It feels good to give back.

And together with our generous customers and employees, Macy’s averages more than $1 million a week to initiatives important to you and your community – arts, education, the environment, HIV/AIDS, and women’s health and wellness.

It adds up to $69 million a year. It’s a good feeling we can all share, and to us, that’s the magic of giving.
John Wind pieces are inspired by timeless icons and eras, updated for today's modern woman. Fierce, feminine and one of a kind.

JOHNWIND.COM
In this constantly shifting landscape, our millennial eyes are always open, always observing. And we are ready to share our new discoveries. Experience beauty and craftsmanship in graphic black and white, and explore Philadelphia’s street art with the quiet man behind the lens. Step into the shoes of the people who defy traditional notions of gender and identity. Dive into the minds of the young people with a thousand faces, immortalized by social media. Take a walk with us in a gentler neighborhood nestled in our city, and find your new favorite song by a musician who has called this university home. We are D&M, and we invite you into our world as we experience it. Read on.

—THE EDITORS
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GENTLE MONSTER

79 Grand St New York
www.gentlemonster.com
DO YOU EVER stand in front of your closet for hours searching for an outfit for an occasion, and by the time you find one, you are frustrated, in severe emotional distress, and no longer in the mood to go to the event you were dressing for in the first place? For most women and some men, this is a rhetorical question—of course you have. Fear not. The new, revolutionary personal styling app, Snap+Style, is here to solve all of your ‘what do I wear’ questions.

In a New York Flatiron District office that resembles a sleek college rec room, Michelle Katz, Associate Style Editor for Snap+Style and Westphal Design & Merchandising alum, gave an inside look at Snap+Style and why you should download it immediately.

So how does this app transform your daily dressing struggles? “Snap+Style is a mobile platform that connects real women to professional stylists in real time,” Katz explains. “The user can upload their entire wardrobe to the app and a professional stylist will give them outfit advice based on their own closet.” It helps the user shop smarter too. “Suppose you’re in SoHo and you’ve found a perfect pair of shoes, but have no idea what to pair with them. Snap+Style will provide outfit options from your favorite stores, whether it’s Zara, Club Monaco, or Vince.”

Snap+Style is free and easily downloaded from the App Store. Users simply download and fill out a quick quiz in order for their future stylist to get to know their personal style and preferences. Katz, who has seen the personal stylists’ work firsthand, gushes, “After that, it’s as simple as a click of our ‘Style Me’ button, and our amazing professional stylists will pick up your request and put together a fabulous look for you that you’ll be obsessed with. If not, you can always have them try again.”

The carefully curated Snap+Style team knew they would face tough competition when entering the highly competitive app world, including apps like Keaton Row, which already has a strong presence in the fashion app realm. Snap+Style was ready, though. The app’s stylists respond to users’ requests within a four-hour window. This is insanely fast compared to other apps, which may take up to 48 hours to process a single request. Stylists’ advice is also specific and smart. Katz reflected on the first time she ever tried the app, “A stylist recommended a belt for me and then proceeded to tell me how to cinch it around one of my favorite dresses. I would have honestly never thought to do that. They’re creative and keep me on my toes.” The app’s brilliance can only be credited to its killer team and powerhouse ambassador, Louise Roe. If you don’t know her, look her up—she’s a triple threat: model, television personality, and fashion journalist. You’ll have a girl crush in a second.

As the fashion industry continues to find and utilize technology in new, cutting edge ways, Snap+Style hopes to stay ahead of the curve. Katz was quick to point out, “Snap+Style is letting us shop smarter and make more informed choices. With Snap+Style you walk away with an investment piece when shopping because our stylists have shown you how to wear this piece within your wardrobe, and I think that’s huge; no more meaningless purchases.” Snap+Style has strategically placed itself directly in between the exclusive fashion world and those who want to be a part of it. “I think that Snap+Style is making the industry more accessible to women everywhere. I think it’s disrupting the inner circle mentality of fashion and making it possible for every woman to be chic and in the know. Snap+Style is unlocking the door and letting everyone inside.”

Snap+Style is the fix for those moments when you feel like curling up into a ball on your closet floor. Sometimes that outside perspective is needed, and who better to help than a team of professional stylists? “I like to think of Snap+Style as the Uber of personal style. It’s quicker, smarter, and more personal than the competition, and way cooler, of course.”
“THE AMAZING THING about Philadelphia is that even some random kid from Fishtown like me can make a difference.” Conrad Brenner, known for his blog and Instagram account @streetsdept, is a born and raised Philadelphian documenting art and making a difference here in his hometown. He’s seen the city change, explaining, “It was a little scary taking the subway as a kid. But now the corner store where I used to get chips is an art gallery, and the place that used to be a hardware store is Reanimator Coffee. So it’s nice, and I think my parents like it too. You don’t have to drive everywhere, it’s a much more walkable city and a neighborhood with things to do.”

Growing up, Brenner was a self-described indoor kid. “I was very much of a homebody so I’m sure street art was around me as a kid but it wasn’t like it is today with the murals and mural arts program, some graffiti around…” It wasn’t until he was in high school and through to his twenties that he started noticing the artwork around him and began capturing and documenting it. Initially, he thought he wanted to be an architect and move to New York. “If you look at the media from when I was growing up, it was all ‘Friends’ and ‘Sex & the City,’ all these young working people living in NY. So that’s just what I thought you did. I thought you moved to NY.”

But by the time he graduated high school, he realized things in the city were starting to change, and there were plenty of young people all around him doing amazing things.

After deciding not to go to university to pursue architecture, Brenner began doing freelance writing for Philly Magazine, philly.com, and Philadelphia. At 24, however, he broke his leg and was forced to move back in with his parents. Terrified by this, he decided to try going back to school, taking three classes a semester at community college. During that time, he started getting more involved with photography and started his blog, Streets Dept. Immediately after starting his blog, he was brought on at Quaker City Mercantile, an ad agency in Center City as a community manager, and quickly changed his mind about attending university.

After four years at Quaker City Mercantile, Brenner realized that he had found a niche with his blog no one else had catered to here in Philadelphia. He quit his job just last summer and has shifted his focus to Streets Dept as well as doing more freelance work. Today, 90% of Brenner’s work is done in and around Philadelphia. He tries to take one big trip a year, but the arts community has kept him here.

PHOTOGRAPHY

Brenner started out using a flip phone when Twitter was still new. Back then, you could text a photo to a phone number and it would tweet it for you — no Instagram filters or high definition images, just a simple phone camera image. A boyfriend Brenner had at the time pointed out that he was tweeting more photos than words and bought him a camera for Christmas. It was a $200 simple point-and-shoot camera that Brenner played around and experimented with for six months. Then he realized that he loved photography. He saved up and bought a Canon Rebel for himself, “and that’s when I really knew I had to invest in this for myself! I knew I wanted to create something and own something. I didn’t get much out of the freelance writing. I mean it’s a small paycheck, it’s not consistent, a small opportunity, and then my name’s on it, but I don’t really own any of the content. It doesn’t really do anything for me. So I thought I wanted to create something and own something, and that’s what I did.”

Today, streetsdept.com is a Philadelphia-based photography blog that documents and celebrates street art, graffiti, and urban exploration in and around the city of Philadelphia. Though he never took any photography classes, Brenner’s innate talent and expert eye for capturing the beauty of a city helped his blog to take off quickly.

“I just played around with the camera. I mean, I still just usually shoot on auto mode. You do it and you realize what’s good lighting and what’s
not. I don't walk around the city on too cloudy a day. Likewise, I also don't walk around on too sunny of a day. There's no point. You just figure it out.

STREETSDEPT.COM

Part of the reason Brenner created his blog was because he realized there really was no attention being paid to the street art scene in Philadelphia. The magazines might write one article about one artist every few months, but most of what was going on in the city was entirely undocumented. There was a huge hole in the market. When he started the blog, he simply walked around the streets with his camera and photographed things that he liked. It was almost immediately that artists started reaching out to him. They loved what he was doing and would ask him to photograph their newest works, often even inviting him to photograph them behind the scenes as they were doing installs. Finally, artworks that might otherwise only last a few days, or sometimes even hours, were being documented and written about for the world to see.

"The great thing about my blog is that I don't support myself with advertising. So what I'm saying is that I LOVE every single thing that I post, and I love all of the artists that I work with. I'm not trying to fill up my blog with content just to get clicks, literally every single thing on my blog I love."

TREND IN STREET ART

Recently, Brenner has noticed trends shifting toward what some would call "viral street art." This refers to pieces that artists know might gain a lot of attention when they're posted to Instagram or Facebook. Kid Hazo, for example, is an installation artist who started with signs. He posted a "no fist-pumping" sign outside of Drexel when The Jersey Shore was popular on TV. His most famous piece thus far was when he ticketed the Philadelphia Parking Authority (PPA). He printed out a giant ticket and pasted it to a PPA car that was parked illegally. "Pieces like that will exist in the real world for maybe an hour," Brenner explained, "so he called me along, we photographed it, and it blew up on Instagram in a day."

EFFECTING CHANGE IN PHILADELPHIA – SEPTA 24/7

"As my audience has grown I've been looking to do two things: firstly, make this a sustainable lifestyle for myself. The more I can focus on it the better, so that's why I'm working with brands to really sort of support myself. Secondly, I want to put a focus on things that I think are important." Outide of street art, Brenner wants to focus on what he thinks is valuable and important for the city as it moves forward. For example, SEPTA: "I've always taken the El since high school, every job I've ever had required me to work very late at night, like until midnight. Options for SEPTA late at night are few and far between, and I've always lived in Fishtown for the most part and it just shuts off at midnight. It makes absolutely no sense."

Brenner started a petition and got a few hundred signatures within the first few days. After the first week he had a few thousand. He reached out to all of the blogs that he had worked for previously and asked if they would be interested in covering it. They did and were able to push the question to SEPTA. Things moved quickly from there: SEPTA was receptive and said it was something they were interested in supporting. Their test was successful, so they tested it again the next summer. That test was even more successful. Now the train runs 24 hours on the weekends. The campaign was called SEPTA 24/7, keep it open 24 hours a day 7 days a week, which they did for the first 90 years they were running. "Most of my friends work in bars and restaurants and people are moving about the city at all hours of the day and night. So I think that as more people move here and more people take it they might be able to get it back to that 24/7. But for now I think this is a good compromise."

NEXT STOP DEMOCRACY

Next Stop Democracy was a campaign that ran for nine months. It involved hiring Philadelphia artists, many of them street artists Brenner had been documenting for years, to create A-frame signs. These signs were placed outside of polling stations on election day and said "Vote Here." The project was aimed at serving as a way-finding device for people to know where they could vote. "There were all these studies that say about seven percent of young people don't vote in big cities because they're new or they just don't know where to vote," Brenner explained. "There was an element of peer-pressure to it as well. "Doing that on a local level and having all the artists people follow on Instagram or even if they follow me on Instagram not only telling them to vote but also showing them where to."
Drexel alumnus Lawrence Wu is spicing up Philadelphia

HOT

LIKE IT

S O M E

all points of life. He wants the hot sauce to be used at patients and caregivers.

Lodge of the American Cancer Society of Philadelphia.

a partnership with the Drexel Food Lab and the Hope percentage of Wuju sales goes to Cook for Your Life, currently battling cancer but have uplifting attitudes. A

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Schuler's mother posted a photograph of him gazing

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Wu always added heat to his

He knew he wanted to be

in the food industry after grow-

up in his family’s Asian-fusion

restaurant business. A North Jersey native, Wu received his Bachelor of Science in Business Adminis-

tration, Marketing and Entrepren-

eurship from Drexel University in

2014. After graduating he worked at GlaxoSmithKline in sales and marketing. During his
daily commute, Wu dreamed about taking a leap of faith and starting his own company.

He wanted Wuju to have a “unique personality,” and was inspired by the simple labels of the brands Chobani and Honest Tea.

During the design process, one of Wu’s close friends, Cody Schuler, suddenly passed away from cancer. Schuler’s mother posted a photograph of him gazing into the sunset. From then on Schuler inspired Wu’s la-

bel and branding.

Wu wanted the brand to embody “living your life from sunrise to sunset.” Wu’s mother and younger cousin are currently battling cancer but have uplifting attitudes. A percentage of Wuju sales goes to Cook for Your Life, a partnership with the Drexel Food Lab and the Hope Lodge of the American Cancer Society of Philadelphia. Cooking classes are given every month for cancer pa-
tients and caregivers.

Wu’s goal for the Wuju brand is to have people live life to its fullest. He wants the hot sauce to be used at all points of life.

I want the hot sauce to be put on anything. Breakfast, lunch and dinner,“ he explained. Wu also wants to target women and said, “I don’t think women really eat hot sauce as much. It’s not that they don’t like it, but I think a lot of things that they normally would eat hot sauce on like salads or chicken are not the best with the current selection of hot sauce out there. Wuju hot sauce works well with all those things like grilled chicken or with a marinade. It’s not that spicy because it has the sweet side to it, so it cuts the heat. It can be a very good dipping sauce for vegetables because it’s low in sodium.”

Wu began sizzling up social media this past July when he launched his Kickstarter campaign. His initial goal was $15,000 but ended up raising $61,103 with 2,449 backers to bring his project to life. Wu says a lot of his success came from social media.

