

VOL. 4 NO. 4  
APRIL 2012

ink

QUARTER-LIFE CRISIS  
FASHION SPREAD

INKSCLUSIVE INTERVIEW  
WITH TONY OF  
MUNICIPAL WASTE

YOUR GUIDE TO ALL  
THINGS THRIFT





## LETTER FROM THE EDITOR

Whether you are getting ready to graduate and trying to save money for the "real world" or you just moved out of the dorms and are struggling to make rent every month, pretty much every VCU student can stand to save a few bucks here or there. Still, we all want to make the most of our youth and go out, have fun and get new stuff every once in a while. In short, we want to have our cake and eat it to.

Now you can, with help from the thrifty tips in this issue of Ink! You'll find information in here on everything from cheap restaurants and do-it-at-home meals to buying and making used, artsy outfits and finding anything and everything you need for school projects, even home-decorating via your local dumpster.

This issue is also full of other amazing things, like Richmond Fashion Week, an Inksclusive interview with Tony Foresta of Municipal Waste, and an awesome 'quarter-life crisis'-inspired photo shoot!

P.S. This is the last issue of Ink for the 2011-2012 school year, and my last issue as editor. Thanks to all of Richmond and the VCU community for continuing to provide enough awesome culture, art, music, and activism to make Ink a necessity for student media reporting.

Look for our next issue, under all-new management, in September 2012!

## Addison Herron-Wheeler

*Executive Editor*

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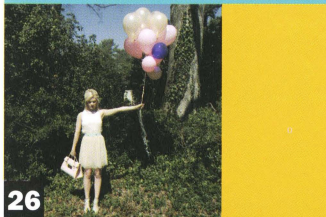
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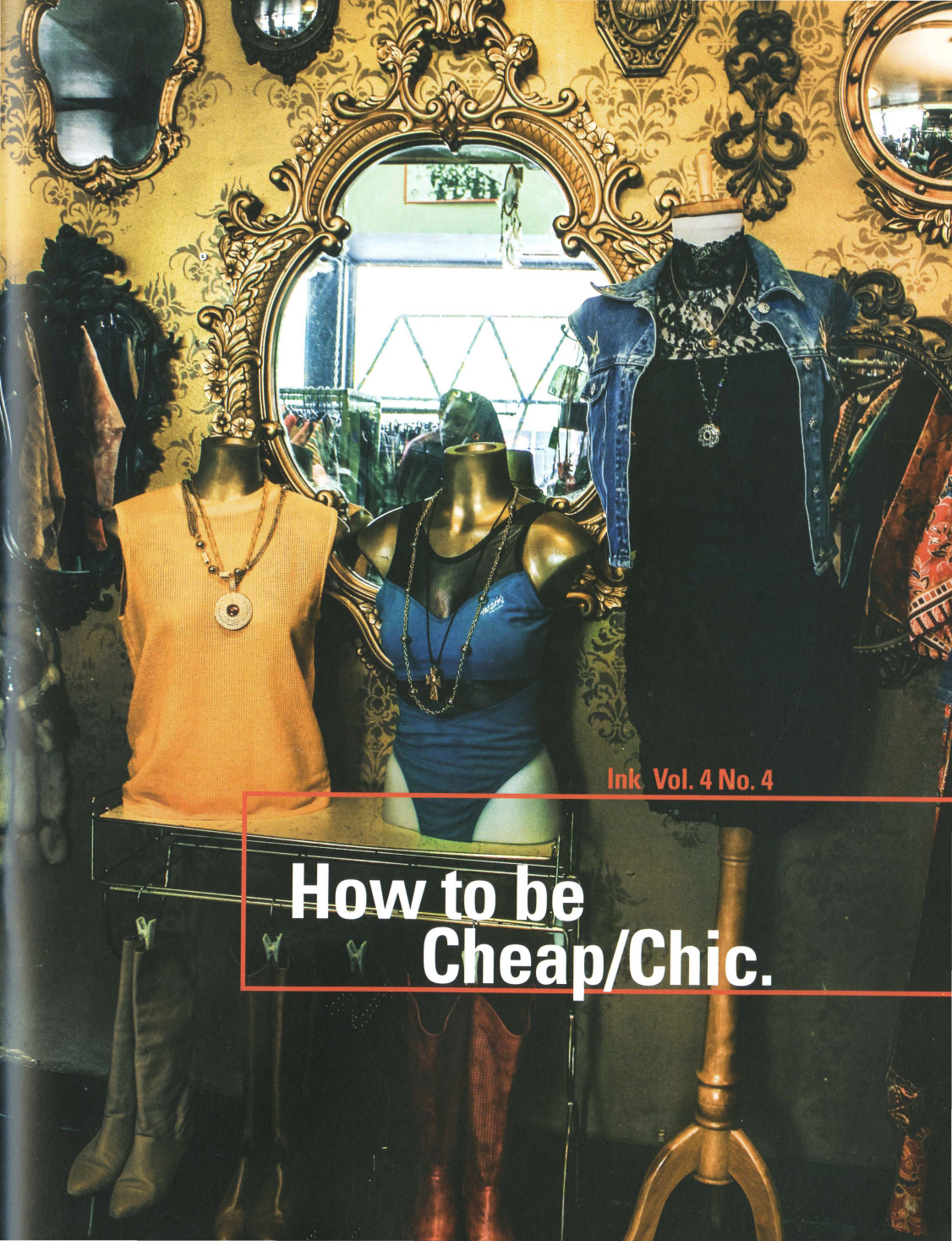
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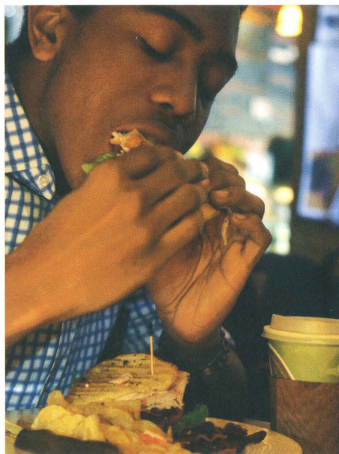
Ink Vol. 4 No. 4

