

Summer Life!

Celebrate summer!! ☀

Volume 1, Issue 6

June/July 2012

*4 Great Summer Beach
Hairstyles! See page 8.*

*Home Remedies That Really
Work! Check out page 12!*

*Take our quiz to find out
what Summer Style you are!!*

*Some **EYELINER** may be
poisonous. Read about it on page 17.*



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by: Claire
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LETTER

FROM



Dear Readers,

First off I would like to thank you for reading and supporting my magazine. Without all the writers and readers, my magazine would not be ready for publishing. Thank you! I hope that reading my magazine has helped you to be your best and help you find easy ways to be beautiful and feel good about yourself. I guarantee that you will once you read the great articles from my amazing writers. Reading each article should be a fun experience for you and give you tips to follow. I hope that the content of this magazine lives up to your expectations of a great magazine.

The purpose of writing *Summer Life!* was to help you be your very best. It is modeled after *Seventeen* magazine. I hope that the tips and tricks in my magazine will help you and you enjoy reading it. The quiz and other activities are really fun. This quiz by Jolaina Englebert on page fifteen is fun, so be sure to try it out.

All of the articles and ads in my magazine are great. I am so happy with the effort everyone put in to make *Summer Life!* a success. The Fabulous Faces ad by Emily Lasinski was great. She did an amazing job. I really liked the article by Karlie about fitness. I loved all her great ideas and the article from Klarissa Klosterman gives great ideas on how to throw an amazing party during the summer. I loved, loved, loved Claire St. Aubin's hand drawn ad. It was a perfect addition to my magazine. Bailey Bungert's Crazy Coats nail polish ad was so cool. I really enjoyed reading the letters to the editor, also. Again, I loved all my articles, ads and miscellaneous items. Thank you to all who contributed to *Summer Life!*

It was difficult to meet some of the deadlines, but somehow I pulled it off.

Editing and getting articles back to people was difficult, also, but it all worked out. There were a few times where I was sure I was going to run out of money, but that never happened. I lost five hundred dollars toward the beginning and I was afraid that it would throw my entire magazine off, but I found it in the bottom of my locker. Thank goodness! I never want to go through that again.

It was fun deciding what to place where in my magazine. After a lot of changes to the order, my magazine is what it is now. I tried to keep it so it was easy to understand where things were, so I hope that you have no troubles with reading this magazine.

My experience with trying new styles is one that has gone well, but has also gone horribly wrong. Some days you just have a bad hair day or your makeup just isn't quite right. It happens to all of us, me especially. Just think before you talk about someone behind their back if they look bad. You've probably had days like that too. I know I have.

I think it is really fun to try new things, as long as they are not too crazy. Just changing the color of your eyeliner or wearing a different color can totally change up your look. I get really excited when I find a look that looks amazing on me and I use it again and tell my friends about it. That's why reading great magazines with amazing tips in them is so good. You could find a style that is perfect for you.

I'd like to thank my writers and ad designers again. Their hard work really paid off and I have a great magazine because of them. It's hard writing an article on something, I know and somehow all my writers pulled it off. They are truly amazing.



THE

EDITOR

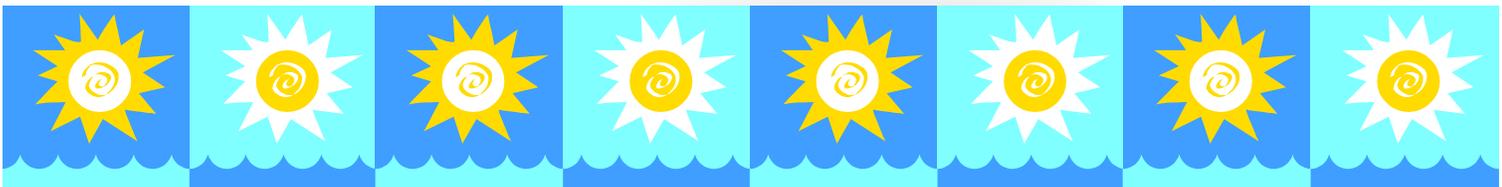


And thank you to you, my readers for reading and supporting my magazine. Without you I would be nowhere. Thank you so much.

