habanero chile; season with salt. Divide the pork and salsa among 8 hamburger buns.



Find 50 of our favorite winter-fruit-inspired recipes at rachaelraymag.com/february.

A celebration of 
Diversity



Headline

Elenis at luscii bla commy nulla feum nonullute er sim doloreet augait do dialing exerit atismodit velit, quam quat, quipit incidunt nismolo borperos alum nisl inim dolore con ute ming erit ad et, sim iuscincil ut acin henim vel utat, quat. Dui ea consed modiatlo od tat. Duisi iustrud elit, velis amet lum nit Na alit ad dolore molor secte feugait num dit, conse vel dit nim vulput et iuscilic pratum autat aliquis nonsectem ip eu feugait lumsandre consequam nullan essit praesto odolor il dio ex el djsurmsan ut vel dip-suscinc ex enis nit nim exer adpsusci tonsent augiam eum ea facipis et velit wiscl ula

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Headline

Elenis at luscii bla commy nulla feum nonullute er sim doloreet augait do dialing exerit atismodit velit, quam quat, quipit incidunt nismolo borperos alum nisl inim dolore con ute ming erit ad et,

Reaching New Heights

Brookfield Central Rock Climbing Club



crash pad
PLACED UNDER CLIMBERS WHO ARE BOULDERING, MATS ARE THERE TO CUSHION A FALL. ALTHOUGH THE BLUE FLOORING IS ALSO PADDED, MATS PROVIDE AN EXTRA BUFFER FOR CLIMBERS BECAUSE FALLS ARE RELATIVELY FREQUENT DURING BOULDERING.

climbing veteran
AFTER HIS 13 YEARS OF ROCK CLIMBING EXPERIENCE, BJ'S ADVICE: "ALL YOU NEED IS A BAG OF CHALK, SOME SHOES, A HARNESS (IF YOU'RE TOP ROPING), AND AN URGE TO GET YOUR CLIMB ON!"

bouldering
A STYLE OF CLIMBING INVOLVING HIGH-INTENSITY MOVES, IT IS DONE WITHOUT ROPES. WHEN BOULDERING, CLIMBERS ONLY REACH HEIGHTS OF 10 - 12 FEET, ALTHOUGH THERE ARE MORE "CRUXES," OR PROBLEM AREAS THAT REQUIRE PERFECT MOVES IN ORDER TO PROCEED.

jug
A ROCK CLIMBING HOLD THAT IS MORE ROUNDED AND SOMETIMES TAKES MORE SKILL TO CONTROL FOR BEGINNING CLIMBERS.

route tape
DIFFERENT COLORS AND PATTERNS OF THE TAPE ON THE CLIMBING WALL SIGNIFIES HOW CHALLENGING THE ROUTE IS, AS WELL AS DEPICTING WHERE A BOULDERING PROBLEM BEGINS AND ENDS.

rockin' out

Established this school year by Ola Tronsgård ('10), a foreign exchange student hosted by the Peterson family who climbs glaciers in his home country of Norway, Rock Climbing Club, or BCRC, quickly gathered about thirty members. The season began about halfway through first quarter, when students first began to purchase memberships to Adventure Rock (or "A-Rock," as the climbers call it) and made the club into the largest climbing team out of all of the high schools in the region.

Coming together every Thursday at Adventure Rock to have practice, the team gathered for quick meetings and then "just let loose," according to BJ Szyjakowski ('11), one of the BCRC's top climbers. "There were climbers of all skill levels, so if you were having trouble with a route or a skill, you could just ask someone more experienced for help with it," he said. Better still, the team frequently went to the Culver's next door after practice ended.

Once every month and a half, the club participated in meets, or "comps," as the team called them. Winning meant a trophy for the whole team and prizes for the climbers who achieved the top scores in both the bouldering and top roping competitions.

Although it was not technically a sport, but a club, people were attracted to rock climbing because "It's an amazing workout that you don't even realize you're doing. You're so focused on completing a problem or route," said BJ. For others, it was the challenge: "It's a life or death battle out there," joked Josie Petersson ('10).

BY CAROLINE KUSE

you are...



"Have you ever heard the term, sullywag? It's from a pirate movie. Too bad you all can't see it because it's rated, arrrrr! Okay, I am sorry for that, I know that you all do not like history jokes."

"The hardest thing any of us will ever do in our lives is change. Wow, I don't know this book was so profound."
"Yeah, profoundly boring."
"No kidding, the most ever."

"Have you ever thought of how many people have died and are part of the earth?"
"I know, it's like a whole layer of dead people under here."
"That's like, a billion billion people down there."

"You can tell from the look on my face that not only is history my favorite subject, but the sole most important thing in my life. I love history more than anything in the world."
"Who doesn't?"

