JUICE CLEANSES: THE VERDICT IS IN
A GUIDE TO WEDDING ETIQUETTE
IOWA STATE’S 2015 MOST ELIGIBLE BACHELOR
MALE ATHLETES STOMP STEREOTYPES
YOUR WEEKEND GETAWAY ESSENTIALS
## TABLE OF CONTENTS

### ON THE COVER

HAZY & HUNGRY: THE TRUTH ABOUT JUICE CLEANSES pg. 11  
Our Editor in Chief journeys through a 5-day juice cleanse.

WEDDING ETIQUETTE pg. 47  
From the first dance to the final send-off, apply these tips to become the perfect wedding guest this summer.

IOWA STATE'S 2015 MOST ELIGIBLE BACHELOR pg. 67  
The votes are in. Meet the 2015 most eligible bachelor and his runner-ups.

MALE ATHLETES IN CHARGE pg. 71  
A gymnast, cheerleader and dancer stomp stereotypes about their sports.

WEEKEND GETAWAY pg. 77  
Learn what to take and leave on a summer trip while still staying trendy.

### BEAUTY & BODY

FLAWLESS BEAUTY TRENDS: SPRING/SUMMER 2015 pg. 7  
Get inspired by our four favorite hair and makeup combinations of the season.

THE GEL MANICURE: FRIEND OR FOE? pg. 13  
Find out how gel manicures could cause damage your nails.

GET TONED AT-HOME pg. 14  
Shape up with a 30-minute at-home workout that will leave you feeling confident on the beach.

### FASHION

AWAY WE GO pg. 17  
On-Location photo shoot

LOVE ME MARSALA pg. 25  
Bring this fall hue into spring by learning how Pantone decides its color of the year.

BAG BREAKDOWN pg. 27  
Carry your essentials in style with the top five handbags every college woman needs.

XOXO, TREND GIRL pg. 29  
Accessories photo shoot

GROWING PAINS: THE EAST VILLAGE pg. 35  
Constant construction brings new life to The East Village in Des Moines.

INVEST IN MEN’S: 6 ITEMS YOU SHOULD ACTUALLY FIND IN THE GUY’S DEPARTMENT pg. 37  
Shop for basics in the men’s section for high quality pieces with a low price tag.

LA MODA È L’ARTE pg. 39  
In-Studio photo shoot

FASHION FORECASTING: SPRING/SUMMER 2015 pg. 49  
Forecasting photo shoot

### TREND FOR MEN

ALTER EGO pg. 59  
Trend for Men photo shoot

GROOMED TO PERFECTION pg. 69  
Rock the latest and greatest hair and grooming trends from the classroom to an internship.

OWN THE OFFICE pg. 73  
Let personal style shine through in a professional setting.

SUMMER ON THE ROCKS pg. 74  
Sip on a male-friendly mixed drink this summer.

### LIFESTYLE

ALUMNI SPOTLIGHT pg. 79  
An inside look at ISU alumni and how they have achieved their dream careers.

INTERNATIONAL CONNECTION pg. 81  
Discover how three international students make the U.S. their home away from home.

MUST READS FOR SUMMER 2015 pg. 83  
Looking for something new to read this season? Try out Trend’s top picks from our resident bookworm.

ITALIAN INFLUENCE: SPAGHETTI CARBONARA pg. 84  
Spice up your palette with this Italian dish.

DIY: VACATION TIME CAPSULE pg. 85  
Cleverly keep your vacation memories alive.
Hello, Readers:

Two hundred meetings. Eight issues. Four years.

Since the second week of our first year at Iowa State, Trend Magazine has provided an opportunity beyond any classroom experience. The hours spent writing and editing articles or planning and executing photo shoots enforced the skills needed as a soon-to-be college graduate entering the workforce—dedication, open communication and professionalism.

The path we all create throughout this four-year journey may include small bumps or giant potholes, but those experiences, both good and bad, shape us into a person ready to take on the ‘real world’ we’ve heard so much about. At first, the path’s twists and turns seem daunting, but we soon realize the many baby steps and giant leaps we’ve taken along the way brought us to the end of one road and the beginning of another.

To all those questioning where their path will take them, just know it will all work out. Whatever ‘it’ is, know that good things truly come to those who go beyond basic requirements and share their learning experiences with others. When you keep your head up and continue striving for the ultimate goal, an unwavering passion for your work will sprout.

Throughout this issue, we see where the paths and passions of many individuals continue to take them. Exchange students travel halfway around the world to enrich their education on page 81, male athletes in female-dominated sports bust through stereotypes on page 71 and alumni share their best tips for scoring the dream job on page 79.

These four years make up only a small portion of our lives, but the experiences gained along the way stay with us forever. Trust yourself, take advice from others and don’t be afraid to make those extra steps. A paved path can always change, and a scenic route is never far from the main road.

Stay humble. Work hard. Be kind. A great life awaits you. Warmest regards,
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Warmest regards,

Emily & Bna
thank you to all of our contributors

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- The Trend Staff

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LETTERS TO THE EDITORS ARE WELCOME AND CAN BE EMAILED TO EIC.TREND@IASTATE.EDU.
We dig deeper into the world of beauty. Learn why gel manicures can damage nails and discover the truth about juice cleanses. That’s not all—check out the season’s hottest hair and makeup trends and master a must-try home workout.
flawless beauty trends
SPRING/SUMMER 2015

WE’VE COMBINED THE SEASON’S HOTTEST HAIR AND MAKEUP TRENDS TO CREATE FOUR FOOLPROOF LOOKS FOR EVERYDAY WEAR, DAYS BY THE BEACH OR NIGHTS ON THE TOWN. ABBY BRECKENRIDGE, HAIR STYLIST FROM MODA HAIR SALON IN DES MOINES, AND BAILEY KOCH, BEAUTY ADVISER AND MAKEUP ARTIST AT CLINIQUE IN AMES, SHARED THEIR EXPERT TIPS ON HOW TO ACHIEVE THESE MUST-HAVE LOOKS.

WORDS MONTANA CROW  DESIGN & PHOTO JESSICA JOHNSON  STYLING JESSI WILSON
BRAIDED & HAZY

LEFT This carefree combo of braids and lilac eye shadow screams summer. Spritz sea salt spray on the hair to add more texture to a braid. “The bigger the braids, the better,” Breckenridge explains. A light purple shadow is suitable for daytime and can be intensified for night, Koch includes.

UNDONE & BRIGHT

RIGHT This season, the word “effortless” refers to a messy low bun with wisps of hair hanging down your back and around your face. Contrast this hairstyle with a vibrant lip color. A bright lipstick is one of the best ways to incorporate a pop of color into your summer look, Koch says.
SLEEK & SMOKY
LEF T  Who doesn’t love an edgy look for late summer nights? Try a sleek ponytail with a smoky eye to play up hair and makeup this season. Those bold and brave personalities shine through with a smoky shadow this year, and some may even choose to add a pop of color.

BOHEMIAN & BRONZED
RIGHT  Bohemian waves with a soft, bronzed glow make the perfect duo for a day at the beach. “You want to look as if you just stepped off of a yacht,” Breckenridge says. The key to this look includes brushing bronzer in a way that appears natural and effortless.
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HAZY & HUNGRY

THE TRUTH ABOUT JUICE CLEANSES

TREND’S CO-EDITOR IN CHIEF EMBARKED ON A FIVE-DAY JUICE CLEANSE TO DISCOVER THE HYPE BEHIND THIS FAD DIET AND ALL IT ENTAILS, LIKE GUZZLING GRASS-LIKE DRINKS, CRAVING FORBIDDEN FOOD AND EXPERIENCING RAPID, UNHEALTHY WEIGHT LOSS.
I looked at the over-filling cup sitting in front of me. Its contents resembled the color of fresh-cut spring grass, Oscar the Grouch and a rental house my grandma once painted. I can do this. No matter how much it smelled like a garden nursery, I would drink that juice until the straw slurped the bottom of the cup. I cautiously took a sip and winced. The culmination of a sod field and last year's garden soil swirled in my mouth. I reluctantly swallowed and tried two more sips. The third time's the charm, right? No. It got worse. I guess I won't eat breakfast today. I left my apartment, both my appetite and mental state disgusted, with a pile of green gunk sitting in a cup on my counter. This will be a long five days.

A week earlier, before those terrible tastes, I searched Pinterest with four words I never thought I'd look up: five-day juice cleanse. A strong believer of eating healthy and eliminating junk food from my diet, I didn't see the point of consuming only juice for an extended period of time to lose weight or cleanse my system. Wait, aren't my internal organs supposed to cleanse my system? I found a reliable-looking cleanse from the Omega juicer company and walked into HyVee the Friday before D-Day searching for items on a long list of produce: watermelon, collard greens, sweet potatoes, green apples, beets. This strange combination of food should have hoisted a giant red flag, but I didn't want to give up so easily. I'm not a picky eater. I could do this. Nearly 90 dollars later, I walked out of the store ready to produce 15 juices—three drinks per day for five days. Could I really do this?

Returning to my apartment on the first juicing day, I decided to set aside the green goo and start the experiment over. Technically, it was lunchtime, so I looked at Day One's next recipe: Sweet Potato Pie. The ingredients? A green apple, sweet potato, cucumber, slice of ginger root and carrots. Well, I like sweet potatoes, and I like pie. Would I like this odd grouping of produce blended into juice form? The negative experience from two hours earlier remained fresh in my mind, but I would give it another shot. I still considered myself a rookie at this point. I kept an open mind—vulnerable, one might say—willing to try anything. I took a sip of the freshly blended orange-colored drink, and my taste buds recoiled. What in the world did I just drink? I rushed out the door to run some errands, pulling energy from three sips of nasty juice I drank over the past three hours. I picked up some orange juice thinking a citrus flavor could drown out the garden dirt taste of my carrot-engulfed drink. Pouring in a generous amount of orange juice, I gave my homemade concoction a good mix and, once again, took a cautious sip. Nope. Nope. This sip resulted in far more than the original taste of three employee birthdays. I needed to walk by the perfectly stuffed treat tables sat bare, but not today. I turned the corner and the ice cream or coffee—for the next five days. “Emily!” The nurse called. She suited me up to draw my blood for Wellness Profile 4, a comprehensive lipid profile including tests for bone, liver, heart and kidney function. At the end of the five-day cleanse, I would repeat the same profile and compare any changes that occurred during the ordeal.

The cravings began today. My roommate came home with a steaming bowl of Pad Thai from Noodles & Company, and I now only wanted to eat three things: Asian cuisine, Mexican food and a donut. The official countdown: three days.

