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Hello, Readers:

There’s an interesting thing about the world of beauty. Feeling good should start from the inside and work out to the surface. In the ever-changing realm of fashion, the idea of inner beauty gets muffled between conversations about the latest trends. So, when you meander through the next 83 pages think about the person you truly wish to represent, and base your style on those ideal qualities. Are you the inspirational entrepreneur, the humble worker bee, the outgoing best friend? Find our lifestyle editor’s encounter with China’s beauty standards in “The Other White Girl” (page 14) or uncover a new view on our culture’s scrutiny of the slender body (page 12). Then, discover the story of three alumni who followed their dreams to New York City (page 44), Los Angeles (page 78), and Valencia, Spain (page 79).

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Happy reading,
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Happy reading.

Emily & Brena
thank you to all our CONTRIBUTORS

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beauty & body

BEAUTY EMULATES FROM WITHIN. WHETHER HALFWAY ACROSS THE WORLD OR IN AMES, IOWA, THE STANDARD OF ATTRACTION VARIES, BUT ONLY ONE PERSON SHOULD DETERMINE YOUR CONFIDENCE: YOU.
&classic & CRIMSON
WINTER BEAUTY TRENDS '14
Twinning with Twiggy

Model Twiggy Lawson’s layered lashes look became recognizable in the 1960s. Replicate Twiggy’s big doe eyes by heavily covering the upper lashes in black mascara. Achieve the twig look by sweeping mascara onto the bottom lashes from the nose toward the ear until lashes are clumped. Once thick enough, fan lashes out to join three or four strands together. To take the look further, add a thick line of black eyeliner on the upper lash line.

Turn Up the Heat

Red is typically reserved for lips, so rethink its use this season. A soft brick crimson eye shadow is appropriate for day. Keep it simple by eliminating eyeliner or mascara. To achieve a fiercer look, blend red, gray and black shadows on the lids. Then, add a smudge of red under the eyes and pair with black liner and mascara. Use red and burgundy solely in the crease to give subtle color without overpowering the eyes.

Modern Minimalist

The ultimate natural look starts with skincare, so cleanse, tone and hydrate. A tinted moisturizer or moisture foundation adds a warm and luminous glow to harsh winter skin. Mix primer with foundation and apply it with a thick makeup brush to conceal blemishes. Use a simple bronzer to contour and define features. Add mascara to complete a modern beauty look.
Metallics are a must this season. Apply a frosted lip for a bolder look or a soft nude metallic eye shadow for the classroom. Platinum and gold remain a fan favorite, so play with color and intensity to find the best shade to fit your skin tone. Transform a nightlife look with metallic liner or opt for glamour with a turquoise or magenta lash line. To get the most bang for your buck, substitute metallic eye shadow for cheekbones or lips.

Dazzle in Metallic

VEST FRANCO NASI $49
SWEATER FRANCO NASI $154
NECKLACE FRANCO NASI $28
Metallics are a must this season. Apply a frosted lip for a bolder look or a soft nude metallic eye shadow for the classroom. Platinum and gold remain a fan favorite, so play with color and intensity to find the best shade to fit your skin tone. Transform a nightlife look with metallic liner or opt for glamour with a turquoise or magenta lash line. To get the most bang for your buck, substitute metallic eye shadow for cheekbones or lips.

Dazzle in Metallic VEST
FRANCESCA'S $68
SWEATER
FRANCESCA'S $54
NECKLACE
FRANCESCA'S $28
“I’ve been told to eat a sandwich more than a few times,” says Aaron Jacobson. The junior in computer science is the target of skinny shaming.

Skinny shaming is the criticism of thinner body types. Some clothing brands, including J. Crew Group Inc., go beyond size XS and offer sizes XXS or XXXS to accommodate a slim market. The introduction of these petite-friendly sizes speaks volumes to skinny-shaming and society’s awareness of it. However, this shaming can be ignored in a society where a thin body type is generally praised.

“I absolutely believe skinny-shaming is real. Everyone gets caught up in ‘thinspiration’ and glorifying skinny bodies, and they don’t realize the impact they are making on naturally thin people,” Rosie Zbaracki, a freshman in elementary education, says.

Women aren’t the sole targets of skinny shaming. “Men are required to be muscular and fit in order to be manly,” explains Ashley Garrin, a graduate assistant in apparel, events and hospitality management. “Those who aren’t are feminized and seen as sissies.”

“When people say, ‘Why are you so skinny?’ and other derogatory comments, it leads smaller people to believe being skinny is not ideal or beautiful,” Zbaracki says.

J. Crew now offers size XXXS to accommodate a wide range of its clientele. “We introduced the XXXS to accommodate the Asian market, where our sizes tend to run big,” Katie Reppert, a public relations director for J. Crew, explains.

Offering a wider range of sizes to accommodate slimmer customers could communicate negative messages to some consumers. “A retailer or company may offer a certain size because that is what its target market needs,” Garrin says. “On the other hand, continuing to make smaller and smaller sizing can set unrealistic expectations for certain people in our society.”

While some companies, including J. Crew, become conscious of the needs of their petite clientele and promote acceptance of naturally thinner body types as a result, the line between naturally skinny and too skinny often blurs.

Dr. Carver Nebbe, a physician at Thielen Student Health Center, defines anorexia nervosa as intentional deprivation of food to lose weight. “I don’t have a problem with individuals I treat having a body mass index of 18 or 19 if they’re eating and able to function on a daily basis,” Nebbe says. “I have an issue with exercising too much and starving oneself.”

Despite the fine line, thinner or heavier than average body types do not necessarily indicate a lack of health. “If you’re good at taking care of yourself through routine sleep, regular activity and a regular diet, you’re going to find a healthy weight and body type,” Nebbe says. “For some people, that’s going to be bigger and for some, it’s going to be smaller.”

For the naturally thin, introducing sizes that accommodate their body type can benefit them physically and emotionally. Slender adults might feel discriminated against when purchasing clothing at children’s stores, while average-sized individuals can shop at stores aimed toward their target market. Companies like J. Crew provide smaller adults with the opportunity to feel their age while selecting outfits. “It is important to let small or naturally thin people know they, too, can be adults,” Zbaracki says. “I think it is degrading to make these naturally smaller people shop in the juniors section.”

While Zbaracki says she shops at stores selling smaller sizes, companies need to accommodate larger body types as well.
“I would be more prone to support the store if they also offered XXL and XXXL sizes,” she says. “In this way, I would feel like they wouldn’t just want skinny people to shop at their store but are aiming to support all body types.”

In offering sizes for slender clientele, J. Crew will not eliminate larger body types from the equation. “As a company, we always try to go above and beyond to accommodate our customers however possible, so we carry a wide range of sizes,” Reppert explains. “We also carry petite and tall sizes, so it’s an effort we’ve made whenever possible.”

Zbaracki and Nebbe cite remaining energized as a way to promote health. Nebbe recommends students stay active by walking and going outside as opposed to engaging in stationary activities, such as watching television. “I would put the emphasis on health rather than body type,” Nebbe says.

Promoting all body types, rather than criticizing naturally underweight or naturally overweight individuals on the basis of their body type, is the key to finding body peace. “It would be best to be respectful of all body shapes and sizes and recognize that as long as someone is healthy, it doesn’t matter their size,” says graduate assistant Garrin.

Reforming images displayed by the media and promoting all body types through the media might be a pivotal step toward acceptance of all body types. “Media plays a large role in how we feel about our own bodies, others’ bodies and the larger societal attitudes. It is important to see real images of real people and know your body shape or size does not equate your worth as a person,” Garrin says. “If there was a balanced image of bodies being presented to the masses, we would not see many of the problems we do today.”
the other WHITE GIRL

I boarded the plane to China knowing Chinese have a fascination with blonde hair. Previous travelers to China warned me strangers would take pictures, they did.

My first week in the country, I began exploring a university campus with two of my friends from America when a group of guys asked to take a picture with us. As we posed and smiled for the camera, a group of girls approached us to take another photo. We soon found ourselves posing in an impromptu photo shoot with 20 college students we had never met.

Though taking pictures with strangers became a normal event throughout my two months studying the culture, many were snapped without my permission. I would ride on the bus and notice an audible click come from a man’s cell phone aimed in my direction. The occurrence happened almost daily: riding on the subway, walking around the city and eating meals.

Why were my friends and I the targets of excessive fascination? Not only were we Americans; we were also white.

My first encounter of the Chinese beauty standard for white skin occurred during my first week in the country.

“How do you get your skin so white?” my friend Sunny asked. I stood in disbelief as Sunny gazed at my white friend and me, looking for an answer.

Sunny said her university classmates made fun of her skin color. “They call me black,” she said. Black, as if her olive-colored skin tone was undesirable.

Sophia Morris, a senior in child, adult and family services at Iowa State University, traveled with me during my stay in China. “[Sunny] had a skewed view of herself and probably a lot of that is because of what other people tell her. She takes that to heart. She was desperate to find ways to become more white,” Morris says, remembering how she felt frustrated to hear her Chinese friends make comments about their skin.

“I wanted to shake her and say, ‘Don’t you see we’re the same color? Why don’t you see that you’re beautiful?’ She just sees herself in a totally different way from how she actually looks. Her view of herself is totally skewed,” says Morris.

I finally told a friend about my frustration after hearing the complaints about having black skin. “You know,” I recall telling her, “I’ve been made fun of for having skin that looks too white.” My friend couldn’t believe it.

The real shock came when I visited a convenience store. A smiling woman on the front of a skincare bottle looked back at me. I could only read one word: whitening.

Morris remembers her initial anger about Chinese women’s desire for white skin. “Then, my friend said, ‘It’s just like tanning in America; it’s just harming your skin in a different way.’”

Skin-whitening products haunted us throughout the rest of our trip. The promise of whiter skin usually came packaged in a bottle but later showed in a plastic surgeon’s advertisement for skin-whitening services.

