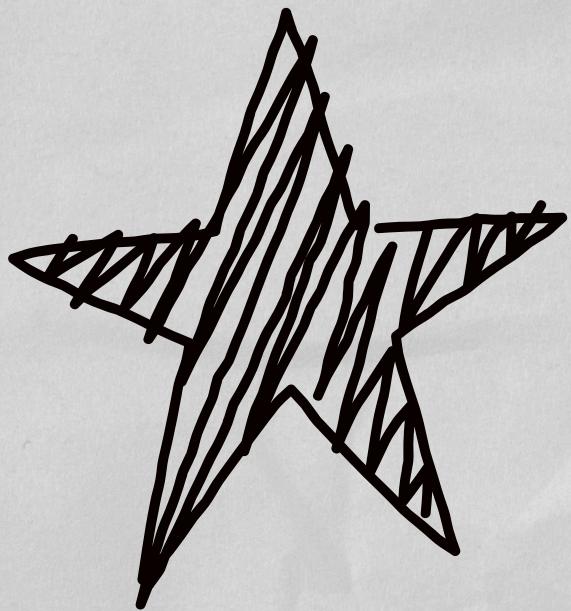


APRIL 2024, EDITION 1

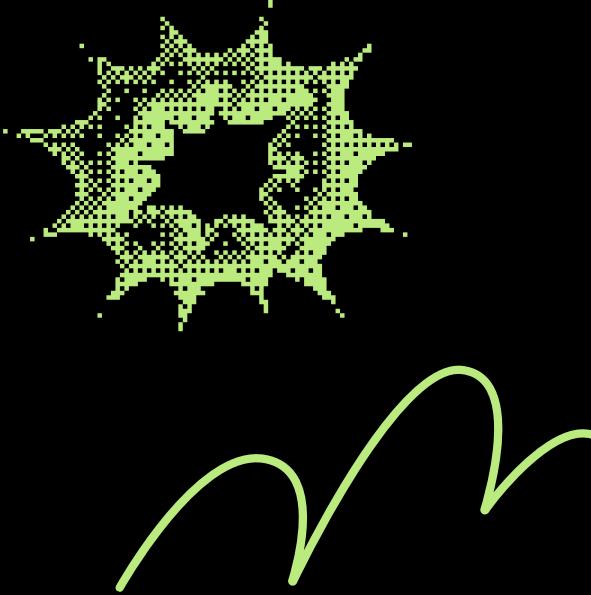
# BITS & PIECES



**MOLLY MCGRATH**

Features Journalism Spring 2024

# CONTENTS



3

## News

- Local Event: Women in Media
- Political cartoon: The Verdict
- Sports Spotlight: Scottie B-Ball

8

## People

- Human Interest Story: Car Keys
- Advice column: Bits & Tips
- Tiny (Kitty) Love Story

14

## Health & Wellness

- The Recipe For Fun
- My Non-Negotiable: Fresh Air For The Soul

17

## Fashion

- Bits & Pieces Top 10 Pinterest Finds of 2024
- Green Fashion Review: Dedicated
- Runway Review: Comme des Garcons' Fall 2024
- What Does it Mean to Dress Your Age?: Advice For a College First Year

28

## Food

- Struggle Sandwich: A Finals Season Food Review
- Restaurant Review: Ledet Ethiopian

32

## Just for Fun

- What I Will and Won't Miss

# LOCAL EVENT: WOMEN IN MEDIA

*By Molly McGrath*

This Wednesday, March 27, 2034 WABE partnered with Agnes Scott College to host their second annual Women in Media Roundtable Event. The night was packed with talented professionals, all there to convene with dozens of students from ASC and other local colleges in a unique opportunity to celebrate Women's History Month through intimate networking and conversation. Over a dozen media professionals in attendance provided eye opening insight into a variety of careers across the media landscape during rotating shifts of engaging discussion.

As students poured into Rebekah Holtz Hall around 6:30pm, the atmosphere was buzzing with excited chatter. A variety of refreshments were offered to attendees, along with generous WABE merchandise such as tote bags and t-shirts. Once students signed in, they were free to take a seat at one of the many round tables in the hall, each accompanied by a different media professional. Before the event even began, many of the conversations had already started. Curious attendees could be heard engaging with specialists in deep and refreshing conversations about anything from "What are the most common misconceptions about your job?" to "How has your day been going?".

The event officially kicked off with a shining introduction from WABE lead Aisha Greenlee, where each guest was formally introduced and the format of the roundtable talks were described. An opening speech by Melissa Fay Greene, professor of Journalism at Agnes Scott College, would pose a question for the night: As intellectuals in today's uncharted landscape, how can we consume, engage with, and contribute to media in a responsible way? How can we uncover and promote the truth in a world so rife with misinformation? "If you come away from this evening with one message, it should be this," remarked professor Greene in her speech, "The truth still matters."

Luckily for tonight's attendees, those questions and many others could be addressed by over a dozen accomplished and talented women who have devoted their careers to the preservation of the truth. On the impressive roster of professionals, Jasmine Robinson, a Digital Writer, Editor, and producer for WABE, Lashawn Hudson, a -

**"The truth still matters."**



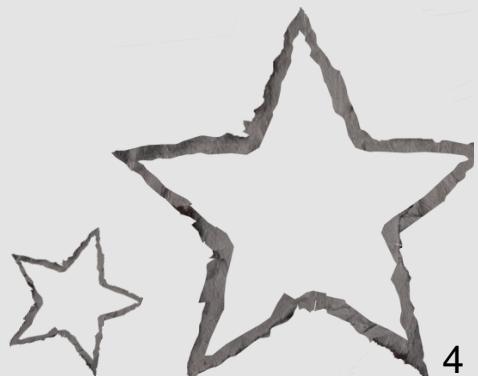
a Producer and Reporter on WABE's Closer Look with Rose Scott, DorMiya Vance, a Southside Reporter and Report For America '22-'24 Corps Member for WABE, Allison Hashimoto, the Senior Vice President of WABE Studios, Melissa Feito, a WABE Evening News Editor, Okema Jackson, the VP of Media Operations, Programming and Traffic for WABE, Sheena Louise Roetman, a Freelance Writer & Editor, Crystal Edmonson, the Senior Editor of Community Engagement and Live Journalism for the Atlanta Business Chronicle, Allison Joyner, a Freelance Journalist through Allison Joyner Enterprises, Dawn Montgomery, a Journalist for Black Press USA, Rachel Tobin, Head of Public Relations and owner of Tobink, Sammie Purcell, an Associate Editor for Rough Draft Atlanta, Rosalind Bentley, the interim director of the narrative nonfiction MFA program in the Grady College of Journalism and Mass Communication at UGA & editor at Gravy and The Oxford American, Carrie Teegardin, an Investigative Journalist at the AJC, and Jennifer Peebels, a newsroom data specialist at the AJC.

Students had the opportunity to personalize their experience based on their own interests and hop in with any five specialists from the list to join in conversation. Although the chats were only 15 minutes in length, each one that night was definitely packed with eye opening revelations and exchanges of valuable information. With a handful of fascinated students at each table, most professionals started the talk by giving a quick run down on their careers, their passions, and the incredible strength and dedication it took to pursue them. Within the first two minutes of each conversation, it became clear that these were some of the most talented and ambitious names in the industry. These women were not only specialists in media, but specialists in storytelling, in technology,

in entrepreneurship, in communication, and in countless other areas. Professionals then opened the floor to students: an open invitation and a clear opportunity to learn from the best.

