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The Jump

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To My Family, Friends, Mentors, and Roommates:
Thank you for being supportive of this crazy idea from the beginning.
Welcome to My Pad

Money, it’s a lovely thing to have and when you don’t have it, it’s terrifying. When I started my senior year at college, funds began to run thin and eventually vanished. This feeling of unavoidable debt was suffocating and frankly stunk. My mom taught me to balance a checkbook, but I preferred the mental method, which means my budgeting skills were a bit defective. The in-my-face fact that I was broke forced me to take care of my money. I looked to the web for money tracking-tools and now know where every cent goes.

Of course, as someone about to enter the “real world” finances aren’t the only thing that eludes me. Let’s talk cooking. A lot of my friends don’t know how to scramble an egg — let alone make a nutritious dinner, and I’m going to make a bold assumption that you don’t either. I grew up in a foodie family. My sister is a chef, and my mom is masterful in the kitchen. But, I’m no Giada De Laurentiis. Grocery shopping used to give me terrible anxiety. I tried to plan ahead and ended up buying a bunch of random stuff that failed to work together toward my goal of a balanced meal. As a soon-to-be graduate, I needed to fix this. With a little tutoring from my wonderful sister, I now feel like a grocery shopping all-star. You can find the same advice she gave me on page 61.

Food and finances are some of those real world challenges that all 20-somethings must navigate. And The Jump seeks to help you prevent those distressing moments. We’re here to teach you how to do all of the grown-up things you never got around to learning.

The premier issue of The Jump teaches you not only what web tools are best to manage your money, but also offers pantry strategies to ensure your shelves are stocked and your grocery shopping trips remain tear-free. Aside from cooking and food, we’ll also show you how to use your college bedding in a grown-up apartment and how to make a D.I.Y. headboard for under $50 on page 46. And if you’ve ever scratched your head thinking about how you’re going to afford a workplace wardrobe on an entry-level budget, our Spring Dress Code on page 83 will show you how to get the latest trends for less.

Welcome to the real world,
Victoria Troxler
Next time: Assembly Service.

0180/5 35 34 35

(£0.14/min from landlines; mobile charges may vary)
Color Code turquoise
This month we’re crazy about anything and everything in this summery hue. by Victoria Troxler

1 Runway Inspiration
Diane Von Furstenberg, Ready-to-Wear Spring 2013, WWD

2 Pass the Salt
Clay Swan on Etsy.com, Hand Built Porcelain Salt and Pepper Cellars, $46

3 Lacquered Up
ButterLondon.com, Artful Dodger Nail Lacquer, $15

4 Sketchy
Madewell.com, O-check for Top Hat Medium Pattern Notebook, $10

5 Rolling Rack
Ikea.com, RASHKOG Kitchen Cart, $50
This month we’re crazy about anything and everything in this summery hue. by Victoria Troxler

6 Shady
Nordstrom.com, Quay Retro Sunglasses, $38

7 Fresh & Clean
Sephora.com, 03 Strength Essential Oil Rollerball, $29

8 Office Space
Anthropologie.com, Multiples Pencil Holder, $48

9 Ring of fire
TheRevolutionStore.com, Brazilian Agate Coaster, $6

10 Pointed
UrbanOutfitters.com, Diamet Jewelry for Urban Renewal Swirl Arrow Earring $12
new collections

may all your looks be luscious

Make the end of summer sizzle with hair beyond smooth, beyond shiny, all the way to luscious. If it's body you've been yearning for or the twisted locks that will make heads turn, one of the nine NEW Herbal Essences® Collections is sure to make your heart skip a beat.

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Musings

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25 Beauty  The Truth about Tanning
26 Home  Double Duty
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31 Fix  Buttoned Up
32 Health  The Hunch
34 Tools  The Cut
It’s a Wrap

This quick lunchtime option will make you forget the bread.

written and photographed by Victoria Troxler

start with a large iceberg lettuce leaf

spread condiments before adding protein

sprinkle extras

wrap it all up

Tip: For mess-free transportation, take your lunch-wrap to work packaged in wax paper.
We made the best Civic even better.

Introducing a funner, smarter, techier Honda Civic. Funner, with Pandora® compatibility. Smarter, with a customizable multi-informational display and SMS texting functionality. Techier, with standard features like Bluetooth®,* USB integration,* and rearview camera. Basically, it’s everything...er
1. Traditional rub-in sunscreens are more effective than continuous sprays.

Both spray and cream sunscreens work equally well, says Krant, but you can see the amount you use and the areas you cover more easily with the cream. Remember to follow the shot glass rule: Use an entire shot glass full of the cream (2 oz.) to cover your face, trunk, arms and legs, and reapply at least every two hours.

2. Indoor tanning before a vacation gives you a “base tan” to minimize the chance of getting sunburned at the beach.

“Base tans” do allow you to stay in the sun longer without burning and give you protection equivalent of SPF 4, but it remains a dangerous practice. “Base tans are never a good idea because it’s extra exposure to UV light. Any tan or sunburn is evidence that the rays have damaged the DNA in your skin cells,” says Ferris.

3. It’s O.K. to visit the tanning bed for special occasions.

In a rare but serious case, Elisa Sullivan, a 20-year-old college student, was diagnosed with skin cancer after indoor tanning sessions. After noticing a freckle on her chest had turned black, she visited a dermatologist and learned the mole was cancerous. One visit to an indoor tanning booth increases your risk of melanoma, the deadliest skin cancer, by 75 percent.

4. Clothing protects skin 100 percent.

Covered areas of skin still burn. A white t-shirt provides a natural SPF of about 2 - worse than the lowest SPF sunscreen available. “If you can see light coming through the clothing, it’s not protecting you as much as you think,” Krant says. Don’t forget to wear UV protective sunglasses as well. Melanoma can also start in the retina inside the back of the eye.

5. The occasional sunburn isn’t a serious health risk.

Getting three bad sunburns greatly heightens your risk for developing skin cancer. “Sunburns can be annoying, but if severe, can also be dangerous. If there is any blistering, or if you are shivering, see a doctor,” says Krant. If you do happen to get sunburned, take ibuprofen or aspirin to reduce some of the discomfort and inflammation. If you don’t have aloe handy, put bland moisturizer in the refrigerator and apply it to the skin to cool the burn.

6. The smaller the patch of redness, the less it affects you.

Every little area of your skin is important, says Franks. She recently diagnosed a 19-year-old patient with melanoma along the line between her bathing suit bottoms and her stomach. Pay attention to the edges of your bathing suit, and slather sunscreen on areas susceptible to burning such as your nose, ears and shoulders. See your dermatologist once a year for a head-to-toe skin-cancer screening.

7. All sunscreens above SPF 30 are the same.

An SPF 30 sunscreen gives you 96 percent protection, but a SPF 60 gives you about 98 percent protection. The extra 2 percent doesn’t provide that much more absolute protection, but it allows you to stay out longer between applications. Franks recommends using the highest possible SPF on your first two days of vacation. “Give your skin at least the first 48 hours to adjust to the higher intensity sun, and then you can go down to 30,” she says.
Double Duty

Stop using your oven to store your shoes and think multi-purpose furniture. These neutral pieces compliment any style and display or conceal your belongings. by Victoria Troxler

1. **Ikea Mandal Headboard, $199**
   This ultra-modern headboard gives you a place to show off photos or your favorite reads. Not only do we love this piece for it’s adjustable shelves, but at this price, we couldn’t resist.

2. **Ikea PS 2012, $49.99**
   Fill the bowls with snacks or flowers for an impressive display or push three of these inexpensive side tables together to form a one-of-a-kind coffee table.

3. **CB2 Julius Bark Ottoman, $499**
   CB2’s storage ottoman may be an investment, but with storage for blankets and extra pillows we think the price is just right. Plus, you won’t outgrow this classic color.

4. **CB2 Stowaway Bed, $499**
   If you’re short on space, this combo bed frame, with six deep drawers, will be your savior. Let your inner child run wild with the chalkboard-faced drawers — perfect for labeling or doodling.

5. **Ikea Manstad Sofa-bed, $799**
   Not only does this sofa convert into a bed, the removable cushions conceal extra storage. The hidden compartment is a perfect place to hide spare linens or winter coats.

