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LETTER FROM
THE EDITOR

As editor in chief, I am proud to present to you RAW FORM — the first TREND issue to be printed on 100% recycled material.

While creating the 107 pages of RAW FORM, the TREND staff was prompted to view this issue not as a traditional magazine, but instead a story book. As you flip through the pages, you will get a glimpse into personal triumphs, dreams and struggles of our members in their rawest form. Some chose to shed light on concerns of our generation, or use their content to manifest what they want out of life and for the world. Whatever they chose to portray is done with a fresh and forward-thinking perspective. This issue is about using our talents to create something with a deep meaning and strong sense of purpose. RAW FORM represents a wave of people who care deeply about the issues of our time and are proactive about being part of its change.

Like a snake must shed its skin in order to grow, RAW FORM encourages readers to shed the barriers that hold them back from being the best version of themselves. The molting of the snake’s skin inspires the question, “What layers are standing in the way of the person that I want to be?” After we are able to part with the things that no longer serve a purpose in our lives, we are better able to prioritize the things that bring us joy and move us forward. As college students, we have all done this, or will do this, throughout our academic careers. Without shedding “old skin”, none of us would be the type of friends, siblings, children and young professionals that we are today. I know that many people, including myself, are grateful to have TREND as an environment for the cultivation of their change and growth.

I want to thank the entire executive team and their committee members for seeing this theme through; I have enjoyed the conversations that these topics have sparked amongst one another, and truly believe that it has led to some of the best content in TREND yet. I want to thank our advisers, Ann Thye and Chris Wise, for recruiting and inspiring TREND members for the past 13 years. To our readers, we thank you for your love and support. We hope that you are just as impacted by these stories as we are.

Signing off,

Rylie Christina Smith
A lot changes in a decade. To put this in perspective, most of us were in middle school in 2010. We’ve all grown up quite a bit since then.

The past 10 years have given us streaming, stan Twitter, vlogging, Instagram, the rise and fall of Vine, cancel culture and TikTok. But more importantly, boundaries have been broken and norms rewritten.

Our society is defined by what we read, watch, listen to and who we look up to. These platforms reflect how diversity and representation are growing and creating a new narrative on mental health, feminism, addiction and more. Based on popularity, impact and feedback from TREND executive members, these are the pop culture definers of 2010-2020.

**Books**

“Gone Girl” by Gillian Flynn (2012) redefining: the complexity of women characters

“Gone Girl” isn’t the first book to have a woman as the villain, but the complexity of Amy Dunne is one of a kind. She’s calculating, cool and selfish – the character is revolutionary because she has all of the intricacies (and maybe more) male protagonists have had for decades. Books it likely inspired include “Girl on the Train” and “Woman in the Window.”

“The Fault in Our Stars” by John Green (2014) redefining: teen romance

This book broke the hearts of teens and preteens everywhere. (OK? OK.) 10.7 million copies have been internationally, and the controversy of fans wearing “Augustus Waters dies” t-shirts at the opening night of the movie will never be forgotten. On a serious note, TFIOS gave us a truly beautiful, coming-of-age relationship to grow up admiring (although potentially leading us to set our expectations unrealistically high).

**Music**

*thank u, next* by Ariana Grande (2018) redefining: self love

Many of us remember the day Grande randomly dropped one of the biggest break-up songs of all time, with more than 944 million streams on Spotify. She sings about how her previous relationships, although painful, helped her grow, giving us a new and more mature perspective on our pasts.

*One Direction* (2010-2016) redefining: boy bands

The world has seen many boy bands, but never one like One Direction. After being discovered through *The X Factor*, the group released an album every year from 2011-2015, topping the charts with each one. The fan fiction, documentaries and sold out tours are a testament to their impact.

*Taylor Swift* redefining: pop stardom and double standards

Her official switch to pop propelled Swift into an even bigger fanbase than she had as a country singer. Her al-

**Photos** Aashray Mehta, from left to right model 1 Jacket Vans 100.00 Sweatshirt Urban Outfitters 79.00 Pants Pacsun 45.00 model 2 Shirt Model’s own
“1989” (2014) earned the “largest sales week for an album since 2002,” according to Billboard. In her memorable 2016 Grammys speech, Swift encouraged young women not to let other people undercut their success, and since then has been outspoken about the double standard against women in music. In her 2019 song “The Man,” she sings, “I’m so sick of running as fast as I can, wondering if I’d get there quicker if I was a man.”

Nicki Minaj’s verse in “Monster” (2010) redefining: women in rap
According to the podcast “Dissect,” Kanye West didn’t want to feature Minaj’s verse on his album because he believed it would take the focus away from him and the other songs. “Monster” came out before Minaj even had an album to her name, and her verse is still considered one of the best of all time. She’s broken many records since, including first female rapper to sell 5 million units and top 10 hits by a female on the Billboard R&B/Hip Hop Airplay chart.

“This is America” by Childish Gambino (2018) redefining: our activism
You can only uncover the deep meaning behind this catchy song if you really listen to the lyrics. Donald Glover raps about racism, gun violence and the way the U.S. overlooks these issues by focusing on partying and money instead. The Grammy-winning video has more than 616 million views and the song has more than 351 million streams on Spotify.

TV

Euphoria (2019-now) redefining: addiction and sexuality
This coming-of-age show tackles many different themes: drugs, abusive relationships, sexuality, discrimination, sickness, mental health and simply navigating high school. Its representation is stellar, with a transgender person (Hunter Schafer) portraying a transgender character, actors of color and women in leading roles.

The Handmaid’s Tale (2017-now) redefining: women’s rights
Set in a totalitarian society where women are treated as objects, The Handmaid’s Tale has not only won multiple Emmys and Golden Globe awards but also inspired activism. In 2017, protestors across the U.S. dressed in the Handmaid’s uniform and marched for better healthcare for women and pro-choice legislation.

Game of Thrones (2011-2019) redefining: sci-fi
According to an article by the New York Times, GOT has won more Emmys than any drama ever and it’s one of the most-watched shows of the decade. Known for its boldness, more than a few main characters were killed off and plot twists left viewers stunned. The genre has a new standard.

Orange is the New Black (2013-2019) redefining: representation and justice system
OITNB was one of the first big Netflix Originals (the streaming service recently revealed that it is the most-watched original series), catalyzing “binge-watching.” The diverse, nearly all-female cast offered an inside glimpse of the women’s prison system, bringing attention to issues and injustices surrounding it.