“Between food Instagrams, local businesses, and University media (such as Drexel and PennAppetite — Penn’s Food blog), Facebook Ads and Facebook shares from friends, I got a lot of traction,” said Wu. “The biggest thing that helped my story go viral was Reddit. I sampled over 1,000 random people online two months before the Kickstarter. Then during the campaign, a friend posted a story of how sampling Reddit helped me gain confidence to leave my job, and the community really liked that. I got a million views on the story after that from people global-

Wuju is a local business, with the sauce manufactured in Lancaster, Pennsylvania. The

sauce is made in a large kettle and bottled there. Wuju is currently sold in a few stores in Philadelphia: Arch Street Gourmet and two stores in the Reading Termi-

nal Market. Wu says his biggest priority is getting into

street food vendors, and big-box stores, but he also wants to start expanding to different lines of product such as a spicy barbecue sauce and ginger dressing.

Throughout Wu’s process of creating Wuju Hot Sauce, he’s learned to trust himself and his judgment. “A lot of things in this journey are not cut and dried, and that’s my strength, to make those game-time decisions for myself,” Wu explained.

His friends and family have helped guide him to where he is today. “I have a direction, and I talk to key friends and family to make it a reality,” Wu said. This drive and inspiration from his loved ones have allowed him to reach his goal of being a food entrepreneur.

Wu is changing up the hot sauce industry and add-
ing the heat and sweet. Whether eating eggs, a salad, or steak, Wu’s vision is clear, Wuju will be in your meals “from sunrise to sunset.”
What do frogs, grasshoppers, and jellyfish have in common? We ate them. We really, truly ate them. If you’ve ever wanted to take a trip on the wilder side of Philadelphia’s culinary offerings, this is for you. After scouring the city, we sat down and ate the good, the bad, and the ugly of this city’s most bizarre food. Read on for everything from the surprisingly tame to the just-plain-weird, ranked by yours truly on a scale of Single Dog Dare to Triple Dog Dare.

**TRIPLE DOG DARE**

Whether it’s escargot in an upscale restaurant or the worm at the bottom of a mezcal bottle, sometimes people eat bugs. But would you guess that grasshoppers are actually not an uncommon Mexican snack? Here in Philadelphia, Taqueria Feliz offers tacos de chapulines—grasshopper tacos. Served on a soft tortilla, these tacos are a combination of crunchy fried grasshoppers, onion, cilantro, guacamole, and salsa with a distinct kick. Nutty, spicy, and undeniably buggy, grasshoppers are most definitely a larger insect, with such long spindly legs and antennae. Very little needs to be said about the tickly sensation of eating something so wiry—it’s just plain weird. Head out to Manayunk and give them a try!

**GRASSHOPPER TACOS**

Taqueria Feliz 4410 Main Street $6.95

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**JELLYFISH AND BABY OCTOPUS**

To try oxtail croquetas, head over to Alma de Cuba. Imagine taking a bone, slicing it open, digging out the fatty center and putting that into your mouth. The croquetas are oval-shaped, deep fried to perfection, and served with a half-cut bone. The idea is to scrape the bone marrow out and eat it in tandem with the croquetas. The crispiness of the croquetas perfectly contrasts with the goosy richness of the bone marrow. It’s a bit salty, however the sweet and tangy dipping sauce accompanying this dish helps mask it, giving the appetizer a great balanced flavor that satisfies any flavor craving.

**OXTAIL BONE MARROW CROQUETAS**

Alma De Cuba 1623 Walnut Street $16.00

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**STEWED TRIP SANDWICH**

Jellyfish are creepy creatures—they’re translucent, they sting, and they’re...crunchy? Can you believe it? Served at Tai Lake restaurant, the Jellyfish and Baby Octopus dish is certainly one of a kind. Teeny-tiny baby octopus sit on a bed of pickled cabbage and jellyfish tentacles seasoned with nothing but sesame seeds. The jellyfish tentacles are clear and look like rice noodles. When you take a bite, however, the distinct crunch of the clear animal is alarming and unexpected. The surprising crunch is not matched with taste—the tentacles are bland. On the other hand, the baby octopus were delicious little bites from heaven. They were the perfect texture and taste—just squishy enough and just flavorful enough. Next time, pile on the octopus, but hold the jellyfish.

**PICKLED CHILI FROG**

Tai Lake Restaurant 134 North 10th Street $15.00

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**STORY**

Jordan Bingham, Hannah Donnelly + Emily Engle

**PHOTOS**

Rachel Wisniewski
The lights dim and the giant crystal chandeliers sparkle like diamonds over the screaming fans below. The music starts, and flashes of white light explode over the crowd, getting them ready to dance and sing the night away.

Ever since it opened last fall, The Fillmore has been adding to the Philadelphia music scene and enlivening Fishtown with each show they put on. This industrial venue has the “cool kid” vibe and offers a wide range of performances across genres. On The Fillmore’s opening night legendary band and Philadelphia natives Hall & Oates performed. Since then they’ve have many exciting artists including Disclosure, Kaskade, Frank Turner, Joe Walsh, and Adventure Club.

The Fillmore brand was first created in San Francisco by Bill Graham in the 1960s. Since then, the trademark has been acquired by the House of Blues and multiple Fillmores have opened across the nation. Each Fillmore venue occupies a historic place in its respective city, and Philadelphia’s location is no exception; the venue in Fishtown used to be the famous AJAX Metal company up until the 1950s when the company relocated.

The moment you walk into The Fillmore Philadelphia you are greeted by a massive, illuminated “LIVE” statue, which replicates the LOVE statue in Love Park. The AJAX Metal hall honors the AJAX Metal company that was housed at the corner of Frankford and Richmond. In the AJAX hall, the crowd cheers, laughs, and chatters while standing under dangling light bulbs and hanging around the bar. Behind them is a floor-to-ceiling replica of an American flag made out of Fillmore show posters. A few feet away stands the merchandise van, a vintage, brightly colored psychedelic Volkswagen VM van painted with flowers, a portrait of Jimi Hendrix, and the word “love.” Beyond the doors of AJAX is the music hall where the magic happens.

Drexel University student and marketing major Kristen Nagy is the General Manager’s Assistant for Live Nation in Philadelphia. She not only works at The Fillmore but also at the Theatre of Living Arts and Tower Theater in Philadelphia.

“The Fillmore Philadelphia is one of a kind in a sense that it has two venues in one,” explained Nagy. “Upstairs, behind the mezzanine, is a room called The Foundry. On days when we have a concert in the music hall, it becomes a VIP lounge with private restrooms, private bar, and a much more intimate vibe for you and your friends to hang out before, during, and after the show. On non-music hall days, The Foundry becomes a small 400-person capacity concert space for smaller shows.”

Walking back out of the doors of The Foundry and into the mezzanine, you find yourself by a massive bar and comfy leather couches where you and your friends can lounge. The balcony allows you to relax and overlook the fans jumping down below. The dance floor allows you to be one with the music under the sparkling lights and bang your head to the beat. But no matter where you are in the venue, there are bars and food options, which allow you to catch your breath and fuel up on grub or drink.

“Bill Graham made sure that every patron felt special while in his venue and made sure that each and every person has that unique connection to live music,” Nagy shared. “We too [the staff of The Fillmore Philadelphia] have the same beliefs. We really value our patrons and want to remind them we’re all here for the same mutual love of live music.”

“I think The Fillmore is going to impact Philadelphia in a lot of ways. Fishtown is really up and coming — there’s going to be a bowling alley down there and a ton of new restaurants around the corner. We’re growing in a place with endless opportunities from entertainment to careers! It’s an exciting time for not only music but also for Philadelphia,” Nagy said.
Sitting along the Schuylkill River in the shadows of Rittenhouse Square, Fitler Square is one of Philadelphia’s quietest neighborhoods. Given its positioning both close to the city and along the river means there are neighborhood gems waiting to be found. Whether you are looking to get outside and move or try a new restaurant, Fitler Square offers it all while remaining more peaceful place in a busy city.

GETTING TO FITLER SQUARE couldn’t be easier or more beautiful. Yes, you can walk the normal city blocks or take some variation of public transportation, but we prefer an alternate route. When coming from University City, take the Schuylkill River Walkway from any of the bridges (on either Walnut, Chestnut, or Market Street) for a break from the city hustle. Walk, bike, or run along the path that leads you into the Schuylkill River Park on the edge of the neighborhood. Once at the park you’ll have ample room to picnic, run your dog in special dog friendly areas, or challenge friends to games of basketball or tennis on the courts provided. Looking for a great place to go with kids? The Schuylkill River Park also has a fantastic playground.

For those looking to get away from the river, head over to the park that this neighborhood is named after. Located between 23rd Street on the west, 24th on the east and Panama and Pine in the north and south respectively, Fitler Square is the neighborhood’s most well-known spot. Kept up by the Fitler Square Improvement Association, the beautiful park looks like it was picked up in a suburb and dropped into the city. With seasonal events such as a Halloween party in the fall and an Easter egg hunt in the spring, the park caters to families, but is perfect for anyone looking for a relaxing afternoon.

Hungry after spending the day in the park? Fitler Square is home to some of Philly foodies’ best kept secrets. Good Karma Cafe is one of our favorite spots when we are looking to get out of our daily Starbucks routine. With a range of drinks that will satisfy any coffee lover and seasonal drinks that rival big chains (come Fall you can find your basic Pumpkin Spice Latte alongside the more original Nutella Latte) you might have to give up your four-dollar habits in favor of these more reasonably priced options. Whether you stop in for a breakfast, lunch, or just a snack, Good Karma Cafe has a wide range of organic and fair trade pastries, soups, salads, and sandwiches made to order. While it is easy to grab and go from Good Karma Cafe, the outdoor patio and inviting, cozy inside will make you want to stay all day. With free WiFi, it is very possible to do.

If you are looking for a family-friendly staple in the neighborhood, Mama Palma’s is the answer to your prayers. Italian classics are the base of this restaurant but it is their re-imagined pizzas with unusual toppings that made this spot a favorite place to bring a big group of friends. Prices are slightly higher than your traditional pizzeria, but their homemade dough and mozzarella made daily is worth every penny. Worried about friends with dietary restrictions? No worries! At Mama Palma’s, pizza can be made gluten-free, and toppings can easily be altered to fit everyone’s needs.

The corner of Pine and 23rd is home to Tria Fitler Square. The wine bar and restaurant is the newest addition to the family of Tria restaurants, which are famous for their selection of cheeses and wines. This intimate setting is more open and airy than its two cousins in Rittenhouse, making it great for an early dinner as you can enjoy the neighborhood even when inside. While the dinner is delicious, the two standouts are the cheese and wine lists. With a rotating seasonal selection of both from around the world, regulars and newcomers alike will always find something new to explore.

Part of the charm of Fitler Square is the lack of hustle and bustle. With more homes than shops you won’t be jostled by crowds while enjoying the cobblestone streets and picturesque row homes. With some streets featuring traditional brick homes and other residents choosing to paint their homes in colorful combinations, you get a little bit of New England with a touch of San Francisco’s Painted Ladies, all with the Philadelphia flair we know and love. With parks to play in, quiet streets to stroll down, and a range of fantastic food options, Fitler Square brings a small community feel to the big city.
An interview with Jeff Carvalho, executive editor of Highsnobiety and Selectism

You are caught between the digital and print realms with Selectism and Highsnobiety (even though Highsnobiety started as strictly a website). How do they differ and how do you decide what content goes where?

Carvalho: So, Highsnobiety came first. Highsnobiety, as you know, is ten years old, and it was founded by my business partner, David Fischer, in Geneva. The original scipt of what we did on Highsnobiety was really covering product that couldn’t be seen or found anywhere else. Usually, our content was based around a lot of the products that were coming out of street wear, which we cov- er along with sneakers. Of course, street wear has changed over the years. There were no real properties out there collecting all of this together, and when blogging became popular around 2004 or 2005, it allowed David a perfect platform to really start covering and deliver- ing his viewpoint on what he thought to be very interesting and cool.

A lot of what we covered at that time was very hard to find, so we’d be trolling Japanese forums looking for the latest special release Nike, as an example. Selectism began in 2008 as a complement to Highsnobiety. Highsnobiety was covering street fashion and sneakers, some- thing that’s a bit more youth culture. David and I were both growing up a bit, and our tastes and perspectives were changing. Rather than changing the focus of Highsnobiety, it moved into the realm of what was interesting to us at the time. We decided to start a second prop- erty to cover more mainstream menswear, and when we began Se- lectism, the fashion industry was just at the beginning of what would become this amazing American Heritage movement. A lot of people call it “Made in the USA,” which is really still going on today. We were quite lucky in that sense. So, at that point, the two sites were very clear. One was a street fashion, sneaker, art, lifestyle website, and the other one was something that catered much more to a guy that was looking for more quality than quantity. And that really was the differentiation. Today they are a lot closer than they were in the past.

Engle: Issue 11 of Highsnobiety touches on the concept of achieving longevity in a “here today, gone tomorrow” world. Can you elaborate on this constant struggle? How has Highsnobiety been able to overcome this pressure?

Carvalho: It’s interesting that this is the topic of the magazine be- cause a lot of what we cover in Highsnobiety tends to live on the front page and disappear. In earlier iterations of our website, we used to call it “five minutes of fame,” and we were posting so many great things that a brand new shoe would remain on the front page for less than four or five hours. Then it would just get pushed down. That was always a bit difficult for us and for the brands and the products we were covering. It’s something that we’ve always struggled with- how we can continue to cover the culture but not bury down new stories and new product. I think we’re lucky that people tend to dig deep into our site, so they tend to catch up on it. And with that said, the idea of longevity is always in the back of our minds.

Engle: Do you think that your Internet and print readers are sim- ilar people? How would you describe your typical readers in com- parison?

Carvalho: So, I think that there’s a lot of crossover with our readers, but if you open up the magazine, it tends to be a much more elevated view of this culture because it’s not a quick hit on the blog. That’s not to say that everything we cover is fast, because it’s not. We do a lot of editorial, and we certainly spend a lot of time developing our storytelling, our photography and our videos. We want people to spend time on our mag and enjoy images in the mag, and that’s quite important. So, there’s a lot of crossover and the magazine re- ally came out of our desire to see if we could do this because being a digital-first company, it’s a bit crazy to even get into print. We did it when the world was crying that print was dying, which I firmly believe is not the case. I think that there is a reader that picks up Highsnobiety magazine that’s not reading the website and vice versa.

