

# the BEST, the WORST, and the SPECTACULARLY ODD!!!

**Contrary to popular opinion,** Britney's onstage implosion was not the most important news of 2007. That would be "Stephen Colbert for President."

Oh, we kid.

While the world had its nose buried in the *Harry Potter* finale and everyone futzed with their brand-new iPhones (now free with the purchase of any Happy Meal!), we were hard at work, sifting through medical studies, sampling new foods, and even testing a sleek sex toy or three—all for you.

So enjoy our time capsule of 2007. Here we look back on a dozen months obsessed with carbon footprints, saturated with açai juice, and dedicated to killing migraines, banning trans fats, and recalling more produce than you can shake a toxic green bean at. It was that kind of year.

Written by the editors of Women's Health  
Illustrations by Serge Bloch

## Produce That Tried to Kill Us

They looked so innocent...and yet. Last year, we faced green beans with botulism, sulfites in dried sweet potatoes, and another spinach recall (flashback: The 2006 recall caused more than 200 illnesses and three deaths). A *Shigella* outbreak contaminated baby carrots—and caused diarrhea, fever, and vomiting in innocent snackers. Salmonella-laced Veggie Booty even made 52 people sick! Tainted love, indeed.



OPPOSITE PAGE: JUPITER IMAGES (4); THIS PAGE: CLOCKWISE FROM TOP LEFT: TODD HUFFMAN; VEER; REG CHARITY/VEER; ROBERT NICKELSBURG/GETTY IMAGES



**HILLARY CLINTON NUTCRACKER**  
She's a ballbuster, all right.

**WE'RE FASCINATED, AMUSED, AND A LITTLE DEPRESSED BY...**

### TREADMILL DESKS

They put the lap in laptop! One of the desk's inventors, a Mayo Clinic medicine prof, says his vertical workstations can help obese workers walking only 1 mph burn up to 100 calories an hour.

### WASHLETS

Toto toilet seats clean your bum with water jets and a warm air-dry. They're also heated, and a motion sensor lifts and lowers the seat automatically. The wireless remote is fun at parties.



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### PLATFORM SHOES WITH GPS

Not quite a TomTom, but handy all the same. Designed for hookers, GPS platforms have an alarm in the heel that scares attackers and transmits Trixie's position (not *that* kind of position) to either the police, in places where prostitution is legal, or the nearest sex-workers' rights group. Sounds inefficient, at best. Maybe the plastic boot/stun gun model was too obvious?

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## HEALTH BULLETIN

### \* BEST M.D. DATA

#### Stop Powdering Your Puff

New evidence confirms that sprinkling talcum powder in your panties can increase the risk of ovarian cancer. One theory: Talc may travel through the vagina, uterus, and fallopian tubes, exposing the outer layer of the ovaries to carcinogens.

#### Mute Your Migraine

Research in the *Journal of the American Medical Association* shows a one-two punch of sumatriptan (Imitrex) and naproxen sodium (Aleve) provides faster, longer-lasting relief from migraine pain than either drug can give alone. A new combo pill is under FDA review.

