

TREND

SPRING 2013

SAVVY
SUMMER
PRODUCTS

BRIGHTEST
ISSUE EVER

THE DRESS FOR
YOUR BODY

MEET OUR 2013
BACHELOR

GLAMPING
CAMP IN STYLE

COLOR
RUSH



the Salon in Ames

HAIR JUST GOT SEXIER.

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MADELINE WILHELM

TREND FOR MEN EDITOR
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LIFESTYLE EDITOR
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MEET THE EDITORS

We love color! And we're ready to brighten up our wardrobes with it this summer. We brought all of the hot hues from the runways to your fingertips. Michael Kors blew us away with his use of emerald. See how to integrate this pantone color of the year into your wardrobe on page 42. Gucci's bright pops of color inspired the accessory picks on page 40 that will make the perfect finishing touch to any outfit. Of course, we couldn't leave out the black and white trend, which still reigns on the runway. We incorporated colors and prints to make this look a complete do on page 46.

All these bright, colorful pages wouldn't have been possible without our amazing staff. This issue has been a great collaborative effort and we can't wait for you to check out our best and brightest issue ever! Be prepared, you may need some extreme sunnies to flip through these pages!

What color are you looking forward to rocking most this summer?

Best,

Angela

ANGELA CHRISTIANSON

Sarah

SARAH MAHANEY



MICHAEL KORS
SPRING 2013 RTW



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TREND *SPRING 2013*

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BEA- UTY & BO- DY

START SUMMER OFF
RIGHT WITH THE
LATEST HAIR AND
MAKEUP TRENDS.
PLUS CHECK OUT
THE NEW PRODUCTS
YOUR BEAUTY BAG
IS MISSING.

FIRST LOOK

Smoky eyes in bold blue are right on trend with this season's bright runway shades. This versatile look is picture-perfect for a playful daytime eye, as well as a sultry nighttime flare. NYC makeup artist, Denise Gvardian, recommended using Stay Don't Stray eye primer from Benefit Cosmetics paired with multiple coats of YSL Shocking Mascara to make this look flawless.





“Skin is always in,” said Patrick Boltinghouse, owner of V.G. Cosmetics. “Contouring is lifting the natural shadows that would fall on your face, which gives you an energetic appearance.” For a clean, blended look, Patrick recommended using a stippling brush to wisp the product onto your skin, instead of dabbing. He also suggested using the foundations and bronzers you already may have at home.

Vintage inspired hair has graced the runways, from mod pixie cuts to 1920s finger waves. Dante Pronio, stylist for Alibi Salon in NYC, gave some tips to update this classic. When creating vintage curls, he advised, use classic techniques combined with modern products to finish. Also, use a brush or go back over hair with a curling iron to make the style more deconstructed.



SUMMMER LOVIN'

SIZZLING SUMMMER PRODUCTS



FACE

YES TO GRAPEFRUIT BRIGHTENING FACIAL TOWELETTES

Your skin will say "YES" this summer to citrus-scented facial towelettes. Yes To brand released their newest brightening facial towelette in grapefruit. These wipes cleanse and exfoliate while leaving your skin feeling energized and fresh.

NAILS

OPI MARIAH CAREY COLLECTION - LIQUID SAND NAIL LACQUER

Get down to the nitty gritty with OPI's newest nail polish. It will be available in 8 delightful shades. This polish, worn without top coat, dries to create a pebbled finish with glitter flecks.

HAIR

L'OREAL FÉRLA WILD OMBRE DYE KIT

The hot ombré hair trend will continue into spring with the launch of do-it-yourself ombré kits. L'Oréal Féria is the first to hit stores with their Wild Ombré Dye Kit available in 3 color options. DIY for an ombré-lievable look!

MAKE-UP

URBAN DECAY ALL-IN-ONE BB CREAM

Spend more time at the beach and less time getting ready by adding Urban Decay's new Naked Skin Beauty Balm into your beauty routine. Minimize pores, lines, wrinkles, and redness all while protecting skin with SPF 20 in one easy step.

BODY

BATH & BODY WORKS WILD CITRUS SUNFLOWER COLLECTION

Bath & Body Works is launching their newest scent-sation with their Wild Citrus Sunflower Collection. Bath & Body Works described Wild Citrus Sunflower as a sunny blend of sparkling clementine, cheerful sunflowers, and luscious white nectarine. "There's something about having a fresh and clean summery perfume that makes you feel instantly 73 percent less raggedy," said Shannon Ray, beauty blogger from Gloss and Dirt. The collection comes in lotion, body wash, and body spray.

COCONUT OIL

Coconut Oil is becoming a summertime staple. It's available at every price point and has a million uses. Ray said, "I use it every day for a body moisturizer, and it *really* moisturizes. I also use it for a hair mask. That stuff is freaking universal!" The tropical scent will transport you to the beaches of Hawaii, even if you are spending the summer in Iowa.

101 eyebrows

1

Start by cleaning your skin with a gentle cleanser. This removes any oil or make-up from your skin.



2

Shape of the brow is a personal preference, but there are some guidelines you can follow. Most people have a natural brow line that they can clean up, but generally the darker the hair, the thicker the brow. The lighter the hair, the thinner the brow.



8

Wait 4-6 weeks between waxes. Use tweezers in between services.

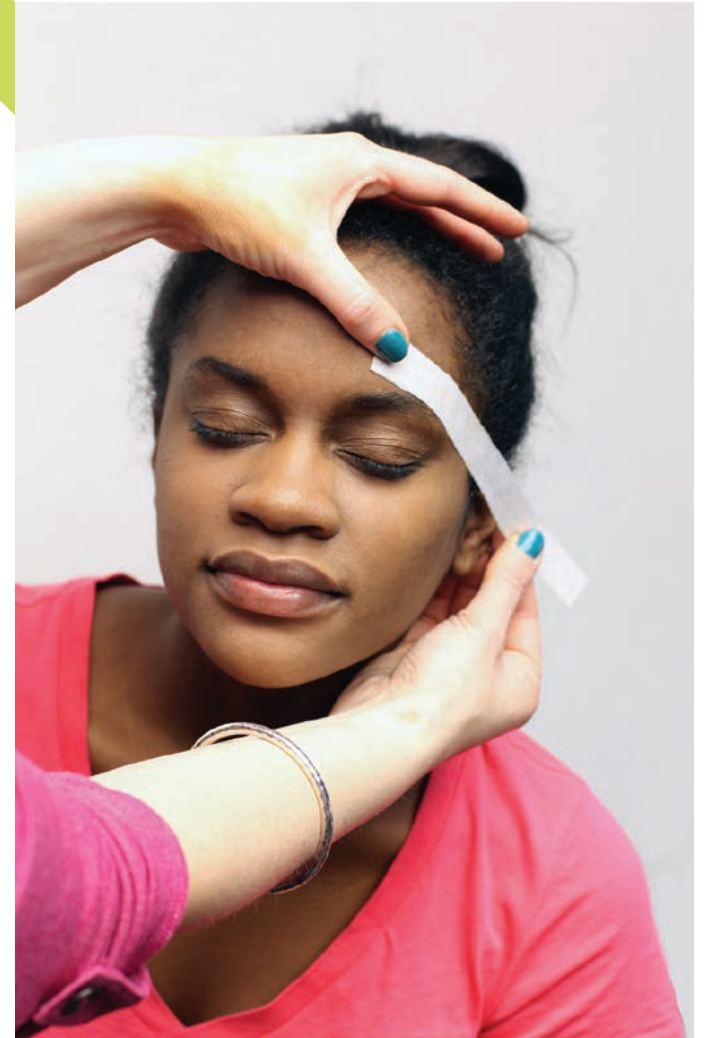
3

To trim the brow, use a fine-toothed comb to brush the brows upward. Clip the hairs that go past the top of the brow line.



4

Next, apply a light layer of baby powder over the cleansed area. This makes hair more visible so you don't miss anything.



6

If you have unruly hairs use a brow gel to keep them in place.



5

Now you're ready to wax! Apply the muslin strip in the direction the hair grows, and hold the skin tightly. Pull the strip off going against the grain. Repeat these steps between and above the eyebrows.

7

Clean the wax off with an oil-based wax remover, such as baby oil. Afterwards, gently apply aloe vera to soothe your irritated skin.

Coffee filters can be used as a substitute for muslin waxing strips.

Yoga for YOU



Are you are looking to spice up your workout routine this summer? Yoga may be the answer.

