

STYLELINE

PHILADELPHIA UNIVERSITY

FALL 2010 / WINTER 2010

PHILADELPHIA FASHION WEEK 2010

NICOLE PUCCINO

From Oct. 6 through 9, Philadelphia was alive and robust with the city's second annual fashion week. Hosted by CMK Entertainment, the four-day event was held at the 23rd Street Armory in Rittenhouse Square. During the first two days, local designers, including students from the Philadelphia area, displayed their greatest works from their spring and summer 2011 collections. Philadelphia University's very own Fashion Industry Association had the exciting opportunity to run the PhilaU part of the show, which boasted the intricate work of the University's design students, from swimwear to bridal.

The city's own Phrequency Blog commented on the phenomenal work of

the PhilaU students, insisting that they "raised the bar for student-designed fashions." Following the theme of "International Spirit," the final two days were dedicated to the work of national and international talent from New York, London, Italy, Peru and many other areas.

Along with the fashion shows, Philadelphia Fashion Week integrated many other exciting things into the four days, including pop-up boutiques from the featured designers, live music, and food and cocktails from local chefs and restaurants. The entire event has seen much success and it looks to be a promising tradition both for the city of Philadelphia and Philadelphia University students alike.



ALUMNI SPOTLIGHT: LUCIA DISPIGNO-VIOLA '97

LAURA WAGNER

Today's college students are worried about finding a job. With student loans to pay off, and the shadow of a recession dimming the job market outlook, students are in need of assurance that they will be able to profit from their knowledge gained in college.

Lucia Dispigno-Viola '97, an accomplished Philadelphia University graduate who works at QVC as the senior fashion design and development manager, admits finding an entry-level position was difficult, but also offers helpful advice, "Don't be afraid to start at the bottom." Since we are in a difficult economy, she advises that it is important not to get discouraged. Though students may not score an ideal position right after

graduation, it is easy to use experiences during entry-level positions to compete for more appealing jobs in the future.



On a day-to-day basis, Lucia oversees product development and design for QVC's direct import apparel. She held many other positions before she became the senior manager. At QVC, she was employed as a technical designer, a CAD designer, and the manager of spec design. Before working at QVC, Lucia held several positions at Lansdale Manufacturing.

When Lucia graduated in 1997, she cited her internship as her biggest asset. Though she did gain important knowledge on design, manufacturing, and consumers, Lucia said the most important lesson she learned from her internship was to be open to learning as much as possible about the fashion industry before she

continued on page 2

WANT MORE STYLE? CHECK OUT ORGS.PHILAU.EDU/STYLELINE FOR MORE STYLELINE STORIES.

FASHIONISTAS ON A BUDGET

ROBYN ALT

If there was a Best Dressed College Campus award, Philadelphia University would most certainly win it. The students here look great all the time and are always rocking each season's latest trends. Every time I walk around campus, I feel like I have front row seats to a fashion show. But, how do students do it? Let's be honest – none of us have the money to pour into a fabulous wardrobe, yet we still manage to snag the newest, coolest trends.

After thumbing through some magazines and "people watching" in the Kanbar Campus Center, I quickly noticed one of the biggest trends for the colder months: clogs. Seemingly stemming from Chanel's Spring 2010 Ready-to-Wear collection, clogs have since taken the spotlight.

There is one problem though: the \$625 Phillip Lim pair or the \$325 DVF style definitely do not fit into most of our budgets. I set out on a mission to find an affordable version and found a great pair from Madewell for \$168, a slight improvement from the expensive designer prices.



Photo courtesy of Style.com

As my search continued, I found another buckled pair from Forever 21 for only \$28.80! Now, that's what I'm talking about. Whether on the high or low end of the financial spectrum, the investment is certainly worth it as the clog trend will likely carry into the spring. As Philadelphia University students have already come to realize, fashion is available at all price points and for all budgets. Fashion comes at a price, but it doesn't have to break the



bank.

