



Music Player Smackdown

In one corner, we've got Apple's latest iPod nano (fourth generation). In the other, Slacker G2, a new customizable "web radio." Check out how the two players match up.

—Chee Gates



IPOD NANO
(\$149 FOR 8GB)

Slimmer than previous models with its two-inch screen; available in nine colors.

Go to iTunes.com to buy and download songs (soon to be 99¢, 99¢ and \$1.29) or albums (mostly \$10). Or copy music from your CDs.

Press the "genius" button while playing a song and the iPod will find tracks of a similar genre in your music library. Give the nano a little shake and it'll shuffle to a different song.

Die-hard music fans who know what you like, rock out! If your taste and preferences are set, this is definitely the device for you.

THE LOOK

Slightly wider than the nano, with a two-and-a-half-inch screen; comes only in black.

HOW IT WORKS

Go to slacker.com to download, and later refresh, up to 40 "radio stations"—infinite playlists created by pro DJs. Commercials make it all free.

BONUS

Press a heart-shaped button during a song to add similar music to your playlist. If you don't like what you're hearing, another button allows you to ban it or the artist from future play.

FINAL ROUND

Adventuresome when it comes to your audio? Slacker G2 is best for hipsters who like to mix it up but would rather dance than DJ.

Celebrity Workout Intervention

What is **Nicole Kidman** (running in London with her bodyguard) doing wrong?



a. She's inefficiently swinging her arms across her body instead of keeping them parallel to her sides.

b. She's wearing a big, bulky coat that can cause her to overheat.

c. She's setting herself up for a fall by not lifting her knees and feet enough.

d. She's running on the wrong side of the road (for the UK).

e. All of the above.

Answer: e. Nicole, if you're reading this, call us. We can help!

—Rachel Sturtz

PAGE 15: AUGUSTUS BUTERA; THIS PAGE: LENSCAP/ALAMY (BOXING GLOVES); CORBIS/ART LIFE IMAGES (PLACE SETTING); BARM/FAME PICTURES (KIDMAN); IPOD NANO COURTESY OF APPLE.



The hottest restaurant in town is your supermarket. Chains like Albertsons, Shaw's/Star Market, Kroger and Safeway are expanding their prepared-meal options—a trend industry insiders call the Whole Foods effect, after the store that started it all—to lure customers who are cutting back on dining out. As with any take-out menu, you'll have to read between the lines to find the best choices, says Milton Stokes, R.D., a nutritionist in private practice in Connecticut. Here's the dish on common supermarket finds.

CATEGORY	CHOOSE	SKIP
BBQ	Authentic Southern spice rub	Thick, sugary sauce
PIZZA	Thin-crust with vegetable toppings	Pan pizza with meat toppings
ASIAN	Sushi	Stir-fry with sweet sauce and white rice
ITALIAN	Tomato-based sauces (marinara)	Cream or pink sauces (Alfredo, vodka)
INDIAN	Tandoori dishes	Curries with coconut and cream
AMERICAN	Roast chicken with roasted veggie sides	Fried chicken with cheesy potato side