### \* WORST DOC REPORT

#### Chubby Moms, Frustrated Sons

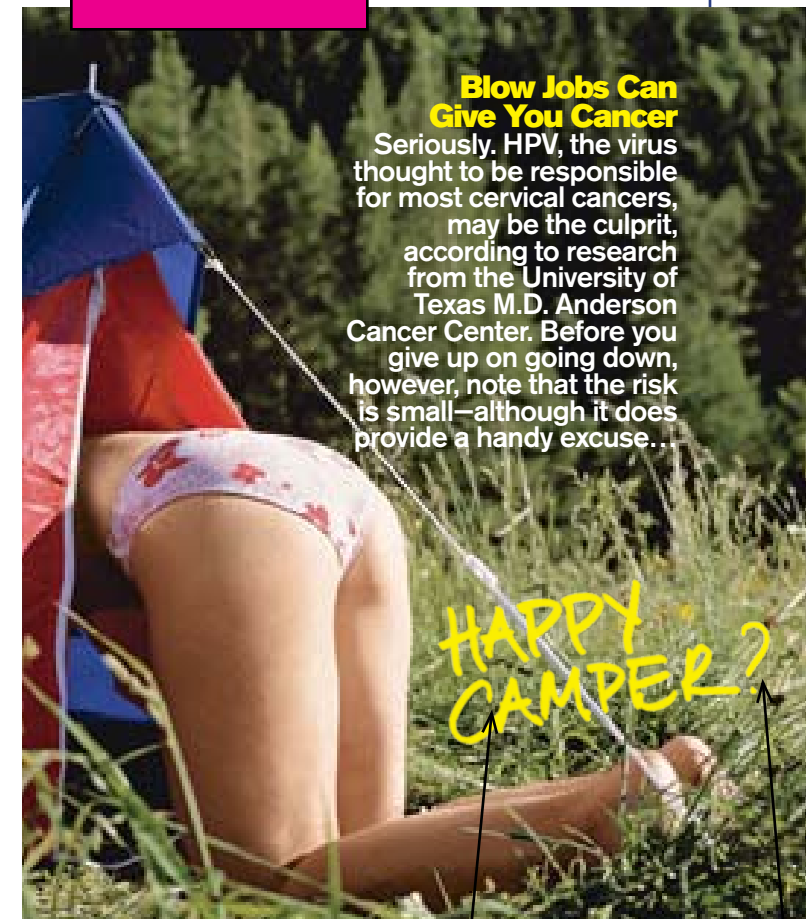
Doctors in Denmark suggest that sons born to large women could end up less fertile in adulthood. They theorize that overweight women's higher estrogen levels might harm the development of a male fetus's reproductive organs. Great—yet another reason for guys to blame Mom for their sexual issues.

#### Being a Patient Takes Patience

As if rereading old gossip rags in the waiting room weren't annoying enough: New research from the University of California reveals that patients seeking an appointment for a potentially cancerous mole wait much longer than those getting de-wrinkled. Skin docs in 12 cities offered a typical wait of 8 days for Botox, while past studies show that patients wait up to 26 days for a mole look-see. We're no experts, but we suspect it's a profit thing.



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### Blow Jobs Can Give You Cancer

Seriously. HPV, the virus thought to be responsible for most cervical cancers, may be the culprit, according to research from the University of Texas M.D. Anderson Cancer Center. Before you give up on going down, however, note that the risk is small—although it does provide a handy excuse...

HAPPY CAMPER?

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**fitness update**



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**WORST INCENTIVES**

**NAKED EXERCISE GRABS HOLD** 2007 saw naked yoga, naked cycling (to raise awareness for fossil-fuel dependence), and even "Naked Sundays" at Fitworld Gym in Heteren, the Netherlands. Hooray, positive body images! Boo, swinging scrotums in cardio funk class.

**PAINT-ON ABS FAKE OUT OGLERS** Britney reportedly has her belly muscles visually contoured before concerts, echoing similar rumors about Mariah and J.Lo. With spray-tanners, ab artists can paint a semi-convincing six-pack onto one's otherwise flabby stomach. Both talent and tan require touch-ups after 7 days.

**BEST MOTIVATORS**

**BREAKS BURN FAT** Researchers say a brief time-out in the middle of a workout may metabolize more fat than continuous exercise. So if you're pooped after the treadmill, take a break, trade tips at the pec-deck—and then finish your routine.

**BEAN BUILDS THEME PARK** L.L.Bean is building an "adventure center" in Freeport, Maine. Here, you can bike, snowshoe, fly fish, and cross-country ski. Sure beats riding old roller coasters and taking pics with a furry lumberjack.

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**WOMEN WHO KICKED ASS**



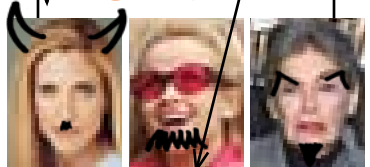
★ California Representative **Nancy Pelosi** (left), for becoming the first woman in the post of Speaker of the House.

★ **Drew Gilpin Faust** (center), named the first female prez of Harvard.

