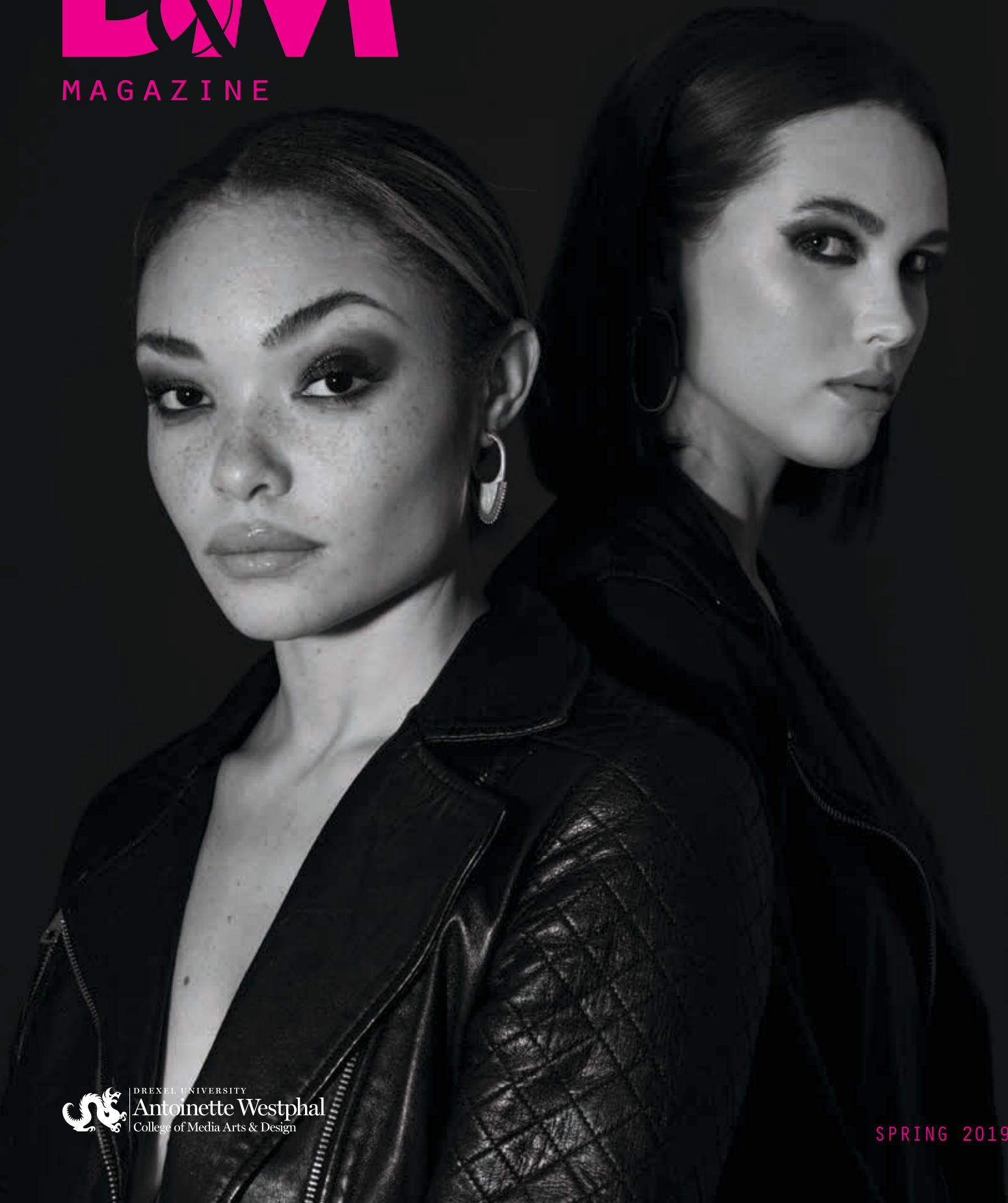


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College of Media Arts & Design

SPRING 2019

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A TOUCH OF PINK



30 classes. Two quarters. Countless pitches. 22 students. And seemingly endless hours of writing and design has lead us to this moment.

In this magazine, you will read stories of all genders striving for the same goal: inclusion. Stories of women flipping the script, men going against the norm, non-binary people fighting for equality.

As an all-female team, we strived to challenge the status quo from the beginning. We, as women, are constantly fighting the battle we were born with, a battle that wasn't our choice, to begin with. We are pitted against each other, the odds stacked against us, as we try to maneuver our way through a male-dominated society with as few scars as possible. But enough is enough. It's time for our revolution.

Read through our pages and join our uprising. Our words are unapologetic. Our images are bold. We are fearless. And it is all tied together with a touch of pink.

– THE EDITORS

cover and above:
styled by **LUISA ROSSI** photo by **ZACH MISCAVIGE**
models **OLIVIA FOSTER & JESSICA KNOBLOCHS**



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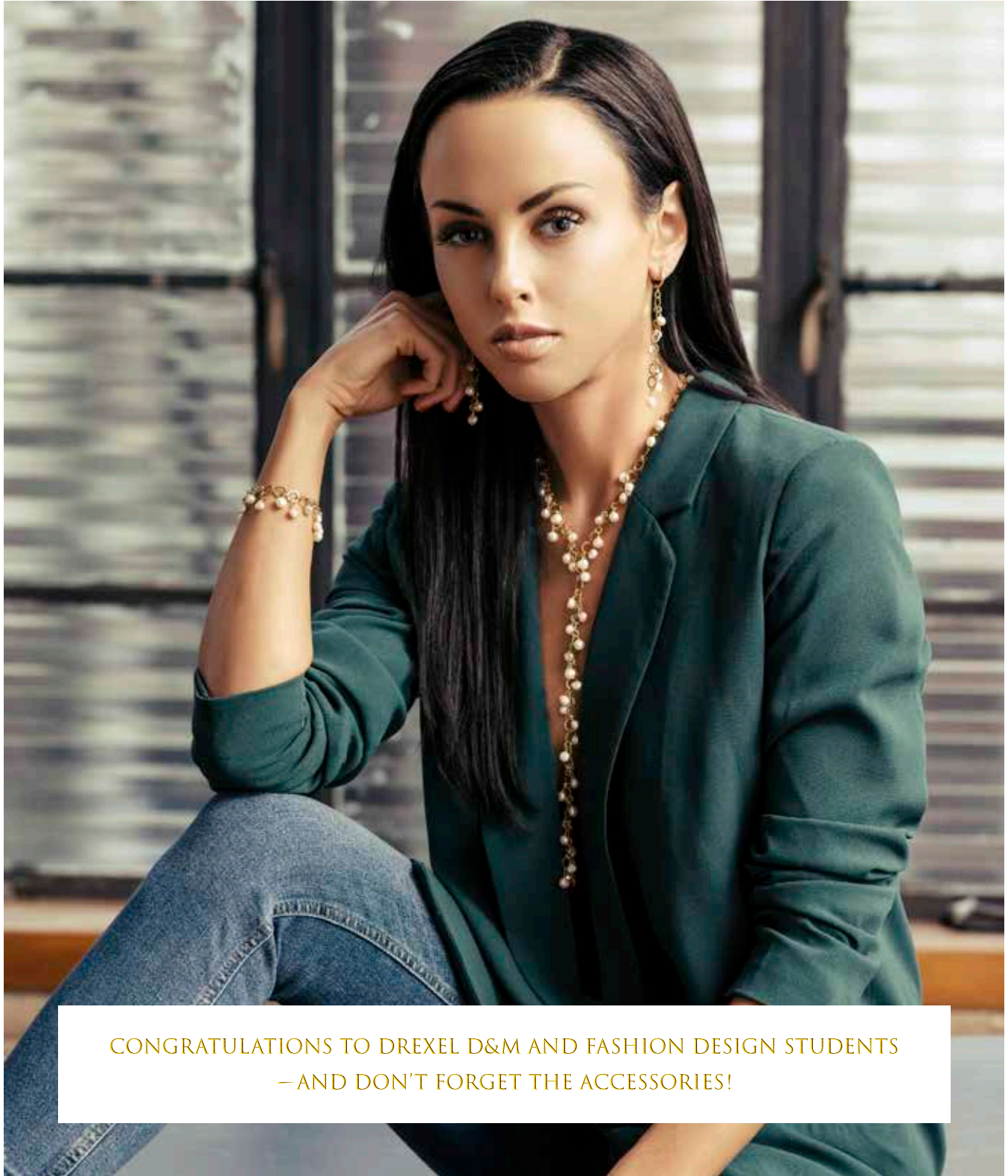


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JOHN WIND
MODERN VINTAGE



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MAGAZINE

editor-in-chief

EVANGELINE HALA

art directors

VICTORIA COSTA

LIZ BAUMAN

style director

LUISA ROSSI

editors

CAMILLA BARCAN

NATALIE KRUMENACKER

photography director

CHARLOTTE KENNY-YAP

staff photographer

ERIN WEISGERBER

digital team

JACKIE DALE

RACHEL CHOI

contributors

MADISEN BELLET

KATE BROSKIE

DANIELLE CALCAVECCHIA

GABBY CRIPPEN

MADELINE DIGUGLIELMO

JOCELYN GARCIA

NICOLE GELFOND

JI HYEONG HAN

TAYLOR JOHNSON

ALEY PHELAN

DANIELLA PILEGGI

VALENTINA ONETTI

faculty editors

NICK CASSWAY

JEN AYRES

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TOP 10 TRENDS

SPRING/SUMMER 2019



Spring **sequins?** Yes, please! You will be shining all season long. Plus, there is no better way to show off a fresh, glowing tan than with some shimmer. With appearances at Altuzarra and Celine, sequins are going every which way from pretty florals to 1980s glam.



ERIN WEISENBERGER

Not-so-mellow **yellow** is all over the Spring/Summer 2019 runways. The season-specific shade is marigold; not too over the top that it's obnoxious but just vibrant enough to grab any passerby's attention. This wearable hue is destined for sunny days.



This trend will give you flashbacks to middle school parties where tie-dyeing was the thing to do, and with appearances at R13, Prabal Gurung and Stella McCartney, **tie-dye** is here to stay. Think bright and colorful, soft and subtle, even on denim...you will not be able to escape next season's grooviest trend. Who knows, maybe tie-dye parties will become an adult theme now!

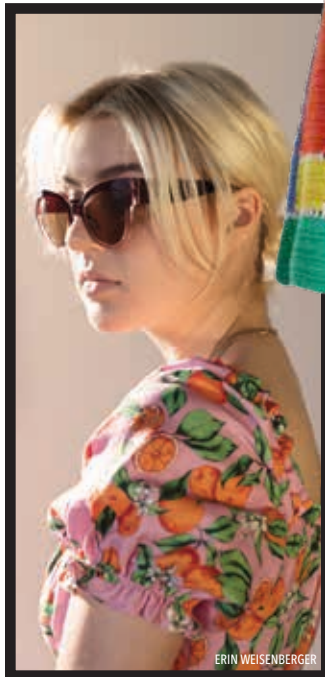


Crochet all day. It's not just for beach cover-ups anymore, crochet now has a higher level of glamour and sophistication. This "wear-everywhere" knit will be a staple in your wardrobe for 2019's warmer months.



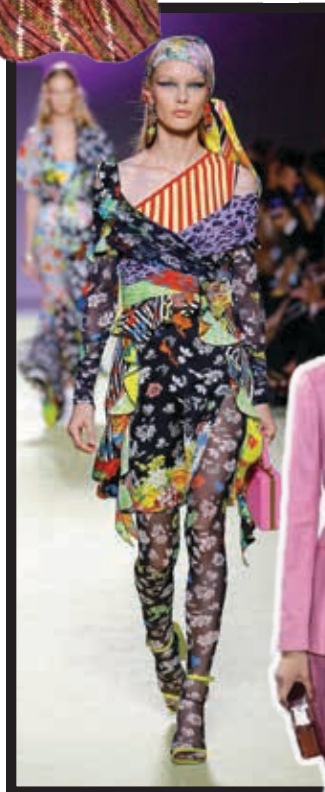
Logos are adorning everything from trench coats to sheer tops to belts and beyond. Designers like Escada and Valentino are becoming more and more creative with logo placement, decoration, and patterns. 1990s Logomania is not going away anytime soon, so stock up on clothing and accessories that scream your favorite brands to the world.

A more feminine take on 1980s shoulders is here: **puff sleeves**. They are less harsh than shoulder pads and can turn any dress, top, or jacket into a statement piece. Made of fabrics such as crisp cotton or light-weight chiffon, your shoulders won't droop no matter how high the humidity.



ERIN WEISENBERGER

Sheer fabrics: Miu Miu designs sheer skirts, Christopher Kane shows lots of (unlined) lace, and transparent florals grace the runway at Altuzarra. This season's sheer is layered over and under just about anything or nothing at all.



Suits are a standout trend for Spring/Summer. Ranging from loose, more relaxed versions at Stella McCartney, to classic tailored options complete with a tie at Celine. Choose from florals, pastels, neutrals, and more to make this traditionally masculine staple more feminine and create a head-to-toe look that means business.



When it comes to patterns, lots of mixing and matching is happening this season, whether you're wearing a full patterned look, a singular garment with multiple patterns on it like at Self Portrait, or multiple patterned pieces à la Anna Sui. **Pattern mixing** is a fun way to make your look stand out. Be creative, embrace the clash – there are no rules!

words by
LUISA ROSSI



Did someone say **fringe**? This statement-making trend is all over the runways from shoulders at Louis Vuitton to skirt trims at J.W. Anderson. Fringe is a fun detail to add movement to any piece in your closet. Get ready to see plenty of fringe flipping Boomerangs on your Instagram feeds.



THESE INNOVATIVE PHILADELPHIA BOUTIQUES OFFER AN INTRIGUING BUSINESS MODEL — BLENDING DURABLE GOODS WITH SERVICES, AND CATERING TO DIFFERENT DEMOGRAPHICS ALL IN ONE SPACE.

words by **ALEY PHELAN** photos by **BRIAN CHENG**



RITUAL SHOPPE

[2003 Walnut Street](#)

The Ritual Shoppe describes itself as a metaphysical boutique and community of artists and healers. They sell an assortment of jewelry, home goods, apothecary, and vintage goods all entirely designed in the USA. Make your home the most peaceful place with soy candles, natural oils, and lots of crystals. If you are looking for more than shopping, the Ritual Shoppe offers reiki and massage therapy services, workshops like Tarot Yoga, and book signings. Zen out after a long day shopping, and pick up some items to make your home more relaxing.



VERDE

[108 South 13th Street](#)

Chocolate lovers rejoice; stopping in at Verde can offer a fix for your sweet tooth while shopping their collection including women's jewelry, accessories, clothing, and home goods. Verde shares its space with Marcie Blain Artisanal Chocolates whose chef handcrafts her chocolates in the studio kitchen in the back of the shop. Imagine the smell of fresh chocolate while looking for the perfect gift for a friend. Just visit Verde to satisfy your cravings with a delicious treat.



ART IN THE AGE

[116 North 3rd Street](#)

Art in the Age is a one-stop shop for the home bartender and stylish gentleman. It is named after a Walter Benjamin essay, "The Work of Art in the Age of Mechanical Reproduction," a cultural critique which suggests that the aura of a work of art gets devalued by mechanical reproduction. Art in the Age has everything you need to impress your friends and family at your next party, including bar tools, mixers, bitters, and glassware. Not only can you stock up on great finds, but you can also educate yourself with workshops, tastings, and home mixology training. Art in the Age also has an in-house line of liqueurs and doubles as a tasting room. For those of you over 21 visit Art in the Age in Old City for the perfect Father's Day gift, he'll never expect.



UNITED BY BLUE

[205 Race Street](#) | [3421 Walnut Street](#)

United By Blue is an outdoor clothing brand whose mission is towards environmental responsibility. For every product sold, United By Blue removes one pound of trash from the world's oceans and waterways through cleanups organized by the company. As a certified B-Corporation, they meet rigorous standards of social and environmental performance, accountability, and transparency. United By Blue carries a wide variety of merchandise including assortments in men's, women's, children's, and accessories. It is the perfect place to go for cozy sweaters and jackets great for the outdoors. What makes shopping at United By Blue unique is that they not only have a retail section but have also integrated a coffee shop. Stop by either of their locations in Philadelphia, on Walnut Street by Penn's Campus or their flagship in Old City to get your caffeine fix and feel great about the products you are buying.



EGAN RITTENHOUSE

[210 W Rittenhouse Square](#)

"The world's tiniest department store," Egan Rittenhouse, is a luxury lifestyle concept store in the heart of Philadelphia. The owner has curated a collection of gifts and beauty products perfect for their location on the ground floor of the Rittenhouse Hotel. Come for some great makeup and check out the wonderful floral arrangements. Egan Rittenhouse offers floral design services for weddings and special events, in addition to their collection of gifts and beauty. The bouquets make for a beautifully decorated boutique you'll want to take pictures of all day.



1/BRUSH YOUR TEETH The fact I even have to write this down is sad. Don't you want to show off those pearly whites? Start brushing them.

2/WASH YOUR FACE If you're a rookie at this and don't know what this means then do the bare minimum and splash your face with cold water as you see in those Neutrogena commercials... don't lie you've been dying to try that. If you've got time, then pull out that anti-aging seaweed bead cleanser and start scrubbing away those bags under your eyes.



3/HAIR Now boys, this one is primarily for you. You of all people should be putting a little bit of extra time in your hair, so you don't look like a complete scrub. Take your HAND or a comb and brush it through. Get it at that right angle that makes girls swoon when you run your hands through it, maybe even throw some product in there like gel or mousse.

GIRLS - bad hair day? You're in luck; there are so many hairstyles you can do like a ponytail, top knot, or braids. Come on you know the drill. Really bad hair day? Throw a hat on or a cute beanie. No one will notice, I promise.

GET YOUR *ISH* TOGETHER

WOKE UP FEELING GROGGY AND TIRED BECAUSE YOU WERE WORKING ON THAT PAPER ASSIGNED THREE WEEKS AGO? YEP, WE'VE ALL BEEN THERE. WANT TO TRY AND LOOK YOUR BEST IN 10 MINUTES OR LESS? HERE'S HOW...

words by **VALENTINA ONETTI** photos by **ERIN WEISGERBER**

Okay, now that you're glowing from the neck up, its time to think about what you're going to wear. And I know some of you are probably thinking this... "oh I'll just throw on the same sweatshirt and sweatpants I did yesterday, no one will notice or care" We notice, we care, and we think you're a total slob for it...I mean come on, are you telling me that you don't notice that week old pizza stain on your sweatshirt? SO let's try this again...let's find something to wear other than those dingy sweats of yours.



4/OUTFITTING First off, I like to take a look at the weather to see what's in store for the day. Did it magically turn into spring in the dead of February?? Who knows, there's certainly a chance! In that case, don't wear your parka, you'll look like a freak. So, jeans and a sweater is pretty much always acceptable for everyone on a college campus, but do your laundry or find a new shirt that isn't wrinkled or stretched out.

If you're a dress or skirt kind of person, I applaud you because you're looking better than any of us at ALL TIMES.



5/THE LAST SPRUCE UP Got a presentation today? Or a speaker coming into your class? Or maybe you want to impress that guy/girl that's been asking you if you've done the econ homework...the same day every week. Throw on some cologne or perfume – your smell can be the biggest turn ON or turn OFF...so don't skip this step.

You may be wondering, why does it matter if I get dressed up and look "presentable" just to go to class? Well I'm here to tell you that by following these steps not only will you look polished on the outside, but you will mentally feel ready and put together for the day ahead of you. Don't believe me? Why don't YOU give it a try...

THE ART OF TAILORING

words by **DANIELLA LUCIA PILEGGI** photo by **ERIN WEISGERBER**

Tailoring is an art form perfected through years of experience and practice. When imagining who a tailor is, we picture an older man, who, equipped with a tape measure and pins, magically transform baggy and ill-fitting suits into clothes worthy of royalty. Not many people possess this training and have that eye for fit. The few that are left are worried that the craft is dying, and newer generations are struggling to learn the traditional ways of tailoring. Commonwealth Proper is a men's custom suiting company located in Center City. For over ten years the brand built its reputation on quality and fit, which is ensured by the in-house tailor, Stefan Ndini. He often looks for extra hands to help with simple alterations, which are primarily young adults fresh out of college looking for a challenge. Although this environment is non-traditional when it comes to style, the technique and craft of each garment isn't something easily taught in school.

Living in Albania at the age of 15, Stefan dreamt of a career as a mechanic working on industrial equipment. Lacking the physical strength for manual labor, Stefan's father suggested he become a tailor. During this time, his family had a very strong influence on their child's future, giving him little option for choice or creativity.

From this point on, Stefan's uncle, a renowned tailor in their small town, began to teach him the art of tailoring. His teaching method consisted of showing Stefan a technique only once and then testing him a few days later. Stefan continuously practiced until he fully mastered the skill, and little by little, he advanced in his skills and started to make pants for people at a low price. He practiced more until he was good enough to be accepted into tailoring school to learn the 'modern' ways of tailoring.

The Albanian Civil War broke out shortly after, and Stefan was drafted to fight for two years. After he returned home, he got a job at an industrial factory, while continuing to hone his craft of trouser construction and pattern making. He had always dreamt of moving to America because of the strong possibilities of growth, as well as the hope of being financially stable. Stefan was able to fulfill this dream in 1996 when he moved to Philadelphia. The first step on his journey to becoming a master of tailoring started with producing flight attendant uniforms at a factory on 12th and Arch Street. Over the next fifteen years, Stefan worked for several families, truly feeling like he had fulfilled his American dream.

Stefan's journey took a sudden turn when his daughter discovered an ad in a local newspaper. It was taken out by the CEO of Commonwealth Proper, Craig Arthur von Schroeder, looking for a master tailor at the custom-suiting brand. Once Stefan stepped in the showroom and showed Craig his incredible tailoring mind, the rest was history. He helped equip the tailor shop and created an everlasting relationship with the company. As the years passed and business grew, Stefan brought on many apprentices, with the most recent one being Lisa Russo.

Lisa, 33, was brought up as a millennial American, learning how to tailor from her uncle when she was fourteen years old. She trained for a year while in



college, buying secondhand clothes from the Salvation Army to practice her technique. When she reached the limit of learning all she could by herself, she decided to go to the Made Institute in Philadelphia for professional training. While honing in on her craft, Lisa found her passion in working with bad-ass suits, leading her to Commonwealth Proper. From the time she started, Lisa shadowed Stefan, watching his process, and learning the same way he had.

Tailors get their start in a very lockstep way – through the passing down of skill from a generous tailor or relative. If you are lucky enough to apprentice as a tailor, a tremendous amount of time goes into watching and practicing until the act becomes second nature. What makes this artistry unique is having a different design challenge with each new client, considering the millions of body types that affect the way a garment lies on a person. This reason alone is why it's so important for new tailors to absorb different techniques and embrace each new challenge head-on.

Tailoring is based on trade secrets and is akin to art more than science, so the industry is based solely on the young learning from the seasoned. This aspect is often discouraging to young designers since most distinguished tailors refuse to share their secrets. But if you do find someone willing to teach, it's important to absorb quickly and practice often. The constant learning makes the industry dynamic and fun especially for motivated young souls like Lisa.

Lisa is willing to learn and is gaining incredible hands-on experience. The art of tailoring is ultimately selling a personable custom experience. The younger market cares about how and where products are made, so a custom-tailored garment is something people will pay for and appreciate. Tailors like Stefan have seen the everlasting transformation of style within the industry. Through fully-canvassed blazers to trousers that look like flooded skinny jeans, it is safe to say that people will always want their clothes tailored to fit the current trends, regardless of price point. It is a continuing craft and growing along with the market for well-fitting garments.



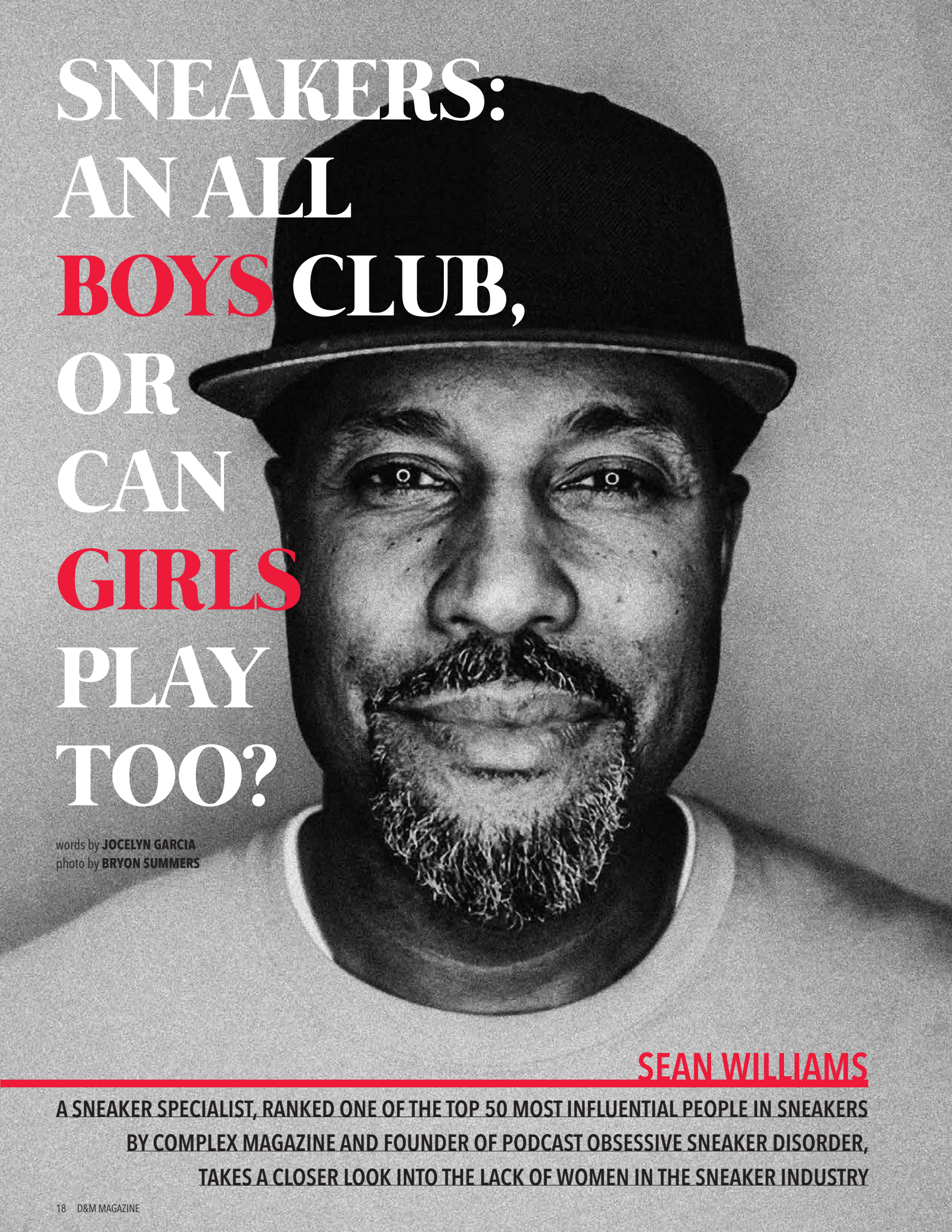
NOTORIOUS F.A.S.H.I.O.N.

*THE EVOLUTION OF MUSIC AND FASHION HAS
A LOT MORE IN COMMON THAN YOU MIGHT THINK.
WHO MADE THESE TRENDS SO POPULAR?
HINT: IT'S PROBABLY YOUR FAVORITE OLD-SCHOOL RAPPER.*

styled by DANIELLE CALCAVECCHIA
photos by JOE HARRINGTON



Models: Keith Taylor, Sydney Schoenholtz, Madison Pointer, Tapehlyn Tapeh.
Left to right: Desert Nike Special Field Air Force Ones. Billionaire Boys Club hoodie.
Bra top, jeans and boxers by Tommy Hilfiger. Nike Air Force Ones. Brandy Melville
tank top. Pants by I.AM.GIA. Adidas Superstars. Urban Outfitters sunglasses. Against
All Odds overalls. High-top Air Force Ones. Bull's jersey.