# How to be Cheap/Chic.



## Cheap Eats Around VCU Campus!

These are a few not-too-talked-about places to grab a bite that not only have great food and drinks, but are original and represent Richmond culture.



### City Dogs

On Main Street, just a block or two from the Student Commons, lies City Dogs, home to savory hot dogs dressed in vast combinations of toppings for a small price of \$2 or \$3 w/s a dog! They have a great selection without overwhelming one with too many choices. Customers may even find themselves ignoring the rest of the menu, even though it is broad enough to satisfy any craving. I tried the Richmond Dog which is a Chicago-style hot dog smothered in mustard, onions and chili. This is their most-loved dog, and costs only a dollar on Monday nights! I asked for their prime dish, and they gave me the Chicago Dog which is a Vienna beef frankfurter on a poppy seed bun loaded with relish, peppers, tomatoes, onions and pickles. For vegetarians, they also offer soy dog substitutes. All in all, City Dogs is a great place for anyone to grab a quick snack or hang with friends.

### Kuba Kuba

This Miami-themed, bright colored building on the corner of Park Avenue and Lombardy Street, is a well-known dining hot spot for Fan residents. The cozy Cuban restaurant is definitely on the top of my list of favorite eats in Richmond. I enjoyed the ricotta and spinach empanadillas coupled with their delicious Cuban coffee while I waited for the hot press to melt my delicious Cuban sandwich that consisted of roast pork, Smithfield ham, Swiss cheese, pickles and mustard on Cuban bread. This also came with a side of tostones (plantains). You can never be too full to indulge in the Food Network-acclaimed, milk-soaked tres leches cake, which comes in vanilla or chocolate. This meal left me rolling myself out of the busy restaurant in satisfaction, with no injuries to my wallet.

### Mama's Kitchen

You've passed the place; it's nothing too fancy, just a nook to sit in and read a magazine as you wait for Mama to work her way through the kitchen preparing your meal from behind the counter stocked with kimchi and Oriental sodas. Mama's Kitchen is situated on the corner of Grace and Harrison, right next to Panda Garden. It's one of my favorite places to lunch, with friends or alone. It has been a complete eye-opener for me, since it was my first Korean cuisine experience. I usually get one of their combo meals when I'm looking for a lot of food for a small price. My favorite comes with sushi, miso soup, dumplings, rice, kimchi and crispy chicken for about \$8! There are many other combo options that offer just as much food. If you don't do take-out, you can sit by the window, people-watch or just talk to Mama – she loves her customers! For a sweet finish to your meal, try a delicious bubble tea, it's sweet and refreshing.

### Crossroads

This place is like a microcosm of the Richmond community. Stacks of literary magazines, lines of coffee pumps and jars of custom-mixed tea leaves cover the counter. The big, black chalkboards have daily specials, listed alongside classic favorites. I always get the club panini on Italian bread, paired with unique "Richmond Blend" tea. The triangular plot it sits on is located right off of Main Street in the Fan District, practically behind Piccola's pizza. The place is warmly lit and an arrangement of chairs, tables, and benches fills the inside and outside. On a nice day, you are bound to get an eyeful of adorable pooches, or you can enjoy the relaxing atmosphere inside while you dine on a reasonably priced café menu!

Words & Photos  
BY SARA CLARKEN



BY DAVID OSNOE

**FASHION BLOGS TO WATCH****Angela Bacskocky**

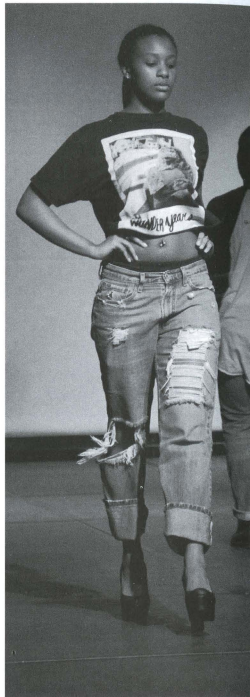
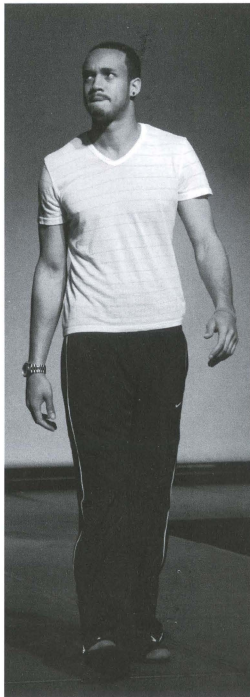
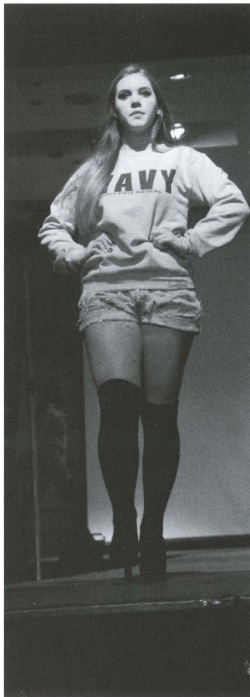
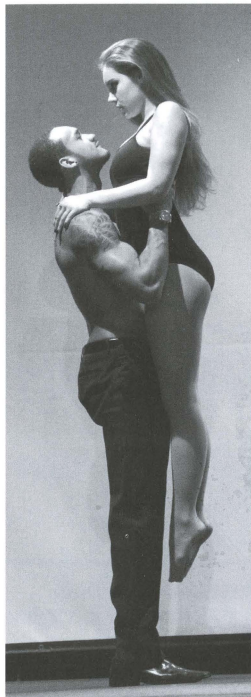
"I've lived and worked in London, studying menswear at Central St. Martins College of Art and Design, working for a London tailor, and interning for designers Alexander McQueen and Felder Felder. I've since come back home to Virginia, graduated from VCU's Fashion Design program, and set up studio here in Richmond."