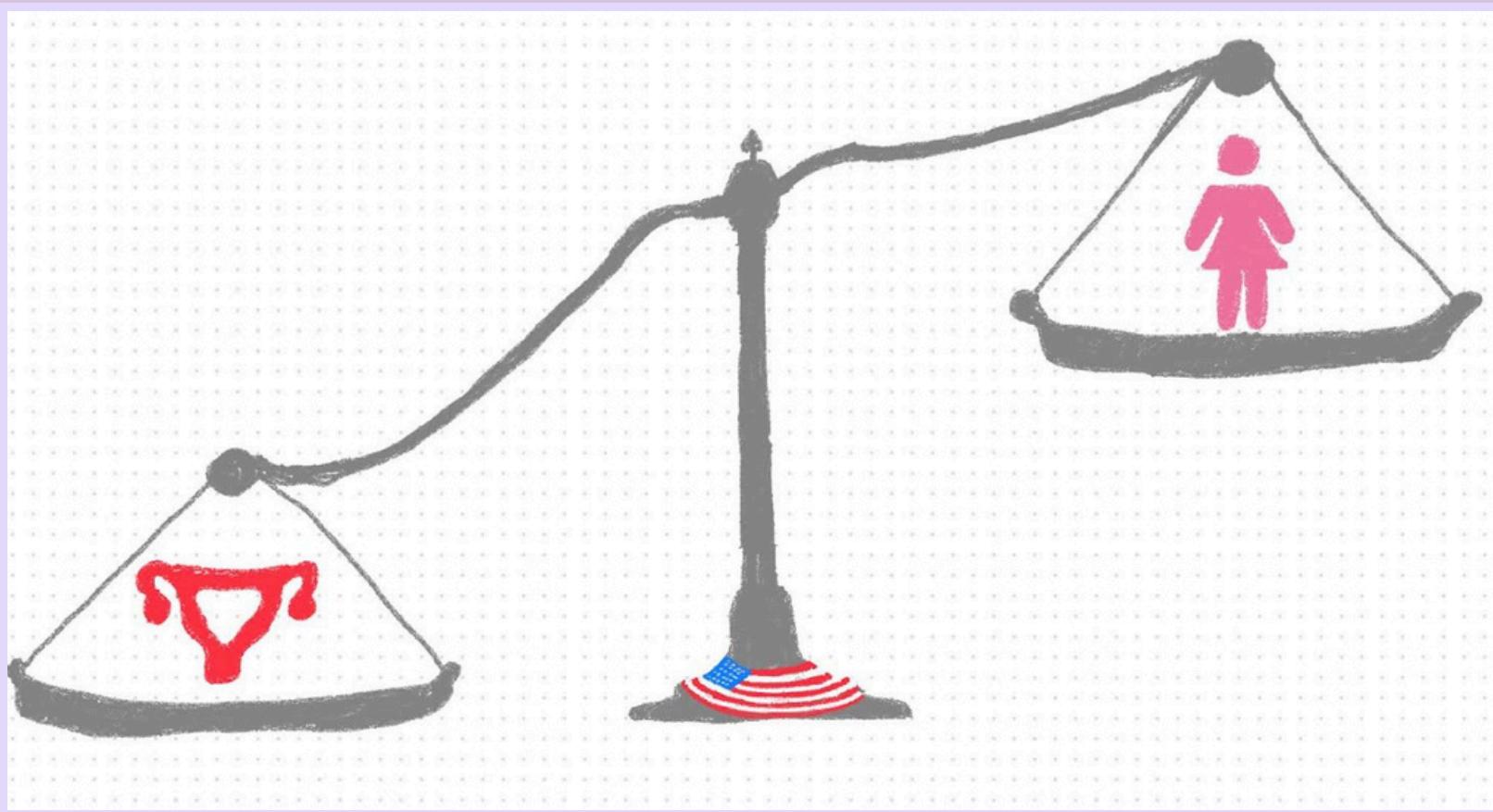
Eager students asked questions about the world of media; about how to conduct interviews that get down to the core of a problem, about how to effectively network, about how to break into the industry and find a perfect niche. Every last query was answered with the utmost concern and authenticity by guest speakers. Rotation after rotation, each speaker showed a commitment to engage with students in a personalized and genuine way. Each speaker displayed a remarkable level of care for their craft, for a devotion to transparency and honesty in media, and for a desire to share their knowledge with students.

Conversation lingered on long after the fifth timer rang out, as students attentively jotted down field notes and held onto the wisdom of professionals. Business cards were passed around, LinkedIns shared, and long lasting connections most assuredly formed. It's one thing to Google tips on how to become a better writer, or how to conduct an interview, or how to verify a fact online. But it is a transformative experience to find oneself in a room full of specialists willing to answer any possible query about the industry. Students across diverse areas of academic interest most assuredly came away from the night with a renewed perspective on what it means (and takes) to be a woman in media.



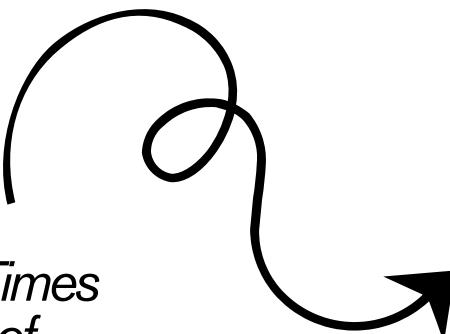
# EDITORIAL CARTOON

By Molly McGrath



**“The Verdict”**

Based on the New York Times  
article “Hospital at Center of  
Alabama Embryo Ruling Is  
Ending I.V.F. Services” by Emily  
Cochrane



# SCOTTIE B-BALL

by Molly McGrath



***Take a journey to the  
gymnasium for this thrilling  
coverage of an Agnes Scott  
College basketball game.***

The Scottie Basketball team suffered a defeat to Piedmont this Thursday evening in their 19th game of the season. The Scotties put up an impressive effort, given the amount of players absent from the showdown either due to injury or illness. Agnes Scott faced up against Piedmont with only six team members, paling in comparison to their opponent's roster list of sixteen.

The game continues the trend of a rough season for the Scotties, only having secured a winning title in three out of their nearly twenty games so far. Nevertheless, the Scotties gained the first score of the first quarter not long after the starting buzzer rang. An impressive three-point shot kicked off the game, sending the Scotties into the lead.

Piedmont, however, picked up the pace not long after. After regrouping, the Lions made a quick comeback, gaining a number of points to maintain their lead. Players rushed up and down the court quickly, obviously outnumbering and outpacing the smaller team. After the score reached 15-5, Agnes called a timeout to discuss their strategy. The Scotties huddled on the court, clearly rethinking their speed. Their discussion seemed to change the attitude of the team, as they launched into action soon after.

With a quick, impressive shot from far across the court, the Scotties were back on their feet. By the end of the first quarter, Agnes had caught up considerably, still behind with a final first quarter score of 18-11.

