

d&am

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Antoinette Westphal
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Artelier
Nicole Miller



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gabriella cifaloglio
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bianca vasaturo

photographers
shan cerrone
tara giancaspro
harris mizrahi

faculty editors
catherine byers
nick cassway

cover image by
harris mizrahi

CONTRIBUTORS

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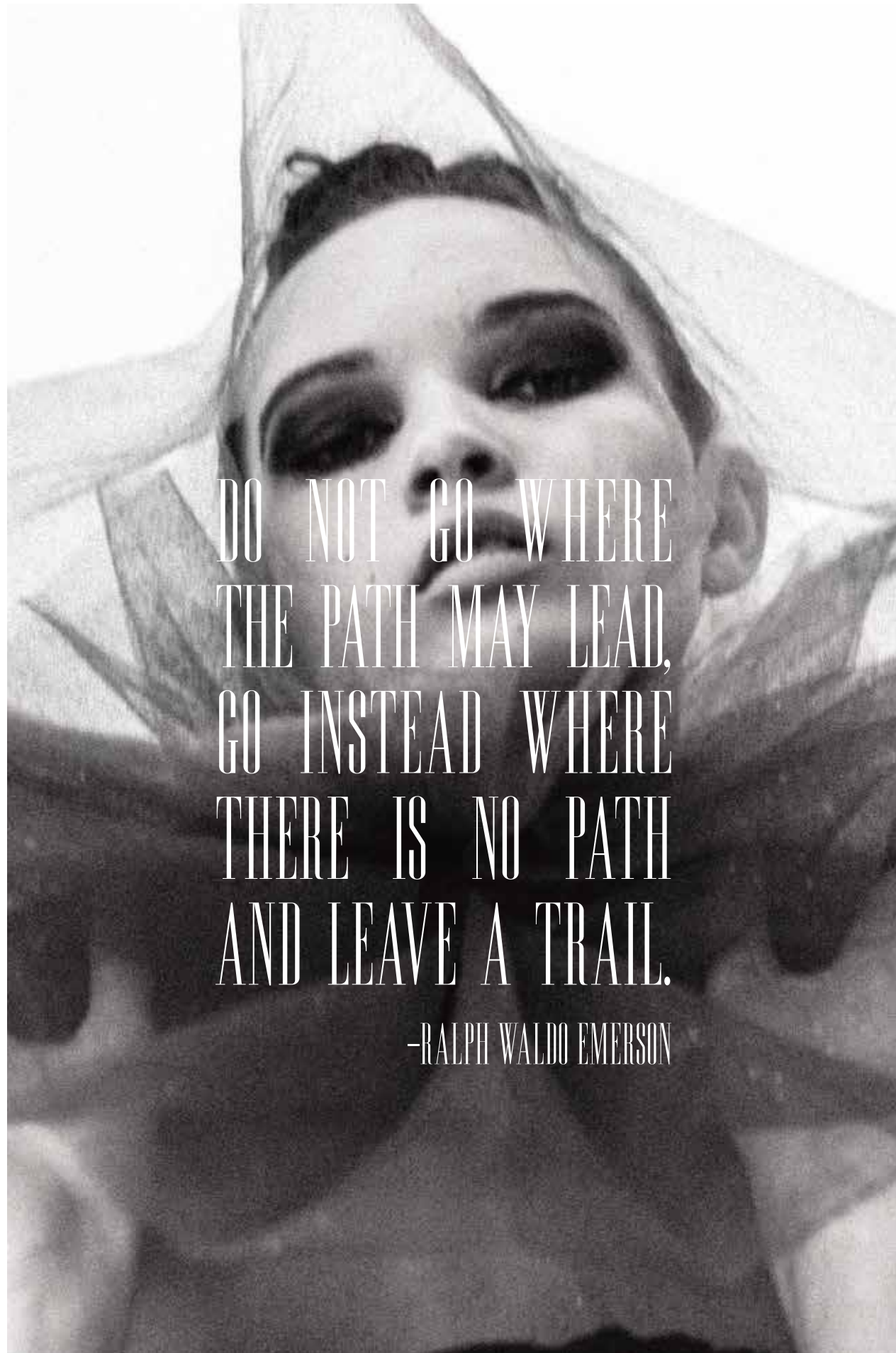
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DO NOT GO WHERE
THE PATH MAY LEAD,
GO INSTEAD WHERE
THERE IS NO PATH
AND LEAVE A TRAIL.

—RALPH WALDO EMERSON

JOIN us on a road trip like never before. Let's journey to exotic marketplaces and wave hello to the drag queens wrapped in lamé. Bike with the Philadelphia hipsters, hula-hoop into new sustainable ideas, and get dressed up in over-the-top gowns. Follow us into the life of industry professionals, help a greenhouse grow in Panama, sing a new tune by a local band and explore our college's new home. No matter where this adventure takes us, let's remember that walking the path less followed gives us more room to leave a trail. Read on with delight, this 2013 issue is packed with recipes from trailblazers and new vistas to explore.

with love, the editors

THE ROAD TRIP

philadelphia to los angeles
story and photography by anna fatlowitz



Let's just get right to the point. I am not a fan of long car rides and being with people 24/7. So there was no way in hell that I'd drive across the country to help move my friend, Rachel, to Los Angeles for co-op. Turns out, I was wrong. After weeks of being wishy-washy, I finally manned-up and bought a plane ticket from LAX to PHL for the return trip. This was a week before the actual road trip. The following is a day-by-day firsthand account of our long and often ridiculous trek across the country. The names have been changed to protect us all.

day one

To say we had a rough start would be the understatement of the year. Rachel's car had been checked and double-checked by her local mechanic, but halfway down the driveway her car was done. By done, I mean Kristin Cavallari's car in *Laguna Beach* DONE-ZO. This was not ideal, to say the least.

After an 11-hour delay, we were finally on the road at 3:30 p.m. Rachel actually had to trade her old car in and get a new car that very morning. The car was fully stocked with water and snacks to get to our first stop: Nashville.

Maybe I was already over being in the car after five minutes, or I just can't be around girls for this long, but I needed alone time already. *The Hunger Games* trilogy was a nice little escape and gave me an excuse to not be social. I can only handle mindless chatter for so long. After about three hours of Rachel driving, we decided to pull over for a switch. Sara was sitting shotgun, so we decided to let her drive next. This was a huge mistake. Homegirl couldn't drive to save her life. The three of us were in panic mode for the whole 15 minutes Sara was behind the wheel. It was decided that I take over and everyone seemed to be happier about this situation.

An enormous lightning storm greeted us before our 3:30 a.m. arrival in Nashville. On the street of our hotel, some drunken Tennessee guys walking by joyfully greeted us. We promptly went to bed for an early wake-up time.

day two

Waking up at 8 a.m. was a struggle, and I'm not sure how the four of us managed that. We passed a million and one Cracker Barrels and somehow it was such a surprise that I've never been to one. That was a big mistake to admit, and I'd later come to

regret it. We passed signs for places such as Arkadelphia and Texarkana, where we had no desire to stop. Dallas seemed to take ages to get to, but we were excited for actual civilization.

To put it gently, we arrived at our downtown Dallas hotel looking like hot messes. After getting ourselves cleaned up, we decided it'd be nice to unwind by taking advantage of the free happy hour at the hotel. This was much needed after snappy comments, lack of food and fights about who got shotgun.

After heading back to the room, I was ready to just pass out on the ridiculously comfortable bed. Rachel and Megan had had it with Sara and just needed time to get away from her. They both ended up at the Rodeo Bar across the street, and it was clear they did not belong there. Megan expressed her interest in purchasing a pair of "cowboy" boots to an actual cowboy. He gruffly corrected her and asked, "You mean cowgirl boots?" Also, never take a cowboy's hat and put it on your head.

day three

The next day we decided to be tourists. We slept in and found an amazing brunch spot, Bread Winners Café, then headed to West Village for a bit of shopping. Dallas has a complimentary trolley service that takes you through Uptown Dallas. Megan was on the hunt for the perfect pair of cowgirl boots. But as luck would have it, the one western wear store was closed on Saturdays. We didn't have a set itinerary and were just winging it, so we ended up grabbing a quick drink at a dive bar, then got picked up by the hotel shuttle service. The driver was nice enough to show us some of the Dallas landmarks.

day four

We left Dallas, and after an hour or so of driving, we saw flashing lights in our mirrors. Just our luck again! Megan

was going 92 in a 70, so there was no way out of this ticket. The cops in these small Texas towns definitely just sit and wait for idiot out-of-towners like us. After a half an hour or so, Rachel took over for Megan. Not even a few minutes into her shift, she got pulled over for speeding, too. No wonder everyone was driving the speed limit! We learned a valuable lesson: Don't speed in Texas.

The most repulsive sign I've ever seen is probably: "Free 72oz Steak" in Amarillo, Texas. Of course we had to stop there. The restaurant was a make-believe cowboy-land complete with brightly colored cowboy and cowgirl uniforms. Located in the center of the restaurant was a huge stage with three timers above it. Since it was just after lunchtime, there weren't that many people there, but there was one guy brave enough to try to tackle the 72oz monster. We weren't starving for once and opted for buffalo burgers instead. After a pretty slow drive, we reached Albuquerque by dinnertime.

day five

We had been warned beforehand that this last stretch of our trip would be the worst. And contrary to popular belief, it's freezing in the desert. Flip-flops were not the correct choice in footwear. Someone had the idea to stop at the Petrified Forest National Park. What an odd choice.

I mentioned earlier that I had never been to Cracker Barrel, nor did I ever have a desire to go to one. Well, guess who got dragged to Cracker Barrel? This girl. It was not all it was cracked up to be. The food and service left much to be desired.

Somehow I managed to be the one to drive across the California state border. We had to do a quick stop at a checkpoint for plants (of all things!). All of us got really excited and perked up at this point. The views of the mountains were incredible, and the LA skyline made us antsy to get out of the car.

Our hotel ended up being on Sunset Boulevard, a prime location for restaurants and shopping. After getting unpacked and showered, we headed across the street for some food and drinks. We were quickly asked if we wanted to ride the bull, but we all declined.

day six

After five days on the road together, we all needed space. Megan and I decided to walk around Sunset Boulevard and look for her cowgirl boots at a local boutique, Boot Star. She ended up finding the perfect pair. The guy that sold us the boots gave us a handy list of his favorite places to go for drinks around Sunset Boulevard.

Rachel picked us up, and we headed to Venice Beach. We dipped our toes in the ocean and then we got harassed to sign up for medical marijuana cards. Muscle Beach was almost

a disturbing site, but we quickly moved past it and headed for Figtree's Café for lunch.

Rachel's new apartment was located in Westwood, right by UCLA. Since she had never actually seen the apartment yet, we thought it'd be a good idea to check the place out before she signed the lease. After a quick approval of the apartment, we headed to the hotel and its rooftop pool. Once we got there, we had completely unobstructed views of LA. It was incredible.

For our big dinner in LA we decided to head to Katana Robata down the road from our hotel. Honestly, it wasn't anything to write home about, but it did have decent reviews. Next, we thought we'd give the boot guy's list of bars a try. After the second bar or so, we stopped at Bar 1200 at the Sunset Marquis. The drinks were entirely undrinkable, at least for me. Coincidentally, we ran into the boot guy!

day seven

Rachel's co-op company, Jim Henson (think Muppets), said they'd give us a tour of the company. It was exciting to hear about the company's involvement with multiple celebrities and about its history.

No trip to California is complete without stopping at an In-N-Out Burger. We made quick work of our burgers and fries and didn't regret a minute of it.

The iconic Hollywood Boulevard was our next destination. For some reason we decided it would be hilarious to take a celebrity homes tour. The key takeaways we got from this tour were: locals really hate tourists, where Lindsay Lohan drunkenly hit a tree with her car and how not to say La Brea (La BREAAA). It's still to be determined if the tour was actually a scam or not.

Santa Monica was our last stop for the day. The traffic was ridiculous. We ended up shopping and people watching on the pier. In a moment of weakness, we ventured to the Bubba Gump Shrimp restaurant. It was exactly what we needed.

day eight

Our last day was filled with multiple trips to LAX since the three of us all had different flights. I had the most time to kill because I had a red-eye flight back, so Rachel and I headed up ridiculous hills to find the perfect spot underneath the Hollywood sign. A co-worker at my internship had lived in LA for a couple of years and gave me great directions and things to see and do.

After dinner it was finally time to head out to LAX. I had never flown by myself before, so it was a little nerve-wracking to sit in the waiting area and have my flight delayed three times. A large group of chatty high schoolers didn't make the situation any better. When I was finally able to board, I immediately tuned out the guy next to me and fell asleep. Back to reality.



RETAIL IN THE RAW

by allie ingersoll

Markets are alive. For centuries they have existed as the main source of commerce all around the world. While modern America quickly adapted to fast-paced retailers, both brick-and-mortar and online, outdoor retailers still exist in large cities and small towns in most other countries. By selling local and regional products, markets boost revenue through tourism but also benefit vendors and communities as a whole. They provide a sense of security among the public and promote kinship.

While studying and traveling abroad, students have explored all types of outdoor retailers. From London to Crete to Tel Aviv, each market offers insight to the culture that thrives around it. On your next adventure, explore the unconventional, and remember to bargain.

Top: Barcelona, Hong Kong, Florence Middle: Barcelona, London, Hong Kong Bottom: Tel Aviv, Grenada, Barcelona





Hannah Brady

ONE WEEK TO REPAIR THE WORLD

by naomi izen



Denney Pham



Danielle Brief

Spring break: one week to fly to a tropical destination, party all night, sleep all day and forget about the troubles of your life and the worries of the world. This is an accurate description of most students' ideas of spring break. These sun-drenched, hangover-filled weeks can be memorable for a while, but there are ways to spend a school break where the memories linger for a lifetime and the lasting effects are ten-fold. These are alternative spring breaks—or at Drexel, alternative fall, winter, spring and summer breaks.

Alternative breaks take one's taste for adventure and memories and meld them into a community service trip anywhere from a local town in New Jersey to a faraway destination to help members of the community with anything from medical care to sustainability to disaster relief. Over 100 Drexel students take advantage of these incredible opportunities to give back each year. Juniors Denney Pham, Danielle Brief and Hannah Brady have traveled the globe with alternative break opportunities to learn what alternative breaks are all about. These students see themselves as healers of the world. Let their experiences serve as inspiration to seek out a program for one week or every term, and make the world a better place.

Panama

"As I looked into their faces, I realized that I could have been them, you know? It's not like I was a better person than they." Denney Pham, a junior studying Design & Merchandising with minors in Marketing, Sustainability and Economics, remembers the moment that changed his life. He had

returned to Vietnam, his parents' home country. After seeing five-year-old children begging on the streets, he knew that he needed to devote his life to helping others. "I was fortunate enough to be born to a family that had resources that others didn't."

With this desire to give back, Pham has made his time at Drexel University most fulfilling. He is a Lindy Drexel Community Scholar and through the Lindy Center and the Honors College he heard about the opportunity to build greenhouses in Panama with Global Brigades over his Fall 2012 break.

In a small village near Torti, Pham and the other students helped teach members of the village community about sustainability. Along with the local villagers, they built greenhouses with raised seed beds and added composting units so that the families could grow and sustain organic produce. The students also created an information guide and educated the families on organic farming, the dangers of burning plastic and how to live more sustainable and healthy lives. The goal of the trip was not just to help out for a week building, but to create a lasting impact by educating the villagers to live sustainably, so that they will be able to grow their own healthy and organic produce.