Xu Kaiyu, a senior in electrical engineering from Hangzhou, Zhejiang, China, describes the Chinese’s love for white skin. “We like the white skin. We think white is very beautiful,” Xu says.

Xu explains the Chinese beauty standard of lighter skin stems from their fascination with America and Europe. “Chinese like Americans and Europeans. Their skin is really white, so we compare ourselves with them and like their white skin better.”

Chen Yanyan, a freshman in nutritional science from the Yunnan province in southern China, says people in her region of China prefer the opposite. “A lot of people enjoy sunbathing...
and hope they can have beautiful and healthy brown skin.” People in the southern regions like tan skin, because the sun is more powerful in that area.

China is massive; the varying beauty standards relate to the different regions of the country.

Deleah Pettie, a senior in biochemistry, witnessed Central China’s beauty standards while living there and studying the Chinese language this summer. “Whenever we hung out, my friends made comments toward [my white American friend] about her blue eyes, her hair or her skin,” she says. “I would always remind them and correct them saying, ‘You were created by God, and you are beautiful no matter what.’”

As an African-American, Pettie remembers only receiving positive comments about her appearance. “They always complimented my dark skin and how beautiful I was, so I was confused why they felt that way about themselves and others,” Pettie says. “In America, a lot of girls tan. It’s so strange everyone else [in China] wants to be lighter when everyone [in America] is trying to be darker and tanner.”

In the U.S., people suntan, go to tanning salons and use self-tanners to achieve the western culture’s beauty standard. Reflecting on China’s standards, Morris says she now holds a negative view on their idea of beauty. “I’m not saying America’s any better, it’s just different,” Morris says. “In America, it’s negative, too. It’s an equal opposite.”
College Alcohol Abuse

Avoid the risks of spending a night out by taking precautions and setting limits.

38 percent of Iowa State students engage in high-risk drinking.

College is commonly known as a time to drink. Some students consider drinking a recreational activity, but the consumption of alcohol can accelerate past a social activity and into an issue of concern.

“Many students don’t understand the severity of drinking in college,” says Calie Wallace, a senior in elementary education.

High-risk drinking means consuming more than five alcoholic beverages in one sitting over a period of two hours. A person is a high-risk drinker if they consume alcohol in a high-risk manner more than three times over a two-week period, says Lauri Dusselier, manager of prevention services at the Thielens Student Health Center.

According to a 2012 survey from the American College Health Association and National College Health Assessment, about 38 percent of Iowa State students engage in high-risk drinking. “Most students don’t drink in a high-risk manner,” Dusselier says. “Most students drink moderately or not at all. We are very similar to the national reference group.”

While this number doesn’t represent the majority of students on campus, the statistic is concerning. The stereotypical lifestyle of high-risk drinking is pinned on college students. “We try to correct the misperception that all college students drink in this way,” says Dusselier.

The complications coinciding with high-risk drinking, like academic problems, sexual assault and physical injuries, can create problems and issues for students. The National Institute on Alcohol Abuse and Alcoholism states 1,825 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries.

College students engaging in high-risk drinking may not understand the severity of their actions and the consequences of these actions on their future. Drinking games can lead to more alcohol consumption than intended. When does the line cross between drinking for fun and alcohol abuse?

Alcohol use disorder is characterized by the presence of at least two of the following: consuming alcohol in larger amounts than intended; having no desire to decrease use; craving alcohol; using alcohol to cope with failure or stress; continuing use despite knowledge of physical or psychological problems caused by alcohol; creating a high alcohol tolerance and experiencing withdrawal symptoms.

“Alcohol use disorders occur at a three to four times higher rate for individuals with close family members who have alcohol abuse disorders,” says Tiffany Iskander, a staff psychologist at Student Counseling Services.

“Young people think they are invincible. College students need to realize alcoholism is a real disease and can happen to anyone,” Wallace says.

Dusselier explains academic performance can suffer when students engage in high-risk drinking. Students are suddenly unable to achieve goals when they abuse alcohol.

While no foolproof solution exists to completely eliminate high-risk drinking, prevention is possible. Before drinking, students should set limits, keep track of how much they consume and prioritize academics over alcohol, Dusselier suggests.

While society may portray college as a time to drink and party, real statistics show less than half of college students participate in high-risk drinking activities. Students should monitor their alcohol consumption to ensure the safety of their drinking experiences. Take a stance to also keep an eye on friends. Students can intervene if they suspect someone is abusing alcohol. In the long run, they could save their life.
trend for men

BE MORE THAN THE BOY NEXT DOOR. DISCOVER HOW TO SHAPE UP YOUR WATCH GAME, TAKE SOME TIPS FROM AN EXPERT BARISTA AND FIND THE NEXT FASHION TREND IN YOUR DAD’S CLOSET WITH A QUICK TURN OF THE PAGE.

AVOID THE RISKS OF SPENDING A NIGHT OUT BY TAKING PRECAUTIONS AND SETTING LIMITS.

COLLEGE ALCOHOL ABUSE

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MAN ON THE RUN

EDGY PIECES PERFECT FOR A WEEKEND ESCAPE

DESIGN ANNA FLICKINGER ILLUSTRATION SARAH VAN BERKUM PHOTOS ANDREW LORENZEN & SAMMY CREEGER STYLING RAINA EDELF & ARYANA GATHINGS
MAN ON THE RUN

EDGY PIECES PERFECT FOR A WEEKEND ESCAPE

LEFT PAGE -

SHIRT
BANANA REPUBLIC $74.50
CARDIGAN
GAP $59.99
TIE
MOORMAN CLOTHIERS $35

RIGHT PAGE -

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STEVE MADDEN $85
PANTS
BANANA REPUBLIC $59.50
BUTTON UP
MOORMAN CLOTHIERS $97.50
KNIT
BROOKS BROTHERS $128

RIGHT -

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BADOWERS $285
BUTTON UP
BROOKS BROTHERS $79.50
SWEATER
YONKERS $69.50
WATCH
DANIEL WELLINGTON $229

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RAIN A EDEL & ARYANA GATHINGS
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ZIP UP
MOORMAN CLOTHIERS $169.50
BAG
BANANA REPUBLIC $129
SUNGLASSES
CLUB MASTER $15
LEFT - BOOTS RED WING
PANTS LUCKY
SCARF CALVIN KLEIN $55
JACKET LEVI'S
SHIRT CALVIN KLEIN $49.50

RIGHT - LEATHER JACKET BANANA REPUBLIC $398
JEANS GAP $59.99
SHIRT GAP $46.99
JACKET RAGSTOCK $29.99

LOCATION COURTESY OF SIGMA ALPHA EPSILON
MOTORCYCLES COURTESY OF MASON BUMP, ANDREW KLEIN, JACOB MALLAMS & ZACH MOULDS
BOOTS STEVE MADDEN $79  PANTS H&M $19.99  SCARF GAP $26.99  LEATHER JACKET LEVIS $175  SHIRT BANANA REPUBLIC $64.50
LOCATION COURTESY OF SIGMA ALPHA EPSILON  MOTORCYCLES COURTESY OF MASON BUMP, ANDREW KLEIN, JACOB MALLAMS & ZACH MOULDS
STYLE WATCH

CHECK THE HOUR AND SOME STYLE WITH THESE TIME-FILLED PIECES.

Known as one of the oldest accessories, a watch adds a hint of refinement to any look while expressing the wearer’s personality.

Tyler Valladolid, a senior merchandiser at Fossil and apparel, merchandising and design alumnus from Iowa State agrees purchasing a watch creates a personal aesthetic. “Watches add a piece to finish off a look.”

The rules of the ol’ ticker have blurred over time, giving way to new trends. View your time wisely, and invest in a watch.

THE INTERCHANGEABLE WATCH

Transform a timepiece from refined and professional to quirky and eye-catching with an interchangeable strap. Retailers Suigeneric and Fossil offer a wide variety of straps. Valladolid encourages searching for newer variations, like rose gold and felt, which allow men to play with different textures and create the illusion of owning an expansive watch collection.

CALCULATING IN CLASS

Give a nod to your nerdy side with a Casio calculator watch. A break off from traditional watch faces, this piece shows off its calculating buttons and geometric appearance with the charm of an early desktop computer. Plus, it’s always a nice reminder to know the date while crunching those numbers.

FASHION FOR THE FIT

For the exercise junkie, look past a bulky smart phone and record your reps with the Nike+ Sport watch. This piece offers a modern alternative to traditional timepieces by tracking workout statistics. With Nike’s connection software, goals and calories can be tracked and shared on nikeplus.com.

THE VINTAGE PICKER

The mechanical-style watch introduces the ultimate touch of detail to any man’s wrist. This fine piece of machinery represents a Bentley or Rolls Royce without the high price tag. Fossil offers a variety of styles and detail. Go classic with a Roman numeral face or opt for numbers or sleek notches. For a minimalistic look with modern functionality, check out Fossil’s line extension Skagen.
BREAK DOWN THE COMMUNICATION BARRIER BETWEEN MEN AND WOMEN WITH THESE TALKING TIPS

**Women**

- Foster connections through eye contact and receiving feedback, like nods and smiles.
- Hold back in new encounters to hear who sets the tone.
- Prepare answers before responding and second-guess decisions.
- Ask others for advice before arriving at a consensus to avoid disagreement.
- Take rejection personally.
- Express connection through touch.
- Create a closer, more intimate space during conversations.
- Sit face-to-face when communicating with another woman.

**Men**

- Rarely offer feedback to show dominance in a conversation; hand gestures and eye contact are becoming more acceptable.
- Respond first during new encounters.
- Exert confidence and join situations faster.
- Focus on solving a problem quickly without much discussion.
- Blame failure on the situation.
- Incorporate touch to claim status and superiority.
- Provide a larger space when speaking with someone.
- Sit side-by-side when communicating with another man.

