

OPEN

## The Bar Exam

DOES A NEW CREATE-YOUR-OWN HEALTH FOOD JUSTIFY THE HYPE?

### DOCTOR'S ORDERS

A TRADER THESE DAYS can customize his every last possession: his iPhone. His Bentley. His portfolio. Is bespoke convenience food next?

Apparently so. Now that the genome has been sequenced, the quest for a balanced meal in portable bar form is man's only major challenge left — and a new brand, YouBar, brings, well, you into the effort: Just choose a base (dates, sesame, peanuts, etc.) and add-ins (dried fruit, berries, grains, protein powder, vitamins, etc.), and YouBar will mold your recipe into a handy snack. "They're great before the markets open," says recent convert Christian Newth, a trader at Smith Barney in Los Angeles, who each morning wolfs down a caffeine-rich bar full of bits of crystallized coffee.

So is YouBar a nutritional and convenience Holy Grail? "Just because you find something in a health-food store doesn't mean it's good for you," says Dr. James Blumenthal, a certified clinical nutritionist in L.A. The typical "nutrition bar," he notes, is loaded with sugar and hydrogenated oil — healthy only for your cardiologist's bottom line.

Yet YouBar can, Blumenthal allows, be a fine midday jolt for hungry, harried market movers: Skip the vitamins and protein powder, eschew any sweetener other than dried fruit and use berries and nuts for the bulk of the bar, he advises.

YouBar and its innumerable ilk, in other words, are good for an occasional nosh — but traders still need three squares a day for peak performance. "Nutrition bars aren't balanced meals; they're supplements," Blumenthal says. "They're snacks. Remember that, and you'll be fine."

\$39.99 for a box of 12. [youbars.com](http://youbars.com)



**TWELVE-BAR PILEUP:** Like dinner, but without all that pesky silverware



BUY THIS ISLAND

3BR, WTR VU: Bored some Saturday? Declare war on that island behind you.

## KEY ACQUISITION

A PICTURESQUE SOUTH FLORIDA IDYLL OFFERS PEACE, QUIET... AND '90s COLLEGE-ROCK NOSTALGIA

ANY WELL-CAPITALIZED trader with a juiced-up platinum card and an incurable fondness for celebrity detritus could easily make a glamorous real-estate play by picking up, say, Angelina Jolie's Phnom Penh pied-à-terre or Leonardo DiCaprio's solar-powered Bel Air yurt. But George Clooney always dropping by to solicit donations for Darfur, *Us Weekly* photographers hiding in nearby trees... who needs it? Better to snag a place from some D-list pretender who had the money to do things right but whose cultural moment has, shall we say, passed.

Someplace like Florida's Melody Key, in other words. A six-acre dollop of paradise some 25 miles from Key West, Melody Key is currently the bucolic hideaway of rock star Nick Hexum. Who? The lead singer of briefly prominent alt-rock band 311, that's who. (Those who were already trading in the '90s will not remember them. Those who were drinking beer from a funnel in the '90s surely will.)

Hexum did not, to put it politely, enjoy a career for the ages. But he was sufficiently successful to fund the purchase of this postcard-pretty retreat. Amid the lush tropical greenery for which South Florida is justly lauded sits Melody Key's house, a three-bedroom, 3,500-square-foot abode with an immense deck (perfect for barbecuing freshly caught marlin in the salty sea air) and an unbeatable vantage point during hurricane season (pack extra towels).

Other Melody amenities include a Jacuzzi, wet bar, proximity to the goods and services available on nearby Summerland Key (just five minutes by boat) and a nifty widow's walk atop the joint for observing full-spectrum sunsets over the Gulf or spotting a teenaged Elián González heading your way in a claptrap dinghy.

So while buying the island getaway of 311's forgotten frontman will win you no plaudits from sniffy *High Fidelity* types, the accrued nostalgia will at least be worth the purchase price. And hey, it's the Florida Keys — if it's celebrity access you crave, give Jimmy Buffett a call. We hear he'll happily trade margaritas for market tips until the bottle runs dry.

\$7 million. [melodykey.com](http://melodykey.com)

WRITERS: CRISTINA VELOCCI (DOCTOR'S ORDERS); CHRIS R. MORGAN (BUY THIS ISLAND)

## TRADER TICKER

2 PERCENTAGE OF ITS ANNUAL PROFITS FROM SALES OF NUTRITION BARS THAT YUBARS PLEDGES TO DONATE TO VARIOUS CHARITIES, INCLUDING UNICEF

700 TOTAL SIZE, IN SQUARE FEET, OF THE BARBECUE DECK OFF THE TOP FLOOR OF THE HOUSE ON MELODY KEY ISLAND