Yoga experts agree: when beginning yoga, trying different styles is the key to finding what works for you. "I think a well-balanced yoga practice includes different styles," said Darren Main, director and instructor at YogaTree in San Francisco. "The idea being, that at any given moment, your body needs different things. The important thing for somebody starting to practice is that they explore different teachers and styles to find what resonates with them."

Hatha

This is the most common type and is usually referred to simply as "yoga." If you are feeling stressed, this may be the yoga for you. The goal of Hatha is to balance body and mind through physical poses. "It's beneficial because you're using your own body weight," said Erin Sickels, State Gym Yoga Instructor. "By doing this, you really tone and create lean muscles all over the body."

Vinyasa Flow

Check out this type of yoga if you are more in shape. The key to vinyasa flow is the use of your breath to connect your body to the poses. "It really depends on what your fitness level is because some of the vinyasa flow classes are pretty rigorous," said Andrea Marcum, owner of U Studio Yoga in Los Angeles.

Bikram (Hot Yoga)

Emily Hampton, owner of Ignite Yoga in Ames, teaches a hot yoga class that derives from bikram. "Hot yoga is very similar in the way the sequencing is to bikram, but it's not as rigid," said Hampton. In hot yoga, the room is heated to 105 degrees, and humidity is added to the room before class starts. Hampton said the heat and humidity allow the muscles to expand and lengthen more easily, preventing injury and allowing for the best yoga experience.



clean sweep

Many people believe juice fasting is the best way to detox the body, however Tamara Duker Freuman, NYC registered dietitian disagreed. "Juice cleanses don't work because they don't teach you how to eat better," she said. "People fast and then go right back to the junk food. A person needs to learn how to eat better all of the time." She explained that a clean diet minimizes exposure to foodborne toxins and chemical additives. This reduces exposure to possible carcinogenic compounds in foods, such as nitrates, and emphasizes eating nutrient rich foods. Since you can't entirely eliminate exposure, the goal becomes to minimize exposure. Here are Freuman's three simple tips to help you eat clean.

1

GO ORGANIC

Organic fruits and veggies are 30 percent less likely to contain pesticide residue.

2

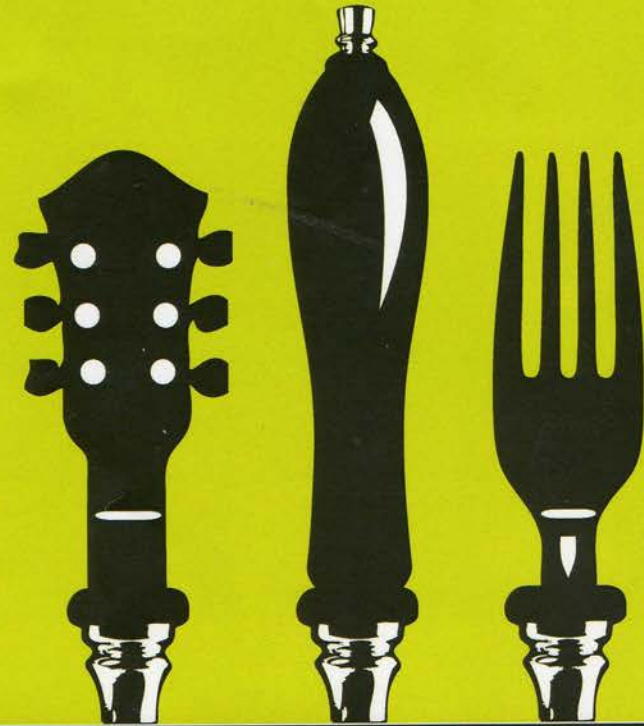
EAT FRESH

Limit processed and packaged food. When possible opt for BPA-free packaging.

3

GET VARIETY

By eating a wide range of foods you limit your exposure to any single contaminate.



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STOP & STARE



STYLING EILEEN MOORES, RAINA EDEL DESIGN JOE SUMMERS PHOTOS RUMOR CLARK



SUNNY SIDE

(TOP) SHIRT THE LOFT \$5
SUNGLASSES STYLEYES \$160

(BOTTOM) SHIRT PORTOBELLO
ROAD \$30 HAT MODEL'S OWN
SUNGLASSES STYLEYES \$125

(RIGHT) SHIRT THE LOFT \$15.25
SUNGLASSES STYLEYES \$160



SHADES FOR DAYS

(RIGHT) SHIRT PORTOBELLO
ROAD \$32 HAT MODEL'S OWN
SUNGLASSES STYLEYES \$160

(LEFT) SHIRT THE LOFT
\$7.75 HAT MODEL'S OWN
SUNGLASSES STYLEYES \$210

MAN PANEL

AT IOWA STATE, WE HAVE MANY SUCCESSFUL STUDENTS, ON AND OFF CAMPUS. I GOT TO TALK WITH A FEW OF ISU'S FINEST AND GET THE LOW-DOWN ON LIVING THE HIGH LIFE ON CAMPUS. I SAT DOWN WITH THE GSB PRESIDENT, A HOCKEY PLAYER, AND THE INTER-FRATERNITY PRESIDENT, AND GOT DOWN TO BUSINESS. IN NO TIME AT ALL, I GOT THEIR ADVICE AND OPINIONS ON PERSONAL STYLE, WORKOUTS, AND HISTORY'S BIGGEST BAD-ASS.

DO YOU HAVE ANY FAVORITE WORKOUTS THAT WILL KEEP YOU IN SHAPE?

JK: I took the ROTC fitness class for 2 semesters and after the first day that we did a really hard ab workout, I remember coming back, laying on my bed and I couldn't pull myself up. I had to roll out of my bed.

IS THERE A FAVORITE COSTUME THAT YOU'VE WORN FOR HALLOWEEN?

JK: This past year I was "Fifty Shades of Grey," so I got paint chips and put them on a shirt.

WHO ARE YOUR PERSONAL STYLE ICONS?

JC: Neal Caffrey from White Collar because his character is always wearing really nice suits.

BF: I'm going to go with anybody on Mad Men.

IF YOU COULD MEET ANYONE, DEAD OR ALIVE, WHO WOULD IT BE? WHAT WOULD YOU WANT TO ASK THEM?

JK: Thomas Jefferson. We'd have a constitutional law chat.

JC: Ernest Hemingway. I don't know what I'd ask him, but I'd let him talk to me. I'd get him a nice bottle of cognac.

BF: Andrew Jackson because he is history's biggest bad-ass. He beat the s*** out of a ton of British guys, even after the war ended. Game on. Let's go. He would duel people that insulted his wife!

WHAT DO YOU THINK IS THE BIGGEST MISTAKE A GUY CAN MAKE, STYLE WISE?

JC: Anything that has an obnoxious or an affliction-type design or anything Ed Hardy.

WHAT HAS BEEN YOUR BIGGEST FASHION MISTAKE?

JC: Everything I wore through middle school, up until I was a junior in high school. I was that kid who wore skinny jeans and band tees.

BF: My biggest regret was rocking gelled-up, spiked hair. I used to do that everyday. It was bad.

WHAT IS YOUR FAVORITE STORE TO SHOP AT?

JK: Kohls.

JC: Probably J. Crew or Gap.

BF: I'm a Younkens guy. Their sales are ridiculous.

ANY ADVICE FOR BEING SUCCESSFUL ON CAMPUS?

JK: Just get involved in whatever you are passionate about. Success is such a subjective idea. I have friends whose idea of success is getting their research paper

published. I also have friends whose idea of success is getting a job and graduating. Whatever you want to do, just do it. You have resources to do almost anything here at Iowa State.

JC: Surround yourself with people that make you better. In college you have the opportunity to meet other people in your major, and people who actually care about school and being involved and careers. It honestly does so much for your own view on things. Just surround yourself with people that will make you a better person.

BF: Put yourself in situations that make you uncomfortable. If you're comfortable in everything you do, you can't grow at all. You have to have some sort of stimulus that pushes you into a direction.



JEFF CZAPLEWSKI

I am Jeff Czapski and I am a sophomore double-majoring in advertising and speech communication. I play on the club hockey team, along with working for SIR magazine and Cardinal and Gold advertising. I'm an honors student.

JARED KNIGHT

My name is Jared Knight and I'm a senior in political science and am currently the president of the student body. Previously, I've been involved in other branches of GSB, and I am also an honors student.

BEN FREEZE

I'm Ben Freese and I'm a junior in business management and political science. I am the current president of the Inter-Fraternity Council. Before that, I had a lot of involvement within my own Greek Chapter, along with a position on the Inter-Fraternity council. I am *not* an honors student.