Today is Monday. For the first time in a long time, I left home without a mug of coffee or any intention of taking a drink of the liquid gold for the next three days. Over the past few weeks at work, the treat tables sat bare, but not today. I turned the corner and the table overflowed with cupcakes, cookies and chips in celebration of three employee birthdays. I needed to walk by the perfectly crafted handmade treats to check my mailbox for the day. After one dreamy look at the goodies, I vowed to avoid that area of the office for the rest of the day.

I sat at my desk in a haze on Tuesday—a feeling a doctor would later tell me was due to low glucose and nutrient intake. Productivity remained at an all-time low while my stomach gurgled and begged for food long before it should have. I already drank the allotted 16-ounce juices for breakfast and lunch. Only four more hours until I could indulge in my salad.

“You sound hangry,” my mom told me over the phone on the last day of the cleanse. “That's because I am,” said the girl, who rarely gets angry when hungry. I couldn’t take it any longer. My salad was long gone, and I still felt hungry. I opened the fridge and searched inside. It resembled a jungle with all of the fruits and vegetables overflowing beyond my assigned bottom shelf. I reached for the container of watermelon—by the way, watermelon does not make tasteful juice—saying I’ll only eat a few chunks. Five minutes later, I looked down into an empty dish. Did I just binge on watermelon?

For the second time in less than a week, I sat in the hospital waiting room to get my blood drawn. This time, The Price is Right showed on the screen, and I wondered if my grandma was currently watching his favorite game show. “Emily!” I walked into the room, this time willingly, knowing a delicious café pastry and frilly coffee drink awaited me after the visit.

Though a few of my levels dipped lower than the initial tests, including my glucose level and kidney function, Dr. Jamie Randolph, a family medicine doctor at McFarland Clinic in Ames, explained a drastic change in organ function wouldn't result from a few days of fasting. She expressed most concern about me experiencing of haziness and a rapid 4-pound weight loss. She explained a healthy diet should incorporate a half a gram of protein for every pound a person weighs. “Everybody wants quick results, but eating healthy, staying active, getting enough sleep and controlling your stress is the most important thing. A scale shouldn’t dictate that,” she said. “A young, healthy person's liver and kidney can function better than what any kind of cleanse would be able to do.”
THE GEL MANICURE
FRIEND OR FOE?

Gel manicures recently gained popularity in the nail world, but some consumers wonder if these trendy manicures can cause damage to their nails.

These longer-lasting manis make up ninety-five percent of the manicures done at the East Village Spa in Des Moines. The Shellac brand, specifically, runs fifteen dollars higher than a basic polish manicure but includes possible benefits for the nails, says Camille Arbegast, managing esthetician at the spa.

“Shellac actually acts as a protectant layer and will help the nails grow out,” Arbegast explains. “It’s good for people who have trouble biting or breaking their nails.”

Gel manicures are gel-polish hybrids that quickly dry by the end of the appointment so clients can leave the salon without worrying about smudging wet nails. These polishes also last up to two weeks, unlike regular polishes that easily chip off within a few days.

To maintain the preferred appearance of nails, some technicians may recommend clients get a new gel manicure once every two weeks. “There’s some controversy with that, because it is good to give your nails a break every once in a while,” says Lizzie Wilson, stylist at Vesta Salon and Spa in Ankeny. “When you’re continuously getting gel manicures every two weeks, your nails do have a tendency to get a little more dry.”

In order to remove Shellac polish, the nails must be soaked in pure acetone, which can dry out the cuticles, nail beds and skin beneath the nails.

Along with dryness, some manicure enthusiasts worry this trend can cause nails to weaken. Others fear the ultraviolet or LED lamps used to cure these unique polishes during the manicure process can damage the skin similar to a tanning bed.

“I know a lot of people have concerns about whether or not it’s good for their skin,” Arbegast says. “It’s such a light lamp. It’s not going to tan or age your hands, because the Shellac does not require much UV for it to cure.”

The entire gel manicure process uses UV lamps for around six minutes per hand at both the East Village Spa and Vesta Salon and Spa. “Your hand is under there, one hand at a time, maybe six minutes at the most,” Wilson says. “It’s really not a lot of time for the power of lamps that we use to worry about.”

However, damage from these manicures can occur from improper removal. Because pure acetone is not readily available to those without the proper license to purchase the product, some resort to improperly removing their gel manicures.

“We see people who pick it off, but when they pick it off, they will actually pull off the top layer of the nails,” Wilson says. “That causes something similar to bruising the nail.”

If one continuously picks at her nails or tries to peel the gel polish off, that will lead to nail damage, Wilson says. Arbegast advises applying cuticle oil twice a day to hydrate the nails underneath the cured polish and avoid further damage or drying of the nails. Arbegast includes, “As long as you’re taking care of your nails, you’re not picking it off and you’re doing everything your nail tech tells you to do, you won’t have any issues with damaging your nails.”
get toned

AT HOME

SHAPE A HEALTHIER YOU JUST IN TIME FOR SWIMSUIT SEASON WITHOUT LEAVING YOUR LIVING ROOM.

With the help of Sydney Yazbec, a certified personal trainer at Iowa State’s State Gym, we’ve created a 30-minute workout to increase your heart rate, make you sweat and leave you with a more toned figure.

For best results, complete this circuit three to four times per week with each exercise lasting 30 seconds. Take a 15-second break between each rep before moving to the next. Beginners should repeat this six-exercise circuit two times. The more advanced you become, the less rest you will need between exercises, Yazbec says.

CALF RAISES

Works calves. With knees slightly bent, stand on a step with toes facing forward and heels extending off the back edge. While keeping a straight posture, lift up on your toes, raising your heels, and return to the starting position. Hold dumbbells to engage additional muscle areas.

SQUATS

Works glutes, thighs and hamstrings. Stand with your legs a bit wider than shoulder-width apart. Roll your shoulders back. Extend arms so they are parallel with the ground. Send your hips back as you bend your knees and lower yourself as far as you can. Keep your head forward. To increase intensity, consider holding a medicine ball. “I’ve even used textbooks before,” Yazbec adds.

STEP-UPS

Works glutes and hamstrings. Press your left foot into a sturdy chair and push up until your left leg is straight. Lower your body until your right foot touches the floor and repeat. Hold extra weight while doing this exercise, like a textbook or medicine ball, to get the most out of the exercise, Yazbec says.

LUNGEs

Works glutes, thighs, abs, and calves. Stand with your legs together and arms down. Step two feet forward with one leg. Lower yourself into a lunge by bending both knees. Keep your front knee directly over your ankle and behind your toes. Repeat, leading with the other leg. To engage other muscle areas, Yazbec says she’s done this exercise holding large sports drink bottles.

PUSHUPS

Works chest, shoulders and upper arms. Lie flat on your stomach and set your hands flat on the floor, slightly wider than shoulder-width apart. Keep your back straight and bend your arms so they are perpendicular to the floor. If this proves too difficult, try bent-knee pushups while following the same technique with your arms.

MOVING PLANKS

Works shoulders, back and abs. Place your forearms on the ground, parallel to the body at a shoulder-width distance with elbows aligned under the shoulders. Move into a push-up position with your arms extended. Return to the starting position and repeat.

TANK LULULEMON ATHLETICA $58
BRA LULULEMON ATHLETICA $48
PANTS LULULEMON ATHLETICA $98
SHOES CHAMPION $40

WORDS ERIN DUNGAN  DESIGN RYAN RASMUSSEN  PHOTO MADELINE NORRIS  STYLING JESSI WILSON
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Spring brings out a newfound sense of optimism and confidence, both in fashion and in life. Visit The East Village, shop in the men's section, style with the color of the year, find your perfect handbag and become the perfect wedding guest.
fashion

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AWAY WE GO

ABOVE DRESS
MISSGUIDED $28
BAG
PORTOBELLO ROAD $50
SHOES
THE VELVET COAT $188
SOCKS
FOTSIE WRAPS $12
GLASSES
ATOMIC GARAGE $8

LEFT DRESS
THE VELVET COAT $395
BAG
FRANCESCA'S $34
SHOES
ATOMIC GARAGE $36
BRACELET
RANDOM GOODS $7

MIDDLE DRESS
FRANCESCA'S $48
BAG
ATOMIC GARAGE $24
SHOES
CALVIN KLEIN $60
BRACELET
RANDOM GOODS $6

RIGHT DRESS
NASTY GAL $68
BRACELET
FRANCESCA'S $16
LUGGAGE
RANDOM GOODS $30
ABOVE DRESS MISSGUIDED $28  BAG PORTOBELLO ROAD $50  SHOES THE VELVET COAT $188  SOCKS FOTSIE WRAPS $12  GLASSES ATOMIC GARAGE $8
LEFT DRESS THE VELVET COAT $395  BAG FRANCESCA'S $34  SHOES ATOMIC GARAGE $36  BRACELET RANDOM GOODS $7
MIDDLE DRESS FRANCESCA'S $48  BAG ATOMIC GARAGE $24  SHOES CALVIN KLEIN $60  BRACELET RANDOM GOODS $6
RIGHT DRESS NASTY GAL $68  BRACELET FRANCESCA'S $16  LUGGAGE RANDOM GOODS $30
DRESS OASIS $40  COAT BANANA REPUBLIC $225  BAG FRANCESCA’S $44  SHOES MATILDA MUSE $53  NECKLACE 31 BITS $88

LEFT DRESS OASIS $38  SHOES RANDOM GOODS $10  NECKLACE RANDOM GOODS $8

MIDDLE TANK MATILDA MUSE $28  PANTS BANANA REPUBLIC $90  SHOES BANANA REPUBLIC $69  BELT BANANA REPUBLIC $45  SUNGLASSES MATILDA MUSE $18

RIGHT DRESS ATOMIC GARAGE $24  PURSE ATOMIC GARAGE $18  EARRINGS ATOMIC GARAGE $10
<table>
<thead>
<tr>
<th>Left Dress</th>
<th>OASIS $38</th>
<th>Shoes</th>
<th>Random Goods $10</th>
<th>Necklace</th>
<th>Random Goods $8</th>
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<td>Middle Tank</td>
<td>MATILDA MUSE $28</td>
<td>Pants</td>
<td>BANANA REPUBLIC $90</td>
<td>Shoes</td>
<td>BANANA REPUBLIC $69</td>
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<td>Right Dress</td>
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<td>Earrings</td>
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LEFT DRESS MODCLOTH $60
BELT THE VELVET COAT $27
MIDDLE TOP FRANCESCA'S $38
PANTS ATOMIC GARAGE $26
NECKLACE 31 BITS $72
RING FRANCESCA'S $15
LUGGAGE ATOMIC GARAGE $120
RIGHT DRESS THE VELVET COAT $158
NECKLACE 31 BITS $42
EARRINGS RANDOM GOODS $6

