

USA WEEKEND

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50 Cent:
Beyond the music

Recipes for
a special
spring feast

**Dr. Tedd on a
common sleep
disorder**

Clockwise from top:
Star Jones Reynolds,
Meredith Vieira,
Elisabeth Hasselbeck
and Joy Behar

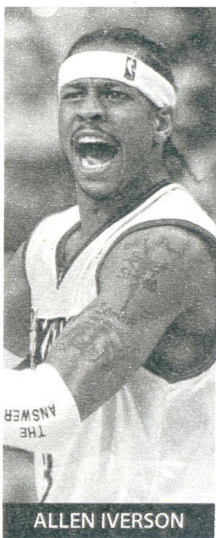
Elisabeth Hasselbeck
outfits her co-stars
of ABC's *The View*.
And we make her
stick to a budget!

SPRING FASHION ISSUE '05

TATTOOS: Do it safely

Celebrities like Christina Aguilera and Beyoncé are among the 16% of adult Americans who sport tattoos. Are tattoos safe? No national regulations exist, so buyer beware! Getting one puts you at risk of allergies to the dyes, keloid scarring, and infections including hepatitis, tetanus and even HIV.

If you think you must ink, and you've spent time imagining what that lotus on your leg will look like in 40 years, follow these tips from registered nurse and tattoo expert Myrna Armstrong:



RUSTY KENNEDY, AP

ALLEN IVERSON

Be smart with body art

- **Expect cleanliness everywhere** — including the artist's appearance. Eyeball the autoclave, the sterilizer that cleans needles; check for a recent test certificate.
- **Watch someone else get tattooed.** Sterilized packages of needles should be opened in front of the customer; used ones should go into a biohazard container. Be sure the artist changes gloves after handling anything other than the needle.
- **Check the studio's reputation.** Verify that it meets state licensing regulations. If the artist belongs to the Alliance of Professional Tattooists (safe-tattoos.com), that's a sign of a good reputation.
- **Be patient.** Your tattoo will take seven to 10 days to heal.

— Susan T. Lennon