

# B

Section

# LIFE



**IN RELIGION**  
NFL player talks faith in his autobiography.

## Oprah: I built African school after becoming frustrated



Winfrey

THE ASSOCIATED PRESS

**NEW YORK**—Frustrated with just donating money to charities, Oprah Winfrey says she built a school for poor girls in South Africa because she wanted to feel closer to the people she was trying to help.

"I really became frustrated with the fact that all I did was write check after check," she told Newsweek magazine. "At a certain

point, you want to feel that connection."

Winfrey spent five years and \$40 million to build the Oprah Winfrey Leadership Academy for Girls outside Johannesburg.

The school for 12- and 13-year-old girls has 28 buildings on 120 lush acres. The school includes huge fireplaces in every building, a yoga studio, indoor and outdoor theaters and a beauty salon. People criticized her, saying the school is too lavish for such an impover-

ished country.

"These girls deserve to be surrounded by beauty, and beauty does inspire," she told the magazine. "I wanted this to be a place of honor for them because these girls have never been treated with kindness. They've never been told they are pretty or have wonderful dimples. I wanted to hear those things as a child."

**BOOT-CUT JEANS, BE GONE:**

## New year means wardrobe tweaks

THE ASSOCIATED PRESS

**NEW YORK**—Out with the old, in with the new. What a noble thought as we start 2007. But, unfortunately, that's easier said than done when you start to think about what you might have to part with from your wardrobe. There are those pointy-toe pumps that make you feel both sexy and powerful, and those boot-cut jeans that are so flattering.

Sorry, they've got to go, says stylist Robert Verdi. Also, that 1950s-style circle skirt that Sarah Jessica Parker single-handedly brought back on "Sex and the City" now looks like a rerun.

"I'm not saying get rid of the skirt, just put it in neutral," Verdi said. "You might wear it twice this year. If you do keep that skirt, shorten it to the knee, wear it with black leggings and a ballet flat."

He added that "we've moved through the boot-cut jean. If it looks good, you can keep it, but put them in the back of your closet. Save them for the days you really want to wear a boot."

Instead, add straight-or skinny-leg jeans that can be tucked into boots.

But, he adds, don't bother trying to clear space for low-waisted pants. They're simply done—at least for the next few years—and they might not have looked as good as you thought.

Each new year, or each new fashion season, doesn't require a complete overhaul, Verdi says, but you need to add key pieces and remove other trendy items from the regular mix of your wardrobe.

If you have multiple skinny sheath dresses or heavily embellished tops, neither of which fit into the voluminous-shape or neutral-color trends going forward, save the best one of the bunch and get rid of the rest.

Also on his hit list are anything that traces the body too closely. "Tight ain't right for the moment," Verdi said—and those beloved pointy black boots and shoes. "I know, you don't want to get rid of them if they are expensive, and, yes, they are a classic. But they're not great anymore. You want a round toe, a platform or a wedge in a neutral color. Don't wear that pointy-toe, 5-inch heel. You'll be living on last year's look."

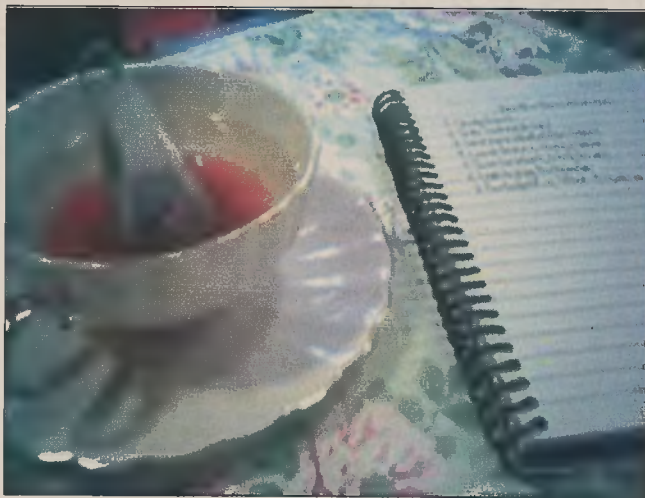
And part with handbags with a lot of bells and whistles. Purses are going to be cleaner, sleeker and simpler to complement the volume of the clothes.

"You'll say you want to keep it because it's going to come back. Yes, it is going to come back but it's never going to look the same," Verdi said.

Of course, many women are space-challenged, which in itself is a good reason to purge the old stuff to make room for the new.

Barry Izsak, an Austin, Texas-based professional

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## 10 revolutionary ideas that are a staple of new year planning

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**H**ave you started out the year with a list of resolutions? According to about.com, most Americans make the same 10 resolutions. The site lists the following as the top 10:

**1) Spend more time with family and friends**

Recent polls conducted by General Nutrition Centers, Quicken, and others shows that more than 50 percent of Americans vow to appreciate loved ones and spend more time with family and friends this year.

