

## GOODSTUFF

### Luther Burger, with a side of heart attack

Health magazine recently released a list of the 50 Fattest Foods in the U.S. and Georgia earned a worthy spot on the list for the Decatur-born Luther Burger (named after R&B legend — and diabetic — Luther Vandross).

Not sure we'd sample it even if we could find it in Athens: It's a ground-beef patty, topped with cheddar and bacon between two Krispy Kreme doughnuts instead of a bun. Yuck. To further the dish's cholesterol factor, Georgia's own food maven Paula Deen of the Food Network in 2008 topped it off with a fried egg.

The fat content totals 40 grams — the two Krispy Kreme glazed doughnuts

weigh in at 24 grams of fat, and the patty offers up 16.

The full article with other offending foods is posted online at [www.health.com](http://www.health.com).

### Toes need help to combat humidity

It's the time of year we bare our legs and feet, and we love this great-smelling bamboo and sugar scrub for sloughing off dead skin to make our legs and toes smooth and sandal-ready. Gehwol Bamboo Scrub is available at [www.gehwolonline.com](http://www.gehwolonline.com) and other online retailers starting at \$25.95.

Follow that up with a sprinkle of Twinkle Toes powder from Texas-based Herban Renewal. As great as this company's Earth-friendly products is the mission behind them — they're made by mentally and physically challenged adults from Dis-

abilities Resources Inc., and the company also employs and supports other worthy organizations in its hometown of Abilene, Texas. The Twinkle Toes talc-free powder we tried is great to sprinkle in shoes to combat that sticky humidity this time of year (guess they know all about that in Texas!). It's geared toward dancers, though, in its tu-tu pink packaging and the name of its scent: pirouette peppermint. It's \$5 for a 1-ounce shaker or \$15 for a 4-ounce shaker. Find it at [www.herbn-renewal.com](http://www.herbn-renewal.com) or call (877) 691-5409.

