

Looking Good and Feeling Great!

An Evening with Stacy London, Dr. Gail Saltz, and Joan Lunden

-April Daniels Hussar



I can't go-I don't have anything to wear!" My first thought upon securing a ticket to "**Looking Great and Feeling Great!**" You think I'm exaggerating? What would YOU wear if you had the chance to meet **Joan Lunden, Dr. Gail Saltz, Jeanine Pirro** and **STACY LONDON** - plus a host of other incredibly a stylish, accomplished women - in one night? Thank you!

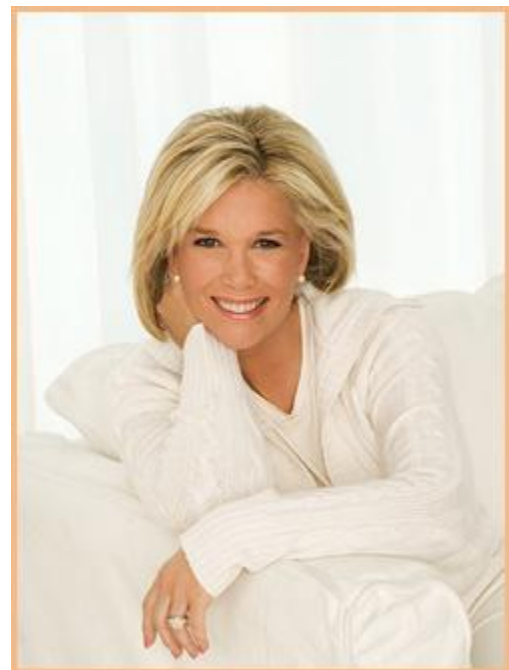
The brains (+ beauty) behind "**It's My Turn Now**" (Jeanine Pirro, Amy Rosenblum, Elise Silvestri and Roseanne Paniccia) put together the extraordinary evening, part of an event series based on the concept of *women helping women*.

Quoth the ladies: "*It's My Turn* is about women helping women. Born of the idea that we are all in transition-whether single, married, separated or divorced...pregnant, menopausal, empty nesting or widowed...we all need support and empowerment. Every month nationally recognized experts share the insight that we all need in our journey as women."

How much more **Betty** can you get?!

After driving in hilarious circles for about half an hour (mental note-ask Santa Claus for GPS device - perhaps we can celebrate Christmas in June this year?), my friend Ella and I arrived pool-side at **Jeanine Pirro's** Westchester manse just in time to slither our way to a seat up close to the stars of the evening and hear **Amy Rosenblum's** welcome. Clad in a divine **LAFAYETTE 148** dress, Amy served as a the chicest MC / crowd control you've ever seen - in between introducing the speakers and cracking jokes, she managed to keep the exuberant crowd quiet - no small task as the evening progressed (white wine + fashion show + incredible personalities + hundreds of women = noise!).

Amy first introduced her friend Melissa, a woman who normally doesn't talk publicly about this, but who came to this event in support of a fundraising effort to honor Melanie, the daughter she lost to Cockayne Syndrome. Truly amazing to see this woman, honoring and celebrating the life of her beloved child. I can't imagine how she does it. On sale that night were adorable little butterfly bracelets created to raise awareness about the disease - I have a feeling they made a good haul for the cause judging by the swarm around the table after the show (and yes I'm wearing mine right now).



Highlights from the evening:

* **LAFAYETTE 148** fashion show, narrated by **Stacy London**, modeled by non-professional models including a former stock broker, a housewife involved in charities and **Rene Syler**-author, Parenting Channel host, and former Early Show co-anchor-in a gorgeous green frock. Basically, when I die and go to heaven I'll be wearing something from LAFAYETTE 148.

***Stacy London's** style talk - my main takeaways were:

- o **RED SHOES are a fun, brighten up your wardrobe staple.** (Mental note: Must buy red shoes... immediately!)
- o **SKINNY is here to stay** - as evidenced by Stacy's skinny (but not skin-tight) DVF pant/leggings. **HOWEVER** - if you don't FEEL good - you won't look good. Wear what looks good on YOU. If you don't look good in skinny jeans, don't buy them. Jeans are great when they're MADE for (real) bodies like ours and LAFAYETTE 148 had a perfect pair on model Caroline. A simple idea - but really how many women don't heed this advice?
- o **The only accessory you can go overboard with is a giant bag.** "If the Olsen Twins can do it..."
- o **Staples for summer: walking shorts** (just above the knee). **Modern florals** (not granny florals - there's a difference!). **Dresses!**
- o **MOST IMPORTANTLY: YOU ARE PERFECT IN BEING IMPERFECT!** Stacy is all about finding your own personal style - if you don't feel good / comfortable in something, you don't look good in it. Now excuse me while I go throw away those jeans that give me the dreaded muffin top. Be gone!

***Dr. Gail Saltz on sex and life** (what else is there?). She geared her talk to women about to enter or experiencing menopause, but it was an eye-opener for women of every age. My main takeaway: **YOUR VAGINA IS AN ORGAN: USE IT OR LOSE IT!** Yes I just wrote that! Muscles atrophy if they're not exercised, women of today! The essence of her talk was this: Human beings are sexual creatures, and when you give that up, you give up a fundamental part of yourself. No matter what your age, being in touch with your sexuality is essential to your well being and happiness. No partner required! (There was LOTS of clapping here - I might even say it got a rousing response!)



***Joan Lunden.** A TRUE modern superwoman / role model. Seriously. She has three daughters in their 20's, and TWO sets of twins (ages five and three), not to mention an incredible career and a happy marriage to a dreamy family guy 10 years her junior. I have to admit to being not a little star struck when I introduced myself after the event... I mean - JOAN LUNDEN! Good Morning, America!

Joan (*do you mind if I call you Joan?*) talked about this concept of "having it all" - about the life of a modern woman (to paraphrase: we wanted it all, now we have it all - and we have to figure out how to DO it all!). What struck me most was her idea that **the most important opinions we have are the opinions we have of OURSELVES.** And the most important things we SAY all day are the things we say to ourselves. Really - think about it - so true.

She also shared her fabulous business idea for a summer camp for women - called **Camp Reveille** - because we all need to get back in

touch with PLAYING! BettyConfidential.com will be profiling Joan and her camp next week - watch this space! Women from the evening actually SIGNED UP that night for Camp Reveille.

All in all, the night was inspiring, motivating, and just plain fun - not to mention a true lesson in looking impeccably stylish. Even Jeanine's gorgeous giant poodle who made occasional appearances throughout the evening was properly accessorized - with a smart navy blue scarf - a combo condoned by Stacy London who shocked the audience by revealing that, while black + blue is a fashion DO - black + bright colors is most definitely a DON'T.

A perfect cap to the evening - after taking one last greedy gaze around Jeanine Pirro's fabulous house (fabulous - do you hear me?), goody bags clutched greedily in our hands, Ella and I found ourselves alone on the front porch with Stacy London, who seemed to be taking a quiet moment for herself, glass of wine in hand. "Hello!" I screeched, brilliantly. "I love you!" exclaimed Ella. So much for a peaceful moment! Ever gracious, Stacy did not cover her eyes in horror at my outfit ... white lace BCBG blouse and navy Banana Republic pencil skirt, if you must know.