

American

December 2009



Cheerleader

CHEERLEADER OF THE MONTH
CHELSEA NISTED

Ashley Greene
dishes on her
vampy life

FEAR FACTOR

Is your **anxiety**
out of control?

117

WAYS TO WIN!

...including
AUTOGRAPHED
bedding from
**Hayden
Panettiere!**

We're
#1!

5
Competition
surprises

20
performance
perks

Tips
to being a
good sport

Party

**ADORE-WORTHY
DRESSES**

GIRLS

Stallions

Display until January 4, 2011
\$3.99



december 2009

24 Holiday Spice

NO WAY!
Adam plays Ken
in Mattel's new
music video,
"Barbie Girl."

On Annmarie (left): Dress by Jessica McClintock, \$135, similar styles available at Jessica McClintock boutiques nationwide & jessicamcclintock.com; necklace by Bijoux Ternier, \$10, bijoux-ternier.com; ring by Claire's, \$9.50, claires.com; **On Adam:** Shirt & pants by H&M, hm.com for stores; tie by theTieBar.com, \$15, thetiebar.com; watch by Storm of London, \$150, stormoflondon.com; **On Stephanie:** Dress by David's Bridal, \$99, available at stores nationwide & davidsbridal.com; tights by H&M, \$4.99, hm.com for stores; earrings & bracelet by Claire's, \$8.50 each, claires.com



CHEERLEADER OF THE MONTH,
CHELSEA NISTED;
PHOTOS BY RAFAEL TONGOL;
HAIR & MAKEUP BY ELSIE KNAB

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Ashley Greene reminisces about her cheer days and tells AC what it's like being on Team Twilight.

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Learn to deal with and avoid problems that could crush your hopes for glory.

Color Me Beautiful!

On Adam (this page): Shirt by H&M, \$19.99, hm.com for stores; tie by TheTieBar.com, \$15, thetiebar.com; sneakers by Converse One Star for Target, \$29.99, available exclusively at most Target stores & target.com; jeans, his own

On Stephanie: Dress by My Michelle, \$59.99, available at Macy's stores nationwide & macys.com; vintage belt; ring & bracelets by Claire's, \$8.50, \$9 & \$7 each, claires.com; headband by True Birds, \$28, nordstrom.com; boots by MIA, \$129, miashoes.com

On Stephanie (opposite page): Dress by Jessica McClintock, \$185, available at Jessica McClintock boutiques nationwide & jessicamcclintock.com; tights by H&M, \$7.95, hm.com for stores; Payless Kate Flower D'Orsay pumps, \$26.99, available at Payless stores nationwide and payless.com through December; watch by Storm of London, \$200, stormoflondon.com; ring by Hilary London, \$69, hilarylondon.com; pearls from Claire's, \$10.50 to \$12.50, claires.com

