

# Style

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Green peasant blouse with lace trim by Lucca (\$52) and cream-colored cotton and linen shorts with tie belt by Miss Me Collection (\$55); both available at Sage.

Photos shot at Atlanta Botanical Garden

## eyecatchers



### Pendants reveal zodiac's charms

Hey, baby, what's your sign? That classic pickup line is not necessary with zodiac pendants from local jewelry artist Mickey Lynn. Handmade silver pendants come with a 16-inch gold-filled chain for \$95 or silver with a sterling chain for \$85 at mickeylynn designs.com.

— Nedra Rhone



### Beautiful beads, beautiful cause

Wearing bracelets for a cause is nothing new. But sometimes a piece of jewelry tugs at people's hearts. In 2005, Delta Air Lines flight attendant Mel Simmons died from breast cancer. Last year, her friends started the nonprofit Friends of Mel Foundation, selling beaded bracelets to fund cancer research and awareness. Mel's Bracelets honor Simmons, who was known for giving away her stash of colorful wrist bands, and are available for men or women for a minimum donation of \$15. The men's version is made with three beads on a braided black leather strap. The foundation has raised nearly \$2 million so far for such organizations as the National Breast Cancer Coalition Fund. www.melsbracelets.org.

— Marilyn Johnson



### Even the bottle stands out

HUGO by Hugo Boss is the perfect complement for a man who seeks adventure and opportunity. A limited-edition bottle contains the cologne with a fresh burst of fruit and vibrant green notes to awaken the senses. The 3.3-ounce eau de toilette is available for \$55 at the Hugo Boss store at Phipps Plaza, 404-846-6066.

— Shila Nieves Burney



Photos by JOEY IVANSCO / Staff

On her: Picnic onesie in black eyelet with satin trim, Twinkle by Wenlan (\$249) at Veruca. On him: Cotton shirt with snap front and embroidery by Caffeine (\$54); gray, black and light blue plaid shorts by Caffeine (\$58); both at Veruca.

### GET BETTER GAMS

The best accessory for any pair of shorts is a great pair of legs. If you need a little help, heed these tips from David Kirsch, New York-based trainer to stars such as Heidi Klum and Ivana Trump:

#### FOR WOMEN

1. Choose the right exercise for your body type. Pear-shapes carry weight in the hip, buttocks and thigh areas and should do knee bends with a wider-than-shoulder stance. Keep your glutes tight throughout the movement. If you want to boost your bottom, do exercises like squats coupled with forward and reverse lunges.
2. Scissors and leg curls help shape and tone your butt and inner thighs.
3. Short on time? Kirsch said his clients swear by wearing high-heeled shoes to tone and shape their calves. He also suggests taking the stairs at work, or even using firming moisturizer like Jergens Natural Glow Firming Daily Moisturizer to tone and tighten the skin. Also, the color makes you look thinner and can camouflage cellulite, he says.



Vintage tee (\$39) by Caffeine and dark tan cotton shorts by Caffeine (\$58), both available at Veruca.



On her: Mexican-inspired cotton blouse by Lucca (\$49), available at Sage; terra cotta washed linen cuff shorts by Elliott Lauren (\$130) at Potpourri of Buckhead. On him: Brown-and-white-striped linen shirt by Aster (\$240); brown leather belt with metal details by Miller Brothers (\$265); cotton poplin flat-front khaki shorts by Bill's Khakis (\$90); all available at Miller Brothers Ltd.

#### FOR MEN:

1. As a rule, men should be less concerned with bulk in the leg area. Too often, Kirsch says, men ignore their legs, resulting in a body that is not symmetrical. Build your legs with exercises like bench step-ups in the gym or park, or even in the office by taking the stairs.
2. Lunges and squats help build size, strength and endurance, while dead lifts are great for strengthening your lower back, glutes and hamstrings.
3. Shake it up on the treadmill. Sprinting on an incline of at least 5 percent and running backward on the treadmill are both effective ways to increase the intensity of your workouts and build strong legs proportionate to your body.

# Take the short cut

By NEDRA RHONE nrhone@ajc.com

It's shorts season, and there have never been so many choices for the summer staple.

No longer just for weekend outings or the beach, shorts have become suitable attire for the workplace or an evening out. But versatility is no excuse for dressing inappropriately. As with most things, the right shorts can be hard to find.

While short shorts have made a strong comeback, they may be the most challenging fashion statement for women. "It's something you definitely have to be in good shape to pull off," said Shannon Kitchens, owner of Sage boutiques. "Unless you have a spectacular figure ... short shorts are over."

Instead, Kitchens recommends knee-length Bermudas for less boyish, more curvaceous bodies. Linen and denim rank as popular materials this season, along with nautical styles, plaids and solid colors. For a dressy look, pair shorts with a feminine blouse or a dressy silk halter and stilettos or wedge heels, she said.

To camouflage heavy thighs but show a bit more leg than Bermudas, try loose cuffed shorts. Pair them with feminine tops and heels for an after-five look.

Men also have a few fashion rules when it comes to wearing shorts with style.

"Jimmy Connors tennis shorts is not the look you want today," said Robby Miller, co-owner of Miller Brothers Ltd. He notes that guys frequently commit a major faux pas by wearing shorts too low, too short or too tight.

Larger guys should opt for roomy pleated shorts, while slimmer men can pull off flat-front shorts. No matter a man's size, one rule always applies: Shorts should hit just above the knee.

Solid colors work well with printed shirts and, for the guy seeking a slightly dressier look, pair nice khaki shorts with a tucked-in collared shirt and a belt.



On her: Brown linen and nylon wrap cardigan, Plenty by Tracy Reese (\$130); cream silk and cotton ribbed tank with ribbon detail, Petit Bateau (\$32); sand-colored eyelet short pants, Calypso by Christiane Celle (\$185); all available at Pink Lemonade.

On him: Red linen shirt by Gran Sasso (\$205); cargo-style flowered linen shorts by Mason's (\$205); both at Miller Brothers Ltd.