Men are from Mars. Women are from Venus. We live on the same planet, but males and females often view each other as two different species. Gender plays a role in the way two individuals interact with one another. Associate English professor Margaret LaWare explains the not-so-evident differences of men and women’s communication strategies.
Coffee acts as a lifeline for college students. It improves functioning for all-nighters and helps combat daily stress. Students appreciate and bow down to caffeine, but there's much more to love in a cup of joe. Logan Clement, coffee competition judge and barista at Mars Café in Des Moines, knows the science behind a quality cup of liquid life.

**TREND:** What makes a good brew of coffee?

**LOGAN CLEMENT:** The most important thing in a good cup of coffee is the coffee itself. No matter how you brew it, bad coffee will always taste bad, and good coffee will usually taste pretty good. Some things that make good coffee shine is the freshness of the coffee, the water and the quality control used to brew a cup.

**T:** Is there any special process or machines involved a user needs for brewing?

**LC:** All you need is coffee, water, a grinder and some sort of brewer. A lot of automatic brewers make it easy to brew a cup of coffee. To take it to the next level, I recommend a scale, a thermometer for the water and some type of manual brewing device. For manually brewing coffee, it is important to weigh out the coffee and water you will use during the brew to achieve exact precision.

**T:** Would you say coffee is a learned taste?

**LC:** I hated coffee originally, so I really think it’s an acquired taste. The more coffee you drink and think about, the more you will develop a pallet for. It’s really fun to nerd out on coffee once you can taste the subtle differences.

**T:** Where can someone purchase quality coffee?

**LC:** Most of the time, you can find the best coffee at cafés. Since they use so much coffee on a daily basis, it is usually fresher than a market’s. Most coffee bags have a roast date on them, so check it before purchasing. Coffee tastes best in the first two to three weeks after roast, so that’s what I recommend finding. Mars Café carries Kickapoo Coffee, and Stomping Grounds carries Counter Culture, which are both great roasters.

**T:** What is your favorite brand?

**LC:** Right now, my favorite roasters are Dogwood Coffee, Sump Coffee and Kuma Coffee.

**T:** Is there any advice you would give to those who are new to the taste?

**LC:** Keep on keeping on. Plus, make sure to have great cups of coffee. I still think badly roasted or brewed coffee tastes awful. There is a big difference. Trust me.
He may not be trendy now, but chances are dad rocked a few good pieces in his youth, look no further than his clothing rack to find all the essential pieces to keep up with this season’s retro trends while still staying on the monthly budget.

FRESH FLANNELS
No man’s closet is complete without a flannel button-down. These versatile shirts act as the ultimate layering tool. Fashion flannels alone, under a jacket or sweatshirt, over a T-shirt or tied around the waist. For a dash of character, find old, worn flannels with work stains and fading. The styling options are limitless and enhance any look.

BOLD BOOTS
Every closet should house a quality pair of boots. Check Dad’s for a vintage pair of Dr. Martens or Timberlands. Channel a young Johnny Depp with a pair of matte black Docs, or keep it casual with Kanye West’s preferred Timberland work boots. The boots’ warmth and water resistance completes the perfect look year round.

LUXURIOUS LEATHER
Accessories diversify an outfit, so choose a leather briefcase or backpack to polish any style. For a business professional look, a worn-in leather briefcase fits the quintessential accessory. On a casual day, a leather backpack offers a sturdy home to hold necessities while showing off a trendy edge.

DARING DENIM
An American classic, the denim jacket adds a casual touch to any look. This versatile piece pairs perfectly with layers without getting too hot or bulky. Wear it over a hoodie or graphic T-shirt for a casual look, or dress it up with a button-down shirt.

SWANKY SWEATERS
Winter means sweater weather. Style a basic or V-neck cardigan over a collared shirt for a crisp look. Channel your inner Bill Cosby in a tasteful fashion with a funky knit pattern. A unique statement sweater worn alone with jeans is an easy way to remain comfortable without sacrificing style.

PRIME PATTERNS
Think paisley, floral or geometric when choosing a statement piece. Wear it alone, layered under a jacket or left unbuttoned over another shirt. Depending on choice of print, the look could portray a bold, sleek or funky or fun feel. Stock up on enough, and you’ll own a plethora of options for all occasions.
WORKABLE WEAR

LEAVE THE EXTRA OUTFIT AT HOME BY INCORPORATING GYM CLOTHES INTO EVERYDAY WEAR.

An unspoken rule in fashion says avoid sporting fitness wear outside the gym. Lucky for males everywhere, the fashion industry is bending this rule. Of course, it doesn't mean breaking out the old high school jersey, but some pieces can transition from the weight room to a chem lab without looking out of place.

FABRIC FOR THE FIT
Athletic brands produce an exceptional amount of high quality fabrics to enhance athletic performance. Nike's Dri-FIT shirts keep the exerciser drip-free by whisking away sweat from the skin. The lightweight and smooth material provides all day comfort and comes in a variety of colors while fitting within the college student budget.

LIFESTYLE LOUNGEWEAR
This style draws a very fine line between looking sloppy and appearing comfortable. Sweatpants are an acceptable post-workout choice to a certain extent. Avoid the pajama look by purchasing a nicer material. High quality fabrics and the right fit will pull off this look. Scout for a pair of joggers or a slim fit pant, like the Adidas track pants. Both styles give the illusion of a higher end piece without emptying the wallet.

BACK TO ASICS
Cooler temperatures typically mean more layers, but this isn't the case when the correct fabric is chosen. ASICS running jacket includes water- and wind-resistant materials and an insulated polyester interior for warmth. Under the arms, ventilated mesh lets heat escape to avoid becoming uncomfortably hot. These performance aspects let the wearer break free from layering and regain effortless movement.

SURVIVING IN STYLE
In these upcoming winter months, double up on layers with Nike's half-zip running jacket. The higher neckline provides greater insulation and more protection from those bitter gusts of wind. This versatile piece fits the needs of multiple activities by showcasing a simplistic style and subtle color highlights to easily mix and match with other garments.

WORDS EILEEN MOORES  DESIGN AUSTIN O'BRIEN  PHOTOS ANDREW LORENZEN & GENET JEAN-PIERRE  STORY STYLING ANDI MORALES, ALEXANDRA JOHNSON & BRITTANY MOON
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LEAVE THE EXTRA OUTFIT AT HOME BY INCORPORATING GYM CLOTHES INTO EVERYDAY WEAR.

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LEFT - DRI-FIT NIKE $38
PANTS ADIDAS $45
RIGHT - JACKET ASICS $70
PULLOVER NIKE $60
DRI-FIT NIKE SHORTS $38

WORDS EILEEN MOORES
DESIGN AUSTIN O’BRIEN
PHOTOS ANDREW LORENZEN & GENET JEAN-PIERRE
STORY STYLING ANDI MORALES, ALEXANDRA JOHNSON & BRITTANY MOON

30 FALL '14 TREND FOR MEN

WEAR
TAKE A BRAKE WITH THIS WHEELY COOL BIKE QUIZ TO FIND OUT WHAT RIDE BEST SUITS YOU.

Which of the following best describes your personality?

A. Confused
B. Competitive
C. Hard-working
D. Relaxed
E. Quirky

What is your favorite leisure activity?

A. Partying at your favorite bar
B. Hiking the great outdoors
C. Hitting the gym
D. Catching up on your favorite Netflix series
E. Larping on Central Campus

What is your go-to flirting move?

A. Smiling
B. Giving compliments
C. Showing your skills
D. Playing hard to get
E. “The Stare”

What kinds of posts dominate your social media feed?

A. YouTube videos
B. Serene landscapes
C. Motivational quotes
D. Instagram photos
E. Memes

How would you best describe your style?

A. Laid-back
B. Sporty
C. Classic
D. Comfy
E. Eclectic

What quality are you most proud of?

A. Willingness to help others
B. Giving motivational advice
C. Leading the group
D. Making a great playlist
E. Being the life of the party
What grooming product would you not live without?

A  Chapstick  
B  Deodorant  
C  Hair gel  
D  Cologne  
E  Mouthwash

How long does it take you to get ready in the morning?

A  Less than 5 minutes: Throw on a game day T-shirt and perfect that man bun.  
B  20 minutes: You like to keep it pretty casual but still look put-together.  
C  It depends on the day: You love to experiment with style.  
D  An hour: And that's just on your hair.  
E  No time at all: You wake up and go to class in your pajamas.

You're at Taco Tuesday with your significant other, when someone comes up and asks to dance with her. What do you do?

A  Fight!  
B  Tell the kid you two are dating  
C  Walk away heartbroken  
D  Let your significant other defend your honor  
E  Make a joke out of the situation

It's Friday and you're at the local hot spot. Where can we find you?

A  Busting your signature moves on the dance floor  
B  Walking around and exploring the sights  
C  Grabbing a drink at the bar with some friends  
D  I'm not really into the "hot spot" scene  
E  Taking over the jams in the D.J. booth

RESULTS

Mostly A’s

You need a fixed gear bike. You're always on the run and can only go one speed: fast. Sometimes you feel life is a bit frantic, but you can always get the job done with a lack of brakes.

Mostly B’s

You need a mountain bike. Your hippie mentality and sporty style keep you competitive, happy and on the move. This ride will help you sustain that outdoorsy lifestyle.

Mostly C’s

You need a road bike. This bike is the perfect balance for the student who wants to have it all. It's ideal for commuting to class or taking long rides to unwind after a long day.

Mostly D’s

You need a cruiser bike. You like to take life as it comes and find bike rides relaxing. This cruiser does best on flat terrain.

Mostly E’s

You are a unicycle. You are the wild card in your group of friends and always know how to keep things interesting. You aren’t concerned with others’ thoughts about you and like to march to the beat of your own drum.
WHEN YOU LOOK GOOD, YOU FEEL GOOD.