At the end of the week-long service trip, Alberto, a generally quiet man whose family benefitted from the project, stood up and effusively praised the students and pronounced his deep gratitude for their work. It is moments like these that keep Pham's schedule bustling with community service activities. As he says, "There is nothing like the feeling you get when you do meaningful community service...it's important to give a little some-

thing back to the community and a world that has given me so much."

New Orleans

"He was wearing awesome yellow and blue argyle socks," recalls Danielle Brief, a junior at Drexel University studying Design & Merchandising. "He told me that he waited on a bridge that was above the water level for three days without food, except for packets of salt and pepper delivered by a helicopter." Her eyes turn a sobering clear, as she retells the survival story of Pastor Henry, just one of the many inspiring people Brief met on her alternative spring break trip to New Orleans in 2011.

Although Hurricane Katrina hit in 2005, there were still many neighborhoods that had not received aid, and those areas continued to deteriorate, leaving them a wasteland. Brief shared that, "The whole point of our trip was to witness the social injustices and inequality that pervade the man-made disaster of Hurricane Katrina. The damage of the hurricane was not purely physical damage, but it created social wounds that take much longer to heal. When the flooding stopped, there still existed an overflowing of hurt caused by displacement and loss."

Brief, along with 14 other students, gave up her free week in March to help those untouched neighborhoods and volunteer for Beacon of Hope and Greenlight New Orleans. They spent their mornings with Beacon of Hope clearing vacant lots in the Lower 9th Ward. These lots were hard-hit by Hurricane Katrina. To illustrate how much the hurricane still affected this community, Brief shared that the Martin Luther King Elementary School sat empty until July 2010, five years after the hurricane hit. Trying to lessen the safety hazard of other vacant, overgrown and trash-filled lots, Brief and 14 other students spent their mornings pulling the overgrown weeds and picking up the trash that was everywhere. Their help sped the rebuilding process in this neighborhood for the families just trying to move back and live their lives.

Her afternoons were spent with Greenlight New Orleans, visiting households and sitting with the homeowner, teaching them about energy consumption and how to reduce their electric bills. These were the moments when Brief could sit face-to-face with a Katrina victim and hear firsthand the atrocities that occurred, but also the hope and faith that these people held throughout the hurricane and its aftermath. These personal connections are what feeds Brief and makes her keep wanting to give back.

When Brief was 16, she volunteered at a camp for children and adults with autism, taking the campers swimming at a local park three days a week. She remembers that this experience was a turning point. "One of my campers was wheelchair-bound, but in the pool, she was just like everyone else," Brief says. "She was non-verbal, but I could see on her face that she was so appreciative and happy to exercise her legs and get out of her chair. It was a beautiful thing to experience and made me realize how much I take for granted."

Moments like these are abundant for Brief, who believes that the Jewish concept of "Tikkun Olam," or "picking up the pieces," says that if we take the time to pick up the broken pieces, we can repair the world. Through all of the service that Brief has done and especially her two service trips in college, she believes that she has been changed for the better. She says,

"As I looked into their faces, I realized that I could have been them, you know?"

"I saw the world from a different angle, through a filter of loss and destruction. All of these encounters gave me empathy, courage and determination that many college kids just don't possess." She looks me in the eye and says, "Maybe I'm an optimist, but I do really believe it."

Honduras

It was a passing conversation with a friend during her freshman year that led Hannah Brady, a junior Biology major, to join a Global Brigades service trip during her 2011 spring break. She signed up for a Medical Brigade to Honduras that brought medication and doctors to remote communities in the mountains. These communities had never had access to medical care before, so Brady did intake for the patients with help from translators and filled out medical paperwork so that the doctors could work more efficiently and see more people. This trip in March was so inspirational that Brady knew she had to do more.

In June 2012, she decided to lead another brigade, this time a Public Health Brigade back to Honduras. Brady and ten other students built structures to help eliminate the spread of disease. During their week-long stay, the students built a latrine, a water storage unit called a pila and an eco-stove, and they laid concrete floors. The brigade activities consisted of not only physical labor but also the opportunity to

teach the community about safe health practices and proper hygiene.

Brady doesn't mind spending her week-long breaks helping others. "I have been very lucky to be able to live life to its fullest potential, so I feel that it is important to try to provide that opportunity to everyone else," she says. Not everyone has the opportunities that college students in America do, and Brady wants to give her time to people who really appreciate the help. At the end of her Public Health Brigade, Mama, the mother of the family they had spent all week with, tearfully told the students just how grateful she was for their help. Brady says, "We were just a bunch of American students looking for a life-changing experience, and the community we were in saw it as an opportunity to learn more about us!"

Get Involved!

Community service trips are available through Drexel University and other programs in Philadelphia and throughout the world. To learn more about Alternative Spring Breaks at Drexel University, visit The Center for Civic Engagement, and stay tuned for more information about ASB 2014 by checking out Drexel's Office of Campus Activities' website. To learn more or get involved with trips with Philadelphia Students Brigades, contact Hannah Brady at hannahbrady125@gmail.com or visit their website. For trips like Denney Pham's, visit the Lindy Center for Civic Engagement located on the second floor at 3210 Cherry Street. They can help you find service according to your interests. You can also join student organizations like Drexel's Hunger and Homelessness Prevention Coalition or Circle K. Jump right in and explore community service options. If you can't take a week to do a service trip, start with local organizations in Philadelphia and donate an hour or more a week to help those less fortunate. The change you can make is profound, and the change inside that occurs is even more incredible.



Shian Carrone

SMARTER THAN YOUR AVERAGE TEXTILE

by emily farrara

“Like engineers, designers *and* artists can play a role in advancing technology. It’s a two-way street, where design practice can inform science and vice versa,” said Genevieve Dion, Director, Shima Seiki Haute Technology Laboratory at ExCITE, and Assistant Professor, Fashion Design.

The Shima Seiki Haute Technology Laboratory has created an environment where students and faculty design and produce “smart” textiles. The lab is located in Drexel’s ExCITE Center at 3401 Market Street, where it houses both the hardware and software for students and faculty researchers to design wearable technology that blends engineering with design. The multidisciplinary lab was established by colleagues in the College of Media Arts & Design, School of Biomedical Engineering, Science and Health Systems, College of Nursing and Health Professions, College of Engineering, College of Medicine and the iSchool.

Shima Seiki is a Japanese company that specializes in industrial knitting machinery, computers and computer programs used for knitting, 3D simulation and fabric simulation. In Drexel’s Haute Tech Lab, researchers are discovering how to mix fashion and technology—for humans and even for fashionable robots. In 2012, the company signed a \$1 million contract with Drexel to provide computers, software and knitting machinery now being used to bring research ideas to reality.

Four large knitting machines take up the majority of space in the Shima Seiki lab, each serving a different purpose. After researchers create a pattern, they can input the design directly into the knitting machine and watch it become a reality. These machines can knit with up to 28 colors or different types of yarn and even produce seamless garments.

Richard Vallett, a Drexel PhD student, has taken on a unique challenge, collaborating with the Drexel Autonomous Systems Lab (DASL) and the Haute Tech Lab. In December 2012, Vallett began working on a new fabric for Hubo for the Darpa Robotics Challenge (DRC). This year’s challenge is to have Hubo

the robot, a multi-university collaborative project, drive a car. Hubo traditionally wears a grey plastic shell, which impedes his motion skills and does not protect his fragile frame. By replacing some of the grey shell with an experimental fabric, Hubo will have more motion in his arms and legs, making it possible for the him to use pedals and the steering wheel. Under Dion’s supervision, Vallett is experimenting with thick spacer fabric, which will offer flexible protection. The fabric will be cut and puncture resistant, and is made specifically to cover Hubo’s knees and palms. Vallett’s PhD advising professor is Dr. Paul Oh from the department of Mechanical Engineering and Mechanics (MEM).

Kristy Jost spends two days a week in the lab, focusing on cohesive research, design and testing of her textile supercapacitors. She graduated from Drexel’s Fashion Design Program in 2011 and immediately began her PhD in Material Science and Engineering. Once Jost found an interest in smart textiles, she began thinking about garments and electronic textiles that will require power to operate. She wanted to create textiles that did not yet exist. Jost’s work centers around remaking energy storage materials into wearable and flexible knit structures that can be integrated into a smart garment. Her previous work demonstrated how screen printing was an effective technique for coating wearable cotton and polyester textiles with energy-storing materials to create textile supercapacitors. Today she uses intarsia knitted carbon fibers as a backbone for the screen printed materials, which serve as current collectors for charging the device. This is the first time knitting has been used to fabricate a textile supercapacitor. Jost’s project includes collaborations from the A.J. Drexel Nanotechnology Institute and the Haute Tech Lab, with advisors Dr. Yury Gogotsi and Genevieve Dion.

Says Jost: “One of the great things about the Haute Tech Lab is that everyone is working to solve different problems, yet we are all working towards the same goal of integrating electronics in garments.”

LEFT Kristy Jost in the Shima Seiki Haute Technology Laboratory at ExCITE

UNPAID INTERNSHIPS

by emily stall photograph by shan cerrone

Where do we draw the line?

In this weak labor market, college students and recent graduates are as vulnerable as ever to unpaid internships. According to the *New York Times*, college graduates aged 24 and under are facing a 9.4% unemployment rate, the highest since the government began keeping records in 1985. Fashion houses, marketing companies, public relations firms, art galleries, film agencies and even law firms are hiring unpaid interns, who often have a college degree.

While sometimes these internships provide valuable learning experiences and lead to great full-time, paid positions, many internship programs leave a lot to be desired. Many interns work for 40 hours or more a week without even earning minimum wage. Several companies are hiring unpaid interns to do work that entry-level salaried employees would do, hurting paid job prospects for recent college graduates.

Not everyone has the luxury of being able to afford to work for free, and this gives students from wealthy families an advantage in industries that offer primarily unpaid internships. So, how do so many companies get away with this? And how do we make it stop?

Is it legal?

According to the Fair Labor Standards Act (FLSA), employees "must be compensated under the law for the services they perform for an employer." However, if an internship or training program passes the "Test for Unpaid Interns," the company is not required to compensate them.

The "test" covers a number of criteria, but the basics are that the intern does not replace regular employees, the company "derives no immediate advantage from the activities of the intern," the intern is not guaranteed a job at the end of the internship, and the intern is aware that they will not be paid.

One item on the list is especially troublesome—it is difficult to imagine any internship that does not benefit the employer. In reality, it is difficult to stop employers from exploiting unpaid interns. The Labor Department rarely investigates these companies, and most unpaid interns are hesitant to protest because they want to stay in good graces with these companies for future employment searches.

Is it exploitation?

Unfortunately, many companies are using unpaid interns to complete tasks that would ordinarily be given to paid administrative assistants. Many students have reported that while on an internship, they were asked to answer phones and fill in at the reception desk. According to Design & Merchandising Associate Professor and career expert Beth Phillips, this use of interns is not only exploitative, but also short-sighted by the company. They should be investing in long-term talent to create continuity in their business instead of training unpaid interns to complete tasks every few months. As a career development coach, Phillips works with many recent college graduates and has seen an increase in the past four to five years of companies looking to hire post-graduates as unpaid interns. Phillips says this is unconscionable, because these young people have valuable degrees and deserve to be paid. If an intern is working specific hours every week, every company should at least pay a stipend.

On the bright side, these unpaid internships often provide great work experience, networking opportunities, and look good on a resume. Working for a well-known company can help a student's future job prospects. Especially when working a full-time internship, Design & Merchandising Department Head Anne Cecil says, "Students are paid with the skillset of a full-time employee." Another great thing about internships is that they allow students to "try on" various positions and companies. In this sense, Cecil says there is "no down side to any experience!" Even if the student hates the internship, that is a valuable learning experience.

Unpaid Interns Fight Back

According to Ross Perlin, author of *Intern Nation*, "We may be at the very early stages of a significant backlash against an internship phenomenon that has gone off the rails." Unpaid interns in the United States are starting to fight back. Outten & Golden LLP, a New York City law firm, is supporting three major cases on behalf of unpaid interns. Eric Glatt, a 40-year-old with an MBA, accepted an unpaid internship with Fox Searchlight on the set of *Black Swan*. With fellow intern Alex Footman, he filed a lawsuit against Fox Searchlight in September 2011, arguing that they were required to

complete menial tasks that should have been done by paid employees, and they did not receive educational training—basically, Fox Searchlight did not meet the FLSA criteria for unpaid interns. *Black Swan* earned more than \$300 million in revenues, so one would think that Fox Searchlight could afford to pay their interns minimum wage.

News of this suit encouraged Diana Wang to file her own lawsuit against Hearst Corporation for her time as an unpaid intern at *Harper's Bazaar*, where she often worked more than 55 hours a week with no pay. On February 1, 2012, Outten & Golden LLP filed a class-action lawsuit against Hearst Corporation on behalf of Wang. This allows anyone who worked as an unpaid intern with Hearst in the past six years to participate in the case. The next month, "The Charlie Rose Show" faced a lawsuit from 25-year-old film student Lucy Bickerton.

What This Means For Drexel Students

Drexel is renowned for its co-op program, which requires students to complete one or three six-month internships, depending on the program of study. In the Westphal College of Media Arts & Design, students are required to complete one six-month co-op. Many Westphal students are offered unpaid opportunities because of the nature of creative industries. If a student accepts an unpaid co-op position, they are only required to work at that position for 20 hours a week to receive full credit. However, many students do choose to work full-time at these unpaid positions, because they are able to get more experience. Design & Merchandising senior Anna Fatlowitz is interning at Vera Wang and says, "Even though I'm unpaid, I feel that I am able to learn and do a lot more than my other (paid) internships. Every day I am constantly doing something new, and my boss is a great mentor."

Fortunately, not all creative co-ops are unpaid. According to Anne Cecil, "We have plenty of opportunities for paid internships." Design & Merchandising students have landed paid positions with companies including Destination Maternity, QVC, DKNY and the North Face. Ask any Design & Merchandising student why they accepted an unpaid co-op, and chances are they chose that position. It's not because they couldn't find a paid co-op—it's because they wanted to work for a well-known designer or magazine. And change is coming for many companies.

In the fall of 2011, one Design & Merchandising student began an unpaid co-op with *Shape Magazine* in New York City, working four full days a week. However, several months into her co-op experience, American Media, Inc., the company that owns *Shape* and several other publications including *OK!*, *Star*, and *The National Inquirer*, changed their

intern policy, likely in reaction to the lawsuit against Hearst. American Media decided that going forward all interns would be paid and that they could work a maximum of 20 hours a week. According to the student,

"I think there are both positive and negative sides, especially with my experience at *Shape*. While in many cases, companies do take advantage of interns, we are getting school credit in return, and I was much more involved when I could be there four full days a week instead of two. It kind of took the flexibility out of my co-op that I liked. I could no longer go to photo shoots because of the long hours required. Another negative to this policy is that now there are less internships available because companies, especially magazines, just can't afford to pay all of their interns. But many companies don't want to risk a lawsuit like the one with Hearst. If you asked students if they would rather be paid or not have an internship at all, most people would take the internship because we feel so much pressure to have that experience."

The increase in unpaid internships has also put a stress on colleges across the country. Almost all unpaid internships now require that the student get college credit. This puts any legal liability on the university, taking all of the legal stress away from the company employing the intern. Anne Cecil has noticed a sharp increase in students wanting to work unpaid internships (outside of the co-op program) that require college credit in the past five years. Recognizing the importance of unpaid internships, Cecil now offers students one credit while working an unpaid internship—as long as they provide something for her in return. In the fall of 2012, Cecil launched the D&M@Work blog (designmerchatwork.blogspot.com), where students write about their internship experiences in order to receive credit. This innovative solution benefits the students on internships and students who read the blog to learn more about internship opportunities.

