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Select a budget: Monday, May 3, 2010 Go

BC-MCT-LIFESTYLE-BJT — lifestyle editors (1300 words)

McClatchy-Tribune News Service
Lifestyle Budget for Monday, May 3, 2010

Updated at 1:10 p.m. EST (1810 UTC).
(EDITORS: Corrects ZEZIMA-HUMOR-COLUMN:MCT)

TOP STORIES

An 'anything' spring for fashion

FASH-SPRINGFASHION:MS—Some might say that trends for spring 2010 are blush colors, nautical, military, gladiator shoes, purple and denim.

However, the biggest trend for the season is actually whatever you want it to be. Runways were anything but consistent. There were architectural cutouts at Michael Kors, soft, flouncy ruffles at Nanette Lepore and everything from flowing hippie frocks to sleek jersey at Diane von Furstenberg.

It's a far cry from even 2006, when every designer seemed to design some form of trapeze or sack dress (though those are now long gone). There's no such thing as an unfashionable skirt length these days, with lengths ranging from mini to knee-length to maxi in stores.

1050 by Sara Glassman. MOVED

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Rose gold is in full bloom

FASH-ROSEGOLD:LA—Rose gold, first popularized almost a century ago, has made a comeback.

The blush-hued version of the precious metal is showing up in status watches, engagement rings, necklaces and more. The feminine pieces look delicate on their own but can also bridge the gap between white and yellow gold when all three are worn together.

Rose gold, which is sometimes called "pink gold," may seem more exotic than run-of-the-mill yellow, but the secret to its color is comparatively pedestrian: copper.

650 by Melissa Magsaysay. DIVERSITY. MOVED

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FASH-TYPESOFGOLD:LA—White gold, rose gold, green gold—what's in them?

250 by Susan Carpenter. MOVED

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Searching for family history is easier than ever

FAM-CPT-FAMILYHISTORY:SA—The question, as old as humanity, has never seemed more urgent or answerable: Where did I come from?

It's a given that much of who we are is determined by our ancestors. What were their countries of origin? When they arrived in America, where did they settle? What were their occupations? Whom did they marry? How did they live and die? What genes did they pass on to us?

Genealogists agree: The search for ancestral identity is more popular than ever. Some even say researching the drama of our pasts is the fastest-growing hobby in this nation of immigrants, fueled by the scope and speed of the World Wide Web. For most, it's a hobby; for some, an obsession.

1700 by Allen Pierleoni. MOVED

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Nerds Inc.

HBY-NERDS-INC:PH—How do the Nerd Guys do it? John Young and Randy Schmidt, computer geeks with enough ideas to fill 1,000 gigabytes, appear to have the (Web) master touch that turns a totally goofy idea into solid gold — or embroidered patches.

Or beef jerky business cards.

Or gorilla suits.

In recent years, Young, 39, and Schmidt, 28 — plus a buddy or two — have conjured kookiness, made it happen, and hit the spot.

1500 by Lini S. Kadaba in Philadelphia. MOVED

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OTHER STORIES

Lesson in patience: Aid cuts slow down fast track into teaching profession

CMP-TEACHING-FASTTRACK:HK—Sharon Jureller of Haworth thought she was off to a good start in her hunt for a job as a high school chemistry teacher when she quickly landed two interviews.

Then one of the districts e-mailed her to say it couldn't afford to fill the opening, given the state aid cut included in Governor Christie's budget.

As the economy tanked, laid-off workers, former stay-at-home moms and others seeking the job security afforded to tenured teachers have flocked to the state's 25-year-old program that is designed to give college graduates a fast track into the teaching profession.

1350 by Allison Pries in Hackensack, N.J. MOVED

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All so visible: The trend in jewelry is clear, lightweight and versatile

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Rose gold

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[FASH-CLEAR-JEWELRY:LA](#)—It started with the dangling crystal details hanging from the '60s-inspired stack heels that stomped down Prada's spring/summer 2010 runway. Now translucent necklaces and bangles are a ubiquitous accessory, complimenting the season's sheer pieces and light color palette. Whether pieces are made of plastic, Lucite or crystal, the trend is clear, lightweight and versatile.

200 by Melissa Magsaysay. DIVERSITY. MOVED

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#### Indian culture inspires line of clothing

[FASH-INDIANFASHION:SL](#)—Anjali Kamra started her line called Rungolee in 2007. The name refers to the colorful patterns that Indian women in rural parts of the country create on the ground from chalk, flower petals or colored rice as marks of welcome. The cheery colors represent hospitality and joy. She said that it was the perfect sample for her collection.

Anjali, a graduate of the Fashion Institute of Technology in New York, sells her product in a number of beach resort areas and has had great success with clients in cities around the country hosting parties that turn homes into boutiques.

600 by Debra D. Bass in St. Louis. DIVERSITY. MOVED

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#### Restricting calories may give the immune system a boost

[HEALTH-LOWCAL-IMMUNITY:LA](#)—Restricted-calorie diets have been shown in some studies to improve longevity and provide other health benefits, but many studies have focused on animals rather than humans.

A new study finds that calorie restriction may bolster the immune system in adults.

250 by Jeannine Stein in Los Angeles. MOVED

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#### The prince and the paper

[FASH-GREGLAUREN-ARTIST:LA](#)—Greg Lauren's journal entries have taken up residence in an empty storefront on Beverly Boulevard in West Hollywood, Calif. A Glen plaid suit jacket and matching vest worthy of Cary Grant — but for the deep wrinkles — stands in one corner; behind it the well-worn ringside robe of a prize-fighter, hood bowed ever so slightly in weary defeat. Nearby are scuffed flight jackets, badge-covered Cub Scout shirts, and the S-emblazoned torso of a Superman costume. They stand like gravestone rubbings or metal castings of the original garments, rendered in black, white, graphite gray and sepia shades.

The display filling the room might merit mention on its own as a kind of commentary on masculine archetypes, but it becomes a whole different creature when you start to realize that every piece — from the down puffer vest and work boots to the stacks of neatly folded shirts and even the cylindrical buttons of the three-quarter-length toggle coat — is a hand-sewn and painstakingly painted paper sculpture.

1200 by Adam Tschorn in Los Angeles. DIVERSITY. MOVED

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#### SENIORS

[SRS-OURTIME:OC](#)—Our Time: How women's roles are changing.

500 by Jane Glenn Haas. MOVED

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550 by Terri Bennett. DIVERSITY. MOVED

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700 by Judi Light Hopson, Emma H. Hopson, R.N., and Ted Hagen, Ph.D. MOVED

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