

Style: Holiday Clothing Tips

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necessary changes for the existing wardrobe.

Her best holiday tip for women was: Start with a solid foundation, since the easiest way to slim down is to buy slimming undergarments. Invest in a great bra and a quality body-shaper to help revive your figure and look your best under formal attire. Buy a beautiful jacket, which is the ideal way to hide excess weight in the tummy area while looking your best at a holiday function.

Buy a jacket you can wear inside and out and remember to follow the three F's: Fitted, Flattering and Forgiving. This season, invest in a jewel-toned, rich fabric with festive embellishments such as a sheen or brocade material.

Best tip for men: Low-rise doesn't work for everybody. Make sure the rise of your pant is just high enough to cover the wid-

est part of your stomach. The least flattering thing a man can do is have a Santa belly hanging over the top of his belt. Buy a neutral-colored, fitted jacket in a quality cashmere blend and wear with confidence.

"This holiday season, the hottest trend is to add accessories with sparkle," said Kearn. "Don't go overboard, but adding a touch of shimmer to accessories is the best way to appear festive and taking attention out of that extra weight. Add a scarf with a sheen, a purse with a shine or shoes with a sparkle. Jewelry is another great way to update your look and draw attention to a place you want it."

For more advice on looking your best and dressing for success, visit orene.net. To order a private consultation (price range starts with \$75 an hour) call 650-245-0380 or write to: orene@orene.net.



PHOTO BY ROBERT SOUZA

For the second time in two months, registered nurses walked off the job and to the picket line in front on Eden Hospital and 12 other facilities owned by Sutter Health.

Nurses: Walk Out, Picket

Continued from front page who said nearly half of Eden's staff had opted not to strike.

The nurses want better policies regarding staffing ratios during shifts, meal and rest breaks, improved procedures for patient handling, and improved retire-

ment benefits.

"Sutter has put all this money towards replacement workers for strikes when they could use it to improve services," Jacobs said. "This is not about wages—it's about patients, patients, patients!"

The staff of Body by Pam wishes all of you Happy Holidays & a Healthy New Year! Thank you for a magical first year!



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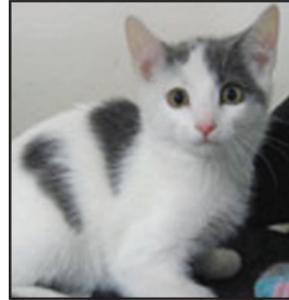
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NILES (A055307) is a very handsome and affectionate 7 year old. He has lots of love to give and hopes to find a warm lap to cuddle on soon. Meet Niles at the Hayward Animal Shelter, 16 Barnes Court, Hayward. For more information, please call (510) 293-7200, ext.10.



GARRISON (A055406) is gentle as a lamb! He loves toys but will drop it instantly at the slightest touch of your hand. An active, adult family with big dog experience recommended. Garrison is at the Hayward Animal Shelter, 16 Barnes Court, Hayward. For more, call 293-7200, ext.10.



MARTIN is more of an individual. He holds back and is more cautious, however he is also very playful and lovable and has bonded well with his brother Clarence. If you are interested in Martin contact Robert at 921-7373 or visit www.fofas.org/adopt to fill out an adoption application.



TJ rides well in the car and will jump in and out of your vehicle when asked. TJ also enjoys being a jogging partner but is just as happy to lounge around the house and yard. TJ is in a private foster home. If you are interested in TJ, please call 816-0954 or send an email to: paigeforce@aol.com.

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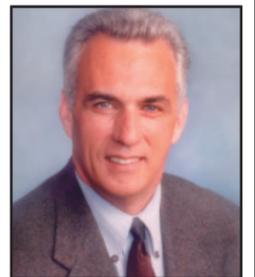
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