FROM THE EDITOR ALYSSA IMPREVENTO



Trends are the funniest thing, aren't they? Here we are in the midst of this ongoing eco-friendly, green-embracing phase in fashion and yet, one of this fall's top inclinations is toward fur and croc skin. Oh the irony. I don't see the connection, but with style at times you take one end or the other. What side will you take this fall? Will you be an organic-cotton-wearing fashionista or a fur-rocking glamazon? What we wear says a lot about who we are. Whether we like it or not, people sum us up based on how we look and the fashion choices we make. You're not just dressing yourself every morning; you're telling people who you are. Who are you going to be this season?

Thank you to everyone who worked so hard on this issue. Readers, I hope you enjoy it just as much as we enjoy creating it. Have a great holiday season everyone, and we'll see you in the spring.

ALUMNI SPOTLIGHT

continued from cover

chose her path. Participating in on-campus activities and volunteering at local fashion events is another great way to gain career experience while still in college, she says.

Lucia asserts that fashion is a business for which you need to have a passion in order to be successful because it is so competitive. On top of academics and coursework, internships and taking on volunteer opportunities in a field of interest to learn about the business is the best way to get ahead before graduation. This fall, Lucia and fellow members of her QVC team are sponsoring a collaborative PhilaU student project to research, develop, design, brand and package a new line of coordinated mother-and-child apparel.

STYLELINE

Styleline is written by Philadelphia University fashion design, fashion merchandising and fashion industry management students for fellow students, faculty, staff, alumni and friends of the University.

EDITOR

Alyssa Imprevento

CO-EDITOR

Caroline Hagerty

WEB EDITOR

Andrew Van Sant
orgs.philaU.edu/styleline

GRAPHIC DESIGNER

Christopher Bazata

WRITERS

Laura Wagner
Robyn Alt
Emily Wootten
Justine Yeh *
Kaityn McIlmail *
Nicole Puccino
Bonnie Catts
Brittany Geffken
Janaie Fort
Denise Fuller *
Nicole Kropp
Alana Messina

Kate Textores *

Christina Lauria

Kim Strassler

Sara Kassel *

Sylvia Chun *

Ariana Gross

Leanne Bailey

Caroline Hagerty

Andrew Van Sant

Morgan Griglione

Christie Carozza *

Sylvia Chun *

Maria Ablonczy *

Kelly Neyers

Staci Goldman *

ADVISORS

Clara Henry

Associate Professor
Director, Fashion Design

Andrew Davis

Public Relations

*Styleline Members featured on blog



4201 Henry Avenue, Philadelphia, PA 19144
215.951.2700 www.PhilaU.edu

A TRIBUTE TO ELEGANCE 2010

EMILY WOOTTEN

This past May, Philadelphia University's Annual Fashion Show, held at the Academy of Music, was nothing short of its theme: A Tribute to Elegance. As the largest student-produced fashion show in the country, the end product was very impressive. The Fashion Industries Association (FIA), a student organization on campus composed of fashion design, merchandising and fashion industries management students organized the whole event. The annual show functions as a showcase for PhilaU's talented fashion design students.

Congratulations to the following students for their awards:

- Faith Anderson: Arcadia Sustainable Fashion Award
Honorable mention FIA Award Best Senior Collection
- Katherine Bogash: Coates Brothers Clothing Award
- Meg Dewey: Destination Maternity Award, Neiman Marcus Award
- Amanda Vereb: Fashion Design Faculty Award, N.A.M.S.B. Foundation Inc. Award, Joseph Klein Award for menswear
- Jill Garvey: FIA Award for Best in Show
- Bianca De Pietro: FIA Award for Most Creative
- Rachel Wendling: FIA Award for Best Senior Collection, Frank Agostino Award
- Meghan Fink: Young Spirit Award for childrenswear

Congratulations to all and best of luck to this year's seniors. Save the Date: 2011 Fashion Show on Saturday, April 30 at the Academy of Music.



