

MCT SERVICES

News Service

News | Stories
Newsfeatures | Stories
Page One | Stories
Sunday | Stories
Business | Stories
Sports | Stories
Op Ed | Stories
Lifestyle | Stories
Entertainment | Stories
Food | Stories
Books | Stories
Travel | Stories
Corrections/Kills
Advisories

Regional News

By State | By Industry
Become a Contributor
Corrections & Kills

Columnists

Pitts | Oppenheimer
Poker | Sanchez
[more...](#)

Photos

Budget | Live
Upcoming
Assignment Service
By Topic
US | World
Sports | Business
[more...](#)

Premium Services

Abaca Photos
News | Sports
Entertainment
[more...](#)

Free Services

Columnist Mugs

Graphics

News Graphics
Weekly Features
Caricatures
Illustrations
Interactive **NEW**
Graficos en Español

Packages and Pages

OnePages | Elements
Adventure
Entertaining
Green
Kids Content
Love & Relationships
Moms
News2Use
Plugged In
That's Racin'
Trendsetter
What's Next

Print Version

Select a budget: Thursday, January 14, 2010

BC-MCT-LIFESTYLE-BJT — lifestyle editors (1700 words)

**McClatchy-Tribune News Service
Lifestyle Budget for Thursday, January 14, 2010**

Updated at 8 a.m. EST (1300 UTC).

TOP STORIES

More older women coming out as lesbians

[FAM-SELF-SRS-LESBIANS-OLDER-MS](#)—Meredith Baxter recently went public about being a lesbian—at age 62, after three marriages and five children. Instead of reacting with shock, many people thought, “Oh, there goes another one.”

As being gay gains more acceptance in the culture at large, far fewer gays and lesbians have felt the need to be closeted. But we seem to hear a lot more often about middle-aged women who have married and raised families announcing they are lesbians than we hear about men in the same situation coming out as gay.

1450 (with trim) by Kristin Tillotson, Star Tribune . DIVERSITY. MOVED

[TEXT](#) | [HTML](#) | [PHOTOS](#)

Architect loses his sight, but not his vision

[SRS-HOME-HBY-BLIND-ARCHITECT-LA](#)—Christopher Downey of Piedmont, Calif., is among the blind architects who wonder: What makes a building beautiful if you can't see it, and how can you create beautiful structures if you're sightless?

1750 by Maria L. La Ganga in San Francisco. MOVED

[TEXT](#) | [HTML](#)

New year, new personal style

[FASH-SELF-NEWSTYLE-CH](#)—It's a new year and a new decade—what better time to take a look at your personal style and refresh the image you project to the world?

We asked several local and national style experts to chime in on the best ways to review your personal style by taking stock of clothing choices that will suit your lifestyle and make you feel great every day.

It doesn't matter whether you favor casual, classic or trendy clothes. Our experts agree that everyone should follow the same basic steps when starting a style update.

850 by Cristina Bolling in Arlotte, N.C.. DIVERSITY. MOVED

[TEXT](#) | [HTML](#) | [PHOTOS](#)

OTHER STORIES

Professional organizer teaches how to de-clutter

[HOME-SELF-DECLUTTER-CLASS-MO](#)—When Peggy Gardiner teaches a community education class on how to declutter your home, she asks students how many of them can park their car in the garage.

Only about half of the students raise their hands.

“And most of them have two-car garages,” Gardiner said. “Can you believe it?”

Believe it. As the new year sets in, and people aim to simplify their lives, consider the following statistics:

The U.S. Department of Energy reports that one-quarter of people with two-car garages have so much stuff in there that they can't park a car.

According to the National Soap and Detergent Association, getting rid of clutter would eliminate 40 percent of housework in the average home.

900 by Kerry McCray in Modesto, Calif. MOVED

[TEXT](#) | [HTML](#) | [PHOTO](#)

Old-fashioned housekeeping tips from grandmothers

[HOME-SRS-GRANDMA-TIPS-DA](#)—Grandmothers are masters of handing out hugs and kisses. They're also masters in the kitchen, with a needle and thread, in the laundry room, and at handing out advice. They know how to make a home and keep it in running order. And more often than not, they know how to do it without spending much money.