Sincerely,

Mariah Lorfeld

Mariah Lorfeld
Editor in Chief, *Summer Life!*



LETTERS TO THE EDITOR

Dear Editor:

Thank you so much! I am very much proud of this shampoo product! Every day I shower, I use it and make sure to use it sparingly and remember how well it works. Right away, my hair felt so clean and protected as soon as I used it. This recommended brand, in my opinion, should well known on the market today! I am glad I can show my family how useful this shampoo is. I will for sure show this product to many friends and family because, I know for a fact, it has great quality and use. My mom will for sure be wowed when she spots this product at our door. Thanks again!

Sincerely,
Hailey Ferguson
Panama City Beach, Florida



Dear Editor:

I have recently purchased one of your hairspray products. Your hairspray severely damaged my hair along with my daughter's hair. Somehow; do not ask how, it turned my daughter's hair BLUE!! See the picture below to see the effect. She has to use a wig during church so people don't gawk at her. I will make sure no one buys your hairspray ever again!

Sincerely,
Joy Sun
Madison, Wisconsin



Dear Editor:

I am writing a review about your vacation destinations for the 2012 Miss America Tour. The guide said we were supposed to go to Paris, Hawaii, New York and Italy. Out of all those places, we only stopped in New York and it was the worst day. First, we were supposed to get a free meal at Ramonies Pasta, but what we didn't know was that we were all going to get food poisoning! If you think that I am going to recommend you, you must be crazy. I would be happier if I got a refund. Thank you.

Sincerely,
Riley Draheim
Hortonville, Wisconsin



BUGG

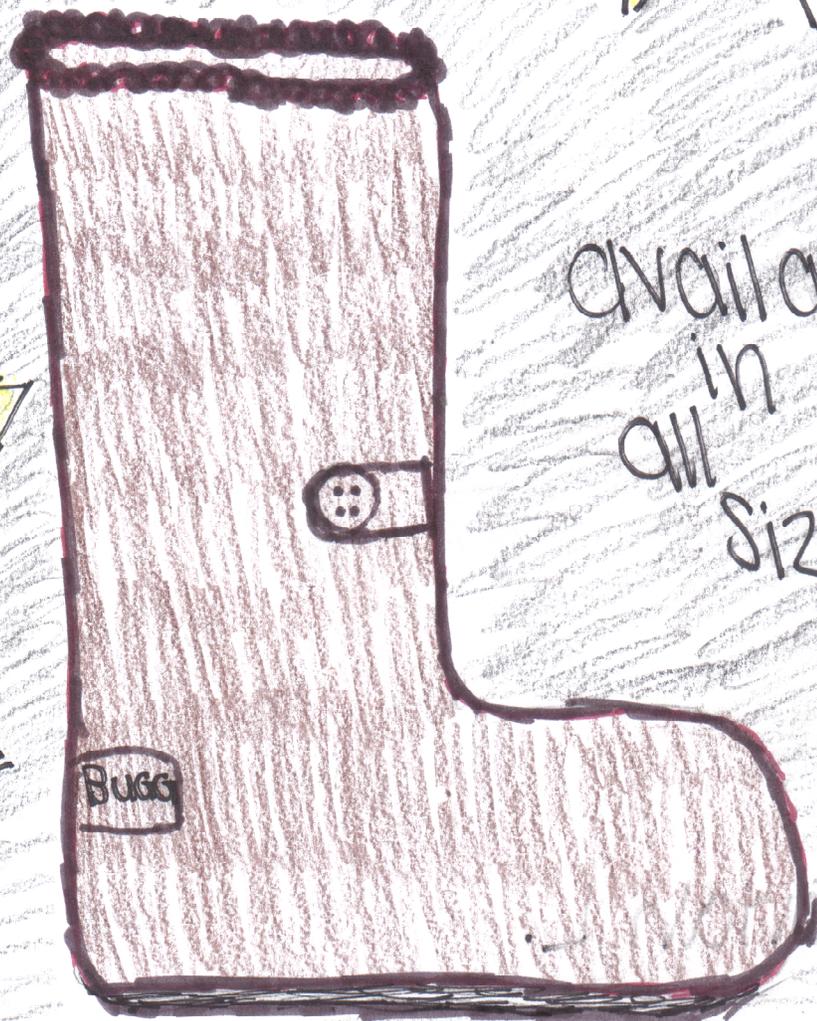
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Summer Beach Hair Styles

