

# P R O M i s e s

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## A Real KnockOut

What's with this? You've heard that beauty is only skin deep. Yet you spend hours planning and primping and hoping that the outside skin will be beautiful enough. The problem is...how many times have you seen girls, or guys for that matter, who are lovely to behold but nasty to know? Before the big night, take a look at what makes true beauty.

## Inside Out

There is a lasting beauty that doesn't come in a bottle but rests in the heart. And the good news is guys dig it too. Here are a few beauty tips that won't smudge off.

## Be thankful for your date.

Every guy appreciates being appreciated. Hopefully you have made a good choice for an escort and can expect good manners from him. Thank him when he answers the call to be a gentleman. Bear in mind that he hopes he made a good choice of his selection, so notice the effort he put into a clean car, tux, etc.

## Be content with yourself.

Don't spend the evening comparing yourself, and usually trashing yourself, when every other girl walks by. A woman who loves herself can praise another, and they will both glow.

## Compliment your friends, and not-so-friends.

Believe it or not, every person at the prom is a little nervous and wants to look good. Think of how much your sincere compliment can reassure people around you. You don't have to be a loudmouth or show-off to simply find something positive to say about others. But don't fake it! The old saying still goes, if you can't say something nice...keep quiet.

## Relax.

Relax? What are you crazy? With the hair and the shoes and the dress and this strap thing that simply will not stay in place? That's right, relax. The idea of prom is to have fun, and nobody has fun when their date is freaking out over something all night. How about laughing with your date when your hair miraculously slips loose from all that spray? Or the corsage sticks you for the third time? Or the worst imaginable, he tells you that you have parsley stuck between your two front teeth? Relax and you both will laugh more and stress less.

## The Best Dressed?

Style does not necessarily mean mou-lah. There are tons of ways to express your look that won't cost the price of a small



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country. Look for dresses off the beaten paths. Top name stores have beautiful dresses, but they also have lots of the same dress which increases your chances of twin city.

Once you land on the perfect dress, try it on and pay attention to details. A hat, arm wrap, gloves, earrings, or an unusual necklace are the touches that express the flair of you. Don't forget the purse. Even though it is small, it speaks volumes.

Dare to be different. Teen mags are great but sometimes they produce cookie cutter versions of prom night. Hit off the wall places for just the right pieces. Second-hand stores can have great finds and so may your mom and grandmom's attics.

The main thing is to be YOU, whatever that looks like. There is no perfect prom.

When asked why girls love the whole prom event, they almost always remark about the chance to dress up. "Kind of like being Cinderella," said one senior girl. But there are key elements of the classic story which need to be dusted off for today's wanna-be Cinderellas.

## Cinderella knew who she was.

The dress didn't make her, but revealed who she really was. Your actions will speak far louder than your dress.

## Cinderella kept her dress on.

Many guys plan for the main event to be what happens *after* prom. Hopefully you have settled that before you agreed to go out with the guy. But if not, remember that Cinderella won her prince without sleeping with him. You won't feel much magic if your dress is laying in a heap and your heart is trashed.

## The prince paid any price just to be with Cinderella.

Don't think because your guy footed the bill you somehow owe him anything but the honor of your company. Sex is not part of the Prom Package Deal.

If you think about it, the promise of prom is really a foreshadow of your wedding—the excitement, the dress, the preparation. So don't give away at your prom what should be reserved for your real prince, your husband.

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# Better than a corsage...

When it comes to prom night, it is easy to get so caught up in the look of things that you forget the impact of your actions. Imagine being with a total hottie. You are in dream land *until* you watch him slop up dinner. He sprays food as he rambles on about some story you can't remember because of the alfredo sauce that just splattered your dress.

Brush up on your etiquette, and maybe pass these reminders along to your date too.

**Eat slowly.** You are less likely to spill or drop food when you are eating leisurely. Take smaller bites. Even if you are starving, resist the temptation to cram your mouth full of bread or a huge salad leaf. Smaller bites mean you won't end up choking, or worse, looking like a squid with food on your pouches. You'll have a napkin to clean up.

**Order wisely.** Don't get a mess to eat. Spaghetti is a goop and stain. If you are smart and order something that you will eat rather than impress. Gagging is so not cool.

**Don't begin eating until your table is served,** whether there are two people or twelve. This rule goes for salads, entrees, or desserts.

**Be kind to your server.** It's obvious you are prom dates and most servers want to make your evening memorable. But nothing is worse than snooty teens putting on airs with the servers. Tipping is generally 15 to 20% of the total amount. If you're in a group of six or more, the tip is often already added. So either check your ticket or ask your server. Remember, your servers are trying to make a living too. Don't skip out on the tip.

**How much should you spend on your meal?** Ask the party, "What are you going to get?" before you order. Is he ordering an \$8 pasta dinner? Then don't order the \$20 steak premier. Do you already know your date is strapped for cash? If so, tell your server to split the meal? Tell your server to split the meal? Tell your server to split the meal? (with no extra food spills.) Some finer restaurants charge a small fee for meal splits.

**Thank your date for your meal.** Somebody worked hard for that money, either your date did or one of your parents did. So be grateful for the gift of dinner. A genuine "thank you" is like music to the ears.

**Great conversations make great meals.** One rule of thumb is to ask questions. What are plans after high school? Favorite moments of the Olympics? Reactions to September 11? These offer conversation starters that can lead to other topics. Be careful about talking too much and never, never talk about your ex-dates.

**Finally,** take some gum or mints. Order the foods you like to eat, just don't punish your date all night because you love garlic bread and onion linguini.

*Bon-Appetit' and Manners!*



# Date Makers & Breakers

**DON'T primp all night.**

He wants you to be beautiful, but he doesn't want to feel like he's in your bathroom all night. Give it a rest.

**DO wear comfortable shoes.**

Even new shoes need to feel as good as they look. It's hard to walk with elegance when you've got blisters. Walk in them at home before prom. Speaking of blisters, stick a bandaid in your purse, just in case.

**DON'T take blind dates.**

Why spend one of your high school years with a stranger? Don't have a date who is a stranger to your friends. It beats the "I don't know you" syndrome.

**DO use a portable flash camera.**

They are often the best and most convenient for distraction.

**DO stay in the room all night.**

Guys get bored with it and it lacks class.

**DO show appreciation for all his efforts.**

It takes a lot of energy to make this night happen. Notice the little things like a clean car, the flowers, his table manners, etc.

**DON'T abandon your date.**

Stay with the one you came with. Even if you're ditching him for your friends, it's gross.

**DO include your mom and dad.**

They need for 100 million photos. Hug them and take a picture. Hug them and take a picture.

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**DO include your parents.**

**DON'T give in to sex pressure.**

Many girls save their virginity for a special night. Only prom night is not it. Make your wedding night your special night when you can wake up the next morning with no regrets. Enjoy the magic of prom but hold on to your boundaries. "Prom" is NOT short for "promiscuous" which means empty sex.

**DO save your thrills for marriage.**

Your husband will thank you for it. So will your heart.

Compliments of:

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- Is my hair falling?
- Do I look fat in this dress?
- I've got to go sooooo bad!
- My feet are killing me!

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