



# THE LEXINGTON LINE

ISSUE 08 A/W 18





Fatale Maison



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## CULTURE





*Kiehl's*

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**MANY THANKS**

*Michael Londrigan, Vice President for Academic Affairs • Lisa Springer, Provost*  
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**I**n an age of terrifying political motives, unrealistic expectations perpetuated by social media, and the detrimental effects of phone usage, we seem to have lost our sense of agency. The need for reflecting on and caring for oneself has never been more pertinent. In order to show up for others, self-care must be a priority. In this issue of *The Lexington Line*, our editors place an emphasis on taking a step back from the overlooked stressors of everyday life by focusing on yourself.

The current political climate has many of us anxiously waiting for the next headline. In “Content Control,” our news editor unpacks the harm of staying connected at all times. Although many of us are hyper aware of the news, it is okay to take a step back. This idea of disengaging with the media is further developed by our culture editors in “Evian is Naive,” where they discuss the power of influencers and their unwarranted control over followers. Instead, focusing on oneself should be the new reality. In “Wholesome Revival,” our managing editor explains how the journey of self-care is demanding. However, the outcome can be rewarding. This is also reflected in this issue’s fashion feature, which looks toward the future and how a broader spectrum of self care and self reflection can lead to a broader spectrum of acceptance and understanding.

Whether you are reading this on paper or on screen, put on your headphones, listen to the best “Albums of the Year 2018,” exit out of social media, and enjoy.

# EDITORS' LETTER



*Keely Schooley-McCormick*  
**EDITOR IN CHIEF**  
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# SAY YES LESS: THE ESSENCE OF ESSENTIALISM

BY PEARL DORMAN

Many people who live in New York City follow the mantra “say yes to everything.” It’s common to work two jobs while balancing academics, extracurriculars, and a social life. There’s even more pressure to go out and take advantage of every opportunity when you live in a city that never sleeps.

We live in a world where it’s deemed a positive thing to take on more and more, thinking that the outcome will be greater success. But that’s not the case. I know from experience that taking on too much can also mean it becomes impossible to manage time—and that this can result in feeling worn down in every aspect of your life.

The exhaustion from the abundance of opportunities, and often the stress that comes from it, is why I've loosely started focusing on essentialism. In *Essentialism: The Disciplined Pursuit of Less*, Greg McKeown discusses the importance of cutting out non-essentials to concentrate on the most purposeful, targeted lifestyle, focusing on depth, strength, and quality of life over broad, hazy, and meaningless living. He helps deconstruct the fallacy that if you can fit something in, you should.

McKeown states in an interview with Lawton Ursrey from *Forbes*, "there's a word for trying to do everything all the time. Madness!" People think they need to do more, get more, fit in more. He's not insinuating that you should never take advantage of opportunities. Essentialists are more likely to explore new opportunities but are especially selective in what they do.

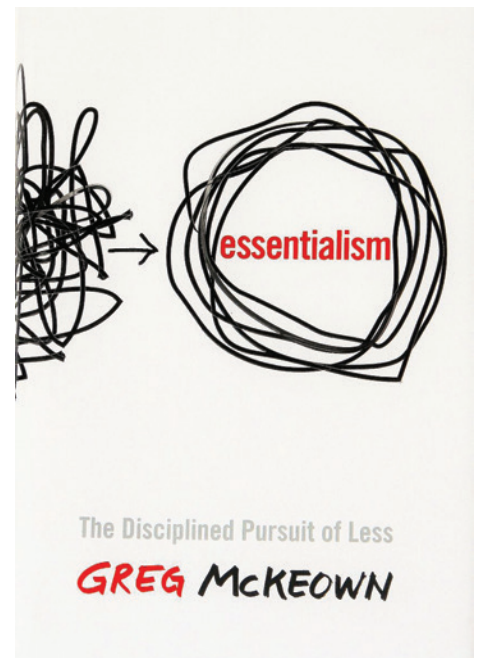
One of the suggestions for living a more essential life is to live by the "delayed yes." McKeown says, "make a decision based not on external pressures. Make it based on internal clarity of purpose." He notes that most of us pride ourselves on seizing all opportunities and think that having a jam-packed calendar is valuable. Instead, essentialists suggest finding satisfaction in missing out on the non-essential. Place value on not doing it all and saying no every once in a while. That way you can put your energy toward what truly matters. A majority of the time, when we have to make more choices, the quality of our decisions deteriorates. It is crucial to ask, "Do I love this?" not "Is there a chance this is useful?"

Derek Sivers, an entrepreneur and founder of CD Baby, addressed this in a TED Talk: "No more Yes. It's either HELL YEAH! or no." If the answer isn't a definite yes, it's a no. To be successful in saying yes less, you can implement a rating scale to measure the true value of a decision. Evaluate where each decision falls on a 10 point scale. If anything is lower than an 8, drop it.

McKeown also points out that "we are experiencing not just data overload, but also opinion overload with data." Today, when people feel they don't know what to do with their free time, they scroll through social media feeds. One way to live in the moment is to minimize the impulse to always have something to do. Constant digital preoccupation prevents your imagination from being engaged and letting true creativity happen.

He begs the question, "what will it be like to live in a world and society that no longer has time to ponder?"

When I take on too many things, I typically burn out even faster. If you're too busy to think, you're too busy, period. So instead of keeping my days filled to the brim with activities, I designate time during the day to do things that I love: reading novels, journaling, or watching Netflix. We need space to discover essential few from insignificant many. There is nothing wrong with saying no, and it is much better than defaulting to yes.



Available at all major booksellers and  
retailing for an average price of \$15.14

ESSENTIALISTS SUGGEST  
FINDING SATISFACTION  
IN MISSING OUT ON THE  
NON-ESSENTIAL.





# SWAP NEONS FOR NUDES AND COLOR ME RAD

This season, neon is the new neutral. In *The Lexington Line's* first ever beauty feature, we synchronized bold color with daring iridescence to celebrate the revival of this dynamic trend. With an edgy twist, we threw it back to '80s glam with shade of fushia and magenta loud enough to rival a Cyndi Lauper concert.

JUST A WARNING, IT'S TOTALLY BITCHIN'.

*Maeve Duke*

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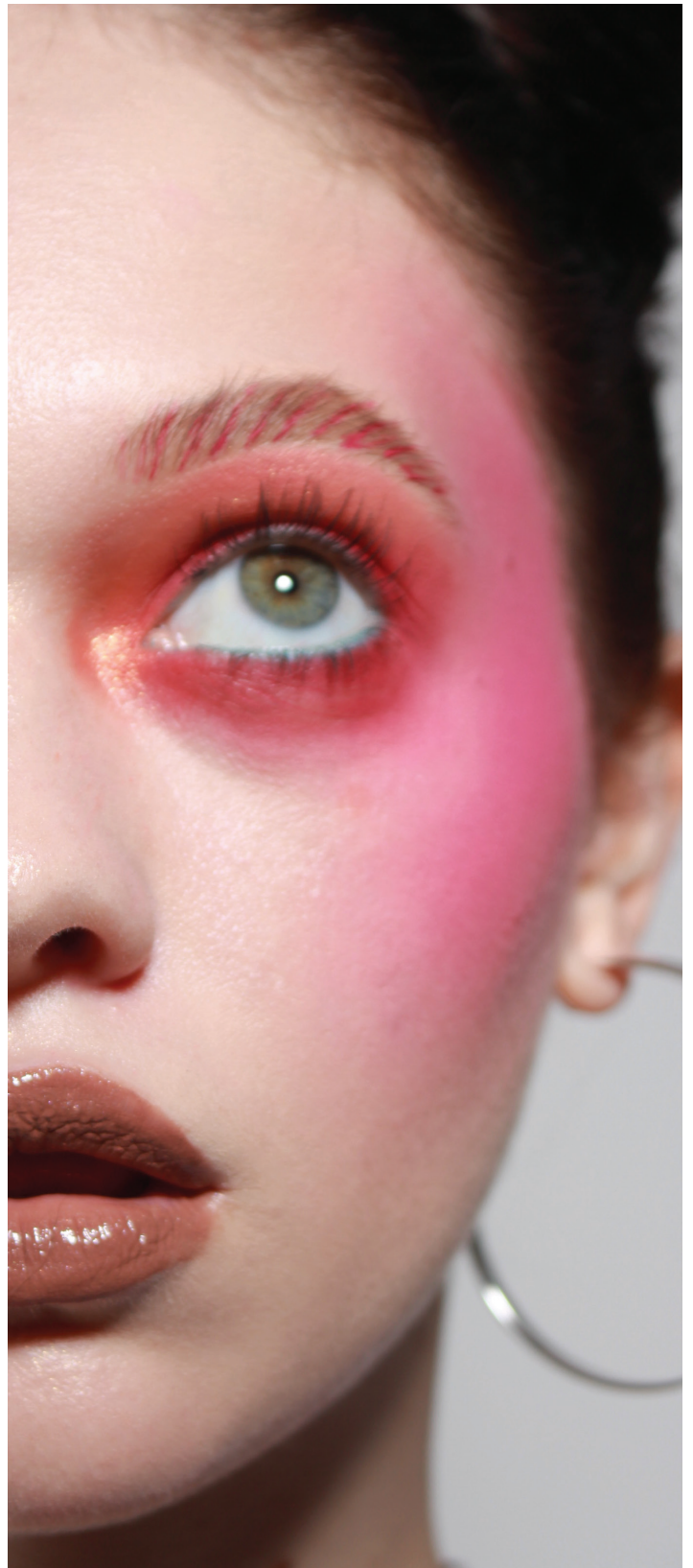
HAIR

