

# Boys, 'Pull up your pants' Girls, 'Put on some clothes'

Am I just getting old? I always believed that pants needed to fit and be worn properly, not halfway to the floor like a saggy diaper, prohibiting any attempts at normal walking.

It seems that young males disagree; in odd groups they waddle, urban ducks who cannot escape the scene of a crime because they cannot run – worse, they hold up their pants by grabbing a tuft of it in front and scrunch it into a tight ball. They are wearing belts!

The trend for girls is the opposite; barely called clothing, a few sizes small, showing off their un-pregnant swellings – the result of living in a fast food nation – and usually with attitude. What happened to

Pleasantville? Was it that bad of an image?

Why bother designing for this generation? Are the fashion queens of New York leaping from buildings or reveling in the lack of skill needed to sell clothes? It is the generation of the bag look – unshapely, unsized and one blob fits all.

Yet, the prices are high! Ugly ain't cheap in the modern world.

Fashion has certainly reflected society throughout the ages, from the puritanical skinless generation at the turn of the old century, to the ripped and stained new clothing at the turn of this century.

Perhaps the message of the moment is that values are askew, lost between the com-

mercial prostitution of holiday shopping and the uncertainty of global warming, with toxic levels of pollution added for good measure.

Certainly, members of the saggy generation do not stand out within their own group, waddling without the grace and purpose of the Emperor Penguin, yet with higher numbers

I am glad to be old enough to want to fit into my clothes; but I still want to shout out to the rest: "Pull up your pants, people, and deal with it."

### WHAT OUR READERS THINK

On the street, outside the Clayton Post Office, Clayton



ANDRÉ GENSBURGER  
DEAL WITH IT

resident Dean McCoy laughed at the question posed to him. "I tell my nephew to pull up his pants all the time," he said. "I guess it's OK as long as it is not hurting anyone."

Tracy Greene, also from Clayton, disagreed. "I feel it is a part of the disrespect from youth of today," she said with a grimace. "It seems popular for girls to look like a tramp."

Turning to leave, she added, "you know, I'm young, but I don't think it needs to be a fashion statement."

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## Isagenix: Renewed health for the new year

ANDRÉ GENSBURGER  
Clayton Pioneer

Wendy Moore got started with Isagenix 14 months ago after a friend showed her dramatic weight loss with benefits. Undergoing the program herself, she dropped 20 pounds in two months.

"I went from a size 6 to a size 2, and I feel great," Moore said. "You've got to understand the pitfalls of most diets that are out there that don't address the toxins that have accumulated in cells and put you in a low caloric state. People are just starving themselves."

Isagenix offers complete programs to help everyone reach the goal of health and nutrition through proper methods of weight loss, skin care, cleansing and fat burning. The business continues to grow on client referral alone.

Moore acknowledges that the word "cleanse" has become the buzzword with a less than pristine reputation, most of

which comes from a lack of understanding about the processes needed by the body in order to stay healthy.



Photo courtesy of Wendy Moore  
WENDY MOORE looks forward to "retirement by chocolate."

"I'm a cleansing coach," she said. "This means that my job is to get you the correct information first because you want to know that this is safe, effective and you won't just gain the weight back."

Of course, to a large degree, the mental preparedness of the client plays a large part in any program. By having a coach, Isagenix keeps the client accountable for their actions. "People want to be kept accountable," Moore said. "It helps them to stay focused and allows for ongoing adjustments to be made."

Moore pointed out society's obsessive need to be "amped on caffeine" as a coping mechanism. "Just look at the lines at the coffee houses. Sometimes people come back a few times a day just to keep that edge."

There is no magic to Isagenix; just good nutrition, a sound plan and dedication from the people involved in the program. "We have a scientific advisory board made up of doctors who are looking at the program because their own clients are showing amazing results," Moore said.

Moore has found success by integrating her involvement in real estate and Isagenix by bringing together a group of "highly stressed" people. "The economy has left Realtors very stressed," Moore said.

The majority of her clients are referrals. The company relies on its customer base to spread the word. With 15 years as a health and nutrition counselor, Moore firmly believes in the product line and the underlying message as cornerstone to a healthy and well-balanced life.