By: Sami Sullivan

Let's hit the beach with some rocking new beach hair styles. These hair styles will get the boys looking. The hair styles are the mermaid braid, fish tail, King Crown French braid, and the sea horse French braid.

The sea horse braid, you will need two people. One person will do your hair.

1. Brush the person's hair you are doing.
2. Grab the whole hair that is on the forehead that lines up with the person's eyebrows.
3. Split the hair into three sections.
4. Next bring the right strand of hair to the middle on the three strands. Then bring the middle strand to the right side. After that then bring the left side strand to the middle, and bring the middle strand to the left. If your lost look at the picture on the next page.
5. Then start adding hair on the left side and right side of the head. You then want to bring the hair and add it to the left strand of hair and the right strand of hair.
6. Repeat steps 4-5 until you reached the end where you can't add anymore hair.
7. Just braid a normal braid until you get to the end you feel it is fine to put a ponytail in.

The next hair style is the King Crown French braid. This hair style you can do yourself.

1. Brush your hair so there are no snarls in it.
2. Part your hair to the left or the right your choice.

3. Split your hair into three strands. Take the right strand of hair and put it in the middle. The middle strand of hair goes to the right side and the left strand goes to the middle.

4. Next start adding hair on the left side and bring that hair to left strand of hair and do it to the other side. If you have any questions about this see the picture on the next page.

5. Keep braiding and adding hair on one side of your head until you have it where you want to put in into a ponytail.

6. Put your hair back up into a ponytail.

The next hair style is called the mermaid braid.

1. Brush your hair out so there are no snarls.
2. Put all your hair to one side.
3. Split your hair into two sections.
4. Put a pony tail to separate one of the sections.
5. Now with the section that isn't in a ponytail, divide it into three sections.
6. Then make an inverted braid. An inverted braid is a braid where instead of braiding it over you braid it under. Keep braiding it like that until you get to the end. Then put a ponytail at the end.

7. Next take the other section and follow steps 5-6.

8. Now with the section the farthest away from you and gentle tug on the farthest side of that braid. If you have any questions look at the next page.

9. Next do the other braid but tug on the hair closest to your face.

10. Then it's time to bring the two braids together. Use bobby pins to connect them together. Then use a ponytail to keep the two braids together.

11. Now you curl the other strands of hair that were part of your bangs.

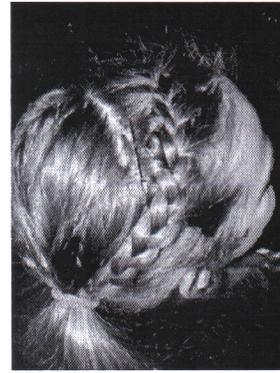
And for the last hair style you will learn is the fish tail.

1. Brush your hair so there are no snarls in it.

2. Part your hair into two sections.

3. Get a small piece of hair from the back and bring it across the other hair. Then do the same step on the other side if you have any questions on that look at the picture on the other page.

4. Keep doing step three until you get to the end of put a ponytail at the end. If you have any bangs you can bring it into a bobby pin.



This is the King Crown French braid.



This is the mermaid braid.



This is the Sea horse braid.



This is the fish tail braid.

Get Rid of Bad Acne, Home Remedies

By: Alexis Manley

Have you ever had a problem with bad acne, and seem to never find the cure? Well, stop what you are doing and listen. We have all new home remedies that will clear your face in less than two weeks.

All the time you see different acne cleansers and body washes on television, and in ads. But how often do those treatments work? Statistics show that only sixty one percent of people have had their acne cleared with the top brands of acne creams. Also, why have to pay twenty to thirty dollars to buy cleaners that won't clear your skin in less than two weeks?