People

The Kardashians redefining: social media, beauty and fashion
Love them or hate them, you can’t deny their impact. Mostly everything the Kardashians put on social media becomes a trend, and the demand for their wide range of beauty and fashion products is known to break websites (hi, Kylie Cosmetics).

Shane Dawson redefining: storytelling
His multiple-part YouTube series about Jeffree Star, Jake Paul, Tanacon and other conspiracies created a new and extremely popular way of documentary-style storytelling. These videos currently have between 14-46 million views.

Tarana Burke redefining: speaking up
The woman behind #MeToo inspired people all over the world, from Hollywood sets to warehouses, to share their stories, inciting a movement of normalizing no longer staying silent.

Beyoncé redefining: empowerment
From her historically black colleges and universities-themed Coachella performance to popularizing feminism through her song “Flawless,” Beyoncé empowered women and people of color to be proud of who they are and where they came from.
Photo Aashray Mehta, from left to right model 1 Top Preservation 158.00 model 2 Overalls Preservation 242.00 Sweater Preservation 130.00 model 3 Dress Preservation 173.00
TREND’s Fashion Forecasting directors focused on the different social media pressures we experience daily, such as the unrealistic standards apps like Instagram, Twitter and YouTube place on young adults.

The committee wanted to show the impacts of social media by having the models wear a full face of makeup. To emphasize the “true self” concept of the shoot, the models wore a bare face to show innocence. iPhone cords and chargers are used as accessories, braided into their hair to show how social media is always on our minds.

The color scheme for the shoot includes three main colors—red, blue and purple. The red signifies YouTube, purple represents Instagram and blue is tied with Twitter.

With a better understanding of social media, perhaps Gen Z can distinguish their online self from their true self. Fashion Forecasting’s goal is to open the eyes of readers and make them think more about their online personas.
Photo Anshul Mehta, from left to right model 1 Overalls Preservation 242.00
Sweater Preservation 130.00 model 2 Blazer Zara 69.90 Earrings Preservation 105.00
Photo Aashray Mehta, from left to right model 1 Overalls Preservation 242.00
Sweater Preservation 130.00 model 2 Blazer Zara 69.90 Earrings Preservation 105.00
SOCIAL MEDIA KILLED THE TEENAGER
UP IN FLAMES

Photo Aashray Mehra
Dress Zara £99.00
Earrings Preservation £38.00
March 17, 2015 started off as your typical St. Patrick’s Day. I had spent my day at school going about my usual routine. As a sophomore in high school, you can imagine that my routine was very exhausting — or so I thought. I left school in the afternoon and my day progressed like it usually would, nothing out of the ordinary. It wasn’t until about 6 that evening that everything changed.

I was at the counter, having a conversation with my mom and eating dinner, when my dad burst into the house exclaiming, “Our house is on fire, everybody needs to get out.”

My dad is quite the jokester, so both my mom and I immediately burst out laughing and ignored him. That just made him more frantic, and we realized that it wasn’t a joke, it was real life.

The next five minutes were a blur. I desperately ran around the main floor of the house, grabbing everything I possibly could. When I finally could wrap my head around what was happening, I was standing on the driveway with the rest of my family. What had just been smoke coming out of the roof of the house had slowly turned into flames, creeping out and claiming its territory.

My dad had called 911, and though it only took them six minutes to arrive at the house, those six minutes were easily the longest of my life.

The next three hours dragged on. People were stopping on the road outside my house to watch the action, and family friends swarmed us, asking what we needed; it was all so overwhelming. It wasn’t until closer to 10 that night that they let us back into the house to salvage what we could.

I walked up the stairs into my now charred room and it was like being punched in the gut. I wasn’t worried about clothes or shoes — I was on the hunt for objects that held special value to me. The first thing I searched through was a drawer where I kept all of my parent’s notes and cards they had given me throughout my life, and to my surprise, they were all still intact.

From that day forward, my eyes were truly opened to the saying, “Always be thankful for what you have, you never know what could happen next.” In the year it took to rebuild our house, I feel like I completely changed as a person; I paid attention more. I paid attention to other people’s actions and words because you never know what struggle someone is going through. I paid attention to materialistic objects a lot less. And I learned to appreciate my family so much more, as we were each other’s rock through that year of recovery and rebuilding.
THE BASICS

The Imposter Syndrome, also known as the Imposter Phenomenon, is a form of insecurity that causes one to believe their accomplishments and successes are all undeserved — that they aren’t skilled enough, talented enough or smart enough to achieve their goals, and that their success is a façade. According to “The Imposter Syndrome Trap” by international keynote speaker Carol Kinsey Goman, the Imposter Syndrome is “the fear of being exposed as a fraud.”

“Imposter Syndrome, in short, is the feeling that you’re a fraud or that you don’t belong in a particular space,” said Jillian Kurovski, peer wellness educator at Iowa State. “It’s feeling like someone is going to eventually find out that you’re a fake.”

The term “Imposter Phenomenon” was coined by Clance and Imes in 1978 to describe the sense of internal fraudulence experienced by successful women. The study consisted of 150 high-achieving women in the professional world, as well as undergraduate and graduate students. Women in the study came from medical, law, social work, higher education and other professions; though they all were part of the study because of the extent of their achievements, each of the subjects denied that they were successful or talented in their endeavors at all. Clance and Imes described the subjects as “not [experiencing] an internal sense of success” and that “they were afraid they were ‘imposters.’”

THE PRESENTATION

Imposter Syndrome most commonly presents itself as doubt in your abilities or successes. It’s most commonly sparked by the stresses of professional or academic environments, but it can also be triggered by personal conflicts.

“For me, a lot of my Imposter Syndrome stems from gender and sexuality,” Domenic Gardner, Iowa State psychology student, said. “The more I got into [the LGBTQA+] community, there was so much to learn. I felt like I had to move so fast through it, and I needed to portray that I knew everything.”

Imposter Syndrome-like feelings often stem from comparing successes to others. Having easy access to other’s successes, whether it be through social media posts or casual conversation, usually doesn’t give the full spectrum of that situation. Everyone
goes through failures on their way to success, but it tends to be easier to locate other people's strengths than our own.

Likewise, it's usually easy to identify and dwell on our own failures. Having this imbalance of information leaves room for the thought that everyone else is struggling less than you are, or that you aren't competent enough to get from point A to point B without any complications, like everyone else can.

"Part of Imposter Syndrome is not knowing the difficulties your peers have faced on their journey of success," Kurovski said.

The Imposter Syndrome is an internal, psychological phenomenon that tends to be a lifelong struggle. According to Kurovski, people of all ages experience the Imposter Syndrome in their daily lives.

