



Orene Kearn

Dressing Do's And Don'ts of The Holidays

By Orene Kearn
SPECIAL TO THE FORUM

How do you incorporate some of this year's trends with last year's outfits? Here are some Do's and Don'ts for this year:

Do add some shine to this year's outfits. Add sparkle in metallic shoes and/or bags. How about adding a wrap with metallic threads?

Do have some fun with furs (fake or real) and feathers. How about gloves with fur trim? How about a fur scarf or wrap with feathers?

Do add jewel tones to a basic black outfit. A jeweled belt highlighting your waist is very current. How about a clutch to match?

Do try a colorful shoe and bag
See **DRESS** on page 20

Look Your Best During the Holidays

By Emma Krasov
CASTRO VALLEY FORUM

We hardly had time to register those few pounds gained over Thanksgiving, while December's holidays were charging towards us.

The New England Journal of Medicine states that the average American gains anywhere from one to five pounds every holiday season.

"Too many people make the mistake of wearing clothes that don't fit their current body type," said Orene Kearn, AICI Image and Wardrobe Consultant, who currently offers her services in Castro Valley. For these people, she has a simple suggestion: "Don't try squeezing into that black dress you wore three years ago and hope nobody will notice that extra roll."

Kearn provides image and wardrobe consulting for women and men alike, and offers clothes shopping assistance to people of all ages.

"I start off with an Image Assessment, which takes approximately one-half to one hour, where we assess one's personal style and put together a 'style profile,' she said describing her method. "Although one's body type, coloring and bone structure are all very important, many other factors, such as personality, lifestyle, outlook, goals, and how a person sees him/herself, are also key! The process assists my clients in feeling more positive about their bodies and enhancing



With just a few simple tips you can look your most flattering this holiday season.

their unique attributes."

In order to prepare for her next assignment, Kearn gives her new client a questionnaire which contains questions about self-perception, a desired image, and core likes and dislikes of the individual.

She suggests to have a few pictures clipped from a fashion magazine to give her an idea of the looks her client desires, but she will confidently lead in the right direction anyone who "has no clue" and is not used to seeing those pesky little things that might make or break one's image.

"I would usually move into my client's closet and begin editing and weeding the wardrobe," said Kearn. "We would go through as much of or as little of the closet as my client desires.

Sometimes we skip the closet audit and go shopping, depending on a client's needs, but it is a good idea to know what one has and what needs filling in."

"Don't overcompensate by wearing baggy clothes to hide the weight," is one of Kearn's basic suggestions. "Do go out and buy something that fits you now, no matter what size you are. Get what flatters your current body and you will look your best."

As this reporter can attest, a session with Kearn is a fun and informative activity to say the least. Her consultation not only provides valuable advice on how to hide extra weight and look your best for the holiday season, but helps identify best and worst clothing for one's lifestyle and

See **STYLE** on page 28

AGE CALENDAR

GALLERIES

Hayward Arts Council presents "From Mendocino to Monterey" through Jan. 23, 2008 at John O'Lague Galleria, City Hall, Hayward. 538-2728. Art exhibit by local artists through Jan. 25 at the Chamber of Commerce, 22561 Main St., Hayward, 538-2787.

Sun Gallery presents Holiday Boutique through Dec. 23 at 1015 E Street, Hayward, 581-4050.

A.R.T. Inc. presents the Leonard Breger Critique group, which meets on the last Monday of each month at the Adobe Art Center, 20395 San Miguel Ave., Castro Valley. Noon to 2 p.m. Members' fee \$15, non-members' \$20, first visit free.

THEATRE

Cal Performances presents Mark Morris Dance Group "The Hard Nut—The Nutcracker with a Twist" through Dec. 23 at Zellerbach Hall, UC Berkeley campus, Berkeley. For reservations call 642-9988 or order online at calperformances.net.

In celebration of Berkeley Rep's 40th Birthday, the new shows are presented for 2007/2008 season: "A New Play from Danny Hoch" Jan. 11-Feb. 10 2008, "Wishful Drinking" written and performed by Carrie Fisher, Feb. 8-March 30; "TRAGEDY: a tragedy" March 14 - Apr. 13, and "Figaro" Apr. 25 - June 8.

Calaveras Repertory Theatre's 10th season: Multicultural Battle of the Sexes: New Playwright's Master Class Dec. 15 - Jan. 5, 2008, performances: January 19. "Love's Labor Lost" March 7 through March 30.

ART EDUCATION

Castro Valley Center for the Arts presents: Creekside Choral tonight at 7 p.m. Art show by Mark Mertens at the Center's gallery through Dec. 24. Tickets at CV Center for the Arts Box Office every Thursday and Friday from 3 to 5 p.m., CV Adult School, 4430 Alma Ave. 886-1000 or online at: cv.k12.ca.us/cfa.html

Writer's Workshop class, designed for beginners and experienced writers of all ages starts on Jan. 7 for six Mondays from 6 to 7 p.m. at the Castro Valley Community Center at 18988 Lake Chabot Rd., CV. Group discussions, professional advice. To register, call HARD office at 881-6700 or visit in person at 1099 E Street in Hayward.

ENTERTAINMENT

Chanticleers Community Theatre is planning a 60th Anniversary party. Anyone who have performed on Chanticleers stage are invited to reprise a song, dance, or act they have done. Also invited people who have a story about the theatre to tell. Call Jerry Kruse at 388-8048 or email DaKruiser@pacbell.net.

Gordon Pappas and the Board of Fellowship of Faith Lutheran Church will sponsor a tour to a local movie theater on April 5, 2008 to attend a telecast of the Metropolitan Opera's "La Boheme." Tickets \$18 on sale now. Pappas will conduct four seminars on opera on March 8, 15, 22 and 29. Call for more information 537-2575.

Submit press releases two weeks before Tues. deadline.
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Candle Lighting.

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