6. **UO Gallery Coffee Table, $329**
   Stack magazines or show off photos with this gallery coffee table. Simply lift up the glass to grab a coaster or rearrange your display.
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“Slip Into Something More Colorful.”

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“As far as utilities go, I recommend you split them evenly, assuming you can agree to the level of service you want for utilities or cable. Individual charges on statements should go to the roommate who made the charge. After you get your bill, divide it up and make sure everyone is aware of their share of the bill. Agree to pay the roommate who has the bill in their name at least a week in advance so they have enough time to get the money deposited in their bank account.”

“Collect and store all bills/receipts/payments in ONE spot. This allows for easy access to everything, and prevents anyone from being out of the loop. It also keeps everything nice and organized if anything come’s up in the future. Organization in financial management is key!”

-J.Money at BudgetsAreSexy.com

“Don’t share grocery costs with a roommate. This rule is obviously more flexible with a boyfriend or partner, but roommates should never split the cost of groceries. People eat different amounts of food, and one person usually ends up feeling like they are paying for more than they are eating. Avoid the argument altogether by buying your own food.”

-Cait at BlondeOnABudget.CA

-Lance at MoneyLifeandMore.com
The image is an advertisement for White House Black Market. It shows a model wearing a black and white dress with a blazer, against a white background with door panels. The text includes the website WHBM.COM and the phone number 877.948.2525.
**Buttoned UP**

With this beginner-proof sewing method, you’ll save time and trips to the tailors. Written by Hannah Gessler, illustrated by Brittany Troxler

1. **Begin with the thread.**
   Before you start, thread your needle keeping about 12 inches of thread on either side of the eye. Tie both ends of the thread into a regular square knot at the end. Now, put the needle through the fabric coming from bottom, so that the knot sits on the inside of the fabric.

2. **Position the button and sew.**
   After positioning the button where you would like, put the threaded needle through hole one and continue through hole two. Now go through hole three and four. Then, go back through the fabric from the right side of the fabric and pull down. Repeat this steps several time to secure the button.

3. **Create the shank.**
   When you’re completed with step two wrap the thread around the base of the button. Make about six loops around the thread that connects to the other side and pull tight.

4. **End with a knot**
   Create a looped knot around entire button and then cut the rest of the thread to finish off your sewn button.

With this beginner-proof sewing method, you’ll save time and trips to the tailors. Written by Hannah Gessler, illustrated by Brittany Troxler
The Jump
The side effects of slouching and how to reverse them. by Alexa Voss

“Sit up straight. Don’t slouch.” It’s a command used a thousand times by mothers nagging children to have good posture, but it wasn’t just to badger you — chronic slouching can have many negative effects on the human body. According to Scott B. Taylor M.D., Physical Medicine and Rehabilitation Specialist/Pain Medicine Specialist, if you have bad posture as a child, there is a much higher likelihood of developing serious health problems like kyphosis — a permanent hump shape on the back — and chronic back pain. In addition to these conditions, smaller repercussions like headaches, jaw pain, and severe spinal alignment issues can also arise because of the tension put on the neck and spine by slouching. Our spines cannot resist the harmful effects of slouching. In fact, if the spine is held in a certain position long enough, it slowly and permanently shape into that position by the adaptation of connective spinal tissue.

In addition to the medical concerns, in the professional world bad posture is highly frowned upon. Bad posture gives you the appearance of seeming lackadaisical or unconfident and can cause bad first impressions, says Frank Voss M.D., Associate Professor of Orthopedic Surgery at the University of South Carolina School of Medicine. Sitting or standing up straight, however, allows you to appear more confident and defines your muscles, both of which are attractive to the opposite sex. Good posture could mean the difference between impressing a future employer and losing a potential job. To help you fix your bad habits, we’ve put together some simple exercises that will counteract your slouch and keep your body healthy and your appearance smart.

1. **Upward Facing Dog Pose**
   “This exercise is great for strengthening the muscles of the lower back and stretching the upper back. The extension of the spine in this exercise is extremely important because the flexibility and strength will help improve your posture,” says Voss.
   1. Lie face down on the floor with your legs extended and hip-width apart with your toes pointed.
   2. Bend your elbows and place your palms flat on the ground with your elbows kept tight to your side.
   3. Slowly press your palms down on the floor and raise yourself up so that your chest and abdomen are extended and your back is slightly arched. Legs stay straight on the floor, and toes are still pointed.
   4. Hold this position until you feel as stretched as necessary, for around 20-30 seconds. Remember: don’t overarch your back, it can cause injury.

2. **Doorway Chest Stretch**
   Tight chest muscles can pull the shoulders forward and worsen your slouch. Stretching out these muscles can help relieve some of this tension and let the shoulders relax into the correct position.
   1. Stand in a doorway and rest your forearms on the frame of the door. Your elbows should be level with your shoulders.
   2. With your feet shoulder-width apart, push your chest forward between your arms and relax as much as possible.
   3. Hold this pose for around 30 to 60 seconds and repeat up to five or six times a day or as needed.

3. **Chin Retraction**
   “This stretch is critical to help relieve the upper spine tension and pressure created by the weight of the head. If done correctly, the retraction should correct the body’s natural spinal alignment and help correct poor head positioning,” says Taylor.
   1. Keeping your head level, slowly pull your chin back so the head feels like it is sitting directly on top of the spine.
   2. Hold head in this position for 20 to 30 seconds three to four times and repeat four times throughout the day, or as many are as necessary to relieve the neck and spine of tension.
“Beginning, middle and end, I’m covered.”

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Bank of America
You can be a top chef even on a budget, but it takes an investment in some quality cutlery. Chef William Collins of the Food Science department at Syracuse University says it only takes three knives to get every kitchen job done.

by Victoria Troxler

**From Left to Right**

**A Paring Knife**
For small jobs like slicing a lemon.
Forschner by Victorinox
Paring Knife $4.95

**A Serrated Knife**
Use for cutting bread and soft produce like tomatoes.
J.A. Henckels International
“Classic” Bread Knife $75

**A Chef’s Knife**
Go for an 8-10” blade, preferably where the blade extends all the way through the handle.
Wüsthof Gourmet Wide
Chef’s Knife $79.95

“Performance is predicated by sharpness and your own skill. An expensive knife, due to the quality of the blade, is just going to last longer. But, if you are just starting out, buy what you can afford, make sure it feels good in your hand, and learn how to use it.”

-Collins
If you’re short on drawer space mount a magnetic strip to your wall. It will make you look like a professional and keep your blades sharp. **Williams-Sonoma**

Magnetic Knife Rack $39.95

Storing knives loose in a drawer can dull the blade. This drawer organizer will keep everything in place. **Zwilling J.A. Henckels In-Drawer Deluxe Knife Tray** $39.99

“A Diamond Steel will keep a sharp knife sharp, but it won’t sharpen a dull knife. If used frequently, it will keep your knives in great shape,” says Collins. **Presto 8” Diamond Sharpening Steel** $14.99

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Originally produced from 1840 to 1930 in the Czech Republic, mercury glass began as one of the first true forms of art glass. Modern interpretations still possess the charisma of those early creations and give any space a wink of yesterday.

by Victoria Troxler

1. **Medium Antique Mercury Glass Pillar Holder**, PotteryBarn.com, $39.97
2. **Silver Mercury Glass Medium Lamp Base**, Target.com, $35.99
3. **Mercury Glass Etched Jar**, Pier1.com, $49.95
4. **Silver Mercury Glass Votive Candleholders Set of 3**, WorldMarket.com, $11.97
Originally produced from 1840 to 1930 in the Czech Republic, mercury glass began as one of the first true forms of art glass. Modern interpretations still possess the charisma of those early creations and give any space a wink of yesterday.

by Victoria Troxler

- **Mercury Glass Catch-All Dish**, UrbanOutfitters.com, $6
- **Tall Skinny Mercury Glass Cityscape Vase**, WestElm.com, $39.28
- **Tall Mercury Glass Jar**, Anthropologie.com, $42.65
- **Large Antiqued Glass Candlestick**, EthanAllen.com, $79
- **Faux Mercury Glass Mason Jar**, Etsy.com NeonLoveDesigns, $6.00
FOR VISIBILY SMOOTH AND TOUCHABLY SOFT SKIN.
The Apartment Authorities

How do you pick a roommate, a neighborhood, or decide how much of your income to spend on rent? The people at MyFirstApartment.com have all the answers. by Victoria Troxler

After Andrew Goldstein unknowingly rented in one of Chicago’s most notorious apartment buildings, he and his mom launched My First Apartment to keep future young adults from landing in sketchyville. With the goal of spreading the lessons learned in that particular experience, the blog now boasts more than 56,000 unique visitors in any given month. With seven years of experience, the blog has published the work of more than 50 bloggers and all of those writers understand the trials of apartment living. Though some of the bloggers are past their first apartment, founder Seija Goldstein says they’re still close enough to the experience to create relatable content for the readers. “It’s like getting the inside scoop from your older brother or sister,” she says.