★ **Roz Savage**, for beginning her 7,000-mile journey across the Pacific—after successfully rowing the Atlantic in 2006. Merrily, merrily, merrily, your triceps are our dream.

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**WOMEN WHOSE ASSES COULD USE KICKING**



★ Right-wing blowhard **Ann Coulter** (left), for dropping the antigay F-bomb about presidential candidate John Edwards.

★ The national officers of **Delta Zeta sorority**, for booting 23 members of the DePauw University chapter, all either not skinny enough or not white enough.

★ Late hotel billionaire **Leona Helmsley** (right), for cutting two grandkids out of her will and leaving \$12 million to Trouble, her Maltese. That's a lot of fancy kibble...

CLOCKWISE FROM TOP LEFT: REUTERS/CORBIS; MIKE THEILER/REUTERS/CORBIS; RICK FREDMAN/CORBIS; HANDOUT/GETTY IMAGES; DEBORAH FEINGOLD/CORBIS; MGM/COURTESY EVERETT COLLECTION; KEITH BEDFORD/GETTY IMAGES; JUPITER IMAGES; VEER; BOOF; COURTESY OF L.L. BEAN

CLOCKWISE FROM TOP LEFT: JIM WRIGHT/ICON INTERNATIONAL; CHRIS JACKSON/GETTY IMAGES; JONATHAN KANTOR; TODD HUFFMAN (2)

**BEST NEW BEEFCAKES**



**Djimon Hounsou** From homeless youth to Oscar-nominated actor to Calvin Klein skivvies model on the phone booth outside our office!

**Viggo Mortensen** Dangerous naked 4-minute fight scene in *Eastern Promises* is pure tats and abs.



**The Grass-fed Beef Burger** In November, the USDA declared new rules for labeling meat as "grass-fed." The green variety of cattle is lower in total fat than grain-fed bovines—and higher in ALA and CLA, beneficial fatty acids that may help prevent cancer. Grass-fed meat also helps combat heart disease and strengthen the immune system, more so than meat from carb-scarfing cows.



**BOOKS THAT NEVER LEFT OUR GIVEAWAY TABLE**

**That Extra Half an Inch: Hair, Heels, and Everything in Between**, by Victoria Beckham. We take beauty tips from a suspected plastic-surgery addict about as seriously as we do the Spice Girls reunion.

**The Scorpion's Sweet Venom: The Diary of a Brazilian Call Girl**, by Bruna Surfistinha. The memoir of a runaway, drug-addled prostitute—who also happens to surf! That's one board we won't ask to borrow.

**THE TOME THAT WENT FIRST**

**Porn for Women** The Cambridge Women's Pornography Cooperative pubs hot men cooking, folding laundry, and doing other chores. Ooh, vacuum harder!

**IF WORK DOESN'T KILL YOU ONE WAY...**

**Laser Printers Can Screw with Your Lungs**

Australian scientists say the average office laser printer may spew particles that can damage your lungs at rates close to that of cigarette smoke! Their study found that **almost a third of these machines emit potentially dangerous levels of toner dust**. Now you can call in sick, without the guilt.

**Don't Huff the Good Stuff**

A man who ate two bags of microwave morsels a day developed a lung problem MDs linked to **inhaling diacetyl**, a common popcorn flavoring. The condition's also prevalent in factory workers who regularly breathe in diacetyl. No joke, it's called "popcorn lung."

**What the Eff?!**

**Pass the Ranch**

Once the domain of husky men, women took a bite out of competitive eating last year. At the National Buffalo Wing Festival, Sonya "The Black Widow" Thomas **scarfed 173 wings in 12 minutes**. She also holds the world record for mince pies and deep-fried okra. Despite everything she's inhaled, Thomas weighs only 100 pounds. A competitive eating "expert" says she dusts rivals because the lack of fat around her mid-section allows her stomach to expand easily. We don't want to know how it contracts.

**The FDA Wants to Give You Diarrhea**

Last year, the FDA rejected more new drugs and implemented stricter controls on existing ones, especially those with heart and liver side effects. According to the Tufts Center for the Study of Drug Development, it takes about 14.2 years for a new drug to reach the public. Yet Alli, the weight-loss pill that can cause fecal urgency, slid into GNCs nationwide **after only 20 months under FDA scrutiny**. The org's protecting our organs, but what about our lower intestines?