[angelabacskocky.com](http://angelabacskocky.com)
**Dirty Richmond**

Where the city is dirty, but the people are not.  
(Street style, fashion, and life in Richmond, Virginia)  
[dirtyrichmond.tumblr.com](http://dirtyrichmond.tumblr.com)

**MarleighSea**
[marleighsea.tumblr.com](http://marleighsea.tumblr.com)

Marleigh Culver is a graduate design student at VCU. This blog reflects her passion for design/illustration/typography.



PHOTOGRAPHS BY HILTON BENNET

## The Return of Complex: Strut, Live and Learn

Complex, a re-established modeling troupe on VCU campus, held their first fashion show on Friday, Feb. 24. Unlike traditional runway fashion shows, Complex incorporates acting and choreography while still strutting in high heels.

Corynn Dixon, a junior at VCU and the president of the organization, said that she enjoyed preparing for show. Despite some of the technical difficulties during the event, Dixon thinks the show went well.

"I think that the audience has a better understanding of who and what Complex is and that was our goal; to entertain and showcase who we are," says Dixon.

The theme of the show was "The Inside Man." Throughout the show, the troupe's mission was to retrieve a top-secret folder that was stolen from them. Through several fabulous runway scenes and choreographed numbers, the troupe finds that one of their own members had stolen the folder.

James Williams, one of the several designers showcased at the event, says that he had a great time working with Complex. The show gave him the opportunity to show people that his company, No Sense Clothing was more than a street-culture brand consisting of t-shirts and hoodies.

According to Dixon, we should expect annual shows and even a fashion line from the troupe in the near future.

BY ALENA SYDNOR

# 'TIS THE SEASON FOR SPRING FASHION IN RICHMOND

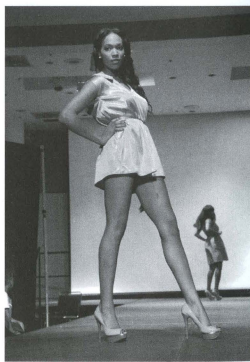
## Richmond Fashion Week

Richmond Fashion Week (RFW) returns to the city April 15 through 21 with featured designer Britt Sebastian showcasing his new line of apparel. Sebastian's line collapses the differences between contemporary urban style and the Paul Bunyan aesthetic of a previous time. The 10 accompanying designers represent a remarkable diversity in terms of culture, background and taste and all bring local color to the event.

RFW is a community-centered event which

seeks to provide opportunities for undiscovered designers, models and stylists to gain experience in the industry. Important dates include the opening at Short Pump Town Center on April 15, the Henrico County School's Fashion Show on April 18 and the Grand Finale at Canal Turning Basin on April 21. If you're stuck on a current project, you might find yourself inspired by the pomp and dazzle of Richmond's fourth annual Fashion Week.

by David Osnoe







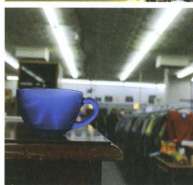
# THE WONDERFUL WORLD OF THRIFTING

Your Guide to All Things Thrift and Vintage in Richmond

PHOTOGRAPHS ANNA SHERBAKOVA







for an article of clothing and then turn around and make ten times the amount. When looking for items that could result in a profit, it's important to look for quality, the name tag, size, texture, if there are any stains or tears, and how relatively new the piece is.

There's an entire online thrifting epicenter that awaits those ambitious and patient enough to give it a shot. But hey, if all it takes is hitting the town to go shopping with friends, taking some pics of the discovered treasures, and then uploading the information, why not give it a shot?

## Insider-Thrifting

If the concept of thrifting already has your blood pumping, imagine sales at the stores. Yes, things can actually be cheaper than they already are. There is a color system intact at Diversity where two colors are marked full price items, one color is 25 percent off, one color 50 percent off and one color marked at 75 percent off. After two weeks, the color item that was 75 percent off turns to a mere 25 percent for Quarter Weekend, where people flock to the store in droves to cash in on the deal.