*Isabela Colón*

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CREATIVE DIRECTOR





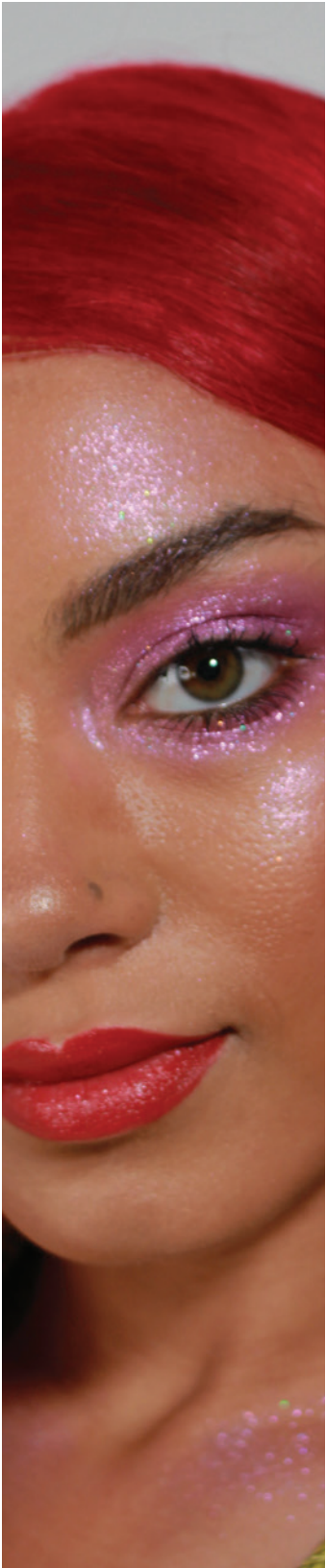




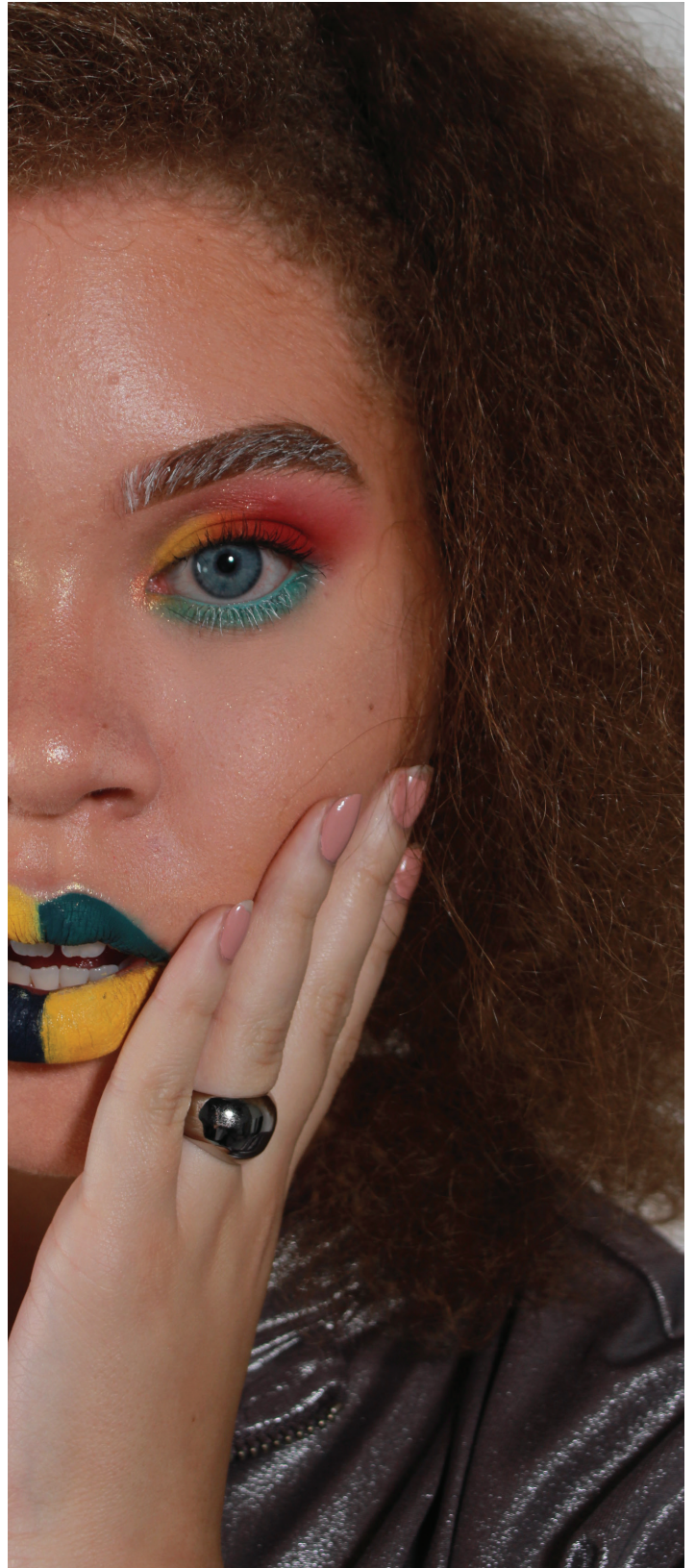
















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# EVIAN IS NAIVE

BY ELLA SPENCER AND RYAN MCDEVITT

**T**he *Breakfast Club* is dead. A young person's life can no longer be reduced to conceptually adhering to idealized moods, and we can no longer mirror coming-of-age films. Instead of learning about ourselves in detention, young people have found themselves blindly pursuing a vague idea of luxury, which is epitomized by the growing market for luxury water. As young people, we have been conditioned to aspire to the lives of affluent influencers with corporate sponsorships and bottomless checking accounts. Consumerism has become our birthright, and materialism is a way of life that sends the consumer into a downward spiral in reckless pursuit of clout.

“Influencer,” from a certain perspective, is a dumb, powerful word. The word lacks merit or a clear definition, but at the same time, it holds unwavering strength in the realms of marketing and consumer exploitation.

Luka Sabbat is an influencer with an Evian sponsorship. A friend of Kanye West and Dolce & Gabbana muse, the hyper-connected 20-year-old posts high fashion content to his Instagram following of 1.4 million daily. He is also the face of the current Evian “Live Young” campaign, which he promotes on his feed. Luka Sabbat is cool, and his partnership with Evian drives his audience to the brand as an easily attainable affiliation with him. Fans might not be able to buy a \$6,000 Raf Simons lab coat, but they sure can buy a \$3 bottle of water.

Premium water is the most accessible form of luxury, but it isn't luxury as much as it is baseless justification for a 300% price increase. This subconscious gratification of association and aspiration brings us nowhere in our Sisyphean pursuit to be those we've been conditioned to aspire to be. This ongoing continuum leads us back where we started: the endless loop of attempts to settle an insatiable thirst. Water is nothing more than a necessity, currently being marketed as luxury.

According to a study from 2017 on *The Influencer Marketing Hub*, the massive number of brand-sponsored posts on Instagram reached 12.9 million and is predicted to double in 2018. It is evident that using influencers as a marketing tool is profitable; however, as consumers, we buy into the feeling of “cool” that companies sell to us. Neither bad nor good but inconsequential. Moral of the story, be aware of what you're buying into and the reasons behind it. Sometimes, fashion is the state of being controlled and believing that you're thinking for yourself.

WATER IS NOTHING MORE  
THAN A NECESSITY,  
CURRENTLY BEING  
MARKETED AS LUXURY.



# BACK TO BOHEMIAN NOT A STRANGER AFTER ALL

BY NICOL MACIEJEWSKA

Pippa Small Ring,  
\$5,780.00,  
pippasmall.com



Pippa Small  
Necklace, \$775.00,  
pippasmall.com



Jeffrey Campbell Boots,  
\$175.00 (above) \$245.00 (right)  
jeffreycampbellshoes.com



Imagine luxurious silk head scarves completed with fringe that sways in the wind, ensembles adorned with opalescent or wooden beads, a draping of chains, and a touch of excess ruffled fabric in all the right places. This fall, it's the only thing on our minds.

We are no strangers to this Bohemian trend; it's been around for decades. It was all started in the '20s by girls I dare to call rebels. We've seen it in the late '60s on San Francisco hippies, on the Yves Saint Laurent runway in 1971, and in the '90s to mid-2000s with music festival culture. The trend never truly disappeared but was merely taken out of the spotlight and is now reemerging.