"Do I look like I know about mound-burkers?"
"Well basically the mound-builders were a bunch of people that dipped dirt all day and all night. They are gone for good."

"How do you feel about chapter 12?"
"How do you feel about a sharp poke in the eye?"
"I already read the chapter."
"I can tell."



...history

IncluditDe

quote bubble

- ▣ to personalize coverage
- ▣ Use as a graphic

In

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You told us
What Healthy Means to You...

...COUGHING UP \$\$

48% of readers claim they'd do a better job of eating healthy if they had more money.

- * **17%** say they need more time.
- * **17%** would eat better if they had fewer picky eaters in the house.
- * **18%** say they need more light recipes in order to be healthy.

Psst! There are dozens of tasty, good-for-you recipes in the magazine you're holding right now, and hundreds on rachaelraymag.com!

...BUT NEVER, UNDER ANY CIRCUMSTANCES, EATING...

Squash —CHRISTY DAVIS

Peas —CONNIE ASHWORTH

Cantaloupe —STEPHANIE BENEFIELD

Liver and cooked spinach —DIANE DILBECK SWANSON

Brussels sprouts —DEBRA ROSENBRAND FRANKLIN

Celery, yuck —STEPHANIE OHLSON

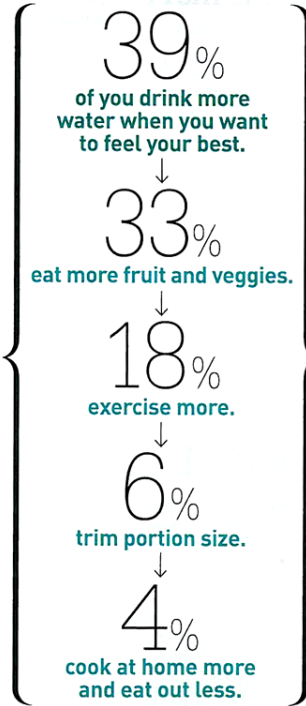
Oatmeal —KIM KING

There are many things I'll never eat, but in the case of healthy: carrots. —MEDINA HUTTON

Grapefruit —LORI GROOME

AND THE BIG WINNER (LOSER?)... BEETS!
Turns out there are a lot of beet haters out there.

...GETTING HYDRATED



Win Free Food!

You'll have no excuse not to eat your veggies: One reader will win a brand-new fridge from Home Depot (\$1,000 value!), plus grocery bags full of fresh produce (\$200 worth) and Hidden Valley Ranch products. Enter to win at rachaelraymag.com/april.

Hockey Girls State
all Larping

golf
worthyearbooks.com
from Rachel Ray

Wa

DETAILS SHOPPING GUIDE

WHERE TO BUY WHAT'S INSIDE

[CONTINUED FROM PAGE 57]

Tourneau stores. Suit by Bottega Veneta, at select Bottega Veneta boutiques; shirt by Saturday's Surf, at saturdaysnyc.com; pocket square by Paul Smith, at Paul Smith, New York; bag and shoes by Dries Van Noten, at Ron Herman, Los Angeles. **PAGES 78-79:** From left: Suit by Loden Dager, at Odin, New York; shirt by Dolce & Gabbana, at select Dolce & Gabbana boutiques; shoes by Calvin Klein Collection, at Calvin Klein, New York; sunglasses by Illesteva, at Assembly, New York. Suit by DKNY, at select Bloomingdale's; shirt by Dries Van Noten, at Jeffrey, New York; tank top by BLK DNM, at BLK DNM, New York; watch by Movado, at Macy's. Suit by Tommy Hilfiger, at Tommy Hilfiger, New York. Shirt by Paul Smith, at Paul Smith, New York; tank top by Robert Geller, at Aloha Rag, New York; sunglasses by Illesteva, at Assembly, New York. **PAGES 80-81:** From left: Suit by Burberry London, at select Burberry stores; shirt by Yves Saint Laurent, at select Yves Saint Laurent boutiques; tie by Louis Vuitton, at select Louis Vuitton boutiques; pocket square by Thomas Pink, at Thomas Pink, New York; watch by Tag Heuer, at Tourneau stores; sneakers by Nike, at Niketown, New York. Suit by Prada, at select Prada boutiques; shirt by Banana Republic, at Banana Republic stores; tie by Polo by Ralph Lauren, at select Ralph Lauren Stores; pocket square by Etro, at Etro, New York; watch by IWC, at Tourneau stores; bag by Bottega Veneta, at select Bottega Veneta boutiques; sneakers by Reebok, at Reebok stores. Suit by Kenneth Cole, at Kenneth Cole stores; shirt by Prada, at select Prada boutiques;