FOLLOW THE ADVENTURE OF A VOGUE COVER-WORTHY GOWN, FIND VERSATILE INVESTMENT PIECES TO INCLUDE IN YOUR WARDROBE AND FIT UNDERGARMENTS INTO EVERYDAY WEAR.
WHEN YOU LOOK GOOD, YOU FEEL GOOD.
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COVER-WORTHY GOWN, FIND VERSATILE
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THE MODERN MARIONETTE
A SOPHISTICATED JOURNEY OF A LIFELESS MARIONETTE'S TRANSFORMATION INTO AN EMPOWERED BALLERINA THROUGH FASHION.

DESIGN & ILLUSTRATION ANNA FLICKINGER
PHOTOS SAMMY CREEGER
STYLING CHRISTINA MEISSNER & MOLLY ODZER
THE MODERN MARIONETTE
A SOPHISTICATED JOURNEY OF A LIFELESS MARIONETTE’S TRANSFORMATION INTO AN EMPOWERED BALLERINA THROUGH FASHION.

LEFT - DRESS ASOS $148
BRACELET FRANCESCA’S $12

RIGHT - TOP KOHL’S $48
SKIRT AIMEE $90
SHOES FRANCESCA’S $48
NECKLACE ARMED AND READI $25
RINGS ARMED AND READI $10 EACH
BRACELET FRANCESCA’S $12

DESIGN & ILLUSTRATION ANNA FLICKINGER
PHOTOS SAMMY CREEGER
STYLING CHRISTINA MEISSNER & MOLLY ODZER
ABOVE - TOP FRANCESCAS $38  TROUSERS ASOS $65  BRACELETS ARMED AND READI $15 EACH  EARRINGS FRANCESCAS $12  SHOES VICTORIA'S SECRET $69

RIGHT PAGE - DRESS FRANCESCAS $64  SHOES DSW $49.99  EARRINGS FRANCESCAS $9  NECKLACE ARMED AND READI $25  BRACELETS FRANCESCAS $14, ARMED AND READI $15
ABOVE

- TOP

FRANCESCA's $38

TROUSERS

ASOS $65

BRACELETS

ARMED AND READI $15 EACH

EARRINGS

FRANCESCA's $12

SHOES

VICTORIA'S SECRET $69

RIGHT PAGE

DRESS

FRANCESCA's $64

SHOES

DSW $49.99

EARRINGS

FRANCESCA's $9

NECKLACE

ARMED AND READI $25

BRACELETS

FRANCESCA's $14,

ARMED AND READI $15
TOP - TOP  ASOS  $69
SKIRT  KOHL’S  $68
EARRINGS  ARMED AND READI  $12
BRACELET  FRANCESCA’S  $12
SHOES  TARGET $20

BOTTOM - TOP  VELVET COAT $19
SKIRT  AIMEE $98
BRALETTE  AIMEE $55
EARRINGS  ARMED AND READI $12
Dress: Francesca’s $44
Leg Warmers: Francesca’s $12
Earrings: Francesca’s $9
ABOVE - VEST VELVET COAT $418
HEADBAND FRANCIAS'S $14
EARRINGS FRANCIAS'S $14
RINGS ARMED AND READI $10 EACH
BRACELET FRANCIAS'S $14

LEFT PAGE - TOP VELVET COAT $19
SKIRT AIMEE $98
BRALETTE AIMEE $55
EARRINGS ARMED AND READI $12
ABOVE - VEST VELVET COAT $418  HEADBAND FRANCESCA'S $14  EARRINGS FRANCESCA'S $14  RINGS ARMED AND READI $10 EACH  BRACELET FRANCESCA'S $14

LEFT PAGE - TOP VELVET COAT $19  SKIRT AIMEE $98  BRALETTE AIMEE $55  EARRINGS ARMED AND READI $12
A DONATION OF A
lifetime

ONE RED DRESS TRAVELS FROM THE VOGUE PHOTO STUDIO TO AN IOWA STATE MUSEUM WITH AN ALUMNA’S INCREDIBLE STORY.

“We could see the planes,” remembers Brenda Mikel, a 1986 Iowa State University graduate and studio director at Narciso Rodriguez. “We arrived early in the morning to prepare, and all of a sudden someone goes, ‘Oh my God. A plane just hit the World Trade Center.’

Everyone at the studio stood in silence as the second plane hit and all power in the office knocked out.

In her office, apparel, merchandising and design advisor Ann Thye meets with current and prospective students, greets alumni and chats with prominent figures in the apparel industry visiting Iowa State’s campus. To her left hangs a red dress with a story.

This dress, designed by alumna Mikel, holds an incredible story and an incredible patternmaker to match.

When actress Claire Danes needed a dress for the 2008 Met Gala, Narciso handed a sketch to Mikel and she began to work. The pattern transformed into a long-sleeved black dress with bands crossing the back. “Narciso is a minimalist. He is all about lines, angles and shapes,” Mikel explains.

The intricate back detail was fitted and tailored directly to Danes. “It just looked gorgeous from the back,” Mikel recalls.

At the Met Gala, the dress received attention from Vogue Editor-in-Chief Anna Wintour, who called Narciso the following morning to design a red sleeveless dress for a possible cover shoot with Jennifer Aniston.

Unlike her experience with Danes, Mikel couldn’t practice fitting the dress to Aniston. She received the actress’s measurements and challenged herself to fit the dress perfectly without making alterations.

Vogue photographs multiple looks for one cover, so designers never know if their look will win the front spot until about a month before the magazine comes out. When Mikel’s dress appeared on the December 2008 cover, she knew it would be one to remember.

Mikel moved to New York City after graduation to pursue her dream of becoming a patternmaker. “When I started at Iowa State, I was very passionate about what I wanted to do: be a designer,” Mikel says. “While at ISU, I took patternmaking and I realized, ‘I’m really good at this.’ I wanted to do that more than sketching designs. That’s really where I got my inspiration and found my outlet: at Iowa State.”
After taking a job as a nanny in New York for a year, Mikel began classes at the Fashion Institute of Technology to enter the fashion world and create connections.

The mother who hired Mikel then introduced her to a partner of Calvin Klein’s, and after waiting for some time, Mikel received a phone call to interview for an assistant patternmaker position. “I guess I got kind of lucky,” Mikel notes. “It’s not what you know, it’s who you know.”

While working at Calvin Klein, Mikel met then-assistant designer Narciso Rodriguez, and the two became friends before he left for Europe in 1995.

A few years later, Mikel took a position at Bebe in San Francisco. While in California, Narciso received pressure from U.S. buyers and editors of fashion magazines. “They were saying, ‘If you really are a New York designer then you need to show in New York,’” Mikel remembers. “But that can be hard because you have to know a lot of people to start designing your own line in the United States.”

Mikel returned to New York and contacted Narciso about open career positions. At this time, he began introducing his work in the city. “I asked if he knew of anybody looking for a patternmaker, and he said, ‘Well actually,’” Mikel laughs, remembering how her work began as a patternmaker for designer Narciso Rodriguez.

The two worked hand-in-hand. Narciso sketched while Mikel created and shipped patterns to Italy, where the work transformed into samples.

On Sept. 11, 2001, the team hosted a show. “We had all of these people over from Italy to help us prepare for the show, and they barely spoke English.”

At that time, the Narciso studio faced the World Trade Center. “It was just scary,” Mikel says of witnessing the 9/11 attacks. “And those poor Italians.”

Ever since this tragic event, Narciso and Mikel’s friendship has remained inseparable. Mikel now manages the studio and hires the many sample hands throughout the year and during fashion week.

“I’ve known Narciso so long we can read each other’s minds; he trusts me with a lot of things,” Mikel says. “He can say, ‘I need this, this and this for this person.’ He knows I’ll get it done. He knows I’ll do it the way he wants it done.”

Thye and Mikel first connected at Iowa State’s annual Fashion Show when Mikel stood as a guest judge. Soon after, Thye began connecting students with Mikel during field study trips.

Thye likes to expose students to incredible work, especially if Iowa State alumni designed the work. “To have an alum with such an amazing relationship with Narciso is an incredible resource,” she says.

“Field studies show how what’s being learned in the classroom is applied to everyday life,” says Brianna Hudson, a senior in apparel, merchandising and design, who visited the Narciso Rodriguez studio during a 2014 field study trip. “Narciso and the individuals who work with him have amazing skills, and it shows through the pieces they produce.”

Mikel says she enjoys sharing her experiences with Iowa State students. “I’m not just a patternmaker. I help Narciso create these clothes, and I think it’s important for anybody going into design to know all of the aspects of the work.”

After visiting the alumna multiple times, Thye approached her about donating a dress to the university to showcase her work. “I originally had a different dress picked out,” Mikel says, “but before I sent the dress to Iowa State we were approached by Rent the Runway to create the Vogue dress as an exclusive for their site.” Rent the Runway is a designer dress rental website.

“We were creating the production pattern of the dress and I thought, ‘Wow, this dress really speaks for Narciso Rodriguez,’” Mikel remembers.

Without informing Thye, Mikel donated the red Vogue dress to the university along with its story written on Narciso’s stationary and a photograph of the magazine cover. Thye didn’t know the history of the garment and its original intention for Claire Danes to wear at the Met Gala. “When I opened the box with the dress in it I was really excited,” says Thye.

The dress will enter the Mary Alice Gallery, a museum in Iowa State’s Morrill Hall, which features student and faculty work and showcases collection objects in exhibitions. Once accepted, Mikel wishes to return to campus to see her work displayed in the one place she felt encouraged to pursue a career as a patternmaker. “I’m looking forward to seeing what everything looks like,” Mikel says. “I got my inspiration and found my outlet at Iowa State. I want students to know you can come from a small town, be a farm girl and accomplish something like this.”
If it wasn't obvious this summer, it undoubtedly is now. The purposeful appearance of undergarments is back in full force with a '90s grunge look. Whether in a lacy bralette, casual Calvin Klein underwear or a dainty dress slip, this trend is hotter than its 20-year-old counterpart. Styling these garments appears effortless on the runway during fashion week but requires some thought to elegantly pull off on campus. Transform these otherwise promiscuous pieces into classy, timeless looks.