I've been seeing it in retail, taking shape in wooden beaded bags with macramé tassels, mules with embroidered details, and rich jewel-toned colors. The Boho style is all about the jewelry. Always keep in mind that if there's an excess of accessories, you're doing it just right.

*Vogue* has wonderful suggestions for where to buy fashion-forward bohemian pieces, one of which is Pippa Small, a brand that is both stylish and ethical. According to *Vogue's* September issue, the brand's founder and namesake supports a Syrian-run workshop in Amman. She also hires many jeweler refugees that come from the Middle East to help her develop intricate designs inspired by that region.

Another trendy accessory, highlighted on *Harper's Bazaar UK*, is the slouch boot that has been seen on A/W '18 runways for Alberta Ferretti, Ellie Saab, and Sonia Rykiel. This boot is no stranger to the '70s and goes with many different outfit combinations—a frilly dress, denim jeans, or even a not-so-classic approach involving a pair of wide-leg pants, such as culottes. You may be wondering why the bohemian style is back in the spotlight, and there could be dozens of reasons, but most of all, I think it is because of its free-spirited nature and our desire to feel untamed.

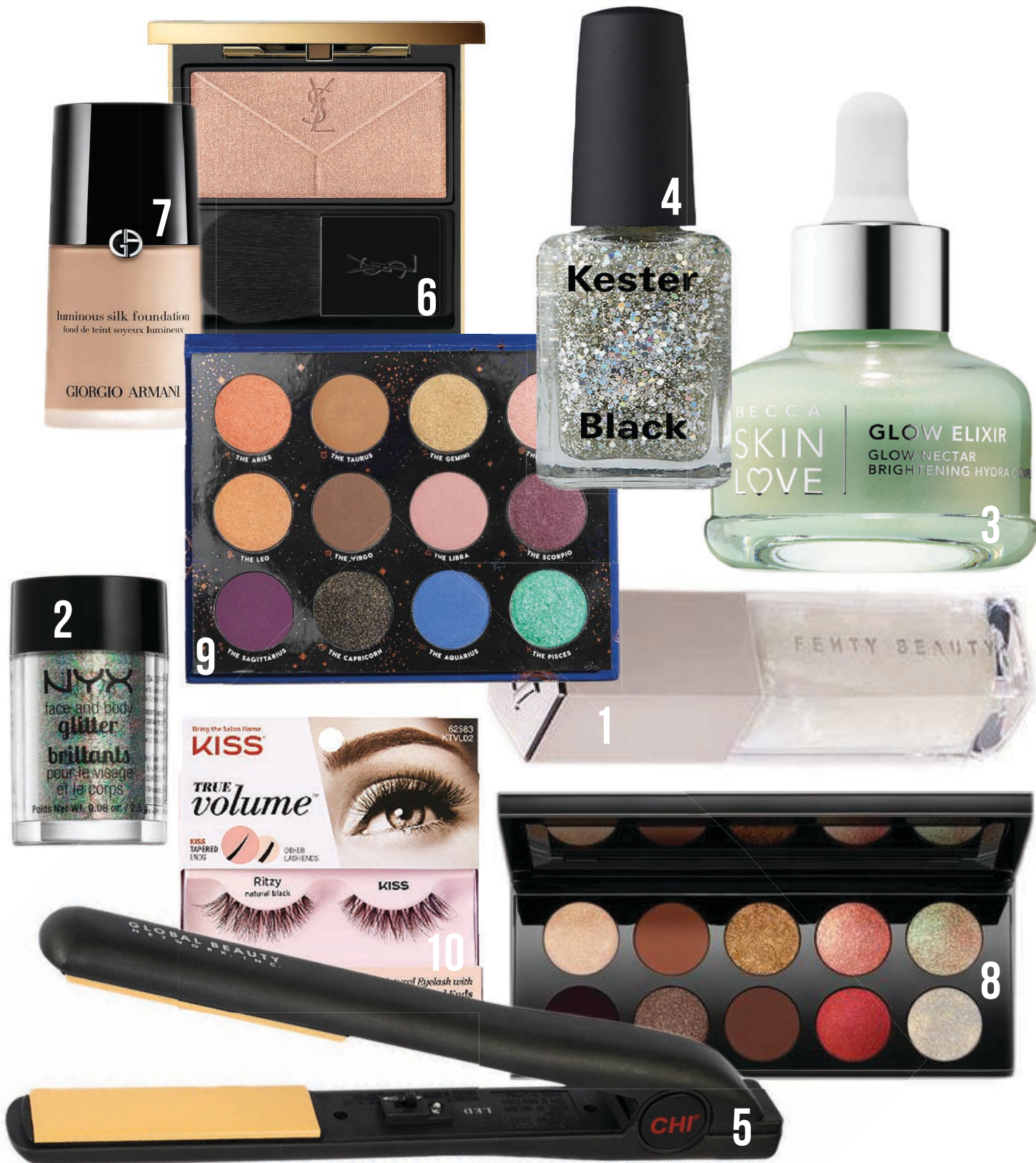




# BEAUTY BUYS

It's a common misconception that vivid shades and shimmers must be banished after the summer. In reality, the colder months are crying out for a little extra pizzazz. Beauty Editor **Suhanee Patel** and Assistant Beauty Editor **Erica Fouts** have chosen ten products to keep you shining throughout the icy season.

**GLOWY. GLITZY. GLITTERY.**



1) Fenty Beauty Gloss Bomb \$18 • 2) Colour Pop The Zodiac Pressed Powder Shadow Palette \$18  
 3) Becca Skin Love Glow Elixir \$48 • 4) Kester Black Holographic Glitter Nail Polish \$20  
 5) Chi Original 1" Ceramic Hairstyling Iron \$100 • 6) Yves Saint Laurent Couture Highlighter \$42  
 7) Giorgio Armani Luminous Silk Foundation \$64 • 8) Mothership V Bronze Seduction Palette \$125  
 9) NYX Face and Body Glitter \$7 • 10) Kiss True Volume Lashes \$3



# CONTENT CONTROL: STAY INFORMED, DON'T GO INSANE

BY SABRINA TALBERT

TAKING TIME OFF  
FROM THE NEWS  
DOESN'T MEAN BEING  
UNINFORMED, NOR  
DOES IT MAKE US  
IRRESPONSIBLE.

So, you're a news junkie? Me too. But I wasn't always interested in politics. In fact, I used to want to avoid it at all costs because I always found it stressful and depressing, even more so after the 2016 election. As a result, I felt lost whenever other people were having conversations about what was going on in the world. It was a feeling I grew to hate, so I decided to start investing my time into understanding politics. In doing so, I learned that our civil rights are in jeopardy, foreign policy has a bigger effect on us than we think, the environment is only getting worse, and the economy is liable to crash any time.

I'm sure if someone asked to have an "uncomfortable conversation" with you about the current sociopolitical climate, you wouldn't exactly jump at the offer. But it's important to have these conversations because if we ignore the present, we're likely to pay the consequences in the future. So I've always been a believer in the idea that we should learn to get comfortable being uncomfortable. But even that statement has its limits.

According to a 2017 study by the American Psychological Association, 63 percent of Americans (including both Democrats and Republicans) reported a significant increase in stress about the future of our nation after the 2016 election. The study also concluded that six in ten adults suffered from stress and anxiety when thinking about the increase in social divisiveness.

I often find myself feeling frustrated or misunderstood after getting into debates. I used to deal with this by convincing myself there was no solution until I finally decided to make a game plan that would help me clear my mind. At a time when we are often overwhelmed by the amount of information we receive from the news as well as the way the news affects us emotionally, self-care is more important than ever. Here are my top three tips for staying grounded:

## BE GOOD TO YOUR BODY

Getting into a healthier mindset starts from the inside out. Trying to get more sleep is a good place to start, but you can also go out and be active. Whether you prefer to exercise your stress away or get out of the house for a minute to take in some air, this is a great way to clear your mind. Lastly, it's common for people to turn to food as a result of emotional distress, and if your first instinct is to get on what I like to call "the heartbreak diet," you might want to reconsider. The vitamins and nutrients that are often found in healthier options are known to prevent depression. So try sticking to foods that you know will leave you feeling rejuvenated and refreshed.



Photo by Tim Goedhart on Unsplash

## UNPLUG EARLY

Studies from Harvard Medical School suggest that using electronics before bed can have adverse effects on our sleeping patterns due to the blue light, which prevents the release of the melatonin we need to fall asleep. The stress we take on from the news can only add to that. Many people prefer to unplug right before bed, but if you're in need of a real cleanse, you might want to consider taking a day or two without any form of media. You can also limit the number of times you visit your social media or tune into the news on a daily basis. Again, this is more of an individual preference, but regardless, ease up on the electronics!

## TALK IT OUT

For some people, this is the last step. For others, it's the first. But putting it off will only make the stress worse. Talking to a teacher, counselor, family member, or trustworthy friend is the best option. Think about who actually has your best interests in mind, and never forget who those people are there.