## Thrift-A-Holics

There are the "elders," folks who come in daily for an escape from a monotonous routine, ready to always spend a couple dollars for the hell of it. There are those I call "seekers," always on a very strict mission and piling the cart up with particular things, be they records, books, or art. They are usually picking up items to resell at their own shop and looking for the best of the best. Then, there are the "givers," people who literally buy fifty plus pairs of shoes or pieces of children's clothes and then send them to those in need in places like Nigeria. There are also the infamous "hoarders." Oh yes, and the customers who come into the store without a purpose, wandering the aisles looking for any trinket or object that catches their gleaming eye, and there are usually a lot of things that do. There are the "gold diggers," people who enter the store and immediately go to the jewelry counter, magnets and magnifying glass in hand to check for the 925 imprint on necklaces, rings and bracelets that indicates authenticity. Although there is a parade of diverse characters, the bottom line is, they all understand the importance and value of shopping at thrift stores.

The benefits of thrifting are endless, so the next time you're hoping to find a new outfit, skip the mall and support local businesses and help keep that bank account full. It can become an adventure, an exciting scavenger hunt where delving through racks could reveal the next must-have wardrobe piece. Recycle your old clothes to stores in the area and take part in the circle of life with your clothes, as essentially, you are creating zero waste and finding an appreciation for something that someone else doesn't want. Look for vintage-inspired pieces or less predictable clothing items that can benefit you in the long haul and give you an edge. Go explore.

BY EILEEN MELLON

# THRIFT SHOPS

The world of thrifting serves as an oasis, a beckoning for those looking for bargains, sales and an abundance of awesome clothing. It is a place where something priced for \$10 is "expensive." A place where occasionally one may be able to haggle and get that killer deal. A place where patience is key if you're looking for that perfect item to accentuate your closet. It is an underground society of deals, steals and cheap thrills for those in the Richmond community. The labels applied to secondhand goods such as "gently used" translate to "hot item" in today's world of fashion.

Who doesn't want a pair of designer boots for four bucks to wear strutting around campus and through the city? Who can't appreciate a pair of Levi's that have barely been worn for just five dollars? Who doesn't have a lot of money to spend but wants to look damn good on a date this weekend? Who is sick of corporations over charging or going to the crowded malls that break your bank and leave you feeling poor and cheap? If you're with me, go thrifting.

There are countless benefits to shopping at thrift stores, and they can alter your wardrobe tremendously if you give them a shot. Some of the most popular stores in the Richmond area are Diversity Thrift, Diversity Thrift II, Fantastic Thrift, and Love of Jesus Thrift (don't let the name scare you), all located within 10 miles of the VCU

campus. For students it's not just about affordability; it's about sustainability and turning the world of thrifting into a lifestyle choice. People can feel better and more socially responsible when buying used items and experience a sense of pride when they find a unique and fashionable outfit choice that is secondhand.

Shopping at thrift stores isn't just about finding clothing articles either. Furniture, knick-knacks, school supplies, books and more can all be found there, and not every item is necessarily used. With the abundance of fashion and art-related majors at VCU, it can be a one-stop shop for your newest project. If you're looking for a hidden treasure, you'll find it at a thrift store, and you won't walk out empty-handed. Trust me, you're going to buy something.

## Selling Your Thrifted Goodies

With the emergence of popular sites such as eBay, Etsy, or style forums online, it's simple and easy to make some extra money off of those vintage, name-brand, or unique finds picked up at the local thrift store.

At Diversity Thrift, I see countless numbers of young, eager folk who come in for the sole purpose of picking up those exclusive items that can make their wallet a little fatter. They eagerly approach the counter ready to fork over three or four bucks





## VINTAGE CLOTHING

If you live in Richmond, it is a rite of passage to experience cheap and thrifty shopping. Whether you are interested in vintage consignment, or thrift, there are a multitude of stores that cater to all three of these specifications. Luxor and Bygones, located in the heart of Carytown, are two of the most well-known vintage-clothing shops, while Halcyon, located on North Robinson Street, offers a happy medium between vintage and thrift.

Conversely, Diversity Thrift and Fantastic Thrift offer a wide range of thrift-store possibilities. They do not predominantly carry vintage clothing, making these stores slightly cheaper and more affordable, while providing an extensive selection of items.

Luxor carries a range of items from clothing and accessories to household items and children's toys. There are many old-fashioned "knickknacks" for decorating rooms and spaces situated near a selection of men and women's clothing that spans several decades. Not the most exclusive vintage store, but definitely worth a visit.



### Bygones

Comparatively, Bygones is by far one of the most well-known vintage stores in the area. When I first came to Richmond, it was the first vintage store that I heard of, and I have small trinkets that I have purchased there over the years. Bygones is highly unique in its approach and style, including classical reproduction of older pieces of clothing from the 1920s through the 50s. Notwithstanding the clothing, there are a multitude of vintage hats, shoes and bags, as well as silver cigarette holders and jewelry spread across the counters. Perhaps my favorite aspect of the store is the vintage postcards and notebooks, which are displayed in beautiful glass cabinets, creating the feeling that you have stepped back in time.

### Halcyon

Halcyon is a beautifully antiquated vintage store located on North Robinson Street and is a more affordable alternative to Bygones. The store carries men's and women's clothing ranging from the 1940s through the 70's, including a wide selection of jewelry. The employees at the store are very relaxed and friendly, creating a quiet and charming atmosphere, always with hints of a coming sale to entice buyers to find something special. For the clothing makers and sewers, Halcyon sells vintage buttons and thread for creating your own unique piece!

