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# COMING INTO OUR OWN

Creating this issue of the D&M magazine was a messy process. Everything we thought we liked at the beginning, we hated by the end, which meant countless rewrites and redesigns of almost every single page. Throughout the process, however, we kept one thing in mind: keep it relatable. Our goal is that there is something in this magazine that resonates with every reader.

Diverse images, insider tips and guides, and personal stories of trials and tribulations fill our magazine. We are a group of individuals with very different backgrounds, opinions, and perspectives. Still, we came together to create a magazine that is a representation of who we are and what we stand for. These are issues that matter to us; these are things we want you to know. This process allowed us to find our voices and develop ourselves as writers and creators, and the magazine matured with us. We invite you, as readers, to enjoy the results of our hard work, and join us on a journey as we come into our own.

— EMILY



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cover image by HANNAH BEIER



# HOOKED ON *ONYX*

FROM HER INITIAL COAT OF FOUNDATION ALL THE WAY TO CENTER STAGE, PHILLY DRAG QUEEN ONYX ONDYX SHOWS US WHAT IT REALLY TAKES TO BE A QUEEN.

words BROOKE YARSINSKY  
photos ATTICUS BERRY

**WITNESSING HER HABITUAL** makeup routine is like watching an artist at work, beginning with a blank canvas, then slowly compiling strenuous brush strokes until the masterpiece is complete. Although appearing to be a master of makeup, Onyx admits how tedious painting can be, "Makeup is like the seven steps of grief—denial, anger, acceptance...whatever... it can be depressing!" After an arduous two-and-a-half-hour makeup ritual, the first step in the transformation is complete. Onyx's makeup appears effortless, her flawless foundation and accurate contour convince the audience of her illusionary feminine features while still adding exaggerated and unrealistic details. "Some queens try to do their best to make themselves look like a passing woman, but I don't think that's fun. The whole fun part of drag is saying, 'Look, my eyebrows can go all the way to here!'"

Time to grab those stockings, pad those hips, and corset that waist; the next step to altering your physique is to create shape. This step requires cinching, wadding, padding, tucking, and corseting. Beauty is pain, especially for a drag queen. Onyx's look requires three layers of tights, fishnets, a corset, and homemade African-shaped hip pads constructed from craft foam and a meat carver. "Tights reveal all. If there are skid marks on the knees, it means I did a knee slide at some point." The corset is vital in making the idealized hour-glass figure shape, though today it's particularly tough to get laced up as Onyx cries, "UGH I went to Chipotle and treated myself today." Onyx usually dismisses the idea of breasts and opts for a more androgynous bare chest.

"MAKEUP IS  
LIKE THE SEVEN  
STEPS OF GRIEF...  
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**"DRAG NEVER  
LOOKS RIGHT  
UNTIL IT'S ALL PUT  
TOGETHER, IT'S  
LIKE 'OH LOOK AT  
MR. POTATO HEAD  
IN A DRESS!'"**



Onyx's look tonight is a self-made cow print bodysuit, paired with matching gloves adorned with fringe. "I sewed my outfit myself, so don't look too close." Onyx throws a massive, matted red wig on her head, the final step in achieving the drag fantasy. "Drag never looks right until it's all put together, it's like 'Oh look at Mr. Potato Head in a dress!'" The finishing touch is the accessory to end all accessories, a rubber chicken-shaped purse, an addition that makes this farm-inspired outfit complete.

A self-proclaimed spooky queen, Elvira, horror films, and burlesque inspires Onyx. This unconventional pretty aesthetic consists of red or black colored contacts, darker makeup, and androgynous silhouettes. Spooky queens are common in the Philly drag scene, as Onyx mentions there are two types of queens in this city's drag circle – conventionally pretty pageant queens and the experimental, unconventional entertainers. There is a big divide between these two groups – catfights can emerge when different queens work a gig together, but Onyx tries to stay out of the drama, "it's like a regular job, there will be coworkers that you don't like, but you have to deal with it."

After all of the pieces are put together, Onyx turns the streets of Philadelphia into her runway, strutting the one block commute to the venue. Upon entering the restaurant, all eyes immediately gravitate towards the 7-foot tall woman floating towards the bar. Onyx's personality shines the brightest it has all night after capturing all the attention in the room. "Drag definitely heightens my personality; it gives me a confidence and openness I don't always have." She adds that you can do anything in drag and not get in trouble, "You can go up to people and say 'f\*ck you' and they will just giggle." Onyx does between five to nine drag gigs a week and is lucky enough to perform and do event planning full time, but she hopes to grace our televisions at some point and compete on either RuPaul's *Drag Race* or the Boulet Brother's *Dragula* shows. After doing drag for the first time three years ago, Onyx has been able to come into her own and find her passion in life – to entertain and embrace her love of all things wicked and weird.





**"AT THE END  
OF THE DAY  
WE'RE LITERALLY  
JUST PLAYING  
DRESS UP."**



**"DRAG GIVES  
ME A CONFIDENCE  
AND OPENNESS  
I DON'T ALWAYS HAVE."**





**WATERCOLOR ABSTRACTIONS**

Watercolor markings and painterly prints add artisanal qualities to any piece this season. Impressionist inspired brushstrokes and one-of-a-kind imagery offers a spirit of individuality on separates and accessories alike.



**DO THE POLKA**

This summer, polka dots are reinterpreted with multi-color palettes, hand-drawn varieties and oversized scale. Lightweight fabrics such as chiffon, silk, and organza make a soft impression of seasonal appeal.



**GO HANDS FREE**

Ditch the nylon fanny pack and opt for the sophisticated leather belt bag, as seen from Fendi, Salvatore Ferragamo, and Antepima. Go hands-free on your summer adventures with this chic, minimalist accessory that's slim enough for just the essentials.

**COLORLED LEATHER**

Leather for spring is groundbreaking, as lightweight leather separates in neutral hues and electric chromas are sleek pieces that seamlessly transition from the office to a night out. Seen on the runway from Prada and Marni, experimenting with texture and layering is key this season.



**TOURIST CHIC**

Function meets flair as effortlessly cool bucket hats dominate the streets in bold color combinations and tie-dye prints. Protecting your skin from the harsh summer sun or covering up a bad hair day just got more exciting.



**LEMON SQUEEZY**

Screaming of freshly squeezed lemonade, these summertime favorite citrus graphics add a playful zest to any outfit. Repeated motifs and watercolor interpretations are favored in pastel hues of peach, clementine, and papaya.

**BACK TO SUMMER CAMP**

Dominating street style in both menswear and womenswear, camp shirts are animated with tropical prints and playful motifs in lively pinks, greens, and yellows. Pair this shirt with wide-leg trousers or denim shorts while layering it over a graphic tee for added impact. Extra points if you mix different prints!

**PARTY ANIMAL**

Highly saturated skins offer an energizing, youthful update to animal prints as neon hues take preference. Sport chromatic spots and stripes this season as a head-to-toe look or as a pop of print in accessories such as silk scarves or bandanas.

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# 1 COLOR

Hue, chroma, pigment, tone, tint, value – whatever you call it, color is your best friend. Survey your closet and select one print that speaks to you for whatever the outing, the day, the vibe – now run with it. Choose another print that shares at least one color in common, and voila, your fabulous look is done. Even what seems like the most mismatched pairing can be unified with a cohesive color story.

# 2 SCALE

Micro, tiny, macro, exaggerated – mixing proportions bears counterbalances of effortless harmony. Smaller, more subtle patterns give the stage to larger, more dominant features while still doubling up in the print department. Mini, clustered designs stabilize open, amplified ones, for equal opportunity cooperation that ensures a seemingly complex but genuinely easy look.

# ALL MIXED UP

STEP BOLDLY AND UNAPOLOGETICALLY INTO THE WORLD WITH A DECADENT MIX OF EXUBERANT PRINTS AND A DECLARATION OF PERSONALITY.

words SARAH PRUITT   photos BRIAN CHENG

# 3 ACCESSORIES

Scarves, shoes, belts, necklaces, headbands – you name it, the opportunity for print mixing lies within. A quick and softened approach arrives via your favorite accessories, so if you're feeling apprehensive, simply throw on some quirky accents for a spirited composure. Unexpected details convey layered dimension while highlighting your unique identity.

# 4 PATTERN STYLE

Dyes, florals, animal prints, checks, plaids, stripes – organic and geometric patterns become allies in coherent contrasts. Regimented geometrics and freeform organics boast diversity and variety as opposing voices blend in a cultivated bond. Distinct styles offer intrigue and experimentation while still maintaining a compelling poise.



**BOLD EDITION** Print clashing? Oh my. Color clashing? Oh yes. Be adventurous and marry two opposing colors with simple prints grounding the look. For an ultra-modern, runway ready appeal, go for a head-to-toe tonal ensemble that screams playful sophistication.



**BOLD EDITION** Go for the graphic punch and pair two bold prints together for the ultimate optic experience. Hints of a (third, or fourth) micro print in accessories or footwear can offset and unify.



**BOLD EDITION** The more the merrier – coordinating or mismatching accessories suits next level grandeur for optimum indulgence.



**BOLD EDITION** Explore assortments within each style, as separate plaids can be rocked together just as dyes and animal prints can make a brilliant impression. Revel in the unconventional and extraordinary, by any pattern combo necessary.



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# LIZA DENIM

HANDCRAFTED ARTISTRY REACHES THE MASS MARKET STAGE AS DREXEL FASHION DESIGN STUDENT ELISSA DEFRANCESCHI TALKS A PIVOTAL PARTNERSHIP BETWEEN HER SUSTAINABLE CLOTHING BRAND, LIZA DENIM, AND URBAN OUTFITTERS.

words SARAH PRUITT   photos HANNAH BEIER

**ANTICIPATING AN EXTENDED** awareness of her brand and a broader reach to more diverse consumers, Elissa DeFranceschi is taking her start-up, Liza Denim, to the big leagues with an Artist Edition collection for Urban Outfitters that launched in February of this year. This 30-piece collection explores hand-painting, embroidery, marker drawing, and more within one-of-a-kind, handmade apparel, furthering the principle of sustainability that is at the core of Liza Denim. An undeniable success, the collection primarily sold within the first day, with a few remaining pieces selling out by the fourth day. Urban Outfitters has recently developed this series with local artists, which discovers hidden gems throughout the country and provides a platform for fostered growth among exclusive product assortments. Elissa beams under the prospect that these Artist Editions could become a chain reaction, enhancing local artists' credibility and encouraging more brands to participate in these types of ideas that bring the industry back to its creative roots.

When UO approached Liza Denim in late August after seeing her at the local Philadelphia marketplace venue, 8 Fields Market, Elissa was confident that this partnership made sense for the right reasons. "I feel that our aesthetics have some crossover and similarity and that our consumers generally align," she reflects. Adamant that her relationship with the powerful and multi-faceted brand ran smoothly and collaboratively, Elissa divulged that UO respected her overarching creative direction and allowed her to have freedom within her designs. The pair identified their similar aesthetics and imagery that would be successful while Elissa workshopped sketches. The retailer supplied her with vintage and renewed garments from L.A. that continued both the UO brand identity and Liza Denim's focus on sustainability. From there, it was up to Elissa to manage her time and construction of each piece. As she translated her motifs of astrology, faces, and florals from sketches to crafted reality, she admits that the pressure was on – for her, the quality of her artwork had to be top-notch.

Liza Denim wasn't always in conversation with mass retailers, and on the brink of national exposure. She started like any other brand would – small and supported by friends. After becoming intrigued with the idea of painting on the back panels of denim jackets during her freshman year at Drexel, Elissa began reworking thrifted and vintage clothes into unique hand-painted personalities. Her friends and peers quickly lined up with wallets at the ready. Friends made purchases, then friends of friends made purchases, and designs posted to her personal Instagram account started fostering a real return as individuals across the country submitted orders. With this growing interest and support, she knew she needed a separate Instagram account, a brand name, and a fully functioning website. "It developed more organically," she acknowledges, as there was an immediate positive reaction to her designs from the very start, and "it just never stopped. Even when I thought, okay, it's going to slow down a bit, it never did." Reflecting on the inherent attraction people have to her work, "The quality of it being a wearable art piece... being limited in supply, where people are like, oh, I'm the only one who has this, and then also the sustainability quality," have all been key components that have enchanted people's attention quite beyond Drexel and close friend groups. She also considers the unique imagery designed on each piece a key distinction for Liza Denim, as she filled a gap in the market for aesthetics that she was not finding out in the world. Even though she began creating more from her interests – nature, color, prints, and artists such as Matisse – her flowing lines, fluid self-expression, and essence of spirituality captures a sense of relatability, framing echoes of support and affection. In response to the growing influx of messages and online orders, she releases curated mini collections. She offers custom work, where she communicates back and forth with the customer to create a result that ultimately inspires happiness.







Every entrepreneur faces bumps in the road, but for Elissa, these bumps become amplified as she navigates her fashion design studies as a senior. Devoting any free time to the growth of Liza Denim, finding a harmonious balance where exhaustion doesn't take over can be a grueling challenge, especially for a one-person business. Elissa had to be mainly organized and conscious of her time frame with this additional UO partnership, as she had to coordinate her priorities between schoolwork, her brand, and this collection. Yet amongst the stress of daily responsibilities, Elissa finds that her paintings and explored artistry offer the most rewarding outlet, and she can often intertwine Liza Denim with school projects to balance time and explore more profound concepts. Her fashion design studies have also enhanced and reshaped her brand perspectives and decisions, as the discipline of school has brought thoughtful purpose and better organization to Liza Denim. Allowing her to reflect and adapt, Drexel further challenged her to think outside the box and experiment with

varied creative approaches, "I'm a little bit more sensitive to where I'm putting the artwork. I went from doing black and white designs on just the back canvas of the jean jacket to extending that out to other garments and using color." Her designs now encompass imagery scaling the sides of knee-high boots and long sleeve shirts, even wrap-around visuals that form all-over motifs.

Yet as this college chapter in her life bears an end, Elissa is only ready to propel Liza Denim even further – her undeniable ambitions to make it happen cannot be disrupted. "I think it's now or never... I think I have to go for it," she claims, already considering ideas of finding a studio in Philly to really drive her work to the next level and eventually moving to L.A. for a fresh perspective. As she takes charge of her career and business, Elissa believes this will allow her to sharpen what she's doing, whether that entails constructing select pieces herself, reaching out to different brands, and even growing her team of one when the time comes. Being



**"I THINK IT'S  
NOW OR NEVER...  
I THINK I HAVE TO  
GO FOR IT"**

thoroughly ingrained in Liza Denim will also allow her to capitalize on experimental projects and explore new avenues of artistry. "I think it'll always be pretty small and independent, but doing collaborations with bigger brands seems like a really good way to integrate it... even partnering with vintage shops would be cool." With no shortage of ideas on where to take Liza Denim next while sustaining a moral code of integrity and sustainability, Elissa is hitting her stride during one of the most crucial times in her life.





# THE D&M GUIDE TO PHILLY

AN INSIDER'S GUIDE TO OUR FAVORITE FOOD, SHOPPING, MURALS AND OF COURSE COFFEE, IN THE CITY OF BROTHERLY LOVE.

words EMILY DIELI, JULIA KRAWIEC, EMMA RAPUANO, MAGGIE ILICHEVA, CAMILLA NAPPA, AUDREY TRAJANO  
photos BRIAN CHENG



## MURALS

### WATER GIVES LIFE BY EURHI JONES AND DAVID MCSHANE 13TH AND ARCH ST

Celebrating the connection between Philadelphia's rivers and local flora, this mural is a stunning nod to the Philadelphia Horticultural Society and the Philadelphia Water Department. Flowers, fruits, mushrooms, and more appear sprouting with the support of water while hummingbirds and butterflies enjoy the nectar of the flowers amongst vivid hues. *Water Gives Life* also serves as a reminder to live sustainably in an urban environment.

### UNTITLED BY AMY SHERALD 1108 SANSOM ST

This striking six-story portrait of Najee S., a young Philadelphian, and participant in the Mural Arts program, towers over Sansom Street with a stunning bright blue background and pop of yellow from her hat. Like the flowers on her coat, Najee blossoms high into the sky. The artist of this mural, Amy Sherald, made headlines in 2018 with her official portrait of Michelle Obama. She brought her skills to a whole new level when she painted this massive mural in Center City.



## CENTER CITY

### RESTAURANTS

#### PARC 227 S 18TH ST

Step into Parc and get instantly transported to the Parisian café of your dreams. Sit outside and face Rittenhouse Square while enjoying French classics like escargots and onion soup. The freshly baked baguettes or steak frites are the perfect accompaniment to people watching.

#### THE DANDELION 124 S 18TH ST

The elegantly decorated hallways, nooks and rooms in The Dandelion will keep you wanting to explore every square inch of this restaurant in between courses. This restaurant puts a Philadelphian twist on English classics like fish and chips, shepherd's pie, and Sunday roast. Stop in from 3–5 PM every day for traditional afternoon tea, and be sure to order the sticky toffee pudding for dessert!

#### HARP & CROWN 1525 SANSOM ST

Whether you stop in for their daily happy hour, weekend brunch, or to explore the speakeasy bowling alley, Harp & Crown offers new-American cuisine where even your picky-eater friend can find something to eat. Equal parts funky and glamorous, the restaurant's chic interior complete with vintage wallpaper and dramatic chandeliers will have you booking your next visit before your appetizers even grace your table.



### COFFEE

#### ELIXR COFFEE 207 S SYDENHAM ST

In addition to having one of the most instagrammable interiors in Center City, Elixir also roasts their coffee and serves some of the best lattes, cappuccinos, and americanos. The exposed brick walls and rustic wood creates a cozy atmosphere that is a perfect place to hang out with friends. Elixir organizes rotating art installations on the exterior and interior of their coffee shop, which is always a reason to stop in to get a cup of joe.



#### SHAKESPEARE & CO 1632 WALNUT ST

Shakespeare & Co. is the only coffee shop/bookstore in Philadelphia, with great tasting local coffee and a wide selection of books. Try their latte with a stroopwafel on top for a little bit of sweetness and browse for a new read. They also have an "espresso book machine" that can print almost any book right in front of your eyes.



### SHOPPING

#### TOILE 1333 FRANKFORD AVE

The giant space features an extensive collection of black clothing, crystals, and gothic accessories. Their selection is vast, offering everything from lingerie and cozy sweaters to wedding dresses. The back corner of the store includes a large sitting area like you would see on *Say Yes to the Dress* and a selection of veils and gothic wedding dresses made by Bianca de Pietro, a local designer, and seamstress. Toile features an extensive collection of long-sleeve mesh shirts, brushed velvet tees, faux leather leggings, and casual black dresses, combining gothic punk with modern-day trends.

#### VESTIGE 2041 FRANKFORD AVE

Vestige is a meticulously curated vintage shop known for having some of the rarest vintage Levi's such as the oversized 501 lasso jeans. Their clothing collection does not stop at jeans, as shoppers can also find an array of cozy, cashmere sweaters and free-spirited dresses in muted tones in addition to exclusive No. 6 leather clogs. In the back of the store, there is an apothecary filled with natural body and face lotions, smooth body oils, and locally sourced cooking ingredients such as honey, maple syrup, and vinegar.

#### DOWNERSS BOUTIQUE 2026 FRANKFORD AVE

Downerss is a boutique filled with handmade earrings, fresh perfumes, skincare, healing mists, crystals, and apparel. They offer bohemian jewelry including an amethyst pendant necklace. Additionally, Downerss focuses on mindfulness with products such as healing crystals and healing mists. One of their best sellers includes Pistola denim, which is offered in a variety of washes, styles and fits.

#### URBAN EXCHANGE 2050 FRANKFORD AVE

Urban Exchange is streetwear heaven. Upon walking in, shoppers are immediately greeted by a sea of graphic tees in eclectic designs from classic Eagles t-shirts to acid dyed Grateful Dead tees with an average price of \$25. Pair your new graphic tee with a denim jacket or vintage jeans from popular brands such as Levi's or Rolla's. Before you check out, be sure to grab some iron-on patches to personalize your new denim purchases.

### RESTAURANTS

#### SILK CITY 435 SPRING GARDEN ST

Indulge in comfort food dishes like fried chicken and waffles or baked mac n' cheese in their renovated 1950's diner car for brunch or dinner. Want an edgy night out? Take a break from Center City bars and show off your dance moves at Silk City's Lounge or swing by their outdoor beer garden in the warmer months.

#### FRONT STREET CAFÉ 1253 N FRONT ST

Farm-to-table, sustainable, and healthy – Front Street Café is the place to take all your gluten-free, vegan, and vegetarian friends. There's something for everyone on the menu; we recommend the buffalo cauliflower, the shrimp pappardelle, or the vegan mac and cheese. If you don't get the craft beer hype, it's because you haven't tried the beer flight at Front Street Café. Here are a few to get you started: Original Downeast Ciders, Freebird, and I'll Have What She's Having.



#### PIZZERIA BEDDIA 1313 N LEE ST

Look for the flashing green peace sign on narrow Lee Street, and you will find one of the best pizzas you will ever taste. The modern pizzeria offers an impressive drink menu and creative, specialty thin-crust pies. Make sure to leave room for their signature soft serve for dessert. For a special occasion, try their Hoagie Room for a two hour reserved private room featuring a chef's tasting menu of hoagies, pizzas, a specialty cocktail, and soft-serve ice cream.



## LA COLOMBE COFFEE ROASTERS 1335 FRANKFORD AVE

The La Colombe in Fishtown is a spacious warehouse that is surprisingly cozy and always smells of fresh bread and coffee. They serve a large variety of baked goods, sandwiches, pizzas, and pastries, as well as traditional coffee drinks. Their tomato ricotta sandwich and draft latte are a must. La Colombe's interior features fun graffiti-like art on its walls based around coffee culture, such as coffee cups with legs in a "morning rush."

## SURAYA

1528 FRANKFORD AVE

Suraya is a Lebanese-inspired restaurant, coffee shop, and market. The space features intricately patterned floors and counters, a unique chandelier, and brightly colored wall art. Lebanese music plays in the background, transporting you temporarily out of Philadelphia. If you want to try something new, check out the chai latté or the te-hina hot chocolate. Their pastry menu also includes delicious Lebanese-inspired options, such as the rose and pistachio cruller.



## PERSISTENCE

BY JASON ANDREW TURNER  
1412 FRANKFORD AVE

This beautiful mural of a woman in red with a striking blue background stands out drastically compared to the brown brick buildings surrounding it. Intricate and intriguing, this mural is a celebration of the history and women of the Lutheran Settlement House. The Lutheran Settlement House was started in 1902 by women in service to women and families through social and educational services.

NO BORDERS BY MOLLY CRABAPPLE  
FRONT AND OXFORD ST

This mural features a woman with monarch butterflies in her hair and flying around her head. The woman has a solemn face, contradicting the whimsical and beautiful butterflies all around her. The monarch butterflies represent immigration because of their annual migration from south to north. These butterflies represent that people are all the same. No matter where we come from or where we go, and no matter our background, we are all people.

# SOUTH PHILLY

FUNCTION COFFEE LABS 1001 S 10TH ST

This charming, hidden gem in Bella Vista is where coffee meets innovation. They serve artisanal coffee with carefully sourced beans depending on the season. For coffee enthusiasts, they have a unique menu, including their house coffee from South and Central America, or three options of dynamic single-origin coffees with tasting notes ranging from earthy to buttery. This is the type of coffee that you should drink black, even for those who crutch on their milk and sugar. Along with an extraordinary cup of coffee, customers get to sit with pillows and get bathed in tons of natural lighting.

RED HOOK COFFEE AND TEA 765 S 4TH ST

Red Hook is a unique little coffee shop with a lot of style and flair. The antique lighting, furniture, and sellable art by local artists give the place its character. Their menu has a long list of choices, with their specialty "Red Hook" (coffee with a shot of espresso) drink being one of them. If you're looking for a little less caffeine, their delicious chocolate and vanilla frappés are a must try.



