



## Fashion



Photos special to the Marietta Daily Journal  
White is in style for both men and women. Stylists advise pairing crisp, white shirts with jeans.

## Style matters

New styles, colors soften up men's looks this spring

By Karen Mortensen  
Marietta Daily Journal Staff Writer

Pretty pastels and whimsical whites aren't just flooding department store floors in women's sections this spring — they are also softening up men's clothing racks.

"Men shouldn't be afraid to wear white and soft-tone color shirts," said Stephen Rector, men's designer collection buyer for local Macy's stores.

"They look a lot better with most guys' skin tones than the bright colors."

White, especially, has transitioned this season from women's fashion into everything from blazers, pants, button-down shirts and sports coats for men, Rector said.

The fresh new hues fit perfectly with the "preppy" look that is showing up this spring, he said, which means country club-style plaid shorts, linen, striped polos and an overall clean-cut appearance.

Even pink — think cotton candy, not Barbie fuchsia — shouldn't be thought of as just frilly and feminine right now, said Eadie Kelly, vice president of merchandising for International Male fashion line.

"Pink is definitely a trend in menswear ... woven shirts, knits and even underwear," Ms. Kelly said. "It probably got its origin in women's apparel last year. It crosses from women's to men's very quickly."

It's more the material and construction of the piece, not the color, that makes clothing seem girly, she added.

"I think feminine would be more characterized by frills or silhouettes," Ms. Kelly said. "These are button-down shirts or slim-fitting suits."

She suggested pairing pink shirts with classic khakis or jeans, letting men be casual, comfortable and stylish at the same time.

If you're not ready to think pink, Rector said a suit in khaki or light gray would put you on par with spring fashion. Look for these suits in a light, crisp cotton.

Men can complete their new season style with the right shoes, and Rector said slide-on loafers — driving shoes — are popular.

"Even in white, they are a big trend," he said.

But if there's one piece of advice Rector said men should warm up to in spring, it's don't shy away from more understated and pastel colors in clothing.

"There's no reason to be afraid of it," he said.



Fashion experts say men should think pink this season.



Staff photo by Renee Brock

Marietta resident Dr. Hugh McLeod, who was the medical director of the BellSouth Classic golf tournament held last week at Sugarloaf Country Club in Duluth, poses on the driving range of the Atlanta Country Club in Marietta. Dr. McLeod says good health is key to a winning game in golf.

# Fore better health

BellSouth Classic's medical director gives tips to help take your game to next level

By Erin J. Murrin  
Marietta Daily Journal Staff Writer

For Marietta's Dr. Hugh McLeod, life is about as busy as it gets. But the hectic pace of being a leader in orthopedics has paid off for him and his patients.

And as an avid golfer, McLeod, 55, is passionate about the game, its players and its fans.

In fact, his love for golf has spilled directly into his profession.

A graduate of the University of Mississippi, McLeod has enjoyed a 23-year orthopedic career, marked most recently with his 15th year as medical director of the BellSouth Classic golf tournament at Sugarloaf Country Club in Duluth, which raised money for Children's Health Care of Atlanta.

"It was a great day," said McLeod. "We had a good crowd and great weather. No serious injuries to players or spectators. It was very, very successful."

The tournament brought people out in droves as it saw some popular golf stars on the course including repeat BellSouth champion and 2004 Masters Champion Phil Mickelson.

"That guy was just unstoppable. He is a popular guy on the tour anyway, but he had quite the following."

McLeod sees influence from golf during his job everyday, especially when he began learning more about hip replacement surgery.

After McLeod completed a fellowship in England working with some of the world's most renowned surgeons, he said he felt drawn to replacement surgery.

"I guess my appetite increased after that," he said. "I got more interested in joint replacement. And it was a 'the more you learn, the more you want to learn kind of thing.'"

It was the information and knowledge that McLeod brought back to the States with him that led to his becoming one of the first orthopedic surgeons in Cobb to perform the hottest new hip replacement surgery on the market, Stryker surgery.