Self-care is essential. If you're someone who likes to speak your mind and get involved in heated debates, keep in mind that it's important to find a balance in how much news we choose to take in versus how much time we put into ourselves. Taking time off from the news doesn't mean being uninformed, nor does it make us irresponsible.

## BE RATIONAL, NOT EMOTIONAL

With so many conflicting messages and opinions in the media these days, it's not always easy to determine what's what. Just ask yourself: "Is it irresponsible to only consult one outlet for our news?" The answer is simple: yes. How can you make a good argument during a debate if you lack an understanding of the other side's mentality?

Next time you're listening to the news and finding yourself frustrated, think about the motivation behind what's being reported. Is it an attempt to affect your emotional state and persuade you as a result? Is it an attempt to protect pride? What response are they trying to get out of you? Train yourself to put your emotional response aside and think critically. Achieving this state of mind can prevent stress and keep future debates from getting too emotional.

The right newsletter can be a great option if you're looking for an unbiased source. They're usually short and to the point, giving you all facts and no opinions. But if you prefer to receive your news the old-fashioned way and feel you need some clarity on the information being thrown at you, you might want to consider getting into podcasts that cover all sides of the argument. My recommendations are NPR Politics, Left, Right & Center, and Pantsuit Politics.

Finding a balance in the attention you give to what's going on in the world and the attention you give to yourself can be difficult at first, but when you do find it, you'll realize how much easier it is to navigate through stressful situations that are often out of our control or require time to fix.



*Photo by Sasha Freemind on Unsplash*



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# LIVING CORAL

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BODE MENSWEAR Summer Linen Jacket \$720 • BODE MENSWEAR Sheer Flower Gem Shirt \$410 • PHILOSOPHY Take a Deep Breath Cushion Color for Cheeks \$18.00 • URBAN DECAY Naked Ultra Nourishing Lip Gloss in *Streak* \$20.00  
OPI Nail Polish in *Smok'n in Havana* \$12 • ISABEL MARANT Kolee Embellished Calf Hair Belt \$485 • CHLOÉ Lauren Scalloped Suede Espadrille Wedge Sandals \$660 • MARC JACOBS Snapshot Textured-Leather Shoulder Bag \$295



# TERRARIUM MOSS

PANTONE 18-0416 TSX

MALONE SOULIERS Maureen Metallic-Trimmed Leather Mules \$595 • CHLOÉ Faye Medium Leather and Suede Shoulder Bag \$1,950 • LITTLE LIFFNER Ring Small Suede Tote \$430 • GUCCI Round-Frame Striped Acetate and Textured-Leather Sunglasses \$640 • PAUL MITCHELL Tea Tree Lavender Mint Moisturizing Shampoo \$15 • E.L.F. Satin Eyeliner Pencil in *Golden Olive* \$1 • KYLIE COSMETICS Matte Liquid Lipstick Lip Kit in *Ironic* \$29 • J.CREW Wrap and Tie Top \$50 • MANSUR GAVRIEL Wool and Cashmere Coat \$1,695 • BORGHESE Advanced Fango Active Mud Mask \$40





# WHY FASHION?

## KEELY SCHOOLEY-MCCORMICK

SIX MONTHS FROM GRADUATION, OUR EDITOR IN CHIEF  
**KEELY SCHOOLEY-MCCORMICK** REFLECTS ON HER PERSONAL HISTORY  
WITH THE WORLD'S MOST UBIQUITOUS FORM OF EXPRESSION

I was in fourth grade when I first walked into an H&M. I picked up a bright orange t-shirt and a black blazer (which would be considered very stylish nowadays, might I add), and I immediately brought it to my mom to buy for the first day of school.

As with all clothing purchases, my mom would say “Are you sure you’re going to wear this, or is it just going to sit in the closet like the rest of the stuff I buy you?” And of course, I said yes, because c’mon, I couldn’t let that blazer go.

I ended up wearing it once. Not because I didn’t like it, and not because anyone made fun of me. I just realized that in a school full of all the same people, I stood out.

Don’t get me wrong; I don’t mind standing out of the crowd today. I was just less keen on the idea when I was 10 years old.

So just like my mom said, it sat in my closet until years later, when I decided to donate it to Goodwill. But I continued to gawk at all the pictures that popped up on my Tumblr dashboard dedicated to fashion: girls in Paris and New York showing off their adventures at fashion week or eating at the coolest restaurants. While it sounds stupid and maybe even cliché, it really did make me lust over fashion and the industry behind it.

That being said, I didn’t really know I wanted to go to school for fashion until my senior year in high school. I almost pushed the idea of fashion out of my head because I simply wanted to fit in.

Sure, I threw in a Chelsea boot here or a faux fur jacket there, but I never really wore what I wanted to. People were so used to UGGs and Nike checks that I didn’t want to get any weird looks in the hallways or annoying side comments from classmates. And while my close friends were always supportive of any bold clothing choices, others were less receptive to the idea. Even my own brother would say “what are you wearing?!” when I came down in anything other than black leggings.



As I got older, I got better. I knew I was ready to graduate high school and live in a place where I could wear—no, *feel*—what I wanted to.

Naturally, that place was New York City.

When I moved here, it was like I could do anything. I could wear, say, think, and feel whatever I wanted to. I met people that expanded my mind and acquired clothing that made me feel like, well, *me*.

And that's when it changed for me. I wasn't lusting to be someone else anymore. I actually felt like myself. The way I expressed myself through my clothing choices actually made me feel confident instead of conscious.

Even now, my mom asks why I buy so much clothing. Hell, I even ask myself why I own six pairs of black leather boots. Though if I have stayed consistent with anything in life, it has been my love of black boots. Just saying.

Alas, I don't spend a stupid amount of money on shoes just because I want to look good. I actually want to *feel* good. And that's what's important to me about fashion.

It's not just me that feels this way either. According to *Inc*, research shows that what you wear actually impacts the way you think. It goes both ways too. Personally, if I'm wearing something that I don't love, I just feel uncomfortable all day. I don't want anyone to see me. But if I'm sporting an outfit that I actually like, I feel empowered.

Some may see it as materialistic or just plain dumb, but when I came to LIM, I met a lot of people just like me. People that complained their hometown didn't let them dress the way they wanted to. Students that have longed to live in New York City their whole lives just to feel like they finally fit in somewhere. Individuals that now had people in their lives that appreciated the same forms of art they do.

Let's be clear, I'm not saying I should be on the next cover of *Vogue* because of my incredible taste in fashion. (Although if you're reading this Anna, what's up?). I'm just saying that I finally found a place where I can *be* myself and clothes that I can *feel* myself in. And nothing could make me happier.

If that makes me sound silly and materialistic then so be it, because as the great Bill Cunningham put it, "fashion is the armour to survive the reality of everyday life."

I couldn't agree more.







# #LOOK //

\ lùk \ look \

*(intransitive verb)*

1. to gaze in wonder or surprise
2. to bring [the future] into a place or condition  
by the exercise of the power of vision

*(noun)*

3. one's appearance; the physical manifestation of one's attitude, conviction, and state of being  
[that one serves to the general public]

*Paulette Markarian  
Mikayla Schohl  
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## SET DESIGN





*Stephanie Lai (front) wears Fatale Maison Dress*





*Mukullu Dnetto wears Fatale Maison Body Suit, Robert Grecco Dress*









*Dnetto wears Fatale Maison Body Suit, Robert Grecco Dress, Stylist's Own Boots,  
Jolo Motus wears Mr. Killion Jacket, Fatale Maison Shorts, Stylist's Own Boots*