My First Apartment features fresh, solid, and endlessly detailed advice about the entire first-apartment experience. From apartment hunting and moving, to living with roommates and budgeting, it provides answers to the questions you didn’t even know you had such as the best time of year to hunt for a new apartment. And if by chance your questions remain unanswered, ask away. Seija says the writers always look to readers for new post ideas.

So if you’re wondering how much you should plan to spend on utilities, or how to raise your credit score — and would like the answer in a language you can comprehend — then head to My First Apartment. You will be hooked.

The Reading List

A few of our favorite posts from our blog of the month. Check them out now!

1. How Much Should You Budget for Utilities?

   Calculating your utility bill may seem like a no brainer, but this post reveals the hidden costs to look out for during the winter and summer months.

2. Decorating with Roommates

   Before your apartment erupts into an interior design warzone read this post and learn how to avoid conflict in shared spaces.

3. What to Do When Your Roommate Bolts

   You or your roommate might be thinking of moving out. Read this post before you are emotionally or financially drained from the split.

4. How to Deal With Bad Landlords

   Don’t let a money-grubbing landlord charge you for damages left by the previous renter. Learn what to look for before signing a lease.

5. The Do’s and Don’ts of a Long Distance Apartment Hunt

   If you want to relocate after graduation this post will show you how to conquer apartment hunting from thousands of miles away.
I spy a D.I.Y project for less than $50

Your Room Grows Up

Use your college bedding and our styling tips to create a grown-up grad pad on a budget.

written and photographed by Victoria Troxler illustrations by Brittany Troxler
Your Room Grows Up

Use your college bedding and our styling tips to create a grown-up grad pad on budget. written and photographed by Victoria Troxler illustrations by Brittany Troxler
Calling on the Classics

Decorating a grad pad can be tricky and expensive for the first-time designer. A great way to eliminate unnecessary costs is to reuse and rework your college bedding. Whether you had graphic or neutral bedding, sticking to our color palette tips will leave you with a stunning space.

The best way to pick a color palette is to rely on neutrals and add a bright color or two. We used grays and whites, but we added pops of yellow to liven up the room. This design tactic eliminates a dorm-room feel from your room and instantly refines any space.

If you outgrow your room or want to change up your colors, this solution allows you to create an entirely new look with minimal purchases. Simply swap out pillows and accent pieces, and you’ll come home to a fresh, new bedroom that didn’t drain your wallet.

We chose this summery yellow but we adore these spring hues.
Calling on the Classics


Yellow Urn, Marshalls Home Goods, Yellow Ashtray Stash, Marshalls Home Goods, Ram, Marshalls Home Goods, Union Jack Frame; Anthropologie, Pencil Cup; Target, Tape Dispenser; Paper Source, Magazine Files Vintage.
Details Count

Mellow Yellow

Until you get more comfortable decorating, stick to personalized accents that match your color scheme. This foolproof way to decorate keeps you from committing any decorating faux pas. This adorable piece of street art will add the perfect amount of personality and color to a desk.

Soul Support

Shoe hoarding and small apartments don’t mix. These shoe racks from Bed Bath & Beyond for only $14.99 fit right under a bed and offer spare storage space. Turn them upside down to get one more row of shelf space, or spray paint them to give these inexpensive racks a new look.

Let’s Dish

At only $4.99 apiece, these ashtrays from Marshalls Home Goods became the perfect office carry all. Stack them up to save space or display them separately for easy access. A magnetic bird paperclip holder for $11.95 from Paper Source tops off the display.

Office Space

This furnished apartment came with one small desk. A new spacious corner desk wasn’t in our budget. We created a corner space by pushing together two Target desks for $39.99 and adding a small bookcase under our desk from Target for just $19.99. Don’t be afraid to improvise.
A little bit of creativity and some spray paint turns blah into bah-zing, and can save you a ton of money. Our search for a bumble-bee yellow coat rack and a magazine file was coming up way too pricey.

Ditch the hunt and grab some spray paint. We found an unpainted coat stand from HQ Home for $19, and lime green magazine files with a modern leaf-motif liner for $9.99 apiece at Target, and transformed them for just $3.99 with a quick coat of spray paint.

A D.I.Y. headboard takes a bit more effort, but costs you less than $50, and stands up to even the most expensive headboard. All you need is batting, cardboard, fabric, and upholstery spray adhesive. At only $19.99 for an 81”x96” roll, we used a polyester batting – about a centimeter thick and folded make it thicker – but you can use whatever textile and thickness you want. This project also allows you toss it if you want to redecorate, decide to move, or upgrade to the real thing.

Check out our headboard on the next page. Tip: To get your headboard to stay in place, without touching your walls, attach another trifold vertically to the back of your creation with staples or glue. Leave one of the side flaps off of the headboard. Simply slide this piece underneath your mattress to secure your headboard in place.
start with a tri-fold poster board or a large piece of cardboard

lay fabric out, right-side down

center batting on top followed by cardboard

wrap the fabric tightly around the cardboard using staples and adhesive spray to secure in place

your very own custom headboard
GO REAL
where’d you get those SHOES?

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Meet & Greet
Get acquainted with Swiss Chard

Written by Victoria Troxler Photo by Lucypope.com

PHYSIQUE: Swiss chard is tall and slender with dark green fan-like leaves. Swiss chard will have celery-green stalks, rainbow chard comes in a vibrant selection of colors. The colorful stems of rainbow chard elevate any dish into a visual feast and the color profile is identical to the Swiss variety.

TASTES LIKE: Chard has a deeper more pronounced flavor than spinach, and the stems have a natural sweetness. Though the green leaves offer a bit of bitterness it is less bitter than kale. A good rule to go by: Use it anytime you think spinach would be a good fit.

HOW TO PREPARE: Chard can be steamed, sautéed, or grilled – just be sure to cook the stems a bit longer than the leaves. To enjoy raw, just cut the leaves into smaller pieces and add to any salad.

PAIRS WELL WITH: Chard is delicious on its own, but a bit of salt, pepper, oil, shallot, or garlic will bring out its natural flavors.

BEST ATTRIBUTE: We love chard’s sturdiness; the leaves won’t wilt down to the extent spinach does.