Here are the steps to finding your clear skin. You will need tooth paste, salt, water, and a drop of rubbing alcohol. Mix the ingredients in a small container and let it sit for about two minutes. Take a damp warm wash cloth and wipe down your face. After you do this, apply the mixture to your face. Leave the mask on for about one to two minutes. After you follow these steps, take the damp wash cloth and wipe the remains of the cleanser off of your face. If you do these actions one to two times a day your skin will be cleared of blemishes in less than two weeks.

Another crazy home treatment for your blemishes is followed by these rules. You will need an aloe plant leaf, rubbing alcohol, and a non-scented white lotion. Break the aloe leaf in half and squeeze out the substance inside of it into a small container. After this action, mix the rest of the ingredients into a different container. First, apply the white lotion that you mixed with the rubbing alcohol to your skin. After this, let the lotion sit for about thirty seconds. After the wait, apply the aloe substance to your face. Let the mixture stay on your face for about three minutes. If you

follow these simple rules your skin will be cleared in a week and a half!

Why settle for high priced brands of acne cleanser that don't give you the results you want. It's time to stop wasting money when you can use house hold items to clear your skin. Ninety-seven percent of people who have used these home remedies got the results they wanted. It's time for you to clear your skin today.



Summer Ideas

By: Klarissa Klosterman

Need some ideas of what to do for summer? Read this and you will find some great ideas to do for parties, with friends, by yourself, for sweet snacks and more! Summer is a time to have fun party and never be bored. You can do so much more in summer than you can in any other season!

Want to have a party with a bunch of people from school, but don't know what to do with them all? Invite them all over for a pool party! You can hang lights around your pool if it's going to be at night so you can light up the area and to decorate. All your friends and yourself can go in your pool and swim around and talk them after your done swimming you can have a campfire and maybe grill burgers and roast marshmallows. Also make sure you have plenty of water and soda because everyone will be thirsty in the hot weather or you can play games such as Ghost and the Graveyard, Seven Steps, and Hide and Seek. You can also have a water balloon fight with everyone. You also can have a volleyball or beach ball tournament.

If you and your friend are hanging out during the summer you can go to a beach or go in your pool, you can also jump on the trampoline. After you are done in the pool you can go tanning on your driveway or go run through sprinklers. If you guys didn't want to stay home you could go to an amusement park or a water park also. If you live in the woods or can drive there you could drive four wheeler. If you are by yourself for a day you can go tan on your driveway or you could go lie in your pool and listen to music and relax.

During the summer it gets very hot and when you are outside you need

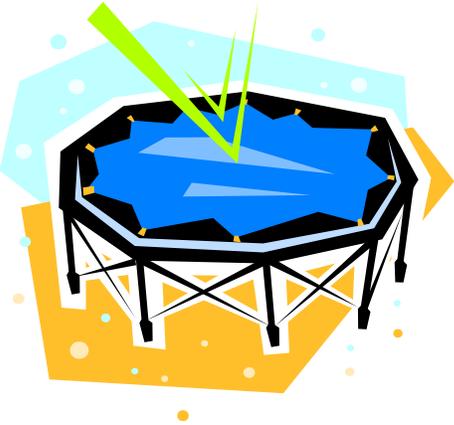
something cold to cool your body down, try smoothies, freeze pops, ice cream floats and more. To make a smoothie you can add ice, milk, yogurt and any kind of fruit you want. This is a great nutritious drink that will cool you down and is good for you. To make a freeze pop you can add any flavor you want and add water into an ice cube tray and they stick a popsicle stick into each one of them. You can make a float by adding ice cream into a cup and adding any flavor soda you want. It is very important to stay hydrated in the summer and to have your favorite drinks!

In the summer you can go to a lake or a beach with your friends and family. At a beach you can lie on the beach and get a tan or build sand castles. You can go tubing water skiing or knee boarding on the lake also. You can also take a boat ride or go fishing off your boat. In a lake you can also jet ski and depending where you are you can go snorkeling and even swim with dolphins and mantises.

