

BRIDES AND BLOOMS

April showers may bring flowers, but the December holidays bring on a crush of marriage proposals and engagements. So Vicky Marco of Bella Bloom on J Street spends a lot of time in January talking wedding flowers with brides-to-be. Here's how she answers some of their questions.

WHERE DO YOU BEGIN? We start with style and color. From that, it becomes easier to talk about floral selection and other accents. My job is to help clients feel excited about colors and to visualize possibilities.

WHAT ABOUT TRENDS? DO THEY MATTER? Color choice should reflect your own personality and style, but yes, you should know the trends.

WHAT ARE THEY FOR 2009? All shades of orange and yellow are hotter than ever this spring. Pink is always classic, but for 2009, it will be more toward coral and watermelon shades. Medium blues and purples that trend to lavender will work well in spring and right into the fall.

ANY OTHERS? Yes, brown is still going strong. I have used chocolate brown with almost every possible color. A refreshing trend is to move toward a shade such as pewter or slate—colors that work nicely with all the new trends.



WHAT MIGHT YOU SUGGEST? For orange: ranunculus, gerbera daisies, vanda orchids, mini calla lilies, pin-cushion proteas and "Miracle" variety roses. For yellow: ranunculus, tulips, freesias, narcissus and cymbidium orchids. For coral: peonies, tulips, gerbera daisies and "Fiesta" variety roses. For brown accents: chocolate cosmos and uluhe (monkey tails). For pewter: seeded eucalyptus, dusty miller and sage.

—Joan Waters

ALL SHADES OF ORANGE AND YELLOW ARE HOTTER THAN EVER THIS SPRING.

500

Number of milligrams of caffeine in one 20-ounce can of Fixx energy drink

330

Number of milligrams of caffeine in one 16-ounce "Grande" Starbucks regular coffee

400

Number of milligrams of caffeine considered the "upper limit" of daily caffeine intake before overdose symptoms may occur

2005

Year the World Anti-Doping Agency dropped caffeine from its list of prohibited performance-enhancing drugs

Sources: EnergyFuels.com; ConsumerAffairs.com; World Anti-Doping Agency



five faves

RAFAEL ZAMARRIPA, Owner, Zama Hair, Sacramento **1.** Spending time with family and listening to them speak Spanglish. **2.** Buying new cars and . . . ah . . . the new car smell, of course. **3.** Never having to ask for directions, thanks to my car's GPS. **4.** The CHP riding behind me with the lights on—then pulling over someone else. **5.** Getting married.