1000 by Jamie Knodel . DIVERSITY. MOVED

[TEXT](#) | [HTML](#) | [PHOTOS](#)

Fix up your house, month by month

[HOME-PROJECTS-CALENDAR-CH](#)—Home projects calendar.

1000 by Allen Norwood. MOVED

[TEXT](#) | [HTML](#) | [ARCHIVE ILLUSTRATIONS](#)

From trash to tree fort: These kids make the most of a good opportunity

[HOME-ENV-TRASH-TREEFORT-CH](#)—Anyone who says kids have forgotten how to have fun outdoors hasn't been to southeast Charlotte lately.

There you'll find the Whites, 14, 12 and 9 years old, skiing and sledding in their side yard in the South Park area.

About a mile away, in Foxcroft, a group of 12-year-olds have built a monumental fort from castoff Christmas trees.

Both efforts have provided fun for the kids and a marvel for neighbors and passing drivers.

RELATED IMAGES

- [Fashion](#)
- [Lifestyle](#)
- [Health & Fitness](#)
- [Home](#)
- [Medicine & Science](#)
- [Religion](#)
- [OnePages](#)
- [Columnists Mugs](#)



- [Best for Skin](#)

TOPICS

News/Business

World News
US Politics
Election 08
US General News
Opinion
Business
Environment

[more...](#)



Sports

MLB Baseball
NBA Basketball
College Basketball
NFL Football
College Football
Golf

[more...](#)

Features

Television
Movies
Music
Celebrities
Health
Lifestyle

[more...](#)

750 by Ann Doss Helms in Charlotte, N.C. DIVERSITY. MOVED

[TEXT](#) | [HTML](#) | [PHOTOS](#)

Quirky conservation lists don't protect rare birds, scientists say

[HOME-ENV-RAREBIRDS:PH](#)—Like most birds, the cerulean warbler is a fussy sort.

It's also in trouble. In three decades, its numbers have declined by about 80 percent. It is one of the fastest-declining forest birds in the United States.

Under the Endangered Species Act, passed in 1973, the U.S. government makes lists of creatures that are considered threatened or endangered, based on the risk of their going extinct.

States have followed suit with lists of their own.

The problem is that state lists, given their limited geographic scope, often do not reflect the broader reality, the researchers found.

1300 (with trims) by Sandy Bauers in Philadelphia. MOVED

[TEXT](#) | [HTML](#)

Take time to get organized and create a stress-free haven

[HOME-ORGANIZATION:MW](#)—“The place where you feel happy.”

In an interview in Esquire magazine, that's how novelist Salman Rushdie described “home.”

After a busy day or a long time away, most of us look forward to just being home, where we can be ourselves and surround ourselves with the familiar.

Many people, however, have trouble relaxing at home, especially where there are piles of clutter and unfinished projects at every turn. Sometimes, home can be a place that reminds us of what we haven't gotten around to doing.

If you sometimes feel that way, perhaps it's time to make some Residential Resolutions. The new year isn't just about losing weight or quitting smoking. It can be about finding time to turn your home into more of a haven.

1350 by Nancy A. Herrick . MOVED

[TEXT](#) | [HTML](#)

Yiddish: A language once verboten is one that's never forgotten

[RELIG-YIDDISH:TB](#)—Mine is a generation that learned Yiddish because our parents didn't want us to. To them, it was the language for keeping family secrets. They'd use it as an S.O.S. when children happened upon a discussion considered unfit for youthful ears.

600 by Ron Grossman. MOVED

[TEXT](#) | [HTML](#)

Hollywood's Hottest list is fun, a bit dangerous

[FASH-SELF-HOTLIST:OC](#)—Sure, discussions of plastic surgery are often superficial, but in comparison to the annual “Hollywood's Hottest Looks” list they're deeply philosophical.

The annual results of two Beverly Hills doctors' unscientific surveys reveal a little about what some patients fantasize that they could look like. But they also document one moment in the transitory cavalcade of celebrities who have caught the public eye.

“Patients do not want to look identical to their favorite celebrity,” plastic surgeons Dr. Richard Fleming and Dr. Toby Mayer stated earlier this month as they released the 2010 edition of their list. “They do want to replicate a distinct style or feature of various celebrity faces and bodies.”

