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ness that belies their low cost. Find them at Kohl's stores or kohls.com (where, as of late, they've been \$19.99).

■ A pair of comfortable shoes. Not slippers or granny shoes, but a pair of eye-pleasing kicks that pack some special technology. Pluggz, purveyor of wellness products, is offering a collection of women's and men's shoes that provide an earthing, or grounding, effect that matches the benefits of going barefoot. According to advocates, grounding occurs when a human body connects — via the electrically conductive soles of the feet — with the electron-rich earth.

Research has unearthed (sorry, couldn't resist) the health benefits of grounding: Free electrons passed on from the earth keep those free radicals at bay. Each pair of Pluggz contains black plugs, made from a custom-formulated carbon and rubber compound and sitting under a weight-bearing part of the wearer's feet, ensuring electrical contact with the earth. The company's latest offering for women includes bright spring flats and metallic flip-flops. I've gotten up close and personal with the EOS Ballet Flat (\$129), made of full-grain metallic leather with patent

toe caps and slip resistant rubber soles. It comes in several colors. The shoes are indeed a pleasure to walk in. They're at pluggz.com. (To ensure toe room, consider ordering a half-size up.)

■ Shoes for a cause. Haus Werk, the furniture/lighting/clothing/accessories store in Hillcrest, is hosting a special event for the next edition of First Thursday (May 2) in Hillcrest: Customers can get a 15 percent discount on new shoes if they bring in a pair to donate to Ozark Water Projects, for which the store is now a drop-off site for donation. Ozark Water Projects collects new or gently used shoes and sells them to foreign resale merchants to raise money to build wells and establish water purification systems in Third World countries. Haus Werk will be open until about 8:30 p.m., featuring shoes from such brands as Kork-Ease, Fly London, Bed-Stu, Liberty Black and Terox.

■ An exploration of the cosm(etic)os: Hook her up with a new makeup brand. During a recent stop at west Little Rock boutique Barbara Jean Ltd., I was introduced to three new and not-so-new cosmetic and skin-care lines worthy of note: Diego Dalla Palma — an