

# July

## Lesson of the Month: OVERCOMING THOSE FIVE DREADED WORDS: I HAVE NOTHING TO WEAR!!!

By Lauryn Prattes

Sunday Monday Tuesday Wednesday Thursday Friday

**A** fabulously sympathetic card once read, "I feel like I'm a complete failure; I'm a shopaholic and I still have nothing to wear!" Shopaholic or not, the sentiment is an all-too-familiar one. Chances are you, too, are guilty of going to your closet and trying on dozens of outfits only to collapse on the bed, exclaiming, "I have nothing to wear!" Ironically, the likely cause of this style-inflicted symptom is having too much to wear. Although there's no cure for shop-a-holism, a simple two-part prescription should alleviate the ensuing pain.

Now, for this first part you may feel a pinch: Clean out your closet. In order to do this effectively, it is a good idea to solicit the help of a friend. You will find it beneficial to have one around to offer honest opinions and a hand to squeeze as you part with those beloved, neon yellow parachute pants circa 1989. As this tends to be a hard pill to swallow, the following rules should help you wash it down:

**Rule 1:** If you haven't worn it in over a year, give it away. This rule almost always applies, though there are exceptions. Trends tend to resurface every few years, so the highest quality, best-fitting pieces may be kept in the back of your closet.

**Rule 2:** If it doesn't fit, get rid of it. Dress to the shape you are now, not the shape you once were or that which you hope to be. If your plan for the past three years has been to get back into your graduation dress, chances are it's not going to happen. And, if you do, by that time the frock will probably be outdated.

**Rule 3:** Anything with tags—from 2003—must go. There is probably a reason that you've never worn that "cool" purple denim jumper that you bought in Europe a few years ago. You know, the one you swore was going to be SO in that season? Whether you can pinpoint that reason or not, one thing's for sure: If you haven't worn it by now, you almost certainly never will.

When deciding what to keep, bear in mind certain items that every fashionable woman should have in her wardrobe. The first of these is a little black dress; the ideal LBD can be worn for a multitude of occasions. Another item you should always have on hand is a perfectly fitting, neutral colored, three piece suit (jacket, pants and skirt). Next up is a great pair of dark wash jeans. These should be your go-to item for any day. They need to fit comfortably, look crisp and make you look and feel like a million bucks. In addition to these items, make sure you keep several pairs of dress pants, along with some colorful cardigans, tees and tanks. Hold on to classic pumps and a well-made handbag in the way of accessories.

The best thing about such staples is they can be mixed and matched with both new items and other basics to create a variety of outfits. Wear the skirt from your three piece suit with a cardigan and black pumps for work. Then, swap the skirt for dark-wash jeans, replace the cardigan with the suit blazer, add in a great top and you have yourself a weekend-worthy outfit.