LEFT DRESS FRANCESCA'S $44
BAG BANANA REPUBLIC $130
SHOES BANANA REPUBLIC $138
NECKLACE FRANCESCA'S $18
RIGHT DRESS ATOMIC GARAGE $20
SHOES BANANA REPUBLIC $69
BRACELET BANANA REPUBLIC $33
SUNGLASSES MATILDA MUSE $18
LEFT DRESS  FRANCESCA’S $44  BAG  BANANA REPUBLIC $130  SHOES  BANANA REPUBLIC $138  NECKLACE  FRANCESCA’S $18
RIGHT DRESS  ATOMIC GARAGE $20  SHOES  BANANA REPUBLIC $69  BRACELET  BANANA REPUBLIC $33  SUNGLASSES  MATILDA MUSE $18
LEFT DRESS
AIMEE $118
PURSE
FRANCESCA'S $34
NECKLACE
31 BITS $58

MIDDLE SKIRT
FOREVER 21 $25
NECKLACE
31 BITS $89

RIGHT DRESS
MODCLOTH $70
SHOES
BCBG $89
EARRINGS
ATOMIC GARAGE $34
BRACELET
31 BITS $42
LEFT DRESS AIMEE $118
PURSE FRANCESCA'S $34
NECKLACE 31 BITS $58

MIDDLE SKIRT FOREVER 21 $25
NECKLACE 31 BITS $89

RIGHT DRESS MODCLOTH $70
SHOES BCBG $89
EARRINGS ATOMIC GARAGE $34
BRACELET 31 BITS $42
The color specialists at Pantone have spoken, and Marsala received the coveted title of 2015’s color of the year. The hue, best known as a shade of red wine, has remained a prevalent color for countless years. The multiple shades allow for easy variation from season to season. Marsala is certainly a color to invest in as a tone that will never go out of style.

“The wine-inspired color has been seen on runways from Christian Dior to Tommy Hilfiger,” says Katelyn Herlein, fashion blogger at Katalina Girl. “If the industry is making Marsala a big deal, then I think it is important to try it out.”

Marsala makes a subtle statement with its dramatic yet grounding effect. The color’s versatility complements many skin tones, making it popular in beauty products and interior design concepts. The texture and earthy undertone of the hue layers well as accents in home decor or in accessories and clothing.

Pantone is one of the few color councils around the world, and members of its forecasting committees make extensive decisions that influence an entire year of fashion. Leatrice Eiseman, an American color specialist and executive director of the Pantone Color Institute, describes Marsala as sophisticated and versatile.

Iowa State design professor Eulanda Sanders notes the importance of color institutes like Pantone. “Almost every apparel company subscribes to trend and color forecasting websites,” Sanders explains. “These expensive, yet necessary, businesses provide information that reflect what is happening in society.”

Designers and retailers across the nation utilize the color tones chosen by Pantone to design the next season’s garments. Marsala is typically seen in the fall, but pops of the color can be incorporated during any time of the year when included in floral, ombré and color-blocked designs.

Women are not the only ones who can rock this sensational color. Men can amaze with Marsala-colored shoes, ties and cuffs. The versatility of the color allows it to act as a neutral alongside black and brown.

The earthy tone possesses an attractive quality since it lacks an overly bright appearance, unlike previous Pantone colors of the year. The easy-to-mix shade pairs well with complementary colors such as teal, orange or navy to create a modern look. “Monochromatic looks are powerful, but when in doubt, dress it up with denim,” Herlein explains. “Someone who can look effortless and know what they’re talking about is priceless.”

Beauty consumers can also take advantage of Marsala’s oxblood color. The deep red shade looks timeless on women’s lips of all skin tones. For a more adventurous look, try Marsala as an eye shadow, which pairs especially well with green eyes. Along with beauty, accessorizing a Marasala-saturated look with hints of gold and silver jewelry flatters the bold statement.

Since Marsala has held as a popular color for decades, its appearance in retail stores and design showrooms will grow even more evident in 2015. Keep an eye out for Marasala and incorporate the hue into personal fashion statements this coming summer season.
The color specialists at Pantone have spoken, and Marsala received the coveted title of 2015’s color of the year. The hue, best known as a shade of red wine, has remained a prevalent color for countless years. The multiple shades allow for easy variation from season to season. Marsala is certainly a color to invest in as a tone that will never go out of style.

“The wine-inspired color has been seen on runways from Christian Dior to Tommy Hilfiger,” says Katelyn Herlein, fashion blogger at Katalina Girl. “If the industry is making Marsala a big deal, then I think it is important to try it out.”

Marsala makes a subtle statement with its dramatic yet grounding effect. The color’s versatility complements many skin tones, making it popular in beauty products and interior design concepts. The texture and earthy undertone of the hue layers well as accents in home decor or in accessories and clothing.

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bag

BREAKDOWN

COLLEGE WOMEN STRETCH THEMSELVES THIN WITH A RELENTLESS STREAM OF RESPONSIBILITIES OCCUPYING THEIR DAY-TO-DAY LIVES. TAKE CARE OF THOSE DAILY TASKS IN STYLE WITH A BAG FIT FOR FASHION AND FUNCTION.

LASER-CUT TOTE
This seemingly bottomless bag fit a plethora of outfit options and beauty products for a weekend with friends. Both durable and wide, this carryall packs everything from heavy sweaters to pointy stilettos.

STRUCTURED PURSE
Do not feel guilty for splurging on this bag. Its versatility works for weekend weddings, dinner dates and movie theater marathons. It may mirror the price point of your outfit but it pulls its weight as a functional accessory.

MINI SATCHEL
Grab this bag for an evening out with girlfriends when the only item on the to-do list is having a good time. A small handbag carries all the night’s needs: an ID, debit card and bombshell lipstick. Plus, its long straps offer a worry-free solution to keeping track of belongings.

CROSSBODY CARRYALL
Opt for this bag on days with no plans in sight. With plenty of room to spare, throw in all the essentials and more to prepare for anything the afternoon or evening brings.

BOOK BAG
No college student is fully prepared without this in her load. Find a book bag that’s not only stylish but holds all the school day needs—planner, notebook, textbook, laptop, wallet and keys—with a separate compartment to stash a water bottle.
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Amenities subject to change.
XOXO,
trend girl

ABOVE SHIRT
FRANCESCA’S $28
WATCH
FRANCESCA’S $24
HAT
FRANCESCA’S $24
NECKLACES
FRANCESCA’S $24
EARRINGS
ARMED AND READY $10
LEFT BRACELETS
ARMED AND READY $15
HAT
NORDSTROM $25
SKIRT
ASOS $33
SHIRT
FRANCESCA’S $38
HEADBAND
NORDSTROM $82
BAG
FRANCESCA’S $44
SHIRT AIMEE $160
SKIRT AIMEE $178
HEADBAND NORDSTROM $24
NECKTIE ASOS $15
SHOES TOPSHOP $40

LEFT SWEATER BROOKS BROTHERS $65
SHIRT BROOKS BROTHERS $65
PANTS BROOKS BROTHERS $99

RIGHT ROMPER MATILDA MUSE $54
NECKLACE FRANCESCA'S $28
EARRINGS KENDRA SCOTT $60
HEADBANDS FRANCESCA'S $14
SHOES FRANCESCA'S $45
BAG FRANCESCA'S $34
LEFT JACKET
BROOKS BROTHERS $298

BROOKS BROTHERS $105

RIGHT HEADBAND
KATE SPADE $128

NECKLACE
BAUBLEBAR $44

BRACELETS
ARMED AND READI $15
IN AN EVER-CONSTANT STATE OF GROWTH AND CHANGE, THE EAST VILLAGE IN DES MOINES ATTRACTS A DIVERSE CROWD OF CONSUMERS AND HOMEOWNERS WITH SHOPS OWNED AND OPERATED BY IOWA STATE ALUMNAE.

Walking through the East Village in Des Moines, Iowa, shoppers are surrounded by little boutiques full of big potential. Trendy and staple items, interesting vintage and niche market stores, and popular restaurants paint the area's landscape. But while weaving through the shops, one is also weaves through construction.

Construction remains a product of the growing pains that the East Village has experienced in the past 10 years. Before 2003, the East Village contained vintage shops and small trinket boutiques, bringing in a crowd of craft lovers and thrift shoppers alike.


"The East Village was just beginning to become a retail destination, and Sticks needed to get our showroom out of..."
the studio to accommodate more production space for our product,” Grant says.

Sticks sells to more than 100 craft stores around the United States, and Grant says she thought of Iowa as the right place to show the company’s products and work of other artists living in the state.

Grant says she knows the Sticks staff in the East Village loves the neighborhood atmosphere of the village and its interesting customer base.

As the neighborhood’s construction continued into the 2010s, redesigned buildings with shops located under studio apartments brought a different demographic to the neighborhood. The new generation of East Village inhabitants now includes a younger crowd looking for places to shop and eat.

Julia Talerico, manager of Velvet Coat’s Des Moines location, joined the store when it opened in the East Village in 2007. The women’s clothing boutique was one of the first stores to set up shop in the East Village and cater to a variety of age groups. Talerico says Velvet Coat houses items perfect for women ages 18 to 70.

“The East Village is a mix-use neighborhood,” Talerico says. “There are a lot of different stores down here.”

The differing shops bring people of all kinds to the area. Talerico says the combination neighborhood of craft-lovers and young professionals brings in a lot of business.

The ever-growing popularity of trendy shops in the East Village opens up job and internship opportunities to Iowa State students in varying fields of study, such as design and apparel merchandising.

Alissa Clapper, a 2012 ISU graduate with a major in apparel merchandising, design and production with an emphasis in technical design, interned at Dornink, a couturier specializing in highly customized master dressmaking. After completing her internship in the spring semester of her senior year, Clapper accepted a job opening with Dornink.

“I did the internship here because it was close and convenient,” Clapper says. “I was still taking a couple of online classes at Iowa State, so I wanted to be close to campus. I’m from Ankeny, so it’s nice to be near home, and this is a nice, trendier area.”

With the few years Clapper has worked in the East Village, she says she has seen a lot of construction and change continuing to happen within the neighborhood.