"(Stryker) is a ceramic-on-ceramic hip replacement," he said. "The baring surfaces where the pieces are articulating and moving are ceramic. What you are trying to do with any joint replacement is eliminate as much friction so it doesn't wear and break down over time. The smoother the surface is the less friction and it can go on forever and ever and ever."

McLeod said up-and-coming golfers need to identify measures to prevent surgery by taking care of themselves early in their careers.

"The best way to prevent injuries is to do better preparation," he said.

First, if you are competing, McLeod suggests getting to your match early so you can perform a stretching routine. He also said golfers need to perform an abbreviated version of that stretching routine throughout their day while drinking plenty of water.

"If you feel like you are thirsty, then you are actually behind."

McLeod also notes how modern golfers have a completely different physiological make up than their predecessors.

"With rare exception, you just don't see pot bellies anymore," McLeod said.

Golfers are hitting the gym more frequently to boost power play capacity. McLeod said he has some big name clients and recreational golfing colleagues that swear by yoga exercise because of the benefits to flexibility and stress relief.

McLeod heavily endorses general physical fitness for any level of golfer.

"Injuries add up when you are fatigued," he said. "You can do specific exercises to try and strengthen back, legs, shoulders and all that, but if you aren't in general better physical fitness, you are looking for real problems."

Even if you are not to the level of competition golfing quite yet, the possibility of experiencing minor to severe injury is prevalent. And that could lead to bigger problems down the line.

McLeod said a pro is the best person to listen to when it comes to developing a more efficient swing. They are also good counselors on using the right equipment.

He said lessons are important and novice golfers need to be open to suggestion when their pro tries to change their technique.

"You don't have to hit hard," he said. "But you can become so efficient and learn the proper way to swing so you don't hurt yourself."

The final tip McLeod suggests is simple, but humbling.

"Lower your expectations, be patient with your game and work with it," he said. "Especially when you are first getting started. These pros have been playing for years and years. Get help earlier rather than later in your game. Keep working on it and then you can start raising expectations and hopes. Otherwise you will hurt yourself."

Dr. McLeod emphasizes taking care of your body, especially with a game like golf that can slowly take a toll.

"Start young and develop good habits," McLeod said. "If you get yourself into a regular routine of conditioning, you'll be in good shape and you will feel better."

## Will Katie say goodbye to 'Today'?

By David Bauder  
Associated Press Writer

NEW YORK — Katie Couric may mark her 15th anniversary as "Today" show anchor this week by making the decision to leave.

She's talking with CBS about taking over as "CBS Evening News" anchor, according to a non-network person close to the negotiations, and neither CBS nor NBC is disputing reports that she could announce a deal as early as this week.

There are still some issues left to be resolved before a deal is reached, said the person who spoke on condition of anonymity.

Couric's contract with NBC ends in May, and she reportedly needed the network's permission to begin negotiations with another



Katie Couric

network before next month. NBC's decision to grant it could be an indication that the network expects her to leave, or at least that it wants a decision before outlining its fall programming plans to advertisers next month.

Couric's first day as "Today" anchor was April 5, 1991, and the morning show plans to mark that anniversary on the air Wednesday. Her tenure has brought the morning show unparalleled ratings.

Representatives for NBC, CBS and Couric would not comment Tuesday on the discussions. Couric, 49, would be the first

woman to be named as a sole host of a network evening newscast — even though Elizabeth Vargas frequently has done that job alone at ABC's "World News Tonight."

That designation — and the desire to try a new challenge after 15 years of early wake-up calls — is said to be a powerful motivation for Couric. NBC's offer to keep her is reportedly several million dollars more than CBS's offer, but it doesn't include the anchor slot at NBC's "Nightly News," said the person close to the talks.

She likely would begin at "CBS Evening News" in September.

With Bob Schieffer filling in during the year since Dan Rather's exit, the "CBS Evening News" is the only network evening newscast rising in the ratings. But it's still in third place behind NBC and ABC.



Sally Litchfield

Community columnist Sally Litchfield will return soon to share more events going on in Cobb County. Her column usually runs on Sundays and Wednesdays.