tie by Paul Stuart, at Paul Stuart, Chicago; pocket square by Thomas Pink, at Thomas Pink, New York; backpack by Epperson Mountaineering, at hickorees.com; sneakers by Reebok, at Reebok stores. **PAGES 82-83:** From left: Suit by Versace, at Versace, Los Angeles; shirt by Dolce & Gabbana, at select Dolce & Gabbana boutiques; tie and belt by Paul Stuart, at Paul Stuart, Chicago; sneakers by Y-3, at Y-3, New York. Suit by Express, at Express stores; shirt by Raf Simons, at Fred Segal, Los Angeles; watch by IWC, at Tourneau stores; shoes by Z Zegna, at select Ermenegildo Zegna boutiques.



CASE STUDIES

PAGE 90: Bag by Tod's, at Tod's stores. Sweater by Louis Vuitton, at select Louis Vuitton boutiques. Pants by Burberry London, at select Burberry stores. **PAGE 91:** Bag by Ermenegildo Zegna, at select Ermenegildo Zegna stores. Suit and shirt by Dior Homme, at Dior Homme, Las Vegas. Watch by Cartier, at select Cartier boutiques. **PAGE 92:** Bag and shirt by Louis Vuitton, at select Louis Vuitton boutiques. Blazer by Thom Browne, at Bergdorf Goodman. Tie by Alexander Olch, at Bergdorf Goodman. Pocket square by Thomas Pink, at Thomas Pink, New York. Jeans by Rag & Bone, at Rag & Bone, New York. **PAGE 93:** Bag by Coach, at Coach stores. Suit by Maison Martin Margiela, at Maison Martin Margiela, New York. Shoes

by Fratelli Rossetti, at Fratelli Rossetti, New York. **PAGE 94:** Bag by Gucci, at select Gucci stores. Suit by Band of Outsiders, at Opening Ceremony. Shirt by Seize Sur Vingt, at Seize Sur Vingt, New York. Watch by Longines, at Tourneau stores. **PAGE 95:** Bag by Salvatore Ferragamo, at Salvatore Ferragamo, New York. Jacket by Gucci, at select Gucci stores. Jeans by BLK DNM, at BLK DNM, New York. Shoes by Giorgio Armani, at select Giorgio Armani boutiques.

LAST CALL

DARREN CRISS

PAGE 104: Jacket by 3.1 Phillip Lim, at 3.1 Phillip Lim, New York. Vintage T-shirt from What Goes Around Comes Around, Los Angeles. Jeans by Levi's, at Macy's.

STORE INFORMATION

3.1 Phillip Lim: 31philliplim.com
A.P.C.: apc.fr
Bally: bally.com
Banana Republic: bananarepublic.com
Band of Outsiders: bandofoutsiders.com
Bell & Ross: bellross.com
Bergdorf Goodman: bergdorfgoodman.com
Bloomingdale's: 800-232-1584
BOSS Selection: hugoboss.com
Bottega Veneta: 877-362-1715
Burberry London: burberry.com
Burberry Prorsum: burberry.com
Calvin Klein Collection: 877-256-7373
Church's: 212-758-5200
Cole Haan: colehaan.com
Diesel: diesel.com
Dior Homme: 212-421-6009
DKNY: dkny.com
Dolce & Gabbana: dolcegabbana.com
Dsquared2: dsquared2.com

Dunhill: 888-776-4053
Emporio Armani: emporioarmani.com
Ermenegildo Zegna: zegna.com
Etro: etro.com
Fratelli Rossetti: fratellirossetti.com
Gap: gap.com
Giorgio Armani: giorgioarmani.com
Gucci: 800-234-8224
Hermès: 800-441-4488
Hugo Boss: 800-484-6267
J. Crew: jcrew.com
Jeffrey: jeffreyny.com
Jil Sander: jilsander.com
John Varvatos: johnvarvatos.com
Kenneth Cole New York: 800-536-2653
Lacoste: lacoste.com
Lanvin: lanvin.com
Levi's: levi.com
Louis Vuitton: louisvuitton.com, 866-884-8866
Maison Martin Margiela: 212-989-7612
Marc Jacobs Collection: marcjacobs.com
Neiman Marcus: neimanmarcus.com
Opening Ceremony: 212-219-2688
Paul Smith: paulsmith.co.uk
Prada: 888-977-1900
Rag & Bone: rag-bone.com
Ralph Lauren Black Label: ralphlauren.com
Ralph Lauren Purple Label: ralphlauren.com
Ray-Ban: rayban.com
Ron Herman: 323-651-4129
Saks Fifth Avenue: 877-475-7674
Salvatore Ferragamo: 800-628-8916
Thom Browne New York: thombrowne.com
Tod's: 800-457-8637
Tom Ford: tomford.com
Tommy Hilfiger: tommy.com
Versace: versace.com
Yves Saint Laurent: 800-832-3485
Zegna: zegna.com

Being a new gardener, I'm excited about the next few months. However, I always face the same dilemma: what to plant. With **Spring Into Summer** (page 6) and **Buried Treasures** (page 22) in this issue, I'm more inspired than ever before.