Unpaid Intern Culture

The increase in internships began in the 1980s, and according to the National Association of Colleges and Employers, the percentage of college students participating in internships increased from only 17% in 1992 to 50% in 2008. With such a high demand for internship experience, it is hard to blame companies for not paying their interns. We can hope that the government will start enforcing labor laws more strictly, but in the meantime, students can take action. They don't have to go as far as filing a lawsuit, but if they don't believe it's fair, they can choose not to accept an unpaid internship. As Design & Merchandising senior Hannah Weires learned from her mother, "If you don't value your work, no one else will."





SHE WEARS THE PANTS

DIANE ELLIS PRESIDENT AND CHIEF OPERATING OFFICER BROOKS BROTHERS

by emily stall

From sales associate at a local boutique to President and Chief Operating Officer at Brooks Brothers, Diane Ellis has made her own way through the fashion and retail world. The 2013 Distinguished Speaker for Drexel's Design & Merchandising program talked to us about her unexpected career path, running America's oldest retailer, a collaboration with the *Great Gatsby* movie and her advice for students.

How did you end up in this position? Have you always been interested in fashion?

I was not always interested in fashion or retailing as a career. In fact, I was a musical theater and art major in college and was lead singer with a rock band. I accidentally fell into fashion retailing when I moved to Florida with my best friend after college and had to find a paying job. I started as a sales associate for a small junior specialty chain and in two months ended up as a store manager for a locally owned women's fashion boutique. It was this experience that really hooked me on retail, as I was responsible for all aspects of the store; buying, merchandising, visual display, operations and managing the store staff. After a year there, I returned to Pittsburgh and was accepted into the Executive Training Program at Joseph Horne Co. (a major department store in the city) where I later became a buyer in Missy Sportswear, and also spent time as a Branch Manager for their location in Cleveland, Ohio. From there I went on to several senior management positions with Marshall's and Filene's in Boston. I left Filene's in the early

nineties to join the retail strategy practice at Price Waterhouse Coopers. This was my introduction to the world of consulting where I spent the next 10 years consulting to many of the world's leading retailers—from Macy's to Carrefour, from fashion specialty retailers to grocery/mass discounters.

In 2001, I left PwC to start my own consulting practice, Lighthouse Retail Group LLC. One of my first clients was Retail Brand Alliance, the parent company of Brooks Brothers, who at that time also owned Casual Corner, August Max, Petite Sophisticate and Carolee Jewelry. We conducted a number of consulting assignments for the company over what would become a five-year period in areas that ranged from Consumer Research to International Growth Strategy. Then in 2007, the company's owner, Claudio Del Vecchio, invited me to join the company in the role of President and COO.

What is a typical day like as President and COO of Brooks Brothers?

There is no "typical" day in this role. I may be out visiting one of our 200+ stores here in North America, or meeting with our production/sourcing teams or touring one of our three factories here in the US. You may find me in our shared services center in Enfield, CT working with our Information Technology and Finance teams on one of our many global initiatives. On other days, we'll be holding town halls with our associates here in New York, or working with our E-commerce team on designs for our new website. It is a dynamic and fast-paced environment

at Brooks Brothers, as we are in a state of constant change and rapid growth. As a result, my role and that of the rest of our executive team reflects and responds to that constant change.

What are the best and worst aspects of your job?

The best part of my job is having the privilege of working with the many wonderful Brooks Brothers associates in our stores and our factories. We have a great team of passionate people in our stores and working in our factories, many of whom have been with the company for 30, 40 and in some cases 50 years. They are passionate about the company and are the best ambassadors for the Brooks Brothers Brand. They make coming to work every day truly a joy. The most challenging part of the job is to ensure that we stay focused on listening to the voice of our customer and to remove obstacles that interfere with our associates' ability to deliver a "legendary" customer experience that is consistent with the brand.

Do you prefer working directly for a retailer or working for a retail consulting firm?

That is very hard to say, as there are aspects of both that I find very appealing. In a consulting role, you are able to provide an unbiased, objective perspective for your clients, leveraging your knowledge of the retail industry and the best practices of leading retailers to help them maximize their unique business opportunities. In this environment, you are exposed to a wide variety of companies, dealing with a broad range of issues, therefore it can be as much of a learning experience for you as it is for your clients. The downside of the consulting role is that you are always viewed as an "outsider" and often do not get the opportunity to see your recommendations come to realization, and less of your role and time is spent on the people side of the business.

On the other hand, working directly for a retailer really immerses you in the people aspect of the business. The majority of your time is focused on acquiring, retaining and developing great people and building highly motivated and empowered teams. I find tremendous personal satisfaction in that aspect of the role. It is wonderful to have the opportunity to play a part in nurturing and developing the future leaders of Brooks Brothers, the ones who will take the company forward into the next 200 years.

Even though fashion seems to be a female-dominated industry, it is relatively rare overall for women to reach such leadership positions as yours. How do you feel about the opportunities for women in the workplace, and how has being a woman affected your career?

During the course of my career, it has never been an issue for me, as I have never let it be an issue. I was brought up to believe that being a woman was not a limitation, but rather an asset. The opportunities for women are there for the taking, as long as we are willing to be flexible, take risks and be open to opportunities that challenge us to step outside our comfort zone.

Brooks Brothers is considered the oldest American retailer. How does the brand balance maintaining its heritage and adapting to new customers and trends to stay relevant?

At Brooks Brothers, we understand the importance of staying rooted in, but not constrained by the heritage or DNA of the Brooks Brothers brand. It is imperative that we stay relevant to today's consumer. It is a delicate balance. Instead of repositioning the core of the brand (as Marks & Spencer tried to do unsuccessfully in the '80s and early '90s), we have found great acceptance to expanding and layering onto the existing brand footprint while maintaining our core offering. We are a global lifestyle brand now encompassing women's, children's and home product. With

the launch of our Black Fleece collaboration with Thom Browne several years ago, we were able to elevate the perception of the brand. Our new Flatiron store concept presents our range of offerings in a way that is relevant and engaging to customers with a more youthful and contemporary attitude. It is through this kind of constant reinvention and innovation that the Brooks Brothers brand has remained viable for almost 200 years and will continue to do so in the future.

Brooks Brothers created all of the men's suits for the highly anticipated *Great Gatsby* movie. What was that collaboration like, and how will it affect the brand?

It's been an exciting collaboration. We created over 500 looks, nearly 1800 pieces, for the entire male cast. All of it was custom made and we have worked on the project for nearly two years. Fitzgerald was a Brooks Brothers customer, and we are mentioned frequently in his writing, so this partnership has a unique authenticity and is closely tied to our heritage. Catherine Martin, the film's costume designer, is a true artist and spent a tremendous amount of time researching our archives from the 1920s and adapting them to her vision for the costumes. As a result, we created costumes which were not only inspired by the era but also feel right for today. The "Roaring Twenties" have long inspired the collections of many designers but I think the clothing in this film will set a new standard. We look forward to celebrating the collaboration this spring.

What advice do you have for Design & Merchandising students as they enter the fashion industry?

Be willing and open to as many different career experiences as possible, even if they are not your first choice or ideal role. Don't limit yourself to a narrow career path. The career paths of most successful leaders that I have known in the retail/fashion industry have had many twists and turns and have not followed a straight or planned path. The range and breadth of different areas of exposure early on in your career can be invaluable and open up many more alternative pathways to leadership. Most of all, love what you do and have fun!

"The career paths of most successful leaders that I have known in the retail/fashion industry have had many twists and turns and have not followed a straight or planned path."



CHRISTINA BINKLEY

by anna fatlowitz

Drexel's Westphal College of Media Arts & Design brought Christina Binkley and the world of fashion journalism to the newly finished URBN Center this fall. Students and professors were jammed into a small lecture hall and eagerly awaited Binkley's arrival. Binkley was calm, cool and collected when she appeared before us.

Binkley has been with *The Wall Street Journal* for 18 years, however, she has only been writing about fashion for about eight years. Binkley writes "On Style" each Thursday and contributes to *WSJ Magazine*, "Off Duty" and "Week-end" as well as other newspaper sections. She admits that she knew nothing about the world of fashion when she first got the assignment, but her outsider's opinion gave her column a fresh take. Prior to writing about fashion, Binkley wrote about real estate scams, gambling and the hotel industry—quite different subjects.

One of the perks a fashion journalist has is the ability to attend Fashion Weeks in New York, London, Milan and Paris. While there, Binkley attends big name ready-to-wear and haute couture shows, including Vera Wang, Gucci and Givenchy. It seems as though Binkley has the life everybody in the fashion industry wants. However, Fashion Week is a grueling time. She said this is the most exhausting and toughest job she's ever had. During these five weeks, twice a year, days will last from 9 a.m. to midnight. The writing doesn't start until midnight, and then the next day is a repeat.

Binkley is a self-proclaimed "factory nerd" who visits at least one factory in Europe each time she travels. This fall, she visited the Missoni knitting factory in Italy and said she now understands why the garments are so expensive. They simply take a long time to make, even by machine. She plans to go to an Hermès factory on her next trip. Binkley has yet to travel to Asia where most of our clothes are being produced. Her interests lie in the rights of workers as well as the translation from designer to production.

After Binkley's personal account of how she began in fashion journalism, she opened up the floor to questions.

How do you choose which shows to go to?

There are shows I have to go to and shows I want to go to, which are often different. In Milan I have to see Gucci. I go to major shows every season. This gives me less time to go out and explore. I'd like to see smaller designers.

What trends besides fabrics and colors are predominant now?

Black and white, stripes, checks, volume—sack dresses, sometimes belted, and full skirts.

How do you think up what to write about for the different shows? What do you look for?

I didn't critique collections for the first couple of years. I didn't understand them enough. Now I try to compare lines by critiquing based on what they've done in the past. It's easy for designers to get carried away. In their mind their client is Anna Wintour, not Neiman Marcus or Saks. I'll look for trends consumers want to know about. I rarely think something is downright ugly. I keep in mind price versus wearability. I hate criticizing.

What's your favorite fashion blog?

The Cut. It gives an insider feel. I ignore some of the most popular blogs.

Are there other parts of the industry you'd like to explore?

Asia, production for mass markets, patternmaking.

How do you balance family time with such a busy career?

I live in LA, make sacrifices and have strict rules. There are a lot of functions I don't go to unless they're really important.

Should fashion be radical or not?

Being radical drives fashion forward. Fashion impacts everything from cars to iPhones, house colors, styles of gardening and so on. Ripples from radical fashion move out from the leaders who do incredible things some of the time. People spend most of their lives wearing clothes that would never see a runway.

Do you think that living on the west coast (being removed from the NYC scene) helps with perspective?

Absolutely. During Fashion Weeks, I am with the same people all day long. There is a lot of gossip involved, and it's good to leave that behind after the shows. Some of my best friends are fashion journalists and competitors, though. At home in L.A., I get a breather. I definitely recommend taking vacations.

What should we (students) be keeping in mind in terms of what to deal with in the industry?

People are willing to work their butts off for nothing. If you're at an unpaid internship, don't stay long. Move on. A lot of fashion students race out to have the big job before they are ready for it. I get a ton of pitches a day, and I always have to determine if I should waste my time. I look at where they've worked first. I'll move on if something doesn't hook me. Get experience to build your résumé, abilities and skills.

"A Million Girls
Would Kill
For This Job"



Henrie Mizrahi

BELA SHEHU

by catie drussell

Short and sweet, like the avant-garde designer herself, Bela Shehu explains her new collection to a group of artists, clients and friends. The setting is a small private art studio located at 20th and Panama Streets, where once a month, young art and design aficionados gather from different Philadelphia neighborhoods to celebrate the forward-thinking fashion line, NINObrand. Characterized by draping silk dresses and hooded, wool capes, the NINObrand collection is not like other fashion lines. Not only does Shehu play by her own rules when it comes to shape and cut, but every development process from design to cut and sew is done in South Philadelphia, under one roof.

The Albanian native came to America to study design at Moore College of Art and Design in Philadelphia. Before NINObrand, Bela was a retailer with a high-end boutique in Rittenhouse. Stretching her design wings, she also designed and developed product for other Philadelphia brands. With a strong background in garment construction and an impeccable sense of aesthetics, Shehu revealed her personal collection. NINObrand, only two years young, is just beginning to find its way into the hearts of designers such as the girls of the high-end jewelry company Andra Neen, and editors from publications such as *Harper's Bazaar*. What is inspiring the designer today, and how has her business grown?

How did you know you wanted to be in fashion design? Did you ever question your career choice?

First, I studied accounting, then went to Moore. During the same time I continued to make my own clothes as part of my lifestyle, nothing beyond that. One day my friend Sebastian McCall begged me to make a few tops for his first store in Old City, and that's where it all started. I was immediately addicted. There was nothing else I wanted to spend my time doing—everything felt very natural.

Did your formal education at Moore help prepare you for the industry? What do you wish they had told you before you set off into the real world?

I simply got my foundation at Moore. The experience taught me how to make sense of my visions and how to properly draft them on the pattern paper. Most of my education came from real life, my adventures, the errors I made, experiments I participated in, people I met throughout this whole journey.

Do you think Philadelphia has a promising fashion scene? Or are you ready to see your collections in New York and Europe?

For the past 10 years Philadelphia has been amazing to me - I consider it to be the most perfect incubator. I would like to take the knowledge that I've gained here and explore other cities as well. It's time.

What are designers today doing right? What would you like to see more of in fashion?

I like that independent designers today are raising awareness to the craft of making clothes and the process of it all. It has been a long time since this country was aware where their clothing came from or what the value of it all is.

With a promising genderless line in the making, what has been your biggest source of inspiration?

Freedom of the mind. Letting go and naturally not being affected by the parameters of society, and how that is translating in my designs, and how that is opening the eyes of my collectors, has been the biggest inspiration for me as of late. Truly practicing art, without the intent of any return, and being surprised by the people that it attracts, has been amazing.

What is the most difficult part about running your own label?

Since NINObrand is self-funded, the tight budget that is available for each season has been the biggest challenge. Sales and production deserve a pure and continuous dedication as well—having a small team has made these areas a bit intricate.

Do you plan on expanding to more jewelry for NINObrand's brand, or any other accessory department?

Absolutely. There will be more jewelry pieces added to the collection soon, as well as bags, and a special detergent to take care of the garments.

What inspires you daily? When do you design? What is your design process like?

Music inspires me, intricate states of being, mysterious aromas. There are some very special moments that I allow myself to get entirely swept by the emotions present at the time, that's when the best ideas come. I don't sketch, but I'll write about all aspects and the feel of the garment in details.

What is your favorite thing about Philadelphia?

The familiar faces and places, they make this city very special.

What other areas of art and design do you indulge in?

Music and film. I'd like to contribute a lot more to those mediums in the near future.

How do you mix business with pleasure?

My business is my pleasure. The fact that I make a living doing what I do is a bonus, because I would have done the same thing with my life if I didn't have to earn a living. My designs are the way I communicate with the world—just like written or spoken theories, my designs accomplish the same purpose, getting a message across.

Knowing what you know now, would you do anything differently?

Minor things, but that is the controlling need in our human selves that feels that way. Every element in our journey has a significance, we know how to interpret it or not, so having that knowledge, I'd probably say that everything was done the way it had to be done.

What are the most important things in life to you?

Self and the people I love, including my wonderful team that makes everything doable.



TAFFY & LOLLY38

by emily farrara

While working as a personal trainer at a gym in Philadelphia, Katie Kozloff noticed plus-sized women had one thing in common—they were wearing big, baggy, unflattering clothing. She started to do research on materials and colors that flatter plus-sized women. Kozloff realized plus-sized women wanted to fit in with other women and wear the colors and styles that are trendy today. And thus, Taffy was born.