SMOKIN' HOT

LIGHT UP YOUR SPRING
WARDROBE WITH
TOBACCO BROWN

Tobacco brown is taking the men's fashion scene by storm with all items coming in this rich, swarthy color. Switch out your favorite denim for a sleek pair of tobacco brown pants to turn some heads with their unique color. Many men have ignored this trend for fear of looking like a mailman, but the secret is to pair the brown piece with different colors and textures.

Still not convinced? Why not swap out your favorite Nikes for a pair of tobacco brown boots? Pair them with some dark denim and you're bound to catch a few stares. If your Hurley backpack is on its last leg, try out a tobacco brown messenger bag. Also, you can always brown-down an outfit with the smaller accessories; whether it's a belt or leather cuff. However you decide to integrate this addicting trend into your everyday wear, it's sure to be smokin'.

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2013 BRING ON THE BACHELORS



SEAN LOWE HAS GOT SOME
SERIOUS COMPETITION.

DEAN

OUR FEATURED BACHELOR

AN EASY-GOING SPORTS FANATIC, DEAN IS MUCH MORE THAN YOUR TYPICAL JOCK. THIS FORMER ESPN INTERN AND CURRENT IOWA STATE DAILY MEN'S BASKETBALL BEAT WRITER IS GEARING UP FOR HIS LATEST TASK: REPRESENTING THE MEN OF IOWA STATE AS TREND'S ULTIMATE BACHELOR. READ ON AS WE GET DOWN TO BUSINESS ON DATING, PICK-UP LINES AND WHAT YOU CAN DO TO GRAB THIS GREAT GUY'S ATTENTION.

TREND: In one word, describe your personality.

DEAN BERHOW-GOLL:

Oh jeepers. Easy.

T: *Easy?* That doesn't sound good. You mean easy-going?

DBG: I was going to say easy-going, but it's not one word. A good characteristic I possess is that I literally get along with everybody I meet.

T: Do you have a "type"?

DBG: I am an absolute sucker for cute-faced brunettes or curly haired blondes. I'm more attracted to women who are cute, not hot.

T: Do you have any good pick-up lines?

DBG: Imagine a bar; a guy rushes over and is like "Oh my, are you okay? Somebody call the ambulance!" I would freak out and say, "Somebody call the police! We need an ambulance!" I would be very theatrical about

it. She'd say, "What's going on!?"

I'd say "Just don't talk. We need an ambulance right now!" I'd make a huge commotion and finally she'd say "what happened?" I'd say, "you must have broken something when you fell from heaven!"

T: What can a girl do to get your undivided attention?

DBG: She can wear something stylish. I'm turned away from girls who have to look good every single day, but I'm very attracted to women who don't have to try very hard. I feel like she's going to get my attention one way or another, if it's the correct girl.

T: How long have you been a trendy bachelor?

DBG: All of college. I've never had to search because I feel like when I meet my wife, it's just going to click. I've learned that I don't need to find the next girl

because I feel like I'm just going to run into the person.

T: As far as traits and habits go, what would be a deal breaker? And deal maker?

DBG: A deal breaker would be smoking. She could be gorgeous and hilarious and she's about to have a cigarette, and I'll tell her "later." But the deal breakers would be smoking and probably rudeness. A deal maker would be a great smile.

T: Describe your perfect date.

DBG: Basically, anything where we can have great conversation because that is where it's going to hit home for me. It's not how good she's going to bowl or that type of deal. It's going to be how easily or effortlessly we can talk. How hard she can make me laugh, really. Or if she smiles in my direction.

THE DEETS ON DEAN

- HE HAS A TWIN SISTER, BLAIR, SHE GOES TO CENTRAL COLLEGE IN PELLA, IOWA.

- HE ADMITTEDLY CAN SING ALL THE SONGS FROM THE GLEE SOUNDTRACK.

- HE BOUGHT AND RESTORED AN OLD BOAT.

- HE'S TEAM JACOB.

- BEING AN ALL-CONFERENCE BASKETBALL PLAYER IN HIGH SCHOOL IS THE FEAT THAT HE IS MOST PROUD OF.

- IF HE COULD HAVE ANY TALENT IN THE WORLD, IT WOULD BE PLAYING THE PIANO.

- HE COVERED THE NFL COMBINE IN INDIANAPOLIS IN FEBRUARY.

MEET OUR FINALISTS

JAKE STAFFORD



JAKE'S A SOPHOMORE IN MECHANICAL ENGINEERING. HE'S SPONTANEOUS.

Q: In relationships, what would be a deal breaker?

A: Somebody that is too serious all the time. I'm just a very goofy guy and I do random things. I need somebody who is up for that kind of thing.

Basketball or **football**?

Lord of the Rings or Harry Potter?

TORY MOGLER



TORY'S A JUNIOR IN AG BUSINESS. HE'S ENTHUSIASTIC.

Q: Do you have a "type"?

A: I tend to be attracted to intelligence. I definitely go for smart girls.

Salty or **sweet**?

Early bird or Night owl?

TONY THONESAVANH



TONY'S A JUNIOR IN HISTORY. HE'S RANDOM.

Q: Do you have any good pick-up lines?

A: Pick up lines? Oh! "I don't have my library card, but can I check you out?" I've never used it because they don't work.

Facebook or **Twitter**?

Pancheros or Fighting Burrito?

NATHAN SCOTT



NATHAN'S A JUNIOR IN ADVERTISING. HE'S RANDOM.

Q: What can a girl do to get your attention?

A: Confront me. Come up to me at a party. I feel like girls are always waiting for the guys to come up to them.

Rock or country?

Dogs or **Cats**?

can't get enough of us?

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PURSE FRANCESCA'S COLLECTIONS \$38
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BRACELET BANANA REPUBLIC \$39.50
HEELS BANANA REPUBLIC \$54.99

RIGHT: DRESS BANANA REPUBLIC \$130
BELT Lyla's BOUTIQUE \$16
PURSE FRANCESCA'S COLLECTIONS \$38
NECKLACE BANANA REPUBLIC \$45
HEELS MODEL'S OWN

STYLING MARY STEINER, MARY KATE KNABEL DESIGN EMILY NIZZI PHOTOS SELINA KHOULNO



MELLOW YELLOW

LEFT: DRESS Lyla's Boutique \$119 **JACKET** The Funky Zebras \$38 **NECKLACE** Francesca's Collections \$32 **HEELS** Model's Own

RIGHT: PANTS Banana Republic \$89.50 **TOP** Portobello Road \$49.50 **NECKLACE** Banana Republic \$39.50 **HEELS** Banana Republic \$54.99



FLORAL FAZE

LEFT: BLOUSE Banana Republic \$79.50 **SKIRT** Francesca's Collections \$34 **EARRINGS** Francesca's Collections \$18 **HEELS** Model's Own

MIDDLE: PANTS Lyla's Boutique \$79 **PURSE** Lyla's Boutique \$42 **EARRINGS** Francesca's Collections \$18 **SCARF** Miss Meyer's Clothing Consignment \$5.50 **HEELS** Model's Own

RIGHT: TOP Francesca's Collections \$38 **SHORTS** Francesca's Collections \$34 **EARRINGS** Francesca's Collections \$18 **HEELS** Banana Republic \$54.99

ALLURING ACCENTS

NECKLACE FRANCESCA'S
COLLECTION \$32 SHIRT THE
FUNKY ZEBRAS \$39.95



HANG LOOSE

PANTS LYLA'S BOUTIQUE
\$79 SUNGLASSES TARGET
\$12.99 WEDGE SNEAKERS
TARGET \$34.99 SWEATER
PORTOBELLO ROAD \$39.99

BAGS, BAUBLES, AND SHOES

THE TIME OF SUNSHINE AND WARMTH IS FINALLY UPON US AND IT'S TIME TO BREAK OUT THE FUN SUMMER ACCESSORIES. WE CHATTED WITH THREE EXPERTS TO GET THE DETAILS ON THIS SEASON'S TOP TRENDS



GREEN SANDALS TARGET \$15
 SALMON SANDALS TARGET \$15
 PINK NECKLACE FRANCESCO'S COLLECTION \$25.99
 NAVY PURSE TARGET \$32.99
 STRIPED CLUTCH TARGET \$21.99
 GOLD BRACELET FRANCESCO'S COLLECTION \$15.99
 BLUE NECKLACE FRANCESCO'S COLLECTIONS \$27.99
 BLUE EARRINGS BANANA REPUBLIC \$12.99
 BLUE CLUTCH TARGET \$16.99

JILL ACHESON, REGIONAL CLOTHING BOUTIQUE MANAGER, SUGGESTED PURCHASING THAT WRISTLET OR MESSENGER BAG YOU'VE BEEN LOOKING AT. THE POPULARITY WILL ONLY SOAR.

