

Features

Oh NO, Here Come the New Spring Fashions

by Mark Owens
Collegian Staff Writer

Well, it's that time of year when mutant people glide down ramps showing off this year's impossible fashions. I say mutant because models are folks that would look good in rain capes made from 1967 Volkswagen seat covers and impossible because models are the only people that can fit and look good in 1989's Spring Fashions.

Mark Owens

As a public service to the Collegian's readers, I've decided to let you in on this year's spring styles early. 1989 can be summed up in two words: Obnoxious and Contradictory. Here are the Five Fashion Trends for 1989:

Neon - Once again, bright basic colors are in vogue. Fluorescent clothes were prominent in the early 80's but were taken off the market by orders of the Surgeon General, who reported they were the leading cause of blindness in people over the age of 21.

After the Surgeon General found something else that caused blindness (Twinkies in this case), neon clothing was off the hook and made their re-emergence into the fashion world. The bright colors are used in stripes, plaids, solids, liquids and some gases.

Those not wearing neon fashions are encouraged to invest in dark sunglasses or, in extreme cases, where one is spending a Saturday afternoon in a mall surrounded by teenage shoppers clad in fluorescent fashion, nuclear warhead testing goggles.

Flowers & Paisley - Yes, the Don Ho/exploded chipmunk look is in this

spring. The well-dressed man, woman or it who isn't sure what it is will be wearing lots of floral print or paisley. Shirts, blouses, skirts, pants, ties, socks, underwear -- nothing goes untouched by this trend. The main thing to remember is "more is better, but tacky is best."

If you have a tie done in tasteful paisley, it's blah. But, if you have a tie that looks like six blind painters wiped their brushes on it while redoing, say, the Cistine Chapel, well....

Jump Suits - A definite trend is afoot towards jump suits, probably backed by a mechanics lobby. They come in many splendid colors like grey, blue (both available in pinstripe) and puce. Grease and lunch stains aren't included. For an added touch have your name stitched on one of the pockets.

Maternity Wear - For some bizarre reason, bulky, baggy clothes are in this year. Raid your mom's closet for her stuff. Guys, find the shirt your dad put cigarette holes in while pacing the waiting room floor.

Really hip folk will wear clothing equal to their body weight. Top quality fashion wear will have pickle & peanut butter stains on the front, or possibly chocolate & celery (depending on how strange your mother's eating habits were when she was pregnant). Don't settle for anything less.

Shrinky-Dink Wear - Oddly enough, another trend is "less is good, but opaque is better." Neon Lycra material is used for tight shorts, shirts, scarves and socks. Top-quality clothes merely have one layer of atoms as the material with a velcro closure at the back.

These fashions should not be worn around major highways, as Department of Transportation studies have shown that extremely attractive people dressed in such fashions have been known to cause eight car

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Ask Louanne

The Collegian Advice Column
by Dr. Louanne Barton,
Psychologist

This week: Chocoholic Help

Dear Louanne,

Is there such a thing as a chocoholic? I have this insatiable desire for chocolate. I go out of my way to get it and spend lots of money on it. I'm afraid of gaining weight. My friends say, "just quit buying it", but it's not that easy. I think I need a Chocoholics Anonymous.

Signed, A Chocolate Lover

Dear Chocolate Lover,

You're hitting close to home. I'm sure many of you have spotted me more than once at the RUB desk or buying one of Clay's magnificent giant chocolate chip cookies. Yes, I think it is possible to become addicted to chocolate, but I suspect it is more of a psychological addiction than a physiological one.

I've read that there are three things which cause endorphins to be released in the brain: the runner's high, chocolate, and falling in love. (Endorphins are natural substances released in the brain that create a sense of euphoria.)

Actually overindulging in chocolate is just like any other type of compulsive over-eating. It is a way of coping with stress - with feelings such as anger, sadness, boredom, and anxiety. It suggests we need to find some healthier ways to express our feelings and to cope with them. (You could try running or falling in love, but there are other ways.)

Total abstinence is not the answer. Geneen Roth has written a great book entitled "Overcoming Compulsive Eating". She was addicted to chocolate chip cookies for breakfast, lunch, and dinner until she broke it. After 15 days it worked. (She went on to do a lot of other things too.) I've never had the guts to try that approach. If you'd like to borrow the book, I've got an extra copy in my office.

Send letters to: Dr. Louanne Barton, Personal Counseling
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