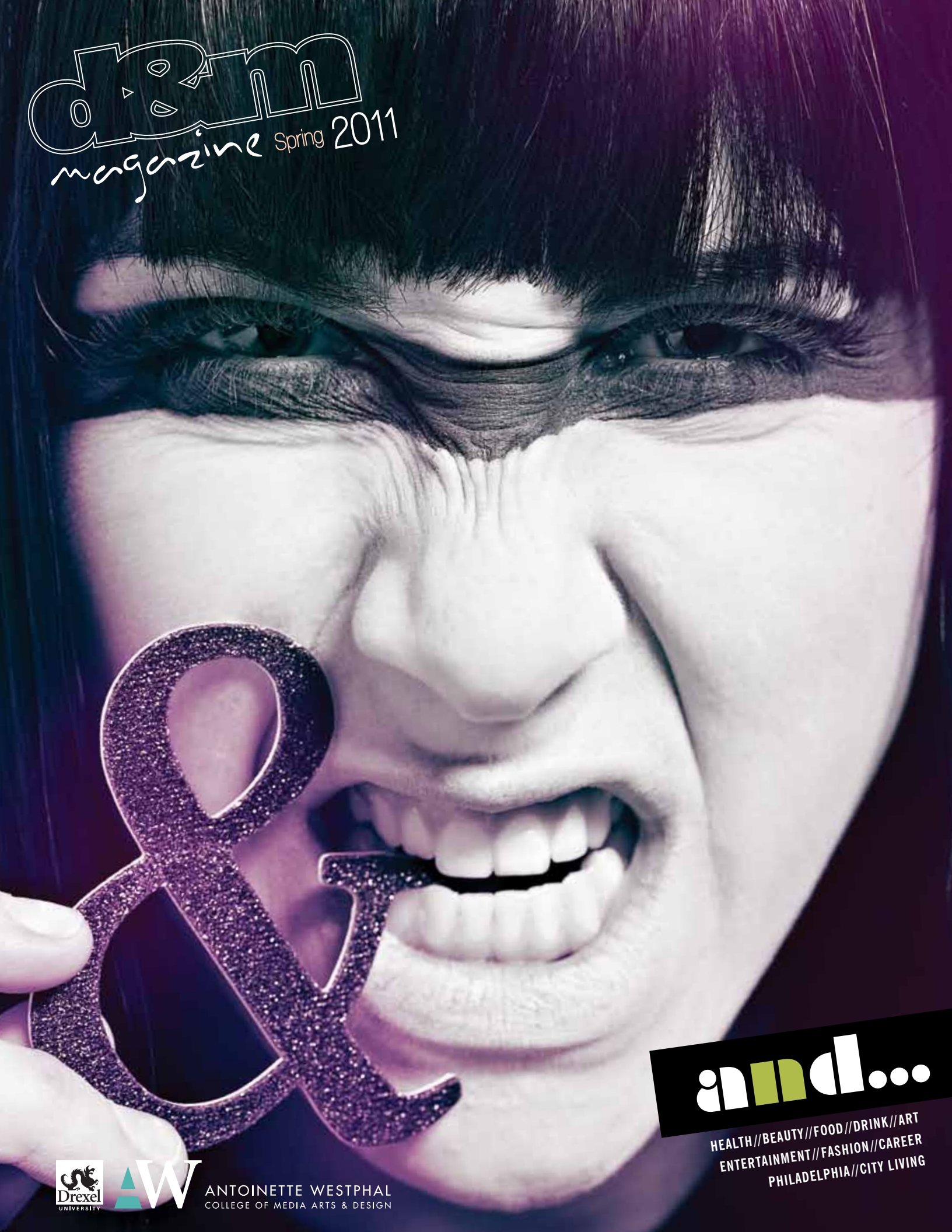


dram
magazine Spring 2011



and...

HEALTH//BEAUTY//FOOD//DRINK//ART
ENTERTAINMENT//FASHION//CAREER
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ANTOINETTE WESTPHAL
COLLEGE OF MEDIA ARTS & DESIGN



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EDITORS' NOTE:

Each year, **d&m magazine** explores ideas that inspire our students. We affectionately call the 2011 edition "The Ampersand Issue" because our sections follow complementary themes: health & beauty, art & entertainment, fashion & career, food & drink and Philadelphia & city living.

We also know that today's journalism reaches beyond the printed page, and we have scattered QR codes throughout the issue. Scan them into your smart phone and see where they take you!

Our magazine represents the hard work of 18 students and two faculty members. We would not be able to publish without the support of our Dean, Allen Sabinson, the Fashion Design & Merchandising programs and our generous advertisers.

Read on & enjoy!

Catherine Byers, Assistant Teaching Professor

& **Nick Cassway**, Assistant Teaching Professor

Brittney Adams // Katherine Cangemi // Ashley Fraser // Sara Gautieri //
Ellen Gillespie // Ericka Hanson // Naomi Huober // Dana Kozeff // Meghan Lynch //
Kendall Massimo // Bridget McCaffery // Nicole Prieto // Rachel Raudenbush // Gemma Resaba //
Andre Rucker // Sarah Santos // Leigh Tobiasen //

CONTRIBUTORS

IN THE EYES OF THE BEHOLDER

Since long before the Spartans and Trojans, humans have been fighting for beauty, eager to have it in their everyday lives. Throughout the history of art, the Roman goddess, Venus, appears as a symbol of beauty. Through her presence, she reveals to us its mystic powers — the power to engage the heart and mind, to illuminate a mundane human existence by inciting dreams, desires, love and ideas.

With each artistic movement and artist, beauty reflects a whole new set of ideals. In and of itself the word means nothing. Beauty is a symbol for that which is important to individuals in a certain time and place. Without human values, curiosities, and aspirations, beauty left undefined.

Some will find beauty in disturbing grotesque images, while others see it in the pure and simple. The recognition of something beautiful is an entirely personal and subjective experience.

To get to know this year's contributors, we've asked them what they think is beautiful.

By Naomi Huober, Editor in Chief

Sara Gautieri, Photography Production Editor: Beauty always lies in things that we are usually too busy to appreciate. The times when I slow down to breathe are when I find myself experiencing the true beauty in the universe.

Sarah Santos: Beauty is completely subjective. I find a lot of beauty in nature in things that haven't been altered by humans.

Meghan Lynch, Art Director: I believe beauty is overrated. It is an impossible standard defined by society that constrains our perceptions. Instead, what I value most is sentiment, the relationship between the viewer and that being viewed, between the experience-er and the experience.

Rachel Raudenbush, Co Editor in Chief: I think that beauty is smiling to yourself... people walking down the street, smiling to themselves, are so beautiful.

Dana Kozeff: I think that natural beauty is rare, most of the time it is made.

Ashley Fraser: Anything that is different than what other people are doing. Things that break norms are beautiful.

Katherine Cangemi, Copy Editor: I once heard a quote stating that beauty is not physical, which made me think about what beauty really is. It is an idea, a thought, or a feeling that is evoked. It comes in many forms and is unique to every individual. It is an amazing feeling when you can see something and think 'that is truly beautiful.'

Nicole Prieto: I think that there are infinite possibilities for beauty, there's no right or wrong, and that in and of itself is beautiful.

Cover Image by Andre Rucker



MAXIMAL ART
JOHN WIND
SIGNATURE COLLECTION
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An homage to *Glamour* Magazine



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INTRODUCING
THE D4M
CODES

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DO

When a designer sends a final collection down the runway, that's it. There is no turning back. For an established designer, a runway show, while still a lot of work, is part of the job. For the Drexel fashion students in their final year, their collections are the culmination of everything they have learned in school. These up-and-coming designers feel the pressure. The audience may appreciate the craftsmanship and beauty of the garments, but many people have no idea how much work it takes. D&M magazine introduces you to a few of this year's best and brightest.

WORK

By Ellen Gillespie Photography by Andre Rucker



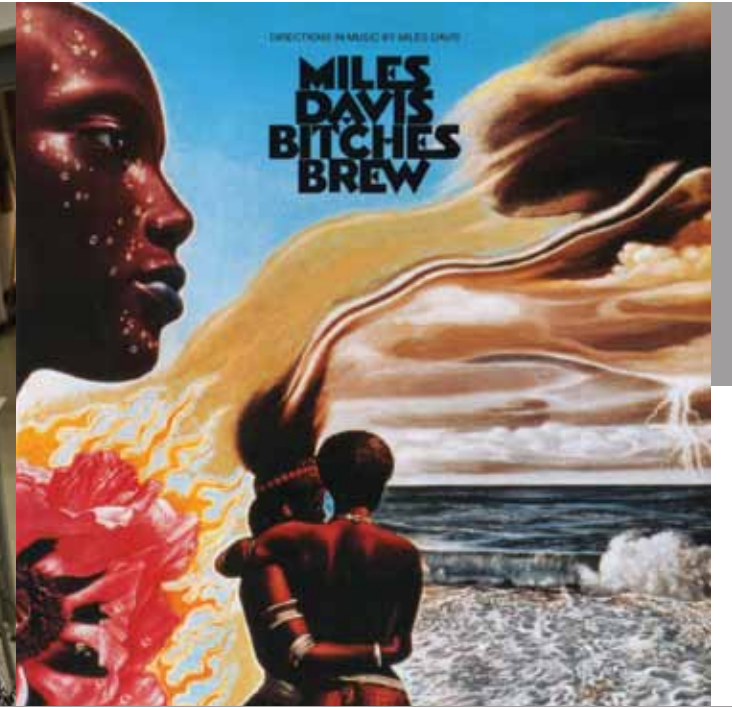
Name: Cassandra Kane

Inspiration: Futuristic street style focusing on outer wear, but really... her mom. Even though they are 30 years apart, they have very similar taste. Cassandra loves the idea that a mother and daughter could own the same piece but wear it two different ways. The idea of something not being trendy, just really well designed, inspires her.

Season/Style of Dress: Fall/Winter, Women's Sportswear

Fabrics/Techniques: Cassandra was lucky to have her fabrics donated by her co-op employer, Dennis Basso: leather, shearling and wool, some of which she will be manipulating with airbrushing and paint. Her bold vision can be seen in the metal hardware and one-of-a-kind buttons she hand picked in New York's fashion district. In her words her collection "is going to be a lot of look!"

Your Aesthetic in Your Own Words: "Essentially I wanted to give this urban, working woman, strutting down Seventh Avenue, as if it were her own personal catwalk, a 'fashionably functional' wardrobe; a uniform that shows to all others, this woman is taking over the world, even though she knew it all along."



Name: Twyla Grider

Inspiration: Miles Davis' Album from the 70's *Bitches Brew* mixed with the artistic aesthetic of the painter Jean Michelle Basquiat

Season/Style of Dress: Fall/ Women's Sportswear

Fabrics/Techniques: When Twyla says that she found inspiration in Miles Davis's *Bitches Brew*, she meant it. While creating the initial sketches, she listened to the album and thinks that her collection designs are the most "honest" designs she has ever done. The album's influences are combined with fabric decisions based on the 1970s and the bold colors of Basquiat's work. The artist-inspired textiles include silk and hand-painted tee shirts. She's taking cues from both Miles Davis and Jean Michelle Basquiat by manipulating the fabrics to create her own wearable art forms.

Your Aesthetic in Your Own Words: "Rhythmic. Layered. Improvisational. Spirited. Worldly. Resolved."



Classic Comedies



Dr.Macro.com



sinebot.com



yaboon.com



Classic jokes never die, and neither do classic funny films. Why the chicken crossed the road can still make us smile. And while we may rush out to the multiplex to see the latest release, we can also curl up with a bowl of popcorn and watch these gems from the past. Don't hesitate to LOL!

By Meghan Lynch

Modern Times

Directed by Charlie Chaplin (1936, United Artists)

Part silent-film, part talkie, *Modern Times* is a story about the pursuit of happiness during the industrial age. Chaplin's iconic character, the Tramp, is a factory worker who finds himself in and out of work as well as in and out of jail. He's often in the wrong place at the wrong time. The Tramp finds companionship in an orphaned young woman (Paulette Goddard), and the two embark on their quest for happiness together against all odds.

Monty Python and the Holy Grail

Directed by Terry Gilliam and Terry Jones (1975, EMI Films)

British humor may not be for everyone, but for those who believe satire has no boundaries, *Monty Python* is a must. The film begins with King Arthur (Graham Chapman) and his coconut-clapping squire, Patsy (Terry Gilliam) on a journey to recruit Knights for the Round Table. He enlists a gang of wittily named knights including Sir Robin the Not-So-Brave-As-Sir-Lancelot (Eric Idle) and the "aptly named Sir-Not-Appearing-in-this-Film"... who in fact does not appear in the film. Soon after, God sends them on the quest for the Holy Grail. Upon their search, King Arthur and his knights meet a series of bizarre characters that challenge them with ridiculous tests.

When Harry met Sally

Directed by Rob Reiner (1989, Columbia Pictures)

One of the most widely recognized romantic comedies, *When Harry Met Sally* is simply impossible to hate. The first time the two meet, the annoyingly particular Sally (Meg Ryan) despises the dark and pessimistic Harry (Billy Crystal). The second time, Harry cannot even remember Sally. The third time they finally decide to become friends. Their trials of failed romance in NYC somehow always bring the unlikely two back to each other. And who can forget the scene in the deli? I'll have what she's having...

Animal House

Directed by John Landis (1978, Universal Pictures)

The bad boys at the Delta House make it easy to forget that college is not about excessive drinking, smoking pot with professors or exploiting females. The unofficial leader, Otter (Tim Matheson), and his best friend, Boon (Peter Riegert), convince the fraternity to welcome two misfit freshmen as new pledges. They soon find that their reputation for rebellion has motivated Dean Wormer (John Vernon) to enlist the help of the pompous Omega president in his mission to destroy the house. The brothers unite to wreak havoc as revenge against the Dean. A priceless sound track includes covers from John Belushi and Otis Day and the Knights.

Kelly's Heroes

Directed by Brian G. Hutton (1970, MGM)

With a platoon of fed up WWII veterans and a mission to steal \$16 million worth of gold behind enemy lines, *Kelly's Heroes* is not your average war flick. Ex-Lieutenant Kelly (Clint Eastwood) manages to get a German colonel drunk enough to spill about a stash of 14,000 gold bars stocked 30 miles behind enemy lines. Kelly recruits a hodgepodge of soldiers including the infamous Odd Ball (Donald Sutherland) to go in on the scheme. Between Odd Ball's eccentric behavior, Mike Curb Congregation's theme song "Burning Bridges," and the undertone of lost military morale, there is an inspired '60s influence that pulsates throughout the film.

Singin' in the Rain

Directed by Stanley Doren and Gene Kelley (1952, MGM)

When the first talking pictures were produced, Hollywood encountered many mishaps, including actors with horrible voices and strange accents, problems using microphones, and issues synchronizing the sound with the picture. *Singing in the Rain* follows Monumental Pictures' attempt to make the transition with Hollywood sweethearts Don Lockwood (Gene Kelly) and Lina Lamont (Jean Hagen). Don is a hardworking actor who got his start as a dancer, musician and stunt man. Lina is an impossible actress convinced the world revolves only around her. When Don falls in love with Kathy Selden (Debbie Reynolds), an aspiring actress, Lina aims to ruin Kathy's career. The highlights of the film are its effortless dance performances from Gene Kelly, Donald O'Connor and the stunning Cyd Charisse.



Dr.Macro.com

The Princess Bride

Directed by Rob Reiner (1987, 20th Century Fox)

Best for when you are feeling dead, or like the farm-boy Westley (Cary Elwes), mostly dead. Take a dosage of laughter along with Miracle Max's (Billy Crystal) chocolate covered pill and wait for the miracle to happen. This is a tale of the endurance of true love in the face of all obstacles including a run-in with the Dread Pirate Roberts, outwitting a tiny Sicilian villain (Wallace Shawn), defeating the corrupt Prince Humperdinck (Chris Sarandon), facing torture inflicted by the six-fingered Count (Christopher Guest), and surviving the lightening sand, flame spurs, and the R.O.U.S.s, or rodents-of-unusual-size, in the Fire Swamp. With the help of the revenge-seeking Inigo Montoya (Mandy Patinkin) and his friend the rhyming giant, Fezzik (Andre the Giant), Westley overcomes death to save his true love.



Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb

Directed by Stanley Kubrick (1964, Columbia Pictures)

Although this iconic black comedy probably won't invoke roll-on-the-floor laughter, its satirical approach toward the Cold War is simultaneously haunting and amusing. Jack Ripper (Sterling Hayden) is an insane U.S. Air Force General who commands his bomber squadron to detonate nuclear missiles at the Soviet Union. Ripper justifies his action based on his obsession that the Soviets are contaminating U.S. "bodily fluids." If these nuclear missiles do strike, the Soviets warn that the attack will trigger a "Doomsday Machine" destroying all life on Earth. President Merkin Muffley (Peter Sellers) and his advisors are set in a mad frenzy to stop the orders in time to save the human race from destruction.



reviewnuts.com

How to Steal a Million

Directed by William Wyler (1966, 20th Century Fox)

What would you do if you accidentally shot a tall, blue-eyed, slim, quite good-looking burglar in your home? Bandage him up, drive him home, and send him off with a good night kiss, naturally. Nicole Bonnet (Audrey Hepburn) is the daughter of a master art forger (Hugh Griffith) who donates his father's Cellini Venus to be showcased in a Paris art exhibit. Unfortunately, Nicole must steal the million-dollar statue back before the museum discovers it is a fraud. She enlists the help of the blue-eyed thief, Simon Dermott (Peter O'Toole), to perform the heist. This film showcases a lovely wardrobe by Givenchy, beautiful images of Paris, and some delicious closet kissing between Hepburn and O'Toole.



One Flew Over the Cuckoo's Nest

Directed by Milos Forman (1975, United Artists)

Although technically a drama, this adaptation of Ken Kesey's 1962 novel brings humor and a fresh perspective to the disturbing plot. R.P. McMurphy (Jack Nicholson) arrives at Oregon State Hospital after pretending to be crazy at a criminal work camp. Upon his arrival he stirs the atmosphere by rejecting the accepted routine and challenging the oppressive Nurse Ratched (Louise Fletcher). Although his amusing behavior inspires the other patients, it also jeopardizes his own release from the hospital. McMurphy is caught in a catch-22 where his freedom is only attainable through sacrificing his free will and ultimately his sanity.



By Alyssa Abrams Photography by Andre Rucker

MAN OF STEEL. Nothing says “Masculine” like chrome and black. Metallics aren’t just for your girlfriend’s sequin tank top. Chrome and gunmetal are the new IT metals. Pair them with just about anything. Can’t get much easier than that, right guys?

PRIMARY SUSPECTS. Fashion dense? You can't go wrong when you stick with the primaries, Red, Blue and Yellow that is. Adding a punch of color with your accessories can update an outfit in one easy step.