Taffy Activewear is a plus-size active wear apparel line. It is designed exclusively for women sizes 14-24. Most plus-size apparel companies use their average size-2 fit model and just enlarge the pattern for a larger woman. Taffy uses a size-18 fit model so the clothing is made specifically for larger women. “I wanted to combine function and fashion effortlessly so women can actually enjoy their workout clothes,” said Kozloff.

Taffy apparel is made with cotton blends, spandex blends and poly blends. Each item is carefully thought out to enhance performance with a fashionable edge. Taffy has a freelance designer and tech designer to create the unique line. Kozloff says most plus-size designers forget one thing; larger women like wearing color, too. They like to have trendy pieces and show off their curves.

“The clothing should flatter instead of cover up. Size should not matter—everyone wants to feel attractive in anything they wear,” Kozloff said.

Kozloff said the inspiration for Taffy came from advice given by Warren Weiner, the former owner of the Deb Stores. His stores consisted of junior-sized clothing, and year after year Weiner noticed plus-sized girls would come into the store with their thinner friends and would watch as the other girls purchased clothing. Weiner introduced Kozloff to the need for plus-size clothing, saying there was no supplier in the market for them.

During the past three years, Taffy Activewear has grown into a clothing line consisting of 25 SKUs (stock keeping units). Taffy can be found on www.shoptaffy.com and in Burlington Coat Factory and Bealls Outlet Store, as well as other websites. Looking to the future, Kozloff said her next project will be to create a comfortable sports bra for plus-size women. Kozloff aims to help her customers show off their personality and wear what they want! Every woman wants to feel fashionable, even at the gym.

What is your biggest accomplishment in the company?

“I have learned to appreciate each milestone along the way, big or small. I used to house all the product for both companies in my basement, and I would pack up every order. Most of the time the orders were easy to pack, but I’ve had big orders take up to a week. Every time I order product [from the factory] it’s at least twice the previous order, which just keeps reminding me how the business is growing. I like to acknowledge each milestone to remind me how far I’ve come and how my business is growing.”

What is your best advice for those new to the business?

“I think they should go for it! I wouldn’t quit your job today and just dive in, but I think if you have a good idea, figure out a plan. You need to do the research, and see what it will really take to get it going. Can your idea really become a viable business? It’s great if you can find a mentor to talk

to along the way and get advice. You will hit many obstacles and probably have some setbacks, but you need to stick with it, believe in yourself and have thick skin.”

In 2009, Kozloff decided to create underwear with provocative sayings on the back. Kozloff wanted to sell a product that was unique and expressed each customer’s personality. The underwear is meant to provide a risqué message hidden beneath a women’s clothing, making it more personal. Kozloff took an edgier approach, a step farther than the Victoria’s Secret PINK collection, without being too raunchy.

“**Lolly38** underwear gives young women a flirty new way to express their personality,” says Kozloff.

The first pair was screen-printed in her old apartment on 8th and South Streets and read “Hot Cakes,” Kozloff’s father’s idea. In fact, most of the sayings printed are written by family members. The first pair sold was a boyshort style and was made in two color options, black and red. And so they say, the rest is history. Kozloff created more sayings and branched into a broader color range and added two styles.

Today, Lolly38 sells undies in boyshort, cheekies and lace-styled panties. The underwear comes in a variety of colors and with more than 45 sayings. The undies are seamless and flattering. The most popular seller for Lolly is the Bridal Pack, which comes with three lacey undies. The sayings include “Something Blue,” “Bride,” and “The MRS,” and they are sold in Spencer’s stores. All of Kozloff’s double meaning-panties are sold on her website, www.shoplolly.com.

“Size should not matter—everyone wants to feel attractive in anything they wear”



SAFAA DAM

by gabriella cifaloglio

It didn't begin in India. Drexel senior Safaa Dam, concentrating in Marketing at the LeBow College of Business, landed her dream co-op. Working for Johnson & Johnson McNeil Consumer Healthcare as a marketing intern, she was on the fast track to her career. Though she is ever grateful for the opportunity and experience she gained at Johnson & Johnson, Dam quickly learned she did not want to pursue the corporate experience. Instead, Dam wanted to work in fashion, and her dream was about to come true.

While adding on a Certificate in Retail Leadership to her resume and applying for her second co-op, Dam's life was about to collide with the fashion world head-on. Because she also had her heart set on living abroad, coupled with her Indian background, the "fashion and bookings" internship at *Vogue* India seemed like the perfect fit. Dam was offered the position, and off to Mumbai she went.

Dam was five years old the last time she was in India, so everything was new to her. Making things a bit easier was the fact that Mumbai is a very cosmopolitan city, so she had everything she needed within her reach. After staying with a family friend for a short time, she ultimately settled in with a host family as a paying guest. Knowing she had to make her life there, she adapted to the lifestyle very quickly.

Many are unaware that *Vogue* India operates on a more close-knit level when compared to its American and European counterparts. As the fashion intern, Dam handled several responsibilities, giving her extensive hands-on experience at such an early stage of her career. Working closely with the fashion director and fashion team, Dam worked on what went in the front of the book, including finding both current trends and how to achieve a look. After being selected to represent *Vogue* India at "India Couture Week," Dam had the chance to work on a photo shoot with famed Bollywood actress Deepika Padukone and with Christopher Bailey, the Chief Creative Officer for Burberry. *Vogue* India also featured Dam on the "Real Girls" page of their January 2011 issue. When she wasn't working, Dam was making new friends, traveling around India and exploring local things to do.

After her co-op in India ended, Dam spent another three months studying abroad at the American University of Rome. When asked if she would recommend interning or studying abroad, Dam replied, "Absolutely, 100 percent!" For Dam, living abroad has helped her mature as a person. "You're going someplace and you have to do things on your own. Not having the security makes you grow in a totally different way," she said. "The people in the fashion world are all so worldly that it makes you a more well-rounded person. Having those unique experiences is what makes you stand out in their eyes."

Just as she hoped, her experience from *Vogue* India set her apart from the many students applying to intern for *Vogue* in New York City, and she began her third co-op with one of the world's most prestigious fashion magazines. However, her experiences at *Vogue* were very different from her earlier ones. As a fashion intern in New York, Dam was

one of many and consequently given fewer responsibilities when she started. Fortunately, her experiences in India taught her the fundamentals of editorial styling, and, with a lot of hard work and perseverance, she had the chance to work with her idol and inspiration, *Vogue* Creative Director Grace Coddington.

After graduation this June, Dam is open to anything in the fashion industry. She never expected to have a career in fashion when she started college, but by working, traveling and living around the globe, this girl has already chased her dreams...and turned them into reality.

"The people in the fashion world are all so worldly that it makes you a more well rounded person. Having those unique experiences is what makes you stand out in their eyes"



DISKO APPAREL

by gabriella cifaloglio photography by harris mizrahi

Buying a heat press in high school, just for fun, was where it all began. Tanner Panetta, the co-founder and Creative Director of DISKO Apparel, got tired of buying things he didn't really like, so he decided to make his own clothes. "They were actually terrible but my friends loved them," he says of the graphic tees he used to make. After graduating from high school three years ago, Panetta got more serious about this project.

In 2012, Tanner began reaching out to his friends who were artists and wanted to get their work seen on his shirt graphics. And that is how the line was born. The company's name originated from an alien character Tanner used to draw in high school. The brand is called DISKO Apparel because the alien looked as if it were dancing at a disco. To prevent any confusion that the line was disco-style clothing, the "c" was replaced with a "k," giving the brand a name that reflected its unique style.

The collaboration with artist friends enabled the line to hit the shelves at Long Beach Island's largest surf shop, Farias, on consignment. The five-piece collection hung on a homemade clothing rack made by a family friend who supported the new business endeavor. Though the line was only five pieces, it sold quickly and proved that it was something special. Increasing the size of the line from five pieces to 15, the owner of Farias bought it all and sold more than 85% of the line, which convinced everyone that this business was going to work. Because the line was now sold in the prominent LBI surf shop, it was much easier to sell the line to smaller surf shops in the area. Business was growing for the new company.

The obvious next step was to make DISKO Apparel more streamlined. By narrowing down the artists from five to four, including Tanner, designs were in the works for the brand's next line. Around the same time, Tanner's older brother, Cody, co-founder and Operations Manager of the line, had an idea that would put the company on a whole new level. Instead of outsourcing to vendors to screen-print for the brand, Panetta Design Company was born. This brother company works hand in hand with DISKO Apparel. They do graphic design for companies and individuals, as well as screen-printing apparel for any kind of event.

"Working with my brother seems to only add good things to the mix," says Tanner Panetta. "Many people think we couldn't possibly have equal hands in the matter, and that we wouldn't be able to hit certain marks because getting into it with family can cause bigger problems. But it's quite the opposite for us. We absolutely recognize each other's strengths as well as weaknesses. It isn't a scenario where one person is needed more than the other. We recognize that we need each other to enough of an extent that things wouldn't be possible without the other."

With a great team, their line being sold in surf shops all over LBI, and now their own screen-printing business, DISKO Apparel was turning into exactly what the brothers wanted. In order to catch up with the demand that the line created, the team took a sabbatical focused on creating new designs. What better way to work on the new line than in a brand new space? With support from everyone around them, the founders' uncle gave them a studio. For the spring 2013 delivery, DISKO Apparel has hats, board

shorts and button-up shirts that will be added to the established t-shirt company.

As if launching their new and much larger line wasn't enough, Tanner left community college to finish up his college years at the Tyler School of Art at Temple University. He is now majoring in Graphic Design as well as Interactive Design. When asked if balancing school and DISKO Apparel was hard, Tanner replied, "Life's hard, but if it is what you love you get it done." For the future of the company Tanner wants what any other company owner wants, for it to grow. Working on picking up more accounts and getting the name better known is what's really important now. No one could have predicted that sketching "little dancing men" would lead to anything like this. With the passion and determination the young men behind this brand have, nothing is going to stand in their way.



"Life is hard,
but if it
is what you love
you get it done"

CURTAIN UP ON CO-OP

by bianca vasaturo
photography by tara giancaspro
styled by naomi izen, catie drussell and bianca vasaturo
hair and makeup by gabriella cifologio and sage cifologio
models mike ambler, alex cummiskey, laura caldrone, zach stockmak



The journey to a life on the stage—or backstage—begins with Drexel's Co-op Theatre Company. While a Theater minor has been available for years, the new professional company offers paid positions for students who want to act, direct or work in the wings.

The Company will consist of students and alumni who have been auditioned and given responsibilities ranging from acting to assisting costume designers or lighting and sound technicians. "The Co-Op Theatre Company at Drexel University will be an amazing hands-on experience for students," says Nick Anselmo, Theatre Program Director. "They will learn by running and working with the members of a professional theater company."

Local theatre professionals will share their experience and expertise with the Company students, who have the added benefit of being paid for their participation. The professionals also will help students expand their connections when they graduate and look for jobs in the industry.

Once students have been accepted into the Co-op Theatre Company, the performance members of the Company meet twice a week in workshop classes where they learn from a different professional each term. From Stanislavsky to dance, students receive a diverse theatre education.

The hidden talents of theatre—the technicians—work one-on-one with shop master Mark Andrews, Technical Director of Drexel's Mandell Theater. In a series of classes, technicians learn the basics of lighting design, sound, set construction and many other skills required to create a successful production.

Bill Fennelly, an Assistant Professor of Acting, has explored both the academic and professional scenes. He is involved in theater throughout the city while teaching at Drexel. "Our students are ready to step up to the next level of theatre. By creating the Co-op Theatre Company, the students and alumni members will be able to experience how a professional company operates."

The multi-disciplinary nature of theatre opens the Co-op Company to other majors in the Westphal College of Media Arts & Design. Entertainment & Arts Management students can apply for positions running the behind-the-scenes aspects of the Company. Some of these positions will include assistant producer, marketing director and general manager, as well as development and community outreach positions. These positions will expand the reach of theater, and allow even more students to be involved.

Being recognized in the Philadelphia theatre community as a Company rather than a University group will strengthen the Co-op members by allowing them to experience outside criticism and competition. "Getting our members established around the city will take time," says Anselmo. "To our advantage, Philadelphia is a tight-knit community with professionals who are eager to teach and beginners ready to learn." Students will be able to have full control over play selection. The shows will also have the option for longer runs, and therefore larger audiences. The shows will also be eligible for awards in Philadelphia, raising the stakes even higher.







A Designer and a QUEEN

By Jenny Fulton
Photography By Harris Mizrahi

Computer. Check. Sketches for class. Check. Wig, Makeup, Dress, Heels. Check, Check, Double Check.

Doubling as a Drexel University Fashion Design student by day and a drag queen by night, Stephen Cal's definition of getting ready for class is a little bit out of the norm, but somehow under the all of that makeup, he makes it work.

Cal has been majoring in Fashion Design since 2009, as well as being an active member of the Drexel Diving Team. Needless to say, his time management skills fall nothing short of impeccable. A student athlete that studies fashion, who also has time for a part-time job (if that's even what it should be called) deserves an award. Entering the drag scene just a little over a year ago put his workload on overdrive, but he is doing what he loves, and he is good at it.

"My sisters told me they were so sorry. When we were younger they would dress me up and put makeup on me. They thought it was their fault I got involved with drag," he tells me. "Being interested in theater all of my life was one of the main reasons I started doing drag," Stephen explains. He dressed up during his freshman year portraying a typical college girl, and was able to get into fraternity parties without a hitch. "Dressing in drag is like Halloween to me, I can be whoever I want more than just once a year."

As a fashion student, Cal has been able to apply his skill to the designs for some of his own outfits he wears during his performances. It tends to work both ways—he has gained inspiration from drag and created pieces for some of his classes. Pieces that he feels should have a little more of an edge to them are extravagant and more noticeable. "A drag queen is a performer, an entertainer. She uses makeup to create a persona that she can act out on stage to get reactions from the audience."

Stephanie Chic, Cal's drag persona, takes on roles according to the style of song she has to perform. Performing anywhere from one to five nights a week, Miss Chic must always bring her A-game. "It takes about three hours to get ready with all the make-up and prepping, then we have to practice on top of that, and it has taken a toll on me in the past... I now dress in drag about once a week so I can maintain all of my school work and be an efficient member of the diving team."

Before we parted ways, I asked him if he had any advice for future draggers out there and he left me with this, "Stay true to yourself. People compromise to do drag too often, and there are many influences persuading you certain ways. Keep it as a hobby to do for fun, and don't let it take over your life."

Stephanie Chic's co-draggers Omyra and Satine (Stephanie's drag mother) offered insight as to what inspires their drag roles. "My inspiration for drag comes mainly from my love for music...I've always wanted to be a pop star or on Broadway...I derive inspiration from acts like Rihanna and Beyonce, but Josephine Baker—she is my ultimate idol," Omyra said. Satine told me she gets her inspirations from "Bettie Page, Jean Harlow, Bridgette Bardot, Anna Nicole Smith, Pamela Anderson and really any sexy pin-up model."

What fashion inspires their ensemble for their performances? Omyra said, "Color and patterns inspire my drag outfits...I love to mismatch and experiment with patterns and colors that the ordinary person would never think to put together. I also love pearls—that's my signature accessory. I find them classic and timeless. They can be worn with anything!" Satine replied, "My drag wardrobe is anything retro inspired. I love '60s and '70s colors, and I love the silhouettes of the '80s and early '90s." Where on earth do they get their clothing and shoes, because every performance is all about the outfit, and the outfit is not complete without the right shoe! "If I'm not begging Navaya Shay or Zoe La'Bianca (co-draggers) to make me something, I'm shopping at vintage or thrift stores in Center City, like Buffalo Exchange. I usually shop at the Bare Feet shoe store for cheap stylish shoes, and I usually end up breaking shoes while performing because I dance, so I don't usually spend too much money on them," said Cal. Satine added, "I love to go to random boutiques and random shops for drag pieces. I also buy a lot from places such as Patricia Field in NYC as well as sample sale websites such as HauteLook, RueLaLa and Gilt Group. As far as shoes, I am ALWAYS in a black heel. It's kind of a signature (she laughs). I tend to go to cheap stores like Bare Feet shoes or Eternity Fashion because my heels always take a beating."