Murphy has “made it” by most college students' standards — an assistant professor, he has locked down a job in the field he's passionate about. Though he's made it past the finish line of graduation and assimilation into the professional world, Murphy said that those feelings of inadequacy didn't go away once he got his own office.

“I am fairly early in my career, and while there is great stability in my position here, it is not iron-clad, so I know that contributes [to my Imposter Syndrome],” he said. “It just lurks there, waiting for me to feel vulnerable enough to call my place here into question. [My students] seem genuinely surprised to hear that I know about it, and even more so that I struggle with it too.”

**THE TREATMENT**

The Imposter Syndrome has a way of pulling people out of reality — and making hard-working, dedicated, talented and capable people feel like lazy, lucky, incompetent imposters. If you feel that you're getting sucked into Imposter Syndrome ideology, it's important to get your facts straight. Talk to people who know you and have seen your journey; Kurovski recommended these three steps to alleviating symptoms of Imposter Syndrome:

1. Talk to your peers.
2. Talk to mentors who have found success.
3. If talking isn’t for you, create avenues of personal affirmation, such as writing encouraging notes to yourself or actively remembering the small successes in each day.

“Finding empathy helps to curb Imposter Syndrome,” Kurovski said.

Where Kurovski prefers outward reassurance to keep Imposter Syndrome at bay, Gardner prescribes some series introspection.

“The cure to the Imposter Syndrome is self confidence. That is the root of the problem and the root of the solution. A lack of invites it in, and attaining it weeds it out.”

**Photos** Allie Hoskins
When the theme for TREND 27 was released, Ready to Wear co-directors Cassidy Streiff and Carley Wyble immediately thought of the serious issue we have with sustainability in our world. The committee thought wanted to mix fashion with actual recyclable items to emphasize the sheer volume of things we throw away. For the photoshoot, Ready to Wear used sustainable fabrics and recycled materials.

“It sends a message, like how can we replace the items we use to make clothing into more sustainable items to make a happy world,” said Streiff. “You can make a lot out of nothing. It really makes a difference.”

“I hope people take away from our message the importance of being sustainable,” said Wyble. “We have to think about how we make our clothes and how we can use raw materials to make our clothes. There’s the importance of being smart with recycling.”

Ready to Wear was stunned by how easy it was to make clothes out of things that you would normally throw away. Knowing that you can create something unique out of objects that others throw on the ground is powerful. This project inspired the committee to work on being sustainable in their daily lives.
Denim Jumpsuit  Target  $35.00

Boots  Dr. Martens  $140.00

Photo: Allie Hoskins, Jumpsuit Target  $35.00 Boots Dr. Martens  $140.00
Allie Hoskins, T-shirt PacSun 27.95 Cargo Pants PacSun 49.95 Boots Dr. Martens Long Sleeve Model's own
SUSTAINABILITY REIMAGINED

Photo Matthew Senger, from left to right model 1 Jumpsuit Target $35.00
model 2 Jacket Model’s own model 3 Jacket Model’s own Boots Dr. Martens $140.00
Photo Matthew Senger, Jumpsuit Model's own Boots Dr. Martens $40.00
Photo Matthew Senger, from left to right model 1 Shirt Forever 21 12.45 Pants Dickies D&L 40.00 model 2 Jumpsuit Model's own Boots Dr. Martens 140.00
Dating in college isn't a linear experience; what's normal for one person may be completely foreign to another. From long-term relationships to talking on Tinder, everyone has their own story to tell about love and dating in this stage of life.

Here is a collection of short stories about college relationships as told by five unique couples.

**Ian & Aliya**

“She’s the last person I want to see before I go to bed and the first person I want to see when I wake up.”

Ian Langsev and Aliya Johnson met on the school bus on the first day of high school, started dating on Oct. 4, 2013 and have been together ever since. Their family homes neighbor each other, which is something that makes their relationship unique — family is very important to both of them, and Aliya explained that they have become a part of each other’s families over the past six years.

They both attend Iowa State University, but Ian explained they decided to live separately in college to ensure they’re able to have different experiences. Neither Ian nor Aliya feel like being in a long-term relationship has hindered their time in college.

“I have never felt like I had to say ‘no’ to opportunities because my boyfriend would be mad at me or that it would threaten my relationship.”

Ian and Aliya have similar aspirations and are excited to execute their future plans, which involve getting a dog, side by side.

**Megan & Nate**

“Everything that I would do if I was single, I’m doing in my relationship. We have a lot of fun together.”

Recent Iowa State grad Megan Frisch met her boyfriend Nate Henry, a senior at Iowa State, at a mutual friend’s birthday party in Aug. 2018. Megan and Nate had a year-long stint of “talking” before deciding to make things official in June, which Megan admitted took a toll on her.

“I felt really confused by it all, but the moment he introduced me as his girlfriend — he never asked, it just was what it was — the relationship felt stronger and there was a more intense closeness I can’t explain,” Megan said. “Maybe it made us stronger in the long run? Hard to say, but I wouldn’t change a thing.”

Megan said that the best part of being in a relationship with Nate is having someone by her side during the most transformative time of her life. She graduated from college in May and is now working full time while Nate finishes school.
“They’re soul mates,” said Kelsey Steinbach, Megan’s roommate, when asked to describe the couple. “They’re so alike in weird ways and are always on the same page. They end up wearing matching outfits by accident a lot.”

For Megan, the hardest part of having a relationship is balancing it with all of the other moving pieces in her life: friends, family and work. When Nate graduates, Megan said things will definitely look different for them, but she’s confident in their relationship’s ability to succeed.

Jaydin

“I wouldn’t define our relationship as casual or serious; there are moments when it’s definitely more casual or moments when it’s more serious, but I think that’s what is best for the both of us right now — just something fun and easy.”

Jaydin Burley, a junior at Iowa State, has been “talking” to a guy she met at a friend’s party for around 10 months. Talking can be defined in many different ways — some people believe it equates exclusivity, whereas others feel free to explore other options simultaneously. In this situation, both parties consider their relationship to be exclusive. Jaydin and her partner text every day and hang out four to five times per week, whether that be getting lunch together, going out or having a sleepover.

In regards to the future, Jaydin’s partner explained that he sees the potential for something long term, but he’s not sure if it will ever get to the point where they’re “dating.” They both care a lot about each other and are invested in each other’s lives, but they’re enjoying how things are going right now and don’t feel the need to change it.

“I just think that things are going well and I live by the statement, ‘if it’s not broke, don’t fix it,’” he said.