Speaking of treasure, you'll find even more at **Lowe'sCreativeIdeas.com**.

Join us as we launch the Lowe's Garden Grow Along. Sign up for exclusive videos, articles, garden designs, and blogs from regional gardeners. You can also post photos of your garden in the community section. I can't wait to see you there!



*Matt's dog
Pogo*

Matt
Digital Editorial Manager

WELCOME | ✨

Our Faves

An **outdoor bench** that looks like it's made out of branches.

PAGE 10



Joel
Senior Digital Content Specialist

Glass shelves that make barware seem to float.

PAGE 52



Sandy
Director, Affinity and Education Programs

Decorative **aluminum sheeting**—it's so cool and graphic.

PAGE 62



Anthony
Senior Digital Content Specialist

Lowe'sCreativeIdeas.com | 1

field hockey Girls State
basketball Larping

from **Lowe's** Lowe'sworthyearbooks.com

If Your Body Could Talk...

Actually, it can. And this is what it wants you to know: That rash or those funny bumps can be clues to health problems you may not realize you have. Here's what your body just might be trying to tell you. *By Jennifer Abbasi*

"your thyroid needs a tune-up."

It's normal for eyebrows to thin as you age. But if it's just the outer third getting sparse, you may have an underactive thyroid. Thyroid meds should get your levels (and brows) back to normal.

"check your cholesterol, stat!"

Got flat, bright-yellow patches on your eyelids? They're often a sign of high total cholesterol or low levels of HDL ("good") cholesterol. These patches are harmless—but unattractive. A dermatologist can remove them, but since they may come back if you don't keep your cholesterol in line, help fend them off with a heart-healthy diet and exercise; cholesterol meds can also do the trick.

"no more gluten, please."

So, there's this itchy, blistering rash on your elbows, shoulders, knees, and butt. Don't just cover it up with clothing—it could be dermatitis herpetiformis, a sign of celiac disease. If a skin biopsy confirms it, your dermatologist will likely treat the rash with an antibiotic and advise you to go on a gluten-free diet.

"leave your cuticles alone!"

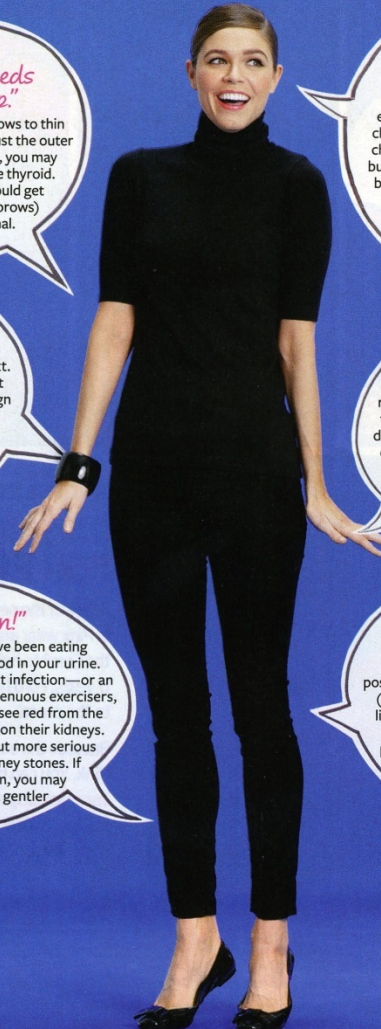
When your nails grow in with horizontal ridges, it may be a sign of a yeast infection there. This can happen when the cuticle's destroyed—say, by a rough mani/pedi. Your dermatologist may suggest using an antiseptic like Listerine (yes, the mouthwash!) under the cuticle, or an oral antifungal med for bad cases.

"slow down!"

Peeing pink? Unless you've been eating beets, there's probably blood in your urine. You could have a urinary tract infection—or an overly hard-core workout: Strenuous exercisers, like marathon runners, can see red from the trauma all that work inflicts on their kidneys. Visit your doctor to rule out more serious possibilities, such as kidney stones. If exercise is the problem, you may need to switch to a gentler regimen.

"get to the gyno."

