

YEAR-END DOUBLE ISSUE

THE IMPROPER BOSTONIAN

METRO BOSTON'S SPARKLING CLEAN GUIDE TO ENTERTAINMENT, CULTURE AND SOCIETY

THE YEAR
GAY MARRIAGE
SOX SUPREMACY

TRENDS!
WHAT FADS
ON IN BOSTON

OUR AN
IN & OUT



HOW TO
WEAR A
AND
FAB PARTY
DRESSES

MOPSY

SERENDIPITOUS SHOPPING: OUR
UNFETTERED CORRESPONDENT SEEKS
OUT THE SALUBRIOUS AND THE CEREBRAL.

BY MOPSY STRANGE KENNEDY

LESSONS IN BECOMING AUDREY HEPBURN

UdefineU is a series of four DVDs that serve as a "finishing school in a box."

Designed by a formerly overweight woman who wanted to deploy her svelte self more elegantly, the set costs \$99. Call 877-333-4638 or go to www.undefineu.com.

In a style that's almost touchingly crisp and formal, these four videos go about teaching women "the foundations of grace and elegance." In each segment, a cheery, elegantly dressed woman, standing up inspiringly straight, interviews another glamorous professional woman regarding posture and poise, voice and speech, etiquette and fundamentals of style. In one video, a speech coach discusses the elements of melodious speaking, showing us a range of vocal ugliness to be avoided—including voices that are monotonous, harsh, nasal, mumbling, bossy and overbearing, or thin and childlike—and suggests corrective exercises. Throughout, the negative impressions—let alone damaged self-esteem—resulting from gauchery, nonstylish dressing, slouchiness, and uncouth or just uninformed table manners is emphasized. Ballerina Maria Vardeja, gorgeous as a gazelle, demonstrates just how effective erect posture can be when one employs a soft airiness of movement; balletic grace in everyday life. Formal or professional table manners require an exacting and artful geometry and choreography of fork, knife and napkin that you might well not know. Fashion designer Victoria Lopez-Castro offers extremely stringent wardrobe direction; only six "pieces," subtly shuffled.



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