THE MUSE AND THE MACHINE

BY CATHERINE DRUSSELL PHOTOGRAPHY BY HARIBS MIZRAHI MODEL: NICOLETTE WALL
STYLING BY NAOMI ZEIN & CATHERINE DRUSSELL HAIR AND MAKEUP BY GABRIELLA GREGORIO

MAN VS. MACHINE,
human vs. artificial intelligence, animate object
vs. inanimate object. Drexel's new URBN center
for Media Arts and Design has been coined the
modern Hogwarts with its winding staircases,
hidden corridors, and sliding walls, but
its mechanical aesthetic is reminiscent of
its machine-like backbone. The birth of
this industrial building and the funeral
of a friend of Lady Gaga's (rendered
by our Fashion Design students in
these garments) create a display of
good and evil, URBN vs. model,
and many more rivalries to be
discovered.







by maggie reid
photography by shan cerrone

Fishtown. Even the name conjures up an image of rotting sea creatures, while remaining oddly endearing. Throughout the course of its history, this neighborhood has been known for its working-class, slightly rough standing. Now it has morphed into an odd intersection where blue-collar meets young hipster.

Most Philadelphia natives would not be able to tell you how Fishtown got its name. This quirky neighborhood was deemed "Fishtown" back in the early 19th century when it was the center of the shad fishing industry on the Delaware River. As this neighborhood moved into the 20th century, it housed working-class, Irish-Americans. When speaking to Kevin Iovine (son of James who owns Iovine Produce in Reading Terminal Market), who has lived in Fishtown since birth, he emphasized the strong sense of comradery and community in this neighborhood. As Iovine put it, "Everyone has each other's backs." That being said, crime in this neighborhood is typically derived from personal quarrels between neighbors.

This area's notoriety for being on the tough side comes from its rate of violence and the number of drug addicts. According to the Philadelphia Police Department, in 2011 there were 15

murders in the Fishtown and Port Richmond neighborhoods (down from 19 in 2010.) Upon exiting the Berks Station on the Market-Frankford Line, it is not surprising to run into a stumbling, strung-out addict.

Locals began to notice a change in this neighborhood when Johnny Brenda's first opened in 2006 on Frankford Avenue. It was the first venue for live music that Fishtown had ever seen, and it became a catalyst for the popularity of this once unknown neighborhood. After the initial success of the bar, more restaurants, bars and clothing stores began to pop up. Today, a quick glance to the right or left of Johnny Brenda's down Frankford Avenue reveals hip bars such as Barcade, the Barbary and Stephen Starr's Frankford Hall. Along with this development of culture came a wave of young 20-somethings. In 2004, the New Kensington Community Development Center (NKCDC) developed plans to increase and improve the art scene, introducing the "Frankford Avenue Arts Corridor." The plans called for transforming the area into "a vibrant arts corridor" that will help to increase the profitability of local businesses and encourage the development of a new type of community.

Since then, housing sales have increased dramatically. Back in the late '80s, when Iovine's parents first bought their house on Belgrade Street and Columbia Avenue, it cost them \$15,000. Now their trendy Fishtown home would sell for \$500,000, a staggering difference. Though it may be easy to jump to the conclusion that this increase in population would cause native Fishtownians to butt heads with the younger crowd, locals do not get cantankerous with the newcomers. Natives point their fingers at the patrons and general development of SugarHouse Casino as the main source of conflict. SugarHouse Casino was initially established to attract crowds and bring revenue into the neighborhood. Unfortunately, the only crowds that the casino ended up attracting were that of gambling addicts and unsavory individuals. SugarHouse has also been unable to bring in the cash flow that was initially expected.

As Iovine put it, "The locals like the hipsters!" And why not? Though these youths may have more piercings and colors in their hair than the natives are used to, they are also stimulating old and new businesses and increasing property values. The perfect example of where these two cultures meet is at El Bar. El Bar has been located underneath the Market-Frankford line at Front and W. Master Streets, serving up \$3.50 Citywide Specials (Pabst Blue Ribbon tall boy and a shot of Jim Beam) for years. Upon entry, you can see the medley of people co-existing peacefully around the pool table and bar. Some of them are sporting piercings in places you didn't even know you could pierce, and others carry a few extra pounds on their bones. The locals are so loyal to their precious El Bar that it will take more than a few extra hipsters to



force them to leave. However, be wary that even though a conversation could be seemingly harmless, one wrong word can set off these Fishtownians.

Though Fishtown has experienced a great deal of change, it maintains its eclectic blend of old and new. Just taking a stroll down Girard Avenue and viewing Delicious Boutique and Corseterie next to a law office that seems to have been there since the shad times, provides visitors with a glimpse into the neighborhood's changing character. Old neighborhood favorites such as Paesano's serve up sandwiches the size of your head consisting of great combinations such as tender beef brisket with a runny egg, sharp provolone, horseradish mayo and banana peppers. New businesses in the mix include Jay's Pedal Power Bicycle Shop and the Milk Crate Café, which provides its customers with delicious La Colombe coffee and vinyl records. Though many may assume that the establishment of these new businesses would detract from the old ones, such is not the case. These new cafés and shops only complement the old ones and stir up more awareness among people new to the Fishtown area.

In the past, gentrification has been associated with tension and harsh feelings. Much like the neighborhood itself, Fishtown's response to these modifications has been unique and positive. As Diana Jih of the NKCDC said, "Gentrification is a complicated and complex process that's site-specific, so Kensington/Fishtown has had its own unique set of forces involved." Simple or complex, neighborhood change has created a strange, yet appealing fish(town) stew.



BORN TO RIDE

by maggie reid
photography by shan cerrone



When you see a group of cyclists on Market Street, it's easy to feel as if you're in some sort of bike-obsessed city like Amsterdam. The difference between Amsterdam and Philly is that in Amsterdam cyclists are incredibly diverse, whereas the Philly biker is associated with a stereotypical look. They sport more ink on their bodies than the Declaration of Independence, wear large-framed glasses, and are covered with piercings in the double-digit range. But if you look deeper into the crowd, you may notice that not all the bikers are "Philly hipsters." Biking translates differently from cyclist to cyclist based on what they use this mechanism for, thus defying the stereotype.

Though Carl deBeauclair, Niall Quinn, Davis Bacon and Jessica Larkin all share a passion for biking, they have different relationships with their vehicles. Ranging from free-styling (translation: performing tricks) to a woman's standing in a male-dominated scene, all these fans have interesting perspectives on how they fit or don't fit the mold of the Philly biker.

carl deBeauclair

Carl deBeauclair is a self-proclaimed addict. After his three proudly displayed bikes greet you at the entry to his studio apartment, it's hard to disagree.

Just looking at deBeauclair's carabineer, Vans and lean physique, it is easy to assume that he is a biker. However, when he relays tales of popping one-armed wheelies and racing long distances, his physical health is not as good as it may seem.

deBeauclair got his start with biking the summer after his freshman year at Drexel when he decided to remain in Philadelphia rather than go home to his native California. The combination of growing out of his skateboard phase and observing

his friends' freestyle sparked his interest in bikes. deBeauclair was intrigued. It also didn't hurt that he lived too far to walk to his summer job and was not keen on enduring Philadelphia's idea of public transportation. After a few rides on his simple fixed-gear bike, deBeauclair not only found his new hobby, but also his new lifestyle.

Since then, deBeauclair's bike collection has grown. His wall now presents a mountain bike for hilly trails, a fixed-gear bike for free-styling and a road bike named "Casserole" for cruising down Philly streets. deBeauclair has also changed his personal style. After transitioning from the stereotypical "California skater" to the Philly biker, deBeauclair's wardrobe went from bright colors and Bob Marley t-shirts to beat-

up black Vans, black straight-leg jeans, and tasteful graphic t-shirts. He speculates that this metamorphosis occurred because most skateboards are adorned with similarly bright colors and marijuana-culture related stickers, while his bike sports a more elegant, simple look in all black paint.

However, deBeauclair's bike obsession has not been completely positive. "The tendons in my knees are dead." Since tendons do not fully recover from injury, deBeauclair works out the muscles around his knee through multiple sessions of physical therapy each week, and the occasional acupuncture appointment. How did deBeauclair's knees face such an ill fate? Competing in races along trails around Valley Forge, and then meeting up with friends to "grind" on stair railings probably had something to do with it. deBeauclair has never broken a bone while riding, despite the numerous treacherous spills he has taken.

Based on his enthusiastic explanation of the process of painting certain parts of his "fixie" gold, you can tell that this relationship is similar to that of people and their cars. Considering the physical problems his bikes have caused, deBeauclair's consistent dedication is impressive. Some may call this relationship "abusive," but he calls it "love."

niall quinn

When Graphic Design student Niall Quinn broke his collarbone from biking into a trolley track last August, his world was turned upside down. "My bike is an extension of my identity and image," Quinn said. His bike is his sole method of transportation, so it would make sense that he would be at a complete loss without it.

For seven years, Quinn and his bike have been inseparable. Many rely on public transportation's timetable to take them from point A to point B. Quinn views his most prized possession as a "symbol of independence," since he determines his own schedule.

After depending on his bike for transportation for years, Quinn has thought long and hard about the inner workings of his bond with his bike. He says he gets an adrenaline rush from riding down winding city streets. Quinn says that he finds himself frequently yelling at drivers (cars and bikes alike), weaving in and out of traffic and even punching taxicabs. This type of overly confident, destructive behavior is what creates a certain level of animosity and an unspoken competition between bikers and those traveling by car.

For Quinn, biking is not only a lifestyle, but also a part of his being. After years of using his bike as his only form of transportation, he has developed a close connection with it that only other bikers can understand.

jessica larkin

It is often said that people look like their dogs. For Jessica Larkin, it's her dark purple bike with an animal print seat which complements her green-tipped hair and heavily patched denim vest.

Larkin started biking about six years ago when she first moved to Philadelphia for college. After taking public transportation for about six months, she declared that her SEPTA days were over when her then-boyfriend introduced her to the world of bikes. As a non-girly girl (though she has mastered the skill of riding her bike in a dress), Larkin's first bike was an

all-black single gear with an accent of white around the rims.

The transition into the cycling world was not simple because of the stigma that goes along with being a female biker. According to Larkin, the first step to becoming a hipster, back in the day, was to get a bike. Today, the initial purchase may be a pair of Dr. Martens. Thus, she received some flak from male cyclists who did not view her as a serious biker, an interesting juxtaposition with their worry for her safety. According to Larkin, "You know who the real bikers are when it rains or snows."

In many ways, being a female cyclist is much more difficult than being a male biker. For one, women bikers have to deal with a certain level of harassment that men do not. Along with catcalling (despite the ski mask she wears to protect her face from the wind in the winter), Larkin relayed the horrifying story of the occasional group of "guys in cars trying to grab me while I'm riding my bike." If you look into her bag, she carries extra gloves and scarves along with Chap Stick and makeup since nearly all of it disappears from her wind-induced tears while she is riding. As for the summertime, lipstick is out of the question because bugs get trapped in any lip product.

Larkin says biking can be useful when it comes to the dating scene. She told several stories involving hand-holding while riding and locking bikes up together with one lock.

Though there are some drawbacks to contend with as a female biker, Larkin would be hard-pressed to ever give up her bike. At this point it has gone beyond a mode of transportation, and has become a significant part of her persona.

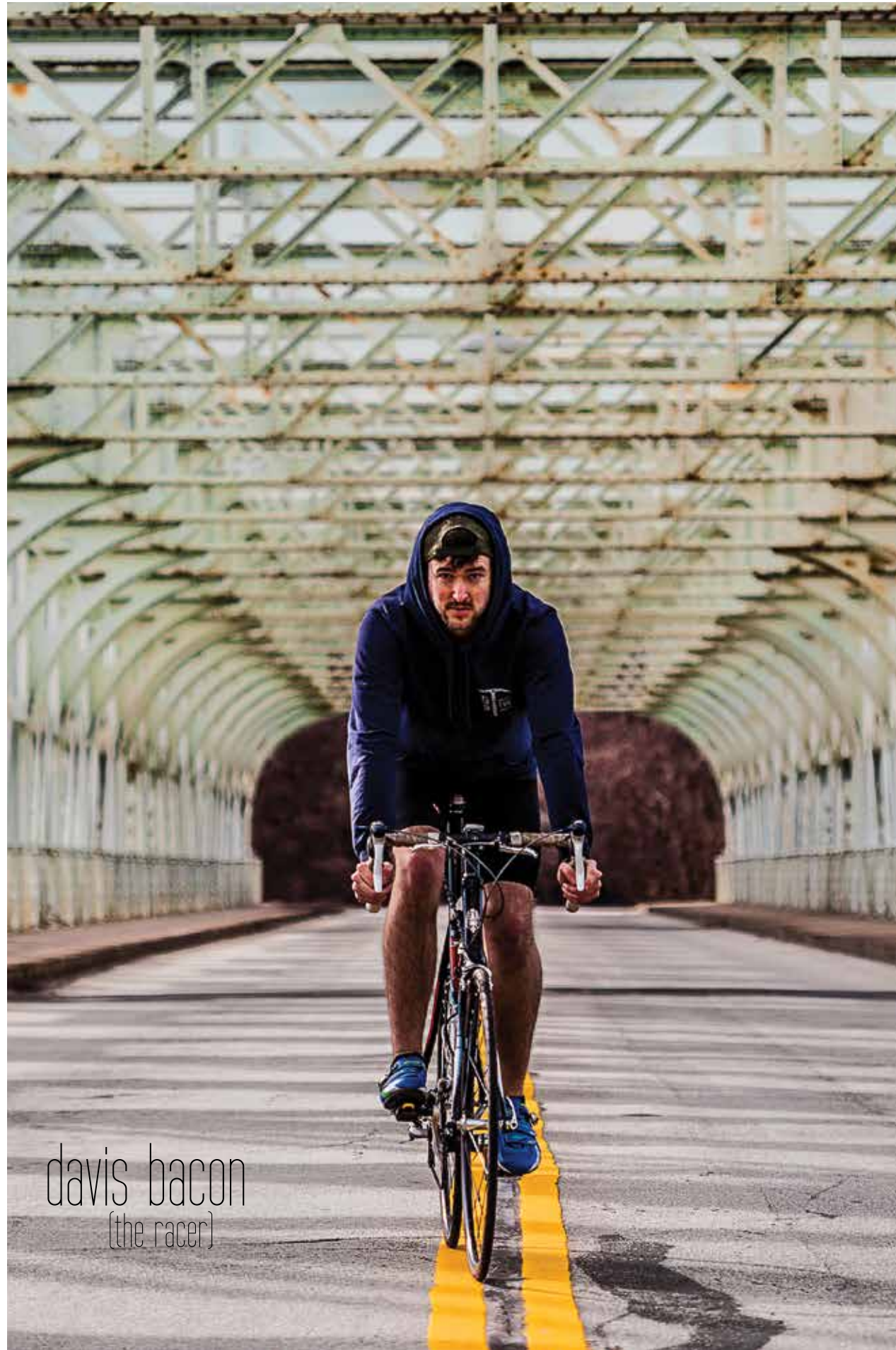
davis bacon

"I've been riding my bike for as long as I can remember, young enough to think that scraping my knee was gonna kill me." For Georgia native Davis Bacon, scraping his knee is the least of his worries when he's competitively racing out on the treacherous trails of Valley Forge. When he's not biking 100 miles for his own recreational purposes or racing, Davis worked at a local cycle shop on 31st and Walnut. With his Southern gentleman demeanor and conservative, laid-back dress, you may never expect Bacon to have such a strong involvement in the hip, Philadelphia biking community.