Engle: Do you have any tips for young professionals who want to get noticed and have successful careers in the future?

Carvalho: Nobody’s going to come to you. I think that’s the one key. I hope that everyone out there that’s driving to be suc- cessful recognizes that. You really need to put yourself front and forward to be noticed. That’s quite important because nobody is chasing you.

Engle: Who has been your favorite Highsnobiety cover star so far? Who would you like to see on the cover in the future?

Carvalho: TIme! I’m a huge music fan, and I was a little out of the decision-making around our covers. When they were presented to me and I saw Giorgio Moroder I was blown away. I’m a massive fan of dance music, and I’m just a huge fan of what he did in the ’70s and ’80s and a lot of his soundtrack work. He did some soundtracks with David Bowie, so I think he’s my favorite cover. But I really don’t have a favorite because guys like Mark Gonzales were really import- ant to me when I was young. In fact, I set next to Gons at the Yeey show. He’s the guy holding up the iPad the whole show. So Gons is amazing, and of course Takashi Murakami’s incredible. I really do love every cover. Guys like Rocky and Feng, they’re just amazing dudes too. You meet those guys and they get it. But Moroder is still my favorite.
It’s a bit daunting the first time you step into Reading Terminal Market. It’s loud, crowded and overwhelming because there are so many food options to choose from. Do I want a pork sandwich? No, I think I want a grilled cheese. Oh, that donut smells delectable! OMG look at the size of that whoopie pie! Your brain is spinning a million miles a minute because you don’t know where to start on your food journey. A day’s worth of eating and ten pounds later, I’ve compiled a list of the most satisfying places to eat in the Reading Terminal Market. No more wondering where’s the best place, because I’ve already done the eating for you.

FLYING MONKEY
Feel like a kid again with Flying Monkey’s famous whoopie pies, voted Best Whoopie Pie by Philadelphia Magazine in 2014. Creamy, buttery frosting is squished between fluffy, airy cake in this whoopie pie. Flying Monkey has every flavor whoopie pie you can imagine — butterscotch, peanut butter, pumpkin, red velvet and of course their classic, chocolate. Bring a bunch of your friends and sample the sweet, whipped goodness.

MILLER’S TWIST
This Amish bakery is the creator of soft, buttery, salty pretzels that can be paired perfectly with their honey mustard or cheese sauces. Miller’s twist is also known for their pretzel dogs — a hot dog inside a pretzel. It’s the king-sized version of pigs in a blanket!

BEILER’S DONUT
has a wide variety of fun, unique and mouth-watering homemade donuts including maple bacon, banana cream, salted caramel, and cookies n’ cream. What’s different about Beiler’s Donuts is they make the donuts right in front of you! These goodies are warm and fresh from the moment you take your first bite.

HERSHEL’S EAST SIDE DELI
It’s leg day at the gym and you’re craving some meat to give you that protein you need for your workout. Hershel’s East Side Deli is a classic Jewish deli known for its corned beef, pastrami, and turkey sandwiches. The pastrami sandwich has fatty pieces of juicy meat that is spiced and cured for seven days. Go hungry, because their sandwiches are as big as your head!

BEILER’S DONUT
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BASSETTS ICE CREAM
We all scream for ice cream! Bassetts Ice Cream has been in the Reading Terminal since 1892 and is one of the country’s oldest existing ice cream shops. Choose from over 40 ice cream flavors and toppings. This creamy ice cream is high in butterfat and whipped into a luscious texture that’s swirled with flavor. The cookie dough is rich with fluffy ice cream mixed with small chunks of chewy cookie dough.

MELT KRAFT
Nothing is better than gooey grilled cheese oozing between two pieces of buttery bread. The rich, creamy, velvety grilled cheese made with three-month-aged Valley Shepard cheeses melts in your mouth. If you want to get creative, you have the option to add brisket, mac and cheese, truffle oil, bacon, and much more. Also try Melt Kraft’s fresh mozzarella made every day and never refrigerated. It tastes like you’ve been transported to Italy.

FAMOUS 4TH STREET
These award-winning cookies have been made using the same family recipe for the past 23 years. The cookies are warm, chewy, gooey, and melt in your mouth. The peanut butter and chocolate is the best combo because it has the sweet and salty balance and oozes out sugary, doughy goodness. Choose from oatmeal raisin, white chocolate macadamia nut, chocolate pecan, butter almond, snickerdoodle, sugar, and more. Stop by after your meal and grab a sweet treat.
Film has the capacity to draw its audience in and make us want to be like the characters we see on the big screen. Here is a list of a few fashionable films we love and how to recreate popular looks from them using Philadelphia as your shopping mall.

**Elizabeth Taylor's** numerous costume changes show how opulent the life of a queen truly is. Each of Taylor's elaborate costumes not only inspired clothing, but also accessories and makeup. Taylor's wardrobe costs for Cleopatra were a big part of the film's record-breaking budget costing $194,800. Most of that money went toward her 24-carat gold dress and accessories.

This movie is set at the peak of 1970s fashion where everything is big except for the wrap dresses and the jumpsuits. The fashion statements of the '70s were a huge inspiration behind some of the film's most iconic looks, especially the plunging necklines. To rock an American Hustle inspired look, you have to be some kind of fearless and bring out your inner vixen.

Padmé Amidala's wardrobe is characterized by extravagant, ornate dresses, robes and disguises. She is known for her striking makeup, large headpieces, and robes that have Chinese and Mongolian imperial influences. Amidala’s clothes express both beauty and power.

The 1980s were a time of expression. The Heathers take prep to a whole new level and show you how to dress if you’re one of the popular girls. Their wardrobe is characterized by blazers, shoulder pads, clashing plaids, and brooches. Most importantly, do not forget the hairspray.

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**The 1970s were a vibrant and eccentric time for fashion. A woman like Annie Hall stood out in her iconic, androgynous look. The baggy trousers, fedora hats, and her overall vintage menswear ensembles started to catch on as a major trend for women soon after the movie was released. This look that Diane Keaton brought to the movie is considered to be among the best fashionable moments in film.**
MILD to WILD

JOIN A CULT.

No, not the kind your mother used to warn you about. The new kind that obsesses over the newest beauty products. Whether you prefer to look as though you woke up like this or you want to be spotted from across the room, we’ve found the best of the cults for you to join.

OBSESSIVE COMPULSIVE COSMETICS
LIP TAR
$19

Only for the bold, OCC Lip Tar is known for its high pigmentation that completely camouflages any trace of natural lips. RX is their standout shade. This true cyan blue will leave a lasting impression on makeup experts and novices alike. Make sure to keep other features toned down so as not to look like your much younger sibling was influencing your look.

available at occmakeup.com

CHARLOTTE TILBURY
EYES TO MESMERIZE
$32

Charlotte Tilbury got her start as a makeup guru to the stars and is now sharing her knowledge in the form of her own cosmetic line. Eyes to Mesmerize is a creamy formula perfect for creating light washes or vibrant punches of color for eyes that stand out. For a bold look that is easy to master, start with Cleopatra, the perfect wearable blue-green.

available at nordstrom.com and charlottetilbury.com

NARS
AUDACIOUS LIPSTICK
$32

With 40 highly pigmented shades, one swipe will give you all the color you need. This is color that lasts, making it worth your while to invest as one tube will last you longer than multiple drugstore finds combined. We have featured Charlotte, a bold red for every season and skin tone.

available at Sephora and nars.com

RMS
LIVING LUMINIZER
$38

Makeup professionals agree that this rejuvenating product is a must-have. Models request it to make them look revived after long nights, but for us it’s a great quick fix for an all-nighter. Even better, the ingredients are all natural, with most of them organic, leaving your skin healthier for using it.

available at J. Crew and rmsbeauty.com

URBAN DECAY
NAKED3 PALETTE
$54

Composed of 12 flattering rose gold tones, Urban Decay’s most talked about eye shadow palette will leave anyone with a perfect new take on a smoky eye. Start with one shade and layer more on after work. This palette does double the work of any other without being as basic as Urban Decay’s traditional bronze toned palette.

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available at occmakeup.com
“VISUALIZE AN UMBRELLA.” Beth Phillips, an Associate Teaching Professor in the Design & Merchandising program, says as she starts her explanation of merchandising. The tip of the umbrella represents the merchandiser, while the extending ribs that support the canopy serve as each step of the design process, from concept to delivery. The merchandiser is responsible for ensuring that every component of this system is planned and executed successfully.

The elements of this process include establishing a concept for a product or a collection, finding a target market, a location to sell the product, a place to produce the product, devising marketing strategies, a price, a plan for delivering the product to the customers, and an idea for packaging and visual displays. A merchandiser is not an expert in all of these fields, but must have an understanding of each position in order to achieve their business goals.

Design & Merchandising (D&M) prepares students to do just that. Although many of the required courses are business oriented, students must also develop their design skills and creative thinking. This winning combination is not offered in any other major. “A Fashion Design degree will give the technical skills and design sense needed to make a collection. A Business degree is designed to develop essential business skills that are used across all industries. A D&M degree understands the marriage of creativity and business across design industries.” Phillips clarifies. The classes required for this major teach skills that allow students to pursue diverse careers in design oriented fields, but students can also rework what they have learned, and branch out. With business and design skills, success stories are the expectation for D&M alumni. Here are a few examples.

RITA OGDEN

Even before graduating from Drexel in 1999, Rita Ogden had formed Ovations Dance Studio. During the first month she saw enrollment grow from a mere 55 students to 75, but over the past 16 years it has grown to over 225 students. “I have been able to apply everything I learned from every design and elective class at Drexel to act as the general contractor on this project and turn an empty metal shell to the beautiful and functional facility we use today. I am also a consultant at A Wish Come True, a dance costume company, as well as Star Bound National Talent Company.”

When Ogden was attending Drexel, the academic calendar followed the trimester schedule, and the D&M major included two co-ops. “I always wanted to do the elaborate displays at Macy’s and, sure enough, that was my first co-op job. I hired at Macy’s in Cherry Hill, NJ, which was the prototype store that year, and finished out the season/co-op at Macy’s in Deptford, NJ. Nothing like Christmas in June. I was climbing ladders, decorating, changing swags, and cascading faux red gift boxes with t-pins and a tiny tack hammer. I felt like an elf in Santa’s workshop.” Although she enjoyed her first co-op, she took full advantage of the opportunity to try something new.

“My second co-op was with Oscar de la Renta in NYC, the complete other side of the fashion industry. Basically, I was hired as the peon, but what I quickly learned is that the peon got to help with almost everything. Some days I was in charge of dressing models in the showroom. Some days I was the coffee person to make sure the princess in the private fitting got her cappuccino the way she liked it. Real princesses! As the weeks passed, I was asked to do more important stuff, like organize and distribute lookbooks, sit in on fashion show planning discussions, and select music for the fashion shows. On occasion, I would accompany one of the sales reps to a private fitting. My most fond moment was getting invited to Oscar de La Renta’s lunch table when Adam Cooper was our lunch guest. Somehow lunch ended with Oscar singing 42nd Street” while I performed an impromptu dance for our lunch guests.”

Despite her positive experience with de la Renta, Ogden knew that she could not stay. “I announced to Mr. de la Renta that even though I was hired on to stay after graduation, and was extremely grateful for that opportunity, I had decided to seize the opportuni-
Understanding that not everything is going to work out perfectly the first time around, but knowing that if there is a will, there must be a way.

**ANA PRODANOVICH**

Ana Prodanovich is a 2015 D&M graduate and is the founder of anaprodanovich.com, a fashion blog dedicated to her journey through personal style. She creates unique content every week for visitors to enjoy. Her daily tasks include planning new concepts for shoots, updating website features, reaching out to other bloggers, posting on social media, and shopping the latest trends.

During her time at Drexel, she participated in study abroad programs in Iceland and at London College of Fashion. Both experiences gave her valuable insight into the “melting pot” that is the fashion industry. For her co-op, she was a Site Merchandising Intern for Saks Fifth Avenue’s online business, saks.com. Despite her full schedule, she remained focused on her goals beyond college. “Even before I started my undergraduate career, I always wanted to start my own business, but was unsure of how to begin. Drexel brought out my entrepreneurial spirit even further. Between the rigorous ten-week terms, my co-op experience, study abroad education, and invaluable mentorships, I acquired the right amount of confidence and skills to try it out.”

She credits the skills that brought her success to the D&M curriculum. “Most importantly, I learned how to identify a market need and then come up with a creative, organized, and efficient way to cater to it. I implemented these skills to distinguish my fashion blog in a saturated market.” After starting a blog during her senior year, she knew that she wanted to continue to expand it after graduation. “I thought to myself, I can do this! D&M taught me everything I need to know about starting a brand, so why not apply that to building something of my own.” Over the past year, she has been featured on Nasty Gal’s Twitter account and on Cosmopolitan Magazine’s website.

When asked what advice she would give to current students, Prodanovich replied. “Perseverance with a little bit of patience is key. I learned that in order to overcome moments of frustration and doubt, you must move forward, even if that means re-strategizing or starting from scratch. Understanding that not everything is going to work out perfectly the first time around, but knowing that if there is a will, there must be a way”

**MICHELLE TANG**

Michelle Tang graduated from Drexel in 2004 and began working for Jones Apparel Group. Tang then went to Ann Taylor. “That’s how I got into allocations, which is distributing inventory from our distribution center into the stores.” She then moved back to Philly to work for Urban Outfitters, but eight years later, began to work for Finish Line, which was experiencing explosive growth. “In today's time, it's difficult to find another retail company that is opening stores at the same rate because everybody's moving online. In fact, people are closing stores because they're focusing more on-line. Retail is still very important to the industry; the experience of brick and mortar stores is changing — what consumers are looking for in a store is different.”