**SNEAKERS:
AN ALL
BOYS CLUB,
OR
CAN
GIRLS
PLAY
TOO?**

words by **JOCELYN GARCIA**
photo by **BRYON SUMMERS**

SEAN WILLIAMS

A SNEAKER SPECIALIST, RANKED ONE OF THE TOP 50 MOST INFLUENTIAL PEOPLE IN SNEAKERS BY COMPLEX MAGAZINE AND FOUNDER OF PODCAST OBSESSIVE SNEAKER DISORDER, TAKES A CLOSER LOOK INTO THE LACK OF WOMEN IN THE SNEAKER INDUSTRY

As a girl born and raised in the Bronx, having fly kicks was like flexing a new Mercedes. I needed to make sure that whatever pair it was, it would be the sneaker that will make kids stare at my feet and ask, "Where'd you get those?" or make some old head turn around and say, "What do you know about that?" I'm a sneakerhead; I relentlessly hunt for sneakers through various shops to get a hold of that exclusive pair that will force people to look at my feet and say, "Oh, she's in the room." I want my sneakers to represent me without me even having to say my name.

Sneaker culture today is a global phenomenon that has grown from local subcultures and streetwear into a formidable culture industry and high-end fashion market. From its early days and through the growth of hip hop in New York City, sneakers have transcended generations, cultures, and ways of life. The sneaker world is a way for people to connect and learn about one another through footwear. A sneakerhead is anyone who collects, buys or resells. If you love sneakers and their overall history, you're a sneakerhead (and that pretty much describes me.)

As I find out about the latest releases and dates that several collabs are meant to drop, finding that special pair has always been a challenge. It's like a race to see who wakes up the earliest, camps out the longest, and ultimately who is the lucky holder of a winning ticket. It all comes down to opportunity and luck. I pop into a sneaker store ready to drop bank on the unique pair that I can find. The moment I see that pair, the ones that speak to me and just can't let go of, I ask, "Hey man, you got these in a women's size 7?" The retail associate looks at me with condescension and says, "No sorry, men's sneakers start at a 7, women's is on the other side of the store. You can check out kid's sizes if you want." When I go to look on the women's side of the wall every time the sneakers available are lacking: there is little selection, and of those stocked, they are pink, soft colored pastels, and loud prints like cheetah or leopard without enticing colorways. The options for women look tacky, corny and not fresh. So I give a look at my man like, seriously? I want a pair of sneakers that look dope, not some bizarre looking pink kicks. From the moment the sneaker hunt begins, it feels as if the odds in obtaining some of the most coveted sneakers are already stacked up against me.

The disappointing selection of sneakers available on the market for women seems to indicate that women are not a prioritized demographic within the industry. Why is the lack of selection and quality of design for women even an issue? Why is this a trend when more women are becoming part of the sneaker culture?

To get some answers to these questions, I turned to sneaker expert and founder of the podcast Obsessive Sneaker Disorder, Sean Williams. He and his partner Dee Wells are ranked as one of the Top 50 most influential People in Sneakers by Complex magazine. After a long conversation with him, I get to the root of why many women who are sneaker enthusiasts can't seem to get exclusive pairs in their size.

Sean Williams' sneaker disorder began at a young age in the 1970s. At 13, he witnessed the beginning stages of sneaker culture. That first wave of sneakers consisted of shoes coming in a couple of colors and few brands like Pro Keds, Pony, and Adidas. The 70s was a time when Nike wasn't a big deal yet. It was really about Real Masters, 49'ers, 69'ers, the Adidas Shell-toes and it took about a decade later before people started going crazy for Nike shoes even though they've been around since 1972. Like many of the young sneakerheads of the time, everything for Williams revolved around the golden age of hip-hop: graffiti, b-boying, DJ's, MC's and The Fifth Element by Lamont Clark. This foundational book acted like hip-hop's bible, speaking about the passing down of knowledge from one generation to

the next, maintaining continuity of the culture.

Williams' priority with his sneaker talk show is to pass on the knowledge, history, and stories related to sneaker culture, as well as to educate people about the industry. Another priority for him is advocating for the involvement of women, particularly minority women, in the industry. The lack of women in positions of power and decision-making roles within the industry explain why the sneaker selection for women is so poor. Williams argues it is time for this to change.

"THERE ARE THOUSANDS OF WOMEN THAT ARE AVID SNEAKER ENTHUSIASTS AND THERE IS A CLEAR INTEREST THAT HAS GROWN IN THE INDUSTRY BY WOMEN,' BUT THERE IS SOMETHING THAT IS STILL NOT CLICKING."

According to Williams, women's stories are not being told properly or often enough. Female celebrities are favored as models and brand representatives over female athletes with brands believing that by putting a hot girl in some of the latest streetwear clothing and taking high-resolution editorials of them is somehow going to represent what the generation wants. He makes the case by citing the Jordan brand – it is one of the biggest and most recognizable brands in the world, and yet only a couple of women are signed to them. All of the men that are signed are professional athletes like Blake Griffin, Chris Paul, and Carmelo Anthony. Jordan's Womens line has only one female basketball player, Maya Moore, and she is much more accomplished with four championships while the male athletes only have one championship among them. Maya Moore was rookie of the year, she was on the UCONN team that won 192-0, she's been the MVP, and she epitomizes what the Jordan brand is supposedly all about; but they still don't have her sneaker.

Sneaker culture's lack of inclusion for women is related to the larger disparity between female and male athletes in professional sports. The real issue here is that sneaker culture is still mainly a boys club. The industry is dominated by men, such that the top of corporate companies is comprised of middle-aged white men while people of color concentrate towards the bottom. One can only imagine the barriers a woman is going to encounter, let alone minority women, in obtaining a creative position like design or art director. Change needs to happen at the top; something needs to happen to broaden the opportunities for women to become part of the sneaker industry.

According to Williams, the big brands are late adopters to change because they need to keep their shareholders happy, stifling creativity because genuine innovation makes for a risky bet. Companies need to make sure that there is a steady growth of revenue following each quarter, so they keep pushing and cranking out the same product that sells. The sneaker industry is supposed to be one of the most technologically advanced industries that keep providing new content. It all seems incredibly contradictory.

Williams tries to combat the sneaker industry's exclusion of women by uplifting talented female artists like the artist known as Dez who uses sneakers as an expressive medium. A creative as well as a sneaker enthusiast, Dez a.k.a Flykickz has been able to show her fascination with sneaker



“SOULMATE” by FlyKickz

ers through various creative works. Since the start of her creative career in 2009, she first began with paintings of sneakers on canvas to disassembling coveted sneakers as she says, “...with Edward Scissorhands like precision and reassembling them to create works of art that exude a unique style and aesthetic appreciation.” Dez continues to remain focused on her artistry and that her work continues to inspire. Currently, her work is on display in the Sole of Philadelphia art exhibit in Drexel’s URBN building, and she is part of Williams’ pioneering SOLEcial Studies program.

“In order for the industry to change, companies have to hire women,” Williams says. Women have to be educated about the opportunities within the industry as well. This is where companies get a big F in diversity – their hiring practices. Some of the most iconic sneakers in history were designed by women, like the Reebok Shaq Attack. A woman designed the Nike Swoosh logo. Women have contributed greatly within the industry, but are rarely offered positions to show that they can be even greater. Williams

predicts, “What’s going to happen is that you will have more independent brands who will be hiring the right people to make the right product. Then, you will have the big brands start seeing how effective that is becoming and then, they’ll follow suit.” Within the next five years, Williams imagines more women will have become part of the industry, but he also sees the emergence of more independent brands and more women-owned sneaker companies that create a product tailored to women.

Getting a hold of that special pair of kicks that would represent me continues. The conversation of women within the sneaker industry is only the beginning. I now understand that the assortment has already been dictated by a white man in some corporate office that has no sense of relatability to me. The hunt for that exclusive pair will remain relentless, but along the way, I’m confident that I’ll be able to find other female sneakers enthusiasts who are just as passionate for inclusivity within the sneaker world as I am.



1 With a more elevated bottom sole, a circle indent pattern in the front, and an all-white leather look the **Air Force 1s** (\$90) are sure to elevate your street style game. These shoes have been around since 1982 and will stay in your closet for years to come as well.

Try this: Stomp like Nelly and pair these low tops with a printed sundress. The shoes will tone down the girliness to make you feel completely balanced in your look. To emphasize a bolder feminine look, opt for the "All for One's" which are soft pink instead of classic white.



2

Say hi to the **Old Skool Original Vans** (\$60). These black low-top sneaks with white accents in the stitching, and the "squiggle" design are going to be one of the most versatile pair of shoes in your closet. Watch how these "old skools" become your everyday basic sneaker even though you're not a skater.

What the heck do I wear with these? Throw on some grey joggers, a white tank, a flannel, and a beanie. Feeling like too much of a skater? Swap out the black and white for the light birch tone.

THE 5 SNEAKERS YOU MUST HAVE IN YOUR CLOSET

LONG GONE ARE THE DAYS OF BOOTS, SANDALS, AND FLIP-FLOPS; NOW, EVERYWHERE YOU GO YOU SEE SNEAKERS MADE FOR EVERYTHING BUT THE GYM.

words by **NICOLE GELFOND**



3

Everyone should own the **Chuck 70 Core High Top Sneaker** (\$90) because it adds an authentic, vintage vibe to your look. Instead of a stark white sole, these kicks give off a cool "rough around the edges" vibe that makes every outfit look unique. *How do I make these look cool? Grab your favorite pair of overalls, a white tank, and some high socks to match. If you're more into color, go for the '70s High Top Sneaker in Gold (\$85). These mustard yellow shoes will bring a brighter vibe to your outfit, without being too electric.*



4

Life hack: no one ever said you must wear heels to a bar. Break up with your heels and throw on the **Vans Perf Leather Slip-ons** (\$60). With no laces and a clean look, there's no hassle. The leather surface will upscale your look even though you're wearing sneakers.

How can I make this look "elevated"? Throw on some Levi's 501 skinnies, a black square neck body-suit, and a red leather jacket. If you are looking for a pattern to add, choose the Vans Checkerboard Slip-ons (\$50), they can break up the solid color story of your outfit and make you stand out a little more.



5

Last, and what many consider least, is the **Nike Women's Lunarepic Low Flyknit** (\$80). With their mesh material that allows your feet to breathe and their flexible rubber sole that provides free movement for your feet; these shoes will complete your athleisure look, making you look fit at the gym without seeming like you're trying too hard.

How do I put together a cute gym outfit? Throw on some Lulu Align Leggings, cropped tee shirt, a hoodie, and you're ready to sweat it out. These shoes will make you feel so cool that you're going to want to stay in them long after your workout. With a variety of colors to keep you looking fresh, there's no pair you won't love.

IF COSTUMES COULD TALK...

words by **TAYLOR JOHNSON**
illustrations by **MADELINE DIGUGLIELMO**



1930

JESSIE FRANKLIN TURNER

I'm actually getting a chance to speak for myself? Now ain't that snazzy! Well, where do I begin? In the 1930s, dolls got all dolled up in duds like me whenever they went out. Floor length gowns in silk... Now that was popular. My designer was no fella by the way! She was a dame that was known for having a luxurious and unconventional design point-of-view. Let me tell you something that is slap-happy. I am a negligee, which used to only be worn in the house. Hooey! Can't imagine not going out to a hop. Abyssinia!

1940

CHRISTIAN DIOR

Hello. It is very nice to meet you all. We costumes do not ever get an opportunity to speak for ourselves, so this is really a treat. In the 1940s, women had made another significant step in the workforce. Two piece suits like me were worn by dames who were looking to show they were not chuckleheads. I was not worn for going out on the town, as they say, I was worn as a symbol of... progression, and that was on the beam. My designer is known for his new look and revolutionizing the female silhouette. Is that not swell?





1950

JAMES GALANOS

Hello, my public! In the age of glamour show-offs like Marilyn Monroe and Elizabeth Taylor, aren't I fab? How could I not be? In fact, you all are lucky that I am speaking to you, I cost a lot of dough! In the 1950s, ladies killed in defined waistlines and full, billowy skirts, which means that I certainly was made in the shade when I was created. In fact, my designer was known for his expert craftsmanship! If you need an example, you're free to cast an eyeball at me! I'm worth it.

1960

HUBERT DE GIVENCHY

Bonjour! Ravi de vous rencontrer... Oh, that's right I am not in France anymore! Though I do see this country is quite a melting pot, so maybe there are some of you that speak French. Ce serait merveilleux! In the 1960s, French fashion was a major influence on trends in the United States and continues to be to this very day. I am proud to have been created during a decade that was such a significant time for my country. One thing that my designer was known for was the dress that the American actress Audrey Hepburn wore in that movie. Oh...what was it called? Never mind. Au revoir!



1980

GEOFFREY BEENE

What's up! How you doing? Man, this is so gnarly! Garments getting the chance to speak, so fresh! First off, I'm an evening jacket. I'm not a gown or a suit. Not saying that either of those things is lame, don't get me wrong! Just saying that I'm different, so chill. Anyway, I come from one of the baddest decades for fashion. For real! It featured bold styles, bright colors, and bangin' silhouettes. My designer was a no-nonsense New Yorker who was down for doing some unconventional work, mixing unusual fabrics. He was deadly that's for sure, which is why I'm so flash!

NOSTALGIA

Never looked this good

styled by **NICOLE GELFOND,**
LUISA ROSSI & LIZ BAUMAN
photos by **ZACH MISCAVIGE**

'60s Dress - Urban Outfitters, Tights - Anthropologie,
Shirt - Romeo+Juliet



'70s Dress - Nanette Lepore, Shoes - Urban Outfitters

AS THE SAYING GOES "THOSE WHO FAIL TO LEARN FROM HISTORY ARE DOOMED TO REPEAT IT", BUT IN FASHION THE ONLY FAILURE IS NOT ACKNOWLEDGING HOW COOL SOME OF THE PIECES IN YOUR PARENT'S CLOSET ARE. GIVE NOSTALGIA A SECOND LOOK AND EXPERIENCE IT LIKE IT'S THE FIRST TIME.

'00s Dress - Urban Outfitters, Jacket - Target, Bra - Dolls Kill, Skirt - Free People, Shoes - Juju



'08s Sweater - Free People, Shorts - Urban Outfitters, Shoes - Reebok, Dress - Urban Outfitters, Scrunchie - Amazon



'90s T-shirt - Brandy Melville, Dress - Brandy Melville, Tights - Free People, Fishnet Top - Free People, Nirvana graphic - Urban Outfitters, Flannel - Urban Outfitters, Jeans - Urban Outfitters, Shoes - Doc Martens

THE CHICKS BEHIND THE FLICKS



THREE WOMEN ARE SHAKING UP THE FILM MAJOR, ALSO KNOWN AS “THE BASEMENT,” AND SHARING THEIR EXPERIENCE OF WHAT IT IS LIKE TO INFILTRATE THE “BOYS CLUB.”

words by **JACKIE DALE**

The film & television major at Drexel University is a hands-on comprehensive major that allows students to focus either on Film or Television production. The faculty, with broad industry backgrounds, is comprised of 28 full-time and part-time instructors. Each graduating class has approximately 60 students with a male to female ratio of 2:1. The 28 person faculty closely mimics this with a male to female ratio of 3:1. With the growing awareness of sexism and harassment in Hollywood, it is clear the gender representation in the film industry begins within the education process. A cinematographer, writer, and production designer share the struggles and triumphs of being women in the film major.

REBEKAH BURROWS CINEMATOGRAPHER

When looking around on set, you'll spot senior Rebekah Burrows behind the camera. Burrows always knew she was a creative person and quickly realized that cinematography was the route she wanted to take. She placed a strong focus on learning about the operating techniques and the creative decisions that go into filming a shot. Despite warnings from her professors that women are not always "strong enough" to handle the equipment, Burrows has continuously pushed herself to defy expectations and disprove stereotypes. She is usually the only girl in her camera classes. Unfortunate-

ly, the physical requirements of operating heavy camera and film equipment work to create a sexist myth that women are less fit and less ideal to meet basic work needs. The overstated gate-keeping mechanism of this physical requirement works to discourage women from pursuing cinematography.

Despite experiencing the industry's gender-based problems, Burrows is confident that her classes are properly preparing her for the industry. Burrows shares that her most useful classes are ones in which she learns how to use and become certified in the professional level Red and Arri cameras. Certification in specific industry-standard cameras is a giant leap towards her future and success in the film world. Although she is typically the only girl in her camera classes, Burrows has already found ways to show her talents. Last year, she was involved with a senior project that utilized an all-female crew. She was proud that she was able to provide her services as one of the very few female camera operators. This opportunity inspired Burrows to focus on feminism in the film major as her topic for a documentary class. In her film, she follows the all-female crew at length and brings to light issues of gender disparities that are not always disclosed or discussed in the major. The crew discussed their experiences of being marginalized and an overarching problem of being interrupted by male classmates, and an overall feeling of not being heard.

This past year, the very first woman was nominated for an academy award for cinematography. Triumphs like this remind Burrows that women in the industry are accomplishing the exact goals she has made for herself. Rebekah has stuck to her guns and persisted despite a sometimes adversarial learning environment. She can attribute this to seeking out other women for advice and inspiration. She likes to remind younger classmates to "stick to what you want to do and don't let people stop you" and to always "find another woman you can look up to and ask for advice." Burrows is proof that not being "strong enough" to operate film equipment is no excuse to hold women back from full participation in the industry.

RACHEL PRETTYMAN COMEDY WRITER, EDITOR & DIRECTOR

When she first started at Drexel, Rachel Prettyman would often doubt her ideas and skills. She attributes a narrative class she took during her sophomore year for helping her come out of her shell and marked her debut as a filmmaker. The course, as well as her classmates, offered the support needed to trust herself and create a film in a genre that she genuinely enjoys. From this moment on, she had the confidence to pursue her love of writing comedy.

The notion that "women can't be funny" is a comment that Prettyman has been combating since freshman year. Women's supposed unfunny-ness is a trope that is continually referenced in popular culture and even in academic settings. Prettyman says she has read countless articles about women's "unique" relationship to humor: from why they are funnier than men, to why they are not funny at all. But, when she stops to think about it, she has never read an article about men's relationship to humor. She argues that this creates an exhausting environment where she says she is always forced to prove herself as both a writer and a comedian.

Prettyman revealed she has had her ideas, feelings, and voice go ignored at school. Harassment in the industry is "something you're going to have to get used to," she has been told. One of her most surprising encounters happened while she was interning. After an interview, her boss

decided to discuss possible candidates in front of her. While talking to a female employee, Prettyman's boss openly admitted that he preferred guys around because he liked to have a "bro-y" environment where he was safe to make "poop jokes." Prettyman ended up feeling deeply unsettled knowing that other women, as well as her friend, were unfairly passed up for a job.

Writing comedy can be a difficult feat; when writing for a comedy class, Prettyman decided to take a risk and write about a hilarious sexual encounter. She expressed that it was nerve-wracking to be that vulnerable but, in the end, was genuinely praised for her unguarded comedic writing. Prettyman advises that students should never "be afraid to put their best self out there" and to "take yourself seriously." The risks you take within your major can end up being the most rewarding decisions you make.

JULIANA KUTTRUFF PRODUCTION DESIGNER & MAKEUP ARTIST

One of Drexel's few Production Designers is also their most talented gore special effects makeup artist. Juliana Kuttruff has been designing makeup looks since high school. What started as a small exploration of her creativity during freshman year turned into switching her major to Film and being booked for makeup jobs every weekend. As one of the only experienced makeup artists in her major, Kuttruff became immersed in a creative atmosphere that led to her interest in production design. Production design encompasses designing all the visuals and creating an overall aesthetic for a project. With this, Juliana designs not only the hair and makeup for film projects but also the entire color palette and mood of a production. She is one of only three students in her class that specializes in production design.

While all gore artists take pride in their art looking terrifyingly realistic, who else but Juliana Kuttruff has had the city cops called for being too realistic? Once, Kuttruff was helping a friend with an experimental short that involved many strange scenes with blood (that she made) on a drop cloth. At the end of the shoot, Kuttruff simply threw away the "bloody" cloth. The next thing she knew; the Drexel police had notified the Philadelphia police of a "suspicious disposal" in the dumpsters behind the University Crossings building. A hunt for Juliana ensued followed by an explanation. In the end, an email was sent out to the film majors scolding them for wasting the police force's time.

While film is a fantastic outlet for all of Juliana's creativity, she has had to deal with a lot of adversity. Since the ratio of men to women in the major is about 2:1, there have been many times where she has been the only female on a set. She has had to deal with the discrimination that comes with being in a "boys club" and has even heard one of her classmates exclaim how much he hates when classmates "pull the women card" to get hired for jobs. She has even had to deal with actors on set trying to kiss her, grab her hair, and make sexual jokes. Kuttruff articulates that her major is very much a "microcosm of Hollywood" where she is continually fighting to get the respect she deserves as a female designer.

The struggle to be heard in a male-dominated major is all too relevant to the ladies in the basement. The need for equality in film is apparent, as these students have had to fight against the odds for the opportunities they deserve. The "boys club" better make some room; these women are paving the way for other female filmmakers to pursue their passion.

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EMBODYING

Perfection

“THE FIRST TIME I EVER FELT FAT I WAS IN THIRD GRADE AND I WAS SITTING NEXT TO ONE OF MY FRIENDS WHO WAS LIKE JUST VERY SMALL FOR HER AGE AND I WAS LIKE ‘OH MY GOD, I’M SO DISGUSTING.’”

—SAMANTHA, 20

words by **EVANGELINE HALA & CHARLOTTE KENNY-YAP**

illustrations by **MADLINE DIGUGLIELMO**

Body image plays a major role in our sense of self-worth, but what happens when a negative body image becomes almost obsessive, dangerous, or even life-threatening? Masters Student in Psychology, Elizabeth Lampe, at the Drexel WELL Center, explains that the most important thing to understand about eating disorders is that “they are just as much about how you think and feel about eating as they are about what and when you eat.” Cognitive Behavioral Therapy and Family Based Therapy help with eating disorders to try to improve people’s thoughts and attitudes towards food as well as their actual eating behaviors.

“What we know right now is that most eating disorder pathology starts somewhere in adolescence; some cases start younger and some that start after adolescence as well, but the majority of people start engaging in unhealthy eating behaviors during adolescence. We also know that, in general, the longer a person has an eating

disorder the lower their chances of full recovery”, Lampe explains about pinpointing the severity depending on when an eating disorder develops.

“I remember being told I was obese at seven years old, which resulted in me trying to skip lunch and dinner because I knew I was overweight. I remember thinking my knees were too fat and being teased for it,” says Kylie, 23, of her earliest memories of body image. The most challenging and difficult part of understanding the eating disorder epidemic is that it is psychological and thus has no clear-cut origin point or straightforward resolution. After interviewing several young women, it’s clear that their stories of eating disorders are all extremely different. Kylie was diagnosed with bulimia with anorexic tendencies in 2013 when she was taken out of her senior year of high school and became an inpatient at the The Renfrew Center’s Eating Disorder Clinic, in Philadelphia. She remembers an addiction

to throwing up and wouldn't stop until she saw blood; she states, "I can honestly say I was in love with bulimia for around two years." After years of battling unhealthy body image thoughts since middle school, from starving herself to being bulimic, everything came to a head in the beginning of her senior year. "At that time, my life was my eating disorder. My hair was falling out in clumps. There was one day I was sitting in class and started to black out. I couldn't hear anything. I was taken to the guidance counselor, and finally I broke down telling her I've been dealing with this since the 8th grade and they told me I needed to go to Renfrew." She remembers saying she didn't care if she died, as long as she was skinny.

How does one get to the point of falling into disordered eating to manage their body size? "I think that's something that people don't realize about eating disorders is that it's not about being skinny, necessarily. It's about feeling like you have no sense of control over your life and feeling like everything is going to sh*t around you, but this is something that you can make happen," Samantha, 20 says about her own experience with anorexia. However, she says outside pressures about being skinny did influence her and her disorder. "When I was in high school and when I was growing up, what I would get praised for was 'oh my god, you're so skinny! I wish.' So now even if I gain a little bit of weight, I'll freak out. It throws me for a loop, and I'll go to the gym every day and restrict myself from eating until I lose that weight again." In high school, Samantha also struggled with undiagnosed anxiety, depression, and ADHD which she says contributed to her disorder. These illnesses affected her ability to do well in school, so she turned her attention inward in an attempt to control and perfect her body instead.

What causes these disorders, though? With the rise of social media platforms and the increase in celebrity influence, there has been a stronger focus on the female body than ever before. Historically, the female body has always been on display with the ideal shape and silhouette for the time, one that has consistently changed every few decades. Rapid change in technology and globalization directly contributes to women's body image. Instead of lessening pressure or losing expectations of women's bodies, beauty norms have only seemed to intensify and multiply for women. What happens when an increasingly impossible standard of beauty is taken too seriously and manifests itself into body dysmorphia or an eating disorder?

The Pennoni Honors College at Drexel University hosted a forum called Body Image: Baring it All About Idealized Figures in October 2018, moderated by Dr. Joy Cox, a graduate of Rutgers University who has studied appearance management and stigma and how it relates to people who live in larger size bodies. There were three panelists: a clinical psychologist Dr. Lizbeth Binks, psychologist Dr. Rachel Millner, and journalist Cassie Owens. Dr. Binks specializes in PTSD and childhood trauma and has identified as fat for most of her life.

Dr. Millner is a certified eating disorder specialist. Cassie Owens is a staff reporter at the Philadelphia Inquirer and Daily News who focuses on modern lifestyles and trends. She explores social dynamics and culture and has recently been studying sizeism and body politics. All together the panelists with their respective professions, brought their expertise and experiences on body image to bear.

There was a consensus that there is a stigma in society against fat people. As a culture, we have developed negative assumptions and prejudices about fatness, or "higher-weight bodies" as the panelists frequently said. In the words of Dr. Binks, "living in a higher-weight body is a trauma in and of itself," because of the disrespect and mistreatment people with higher-weight bodies receive.

First, the panelists discussed the specific way we view "fatness" as a society. Cassie Owens argues that there is a spectrum of what degree of "fatness" is considered acceptable. A large part of this is within the fashion industry. While there has been an increase of "plus-size" models on the runway, there are many women that do not fall into either category of "straight-sized" clothing (sizes 0-12 typically) or plus-sized clothing (sizes 14-30 typically.) In many cases, models wear fat suits to fit into larger clothing because they are not "fat enough" in the right places. Owens compares this and other forms of sizeism (discrimination based on body size) to colorism (discrimination based on privileging lighter shades of skin color.)

Then the panelists discussed the lack of opportunity we give people in higher-weight bodies. As Dr. Millner described, women in higher-weight bodies have fewer opportunities than thin women, something witnessed in schools, families, and even medical institutions. Something that not everyone considers is that larger women get different treatment than lower-weight women. For example, higher weight women may have eating disorders, but it won't be taken as seriously because society wants them to lose weight.

Unfortunately, common misunderstandings of health and wellness conflate thinness with health. Larger women that are healthy but of higher-weight are wrongly pressured by society to lose weight, even when it enforces an unhealthy eating disorder. However, when a lower-weight person comes forward with an eating disorder, that person is usually afforded compassion, sympathy, and dignity. Something also to be considered is the right of higher-weight women to speak on behalf of their own body. "It is a cultural belief that all these different systems have a right to tell me about my body and not believe me when I talk about my body and consider me un-credible because obviously 'she's got an agenda – fat acceptance right?'" says Dr. Binks.

The panelists argued that there is too much of a focus on dieting and not enough focus on healthy eating and exercise, and it is imperative that we differentiate between the two. Dr. Binks referenced Dr. Linda Bacon's famous study on this issue. The study consisted of

“WE HAVE A CULTURE THAT IS PUSHING FOR BODY SHAPES IN ALL DIFFERENT SIZES, BUT THAT SAME CULTURE EDITS THEIR PICTURES ON INSTAGRAM TO MAKE THEMSELVES LOOK A CERTAIN WAY.”

—HANNAH, 20

two groups of people. One group was told to lose weight with exercising and adhering to a specialized diet, which included logging their weight for the study. The other group maintained a healthy lifestyle, consisting of eating “correctly” and balancing a healthy eating schedule, but not specifically dieting. In the beginning, the first group lost more weight than the second, but soon gained the majority of the weight back – and in some cases even more. The second group lost a marginal amount of weight but remained consistent. When looking more deeply, the second group was generally more happy and healthy all around. Because their lifestyle and diet shifted, their physical health improved, and most importantly, their psychological state improved as well. This boost in their mental health impacted their view on their bodies and self-image, and in turn, this boosted their immune system as well as some other physical factors. What this proved was that the weight of the person didn’t matter; it was their lifestyle. With weight out of the equation, not only was it easier to keep a few pounds off, but it was also easier to maintain positive lifestyle changes.