Spoken like a true country boy, Davis compares riding a bike to a horse. "It's not necessarily comfortable at first. Different bikes have different personalities. There's a great deal of physical interaction, and you can use both of them to race." Even though the nature of racing is competitive, he describes the community as friendly and supportive. He bikes long distances not only for training purposes, but also to clear his mind and get in tune with his body's endurance, a form of meditation. "It's a nice way to get to know yourself."

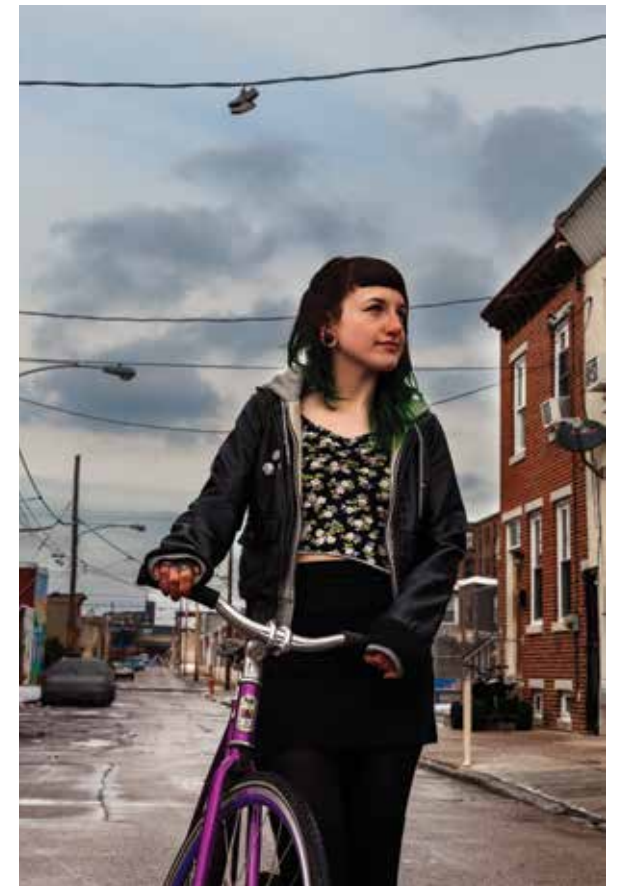
Competing has not only taught Bacon about discipline and comradery, but it also sparked his interest in furthering his education about the mechanics of bikes. This led him to his job as a bike mechanic. He learns not only from his co-workers but also from those who come into the shop. People from many different walks of life wander into his place of business, ranging from elderly University of Pennsylvania professors to 18-year-old students with very different biking tales.

Though he may not subscribe to any traditional religion, it is clear that Bacon observes the teachings of his bike. Whether it is relaxing by a stream after biking for miles upon miles, or learning how to mend a mechanism that he never even knew about, Bacon keeps expanding his cycling knowledge.



davis bacon
(the racer)

“You know who the real bikers are
when it rains or **s n o w s**,”



jessica larkin
(the girl)

niall quinn
(the commuter)



“My bike is an extension of my identity
and *image*”

carl deBeauclair
(the freestyler)



whack out

Wake up. Class. More Class. Lunchtime. Work. Class. Nap. Shower. Homework. Chill. Sleep. Repeat. While the order may shuffle, the routine stays pretty much the same. Why not shake up your weekly routine through a fun, stress-relieving outlet? Working out has already been proven to decrease stress and increase productivity and memory. And while classes in yoga, pilates, spinning and kickboxing are a great way to work up a sweat, try stepping away from the everyday and dive into something more creative and whacky.

by nicole pollitt
photography by tara glancaspro
model catherine drussell
clothing from Athleta



aerial hoop

Aerial Hoop is taught by MacKenzie Moltov at Torrent Collective, in South Philadelphia. An hour of body manipulation and posing on a hoop suspended from the ceiling will make you want to run away and join the circus. Dressed in full clown get up, MacKenzie is the real deal and will give you a new appreciation for the classic art form.



gladiator

Test your speed and agility while learning to strike, block, dodge and use fighting combinations in this weapons training class. This 60-minute class, taught by D.T. at Intoxx fitness in Manayunk, will give you a full-body workout and put your gladiator skills to the test. Don't worry...no students are harmed while participating in this class. All weapons are made from latex-foam and are safe for all ages.



rebounder

Take your fitness routine to new heights in this high-energy 30-minute cardio class. The class, taught by Betsy Cast at Weston Fitness, will have you running, punching and twisting your fat away, all while jumping on a mini trampoline. Tone your arms, legs and core while moving to upbeat pop music. Who said fitness can't be fun?



"Being a woman is hard work" Maya Angelou

by emily farrara

Women are making their way up the ladder, running for vice president and becoming CEOs of major companies. Today, we turn to mass media for inspiration and news stories, and among them are hidden stories of women who changed their lives to help others and themselves. Here are ten inspirational stories of women's lives that have been showcased in movies and books.

Conviction (2010)

"I just did what every sister would do."

Betty Anne Waters was a high school dropout, married with two children and watching over her older brother to ensure he wouldn't get into trouble. When her brother was convicted of murder, Betty Anne returned to high school to earn her GED and continued schooling until she became a lawyer. Through years of hard work, dedication and love, she freed her brother. One of the most powerful stories ever told, this true story shows a woman's drive to save her family, because at the end of the day, Betty Anne felt it was worth it to lose everything to ensure her family's safety and innocence.

A League of Their Own (1992)

"She was a great woman and a damn fine ball player."

In a time of war and depression, women were forced to become the breadwinners of families, required to work, cook, clean and raise the children while husbands and fathers were fighting for our country. A group of women tried out for a baseball league, which had been a male-dominated sport. The girls changed the face of baseball and women forever. The film showcases women from all over America looking to follow their dreams while their men were at war. They used their womanly powers to convince any male that there was a spot in sports for women's baseball. Although some were sexist gestures, raising their skirts and blowing kisses to male fans, the women pulled the strings to successfully keep their beloved baseball league intact. In real life the All-American Girls Professional Baseball League only lasted from 1943-1954. The film was partially based on the story of Dottie Wilste, who played professional baseball until she was six months pregnant.

Five (2011)

"Direct your power."

Breast cancer is a common topic in women's health, as we are constantly being reminded to get check-ups and to spread awareness. During October 2011, National Breast Cancer Month, Lifetime Network released a movie entitled, *Five*, which explored the intertwining stories of five women dealing with breast cancer. The film was directed by well-known Hollywood actresses inspired by others who wrote the true stories. Not all of the stories ended happily, but each proved the strength women have to fight and how long they will fight to hold on to their most precious treasures. The battle requires strength, faith and power to fight and hopefully, beat, cancer. This film not only shows the struggles the fighter goes through but the stress that befalls the supporters. Usually when we hear stories about breast cancer, they praise women for overcoming the disease or beating it. This film dramatizes the steps leading to the end result.

Mona Lisa Smile (2003)

"Look beyond the paint. Let us try to open our minds to a new idea."

Katherine Watson worked as an art history professor at the prestigious Wellesley College in the 1950s. The students were some of the brightest and most talented females in America, and they all had one thing on their mind—marriage. As an unmarried woman in her mid-thirties, Katherine tried to teach her students to be more open-minded, looking beyond what the textbooks say and realize that the world is gradually adapting to women in the workforce. By the end of her one year of teaching, she impacted each of her students for the better and successfully encouraged them to go after their dreams.

The Blind Side (2009)

"You threaten my son, you threaten me."

A story in which race and income prove to be challenges, this true story took place in the 21st century. When Leigh Anne Toughy came across a young man named Michael Oher, she quickly learned about his rough life and lack of parental supervision. Leigh Anne took Michael under her wing and taught him about family values. She enrolled Michael in a private school, and with the help of a female tutor and his football coach, Michael graduated from high school and attended college on a football scholarship. With the help of his adoptive mother, Michael succeeded beyond his expected future and became a professional football player. Leigh Anne fought to get her son the life he deserved. The fierce, stubborn mother never took no for an answer and found a solution for everything to make her family happier. Leigh Anne put family before anything; some people are not related by blood, but it doesn't mean they are not family.

The Help

by Kathryn Stockett

"You is kind, you is smart, you is important."

The Help is a bestselling novel and was turned into an award-winning screenplay. The story shows the strength that is inside every woman, no matter her race, religion or financial status. With courage and dignity, these women strive for greatness. African American maids in the 1960s told their stories of hard times while a recent college graduate recorded them. The book and film proved that people of all colors go through difficulties; feeling left out, not getting what they want and being bullied. The maids team up to reveal secrets that their employers had tried to sweep under the rug. These women helped to forward equality today. Although this is not a true story, the idea was based on truth. Maids were treated unfairly, and the color of a person's skin mattered. The women showed unbelievable strength to stand up for what they believed was right.

A Stolen Life: A Memoir

by Jaycee Dugard

"I don't believe in hate. To me it wastes too much time."

It's hard to talk about strong women and not mention Jaycee Dugard. She beat all odds, she was forced to change her life in the blink of an eye and survived in hell for years before being rescued. Jaycee was kidnapped on the way to elementary school. She was taken by an elderly couple who kept her in their backyard in a locked tent. The male kidnapper sexually assaulted Jaycee for years, resulting in two teen pregnancies. Jaycee was brainwashed and fell into her kidnappers' routine. When she was finally rescued, she and her daughters were thrown into today's world, where she had the internet and world news, and had human contact with more than four people a day. Her strength and willpower to adapt to a new life and raise children, while she had never experienced the outside world past third grade, is proof of a woman's strength. She chose to make the best of the worst.

The Prize Winner of Defiance, Ohio

by Terry Ryan

"Everything is Possible."

During the 1950s, women were stereotypically the homemaker, and Evelyn Ryan was no exception. She was a stay-at-home mom raising ten kids and taking care of an alcoholic husband. She spent her free time creating jingles to send in to the popular product contests. Evelyn pulled out all the stops, using her children's names to create as many jingles as possible to win whatever was up for grabs. She only wanted to give her children a better life. Her husband lost his singing gift during a car accident and never allowed his wife to receive appropriate praise for her brilliant writing skills. With a constant giant smile on her face, during the best and worst of times, Evelyn proved life is too short to dwell on the negatives. During her last contest entry, Evelyn won the grand prize and changed the family's life forever. A positive attitude can improve anyone's mood.

Anne of Green Gables

by Lucy Maud Montgomery

"I think you may be a kindred spirit after all."

The original novel was written in 1908 and based on the idealized women of the time period. Throughout the years, this unusual orphan girl has been reworked and turned into comics, movies, short stories and television series. Anne fights the odds and is not afraid to question traditions or test the rules. She acts like a "tomboy" of the early 20th century. Anne learns to take care of herself and the children she is hired to care for. Once she is adopted by Matthew and Marilla, things change for the better as Anne transforms into a curious student with an appetite to learn. She completes college and becomes a teacher, which was not a common act for women in her era. Anne learns to hold her own after being tormented for her red hair and lack of blood-related family. The novel became a household must-have and is still a favorite among young girls today.

The Girl with the Dragon Tattoo

by Stieg Larson

"That's the way it is."

An independent woman and a true fighter, Lisabeth Salander can take care of herself. As the rest of the world views her as weird or "too out-there," she looks the other way, dresses in her leather jacket and jumps on her motorcycle. Lisabeth is confident in her tattooed skin. She works as a hacker and has the ability to learn anything about anyone. Her power and strength is undeniable and unforgettable. When someone stands in her way or questions her motives, Lisabeth knows how to "dispose" of them or change their ways. And after her traumatic experiences, it is no wonder that Lisabeth has gained the strength to take care of herself and survive the unexpected.

part-time rockstar

by emily stall

Located in the music hub Philadelphia, Drexel has a scene all its own. Our talented, dedicated students, renowned Music Industry program (with its own recording studios, record label, award winning radio station and students who are learning about music production management), and location in one of the best music cities in the country, make Drexel an incredible place to start a band. Here is a sampling of students who are writing songs, booking shows and recording albums in between their classes.

SETH FOWLER

Sometimes, you have to admit Mom was right. Drexel Product Design Junior Seth Fowler's mom always pushed him to take singing lessons growing up. He eventually took her advice in 8th grade when he wanted a part in his school musical, and since then his love of singing has continued to grow.

Focusing on songwriting and vocals, Fowler teamed up with friend and guitarist Ben Loeb to form an acoustic alternative band called Avoca (named after a street in Fowler's hometown in Maryland) in the summer of 2010. Shortly after forming the group, they went on an informal tour of the United Kingdom and Ireland. Since they were going on a trip there anyway, they decided to try to book some shows, and found that the bars and venues there were very receptive to U.S. bands.

Playing different bars (where the 18-year-olds could legally drink), Fowler and Loeb loved meeting new people and playing for a different scene, where the audience was "quieter, but really respects musicians." Though he wanted to continue to focus on his music, Fowler ultimately decided to enroll at Drexel University in the fall of 2010 as a part of the first class of Product Design majors. While singing appears to be his first love, he seems to have found a second passion in the Product Design program, which he hopes will serve as a source of income while he tries to launch his music career.

Unfortunately, the demanding curriculum and distance from his bandmates, Loeb and additional guitarist Garret Nuttle who are both in Maryland, makes it difficult for Fowler to concentrate on his music as much as he would like. Between all that design homework, Fowler is still writing

songs, recording YouTube videos, playing shows and open mics. He's planning to release a five or six song solo EP this spring, recording with Breakout Studios in Palmyra, NJ. Coming to Drexel has been a great opportunity for Fowler's music, even if the schoolwork is a little distracting. In one of his drawing classes, he met a student who owns a film company called Emerge Movement. This led to the company sponsoring Fowler's videos and giving him more exposure. Fowler's passion and excitement for music is evident in everything he says. He admires The Black Keys and guilty pleasure band Panic! at the Disco, which has "great vocals." He respects many kinds of music, from Cee Lo Green as a songwriter to Ke\$ha for just knowing what her audience wants. For Fowler, it's all about doing what he loves. To any students looking to get into the music industry, "If you love it, go for it!" He has loved every minute of this, so even if his music career doesn't lead anywhere, it's still worth it.



LUCY STONE



By the time Lucy Stone began studying Music Industry at Drexel, she already had years of experience in the Philadelphia music scene under her belt. With an interest in music at a young age, she got her first guitar in middle school and started performing original songs at open mics by age 13. By 14, she joined her first band, Dancefloor Diplomacy.

According to Stone, "Most of the other members in the band were seniors in high school, so the most difficult part of being in the group at such a young age was that I didn't have a driver's license, and thus had to convince my mom to drive me everywhere. I wasn't really aware that 14 was an unusually young age to be a part of a serious group."

Although she had already been in several bands, she found that coming to Drexel and being "surrounded by so many creative and capable musicians, songwriters and engineers" inspired her to pursue her music career in a more professional manner. Her self-titled band, Lucy Stone, started when she asked classmate Brandon Bost to record a solo acoustic EP with her. When they started working on the songs, it turned into something that required more musicians, so they sought the help of classmates Sean Donaghy (drums), Paul Impellizzeri (bass) and Isaac Louis (guitar). The group worked well together and decided to commit to being a full-time band, and have since recorded EPs at the Drexel studios and even gone on a month-long tour with the multi-platinum recording artists, Rusted Root (you might remember their song "On My Way" from the 1996 movie *Matilda*).