While she was studying at Drexel, Tang completed her co-op at Unisys, a data storage company that has nothing to do with fashion. “I think it just opened up my eyes as to how a company is run. The main thing I learned from it is how to work with different people — people that are my age, people that are older than I. That was a good takeaway. Even though the experience itself was not relevant to the fashion industry, knowing how to work in a corporate setting with different people of different experience levels and age. I still carry on with my career.” Tang’s education was supplemented by what she learned in the workplace, but she formed her strong foundation of skills at Drexel.

Professors are very industry focused and offer sound advice to prepare students to enter the industry. “They gave me really good advice on what to do on my resume, portfolio and just really building myself up for the real world. When I came out and I was working, I was more prepared than my friends or other people I knew that did not graduate from Drexel!” The D&M curriculum is designed to equip students to enter any area of the fashion industry or even to extend their reach beyond fashion. Some of the classes that Tang cites as being the most useful throughout her career are accounting, economics, and the D&M senior capstone course, in which students write a complete business plan. “It was extremely helpful putting that business plan together because you really have to think about everything from start to finish. From idea to concept to funding to finding out all of the expenses — this is what people have to think about every day when they’re running a business. It’s not just about the next great idea, it’s also about how you execute it and how you make money from it.”

What you learn from classes will only get you part of the way, but what you do independently to further your education is crucial. “Ask a ton of questions. Don’t be shy about it. Get yourself somebody, either at the company you’re working for or maybe your previous professors, to have as a mentor. Mentoring is something I’ve always done and I’ve always had. It has been instrumental to my career growth. This helped me gain more insight and know what other people are thinking about, what they’re looking at, and to have a broader scope of how things are being done.”

Finding a mentor might seem like a daunting task, but Tang has valuable advice to offer. “First, you would definitely get yourself acquainted with the company and build relationships. Talk to people! Don’t just sit in a corner and do your job, be bold. A lot of times, when I hire a new employee that’s fresh out of school, they have a tendency to just do their job and lower their heads and put their headphones on, and that’s it. It really appeals to me when a new hire takes their headphones off and listens to everything that’s going on around them. Just let them know you’re interested. As you do this, you will start to recognize who has the patience and who has the most to offer as your mentor.”
“I’m getting a rash, Snapchat isn’t opening,” Design & Merchandising senior Sam Eisenstat exclaimed as his phone rebelled against him. We live in a world where over-sharing is the norm and sometimes even feels like a necessity to our millennial generation. Eisenstat’s anxiety over his inability to share is not uncommon.

STORY
Olivia Anton, Nikki Corenman + Danielle Cox

PHOTOS
Magdalena Papaioannou

THIS OVER-SHARING VIA multiple social media platforms has led to a saturation of cat videos, viral memes, and, of course, selfies. What is it about taking pictures of ourselves that is so alluring? Is it our constant need to let the rest of the world know that we’re okay, regardless of whether or not they cared in the first place? Or is it rather the need for reassurance in our own lives, feeling that a certain number of likes on a picture you spent 10 minutes perfecting will raise your self-worth.

The millennial generation is not actually more self-oriented, there are just more tools, and it is now easier to express that orientation. “People have always needed a sense of belonging, even before we became technologically advanced in taking pictures of ourselves,” James Herbert, the Drexel University Graduate College Dean reminds us. It takes a tremendous amount of energy to fit into a social group, and it starts in middle school. “A sense of needing to belong and hierarchy is very deeply ingrained in most of us,” Herbert says. The purpose of the selfie is to share with other people but more commonly a selfie is socially oriented, communicating and sharing and being connected to other people.

Director of Undergraduate Communication Programs Devon Powers, agrees, saying that today, “there are more opportunities for public self-expression and self-display. Such performances receive a kind of social sanction that might have been looked down upon in an earlier period of history.”

Selfies give an impression. It’s a quick snapshot that the person is happy and put together. Herbert explains that it is almost an illusion, and ties into peer pressure. “Friends are doing it, so you’re compelled to do it as well.”

“The idea of the selfie is that ‘you’ are the center of your universe and your experience, and that this is how people want to experience
you on media," Powers continued. She strongly believes that there is a connection between anxiety and social media. "Human beings are social animals. We are con-
stantly looking at one another, comparing ourselves or sizing people up. But what social media allows is for all of that activity to be happening in public and perma-
nent ways. So whereas twenty years ago a young woman might have compared herself to someone in a magazine, now that comparison could be based on a peer’s selfies. You can also get an edited sense of how much better other people’s lives seem than yours," Powers explained.

Evan M. Forman, Director of Graduate Studies in Psy-
chology, has noticed the problem of oversharing and not fully being in the moment when taking selfies. "There’s a phenomenon of oversharing," he says. People often be-
lieve that things in their own lives are really interesting when they’re actually not things that others care about seeing. "Hopefully, people can be more selective of how much they share and what they share. Constantly taking selfies or other photos takes you out of your experience. People are so focused on capturing the moment that they’ll share with others who aren’t there, which makes them not fully in the moment themselves. They are not even looking with their own eyes and experience what’s happening. They’re just focused on the sharing part."

The mainstream use of social media is not driven by society, it is driven by desire to be connected to oth-
er people. There may be certain ways in which people are worried about how they are perceived by others and have a desire to look and present themselves in the best possible way. Drexel has its own fair share of the self-
ie obsessed. Some of them are well known on campus and within their majors for their Snapchat stories or Instagram posts. These selfie professionals each have their own point of view on what taking selfies means to them. A few top selfie performers include Design & Merchandising majors Sam Eisenstat, Sarah Oh, and Valerie Laub.

SAM EISENSTAT is called the “King of Snapchat and the Selfie,” by his friends, and he believes that selfies show confidence and fierceness. Eisenstat is a Drexel University senior and Design & Merchandising student who is known for being selfie obsessed. “I take selfies because I can. selfies are portals of beauty and people can see the way you view yourself, which stems from self-confidence,” Eisenstat explained. To Eisenstat, that photo is all about capturing that exact moment in time. “If you don’t snap a pic, it didn’t happen. I think photos are amazing, even those that you prob-
ably don’t want anyone to get a hold of. Pictures create memories. Looking back in 50 years at pictures from my mid-twenties is going to be rather exciting for me,” Eisenstat shared that he takes 20 selfies a day and it usually takes one to two tries for a quality shot, but might take up to four times to get the perfect picture.

Like many college students, Eisenstat finds himself taking selfies when he’s about to go out with his friends. “I am not afraid of taking selfies in public because I sim-
ply don’t care what people think. My friends know I’m confident with the way I look,” he said.

“Our generation takes selfies for self-acceptance and self-confidence. These two traits are prevalent within our generation because there are many models and var-
ious icons who make every boy and girl feel comfort-
able in his or her own skin. I believe that taking selfies exhibits your inner and outer beauty.”

“Many people take selfies simply to show people what they are doing whereas I only take them to please my-
selve, and if other people are amused or interested in them, then so be it,” explained Eisenstat.

SARAH OH as a junior studying Design & Merchan-
dising at Drexel University, is known for her “strong selfie game.” Whenever she is out, she is constantly on Snapchat or using her front-facing camera to check her makeup or take selfies. On average, she takes about 30 selfies a day, but it would not be uncommon for her to have up to 50.

“Our generation takes selfies because of the type of attention they can get from other people. Social media plays a big part in that. People need pictures for proof, otherwise it could be a lie,” Oh explains. She also ad-
mits to constantly watching the Snapchats of others as a source of selfie-inspiration as well as checking out what everyone else is doing.

She wouldn’t dare take a selfie if her hair and makeup were not done. Even with good lighting and the right angle, it takes her about 20 shots to get the perfect sel-
ffe to post. Her best angle is her right side, raising her arm to get the perfect aerial view or using her selfie stick. After finally getting the perfect picture, she uses apps such as SquareReady or Facetune to edit herself to perfection.

VALERIE LAUB is a Design & Merchandising senior who believes selfies make you feel “fabulous.”

“You’re making me sound conceited! I’m not conceit-
ed, but when you go back and look at selfies you look very different. So when I go back and look at my pho-
tos from a year ago I’m like, ‘I have evolved!’ She’s sent over 23,000 Snapchats, many of them selfies, and says that the best time to take a selfie is, “All the time! It’s like Kim K. when her sister was going to jail,” she joked, referencing when Kim Kardashian’s family had to tell her to stop taking selfies while they drove her sister to a penitentiary.

In Laub’s opinion, selfies are meant to make you feel fabulous. “I saw this quote, “Whenever I take selfies I’m like, in love with myself, and then when someone will take a photo of me it reminds me to #stayhumble,” I just know how to take better pictures of myself than other people!”

The idea of the selfie is that you are the center of your universe and your experience, and that this is how people want to experience you on media.
IN AN AREA with over 50 colleges and 450,000 students, the potential for impactful political activism among students is huge, so why isn’t it happening? After speaking with Matthew Lamorgese, president of Drexel College Republicans, Austin Binns, president of Drexel College Democrats, and other students on Drexel’s campus, we’ve confirmed there is ample opportunity for students to get involved in this year’s election, but something is missing — you.

The millennial generation has not been as politically involved or active as past generations. Binns believes this could be due in part to generational pessimism — pessimism in the corruption of the political process, and pessimism in the idea that their vote and what they do really matters. Despite these beliefs, both Lamorgese and Binns see ways for everyone to get involved, no matter their political ties, and prove this theory wrong.
TOP 3 ISSUES COLLEGE STUDENTS SHOULD KNOW ABOUT

Before you jump into getting involved in the presidential election, Lamorgese and Bims have highlighted the three issues being discussed by candidates this year that will affect college students the most.

1. Student Loans: Many Drexel students and students all over the country are carrying large student loans. All candidates are creating plans to find a solution for students leaving college with years of debt. This issue not only affects your present bank account, but also your future.

2. Economic Inequality: Being in college you are protected from how much you pay gap in growing. The country is being divided into the "Haves" and "Have Nots", and the percentage of "Have Nots" is rising. Candidates are trying to devise plans to minimize your fear of graduating with a low paying job and becoming a "Have Not".

3. Job Opportunities: This will always be a topic of conversation within a college community, and luckily unemployment is low right now, but so are wages. It is great that you may be able to graduate with a job in place, but how much will that job pay? Both political parties are looking at ways to raise wages while still keeping job opportunities growing.

HOW TO GET INVOLVED ON CAMPUS

There are two easy ways for you to get involved on Drexel’s campus. First, look into joining a club. Both Drexel College Republicans and Drexel College Democrats are always looking for new members. They seek out ways to get involved in local and national politics and are big supporters of student activism. Being in these clubs does not require intense commitment. They only meet a few times a term, but give you an easy connection to a flow of information and a way to stay active. Second, stay in the conversation. Whether or not you want to fully commit to be involved, being able to have an educated conversation with friends about issues is important.

The more you talk about issues, the more they will spread and others will become interested.

STAY INFORMED

Let’s start with the basics. Political association aside, there has been a consensus that staying active and in the discussion is essential to our future. “The informed voter is the most powerful thing,” says Bims.

Lamorgese stresses the importance to always look at both sides of the argument. By knowing what both sides of the political spectrum are saying gives you a wider perspective on issues, and brings new topics to your attention. It is never wise to be politically narrow-minded. Lamorgese thinks that, at the least, hearing the other political parties’ opinions on a topic can reaffirm your stance.

With the world of technology, it is easier than ever to stay informed. You can download smartphone apps and set up notifications. This is an easy way to get the headlines on what is happening everyday. When you have more time to read, head online. Skim over the headlines and read articles that are of interest to you. Lastly, stay on social media and expand your friend group. Candidates have Twitter and Facebook accounts, and they are sharing what they are doing daily.

Here are some of college students’ favorite apps and sites:


VOLUNTEER

There are many ways to get can involved in a campaign. The easiest way to get is to visit the candidate’s website. You can click on the volunteer tab and fill out your information. They ask for the basics: name, e-mail, phone number, and what type of volunteering you want to do. You can go door to door, hand out flyers, make calls, attend rallies, or even help people register to vote. People within the campaign will reach out to you via e-mail to see if you’re available for an event. Volunteering is a great way to be connected to the city you’re in as well as your college campus.

DONATE

Let’s be honest, we are all living with a tight budget during our college years, but this can be a simple way to contribute to a campaign without spending any of your time. Donating even $10 can help a candidate. If every student from Drexel donated just $10, we would raise $236,370 for political campaigns.

VOTE

Okay, it IS that simple. There is no reason you should not vote. We live in country where it is a privilege to get a say in who runs the country. Don’t take this for granted. Taking steps to register and going to vote are simple and easy. Your voice matters and it deserves to be heard despite what political party you prefer or what candidate you support. You can influence this country and that can be very empowering. Plus, you get a cute sticker after you vote so you can let everyone know you’re politically conscious and responsible.

“It’s not a vote for a candidate; it’s a vote for the path you want to take the country” — Matthew Lamorgese

DISCLAIMER: This article was written prior to any knowledge of the final candidates in the election.

HOW TO REGISTER TO VOTE IN PENNSYLVANIA:

GO TO: WWW.VOTESPA.COM
CLICK ON REGISTER TO VOTE
FILL OUT AND SUBMIT THE APPLICATION
WAIT FOR VOTER CARD TO COME IN THE MAIL

In Pennsylvania, if this is your first time voting in an election district you must present a form of ID.
With the CFDA/Vogue fashion fund under their belt, Gypsy Sport is primed and ready to expand the tribe.