Austin & Aaron

“I learned a lot in college, but the most important thing I learned was how to love someone and be loved by someone.”

Austin Bartenhagen, a senior at the University of Iowa, met his boyfriend Aaron Caldwell at a bar in Iowa City almost four years ago. They started dating a month after they met. Being with Aaron has helped Austin discover a sense of “home” in a stage of life where there is a grey area in regards to where home truly is.

Austin doesn’t think he missed out on hook ups or parties in college by having a long-term relationship, but he does feel like he missed out on figuring out who he is as an individual. His biggest regret is not studying abroad in Australia, a long-time dream of his, and choosing to stay in Iowa City in order to maintain his relationship with Aaron.

Still, Austin wouldn’t change a thing.

“The best part of having a relationship in college is having somebody to help you in the most confusing, stressful, exciting time of your life,” Austin said. “Having somebody who believes in you, and makes you smile on your worst days is a pretty amazing thing to have.”

Emma & Cameron

“Long distance is hard, but so are relationships in general.”

Emma Vanryswyk and her boyfriend Cameron Madson are middle school sweethearts — they met on the first day of sixth grade, and he asked her to be his girlfriend at their eight-grade jazz band concert. Now, Emma is a junior at Iowa State and Cameron is at the University of Kansas. They are currently living four hours away from each other, and it will be that way until they both graduate in 2021.

“To me, the hardest part of being long distance is having my life here at school, where I have amazing friends and incredible experiences, then also having a life with him, and trying to get the two of them to fit together,” Emma said.

Emma and Cameron always see each other at least once a month, but they shoot for twice. They have an end goal, graduation, and cope with the distance by remembering that soon they won’t have to be far away from each other anymore. Emma doesn’t know if she would say long-distance relationships in general are worth it, but she knows for a fact that her relationship is worth putting in the work for.

REAL-ATIONSHIPS, IF YOU WILL.
For the theme of Oddity, Runway co-directors Sammy Patterson, Megan Stewart and Cassy Eaton looked to their favorite celebrities for inspiration: icons such as David Bowie, Andy Warhol and others who have paved the way creatively, and shown that stepping out of their comfort zones helped on their path to becoming icons.

One of the main struggles with putting together photoshoots, outfits and mood boards surrounding the theme of oddity was simply that: putting it all together and turning such an abstract concept into a reality.

The Runway co-directors created scenes and assembled outfits to be open to the viewer’s interpretation. What makes something so odd anyways? Is it the allure of being in the anomaly? Or simply the curiosity of being involved with popularizing a possible trend? Being yourself, acting boldly and embracing the abnormal parts of life are all aspects of Oddity incorporated by the Runway co-directors.
Photo: Matthew Senger
Shirt Dress: Zara $49.90
Blue Top: Zara $39.90
Jeans: Revive $88.00
Boots: Vera Wang $60.00
Earrings: Express $22.95
Photo Matthew Senger, Blouse Zara 49.90, Pants Zara 69.90, Heels Giannibini 100.00
Photo Matthew Senger, from left to right Bralette Victoria’s Secret 39.50  
Blouse ASOS 56.00 Blue Top Zara 39.90 Earrings Express 22.95
OPEN TO INTERPRETATION

Photo Aashray Mehta, from left to right model 1 Hat ASOS 19.00 Trench Coat ASOS 190.00 Boots ASOS 40.00 model 2 Dress Zara 69.90 Tights Target 8.00 Boots Forever 21 34.99 Purse Guess 40.00
Photo: Matthew Senger. Hat: ASOS $90.00 Trench Coat: ASOS $190.00 Boots: ASOS $40.00
Photos Aashray Mehta, Dress Zara 69.90, Tights Target 8.00, Heels Shoe Carnival 49.99
Photos Aashray Mehta, Blazer ASOS 139.00 Button Up J. Ferrar 50.00 Pants ASOS 85.00 Shoes Dr. Martens 120.00
On any given day, 152 million children ages 5 through 17 are in child labor and of which, 73 million are in hazardous work, according to a most recent report by the International Labor Organization.

Children are forced into child labor all around the world, On any given day, 152 million children ages 5 through 17 are in child labor and of which, 73 million are in hazardous work, according to a most recent report by the International Labor Organization.

The fashion industry can’t regulate all stages of production and the supply chain market is too broad. Because of this, child labor is undistinguishable and hard to track for the industry to pay attention to the makers of the materials and apparel.

Children are working extensive hours with minimum wages in dangerous and unsound conditions. Their diligent work in textile and garment factories endangers their health, safety and well-being.

The apparel industry doesn’t require education or high-skilled labor. A lot of the jobs don’t entail training at all.

“The apparel industry is the most labor-intensive because of the nature of the fabric,” said Dr. Elena Karpova, professor of apparel, merchandising, and design. “It’s very hard to use robots on fragile and flexible fabric unlike computers, furniture or cars. For fabrics, it’s much more difficult, people’s hands are required.”

There are no unions to protect children and their rights, and their social mechanisms haven’t fully developed. Children are too young to know their place in society, which makes them vulnerable and easy to take advantage of.

“Children are easier to abuse and manipulate because they’re not stable, emotionally, mentally and physically,” Karpova said. “Children are an easy target and you don’t have to pay them as much as adults.”

Child labor is prevalent in the fashion industry because there are no income sources for affected families to ensure safety and health for their children.

“Either they are sent to work, or they go to work. For younger girls, it’s the choice of prostitution or factory work,” Karpova said.

With the click of a mouse, consumers can shop from various brands at inexpensive costs for the latest trends. Designs from the catwalk quickly turn into mainstream merchandise. Retailers have to react suddenly by producing low-cost clothing. Fast fashion consumes our society causing the fashion industry to compete with these demands and to do so they find sources at a cheaper cost with rapid manufacturing.

“Consumers want less and less expensive items,” Karpova said. “Consumers like brands and if they can’t afford brands, they buy counterfeits.”

Karpova illustrated the impact fast fashion has on the industry. Companies need to make a profit, and making a profit has become more difficult because consumers have choices. Now, people can shop for the lowest price online from retailers all around the world, which drives competition between companies.

The competition to mass-produce apparel before another company markets it online and in-store can cause hiccups.

Within the industry, brands contract to certified factories. Sometimes the factory is overbooked due to high demand, so the order is passed to a different, uncertified factory unbeknownst to the brand.