Rachel Wendling (right), winner of the Best Senior Collection and Frank Agostino Awards, poses with a model wearing one of her creations.

STYLELINE BLOG

ORGS.PHILAU.EDU/STYLELINE

Be sure to check out the *Styleline* blog for the latest fashion news. The *Styleline* team focuses on both local and international industry news and examines seasonal trends to help the Philadelphia reader stay up to date. Topics like cuisine, local events, pop culture and film are also topics *Styleline* blog writers discuss. New members are always welcome, so start writing!

For more information, please contact Alyssa Imprevento



Meg Dewey, pictured right, with one of her award-winning designs.



Jillian Garvey's design (pictured) won the Best of Show Award for her evening gowns.

PUT TO THE TEST WITH "PROJECT OR" BONNIE CATTS

Forty-eight hours was all that Kaitlyn Doherty, a senior fashion design student at Philadelphia University, and five other student designers from across the country competed in the Outdoor Retailer Summer Market "Project OR" this past summer. The task was to design a women's jacket, an original, innovative, eco-friendly, and functional prototype. Using donated performance materials, the students designed a multi-functional jacket for a woman who bikes to work, but also wanted a fashionable piece to wear out for a casual night on the town.



Fashion design senior Kaitlyn Doherty is pictured with her design at the Project OR competition.

After arriving in Salt Lake City, the students were given a brief tour of the event and shown highlighted trends and themes to prepare them for the design challenge. Once informed about the design guidelines, the students presented idea boards to the judges for initial critiques before sitting down to construct the garment for the remaining day and a half. As they worked at tables in the Summer Market, the students served as an open display to event guests who were allowed to ask questions and vote on their favorite design.

Kaitlyn Doherty felt prepared for the challenge thanks to her internship with Philadelphia University's Laboratory for Engineered Human Protection program (LEHP), which creates garments to protect American servicemen and women against battlefield hazards in the line of duty. Her design won the People Choice Award and first runner-up.

WINTER TRENDS:

TEXTILES – FUR, VELVET AND LACE ARIANA GROSS AND LEANNE BAILEY

There's no doubt about it, the fall/winter season is upon us. And, since we've already seen the runways for this season's trends, we know what key pieces we need for our fall/winter wardrobe. These current-trend textiles can be seen all over the runways and, knowing PhilaU students, already all over campus.

Fur was all over the runways for fall and winter 2010/11 in simple, but beautiful, fur coats. Unexpected fur pants were seen on the Chanel runway. Some fur was ragged and gave a more edgy look, some was tailored and elegant.

Velvet is one the most desirable textiles for the season. Skirts, dresses and pants in rich tones of the fabric are sure to turn heads. Is it its luxurious feel or its luminescent shimmer that make it so appealing? Whatever it is, we're buying it. And Armani, Fendi and Prada are too. On a less expensive note, we love Gap's velvet foldable flats that come in a little bag for easy travel.



Photo courtesy of Style.com



Photo courtesy of DKNY.com

Mixed prints are something new and exciting for free spirited individuals. This season isn't about matching and coordination, so don't be afraid to experiment and mix things up a bit. Designer Donna Karan is mixing prints like stripes and paisley with ease this season (see photo, left).

Whether its fur, velvet, or mixed prints, be sure to include some of these into your cold-weather wardrobe.

STAYING WARM THIS SEASON CAROLINE HAGERTY

A good friend of mine once spent an entire winter without once touching a coat or jacket because they were not "fashionable" that year. Luckily, outerwear trends for this fall and winter seasons involve actually wearing clothing so we may actually manage to make it to spring alive. Fur coats and quilted down jackets will be key styles this year. Inspired by foxes and wolves, long-haired grey or gold furs offer a more updated, rugged take on the trend than the stereotypical "Cruella DeVille coat" of the past.