SHOPPING TIP: Look for bunches free of brown edges. This means the product is old.
I’M WILLING TO WAIT FOR BETTER SKIN,
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Clarisonic.com
Grocery Shopping 101

Chef Brittany Troxler is making grocery shopping and pantry stocking simple. Follow her rules and you’ll never leave the store without the milk again. written by Brittany Troxler and photographed by Victoria Troxler

<table>
<thead>
<tr>
<th>Grocery List</th>
<th>Pantry Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roasted Chicken</td>
<td>Rice</td>
</tr>
<tr>
<td>Fish – x2 Filets</td>
<td>Capers</td>
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<tr>
<td>Hummus</td>
<td>Almonds</td>
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<tr>
<td>Bananas</td>
<td>Couscous</td>
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<td>Yogurt</td>
<td>Granola</td>
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<tr>
<td>Salad Greens</td>
<td>Chicken Broth</td>
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<tr>
<td>Berries</td>
<td>Soy Sauce</td>
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<td>Carrots</td>
<td>Sesame Oil</td>
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<td>Snap Peas</td>
<td>Canned Tuna</td>
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<td>Lemon</td>
<td>Noodles</td>
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<td>Mediterranean Veg</td>
<td>Curry Powder</td>
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<td>- Red Onion</td>
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<tr>
<td>- Zucchini</td>
<td>Olives</td>
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<tr>
<td>- Tomatoes</td>
<td>Garlic</td>
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<tr>
<td>- Eggplant</td>
<td>Ginger Root</td>
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<tr>
<td>Asparagus</td>
<td>Orzo</td>
</tr>
<tr>
<td></td>
<td>Peanut Butter</td>
</tr>
</tbody>
</table>

Monday
- Peanut Butter Toast + Banana
- Yogurt + Granola + Berries
- Yogurt + Carrots + Hummus
- Lettuce Wrap Hummus + Veggies
- Mediterranean Grilled Veggie Salad
- Grilled Fish + Veggies

Tuesday
- Egg + Toast Asparagus
- Almonds
- Chicken Tacos + Mexican Rice
- Stir Fry

Wednesday
- Granola as Hueseli
- Banana
- Tuna Niçoise Salad + Asparagus
- Orzo Salad
- Lemon + Caper Chicken + Orzo
- Fish in Steam Packet

Thursday
- Yogurt + Granola + Berries
- Snap Peas + Hummus
- Banana
- Tuna Niçoise Salad + Asparagus
- Orzo Salad
- Lemon + Caper Chicken + Orzo
- Fish in Steam Packet

Friday
- Yogurt + Granola + Berries
- Snap Peas + Hummus
- Banana
- Tuna Niçoise Salad + Asparagus
- Orzo Salad
- Lemon + Caper Chicken + Orzo
- Fish in Steam Packet
The first secret to grocery shopping properly for one (while broke) is to buy ingredients you can re-purpose throughout the week like chicken or tofu. With a little planning, and a well-stocked pantry, you’ll find ditching those microwave dinners painless. This method also yields less waste. When you buy too much for one week, you blow your budget or leave items to perish before you get to them. Consider this your golden rule.

Make a Roadmap
Allocate some time to plan. Create your food schedule around any known dinners or lunches you have with clients or friends, scheduled throughout your week. Plan to buy food only for the days that you are certain to eat at home or bring a lunch to work. Once your meals are planned-for, start making a road map.

Use a piece of paper folded into seven sections M-S, and use the left column to list breakfast, lunch, snacks, and dinner. If you have recipes in mind, jot them down and note the key ingredients you need to buy. And if you need some inspiration, look to Allrecipes.com to find recipes that match your level and tastes.

Choose two proteins like fish and chicken and alternate them throughout the week. Next make a list of ingredients for side dishes like veggies and produce, overlapping from one meal to the next as much as possible. Your red bell pepper snack on Monday can also be used in chicken tacos on Wednesday. Continue until you have everything filled in.

Remember: The key to the roadmap is to repurpose and reinvent. But, don’t sidetrack yourself with Julia Childs ambitions. Tuesday night at 8 p.m. is not the time to decide to cook Chicken Cordon Bleu. Write down recipes that are achievable and will get you excited about cooking. And when you’re just starting off, limit yourself to one to two new recipes or dishes per week.

Locked and Loaded
You’re in the canned soup aisle and you’re confused. Hold on. Your pantry should contain items with long shelf lives that mainly live outside your fridge. Think dried
herbs, spices, oils and vinegars, condiments, stocks. These items give variety to your dinners. Also include cereals and grains like quinoa and bulgur wheat, pasta, rice, couscous. Your pantry should always include a few items that can be combined to create “quick-fix” meals, (ie. tomato sauce + pasta, tuna + pickles + mayo, couscous + pine nuts + raisins, and various soups and canned foods).

A constant supply of pantry items focuses your attention on what you need to get, and therefore you spend less. It also opens up options for more homemade meals instead of deciding that you have nothing that works together. Again, be sure to nurture your pantry and keep an eye on expiration dates and dwindling items.

Goodbye to Leftovers
Leftovers are so meh. Some people might be perfectly happy eating the same meal all week, but better to say no to monotony. For example, instead of tossing that bland leftover chicken, use your pantry to build layers of flavor with spices and dried herbs that add flavor longevity to your bird. If you make roasted chicken on Monday set aside enough for the next two days. Add curry powder to make chicken salad on Tuesday, and on Wednesday, shred it and add salsa for tacos. Once you start buying and cooking this way, you’ll find that your dollar stretches much farther and your palette will never get bored. Stick to basic meals for the rest of the week to avoid overwhelming yourself.

Transfer to a List
Before leaving to shop consult your pantry and fridge, adding any items running low or new ones you want to try (ie, oatmeal, sriracha, almonds). Once your map is complete, transfer your ingredients and their quantities to a grocery list. Divide your list by the layout of your grocery store. This will make the shopping experience fast and orderly, and it diminishes your chances of forgetting an item.

Shop
Take your list with you and cross items off your list as you move through the aisles. Bring any coupons you clipped, and keep your receipt to plan your food cost for the next shopping trip. Over time you will see which items tend to be more expensive than others, allowing you to choose to include or eliminate the pricey ones from your weekly plan.
Nespresso. What else?
One Step Wonder

Cut down on time in the kitchen with this weeknight cooking remedy. If you can steam it you can pouch it.

photographed and written by Brittany Troxler
The Flavors

From Left to Right: Mediterranean-Style Chicken, Asian Inspired Chicken, Fresh Spring Vegetables.
The Steps

Trim a piece of parchment, and fold it in half. It should be big enough to easily encase your protein and side, and still have room around the edges to crimp and securely close the packet.

Begin building your packet with the top of our component list, starting with veg and grains so they can soak up the juices. Precook any grains that take a long time to cook like farro or wild rice. Work up to seasoning, but wait to add the liquids until the very end.

Fold over and crimp edges, securing as you go. You can even staple if you like. Don’t close the packet completely; leave a small space to add liquids. Once the packet is almost entirely closed, add your liquids and seal up the last hole.

Place your packet on a baking sheet. You can place it in the refrigerator to cook later or cook immediately. Before placing your packet in the oven, poke one or two small vents on the top for the steam to escape.

Put your tray in the oven at 400° for 15-20 minutes or until your protein is cooked. Alternatively you can cook your packet on a grill on med-high heat.

To serve, simply put your entire packet on a plate for a rustic look or remove your contents and plate as you like.
Drama movies, sharper than ever
In the Tuesday night beginner’s course, Syracuse University college students enter the cooking lab, wash their hands, and stand at attention at their stations. Chef William Collins of the Falk Food Studies program at Syracuse University starts his lecture on searing and marches back and forth down the aisle of stainless-steel culinary stations. Wearing pinstripe Mc Hammer-esque pants, a pristine white chef jacket —thermometer in pocket—black Crocs, and a black tribal printed toque, Collins raises his voice in excitement. His fingers count down the seven-step searing method. He favors this method because of its wide application for any protein. He sips his coffee out of a foam cup and looks up with bright eyes. “Do not crowd the pan,” Collins, a tall, passionate figure, preaches, reminding his Introductory to Culinary Arts students of a step they missed.

His goal: teach college kids how to cook. At present, 28 percent of Americans claim they don’t cook, according to a study by Impulse Research in collaboration with Bosch Appliances. This analysis found that the majority of participants attributed this to not knowing how. Programs such as the Falk School’s 24-person Introduction to Culinary Arts course combats the production of another lost cooking generation and the obesity epidemic in young people.

The connection between cooking and health – especially in young people – is well documented. The Center for Weight and Health at U.C. Berkeley concluded that about half of overweight children would remain overweight into adulthood, and a study by the Partnership for a Healthier America reported that about half of all Americans will be obese by 2030. The University of Illinois at Chicago also found that 40 percent of U.S. children are eating at a fast-food restaurant every day and will consume 25 percent more saturated fats than children who do
not eat out. Programs like Jamie Oliver’s Better Food Foundation, Michelle Obama’s Let’s Move campaign, and the Walmart Foundation - which recently announced a $6.7 million program to fund non-profits providing healthy school breakfasts and nutritional education to students - address the seriousness of childhood obesity through cooking and food education that promotes eating healthfully at home.