Lampe tells us, “the main feature of anorexia nervosa is restriction, which means that you are eating much less than the average person. Bulimia nervosa is more about a cycle of bingeing and then purging to compensate for that binge that becomes unhealthy for the patient.” Diagnosed with Anorexia Athletic Triad, Amanda, 21, had a very different story than Kylie. She was a competitive track and cross country runner in high school and became a D1 runner at Providence College before transferring home her first year. “My eating disorder was completely tied into my running performance. I knew I had a good body, but I believed to get faster times I had to drop weight to be at a better racing weight, so it all became about performance. I thought I needed to be thin to be fast”, explains Amanda of how her 4-year struggle began. She started high school at 120 pounds and eventually got down to 91 pounds her freshman year of college before transferring home. “I would cry every day. There were nights I thought I would die and I didn’t care. I didn’t have the energy to love myself,” Amanda explains at the worst part of her disorder. She had to tell herself “I am going to get better” once she came home and realized she would die if she didn’t make a change. She took back control of her life and is grateful to have the perspective of a survivor. “I better understand who I am. I know what’s healthy and know what’s not healthy and I am fortunate to have gone through this in my early 20s.”

Hannah, 20, went through a similar experience of anorexia,

but it was different in many ways. “For me, it all started with wanting to get a little healthier when I was 15 years old. I started eating healthy and exercising, but suddenly things changed, and it became over-exercising. Honestly, I didn’t know I had an eating disorder; I just thought I was healthy,” Hannah explains about where her struggle began. She was also sent to The Renfrew Center as well for inpatient in the 9th grade and was outpatient for a couple of weeks and then inpatient again for a month before 10th grade. “Food became something I had to deserve, and I couldn’t just have. It ended up tying itself into a self-love issue as well as depression and anxiety, but at the time I didn’t understand it and didn’t remember much.” Hannah opens up that her recovery is still recent and that she still struggles from her eating disorder. However, she explains fitness, the thing that almost killed her, is what saved her. She has pivoted into an educational role and has found this relationship to motivating others inspiring. She says, “I love being a fitness instructor. My driving force is my job and what forced me to get better. I realized, how could I preach things about fitness and strength if I wasn’t truly following them myself.”

What these survivors of eating disorders have in common is their resilience and commitment to thrive. They were able to access some of the best therapies, dietitians, nutritionists and eating disorder facilities available, which gave them the tools and support systems to confront the root of their disorders head on. They also agree on the danger of allowing unrealistic beauty standards and harmful body size norms to affect one’s self-esteem since comparing oneself to an image on Instagram can have a costly effect on one’s mental health. “All of these images of these girls are photoshopped and edited, and you know that, but seeing them warps your perception of body image, and it is damaging. Simultaneously, we have a culture that is pushing for body shapes in all different sizes, but that same culture edits their pictures on Instagram to make themselves look a certain way”, Hannah states.

These women have found the power to overcome society’s pressures and find themselves through their experiences. While we should applaud their stories, they should not have had to suffer in the first place. It is time to take a stand against sizeism and its direct effects on our mental health. We need to improve our perception of body sizes, beauty, and mental health as a whole. Addressing these issues and being able to spot signs early on can help, as well as igniting a conversation. Shedding more light on struggles like these can help to change the way we take care of ourselves, whether that’s mentally, physically or both.

THIS IS

THIS IS NEVER THAT: THE SEOUL STREET FASHION BRAND WITH GLOBAL AMBITIONS

words by **JI HYEONG HAN**
PHOTOS BY **ERIN WEISGERBER**

THIS IS NEVER THAT (TINT) is a Seoul-based street fashion brand that started in 2010. Its headquarters, located in Mapo-Gu, Seoul, near Hongik University Station. Three friends started TINT, Jonathan (Junhyeong Seo), the Head of Merchandising; Inwook Park, the Director of Design; and Jong-Gyu Choi, the Director of Production. All three have been friends since childhood and half-jokingly discussed starting a brand together while studying fashion design at different universities. They realized their idea had potential, and in the summer of 2010 they launched their brand, THIS IS NEVER THAT. They started humble and small - their debut collection was only comprised of a couple of printed t-shirts and pants since they were new to the business. Their friendship is a strength that allows them to collaborate and brainstorm easily. Seo said that this process is as natural and casual as it sounds, with the guys usually understanding each other's creative visions.

Their design concept is "eye-catching, but not uncomfortable" meaning clothes that are not boring, but also not ridiculous. Their clothes are versatile and utilitarian, inspired by visual culture, artists, and in particular, the magazine Ala CHAMP which is issued twice a year in London and Tokyo. As they design, they consider if each piece of clothing will fit and build off their archive and their larger body of design. They would rather make designs that they love and that their customers love, rather than pander to trends.

The shop, located in a bustling district for arts, culture, and fashion for young people is in an area that is emerging rapidly as a street fashion hub with hip and cool stores. The street called "Youth Street" has lots of clothing stores, cafes, restaurants, live lounges, and busking areas. The TINT shop is not on the main drag, but tucked away on a residential side street, making it a bit harder to find. Their dedicated customers don't seem to mind, however, because when their new collab drops people line up and wait outside for hours. Because of favorable exchange rates, TINT is popular among the Chinese street fashion market. Their obscurity and novelty also make their brand desirable. The shop is quite small compared to traditional retailers, but since their selection is curated and minimal, it feels intimate, exclusive, and similar to other street style storefronts. Their store offers jeans, hoodies, stickers, hats, tees, and the typical offering of street style brands with displays changing seasonally when they have a new collaboration. Seo, Park, and Choi have created a networked portfolio of e-commerce and social media sites and adeptly integrated that into their brand strategy.

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Since their inception TINT has been enthusiastic about collaborating with other established designer brands, so far they have collaborated with Reebok, Vans, as well as Puma. It doesn't matter how big the size of the company is or how famous the brand is or not - TINT only cares about if their collaborators represent similar lifestyles. For TINT, lifestyle means young, active and cool. In 2018, they launched a collaboration collection with Goretex, a company whose reputation for high-quality, outdoor, and water-proof textiles TINT admired. Goretex Korea agreed to collaborate with TINT because this would make them relevant to a younger market demographic. As they made paddings and jackets using Goretex high-tech textiles, they provided consumers a good quality clothing. After a successful collaboration, TINT plans to collaborate with Goretex again for the following season.

With their 10th anniversary coming up next winter, Seo says they hope to expand into the global market in the future. Along with their Chinese customers they have received more overseas orders and their team is also planning to expand to an international webstore and wholesale with foreign stockists. Follow and keep up with their latest updates @thisisneverthat and on Hypebeast.

NEVER THAT

TECH- STYLES

CAPACITIVE TOUCH SENSORS

Structured circuit boards, flexible fabric, and the goal of innovation through combination: The Excite Center at Drexel University is developing a wearable technology to provide amputees with the sense of touch. Richard Vallett set out to solve the provide the ability to feel touch through Capacitive Touch Sensors (CTS) – technology he hopes can give amputees the sense of touch back.

3401 Market Street in Philadelphia is the home of the Excite Center, a hub and makerspace for STEAM (Science, Technology, Engineering, Art, and Mathematics) based projects. Housed within the Excite Center is the Center for Functional Fabrics (CFF), Drexel's lab and home base for textile research and discovery. This space is where Vallett, the lead graduate student heading the project, can develop his patented technology.

How do you make a textile touch sensor? Can you make a sensing device out of a single piece of material? These were the questions Vallett asked himself after noticing fabrics could not conduct electricity without the help of an outside source. Think about the properties of a circuit board – you cannot bend or wash a piece of hardware you might find in your smartphone or laptop. This constraint means it is almost impossible to integrate circuitry with a soft textile. Also, there would have to be hundreds of soldered connections to connect each ending of the yarn to make it functional. It makes sense for hardware, but not textiles. Designers have worked around this by attaching the technology onto the textile after the textile is woven, giving the fabric limited functionality.

This was Vallett's "ah-ha moment." He set a goal to combine the traditional grid of sensing with the woven pattern of yarn. By weaving carbon fibers (found in most standard copy machines) and regular yarn together in an XY grid pattern, Vallett created a pattern on the industrial Shima knitting machine and added a metal grommet to each end giving the newly woven textile dynamic electronic capabilities. Capacitive Touch Sensors (CTS) works in conjunction with the human touch, making the fabric aware of the location and pressure of each touch.

The next question is: What can be made with CTS? The possibilities are endless – CTS offers a solution for a flexible touch interface with consistent location detection, responsiveness, and comfort. The advantage? Connections are larger and cross-functional while still being highly functional and simple. Think of a person with paraplegia. Incorporating this fabric into a skin-tight garment, they'd be able to know and feel if someone was touching them just by connecting the two grommets to a computer. CTS is just the beginning of a textile revolution that is changing the standards of functionality

DREXEL UNIVERSITY'S TECHNOLOGICAL ADVANCEMENTS IN TEXTILES BRINGS TO LIGHT THE STUDENT GENIUS

words by **DANIELLA LUCIA PILEGGI** photos by **ERIN WEISENBERGER**

THE WORLD'S FIRST AUGMENTED BACKPACK

Through a partnership with the Advanced Functional Fabrics of America (AFFOA), Drexel University has successfully created and introduced a mixed-reality backpack into student life. AFFOA's mission enables a manufacturing-based revolution – the transformation of traditional fibers, yarns, and textiles into highly sophisticated integrated and networked devices and systems. This non-profit institute allowed the university to introduce mixed reality to their freshman undergraduates through a product that wouldn't normally give them access to personal information. The LOOKs®Pack uses a unique coded fabric on the front pocket that, through snapping a picture with your phone, gives its wearer the ability to share a song, a picture, or even an avatar.

Hidden in the front pocket of the pack is a QR code woven into the fabric, unique to each pack. This textile offers a new platform that is comparable to a smartphone or smartwatch. Although the technology is simple, Genevieve Dion, Director at Drexel's Center for Functional Fabrics, says, "it's never been done before."

Set up is simple – download AFFOA's LOOKs® app, create an avatar, and connect to your social media accounts. Once the setup is complete, you can walk up behind any pack, capture a photo of the front pocket, and access any public information or even send a Starbucks gift card. The pack can be easily spotted throughout campus as the white and grey check pattern is a clear indication of anyone who participates in the program. Students can easily meet classmates and exchange information through this innovation in wearable tech...although they may not want to after watching too many episodes of *Black Mirror*.



3D PRINTED YARN

Nicole Feller-Johnson is a digital knitwear designer and design researcher who specializes in complex construction and digitally fabricated knits. She has transformed the way fabric is traditionally structured by creating a unique pattern to 3D print endless strands of yarn.

Yarn is a soft object that comes from spun thread of cotton or wool fibers. It can be loosely or tightly woven, which then leads to the final product of a knitted textile. Feller-Johnson set out to expand accessibility by adding elements of weight bearing, elasticity, and retraction to a 3D printed object. Her inspiration was the form and structure of the millipede and strived to answer the question few designers have thought to ask: What is yarn, and how can it be woven in a new way?

This simple and optimized design of yarn can be printed and connected into an endless strand. It connects through a kinetic floating joint that allows it to bend and weave like a regular piece of yarn. Created by a very simple base optimized with 3D modeled connectors, the patent-pending design allows for seamless 90-degree angles. This 3D model takes the capabilities of traditional yarn a step forward with structural integrity and woven, plastic textiles.

Feller-Johnson implemented this technology in her featured collection piece in the 2018 Drexel Fashion Show and is currently working on some structural limitations, including the actual act of weaving the yarn together. Her collection entitled *Lit From Within*, featured in the *Russia Mercedes-Benz Fashion Week Contrfashion collection*, focuses on a dress created with the 3D printed yarn and a yarn-less laser printing process. With a body-conscious silhouette and intricate surface embellishment, Feller-Johnson utilized advanced techniques in 3D printing, laser cutting, Shima knitting, and tambour embroidery—a couture technique primarily used by luxury brands like Chanel. Feller-Johnson also won Drexel's *Most Original and Creative Graduate Research Excellence* award based on her discovery and innovative designs.

"To wonder is better than to be sure," says Nicole Feller-Johnson; she's an innovator who's come a long way and learned from the art of wonder.

*WHEN YOU'RE THE ONLY WOMAN IN THE ROOM,
SOMETIMES YOU CAN BE MADE TO FEEL LIKE YOU DON'T BELONG.*



Katie Tiarks Construction Management

*THESE DREXEL STUDENTS ARE PROVING THAT YOU SHOULD
THINK TWICE BEFORE ASKING **ARE YOU IN THE RIGHT CLASS?***

"I FELT LIKE I WAS PROVING MYSELF, PARTLY BECAUSE I'M YOUNG, BUT ALSO BECAUSE I'M A FEMALE."

Debbie Katsarska, an information systems major with a business administration minor, was often asked during her freshman year if she was in the right class. "A lot of time when I'm first talking to people in my classes and they ask my major, I say information systems, and they'll be like, 'oh, you don't look like an information systems major.'" Debbie is not only a fourth-year information systems major, but she's also an RA as part of the College of Computing and Informatics Learning Community. She's a leader in her college, offering guidance and insight to the 42 boys and six girls on her floor who opted into this learning community environment. Luckily for her 48 peers, not "looking like an information systems major" did not deter Debbie from becoming more involved and taking on this leadership position in the CCI community. So why does she keep getting asked if she belongs?

When Megan Paraschak enrolled at Drexel as a chemical engineering major, she knew she'd be facing more than just challenging classwork. After taking college courses at Carnegie Mellon as a high school student, Paraschak had no doubts that she'd be able to handle her rigorous BS/MS five-year bout at Drexel. What sat in the back of her mind was the fact that she would be entering a course of study and field dominated by men, and that she would most likely be one of only a few girls in her courses.

According to the American Society for Engineering Education, women in the U.S. that graduate with an undergraduate engineering degree consistently makes up around 18.7% of the graduating class when looking at data from 2009 to 2015. Paraschak's major, chemical engineering, generally has a slightly closer ratio, with 32.4% being women. Drexel fares pretty well when compared to the national numbers, with an average of 21.9% of incoming engineering students being women. (However, it's important to take into account that this statistic does not factor in the number of Drexel women who complete school with an engineering degree.)

Paraschak's 2014 freshman class was 29.79% women in her major; under (but reasonably close to) the national average. When interviewing Paraschak, she estimated that her classes were split down the middle in terms of gender distribution. Because of her expectation that engineering is dominated so heavily by men, having just-shy under 30% of her classmates being women felt like there was a more even ratio. Geena Davis, actress and founder of the Geena Davis Institute on Gender and Media, cited a similar situation on NPR in 2013: "We just heard a fascinating and disturbing study [that] found that if there's 17 percent women, the men in the group think it's 50-50. And if there are 33 percent women, the men perceive that as there being more women in the room than men."

Though we've evolved a lot as a society, there's still centuries of historical prejudice behind the notion that women don't belong in that room in the first place. To some, seeing an increase in women in a field traditionally dominated by men must mean that the women are starting to invade and take over, or that they have been given unfair advantages to getting where they are. In reality, all they're doing is asking for the same treatment as everyone else.

Even though talented women like Megan Paraschak are showing they're just as deserving of jobs and recognition in the field of engineering, she wasn't surprised to start co-op and find that "it was mostly male-dominated. The high-ups are not usually women. I feel like sometimes I'm proving myself, partly



Megan Paraschak Chemical Engineering

because I'm young, but also because I'm a female."

When it comes to socializing at work, "I think that being a woman, it affects how people treat you in a social aspect as well. Not in a disrespectful way...just... the dynamic is different," giving an example, "People curse a lot in my industry...if I'm in the blockhouse with the operators, they feel the need to censor themselves. Things like that. And you kind of get to the point where you feel like you need to prove yourself to them, that you're tough, that you can take it."

And Paraschak did prove herself, becoming a standout at her last two co-ops at Philadelphia Energy Solutions, the biggest oil refinery on the East Coast. "On a daily basis, my job as a technical service engineer was to monitor my unit and provide engineering support to solve problems and promote optimization. The goal of my unit, hydrodesulfurization (HDS), was to remove sulfur and other impurities from my feed and further separate some of the lighter ends so that my product met diesel specs." She was always sure of her skills and abilities in this job, and it certainly had nothing to do with her gender. Her employers felt the same and invited her to come back for a second co-op. Even when she returned to her classes, they asked her to work part-time.

Unlike chemical engineering, the mechanical engineering major at Drexel has one of the lowest percentages of representation for women (averaging at 10.4%), so Ji-Woo Kim quickly became accustomed to being the only girl in

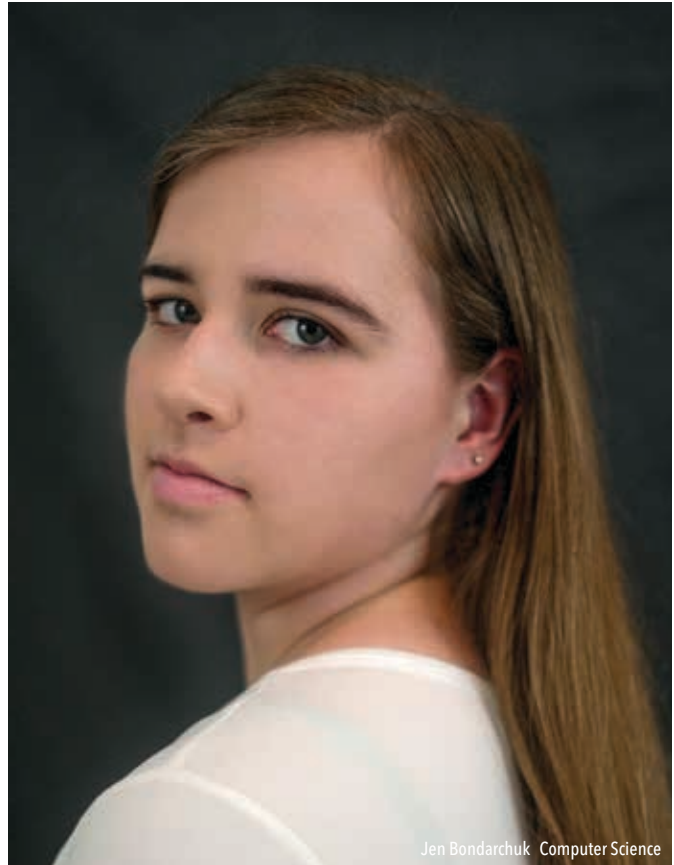
her 200-person lectures. Not only are women way underrepresented, but so are minorities. "Engineering is still very white-male-dominated," Kim commented, though noting that there are more minorities in her graduate level classes. Even so, being one of few Asian women in her classes has not phased her in the slightest in pursuit of her goals. One of her proudest moments was completing a major project during her co-op with PECO that she says "had a huge effect on the contingency criteria that transmission planning used, and it opened up more opportunities to work on our power grid system."

Melissa Platt, a Pre-Junior engineering technology major, has also dealt with being out-numbered by men consistently. "I don't want sympathy or for people to go easy on me, but I think women work harder in this field. On top of having to get through our classes, we must prove ourselves everywhere we go. You have to be taken seriously in this profession." And Platt has done just that. While on her co-op with Integrated Project Services, she was able to start initialing her drawings, meaning her blueprints were sent to companies all around the world with her initials as the electrical designer.

Katie Tiarks, a pre-junior, and one of the only women in Drexel's construction management major deals with this on an even more extreme level. She knew from the beginning that she'd be mostly working with men. "When you think of construction in general, hardly anyone ever thinks of women. It was me and the guys because it's always me and the guys."

At her co-op, she was often cat-called, and at times had inappropriate notes left on her car. In class, professors seemed to change their language in front of her, almost afraid to use foul language that otherwise they wouldn't have thought about twice.

Despite dealing with occasional sexual harassment, Tiarks loves her chosen



Jen Bondarchuk Computer Science



Ji-Woo Kim Mechanical Engineering

path. She's been passionate about construction ever since her time volunteering for the Appalachia Service Project, a mission trip working on building houses for those in need. "The mentor, the group leader, was a carpenter, so I started talking to him about it and I realized pursuing something in construction was something that I would enjoy doing."

Not only does she enjoy her chosen career path, but she's also been thriving in it. In November, Tiarks and her group members won the ASC (Associates Schools of Construction) Region 1 competition. In a little over 12 hours, Tiarks's group came up with an entire winning construction plan, a process which typically takes weeks or even months.

Gender disparity is not only found in the College of Engineering—Jen Bondarchuk, a computer science major with an electrical engineering minor, has found herself on more than one occasion representing her entire gender while in class and on co-op. "When I was a co-op at Lockheed Martin, I was the only woman on a team of 50. The other women there were all in Human Resources." In fact, during one interaction with another company, one of Lockheed's customers made the crack, "Sorry there's no women here. We didn't bring HR with us."

And it didn't only happen during college. "[Computer science] was the topic I enjoyed the most in high school, but I almost didn't choose it because I knew it would be mostly guys – actually, my male teacher told me it would be. But he also told me I was good enough, that I should still go for it." It's a phenomenon that occurs in majors dominated by men – men apply to a major when they like the subject; women only apply when they're good at it. Because they know they'll be representing the rest of their gender, women go in feeling like they must prove that they deserve to be there amongst the men.

But none of this stopped Bondarchuk from excelling at her major, her mi-

nor, and her job as an Associate Member Engineering Staff at Lockheed Martin. "I was mostly doing programming at that point... it branched out to field testing, helping with prototyping. We have physical products that we have to ship out and demonstrate in front of our customer." Bondarchuk was so good at her job, in fact, that she already has a full-time offer from Lockheed Martin waiting for her after graduation.

Women Who Code, Women in STEM, and Women in Construction are some of the most notable and recent professional organizations who have formed to address the gender gap in disciplines like the one Bondarchuk has chosen to pursue. These organizations and advocacy groups offer support, mentoring, and services that help women learn how to advance positions in these fields.

According to Bondarchuk, her college has been extremely supportive of another influential organization, Women in Computer Science (WiCS), which she helps run as Event Coordinator. The College of Computing and Informatics (CCI) directly funds a lot of the group's events, including the Grace Hopper Celebration of Women in Computing, an annual conference meant to highlight the research and accomplishments of women in computing around the country.

But funneling money into one good organization is not going to fix everything miraculously. That's why CCI at Drexel has taken one of the most hands-on approaches at Drexel to the lack of women in STEM. Yi Deng, the Dean of CCI, has implemented a broader plan of action that is intended to raise the percentage of women in Computer Science at Drexel (around 15%) by a factor of two.

"This is not a new problem. People have realized this is a problem for 30 years," says Deng. "The diversity problem is a societal problem. There are so many efforts that are individualized, short term, and those kinds of activities don't really address the systemic fundamental problem. In order to address this

problem, you have to take an organizational approach. That's why our initiative is so special. We're really investing in the entire organization."

The initiative has three branches: engagement, outreach, and recruitment. It's about making more women aware of opportunities in computer science and maintaining the same support throughout their college journey. The initiative involves student peer-to-peer support systems, training faculty, and overall, creating an environment where everyone feels welcome. The college started the Women in Computing Initiative one year ago and has already seen an increase from 15% to 19% enrollment in just this short amount of time.

But there still is more to be done. Even with a supportive administration and encouraging professors, if the gender distribution is off, the climate of the major is affected. The ultimate solution to gender discrimination within majors is to eliminate the imbalance of opportunity to the best of our ability. "I don't think [being exactly 50/50] is important," says Deng. "What matters is we have a more conducive environment where men and women feel like they can be successful. Do you have a balance? A better perspective? The same opportunities?" That's the ultimate goal.

While there's no "one size fits all" way to accomplish this, exposure to these career paths, especially at a young age, is a crucial approach. If we can get more young women to view traditionally male-dominated majors as viable options in high school, middle school, even elementary school, well, that's not a bad place to start.

It's a frustrating paradox. If men dominate a field, women will be discouraged from pursuing it, but if more women don't pursue that field, then it remains mostly men and starts the cycle all over again. But these fearless students are leading the movement and showing that yes – women can do it too. And if they're doing it, then what's your excuse? As Amy Shapiro, a senior electrical engineering major, commented, "Just because [an environment] is dominated by men does not mean that it is toxically masculine. Some environments are very 'bro-like,' but it's not always like that. If you are unsure from the outside, then it's worth it to give it a try, because you might find something you really like."

Katie Tiarks was not the first woman in construction management, and she certainly won't be the last. "It is changing, which is awesome. You can see the direction; there's definitely a lot more women becoming interested in the field. But there is still a long way to go. And hopefully I'll see it in my lifetime," says Tiarks. It's not going to happen by magic. As Yi Deng puts it: "This is truly a long march. We're at a good start, but the real key is the next few years. Drive systematic changes. The goal is building those activities into our system. Once they're built into the system, it becomes part of the machine we're running." So you heard them, ladies. It's time for us as women to step up and show what we're made of.

***"THIS IS
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Debbie Katsarska Information Systems

ISN'T THAT A

GIRL

MAJOR?

CODE FOR: WHY BOTHER GOING INTO A MAJOR IF IT'S SO EASY THAT EVEN GIRLS CAN DO IT?

words by LIZ BAUMAN & GABBY CRIPPEN

After interviewing women in majors dominated by men for the previous article, we set out to interview a select group of students on the opposite end of the spectrum, to get some insight on personal experiences of men who are in majors dominated by women and find out just what sort of stigma they face.

While women in male-dominated majors are often placed in the limelight, so little attention is placed on the men who are doing the same thing by entering fields that are majority-female. Why? As we found out, maybe it's because the two situations are not quite the same.

Spoiler alert: It turns out, the men we interviewed all had nothing but positive things to say about their classmates. Their stories, fortunately, were in stark contrast to many women's experiences in fields that are majority men. While their experiences don't represent that of all men, it is telling that the only discouragement any of our interviewees received, if any, was from that outside of their major.

Based on our interviews, women in male-dominated majors often feel like they are treated differently specifically by their peers. While these men feel supported in their majority-female majors, they're more likely to be subject to criticism from the outside.

Many women in majors dominated by men try their hardest to be "one of the guys," which is problematic, but an equally important issue is that men in female-dominated majors feel the pressure to do the same. Rather than feel constrained by the women in their classes, it is our culture centering around the glorification of masculinity that tells them that they're lesser, all because they're doing something that girls are doing.

While women are jumping through hoops to encourage other women to join STEM fields, and others dominated by men, it seems like society is doing the opposite for those who identify as male. Whether intentional or not, there is messaging put forth that often chastises men for pursuing a field outside of the traditional masculine norm. With article titles like "Emasculated Men, Sad But True: Guys are Women Now" (DareandConquer.com) and "How Society Emascu-

lates Men and How to Stop It [from] Happening to You" (BadassYoungMen.com) floating around the internet as a reflection of this phenomenon. Somehow the idea of embracing something that they love is beneath a man if it happens to be dominated by women.

Margarita Torre, a professor at the University Carlos III of Madrid, with a Ph.D. in Sociology, explained this phenomenon in her *Work in Progress* study: "Female qualities tend to be culturally devalued, the result being that men often refuse to be associated with women's work—so much so that some even prefer unemployment to taking female jobs."

Luckily for Drexel, there are the men who choose to go into these majors without fear of the absurd idea that they'll be emasculated by doing so. Because guess what? Just because a major is mostly made up of women does not make it easier or lower status, and therefore will not take away anything from a man if he takes part in it.

Sam Ecker is part of the 5.7% of men in the design & merchandising program at Drexel (based on data from 2015-2017.) He's not immune to this fact, noting that "all you have to do is watch *Devil Wears Prada* to know how female-dominated fashion is. You hear names like Calvin Klein and Michael Kors, and they don't even seem like they're men, they're just brands." He knew upon entering the major that he would often be the only man in the room, but he wasn't too concerned. "One of the things I noticed the most is that you get remembered. You kind of stick out because you're one of three guys. It's not necessarily a bad thing."

For some reason, society is under the impression that only gay men can be interested in fashion, but not once has it been a problem for Ecker to be straight and part of a field that has such strong ties to femininity. Ecker was always interested in the menswear aspect of fashion and has excelled at it since completing Drexel's high school fashion program. Realizing he did not want to be a designer; he chose to focus on the business side of things in D&M.

Sam plans on working somewhere that "gives [him] enough capital to do research and development," and is even considering getting a masters in material

science. He spends hours on projects utilizing Adobe Photoshop, InDesign and Illustrator, and studies everything from product development to manufacturing to marketing.

Most of Ecker's major-related courses involve collaborative group projects that require countless hours of outside work to get done. It takes diplomacy, collaboration, coordination, and skilled time management to work together effectively, and Ecker fortunately never found it to be a problem that he was predominantly working with women.

Evan Hirsch, a senior fashion design student, multitasked during his interview, hand sewing a beautiful evening wear chiffon dress for his class critique just a few days later. After enrolling in the intense fashion design program at Drexel, every student pulls multiple all-nighters, is pressured to "be the best," and at times suffer harsh critiques from their professors. The toil pays off in the end when students like Hirsch can proudly execute and exhibit his designs and say, "I made that."