*Kyle Flamigni (far right) wears Mr. Killion Jacket, Clothes Minded Glasses*













*Flamigni wears Mr. Killion Jacket, Clothes Minded Glasses, Model's Own Shoes*



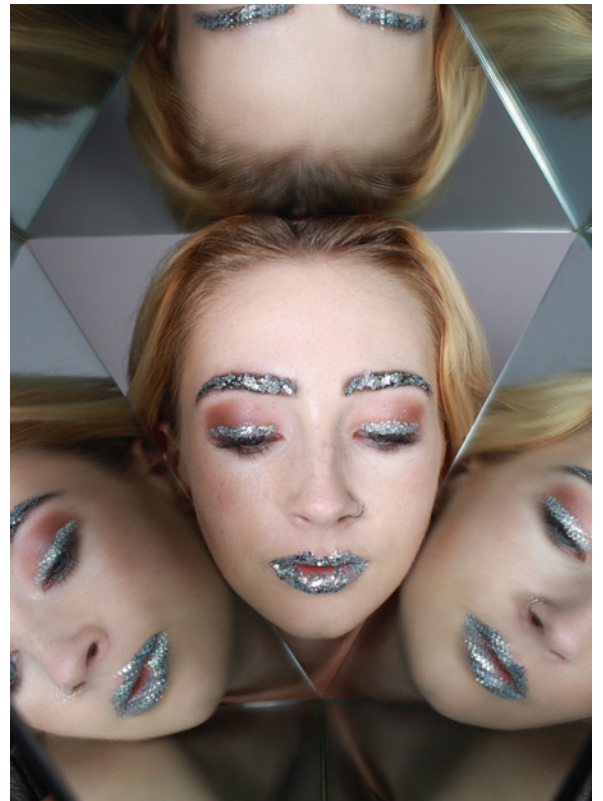
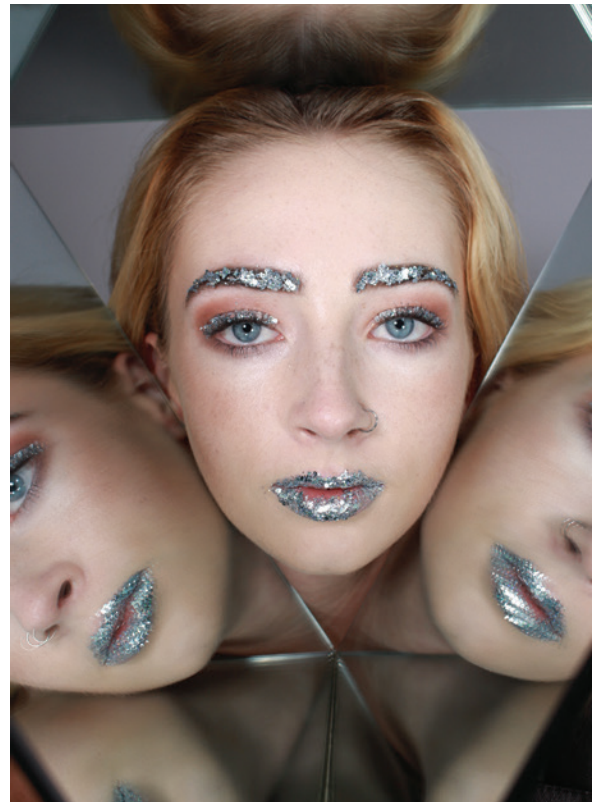






*Daniel Corigliano wears ChuChu NY Head Piece, Mr. Killion Suit Jacket, Stylist's Own Shirt, Model's Own Jeans*





*Hadley Hendrix wears Stylist's Own Jacket,  
Robert Grecco Dress (above & right)  
Hendrix wears Clothes Minded Earrings (following spread)*



















*Lai wears Johanna Dinardo, Clothes Minded Earrings*











# WHOLESOME REVIVAL

## ARE YOU WORKING ON YOURSELF OR JUST DOING IT FOR THE 'GRAM?

BY MORGAN BOERUM



*leefromamerica | instagram*

Crystals, incense, and yoga: leading a holistic lifestyle is cool and all, especially when Urban Outfitters has a sale on your favorite rose quartz that you can charge in the full moon. But what does holistic healing and self-care really encompass?

It's so easy to get sucked into the Instagram-influencer world of holistic healing, to idolize influencers who hold a crow pose for 20 minutes a day while meditating, drink only locally grown, organic chai tea lattes, align themselves with the stars and moon three times a month, and blah, blah, blah. Leading a holistic lifestyle is hard damn work, just like anything else. And while these people might actually be living their best holistic lives, they fail to show you the struggles they face every day that can cause significant disruptions to their body and mind.

As with any trend, there are endless unrealistic expectations, inflated claims in articles, and individuals that make a holistic lifestyle seem easily achievable with just five simple steps.

It's not like that.

A holistic lifestyle, according to The Holistic Science Company, “consists of bringing harmony and balance to the physical, mental, emotional and spiritual dimensions of all living things, beyond the self.”

Natalie Kent, a Psychosomatic Therapist, breaks it down. You are trying to somehow balance the four spectrums of health: spiritual, mental, physical, and emotional.

I mean...come on. How? I can barely walk up the subway steps without tripping over my own feet. But that's the cool part about holistic healing—you have those ups and downs, but then you chill, have a heart-to-heart with yourself, sniff some lavender, take some deep breaths, and bring yourself back to the present. It's real. It's raw. It's about the falls and the gains.

Being truthful with yourself is hard—especially when you are young, in college, and just trying to figure out who you are, what you like, and what being you really means. Social media stars chucking a million ideas, thoughts,

and perceptions at you doesn't make it any easier. We, at least I, can get so caught up with wanting to fit into one category and being one type of person that I forget it's okay to be, and like, many different things because, ya know, humans are multi-faceted. It's also easy to see your fails and sad times as a derailment from your journey of growth, when in fact, they are a part of it.

I know, cheesy, just hang in with me.

Breaking down, feeling vulnerable, and coming to ease with your confusing feelings is living a holistic life and practicing self-care. Holistic practices can force you to sit with yourself when you are alone or bring you to accept that you have many interests and that it's okay if they contradict each other. Leading a holistic lifestyle can encompass so many things: eating clean, treating your body with affection and love, meditating, practicing self-care, understanding where others are coming from, opening up, and taking some time to just be you. Just try to be conscious and balance your mental, emotional, and physical self. Again, it's not easy, it's annoyingly hard and could take years.

It's important to have positive role models that you can emulate the lifestyle you strive for. It's paramount for there to be conversations on platforms that are conducive to thought and contemplation. This is why genuine holistic lifestyle influencers are few and far between but extremely necessary.

Take Lee Tilghman for example. Tilghman, known as "Lee from America" to her followers, is a bomb influencer whose content covers literally everything self-care and holistic healing. On Lee's Instagram, you can find her getting real about her PCOS (polycystic ovary syndrome), loneliness, drinking and drugs, unhealthy obsessions, friendships, and a ton more. Lee also touches on some average joe-schmo topics too, such as giving up coffee, the best travel spots, smoothie ideas, and the comfiest athleisure brands. No matter what her content covers, she stays truthful and raw. Lee creates a platform where others can feel normal about things they thought no one else felt. She never sugarcoats her success and reveals the setbacks she deals with during her journey.

This is what we need. Someone who is here to create a healthy conversation around all things holistic, both positive and negative. Someone to explain that your journey to healing will be different from mine, from your mom's, and from your dog's—dogs have feelings too. Someone to dive deep so we can, in turn, have much needed difficult conversations with ourselves. To normalize the feelings of discomfort, loneliness, and struggle. The more you get to know yourself, the better you become—and the more balanced you feel as a person. That's the key to living a holistic lifestyle.



leefromamerica | instagram



# ALBUMS OF THE YEAR THUS FAR

BY TIFFANY FUENTES



## J. COLE — KOD

Arguing with people about how legit *KOD* was when it first released was, and still is, a pleasure of mine. Not to say everyone isn't entitled to their own opinion, it's just that when it's great, don't say it isn't. Cole switched up and became an activist but for all the right reasons: addressing modern romance ("Photograph"), the world's obsession with wealth ("Motiv8") and addiction ("Once an Addict"). Cole speaks for Black America on "BRACKETS," questioning when less fortunate communities of color will get attention from political leaders they so desperately need. Whether the haters will admit it or not, they wanted another 2014 *Forest Hills Drive*, but J.Cole's change in narrative doesn't take away his capability as a lyricist or hit maker.



## THE INTERNET — HIVE MIND

As the first track "Come Together" suggests, after time apart to work on solo projects, The Internet are back and more in-sync than ever. *Hive Mind*, the groups first album in three years, sees them trading in the progressive R&B sound that was the center of *Ego Death* for the softness that is jazz and funk. "Come Over" sounds like something out of the '90s. The roller-skating jam "Roll (Burbank Funk)" is a groovy good time showcasing the group's inability to mess up and ability to experiment with new sounds. Maybe time apart does make the heart grow fonder.



## TIRZAH — DEVOTION

Tirzah is barely there on her debut album *Devotion*. Her minuscule, breezy voice surrounded by enchanting melodies puts you in a trance with no desire to escape it. Each song is a different experience where a few possess a distorted auto-tuned version of Tirzah but is overall centered on love. She's a savior on "Fine Again" and a cheater on "Guilty," but the desire to love and be loved remains intact no matter the narrative. Only taking up a little over a half hour of your time, the finished product might seem oversimplified, but in reality, the simplicity of the album's flow is what makes it exceptional.

## MAC MILLER — SWIMMING

Entirely made up of peaceful, loving, feel-good narratives wrapped in jazz-infused, dreamy soul melodies, *Swimming* was made for the wounded. On “Self Care,” Miller reflected on the bumps he encountered throughout the year, disclosing his choice to remain selfish in his time of need. “2009” is a gut-wrenching trip down memory lane, where Miller reminisced about life before fame and the lessons he learned along the way. Remaining vocal about the demons he never deserved, *Swimming* felt a lot like a safe space for him to air it out. On September 7th, Miller died of a suspected overdose in his home in Studio City, California. Although he is gone too soon, his fifth and final album was monumental.



## PUSHA T — DAYTONA

*Daytona*, in the words of Pusha T, is about “having the luxury of time,” and he definitely had time to get a few things off his chest with this one. The album continues Pusha’s familiar drug-culture narrative with “If You Know You Know,” a members-only reference book-type track detailing his street hustle lifestyle before his crossover into a clean hustle as a rapper. He flexes his wealth and success on “The Games We Play” and teams up with Kanye for universal diss track “What Would Meek do?” Kanye has been working all kinds of nerves lately, but when he and Pusha link up, it’s irrefutably magical.