Consumers are contributing to this unethical issue without being aware of it. Every time you purchase a pair of jeans, do you ever ask yourself who dyed these? What about a classic wardrobe piece like a plain white tee — do you ever wonder who picked the cotton? Each piece of apparel in your closet traces back to somewhere, someplace and someone.

Well-known clothing brands have been caught in the fire of child labor scandals. H&M, Gap and Zara are just a few to list who have faced allegations of child labor in the past.

In 2016, The Guardian reported that H&M worked with clothing factories located in Myanmar who were employing 14-year-old children to work 12-hour days. In another article by The Guardian, Gap was investigated for two factories it contracts with, which failed to accomplish Gap’s code of conduct with wages, hours and safety.
Fashionista published a story about Zara’s Brazilian suppliers who employed workers at four-years-old in dangerous work conditions.

“All brands are very well aware of child labor and make sure all of the factories have their boxes checked,” Karpova said. “Brands are conscious of the negative image they could potentially have if caught hiring children.”

Consumers can do their part of eliminating this unethical issue by shopping with transparent brands, purchasing less, thrifting more or donating clothing.

“There are many businesses available that guarantee transparency to the second ends to a supplier level,” Karpova said. “It may be a little more expensive and college students may not always have the ends to meet, however, there are so many options you can buy through resale or preloved fashion.”

As a professor of apparel, merchandising, and design, Karpova has noticed over the years that fashion is moving into the direction of options to shop while being fashionable yet reasonable. Thrift shopping is a budget friendly and sustainable option popular among her students.

One step to tackling this unethical issue is to ask questions in order to hold brands accountable. Consumers have the power in their hands to engage in social media channels about brand practices. Doing so forces the fashion industry and brands to respond to their consumers’ concerns.

“Clearly it’s black and white; no one would say child labor is good and no one wants to wear clothes made by children,” Karpova said. “But it’s such an invisible thing and so hard to trace down. Everyone is against it, but no one is doing anything specifically.”
Photo Aashray Mehta, Boots Forever 21 20.00 Socks Urban Outfitters 12.00
This photoshoot aimed to capture the “journey to self,” targeting objectification in the media. By showing shots of the body and ending with shots of the face, Accessories directors Ann Nguyen, McKenna Miller and Ashley Castleman show there are people and personalities behind what is seen in the media.

“Women are not just objects to be enjoyed,” said Nguyen. She explained that their inspiration behind the shoot was the sexualized and objectified portrayal of women, “so we wanted to tie back into the idea that there are people behind these body parts.”

Castleman said her favorite accessories from the shoot were a mirror prop from Portobello Road, a rhinestone belt that they wrapped around a model’s wrist and the hair accessories. “Hair accessories have been a huge trend recently, so we wanted to incorporate different styling with unique hair clips,” she said.
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Photo Aashray Mehta, Studded Ring Portobello Road 5.00 Figure Eight Ring Preservation 72.00 Belt Model’s own Compact Mirror Model’s own
Photo Allie Hoskins, Bag Zara 35.00 Stud Ring Leona Ruby 38.00
Ring Portobello Road 5.00
STOP OBJECTIFICATION

Photo Matt Senger, Ring Preservation 72.00 Earrings Preservation 352.00
Photo: Aashray Mehta, V Ring, Leon Ruby 38.00, Sofia Necklace: Preservation 103.00
Mila Necklace: Preservation 90.00, Signet Ring: Preservation 115.00, Studded Ring
Portobello Road 5.00, Celine Ring: Preservation 115.00, Choker: We the Dreamers 28.00
Photo Aashray Mehta, from left to right Boots Nordstrom 40.00 Purse T.J. Maxx 15.00 Socks Urban Outfitters 14.00 Box Bag Zara 49.00 Boots Forever 21 20.00
Photo Aashray Mehta, Hair Clip Urban Outfitters 10.00 Ring We the Dreamerz 58.00 Basket Portobello Road 32.00 Heels Forever 21 20.00 Socks Urban Outfitters 8.00 Bracelets We the Dreamerz 20.00
Photo Allie Hoskins, **Hair Clips** Leona Ruby 30.00 **Earrings** Leona Ruby 30.00
Photo Aashray Mehta, Celine Ring Preservation 115.00 Signet Ring Preservation 115.00
Virgin Mary Ring Leona Ruby 62.00 Sunglasses We the Dreamerz 8.00 Wristlet We the Dreamerz 36.00
Photo Aashray Mehta, Pink Pearl Clip Urban Outfitters 5.00 Star Clip Amazon 8.00
Pearl Moon Clip Amazon 8.00 Rainbow Hair Clips Leona Ruby 28.00 Shimmer Clip Set Urban Outfitters 5.00 Circle Clips Portobello Road 4.00 Infinity Clip Amazon 8.00
For as long as I could remember, I had dreamed of moving to New York City after high school and studying fashion there. But as high school graduation loomed closer, I realized how much change that would truly entail. I didn't decide to attend Iowa State until the April before my freshman year of college began, and I wasn't convinced that I would like it.

Growing up in Iowa, I never found myself happy with my surroundings. My hometown bored me. I thought that because of my interest in things like fashion and writing, I could only be content in a big city environment that's considered a hub for my passions. This mindset plagued me for most of my youth, and I was incredibly worried that since I was attending college in the Midwest, it would continue into my college years.

When I arrived on Iowa State's campus, I was nervous and unsure about what my experience to come would hold. Move-in day was a whirlwind of emotions; I said goodbye to my family and met new people who were strangers at the time, but would soon grow to be my best friends. I didn't know it then, but I was about to enter the best chapter of my life so far.

Despite my reservations about Iowa State, I quickly grew to love everything about it. Never before had I been in a place where I felt so at home so quickly. The people who I met in my classes, dorm and extra curriculars rapidly became some of the most important people in my life, and they made Ames home for me.

Any doubts that I had about attending school in Iowa faded away as my freshman year progressed. The fear that I would feel a longing for something more and that I couldn't thrive where I was, disappeared. I always thought that a part of me would wish that I had taken the leap and gone to New York City immediately after high school, but I realize now that I made the right decision by staying in Iowa — if only for just a few more years. Staying in the Midwest taught me that finding fulfillment and happiness is about what you do, not where you are. You are in control of your own success and you can succeed anywhere.

Being at Iowa State has also shown me that success doesn't have to mean getting straight As or securing the best internship, it's about finding happiness in where you are and what you're doing in your day-to-day life. There's plenty of time in life to think about the big picture, but it's important to not forget the pieces that make up that picture. Finding joy in being with your friends, working on something you're passionate about and the little triumphs of everyday existence are just as important as achieving your big-picture goals.