In both classes and on co-op, he does the physical work of making clothes, working as a design intern on co-op at the high-end fashion label Badgley Mischka, where he assisted with embellishments, fabrics, and sourcing trends. Though he is part of the 13.3% men who are in fashion design at Drexel, he's enjoyed his time there, and his peers have only been a positive influence. "[Working with women] only made me happier because I've always been around girls my entire life."

Teddy Schon, a pre-junior nursing major, was no stranger to the stigma of being a male nurse when applying to Drexel. "I was definitely aware that it was a female-dominated field. Growing up it was always men were doctors and women were nurses; that's how it was in every show, in every movie, so that's how I always thought of it [but it didn't affect me.] It wasn't until I started telling people what I was going to school for that I started getting the replies of 'Oh, isn't nursing for women?' and other remarks like that did I really realize that in most people's minds it was [solely] a female occupation."

As Schon touched upon, this stereotype was reinforced in the media. In the '90s TV show *Friends*, which has recently had a revival in popularity, Chandler Bing even references the fact that being a nurse is "kind of girly" to emasculate another man that his girlfriend, Monica, is attracted to. The nurse replies that it didn't "feel girly" when he was in the army – the ultimate comeback to reinforce his masculinity – rather than defending nursing as a valid occupation for men.

Whether these comments are meant to be condescending or not, to say that something is a "girl major" or "just for women" indicates that it's beneath a man to take part in it. The fact that there are male nurses proves otherwise.

Why would a man decide to be a nurse? Schon explains, "about a month before applications were due, I was talking to my cousin who's a nurse and realized that I was more about the compassion side of healthcare. I liked to be at the patient's bedside, and this made me realize I would rather be a nurse than a doctor. I started to think about it more and more, and realized that while doctors helped people, their side of healthcare was more treating the disease, whereas nursing was treating and taking care of the person."

So, Schon chose Nursing not because it's the girly [code: easy] version of being a doctor, but rather because it directly aligned with his values. As it turns out, Drexel's nursing program is no cake-walk, either. It takes a special kind of person to be a nurse. Nurses like Schon do not fall short on compassion, patience, and hard work – it's often a thankless job that so many of us could never imagine

doing day in and day out.

Perhaps, we thought, it was the health services administration major (another medical field dominated by women) that was the easy way out of being a doctor. Christopher Andrei, in his fifth year as an HSA major and public health minor, proved us wrong.

"[In HSA], we learn the ins and out of running a healthcare service facility, and how to manage people in a health care setting – which is really difficult." Andrei says, "healthcare, I believe, is a right. But at the end of the day, it's still a business. It's finding that balance of doing as much good as you can."

Andrei has an extremely personal connection to his major, and consequently knows just how important it is to the healthcare system. "I'm an international student from a tiny region in the Pacific called the Federated States of Micronesia. It's a relatively new country – we got our independence in 1986. My mom was the first female physician in the country and worked for the only governed hospital on the island. It was so poorly ran. Patients would come in for basic things like Tylenol, and they would be out of stock." Andrei's mom eventually got fed up with the way things were and started a pharmacy and clinic – now it's the only private hospital in the entire country. Not only does it operate as a hospital, but it also provides pharmaceuticals and medical equipment to the rest of the region.

Growing up in this hospital setting, it makes perfect sense why Christopher Andrei would want to learn how to operate a hospital, and a bachelor's degree in HSA is the way to do it. "Now I can continue the good work they're doing back home. Because we're relatively new, there aren't any federal guidelines we have to follow, so we tend to follow the US system. [The major] made me realize how imperfect and fragmented that system is. If I can maybe reform it back home, and implement universal health care, that would be great."

When interviewing Andrei, we found out he wasn't even aware of the fact that his major is female-dominated until we told him. "Thinking about it now, how many male classmates I had, I guess I never really noticed until now." It turns out it wasn't a big deal that he worked with women so frequently. He felt extremely included: "We're a family [in HSA]. Compared to other majors, we're much more cohesive

and support each other. I don't get the same support in my public health classes as I do from [HSA]."

It was a pattern to hear comments like this from our interviewees, which was refreshing considering how often women must deal with harassment and discrimination in majors that are dominated by men. Teddy Schon even preferred the environment, saying that "the one difference I have noticed is that in the classes with mostly females I feel more comfortable. I don't know why that is, but they feel more accepting."

These men are not actively being treated differently by their classmates, so perhaps we should be looking for a solution to reducing societal stigma instead as a way to reduce the gender gap in these majors. And an important approach to doing this is with role models paving the way for others.

Just as we want to encourage women to pursue their passions in majors dominated by men, what we also need are more men like Sam Ecker, Teddy Schon, Evan Hirsch, and Christopher Andrei. They're showing other guys that there's absolutely nothing wrong with being in a "girl major," because being a part of something with feminine connotations isn't a bad thing. These so-called "girly" majors take a ton of hard work, passion, dedication, and talent – just like any other major – and they're better for having been a part of them.

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MOVING FROM HIGH SCHOOL TO COLLEGE IS NOT AN EASY FEAT, ESPECIALLY IF YOU FEEL LIKE THE ODDS ARE AGAINST YOU AS A TRANSGENDER OR GENDER NON-CONFORMING PERSON. BELOW ARE FOUR STORIES THAT WILL HELP ANYONE WITHIN THE COMMUNITY TO NAVIGATE COLLEGE LIFE.

words by **JACKIE DALE** photos by **ERIN WEISGERBER**

to leave the gender part alone. As far as Sinead is concerned, they are not a man, and that is all they care to explain.

Sinead realized at a young age that they just did not quite fit in. They always preferred girl toys and could never relate to traditional gender roles. As they became older, Sinead began to repress their gender identity, coming out as gay, but not necessarily diving deep into their gender. Sinead chose their name in 12th grade because it affirmed their identity more than their given birth name; they loved the feminine, androgynous, “fashion-y” vibe that came with the name. While explaining that their unique name can sometimes be tricky, being surrounded by an accepting and open environment such as the design & merchandising major in Westphal College made Sinead realize that their identity is valid. Sinead knows that they can express their identity in a way that is both affirmational and safe because Westphal is a place where others frequently experiment with art, design, and clothing choices.

Sinead feels as though at the end of the day, everyone should wear what feels comfortable and what feels safe. When looking for new friends on campus, Sinead says “trust your gut; people will resonate with you for a reason.” Find a space and people that you can be open with and accepted as your full self. Sinead recommends being firm in this: if someone is not letting you be you, “don’t deal with that!”

After a very informative session with Sinead, I was off to learn about other student’s experiences and stories. Joseph Kindt is a junior English major and dance scholarship student at Drexel. Like all of us, Joseph considers multiple things when identifying himself. He describes himself as a “gay individual” as well as multiracial, being black, Asian, and white.

About a year and a half ago, Joseph discovered that his gender fit more on a non-binary spectrum. Joseph has considered changing his pronouns but has decided that it is not an important factor in his identity right now. While Joseph feels comfortable in who he is, there is still a struggle in figuring out how he wants to express it.

Since Joseph realized he was gay and non-binary at two separate times in his life, there is a feeling that he had two “coming outs.” The first time, in high school, he felt a sense of urgency. At the time, gay rights and marriage were being fought in the courts. Joseph felt it was important to vocalize who he was and that “it’s okay to be gay.” Now, Joseph feels like there is almost no need to come out as non-binary. “If you don’t like or respect me, that’s on you. I know that I’m valid; I don’t need to be validated by you.” For Joseph, his gender identity is personal but non-negotiable.

Joseph’s number one advice is to be mindful and “keep track of who you are.” He explains that people tend to hyper-exaggerate their personality when they first come to college. People are a whole, not just one specific personality trait. If you only take the time to express one personality trait, you begin to lose track of all the other amazing parts of your personality. Joseph shares that the most important thing he learned was to ask himself, “am I being me?”

According to the National Center for Transgender Equality (NCTE), a non-binary person is a person who does not neatly fit into man/woman or male/female categories; some people don’t identify with any gender and some people’s gender changes over time. The NCTE also shares that genderqueer, agender, and bigender are other popular terms that, while not the same, explain the “experience of gender that is not simply male or female.”

Pronouns are an important consideration when talking to anyone who does not directly identify with he or she. Many people feel as though *they* is a suitable gender-neutral approach to using pronouns to describe themselves. For any grammar-stickers who insist that *they* can only be plural, you are, in fact, incorrect. According to the Merriam-Webster dictionary, *they* has been used as a singular pronoun in the English language since the late 1300s. Merriam-Webster argues that the development of singular *they* directly correlates with the development of the singular *you* from the plural form. Yet we don’t complain that singular *you* is ungrammatical.

When educating myself about the LGBTQ+ (Lesbian, Gay, Bisexual, Trans, Queer plus) community and their college experience, I turned to my friend, Sinead Kim, as a guide. Sinead explained to me that their identity is split up in two ways, how society views them, and how they view themselves. Sinead understands that society may first assume they are just a gay man; their identity is a little more complex. While Sinead identifies their sexuality as gay, they prefer

After meeting with Joseph, I met with a friend of Sinead. For this article, my next interviewee will go by the name Shai Liora Bender. Shai wishes to remain anonymous.

Shai Liora Bender started identifying as non-binary about two years ago and has recently begun identifying as a transgender woman. She describes coming to womanhood as a process that ultimately feels right and matches her pansexuality (meaning she is attracted to all genders). While Shai's gender has been in flux more recently, she says, "I think I've always known I was pansexual. I've been attracted to people on both ends of the gender spectrum, even when I didn't know there were people who existed between male and female."

Shai expresses that a large struggle at Drexel is the lack of gender-neutral bathrooms. She only feels comfortable going to the bathroom and reapplying makeup in the URBN Center. At work, she constantly feels the pressure to choose "the right" bathroom, which can feel daunting, especially during a night shift.

Shai shares that she had a rocky start to college; "When I first came to Drexel, I would say I was pretty unclear of who I wanted to be, or where I wanted to go, which was scary." She persevered and eventually found herself and her community. She advises: "Trust your instincts and don't second guess yourself. You have so much potential." She expresses that while learning to love herself was hard, she is truly blessed to have gotten to that point.

Through mutual friends, I had the opportunity to meet and interview Halie to find out how non-binary people navigate Greek life. Joining Greek life can be nerve-racking for most students. The pressure of presenting yourself as positively as possible for recruitment can leave many young students feeling nervous. Identifying as both lesbian and non-binary, Halie never saw herself as the type to join a sorority. But, after meeting their girlfriend in Tri-Sigma, and their best friend in DPhiE, they decided to give Greek life a try. During recruitment, Halie wore dress pants and a button down and noticed immediately that none of the other girls looked like them. While Halie was at first uncomfortable, they quickly realized that recruitment was truly based on values and joined DPhiE knowing that they connected with other people on a moral level instead of one based on looks. Halie expresses, "It was one of the best decisions I ever made."

While being a part of the LGBTQ+ community is an important part of their identity, Halie shares, "it's not the most important thing about me." They joked around saying "my girlfriend and I are really bad gay people," meaning that they don't spend too much time talking or thinking about their sexual identities. Halie prefers to focus on things they consider more important, such as loving sports or being a biology major. Halie never felt the need to be extremely public about their gender or sexuality since it is a personal issue for them and just smaller facets of their whole identity. Luckily, the people in Halie's life do not make a big deal of their identity either, letting Halie be who they want to be.

Halie advises that the best way to make friends is not to be afraid to be yourself. While it is important to put your best face forward, Halie stresses that your real friends will come to you when you aren't trying too hard. When in doubt, Halie

suggests going to events to connect with those who share your interests.

If you identify as non-binary and are looking for events like Halie suggests, or want to know about safe spaces on campus, the Office of Student Life and the Student Center for Diversity and Inclusion (SCDI) in the Creese Student Center are full of amazing resources and advisors. Both Maurice Cottman and Alex Iannucci offer an open and welcoming environment for any student to discuss any issues or successes they've found at Drexel. The main goal of the office is to make sure all students are feeling represented and supported, as the advisors are first and foremost "student advocates."

Thanks to the hard work of students and staff like Cottman and Iannucci, Drexel is constantly being pushed to evolve into a campus that is safe for all students. They currently offer ally training for faculty and have a preferred name policy, so that a student's chosen name appears on the roster. The office has also pushed Drexel to include multiple single-use restrooms and gender-inclusive housing. Some of Drexel's biggest events are now LGBTQ+ related, including Gay Prom (aka Grom), LGBTea, the Drexel Drag show, and several other special events hosted by the Drexel Queer Student Union (QSU.) Cottman stresses that "there is no support too small," and any support towards the LGBTQ+ community is welcome.

Through my educational dive into the non-binary community at Drexel, I was extremely humbled by how open and honest my classmates are. Gender is truly a spectrum that some may not understand, but all need to respect. While many of the students I spoke with are generally flexible with their pronouns, their demands for basic civil rights, respect, and dignity are not up for debate. Walking into a classroom full of strangers is stressful for anyone. For many LGBTQ+ students, this stressor can often feel much worse. Treat your peers with kindness and respect; college is a struggle no matter how you identify. These students show that while it can be challenging to be "different," moving to college can help you surround yourself with like-minded people that will accept you for who you are. "Be who you wanna be," Sinead states; everything else will work out.



Resources provided by the Office of Student Life and Diversity and Inclusion:

STUDENT CENTER FOR DIVERSITY & INCLUSION

drexel.edu/diversity/center/diversity-inclusion/

EQUALITY AND DIVERSITY

drexel.edu/diversity/center/equalityAndDiversity/

STUDY ABROAD

drexel.edu/studyabroad/planning/diversity-identity/sexual-and-gender-identity/

COUNSELING CENTER

drexel.edu/counselingandhealth/counseling-center/overview/



**"IT IS A VERY
SCARY TIME FOR
YOUNG MEN IN
AMERICA, WHERE
YOU CAN BE
GUILTY OF SOME-
THING YOU MAY
NOT BE GUILTY OF."**

– the 45th President of the United States

In a widely publicized trial in the Spring of 2018, a local fraternity at Temple University found their President accused of sexual assault. The defendant remains free on bail; his lawyer argued that the woman pressing charges was an example of “#metoo gone wild.” #metoo gained traction as a national referendum on the status of women during the Harvey Weinstein scandal of 2017 and became a national topic of discussion as women and survivors of sexual assault took to Twitter and other social media outlets to share their stories.

Further traction ensued. In July of 2018, at a Senate hearing for Brett Kavanaugh’s nomination to the Supreme Court, Dr. Christine Ford came forward with sexual assault allegations. Despite Ford’s testimony, Kavanaugh was confirmed. When asked, President Trump, who supported the nominee, tweeted that it was “a very scary time for young men in America.”

The first social fraternity was founded in 1825 and since then has been the source of leadership and opportunity for over 9 million members nationally. Fraternity men run 42 of the 50 largest corporations in the US, and all but two US Presidents and Vice Presidents in each party have been fraternity brothers. Thus, fraternity men are both prepared and expected to become, America’s next leaders.

According to a 2007 study published in the *Journal of Student Affairs Research and Practice*, fraternity men are three times more likely to commit rape than any other man on a college campus. If this does not scare you, women in sororities are 74% more likely to experience rape than any other college women according to a 2009 study conducted by Jacqueline Chevalier Minow and Christopher J. Einolf. Do fraternities breed a “locker room culture” or “boys will be boys” mentality? Do fraternities corrupt future male political representatives and business leaders at a young age?

On a national level, between 1 in 4 and 1 in 3 women will experience sexual assault in their lifetime according to the Centers for Disease Control and Prevention. Many women are scared to name their assailants out of fear of more violence and retaliation and do not come forward to report their assault. Since reporting a traumatic violation can involve reliving the trauma over again, for many women, the criminal justice system fails them, and only 1% of rapists ever get convicted and sentenced. For this reason, there is a huge lack of statistics and the number of women who experience assault in their lifetime, unfortunately, is way higher. So the question is: How are fraternities evolving in the wake of #metoo to address sexual health and sexual violence?

Drexel currently has 14 recognized fraternities within IFC (the Interfraternal Council). Each one is different from the next, upholding their own set of values and types of men that they attract. However, each fraternity has one thing in common: they are a group of men who share similar interests. Fraternities are known for their parties and social life, and thus they and their school must ensure anyone who enters their house feels safe, welcome, and comfortable while they are there. So what can Drexel Fraternities do to challenge negative stereotypes and make everyone feel safe?

To answer this question we sent out an anonymous survey to the women of Drexel and interviewed men of different ages and leadership levels of our fraternities. After wading through some shocking responses and hard conversations we have concluded with the following suggestion: Drexel must enforce a standard level of education for any student who wishes to be a part of the Greek Community.

THE FOLLOWING IS A GUIDE WE BELIEVE WILL HELP CREATE A STRONGER AND SAFER CAMPUS FOR ALL

A RELATABLE SPEAKER

We are all more perceptive when a speaker we are listening to is someone we can relate to, which is why each fraternity must choose the speaker. She will be a sweetheart or woman, who is comfortable with the topics, close to the brothers as well as the social chair. The topic of discussion must be sexual assault prevention, with a focus on how to treat and respect women versus how to avoid a law suit.

SOBER TRAINING

One mandatory sober training for all organizations at the beginning of each school year must give each student a standard understanding of what is expected of them when they are sobering parties and events. These must be simulated situations, walking through potential scenarios and how to react if they arise. Many fraternities and sororities have a sober system in place for parties, but do “sobers” know how to handle these types of situations? Training to do so will increase the impact on the safety of a party for all its attendees.

BYSTANDER PREVENTION

Drexel’s Student Life are happy to help and can set up a time to create a safe atmosphere in a fraternity. Simple conversations must take place about situations such as: how to have a conversation with an older brother who is being “creepy” or “stepping over the line” and how to take a drunk sister out of a bad situation.

ALCOHOL TRAINING

Even as you may be reading this – thinking you have it under control – having this training during a new member education is vital for students who have never been in situations involving alcohol and no “adult supervision.” From what we learned, there seems to be a huge gap in alcohol education, as some organizations have a lot of training, while others have none whatsoever. Talking to new members about how to find their limits or how to ask for help when their too drunk is only the beginning of making sure everyone stays safe.

THE

WORD

***HOW TO TAKE BACK YOUR FISCAL LIFE
POST GRADUATION***

words by **RACHEL CHOI**
photo by **KRISTIN WONG**



No, I'm not talking about that F word – I'm talking about finance. Where women earn 80.5 cents to a man's dollar, it's up to the fearless females of the millennial generation to take money by the reigns and establish their own fiscal independence. Financial expert, *Get Money* author, and fellow millennial, Kristin Wong, as well as two Drexel alumnae in their respective career fields reveal their post-grad financial challenges and share their methods for taking back their fiscal lives.

Fresh out of college, the number one financial responsibility that millennials have to deal with is crippling student loan debt. Kristine Golden knew that all too well. As a communications major from Drexel's graduating class of 2005, the now 35-year-old remembers how she first tackled the monster that we really should not be allowed to take on as naive 18-year-olds. "I was overwhelmed by my student loans – I took out too many," she recalls. Luckily, she worked hard at her two co-ops; the first as a marketing intern for a real estate development company, and the second at a non-profit educational program. Along with staying at her co-ops part-time during school, she acquired a job at a financial services institution where she earned money for 15 to 25 hours a week. The money that she saved during co-op, as well as a small amount from her parents, were used to chip away at her mounting debt.

Christina Flory, a Drexel alumni who majored in accounting and finance and graduated with her MBA in 2010, also realized that she had to face the responsibility of student loan debt. The current adjunct professor of finance is naturally very diligent, motivated and didn't like to ask her parents for anything. She took matters into her own hands and found multiple streams of income to pay off her debt. Flory was the proud owner of a successful eBay account that was born in 2005 and babysat for 78 families in New Jersey. Talk about a hustler! "I also treated money as if it was a game of Monopoly. It's a challenge of how much I can acquire. I love to challenge the status quo," Flory says of her money mindset. It's overwhelming to think about where to even begin with paying off a debt as massive as student loans.

Kristin Wong is the financially-fit friend you wish you had. Along with publishing her first book, *Get Money*, in 2018, the freelance writer and journalist has had articles published in *The New York Times* and *Glamour*. She is extremely transparent about her past struggles with money and advises to follow this

method, "As for actually starting one [a budget], the 50/30/20 rule is a good general guideline to help you figure out how to organize your money." This budgeting method states that 50% of your income goes towards essentials, such as rent, 30% of it becomes disposable income that you can spend on fun activities like dining out, and 20% of it is used to tackle debt or put into a savings accounts towards your financial goals. This rule ensures that everything that you save and spend is proportional to your needs, wants and how much income you are bringing in.

So, you get your first real, salaried job and it's maybe not your dream position, but it'll provide you with a steady stream of money and an even greater tool for the future – a 401(k). This account is essentially a savings account for retirement and a major investment in your future. Kristin Wong, Kristine Golden, and Christina Flory all agree that at your first job, you should max out your 401(k) every year (you can max out up to \$18,500 a year) because your employer will provide you with a match of the same amount that you contribute to your account. If there was one regret that Golden had, it was not maxing out on her 401(k). Wong even pointed out that "first things first: if you're lucky enough to have a 401(k) match at work, that's sort of like free money, so you want to take advantage of that no matter what. Save enough in your 401(k) to get the full match, as long as you're not stretching yourself too thin." Saving as early as the very first day of your first job will guarantee that you fair better in the long run and Flory can attest to this. She learned that time equals money and that you do not want to waste either one. She recommends that you do not invest in any other funds until you put money into your 401(k) and invest in yourself first.

The number one asset you should invest in isn't a bustling start-up or a corporate stronghold – it's yourself. It's important to know what you're worth so that you can use that information during salary negotiations. Kristin Wong shockingly revealed that "learning to negotiate boosted my income more than anything else, but it wasn't a skill I learned until later in my career. I cringe to think about how much I left on the table by not speaking up early on – some data shows that women can lose out on up to one million dollars throughout their career by not negotiating." Kristine Golden wishes that Drexel had armed her with more resources and knowledge about negotiating. She advises that college graduates look at Salary.com or

Glassdoor to compare salaries and to always keep in mind what you bring to the table for a company. Nowadays, Christina Flory teaches her students about how to ask for what you want. Her tip is to go into the negotiation asking for a range. For example, if you would like an annual salary of \$56,000, ask for something that is in the mid to high 50's. She reminded us that the company might know that you deserve a pay raise, but it also comes down to a budgetary standpoint as well.

Money is a dynamic tool that can hold a tight grip on you, but a woman who knows how to make it work to her advantage is even more powerful. Confronting your financial troubles head-on and planning for the future will not only ensure that you are secure but will allow you to control how you want money to be an enjoyable asset to your life.

**THE NUMBER ONE
ASSET YOU SHOULD
INVEST IN ISN'T A
BUSTLING START-UP
OR A CORPORATE
STRONGHOLD –
IT'S YOURSELF.**

LEADING LADIES

THESE GIRL BOSSES ARE HUSTLING EVERY DAY TO BECOME THE NEXT PIONEERS OF FEMALE ENTREPRENEURSHIP. TO GET A PEEK INSIDE THEIR BUSY WORLDS, WE ASKED THEM ABOUT THEIR TRIUMPHS, FAILURES, AND THEIR ADVICE TO FUTURE BUSINESSWOMEN.

words by **RACHEL CHOI, LUISA ROSSI & GABBY CRIPPEN** photos by **ERIN WEISGERBER**

COLLEEN BALTOVSKI MACRAMÉ ARTIST

Inside her tiny one-bedroom apartment in Northern Liberties, Colleen Baltovski spends her days tying knots of plush cotton rope. Well, macramé to be exact. What differentiates macramé from weaving or knitting yarn is its unique way of creating cool textiles by knotting rope together. The 70s décor trend of macramé is resurging, and this 23-year-old wanted to bring it back to the forefront of today's market. Her slender, nimble fingers spend hours tying intricate knots to create beautiful pieces of art and décor.

It all started in February of 2018 when Baltovski wanted to spice up the stark bright white walls in her apartment and make a piece of artwork to hang above her bed. Her materials: wooden dowels and yarn; like any other millennial, she turned to Pinterest for inspiration where she found the idea to make a macramé wall hanging, and started researching the knot tying art form on YouTube. Baltovski went down the rabbit hole of the macramé world. She first learned how to make the basis of all macramé the lark knot and the square knot; everything grew from here.

After graduating from Saint Joseph's University in 2017, the New York native decided to stay in Philadelphia. Like many college graduates, Baltovski struggled with adjusting to post-grad life. After also being diagnosed with OCD, she felt stuck. Macramé offered more than a hobby for her; it was therapeutic. She says, "macramé is meditative and relaxing; it takes my mind off my anxiety and stress."

This healing craft evolved into different wall hangings and plant hanger designs which quickly started to eat up space in her home. She started to post her creative outlet on Instagram creating a buzz from her family, friends, and followers. From there she says, "my friends wanted to buy my plant hangers, and I thought, do I want to keep doing this?" After researching this potential business opportunity, Baltovski was surprised to find that macramé in the USA is a relatively small community. It is more popular in Europe and Indonesia, but in the States, there are only three major players in the macramé world. After



relishing the idea, Baltovski decided to take the plunge, "I can do this, I enjoy it," she remarked when asked about starting her business. In March 2018, only one month after learning to make macramé, she launched her website, WILT + BLOOM.

The name WILT + BLOOM is symbolic. Baltovski shared, "the name comes from the idea that a flower both wilts and blooms reflecting the changes each endures on their journey through life. There are periods of wilting with periods of blooming and each stage is equally beautiful."

While the WILT + BLOOM site is still up and running Baltovski tells us

maintaining another presence on Etsy is crucial for her growing business. She says, "there is more traffic on Etsy and people are more willing to buy through Etsy because it is well-known." Her original product selection expanded; adding products, such as placemats, lamp shades and small rugs to her online store. Right now, she is starting to work on some small baskets and has ambitions to one day make a chair. She recently started experimenting with dying the rope different colors. It took some trial-and-error to figure out how to dye multiple feet of materials in her apartment's kitchen sink. Space is extremely limited, but she has found a way to detail orders, produce works, photograph, and package the macramé pieces all within her home in Northern Liberties.

WILT + BLOOM as a brand is still budding. It has only been up and running for seven months, so there is still plenty of room for experimentation and expansion. What's Baltovski's five to ten-year plan? "I would hopefully like

to have a store-front," she states. Right now, she is riding the macramé trend, but like any trend, no one can for sure know how long it will last. Baltovski predicts that the bohemian style macramé might fade out, but hopes the popularity of mid-century modern, which she also loves, will sustain. She explained that even if the macramé trend dies down, she still wants to develop WILT + BLOOM as a brand.

To differentiate herself and emphasize the hand-made aspect of her products, she includes a handwritten thank you note with every purchase. "I want my customers to know that a real person makes everything and everything is made in the USA," says Baltovski. Baltovski sources her 100% cotton rope from Etsy suppliers and a wholesaler in Ohio.

She emphasized "the difference is in the quality and materials," and that is not something you can buy at Urban Outfitters or Home Goods.

DANIELLA PIERSON FOUNDER AND CEO OF THE NEWSETTE



Being featured in Women's Wear Daily and Forbes was the icing on the cake for 23-year-old girl boss, Daniella Pierson. What started as a small idea cooked up in Pierson's Boston University dorm room morphed into a thriving daily online newsletter sent to the inboxes of thousands of millennial women every day.

Pierson is the founder and CEO of *The Newsette*, an online newspaper for ambitious and career-oriented women, that delivers inspiring and refreshing lifestyle content daily. "Even Anna Wintour started just like you," Pierson reflects when thinking about how her journey began. *The Newsette* was born during winter break of Pierson's sophomore year. Like most young college students, she couldn't pinpoint an exact job title she wanted to hold, but she knew that she wanted to pursue her dreams of being an entrepreneur. When she realized that it was difficult to skim and keep up with all the daily newsletter emails she received every day, Daniella fashioned the idea of a condensed version of head-

lines. The Newsette omits politics and scathing stories and aims to bring delightful news in the morning, ranging from topics such as style to careers to food, differentiating itself from the likes of *The New York Times* or *USA Today*.