## KALI UCHIS — ISOLATION

My fellow Latina queen, Kali Uchis, released her full-length debut this year after what felt like a lifetime. She experiments across all genres from the jazz-infused meditation that is “Body Language” to the electro-pop fantasy that is “In My Dreams.” She flexes her Latin roots on the romantic Spanish banger “Nuestro Planeta” (“Our Planet” in English). *Isolation* finds Uchis stuck in her own head, constructing a colorful, abstract art piece of creative elements, making it an album worth waiting for.







## SABA — CARE FOR ME

Experiencing tragedy is hard and living with the grief is even harder, but Chicago rapper Saba finds a way to process on *CARE FOR ME*. After his cousin and mentor was tragically murdered last year, Saba felt left alone to fend for himself through life's dilemmas ("BUSY/SIRENS"). "LIFE" examines the realities of being anything but white in modern day culture. His storyteller flow sways effortlessly over the memories he's reliving. Nothing too rough, but his bitter, agitated energy rubs off on the rest of us in the most authentic way.



## NONAME — ROOM 25

"Maybe this the album you listen to in your car/ When you driving home late at night/ Really questioning every God, religion, Kanye, bitches" Noname raps on open track "Self," an amusing start to the Chicago rapper's proper debut album. The queen of poetic rap returns with an album far more intimate and revealing than her 2016 mixtape, *Telefone*. Full of personal moments from her move to Los Angeles to losing her virginity at 25, Noname makes no topic off limits. Her mixture of jazz and neo-soul only elevate the album's charming personality to where Noname and what she has to say are the only things that matter.



## CARDI B — INVASION OF PRIVACY

Cardi B went off on her debut album. Her infectious, loud, and energetic personality seeps through from beginning to end, making for catchy booty-bangers suitable for numerous occasions and any Instagram post. Opener "Get Up 10" possesses the same fieriness that gave us Meek Mill's "Dreams and Nightmares," where Cardi declares war on any who dismisses her ability to have a successful music career. The album includes features from SZA, Bad Bunny, J Balvin, Chance the Rapper and more—offering a little something for everyone to enjoy.



## MITSKI — BE THE COWBOY

After stumbling onto Mitski when I was shuffling through Japanese Breakfast’s “related artists” on Spotify, I decided to give *Be the Cowboy* a spin. Come to find out she’s making music for us somber, lost souls trying to make sense of the world, but she’s also just dealing with her own emotions. Mitski feels deserted and detached on “Nobody” but masks it with an upbeat tempo; it’s almost like she’s happy about it. The idea of losing your sense of self-awareness at the hands of other people’s toxic nature is reflected on “A Pearl,” and I’m not embarrassed to admit I can relate. Mitski is a debbie downer in a way that isn’t negative but instead freeing and sweet. Her smooth, airy vocals over mixtures of indie-rock and dreamy pop elevate her storytelling skills to paint a perfect picture about life’s imperfections.







# IS IT POSSIBLE TO WAKE UP WITHOUT AN ALARM?

BY TYLER HARRIS



Most people have several alarms set to help with waking up in the morning, along with a few cups of coffee to offer that extra push. Sometimes you hear your alarm and wonder if you set it for the wrong time because there is NO way it's time to get up yet. Like seriously, do we actually need to go to class? Work? Do you really have to get out of bed right now? Is it even possible to get up on time without an alarm? Many of us think the loud tones of our phones ringing every morning are a necessity to start the day.

But according to Dr. Daniel Barone, a neurologist at the New York Presbyterian/Weill Cornell Medicine Center for Sleep Medicine, it's possible to reset our sleeping habits and eventually wake up on our own. He says it isn't *technically* a bad thing to have several alarms set, but if we were getting enough sleep, we wouldn't need to set any.



We've always been told that getting 7-9 hours of sleep is ideal to feel well rested for the next day. While this still holds true, it depends on your rapid-eye-movement (REM) cycles. In order to wake up at the same time every day, REM cycles must be consistent. In fact, four to five cycles are enough to where our brain recognizes it's time to get up. If we have less than two hours of REM sleep, we rely on alarms to wake us up, which leaves us feeling tired and drained for the next day. Dr. Barone says the best way to try and retrain your body is to go to sleep and wake up at the same time every day, even on the weekends.

Hitting snooze is definitely tempting, especially if you were up late the night before, but that can put you back into old sleeping habits, and it'll take longer to feel awake throughout the day. Once your alarm goes off, or you naturally wake up, it's important to get out of bed because you are practicing good habits and training your body. We all know how easy it is to roll over and go back to sleep, but make sure you start your day on the right foot.



*Photos from Unsplash by:  
Pontus Ohlsson; Yahdi Romelo;  
Yi Sk; Ben Kolde; Joanna Nix*

# FIVE WAYS TO RISE TO THE OCCASION

## 1. DRINK A GLASS OF WATER

During the night, we go several hours without any water intake, so it's extremely important to rehydrate first thing when you get up in the morning.

## 2. GIVE YOURSELF TIME WITHOUT YOUR PHONE

Just like how blue light disrupts your sleep at night, it can disrupt your morning. Once you check your phone it's difficult to put it down and get ready for the day. Give yourself at least 10-20 minutes without looking at your phone. You'll be using that or a computer all day, so why not start with a small detox?

## 3. STRETCH

Although we move around during the night, it's important to get your blood flowing when you first wake up. Not only will it help you to feel more relaxed, it also reduces stress. Going into work or school stress free can make for a much better day.

## 4. MAKE YOUR BED

It might sound crazy and like a waste of time, but it's a small accomplishment that can help you to put your best foot forward. Not only that, studies show that people that make their beds feel better in general. According to *Psychology Today*, 71% of people who make their bed consider themselves happy while 62% of people who don't, say they are unhappy. Listen to the numbers, people.

## 5. EAT BREAKFAST

Most of the time, we are in too much of a hurry to eat breakfast. Even if you don't make it at home, it's important to have something in your system when you start your day. Food gives your body energy, which sets the tone for the rest of the day. Not only that, our metabolism works better earlier in the day. When you eat earlier, your body has more time to turn that into energy for the rest of the day, which helps you to feel more productive.

HE SAYS IT ISN'T  
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# THE FENTY EFFECT

## WOC: IT'S OUR TIME NOW

BY SUHANEE PATEL

So inclusive. So accepting. So necessary. When Rihanna launched Fenty Beauty, the beauty community was SHOOK. Her brand new foundation line featured 40 different shades intended to include everyone on the color spectrum.

Fenty Beauty's Pro Filt'r Soft Matte Longwear Foundation is certainly a game changer, especially because of its extensive shade range for women of color. Other brands prior to the launch of Fenty Beauty have, of course, created deeper foundation shades. However, more often than not, those shades for women of deeper skin tones are added as an extension to the original launch. Rihanna has created an effect that gives (and rightfully so) WOC the chance to be as equally represented in the beauty community as those with paler skin tones.

Soon after the launch, the industry saw a ripple where both drugstore and prestige brands attempted to recreate Rihanna's extensive range. This past June, CoverGirl announced their new line of foundation: TruBlend Matte Made, which is also available in 40 shades.

Dior Makeup also felt the heat and launched a foundation line, the Face and Body Foundation with, you guessed it, 40 shades.

Forty seems to be the magic number lately. Almost every new launch after Fenty Beauty consists of 40 shades to choose from. Fenty Beauty was not the first to introduce this trend but was certainly the company to push for inclusivity. Make Up For Ever's Ultra HD Foundation started with 40 shades when it was first introduced in 2015. MUFE took to Instagram to point out in a post that "40 shades is nothing new to us." Rihanna quickly replied with "lol. still ashy."

The number 40 is translating into "we care about inclusivity" when it comes to launching base products. The quantity alone is enough to spark buzz for a new product launch. However, 30 variations of beige and 10 deep shades do not correlate to a diverse range.

This has been the year for inclusivity in the beauty community. Brands are finally expanding their shade ranges to include almost every person on the color spectrum. They're finally recognizing men in the industry, and they're finally including members of the LGBTQ community into their marketing. Although some brands are attempting to put out 40 shades but are still failing to include the deepest or fairest, it's never a bad thing to want to expand and try to accommodate more people.

