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# Table of Contents

**Self-Starters**
- 12  Chakra Fitwear
- 16  Hear Her Roar
- 18  Cafestreeteria

**Philly**
- 20  The New Urban Playground
- 24  The City of Puppy Love
- 28  Get Out of Town
- 30  Local Indulgences

**Art & Music**
- 32  Bruce Pollock
- 36  Ars Nova
- 38  Modern Baseball
- 39  WC Lindsay

**Features**
- 40  My Type of City
- 42  Actually Famous
- 46  Fashion Shoot
- 50  Not Born in the USA
- 58  The Other F Word

**Style**
- 62  If the Shoe Fits
- 64  Mind Your F’s and G’s
- 66  Ahn Mai
- 67  Daniel Musto
- 68  Haute at Home
- 70  At Home With Ashley Muzzell

**Be Well**
- 72  My Therapist Wags His Tail
- 74  You Talkin’ To Me?
- 76  Unite For Her
- 78  Natural Beauty
- 80  Anything You Can Do, I Can Do—Almost

**Food**
- 82  What the French Toast Is
- 86  Burger Brawl
- 86  From Vine to Vino

**The Daily Grind**
- 88  Closet Cleanse
- 90  Fill Your Fridge for $50
- 92  10 Cures for the Commuter Blues
EVERY HASHTAG(#) HAS A MEANING. SOME MAY USE THE HASHTAG TO DISTINGUISH A KEYWORD, OTHERS MAY USE IT TO SHORTEN THEIR MESSAGE, WHILE MANY USE THE NOTORIOUS HASHTAG TO EXPRESS THEIR TRUE FEELINGS. BEFORE DELVING INTO THE 2015 D&M MAGAZINE, GET TO KNOW THE STAFF A LITTLE BIT BETTER AND FIND OUT HOW WE REALLY FEEL.

# INTO IT

NETFLIX MARATHONS
AFTER A TOUGH WEEK OF NONSTOP WORK YOU DESERVE TO KICK BACK AND WATCH YOUR FAVORITE TV-SHOW. ALL 9 SEASONS... WITH 22 EPISODES EACH. DON’T JUDGE, YOU KNOW YOU DO IT TOO. #NOSHAME –FM

OVER-THE-KNEE SOCKS
NO; MY THIGHS DON’T GET COLD. YES, I KNOW I LOOK LIKE A HYBRID OF A SCHOOLGIRL AND CHER FROM CLUELESS, LIKE THAT’S NOT THE POINT. #ASIF –CR

BEYONCÉ
BE YOURSELF. UNLESS YOU CAN BE BEYONCÉ. ALWAYS BE BEYONCÉ. #IWOKEDLIKETHIS –TB

UBER
MY UBER SHOULD BE HERE IN 1 MINUTE AND 13 SECONDS. #PERSONALDRIVERPLEASE –NM

MAN BUN
YOU KNOW YOU WISH YOU COULD PULL OFF THE HOLY GRAIL OF ALL BUNS—THE MAN BUN, #DUH –JF

OVER-THE-KNEE SOCKS
NO; MY THIGHS DON’T GET COLD. YES, I KNOW I LOOK LIKE A HYBRID OF A SCHOOLGIRL AND CHER FROM CLUELESS, LIKE THAT’S NOT THE POINT. #ASIF –CR

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KIND BARS
YES, I JUST PAID TWO DOLLARS FOR ONE GRANOLA BAR. YES, THEY ARE THAT GOOD. #BEKIND –AG

Buy one, get a free mini size with one topping every Thursday with your college ID!

*university city location only
*through November 1st, 2015

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Amazing Frozen Yogurt and Gelato from Italy.
A top quality, light and flavorsome product containing probiotics.
A fresh new vision makes a brand. Hard work and determination makes a business. Drexel entrepreneurs Erin Moffitt and Ashley Revay are working toward creating a successful brand, while still being in school. They are the founders of Chakra Fitwear, an activewear line created with environmental and philanthropic goals in mind. They are proving that they have what it takes to create a sustainable business even before graduating from college.

Both Moffitt and Revay are entrepreneurial majors, with minors in legal studies and accounting and environmental studies, respectively. The idea came to fruition once confronting a serious dilemma within the fitwear industry. “I am a certified personal trainer,” Moffitt proclaimed, “I was sick of the two extremes of workout gear: dirt cheap or ridiculously expensive.”

With a price-conscious consumer in mind, they decided to create a product to fill the void in a volatile market while on a mission to better the environment and empower women. Priced between $55–$65, Chakra Fitwear products are made using fabric developed from recycled plastic bottles. After running a 5k for Clean Air where shirts were made from recycled material, Revay realized that both people and the environment would benefit from their entry into the niche market of sustainable goods. Revay is the environmentally conscious force behind the Chakra Fitwear brand—she knows that societal decisions are negatively impacting the environment, and she wants to put an end to the deterioration of it. “Our production is out of Seattle and New York. Having both based in the United States not only helps our economy, but also allows us to take advantage of more sustainable methods of production.”
Not only are these young women trying to save the environment, but they are also helping to improve the lives of impoverished girls. Chakra Fitwear has partnered up with Kansi, an organization that works with schools in Uganda to empower young women by enhancing their sports facilities.

“We are pairing up with seven schools. Our mission is to give these girls a reason to want to stay in school. Giving them the proper facilities is a good place to start.”

The partnership proved to be collaborative at best. In the early stages, Moffitt and Revay began by relaying their vision and inspiration to their designer. “We were highly influenced by yoga, Hinduism and aspects of Indian culture. I am half Indian, so my background became a large part of our design influence,” Revay stated. Once Michaelides heard their input, she was able to take their dreams and make them a reality. “It became trial and error as to what worked and did not work, both design and color wise,” Michaelides said. Once she understood the design aesthetic and customer needs, she was able to create a print from her own inspiration. “I was on a cop up when I started designing for them. It felt natural for me, after having the experience I had, to design for others,” Michaelides continued.

Once Michaelides became familiar with the customer in mind, she was able to create a pant design all her own. This lead to the creation of an aqua blue pant adorned with chakra signs up the back of the leg. The pant designs range from a basic black legging with an elephant on the thigh to an Indian inspired shibori legging with a henna print overlay. “Color played a big part in the design. Being a start up, they wanted a wide range of colors in order to appeal to an array of customers.”

A unique factor within the company’s framework is their desire to do good throughout the world. “We want to keep our customers in the loop about the good that their purchases are doing. Reminding them that they are helping the environment and impoverished girls,” Moffit said. With this in mind, they hope that the hang tags on the garments give insight to exactly where the proceeds are going, so that the customer knows they are doing right by wearing Chakra Fitwear. “We’re still deciding whether we want to design a special logging with all the proceeds going to the Kansi organization or if we want a percentage of each sale to be donated,” Revay explained. Either way, the business model rooted in the desire for cultural and environmental change shows how young people of the millennial era can indeed make a difference.

With a business in the works, it’s hard to believe that these women are only completing their senior year. With the major focus on Chakra, they have found a way to make time for both school and work. “Having this business and applying practices we have learned here at Drexel help us see the bigger picture and everything that’s beyond college,” Moffitt said. “We’re working hard in our classes, we just have a better sense of reality, that using the tools available to us can indeed make a difference.”

The entrepreneurs began by seeking funding through Kickstarter, the online platform for people to raise money for a cause they are passionate about or a business they are pursuing. Though they did not reach their goal, they are working with investors with the hopes of gaining their footing in the industry. They are also considering going the distribution route by partnering with retailers to get their pants into storefronts. With a strong partnership beginning in class and a foundation for business practices provided by Drexel, there is no doubt that these business savvy girls will make it to the top. Revay summed it up perfectly, “we have the support of our friends and family, we have a thriving business and we know that through our hard work and the kindness of others, Chakra Fitwear will become successful.”
Persian Gulf War, 1990: Troops of Saddam Hussein have just invaded Kuwait, your native country. Suddenly, you hear a knock on the door. Two U.S. officials appear, intending to escort your family to the airport. At merely eight years old, you and your entire family are forced out of the country with no more than an hour’s warning to pack essentials into two suitcases. Unable to understand the magnitude of the situation at such a young age, all you know is that your safety relies on this trip.

After living in Philadelphia for close to a decade, you begin applying to college, only to discover that your family missed the deadline to apply for citizenship as refugees. You realize you’ve been living as an illegal immigrant and immediately begin taking steps to correct the situation. But 9/11 takes place, and all applications stall. As if your situation weren’t already complicated enough, your father abandons your family, and you are left with no income and no means of legally obtaining one.

This exact scenario may not directly resonate with most, but it is the story of Yasmine Mustafa, the woman who fled to the United States as a child, and defied the odds by succeeding as a female entrepreneur in Philadelphia.

Growing up as an immigrant, Mustafa was labeled a foreigner and a terrorist. As a female, she was especially subject to sexual harassment. “Women are constantly told not to stay out late, walk down certain areas, or go out alone,” she acknowledges. “We’re encouraged to adapt to the expectation of violence, alter our lifestyle, modify our behavior and to carry a self-defense device to protect ourselves.”

Realizing that women worldwide lack convenient access to reasonable self-protection, Mustafa created ROAR, a social impact company aiming to empower women through wearable technology. Its current venture is a high-tech, fashionable rape whistle. Synced with an app on the wearer’s phone via Bluetooth, the piece is designed to call authorities and alert assigned contacts of her location at the time of activation. The accessory also produces a bright strobe light and a loud alarm to attract attention and defer the situation.

To complement the gadget and further educate the wearer, the phone app crowdsources input from locals to identify potentially unsafe areas. Perhaps most importantly through the app aims to provide young males with educational programs on respect for women, so that safety devices like these are no longer necessary.

In a society where women are blamed for sexual violence, Mustafa realized an additional opportunity in making a large-scale social impact with ROAR. “We’re partnering up with violence prevention organizations around the world to host educational programs to raise awareness of violence against women and promote a culture of consent and respect,” she says.

Mustafa’s plans for ROAR are driven by her ultimate goal as an entrepreneur: to leave a positive impact on the world and to help people. Originally, her entrepreneurship calling was discovered after realizing the limitations of blue-collar work. “There was a period of time where I had to take under-the-table jobs,” Mustafa explains. “So I took any job that would pay me cash. I made half as much as everyone else and worked twice as much. I just knew I didn’t want the rest of my life to be like that. I discovered I’m not a fan of authority, and working for myself seemed like the perfect outlet to get out of my situation,” she affirms.

Throughout her entrepreneurial endeavors, her common link has been Philadelphia. “I love this city. The support system in the tech community lifts me up and I would say for the most part, it has helped me move forward in many areas,” she says. But with all start-ups come risks. When faced with overcoming challenges, Mustafa takes a step back and analyzes things that worked and areas that could be improved. “After dissecting it, I create a plan and try another approach. I’ve learned that failing doesn’t make me less of a person,” Mustafa says. “In fact, failures are a good thing when you can learn from them because they help you grow as a person.”

useroar.com

HEAR HER

IMMIGRANT YASMIN MUSTAFA CREATES A HIGH-TECH DEVICE TO EMPOWER WOMEN, REDUCE ASSAULT, AND TRANSFORM SOCIETY.
A few months ago, Ca Son decided it was time to try something new and opened up a food truck that was inspired by his parents’ cooking, mainly the traditional Vietnamese dish called phở. In addition to low startup costs, Son was attracted to the ability to move from place to place, or to go wherever the best customers are. For Son, cooking up big flavor in a small truck is no challenge, he jokes “I’m little, so it is not hard, but if I was a big dude it would be a challenge!”

Even though iPho opened within the last year, it achieved early success. On Instagram, the main social media channel used by Son, iPho already has 537 followers, something Son seems very pleased with, casually stating “so far iPho already has 537 followers, something Son, he jokes “I’m little, so it is not hard, but if I was a big truck is sure to grab your attention. After passing the line of customers anxiously waiting for their meals, Mike Sullivan, a talented and experienced chef, can be seen through the truck’s window working to prepare the food. Currently, Sullivan owns two food trucks, Street Food Philly and Taco Mondo, each serving a different cuisine. Each menu is carefully selected by observing what was lacking in the market and would be popular with customers. Sullivan describes the Street Food Philly menu as “global street food that has anything from Southern food to Italian, and from Spanish to Indian dishes.” Both Street Food Philly and Taco Mondo travel all over the city, serving a variety of customers.

Sullivan believes that the low overhead and startup cost for a truck contributes to the booming food truck industry. From personal experience, he found that hard work and experience in the food industry delivers a great return on investment. In this competitive industry, Sullivan stresses the importance of making “the custom- ers choose you and not the others.”

Since Street Food Philly targets the passionate food truck industry, from personal experience, he found that hard work and experience in the food industry delivers a great return on investment. In this competitive industry, Sullivan stresses the importance of making “the customers choose you and not the others.”

Since Street Food Philly targets the passionate food truck industry, Sullivan felt it was only natural to use Eagle’s green for the truck itself. The decoration on Street Food Philly was also natural to use Eagles’ green for the truck itself. When reviewing the appetizing menu, Salten explains that he serves a lot of different dishes on his menu. What makes his truck unique is the authentic Jamaican spices. Irie recognizes this is his secret to success because “with an authentic kitchen. After receiving his undergradu- ate degree, Kaplan went into sales. It wasn’t until August 2014 that Kaplan opened his own food truck and named it after his grandfather Jerry, saying “He was my mentor, and loved food!” The concept for the truck’s diverse menu came from his own personal expe- rience. Kaplan and his wife have very different eating styles—he eats all kinds of food while she is more into the food truck business, buying a few more trucks and having different concepts for each menu as “global street food that has anything from Southern food to Italian, and from Spanish to Indian dishes.” Both Street Food Philly and Taco Mondo travel all over the city, serving a variety of customers.

