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HOW TO

HELPFUL
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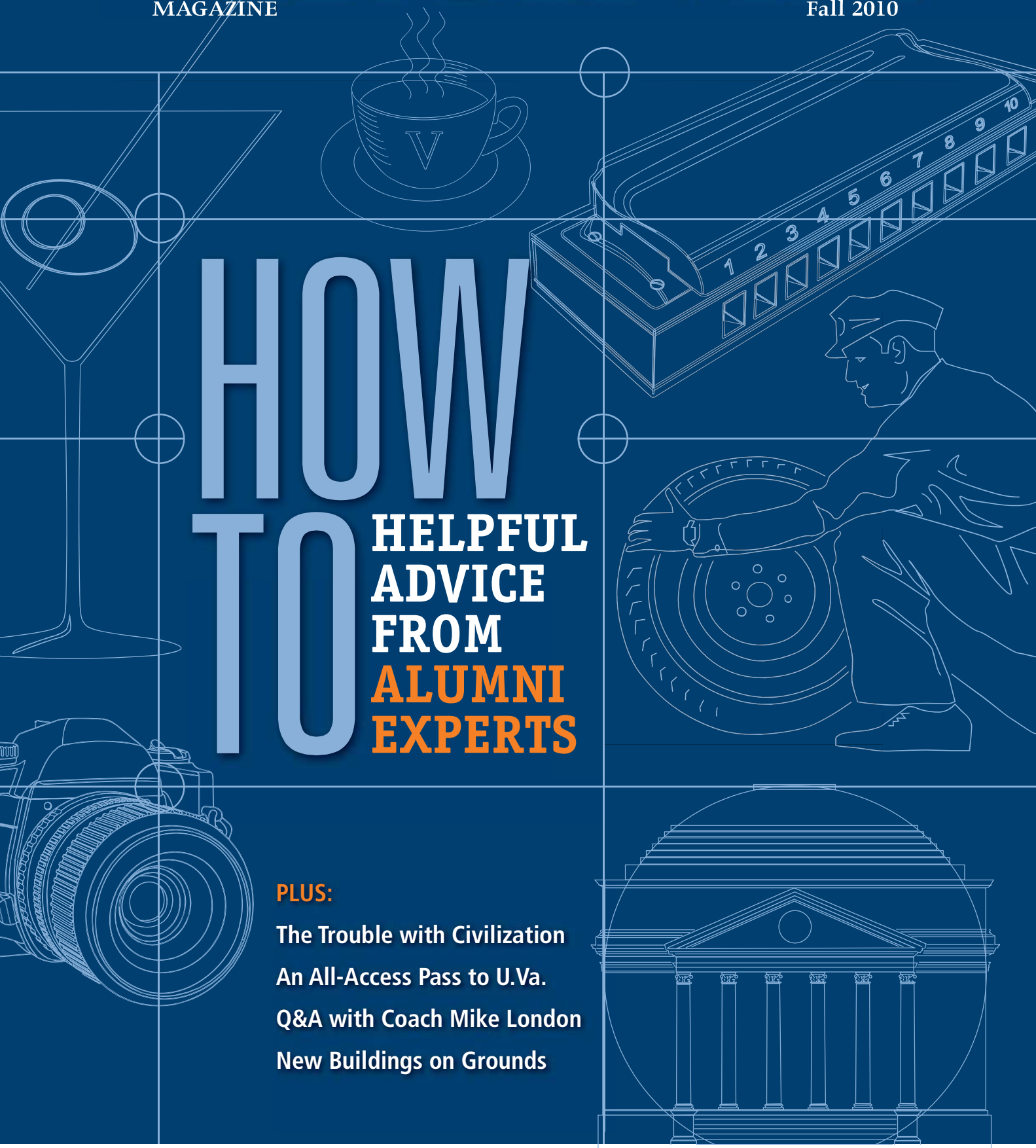
PLUS:

The Trouble with Civilization

An All-Access Pass to U.Va.

Q&A with Coach Mike London

New Buildings on Grounds





HOW TO DRESS BOHO

THE EXPERT Courtney Kampa (Col '10) has been a model, fashion adviser and writer for Seventeen Magazine.