According to research conducted by Michelle Obama’s Let’s Move campaign, one-third of all children born in 2000 or later will have diabetes at some point in their lives. The same study identified food education as an invaluable step in the reversal of these health problems. Research by the American Dietetic Association and Let’s Move demonstrated that when students learn about their food – where it comes from and how to help it grow – they are more likely to eat it and adopt healthier eating habits.

Though the odds are against him, chef Collins teaches cooking basics and nutrition to combat this. His introductory course is a personal attempt to save his students from America’s prepackaged-food hell. “Some literally, very literally, don’t know how to crack an egg,” says Collins. “They are seniors. They are about to go out and live in Boston or New York or L.A., and they need to learn how to cook something or they will suffer.” He approaches the red KitchenAid, and slings his arm over the gleaning new product. “These are my new babies,” says Collins. He picks up different mixer attachments and explains each contraption in detail. This instruction makes up part of his basic approach. If students know the concepts and the equipment, they can follow any recipe.

“People used to know their food came from farmer Jones down the street, but nobody knows where food comes from anymore,” says Collins. Perched on a stool in front of an enormous refrigerator Collins crosses his arms and preaches about food sourcing. “Did it come from South America? Were the people treated correctly when they harvested this food?” asks Collins. His arm movement nearly knocks down the pasta press in front of him.

Consider Samantha Hill, a 28-year-old, to be a culinary comrade in arms. Hill is the Youth Education Coordinator for GrowNYC, a nonprofit that gives New Yorker’s access to fresh local food through their 20 different markets. She stands before one of Kevin Pope’s fourth-grade science class at the Future Leaders Institute Charter School in Harlem. The students, dressed in their light and dark blue uniforms, wiggle in their seats as their special guest Hill, affectionately known as the farm lady, stands at the whiteboard waiting for the students to be quiet so she can start. An Obama 2012 poster sits against the bright yellow wall above the whiteboard next to the Classroom Bill Of Rights. Today Hill talks about the benefits of eating a rainbow of produce. Adorned in red skinny jeans, purple t-shirt, turquoise shoes, and green hair-tie holding back her dark, curly hair, Hill matches the theme of the day.

Hill runs the education-outreach program, Seed to Plate, where government identified at-risk schools can give their students access to food and cooking education. Accepted schools receive 10 sessions that include field trips to the Greenmarket and instructions by Hill, who visits the school to set up seasonal gardens and present cooking demos. Hill says cooking is a vital tool because it allows you to accurately keep track of exactly what enters your body. This is Hill’s fourth session with this group, and they already have been to the Greenmarket at Union Square.

Hill flips through the PowerPoint noting, the benefits of yellow and next purple produce. She comes to a full-screen picture of produce arranged in rainbow order and quizzes the students on their recognition. She points to a carrot. Hands shoot up, and a buzz of “I know I know” fills the classroom. Next she points to tomatoes, squash and even kale, and the class answers correctly every time.

She ups her challenge.

“But do you know what this is?” She points to a tan root.
Top: Chef Collins shows his students which toppings are available for their fresh pizza and bagels. Bottom Left: Students mix together their ingredients. Bottom Right: A student prepares her pizza dough for the proofing cabinet. photos by Alyssa Greenberg
“It’s ginger, obviously,” snaps a girl in the front row. “We saw it on our market fieldtrip.”

Hill ignores her attitude and makes eye contact with Mr. Pope. They both grin.

Hill first became interested in food systems while studying abroad in Hungary, where she witnessed many differences in food consumption such as not refrigerating milk or eggs. It triggered her interest to learn more about food. In 2011, she graduated with a Master of Arts in Food Studies from New York University. During school she interned for GrowNYC in the Green Market Youth Education, where she realized the impact she could make on our food system by teaching children - less resistant to adopting new habits than adults - about eating healthfully.

After the PowerPoint, Hill heads to the back of the classroom to present her salad tasting. She reaches into her canvas bag and pulls out a red salad bowl, bags of pre-shredded produce, and whole produce to show the class. She holds up different colored carrots and talks about the other ingredients in the simple salad. She tosses the mixture, as the students look on, wide-eyed. Hill serves a scoopsful of dressed shredded carrots, beets, apples and a dollop of goat cheese in paper cups to the students. The classroom erupts in mmm’s and eww’s. Some of the students come back for seconds, some just come back for cheese, and some spit it out in their hands. “That’s nasty,” says a student. It’s the one word that Hill won’t tolerate. Mr. Pope recognizes this and tells the student he is proud of her for trying the food and “debating” about it.

SU’s chef Collins also devotes time to talking about food. This year Collins teamed up with department colleagues chef Mary Ann Kiernan and assistant professor Evan Weissman to create a pilot class called Farm to Fork. Weissman comes from the sociological food studies background and chef Kiernan is currently drawing upon The First Lady’s program Chef’s Move to Schools to enlist surrounding Syracuse schools in becoming more knowledgeable about nutrition and food. Together they created this course for the health and wellness majors to expose them to real sociological problems in our food system like labor issues and pollution from food imports while teaching them how to use farm fresh products

Samantha Hill demos “Rainbow Salad” for her class. photo by Victoria Troxler
Though they do not focus on budgeting, they often comment on prices to encourage students’ to shop at their local farmer’s market, which Hill says can be cost effective despite the common perception that they offer more expensive produce. Buying seasonally and directly from vendors can be cheaper; it just takes a little more effort. Chris Curtis, director of the Neighborhood Farmer’s Market Alliance in Seattle, Wash., says farmer’s-market shoppers need to look at value in a different way. “You can buy a head of lettuce at the farmer’s market, and it might be $2 instead of $1, but it will be twice as big, fresher, and more flavorful,” says Curtis.

As the Farm to Fork class begins, chef Kiernan plops a black plastic bin of fresh produce on the oversized stainless-steel demo table in the middle of the classroom. The students creep closer to inspect the seasonal squash and greens overflowing from the bucket. “This week everything will be gone from this bucket before you touch anything from the pantry,” says Collins. “We will not have a repeat of last week.” Last week the class wasted produce. For the first hour of the course, the three instructors team up to lecture and finish up with a “Top Chef” dash to prepare a dish using the mystery bucket. At the end of the lecture, a student snatches the acorn squash and boasts that she will make a squash risotto. Collins smiles and then lists the series of steps that will yield the best risotto.

At the end of each Farm to Fork course, the students fix their finished dishes on the silver demo table where they started and discuss them. Kiernan and Collins designed this component of the curriculum to mirror the experience of eating at a family dinner table. They both agree a return to the dinner table also plays a role fighting the obesity epidemic and in the promotion of healthy eating habits. A study by Washington State University concluded that children who ate with their family not only tended to eat more healthfully but also did better in school and shared more with their family. Of course for 20-somethings, who may be beyond report-card concerns, sharing a great meal with friends, improving their cooking skills, saving some bank, and consuming a more healthy diet may serve as sufficient incentive.

Get Cooking

Thanks to web tutorials you can learn just about any culinary technique fast and without the need of cooking classes. We’ve searched the web for the best sites with video instruction. Whether your skill set is rusty, you need some fresh recipes, or you count yourself as part of the 28 percent of American non-cookers, we’ve got a website for you.

Beginners
For those of you who find frying an egg something akin to open-heart surgery, subscribe to Kathy Maister’s Startcooking.com, immediately. She will teach you how to handle that mystifying egg – from boiling to cracking and even choosing them. Maister’s unpretentious recipes, plain language, and straightforward videos make her website a haven for beginners. She even uses the microwave.

Adventurers
If you’ve got the basic skills but need some new recipes, the Kitchy Kitchen will serve you with a slice of inspiration. Twenty-something blogger Claire Thomas is also host of Food for Thought with Claire Thomas, part of Litton’s Weekend Adventure on ABC. Though she is a professional, her accessible recipes with a twist are perfect for cooks-in-training. She elevates classics like mac and cheese with impressive but affordable ingredients like nutmeg and fresh Gruyere. It doesn’t hurt that her photographs and videos are gorgeous.