SUMMER BY DAVID GUINN  
MARIO LANZA PARK

Contrasting geometric stylizations with realistic painting techniques, this mural captivates and intrigues the eye. The weeping willow tree that consumes a large portion of the mural looks as if you can walk right underneath it, while the rest of the mural is gridded out in squares and feels abstract in its blocked repetition. The story of this mural revolves around a dog, who peacefully sits in a park, staring at a bird. A portion of the Mario Lanza Park is designated for dogs, relating directly to the mural.

WE ARE THE YOUTH BY KEITH HARING  
22ND AND ELLSWORTH ST

This mural features Keith Haring's famous dancing cartoon-like figures. The mural is fun, expressive, and brightly colored. Repaired and repainted several times, this is one of the longest standing murals in Philadelphia. The iconic Keith Haring painted the mural in 1987 in collaboration with CityKids of New York and Brandywine Workshop in Philadelphia.

TATTOOED MOM 530 SOUTH ST

Tattooed Mom has been a staple bar for 20 years. This one-of-a-kind hipster bar, covered in street art, promises fun for any night of the week with food, cheeky cocktails, candy, and pool tables. Try the Pop Rocket or Tiki Kitty to mix it up from your usual vodka soda.

JIM'S STEAKS 400 SOUTH ST

You may be waiting around the corner for 20 minutes, but you will forget every waiting second because the cheesesteak is close to perfect. There is a long line almost any time of every day for a reason: Jim's cheesesteaks have one of the best meat, cheese, and onion ratios in Philly.

CRY BABY PASTA 627 S 3RD ST

Maybe it's the sarcastic name, maybe it's the artwork throughout the restaurant, or maybe it's the Bolognese that makes Cry Baby Pasta a Philadelphia favorite. It's the simplest things that are worth the highest praise: perfectly smoked meatballs with ricotta, parmesan cheese, and handmade pasta.



BARCELONA  
WINE BAR  
1709 E PASSYUNK AVE

This lively restaurant serves classic Spanish tapas as well as beer, cocktails, and an extensive wine list. Not sure what to get? Start with the jamon and manchego croquetas (deep-fried ham and cheese balls with garlic aioli) and the gambas al ajillo (shrimp in olive oil) and be transported to Spain with every bite.

RALPHS 760 S 9TH ST

A Philadelphia classic, Ralph's is an institution for home-style Italian meals that even your Nonna will approve. Intimate seating with views of picturesque murals of Italy surrounds you as you use your bread to sop up any last bit of leftover sauce on your plate after you devour your meal.



MOON + ARROW  
742 SOUTH 4TH ST

Moon + Arrow specializes in handmade jewelry, clothing, and home goods. Their artisanal products are displayed on wooden shelves set against white, distressed brick walls. All their jewelry is nickel free and focuses on a minimal look featuring natural materials such as rose quartz, rainbow moonstone, and garnet. You can feel the quality in their pieces as you admire their mannequins clothed with premium leather jackets, organic cotton tops, and linen pants.

CRASH BANG BOOM  
528 SOUTH 4TH ST

Crash Bang Boom is your go-to stop for all things grunge, punk, and rock n' roll, housing an extensive collection of leather jackets, studded jewelry, electric hair dye, graphic tees, and home decorations. They offer leather jackets and vests in classic moto silhouettes that fit any body. Black studded belts, studded chokers, and spiked leather bracelets are only some of the options in their punk accessory collection.

BELLA BOUTIQUE  
527 SOUTH 4TH ST

Bella Boutique is the perfect shop to go on a treasure hunt for designer goods. Their mix of vintage and contemporary luxury makes for a positive shopping experience where you can purchase desirable items without it being completely inaccessible to those with lower budgets. Tiffany necklaces, David Yurman rings, and Chanel earrings all at a tempting discount pack their jewelry cases. One stand out item is a pair of Valentino nude spiked stilettos, originally priced at \$995, but Bella sells them for \$450.

THE CACTUS COLLECTIVE  
739 SOUTH 4TH ST

The Cactus Collective is every country lover's dream. This shop is packed from top to bottom with graphic tees, vintage jeans, and leather goods. They have the perfect cowgirl and cowboy boots for any country fan or fashionista. Their collections are priced significantly lower than other stores with a t-shirt costing an average of \$15 and a pair of beloved Levi's costing an average of \$34.





# GAYBORHOOD

## RESTAURANTS

### PORTA 1216 CHESTNUT ST

Somewhere along the lines of fine dining and day drinking, there's Porta. The lively restaurant is filled with street art-inspired interiors and turns out brick-oven pizzas with unique toppings like the carbonara pizza, complete with a roasted egg. Don't miss their strawberry daiquiri, topped off with champagne and a fresh strawberry.

### BARBUZZO 110 S 13TH ST

This Mediterranean fusion restaurant situated on 13th and Sansom serves appetizers, pizzas, pasta, and entrées, but is perhaps most well known for their salted caramel budino, one of the best desserts in the entire city. Go for lunch or dinner, or stop in from Sunday–Thursday for their late-night menu featuring happy hour prices on select drinks and dishes.



### GRAFFITI BAR AND SAMPAN 124 S 13TH STREET

Filled with young professionals, Sampan is the go-to spot for exciting cocktails and imaginative Asian inspired dishes. Try not to get claustrophobic while walking through the skinny alleyway to get to Graffiti Bar. Attached to the back of Sampan, not only does the Graffiti Bar have a lively and upbeat atmosphere, but it also offers pan-Asian bar food from the Sampan kitchen and great happy hour deals. Don't leave without trying the pork bao bun, crab Rangoon and economical lemonade vodka cocktail.



### WOODY'S 202 S 13TH ST

If you're looking to get hot and heavy on the dance floor to Lady Gaga, Madonna, and Ariana Grande, Woody's is the place to go. Fridays and Saturdays are their busiest nights, so be ready to get sweaty and dance until last call.

## SHOPPING

### LOULOU BOUTIQUE 143 SOUTH 13TH ST

From larger brands such as Free People to smaller brands such as Exit 343 Designs, LouLou Boutique offers a wide range of accessories and staple closet pieces. Find the essential oversized leather tote bag, the cozy knit scarf that withstands even the coldest temperatures, or the dazzling fuchsia beaded hoop earrings that add a pop of color to any outfit.

### SHIBE VINTAGE SPORTS 137 SOUTH 13TH ST

Shibe Vintage Sports is every Philly sports fanatic's dream. Vintage apparel is stacked high along the walls with treasures you won't find anywhere else. There are Eagle's shirts that are stylized like 80's band t-shirts and Flyer's jerseys with the names of former players alongside the iconic light blue and burgundy Phillies uniform. This store also carries an extensive collection of rare Philly sports souvenirs such as pint glasses from the '70s and vintage posters of the 76ers.

### COMMON GROUND 134 SOUTH 11TH ST

Common Ground exemplifies and elevates the fashion industry's sneaker craze. Attention-grabbing, colorful displays keep your eye traveling around the store to discover rare sneakers you won't find in Foot Locker. Another thing that sets this store apart is the availability of sizes; they carry up to a size 15, which is unheard of in mainstream shoe stores.

### VERDE 108 SOUTH 13TH STREET

Verde is the epitome of local, handcrafted goods that can only be found in niche stores. You can find any home decoration, sweater, jacket, or accessory you could imagine, all while enjoying their in-house chocolates made fresh every day. Verde has an assortment of trendy styles such as tortoiseshell earrings and snake print bags but also features more eclectic items such as large natural stone and wood statement necklaces.



# UNIVERSITY CITY

## MURALS

### BLACK HOLES BY RYAN MCGINNESS UNIVERSITY CITY SCIENCE CENTER

McGinness invites viewers to dwell in the world of science through visual art in a mural that explores how outer space and inner space can intertwine. This mural is an intriguing display of bright and colorful circular shapes all weaving together with one another, moving the eye throughout infinite space in a fun and organic way.

### AMERICAN TABLEAU BY JAMES BURNS VA MEDICAL CENTER

A beautiful tribute to our veterans, the mural featuring a pyramid-like display of former soldiers and their support systems after they come home, including doctors, nurses, and family members. This mural features a variety of Americans and strikes up a conversation about how we can help support our veterans after their resilience in war.



## COFFEE

### GREENSTREET COFFEE CO 1101 SPRUCE ST

Greenstreet, a charming coffee shop tucked away on Spruce Street, is one of those places you pass by and take a picture to remember it later. The pear green and cherry red coffee shop roasts their coffee in Philadelphia and sources their beans from Central and South America. They work directly with farmers, controlling the roast process and final tasting to ensure that a top-level of quality goes into each delicious cup of coffee they serve. Their selection of coffee includes tasting notes ranging from brown sugar to lemon zest.

### OTHER COFFEE SHOPS TO TRY

THE LAST DROP COFFEE HOUSE 1300 PINE ST  
SQUARE ONE COFFEE ROASTERS 249 S 13TH ST



## COFFEE

### UNITED BY BLUE 3421 WALNUT ST

United By Blue takes its customers out of the bustling city and into a Vermont-esque, woodsy atmosphere. We recommend trying one of their matcha-based drinks. They have a long list of sandwiches and pastries, but you can never go wrong with their warmed up chocolate chip cookie. The store also offers sustainably made merchandise; the brand's goal is to create environmental solutions, so don't be afraid to participate when they host in-store events and cleanups around the city.

### OTHER COFFEE SHOPS TO TRY

GREEN LINE CAFÉ 3649 LANCASTER AVE  
OCF COFFEE HOUSE 2930 CHESTNUT ST



## NIGHTLIFE





# OLD CITY

## MURALS

### OLD CITY BY STEVE POWERS OLDE CITY TATTOO

This mural is an ode to Old City, and includes many references to Philadelphia, such as cheesesteaks, Benjamin Franklin, and the local term “jawn.” The mural features at least a hundred little graffiti-like paintings that come together to display what makes Philly, Philly. The artist, Steve Powers, is known for his many memorable murals around Philadelphia. You can also find his graffiti-like art in Fishtown on Front Street and inside La Colombe.



## RESTAURANTS

### LOUIE LOUIE 3611 WALNUT ST

This fashionable, American bistro with French-inspired food is the ideal spot for a “treat yourself” dinner or when your parents come to visit. From the striking décor to the unique cocktails, Louie Louie offers an upscale dining experience that has Philadelphians making their way over to a college neighborhood for dinner.

### FRANKLIN’S TABLE FOOD HALL 3401 WALNUT STREET

Upgrade your usual lunch for this upscale food hall featuring stands from local restaurateurs, including Goldie, DK Sushi (Double Knot), Pitruco, High Street Provisions (High Street on Market), and more. Franklin’s Table is a perfect spot to meet friends in between classes because there is a cuisine for everyone. If you come during peak lunch or dinner hours, note that there might be lines, so plan accordingly.

### SABRINA’S CAFÉ 227 N 34TH ST

Inside an old Victorian home, grab a seat overlooking Powelton Avenue, and get comfortable. Sabrina’s is a cozy spot to sit and catch up with friends over comfort food and breakfast all day. We recommend their signature stuffed French toast or the huevos rancheros.



## COFFEE

### CAFE OLÉ 147 N 3RD ST

In the heart of Old City lies a bold yellow facade that belongs to Cafe Olé, an equally effective mood booster as their coffee. We recommend one of their strong cups of coffee, specialty chai tea lattes, or a hot chocolate. Serving a variety of Mediterranean plates, Cafe Olé has the best shakshuka in Philadelphia. The family-owned business always has a line but is complemented with speedy service. The interior is cluttered with colorful local art and Israeli knick-knacks, making it the perfect spot to lift your spirits.

### MENAGERIE COFFEE 18 S 3RD ST

Don’t let the dainty script logo and seafoam green exterior fool you, this coffee shop has a rustic interior and evokes a homey atmosphere. Menagerie serves Dogwood Coffee with a diverse selection of pour-over options. Their foamy cappuccinos are also a delicious choice. Latte hearts in pastel-colored mugs are sprinkled throughout the shop and aid in creating a cozy space to sip on great coffee.

### OTHER COFFEE SHOPS TO TRY

LUNA CAFÉ 317 MARKET ST

OLD CITY COFFEE, INC. 221 CHURCH ST

ICI MACARONS & CAFÉ 230 ARCH ST

## SHOPPING

### LOST AND FOUND 133 NORTH 3RD ST

Known for their extensive denim collection, Lost and Found’s back tables are piled high with popular brands such as Articles of Society and Levi’s. Small cases at the front of the store overflow with trendy earrings and necklaces that feature materials such as tortoiseshell, natural wood, and beads. This store has a considerable presence of the utilitarian brand Herschel showcasing their quality canvas bags merchandised alongside their denim.

### ERDON 162 NORTH 3RD ST

Bringing quality basics to the consumer, Erdon features a range of European designers with a utilitarian style. This unconventional store showcases high-quality fabrics, including ethically sourced leather, premium wool, and organic cotton. Minimalism springs to life through displays of oversized, red leather tops, loose corduroy trousers, and a-line canvas dresses. Let the friendly staff help you find the perfect structured trench coat and a boxy button-down.

### BENJAMIN LOVELL SHOES 60 NORTH 3RD ST

Benjamin Lovell carries down-to-earth shoe brands such as Clarks, Birkenstock, UGG, Ecco, and Vionic. The aroma of quality leather surrounds you as you browse the shelves filled with sneakers, espadrilles, and ankle boots. This store is all about comfort: you won’t see sky-high stilettos, but you will find the perfect wedge or platform sandals that you can wear for days on end.

### NEVER TOO SPOILED 57 NORTH 3RD ST

You won’t be able to say no to the sequin tank tops, fuzzy printed sweatpants, and lace dresses in this whimsical old city boutique. To accessorize their chic clothing, they have hundreds of pairs of earrings, including star-shaped hoops, bedazzled safety pins, and dangling sun disks. You can also decorate your home with some creative tapestries, candles, and jewelry holders. Never Too Spoiled is not only fashion forward but also affordable as the average price for a pair of earrings is \$12 and a fully sequined, rose gold romper costs \$56. The prices and items featured in this store make it a top destination for trendy college students looking to upgrade their wardrobe without breaking the bank.



## RESTAURANTS

### TALULA’S GARDEN WASHINGTON SQUARE WEST, 210 W WASHINGTON SQUARE

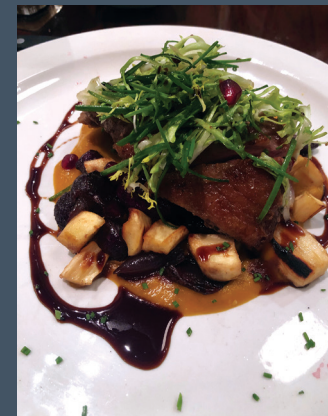
For the couples craving a beautiful spot to dine and drink, Talula’s Garden is the place to go. The outdoor eatery is decorated entirely in string lights and plant life to create an incredibly romantic night for two. Make a reservation for special occasions.

### BUDDAKAN 325 CHESTNUT ST

This trendy Asian-fusion restaurant is one of the most popular in the city. Another one of Steven Starr’s restaurants, Buddakan serves unique twists on Asian dishes like edamame dumplings and dim sum donuts. The giant Buddha in the center of the dining room sets the mood for what is sure to be a memorable meal.

### FARMiCiA 15 S 3RD STREET

Serving breakfast, brunch, lunch, and dinner, FARMiCiA emphasizes local and seasonal plates to support our environment and the growing interest in healthy eating. With an extensive array of vegetarian and vegan options, the menu puts creative twists on classics like yellowfin tuna and butternut squash croquettes. Additionally, they have a full bar and wine list but are also BYOB with no corkage fee.







BRINGING PEOPLE TOGETHER THROUGH FOOD

# CRISTINA MARTINEZ

words JEMA VARNIE   photos BRIAN CHENG

**BEFORE OPENING HER** restaurant, authentic local gem South Philly Barbacoa, Cristina Martinez was fired from a restaurant for asking her boss for a letter of support in hopes of applying for a green card. Driven by a passion for food, she began cooking out of her apartment instead; word of mouth spread, and her dishes were declared “a taste of home.” In the interim, Martinez has become a celebrated chef, her traditional barbacoa (Mexican slow-cooked style) has gained her regional and national recognition, and she has been featured on Netflix’s original series Chef’s Table and Ugly Delicious. As an undocumented immigrant, Martinez remains an advocate for other immigrants and uses her restaurant to create a space for people to have a voice.

The warm yellow paint, bright blues, and reds of the authentic Mexican decor and family-style setting welcomes new and returning customers alike, captivating their every sense. South Philly Barbacoa specializes in mouthwatering, tender, flavorful lamb tacos. The meat slowly steams with maguey leaves for hours overnight, as consommé juices brew into rich flavors. Served with quinoa tabbouleh and drizzled in tzatziki sauce, this barbacoa blends a sophisticated palate with honored tradition. But the experience doesn’t end in the kitchen, as Martinez can often be found out in front of house clearing tables and checking in on her guests to ensure that everyone feels at home.

Considering herself a very traditional person, Martinez believes in the importance of upholding one’s cultural values and customs, especially in an environment away from home. As she explains, the determination to push yourself to do better creates talent. Martinez never saw her gender as a factor in becoming a chef; instead, she was more invested in her personal and professional growth, “There are many women that have a lot of talent but are afraid of moving men out of their places. It isn’t easy, but not impossible, either.” Woman, undocumented citizen, immigrant: these labels do not scare her or cloud her vision, but instead push her forward beyond established boundaries. Yet, in her determination, Martinez still faces challenges and hardships that remind her of everything she has sacrificed. Seeing families come into South Philly Barbacoa together is bittersweet, as she cannot travel home to see her own, but she knows that her very own restaurant is a uniting space for others.

Beyond her cooking, Cristina Martinez is a dedicated proponent of immigrant rights. Life as an illegal immigrant feels like a modern jail for Martinez, where she is a ‘political prisoner’ caught between rigid policies and laws. Adherent that the current system “holds people instead of helping them,” she reveals she has limited abilities such as not being able to buy property or a car. Within these experiences, she encourages us all to fight for more. Martinez agrees, “Yes, we are immigrants, but more than that, we are human. It is not easy as we have a lot of barriers separating us all. But also, I don’t give up too easily. Because with unity, we can make changes.” She does not deny that America’s immigration issue is one of complexity, but she believes that we need to add a particular human element back into the conversation. It is only then that we can begin to understand one another and move forward.

Taking responsibility into her own hands, Martinez’s paramount priority is to create spaces and platforms for those who feel unheard, in hopes that they will find their voice. Recognizing that food connects us all, she uses her love of food to bring people together into one collective mindset, as she “became a chef thinking about how [she] could be a social change in this community through food.” To foster this sense of belonging, she regularly hosts art shows and community events at her restaurant so that the conversation can be “more universal, more equal. To channel that everyone is important and can eat together. That’s why we have family tables - they’re community tables.” Martinez has invited politicians and head chefs alike to sit at her table and have an open conversation, all over her famous tacos, of course. Planting these seeds of communication can only flower into a better understanding of the immigrant experience and the recognition that everyone is human.

**“YES, WE ARE IMMIGRANTS BUT MORE THAN THAT WE ARE HUMAN”**



# AGENTS OF CHANGE

**A NEW CLASS OF POLITICIANS IS RISING IN PHILADELPHIA, BOLSTERED BY A NEW TYPE OF VOTER: YOUNG PEOPLE. WHAT BOTH HAVE IN COMMON IS DRAMATIC CHANGE.**

words & photos **BRIAN CHENG**

**WHAT DOES A LAWYER**, an accountant, a teacher, a non-profit leader, and a community organizer have in common? If you're looking at them on the surface, not much. However, when you dive deeper, you'll discover an underlying trend that catapulted seemingly unlikely candidates into not just the offices of local government but, sometimes, the national spotlight. Atypical voters comprised of young people and those disenchanted with politics are beginning to have their say in recent Philadelphia elections, paving the way for atypical politicians to rise in prominence.

According to Office of City Commissioner Al Schmidt, age groups across the board turned out in higher numbers to vote in 2018's election than in 2014. However, one age group stood out: the 18–34 age demographic had a 111% increase. Besides the presidential election, midterm elections used to come and go with little fanfare. In 2016, Philadelphia had a 66% turnout of registered voters for the presidential election; in 2018's midterm election, it was 51%. That might seem like a poor showing, but it was the highest turnout for a midterm election since 1994. This trend held for primary elections in 2017, 2018, and 2019 as they also had a boost in youth turnout. With this increased turnout in 2018, Democrats secured a majority in the House of Representatives. But what happened at the local level? Who are these young people voting into office? What kind of change did these voters want? Most importantly, why is this happening now?



## SUNRISE PHILLY

Department head of political science at Drexel University, Professor Richardson Dilworth, points out that the typical path to elected office in Philadelphia is more like a ladder. Starting with a local division, aspiring politicians run for these party-specific elections to be a committee person that leads the division. Then a ward leader is elected by these committee people, from which the ward leaders elect a chairperson for the city committee, which heads the city's Democratic party. These steps help raise a candidate's profile within the local Democratic party and build connections to launch a campaign for Philadelphia's City Council. At-Large

City Council seats, who represent the entire city instead of a district, are high visibility, which helps these politicians launch themselves into even higher office, as Jim Kenney did when he made the jump from City Council At-Large to Mayor. Nowadays, social media helps political groups train candidates who are outside of the traditional party process circumvent the conventional route of politics to win higher office without typical party support. That explains why it's easier for candidates of non-traditional political backgrounds to win, but why do specific platforms of change resonate with young voters?

Professor Dilworth notes a combination of factors that translate to a broader cultural movement. "A lot of contemporary issues are issues of generational justice that attract and are based on age. The most obvious being climate change, college debt forgiveness, entitlement programs like social security, Medicare, Medicaid." Local politics, especially, has experienced a perfect storm of generational changes and demographic changes coupled with the aftermath of 2016, has led to an openness to vote for different candidates and parties. Professor Dilworth notes that "Philadelphia demographically doesn't look like the rest of the country either in terms of age, racial, economic distribution. The City Council has been trending more liberal." As most young people have become more attuned to liberal issues, the 2016 election certainly energized them even more with the candidacy of Bernie Sanders, who is seen as the movement leader of progressive ideology within the Democratic Party. His loyal following demonstrates how even though he may not win the nomination or the presidency in 2020, he helped inspire "an entire generation of new progressives that are going to be running for office for the rest of their lives. That undoubtedly redefines the Democratic Party."

There's no higher proof of this than the youth working at the grassroots level to get more liberal candidates elected. An organization called Sunrise Movement was formed two years ago when a group of young people decided to create a national youth led movement for climate justice. They have since organized a sit-in at House Speaker Nancy Pelosi's office to support Alexandria Ocasio-Cortez's Green New Deal, which aims to make the country carbon neutral by 2030 and create a federal jobs program so that every worker can have a family sustaining job. Locally, they have helped organized a climate change protest at Philadelphia's City Hall which was part of the worldwide strike led by Greta Thunberg that took place in 139 countries. As they are a youth led organization, most of their leadership are under the age of 35 with a membership that includes middle schoolers and high schoolers. The co-coordinators of the Philadelphia City Hub are Rachie Weisberg (26) and Abby Leedy (18.) All the members have varying reasons for joining the organization, but the main consensus was that not enough was being done to stop climate change. Isaak Popkin, a senior from Masterman High School said "I was always aware of the climate crisis... but I never quite grappled the importance



## LARRY KRASNER

of it. But like a lot of Philadelphians, when the PES oil refinery blew up in South Philly over the summer, it was something that really caught my attention and made me understand the reality of the crisis... It's our generation that's going to feel the brunt of this crisis. We understand that without our generation taking action across the country, nothing will happen... when we take a step back and recognize that our future is at stake, we feel compelled to action and I think that's what's happening to a lot of young people."