Signature Cologne Leave a lasting impression with this hyper-masculine scent. She'll be wafting that jacket you lent her for days. Bang by Marc Jacobs. Sephora

2 Non-Sport Sneaker There are some things that should be reserved for occasions when the activity does not involve sweating or sprinting. These gunmetal kicks will make even the simplest outfit seem updated. Aldo

3 Two-tone Oversized Watch Whether it's your new boss or an attractive girl on the street, when someone asks you the time you'll be proud to flash your super IN STYLE timepiece. The two tone style is the new silvertone, instant classic. Michael Kors, Two-tone oversized Chronograph Watch

4 Tie Bar The tie bar is to the tie, what the cufflink is to the shirt cuff. Not required, but adding that extra little detail can make all the difference. Stand out with a classic black and chrome style. Brand name, Macy's

5 Polarized Aviators Want that European suave without the cheesy accent? Slide on a pair of polarized aviator sunglasses, yes gents the ones with the mirror lenses, for instant jet set appeal. Ray-Ban

Skinny Plaid Tie Channel *Mad Men* with the new trend in ties... the Skinny. Bring it into the 21st Century with bright primary colored plaids. Instant style on a solid button-down or break all the rules in all the right ways by pairing it with a contrasting plaid shirt. Various styles, Macy's

7 Driving Loafer This may be a little too far for some, but done right this new colorful trend can be a great success. Nordstrom

8 Woven Belt Although I wouldn't suggest this particular trend for the office, the primary colored woven belt can transform a simple jeans and tee outfit to the next level of chic. Pair with gunmetal non-sport sneakers for extra points. Macy's

Pocket Square Pocket squares may seem old school, but vintage is SO NOW. Add some color to your go-to suit. It's the perfect way to show your personality through your wardrobe in a sophisticated way. Les Richards

man OF STEEL

PRIMARY SUSPECTS

Womens Must-Haves

BRIGHTS DONE RIGHT. Pastels are SO last year. This season it's Brights like Fuchsia, Cobalt, Tangerine and Sun that are the new IT hues. Whether used as an accent or mixed and matched for a head-to-toe vivid look, you can be sure to stand out in the crowd this summer.

ACCESSORIES THAT BITE. The trend of Animal Kingdom inspired accessories takes a fierce turn. No more innocent owl pendant necklaces or elephant rings. This Spring it's all about the bite.

Bright Lips Draw attention to your pucker with bright hues of pink, purple and coral. NYC Brand, CVS

Hot Heels Red pumps, red lips might be classic, but Fuchsia pumps and Bright Lips are so NOW. Lightening strikes with every strut when you have a vibrant color like Cobalt on your feet. Wild Rose, Barefeet Shoes

Bright Tips Not ready for yellow shorts or cobalt pumps? Add a touch of brightness on your fingertips! Hot Colors of the season include Cobalt, Fuchsia, Green and Orange. NYC Brand, CVS

Colored Carry-All The perfect punch of color? A fruit punch colored jellie handbag. It can take you from the Beach to the Boardwalk to the Bar. Ted Baker Tote, Nordstrom

Signature Fragrance Trend 2011: All notes woody. Not only is David Yurman's newest fragrance available in three fun, bright colors, but all three have woody undertones. David Yurman, Bloomingdale's

Python Embossed Clutch The ULTIMATE universal clutch. Python is versatile and sophisticated. Pair it with anything from basic black to one of this season's hot Brights. **MICHAEL** Michael Kors, Beverly Double Flap Clutch in Honey Python Embossed

Snake Print Ballet Flats Spice up your jean shorts or a cocktail dress with these versatile flats. Charlotte Russe, Snake Print Ballet Flat

Serpent Jewelry Tired of those tame statement necklaces? Channel Britney circa VMA's 2001 and throw a snake around your neck. This spin on the cocktail ring can show off your wild side without lifting a finger. Ok maybe just one. Free People

Tortoise watch Ok, maybe tortoises aren't among the fiercest creatures in the world, but tortoise watches are HOT, HOT, HOT this summer. Whether it's oversized and blingy or small and delicate, you can't go wrong with this adaptable timepiece. Michael Kors
Oversized and Midsized Acrylic Tortoise Watch



What we do:

- Branding
- Grading
- Patterns Drafting
- Production Samples
- Small Production Lots
- Fabric & Trim Sourcing
- Jewelry Design & Development

SHEHU

Updates on the competition are on our blog at: www.shehu.net



Lauren Mikorenda

LET'S MAKE A

PLAN

IN THE MIDST OF AN ECONOMIC DOWNTURN, CONSUMERS ARE LOOKING TO SAVE MONEY MORE THAN EVER. FOR COLLEGE STUDENTS IT HAS ALWAYS BEEN ESPECIALLY IMPORTANT TO LIVE ON A BUDGET. WITH LITTLE INCOME AND LOAN REPAYMENT ON THE HORIZON, EVERY STUDENT SHOULD KNOW HOW TO SPEND WISELY. THE KEY IS NOT TO FIND THE CHEAPEST OPTION WHILE SACRIFICING QUALITY, BUT TO FIND THE BEST DEAL. WE'VE FOUND SOME OF THE BEST WAYS TO SAVE... **BY KATHERINE CANGEMI**



GROUP DISCOUNT SITES

Deal-of-the-day sites have become very popular. The frontrunner is Groupon, a website offering specials each day in over 150 U.S. cities, such as Philadelphia, Boston and New York. The coupons offer major savings on events, restaurants, products or stores in the city, and can only be used if enough people join that day. Some worthwhile recent Groupons included: \$25 for \$50 worth of cuisine at Marigold Kitchen, \$12 for admission to Jazz festival at Chaddsford Winery (regularly \$25), and \$10 for \$20 worth of treats at Naked Chocolate. Since Groupon's success there have been many replica sites popping up including LivingSocial, BuyWithMe and TownHog. A similar site, Woot.com offers a different discounted product each day to be ordered regardless of the amount of members. To join Groupon for free, logon to Groupon.com and enter your current city and email address to access today's deal. Once logged in you can adjust your preferences under the section "my profile" to add further personalization to your daily deals.



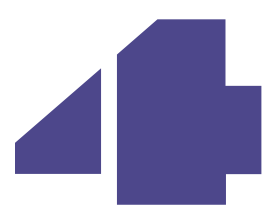
AMAZON.COM

Another great online destination for big savings is Amazon. While we all know this is the spot to get discounted textbooks, it also has many other low priced items. Amazon has just launched Amazon Student in an effort to reach out to more college-aged customers. By signing up for free, each student will get the benefits of Amazon Prime for one year. This includes free two-day shipping on any items bought directly through Amazon and email alerts for exclusive promotions. Another way to find savings on Amazon is through their warehouse deals. These items have usually been taken out of the box or tried one time, allowing them to be sold at an extremely discounted price. For more information and to sign up for Amazon student go to amazon.com/gp/student/signup/info and click "get started." To navigate your way to the warehouse deals go to warehousedeals.com.



FLASH SALES

For those of you who enjoy designer goods but don't want to dish out the big bucks, flash sales are the place to go. Gilt Groupe is a flash sale website, which sells designer clothing, accessories, home goods and even travel packages at a discounted price for a limited time. The trick is to catch these amazing sales before time is up. In order to join this group you must log on to gilt.com and click "request membership." In addition if you invite 10 friends to join as well you can get free shipping off your next order. A similar invitation-only flash sale site for fashion lovers is Rue La La. If not invited by a friend you can log on to ruelala.com, enter your email address, and you will receive notification when you become a member.



COUPONING

Lastly we can't forget about coupons. The nation is experiencing a coupon craze, complete with a show on TLC called "Extreme Couponing". This can mean clipping coupons from your grocery store flyer, flipping through Clipper Magazine, or purchasing an Entertainment book, which was once our yearly fundraiser back in grade school. These books have the same great localized coupons as they always have but with an added membership and online access. With coupons for restaurants, shopping, travel, attractions, services and more the book is filled with savings options. With online access you can retrieve additional printable coupons as well as online shopping coupons. Also, with the use of the membership card you can receive discounts at fine dining restaurants and when traveling.

DATING THE DAC

By Katherine Cangemi and Ericka Hanson



Kendall Massimo

Pre-Date Jitters

For Drexel students, there are countless reasons to go to the gym: to be healthy, to feel and look fit, to socialize, because it is free, and to take advantage of the new equipment and facilities. But for every positive attraction that the Daskalaskis Athletic Center (DAC) offers, many students manage to find an excuse for why today is not the day: a busy schedule, laziness or general inconvenience. But for many DAC virgins, the intimidation factor of going to the gym is the lone, underlying issue. As with many things in life, the greatest fear is that of the unknown. For this reason, I, a former DAC avoider, am going to brave this uncharted (or at least unvisited) territory. I am viewing this the way I view a new relationship. And as we know, relationships take time.

First Date

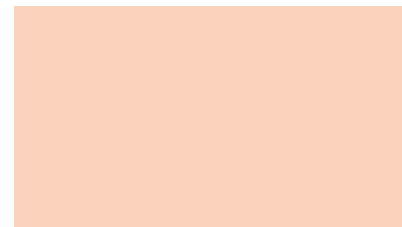
The DAC is actually not that bad. My roommate took me for my first workout session on a Friday evening. Imagining the worst-case scenario, I expected to run into the wrong person, looking sweaty and pale and wearing running sneakers with bulky white socks showing. I expected to have to wait for machines and be self-conscious the whole time I worked out. In reality, I didn't see a single person I knew the entire time I was there. There were plenty of open machines, and I was so distracted by listening to music and watching TV that I didn't even feel self-conscious. I kept my first date simple, limiting my visit to 45 minutes and only using two or three machines. When I left, I felt enthusiastic about returning.

Going Steady

Once I became comfortable with the DAC, I saw how many great ways there are to take advantage of this resource and stay involved. I decided to try out some of the group exercise classes offered at the DAC. Some of the many classes include Spinning, Zumba, Cardio and Tone and Kickboxing. After spending some quality time, you can book a relaxing getaway with the in-house massage therapist. This is perfect for soothing muscles after a long day of Spinning, or relieving some of that pre-exam stress. Once relaxed, I knew it was time to take this relationship to new heights at the rock climbing wall. Don't worry-the DAC offers a beginner's class, all under the supervision of a certified instructor.

Staying Faithful

Remember that making time to work out and be active can be a challenge. First timers should try to create a routine that is realistic to your lifestyles and schedule. When ready, you can think about taking your relationship with the DAC to the next level.



Scan the QR code above to see everything the DAC has to offer

Think you're the only one who suffers
from depression & anxiety?
Think again.

The Long Way Up

One student's journey to well-being
By A D&M Senior

Throughout my life I have suffered from high levels of anxiety. In high school, I would convince myself that I was sick all the time, and occasionally I would even end up leaving school early. I started having panic attacks a lot; I would get them in school, at work, and even in the comfort of my own home. Sometimes the cause was completely random and unpredictable, but the majority of my panic attacks were triggered by physical problems such as headaches, chest pain, muscle tension, hot flashes, dizziness and many other bizarre symptoms that scared me and made me think I was extremely sick. Panic attacks are horrible experiences, regardless of when or why they occur; a panic attack can feel almost violent at times.

When I have an attack, I feel disconnected from reality and experience an extreme loss of control. My heart pounds, I feel like I can't catch my breath, and everything quickly becomes overwhelming. Even in between attacks, there is a constant dread and anxiety that it's going to happen again, which causes a vicious cycle. It wasn't long before I recognized that this was no way to live, and that I needed some kind

of help. What kind of help I needed proved to be the difficult part. I knew my anxiety and reoccurring panic attacks were not "normal," but I considered myself a pretty stable and sane person most of the time. With all of the negative connotations behind "depression" and "mental instability," I didn't want to be lumped into a general category that would be looked down upon.

During one of my yearly physicals, I told my doctor about the recurring physical problems that were not only bothering me, but also causing me to worry. After she examined me thoroughly, she said, that I was "completely healthy and had no reason to be worried about my physical health, but that I should look into 'talking to someone' about my feelings." The doctor was implying that all of my aches and pains were in my head, and I just couldn't accept that. I was furious. How could a medical doctor ignore my legitimate health issues and just tell me to "go talk to someone else?" I felt that she was out of line. I wanted help, but I obviously wasn't ready to accept the help that she was trying to give me. The only comfort I found with the situation was just deciding that she wasn't a good doctor. I was better off dealing with things alone than with a doctor that assumed I was making things up for attention. So, I ignored her advice, and my anxiety only got significantly worse. I continued to feel ill, and didn't know what else I could do except to go back to the doctor and beg her to check again. I was clearly breaking down. This time, the doctor took a different approach. She calmly explained that anxiety and depression can often manifest in physical symptoms, and the only way to make them go away was to get to the bottom of the anxiety and depression first. She gave me the information for a psychiatrist, and this time I listened to her.

I decided to make an appointment with the psychiatrist that my doctor recommended, but I was still very skeptical. At my first visit, I sat in the waiting room and observed everyone around me. I assumed that they were all mentally unstable, and by being there, I was one of them. It felt horrible, but I was desperate. I flipped through a few pages of a magazine and took another look at "those people" and realized that there were people of all ages, and they didn't look that "crazy" at all. They looked pretty normal. I filled out the paperwork and was further relieved to find that all of my symptoms were listed as options. I was starting to feel much more comfortable and optimistic; maybe this doctor actually could help me. They called my name, and I explained to the psychiatrist how the anxiety physically made me feel. He told me that I had what is called "panic disorder." I was shocked that in the five minutes of speaking with me, he already pinpointed my problem and assured me that he could help make life more manageable. The psychiatrist explained that panic disorder is quite common, and that there are many forms of treatment. He wrote me a prescription for a well-known antidepressant used to treat depression, OCD, and panic/anxiety disorders.

I felt significant results within a week of taking the drug, and it seemed to be working. But after a few months, different prob-

lems arose; I had trouble remembering to take the medication every day, and felt that it was becoming less and less effective. To make a long story short, through trial and error, and almost giving up again, I found the right psychiatrist for me, and eventually the right medicine as well. I vowed to take my new medicine that he prescribed every day, and since then, my life has been quite different. I've been on this medication for over a year now and am a changed (and much happier) person. I haven't had a panic attack since I've been on this medication, my physical symptoms have virtually disappeared, and I've noticed my mood is much more stable than it's ever been.

I am now an advocate for antidepressants and other medications that help with any mental disorder. I've realized it's not my fault that I am more anxious, and/or stressed than the normal person; anxiety disorders and depression can be genetic, and while no one knows for sure what causes depression many experts believe that it may occur when neurotransmitters are out of balance. People must talk about the stressful situations that occur in their lives, otherwise the stress tends to build and can lead to devastating health effects. Simply reaching out and talking to someone is one of the best ways to eliminate stress, and anyone can do it. There are also a number of non-pharmaceutical ways to treat mild anxiety as well, even breathing exercises or a warm bath. A bath at the end of a long, stressful day helps you relax, releases toxins and prepares you for a good night's sleep. Light some candles, listen to music, and use lavender soap. Research has shown that lavender naturally calms the central nervous system, and the scent is amazing.

The idea that "no man is an island" is very true, and I am a walking testament to this. Stress and anxiety, be it mild or incapacitating, can really hold you back from living life to its fullest potential. Through sharing my story, I hope to encourage anyone suffering from stress not to ignore it, because pretending you feel different won't change a thing. Life is too short to be crippled by anxiety, it's important for everyone to find relief from the root of their stress, and if they can't do it alone, there is absolutely nothing wrong with reaching out for a little help.

Scan this QR Code to go to "Find the Light," an online support group focusing on mood disorders, anxiety, and substance abuse.

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find
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light

SMOKING 101

With tuition loans building up and the goal of landing a well paid job on the line, college students continue to let their money go up in smoke. Smoking cigarettes seems to be a common vice for young adults who don't acknowledge the health and financial consequences they will face in the future.

By Ashley Fraser Photography by Dana Kozeff

About 28.5% of college students are cigarette smokers, and one-third of those consider themselves "casual users." The majority of users I interviewed cited their practices as "social smoking," which researchers associate with lower frequency and intensity of tobacco use, less nicotine dependence, less intention to quit as well as fewer attempts at quitting. Lauren, a 21-year-old student, confessed, "I only smoke when I've been drinking, or if everyone I'm out with is taking a cigarette break."

For college students, social settings are where smoking occurs, most frequently in conjunction with drinking alcohol. Although most bars have done their part to limit smoking inside, smoke breaks and house parties continue to support the bad habits of smokers. The students interviewed also included walking to class or driving in traffic as smoking occasions. In most of these cases, boredom and frustration are key influences.

The stress that comes with a full class load, and the schedule of a part-time job, leads students to turn to cigarette smoking as a form of coping. When asked about intensions of quitting, most students said they are going to quit upon graduation. However, the stress continues when students enter the workplace, and many will ultimately resort to the bad habit. John, a 25-year-old full-time employee and part-time student, went a day without smoking and recalled, "I was desperate for a break from the office, and I needed something to relieve the stress." The majority of current users say that they don't need or want to quit because smoking is something that they choose to do, not something they have to do as a result of addiction.

One college student I interviewed has experienced success in quitting the bad habit by overcoming the psychological need to smoke. Anna, 21, stated, "For me, smoking is more about the act of smoking than the addiction to nicotine." New technology has given birth to products that emulate smoking but administer no nicotine or tobacco. The E-Cigarette sold on cignot.com, may come off slightly expensive at \$75.00 a piece. However when doing the math of how much the user will save in the future, this is a very logical investment, saving money and good health. The flavored water-vapor gadget, shaped like a cigarette, draws the water-vapor in and out, replicating the sensation of smoking a cigarette. "Since the E-Cigarette doesn't contain tobacco you can smoke it almost anywhere. I'm no longer craving a cigarette break," Anna said.

Students and employers alike are always searching for a vice to relieve stress, but it doesn't have to be smoking. The healthiest alternative is going to the gym to work out, or taking a yoga class to clear your head. For students, Counseling Centers are available for assistance in quitting smoking and finding a suitable alternative.

Pamper Yourself

Rescue Rittenhouse Spa

Rescue your skin. Rescue your body. Rescue your soul. Located at 255 S 17th St., Rescue Rittenhouse Spa is a top luxury day spa that offers an unmatched level of skin care. At Rescue, they believe that beauty and wellness along with a great skin care regimen will help one stay young and radiant. While embracing modern technology, Rescue fuses the kind of

care dermatologists provide with the classic services found at a day spa. Their services include a wide range, but their specialty is facials with deeply effective skin treatments that are not found at many other spas. Prices for typical treatments and services range anywhere from \$35 to \$2500. Rescue's level of expertise is higher than most. The spa owner, Danuta Mieloch, is a world-

renowned esthetician who takes the time to carefully train employees in their craft. Rescue uses exclusive product lines such as Biologique Recherche and Environ. To ensure that the products are used to their full potential, trainers are brought in from around the world to educate the employees about specific qualities that are most important in these products. Rescue Rittenhouse is a Best of Philly favorite, racking up awards for their services since 2005.

MOST POPULAR TREATMENT: Bio-Lift Facial — This combination of custom-blended serums and botanicals with the advanced technology of noninvasive electrical current is extremely effective in reducing the appearance of wrinkles, puffiness, droopy eyelids and sun damage. \$150.

Adolf Biecker Salon and Spa

Serving two Philadelphia locations, 210 W Rittenhouse Square and 138 S 34th St., Adolf Biecker is a salon and spa that believes your hair, skin, and body are healthier and happier when you maintain them. The spa offers all the classic body care treatments from massage therapy to skin care. In addition, hair cutting, styling and coloring, nail care, waxing and makeup are services included on their menu. Adolf Biecker focuses on the treatments that are most in demand by spa and salon goers in one environment. Clients who book spa services have complimentary use of the indoor pool, co-ed sauna and steam rooms, and may relax in the Spa Lounge while enjoying Aveda tea, trail mix, fruit and scented hot towels. Salon guests receive a complimentary stress-relieving treatment during the shampoo. Adolf Biecker is looking ahead and considering the option of spa memberships that would offer discounts to frequent clients. The salon and spa is also planning to offer a new nail service that will apply polish to last for two weeks. Adolf Biecker has been achieving awards with Best of Philly since 2002, including the award for best eyebrow shaping. Prices range from \$15-\$160 for services at the salon and spa. For packages that last 3 to 6 hours, prices range from \$255-\$495.