Environmentalists
Food Farmer Earth, a new section of the “Cooking Up A Story” YouTube Channel, hosts the most environmentally conscious cooking instruction on the web. The new section brings American farmers and vendors into the kitchen to tell their stories and demo their signature dishes. We’re currently drooling over the recipe by Oregon chef Gloria Vargas’, of Gloria’s Secret Café for seasonal and locally sourced roasted pepper and corn tamales. Check out this site when you’re looking for ways to cook up your farmers market finds.
Farm Fresh: The Markets for 20-somethings.

The high-brow environmentalists and unfamiliar produce can turn any farmer’s market experience into a scary Sunday outing. We’ve created a list of markets with the comprehensive websites and on-site resources for the culinary curios. by Victoria Troxler

1. Manhattan
Union Square Greenmarket
Situated in the heart of bustling Union Square, The Union Square Greenmarket is the largest of all the Manhattan Greenmarkets. With nearly every subway line stopping directly in the square, the market is a valuable resource for top chefs, students, and those looking to grab groceries on the way home. Director of Greenmarket Education Sam Hill, says, “You must stop by the Bodhi Tree Farm stand. Run by a Korean family out of New Jersey the farm is famous for their pesticide-free heirloom vegetables native to their culture.” Another must-see is the Paffenroth Gardens stand; they accompany their produce with instructional signs on how to best prepare and experience their offerings.

2. Washington D.C.
Dupont Circle Freshfarm Market
In peak season, the Dupont Circle Freshfarm hosts more than 40 local vendors right in the heart of D.C. Their detailed website houses countless seasonal recipes as well as an printable list of seasonal produce; bring this list when shopping as in-season products tend to be cheaper. Their “find a product” and market map streamline the shopping experience. Simply type in the product of your choice to find a list of supplying vendors. No need to hunt around. In addition to the extensive produce selection, be sure to check out their selection of famous local seafood.

3. Washington
University District Farmer’s Market
Seattle might be famous for the Pike Place Market, but for a larger, specifically locally grown food selection, head to the famous University District Farmers Market. Just off the coffee-shop saturated University of Washington “Ave,” the Saturday market is always filled with young people. Chris Curtis, director of the Neighborhood Farmers Market Alliance, says the world famous berries are a showstopper. For the drooling shopper she advises grabbing a bag of cherries to munch on while shopping. “They are the original fast food. They’re easy to eat on the go and you can pop them in your mouth like popcorn.” Though their website features tons of seasonal recipes, their on-site information tent offers even more. Grab a complimentary recipe booklet for even more ideas.

4. Illinois
Green City Market
On the north side of Chicago, the Green City Market takes the “what to fix” question out of mealtime with their extensive online list of seasonal recipes and “Savor the Season” Tasting Series at the market. On the fourth Wednesday of each month, the market celebrates the bounty of the season and allows customers to taste the best raw food of the harvest. They also bring in local chefs to demo a variety of preparation methods and provide instructions on the best way to store your produce. If you’re hungry while you’re shopping, try one of the many ready-to-eat meals. Check out the Prairie Pure Cheese for an artisan grilled cheese made with their Butterkase cheese, bread from Bennison Bakery, and butter from Nordic Creamery. Yum!

5. California
Santa Monica Farmer’s Market
With its location within walking distance from the Pacific Ocean and next to the famous Third Street Promenade, The Santa Monica Farmer’s Market is ideal for a weekend outing. Enjoy a scenic bike ride along the coastal paths, and grocery shop among celebs. Spoil yourself with the unbeatable California citrus and avocados from Bernard Ranches, and the big beef heirloom tomatoes from Trevino Farms. For free health guidance, take advantage of the “Ask the Dietitian” program that runs from March to November during the Wednesday market. Stop by for nutrition questions and seasonal balanced recipes. Don’t forget to bring your own bag as Santa Monica has a ban on single use bags.

6. Georgia
Morningside Market
Morningside Market requires all their vendors to sell only certified organic produce and travel no more than 150 miles to reach the market. This rule is enforced not only to promote healthful living, but also because it most closely resembles the old Georgian farming techniques. Started in the late 1980s in the back of a restaurant parking lot, this market has deep roots in the Virginia Highland Neighborhood it calls home. From April to November the market hosts “Shop with a Chef,” a program that brings celebrity chefs to demo seasonal dishes each week. The Riverview Farm stand is a highlight it boasts some of the most sought-after, grass-fed beef and Berkshire pork in Atlanta. Indulge in cheeses and pastries at Atlanta’s famous Alon’s bakery across the street after shopping.

7. Texas
Austin’s Farmer’s Market
No one wants to lug groceries around while running your errands so at Austin’s Farmer’s Market they created the Veggie Valet. Just leave your products with the staff at one of the several markets scattered across the city, run your errands, and return later to collect your produce. With other practical solutions for the forgetful and lazy consumer such as the Market ATM – they charge your card in return for wooden tokens to be used at the tents – this market is 20-something proof. Boasting organic everything, from lamb to okra, the Austin Farmer’s Market is a one-stop shop. Be sure to stop by the chef’s circle for any questions on preparing your groceries.
Smoked by Windows Phone.
Ooh La Latte.

Start your day with something delicious and nutritious. Surprise. The milk in your morning latte provides essential nutrients most of us are missing. "C'est magnifique!"

got milk?

whymilk.com/maggiegyllenhaal
DRESS CODE

From graphic florals to bold stripes, we use this season’s hottest trends to elevate the summer dress. And, our picks won’t bust your entry-level budget.

by Victoria troxler
Mixing striped separates can overwhelm the average frame. Repeating the stripe on an accessory – in this case a necklace – makes this look a bit more approachable. Pair this sleek silhouette with a minimalist heel and some bright accessories for a fresh summer look.

**STRIPES ON STRIPES**

Seen at Marc Jacobs, Oscar de la Renta, and Tommy Hilfiger

DRESS | Striped Dress, Zara, $49.90  
NECKLACE | Stripe Plait Necklace Pack, Wallis Fashion, $26  
BAG | Sunshine On My Shoulder Bag, Modcloth, $197.99  
BRACELET | Jewel Absail Bracelet, Topshop $30  
SHOE | Nicholas Jocelyn Embossed Suede Sandals, Shopbop.com, $260  
RUNWAY | Michael Kors Spring 2013, Style.com, Yannis Viamos, GoRunway.com
EYELET WHITES

Seen at Giambattista Valli RTW, Roberto Cavalli, and Bottega Veneta

Eyelets scream summer and blank canvas. With a few accessories, this frock can look ultra-glamorous or rocker-chic. Our take? Free spirit. The accessories tie together with undertones of peach, and this daytime canvas clutch adds a pop of color.

DRESS | Dolce Vita Val Dress, Designs by Stephen, $120
HAT | Boni Sun Hat, Anthropologie, $338
BRACELET | Adia Kibur Hammered Link Bracelet, Shopbop.com, $50
BAG | Kimichi Blue Palm Print Fold-Over Clutch, Urban Outfitters, $29
SHOE | Gabby Suede Sandals in Dark Oak, J.Crew, $198

RUNWAY | Valentino Couture Spring 2013, Style.com, Marcus Tondo/InDigital | GoRunway.com
MODERN FLORALS

Seen at Moschino, Erdem, and Preen

The spring runways were filled with a new graphic floral that demanded our attention. Let this textile take center stage by adding simple black or neutral accessories. A touch of sparkly jewelry polishes it off.

DRESS | Clover Canyon Turquoise Valley dress, Net-A-Porter.com, $246
BOOT | The Chelsea Boot, Madewell, $115
RING | Filagree Stone Ring, Free People, $115
SUNGLASSES | Ray-Ban® Thick Cat-Eye Wayfarer® Sunglasses, J.Crew, $144
BAG | Kate Spade New York ‘Cobble Hill-Brandece’ Crossbody Bag, Nordstrom, $98
RUNWAY | Brood Spring 2013, Style.com, Marcus Tondo | GoRunway.com
REFINED LEATHER

Seen at Jason Wu, Belstaff, and Alexander Wang

All-over leather is a glamorous nighttime option and is easily dressed down for the day. A pair of suede ankle-strap flats creates a casual feel, and this Aztec print bag incorporates huge trend this season – global prints. Keep the rest of the accessories minimal for an effortlessly chic ensemble.