For those hesitant to wear fur, experimenting with a faux fur as a trim on a hood, glove or infinity scarf offers a much more eco-friendly, not to mention budget friendly, alternative. In addition to fur, those "puffy" jackets we all wore as children will be widely introduced into the market this winter. Luxury French brand, Moncler, famed for their oversized quilted down jackets, recently opened their first American store in New York's SoHo shopping district. The brand also collaborated with hip-hop artist Pharell on a collection, which should further boost the trend across the United States.

Additionally, asymmetrical hems have begun to replace last year's oversized shoulders as a key silhouette detail and toggle closures offer an alternative to the typical trench belt-tie. With so many upcoming options, how can a fashionista resist retiring her old pea coat for a little something different? So, go ahead and actually wear a coat this season. It'll be worth it.



Photo courtesy of Urbanoutfitters.com



Photo courtesy of Urbanoutfitters.com

THE OUTSOURCING DEBATE:

THE CONS

BRITTANY GEFFKEN

With U.S. production down and garment imports far out-reaching exports, the American dollar is suffering and the trade deficit is growing larger.

India supplies the United States with one-third of its textile exports alone, costing the United States a whopping \$22.4 billion in 2009. China, projected to be the largest economy by the year 2025, will no longer be just a place to source goods. It will be looked upon as the new market with their ever-growing middle class.

The question of outsourcing begins with the consumer. The American consumer demands the best merchandise at the best price – regardless of the balance of trade. On the flip side, the investor desires high-profit margins. The unfortunate truth to these needs is that labor and facilities overseas is, as the saying goes, dirt cheap.

In addition to the decline of the American dollar, jobs in the apparel and textile industry have suffered severely due to production outsourcing. Since 1980, over 900,000 U.S. jobs in the garment industry have been eliminated. The Garment Workers' Union has fought to prevent this overseas takeover.

America's outsourcing may have provided lower production costs for the U.S. apparel industry and an abundance of new opportunity for overseas employment, but there is still a cost: child labor, harass-

ment, discrimination, overtime and subjecting workers to some of the poorest health and safety conditions in the world.

In July 2010, the U.S. Department of Labor's Bureau of International Affairs banned imports from India's textile and apparel industry due to evidence of forced or indentured child labor in Indian factories. Twenty-nine products from 21 countries were banned, including cotton from Benin, China and Uzbekistan, all due to conflict in factory standards. New programs have slowly started to be implemented in order to cut down on the abuse. In Cambodia, the International Labor Organization implemented a factory-monitoring program to set an example for factories.

Overall, America has turned to outsourcing as a means to save money. The reality is that, in turn, the United States has drowned itself in a deficit, obliterated its apparel occupations, and inadvertently promoted exploitation of other country's people.

THE PROS

JANAIE FORT

Outsourcing garment production to foreign countries like China and India creates tremendous opportunities for textile and apparel companies in the United States. By sending their production abroad, these companies are able to cut costs. Workers in these countries are skilled, and willing to provide high-quality work for a substantially lower salary than American workers. Lower operations costs and a focus on the company's bottom line promotes economic growth and efficiency. While companies are cutting costs by moving labor abroad and outsourcing, they are also creating numerous jobs for workers abroad.

Much of the idea behind outsourcing can be attributed to having a comparative advantage. In other words, whichever country can most efficiently produce a particular good or service at a lower cost than another country should do the producing. Since it is much cheaper to construct certain types of garments and textiles in developing countries like China and India, a company could choose to outsource the production to one of those nations. When production costs are lower, the United States can produce more. In the long run, outsourcing can be a great benefit to not only a company, but industries and entire economies as well.

According to *Sweatshops and Third World Living Standards: Are the Jobs Worth the Sweat?* by David Skarbek and Benjamin Powell, "These wages are obviously quite low compared to those in the United States, but a high percentage of people in these countries earn less than \$1 or \$2 per day. In 41 of 43 cases, working 10-hour days results in earning more than \$1 per day, and in more than half the earnings are greater than \$2 per day. Sweatshop wages raise workers' standard of living higher than a significant fraction of the population."