If your period's lasting longer than a week, and that's unusual for you, possible culprits include fibroids or polyps (usually benign growths of the uterine lining), polycystic ovary syndrome, or perimenopause. Your doctor may prescribe a hormonal treatment, like the Pill; a new, non-hormonal drug called Lysteda could also help.



OUR SOURCES: Michele Curtis, MD, professor of OB/GYN at the University of Texas Medical School at Houston; Tomas Griebling, MD, professor of urology at the University of Kansas; Joseph Jorizzo, MD, professor of dermatology at Wake Forest School of Medicine

IncluditDe

color

- ▣ to define the year
- ▣ Pull-out from photos
- ▣ Define sections
- ▣ Enhance/not distract

Bulova
\$150

— It may not be as posh as the Piaget on the opposite page, but this Bulova delivers the same sophisticated style with two fewer zeros on the price.

G A
M E



WANT A WATCH THAT'S NOT CHUNKY AND TRENDY—BUT NOT SO PRECIOUS THAT YOU CAN'T WEAR IT TO THE BAR? WRAP YOUR WRIST WITH THE KIND OF SIMPLE ELEGANCE YOU CAN SPORT EVERY DAY, EVERYWHERE

THOMAS LAGRANGE:

T I
M E



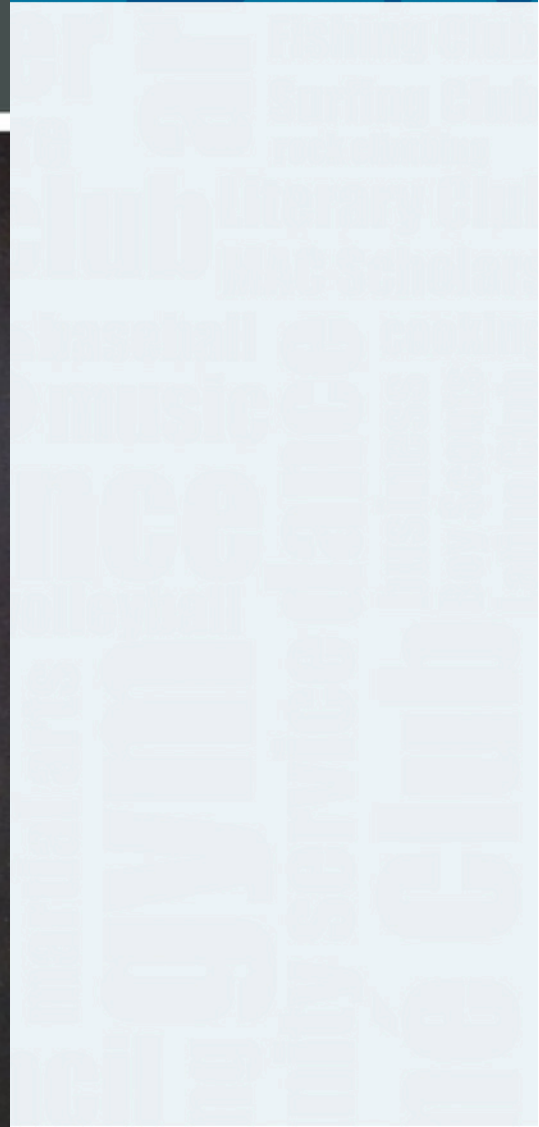
Piaget
\$12,900

— Around since 1937, Piaget's Altiplano is a handcrafted masterpiece and the blueprint for a minimalist watch: stick indices instead of numerals, a leather strap, and a case thin enough to get lost in a change jar. where to buy it? go to gq.com/go/fashiondirectories