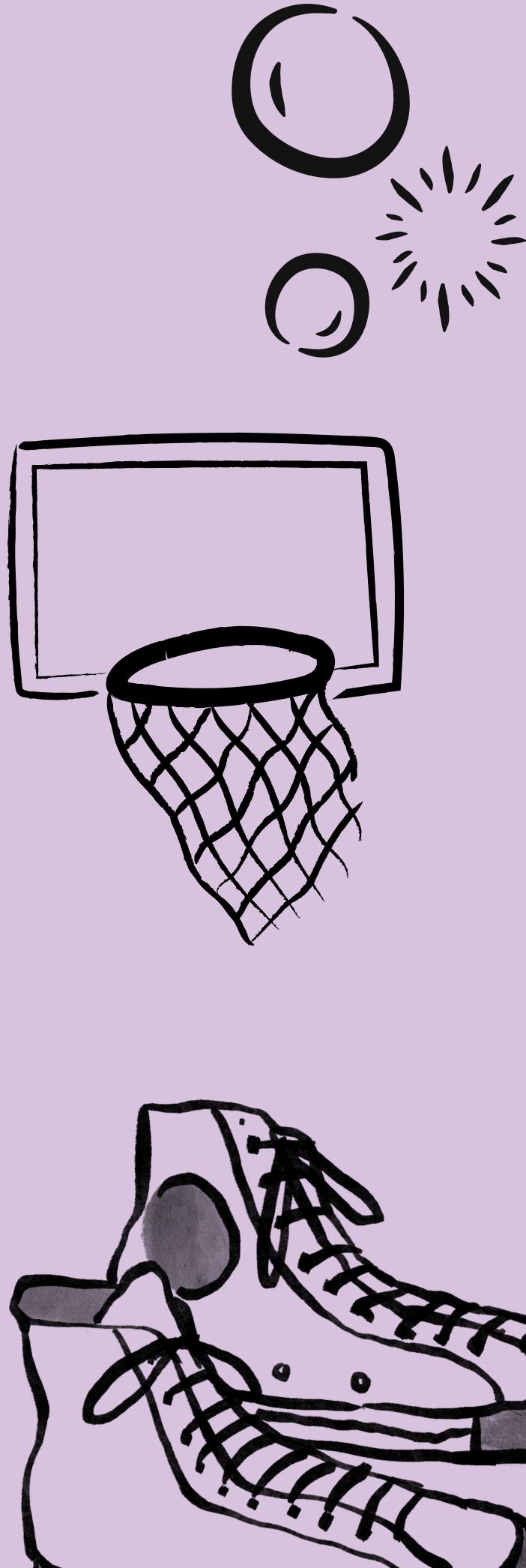
The second quarter was the most competitive and fiery of the game by far. Both the Scotties and the Lions badly wanted the win, and the energy on the court was palpable. There were a number of foul throws made, and players could be heard shouting at one another over the commotion of the game.

By midway through this quarter, Agnes had caught up considerably with a score of 24-16. However, Piedmont answered back, making a number of plays which shifted the score by the end of the second quarter to 31-17. As the teams shuffled off of the court for the halftime show, the energy was tense. Spectators could tell that this game was a tense one. During the final quarters of the game, the Scotties put up a fair fight.

However, so did the Piedmont lions. After a rough third quarter for Agnes players, Piedmont was outrunning them 59 to 26. Nevertheless, the final quarter was filled with both scores and misses for the Scotties.

Agnes Scott players managed to make up for a considerable amount of the point deficit within the fourth quarter, racking up 14 extra points within the final minutes of the game. Sadly, the last quarter ended and the Scotties still were not on top. With a final score of 72 to 40, this game nonetheless displayed the incredible grit and strength of the Agnes Scott basketball team. Scotties were able to make impressive progress against their opponent even in the face of their diminished number of available players.

As their season continues, let's hope they can secure more points and wins with their inspiring spirit and athleticism.





By Molly McGrath

# CAR KEYS



*A story about growing up and  
heading out*



***Based on a real  
interview with  
journalism student  
Nina Henderson.***

Nina hesitated as she reached for her keys on the kitchen table. She peered into the living room where her mom sat, debating if she should ask the question or not. She had just gotten her driver's license a month ago; she had aced the test. Her parents and friends praised her for her driving skills, always complimenting her technique. She remembered back to the day of her driving exam.

---

Nina had squinted her eyes shut and took a deep breath in the small room DDS office. She shifted uncomfortably in her chair. "Come on Nina, you didn't even make one mistake. I'm sure you passed" Her mom had laughed. "Just open the paper."

Nina actually wasn't sure that she did great. Sure, she had done pretty good on the test. She just didn't feel like she was actually going to get her license. "Fine" She sighed, and finally flipped open the paper with the results of the test.

100%. She had aced it. She let out a sigh of relief. She couldn't help but laugh a little bit as she remembered the way her twin sister still hadn't passed after a couple attempts. And she had gotten a perfect score on the first try.

"See, I told you that it would be fine" Her mom said. "You're such a cautious driver, I knew you would pass." Nina nodded, relieved. Cautious was one word for it. Nervous was another.

"So I guess I can drive now." Nina had said as they walked outside towards her new-ish 2019 Honda Civic.

"Yep." Smiled her mom. "It's a huge step, you have so much more freedom now. There are so many possibilities. Aren't you excited?"

Nina faked a convincing grin as she shoved the key into the ignition and started up the engine. "Of course I'm excited! I can do so many new things now like... drive to school and drive home. And drive on the highway." She tried not to shudder. "And parallel park; in like, so many parking lots."

"Relax" Her mom had said. "You'll be just fine."

---

“You still want me to ask you before I leave right?” She had asked her mom a couple days after she got the license. She fidgeted anxiously with the keys in her hand. She was about to drive her sister to the grocery store to pick up some snacks.

Her mom had just shrugged off her question. “No, honey. You don’t have to. I trust you to make the right decisions. You do have your license now, after all.”

The truth was, Nina was scared. Not only to drive, but to grow up. She had lived in exclusively small towns for her entire life, and she liked it like that. She liked staying close to her family on their farm, and she didn’t really know what would come next. It felt wrong to just up and leave her house whenever she wanted. And besides, driving was scary! Especially late at night, or in the rain. She didn’t feel like she should be able to pull out of her driveway in this 5,000 pound metal contraption whenever she felt like it, even if she did technically have her license.

Nina gulped. “So I can just leave? You’re really okay with that?”

Her mom laughed like this was a ridiculous question. “Yes, Nina. You are the most responsible kid I know. I really do trust you to make the right decisions, even if I’m not always there by your side to double check. Now go before it gets too dark.”

It was quiet in the car on the way to the store, aside from the faint sound of the radio and the hum of the tires on the asphalt. Nina’s sister tapped away on her phone in the passenger seat. “I can’t believe you got your license before me.” Her sister had joked. “That shouldn’t even be legal.”

“I know.” Nina mumbled in an exaggerated tone, half to herself.

Her sister scoffed and shook her head. “No, but seriously. I knew you would pass on your first try. You’ve basically been preparing since you were like 12. And you and mom practice driving nearly every night. There was no way you wouldn’t be ready to ace it.”

Nina groaned. “I know I aced it. Everyone keeps reminding me.” She tapped her fingers on the steering wheel nervously. “But, the thing is, I don’t think I’m really ready.”

Her sister looked over at her, puzzled. “To drive?”