### Rumors

Finally, the store that combines vintage and consignment, thrift and haute couture: Rumors. Located on Harrison Street near the famous Village Café, it features a hard-to-miss diamond at the front of the store that lights up the building at night, and frequently blares all kinds of music from its outdoor speakers during the day, drawing in passers by. Inside, there are two floors, with women's clothing on the first floor and menswear on the second. The first floor has a large selection of items, including dresses and shoes in the front window, jewelry and sunglasses near the front desk, and rows of sweaters and shirts lining the walls. There is also a small amount of records for sale in the front



of the store. On the second floor, you can find all sorts of men's clothing, from shoes and jackets to jeans and sweaters.

This is by far the cheapest thrift and consignment store I have discovered in Richmond. I really enjoy the store, and it was one of the first places I shopped when I moved here, along with many other broke college students I know. It is attractive and vivacious inside and out, which offers an opportunity for individuals to find their style and make it different.

Whether you are interested in super-cheap thrifting, upscale vintage shopping or a little of both, Richmond has plenty of options to satisfy your used-clothing cravings.

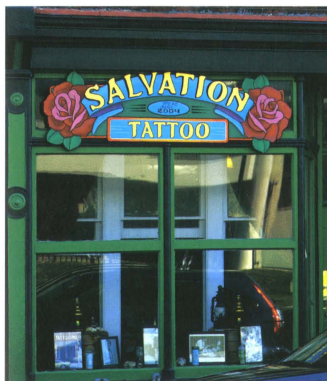
BY ALEXANDRA FRITH

# CHEAP STUFF TATTOOS

According to a recent statistic, Richmond is one of the top-10 most-tattooed cities in the United States. Of course, this is not hard to believe; all you have to do is look around. We are, without a doubt, experiencing a cultural change, and tattoos are becoming more and more acceptable. The artistic expression that tattoos give us is pretty

exhilarating, but it is important to always keep in mind the importance of making the right decision, because it literally scars you for life. However, when you eventually build up your courage and find something that truly inspires you, feel free to take this advice about some cool spots in Richmond and some tips for a good tat!

BY EMILY EASON



## Salvation Gallery

Located on the 800 block of West Cary, right next to 821 Café, this tattoo shop is definitely an excellent location for students interested in getting illustrated. The small and personable atmosphere makes the whole experience unintimidating and relaxing. Many of the artists have been there since its opening, and they are very professional and happy to answer questions. But remember, this one is cash-only.



## Lucky 13 Tattoo

This is by far the cheapest place to get a piercing in Richmond. Located right off of Broad Street, Lucky 13 is a huge place with tons of wall-art flip-books and ridiculously fast and sterile service any time you visit. They also offer laser removal for that not-so-smart tattoo idea you might be covering up.



## River City Tattoo

This shop is definitely one of the best in Richmond and has been flourishing as one of the best spots to get amazing body jewelry. Located off of North Boulevard, they have a great storefront and are always very professional. When you go into the shop, you are totally amazed by how organized and clean it is. For all your body jewelry needs, they are definitely a shop to keep in mind.



## Heroes and Ghosts

My favorite shop in Richmond, this place has amazing artistic potential. With a cool staff of artists and frequent guests, they really keep the creativity flowing. Located in Carytown, they offer their customers reasonable prices and positive attitudes, which can be hard to come by in this grouchy urbanescape.

## TIPS FOR TATS

Be specific with your artist. It's your body and it's their work, so it is very important to communicate well with them.

Always give them a good tip if they deserve it. If you had a good experience and you got what you wanted out of the tattoo, then by all means, tip them. Remember, tattoos are a life investment, and it is important to be appreciative.

Do not be rude. That should be a golden rule for life, however it especially applies to people to whom you are giving the permission to modify your body. If you give them a hard time, the odds are your fresh ink won't be as impressive as it could have been.

Always call before visiting a shop, so they are prepared for you and you for them.

It is always smart to bring ideas with you, like pictures and drawings, so the artist has something more to work with. The easier you make the process, the better your ink will turn out.

Do not be afraid to collaborate with them; they know what they're talking about and can offer helpful advice.

Take care of it afterwards! This is the most vital and essential tip I can offer. Apply intensive skin cream like Aquaphor about two to three times a day for the next few weeks, until the skins starts to heal. And whatever you do, do not scratch it!



## East End Dermographics

More of a secret tat spot, but if you are cool with making an epic adventure to Shockoe Bottom with a friend to get some ink, then this place is for you. It is definitely worth the commute, the staff is very welcoming, and they have sweet prices and a great atmosphere. Perfect spot for a kick-ass ink experience!

PHOTOS BY RACHEL WISCARDEN



## AUSTERITY CHIC

In a time when jobs are scarce, economies are stagnating, the global population is booming, and too many people are living on too little, the British mantra of "Keep Calm and Carry On" is a wise sentiment, indeed. It is commonly associated with World War II-era austerity measures, but it actually came to be in 1918 during World War I, when U-boat-blockaded Britain only had a six-week supply of sustenance remaining. In the past couple of years, it has taken hold again in the form of an "Austerity Chic" movement that is becoming popular both there and in various regions of the U.S.

### What were those WWII-era measures?

The British government placed limitations on the use of food items, petrol, taxi services, public transport, clothing, paper and household items like furniture and bedding. There were also "fuel targets," which weren't requirements, but suggested consumption levels with regard to electricity, gas and water. Certain people got first dibs on certain supplies, depending on their circumstances. Oranges were saved for pregnant women, children and the elderly, all of whom were also allowed larger milk rations. People whose houses had been destroyed by bombings got first dibs on home items. Standardized government restaurants, called British Restaurants, though open to the general public, were available primarily for people without the ability to pay for their food and those whose houses had been bombed out. Rationing and cost were heavily based on dependency, usage levels and demand among the citizenry.