“Right now, there is a lot of construction going on, especially with RAYGUN moving,” Clapper says. “They are starting to open up more stores. There is some really great antique stores down here, but that obviously does not hold everyone’s attention, so there’s also a couple new boutiques, menswear stores and cafes. I would definitely say the East Village has changed.”

The growth of the East Village seems nowhere near ending. New buildings sit next to old ones while shoppers walk by construction workers and orange traffic cones. Owners say they don’t mind the construction and know it is good for everyone involved.

Keeping the East Village authentic, making it a safe and interesting place for shoppers, and keeping people shopping and eating locally remains important to them.

Talerico and Grant say they are strong believers in shopping and eating local. “Not only is shopping locally important to support local business, but shops in areas such as the East Village keep our cities and neighborhoods vital and support enjoyable leisure opportunities for our citizens,” Grant says. “We enjoy bringing joy to our customers.”
6 ITEMS YOU SHOULD ACTUALLY FIND IN THE MEN’S DEPARTMENT

DESPERATE FOR SOME FRESH STYLES THIS SUMMER? IT’S TIME TO VENTURE INTO THE MEN’S SECTION FOR SOME INCREDIBLE DEALS ON QUALITY CLOTHING. CHECK OUT THESE TIPS FOR PAIRING FAVORITE FEMININE PIECES WITH STYLES FOUND ON THE MAN’S SIDE OF THE MALL.

**BRO TANKS**
Spice up a basic skater skirt with a vibrant bro tank. Rock an edgy look by pairing a tank with a chunky necklace and Converse sneakers. Too hot for layers? Ditch the cami and go with a lace bandeau.

Tank: PacSun $20
Skirt: Francesca’s $44
Necklace: Francesca’s $26
Shoes: Converse $60

**BOYFRIEND JEANS**
Pull off boyfriend jeans by cuffing the bottoms to create a chic spring capri. Pair the look with a basic white T-shirt for a picture-perfect casual spring outfit. Throw on a pair of maroon Vans for a pop of color.

Jeans: Urban Outfitters $79
Tank: PacSun $45
Bracelets: Francesca’s $12 ea.
Watch: Francesca’s $34

**GRAPHIC TEES**
Jean shorts and graphic tees couple as the perfect pair for summer. Cuff the sleeves for a feminine touch or take an edgy approach by cutting the tee into a crop top.

Shirt: Backcountry Outfitters $49
Shorts: Francesca’s $34
Necklace: Francesca’s $24
Watch: Francesca’s $20
Shoes: Dolce Vida $90

**HENLEY LONG SLEEVES**
Throw on an oversized henley over a swimsuit for a carefree day at the beach. When the sun goes down, add a floral skirt or colored shorts to transform the look for a bonfire or evening out with friends.

Shirt: American Eagle $30
Jeans: Francesca’s $44
Bracelet: Francesca’s $22

WORDS BROOKE FLEENER  DESIGN SRDJAN PAVELIC  PHOTO TIM JOHNSON  STYLING CASSIDY GLYNN, BRITTANY MOON, SAM IVERSON & ALISHA HUMISTON
EXECUTIVE SUMMARY

DESPERATE FOR SOME FRESH STYLES THIS SUMMER? IT’S TIME TO VENTURE INTO THE MEN’S SECTION FOR SOME INCREDIBLE DEALS ON QUALITY CLOTHING. CHECK OUT THESE TIPS FOR PAIRING FAVORITE FEMININE PIECES WITH STYLES FOUND ON THE MAN’S SIDE OF THE MALL.

1. **Spice up a basic skater skirt with a vibrant bro tank.** Rock an edgy look by pairing a tank with a chunky necklace and Converse sneakers. Too hot for layers? Ditch the cami and go with a lace bandeau.

2. **Pull off boyfriend jeans by cuffing the bottoms to create a chic spring capri.** Pair the look with a basic white T-shirt for a picture-perfect casual spring outfit. Throw on a pair of maroon Vans for a pop of color.

3. **Jean shorts and graphic tees couple as the perfect pair for summer.** Cuff the sleeves for a feminine touch or take an edgy approach by cutting the tee into a crop top.

4. **Invest in Men’s Shirt**
   - BACK COUNTRY OUTFITTERS $49
   - SHORTS FRANCESCA’S $34
   - NECKLACE FRANCESCA’S $24
   - WATCH FRANCESCA’S $20
   - SHOES DOLCE VIDA $90

   **TANK**
   - PACSUN $20
   **SKIRT**
   - FRANCESCA’S $44
   - NECKLACE FRANCESCA’S $26
   - SHOES CONVERSE $60

5. **Boyfriend Jeans by**
   - URBAN OUTFITTERS $79
   - **SHIRT**
   - PAC SUN $45
   - **BRACELETS**
   - FRANCESCA’S $12 EA.
   - **WATCH**
   - FRANCESCA’S $24

6. **Bro Tanks**

   **Backpacks**

   A sturdy tote is necessary for a day hitting the beach or an afternoon of window-shopping. Men’s bags are built to last, so pick up a fashion-forward pack to endure any summer adventure or trip.

7. **Don’t leave layering behind with the cold weather.** Slip on an oversized button down over a breezy summer dress to add dimension to a classic look. Dress it up with a sassy pair of pumps and a statement belt, or make it casual with simple flats.

**SHIRT**
- BACK COUNTRY OUTFITTERS $100
**DRESS**
- FRANCESCA’S $44
**BELT**
- FOREVER 21 $13
**SHOES**
- LIZ CLAIBORNE $40

**B R O T A N K S**
**B O Y F R I E N D J E A N S**
**G R A P H I C T E E S**
**H E N L E Y S**
**B A C K P A C K S & B U T T O N D O W N S**
La Moda è L'arte

Welcome to an exhibit featuring work from various Iowa State University apparel designers. The work highlighted in the gallery was designed and created by the artists themselves. Designers include Erin Tepper, Katelyn Hall, Katie Thompson, Claire Kean, Whitney Rorah, and Sarah Otting.
La Moda è L’arte

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DESIGNER: ERIN TEPPER, EZRADELLA

RIGHT SKIRT BANANA REPUBLIC $47
TOP BANANA REPUBLIC $60
NECKLACE FRANCESCAS $34
FANNY PACK PORTOBELLO ROAD $44
SOCKS ASOS $12

DESIGN: ANNA FLICKINGER
PHOTO: SAMMY CREEGER
STYLING: KATE BRUCE & HANNAH DEWITT
DESIGNER: KATELYN HALL, SHOULDER SPIKE
LEFT BRACELET FRANSCICA'S $16
RIGHT JACKET ASOS $83 SKIRT BANANA REPUBLIC $47 TOP BANANA REPUBLIC $60

DESIGNER: KATIE THOMPSON, ALL AROUND THE WORLD
EARRINGS RANDOM GOODS $4
DESIGNER: KATELYN HALL, SHOULDER SPIKE
LEFT BRACELET
FRANCESCA'S $16
RIGHT JACKET
ASOS $83
SKIRT
BANANA REPUBLIC $47
TOP
BANANA REPUBLIC $60

DESIGNER: KATIE THOMPSON, ALL AROUND THE WORLD
EARRINGS RANDOM GOODS $4
DESIGNER: CLAIRE KEAN, GRIES
ABOVE EARRINGS RANDOM GOODS $4
LEFT SKIRT BANANA REPUBLIC $47  TOP BANANA REPUBLIC $60  FANNY PACK PORTOBELLO ROAD $44
MIDDLE SWEATER BANANA REPUBLIC $70  TOP BANANA REPUBLIC $70  SKIRT ASOS $101  BACKPACK PORTOBELLO ROAD $64

DESIGNER: SARAH OTTING, PAINT ME PRIMARY
LEFT TOP ASOS $28  JACKET ASOS $59  RIGHT BRACELET FRANCESCA'S $22
ABOVE EARRINGS
RANDOM GOODS $4

LEFT SKIRT
BANANA REPUBLIC $47

TOP
BANANA REPUBLIC $60

FANNY PACK
PORTOBELLO ROAD $44

MIDDLE SWEATER
BANANA REPUBLIC $70

TOP
BANANA REPUBLIC $70

SKIRT
ASOS $101

BACKPACK
PORTOBELLO ROAD $64

DESIGNER: SARA OTTING, PAINT ME PRIMARY

LEFT TOP
ASOS $28

JACKET
ASOS $59

RIGHT BRACELET
FRANCESCA'S $22
DESIGNER: SARAH OTTING, SUBAQUATIC
LEFT TOP: ASOS $28
JACKET: ASOS $59
RIGHT SWEATER: BANANA REPUBLIC $70
TOP: BANANA REPUBLIC $70
SKIRT: ASOS $101

DESIGNER: WHITNEY RORAH, AVANT GARDE ARCHITECTURE
LEFT TOP: ASOS $46
PANTS: BANANA REPUBLIC $80
Wedding Etiquette

‘TIS THE SEASON FOR SOMETHING BORROWED, SOMETHING BLUE, MEN IN TUXEDOS AND BRIDES IN WHITE DRESSES. FOLLOW THIS GUIDE TO DAZZLE—EVEN WITHOUT A RING—BY EMBRACING THE ROLE OF A PERFECT WEDDING GUEST.

STYLE IS KEY
Follow the invitation to know the proper attire for the wedding, says Patricia Tice, owner of Etiquette Iowa. “Dress well and don’t outdo the bride and groom,” she notes.

Guests should never wear white clothing to a wedding. “The bride is the ‘star’ of the show, and nothing should detract from the bride’s day,” Tice says. Base your attire off of the bride and groom’s styles. “If you know the bride is going to be one that wants a princess look, you should dress up a little bit more,” says wedding planner Denise Beridon.

SOMEONE’S GOTTA GIVE
Lavish the couple with a gift that agrees with your budget, says Nancy Keller, resident district manager at Gonzaga University. Tice suggests selecting from the couple’s registry in order to hit a home run with the couple. Keller agrees, “They may really like a really cool waffle iron, but the reality is that they would rather have plates.”

PICTURE THIS
Taking photos is a no-no during the ceremony, says Tice, “It’s a solemn, beautiful occasion, and they need to be able to be fully engaged and not be distracted.” When posting pictures of the wedding, be considerate and use common sense. “Your posts and pictures should be in good taste, and they should reflect and honor the moment,” Keller says.

KEEP IT CLASSY
Remember that a wedding ceremony is a very special occasion. It’s not about you—it’s about the bride and groom. “Going to a wedding is not the time to get completely drunk,” Keller says. Tice agrees, “You never want to do anything that would disrupt the wedding in any way.”