When you're babysitting in the summer the kids often want to be outside but what do you do with them out there? You can play a sport with them such as volleyball or baseball; this depends on what age they are. You also can go on their play ground if they have one, or you can play something such as tag or hide and seek. You also can take the kids somewhere if the parents allowed it. You could take them to a park, an amusement mark or even an outdoor restaurant.

During the summer you can go in your pool, jump on the trampoline, go to the beach, go tubing on the lake, and much more. Summer is a very fun time of the year that you have time to do activities with your friends and family when you don't have school. During the summer you have all the

time you want to do everything you always dreamed of having. Have a great summer!



New Nail Styles!

By: Brooke Moeller

Everybody has their own style of something wither its clothing, hair, makeup, and yes nail polish! You have you neon's, animal prints, sparkles, pastels, shinny, bedazzled, glow in the dark, mood changing, color changing, but what they don't have is something so extraordinary you'll have to get it!! If you aren't satisfied with any of that then this just might work for you.

The all new and improved **Paint-It-Now**, the nail polish that comes in a container that you imagine what you want and when you paint your nails the designs appear! The simple way to get a professional look without breaking the bank is what every girl or woman wants. The application is so easy a five year old could do it, no mess, no spilling, and the cleanup is nothing!

Buyers say it's the best thing that's ever happened and they are glad they purchased something so intelligently great and worth buying! **Paint-It-Now** can be found at your local drug or department store, or on-line at www.paintitnow.com. This is the easiest way to paint your nails exactly how you want without paying full price. The jars start out in price from only \$7.95 and range to \$15.00. The jars are ranged in size from extra small to the extremely big.

A huge offer sale is going on now, and the current promotion is buy one and get two at half off. However, hurry soon since the offer will not last long! Go down town to your local store or head to the website to buy your one of a kind **Paint-it-Now** nail polish! Join the new nail sensation and color your

nails according to your own style and personality.



Which summer style are you!

By: Jolaina Englebert

Take this fabulous quiz to see if you have a *trendy, boring, unique, or terrible* summer fashion. Circle your best answer for all of them and read the next page to figure out what you are!

1. Do you like bright colors?

- A. Sometimes
- B. Oh yes!
- C. Not really
- D. No

2. How do you feel about fashion boots in summer?

- A. Sometimes
- B. Oh yes!
- C. Not really
- D. No

3. What's your take on scarves in summer?

- A. Sometimes
- B. Oh yes!
- C. Not really
- D. No

a. Do you think that simple tank tops on a hot summer day look cute?

- A. Sometimes
- B. Oh yes!
- B. Not really
- C. No

D. What's your opinion on mismatched jewelry?

- A. Sometimes
- B. Oh yes!
- C. Not really
- D. No



Mostly A's means you have a trendy style. You never like to wear the same things twice, and like a variety of different things.

Mostly B's means you have a very unique style. In other words you're quite crazy. You love bright colors and all the accessories that you could possibly imagine.

Mostly C's means you have a boring style. Typically these kinds of people only like one certain kind of outfit and don't go for much else. (I would suggest changing that)!

Mostly D's means that you just have a very terrible style. Sorry to say it, but saying no to everything just shows your picky and don't care too much about your appearance.



Poisons Revealed in Eyeliner

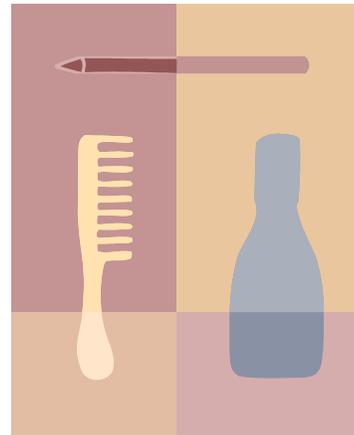
By: Anna Valeri

Have you heard about the poisonous eyeliner? Not the lead eyeliner but the liquid eyeliner? It's all over the news, people. They say that probably more than 50% of the eyeliner that are sold in stores has this deadly poison in it. It's not a gas. It's a liquid poison, like chemicals. Yeah, that's it. It's really dumb that the FDA approved of this. Yeah, I know. They totally approved it.