---

“No.” Nina said as she flipped on her blinker to turn into the grocery store parking lot. “To grow up. To leave. To have the responsibility of making important choices on my shoulders. Like, now I’m just suddenly magically ready to go wherever I want, whenever I want? I don’t really think that’s true.”

Her sister paused for a moment to think. “Come on. I know you’re an anxious person, but you’re also a smart person. You’re a person with quick thinking and good judgment. Also, you don’t have to grow up all at once. You can learn as you go, even if you make a couple mistakes along the way.” Her sister unbuckled her seatbelt and switched off the radio.

Nina sat still in the driver’s seat, a bit stunned and unsure of what to say.

“Come on, I’m hungry and the snacks aren’t gonna buy themselves.”

---

Nina now shuddered as she looked back from the keys in her hand to the kitchen window. It was pouring outside, and pitch dark, but she did have somewhere to be. She did know how to drive, and she did know that she had great judgment. She took a deep breath and shut her eyes as she snatched her keys up and turned to the door.

She had actually never been so scared in her entire life. But maybe a little bit of fear was healthy. Maybe that meant she was growing, maybe that meant that now was a great time to take chances.

“I’m leaving!” She shouted across the house. “Just so you know!” She ran out the door before she could change her mind, slamming it behind her.

Back in the living room, her mom couldn’t help but crack a smile at the sound of the car quickly (but cautiously) peeling out of the driveway.

# BITS&TIPS

Readers send in anonymous questions to *Bits & Pieces* for advice on just about anything under the sun

Dear Bits & Pieces,

“A person I’m just starting to be friends with was excluded from a birthday party held by someone else in our wider friend group. When I realized my new friend was left off the guest list, I myself RSVP’d “No” to the party. This new friend recently did a big favor for me. I kind of want to tell her what I did for her a few months ago: not attending a party because I knew her feelings would be hurt if she heard about the event. Can I tell her now, like, “Thanks for this great favor you did for me, I actually did something for you a few months ago!”

- New Friend in Decatur

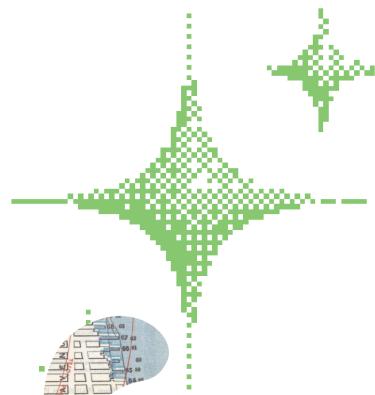


**Dear New Friend,**

“It’s nice you took your friend into account, but let the past be the past. Move forward building a stronger bond, focusing on inclusion and forget people who do not value you.”

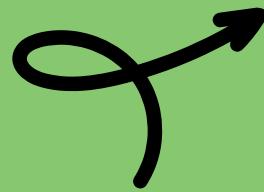
# A TINY (KITTY) LOVE STORY

My mom was less than happy when I brought home the tiny flea ridden kitten I found in a bush. Our 20 year old cat, bunny, had passed not even 2 months prior, and I could tell it took a toll on my mother. Of course, the new kitten had picked a favorite, and it was her. For weeks, I watched her try to avoid falling in love with the itty bitty cat with ears too big for his head. That didn't last long. Now, four years later, I get daily texts from her filled with pictures of him. He still falls asleep on her shoulder every night even though he's grown to be the biggest cat you've ever seen.



# THE RECIPE FOR FUN

By Molly McGrath



*Based on the Ted Talk  
by Catherine Price*

One thing about me is that I have never been a person who enjoys sports, even a little bit. I truly tried my hardest to like sports as a kid. I tried soccer, swimming, softball, gymnastics, ballet. If you can think of it, I probably gave it a shot. But I always dreaded showing up for practices. Sports were the total opposite of fun for me, every single time.

So when my sister, a total athlete, suggested that she should teach me how to play tennis a few weeks ago, my immediate response was “No!”. Against my better judgment, I reluctantly agreed to play a quick game with her. Sure enough, I was terrible. Terrible is actually an understatement. I think I hit the tennis ball maybe one time in our entire “match”, if you can even call it that.

I haven’t had that much fun in months. To my surprise, hours went by in an instant as I tried (and failed) to get a handle on the sport with my sister. The entire time, all we could do was die laughing over how awful I was. I don’t think I ever improved once either. After the match was over, I thought: “That must be the first and only time I have ever enjoyed playing a sport.”

So what changed my experience so drastically? According to award winning journalist and speaker Catherine Price, I may have actually been having fun with sports for the first time. Based on her research, three main things are required to establish the feeling of fun.

Number one is playfulness. This aspect can be defined as embracing a lighthearted perspective and letting go of any perfectionism. Each and every time I’ve done a sport before, there was an expectation that I wouldn’t be terrible at it. (In other words, I was holding myself to a nearly unreachable standard). This time, I completely accepted the fact that I would be really, really, really bad at this. Because of the acceptance, I was able to let myself just goof around with my sister rather than trying so hard to be a good player.

The second important component in having fun according to Price’s research, is connection. She defines this as partaking in a special “shared experience” with someone else, or even with yourself and the environment around you. Because my sister and I were having this moment together, this aspect of connection was added into the equation. If I was trying to play tennis by myself, I would most definitely have had a miserable time.

The last essential component to fun that Price emphasizes is flow, which she categorizes as the state of being so engulfed with an experience that you lose track of time and other concerns. When I was playing, I wasn't checking my phone for time updates or notifications. In fact, I forgot my phone existed all together. Hours passed without me even thinking about it.

Referencing Price's research, the fact that all three critical elements to "the feeling of fun" were at play here, helps my rare enjoyment of a sport make more sense. If anything, my experience goes to show that even things you normally despise can be fun if you stick to Catherine Price's list of ingredients for a good time.



## FRESH AIR FOR THE SOUL: MY NON NEGOTIABLE

By Molly McGrath

Everyone knows that spending some time in the sun is an easy way to lift your mood and brighten your day. Many people mention morning routines that involve outdoor walks or rituals that happen outdoors, but what do researchers say about this phenomenon? Very good things, according to many scientific studies.

One 2020 study found that this boost in mood is partially explained by the brain's production of serotonin that occurs when exposed to sunlight. When measuring the blood levels of serotonin in study participants, more sunlight was associated with more of the chemical responsible for happiness.

It is also a known fact backed by many studies that sunlight exposure is associated with the production of Vitamin-D, which is essential in cultivating a healthy, depression-free mind. In other words, stepping into the sun in the morning is a quick way to ensure that your day is a happier one.