In *The Newsette's* early days, Pierson recalls wearing 20 hats. After juggling six hours of classes every day, she would often return to her dorm room and immediately devote another eight to ten hours working on her blossoming business venture. She didn't possess a social life and sacrificed having straight A's. "I wouldn't recommend sacrificing your grades, but only sacrifice when you are working for yourself," she warns. The secret to her success was having a plan, working hard and being extremely dedicated. She lived and breathed *The Newsette* and says it was essentially her full-time job: "I never let anyone know I was a college student. I was very determined and had a hustler mentality." The first few years of building the online newsletter were exceedingly stressful. However, in only three and a half years, Pierson has accumulated a team of eight people to help her better streamline tasks to grow the business. Her role as CEO consists of top-level responsibilities, such as analyzing business transactions, accounting and hiring employees. She still fulfills her love of writing articles from time to time but being a female chief has made her better at managing her team and company.

**"I WAS VERY
DETERMINED AND
HAD A HUSTLER
MENTALITY."**

With more and more readers joining daily, Pierson and her writers have made it a mission to inspire the people who have made *The Newsette* possible. Columns like "*What She Does*," a career profile that highlights women's respective industry positions, "*Intern Diaries*," a profile written by interns about their experiences in the workplace, "*Ask Alex*," an advice column, and the morning and bedtime routines of notable, accomplished girl bosses, motivate women to take the advice they soak up in those articles and apply it to their own lives. At the end of every newsletter, there is also a little task that the reader can accomplish that begins with "Today I will..." past variations have included, "...meditate for ten minutes before bed" or "...do something nice for someone else." These encourage readers to achieve something small that can become part of a lifestyle change.

Even though Pierson is young herself, she has served as a mentor to her peers who aspire to follow their dreams but have no clue where to start. When asked what advice she has to pass on to those who want to become the next Daniella Pierson, she says, "Make it happen! Never give up on your dream – you will resent yourself. Approach the new year by saying, 'I might be a writer, and I might be an entrepreneur.' Speak it into existence." With the hustle that she exhibits, we know that for her, the sky's the limit.

CAMILLA BARCAN

CEO, FOUNDER AND HEAD DESIGNER OF CAMILLA LIMÓN



As one of Drexel's most well-known entrepreneurs, fifth-year senior and D&M and marketing double major Camilla Barcan has been making her presence known with her beautiful hand-stamped jewelry that many students sport across campus.

Barcan unofficially started her business when she was eight years old when she began selling her crafts. She decided to sell on Etsy when she was in high school at 14, selling Barbie doll earrings and clay charms. Now, at 22, she creates customized bracelets made of different mediums, such as gold, brass, and aluminum. Shoppers have the option of choosing a meaningful saying like *"She Believed She Could So She Did,"* a more sarcastic one, like *"Pray For My Haters,"* or they can choose their quote and have a personalized piece.

Even though Barcan has found success with Camilla Limón, she finds that "the toughest part would be finding a balance between work, school, family, and friends. As an active student on campus, it does feel like a constant balancing act, but school always comes first. I want to think of the balance as being on the elliptical at the gym. Once you get a steady pace, it continues to strengthen your stamina, but if you slow down, you have to push through to keep going." Running a business and being in college is no walk in the park.

Luckily, she hasn't hit any major missteps in her journey and counts on her family and friends to help her see the light at the end of the tunnel. She says, "I am very lucky to have the support system that I do to help give me a purpose. Through hard work and the experiences I've had along the way, like being my own co-op with the Baiada Institute and working with the D&M Shop to build my

brand, I have so many goals for growth and expansion within my company once I graduate." Barcan's determination and perseverance is no doubt one of the reasons she has seen so much success.

One of the coolest moments that Barcan has experienced so far was a feature in *Teen Vogue*. "I continue to hit milestones that make me proud to do what I do. The first was being in an article in *Teen Vogue* about *"Young Moguls Who Run the World"* by excelling in their respective fields. Now, every time I learn from customers about their own stories and how my products have inspired them, I am inspired to create and grow my company even more." At her age, it's amazing all that she has accomplished already and how she continues to seek influence from the outside to better her company from the inside.

For those who want to enter the cutthroat business world, Barcan advises, "we are all out here trying to support each other, so find other strong women you look up to and use them to your advantage. I am very lucky to have strong and wise women entrepreneurs in my life that have taught me a lot about how to stand my ground, especially in such a male-dominated field. Most retail companies and women-based brands have CEO's who are men, so it truly puts things into perspective." Women like Barcan are part of the group breaking glass ceilings for future leaders to come.



ELLEN SHEPP

CO-OWNER OF JOAN SHEPP

Joan Shepp, located in Rittenhouse Square, has been known as Philadelphia's "luxury shopping experience" for almost 50 years. The boutique is fashion-forward, carrying high-end designers and bringing luxe style to Philadelphia. Joan's daughter, Ellen Shepp, realized she wanted to become involved with her mother's thriving business during her sophomore year of college, in 1984. Shepp studied fashion merchandising at Philadelphia College of Textiles, where she learned about the industry. Now, 35 years later, she is the co-owner of Joan Shepp and has shared her experiences and knowledge to help students who may be looking to become entrepreneurs themselves.

Everyone battles ups and downs in the business world, but when asked to pinpoint the toughest part of running a company, Shepp shares, "staying cur-

COURTNEY COHEN-SZE

OWNER OF THE GEISHA HOUSE



From the medical field to the fashion world, Courtney Cohen-Sze did a career 180 to start her own business. Courtney is the owner of The Geisha House, a charming boutique in Old City that sells everything from feminine dresses and cool-girl basics to statement accessories. She began her journey as an entrepreneur while she was working as a nurse and realized that, despite loving the medical field, she had different aspirations. In 2012, Cohen-Sze began taking business classes at the Women's Business Development Center in Philadelphia.

With only a few months of schooling and a business plan under her belt, Courtney started The Geisha House in 2012. Surprisingly (or not so surprisingly for those addicted to the platform), it was Instagram that inspired her pivot. She said, "when I had the idea for the store...it was during the turning point for Instagram," which is where she discovered a lot of brands, specifically Australian labels, and began reaching out to them. She then began by selling clothes out of her apartment's second bedroom to her friends and family. Cohen-Sze describes her beginning days, saying it was, "like a bootstrapping kind of situation: buying two dresses, selling those, taking that money to buy four styles of dresses and keep going." About a year and a half later, she entered the storefront where the brand stands today. She is extremely proud of the fact that, seven years later, she is still in business and doing well.

Courtney's next business move is to expand her business' e-commerce presence. She says, "online is the future of retail, as you can guess." Already on Instagram, she uses this platform to her advantage through branding and cultivating a loyal following.

Despite her successes, Cohen-Sze admits that owning a business is not all fun and games. "You become hard on yourself," she discloses, "it [your business] is like your parallel identity." For this reason, she finds it difficult to depend on employees at times, saying "you can always do the best job you can do, but then when you get married, and you have a life outside your business, have a baby... you have to really learn if depending on people or not is working." As a downside of being an entrepreneur, Courtney recounts that it is "very solitary, there's a lot of loneliness involved in it." No matter what, the road to success will have ups and downs, and it is important to acknowledge and face these difficulties to emerge stronger.

Courtney says that having your own business "takes realistic planning; it's not a fairytale." Her advice to aspiring entrepreneurs is "be true to yourself and know that you can do anything."

rent, really having to stay on your toes, pay attention to current events, what's happening on the streets, what the designers are doing, and taking all of that to keep the store up to date. It's also the most fun part of the job." However, the hard work has paid off, because loyal customers keep returning to Joan Shepp after 47 years in business, and newcomers have gravitated to the retailer because of its legacy.

Owning a business is something to be proud of, and Shepp has many moments along the way that she can smile back on. Joan Shepp has built its status throughout the years as a trailblazing boutique, Ellen's proudest moments include: "Recognition of the major fashion magazines, *Harper's Bazaar* had Joan Shepp as one of the top 50 stores in the country. Also, major people in the industry considering us an influence, and going to Europe and being recognized. And, my children telling me that they Googled me."

With prideful memories also comes the low points in one's journey that not everyone gets to see behind the scenes of running a company. The Joan Shepp co-owner reflects, "After all these years of having your own business,

things come along that are out of your control, which can be frustrating and discouraging. We were forced to relocate from our well-known Walnut Street location when the building was sold, resulting in a rent increase the store couldn't afford. It was a shock to us, but thanks to our supportive team, we relocated to a temporary space and then to a location better than the previous one." Sometimes, roadblocks can be blessings in disguise.

"THINGS COME ALONG THAT ARE OUT OF YOUR CONTROL, WHICH WAS FRUSTRATING AND DISCOURAGING."

To aspiring female entrepreneurs who want to branch out on their own Shepp says, "Take a deep breath, keep your confidence strong and quiet, and talk to as many people as you can in the industry. Also, ask a million questions and most importantly, listen to the answers."



WHO IS ART FOR?

FROM SEPTEMBER 2018 TO MARCH 2019, TEN PHILADELPHIA FEMALE ARTISTS FROM THE WOMEN'S MOBILE MUSEUM PRESENTED THEIR WORKS TO CHALLENGE THE TRADITIONAL ART WORLD BY ASKING: "WHO IS ART FOR?"

words by **TAYLOR JOHNSON**

The Women's Mobile Museum is a traveling exhibition, taking on the form of a museum in each of the Philadelphia communities they visit. Their reasoning behind this is to expand access to people who don't always feel welcome in museums. The Women's Mobile Museum took place in Juniata Park, Point Breeze and finally in South Kensington.

Each of the pieces you see in the exhibition is as unique as the artists themselves. Ten female artists participated in the year-long residency and apprenticeship program leading up to the beginning of the six-month traveling exhibition. Every woman that is a part of this group is diverse, each of a different age, ethnicity, and socio-economic background. The Women's Mobile Museum emerged out of a collaboration between South African teaching artist Lindeka Qampi, South African artist-activist Zanele Muholi, the Philadelphia Photo Arts Center (PPAC), as well as ten Philadelphia-based female artists.

Muholi was awarded a residency at the Philadelphia Photo Arts Center and requested to work with local women. She believes in bringing underrepresented artists to the forefront in museums all around the world and has had her work shown in places like the Brooklyn Museum in New York. Like Muholi, Qampi was a mentor to the artists as they were developing their work. The exhibition features both Muholi and Qampi along with the artists.

The exhibition I visited was set up in a multi-purpose room at the Dixon House community center in Point Breeze with photographs displayed on wooden structures. There was a huge sign at the entrance with the names of the artists and mentors, giving visitors an overview of the program. Upon entering the exhibition, the photographs were on display with representative objects paired with the pieces. This exhibition was unlike anything I had ever seen before. The Women's Mobile Museum went out of their way to make the exhibition accessible to everyone; creating tactile representations of the artwork for the visually impaired, as well as braille guides and an informative audio tour.

Walking through the exhibition, I saw a group of photographs that feature a woman and her daughter. In one self-portrait, this woman is hugging a brightly colored stuffed animal. She looks almost sad, or maybe a bit thoughtful. This compelling imagery is the work of Iris Maldonado. Maldonado is a Reiki practitioner, poet, and photographer, and her photos explore womanhood, relationships, family bonds, and emotional abuse. Her goal is to awaken consciousness in women and encourage them to look deeply within themselves. She wants to empower women and help them to see their value and strength.

One thing Maldonado enjoyed was working with the other female artists. "They are amazing women with different talents. They are always very excited to share their knowledge with the group," she states. "The most



IRIS MALDONADO

rewarding thing has been the opportunity to learn from them, hear their opinions and advice, especially when we do a critique. [This] has made me grow as an artist. I like having someone that never gets bored when I speak to them about an art project I'm thinking of or that I'm doing because they are as excited as I am!"

Exploring the space, I came across photographs taken by Shana-Adina Roberts. Roberts is a multi-disciplinary artist who continuously explores and discovers new ways to express herself. She calls her project "Black Incandescence." These images

are a record of black turmoil and resilience that emphasizes that stark societal juxtaposition, state of worry, and unease that black people in America experience.

When you look at Robert's photographs, you see the intensity and feel raw emotion. She found inspiration from her experience as a black person, reflecting on the amount of strength her ancestors had to possess to survive. "I use flashlights as the light source for all of the photos included in the Black Incandescence series," explained Roberts. "I use flashlights because they are accessible. The product of my work has been from my experimentation with light."



SHANA ROBERTS

I found that one of the unique things about the Women's Mobile Museum is that you can speak directly with the artists. You can ask them about their creative process and background and delve deeper through the artist's statements. "I want the audience to go away with confidence," said Qampi. "Art can be used as the tool for healing, awareness and can change the universe." There's no doubt that this program aims to challenge the societal and economic barriers of the traditional art world. The artists offer work that allows communities traditionally left out of museums to see people like them on museum walls. Changing things for the better through art is indeed possible.

LAGOS LEGACY



THROUGH CRAFTSMANSHIP THAT HAS TRANSCENDED FOUR DECADES, LAGOS JEWELRY STILL STANDS TRUE TO ITS PHILADELPHIA ROOTS AND THE HAND-CRAFTED COMPONENTS THAT GO INTO EACH PIECE

words by **NATALIE KRUMENACKER, MADELINE DIGUGLIELMO & CAMILLA BARCAN**
photos by **MADELINE DIGUGLIELMO**

Steven Lagos learned the trade of jewelry design as an employee for a small jewelry shop in Philadelphia. Slowly, with only a few clients, Lagos began creating one-of-a-kind pieces, crafting his own identity within the jewelry world. Due to the rapidly growing jewelry market in the 1980s, Lagos could venture into designing his own pieces during his off time. After putting his custom pieces crafted for local, upscale clients into the market, his designs eventually reached top Philadelphia jewelry retailers and department stores. At the forty-year mark of LAGOS, the count of fully-developed and manufactured pieces stands at over two million; all of which has sold through national luxury retailers and the brick-and-mortar, flagship location in Philadelphia's Rittenhouse Square.

Steven Lagos bases his brand around a specific vision of the LAGOS woman; integrity, a timeless elegance, and sensuality. The core element of any LAGOS piece is the unmistakable LAGOS Caviar, a design that took years to develop. These small caviar beads, made of either sterling silver or 18k gold, are hand-strung to create an iconic look with a wearable texture.

An eye for design runs in the Lagos blood. Steven's daughter Kate, who is in her twenties, has already worked her way through various positions within the company, and has recently designed a line of her own in the LAGOS collection, titled with her initials KSL (Kate Shares Lagos). The KSL line perfectly brings together Steven's traditional elegance and Kate's bold taste. Much like her dad, Kate says her inspiration comes from traveling to new places, an interest in architecture,

and "even just walking in Philadelphia." As much as she is learning from her dad, she expresses that she too is making her path, still upholding tradition but always bringing new ideas to the table.

It is evident that Steve Lagos and his daughter, Kate, are designers focused on craft, but they cannot do it all themselves. True to its Philadelphia roots, Lagos pieces start right at the heart of the company, within their corporate offices in Northern Liberties. Lagos headquarters are constantly expanding, housing not only accounting, marketing, and customer service departments, but also new product development and especially production; this is where the magic happens.

Behind every LAGOS creation is the hand craftsmanship of bench jewelers who spend their day perfecting each piece. The shop area includes everything from loud giant buffering machines to welding areas, open flames and scattered tools. The workspace shows off the worker's personalities with plant life, blaring music, family photos, decor, and funky pens. There is a relatable and comfortable atmosphere amongst the craftsmen.

Master Jeweler Sokhan Khan has been with Lagos for twenty-nine years and is sure proud of it, smiling from cheek to cheek as we awed at his longevity within the company. His job is to sit down with Steven and work on the early stages of designing new pieces, finding what works mechanically and what doesn't. It is a trial and error process to get the technicalities perfect before going off into the next step of creating the jewelry. He also revisits older designs to update the construction with recent innovations. He sizes rings, sets diamonds,

and takes on repairs. Khan is pretty much the jack of all trades at the shop, and he says it himself with laughter, "I can do anything!" Asked how he got into the jewelry making business, he points to an old postcard on his bulletin board and says, "actually, I learned from my country, my home, I'm from Cambodia." He moved to New York at the beginning of his career and set diamonds for other jewelers. Soon after, he moved to Philadelphia in 1989 and became one of Steven's close employees; he's been with Lagos ever since.

He then showed us the process of resizing a gold ring, first by cutting the ring in half with a thin saw then molding and shaping it to the correct size. He welded it back together, buffered it, and sent it off to the next step. Next, we met jeweler Duane Reese, who polished the ring to perfection using several buffering pads and passed it to Jamie Henley who soaked it in liquid cleaner, the ring was steamed to dry; the entire process was done in under thirty minutes.

Our journey brought us to Rachel Eichelberger whose story with the company is a bit different. She went to school for 3D fine art and felt a natural attraction to working with metal. She's been with Lagos for five years and has been in her profession for fourteen. Eichelberger showed us how to resize a bracelet in around thirty minutes; she can do about fifteen a day.

A handcrafted and slowly perfected technique is hard to find in the United States these days, let alone an establishment in the heart of a big city. Especially in fashion, quick-turnaround, cheap labor and materials are unfortunately are the norm. Lagos is different. Skilled artisans are valued, local pride is praised, and family matters.



FROM
DUSK
TILL
awn

JOHANNA DINARDO'S BLACK SHEEP COLLECTION
PORTRAYS POWERFUL FEMININITY THROUGH SENSUALITY,
MYSTERY, AND LUXURY. MODERN SILHOUETTES,
ADORNED BY LAVISH FABRIC AND SWAROVSKI CRYSTALS,
GLIMMER EVEN IN THE DARKEST OF HOURS.

styled by **MADISEN BELLET & VALENTINA ONETTI** photos by **ANDREW COLLINS**











EXPRESSIONIST MOVEMENT

ARTISTIC-MEETS-TAILORED
LOOKS PAINTED WITH
CONTRASTING DETAILS AND
A TOUCH OF PINK EXUDE
POWER AND FEMININITY.
EMOTION APPEARS FROM
WITHIN AS SHE EXPRESSES
HER TRUE SELF AND
BECOMES A WORK OF ART.

styled by **LUISA ROSSI**
photos by **ZACH MISCAVIGE**
modeled by **MEI TSOI**

JUMPSUIT BY KENDALL FALVIN, BELT - ADA, SHOES - URBAN OUTFITTERS, EARRINGS - FREE PEOPLE





BLAZER – ASOS, SCARF – ZARA, EARRINGS – FREE PEOPLE



LEATHER JACKET - MADEWELL, SHIRT - ZARA, PANTS - ZARA, SCARF - FREE PEOPLE, HAT - ASOS, SHOES - DOC MARTENS, EARRINGS - FREE PEOPLE

SUIT BY OLIVIA ROSATO, SHIRT – ZARA, SHOES – URBAN OUTFITTERS, EARRINGS – FREE PEOPLE







BLAZER - ZARA MEN'S, SKIRT - TOPSHOP
SHOES - DOC MARTENS, NECKLACE - TIFFANY & CO,
EARRINGS - FREE PEOPLE



BLAZER – ZARA MEN'S, SKIRT – TOPSHOP, SHOES – DOC MARTENS, NECKLACE – TIFFANY & CO,
EARRINGS – FREE PEOPLE



SUIT BY KENDALL FLAVIN, SHOES - ZARA, NECKLACE - TIFFANY & CO, EARRINGS - FREE PEOPLE

THE

FUTURE



words by **KATE BROSKIE, DANIELLE CALCAVECCHIA** photos by **ERIN WEISGERGER**

FROM BALANCING FINALS TO MANAGING PRODUCTION COSTS OF HIS T-SHIRTS, DREXEL ALUM, GAVIN KARP, STARTED HIS OWN CLOTHING BRAND WHILE COMPLETING HIS UNDERGRAD.

▯▯ It started when I was in my early years in college walking around the shopping mall. I thought, “Why can’t I do this?” and that’s when it all started rushing through my mind.” This was the moment Gavin Karp, a young 18-year-old Philadelphia native, started the concept for his own namesake streetwear clothing line. Gavin graduated from Drexel in 2018 with a degree in entrepreneurship. Throughout his four years at college, he put as much time and effort into his brand as possible.

“I made two t-shirts to start,” Karp explains, “each with my initials on it and the word Philadelphia. Right now his line consists of t-shirts and sweatshirts, but he has big plans to expand his line into a full range with pants, outerwear, and hopefully one day, sneakers. From those two t-shirts, Karp has his brand stocked in stores like Delseite and pop-ups at Boyds. Last summer, he met with a few buyers at Barneys.

Karp describes his brand as a “modern, futuristic, and simple semi-luxury sportswear brand.” He came up with his logo almost by happenstance. He says, “I was just doodling and came up with the three-square design and added some

eyes.” His line took off from there. Karp tells us he draws inspiration from other designers such as John Elliot, Ralph Lauren, and Chris Stamp. Older movies and cartoons are also a big part of the concept and design inspiration. *The Jetsons* and the *Rocky* movie series are other unlikely sources of inspiration. His signature design is a washed black shirt or sweatshirt that has a bold look featuring his logo.

Sketching, manufacturing, samples, quality, shipping: these are all things Karp had to figure out on his own when producing his first round of t-shirts. “I’ve come a long way from the first two t-shirts I made,” he says, “I got those off one of those basic shirt websites, and the quality wasn’t what I wanted. If I am going to put my name on something, I want it to last in someone’s wardrobe, and those probably wouldn’t – but I had to start somewhere.” Using his networks, he connected with manufacturers who were able to produce better quality clothing.

Currently, Karp has a connection in California that he says, “manufactures basics/my blanks – the washes, hoodies, and tees – he sends them to me, and if I like them, I then go to my local printer local in Philadelphia. So, I get it printed, labeled and packaged there. Then I do all the shipping and packaging by myself.”

At Drexel, Karp worked at Boyd's part-time and was able to have several pop-up events, exposing his brand to potential customers. Boyds has not only helped by allowing Karp to sell some of his pieces to clients that would have not necessarily bought them but taught him a lot about the fashion industry. "I gained insider information about the industry from the industry," he says. "Boyd's taught me things like industry terms and about buying. Kind of like climbing a tree. I went from branch to branch."

Through a connection at Boyds, the Philadelphia landmark, he talked with a salesman who gave him a bunch of business cards of factories in NYC which he says, "after looking at the business cards I got, I finally found the right place to produce samples. I was there for a month and a half picking out the fabrics and everything. It was really, really cool but really expensive so I'm just sticking to basics until I'm ready to take the next step." In the future, he hopes to manufacture in either California or New York. A key to his brand success is his dedication to details and as "one-man operation."

Although Karp's connections, hands-on experience and logistical knowledge of how to run a company are all extremely important; it is the new designs with compelling stories that maintain his customer's adoration. Gavin Karp is proof that by grinding it out every day, anyone can make their brand successful. Consistency, confidence, and courage are key.



COLLEGE REMIX

THREE DREXEL STUDENTS WHO DID NOT FIT THE MOLD, TOOK THE REINS ON THEIR FUTURE, AND CUSTOMIZED THEIR MAJORS.

words by **ALEY PHELAN**
photography by **ERIN WEISGERBER**

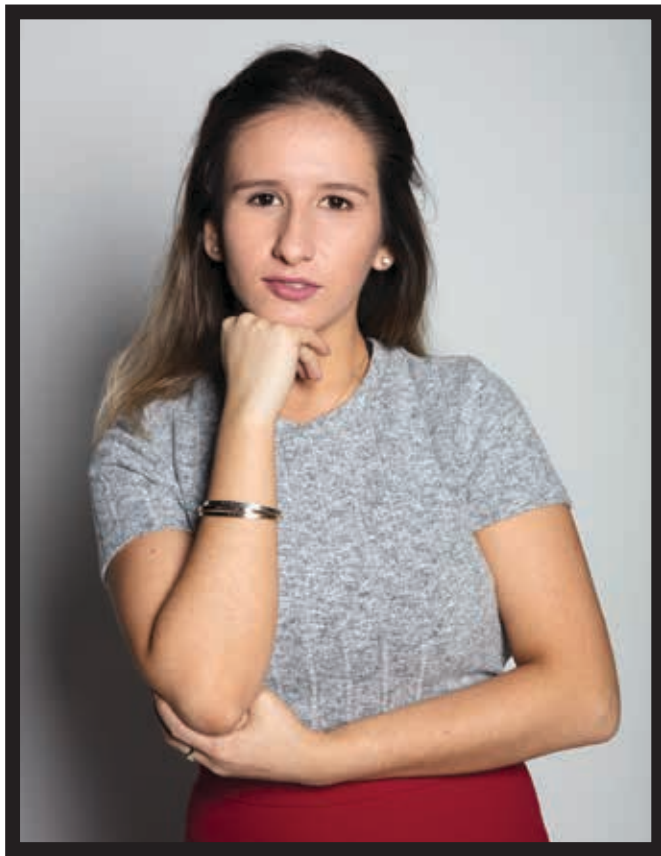


It happens every year; students go off to college unsure of what they want to do with the rest of their lives, and many even spend the first half of their education trying to decide on a major. Among the confused and college-bound, are some students that know exactly what they want and take it upon themselves to figure out how to achieve it. Even with a wide variety of majors at any given university, students may still not find the perfect fit. That was the case for Camilla Barcan, Avery Klondar, and Zara Leventhal, three students who took matters into their own hands. They customized their education to set them on a path to their career goals, taking advantage of Drexel's many opportunities.

Dr. Kevin Egan, the director of the Center of Interdisciplinary Inquiry, sat down to discuss the ins and outs of Pennoni Honors College's custom design major. The major started in 2011 with only four students because of "a desire among administration to create a little more flexibility in the curriculum for students whose interests were not being readily captured by a single major or

even a major and minor," Egan explained. In the seven and a half years of its existence, the program has grown significantly. Currently, there are 42 students enrolled and 50 students who have graduated. Even with its significant growth, the program is holding to its commitment to small class sizes by implementing an enrollment cap on the program. "Our goal has always been to max out around the 45-50 student mark and cap each class at 10-12 students," Egan says. As to why they want to keep the major so small he shares, "it provides the students with the kind of individualized attention that goes with a program like this."

The process for creating a custom major starts with a meeting with Egan, at the Center of Disciplinary Inquiry. In this meeting, students learn more about the program and get a sense of if it is, in fact, a good fit for them. More often than not, Egan and the students discover that what they are looking for is offered at Drexel in some capacity. If a student finds that the options are inadequate to what they are looking for, they have to develop their plan of study as well as a vi-



sion statement. The vision statement is akin to a personal essay, explaining what they want to learn, their goals, and how they plan to achieve them. Faculty and program directors have to approve these materials. It is an exhaustive process, but in the end, can be worth it for those who dedicated to pursuing their exact course of study.

Egan explains that “the majority of students that end up coming to us are probably right at the end of their first year, going into their sophomore year. That is a time where students have started to explore within their field a little bit more; they also become aware of what else is happening at the university.” That was the case for student Avery Klondar. Klondar entered Drexel as a design & merchandising student, and by the end of the spring term, she was in the custom design major. It was in one of her first classes at Drexel that she realized something was missing in her major. “I had Joseph Hancock as a professor fall term. In the course, we talked about consumers and how they think. I was interested in that and realized we were missing a lot of it in the D&M coursework.” After going through the extensive processes of changing her major Klondar is now a fashion studies and consumer behavior major, combining design & merchandising, marketing, sociology, and art history. “It’s not meant for people that don’t know what they want to do, it’s meant for people who have a range of interests that all tie together in some way.”

If the custom design major seems overwhelming, don’t worry there are other ways to customize your education at Drexel. Senior Camilla Barcan chose to double major in design & merchandising and marketing. Since her freshman year, Barcan knew she wanted to do some form of marketing but didn’t want to give up her D&M major. “I started as D&M and knew I liked the business side more than the fashion side but our program is so strong and I knew I didn’t want to leave,” she explained. After trying a double minor in marketing and entrepreneurship, she decided this path was the right choice. Having a double major in marketing helped Barcan immensely when applying for her co-ops, while also allowing her to do a five year, two co-op concentration. Even with a heavy course

load of 20 credits every term to complete all the requirements, Barcan was able to study abroad and even maintain her business, Camilla Limón. Camilla Limón is Barcan’s jewelry brand that she started in 2015.

Unlike Barcan and Klondar, Zara Leventhal realized she wanted a change in her education much later. Leventhal came to Drexel her sophomore year as an interactive digital media student. She studied IDM up until her spring/summer co-op her Junior year. Leventhal applied for graphic design co-ops as she started to realize that was what she would rather be doing, “I got a graphic design co-op in L.A., and it was through doing that work that I realized I did not want to go back to my major.”