MOST POPULAR SALON AND SPA TREATMENTS: The Swedish Massage — A massage designed to relieve stress and tension by incorporating rhythmic kneading of the muscles. Hair Cutting and Styling: Each individual haircut includes a consultation, stress relieving treatment, shampoo, cut and style.

The Body Clinic Day Spa

Relax, Rejuvenate, Replenish — a simple way to describe the Body Clinic experience. This spa aims to improve the outer and inner well-being of their customers by using all environmentally friendly products. Located on 2012 Walnut St., The Body Clinic Day Spa is really the all-encompassing experience. From skin care to waxing to make up, hair nail care and even electrolysis, the Body Clinic manages to include every treatment that one would expect from a great spa. Their treatments and services range in price from \$20 to \$300, which opens The Body Clinic up to diverse clientele. The facility takes advantage of warm colors such as red, gold, brown and yellow, with exposed brick, wicker accents, subdued lighting, and beautiful tiles throughout. The atmosphere is warm, homey and natural.

MOST POPULAR TREATMENT: The Deep Tissue Massage — Releases tissue bound by postural habit and repetitive tasks. Perfect for the ever-sedentary position of a student. \$100/ hr.



Scan this code to find out more about Rittenhouse Row Salons and Spas, and everything else the Row has to offer!

DIY BEAUTY

By Meghan Lynch Photography by Andre Rucker

Taking care of your skin doesn't have to be expensive or involve harsh chemicals. There are plenty of benefits provided right from natural ingredients, and chances are you already have a stock loaded in your kitchen. Next time your skin is in need, use some of these items to make your own skin solution recipe, or try some of our summertime favorites...

OATMEAL

Helps balance moisture and works as an exfoliator by removing dead skin cells.

PLAIN YOGURT

Cleans skin of impurities and helps smooth texture, reducing age lines, sunspots and other blemishes. Yogurt also increases skin elasticity, creating a more youthful complexion.

OLIVE OIL

Olive oil hydrates skin and helps relieve inflammation. Also moisturizes hair, making it soft and shiny.

BROWN SUGAR

Sugar crystals help exfoliate skin, by removing dead cells. Sugar also helps balance skin moisture and, as an added bonus, it smells delicious.

EGG

Egg whites help fight acne-causing bacteria and tighten pores, smoothing complexion. Egg yolks help moisturize dry skin, softening rough texture.

CUCUMBER

Removes excess oils in the skin and reduces skin aging. Cucumber also contains cooling properties that help soothe agitated skin.

BANANA

Hydrates skin and softens texture. Banana peels aid inflamed skin from insect bites, rashes and other blemishes.

TOMATO

Helps fight cancer cells, removes excess oils, and brightens skin tone with vitamins A and C. Tomato also contains cooling properties that soothe burnt skin.

HONEY

Removes skin impurities, helps hydrate skin, and promotes skin rejuvenation reducing uneven skin tone and healing blemishes.

SUNBURN RELIEF PASTE

Tomato (equal parts)
Buttermilk (equal parts)

Cut a tomato into chunks and blend it into a liquid. Mix the blended tomato with an equal amount of buttermilk to form a paste. Apply the mixture directly to your burnt skin and let it sit for 30 min. Afterward, rinse your skin with cool water and moisturize. The blended tomato and buttermilk can also be added to a bath of cool water. For relief, soak in the bath for 30 min. then rinse and moisturize.

SUNBURN RELIEF BATH

Apple Cider Vinegar (2 cups)

Add the apple cider vinegar to a cool or lukewarm bath and soak in the mixture for 30 min. The vinegar can also be applied directly to your skin in order to relieve the pain and itching of burns. Although vinegar does not have the most enticing scent for a bath or skin treatment, the relief it brings is absolute.

SUGAR SCRUB

Honey (equal parts)
Brown Sugar (equal parts)

Mix equal parts of brown sugar and honey to form a paste. For a less abrasive scrub use one part brown sugar and two parts honey. Use the scrub to exfoliate your face and body. When done rinse completely to prevent any sticky residue and pat dry. This scrub is an excellent option to fight acne.

STEAM FACIAL

Water
Tea/ Herbs/ Essential Oil
Towel

Bring a pot of water to a boil and add your favorite tea, herb, or essential oil to achieve the desired aroma. For a pick-me-up use mint, and for a more soothing experience, use chamomile. Place a towel over your head and the pot to form a tent. Allow the steam to embrace your face for 15 min. The steam opens your pores, loosening oil and dirt buildup while the heat induces perspiration, relieving your skin of toxins and improving its circulation. Once finished, splash your face with cool water to seal your pores. Steam facials are a great way to extend your summer glow.

SALT SCRUB

Olive Oil (equal parts)
Salt (equal parts)

Mix equal parts of salt and extra virgin olive oil to create a paste. Any type of salt is acceptable but the finer the grain the gentler it will act on your skin. Use the scrub to exfoliate your face and body. When done rinse and pat dry. This scrub is ideal to relieve dry skin and sustain a healthy tan.

VEGGIE TONER

Cucumber (1 cup chopped)
Tomato (1)
Witch Hazel (2 tbs)
Distilled Water (1 tbs)

Blend the cucumber and tomato until liquefied. Strain the mixture into a separate bowl and mix in witch hazel and water. Dab the toner onto your face with a cotton ball. Do not worry about the deep olive hue, when applied the toner will soak into your pores and turn clear. The final mixture can be refrigerated for up to one week of storage.

MOISTURIZING OATMEAL SCRUB

Ripe Banana (1 chopped)
Egg (1)
Cooked Oatmeal (1/4 cup)
Plain Yogurt (1 tbs)
Honey (1 tbs)

Cook the oatmeal as directed (preferably with milk) and let it cool. Blend the oatmeal and all other ingredients until they reach an even consistency. Place the mixture on your face avoiding your eyes and mouth. Let the mask sink in for 15 min. then rinse and pat dry. Although this mask can be goopy until it dries, the skin soothing benefits significantly outweigh the initial mess.

For more recipes and information about the benefits of DIY beauty, checkout these sites:

Planetgreen.com

Thedailygreen.com

Allnaturalbeauty.us.hbr-mainpage.htm

Wholeliving.com



LOCAVORE

By Bridget McCaffery
Illustrations By Lauren Mikorenda

Locavore \lo-ca-vore\ (noun) a person who attempts to eat only foods grown locally while supporting an organic and eco friendly lifestyle.

Restaurants

These restaurants are dedicated to supplying organic, local, fresh food from Philadelphia area farms. Most of the restaurants below change their menu seasonally to complement the ever-changing seasons.

White Dog Cafe

Where: 3420 Sansom St.

Philadelphia

Fork

Where: 306 Market St. Philadelphia

Bistro 7

Where: 7 N. Third St. Philadelphia

Restaurant Alibi

Where: 7 W. King St., Malvern

Marigold Kitchen

Where: 501 S. 45th St. Philadelphia

Shopping

Savvy

This retailer, located conveniently in downtown Philadelphia (1700 Sansom St.) offers a wide range of locally manufactured women's clothing and accessories. Savafashion.com

Urban Botanical

An event-decorating company that specializes in living garden arrangements, wedding parties, holidays and corporate and private events. Urbanbotanical.com

Big Green Earth Store

This shop is a lifestyle store offering products that are environmentally friendly, organic and either locally made or created with local materials. Biggreenearthstore.com

Education

Temple University

offers an undergraduate program in Landscape Architecture and Science Research, a Masters degree in Landscape Architecture and a concentration in Ecological Restoration.

Philadelphia University

offers a Masters in Science in Sustainable Design and graduate certificates in Sustainable Practices.

Springside School

is a kindergarten through 12th grade private girls school in Chestnut Hill. This school has taken the initiative to start teaching the generation of tomorrow about sustainability. Offering students the chance to practice sustainable living by offering simple solutions such as composting, recycling, storm water management, energy-efficiency, alternative fuels and local seasonal eating.



CAFFEINE-NATION

PHILADELPHIA'S TOP 5 INDEPENDENT COFFEE SHOPS

By Leigh Tobiason and Nicole Prieto
Illustrations by Lauren Mikorenda

In our **CAFFEINE-OBSESSED** world in which everyone has their regular Starbucks order ready to recite, it's nice to know that **PHILADELPHIA** still appreciates the local coffee shop. With many independent shops in every neighborhood, we have every reason to ditch the chains and support the **LOCAL HEROES**.

UNIVERSITY CITY

THE SHOP: Lovers & Madmen Coffee Lounge

ADDRESS: 28 S 40th St.

LARGE COFFEE: \$2.50

VIBE: Destination coffee shop featuring Counter Culture Coffee. Guided by social and environmental ethics, the café serves gourmet products known for their respective standards for quality, environmental responsibility, and emphasis on local and organic ingredients.

WHY NOT TRY: Their seasonal organic quiche for lunch, it's even served with salad for only \$5.75.

SOMETHING EXTRA: Every other Tuesday is Movie Night, hosted by Javaflix, with films beginning at 6PM.

RITTENHOUSE

THE SHOP: La Citadelle

ADDRESS: 1600 Pine St.

LARGE COFFEE: \$2.00

VIBE: As the owner (usually the only employee in the shop) is chopping up tomatoes for his fresh paninis and tasting a few along the way, he will still insist you sit down rather than wait at the counter for your food. With free wi-fi, a shop owner that will ask you about your day, and the ability to lounge around for hours on end, a trip to La Citadelle is a bit like being home again.

WHY NOT TRY: Eggplant panini

SOMETHING EXTRA: Bet you the owner, Said, will recognize you the second time you come in for a cup.

OLD CITY

THE SHOP: Double Shots Espresso Bar

ADDRESS: 211 Chestnut St.

LARGE COFFEE: \$2.25

VIBE: This atypically spacious shop furnished with dark wood furniture and filled bookshelves makes customers feel so at home, some have been known to sneak in a nap on the leather couches.

WHY NOT TRY: Banana split mocha latte and a hummus bagel

SOMETHING EXTRA: Solve daily riddles and read up on coffee facts written on the shop chalkboard while waiting for your order.

CENTER CITY

THE SHOP: Good Karma Café

ADDRESS: 331 South 22nd St.

LARGE COFFEE: \$2.08

VIBE: With vegan cookies, recycling cans, fair trade coffee and enough potted plants to fill a small greenhouse, it's easy to see where this shop gets its name.

WHY NOT TRY: Peach apricot iced tea and a bagel with Nutella

SOMETHING EXTRA: This café serves as a gallery on special event nights for local artists and photographers.

FAIRMOUNT

THE SHOP: Mugshots

ADDRESS: 2100 Fairmount Ave.

LARGE COFFEE: \$1.35

VIBE: Visible industrial pipes in the ceiling, wooden counters and slate grey flooring gives this roomy shop an edgy, warehouse feel.

WHY NOT TRY: German chocolate mocha

SOMETHING EXTRA: With special events like Movie Mondays and Open Mic Night, you'll find more reasons to drop in than just your morning caffeine fix.

Scan this code to check out the Independent Coffee Cooperative



Around the World In Four Blocks

By Leigh Tobiasen



Lunch truck grub has become almost like its own section in the food pyramid for most Philadelphians. With at least one truck on almost every block,

smells of fresh eggs and bacon permeating the air as you walk by and prices that most restaurants can't match, it's easy to stop for a bite. The streets around Drexel University have recently been flooded with new food choices, most of them offering flavors beyond the typical bacon-egg-and-cheese, BLT and cheese steak menu.

First stop is 33rd and Market, where the new sushi lunch truck appeared this year and caused quite a stir. "To target students, mostly at lunch time, we chose to have a truck," said Kazu, who mans the truck most days. This truck set up shop at a prime location, right next to the well-known Pete's Little Lunch Truck. It turns out the science behind that choice is as simple as, "It just seemed like a busy street." Although it fills the sushi gap in the lunch truck market, Kazu tells me business has still been slow. "I think since we do not cook in the truck, everyone assumes our

food is not fresh. But really, all of this food was made this morning."

Next up is La Dominique, a creperie truck outside the library, directly visible from the overhead windows of the new gym. The owner Zbigniew Chojnacki used to make crepes



with his mother in Poland, where he was born. This might not be the truck to visit when you're late for class- the food takes time to cook- but it definitely is your best choice for a little more upscale lunch. Menu favorites like the smoked

salmon crepe or the pepperoni and veggie pizza crepe are standouts. With a full menu of sweet crepes with imported plum butter from Poland, savory crepes made with free-range eggs, a daily featured item and some chicken and potato pierogies on the side, La Dominique brings a touch of high class to the streets. Surrounded by customers waiting in line, calling their friends for their orders, I ask Zbigniew how business is. In the midst of collecting orders and cracking eggs, he smiles and replies, "I can't complain. I haven't even been able to take a sip of my coffee this morning."

While most trucks provide a poster-sized menu with enough options to make you sweat, there is one truck that can fit all that they offer on a little chalkboard - and have proved that that's more than enough. The colorful Honest Tom's Taco Truck, usually parked at 33rd and Arch, has a little menu that has acquired a lot of fans. Their sweet potato tacos and iced coffee in the morning along with chicken tacos with homemade guacamole in the afternoon have not only caught the attention of Drexel students, but also some top-notch food critics. 2010 was the first year any lunch trucks from Philadelphia were invited to the Vendy's, a food truck competition based in

New York, and Honest Tom's was one of three.

The neighborhood newcomer is the Chinese truck, and what it lacks in eye-catching aesthetics, it makes up for in taste. Besides the blue graffiti on either side of the ordering window, the most exciting visual element of the truck is the white on white double printed menu. It may be simple, but the cook guarantees all of your takeout favorites are there. The short but tasty menu includes General Tso's, sweet and sour and teriyaki chicken or beef, with a choice of white or fried rice and noodles. Not always the fastest, but this truck serves up good, cheap food with a smile every time.



Kendall Massimo



Now what do the Drexel students have to say about the new truck options popping up all over campus? While some have trouble straying from the typical cheesesteak/breakfast sandwich/hot dog orders, the majority has had no trouble embracing the new menu varieties. In fact, students may not be as loyal to their lunch trucks as is expected in Philadelphia. Drexel students rank location as their number one reason for frequenting certain trucks, followed by the actual food, then quality of service and lastly, the fact that they've been supporting the specific vendor since freshman year.

A boycott was expected when a brand new truck set up

shop right across from veteran Pete's Little Lunch Box, but in actuality most students agree that all is fair in love and lunch truck location. And while some think sushi out of a truck is gross or a fruit salad is by no means as satisfying as a BLT, most students are more than pleased with the new options. Some report that they are happy with the new trucks, but wouldn't mind a few more on every corner. Indian, ice cream, or even applesauce trucks? Seems like Drexel students can't get enough of standing on the sidewalk waiting for their meal out of a window, and most like it that way.





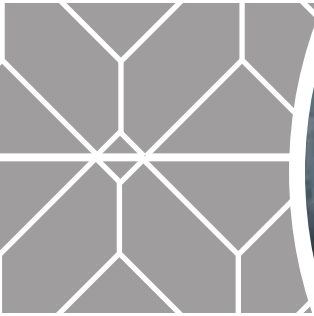
Models Zoya Khan, Devon Shropshire and Katie Burrill (Opposite Page) enjoy a round of cocktails at Franklin Mortgage and Investment Co. Zoya wears Theory. Devon is in Rebecca Taylor. Katie in Mark & James by Badgley Mischka. All dresses compliments of Per Lei Boutique, 2 E State St, Media, PA. Perleiboutique.com

Living Easy

By Rachel Raudenbush

Photography by Dana Kozeff

At Franklin Mortgage & Investment Co., bartending is an art, a valiant profession that has persevered through decades of moral judgment and demonization. The craft was most notably condemned during Prohibition, from 1920 to 1933, when the manufacture, transportation and sale of “intoxicating liquors” was made illegal in the United States. Rather than abandon their trade, skilled barkeeps moved underground into the dimly lit halls of drinking establishments called speakeasies. It was in these quiet venues that the cocktail gained popularity as a remedy for the taste of crudely produced hooch. A few simple ingredients poured over hand-chipped ice elevated low-quality moonshine to a state of near perfection.

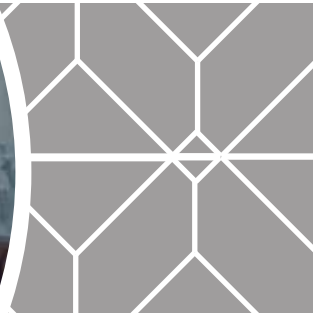


Hard to find:
Franklin Mortgage
& Investment Co.

Franklin Mortgage and Investment Co. is located at 112 S 18th St. It is open daily from 5 pm to 2 am. Visit online at Thefranklinbar.com.

Named after the notorious Philadelphia alcohol ring, led by Max “Boo Boo” Hoff, this drinking establishment boasts the most inspired cocktails in the city. Owner Chris Doggett commissioned the team from New York City’s Death & Co. to compile the vast and witty menu, broken into sections including Required Reading, Easy Going, Cool It Down, The Flowing Bowl, Rebellious Spirits and I Asked Her For Water She Gave Me Gasoline. A small sign, barely noticeable to passerby, is all that marks the entrance to the intimate taproom, located downstairs on 18th Street between Walnut and Chestnut. Inside, a 15’ x 4’ hand painted mural pays homage to Hoff and his cronies. A succession of burgundy leather banquettes, Carrara marble tabletops and black oak flooring imbue the place with a dark nostalgia. The narrow room and vaulted ceiling direct attention back to the four-person marble topped rear bar where bartenders in full regalia perform their magic. The libations are prepared using three types of ice, freshly squeezed juices and five different types of bitters. Each ingredient is measured precisely to ensure the consistency of every cocktail. The place is so cool, it’s no wonder it was rated the twenty-fourth best cocktail bar in America by Gentleman’s Quarterly.

In the 1960s, the cocktail saw its demise, rejected, along with the establishment, in favor of other recreational substances. During the following years the libation lay dormant as choices in beer and wine expanded and activists admonished against drunk driving. It was not until the turn of the 21st century that cocktail culture reemerged as a beacon of sophistication and glamour, and the rise of the speakeasy began again in urban areas such as New York and LA. More recently, the trend has arrived in Philadelphia in the form of small, unmarked barrooms like the Franklin, Ranstead Room and the Pen & Pencil Club.



Hardest to find:
The Pen &
Pencil Club

The Pen & Pencil Club is located at 1522 Latimer St. Hours are 6:30 pm to 3 am Monday through Friday and 7 pm to 4 am Saturday and Sunday. Visit online at Penandpencil.org

Harder to find:
Ranstead Room

Ranstead Room is located at 2013 Ranstead St. Hours are 7 pm to 2 am daily. This one is too clandestine for a website. Visit in person.

Unless prone to wandering back alleys at night, it is impossible to stumble upon the red brick façade and black door bearing the double R logo of Ranstead Room, Steven Starr’s take on the speakeasy. A collaboration with Sasha Petraske of New York’s Milk and Honey, the bar opened in April of 2010. Seven days a week from 7 pm to 2 am, the bartenders combine house-made mixers, fresh-squeezed juices and hand-chipped ice to produce ten unique highballs. Served to patrons in a lusty red and black interior complete with tiger stripe carpet, velvet damask wallpaper, red leather booths and a mammoth chandelier, the drinks are a return to good taste. The Bartender’s Choice is a wonderful way to try something completely new, like a Concord Grape Gimlet made only during the two-week span that the fruit is in season.

This one is the real thing. There is no sign. There is no specialty cocktail list. There is a Crockpot full of free hot dogs and a jukebox that is rarely operational. Established in 1892, the Pen & Pencil Club is the oldest continuously operating press club in the country. Nearly impossible to locate, don’t expect to get inside without the accompaniment of a regular. Membership is limited to active journalists and “friends of the media,” and to enter necessitates either a press pass or proof that one works in the restaurant industry. Once inside the smoke-saturated barroom, it becomes apparent that this is where the interesting and eccentric congregate after all the decent bars close at 2 am. Alcohol is served until 4 am along with words of wisdom and enough outrageous stories to last until your next night out.