STORY Chloe Williams
PHOTOS Magdalena Papaioannou
HIDDEN BENEATH THE streets of the New York Garment District’s 9th Avenue, lies Rio Uribe’s Gypsy Sport lair, a brightly colored, gender fluid alternate universe that radiates the brand’s underground, irreverent spirit. Past seasons’ collection of props, dislodged mannequin heads, and Hawaiian grass skirts are scattered around the unconventional studio space. While it is absolute chaos to the untrained eye, the basement maze holds over three years of sweat and passionate determination in its walls. The winner of 2015’s coveted and highly competitive CFDA/Vogue Fashion Fund, Gypsy Sport has entered an entirely new league, one that is about to flip their already insane world upside down.

In his youth, Uribe moved from Mexico to Los Angeles before finally settling in Harlem, where he embraced his New York roots. After six years of merchandising work under the direction of Nicholas Ghesquière at Balenciaga, Uribe began project Gypsy Sport in early 2012 with a handmade collection of hats created from repurposed clothing. This quickly morphed into a fully imagined menswear collection that debuted in true Gypsy Sport fashion — a guerrilla fashion show that illegally claimed Washington Square Park in September 2014.

When CFDA hosted Men’s New York Fashion Week last July, Uribe found himself with a seat at the grown up table, and has not disappointed since. Vogue’s Editor-in-Chief Anna Wintour, one of Gypsy Sport’s recent fans, was so impressed after a summer studio visit that she felt inclined to reserve the brand a spot at Milk Studios during the most recent New York Fashion Week in September. With a front row comprised of seasoned fashion veterans including CFDA’s Steven Kolb, Vogue’s Mark Holgate and Lynn Yaeger, and actor Jaden Smith, Gypsy Sport became the epicenter of New York Fashion Week buzz, collecting praise from the New York Times, Vogue, Paper, i-D, and New York Magazine.

With unwavering perseverance to hold true to his eccentric and genderless aesthetic, Uribe now faces the enormous challenge of balancing the mainstream with the avant-garde. As Opening Ceremony, Nordstrom, and Neiman Marcus knock on their back door, Gypsy Sport will soon be thrown into the world of commercial sales. Uribe is completely up for the challenge, however, and plans to walk into the unknown with his head held high and his ‘haturn’ embellished bucket hat atop his head.
With unwavering perseverance to hold true to his eccentric and genderless aesthetic, Uribe now faces the enormous challenge of balancing the mainstream with the avant-garde.

Perched in his basement studio, Rio described the intricacies of the Gypsy Sport world and what lies ahead for the brand:

What are the top three words you would use to describe Gypsy Sport? Global, fun, and alternative.

How did Gypsy Sport start? By making baseball hats out of kufi and karate belts.

What’s your favorite piece that Gypsy Sport has created? Too many to choose.

Who is the Gypsy Sport customer? Everyone.

What’s the biggest challenge you’ve faced during your Gypsy Sport journey? Definitely not having money, but wanting to have a show during Fashion Week. Basically, trying to figure out how to have a $300K show for about $500.

What are you most excited about in terms of Gypsy Sport’s future? Collaborations and growing the brand.

What does genderless fashion mean to you? Why is it so important? Something that a man or woman could wear. It is so important. It’s important for gender equality.

Do you think the industry is accepting genderless fashion? Not yet, not until they change Fashion Week to include both genders every season; right now it is still split up between men’s and women’s fashion weeks.

What is one word you’d use to describe your CFDA/Vogue Fashion Fund experience? Thrill.

What is Gypsy Sport’s next step? I want to do costume design for a movie and expand the Gypsy Sport family... getting into babies, dog leashes.

Author Chloe Williams did her co-op with KB Brand Partners, a boutique fashion public relations consultancy based in New York City, which manages Gypsy Sport PR.
Bold. Sharp. Slick. GRAPHIC. Couture gowns hand-made by Drexel senior Fashion Design students are all about bold prints and clean lines. This year’s class all used black and white fabric yielding dramatic results.
Fashion moves cyclically — designers latch onto an idea for one season, and then discard it for the next trend. In the past few years, the industry has seen revivals of the 1990s, '80s and most recently the '70s. The fashionable past, simply put, is an easy place to find inspiration for future design. As time moves on, the old becomes just as exciting as the new, and styles are recycled back into the present. But how far do we look back? Beyond browsing the internet on sites like Tumblr or Pinterest, where can we find reference material? Here at Drexel, dedicated staff maintain and build upon one of the hidden gems of the Westphal College: our historic costume collection.
THE ROBERT & PENNY Fox Historic Costume Collection (FHCC) is Westphal College's in-house treasure trove for all things to do with historic costume, a perfect resource for fashion and culture-related majors. The FHCC has approximately 14,000 items, ranging from apparel to accessories to textiles. Not only is there variety in types of objects, Curator Clare Sauro explains, but they represent many time periods:

"The FHCC preserves quite a range of fashion history — from velvets dating back to the Renaissance, to Parisian couture to mid-century garments from American designers and retailers such as Norman Norell and Nan Duskin."

The FHCC has gone through a number of incarnations. In 1891, A.J. Drexel founded the Drexel Collection as a resource for students, investing in art and artifacts to help ensure a well-rounded education. Alongside beautiful paintings and exquisite sculpture were textiles and examples of traditional dress, all meant for student research. One has to wonder if Mr. Drexel had ever imagined the collection would grow and diversify the way that it has.

"By the early 1950s, the collection — now called the Drexel Historic Costume Collection — had grown to nearly 2,000 objects," Sauro explains. Drexel's School of Home Economics worked with the collection, studying the garments and accessories in its holdings to better understand apparel design, millinery, and a number of other topics.

Fast forward to the year 2012, and the FHCC is newly settled into its specially-designed space in Westphal's URBN Center. Curatorial Assistant Intern Virginia Theerman describes the space much like a science laboratory and less like a dressing room. The collection storage space is sterile, with a chilly, temperature-controlled room and adjustable lighting. A "conservation-friendly" material called Tyvek covers tables, garment racks and dress-forms to keep objects safe while out of storage, and the staff wears white gloves when handling their items.

It’s the aisles that are the most amazing, however. Set up on a crank system, aisles upon aisles are manually separated and rejoined when accessing the garments in main storage. This is not a closet by any means — it is a vault full of historical artifacts in the form of fashion. "They’re history now. That’s the tricky thing with historic dress — so much of it is common and you don’t think to save it, and then 40 years later it’s art," says Sauro. In order to maintain and conserve these objects, the aisle-vault system was installed. When not being observed, the aisles are shut and locked, blocking any light and protecting from potential leaks or fire damage if the building experiences an emergency.

Despite its hidden nature, the collection is very accessible. The FHCC recently held its debut exhibition, Immortal Beauty: Highlights from the Robert & Penny Fox Historic Costume Collection, and has created buzz and gained attention from local media as well as outlets such as the Wall Street Journal. As a student who has worked in the collection for a number of years, Theerman has a strong grasp on what makes the collection so special.

"People connect to objects in a way that they don’t to art or to science or to any kinds of other museum collections. I think what the collection provides is a direct access point to history. You have a way of seeing an object, a dress, a hat, a pair of shoes, and you have a direct connection to the person who wore it and how you would feel wearing that object."

This is what also makes the collection such a great asset to the students at Westphal.

"It’s a rare chance to have a really emotional, physical connection to history in a way that you can’t access just through a lecture course…costume history provides that extra emotional connection that puts you in another person’s shoes."

This great power also comes with great responsibility. Shortly after the FHCC opened its in-house exhibition, they announced that they would partner with the Michener Art Museum in Doylestown, Pennsylvania to put on another exhibition in Spring 2016. In January 2016, it was also announced that the FHCC would be expanding, gaining a new permanent gallery and lecture space, thanks to another generous $2 million gift from Mr. and Mrs. Fox. For a collection with a full-time staff of three people and a rotating list of co-op students, work-study students, and volunteers, the new aspirations and projects that come with visibility have posed new challenges. Creating an all-encompassing digital database/archive, designing a coloring book, and planning for their new space are projects juggled by the staff of the FHCC.

The future of the FHCC is exciting — with opportunities for students and the public alike to experience the beauty and depth of the treasures we have at Drexel.
IN APRIL OF 2013, an eight-story garment manufacture facility in Dhaka, Bangladesh collapsed. The disaster killed over a thousand workers and injured twice as many. As news of this event flooded news outlets both locally and worldwide, people began to ask these questions: Who were the people working here? What brands utilize facilities like this? Most importantly, how could companies condone these kinds of environments for making their products?

This, unfortunately, is simply the world of fast fashion — where entirely new product assortments are designed and produced in anywhere between two to six weeks and where prices are pushed to their lowest points. In the U.S. and around the world, people can’t seem to get enough of the clothing, shoes, accessories, and other products that are pumped out in this rapid cycle of creation, distribution, sale, and eventual abandonment for the next style. Fast fashion is hungry, impatient, and feeds a sense of instant gratification that is becoming more and more prevalent in our culture.

Hard-hitting documentaries like “Clothes To Die For” and “The True Cost,” examine fast fashion practices unforgivingly. It does not take very close inspection to realize that poor manufacturing conditions are not the only problem in the industry. From the farmer growing cotton all the way to the customer getting trampled on Black Friday on a quest for the deal of the year, fast fashion has serious issues in all steps of the supply chain. It begs this question: What exactly does it take to create the cheapest product in the shortest, tightest timeline? As a consumer, it can be easy to feel helpless to the business machine that sells fast fashion. We can’t control big box companies making millions of dollars every year. But, we can control ourselves.

Here’s a simple question: Do you know where your clothes come from? Take a minute to check out your closet. Like many people in the United States, it’s likely you have an item or two (or twelve) from a fast fashion retailer like H&M, Zara, Forever21, or even Walmart. Stores like these are everywhere, offering tempting prices for trendy looks. I’ll admit it, sometimes it’s really hard to say no to a cute top that won’t drain my bank account — especially when I can get several items and still not want to cry while opening my wallet. Look at the tags. Countries like Bangladesh, Cambodia, and Indonesia will come up time and time again alongside other South Asian and South American nations. Rana Plaza, the facility that crumbled in 2013, manufactured garments for many companies, including some of the ones I mentioned.

If you’re putting two and two together as you read this, then you might be starting to see the problems within your wardrobe. What’s a person to do?

First off, don’t panic. There are so many variables that come into play in regard to the explosion of fast fashion in the U.S., how we shop, and how we use products. Fast fashion, only now really getting serious media attention, isn’t a new concept. Consumerism and consumer culture has been changing since the 1980s. Maybe, at this point, fast fashion has embodied itself too deeply in our consumer culture and economics to be removed entirely. Maybe all we can do is try to slow the wheel or try to contain its influence. Adaptation might be the key.

If there’s one thing that can be said positively about fast fashion, it’s that it has democratized style. There’s no reason to hate yourself for buying clothes that fit within your budget. In a lot of ways, evening out the playing field isn’t a bad thing. Looking fashionable isn’t exactly a right, but in a society that values appearance to the degree that we do, being trendy or looking fashionable can be important. People preach that what is on the inside is what matters, but let’s face it — everyone judges everyone else on their appearance to some degree. Clothes are a big part of that.

I know that I’m just another customer to these brands as well. Really, I’m not asking you to burn your favorite H&M jeans, picket outside Forever21, or drown in self-loathing over your new dress from Zara. Throwing away the clothes you might now be ashamed of is exactly opposite of helpful. So here’s what I ask: Simply be more conscious of your purchases. If you need that shirt from Express, go ahead. But maybe you don’t need there. Maybe you don’t need those shoes or that jacket. Maybe you could find something just as cool on secondhand. We ask our clothing many questions — How do you fit? How do you feel? What can I wear you with? It’s time for us to adapt one more: Where have you been?
I think other bloggers have a uniform, but my uniform is that it’s never really one uniform.
She likes to express herself creatively, whether it's through fashion, photography or graphic design. Evans says, "I was definitely in high school that I used fashion as a way to set myself apart from everyone else because I grew up in a little bit of a rural area and everyone noticed that I dressed differently." Evans is from New Jersey, but her parents sparked her hunger for traveling by taking the family on local camping trips. When asked how often she travels, she says, "As much as I can and as much as my pocket allows me to." Evans always goes on one big trip a year and tries to do a series of mini road trips as frequently as she can. Now that she's a Philadelphia city-dweller, Evans says that she needs escape from all of the commotion from time to time. She believes that life is all about balance, so occasionally visiting the mountains and countryside of Vermont is essential. Her latest and most favorite trip was to Costa Rica, where she got to ride the waves on her surfboard. On traveling, she says, "Something about it makes me feel like I'm free and makes me feel alive. I'm hooked. It's kind of hard to even put it into words. It's like this adrenaline rush, trying new things." Surfing, snowboarding, and camping are a few of the things that give her this kind of rush. 

Evans uses her blog as a creative outlet to inspire others. "It's like this adrenaline rush, trying new things. " Surfing, snowboarding, and camping are a few of the things that give her this kind of rush. When asked her favorite brands, she didn't skip a beat to say Lilly Pulitzer. But without even asking, anyone could tell that this is her go-to designer. She is layered in Lilly with a floral-printed blouse, vest and scarf. To match that, even her wallet and iPhone case are Lilly.

