

Newman's Notes...

Happy New Year, my *Elegant* friends!

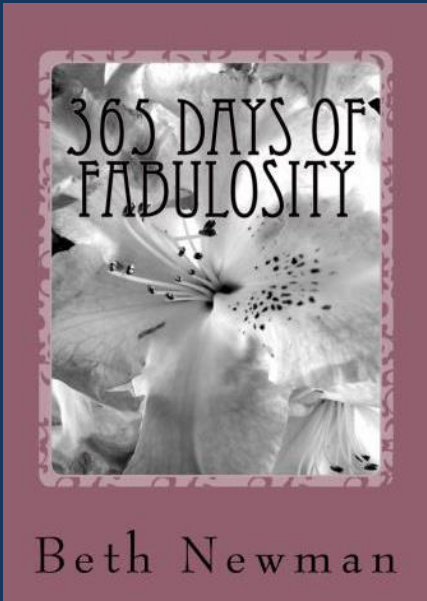
Have you committed yourself to making 2012 the most fabulous yet? Consider it, Sweeties, for it's all in the attitude. No matter how big or small our task, it should be handled in the most fabulous way. If it's not fabulous, don't do it! This mindset applies to everything – our attitude, our words, our wardrobe selections, and the way in which we while away the hours.

You have the power to create a life of fabulousity. Take small steps each day toward doing so, and you might just amaze yourself at how absolutely fabulous life can be.

Raise your glass, Darling, and let's toast to 2012: The Year of Fabulosity!

Cheers,

Beth

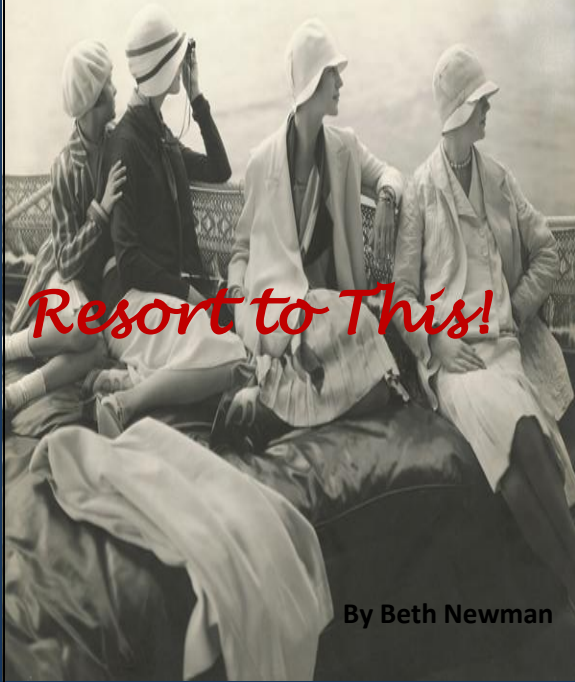


Because every day should be devoted to fabulousity...available through Amazon.



Ring in the New Year with a shorter 'do and a big, glossy smile.

Fashion Forward



Resort Wear is one of the many new genres of clothing, and is often requested for winter cruises and destination weddings. It's a great transition from winter to spring, and a Godsend for those of us who are bored to tears with our current winter wear.

Colors

Go bold – blues, magentas, yellows are all wonderful inclusions for any resort-inspired wardrobe.

Patterns

Think tribal and large floral prints

Accessories

Large statement pieces are a must. Think big when it comes to necklaces and bracelets.

Wear It Now

So you may not have a winter cruise in store this season, and that's okay. You can still incorporate your resort pieces into your everyday attire:

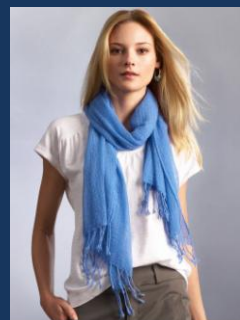


Pair this jacket with your jeans or wool skirt. Available at White House Black Market.



Don this skirt with a fabulous turtleneck sweater.

Available at New York and Company.