from GQ



Hockey Girls State
Larping

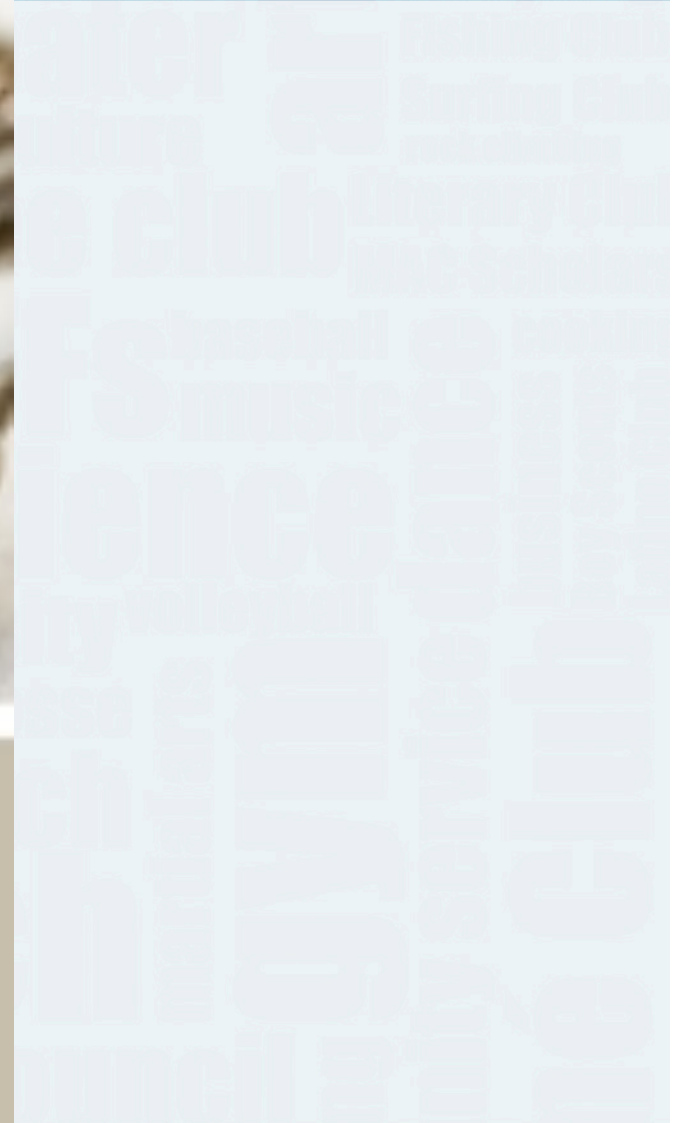


golf
orthyearbooks.com

from Pinterest



Id hockey Girls State
kethall Larping



nnis golf
alsworthyyearbooks.com
from Pinterest



PANTONE COLOR OF THE YEAR 2012



\$25 everyday allen b. jeans \$40 everyday bisou bisou belted dress

\$22 match worthington ankle pants \$18 everyday worthington shirt

Includit De

Artifacts

- ▣ A Teen's life is filled with stuff
- ▣ Use the stuff in your story-telling
- ▣ Add depth to a module/photo-story

robot
Inclu



BEST BEAUTY

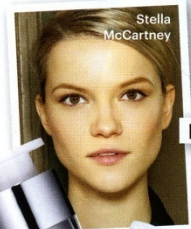
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ADD RADIANCE

The quickest way to conceal a late night's effects on your skin? Highlighter! Guerlain's illuminating powder evens out skin tone and contains light reflectors, creating a luminous complexion. Make Up for Ever gels can be dabbed on all over for an instant dewy glow.

Lit-from-within skin at Sonia Rykiel

Make Up for Ever
Uplight in Sparkling Golden Pink, \$29

Guerlain
Météorites Perles illuminating powder, \$56



Stella McCartney

ERASE DAMAGE

Check out LaseResults, a breakthrough skin-care line developed by Philadelphia dermatologist Eric Bernstein that's inspired by the benefits you get from laser surgery: tighter skin, smaller-looking pores, and fewer fine lines and wrinkles. Formulated with star ingredients like resveratrol, citric acid, and glutathione, the products promise improvements starting in two weeks. A must: the nighttime power duo.



LaseResults
PM Intensive Focused Repair, \$85, and Calm & Restore Serum, \$75

4
BANISH BREAKOUTS

Zap blemishes and unclog your pores with this handy portable brush pen from Elemental Herbology. Formulated with salicylic acid, sulfur, and tea-tree oil, each application kills bacteria and reduces oil, so use it as often as you like.



Elemental Herbology
Perfect Clarity blemish pen, \$40

5
PLUMP YOUR LIPS

The truth: Your lips will lose volume and definition with age. The solution: a nightly application of Rodan + Fields's lip serum, which provides instant moisture and changes color and texture in just two weeks. Olay Regenerist Lip Anti-Aging Concentrate (\$18.99) fills vertical lines and restores hydration.



A red pout at Diane von Furstenberg

Rodan + Fields
Anti-Age Lip Renewing Serum, \$53 for 60 capsules



Anna Sui

FAKE IT

If there's one item in your makeup bag that should match your skin, it's foundation. Dior Forever Flawless Perfection Fusion Wear Makeup (\$46) leaves skin matte yet glowing and is packed with hydrating ingredients and light-reflecting pearls for a second-skin-like finish that won't melt off. >



BACKPAGE CLOCKWISE FROM TOP LEFT: IMAXTREE.COM; ANTONELLO TRO.

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from Elle

PROMOTION



RACHELE HRUSKA
CHIEF EDITOR,
GUESTOFGUEST.COM

Entrepreneur Rachele Hruska took the party pages online with her website, GuestofaGuest.com, giving instant gratification to those with an insatiable appetite for all things social. Rachele's work demands a 24/7 commitment and her skincare regimen has to keep up.

