

**Livin' la
vida Bond**

**The perils
of online
publishing**

**How to
green up
your act**

**A Lake
Michigan
wreck
revealed**

**Chicago's
literary
legacy**

ETHO

**ethnic.
EXPLOSION**

FOOD.MAKEUP.VIDEOS.FASHION.PHRASES

WEDGEWISE | FROM PAGE 31

After that, the wedge took off in the United States

1947

Ferragamo's most famous invention was the cork wedge, which paved the way for the platform shoes he fashioned during World War II.



1960

The wedge is modeled in the Neiman Marcus catalog.



1970

The wedge's sister shoe, the platform, becomes a full-blown fashion statement worn by Diana Ross, Stevie Nicks and Elton John.

Stevie Nicks and Elton John.

1990

The GAP pumps the wedge out with a slightly more wearable heel, cobbling the nation.

2005

The wedge makes a huge comeback on the runways of Milan and on the streets of New York City and Paris. Chicago embraces the trend too, with

a price range from \$20 at

Payless to \$500 at Chanel.

2006

Good news for those who bought wedges last summer: Your Gucci investment is still good this year.



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HOW TO LIVE THE **BOND** LIFE

Action figures

FAST CARS, EXOTIC LOCALES, guns and fiery lovers: James Bond and his Bond girls lead dangerous and dashing lives. Ian Fleming's elegant spy and provocative adventuresses are some of the most celebrated characters of 20th century fiction.

Cool, cultured and oh so seductive, Bond's mixture of wit and sophistication is the epitome of male glamour. Whether he's wooing a coy Bond girl or fighting a villain, Bond always wins. A Bond girl's allure is her intelligence and resourcefulness. She jets around the world, thwarting villains and bedding the hottest secret agent in Her Majesty's service.

Their lifestyle is a fantasy. Now you can make it a reality. In honor of the latest Bond movie, *Casino Royale*, hitting theatres this November, *Echo* spoke with Paul Kyriazi, author of the book and seminar *How To Live the James Bond Lifestyle*, and Sandy Shepard, founder of Double Oh! Productions, a female empowerment company that offers seminars and coaching. We also scoured the city and the Web for products and services to help you transform yourself into the next 007 or one of his sultry heroines. After all, you live only once, so why not live the Bond life?

THE BOND GUY

Attitude Bond is always confident. Kyriazi suggests men take classes and seminars in self-improvement, such as public speaking, diction and etiquette. To become more suave and sophisticated, try:

Leadership To explore your commanding qualities, contact The Leader's Institute to master public speaking, personal conflicts (good for dealing with the villains in your life) and time management; www.leadersinstitute.com

Manners For a brush-up on your social skills, read *Essential Manners For Men* by Peter Post; www.amazon.com

Style Bond's look is understated and classic. Invest in a few basic, quality pieces, like a sports jacket, dress shirt and leather shoes that will last through many adventures. Try:

Suits For a formal look, buy a two- or three-button, single-breasted jacket in navy serge or charcoal gray. For casual occasions, a plain tweed sports jacket is a stylish choice; www.saksfifthavenue.com

Shoes Church's Presley-style leather shoe was worn by Pierce Brosnan in *The World Is Not Enough*; www.church-footwear.com

Cologne Floris No. 89 Eau de Toilette is the famous fragrance worn by Bond in the books and was one of Fleming's favorites; www.classic-grooming.com

Gadgets Bond uses his stainless steel playthings to stay safe and organized. Kyriazi says the two most important gadgets are a calendar for planning adventures and jotting down deadlines, and a calculator for figuring out how much cash each mission will require. Also consider:

Watch Swatch Aluminum Scuba 200 was designed to commemorate *The Spy Who Loved Me*; [\[ends-inc-watches.com\]\(http://ends-inc-watches.com\)](http://www.leg-</p>
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Camera Various forms of the Minox subminiature have been the cameras of choice for real-life spies, including Bond. 60525 Minox ECX; www.minox.com

Lock Pick The Ultimate Credit Card Lock Pick is the tool for a Bond aspirant to enter even the most tightly secured door; www.credit-cardlockpick.com