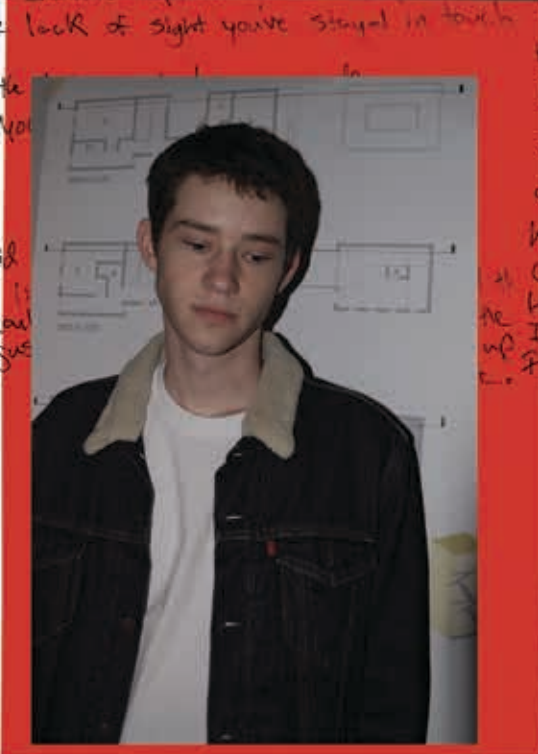
Being so far into her education at Drexel, Leventhal’s options were limited, and she considered leaving Drexel. Luckily the Assistant Dean and director of Student Services at Westphal, David Feldman, told her she had an option called Westphal studies. Admission to the program is limited to currently enrolled College of Media Arts and Design students who have completed the major-intensive sophomore year and experienced a co-op placement or completed their junior-year courses. Similar to the process of a Custom Design major, Leventhal had to write a proposal, explaining why she wanted to make her major, what departments would be involved, what classes she would take each quarter to graduate. Her degree ended up being a combination of, “primarily fashion design and graphic design, a little bit of product design and interior design,” with IDM as a minor. Looking back at her years at Drexel, Leventhal says her senior year was her happiest since she was able to take control of her education.

“ITS MEANT FOR PEOPLE WHO HAVE A RANGE OF INTERESTS THAT ALL TIE TOGETHER IN SOME WAY.”



DREXEL

UNDERGROUND



WHAT MORE CAN COLLEGE STUDENTS ASK FOR THAN TO PLAY THEIR FAVORITE MUSIC, MOSH IN BATTERED BASEMENTS, AND FOLLOW THEIR DREAM? THE DREXEL MUSIC SCENE OFFERS A VAST ARRAY OF MUSIC GENRES, BUT SOMEHOW THESE GROUPS CAN SIMULTANEOUSLY DIFFERENTIATE THEMSELVES AND GROW AS AN INCLUSIVE EXPERIMENTAL COMMUNITY

words by CHARLOTTE KENNEY-YAP & SASHA RUBIN

Students come from around the nation to study in Drexel's music industry major in the Westphal College of Media Arts & Design. A little known fact is that these students are encouraged to use their free time to pursue their desired career. With all this time on their hands, the natural solution is the time-honored tradition of starting a band.

These are the secret lives of our peers. Being in a band is an aspiration for much of the American youth. There are many basement locations scattered across West Philadelphia that host shows every week. Self-Christened spots such as Lizard Lounge, F*ckng Narnia, Huggy Bear, Inconvenience Store, and The Meadow create an authentic space to mosh and support Drexel Bands as well as public venues like World Cafe Live and Skate the Foundry. As for the basements, most are dusty and dingy, scattered with dilapidated odds and ends mixed with pristine equipment. Artists lend each other drum thrones and speakers as they do sound checks under haphazardly strewn Christmas lights. You can see rusty nails poking from ceiling beams, and you say a silent prayer that nobody impales their skull on them.

Most of the community were musicians before they entered college, having been in high school. For many, the time before college was a sandbox for experimentation in their hometowns. Chloe Likes Olivia played their loud hardcore music in a mom-and-pop coffee shop in their hometown and Courier Club dashed to save their equipment from the rain while playing in a parking lot. Kian of Sugar Pit became obsessed with creating "crappy low fi" music with junky old instruments he found. "It's a lot more fun to explore when there's not a precedent that you're expected to conform to," he confides. "It's cool, with each year that comes to Drexel you get more variation," Harrison "Z" of ZbyZ remarks "When I got here, it was focused on one genre of people trying to fit a certain mold, but it's great now that there's a lot of different ones in the scene." Even for bands that have recently debuted, they find that the support they get from others exceeds their expectations. Courier Club dropped their first single in October 2018 with their first show in early December. "We've only had our song out for three weeks, so we haven't had any shows yet. A decent amount of people showed up to our release party, more than we expected." As every new class comes to Drexel, it seems that they are bringing different music, flavor, and excitement to the scene.

BROKEN RIB



Broken Rib, previously known as Caligula, has been creating punk and hardcore music together at Drexel since October 2016. It consists of Nik as lead singer, Zach on guitar, Sam the drummer and Paul, the bassist. They are all optimistic seniors and want to create music after graduation. "We talk about it being the best cliché possible; if we continue into our thirties,

it would be the sickest thing ever. Worst case scenario we're playing music for dads in 30 years," jokes Sam. "We really like to have fun, a lot of bands [in general] are focused on just getting big. Whether we're going to shows, playing out, or practicing, we're four dudes trying to have fun and just live in the moment. We're pretty self-critical and take playing well seriously. Even with writing and recording." One of their favorite shows was at Skate the Foundry, an indoor skate park in West Philadelphia. In between sets, the guests were free to skate, which created an immersive experience.

brokenrib.bandcamp.com

SUGAR PIT



Kian loves experimenting with music. He can play all the instruments and produces the music mainly alone in his room. When he has live shows, he has an "ever-changing rotation of musicians. It's not a permanent lineup. We're in a transitional period where music is starting to get more electronic, and I'm figuring out how to replace acoustic musicians with robots and the computer.

You can't automate music, but you kind of can." His musical influences are as changing and fluid as his collaborators. "It really changes. My music is really directly linked to whatever I listen to each month. In the beginning, it was indie rock; recently it's punk electro African rhythm. Right now, I like really abrasive cyber punk stuff; they're just really fast-paced abrasive instrumentation really unorthodox song structure. The genre changes from song to song which is fun for me, which is cool because I think oh I can copy this one part of a particular genre which is exciting to me." So what is his genre of music? He thinks for a beat and laughs, "you can call it 'Twacked-Out Bedroom Funk.'" His advice to anybody interested in being a part of the community or wanting a greater appreciation of music is this: "I want everybody to listen to bad and crappy music. Take the handlebars with two hands and then take them off and ride with no hands; that's my style. Eat it." [facebook.com/SugarPitMusic](https://www.facebook.com/SugarPitMusic)

CHLOE LIKES OLIVIA



Going by different names and monikers for the last three years, high school BFFs created Chloe Likes Olivia. Hank plays guitar, sings, and screams. Ben does the same. Ryan plays bass and Steven plays drums. They grew up together in a small town, and Hank has known most of them since the fifth grade. Hank is a music industry major and the only one who attends Drexel. "Especially with touring [this last summer], we would not be touring as much if I had not gone to Drexel and learned what I have." Ben goes to University of the Arts, Ryan goes to Delaware County Community College, and Steven is at Cecil County Community College. "Drexel has been the most welcoming out of any place. We're a weird band; we play 'fake hardcore' which limits your audience a lot. But in Philadelphia and the Drexel scene, we've been playing shows and got a lot of warm responses." Chloe Likes Olivia is unique because they mash together both hardcore screaming and softer, spoken word. "With spoken word, what I write is very personal because I write what I know. And I'm pretty selfish as an individual. If anybody connects and tells me that, that's awesome. I don't think I can teach or tell you anything by [the lyrics] though. Art is so beautiful because you can take and give. And then the next person will take something different."

chloelikesolivia.bandcamp.com

COURIER CLUB



Courier Club is the self-proclaimed "Second Marriage" of two previous bands. The members of this new band officially formed together August 2018 after meeting on tour in Winter 2018. Tim is the lead singer, Michael plays bass guitar, Ryan is lead guitar, and Jack does all percussion. When their two old bands were on tour together, Tim would often miss setup because he was so absorbed in conversations about Starcraft with the other guys. "It's the first band that everybody writes together," Tim remarks. Courier Club are social advocates who believe in the dismantling of the often toxic facade of being a so-called "Rock Star." "For me, we don't have expectations for the fans or image; we're not trying to be rockstars, or larger than life we're just trying to make music fans enjoy. The rock and roll image needs to die because of all the sexual abuse. That was what was accepted [at the time], but now everybody from the Warp Tour and on the local scene people are coming forward and talking about their sexual assault. All of those people who try to emulate that sucks," Ryan says in a serious tone, "The whole rock and roll culture sucked, and it needs to change. People tried to be more than human and abused their power. We're just trying to be goofs and we don't want to be a narcissistic god character on a pedestal." Courier Club wants to use this second chance as a band to create a positive culture and make music people are proud to listen to. www.courierclub.us

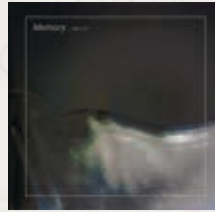
TESSELLATIONS



Tessellations is all about space rock and not playing at trash-filled venues. Ryan O'Grady created Tessellations in 2012 and started out jamming in a garage in high school. The band fully formed upon entering Drexel his freshman year of college. Henry plays bass, Antonia plays drums, and Ryan is on guitar. Ryan writes all the lyrics and

explains their musical influences being Slowdive, the Flaming Lips, Tame Impala, and progressive band/spacious rock bands. "I usually will write and play with my guitar. We kind of have obscure lyrics, so you need to really listen to understand what it's about and to reflect the vibe. There's a level of mysticism with the meaning of the lyrics," Ryan explains regarding the writing process. He also speaks on the humorous experiences they have with venues stating, "I got sick at the first house show I ever played at Temple because there were two feet tall trash piles. I was leaning on a pipe by the stage and was later told by the owner of the house it was the s*** pipe. It honestly deserves to be burned to the ground because of how awful the condition was, and they ended up getting evicted." But other venues have been super successful, and he wishes to play out more. "Throughout the years playing World Cafe, Kung Fu Necktie, and the Barbary. I wanna play all the venues in the city, but that's probably an impossible feat. R.I.P. JJ's Diner, that was a really nice house venue that people could like bring their parents too." Ryan's one rule on house shows is that "if they are taking money from bands when charging at the house, then your s*** and you shouldn't be doing that... like when they use profits to fuel a coke addiction." tessellationsband.bandcamp.com

DRIFT



"We play at house show venues scattered all over which are many places kids go to be themselves and to feel part of something bigger and to possibly meet different kinds of like-minded people," Matt says when speaking of the Drexel music scene being so intertwined. Currently working piano, vocals and backing vocals for Drift, Matt

joined the band in 2014. Ben Weiss, the lead singer, started making music under the name "Drift" in his senior year of high school. "Eventually Ryan became the guitarist, I (Matt) started playing back vocals, our buddy Henry became our bassist and Tristan became our drummer making up the 5 of us which are now Drift." They describe their music as being alternative/indie rock with an angst, sad boy vibe. Matt explains much of their lyrics come from "past relationships, anxieties, bad moments, but also from personal feelings and self-reflection." For the Drexel music scene, Facebook has been super important in helping the band gain attention, and to be part of a community, Matt explains, "we've played a few gigs around campus and Philly since freshman year like house shows, Drexel Spring Fest 2018, URBN Annex's Battle of the Bands in 2016 and World Café Live in July 2018." Speaking about the music scene, Matt says, "I call the scene incestuous because many times we are all members of other bands and groups and play for each other all the time, so we're all pretty flexible, and through that, we grow a lot of respect for each other." He adds, "it's definitely a community that advocates for social progress, LGBTQ, and various walks of life." He describes the community as being liberal, inclusive, and forward thinking as well as a safe place for individuals to come and have fun. "We want our music to connect to our listeners in whatever way they want to connect and just enjoy themselves." driftphilly.bandcamp.com

ZBYZ



ZbyZ is the project of Drexel Sophomore Harrison "Z." He came to Drexel with a few songs and a longing to create the perfect splice between Maroon 5 and Arctic Monkeys. For ZbyZ, they're a pop band living in a punk world. Harrison Z sings and plays rhythm guitar, Harrison B also plays guitar, Chris is their bassist, Dan drums and Braxton is on the keys. It took a couple of years to nail down the lineup, but now ZbyZ is here for good. "We're pretty energetic while playing shows; we want to bring you up and have a good time. Basically just a party. Life's a party, so why not just bring it to everyone. If people are dancing, singing along and getting into it - it's a vibe that you feel, and everybody around you feels too." As a pop group, they are unique to the Drexel scene, which is mostly gritty in comparison. Despite this, they have reported feeling very welcome. On his art, this is what Harrison Z has to say: "I just want [the listener] to be able to connect to it. I write music as an outlet. I don't think I could survive without it. I just want to be able to connect with people and give them somewhere to go when they feel a certain way, either if they're super happy or are in their head and need a place to escape." ZbyZ has released various singles and will be releasing more throughout 2019. zbyz.bandcamp.com

COPLEY WOODS



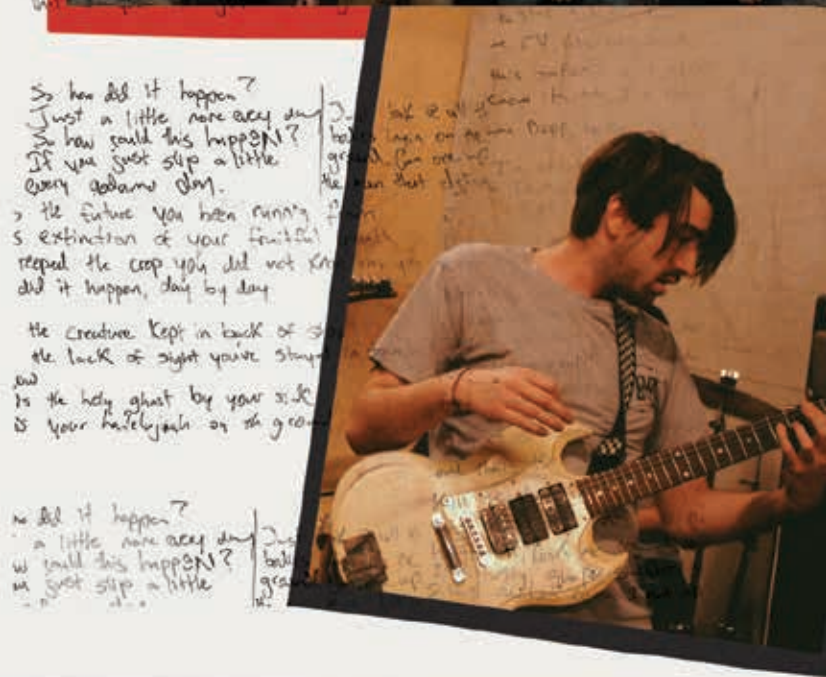
Copley Woods wants you to know they're not like most bands on campus, to say the least considering the subject of "aliens" is a huge part of who they are. Rhythm guitarist and vocalist, Kendall, and drummer, Keenan, played together for five years and wanted to keep playing post-hardcore and early 2000s MySpace screamo and eventually came to Copley Woods as the conclusion. Jude plays lead guitar with clean vocals, and Danny plays bass. Musically they see themselves as rough around the edges but with a lot of attention to detail and composition. "Were probably one of the heavier bands on campus. We played two shows the other week and the first show we were the heaviest band on the bill, the second show we played we were the lightest band on the bill by far, and we like how middle ground we are when it comes to varying gigs," Keegan explained regarding diverse music venues in Philly. The most interesting part of the band is the story behind their name. "So this is mildly important...our band is 'alien-themed' which really influences our name. Copley Woods is a place in Indiana, and in the '70s and '80s, a man named Bud Hopkins wrote a series of books about alien abduction and one of the books was called 'Intruders: The Incredible Visitations of Copley Woods' about a family who experiences visitations periodically from aliens." The band fondly proclaims the stories to be true and describes the novels and aliens as largely influencing their songs and artwork. The band is adamant about playing sick shows and as much as possible referencing the alien concept "from the basement to the motherf***ing mothership." copleywoods.bandcamp.com



READY NOW



"So one of our craziest stories was at the show called the Tip. They offered free beer, and it was a packed huge party while also being a DIY venue. And I met my friend John from this, he started crowd surfing the basement, and everyone was losing their minds. It was one of the first times people were screaming our lyrics singing back, but it was super sick. The lights went out by accident at the quiet bridge part, and people used their phones as lights. It was just the craziest West Philly show, if not our craziest show to date," says Jack of one of their favorite performances. Ready Now, originally, Snakeboy, was started by singer and rhythm guitarist Jack with Dan on lead guitar, Nate on bass, and Dustin on drums. Jack's lyrics are mostly about relationships and explains their music was the pop side of emo but is shifting recently to a more alternative indie rock sound. "Musically we're really influenced so much by mid-2000s and Paramore, Fall Out Boy, All Time Low, Lana Del Ray, Cherry Glazer and more," explains Jack. "Recently, we've been super busy playing a lot of gigs. We've been playing more off-campus shows and three shows within the past three days. We're trying to write more now and take a small break from playing so much and maybe start working on more demos" explains Jack. But when it comes to the band's shows, Jack explains, "our shows are very fun, very upbeat. We often have people dancing and singing along. We always usually get a crowd coming out and singing our hit song 'Dumb.'" Like many bands, Ready Now would love for music to be their future. "This is all I can see myself doing for the rest of my life. I can't imagine doing anything else because this is my driving force," says Jack, "California is something we are definitely thinking about for the future, but we have yet to see." readynowband.bandcamp.com



MY NAME IS TOM



My Name Is Tom began in March 2017 when Justin the guitarist came on board. Talisa is the lead vocalist and guitarist for My Name is Tom and writes the lyrics and sings. Nick plays bass, Justin is on guitar, and David fills on drums. Their biggest hit 'Garden State Mall Culture' is about being from New Jersey and growing up there. "Our genre is kinda classic emo indie Philly based type. We listen to too much Weezer, some Modern Baseball, Radiohead, and Third Eye Blind. Kinda '90s power pop punk thing." On speaking of the origin of the name, she explains, "So my best friend from high schools father is name is Tom. I really relate to Tom and one time I heard a story about my friend's dad and was like oh I want to name a band that. Tom's a big guy, and he's just great. I just relate to him so much. I like Tom." On the bands future, Talisa explains she would love the band to get a strong following and become big, but that isn't the reason the band exists. "I will always be creating whether it's in My Name is Tom or for some other creative endeavor." mynameistom.bandcamp.com

SAXBYS FIRST EVER STUDENT CEO, KELSEY GOSLIN, ON WHY THE PHILADELPHIA COFFEE CHAIN GAVE DREXEL STUDENTS FULL RESPONSIBILITY OF THEIR CAFE

words by **ALEY PHELAN** photo by **ERIN WEISGERBER**

In April 2015, Kelsey Goslin became the first SCEO at Drexel's Saxbys café on 34th and Lancaster. Saxbys, headquartered in Philadelphia, first opened its doors on Drexel's campus in 2015, and put its café operations into the hands of Drexel students. Saxbys started the Experiential Learning Program with Drexel University, meaning all employees of the café, from the baristas to the manager, are Drexel students and competitively compensated. Managers of Saxbys cafés are called CEOs (Café Executive Officers), and managers at Experiential Learning Program cafés are called SCEOs (Student Café Executive Officers).

This was Goslin's second co-op and a perfect fit for her marketing and entrepreneurship major. Reflecting on her time spent on co-op, Goslin says she "learned so much about running a business and being a manager of peers, and to lead by example, be fair, and be true to your word." As Saxbys' first ever co-op, Goslin faced a fair amount of challenges in just about every aspect of the job. With no previous position holders to offer up advice, Goslin had to build from the ground-up, including managing a new team and café location. "I had to create everything from scratch, the schedule (how many people on a shift based on hours of day and days of the week), how much inventory to order and when. Additionally, I was in charge of every other aspect of the café such as getting art from students into the café and being in charge of sponsorships and fundraising partnerships." Although this was all new territory to Goslin, upper management was always willing to help guide the process.

After Goslin's co-op with Saxbys, she continued to work around various cafés while taking classes. During her senior year, she worked part-time in the marketing department at HQ. After graduating in March 2017, she worked full-time as a CEO at Saxbys 11th & Locust, and then Saxbys UPenn.

Kristina Syvarth, the VP of Learning at Saxbys, started her career at Saxbys in 2014 as a barista, quickly moving up within the company. Syvarth oversees numerous departments within the company, including training, recruiting, team resources, and talent development. Her dedication to the company earned her a CEO position at the Saxbys Rittenhouse location, eventually relocating to the training department within Saxbys' headquarters.

Syvarth's experience within the training department makes her a knowledgeable source when it comes to the Experiential Learning Program cafés and SCEOs. She works directly with Drexel to align café experiences with academic programs and provides

training and support to all CEOs. Goslin says that "Kristina Syvarth took me under her wing and was my unofficial 'coach' throughout my time at Saxbys." HQ is overall very involved with SCEOs, who "receive regular support from their coach, who works within our Operations department and helps SCEOs manage their daily tasks," Syvarth explains.

SCEOs constantly work with the HQ team in many different capacities, including the training, marketing, finance and product development departments on various projects. Paired with a mentor from HQ, they meet quarterly, discussing goals, challenges, and overall life outside of Saxbys. Syvarth explains that

SCEOs are held to the same standards and expectations as full-time CEOs (and that they regularly exceed those expectations.)

Through the Experiential Learning Program, Saxbys can identify future talent and provide career paths for students that can turn into full-time roles post-graduation. Over two-thirds of SCEOs stay with Saxbys after their co-op in various positions. Some students stay on to work in the café when they return to classes, and a handful goes to work for the company full-time in operations and training after graduation.

The Experiential Learning Program began at Drexel without the intention to expand to more schools, but following the great success of Drexel's café, Saxbys decided to see if

other higher education institutions were interested in a partnership. Since the first ELP café at Drexel, Saxbys has opened seven additional ELP cafés, for a total of eight cafés at seven different universities. Other universities taking advantage of this program include West Chester, Penn State, Millersville, La Salle, and St. Joseph's.

Since opening in 2015, Saxbys has become a staple for Drexel students. Any day of the week, at any time, both on-campus cafés are filled with students studying, eating, or just hanging out with friends. Many students don't even realize the café is run completely by their peers.

Goslin says, "Saxbys became the hub of Drexel so quickly once it opened. It built a sense of community since both the team members and SCEOs are students." Even with the support from HQ, Saxbys puts a lot of trust into students. As to why they put their cafés in the hands of students, Syvarth says, "we believe in investing in and developing the next generation of leaders and have found when you place confidence in students, they rise to the challenge of running their businesses."





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TWO GIRLS. PHILADELPHIA. A MISSION: TO EXPLORE AND EXPERIENCE UNORTHODOX METHODS OF HEALTH AND WELLBEING, AND INVESTIGATE WHETHER THIS STUFF ACTUALLY WORKS.

words by **VICTORIA COSTA, CHARLOTTE KENNY-YAP** photo by **ERIN WEISGERBER**

HERBALISM

Through word-of-mouth, we located an herbalist named Kelly with an office located in West Philly. We had many questions about how drinking tea could heal someone with a disease like IBS... it all seemed very magical.

Kelly's office was intimate and welcoming, surrounded by shelves lined with different sized jars filled with dried plants; it felt like we were both traveling back in time and on the set of a Harry Potter film. She spoke about clients usually coming to her to find a natural cure to issues they are having physically, emotionally, or mentally that traditional medicine didn't cure. As an example, she told us about one client: a man who had served in the military who had PTSD which brought on serious digestion problems. He came to her because he was skeptical of the medication that traditional doctors were prescribing him. In weeks his digestion issues were completely resolved from taking Kelly's recommended tinctures.

Kelly explained the medicinal properties of other various herbs, and we tried drops of St. John's Wort which made us feel as if we were doing our bodies some good. With Kelly reminding us of a powerful mystical sorcerer, the entire experience piqued our curiosity.

ACUPUNCTURE

Willingly getting stabbed by multiple tiny needles doesn't seem like the way many people would want to spend a Sunday afternoon, so why is there so much hype around acupuncture? We went to West Philly Community Center Acupuncture to find out.

Victoria states: Despite the many recommendations from friends and family, the skeptic that lives in the core of who I am can't help but question how getting poked with needles is supposed to cure anything. I told Sarah about the back pain that I have from all the hours hunched over my laptop, a completely unnatural position. She took me to a dimly lit room, and I sat in a big reclining chair. She quickly placed the needles. Did it hurt? No, not really, just like tiny pinches. When she placed the first two needles in my forearm, I felt a weird current almost buzzing between the two of them. Sarah ended up placing about ten needles everywhere from my arms to my legs to my neck and even my forehead. The next step was to lay there for roughly 45 minutes. Who knew that being stuck like a pincushion could be so relaxing? I was drifting in and out of dream-like states. When it was time to go my body felt completely calm, and I felt like that for the rest of the day.

REFLEXOLOGY

In Reflexology, each part of the bottoms of your feet connects to a specific organ in your body. We don't understand how your big toe connects to your brain, but hey, a foot massage? Sign us up! Upon arrival at the Spring Reflexology Center, Sharon, our masseuse, gave us two bowls filled with tea. We usually drink tea, but instead were instructed to soak our feet in it... interesting.

Typically, reflexology addresses circulation, digestion and brain chemistry. Sharon told Victoria she had a "bumpy" spot on her foot that could be related to digestion (something she typically complains about.) After thirty minutes we couldn't tell if reflexology had any effect on the rest of our bodies, but our feet felt so amazing that it made up for it. We didn't feel "cleansed" per se, but it was a great massage.

CRYSTAL HEALING

Neither of us had any previous experience or understanding of crystals as alternative wellness, so naturally, we were most curious and most skeptical to find out more about their supposed healing properties. We headed to Holistic Healing Apothecary to learn about the vibrations and frequency within crystals. The owner Dr. Phyllis Greco, trained in Naturopathy, greeted us. Naturopathy is hotly contested as "quackery" by traditional physicians and scientists, but we were in awe by her vast shiny collection. Apparently, all things from nature have vibrations, and the way you can tell what you may be lacking with vibrations is from what crystals attract you. Dr. Greco went on to explain the crystals conduct electricity and help regulate energy that is generated by the body.

Charlotte states: I was attracted to the Citrine and Ruby. Citrine is believed to enhance the body's ability to heal and to detoxify. Ruby boosts energy, strengthens immunity, and aids in emotional and physical stability. Who couldn't do with a little healing and energy boosting? Along with the fact that I now have pretty crystals around me which is nice.

Victoria says: I slept with my crystals under my pillow and just kind of hung

out with them...totally normal stuff, right? I should say I did feel a slight difference in my mindset; I felt a bit calmer and overall generally more mindful. It could have just been because I was aware of the positive effects I was supposed to experience and could have just been all placebo.

TAROT CARDS

The tarot card reading was something that we kind of fell into; you could almost say it was the universe working its "new age magic." A tarot card reader was coming to a boutique in Soho to give a group reading.

Charlotte states: I pulled the "Improvement" card, which offered a drawing of a girl and boy falling out of a brick house from a sprawling vine hanging off the edge of a blackthorn branch which stands atop a witch hazel tree branch... a mouthful, I know. I thought to myself, "there is no way would a random card pulled from a deck could speak to me personally." And yet the card spoke in an extremely personal way. It explains that when we have the opportunity to improve one's "inner home," we will be forced to improve ourselves under pressure and endure a needed healing process leading to complete transformation. Who could have predicted that these tarot cards weren't nonsense after all?!

Victoria thoughts: I pulled the Empress card, which had me pumped. It was more than just the reader telling me about the card; it felt super personal. She told me that I'm meant to be a leader and that I'm very visually creative, all things that I like to think about myself already. Confirmation bias aside, what got me was when she started talking about how I should speak up and that I have important things to say, but sometimes hold back. The deck doesn't have all the answers, but the feeling of clarity helps to guide a better understanding of yourself. I can confidently say that I can put my faith in the cards.

So does this stuff really work? Well... we both agree, in our modern world where we spend so much time on everything else but ourselves, these new age methods of health and wellness at least give a moment to get some of those good vibes.





SWEAT IT OUT

THINK SWEAT, TEARS, AND A WHOLE LOT OF PAIN WHEN IT COMES TO THESE WORKOUTS! LUISA AND CHARLOTTE PUT FIVE FITNESS FAVORITES TO THE TEST AND REPORT ON THEIR FINDINGS.

words by **LUISA ROSSI & CHARLOTTE KENNY-YAP**
photos by **ERIN WEISGERBER**

[SOLIDCORE] - 2116 CHESTNUT ST

This 50-minute high intensity yet low impact workout on Pilates reformers (torture devices) emphasizes slow and controlled movements over high reps.