**Wasted Men Wish You Were a Femmebot**

Remember the good ol' days when the Miller Lite girls tore off each other's clothes over great taste/less filling? Sadly, **clawing sluts don't sell hooch like they used to**—so Heineken and Svedka turned to busty androids. The appeal? "Guys like women, guys like machines, guys like beer," says Aaron Isaksen, a computer scientist who studied robotics at MIT. Nice to know things won't change in the future.

**Doing Hard Time Was Never This Easy**

Nicole spent 82 minutes in

**Why neuroscientists should never talk dirty**  
Does The Neurochemically Diverse Intermedius Nucleus of the Medulla as a Source of Excitatory and Inhibitory Synaptic Input to the Nucleus Tractus Solitarius make you hot?

Title from The Journal of Neuroscience, August 1, 2007



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**WEIGHT-LOSS NEWS**

**Best Appetite Suppressant**

**Chicken Soup Pecks Away at Fat** According to a Duke University study, an appetizer of chicken soup (160 calories' worth) helps reduce the amount of food we eat by 20 percent—because it's a "fatty soup." Conversely, protein-based soup, made from eggs and no fat, made subjects chow as usual. The stuff hasn't done jack for our souls, but we're willing to hold out hope for our thighs.

**Worst Body Bummer**

**Milk Won't Make You Thin** For years, marketers pushed a link between dairy consumption and weight loss, but new research fails to back the claim. The Dairy Council amended its ad campaign—and we'll bet that oat milk reaps the benefits. Go on, "Skinny Bitches." You've earned the last laugh.



**SNACK ATTACK**

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jail. Lindsay did 24 hours for drunk driving. Paris stayed for 23 days. "People hear these numbers and become outraged, but they're not getting the whole story," says Don Randall, a New Jersey lawyer and former police officer. Because many of Los Angeles's jails are so overcrowded, **offenders with short sentences can get sprung early.** So while these ladies likely served as much time as they took to primp for their mug shots, they still served time. Martha Stewart must be pissed.

**The Gluten Glut**

Suddenly, the stuff is everywhere—or rather, was. So what is gluten exactly? "It's one of the proteins found in wheat products," says Connie Shieh, R.D., of the Kaiser Permanente Medical Center. It's also used to add bulk to ice cream, ketchup, salad dressing, cookies, pizza crust, and even vitamins. "People who are sensitive to gluten lack the necessary enzymes to digest these parts of proteins; eating it can result in stomach upset, diarrhea, or even malnutrition," Shieh says. Yet the NIH estimates that **celiac disease affects only 2 million Americans,** or 1 in every 133 people. Whole Foods alone stocks more than 1,000 gluten-free products in this \$700 million market! We know this much: Trendy conditions make our wallets itch.

**Is China Trying to Kill Us?**

Lethal pet foods, contaminated baby bibs, toxic toothpaste, and poisonous pajamas bring a whole new meaning to "Made in China." **About 80 percent of the world's toys are manufactured here.** In 2007, Mattel recalled more than 20 million toys from China because they were tainted with lead or had small, easy-to-swallow magnets—and Hasbro recalled about a million Easy-Bake Ovens because they caused second- and third-degree burns. Consumers want lower prices and companies want bigger profits, leading the latter to use foreign manufacturers and cheaper labor and parts. Maybe kids should read more instead.

**2007 FACES OF GLOBAL WARMING**



**Norway moose blamed for climate change** Researchers claim that a grown moose can produce methane equivalent to **4,630 pounds of carbon dioxide a year; that's equal to the CO<sub>2</sub> output from a 8,078-mile car ride!** Who knew?

**CONFERENCES WE SKIPPED THIS YEAR**



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**BEST NEW SUPERFOOD**

**Tart Cherries** These plump beauties are rich in antioxidants known as anthocyanins, which may help lower the risk of metabolic syndrome and cardiovascular disease, a recent University of Michigan study finds. We love them in smoothies and cocktails, or all by themselves in a bowl.