The EP they released in the spring of 2012, "Would You?" has received high praise from Philadelphia music bloggers. With a blues-based indie-pop sound, Stone is inspired by Elliott Smith and Belle & Sebastian. They are currently in the process of writing and recording a full-length album, which is no small task, especially for full-time college students. Stone's advice for students looking to start a band? "Just go for it. Philadelphia is wonderful because there are so many people who love the arts and would like to play in a band. If you can't seem to find others who have the same interests as you, just do it yourself. I've always thought that those who are confident and creative enough to do it on their own, are the ones that are worth listening to."

CATNAPS

Drexel senior Carolyn Haynes has learned the ins and outs of the music industry not only through her coursework but also through her involvement with Drexel's radio station WKDU and joining a successful band. During her freshmen year, she met fellow Music Industry student Adrian Gold in their Piano 101 class. The two quickly became friends, and when Gold heard Haynes sing, she asked her if she wanted to join her band, When I Was 12. Gold had started the twee indie pop band in high school.

When I Was 12 had a very "cute" sound inspired by bands like Tilly and the Wall and Los Camposinos. With sweet melodies and the sound of the glockenspiel (similar to a xylophone), Gold wrote lyrics that were surprisingly sad. In the summer of 2011, When I Was 12 ventured on a six-week tour that would serve as the Music Industry students' co-op experience. After putting together a proposal, booking all of their own shows, and launching a Kickstarter campaign, they traveled across the United States and played shows with well-known bands including HelloGoodbye.

Just before the tour, though, they did something surprising—they changed their name to "Catnaps." Beginning to shake off their cutesie image, this new name was accompanied by a change in their style as they were inspired by '90s grunge bands That Dog and The Rental. With Gold on lead vocals and rhythm guitar, Haynes on backup vocals and bass, Dan Houwen on lead guitar, and junior Music Industry student Christian Bach on drums, Catnaps has received interest from fans in Asia and Europe, has been featured in a *Vogue India* video and on the MTV reality show *Jersey Shore*, and is recording a new EP.

Drexel and the Music Industry community have supported them, and they used the help of fellow student Andrew Scott to record their EPs. According to Haynes, "Having studios and students who want to practice recording and sound engineering saves a lot of money." Her advice to students is not to rush into a band in college, but to wait and discover more music, to really focus on what you want to sound like. And of course, take advantage of whatever your school has to offer.



with a song in our hearts...

What's your favorite song? For many, this is a hard question to answer because there is so much wonderful music in the world. Are you into Pop? Rock? Jazz? Classical? EDM? Members of this year's d&m magazine team offer their favorites—some of their choices may surprise you. But have a read, and then a listen.

Why "Boys Don't Cry" Makes Me Cry



Picking a favorite song is like picking a favorite child: it is nearly impossible. However, there is one song that will always stick out in my mind as "the best." Within ten seconds of hearing the unmistakable, catchy opening riff of The Cure's "Boys

Don't Cry," I knew that this would not be one of those songs that would imbed themselves in my head for a few days and annoy me. It was here to stay. Though the melody itself is enough to make it stand out, the lyrics are also an integral part of its success. Robert Smith's haunting, quivering voice relays the story of trying to cover up heartache by acting playful and trying to "laugh about it, hiding the tears in my eyes." While the lyrics are simple and straight forward, most people can empathize with the situation that Smith describes. The melancholy, relatable lyrics paired with the cheerful tune are what make this song unforgettable.

—maggie reid

Tom Jones is Unusual



"It's Not Unusual" by Tom Jones is my favorite song for the simple reason that it is the best song ever created. Tom Jones' sexy voice, combined with his passionate and fiery delivery, provide a melody that is sweet nectar to my ears. While some identify this

song as "Carlton Bank's Dance" from The Fresh Prince of Bel-Air, I prefer to identify this song with all that is right in this world. The song is actually not as happy as it sounds. Jones is singing about the jealousy he would feel if he were to see the woman he loves out with anyone else but himself. However, the melodramatic wails and facial expressions Tom Jones makes while singing are priceless. Tom Jones creates in 1:58 what other singers yearn for their entire lifetimes, perfection. He sings with a force that permeates all emotional thresholds and completely takes over the listeners' emotional state. His tunes consist of highly orchestrated background instruments combined with a brawny voice. Every man can take a few notes from Tom Jones and learn how to be a strong man with a sensitive heart.

—bianca vasaturo

I Delight in the Foreign Tongue



The languages of Amharic and Hebrew wash over me as the worldly beats of my favorite song delight my soul. I have always been a fan of the foreign tongue and rich cultures, so it is no surprise that my favorite song is not in English, but rather a Middle

Eastern and Ethiopian, 4-minute and 47-second record titled, "Mi'ma'amakim" by The Idan Raichel Project. Idan Raichel brings together many cultures into his ethnic, gypsy-twirling tunes. "Mi'ma'amakim" translates to English as, "From the Depths." This Middle Eastern and African fusion song sings about the depths of love and begs the question, "Who will give his life, and put it underneath you?" The lyrics are beautiful, raw and real, but is not even the words that make this song such a favorite of mine. Rather, it is the feeling that the song instills within me. There is a calming that occurs and my soul sways on her perch. Language and tunes are forever with us and this song, although not in my native language, reminds me that we are all one, forever and always.

—naomi izen

Calling all Confident Women



There is one song that has the ability to change my mood for the better as soon as I hear it. Beyoncé's "Freakum Dress," from her 2006 album B'Day, is a must-have for any party, dance or workout playlist. After six years the song still makes girls

and women alike rush to the dance floor to show their best moves. Whether you're a fan of the simple head bob or the full body boogie, the pounding beat makes it impossible to sit still. Chills will run down your spine as the excitement sets in. Beyoncé's lyrics are sexy and sassy. She evokes an attitude of pure diva, which instantly permeates the body and mind of anyone singing along. The song lasts just three minutes and fifteen seconds, but it can uplift an entire night. Beyoncé lover or not, "Freakum Dress" is an anthem for all fun-loving, confident women.

—allie ingersoll



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AirWAVE
Bluetooth Speaker
SPK-XBL-BK



JAMCAN
Mini Speaker
SPK-CS1



XPAD
Portable Speaker
IE-ACPC-2U



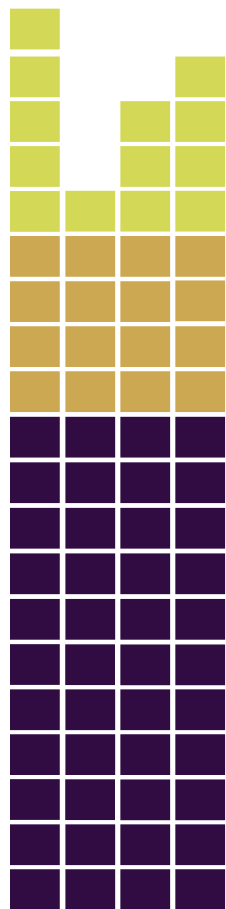
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the modern echo of disco music

by jenny fulton



The rapper Eminem once said, “You’re too old, let go it’s over, nobody listens to techno,” in his 2002 hit “Without Me,” but his statement could not be more wrong today. What is that repetitive noise coming out of speakers on every corner? Sounds that can’t be spelled out into words and beats that barely have any lyrics to go along with them, are all anyone hears anymore. House parties, bars, even the car next to you driving down the street is blasting EDM, and to be honest, I am over it.

What is EDM? It’s American pop’s trendiest acronym, and in case you have been living under a rock for the past five years, it stands for Electronic Dance Music. Everyone wants to be a part of it. With the hype trickling to the United States from Europe a few years back, it has finally made its way to mainstream America, but even worse, college students. I remember listening to “Sandstorm” by Benny Benassi and “Call on Me” by Eric Prydz in middle school, which was the only techno I knew. Then I was introduced to a few of the many sub-genres that techno or EDM has to offer. Dub-step, which are tightly coiled productions with overwhelming bass lines, drum patterns and heavy “drops;” trance, which can be explained as repeating musical beats that build up and down throughout a track; house, which has repetitive beats and rhythms centered around drums, off-beat cymbals and synthesized bass lines. The list of sub-genres goes on and on, but those are some of the most popular.

I will admit that I liked it at first. I enjoyed going to the shows that DJs would put on because dancing with friends and being in that atmosphere was the best feeling. Flashing lights, loud music and being surrounded by the company of happy people made these shows a lot of fun. But after about a year of listening to only EDM and going to only EDM shows, everything new coming out started sounding repetitive. Worst of all, the word started spreading about the scene, and the shows were getting crowded. Going to these shows made me anxious, and I didn’t enjoy them anymore. The girls and their excessive use of glitter, obnoxious neon and the sweaty “bros” who found it necessary to dance with their shirts off began crowding the scene and making the shows unbearable.

Although I stopped going to shows, I couldn’t seem to escape this newfound fad. Flyers promoting shows on every street corner, student DJs playing at local bars—I couldn’t even watch TV without seeing a commercial that played some sort of EDM hit. It came as no surprise that mainstream singers and even rappers jumped on the EDM bandwagon. To keep the mainstream interest level high, popular artists such Britney Spears, Usher and Miley Cyrus added to the already mixed tracks.

But why are people still drawn to DJs such as Skrillex, Avicii and Steve Aoki? Or what

about Swedish House Mafia, Major Lazer and Rusko? What makes them so appealing? They are irritating and frustrating with their songs all sounding so similar. It’s what the public wants to hear, and that’s a shame. To me this “music” resembles a Mario Kart video game soundtrack together with a robot, and they conceived a child, an over-saturated electronic mishmash. Come on people, are we really that bored with music that we’ve resorted to computers making our sounds for us? I know it’s the 21st century, but now we are just being wasteful with the talents we possess by giving the computer the power to impress.

A close friend made up a word to explain the scene of EDM, fratification, (pun intended) which describes how EDM has taken Greek life by storm. Individuality has grown harder and harder to come by, and people have become so engrossed with this genre of music that every DJ is just like the next. Foo Fighters frontman Dave Grohl spoke on behalf of the band’s Best Rock Performance award at the 54th annual Grammy’s, which created quite a bit of controversy via social media. He gratefully accepted the honor and went on to say in his acceptance speech, “This award means a lot, because it shows that the human element of music is what’s important... It’s not about being perfect, it’s not about sounding absolutely correct, and it’s not about what goes on in a computer. It’s about what goes on in here [your heart] and what goes on in here [your head].” He later backed up his statement on the band’s Facebook page by suggesting, “The simple act of creating music is a beautiful gift that all human beings are blessed with.”

I foresee maybe one or two more years of EDM’s popularity, but I have a feeling that it will take similar shape to that of the Disco era in the late 1970s. Once it starts its decline it will soon be over. Maybe some people will even be embarrassed that they spent so much time and money investing in what was a dying trend.

Top 10 Most Annoying EDM Songs

- Levels///Avicii
- Cinema///Skrillex
- Bangarang///Skrillex
- Basshead///Bassnectar
- Warp///Steve Aoki
- Everyday///Rusko
- Pressure Remix///Messo
- Sofi Needs a Ladder///Deadmau5
- Crush on you///Nero
- Titanium///Tiesto

rise of the anti-hero

by jenny fulton

What do Walter White, Dexter Morgan, Nancy Botwin, Emily Thorne, Tony Soprano and Omar Little all have in common? Aside from being the main characters in hit television shows, they are also the “bad” guys. In recent years an anti-hero role has been creating quite the buzz for audiences.

What draws us to these characters, and why are they so appealing even though we know they do wrong? Professor Ian Abrams of the Screenwriting & Playwriting Program at Drexel University explained, “Anti-heroes appeal to audiences who appreciate complexity of character, not the black-hat, white-hat worldview that still persists in much network drama. Audiences like shows that address the way good and evil intermix in a single character and how that manifests itself in action.” We can’t get enough of their sneaky and manipulative ways, and it makes for great television. “More sophisticated viewers understand that, in life, most people wear variously-shaded gray hats,” Abrams adds and points out that writers have become increasingly more creative over the years. A simple plot line just doesn’t do the trick anymore.

What will Walter White do next on *Breaking Bad* as the highly anticipated second half of the 5th and final season is due to air Summer 2013? Will the meth-cooking genius finally get what’s coming to him? After all, he has made enough money to provide for his family, which got him in the business in the first place.

Who is Dexter Morgan’s next serial victim in his stream of killings that only targets those who have killed others? Will Nancy Botwin ever stop selling narcotics in *Weeds* to foot the bill to provide for her family? Will Emily Thorne ever get the *Revenge* for her murdered father? We all know how television’s favorite mob family turned out in *The Sopranos*. Tony Soprano’s ruthless ways got him into enough trouble to last lifetimes in jail, yet we still came back for more because we found relatable traits in his softer moments. *The Wire* introduced us to Omar Little, a feared criminal who robbed drug dealers, but maintained a strict moral code. He held up drug dealers, but at a price not many would pay.

Audiences are rooting for the anti-hero of television shows because writers give these characters very real and relatable traits that make them easy to identify with. After every episode of these nail-biting dramas, the same question always presents itself—if I were in that situation, would I do the same thing? That’s the hook, and it keeps audiences coming back for more.



Harris Mizrahi



DEAR JOSE GARCES,

You've got me hooked.

I have no money right now though, so please excuse me for not frequenting your restaurants. I can only afford a single dish if I visit. I really love your happy hour specials and on occasion, when I get lucky, my parents will splurge for an entire meal for me. That being said, I thought you should know that I am getting crafty in my young age and have devised a plan for how to eat at your restaurants without going broke. I call it the "split and conquer." I purchase one item on the menu from each of your restaurants in Philadelphia. When you put them all together it makes one grand meal. I may have to wait days in between courses, but hey, it is sure worth the wait!

I made a list of my favorite dishes from each of your restaurants. You might wonder why this should impress you, and frankly, it doesn't need to. I just know that many people my age think they cannot walk into one of your restaurants since they will blow too much money. I think everyone deserves the chance to eat such flavors and develop mature palates, and this little menu guide might help those who yearn for tastes without the hefty bill.

Love from your avid fan,

naomi izen

SANGRIA at Amada
crisp white wine, apple, pear, orange
\$8

PICKLES at Village Whiskey
turnip and black kale pickles, black olive tapenade, whipped ricotta and toasted sourdough
\$10

LOS TACOS at Distrito
carne kobe flat iron steak, truffle potato, tomato-horseradish escabeche, yukon fries
\$15

COCAS at JG Domestic
wood oven flatbread, hen of the woods, black truffle, cheddar, egg yolk
\$14

CARNES at Tinto
organic chicken with brussels sprouts, chorizo, fingerling potatoes, herb jus
\$18

QUESOS at Garces Trading Company
tomme crayeuse with truffle lavender honey
\$8

DESSERT at Chifa
coconut panna cotta with citrus ceviche, mini coconut cakes, shaved marcona almond
\$8

FOOD ON THE RUN
at Guapos Tacos Truck
duck barbacoa- radish kimchi, togarashi aioli
\$4

GARCES RECREATED

by allie ingersoll photograph by shan cerrone

As college students in Philadelphia, it is hard to resist the temptation of the countless amazing restaurants that the city has to offer. From small mom-and-pop cafés to kitchens run by world-renowned chefs, this city has outstanding cuisine.