Travel/Adventure Kyriazi says all travel and sports qualify as adventure. "Your attitude about what you do makes it an adventure." Try:

Spy Academy If your adventures take you to England, check out the Spy Academy in a secret location near Manchester, where ex Special Forces experts will teach you how to use spy equipment, fire pistols and machine guns, deactivate bombs and more; www.experiencemad.co.uk

Cricket As an Englishman, Bond must have been a fan of this quintessential British sport. To become the next great cricketer call The Elgin Cricket Club; 630.201.1161

How to Win the Bond Girl

"There is only one way," says Kyriazi. "Entertain her." Try:

Paying on a date. Kyriazi recommends excusing yourself from the table and paying the bill. Then, when she offers to pay, you can say, "It's taken care of." She'll be thoroughly impressed.

Giving meaningful gifts. It doesn't have to be expensive, but it should be thoughtful. Kyriazi suggests presenting small trinkets as gifts and spend larger amounts of money on entertainment and experiences.

Surprising her. You may not be able to whisk her away on a trip to Paris just yet, but you can take her scuba diving or to an archery class. She'll thank you in surprising ways.

THE BOND GIRL

Attitude A Bond girl is confident and decisive. She is essential to support Bond's mission but she also has a life of her own. Try:

Leadership A Bond girl knows what she wants and how to get it. Contact The Leader's Institute on classes on public speaking, conflict resolution and time management; www.leadersinstitute.com

Relaxation All that action is exhausting. A Bond girl periodically needs to stop, relax and relinquish control to her James, Yoga and meditation help keep mind and

body in shape. Contact the Chicago Yoga Center; www.yogamind.com

Style A Bond girl's clothes never overpower her personality. Try:

Signature Pieces Invest in a well cut black suit and the classic little black dress and accessories. New and used designer duds for a fraction of the original price can be found at www.ebay.com

Make-up The classic Bond girl look is tousled hair, smoky eyes and nude lips. But play around with colors and choose a look that suits you best. Read *Bobbi Brown Beauty* for great tips; www.amazon.com

Scent Shepard says perfumes can be too overpowering. Instead she recommends that Bond girls use a pheromone-based scent that changes based on a woman's body chemistry. Pure Instinct at www.passionESQ.com.

Gadgets "Bond girls should have very few gadgets," says Shepard. Instead they need skills. Try:

Self-defense Every Bond girl needs to be able to kick butt to protect herself. Take a self-defense class at Impact Chicago; www.impactchicago.com

Manners Bond girls are animalistic but never rude. To brush up on

social skills, read *How To Be a Lady: A Contemporary Guide to Common Courtesy* by Candace Simpson-Giles; www.amazon.com

Dance Learn the basics of ballroom at the Dance Center Chicago; www.dancecenterchicago.com

Passport Every Bond girl should have a passport. Shepard recommends getting your hair styled and your make-up done for the photo. To apply for a passport, visit <http://travel.state.gov>

Travel/Adventure No matter what her destination is, a Bond girl needs certain skills to make the most of her trip. Try:

Skating A Bond girl should be able to maneuver out the reach of a villain. Learn how at Chestnut Mountain; chestnutmtn.com

Scuba diving Essential for when a Bond girl needs to sneak onto a villain's private island without being noticed. Contact Underwater Safaris Chicago; www.uwsafaris.com

Driving a stick shift Necessary for driving a vintage Aston Martin to help Bond escape. Contact the Motorcycle Riding School; www.motorcyclelearning.com

How to Win the James Bond A

Bond girl takes care of her James. "She also takes care of herself because women who are successful in life and love put themselves first," says Shepard. Try:

Being open to new things. Be adventurous. "A Bond girl generally does not know how to do things outside of her own area of expertise, but she is infinitely curious and ready to learn," Shepard says.

Not flirting. "Bond girls don't 'flirt.' They are. Their lives are congruent, chic. They walk the walk and talk the talk, and they listen," says Shepard. "Why flirt? Just magnetize."

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