



Click Here To View Macy's Newspaper Ads & Inserts Online



Phoenix 47°  
Tucson 41°  
Flagstaff 17°  
Traffic | Weather

SEARCH SPONSOR

marketplace

- » JOBS
- » AUTOS
- » REAL ESTATE
- » APARTMENTS
- classified
- local shopping
- newspaper ads
- coupons
- phone book



Valley Scene

- ▣ Clubscene
- ▣ Clubwear guide
- ▣ Daily pick
- ▣ Online directory

Fashion

- ▣ Fashion shows
- ▣ Red carpet
- ▣ Clubwear guide
- ▣ Hot or not-so-hot?
- ▣ Fashion directory
- ▣ Fashion picks

Beauty

- ▣ Beauty guide
- ▣ Beauty directory

# yes: your essential style

» [Print This](#) » [Email This](#) » [Most Popular](#) » [Larger Type](#) » [Smaller Type](#) » [Subscribe to The Republic](#)

## Miss manners

**Lisa Kasanicky**  
ArizonaSpaGirls.com  
Jan. 4, 2005 12:00 AM

Where art thou Martha Stewart? And where, oh where, does the salad fork go? While Martha takes her temporary leave from domestic dominion and leaves us to entertain with reckless abandon, we have other social graces to conquer. Like, for example, how to cross our legs during a job interview or how to articulate words in a way that commands attention. Here's a helper: the UdefineU program. Dubbed "finishing school in a box," UdefineU program ([LINK](#)) is a new self-help video series that addresses these and other ramparts into grace, elegance and tapping in to our inner Audrey Hepburn.



Paramount Pictures

"People are drawn to people who look put together, are well-mannered, poised and confident," notes UdefineU founder Lourdes Figueroa. "They might not even know why, but there is an unconscious positive message being sent that says 'I am happy; I care and respect myself. And therefore, I care and respect others.'

advertisement



- Beauty picks
- Best beauty products

## Weddings

- Checklist
- Merchants guide

A woman's image is her calling card to great things."

It was her own physical transformation from a size 20 to size 8 that spurred this former Fortune 500 businesswoman to develop the UdefineU series. Figueroa found that after losing weight, she was still far from becoming the woman she had envisioned. "I was simply a thinner version of my old self," she says. In her quest to complete her transformation, she studied women who serve as role models for their style and elegance. "It was apparent these women weren't born looking fabulous, but were transformed into their current states. I concluded that if they could do it, so could I," she explains. Realizing that no comprehensive and affordable source existed to hone these "finishing school" qualities, she culled a cast of experts and created the UdefineU step-by-step program to help women blossom with grace, elegance and self-confidence.

Points to ponder from the UdefineU four-part series:

**POSTURE & POISE:** Take pride in your posture. Proper posture not only can change your physical appearance, making you look taller and thinner, but it also projects a confident and self-assured attitude. While most of us get used to slouching from hours of sitting in front of a computer, this exaggerated position stresses the back, limits your breathing capacity and causes fatigue. Try to hold your body in a natural "S" position for a more comfortable stance that also exudes confidence and poise.

**VOICE & SPEECH:** Avoid a broken voice by showering before a party. Almost everyone gets nervous when speaking in large groups, giving speeches or even

---

### Etiquette matters

Pinkies up! Charm schools are back.

-----

Other lessons in grace In "Things You Need to be Told: A Handbook for Polite Behavior in a Tacky, Rude World," ([LINK](#))

The Etiquette Grrls teach that it is more polite to tell someone "See you in hell" than to say "See you in court," and how to dress appropriately should you find yourself in the fiery depths of court (which I did and thank goodness I knew what to wear. But that's another story). Other forays into the fine art of being a lady: - More Things You Need to Be Told: A Guide to Good Taste and Proper Compartment in a Tacky, Rude World ([LINK](#))

- The Fabulous Girl's Guide to Grace Under Pressure: Extreme Etiquette for the Stickiest, Trickiest, Most Outrageous Situations of Your Life ([LINK](#))

- Social Graces: Manners, Conversation, and Charm for Today ([LINK](#))

- The Art and Power of Being a Lady ([LINK](#))

[Receive weekly emails about specials and features on the site.](#)

---

design it  
at KB Home Studio



*Click Here  
to Start*



**KB HOME**  
studio

meeting new people at parties. You can avoid a nervous, shaky voice by doing vocal exercises in your shower before a party or event. The steam and warmth of the water will clear and relax your sinuses and vocal folds, making it possible to produce an open and full sound and giving you self-assurance when introducing yourself to new colleagues, clients and friends.

**ETIQUETTE:** Be prepared with conversation starters. If the idea of party prater makes you sweat, don't panic. Most conversational blunders are committed by those who talk too much, not too little. Think before you speak. Have a list of potential topics in mind that will help you get a conversation going. Avoid yes/no questions. "What are your plans for the holidays?" will generate a more detailed response than "Are you traveling for the holidays?" Don't be afraid to introduce yourself, especially to someone who appears just as conversation-phobic as you.

**STYLE:** Go easy on the glitz. Beading, metallic and shimmer are all fine for the holidays. In fact, most women wait until a good party to break out all of the glitzy finery. But too much shine can overwhelm anyone, especially if you wear it in areas that you don't necessarily want to highlight (like a beaded chest sweater for a busty woman).

The \$99 UdefineU program (on VHS or DVD) is available online ([LINK](#)) and comes with a reference guide and style cards. A portion of proceeds from sales go the National Breast Cancer Foundation.

## more features

- [Combating dark eye circles](#)
- [Knockoffs -- who is it?](#)
- [Bands of honor](#)
- [Taking it all off](#)
- [Hats off to Von Dutch](#)
- [Waxing high and low](#)
- [What's hot in cosmetic surgery](#)

## daily pick



Jan. 06, 2005

### Bed-in-a-Box

\$115.00, Ready Made Magazine

[more fashion](#) | [beauty](#) |

[home](#) | [gift picks](#)

[online sales](#) | [shopping directory](#)

---

**SITE MAP** [azcentral.com main](#) | [news](#) | [sports](#) | [money](#) | [entertainment](#) | [family](#) | [health](#) | [food & home](#) | [photo/video](#) | [shopping español](#) | [weather](#) | [classified](#) | [jobs](#) | [autos](#) | [real estate](#)

---

**CUSTOMER SERVICE** [terms of service](#) | [contact The Republic](#) | [subscribe to The Republic](#) | [Newspapers in Education](#)  
[The Republic in your community](#) | [about The Republic](#) | [jobs at The Republic](#) | [jobs at KPNX-TV](#) | [about KPNX-TV](#)

---

**PARTNERS** [USA Today](#) | [Gannett Co. Inc.](#) | [Gannett Foundation](#) | [REAL Cities](#) Network Member

---

**Copyright © 2005, azcentral.com. All rights reserved.**