**WORST OLD SUPERFOOD**

**Soy** The once-lauded wonder bean is officially on our shit list. Consider its track record of late: American Heart Association clinical trials failed to confirm that soy has cardiovascular benefits. Another study showed it's worthless in alleviating menopause symptoms. And some experts claim too much soy may even cause thyroid problems! Too bad we secretly still love it in lattes and salads. Don't tell.

**ENERGY BARS**



**BEST BOOST** Detour Activity Bars Different recipes for different sports! Detour Runner promotes joint health; Detour Core Strength has extra whey protein for building muscle; and the Biker Bar uses rhodiola to enhance stamina.

**WORST WASTE** GREENS+ Energy Bar Made from organically grown superfoods, soy protein, herbal extracts, and honey, this noxious slab made us gag. Yeah, yeah, we know it's environmentally sound, but so is compost—and we definitely don't eat that.



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**WINE THERAPY** Be a lush, or just smell like one! Rubbing crushed chardonnay grape seeds on the skin remedies face, scalp, and body blunders.

**CURIOUS NEW SPA TREATMENTS**

- ICE CREAM PEDI** A scoop of ice cream creates a foaming foot soak. We sense a new B&J line...
- BUTT FACIAL** A treat for your cheeks. And no, we don't want to try the labia wrap next.
- TRIPLE-Z MASSAGE** An aromatherapy massage relaxes you enough to fall asleep under a hypnotist's spell—only to confirm you were narcoleptic in a past life.

**A Little Liquor Is Good for You** In a Harvard School of Public Health report issued last year, we were reminded that moderate drinkers have lower death rates than those who don't swig at all. Cheers to that!

**BEST NEW SCIENTIFIC SUPPORT FOR OUR VICES** **Chocolate Relieves PMS** Jamieson Laboratories, Canada's largest maker of natural health-care and nutrition products, has created a botanical-infused chocolate bar to decrease PMS symptoms. The brand claims that white-willow bark relieves pain associated with cramps, chasteberry combats depression, and artichoke leaf eases bloating. We always thought a box of Mallomars did the trick. Yes, the whole box.

**style spot** **BEST LOOK** Baby Doll Dresses We adore them alone, over leggings, for Pasta Palace pig-out sessions—plus, they help us get a seat on the bus because they make everyone think we're preppers.

**GOOD NEWS FOR YOUR BOOBS!**

A new breathalyzer-ish gadget may be able to detect breast cancer. The Breath Collecting Apparatus 5.0 (BCA) **samples your breath for 2 minutes and analyzes it for volatile organic compounds.** Its maker says the device can detect mammogram candidates, which means fewer smashed twins.

**BETTER NEWS FOR HIS JOHNSON?**

Only about half of all men are satisfied with the size of their willy—enough to lead experts to name the condition "small penis syndrome." But now, two scientists confirm that most men are bigger than they thought! British urologists Kevan Wylie and Ian Eardley studied more than 50 articles in professional journals and concluded that **the average shlong is 5 to 6.5 inches—erect!** They did not comment on how this may affect sports-car sales.



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# BEAUTY GOODS

## BEST SELF-IMPROVEMENTS

### by142 SPF 15 Body Wash

The first ever—pre-order now! Apply in the AM, but don't skimp at the beach later on. Another fave: Mexoryl, which has protected Europeans since 1993 and was approved by the FDA for sale stateside 2 years ago. It stays on longer than most and protects against both UVA and UVB rays.

### The Nontoxic Mani/Pedi

With reports of nail-salon employees suffering from fume-related breathing issues, we welcome a healthy-polish movement. OPI, a salon staple, dropped toluene (a solvent) and dibutyl phthalate (a plasticizer) from its formulas last year after water-based Acquarella and formaldehyde-free Nubar led the charge. These ingredients are thought to cause cancer and birth defects.



