

Fashion & Style

The Cashmere Of Cotton Offers Superior Quality

Although cotton has been cultivated for thousands of years, it just keeps getting better – and as a result, more designers are featuring the best cottons in their new season's clothes.

Much of the cotton used in clothes today is a blend, but there's a growing demand for 100 percent Supima, known as the cashmere of cotton. This superior cotton is incredibly soft, it pills less and the color lasts longer. Grown only in the southwestern United States, it's 100 percent U.S. grown.

Lane Bryant has answered the demand for this high-quality cotton by expanding its spring and beyond collections to include more styles and colors in this superior fabric.

Its collection of Supima wardrobe staples features plenty of beautiful knit tees and basics made from

this quality cotton. These classic items are as fashionable as they are comfortable and retain their shape much longer than clothes made from cotton blends.

(NAPSI)

Give Foot Troubles The Boot

"Whether you're wearing them for protection from rain or snow or for style, it is vastly important to pay attention to how a boot fits," said Dr. Ronald Jensen, APMA president.

These tips from podiatrists may help you pull on your most stylish boots without harming your toes:

- Have feet measured, as foot size can change throughout life. Keep in mind, too, that your boot size may not be the same in all styles and brands.
- Try boots on in the afternoon--feet tend to swell during the day.
- Most people's feet are not the exact same size. Get boots that fit your larger foot.
- Carry an insole for arch support when boot shopping. Insert when trying on.
- Boots should feel comfortable when tried on in the store; there shouldn't be a "break-in" period.
- Different styles and materials can affect how your feet feel. Synthetic materials trap in heat and moisture, causing odor. A boot constructed of natural materials, such as leather, will keep feet dry and comfortable.
- Choose a boot with plenty of toe room, a firm heel counter, and traction to ensure stability.
- Snow boots can become slick in inclement weather. Select a pair with rubber soles and deep grooves for proper traction.
- Trendy ankle boots often lack enough ankle support. Coupled with a high heel, this can cause an imbalance. Select a heel no more than two inches high and avoid walking long distances in them.
- Narrow and very high heels on boots transfer your weight onto the ball of your foot and can cause pain and numbness. Select a lower heel or stacked style of heel for additional support.

Get more shoe or boot buying advice and foot care tips by visiting the American Podiatric Medical Association's website at www.apma.org.

(NAPSI)

Borough President

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(OPDD), affords men and women with developmental disabilities the opportunity to hold competitive jobs in their community. Through the provision of job coaching and individualized training, its program participants learn new job skills as well as interpersonal social skills.

With the supports offered by this specialized program, the individual becomes increasingly independent and successful in the job. For over two decades, HASC Center's supported employment programs have successfully placed many men and women with special needs in gainful employment within their community.

To learn more about these opportunities, visit www.hasccenter.org or call 718-535-1953.

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