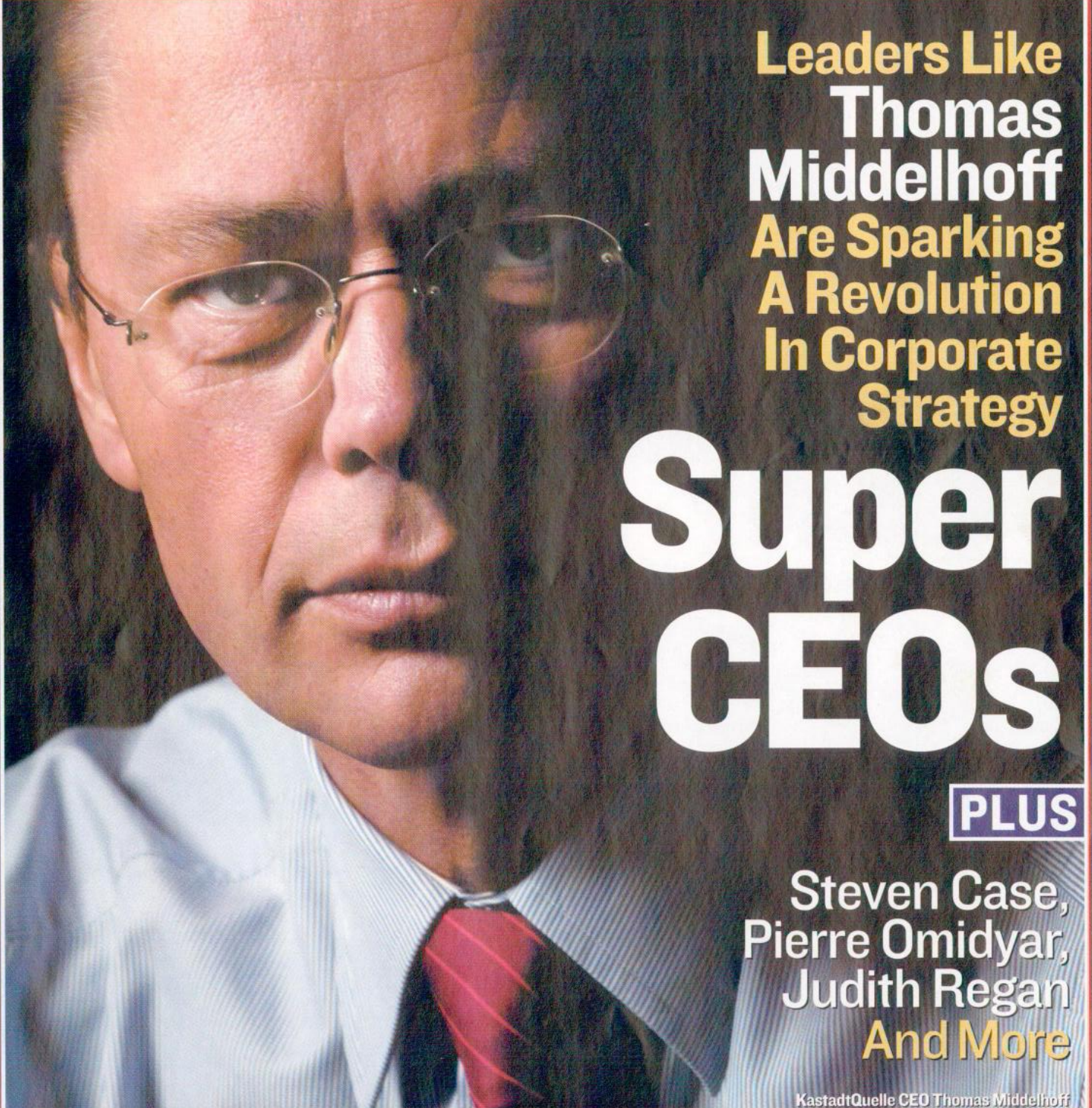


Newsweek

June 20, 2005

NewsweekInternational.com



**Leaders Like
Thomas
Middelhoff
Are Sparking
A Revolution
In Corporate
Strategy**

Super CEOs

PLUS

**Steven Case,
Pierre Omidyar,
Judith Regan
And More**

KastadtQuelle CEO Thomas Middelhoff

PHOTOGRAPH BY JENS ROETZSCH



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Austria €4.00	France €4.00	Israel NIS 18.00	Poland (incl.tax) PLN 11.30	Spain €4.00
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Croatia KN 20.00	Greece €4.00	Latvia \$4.20	Russia \$4.20	Turkey TL 4,000,000 YTL 4.00
Cyprus C\$2.55	Hungary Ft. 590.00	Lithuania \$4.20	Serbia and Montenegro \$4.20	Ukraine \$4.20
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The Tip Sheet

Smart Strategies for Your Money, Health, Family, Technology, Design, Real Estate, Travel

BOOKS

AWAITING HARRY



ON JULY 16, Muggle kids will finally get their hands on book No. 6, "Harry Potter and the Half-Blood Prince." Here's what they can read while they wait:

'The Two Princesses of Bamarre,' by Gail Carson Levine. In this fairy tale by the author of "Ella Enchanted," a princess outsmarts dragons and ogres while on a quest to save her sister's life.

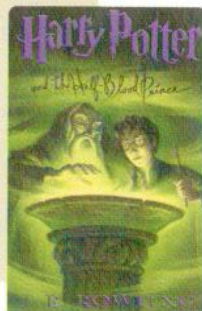