When asked to describe her writing style, she responds, "Really candid. Just like how I talk. I view my audience as people who would read The Skim every morning. They like that little bit of sarcasm." Thompson has collaborated with a number of brands, including Marley Lilly, Krisa & Co., Assumed & Read and Macy's Charter Club. She occasionally does sweepstakes and giveaways with the brands she works with, and has even designed her own giveaway prizes. One of her most popular giveaways to date is her homemade Kate Spade-inspired clutches with cute phrases, like "Eat Cake For Breakfast" and "Save Room for Dessert." Thompson has always been crafty and makes her own jewelry and sews her own clothes in her spare time.

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This self-taught sewer and blogger is definitely someone creative who you can learn from. After reading her blog posts on DIY's you may become a sewing and crafting expert, yourself!

LUCKEY ALEX

If Cupcakes & Cashmere's Emily Schuman were to feature a travel section, Alex Luckey's blog is what it would look like. Luckey is a fashionista in the city, and travel blog that Luckey created. While she's in charge of designing the graphics and developing the content, her boyfriend is the man behind the camera and also helps her code the blog. Luckey has a very soft and feminine touch to her wardrobe. Luckey says, "I think if I could describe my style in one word it would be eclectic. I like to do a mix of everything, and I definitely don't limit myself to one type of style." Although she likes to mix up her style, Luckey is a big believer in basics and likes to stick to minimal items, like the classic white tee and jeans. "I always like to be comfortable, so if it's not comfortable, I definitely won't wear it," she says. Stretchy and breathable fabrics are essential for her.

For a New York fashionista, Luckey has the calm and peaceful nature of a beach dweller. She may work in public relations in the city that never sleeps, but she's nothing like a snooty The Devil Wears Prada type. With loose, natural hair and minimal make-up, Luckey lives by the motto, "less is more." Luckey also loves dainty jewelry. She tends to opt for thin and simple strands of necklaces and bracelets with a single pendant, charm, or gem. Luckey now works as a junior account executive for LaForce + Stevens, and mainly works with the firm's fashion and beauty clients. For Luckey, her blog is a creative outlet to let loose while she's not at work. "Instead of going home and watching TV and just sitting there, I work on my blog, so it's just something that keeps me busy on the side," she says.

For someone who just graduated from college two years ago, Luckey has already had the opportunity to travel the world. "My dad was in the Peace Corps and all my life my parents have brought me with them when they traveled," she says. In fact, Luckey's blog revolves around traveling, and she features all of the places she visits both locally and internationally. Croatia, Jamaica, and Fiji are only a few of the destinations she's seen. When at home, Luckey tries to go to mini beach trips to places like Florida and Massachusetts. Her favorite trip of all was her recent one to Croatia, the land of a thousand islands. Sun, sand, and water create her dream destination. As someone who has been traveling the world at such a young age, Luckey offers a great insight for the most unique places to visit.
WHERE
CAN I GO?

Discussing the need for gender neutral bathrooms at Drexel University.

STORY Melissa Jacobs  PHOTOS Magdalena Papaioannou

D&M 67
Drexel had them. Overall, Coffey does feel included and genderless, and would use gender neutral bathrooms if prefers they/them pronouns. Coffey identifies as being a member, which is an LGBTQA club at Drexel. Coffey (the Foundation of Undergraduates for Sexual Equality) tral bathroom. Autumn Coffey is a current Drexel FUSE standing of whether there was a need for a gender neu-

transe, or even assaulted while trying to use a restroom. These statistics don’t even include all of those who don’t experience serious acts of discrimination in their life-time. In 2013, the William Institute reported that 70% of trans people have reported being harassed, denied en-trance, or even assaulted while trying to use a restroom. These statistics don’t even include all of those who don’t identify with a gender and have been harassed about using the restroom. In Philadelphia, new legislation has been signed into law that requires any new or renovated city-owned building to have a gender neutral bathroom. Drexel University has a growing population of students who do not identify themselves as a man or a woman. As this population grows, Drexel is consider-ing steps to accommodate them. One immediate option would be to create gender-neutral bathrooms. These bathrooms would help students feel included, as well as properly represented in the university’s population. Merriam Webster defines gender as the state of being male or female, but this definition no longer works prac-tically for everyone. Today, when you join Facebook, you can customize your gender and choose the pro-nouns you prefer to use. More and more people today are having an open conversation about gender and the spectrum associated with it. We aren’t born with a gen-der. We are born with genitalia that society says should match a certain gender.

Those who don’t identify with the traditional no-tions of gender face many difficulties. We live in a so-ciety that relies heavily on the idea of gender. There are many people who are bullied, attacked, and even murdered because of their gender identities.

Gong to the bathroom is a simple everyday task that can cause trauma for someone who goes against the social norm when it comes to gender identity. What bathroom do they choose? According to the National Transgender Discrimination Survey, 63% of transgender people have experienced serious acts of discrimination in their life-time. In 2013, the William Institute reported that 70% of trans people have reported being harassed, denied en-trance, or even assaulted while trying to use a restroom. These statistics don’t even include all of those who don’t identify with a gender and have been harassed about using the restroom. In Philadelphia, new legislation has been signed into law that requires any new or renovated city-owned building to have a gender neutral bathroom. Drexel University has a growing population of students who do not identify themselves as a man or a woman. As this population grows, Drexel is consider-ing steps to accommodate them. One immediate option would be to create gender-neutral bathrooms. These bathrooms would help students feel included, as well as properly represented in the university’s population. Merriam Webster defines gender as the state of being male or female, but this definition no longer works prac-tically for everyone. Today, when you join Facebook, you can customize your gender and choose the pro-nouns you prefer to use. More and more people today are having an open conversation about gender and the spectrum associated with it. We aren’t born with a gen-der. We are born with genitalia that society says should match a certain gender.

Fryer agreed that Drexel could benefit from creating gender neutral bathrooms. Melissa Depetto Behan is the Director of Resident Liv-ing at Drexel University. Behan discussed several steps Drexel Housing is making to help Drexel become more inclusive. Currently, Drexel is dealing with a small, but growing portion of the overall student population who identify as transgender or agender. Behan said that several Drexel University students have come for-ward to request special ac-commodations. Drexel has handled each request on an individual basis so that the student has an assignment that meets the student’s identified needs. One dormitory features single occupan-cy commodes and shower rooms. The intent of this design was to provide increased privacy for resident students. In suite-style halls, the bathrooms are located within the suite, also providing for maximum privacy among resi-dents. Though these rooms are not gender neutral they provide privacy and safety for students who would use gender neutral bathrooms. There are current talks about adding gender neutral signing to certain bathrooms to accommodate students and guests.

Gender neutral bathrooms are one step toward help-ing accommodate all students. Creating these safe places for those who don’t fit the gender binary is an important step Drexel can become more accepting and progressive. As we move towards a more open conversa-tion about gender, there need to be actions to show our support. Words aren’t enough.
Whether you’re collecting vintage, revamping outdated clothes, or simply looking for cheap finds, thrift shopping definitely has its perks. You never know what you’ll find. In a pile of old and dirty rubbish, you may discover the most unique designer piece. Here are six savvy Drexel student thrift shoppers who revealed the story behind their most unexpected prized possession.

**ONCE LOVED TWICE DIVINE**

**STORY** Dana Nguyen  
**PHOTOS** Magdalena Papaioannou + Chris Siracusa

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**SHADES OF GREY TIE-DYE T-SHIRT**  
OWNER Paul Yoon  
FROM Buffalo Exchange (Philadelphia, PA)  
COST $16  
WORTH $55

In the wise words of Macklemore, “fifty dollars for a t-shirt” is “getting tricked by a business,” but luckily for Paul Yoon, he dodged this business scheme. Yoon found one of his favorite shirts at Buffalo Exchange for almost a quarter of this price. For $16 he got a tie-dye Shades of Grey shirt that’s normally worth $55. Everyone has that one perfect t-shirt that’s so comfortable and versatile. It’s the classic go-to shirt that goes with any outfit, and for Yoon, this Micael Cohen shirt happens to be it. With its simple grey and white colors and perfect fit, this is his staple piece for when he’s lazy but still wants to look presentable. Yoon admits that he’s a big fan of Buffalo Exchange and tries to stop by every several weeks. For him, it can get competitive. He’s a dedicated customer who waits outside before store hours to snag the best deals.

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**1920S ADRIENNE LANDAU FUR-TRIMMED ROBE**  
OWNER Nancy Volpe-Beringer  
FROM Consigned Couture (North Palm Beach, FL)  
COST $400  
WORTH $2,000

Walking through Nancy Volpe-Beringer’s apartment is like walking through a lifesize treasure chest. Every corner you turn, you see a completely different style of art or furniture from another decade. Everything in Volpe-Beringer’s home, from her artwork and furniture, to her clothes and accessories, are consignment. Even her outfit, from head-to-toe, is second-hand, but the most surprising part about this is that almost everything is either vintage, antique or designer. Volpe-Beringer has over three jam-packed closets, and for each one, she pulls out designer after designer of high-end garments from brands like Prada, Chanel, and Gucci. Growing up in a lower middle-class family, Volpe-Beringer was never able to afford these kind of labels. One of the most remarkable items in her closet is a vintage 1920s fur-trimmed robe by Adrienne Landau. This floral embroidered robe has been worn in different colors by various celebrities, like Sharon Stone, Wynonna Judd and Patti LaBelle. Volpe-Beringer found her maroon version while visiting her favorite consignment store in Florida, called Consigned Couture. Unlike some vintage collectors, Volpe-Beringer actually wears every single garment she purchases. Because her apartment is now an overload of thrifted items, she wants to start a consigning business and to donate the majority of her garments to Drexel University’s Fox Historic Costume Collection.
Virginia Theerman doesn’t even remember life without thrift shopping because she basically grew up on it. For her, it was all about finding the cool thing and not the new thing. Theerman developed her thrifting habit from her mother, who is an avid treasure hunter and vintage reseller. One of Theerman’s favorite childhood memories is seeing her mother come home with a personal set of treasures for her. When she was eight years old her mother brought back a tiny emerald ring from an estate sale. Her mother knew how much she loved that deep dark green, so she purchased it for $20 without thinking anything of it. For an entire year, Theerman barely took off that ring and wore it everywhere. One year later, her mother got engaged and was shopping for her wedding band, but the jeweler couldn’t stop staring at Theerman’s ring. He finally asked to inspect it under a jeweler’s loupe and told them it was a real emerald ring worth $1,400. He even fixed it for her, since it loosened so much from being worn. Theerman hasn’t touched the ring in years, ever since she discovered how valuable it was. For now the ring is stowed away in her mother’s drawer for safety, but it will definitely become an heirloom that will be passed down to her future child.

Many women are familiar with the crisis of finding a dress the moment they need it, and Ashley Uzer is no exception. This thrift shopping enthusiast volunteered at thrift and consignment stores all throughout high school. Now she’s basically an expert and has a great eye for unique finds. However, even she failed to find the perfect dress for homecoming. Uzer ended up ordering a dress from England through eBay, but like most international purchases, it wasn’t delivered on time. As a last-minute solution, she decided to redesign a red snakeskin Express dress she bought for just $2. An outdated 1990s piece was then transformed into a bodycon. The best part is that, while her friends spent $100 on dresses they never wore again, Uzer personalized a second-hand piece that she still wears to this day.

For those who have inherited valuable items from old family members, it always gets tricky divvying up who gets what. Emily Engle and her mother had this issue when her great aunt passed down her entire vintage handbag collection to the family. There was one purse in particular that neither of them could give up. It was a 1950s Petite Bead crochet pocketbook that was embellished with a floral pattern. The two fought over this purse for weeks until Engle’s mother eventually let it go. As guilty as Engle was for claiming the bag, she was elated at the same time. One weekend she stepped into her favorite thrift store, Retrospect, and to her surprise, the first thing she saw was the exact same purse. The odds of finding a duplicate of a vintage purse are so slim, and the best part was that it was only $10. Engle surprised her mother with this early Hanukkah present, and now the two can match with their favorite handbag.
TRAVEL INSPIRATION

With the world at our fingertips it can be easy to forget that we can’t experience everything through a screen. The internet can never replace the experience of traveling. Here we share the photos from Drexel students who traveled, studied and worked abroad, finding inspiration for their work and life back in the United States.

STORY Gina Knox + Yiling Lai

PARIS, FRANCE
I took this photo the top of the Arc De Triomphe. It really loses its scale in photos, and it was so much larger than I ever expected. It may be a typical tourist spot, but it was such a great way to experience the city of Paris because we could see the whole city while enjoying the sunset.

—Emily Deng

BARCELONA, SPAIN
It had been rainy and gloomy all day, but we decided to take a ride over the water in a lift that we found. Just as we got on, the rain stopped, making for incredible views of the harbor and ocean. I had never seen water so blue that I had to stop and capture how beautiful nature can be.

—Emma Cataldi

KURASHIKI, JAPAN
During the cherry blossom festival, I saw this newlywed couple coming down the river. It was so beautiful when they passed through the flowering cherry trees, and it was so interesting to see how another culture celebrates joyous moments like a wedding.

—Tonghui Xu

REYKJAVIK, ICELAND
Moments before taking this photo it was snowing and we were running through the snow to jump in the hot spring pictured. While it looks beautiful, it smells of sulfur. Iceland has such unusual landscape and weather it was an experience to remember.

—Devan Juraniec

NEW ZEALAND
The key to getting to see these penguins is to be very peaceful so they feel safe to come out. Eventually, our good luck offered view of these rare tiny penguins that have blue eyes. In that moment, I just realized the key to living in the same earth and peacefully coexisting is to set a delicate balance of boundaries.

—Franky Wu

MT. BROMO, INDONESIA
This photo was taken after we enjoyed the stunning sunrise and we were heading to the crater of Mt. Bromo, the biggest active volcano in Indonesia. Seeing the men working here made me see what their daily life was like. This is the most interesting and attractive part of a journey, I think.

