



Get fit to drive

BODY & SOUL, P/11



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Shar's gift to gab

THE WORD, P/11

### Safety concern delay WTC sky

MANHATTAN Plans for skyscraper at the WTC Center site have to be because of safety concerns raised by New York Department security experts, delaying the opening, rebuffed officials said yesterday. The 1,776-foot Freedom Tower, designed by David Childs and Daniel Libeskind, will be completed in several months, officials said.

### Cuisine goes



### Mets hit



SPORTS, P/18



# Get out the white gloves

## Are good manners good business or just a remnant of a bygone era?

IF YOU ARE LIKE ME, being a well-mannered, poised woman has been drilled into your mind since birth. I can still hear my mother reprimanding me for not keeping my elbows off the table, or for chomping my gum loudly at an important event — all small acts whose avoidance have become as much a part of my life as brushing my teeth.

That's why I was intrigued when I came across a set of DVDs called "UdefineU," which claims that women have become so busy with their lives that they've never learned the formal rules of being a lady — and that kind of neglect could cost us go-getters everything from social grace to a coveted job.

"We are in a society where people, especially women, are working too hard to think about good table manners, being gracious hostesses, even getting in and out of cars in a proper manner," says host Patricia Stephenson in the video. "Manners are everything and you never know who is watching when just a minor slip up can cost you."

### Etiquette rules

So, if I was processing the message correctly, having good manners could open doors to a wealth of possibilities, both personal and professional. Forget fine-tuning my personality, or making sure that I'm a thoughtful and intelligent human being. The road to success and good self confidence is all in etiquette. Interesting.

The instructional videos lectured me on everything from how un-ladylike it is to brush your hair, talk on the cell phone or apply lipstick at the dinner table — all acceptable things to be cognizant of. Then it discussed the proper way to get in and out of a car and how to pick things up off a table (pretend



FOUR DVDS and three hours later, a new set of manners promises a more confident, poised you. But is it necessary?



"Manners are everything and you never know who is watching when just a minor slip up can cost you."

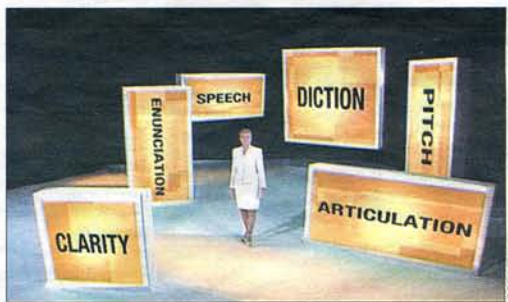
PATRICIA STEPHENSON, HOST OF 'UDEFINEU: ETIQUETTE'

that you are grasping a tissue between your middle finger and thumb).

After three hours of watching, I decided to put these rules into action at the dinner table: First with an old family friend who is much older and keen on judging everything, and then with a group of my close friends.

### Dinner test No. 1

My first dinner I kicked up "Miss Manners" by ten notches. I sat demurely with my ankles crossed, consciously lifting my utensils to my mouth as I ate, even leaving my fork and knife turned down at the four



THINGS to think about as part of your 'manner makeover.'

o'clock position when the dinner was over. I didn't place my elbows on the table at all during the meal and I graciously thanked my host by sending her a thank you note.

The verdict? I was praised for my poise and great demeanor.

"You have really grown up," my family friend said.

### Dinner test No. 2

But when I tried the same tactics at my friendly group dinner, the reaction was anything but positive.

"Why are you acting so strange?" asked one of my friends.

"You seem on edge. Do you want another glass of wine?"

Clearly, my über-manners struck them as being unnatural.

In some situations, proper conduct is necessary and welcomed, but unless you are one of those people who attends a formal affair every night, it's not necessary to take a full course on manners. Real poise can only come from genuine, personal attention to details and pretending to be something that you are not can't possibly lead you down the road to success.

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# ed

### of heroin

a resounding victory and American Karen Tandy, an attorney for the Drug Enforcement Agency, said. Tandy was arrested Saturday, is scheduled to appear in court tomorrow. David S. S. court-appointed attorney return calls for SHUA RHETT MILLER  
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# me les nmet

apes and other... 6 percent city... more than 20... police statistics

of six of the seven... robbery, felony... burglary, grand... and grand theft... were down... were 141 murders... ed this year... from 163 over the... period in 2004, a... of 13.5 percent.

all, reported... has dropped 5.78... nt, from 40,305... nts in the first... s of 2004 to... this year.

due to outstanding... by the police offi... involved," said... Commissioner... Brown. "In addition... peration Impact... to be yielding

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