Scan this
QR code to find
even more
speakeasies
in Philadelphia

PRODUCE FROM PARADISE

A look at the University City Farmers Markets and the wonderful people behind them By Sara Gautieri & Katherine Cangemi

Fifty-five miles west of Philadelphia, one will find Paradise. On his farm in Paradise, Pennsylvania, John King, his family and neighbors are hard at work every day to grow and transport fresh, locally grown food from Lancaster County to Philadelphia. King, who operates all of the markets located in University City, makes it clear how beneficial it is to take advantage of this alternative way of grocery shopping. All of the produce sold at his stands is grown directly on his farm, which he tends with the help of his family members and neighbors. Two organizations with which he is affiliated are Food Trust and Farm to City. Both are programs that work with farmers to enable communities to buy fresh and buy local.

Typically organic food options found at grocery stores can be priced much higher than their chemically assisted alternatives. Farmers markets carry organic goods for a fraction of the supermarket costs and at a

higher level of quality. King says that at the farmers market, “You’re getting something here that should be fresher than anywhere else.” Drexel students also agree that the freshness is by far the biggest benefit of shopping at these markets. Andrew Nguyen, a Drexel graduate student, says the most important part of buying local is, “knowing exactly where the product is coming from. When buying from a

●●once, I bought zuchinni bread... I would say it changed my life●●

farmers market you have the opportunity to ask the farmer questions about their product and practices.” Most sales at the markets correlate with whatever is in season, as these are the most popular and fresh items. Spring’s best sellers include asparagus, spinach and greens. King comes up with prices based solely on quality. For example in the spring, King says he charges about three dollars for a fresh bunch of asparagus and medium sized tomatoes run about seventy-five cents each. King and his family are one of many in Paradise, PA who are cultivating fresh food. Paradise is brimming with farmers working together to bring you the freshest, best tasting goods. The town is filled with not only produce farms, but also dairy and poultry farms. Creating fresh organic goods is a team effort. King’s 38-year-old son does most of the actual farming with his family. King then brings it to the city. As King puts

it, “My son does the farming and I do the selling.” King is not only successful because of his family’s help; he also has wonderful neighbors that are working toward the same goal. He has three bakers that work to create gourmet cookies, pies, cakes and breads. These baked goods are favorites among students on campus. Alyssa Bellingham, a Drexel University engineering student says, “Once I bought zucchini bread and it was amazing! I would say it changed my life.” All the bakers come from different backgrounds. Some come from professional backgrounds, others started simply because they enjoy it. These bakers tend to work out of their homes. One of his most recently hired bakers needed extra income after her husband lost his job. King says, “I was glad to give her work and she was glad to do it.” Buying locally grown goods is becoming one of the most important ways of staying healthy. “I do not use any chemicals... I am certified completely organic,” King says. The absence of harmful chemicals is priceless. Not only is buying local beneficial to our health - it is beneficial to the environment in many ways. Farmers markets help reduce food miles, thus alleviating vehicle pollution and fossil fuel use. There is less need for excessive packaging,



Dale Freed

cutting down on unnecessary waste. These markets make room for farm diversification, enhancing biodiversity. With five locations in University City alone, farmers markets in Philadelphia are accessible and more convenient than most grocery stores. Having the markets in the center of a college-based area is especially beneficial to students because they offer healthy alternatives to pizza and fries. “Although,” King says as he points to the section of gorgeous baked goods, “students still go for this.” There are only two major grocery stores in the vicinity of University City, yet a farmers market can be found nearby any day of the week throughout much of the year. One can find King selling his fresh goods at Drexel’s campus every Tuesday, Penn’s campus every Wednesday (which King says is his largest market) and the corner of Lancaster and Powelton on Saturdays. These markets benefit everything and everyone from the producers to the consumers to the environment and to the overall community and economy.

Scan this code to find out more about Philadelphia farmers markets!



University City Farmers Markets

When&Where

Clark Park Farmers Market

43rd St. & Baltimore Ave.
Thursday, 3pm-7pm (in season); Saturday, 10am-2pm
(year round)

University Square Farmers Market

36th & Walnut St.
Wednesday, 10am-2pm (in season)

Drexel Farmers Market

In front of McAlister Hall at 33rd & Chestnut St.
Tuesdays, 11am-3pm (2011 dates are April 20-November 23)

Lancaster Ave. Farmers Market

E 38th St. at Powelton and Lancaster Aves.
Saturday 10 am - 3 pm (year round)

Radian Farmers Market

3925 Walnut St.
Fridays, Noon — 2 pm (June-July)



ART PHIL

Projects Gallery

FOSTERING ARTIST AWARENESS

Neighborhood: Northern Liberties 629 N 2nd St.

Founded in 2004, Projects Gallery represents some of today's finest contemporary artists. The gallery focuses on figurative and abstract expressionism; the artists cover many different styles, from colorful, encapsulating, mixed media pieces to smooth ceramic sculptures. Targeting customers from all over the world, Projects has a dedication not only to upholding their incredible space in the up-and-coming neighborhood, but also to introducing their artists' work to as many as possible.

Projectsgallery.com

TRYING TO BECOME FAMILIAR WITH THE PHILADELPHIA ART SCENE IS NO EASY TASK. WE'VE ALL HEARD ABOUT OLD CITY'S FAMOUS COLLECTION OF TOP-NOTCH GALLERIES. BUT TRAVEL BEYOND AND YOU'LL UNCOVER A CITY THAT'S RICH WITH ART. IT'S HARD TO KNOW WHERE TO START - CHINATOWN, NORTHERN LIBERTIES, FISHTOWN, AND FARTHER - BUT WE'RE HERE TO HELP YOU OUT. THIS CITY IS BRIMMING WITH UP-AND-COMING ARTISTS, AND THERE'S NOTHING LIKE SOME PHILADELPHIA FLAVOR TO SHOW THEM OFF. WE TRAVELED FROM CLASSIC OLD CITY, TO CHINATOWN, TO UP-AND-COMING FISHTOWN, AND BEYOND. AFTER MAKING OUR ROUNDS, HERE ARE OUR TOP SIX GALLERIES WHERE YOU'RE SURE TO SEE SOME GREAT ART AND GET A TASTE OF PHILLY.

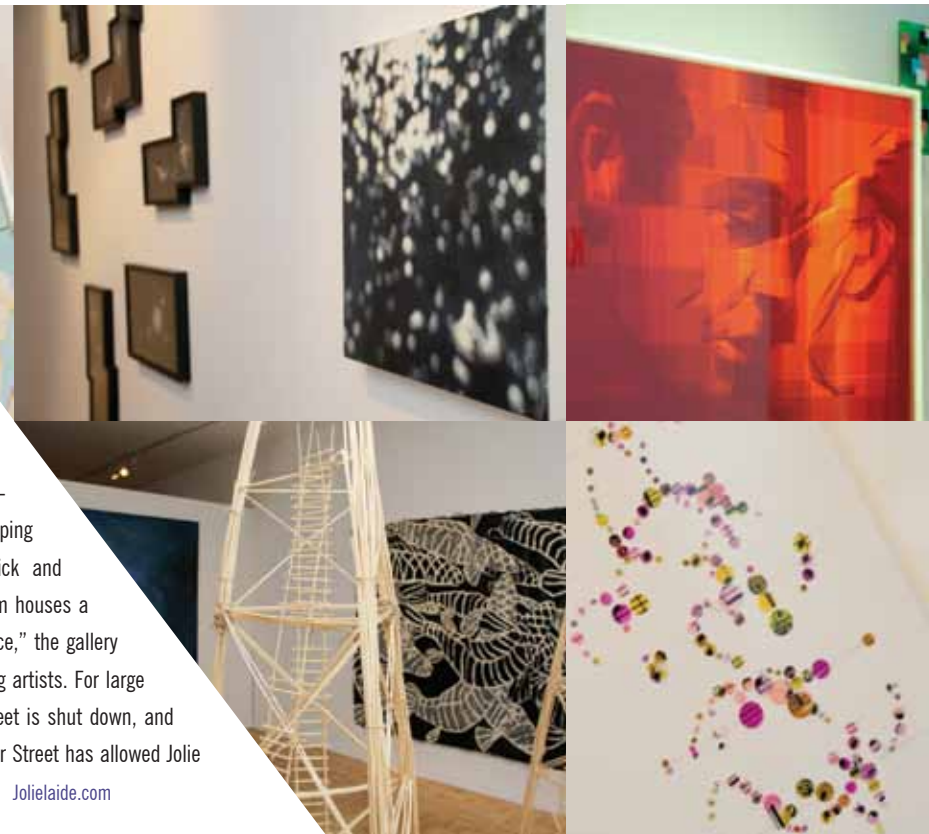
By Naomi Huober, Sara Gautieri & Alyssa Abrams Photography by Dale Freed

Jolie Laide

CHAMPAGNE AND CHOPSTICKS

Neighborhood: Chinatown 224 N Juniper St

This one-room gallery, tucked away on Juniper Street, is the exhibition space funded and backed by SAAW design (famous for their work on interiors with Anthropologie and Urban Outfitters stores nationwide). The gallery provides a simple elegant backdrop for high-end contemporary art. It is easy to imagine the art elite sipping champagne and networking while enclosed in its chic brick and handmade Venetian plastered walls. Across the street, the firm houses a space with an entirely different feel. Deemed the "project space," the gallery uses the area to concentrate on installation pieces by emerging artists. For large events, both gallery spaces are opened up, the back-alley street is shut down, and music, tables and art lovers converge. The exclusivity of Juniper Street has allowed Jolie Laide and SAAW Design to reinvent your traditional block party.



Jolielaide.com

Little Berlin

FISHTOWN'S HIDDEN TREASURE

Neighborhood: Fishtown 119 W Montgomery St.

In addition to the gallery showroom, Little Berlin harbors one of Philadelphia's best kept secrets: a library that focuses on an enormous zine collection, as well as interesting artist books, comics, magazines, essays, poetry, and museum catalogs. You'll be sure to get lost among the wide variety of humor, technique, and self expression to be found from zine to zine. The gallery's goal is to provide a place people can come to be intellectually and artistically inspired.

Littleberlin.org

Tiger Strikes Asteroid

AN INTIMATE EXPERIENCE

Neighborhood: Chinatown 319A N 11th St., 4th Floor

As the name suggests, Tiger Strikes Asteroid is a small space with something very powerful happening. This gallery is tiny, but rich. The one room lends itself to a physically unique experience in relation to art. Audiences are forced to stand in the exhibition, stepping into it rather than traveling through. With installation art this makes for interesting sensations. One really interacts with the piece, person to art, instead of simply looking. This is a space where installation art can do what it is meant to do.

Tigerstrikesasteroid.com

Pentimenti

THE MODERN MIXER

Neighborhood: Old City 145 North 2nd Street

Pentimenti features content-driven modern art, which challenges the boundaries of traditional materials. The gallery shows emerging to mid-level artists with a primary focus on painting and works on paper. Carrying a variety of works including video, photography, sculpture and installation, in strange media (resin, aluminum, and pigmented fiberglass, for example) Pentimenti pushes the regular gallery standards. At the center for the Philadelphia art scene, where local residents are extremely supportive, artists are able to challenge expectations of modern art with incredible colors, shapes and mixed media. Whatever it is, Pentimenti is always looking to innovate and show fresh concepts with interesting works.

Pentimenti.com

MAKE A NIGHT OUT OF IT!

DINNER:

GI GI'S // 319 MARKET ST. GIGIPHILLY.COM

Warm atmosphere, great service and incredible food? Yes, please! GiGi's has a long list of delicious tapas including fried jalapeño cheese ravioli and Asian-style chicken wings to enjoy before, or after you hit the galleries.

FARMICIA // 15 S. 3RD ST. FARMICIARESTAURANT.COM

Organic cuisine has never been more chic. Farmicia's extensive menu is made up of farm-fresh ingredients and unique dishes. B.Y.O. wine to kick off your First Friday schedule. Located right in the heart of Old City, this restaurant is ideal for grabbing a bite while feeding your craving for culture.

DRINKS:

LUCY'S HAT SHOP BAR AND LOUNGE // 247 MARKET ST. LUCYS215.COM

Looking for something fun to do after a night of gallery strolling? Don't let the name fool you, this bar offers great service and reasonably priced drinks. Call ahead to schedule a two-hour \$20 open bar on any Friday night.

PINOT BOUTIQUE // 227 MARKET ST. PINOTBOUTIQUE.COM

Specializing in wine, wine accessories and classes, this spot transforms into a wine lover's dream for special in house events. Every First Friday they open their doors to the art & culture crowd for "great shopping, premium local wines, and exciting artwork." RSVP to ensure a great night.

DANCING:

CUBA LIBRE RESTAURANT & RUM BAR // 10 S. 2ND ST. CUBALIBRERESTAURANT.COM

Bailamos! Authentic Cuban restaurant by day, Salsa dance hall by night! After hours on Fridays and Saturdays Cuba Libre comes alive with true Latin flavor. Come for the famous mojitos and stay for the music and dancing in the Old Havana setting. Enjoy the floorshow put on by professional salsa dancers.

Extra Extra

THE TECHNOLOGY HOT SPOT

Neighborhood: Fishtown 1524 Frankford Ave.

At Extra Extra they often bring in new media exhibitions. A modern form of artwork, a reflection of the technological era in which it is being produced, new media brings artists and audiences together in a special way. Although they also curate exhibitions of sculpture and installation, the owners, Derek Frech, Joe Lacina, and Daniel Wallace, say that, "If art is a reflection of what is relevant, then it seems that new media is where we should put our energy."

Eexxttrraa.com



Scan this QR code to learn more about Philly's art scene @ theartblog.org



THROUGH GRUELING AMOUNTS OF TEAMWORK, DREXEL STUDENTS ARE ABLE TO WRITE AND PRODUCE THEIR VERY OWN SITCOM. IN ITS THIRD SEASON, THE SHOW TAKES ON A NEW POINT OF VIEW WHILE EXPLORING THE LIVES OF FIVE 20-SOMETHING COLLEGE GRADUATES. YOU WILL BE GUILTYLY CHUCKLING TO YOURSELF WHILE IN AWE OF THE AMOUNT OF WORK THAT HAS GONE IN TO THE SHOW'S SUCCESS.

OFF CAMPUS

By Naomi Huober Photography by Dana Kozeff

“What the hell am I going to do?” many college seniors ask themselves when contemplating a looming graduation. The big event includes job searches, sky-high loans and big moves. It is a time for heavy reflection — who are you, and what you are going to do in life? Every decision seems painful and crucial.

Presented with the opportunity to write a sitcom created by young people for young people, Drexel’s *Off Campus* reflects what’s on students’ minds today. While each character experiences internal struggles, friendship and humor get them through. The sitcom, currently in its third episode, is entirely student produced. High quality filming and well written screenplays have all of the participants feeling proud of the show. The amount of work put into the production is apparent in the results achieved thus far.

Off Campus follows five roommates as they’re finding their way in the world after graduating from college. Dean, Nick, Felix, Hailey and Claire find help and support in their family-like friendship. The plot explores serious topics such as break-ups, parental pressures, student loans, outsiders, and aspiring dreams, but the rapport among the characters manages to maintain a light, humorous tone. The material is not unfamiliar to many young people today, so it is understandable that the writers explored on this contrast when developing a sitcom that is relevant to their peers.

This year, the writers and directors have pushed for a different sort of humor in episode three. John Dutcher, a head writer and director for the episode, explained the shift as moving from a more *Friends*-like sitcom to a more gritty *It’s Always Sunny in Philadelphia* sort. As a Drexel produced sitcom, it was difficult at times to get this type of script approved. “We really pushed the limits humor-wise,” Dutcher confessed, “But I think that because the show isn’t actually on television we should be able to do that. The people who are going to see this will watch it online where there is no censorship; therefore, we can really do anything, so we should produce what we want, what we think is good, and what we think is funny.” Eventually, the lead writers did their comedy research, put in many library hours writing together, and came up with a script that they could intelligently support. Their vision was approved.

The show’s new direction has carried over into the production of this year’s episode. Stylistic choices have been made by the directors to shift the show from the mainstream to the more alternative. Watching the episode, one will notice many scenes shot on location, and an energetic filming style with hand-held camera work.

The original concept for *Off Campus* was developed in a screenwriting class three years ago. Since then, each year a one-term class works to produce the script for an episode. In the following two terms a film course titled, “TV Drama Series,” takes the script into production. Each student takes on a role: supervising producer, director, camera operator, editor, etc. Drexel students from other majors contribute in the wardrobe, make-up, writing and art departments. “It’s amazing how well they all work together. They’re really willing to help each other out,” praised the course professor Andrew Susskind. “Students are perfectly happy to be the director one week, and then hold a sound grip the next.”

Everyone involved has an insurmountable amount of enthusiasm for the project. Many students become so involved that they choose to stay on even the term is over. With reoccurring contributors, they have developed a family-like crew, and their growing experience has caused the show to get better and better. “At first, it was about getting it done. Now it’s more and more about doing it well. Since production has gotten in its groove, we’re talking about things like stylistic direction,” Susskind explains. The sitcom’s serial

participants agree that they have seen this shift. “Leadership has changed a lot . . . we have better producers now, and Susskind isn’t as involved as he once was. He trusts us more,” Kyle Thrash, a director on all three episodes nods.

For those with supervising positions, the show has turned into a full-time job, working many hours outside of the once-a-week, six-hour class. The show “ran my life,” Ryan Goldberg confessed before going on to explain how it was one of the best college experiences to prepare him for the real world film industry. “I got to do things that I won’t get to do for years.” Despite the amount of serious work that goes into the production, on filming day the set is full of laughter and everyone is having a great time. This playful atmosphere is not as common on real world sets, but that’s okay with the students.

Of course, there are differences between the class and working on a professionally produced television show. Susskind points out, “In the real world it’s all about results. Here it’s more about process and learning. There may not always be a whole terrific product, but there are always terrific aspects.” It is important to remember that *Off Campus* is a class, and that everyone gets the chance to learn. Because of the learning aspect, “We get a lot of input,” Thrash says. “In the real world you do what the director wants. It is a lot stricter.”

The show does have some similarities to professional TV shows: it uses professional actors hired by the original crew; directors rotate filming days as true television shows often do from episode to episode; and all positions, down to the professor, function as they would in the real world. “There’s a lot of

“We should produce what we want, what we think is good, and what we think is funny.”

pushing and pulling with Susskind. Often, we butt heads, but we know he’s only doing it to show us how it is,” this year’s supervising producers Laurel Chadwick and Kristina Massie laughed as they explained how the professor plays up his part as network head.

The *Off Campus* team also faces the challenge of a staff that changes each year. From episode to episode the entire staff has not been the same. Writers have been challenged to carry the story forward from where others left it off — developing

the characters in their own way while staying true to their original personalities. However, it has also been important to allow the episodes to stand alone because many viewers will only watch one episode. “I don’t want the episode to only make sense if you saw the one before it,” John Dutcher asserts. He also cites the difficulty of rotating directors as a major challenge they’ve had to face. Not every director cares about the same aspects, and each one possesses different strengths. “This is hard because if one scene is wrong then it all goes to sh*t,” he pardons his French. Keeping the show consistent has required impressive communication and great skill, but so far the students have managed to pull it off.