LUISA This is a killer workout. Be prepared to work every muscle in your body... even the ones you never knew you had. The instructor speaks a mile a minute, so pay attention, or you will end up confused and almost fall off the reformer, which happened to us a few times. You WILL feel these 50 minutes for the rest of the week. Let's say Charlotte's face at the end of the workout said it all.



CHAR OH MY GOD. This was one of the hardest Pilates classes I've ever done even for a seasoned fitness enthusiast like myself. This workout is a whole-body workout using every muscle fiber in one's body. I was so sore that I had to be careful moving for the next 3 to 4 days. The class uses a reformer machine which is a carriage pushed and pulled by springs, weights, and bands for strengthening and toning. Not only did I have to learn how to use the machine quickly for the first time, but I had to figure out how to hold my body weight which is much harder than it looks. I only recommend this workout to individuals who use their abs quite often and have no problem sweating in a plank for 3 minutes!



We're two fitness freaks. Charlotte is an avid runner who regularly attends kickboxing and Pilates classes. She works out around 5 to 6 times a week and lives an active, healthy lifestyle. Luisa is a yoga enthusiast who practices at least three times per week and attends cycling classes regularly. She works out almost every day and likes to switch up her workouts with a variety of studio classes.

We found these classes via a convenient free 30-day trial of ClassPass, an app that acts as a third party for booking a variety of workouts across the city. Once our trial ran out, we completed a class at the world-renowned Drexel Athletic Center. We put our abilities to the ultimate test!

Dumbbell Rating: 1 – Easiest to 5 – Hardest

BARRE3 - 1500 SANSOM ST

Barre3 is based on ballet technique and utilizes isometric holds, small range movements, and large dynamic movements to deliver an effective full body workout.

LUISA I was excited about the Barre3 class – it's one of my favorite workouts. This action-packed hour incorporated arm, ab, and leg workouts. I was shaking like a leaf during the bar exercises, feeling like Jell-O. There was a decent bit of cardio incorporated that spiked our heart rates and made us sweat. This workout seemed effective, but I was surprised the next morning when I didn't feel so sore!



CHAR Incorporating bands, a ball, and weights, all the exercises offered a challenging added element that tested my physical abilities. I watched as girls gracefully did the lengthening exercises thinking to myself, "wow some of these girls know what they're doing." To my semi-disbelief, I wasn't as conditioned for Barre3 as I thought I was. However, Barre3 is a doable workout class that will tone and lengthen my muscles which will cause me to look like a Victoria Secret model... so I will indeed be back!



FLYWHEEL SPORTS - 1521 LOCUST ST

This studio cycling class involves steep climbs, fast sprints and everything in-between. Each ride incorporates an arm circuit using weights.

LUISA This was one of the harder cycling classes I have endured. PHEW! We piled on the resistance and conquered loads of heavy climbs. The ride was choreographed to fun and energetic music blasting through "the stadium." Think of it as a dance party that is not so much dancing as it is biking and sweating. This class is certainly meant to challenge your abilities. When I hopped off the bike I nearly fell to the ground – my legs felt like Jell-O yet again!



CHAR Flywheel was quite the shock to the system in terms of cycling classes. Upon entering "the stadium," I was simultaneously excited and scared considering the room was pitch black, and I couldn't see anything. I was set up on my bike, and immediately I knew I was in for a "treat." Who doesn't love a man on a bike screaming killer sets at you first thing in the morning? That's my favorite. The resistance got higher and higher as the hills got steeper and steeper, and I got weaker and weaker. The arm section had a weighted bar to do reps with on top of heavy cardio. I was drenched in sweat, so I conclude the workout was a success!



HOTBOX YOGA - 3527 LANCASTER AVE

Hot Box's Hot Yoga is designed to build strength and increase flexibility while providing a powerful and effective workout for both your mind and body.

LUISA There's nothing I love like a good Vinyasa! This class included lots of flows, standing work, and inversions. Beware: it gets super sweaty in here, I was slipping and sliding all over my mat. I did all my favorite poses: dancer's pose, crow, and shoulder stand. During dancer's pose, I like to see how far forward I can lean until I fall...I didn't hit the ground this time! In the end, I felt alive and refreshed after a well-deserved Shavasana.



CHAR Hot Yoga is exactly what it sounds like...HOT! Not only was the yoga advanced, but the room was set to 98 degrees ensuring everyone was dripping sweat. I mean glistening. Everyone seemed to be very experienced 'yogi's' falling right into a backbend that I had to physically force myself to do because I haven't done a full backbend since I was 12 years old. I felt awkward in the beginning, and the studio didn't have a mirror compared to most yoga classes, but I was at peace by the end of the class which was a gratifying takeaway.



BODY COMBAT - 3301 MARKET ST

Body combat is a full body workout inspired by mixed martial arts. This workout is choreographed to music and incorporates a lot of punches and kicks.

LUISA I went in having high hopes, but walked out disappointed...I think Charlotte hyped this one up a bit too much. I was expecting more of an intense workout, but it was just an hour of cardio with some elbow crushing planks at the end. The DAC succeeded in providing a hefty dosage of cardio, but I felt the moves were not rhythmically choreographed, which thoroughly irritated me as I was a cheerleader my entire childhood and knew nothing but 8-counts. Regardless, I will return for a decent (and free) workout.



CHAR Kick, box and punch your heart out! I religiously kickbox so this workout is my all-time favorite I regularly do. I love sweating and being out of breath. I attend various other boxing gyms, so maybe that is why I have grown accustomed to love these workouts. You also learn self-defense which is a great added layer. I get to learn new kickboxing routines that get harder as time goes on accompanied with kick-ass playlists that makes you feel on top of the world and like you can conquer anything!



WHAT'S IN MY BAG?

A girl's bag is a carefully calculated hot mess with everything she needs an "arm dive" away. Here's what I always carry with me, so I feel prepared for whatever life throws at me.

MY BAG?

words by **DANIELLA LUCIA PILEGGI** photos by **ERIN WEISGERBER**



FRUIT BAR/CANDY

Don't be caught hangry, carry around a healthy satisfying snack to kill the cravings.



MINTS

I don't like chomping on gum to make my breath fresh. Altoids Winter Green gives you a burst of icy freshness that lasts. (\$2.49, CVS)



CHAPSTICK

Carmex, works as a great base for lipstick (\$4.69, CVS)

FLASH DRIVE.

Networking is EVERYTHING and a first impression can make or break a potential professional relationship.



MAKEUP WIPES

Sometimes, your face needs a wipe down. Neutrogena's Makeup Wipes singles are individually wrapped and convenient to throw in any bag (20 ct bag, \$7.99, Target)



HAND SANITIZER

Get rid of those germs, girl.



SAFETY PINS

A quick fix for a possible tragic wardrobe malfunction can be a godsend.



FACIAL SPRAY

I simply cannot LIVE without the Mario Badescu Lavender and Chamomile Facial spray. It comes in a mini bottle and will refresh your face with two quick spritzes. (\$5, Ulta Beauty)

EYEBROW PENCIL

Anastasia Beverly Hills Brow Wiz (\$21, Ulta Beauty)



CONCEALER

Tarte's Two-Faced Double Duty Beauty Shape Tape and Concealer (\$27, Ulta Beauty)



MASCARA

Two-Faced Better than Sex Mascara, Travel Size (\$12, Ulta Beauty)



MINI HAIRBRUSH

As an advocate for keeping hair smooth and knot-free, a mini paddle brush is essential.



DRY SHAMPOO

Use Living Proof Perfect Hair Day dry shampoo in the travel size to give your hair some volume and a clean fresh scent, a must-have after a long day. (\$13, Ulta Beauty)



BAND AIDS

Don't go searching for band-aids while you're bleeding, be prepared!



LIPSTICK

Stila's Stay All Day liquid lipsticks – my favorite neutral shade is Perla (\$22, Ulta Beauty)



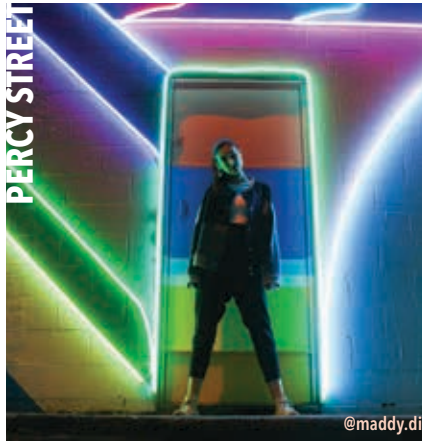
TAMPON

Kotex Click tampons are small, slim and discrete for any emergency.



@amorettoashley

CHERRY STREET PIER is a new public space on the Delaware River. Home to many artists and nonprofits who work out of repurposed shipping containers. The pier includes outdoor hangout spaces surrounded by a garden and offers a great view of the Benjamin Franklin Bridge. Located not far from Penns Landing at 121 North Christopher Columbus Boulevard, you can check their calendar on the Delaware Waterfront's website.



@maddy.di

The unique mural on **PERCY STREET** is designed with LED neon lights and is a must-see, with its vibrant wonderland of bright color along with an alleyway in South Philly. Nestled in between East Passyunk and South 9th Street you can't miss its vibrant glow. This is only the start of a project; it will eventually span the entire block, so get excited!



@britt_miller

This spot is truly hidden, located near **CITY HALL** in the convention center parking lot facility. The address is 1324 Arch Street next to Arch Street United Methodist Church. Go through the entrance lobby and take the elevator to the top floor, at the corner of the building sits the perfect spot to take unique photos of the city. Keep an eye out as it's hard to find, but once you get to the top you won't be disappointed!

PHILLY'S MOST INSTAGRAMMABLE SPOTS

words by **MADELINE DIGUGLIELMO**



@nkrumenacker

There are tons of spots in historic **OLD CITY** that serve as classic photo ops. You could walk up and down old alleyways on the cute cobblestone roads and find endless nooks and crannies. Elfreth's Alley is a great place to start but keep strolling; you'll never know what you'll find.



@manjima3740

With ivy climbing up the walls, this niche park is truly a quiet escape from the craziness of Center City. This spot features a sculptural fountain and cute benches that supply unique photo opportunities. **JON F. COLLINS PARK** stands in between Chestnut Street Philly Bagels and Ciao Pizza on 17th and Chestnut Street.



@kesserag

Packed from ceiling to floor with South American artifacts these vibrant colors and layered merchandise give an awesome collage effect and are a great background for photos. **EYES GALLERY** is located on 402 South Street and is designed by Isaiah Zagar who created the Magic Gardens in Society Hill. There are three levels to this store, each offering a different vibe, so be sure to explore them all.

HOT STUFF!

ARE YOU A RISK TAKER? A THRILL SEEKER? A SPICE CRAVER? A HEAT LOVER? THESE HOT PEPPER RECIPES WILL SPICE UP YOUR KITCHEN TO MATCH YOUR “ON THE EDGE” LIFESTYLE

words by **LIZ BAUMAN & MADELINE DIGUGLIELMO** photos by **ERIN WEISGERBER**

BAD TO THE BONE CHICKEN TENDERS

SAUCE

1 tbsp mustard-based hot sauce
1 tbsp yellow mustard
1/8 cup mayonnaise
1 tbsp honey
1/4 tsp lemon juice

INGREDIENTS

1/4 cup mustard-based hot sauce
1 cup seasoned bread crumbs
1 lb chicken breast
2 tbsp flour
2 eggs
2 tbsp cooking oil



INSTRUCTIONS

1. For the dipping sauce: Mix all ingredients and refrigerate while preparing the rest of your meal. **2.** Marinate the chicken by coating it in a mustard-based hot sauce and leaving it to sit in a plastic bag in the refrigerator for 30 minutes. For mild heat, use a sauce containing habanero peppers; but for that extra kick, you might try one that's ghost pepper-based. **3.** After marinating, coat the pieces of chicken in flour thoroughly. **4.** Crack the eggs into a bowl and lightly whisk. Coat the chicken in the egg. **5.** Using a separate bowl, cover the chicken entirely in bread crumbs, making sure they're sticking to the egg coating. **6.** Heat two tablespoons of cooking oil in a medium-sized pan using the lowest setting. **7.** Place the breaded chicken onto the pan, turning the stove on medium heat. Season with salt and pepper. Let cook for five to seven minutes, moving the chicken around with a spatula every few minutes to ensure it's not sticking to the pan. **8.** Flip the chicken and cook for an additional five to seven minutes on the other side, or until cooked all the way through. **9.** Serve with the dipping sauce.

THINK YOU KNOW EVERYTHING ABOUT PEPPERS?

HEAT IT UP! There is a way to measure the hotness of peppers, and the Scoville scale makes that possible. Scoville Heat Units, or SHU, can indicate the heat of different peppers relative to the amount of capsaicin (spice in your mouth). For example, jalapeños are on the lower end at 8,000 SHU, while ghost peppers are around 1,000,000. YIKES!

THE COMPETITION IS ON. Thanks to some innovations in agricultural technology, we can now bend the rules to create even hotter peppers than Mother Nature. Through careful crossbreeding of already hot peppers, we can increase capsaicin levels in their offspring and BAM: a chili pepper like no other.

YOU CAYENNEOT BELIEVE IT. By blending capsaicin extract into hot sauce recipes, we can make hot sauces spicier than the actual peppers themselves. If you happen to be a daredevil and taste one of those sauces, drinking milk is the best way to cool down an extra hot burn. The protein in milk breaks down the bonds between capsaicin and the body's pain receptors. Just don't drink it too fast, or your stomach won't be thanking you!

YUP, YOU CAN PUT IN ON ANYTHING. The most important thing to know about hot sauce is that there are so many variations and flavors that you'll find one to pair with just about any food. Take any okay meal, add some hot sauce, and transform it into a five-star dish.

OVER THE TOP BLOODY MARIA

DRINK

Handful cilantro leaves
Ice cubes
Dash of Cholula hot sauce
Dash Worcestershire sauce
5 oz chilled fresh tomato juice
2 oz of tequila (silver or gold)
1 oz fresh lime juice

GARNISHES

Salt
Pickles
Olives
Bacon
Lettuce
Chili powder
Celery sticks
Lime wedges
Cherry tomatoes

INSTRUCTIONS

1. Start with a shallow bowl or plate and place salt and chili powder to create a rim garnish for your glass. **2.** Line the top of your glass with lime juice and rotate the glass in the bowl until your desired amount of garnish is achieved. **3.** Place a few sprigs of cilantro at the bottom of your glass. **4.** Put a few ice cubes in a cocktail shaker and add Cholula, Worcestershire, tomato juice, tequila, and lime juice. **5.** Shake her up! **6.** Strain the mixture into prepared glass. **7.** Garnish with your desired toppings. (Note: It's helpful to use skewers!)



SMOKIN' BUFFALO MAC & CHEESE



INGREDIENTS

4 tbsp butter
3 tbsp flour
3 cups milk
1 tsp garlic powder
1 tsp onion powder
½ tsp salt
½ tsp pepper
2 cups cooked shredded chicken
¾ cup buffalo hot sauce
1 lb elbow macaroni pasta, uncooked
1 ½ cup shredded mozzarella cheese
1 ½ cup shredded cheddar cheese
¾ cup Monterey jack cheese
½ cup sour cream

TOPPING

½ cup crumbled bacon
1 tbsp butter
½ cup seasoned bread crumbs
¼ cup bleu cheese
1 bunch of chives

INSTRUCTIONS

1. Preheat the oven to 350° and prepare a 9x9 baking dish with cooking spray. **2.** Marinate the shredded chicken in the fridge with ¼ cup of the buffalo hot sauce for 30 minutes while preparing the rest of your dish. **3.** Cook the pasta following the box's instructions. **4.** Melt butter in a large pot over the stove on medium-low. **5.** Add flour and stir. (Don't allow the flour to burn by letting the mixture sit too long.) **6.** Add milk, salt, pepper, garlic powder, and onion powder to the pot and stir. Turn up the heat to high and bring to a boil. **7.** When it begins boiling, bring back to a simmer and stir. Keep stirring until the ingredients thicken. **8.** With the heat on low, add the sour cream, mozzarella, cheddar, Monterey jack, and sour cream, and stir until they are melted in with the rest of the ingredients. **9.** Stir in the hot sauce. **10.** Stir in the marinated chicken and pasta, and make sure to coat them completely in all that good sauce. **11.** Remove from heat and place in baking dish. **12.** In a separate small saucepan, melt butter on medium-low. **13.** Add the breadcrumbs and bacon to the pan and stir until the breadcrumbs are lightly toasted. **14.** Sprinkle this mixture on top of the mac and cheese. **15.** Bake in the oven for 15-20 minutes. **16.** Immediately after removing the dish from the oven, sprinkle it with bleu cheese. **17.** Garnish with diced chives as desired.

SAVAGE PINEAPPLE SALSA

INGREDIENTS

1 cup diced pineapple
1 cup diced bell peppers, any color
1 cup diced Roma tomatoes
½ cup chopped cilantro
¼ cup minced red onion
4 tbsp lime juice (about 2 limes)
½ tsp salt
¼ tsp black pepper
Optional: 1 tbsp chopped jalapeños

INSTRUCTIONS

In a small bowl, mix together diced pineapple, diced tomatoes, diced peppers, minced onions, chopped cilantro, lime juice, salt, and pepper. Add chopped jalapeños for an extra kick.



MAKE YOUR DISHES LOOK AS HOT AS THEY TASTE

PICK YOUR PLATE. Think of your plate as a canvas and the food, your paints. You want the size, color and shape to coincide with your dish. The size of the dish should be proportional to what you're serving. White creates contrast in your dish, but if you have brightly colored ingredients, don't be afraid to use darker dishes. Studies show square shapes express a unique edge, while round shapes bring comfort.

TEXTURE, TEXTURE, TEXTURE. Find a good balance in layering and placing textures onto dishes. You should also be thinking about color and playing with size. For our Bad to the Bone Tenders since the dish is mostly orange tones add some cilantro leaves for a good contrast. Same goes with the mac and cheese!

THE ODDS ARE IN YOUR FAVOR. Keep things in odd numbers. The eye is naturally attracted to groups of foods in 3's, 5's, or 7's (odds) rather than evens. The lack of balance is appealing and more intriguing. So, prepare those chicken tenders in odd groups.

PHOTO OP! A drink like the Bloody Maria is where you really can get creative. Skewers are a must for creating your masterpiece. Start with the heavier ingredients on the bottom (your pineapples, shrimp, pickles, and hot peppers). Work your way up with the tomatoes, jalapeños, and olives. Make fun patterns with color and sizes fan out the lettuce in the back for the ultimate presentation.

STAY NEAT. Wipe off any crumbs, drips, or smudges on the plate that aren't supposed to be there – unless it's intentionally part of your masterpiece, of course!

VEGAN STYLE SKEWERS

INGREDIENTS

1 (8 oz) container tofu drained and sliced into large chunks
1 red (or green) bell pepper, cut into large chunks
10 large mushrooms
¼ cup diced onion (red or white)
1 cup of cherry tomatoes
1 zucchini, cut into large chunks

SAUCE

2 tbsp Sriracha
1 chopped jalapeño pepper
¼ cup soy sauce
2 tbsp sesame oil
1 clove of chopped garlic
Ground black pepper to taste



INSTRUCTIONS

1. In a large bowl, combine chopped tofu, zucchini, bell pepper, mushroom, onion, and cherry tomatoes. **2.** To make the sauce, mix Sriracha, jalapeño pepper, soy sauce, sesame oil, clove of garlic, and ground pepper to taste in a small bowl. **3.** Mix the sauce with the vegetables gently until they are completely coated in the mixture. Cover and let marinate in the fridge for 1 hour. **4.** Preheat the oven to 350°, or start your outdoor grill if preferred. **5.** Thread tofu and vegetables on skewers. **6.** Grill or bake each skewer for 10 minutes.

PHILLY FOOD ABC's

IN A CITY LIKE PHILADELPHIA, YOU CAN PUT THE SKILLS YOU LEARNED IN ENGLISH CLASS TO WORK BY EATING YOUR WAY THROUGH THE ALPHABET. words by **TAYLOR JOHNSON**



A is for **Apple Turnover**. This light, buttery cinnamon apple pastry is from **Renata's Kitchen** at **4533 Baltimore Avenue**. You can eat breakfast, lunch, and dinner at this Mediterranean restaurant. Three AT ONCE!

B is for **Bacon**. Alas, we're not just talking about just bacon here. We're talking about a bacon, lettuce, and tomato (also known as B.L.T.) sandwich. Grab your own from Philadelphia's largest **Wawa**, located on **3300 Market Street**.

C is for **Chocolate Chunk Cookies** which you can get from any **Insomnia** in the city...until 3 AM of course. These warm, gooey chocolate chip cookies can be found on Drexel's campus at **3400 Lancaster Avenue**.

D is for **Dutch Crumb Donut**. If you're looking for a tasty donut, this powdery sweet pastry is available at **Beiler's Donuts** in the **Reading Terminal Market**.

E is for **Eel Roll**. You can get this eel and crunchy cucumber sushi roll from **Yummy Sushi**, located on **1807 John F Kennedy Boulevard**. Don't knock it 'til you try it!

F is for **Fried Rice**, shrimp fried rice to be exact. You can get this from **Golden Cuisine** on **679 North Broad Street**. If you're eating late, they're open until 1 AM. If you're not feeling shrimp, there are options like beef fried rice. The point is, their fried rice is delicious!



G is for **Garlic Shrimp**. You can find this fresh shrimp dish at **Indian Cafe and Grille**, located at **501 Fairmount Avenue**. This dish is tossed in roasted garlic and cooked in a lemon vinaigrette soy sauce. Is your mouth watering yet?

H is for **Homefries**. You can find this at the **Penrose Diner** at **2016 Penrose Avenue**. These homefries are crispy on the outside and tender on the inside. You should have them with just a little salt and ketchup. If you need something else, pair them with eggs scrambled well. This 60-year old-diner is open until midnight.

I is for **Ice Cream**, which you can get at any **Old Nelson's** in Philadelphia. You may be indecisive, thanks to their sheer amount flavors with off-the-wall names. I highly recommend **Cherry Garcia** though. It's vanilla ice cream with cherries and fudge chips.

J is for **Jerk Chicken**, served at **Warm Daddy's Sunday Jazz Brunch Buffet**. Spicy, but not too hot, this dish is a pleasing blend of rubs and marinade. **WarmDaddy's** is at **1400 S Christopher Columbus Boulevard**.



K is for **Key Lime Donut**. Remember **Beiler's Donuts**? Well, this is another one of the 60 assorted donut flavors that they offer. If you like the sweet and sour taste of key lime pie, then you should try it wrapped into a donut.

L is for **Lobster Roll**. This Maine-style lobster roll with a toasted bun is from **Luke's Lobster**, at **130 S. 17th Street** or **17 S. 11th Street**. If you aren't a fan of lobster, they also offer shrimp and crab rolls. If you love all three, you can get **Luke's trio** – half of all three rolls in one dish!



M is for **Milanesa De Res Sencilla**. In Mexican cuisine, a torta is a sandwich made with a crusty bread roll. This particular torta has beef, onion, lettuce, tomatoes, avocado, jalapeños, and cheese. They also offer chicken and pork. You can try this at **Tacos California** at **S. 8th Street**.

N is for **New England Style Clam Chowder**, which you can also get at **Luke's Lobster**. The New England Style Clam Chowder is filled with warmth, flavor, and a dash of real clams and comes with oyster crackers.

O is for **Oreo Cream Donut**. A donut flavor based on...well you can take a wild guess. This donut is chocolate with cream both on top and inside the pastry. As if it couldn't get any better than that, this donut is topped with Oreo cookie crumbles. Also from **Beiler's**.

P is for **Pancakes** as in fluffy, warm chocolate chip pancakes and you can get them from **Cafe V & Kitchen** at **1318 South Street**. This place offers breakfast and brunch. You're covered from morning until late afternoon (they close at 4 PM.)

Q is for **Quesadilla con Tinga**. Chicken con Tinga has shredded chicken mixed with spicy tomato sauce and cheese encased in a flour tortilla then served with tomatoes and sour cream. Also from **Tacos California**.

R is for **Rodeo Burger**, from **Spot Gourmet Burgers** at **2821 West Girard Avenue**. This burger is made from freshly ground sirloin with American cheese, bacon, grilled onion, jalapeño, ranch, and BBQ sauce. One bite of this burger can send you into a sweet daze with a fiery ending.

S is for **Shrimp Stir Fry** with egg white noodles and sweet soy sauce. You can get this at **Honeygrow**, at **3731 Walnut Street**. Honeygrow also offers the option to create your dish making it a place where everyone can find something.

T is for **Tomato Cilantro Soup**, also available at **Renata's Kitchen** over at **4533 Baltimore Avenue**. This hearty, sweet soup is perfect when you have that "I need soup, but I'm not sick" craving.

U is for **Pineapple Upside Down Cake**, from **Sweet Life's Bake Shop**. This dessert is sweet without being syrupy. The cake is moist, while the fruit portion is extraordinarily fresh and tart. Located at **740 South Street**.

V is for **Veggie Samosas**, from **Indian Cafe & Grille** at **501 Fairmount Avenue**. Samosas are fried or baked pastries filled with savory fillings like potatoes and spices. Served with chutney these veggie samosas taste so good that all of you meat-lovers won't miss a thing.

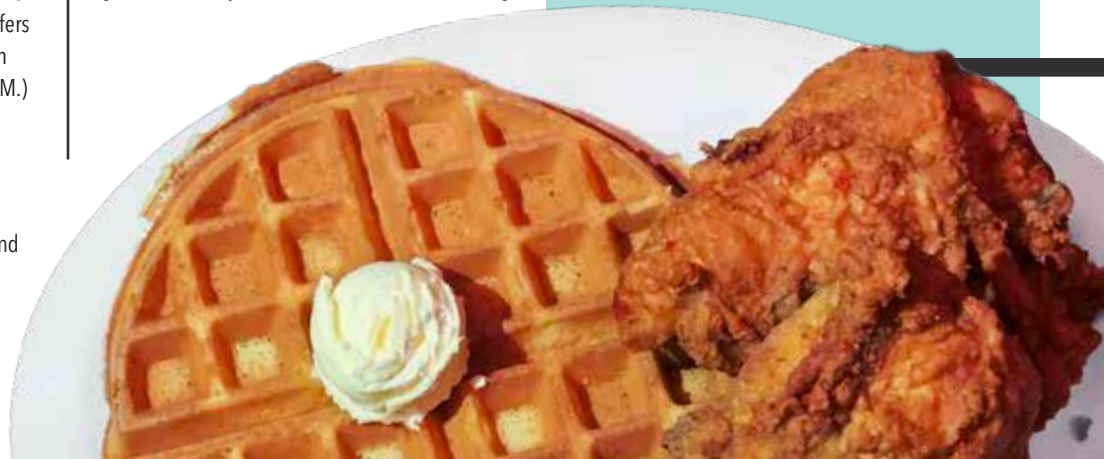


W is for **Waffles**, as in fried chicken and waffles. You can get this sweet and savory comfort food from **Jones** at **700 Chestnut Street**. This dish is served with warm syrup and whipped butter. Here's one recommendation: use the syrup. It's essential in keeping the sweet and savory balance.

X is for **Xanthan Gum** a stabilizer that keeps salad dressing from separating. You can get a great salad from **Saladworks**, located at **2955 Market Street**.

Y is for **Yams**, specifically candied yams. Get this sweet dish at **Keven Parker's Soul Food Café** in the **Reading Terminal Market**, located at **51 N. 12th Street**.

Z is for **Ziti**, which you can get at **Maggiano's Little Italy** located at **1201 Filbert Street**. Their ziti is pleasing comfort food that sticks to the ribs.



OPERATION: CHEESESTEAK

THE PHILADELPHIA CHEESESTEAK IS LIKE THE FOOD MASCOT FOR OUR CITY. THIS QUINTESSENTIAL SANDWICH COMES WITH A SIDE OF STRONG OPINIONS.

words by **GABBY CRIPPEN** photo by **ERIN WEISGERBER**



If you're from Philadelphia, you know what makes a good cheesesteak. It is the meal that has been feeding Philadelphia tourists and blue-collar locals for decades. So naturally, there are hundreds of cheesesteaks establishments all claiming to be "The Best in Philadelphia." But who really has the best cheesesteak in Philly? I made it my personal quest to find out.

I am a cheesesteak purist; I am not interested in the frou-frou \$20 cheesesteak flavored with truffle oil. In order to accurately score each cheesesteak, I developed the "Cheesesteak Equation." Cheesesteaks are a science; don't question me on this. The four components of the sandwich (the bread, the meat, the cheese, and the onions) were graded on a 1-5 scale, 1 being the lowest and 5 the highest. These four scores were added together to get a total score out of 20. To keep the scoring fair and as precise as possible, I ordered the same thing every time; a cheesesteak with American cheese and fried onions.