“Because I have so many late nights, the products I use can make or break my look. When I use SK-II Facial Treatment Essence, I always have an amazing glow.”

MIRACLE SKIN

SK-II invited two fixtures on the New York style scene—Rachele Hruska, chief editor of party blog GuestofaGuest.com, and Aimee Cho, designer for cutting-edge fashion house Gryphon—to experience SK-II regimens customized for their individual skincare needs and lifestyles. Here, Rachele and Aimee report back on the radiant results.

The secret behind SK-II products is Pitera™—a powerful combination of vitamins, amino acids, minerals, and organic acids that enables revitalization of the skin's appearance. The unique powers of this miracle ingredient were discovered 30 years ago in a sake brewery in Japan, where older brewery workers' hands seemed to maintain a youthful appearance. Inspired, scientists spent the next five years researching Pitera™ and learning how to harness its amazing properties.

SK-II Facial Treatment Essence, which contains over 90% Pitera™, deeply moisturizes skin and lays the groundwork for every personalized SK-II skincare ritual.



AIMEE CHO
DESIGNER,
GRYPHON

Aimee Cho founded her fashion brand, Gryphon, on the philosophy that a perfect wardrobe starts with a cadre of well-made essentials. Her approach to skincare is no different—she believes in streamlining her routine with uncomplicated, high-performing products that lay the foundation for her overall look.

“With SK-II Facial Treatment Essence, I noticed a difference in my skin's luminosity over time. I always say, when a product really works, it's worth the investment.”

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basketball Larping

ennis golf
walsworthyearbooks.com

transparencies

- ▣ on pictures
- ▣ Enhance areas for copy
- ▣ Aim for uniqueness



JUMPING
THROUGH HOOPS

For NBA wannabes, an A-list career may begin in the D-League.

By Jack Boulware

Head coach Jay Humphries of the Reno Bighorns talks to his players on the sideline.

from American Way

IncluditDe

cut-outs

▣ for impact



Stacy London, of TLC's *What Not to Wear*, is a co-founder of Style for Hire, a national network of certified personal stylists.

Found! *everyday style*

Milagros Guzman, 35, is a mom of three without a moment to spare. Stacy London to the rescue with cute and comfy looks that work with her life.



Milagros's skinny jeans



Boden dress (\$148; bodenusa.com); American Eagle Outfitters belt (\$20; ae.com); Jess Rizzuti purse (\$560; jessrizzuti.com)

Silk tank top (\$17; T.J. Maxx); Halston sweater (\$395; neimanmarcus.com); Indigo by Clarks shoes (\$100; clarkusa.com); Allison Daniel cuff (\$78; allisondanieldesigns.com)



her cozy gray cape

Marc by Marc Jacobs top (\$278; Bloomingdale's); Guess pants (\$108; guess.com); Etienne Aigner flats (\$69; Macy's); Lulu's necklace (\$20; lulus.com)

her chic riding boots

Stacy says: "These boots are great for a mom on the go. Milagros can wear them anywhere, paired with a dark-wash skinny jean or a bright sweater dress (cinched with a slim belt). Instead of a tote or diaper bag, I suggested an oversized hobo with a long strap—it holds everything, looks chic, and sits easily on your shoulder."

Stacy says: "Black ponte (a thicker polyester knit fabric) pants are a great alternative to jeans. They're comfortable and look like dress pants—and never wrinkle! For Milagros, I paired them with a bold green blouse and her soft knit cape—a perfect substitute for a jacket and right on trend for fall."

Stacy says: "Milagros, a stay-at-home mom, is in a comfort rut—all jeans, sneakers, and tees. I paired her own skinny jeans with a silk top (instead of a T-shirt!) and wool sweater. The top's bold color and rich fabric add some much-needed sophistication, but it's still an easy-to-wear look for the park or PTA meetings."



keep it!

CROCHETED CARDI
Perfect to dress up jeans or layer over a dress at the office.

toss it!

OVERSIZED TEE
Comfy doesn't have to mean sloppy. Go fitted with basic tees.



Photography: Guzman by Karen Pearson (Hair by Andrew Fitzsimons/artistsbytimothypriano.com, Makeup by Elaine Madelon for Dermalogica, Manicure by Kim Phillips/Makeup Education Inc.), Styling: Stacy London, Photo: Kristina Dillan, Marc

robo
Incl

Collector's Edition Listen up, sports fans: The baseball-card industry is making a historic comeback.

Gold Rush Behind every good movie is a good backdrop, and New Mexico is proving it's a more practical locale than Hollywood.

AMERICAN AL
AMERICAN WAY
MARCH 1, 2010

UGLY NO MORE



America Ferrera's hit show is in its final season, but that doesn't mean her future will be anything short of beautiful.