As the weather cools down, outfits naturally become more modest. Transition favorite high-temperature fashion trends into the newest season's styles. Talia Jensen, owner of Portobello Road in Ames and Iowa State alumna, says bralettes fly off her store shelves. “Customers like the bralettes, because they allow them to change up their normal T-shirt and tank top look to something a little more flirty and fun.”

The boutique owner suggests wearing these pieces under cutout tops or sheer fabrics to up the style ante during winter months when the weather is less than impressive.

Nothing stands between you and your Calvins. Wear this new fad by positioning Calvin Klein underwear along the waistline of low-rise boyfriend jeans. The company snapped and posted photos on social media of celebrities and models, like Kendall Jenner, wearing the popular fad to broaden its reach.

“I see it as a nod back to the Calvin Klein ads from the early '90s and the iconic ad featuring Mark Wahlberg and Kate Moss,” says Sarah Bennett, a lecturer in the apparel, events and hospitality management department.

The twentieth century wardrobe staple of lace slips recently reappeared on the red carpets. This piece adds some extra oomph by bringing a new dimension to an overall look. Slips were commonly worn under a dress as a second layer, but today’s trend styles them with a shorter dress or skirt to purposefully view them beneath a hem. For another variation, wear a full-body slip under a low-cut top to show off the detailed lace.

“It has become very acceptable on the East and West Coasts to wear bralettes with very little covering them,” Jensen says.
“As you may have seen at festivals this year, goers wore bralettes alone with high-waisted shorts.”

These fads create simple and perfect ensembles for casual events, but Bennett notes these pieces are not appropriate in a professional setting. Though the fashion and business industries slowly move toward more casual trends, consider modesty when building a wardrobe of business attire.

Pull these trends into a personal style and make an eye-catching and chic look. As Jensen says, “One of fashion’s biggest trends is making your own style.”
classic
TRAVELS
LEFT - JEANS NORDSTROM $59
BRACELET FRANCESCA'S $18
BRACELET SHINY MIR $26
NECKLACE ARMED AND READY $30
SUITCASES VINTAGE PICKERS
BOOTIES FRANCESCA'S $56

RIGHT - PANTS BANANA REPUBLIC
SOCKS J.CREW
SHOES ASOS $47.91

LOCATION & CAR
COURTESY OF VINTAGE PICKERS
LEFT & NEXT SPREAD TOP LEFT - SHIRT
BANANA REPUBLIC $39.50
PANTS
BANANA REPUBLIC $89.50
VEST
BANANA REPUBLIC $98
NECKLACE
BANANA REPUBLIC $69.50
NECKLACE
NORDSTROM $26
WATCH
FRANCESCA'S $18
BRACELET
ARMED & READI $10
BRACELET
ARMED & READI $12
HEADBAND
FRANCESCA'S $18
FUR HEADBAND
ASOS $22.85
BOOTS
FRANCESCA'S $68
RIGHT - BUTTON UP
BROOKS BROTHERS $120
CARDIGAN
ASOS $55.22
PANTS
BROOKS BROTHERS $248
TIE
BROOKS BROTHERS $79.50
WATCH
DANIEL WELLINGTON
SOCKS
J.CREW
SHOES
STEVE MADDEN
NEXT SPREAD TOP LEFT - BUTTON UP
BROOKS BROTHERS $79.50
SHIRT
BROOKS BROTHERS $59.50
JEANS
BROOKS BROTHERS $168
WATCH
DANIEL WELLINGTON
SOCKS
J.CREW
SHOES
CLARK'S
TOP LEFT & RIGHT - DRESS
SAIL TO SABLE $228
COAT
TOPSHOP $158
NECKLACE
ARMED & READI $27
BRACELET
SHINY MIX $26
BRACELET
FRANCESCA'S $24
BRACELET
SHINY MIX $28
EARRINGS
BAUBLEBAR $16.98
BAG
TOPSHOP $58
HEELS
TARGET
TOP LEFT & RIGHT - SHIRT
VAN HEUSEN
COAT
BANANA REPUBLIC $160
PANTS
BANANA REPUBLIC
BOW TIE
BROOKS BROTHERS $79.50
SUSPENDERS
ASOS $22.85
SOCKS
J.CREW
WATCH
DANIEL WELLINGTON
SHOES
ASOS $47.61
LEFT - BUTTON UP
TOMMY HILFIGER
SWEATER
BANANA REPUBLIC $69.50
PANTS
BANANA REPUBLIC
TIE
ASOS $11.43
SCARF
BANANA REPUBLIC $59.50
BAG
ASOS $66.65
BELT
EDDIE BAUER
SOCKS
J.CREW
WATCH
DANIEL WELLINGTON
SHOES
STEVE MADDEN
TOP
ASOS $22.85
SKIRT
NASTY GAL $56
NECKLACE
ARMED & READI $28
NECKLACE
BANANA REPUBLIC $39.50
NECKLACE
FRANCESCA'S $18
PURSE
KATE SPADE $198
HAIR BOW
THE PERIWINKLE CO. $12
SEVEN PIECES FOR SEVEN DAYS

A guide to styling a week’s worth of affordable, classic outfits for collegiate women.
**COFFEE DATE**
- **LEGGINGS** GAP $29.99
- **SHIRT** GAP $54.99
- **CARDIGAN** GAP $69.99
- **BOOTS** GAP $59.99
- **NECKLACE** ARMED & READI $25
- **SOCKS** TARGET $6.99

**NIGHT ON THE TOWN**
- **TOP** YOUNKERS $38
- **GRAPHIC TEE** GAP $26.99
- **BOOTIES** GAP $54.99
- **NECKLACE** ARMED & READI $25

**GOING TO CLASS**
- **JEANS** HOLLISTER $39.99
- **GRAPHIC TEE** GAP $26.99
- **SWEATER** GAP $44.99
- **BOOTIES** GAP $54.99
- **SCARF** GAP $29.99
- **BRACELETS** ARMED & READI $15 EACH
- **NECKLACE** ARMED & READI $25

**INTERVIEW**
- **JEANS** HOLLISTER $39.99
- **SHIRT** GAP $54.99
- **SWEATER** GAP $44.99
- **BOOTIES** GAP $54.99
- **NECKLACE** ARMED & READI $25
- **BRACELETS** ARMED & READI $15 EACH

**FAMILY DINNER**
- **DRESS** YOUNKERS $38
- **SHIRT** GAP $54.99
- **BOOTS** GAP $59.99
- **BELT** TARGET $12.99
- **SCARF** CALVIN KLEIN $38

**RUNNING ERRANDS**
- **JEANS** HOLLISTER $39.99
- **SWEATER** GAP $44.99
- **BOOTS** GAP $59.99
- **BRACELETS** ARMED & READI $15 EACH
- **NECKLACE** ARMED & READI $25

**INTERVIEW**
- **JEANS** HOLLISTER $39.99
- **SHIRT** GAP $54.99
- **SWEATER** GAP $44.99
- **BOOTIES** GAP $54.99
- **NECKLACE** ARMED & READI $25

**FAMILY DINNER**
- **DRESS** YOUNKERS $38
- **SHIRT** GAP $54.99
- **BOOTS** GAP $59.99
- **BELT** TARGET $12.99
- **SCARF** CALVIN KLEIN $38

**LOUNGING**
- **GRAPHIC TEE** GAP $26.99
- **LEGGINGS** GAP $29.99
- **BOOTIES** GAP $54.99
- **SHIRT** GAP $54.99
- **BRACELET** ARMED & READI $15
Trendy & Affordable Boutique with Styles hand picked in Los Angeles
all the marbles

LEFT - DRESS ASOS $104
SCARF VINTAGE VINCE $500
COAT AIMEE $230
WATCH SKAGEN $160
BRACELETS FRANCESCA’S $14
PURSE FRANCESCA’S $48
HEELS DSW STEVE MADDEN $69.99

RIGHT - V-NECK URBAN OUTFITTERS $25
BLAZER ASOS $85
SKINNIES PORTOBELLO ROAD $29.99
CLUTCH FRANCESCA’S $44
RING PORTOBELLO ROAD $10
BOOTSIES TARGET $24.99

DESIGN SARAH VAN BERKUM PHOTOS GENET JEAN-PIERRE
STYLING TAYLOR RICHARDSON & NICOLE WONG
AUTUMN WINTER 2014

FASHION FORECASTING

BLACK - DRESS
URBAN OUTFITTERS $25

BLAZER
ASOS $85

SKINNIES
PORTOBELLO ROAD $29.99

CLUTCH
FRANCESCA'S $44

RAYBANS
STYLEEYES $150

RING
PORTOBELLO ROAD $10

BOOTIES
TARGET $24.99

DESIGN
SARAH VAN BERKUM

PHOTOS
GENET JEAN-PIERRE

STYLING
TAYLOR RICHARDSON & NICOLE WONG
out of the blue

LEFT - DRESS AIMEE $270
COAT AIMEE $230
SUNGLASSES RAGSTOCK $7
RING FOREVER $4.90
SHOES DSW $90

RIGHT - COAT NASTY GAL $40
NECKLACE FRANCESCA'S $34
TIGHTS TARGET $12
WEDGES DSW $59

T-SHIRT PROPER $49
JACKET PROPER $645
PANTS PROPER $245
NECKLACE FRANCESCA'S $28
BAG PROPER $155
BRACELETS FRANCESCAS $14
LEFT - DRESS
AIMEE $270
COAT
AIMEE $230
SUNGLASSES
RAGSTOCK $7
RING
FOREVER 21 $4.90
SHOES
DSW $90