You can never go wrong with a cashmere scarf. Available from the Michael Kors collection.



Dry, flaky makeup. No glow. This doesn't have to be you, darling, so take a look at my top five tips for marvelous makeup application during the winter months:

1. Apply a good face cream prior to putting on your foundation. A good cream will keep your makeup in place.
2. Mascara and eyeliners should be waterproof in order to stay intact should your eyes water from the cold.
3. Go easy on the loose powder – it could appear cakey and settle into fine lines
4. Choose lipsticks that contain beeswax rather than a lip gloss.

5. Avoid pink and red colors in winter because they may give you an all-over blushed appearance.

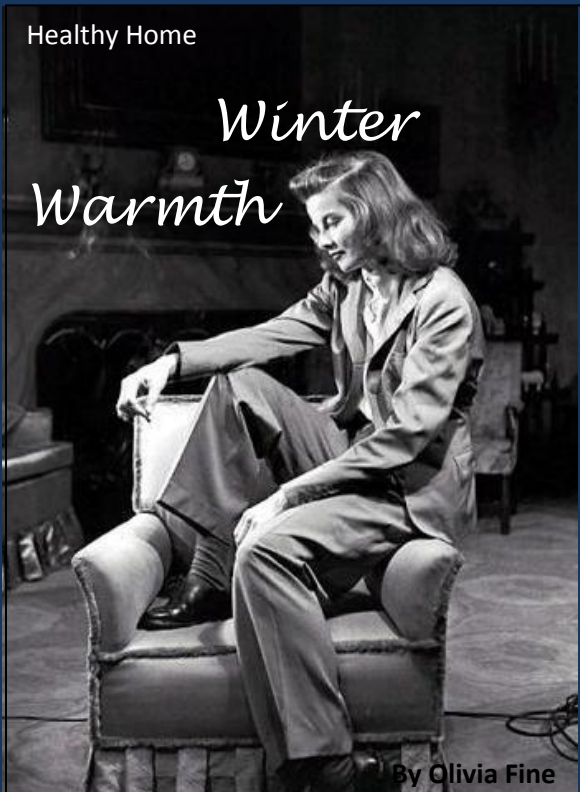
Of course, good makeup techniques only work when we take extremely good care of our skin. Drink plenty of water, get plenty of sleep, and moisturize, moisturize, moisturize!

Ramon' is a stylist and regular Elegant contributor.

Reclaim Your Look and Step Into Style!



Beth Newman's 'Step Into Style' package includes one Wardrobe Analysis and two hours of Personal Shopping. Beth will come to your closet, show you what works, and then the two of you will hit a few shops to find lovely new pieces to add to your wardrobe. To book your appointment, email newmanimage@aol.com



So the great outdoors aren't so great thanks to Mother Nature's cold leanings this time of year. No worries. You can easily create a warm oasis right inside the comfort of your own home.

Light a fire. No chimney? No problem. Candles will do the trick.

Swap out summery accessories. Replace a sisal or cotton rug with a nubby wool version

Play with fabrics. Toss a variety of throw cushions on sofas, chairs, even the floor. Cable-knit wools, cotton flannels, and fleecy fabrics beckon you to snuggle

Add metallics. When paired with a neutral palette, the shine of metal studs, faux

snakeskin, and shimmery glass adds a touch of luxury and warmth.