Works Cited

Frings, Gini Stephens. "Fashion From Concept to Consumer."

Ridge, Mian. "India's Apparel Industry Fears Boycott - Fashion and Retail Business News - WWD.com."

CAREER SPOTLIGHT: FASHION JOURNALISM

ALYSSA IMPREVENTO

New to Philadelphia University this semester is an elective course in fashion journalism. Professor Patricia McLaughlin shares her advice and experiences with those looking for a career in the industry from her time at *Vogue* to writing her current column, *RealStyle*.



Q: How did you get your start in the fashion journalism field?

A: I won second prize in the *Vogue* Prix de Paris in 1967, and the prize was a job as a junior editor at *Vogue*. When I was a senior in college, I had basically no idea what I wanted to do. So, I entered this sort of essay contest *Vogue Magazine* used to have for college seniors. (Jackie Kennedy won it her year.) I didn't expect to win, I just thought it would give me the illusion of doing something about my future.

Q: What is the most valuable piece of advice you received when starting out?

A: "Just tell me about it, don't sell it to me," from *Bulletin* fashion editor Phyllis Feldkamp, when I started at the *Bulletin* and had to unlearn the breathless, hyper-adjectival "Darling-it's-simply-not-to-be-believed-style," I'd picked up at *Vogue*.

Q: What is the most rewarding aspect of the industry?

A: Everybody gets dressed, and everybody pays attention to how other people look, so everybody knows what you're talking about. It's not like writing about debentures and sinking funds and credit default swaps.

Q: What is the most challenging aspect you have found in writing for fashion?

A: Getting it right. Saying exactly what I mean. Not falling into cliché.

Q: What kind of people do you think excel in this career? (as asked by the professor's niece, 2006 interview)

A: It would help to be more assertive, more aggressive and much better organized – but that's probably true for almost everything.

Q: Many think the life a fashion journalist is glamorous and full of perks, what would you say to these people?

A: I would ask them if they know where I can find a piece of molding for the right-quarter panel of my 1993 Volvo – the trim pieces are always falling off. I would tell them that, especially since the *Philadelphia Inquirer* killed its magazine (and my job as *Style* columnist along with it) and since it's gotten even tougher to sell a syndicated column to impoverished newspapers, I shop for clothes exclusively at thrift shops and yard sales. (Most recent score: a black Tse, heavyweight, cashmere, cable cardigan for \$30 at a house sale.)

4 TIMES SQUARE

ROBYN ALT

Clicka, clicka, clicka, clicka, clicka ding, "going down?" The elevator door closes behind yet another fashionista working in New York City's Condé Nast headquarters. The sound of her spiky, red-soled Christian Louboutins on the tile floor of the *Teen Vogue* waiting room seems to be a common practice here as she is the third woman I have seen wear them today.

Whoever said the workplace cafeteria can't be fashionable? This is coming from a summer intern. Yet, for me – a "fashionista-in-training" – this is the greatest place for people and style watching. I questioned whether I was the shortest employee in the building and this is with heels on. Standing in the sushi line, I was absolutely towered over by a beautiful brunette standing behind me, and nearly blinded by the huge

diamond elegantly placed on her boney, manicured, left ring finger.

I slowly move my eyes up from her black Louboutin's (no longer a surprising sight), and make my way up her skinny, smooth, gently tanned legs – probably from a weekend in the Hamptons. A black-sequined skirt worn in the daytime and not on New Year's Eve. I think it's safe to say that she's one of few who can pull this look off, yet my mind is quickly changed when I look around at the cafeteria as a whole. Everyone is dressed in those items we see while shopping and think, "Who would ever wear this?" Well, they can and do. And when I say "they" I mean the women of Condé Nast.

With hairdos free of fly a ways, teeth straighter than straight and whiter than white, the women of Condé have it

together. Their powerful, high-profile jobs in the fashion industry allow for their flawless images and nothing short of amazing wardrobes. As if I even have to mention the Condé Nast staple wardrobe color is black, the only other color I think I've witnessed is red ... and that's on the bottom of their shoes.