After graduation, I still hope to follow my dream and move to New York, but I know that I don't have to do that to be happy. Going to school at Iowa State was the best choice I ever made, because it taught me that home isn't about where you are — it's about what you make it.
RAW FORM

ISSUE
TWENTY-
SEVEN

BEAUTY
TREND beauty directors Mia Woodwick and Alyssa Brascia harnessed the power of emotion to fuel their theme of Euphoric Emotion. The emotions represented — lust, envy, verbosity, grief and euphoria — show the haziness of the state of each emotion through makeup, capitalizing on the highs and lows of each.

“We wanted models to embody the emotion they were assigned. The models we chose were based on what emotion they could represent best, translating to an unapologetic wave of emotion,” Brascia said.

The makeup looks are original — each one with contrasting elements, meant to provoke a gut feeling. Exploding in color, each look is different, but they come together to create a palette of emotions.

“People are getting more creative now more than ever. Euphoria makes people push their creative side, and it is very empowering,” Brascia said. “People are going to stop playing it safe with makeup, and that is definitely something to be celebrated.”
Photo Aashray Mehta, Makeup Power Studio Hair Valor and Violet
WE ARE DRIVING THE BEAUTY INDUSTRY WITH OUR RAW FORM

Photo Matthew Senger, Top Aritzia 88.00 Shorts Aritzia 20.00
As we sit behind our screens and analyze society’s favorite people and sometimes role-models, we have to make a decision: give into the formed trends the beauty industry provides, or stop letting the industry define us and make the industry what we need instead?

It’s time to uncover who’s under this industry, the raw and real people who purchase the products and follow the brands. As a society it’s crucial to be self and culturally aware of how the industry is helping and hindering personal growth.

So, what do you think — are we driving the industry to help identify who we truly are, or is the industry driving us?

Who are you and where are you from?

Pia - pronouns she/her
Hi, my name is Pia Velasco and I am 28 years old, living in New York City originally from Mexico City, Mexico. I’m a Hispanic American and have dual citizenship. Excitingly, I just landed a new job as a senior beauty editor at Hello Giggles.

Ethan - pronouns he/him
My name is Ethan and I am a junior at Iowa State University studying graphic design. I’m 20 years old and originally from Des Moines, Iowa.

Bailey - pronouns he/him
I’m Bailey Coronis, a 20-year-old student at Drake University studying digital media production. I was born and raised in St. Paul, Minnesota.

Emma - pronouns she/her
My name is Emma Gosnell and I’m a 21-year-old apparel design student at Iowa State University. I was actually born in California but was adopted into a family from Iowa. I was raised in West Des Moines.

Does the beauty industry help you express your identity?

Pia: Absolutely. My views on beauty have always been more traditional because of my background, being from a culture that pays extreme attention to our presentation and how we look. I’ll never forget, my grandmother once told me, “women who don’t wear earrings are like a rose without petals.” I am more confident when my skin is clear and my eyeliner is even, helping me feel more put together and professional.

Ethan: My life doesn’t revolve around the industry, but I do try to look good and feel like my best self every day — that’s what exudes confidence. The beauty industry isn’t just makeup. I shave my face every other day and love having longer hair.

Bailey: For me it does. I occasionally will wear a light concealer or highlighter, but I have a set “beauty” routine in the morning when it comes to washing my face and keeping up with personal hygiene to look nice. But it goes deeper than that. How I present myself and my personal brand I’m creating is so important. I want to always smell good, feel good and look professional.

What beauty trends have helped you come into your raw form?

Pia: There have been so many scientific advancements about ingredients in our skin care. Being a vegetarian, cruelty-free products are extremely important to me, shedding light on who I am in all aspects of life. My health is so important and I want clean products that are trustworthy, that can live on my shelves and that I am proud of. I’m so grateful that the beauty industry sees the importance in that as well.

Ethan: Skin care for men has become extremely popular, integrating the idea that skin care is important for both men and women. With this recent advanced idea, I have been able to exude more confidence because of my healthier skin.
Photos Matthew Senger
**Bailey:** I used to have bad acne growing up and went to a dermatologist to be more confident in my own skin. I’m a scent-influenced person; I love adding lotion, cologne or Chapstick to make me feel complete.

**Emma:** Living in today’s society, I know I can wear my hair how I please and not feel judged. The beauty and fashion industry have become so accepting of being natural and allowing self-identity to shine through, no matter your background or culture. I love skin care and feel it’s the foundation of the industry. Everyone wants to feel confident in their skin and to feel most like themselves. I’m so happy skin care has become more prevalent.

**Has the beauty industry hindered your self-growth in any way?**

**Pia:** It used to. While I was growing up, Caucasian beauty was what the world saw. Latina culture was hardly represented, and when it was, it was with stereotypes. I wore colored contacts in an attempt to look whiter. I wore SPF 70 in the summer to keep my skin from bronzing the way it should. Thank gosh this isn’t an issue anymore. When I moved to New York, I was able to come back to my roots. I came into my raw form because the industry had a shift in what the world saw as beautiful. Suddenly, the world became more accepting to others and being different was unique.

**Ethan:** I don’t think so. The beauty industry has helped me be creative and show who I really am, as the world is becoming more accepting. There used to be a stigma about masculine people using beauty to help groom themselves and thankfully that stigma is almost gone.

**Bailey:** Not personally. Societal norms have transformed how I want to look, especially not wanting acne or blemishes. The industry is helping people be more confident, and I love it.

**Emma:** Personally, no. One issue our generation has is clinging onto pop culture, because we idolize celebrities when it comes to dress, beauty products and lifestyles. It has recently become a “trend” or “fad” to wear cornrows and call them Kim Kardashian braids. Coming from an African-American perspective, these are tribal braids that have been in our culture since the beginning of time. And this isn’t the only example, this happens all the time. We need to be more educated and informed so the industry doesn’t hinder us. There are negative connotations that come with the beauty industry but if you stick to being who you are and original, the industry can’t take you down. You have to find the goodness in it to get the most out of it.

**What should young people know about getting into the beauty industry while discovering themselves?**

**Pia:** If you’re entering the industry, read up on the science. Challenge yourself to look past the brands and make sure what you’re putting on your skin is healthy for you. Don’t just listen to your favorite YouTuber or blogger but inform yourself, make those choices for you. I would also challenge them to listen to their gut and wear what makes them feel good.

**Ethan:** Be spontaneous. Don’t care what others think, do what makes you happy. I’m thankful I have been able to do that.

**Bailey:** Play a bit — you don’t know what will come out of personal experimentation or who you could potentially become.