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PHILADELPHIA HAS MADE A GROUNDBREAKING TRANSFORMATION. THE ONCE BARE AND LACKLUSTER STREETS HAVE BEEN TURNED INTO AN INTERACTIVE PLAYGROUND OF OUTDOOR ACTIVITY. WITH MORE AND MORE URBAN ATTRACTIONS POPPING UP THROUGHOUT THE CITY, IT IS NO WONDER THAT PHILADELPHIA WAS RANKED AMONG THE TOP THREE PLACES TO VISIT IN 2015 BY THE NEW YORK TIMES. TAKE A LOOK AROUND THE CITY SO THAT YOU CAN BEGIN PLANNING YOUR OWN URBAN ADVENTURE.
The skate park, which is adjacent to the Philadelphia Art Museum, is a concrete amusement for anyone who enjoys being on wheels. This park is rooted in creating a unified culture of skateboarders that empower one another to succeed—both on the ramps and the streets. Community spirit shines through at the skate park, from the skateboarders to the onlookers; with the park being an offset of the walking path, a welcoming energy invites anyone to take a break and watch as the boards roll on by.

PHILADELPHIA BIKE SHARE

The City of Brotherly Love is about to get even more friendly with the introduction of the Philly Bike Share. Take a tour around Philadelphia from a new vantage point; rent a bike from one of the 60 rental stations throughout the city and pedal on! It goes to show that sharing really is fun for all.

Forget everything you thought you knew about walking trails—the new standard for outdoor activities starts at the Schuylkill Banks Boardwalk. This 2,000 foot structure was completed in the fall of 2014 and boasts wide concrete slabs that resemble the boardwalks of the Jersey Shore. There is ample space for runners, bikers and dog walkers alike. The view from the boardwalk is unlike any other—you are treated to a complete view of Center City, a beautiful sight both rain or shine! Combining outdoor activities with a gorgeous skyline will make for a wonderful day on the boardwalk in the city.

MORE TO SEE & DO

PAINE’S PARK
The skate park, which is adjacent to the Philadelphia Art Museum, is a concrete amusement for anyone who enjoys being on wheels. This park is rooted in creating a unified culture of skateboarders that empower one another to succeed—both on the ramps and the streets. Community spirit shines through at the skate park, from the skateboarders to the onlookers; with the park being an offset of the walking paths, a welcoming energy invites anyone to take a break and watch as the boards roll on by.

MINI GOLF AT FRANKLIN SQUARE
Putt your way around the “mini city” at Mini Golf at Franklin Square. Attempt a hole-in-one through iconic Philadelphia landmarks like the Liberty Bell and the Art Museum. This 18-hole course perfectly embodies Philadelphia, mixing American history and a healthy dose of competition.

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THE OVAL
This seasonal outdoor pop-up space brings food, friends, and fun together during the warmer months. Let your inner child while enjoying a life-sized game of checkers, Jenga or Connect Four. Feast on tantalizing treats from various food truck vendors surrounding the concrete island. Soak up the sunshine while partying on the Parkway.

WINTERFEST
Don’t let the winter blues get you down. Take a trip down to the Waterfront RiverRink to get in the holiday spirit at Winterfest. Whether you’re taking a spin around the ice rink or grabbing a beer and dinner with friends, this winter fantasy will be one not to disappoint.

DILWORTH PARK
The newly renovated Dilworth Park unites the city’s most defining building with the bustle and energy of the outside world. The park, which re-opened last winter, features lush greenery and boasts an interactive fountain which is replaced by an ice skating rink in the colder season. Be sure to step by Iron Chef Jose Garces cafe, located along JFK Boulevard, for everything from breakfast to dinner. With the warmer months come festivals, pop-up shops and outdoor movie screenings. With the park conveniently located atop the major transit hub, people from all around the city are able to take advantage of the multi-seasonally intriguing attractions.

THE SCHUYLKILL BANKS BOARDWALK
Forget everything you thought you knew about walking trails—the new standard for outdoor activities starts at the Schuylkill Banks Boardwalk. This 2,000 foot structure was completed in the fall of 2014 and boasts wide concrete slabs that resemble the boardwalks of the Jersey Shore. There is ample space for runners, bikers and dog walkers alike. The view from the boardwalk is unlike any other—you are treated to a complete view of Center City, a beautiful sight both rain or shine! Combining outdoor activities with a gorgeous skyline will make for a wonderful day on the boardwalk in the city.

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MORE TO SEE & DO

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PAINES PARK

MINI GOLF AT FRANKLIN SQUARE

MORE TO SEE & DO

WINTERFEST

PHILADELPHIA BIKE SHARE

THE OVAL
THE CITY OF PUPPY LOVE

Philadelphia has many faces, which show the effervescent personalities that love here. Many of those faces would even dare to lick a passerby. The pooches of Philly live within a large percentage of households, while taking on the characteristics of this historic city. There is a great deal of ourselves in our pets, and the puppies have spoken.

“THE ATTENTION HOG”

BAILEY, 6
FRENCH BULLDOG

“She’s smart and stubborn. She knows how to get what she wants and will not take no for an answer. She wants everyone’s attention to be on her at all times.”

“The Pretty Boy”

CORY, 7
CAVALIER KING CHARLES SPANIEL

“He’s gorgeous… people have stopped their cars just to see him!”

“The Celebrity”

MILLIE, 7 MONTHS
PIT BULL

“Millie is Instagram famous! She gets 10 times the amount of likes I do on all of her pictures. Follow her on Instagram @millie_the_pittie!”
“THE CHEESESTEAK CONNOISSEUR”

JAKE, 8
GOLDEN RETRIEVER

“It might be hard to stand in line with a dog, but it’s a life or death matter... we don’t mess around with our cheesesteaks!”

“THE GRUMP”

HOLI, 12
PUG

“Holi will bite anyone, she’s blind so sometimes she even bites me!”

“THE SCAREDY CAT”

CORBIN, 7
YORKIE

“He is terrified of all animals no matter what size.”

“THE PERFORMER”

MORGAN, 11
BORDER COLLIE MIX

“I call my favorite trick her penguin pose... If you tell her to sit and then put both of your hands up in the air, she mimics you and looks like she’s sitting there just like a little penguin.”

“THE GRUMP”

HOLI, 12
PUG

“It might be hard to stand in line with a dog, but it’s a life or death matter... we don’t mess around with our cheesesteaks!”

“THE SCAREDY CAT”

CORBIN, 7
YORKIE

“He is terrified of all animals no matter what size.”

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MORGAN, 11
BORDER COLLIE MIX

“I call my favorite trick her penguin pose... If you tell her to sit and then put both of your hands up in the air, she mimics you and looks like she’s sitting there just like a little penguin.”
GET OUT OF TOWN

“NEAR OR FAR. BY TRAIN OR CAR.” GET OUT OF THE CITY IN 90 MINUTES OR LESS AND EXPLORE THE HIDDEN GEMS FOUND IN THE PHILLY ‘BURBS.

MANAYUNK

SEE Biking, boating and beer drinking, the hip neighborhood of Manayunk has it all. Home to the Philly Cycling Classic, the “Manayunk Wall,” a part of Levering Street with a 17% incline, and beautiful riverfront views, making Manayunk a destination for cyclists near and far. If biking isn’t your thing, hop in a kayak and enjoy a tour of the Schuylkill River alongside Hidden River Outfitters guides. If you prefer to foot, be sure to visit the newly built eco-friendly Venice Island Performing Arts Center and Recreation Park, which combines design and mother nature to create a must-see attraction. Manayunk is known for its booming nightlife. Check out the Goose Room for local bands and jam sessions. In addition to the party scene, Manayunk has a va-riety of fine and contemporary art galleries, such as the Facemore.

EAT With 50 dining spots to choose from, it’s hard to decide where to begin. Indecisive (and hungry) visitors can hop on an eating frenzy tour with Crew Philly Food Tours, which consists of hungry) visitors can hop on an eating frenzy tour with Crew Philly Food Tours, which consists of hungry) visitors can hop on an eating frenzy tour with Crew Philly Food Tours, which consists of hungry) visitors can hop on an eating frenzy tour with Crew Philly Food Tours, which consists of hungry) visitors can hop on an eating frenzy tour with Crew Philly Food Tours, which consists of hungry) visitors can hop on an eating frenzy tour with Crew Philly Food Tours, which consists of hungry) visitors can hop on an eating frenzy tour with Crew Philly Food Tours, which consists of hungry) visitors can hop on an eating frenzy tour with Crew Philly Food Tours, which consists of hungry) visitors can hop on an eating frenzy tour with Crew Philly Food Tours, which consists of hungry) visitors can hop on an eating frenzy tour with Crew Philly Food Tours, which consists of hungry) 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LOCAL INDULGENCES

WARM DONUTS, DARK CHOCOLATE, CRAFT BEER, AGED CHEESE. WHATEVER YOUR WEAKNESS MAY BE, IT’S OKAY TO INDULGE A BIT. WE KNOW JUST WHERE TO FIND ALL OF YOUR FAVORITE THINGS, RIGHT HERE IN THE FOOD-CENTRIC CITY OF BROTHERLY LOVE.

1. CINNAMON BROWN SUGAR FEDERAL DONUTS
   $1.50 each

2. RWANDA RUBENGERA REANIMATOR
   $12.99

3. GREEN TEA & STRAWBERRY ICE CREAM
   FRANKLIN FOUNTAIN
   medium / $6.15

4. RASPBERRY MINT TEA PREMIUM STEAP
   2 oz / $4.93

5. PISTACHIO OLIVE OIL TRUFFLE
   MARCIE BLAINE ARTISANAL CHOCOLATES
   24 pieces / $29.99

6. PRIMA DONNA CHEESE
   DI BRUNO BROS
   10 oz / $9.99

7. SLAMMIN’ SALMON ROLL
   HAI STREET KITCHEN
   $9.78

8. SOFT PRETZEL
   MILLER’S TWIST
   3/$5.50

9. YARDS PALE ALE
   $2.50

10. CHEESESTEAK
    OVERBROOK PIZZA
    $6.50
When did you first decide that you wanted to paint?
I was interested in art for as long as I can remember. As far as painting, I decided when I was in art school. I won awards in high school for drawing, so art was definitely something I wanted to do. I went to the Cleveland Art Institute, and then to the Tyler School of Art for graduate school, and that got me to Philadelphia. I started living downtown, in about 1976-77, when it was really a kind of rough place. Things seemed to be starting to get interesting, so I stayed here. I still think it’s an interesting place to be.

Can you describe your painting style to someone who has not seen your work?
Geometric and abstract are the commonly applied keywords. Natural occurring mathematical systems, geometric imagery and fractal formations are the basis of my creative work. These forms and patterns are found throughout the spectrum of reality in clouds, rivers, cells, organisms and ecosystems. They constitute the visual language from which my paintings and drawings are made. My objective is to link art to the depths of human experience and raise the viewer’s awareness into a perception of the infinite.

Will you briefly walk me through your typical studio day?
My studio is in my home so my life and art are integrated. I’m in my studio daily, some days are long painting days and others are for contemplation. I enjoy living with the work and seeing it in changing light at different hours of day and night.

Have you always painted in this geometric style?
I’ve always painted landscapes on the side. There is work that I do professionally and there is work that is, um, recreational. It’s not like I prejudice one over the other. The studio work that I do is really based on geometric pattern.

What was your biggest career moment?
In 2010, I had a solo exhibition at the Shenzhen Art Museum in Shenzhen, China. There were giant billboards of my paintings around the city announcing the exhibition and an art review on the front page of the city newspaper. It was beyond my expectations—a big moment.

What is your least favorite thing that someone says about your paintings?
Well I suppose the worst word is probably decorative. I try and avoid that, the idea of decor. Yeah, decoration to me is kind of a bad word. Painting can easily become decorative. Most often that is where it ends up, in somebody’s house, as decor. I think that some people don’t see beyond that decoration, but there needs to be more than that. I think that is more their problem than it is mine.
Do you think that you could live off a painting career without teaching? Well, I could. I did for quite a while. I'd definitely have to change my lifestyle. I'd have to leave Philadelphia, it's gotten much too expensive to live here.

Is teaching secondary to painting for you? No, I think that they kind of go together at this point. Painting is a lonely kind of thing. I'd much too, I like the fact that in teaching you are in this social environment where you can make a difference with what you know. I think that painting makes a difference too, you know. I like to have the balance.

When did you start teaching? Out of graduate school. I didn't find it gratifying, I didn't really want to do it. I really wanted to devote my time totally to my work. In order to get by to do that, I did odd jobs. I did a lot of exhibition preparation at the ICA, Moore, UAarts. Installing exhibitions. I later started teaching for a program called Praxis in Progress. They went into inner city environments and taught children art. I was teaching a lot of emotionally disturbed children and those kinds of situations were very creative. I was also involved by the Pennsylvania Prison Society to work on a prison arts project for many years. I began teaching inmates in Holmesburg and different places within the Philadelphia prison system. Around that time I started teaching as an adjunct at Drexel. This was at a time when Drexel was growing and expanding, and I feel like I grew into that with Drexel.

How does teaching and seeing people try to paint affect how you paint? I don't look at it as if my students are trying to paint, I look at it as if they are painting. Technique can be over estimated. Some people can put too much emphasis on technique. I think that it is more the sincerity of the student or artist. The originality of the ideas that make the work successful. It's not just trying to perfect skills. When I was in high school I thought that Andrew Wyeth was the greatest. I thought the sun set on him because I need to keep on track for what is reallyinspiring for me, and that takes me in some odd directions. I've done bodies of work over the years that have sold very well, and I've done some that people didn't have any interest in.

What are you working toward with painting? Painting keeps my mind alive and awake and it engages with that curiosity. It's like I'm in a conversation with the environment that I live in. Painting keeps my mind alive and awake and it keeps me looking and asking questions. I'm also always looking and hoping to find others that are inspired by that and get that out of the works that I do. I occasionally see other people's work and I think, wow, I wish my work had that kind of power or that kind of intensity, but it never works to try and copy another painter. I sometimes go to Europe and go to museums and see Paris and Italy and I see other people's work and I have all these ideas and I take all those notes about it, and then what happens is I come back to the studio and what generally happens is I start right where I left off, because otherwise it is superficial. Maybe it changes the work in very subtle kinds of ways, but really you have to find your own voice and stay with it. That is what makes it interesting, that there is some plurality of voices.

How do you judge success with your own work? Work that is successful to me is when I finish it, it surprises me. Successful work leads to other work. I've kind of always followed my own path, which has caused my work to shift over the years because I need to keep on track for what is reallyinspiring for me, and that takes me in some odd directions. I've done bodies of work over the years that have sold very well, and I've done some that people didn't have any interest in.