As you should all know, eyeliner is one of the top best selling and buying products in the world and one of the most favorite uses of make-up. You can dress up for school, work, or even parties by just putting it on. It makes your eyes POP out. Makes people want to just look at your eyes instead of your outfit or your hair. Even though that you should show people your natural beauty, eyeliner is just a small, it'sy bitsy bit of make-up. It won't change your face entirely, just to make you POP out a little more than usual. Eyeliner is loved all around the world for ladies and some Goths. Some of the brands are: Deadly Black (for extra POP and more looks), Angel Wings (longer/wider eyelashes), Black Out (also for extra POP and extra looks), and Black Science (for volume). Those are only a few brands compared to the many thousands of brands that come out each and every year. The FDA always approves to everything that comes out. You know, for safety reasons. They think about how it'll work, what's in it, what the company test's it on, and how to use it. They say they investigate the things that go on for each product that's going to come out either today, tomorrow, next week, next month, or even next year. But apparently, they didn't look at the papers and the tests very well. It's like they just looked at all the products that went through that day and just check "Okay" when it's

not. It's not right, you know? It's like because of it. A 16-year old teenager died because of the liquid. The scientists found toxins/ and chemicals in the eyeliner that she used. No one in their family wore make-up and they didn't allow it. She should've listened to her parents and family. Another woman around in her mid-twenties also died. Again, the scientists ran tests to find that the cause of death and found out it's the same liquid that killed that 16 year old girl. It was sad that they died because of a simple brand. They could've gotten ink poisoning, rashes (allergic), swollen eyes, become blind, or even become deaf. You see when the ink is put on over and over again in the same spot, most of the ink comes off when you wash it while some just seep into the skin. The ink can go behind the eye which could cause either temporary or permanent blindness. The ink ca also goes beyond the eye ball and goes to the ear. Once the toxins/chemicals reach there, it will damage your ear drum. And it can also cause temporary or permanent deafness like being blind. But over and over again can cause you worse than just blindness or deafness or even both. If you keep putting the ink in the same spot, it can go even farther than the eyes and ears and go to the brain. If you put it somewhere else on your body (which would be weird), it will enter the blood stream, enter the heart (causes heart attacks, heart disease, or a stroke) and then into the brain if not stopped. When it reaches the brain, it can make you see illusion or loss of memory. It cannot just only make you lose your memory, but also it can make you have brain cancer. The tumor would be as small as an eraser and big as a fist or a softball.

People, this is very serious. This is not a game to play unless you want to take the death walk out of Earth. No one cares if you look like Barbie every single day because of eyeliner or you look like you just came from the forest with circles under your eyes. You need to get away from this poison as soon as possible and far away as you can. I repeat, this isn't a game. People have died because of this poison, toxins and chemicals, and not one more person needs to. If you're planning on suing the companies for making this toxic liquid, go right ahead. They're the ones that put people in the ground. But think of what you're doing first and if it's the right thing to do. Usually, once you go down a path, you can never turn back and erase what you already did.



Fitness Fun

By: Karlie Warning

Summer is just around the corner and everyone wants to feel comfortable in everything they wear. From tank tops to swimsuits, these healthy ideas and workouts will guarantee you to be healthy and fit this summer.

To be healthy you can't just work on one area all the time. You will feel unnatural and off balanced. You need to work your core, legs, and arms. To burn excessive calories, cardio will be the best. Lastly, yoga will get you so you won't be sore, but more flexible.

To feel confident everyone loves a flat stomach and with these three exercises you will be able to feel confident everywhere you go. First try the knee pull; you will need to start in a push-up position with your body as straight as possible. Then use your core to pull your left knee forward toward your nose and then hold for ten seconds and repeat with the other leg. The second exercise is to lay on your back with arms straight on the floor at your sides. Raise your upper back off the floor, bringing your chin to your chest. Lift your legs above the ground at, at least five to seven inches. Stay in that position for at least one minute. The third exercise is the reach, and twist. Start yourself sitting up with your arms out, then lean back halfway slowly turn to the left or right and complete this motion for at least three minutes.