Off Campus has defied many challenges, and turned out to be a great product. “It’s about making moments and entertaining people,” says Kyle Thrash — and that it does. This year, for the first time, the show will be entered into the College Emmy awards. “Quality

wise, we have a great shot,” Ryan Goldberg professes. The amount of heart Drexel students have put into the project has yielded noteworthy results, maybe even award winning results.



Scan this QR code to watch the latest episode of *Off Campus*



Best friends Rachel Gagliardi and Nicole Snyder have combined their creativity, talent, and overall anger toward the rest of the world to form a “bratty, noisy” two-piece band called Slutever. The girls have been friends since high school and both moved into Philadelphia to study Music Industry at Drexel University. Rachel and Nicole became roommates last year and started playing together. Their catchy songs are inspired by angry-adolescent-girl-issues like bad friends, ex-boyfriends, overwhelming boredom and MTV reality shows. The



TWO BY TWO

Two bands, four friends. Here’s the story behind young local bands Slutever and Omar By Ericka Hanson Photography by Ashley Smith

two are able to voice frustration with the abrasiveness of any all-boy punk band while maintaining their girlish subject matter. In “No Offense,” lyrics state, “I don’t mean no offense/But your life’s a f__ing mess/And I’m overtired of calling you my friend/You’re unemployed and bored.” In “Teen Mom,” a song written by Rachel and inspired by her intense love with the MTV show of the same name, lyrics state, “Your new girl, she hates me/She acts like you never dated me/Don’t talk to me when you’re talking to her/This feeling, it’s so sh__ty/ My heart, it’s such a pity/ You bite your lip/ You walk away.” The girls work well together, as only best friend-roommates could, understanding each other’s past relationships and experiences and relating to each other’s lyrics. They like to play in dirty, sweaty basement show parties where they can “yell into the crowd,” but also have experience playing at local venues including opening for California-based band Best Coast at the First Unitarian Church this summer. The girls have recently been signed to Bantic Media. This summer the girls are planning a tour, then return to Philly where they will continue to write songs, play shows, bitch about boys and watch MTV. Check them out at slutever.bandcamp.com

Meet OMAR, a local girl-boy duo band made up of Drexel senior Candice Martello and alum Nick Fanelli. They describe their sound as “fun, catchy, drunk punk” music. In order to understand OMAR the band, it is necessary to describe Omar, the man. Nick became friends with Omar, a Moroccan homeless man during his senior year at Drexel, when he was living in West Philadelphia. Omar began to hang around Nick’s house and took a strong liking to him. Subsequently, Nick and Candice named their band after him. OMAR’s first album was released last February and is titled, “I’m Not Mad, I’m Just Mad That You’re Mad.” Candice and Nick wrote some of the album’s six songs together and some individually. They say their songs draw inspiration from “life, messed up relationships, making mistakes, being jealous, having nightmares, stuff like that.” Candice plays guitar, Nick plays the drums, and both sing. They say keeping their member count down to two makes practicing, transporting their gear, and being on time much easier. They play primarily in basements at show parties, but also can be found in bars and venues

OMAR



in Fishtown and South Philly. OMAR plans to go on tour this summer, but as Candice says, “We’ve got \$25 saved up at this moment, I think it’s in a box somewhere.” Nick adds that the plan is to “drive around everywhere and play shows for anyone until we start to hate each other.”

Check out their music and upcoming performances on their Facebook fanpage www.facebook.com/omarphilly



BRICKS to BEAUTY

By Brittny Adams Photography by Kendall Massimo

Ever wonder who's behind those beautiful and awe inspiring murals that we see around the city of Philadelphia? Of course you can walk up to one and find the signature scribbled below, but does it really tell you who that person is? For me it wasn't enough. I wanted to know who these people were and find out what they were all about. The murals we see today are part of the Mural Arts Program created in 1984 as an effort to combat the graffiti epidemic. Muralist Jane Golden was hired to instruct graffiti writers how to redirect their talents from destructive graffiti to constructive mural painting. Since then, the Mural Arts Program has played a role in community service and creative arts therapy. The program works with community groups to educate and involve children in art and in murals throughout the city. It also works with 100 people convicted of vandalism each year and involves them in the creation of murals around Philadelphia. Between 2001 and 2004 alone, the Mural Arts Program has painted more than 600 murals in the city.

SHIRA WALINSKY

Shira Walinsky, a formal Drexel instructor, has painted more than 20 murals. She gets her inspiration from the people in the community where her work will be painted. Walinsky then makes it her mission to bring those ideas to life. Her most recent project is a mural called "Pioneering Women from A-Z." The mural illustrates women who have changed history and controlled their work and their destinies. Walinsky began her romance with painting when she started college, and her love has grown stronger ever since. She went to graduate school for painting and worked with another artist from the Mural Arts Program who then got her involved. Very passionate about her craft and the community, Walinsky strives to create art that is grounded in the real world. She likes to depict real people and real life situations. Her other interests include music, writing and all forms of art. Her day-to-day routine varies, "There are certain seasons such as spring and summer that are particularly good times to do outside murals, and so I spend most of my time working on several different projects".



Pioneering Women A-Z by Shira Walinsky, 4400 Haverford Ave Philadelphia



Hearing Our Voice by Delia King, 1765 N 29th St Philadelphia

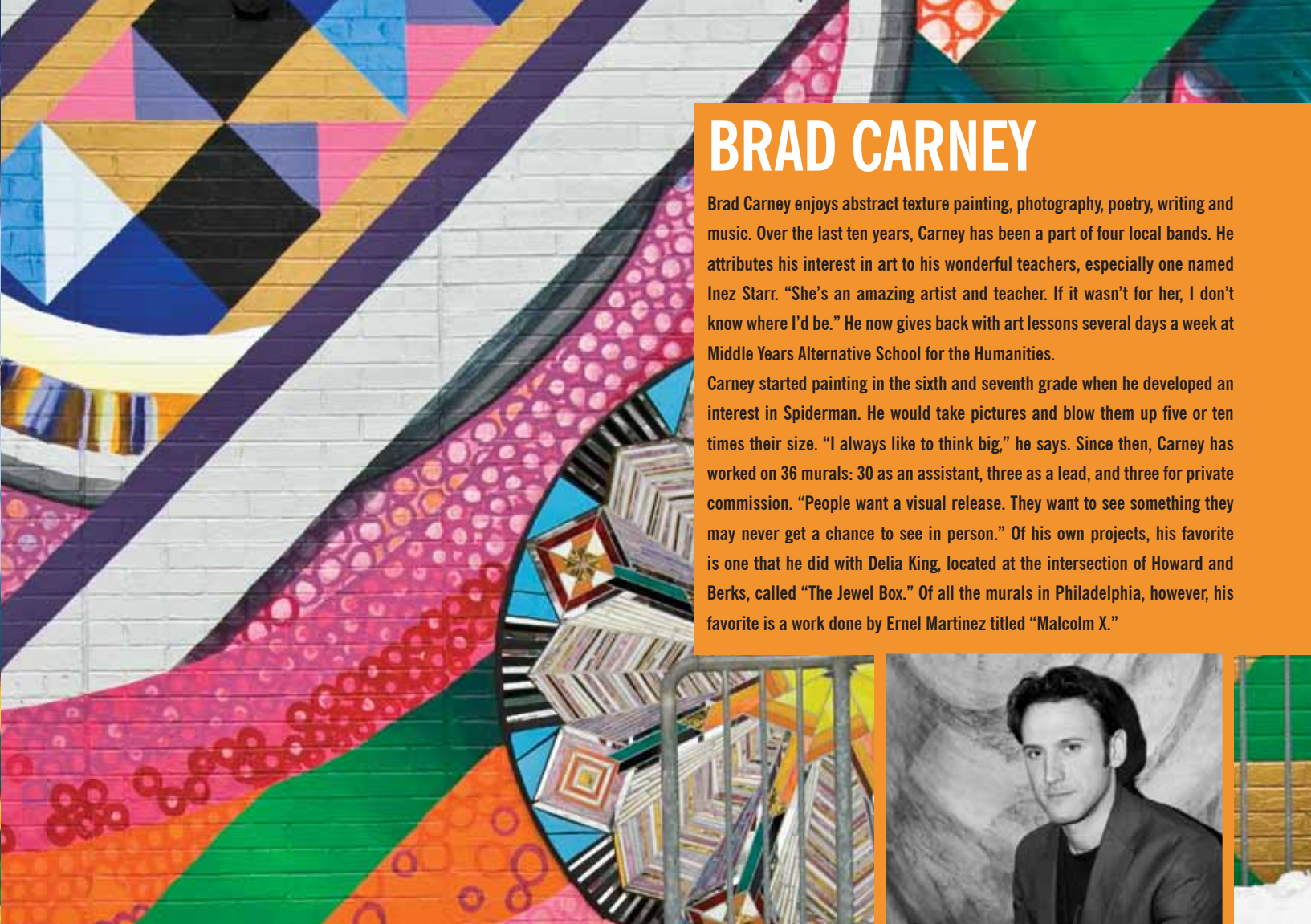
DELIA KING

This fiery red head has a long list of artworks under her belt. In total she's painted more than 70 murals. She started writing plays when she was a child, but a frightening incident changed her life's direction when she turned 18. She had been studying at Oxford University in England, but, "I had just been kicked out of school, and my apartment, and I had no money. I was terrified of getting deported." She ended up crashing at a friend's place. One day King came home to find her roommate lying on the floor after an attempt to commit suicide. King rushed her to the hospital, ultimately saving the friend's life.

"The whole experience just knocked me out of playwriting. I just lost my dialogue completely. So I started painting a self-portrait because I was trying to deal with my friend trying to kill herself. I just started painting from there."

Since then, her favorite mural is a piece that she did with students from Middle Years Alternative School for the Humanities in Philadelphia. The students studied Homer's Odyssey and then turned it into a graphic novel titled "The Modern Odyssey." The students renamed all the monsters and instead of sailing around the Aegean Sea in boats, King had them imagine sneakers with high-powered rockets to travel around the world. The kids got to look at an atlas and say where they wanted to go. "It was really fun and turned out to be super gorgeous. We wrote this story, made a film, and then we painted it on the wall."

In her most recent project King, along with her co-designer Brad Carney, have gotten approval for a proposal called "Benches Not Fences." "It was the idea of my co-designer. He wants to identify recreation centers and parks that are in need and that were fenced-in during the '80s. He wants to take the fences down and create open meeting spaces."



BRAD CARNEY

Brad Carney enjoys abstract texture painting, photography, poetry, writing and music. Over the last ten years, Carney has been a part of four local bands. He attributes his interest in art to his wonderful teachers, especially one named Inez Starr. "She's an amazing artist and teacher. If it wasn't for her, I don't know where I'd be." He now gives back with art lessons several days a week at Middle Years Alternative School for the Humanities.

Carney started painting in the sixth and seventh grade when he developed an interest in Spiderman. He would take pictures and blow them up five or ten times their size. "I always like to think big," he says. Since then, Carney has worked on 36 murals: 30 as an assistant, three as a lead, and three for private commission. "People want a visual release. They want to see something they may never get a chance to see in person." Of his own projects, his favorite is one that he did with Delia King, located at the intersection of Howard and Berks, called "The Jewel Box." Of all the murals in Philadelphia, however, his favorite is a work done by Ernel Martinez titled "Malcolm X."



The Jewel Box by Brad Carney & Delia King, Howard & Berks Sts Philadelphia

PAUL SANTOLERI

One could say Paul Santoleri is a man who just can't stay still. He loves to travel and has done several murals outside the U.S. About six months out of the year he's off in another country, sometimes France or Italy, working hard on a project.

Santoleri started out taking watercolor lessons when he was 7 years old. He then grew interested in comic book drawings and finally into painting with a strong interest in sculpture. "I've been making a living as an artist since 1993. It seems like one of the best ways to spend my time. Or what else would I do? Swim in the ocean, maybe. For the last ten years I've worked as a muralist, working in various communities with youth, training young artists in various techniques of the trade, and making public works locally and internationally."

It's difficult to keep count, but Santoleri says he has done about 75 murals. You may have seen his work on the Girard Avenue bridge near the Philadelphia Zoo, or while enjoying entertainment at World Café Live on 31st and Walnut. Santoleri's favorite is a bike mural over on 4th and Monroe. The piece is made with a variety of media including glass and sculpture.



Morning Glory by Paul Santoleri, 2026 East Hagert St Philadelphia



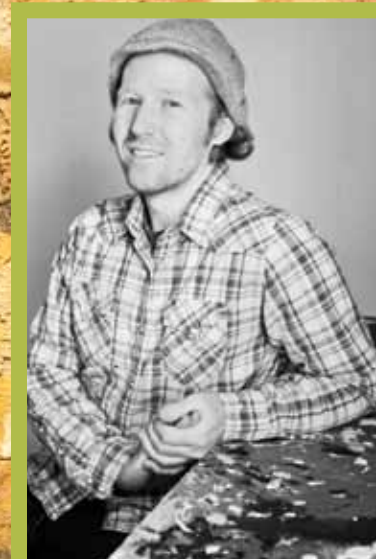
Autumn by David Guinn, 629 S 9th St. Philadelphia

DAVID GUINN

David Guinn has painted more than 22 murals in Philadelphia. His favorite, a piece located at 9th and Bainbridge, is titled "The Autumn." Currently, he is working on a mural located near 12th and Locust, and next summer he will be painting a mural in Montreal.

Guinn was born and raised in Center City Philadelphia. His father, also an artist, enrolled him in Saturday morning art classes as a child. Even so, he didn't acquire a passion for art until he entered college. He has since become immersed, and now his daily routine consists of working on murals from morning til night. He also has an interest in clay sculpture, creative writing and mosaics.

His ideas for murals are inspired by the local community, or he'll look at the wall and meditate on it. At other times Guinn gathers information about the location to help him decide what to paint. He says, "I like working with people, and it's really nice to feel like the work that you're doing has a place in the world and that it made people happy".



Scan this QR code to see
more murals online
@ muralarts.org

B

W.

Vintage dress from
Sugarcube Boutique,
Kenneth Cole Cuff
Bracelets



PHOTOGRAPHED BY: ANDRE RUCKER
STYLED AND PRODUCED BY: NAOMI HUOBER AND ELLEN GILLESPIE
MAKE-UP BY: LAUREN MIKORENDA
MODELED BY: ANNE GREENBERG AND ELLEN GILLESPIE



Industry Jacket from
Franklin Square
Boutique, ASOS
Briefs, Clutch from
Franklin Square
Boutique, Kenneth
Cole Cuff Bracelets





Rag and Bone Pants,
J.Crew Blouse, ASOS
Belt, Stylists' Own
Necklace, Kenneth
Cole Bracelet, Aldo
Shoes





T-Bags Jumpsuit
from Franklin Square
Boutique, Nina
Shoes, Stylists' Own
Bracelets



Special thanks to Franklin Square and Sugarcube boutiques
for loaning all of the beautiful clothes and making this shoot possible.



Clare Sauro

By Meghan Lynch Photography by Dana Kozeff

“It’s chaos here, but it is an ordered chaos,” Clare Sauro exclaims as she guides me to her desk at Drexel University’s Historic Costume Collection where she is curator. To my right are rows upon rows of hanging garment bags and various storage spaces for the expansive assortment. The scale is impressive and the atmosphere is a bit mysterious under the dimmed protective lighting. “You must use a pencil in here, is that a pencil?” She says looking at my ballpoint pen. I manage an “um... no” before I turn to my bag and fiddle around for a nonexistent pencil. She anticipates my bad luck and hands one over to me with a smile and I begin:

So, how long have you been at Drexel University?

Just over two years, so it is still fairly new.

What type of work were you doing before you came to Drexel?

I was at the Museum at FIT, which is similar to Drexel but the scale is much, much bigger. There is a large staff, you are just one of many. I was an assistant curator there and I wanted the opportunity to take charge. Also at FIT, I couldn’t teach. There is a distinct line; you are either faculty or you work in the collection, not both. I wanted the opportunity to teach.

What would you say is your job description?

A curator puts objects on display and translates what they mean. Here I am also the collections manager, so I am responsible for the day-to-day care of the objects.

Do you have a day-to-day routine or is it different?

It is always different, but there is an ongoing project of inventory. There are also class visits from Design & Merchandising, Product Design, and of course Fashion Design students. They come to see shoes or packaging, or anything really. So we have to clean up the room and lay the things that we have out for the lesson.

I imagine the research can be like solving a puzzle or mystery. Is that true?

It can be. You usually just know things from experience. There are some things that don’t make sense until you put them on a dress form. It’s about intuitively following what the garment is telling you, about reading a garment. There is no one way to do the research. We use the library a lot. Technology has made it a lot easier. We can look back at old newspapers and fashion magazines. Use the internet, use your own knowledge, and do it the old fashion way, flipping through pages.

From here Clare shares a story about her discovery of a vintage fan composed of pearls and lace. She describes the decorated Latin text embroidered on the dainty fan and how she used Google to decipher it. To her surprise, Clare found that the text was actually a suffragist statement. It exuded beauty and femininity while also quietly supporting the suffrage movement.

Is there one main highlight of your work?

It is just a joy to bring the collection back.

Do you find your passion for fashion and history ever compete?

I am a history geek, but I also love beauty. I do, I love fashion.

How did you become involved in the field?

I always knew this is what I wanted to do. I was lucky to live outside of Manhattan and my godmother would take me to museums all the time. I always liked old things. When I was eight or nine, Diana Vreeland had an extravagant exhibition. I still have the museum pamphlets from it. I knew I wanted to do that, but I didn’t know how to get there. I had an astute English professor in college who told me I could be a really good English professor, but all of my papers were about what people were wearing. So I took a year off, and one day I read on the leaflet of Valerie Steele’s *Paris Fashion* that she taught in the masters program at FIT... and that was it.

Have you ever thought of designing or doing something else in the industry?

I have in the past, but I actually don’t like to sew. If I could get someone to make me patterns and sew, it would be really fun to have a line based on some of the 20th century favorites. I don’t know why we don’t wear them anymore.

Do you have any favorite designers trends, or eras?

It changes, changes all the time. I am very much a hippy at heart. I like things that are loose and flowy. I like the 1910s because it was when women stopped wearing corsets. I like things that are dramatically simple.

Do you have a favorite piece in the collection?

All the pieces are my babies. Usually my favorites are the ones that I know are very rare. It is a really good collection.

Clare explains that when she first took the

position at Drexel, she was told

that the collection included

about 7,000 pieces. She

now estimates that it is

composed of an astounding

10,000-12,000 pieces. She

describes how some of

the boxes she discovered

contain up to five different

objects without any indication

on the label. She is currently working

to promote the collection beyond Fashion and

Product Design students to include other majors within

the University. She believes that right now the collection

is intimidating because the room is dark and visitors

cannot touch anything. She wants to open it up to other

students through programs like Drexel’s STAR Scholars

and the Drexel Digital Museum Project.

Have you ever considered working outside of fashion, with fine art for example?

I would consider other decorative arts but, I would not do fine art. I think it’s beautiful but I like objects that relate to people. It’s the human connection that makes things come alive. It all comes back to the individual who wore it.

Do you have any advice for students that might be interested in the field?

Try to volunteer and work in a collection before you get too far into it, before you go for your graduate degree. The work is not always as much fun as it appears on the outside. It can get dirty, and it is a lot more physical than you expect. Be prepared to deal with the not so glamorous aspects of the field. In terms of the nuts and bolts, get lots of experience with art history, you definitely need a graduate degree in visual studies, or costume history, and at least a reading level of a second language. So brush up on French, it’s fashion’s language. There are not a lot of jobs out there so don’t get discouraged. If you really want it, just keep trying.

>> Scan this QR code for more information and images of the garments from Drexel’s Historic Costume Collection @ Digimuse.cis.drexel.edu

>> **Anjelica Cesari, a senior in Design and**

Merchandising, has been working with Clare in the costume collection for the past two years.

