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LADIES' HomeJournal



EMME'S guide to CONFIDENT style

If looking good is all about feeling good, no Here, the elements of her self-assured attitude

wonder plus-size model Emme looks so terrific! and bold, beautiful style. By Lois Joy Johnson

People

more than most people, but why not flatter my shape instead of cover it up?"

EMME living large

Plus-size model Emme, host of E! Entertainment's new *Fashion Emergency* series, admits she's vain. That's why she's picky about trends. "I have to be true to my body type," explains the 31-year-old. "My style is to take the part of a trend that's good for my coloring and my assets." She shows the tactics adopted by many big women. She doesn't hide her figure. "I like wearing a material that hugs my body in a complimentary way." And black is a wardrobe mainstay only because she's the fashion bar. "I like orange, I like lime green, I like animal prints." "I thought she was 10,000 a day, the 34-year-old mannequin, married for eight years to ad exec Philip Anselmo, 35, says she "can't wait" to stop—but she's heartened by the growing number of choices in her 14-to-16 size range. As for her pet peeve? "I hate the phrase 'You can never be too rich or too thin.'" She declares, "Of course it's nice having a lot of money, but being too thin isn't good—you run out of energy."

SHOW SOME CLEAVAGE: "I love wearing push-up bras to give me even more. I enjoy showing my sexy, feminine side."
 •BE ELEGANT AT NIGHT: "I like my hair up—it's such a graceful look. And I go wild painting my toes, but I never pass give on my hands—it's less distracting."
 •PLAY UP YOUR ASSETS: "I show off my good points, like my legs and my strong upper body."

124 PHOTOGRAPH BY THEO WESTENBERGER/GAMMA LIAISON

People



MODEL: When she hits a party, Emme boldly goes where no "vanilla model" has. She calls them, has gone before: right for the love of M&M's. After all, the 35-year-old mannequin needs the attention. She has to maintain her 190-pound runway weight and keep up with a schedule that's becoming ever more frantic. In addition to modeling, Emme, born Melissa Miller, is the vibrant host of the E! channel's *Fashion Emergency*, an inspirational speaker on the culture circuit and a Revlon cosmetics spokeswoman. Last month the 31-year-old former *House of Fashion* runner also inked a deal with ABC for a forthcoming daytime show. The size 14-16 model's success story: Fred Agency president Katie Ford, is understandable. "She's beautiful, she's engaging, she's sexy—and she has a clear image of what she wants to create."

What she does, Emme says, is use America free of fat phobia. She draws tears and cheers at her university lectures when she preaches that beauty comes in all sizes. "However I hear women say they make a point of not owning a mirror," she says. "I think they should try to figure out what's underneath that. We have to get past judgment of our bodies." Self-care is definitely on the menu. Born in New York City and raised in South Africa, mostly by her mom, Sally, a secretary, Emme treats herself to regular spa treatments and massages. "They slow down the speed of life!" and says she has a whole chocolate cupboard in her Lenox, N.J., kitchen, "but there's fruit and vegetables in the fridge." To keep her imperial form, she works out three times a week, but enjoys sports—volleyball, soccer, tennis, and I glow and I'm exhausted. That's really, truly who I am," she says.

She doesn't tend to change a thing for her manager husband, Philip Anselmo. "She's absolutely exquisite inside and out," he says. And while Emme herself sometimes wishes her hips were bigger, "that I'm not going to do anything about that except buy my Carven," she says, referring to the soft pink mink dress she wears to her parties. She has long since stopped fretting over what she doesn't have. "I'm learning more and more, it's your attitude that makes you pretty. Because this," she says, pointing to her face, "is truly skin-deep."

Emme

THE 50 MOST BEAUTIFUL PEOPLE IN THE WORLD 1999



Emme practices the same trick with fashion: she wears black leather jackets, silk, and a whole lot of sexy. She looks like a queen, and she is. She's the only woman in the world who can wear a gold jacket and look like a queen.

IN A BOLD GOLD DELIGHT

124 NOVEMBER 1999

marie claire full-figure fixers

Marie Claire invited Emme, fashion's top plus-size model, to raid our closet and pick out her favorite looks for spring. Here, she gives her best advice on dressing for success by wearing clothes that make you feel self-reliant, independent and sexy—no matter what your size.

1. Don't wear a pant that is too tight at your waist. Find a comfortable waist in a weighty fabric. It will fall nicely on the leg.

2. Every Lycra, it conforms to your shape and flatters your figure. Also, boatnecks and fuller tops work nicely with a broad upper body.

3. Every woman should own a classic sheath dress and shirley-necked pumps that elongate legs and lift calves.

4. Play with the way fabrics fall on your body to achieve a sexy look for evening. Flowing outfits can elongate and give you confidence.

5. Clear should match your complexion, highlight eyes and skin. Cuffs weigh down a pant and give a good line on the leg.

6. Wear sexy lingerie, such as Body Language. Playtex's full figure line, under a double-breasted pantout and you will look chic and classic.

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People

A "We need to stop being controlled by societal standards," says Emme (at home). "You can accept yourself right now, today."

BEAUTY AT LARGE

Plus-size model Emme has a positive attitude—and a new book—about life in the non-fasting lane

A 34-year-old, MELISSA MILLER was big for her age, and her stepfather, she says, never let her forget it. Heavy himself, he imposed a strict low-fat regimen, certifying the family with him to a weight-loss program in North Carolina in lieu of a summer vacation and subjected Miller and her two younger siblings to frequent weigh-ins, while charting their results on a wall. "Eating," says Melissa, "wasn't a time of joy in my home."

Those days are long over. Miller—now known simply by her nickname, Emme (pronounced "Emmy")—has turned her 31, 160-lb., size 14-16 frame into a source of pride. As the leading model in the "plus-size" category (about size 14 and above), Emme, 35, has graced magazines and TV ads in everything from swimwear to sneakers. Now she's sharing her life story and words of advice in a book, *True Beauty*. Her message, she says, is that women "don't have to be a perfect size 6 to be happy."

Not that she thinks people should gorge wherever the urge strikes. "I give myself anything I want," she says. "But you treat certain foods with respect. You can have ice cream, but not in pints." Besides eating sensibly, Emme swims and runs on a treadmill three times a week. Finding this healthy medium has been a lifelong struggle. Emme recalls being happy as a very young child, living in Manhattan with a divorced mother who worked as a secretary and who "showed me with unconditional love." But for much of her youth,

Photographs by Eric Berger

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