**Emma:** Understand your self-worth before experimenting. Make sure you have a good grasp on being original and what you want out of the industry. Staying true to your values is important and then have fun with it — creating is so beautiful.

Our generation’s beauty standards can be ruthless. We’re striving for excellence, seeking innovation and pushing acceptance for all. Our raw forms are unique and one of a kind. The beauty industry is allowing our original characteristics to see light. We’re driving the industry, and the industry is listening.
TREND
FOR MEN
The concept for the Trend For Men Ready-To-Wear spread came to fruition after brainstorming sessions between Erin Klinger (director), Hannah Harms (director) and Grace Erickson (assistant director). They had many initial ideas that they morphed together to form the final product, “Fine Line.”

“We wanted to highlight the ‘fine line’ between femininity and masculinity when it comes to fashion and showcase ways that men can express their feminine side with their wardrobe while still keeping a masculine edge,” said Klinger.

The committee drew inspiration from male celebrities who push gender boundaries with their wardrobe, including Harry Styles, Lil Nas X and Freddie Mercury. The pieces in the shoot were selected with gender neutrality in mind, and the committee opted for intriguing and eye-catching pops of color.

“The intention of ‘Fine Line’ is to communicate that fashion should be about having fun and expressing yourself. ‘If you like it, wear it,’” Klinger said. “Ignore boundaries and just be you.”
Photo Allie Hopkins, from left to right model 1 Denim Overalls ASOS 64.00 Sweater ASOS 25.50 Beanie Urban Outfitters 15.00 Shoes Primark 5.00 model 2 Turtleneck ASOS 40.00 Vest ASOS 48.00 Pants ASOS 22.00 Belt Target 12.00 Glasses Versona 10.00 Sneakers Converse 150.00 Large Chain Necklace H&M 20.00 Chain Necklaces Portobello Road 14.00 Watch & Bracelet Model’s own
White Ribbed Turtleneck ASOS 40.00
Pink Utility Vest ASOS 48.00
Leopard Pants ASOS 22.00
Leopard Pants ASOS 22.00
Belt Target 12.00
Blue Glasses Versona Accessories 10.00
Converse Converse 150.00
Chunky Chain Necklace H&M 20.00
Chain Necklaces Portobello Road 14.00
Watch & Bracelet Thrifted
Photos Aashray Mehta, Top ASOS 15.00, Pants ASOS 64.00, Cardigan ASOS 48.00, Rings & Earring ASOS 25.00, Boots Dr. Marten 150.00, Necklace Model’s own
IGNORE BOUNDARIES
IGNORE BOUNDARIES
IGNORE BOUNDARIES
IGNORE BOUNDARIES
Photo Matthew Senger, from left to right model 1 Hat Amazon 10.00 Sweater Model's own Pants Model's own Fanny Pack ASOS 19.00 model 2 Sweater ASOS 44.00 Pants ASOS 46.00 Belt Amazon 9.00
Trend for Men Runway focuses on mental health in TREND 27 — how it can affect people, and how those affected present themselves to the world. Directors Meghan Shouse, Breann Weishaar, Samantha Morgan and their committee members capture depression, anxiety and other mental health struggles through fashion, makeup, posing and photography.

“Trend for Men Runway focuses on mental health — how it can affect people, and how those affected present themselves to the world. Directors Meghan Shouse, Breann Weishaar, Samantha Morgan and their committee members capture depression, anxiety and other mental health struggles through fashion, makeup, posing and photography. This was an important topic for all of us — Sam, Bre and me — as well as basically every other college student because if you don’t deal with depression and anxiety yourselves, you know someone who does,” Shouse said. “It’s a very prevalent topic that’s still seen as taboo.”

Bright clothing represents the facade presented to the world by the many individuals who struggle with mental illness. To contrast that image, one model is styled in a dark ensemble to show the true nature of what those struggling with mental illness may be feeling.

Lighting was a big component used in the execution of the concept. “We used lighting and shadows to play with the mood of the shoot. We wanted to convey the highs and lows of how you can feel when struggling with a mental illness through the use of light,” Weishaar said.

“We chose everything very carefully and with a purpose, from the hair styles to the socks. I hope Trend readers view our spread as unique and telling, and that it gives them some comfort that mental health is such an important topic to be talked about,” Shouse said.
Photo: Matthew Senger

Suit Jacket: ASOS 143.00
Sweater: Model's own
Pants: ASOS 64.00
Shirt Urban Outfitters 49.00
Pants H&M 36.00
Socks Amazon 10.00
Shoes Model's own

Photo Ashray Mehta, model 1

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Photo Allie Hoskins, Sweatshirt Model's own Coat Model's own
Inspired by the over-usage of technology and its replacement of real experiences, TREND for Men Accessories used pieces reminiscent of Woodstock and ’70s fashion to portray the message of living in the present and diminishing distractions.

For their photoshoot, TFM Accessories directors Gabrielle Brainard and Lily Lucas requested a film camera and gave models little direction in order to capture moments in their most natural state.

By focusing on the present moment and limiting the distractions of technology, you are able to see things for what they truly are and cherish the moments you experience.

Using accessories such as colorful rings, watches, bucket hats and fringe, TFM Accessories directors created a nostalgic aesthetic with pieces inspired by ’70s fashion.
Photo Allie Hoskins, from left to right model 1 Hat ASOS 6.50 Necklace ASOS 11.50 model 2 Sunglasses ASOS 13.00 Necklace ASOS 9.50 Chain Belt ASOS 18.00 model 3 Watches Amazon 18.00 Necklace ASOS 11.50 Rings ASOS 15.00
Photos Allie Hoskins
The holiday season is approaching, and with it comes a flurry of jewelry ads featuring sparkling earrings, shining rings and shimmering necklaces. It’s a narrative that society is well-versed in at this point: the trinket under the lights of the Christmas tree for the unsuspecting girlfriend, wife, mother. The gasp. The man, confident and smiling at his brilliant gift idea. All followed by some jingly trademarked tune that sounds like a tiny ballerina dancing over snow-covered sapphires.

For decades, jewelry has been seen mostly as an accessory for women. Earrings, necklaces, bracelets, anklets, body chains, rings and more have been consistently marketed towards women and girls. From Claire’s to Cartier, the market is saturated with stores advertising almost exclusively to a female audience. Jewelry is only marketed to men when they are told to buy it for women.

Until recently.