What is the relevance of classical methods going on in the same context? Those things would tend to blend into one another. They would tend to inform one another just by proximity, just by closeness. I wish that they had the space. As big a building as URBN is, it's not big enough for all of us.

Do you think that technology will extinct the classical visual arts? The relevance of classical methods goes up and down. Right now there is a lot of painting going on, but it's like we are in this post-historical period where there are people painting processs in Renaissance styles, super realistic paintings, abstrct expressionist paintings, people are painting unlike paintings ever so, and there really isn't a sense that there is a right, or most popular kind of thing.

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What would your hope be for Drexel visual studies ten years from now? Well I'd like to see more accessibility to fine arts. I think that it would be more interesting to find new ways to integrate fine art into the design programs. I think right now we give a strong orientation, that there is some plurality of voices.
t a time when some might think of jazz as either dead or back-ground music—music to do homework, eat fancy meals, or ride an elevator to—Ars Nova Workshop (ANW) implores local audiences to actively experience the sounds that have electrified this city’s legendary music scene. As a local nonprofit curating shows around the city, ANW seeks to elevate jazz to its previous glory as well as push it in new, ever-evolving directions. But when one talks jazz, one does not stop at jazz.

The performances hosted by ANW often defy genre, resulting in the ev- en-sharper term, experimental music. What is experimental music? A num- ber of strange ideas and misconceptions may come to mind, typically involving a small, stoned crowd of youths in the back room of an independent coffee shop with an array of objects that no one had previously conceived of as musical. To ask someone to define “experimen-tal music” is a tall order, if not somewhat of an oxymoron—but when Ars Nova founder/Artistic Director/Drexel alum Mark Christman talks experimental music, he re- fers back to its relationship with jazz. “It’s all connected,” he says, referring to a composer who performs primarily using a laptop and electronics, but whose improvisation and compositional work draws upon many of the techniques that jazz musicians have used for decades. “I think that there is a lot of ex-citing music that relates to jazz, especially free jazz and the avant-garde, that can make the ing music that relates to jazz, especially free jazz and the avant-garde, that can make the conversation around jazz and its importance today more interesting and more relevant.”

For Christman, it seems that the curatori-al decisions that go into showcasing this work are equally as imperative in creating such conversations—the location, line-up and audience are all taken into thoughtful consideration to make shows conceptu- nally dynamic. Whether it’s bringing two very different musicians together (like legendary jazz guitarist Bill Frisell and a young fiddle-and-banjo-play- ing Sam Amidon), or holding shows in unlikely venues (like Bartram’s Gar- den, the oldest surviving botanical garden in North America), ANW seeks to create new and active dialogue around the music they present. “Putting these artists in these peculiar settings and in these contexts, we’re trying to not only elevate the work, but present it in a way that is meaningful and relevant, and even uniquely Philadelphia.”

One of Christman’s favorite Ars Nova performances brought musician Milford Graves to a small, intimate audience at Bartram’s Garden. “Last spring,” Christman says as hehapo to find the words to describe the performance. “One of the most, if not the most important living drum- mer of American jazz, free jazz in particular, is a drummer by the name of Milford Graves. Although he’s based in New York, he’s been decades since Graves last played a Philadelphia venue. He’s playing live shows less and less frequently, and recording even less. “He performed with the greats—he’s one of the greats himself. He performed on many of the seminal 60’s and 70’s recordings that are out there that relate to the history of free jazz and the avant-garde.” All this considered, it was no small deal bringing Graves to Philadelphia—but simply hosting the show in one of Philadelphia’s typical venues was not enough. “He’s also done a lot to connect performing and improvising to the healing of one’s body by studying the heartbeat and con- structing your own improvising and performing practices to your own inter- nal rhythm and health. He’s doing all this great work connecting botany and health and the heart to those very important traditions in jazz.” With this in mind, Ars Nova invited him to Philadelphia to connect with the historic Bartram’s Garden and present an intimate solo performance where Ameri-can botany started. “Consider that history, that environment, and what has happened there as this 80-year-old man performs in his very peculiar… well, unique doesn’t even begin to describe the drumming elements and his approach to performing. And in between his songs he’s talking—he’s telling stories. He’s creating an even greater context than we [cu- rators] could have ever considered.”

With a drum set built, painted and decorated him- self, as well as percussion instruments from all over the world, He’s kind of like a real professor in a way. It just can never happen again like that.”

These elements of originality and unique improvisation are essential to the organiza-tions mission. While there’s a certain satisfac-tion in going to a show where performances match studio recordings and everyone can hold hands and sing along to the hits, Ars Nova performances seek to present some- thing more unexpected…but that shouldn’t scare anyone away. “I think the least initiated person can go to a show that they may be sort of scared about…not knowing the outcome should be part of the excitement!”

Christman refers to analogies of movies and other modes of amusement. “I mean, people line up for haunted houses, you know?” It’s true that even in the most basic and popular of pop culture, we define the most valuable experiences as those that present us with something unexpected—even when we might be ex- pecting the unexpected. “So why not go to a performance and watch some- thing magic happen in front of your eyes. Watch something develop that nobody knew was going to happen. Listen to an entire story unfold that only this audience in this place gets to experience.”

Though there are plenty of times when the sounds might be challeng-ing, Christman suggests that, like anything new and challenging, you just have to have to sit, watch and listen—have some patience and let it happen, and embrace the unexpected. To use a clichéd phrase, let it wash over you. Christman recalls a specific remark made by a guest who worried that from “Like it’s going to class or something—a class you don’t like. But this is way better than going to a class that you do like. You’re going to walk away from it refunding the way you appreciate sounds and music-making and art. And that can even be applied to people, oth- er worlds… Perhaps this music, explicitly or not, can help us be a little more thoughtful in the way in which we listen, even to other people.”

He pauses, before finally adding, “And this shit’s just fun. Seriously. It’s all just fun.”
Drexel University students Brendan Lukens, Jake Erdonald, Ian Farmer and Sean Huber started the band Modern Baseball in the hope of bringing quality 'Pop-Punk' back onto the music scene. Since their 2012 debut album 'Sports', Philadelphia Modern Baseball has gained recognition as one of the youngest groups in the punk scene today. The audience easily relates to their humorous, yet honest lyrics. Love, heartbreak or the future, Modern Baseball lyrically presents life in a brutally honest way. In "You're Gonna Miss It All," the lyrics "I hate worrying about the future 'cause all my current problems are based around the past," boldly point out what's on most twenty-somethings' minds. But it's okay, because in the wise words of Modern Baseball "whatever, forever."

Modern Baseball captures the essence of the millennial generation with their relevant and catchy tunes. "People say we are relatable which is super cool," said Lukens, the lead vocalist of the band. Despite this, their daily lives aren't exactly relatable to most college kids. Even before getting their college diplomas, the group toured the nation with 'The Wonder Years' on the Greatest Generation tour. All but three shows sold out. The band also recently played with Taking Back Sunday for the first of two tours this year, which Lukens calls "pretty crazy." The band is open to experimentation.

"Whatever, forever." W.C. Lindsay started out as a one-man show, titled after the mastermind behind it all, William Charles Lindsay. But as the live show evolved, it became apparent that it was much more than a solo act. "I was performing with a consistent group of dudes," Lindsay says. The Philadelphia based electro-pop project came to life at Drexel, where the band mates met, and ever since, there was no going back. Now, George Legatos and Richie Straub make music that Lindsay calls "Dance Punk, and The Beastie Boys watching The Breakfast Club at Warped Tour."

It's difficult to imagine the transition from a solo project to a band, but Lindsay enjoys the music-making process as a team. "The live aesthetic is so much more intense with a band, and that's what we wanted to create and exude. We all listen to different types of music, and when we come together we feel that we are genuinely creating something unique." As W.C. Lindsay's music continues to grow into a collaborative effort, the band couldn't be more stoked, Lindsay proclaims.

W.C. Lindsay's music even caught the eye of Fuse TV. "That was a big moment for me personally. I spent countless hours in middle school watching Steven's Untitled Rock Show, but I never in a million years expected my music to end up on Fuse." Especially fresh out of college, it's a big accomplishment to have your new single publicly announced by one of the most popular music sources. "Little Ghost" was also probably the most nerve-wracking song for us to release. It was the first real rap song we put out, and the lyrical content is without a doubt the most personal stuff I've ever written. Having your most personal piece plastered in front of the world is a pivotal point in a musician's career. Regardless, Lindsay says it was one of the most rewarding songs for him to release. "Some people seem to really identify with it. Kids who are going through some of the same issues that inspired that song will come up to me at shows and want to talk about it, and it always amazes me that I was able to get the message through and that it meant something to them." Being part of a music scene that can inspire and help people is an aspect of music people sometimes overlook. In Lindsay's closing words, he leaves us with his wisest words of advice to "party hard, be nice to everyone, and dance punk forever."
Typography surrounds us. It is the visual elements that make up letters, numbers, and words. It is not merely limited to fonts, but it is defined by size, shape, texture, color and environment. Each letter, number, and word visually recorded possesses typography. We rely on type to inform us, to tell us where to go, how to get there, what to do, and often more importantly, what not to. These utilitarian shapes convey more than a language, typography communicates design. From commercially produced billboards to a handwritten note, in this city, typography is everywhere.

Nicholas Massarelli
Sean Murray

MY TYPE OF CITY
Have you ever stopped to consider that maybe the person who just took that awkward photo might be a blogger with thousands of loyal readers? Or thought that the person next to you rudely typing away on their phone could be Twitter famous? Probably not. In a technologically reliant society where we are constantly told to step away from our phones, our laptops, our tablets and our social media, always being glued to a smartphone is rarely viewed positively.

But why? Sure, we could be texting our friends or aimlessly scrolling through Facebook. We might even be wasting our time away playing Candy Crush, but are we? Maybe we’re retweeting an interesting article or perhaps we’re interacting with our followers. There is another possibility: we may be building our personal brand.

Today, millennials are constantly on the go, utilizing the Internet to build an identity, self promote and even to land jobs. While most people will not make a living with their social media accounts, many of us are beginning to realize the power that lies at our fingertips. Social media is a virtual resume. It’s a form of personal branding that surpasses the selfie, and positively influences the relationships of millennials, both personally and professionally.

Other generations believe we are so engrossed in our iPhones, or anything having to do with “I,” that we are incapable of successfully communicating in real time. This is simply not the case. The following are stories about millennials who are making social media work for them, and making money doing it.

Take Josh Sobo for example, a 21 year-old student at Union County College in New Jersey who is also a Social Media Influencer with over 66,000 followers on Twitter.

Sobo, who is known by his thousands of followers as himself, @JoshSobo, creates, markets, and films content on his collaborative YouTube channel SDK, short for Settle Down Kids with fellow YouTubers Jonah Green, Joey Gatto, Adam and Nick Buongiovanii, Ryan Abe and Joe Santagato. The collaborative channel creates content that Sobo describes as “comedic, but it is unique because we all have different styles of comedy. Mainly we make vlogs and sketches. Some of us are geared towards younger kids and some of the guys are more mature with their content as well.”

The impact of the Sobo’s YouTube channel helped him land a role on a new YouTube web show called Royal Crush, created by the production company Awesomeness TV. Sobo describes it as a “teaser series” to the Nickelodeon show also called Awesomeness TV, a sketch comedy show. Royal Crush, where Sobo stars as a surfer, is focused on teen love, with plenty of drama. It was filmed in Spain, Italy and France over the course of 10 days.

“A lot of the content they post on the YouTube channel is stuff they would like to try out to see if it could get picked up by an actual network like Nickledeon or Disney.”

Acting roles are not the only thing @JoshSobo has gained from his social media accounts. Sobo has been approached by notable brands to help promote their product or service. Specifically, Sobo has been working with MTV to promote a new television series called Rebel Heart. Additionally, Sobo has been involved with up and coming brands such as, Daniel Wellington, Krono Watches and Profound Aesthetic. Regardless of the constant influx of opportunities, Sobo is very careful about the opportunities he takes and only promotes other brands via Twitter. “I prefer to keep my Instagram feed pretty free from ads unless it is a brand that I really like, or if it’s something that I could integrate into my feed.” Having the ability to make an income from posting just 140 characters or less—don’t even pretend you’re not jealous.

Interacting and communicating with followers and creating a connection is easy for the Twitter connoisseur. Sobo shares, “Being able to tweet followers back is amazing because I can build a personal relationship with them, in turn causing them to care more about what I have to create.”

Twitter has become a professional outlet for Sobo who uses the networking platform to “post, or share a video and instantly get feedback. Also, when someone retweets a video, it is literally free advertising.” Like many millennials, Sobo is constantly aware of the brand image he creates on social media. Maintaining consistency on every social media platform is important to Sobo; it makes it easier for his followers to search his name and interact with his multiple platforms. Besides, he doesn’t really believe in usernames that don’t represent his true self.

At the young age of 21, Sobo’s opportunities are expanding every day, all through social media. Sobo explains, “The beauty of a website like Twitter
is the right connection created between the content creator and the view- ers? Perhaps it is this simple understanding of relationships that has allowed Sobo to build such a strong online presence. Sobo is an avid tech-lover and is extremely grateful for the endless communication outlets the Internet has given him. Sobo shares, “Social media has definitely helped me with my communication skills. Twitter gives you 140 characters to pack in as much of a message as you can, but that is even more important to me in promoting products for various brands. With a conscious effort to keep her followers happy, she tries to avoid having your account look like an advertisement. Instead, she incorporates products, such as a Daniel Wellington watch, into her photos and shares promotion codes with her followers. Avena has also enjoyed a creative partnership with a fashion inspiration and shopping app, Stylistick. In order to maintain credibility with her loyal followers, she is careful to promote only brands that fit her aesthetic.

Avena shares, “Every time I post I always try to ask myself whether or not it will leverage my brand. Social media gives us a unique opportunity to build our own reputation and differentiate ourselves.” This type of strong online branding requires you to be constantly plugged in. However, in a world where no one is willing to put down their phone, one must stay involved in order to be considered relevant. Social media is the new form of networking, and those who don’t participate may be left behind. So before you post on Instagram, instead of pondering over a filter for 15 minutes or asking yourself if your image says a thousand words about your personal brand, you already know from @JoshSobo and @Stefani_Rose that great online branding can turn a profit, but what if it was possible to make more money than your parents during your teenage years? As crazy as it sounds, this new normality is occurring, and social media is to blame—or thank. As a generation, these creatively inclined, yet business savvy millennials view the world in front of them tirelessly. Give them a computer and watch the ideas flow, but that is everything now. None of my audience wants to watch a six-minute long video—that is too long. The attention span of people is shorter than it used to be. There is no room for rambling or nonsense, everything must be streamlined and straightforward, and that only builds productivity in my opinion.”