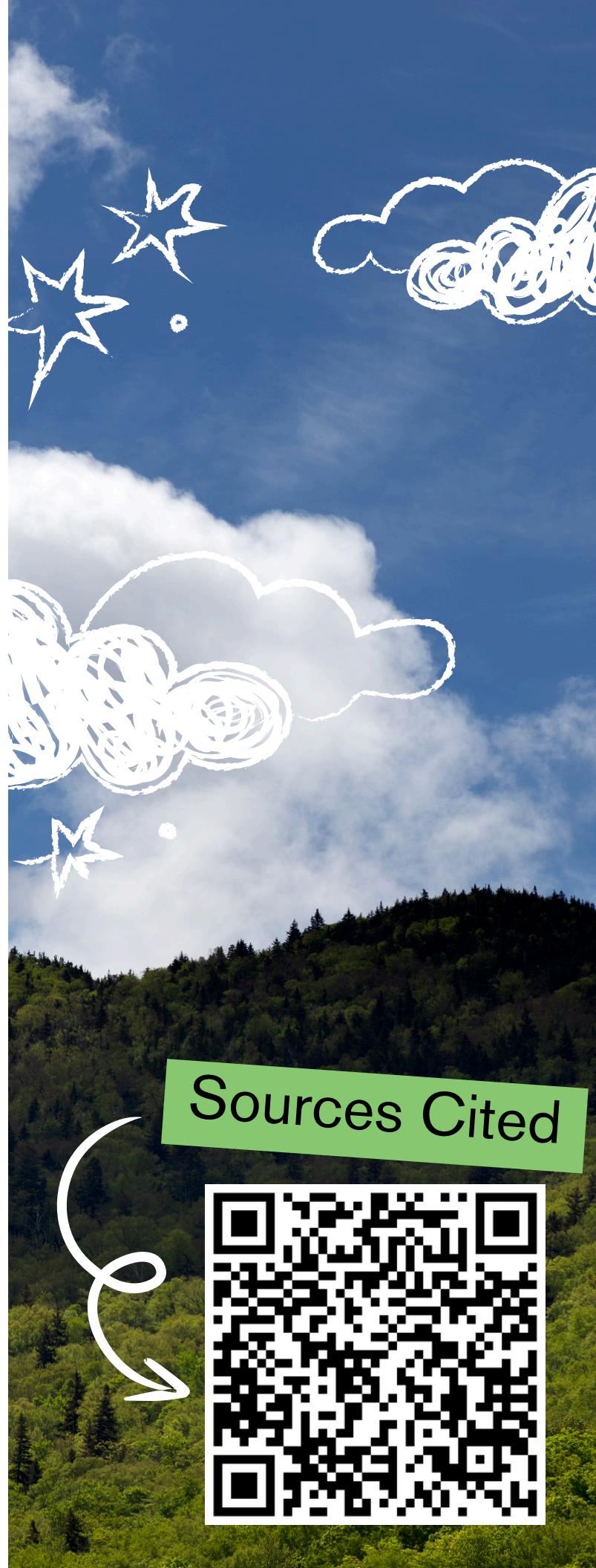
This phenomenon also gives some explanation for the prevalence of seasonal depression in the dark winter, since the sun is out less during the colder months. Serotonin from the sun isn't the only beneficial factor to working some outside time into your morning routine. Fresh outside air might also play a big part in the positive impact of this practice. Like sunlight, air with plenty of oxygen is sure to increase the amount of serotonin in your brain.

Plus, exposure to beneficial microorganisms in soil has been shown to increase these chemicals as well. So even if the sun isn't out, getting outside is sure to boost your mood through other means. For an extra bonus, throw in some light morning exercise to raise your day up more. The health benefits of morning walks are nearly countless—a more efficient immune system, stronger muscles, and improved circulation, while just naming a few. Not to mention the mental health benefits of frequent exercise that have been backed by countless studies and professionals.

Taking 15 to 20 minutes out of your day to take a quick walk through your neighborhood or even just sit on the porch with a cup of coffee can really make all the difference. Most studies mention the importance of sticking to a routine of outdoor engagement to embrace the full benefits of sunlight, exercise, and fresh air, so it is no wonder why so many people consider spending time outdoors a non-negotiable aspect of their daily lives.

This routine can be particularly crucial for anyone with mental health disorders such as depression and anxiety. These disorders are largely associated with a reduction in beneficial brain chemicals such as serotonin and an increase in “negative” chemicals such as cortisol; both of which can be at least slightly relieved through outdoor activities and even just relaxation in the fresh air. So spending time outdoors can act as a totally natural antidepressant, and serve a wonderful way to start your day by reducing the effects of emotional stress.

Researchers, specialists, and everyday folks all agree that spending time outdoors during their day is one thing that they can't (and shouldn't) give up. If you haven't yet, see if you can slip outside for a couple of minutes and watch your health, physical and mental, take a turn for the better.



# BITS AND PIECES: TOP 10 MOST STYLISH PINTEREST FINDS OF 2024

By Molly McGrath

I've spent an embarrassing amount of my time in 2024 perusing Pinterest for the perfect wardrobe pieces, regardless of whether they live behind a realistic price tag or not. So, I thought it would be fitting to make a list of my favorite pieces I've found so far. In no particular order, join me for some delusional digital window shopping.



Lirika Matoshi Heart Pillow silk dress

How adorable is this comfy looking pillow dress by Lirika Matoshi? It's unique enough to make a cutesy statement while also staying classy. I'm obsessed with the flirty pink silk, a color ideal for a Valentine's Day date.



Clio Peppiatt - Pendant embellished stretch mesh mini dress in midnight blue

We're starting off strong with this gorgeous sparkling mini dress from Clio Peppiatt. The intricate glittery details bordering the neckline are absolutely stunning, and the long flowy bell sleeves are so elegant. As soon as I saw it, I thought about how perfect this dress would be for any formal winter dance or dinner party. This piece will forever stay on my "dream dresses" board.



3

### Lirika Matoshi Crystal Tennis Skirt

Here's another stunning piece by Lirika Matoshi, who has to be one of my favorite designers. When I first saw this skirt, the bright crystal belt immediately reminded me of a classic girl scout sash adorned with pins. I'm not sure if the similarities were purposeful or not, but I appreciate the stylish twist on a throwback style nevertheless.



4

### Major Arcana Embroidered Jacket

Switching gears a little bit, I would do almost anything to have this Bliss and Mischief jacket in my closet. I'm a huge fan of statement jackets that can elevate any everyday outfit from simple to unique. On top of that, the gorgeous embroidered tarot designs speak to one of my favorite magical hobbies.



5

### Coach Jelly Tabby

What kind of list would this be if I didn't include any bags? This coach jelly tabby just screams Y2K, and I am so here for it. it comes in a multitude of colors, but in my opinion, the pink one takes the cake. This would be such an adorable little bag to drag along to a pool or beach party during the warmer months.



6

### SafSafu Silver & pink BFF earrings

I could talk about the jewelry that I find on Pinterest all day, but I've decided to pick out my favorite earrings from my board. These adorable heart shaped kitten earrings are a little bit hilarious; I think they're the perfect amount of campy and fun. The bright pink is eye-catching, and they would most definitely make a statement. The SafSafu website contains a number of other variations on the earrings, including bunnies, spiders and poodles. How fun!



7

### Mischief Managed Charm Necklace

I am not ashamed to say that I am a sucker for big and over the top jewelry. So when I found this chunky charm necklace by mother-daughter designer duo Brinker & Eliza, I was so excited. Turns out that each necklace is unique and made to order with real vintage charms and natural materials on a 24k gold plated brass chain. The dreamy nautical vibes that the piece gives off are to die for, and this stunning necklace immediately went on my wishlist.



8

### Karen Mabon Bedroom Floor Short Pajama Set

Am I allowed to put pajamas on a fashion list? I don't think so, but this set is so cute that I'm gonna make an exception. Karen Mabon designs the most intricate and ornate pajamas that you will ever see in your life. I recommend taking a look at her work if you are in the market for some new sleepwear and don't mind splurging just a little. This set in particular is one of my personal favorites. These pajamas look incredibly comfy, and I think the pattern concept of a cluttered bedroom floor is just so different and whimsical.