SINGLE LADIES
Don’t just assume you can bring a date! “Pay attention to how the invitation is written,” Keller says. Look for the term “and guest.” If it’s not there, “Do not call up and ask if you can bring someone. It’s just not done,” Keller says. Be courteous and reach out to the people seated at the table—couples usually consider mutual interests when seating their guests.

R-E-S-P-E-C-T
You’re coming in to be a witness of a covenant, Beridon says, “It needs to be approached with a relaxed respect.” Fully embrace your role as a guest—dress properly, show up at the proper time and celebrate the couple. “You suit up, you show up and you play the game,” Tice says.
TOP TAKEAWAYS

Arrive at the wedding 10 to 15 minutes before the ceremony, Beridon says.

Give a card with a thoughtful, handwritten note. “That's something the couple will always keep, and that's a wonderful touch,” Tice says.

“Take a minute to connect with the parents and just say congratulations. It's nice to say thank you,” Beridon says. If you don't know them, introduce yourself.

“Don't monopolize the bride and groom,” Beridon says. Congratulate them, but don't pull the couple's attention away from the other guests.

Don't overstay your welcome. The party ends when the couple leaves, Keller says. Staying longer could cost them overtime.
FASHION FORECASTING
SPRING/SUMMER 2015
LEFT DRESS VELVET COAT $188 BAG FRANCESCA’S $48
RIGHT DRESS URBAN OUTFITTERS $89 TOP FOREVER 21 $8 BAG AIMEE $50 EARRINGS FRANCESCA’S $16 WATCH FRANCESCA’S $24
TOP NASTY GAL $15
SKIRT FRANCESCO'S $44
NECKLACE FRANCESCO'S $28
SHOES FOREVER 21 $30

AIMEE $50
BAG
NECKLACE ATOMIC GARAGE $42
SHOES AIMEE $59
DRESS AIMEE $50
BAG FRANCESCA’S $34
NECKLACE ATOMIC GARAGE $42
SHOES AIMEE $59
TOP VELVET COAT $268
PANTS PORTOBELLO ROAD $32
NECKLACE FRANCESCA'S $28
CLUTCH FRANCESCA'S $34
JUMPSUIT FOREVER 21 $33
SHOES STEVE MADDEN $80
RINGS FRANCESCA'S & MICHAEL KORS $12-$35
NECKLACE FRANCESCA'S $28
WATCH FRANCESCA'S $24
TOP VELVET COAT $268
PANTS PORTOBELLO ROAD $32
NECKLACE FRANCESCA'S $28
CLUTCH FRANCESCA'S $34
JUMPSUIT FOREVER 21 $33
SHOES STEVE MADDEN $80
RINGS FRANCESCA'S & MICHAEL KORS $10-$35
NECKLACE FRANCESCA'S $28
WATCH FRANCESCA'S $24
Spring is all about fresh starts. Redefine masculinity with a glimpse into the life of Iowa State’s Most Eligible Bachelor, and discover a variety of grooming tricks, a new view on male athletes in female-dominated sports, an ensemble of personalized professional attire and a mix of male-friendly summer drinks.
Spring is all about fresh starts. Redefine masculinity with a glimpse into the life of Iowa State’s Most Eligible Bachelor, and discover a variety of grooming tricks, a new view on male athletes in female-dominated sports, an ensemble of personalized professional attire and a mix of male-friendly summer drinks.
SPRING '15 TREND for MEN

ABOVE JACKET GAP $30  SHIRT BROOKS BROTHERS $80  PANTS PACSUN $50  SHOES PACSUN $50  BOMBER PACSUN $120

LEFT JACKET BANANA REPUBLIC $140  T-SHIRT BROOKS BROTHERS $40  SHOES ASOS $80  BAG BADOWERS $485
JACKET BANANA REPUBLIC $130
T-SHIRT BROOKS BROTHERS $40
PANTS BANANA REPUBLIC $90
SHOES URBAN OUTFITTERS $70
BAG Badowers $358
SHOES ASOS $80
BAG Badowers $485
BANANA REPUBLIC $130
T-SHIRT
BROOKS BROTHERS $40
PANTS
BANANA REPUBLIC $90
SHOES
URBAN OUTFITTERS $70
BAG
BADOWERS $358
SHOES
ASOS $80
BAG
BADOWERS $485

BUTTON-UP PACSUN $20
PANTS JCPENNY $40
ABOVE SHIRT: COTTON ON $20  PANTS: PACSUN $55  SHOES: URBAN OUTFITTERS $70  WATCH: JACK THREADS $125
ABOVE SHIRT
COTTON ON $20
PANTS
PACSUN $55
SHOES
URBAN OUTFITTERS $70
WATCH
JACK THREADS $125

BELOW BUTTON-DOWN
JCPENNY $25
SHIRT
BROOKS BROTHERS $40
PANTS
PACSUN $50
SHOES
PACSUN $80
WATCH
JACK THREADS $125
HAT
VANS $30
SWEATSHIRT BROOKS BROTHERS $118
PANTS BANANA REPUBLIC $80
SHOES URBAN OUTFITTERS $70
WATCH JACK THREADS $125
BACKPACK BADOWERS $348
SHIRT GAP $55
JACKET GAP $80
PANTS JCPENNY $40
SHOES ASOS $80
BUTTON-UP PACSUN $20
SWEATSHIRT
BROOKS BROTHERS $118

PANTS
BANANA REPUBLIC $80

SHOES
URBAN OUTFITTERS $70

WATCH
JACK THREADS $125

BACKPACK
BADOWERS $348

SHIRT
GAP $55

JACKET
GAP $80

PANTS
JCPENNY $40

SHOES
ASOS $80

BUTTON-UP
PACSUN $20
IOWA STATE'S 2015 MOST ELIGIBLE BACHELOR

KIND, SMART, FUNNY. SPONTANEOUS. WHAT ELEMENTS DO YOU LOOK FOR IN A MATE? IS IT HIS GENTLEMEN QUALITIES? HIS PERSONALITY? HIS PASSIONS? DURING THE SPRING SEMESTER EACH YEAR, TREND SEARCHES FOR THE MOST ELIGIBLE BACHELOR OR BACHELORETTE AT IOWA STATE. AFTER SIFTING THROUGH DOZENS OF NOMINEES, THE TOP FIVE GUYS OR GALS ARE NARROWED DOWN AND OVER 100 PEOPLE PLACE THEIR VOTES FOR THE YEAR’S NUMBER ONE PICK.

ANDY SMITH

This year, Trend crowns Andy Smith, a junior in business management and marketing from Johnston, Iowa, as Iowa State’s 2015 Most Eligible Bachelor.

“I was actually pretty surprised, because I had no idea I was even nominated,” Smith says. After the announcement, he took a screen shot of the email and sent it to his mom. “She was excited and went crazy.”

Smith is one for adventure and wants to experience the world. His travel is not all for leisure, though. He has journeyed on mission trips to help impoverished regions, including Thailand, Belize and the Dominican Republic. Smith also likes to stay active by participating in intramural volleyball and basketball.

"LOVE MEANS YOU’LL DO ANYTHING FOR THAT PERSON TO MAKE THEM HAPPY NO MATTER WHAT THE CONSEQUENCES ARE."

In the future, Smith plans to run his father’s pest control company. He is passionate about keeping the legacy of the company going in the family and someday wishes to pass down the business.

Smith is looking for a woman who catches his eye—smart, funny, caring and easy to talk to. He admits he’s a sucker for blonde hair and blue eyes and loves when a woman makes the first move.

On a first date, Smith says he’d first introduce his date to his family before dining at a place in Des Moines suitable for intimate conversation. The evening would end with a walk around Gray’s Lake—Smith likes to keep it classy and simple.

So, what does love mean to Smith? He explains, “Love means you’ll do anything for that person to make them happy no matter what the consequences are.”
IOWA STATE'S KIND. SMART. FUNNY. SPONTANEOUS. WHAT ELEMENTS DO YOU LOOK FOR IN A MATE? IS IT HIS GENTLEMEN QUALITIES? HIS PERSONALITY? HIS PASSIONS? DURING THE SPRING SEMESTER EACH YEAR, TREND SEARCHES FOR THE MOST ELIGIBLE BACHELOR OR BACHELORETTE AT IOWA STATE. AFTER SIFTING THROUGH DOZENS OF NOMINEES, THE TOP FIVE GUYS OR GALS ARE NARROWED DOWN AND OVER 100 PEOPLE PLACE THEIR VOTES FOR THE YEAR’S NUMBER ONE PICK.

This year, Trend crowns Andy Smith, a junior in business management and marketing from Johnston, Iowa, as Iowa State’s 2015 Most Eligible Bachelor.

“I was actually pretty surprised, because I had no idea I was even nominated,” Smith says. After the announcement, he took a screen shot of the email and sent it to his mom. “She was excited and went crazy.”

Smith is one for adventure and wants to experience the world. His travel is not all for leisure, though. He has journeyed on mission trips to help impoverished regions, including Thailand, Belize and the Dominican Republic. Smith also likes to stay active by participating in intramural volleyball and basketball.

In the future, Smith plans to run his father’s pest control company. He is passionate about keeping the legacy of the company going in the family and someday wishes to pass down the business.

Smith is looking for a woman who catches his eye—smart, funny, caring and easy to talk to. He admits he’s a sucker for blonde hair and blue eyes and loves when a woman makes the first move.

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ANDY SMITH
2015 MOST ELIGIBLE BACHELOR

HOW WOULD YOU DESCRIBE THE PERFECT FIRST DATE?
I would take my date on a hike and go out to dinner to a restaurant with a nice atmosphere, such as The Café or Vesuvius in Ames.

WHAT ACTIVITIES ARE YOU INVOLVED IN ON CAMPUS?
I’m a member of the Triathlon Club and enjoy outdoor activities, like skiing and hiking.

WHAT ARE YOUR PASSIONS?
It makes me angry when guys don’t treat women with respect. Sometimes, I will call a guy out on it. I also like protecting the environment and making the world a better place.

MATTHEW MILLER
JUNIOR IN POLITICAL SCIENCE

WHAT ARE YOUR HOBBIES?
Anything outdoors, like fishing and rock climbing. I often rock climb at State Gym.

HOW WOULD YOU DESCRIBE YOUR DATING HISTORY?
I actually got ‘married’ to my neighbor when I was four years old. I’ve had one serious girlfriend, but I’ve been really busy with ROTC and haven’t had time to date. I’m old-fashioned and would get the girl’s dad’s permission before asking her out on a date.