According to the market research company Euromonitor International, global sales of men’s luxury fine jewelry increased 22%, reaching $5.3 billion in 2017, up from $4.3 billion in 2012. Men are buying and wearing more jewelry for themselves, the trend becoming increasingly common among younger Millennials and Gen Z’s. While the trend is increasing, there is still a stigma that men who wear jewelry are gay.

“I don’t see accessorizing as feminine, I just think it makes me look more put together,” said Geddy Colarossi, a chemistry major at Iowa State University. Colarossi began wearing jewelry in his senior year of high school. Last year, he got his ears pierced. “My parents are very against piercings and everything, so I just didn’t tell them. I just showed up back home with it done.”

Colarossi said the pushback could be because of lingering toxic masculinity ideas in society. He identifies as bisexual, and says that he gets treated differently by straight men depending on whether or not he’s wearing jewelry. When he’s wearing jewelry, he says straight men seem to be more comfortable around him, which he speculates is because they equate the jewelry to homosexuality, and can therefore more easily place him into a category.

David Rios, a junior in marketing at Iowa State, echoes these statements. “I think maybe people would question my sexuality. But I’ve never been one to base my appearance off of others’ opinions though, and I don’t think it matters if you like something,” he said.

According to Jennifer Gordon, a fashion historian with a doctorate in apparel, merchandising and design, what is masculine and feminine within fashion “is really something that is socially constructed — and it changes depending on the historical period you are looking at.”

**MEN’S JEWELRY, RESURRECTED**
Photo Matthew Senger, Sweater Zara $99.90 Chains Model’s own Pocket Watch Zara $99.90
Men’s jewelry has come in and out of style during different periods in history, whether for religious or spiritual purposes, as a status symbol or just as decoration. Images still survive from the Byzantine era of men wearing elaborate jewels on their garments.

“The use of jewelry by men waxes and wanes. We see men wearing a wide variety of jewelry or jeweled items from the 16th to 18th centuries, but less so in the 19th century and the first half of the 20th century,” said Gordon.

During the ’60s and into the ’70s, men’s jewelry came into fashion again in a trend known as “The Peacock Revolution.” During this time, there was greater variety and expression available to men. “You see more flamboyant clothing for men. Brighter colors, prints, embroidery — menswear became more varied and decorative than it had been in many years,” said Gordon.

The current trend seems to suggest this generation is headed in the same direction. In the Dior Homme’s spring 2019 show, artistic director Kim Jones included linked chokers designed by Yoon Ahn, co-founder of popular unisex jewelry label Ambush. Alexander McQueen’s spring 2019 menswear show also featured necklaces with jet-black Swarovski crystals and medallion pendants.

The NPD Group, Inc., another market research company, reports that necklaces and chains generate one-quarter of men’s jewelry sales in the U.S., right behind rings which generate one-third of men’s jewelry sales, and account for almost two-thirds of the industry growth.

“I think the industry is starting to consider beyond the binary in terms of gender, with many brands now designing for those who do not fit within a binary,” said Gordon.

The hip-hop and R&B communities have been part of the influence. Rappers like Post Malone, Lil Uzi Vert and Young Thug are all notorious for sporting blinged-out necks and fistfuls of rings. Songs with lyrics bragging about diamonds and chains, and flaunting “iced out” accessories has fueled the idea that jewelry equates to status. This idea has led a new generation of men to see certain types of jewelry, that had previously been considered feminine, as something that can also be masculine. Earrings for example have risen to popularity again from the ’90s, along with a handful of celebrities including Zayn Malik adopting nose piercings.

“My parents would hate it if I got any piercings, but I think they’re cool and I’ve been thinking of getting one. I think it’s a generational difference within my family,” said Rios. He currently owns a chain that his friend brought back for him from Vietnam, which his family finds acceptable. “I think the whole e-boy trend is making piercings for guys more accepted too.”

“I think it’s a good thing. If you look at younger generations, they’re a lot more open to everything going on, like guys wearing [fake] nails, guys wearing makeup. I think it’s because they grew up with social media and they’re seeing what’s outside of just their high school,” said Colarossi.

Jewelry is a form of self-expression for any identity. Gen Z has already made their mark for being individualistic and open-minded, so it’s no surprise they’ve decided to give men’s jewelry a comeback. As this new generation of consumers comes of age, their buying trends will influence how the jewelry industry adapts to a more fluid market (and the cliché Christmas ads).
A PERSONAL ESSAY

BY HANNAH MORROW

I was a level 10 gymnast, a national beam champion and had a full ride scholarship to a university in the Big 10 since my freshman year of high school. I had my future laid out in front of me, with all my plans perfectly in line. However, it took less than a second for my entire future to change courses.

I was competing at the state meet during my junior year of high school when it happened. While swinging from bar to bar, I heard my elbow make a noise that sounded something like "pop-pop-pop-pop". I was in excruciating pain, but I decided to push through the rest of the routine, and then another routine on the balance beam. I ended up placing fifth in the state.

The next morning, I couldn't bend my elbow, — I could tell there was something seriously wrong. I made a doctor's appointment, where I found out that I had torn the ulnar collateral ligament in my elbow.

A million emotions rushed over me, as I was not sure how my college coaches would take this news. Although it was not a career-ending injury, the recovery time would be a little under a year, and I wouldn't be able to compete with the rest of my season.

My coaches did not handle the news of my injury well, and pulled my scholarship. The school that I had in my Instagram bio for two years was no longer my school. Over $100,000 was waved around in front of me, and then instantly taken away from me. My coaches, family and friends bombarded me with millions of questions and condolences.

However, through all of the bad, my mind was only focused on the good.

I began thinking about all the beautiful possibilities that could come out of this horrible situation. I could attend a college closer to home. I would be able to walk on at a college if I wanted, or could attend school without devoting my life to athletics. I had the opportunity to re-write my future that I had determined when I was only 15 years old.

Fast-forward two years later. I decided to let gymnastics go, despite receiving offers to walk on to two teams. I'm studying event management at Iowa State — the best school for the major in the country. The school that I originally had a scholarship to did not even have the major. Living in Iowa, I have met some of my very best friends that I would have never crossed paths with at another school. I joined a sorority where I was able to create a brand-new philanthropy event for a cause that I'm passionate about. I have also joined clubs like Habitat for Humanity and TREND magazine, which I would have never been apart of if my scholarship was not taken away from me.

For everything I lost, there was an opportunity gained. I would not be sitting here writing this right now if I would have never injured my elbow. I have learned that wherever I currently am, is where I am meant to be. Although I cannot change the events of the past, I have the chance to change my future. I am here, and I am here for a reason.
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