## WORST HAIR TREND

**Dye for Down There**  
A punk pink pubic patch? Next.

# FAST FOOD TRENDS

### BEST GRUB ON THE GO

**Trans Fat Bans**  
The rancid artery cloggers that increase your risk of heart disease were ousted from McDonald's, Dunkin' Donuts, and T.G.I. Friday's menus after being banned from all of NYC in 2006. Hey, is that what was in Bloomberg's hair?

### WORST WAYS TO FILL UP

**Taco Bell's Fourth Meal**  
Taco Bell's latest attempt to peddle burritos comes with a website: fourthmeal.com. We like late-night snacks too, but pushing a 1,000-calorie splurge on a super-size nation is just gross capitalism.  
**Pocket Shots**  
These pouches look like Cliff Shots—but are filled with whiskey, gin, rum, or tequila. Look for WH margarita juice boxes...never.



NO MAS! FOR FAVOR!

## MEN WE'RE GLAD OTHER WOMEN ENDURE

**Daad Mohammed Murad Abdul Rahman**, 60, has only one leg—but that hasn't killed his mojo! The Emirati father has 78 kids, and plans for his wives to have pumped out 100 by the year 2015. We can't help but feel all warm and tube-tied inside.

**Shock jock Don Imus** referred to the Rutgers University women's basketball team as "nappy-headed hos." Turkey-necked Oompa Loompas who live in glass houses shouldn't throw stones. Gobble gobble.

Sorry, **Pete Doherty**, but we can't imagine a future with a pasty-faced scarecrow who split most of 2007 between rehab and court. Then again, "Babyshambles" would be a cute name for a puggle...



## Niche Courtship BEST NEW SERVICES FOR SINGLES

**DATE BY SPORT** The last time a guy tried to pick us up during a run in the park, we kneed him in the crotch and maced his face. But you can find a well-intentioned jock on [athleticsingles.com](http://athleticsingles.com), which hosts sporty activities for sweaty singles.

**DATE BY DISEASE** Feeling stigmatized? [H-date.com](http://H-date.com) targets people with herpes; [irritatedbeingsingle.com](http://irritatedbeingsingle.com) tags IBS and Crohn's Disease sufferers; and [prescription4love.com](http://prescription4love.com) reaches those with cancer, diabetes, MS, epilepsy, HIV, and more.

**DATE BY APPETITE** Hello, delicious. Cooks and wine snobs can look for love—and the best use for whipped cream—at [pairings.us](http://pairings.us). Finally, you'll meet like-palleted partners who really know how to wine and dine.

## WE'RE SO OVER...

**Pomegranates**  
Pomegranate body butter. Pomtinis. Pomegranate toothpaste. Pomegranate Chip ice cream. It's all so Pom-posterous! Though the fruit is a fab source of antioxidants, its calories-to-benefits ratio isn't great. And it stains your teeth.



**Caffeinated Everything**  
From Shower Shock soap to BAWLS mints to Sunseeds caffeinated sunflower seeds, our harried lives force us to find more energy!!! It's exhausting.



**Scott Baio**  
He's 45 and still heinous. On *The Howard Stern Show* last July, Baio even rated the prowess of celebs he's dated. (Liza Minnelli's a 7?) Now Chachi's knocked up his *Playboy* Playmate fiancée—sadly, with an X chromosome.



## HEALTH DRINKS

### Best Sips

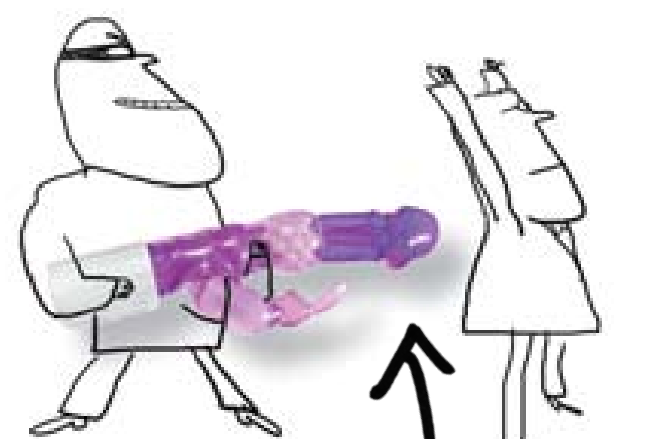
**Buzzworthy Drinks**  
Tonic and sour mix? Please. Last year, trend-setting mixologists conceived creative concoctions made with açai, green tea, pomegranate, kiwi, and organic carrots. Here's our favorite, from NYC barkeeps Tracey Toomey and Leanne Shear, authors of *Cocktail Therapy*.