Before our millennial use of social media and question our ability to communicate in real time, you should know that in 2011 millennials launched almost 100,000 startups each month, 29% of entrepreneurs were between the ages of 20-34 (US Census Bureau 2014), and Sobo is one of them. It is the millennial entrepreneurial mindset that is allowing aspiring young adults to brand themselves and become, well, ‘insta-famous.’

“EVERY TIME I POST I ALWAYS TRY TO ASK MYSELF WHETHER OR NOT IT WILL LEVERAGE MY BRAND. SOCIAL MEDIA GIVES US A UNIQUE OPPORTUNITY TO BUILD OUR OWN REPUTATION AND DIFFERENTIATE OURSELVES.”
RAVELRY

UNRAVEL THE BEAUTY OF HANDBNIT GARMENTS BY THIS YEAR'S DREXEL FASHION DESIGN STUDENTS. INVENTIVE TEXTURES, RICH COLORS AND PATTERNS ARE SPUN INTO EVERY FIBER. FROM CASUAL DAYTIME LOOKS TO DRAMATIC EVENING WEAR, THIS AGE-OLD ARTISANAL TRADITION TRANSLATES SEAMLESSLY TO 21ST-CENTURY STYLE.

PRISCILA MACHADO
MADISON CARROLL
JACLYN FLEURANT

DESIGNER
BRIANNA SNOWDEN
NOT BORN IN THE USA

Imagine being only eight years old and being forced to leave your native country because of an unstable political situation. Adolfo Urrutia did just that. Urrutia is a Materials Science and Engineering major from Caracas, Venezuela.

Once leaving Venezuela, his family moved to Paris for a year in the hope that the government in their homeland would improve. Unfortunately things didn't get better and they decided to make the move to Miami. This was the perfect place for the family to settle because of its proximity to Venezuela. Like many before him, Urrutia had never seen Philadelphia before attending college here. It took some time getting used to a new, overwhelming city.

With homesickness setting in, he decided to volunteer at a music program called “Play On Philly.” This was the first thing that Urrutia felt passionate about in Philadelphia, which helped ease the transition. He still volunteers with this organization two to three times a week, helping teach low-income children how to play music.

Urrutia says he feels connected to his Venezuelan roots and he tries to stay true to them. He knows that he would be a completely different person if he didn’t experience his many international moves. The lifestyle they were used to was very different from that of the United States or Paris, especially when compared to the political and social situation in Venezuela. His options for his future would have been more limited and restricted.

Urrutia is proud of his Venezuelan heritage. “I try to keep in touch with my culture,” he says. With his roommate being from Mexico, he can continue to speak his native Spanish. He also keeps up with current events by reading world news to see what is happening in Venezuela. His parents spend a lot of time following news about Venezuela because it affects his family that still lives there.

Urrutia has a special place in his heart for a few traditional Venezuelan dishes that he often attempts to cook. A common Venezuelan delicacy is the arepa, made with grainy corn flour. It is cooked like a tortilla, but thicker. Once the arepa is cooked, he slices it and adds tomatoes, shredded cheese and other condiments. His second dish of choice is called cachapa, also a corn based dish, but made of lightly ground corn paste with flour. It is cooked like an American pancake, and then folded with cheese in it. The dish Urrutia craves most is the pabellón criollo, which is made with meat, pork or beef, then boiled, shredded, and cooked a second time, adding onions, rice, beans and plantains for flavor.

Urrutia says that graduation will not end his desire to travel. He has no plans to stay in Philadelphia or the United States upon graduation. He would love to go back to Venezuela, but since it is still not completely safe, Europe is definitely a close second option. He says people in the United States are too concerned with work and don’t give enough time for their families. Europeans understand what he thinks is important in life, and they will sacrifice unnecessary commodities for more family time.
Ariane Heffinck traveled the 8,521 miles from Nairobi, Kenya to obtain a degree in International Areas Studies from Drexel University. Her transition from life in Kenya to Philadelphia was one she acknowledges as difficult. She misses home everyday and feels disconnected since her parents moved into a new house in Ethiopia. For Heffinck, Ethiopia now feels more like a vacation, and not really like home. In spite of her new address, Heffinck makes a special journey to her hometown of Nairobi to visit her friends.

When Heffinck is at Drexel, she enjoys talking to her friends from back home, a luxury made possible by social media. Luckily for her, some of her friends have also relocated to North America, which makes it more manageable to keep in touch and see each other.

In order for Heffinck to keep connected to her roots, she finds places in the U.S. that remind her of home. Gojjo, an Ethiopian restaurant located in Philadelphia, has become a place of solace for home cooked meals. She often brings her American friends to try Kenyan beer and traditional dishes as she enjoys sharing her culture with new friends.

Heffinck says she misses the protective nature of her parents. “They were always looking out for me. I loved having them there on a day-to-day basis,” she remarked. She also misses the Kenyan lifestyle and its international feel. In Nairobi she would go to big events that were, “almost like festivals since they were out in the open.” Heffinck thrived on adventure at home and would often travel through the Nairobi National Park, a massive 45-square-mile wildlife park where tourists go for safari tours. She would look forward to days spent under the sun eating with friends while surrounded by wildlife.

Heffinck did not know anything about Philadelphia or Drexel University before she attended school here, but after a little over three years of living abroad, she is finally starting to feel at home, become more accustomed to the area and the people. Her favorite thing about the city is the food—she never would have thought that Philadelphians had such a diverse palate. There are so many different types of restaurants, and she is always amazed how every weekend she finds a new place to try. Heffinck also loves food trucks, “They feed very international.”

Maty Brennan is in the Master’s Sports Management program at Drexel. Brennan has a passion for soccer, a sport he has been playing since he was a young boy. Brennan chose Drexel so that he could play for the Division I Men’s Soccer Program. He is originally from Australia and takes pride in calling it his home. Brennan trains not to dwell on being homesick, but every time the holiday season approaches, he is excited to visit his family.

Brennan is fortunate to be able to make the trip once or twice a year. The fondest memories that he recalls are simple and humble—he misses hanging out with friends and family and having home cooked meals, something the Drexel Dining Center cannot replace.

For Brennan, the change in temperatures from Australia to Philadelphia is drastic and hard to cope with. He claims that he misses the warm weather, “particularly in the summer, hanging out at the beach or going to the river to wake board.” Brennan definitely feels more at home in Philadelphia in the spring and summer when the weather is warm.

Keeping in touch with his family doesn’t seem to be a problem for Brennan. He Skypes with his family once a week on a scheduled day and time, which gives him something to look forward to. Even though Brennan only sees his friends and family twice a year, he still feels close with them and they get right back into the swing of things when they come together again—at times feel like they were never apart.

After coming to America, Brennan says that he has changed a lot. He has learned to adapt to different traits of other cultures. Living away from home has helped him to become more independent, especially mentally, due to the responsibility and stress of balancing class, work and soccer practice. “Being around so many people in the college setting has been a great experience and I have a lot more confidence in what I do and how I interact with people than I did when I was at home,” he says. Brennan enjoys the new person that he has become and wouldn’t change his experiences for anything.

He enjoys the American vacations such as Spring Break and Thanksgiving. Brennan admits that the main reason Thanksgiving is so appealing to him is because it is a holiday solely for eating. Upon graduation Maty would like to stay in the U.S. He feels that he has made a connection here and that the opportunities are endless—the real American Dream.
Priscila Machado is a Design & Merchandising major with a minor in Marketing. Although she lives in Philadelphia, she calls Rio de Janeiro, Brazil her home. She first heard of Drexel University at a college fair that she attended during a “gap year,” a year spent working before attending college. Machado misses Brazil, and it is hard for her to be away from her family for such long periods of time. The memory that is most dear to her is “waking up on Saturday mornings, climbing down the steps to the kitchen and finding my mom cooking beans for the upcoming week or making a fresh batch of coffee.” Machado longs to have her mother’s home cooked breakfast and plan a beach day with her friends, spending hours lying in the sand on brightly colored ‘cangas.’ With a religious background, she also misses Rio’s iconic Christ statue that she could see right through her bedroom window.

When being this far away from home, it is hard to keep in contact with family members, however Machado has a system to ensure that she is kept in the loop. She uses Skype at least once a week and the texting WhatsApp, along with Facebook groups that help the whole family stay in contact. Machado’s sister lives in Florida, which makes her seem closer. As her family always says, “We don’t have to be together to be close to each other.”

After coming to Drexel, Machado has definitely seen a change in herself. She says she has matured—out of necessity since her parents are not here to help her. “I feel like I can solve anything that comes my way,” Machado states with confidence. After graduation, Machado hopes to stay in the United States, although she still wants to travel, as it has become an addiction. She says the American lifestyle suits her.

Maria Toni, an undergraduate Business major with a concentration in Marketing and Finance, is from Yekaterinburg, the fourth largest city in West Siberia, Russia. When she was accepted to Drexel, she decided Philadelphia was the right adventure for her. After her sophomore year, Toni “studied abroad” in her home country. This gave her the opportunity to travel back to Russia for work. She expressed a sense of comfort upon returning home. “It was amazing just to feel at home, not having to do anything to prove yourself and just being who you are, knowing that your family and friends will accept you.”

Since beginning her higher education in the United States, she now sees her native culture and home with a new perspective. Her travels added layers of information and ideas that made old settings appear different as she experienced new cultures. Toni says she is revitalized and energized when she returns home—she loves the collision of all her cultural experiences. After spending a full year away from Drexel, campus changes added a new landscape to navigate. “Coming back after being away for such a long time felt very different,” she remarked. Everything from the weather forecast to demolition and construction rapidly changes from day to day.

As expected when transitioning from another land to the United States, the customs and habits are very different. Toni relishes the fact that Russia has more liberal social norms—people are generally more free, she says. Toni says that, socially, she considers every move here carefully, a factor that isn’t necessarily bad in her eyes.

Toni does not have a clear path to her future. She has considered several options such as obtaining a graduate degree in Germany, where she would be granted free tuition. The question that many international students face is “Where now?” instead of “What now?”

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FOR CENTURIES, WOMEN AND MEN AROUND THE WORLD HAVE JOINED THE FEMINIST MOVEMENT IN SUPPORT OF GENDER EQUALITY. UNFORTUNATELY, MANY STILL VIEW FEMINISM AS A “BAD WORD.” TECHNOLOGY AND POP CULTURE HAVE HELPED TO SPARK THE DEBATE—HOW DO WE DEFINE FEMINISM IN 2015?

PRISCILA MACHADO
JULIA PACITTI
COURTNEY ROSEN

emanding, undeserved, extreme, angry, blame. These are just a few of the words elicited when you ask college-aged women and men to define feminism. There are nearly 26,500 “likes” on the Women Against Feminism Facebook page. This has become a popular outlet where followers, primarily women, post harsh criticism and personal responses to “I don’t need feminism because…” with examples ranging from “because I love my boyfriend and like to look pretty” to “because I am not a delusional, disgusting man-hater.” As we uncovered more and more anti-feminists, we had to ask ourselves, has “feminism” become the other F-word?

While comments made by anti-feminists are jaw-dropping to some, Dr. Rose Corrigan, Professor of Politics & Law and former Program Director of Women Studies at Drexel, explains that this type of backlash isn’t surprising. When power is challenged and societal norms are questioned, people get uncomfortable—especially when it comes to questioning how we view gender, sex and sexuality. Snarky Twitter feeds and opinionated selfies create an environment for more finger-pointing and less problem-solving.

President and Founder of Drexel SAFE: Student Advocating Feminism and Equality, Melody Nicholson, jokes, “They say the comments in any online posting about feminism show just how much we need feminism.” However, negative views toward feminists aren’t limited to a few crazy people sitting around on the internet all day. We conducted an opinion-based, non-scientific survey on campus to get a glimpse of how Drexel students view feminism, and many of them share these anti-feminist views.

If you Google feminism you’ll find 37,600,000 results in two-tenths of a second. It’s plastered to your newsfeeds, playlists and TV screens. It’s the talk of celebrities, politicians and people around the world. Feminism is everywhere. But do we know what it means?
With the release of her hit single “Flawless,” Beyoncé made millions of fans aware of one definition of feminism, whether they realized it or not. In addition to powerful lyrics and a catchy tune, the song contains an excerpt from Chimamanda Ngozi Adichie’s speech “We should all be feminists,” in which she defines feminism as “a person who believes in the social, political and economic equality of the sexes.” Both Corrigan and Neilson agree that it is difficult to pin down exactly what it means to be a feminist as their ideas on feminism have changed throughout their lives. Neilson shares, “There is not one definition of feminism. There are as many feminism as there are women.” Some believe the validity of feminism is compromised due to the inconsistency among the beliefs. You might be a feminist and not even know it. By listening to musicians such as Madonna, Beyoncé and Best Coast, you are supporting the ideals of feminism. Girl bands and female in pop music use their platform and music to speak up for their beliefs. For proof look to the “Girl Power” surge in the ‘90s thanks to the British pop sensation, the Spice Girls. In the 2014 November issue of Nylon, Bethany Covens and Lauren Curtius of the band Best Coast, speak to their admiration for Beyoncé, “Shes identifying as a feminist, officially, in front of the whole world... even putting that word on TV at the VMAs, which is a huge thing. So many girls were like, ‘What does that word really mean?’ Musicians like Beyoncé and Madonna have used their fame to start a conversation and bring awareness to large audiences.

An area of concern in modern feminism is female success in the corporate workplace. According to a 2013 Catalyst Census, Fortune 500 Women Board Directors, Executive Officers and Top Earners, and prior Catalyst Census, there has been no significant increase in the number of high level positions held by women in recent years. In 2013, women held only 16 percent of board seats and less than one-fifth of companies had 25 percent or more women directors. Neilson offers a critique to corporate feminism, arguing that it often excludes groups of women, specifically minorities and women who do not aspire to achieve success through corporate leadership. Education is the key to empowerment. Many colleges have courses and organizations that are dedicated to feminist theory and gender studies. Drexel University offers opportunities for education through the Department of Women’s Studies. Courses cover a variety of topics including global issues, pop culture, health, race and sexuality. When studying feminist theory, it is essential to recognize that gender does not exist in a vacuum. Gender intersects with race, sexual orientation, class, religion and culture.

