

the list

Online: Updates of health, entertainment and lifestyle reports appear regularly at timesfreepress.com.

THINGS TO KNOW



DEBATES ON DEMAND Can't get enough of the 2008 election? Comcast customers can access more than 30 hours of election coverage in On Demand programming. Included are the Democratic and Republican conventions, major speeches from the candidates, Spanish-language content and the presidential and vice presidential debates. The remaining presidential debate, scheduled Wednesday, will be made available the next day in the "Top Picks" folder under "Elections." Additional election programming can be found in the "News & World" folder under "Elections 08."



CONTRIBUTED PHOTO

Taylor Swift was named one of People magazine's 100 Most Beautiful People of 2008 and has appeared on the covers of Rolling Stone, Billboard, Seventeen and Justine magazines. The singer will perform at McKenzie Arena on Oct. 18.

Taylor-made

Country star Taylor Swift, face of l.e.i. jeans, hopes to branch out with line of sundresses

Take your rituals on your trips

Online: Listen to Dalton Roberts' podcast on attracting goldfinch.

All animals create rituals to assist them in living out their days in pleasurable and productive ways. Man is no different. If you question this, pack your bags and go somewhere for two weeks. You will become intimately aware of your rituals within 24 hours after your arrival. You will discover that your rituals either heal or hinder you.

I just returned from two weeks with my son and his wife in Dallas. They did everything in their power to make me comfortable, but I handicapped myself by forgetting some of the things that are vital to my rituals. I am a health-food nut. Most mornings I whip up a power drink with flax meal, aloe-vera gel, rice bran, lecithin and a few secret ingredients that raise my IQ 20 points and my walking road speed about 20 mph. Where could I go in Dallas to get Mega Flax packets and rice bran solubles? My brain shrunk so much in two weeks that I could barely find the airport to come home. My walking slowed down so drastically that a caterpillar tried to adopt me to keep me out of a snail foster home.

I do have one recommendation if you end up in Dallas without the ingredients for your power drink. Slide over to Crossroads, Texas, to the Prairie House Restaurant and

See ROBERTS, Page E6



Dalton Roberts
Commentary

Online: Hear Taylor Swift define a fashion trendsetter.

BY SUSAN PIERCE
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The humor, honesty and everyman appeal of Taylor Swift's lyrics helped log sales of more than 3 million copies of her debut CD, which is still on Billboard's Hot Country Album chart after 100 weeks. She wrote or co-wrote every song on that triple-platinum-selling album, as she has on her upcoming CD, "Fearless."

Now she's parlaying that hands-on approach into a new line of fashion endorsements.

The 18-year-old country music superstar launched a fashion trend when fans began showing up at her concerts dressed in her signature sundress-and-cowboy-boots style.

"It was awesome. I was so flattered by that. I thought it was the coolest thing in the world," the singer said in a phone interview.

Since spring, she has been the face of l.e.i. jeans (an acronym for life, energy and intelligence jeans), sold at Wal-Mart.

"When I dress casually and wear what I want, I wear either a really casual dress

and leggings or jeans and my favorite T-shirt that has the periodic table of elements on it," Swift said. She adds her favorite jeans cut is the skinny leg.

Swift said she hopes to soon have her own line of sundresses. "They'll be really cute, but not that expensive because I don't want my fans to ever feel like I wear the most expensive clothes, and they can't relate to that," she said.

The singer said she enjoys changing her look for magazine shoots and public appearances, but "not to where people don't recognize you."

"Every magazine that you do, they want you to have a different look from any other magazines you've been seen in. It's important to abide by that and let stylists do their job and have fun with your look, but you should never change so much that people are like, 'Whoa! What is that!'"

The singer also has her own fashion doll due out in time for Christmas shopping. Toymaker Jakks Pacific is creating the Taylor Swift collection, which will be dressed in likenesses of memorable dresses and accessories from her best-known videos. The "Picture to Burn" doll will even come with a tiny crystal-covered guitar, according to Playthings.com.

HER MAKEUP MUST-HAVE

Taylor Swift says the one makeup item she's never without is eyeliner. "I have really small eyes. If I don't have eyeliner on, I feel like I don't have eyes," the teen artist said.

NO. 1 ON MYSPACE

Taylor Swift is as big a music sensation online as she is onstage. She recently passed the 50 million mark for music streams on MySpace, where she is country music's No. 1 artist, and she averages more than 5 million streams per month.

WHAT THE FANS SAY

ALEX BROWN, RHEA COUNTY HIGH SCHOOL: Her songs are the only country music I like. I like that her music is a little pop and country. It seems like her (clothing) line is giving Miley Cyrus' line a run for its money. Her boots are cute.

SARAH HEATH, RHEA COUNTY HIGH SCHOOL: I like the lyrics of her songs. Her hair always looks really pretty. ... I'm not really a fan of the (boots and sundress) fad.

KELLY SZEMBORSKI, LOOKOUT VALLEY HIGH SCHOOL: I'm a major fan. She's just one of the few country singers I like.

Turn T-shirts into reusable bags

BY KAREN NAZOR HILL
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Instead of recycling your old cotton T-shirts into dust cloths or throwing them away, Rock/Creek Outfitters in Chattanooga and Icebreaker, a New Zealand-based outdoor apparel company, are offering a green option.

Together, the retailer and clothing company are transforming the tees into sustainable shopping bags.

"It's been a huge success with our customers," said Mark McKnight, Rock/Creek marketing director. "We had a seamstress in the store (last) Friday, and we were turning the T-shirts around while



CONTRIBUTED PHOTO BY MARK MCKNIGHT

T-shirts can be recycled into shopping bags this month at Rock/Creek on Manufacturers Road.

people were in the store. But now we're asking people to drop off their

ABOUT ICEBREAKER

Icebreaker created a new clothing category — merino outdoor clothing. An Icebreaker garment may last a decade, and then it can simply be buried in the garden.

Source: media/icebreaker.com

T-shirts and pick up the shopping bags a week later."

Customers may bring their old cotton T-shirts into Rock/Creek's Two North Shore location through Oct. 31. Rock/Creek will transform the tee into a reusable shopping bag at no cost, and customers will receive \$10 off an Icebreaker merino wool top of their choice.

REVIEW

Book is genuine, encouraging

So much has been written about breast cancer it's hard to imagine there's anything new to say about a topic that will directly affect more than 182,000 women this year in the United States.

But in the new book, "I Am Not My Breast Cancer" (\$26), more than 800 women speak from their hearts and deliver a message well worth reading. Somewhere in this 379-page book, women are sure to find the words they are searching for and the kindred spirit who undoubtedly understands exactly what they are going through.

The topics range from the predictable — hair loss and weight gain — to the not-so-expected — planning your funeral. It is a primer for those who are just beginning their journey, but even longtime survivors are likely to find something they can use. It is likely survivors will find themselves reading exactly what they have been thinking but may have never said aloud.

— By Jan Jarvis, McClatchy Newspapers