What type of tasks do you typically do when you are working in the collection?

The main one is cataloging. We get new pieces in or pieces that haven’t been accounted for, and we record everything about them. Then the sheets are put into

a computer system that we have.

It makes it easier for students

to look stuff up and for us

to know what we have

in the collection. When

we have students or

anyone come in to look

at pieces, I start choos-

ing clothes from the racks.

The collection has been

around for a really long time and

it changed hands a few times, so there are

many different organizational systems. Figuring out other people’s structures prior to Clare can be... interesting. We have to do some detective work and find things.

Do you have a favorite aspect of working there?

I think when we find a new piece or when we find something we have been looking for... it’s like Christmas morning and you feel great when you find it. Even just seeing some of the pieces. We have such a great expansive collection, and not just clothes. I have seen everything from shoes, bags... anything that you can imagine we have found. I definitely found a dagger once, and that was hilarious.

Is there a least favorite part of the job? I imagine it can get frustrating at times?

It’s definitely frustrating when you see how the collection has been handled in the past. For example, we found photos of students dressing up in some of the costumes that we have. Sometimes they would even tailor them to fit and have big fashion shows. We have pictures of them standing in Rittenhouse Square. Things like that are just really upsetting. We recently found a dress that they had taken apart, and we don’t know how it went back together. That’s when it is the worst.

What type of skills do you think you have learned and are necessary for the job?

I think that number one, you need to have common sense. I know that sounds dumb, but after you see the way things were treated in the past

you wonder if maybe no one had common sense. You need to know how to handle the costumes. When you see certain pieces, your automatic reaction is to touch it, especially if the fabric looks great. You have to not think that way; you have to think that this is a piece of art. Would I go up to a Picasso and start putting my hand all over it? It’s clothes, so we don’t really have that thought about it, but it’s the same thing. As far as skills, I know a lot more about fabrics, I know a lot more about decades and how women not only dressed, but why they dressed that way.

Do you have a favorite piece in the collection, or era, trend or designer?

Oh goodness, it is really tough because I go in there every day and declare a new favorite piece. Our 1920s dresses are really great. I love some of our 1950s and 1960s and a lot of our designer pieces, but we have a huge trunk of the 1920s, and there is just something about them. They are just beautifully done, and some of them are in great condition. To see the detail that goes into each of them, the beading... when you see something that is completely hand beaded it is amazing. It is just beautiful to see, it is art.

Did you always have an interest in the history aspect of the work, or was it mainly just fashion and design?

I’m a big history buff in general. It is a perfect marriage of the two. I could sit and watch the History Channel all day long and be happy, and I love fashion. It’s just a perfect combination.



Have you ever considered being a curator as a possible career choice?

I did actually, it is definitely something that interests me but it is a tough, tough industry. It is something that I have decided to keep as a hobby and serious interest, not a career choice. It is a very different world on the larger scale. In our collection, Clare is a great person, so you get that air everywhere. But it can get a little stuffy when you are dealing with it on a bigger scale.



DRIVEN STUDENTS

THESE FOUR STUDENTS FROM THE ANTOINETTE WESTPHAL COLLEGE OF MEDIA ARTS & DESIGN EXEMPLIFY THE DRIVE IT TAKES TO BE A SUCCESS TODAY WITH AN EYE ON TOMORROW.

By Bridget McCaffery Photography by Andre Rucker

Hannah Dillon

Age: 21

Major: Graphic Design, with a Concentration in Web & Motion

“Graphic Design’s purpose is to visually communicate thoughts and ideas,” says Hannah Dillon, a senior graphic design student. Missing Saturday night drinks with the girls is a common occurrence for her. Dillion’s determination and creativity are the keys to her success. With a completed internship, multiple freelance projects and experience as President of Graphics Group, she has gotten a taste of the graphic design world and is hungry for more.

Dillion interned at PJM Interconnection, a power distribution company, as the Creative Services Graphic Design co-op student. She was able to work on a wide range of daily office communication projects, including banners, posters, reminders, follow-up events and the logo for a subsidiary division of the company, collaborating with a design team for the final look.

Dillon has also offered her time to the Graphics Group, a student-run organization through which students produce the senior graphic design show and raise money by taking on real clients and projects. All of the proceeds go toward the senior show, but the students gain valuable experience.

In addition, Dillon is an active member of the sorority Phi Sigma Sigma, where she has held three positions, Technology Chair, Public Relations Chair and Insignia Chair. These positions required her to manage the sorority’s website and create flyers and T-shirts for events. With all these activities on her plate, Dillon still managed to find time to help spread awareness for a non-profit organization called Do Your Part by creating their logo, organizational invites and event signage for their annual fund raiser; all while helping various senior students on their presentations for their senior theses.

Dillon won the American Advertising Graphic Design award in 2009 after her work was submitted to the Annual Publication Contest by the Graphic Design Department at Drexel.

Money Fame and Love

Lenny Skolnik & Dave Pettit

Age: 21

Major: Music Industry, Technology Concentration

Drive. Passion. Determination. Everything needed for success can be found in Lenny Skolnik and Dave Pettit. These music industry students are masterminds at their craft. At 21 these students have already made a name for themselves in the music industry business as producers and writers. They’ve created their own production duo called Money Fame and Love. Last July they dropped their first EP entitled “Jagerfuk,” featuring the party song of all party songs, “Wasted.”



from left to right Lenny Skolnik, Ilyssa Miller, Dave Pettit, Hannah Dillon

Collaborating with director Kyle Thrash and director of photography Vincent Tuths, they created a music video that hit +27,000 views on YouTube. On the EP, “Wasted” was accompanied by an intro and three other songs entitled “Lipstick,” “Tongues” and “I Can’t Stop Partying.” They have played shows with Grammy winning artist Cee Lo Green as well as headlining shows at World Café Live.

Skolnik has completed three internships throughout his education at Drexel. He began as a studio intern for East Side Sound Studios in Manhattan and then had the opportunity to assist engineer Jeff Chestek and producer, King Britt with the latest Bedouin Soundclash album, *Light The Horizon*, at The Studio in Philadelphia. Last summer, he interned for Howard Benson at Bay 7 studios. Even though Skolnik began as an intern, by the end of the summer he was programming and writing string arrangements. Working at each of these businesses gave Skolnik an upper hand in the industry. Under the guidance of Howard Benson, he was not only exposed to top performing players in the music industry, from producers to engineers to studio musicians, but was also able to observe and absorb their processes.

Pettit took an alternate route. Working with his mentor John Baker, Pettit started out recording church sermons, organs and choirs. Baker taught Pettit to constantly diagnose everything, to re-think and even sometimes over think various aspects of life in order to find the true cause and effect. Together, they have gone on to record Billboard charting albums. Pettit also has completed multiple internships including Assistant to the Audio Producer for The Philadelphia Orchestra and Assistant Mastering Engineer at Masterwork Recording. Working for The Philadelphia Orchestra, Pettit was responsible for editing and recording performances, as well as editing and recording music archival management.

Pettit and Skolnik have been working on multiple side projects including the sound production at Drexel’s Homecoming, producing the Philadelphia band, Cheap Seats’ next album and writing and production for BOK Publishing and Peacebisquit Productions. How do they manage it all? “People who are the best are a little sick,” was Skolnik’s response. “When I’m not practicing, someone else is,” his favorite quote that keeps him motivated.

Ilyssa Miller

Age: 20

Major: Fashion Design, Concentration
Women’s Wear

Ilyssa Miller, a Fashion Design student at Drexel University, has an eye for feminine, trend-driven, contemporary fashion. With an internship at Charlotte Ronson, merchandise designed and

sold on the Charlotte Ronson website and a published t-shirt designed in *Nylon* magazine, she has the experience to back her skills. But how did she get started?

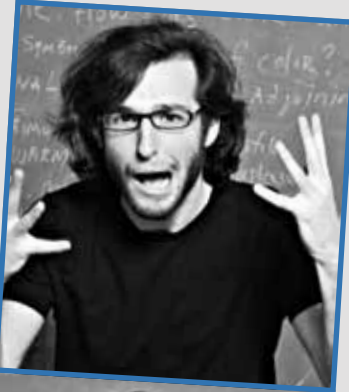
Miller went on the hunt for a meaningful internship to fulfill her co-op requirements at Drexel. She started out getting coffee and running errands for employees at Charlotte Ronson in New York, but after the first couple weeks, she became restless and asked for more responsibility. Her supervisor agreed, and Miller started to work on accessories. She designed a belt that was sold as part of Charlotte Ronson’s Fall 2010 collection. She also designed store and window displays, oversaw special events, and helped with the Fall 2010 runway production. Once her boss recognized her talent, Miller was promoted to the production manager’s personal assistant. She became responsible for managing the communication between the company and the factories that construct the merchandise. She sourced fabric and trims and made sure everything was provided for local productions.

When the company was presented with the opportunity to design a t-shirt for *Nylon* magazine’s birthday issue, Miller jumped at the chance. She worked closely with Charlotte Ronson’s design team to come up with the shirt that was featured in the magazine. This modest design student had this to say about her internship experience:

“I learned a lot about myself through working with talented designers, and I have changed from this experience. I now know I am ready to impress this industry.”

Miller has an idea about the path she would like to take after graduation, working her way up in a company, starting out as part of the design team

and eventually becoming the head designer. Ten to fifteen years down the road, she has dreams of opening up her own business.



Money Fame & Love



Hannah Dillon



Ilyssa Miller

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NATURAL ENTREPRENEUR

Mary Dougherty is synonymous with ingenuity as a business owner in Philadelphia. Since a very young age she felt a relentless urge to sell anything that came her way. Today she is owner of two Nicole Miller Philadelphia boutiques, MKD & Associates, her wholesale company throughout the east coast, and M.K.D.A. Boutique Marketing and Special Events Agency, her newest enterprise. She does it all while being a caring mother, wife, teacher and friend. So, how does she do it?

By Sarah Santos Photography by Andre Rucker

How did your entrepreneurial spirit begin?

When I was really little I always liked to entertain people and I also liked to sell things. I used to take my siblings' toys and have little yard sales outside my house. I also once found this ad in a magazine that said that if you bought a box of socks for \$5.00 you could make \$5.00 more. I must have been six or seven, and I didn't think my mom would buy the box, but she finally broke down and bought it for me. Five dollars was a lot of money at the time, and I went to my neighbor's house and knocked on their door. I stood there and wouldn't leave until they came out and they bought the whole box because they wanted to get rid of me! And the high, I remember thinking, when they gave me the money! I thought: "This is really easy! It's not so bad!" I always enjoyed selling things and interacting with people and the social piece of it. It was definitely something in my blood

Before opening your own store you traveled to sell wholesale. How did this prepare you for opening your first store?

It was an incredible gift and a very valuable life and business lesson because my teachers over the course of those years were people that came from all walks of life and that truly believed in the American dream. I worked hard for these people; four to five days a week on an average of three appointments per day! They were buyers and they were from 10 state regions and I would say to myself: "Well I definitely don't want to do that forever, I want to have my own business or my own store," or "I will not treat my own clients like that," or "I am only going to go on sale twice a year because that diminishes the value of the brand." All of my principles and my business attitude and execution in retail came from those buyers and owners in those early years of saying to myself: "I am not going to do that, but I am going to do this." It definitely was incredibly helpful for me to be able to be successful.

How did you first meet Nicole?

I met her when I was on the road representing Nicole Miller for PJ Walsh. It was at a showroom at 498 7th Avenue. Very long time ago! Almost 30 years.

How risky was it when you opened your first boutique?

Well, everybody thought I was crazy! Manayunk was merely an up-and-coming neighborhood. The building I ended up buying was on the market for three years and it had been marked down to half price. Statistically, it was a huge gamble. We had taken all of our money and invested it in the building and the business. Through my 15 years of experience I had done a lot of homework, and I realized that I was somebody who had a lot to offer. I was gambling on, and praying, that people would think that Nicole Miller designed items that they didn't already know or own. Once they felt that yearning for Nicole Miller, my goal was that they would know that Mary Dougherty was the owner. I knew that if you feed people they will come. Manayunk at the time had a lot of really great restaurants and people were coming there to eat, but there was nothing to do while they were waiting to get in the restaurants. I thought that shopping was really going to be integral to the growth of Manayunk. It was a real risk! It was calculated

"...but if you
LOVE
what you do
you have never
worked a day
in your
life."
"

in some respects but when I opened, everyone said that I was crazy. And a year after I opened I was a visionary. A genius!

What would you say is the driving force behind Nicole Miller Philadelphia?

I think it's the team. It's the passion. It's never one person on a football team that wins the game. It's everybody! It's a collaborative effort of people who are on the same page that are passionate about fashion. And we have a designer that is amazing! She is a huge part of it. We represent a designer who really gets it.

So you obviously have a passion for fashion. What is your top fashion tip?

Your personal sense of fashion has to look like it is effortless. And it has to really reflect who you are and not just be a trend. I think about feeling good and comfortable, and Nicole's clothing is comfortable and it feels good. I think you really want to dress appropriately for things, and you want to have your own sense of style. And enjoy fashion! Don't be afraid of it, but please don't be a fashion victim.

So, you basically know everyone in Philadelphia. How important do you consider networking?

If you are not interested in networking and you don't have somebody on your team that is interested in networking, then you might as well not get into retail because it is a business that is built on relationships, people feeling good, and on being intertwined within the community. The longevity of someone being successful in retail comes from a lot of different factors but one of the most important is networking and keeping your name, your face, your business, and your brand out there.

Do you have any suggestions for other Philadelphia business owners?

We are so far ahead of where we were five years ago. The more people that open businesses in Philadelphia that are fashion related, the better it is for all of us. There are enough consumers in this city to support all of our businesses. The more we give people a reason to stay in Philadelphia to shop instead of going to New York, the better. And to always remember that customers are the most important factor in any business. Treat them the way that you would want to be treated. Also, networking with other businesses is a great way to move forward.

How do you manage to balance your time between your family and your professional life?

Short of a nervous breakdown sometimes...! It is a balancing act. But I try to stay focused on the priorities and remember that as much as I love and am passionate about my business, at the end of the day, it's my kids that I'm going to really be held accountable for. And when I stand in front of my maker, it's not going to be about what I sold this Saturday. It is going to be about how my kids are as human beings. And that is what has to be important. But it doesn't mean that I can't balance it out.

What is your favorite thing about what you do?

Every time somebody gets an invitation to an event they usually remember what they wore. You get an invitation for prom, and you run to Nicole Miller to get your dress. Or you are getting married and you think of Nicole Miller. You have your first interview and you think of Nicole Miller as well. Or when you get your first bonus check and you get to buy something really cool. Just being a part of people's lives and to be that intertwined in people's memories. Also, our staff and the great people I have worked with through the years. I'm always excited to be around young people that are excited and passionate about playing dress up! I love what I do. I love the designer that I've been able to work with all these years. I think she is incredibly talented and I still get excited about all the different factors that go along with being part of the retail and fashion industry. From windows to merchandising to event planning! And the day that I don't get excited about it is the day I'm leaving it. I work too hard to not be passionate about it, but if you love what you do, you have never worked a day in your life.

What would you say is your key to success?

That I love what I do! And I also have a great life partner that encourages me everyday to be the best I can be, and whatever I need to do to accomplish that, he is always supportive. I think that people like to be around people that are happy.

REPORT

DURING MY JUNIOR YEAR AT DREXEL, I LANDED MY "DREAM CO-OP JOB" AT SEVENTEEN MAGAZINE. HERE ARE THE HIGHLIGHTS OF THE SIX MONTHS IN NEW YORK, INCLUDING THE CELEBRITIES, THE PHOTO SHOOTS AND THE FASHION SHOWS THAT WERE PART OF MY DAYS AT SEVENTEEN.

BY GEMMA RESABA

LIFE IN THE FASHION CLOSET

The heart and soul of any fashion magazine is its closet full of samples. Clothes, shoes, jewelry, you name it. Almost every photo shoot begins there. Editors get their inspiration from the runway shows and market appointments, and then public relations agencies send samples that they hope will become part of a fashion photo spread. Part of my job was to keep track of all the items used in photo shoots.

A typical day in the fashion closet starts early in the morning and can last until late at night. We start the day by checking in samples that editors have requested. Once the editors see the samples, the ideas turn into a story for the shoots. Interns are responsible for making sure that everything that goes out to photo shoots comes back and we take pictures to identify the pieces, and to document their condition. When the clothing comes back, we return it to the designers. We also make sure that countless shoes, handbags, accessories and overstuffed clothing racks are perfectly organized and color-coded — every girl's dream closet. The best part of working at *Seventeen* was not only attending events, but being able to see new samples before they are available in stores.

AUGUST 3 - IVANKA TRUMP LAUNCH PARTY

My boss, the accessories editor of *Seventeen*, wanted me to attend a market appointment at a designer's showroom for her, and I was excited to go to my very first one. I was even more excited when I found out it was for Ivanka Trump who has always been an inspiration for me because she is such a successful businesswoman. I was able to preview her new collection of shoes and handbags before they came out in stores. Little did I know that what I thought would be a one-on-one showing ended up being a huge event in which Ivanka and Donald Trump, along with the entire Trump family, would be there.

The event was at the Trump Tower on Fifth Avenue and everyone was dressed to the nines. Ivanka partnered with designer Marc Fisher to create her line, which included casual sandals, sneakers, ballet flats, stilettos and luxe handbags. Her main focus is to make stylish shoes for businesswomen. I finally got to meet her, and she was very beautiful, elegant and poised. She was very gracious and excited to learn that I was a fashion intern at *Seventeen*—especially since she was a cover girl for the magazine when she was 15!

SEPTEMBER 7 - ASHLEY TISDALE AND ALY MICHALKA

My boss gathered everyone together to go to a private party that *Seventeen* was throwing to celebrate the October issue. We gave each guest a copy of the October issue and a cookie imprinted with the cover. We also gave out cheerleader cookies that highlighted cover girls Ashley Tisdale and Aly Michalka's TV show *Hellcats*. What I didn't know was that Ashley Tisdale and Aly Michalka would show up and surprise us! Ashley and Aly signed a large display of their cover and we were able to meet them and have them autograph our magazines.

SEPTEMBER 11 - WHITNEY EVE PRESENTATION

I attended the Whitney Eve Spring 2011 presentation designed by Whitney Port, reality TV star of the MTV series *The City* and *The Hills*. In attendance were her co-stars from *The City* including Louise Roe, Samantha Swethra, her boyfriend, Ben Nemtin from the MTV series *The Buried Life* and her mentor Joe Zee, creative director of *Elle* magazine. Whitney said that the collection was targeted to create sophisticated pieces for young women to wear from day to night. The collection mixed feminine pieces with masculine touches.

SEPTEMBER 14 - ROSA CHA AND PAMELLA ROLLAND

I sat in the front row at Brazilian designer Rosa Cha's Spring 2011 show in the Fashion Week tents. The collection featured an explosion of tropical bright prints, colorful eye makeup and high buns. The best part was seeing supermodel Chanel Iman walk the runway. Later that evening I attended Pamella Rolland's Spring 2011 presentation at the Whitney Art Museum. Denise Richards, Hilary Swank, Ramona Singer (from *The Real Housewives of New York*), Lori Loughlin from *90210* and Perry Reeves from *Entourage* were all in attendance, and I was fortunate to meet them during the event.