The Philadelphia City Hub of Sunrise is also involved in local electoral politics by canvassing and endorsing candidates who support the Green New Deal, such as Helen Gym and Kendra Brooks, who have won their election seats for City Council At-Large. Alba Ferko, a junior at Masterman High School, says that "the greater issue is that so many things facet into climate change. Gender inequality, systemic racism, once you hit that one point of tackling climate change, so many other things can be tackled at the same time." By recognizing that climate change affects communities differently, especially communities of color, the group focuses its platform on ensuring that they are inclusive when pushing for change. Sophia De-Grandis, a junior at CAPA High School, realizes that "movements can become very easily focused on just one type of group with one type of background all wanting the same thing for themselves. With this movement, I think it's really important that we all make sure that it's a change for everybody, and it helps everybody instead of creating another problem." It might seem strange for high school students to be so involved with politics. Still, a significant catalyst for their political awakening happened when they were only in eighth grade with the election of Donald Trump. Rachie, the oldest of the young activists, remembered that "When I was in high school eight years ago... I was not thinking about who was getting elected at all. That was not on my radar. I think that speaks to the time of how much things are shifting and how much power we'll have moving forward. The activation of young people now is happening in a really powerful way; we're the largest voting bloc in the country." With these young activists at the helm and many like-minded voters becoming more politically engaged, Philadelphia has already seen the election of many politicians who have just started to enact a new brand of change.

**LARRY KRASNER** was once denounced as "completely unelectable." It's not hard to see why, on top of never serving in the

District Attorney's office or as a prosecutor, he represented activist groups such as Occupy Philly and Black Lives Matter as a civil rights and criminal justice lawyer. Through his work, he sued the local police department and City Hall more than 75 times. His candidacy in 2017 for District Attorney in a primary race against six politically connected candidates seemed unlikely. He later won that primary with 38% of the vote and would clinch the general election with 75% of the vote. His focus: a laundry list of reform to do's, which include ending cash bail imprisonment, ending stop-and-frisk, reversing the war on drugs, never seeking the death penalty, freeing the wrongfully convicted, and fighting police misconduct. His notable work so far includes reducing the number of people incarcerated in Philadelphia county jails from 6,500 to 4,700 people, investigating problematic convictions which led to the exonerations of nine individuals in 19 months, firing 31 people from the DA's office within his first month, and publishing a list of 26 police officers accused of racial bias and lying under oath. His work earned him the ire of the police union, judges, former and current prosecutors, and Harrisburg. "I would point you to what Dr. King famously said about incrementalism. Essentially, he said, 'Incremental change is probably no change at all.' Anytime you try to shake up things in a serious and meaningful way, there will be controversy. But I say that interpreting it not from a traditional insider politician's perspective but from a movement perspective. There's a cliché, but a true cliché: first, they ignore you, then they laugh at you, then they fight you, and then you win. We're, at this point, past being ignored, past being

**CONTROVERSY IS THE BAROMETER FOR WHETHER YOU'RE DOING ANYTHING, IN THAT SENSE, IT'S WELCOMED.**

laughed at. We're now being fought, and we're being fought because we got elected, did what we said we were going to do, it's changing things profoundly, and it affects the status quo. It affects their money, it affects their power, it affects their sense of security and incumbency, and they don't like it. So that's how we know what we're doing is important and effective because the insiders are upset."

This friction will likely last throughout his term, having been branded as the most progressive DA in the country by allies and enemies alike. Many reform-minded activists and lawyers are keeping a close eye on how Krasner's operations can be used as a model to replicate across the country. Chesa Boudin, George Gascón, and Tiffany Cabán are just some new names hoping to make progressive change in the office of the District Attorney in their respective cities. "I don't think there's any question that they are being supported by a coalition of groups which include African Americans, millennials, and surprisingly enough what we found in Philly, white working-class people," says Krasner. "If you knocked on their doors and talked to them, even if they didn't agree with everything you were doing, they all understood the necessity of addressing drug addiction as a health issue, they all understood that getting more people out of jail and putting that money into public schools. Some might even disagree with you on the death penalty, or some might have some opinions we'd view as racist. But when they were treated with respect and were canvassed sometimes by young people, we took a hell of a lot of those votes. They actually have seen, just as communities of color have seen, in their lives and in their families and friend's lives, the impact of mass incarceration and it's destruction of their communities."





**REBECCA RHYNHART'S** political consultant gave her "a one in three shot of winning" the primary race for City Controller in 2017. With a background in the private sector as an accountant and never running for office before, her candidacy against a three-term incumbent for the office was a longshot. The City Controller's office acts as a watchdog for the city by auditing the city's finances to make sure the city is functioning efficiently, effectively, and reducing wasteful spending. That didn't deter her from building a campaign that could win, "I just felt like people wanted change and I'm going to push for that change and try to be a voice in that change. People always tell you, you can't do something, but you don't have to listen to them." She ran on a platform of transparency, modernizing procedures in the office, increasing diversity of the city's workforce, and making government work for everybody and not just special interests. That seemed to be a winning message, helping her defeat her opponent with 58% of the vote in her primary and 83% of the vote in the general election and to become the first female City Controller in Philadelphia history. Since taking office in 2018, her office has been quite busy. When conducting internal audits of the city, her office discovered that Philadelphia had not reconciled its cash accounts for three years resulting in \$33 million of missing tax dollars (later mostly found and reconciled.)

Rhynhart has also begun to explore other issues not typically handled by the Controller's office, including producing an economic report on how gun violence affects local property values, recommending specific violence prevention methods, allowing the public to request data releases of government information, publishing reports on the city's workforce diversity, and investigating how the city handles sexual harassment payouts. "I see that there's a way to use financial analysis to expose issues and highlight possible solutions on key policy issues. Anything that impacts the city's finances is within the Controller's purview. I used the financial angle to tackle and lean in on issues that matter to me. It's a little different, but since I'm looking at it through a financial lens that's within my purview, I think some of these issues should be all hands on deck." Having this approach can be quite lonely as the recommendations of the Controller are not legally binding for the city to follow. "Is it easy? No. Am I frustrated sometimes? Yes. Is the pace of change too slow sometimes? Yes. But there's no change that happens without a good fight." That fight for change is something that Rhynhart campaigned on and what voters have responded to, rejecting insider politics for a government that works for everyone, not just the rich and powerful. "Our city government should work for the people of our city. The reason that a lot of young people haven't been that interested in politics is because they don't feel that elected leaders speak to them. They don't talk about things that are important to them. As Controller, my job is to make sure money isn't wasted and tackle problems that haven't been touched because of political interests, and then we can put more money onto things we do care such as schools and better roads. It's the people's money."

**ISAIAH THOMAS** will be 35 when he assumes office as City Council-At-Large, the youngest of the 17-member Council. Prior to his election, no person under the age of 45 sat on the City Council. A former teacher and part-time staffer for an elected official, his winning campaign was his third try for City Council. His first try was when he was 26 years old. "I watched government working against us and that's what really inspired me to get involved; the decisions elected officials made and continue to make and the impact they have on our children." After running and losing two campaigns for City Council, he started to feel discouraged. However, his strong network of support through that time along with retirements in the City Council helped make his third run a success. His campaign focused on a wide range of quality of life issues, such as expanding educational and job opportunities for young people, reducing mass incarceration and gun violence, healthcare, the opioid crisis, homelessness, gentrification, and supporting the Green New Deal. "It's about the future. These are all things that aren't going to be fixed today or tomorrow. It's going to be things that we'll going to have to deal with when we're 50, 60, 70 years old; it's things that our children and grandchildren will have to deal with. They don't poll high, they're not politically sexy but they're important if you're thinking about the future and the sustainability for our city."

It's a tall list of to-dos' when focusing on the city's quality of life but that doesn't discourage Isaiah from starting his term off strong. "I know I have big dreams, I know I'm optimistic, I know I want to see things happen a little faster than what city government allows, but I do think all of these things are realistic and can happen if not in the next five years, within the next couple years." Part of his strategy in crafting legislation is going through the process of how people apply for government services; Thomas believes that understanding the difficulties everyday people go through to get basic services will make him become a better advocate as a result. "I do think we do some things well, but I think some parts of the process are just backwards and we need long term residents and folks who have been in the city to know that we want them to stay. We're increasing cost of living, increasing stuff like SEPTA, we have issues with schools and housing, add all that to the level of gun violence, people are tempted to leave the city every day. Especially folks who have been here for a long time and we've got to change that narrative."

**KENDRA BROOKS** worked as an activist for over 20 years on issues that mattered most to her community. That included an emphasis on education justice, employment, parks and recreation, housing, and



ISAIAH THOMAS

gun violence. Her years in activism allowed her to meet people connected with the Working Families Party, an independent political organization that trains candidates to serve the needs of working families in their communities. When they approached her with the opportunity to run a third-party campaign and defeat a Republican, "I thought, if not me, then who?" Typically, there are seven open At-Large seats with five secured by Democrats and two reserved for the minority party which, in Philadelphia, goes to Republicans. Brooks decided to run for one of the two seats typically held by Republicans to remove a Republican from the City Council and to challenge Democrats on their policies. "A lot of my ideals align with the Democratic Party. I have been a Democrat for most of my life. I switched to be an Independent to run this campaign and the power that comes with running as an Independent allows me to stretch outside the box of what we traditionally see with Democratic candidates. I can stretch further to the left on issues." To pull off this win, Brooks canvassed neighborhoods that politicians typically ignore due to low voter turnout, which included young people. "Young people are more likely to try something new and not just vote the straight ticket, because young folks are more hopeful and would like to see real change. Part of our universe was 18-40-year old's for us to door knock and have conversations with. We laughed about this in the beginning, we're knocking on an 18-year old's door and talking about electoral politics and their parents or grandparents would ask why their names weren't on our list since they're a super voter. That made us expand our universe and gave us the opportunity to educate whoever was in the household about our issues."

By approaching voters at a grassroots level, Brooks came in sixth place of total votes for the At-Large seat, enough to remove a Republican from office and become the first Independent candidate on the City Council in modern Philadelphia history. Her platform includes affordable housing for all, healthy funded schools in every zip code, worker's rights, and passing the Green New Deal in Philadelphia. "A lot of our young people are the ones making these low wage jobs, even multiple jobs, to put themselves through school or trying to start a family. The hope for something different was exciting. If you're a Philadelphia resident, if you don't come from means of wealth, trying to find an apartment in the city is ridiculous right now. The thought of possible home ownership or rent control was something that resonated with young people who would

like to get out of their parent's house. I, having young people of my own, would like for them to move out too and lead productive lives." That message clearly won the favor of many young people as organizations such as Reclaim Philadelphia and the Democratic Socialists of America, most of whom worked on the presidential campaign of Bernie Sanders, worked to support Brook's run for City Council. "Everyone deserves a quality place to live and call home, to make a living wage where they can take care of their families, quality education near their home, fresh air to breathe, an opportunity to live and thrive, those are all progressive ideas. Which is strange to me, that should just be humanity. Why do we have to separate that out as progressive? In reality, the majority of people that I talked to would like those basic needs met. Who doesn't want that?"

It's clear that with the inclusion of new voices in politics, change is coming to Philadelphia. From letting their voices be heard at the grassroots level of political organizations to the offices of City Hall, the landscape of local politics is putting a spotlight on issues favored by progressive young people. As more forward-thinking candidates run and win higher office, the chorus of voices that put them there are younger, diverse, and hungry for a different kind of politician; a chorus that grows louder in each election cycle. The status quo isn't cutting it for the future of Philadelphia anymore, these agents of change are making sure of it.

## KENDRA BROOKS



## ELECTION RESOURCES

### LEARN ABOUT THE CANDIDATES

Exploring the candidates' official websites is one of the best ways to start getting an idea of what their policies and positions are. However, keep in mind that the candidates' will put the best version of themselves on these websites so that they will only provide a one-sided view.

### READ THE NEWS

TIP: Look at these accounts on Twitter or search trending topics to keep up with news if you are unable to get a subscription.

The New York Times  
The Washington Post  
The LA Times  
The Hill  
Politico  
USA Today  
Congressional Quarterly  
CBS Today  
PBS News  
NBC News  
ABC News

### WATCH THE DEBATES

Watching debates is a great way to get a sense of a candidate's demeanor and how they perform under pressure, which can tell you a lot about how they will act as a leader as well as allow you to see how their positions evolve. Stream the debates for free by finding the channel that is airing the debate and visiting their website.

### REGISTER TO VOTE

Making sure you are registered to vote is essential. If you can't get to the polling place of your state on election day you can apply for an absentee ballot. Download the form to apply online and send it in to your local legislature's office. Below are some reliable websites for voting registration.

Usa.gov  
Registertovote.org  
Vote.gov  
Rockthevote.org  
Eac.gov



# INSPIRE *not influence*

left ALEX NELSON  
right MIKE RUBINO

## WHAT IT MEANS TO BE AUTHENTIC ON SOCIAL MEDIA

words SOPHIE RUBIN  
photos BRIAN CHENG

**YOUR LAST NAME** doesn't have to be Jenner or Kardashian to make a living from social media, as a new generation of influencers is proving. It seems that anyone and everyone is now an 'influencer,' making money from posts, telling you what to and what not to wear, eat, and feel. Who gave these individuals the authority to drive our thoughts and decisions? The term 'influencer' can be a contentious word, as this person is supposed to be a leader who generates conversations, drives engagement, breaks the noise of traditional advertising, and spreads a brand's message to the intended audience in a genuine way. However, as the influencer market becomes more saturated, that creative and trustworthy content is getting lost, and many influencers are merely looking to turn a profit rather than inspire their followers. Although they are tough to find, authentic role models who put out content purely for their love and passion for being a resource for others do exist. Enter Alex and Mike, Philadelphia lifestyle bloggers and real-life couple.

The door swung open as Alex and Mike stood in the entryway in their matching oatmeal-colored sweater and teddy zip up, each holding a glass of red wine. They smiled with freshly whitened teeth from ear to ear and walked with a bounce as they had just stepped out of a SoulCycle class. As if we were old friends who hadn't seen each other in months, the two men embraced me. "Hello! Hello! Hi! Wow, I cannot believe you're in our home. Can we get you anything to eat? We already ate but can whip something up. Do you want wine? Red? White? Rosé?" In addition to their knack for hosting, they are keen on interior design – for a moment, I wondered if I have walked into a home from Architectural Digest. Their three-story house is modern yet cozy with neutral tones, abstract fixture pieces, marble tabletops, and chrome details. It was apparent how much time and thought went into each piece, from the type of greenery they selected to the placement of their full-size vintage mirror. In a setting where one would generally feel intimidated and overwhelmed by the aesthetically pleasing surroundings, Alex and Mike made me feel serene. I sat across from the couple on their cream fluffy couch, and the energy, love, and passion they have for each other was palpable. Their ability to be themselves, silly and raw, was refreshing, as laughter filled the air. Meanwhile, their dog Toby jumped for attention, and cat Aspyn purred and pranced.

Being an influencer can earn you a decent living through social media posts, but only a few are this lucky. It is challenging to enjoy big successes as an influencer and can take years of buildup, in addition to time, energy, and constant creative flow. However, some people might quit their jobs and pursue the influencer lifestyle because they assume it is glamorous and secure; they believe that fame and money will automatically come with this job. Alex and Mike aren't solely

influencers, as Alex works in real estate, and Mike is a nurse. Four years ago, Mike states, "we were getting questions about skincare products we were using and outfits we were wearing, the things we enjoyed and the stuff we are interested in, we thought maybe there could be one central location that we could put all of this so a lot of people can read it." Thus, they combined their photography and writing skills, and the Alex and Mike blog was born, with their joint Instagram account following soon afterward. At the time, the influencer industry wasn't as established as it is today, and the couple was unaware of what their website would become. They created their blog originally as an online resource to provide insight for those who were seeking guidance. This creative outlet enabled them to express themselves. People proved to be highly interested in their content and personalities on the blog, and their following grew. Although the more brands you partner with means, the more funds you bring in, Alex and Mike are selective about their partnerships and will only promote products they support. Alex and Mike are focused on promoting healthy content and products, like The GFB or Thayer's Natural Remedies.

In the early months, Alex and Mike received a lot of backlash for their blog, "who's going to want to read about what shoes you're wearing today? Why are you telling people what Starbucks drink you're drinking?" The couple had to remain true to their purpose of expressing themselves and helping their loyal followers, rather than people-pleasing. Thus, they ignored the hate and continued to post what they wanted, not enabling people's opinions to influence their decisions. Creating their brand was not a seamless process, as Alex and Mike had to navigate the pressures of putting their lives out there for the world to see. Yet the couple did not let fear stop them: "I truly never thought that this would be a business, I never thought we would have met the people we did, I never thought that any of this was possible." Their intention from the start was to just have fun with it, not thinking it would be anything serious, and this remains their mindset.

From speaking at events, being recognized in public, and having a robust online following, the spotlight can often erase the primary reason influencers started creating content. Many adopt the title of influencer and inherit an ego, whereas Alex and Mike don't let that phase them.





The couple doesn't refer to themselves as influencers, and they feel that this word is misused. "We have tried to create a lifestyle destination for you. An online resource. If we happen to influence you into putting a runner on your stairs or using a skincare product, then great, but our goal isn't to 'influence,' it is just a byproduct of what we created." One quote that stuck with me after the interview was, "We don't want to influence; we want to inspire! When we step back and think about it, we are so appreciative for the once in a lifetime opportunity that we get."

In addition to being mindful of what you create, it's essential to be aware of the content you consume. Two and a half hours into our interview, and Alex and Mike are talking about the importance of healthy mindsets, "There is nothing I love more than the mute button on Instagram." If someone is not feeding your soul, then turn them off. Follow whom you want, read the content that interests you, and comment if you feel inspired. Instagram can be addictive and harmful, so it's essential to do what's best for you and your mental health. Alex and Mike also consciously put time aside for their followers: following people back and responding to messages. Being approachable, reachable, and present is now the main driver of their brand, as they acknowledge that it's those people that make this platform work. Alex and Mike follow back, every person who follows them. "We care more about keeping the followers we have than gaining more."

Working in a popularity driven industry, it's challenging not to let the numbers affect your mindset. Mike states, "I feel like it's a double-edged sword because we find ourselves now where we know a certain post is going to do better than something else, even though that something else we love so much more. So, we still find ourselves sometimes choosing a photo that will appeal to others more than the one we love and really want to post."

While Alex and Mike love their shared "third career" of blogging, they still prioritize their full-time jobs. Since their schedules are opposite (Alex 9–5 M–F and Mike weekend night shifts), they find time to shoot and post content when they can. They balance their careers, blog, personal lives, friends, family, and relationships on their own, without assistants, or professional hired photographers.

Our conversation, now headed into its third hour, has been so organic and fluid it felt like mere minutes. As I watched the couple interact with each other over the past few hours, their support for each other is undeniable. "We have been together for a long time, seven years. We have grown together. We met each other when we were twenty-one, and we are now almost twenty-eight, and I feel like we learned from each other, and we get it." Mike goes on to add that "we always say, to never go to bed mad at each other...but that doesn't always happen. However, it comes down to communication, and we always have a conversation and verbalize how we're feeling. You just talk it out. Relationships are never going to be perfect; it's all about working on it." Now, if only we could all have a little of Alex and Mike in us, we would be set.

Social media and the influencer industry are not going to disappear, and negative people and offensive content will continue to exist. But it's your decision whom you follow and if you want to appreciate, hate or ignore this industry altogether. You're in charge of what you feed your soul; there are authentic influencers out there who can be great role models, and this interview allowed me to meet two of them. It was hard to say goodbye to Alex and Mike, but we did it in a way that felt most appropriate. A wine cheers, hugs from Alex and Mike, and a selfie in their iconic full-sized vintage mirror.



**"...I NEVER  
THOUGHT THAT  
ANY OF THIS  
WAS POSSIBLE."**



# RACHAEL GENTNER

CONNOISSEUR OF ALL THINGS PATTERNS, ULTIMATE ART ENTHUSIAST, AND PHOTOGRAPHY AFICIONADO, PATTERN AND GRAPHICS EDITOR RACHAEL GENTNER CLAIMS TREND FORECASTING IS A CAREER OF CULTURAL IMMERSION.



words  
SARAH PRUITT  
photos  
BROOKE YARSINSKY

**SIFTING THROUGH AN INFLUX OF** global information, trend editors interpret and synthesize their findings to guide consumers and companies toward innovation. Trend editors research at the micro-level sifting through the chaos of physical and digital clutter to streamline emerging patterns informing brand decisions and product strategies. Enter Rachael Gentner, Editor of the Pattern and Graphics department at trend forecasting agency Fashion Snoops. After working in the industry since its initial stages in 2010, Gentner attests that the power of trend forecasting spans beyond the computer screen and out onto the streets; “one of the best aspects about working in trend,” she says, “you are never completely within your own market. There are always influences coming through from every area that help build on your global spectrum.” These principles of exploration forge the very core of trend forecasting, as Gentner affirms that “Being aware. Being open. Nonstop research and constantly seeking out ways to create and improve” foster curious and dedicated minds that actively pursue discovery. “Staying true to yourself. Thinking about innovation with the planet and future in mind” are sentiments that harmonize intuition and initiative for the ultimate crux of success. After curating ideas and inspirations for each unique market, editors share trend analysis via reports prepared for subscribed companies, and for Gentner, these reports specifically focus on patterns and graphics. Typography, branding, and logos also present a pivotal

concentration within pattern and graphics, as new type interpretations and strategies bring a distinct direction that is fundamental in uncovering new messages and outlooks of global appeal. Yet within this perspective, she navigates the men's, women's, home, kid's, and active sectors and creates multiple report styles for each. Some reports project the trends that will be seen in the upcoming seasons, while others focus on runway analysis, trade shows, and current retail offerings. “One of my favorites has always been runway analysis. It's always so interesting to see how designers evolve throughout the seasons and watching our trends come to life.” This dynamic nature of straddling five constantly evolving markets brings a unique set of challenges, as Gentner reveals, “Our day to day is always changing – nothing is ever stagnant or predictable.” Never bored, she switches back and forth between research, report development, and copywriting, often collaborating with different departments and editors throughout the day. Not only are the day to day responsibilities fast-paced and variable, but seasonal evolutions also bring stimulating newness and cyclical transformations. “It is always rewarding when I see under the radar artists, and underground designers that we include in our reports grow from season to season,” She states, “I love watching the progression, and I feel happy to see them succeed!” Monitoring these seasonal changes is essential for trend editors to analyze and interpret the unique approaches that shape contemporary and future trends, whether it's novel techniques, nuanced adaptations, or innovative visuals. These changes can be distinct or subtle, and Gentner confesses, “One of the

most challenging aspects is reinventing classics, such as plaids and stripes each season. Luckily, there are always creatives out there looking to disrupt tradition and put a new creative spin on the prints!”

Thoughtfully selected and purposeful imagery lay the foundation for visualizing trends accompanied by textual narratives to serve in dissecting the how and why of the broader discussion. Writing specific copy can bolster the credibility and understanding of a trend and allows brands to connect the individual dots to form a much more significant concept of future prospects. Gentner has quickly and brilliantly become adept at writing copy, and, “It's easily become one of my favorite parts of being an editor. It allows your ideas to have a personality and bring the designs full circle for maximum impact.” A strong “sense of trend identity” and “understanding of cultural impacts that affect our society” frame these skills that are so vital to the industry, but indeed it is undeniable passion and a deep yearning for discovery that will set an individual apart and lead them towards success. It's not merely about showing up to work every day and being consumed into the same humdrum algorithms – “My brain never switches off, and I am always, always taking inspiration from around me. If you love what you do, then you know you are on the right path. Creating mood boards and researching trends is what I used to do in my free time, and now it's my life! I'm very happy and grateful that I get to be creative every day.”