"You don't starve on this program," she said. "There are abundant calories, well balanced nutritionally, that leaves you with energy, a mental clarity and even improves your sleeping patterns."

She knows that people are skeptical, and she said she can't blame them. "Fitness professionals use the program as well, not for weight loss, but for the nutritional benefits they get. ... When you're done losing weight, you also will find that you are not shopping processed foods, picking carefully from the outside aisles of the store."

Moore likes to talk about the science behind the products and strongly believes that when people understand something it makes more sense. "I'm on three-way calls 10 to 15 times a

day with clients who are trying to explain this to their family and prefer the way I explain it. That's how much activity is out there."

For 2008, Moore is pleased to announce that she would like "retirement by chocolate." Laughing, she explains that Isagenix is about to release a new chocolate product that not only curbs appetites, but also increases energy levels. What more could you want?

For more information, contact Moore at (925) 570-5187, or visit her online at <http://www.toyoursuccess.isagenix.com>. See ad this page.

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"My name is John and I'm 19 years old. I've been fat my entire life, as have most of my family members. Before starting the Isagenix program, I weighed in at 335 pounds. I decided that it was time to actually try and do something about my weight when I saw friends of my family having terrific results from the Isagenix Cleansing Program. On my first cleanse cycle I lost 20 pounds and 13 inches off my body! I continued to maintain my Isagenix Plan and am now weighing in at 225 pounds and have released over 120 inches and 130 pounds. I now sleep at night, have no more back discomfort, get frequent stares from the ladies and just feel great about myself! Isagenix has changed my life forever and I believe even saved it! Thank you Isagenix!" -John G.

We've got the "Skinny" on weight loss...  
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WENDY MOORE  
(925) 570.5187  
INDIVIDUAL RESULTS MAY VARY

## School, from page A7

p.m. No class on Wed., Mar. 26 due to Spring Break. For more information and tuition fees please call Ames Seminars at 925.937.2280.

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The Clayton Valley HS team for Quiz Kids is ready to go on to its next round!

The match will be played at Sat, Jan 12, 3:30, at the Quiz Kids Studio in San Carlos, CVHS vs. Westmoor HS.

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Dell 7Y745 (Series 2) TRI	\$30.99	\$16.50	HP 15X (C7115X)	\$81.99	\$49.50
Dell M4646 (Series 4) TRI H/Y	\$30.99	\$16.50	HP 49X (Q5949X)	\$130.99	\$79.99
HP 45	\$29.99	\$16.50	CANON E40	\$129.99	\$70.00
HP 78a	\$54.99	\$26.00	Brother TN-350	\$62.99	\$37.99
HP 96	\$29.99	\$16.99	Brother TN-550	\$73.99	\$45.99
HP 97	\$34.99	\$19.50	<b>COLOR LASERS</b>		
Lexmark 70	\$31.99	\$17.99	HP Q6001A to Q6003A	\$ 82.99	\$49.99
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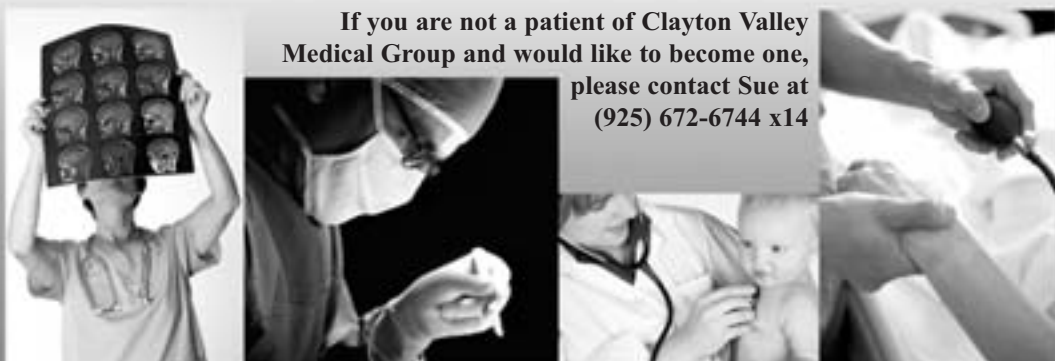
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