SEPTEMBER 16 - KELLY CUTRONE AND THE LAST DAY OF NEW YORK FASHION WEEK

I was on my way to the Andy and Debb presentation in the Lincoln Center tents when I saw Kelly Cutrone, founder of the public relations firm People's Revolution and star of her own show *Kell on Earth*. I told her I was a huge fan of her book, *If You Have to Cry Go Outside*. She was very warm and friendly, nothing like her portrayal as having a tough demeanor on TV. She joked that she was wearing white to mark the end of Fashion Week so that everyone can make up rumors that she's starting her own church. She then invited me to her fashion show and told me to come. It was definitely a great way to end to Fashion Week!

Scan this QR code to learn everything you need to know about *Seventeen* Magazine

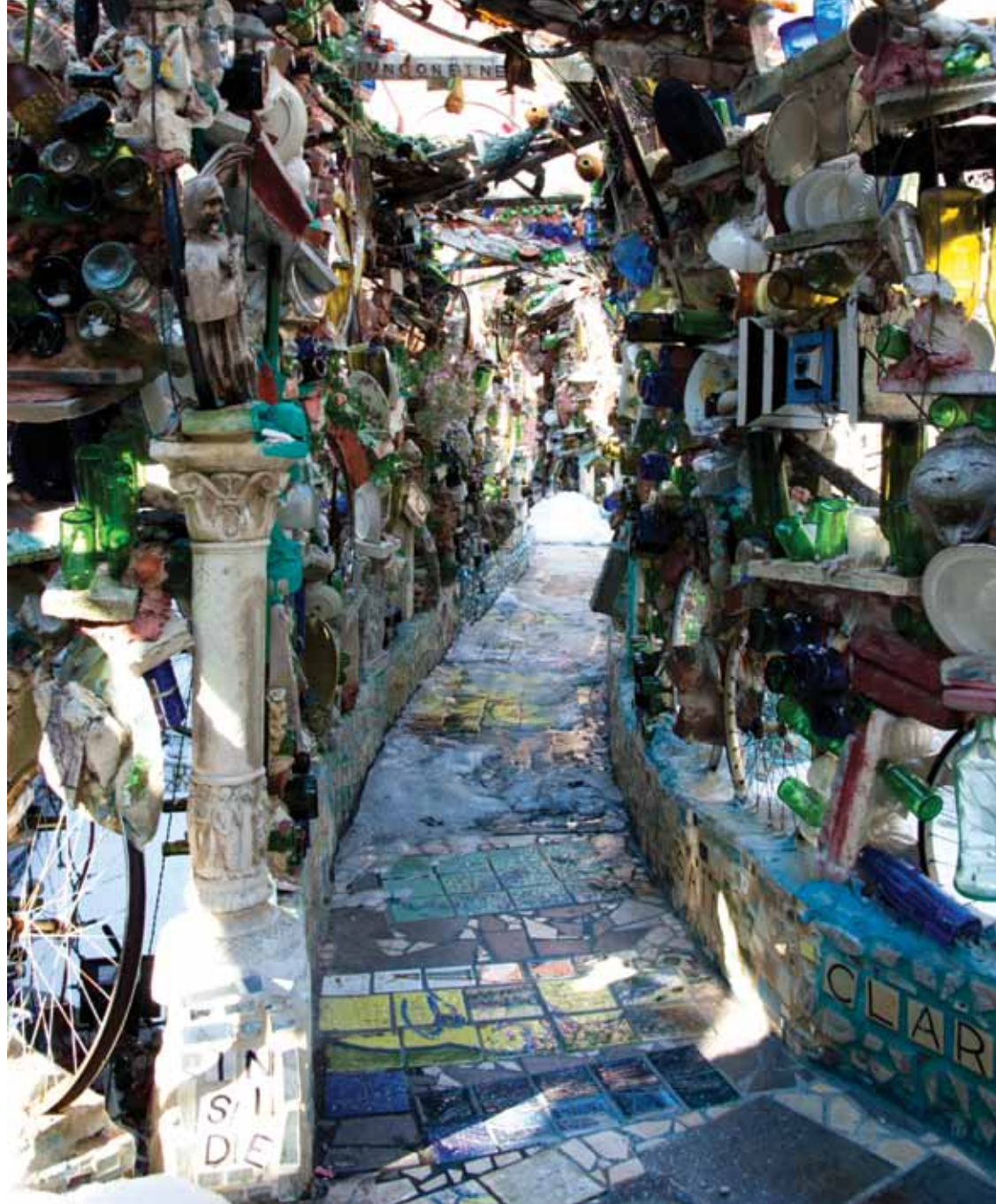
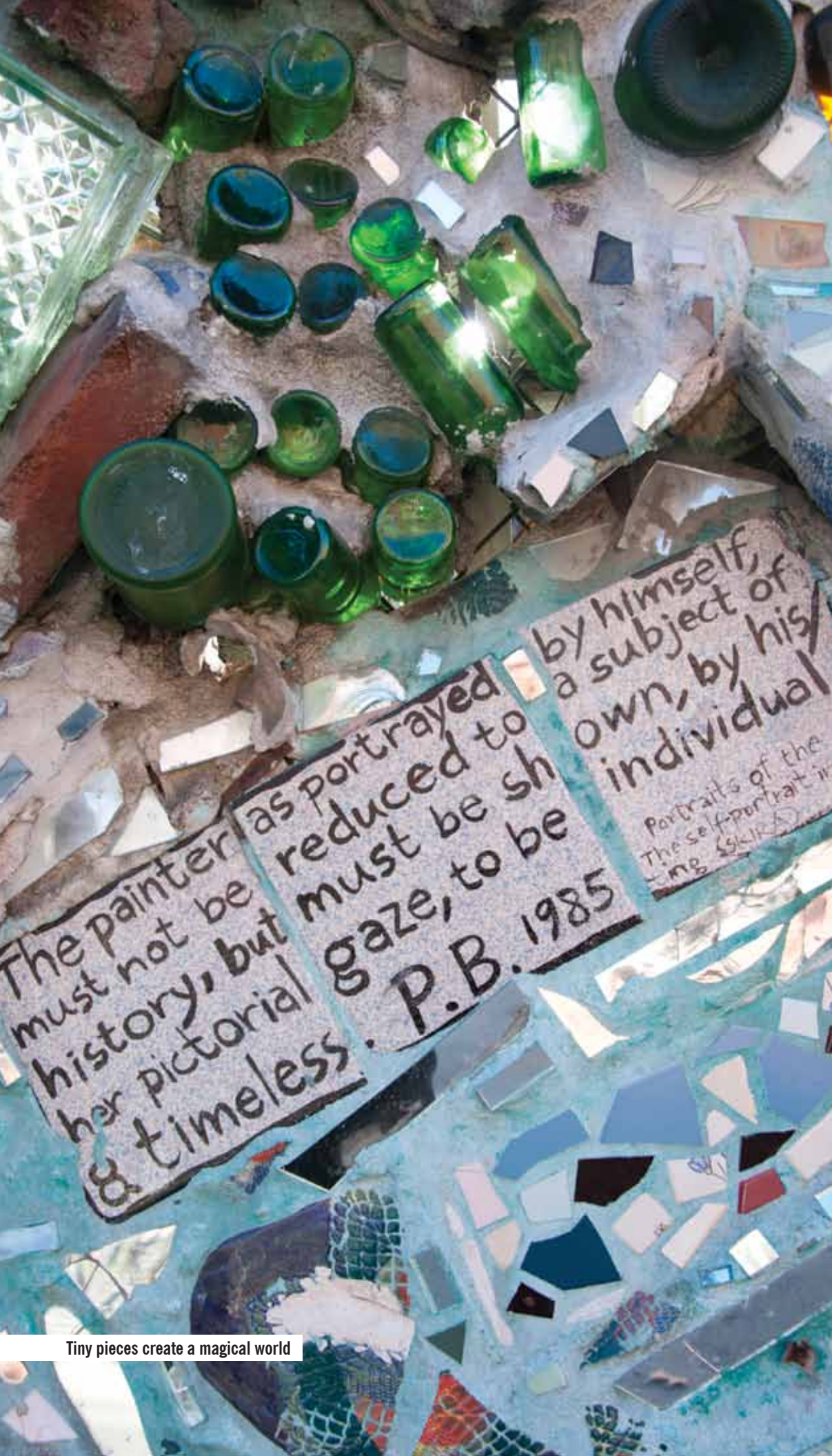


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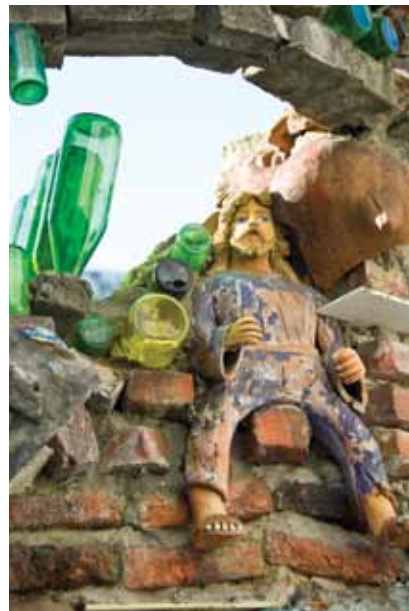
WONDER

The Philadelphia Magic Gardens is a nonprofit organization based around the works of mosaic artist, Isaiah Zagar. The largest of his artwork is open to the public and an amazing place to tour on South Street. Zagar's Mosaic Garden pays tribute to influences in and surrounding his life including his family, the Day of the Dead, the dance community of Philadelphia, and even 9/11. Open everyday, the site holds various events and workshops as well as daily viewing. Many other works and murals by Zagar are on display throughout the city, mostly in the South Street area. *By Ashley Fraser Photography by Kendall Massimo*

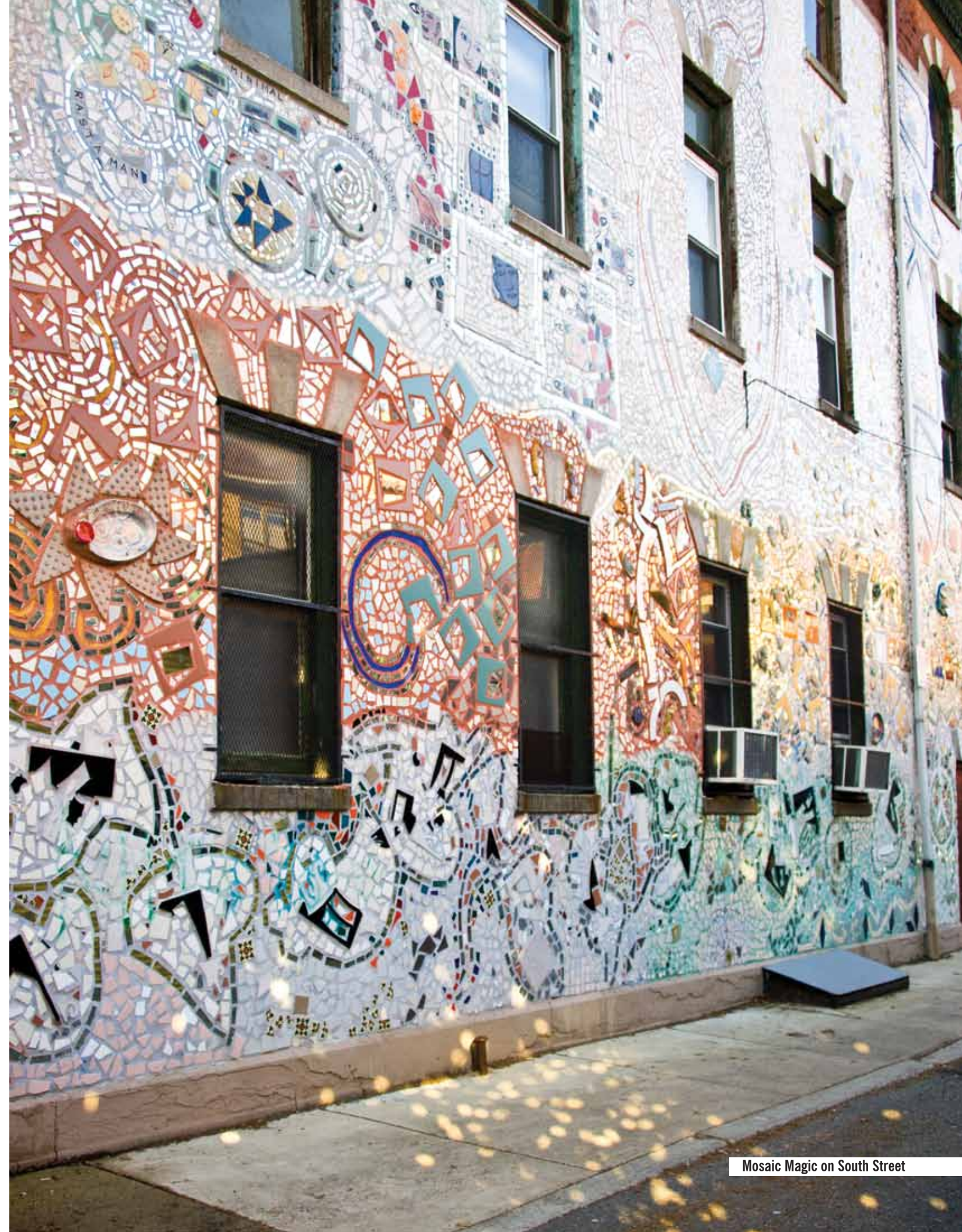




Tiny pieces create a magical world



Scan this QR code to visit
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Mosaic Magic on South Street

MUSIC ON THE



Tim LaBorie photograph by Kendall Massimo

Philadelphia has become a bustling center of art, history and culture. Today street musicians otherwise known as “buskers” have become a main attraction on the streets of Philadelphia. Everyone has a story, and these musicians have some very interesting ones. Whether they play for money or just for fun, the main thing these musicians have in common is their overwhelming love of music. These musicians are actually talented, so if you’re walking the streets of Philly, and you come across one of these great performers, make sure you stop and give the music a listen. Take it from me, you won’t be sorry.

By Sara Gautieri

Tim LaBorie, who grew up in New York before he settled down in Philadelphia, is a stunning vocalist, who is self-taught on the guitar and harmonica. LaBorie, 66 is one of Drexel’s own as he was an academic librarian at Hagerty Library for over 15 years. For LaBorie, busking is his personal way of enjoying retirement. Happily married with four grown children, LaBorie’s sweet nature and gentle heart shines through his music. He started playing music while in college in the 1960s, “I was inspired by what was called, at the time, the ‘folk revival’ and by the protest movement and songs against racism and the Vietnam War.” LaBorie took up busking about a year ago when he came upon buskers in Suburban Station and had, at the time, been looking for opportunities to perform. LaBorie himself enjoys a wide spectrum of music, most of all the singer-songwriters, folk, country, jazz and electronic. “I would have to say Bob Dylan is my biggest musical influence.”



Scan this QR code
to read Tim LaBorie’s blog



The Urban Shamans photograph by Matt Petrillo

Rivera's true talent lies. Ellen DeGeneres, along with Sara Lee Corporation, gave Justus a \$10,000 check to be put toward his college fund. In addition to the violin, Justus is a skilled trumpet, bongos, piano, guitar, drums, and xylophone player. The video on YouTube has grossed over 68,000 views. Thanks to Ashton Kutcher, this young talent has gained a jump-start on fame.

Rittenhouse Square sees a lot of action from street musicians. In fact one of the most unique acts that plays in the square is The Urban Shamans. It's always exciting when a band decides to play the streets because we usually find buskers that are solo acts. The band consists of an African drummer, Levi Sungu'Ra, 30, Djembe drummer Kahmuo Heru, 33, and guitarist Charles Timmons, 58. The three play at lounges as well as on the streets, and they are all tied together by their belief in the power of music. Heru and Sungu'Ra started playing when they attended Philadelphia Community College together where they both studied behavioral health. Timmons joined seven years ago, and says that he loves their name because it means, "the connotation of being a healer." This is very appropriate, as the band not only tries to heal with their music but also do community outreach to neighborhood children. The Shamans don't always make that much money in these economically challenging times, but to them the only thing that matters is the love of music. Sungu' Ra says, "Cops come and threaten to take our instruments, or fine us with soliciting. Some people have written letters, dropping them into our tip box, that say our music downgrades their neighborhood." However, soliciting and threats in the park haven't deterred

One can see how great this influence has been in LaBorie's smooth, crooning cover of Dylan's "The Times They Are A-Changin.'" LaBorie can be found performing at Suburban Station, where buskers are scheduled in shifts by SEPTA for a specific time and location each month. LaBorie busks at Suburban two to three days a week for two hours at a time, and can also be found in Overbrook Station and in Rittenhouse Square on nice days. LaBorie has recorded two albums and is working on a third.

LaBorie is perfectly content just playing his music and says he never performs for the tips, "I like busking because it allows me the freedom to play whatever I want to, try out new songs or arrangements, and enjoy myself without caring what the passing audience thinks. And I like watching people as I play."

A very special teenage violinist, Justus Rivera, found deep into his music in Center City, has made quite the name for himself. About a year and a half ago on a Saturday night, actor Ashton Kutcher, who just happened to be walking by, discovered Rivera playing to a fairly large crowd. Kutcher was so amazed by Rivera, age 14, that he shot a video of him playing on his iPhone, handed the boy a 20-dollar bill, and posted a link on his Twitter account so that others could see the video of Rivera playing. The tweet read, "I came across this young man sawing on a fiddle and he was playing it hot!" Rivera was then asked to appear on The Ellen DeGeneres Show. Justus makes a decent chunk of change when he plays on the street; he gives a percentage to his mom, but puts most of it in a college fund. Rivera began playing two years ago when he saw another child street musician and thought it was a great idea. Rivera is self-taught and has only been playing for two years; he believes it came so naturally to him from practicing for years on his Guitar Hero. On The Ellen DeGeneres Show, Rivera played a cover of "Smooth Criminal" as well as some free styling, which is where



Justus Rivera photograph by Grace Dickenson



them from playing their music with passion and love. Their music provides a different sound for their listeners and they bring culture and a sense of community to Philadelphia.

William Huston "Huey" West, a 27-year-old folk music artist from Atlanta, Georgia treats his busking duties as a full-time job. Huey can be found fiddling on his banjo and singing the blues throughout Philadelphia almost every day of the week. Huey plays a solo act known as Huey&theBanjo, and is also a member of the band, The White Cheddar Boys. Huey started exploring music in 2003, the year after he graduated high school. A friend had played him the folk soundtrack for the Coen Brother's movie *Oh Brother Where Art Thou*. This must have been a truly transcendent listening experience for Huey as this compilation of unique folk artists determined his life's passion. Huey is self-taught in his craft and his personal taste in music is exactly what he plays, "...I generally enjoy making music the most, but Appalachian hillbilly stompin', fiddlin', banjoin' blues usually wins me over." After getting positive responses at open mic nights, Huey can be found any day of the week in Suburban Station entertaining commuters in the morning or in Rittenhouse Square and South Street on nice days.

Huey is unsigned, but he self-recorded an album last summer and has sold around 350 copies. While Huey, like many other buskers in Philadelphia, has come across intolerant people, such as workers in Suburban Station or the police on South Street, he continues to do what he loves, "I play because I love bringing joy via what I enjoy, meeting awesome people...loving and being loved."