Neilson and Corrigan agree that sitting down and having a conversation is key to developing opinions and solving problems. Drexel SAFE has a page on Facebook, ‘like’ the page for weekly meeting times updated each term.

It is important to recognize that feminism values everyone, regardless of gender. Before you go dropping the F-bomb, we have some homework for you. Feminists—ask yourself: How do I make an effort for change? Am I educated as I would like to be? Do I include and accept others in my mission? Non-feminists—ask yourself: Why do I disagree with feminism? Are these valid reasons? Can I do anything to work towards changing this? No matter your feelings for the F-word, take time to form your opinion because together, we can do better.

Drexel SAFE participates in influential events such as the SlutWalk Philadelphia, a walk that aims to raise awareness and start dialogues about ways in which our society perpetuates a culture that blames and shames the victim. Drexel SAFE hosts on-campus events such as workshops open to the Panhellenic sororities and late-night bake sales where they distribute condoms along with their homemade baked goods. Drexel SAFE has a page on Facebook, ‘like’ the page for weekly meeting times updated each term.

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Did you know that every time you pick out what shoes to wear you are communicating with the world? Although some of us may quickly breeze through this choice on a daily basis, others recognize an opportunity to be different, to be interesting and to be themselves. Curious shoes are easy to miss in passing, but are noteworthy when appreciated. What lies behind each step? It's time to dive deeper into the rarity that is a truly unique pair of shoes and explore the stories that accompany them.

1. CONNOR MCLoughlin
   Drexel Graphic Design student
   Brand: Y3
   "Attending Catholic school nearly my whole life, sneakers became the only way to show off your fashion sensibilities, or style. When hooping in gym class, you made it a point to rock your newest Jordans, even though you were afraid of creasing them. My current interest in sneakers is just a nod to that."

2. ANNE CECIL
   Drexel Design & Merchandising Professor
   Brand: KronKron
   "I come out of a punk aesthetic. I probably look like something that’s a conglomeration of London punk rocker chic. I do tend to really let my accessories do a lot of the talking. That’s why shoes are really important because they often are the things that make the outfit. A lot of times when I’m getting dressed in the morning, the first question is, what shoes am I going to wear? And then I decide what outfit."

3. ZOE FURMAN
   Drexel Entertainment and Arts Management student
   Brand: Vans
   "When I make a pair of shoes for someone else, I always ask them for about 10 different things that describe them or what they would like me to draw on their shoes. It’s really important that I capture my customer’s personality in their shoes."

4. JOHANNA DINARDO
   Drexel Fashion Design student
   Brand: Privileged
   "I believe that one’s visual appearance is their outward expression of themselves. How one dresses themselves is a composition of a story that they want to tell the world, a daily message. This is why I chose to get involved in fashion design, to be a part of one’s visual outward expression of themselves is my passion."

IF THE SHOE FITS
When one thinks of men’s Philly fashion, Timberland boots, baggy jeans, and flashy t-shirts typically come to mind. However, fashion in Philly, particularly for men, is at a unique and exciting crossroads that is reinventing street style for the classic gentleman. P’s & Q’s is an up-and-coming leading men’s boutique located on Philly’s famous South Street. Co-founders, Ky Cao, Rick Cao, and Joseph Lardizabal, along with their two associates Saeed Ferguson and Justin Phu, run the shop and share a passion for the Philadelphia community, elevated street style and a sense of individuality.

What sets P’s and Q’s apart from other retailers on South Street is their diversified products that are exclusive to those in Philadelphia, such as Topo Designs, Norse Projects and their own line that creates timeless products with a purpose. P’s & Q’s derives its name from the old printer’s axiom to mind one’s P’s and Q’s. Typographers and printmakers had to be mindful of pressing each letter, as they were reversed, and pay attention to details. The P’s & Q’s gentleman is one who men strive to be and women hope to date. They are young professionals, who are conscious about the way they dress and are looking for something that will be timeless in both fabric and style. The P’s & Q’s employees are like the men they cater to—they enjoy a large cup of coffee, a great song, book or movie and an excellent conversation with friends, family and even strangers. Ferguson, P’s & Q’s marketing director, explains, “Men’s fashion is at a very exciting, unique place, and it’s only beginning to develop! Styles like jogger pants are emerging and being accepted, with brighter and untraditional colors. Men’s fashion is beginning to open up!” As fashion for men is on the rise, the P’s & Q’s customer may come in to look for style essentials or to pick up a few things for his home, like a Land by Land organic candle or Helmut Newton’s coffee table book. P’s & Q’s doesn’t only offer jogger pants, unconventional backpacks, or beard oil—they cater to a lifestyle for stylish men who stay true to themselves and those around them.

psandqs.com
I happened to connect with a stylist for a music and lifestyle website called as her biggest asset in her entry into fashion. “Making those connections personal style, displaying crisp photos of her wearing her own styled looks. people may think your vision is sloppy. “Her blog became a showcase of her in. “You must dress the part in order to be taken seriously. If you look a mess, was a long time coming. I am lucky to have a husband who is so incredi- a career in fashion.

Ahn Mai began attending blogging events and credits her ability to network her love for fashion. Once it came time to further her education, she realized how unhappy she was in her profession. “My family and friends from nursing to stylist.

If you are nice to people and you tell them where you want to go, they will help you.” Despite Musto’s positive outlook, not everyone achieves success the same way. “I have definitely been underwhelmed by celebrities in the way that you see them act in a very horrible way and go on camera and become a completely different person. It’s pretty disappointing.”

In this career, Musto has seen it all. “I once had a client, before Spanx had the idea of peeing out of her Golden Gloves gown. I had to climb up there and cut them open so she could go to the bathroom. That was where I realized how intense the experience with dressing people was!” Being a stylist is much more than dressing people. “You are there to lend them an ear and help guide them on this crazy journey. You get to sit on the sidelines and be a part of the experience.”

The intimate experience is a therapeutic and vulnerable moment for Musto’s clients. “It’s very therapeutic; we are stripping them down to their bare bones.” Speaking of stripping them down, Musto says you can learn a lot about a client’s vulnerability early into the styling process. “You will realize how comfortable a client is by whether or not they change in front of you. I could care less, I have seen everything.” After the Spanx incident, Musto has in fact, seen everything.

Although Musto’s career is focused on dressing the elite, he finds great happiness in hosting events for fashion students. He looks forward to pro- viding advice to aspiring stylists and being a source of inspiration. “I have done so much and know so much more than I told them, and I enjoy sharing.” His mantra “It’s just clothes” truly demonstrates his love for people. “I am great at sloshing off their current self while moving forward in the direction of their dreams and goals.” As a secret comedian, psychiatrist, life coach and mind reader, it’s no wonder Musto has found success in the world of celebrity styling.
MAKING A STATEMENT ISN’T CHEAP. PURSUING THE EVER-CHANGING TRENDS IN STATEMENT JEWELRY RESULTS IN TWO THINGS: LOOKING FABULOUS AND BEING BROKE. IF YOU WANT A WHOLE LOTTA BLING WITHOUT BREAKING THE BANK, IT’S TIME TO TAKE ADVANTAGE OF ANOTHER TREND, D.I.Y. SAVE YOURSELF THE SPLURGE. WITH A FEW MATERIALS AND SOME PERSONAL FLAIR YOU CAN CREATE YOUR VERY OWN “DESIGNER” JEWELRY. BEST OF ALL, NO ONE ELSE WILL BE WEARING IT! NOW THAT’S REALLY MAKING A STATEMENT.

### TASSEL NECKLACE
1. gather a pair of pliers, jump ring, clasp, embroidery thread, fork & 36in curb chain
2. attach shorter piece of chain & clasp to chain
3. wrap thread around fork horizontally
4. loop thread through center & wrap vertically
5. glue down loose edge
6. cut longer edge to create tassel
7. attach to chain with jump ring
8. create more tassels

### JEWELED PARACORD BRACELET
1. gather a brooch, glue, lighter & 10 ft of 550 paracord
2. fold cord in half & trim to fit wrist
3. burn edges of cut cord
4. tie remainder of cord at top of trimmed cord
5. wrap left cord under the center and then back through the loop made by the left cord
6. reverse & repeat until braid is complete
7. glue brooch to center of braid

### EAR CUFF
1. gather a pen, pliers, light chain, earring & metal wire
2. cut & bend 8 cm of wire in half
3. use pliers to bend wire around pen to create cuff
4. create small loops on open end of cuff
5. attach wires to loops on cuff
6. attach opposite end of wires to earring
S
ince establishing her Philadelphia-based business in 2002, interior designer Ashli Mizell has garnered critical acclaim for her bold, yet-effortless design aesthetic. Focusing on comfort, luxury and personality, Mizell creates unique and personal spaces that avoid cliches and the telltale signs that scream a designer was here. Her emphasis on luxurious textiles and incorporation of personal touches—like sentimental items and art collected during travels—are two consistently striking elements of her work, pushing her rooms into the realm of a highly functional and meaningful work of art (and far from the realm of ‘I’ll take everything on page 12 of the latest Pottery Barn catalogue’).

After falling in love with art history while studying studios art at a small college in Alabama, Mizell traveled to New York City to enter into the gallery business. While spending time working as an art dealer in SoHo, Mizell became interested in the process of helping buyers incorporate art into and around their spaces. “A lot of the conversation was centered around the home that they were trying to create and the mood they wanted to convey….”

Mizell became a partner in a design studio (with a partner she later had to part ways with). “I found myself having those conversations more than I was talking about art, and I enjoyed it. It felt more natural to me.” So Mizell left the art world behind for another, focusing instead on the art of the entire space rather than only that of the wall.

A series of opportunities led the designer to Philadelphia, where she planted the seeds for the current incarnation of her design career, Ashli Mizell Incorporated. For over ten years Mizell has brought highly customized and innovative designs to clients of varied lifestyles and tastes, earning her the title of Best Interior Designer. There are, however, a number of basic consistencies that Mizell underscores as being both highly transformative and also potentially DIY (for those of us without the means for professional assistance). “Paint is unquestionably the thing that transforms a space the most—least expensively and the fastest.” While Mizell notes that people are often afraid of color, she stresses that it is, in fact, not all that scary. “There’s most—least expensively and the fastest. “ While Mizell notes that people are

What it all ultimately comes down to for the Philadelphia designer is comfort and practicality. As a firm believer that form follows function (“I’ll never be the designer who puts a question-mark-shaped sofa in a room”) and that furniture should look as good as it feels, Mizell consistently proves that beautiful, exciting spaces aren’t born from high-end catalogues and fabulously furnished rooms don’t necessarily need to be flashy and costly. What impresses her most about a space is its individuality—the personalities, travels and memories it reflects. While always ensuring that her clients’ spaces reflect those individual needs and character, Mizell’s personal design philosophies are consistent throughout her work—“Regardless of how high-end or value-conscious a project is, the common thread is that I like things to have a collected look rather than a decorated look… and comfort. Comfort is one thing that I’ll never ever compromise on.”

ashi@asli.com
That assumption, the reality is that we're a tool, " Sokolowski explained. College life is stressful enough as it is. With social pressures, difficult courses, and the future looming ahead, it's no surprise that students get overwhelmed. Drexel provides a number of confidential, free resources for students. "We don't just deal with the most severe health concerns. We deal with everyday concerns," Sokolowski said. "[Stressors] can be very situational so when they pass, the student is done and doesn't need to come back in." The peer counseling network, and more specifically the Drexel student helpline, allows for students to call and speak to fellow students. Callers are looking for someone to listen. No matter the situation there is a confidential, anonymous voice on the other line. "The phonos ring the most during the beginning and end of the term," when people are dealing with new courses and living situations, or finals."

Along with Jersey's therapeutic services, the Counseling Center offers an array of resources for students from one-on-one counseling to support groups and a peer-to-peer helpline. There is no problem too big or small for the experienced staff at the Counseling Center, which is open during normal business hours with walk-in hours available. There is an on-call counselor available on nights and weekends for any and all emergencies. "Most students that come to Drexel will experience some type of stress, anxiety, periods of low mood, that don't reach a clinical level," Sokolowski explained. College life is stressful enough as it is. With social pressures, difficult courses, and the future looming ahead, it's no surprise that students get overwhelmed. Drexel provides a number of confidential, free resources for students. "We don't just deal with the most severe health concerns. We deal with everyday concerns." [Stressors] can be very situational so when they pass, the student is done and doesn't need to come back in." The peer counseling network, and more specifically the Drexel student helpline, allows for students to call and speak to fellow students. Callers are looking for someone to listen. No matter the situation there is a confidential, anonymous voice on the other line. "The phonos ring the most during the beginning and end of the term," when people are dealing with new courses and living situations, or finals."

Even with an array of resources for students through the Counseling Center, many still are hesitant to seek help. "There is a stigma that exists around counseling. There is an assumption that you can't handle things on your own, that you're weak in some way. The concern we have with people coming in is that they can break down that stigma. Because even though there's that assumption, the reality is that we're a tool," Sokolowski explained. "If someone is having a problem with their toilet, they call a plumber. If they're having trouble with their car, they go to a mechanic. It doesn't mean you're weak because you seek out beneficial services."

The stigma is being broken through discussions about health and wellness, which is why Jersey plays an important role at Drexel. According to Sokolowski, "Having a therapy dog on campus—it's not just the type of work he can do. Just the presence is calming. When students go in to see him it's not with the purpose of having a counseling session. It's really to go in and find some stress relief, find some comfort."

"Animals are a powerful influence on people. Not everyone is comfortable with the idea of therapy," said Sokolowski. "In the idea of talking about feelings, it can be difficult to make that first appointment to come in. Having an outlet to make people feel more calm and relaxed, Jersey can help to facilitate beginning to talk about this sort of thing." As a rescue dog bounced from a South Carolina kill shelter to the non-kill SPCA of Pennsylvania, Jersey underwent a stressful upbringing himself. Formica won't tell specific details of his past. "They say that often times the dog can forget what happened to them, but the owners cannot."