DRESS | ASTR Faux Leather High/Low Tank Dress, Nordstrom, $68
BAG | Embroidered Messenger Bag With Beads, Zara, $99.90
SUNGLASSES | Foster Sunglasses in Black, American Apparel, $40
RING | Spiked Metal Ring Set, Forever 21, $3.80
SHOE | Flat Sandals With Studded Ankle Strap, Zara, $49.90
RUNWAY | Derek Lam Spring 2013, Style.com, Alessandro Viero/GoRunway.com
Are you truly unshakeable? Unbeatable? Undeniable? Are you truly maximizing every ounce of sweat you put in? Are you truly training for your team? For you? For set-in-stone glory? Are you truly ready to rescue victory from the split second, the tough call, the off day?

ARE YOU TRAINING TRUE?
Trending: The Visible Bra

by Joelle Hyman

If there’s one thing worth remembering from the early 2000s, it’s the visible bra strap trend. The silky ribbon hanging off your shoulder was the most powerful tween status symbol one could have. Ever since the questionable trend caught on with Paris Hilton and less-than-admirable celebrities alike, it fizzled out into sartorial wasteland with your Vuitton Murakami.

This spring, bras are reinstated as a visible accessory with maximum runway approval. With inspiration from Carolina Herrera, Christopher Kane, and Erdem, three of spring’s biggest trends have manifested themselves to be shown off from underneath a sheer blouse. Of course, there’s a tasteful showing off of your undergarments and then there’s excessive. Lace and leather, neons, and the ubiquitous floral for spring can all be worn day to night within limits. Prepare to ditch your nude and black bras for a new and minimal way to be a trend monster, without ending up on a worst dressed list.

Leather and Lace

Lace is a lingerie staple. You probably already have a draw full of pantyline-killers from Cosabella and Hanky Panky, but lace could always use a little help from its trendy counterpart—leather. Some bralettes, like the T by Alexander Wang one shown, also function as a top paired with a high waisted maxi (should you feel like channeling your inner Rihanna). The lacy black basics are a step up from your regular T-shirt bra without straying too far from the functional purpose of a bra.

Neon

Color may usually be reserved for nail polish and lipstick, but monochromatic brights are new and open territory for lingerie. Carolina Herrera showed of lady-like shapes in tangerine lace and silk. Since colorful undergarments can be intimidating and inappropriate if visible in the workplace—that’s not what they mean by business casual—it’s best to save this one for the weekend. In bra form, punchy brights are an understated way cure Saturday’s inevitable hangover blues.

Floral

For spring? Groundbreaking. But really, the delicate and bold options of florals for spring are a quick fix to forgetting your winter depression. Mix your floral bra with a stripe button-up or dress for on-trend pattern mixing. Flowers may seem ditzy or uncool should you find yourself unclothed in front of someone else, but at the very least, you’ll know you have Stella McCartney’s approval. And sometimes, that’s really all a girl needs.
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FASHION

T by Alexander Wang, $375
Shopbop.com

Hanky Panky, $46
Net-a-Porter.com

Gar-de, $198
TwentyThirtyFourty.com

Only Hearts, $55
OnlyHearts.com

Topshop, $36
Topshop.com

Stella McCartney, $110
Nordstroms.com

Cosabella, $73
BareNecessities.com

Topshop, $28
Topshop.com

Xierna, $73
StevenAlan.com
Black & White

Black or White – either way these looks deliver bold graphics, stark solids, and cool hues that convey simple modernity.

Photographer Altan James
Style Editor Victoria Troxler
Model Liz Lillie
Hair Sheridonna Wilson-Bedell for Sheridonna’s Unisex Salon
Makeup Annie Zhang
Style Assistant Nancy Oganezov
Style Assistant Noah Silverstein

Leather Dress Asos $203.46, Sandals $79.90
Black or White – either way these looks deliver bold graphics, stark solids, and cool hues that convey simple modernity.
Dress Nordstrom $76, Tote Bag Urban Outfitters $39, Heels Steve Madden
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Cropped Sweatshirt Urban Outfitters $70.00, Skirt Forever 21, Sandals Zara
Coat BCBG, Bandeau $35.90 Zara,
Trousers Zara $49.90, Sandals Zara
Jacket H&M, Dress Vintage Alexander Wang, Heels Forever 21
Top Zara $59.90, Shorts Zara $39.90. Sandal Zara $79.90
Dress Asos, $47.47 Heels Topshop, Ring Model's Own
Jumpsuit Zara $79.90, Bra H&M, Heels Zara
A stain can ruin your whole garment.

Tide
Bold Brows

**Seen at** Marc Jacobs, Carolina Herrera, and Jason Wu

Goodbye long, slender and shapely eyebrows. Bold and bushy brows are making a statement this spring. Toss your tweezers aside for a while and leave brows natural. Then pump up the volume by filling them in with a brow pencil or brow powder in a matching shade. If you are going for a more pronounced look, try using a pencil or powder that is a shade or two darker than your natural color. After shading, brush the brows with a bristled brow brush to blend in additional color and tame spastic hairs. Finish the look off by using a lightweight brow finisher that goes on clear and keeps unruly hairs in place. Spraying a bit of hairspray onto your fingertips and applying that to brows works like a brow finisher as well.

**The Look for Less**  
e.l.f. Studio Eyebrow Kit, $3, target.com;  
Rimmel London Professional Eyebrow Pencil, $3.99, ulta.com;  
Tweezerman Browmousse, $12, tweezerman.com

Matte Lip

**Seen at** Missoni, Giles, and Prada

Stand out this spring with matte lips in bright, fun colors. To pull off this trend, keep the rest of the makeup on the face clean and natural. Use an eyelash curler and just a bit of black mascara to open up the eyes. Paint your pout with a bit of concealer for a base, and then apply matching lip liner and a matte lipstick of your choice. Popular shades on the Spring 2013 runways included shocking pink, sultry red, and punchy red-orange. The opaque lip is just as perfect for day as it is for night. No sparkles, no shimmer, no stickiness of glossy lip color — just intense, luscious color.

**The Look for Less**  
Maybelline New York Color Sensational Vivids lipcolor in Fuchsia Flash, $5.54, ulta.com;  
Nyx Cosmetics Matte lipstick in Indie Flick, $5.99, ulta.com
Smokey Lids

**Seen at** Peter Som, Anna Sui, and Lanvin

There was no shortage of smokey eyes on the spring runways, but in addition to classic black and gray shades, lids were dusted with soft pinks, lilacs, and blues. When wearing this trend during the day, lightly brush eye shadow in subdued colors like a soft rose or light lilac on the lids and ever so slightly blend it outwards towards the crease. For night, a smoldering smokey eye will get you noticed. Line eyes in onyx eyeliner and smudge. Then, blend dark gray shadow all of the lids. Use a metallic black shadow in the crease and blend until the desired amount of smokiness is attained. Dare to go darker by layering eyelashes with a few coats of black volumizing mascara to take this sultry, sexy look to full-blown vixen status.

**The Look for Less**  
CoverGirl Eye Enhancers in Shimmering Onxy, $3.99, cvs.com; Revlon Colorstay 16 Hour Eyeshadow in Seductive, $5.97, walmart.com

Nude Nails

**Seen at** Diane von Furstenburg, Derek Lam, and Rodarte

If over-the-top nail art makes you manic, you’ll be happy to hear that this spring, it’s all about nude polish. However, all nudes aren’t created equal — finding the nude hue that works best for your skin tone takes some experimenting. Generally, if you have fair skin, stick to nudes that have a pink undertone. If you have medium skin, warmer, more beige nudes are your best bet. Women with olive skin can pull off metallic nude shade, and if you have a dark complexion, you should choose nudes with yellow or orange undertones. If you’re the type of woman who usually prefers notice-me-nails, choose an incandescent formula that dries lustrous and adds a bit of sparkle and shine to the subdued nude hue. For a more modern and chic look, go for a matte formula.

**The Look for Less**  
Essie Nail Polish in Don’t Sweater It, $8, cvs.com; OPI Classic Nail Lacquer in San Tan-tonio, $9, ulta.com
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Early mornings don’t warrant a lazy office appearance. Our six beauty steps to workplace perfection will have you out the door in 10 minutes or less.

photographed by Megan O’Malley, written by Annie Zhang, makeup by Annie Zhang, hair by Sheridonna Wilson-Bedell for Sheridonna’s Unisex Salon

1. Apply your favorite foundation all over the face and down your neck to even out your complexion. Then apply concealer to hide dark under eye circles, as well as any blemishes and redness around the nose and mouth area. Blend everything out with a damp sponge to create a flawless finish.