Americans, of course, made their own sacrifices during World War II. We also experienced rationing. Many a citizen started one of the famous, WPA-encouraged "Victory Gardens," or urban garden plots meant to supplement rationed food allowances. Americans were, are and can be active in producing their own food, no matter where they live. According to "Functional Foods and Urban Agriculture: Two Responses to Climate Change-

related Food Insecurity," the American people were tending around 20 million urban gardens during World War II, gardens which produced about 40 percent of fresh vegetables eaten during the course of the war. This is an astounding level of productivity.

So now that you know the history of living austerity chic, how can you make it a reality?

### Eat Local.

- There are many farmers' markets here in Richmond. Find out where at [richmondgoodlife.com/richmond\\_farmer\\_markets.htm](http://richmondgoodlife.com/richmond_farmer_markets.htm).
- You can also use your local CSA, or Community-Supported Agriculture location. A similar institution is the USA, or Urban-Supported Agriculture. Purchase a subscription to your nearest CSA, and they will deliver fresh, locally sourced, seasonal foods. As a strange salesperson once said to me, "Amazing, or amazing?" You do have to pick them up, but it's actually a cheaper way to shop. Think about how much money you spend on groceries or buying prepared food at restaurants or cafés, or fast food joints. Forty dollars? Thirty? Maybe 15? Subscribing to a dairy share from the USA "Farm Bus" [thefarmbus.com/mobile](http://thefarmbus.com/mobile), located in Richmond, will get you a half gallon of whole milk, a half pound of cheese, one quart of yogurt, a half pound of butter, and one dozen free-range eggs each week for 24 weeks, all for \$30 a week – enough to share! One must pay the entire 24-week cost at once if it comes to less than \$800, but if you've purchased a meal plan or pay rent for an apartment, I'm sure you can make this work. For more information, visit [www.vdacs.virginia.gov/vagrown/index.shtml](http://www.vdacs.virginia.gov/vagrown/index.shtml).

- And then there's the option of creating your own modern Victory Garden! This is probably the cheapest, although it is a good bit of work. Certified-fertile garden plots cost, at most, \$50 a year to rent, and are required to use organic fertilizer and cultivation processes. You can either rent an individual plot or take over

an entire gardening site. For more information, go to [www.richmondgov.com/content/CommunityGarden/PermitApplication.aspx](http://www.richmondgov.com/content/CommunityGarden/PermitApplication.aspx).

**Buy used clothing and avoid nonorganic cotton and synthetic fabrics.**

Growth of water-hoarding, nonorganic cotton makes up 25 percent of the total pesticide usage in the U.S. according to Liz Claudio in her Environmental Health Perspectives article "Waste Couture: Environmental Impact of the Clothing Industry." Claudio also notes that materials like polyester are made from petroleum, and their manufacture results in EPA-designated hazardous waste. More sustainable fibers for fabrics include hemp, flax, milk, soy, bamboo and wool. In terms of buying used clothing, the recycling of fabrics cuts down on further pollution, in addition to reducing pesticide, water and natural resource use by decreasing the demand and necessity for new materials.

**Eat a wide variety of foods and increase your plant-based food intake.**

Many a biologist will tell you that species diversity is conducive to ecological resilience. If people consume a wide variety of animals and plants, human dependence on an individual animal or crop will be lower. Further, the disappearance or depletion of one food source would be less of a disaster because another could step in and fill its ecological and nutritional niche. Finally, plant-based foods offer rich nutrition and are often much cheaper than animal products, as well as less stressful for the planet.

Whether you simply buy some local food and cut down on consumption, learn about gardening, or change the way you shop and think entirely, taking any of the above actions will undoubtedly put less of a strain on the environment and improve your life, too!

BY ZOË KINNEY



ILLUSTRATION BY ZOË KINNEY





## CAN IT

**H**omecanning is trending. Literally. Just search the hashtag #canvolution on Twitter. What was yesterday's way of survival has become today's cult-like movement. Nationwide organizations like Canning Across America (CAA) are "committed to the revival of the lost art of 'putting up' food." Canning's intense popularity originated in Berkeley, Calif., more than 10 years ago in support of the local food movement. Now, it has become extremely mod-ish among urban food junkies. It's far from economical, with the availability of cheaper foods at grocery stores in this day and age, but the self-gratification gained from completing a project has inspired social activities like weekly trips to the farmers' market with friends, and weekends filled with canning berries, that serve as an optimistic reminder of summer in the dark winter months.

Jarden Corporation's 'Ball' glass canning jars, whose sales have gone up 40 percent in the past four years despite the recession, have become an iconic symbol of today's canning era. These jars, unlike some cans you find in a store, are free of the controversial chemical BPA, which is known to affect female fertility. Craft enthusiasts and DIYers have found alternative uses for the popular mason jars. Ideas for cupcakes, pies, cakes, terrariums, chandeliers, snow globes, frames, etc. in a jar are crowding message boards. Mason jars' limitless possibilities please craft fanatics everywhere, and are sure to solve your gift-giving dilemmas for just about any occasion as the jar craze continues.