"FIND A NEUTRAL COLORED BAG THAT MEETS YOUR STUDENT NEEDS BUT HAS DETAILS THAT KEEP IT FROM BEING BORING," SAID ACHESON. "PAIR THE BAG WITH A BRIGHT COLOR IN YOUR WARDROBE FOR A POP."

TAYLOR FINNEY, AMD STUDENT AND PAST DESIGN INTERN FOR SEQUIN SUGGESTED COMBINING A MIXTURE OF DIFFERENT GEMS FOR A GYPSY INSPIRED TAKE ON JEWELRY THE SEASON.

"THERE IS A CONTINUED POPULARITY OF CHUNKY BANGLES AND CUFFS," SAID FINNEY. THESE SHOW NO SIGN OF DISAPPEARING FROM STREET FASHION.

JACKIE HASEK, ASSOCIATE BUYER FOR STEVE MADDEN, SAID SPRING BOOTS ARE PARTICULARLY POPULAR FOR THIS SEASON. ALSO, TRY 70S' INSPIRED BOOTS THAT FEATURE CROCHETED PATTERNS AND POPS OF COLOR.

"LOOK FOR SANDALS THAT HAVE SUBTLE METAL ORNAMENTS ON THEM," SAID HASEK. TRY A PAIR WITH POPS OF SALMON ORANGE OR MINT GREEN.

GREEN WITH ENVY

Strut the streets in pantone color of the year, emerald green. "It can read very feminine or very masculine depending on what it's paired with," said founder and author of La Petite Fashionista, Lauren Felix. Accent accessories are the way to wear this hue, according to Felix. So grab a belt, bracelet, bag, or her favorite, a statement necklace. "I like the unique twist of incorporating it into pieces you wouldn't normally see," said Felix.



NAIL POLISH BIRCHBOX.COM
\$8 CHEVRON BRACELET
JCPENNEY \$15 BANGLES
TARGET \$4.50 PURSE TARGET
\$26.99 FUR BELT TARGET \$5
SNAKESKIN BELT TARGET 12.99

WORDS ANNA MCCONNELL STYLING SALLY STRINGHAM DESIGN EMILY DREES PHOTOS TINA WU

YOU WANT HER JOB

EMILY KAMMEYER GRADUATED FROM ISU IN 2007 AND FOLLOWED HER DREAMS TO NEW YORK CITY. KAMMEYER, 27, IS A TECHNICAL DESIGNER

AT AEROPOSTALE, INC. SHE IS ALSO THE SOLE OWNER AND FOUNDER OF HER ACCESSORIES LINE, CALLED E. KAMMEYER ACCESSORIES.

TREND: How did you land your job with Aeropostale in NYC?
EMILY KAMMEYER: Ruth Glock, a senior professor in the AMD, program knew I had been interested in a position with them and helped me get a phone interview. I decided I needed to bite the bullet and just move to the city. I packed up, flew to NYC, and started looking for apartments. When I got there I did a face-to-face interview with them. It was all such a whirlwind. When you get your foot in the door, that's when you really need to make your big step!

T: What positions did you start with when you joined the company?

EK: I started as an assistant technical designer, in charge of fleece design. I got promoted to associate technical designer for the P.S. line. Eventually, the director promoted me to a full technical designer and I got an assistant. Recently I was given another assistant in lightweight knits and sweater categories in the girls.

T: How did you start your accessories line?

EK: When I first graduated college, all my girlfriends started getting married. My best friend was going to spend some absurd amount of money on a veil and a hair accessory for her wedding.

I asked if it would be okay if I made what she wanted as my wedding gift to her. I did it for a couple more friends and then it just kind of started to grow. In New York, most of my friends aren't married, so they all started asking for things that weren't bridal. I started the cocktail line

and the everyday line as well as the bridal line. I just launched jewelry last spring.
T: What kind of hours do you work? What does a typical work load consist of for you?
EK: I work at Aero, generally from like 8:30am to 6:30pm, and then I come home and I work on my business, or I am at an event and I probably stay up until 2am every night, I have learned to run on very little sleep! But you find a way to do whatever it is you're passionate about!

CHECK OUT HER HAIR ACCESSORIES AND JEWELRY ONLINE

AT E-KAMMEYER-HAIR-ACCESSORIES.MYSHOPIFY.COM



WORDS ABIGAIL SMITH DESIGN EMILY NIZZI

SUMMER DRESSES FOR YOUR BODY



PEAR

According to dress specialist Sarah Dornink, women should bring people's eyes to their best features. For our pear-shaped reader that means anything that gives a little nip in the waist, which is a helpful tip from associate designer Jennifer Flack of the Jump Apparel Group. Flack has also recommended the skater dress because it highlights the small upper half of the body and camouflages the wider bottom half.

DRESS MARSHALLS \$13.99
BRAIDED BELT HOLLISTER
 \$24.95 **SKINNY BELT** TARGET
 \$14.99 **SHOES** MODEL'S OWN

HOURGLASS

For our hourglass ladies, Flack suggested trying color-blocked dresses to really highlight and give curves to the body. This great style also gives your body more dimension. Flack said the most versatile trend for summer dresses is sheath bodies accessorized with belts or details like necklines and sleeves. They can be styled to flatter almost every body type. With these exclusive tips, your style this summer will sizzle like the sun.

DRESS TARGET \$21.99
BRACELETS TARGET \$4.50
SHOES MODEL'S OWN

RECTANGLE

Women with rectangle figures should look for dresses that will give the illusion of curves. "Peplum creates curves. It will give you more shape and a rounder hip area," said Bridgette Raes, the author of *Style Rx: Dressing the Body You Have to Create the Body You Want*. Create more of a waistline by adding a little extra to your bottom half. Gringer suggested looking for "sporty dresses with fuller skirts." Women with this shape can also try out the empire waist dress. "Rectangles can go for a look to accentuate the fact that you are straighter and narrower with flowy or empire waist dresses," said Raes.

THIRD MODEL: DRESS FOREVER
 21 \$21.90 **BANDEAU** CHARLOTTE
 RUSSE \$5 **NECKLACE** EXPRESS
 \$24.99 **SHOES** MODEL'S OWN

APPLE

Apple shapes should try to look for dresses that give waist definition. Cinched waists are a must wear. A wrap dress or a belt at the waist is the perfect way to emphasize your smallest point. Fit is also key for apple body types. "Choose clothes that graze, not hug, your body," said Tracy Gringer, owner of Dulcet Style Image as well as Wardrobe Consulting (howtobestylish.com). Do not neglect the importance of the fabric of a dress either. "Look for clothing that will give you more shape," said Raes.

DRESS FRANCESCA'S
 COLLECTION \$32.99 **BELT**
 BANANA REPUBLIC \$19.99
SHOES MODEL'S OWN

CORAL CRUSH

FROM LEFT TO RIGHT, FIRST MODEL:
DRESS THE FUNKY ZEBRAS \$78 **EARRINGS**
 BANANA REPUBLIC \$4 **BRACELET**
 FRANCESCA'S COLLECTIONS \$12 **HEELS**
 MODEL'S OWN **BELT** MODEL'S OWN

SECOND MODEL: **DRESS** LYLA'S BOUTIQUE
 \$119 **FLATS** BANANA REPUBLIC \$79
EARRINGS FRANCESCA'S COLLECTIONS
 \$12 **BELT** BANANA REPUBLIC \$29.50