2. Take a small fluffy brush, and apply a shimmery cream or white eyeshadow to the inner corner of the eyes as well as the brow bone to highlight and brighten the eye area.

3. With a larger fluffy brush, apply a matte medium brown eyeshadow on the outer half of the lid, and blend into the crease to create some definition.

4. Line your upper lash line with an angled eyeliner brush, and use black eye shadow to create a softer, smokier look. Curl your lashes and apply a couple coats of your favorite mascara to complete the eye makeup!

5. Dust on a pretty pink blush on the apples of your cheeks, and blend backwards towards your temples for a natural, healthy flush.

6. Apply a pretty berry color to the lips, and dab a little bit of gloss on the center to make your lips look plump.
2. Apply eye shadow to the eyelid.

3. Blend the eye shadow into the crease.

5. Apply blush to the cheeks.

6. Apply lipstick to the lips.
Think Pink. Rosy hues return this summer. Although pink eyeshadow might make you shriek, these looks will revive your love for Barbie beauty.

Photographer Megan O’Malley
Style Editor Victoria Troxler
Model Val Wasserstein
Hair Sheridonna Wilson-Bedell for Sheridonna’s Unisex Salon
Makeup Annie Zhang
Style Assistant Nancy Oganezov
Style Assistant Joelle Hyman
Shirt Forever 21, Necklace J.Crew $128, Earrings Asos $13.56
Shirt J.Crew, Necklace
Anthropologie $38
Shirt Madewell, Bracelet J.Crew, Bracelet Anthropologie $38, Starburst Bracelet J.Crew, Round Chain Bracelet J.Crew $125
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Federal Funds

D.C.-based blogger, Kelsey Heinze, of the Capital Barbie, makes fiscal responsibility chic. by Victoria Troxler

The Capital Barbie blog is equal parts personal shopper, private chef, and life coach. Kelsey Heinze, 26, the brains behind the operation and our favorite blogger of the moment, serves up a succulent plate of honest and practical advice for 20-somethings. A recent post about all things jade, inspired by the new Essie nail color, shows readers how to incorporate this jewel tone into their wardrobes. Scroll down a bit and prepare to drool over the recipe for Bacon & Onion Pizza with Pesto Cream Sauce. When you stop salivating a post about printed pencil skirts will make you rethink your boring perceptions of this office staple. The best part is: everything on the blog comes with an under-$100 price tag.

“I believe in living a financially balanced lifestyle. Sure you could buy that $400 bag, but then are you going to be eating Ramen Noodles for the rest of the month? Right,” says Heinze.

The budget guru’s affair with saving money and acquiring fashion materialized as an undergraduate at George Washington University. Situated in the middle of D.C., Heinze spells out, GW is a dress-up campus. Rocking a sweatshirt earns harsh stares. Heinze wanted to continue to eat regularly and dress well so she elected to take command of her money.

After mastering the college budget, Heinze spread her expertise to the web, and now reaches 400 unique visitors daily. Heinze’s guidance spans beyond food and fashion. She addresses practical themes that overwhelm the average working woman such as knowing the exact amount of time it takes to get ready in the morning. Heinze is a nine-minute girl. “I like this post because it’s honest. I used to work a job that required me to be at work at 5 a.m. every day. Every minute of getting ready in the morning I made count,” says Heinze. This post encourages readers to pre-plan a classic outfit and savor that necessary sacred sleep.

Though Heinze manages an entry-level income with flawless sophistication, she puts an enormous amount of effort into finding the best deals for herself and her readers. The research is worth it. “I keep my budget under control by finding deals, everything from Groupon to Living Social to RetailMeNot.com to Old Navy sales to Target,” says Heinze. “There are ways to make everyday or not so everyday purchases affordable.”

Capital Tips For Post Grads

1 "Get creative when asking family for graduation gifts. My family pooled all of the money they planned to use for gifts and gave me half off of my rent for a year."

2 "Check your bank account daily. Yes, every day. Log in online; see what’s gone in, and more importantly what’s gone out. It keeps you honest."

3 "Get rid of loans fast. Take out a certain amount each pay period and put it into a 'loan account' that you cannot withdraw from. This way it’s like the money was never in your hands. It’s kind of like ripping of the Band-Aid off, do it quickly and it will be much easier."
CNN Cost of Living Calculator - Postgraduates like to move. Perhaps $30K works in Washington, D.C., but what does it take to live 3,000 miles away? Plug in your current salary and city, and add your destination (San Diego, anyone?) and the calculator gives you a salary comparison. The estimate is based on grocery, housing, and other essentials, all presented in the percent difference. This bare-minimum salary level gives you an edge in job negotiations, or at least security in moving away.

Mint.com - Considered the premiere budget tool, Mint taps into your banks accounts to make managing money easy. The app breaks down payments by category – groceries, entertainment, and otherwise – and allows you to make micro-spending budgets. Bill alerts can be set for everything from phone bills to student loans. The app is simple to access, with apps on the web, iPhone, iPad and all Android devices. Cautious bankers fret not, Mint uses bank-level security and cannot move money across accounts. They’ll even send a text if a card or account shows unusual activity.

PushPins - Cutting grocery coupons isn’t exactly glamorous, often seeming like a chore for mom. It’s nearly impossible now without shrink-wrapped weekly magazines coming with digital newspaper subscriptions. Fortunately, apps like PushPin fill the void. Scroll through constantly updated deals, check the box next to ones to keep, and scan the digital barcode at the checkout line. For the health-conscious, PushPins can also pull nutrition info before you even hit the store.
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Old Fashioned

It may sound twisted, but some people don’t get the rush we do from online money management tools. If you’re more of a pen-and-paper gal, we’ve got the organizational essentials you need to track every dime. by Victoria Troxler

1. The Star
This pocket-size, must-have houses an accordion folder for receipts and a spending chart to monitor spending on the go. 
*Personal Banker Organizer, Modcloth.com, $13.99*

2. The Paper Pusher
The key to on-time bill payments it to create a system. You won’t be able to ignore unpaid bills or statements that rest in this adorable dog. There’s even a pencil holder for a tail! 
*Dachshund Letter Holder, Anthropologie.com, $32*

3. The Mental Note
We highly recommend you carry a daily planner, but extra reminders can’t hurt. Simply write when your bill is due and stick it where you can’t ignore it. 
*Peel & Stick Weekly Calendar Pad, PaperSource.com, $12.95*

4. The Archive
This super-sleek, wood desktop organizer is perfect to neatly file statements and bills. 
*Edge Desktop File, TheContainerStore.com, $34.99*

5. The Confirmation
Something about stamping PAID on a bill feels so good. Make it feel even better with this gorgeous vintage stamp. 
*Vintage Office Stamp, Becaruns on Etsy.com, $14.50*
When it comes to the search for new eyewear, you shouldn’t have to settle for bland & boring, and then pay a fortune for it.

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So go ahead, stare right into our Winston Lunar Fades & tell us Geek isn’t chic.
HOME 101: Matching Paint

Whether you are painting over a repair or just “touching up” over primed or non-primed areas, Lowe’s paint department offers the easiest solution for matching unidentified paint in your home.

1. Find a discreet area on the wall. Wash it really well with soap and water to remove dirt or dust. Let the area dry thoroughly.
2. Using a utility knife or scraper, peel off at least one-square inch of paint.
3. Bring the paint sample into your local Lowe’s store. Our experienced paint matchers will have your matched paint ready for you in minutes!

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Single Serving
3 oz Champagne or sparkling wine
1 oz fruit juice

Pitcher
1 bottle Champagne, about 24 oz
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Directions
Simply pour fruit juice and Champagne, both chilled, into a flute and stir to combine. As long as you keep the proportions to two parts sparkling wine to one part juice, the options are endless.

Tip: If you choose a juice with low sugar such as cranberry or grapefruit, you may wish to add a touch of sugar to balance the sweetness.