**Zen Tea Cocktail**  
Mix 2 ounces of premium vodka with ½ teaspoon freshly chopped ginger and 3 ounces of strongly brewed iced green tea (add sweetener and lemon to taste while it's still hot for a smooth mix) and let it cool. Finally, blend all ingredients with ice in a shaker and serve neat in a chilled martini glass. Yum!

### Worst Chugs

**Diet Coke Plus** Sure, this "sparkling, calorie-free beverage with vitamins and minerals" is full of B3, B6, and B12—but that doesn't cancel out the aspartame, phosphoric acid, and potassium benzoate in each serving. We doubt soda will ever be good for us, no matter what's pumped into it—especially since a 2005 University of Texas Health Science Center study found a 41 percent increased risk of obesity for every dose of the diet stuff we gulp each day.

**Enviga** The Center for Science in the Public Interest filed a lawsuit against this "calorie-burning" drink's manufacturers, Coca-Cola and Nestlé, alleging that they falsely advertised "negative calories." It's not celery, for cripe's sake.



## SEX ALERT BEST...

**...Use for a New Vibrator**  
Babeland's JimmyJane couture line of sex toys has given us the silicone-and-stainless-steel Form 6. Depending on your mood and free time, choose from six speeds and five intensity levels. It's also water-resistant for Jacuzzi fun.

**...Use for an Old Vibrator**  
"Nobody make a peep, or I'll give you all orgasms!" Nicki Jex, 27, of England, was jailed for holding up a bank with his girlfriend's Rabbit by pretending it was a gun. The vibrator was sentenced to 5 years in prison, where we're sure he'll be very popular.

## WORST...

**...Hide-the-Sausage Backlash**  
"Vegansexuals" won't eat animal products, nor will they shag anyone who does. A New Zealand researcher studied 157 vegans, 120 of whom were women, and found that every one of the ladies expressed some breed of carnivore hang-up. Talk about fussy...

Contributing writers and researchers: **Leslie Goldman and Liza Monroy.**  
Additional reporting by **Sara Vigneri.**

**iPhone Rants**  
Oh, you have an iPhone? That's nice. You say it does everything? Really? Does it trim nose hair? You know what's amazing about the iPhone? How much you love to talk about it. We like how you wear it on your belt and charge it on your desk so you can show it off. That's great. We also like how all your e-mails say, "Sent from my iPhone." That's really cute. Guess what? iDon'tCare.

**Flying the Unfriendly Skies**  
Long lines, endless delays, corny movies...do we really need another reason to avoid airplanes? **Hooters Girl Kyla Ebbert** was told to cover up by a Southwest Airlines attendant, who said her outfit was unfit for a family airline—and then asked her to buy a new one at the gift shop (as if an "I ♥ Tucson" tee would be more tasteful). Southwest, whose crew uniforms once included hot pants, issued an apology and shrunk fares to "mini-skirt" sizes. Flight attendants playing fashion police are bad, but cheeky spin-doctoring may be worse.

**Dick Cheney Vanishes from Earth**  
You can find everything on Google Earth—the nearest gas station, the Pentagon, your ex-boyfriend's apartment—but you won't find the VP's house. He censored his home from Google Earth, and now a pixilated image stands in place of the real thing. We can think of a few places we'd like to remove from Earth. But why stop at buildings? What about our bosses? What about bad skin? Can Google make those disappear, too?

**A Degree in Social Regression**  
Southwestern Baptist Theological Seminary offers a **B.A. in humanities with a concentration in homemaking.** Classes in the women-only program include "Orientation to Homemaking," which provides an "overview of the field of homemaking," and "Meal Preparation with Lab," in which students learn the "basic principles of the selection and preparation of food." What year is it again?  
—Annie Choi