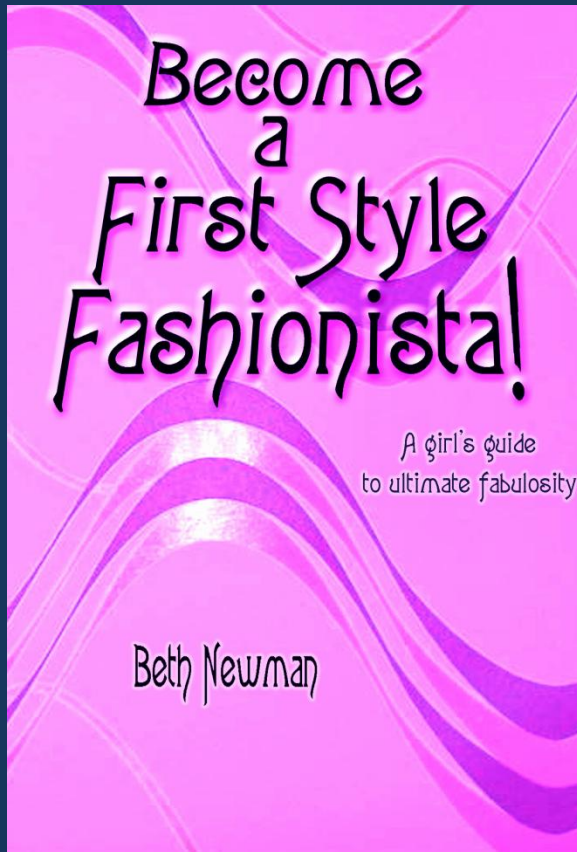


Olivia Fine is a decorator and regular elegant contributor.

Elegant Musings

Beth Newman's blog

www.newmanimage.blogspot.com



The new First Style Fashionista Runway is ready for action! Available during First Style Fashion Parties (which are great for birthdays, sleepovers, etc.)

Book a First Style Fashion party in January, and save \$50! Email newmanimage@aol.com for details!

First Style

Empowering girls through fashion, etiquette, and overall success strategies!



One-on-one tutorials, after school clubs, summer camps, and First Style Fashion parties available!

After-School clubs begin in January, and will be held in Sugar Land and the Branch School in Houston.

Free First Style Seminars are also available for church groups, Girl Scouts, and other youth organizations.

Details on First Style Fashion Camp coming soon!



She won't want to touch you if your skin is a scaly, prickly mess! Get serious, gents, about your winter skin care routine:

1. **Moisturize. Moisturize. Moisturize.** Worth repeating because it is the best thing you can do for your dry skin. At a minimum, you should moisturize with a body lotion once per day in the winter. You can do it more often if needed. The best time

to moisturize is right after you have toweled off from your shower when your skin is still moist but not dripping wet. The lotion will "lock in" the moisture from your shower.

2. **Cover it up.** When outside, cover your exposed skin from the harsh cold wind. Even if you wear gloves, it is good to moisturize your hands before putting them on (the gloves, not your hands). If you find your hands are extremely dry and cracked, you can take a tip from the ladies. Before you go to bed, apply a liberal amount of Vaseline or lanolin to your hands and put on a pair of thin cotton gloves.
3. **Drink water.** Don't cut back on the H2O in cold weather. Staying properly hydrated helps to moisturize your skin from the inside out. Good water consumption promotes better circulation which in turn aids in bringing needed nutrients to your skin.

Taking good care of your skin will make your look and feel younger. Today's man has a busy schedule, so you don't have time for lengthy preventative skin care measures...but follow these tips that I've laid out and you will see the time they take will be small compared to the huge benefit you'll receive in dry winter skin relief.

Barry Levine is a disciple of fabulist and a regular elegant contributor.

Ask Cookie!



She knows all, and tells most!

*Dear Cookie,
I'm too rushed and overscheduled
these days. Any tips for living more
simplistically?*

*Dear Simple,
Write down your daily tasks in
order of importance and tackle
them one by one. Get rid of time-
wasters, such as television and
surfing the Internet. Remember,
too, that it's okay to say no to
certain party invitations, charitable
causes, and extra projects at work.
Make your time work for you!*

*Dear Cookie,
We're still feasting on all the left-
over turkey from the holidays!
Really, we're all going to grow
feathers and 'gobble gobble' our
way through conversation. Any
recommendations for wine to go
along with these turkey left-overs?*

Dear Turkey,

Two of my favorite bird-friendly wines include BoroLi Quattro Fratelli Barbera D'Alba 2006 and Epiphany Grenache Blanc 2007. Drink enough of either and you won't care that you're eating left-overs.

Quandary? Conundrum? Perplexity?

