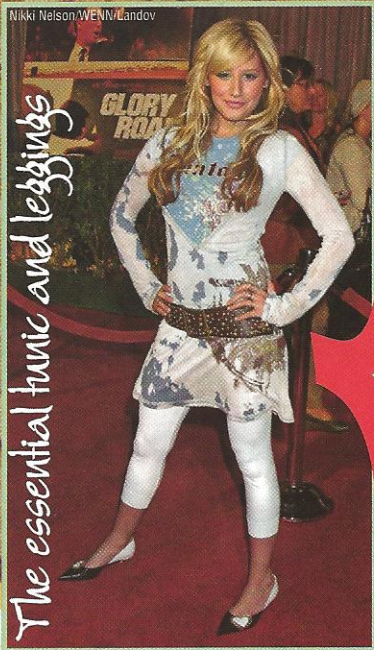


{Trends}

Nikki Nelson/WENN/Landov

The essential tunic and leggings



▶ Mid-calf and ankle-length leggings, last seen in the trendy 1980s, return to the spotlight. Fashion-conscious girls wear them under minis, dresses and tunics.

▶ Pointy toes and high heels are out. The feminine, flirty ballerina flat goes with everything from short skirts to long leggings and super-skinny jeans.



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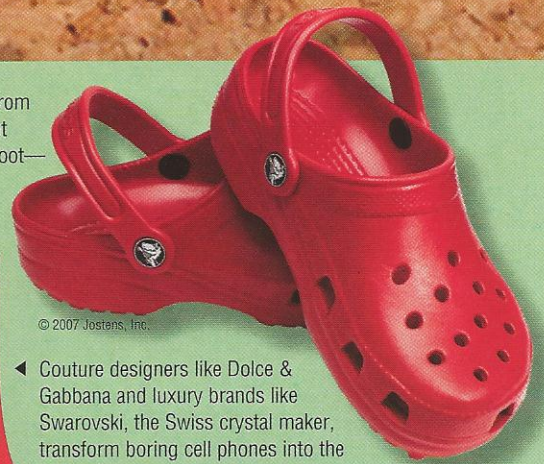
Favorite brands:

{Diesel}

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▶ Colorful comfortable crocs—made from a buoyant, lightweight, odor-resistant material that molds to the wearer's foot—are the shoe of the year.



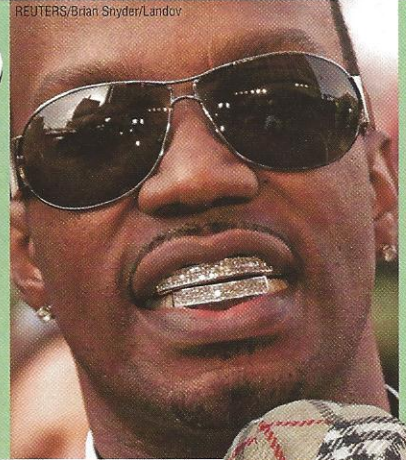
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▶ Couture designers like Dolce & Gabbana and luxury brands like Swarovski, the Swiss crystal maker, transform boring cell phones into the year's must-have bling.



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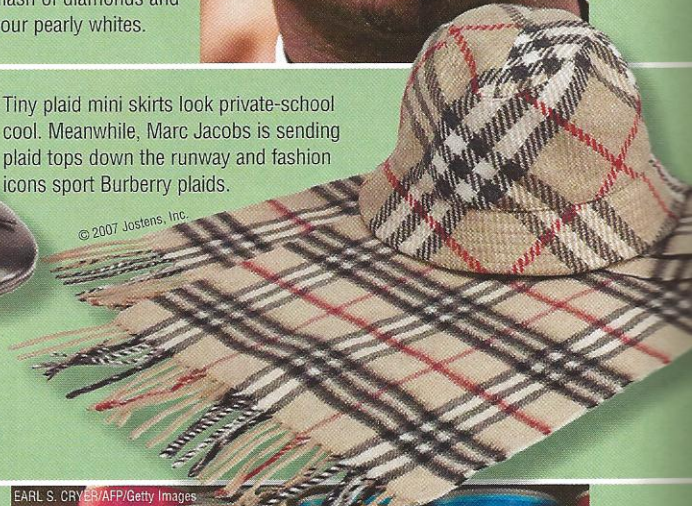
Bling bling



REUTERS/Brian Snyder/Landov

▶ Rapper fashion comes to the suburbs as snap-on grills add a flash of diamonds and gold or platinum to your pearly whites.

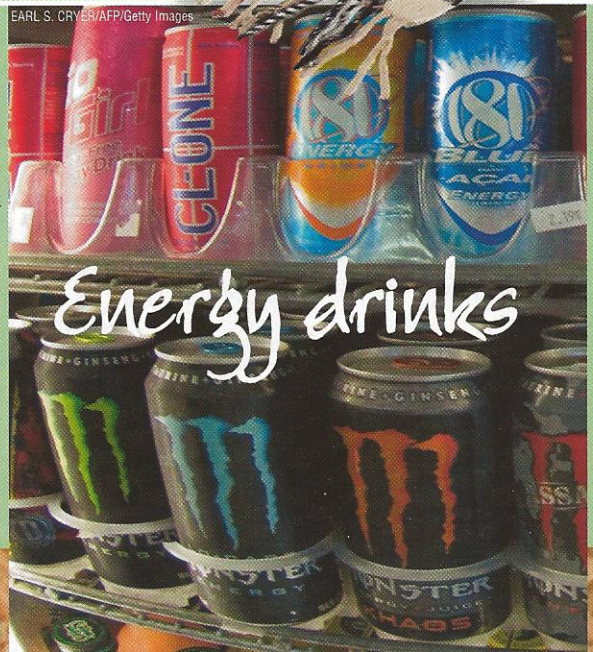
▶ Tiny plaid mini skirts look private-school cool. Meanwhile, Marc Jacobs is sending plaid tops down the runway and fashion icons sport Burberry plaids.



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▶ Nearly 31 percent of teens, or 7.6 million, are consuming energy drinks that contain up to four times the amount of caffeine than is in a can of Coke.

EARL S. CRYER/AFP/Getty Images



Energy drinks

▶ The year's to-die-for, must-have-at-any-price jeans are dark, slim, distressed denims from Diesel, the Italian label that inspires a cult-like devotion among its customers.