"The Devil Wears Prada" Photo from Fashionista.com



BEAUTY: PROTECTION AGAINST THE WINTER ELEMENTS

MAKE UP

CAROLINE HAGERTY

When I saw reports predicting the “Fresh Face For Winter and Fall,” I breathed a sigh of relief! What woman wouldn't love to cut some time out of her morning beauty regime?

When smooth skin, paired with pulled back hair and pale lips, hit runways at this past September's shows, there was no doubt that our own skin is this season's must-have. However, before hitting the snooze button one too many times, please realize mastering this look takes quite a bit of maintenance and effort.

Investing in a visit to a dermatologist or aesthetician is a good idea. Be sure to ask these professionals to recommend products that will work best for both your skin type and fight the harsh elements of winter.

Next, makeup artists swear by a routine of primer, followed by foundation, and topped with a final layer of powder. Primer, a generally overlooked product, has been used for decades by professionals and guarantees a high-definition finish.

For the perfect shades of foundation and powder, schedule a consultation a local store such as Sephora, M.A.C. or Origins. If you're on a budget, Ulta offers similar services for better prices. Lastly, finish with a few coats of your favorite mascara, and experiment with a matte shade of deep orange or blackberry for a pop of lip color to transition into a nighttime look.

HAIR

CHRISTINA LAURIA

So long sunshine and effortless summer waves. Hello frosty temperatures and styled hair. Hot chocolate, cozy scarves, snowy days and new boots make the winter months bearable, but dry hair is a definite drawback. How do you protect your hair against the harsh weather? The answer: Tresemmé Fresh Start Dry Shampoo and Nexxus Heat Protection Styling spray. Let your hair rest, wash it less and cheat with Tresemmé on the days you skip shampoo in the shower. When you do use hair dryers and heat-styling tools, let Nexxus protect your strands and prevent extra dryness and frizz.



"TRESemme hair products" courtesy of LIFE Magazine

SKIN CARE

ALANA MESSINA

You wouldn't wear a heavy winter coat in the middle of July, just like you wouldn't wear your favorite sundress in December. The same sensibility goes into your daily skin-care regime to keep your skin clear and glowing during the harsh cold months.

Hydrate: First, carry around a re-usable water bottle. Not only is it good for the environment, but drinking water keeps you hydrated – the basis for a healthy body and clear skin.

Cleanse: Wash your face every night before bed, which removes dirt, oil and makeup. Also, Neutrogena's Oil Free Eye Makeup Remover (\$5.79) is perfect. Unless you have very oily skin, its time to throw away your harsh face wash. Instead try Aveeno Positively Radiant cleanser (\$7.49). It will wash away your makeup and cleanse your face without over drying. If you have really sensitive skin try Cetaphil (\$10). This no-soap wash is gentle and non-irritating. It cleanses without stripping natural oils. Pat your face dry with a towel as rubbing can irritate the delicate skin.

Moisturize: Remember moisturize, moisturize, moisturize! Use something with no added perfumes or colors, like Clinique Moisture Surge Extended Thirst Relief. At \$34 it is a little pricy, but of all the products to splurge on, moisturizer is it. That being said, do not OVER moisturize, your skin will soak up as much as you apply. Use your lotion once or twice a day, at most.

COLOGNE

ANDREW VAN SANT

Admit it men, you have probably done this at least once in your life. You wake up five minutes before your 8 a.m. class, and haven't showered due to late-night marathons in the A&D Center. So what is a man to do? You run into your bathroom, grab the can of Axe named after some mythical, creature and let loose.

This cruel way of layering stank with more stank is ineffective and just mean to your surrounding peers.

My wish is that if you ever find yourself in this situation, don't reach for the Axe. Axe is for teenage boys. You are not a

teenage boy. You might act like one, but you should at least project the image of an adult male.