'A Wrinkle in Time,' by Madeleine L'Engle. In this first book of a series about an unusual family, a girl and her younger brother travel through space and time to rescue their missing father.

'The Witches,' by Roald Dahl. This wicked story by the author of "Charlie and the Chocolate Factory" features nasty witches who try to turn the world's children into mice—but are thwarted by a scrappy boy.

'Clemency Pogue: Fairy Killer,' by J. T. Petty. A girl accidentally kills seven fairies—and then heroically (and humorously) travels to correct her mistake.

—KAREN SPRINGEN

MAGIC: Page turner



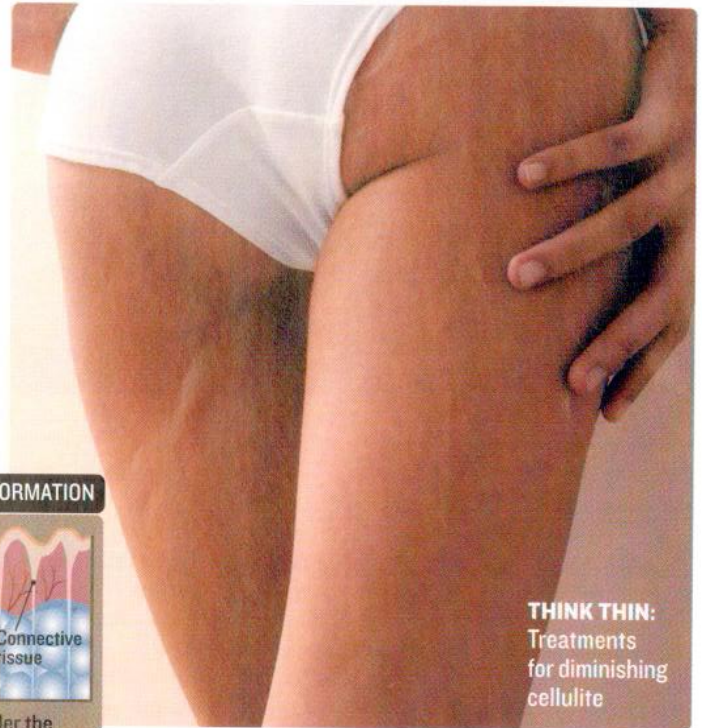
HEALTH

WHEN DIMPLES GO BAD

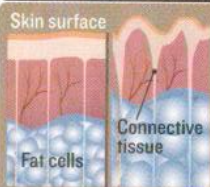
BY ANNA KUCHMENT

UNTIL LAST MONTH, Lindsay Christiansen, 26, hadn't worn a bathing suit in three years. The San Diego, California-based flight attendant gained weight after college and felt self-conscious about her increasingly dimpled thighs. "It got to the point where I didn't even want to wear shorts," she says. Then Christiansen heard about a new treatment for cellulite that combines intensive massage and cool laser light. She signed up at a local spa and, after just a few weeks, saw a big difference: her legs were slimmer and less rippled. "Every day, people are, like, 'You lost weight, what are you doing?'" she says.

