

IN

MAGAZINE

A Feast For The Eyes

**BRINGING
HIGH STYLE TO
YOUR TABLE**

PLUS

CHEENA CHANDRA JEWELRY

*Reflecting The Facets
of Two Cultures*

Write On

Communicate In Style
With Distinctly
Feminine Pens

Our IN List

INcomparable, INdispensable
and INcredible Must-Haves

ALSO

CHEERS!

*Uncorking Local
Wine Boutiques*

JUNE | JULY 2008

IN THIS ISSUE

12 COVER STORY:

OUR FAVORITE SHOPPING AND FASHION FINDS

Here at IN Magazine, we love to shop. Whether it's finding a great bargain, an unusual item or just something fun and frivolous that we must have, there's something about the thrill of discovery that puts us all in a good mood. Wildflower Linen's designs made us want to immediately host a party. Our discovery of Deborah Bedard pens had us wondering why no one had thought of that before. And now, we will never, ever be able to live without removable wall decals. Ever.

We hope you'll find something in these pages that sparks your interest. Happy hunting!



6

by the way
W.I.N.O.S. Unite!
By Cathy Avenatti



10

food | dining
We All Scream for Yogurt
By Tracy Stapp



8

wellness | beauty
Knowing the Signs
of a Stroke
By Robert Tanaka, DC



12

shopping | fashion
The IN List
By Julie Rasmussen



9

business
Mighty Meets
Stylishly Feminine
By Narina Gonneville



16

fine art
When East Meets West
By Anastacia Grenda



WE ALL SCREAM FOR YOGURT

A Deliciously Trendy Treat

Frozen yogurt is the hottest—or rather, coolest—treat around nowadays. And why not? It's a refreshing snack, especially on a hot summer day, and one that you can actually feel good about! According to the National Yogurt Association, yogurt with live and active cultures is a great source of calcium and protein, may boost your immune system, and can even be enjoyed by people who are lactose intolerant. So it's no real surprise that consumers are crazy about it—or that entrepreneurs are capitalizing on the craze. There are so many different frozen yogurt shops popping up that you're sure to find one that fits your tastes. Here are some of our favorites.



PHOTOGRAPH PROVIDED BY CÉFIORE

RED MANGO

Red Mango is all about the beauty of simplicity. Choose your cup size (small, medium or large), your flavor (original or green tea) and then your toppings. There are fresh fruit like strawberries, bananas and, of course mangos, as well as other toppings such as granola, almonds and dark chocolate. The servers pack them skillfully into the sides of the swirled yogurt to create a treat so pretty you almost don't want to eat it. But when you finally do take a spoonful, the taste might come as a bit of a shock if you're used to frozen yogurt that's made to taste like ice cream as this frozen treat is unapologetically tart and tangy. A small original yogurt starts at \$2.50. redmangousa.com

YOGURTLAND

At the other end of the spectrum is Yogurtland, which feels like a souped-up version of a buffet sundae bar. They also offer plain and green tea flavors—along with 14 others. And that's what Yogurtland is all about: choice. Customers fill their own cups and scoop their own toppings, so you can get as much or as little as you like, in whatever combination you want. The flavors include some more traditional ice cream flavors like vanilla, chocolate, cheesecake and cookies and cream, several tart fruit options like strawberry, pineapple and mango, and even some more unusual options like tarts and peanut butter. Then there are even more toppings to choose from—33 in all—including fruits, nuts, cereals, candy and cookie dough. And whereas other shops charge for each topping, Yogurtland simply charges 30 cents per ounce, making it as popular with those who love to save money as those who love variety. yogurtland.com

CÉFIORE

Céfiore's frozen yogurt actually comes from Italy, and is creamier and less tart than yogurt from the US. In addition to original and green tea, they offer raspberry-pomegranate and acaiberry, both flavored all-naturally with fruits known for their health-boosting properties. The nice thing about Céfiore is that, while frozen yogurt is definitely the centerpiece, it's not the only thing on the menu. They also sell a variety of organic hot and iced coffees, teas, smoothies, snow ice and waffles. For \$5.75, you can get a Waffle Combo, a waffle topped with a generous dollop of frozen yogurt, three toppings of your choice, and a drizzle of syrup. It's big enough to share, and the frosty yogurt blends perfectly with the cooked-to-order waffle that's crispy on the outside but still fluffy in the middle. cefiore.com ■

— Tracy Stapp