RIGHT - COAT
AIMEE $280
FUR
NASTY GAL $40
NECKLACE
FRANCESCA’S $34
TIGHTS
TARGET $12
WEDGES
DSW $59

T-SHIRT
PROPER $49
JACKET
PROPER $645
PANTS
PROPER $245
NECKLACE
FRANCESCA’S $28
BAG
PROPER $155
BRACELETS
FRANCESCA’S $14
DRESS | FREE PEOPLE | $98
BOOTIES | H&M | $25
HAT | THE FUNKY ZEBRAS | $34
THROW | THE FUNKY ZEBRAS | $60

LEFT - SWEATER | FRANCESCA'S | $48
SHAWL | FRANCESCA'S | $38
JEANS | AIMEE | $68
CHAIN | PORTOBELLO ROAD | $69.99
BOOTIES | MINTL.A. | $44

RIGHT - DRESS | FOREVER 21 | $29
BOOTS | MINTL.A. | $48
TIGHTS | TARGET | $12
BACKPACK | THE FUNKY ZEBRAS | $48
SCARF | PORTOBELLO ROAD | $24
WATCH | MICHAEL KORS | $250
BANGLE | FRANCESCA'S | $14
comfort zone

LEFT - SWEATER FRANCESCA'S $48
SHAWL FRANCESCA'S $38
JEANS AIMEE $68
CHAIN PORTOBELLO ROAD $69.99
BOOTIES MINTL.A. $44
RIGHT - DRESS FOREVER 21 $29
BOOTIES MINTL.A. $48
TIGHTS TARGET $12
BACKPACK THE FUNKY ZEBRAS $148
SCARF PORTOBELLO ROAD $49
WATCH MICHAEL KORS $250
BANGLE FRANCESCA'S $14
shear beauty

COAT ASOS $142
DRESS FREE PEOPLE $128
BOOTS ZOOSHOO.COM $30
CLUTCH PORTOBELLO ROAD $52
RINGS PORTOBELLO ROAD $10 EACH

LEFT - SHIRT TARGET $29
LEGGINGS DKNY $185
HEELS FOREVER 21 $24
EARRINGS AYDEN LEE $20.95
RINGS THE FUNKY ZEBRAS $12
CLUTCH FRANCESCA'S $44

RIGHT - TOP ASOS $104
HEELS DSW $90
NECKLACE FRANCESCA'S $32
SKIRT ASOS $110
shear beauty

DARK ROMANCE

COAT
ASOS $142

DRESS
FREE PEOPLE $128

BOOTS
ZOOSHOO.COM $30

CLUTCH
PORTOBELLO ROAD $52

RINGS
PORTOBELLO ROAD $10 EACH

LEFT - SHIRT
TARGET $29

LEGGINGS
DKNY $185

HEELS
FOREVER 21 $24

EARRINGS
AYDEN LEE $20.95

RING
THE FUNKY ZEBRAS $12

CLUTCH
FRANCESCA'S $44

RIGHT - TOP
ASOS $104

HEELS
DSW $90

NECKLACE
FRANCESCA'S $32

SKIRT
ASOS $110
Building a new wardrobe takes time, especially during the transition from college to career. Justify a splurge by choosing versatile, timeless clothing items and accessories.

LEFT PAGE - RING THE LOFT $8 WATCH YOUNKERS $125 EARRINGS ARMED AND READI $12 NECKLACE ARMED AND READI $25 BRACELETS $15 EACH SWEATER BANANA REPUBLIC $79.50 TROUSERS YOUNKERS $59 TRENCH COAT BANANA REPUBLIC $225 BAG THE FUNKY ZEBRAS $59 HEELS BANANA REPUBLIC $118

RIGHT PAGE - RINGS ARMED AND READI $10 EACH EARRINGS LYLA’S $10 WATCH YOUNKERS $95 BAG THE FUNKY ZEBRAS $56 BOOTS CALVIN KLEIN $159.95 JACKET THE FUNKY ZEBRAS $66 BLOUSE BANANA REPUBLIC $98 JEANS AMERICAN EAGLE $39.95
TRENCH COAT
This streamlined cut effortlessly transitions from a casual to professional look. A superior fabric will hold up in rain or snow, while maintaining a pristine, put-together style.

CASHMERE SWEATER
When it comes to sweaters, high-quality looks better, lasts longer and feels cozier. This knit relates to luxury, and classic items never go out of style.

WORK PANTS
A quality pair of work pants will set the career-catching tone during an interview. Fit is a crucial factor to looking professional, so take a trip to the tailor. Adjusting the trousers is figure flattering and sets the proper impression.

GO-WITH-EVERYTHING PUMP
Shoes are often the last thought when selecting an ensemble but can be the most important piece. Think about longevity and quality when purchasing new pumps. After all, give a girl the right shoes, and she can conquer the world.

MIXED METAL WATCH
Investing in accessories is just as important as the clothing it's paired with. A mixed metal watch provides versatility, style and punctuality.

STRUCTURED LEATHER JACKET
Upgrade any outfit with the addition of a well-fitted leather jacket. Perfect to throw on over a T-shirt during the day or dress at night, this versatile jacket gives an extra edge, while providing warmth.

WHITE SILK BUTTON DOWN
A silk shirt is a basic, adaptable piece. Wear it tucked in with trousers and heels or casually styled with leggings and riding boots. Cheap fabrics are easily noticed, so invest in a piece that will not easily snag or pill.

QUALITY DENIM
There's absolutely nothing like finding an amazing pair of leg-lengthening, hip-slimming, 'I look good in these' jeans. Put extra cash into a denim decision, and they'll practically pay for themselves in compliments.

LEATHER BOOTS
Leather boots can easily transition from skirts and dresses to skinny jeans and leggings. Pull off a casual look by adding a sweater, or choose a blazer to fit into a professional setting.

TIMELESS BAG
A bag holds a big responsibility. Choose one large enough to fit a laptop or padfolio. Multiple interior pockets are also vital to keeping necessities properly organized.
TAKE IT TO THE STREETS

SWEATER PACSUN $32.95
TANKTOP PACSUN $27.95
JOGGERS GAP $59.95
BEANIE PACSUN $20.95
NECKLACES PORTOBELLO ROAD $24 EACH

DESIGN ANNA FLICKINGER  PHOTOS JORDEN CHARRON & EMILY CLARK
STYLING BRIANNA HUDSON & GWEN CAMPION
SWEATER PACSUN $32.95
TANKTOP PACSUN $27.95
JOGGERS GAP $59.95
BEANIE PACSUN $20.95
NECKLACE PORTOBELLO ROAD $24 EACH
TAKE IT TO THE STREETS RIGHT - JERSEY PACSUN $29.95
JOGGER PACSUN $49.95
LEFT - DRESS AMÉE $86
CUFFS FRANCESCA'S $16 EACH
NECKLACE FRANCESCA'S $34
NECKLACE ATOMIC GARAGE $18
EARRINGS FRANCESCA'S $16

DESIGN ANNA FLICKINGER
PHOTOS JORDEN CHARRON & EMILY CLARK
STYLING BRIANNA HUDSON & GWEN CAMPION

68 FALL '14 FASHION |
JACKET ATOMIC GARAGE RENT ONLY PANTS AIMEE $68 TANKTOP PACSUN $20

JACKET PACSUN $59 NECKLACE FRANCESCA'S $16 TOP - TANK PACSUN $26.95

JEANS PACSUN $49
JACKET
ATOMIC GARAGE RENT ONLY
PANTS
AIMÉE $68
TANKTOP
PACSUN $20

BOTTOM - BUTTON DOWN
PACSUN $54,
SWEATSHIRT
PACSUN $4.95
JEANS
PACSUN $49

JACKET
PACSUN $59
NECKLACE
FRANCESCA'S $16
TOP - TANK
PACSUN $26.95
JEANS
PACSUN $49

SHOES
VANS $55

MIDDLE - BODY SUIT
PORTOBELLO ROAD $22
JACKET
PACSUN $99
NECKLACE
FRANCESCA'S $16
TOP - TANK
PACSUN $26.95
JEANS
PACSUN $49

SHOES
VANS $55
LEFT PAGE - LEFT - COVERALL
DIMEPIECE $72
HAT
PACSUN $27.95
CHAIN
FRANCESCA'S $12
RINGS
FRANCESCA'S $12 EACH
EARCUFF
FRANCESCA'S $14
NECK-
LACE
ATOMIC GARAGE $18
MIDDLE - TEE
PACSUN $27.95
JACKET
ATOMIC GARAGE $52
RIGHT - CROP TOP
AIMÉE $58
BEANIE
PACSUN $22.95
ARM BAND
FRAN-
CESCA'S $14
BANGLES
$14 EACH
BRACELET
RIGHT PAGE -
LEFT - FLANNEL
GAP $49.99
JUMPSUIT
GAP $69.99
FLATBILL
PACSUN $32
SHOES
ADIDAS $120
BRACELET
FRANCESCA'S $14
RIGHT - JERSEY
PACSUN $44.95
JACKET
$89.95
JOGGERS
$49.95
SHOES
ATOMIC GARAGE $32
LEFT PAGE - LEFT - COVERALL DIMEPIECE $72  HAT PACSUN $27.95  CHAIN FRANCESCA’S $12  RINGS FRANCESCA’S $12 EACH  EARCUFF FRANCESCA’S $14  NECKLACE ATOMIC GARAGE $18  MIDDLE - TEE PACSUN $27.95  JACKET ATOMIC GARAGE $52  RIGHT - CROP TOP AIMEE $58  BEANIE PACSUN $22.95  ARM BAND FRANCESCA’S $14  BANGLES $14 EACH  BRACELET $12  RIGHT PAGE - LEFT - FLANNEL GAP $49.99  JUMPSUIT GAP $69.99  FLATBILL PACSUN $32  SHOES ADIDAS $120  BRACELET FRANCESCA’S $14  RIGHT - JERSEY PACSUN $44.95  JACKET $89.95  JOGGERS $49.95  SHOES ATOMIC GARAGE $32
FAR LEFT - JERSEY
PACSUN $71.95

LEFT - JACKET
PACSUN $54.95

JEANS
PORTOBELLO ROAD $34.99

CROP TOP
AIMÉE $50

SPANDEX
NIKE $27.95

NECKLACE
FRANCESCA'S $24

MIDDLE - CROP TOP
PACSUN

FLANNEL
PACSUN $54.95

JOGGERS
PACSUN $49

RIGHT - JEANS
PACSUN $49

TOP
AIMÉE $34

FLANNEL
GAP $49.99

EARRINGS
FRANCESCA'S $16

FAR RIGHT - SWEATSHIRT
PACSUN $49.95

BUTTON UP
PACSUN $39.95

SWEATPANTS
PACSUN $68.95
LIFE IS HECTIC. TAKE IT DOWN A NOTCH WITH A MOTIVATIONAL PLAYLIST, COMFORT FOOD RECIPE OR DIY PROJECT.
LIFE IS HECTIC. TAKE IT DOWN A NOTCH WITH A MOTIVATIONAL PLAYLIST, COMFORT FOOD RECIPE OR DIY PROJECT.

lifestyle

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Kate Arends, creator of Wit & Delight design studio and a 2006 graduate from Iowa State’s College of Design, released a new collection for Target in early September. Throughout her career, Arends has collaborated with big-name companies, including Jack Daniels, Southern Comfort and Gap Inc.

