

Figuring out one risk factor for heart disease is cinch



To mine, Ben and Jerry's collective surprise, I may not be as at risk for heart disease as I first thought. What's more surprising is how I know this: my waist size. "The size of your waist is a very valid predictor of your risk of heart disease," Clint Howard wrote in one of his weekly e-mail blasts. In case you didn't know, Clint's an exercise physiologist and owner of Fitness Together locations at 9708 S. Riverside Drive and 12345 S. Memorial Drive in Bixby. Of course, having leaner abs would keep me from having to suck in as much when I'm crossing a crowded room. But, as Clint pointed out, a flatter stomach can save my life.

Here's a quick calculation you can do to see if you're at higher risk for heart disease: Take your height in inches. Next, measure your waist at the level of your belly button (not the size pants you wear), using a tape measure. If your waist size is more than half of your height, then you're at higher risk. For more healthy tips, visit Clint online, www.tulsaworld.com/fithoward.

Stylish goings on

Akin's Natural Foods Market is celebrating its 73rd anniversary from 11 a.m. to 2 p.m. Saturday, and organic beauty figures into the fete.

At the store's Fontana Shopping Center location, 51st Street and Memorial Drive, reps from two skin-care lines will be available to answer questions, as well as give product samples. The lines are HydraMe, which is all-natural, and L'uvalla, which is both natural and organic, the store's angelic Amy Arehart told me.

Other activities include free samples, clowns



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making balloon animals, and reps from other supplement and grocery lines at both Fontana and the 31st Street and Harvard Avenue store. You'll also hear live music, as musician Daniel Kleefeld will perform at 31st Street, and Tim Terrell and his band, Prairie Dawgs, will be at Fontana, where you'll also see folks from KBEZ and the SPCA pet adoption bus. Aww ...

You can also register to win a \$73 shopping spree, free vitamins for the family and dozens of prize baskets from Akin's vendors.

For more info, call the 31st Street store at 742-6630 or the one at Fontana, 663-4137.

J. Spencer will host a special preview of Pandora jewelry Thursday through Saturday at both its Utica Square store and south Tulsa location, 8303 S. Memorial Drive.

The focus will be on Pandora's mix-and-match interchangeable earrings. Customers can select several sterling silver, 14-karat gold or semi-precious gemstone attachments to personalize earrings, which coordinate with the beads on their Pandora bracelets.

For more info, call either the Memorial location at 250-5587 or Utica Square, 749-2919.

Saks Fifth Avenue at Utica Square will host the fall/winter trunk show of Les Copains on Wednesday and Thursday.

An event featuring informal modeling in the store's second-level designer salon, the showing of this exclusive collection will be presented by the



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store's Alexandra Lapegna and Nancy Hicks.

Nancy shared the following key fall must-haves from Les Copains: Sweater coat — knitwear as outerwear; romantic tops; relaxed jackets; tailored dresses; and "mad for plaid" patterns.

For more info about the event, call Saks at 744-0200, ext. 219.

Fab frugal finds

Gas guzzling your mall money? Stop sweating — here are five things you can find at Sephora in Woodland Hills Mall for \$5 or less.

Sephora Safari Clear Makeup Bag (\$5), for storing all your essentials right where you can see 'em.

Tweezerman FileMate (\$5), a

pretty patterned nail file for you girls on the go.

Sephora Nail Polish (\$2-\$4), with 60 shades to spice up your ensemble.

Bare Escentuals On the Spot (\$5), swabs that make eye-make-up removal a cinch.

Sephora Jumbo Eye Pencil (\$5), the perfect liner for that smudgy, sexy, summer look.

For more info, call Sephora at 307-8434 or visit www.tulsaworld.com/sephora.

A dash of salt — online

As SOOO many of you (OK, like five people) liked last month's at-home spa recipes using Epsom salt, I thought I'd share a few more with you. To see tips for hair, visit my blog, www.tulsaworld.com.

SHOES:

Shoes also make a statement for a woman.

FROM D1

according to the group's Web site.

"Shoes create an indescribable bond between women," said Cindy Marshall, a friend of Sheehan's, who also co-founded Shuzsociety in 2007. It consists of an online magazine, shoe-shopping hub and social network for shoe lovers, with offices in Tulsa, Dallas, Las Vegas and New York.

"There's an instant connection between strangers when the conversation begins with, 'I love your shoes,'" Marshall said.

Shoes first, ask questions later

Camaraderie aside, shoes also make a statement for a woman, said NeMar Noulles, a local chef and caterer, who "used to be a shoe buyer in a past life."

Her collection, which she keeps in boxes sorted by color in her dressing room, consists of between 400 and 500 pairs.

"A pair of pants is a pair of pants," she said. "But a shoe can define you. If you have on a really great, sexy shoe, it can make you feel so incredible. You can even have on a \$10 skirt, but if you have on a hot pair of shoes, everything looks good."

She and Sheehan both usually buy shoes and worry about their outfit afterward. For them, shoes are the focal point of their look.

The day we spoke, Gloria Kelley's focal point was a pair of black Franco Sarto sandals.

"I have a shoe fetish," she said. "If you saw my closet, you'd understand."

Not just one closet but four, with shoe boxes stacked three deep in each. So how many pairs is that? "Probably 600," said Kelley, who's been known to visit J. Cole and buy 10 or 12 pairs at a time.

Her collection isn't all new, though. One pair from the '50s belonged to her late mother. Another, a pair of lime green wedges from the '70s, are Kelley's. And, yes, she still wears them.

Kelley's favorites, however, include

a pair of Donald J Pliners — "Champagne pony with chocolate brown dots on them, look just like an Appaloosa." A pair of "killer" Angeleigh Anastasio shoes are close to the heart of Noulles, who likes "something a little different."

"I don't like to look down and see my shoes on other people's feet, except for flip-flops," said Noulles, who's bought five or six suede flip-flops at one time from Target. "You can't go out and shop and not look at shoes anywhere you go, even Target."

Whatever the price, shoes are pieces of art, Marshall, Noulles and Sheehan each said, all separately from each other. And considering how much some shoes cost, from upper-three-digit to four-digit designer price tags, "art" isn't that far-fetched of a description.

"It's an investment," Noulles said. "When you buy high-quality clothing and take care of it, you have it forever. And if it's not just really faddy stuff, it always comes back."

Plus, she admits, "it's all about making your leg look good."

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Saint Francis Health System Medical Town Hall We Want You to Know About... "Dangerous Blood Clots"

Deep Vein Thrombosis (DVT) is a condition that can cause life-threatening complications. What are the risk factors, signs, symptoms and treatment for DVT? Please join us for a special session of Medical Town Hall as we welcome special guest, **Melanie Bloom**, national spokesperson on behalf of the Coalition to Prevent DVT.



After Melanie's husband, NBC News Correspondent David Bloom, died in April 2003 from pulmonary embolism (PE), a complication of deep-vein thrombosis, while covering the war in Iraq, she felt the need to speak out on the dangers of DVT. Warren Clinic physicians Dr. Kenneth Piper and Dr. Randall Raine will moderate this session.

Tuesday, June 24
6:00pm
Special Location:
Laureate Conference Center Auditorium
6655 S. Yale Ave.
Free Parking

These sessions are free and reservations are not required. For more information, contact 491-5943.