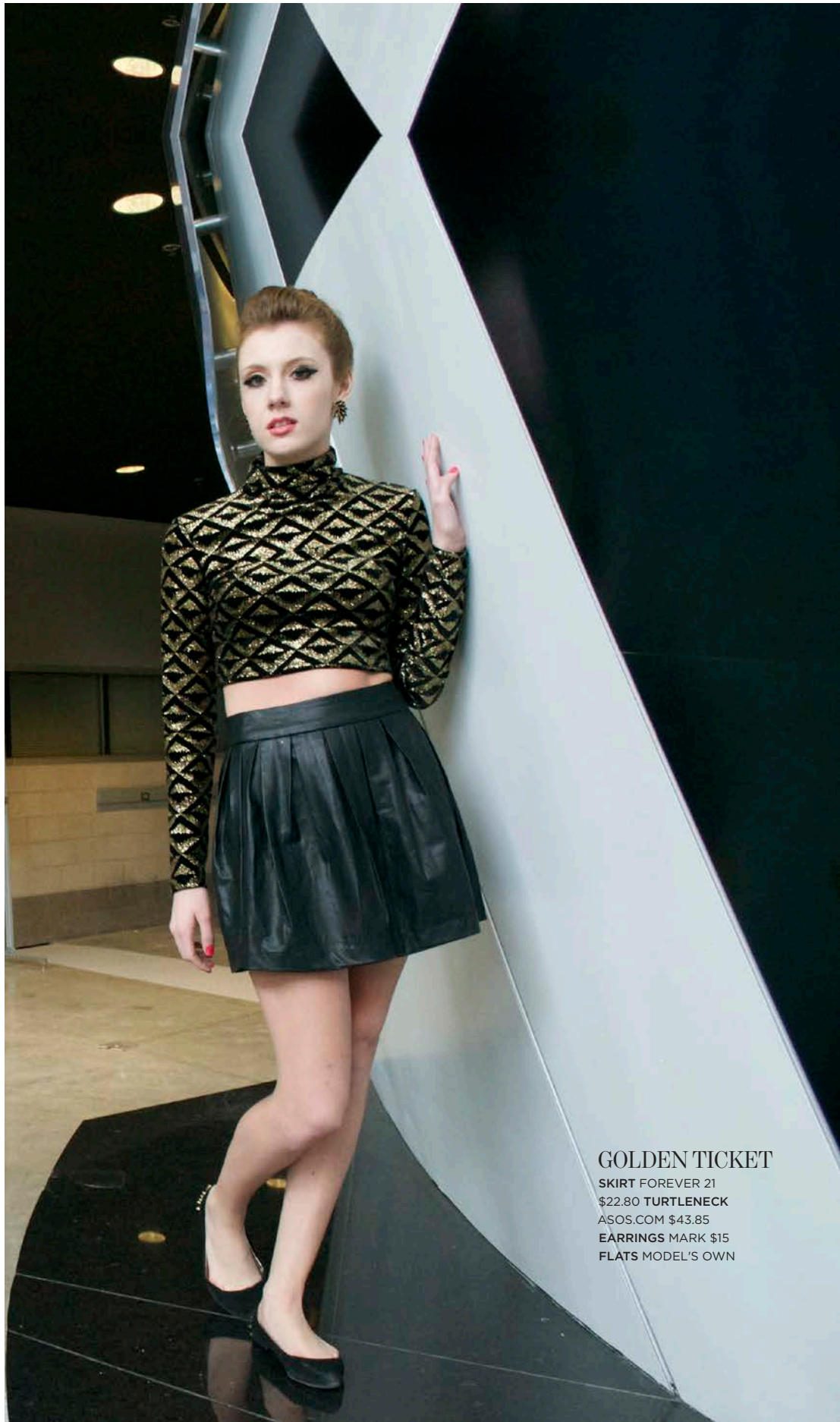
THIRD MODEL: **DRESS** BANANA REPUBLIC
 \$140 **SUNGLASSES** ASOS.COM \$21.05
BRACELET EXPRESS \$22.90 **EARRINGS**
 EXPRESS \$14.90 **BAG** FRANCESCA'S
 COLLECTIONS \$44 **HEELS** BANANA
 REPUBLIC \$120

FOURTH MODEL: **DRESS** ZARA \$99.90
BRACELET FRANCESCA'S COLLECTIONS
 \$9 **HEELS** MODEL'S OWN

FIFTH MODEL: **DRESS** THE FUNKY
 ZEBRAS \$42.95 **EARRINGS** FRANCESCA'S
 COLLECTIONS \$16 **RING** FRANCESCA'S
 COLLECTIONS \$12 **HEELS** BANANA
 REPUBLIC \$120



**BLACK
 WHITE & BOLD**



GOLDEN TICKET

SKIRT FOREVER 21
\$22.80 TURTLENECK
ASOS.COM \$43.85
EARRINGS MARK \$15
FLATS MODEL'S OWN



STRIKING STRIPES

UMBRELLA MODEL'S
OWN BLAZER ZARA
\$129 TOP MODEL'S OWN
\$15 LEGGINGS MODEL'S
OWN EARRINGS
EXPRESS \$14.90
WEDGES MODEL'S OWN



DARING DOTS

SKIRT FRANCESCA'S
COLLECTIONS \$38 SWEATER
THE FUNKY ZEBRAS \$24
EARRINGS EXPRESS \$14.90
NECKLACE BANANA REPUBLIC
\$59.50 PURSE FRANCESCA'S
COLLECTIONS \$38 HEELS
URBAN OUTFITTERS \$195



HINT OF MINT

JACKET ZARA \$99.90
TOP EXPRESS \$49.90
PANTS FRANCESCA'S
COLLECTIONS \$44
BAG FRANCESCA'S
COLLECTIONS \$34
NECKLACE FRANCESCA'S
COLLECTIONS \$16 HEELS
MODEL'S OWN



COLOR RUSH

LEFT: DRESS H&M \$24 BELT MINT LA \$24.99 NECKLACE EXPRESS \$30 BANGLES FOREVER 21 \$8.80 HEELS MODEL'S OWN

RIGHT: SHIRT ESTHER \$69.95 NECKLACE MINT LA \$26 JEANS TRASH AND VAUDEVILLE \$58 BRACELETS MODEL'S OWN HEELS CHARLOTTE RUSE \$20

LEFT: DRESS ESTHER \$79.95 BRACELETS LYLA'S BOUTIQUE \$14, MINT LA \$12 EARRINGS MINT LA \$26 HEELS DILLARD'S \$90

CENTER: TANK MINT LA \$39 SKIRT FOREVER 21 \$14.50 NECKLACE MINT LA \$19 BRACELET LYLA'S BOUTIQUE \$16 HEELS MODEL'S OWN

RIGHT: DRESS NASTY GAL \$52 BRACELETS FOREVER 21 \$8.80 HEELS MODEL'S OWN

STYLING TAYLOR RICHARDSON, ERIN TEPPER

DESIGN EMILY NIZZI PHOTO BRITTANY MUMM ILLUSTRATION ZOË LARSON, ANNA FLICKINGER



BLAZER FOREVER 21 \$29.80 **TANK**
 BANANA REPUBLIC \$69.50
JEANS WET SEAL \$7 **GLASSES**
 STYLEYES \$225 **HEELS** MODEL'S
 OWN **BRACELET** NASTY GAL \$35
BELT MINT LA \$24.99 **EARRINGS**
 PORTOBELLO ROAD \$14 **CHAIR**
 GOODWILL \$12



LEFT: SHIRT FOREVER 21 \$20
PANTS MINT LA \$40 **HAT** RANDOM
 GOODS \$8 **BRACELETS** MODEL'S
 OWN **RING** LYLIA'S BOUTIQUE \$10
HEELS TARGET \$45

CENTER: SWIM TOP FREE PEOPLE
 \$98 **COVER-UP** FOREVER 21 \$20
SKIRT FRANCESCA'S COLLECTION
 \$34 **HEELS** DILLARD'S \$42
BRACELET MINT LA \$13 **NECKLACE**
 MINT LA \$15

RIGHT: DRESS TOBI \$46 **BAG** DRY
 GOODS \$10 **NECKLACE** FOREVER 21
 \$15 **HEELS** DILLARD'S \$42



LEFT: BODY SUIT TOBI
\$48 **SKIRT ESTHER** \$88.79
NECKLACE MINT LA \$24
RING MINT LA \$18 **EARRINGS**
PORTOBELLO ROAD \$14 **HEELS**
TARGET \$45

RIGHT: DRESS NORDSTROM
\$55 **CLUTCH NASTY GAL** \$48
NECKLACE RANDOM GOODS
\$18 **RING LYLA'S BOUTIQUE**
\$10 **BELT MODEL'S OWN**
HEELS DILLARD'S \$42 **TABLE**
PORTOBELLO ROAD \$60V



DRESS NASTY GAL \$179 **HEELS**
DILLARD'S \$42 **BRACELETS NASTY**
GAL \$35, **LYLA'S BOUTIQUE** \$12
EARRINGS RANDOM GOODS \$5