After graduating, Arends spent time with Cue, a design company in Minneapolis. At this time, she also started her blog, Wit & Delight, to share designs and ideas with a broader audience.

“It has a really strong aesthetic point of view, and people definitely resonate toward the look and feel of Wit & Delight content. It’s approachable but still that high level of design,” Arends explains. “People see themselves in it, and it asks them to go a little bit further in experimenting with design.”

Wit & Delight covers topics in decor, cooking, design, professional development, hosting events, music, art and fashion. Arends describes Wit & Delight as a way to design a life concept. “It’s not designing products, it’s designing the space and how people interact with it,” Arends says. “It’s more about curating and creating imagery that reflects a theme than it is a designing product.”

Last year, Wit & Delight caught the eye of Target, which approached her and asked if she was interested in designing a line with the company. “It was pretty neat that Target was interested in my aesthetic, and I think they were looking to partner with people who have strong points of view for design. They enjoyed the whole scheme of my style,” Arends says.

Before launching this September, Arends’ product went through a one-year design process with the Target team, which learned more about her line and created the concepts. The design group then developed pricing and marketing content.

Arends’ Target collection focuses on getting people around the table to share ideas. As Oktoberfest approached, the design team created a more casual theme, which included black, white, metallic and graphic patterns inspired by labels from the past.

“Most of this is around the idea that you don’t really need an occasion or a party to make the design. Getting people around the table is an art itself and sometimes you can forget it can be special,” Arends notes. “It doesn’t need to be over-the-top or church shoes; it also doesn’t need to be red solo cup. That’s sort of where Wit & Delight lands. Sort of between casual and elegant.”
ISU alumnus Christian Graber moved to Spain after graduating from Iowa State in 2014 with a degree in Spanish and speech communications. He now spends his time D.J.’ing in Valencia and doesn’t intend to change careers any time soon.

Graber’s love for D.J.’ing began at ISU when some of his Sigma Pi fraternity brothers showed him the ropes. He started his career with basement parties, tailgates and open house shows in Campustown and continued his work at sorority parties and formals, Café Moon and underground Veishea parties.

Graber’s love for Spain strengthened while studying abroad in Valencia. Though he had visited the country before, he says the second trip captivated him more. “That time really got me hooked on the city, because it was everything I wanted,” Graber remembers. He completed an internship the following summer with the same study abroad program and says the experience helped him network and meet more people.

After graduation, Graber relocated to Spain and started working for the D.J. company Xceed. Graber had the upper hand when applying for the position; he spoke English and Spanish fluently and played two different styles of music: commercial hip-hop and underground house music.

Graber makes D.J.’ing look like a science. He uses different playlists to fit each gig’s mood but prefers to play songs to accompany the crowd. “I do a lot of crowd-looking, I read the crowd, see what’s going on, am very attentive and read a lot of body language,” Graber explains. “If anything, the biggest thing is knowing the right songs to play at the right time.”

Graber doesn’t work a typical 9-to-5 day, because the number of gigs he plays in a week varies. Though his D.J.’ing career fluctuates, Graber says he would rather spend his life doing what makes him happy than what would make him wealthy.

“Spaniards say, ‘Americans live to work and Spaniards work to live,’ and I’m way more on that grind,” he says. “I don’t really want to work my entire life and do crazy stuff like that, but I respect people who do. My engineer friends are having a great time doing what they’re doing, but they can’t beat my lifestyle.”

Christian’s ultimate goal involves D.J.’ing for the rest of his life and spending a solid amount of time in Spain. “My life revolves around making it an amazing story,” he says. “I want my life to be the coolest story my grandkids have ever heard. I just want to live the life I’m doing exactly as I’m doing it.”
Um, like, you know? Filler words plague our everyday vocabulary. While friends don’t notice this casual vocabulary, future employers and other professionals do.

“Filler words are vocalized pauses, creating a space and holding it while we’re thinking,” says Margaret LaWare, associate professor in speech communication at Iowa State. The words are most commonly found in normal conversations, like talking to friends or family. In this case, they are usually fine to use, because the words have become elements of casual dialog.

Filler words slip into conversations that matter more, like giving a speech, conversing with a professor or talking to a recruiter at a job fair. “They can be caused by nervousness or being afraid to leave space if the pause seems like a long time,” LaWare says.

Filler words also sneak in when a person is indecisive. Whether talking too fast, losing a train of thought or not knowing what to say next, filler words take up the gaps left when gathering thoughts. While people typically fear these pauses, LaWare says rests are fine. “They usually aren’t as long as you think, and they can be very helpful,” she explains.

Using these words affects how we perceive each other socially, academically and professionally—and usually not in a positive way. “The excessive use of filler words throws up a red flag,” says Juli Frank, director of planning and allocation at Kohl’s Corporate. She agrees filler words can form a negative impact in a professional setting and says a person’s usage denotes they are indecisive, weakens their credibility and shows a lack of confidence.

These words also break up the normal flow of conversation and make a speaker sound nervous, unprepared or like they are lying. If a future employer thinks the interviewee is unprepared, they could assume the person doesn’t care about the job.

FREE YOUR VOCABULARY FROM THE PESKY WORDS
WITH THESE TIPS:

1 - LISTEN TO YOURSELF TALK TO DISCOVER WHEN
YOU USE FILLER WORDS MOST

“If you are aware you are doing it, that’s the first step,” says Loní Pringnitz, director of career services for the College of Human Sciences at Iowa State.

2 - SLOW DOWN WHEN YOU SPEAK

“If your mouth moves faster than your brain, you are going to use more filler words,” Pringnitz explains. Slow down your speech to gather your thoughts to figure out exactly what you want to say. Juli Frank suggests using, “Hmm, let me think about that,” as a better alternative to like or um.

3 - PRACTICE UPCOMING SPEECHES OR INTERVIEWS

“Anytime you have the opportunity to interview, take advantage of that,” Pringnitz says. Reflect on previous presentations and past interviews to find where you stumble or stutter. This will not only help you better prepare but also improve your confidence in speaking during conversations.

4 - FIND YOUR EXECUTIVE PRESENCE

Go beyond expectations and learn how to professionally present yourself to others. Frank suggests creating an executive presence—the ability to know what to say if the company’s CEO walked into the room. “It allows you to have a sense of confidence and be comfortable in any situation.”
BUDGET BREAKTHROUGH
GET AHOLD OF YOUR BANK ACCOUNT WITH THESE MONEY SAVING TIPS AND TRICKS.

Tips from Jonathan Fox, financial advisor. GET HELP. Creating a budget is daunting and difficult. Consult help from professionals or choose a user-friendly app before diving in to a money management system. BEHAVIORAL OVER EDUCATIONAL. Maintaining a budget is a time-consuming commitment, so treat it that way. Set aside an hour or two each week to record recent paychecks and payments. ADDRESS YOUR TENDENCIES. Take note of budget busters by closely tracking unplanned or impulse purchases. Watching where money goes can adjust future spending habits and behaviors.

HOW TO CREATE A BUDGET:
1 - LIST INCOME
Put the name of the income source, like a job or allowance, in the first column and the amount received in the second.

2 - LIST EXPENSES
Label purchases, like phone bills, car payments and rent, in a third column and list the amount paid in a fourth column.

3 - CHECK PROFITS AND LOSSES
Subtract the expenses from the income. The difference should always be greater than or equal to zero.

4 - REDUCE SPENDING
If the difference is negative, find an expense to cut down or seek an extra source of income.

5 - TRACK YOUR EXPENDITURES
Keep spending consistent from month-to-month, and edit the original income and expense columns if figures change.

6 - SET SPECIFIC GOALS
Create a savings expense to set aside a small amount of money each month for upcoming shopping or trips.

7 - ASK FOR HELP
Don't hesitate to use the university's resources offered to all students. Visit the Student Loan Education Office in Beardshear Hall or call 515-294-0677 to schedule an appointment with a financial advisor.

APPS TO CLAP ABOUT
SAVE IT: Rethink buying a coffee or new pair of shoes by calculating the future value of the investments using this app developed at Iowa State. MINT PERSONAL FINANCE: View up-to-date account information, manage budgets and enter transactions at the time of purchase with this free app. ENVELOPES 2: This app sets weekly allowances, makes on-the-spot updates and is ideal for people who want to track spending but don’t have much time to do it.
TUNE UP
YOUR LIFE

THERE'S SOMETHING UNSPEAKABLE ABOUT MUSIC THAT MOVES PEOPLE. IT MOTIVATES, CALMS AND INFUSES STRONG FEELINGS AND EMOTION. SPECIFIC TYPES OF TUNES BRING CONFIDENCE AND COMPOSURE BEFORE JOB INTERVIEWS, PROVIDE AN ENERGY KICK DURING WORKOUT SESSIONS AND IMPROVE FOCUS WHEN STUDYING.

