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LIFE

47-year-old Oscar-winning actress
 Holly Hunter gives birth to twins. | **B2**

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“I think a lot of kids have an impression of classical music that it’s boring and for old people. It doesn’t have to be that way. I think most kids, if it was presented in an avenue that makes it cool, they would listen to it.”

ROCKIN’ AMADEUS

EVENT | Portland violinist Aaron Meyer performs tonight after a week working with South Kitsap students.

By **CHRISTOPHER KORNELIS**
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PORT ORCHARD

Aaron Meyer began playing violin as a young child because he wanted a cake.

And 28 years after he first picked up the instrument, he’s a working musician who spends his spare time trying to get young people excited about classical music.

“I think a lot of kids have an impression of classical music that it’s boring and for old people,” said Meyer, a Portland resident.

“It doesn’t have to be that way. I think most kids, if it was presented in an avenue that makes it cool, they would listen to it.”

Meyer spent this week performing at assemblies and master classes at schools throughout South Kitsap, mixing classical music with pop and rock formats that are familiar to students.

His area stay culminates today with a 7 p.m. concert at South Kitsap High School’s Win Granlund Performing Arts Center.

Meyer was just 5 years old when he decided he wanted to play violin. It wasn’t a stretch.

His dad taught violin lessons for a living. When a student of his father’s won the honor of performing with the Philadelphia Orchestra, his dad presented the student with a cake in the shape of a violin.

“I said, ‘That’s it, I have to have that cake,’” he said. “To get the cake, I had to win the competition. It took until 11 to get that.”

At Sunnyslope Elementary earlier this week, more than 100 students gathered to hear Meyer explain the history of the violin, how he

SEE MUSIC | **B8**



STEVE ZUGSCHWERDT | KITSAP SUN

VIOLIN CONCERT

What: Aaron Meyer concert
When: 7 p.m., today
Where: South Kitsap High School’s Win Granlund Performing Arts Center.
Cost: \$7 for adults, \$5 for students, children and seniors and \$20 for a family of four. (All of the evening’s proceeds benefit South Kitsap schools’ music programs.)



THE WASHINGTON POST
 A Joella hobo made with Italian leather, \$275 at jubilee-designs.com.

Tired of Winter? Bag It!

THE WASHINGTON POST

Even as spring fashions get shoved down our (still-wrapped-in-a-scarf) throats, it’s OK to still be hunting for the perfect winter bag. (In fact, chances are it’s probably on sale.)

The bags are all about the embellishments, a.k.a. heavy-duty details, says Gina Kelly, Seventeen magazine’s fashion director. This season’s bags aspire to grow up and be their own version of the perfect Marc Jacobs quilted bag with heavy chain handles. “These aren’t light bags — they all have really interesting ornate details like hardware, studs, grommets and chains,” Kelly says. The look: rich and luxe with colors ranging from navy and black to rich jewel tones.

If you’re willing to spend a little more money, but don’t want a bag with an expiration date (winter white was so last season), stick with browns like coffee and toffee, says Kelly. “It’s very year-round.”

When choosing a bag, look no further than your favorite designer, Kelly suggests. Chloe bags, like the line, are slouchy, slightly French and very bohemian. Louis Vuitton is more fanciful and rich looking.

And your wallet, brush, lipstick, checkbook, iPod and Palm rejoice: Oversize bags are in.

Winter involves so much bundling: a big, black coat and matching hats, gloves and earmuffs, says Kelly. So, have a little fun with your purse. “It’s nice to have a fun, pretty bag because, really, in the winter that’s all you see.”



Still hunting for the perfect winter bag? Here, a Lauren Merkin leaf print suede Charlotte clutch, \$240 at laurenmerkin.com.

Obesity Doc: Limiting Flavors Is Key to a Diet

By **LINDSEY TANNER**
 ASSOCIATED PRESS

CHICAGO

Forget counting carbs and calories. Obesity researcher Dr. David Katz says the way to lose weight is to limit flavors.

Katz, director of Yale University’s Prevention Research Center, says people stop eating when the brain’s appetite center registers “full.” But eating lots of flavors promotes over-eating because different sensors must register full for appetite to subside, Katz says.

The typical American diet “is a mad cacophony of flavors,” Katz said this week during a book-tour stop in Chicago. Instead, Katz advocates flavor-themed meals — an apple day, for example, or a sesame day, even an occasional chocolate day.

The idea is perhaps less boring than it sounds. For example, pineapple day features pineapple juice and cereal for breakfast; pineapple-walnut chicken salad and crackers

SEE DIETING | **B8**