



Style Spy

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with **Katrina Szish**, InStyle's National Correspondent

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NEW YORK FASHION WEEK F/W 2008: FEBRUARY 7th AND 8th EXTRA-QUICK HIT

[FEBRUARY 7th & 8th](#)

RUNDOWN

2/7 (my 4-year wedding anniversary!)

5:30 am wake-up!; make-up call time, 6:30 am; met Fox5 crew at 8 am for last live Fashion Week segment ([Watch ALL FOX 5 FASHION WEEK SEGMENTS HERE](#)); shows all day, topped off with a romantic rendezvous for burgers and beer with Mr. Husband at The Corner Bistro (a special thanks to the bistro's bar master, Red, for remembering to play my favorite song on the jukebox, Neil Young's "Cinnamon Girl")

2/8

fashion shows all day, plus on-camera video coverage for InStyle.com ([WATCH ALL INSTYLE.COM's FASHION WEEK VIDEO COVERAGE HERE](#))

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4. Aristo Wellness bars: These new energy bars are packed with Omega-3's and anti-oxidants but not with calories (140) or sugar (6g). And -- sit down for this one -- they don't taste like chocolate chalk

