



Style File

# Beth Troutman

TV HOST AVOIDS FASHION MAGS, TRENDY CLOTHES



YALONDA M. JAMES - yjames@charlotteobserver.com

"I have more of a classic style," says Beth Troutman, host of "Fox News Rising." "I'm not a trendy dresser. I don't have the attitude for trendy clothes. I like pieces that can be timeless, and that I can accessorize."

BY LYNN TRENNING  
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When Fox television station WCCB hired Beth Troutman, 31, for "Fox News Rising," they were looking for an opinionated female host. She fits the bill. Four years ago, the Concord native ran for the 8th U.S. Congressional District seat against Robin Hayes. Before that, as a new graduate from UNC Chapel Hill, Troutman cold-called the television show "The West Wing" and landed a job as the right-hand woman to the executive director and producer, Alex Graves. Are there politics in her future? "I'd love to run some day," she says.

bought some at Nordstrom.

**Q.** What does your (wedding) rehearsal dress look like?

It was originally what I bought for my wedding dress, but then we went to the resort where the wedding will be, and my vision for the wedding changed. So I cut it off at the knee. It's a white halter-style dress with a criss-cross back, and it's silk, and it's by Nicole Miller.

**Q. Are your parents stylish?**

My mother is a very classy dresser. She loves classic curves and lines, and she's very age-appropriate. My dad wears golf clothes, so his style is Arnold Palmer.

**Q. Do you have a favorite designer?**

No, I have favorite stores. I love Nordstrom, I like classic looks, and things that I know fit my body type. You'll see me anywhere from Stein Mart to Neiman Marcus to TJ Maxx. I go for a look.

I like pieces that can be timeless, and that I can accessorize.

**Q. What's your fashion pet peeve?**

People who only buy labels for labels' sake. It's not about style, it's not about fit, it's about how much money you spent.

**Q. What hair products do you use?**

I use Dove products because I love their Dove Campaign For Real Beauty. I love the message they are trying to send to women.

**Q. Do you read fashion magazines?**

No I do not, because I think they promote an unattainable ideal of feminine beauty. I think it is dangerous for men and women. Men, because it affects how they perceive women. If you are basing your perception of beauty on a magazine, you will always come up short.



**Troutman loves her custom engagement ring. "It's something that will still look great on my hand when I'm 80."**

**Q. What piece of clothing can't you live without?**

My sweatpants.

**Q. What's your everyday uniform?**

I have two uniforms every day, because I go to work so early. First I wear my on-air clothes, and when I get home, which is about lunchtime, I'm in my sweatpants that I can't live without.

**Q. What jeans fit you best?**

Seven and Citizens of Humanity. They are the two that tend to not sag. They fit my curves.

**Q. Where do you shop for jeans?**

I lived in Los Angeles for several years and there was a store called Saks SFO and you could get irregular Seven jeans for \$49.95. So any time I go back to Los Angeles I'll stock up. And I've

**Q. What are you wearing for the wedding?**

I can't tell you about my wedding gown, because my fiancé will read this. But I am doing the wedding barefoot because it's on the beach. We are doing a destination wedding in April on the Turks and Caicos.

**Q. What was your best bargain?**

I had a last-minute invitation to go to the Director's Guild Awards, and I went to Macy's. I got this great black gown that was regularly several hundred dollars for \$89. It was a BCBG Max Azria.

**Q. What was your biggest splurge?**

My wedding gown was a pretty big splurge. And there was a cashmere hoodie at Nordstrom that I loved, and it was \$275! I bought it, and I still wear it.

**Q. What fashion advice can you give to women?**

Wear something that makes you feel good, that works with your body type, that works well with your personality. The trends come and go for a reason.

**Q. What can't you believe you once wore?**

Tight, rolled, peg-leg jeans that were acid washed. And matching scrunchies and socks that my mom bedazzled.