Jose Garces is one of many famous names in the culinary world of Philadelphia. With seven restaurants and one food truck in the city, the Iron Chef and restaurateur has an undeniable impact on the growing restaurant culture. After the success of his first restaurant, Amada, Garces opened Tinto in 2007. Tinto is a wine bar serving pintxos, or small plates, inspired by the Basque region that spans the coastal and mountainous border between Spain and France. The menu is made up of charcuterie and cheese, sandwiches, brochettes, shellfish and fish, vegetables, meats, and of course, a wide selection of fine wines and cocktails. With so many unique options, deciding what to order can be overwhelming, but each dish is delicious.

While restaurant weeks and special occasions provide the perfect excuse to indulge, incredible meals like those served at Tinto come at a high cost that students cannot always afford. Instead of trying to replicate the restaurant experience at home by experimenting with new ingredients and recipes, most people are drawn toward whatever is easiest and cheapest. Despite common belief, creating restaurant quality on your own can be done, and it can be easy. On Tinto's menu filled with foreign words and hard-to-come-by ingredients, the Organic Chicken stands out to less adventurous diners. It is a dish of simple ingredients highlighted by Basque flavors that anyone can recreate.

ORGANIC CHICKEN

with brussels sprouts, chorizo, fingerling potatoes, herb jus

Ingredients:

- 4 (6-8 oz) chicken breasts, bone in, skin on
- 6 oz Spanish chorizo, cut into 1/4" cubes
- 1 lb brussels sprouts, trimmed and halved lengthwise
- 1 lb fingerling potatoes, skin on, halved lengthwise
- 1 tbsp extra virgin olive oil
- 1 small yellow onion, chopped
- 2 cloves minced garlic
- 2 springs thyme
- 2 springs rosemary
- 1 cup chicken broth
- Salt
- Freshly ground black pepper

Preheat oven to 425. Add 1 tbsp olive oil to a Dutch oven over medium heat. Add the diced chorizo and sauté until it begins to brown, about 3-5 minutes. Remove chorizo with a slotted spoon and set aside. Add the chicken breasts and sear for a few minutes on each side. Remove and set aside. Add the onions and garlic and cook until soft. Next add the brussels sprouts and potatoes, sprinkle with salt and pepper to taste, and sauté until the edges begin to brown. Add the thyme and rosemary. Pour in the chicken stock and use a wooden spoon to scrape the bottom of the Dutch oven. Add the browned chicken and chorizo back into the Dutch and stir with vegetables. Cover and roast in the oven for 35-40 minutes. Let everything sit for a few minutes before serving.

Nutritionist Courtney Curtin suggests using boneless, skinless chicken breasts to reduce calories. In this case, do not brown the chicken before roasting as it will dry out. Another way to make this meal healthier is to fry the chorizo separately, remove from pan, and place on a paper towel to eliminate excess oil. Instead of using the chorizo oil to brown and flavor the other ingredients, simply use a teaspoon of light olive oil or cooking spray. Then use the chorizo as a garnish when plating. The flavor will still be there, but the calories will be significantly reduced.



NATURAL SELECTION

by nicole pollitt

Living ain't always easy, especially when it comes to being sustainable. Or at least that's what you think. With classes, work and our social lives, living sustainably is not always the first thing on our minds. And it shouldn't have to be! Sustainable options, or brands that strive to maintain long-term ecological balance, should be readily available for consumers to choose. According to a survey by *National Geographic* that measures international consumers' environmentally sustainable consumption, the U.S. ranks the lowest. This is compared to countries like Brazil, China, India, Canada, Russia and Australia.

There have been many green movements in the United States over the past 40 years. The U.S. is one of the most developed nations in the world, so why do we consistently rank among the least sustainable countries? There are affordable, sustainable options out there for consumers, so to help, we've compiled a guide to a few of them. We've got you covered with everything from clothing to skin care to home goods. These fun and stylish eco-friendly brands make being sustainable second nature.

clothing and accessories

NAU is a men's and women's clothing company based in Portland, Oregon. They specialize in making sustainable urban and outdoor apparel. From the energy used to create the fabrics to the shipping of the finished goods, NAU weighs the impact of every step that goes into making a garment. Although the brand is a little more expensive with prices ranging from \$50 to \$200, they promise social, material and aesthetic sustainability. Two percent of every sale is donated to one of NAU's environmental partners, all materials are natural and renewable, and the styles are timeless.

Sold at Sugarcube 124 N. 3rd Street www.nau.com

Lopez Island, right off the coast of Washington state is the birthplace of Barnacle Bags, an organic canvas and waxed canvas bag company. Each bag is made to order and sewn by the company founder, Lissa. She offers a variety of bags, specializing in backpacks but also offering totes, messengers, small pouches, baby bags and more. The bags range in price from \$25 for a pouch to \$160 for a backpack. Which isn't bad considering every bag, as Lissa says, "is made with love."

www.etsy.com/shop/BarnacleBags

The Timberland Company has been around since 1973, and most of us still think of it as an urban footwear company, rather than a sustainable footwear company. Timberland's Earthkeepers Collection uses organic and recycled materials in its shoes while also reducing the impact of the manufacturing process. The collection features minimal design, allowing the company to use fewer materials, and each shoe is crafted by hand. Timberland even publishes the Green Index on their website so consumers can see the company's efforts on sustainability in categories like climate, product, factories and service.

King of Prussia www.timberland.com

home goods

Vivaterra, which literally means living earth, is a home goods company with products that are hand-crafted from organic or recycled materials. Consumers can expect to find a wide variety of moderately priced eco-friendly products such as furniture, bedding and décor. You can even choose to shop by categories such as "reclaimed glass," "recycled wood" and "made in the USA."

www.vivaterra.com

When it comes to decorating your home, the most sustainable option may be to use what you already have. Apartment Therapy is great a resource for fun, eco-friendly, DIY home decorating projects. Whether it's a vase made from honey jars or a side table made from a tree stump, there are ideas for both the beginner or expert DIY-er. They also have tips for everyday sustainable living and showcase the latest sustainable designs on the market.

www.apartmenttherapy.com

food and drink

Annie's Homegrown is one of the biggest brands of organic food today. All of their food is grown on certified organic farms and features all natural ingredients and no artificial flavors. Annie's offers a wide range of products from pizza, pasta, snacks, salad dressing and condiments. Consumers can find Annie's in retailers across the country such as Whole Foods, Target and BJ's.

www.annies.com

Drexel has taken the initiative toward a more sustainable community with the Drexel Farmers Market. On Tuesdays from 11 to 3 on the University City Main Campus, students, faculty and staff can find fresh fruits, vegetables, dairy products and baked goods.

33rd and Chestnut or 33rd and Market (location varies)

Camelbak water bottles are widely known among the sport community but are also great eco-friendly bottles for everyday use. These reusable bottles can be purchased in either BPA-free plastic, glass or stainless steel. The bottles are durable for long-term use, and the "bite-and-sip" design keeps water from spilling. The company headquarters are even certified green by the Leadership in Energy and Environmental Design. Camelbak bottles range from \$11-\$20 and can be purchased in a wide variety of sporting goods stores such as Dick's Sporting Goods, Eastern Mountain Sports and LL Bean.

City Sports 1608 Walnut Street www.camelbak.com

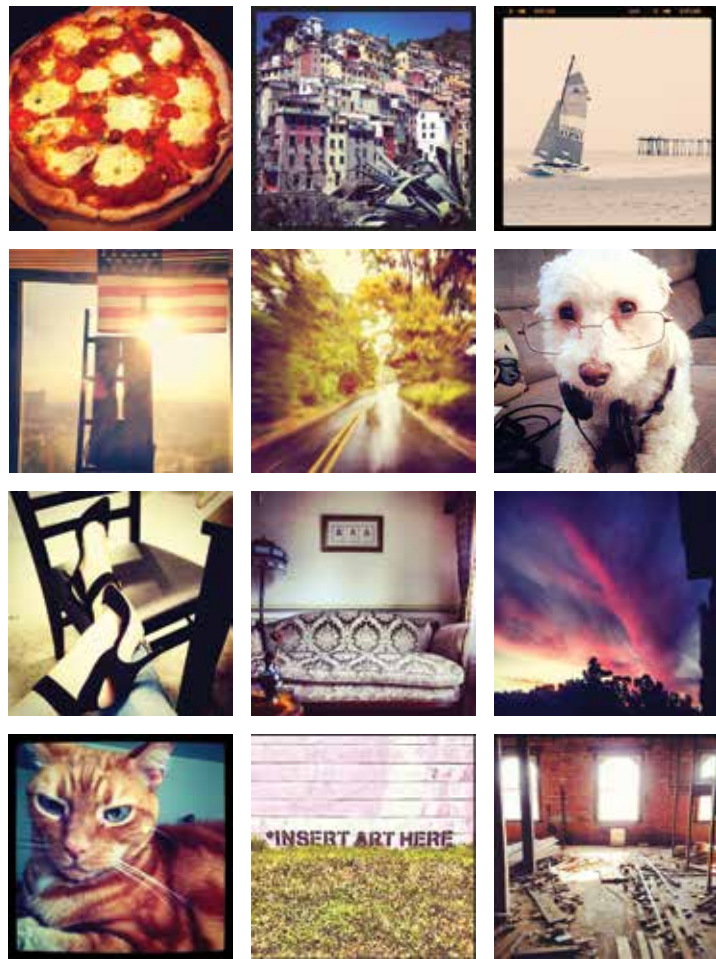
personal care

Lush Cosmetics are handmade beauty products and fragrances that use organic fruits, vegetables and essential oils. All of their products use little or no preservatives and are packaged using eco-friendly materials. Lush sources ingredients ethically, is against testing on animals and gives back to the community. Lush carries a wide variety of products like bath bombs, shower gels, moisturizers, deodorants, shampoo, lip balm and more. The cost of the products can quickly add up, however, a little will go a long way.

Lush 1525 Walnut Street www.lush.com

Not all top cosmetics companies use harsh chemicals in their products. Aveda is considered a pioneer in the green cosmetic industry through the way they produce and the ingredients they use. Ninety percent of their oils and ingredients are certified organic. One hundred percent of their packaging is made from post-consumer PET, and manufacturing is done with certified wind power. Unlike many big name cosmetic companies, Aveda publishes all of their sustainable efforts online.

Aveda Store 1625 Chestnut St www.aveda.com



#INSTAFAME

the new form of technological self-indulgence

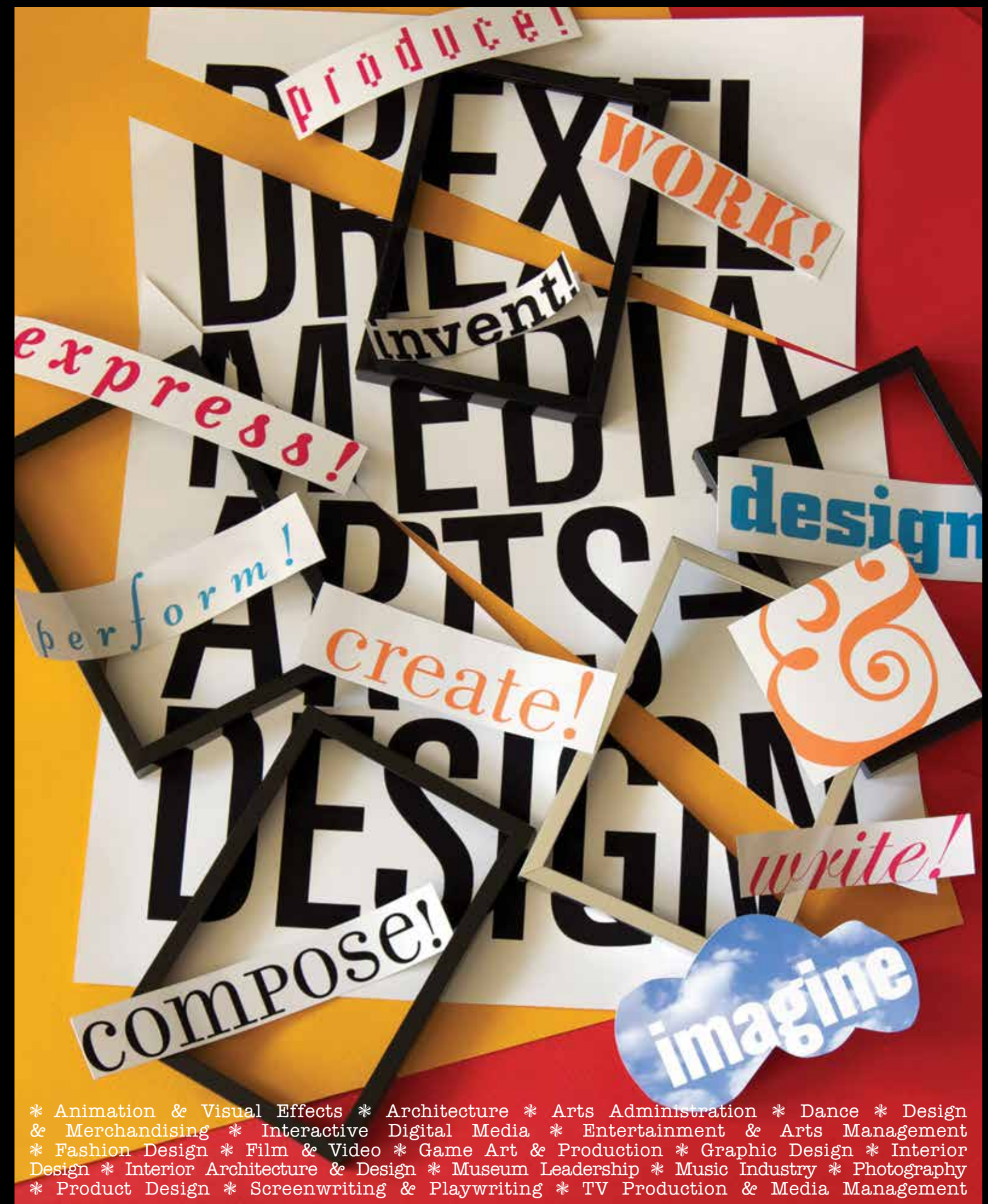
by maggie reid photographs by DGM magazine staff

It wasn't until I joined the 21st century and purchased my iPhone last September that I was introduced to the addicting world of Instagram. I was not the only one who was foreign to this form of social media. Instagram only began to gain its popularity within the last year. This begs the question, why is this simple "app" such a popular means of communication when the whole concept revolves around pictures?

Instagram launched in October 2010 from developers Kevin Systrom and Michel Krieger when they decided that they wanted to explore the realm of mobile photography. Instagram is a network in which you can view the pictures of those you "follow" and also share your photos with your own followers. What makes Instagram appealing is that you have the ability to add "filters" to your photos to alter their appearance. Want to make your photo look artistic and vintage? Add the "1977" filter to it, and you're an instant artist! To quantify the success of Instagram, it was sold to Facebook in April 2012 for \$1 billion. Who knew that you could make \$1 billion by tricking people into thinking that they are artists?

I am unsatisfied by this explanation for Instagram's immense success. It must go beyond the false sense of being an accomplished artist. In the past, Twitter has been viewed as one of the more narcissistic forms of social media since it is centered around the idea of voicing your opinions through "tweeting." I find that Instagram is just as self-centered as Twitter. As an Instagram user, I can safely say that a lot of thought is put into each photo posting. Users want to portray a certain image of themselves through their Instagram. Very rarely is it about catering to the needs of others.

You post pictures of images you find funny, food you think is delicious or even pictures of yourself that you find flattering. According to an article published by *The Atlantic*, scientific studies have shown that the reason why we like to talk about ourselves is because it "activates the brain's reward systems." As humans, we need constant reassurance. Posting a picture of yourself to Instagram only ensures that you will get the positive feedback that you desire...at least from yourself.



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