Improve performance while studying, working out or prepping for an interview with the perfect mix of tunes.

According to research by Stanford University School of Medicine, music moves the brain to concentrate. Researchers used music to learn how the brain processes a continuous flow of information and found it engages the brain over time and strengthens its efforts to remain attentive. Studying with background noise, like music, forces students to focus on the task.

Music can also make exercising more enjoyable by increasing stamina and endurance. Research studies found people synchronize their steps to the beat of the music they’re listening to. The American Council on Exercise says listening to music while working out allows people to forget about the effort put into strenuous routine.

Listening to bass-heavy music before interviews increases confidence and allows interviewees to feel less stressed and more relaxed. Those who chimed in to more mellow tunes did not experience the same confidence boost and felt timid in comparison to those who listened to upbeat songs.

Stay awake and motivated throughout the day by listening to a variety of genres. In the morning, wipe away slumber with the heavy beats of Coldplay, The Killers or Beyoncé. In the late afternoon or evening, choose calmer music by Erykah Badu, Robin Thicke or Corinne Bailey Rae to relax and focus on schoolwork. At the gym, blast Kings of Leon, Maroon 5 and MGMT to fuel a demanding workout session.

Everyone has a song to keep going throughout the day. The next time you’re studying at the library, preparing for an interview or making some muscle at the gym, choose a mix of songs to set the appropriate mood.
TUNE UP
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Listening to bass-heavy music before interviews increases confidence and allows interviewees to feel less stressed and more relaxed. Those who chimed in to more mellow tunes did not experience the same confidence boost and felt timid in comparison to those who listened to upbeat songs.

Stay awake and motivated throughout the day by listening to a variety of genres. In the morning, wipe away slumber with the heavy beats of Coldplay, The Killers or Beyoncé. In the late afternoon or evening, choose calmer music by Erykah Badu, Robin Thicke or Corinne Bailey Rae to relax and focus on schoolwork. At the gym, blast Kings of Leon, Maroon 5 and MGMT to fuel a demanding workout session.

Everyone has a song to keep going throughout the day. The next time you’re studying at the library, preparing for an interview or making some muscle at the gym, choose a mix of songs to set the appropriate mood.

TREND’S MOTIVATIONAL PLAYLIST

YELLOW
Coldplay

I’M EVERY WOMAN
Whitney Houston

I’VE GOT SOUL BUT I’M NOT A SOLDIER
The Killers

SUPERSTAR
Lupe Fiasco

TRY AGAIN
Aaliyah

IT’S MY LIFE
Bon Jovi

LOSE YOURSELF
Eminem

HERE COMES THE SUN
The Beatles

ROAR
Katy Perry

ALL I DO IS WIN
DJ Khaled

EYE OF THE TIGER
Survivor

TURN DOWN FOR WHAT
DJ Snake & Lil John

WHAT DO YOU SPLURGE ON AND WHY?

NINA DEVILBISS, BEAUTY & BODY EDITOR
Designer handbags. A high-quality handbag is forever. I can’t resist a Louis Vuitton in a classic style.

ANA RAMIREZ, ASSISTANT ADVERTISING DIRECTOR
Traveling. I get to experience different cultures, and it gives me the opportunity to look at things from a different perspective.

LAUREN VIGAR, MANAGING EDITOR
Good coffee is comforting and always worth it.

WHAT’S YOUR FAVORITE...

COMFORT FOOD?

BRIANNA HUDSON, ON-LOCATION DIRECTOR
Tea with honey and cinnamon. It tastes so good, and I’m always disappointed when it’s gone.

CHRISTINA MEISSNER, IN-STUDIO DIRECTOR
Any and every type of carb: rolls, pizza, doughnuts, pancakes.

ANDI MORALES, STORY STYLING DIRECTOR
Ice cream (specifically my main “baes” Ben and Jerry). I could cuddle up to a cold bowl of chocolate ice cream any day of the week, no matter the weather.

HOLIDAY DECORATION?

RAINA EDEL, TREND FOR MEN FASHION CO-DIRECTOR
Mistletoe! Duh!

KATE KRUSE, LIFESTYLE EDITOR
My family owns a Christmas tree farm, so I’m partial to fresh-cut evergreens.

ANDREW LORENZEN, PHOTOGRAPHY DIRECTOR
Inflatable lawn Santas

TEDI MATHIS, ONLINE EDITOR
String lights. When hung correctly, they can be so glam!

INDOOR WINTER ACTIVITY?

CASSIDY GLYNN, ACCESSORIES ASSISTANT DIRECTOR
Sitting by the fireplace either reading or crafting.

MITCH MOODY, ADVERTISING DIRECTOR
Playing card games with family around the kitchen table with drinks in hand!

MOLLY ODZER, IN-STUDIO ASSISTANT DIRECTOR
Knitting!

MARIAH WELLMAN, FASHION EDITOR
Baking sugar cookies with my grandmother. My favorite is the Santa Claus sugar cookies, complete with black candy buttons on the coat and a white vanilla frosting beard!
TAKE CHARGE OF THE KITCHEN BY TRANSFORMING BLAND MEALS INTO BRILLIANT CUISINE.

1 - CORRAL THE EQUIPMENT
Invest in basic and versatile cookware. An oversized bowl will quickly fill a cupboard, but a large cooking pot can boil pasta or mix ingredients to a favorite chocolate chip cookie recipe.

2 - CHANNEL YOUR INNER CHILD
No one learned to cook in a day, not even Julia Child. Before ‘mastering the art of French cooking,’ invest in a cookbook with a variety of easy and quick recipes.

3 - BECOME A COUPON QUEEN
Wipe away the broke college kid excuse, and stop settling for cheap fast food. Companies like Target offer money-saving options through free online coupons and the Cartwheel app.

4 - STOCKPILE THE PANTRY
After reviewing recipes, create a list of common ingredients and buy items with a long shelf life. A simple dash of salt and pepper rejuvenate any meal, while basic starches like rice and pasta last longer than fresh bread or potatoes.

5 - EAT GREEN
Pack your body with extra vitamins and nutrients to survive late nights of studying and chatting with friends. If fresh fruits and vegetables bust the budget, canned or frozen produce fulfill a recommended daily serving.

6 - TURN DOWN THE HEAT
Unless boiling water, turn the dial to medium or low to avoid an al dente outside and too-gooey inside.

7 - PLAN FOR LEFTOVERS
If club meetings and writing a paper fill a Tuesday night, prepare a double batch of dinner on Monday to ease any stress of the next evening’s hectic schedule.

8 - CONTAIN YOUR CUISINE
Proper food storage is key to stretching the life of leftovers and fresh produce. Invest in sturdy, microwave- and dishwasher-safe containers to avoid throwing out spoiled cuisine and wasting precious dollars.

9 - ASK FOR ANSWERS
Sift through a cookbook, visit favorite food-loving blogs and call Grandma to find answers to culinary questions and new ways to refresh a bland fare.

10 - PRACTICE MAKES PASTRIES
Before long, you’ll don a ‘kiss the cook’ apron as the smell of freshly—and correctly—baked brownies wafts through the air. Continue practicing new recipes and experimenting with ingredients. Remember, roommates are the perfect, most honest taste testers to indulge in any creation.
1 - Corral the Equipment

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2 - Channel Your Inner Child

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3 - Become a Coupon Queen

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4 - Stockpile the Pantry

After reviewing recipes, create a list of common ingredients and buy items with a long shelf life. A simple dash of salt and pepper rejuvenate any meal, while basic starches like rice and pasta last longer than fresh bread or potatoes.

5 - Eat Green

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10 - Practice Makes Pastries

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MAKES 2 SERVINGS

As the temperature plummets, a warm side dish complements a dinner for one, movie night with best friends or holiday get-together.

BAKED feta

1 green & 1 red pepper, finely chopped
1 green onion, thinly diced
1 garlic clove, minced
½ dozen yellow and red cherry tomatoes, finely chopped
2 tbsp olive oil
1 block feta cheese, cubed
1 tbsp lemon pepper
1 tbsp cracked pepper
1 whole grain baguette

1 - Combine peppers, onion, garlic and tomatoes in baking dish.
2 - Drizzle olive oil over contents.
3 - Place cubed feta over ingredients.
4 - If desired, drizzle more olive oil over contents.
5 - Sprinkle lemon pepper and cracked pepper on top.
6 - Preheat oven to 375 F and bake 10 to 15 minutes or until top of feta is golden brown.
7 - Cut baguette into 1-inch slices and arrange on non-stick cooking tray.
8 - Toast slices for 5 minutes and serve with baked feta.
TWINKLE LIGHT GARLAND

DIY

EFFORTLESSLY COVER A BARE WALL TO CREATE A FOCAL POINT AND INVITING ATMOSPHERE IN ANY ROOM.

17 yards fishing line
Craft mirrors, various shapes & sizes
1 strand white string lights
1 brushed aluminum rod
2 nails or adhesive hooks
Hot glue gun

1 - Place a dab of hot glue on the back of a craft mirror.
2 - Secure the fishing line into the dab of glue.
3 - Center the back of another craft mirror on top.
4 - Repeat steps 1-3 until the desired length of mirror garland is created.
5 - Secure the hooks on the wall and hang the aluminum rod.
6 - Loop the string lights loosely around the rod.
7 - Drape the mirror garland around the rod with the lights.

TIPS & TRICKS:
After creating the mirror garland, wrap the strands around a piece of cardboard to prevent them from tangling.

Have a friend available to help determine if the rod is level.

Hang pictures or inspirational quotes on the display with mini clothespins.
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TFALL '14 LIFESTYLE

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