


FASHION FUNDAMENTALS WITH OUR VERY OWN ...

STYLE ADVICE AND TREND UPDATES

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I get a rush when I see the new collections for Fall or Spring jaunting down the fashion runways. The fresh styles and innovative styling fill my head with ideas on how to make my wardrobe holdings current and fashionable.

One must realize that the value of looks on the runway lies predominantly in the inspiration that it offers. Please do not view most runway shows as a literal way to dress on the streets, as many times creative designers add theatrical accessories or exaggerate certain features for showmanship. For instance, you may have noticed in

past years when mini skirts, were the "IN" thing that leggy models showed them off mid-thigh with towering heels. Obviously the look worked for the runway but wouldn't for everyday living... The following is a look at hot Spring 2006 trends and how to incorporate them for everyday living

AND how to acquire the same looks without the designer price tag!




Chinois-Chic: Asian inspired ensembles and accessories were highly visible on the runways and is a great look for spring with luscious fabrics and exotic, eye catching colors. Add some Eastern-style accessories and bright colors to make the look happen for you. It's really easy to add Asian appeal to your monochromatic ensemble. Simply find a wide jewel-toned scarf (extra-long—any fabric) and wrap around the ribcage to the front, and tie in a small knot—this do-it-yourself piece will resemble an OBI sash and will add a new dimension to your all-one-color outfit. NOTE: a bright color will really add oomph!

Make your mark with a Print! Graphic prints, floral prints, they are all screaming for attention in Spring 2006! Many runway looks feature mixing and matching varying patterns which can look funny if not done correctly. Avoid looking over the top but remain fashionable by hitting up the local thrift store for a cool shirt with a retro-psychedelic print, or get girly and nab a sweet cotton blouse with a floral pattern. Pair your tops with cropped to the knee pants or a sweet solid-colored full



skirt. Remember body-type rules when dressing as well. If you are smaller on top wear a patterned blouse. If you prefer your bottom half go graphic with a pair of cool clam-diggers or a pretty flow-ey skirt.

Attention gentlemen! Unless you are uber-fashion boy, the catwalks are probably not where you find your wardrobe inspiration. The looks designers unveil each season for men can be intimidating for the average Joe who is most comfortable in jeans and a tee and who winces at wearing pastels or skin tight anything. I know there is a tiny, hidden part in most of you young guns who want to wow the crowd with your snazzy getups—So hold on tight here's a sneak peek at some tame new looks for



Spring that you may want to give a whirl next time you are feeling fashion-venturous!

WHITE OUT! Wearing all white looks crisp and cool and oh-so-fresh! It's obviously not hard to copy the look, but the key to making you stand out is making sure that the pieces you wear are neatly ironed and clean. Let's start with fabric. Linens are lovely, but only before you sit down. This fabric, while lightweight, wrinkles terribly and will make you look disheveled in a heartbeat. Instead, go for stiffer fabrics like denim or cotton—avoid anything with spandex as it tends to cause whites to yellow more quickly. Purchase a new white shirt for the season, (polo, button down, tee—whichever you prefer) just because washing whites can make them dingy after a season. Don't think you can't get extra-mileage out of your white denim? Pair with a black or brown shirt/shoes/jacket during the cooler months for a great look.

It's ok to SLOUCH! Another hot trend for spring is the Baggy Look. To avoid looking sloppy don't mimic the runway trend literally. Instead of going baggy all over pick one loose piece. The best way to get the look at an affordable price is to head up a vintage store. Go directly to the dress-up men's trousers and pick out a few pairs in a size that is 2-3 times bigger than you would normally wear. Be adventurous and pick pinstripes—or the like. Avoid pleats to authenticate the look, finish with a belt and flip flops and tuck in your decent fitting shirt. You've got the look!



Stay tuned for next month: How to keep up with trends at any age!