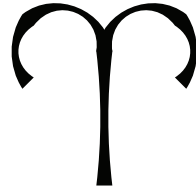
*diormakeup, fentybeauty, theshaderoom (right) found on Instagram*  
*Fenty product shots (left) found on Pinterest*







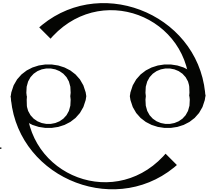
**ARIES**  
MAR 21-APR 19



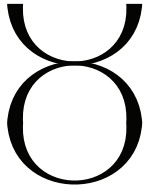
Planet: *Mars*  
Power Color: *Red*  
Personality: *The bright colors within this look show the Aries' love for adventures and new experiences.*



**CANCER**  
JUNE 21-JULY 22



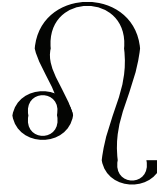
Planet: *Moon*  
Power Color: *Blue & Silver*  
Personality: *Cancer seems to be the "out-of-body" sign because they are highly imaginative, emotional, and loyal. Hence the space-inspired look.*



**TAURUS**  
APR 20-MAY 20



Planet: *Venus*  
Power Color: *Green*  
Personality: *This jumpsuit with pockets, a belt, and strong lines exhibits the stability, security, and practicality that motivate the Taurus.*



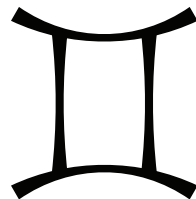
**LEO**  
JULY 23-AUG 22



Planet: *Sun*  
Power Color: *Orange & Yellow*  
Personality: *Leos are bold and extremely confident, similar to the loud pattern and bold neckline of this dress.*



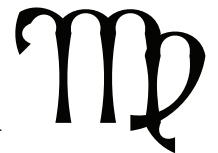
**GEMINI**  
MAY 21-JUNE 20



Planet: *Mercury*  
Power Color: *Yellow*  
Personality: *This two-tone outfit shows the Gemini's sign of "the twins," in which you acknowledge different views and change between moods frequently.*



**VIRGO**  
AUG 23-SEPT 22



Planet: *Mercury*  
Power Color: *Tan & Warm Yellow*  
Personality: *This nude-colored dress that covers most of the body resembles the Virgo symbol, the virgin, representing modesty and humanity.*

## DO YOU WEAR YOUR SIGN ON YOUR SLEEVE?

BY CAITLYN MAE ARAÑA & VICTORIA MONTALTI

What's your sign? If you've ever looked up your sign, you may notice that you're exactly like your sign, you're nothing like your sign, or you're in this in-between part. Contrary to popular knowledge, you have three signs. You have your sun sign, your moon sign, and your rising or ascendant sign.

*Imagines from Indigital*



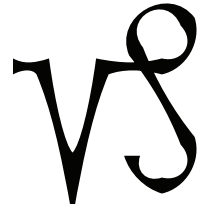
**LIBRA**  
SEPT 23-OCT 22



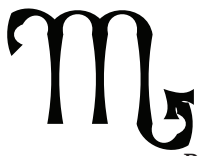
Planet: *Venus*  
Power Color: *Light Pink or Blue*  
Personality: *Paralleling the Libra's light color pallet, you might wear equally airy clothing. You balance your outfits through proportions and the combination of flowy silhouettes.*



**CAPRICORN**  
DEC 22-JAN 19



Planet: *Saturn*  
Power Color: *Brown*  
Personality: *Capricorn is one of the most responsible and disciplined signs. You're typically witty and also very focused on your future. Your qualities may also reflect through your choice of clean-cut, practical, and neutral pieces.*



**SCORPIO**  
OCT 23-NOV 21



Planet: *Pluto & Mars*  
Power Color: *Burgundy & Black*  
Personality: *As a Scorpio, you are intense, passionate, and filled with desire, and darker colors tend to be more attractive and compelling to you, so you're most likely to wear out of the ordinary pieces that you are sure will stand out in a crowd.*



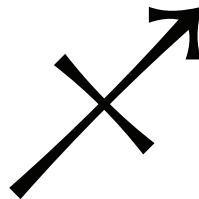
**AQUARIUS**  
JAN 20-FEB 18



Planet: *Uranus*  
Power Color: *Blue*  
Personality: *While you don't verbally express your emotions, you evoke them through your clothing. You probably feel empowered in shades of blue and pair unexpected items that you still believe are accepted by many people.*



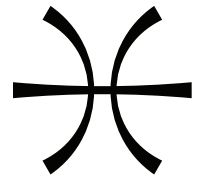
**SAGITTARIUS**  
NOV 22-DEC 21



Planet: *Jupiter*  
Power Color: *Purple*  
Personality: *As a Sagittarius, you have a free mindset and need to keep going and moving. The loose-fitting outfit pictured allows you to look and feel comfortable in any new, unforged experience.*



**PISCES**  
FEB 19-MAR 20



Planet: *Neptune*  
Power Color: *Aqua, Teal, & Mauve*  
Personality: *For the two fish that represent this sign, one is in tune with reality while the other is constantly seeking alternate realities. In tune with the world, you probably have a Bohemian style. Your wardrobe consists of earth tone colors, and you carefully curate it for your various moods.*



# DISPLACED

## INFATUATION CAN FEEL LIKE LOVE UNTIL YOU NO LONGER RECOGNIZE YOURSELF

*Arts and Sciences Department Essay Contest Winner*

BY BRITTANY SERIO

WHAT HAPPENS WHEN I  
FIND SOMEONE THAT  
I REALLY LIKE, AND I  
HAVE NOT YET DEALT  
WITH THIS?

I have never been in love before and probably am the last person in the world who should be talking about it. But I am an expert in unhealthy infatuations.

After I graduated high school, I met a guy named Dylan. He was older than I was by four years, a senior in college. I was only eighteen and didn't know what it meant to be treated right. He excited me and made me feel invincible; I idolized him. I accepted him and his behaviors; whatever he did he was right. If he's here, I thought, that must mean that he's perfect for me and can do no wrong. He never texted me first, though, which should have been a sign. It turned out he was talking to other girls and only wanted me for my body.

My happiness relied solely on him, and bad things only happen from this. My infatuation and youth blinded me.

When I read *The New Yorker* narrative "The Diamond Mine" by Nadine Gordimer in my Junior Writing Topics class last fall, I saw this former self reflected in the story's main character, Tilla. The story is set in war-torn 1940s South Africa and explores an infatuation that Tilla, a 16-year-old-girl, has with an older soldier, as well as the psychological effects that such a relationship imposes on her young mind.

Tilla lives a rather sheltered, quiet life with her parents. During this time of war, housing soldiers is viewed as a patriotic duty. Her parents house a young male, a family friend. The presence of this young man disrupts the usual quiet of the home, as Tilla's mom cooks extravagant meals for the entire family and soldier, and her father is unusually hospitable and sociable. However, Tilla's world becomes forever changed when she begins to develop a romantic relationship with the soldier, eight years her senior. Her ivory tower, her castle of innocence, starts to crumble down.

Since she had no real experience with men, knowing them only from films and her dreams, all of her experiences are based purely on her naivety. Soldiers in her culture are revered, looked upon as angelic heroes incapable of wrong and irresponsibility. Because of these beliefs, Tilla's parents see no wrong in the soldier spending close time with her, as they think it "thoughtful" of him to do so; this leaves Tilla's mental and physical well-being in the palm of the soldier's hands.

Unbeknownst to Tilla's parents, Tilla and the soldier are enamored with each other. Tilla is transfixed by his essence: "His weekend presence is a pervasion that fills the house, displaces all its familiar odors." He becomes the very meaning of her universe, and she is no longer a sheltered little child, but a young woman free to explore the wonders of the world. Her blind and intense excitement for him is trouble. She first lets him kiss her softly, under a tree; then, rather quickly into their relationship, he begins to increase his level of physicality. In the story's climax, Tilla lets the soldier touch her

inappropriately under a blanket in the backseat of her parents' car, while her parents, unaware of what's going on in the backseat, are sitting up front.

The trouble with youthful infatuations is that they can lead to manipulation and unhealthy mental habits. Although it appears that both Tilla and the soldier find deep endearment within each other, in reality, she is little more than the soldier's escape from war's brutalities, and he is her chance at teenage freedom. Tilla becomes dependent on him, though, as much of her happiness is derived from his presence and thoughts of him, such that she is unable to formulate her own sense of self.

This is partly because, at the tender age of sixteen, Tilla's brain is still not fully developed. The prefrontal cortex is the area of the human brain that guides our actions, helps us formulate proper thought and decision-making. According to Adele Diamond's essay "Normal Development of Prefrontal Cortex from Birth to Young Adulthood: Cognitive Functions, Anatomy, and Biochemistry," it takes over 20 years to reach full maturity. Tilla is only sixteen, so she has yet to fully have the mental capacity to formulate her own sense of self and right versus wrong.