Everyone wants to have killer legs to feel good so with these three tips you will be looking good in no time. For the first tip you will lunge forward with your right foot and go as low as you can and then keep you with on the right foot for five seconds. Second, push your right foot into the floor and propel forward, lastly pull your left leg through and lunge with that foot. It is recommended to do two sets of twelve lunges. The next

exercise will work more of your calves you can just find a pair of steps this tip is for you. Stand on the step and move backwards until your heels are hanging of the ground and then slowly move up and down. You will be guaranteed to feel the tension in your calves. Lastly stand with you heels wider than your shoulder, and then slowly squat up and down, do at least three sets of ten.

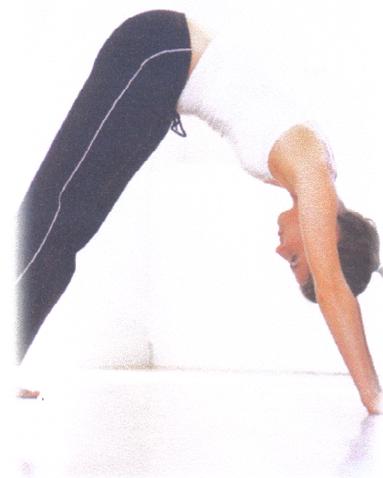
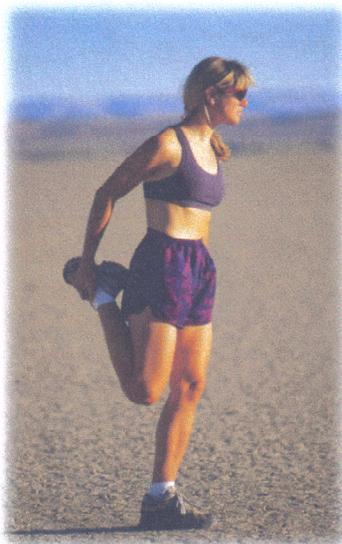
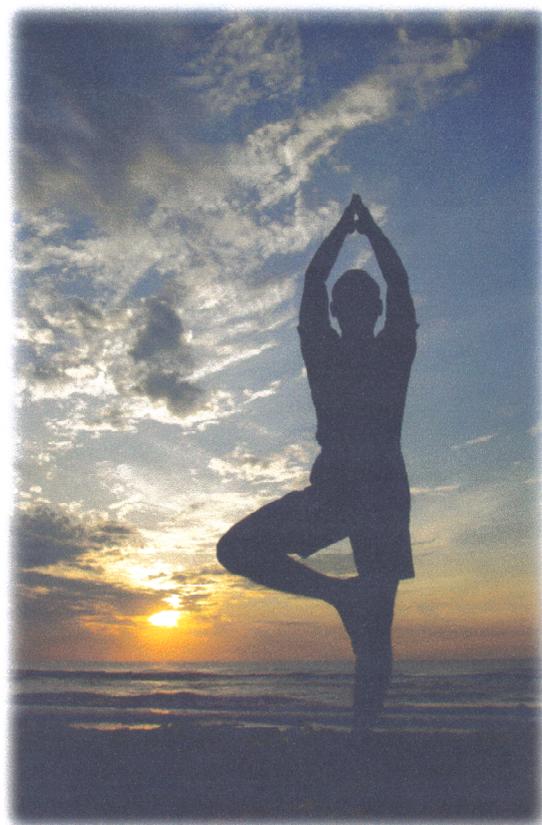
To be ready for tank tops and strapless dresses you will feel more comfortable with these awesome arm exercise tips. First stand with feet apart, and then have your fists held up to your face like a boxer. Then squat just a little bit and punch left then right and do this for thirty seconds and repeat twice. The second exercise stands with your knees bent and put you palms to your ears, then extend you right leg to the side as you push your arms up and then return to starting position and do the same with your left leg. Lastly this exercise you need to stand with your feet apart also and put your arms out straight, and then pretend like you are driving car wildly with sharp turns to the right and left.