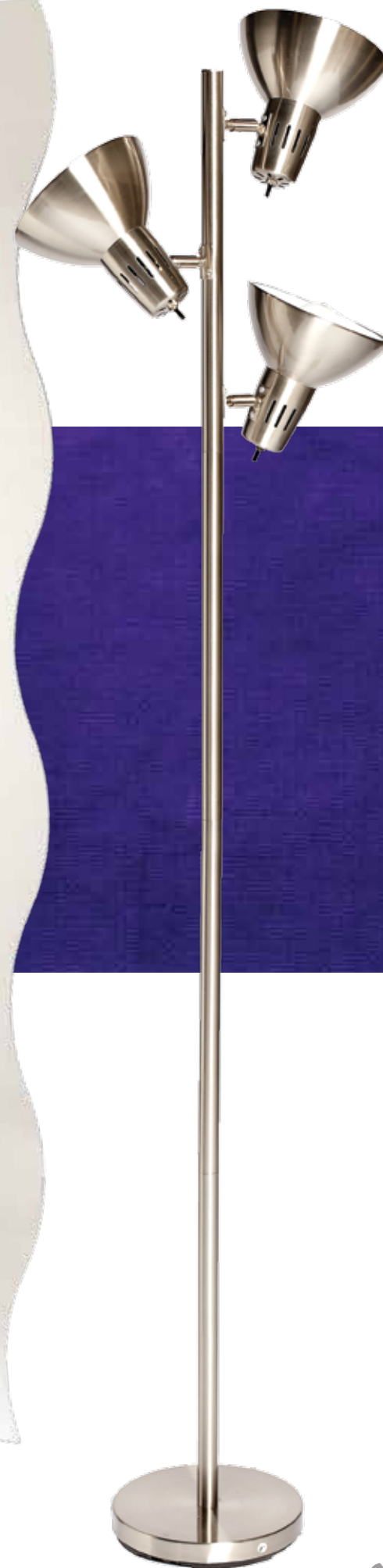
The streets of Philadelphia have become a large blank canvas for artists, musicians and designers to share their talent and beautiful skills. Street musicians spread joy and entertainment to all those that pass them by. These performers benefit themselves and their audience by continuing to nurse their talents on the streets. Music always adds more to a normal day out in the city. It adds beauty.



Huey West photography by Jorj Bauer



Scan this QR code to watch a video of Justus Rivera



CREATIVE

COLOR Don't be afraid of bold or dark colors in a small space, but keep a monochromatic color palette. Don't overdo the patterns. Stick to one or none! Black accents are the way to go so you don't have color overload. **FURNITURE** One of the most important things to keep in mind when picking furniture is to select units that have upper and lower cabinets. This allows you to store vertically instead of horizontally, taking up less space. Additionally, the upper surfaces leave space for your artsy decorations or can be used as a work table. **DECORATIONS** Don't be afraid of big pieces in a small room. They can change the personality of a space. Focus on variety in the scale of your pieces. **ACCESSORIES** Find creative ways to display such items as your purses, scarves, and jewelry. This will allow you to save room in your closet. Hang your necklaces from an over-the-door coat hanger, display your scarves, and showcase your awesome shoes and purses with hooks and racks. **SAVE SPACE** Properly labeled bins will help you keep essentials organized and all in one place. Using bins is another way to play with color. **LIGHTING** Lighting is extremely important in a living space. Lamps shades are a great way to add personality to any room.

RE FURNISH—ista

WHETHER YOU ARE A FRESHMAN GETTING READY FOR YOUR FIRST YEAR IN COLLEGE, A RETURNING STUDENT FURNISHING YOUR FIRST APARTMENT IN THE CITY, OR JUST HAVE AN URGENT NEED TO GET ORGANIZED, HERE ARE SOME TIPS THAT WILL HELP YOU FURNISH AND ORGANIZE YOUR APARTMENT.

BY: SARAH SANTOS PHOTOGRAPHY BY: ANDRE RUCKER

MINIMALIST

COLOR Try to keep a muted earth-based color palette on the walls. Add pops of color in smaller scale items such as wall artwork, sofa cushions or table decorations, such as picture frames or a pile of your favorite books. **FURNITURE** Always think of furniture as having two functions. Think of your bed as two pieces of furniture: a bed and a sofa. Position the side of the bed across a wall and add some cushions for back support. **DECORATIONS** It's ok to be deceiving! Purchasing a large full-length mirror that can be placed against an unused wall will make a room seem larger and brighter. **ACCESSORIES** In order to make a room look as minimal as possible, keep things in drawers and closets. You will reduce visual clutter. **SAVE SPACE** Take advantage of the space underneath your bed. Getting a bed skirt will hide the clutter. A great place to store your portfolio! **LIGHTING** Lighting sets the mood in a room and can make the space look bigger and open. Make sure you have lighting options spread throughout the room or space. A light that shines at the ceiling will make the room seem bigger than it is.



FIESTA! FIESTA!

ALWAYS WANTED TO THROW A SOIREE FOR YOUR CLOSEST GIRLFRIENDS. IMPRESS YOUR MAN'S MOM WITH THE COOKING SKILLS YOU MAY OR MAY NOT HAVE. OR JUST CHANGE IT UP FROM THE USUAL NEW #1 CHINESE FOOD CONTAINERS? WELL HERE ARE A FEW RECIPES, DESIGN IDEAS AND PARTY PLANNING TIPS TO HELP YOU MAKE IT HAPPEN...

By Alyssa Abrams Photography By Dana Kozeff



HOW TO:

Invite the Guests:

Make a Facebook event or send invites through snail-mail.

Pick a Theme:

Choose something fun that your guests will enjoy. International cuisine, seasonal, and speakeasy themes are always a hit. Encourage your guests to dress the part!

Plan the Menu:

Base the menu on your theme and budget. Consider any special needs of your guests including allergy restrictions and vegetarian lifestyles.

Set the Mood:

To jazz up your cutlery, tie a scrap of denim from old jeans around a festive napkin, then personalize each setting with a place card. Don't forget the tunes!

Eat, Drink and be Merry:

Enjoy your hard work with friends and family. Cheers!

TIP 1: When preparing the menu, consider your guest list. Grandma and Grandpa probably won't enjoy jello shots for dessert!

TIP 2: Use items found around the house as decor to keep the cost down. Whoever thought that a Mexican tapestry would make the perfect tablecloth?

TIP 3: Read all recipes through before starting to cook to ensure that everything is ready at the same time.

TIP 4: Picking a theme will help you plan the menu and decor.

TIP 5: Make sure to give yourself enough time to cook, prep the space and get dressed before your guests arrive.

APPETIZER: CHIPOTLE-APRICOT CREAM CHEESE SPREAD

1 package cream cheese, softened
½ cup apricot preserves (sub in your favorite fruit preserve)
1 chipotle pepper in adobo sauce, finely chopped
2 tbsp. water
1 green onion, finely chopped
1 box Ritz crackers, Triscuits, or Pita Chips.

Spread cream cheese on the bottom of a large plate. In a microwave safe bowl combine apricot preserves, peppers and water for 1 minute or until heated thoroughly. Mix in green onion. Spread mix over cream cheese and voila!
Grab a chip or cracker and dig in!
Serves 6.



ENTREE: DIY NAKED BURRITO

1 package boneless skinless chicken breast
1 box white rice
1 lime
1 large onion, sliced
1 large green pepper, sliced
1 large red pepper, sliced
2 cans black beans
1 large jar salsa
2 tbsp. vegetable oil
2 packages shredded cheddar cheese
½ head shredded iceberg lettuce
1 tub sour cream
1 package chicken taco seasoning
1 package small tortillas

Boil water for rice according to directions on package. Warm black beans in saucepan. Slice chicken breast into bite-size pieces. Sprinkle with taco seasoning. Sautee in a large, non-stick pan with vegetable oil. Once chicken is halfway cooked, add peppers and onions to a separate pan. Stir each until vegetables are softened and chicken is thoroughly cooked. When rice is cooked squeeze lime into the pan and mix. Divide each ingredient (chicken, beans, cooked vegetables, rice, lettuce, salsa, sour cream and cheese into separate bowls). Give each guest a bowl and have them create their own! Offer tortillas on the side to make individual burritos.
Serves 6.



COCKTAIL: ANTIOXIDANT SANGRIA

2 cups frozen mixed berries
¾ cup Citrus Vodka
1 bottle red wine
2 cups pomegranate juice
4 tbsp. honey
1 liter Sprite Zero
1 lemon, sliced

Place the frozen berries and lemon slices in the bottom of your biggest pitcher (or 2 smaller ones), then add the Citrus Vodka. Pour in the red wine, Sprite Zero, honey and pomegranate juice and give everything a good stir. Chill for a few hours or serve right away, no need for ice with frozen berries! Serve in your favorite wine glasses.
*For a non-alcoholic "Mock-tail" sub Wine for Grape juice and skip the Vodka.
Serves 6.

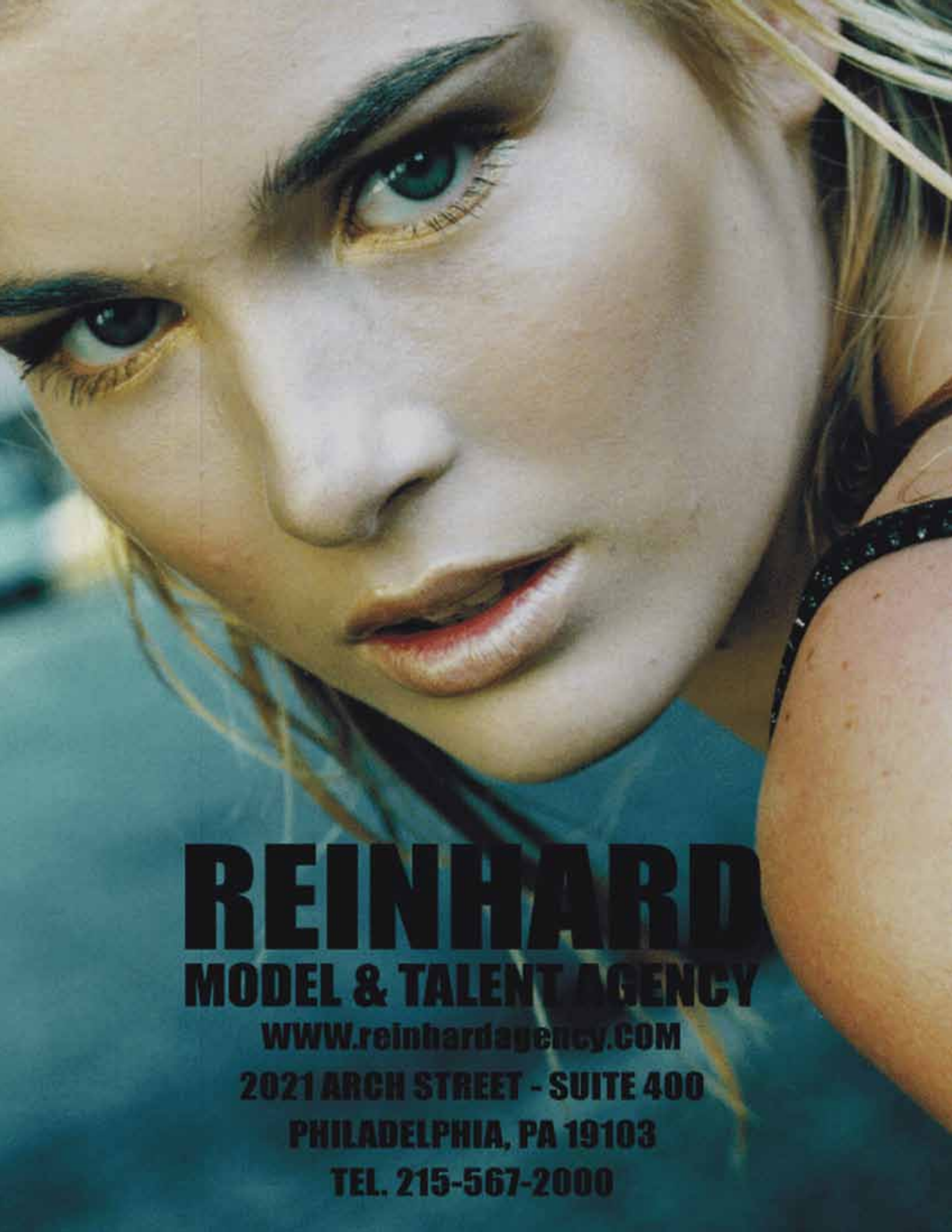


DESSERT: TOASTED BERRY CAKE

1 package store bought individual sponge cake
3 cups of mixed berries
1 tsp. lemon zest
1 tbsp. lemon juice
¼ cup sugar
¾ tsp cornstarch
2 tbsp unsalted softened butter
6 12-inch squares of heavy duty aluminum foil
Cool Whip

Preheat the oven to 325°. Combine berries, lemon zest, lemon juice, cornstarch and sugar in a saucepan. Substitute the berries for your favorite fruit. Spread butter on each cake top and bottom. Place in oven on wire rack for 5 minutes on each side. Plate by pouring berry mixture over cakes and top with Cool Whip or vanilla ice cream.
Serves 6.





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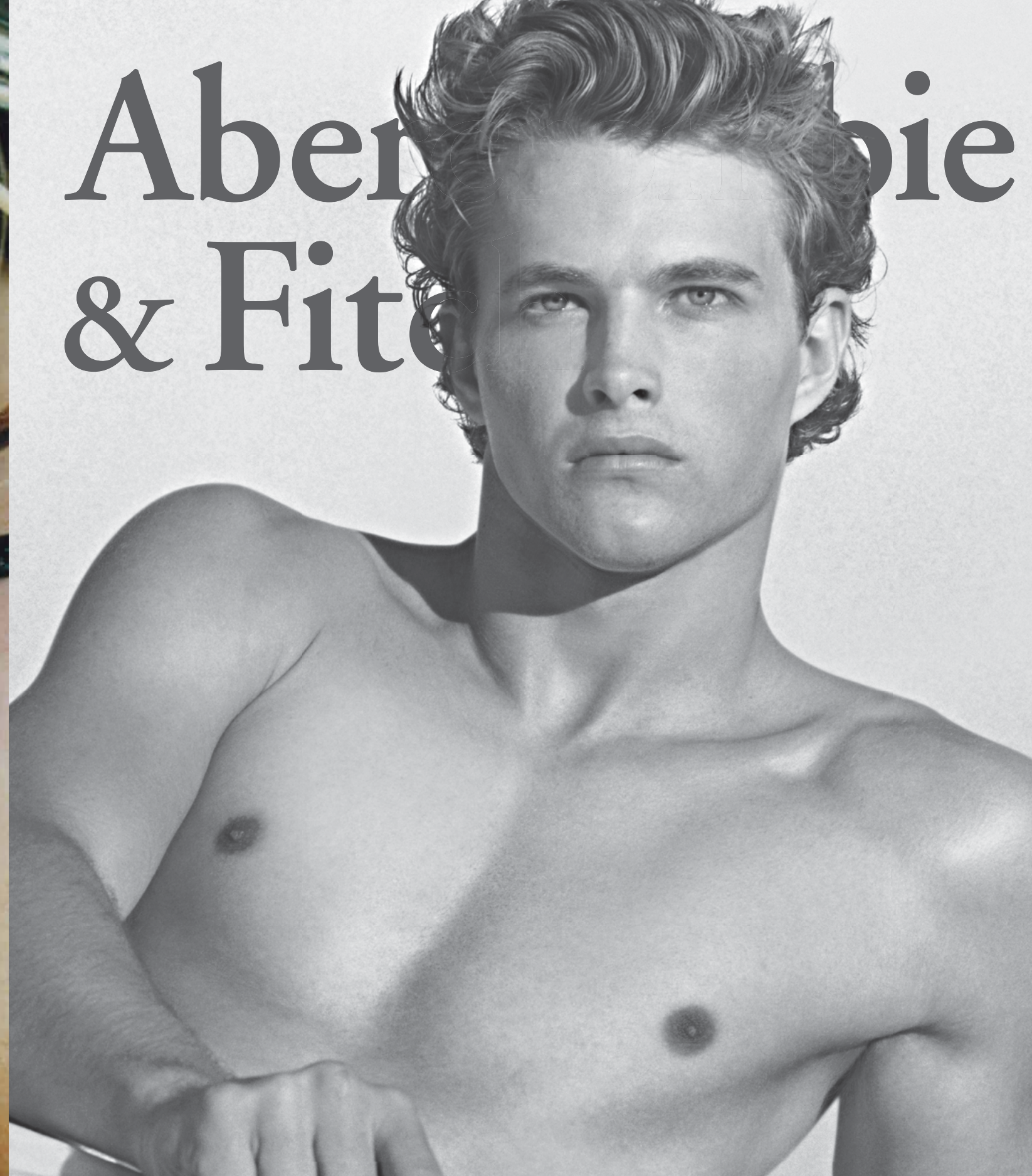
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1

IF YOU GO TO
THE LIBRARY TO
SOCIALIZE

2

TO WAIT 25 MINUTES
FOR A \$5.00 CUP
OF COFFEE AT THE
CAMPUS STARBUCKS

3

TO THINK YOUR PHONE
IS JUST ANOTHER
PART OF YOUR BODY

4

TO WATCH REALITY
SHOWS JUST BECAUSE
THEY MAKE YOUR
LIFE SEEM NORMAL

5

TO THINK RAISINETS
ARE NUTRITIOUS

6

TO GET TAKE-OUT
FIVE NIGHTS IN A ROW

7

TO THINK CHOCOLATE
CAN CURE ANYTHING

8

IF YOU NEVER
REMEMBER THE
PASSWORDS TO
YOUR ACCOUNTS

9

TO HIGH-FIVE A
STRANGER WEARING
PHILLIES GEAR

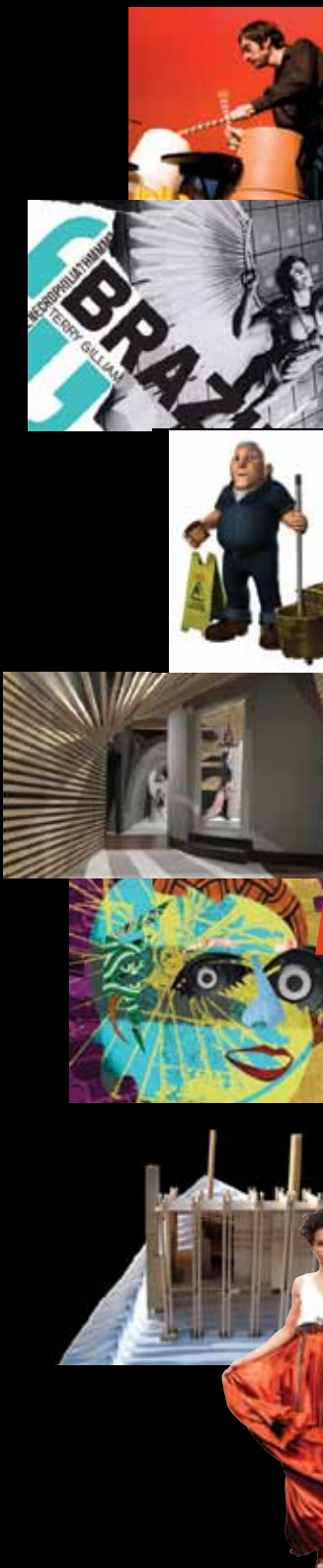
10

TO ACKNOWLEDGE
YOU HAVE SENIORITIS

it's
OK...

BY SARAH SANTOS

DON'T FEEL BAD, WE ALL HAVE
GUILTY PLEASURES. SOME ARE COOL.
SOME ARE NOT.



AW MEDIA ARTS & DESIGN

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An advertisement for Urban Outfitters featuring three models in a room with balloons and a rainbow flag. The room has white walls with a large white pipe running vertically on the right. A man with a mustache and a patterned headband sits on a black sofa, wearing a grey shirt and yellow pants. A woman sits next to him, wearing a blue blazer and a patterned dress. A woman stands in the background, wearing a striped top and patterned shorts. A large bunch of yellow and orange balloons is on the left, and a rainbow flag is in the bottom right corner. A guitar is visible on the right wall.

URBAN OUTFITTERS

www.urbanoutfitters.com