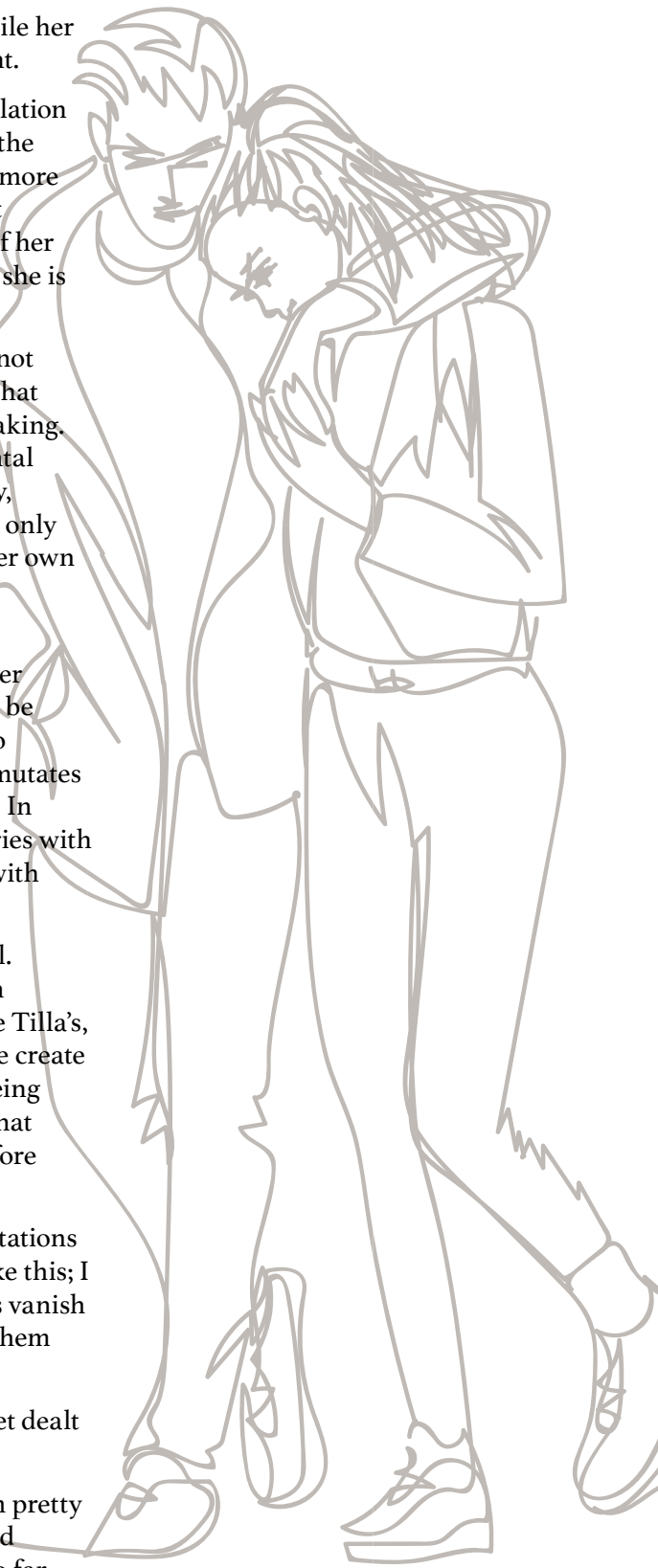
She does not know that it may not be okay for a man to treat her in the physical nature that the soldier does. This soldier takes advantage of her and sees her youth as a means of solving his own grievances. He could be using her as a means to escape the recruitment of war, or as a means to holding on to the little control he does have of his life. At any rate, he mutates her innocence; every single thought of hers is tinted by his impression. In the future, this could complicate Tilla's ability to set personal boundaries with others, expectations for life, and future relationships and encounters with men beyond those that are romantic.

This story expresses the impact infatuations can have on an individual. Sometimes we can become so dependent on other people that our own livelihood and happiness are derived from them—and only them. Like Tilla's, our world comes crumbling down when they are no longer around. We create this idolized, even unobtainable image of the other that ends up not being fulfilled. The most important message in Nadine Gordimer's story is that in order to be in a healthy relationship, one must feel whole within before seeking a partner.

I sometimes, still, catch myself being like Tilla, giving way to the temptations of dependency. It makes me disappointed in myself; I hate that I am like this; I want to jump out of my body and shake my bones, make these feelings vanish into thin air, but I can't. Running from feelings like these only makes them worse.

What happens when I find someone that I really like, and I have not yet dealt with this?

Well, I would lose out on something that could have been amazing. I'm pretty sure that you, the reader, know someone like me and Tilla. What would you do? Would you help them by telling them when they have gone too far, too soon? If you do, please tell them that what they are doing is extremely unhealthy, and that it is okay to ask for help. Tell them that they do not need another to be complete, and that if they want love, true love, they must embrace themselves first, both their strengths and weaknesses. No matter how uncomfortable and scary that may sound, it is something that must be done. I wish someone had done this for me.







**EMILY ZHANG**  
**CLASS OF 2020**

# STUDENT STYLE

GET INTO IT





**COLIN POOTS  
CLASS OF 2022**



**ARIANA PAPADOPOULOS**  
**CLASS OF 2022**







**PAIGE A. HAMBURG**  
**CLASS OF 2021**



**ROSE LITKOWSKI  
CLASS OF 2019**





# EDITORS' PICKS

ISABELA COLON

During the fall and winter months, it's all about easy layering and longevity for me. A basic black turtleneck will take you all through the seasons as a great layering piece, especially when paired under a slip dress with chunky boots. I tend to start with the basics as a foundation for my outfits and have more fun with it when it comes to outerwear and accessories. I love a statement coat as it makes putting together outfits that much easier in the morning. My most coveted fall piece is my Topshop Snake Print Coat. Animal print seems to always stand the test of time, but it's also a hot trend to stock up on for the season. Last summer, I fell into the cult that is Glossier, and I haven't looked back. The Balm Dotcom is the only beauty product I keep in my purse on a daily basis, and it has quickly become my holy grail. One of my favorite runway shows for A/W '18 was Gucci, as they never fail to put on a major fashion spectacle. Brace yourselves for super chunky shoes, logomania, and maximalism like you've never seen before.







If there is one thing I will admit I am obsessed with, it's my skincare routine. I never let makeup stay on my face overnight, and I'm huge on using the best products for my skin, which is why I wanted to let you in on my favorite products. I love the Elemis Dynamic Resurfacing Facial Wash because it leaves your skin feeling super soft, smooth, and hydrated. It also helps with signs of aging, which is always a plus! The Vine[activ] Overnight Detox Oil is the perfect oil to rid your skin of all the toxins and pollutants from the New York City air. After my skincare routine, I love to use my jade roller to help with puffy skin and reduce tension. Mixing prints, fabrics, textures, and colors in my outfits for fall is a must. I am a huge fan of over-the-knee boots paired with feminine, printed dresses, and a bold lip. Cinq A Sept's A/W '18 collection presents a dreamy mix of textures, silhouettes, and prints, which embodies my style to a T. After throwing on my classic Mansur bucket bag, and popping my AirPods in, I'm ready for anything.

TATIANA SCHERMICK

# EDITORS' PICKS

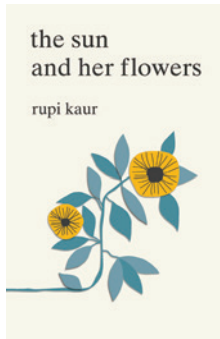


# EDITORS' PICKS

SABRINA TALBERT



“On-the-go” is the best way to describe my style. I love creating looks out of closet must-haves, which is why I was head over heels with Saint Laurent’s A/W ‘18 collection. Pairing boyfriend jeans with a simple tee and sneakers is my go-to look. Sometimes I like to add a leather jacket or swap my Adidas for a pair of black boots to dress it up. On the train ride to school, I often spend my time reading or journaling. Moleskine notebooks come in all different sizes, but the pocket-sized ones are especially convenient. When my skin is in need of a quick midday pick-me-up, I always use my Mario Badescu Rose Water Spray. It’s perfect for soothing and energizing your skin. Plus, it smells amazing!



# EDITORS' PICKS

NICOL MACIEJEWSKA



Funky and girly are the best way to describe my taste. I fell in love with the Fendi Fall couture collection. I love the color palette, the fringe coat, and the see-through sequin top of this runway look because it reminds me of a chic ballerina. I am not afraid to wear over-the-top clothes every day. Lirika Matoshi's Sequin Stripe Dress is perfect for a night out, especially if you pair it with the '70s inspired green coat from Saks Potts. A disco shoe is also a must, and this Rachel Zoe golden platform sandal is ideal. Lately, blue accessories of every shade have enthralled me. The turquoise and forest green statement earrings with a flying bug are by one of my favorite Colombian jewelry designers, Mercedes Salazar. Pop & Suki bags have been a staple in my closet for a while, and their Navy Lolita Bag is my newest obsession. Bold sunglasses are always a must, and these Le Spec x Adam Selman sunglasses will make heads turn. I also love a French element, and this whicker belt from Gaia is perfection. There are also a couple of beauty products I've been drawn to lately. The Zit Stick by Glossier works like a gem, and you can wear it under makeup, which is a plus for us girls and boys with acne-ridden skin. I've been a fan of Pat McGrath ever since the Atelier Versace A/W 2016 show, where she coated models' lips with a beautiful wine color and iridescent glitter. I had to indulge in the MATTETRANCE lipsticks when I saw she launched it. Lastly, Gabrielle by Chanel makes me feel powerful when I mist it on, and I don't dare to leave the house without it.





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