After a month-long adoption process Jersey finally went to a happy home and began training for his career in student therapy. A quick learner, Jersey completed his therapy certification in two months, a process most dogs take a year to complete. Jersey underwent extensive training in order to be qualified as a therapy dog. Training included basic obedience and non-reactive therapy, which consisted of presenting Jersey with food while instructing him not to eat. He also had to learn not to react to other stressors like having his tail pulled. During his true training, Jersey was told to sit and stay while Formica left the room. He couldn't move until she returned. Jersey is still furthering his training, and Formica is working with students to help continue his therapy education. She encourages students to take part in helping educate Jersey by ignoring him when they first enter the office. Initially ignoring Jersey will discourage him from automatically approaching students. This will allow people who are uncomfortable with dogs to feel at ease without being afraid of Jersey.

Jersey may not fully understand his impact on the students of Drexel, but his presence has helped students to feel comfortable with different forms of stress relief. Both the Counseling Center and Jersey have a common goal, to encourage mental health and wellness for all Drexel students. 

"If someone is having a problem with their toilet, they call a plumber... It doesn't mean you're weak because you seek out beneficial services."
YOU TALKIN’ TO ME?

“COME ON BABY, GIVE ME A SMILE!” COUNTLESS WOMEN ARE OFFENDED BY UNWANTED COMMENTS FROM STREET HARASSERS DAILY. THESE “COMPLIMENTS” ARE DESTRUCTIVE, AND AT TIMES, PARALYZING. FOR WOMEN. WITHOUT A TWO-SIDED CONVERSATION, THERE WILL BE NO END TO STREET HARASSMENT. ROCHELLE KEYHAN AND HER TEAM HELP VICTIMS TO FIND THE COURAGE TO RESPOND.

Rochelle Keyhan is angry. And she’s allowed to be. The Temple Law alumna is speaking up for the individual who suffer harassment on the streets everyday. Keyhan, a self-proclaimed radical feminist, previously struggled with a way to effectively talk about the subject that makes her the most angry. Through Feminist Public Works, Keyhan found the voice she needed to help take a stand against street harassment. Keyhan’s previous experience at HollabackPHILLY, under the international branch of Hollaback! describes the issue:

“Street harassment is a form of sexual harassment that takes place in public spaces—power dynamics that constantly reminds historically subordinate groups… of their vulnerability to assault in public spaces. Furthermore, it reinforces the ubiquitous sexual objectification of these groups in everyday life… It is an expression of the interlocking and overlapping oppressions we face and it functions as a means to silence our voices and keep us in our place.”

Keyhan first encountered the international non-profit Hollaback! while volunteering for a different organization and assisting HollabackPHILLY with their 501(c)(3) filing. Hollaback! was founded in New York City in 2005. Today, the organization has 71 branches in 22 cities across the country. Hollaback’s mission is to take the power away from the harassers by documenting, mapping and sharing incidents of street harassment. Keyhan served on the board of administration for Hollaback! Inc. and as both the Treasurer and Director of HollabackPHILLY.

Keyhan believes that street harassment starts at a young age, specifically kindergarten. She explains that most children learn by example, mimicking and following the role models in their lives. She preaches the importance of teaching young boys to respect females in order to develop positive morals. Keyhan stresses the “entitlement” street harassers feel to take their subjects, similar to a lion ready to attack its prey.

“Street harassment is the gateway to other crimes such as rape and physical violence. Street harassers gauge the reactions of their victims to absolve themselves and to see how much they can get away with,” she explains. While many believe that street harassment is not a legitimate issue, she counters by stating, “If you feel comfortable, by all means, educate them stating, “If you feel comfortable, by all means, educate them by speaking up and saying how uncalled for and unattractive their behavior is.”

Keyhan and her organization has made great strides to improve the situation of street harassment. The organization strives to educate the community through marketing. HollabackPHILLY issued advertisements in SEPTA stations, made possible by World Wide Visionaries and the Women and Girls Foundation of PA, and interviewed people’s reactions to conversational posters. Keyhan shared, “My shining moment was while interviewing a teenage boy who promised to support the cause and spread the word. It was amazing to see the start of a conversation.” Keyhan has also petitioned Comic Con events such as: San Diego Comic Con, New York Comic Con, Dragon Con and Stanley Comic Con. She saw a window for a new harassment policy. With help from Geeks forGeek, they produced a guerrilla marketing event that helped to improve the policy at Comic Con. As a result, Comic Con created an app to raise awareness about harassment.

HollabackPHILLY’s accomplishments continue with the creation of a comic book that illustrates conversations of gender harassment in public spaces through three different character named Red, Yellow and Blue. The comic is translated into eight languages and has been a very successful tool for the younger male demographic in both middle and high school. Keyhan stresses the importance of the workshop’s format. “Mixed gender workshops have been the most beneficial tactic to educating the public on the topic. By giving the younger audience a comic book, they can unpack and absorb the seriousness of the topic on their own.” She says the mixed gender workshops are beneficial because they allow the boys to see the negative impact street harassment has on their female peers.

In early 2015, Keyhan left HollabackPHILLY to lead Feminist Public Works. With the help of the ambitious, passionate, knowledgeable and inspiring Keyhan, the organization will continue to help give a voice to the victims of street harassment and better their lives in the City of Brotherly Love.

D&M MAGAZINE 2015
BE WELL

"Street harassment is the gateway to other crimes such as rape and physical violence. Street harassers gauge the reactions of their victims to absolve themselves and to see how much they can get away with."
TRICIA TOWNSEND AND WELLNESS PROGRAMS TO help thousands of local women through their battles with breast cancer. As services, the CSA shares, the yoga mats, cookbooks… They get everything. "Our Path To Healing Grants are used to help those who find themselves financially burdened. From organic, healthy foods, to elders in need, or those just out of job — the list goes on. UFH has developed several grant opportunities to accommodate those out unable to afford basic healing tools."

"When asked to define "alternative," Weldon is quick to note that the treatments UFH provides are adjunctive—not meant to replace the rigorous medical treatments that patients receive in a hospital, but rather complement those treatments to provide a more comprehensive physical and emotional healing. Through annual and bi-annual Wellness Days, Unite For Her helps bring women in and around Philadelphia to health and healing. Through "healthy upgrades," Unite For Her's blog also offers recipes for meals for your budget. Cavuto's updates on Unite For Her's blog offer a quick and easy way to become more aware of these ingredients and how to use them."

"D&M MAGAZINE 2015 BE WELL
IN THE BEAUTIFUL AND INSPIRING
PENN MEDICINE WELLNESS DAY
D&M MAGAZINE 2015 TO BE WELL
UNITÉ FOR HER HELD THEIR 2016 PENN MEDICINE WELLNESS DAY IN THE BEAUTIFUL AND INSPIRING TERRAIN OF EARTH AT STYERS."
NATURAL BEAUTY

IF MARKETERS WERE REALLY BEING HONEST, YOUR SHAMPOO BOTTLE WOULD BE LABELED TOXIC. BUT INSTEAD, WE ARE KEPT IN THE DARK ABOUT WHAT WE ARE REALLY PUTTING ON AND INTO OUR BODIES. PRODUCTS WE USE EVERYDAY CONTAIN AN EXTENSIVE LIST OF INGREDIENTS, WHICH IS ESSENTIALLY IN A FOREIGN LANGUAGE. WE’VE GATHERED THE BEST ALL-NATURAL D.I.Y. BEAUTY PRODUCTS TO HELP YOU STAY BEAUTIFUL INSIDE AND OUT.

JACLYN FLEURANT
JOANNA FERENCE
PRISCILA MACHADO

DEODORANT

Like many products in the personal hygiene aisle, deodorants come an overwhelming variety of forms, scents and brands. You can get odor control for 24 to 48 hours while smelling like ‘wild rose,’ ‘nature fresh,’ or ‘sheer silk.’ Nearly all deodorants contain aluminum, a metal that helps to block moisture. While it’s a helpful ingredient, aluminum has been linked to breast cancer and Alzheimer’s disease. Despite studies suggesting this link, aluminum is not recognized as a carcinogen. Another harmful chemical found in deodorant and many beauty products is parabens, a group of synthetic preservatives that are easily absorbed into the skin and could have negative effects on your endocrine system. Propylene glycol, a petroleum-based substance is also found in deodorants, as well as phthalates, a chemical that is linked to the disruption of hormonal communication, and triclosan, a pesticide, according to the FDA. But let’s face it, it would take a lot for us to forsake our favorite deodorant. Fortunately, there are healthier options out there that won’t harm your body for the sake of smelling cucumber fresh.

You will need:
1 teaspoon of coconut oil
3 teaspoons of baking soda
2 teaspoons of arrowroot (optional)
Essential oils (optional)

Directions:
1. Melt the shea butter and coconut oil in a microwave safe bowl over a small sauce pan with water. Use medium heat and turn it off after the shea butter has melted.
2. Pour mixture into ice cube trays (about two full trays).
3. Put in the freezer and let it sit for a few hours until frozen.
4. Once frozen, you can keep them in the freezer until needed.
5. Pour into molds (use baking cups) About 12 baking cups should do.
6. Let the lotion cool and keep at room temperature. For longer storage, put in the fridge or freezer.

DIY SHAMPOO

If you only know about the harsh ingredients lurking inside your shampoo you would be stunned. Untearable words are printed under the ingredients: Sodium Laureth Sulfate, Sodium Chloride, Ammonium Laureth Sulfoxide, Isopropyl Alcohol, Cocamidepropyl Betaine and Citric Acid. The harsh chemicals inside most shampoos are masked with misleading market- ing. “For healthier, softer, shinier looking hair!” they say, but does it really take seven chemicals to get those results? Specifically, Sodium and Ammonium Laureth Sulfoxides are known cancer-causing ingredients. Those harmful carcinogens can impact your skin, eyes and respiratory system. Isopropyl Alcohol is another harmful ingredient, derived from petroleum. This chemical compound is commonly found in wood finish and shellish. Because it is an alcohol-based ingredient, it is extremely drying and will strip your hair of the natural oils, leading to breakage and hair loss. Although it does make your hair look clean in the short term, it is very damag- ing in the long run. Despite these harmful in- gredients, there are countless shampoo recipes out there that offer all natural ingredients, safe for all hair types. The most praised of all natu- ral shampoo recipes at the moment is pH bal- anced. What is the importance of pH balance? Bacteria is produced on your scalp after using shampoo. The most common bacteria, S. Aureus, is pH 4-7. This 100% organic DIY shampoo will work wonders for your hair and balance the natural pH range.

You will need:
1 cup of coconut oil
1 cup shea butter, cocoa butter or mango butter (you can choose to mix all three!)
1 cup beeswax
2 tablespoons (or more) of nano zinc oxide powder and essential oil for scent (exclude any citrus oils!)

Directions:
1. Combine all ingredients (except zinc oxide and essential oil) in a saucepan with 1 inch of water and stir ingredients until melted.
2. Turn the burner on and bring water to a boil. Stir ingredients until melted.
3. Remove from the burner and add zinc oxide powder and essential oil.
4. Gently stir until oils are melted.
5. Pour into molds (use baking cups) About 12 baking cups should do.
6. Let the lotion cool and keep at room temperature. For longer storage, put in the fridge or freezer.

Note: Adjust coverage according to your needs! The goal is to protect your skin, so it is important that you are paying attention to how much cov- erage your skin needs to avoid getting burned.

SUNSCREEN BAR

Wearing sunscreen is a must. Whether it is sum- mer or winter, the sun is our worst enemy when it comes to aging and melanoma. Up to 90 per cent of aging is caused by external factors, mainly sun exposure. Also, up to 80 percent of melamomas can be attributed to ultraviolet radiation from the sun. Regardless, you have to make sure you are protecting your skin with the right products. Most sunscreens include harmful ingredients, so although you protect your skin from sun ex- posure, they are harming your body. The most dangerous ingredient found in almost every sun- screen is Oxybenzone. This ingredient not only penetrates the skin, causing allergic reactions, but also disrupts hormones because it acts like estro- gen. The Federal Centers for Disease Control and Prevention have detected Oxybenzone in over 96 percent of the American population. Researchers noticed higher levels of Oxybenzone in samples collected from participants during the summer- time. They conclude that increased sunscreen use during the warmer months could explain this. To avoid chemicals and potential carcinogens in regular sunscreen, making your own is the safest way to go.

You will need:
1 cup of coconut oil
1 cup shea butter, cocoa butter or mango butter
1 % cup pure aloe vera gel
Optional: Essential oils

Directions:
1. Melt both ingredients in a bowl using a wire whisk.
2. Pour mixture into ice cube trays (about two full trays).
3. Put in the freezer and let it sit for a few hours until frozen.
4. Once frozen, you can keep them in the container or transfer them into a bag or container.
5. Work into the scalp and then move toward the ends of your hair. Let it sit for 30 seconds or so before rinsing. The shampoo will not lather; adding more will not make your hair “more clean.” A little goes a long way. Any remaining shampoo should be put back into the fridge for later use.
6. Shampoo selection: Apply two to three times a week in the fridge.

Note: Try this recipe out a few times before judging it entirely. It is likely your hair will be a little greasy for the first couple of times before it gets adjusted.

You will need:
3 teaspoons of coconut oil
3 teaspoons of baking soda
2 teaspoons of arrowroot (optional)

Directions:
1. Melt the shea butter and coconut oil in a small sauce pan with water. Use medium heat and turn it off after the shea butter has melted.
2. Remove from heat and add baking soda and arrowroot. Mix well.
3. Add essential oils and put it in a glass contain- er to let it cool. After the oil has been cooled and become solid you may insert it in a deodorant dispenser for better application.

You will need:
1 can of coconut milk (or about 1 ½ cups)
3 % cup pure aloe vera gel
Optional: Essential oils

Directions:
1. Mix both ingredients in a bowl using a wire whisk.
2. Pour mixture into ice cube trays (about two full trays).
3. Put in the freezer and let it sit for a few hours until frozen.
4. Once frozen, you can keep them in the container or transfer them into a bag or container.
5. Work into the scalp and then move toward the ends of your hair. Let it sit for 30 seconds or so before rinsing. The shampoo will not lather; adding more will not make your hair “more clean.” A little goes a long way. Any remaining shampoo should be put back into the fridge for later use.
6. Shampoo selection: Apply two to three times a week in the fridge.