—Franky Wu

ROSE, ITALY
The Colosseum is actually much larger than any picture can show. There are also so many layers in the stone work, some get lost in this photo. That’s why I think even though we can get a lot of information from the Internet, it’s still very important to physically visit a place.

—Emily Deng
IN 2009, MELANIE WHITE decided she was too much of a dreamer and a hard worker to continue doing something she wasn’t passionate about, so she launched her own accessories brand called MELANIE MARiE. As a young girl White would revamp her grandmother’s vintage jewelry. Her grandmother is her biggest inspiration, and White looked up to her fashionable style.

White graduated from Hampton University in 2008 and began working as a nurse, which she enjoyed until she wanted more flexibility. “I believed I had what it took to be my own boss considering my ambition and bubbly personality, plus I didn’t want to stay behind closed doors all my life,” she explained. White did her research, registered her brand, and created a website. With a business partner, she opened a boutique in Philadelphia, but her online business surpassed it, and she now sells exclusively online.

Throughout her journey, she struggled with financial issues just like most entrepreneurs. White was a determined individual who kept pushing through to reach her goals. She put every ounce of energy into her business while sacrificing everything in the process. “I even went to the extreme of not wanting to drive my car so I could save gas money,” White said. Desperate for success, she used her networking skills and made connections in order to get all the supplies and materials she needed. White also made all of her jewelry, which she still does for many of her products. She taught herself how to create her pieces by watching tutorials and reading lots of books. As a reward, her brand grew stronger.

White had a publicist in the past and realized they weren’t doing anything she couldn’t do herself. She made connections and used social media to draw attention to her brand. She has 21,800 followers and counting on Instagram. Her clients include Trina, India Love, Heather Sanders, and Lil’ Mama who wear her custom jewelry. White worked hard to get her name out in the public eye by networking at different events, gifting products, and having stylists use her items on their clients.

Now that White is developed as an entrepreneur, she has created a mentoring group for young girls called MM Gems and Jewels. She sees a need for cultural and social experiences that relate academic success with real world success for young girls. The Gems are ages 10–14 and the Jewels are 15–18. Sessions with the young women consist of guided group discussions, travel, creative presentations, and projects, facilitated by a trained Gems and Jewels member (aka Diamonds) or a guest speaker. “When you change the attitude and perspective of a group of girls it creates a ripple effect with other children,” White said.

She enjoys working in the industry and doesn’t regret any aspect of the experience. Selling everything from custom nameplates to wire twisted bracelets, White is her own boss so she can be as flexible as she wants with her time. “My favorite part of this business is that it allows me to create something on paper and watch it come to life all while constantly expanding as a business owner,” she said. She looks up to any successful women balancing work and life. Her idols are Tory Burch and Oprah Winfrey, saying that these women embody what it takes to be a “boss lady” in the industry. She plans to create a shoe line in the near future, but for now she will continue to cater to each individual customer’s needs with her custom accessories.
Jared Gelman is a multi-talented performer, with singing, songwriting, and dancing in his repertoire, and extreme personal style that matches his identity as an entertainer — a spectacle. Gelman can trace his love of music back to his obsession with pop stars and his fascination with their level of power and command over their fans and audiences. At a Black Eyed Peas concert in 2006, Gelman was lucky enough to be onstage with the group. Instead of getting nervous, he recalled, he felt at home and realized that that was where he was meant to be. After years of writing and dancing, he gradually developed his singing abilities. Gelman cites juxtaposition as an influence to his style. “Musically, that may translate to sad songs that sound upbeat, and stylistically it can involve distinct feminine and masculine pieces,” explains Gelman. Working with producer Mitchy Millz, Gelman has been working on an EP that he expects to release this year. His most recent single, “Eat It,” came out in February 2016. He describes his EP’s sound as a mix of singing, rapping, and electronic beats with hip-hop undertones. In June, his “pure pop” project will be released. Gelman is not all razzle-dazzle, though. His song “What Do You Do” was written in response to the suicide of his best friend, and since her passing he has developed a strong sense of purpose to promoting LGBT rights and sharing her story. He believes that pop music can give power to those who perform it and is frustrated when artists don’t use their power as a catalyst for change. Here’s hoping that Gelman continues to use his powers for good.

Maryland natives Benji Marcus and Jack Rome started rapping in high school as part of a five-piece group. When they both came to Drexel University, they continued to join forces to create their eponymous alternative rap duo, Marcus & Rome. The duo creates music that straddles the past and the present, nodding to old-school while having an awareness of the contemporary style. With two digital mixtapes on Bandcamp under their belt, Marcus & Rome experimented with sampling, rhythm, and lyrical flow. Their approach creates a unique sound, with no two tracks that sound the same. “I’m really inspired by things that push me to rap over a beat in new ways. Unconventional song structures and concepts also inspire me to write songs,” says Marcus. On “Fallin’,” Marcus & Rome rap over jazzy, lazy pianos with an unexpected ferocity. Marcus & Rome’s latest project, Rated ‘D’ For Dope, was inspired by their childhood love of video games. With samples from popular Nintendo and Sega game franchises, the mixtape plays like a throwback with renewed fire. Their standout “Pokérap 2.0” track uses the battle theme from the iconic Gameboy game. Everyone’s a sucker for nostalgia. Marcus & Rome are now focused on finishing their senior year and playing as many shows as possible. “Nothing can really compare to the high we get from playing a live show, so we look forward to playing more,” says Rome. Their goals are to get booked for more touring acts at venues like the Theatre of Living Arts or The Fillmore in the near future, and they hope to get the opportunity to perform on the main stage at Drexel’s Spring Jam in Spring 2016. For these two, the future is bright.
DARLA

darlaphilly.bandcamp.com

With a total of eight musicians, Darla is a larger-than-life funk band comprised of both Drexel alumni and current students. In its first iteration, the group was known as Philadelphia's Premier Tom Petty Cover Band, or PPTPCB, and with the addition of more members eventually became Darla as we know it today. Heavily inspired by groups like Snarky Puppy and Vulfpeck, Darla plays its own unique brand of fun, groovy funk. Incorporating everything from bass guitar to saxophone, Darla's music is heavily layered and compositionally sophisticated. As musically talented as these guys are, though, Darla's music doesn't take itself too seriously. Darla's July 2015 EP, "Let Darla Be Darla!" is littered with references (subtle and not subtle) to The West Wing, and other tracks from other albums have names like "It (That With Which Will Smith Asks You To Get Jiggy With)." Darla's Kosta Johnson says the group is really just a bunch of best friends hanging out and having a great time. "It's probably the one thing that has the biggest impact on our music," he says. "With each of us bringing different styles to the table...we get a lot of different ideas in writing." In February 2016, Darla played the opening set for Philadelphia natives The Disco Biscuits at The Fillmore. This is another venue to add to Darla's extensive show history, with the band having played everywhere from World Cafe Live to The Fire and more. As for the rest of 2016, it's business as usual. Mike Morrongiello, Darla's bassist says it best: "Yearnin', burnin', windin', grindin', and writing a new EP."

MR. SAMPSON

mrsampson.bandcamp.com

Producer Joe Haderle and drummer Aaron Harel are the two halves of the live electronic duo Mr. Sampson. With Haderle playing sample pads, midi controllers, and keyboard, and Harel on drums, Mr. Sampson creates (as they put it) "electronic hip-hop funky soul music." After meeting and jamming together in the Drexel dorms in their freshman year, Haderle and Harel began to work together more seriously. Inspired by artist Pretty Lights and their live band, the duo decided that they would take the music they composed to the stage with live musicians. Both members speak passionately about the dual nature of their musical venture. "Every time we play a show, I get a big burst of inspiration," says Harel. On the other side, Haderle is a self-professed addict when it comes to composing, claiming to have been writing music and beats almost every day since age 16. In January 2016, Mr. Sampson released their "Tempest" EP online. The three-track mix definitely shows the influence of artists like Pretty Lights, combining soulful instrumentals and vocals with just the right amount of glitchiness to create an intriguing sound. It's the perfect soundtrack for a commute to school or work, for studying, or for just hanging out at home. Don't get it twisted, though — this is not naptime music. The relaxed keyboard on the album's namesake track is contrasted by a dynamic electronic beat that keeps you engaged the whole time. With more singles to be released this summer, 2016 is looking to be an exciting year for Mr. Sampson. Don't be surprised to see them on the festival circuit. Having already played at the three-day Great North festival last year in Maine, it was only a matter of time before they'd expand to new audiences.

KASHISH

kashishmusic1.bandcamp.com

Originally from New York City, singer and songwriter Kashish's musical style fuses pop, hip-hop, R&B, and soul. While these genres are common to Top 40 radio, Kashish manages to add her own fresh twist that separates her from her peers. A singer since she was small, Kashish reminisces about home videos of her giving impromptu performances to her family and their friends. "As cliché as it sounds, it was just something I always loved doing. I've never really envisioned myself doing anything else," she says. With her smoky powerhouse vocals, and observant, personal lyrical style, Kashish explores her world. She draws inspiration from her daily experiences and her deepest thoughts. In 2015, Kashish released the music video for her cover of Beyoncé's "Haunted." Since then, the video has gotten over 1,000 views and provided the launching point for the release of her debut EP, "The Hype." Released in May 2015, "The Hype" showcases Kashish's expressive voice and lyrical sensibilities. The song "Beauty Scars" describes the struggle that many women have when it comes to body image and confidence. Her sensitivity and strong message create a track that resonates with contemporary audiences. "You're perfect just the way you are! Celebrate your beauty scars," she sings. It's no surprise that "Beauty Scars" has been immensely successful among her fans. After taking a break in the summer of 2015, Kashish has begun work on her next EP, "With Love." The music industry will always need more strong women — it's good to know that Kashish is on track.
AFTER GRADUATION, IT'S not uncommon for students to be faced with this difficult choice: Do we take a job that pays well, or do we pursue something we're passionate about? Donni Zhang, a graduate from Worcester Polytechnic Institute, is one of the people who chose the often more difficult road of following her heart. Her determined efforts, commitment to challenging herself, and focus on doing the things she enjoys has produced two companies — Life Goes Easy and Rush Runner. Only a person with such an energetic personality would be able to run two companies simultaneously this soon after getting out of school.

During her four years studying mathematics, Zhang was able to showcase her "I'll-try-anything-once" mentality by not only being a mathematics TA, a vocalist in a band, a pianist, and even a tailor! It was this dabbling that made her question herself after graduation. Did she really want to take a high-paying job if she didn't love it? Or could she transform her hobbies into a successful business? After thinking long and hard, Zhang made the gutsy move to turn down a job offer and pave her own way.

Zhang's company, Life Goes Easy, was inspired by her own experience as a college student. After she came to the U.S. to attend Worcester Polytechnic, she found herself facing the dreaded "Freshman 15." While she wasn't a fan of exercise at the time, she began doing easy workouts and progressively challenged herself, becoming more fit. It was her workout diary that she shared with friends in a WeChat conversation that was the beginning of Life Goes Easy. Eventually her workout notes became so popular in her circle that people began sharing them with a wider audience. She realized that, with a little more effort in her notes, she could post them on a public platform for even more people to see.

Zhang's blog posts combine professional nutritional knowledge and her own experience to create personal content that is fun to read and has a basis in science. After graduation, Zhang was confident enough in her readership that she decided to make Life Goes Easy a business, producing fitness plans, diet plans, and other customized services for her customers.

Rush Runner, an Asian food delivery service, is Zhang's second company. Rush Runner's mission is to connect foodies with the best Asian restaurants in the Boston area and bring people the food they crave through an easy-to-use app. What's unique about Rush Runner, compared to companies like GrubHub or Seamless, is that it allows you to order dishes from different restaurants at the same time. Rush Runner also utilizes Apple Pay, so the customer doesn't have to enter their financial information into the app.

A foodie herself, Zhang refused to give up her favorite foods when she was trying to lose weight. The idea for Rush Runner was then born. Compared to Life Goes Easy, Rush Runner is much more complicated to run. With Life Goes Easy, Zhang is able to rely on herself alone to create content and serve customers. Here, Zhang needs her own effort, along with cooperation from restaurants, app-builders, and most importantly, investors. After building the team she needed, she was able to promote the Rush Runner app at her university. In regard to the new challenges she's facing, Zhang says this: "When I was studying mathematics, sometimes I would skip the problems I didn't want to deal with. But now, in order to achieve my goals, I have to push myself and problem-solve, even when I'm really unsure of which way to go. It's really made me grow." Now, there are more than 30 restaurants that Zhang works with in Cambridge, and the number keeps growing.

It's often easy to think that, as we enter the world after college, we're set on a particular path dictated by what we majored in. However, Zhang is proof that we can break out. Our passions are just one place where opportunities can hide. Turning a hobby into a business not only allows us to do the things we love, but also can give us the courage to overcome challenges we never thought we could.
JOINING A GYM can be like getting married: the contract is binding and it takes months to get out of. Sometimes you lose more money by trying to quit. Recently, fad workout classes have been replacing traditional gyms, but with package deals running into hundreds of dollars you can be stuck in the same situation. To save you money and time we tried the most popular of all the fad workouts so your money goes farther.

We are Gina and Nikki, your reviewers who have never been involved in these workouts except on social outings with friends.

GINA: While I am a gym regular, I am also an elliptical regular doing the same thing every day. I have never gotten into any classes because I am not coordinated. Needing to spice up my own workout and preventing you from falling into the same rut has motivated me to start trying these classes.

