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21st century quarantine would look different

THE ASSOCIATED PRESS

WASHINGTON — Quarantine — or some version of it — in a 21st-century flu pandemic would look very different from the medieval stereotype of diseased outcasts locked in a do-not-enter zone.

President Bush's specter of a military-enforced mass quarantine is prompting debate of the Q-word as health officials update the nation's plan for battling a pandemic—a plan expected to define who decides when and how to separate the contagious from everyone else.

"All the options need to be on the table," said Dr. Marty Cetron, head of quarantine at the Centers for Disease Control and Prevention.

Bush's comments recall how quarantines were enforced in parts of this country in the 1890s, when armed guards patrolled streets to keep victims of smallpox and other dread diseases confined to their homes.

"The image that perhaps was inadvertently conveyed is really a setting in extreme that's less likely," Cetron cautioned. "There's a whole range of options in the public-health toolbox for ways to achieve this goal of social distancing."

For three years the CDC has been helping states plan how they would enact quarantines in case of a bioterrorism attack. The instructions stress using the least restrictive means necessary to stem an infection's spread.

And public health officials expect a U.S. quarantine today to almost always be voluntary, with incentives to cooperate. In case of a horrific outbreak, quarantined areas would get first shipments of scarce medicines.

"I don't think either the Tennessee National Guard or the U.S. Army and Marines will try to establish a cordon sanitaire around Nashville," said Dr. William Schaffner of Vanderbilt University, an influenza expert who advises the federal government. "That's not going to happen."

Actually, "we practice in this country quarantine every day," said Health and Human Services Secretary Mike Leavitt. "If a child gets the measles, their mothers are expected to keep them at home."

Vaccination is the cornerstone of fighting a pandemic, and quarantine-like steps are supposed to be brief, "designed to buy time until we have an adequate supply of countermeasures," CDC's Cetron said.

The SARS epidemic of 2003 illustrated that "the public will voluntarily comply with measures to both protect themselves and their loved ones" — if doctors make the case that the steps are for their own good, he added.

Legally, "isolation" is the term for separating people who already are sick from others. That happens routinely in hospitals, as they limit access to patients being treated for certain infections.

"Quarantine" means restricting the movement of still healthy people who may have been exposed to an infectious disease, in case they're carrying it. It's almost always for a brief time; during SARS, for instance, hospital workers exposed to suspect cases were asked to stay home from work during the respiratory disease's 10-day incubation period.

States have the primary legal authority to enact quarantines during outbreaks within their borders. Federal quarantine authority involves preventing

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PHOTO/CALVIN FERGUSON

Tonia Lewis, owner of Eden on Central Avenue, advises shoppers what works in their wardrobe and what needs to be eliminated.

Baubles of style

One-of-a-kind accessories can jazz up any outfit

By Cheri F. Hodges
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For Tonia Lewis, accessories aren't just the icing on the top of a nice outfit. They're her passion.

That's why she opened Eden, located at 1111 Central Avenue.

Most of the earrings, bracelets and necklaces Lewis sells are one of a kind, so the fashion-conscious woman who wants to stand out doesn't have to worry about being a copycat.

"I'm a fashion stylist by trade," she said.

Lewis sells eclectic and unique items and for anyone looking to update her wardrobe this fall, Eden is the place to go.

"I think that when you look at beaded handbags — and people refer to them as formal handbags — but they're not," she said. "There isn't a dressy item, it's just what you do with it."

Lewis has a passion for not only picking classic pieces of jewelry, like wooden bangles, rhinestone belts and chandelier earrings, but trendy beaded jewelry as well.

"I mix and match the pieces with jeans and jackets. Most of these pieces transition, so it's a good investment," she said.

Not that purchasing items in Eden will break the bank. Prices are affordable for every class of shopper.

"My vision for the store is much more than just selling jewelry. I like to help women meet wardrobe goals," she said. "I like to see them shine see them put looks together that are set apart and aren't so every day."

Lewis said style begins with accessories, not the clothes. "I go to people's homes and go through their closets and do a wardrobe analysis," she said.

In Lewis' system, she tells women what works in their wardrobe and what needs to be eliminated. And because one woman's fashion don't is another's fashion do, Lewis said the elimi-

Please see EDEN'S/2B

In her shoes: A costume designer's dream

By Samantha Critchell
THE ASSOCIATED PRESS

NEW YORK — Women might have many rocky relationships in their lives, even in their closets. Skinny jeans, thong underwear and wavy hair are great when they're good but can turn into enemies on a moment's notice. When it comes to shoes, though, the love affair sails smoothly.

Could there be any reaction other than adoration to a pair of jet-black, super-shiny Stella McCartney patent leather pumps with scalloped edges that teeter on 4 1/2-inch heels?