Note: Try this recipe out a few times before judging it entirely. It is likely your hair will be a little greasy for the first couple of times before it gets adjusted.
Our first workout is SkyRobics, a trampoline aerobic class at SkyZone Moorestown. Trampoline workouts are not only an efficient way to burn calories, but also to strengthen the heart. It’s a low impact workout and a great option for those looking to save their joints while having fun!

Upon entering SkyZone, our team felt like kids again with the urge to jump on every-thing. The students lined the entire court, floors and walls. It was the adult version of a play pal-o. Once it PM rolled around, it was game on! The SkyRobics instructor centered herself in the trampoline field and students surrounded her for a quick warm-up. After a few basic warm-up jumps, the class was instructed to complete a se-quence of circuit exercises and sprints. Doing squat jumps on trampolines is not as easy as it looks. By the end of the class, the team was sweating and panting, a sign of an effective workout. If you’re worried about looking foolish and failing, don’t sweat it. Almost every student at-tempted the trampoline jumps.

The class incorporated backbends, hanging stretches, floor stretches and inver-sions. If it’s not uncommon to hear a giggle throughout the class. Although the poses are intended to look effortless, many students were less than enthusiastic trying to transition in and out of the positions. For those of you who cannot touch your toes, you might encounter some difficulties. Josie and Julia quickly got the hang of it and were embracing the experience by fully engaging in the floating positions. The hour-long class ended with everyone’s favorite yoga pose, savasana or “corpse pose.” The fabric becomes a true hammock and supports every curve of your body while it hangs heavily in the air.

For those looking for a less intense experience at Relentless Fitness, Rogers recommended their Ladies’ Hour and Relentless FIT classes. As a rule of thumb, if you’re looking for a workout that is going to give you re-sults, go to Relentless Fitness. Leave any laziness at the door, and prepare for a kickstart your metabolism by getting your heart pumping with cardio and strength exercises. H.I.I.T it Hard was, well, hard. You get the hint when you sign up for a class at Relentless Fitness in Center City that has the intensity built right into the name. For you beginners out there, this is an advanced class and should not be attempted without proper introduction and practice of the exercises. With that said, Julia had some obstacles to overcome.

First on the agenda was a strength circuit. The circuit consisted of hanger cleats, inverted push ups, medicine ball push ups, kettlebell squats, tricep ring push ups, rope climbs and stability ball crunches. If any or all of that was a different language for you, this is not your kind of class. The students pumped out fast reps of each exercise for 30 seconds and ran over to the next station to continue the circuit. After 12 minutes of reps, even Josie was sporting a good sweat. Julia needed to modify all of the exercises and was already counting down the minutes to the end of the class.

The second portion of the class was A.M.R.A.P (as many reps as possible). The students were to complete as many rounds as possible in eight minutes. One round consisted of 10 burpees, 20 body squid, 20 squats and 10 up/up down/downs. A friendly competition emerged as Rogers kept count of how many rounds each student completed. Josie kept up with the regulars, although her five rounds were hosted by those who completed six. Julia used this time as an opportunity to slow it down. She completed three rounds.

With one more section of the workout to go, Julia began to feel light-headed and decided to sit the cardio session out. Josie continued on to complete 20 seconds on and 10 seconds off of squatting, jumping, high knees and sprints in place. Twenty seconds might not seem like a long time, but at the end of eight minutes and four rounds, 20 seconds is a lifetime.  A unanimous sigh of relief and exhaustion was let out as students felt a sense of accomplishment at the end of the class.

For those looking for a less intense experience at Relentless Fitness, Rogers recommended their Ladies’ Hour and Relentless FIT classes. As a rule of thumb, if you’re looking for a workout that is going to give you results, go to Relentless Fitness. Leave any laziness at the door, and prepare for a kickstart your metabolism by getting your heart pumping with cardio and strength exercises.

For those looking for an hour of muscle building, some time to relax while hovering or even a chance to just bounce around, it’s worth it to get off the couch and just do something. Get out there to try something new and what’s the worst that could happen? You might actually love it!

locations

skyzone, indoor trampolines park
2014 Route 73 North, Maple Shade, New Jersey 08052, 609-235-4411 skyezone.com/moorestown

kaya aerial yoga philadelphia
225 Sassafras 11th Street, Philadelphia
215.531.5344 kayaaerialyogaphiladelphia.com

relentless fitness
225 South 11th Street, Philadelphia 215.351.5620 relentlessfit.com
SABRINA’S CAFE
227 North 34th Street, University City
Sabrina’s Cafe, located in the heart of Drexel University’s campus, is a huge hit when it comes to the local breakfast scene. Their Classic French Toast sets the standard for all traditionally stuffed French toasts. Homemade farm-er cream cheese for the center, paired with fresh strawberries and bananas, gives the dish a whole new taste, especially once the vanilla bean syrup is added. With students and families alike making up the loyal fanbase, Sa-brina’s constantly updates its brunch specials seasonally. With over-the-top creations and a fresh take on classic items, the Sabrina’s customer will always leave “stuffed.”

CAFE LIFT
428 North 13th Street, Loft District
This is the spot for all dessert lovers. Unlike most places, this BYOB serves brunch every day, and the choices are to die for! Specializing in European delicacies, a crowd favorite is the Cannoli French Toast. With thick challah bread drenched in cinnamon and vanilla, this meal will have you fooled for the real deal. Paired with a scoop of homemade ricotta filling, along with pistachios, chocolate shavings and caramelized bananas, this French toast satisfies the ultimate sweet tooth. Even though you might end up in sugar coma, this breakfast is worth every single calorie.

HICKORY LANE BISTRO
2025 Fairmount Avenue, Fairmount
Apple pie for breakfast? Why not? Hickory Lane Bistro’s Apple Pie French Toast is one to fawn over. This Philly bangin’ combines a classic apple pie with a breakfast favorite. In between the four slices of fresh brioche bread, the chef fills this pretty-like concoction with spiced apples, giving it that sweet and savory taste. The combination of spiced apples, maple caramel sauce, golden raisins and pie crust will have you begging for another slice, er bite. Dessert for breakfast has never tasted so good.

SAM’S MORNING GLORY DINER
735 South 10th Street, Bella Vista
This “finer diner,” located in Bella Vista, uses the freshest ingredients to make their decadent creations. From fruity to sweet, their Monkey French Toast aims to please all tastes. Not only does it have homemade ladyfinger cookies underneath the fresh challah bread, but it is drenched with mocha maple syrup and has a scoop of sweet chantilly cream on top. If you want that classic diner ambiance with great food and great people, this is the place to go!

GREEN EGGS CAFE
719 North 2nd Street, Northern Liberties
This local hot spot is the pinnacle of overindulging yourself for breakfast. With multiple locations throughout the city, Green Eggs Cafe is known for creating extreme variations of classic breakfast dishes. Their Tiramisu French Toast is a dessert lovers dream. Not only does it have homemade ladyfinger cookies underneath the fresh challah bread, but it is drenched with mocha maple syrup and has a scoop of sweet chantilly cream on top. They finish off this creation with chocolate covered espresso beans for that extra jolt. With some seriously amazing French toast, Green Eggs Cafe won’t have you questioning where the ham is.

It’s Monday morning, but already my attention is focused on Saturday brunch. With mimosas on my mind, I’m checking out Yelp for my next midday feast, and the extensive planning begins. Apple pie stuffed French toast? Yes, please. Obviously the cannoli french toast is a must. More and more people are taking the time to enjoy a mid-afternoon treat. People plan when and where to spend their money and their calories each weekend. Innovations in breakfast are not only a trend, but an obsession. Chefs are be-ing challenged to think outside the box in every way possible. Always on the hunt for unusually sweet French toast specialties, Instagram has led us to the best of the best of Philly brunches. These five popular brunch spots, based on popular phillyfoodie Instagrams, aim for decadence over nutrition. Now dig in.

1. SABRINA’S CAFE
2. CAFE LIFT
3. HICKORY LANE BISTRO
4. SAM’S MORNING GLORY DINER
5. GREEN EGGS CAFE
Philadelphia is an all-American city that embraces its love for greasy foods in a variety of ways. One culinary event has taken the art of burgers to a new level: the Philadelphia Burger Brawl, which is an annual competition to find the best burgers in the city while raising money for local public schools.

After a visit to their son’s school, Rob Wasserman, owner of Rogue, 505 Degrees, and The Saint James restaurants, and his wife Maggie were inspired to use their experience in the restaurant industry to grill up some good grub. Like many public schools in the city, the technology available to the students at Meredith Elementary School in South Philly was outdated. With the help of some friends and fellow restaurateurs, the Wassermans created the Burger Brawl, and has brought together the city’s love for food while helping to transform education for the young students of the Philadelphia School District through technology.

The first Philadelphia Burger Brawl, held in 2011, raised $15,000 and was attended by over 300 burger junkies. After four short years, the event has expanded tremendously. In 2014, over 2,400 attendees sampled 50 of the city’s best burgers, helping to raise over $100,000.

The money raised has funded new computer labs throughout the Philadelphia school district. In late 2014, the charity donated $900,000 to fund a literacy program at Andrew Jackson School in South Philadelphia public school district. In 2015, the event will be held June 14th, 2015. But you don’t need to attend the event to try some of the best burgers in town. Check out previous top contenders from this mouthwatering competition.

BUDDY’S BURGER PALACE: THE FAMOUS CRUNCH BURGER, THE PHILADELPHIA BURGER, AND THE ROBBY BLUE BURGER

The 5th annual burger brawl will be held June 14th, 2015. But you don’t need to attend the event to try some of the best burgers in town. Check out previous top contenders from this mouthwatering competition.

AVANCE
1523 Walnut Street, Center City
Juicy lamb burger, topped with red onion marmalade and chunks of feta cheese.

BLUE DUCK SANDWICH CO
2059 Holme Avenue, Manayunk
Blend of pork roll and chuck meat, topped with a quail egg, arugula, mayo sauce, all slammed together in a potato bun.

LUCKY’S LAST CHANCE
4421 Main Street, Manayunk
Breakfast burger with a blend of meats smothered in peanut butter and crunchy bacon, served with a side of house made jelly.

BOBBY’S BURGER PALACE
3925 Walnut Street, University City
Santa Fe burger, juicy angus beef topped with cheese, pickled jalapenos, blue corn tortilla chips, and crunchy potato chips.

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Great gifts for all ages and affordable prices!
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D&M MAGAZINE 2015 TASTE AND THE BOBBY BLUE BURGER

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When it comes to getting a formal education, not many of us think of our bastion becoming a focal point. More and more students are becoming conscious of their knowledge, or lack thereof, of the wine they drink. We all like to drink it and pretend we are sophisticated, but in reality we’re sipping a $2.31 wine from Trader Joe’s out of plastic wine glasses. With informational courses about the geography of wines offered at universities around the country, there are a number of options for anyone interested in learning about wine. Whether you’re a wine novice who doesn’t know the difference between Chardonnay and a vintage bottle, or an enthusiast who summers in Sonoma, there is always something to learn about wine.

The amount of information out there is overwhelming. A simple Google search of “wine basics” renders millions of results. So where to begin? I started a tasting hosted by Tria for their staff and spoke to the wine director, McCaulley. “A diner may say… I’ve had Pinot Grigio before, so I’m going to have Pinot Grigio at Tria. The better question is, ‘Hey, I’ve always had Pinot Grigio, what should I have that is different?’ And I can say, ‘Oh you’ve gotta have this.’ And that’s more of our mission, to educate and get the guest interested in trying something new.”

At the most basic level, the creation of wine comes from a simple equation: sugar (grapes) plus yeast equals alcohol and CO2. The variety of grapes, plus a number of other environmental and production factors come together to create wine.

Catherine Peyrot des Gachons, a sommelier consultant in the Pennsylvania region, get her start in viticulture, or winemaking, in college in France. “I worked mostly harvesting grapes in Burgundy while doing my studies. It was very much about making a little bit of money in something that seemed adventurous to me.” Her biology degree, and later Wine Science PhD, combined the application of science and winemaking. According to Peyrot des Gachons, “Everything comes from the grapes really!” From choosing the grape variety to planning harvest times based on weather forecasts, there are a number of steps that go into the creation of wine. The grape variety, soil, climate, farming practices and production create the final product from vine to wine. Depending on how these factors interact create the different varieties.

Wine 101

**ACTIONS**

- **Acids** / Give the wine tartness.
- Helps balance the wine—too much and the wine is sharp and harsh, too little and the wine becomes dull and “flabby.”

**ASTRONOMY**

- **Astronomy** / How much the wine makes you puckers is based on how much tannin the wine has absorbed from the grapes. The more acidity to the wine, the more you puckers.

**BALANCE**

- **Balance** / Fruit, sugar, acid, and tannin. All of these things must balance in a perfect way to complement each other. One flavor is not anymore dominant than the others. Think of your morning cup of coffee, you have to get the coffee to cream and sugar ratio just right.

**BODY** / This refers to how thick the wine is. A light bodied wine is thin and can be more comparable to apple juice, medium body is full flavored but still not too heavy (comparable to a grape juice), and a full bodied wine is your vegetable juice of wines, thick with flavor. Generally, the lighter bodied the wine, the more a person can consume.

**COMPLEX**

- **Complex** / The taste at first sip of a wine considered to be complex is going to be different than the taste at the end. Different flavors and aromas come through at different points in the experience of tasting the wine.

**DRY VS. EXTRA DRY VS. BRUT**

- **Dry** wine is lacking sweetness in taste, an extra dry wine really lacks sweetness and a brut is the driest of the dry.

**FINISH**

- **Finish** / This is essentially the aftertaste. The filler the body of wine, the longer the finish.

**FLORAL**

- **Floral** / A floral wine you can catch hints or smells of certain flowers in bloom rather than the traditional fruit. Some of the most popular include honeysuckle, rose, lavender and life.

**HARD** / Too much tannin.

**LEGS** / When the drop of wine that gets left in the pour drops down, it creates legs. The thinner the legs the higher the alcohol content in the wine.

**OAKED** / Oak barrels expose the wine to different levels of oxygen. Depending on the kind of barrel, toasting and heat different flavors can be created. An oaky white wine will have hints of vanilla and cream while red is given a spicy or toasted taste.