WHAT ARE YOUR PLANS AFTER SCHOOL?
I really want to work for the CIA. I also like to coach and teach others and make a positive impact on people’s lives.

JULIAN OSORIO
GRADUATE STUDENT IN GRAPHIC DESIGN

WHAT ARE YOUR HOBBIES?
In my free time, I play the electric guitar. I’m also super close to my family and travel once a year to see them.

WHERE HAVE YOU TRAVELED?
I’ve lived in seven cities throughout Colombia—in the mountains and by the Pacific Ocean.

WHAT DO YOU PLAN TO DO IN THE FUTURE?
I want to work in sound design by coding and designing new technology.

SHUYANG SUN
JUNIOR IN COMPUTER SCIENCE

WHAT ARE YOUR PLANS FOR THE SUMMER?
I’m traveling to Europe and then going home to China. I have a friend who has a tour company, so he’s planning activities for me to do.

WHAT DO YOU ENJOY DOING IN YOUR FREE TIME?
I like playing badminton and learning to play the guitar.

WHAT ARE YOUR LIFE GOALS?
I really want to start my own company and travel the world.
GROOMED TO PERFECTION

THE GO-TO GUIDE FOR PROPER GENTLEMEN'S GROOMING
MAKING THE CUT
Sport a fresh hairstyle this spring. Gucci sent models down the runway this season with hair trimmed on the sides and left longer on top, known as the undercut. This style works for thick, curly or thin hair and allows for adjustable lengths depending on a guy’s preference.

Hit snooze and still look stylish by transitioning hair from the classroom to a casual night out. Daniel Thayer, a junior in industrial engineering, explains that ease of application and timeliness affects his choice of hairstyle and product. Each style described below takes less than three minutes to complete using only two products: a spritz of water and a dollop of hair wax.

Robert McMillen, stylist at the Blind Barber in New York City, suggests in an interview with AskMen.com to apply a matte wax or clay to smooth hair back and keep loose strands off the face. The pushed-back look works perfectly for a day in the classroom and gives off a retro vibe—think Elvis Presley but with less grease.

For a night out, run a texture wax from the root of the hair to the tip. Then, let the hair fall naturally. A fun, casual and effortless look will result from these two simple steps.

To spruce up for an interview or formal event, McMillen recommends using a fine-tooth comb to create a defined side part and brushing over the remaining hair so all pieces lay flat. This hairstyle sports a more conservative, appropriate look fit for a professional setting. Pretty soon, you’ll resemble Don Draper from Mad Men.

CHIN AND TONIC
Guys eventually learn the correct blade, stroke and pressure to use while shaving; however, prep and post-shaving steps are just as critical as the act itself. Leave your skin feeling fresh by adding just a few simple steps to your daily routine.

Exfoliating unclogs pores, cleans skin and unblocks hair follicles. “Exfoliating, for me, helps get rid of dry skin that gives me ingrown hairs,” says Mikey Brown, a senior in communication studies. Gently rub a nickel size of exfoliate cream on the face every three to four days to buff away dead skin cells. No need to scrub—the grit from the exfoliator will accomplish what scrubbing would do. After, use a gentle cleanser to avoid irritation.

Exfoliating, shaving, harsh wind and sun exposure can dry out the face, so apply a daily moisturizer to keep the skin looking clean and healthy. Dove, Neutrogena and Nivea carry men’s moisturizers with SPF, available at Target, to hydrate the skin and protect it from sun damage.

Aftershave helps prevent infections that result from cuts caused by shaving, according to Health Guidance. However, aftershave also contains a moisturizer to help soothe freshly shaven skin. Keep in mind an aftershave doubles as cologne, so choose wisely when picking a scent.

Essential styling products are readily available in Ames. Choose a matte styling gel to keep hair from appearing shiny or hard. Consider ROUGH.RIDER Strong Hold Clay by Kevin Murphy, which retails for about 35 dollars at local salons. Products such as American Crew Military

KEEP IN MIND AN AFTERSHAVE DOUBLES AS COLOGNE, SO CHOOSE SCENTS WISELY.
MALE ATHLETES IN CHARGE

THEY ARE THE MEN THROWING WOMEN ABOVE THEIR HEADS AND SPENDING HOURS IN THE GYM. THEY ARE DANCERS, GYMNASTS AND CHEERLEADERS. THEY ARE MALE ATHLETES.

Friday practices for Webster Kranto's Motion Sickness Dance Team consist of running suicides followed by two hours of dancing. He allows a three-minute water break between each hour.

Kranto, a senior in industrial technology and president of Iowa State's Motion Sickness Dance Team, is a male athlete and a dancer with years of experience. He joined a dance team in his hometown of Champaign, Ill. at 12 years old, because he had a crush on a girl from the team. Kranto eventually started a dance team at his middle school and taught children's dance classes at the Boys and Girls Club at age 14.

Throughout high school, Kranto danced on at least one dance team at all times and performed in several competitions each month. Following high school, he taught dance classes in Rockford, Ill. in exchange for ballet and lyrical lessons. He eventually became a full-time employee teaching four classes a day, three days a week to dancers of all ages. Simultaneously, he became a member of three dance teams at Northern Illinois University.
Kranto transferred to Iowa State in 2012. Struggling to find a club suitable for his skill level, he developed Motion Sickness.

Matt Mejia, a sophomore in aerospace engineering, instructor at Cardinal Gymnastics Academy in Ames and coach at Minnesota Valley Gymnastics Center in Savage, Minn., started taking gymnastics lessons at age five after watching the Olympics on TV. A gymnast for 13 years, Mejia cites his greatest accomplishment in the sport as qualifying for the Junior Olympics during his junior and senior years of high school. Despite these male athletes’ extensive accomplishments in their sports, both have received criticism for participating in activities often deemed less masculine.

Mejia cites Title IX, a law passed in 1972 requiring gender fairness for boys and girls in every educational program that receives public funding, as a factor in associating gymnastics with femininity. According to Mejia, over 200 collegiate programs for men’s gymnastics existed prior to the establishment of Title IX.

“Now there’s under 20 collegiate programs for men,” Mejia says. “When people think of gymnastics, they often only see girls doing it, so it’s seen as more female-dominant.”

Kranto says the issue is the expectation for men to prove their masculinity through aggressive behavior. “Dance goes against the mainstream idea of a manly man,” Kranto explains. “It shows strong creative and artistic abilities, whereas masculine men are portrayed as physical brutes.”

Travis Pullin, a senior in marketing and member of Iowa State’s cheerleading squad, states criticism directed at male cheerleaders at Iowa State is often light-hearted and meant as a joke. However, male members are sometimes asked to confirm whether they are heterosexual.

Regardless of the criticism these athletes receive, each of their sports pushes their physical strength. Pullin describes a typical cheer practice begins with stretching and bodyweight exercises, followed by stunting and tumbling, and then two hours of conditioning.

The former wrestler, football player and track and cross-country runner says cheerleading is on a whole new level physically from track and wrestling. “After the last stages of Nationals, I’ve never been in better shape,” Pullin says.

Kranto explains dance requires all-around fitness from participants, because the sport exercises the entire body. Motion Sickness dancers need a passion for dance in order to tackle the physical demands of choreography. “If you come from a formal dance, you may struggle here, because I don’t sweet talk anyone,” he says. “I seek only the most elite dancers at Iowa State.”

Male athletes sometimes face criticism for participating in a sport deemed less masculine even with the obvious physical demands of each sport. “The majority of it was because we wear leotards and short shorts,” Mejia says. “I mean, so do wrestlers, but that doesn’t make wrestling feminine.”

While Kranto says he generally faces silent, rather than direct, disapproval for being a dancer, he deals with criticism by eliminating negative influences from his life. “I could give them the reaction they want or eliminate them from my surroundings,” he explains.

Mejia also overcomes criticism by rejecting negative opinions and remaining confident in his sport. “It never offends me, because I knew I was in the right place,” Mejia says. “You can’t judge someone’s character by the sport they’re in.”

All three athletes agree on the value of building lifelong connections with their teammates. Pullin considers his teammates his best friends in college. “I can talk to them about really anything,” he says. “Especially with the guys. It makes us really close.”

Both Mejia and Kranto praise their sports for inspiring them to stay motivated and have the drive to succeed. “Gymnastics really taught me how to go above the expectations to achieve my goals,” Mejia says.

Kranto adds, “Dance has helped me become a team player and taught me that I have to fight for what I want. I’ve been on teams where I had to sit out performances, because I wasn’t good enough. That, to me, was a huge motivator to work harder.”

Kranto, who participated in football and recreational basketball in high school, prefers dance for its strong emphasis on the team. “It is the only sport I’ve participated in where I am more interested in the development of my teammate over myself,” he says. “Other sports can be called team sports, but dance, to me, is the ultimate team sport.”
OWN THE OFFICE

Business doesn’t mean boring. Let individual style shine through in the office by incorporating these contemporary yet professional pieces into your wardrobe.

TIE IT ALL TOGETHER
Ties merge color and pattern for an eye-catching finish to your professional ensemble. The piece often becomes the first wardrobe detail people notice, so let it complement, not clash, with the rest of the outfit. Pair a patterned tie with a solid dress shirt to keep the ensemble simple yet visually striking.

STYLE WATCH
Look smart, fashionable and professional by accessorizing with a black and gold watch. The combination of colors offers the right amount of flash while attracting positive attention from clients and coworkers.

THE PERFECT FIT
Step up office footwear with a pair of sleek leather oxfords. A black or brown pair keeps the look business casual and will guide you from internship to job offer.

CLASSY CARRIER
Messenger bags perform a double duty of housing office necessities and looking sharp. A leather messenger bag paired with business casual clothing communicates sophistication and self-confidence in your style and job.

TIE IT ALL TOGETHER
COAT BROOKS BROTHERS $498
SHIRT BROOKS BROTHERS $92
TIE BROOKS BROTHERS $80
PANTS BROOKS BROTHERS $168

STYLE WATCH
SHIRT BANANA REPUBLIC $80
TIE BANANA REPUBLIC $60
SWEATER BANANA REPUBLIC $70
PANTS BROOKS BROTHERS $198
WATCH CITIZEN ECO DRIVE $360

THE PERFECT FIT
SHIRT BANANA REPUBLIC $80
PANTS BROOKS BROTHERS $198

CLASSY CARRIER
SHIRT BROOKS BROTHERS $92
CARDIGAN BROOKS BROTHERS $118
PANTS BROOKS BROTHERS $168
BAG BANANA REPUBLIC $225
MIXED DRINKS ARE NOT RESERVED FOR THE LADIES. THOUGH IT MIGHT BE TEMPTING AND EASY TO BUY A CASE OF BEER ON A FRIDAY NIGHT, IT IS TIME TO PUT DOWN THE ALE. SIP ON THESE SIMPLE COCKTAILS PERFECT FOR A SUMMER DAY AT THE LAKE OR WATCHING THE GAME WITH BUDDIES.