"Once the high heel was

invented — it began appearing at the end of the 16th century or early 17th century, women become pretty interested in transformative powers of high heels. ... They say 'status,' 'sexuality,' 'sexual appeal' and 'femininity' all at once," says Elizabeth Semmelhack, curator of the Bata Shoe Museum in Toronto.

Those McCartney patent pumps are the first thing the audience sees in the new movie "In Her Shoes" and they represent the thing that women who like high-heel shoes — and that's a lot of women — have in common: They're an instant lift when it

comes to one's place in the world.

"Shoes are historically and traditionally caught up with sexuality. What



kind of shoe you wear is an identity-ifying mark of a woman," says Sophie de Rakoff, the film's costume designer.

Toni Collette's film character, a mediocre-looking Rose Feller, sums up women's attraction to the

all-important accessory with, "I guess, when I feel sad, I like to treat myself to something. Clothes never look good, food just makes me fatter ... shoes always fit."

"That's universal thinking among women," says de Rakoff. "And a good pair of shoes can tip a look one way, and a bad pair can go the other way. If you don't have \$2,000 to spend on a Lanvin dress, you can spend \$300 on great shoes. You can wear them more often and they don't date as quickly."

Rose collects shoes because they're part of the See A MOVIE/2B

Fashion and beauty embrace structure

SPECIAL TO THE POST

"This is really the first dramatic change in fashion and beauty we've seen for a long time," says Clairol Master Stylist Ingridette

Pope, whose work has been seen on a number of music videos and at the Soul Train Awards. "Both fashion and beauty are going back to the more structured look of a decade ago, when we all had our power suits in the closet."

Autumn and Winter 2005 brings a return to not only suits with pencil-thin skirts, but also fitted jackets and coats, wide trousers, knee-length dresses with stockings and big belts cinching everything. Gone are the bright pinks, limes and aquas, replaced with businesslike grays and browns, olives and blacks. Shoes will be mostly flat, with boots in lengths from ankle high to thigh high, and chunky loafers or platform shoes other acceptable options.

"Haircolor will reflect this return



PHOTO/TEXTURES & TONES

Darker hair colors are a hot trend this fall.

to classic style," predicts Ingridette. "Browns and red shades will be much more prevalent than blondes right until at least the Spring.

African-American women who want to stay completely in the corporate mode can look great with a shade like Textures & Tones Cocoa Brown or Silken Black, while those who want to make more of a statement but still keep that sophistication can try a shade like Bronze or Flaming Desire."

Makeup will also be more subtle, with the emphasis on well-shaped brows and earth-toned, outlined lips by day, smudged brown shadow added for evening. Accessories will be kept to a minimum, with a thin gold or silver chain the perfect accent at all times.

"The age of anything goes seems finally to have taken a back seat to reality," concludes Ingridette. "While this return to quiet elegance means paying a bit more attention to your hair and makeup, the payoff is a decidedly more pulled together look for any woman."



Fish eaters stay sharper with age

THE ASSOCIATED PRESS

CHICAGO — Eating fish at least once a week is good for the brain, slowing age-related mental decline by the equivalent of three to four years, a study suggests.

The research adds to the growing evidence that a fish-rich diet helps keep the mind sharp. Previous studies found that people who ate fish lowered their risk of Alzheimer's disease and stroke. Fish such as salmon and tuna that are rich in omega-3 fatty acids also have been shown to prevent heart disease.

For the new study, researchers measured how well 3,718 people did on simple tests, such as recalling details of a story. The participants, all Chicago residents 65 and older, took the tests three times over six years. They also filled out a questionnaire about what they ate that included 139 foods.

"We found that people who ate one fish meal a week had a 10 percent slower annual decline in thinking," said co-author Martha Clare Morris, an epidemiologist at Rush University Medical Center. "Those who ate two fish meals a week showed a 13 percent slower annual decline."

The study was posted Monday on the Web site of the Archives of Neurology and will appear in the journal's December issue. It was published early online because of its general interest.

The researchers looked for, but failed to find, a link between omega-3 fatty acids and protection from brain decline. Previous studies found such a link.

Morris said it is possible that something else about eating fish worked to keep people's minds sharp. Or the food questionnaire might have been too broad to allow researchers to estimate omega-3 intakes accurately, said Dr. Pascale Barberger-Gateau, who does similar research at the University of Bordeaux in France but was not involved in the current study.

In the questionnaire, "only four seafood items were included, which did not allow this distinction," Barberger-Gateau said in an e-mail.

The questionnaire included four broad seafood categories: tuna fish sandwich; fish sticks/fish cakes/fish sandwich; fresh fish as a main dish; and shrimp/lobster/crab.

Testing participants' blood for omega-3 fatty acids would have given a more definitive measure, said Dr. William E. Connor of the Clinical Nutrition Department of Medicine at Oregon Health & Science University. He was not involved in the study.

On the Net:
Archives of Neurology:
<http://archneur.ama-assn.org>



PHOTO/THE STOCK MARKET

