

Eden's passion to accessorize

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nated clothes are given to someone else.

"A lot of times women say we're going to step it up but we don't take the time and we don't invest that money but we spend it on something else," she said.

Not having time is something this business owner, wife, and mother of six is familiar with being stretched to the limit (she also home schools her children). That's why she offers personal shopping and styling to her customers.

Eden gives Charlotte style mavens a chance to keep up

Fashion-Era.com's trend report for fall and winter.

According to the site, in the last few seasons, jewelry has made a welcome return after those dull minimal days of nothing, but tiny diamond ear studs. After a summer of vibrant ethnic-inspired jewelry, Christian Dior in particular showed massive ornate jewelry and extensive long chandelier earrings for fall. Exotic colors in jewels are perfect for the rich autumn hues.

Beauty tips online seems to have their eye inside Eden because it reports that this fall and winter brings the vin-

tage look, with shiny fabrics, fake fur edgings and trim give an elegant look for late-night parties.

Lewis has a wealth of vintage looking jewelry, belts and boots.

Shopping at Eden isn't just about walking in and picking out a particular item. It's an experience with vanity tables for customers to try on the necklaces and earrings and a small dressing room where women can try on the jewelry with that special outfit.

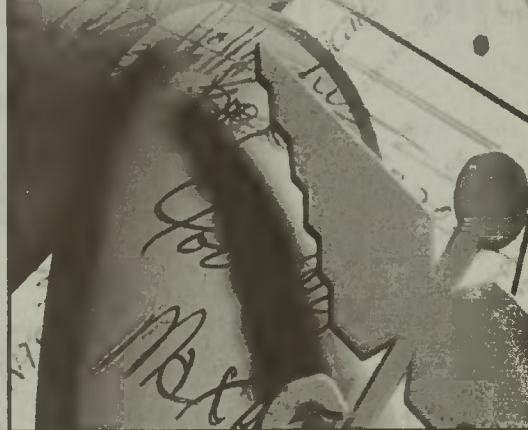
The shop is open Tuesday through Friday from 11 a.m. until 7 p.m. and Saturdays 10 a.m. to 6 p.m.



PHOTO/WADE NASH

Flashy jewelry isn't the only thing Eden offers.

Health Watch



A movie costume designer's heel dream

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fantasy life she wants to lead. She's successful and can afford a closet full of the most stylish stilettos. Unfortunately she has nowhere to wear them.

Her flaky, irresponsible and beautiful sister Maggie, played by Cameron Diaz, has lots of places to parade around in her sister's shoes. But you can be sure she has none of her own, except a

beat-up pair of canvas sneakers.

Knowing that Rose was the character buying all the shoes gave de Rakoff, whose other credits include "Legally Blonde" and "Just Like Heaven," the opportunity to recruit a Dream Team roster: Jimmy Choo, Christian Louboutin, Chanel, Delman, among others.

"It was important to pick well-established, well-recog-

nized brands. They're the shoes that when you're walking around the department store you say, 'I wish I had \$600 to buy those shoes.'"

Unfortunately, de Rakoff says, the budget didn't allow for the \$250,000 she would've liked to spend on shoes.

That resulted in a mix of product placements, rented shoes from costume shops and even shoes from her own collection. "I have very small

feet. Somehow Cameron managed to jam her feet in there, though. I'm a 7 and she has these long skinny feet. I was impressed," de Rakoff says with a laugh.

Any shoe that was important to the film, such as the black Jimmy Choo Jacey pump with grommets that symbolizes the sisters' relationship when its heel breaks, gets archived with the studio.

How would modern day quarantine look

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infectious diseases from entering the country and stopping interstate spread. Expanding that authority to encompass a military role might entail legislation, something lawmakers' staffs have begun mulling as public health experts downplay the need.

With SARS, CDC used its existing authority to stop that virus from spreading here like it did in Asia. Over three

months, CDC workers delayed 12,000 airplanes carrying 3 million passengers arriving from SARS-affected countries. Anyone with SARS symptoms was isolated. Anyone possibly exposed was told what symptoms to watch for in the next 10 days and how to seek help without exposing entire emergency rooms if symptoms arose.

SARS showed that tracking down patients and people they may have exposed —

allowing individuals, not large areas, to be contained — can work, Cetron said.

At the same time, a super-flu would demand more intense measures because it would spread more easily, perhaps even before symptoms appeared. Drafts of the pandemic plan make clear that affected communities would probably close schools, shut down large gatherings and restrict travel.

Ramping up gradually is

crucial to minimize social and economic fallout, Schaffner cautioned.

He offered his home city of Nashville as an example: Authorities first might urge people to watch the Titans play football on TV instead of at the stadium, and to avoid shopping malls. Then schools might close for a while. Then people might be told to postpone holidays or business trips to Nashville to stem transmission.

