

# LIFESTYLE

## HEALTH

### ProGreens



Naturalists and health-conscious folks, **ProGreens** will rock your world. It's one-stop shopping when it comes to the superfoods. Alfalfa grass, wheat grass,

oat grass, spinach, chlorella, astragalus root extract, organic spirulina and a bunch of other stuff we know is good for us but can't pronounce — it's all in there. Plus, it contains nondairy probiotic cultures.

**NutriCology**, the company that formulated ProGreens, really went for it when it made this stuff. For those with sensitive taste buds, it comes in capsules. For those who enjoy the taste of grass, it comes in powder and can be mixed with water or juice. ProGreens is available at **Whole Foods**.

— NICOLE REINO

## BEACH READING

### 'Generation T'



Taking up precious closet space are the **T-shirts** that you never wear. They don't fit, but letting them go isn't an option. How could you say goodbye to the tee you bought at

The Rolling Stones concert, or the oversized souvenir tee dad gave you from his trip to Germany?

Stop T-shirt hoarding by picking up **"Generation T"** by **Megan Nicolay**. Learn how to revamp any tee into a custom shirt that you'll be eager to show off. Several of the book's projects also demonstrate how to reconstruct abandoned tees into other wearable pieces such as a skirt, poncho or scarf. Keep in mind that the possibilities aren't limited to clothing. The last chapter pushes the potential of a basic tee further with steps to create functional items like a quilt, chair cushions or a tote bag. With easy-to-follow instructions, "Generation T" caters to fashionistas with or without the touch of a seamstress. It's time to put your beloved tees to good use.

— TARA STONE



Peggy Peattie / Union-Tribune

## WEEKENDS

Cover girl **Marika Schultz-Meyer** describes her perfect San Diego weekend:

**"Dinner at 3rd Corner, a symphony concert or play, breakfast at Newbreak in O.B., and then either hiking, hanging out at the dog beach or attending some swing-dance venue."**