AMERICA’S FAVORITE LONG ISLAND ICED TEA
This American classic is the go-to drink anywhere, anytime. It does not contain tea, but all of the ingredients combine to create that classic tea taste.

INGREDIENTS
1 part vodka
1 part tequila
1 part rum
1 part gin
1 part triple sec
1.5 parts sweet and sour mix
Splash Coca Cola

DIRECTIONS
Place ice into a highball glass and add all ingredients and gently stir.

THE ONE TO SIP ON RUSTY NAIL
Perfect for a summer date, this drink offers long-lasting satisfaction. Combine a great scotch with a lemon taste to create something well worth sipping on.

INGREDIENTS
Scotch
Lemon peel

DIRECTIONS
Fill a lowball glass with crushed ice. Pour in the scotch. Stir gently until a thick froth develops on the side of the glass. Top with a lemon peel.

THE SUMMER CLASSIC TOM COLLINS
A Tom Collins satisfies the craving for a great summertime drink by complementing every bit of fun the season has to offer: warm sunshine, backyard barbecues and an almost-endless vacations.

INGREDIENTS
2 parts gin
1 part lemon juice
1 part club soda
Dash of sugar

DIRECTIONS
Fill a collins glass halfway with ice. Mix the gin, lemon juice, and sugar together in the glass. Top with club soda.
lifestyle

The optimism of summer offers fresh potential for new experiences. Slow down to see life through the perspective of an international student, fully prepare for any adventure with our weekend packing tips and try out a new book, recipe or DIY project to start your summer off right.
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WEEKEND GETAWAY

PACKING FOR VACATION CAN SEEM STRENIOUS, BUT OUR FRIENDS AT BACK COUNTRY IN DES MOINES LET US IN ON THEIR TOP ADVENTURE ESSENTIALS. BACK COUNTRY HEAD MANAGER JAY KOZEL SAYS, “LOOK FOR PIECES THAT TRAVEL WELL, BUT DON’T LOOK TOO SAFARI.” CHECK OUT HIS SMART PACKING TIPS FOR THOSE SHORT SUMMER TRIPS.

PACKING ESSENTIALS

17-INCH SUITCASE ON WHEELS
BACKPACK OR CROSS-BODY PURSE
SILICONE BAG FOR WET ITEMS
POLARIZED SUNGLASSES
HARD PLASTIC WATER BOTTLE
HOODED JACKET
LIGHTWEIGHT SWEATER
PAIR OF RAW DENIM JEANS
SWIMSUIT AND COVER-UP
SUPPORTIVE FOOTWEAR
MERINO WOOL SOCKS
HAT
WATCH
VERSATILE JEWELRY
WATERPROOF MAKEUP
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WATERPROOF MAKEUP

NEED A TRAVEL DESTINATION? CHECK OUT THESE FAVORITE TRAVEL-FRIENDLY SPOTS.

NORTHSHORE, MINN.
Get the Colorado vibe without the distance at this beautiful location in northern Minnesota. Set on Lake Superior, this town offers one of the biggest canoe destinations in the North, along with scenic hiking trails and eclectic shops.

ST. LOUIS, MO.
With rich history and stunning architecture, this town makes for the perfect weekend escape. Spend a day exploring the five-story City Museum or hop from suburb to suburb to experience the cities’ unique cultures.

MADISON, WIS.
A small-town feel in a big city, this college town is tourist-friendly with great shopping and nightlife. Just outside the city, indulge in folklore at Mount Horeb, a small town themed around trolls.
NEW YORK CITY / B.A., JOURNALISM AND MASS COMMUNICATION, POLITICAL SCIENCE MINOR, 2011 / CERTIFICATE FROM GEORGETOWN UNIVERSITY SCHOOL OF CONTINUING STUDIES IN POLITICAL JOURNALISM, 2011 / ACTIVITIES INVOLVED IN AT ISU: EDITOR IN CHIEF AND STAFF WRITER FOR ETHOS MAGAZINE, STAFF WRITER AND PHOTOGRAPHER FOR IOWA STATE DAILY, EXECUTIVE VICE PRESIDENT AND TREASURER FOR LEO MORES SOCIETY OF PROFESSIONAL JOURNALISTS

HOW DO YOU COVER YOUR STORIES?
When I have something exclusive or a scoop coming from a source, I constantly check in with them to see what’s going on and make sure we have a good relationship so they come to me first instead of going to other outlets. I also watch what’s getting mentioned on social media and various forums or in smaller newspapers to see if it’s worth digging a little deeper on. Then, it just takes putting in calls, emails, getting people to talk and seeing where things go.

WHAT ARE YOUR TASKS ON A NORMAL DAY?
I cover anything involving college students or faculty. I start work at home by checking emails and reviewing the day’s breaking news. Then, I move on to the office where I work on daily news stories or long term projects. It all just depends on how much news there is each day.

WHAT’S YOUR FAVORITE PART ABOUT YOUR POSITION?
I do really enjoy what I’m covering, especially when I do an investigation or work on a project that really touches a lot of nerves and sparks change, like my work on sexual assault cases at colleges. I guess it’s one of those unique professions where I can say people have lost their jobs in part because of my reporting. Those things only happen after I uncover the facts, so I enjoy having an impact. It’s both one of my favorite parts, and one of the more stressful parts, knowing I have that power and I’m playing a high-stakes game. If I get things wrong in my story, it can have some serious repercussions for more than just myself.

WHAT ADVICE DO YOU SUGGEST FOR CURRENT COLLEGE STUDENTS?
Employees are always going to care more about your portfolio and resume than your grades. Your professors won’t tell you that, but I will. When I was a college student, I kept getting told all news outlets were looking for were the backpack journalists—someone who could write, take photos, shoot video and put that all together. That’s actually not true at national outlets. We want people who know how to do more things on a computer than we do. If you’re able to do data projects, design work, animations and create more visual elements for us, that’s what we are really looking for.
TYLER CLAREY

Interior Designer for store design & construction for LBrands


WHAT ARE YOUR RESPONSIBILITIES AS AN INTERIOR DESIGNER?
I am tasked with designing our prototype flagship stores. A large part of my job is recognizing elements of the Victoria's Secret brand identity, like stripes, pink, lace and ribbons, and implementing them into our spaces. Each member of the team works closely on floor plans, fixture plans, finishes and furnishings to ensure our stores are not only brand appropriate but also luxurious and durable for the customer.

WHAT DOES YOUR TYPICAL DAY LOOK LIKE?
I travel a lot—and I mean a lot—but a typical day in NYC involves a 30-minute commute from Harlem, where I live, to SoHo, where my office is. Once in the office, I take a look at my notebook to see where I left off the previous day. My day often involves reviewing a floor plan drawing set, redlining fixture shop drawings, giving presentations, finding new finishes and materials or creating concept boards for new projects. Oh, and coffee. Lots and lots of coffee.

WHAT'S THE BEST PART ABOUT YOUR JOB?
There are so many things I love about my job. To start, I have awesome co-workers, and the company I work for is one of the best in the world. I get to be creative and implement both my undergraduate and graduate education, but the best part would have to be the travel. I travel at least once a week, if not more, and while it can be exhausting, I wouldn't give it up for anything.

WHAT ADVICE DO YOU HAVE FOR CURRENT COLLEGE STUDENTS?
Build strong relationships with your professors. I wouldn't be where I am today without the help of my undergraduate and graduate professors. Ann Thye, Ann Marie Fiore and Linda Niehm did so much for me during my time as an undergraduate and inspired me to pursue my master's in interior design. My professors in graduate school were also very influential in my path to get where I am today, and because of Amy Mikovec and Pam Iasevoli, I have this job. While on a field study in 2011, they gave my resume and portfolio to my former boss, another ISU grad, and after one phone interview, he hired me on the spot. So you see, having a strong relationship with your professors can really help you get to where you want to go.

PAIGE MITCHELL

Yacht Designer for Micheal Peters

Yacht Design


WHAT ARE THE RESPONSIBILITIES OF A YACHT DESIGNER?
I was hired as an industrial designer, so I do similar things to what I learned in my program at Iowa State, which includes creating the initial sketches of yachts and styling the exterior. I start with sketches on pen and paper, then bring the design into Computer Aided Design (CAD) programs and turn them into 3D models.

WHAT DOES A NORMAL DAY LOOK LIKE FOR YOU?
I’m usually working on anywhere from one to three projects at a time, and I jump around to working on different boats. It might be sketching one day and doing more detailed work in CAD on other days.

WHAT'S THE BEST PART ABOUT YOUR JOB?
I love that it’s exactly what I want to do. I set my goal on yacht design while I was a student at Iowa State. I thought I might have to work a lot longer before I landed the dream job, but I feel so lucky that I’m here already. I loved my major, and I can’t believe that I’m actually getting to do what I love. I look forward to coming to work everyday, and that’s a really great feeling.

WHAT ADVICE WOULD YOU GIVE TO CURRENT COLLEGE STUDENTS?
One of the things I did that helped me more than anything was participate in interdisciplinary programs. I learned how to work and communicate with people in others majors. Working with people from different backgrounds helps a person become a more rounded individual.
INTERNATIONAL CONNECTION

WHEN CONSIDERING DIFFERENT TRAVEL OPPORTUNITIES, IOWA SEEMS LIKE THE LEAST LIKELY DESTINATION. THIS CORN-CLAD STATE ISN’T EXACTLY WHAT A TYPICAL AMERICAN STUDENT WOULD THINK OF AS A PLACE TO EXPLORE—THE LAND IS FLAT, RURAL AND PLANTED SMACK IN THE MIDDLE OF THE COUNTRY. HOWEVER, TO AN INTERNATIONAL STUDENT, THE CHANCE TO STUDY IN IOWA MIGHT JUST BECOME THE OPPORTUNITY OF A LIFETIME.
During the fall 2014 semester, over 3,000 students chose to leave their countries to study at Iowa State University. However, living thousands of miles from home can pose a challenge to international students. Far away from their families, the students must look to campus resources and activities to get involved and make Iowa State their new home.