Christiansen's treatment, TriActive, is the product of a new wave of research into cellulite. The orange-peel-like skin that forms around the butt and thighs affects 85 percent of all women older than 18. Yet, for a long time, dermatologists had little information about its nature or how to treat it. "Only in the past three years have we really understood what causes it," says Dr. Jaggi Rao, an associate clinical professor of dermatology at the University of Alberta in Edmonton. Doctors now believe that cellulite forms when the skin begins to thin, allowing fat to rise to the surface. As



CELLULITE FORMATION



Fat cells under the surface expand, pushing against vertical bands of connective tissue. The pressure causes the bands to pull down on the top layer of the skin, creating a dimpled effect.

SOURCE: JAGGI RAO, M.D., UNIVERSITY OF ALBERTA

THINK THIN: Treatments for diminishing cellulite

women experience hormonal changes associated with puberty, pregnancy and menopause, fat cells clump together and accumulate in columns. The columns, separated by vertical connective bands called septa, act like stitches in a quilt: they pull down on the skin, causing it to pucker, even as the fat puffs out like stuffing. (Men typically don't get cellulite because their skin is thicker and they lack these vertical bands.)

Don't start dreaming of Brazilian bikinis just yet: there's still no way of permanently getting rid of cellulite. But dermatologists say there are improved ways of diminishing it. The newest treatments are TriActive, a machine that combines skin suction with a cool diode laser,

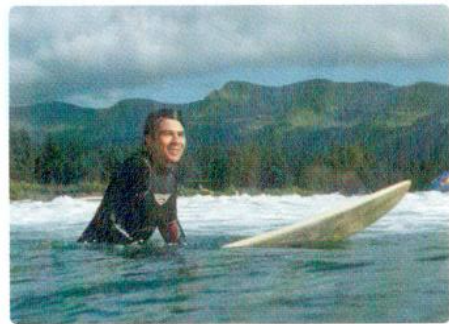
and VelaSmooth, which combines suction with a hot laser-like light. (TriActive was approved by the U.S. Food and Drug Administration last year; VelaSmooth is seeking FDA approval.) Both are noninvasive and help loosen the septa and improve circulation, say the two dermatologists who tested the devices for regulators. Christiansen's doctor, dermatologist Kimberly Butterwick of La Jolla's Spa MD, conducted a trial of TriActive (about \$150 per session) that will appear in an upcoming issue of the Journal of Cosmetic Surgery. After administering 12 twice-weekly treatments, she saw improvements that were "modest but measurable" in her patients: an average 23 percent reduction in cellulite and a 15 percent reduction in thigh circumference (or just less than 1cm).

For a less expensive approach, patients can turn to topical creams. They may look like quackery, but dermatologists say creams help firm the skin and diminish the appearance of cellulite—as long as you use them religiously. Look for ones that contain caffeine, which is believed to drain water from fat cells, and retinol, which tones and firms the skin. Yale dermatologist Lisa Donofrio recommends Jergens Skin Firming Moisturizer (\$5.99) or RoC's Retinol Actif Pur (\$18.99).

One piece of good news for lazy cellulite sufferers is that working out, good for virtually every other health condition, won't help much. For Christiansen, the decision to spend \$1,200 on her backside was easy. "A personal trainer might have cost a lot more," she says. Now she can sit back and enjoy her summer—in shorts.

