

Revealing attire is in for prom season



PHOTO/PAUL WILLIAMS III

The little black dress (left) is popular prom attire, although colorful and more revealing dresses are finding favor among high school girls.

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nothing revealing."

Tasha Blackmon, a student at Philip O. Berry Academy who works at After Hours formal wear, said she is going for a "Cinderella" look for her May 15 prom. She plans to wear a strapless gown that is fitted in the waist and has a blooming skirt. "I want to be different," she said.

Blackmon said other girls at the prom will more than likely be wearing halter-top and skin-tight dresses.

Another fashion trend that After Hours manager Jennifer McCarn said she has seen among boys this season is the use of pink. "We've had more guys ask for pink than girls," she said.

Once upon a time, a boy who wore pink was ridiculed. Now, pink is en vogue. Last year, McCarn said baby blue was the color of choice. "Not so many guys are looking for the longer length jackets. They are more into the function of the jacket," she said.

The most popular tuxedo rental this year is the white or ivory Claiborne suit, along with top hat and cane.

"Most guys are trying to be different with the cream or white, but little do they know when they get to the prom, they will all look alike," Blackmon said.

Tips on how to get fit and fabulous

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exercise you get that determines if you gain or lose weight. Most women need to eat about 1,600 calories per day, with no more than 30 percent - about 480 calories - from total fat. Balance your meals throughout the day. If you have a high fat or high-calorie breakfast or lunch, make sure you eat a low-fat dinner.

I'm always on the go and often have to eat fast foods.

Choose wisely. With a little know-how, fast food can be a part of a healthy weight-loss program. Choose salads and grilled foods instead of fried foods, which are high in fat and calories, and only use high-fat, high-calorie toppings in small amounts. Don't supersize! If you do order fried foods like french fries, try to split an order with a friend or order a smaller portion.

My hair will be ruined.

Find a style that works. If you don't exercise because it will ruin your hairstyle, consider wearing a natural style that holds up to frequent shampoos, like braids, twists or locks. If natural isn't your thing, try a short haircut that's easy to wash and wear or a style that you can pull back with a headband or scrunchie. Whatever you do, don't let your hair keep you from a fitness program.

Sisters together: Move More, Eat Better is a program that encourages black women to maintain healthier lifestyles by becoming more active and eating healthy foods. For more health tips, you may order free copies of Sisters

Together publications by logging on to www.niddk.nih.gov/health/nutrit/nutrit.htm or calling 1-877-946-4627.

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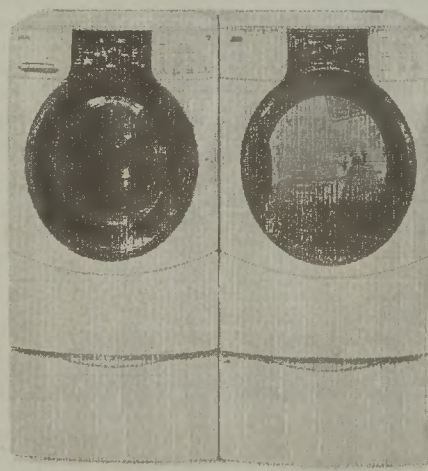
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Saturday, April 24, 2004, 6pm
Charlotte Convention Center, Downtown Charlotte
Debutantes' information includes Name, High School and Parents.

Melody Harris & Jo Ann Rodgers, Cotillion Co-Chairs
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