HAIR JUST GOT SEXIER.

TREND SPRING 2013

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SUMMER GETAWAYS
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 Christianson
Sarah Mahaney
Thank you to all of our contributors.

BEAUTY & BODY

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

**SUMMER LOVIN’ SIZZLING SUMMER 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.

**OPR 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, dyes to create a pebbled finish with glitter flecks.

**L’OREAL FÉRIAL WILD OMBRE DYE KIT**
The hot ombre hair trend will continue into spring with the launch of do-it-yourself ombre kits. L’Oreal Féria is the first to hit stores with their Wild Ombré Dye Kit available in 5 color options. DIY for an ombré-levable look!

**MAKE-UP**

**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 your feel instantly 73 percent less ragged,” said Shannon Ray, beauty blogger from Gloss and Dirt. The collection comes in lotion, body wash, and body spray.

**NAILS**

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.

**HAIR**

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**WOMEN’S BATH & BODY WORKS MARIAH CAREY COLLECTION - LIQUID SAND NAIL LACQUER**

**SHANNON BAUER DESIGN ANDREA DRISCOLL**
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.

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.

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.

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

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.

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

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

WORDS: NICOLE PRESELEY  DESIGN: SHAYLA WATTERSON  PHOTOS: AMANDA HOWELL
Yoga for YOU

Are you 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.”

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 contaminant.
TREND FOR MEN

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LOOKS THAT KILL
SWEATER: PORTOBELLO ROAD $50
HAT: MODEL'S OWN SUNGLASSES: STYLE YES $145

STYLING: EILEEN MOORES, RAINA EVEL DECO: JOE SUMMERS PHOTOS: RUMOR CLARK

TREND SPRING 2013
(TOP) SHIRT THE LOFT $5
SUNGLASSES STYLEYES $190

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

(RIGHT) SHIRT THE LOFT BLUES
SUNGLASSES STYLEYES $190

SUNNY SIDE
SHIRT
PORTOBELLO ROAD $32
HAT
MODEL’S OWN
SUNGLASSES
STYLEYES $160

SHIRT
THE LOFT $7.75
HAT
MODEL’S OWN
SUNGLASSES
STYLEYES $210

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
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 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 grizzled-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 Younkers 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 Czaplewski 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.
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'.
TREND: In one word, describe your personality.
DEAN BERHOWN-GOLL
Oh jeeps. 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 don’t 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 trend 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 admitted he can sing all the songs from the Glee soundtrack.
- He bought and restored an old boat.
- He’s Team Jacob.
- He’s an All-Conference Basketball Player in High School, is the #1 talent he is most proud of.
- He covered the NFL Combine in Indianapolis in February.

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

Tony’s a Junior in Ag Business. He’s Enthusiastic.
Q: Do you have a “type”?
A: Smart girl. 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?”
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.
Rack or country?
Dogs or Cats?

MEET OUR FINALISTS

WORDS KAYLEE DELACY DESIGN KEVIN SIMON, MICHELLE KARGES PHOTOS NIKKI BRATE
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CROSS THE LINE
LEFT: SHIRT FRANCESCA’S COLLECTIONS $38
SKIRT FRANCESCA’S COLLECTIONS $34
PURSE FRANCESCA’S COLLECTIONS $30
NECKLACE BANANA REPUBLIC $59.50
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 LYLAS BOUTIQUE $119
JACKET THE FLAMING 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
SHIRT FRANCESCA’S COLLECTIONS $34
EARRINGS FRANCESCA’S COLLECTIONS $18
HEELS MODEL’S OWN

MIDDLE: PANTS LYLAS BOUTIQUE $119
PURSE LYLAS BOUTIQUE $42
EARRINGS FRANCESCA’S COLLECTIONS $18
SCARF MISS MEYER’S CLOTHING CONSIGNMENT $5
HEELS MODEL’S OWN

RIGHT: TOP FRANCESCA’S COLLECTIONS $36
SHORTS FRANCESCA’S COLLECTIONS $34
EARRINGS FRANCESCA’S COLLECTIONS $18
HEELS BANANA REPUBLIC $54.99

FRANCESCA’S COLLECTIONS $32
EARRINGS FRANCESCA’S COLLECTIONS $18
HEELS MODEL’S OWN

FRANCESCA’S COLLECTIONS $34
EARRINGS FRANCESCA’S COLLECTIONS $18
HEELS BANANA REPUBLIC $54.99

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 LYLIA’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.

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 OR MINT GREEN.”

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,” SAYS ACHESON. “PAIR THE BAG WITH A BRIGHT COLOR IN YOUR WARDROBE FOR A POP.”

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

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WORDS ALEXA GOLEMO STYLING SALLY STRINGHAM DESIGN KAYLA BEGIN PHOTOS PEGGY WANG
How did you land your job with Aeropostale in NYC?

Emily Kammeier: 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!

Emily Kammeier

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.

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.

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.

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 were 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.

What kind of hours do you work? What does a typical work load consist of for you?

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 were 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.

What kind of hours do you work? What does a typical work load consist of for you?

EK: I work at Aeropostale, 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!
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.

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.

### 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** Marshall’s $12.99
**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 $19.99
**Bralettes Target** $4.99
**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.