**TANNINS** / Tannins gives the wine a grip. Think about the flavor gripping your mouth and not wanting to let go. The more tannin, the more of a grip and the dryer it leaves your mouth. The tannin is found in the stems, seeds and skin of the grapes, and it creates a textural sensation from the wine. White wine doesn’t normally carry any tannin but red is quite the opposite.

The Philadelphia Wine School offers a wide variety of courses ranging from beginners to food pairings.

vinology.com

The Pinot Boutique, located at 227 Market Street offers top-notch courses as well as the chance to shop for any wine accessories you may need after class.

pinotboutique.com

Tria’s Sunday School allows diners to try new wines, beers and cheeses at a discounted rate.

tria cafe.com

We still might wonder where is the best place to start this journey into the world of wine? According to McCaulley, tasting as much as possible is the best starting point. And that’s where I began, with the wine of the night: Chenin Blanc, or in my more basic terms, a white wine. The class and I tasted three varieties of Chenin Blanc, one from France and two from South Africa. Prior to taking a sip, we learned about the geography and history of the Loire Valley, or the “garden of France,” where ancient volcanic limestone and chalk is still present in the soil. “Tasting is very important. You can read about everything and study it all, but if you read about Chenin Blanc you only get it a little bit. If you taste it and study it, you can really pull it together. You have to have the experimental factor which brings it together,” says McCaulley.

After tasting these wines of the same type of grapes from three different areas, I understood how soil and climate can affect the taste of the final wine. “One of the things we say is the more we taste like with like, like you did with the Chenin Blanc, the more you’re going to put things into perspective.”
D o you have a closet full of clothes yet nothing to wear? Are you sick of your wardrobe but have a hard time parting with it? Are you still holding onto that dress that you’ve had for years just because you think it might come back into style? A “yes” to any of these questions means you are in violation of a chaotic closet. It’s time for a closet cleanse to both rid your wardrobe of unnecessary clutter and to redefine your personal style. We all have reasons and excuses for keeping items that we no longer need. Maybe they bring back memories, you used to fit in it, or you’re hoping to one day wear them again.

Well, get over it! The reality is, those clothes are just taking up valuable real estate. It’s time to bite the bullet, face the music, and just do it! On the other side of your disheveled closet is an organized and stylish wardrobe that inspires you to get dressed every morning.

So, how do you start? Step one is to carve out some time to tackle this mountain of a task. With a killer playlist, a bottle of your favorite wine and a imaginary black tie event you may have at some point in the future. Keep it and don’t second-guess yourself. This is not a negotiation. Now, all that is left is to dive right in!

Next, it’s important to label three bags: Toss, Donate and Sell. These bags will carry out the fate of your clothes. Once you make your decision, go with it and don’t second-guess yourself. This is not a negotiation. Now, all that is left is to dive right in!

When deciding what to do with garments, keep in mind the reason you are doing this. Do you need more space? Are you starting a new chapter in your life? Do you want to revamp your style? When you define your reason, question each garment to see if it fits your new outlook. It’s also important to ask yourself the following: does this fit? If not, don’t say “Well, you never know!” Get rid of it! Have I worn this in the past year? Two years? Never? Come on, get serious and toss or donate it. Will I ever wear this again? Saving any item for an occasion that is probably never going to happen is a waste! Give it to someone who needs it. Some of the best consignment operations offer 40 to 60 percent of their selling price back to the seller with a display period from between 30 to 90 days. If your product does not sell, many stores will either keep the item as a donation or will offer it back to you. Some of the best consignment operations in Philly include Once Worn Consignment, Wilbur: Vintage and Designer Clothing and The Attic Manayunk. It can’t hurt to try to get a few extra bucks to put toward the new wardrobe that you now are able to build.

When reviving your wardrobe, be patient. There is no rush to fill up the space that you just spent priceless time and energy clearing out. Start with the basics. Slowly begin to replace the old and tattered items that you had to throw out. Staple items will always be in style and can be accessorized in an endless number of ways, proving them worthwhile investments. As you replenish your closet, take steps in the right direction to support the work you’ve recently done. Buying something that won’t fit after one wash but that you simply can’t pass up is not productive, nor is purchasing a gown for an imaginary black tie event you may have at some point in the future. Keep your closet functional, practical and filled with pieces that you can truly have fun with and enjoy.

In general, you should clean and will be treasured by those receiving them. In general, you should be tough and objective during this process. Scrutinize each garment with a critical eye and don’t worry, your clothes will forgive you. Once you’ve separated garments into three bags, take care of them right away. Leaving the bags sitting in the basement for “another week or two” will only tempt you to go tearing through them to pull out items you’ve already deemed unsightly. In Philadelphia, there are many places to donate or thrift, each with different policies. When donating, find an organization that is important to you. The Purple Heart, Planet Aid, The Career Wardrobes and Goodwill are all reputable organizations to work with. Donations.org is a quick way to schedule a pickup for your donation and has a list of available charities in your area.

There are all easy ways to support the local community and donation centers while feeling good about handing off some of your possessions. Don’t forget—donating is free, environmentally friendly and tax deductible. Consignment shops are an option that make getting rid of your designer items a little less painful for both your heart and your wallet. Most consignment operations offer 40 to 60 percent of their selling price back to the seller with a display period from between 30 to 90 days. If your product does not sell, many stores will either keep the item as a donation or will offer it back to you. Some of the best consignment operations in Philly include Once Worn Consignment, Wilbur: Vintage and Designer Clothing and The Attic Manayunk. It can’t hurt to try to get a few extra bucks to put toward the new wardrobe that you now are able to build.

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IF YOU’VE FOUND YOURSELF LOST IN THE GROCERY STORE, CRINGING AT CHECK-OUT, OR CONFUSED IN THE KITCHEN, THIS ARTICLE IS DEDICATED TO YOU. WE’VE BROKEN DOWN YOUR NEW GO-TO MEALS FOR A WEEK OF DELICIOUS, HEALTH CONSCIOUS, BUDGET-FRIENDLY EATING. WITH A SET GROCERY LIST YOU’LL REALIZE COOKING AT HOME IS AS EASY AS ONE, TWO, THREE. STOCK UP YOUR CABINETS WITH SOME PANTRY BASICS AND WITH OUR FOOL-PROOF GUIDE YOU CAN FILL YOUR FRIDGE FOR $50!

**BREAKFAST**

**OMELET CUPS (4 SERVINGS)**
- Container of egg whites
- ¼ onion (diced)
- ¼ pepper (diced)
- Handful of kale (chopped)
- Black pepper

Insert liners into cupcake pans and add diced onion, diced pepper, and kale in each tin. Fill pan tin most of the way with egg whites. Bake at 350˚F for 20 minutes.

**PARFAIT (3 SERVINGS)**
- Yogurt of your choice
- Granola
- Fruit

Place helpings of your choice into a bowl.

**LUNCH**

**QUINOA SALAD MIX (3 SERVINGS)**
- Quinoa
- Kale
- Tomatoes
- Beans
- Peppers
- Onions

Cook quinoa, bring water with dash of salt to a boil and let simmer for 15-20 minutes until water has absorbed. Let quinoa sit while chopping up tomatoes, peppers and onions. Fluff quinoa and add ingredients.

**CHICKEN PITA (3 SERVINGS)**
- ½ large boneless chicken breast
- 2 tomatoes
- 1 tsp of pesto
- 1 cup of shredded mozzarella cheese

Trim the fat from chicken breast and lay on a baking dish. On top of the chicken spread your pesto then lay your sliced tomato and sprinkle cheese on top. Bake at 400˚F for 30-40 minutes.

**DINNERS**

**CHICKEN PESTO BAKE (3 SERVINGS)**
- 3 large boneless chicken breasts
- 2 tomatoes
- 1 tbsp of pesto
- 1 cup of shredded mozzarella cheese

Trim the fat from chicken breast and lay on a baking dish. On top of the chicken spread your pesto then lay your sliced tomato and sprinkle cheese on top. Bake at 400˚F for 30-40 minutes.

**LETTUCE WRAP BURGER & SWEET POTATO FRIES (2 SERVINGS)**
- ½ pound ground beef
- 4 leaves lettuce
- Slice of tomato
- Sliced onion
- 2 heaping tbsp of guacamole

**SWEET POTATO FRIES**
Cut and peel sweet potatoes into ¼ inch strips. Toss in oil and seasonings of your choice. Lay on baking sheet and bake at 450˚F for 20 minutes turning occasionally.

**LETTUCE BURGERS**
Make ground beef into 2 patties and season with salt and pepper. Cook patties in the oven at 350˚F for 20 minutes. Top with tomatoes and onion and wrap in lettuce.

**CHILI (2 SERVINGS)**
- ½ pound ground beef
- 1 can of diced tomatoes
- 1 can of favorite beans
- 1 small onion (diced)
- 1 tbsp chili powder

Cook ground beef in stock pot (medium high heat, stir frequently) until brown. Add the rest of your ingredients and stir. Bring to a boil and then reduce heat to medium low. Cover and simmer for 15 minutes.

**SNACKS**

**GUAC & CHIPS**
- Guacamole
- Left over pita
- Salt

Brush pita with olive oil and sprinkle with salt. Toast pita and cut into slices.

**KALE CHIPS**
- 1 head of kale
- 2 tbsp melted coconut oil
- Salt
- Pepper

Spread kale on baking sheet and sprinkle coconut oil, salt and pepper evenly throughout and bake at 350˚ until crispy for about 20 minutes.

**GRANOLA BITES**
- ¼ cup coconut oil
- ¼ cup honey
- ¼ cup peanut butter
- ⅛ tsp of vanilla
- 2 cups of oats
- ¼ cup mini chocolate chips

Melt coconut oil, honey and peanut butter on low heat in saucepan until it is melted and creamy. Slowly stir in vanilla and pour the mixture over the oats in a large bowl. Let mixture cool for 10-15 minutes and then stir in your mini chocolate chips. Take tablespoons and press into a ball with your hand. Store in a closed container.

## Panthers Basics
- Coconut oil
- Olive oil
- Salt
- Pepper
- Garlic powder
- Onion powder
- Chili powder
- Peanut butter
- Honey
- Quinoa
- Vanilla
- Mini chocolate chips

## Grocery List
- 1 lb. chicken breasts / $5
- 1 lb. ground beef / $4
- 1 box of oats / $3
- 12 oz. pita bread / $2
- 1 bag of kale / $1.50
- 1 onion / 880
- 3 tomato / $1 each
- 1 pepper / $1
- 1 container of guacamole / $4
- 2 sweet potato / $3
- 1 cup of quinoa / $2
- 1 container of yogurt / $4
- 1 container of pesto / $3.50
- 1 container of mozzarella cheese / $3.00
- 1 container of chili powder / $1.70
- 2 cubes of beef / $1 each
- 1 jar of pesto / $3
- 1 pint of egg whites / $3.40
- 1 bag of shredded mozzarella cheese / $3.00
- 1 container of yogurt / $4
- 1 container of pesto / $5
- 1 cup of shredded mozzarella cheese / $3.00
- 1 container of yogurt / $4
- 1 container of pesto / $5
- 1 cup of shredded mozzarella cheese / $3.00
- 1 container of yogurt / $4
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Breathe in, breathe out. Meditate and attempt to relax even with strangers uncomfortably close. Simple breathing exercises can immediately alleviate unwanted negative thoughts.


Go ahead and twitter stalk and don’t you even dare feel guilty. We all do it, even if it’s your ex or the random kid that sits 4 rows ahead of you in class. Don’t be afraid to really go deep into their history. Talk to the person next to you, go ahead, make a train buddy.

Wine-o? Health geek? Video-gamer? Coffee connoisseur? Make a point that everyday on the train or bus you will find a new fact about your “topic” that gets you excited! And start a journal. Soon you will be a pro!

Plan your meals for the week and instantly turn into the next Rachel Ray. If half of your time in the morning is spent trying to figure out your outfit, plan ahead! Take the time to mentally sort through your closet and pick out your outfit for the next day, but don’t forget to check the weather.

Have you always wanted to learn another language? Now you have the time! This is a great time to invest in a language program. And make a goal, learn 5 new words every ride.

Take a peek at the person’s phone next to you or eavesdrop on your seat buddy’s phone conversation. We all need a little bit of someone else’s drama. You never know the break-up or love story you might catch.

It gets pretty repetitive. You sit down on your train or bus, take a look at the characters around you and put your headphones on. The duration of your ride is spent hitting ‘skip’ over a shuffle of songs and staring out of the window at the same scene. Don’t forget, you will do this a second time today, another two times tomorrow and every day for the rest of the week. We get it, some can be productive and others just want to get through the time as quickly as possible, so we came up with a list of ten things for you to turn this hassle into an opportunity to be enthused! We hope you will find your commuting personality, whether you’re the gamer, socialite or bilingual social media stalker.

10 CURES FOR THE COMMUTER BLUES

Alicia Goff
Jaclyn Fleurant
Sean Clark

1. Breathe in, breathe out. Meditate and attempt to relax even with strangers uncomfortably close. Simple breathing exercises can immediately alleviate unwanted negative thoughts.

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# OVER IT

THERE MUST BE SOMETHING OUT IN THIS WORLD THAT YOU FEEL STRONGLY ABOUT. SOMETHING YOU CAN NO LONGER STAND, SOMETHING YOU WISH WOULD DISAPPEAR AND SOMETHING YOU ARE SINCERELY OVER. DON’T WORRY, YOU’RE NOT ALONE. WHETHER IT’S PEOPLE, PLACES OR MATERIAL ITEMS, WE ARE JUST SO OVER IT.

“So, what are your career plans after you graduate?”

My current plan for post graduation includes sipping a mimosa on a stranded island, far away from the real world.

What was your question? #PostGradLife

“BAE”

You don’t even know what it means… before anyone else.

#OBVI

“SEPTA”

Wait, why can’t you give me change?

Why is that man rapping to the entire train car? Why does it smell like urine?

#EW

“FLORAL HEADPIECES”

Are you at coachella? Not then lose the forest on your head.

It’s starting to wilt anyway.

#FreshFlowersOnly

“YOUR PERFECTLY CURATED INSTAGRAM ACCOUNT”

It can not possibly be instant.

#InstaJealous

“HASHTAGS”

#Can you please #speak in full sentences? We’re all educated here, right?

#CanYouPleaseSpeakInFullSentences #WEAREALLEDUCATEDHERERIGHT

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