Rachael explores her creativity through many mediums and experiences outside of trend forecasting, as she doesn't bottle her interests into segmented categories but instead embraces all possibilities with open arms and an open mind. Captivated by “anything that triggers an emotion or response . . . anything from Garfield to immersive sensory über-future digital experiences.” She seeks out art shows and makers markets for a new dose of stimulation and insight, particularly favoring small venues where she can interact with the artists and understand not only their creative visions but their process and craft. The Other Art Fair is one art event that has become a memorable experience for Gentner, as she returns each year eager to visualize the unique perspectives and narratives of the emerging independent artists that present and sell their work. Raquel's Dream House and NY Art Book Fair have also been notable culprits that snare her gaze when she's not visiting the New Museum, Pioneer Works, The Hole, and MoMA Ps1. Gentner indulges in the vast diversity and arena for evolution that is New York City. She explores experiential events and innovative locations throughout the city, whether restaurants or retail spaces or anything else that grabs her attention; “You never know what you are going to discover – whether it's about new photographers, cool sake, or yourself.” Dover St. Market, Café Forgot, Forty-Five Ten, and even Yowie, located in Philadelphia, promise distinct and original retail adventures that have risen to the top of Gentner's favorites. People themselves also offer a wealth of insight and inspiration, as traveling or even being immersed in your backyard can expose new discussions and understandings that beg a moment of reflection, reevaluation, and possibility.

Photography claims the throne as an inherent passion of Gentner's as she divulges, “I have always been interested in the ability to stop time and freeze a moment through a lens.” Capturing moments that inspire her as she burrows into the city and far beyond, she also breeds creativity within her Brooklyn studio, which she shares with her partner. “We like to experiment with light and work on product shots and portraits through shared perspectives – it's fun to be creative and use these photos for mood boards and inspiration.” Photographers such as Carlota Guerrero, Ekua King, and Alistair Matthews embolden Gentner's

enthusiasm within her photography, as she finds mindfulness within the simplest of subjects – the people around her. Each snapshot of each person illuminates a new awareness and intimate memory that makes every photograph unique and sincere; “It's quite a superpower to freeze a momentary cognition and preserve an otherwise fleeting moment.” Also finding comfort in life's every day “tiny insignificant things,” Gentner photographs seemingly trivial compositions that breathe an unexpected pause of reflection and quiet introspection. Under the guise of the mundane, soft hues and tri-colored palettes emerge into Gentner's radar and become suspended in her lens.

This diverse mélange of creative outlets and resources continually pushes Gentner to consider new perspectives, only enhancing her workflow and success within trend forecasting. Continuously adding to a document of favorite websites, photographers, digital artists, editorials, news outlets, designers, sculptors, Instagram, you name it – she's got it, as well as many browser bookmarks and notes on her phone. All of these tools at her beck and call stimulate a catalyst for discovery, spurring new research avenues and unexpected ambitions that further her reports and feed her hunger for more. This absolute enthusiasm to be immersed in both the present digital and physical world combined with the mechanisms to get there is the name of the game in trend forecasting, as this cultural awareness and inclusivity bring a human element to data analytics. This heart-led initiative cultivates the ethical, personal, and creative connections that bolster computer analytics to familiar and recognizable means. Otherwise, algorithms would overwhelm with no sense of distinction or coherency.

To counter these mass deluges of information on ever-multiplying digital platforms, Gentner has noticed a “slowing down approach to visuals” where mental reprieve and steadied inner-reflections take priority. “As a reaction to the automatic hyper speeds and a growing technological impatience, these blurred prints and hazy overlays offer a momentary pause of gradual perception.” An unfolding concept explored for SS21, a pause in habitual routines, is further matched by fashion companies that address “global responsibility through actions, not just words.” Gentner is aware of and extremely invested in sustainability; she states it “is not just a trending lexicon – it is a necessity for ALL.” It is in these moments where people from all walks of life aspire towards common goals that the realization hits: “Everything is connected. There is nothing that is insignificant. The world is changing, and so are priorities as we see scientists becoming the new rockstars and culture refining the way we approach the future. Every piece of the puzzle works together as we become a melting pot of ideas and reconstructed notions, growing every day with new influences and innovation.” As we close our laptops and emerge into the bountiful and ever-evolving realm of our surrounding world, we witness insight and illumination hidden in obscure museums, novel exhibitions, and in every imaginable corner. Now it's your turn to figure it out – what's next?

## RACHAEL RECOMMENDS

D.vice  
NYTimes  
Office Mag  
Garage  
Arch Digest  
The Atlantic

Art News  
behance  
Are.na  
Real Life Mag  
Booooooom  
Nowness

Its Nice That  
Sight Unseen  
Dezeen  
Dazed Digital



# VINTAGE VERNACULAR

MODERN SILHOUETTES MEETS YOUR MOTHER'S CLOSET  
ELEVATING THE ORDINARY TO EXTRAORDINARY.

creative direction DARYL NELSON & ABIGAIL LAING

styling DARYL NELSON, ABIGAIL LAING & GABBY AGNES

photos ETHAN O'GRADY

models D'VYNE GATTIS, MORIAH HALL,  
ANGELA CRIVELLI & SABRINA MINOR SHAW











# AFRICAN ANKARA

D'IYANU (DEE-YA-NU) IS A FUN, BOLD, CHIC LINE CENTERED ON INSPIRING INDIVIDUALS TO DRESS CONFIDENTLY AND BEAUTIFULLY.

NIGERIAN DESIGNER ADDIE ELABOR CREATES GARMENTS MADE WITH GREAT ATTENTION TO QUALITY AND ROOTED IN TRADITION. THE FABRICS USED ARE MADE THROUGH AN INDONESIAN WAX-RESIST DYEING TECHNIQUE CALLED BATIK. THE RESULT – VIBRANT INTENSE COLORING COMBINED WITH BOLD PRINTS THAT ARE RECOGNIZED AROUND THE WORLD AS AFRICAN ANKARA.

styling JEMA VARNIE & DARYL NELSON  
photography FIDEL BOAMAH & LARISSA MCFALL  
models JANE-JANETTE ANSAH, THAYA EDMOND,  
JANYAH GREEN, REBECCA AMOAKO, SARAH OKWUOHA,  
ALYSSA A. BURRELL, MICHAL HAGOS  
production TIFFANY HARRIS  
make up GABRIELLE BELTON, MARIAMA VARNIE











WHEN WE ARE CONTAINED WE ARE NOT TRULY FREE



DESTROYING EXPECTATIONS OF MASCULINITY AND FEMININITY,  
THIS NON-CONFORMING, GENDER FLUID FUSION LEAVES ONLY  
THE TRUE ESSENCE OF WHY WE ARE HERE,  
TO LOVE AND BE LOVED.

styling & words GABBY AGNES  
photos THOMAS BULZACCHELLI  
makeup CHOMPOO CHOMPUPONG  
models JACKSON MACKAY, MATT HILFERTY, JOSIE GONZALEZ, GABRIELLE ELISE,  
ALEXANDER LOPEZ, HASSAN ALI, ANSLEY MARTIN

HAIR CLIP Free People  
FACE GEMS Amazon  
NECKLACES Amazon





PLAID DRESS Thrifted and reconstructed by Nicholas Posso  
Jacket Urban Outfitters  
HAT Urban Outfitters



SHORTS Dolls Kill  
SHOES Converse  
BUTTON-UP Ralph Lauren

IF IT MAKES SOMEONE UNCOMFORTABLE YOU DID SOMETHING RIGHT



PINK SHIRT Retrospect  
VEST Retrospect Vintage  
PANTS Retrospect Vitnage  
SHIRT Raxx Vintage  
PANTS Urban Outfitters  
BELT Dolls Kill  
NECKLACE Dolls Kill  
BUTTON UP J.Crew  
JACKET Retrospect Vintage  
JEANS Village Thrift



WE FEAR THE UNKNOWN. BUT THE UNKNOWN IS WHAT  
MAKES US TRANSPIRE AND GROW. COMFORTABLE IS  
SAFE, FAMILIAR, IT'S NOT JUST ENOUGH ANYMORE



JACKET Village Thrift  
GLOVES Dolls Kill  
PANTS Top Shop

JACKET Urban Outfitters  
TIE Village Thrift  
HAND GEMS Amazon  
SHIRT Ralph Lauren  
VEST Dolls Kill



WHEN WE CHOOSE OURSELVES ABOVE ALL THINGS,  
WE HAVE OPENED THE GATES TO AUTHENTICITY.



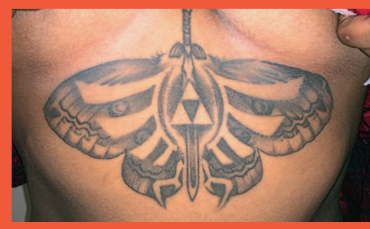
# SENSITIVE SKIN

WE ALL WEAR OUR STORIES ON OUR SLEEVES, SOME MORE LITERALLY THAN OTHERS

compiled by ASCHER THOMAS



▲ "I often find myself getting into dangerous and situations just by happenstance or bad luck. This is a reminder for myself to stop flirting with death in weird ways." **SHOP** Hunter Gatherer Tattoo



▲ "Legend of Zelda was the first form of media where I saw an androgynous character that I truly related to. Being trans you don't get that representation often. The video game imagery stands for my coming out, which was hard as f\*\*\*. The wings? I'm actually deathly afraid of butterflies but not moths for some reason. The whole tattoo represents me overcoming my fears and is placed on my chest because my identity is something always in my heart."

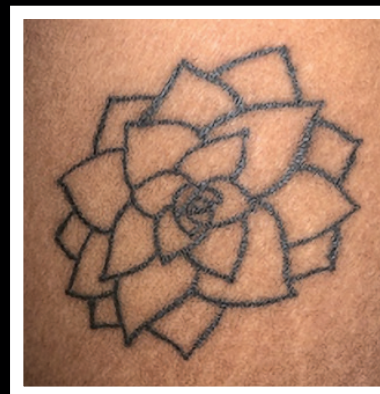
"I got this knife, inspired by the letterhead of the Knives Out (2019) script, to remind myself to have faith in myself and my convictions despite outside powers, like the protagonist Marta. It is also a reminder to stay self-protective." **SHOP:** Royalty Heritage Tattoo **ART:** Adam Kliss ▼



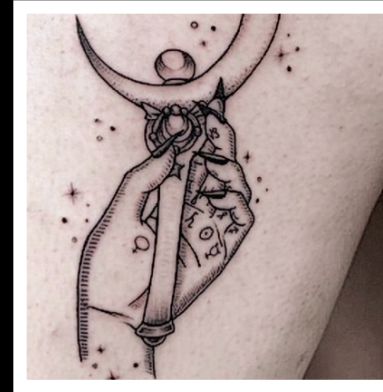
"My grandmother was a major mother figure to me and was always stressing the importance of school. Unfortunately, she passed before I graduated, so I got this tattoo so she would still be with me to see me do it." **SHOP** Skin Kreations Tattoo **ART** John McDermott ▼



▲ "My grandfather and dog died in the same week. On my grandfather's casket were prayer hands and the words 'as the moon lowers, so does it rise'. It's a reminder for me that equal to the bad there is good." **SHOP** Frequency Tattoo **ART** Justin Turkus



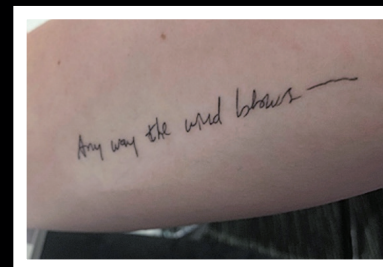
▲ "I was the last person my boyfriend talked to minutes before he suddenly committed suicide. Instead of a note, the only thing he left was a succulent plant we'd grown together." **SHOP** Alchemy Tattoo **ART** Chris Breksa



▲ "Sailor Moon is an iconic symbol of power and femininity. I want to carry that magic around with me wherever I go. I chose a palistry hand holding the Sailor Moon Moon Stick because I'm a magical girl who loves magical girls." **SHOP** The Iron Dahlia

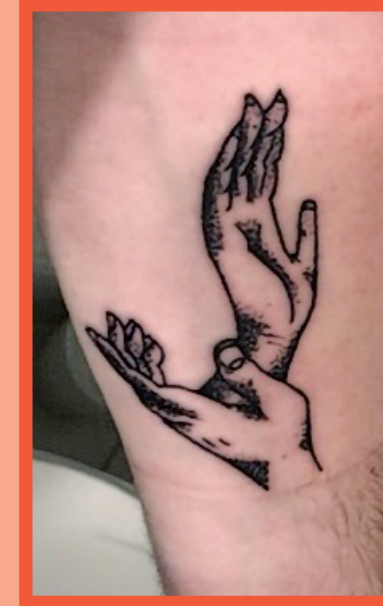


▲ "I chose that design and the placement because it's the symbol for promise, and I put it over one of my self-harm scars. It's a promise to myself I wear on my body every day." **SHOP** Bright Ideas Tattoo

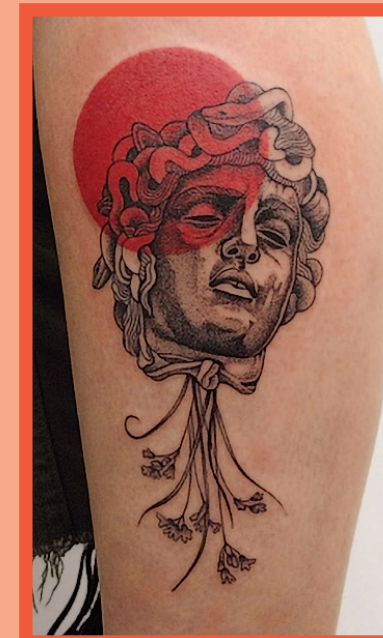


▲ "The script tattoo says "any way the wind blows" it's a quote from Queen's Bohemian Rhapsody, and it's in Freddie Mercury's actual handwriting. Freddie is a huge inspiration in my life, so this is my favorite tattoo." **SHOP** Mischief Tattoo

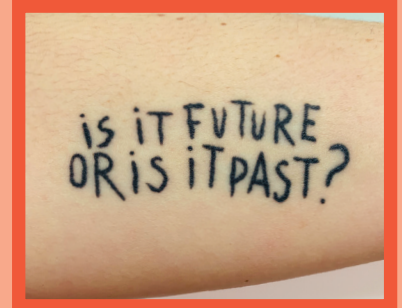
"Is it future or is it past" is a quote from a '90s show Twin Peaks, the hands tattoo is my brothers and also a reference to the show. We got these tattoos together, and it was his first tattoo, so it was a really special moment." **SHOP** Mischief Tattoo ▼



"I got medusas head on my calf. The work was done by Chiara Mattiussi, in Rome, Italy. The head of Medusa represents protection and strength. That's why many ships or women centers would have her head carved in wood, decorating them. I like to think she's looking out for me too." ▼



▲ "The mouth tattoo is actually from a picture of RuPaul, I was bored one day and just went and got it without even thinking, but I still like it! It's also kind of inspired by Rocky Horror Picture Show" **SHOP** Mischief Tattoo



▲ "Is it future or is it past" is a quote from a '90s show Twin Peaks, the hands tattoo is my brothers and also a reference to the show. We got these tattoos together, and it was his first tattoo so it was a really special moment." **SHOP** Mischief Tattoo



▲ "I'm in a competitive field, so I learned pretty early off that it is important to be boldly myself and to showcase my skills. Having these tattoos remind me to go all-in when I start hesitating. Each tattoo has a significant meaning but they really all add up to my work as a seamstress and designer for the past years." **SHOP** Carrie Smith at New Rose Tattoo



# DM FOR ADDRESS

*DROPPING IN ON THE HOUSE SHOW SCENE IN PHILADELPHIA*

words ASCHER THOMAS & GABBY AGNES photos ASCHER THOMAS

**FINALLY! A DM** sent to us with the address of the house show we've been dying to see for weeks. Despite the ridiculous name of the place (was it called McSpanky's or JJ's Diner?), the artists playing take their music seriously. After the short Uber ride, we're finally at the stoop where it all begins. The door person welcomes us while we hastily hand them the cover charge to get inside. Our stamp covered hands open the door to a lively living room as thumping bass blasts through the floorboards.

Gabby Agnes, Drexel Design and Merchandising student, describes the room as the "epitome of Eric's basement in That '70s Show," with endless stacks of vinyl and a record player spinning like a merry-go-round. The soothing sound clashes with the bass from the basement down below. It isn't her first show, but she is buzzing with the same excitement as a "first-timer" on the scene. It's time! Our excitement building for what awaits us in the basement. Everyone beelines to the creaky basement steps, shuffling between walls covered in posters and iconographic stickers. Guided by a flashlight down the steep wooden steps, a light show brighter than the star-covered midnight sky bombards us. It feels as though we were transported into a sci-fi video game, complete with groovy tunes and funky bass.

**FATBACK BASTARD** raps his carefully crafted new EP as another Drexel student, Chris Moon delivers a verse. This was much different than the Elephant Jake, Naff, Lucky Cat, and Whaler Jr. show we saw a while back

at **HORRORLAND** (another popular house venue). "You can feel the vibrations of sound through your veins, touching your soul and giving you new meaning to sound," Gabby says. The artistic compositions of each performer amaze us with their improvisational skills, as well as their '90's beatboxing drops. As you look around the room, you realize you are with your people, and everyone is here for the same thing: love and understanding of music and one another. The appreciation each artist has to offer brings an open mind that leaves you with a different perspective on life.

"I wanted a place to perform and garner an audience without paying for venues," current Drexel student and music major, Christian Cederlund quips, "and Philly's venues aren't built for broke college students on a budget. It makes way more sense to just start our own venue. The number of basements in Philly alone is a major part of why we're able to do it." Another student, Chris Moon, echoed this sentiment by saying, "as a California native, I was really amazed when I moved to

Philly to see the amount of opportunities that was totally not where I was from."

For smaller, independent bands, house show events offer an affordable way to get started by often consolidating their cover charges with the groups and splitting the pay equally. However, the real sustaining factor for nearly all household venues and bands is merchandise. Merchandise allows a band to get their name out in the world, sparking conversation between friends and generating buzz. Moonflower, a metal/punk band, stated that they had used the cover charges accumulated at shows to manufacture merchandise such as CD's, T-shirts, and hoodies. "You gotta start somewhere small," the lead singer

tells me, "Even though venues are great, you need more to get recognized by people." Bands have shared similar sentiments at various house shows.

**CARLY COSGROVE**, a local Philadelphia alternative band, hands out free stickers at shows they attend to improve their brand recognition. Some groups, like The Firnats and Regrown, travel long distances (in their cases, Virginia and New Jersey respectively) to come to Philadelphia specifically for the experience of being able to tour while maintaining a budget. The trick

for these bands, however, is knowing what venue will fit your genre.

The independent music scene in Philadelphia is diverse. Venues such as **PHILAMOCA** have beautifully embodied an eclectic range of independent bands, including rock, punk rock, and jazz. Houses like Crunchy Zone, however, focus primarily on the rap and hip-hop genre. These venues give space to those less recognized artists within the scene, such as Michael Burke, Kid\_Smoko, Flydration, and Pretty Bravo. Venues such as Café Lorraine are student-run, providing a homey space where multiple genres can exist independently. Café Lorraine hosts bands such as Idlewave, Stand & Wave, Black Dirty, Gorpo, Precious Little Life, Peach Face, and People on Other Planets.

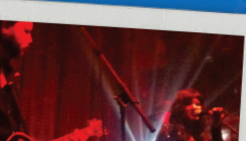
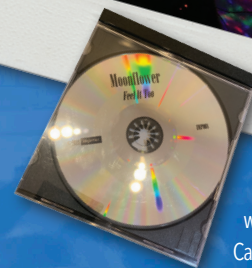
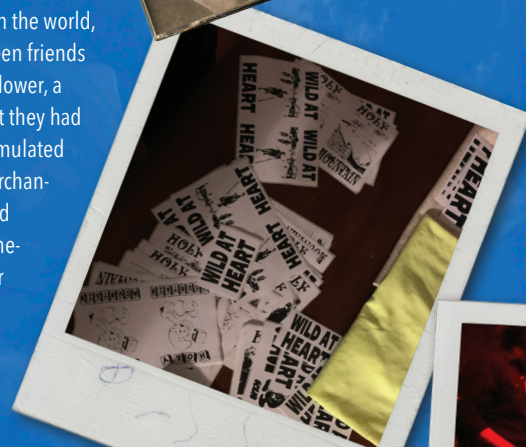
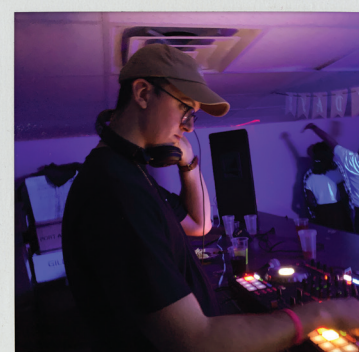
West Philadelphia venues, including **GRANDMA'S HOUSE**, The Hive, and Jabba's Place, are all quite similar in its D.I.Y. model, and allow artists to display their musical flair. Lugin Mansion, Haus of Yarga, and Tide Pool feature artists such as Fever Dreams, Schotzi, Binary, and Snake Charmer, all with distinct styles and unique sounds. North Philadelphia houses such as Kung Fu Necktie and Lizard Lounge approaches the D.I.Y. theme with a comfortable, laid back aesthetic showcasing the talents of Faucet, The Pressure Kids, Twin Sport, Old Sport, Humilitarian, The Valet, and WR YU.

Many may remember WR YU from their EP release at Café

Lorraine, but this time they were accompanied by Blame Jakob, Scrimshaw, and Gorpobap. Gorpobap also played at Couch Town in West Philly, another alternative house that has previously displayed the stylings of Slenko & McKeys, Bunny Love, Cheer Mom, Wyndup Kid, The Poms, Upsetting, Snow Whore, Eliza Bird, Think Machine, Morus Alba and GINNY, just to name a few.

Maybe you're into the Northwest Rock scene? **WHARF ARTS CENTER** has artists like Blame Jakob, Regrown, Lazy Eye, and Your Diary. "Alternative, Indie, and Rock music are really popular in the scene which is cool," remarks Christian Cederlund, "but I think there should be more platforms for dubstep or electronic artists in the scene. Without D.I.Y. shows and the occasional experimental show, we wouldn't really have a platform as artists at all."

Philadelphia's innately diverse culture provides the ideal backdrop for the thriving music scene that has led to an increase in house shows. With a constant influx of creativity and a growing appreciation for local artists, the Philadelphia music scene is not dying out anytime soon. Next time you're walking in the city, notice the band posters on lamp posts – you never know what next great artist is around the corner.





# WE ALL WANT TO BE THERE

INSPIRED BY THE SEQUINS AND  
SILHOUETTES OF THE GLAM ROCK ERA,  
LOCAL PHILLY BAND,  
**COURIER CLUB**, TRANSPORT BACK  
TO 1975 AND IMMERSE THEMSELVES  
IN FASHIONS INSPIRED BY MERCURY,  
BOWIE, & BOLAN.

by BROOKE YARSINSKY  
photos HANNAH BEIER  
models JACK KESSLER, MICHAEL SILVERGLADE,  
TIM WALDRON, RYAN CONWAY



JACKET Dolls Kill  
JUMPSUIT Vintage









PANTS (left) Zara  
JACKET Vintage  
PANTS (right) Vintage



PANTS Zara  
JACKET Vintage



# CONFESSIONS OF A NEW YORK CITY STYLIST

BREAKING THE BOUNDARIES OF TRADITIONAL STYLING, RHINESTONER-IN-CHIEF, HAILE LIDOW, CREATES AN ECCENTRIC DREAMSCAPE OF QUIRKY VINTAGE AND CONTEMPORARY CLOTHING, FLOODING HER BROOKLYN STUDIO WITH AN ARCHIVE OF WEARABLE POSSIBILITY.

words BROOKE YARSINSKY & SARAH PRUITT  
photos HANNAH BEIER

**"STARTING A BUSINESS** and going crazy – what do I do?" Attesting to the fact that Google can only help so much, entrepreneur and stylist Haile Lidow uncovered the truth when launching her styling rental service: experience is crucial. Curating a fashion wonderland with unique designs available to stylists for editorial shoots, videos, and events, Lidow modeled her inherent passions into a distinctively vibrant business venture. Enchanted by splashy and kooky clothing since the age of three, she dove into the world of fashion at sixteen with her first job at *Vogue* in LA. Getting her feet wet with a mix of responsibilities, Lidow moved coast to coast in pursuit of the next big step: fashion assistant at *Vogue* NY. She chuckled and shook her head, candidly acknowledging that she hated the job, but left with an experience she would never trade and a piece of advice that sticks with her ten years later; "Being knowledgeable about and working with your peers can be more important than reaching out to the people who are already the most successful. You learn and grow with your peers, so building strong relationships and growing together is the best way."