Now that you have work the muscles in your body, cardio will help you burn any other excessive calories. With these easy fitness tips you will be healthy in no time. First start with your feet apart and jump up on the right foot hugging your left leg to your chest and repeat with your other leg to. The second little exercise you can try is to stand with your feet apart, then rise up on your toes and arch your back. These two exercises are actually part of a dance routine. Dancing is the most exciting way to burn of calories. Zumba has been proven to help you have fun while exercising all at the same time.

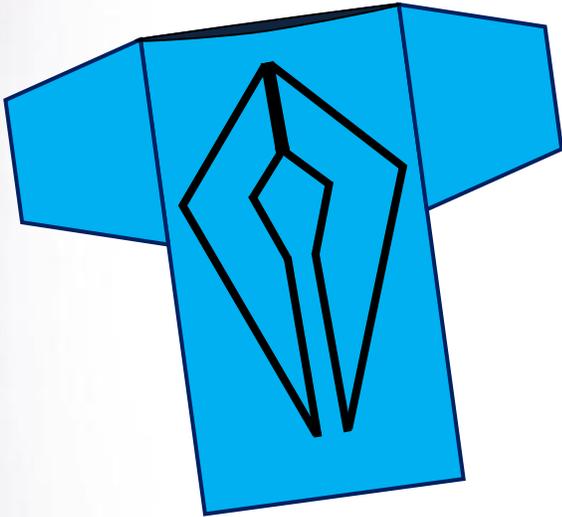
The last portion to do is to cool down after your workout, yoga works great by stretching all those muscles you used so you don't get as sore and you are becoming more flexible by the minute. With yourself and yoga mat there is various options to go for.

First you can try the tree pose by standing up straight and place one foot on the inside of your opposite leg. Then bring your arms up and slowly breathe in and out and hold for one minute. This pose will really test your balance. This next pose is called the Dance pose, you need to stand up and reach for the inside of a chosen foot but make sure not to pull your leg up but instead kick it up and stand there holding your foot for thirty second and repeat on the other side. The third pose is the Rocking horse, lie on your stomach and bend your knees back and grab your ankles and swing back on forth like a rocking horse. The last pose is the Down Dog. Start with your hands and knees, then push you butt up and into the air and you have an upside down V. Hold that pose for thirty seconds and then take big breaths in and out.

Now that you know all these helpful little exercise that work every part of your body will be guaranteed confidence.



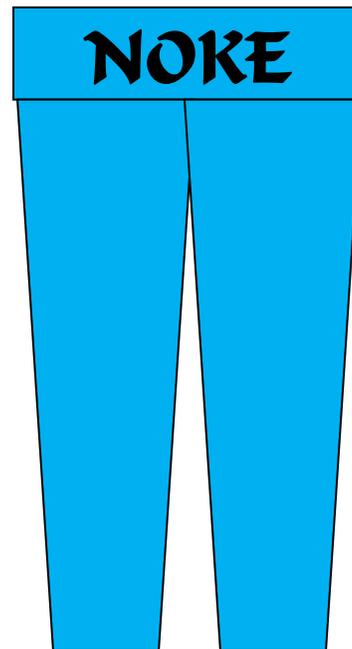
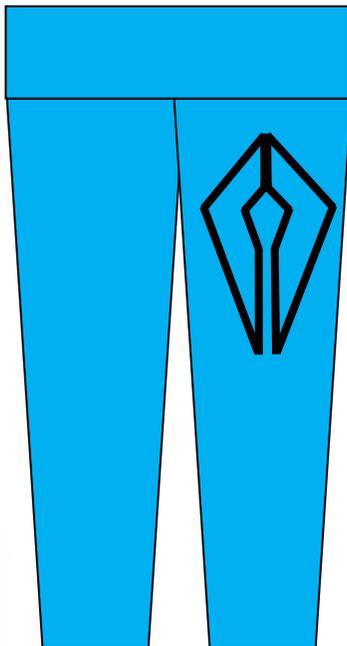
Noke Workout Clothes



FRONT



BACK



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