The annual survey generates publicity for Drs. Fleming and Mayer, but can create unrealistic expectations in patients, cosmetic doctors say.

800 by Colin Stewart. DIVERSITY. MOVED

[TEXT](#) | [HTML](#)

Obesity rates slow but still very high

[HEALTH-OBESITY:OC](#)—This qualifies as good news in the nation's battle of the bulge: The obesity rate among adults appears to have leveled off over the past 10 years after skyrocketing during the previous couple decades, according to a new study.

300 by Landon Hall. MOVED

[TEXT](#) | [HTML](#)

[SELF-MONDAYMATTERS-ADV18:MCT](#)—Every Monday Matters: Give a hug.

950 by Matthew Emerzian. MOVED

[TEXT](#) | [HTML](#) | [PHOTO](#)

DO IT

DO-IT, Gene Austin's popular do-it-yourselfer Q&A, is a premium column for subscribers only.

To subscribe to HOME-DO-IT, please call Rick DeChantal at Tribune Media Services, 800-245-6536 or rdechantal@tribune.com.

[HOME-DO-IT:MCT](#)—Do-it-yourselfer Q&A.

800 by Gene Austin. MOVED

[TEXT](#) | [HTML](#)

HOME — COLUMNS

[HOME-HOMEBASE:OS](#)—Home base: Wake up easier and live greener in 2010.

400 by Martha Phifer. MOVED

[TEXT](#) | [HTML](#)

[HOME-FIXIT:MS](#)—Fix it: Painting reeks of cigarette smoke; full-body imaging at airports.

450 by Karen Youso. MOVED

[TEXT](#) | [HTML](#)

[HOME-HOMESTYLE:AK](#)—Home and garden news and notes.

500 by Mary Beth Breckenridge. MOVED

[TEXT](#) | [HTML](#) | [PHOTO](#)

[HOME-YOURPLACE:PH](#)—Your place: Who can fix water in basement?

750 by Al Heavens. MOVED

[TEXT](#) | [HTML](#)

HOME-CHEATSHEET:PH (Alan J. Heavens) will not move this week; column moves alternate weeks.

GARDEN

[HOME-ONGARDENING:MCT](#)—Orchid blast offers phlox perfection.

600 by Norman Winter. MOVED

[TEXT](#) | [HTML](#)

HOBBY

[HBY-KIDSKRAFTS:AK](#)—Kids' Krafts: MLK Day craft celebrates diversity.

500 by Kathy Antoniotti. DIVERSITY. MOVED

[TEXT](#) | [HTML](#) | [PHOTO](#)

HBY-COMICS:GT—Bill Radford. NOT MOVING. (Moves alternate weeks)

GREEN LIVING PACKAGE

New MCT niche package celebrates green living

From eco-chic clothing to organic vegetables, ecotourism to sustainability, green living is all around us and a growing part of our everyday lives.

In addition to recognizing its value to society, consumers perceive eco-friendly living as a direct and positive reflection of their social status, according to a 2007 survey. From the school to home and work to government, green is everywhere.

MCT offers an easy way to tap into consumers' growing appetite for content on eco-friendly living with Green.

Green is a text and visuals package with about 12 to 14 stories each week. This is new content that is not available as part of your MCT News Service subscription, only as part of Green. Each package includes stories with art that are appropriate for use as a centerpiece, as well as product reviews, shopping advice and other practical tips in a wide range of areas including home, food, family, shopping and the work place.

The package covers anything and everything from environmentally aware daycares to green decorating practices. These are not jargon-filled science stories, but accessible stories about products and practices for everyday life.

MCT's Green package posts every Monday and is available at <http://www.mctdirect.com/green/>

For purchasing information, contact Rick DeChantal at Tribune Media Services at (800) 245-6536 or rdechantal@tribune.com.

MCT Lifestyle Editor: Karen Denny, 202-383-6157, kdenny@mctinfoservices.com

MCT Photo Service: 202-383-6099, photo@mctinfoservices.com

MCT Graphics: 202-383-6064, graphics@mctinfoservices.com

MCT Special Sections: 202-383-6151, mct-onepages@mctinfoservices.com

©2010 McClatchy-Tribune Information Services.

Not for publication or retransmission without permission of MCT.