As we sank further into the plush cheetah chairs of her extraordinarily curious apartment, we paused for a moment to reflect on our peers and the competitive dynamism which we navigate daily – perhaps it's time to rethink. Lidow realized the potential of a career in styling as she advanced from styling intern to assistant stylist at *Elle* Magazine, where her duration was shorter, but her passion ran fiery hot. "I wish I had committed to it

longer because being an assistant is where you really learn the ins and outs of the industry," and although she didn't know it quite yet, Lidow had other career plans in store. Yet despite her yearning for more creativity and freedom within styling, she declared with the utmost resolution that learning how to be the best, most well-rounded and efficient assistant to a great boss is an unparalleled experience. After embarking on a production tour styling live bands, she was left with two interests – styling her way and making money doing it. Uncertain of where to go next but firm in what she didn't want to do, Lidow's discerning ambitions gave her a direction for the approaching future.

While enduring the grueling labor of moving apartments, amid hauling masses of clothing, shoes, and accessories from multiple storage units and closets, a brilliant light bulb struck. Having a knack for collecting eccentric fashions solely for style and affection, Lidow's purchases over the years had amassed into a hefty amalgamation of oddities. As she scanned the extent of her collection altogether under the same roof, it became clear – this archive was her new business model. Her years of experience would be put to the test as she side-stepped the traditional career course of a stylist and reevaluated her future and the opportunities that awaited. Thus, the Lidow Archive was born.

An online platform offering stylists rental services with access to 4000+ vintage and runway finds, the Lidow Archive is a utopia of fantastical fashion in real life. An entire floor of Lidow's apartment bursts at the seams gleaming with kaleidoscopic sequins and vivid fur coats bustling against a suit with a money print and smooth-as-butter assless chaps. Struck with the manifestation of our wildest dreams, we navigated the tightly packed floor with jaws dropped and hands at the ready, immersing ourselves amongst divine textures and striking chromas. Six-inch glitter platform boots and a structured car purse lured our mesmerized gazes as we desperately ached to surrender to the sacred haven that is the Lidow Archive. After giving us a tour, letting us explore, and eventually prying us away from the fantasy, Lidow delved into the nature of her business model. Stylists use the site to find pieces for their upcoming shoots, videos, and events. They submit requests, mood boards, ideas, and inspirations to Lidow for guided expertise. She caters to each stylists' various needs, pulling and renting pieces as the dream transforms into a reality. A hands-on, more personal approach arises from this business strategy, as



**"IT'S ALWAYS SUPER  
EXCITING WITH A  
TINY PERCENTAGE  
OF BLINDING FEAR."**



PR people or vintage historians do not run the archive, but rather a small team of individuals who each bring particular skill sets within the industry. Kevin Starynski and Rose Mae Turner are Lidow's partners in crime, with Starynski helping run the overall business and Turner in charge of garment research and repairs.

Revealing her proudest moment as an entrepreneur, Lidow recounts this very milestone of bringing Turner into the Lidow Archive fantasyland. Hiring that third person, a stranger no less, solidified her journey and proved that this is a legitimate business, and it is undoubtedly just the beginning. But with the thrill of the business came fear and uncertainty as well, as she confessed, "It's always super exciting with a tiny percentage of blinding fear." Up until recently, Lidow operated all business affairs out of her and her girlfriend's shared apartment, resulting in a stressful blur between work and personal life, leading to unavoidable moments of tension in their relationship. Starting a new business can consume all aspects of your life. To avoid this fate, Lidow recently leased an office space to conduct business operations. Although this recent change relieves some of her fears, she still confesses her current state of mind surrounding her new project, stating, "I'm just as terrified of succeeding as I am of failing."

Yet the racks of clothing are deceptively glamorous compared to the realities of the industry. Lidow blatantly divulges the truth of what it takes to make it in the world of styling. To her, one of the essential qualities is having a thick skin. "You have to be willing to put in a lot of work and be treated like sh\*t, which sucks." Even though you are handling fabulous clothing, Lidow is adamant that styling is not glamorous. There will be times you are lugging suitcases up flights of stairs, spending hours steaming and folding clothes, and getting yelled at for mistakes you did not make. In addition to managing the difficult tasks, styling requires a vast knowledge of the fashion industry. Not only should you be able to name the addresses of several showrooms off the top of your head, but also memorize PR groups and who they represent. Lidow advises

aspiring stylists to start researching top designers, showrooms, and PR companies to be the most qualified candidate for a job.

Lidow's impressive experience offers a unique insight into the styling world. Her rare perspective as an archive owner, as well as an experi-

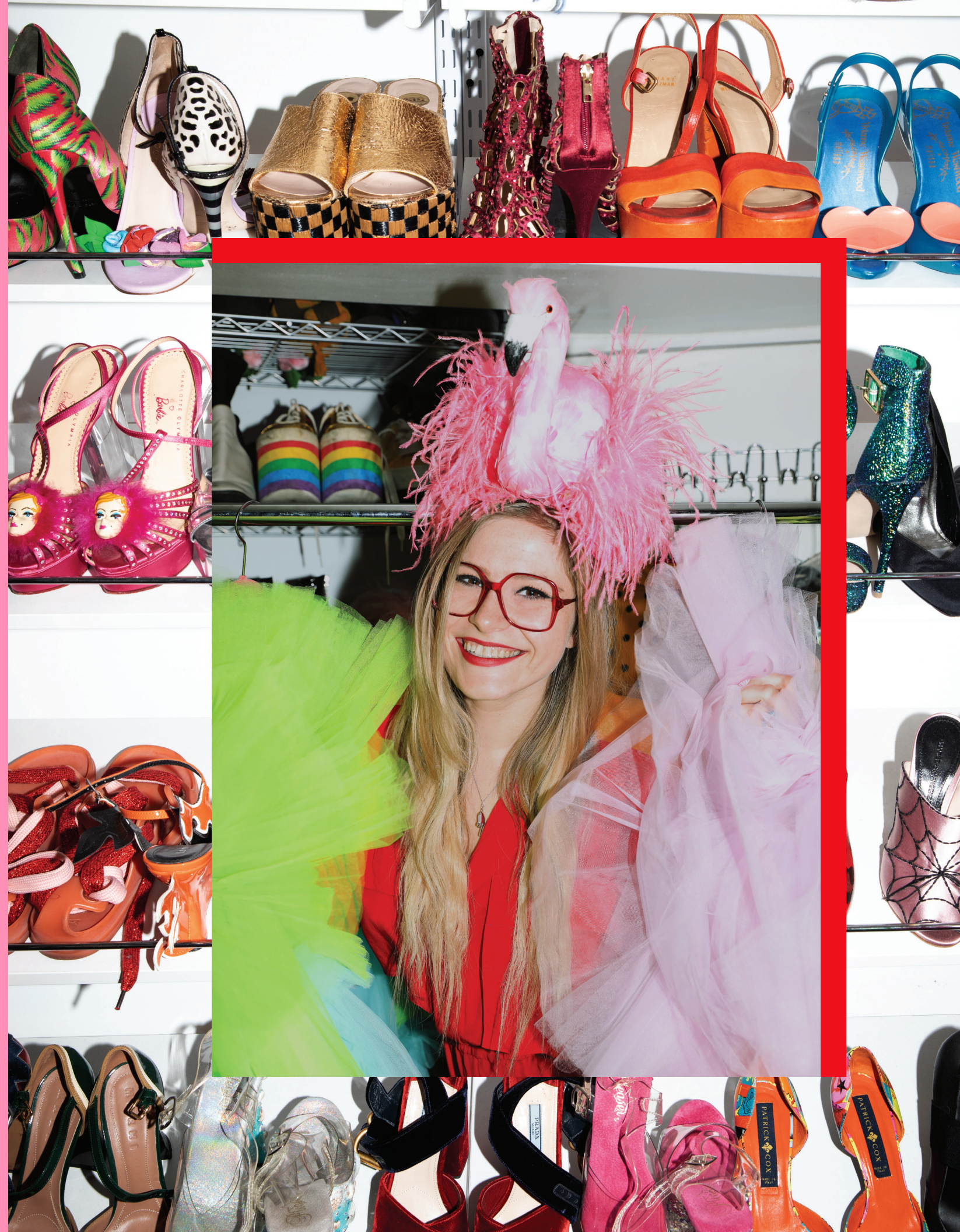
enced stylist, provides an exclusive point of view for aspiring stylists. "Start buying clothes for yourself that you would style with," she adds, "the biggest mistake people make is not always dressing the way that you want to be styling." You don't necessarily need to aim to have a behemoth of a 4,000-piece archive like Lidow, but having a couple of suitable racks of clothes you can pull from is extremely helpful. Be mindful when purchasing clothing, because the things you buy now can be quite beneficial when you begin your career.

After experiencing the trials and tribulations of an early career in a cut-throat industry such as fashion, Haile Lidow's sacrifices allowed her to claw her way above the lowest tier of the fashion industry. In this hierarchy, the fashion royalty resides at the top, while the young and passionate newcomers sit at the bottom, treated like peasants. Still, Lidow insists these kings and queens of fashion will phase out one day, just not as soon as she hopes. Her goal is to change this power dynamic and eliminate the aura of fear characteristic of the industry. She fosters this ethos in her business – small as it is – by treating her employees as equals and supporting outside stylists as much as possible. In addition to the daunting task of changing the structure of a stubborn industry, Lidow has more tangible goals for her business endeavors. She hopes to style an editorial in print for one of the publications she grew up reading, including *Vogue*, *Nylon*, or *Dazed*.

Haile Lidow's authenticity is as blatant as her effortlessly cool sense of style. Her goals for her business and vision for the industry sparks our hopes to work in a Lidow-influenced industry one day, one full of generosity, harmony, and celebration of fashion. "People take fashion too seriously; it should be fun!" she reminds us, as we navigate our future careers in the fashion industry, to work hard, but always remember – they're just clothes.



**"PEOPLE TAKE FASHION  
TOO SERIOUSLY; IT  
SHOULD BE FUN!"**





# LEARN

**GETTING THE JOB MIGHT BE THE EASY PART  
BUT KNOWING YOUR WORTH OFTEN COMES  
WITH TIME AND EXPERIENCE.**

Words NICOLE COPPINS, KATE KEMPLE, CAMILLA NAPPA

**A**t Drexel University, students complete a six-month co-op as part of their degree. In majors such as design & merchandising and fashion design, many students aspire to spend their co-op and future career in the fashion industry. This exciting industry, especially in New York City, is notorious for hosting unpaid internships. Amongst this harsh reality, how do students navigate the competitive and complicated landscape of applying and landing co-ops in the fashion industry? How do students survive as an unpaid intern? And most importantly, is it worth it?

Dr. Joseph Hancock, design & merchandising professor and Program Director for the MS in retail & merchandising at Drexel University, is an adamant proponent of students knowing their worth and accepting paid co-op positions. His advice for students is to look at the “unsexy jobs,” such as working for an off-price or big-box retailer instead of a luxury fashion brand; those are the companies that often pay and give students the tools and skillset to grow their careers. Dr. Hancock assures that students will gain a meaningful learning experience with these retailers, which is the most crucial aspect when searching for a co-op. Even though students are not working a luxurious job with high-end products, students will still be getting the same amount of experience and will be just as qualified. Ultimately, getting the best learning experience possible is the most critical takeaway for co-op.

Melanie Kraus, Associate Director of Co-op Education at Drexel University, advises design & merchandising and fashion design students throughout the co-op process, from applying to jobs through the end of the six-month experience. Kraus notes that unpaid positions through Drexel’s job portal, SCDCOnline, typically will not receive as many applicants, as many students end up taking paid co-ops over unpaid co-ops because of their financial situations. At the same time, some students pass up paid opportunities to work in an unpaid position for brand recognition or better types of experience. For example, a co-op in brand licensing at Michael Kors, a well-known designer in New York, is an unpaid position but could yield many opportunities because of the brand’s status in the industry.

While looking for a job, Kraus advises students to look for an employer that “is invested in your personal growth and takes the time to let students grow.” One way to examine this could be from looking at the longevity within the company, including determining how long employees typically stay at the company. Dr. Hancock recommends looking at employers where students have previously done their co-ops or positions where alumni have worked and stayed on after graduation.

Additionally, Dr. Hancock believes that “Networking is crucial. The key is going to meet alumni and going to meet people who have worked in the industry” to make connections. Whether it’s an alumni event at school or through clubs and student organizations, networking is critical in the job search. He also recommends that for students who dream of working at a specific place, try walking in with a resume and showing interest in person; demonstrating enthusiasm and investment in a company would not be overlooked and could even lead to an interview on the spot. Students should also conduct research and become aware of the industry, the company, and the exact job position; looking into annual reports and mission statements for companies helps to create a clear understanding of the position and company. Preparation early in the job hunt aids in avoiding confusion in order to make a better impression.

Furthermore, Dr. Hancock and Kraus both advise students to do financial research before applying for jobs. Knowing that many co-op positions in the fashion industry can be unpaid, Dr. Hancock recommends that students “figure out how [they’re] going to get paid during that time” to ensure that they do not lose money. Kraus points out that it’s not just the absence of income during that time, be sure to calculate expenses like rent, groceries, and commuting to have a holistic cost analysis and budget. Both recommend getting a part-time job in retail to balance a 20 hour/week unpaid position.

## PAID OPPORTUNITIES

Brooke Yarsinsky, senior design & merchandising major, knew she wanted a paid position through Drexel’s SCDCOnline system, so she applied to every single paid job that was related to fashion. There were only six jobs that fit these criteria. To have more paid options, Yarsinsky expanded her search to other industries and categories such as marketing. She reported that most of the fashion co-ops are in buying or sales. While that is a significant sector of the industry, “most people [including Yarsinsky] do not want to be buyers, so there weren’t very many creative options.” Of the four interviews she got, only two were in New York City, which is where she hoped to work. As a result, it was easier for her to choose a co-op as a merchandising intern at Mundi Westport Group because there were so few paid opportunities.

When students are doing work that they are passionate about and getting paid to do it, they fully immerse themselves in the work environment. They can experience more without further financial stress. Yarsinsky enjoyed her job and got along very well with her coworkers, which helped make her job more comfortable and more enjoyable. As a merchandising intern, she did



things like create sales reports, organize and set up showrooms and update e-commerce sites and Amazon product pages. At Mundi Westport, she felt that she was appreciated and received \$15 an hour, the minimum wage in New York City. Yarsinsky believes she was paid enough for the work that she was doing. Ultimately, this job got her foot in the door of the fashion industry and helped her realize what she wants out of her career.

## TIME IS MONEY

Sarah Pruitt, a senior design & merchandising major, knew she wanted to do something creative during her co-op. She didn't feel like she fit into many of the typical co-op categories offered in the SCDCOnline portal, such as buying, merchandising, social media, or public relations. Pruitt decided to do some research on her own and found a job posting through LinkedIn for an internship at a trend forecasting agency, Fashion Snoops. The internship was unpaid; however, she kept an open mind about the job, and it ended up being her best option.

Pruitt worked roughly 20 hours per week at her co-op and spent approximately 24-28 hours per week working as a hostess at a prestigious

# “THE WHOLE POINT OF CO-OP IS TO LEARN AND SEE IF THAT JOB IS SOMETHING YOU’D WANT TO DO IN THE FUTURE”

New York City restaurant. This part-time job allowed her to finance living in New York while taking the unpaid co-op. However, this meant she sacrificed a large portion of her time. She worked every day of the week and hardly had any days off, but she reflects that the whole experience was worth it.

Some students take unpaid co-ops because they feel it is the only option available for them to pursue their dreams. For Pruitt, she knew the financial sacrifice would be worth it because her co-op helped her gain invaluable connections and get one step closer to achieving her career goals. Her supervisor “was very considerate of the unpaid nature” of the job and treated her co-op as a significant learning experience, “using [her] time well and giving [her] a lot of opportunities to learn, which is the whole point.” She reflects that “the whole point of co-op is to learn and see if that job is something you’d want to do in the future,” and spending six months at a trend forecasting agency affirmed that for Pruitt. She is currently working there as a paid freelancer while she finishes her degree at Drexel this year. Sometimes making sacrifices for an unpaid job is worth it, as it can provide students with incredible learning and future opportunities.

## CHALK IT UP TO EXPERIENCE

Melissa Briner, a senior fashion design student at Drexel, had a similar

experience to Pruitt. Dreaming of trying her hand in couture, she spent her co-op as an atelier intern at Zac Posen. Even though the position was unpaid, Briner knew she would gain immeasurable experience working under the Vice President of the company that would make this unpaid co-op worth it. Through her time in the atelier, she learned and refined her skills in corsetry and hand-sewing that directly benefited her schoolwork and will help as she works on her senior collection this year.

Briner reflects on what she learned during co-op, saying, “In my six months of just being around corsets, my corsets now are so much better... my improvement of just being around the high-end garments and these people who were highly skilled in sewing and construction really allowed me to improve my work as a designer.” Briner recounts that the longer length of co-op, compared to a traditional three-month internship, allowed her to establish strong relationships with her bosses. Over time she was showing them that they could trust her skills to work on high-end garments that many other interns didn’t get to do. The networking potential of working in one position for six months allows for building more robust, more meaningful connections and greater responsibilities. Additionally, her co-op gave her unbelievable opportunities, as Briner recalls that she “was hand sewing a Met Gala dress, which I would’ve never dreamed to do...” Being able to work on a Met Gala dress as well as working directly with Zac Posen himself on multiple occasions shows how sometimes, an unpaid internship is worth it for the exposure and education that a specific company provides.

Hannah Beier, a double major in photography and design & merchandising, unexpectedly had two three-month co-ops. Her first co-op was initially unpaid with a small weekly stipend, daily lunch stipend, and a MetroCard. Beier was

both a photo assistant and an e-commerce intern, which meant that her 40-hour weeks quickly became 55–60 hours a week. Having to work six months, almost unpaid, was a financial struggle for Beier, which is the typical burden for students working in Manhattan. Beier recalls, “Even though I wasn’t paying for tuition, I still had to fund myself while being in New York and ultimately live in a neighborhood where I did not feel completely safe.” Because her job only had two employees, she was expected to produce the same amount of work as a full-time employee. This amount of work affected Beier emotionally and physically; she was never getting enough sleep and was always getting sick. Her boss sent her on Devil Wears Prada-like tasks on top of her already heavy workload. She recalls how “One day I was actually sent to buy doggie diapers for my boss’ sister’s dog, not exactly a valuable experience.” It was side tasks like this that made Beier feel like her the co-op was a waste of time, and she was not gaining the experience and connections.

Beier ultimately became fed up with being overworked, underpaid, and poorly treated in her position, and decided to cut her time with the company short. Thankfully, she was able to find another position at French Connection as a digital design intern. This opportunity completely changed Beier’s perspective of a work environment for interns. On top of her allotted lunch stipend and MetroCard, they gave her a part-time job opportunity at their retail location. Interning for French Connection, Beier worked with the design, merchandising, wholesale,

and public relations teams, which broadened her experience within the industry. Additionally, she oversaw their email marketing campaigns and created content for their social media. Beier states, “I always thought that being an intern in the fashion industry meant having to do silly, irrelevant tasks to get anywhere.” The French Connection internship made her realize that there are companies out there that want their interns to get out as much as they put into the position, in regards to learning and opportunities. Instead of being stuck in a negative experience, she had the ambition to turn her situation around to find the perfect co-op situation.

## COMMUNICATION IS KEY

Communication is crucial between an individual and their employer, especially if the position is not going as expected. Lauren Hall, a senior design & merchandising student at Drexel, worked as a PR and Event Planning Intern for a PR company in Philly, which she found through a self-directed job search. At first, this position was everything she thought she wanted out of her co-op experience. She quickly became friendly with her coworkers, and the position gave her valuable exposure to event planning. Hall was able to take on as much responsibility as setting up an entire event from start to finish. She oversaw finding vendors, influencers, attendees, and all other details of hosting an event.

As her co-op progressed, however, Hall’s employer had her working unexpected overtime, and her first 24-hour workweek drastically increased to 55 hours. Hall states that if this were a paid position, she would have been more excited to work and more open to working overtime. This put her in an awkward situation, as she had to balance working co-op overtime with two additional part-time jobs, which she needed to pay for groceries, transportation, and other expenses. The extra hours meant working nearly 12-hour days every day of the week. Towards the end of her co-op experience, she did not have any more motivation because she was simply overworked and over-committed. Hall decided to be more vocal and talked to her boss about her situation. Her boss was very understanding and allowed her to reduce her working hours. Hall discusses how if she could change anything about her experience, it would be to be more assertive when she started working in terms of her schedule. She encourages others to be more vocal about their expectations and abilities because many times, employers will be happy to accommodate.

## IS IT WORTH IT?

Samantha Schiano, a Drexel design & merchandising alum who graduated in December 2017, spent her co-op at Marchesa as a product development intern. “My goal [for co-op] was to absorb as much as I could and potentially receiving a job at the end of it. Ambitious, I know, but I knew that if I set my mind to something and worked hard, I could achieve it.”

Her position was unpaid, so she also worked at Madewell as a sales associate to make money. Since Marchesa is a smaller company, she participated in production, public relations, and sales in addition to design and product development. She frequently took the initiative to help other teams whenever possible, and this cross-functional exposure gave her a deep understanding of “the life-long journey of a collection from beginning design to end sales” while also seeing how each team

# “I ALWAYS THOUGHT THAT BEING AN INTERN IN THE FASHION INDUSTRY MEANT HAVING TO DO SILLY, IRRELEVANT TASKS IN ORDER TO GET ANYWHERE.”

operated. Experiencing this all firsthand gave Schiano the insight to help figure out what she wanted to do after graduation.

Throughout her time at Marchesa, Schiano “was always vocal with my supervisor in what I wanted out of my co-op.” After the first half of her co-op, she “felt like I was missing something” in product development, which led her to begin helping the wholesale team where she found her place. She enjoyed the daily customer contact and being “practically a glorified customer service agent.” She learned that in working with customers every day, “using both sides of the brain is a must. You need to be creative, but also analytical, a quick, yet efficient, and effective problem-solver.” This healthy initiative and communication with her supervisor helped lead her to get the most out of her co-op experience. In August, before she even finished her co-op, Samantha was offered a job post-graduation in December as a sales assistant under the director of sales. Then, a year and a half after she began working full-time, she was promoted to a junior account executive.

Samantha recalls that “it is surreal to look back at everything I have accomplished and learned since my co-op and I wouldn’t trade it for anything.” For that reason, she believes her unpaid co-op was absolutely a risk worth taking, and she would “most definitely do over again. To be 23 years old doing what I am doing, having the responsibility and authority that I have in my position – I mean words cannot express the feeling. I am not going to lie, it has been an extremely hard and tough road, but I know, in the long run, it was absolutely worth it for my career.”

Co-op is about learning real-world experience from industry professionals. Whether you end up choosing a job that is paid or unpaid, the critical part is that it is your choice, and everyone’s situation is different. Remember that your attitude and approach to your work are of equal importance to the actual work you are doing. Communication with your employer is crucial to manage expectations and get the most out of your job. Be honest with yourself and your employer with what you want out of co-op and know that even a seemingly negative experience will get you one step closer to your dream career. Sometimes, not getting paid for six months is worth it to chase your dream. In the end, students must look at their goals and see what it will take to make them a reality.



# MAKE IT DON'T FAKE IT

## 101 INSIDER TIPS BY DREXEL STUDENTS, FOR DREXEL STUDENTS

words BRIAN CHENG, NICOLE COPPINS, EMILY DIELI, MAGGIE ILICHEVA,  
ABBY LAING, CAMILLA NAPPA, EMMA RAPUANO, SOPHIE RUBIN,  
photos BRIAN CHENG illustrations ASCHER THOMAS



### 1. MEET DAWN

Dawn Gibian joined Drexel University and Westphal College in January 2006, serving as the Academic Advisor for Visiting Students, Westphal Studies, and Still-Deciding Students. Dawn's current position is Assistant Dean, Director of Office of Academic Advising in Westphal College of Media Arts and Design.