9

10



### *Miaou Enzo Stretch Jersey Top*

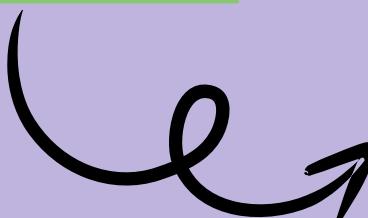
From sustainable fashion brand Miaou, this brightly colored tube top has me looking forward to the summer. How cute would it be paired with some jean shorts and flip flop flops? I also absolutely love the breathable mesh material coupled with the built-in ruffled bra.



### *Dr Martens Jetta Hi Max Distressed Leather Platform Boots*

I wanted to end this list on one of my most recent Pinterest finds. I LOVE some platform boots. For me personally though, I have to keep the platforms relatively short, or I will fall on my face. While these boots do look pretty tall, for window shopping purposes they are just perfect. I'm obsessed with the contrast between the airbrushed pink highlights and the dark black leather. Maybe one day I'll have enough balance to add them to my collection.

*Links to photo credits and where you can find these items*



# GREEN FASHION REVIEW: DEDICATED

By Molly McGrath



The rapidly growing fast fashion industry poses an increasingly pressing environmental issue.

According to an article released by the Center for Biological Diversity, "...the number of new garments made per year [has nearly doubled] over the past 20 years and global consumption of fashion [has increased] by 400%". These rising numbers represent harmful waste which is released at each stage of manufacturing. Another statistic from the Center for Biological Diversity states that the fast fashion industry is "...responsible for as much as 10% of global carbon dioxide emissions"

The fast fashion industry is fueled by a growing demand for clothing which adheres to quickly moving trends. As more people have a higher demand for trendy clothing, more cheap and wasteful pieces are produced by companies like Shein. The same article referenced previously states that Shein alone likely produces over 50,000 garments per day. These tens of thousands of garments are destined to end up in landfills, creating exponential pollution.

After doing some research on the most trusted sustainable fashion brands, I came across Dedicated. This brand in particular stood out to me because it appears that they make a true effort to make a positive impact on the environment rather than a harmful one. This brand partners with a Non-Profit called One Tree Planted to plant trees when sales on clothes are made.

According to their website, they've planted 29,419 trees through this program. Through planting trees, this program has compensated for 617 tons of CO<sub>2</sub>. The company also uses sustainable materials to ethically create clothing without waste. I actually found this brand through a website that makes recommendations for sustainable fashion called Good on You. This site seems to be trusted by the sustainable fashion community. I've pulled a couple images of styles that I thought were nice.





## Dress Kallvik Secret Garden

I love this dress so much. The flowy shape looks so comfortable to wear. It almost looks like a robe, but much more stylish. I think the nature inspired pattern is gorgeous. If I were to wear this dress, I might dress it up more with some dangly earrings and sparkly heels. The price point, at \$159, is a little bit on the more expensive side. However, for a sustainable brand, it could be much worse.

*Credits to the Dedicated Website*

## T-shirt Kivik Cats Blue

Here is a cute printed T-shirt that I found. The design is adorable, and I think it would match well with any jeans. This is another piece that looks extremely comfortable but also stylish. This shirt costs about 60 dollars, which is a bit much to pay for a T-shirt. However, I understand that it costs more to produce clothing that is environmentally conscious. These pieces would also likely last a long time due to their high quality.



*Credits to the Dedicated Website*



# RUNWAY REVIEW: COMME DES GARCONS' FALL 2024

By Molly McGrath

Comme des Garcons' Fall 2024 ready-to-wear collection titled "Anger" is a bold, industrial commentary on frustration with the futile. Everything about the presentation of this collection establishes an unsettling, rage fueled experience for audience members. Bare faced models stomp across the runway under dim, unnatural lighting, as moody renditions of Beethoven scream out from loudspeakers. The models displaying designer Rei Kawakubo's art are anything but emotionless statues. Their unhappy expressions are not blank, but contain something unmistakably more sinister simmering underneath the surface.

The clothing seems to serve as an extension of their fury. I would describe all of the featured pieces as brooding. Pools of leather billow up like clouds of smoke. Black, white, and silver metallic fabric is twisted into intricate patterns. Many of the outfits feature oddly placed zippers, buttons and feathers. Sleeves and skirts jut outwards at strange angles, forming looming shapes.

In the press statement for the show, Kawakubo revealed the message behind the collection. She writes: "**This collection is about my present state of mind. I have anger against everything in the world, especially against myself**". The style of this collection is not too far of a departure from her designs of previous seasons. Kawakubo is known for her abstract style and her tendency to step away from the typical trends of the fashion world. However, this is the first time that she has tapped into emotion so heavily to serve as inspiration for her work. The final product is something raw and genuine.

The opening look introduces the themes and motifs that recur throughout the show. The first model struts out in a black two piece leather dress. The top cascades over her shoulders like a shawl, and the skirt poofs outwards in almost-pleated ruffles past her knees. On her head she wears a melted take on a vintage powdered wig. It tilts to the side, embellished with imperfect ringlets of curls. On her feet, she wears form fitting boots that hug her ankles. The bottom of the shoes expand outwards into black puddles which resemble diving flippers. These wide shoe bottoms are worn in almost every outfit.

**“This collection is about my present state of mind. I have anger against everything in the world, especially against myself”**



The following models also sport tall, imperfect black or red updos. They resemble what might happen if you left an aristocrat's powdered wig outside in a rainstorm. Some hairdos look like they have been violently swept to the side by the wind. Some appear as if the elements have worn down the intricate curls and braids, fraying them and misplacing them on the models' heads.

The pieces are almost exclusively crafted in a color palette of blacks, silvers, and grays. While many are fashioned out of sleek leather, some include printed patterned designs like stripes, squiggles, and chains. One dress features an oversized fabric bow in the center, as the hips of the piece widen into a vintage pannier. Another look includes bell-bottom style pants underneath a thick black and white tutu. The shapes manage to be nostalgic and familiar, but also completely cold and alien.

The final look of the show is a surprising departure from the style of the previous outfits. The last model is surrounded by puffy white and beige tulle. She looks as if bed sheets were wrapped around her with bits of ribbon. She wears average white tennis shoes underneath the dress. Could this look represent the calm after the storm? A surrender to the infuriating nature of the self? Her expression does not appear angry, but rather, exhausted.





“Anger” is a narrative and a commentary on emotion. The pieces are designed to elicit responses from the audience in reflection of Kawakubo’s inner feelings. Many of the looks appear to be thrown together in a random, frustrated fashion. The silhouettes are hostile and sometimes threatening. Everything about this collection is designed to make you uncomfortable. Often, the most powerful and personal art is born from “negative” emotion.