WOOLY'S

EST. 2012

504 East Locust
Des Moines, IA 50309
www.woolysdm.com

UPCOMING CONCERTS

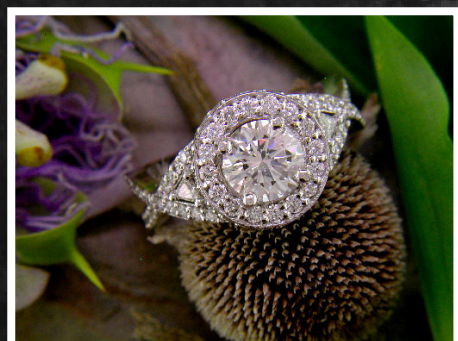
- 5/2 - Corey Smith
- 5/3 - Roster McCabe
- 5/4 - Logan Mize
- 5/9 - Dillinger Escape Plan
- 5/12 - Escape The Fate
- 5/13 - Falling In Reverse
- 5/15 - Opeth
- 5/18 - Relient K
- 5/23 - Roger Clyne and the Peacemakers
- 5/24 - Mindrite
- 5/27 - Napalm Death
- 6/4 - They Might Be Giants
- 6/7 - Black Flag
- 6/13 - Candlebox
- 6/24 - Streetlight Manifesto
- 9/13 - Sonny Landreth



LIFE-STYLE

IT'S TIME TO START YOUR SUMMER BUCKET LIST. WHETHER YOU WANT A WEEKEND OF GLAMOROUS CAMPING OR A SHORT DIY PROJECT, WE HAVE YOU COVERED FOR ANY ADVENTURE.

From our hands...to her heart!



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DESIGNING AND CREATING FINE JEWELRY SINCE 1976

220 Main Street

www.amessilversmithing.com

232-0080

FINDING THE RIGHT CITY



DANIELLE SPONDER TESTA

CLASS OF 2009
INTERNATIONAL MERCHANDISING
ASSISTANT AT TOPSHOP IN LONDON

(At time of print, Danielle moved to Los Angeles to take a position at Forever 21.)

WHAT'S YOUR FAVORITE PART OF LONDON?

[I love] its proximity to the rest of Europe. Paris is about a two- or three-hour train ride away; it's so close to a lot of cultural areas. They also have a good work and life balance, so it's easier to get out and do things in London.

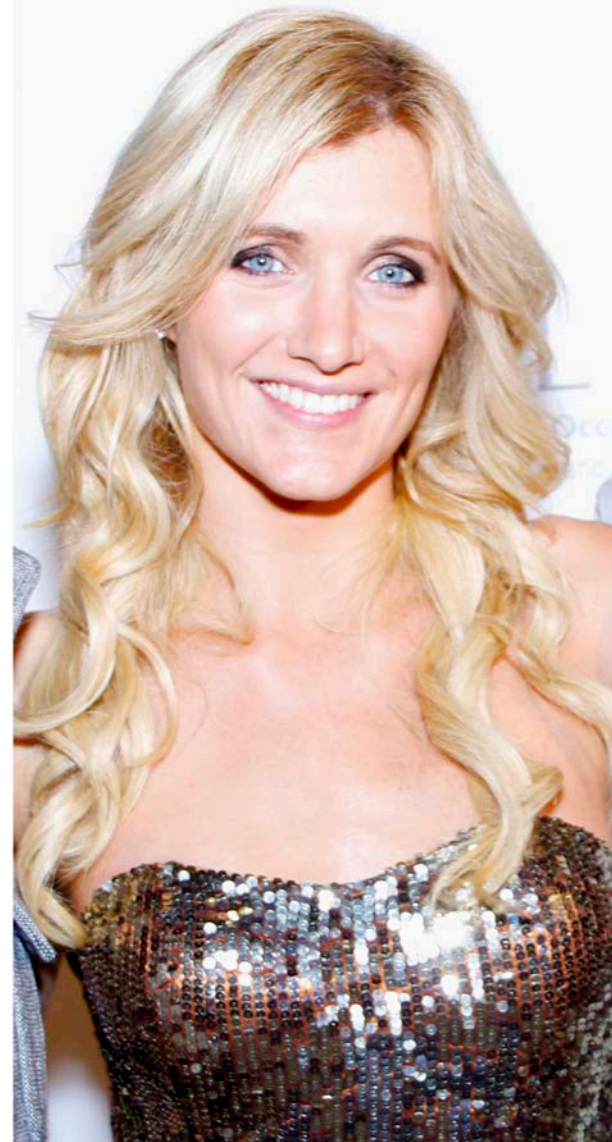
WHAT DO YOU DO IN YOUR FREE TIME?

There are always cultural or sporting events going on. My husband and I lived a mile away from the Olympic stadium, so we went to quite a few events, which was really amazing.

WHAT ADVICE WOULD YOU GIVE TO SOMEONE TRYING TO CHOOSE WHERE TO LIVE?

Spend at least a couple of weeks getting to know the city. If you're looking at a university, try to sit in on a class. If you're looking into an internship, stop by the office to make sure it feels right. Also, talk to somebody in a similar job that can give you insight into the city or career path you're pursuing.

WORDS AMIRA KHATIB DESIGN JOE SUMMERS



KELLY HOWARD
CLASS OF 2008
DIRECTOR, OVERSEEING
CONSUMER LIFESTYLE
PR AT POST + BEAM
IN LOS ANGELES

HOW DO YOU THINK YOU HAVE CHANGED SINCE MOVING TO A BIGGER CITY?

Being in Los Angeles and working in public relations, everything happens a million miles an hour. You have to adapt to that. When you move to a big city and you're from the Midwest it's important to remain grounded and true to your values. At the same time, you have to develop a tougher exterior, because it's a really tough industry.

WHAT'S YOUR FAVORITE PART OF THIS CITY?

Every neighborhood, whether it's Beverly Hills or West Hollywood, has a different vibe. Depending on your personality, you can really choose where you want to be and what you want to do.

WHAT ADVICE WOULD YOU GIVE TO SOMEONE TRYING TO CHOOSE WHERE TO LIVE?

Do an internship there first to see if you really like it; it's a great way to get experience and get your foot in the door. Take your time to research what you can expect to pay, if you need a car and where the safe neighborhoods are. Work with your advisor and talk to some Iowa State alumni.



JOE COSSETTE
CLASS OF 2011
MECHANICAL ENGINEER
AT SEAGATE
TECHNOLOGY
IN SHAKOPEE, MN AND
LIVES IN MINNEAPOLIS

WHAT'S YOUR FAVORITE PART OF THIS CITY?

The Twin Cities is the most underrated area in the U.S. It has all the things [coastal cities] have only it's cheaper and more convenient. My favorite part is the park scene. I live within walking distance of 15 miles of bike trails. When I feel like it, I can get outside and away from the city even though I'm still in it.

WHAT DO YOU DO IN YOUR FREE TIME?

I'm part of a barbershop chorus called the Great Northern Union Chorus, and we're one of the top in the world. It's a group of 18- to 80-year-olds, which means it's a huge range of guys coming from all over the Twin Cities.

WHAT ADVICE WOULD YOU GIVE TO SOMEONE TRYING TO CHOOSE WHERE TO LIVE?

Find a community as early as you can whether it's through work, church or an organization. Through that you'll create your own community, which makes living in a big city less daunting. You won't feel like you're alone.

TREND'S FAVES

EVERYONE HAS THAT FAVORITE PRODUCT THEY WOULDN'T TRADE FOR THE WORLD. FROM HAIR PRODUCTS TO BOOK STORES TO TV SHOWS, WE ASKED TREND STAFFERS WHAT THEY COULDN'T LIVE A DAY WITHOUT!

Workout Clothes: Lulu Lemon

Brenna Lyden, fashion director, loves Lulu Lemon's "amazing magical ability to make workout wear chic and fashion-forward."



Hair Product: Redken 07 Heat Protection & Redken Leave-In Treatment

Public relations director, Megan Phelps, uses Redken Anti-Snap hair treatment to strengthen her hair. "I have long, thin hair that gets damaged so easily from heat and teasing, that even a trim every three weeks won't make it healthy. It just takes one pump of Redken Anti-Snap to treat my hair, starting at the tips before blow-drying. Now, I have fewer split ends and am still on my first bottle, which I bought seven months ago!"



Website: craftgawker.com

Makeup:

Lifestyle editor, Emily Elveru, loves craftgawker.com because it inspires her to be more creative when it comes to DIY activities. "It has chic, innovative crafts that Pinterest could never dream of."