### 6. PROFESSOR SPOTLIGHT: ADA TREMONTE

Ada Tremonte wants people to know that interior design isn't just colors and pillows. "Interior design is really a multi-faceted profession. It's creative, it's aesthetic, it's human-centered, it affects the environment, it affects people's wellness and behavior, and we're responsible for the health safety of the public." She notes that many design firms are looking for individuals who are either LEED-certified, which focuses on the sustainability of a building, or WELL certified, which focuses on advancing health and well-being in buildings. Due to the growing importance of making sure everyone, no matter their size, shape, or physical capabilities, can properly access a building, the field of interior design has begun to incorporate a sense of humanity and responsibility to others as part of their plans. It is essential that today's interior design students, "understand the power they have; they have a responsibility to the environment as well. We are responsible for all the buildings that go up in the world; we can either create buildings that enhance the environment or not." In each class, students act as if they are serving a client, requiring students not just to understand the material well but focusing on punctuality and etiquette expected in the real world.

- 2 GPA is important, but it doesn't define who you are. It does not define your potential and the type of professional that you will be. Many people think that jobs only look at the numbers, but newsflash, your personality, and soft skills carry as much if not more weight. However, a way to avoid this is to not procrastinate on work. Time flies, and it is not the best solution leaving it for the last day.
- 3 Stay organized, make a schedule, and plan out your time at Drexel, including when you will co-op and study abroad. After week one, go through your syllabi and create a calendar to stay on track with assignments and exam dates throughout the term.
- 4 Invest in a good quality planner to write down all your assignments and due dates. Check out Paper Source in Center City (1628 Walnut St) for some super cute options.
- 5 Get to know your academic advisor and become their best friend. Trust us; it'll benefit you in the long run.

- 7 Find a study buddy in each of your classes so you can help and hold each other accountable.
- 8 A tip from a Drexel Resident Assistant, Ashlynn Kirk, is the importance of making your mental and physical health a priority. College consists of pressures, and it's easy to lose yourself, and what's essential, therefore it is necessary to put yourself first in all aspects. Do things for you. Embrace your fresh start and take control; don't let others control you.
- 9 Have Drexel's public safety number on speed dial. You can find them on campus in yellow jackets, usually riding bicycles. They are there to keep you safe, utilize them.
- 10 Drexel will get BUSY, and while you might want a social life to be a priority, you simply don't have time for it. Luckily, Drexel has lots of social opportunities on campus to take advantage of, such as Greek Life, clubs and organizations, and intramural sports teams.

**DAWN SAYS**  
"WHEN YOU FEEL  
LIKE YOU'RE NOT  
GOING TO GRADUATE,  
BREATHE AND  
BREATHE  
AGAIN"

## 12.

### BEST STUDY SPOTS ON CAMPUS

THE BEST PLACES TO SETTLE IN AND  
GET ALL OF YOUR WORK DONE

13. SAXBYS 65 N 34TH ST
14. WESTPHAL 3501 MARKET ST
15. LEBOW 3220 MARKET ST
16. PAPADAKIS INTEGRATED SCIENCES BUILDING 3245 CHESTNUT ST
17. ROSS COMMONS 229 N 34TH ST
18. LIBRARY LEARNING TERRACE 3300 MARKET ST

### PARTY THE SAFE WAY

19. Always have a friend with you
20. Hold your cup over the top and not on the side
21. Know your drinking limits
22. Know how you are getting home
23. Don't post pictures you may regret
24. It's OK to say no

### 11. INCOMING STUDENT

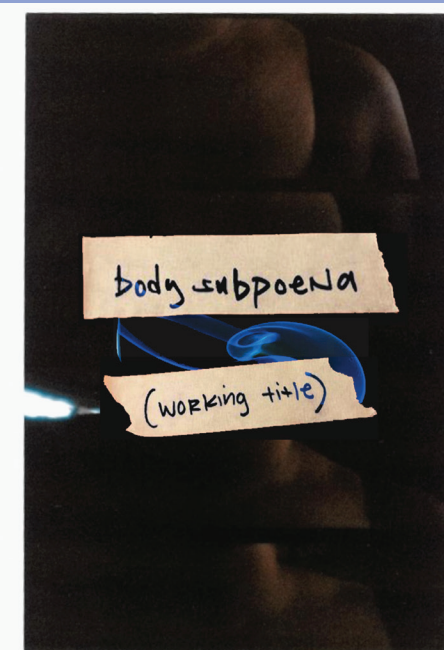
## Q&A

**Q:** IS IT DIFFICULT ADJUSTING TO THE QUARTER SYSTEM VERSUS A TYPICAL SEMESTER SCHOOL?

**A:** ADJUSTING TO THE QUARTER SYSTEM AS AN INCOMING FRESHMAN ISN'T TOO HARD BECAUSE, AT DREXEL, IT'S ALL WE KNOW. WE MOVE AT INDUSTRY PACE, AND BECAUSE OUR TERMS ARE TEN WEEKS (VERSUS 15 WEEKS AT A SEMESTER SCHOOL), WE ARE CONTINUALLY WORKING ON SOMETHING. IT ALSO ALLOWS US MORE ACADEMIC TERMS, WHICH ALLOWS US TO TAKE MORE CLASSES FOR A WELL-ROUNDED EDUCATION.

### 25 CREATORS OF DREXEL SARAH DREPAUL ENGLISH MAJOR, FILM MINOR

Sarah Drepaul is in the process of creating a poetry chapter book that aligns with an experimental documentary. The theme is personal and generational trauma told through the most important women of her life. Drepaul believes that when one woman shares her experience, it creates a gateway and provides space for others to open up. She states, "I want people to see that this is a way of existing for a lot of women, the more nuanced unapologetic ways of how a lot of us had to grow up and come to the understanding of our own bodies." Drepaul plans to film in her parents' home country of Guyana to show the concept of lineage and explore the effects of trauma within a colonized territory and its people.





## 26. MEET YOUR LIBRARIAN



### SHANNON ROBINSON

Librarian for media arts & design | smr87@drexel.edu

Need help with that art history paper? Have a project that you need to do demographic research for but don't know where to start? Shannon is your go-to. She is super knowledgeable about research sites and the best places to go within the Drexel library database to find any information you may need. She's always happy to help, so don't be afraid to reach out with any questions!

## 27.

DAWN SAYS  
"IT'S ALL  
GOING TO  
WORK OUT"

## CHOOSING A MEAL DELIVERY KIT

### 28. DIETARY RESTRICTIONS

Meal kits that accommodate numerous diets. **JChef** – Kosher; **HalalChef** – Halal; **Easy-Plate** – Traditional with vegetarian options you can choose from weekly menus; **Freshly** – All gluten-free, can specify if you want vegetarian, dairy-free, vegan, or allergy avoiding; **HelloFresh** – Traditional, can specify if you want family style, low calorie, or vegetarian; **Purple Carrot** – Vegan; **BistroMD** – Traditional, gluten free, heart healthy, diabetic, or menopause; **The Good Kitchen**; **Whole30** – elimination of sugar, grains, legumes, soy, or dairy.

### 29. BUDGET

Luckily, meal kits are very cost-efficient by negating most grocery and take out expenses. These are only a few of the kits, but you can see how the prices per serving are less than you would spend on some Chinese takeout, pizza, at a coffee shop, or anything you find on UberEats.

**EveryPlate**, 5 dinners per week (2 servings each) = \$5 per meal \*10 meals for \$50 per week  
**JChef**, 2 meals per week (4 servings each) = \$9 per meal \*8 meals a week for \$72  
**BistroMD**, 5 breakfasts, 5 lunches, 5 dinners = \$10 per serving (for 5 day program)  
\*15 meals a week for \$150

### 30. TIME

Different kits require different amounts of time for preparation. Freshly, Tovola (which you must get their specific oven for), The Good Kitchen, BistroMD, and Vestro are some of the kits that you just pop in the microwave. The average heating time for these meals is 5 minutes, so it's perfect if you know you're not going to want to cook after a long day. Others, such as HelloFresh, Purple Carrot, EveryPlate, JChef, and HalalChef, are kits that send you all the ingredients and instructions. Each meal takes at most an hour to prepare.

31. "I'M STILL WAITING FOR STUDENTS TO MAKE MERCH THAT SAYS, 'I SURVIVED DESIGN AT DREXEL.'"  
—DAWN

## 32

## CREATORS OF DREXEL

MARY ALLAIN

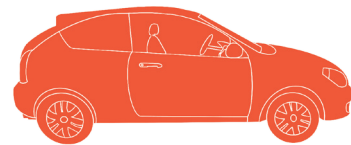
MUSIC PRODUCTION MAJOR

Mary Allain is a music production major creating an EP for her senior thesis. Mary must be the songwriter, producer, sound engineer, graphic designer, and marketer. Her inspiration for this EP derives from George Harrison's solo career after The Beatles era; and will test whether writing about spirituality is still either relevant or relatable.



## PARKING ON CAMPUS

**33. Drexel Parking Services** Drexel offers a variety of parking options, from daily rates to monthly passes. Be aware, however, that spots fill up fast and this may be your most expensive option. Find prices and details at [drexel.edu/business-services/parking/overview/](https://drexel.edu/business-services/parking/overview/)



**34. Other lots on Campus** Philadelphia Parking Authority has several metered lots that also offer monthly rates on Drexel's Campus: 33rd and Ludlow, 34th and Chestnut, 34th and Market, 36th and Market, 37th and Filbert, 38th and Filbert, 39th and Market, Broad and Race, 15th and Cherry, 15th and Spring streets (PPA)

**35. Street Parking** If you drive North of Powelton Ave into the residential areas near Mantua, you can park for free on the street. Be mindful of signage, however, as some areas are only free for 2 hours, and you WILL get a ticket if you go over. If you choose this option, plan extra time to find parking, as there are rarely many open spaces, which could have you circling the neighborhood for a while.

## 36. D&M Alumni

JUSTINA CHAN, 2014

### Knowledge Solutions Analyst

Justina Chan's team in New York City is a part of the Continuous Improvement Solutions, which not only develops process' during the implementation of new software and tools (both client-facing and internal) but also creates training guides for onboarding and continuous learning.

## STAY FUELED AT DREXEL



### LUNCH SPOTS ON CAMPUS

37. HAPPY SUNSHINE  
38. PETES  
39. KAMI  
40. EL TACO  
41. RAMEN BAR  
42. WAWA  
43. FUEL  
44. SCHMEAR IT  
45. SAXBYS  
46. OLD NELSON

### GROCERY STORES NEAR CAMPUS

47. HEIRLOOM MARKET  
3401 CHESTNUT ST  
48. TRADER JOE  
2121 MARKET ST  
49. FRESH GROCER  
4001 WALNUT ST  
50. WHOLE FOODS  
2101 PENNSYLVANIA AVE  
51. TARGET  
2001 PENNSYLVANIA AVE

## 52. PROFESSOR SPOTLIGHT: RAJA SCHAAR

Raja Schaar loves STEAM. The acronym (Science, Technology, Engineering, Arts, Mathematics) is different from STEM because it doesn't ignore the creative process of how people innovate in the world. Understanding how an object works is one step of the design process. Thinking about how the object interacts on a human and societal level requires many more steps for a product designer to accomplish. "There's a social component to what you design. Who are you designing for? How it gets made impacts other people from an economic, cultural, and environmental standpoint." says Professor Schaar. "We hope our students are addressing a variety of issues. It's not necessarily solving an industrial or manufacturing problem but really the problems of the world."



## Dorm Room Recipes

### 53. AVOCADO TOAST

#### INGREDIENTS

2 slices of your favorite bread  
(multigrain is recommended)  
½ ripe avocado  
Salt  
Pepper  
Red pepper flakes (optional)  
Lemon juice (optional)

#### DIRECTIONS

- Toast bread until golden brown and crispy.
- Meanwhile, scoop avocado out of the skin and place into a small bowl.
- Add salt, pepper, red pepper flakes and lemon juice (if using), to the bowl with the avocado and mash everything together with a fork until well combined and smooth.
- Using the same fork, spread half the avocado mixture onto each piece of toast, and enjoy.

## DEALING WITH CRITICISM

### 54. Take Your Ego Out Of It

The criticism isn't about you; it's about the project. Something else to remember is that the feedback helps you. It's better to hear it now while you're still in school compared to when your job is on the line.

### 55. Know Your Weaknesses

Knowing what you need to improve on is just as important as knowing your strengths. Keep track of the times where it takes you multiple tries to comprehend something or the tasks you typically shy away from.

### 56. Practice Makes It Easier

Criticism is a necessity for improvement and growth. While it can be scary to hear at first, over time, it will get more natural, and you might even crave getting feedback to get better.

### 57. Learn From It

At the end of the project, when your teacher and peers give you their full and unsolicited advice, remind yourself that you have the fantastic opportunity to learn from them.

### 58. Know What's Constructive vs. Non-constructive

It's not constructive if they just tell you you're wrong and refuse to offer a solution. Know your worth and ask for viable solutions for how you can improve.

### 59. Just Cry

Sometimes you can't help but take criticism personally, and that's okay. Allow yourself to get mad, to be upset in private. Then pick yourself up and learn from it for next time.

### 60. Schedule a Follow-Up

If you still have questions or want clarification, set up a follow-up meeting. Often, there isn't enough time in critiques. Allow yourself to meet one-on-one with your professors; they are happy to help.

### 61. Ground Yourself

For the moments you need to calm your nerves during a critique, try looking around the room and just reading something. The moment you focus on something else and ground yourself, you will feel better.



## 62. INCOMING STUDENT

# Q & A

**Q:** WHAT ARE THE CAREER OPTIONS WITHIN THE D&M MAJOR?

**A:** IF YOU THINK ABOUT A PRODUCT, WHETHER IT'S A DRESS, LAPTOP, CAR OR PIECE OF FURNITURE, IT GOES THROUGH THE BASIC DESIGN PROCESS. FOR EVERY PRODUCT, THERE IS AN UMBRELLA AND UNDER THAT HOUSES THE DIFFERENT JOB FUNCTIONS. THERE ARE CREATIVE CAREERS IN DESIGN, PRODUCTION, PRODUCT DEVELOPMENT, AND SOURCING. THERE ARE BUSINESS FUNCTIONS INVOLVED WITH SELLING THE PRODUCT (WHOLESALE) AND BUYING THE PRODUCT (RETAIL.) THEN, THERE ARE SUPPORT FUNCTIONS LIKE MARKETING AND PUBLIC RELATIONS, TREND FORECASTING AND EVENT PLANNING THAT ALL PROMOTE THE PRODUCT ONCE IT COMES TO MARKET.

## CITY LIVING

71

If you plan on living in an apartment building, find roommates early and expect to have to sign people in. Apartment buildings are the more expensive option, but it comes furnished, includes utilities, and can be a safer option compared to some neighborhood houses behind Powelton.

72

Try your best to get along with your roommate. That doesn't imply being best friends but be cordial and respectful of each other and the communal space you share. Setting guidelines early on can help avoid sticky situations such as guests, noise levels, lack of cleaning...you get the gist.

73

You're living in a great city, explore it! You can check out Philly Mag, TimeOut and see what's posted around campus for fun events.

## COMMUTER TIPS

**63.** Utilize a locker: Drexel has lockers available specifically for commuters at the Creese student center that you can rent for a term.

**64.** Relax in the Commuter Lounge – Drexel's commuter lounge is located under the Creese Student Center and is equipped with spaces to relax and do work, multiple charging ports, and a kitchenette to heat up and meals.

**65.** If you are taking public transportation, SEPTA has discounted monthly passes for full-time Drexel students, called the ComPass Discount Program. If you plan on taking SEPTA, make sure you leave yourself plenty of travel time, as SEPTA follows a notoriously unreliable schedule.

## MUSEUM DISCOUNTS IN PHILLY

**66. BARNES MUSEUM: STUDENT DISCOUNT**

**67. AMERICAN ALLIANCE OF MUSEUMS: STUDENT DISCOUNTS**

**68. PHILADELPHIA MUSEUM OF ART: STUDENT YEARLY PASS**

**69. DAWN SAYS**  
**"SOMETIMES I THINK**  
**I KNOW [WHERE STUDENTS**  
**ARE GOING TO END UP] AND**  
**SOMETIMES IT TURNS OUT TO BE**  
**TRUE AND OTHER TIMES NOT. PEOPLE**  
**SURPRISE YOU ALL THE TIME."**

## Dorm Room Recipes

### 70. 15 MIN STIR FRY

#### INGREDIENTS

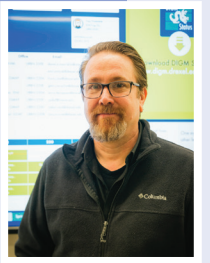
1 tbsp. soy sauce  
 1 tbsp. honey  
 2 boneless, skinless chicken breasts, cut into bite-sized pieces (about 1-inch)  
 1 tbsp. olive oil  
 1 bunch asparagus, cut into bite-sized pieces (or any vegetable you like)  
 4 cloves garlic, thinly sliced  
 2 scallions, chopped  
 2 tsp. toasted sesame oil (optional)  
 1 tsp. toasted sesame seeds

#### DIRECTIONS

- In a small bowl or in a Ziplock bag, combine soy sauce and honey. Add chicken and turn to coat. Set in the refrigerator until ready.
- Heat oil in a large skillet over medium-high heat. Add asparagus (or whatever vegetables you're using,) and sauté until cooked, about 5 minutes. Remove the asparagus and set aside.
- Remove chicken from marinade and add to skillet. Sauté until nearly cooked through (with the insides still slightly pink), about 5 minutes. Then add garlic, scallions, and the reserved marinade to the pan. Sauté for an additional 2 minutes until the chicken is cooked and the garlic is fragrant. Remove from heat and stir in the cooked asparagus and sesame oil until combined. Serve immediately with rice, garnished with toasted sesame seeds if desired.

## 74. PROFESSOR SPOTLIGHT: TROY FINAMORE

Troy Finamore makes sure that the interactive digital media program "focuses on the full circuit of technology." The three pillars of the program are coding, research, and design. That comes together when designing and prototyping through agile methodology and project management. "We build student teams to really dig into their specialty and then work on this big project for six months." This rigorous approach allows students to hone their skillsets while working with the different facets required of an interactive digital media project. "They all should be able to understand how to design, code, research, and run usability tests. The whole second half of their degree is a choose your adventure."



75

## CREATORS OF DREXEL

**BREANNA BECHTOLD, SERENA JOURY, AND NATALYA MIRONYUK**

### PRODUCT DESIGN MAJORS

Three product design majors created a hand-powered neighborhood alert system for a project called *Comfort Call*, for their Interdisciplinary product design studio class. This product is an alerting communication device that works in unreliable or non-electrical grid areas. All three students created this idea after researching dengue fever, a vector-borne illness prevalent in tropical and subtropical climate regions throughout the world, where people rely on their neighbors for communication.



76

**ABBY BENDER, HIEN LE, MAGGIE ILICHEVA**

**DESIGN & MERCHANDISING MAJORS**

Abby, Hien, and Maggie worked with Marsh + Mane, a beauty supply store on South Street, to create a window display design from scratch for their visual merchandising class. The students had to have clear communication with their clients regarding the target market of the store. The students used Westphal's laser cutter to cut over 500 leaves and paint them; this process took about 40 hours of work, including assembly and installation.



77

**LIV SHOUP**

**SCREENWRITING MAJOR**

For Liv Shoup, writing *The Box Play* (A Play About Boxes) changed her outlook on writing. This play was inspired by her friendships and thorough self-reflection, with the theme being two people falling out of a close friendship. Liv found that many people related strongly to her story and was proud that she was able to capture experiences to which others could relate.



## 78. PROFESSOR SPOTLIGHT: NICK JUSHCHYSHYN

Nick Jushchyshyn entered the world of virtual reality right when it took off. Virtual reality and immersive media focuses on experiencing content instead of merely watching it. "The folks that work in this industry come from all sorts of directions," Nick emphasizes that interdisciplinary learning and projects are a must-have. A favorite project to work on with students is designing a VR ride that looks and feels like you're on a motorcycle. "You're not sitting in a chair with a game controller and a screen. You're sitting on a frame with the shape of a motorcycle that you can lean into so the rider can feel as if they are riding a motorcycle. To create that, students worked with product designers, mechanical and electrical engineers, and computer scientists."

## 79. D&M Alumni

**JULIA HONDROS, 2014**

**Celebrity Public Relations**

Julia Hondros helps designers in Los Angeles outfit celebrities and VIP clients. She sends out pictures of VIPs wearing her client's clothes to receive favorable coverage from the public. She also helps dress clients for fashion week and press previews. Julia is responsible for managing inventory, sample trafficking, press clippings, credit updates, tracking shipments, supporting events, submitting monthly and weekly reports, and maintaining stylist and VIP relationships.

**DEVAN JURANIEC, 2016**

**A Wish Come True Technical Designer**

Devan Juraniec did her co-op with A Wish Come True, a dance costume brand in Bristol, Pennsylvania, while she was studying at Drexel, as she aspired to learn more about pattern making and how to bring a design to life. Her day consists of handling communications with printers and their in-house embellishment department and creating the prints and designs.

**CHLOE WILLIAMS, 2016**

**Free People Senior Associate in Digital Marketing**

Chloe Williams manages outbound marketing email messages for Free People in Philadelphia. It is her responsibility to manage all aspects of the email marketing channel. She has learned HTML and SQL coding throughout her time at Free People and collaborates with many people, which she finds very rewarding.

**TAYLOR ZORN, 2019**

**Freelance social media consultant, design and merchandising assistant**

Taylor Zorn is living in Boston and freelances for various shops. She visits clients weekly to take pictures and highlight what is happening in-store on their social media. She also helps boutique owners visually merchandise her store and designs fixtures.



# 80.

**DAWN SAYS "IT'S ONLY NEW ONCE, THE SECOND YOU WALK INTO THE DOOR IT'S NO LONGER NEW, YOU'VE DONE IT BEFORE. YOU ONLY NEED TEN SECONDS OF BRAVERY."**

## Dorm Room Recipes

### 82. CHOCOLATE PEANUT BUTTER PROTEIN BITES

#### INGREDIENTS

- 1 ½ cup old-fashioned rolled oats
- 1 cup natural peanut butter
- ¼ cup honey
- 2 scoops (about 50–60 grams) chocolate protein powder
- 2 tbsp. chocolate chips

#### DIRECTIONS

- Place oats, peanut butter, honey, protein powder and chocolate chips in a large bowl and stir to combine.
- Once combined, use a teaspoon to scoop out dough and roll them gently to form into balls.
- Store in a covered container in the fridge or freezer.

### 83. OVERNIGHT OATS

#### INGREDIENTS

- ½ cup old-fashioned oats
  - ½ cup milk (whichever type you prefer)
  - 2 tbsp. chia seeds
  - ½ tsp. pure maple syrup
- For serving, optional: fresh fruit, sliced or slivered almonds, other nuts or nut butters, etc.

#### DIRECTIONS

- Combine oats, milk, maple syrup and vanilla in a mason jar or bowl. Seal with a lid and shake to mix, or stir if using a bowl. (If making a larger batch, you can stir the ingredients together in a bowl.)
- Refrigerate at least 6 hours and up to 4 days. Stir and add toppings right before serving.