BY ANNA SHCHERBAKOVA





## ALISON SELF

FEATURED MUSICIAN



By now, many Richmonders are familiar with the musical styling of Alison Self. Her propensity for feminist-themed, old-timey music has resulted in some amazing cover choices and inspirational original songs. The popularity she has gained from this unique approach to country, bluegrass, folk and gospel music has gotten her shows everywhere from the living rooms of local cultural activists to the back rooms of classy bars, and allowed her to travel the country in search of places to play. *Ink* recently caught up with her to get the skinny on what she's been up to and how she got started as a feminist icon in the world of acoustic music.

**How did you get started playing guitar and singing? What other instruments do you play?**

Well actually, I play the ukulele mostly. I picked that up in the fall of 2005. I chose it because I knew I could play all my favorite 1920s and '30s tunes on it, it was small (for traveling), cheap, and four strings were way less intimidating than six! I was tired of waiting for people to start bands with me (where I would just be singing), so I decided I was just gonna have to learn an instrument and get it done.



I have been singing since I was really young, probably since I could form a sentence. There are no other musicians in my family so I don't really know how it happened. I credit it to my early love and vocal imitations of Judy Garland, Whitney Houston (RIP) and Mariah Carey.

**How many originals do you usually play versus covers, and how do you discover and choose the covers? What are some of your favorite songs to play live?**

Right now I have a handful and some change of original songs that I play live. I write songs a lot, but I rarely like them enough to play them live. I'm really trying to challenge myself to spend more time writing songs and putting them out there and getting feedback. It's difficult because I didn't start playing an instrument as a tool to express myself necessarily. I think a lot of musicians start that way. I started because I was obsessed with old music and wanted to be able to play it too, and maybe be in a band someday. Which, arguably is also a way to express yourself, but you know what I mean. I went through a point from ages 12 to 16 where I wrote a ton of really bad (but hilarious

**"IT'S HARD TO LISTEN TO OLD MUSIC AND NOT FIND FEMINIST THEMES."**

I just started learning to play the guitar last winter while I was living in Maine. My roommate had a guitar that just sat in the corner, so I started to force myself to learn how to play chords because I was bored and a little blue, and needed something to do while I sat in an empty house. I have definitely progressed with it, so that is really great. I've even started to play guitar at my shows a little bit, nervously.

now!) angst-y teenage poetry about broken hearts and loneliness, and I probably wore myself out. Pretty often, I find myself thinking, "There are so many great songs already written for me, I should just cover those! I could never write a song that good!" Which is weird probably, but it is what it is. I reckon. I'm trying!



**Do you have any 'formal' musical training, music reading skills, etc., or do you play by ear? What techniques help you learn songs?**

I have never been formally educated in music. I barely know basic music theory. I mostly play by ear based on what key the song is in (like, if I'm playing at an old-time jam, which I am really bad at), or by playing chords that are written down for me. I learned to play uke by looking up chords on the internet and going for it. Most songs follow a certain progression, and a lot of songs only have three chords. I don't play anything super complicated or weird, with the exception of some simple jazz tunes where I definitely have to look at a chord sheet until I remember the chords. That can take a while sometimes...

**You have a lot of feminist themes in your music, not just in your originals, but in the songs you seek out to cover. What got you started on this, and how do you find all these songs? Is there a specific message you want people to take away from your sets?**

I was raised by strong, stubborn, working-class women who did not have easy upbringings. Most of them had really violent, abusive men in their lives at one time or another. Growing up hearing their stories and witnessing their struggle first-hand has shaped my entire life and politics. I used to scoff at the word feminist until I got out of high school, jumped deeper into radical politics and discovered, "Oops, I am a feminist, I guess?" and the rest is

history. It's hard to listen to old music and not find feminist themes, and often they were even sung about by men (Like in the songs "True Life Blues" and "Wagoner's Lad"), which I find really interesting. In the past I have searched songs out that have feminist themes, but honestly, they are so common that I don't have to do that much work, usually. A lot of the people who were writing/singing songs back then were rural, poor and/or working class or had that experience at one time. People sung about their lives, so you find it pretty often that a woman is writing a song about the woe's of being a housewife or wanting to murder her cheatin' man.

A big reason why I play the music that I do is preservation, I guess. I want to have a hand in making sure these songs get remembered, passed on, and honored for the tremendous impact they have had and continue to have on music today. All that aside, they are amazing songs and so much fun to play and sing! People's history in song form, if you will. As far as a message, I just want people to enjoy what they hear, relate to it in some way, and recognize that it's important, even if they might not be a huge old-timey music nerd, like myself.