Colette Magennis, a junior from Scotland in apparel, merchandising and design, found Iowa State’s orientation program helped her connect with other students. She also received help from a professor who assigned a different classmate each week to assist her during her semester in the states.

“It’s been nice. I’ll get a text from someone inviting me to a party or to hang out or try new food somewhere,” Magennis says. “It’s helped me meet people who aren’t international students.”

“IT'S SO DIFFERENT FROM BACK HOME. I WOULD GET UP AND TRY TO CONNECT WITH DIFFERENT PEOPLE.”

LAUREN-EMMA PARROTT, ENGLAND

When Magennis decided to study abroad in the United States, she was paired with three different colleges that offered apparel merchandising programs. Since her arrival at Iowa State in January, Magennis has faced the challenges of culture shock.

“It’s so different from back home. I was told I would experience street life in Iowa more than I would in a big city,” Magennis says. “One thing I’ve noticed is that in Scotland, we dress up to go anywhere, but here, it is very casual. You can’t get into a bar or a club back home if you aren’t dressed up.”

Magennis says Iowa State’s coursework structure presents another challenge. While Iowa State spreads work evenly throughout the semester, schools in Scotland require one larger project due at the end of the semester—a difference Magennis continues to learn how to manage.

During her semester at ISU, she hopes to get involved with a few clubs on campus and eventually obtain an internship on the East or West Coast.

For Lauren-Emma Parrott, a junior in political science from England, campus sororities played a vital part in connecting with U.S. culture. Parrott says the opportunity to study abroad in the country this year became a dream come true for her. “This is always something I’ve wanted to do, and my family has been very supportive of that,” Parrott says. “I want to live in America after I graduate. This is a good babysit in the right direction.”

Shortly after Parrott flew to the U.S. in August, she joined Kappa Kappa Gamma, a decision she says helped her dive into the deep end of American culture, make friends and adjust to the time zone. “Joining a sorority really immersed me completely into American culture early on,” Parrott says. “It’s just something that is so completely American, which made me really want to join.”

She says the biggest challenges for her to catch onto include the bus routes, roads and sports. “Sports are such a huge thing here,” Parrott says. “We have sports at home, but it’s nothing like American sports. I didn’t even know about tailgating until I arrived.”

Over Christmas break, Parrott returned home to see her family—maybe the last time for a while. “It is difficult to be away from them, so we Skype a lot,” she says. “But I feel like I’ve found another home away from home. I think I was a little more worried about coming back this semester, because I didn’t know when I was going to see them again.”

Bubbling with ambition, Parrott hopes to get an internship in the summer to extend her visa and gain the most she can from her trip.

Traveling far from home for college resulted in a different experience for an international student from Indonesia. Joshua Kurnia, a junior in architecture, applied to the top 10 architecture schools in the U.S. after his high school graduation—number nine being Iowa State.

“Living here is different than just visiting for a holiday,” Kurnia says. “I think it is good for students to study out of the country. You learn a lot about other places, especially if you really dive into the day-to-day life.”

Kurnia became involved in a number of organizations around campus, including the International Student Council and the Indonesian Student Association, as a way to connect with both American culture and his own. “There are only about 30 people in the ISA, so it is really pushed me to make friends with American students as well,” he says. “I think it is a really good thing to open up and try to connect with different people.”

Rather than returning home after college graduation, Kurnia and his family are in the process of gaining permanent residence in the United States. After his graduation in 2017, Kurnia hopes to start a career on the East Coast and already began applying for positions with firms he finds promising. He says the most difficult aspect about studying overseas is missing his family.

“When I first got here, I was very unstable,” Kurnia says. “I think that is a part of the culture shock. One day I would feel very free and happy, but then the very next day I would feel very down, and I would miss my family a lot.”

Compared to when he first arrived, Kurnia says he has stabilized his emotions and is excited to study at Iowa State. Magennis agrees, “It’s one of the best things you can do. You go so many places and meet so many people. It’s a life-changing experience.”

“IT’S ONE OF THE BEST THINGS YOU CAN DO. YOU GO SO MANY PLACES AND MEET SO MANY PEOPLE. IT’S A LIFE CHANGING EXPERIENCE.”

COLETTE MAGENNIS, SCOTLAND
SUMMER IS APPROACHING, AND WHILE THAT MAY NOT MEAN SUN AND RELAXATION FOR THE INTERNSHIP-HOLDING POPULATION, READING IS THE PERFECT WAY TO UNWIND FROM A STRESSFUL DAY ON THE JOB. TREND’S RESIDENT BOOKWORM GIVES HER TAKE ON A VARIETY OF BOOKS TO STOCK YOUR SHELVES WITH THIS COMING SEASON.

If you enjoyed *Yes Please* by Amy Poehler, read: *One More Thing: Stories and Other Stories* by B.J. Novak

In this hilarious collection of short stories, Novak strung together a line of plots that will leave you questioning basic human interactions and laughing a little too loud on the subway. With stories ranging from one to 10 pages, One More Thing is the perfect book for a quick pick-me-up read.

If you enjoyed *Gone Girl* by Gillian Flynn, read: *The Girl on the Train* by Paula Hawkins

Rachel takes the same train into the city everyday, looking into a neighborhood she used to be a part of. When tragedy strikes, Rachel offers up information to the police and gets pulled in to a whirlwind investigation. When it gets right down to it, does she really know the people she was watching?

If you enjoyed *The Great Gatsby* by F. Scott Fitzgerald, read: *The Day of The Locust* by Nathanael West

In this classic, Tod Hackett, a Hollywood costume designer and background painter, works with people across the movie industry and soon falls for a rising starlet. The story tracks Tod’s interactions in the studio and with his love interest as he quickly becomes part of the Hollywood misfits.

If you enjoyed *If I Stay* by Gayle Forman, read: *Nineteen Minutes* by Jodi Picoult

Do we ever know someone? Picoult’s novel touches this question and the taboo subject of school shootings and how it ripples through a small town in New Hampshire. While the town tries to recover and move on, a trial forces witnesses and survivors to continuously revisit the nightmare.

If you enjoyed *Wild: From Lost to Found on the Pacific Crest Trail* by Cheryl Strayed, read: *Angela’s Ashes: A Memoir* by Frank McCourt

The death of Judd’s father marks the first time that the entire Foxman clan has congregated in years. Mourning his father and his marriage, he joins his dysfunctional family to spend a week under the same roof. Things quickly spin out of control as grudges resurface, secrets are revealed and passions are reawakened.
ITALIAN INFLUENCE:
spaghetti CARBONARA

WHILE STUDYING ABROAD IN FLORENCE, ITALY LAST SEMESTER, I TOOK A COOKING CLASS TO ENHANCE MY KITCHEN CONFIDENCE AND LEARN TO CREATE DELICIOUS ITALIAN CUISINE. I AM NOT AN EXPERT, BUT I HAVE MASTERED ONE DISH: SPAGHETTI CARBONARA. FOR BUSY COLLEGE STUDENTS AND NOT-SO-CONFIDENT COOKS, THIS DISH IS SIMPLE, LIGHT AND SURE TO BE A CROWD-PLEASER.

INGREDIENTS:
½ LB. BACON, CHOPPED
1 TBSP. GARLIC, CHOPPED
FRESHLY GROUND BLACK PEPPER & SALT
1 LB. FRESH SPAGHETTI, COOKED
4 LARGE EGGS, BEATEN
1 CUP FRESHLY GRATED PARMESAN CHEESE
1 TBSP FINELY CHOPPED FRESH PARSLEY LEAVES

DIRECTIONS:
1. In a large sauté pan, cook the bacon at medium heat until crispy.
2. Remove the bacon and drain on paper towels, leaving some remaining oil.
3. Add the garlic, season with black pepper and sauté for 30 seconds.
4. Place the crispy bacon and cooked pasta into the pan. Sauté for 1 minute.
5. Season the eggs with salt. Remove the pan from heat and add eggs, whisking quickly until the eggs thicken without letting them scramble.
6. Add the cheese, salt and pepper.
7. Dish into serving bowls and garnish with parsley.
REMINisce ON ONCE-IN-A-LIFETIME VACATION MEMORIES BY CREATING A MINI VACATION TIME CAPSULE.

MATERIALS:
1 GLASS JAR WITH LID
8X10" VACATION PHOTO
MEMENTOS
TWINE, RIBBON OR STRING
RUBBER CEMENT
PERMANENT MARKER
HOLE PUNCH
COLORED & WHITE CARDSTOCK

TIPS & TRICKS:
Choose a photo with natural scenery of the chosen destination.

Secure the twine in place by applying rubber cement to its inside edges. Rub off any excess glue when dried.

Write the destination on the outside of the glass jar with a paint pen for an additional personal touch.

1. Spread the rubber cement on the back of the 8x10" photo and secure it to the back of the jar to create a backdrop.

2. Arrange mementos in the jar by placing larger items toward the back and smaller items toward the front.

3. Position the lid on the jar and wrap twine around the base of the lid and tie the twine with a knot or a bow.

4. Cut a colored piece of cardstock into a 3 ½ x 2 ½" rectangle and a white piece of cardstock into a 3 x 2" rectangle to create a destination nametag

5. Glue the white paper on top of the colored paper using rubber cement.

6. Punch a hole at the top of the nametag and record the destination and year. Loop twine through the hole to tie the tag to the top of the jar.

7. Display the jar to share and remember wonderful vacation memories.
VACATION REMINISCE ON ONCE-IN-A-LIFETIME VACATION MEMORIES BY CREATING A MINI VACATION TIME CAPSULE.

TIME CAPSULE MATERIALS:

1 GLASS JAR WITH LID
8X10" VACATION PHOTO
MEMENTOS
TWINE, RIBBON OR STRING
RUBBER CEMENT
PERMANENT MARKER
HOLE PUNCH
COLORED & WHITE CARDSTOCK

TIPS & TRICKS:

1. Spread the rubber cement on the back of the 8x10" photo and secure it to the back of the jar to create a backdrop.
2. Arrange mementos in the jar by placing larger items toward the back and smaller items toward the front.
3. Position the lid on the jar and wrap twine around the base of the lid and tie the twine with a knot or a bow.
4. Cut a colored piece of cardstock into a 3 ½ x 2 ½" rectangle and a white piece of cardstock into a 3 x 2" rectangle to create a destination nametag.
5. Glue the white paper on top of the colored paper using rubber cement.
6. Punch a hole at the top of the nametag and record the destination and year. Loop twine through the hole to tie the tag to the top of the jar.

Display the jar to share and remember wonderful vacation memories.

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