If I had to go to every cheesesteak establishment in Philadelphia, then I would be broke and weigh 1,000 pounds. So, in my attempt to find the best, I narrowed my search down to ten of the most popular cheesesteak shops.

DELI SANDRO'S

600 Wendover Street

Delassandro's, also known as, "the local favorite." The smell of griddled steak and onions filled the small shack as I walked in. Steam came pouring out as I unwrapped the sandwich from the foil. The steak was super finely chopped, and the cheese well incorporated with the meat in the middle of the sandwich. But by the end, I was left with bread and meat with little cheese and onions. I

found Delassandro's to be extra difficult to eat. The onions were piled on top and all toppled over as I lifted my cheesesteak to my mouth. I had high expectations of Delassandro's, and while it was a very good cheesesteak, it was not the best I tried.

Meat: 4 Cheese: 4 Bread: 4 Toppings: 4
Final Score: 16/20

CHUBBY'S

5826 Henry Avenue

Chubby's, Delassandro's lesser-known competitor, is found directly across the street. The most defining characteristic of Chubby's cheesesteak was the bread. It was super fresh and extra fluffy, but personally, I wanted a little bit of chew. Chubby's cheesesteak was respectable, but honestly nothing special. The meat was chopped, and there was a good ratio of meat to bread, but I wanted more onions and cheese to balance everything out.

Meat: 4 Cheese: 3 Bread: 4 Toppings: 3
Final Score: 14/20

PAT'S KING OF STEAKS

1237 East Passyunk Avenue

Visually, Pat's cheesesteak looked kind of gross, but gross in an oddly appealing, greasy, satisfying kind of way. The onions were spilling over, and the grease was seeping out from the ends of the roll. The sandwich had a little more substance to it, the onions were not as sharp, and the meat was a bit more chopped. Still, the cheese was just plopped on top, and not given the necessary attention it needs to become one with the steak.

Meat: 3 Cheese: 1 Bread: 4 Toppings: 3
Final Score: 11/20

GENO'S STEAKS

1219 S 9th Street

After unwrapping it from the paper, the one word to describe my cheesesteak would be *sad*. The sandwich was thin, not particularly hot, and the American cheese slices were haphazardly slapped in between the bread and steak. The fried onions could have been a little more caramelized, the cheese was nowhere near melted, and the meat was dry. I was not overly impressed by this "famous" establishment.

Meat: 2 Cheese: 1 Bread: 4 Toppings: 3
Final Score: 10/20

CARMEN'S

51 N. 12th St, Philadelphia, PA 19107

The worst part about going to Carmen's is the long line. There is always a line...always. But I'm being honest when I say the semi-torturous wait is worth it. The two words that perfectly describe this cheesesteak are hot and juicy. My cheesesteak came out steaming and dripping in its own juices. The cheese was perfectly incorporated with the chopped steak and fried onions. The bread was fresh and not too chewy but not too soft. What makes Carmen's stand out is they cook all the cheesesteak components together on the griddle, allowing them to mingle and marinate. The result is near perfection.

Meat: 5 Cheese: 5 Bread: 4 Toppings: 4
Final Score: 18/20

JIM'S STEAKS

400 South Street

The best part of Jim's is that the customer watches the preparation of their cheesesteak. At Jim's, they layer the cheesesteak components. It goes bread, melted cheese, meat, then toppings. My cheesesteak came out piping hot and ready to be devoured. The meat was tender, the large chunks of onions were caramelized, and the roll was fresh. While the cheese was melted, I was left wanting more for the amount of meat on the sandwich. I prefer when all the elements are mixed together on the roll and not layered.

Meat: 4 Cheese: 2 Bread: 5 Toppings: 4
Final Score: 15/20

STEVE'S PRINCE OF STEAKS

3836 Chestnut Street

Steve's is a cheesesteak institution. They have multiple locations all over Philadelphia. The simplest way to describe this cheesesteak is a better version of Geno's. The steak was not finely chopped like how I typically enjoy my steak, but I still really enjoyed this. Rather, the thick slices of meat were individually griddled and kept intact. Then, the cheese and fried onions were added and delivered on the golden hoagie roll. The best thing about this cheesesteak was the bread, receiving a perfect score. The outside was slightly crusty, and the inside was nice and soft with the perfect amount of chew.

Meat: 3 Cheese: 4 Bread: 5 Toppings: 4
Final Score: 16/20

SONNY'S

228 Market Street

I had low expectations of Sonny's, so I ended up pleasantly surprised that the medium chopped meat, American cheese, and onions were cooked as one, exactly as I prefer; resulting in a steaming and juicy cheesesteak. Since I have to be picky, I would say the onions were a touch too raw and the bread slightly too soft. But it is a cheesesteak that I would like to eat again.

Meat: 5 Cheese: 5 Bread: 4 Toppings: 3
Final Score: 17/20

JOE'S STEAKS

1 W. Girard Avenue

Located in Fishtown, Joe's Steaks offers authentic Philadelphia cheesesteaks to this ever-growing hipster neighborhood. All things considered, it was a standard, good cheesesteak. The steak had a medium chop, there was a good ratio of steak, cheese, and onions, and the bread was decent. The components were neither perfect nor disappointing. Everything was simply good.

Meat: 4 Cheese: 3 Bread: 4 Toppings: 4
Final Score: 15/20

JOHN'S ROAST PORK

14 Snyder Avenue

Despite the semi-confusing name, John's Roast Pork's cheesesteaks are award winning. Typically, when something is "award-winning," I am more skeptical, but they did not disappoint. The ratio between steak, cheese, and onion was perfect. The steak, American cheese, and onions were all incorporated together on the flat top and cooked as one, allowing the flavors to mesh. And the bread! The bread was a little different than what I had seen before. It was not as soft, had a bit more of a toothy bite, and it had sesame seeds, differentiating themselves from the competition.

Meat: 5 Cheese: 5 Bread: 5 Toppings: 4
Final Score: 19/20

Ten cheesesteaks later, and I have finally found the best cheesesteak in Philadelphia. John's Roast Pork is number one in my book (and I'm an expert at this point.) But that's not to say the other cheesesteaks were bad. If there is anything I have learned from trying ten different cheesesteaks in a 3-week span, it's that cheesesteaks are like pizza. Even a "bad" cheesesteak is still pretty good. And not surprisingly – in true Philly fashion – I could always be down to eat a cheesesteak.

MAIN LINE BITES

words by **KATE BROSKIE**

“You’re going out to the Main Line for dinner?” My friend seems confused when asking me this question. As if traveling outside of the city of Philadelphia, one of the best food cities in America, were one of the biggest mistakes I could make. The Main Line of Philadelphia is a group of towns to the northwest of the city. The furthest west being Malvern, and furthest north being Villanova. These Main Line restaurants are hidden gems to Philadelphians, and no one should be weary of crossing over the Schuylkill to experience them.

A NEW PLACE FOR BRUNCH: *TURNING POINT*

925 West Lancaster Ave, Bryn Mawr

Sick of your usual weekend brunch place? Here’s the perfect excuse to try out Turning Point. Turning Point has an extensive brunch and lunch menu, making it difficult in picking just one thing to order. From salted caramel waffles to breakfast nachos, ordering will be harder than the drive up from the city. Don’t be discouraged if you see a line out the door on a Saturday or Sunday; the wait is worth it.



WHEN YOU WANT TO ESCAPE PHILLY: *MAIN & VINE*

789 East Lancaster Ave, Villanova

Focusing on California cuisine, Main & Vine is the place to go when you cannot eat one more cheesesteak or soft pretzel. With dishes like black mission fig toast, San Francisco cioppino, and Napa-style sourdough pizza, there is no need to book a flight for some farm fresh food. Main & Vine also has an extensive wine and beer list of which a majority comes from the golden state.



SOMETHING HEALTHY: *POKÉONO*

59 West Lancaster Ave, Ardmore

Get a taste of a Hawaiian favorite at Poké Ono. Poké is a combination of small chunks of raw ahi tuna served over a bed of rice. At Poké Ono, they pull out all the stops. With combinations like salmon, ponzu, and cucumber to vegan options with tofu and shredded veggies. Feeling adventurous? They have the option for customers to build their bowl where they can pick their base, protein, sauce, and countless toppings.



WHEN YOUR PARENTS COME TO VISIT: *NECTAR*

1091 Lancaster Ave, Berwyn



When your parents come to town, say goodbye to Easy Mac and hello to Nectar. A fusion between French and Asian cuisine, Nectar serves elegant and elevated dishes. Specialty sushi rolls packed with filet mignon and Nova Scotia lobster and roasted foie gras are topped off with shavings of black truffle. Nectar also serves classic Asian dishes like fried rice and pork dumplings if foie gras is out of your comfort zone.

A HOME-COOKED ITALIAN MEAL: *RESTAURANT ALBA*

7 West King St, Malvern



Wooden tables and floors add to the rustic style of Italian food at Restaurant Alba. The menu incorporates seasonal ingredients and focuses on elevating traditional Italian dishes that your Nonna would make, like bruschetta with avocado, and spaghetti with lobster. Restaurant Alba partners with a family of farmers located mostly in Pennsylvania, so diners know they are getting the freshest dishes.

OPEN 24 HOURS: *MINELLA'S DINER*

320 Lancaster Ave, Wayne



In the mood for a classic diner breakfast or a 3 AM late night snack, Minella’s Diner is your place. A classic, New Jersey diner plopped in the middle of the Main Line, Minella’s menu is expansive and offers diner classics from pancakes to pastrami sandwiches, making it hard to pick what to order. With cakes, cheesecakes, pastries, and cookies all staring back at you from their shiny glass case, ordering dessert will be even harder.

GAME DAY: *NOT YOUR AVERAGE JOE'S*

49 Saint James Place, Ardmore



E-A-G-L-E-S, Eagles! Not Your Average Joe’s is just what it sounds like; not your average sports bar. Exposed beams and industrial style decor add to making this sports bar upscale. The menu consists of classics like wings, sliders, and pizza but all feature a modern spin. A wood-burning pizza oven is the main feature in the restaurant as well as the huge projector screen perfect for watching football on any given Sunday.

ESSEN BAKERY

1437 E. Passyunk Avenue

The aroma of melted butter and cooking pastries surrounds this quaint bakery. Essen bakery describes themselves as, "a little Jewish bakery in South Philly." Stop in for some challah bread or chocolate rugelach and finish the sweet treats with some locally roasted coffee. Make sure you stop in early enough; this stuff goes quick.



BING BING

1648 E. Passyunk Avenue

Bing Bing specializes in Chinese dim sum that is not defined by tradition. They give "authentic" Asian cuisine modern twists, making it a must when on East Passyunk Avenue. Go with a group of friends and order one of everything. Try the pork soup dumplings filled with hot unctuous broth and savory ground pork.

STOGIE JOE'S

1734 E. Passyunk Avenue

Stogie Joe's has the comfort of a local dive bar but with a banging beer selection and top-notch food. Their menu includes revamped American bar food along with classic Italian dishes. There's everything from burgers to pasta entrees and their famous square pizza. It is the ideal relaxed environment to watch the Eagles on Sunday or have a family night out.

EATS ON EAST PASSYUNK

words by **GABBY CRIPPEN**
illustrations by **MADELINE DIGUGLIEMMO**

**EAST PASSYUNK AVENUE IS A MECCA FOR
FOODIES. THIS SMALL PHILADELPHIA
NEIGHBORHOOD IS HOME TO SOME OF THE
BEST RESTAURANTS IN THE CITY.
ALONG THIS COLORFUL SOUTH PHILLY STREET,
YOU CAN FIND TEN HIDDEN GEMS TO
SATISFY EVERY CRAVING.**

P'UNK BURGER

1823 E. Passyunk Avenue

P'unk Burger proves that a good burger is more than just beef. At this organic, locally sourced burger spot, their patty options range from beef to ahi tuna, to a "more than meat" option. Customers can build their own with tons of tasty toppings to choose from or pick one from the specialty burgers list. P'unk Burger gives the respect the burger deserves.

STARGAZY

1823 E. Passyunk Avenue

Meat pies, sausage rolls, banoffee tarts, and jellied eels are not what you would typically expect to find in South Philadelphia. To some, this may not sound all too appealing, but Stargazy's traditional British cuisine is hard to pass up. Okay, maybe not the jellied eels, but trust me when I say you will find yourself dreaming of flaky pie crusts and spiced meaty fillings.

CHHAYA CAFE

1819 E. Passyunk Avenue

For the boujee millennial who never wants to pass up Sunday brunch, Chhaya Café is a spot worth checking out. Their menu focuses on quality, simple, and comforting American brunch dishes that will not break your bank account. The latte art and perfectly runny egg yolks are content ready to be added to your Instagram feed.

MARRA'S

1734 E. Passyunk Avenue

Marra's has been around for over 90 years and is an institution on East Passyunk Avenue. Currently run by the original owner's grandchildren, Marra's values hospitality and traditional American-Italian fare. All your favorite dishes are on the menu, but the brick oven pizza stands out with a thin crackly crust topped with rich, acidic sauce and creamy mozzarella cheese.



TRE SCALLINI RISTORANTE

1915 E. Passyunk Avenue

Perfect for a date-night, Tre Scallini Ristorante is an old-school BYOB serving up authentic Italian cooking. Chef Franca DiRenzo puts thought and care into every dish. She observes from the kitchen opening to watch her regulars and newcomers alike enjoy her creations. Grab your favorite bottle of wine and enjoy an upscale dining experience that will not disappoint.

BARCELONA WINE BAR

1709 E. Passyunk Avenue

Want to escape to Spain for a couple of hours for a fraction of the price, then Barcelona Wine Bar is worth visiting. Here they focus on classic Spanish tapas with Mediterranean and South African influences. The extensive wine list and small plates options make it easy to please every palette. Drink the wine, eat the food and be transported to the streets of Barcelona.



PISTOLA'S DEL SUR

1934 E. Passyunk Avenue

Craving tacos? Pistola's Del Sur is the answer. Here you can find a wide span of taco options ranging from traditional to updated fusion flavors. The beer list is constantly changing, and there are multiple tequila options to choose from.

Lindsey Metselaar, Millennials, and All Things “We Met At Acme”



“WE MET AT ACME” IS ALL THINGS SEX, VULNERABILITY AND RELATIONSHIPS, WITH ADDED HUMOR AND ASTROLOGY TO LIGHTEN THE MOOD AND CONNECT WITH HER LISTENERS.

words by **CHARLOTTE KENNY-YAP & CAMILLA BARCAN**
illustration by **CHARLOTTE KENNY-YAP**

When it comes to relationships, Lindsey Metselaar knows how hard the dating terrain can be. The 28-year-old creator of the podcast “We Met at Acme” is no stranger to the triumphs and mishaps of the dating world. Lindsey even admits she went on over 100 dates and has seen it all. Imagine Carrie Bradshaw in 2018: an uncompromising voice, creating an open forum to understand the questions we all have about dating as a millennial. “We Met At Acme” is all things sex, vulnerability, and relationships, with added humor and astrology to lighten the mood and connect with her listeners.

As a communications major at Boston University, Metselaar experienced her first taste of social media fame through a Twitter account, @stonergirlproblems. She created the page with her friends, gaining over 30,000 followers in just a few weeks. Her success and knack for social media landed her jobs in content creation for companies in New York City, where she grew her skills and decided this was where she wanted to continue her career. She found a niche market

of “dating” and figured if she could engage with an audience, then it would be a success. Over the years, Metselaar created a food Instagram, becoming the CEO of Lindsey’s Lunchbox, which has almost 80,000 followers. If this wasn’t enough, as a young millennial navigating the dating scene in the city, she quickly realized there was a platform to be made as a voice for all those who struggle with dating in their 20s.

“We Met At Acme” is a humorous reference to the Manhattan speakeasy and club, Acme. The club is known as a popular hookup spot for many millennials in the city. She tries to understand the way couples meet, help millennials navigate their 20s and act as a guide to healthy relationships. Metselaar has interviewed a diverse group of people, some of which include: specialists in the fields of psychology, intimacy, and astrology; well-known writers and actors; her “normal” young professionals friends; and even interviewed a Rabbi. She asks them about their career, dating lives, and experiences in life and love over the years. These voices bring

different opinions and stories about relationships to her podcast, creating all too relatable conversations. Every single episode ends with her asking if the guest has any advice for her listeners.

Lindsey posts on social media at least ten stories a day typically posing poll questions about dating and life as a millennial. These questions have become a HUGE aspect of the "We Met At Acme" brand, engaging with over 10,000 extremely active followers. The poll questions create a storyline, paving the way for her interviews. For example, a recent question was: "Do you have to define the relationship as exclusive if it's pretty recent?" with an option to vote "Yes" or "No." Within the poll, the results ended up being pretty close with 48% answering "No" and 52% answering "Yes." Many are highly debated topics with there being no definitive answer to the question.

One big theme through all her podcasts is astrology – not just astrology through compatibility, which is very important in dating, but also in understanding yourself through self-awareness and learning your full birth chart. Metselaar speaks to our three main signs: The Sun, Moon, and Rising signs which can help us understand who we are and why we act the way we do. In one of her episodes, she interviews a 25-year-old astrologist, Nadine Jane, who acknowledged for her insight in astrology and has over 85,000 followers on Instagram. Nadine shared that each sign can define positions in a company. Our Sun sign which most of us know as our astrological sign, is the CEO position. It rules your personality, who you are and what you do. The Rising sign is the Head of PR. It rules the way that you dress and how you present yourself when you meet someone new. If someone doesn't know you that well, they would identify you by your rising sign. Your Moon sign is the most important for self-awareness and dating compatibility; the HR of your company, the most vulnerable part of yourself that you don't show until you know someone. Note: Take the time to learn your signs and find out more about yourself! (Can you tell we're astrology obsessed?)

Lindsey is raw in everything she mentions in her podcast; each of her interviews is

more like conversations that allow the listeners to get to know her and trust the advice she is giving. For example, with very personal topics like therapy or sex, she is open to sharing her experiences without a filter, allowing her listeners to feel connected to her stories. Each podcast episode ends with a piece of advice from the guest, a lesson the listeners can take with them after listening. Metselaar is currently in a relationship with someone she met through a dating app (yes, very millennial, we know), she shared "it made me realize who and what I need in a partner." She believes that it would not be as successful as it is if she hadn't learned everything she has through her podcast journey.

**"DO THINGS THAT
WILL FULFILL
YOUR SOUL AND
MAKE YOU A
BETTER PERSON."**

"We Met at Acme" is a true, raw podcast that makes a safe space for stories from people of different backgrounds, ages, sexual preferences, and stages of their lives. Metselaar is not afraid to be honest with her voice. By sharing her own stories about therapy and sex, among other topics considered "taboo," she creates a trust with her listeners and makes them feel as if they are not alone. "I'm not afraid to admit that I relate to other people's experiences. I'm finding my truth, and I'm using it to help people, and to shed light on experiences and things we don't like to talk about." She wishes to be viewed as a role model who isn't perfect. "You can look up to me, but I'm still figuring it out too." This refreshing view is why her podcast has become so successful. She shares that there are no steps to a perfect relationship. She's on this journey with us and says, "we're in this together," admitting she's made mistakes but wants to talk through them, learn about her flaws, accepting why she is the way that she is, and helping others to do the same.

In each episode, Lindsey ends her interviews by asking her guests if they have any advice they'd like to leave for her listeners. We asked her to do the same, this time for our student readers. Her main advice was to do what you're passionate about, the sooner you figure it out, the easier your life will be. "Don't focus on making money, focus on creating and getting a great job. Do things that will fulfill your soul and make you a better person, through this; you will attract the right people into your life."

DATING TIPS BY LINDSEY

- Go to events that you think aren't worth it, that's when you meet people
- Put out the energy you want to receive
- The more you enjoy your company and yourself the more likely you will meet someone
- The right person will go above and beyond; you will know when someone really cares about you
- Being as non-delusional as possible is important
- Take advantage of dating apps!
- Be ready to accept the love you deserve (wasn't ready until 27 for the right love)
- If you're analyzing text messages, it's already not going to work

LIFE TIPS BY LINDSEY

- Listen to the older people in your life; they have sage wisdom
- Make mistakes now; don't be scared!
- Do NOT take anything too seriously
- Do not focus on money, focus on finding what you're passionate about
- Do something every day that makes you happy
- Take every meeting always and say "YES" to opportunities
- Expose yourself to everything you can
- When you're sad, think about what you're grateful for and take yourself out of your small bubble
- Take yourself out of your comfort zone and put yourself in different situations

STYLES FOR THE SIGNS

**A CURATED
WARDROBE FIT
FOR YOUR SIGN:
ARE YOU A NATURAL
STAR LIKE A LEO? OR
AN UNDERSTATED
VIRGO? IT'S TIME
FOR YOU TO MATCH
YOUR STYLE TO YOUR
HOROSCOPE!
YOU'LL SHINE
BRIGHTER THAN
USUAL WHEN
YOU ROCK WHAT
ALIGNS WITH
YOUR STARS.**

words by **NICOLE GELFOND & DANIELLE CALCAVECCHIA**
illustrations by **MADELINE DIGUGLIELMO**

LEO THE LION

(JULY 23 – AUGUST 22)
Leo's love to turn heads in what they wear by rocking a classic look with pops of bright colors and statement pieces. Leo's are always adventurous with their outfits, but they don't have to try too hard to stand out. For the spring/summer season throw on a jumpsuit, add a bright lip color of your choice, and some high-top converse.



CANCER THE CRAB

(JUNE 21 – JULY 22)
Cancers may often be called the "Mom friend." This isn't to say that Cancers don't let loose and have some fun once in a while. We know you don't like fads, but it's okay to set your creativeness free. Take out the cool necklaces you never wear, a suede or textured jacket of some sort, and pair it with your classic denim and a white tee. Compliment it with the booties you wouldn't normally grab from your closet and finish with your favorite oversized bag.



ARIES THE RAM

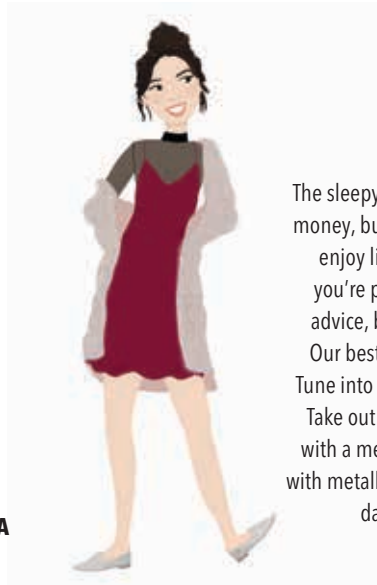
(MARCH 21 – APRIL 19)
You're probably often told that you're blunt and bossy. What most people don't see, Aries is your soft, compassionate side. We picked an outfit almost as multifaceted as you. A leather jacket, a white lace cami, black vintage-washed jeans, your favorite sneakers and silver hoops that are going to dictate your wardrobe. Mix and match with different elements each day to show your classic, yet edgy style.



TAURUS THE BULL

(APRIL 20 – MAY 20)

The sleepy Taurus may be tight with their money, but that doesn't mean they don't enjoy life's luxuries. If you're a Taurus, you're probably willing to take fashion advice, but you're also your quirky self. Our best styling advice for you, Taurus? Tune into your romantic, sensual energy. Take out your prettiest dress, and pair it with a mesh long-sleeve. Compliment it with metallic booties or loafers. For colder days, throw on a chunky sweater.



VIRGO

THE VIRGIN

(AUGUST 23 – SEPTEMBER 22)

Virgo, we know you're a busy-bee and need something to get you through your active day. The best way to make fashion comfortable, practical, but still trendy? Try a mix of athleisure and streetwear. Take your handy black leggings, pair it with a gray, fuzzy turtleneck, a camel trench coat, and your best walking shoes. If you need to have your hair pulled back, style it with a silk, printed hair bow.



CAPRICORN

THE GOAT

(DECEMBER 22 – JANUARY 19)

Capricorns are responsible and on top of their game. They love comfortable, sophisticated pieces that have a little spin on them. Go for a wide leg pant, white crop top and some Adidas Stan Smith's. This clean, classic, yet stylish look is perfect for your independent personality and day to day errands.



LIBRA

THE SCALES

(SEPTEMBER 23 – OCTOBER 22)

The most eccentric and social of all the signs, your outfits are sure to match. You're always unique, Libra, mixing and matching patterns just like your eclectic personality. Throw on a Japanese printed mini dress, a leather jacket, some booties and you're ready to go to all of the parties.



AQUARIUS

THE WATER BEARER

(JANUARY 20 – FEBRUARY 18)

Your wisdom and creativity are reflected in the outfits you choose to wear. You see the trends, but then twist it into your style. Go for a matched printed set. A longer midi skirt matched with a crop top will represent your effortless flow.

SCORPIO

THE SCORPION

(OCTOBER 23 – NOVEMBER 21)

Your hidden secrets and independent personality reflect in the outfits you wear. This season layer your favorite little black dress with a white t-shirt underneath and layered dainty necklaces. Add some ankle booties, and you're set. The layered details of this outfit reflect the hidden layers you keep to yourself, so rock that look, Scorpio.



GEMINI

THE TWINS

(MAY 21 – JUNE 20)

You, Gemini, are both Yin and Yang. You need to make sure what you wear balances that out. Although you may go for the fashion risk or cover yourself in jewels, start with something simple. After all, your personality will do most of the talking. Take your go-to denim jeans, and pair it with a gray-wash military inspired blazer, a simple tee, a nude slip-on sneaker, and your favorite boho rings.



SAGITTARIUS

THE ARCHER

(NOVEMBER 22 – DECEMBER 21)

You're flirty, fun and bold personality fits in with the season. You tend to lean towards more comfortable pieces that are bold in color to match your bubbly personality. Vintage Levi overalls with some yellow converse are sure to balance your lively personality with a comfy alternative.



PISCES

THE FISH

(FEBRUARY 19 – MAR 20)

As a Pisces, you probably have such a great appreciation for all types of fashion styles, that you have a hard time narrowing down your style. Your whimsical, creative nature means fashion risk. Mix patterns together, try bold colors and don't be afraid to come out from the shadows. Take your favorite comfy band tee, and pair it with a patterned mini skirt or silk slip dress. Ditch the dirty converse for a fun colored bootie.

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TINDER TROLLS

IN A WORLD WHERE DATING APPS HAVE WON OVER THE HEARTS OF SOCIAL ANXIETY-RIDDEN YOUNG ADULTS A NEW ENEMY HAS EMERGED: THE TROLLS.

words by **EVANGELINE HALA & RACHEL CHOI**
illustrations by **AUBRIE LINCKS**

MEET MATT. This lovely bachelor for you ladies is the oh-so-kind Matt. Matt's ego is a little bit too big for him, but don't let that get in the way of your self-confidence. While you may think he's just bullying you to flirt, he really does mean those awful things he is saying to you. Don't like attention? Good because he wants it all. Matt probably doesn't have a job and is very insecure, but his good looks are worth it.



MEET JAKE. This washed-up, beer-loving, former lacrosse player and current frat boy who attended Massachusetts' finest boarding school is only in the online game of dating for one thing – can you guess what? We don't know how his relationship goals changed exactly – he dated Allie Miller back in high school, but once he left for college, he instantly made the infamous Tinder profile that he checks every single day while not paying attention in his accounting lecture.



MEET JUSTIN. Next, is Justin. He's that dreamy bad boy that your mom warned you about. He's a man of very few words and doesn't reveal to you that much about his life which makes you want to get to the bottom of this hot mystery man. What activities does he engage in that makes him so irresistible? Does he smoke cigarettes and listen to Nirvana? There's a certain je ne sais quoi about him that keeps you wanting more (even when he won't give it to you.)



MEET TIM. Then, there's Tim. Tim thinks he's Kanye. News flash! He's not. This egotistical troll switches between five girls that he talks to on the popular dating app because of course, the more girls he talks to, the more attention he can get to grow his narcissistic God complex. He'll blow up your phone with messages just to annoy you, and if he's lucky enough to get a girlfriend, he can be clingy AF, which is an immediate sign that you should RUN!



MEET DREW. Finally, our last Troll of the night is the ever-clever Drew. Charming, cute, and attractive, Drew seems like the perfect guy to sweep you off your feet. His flirting game is a ten, keeping you wanting more. Drew is a casual ghoster, often flaking on plans at the last minute, but don't worry! He'll text you tomorrow with a poor excuse and a kissy emoji. Drew could be the perfect man for you!... If he stopped playing games.

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