### 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** Marshall’s $12.99
**Braided Belt** Hollister $24.95 skinny belt Target $14.99 shoes Model’s Own
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
ST LEGGINGS MODEL'S OWN EARRINGS
EXPRESS $14.90 WEDGES MODEL'S OWN

GOLDEN TICKET
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ASOS.COM $43.85
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STRIKING STRIPES
UMBRELLA MODEL'S OWN BLAZER ZARA
$129 TOP MODEL'S OWN
ST LEGGINGS MODEL'S OWN EARRINGS
EXPRESS $14.90 WEDGES MODEL'S OWN
DARING DOTS
SKIRT FRANCESCA’S COLLECTION $38
SWEATER THE FUNKY ZEBRAS $24
EARRINGS EXPRESS $18.90
NECKLACE BANANA REPUBLIC $59.50
PURSE FRANCESCA’S COLLECTION $38
HEELS URBAN OUTFITTERS $150

HINT OF MINT
JACKET ZARA $240
SWEATER EXPRESS $59.50
JEANS FRANCESCA’S COLLECTION $38
BAG FRANCESCA’S COLLECTION $38
NECKLACE HINT OF MINT
HEELS URBAN OUTFITTERS $195
COLOR RUSH

RIGHT: SHIRT ESTHER $69.95 NECKLACE MINT LA $26 JEANS TRASH AND VAUDEVILLE $58 BRACELETS MODEL’S OWN HEELS

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

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 SHIRT FOREVER 21 $35.50 NECKLACE MINT LA $19 BRACELET LYLA’S BOUTIQUE $16 HEELS MODEL’S OWN
RIGHT: DRESS NASTY GAL $52 BRACELETS FOREVER 21 $16.80 HEELS MODEL’S OWN

STYLING TAYLOR RICHARDSON, ERIN TEPPER
DESIGN EMILY NIZZI PHOTO BRITTANY MUMM ILLUSTRATION ZOË LARSON, ANNA FLOCKINGER

DESIGN EMILY NIZZI PHOTO BRITTANY MUMM ILLUSTRATION ZOË LARSON, ANNA FLOCKINGER
BLAZER FOREVER 21 $29.80
TANK BANANA REPUBLIC $59.50
JEANSWRT SEALEG GLASSES
STYLES 134 HEELS MODEL'S
OWN BRACELET PARTY GAL $55
BELT PRINT $25.99 EARRINGS
PORTOBELLO ROAD $15 CHAIN
GOODWILL $12

LEFT: SHIRT FOREVER 21 $20
PANTS MINT LA $40 NAT BANDCH
GOODS BRACELETS MODEL'S
OWN RING LYLAS BOUTIQUE $30
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 HENT LA $16  
EARRINGS PORTOBELLO ROAD $14  
HEELS TARGET $45

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

DRESS NASTY GAL $179  
HEELS DILLARD'S $40  
BRACELETS NASTY GAL $35, LILIA'S BOUTIQUE $12  
EARRINGS RANDOM GOODS $5
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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

From our hands...to her heart!

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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?
[1 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.

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

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.

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 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 48 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.

WORDS AMIRA KHIATIB DESIGN JOE SUMMERS
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**
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 Cafe 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 goofy humor with situations that actually happen to girls in real life.”

**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 mascara.”

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.

**Story: 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!”

WORDS MADELINE WILHELM DESIGN ZOE LARSON
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

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

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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.

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.

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.

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.

WHAT THEY DIDN’T TEACH YOU IN GIRL SCOUTS

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.

WORDS ELIZABETH LARSEN DESIGN HOLLY KAYSER ILLUSTRATION ANDY LAWSON
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 Weber 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. “If it’s your first time, don’t be afraid to ask for help from your friends.”

DO FOR A CHART Topping Side Dish TO GO WITH THESE BURGERS CHECK OUT TRENDMAGAZINEBLOG. WORDPRESS.COM. CARA’S ARUGULA PEPO POTATO SALAD WILL BLOW YOU AWAY!

CHEDDAR CHEESE BURGERS WITH CHARRED RED ONIONS

INGREDIENTS

1 1/2 pounds good-quality ground beef (85% lean)
1 tablespoon whole grain mustard
1 teaspoon Worcestershire sauce
1/2 tablespoons olive oil
3/4 teaspoon salt and freshly ground black pepper
4 burger buns, preferable brioche buns – but use whatever you like, halved

Condiments: mayo, mustard, ketchup, sliced pickles

DIRECTIONS

1. Mix all the ingredients are just integrated.
2. Build a fairly hot charcoal fire or preheat the gas grill.
3. Combine the ground beef in a large bowl with the mustard, olive oil, Worcestershire sauce, salt, and pepper.
4. Gently form the meat into 1 equal patties.
5. 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. 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
The Midwest’s Hidden Gem: Stillwater, Minn.

1  2  3

SHOPPING
Escape the big box stores for the inviting shops in Stillwater, Minnesota. More than sixty boutiques, antique stores, art galleries, home décor stores and specialty clothing shops span six blocks of Main Street just west of the St. Croix River.

DINING
Whether you’re with your best girlfriends, beau or family, Stillwater offers something for every taste and price point. An ice cream shop or deli can satisfy the avid shopper or choose one of many restaurants overlooking the river or on Main Street.

LODGING
After a long day of shopping and dining, curl up in one of Stillwater’s historic inns, bed and breakfasts or hotels. They have places to match anyone’s style—and wallet—and if you’re feeling adventurous, set up camp at a state park or campground just 15 minutes from the city.

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