NIKKI: Self-proclaimed fad workout addict. I get bored with my workouts way too easily and am always looking for something more interesting. I compulsively buy Groupon workout plans so that I don’t have to commit to anything for more than a couple of weeks. If one of these workouts can keep my attention it will be exciting and get my heart rate up!
INTERVAL SPINNING For high intensity and impact in your workout, classes at Body Cycle Studio offer a traditional spin class based on interval training. Popular music and upbeat instructors keep you motivated throughout this killer 45-minute ride. We walked out with very different feelings. Gina felt great as there was no coordination needed to be successful, and the quick pace on the machines was a lot of like her usual workout. Nikki has never been a big fan of the leaning involved in spin classes as it hurts her back, so this class was no exception. The one thing we did agree on was that this was the most difficult spin class we had ever been to. The bottom line is if you are a fan of high intensity classes and aren’t prone to back problems then this is a great class for you.

ZUMBA “Smile, it’s a party!” This is what our Zumba instructor yelled enthusiastically as we shimmied through this hour-long workout. Based on Latin dance moves, Zumba is praised for its cardio benefits and its upbeat tempo. We had both been to Zumba classes in the past, and Gina was dreading it as in the past she has stumbled, doing moves not even close to the instructor’s. Her opinion still stands that she is not a dancer and shouldn’t be encouraged to go anywhere near this class ever again. Nikki enjoyed the class and was laughing for most of it but felt it was a bit difficult to take seriously as a workout. This class can be fun and a great workout depending on who the instructor is and what their style is.

BODY SCULPT YOGA The first class we attended was Body Sculpt Yoga at Corepower Yoga. This 45-minute session incorporates weights into traditional yoga poses as well as push ups, planks and other strength exercises to lengthen and tone muscles. We both had been to our fair share of yoga classes and were expecting our early Sunday morning class to be a relaxing way to start the day. We were very wrong. The addition of weights and strength exercises makes you work every arm muscle that has been hiding, guaranteed to leave you dripping sweat. Gina loved this part of the workout in comparison to traditional yoga which sometimes feels a little slow. Nikki loved that the fact that the class was low impact but still forced her to use her muscles. There is never a moment where your muscles and mind are not fully engaged.

BARRE Looking for a class close to the Drexel campus that will get you looking like you are ready to walk the runway? Drexel’s Daskalakis Athletic Center (or the DAC) Barre class will give you the results you want. Nikki had been to Barre before and as a former dancer was always a fan, but this was first for Gina and her lack of coordination made her nervous. In comparison to other Barre classes, Nikki found this class to be a great workout. Gina also enjoyed the class despite her fear of the dance studio. The moves are done slowly enough and with enough repetition that she was able to keep up. Walking out of the gym, we both agreed that we would be aching the next day and we now know why this is the choice for so many celebrities and models.

BODY COMBAT Possibly the newest of the workout fads we tried is the boxing workout. A favorite of many top models, it combines cardio and toning to get long muscles while burning calories. You might not be able to afford the private trainer to box with, but the DAC’s Body Combat class can give you similar results at a fraction of the price. Bring the class fanatic she is, Nikki had tried it before while Gina had not. Gina liked the quick, upbeat tempo of the class but considering the quick switches in movement was usually a step behind everyone. Nikki had fun and enjoyed the constant engagement and high energy of the class. We both agreed that this was an effective workout and could definitely feel the results of it the next day.
CARNIVORE’S DILEMMA

A normie, a gluten freer and a vegan walk into a bar...

MELISSA: I’ve been labeled ‘the normie’, which, in terms of food, means I am lucky enough to not have any dietary restrictions. I love that I get to gorge on meat, dairy products, and gluten. Though my food choices are not limited, some of my friends’ choices are, so I decided to drag them along on my quest to try food that they eat because of their restrictions. Gluten-free and vegan food don’t always have the best reputation, but this normie is here to shatter that assumption. A normie, a gluten-freer and a vegan walked into a restaurant where the normie samples the food of her dietary restricted friends... wish me luck!

MAD MEX, UNIVERSITY CITY
3401 WALNUT STREET

VEGAN Full Vegetable Tacos with Vegan Cheese $11.50
Filled with brussel sprouts, cauliflower, and butternut squash and topped with cilantro and a buttersquash mole, the Full Vegetable Tacos were delicious. My first bite was all squash and the vegan cheese surprisingly only had a slight taste difference and really complemented the meal. While my taste buds were aware that I was eating an entirely plant-based taco, this dish was a great start down the vegan path.

GLUTEN-FREE GRILLED Steak Tacos on Corn Tortillas $15.00
The only thing that contains gluten in a normal taco is the flour tortilla. After taking my first bite, I am a fan of its substitute, a corn tortilla. It’s more flavorful and texturized and honestly, I think it tastes better than the flour alternative. Team Corn Tortilla till I die! Filled to the brim with steak and grilled onions and topped with guacamole, there’s no way I would have pigged these savory tacos as gluten-free.

SABRINA’S, POWELTON VILLAGE
227 N 34TH STREET

VEGAN Tofu Scramble with Potatoes and Multigrain Bread $10.00
I am not the biggest fan of tofu in general. I find the combination of spongy texture and lack of flavor just gross. HOWEVER, Sabrina’s knows how to do tofu. The seasonings they use add complex flavors to the dish that render the tofu unrecognizable. The fried potatoes and multigrain toast push it over the edge. I’d even say that this tofu scramble is my all-time favorite breakfast, but because I love carbs more than anything, I’d like to challenge Sabrina’s to come up with some vegan pancakes.

GLUTEN-FREE CALI Turkey on Gluten-Free Bread $11.00
I’ve been told that what a true gluten-freer wants more than anything is bread that actually tastes like real bread. Sabrina’s exists for my gluten-freer friends out there. Sourcing their gluten-free bread from Tafetta, a small bakery in Philadelphia’s Italian Market, Sabrina’s creates a masterpiece of a sandwich loaded with turkey, avocado, bacon and sprouts. Topped with red pepper mayo, it will satisfy bread cravings whether you’re a normie or a gluten-freer.

ZAVINO, UNIVERSITY CITY
3626-30 LANCASTER AVENUE

VEGAN Spaghetti Squash without Cheese $11.00
I’m Italian and I couldn’t get past the idea of not eating beautiful, luscious, carby pasta. The spaghetti squash was paired with carrots, zucchini, pine nuts and drenched in a thick tomato sauce. The pine nuts were a great burst of flavor and the various textures were very satisfying. It was amazing that the squash, zucchini, and carrots were just as delicious as regular pasta. I was full and satisfied.

GLUTEN-FREE THE Joey Pizza on Gluten-Free Crust $16.00
I had the Joey pizza, 12 inches of tastiness piled high with sausage, mozzarella, crushed tomato, spinach, garlic, red pepper flakes, and provolone cheese. The crust was gluten-free, made from corn flour rather than wheat, and it tasted exactly like its gluten version. The crust was doughy inside with a nice crispy exterior. I really could die happy eating this pizza.

LEMONGRASS, POWELTON VILLAGE
3626-30 LANCASTER AVENUE

VEGAN Vegetarian Drunken Noodles $11.00
This meal was so flavorful — the vegan drunken noodles, with stir-fried, thick rice noodles with green vegetables, tofu, and chili paste flavored with basil leaves and bell peppers were seasoned with so many spices to enjoy. This dish is aptly named, because in all seriousness, I was drunk on flavors.

GLUTEN-FREE SHRIMP Pad Thai $13.00
While I was super pleased with my drunken noodles experience, I’m going to have to hand over the award for best Thai food I’ve ever tasted to the Shrimp Pad Thai. This dish was the perfect balance of rice noodles, shrimp, sprouts, egg and crushed peanut topping. In my opinion, Thai food is the real MVP in this gluten-free/vegan adventure, it’s definitely the most flavorful.

All of the gluten-free and vegan meals I ate were bursting with flavor. What I’ve found: corn tortillas are always the best choice, gluten-free pizza tastes exactly the same as regular pizza, and vegan Thai food is to die for. My food obsession lives on and now expands beyond my usual dining choices.
WHETHER IT’S A bag of chips while watching your favorite show on Netflix, a bowl of ice cream after a stressful day, or a slice of cake after dinner, snacks and desserts are often the most enjoyable eating experiences. But what often makes these foods so tempting are things like fats, sugars, and salts — they taste good, but aren’t so good for you. What’s a person to do? Luckily, you can still make your favorite snacks with just a few healthier tweaks in ingredients. Here are a few recipes that will satisfy your cravings, guilt-free!

**3 eggs**
- ½ Cup Cake Flour
- 2 Tablespoons Corn Starch
- ½ Cup Yogurt
- 2 ½ Tablespoons Sugar

1. Preheat oven to 350 F
2. Divide eggs into egg yolks and egg white
3. Put cake flour, corn starch, egg yolks and yogurt in one bowl and mix
4. Beat the egg whites
5. Add the egg whites to bowl
6. Bake for 35—40 minutes

**POTATO CHIPS**
Potato chips are the king of delectable, unhealthy snacks. The salt and fat content makes them utterly craveable. For a less greasy, but still crispy version, use your microwave!
- 1 potato
- Salt (to taste)

1. Cut potato into thin slices
2. Put a dash of salt on the potato slices
3. Heat in microwave for 6 minutes

**BANANA ICE CREAM**
Ice cream is a common summer favorite and comfort food. Sometimes there’s nothing better than a big spoonful when you’ve had a bad day. For a lower-calorie, fruit-filled version, banana is key!
- 1 banana
- Any other fruit you like

1. Cut the banana and other fruit into small pieces
2. Put in freezer
3. Blend the partially frozen fruit

**KALE CHIPS**
It’s easy to shy away from leafy greens when all you want is a salty, crunchy snack. Kale chips are a great way to satisfy your craving, with the additional benefits of vitamins and fiber.
- 1 Bunch Kale
- Salt
- Oil (butter with coconut oil)

1. Preheat oven to 350F
2. Use scissors, cut kale into small pieces
3. Add a dash of salt and a splash of oil
4. Bake for 10 minutes

**OATMEAL COOKIES**
Cookies and milk are a well-loved sweet duo, but unfortunately are also a source of empty calories, sugars, fats, etc. These fruit-filled oatmeal cookies are a great, naturally sweet alternative with the added benefit of being a good source of fiber.
- 1 Cup Quick Oats
- 2 Ripe Bananas
- 2 Tablespoons Milk
- Cranberries (raisin, dried fig)

1. Preheat oven to 350F
2. Mash the bananas
3. Add oatmeal, cranberries and milk and mix
4. Scoop onto baking sheet
5. Bake for 15 minutes

**PURPLE SWEET POTATO WITH YOGURT**
Purple sweet potato is a low Glycemic Index food, which gives us a lot of fiber. Unlike rice, it will not transform into sugar immediately and become fat.
- Purple Sweet Potato (6 for small or 2 for large)
- ½ Cup Yogurt
- Garnish (any fruit you like)

1. Preheat oven to 400F
2. Bake purple sweet potato for 30 minutes (until easily pierced with a fork)
3. While baking the purple sweet potato, cut the fruit.
4. Mash potato and roll it into balls
5. Add yogurt and fruit to taste

**YOGURT FRUIT POP**
In the summer heat, a lot of people find respite sitting in an air conditioned room, relaxing in front of the TV and eating snacks. These yogurt pops are a cool and delicious snack that you can keep popping into your mouth without guilt.
- Blueberries
- Blueberry yogurt

1. Dip blueberries in blueberry yogurt
2. Chill in the freezer overnight
3. Enjoy!

**YOGURT CAKE**
Cake is a classic and well-loved dessert, but even one slice might have the same calories as your breakfast. Yogurt is a great, creamy alternative to cream and butter, full of protein and probiotics.
- 3 eggs
- ½ Cup Cake Flour
- 2 Tablespoons Corn Starch
- ¼ Cup Yogurt
- 2 ½ Tablespoons Sugar

1. Preheat oven to 350 F
2. Divide eggs into egg yolks and egg white
3. Put cake flour, corn starch, egg yolks and yogurt in one bowl and mix
4. Beat the egg whites
5. Add the egg whites to bowl
6. Bake for 35—40 minutes

**CHIA SEED PUDDING**
A high-protein snack is often a great way to satisfy hunger without eating a whole meal. Chia seed pudding is quick and easy snack with protein, fiber, and Omega-3s.
- ¼ Cup Chia Seeds
- 1 Cup Milk
- Honey or Fruit

1. Mix chia seeds with milk
2. Cover, and put in the refrigerator chill 4 hours or overnight
3. Eat with honey or fruit
Give the gift of home to a family with a seriously ill child.
www.philarmh.org/donate
IF YOU’RE READING THIS IT’S TOO LATE

Time management skills from a broke, over-caffeinated, sleep-deprived, double-booked D&M senior.

GO WITH YOUR GUT for every project. If you don’t, odds are you’ll spiral down a rabbit hole of 50+ half-baked ideas and come back to the original one anyway. Save yourself some time and heartbreak.

DUMPSTER DIVE for art supplies to save some $$$$. Yes, the 2x4 with a rusty nail through it you found by the side of the road on the way to class is art material.

SCHEDULE a solid 20-minute block of time each day for crying. Scheduled crying is better than unexpected outbursts during class. The latter can throw your schedule off.

RESPECT THE POWER OF PINTEREST! Keep your Pinterest up to date and organized. Pinterest is the source of ALL inspiration.

STORE THE NUMBERS of every restaurant that delivers to the URBN Center late at night. You CAN have the best of both worlds: eating and not risking the completion of your project. Bonus: your group members will love you.

DON’T PRINT YOUR SYLLABI. Honestly, you only need one page of the 25 provided, i.e. the calendar, so save the trees and sync the dates to your laptop or phone.

CARRY SOME DEODORANT and dry shampoo with you at all times. You can keep yourself looking and smelling fresh, even when you don’t have time to go home and shower. It’s okay to be deceptive, just don’t be offensive.

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