

LIVE IT!

**FOOD
FASHION
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TRENDS**

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LIZ CLAY'S FAVOURITE OUTFIT RIGHT NOW: 'A Marciano cashmere top in a very wearable golden-khaki colour; it looks good off-the-shoulder for a night out with wide-leg, dark-wash Citizens of Humanity jeans. For accessories, this necklace from Blue Ruby, Martha Sturdy silver and gold bangles circa 1980, and Michael Kors wedges.'

NICK PROCAYLO — THE PROVINCE

It list: Things I'm loving

IN HER WORLD:

Liz Clay, artist and creator, Cici Art Factor

Must-haves for winter: I love hats because they are practical yet stylish. Delux hats, found at Lou Lou Accessories, offer some great old-school and eclectic choices and I'm also a fan of the chunky cable-knit ones by Joe Fresh; they're super-soft.

Favourite lunch spot: I love the Village Taphouse in Park Royal — the comfy leather seats, fabulous food and the easygoing atmosphere.

Favourite holiday traditions: On Christmas morning, our whole family (I have three little girls) gets into one big bed to open our stockings.

How do you beat holiday stress? By entertaining. Our family hosts monthly dinner parties and one big Christmas party each year. There's no better

way to relax than over good food and drink at home with friends. I'm not a perfectionist so when things go wrong — like they did last year when our fully decorated tree was leaning in the corner because the stand broke and we didn't have time to fix it before the party — I just roll with it.

What would you like to see under the tree this year? Quality not quantity — and the perfect black, flat, leather boots that don't gape around the calf. There's a pair of Frye Dorado ones that I have my eye on.

Going-green strategy for the holidays: I'm a wrapping-paper recycler. My 90-year-old grandmother is, too, and there's lots of wisdom in old-age.

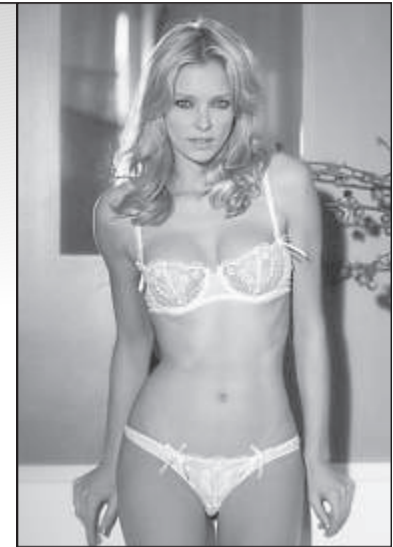
A simple way that everyone can get creative over the holidays: Make your own Christmas cards. We saved our cards from last year and my girls have already started making the most amazing collages with them.

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Chantelle

Can a computer boost your brain?

What you don't know might make you smarter. New research suggests that searching for information on the Internet may stimulate your mind and cause new spouts on your neurons (brain cells) — even more than plain old reading does.

In fact, the brains of older people who were familiar with the Internet were twice as active during online searches as they were when reading from a book, according to a study to be published in the *American Journal of Geriatric Psychiatry*.

There's no word yet on whether you can stave off mental decline by Googling all day, but there's nothing harmful about getting your neurons going, whether you're searching for Nobel prize winners or Britney Spears trivia.

Not plugged in? Reading on good, old-fashioned paper does



You Docs

HEALTH TIPS
FROM MEHMET OZ, M.D.
MICHAEL ROIZEN, M.D.

still build your brain, possibly by helping you develop a "cognitive reserve" — in other words, extra brainpower that keeps the mind rolling even when brain cells are under attack.

Give your brain even more of an edge with these steps:

■ Ditch the tobacco. Smoke kills brain cells.

■ Give your mind a workout with games and puzzles.

■ Get more B vitamins. People who are short on vitamins B-12 and folate have a harder time recalling certain words.

■ Add DHA-omega 3 (600 mg of DHA is equivalent to 2 gm of fish oil without the fishy smell or taste).

■ Take a walk! Exercise boosts blood flow to the brain and helps new gray matter grow.

Better yet, search for a walking group in your area and sign up with someone: You'll get the triple rewards of walking, Googling and having a buddy.

Mike Roizen and Mehmet Oz are authors of the best-selling YOU: The Owner's Manual and YOU: On a Diet. To submit questions and find ways to grow younger and healthier, go to www.RealAge.com.

Some family ties require extra tolerance

? My brother and his wife are constantly inconsiderate: At family functions they don't watch their children and sometimes things get broken in my house without any apology to my husband or me. Or they'll bring uninvited guests without prior notice. If we've made plans together to visit at their house, they're sometimes not home. I feel like not inviting them to future functions but that'd upset other family members and I don't want to miss seeing my nieces and nephews.

— *At My Limit!*

A Change your reactions, and be prepared. Depending on the youngsters' ages, put away the likely breakables; also ask one other relative, e.g. an older cousin, to keep an eye on the kids. You can also close off some doors, such as to your own



Ellie Teshler

ASK ELLIE

bedroom or computer area.

Always have some extra food on hand (it's good for leftovers) since their "uninvited guests" are no longer a surprise. When planning to visit them, call ahead before leaving your place.

Yes, they're careless of manners, but also seem to want you in their lives. You can't always change family, but you can learn to tolerate them for your own good reasons.

? My boyfriend of six months has friends, family and co-workers who all know we're serious. Recently, I met my boyfriend's ex. When she asked my boyfriend how we knew each other, he answered, "through friend X," giving her the impression we were casual friends. I said he hurt me, and he apologized. Should I be worried?

— *Concerned*

A He's discreet, a quality to trust. He's open about your relationship with those who matter. Had this woman known more about you, it could've meant they were in contact. His answer proved otherwise, and that he doesn't wish further conversations with her about you or anything else. That's even trustworthier. And he even knows when an apology is needed. Stop over-reacting; this guy's a keeper.