Restaurant: The Café

Our co-design director, Joe Summers, chooses The Café when he wants to grab a drink or bite to eat. "I'm a firm believer that The Café has a secret ingredient called 'awesome,' and they sprinkle it on everything. The décor always sets the mood and the bartenders are always very knowledgeable."

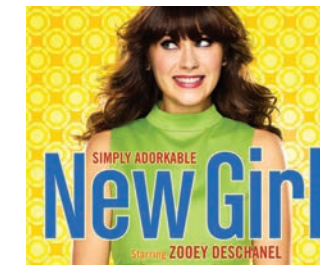
Book: Gone Girl

If you're looking for a page-turner, our fashion editor, Anna McConnell, recommends *Gone Girl*, a mystery that she finished in only two days.



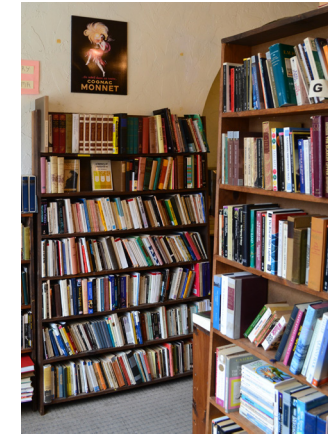
Nail Polish: Sinful Color

Assistant fashion director, Amanda Szoke, loves Sinful Color nail polish because it comes in every color imaginable, lasts forever and is extremely affordable.



TV: New Girl/Mindy Project

Trend's copy editor, Elizabeth Larsen, can't get enough of *The Mindy Project* and *New Girl*. "Each has a ton of girly humor with situations that actually happen to girls in real life."



Store: Firehouse Books

If you haven't checked out Firehouse Books, you definitely should. Our co-photo director Kayla Brown said, "Firehouse Books is a great place to find your next favorite book without breaking the budget. It's literally filled with books, ranging from classics to philosophy to cookbooks— you are sure to leave with something you will absolutely love!"



Dior Mascara & Urban Decay makeup setting mist

Editor-in-chief Sarah Mahaney loves Diorshow Waterproof Mascara. "It gives you a Kardashian-like batter without the hassle of fake eyelashes. Plus, it's really easy to take off with makeup remover, unlike a lot of waterproof mascaras."

Our assistant fashion director, Mary Kate Knabel, loves Urban Decay's Makeup Setting Mist because it lasts all day without making her face oily or greasy.

Dating

dive-bar

“PARTIES ARE NOT THE PLACES TO BE ON THE PROWL FOR ANYTHING BEYOND A FLING”

With the common student's schedule, most of our time is divided between extra-curricular activities, classes and what we will simply refer to as the weekend. It's a juggling act that we are expected to master within the four (or five) years we attend college.

There's nothing I can do to make your degree audit blue, but with the help of Human Sexuality professor Diana Baltimore and some self-proclaimed dating “experts,” I'll be damned if I can't give you some dating advice. Being such a dominant factor in college, many people would assume that the weekend would be a good place to meet potential partners. This is an opportunity

to dress up, let loose and have the “liquid confidence” to make moves you might not have the guts to do normally. Get yourself out there and go make some moves, right?

Nope— put that drink down. Guys and girls alike said bars or parties are not the places to be on the prowl for anything beyond a fling.

Self-proclaimed ladies man and senior in Industrial Engineering Austin Blatti said that while the weekend is where he meets the most people, it's outside the party-filled atmosphere that he takes things seriously.

“I would not be searching for a relationship on the weekends, more for the fun and stories,”

he said. He quickly follows up by saying that relationships aren't impossible to form from weekend rendezvous, just very unlikely. In college it is easy to find someone who is capable of having a lot of fun, so it's more important to find someone who knows when to act respectable. If you do meet someone in an alcohol-induced situation that you insist is worth pursuing, get his or her name and go on with your night. With increasing amounts of social media outlets, like Facebook and Twitter, it's normal to make contact that way. Besides, a friend request or follow is a lot less creepy than a conversation they don't remember happening. You never

want to run the risk of meeting someone and finding out that they were five mugs deep when they asked for your number.

First impressions are the key, so what does it mean if they can't even remember it?

Baltimore suggested keeping an eye out in class or your extra-curricular organizations. People who share similar interests are more likely to be compatible. It will also give you something to talk about on the first date. It's always good to push through the awkward silences, even if what you talk about is your meeting's minutes.

To get noticed, Blatti suggested starting by giving the entire class a good impression. “I try to ask good questions or answer them,” he said, “I usually follow up by walking her to her next class and seeing if I can get a feel for things in that one-on-one time and if it's worth continuing.”

Don't you dare think it's just the guy's responsibility to show interest, though. This is 2013, honey. If women can fight in combat, you sure as heck can ask a guy out. Just make sure you're



ADDING A LITTLE SHINE TO YOUR SPACE IS EASY AS 1-2-3. WITH JUST A LITTLE CRAFTING, YOU CAN TURN ANY SMOOTH, HARD SURFACE INTO A FUN GLITTERY ACCENT.

What you need

MODGE PODGE
ELMER'S GLUE
LOOSE GLITTER
MASON JAR*
FOAM BRUSH

*We also tried a plastic tray, glass bottle and metal photo frame.

What you do

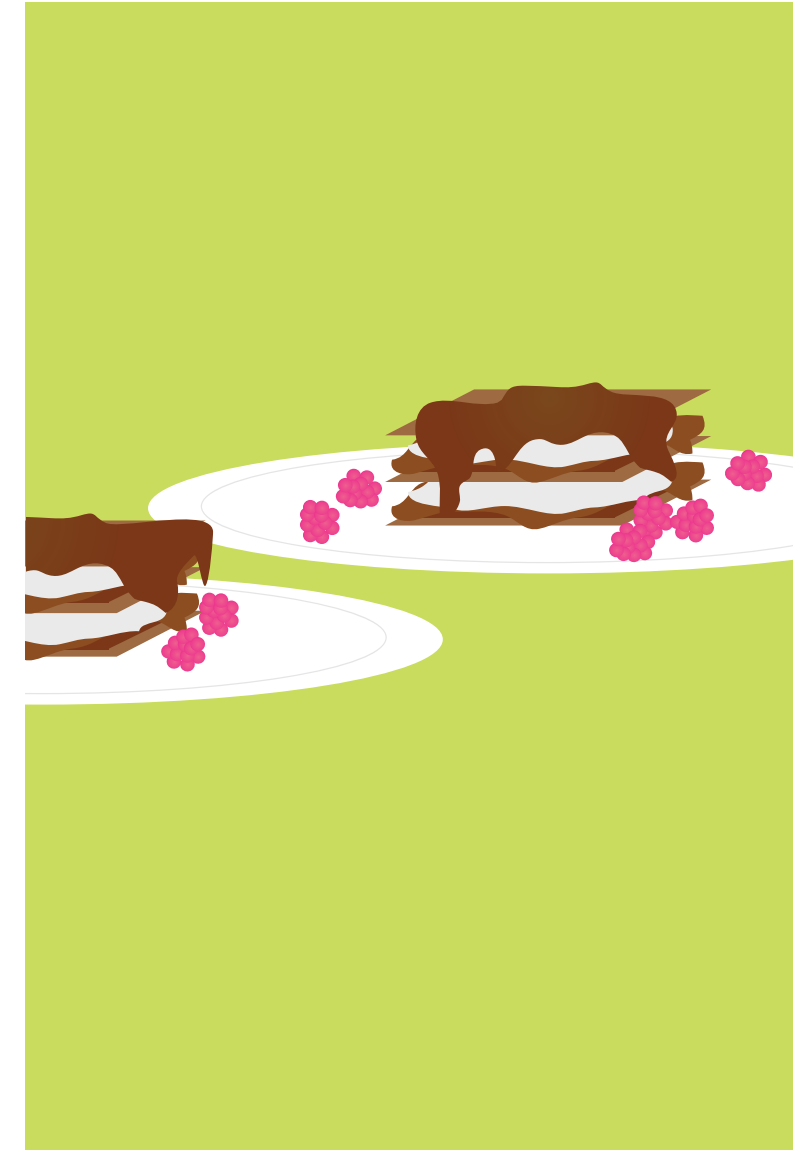
- STEP 1:
Paint the area that you want covered in glitter with glue. Generously apply glitter, tapping off extra. Allow to dry.
- STEP 2:
Touch up any empty spots with more glue and glitter, allow to dry.
- STEP 3:
Paint Modge Podge over glitter carefully. Allow to dry. Apply 2-3 coats, allowing to dry in between.



glamping

WHAT THEY DIDN'T TEACH YOU IN GIRL SCOUTS

INTRODUCING GLAMPING! GLAMOROUS CAMPING THAT INVOLVES COMFORTABLE BEDS, LAVISH DÉCOR AND DELICIOUS FOOD, ALL WHILE BEING IMMersed IN NATURE. NICOLE BOUDREAU OF THE RESORT AT PAWS UP IN MONTANA DEFINES THE GLAMPING EXPERIENCE AS AN ABILITY TO ENJOY NATURE WITHOUT SACRIFICING THE LUXURY OF AMENITIES. HERE ARE SOME IDEAS TO RECREATE THE GLAMOROUS CAMPING EXPERIENCE RIGHT HERE IN IOWA.