Cookie McDaniel-Stein, world traveler, fashion guru, and all around devotee to tasteful living, has the answer. Contact Cookie via newmanimage@aol.com

Dear Cookie,

How can I get him to notice me? I've tried everything – revealing clothing, constant attempts and conversation – but nothing works. I'm desperate for his attention!

Dear Desperate,

That's the problem – you're coming on too strong. Real gentlemen like real ladies, who dress well and conservatively. They like them to be quietly witty. Like a little work of art, a woman should wow all in her presence by exuding a quiet self-confidence and poise. Stop trying so hard, darling, and possess a certain amount of poise in order to catch his eye!

Reflections

Baby, If You've Ever Wondered....

By Beth Newman

Just the other day, my inbox contained a very nice – and surprising – message. It was from a wonderful gentleman with whom I had the good fortune to work with during my radio days. I've not seen nor spoken to him in the last two decades, but he'd been on my mind recently, so you can imagine how thrilled I was to hear from him. Out of the blue. Just like that.

After the initial "How ya doing/what ya doing/" back-and-forth, my friend asked me whatever happened to our former boss, a man (and I use the term loosely here) I'll simply refer to as Old Shan. Old Shan served as our station manager. My friend hosted the morning show, and yours truly was simply referred to as 'The Afternoon Girl'. Anyway, Old Shan left quite an impression on my friend and me – and it's not the impression he wanted to leave, I'm sure.

To put it bluntly, Old Shan was not a nice person.

Old Shan was not an emotionally stable person.

Old Shan might be your best friend one day, and your worst enemy the next.

I can support the above statements with the following examples: yelling, cursing, snap decisions, reversals of those snap decisions, poor business judgments, poor hiring choices, sexual harassment, manipulation, and far too much unpaid overtime.

And these all happened on our 'good days'.

I stuck it out there for over a year, so you can imagine my reeling head when I finally wised up and left.

I'd often thought that perhaps it was just me. As the only on-air girl (and that term applies – I was only 21 or 22 years-old during this stint), I assumed that I was the problem, and that all his big and little rants actually meant something. Perhaps I wasn't working hard enough. Perhaps I wasn't doing my job effectively. Perhaps he didn't like women. Perhaps he simply didn't like me. I didn't understand it then, but looking back, I realize that it wasn't me.

He treated everyone on staff deplorably.

During our exchange, my friend recalled some of his own Old Shan experiences, which were, of course, quite similar to my own. He said he'd often fantasized over the years about tracking him down and giving him a piece of his mind. I confessed I'd done the same thing, but because I truly believe in karma, I'm hopeful that Old Shan has learned a lesson, and has come out better for it.

And I have to hand it to Old Shan, for he taught me how to better deal with a couple of other 'bad bosses' I've had over the years. I suppose he entered my life in order to teach me that the world is made up of all kinds of people, and if you want to get anywhere in life, you've got to learn how to effectively deal with them. It's okay, too, I learned, that if you can't deal with them, you can certainly leave them. No need to get bogged down in someone else's bad mojo.

A job is a job is a job....do what you love, do it well, and reap the rewards.

My friend is doing just that. He's still in radio (God bless him!), and he's tapped into another passion of his – he opened his own bike shop. I'm delighted for him, and so glad to reconnect with him.



That's it for the winter edition of *Elegant!* We thank you so much for dropping by, and wish you much fabulousity in the months ahead!



www.chicgalleria.com. Be sure to look for Beth's articles!



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First Style Donations!
First Style Fashionistas are always in need of the following when we get crafty: fabric scraps, yarn, old Barbie Dolls, pillow-cases. Our undying gratitude and a shout-out in the next edition of *Elegant* in exchange for your donation!

Oh, The Fun We've Had!



And we're looking forward to even greater things in 2012!

(Clockwise: Beth with Debra Duncan following her *Great Day Houston* appearance. Glitter and Gloss, sponsored by the Fort Bend Teen League. Women, Wine, and Words of Wisdom with author Linda Thomson, Tiffany Travis, and Laura Pennino. First Style Fashion Camp at Handwriting Matters)