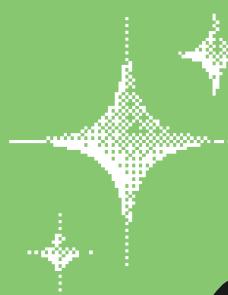


Explore the  
collection &  
Photo Credits

# FASHION WISDOM FOR ANXIOUS FIRST YEARS



By Molly McGrath



*Based on the NYT piece  
"What Does It Mean to 'Dress  
Your Age'?" by Vanessa  
Friedman*

After nearly three years as a college student, I have learned that fashion, especially at a HWC such as Agnes Scott College, can truly be (almost) anything you want it to be. Step foot outside during a class change, and you will see the entire spectrum of fashion represented. Some students wear a full face of makeup complimented by statement pieces such as tall boots and flashy jewelry. Some students elect to go with a more formal look, daily sporting button down shirts and dress pants. Many people elect to throw on athleisure wear like yoga pants and tank tops. And of course, you can't forget the dozens of students in comfy sweatpants and hoodies.

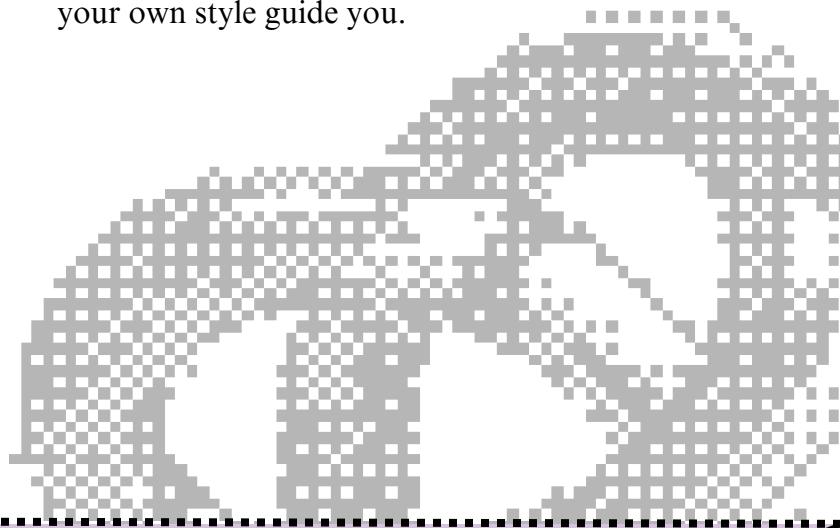
So in my opinion, there are nearly no rules to fashion in college. Half of the fun is discovering your own personal style during your freshman year; this is likely the first time you've had complete freedom of expression. I would recommend playing around with a variety of styles. Head to a thrift store and grab a few pieces that catch your eye. Don't put too much thought into it, just take note of the clothing that makes you feel the most comfortable.

It also helps to go around campus and take note of styles that you love. Start a Pinterest board to collect your ideas. Make an active effort to pop into as many different stores as possible when you're traveling. Take inspiration from the world around you.

Personally, during my first year of college, I learned that I love to pair black combat boots with almost any outfit. I got my first pair of Doc Martens for Christmas after the fall semester. I had noticed so many cute outfits around campus featuring the boots, and I had to have them in my wardrobe. Since then, I've acquired a couple of different pairs. Even though my fashion taste has evolved since I started college, there are a few aspects of it that have been the same since I was young. For example, I have just always loved a good cardigan. In high school, I bought one in almost every color. I wouldn't leave the house without a cardigan to compliment whatever outfit I was wearing. Although I've toned my love for cardigans down a little bit, I still have a closet full of them. Especially in the colder months, I make sure to grab one before I leave the house.

Personally, I am inspired by any fashion icon who has the courage to wear whatever they feel most comfortable in, regardless of the thoughts and views of society on their personal style. The first person who comes to my mind is Billie Eilish. Eilish is known for a style which involves lots of baggy tops and bottoms, often fashioned in unconventional colors and patterns. When asked about her personal style, she revealed that she would rather not conform to the current trend of form fitting clothing because she chooses not to give society permission to critique or comment on her body. I really respect her decision to step away from current trends in order to stay true to herself. This same sentiment also goes for celebrities like Nicki Minaj and Lady Gaga, who choose to sport flashy, campy styles that align with their own tastes, even when the current trends lean towards more toned down fashion.

All of this to say, the best style to sport in college is your own. College, and freshman year specifically, is the perfect time to explore your own tastes in fashion. It can sometimes be tempting to conform to the current trends, especially in a newer environment where you want to be accepted by the crowd. However, trust me when I say college will be one hundred times more gratifying if you let your own style guide you.



# STRUGGLE SANDWICH

*A finals season food review*

by Molly McGrath

Late last night, due to the dwindling supply of groceries available in my apartment, I had to scrounge together my dinner with some limited choices. I was extremely tempted to order something from DoorDash for the fourth night in a row, but the three dollars and twenty one cents available to me in my bank account did not agree.

When I say I had only a few options, I mean it. Even the last pack of ramen noodles had been gone for days now, and I was about 50% sure the bag of shredded cheese in my fridge was not supposed to smell like that.

One of the only things left in the cabinet was a half loaf of stale bread that all of my roommates forgot about. I saw it and thought: what kinds of sandwiches could I make? Unfortunately, we had absolutely no vegetables left in the fridge. We usually keep a container of sliced turkey in there, but even that was not an option. Then, I saw it. A nearly full jar of grape jelly in the side door that had been sitting there since the beginning of the semester. I crossed my fingers as I looked at the expiration date. Surprisingly, it would still be good for another month. One thing that I know we always have on hand is a giant jar of Jiffy peanut butter. I had all of the ingredients necessary to make the most mediocre peanut butter and jelly sandwich ever created. I grabbed the aforementioned bag from the upper cabinet and undid the twist tie to retrieve two spongey slices of wheat bread.

I could tell from the way they felt that the loaf felt in my hands that it was stale. But now, there was no going back.

I gathered the peanut butter and jelly jars to begin assembling. The peanut butter spread nicely across the bread, but the jelly came out in odd clumps. I tried to smooth it down with the knife, but it stayed uneven and clumpy.

I squished the two slices closed after I was done. I didn't bother to cut it. I decided that this sandwich on its own would be a pretty sad dinner, so I scattered some Cheez-its on the side of the plate. Still sad. I sat down in the dark dining room at the table with my plate of dinner and a can of Coke Zero. I took my first bite of the sandwich: truly mediocre. The taste and texture of the stale bread was so prevalent that it covered up most of the taste of the peanut butter. I did get some notes of refrigerator flavored grape jelly, though. I decided that I didn't put enough peanut butter on the sandwich.

I opted to go back for the jar and spread a few spoons on my plate to dip the sandwich in. This made the sad sandwich a little bit more edible. The Cheez-its provided a much needed crunch to the meal, and luckily these snacks were not stale at all. The Coke Zero served as a nice palette cleanser. I did eat most of the sandwich. By the time I could not eat any more of this creation, however, I gave up and went for the pack of Reese's cups I had been saving for an instance like this one.



# RESTAURANT REVIEW: LEDET ETHIOPIAN

By Molly McGrath

This week, I had the pleasure of dining at the gorgeous Ledet Ethiopian restaurant up in Stone Mountain, Georgia. The restaurant is family owned and operated, and you can most definitely tell from the caring way that servers interact with guests. As soon as I walked into the bustling building, I was greeted with a smile and led to the special back dining room reserved for large parties. From the beginning, I knew I was in for an adventure in dining.

Curtains to the entrance were drawn back to reveal a stunning brightly lit space. The centerpiece of the room had to have been the gorgeous low hanging chandelier, encircled by three sturdy wooden dining tables in a “U” shape in the very middle. The walls were decorated with colorful painted murals, each depicting the people and landscapes of Ethiopia. Through a thin layer of smoke from the burning of fragrant incense, the last moments of daylight streamed in through a set of expansive windows.