Here are some fragrance suggestions that will allow you to smell great, whether it is an 8 a.m. design studio or a 8 p.m. date at Parc.

Marc Jacobs BANG - Spicy, woody, and downright sexy. The bottle is also fantastic too. \$75 at Neiman Marcus for 3.4 ounces.



Tom Ford for Men - \$90 at Sephora.com for 3.4 ounces.

FALL /WINTER TRENDS: SHOES



Photos courtesy of fashionmag.com

NICOLE KROPP

Just because the cold is coming doesn't mean shoes have to go utilitarian ... or does it? This fall, be ready to sport military- and cargo-inspired styles, so find yourself some chunky biker boots.

Last year, the new boot was the thigh-high or the over-the knee boot, so if you went out last year and bought a pair, don't worry, because they're back.

Heels or not, fur or lace-ups, buckled boots are a go for the fall. Chunky ankle booties are prevalent in stores along

with heeled clogs, one of this season's most common new trends.

Everyone needs a pair of heels to give their feet some relief after wearing the highest of heels so why not try some oxford flats? They're comfortable and go with almost any outfit. Whether they're brightly colored or classic black or brown, they are definitely something you don't want to miss out on.



Photos courtesy of freepeople.com

CARDIO VS. STRENGTH TRAINING: DON'T BELIEVE THE MYTH

KELLY NEYERS

One of the most common things you hear people say is, "I want to lose weight." Sitting on the couch watching TV and "liking" everything on Facebook isn't getting you anywhere. However, a solid combination of strength training and cardio will. Don't be afraid to put down the computer, venture off the couch and sweat a little.

Contrary to popular belief, cardio is not the only way to lose fat. Cardio does have many great effects and is important when trying to lose weight and keeping it off. For even better results, combine cardio with strength training. Strength training raises your basal metabolism, which causes you to burn more calories, more frequently. It can even impact the natural slowing of your metabolism as you age, and gives you a toned, sculpted look.

Our bodies need exercise. According to Daniel Landers of Arizona State University, we are not only physically healthier, but also mentally more stable after exercise. If the gym isn't the place for you, incorporate exercise into your everyday activities. Try to change small daily habits, such as taking the stairs instead of the elevator.

If exercise is a challenge for you, it is important to make exercise activities more of a lifestyle than a chore. Incorporate exercise into your lifestyle and make your journey through life a healthy one.

5 EASY TIPS TO EXERCISE:

RHONDA DAVIS, DIRECTOR OF
FITNESS AND WELLNESS

- 1. Find an Exercise Activity You Enjoy** That's the first step and it's extremely important. All movement matters so pick what you love and go for it.
- 2. Mix it Up Throughout the Day** You can achieve significant benefits from exercising in less time from a variety of exercises during the day.
- 3. Be Accountable and Consistent** Find a friend to help you accomplish this; someone who is motivated, too.
- 4. Music matters** Music can energize your mind, body and soul. Create a few playlists that will motivate you to make the most of your exercise time.
- 5. LIVE WELLness** Make exercise an overall healthy lifestyle choice that you can live with for the rest of your life.

ACCESSORIES: HEADBANDS

MORGAN GRIGLIONE



Photos courtesy of
store.johannaahjohnson.com

One of the most fashionable trends in accessories now is glamorized headbands. They've become so popular for one simple reason: they are effortless. Headbands are an easy way to accessorize any wardrobe.

They come in many different styles, which allow this accessory to be very diverse and fit an assortment of personal tastes. Recently, embellished headbands have been sported by celebrities such as Mischa Barton and Vanessa Hudgens. Metallics, rhinestones and feathers are just a few items of embellishment found on this latest fall trend. Headbands are an overall great way to adorn even the most simple hairstyle. Fall into this fantastic fashion favorite!

SAVE THE DATE:
SPRING 2011 FASHION EVENTS

DesignX

Thursday Jan. 27 at 11:30 a.m.
Downs Hall Auditorium

Annual Fashion Show
Saturday, April 30
Academy of Music