TRAVEL SURFING WITH SEA OTTERS

WHEN BRIAN Wilson and Mike Love penned "Surfin' U.S.A.," they probably didn't have Alaska in mind. But the land up north has a surf culture all its own,



FROM LEFT: OAKLEY COCHRAN—ALASKA STOCK, NO CREDIT (4), PHOTOGRAPH BY DAMIEN DONCK FOR NEWSWEEK (2)

FOOD | BIG GULP

Chocolatey brews are suddenly big, but so are their calorie counts. Our tip: pass the Snickers! —RAMIN SETOOODEH



Dunkin' Donuts: Iced lattes come in chocolate-dipped banana or strawberry flavor. Is that a fruit serving?
Calories: 300 (90 from fat).
Chocometer: Like a bite of fudge.

Starbucks: The Chantico is a mixture of cocoa butter and cocoa powder, with steamed milk.



Calories: 390 (190 from fat).
Chocometer: Melted truffles.



Godiva: The Chocolixir. Pieces of chocolate are blended up with caramel or chocolate sauce.
Calories: 700 (270 from fat).
Chocometer: Might as well eat a box.

built around 19-hour days, beachcombing bears and water that's not as cold as you'd think.

For a taste of tranquil Alaskan surfing, take one of Alaska Airlines' daily flights from Anchorage to Yakutat (alaskaair.com; \$240 round trip). That's Alaska's surfing hub, where out-of-towners and the occasional pro surfer mingle with beach bums, and no one ever has to fight for a wave. Rent a board and a wetsuit for \$30 a day from the Icy Waves Surf Shop (icywaves.com), and don't let the shop's name scare you: water temperatures can reach the mid-60s in summer. Save money by bringing a tent and camping next to one of

Yakutat's several surf spots. If saving money isn't a priority, book a one-hour flight from Anchorage to Cordova (Alaska Airlines; \$215 round trip) and sign up with Points North Heli-Adventures ([\[heliski.com\]\(http://heliski.com\)\). Boats, helicopters and bush planes take surfers to the choice spots around Cordova. Rates average between \\$3,000 and \\$5,000 per week, and shorter stays are also available.](http://alaska</p>
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To skip the extra plane fare out of Anchorage, drive two hours south to Seward, where Alaska Surf Adventures (alaskasurfadventures.com) has the perfect combination of outdoor sports and relaxation. Owner Scott Liska takes visitors out on his 43-foot boat to hunt for the best surfing in remote spots along the Alaska coastline.

Don't forget your camera: the area is famous for its sea life, including humpback whales, sea otters and puffins. Rates average about \$150 per person per day. The scenery is beautiful, the days are long and the water—well, it's not *that* cold. —KYLE MONSON

MINI-ME LAPTOP

IF ALL THAT MATTERS to you in a smart phone is size, the Nokia 9300 might not be for you. But the newest in the company's Communicator series is a beauty that contains both a robust organizer and a pocket-size laptop.

At 5.9 ounces, the 9300 is light and fits comfortably in your hand. The best part, though, is the crisp screen you'll find when you flip open the phone sideways. The qwerty keyboard is bigger and easier to thumb-tap than the others. And it has a built-in MP3 player, making this new gadget music to the business user's ear.

—SANDY LAWRENCE EDRY



OPEN WIDE:
There's a keyboard inside



LIFE OF LUXURY MADE IN THE SHADE

For more than a century, Louis Vuitton has defined itself with a timeless handbag and travel collection peppered in LV monograms. This month, the house introduces its first hip-hop inspired sunglasses collection. Designed by Marc Jacobs in collaboration with American music producer Pharrell Williams and

Japanese designer Nigo, the prized Millionaire series distills an

Millionaire

Louis Vuitton moves beyond luggage with a line of new bold and curvy sunglasses. They cost \$1,000 and already have a waiting list.

unexpected elegance and free femininity. The bold, curvy shapes and rich colors, inspired by the gangster movie "Scarface," honor the

Parisian heritage of luxurious detail; the jeweled frames connote power and ambition. But for now, you can't just walk

into a boutique and buy a pair; Louis Vuitton must choose you. Tagged at \$1,000 (vuitton.com), Millionaire already has a waiting list.

—SANA BUTLER