So you wanna be boho. You've stared, envious but mystified, at those colorful, rumpled outfits. You've even staked out trendy coffee shops to pick up tips. You, too, wish to make an effortless spectacle of yourself but are unsure how.

Let go

Step one is to stop taking yourself so seriously. In wandering out into the world as wrinkled and tousled as this genre demands, a certain amount of dignity, even self-respect, must first be surrendered. So take risks—if you look a little silly, it all gets written off as intentional. Wear the

occasional blanket for a coat. Twist up your hair with a pen. Put your house key on a rubber band and wear it as a bracelet. And dish towels? Perfect head scarves.

Aim for inexpensive

Join the fashionably poor, frequenting consignment shops, flea markets, vintage boutiques or your mother's attic. Consider the jewelry of the past. It offers a cheap, timeless, thoroughly boho alternative to wearing what everyone else wears, and is an ideal way to weather the tough economy. Check out stores like the Salvation Army or Goodwill, which frequently house absolute gems.

Avoid trends

Part of boho's appeal is that no two looks should ever be the same. A common, yet fatal, mistake is to fall into the genre marked "hipster." Avoid anything given this label as though it were the plague. While the mission of the average bohemian is freedom, hipsters are defined by restriction, whether through oxygen-sucking skinny jeans, or their crippling sense of irony.

Boho: a state of mind

Rather than a definitive set of rules, it's most important to embrace the deep humanity of dishevelment. City grit, wrinkled fabrics—appreciate a style of minimal upkeep. Develop a flair for melodrama. Bohemian clothing should be the evidence of a great romantic soul, preoccupied with art, love and metaphysics. Boho ultimately amounts to attitude. The clothing should suggest you spent the morning making art rather than wrestling your pants on with a shoehorn. Wear a genuine (yet slightly distracted) smile. Carry a steaming espresso without the Starbucks decal. Above all, be yourself—interpretation is key. The big secret about boho rules is that there are none.

HOW TO SAVE A LIFE IN THE WILDERNESS

THE EXPERT Matthew Rosefsky (Grad '03, GSBA '03) is general manager of the Outdoor Adventure Social Club of Greater Charlottesville and a wilderness medicine instructor for Stonehearth Open Learning Opportunities.

Step-by-step rescue recipe

We think of "wilderness" as a place of tranquility to which we escape. But the dangers of being in wilderness can also be thrust upon us due to natural disaster or terrorism. Ever been among the first to arrive at a crash or injury scene, desperately wanting to help out but having no idea what to do?

What happened?

First, size up the scene. Is it safe? Is the patient in imminent danger, such as from falling objects, or bikes coming blindly around the bend, such that immediate evacuation or blocking off a hiking trail is in order?

Second, as you approach the patient but before you arrive, form a general impression. What happened? What appear to be the major concerns? Might the patient be at risk of spinal cord injury? If yes, ensure that the patient does not move, especially his or her head—including nods of "yes" or "no."

Third, protect yourself from others' body fluids. Carry and use medical gloves.

Fourth, briefly communicate with the patient as you approach. How responsive is he or she? What happened? Does he want your help? What is his chief complaint?

Go through the ABCDEs

Run through the ABCDEs of life-threatening conditions—in strict order of fastest killers first—immediately treating any problems you discover along the way.

Airway: Open the patient's mouth, check for and remove solid or drain liquid blockages.

Breathing: Look, listen and feel for breathing rate and quality. Assist inadequate breaths using a CPR face shield or slow down rapid breathing (get the patient's attention, breathe with him or her and slow the pace of breathing).

Circulation: Check for a pulse at an extremity, then closer in if none is found. Perform CPR if appropriate. Check for and stop any major bleeds.

Deformity or disability: Check for broken bones. Check nervous system functionality by addressing these questions: Can the patient move feet and squeeze hands, evenly? Can he or she feel which toe or finger you're pinching?

Environment: Get the patient out of the sun, off the cold ground, out of the rain and keep him warm.



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