## 81. BEST PLACES TO PRINT ON CAMPUS (OR CLOSE ENOUGH)

HONORS LOUNGE (HONORS ONLY) – MACALLISTER HALL  
CAMPUS COPY – 39TH AND WALNUT STREET

FEDEX – 36TH AND MARKET

PAPER CUT PRINTING LABS – VARIOUS LOCATIONS LISTED BELOW. SELF-SERVICE, ADD YOUR OWN CREDITS AT [PRINT.WESTPHAL.DREXEL.EDU](http://PRINT.WESTPHAL.DREXEL.EDU)

- A. BLACK & WHITE ACADEMIC 502, URBN CENTER 108, 325, 343, 3A10, 401, 420
- B. COLOR URBN CENTER 3A10



## ART SUPPLIES IN PHILLY

84. BLICK – 1330 CHESTNUT ST, 128 N BROAD ST

85. PLAZA – 3200 CHESTNUT ST

86. RESOURCE EXCHANGE (SECOND HAND) – 1800 N AMERICAN ST

## 87. FREE AMENITIES AT DREXEL

- DREXEL REC CENTER
- BEACH VOLLEYBALL COURT
- CIRA GREEN – PHILLY'S "PARK IN THE SKY"
- STUDENT ORGANIZATION RESOURCE CENTER (SORC) OFFICE – PROVIDES RESOURCES SUCH AS BALLOONS AND BANNERS FOR STUDENT ORGANIZATIONS AND CLUBS
- LASER CUTTER LAB – ROOM 103, WESTPHAL

## TIPS FOR NEWBIES

- Take advantage of your student discounts. When going to cafés, stores, workout gyms, museums, and more, ask if they have student discounts.
- Form a relationship from the start with your RA. They are here guide you through your first year, mentor you, and be that resource that every freshman needs.
- Many people overpack because they fear they'll leave stuff they need at home. Since Drexel is in Philadelphia, a large cosmopolitan city, you can pretty much find anything you need. Make sure to pack items that cannot be easily purchased, however, such as medicine.
- There are no rules about what you consume at college. That doesn't mean a free for all, though. Be mindful of maintaining a healthy; a healthy body means a healthy mindset.

## MENTAL HEALTH TIPS

92. Download a meditation app on your phone, Headspace, Calm, Aura, and Insight Timer are some great free options. Listen to a guided meditation to help ground you when you're feeling overwhelmed or are having trouble sleeping.

93. Don't be afraid to reach out and talk to someone. College is a stressful and hectic time, and there is nothing wrong with needing some outside help. The Drexel Counseling Center is a great and free resource.

94. Easy Meditation Technique: Close your eyes and focus on tensing and relaxing each muscle group for 2 to 3 seconds. Start with your feet and toes, and then move up to your knees, thighs, glutes, chest, arms, hands, neck, jaw, and eyes. Maintain deep, slow breaths the entire time.

95. Get outside! Being in college in a busy city can add to your stress and overwhelmed feeling. Even if it's just a 5-minute walk down by the Schuylkill Banks, getting some air and being outside around nature is sure to make you feel better and think clearer.

## 97. USEFUL APPS TO DOWNLOAD

**Citizen** Police scanner updates and alerts based on real time events happening in your area.

**IScanner** Converts any picture into a PDF.

**Easy Calendar** A more streamlined version of the iCalendar that makes it easier to view and make your schedule.

**ParkMobile** Pay for any metered parking space in Philadelphia over the app; extend in real time if needed.

**GoPuff** Get almost anything you need delivered right to your door within an hour.

**GroupMe** For all your group projects.

**CityMapper** Gives you all transportation information for any city you're in worldwide (a life saver for study abroad!)

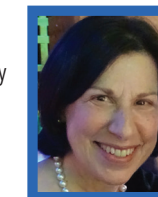
## 96. INCOMING STUDENT

# Q & A

**Q: WHAT IS SOMETHING I CAN DO BEFORE APPLYING TO D&M OR BEFORE I START TO HELP ME BE SUCCESSFUL ONCE I GET HERE?**

**A: BEFORE YOU APPLY TO COLLEGE OR BEGIN YOUR FIRST TERM AT DREXEL, IT IS WORTHWHILE TO GET A JOB IN RETAIL OR CUSTOMER SERVICE. APPLY FOR A SALES ASSOCIATE POSITION AT A BOUTIQUE OR AS A HOSTESS AT A RESTAURANT. GETTING CUSTOMER SERVICE EXPERIENCE IS INVALUABLE IN ANY PRODUCT DRIVEN INDUSTRY AND HELPS YOU GET TO KNOW THE BUSINESS FROM THE GROUND UP.**

## 98. PROFESSOR SPOTLIGHT: BETH PHILLIPS



Beth Phillips understands that the fashion industry requires the skillsets of both design and merchandising. The D&M program aims to "create a graduate who has a highly developed aesthetic sense, supported by strong business knowledge.

To succeed in this, the business and the design side must work in teams. Our best students are the ones that want to understand and experience the whole picture. Our students are not interested in being siloed." By incorporating classroom learning with guest speakers and industry practitioners, D&M students can see the big picture firsthand.

# 99

## CREATORS OF DREXEL

MELISSA BRINER AND MARINA STURGEON

### FASHION DESIGN MAJORS

Reusing and repurposing typically discarded materials, these two fashion design majors created completely sustainable sportswear pieces. Marina fabricated a full men's jacket utilizing the tags used to mark the exterior of raw materials. Melissa used recycled men's dress shirts and tags, and she even upcycled the denim into lace. They were awarded Best Design by a Junior and Best Menswear at the 2019 Drexel fashion show.

**101. DAWN SAYS "JUST FOR A MINUTE, SEE WHAT'S AROUND YOU. YOU'RE GOING TO WALK PAST FIVE OPPORTUNITIES BECAUSE YOU'RE LOOKING AT YOUR PHONE."**



## 100. D&M Alumni

**JACQUELINE VASCONCELLOS, 2017 Urban Outfitters assistant production coordinator**

Jacqueline currently works in Philadelphia at Urban Outfitters as an assistant production coordinator. She helps pick out fabrics and creates samples and then oversees factory production to make sure everything runs smoothly. This year alone, she has been responsible for \$3.4 million FOB dollars worth of product and almost 300,000 units across more than 150 styles.



# NEEDLE & THREADS



PUSHING CREATIVITY TO ITS LIMITS IS THE SENTIMENT THAT THE FASHION DESIGNERS OF WESTPHAL EMBRACE WITH CONFIDENCE. OWNING THEIR INDIVIDUAL STYLES AND TRANSLATING THEM INTO UNPARALLELED DESIGNS IS WHAT THEY DO BEST.

words CAMILLA NAPPA photo HANNAH BEIER

1 Enraptured by the rock and punk music scenes, **TESS BARR** finds that music has the power to bring people together. Tess wants to capture the essence of live performance with her work: the idea of being a part of a movement and having the audience all look the part. With the use of sharp lines, contrasting colors, and blended visions of punk rock, her designs distance her from her preppy hometown of Annapolis, Maryland. Her style is a sophisticated rock star fusion sprinkled with French elements. Wearing an oversized leather blazer, white go-go boots, and a beret, she exudes fearlessness and confidence. Tess designs for the world she wants to live in: a world full of spunk, edge, and rock & roll.

2 **NEENA BATLIWALA** embellishes her pieces with beading, jewels, and lace to create a fantasy world that she can tap into when she needs a pause from reality. Her designs use exaggeration to transform one's perception of themselves and how they see others. Neena's designs and sketches live in a vibrant, colorful realm overloaded with abstract shapes. Her personal style has an edgier vibe, mixed with punk and western influences. Feeling powerful in a statement vintage orange coat that she proudly refers to as resembling Gritty's hair, she finds that clothing has the power to change the way she feels about herself.

3 **AMANDA FORASTIERI**'s Puerto Rican background holds the highest importance to her and provides an abundance of inspiration through nature and tropics. One of her collections took inspiration from her local tropical rainforest and its long list of endangered species. Within this collection, she created three loud prints with vivid tropical colors, and abstract frogs painted in bold reds and blush pink highlights. Amanda is the queen of print and textile design; she has used tactics such as digitizing her sketches, silk screening onto fabric, and sewing embellishments and beading over her prints to aid in forming chaotic yet refined pieces. She is drawn to bigger and fuller silhouettes in which she utilizes an organic emphasis of line and shape. With unrestrained thick brush strokes, fluid shapes, and outgoing colors, Amanda wants people to

go out, dance, and feel free in her abstract and voluminous pieces.

4 If you know **LAINIE DUNCAN**, you know the varied and bubbly energy that she exudes. Her eclectic outfits combine vintage, streetwear, and lots and lots of layers. She's often sporting long flowy skirts paired with oversized sweatshirts and bold heels. Whether it's her dad's old Burberry blazer from the '90s or finding an '80s Christian Dior skirt suit from Goodwill, she knows how to curate an exciting statement piece. Blending elegant lines with feminine and whimsical details, she implements ruffles, pleats, and cheery blush tones into the romantic silhouettes of her designs. Her more recent pieces explore pastel palettes and tap into a Parisian tone full of grand puffed sleeves, just as a '60s-inspired chic hot pink wool coat makes its debut.

5 Saturday morning Looney Toons and electric color fill **ABBY MOSSE**'s thoughts and translate into her designs. Abby is immersed in illustration and print design, taking inspiration from backdrops of her favorite cartoons. There is no room for neutrals in Abby's life; her designs are colorful, graphic, and mostly based on the '60s and '80s. Abby keeps it old school by painting and using traditional mediums instead of digital alternatives when designing. She wants people to be content with tapping into their silly side and not taking life too seriously, which is represented in her exaggerated silhouettes and stimulating color choices. Abby dissects prior art and costume movements to design in a modern light; she has created collections based on saturated Keith Haring inspired prints, Tim Burton's Beetlejuice, and the thrilling London Mod subculture.

6 Obsessed with handmade creations, **MELISSA BRINER** embraces real tailoring and couture, which she feels is lost in today's fast fashion environment. Pulling inspiration from the grand architecture of Versailles and Notre Dame, she designs for the luxury consumer through high-quality finishes and corsetry techniques. Melissa aims to design intricate pieces that will endure with ageless beauty through hand-stitched details, lace detailing, and digital

embroidery. Whether it means creating a ten-layer couture dress that takes 100 hours to make or sewing 300 pleats onto an eveningwear gown, Melissa will dedicate whatever it takes into creating the highest quality garments.

7 With outfits that scream of color and expression, you'd be lying if you didn't notice **RAZ RASMUSSEN**'s style. Sometimes they're wearing a pair of ultra-femme pink pom-pom earrings, and other times they're seen in a hyper-masculine pin-striped suit. The way Raz dresses makes a statement without having to say a word. They believe that "[fashion] is a tool for expressing myself." Raz doesn't want to conform to typical gender dress and translates this idea in their designs by utilizing men's workwear as a source for materials. Geared towards a sustainable approach, they find value in thrifting and deconstructing old pieces to reimagine something new. Raz also finds inspiration within the queer community, stating, "everything's been done before," but the genderless market is new and unknown. Raz aims to be an inclusive designer that creates gender-neutral clothing for everyone to wear.

8 Instead of veering in a wild, outgoing direction with his designs, former computer science major **ZACH GRUBER** appreciates the quality and utility of a garment. His designs show that an outfit can be complex within smaller, overlooked elements such as line and fabric. "When you open your mind to what truly appeals to you," Zach says, "you will find beauty in what you are already doing." His heightened awareness of his surroundings allows Zach to extract hues and shapes that inspire him. He focuses on utilitarian menswear, such as formal workwear, tailored wool jackets, tapered trousers, and knitwear. Key elements in his designs include high collared necklines and heavy oversized silhouettes. Zach notes, "A big part of my design is androgyny... not out of a provocative sense, just out of creating a new normality, a new mundane."



# SO YOU THINK YOU CAN BE A PHILADELPHIAN

words AUDREY TRAJANO illustrations ASCHER THOMAS

## WHEN IT COMES TO CITY CHARACTERS, PHILADELPHIA PUSHES THE LIMITS OF WHAT IT MEANS TO BE DISTINGUISHED.

Once you enter the world of the 2018 Super Bowl Champs and the orange furry creature Gritty, learning the ins and outs of the Philadelphian vernacular is a survival essential. To make your transition to the city of brotherly love just a little bit easier, here are some tips and tricks on convincing Philadelphia locals that you're one of them.

**ROOT FOR THE EAGLES** and no other NFL team. Isn't this what they've been waiting for? I used to pray for times like this, to rhyme like this... It's early Sunday morning, and these are the first words you wake up to after your night out partying with friends. It's "*Dreams and Nightmares*" by Meek Mill, Philly's unofficial anthem since the Philadelphia Eagles won the 2018 Super Bowl. As an outsider, you will soon realize this city lives, breathes, and bleeds Eagles green. If you want to avoid a brawl, you must love the Eagles, even if they're on a losing streak.

Throw **'JAWN'** in a sentence. The Philly accent is one of a kind. Sometimes, we say our vowels a bit too long or merge our words. In Philly, Mary, marry, and merry sound the same, and water is "wood-er." If you want to sound regional, simply say "youse" instead of you guys or y'all. 'Jawn' is the most useful term to know, because it can mean anything you want it to be. The all-purpose word signifies a place, person, or thing, and it can be plural too. Did you leave your jacket in Jen's dorm? "Left my jawn on your bed." \*Send text\* Jen will know what you're talking about.



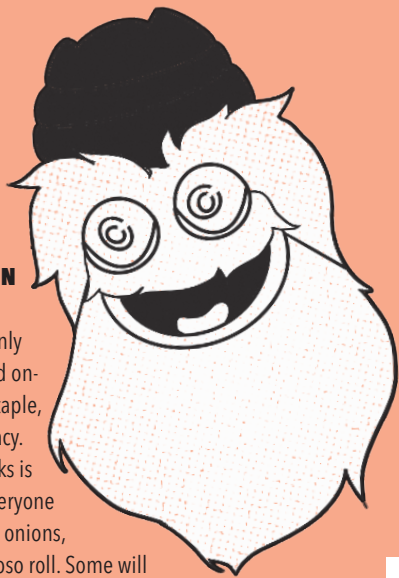
## A CHEESESTEAK IS NOT A CHEESESTEAK UNLESS IT'S IN PHILLY.

Heaven made of only three necessary ingredients: Thinly sliced steak, cheese, and sautéed onions. Yes, it's a cheesesteak – a staple, a specialty, a Philadelphia delicacy. Being well versed in cheesesteaks is a distinct trait of Philly locals. Everyone knows a real cheesesteak is with onions, provolone cheese, and an Amoroso roll. Some will argue Cheez Wiz is the better option, and if you're willing to try the sandwich with onions and the creamy processed cheese sauce, all you have to say is "wit wiz." Whether you're at Tony Luke's in South Philly or Dallesandro's in Manayunk, you will fall in love with a cheesesteak.

**IT'S A HOAGIE**, not a sub or hero. Hoagie. Classic roll, Italian, lettuce, tomatoes, pickles, a little bit of oil, and oregano. This is my go-to hoagie order at Wawa. You're probably thinking, What? What's a hoagie? What's Wawa? The Italian roll with meat and cheese in the middle is universally known as a sandwich, but you need to call it a hoagie in Philly. After moving to this major city, Wawa will become your favorite place for quick eats like built-to-order meals, drinks, and snacks, but most importantly, hoagies.

## "NO ONE LIKES US, WE DON'T CARE"

Outsiders typically think Philadelphians are trashy and classless, rude and ridiculous, and "extra" and obnoxious. We know... but "No One Likes Us, We Don't Care" is a fight song that encapsulates and fuels our pride and love for Philadelphia no matter what. We have rooted, and we have celebrated. No matter what, we never lost a beat. The truth is being Philadelphian isn't about cheesesteaks, hoagies, or jawns, or even football. It's all deeper than that. It's about having a thick skin and being unapologetically yourself at all times. If your passion is your purpose, you will fit right in.



# HOW WOKE IS WOOL?

## VEGANS CHOOSE NOT TO USE ANY ANIMAL PRODUCTS IN THEIR DIET, WARDROBE AND LIFESTYLE, BUT WHEN SHEEP PROVIDE WOOL, A TEXTILE THAT IS SUSTAINABLE AND LONG-LASTING, SHOULD VEGANS MAKE AN EXCEPTION?

words BROOKE YARSINSKY  
illustration ASCHER THOMAS

**AN INCREASED CONCERN** for climate change and the fight for animal rights has driven a rise in the adoption of a plant-based diet and animal-product-free lifestyle. As of now, there are as many as 6.5 million self-identifying vegans in the U.S. Although vegans refrain from all animal products, is there any wiggle room surrounding sustainable animal agriculture? Sheep produce one of the most sustainable fibers for fashion, wool. Wool has exceptional qualities as a textile, but there are significant concerns surrounding sheep treatment and the effects on the environment. Investigating the facts behind the debate reveals that it may be time to rethink the vegan philosophy when it comes to pursuing the most sustainable, long-lasting, and adaptable fabric for clothing.

Humans and sheep have been working together since 10,000 BC, sheep getting their hair cut, and humans harvesting their wool for clothing. Wool has been used as a textile for millennia because it is lightweight, breathable, flame-resistant, durable, and insulating, qualities designating wool as an exceptionally wearable fiber. Synthetic fabrics, a material found in most apparel, pollute the environment during production and is not biodegradable; the production process for polyester, for instance, released 1.5 trillion pounds of greenhouse gases in 2015. Even cotton, a natural fiber, requires an alarming amount of water to manufacture; it takes 5,300 gallons of water to produce only one pair of pants and a t-shirt. Wool, therefore, is one of the most sustainable textiles because it is biodegradable, natural, and renewable, which checks all the boxes for most environmental activists.

Frankie Madison, a twenty-one-year-old strict vegan and animal rights activist, is opposed to the wool industry. Madison believes the negative aspects of sheep treatment outweigh any positive aspects of wool textiles, "Sheep shearing is inhumane and unnecessary. It causes pain and breeds animals just to use them for profit." She further maintains that there are no exceptions to veganism, as "Veganism is a moral code." Upholding this ideology in her own life, she limits her purchases and discloses, "I only purchase clothing out of necessity from secondhand stores. I suppose I typically wear cotton and denim, but most of my clothes are from middle and high school and are hand me downs." Madison's resistance towards the sheep industry is steady as she has seen firsthand how poorly animals are treated on large-scale farms and doesn't believe animals should be in captivity for this purpose. But for people that frequently buy clothing, is it possible to purchase wool ethically and still advocate for animal rights?

When buying wool products, it can sometimes be unclear where the material originates. If a company is not transparent in its sourcing practices, it is almost impossible to know if the wool was ethically sourced. Most farms in America are factory farms, which breed animals at an alarming rate and keep them in small spaces. These farm animals, including sheep, also produce methane, a gas that is detrimental to the atmosphere and a significant cause of climate change. While there can be concerns with large-scale farming, there are many local small-scale farms that ethically produce wool.

A local Pennsylvania farmer, Margie Smith, raises thirteen Blue-faced Leicester sheep and is adamant that the sheep on her farm are loved and treated exceptionally. "All animals in my life have been treated with respect. Our sheep are covered with sheep sheets to protect and keep their fleeces clean," adding, "they are penned to a pen because sheep are herd animals and do better in pairs than singly, they are out during the days and inside at night and bad weather." On local farms like Smith's, sheep are treated almost as pets and are sheared once a year. She hires a professional shearer to shear her sheep, as many farms do, to ensure that the sheep's wool is expertly cut and without any harm to the animal. Without shearing, animals are more prone to disease and health problems. Smith shares that "shearing keeps the sheep fleece from matting and getting too much vegetative matter in it, which causes skin issues and houses lice and other undesirables." Sheep have grown dependent on shearing; it prevents infection and improves the animal's ability to control their body temperature. Small scale farmers are known to treat their sheep ethically, but how can consumers understand where their wool clothing originates?

When seeking out ethical wool, brands have certifications to confirm their humane standards. Some certifications to look for are the Responsible Wool Standard, ZQ Merino Standard, and Soil Association Organic Standards. Buying from brands with transparent supply chains can ensure ethical production, so it is essential to research clothing companies and their sourcing practices when making wool purchases. Some brands with ethical and transparent wool products are Everlane, Ally Bee, People Tree, and Babaã. It's time for consumers to start valuing their clothing again and invest in longer-lasting garments. With the right resources, consumers can buy ethically sourced wool products but remember that unlike sheep, wool is not a black or white issue.







THE WORLD OF SUSTAINABILITY CAN SEEM DAUNTING, BUT LOW WASTE ADVOCATE PAIGE CHERRINGTON ENSURES THAT EVERYONE CAN MAKE SMALL ADJUSTMENTS TOWARDS A MORE ENVIRONMENTALLY CONSCIOUS LIFESTYLE. words JULIA KRAWIEC

**EVERY DAY, APPROXIMATELY** 8 million pieces of plastic pollution make their way into our ocean. Carbon dioxide emissions reached an all-time high in 2018, and scientists estimate it will be even higher by the end of 2020. The production of meat and dairy products contribute about 23% of greenhouse gases emitted in the world. The Center for Sustainable Systems at the University of Michigan found that, on average, American households emit about eight metric tons of carbon dioxide each year just through food consumption alone. But it only takes one person to make an impact. By reducing your waste by just 10%, you can avoid producing 1,200 pounds of carbon dioxide emissions, according to the Center for Sustainable Systems. By becoming more environmentally conscious, both individually and collectively, smarter everyday actions can bring change to our doorstep.

Paige Cherrington, a 25-year-old artist who creates collages out of found and recycled plastics, is committed to environmental responsibility not only within her profession but in her lifestyle. Having lived sustainably since the age of 14, her advocacy for making small life adjustments to impact the planet positively has grown continuously throughout her college years and into her career working at an art gallery. She reflects that "I couldn't imagine my every day without considering what impact my actions might have, and this is why I started avoiding plastics and taking up a low waste lifestyle. I have always considered myself an environmentally conscious person, but once I started paying serious attention to the waste I was creating, even as a person who recycled and avoided plastics, it was alarming. I then thought about our entire planet of people who create waste in some capacity and where this waste goes." With these sentiments and concerns ingrained in her mind, Cherrington actively shares her tips and experiences with others to promote increased awareness and thoughtful action.

Initially purchasing a reusable water bottle because it was colorful and personalized, she immediately realized the benefits and massive

impact of this tiny purchase, and thus launched her pledge to be more sustainable and mindful. "Quickly, I not only noticed my reduction in plastic waste but the convenience and economic benefits of carrying a reusable water bottle. This observation turned into using reusable grocery bags, and so on." Approximately 50 billion plastic water bottles are used annually in the United States, and only about 23% get recycled. The rest end up in a landfill where it takes them about one thousand years to decompose, or, end up in the oceans, killing about 1.1 million marine creatures every year. Thus, one simple step of investing in a reusable water bottle creates an everyday solution to a massive issue that threatens ecological survival.

Having a few reusable grocery bags can also save you a tremendous amount of plastic use in just one month. If you grocery shop once a week, you use an estimated five grocery bags, which ends up being about 25–30 in a month. If you have 2 or 3 reusable grocery bags, you can fit all of your weekly groceries in them, and you will be cutting out a significant amount of plastic from your life. Plastic bags don't biodegrade or photodegrade, which means they just break down into smaller and smaller toxic bits. As these plastics break down, these toxins seep into the soil or into waterways where both marine life and humans will ingest them.

According to Cherrington, another great way to live sustainably is to "look around your home and take note of where you see plastic. I guarantee that a plastic-free option exists!" Some examples of plastic alternatives that you can bring into your everyday life include bamboo toothbrushes, reusable beeswax food wraps, metal straws, glass food containers, compostable trash bags, and wooden clothes hangers. As you run out of your plastic items, you can quickly start replacing them with an alternative to adjust to smarter and healthier products gradually. Furthermore, reusable items have added value and better longevity without breaking the bank – metal and wood alternatives tend to be in the same price range as the plastic versions.

There are so many other ways to be sustainable besides recycling and avoiding plastics. "I buy local groceries and sign up for a CSA (Community Supported Agriculture) when possible. Not only does the food taste better, I feel better about supporting local farmers who are not using pesticides and fertilizers and have humane practices. Buying locally also reduces carbon dioxide emissions, because less energy is required to transport and refrigerate produce," Cherrington reveals. One joins a CSA by purchasing a "share" of produce from a local farmer. Shares can typically be bought on a weekly or monthly basis, or by season, with the farmers usually picking what you will get each week or every other week. CSA shares can range from produce, dairy products, eggs, baked goods, and sometimes honey and flowers.