After some pleasant conversation with classmates, the first item on the menu arrived. When the servers walked out with this initial tray, I thought I had somehow left Atlanta and stepped into a fairytale story. The item on the tray was Tej, or an Ethiopian honey wine similar to mead. The beverage was served in a magical looking green glass bottle with a thin neck and thick base. The light streaming into the room hit the delicacy perfectly, which made the brightly colored Tej appear to literally glow in the sun.

This delicious drink is called honey wine for a reason. It tasted so unique. The bitterness of the alcohol was insanely complimentary of the honeycomb, leaving space for a flavor that was balanced to absolute perfection. It took some serious self restraint to not guzzle it all down before the food even arrived.



*Glass of Tej*

However, it wasn't long at all before tonight's main course was here. The first food to come out was Injera, a grayish pancake-like bread folded into tight rolls. One of the servers explained that Injera is a fermented Ethiopian delicacy, which Ledet makes in house. The Injera was followed by a bright orange spicy sauce called Bozena Shiro, and finally a large bowl of vegetables and meats which everyone is served from. The smell was smokey and spicy, and my mouth watered in anticipation as the server made her way over to my spot at the table.

The server named each item as she scooped it onto my plate. First came the Tibs, which are small slices of a variety of grilled meats, such as beef, lamb, and ribs. Each type of meat came coated in its own unique and flavorful marinade, some of which were combined with sauteed vegetables. I was advised that a couple of the Tibs were much spicier than others, but I have a thing for spice, so I felt up to trying them all. The other item in the bowl was Gomen Besiga, which consists of stewed leafy greens and bits of juicy lamb



However, it wasn't long at all before tonight's main course was here. The first food to come out was Injera, a grayish pancake-like bread folded into tight rolls. One of the servers explained that Injera is a fermented Ethiopian delicacy, which Ledet makes in house. The Injera was followed by a bright orange spicy sauce called Bozena Shiro, and finally a large bowl of vegetables and meats which everyone is served from. The smell was smokey and spicy, and my mouth watered in anticipation as the server made her way over to my spot at the table.

The bread also did wonders for lifting up the rest of the meal. Wrapping the bits of lamb and beef in pieces of Injera served to create little delicious pockets of flavor. All of the meat was cooked to perfection, and pairing the juicy morsels with spongy, soft bread provided a new and impressive textural experience. My favorite item on my plate that evening was most definitely the Lega Lamb Tibs, one of the spicier foods served. The strips of tender lamb were covered in a thin bright orange sauce, along with peppers and onions. Each food I tried surprised me with new flavors and tastes that I never would have previously imagined would work well together. All the while, the sips of Tej washed it down with a sweet and refreshing palette cleanser.

After I went back for seconds (and thirds), the table was excited with chatter about the final course on the menu. We would end our meal with an Ethiopian coffee ceremony, complete with freshly popped popcorn. The preparation of this course filled the room with a heavenly aroma of warm smoky popcorn and rich steamy coffee. Baskets of perfect white kernels were set in front of us, along with dainty little coffee cups and tiny little stirring spoons.



After the coffee was poured and the sugar was stirred, I took a sip of the brew. I can confidently say that this coffee was the best that I have ever tasted. Even authentic Italian espresso couldn't compete with the dark and deep flavors of Ethiopian coffee. It was just so creamy and aromatic on the tongue, a feat that most coffee shops cannot replicate. The popcorn added a crunchy, buttery component to the meal. I would say that the popcorn played the role of a tasty dessert. And while most western desserts are often loaded with butter, sugar, and fat, the crunchy and natural nature of the kernels was a refreshing change up.

My first time trying out Ethiopian food was a huge success. I'm always looking for new cultures and cuisines to appreciate, and I feel like this experience broadened my horizons. The staff and management at Ledet made me feel right at home. They were always available to answer any questions and provide any assistance. The service was speedy, the food was impeccable, and I left feeling satisfied and already planning my next visit.

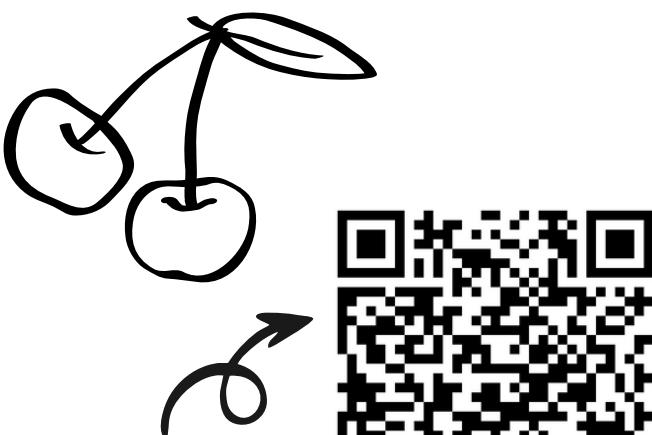


# WHAT I WILL AND WON'T MISS

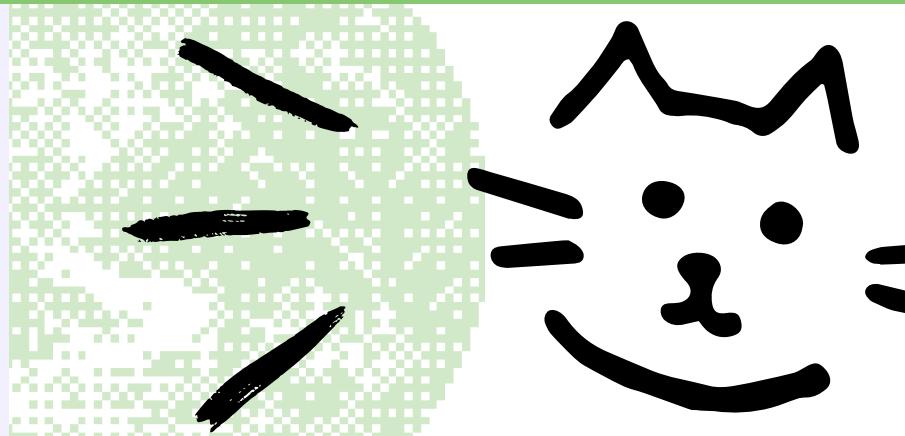
By Molly McGrath

## What I won't miss

- Spending \$10 on a coffee
- How fast fruit goes bad in the fridge
- Agnes Scott Wifi
- Driving on I-20
- Headaches
- Zoom breakout rooms
- Anxiety
- Getting calls from unknown numbers



*Inspired by  
the lists of  
Nora Ephron*



## What I will miss

- My cats
- Snow days
- Late night drives with my friends and music
- Homemade omelets
- The ocean
- Laughing at terrible movies with my little sister
- Screaming the lyrics at concerts as loud as I can
- Inside jokes
- Hitting snooze on my first alarm
- Long yoga classes
- When a package I've been waiting for finally comes in the mail

# THANKS FOR READING!

All stock images and doodles are from Canva.

Other photos are all taken by the author unless otherwise stated.

Special thanks to my classmate Nina Henderson for allowing me to interview her. Another special thanks to my professor Melissa Fay Greene for a wonderful semester!

- Molly McGrath

3