ALTHOUGH IT'S BEEN FEATURED IN POPULAR TV SHOWS LIKE *PRETTY LITTLE LIARS* AND *THE REAL HOUSEWIVES OF ORANGE COUNTY*, A PERSON DOES NOT NEED TO BE A TV STAR TO ENJOY GLAMOROUS CAMPING.

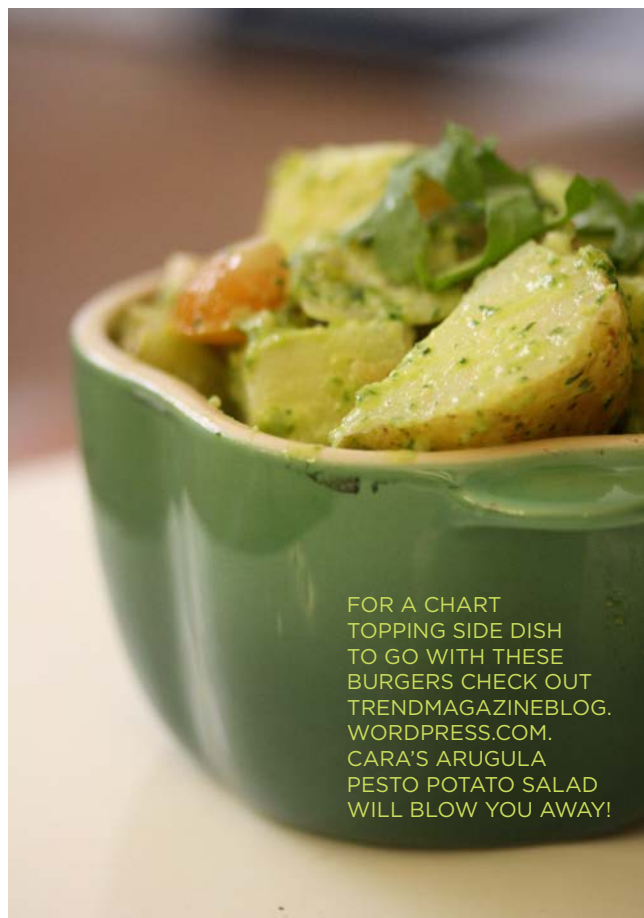
MAKE CAMPING INTO GLAMPING BY TRADING YOUR PLAIN OLD SLEEPING BAG AND FLASHLIGHT FOR ITEMS LIKE COMFORTERS AND PILLOWS, IN ADDITION TO SPECIALTY ITEMS LIKE BLOW-UP MATTRESSES AND FUNKY BATTERY-OPERATED LIGHTS. MAKING THESE CHANGES BRINGS OUT THE "LUXURY" ASPECT OF GLAMPING.

AFTER GATHERING THE SUPPLIES AND SETTING UP THE GLAMPSITE, THE FINISHED PRODUCT IS INVITING AND LUXURIOUS WHILE IN THE MIDDLE OF THE WOODS. SUMMER MONTHS ARE THE OPTIMAL TIMES TO GO GLAMPING ACCORDING TO BOUDREAU.

BRING SOME GLAMPED-UP SNACKS TO MAKE YOUR EXPERIENCE EVEN MORE LUXURIOUS! TRY OUR SUGAR COOKIE, PEANUT BUTTER CUP S'MORES OR OUR GRAHAM CRACKER, RASPBERRY AND DARK CHOCOLATE S'MORES ON TRENDMAGAZINE.WORDPRESS.COM.

GRILL TALK

WANT TO MAKE A STRONG IMPRESSION AT YOUR NEXT SUMMER BBQ? CARA EISENPRESS, CO-FOUNDER OF THE AWARD-WINNING BLOG, BIG GIRLS SMALL KITCHEN, GAVE US HER TEN DOS FOR FIRST TIME GRILLERS THAT WILL HELP YOU IMPRESS, WITHOUT THE STRESS. ALSO, BE SURE TO CHECK OUT HER FEATURED RECIPE ON THE NEXT PAGE!



FOR A CHART TOPPING SIDE DISH TO GO WITH THESE BURGERS CHECK OUT TRENDMAGAZINEBLOG.WORDPRESS.COM. CARA'S ARUGULA PESTO POTATO SALAD WILL BLOW YOU AWAY!

DO Marinate. “You can use something as simple as your favorite salad dressing or even mayo or yogurt with vinegar and herbs,” she said. “Let it sit in the fridge for a couple hours before you grill, and you will have added flavor before beginning to cook. Plus, if the meat doesn’t come out the way you wanted, you will still have a flavorful start to your meal.”

DO Double Check. Be sure to see if the meat is cooked all the way through. “Some people forget that a nice trick is to take it off the grill and cut into the meat to see if it’s ready,” said Eisenpress.

DO Avoid Chicken. “It’s counter intuitive, but chicken is the hardest meat to grill,” she said. “Cooking it with a group is not the best idea, in terms of safety, because it takes a lot longer and nothing is worse than raw chicken.”

DO Keep the Classics. “I love a mix of hotdogs, hamburgers and sausages,” she said. “I think people love the old fashioned feeling of being a kid at a barbeque.”

DO Prepare Custom Toppings. This is where you can do something creative. “You can make it Mexican style by making a chipotle mayo with guacamole and grilled onions, or make it French with Swiss cheese and caramelized onions for a gourmet twist,” she said.

DO Grill Vegetables. Toss them in olive oil, salt, and pepper and throw on the grill until they get marks and then flip them over. “Zucchini is my favorite vegetable to grill,” she said. “Cut them the long way into flanks and add salt, pepper and olive oil.” It’s a perfectly healthy substitute for fries, too.

DO Use Charcoal. “You really get the effect of a grilled dinner when you’ve cooked over a charcoal grill,” she said. “I love just a plain old Webber Charcoal grill.”

DO Practice Caution. Be aware that you have raw meat. “If it’s on a plate, make sure to use a new one when the meat is cooked,” she said. “Also, when using charcoal, make sure you put the fire out.”

DO Ask for Help. “It’s nice to have someone experienced around when you are grilling,” she said. “If it’s your first time, don’t be afraid to ask for help from your friends.”

DO Provide Salads. “An interesting potato salad is really welcome at a barbeque,” she said. “Also, you can never go wrong, if you have other women in your party, with a simple green salad.” A new trend is to drizzle Caesar dressing over grilled chunks of romaine lettuce.



CHEDDAR CHEESE BURGERS WITH CHARRED RED ONIONS

INGREDIENTS

1 1/3 pounds good-quality ground beef (85% lean)

1 tablespoon whole grain mustard

1 teaspoon Worcestershire sauce

1 1/2 tablespoons olive oil

3/4 teaspoon salt and freshly ground black pepper

1 large red onion, trimmed and cut into 1/2-inch thick slices

4 burger buns, preferable brioche buns – but use whatever you like, halved

4 thick slices sharp white cheddar

Condiments: mayo, mustard, ketchup, sliced pickles

DIRECTIONS

1 Build a fairly hot charcoal fire or preheat the gas grill.

2 Combine the ground beef in a large bowl with the mustard, olive oil, Worcestershire sauce, salt, and pepper.

3 Mix until all the ingredients are just integrated.

4 Gently form the meat into 4 equal patties.

5 When the grill is medium-hot, which means you can hold your hand above it for no more than 6 or 7 seconds, place the burgers on the grill.

6 Let them cook for 4 to 5 minutes.

7 Using a thin spatula, carefully flip the burgers and cook for another 3 to 5 minutes.

8 Just after flipping the burgers, place a slice of cheese on top.

9 As those last 4 minutes pass, keep an eye on the cheese, and if it doesn’t seem to be melting, place the lid of the grill on (vents opened) for the final 2 minutes.



summer getaway

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1

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2

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3

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