



## Wear White after Labor Day



Break all the fashion rules. Better yet, live by your own fashion rules. Be yourself. And express that through your fashion choices. Don't feel like you have to follow the crowd, be trendy, or follow fashion rules. The rules change anyway. Take, for example, the "don't wear white after labor day" rule. So not a rule anymore!

As a teenager I attended a workshop on fashion. We were told not to wear white after Labor Day. It, in fact happened to be after Labor Day and I, in fact, was wearing white. It was also suggested we never wear white shoes. I was, in fact, wearing white shoes. I was mortified. I was the perfect example of what not to do. A few years later, however, I was reading a fashion magazine and read that white is a perfectly fine color to wear any time of year. There are some gorgeous winter whites that are a little toned down and perfect for the winter months. It was nice to hear. Validating in a way. I'm still not sure that my stark size 10 white shoes were a great choice poking waaaaaaay out from my dark tapered jeans, but it was the 80s. 'Nough said.

Who makes up the rules anyway? You! You decide what you look and feel good in. You decide what you like and don't like. And you decide how to put it all together. You'll be happier because you are staying true to yourself. And you'll feel confident because what you are wearing is representative of who you are.