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DETAILS_CONTRIBUTORS

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MATT HENDRICKSON

Writer, "Wiseguy: Billie Joe Armstrong," p. 50
Backstory: "I've known BJ and his wife, Adrienne (my fellow Minnesotan), for several years and have always admired the way they've raised two kids in a punk-rock atmosphere."
Can't live without: "My Penfield knee-length trench coat."
Listening to on repeat: "Kills, a hypnotic mix-tape by the mysterious Swedish duo ji, which you can download free from their website (sincerelyyours.se)."
My drink: "Jameson, neat. Bud back."
Next big purchase: "A perfect piece of property in Jamaica."
Bona fides: Hendrickson first interviewed Billie Joe Armstrong for *Rolling Stone* in 1994 and has been writing about music for the past 20 years.

JONATHAN MILES

Writer, "Cover story: Mark Ruffalo," p. 88
Backstory: "You don't interview Mark Ruffalo—you converse with him. The standard Hollywood actor's ego is nowhere to be found. By the end of the interview we were just talking fishing and politics like every other guy in the bar."
Can't live without: "My tweed driver's cap from Meyer the Hatter in New Orleans."
Listening to on repeat: "'East Jefferson' by Ben Weaver."
My drink: "Whiskey, straight. But if I'm feeling fancy, Rittenhouse Rye on the rocks, with a dash of bitters."
Next big purchase: "A farm table from the Nashville furniture-maker/designer Matthew Teague."
Bona fides: Miles is the author of a novel, *Dear American Airlines*, and is the former cocktails columnist for the *New York Times*. His second novel, *Want Not*, will be published by Houghton Mifflin Harcourt.

MEL OTTENBERG

Stylist, "Cover story: Mark Ruffalo," p. 88
Backstory: "Mark is so charming and chill, but he also seems like the type who would actually do that awesome silly dance with Kirsten Dunst in *Eternal Sunshine of the Spotless Mind*."
Can't live without: "My classic black wool Ralph Lauren suit."
Listening to on repeat: "'I Love to Love' by Tina Charles."
My drink: "Lots and lots of coffee."
Next big purchase: "Shirts from Stuart & Wright, in Brooklyn."
Bona fides: Ottenberg is the fashion editor at *Purple Fashion Magazine* and has contributed to *V* and *Harper's Bazaar*.

CASS BIRD

Photographer, "Destiny's Child: Patrick Schwarzenegger," p. 114
Backstory: "I asked Patrick to roll around in the sand and get dirty, and he was willing to freeze his tush off in the water in winter. He was game for anything. Also, he likes to eat—nonstop. Cheeseburgers, french fries, chips, anything in sight."
Can't live without: "Rick Owen high-tops and Balmain jacket."
Listening to on repeat: "'The Only One' by the Black Keys."
My drink: "Bulleit Bourbon."
Next big purchase: "Modifying my moped."
Bona fides: Bird has exhibited at the Brooklyn Museum and has shot for *New York*, *The New Yorker*, and *T: The New York Times Style Magazine*.

REBECCA GREENFIELD

Photographer, "Taking the Work Out of the Workout," p. 74
Backstory: "It's uncomfortable to ask someone to launch themselves over a wall for the seventh time because you didn't like how you captured it the first six times, but the models weren't even fazed."
Can't live without: "Muji socks and Converse sneakers."
Listening to on repeat: "'Brooklyn Go Hard' by Jay-Z."
My drink: "Jameson on the rocks."
Next big purchase: "A two-week vacation in the Greek islands."
Bona fides: Greenfield shoots regularly for *Elle*, *New York*, *Time*, *Fortune*, and *W*, and is working on a book documenting coming-of-age rituals of American teen girls.

MARK LAMSTER

Writer, "Lights Out," p. 112
Backstory: "After writing the story [about the phaseout of the Edison incandescent bulb], I realized my dining room in Brooklyn—ground zero of the New Victorianism—would look a lot better with a few Edison bulbs strung from our ceiling. Better get on that before the new laws kick in!"
Can't live without: "Emile Lefaurie pull-over."
Listening to on repeat: "'Hi/Lo' by Battles."
My drink: "De Koninck, preferably served at a café in Antwerp."
Next big purchase: "A Herman Miller Eames lounge chair."
Bona fides: Lamster is the American editor of *Architectural Review* and is working on his third book, a biography of the late architect Philip Johnson.



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personality profiles



Robert Rodriguez
Volunteer of the Year

Mary Lee
Changing the world

Sally Moore
Champion dancer

Mary Stewart
Plays in the band

Vicki Voile
Community servant

Sue Schweitzer
Teaches kids to dance

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