

Five decades of fashion

“Fashion, glamour, sensuality — these are not qualities reserved only for the young.”

— Donatella Versace
Fashion designer

Continued from Page 7

denim. Denim jeans and a matching denim jacket was the suit of casual wear.

The alternative to jeans was the parachute pant. Fashioned from nylon the pant started out at the waist with a tight fit and ended up baggy. Stretch stir-up pants made a brief comeback paired with long oversized tops or sweaters. Mini-skirts surfaced again for a repeat performance, this time worn over leggings. Tops were accessorized with low slung belts so that they bloused over just below the waistline.

Guys and girls alike were both rocking neon colors — bright orange, pink, yellow and lime green. Rock band shirts also took center stage.

Shoulder pads were added to just about every jacket designed in the '80s. There were those of us who promptly removed them as soon as we got the item home from the store. Okay, who besides me had a draw full of discarded shoulder pads? I can't imagine what I was saving them for!

Fashion in the '90s flip-flopped between girly baby doll dresses with puffed short sleeves and the cool “grunge” look. Bib overalls were no longer viewed as farmer pants, but made their way into the fashion scene. The “in” way to style a pair of bibs was to hook one strap and let the other hang loose.

Who can forget the Dr. Scholl's? Mine were lime green.

As the years pass and AGE catches up with us, I think we are all more influenced by classic styles rather than the trends of

the moment. The '2000s have been labeled the “mash-up” decade. It was a fusion of previous styles and global, ethnic clothing.

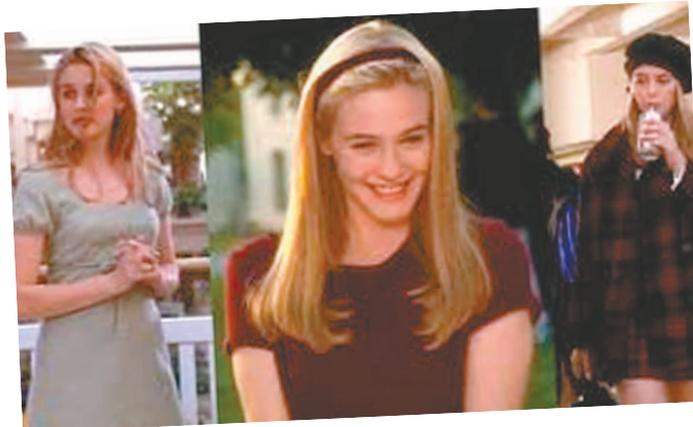
New to the scene were UGG boots, often seen worn with a pair of shorts with no snow in sight. Hoodies became the official uniform of the younger generation. Jeans got skinnier and more difficult to fit the “mature” women. (We know who we are!)

Trench coats resurfaced as the basic all-purpose, throw over any outfit look. Knee high boots with pointed toes were the perfect accessory in any kind of weather, rain or shine.

One shoe style that men, women and even children picked up on in the mid '2000s was Crocs. Beginning as a warm weather shoe, the company quickly expanded the range of styles and even developed a Croc boot.

Here we are in 2012. The biggest change in the fashion world is the growing popularity of cheap chic. High end designers are creating affordable collections for low price retailers, like Target, Kohl's and H&M. Other low price retailers, like Forever 21 are creating their own runway inspired clothing instead of teaming up with designers.

Rhinestones add an element of glitz and glamour to clothing that is not only delegated to evening wear. It was once thought that any formal outfit had to be accessorized by heels; flats have arrived to



make

a real fashion statement and can be worn on all occasions with any dress length.

Lightweight scarves are worn year round to add interest to an outfit. Throw out the old concept of “matchy, matchy.” And yes, you can wear stripes and polka dots; just keep it in the same color family.

Pull out all the stops when it comes to jewelry. Rings, necklaces and bracelets — anything goes. People scour flea markets and resale shops looking for the vintage jewelry that many of us have in our own jewel boxes.

There is no greater way to lift your spirits than to wear a little bright color. If neons are a little too much for you, just add a pop of color to any outfit with a scarf, purse or a piece of jewelry. There will always be trends, but any woman feels the best when she is wearing something she really likes and feels comfortable in.

...

Jacquie Bennett, formerly of Milroy, writes from her new home in California. She can be reached at jabennett48@embarq-mail.com. Read her blog, www.glitzglamourstyle.com

Photos submitted by
JACQUIE BENNETT

1990s Baby doll



2000s Crocs

Do you or someone you know need reconditioning, strengthening or rehabilitation?

HealthSouth Nittany Valley Rehabilitation Hospital offers a wide range of inpatient and outpatient programs that can help you reach your maximum functional independence. Our rehabilitation liaisons provide no-cost assessments in your home if you have a physical or functional decline related to:

- Amputation
- Arthritis
- Brain injury
- Chronic pain
- Increased falls
- Neurological disorders
- Oncology
- Orthopedics
- Spinal cord injury
- Stroke
- Problems with bathing/walking/dressing

For more information or to schedule a no-cost home assessment, call 814 359-3421.

Celebrating Top 10 Clinical Rank among all HealthSouth Hospitals - 2 consecutive years!

HEALTHSOUTH
Nittany Valley Rehabilitation Hospital

550 West College Avenue • Pleasant Gap, PA 16823 • 814 359-3421

NittanyValleyRehab.com

