

• THURSDAY, SEPTEMBER 3, 2015 •



WEAR WHITE?

WHY NOT?

THE AGE-OLD QUESTION: SHOULD YOU WEAR WHITE AFTER LABOR DAY? EXPERTS SAY IT'S NO FASHION FAUX PAS

By Sean Adams | sadams@pennlive.com

It's time to put this to rest, people: There is nothing wrong with wearing white after Labor Day.

Want proof? Let's ask Karin J. Bohleke, director of the Fashion Archives and Museum of Shippensburg University.

"If you look at fashion magazines like Vogue and everything, every other year they run a feature on how you can wear white after Labor Day," Bohleke said. "I remember looking at one recently, and going, 'Here we go again.' As a matter of fact, magazines like Vogue are the only places I see that discussion. It's like the only way they keep this discussion alive is by continually running that feature."

According to Bohleke, most people today don't really recognize this so-called "rule" of fashion.

Hilary Arthur, owner of the Arthur and Daughters boutique in York, concurs.

"I wholeheartedly believe you can wear white after Labor Day, and I don't subscribe at all to those fashion rules," Arthur said. "I think people should express themselves however they want."

History of wearing white

So, anything goes when it comes to white clothes in the fall and winter, right? Well, maybe not. It turns out there are very practical reasons this trend appeared in the first place.

"It basically dates to the early 20th century, which was a time period where very airy and light cotton dresses were extremely fashionable, and also comfortable for hot summer weather," Bohleke said.

"They were worn in all levels of society because they were affordable."

Of course, what's appropriate wear for the summer is usually not appropriate for fall and winter.

We're not nit-picking at fashion rules; we're talking about comfort and cleanliness.

"From the practical point of view, laundering white cotton, especially with lace trim, took

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Bugs ensure you're never alone on Appalachian Trail

This week, I went for a walk in the woods.

In eager anticipation of the film version of Bill Bryson's best-selling book, "A Walk in the Woods," I grabbed my backpack and headed north on the Appalachian Trail.

I didn't need a lot of supplies. I was a day hiker, so I only packed a small bag: water, bug spray, sunglasses, cellphone, EpiPens for my bug allergy, more bug spray, a granola bar, a bandanna, another granola bar, even more bug spray, a camera, and — for the really big bugs — more bug spray.

Like Bryson, I had tried to convince a friend to accompany me on my walk. I was cautious about hiking alone.

A gnarled, old hiker with a peg leg and an eye patch had once warned me that the woods were teeming with ax murderers and bears.

This Tuesday morning was hazy, hot and humid — thankfully not weather conducive to



JOSETTE PLANK

lugging around an ax and chopping up hikers. I wasn't too worried about meeting up with Charles Manson on the trail.

Bears, however, gave me pause. If I were hiking with a friend, we'd make enough noise that any nearby bears would hear us coming and skedaddle. If we did round a bend and surprise a bear, I'd have a 50-50 chance of surviving lunchtime.

Unfortunately, all of my friends had an excuse for not traipsing through the woods on a weekday.

"Some people have full-time day jobs, you know," they

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LANCASTER

Sneak peak shows updated look in Arooga's expansion

SARA BOZICH

OUT WITH SARA



Our local sports-bar chain will open yet another midstate location today — and its first

in Lancaster.

Arooga's Grille House & Sports Bar, a national, award-winning brand selected as "America's Next Top Restaurant Franchise" has been making news this year with its expansion beyond not only our area but the state, including a partnership with Mohegan Sun and Resorts Casinos and multiple franchise agreements boosting the brand across the eastern seaboard and the country. The Lancaster location,



SARA BOZICH, For PennLive

The Arooga's in Lancaster is to open at 11 a.m. today.

which occupies 9,000-plus square feet at 125 S. Centerville Road, will look different than the other local restaurants.

Owner Gary Heuther said the new restaurant follows the look of those in Con-

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