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EYES ON MARY KITCHEN

11/28 BY MARK ST. JAMES 0 COMMENTS



TAKING A PAGE OUT OF MARY KITCHEN'S STYLE

From being the Entertainment Anchor on CityTV to the correspondent at omg!Insider, Mary Kitchen is a fashion and entertainment journalist whom I absolutely A-D-O-R-E! Her style is sharp as a tack and her fit frame looks great in everything she wears. But more than that, her personality and sense of humor shine through with every project she works on. Basically I'm a huge fan and was glad to work on the same set as her today with Fysh Nation glasses Spring 2014 ad campaign.

We only had a brief chat but her passion is so tangible it's crazy! When she was on fashion file you could tell that she wasn't scared of asking the questions, she may not

want the answers to. And isn't that the sign of a good journalist? She certainly thought so as seen in her interview with WestGroupe for their Profiling Sessions one on one.

You may remember the [EVATIK menswear](#) post I did a while ago where I wore some sunnies... well, this is the sister company to that and they have some really stylish frames. What turned me onto Fysh Nation was Mary Kitchen's interview with them back in October where she talked about being a journalist and what it means to her. Really inspiring.

After seeing this video I wanted to try on some of those styles so I got to today. To be honest the *moment* I put on the cat eye styles my eyebrows were lifter, the sides of my face were tightened and under my eyes was lifted and brightened. And even though everyone gave me the thumbs up... I was a little leery about wearing women's glasses. Scarves yes... coats yes... frames of the prescription variety... not so much. I have unisex sunglasses (that are more sway than swagger) and I love them to bits, but when it comes to prescription style eye glasses... I have to stick within the men's category.

Luckily for me there are enough men's styles to satiate my hunger for non-prescription-prescription style frames (does that make sense?). So yes, I actually don't need glasses, but that doesn't stop me from owning five pairs. They add depth and strength to my face, they emphasize the shape of the eye and even hide bags under your eyes.

So long story short it's time to try on some glasses that don't really have a purpose other than giving you a helping hand with your style (not to mention add personality in an instant). Also be sure to follow Mary Kitchen on twitter and watch her on the tele because she's pretty much the most amazing fashion gal on Cable.