Science to support infant feeding assumptions

THE ASSOCIATED PRESS

CONCORD, N.H. — Ditch the rice cereal and mashed peas, and make way for enchiladas, curry and even-gasp! — hot peppers.

It's time to discard everything you think you know about feeding babies. It turns out most advice parents get about weaning infants onto solid foods — even from pediatricians — is more myth than science.

That's right, rice cereal may not be the best first food. Peanut butter doesn't have to wait until after the first birthday. Offering fruits before vegetables won't breed a sweet tooth. And strong spices? Bring 'em on.

"There's a bunch of mythology out there about this," says Dr. David Bergman, a Stanford University pediatric professor. "There's not much evidence to support any particular way of doing things."

Word of that has been slow to reach parents and the stacks of baby books they rely on to navigate this often intimidating period of their children's lives. But that may be changing.

As research increasingly suggests a child's first experiences with food shape later eating habits, doctors say battling obesity and improving the American diet may mean debunking the myths and broadening babies' palates.

It's easier — and harder — than it sounds. Easier because experts say 6-month-olds can eat many of the same things their parents do. Harder because it's tough to find detailed guidance for nervous parents.

"Parents have lost touch with the notion that these charts are guides, not rules," says Rachel Brandeis, a spokeswoman for the American Dietetic Association. "Babies start with a very clean palate and it's your job to mold it."

It's easy to mistake that for a regimented process. Most parents are told to start rice cereal at 6 months, then slowly progress to simple vegetables, mild fruits and finally pasta and meat.

Ethnic foods and spices are mostly ignored by the guidelines — cinnamon and avocados are about as exotic as it gets — and parents are warned off potential allergens such as nuts and seafood for at least a year.

Yet experts say children over 6 months can handle most anything, with a few caveats: Be cautious if you have a family history of allergies; introduce one food at a time and watch for any problems; and make sure the food isn't a choking hazard.

Parents elsewhere in the world certainly take a more freewheeling approach, often starting babies on heartier, more flavorful fare — from

meats in African countries to fish and radishes in Japan and artichokes and tomatoes in France.

The difference is cultural, not scientific, says Dr. Jatinder Bhatia, a member of the American Academy of Pediatrics' nutrition committee who says the American approach suffers from a Western bias that fails to reflect the United States' ethnic diversity.

Bhatia says he hopes his group soon will address not only that, but also ways to better educate parents about which rules must be followed and which ones are only suggestions.

Rayya Azarbeygui, a 35-year-old Lebanese immigrant living in New York, isn't waiting. After her son was born last year, she decided he should eat the same foods she does — heavily seasoned Middle Eastern dishes like hummus and baba ghanoush.

"My pediatrician thinks I'm completely crazy," says Azarbeygui, whose son is now 13 months old. "But you know, he sees my child thriving and so says, 'You know what, children in India eat like that. Why not yours?'"

How to introduce healthy children to solid food has rarely been studied. Even the U.S. government has given it little attention: dietary guidelines apply only to children 2 and older.

In a review of the research,

Nancy Butte, a pediatrics professor at Baylor College of Medicine, found that many strongly held assumptions — such as the need to offer foods in a particular order or to delay allergenic foods — have little scientific basis.

Take rice cereal, for example. Under conventional American wisdom, it's the best first food. But Butte says iron-rich meat — often one of the last foods American parents introduce — would be a better choice.

Dr. David Ludwig of Children's Hospital Boston, a specialist in pediatric nutrition, says some studies suggest rice and other highly processed grain cereals actually could be among the worst foods for infants.

"These foods are in a certain sense no different from adding sugar to formula. They digest very rapidly in the body into sugar, raising blood sugar and insulin levels" and could contribute to later health problems, including obesity, he says.

The lack of variety in the American approach also could be a problem.



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AMERICAN ACADEMY OF PEDIATRICS

New SIDS policy recommends cribs be placed in parents' room

THE ASSOCIATED PRESS

CHICAGO — Here are some new recommendations from the American Academy of Pediatrics' updated policy on preventing Sudden Infant Death Syndrome, or SIDS. It updates a 2000 policy.

• Infants should sleep on their backs; side-sleeping is too unstable and should be avoided. The previous policy said side-sleeping was less preferable but if used should include proper arm placement to avoid rolling onto the stomach.

• Pacifiers should be used at nap time and bedtime during the first year but not during the first month for breast-fed babies. They should not be forced on babies who protest. The previous policy didn't address pacifier use.

• Babies' cribs should be placed in parents' bedrooms, which can facilitate nighttime breast-feeding, but infants should not sleep in adults' beds and babies brought into bed to nurse should be returned to their cribs afterward. The previous policy said bed-sharing may be hazardous under certain conditions.

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