**2) Fit in fitness**

The evidence is in. Regular exercise has been associated with more health benefits than anything else known to man.

Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better.

**3) Tame the bulge**

Over 66 percent of adult Americans are considered overweight or obese by recent studies, so it is not surprising to find that weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those millions of Americans who made a New Year's commitment to shed extra pounds.

**4) Quit smoking**

If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter availability of nicotine replace-

ment therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good. Start enjoying the rest of your smoke-free life.

**5) Enjoy life more**

Given the hectic, stressful lifestyles of millions of Americans, it is no wonder that "enjoying life more" has become a popular resolution in recent years. It's an important step to a happier and healthier you.

**6) Quit drinking**

While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking. If you have decided that you want to stop drinking, there is a world of help and support available.

**7) Get out of debt**

Was money a big source of stress in your life last year? Join the millions of Americans who have resolved to spend this year getting a handle on their finances. It's a promise that will repay itself many times over in the year ahead.

**8) Learn something new**

Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just how to fix your computer? Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep. Challenge your mind in the coming year, and your horizons will expand.

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## New beauty buzzwords are metallic and coffeeberry

THE ASSOCIATED PRESS

**NEW YORK**—If 2007 is shaping up to be a year of neutral colors and looser silhouettes in your wardrobe, you might want to consider counterbalancing that with a little sparkle on your face.

A touch of metallic is a good look, says Linda Wells, editor-in-chief of Allure magazine.

"Metallic eye shadow—we saw it on the runways, it brings a brightness to the skin, and it can be mild and sheer, or it can be robotic. It has a huge range of effects—and it definitely makes you look more awake," Wells observed.

But, she cautions, don't overdo it. Choose metallic for eyes or cheek, not both, and pair with a soft pastel lipstick, perhaps the one already in your makeup bag.

You might want to remove the bronzer, though.

"We are done with bronzer as a way to look tan. It can be a substitute for blusher in warm weather months—that's OK—but we won't be seeing

the all-over bronze look. It looks fake, and it can even look dusty or dirty," Wells said.

"Maybe we're accepting the fact that we don't have to be tan. Everyone knows that tan is unhealthy, maybe our tastes are catching up to health."

What Wells really is looking forward to is a new face cream from Revalle Skin that uses coffeeberry extract from the fruit that grows alongside the coffee bean. The product, which will be sold by dermatologists and plastic surgeons but does not require a prescription, will be unveiled in February at a meeting of the American Academy of Dermatologists.

The coffeeberry has been tested to show higher levels of antioxidants than pomegranate or white tea and it has high levels of polyphenols, which are touted as a defense to cellular damage of the skin, according to Wells.

*The People's Clinic*  
The Olvera Research Center  
at University Health  
Make Aired A University Health  
Partnership

## Medicaid

According to the Centers for Disease Control and Prevention, over 6.2 million African-Americans in the United States do not have health insurance.

Health insurance is needed in order to afford the preventive, acute and chronic medical care that is needed to maintain good health. Yet, health insurance is expensive. Many obtain health insurance benefits through their job or place of employment. But employment does not ensure health insurance coverage. A recent study by the Commonwealth Fund found that more than half of those who are uninsured are working, either full-time or part-time.

In the event that you cannot afford or do not have health insurance, Medicaid can make it possible for you to get the medical services that you need. Medicaid is a federal program that provides health insurance coverage for low income individuals and families who meet the federal and state requirements. Medicaid will send payments for medical care directly to your healthcare provider, and depending on state laws, may in some cases require you to pay a small portion of the cost (co-pay) or nothing at all.

Many people do not know whether or not they are eligible to receive Medicaid benefits. Even if you are not sure if you qualify, you can submit an application and let a qualified case worker evaluate your situation. If approved, coverage may begin up to 3 months prior to the date of application (retroactive or back coverage), and you may be able to get payment for medical bills that you have already accumulated.

Are you eligible? Medicaid is available to individuals who fall into one of several established eligibility groups. According to the Centers for Medicare and Medicaid Services, the criteria for these eligibility groups is based on a number of different factors, including your income and available resources, your age, whether you are pregnant, disabled, or blind, and your legal residency status. Eligibility can be broken down into two major areas: categorical need and medical need. Categorical need usually includes individuals with low monthly income, whereas medical need usually includes those whose incomes are too high to qualify as categorically needy, but who qualify based on certain medical conditions.

### Categorical need:

- Families who meet North Carolina's Aid to Families with Dependent Children eligibility requirements.
  - Pregnant women and children under the age of 6 years with family income at or below 133% of the federal poverty level (\$25,735.50 per year for a family of 4).
  - Children ages 6 to 19 years with family income up to 100 percent of the federal poverty level (\$19,350 per year for a family of 4).
  - Relatives or legal guardians of children under the age of 18 years (19 years if still in high school).
  - Recipients of Supplemental Security Income.
  - Individuals and couples who live in medical institu-
- Please see MEDICAID/3B