As Cherrington continues to learn, she spreads the word and encourages everyone to do the same. Share information and ideas, and, most importantly, put those ideas into practice wherever you can. Each adjustment, each smarter purchase, and each thoughtful action can transform your lifestyle and footprint to lower waste. Cherrington spreads the word by "talking about how simple it can be to live sustainably, as well as suggesting environmentally friendly products they might enjoy. For the most part, I think that folks are nervous to be out of their comfort zone when first adopting sustainable practices. No matter what your lifestyle is, there is at least one sustainable practice for you."

# PLANT POWERED

VEGANISM ISN'T JUST THE NEWEST HEALTH CRAZE. IT'S A CONSCIOUS CHOICE THAT BENEFITS MORE THAN JUST YOUR TASTE BUDS. BEFORE YOU ROLL YOUR EYES AT YOUR COUSIN EATING TOFURKEY ON THANKSGIVING, TRY LEARNING ABOUT ITS BENEFITS FOR YOU AND THE EARTH.

words CAMILLA NAPPA, NICOLE COPPINS

**A POPULAR MISCONCEPTION** about veganism is that people believe it is automatically a healthier choice and that it is a form of dieting. However, transitioning to this lifestyle change is more of a balancing act than what meets the eye. Challenges of veganism include receiving the proper vitamins needed that one usually gets from eating meat, especially Vitamin B12, and even considering the adverse health effects of vegan comfort foods. Thus, each individual must assess their approach to veganism to find the best resources and routines for them. College students Stacie Bernhaut and Lea Albarran share their inside experiences on what it takes to be vegan and how these health practices have affected their life.

Lifetime vegetarian Stacie Bernhaut made the transition to veganism after watching *What The Health*, a documentary on the relationship between food and chronic diseases. The film discusses how transitioning to a plant-based diet can prevent and even reverse chronic illnesses and diseases. In addition to the long-term health benefits, veganism opened Bernhaut up to exploring the wonders of fruits and vegetables. Bernhaut explains that "growing up, we only see a few ways to eat vegetables like steamed broccoli or sautéed spinach... but vegetables are so much more diverse and intricate than you can imagine." Whether it's a rutabaga fondue, mushrooms that taste like fried chicken, or even just some mashed up chickpeas with avocado, for Bernhaut, being a vegan is all about eating whole foods. Her favorite dish to make is buffalo tempeh tacos, which is a quick recipe using corn tortillas, tempeh, buffalo sauce, sliced avocado, arugula, sprouts, and any other veggies, especially pickled red onions.

Similarly, Lea Albarran became vegan for health reasons, as she reflects that she "had a hard time digesting red meat and pork... and eventually lost the taste for [other animal products] and decided to commit to being fully vegan." In making this transition, Albarran reveals that "being vegan has significantly improved my relationship with both food and my body, but I and most vegans understand that this is not the case for everyone." She has experienced significant health benefits from making the switch, as she "has much more energy, rarely feels lethargic, and making and eating food has become so much more enjoyable. Admittedly, I do have to make more of an effort than my omnivore peers to meet all my nutritional needs, but the positive consequences are worth the extra effort." If possible, she recommends meeting with a nutritionist to make sure you are meeting all your personal nutritional needs during the transition to veganism. For her, Albarran prefers PASTA dishes as an homage to her Italian roots, often using chickpea pasta to sneak some extra protein into her diet.

However, many people have concerns regarding finances and wonder if being vegan is more expensive. Bernhaut claims that by sticking to whole foods like fruits, vegetables, beans, and grains, it is straightforward

to be vegan on a budget. A typical trip to the grocery store for Bernhaut includes picking up proteins like chickpeas, tempeh, black beans and nut butters, grains like corn tortillas and oatmeal, and produce including blueberries, mango, arugula, and cucumbers. Albarran agrees but adds that some vegan specialty products like "non-dairy yogurts, protein bars, frozen mock meats, 'cheez' products and non-dairy milk" are those that tend to have a higher price tag.

Transitioning to veganism can become a little tricky in social settings, where others can often react judgmentally and perpetuate a stigma that vegans are arrogant. Albarran reflects that "the hardest part about being vegan is coordinating restaurants with friends and family." Bernhaut echoed these sentiments, claiming that going out to eat requires some more planning to make sure there are vegan options on the menu. However, she reflects that "the biggest change was how people reacted to me," explaining how friends ask about her protein consumption (many wrongly assume she has a deficiency because she is vegan) and are overall "very invested in [her] veganism."

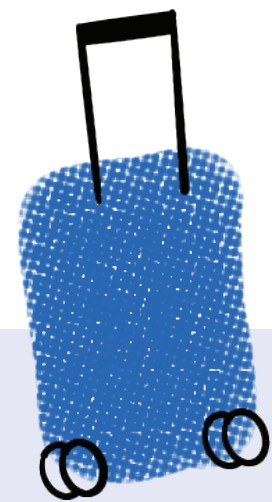
Despite these considerations, Albarran and Bernhaut affirm that being vegan isn't as difficult as it seems. For those who aren't ready to fully commit, you can make minor adjustments to live a healthier lifestyle when it comes to what foods you are eating. Albarran suggests starting small, maybe trying 2–3 plant-based meals per week. She guarantees that "whatever efforts you are making are better than not trying at all!" Any slight change can make a profound difference in your health and outlook, no matter how little its effect may seem.

Yet adopting a vegan lifestyle doesn't only end with the individual, as environmental effects are also a substantial consideration when contemplating veganism. Many people may not be aware that growing livestock is harmful to the environment because of the required amounts of grain, water, and land, particularly within the meat and dairy industries. According to People for the Ethical Treatment of Animals (PETA), a single cow used for milk can drink from 50–100 gallons of water each day, and it takes 683 gallons of water to produce only one gallon of milk. Producing beef takes more than 2,400 gallons of water. Therefore, by going vegan, one can save about 219,000 gallons of water per year. Similarly, over 90% of the land cleared in the Amazon rainforest since 1970 is used for grazing livestock. It's essential to consider that transitioning to veganism does more than just benefit animals directly, but also the environment as a whole.

Veganism is more complicated than merely eating fruits and vegetables. It's possible to still have exciting culinary experiences without animal products. You don't have to go fully vegan tomorrow, but it's essential to be aware of what you are consuming and any potentially harmful effects on our environment. If you need a kickstart, watching documentaries such as *What The Health* and *Earthlings* will provide powerful imagery of the reality of the meat and dairy industries. Whether you start with meatless Mondays or eliminate all animal products, there's no doubt that even the smallest steps toward better health initiatives and a cleaner planet are paramount.

**"VEGETABLES ARE SO MUCH MORE DIVERSE AND INTRICATE THAN YOU CAN IMAGINE"**





# KEEP CALM & CARRY ON

words JEMA VARNIE illustrations ASCHER THOMAS

YOU SECURED THE INTERVIEW. PROBLEM IS, IT'S A QUICK FLIGHT AND YOU DON'T WANT TO BE SLOWED DOWN BY LUGGAGE. HERE ARE SOME TIPS AND TRICKS TO PACKING, FOLDING AND STYLING YOUR WAY TO SUCCESS.

## ESSENTIALS

### 1. Phone Charger

There is nothing worse than a dead phone when traveling. Be sure to add a portable charger for on-the-go charging.



### 2. Wet Wipes

Traveling all day, especially to remote places, can leave you feeling sticky and sweaty. Bring baby wipes for cleansing and a quick clean up.



### 3. Hand Sanitizer

Millions of people travel every day, so germs are everywhere. Be sure to slap some hand sanitizer on, especially before eating on-the-go.

### 4. Wallet

Keep track of all your travel documents, including tickets, itineraries, and money. Items that you would never want to lose should stay closer to you. Keeping a small wallet lessens the chance of your identification getting lost in a large bag.



## LESS IS MORE

The key to a quick look is to have versatile items. This way, you can put less thought into what you are putting on and more into calling that Uber ride to the interview. Here are seven essentials you need to pack and tips to style them:

#### BLACK BLAZER

Dress up by wearing with a dress or dress pants. Dress down by wearing with jeans.

#### WHITE BLOUSE/BUTTON UP

Pair with dress pants for your interview, or jeans for a business casual meeting.

#### DRESS PANTS/BLACK DRESS

Wear with a blazer for a professional day look, remove the blazer for a night on the town.

#### JEANS

A comfortable staple to pair with a tee or a button down for grabbing breakfast at the hotel.

#### TEE SHIRT

Wear with jeans and a blazer for a comfortable travel look that is still professional.

#### BLACK DRESS SHOES/PUMPS

Wear for your interview, or to dress up an outfit with jeans.

#### SNEAKERS

Essential for walking around in large cities.

## PACKING FOOTWEAR

### Wear your heaviest pair

This will save space and leave you with a lighter carry on.

### Pack your shoes first

Lay them sideways and fit them into each other as they would be in a shoebox. Smaller items like rolled socks or shirts, can fit in between the spaces this creates.

### Use a shoe bag

A great duster bag will keep the germs from your shoes away from your clothing while keeping your shoes contained.

### Extra Pro Tip

Put smaller items such as socks, watches, and accessories inside your shoes.



**ROLLING CLOTHING TO fit into your luggage may seem like a wrinkly situation, but if you want to save space and avoid wrinkles knowing how to roll is crucial. Only roll soft items, such as t-shirts or pajama pants.**

- 1 Lay your clothing item out flat.
- 2 Fold it longways to create a long rectangle
- 3 Fold the bottom three inches of the item inside out to create a pocket.
- 4 Roll the item tightly up to the pocket created in the previous step.
- 5 Tuck the roll into the pocket and pack.

ENNI-LÁSD-PONT

MANGIARE-VEDERE-FARE

Borđa-SJÁ-GERA

SYÖ-NÄHDÄ-PISTE

ETEN-ZIE-STIP

COMER-VER-HACER

SPISE-SE-GJØRE

# EAT-SEE-DO

MANGER-VOIR-FAIRE

COLLEGE IS THE PERFECT TIME TO START ADDING STAMPS TO YOUR PASSPORT. PAST AND PRESENT DREXEL STUDENTS SHARE THEIR TRAVEL TIPS TO GUARANTEE YOU HAVE THE GREATEST ADVENTURES ABROAD.

words JULIA KRAWIEC illustration ASCHER THOMAS

### PARIS, FRANCE

**EAT** Pink Mamma

**SEE** The Eiffel Tower and Sacré-Couer Basilica

**DO** The Louvre, the Catacombs, and Cimetière de Montmartre.

**TIP** Parisians will usually just speak English to you, even if you speak to them in French. It's probably better to speak English for all parties involved.

### HELSINKI, FINLAND

**EAT** Helkatti Cat Café

**SEE** The Lutheran Cathedral

**DO** The saunas; Löyly is great if you want more of a luxe experience. For the true Helsinki, Sompasauna is the place to go.

**TIP** Helsinki is a great place to stay if you want to explore past Finland as well. Tallinn, Estonia and Stockholm, Sweden are only a boat ride away!

### LIMA, PERU

**EAT** La Picante

**SEE** Take a train out to Machu Picchu.

**DO** A bike tour throughout the city and make your own pisco sour.

**TIP** Only drink bottled water, use bottled water to brush your teeth, and close your mouth in the shower. You don't want to end up sick.

### BUDAPEST, HUNGARY

**EAT** Mazel Tov (in the Jewish Quarter)

**SEE** Shoes on the Danube Bank

**DO** Go to the thermal baths and Szimpla, the ruin bars.

**TIP** Don't clink your beer glasses! Austrians celebrated the victory of quashing Hungary's revolution by toasting and clinking beer.

### AMSTERDAM, HOLLAND

**EAT** Fou Fow Ramen

**SEE** Van Gogh Museum

**DO** The Heineken Tour and a canal tour.

**TIP** Watch out for cyclists, they are everywhere! There are more bicycles in Amsterdam than permanent residents.

### OSLO, NORWAY

**EAT** Engebret Café, Oslo's oldest restaurant.

**SEE** The Oslo Fjord

**DO** Vigeland Park, all of the statues and artwork inside are by Vigeland himself.

**TIP** Wear layers, the Norwegians say there is no such thing as bad weather, only bad clothes.

### MELBOURNE, AUSTRALIA

**EAT** Bay City Burrito

**SEE** Royal Botanical Gardens

**DO** Queen Victoria Market and a game at the Melbourne Cricket Grounds.

**TIP** Get a tram card, it's easy to travel, and Uber is very overpriced.

### ROME, ITALY

**EAT** Emma

**SEE** The Colosseum

**DO** Spend a night in Trastevere, a section of the city known for fun nightlife.

**TIP** Rome is a central hub in Italy, and is accessible via train to Florence, Assisi, and Naples.

### BARCELONA, SPAIN

**EAT** Milk Bar and Bistro

**SEE** Park Guell

**DO** Walk down the Las Ramblas strip and visit the La Boqueria.

**TIP** If you want to get into major attractions such as the Sagrada Familia, buy tickets in advance, they sell out almost every day.

### CHANIA, GREECE

**EAT** Koutourouki

**SEE** The Old Venetian Harbor and Lighthouse

**DO** Visit local beaches like Falassarna, Balos, and Elafonissi.

**TIP** Try to get out of the touristy areas like Santorini and Mykonos and learn more about the local customs and food.

### REYKJAVIK, ICELAND

**EAT** Icelandic Fish & Chips

**SEE** Blue Lagoon and Hallgrímskirkja Church

**DO** Golden Circle Tour and take a drive to the Black Sand Beach in Vík.

**TIP** Plan ahead if you're looking to stop in a liquor store, they are all government owned with limited hours.

### FLORENCE, ITALY

**EAT** Yellow Bar (known for their gnocchi with rose sauce)

**SEE** Duomo and Piazzale Michelangelo

**DO** Visit the Salvatore Ferragamo Museum and eat all of the gelato.

**TIP** Never order a cappuccino after 12PM.

### TIPS FOR FIRST TIMERS

- Make copies of your passport, keep one with you and another in your luggage.
- Be prepared with the right adapters and converters before you leave.
- Make sure you have international service or get a travel SIM card.
- Notify your bank that you are traveling abroad at least a week before you leave.
- Have the police and emergency phone numbers in your phone notes or contacts.
- Don't overpack, you'll thank yourself later.
- Be aware of your surroundings.





# THE SOCIAL AGE

FINDING AUTHENTICITY AND SELF-LOVE IN A WORLD ADDICTED TO SOCIAL MEDIA'S ILLUSIONS.

words SOPHIE RUBIN illustration ASCHER THOMAS

**WE ARE ALWAYS** on our phones. We use them for everything as if our phones have become an extension of our being. Without even realizing it, we end up spending hours scrolling through apps for the latest information, trends, images, and gossip. The average person spends more than four hours a day on their phone, which is a quarter of their waking hours. Shockingly, 77% of people admit that they are addicted to their phones, and 62% of people check their phones 160 times per day out of habit. Social media statistics from the PsychGuides.com in 2019 show that there are 3.5 billion social media users worldwide, and this number continues to grow. This rise in social media use comes with side effects; 65% of people have difficulty sleeping after using social media. Several studies have found an association between social media use and depression, anxiety, sleep problems, eating issues, and increased suicide risk. Drawing the line and finding a healthy online/offline balance is difficult, especially when technology is readily available. It is vital to be aware of social media consumption, as you may be placing yourself in an unhealthy mental state without even realizing it.

Influencers and celebrities have an excellent opportunity to use their platforms to inspire and spread positivity to their followers. However, this is often not the case, and it can lead to young people mirroring a life that they think is real. We end up lusting after influencers because we admire how much more likable they are. Of course, whatever image we post will inevitably have to be cropped, filtered, and scrutinized to death, and we'll be spending significant chunks of our time gazing at our face, waiting for the likes to roll in. Our Instagram profiles take on a persona of their own: this person has our name and is us but not-us, seems sexier, healthier, and cooler because it comprises only our good memories.

On top of that, we are inwardly judging others for posting unrealistic content, even though we are doing the same thing. When everyone around us has a strong social media presence – even if it's fake – it creates significant internal anxiety; we want to fit in and do the same. Thus, we end up showing the world a curated

version of ourselves, rather than the full picture of who we are.

This social media culture that we exist in has turned self-worth into a competitive, measurable unit that gets displayed to the world. The number of followers and likes we have becomes the ultimate scorecard, and we allow it to affect our mood and happiness. In reality, social media can alter our mindset and can give us the impression that things are more important than they are. We need to learn to step away and turn it off. If someone is adding negativity and anxiety to our lives, we put them on mute. If Instagram is an obsession, we delete it. If our profile doesn't represent ourselves, we revamp it. If we're tired, we turn the phone off and sleep. We need more self-love in this world, and we need to support one another rather than tear each other down. Although it is challenging, going against the social media grain and living our truth leads to reduced anxiety and a happier mental state.

Muting and unfollowing do not mean we need to delete all of our social media apps, live in a cave, and not engage with others. It means being able to introduce a balance in which we can look at social media but also be present, love ourselves, and maintain a positive mindset. There is a healthy approach that we can implement, such as being aware of how much we are using social media and how its content is affecting us, and then approaching social media in a more informed and balanced way. Such actions can be as simple as deleting Facetune from your phone or only checking your Instagram stories twice a day instead of 20. Besides, there are online solutions such as the Freedom, Help Me Focus, and the Digital Wellbeing apps, which limit screen time, enabling users to stay connected in-person. Being present will allow us to open up to others and the world around us, letting people in to love and respect us for being ourselves. As social media isn't disappearing, we need to look at our feeds with awareness. Remember that influencers can be walking advertisements, so don't always believe everything they say. We can decide what we want to think and what matters most to us. Remember that ultimately we are in control of what we see, follow and consume, both online and off.

**"PEOPLE ARE PUTTING FORTH THESE EDITED AND IDEALIZED VERSIONS OF THEMSELVES"**





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## HOW TO HAVE A CONVERSATION

WHETHER AT A JOB INTERVIEW OR WHEN YOUR PHONE DIES, AT SOME POINT YOU WILL FIND YOURSELF IN A SITUATION THAT YOU CAN'T TEXT YOUR WAY OUT OF.

words EMILY DIELI AND SOPHIE RUBIN photo BRIAN CHENG

### ACTIVELY LISTEN

The first and most crucial step to having a successful conversation is to listen. Pay attention and engage in what the other person is saying, rather than just hearing them. Consider asking open-ended questions to get the conversation flowing. "What's your favorite part of your job?" or "What's your favorite restaurant in the area?" are some good starters.

### KNOW YOUR AUDIENCE

Some people love and understand sarcasm, while others may get personally offended. Knowing who you are speaking to and preparing for that will help move the conversation along without a hitch. If you can't tell if you're going overboard, watch the other person's body language. Arms crossed, eyes looking down, or an agitated tone of voice are all signs that you might want to check your tone.

### MAKE EYE CONTACT

This simple gesture will show the other person that you're engaged in the conversation. Looking someone in the eye is a sign of respect, and hopefully, the other person will reciprocate.

### CHECK YOUR BODY LANGUAGE

No one wants to be conversing with someone with folded arms who appears standoffish. Posture is essential when having a conversation. Stand up straight and keep your arms to the side to show you are open and engaged. Face towards and use expressive hand gestures, maintain eye contact, and don't forget to smile.

### PUT DOWN YOUR PHONE

Turn off your notifications and resist the urge to check your phone at every lull in the conversation. You may experience some separation anxiety by not checking on your Snapchat streaks, but the person you're talking to face-to-face deserves your attention too.

### AVOID FILLERS

Using phrases such as "so," "like," "um," and "you know," too much during a conversation, can make you seem nervous or unsure of yourself. These fillers are a conversational crutch and can be overused when we are trying to think of what to say next. Small breaks of silence while you gather your thoughts are perfectly fine.

### PLAY NICE

Not everyone will have the same views and opinions as you. This doesn't mean you have to make them agree with you, and it doesn't mean you have to start an argument. Play nice. Be nice. Sometimes, you might have to hold your tongue.

### FAKE IT 'TILL YOU MAKE IT

Even if you're not comfortable having a face-to-face conversation, act confident and sure of yourself. Maintain good posture, look the other person in the eye, and remember to breathe and keep an even tone of voice. In-person conversations can be awkward, especially if it's the first time meeting someone, but remember that they are most likely feeling the same way too.



# ADULTING 101

verb | a-dult-ing | the act of behaving like a grown, mature, and sensible human being.

**ADULTING - WELL, WHERE DO WE START? IT'S 100% ALL YOU. NO SAFETY NET, NO ONE COMING TO SAVE YOU. THESE ARE THE THINGS THEY TOLD YOU, BUT YOU DIDN'T LISTEN.**

words **JEMA VARNIE**  
illustrations **ASCHER THOMAS**

## SICK DAYS AREN'T FOR THE "SICK"

Your favorite artist came into town last week, and you miraculously caught a cold. Now you have a high-grade fever, your lungs are swollen, and according to WebMD, you should be dead. Save your sick days for when you need them, your achy body and healthy coworkers will thank you later. Plan accordingly, and schedule activities for after-hours or the weekends.



## CREDIT OR DEBIT?

The latest iPhone just dropped. A new case and Air Pods are an absolute necessity. The real question is, do you want to be broke now or later? Pay attention to how much you are spending on your credit card. A general rule of thumb is to minimize spending less than half of the card limit. You can also work out a monthly budget to make sure you're prioritizing your expenses.

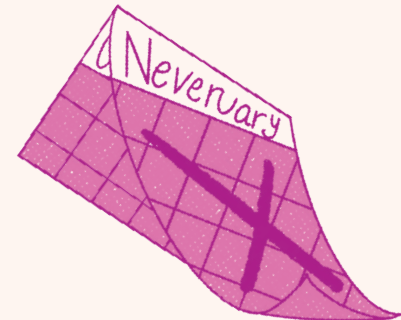


## WE'RE ALL ADDICTED TO CAFFEINE

Did the day even start without coffee? So, you've got the shakes. Congrats, you're addicted to caffeine. Do your best to eat something with your morning cold brew or face a Mount Rushmore sized headache before the lunch break. Eating a whole grain breakfast cereal will stop these symptoms and help to boost your energy while avoiding that midmorning coffee crash.

## YOU'LL BE TRYING TO MAKE PLANS WITH YOUR FRIENDS FOR THE NEXT THIRTY YEARS

You planned a birthday brunch that's been rescheduled to birthday drinks that turns into a birthday post on Instagram. Now you're stuck on Amazon searching for weighted blankets because you haven't seen your friends since graduation. It's a miracle if anyone picks up a FaceTime. Don't stress if you don't see your friends for a while – real relationships last longer than your weekend binge-watch of *Friends*.



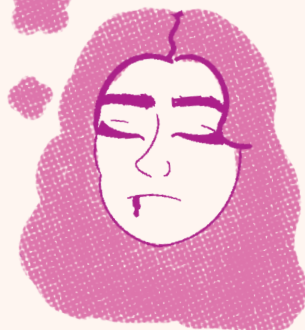
## THE FRESHMAN 15 IS NOTHING COMPARED TO THE POST GRAD 45

Popcorn isn't a meal, dear. Meal plan – your bank account and stomach will thank you. The pounds start to lay on after you stop walking to class every day. Save money by living somewhere with a gym amenity. Our metabolisms slow down as we get older, and maintaining that beach bod may not be as easy as it used to be.



## THE CLUB IS CALLING BUT SO IS YOUR BED

Falling asleep in the club is right up there with not washing your hands after using the bathroom. Just despicable. After a long week of work, take time to rest and recover so you don't crash when you go out. Try power napping during the day before you doze off while you're hanging out with your friends.



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The background is a complex collage of various textures and colors. It includes sections of light-colored wood grain, a dark textured area, a light blue-grey textured area, a green textured area, a white area with yellow and green splatters, a red textured area, and a dark blue-grey textured area.

# URBAN OUTFITTERS

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