BY ADDISON HERRON-WHEELER

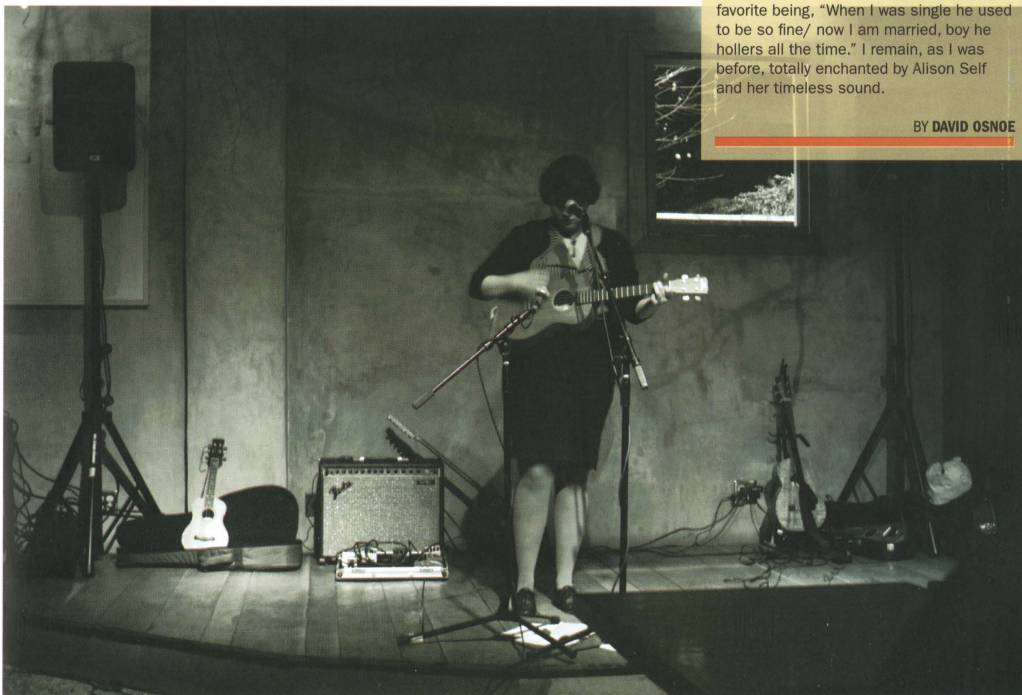
#### SHOW REVIEW:

### ARIEL RUBIN AND ALISON SELF @ BALLICEAUX

On a quiet Wednesday night, the small, cleverly designed backstage area of Balliceaux is intimate and full of Alison Self's abundant energy. Her short, curly locks frame her heart-shaped face, and while she stands beneath the branching Christmas lights with her ukulele in hand, I feel transported back in time. This effect is heightened by Self's sultry croon. Her voice has impressive range and can accommodate the highs and lows of Bessie Smith, Loretta Lynn and old gospel classics.

The ukulele, an unusual choice of instrument for old-timey music, is Self's weapon of choice. The song "Skin and Bones" conveys a haunting depth of emotion. Self also performs original material, and I find "The Idea of You" to be particularly relatable, especially because of the line, "I shouldn't put you on a pedestal but I do." I was also fascinated by how songs from the 1920s could still be so relevant today, as exemplified by the song "Wish I Was a Single Girl Again," which has some truly delightful lyrics, my favorite being, "When I was single he used to be so fine/ now I am married, boy he hollers all the time." I remain, as I was before, totally enchanted by Alison Self and her timeless sound.

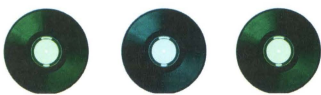
BY DAVID OSNOE





## REVIEWS

FREE STUFF \$\$\$

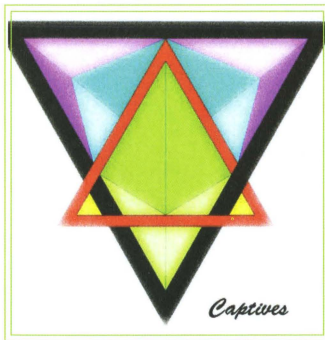


## (LEGAL) FREE MUSIC THAT YOU WILL ACTUALLY ENJOY

BY ANNA SHCHERBAKOVA

With SOPA and PIPA still fresh in people's minds, it is understandable that students are straying from illegal downloading and looking for other means to get their free-music fix. Let's be honest: iTunes is hurting our pockets more than it's pleasing our ears. Fortunately, there are thrifty ways to keep from paying \$1.29 a song. If you like indie music, Urban Outfitters' blog provides five free songs every Monday through a program called Music Mondays. For a lengthier track list, they release a LSTN playlist redeemable through iTunes every few months with an average of 25 songs.

For those not content with Urban's genres of choice, try searching for music blogs that cater to your interests, and you will indefinitely find free music galore. Starbucks regulars, make sure to check out the stack of cards offering free music and app codes while you wait for your iced mocha. Those keeping up with their favorite artists on Twitter may be in store for a free-download link, like Kesha's "Tik Tok" that was linked by Katy Perry back in 2009. If all else fails, head to iTunes for the "Single of the Week" where free featured songs and music videos await you. Once the music hunt begins, you'll be surprised by the number of tracks you'll discover to keep your iPod as happy as ever.



## CAPTIVES - THE DROP

BY ADDISON HERRON-WHEELER

Local band Captives just released a download of their debut album, "The Drop," for free on [bandcamp.com](http://bandcamp.com). You can get it here: [captivesrva.bandcamp.com/album/the-drop](http://captivesrva.bandcamp.com/album/the-drop).

They play metal in the vein of the highly successful Mastodon, but a bit slower and with more traces of post-rock and noisier indie stuff (think

local band The Catalyst or more well-known bands like Daughters or Converge). As clearly well-versed in music as these guys are, though, they stay well away from the too-experimental side of things, invoking more of a mainstream-metal-infused-with-indie sound than anything too out-there.

These guys could use a bit more cohesiveness to their playing: At points they seem to be trading off between straight-forward metal parts and indie breakdowns, instead of infusing the two together seamlessly. The vocalist could also be doing a little more to complement the band; he clearly has skill, but he typically uses the same straight-forward scream no matter what the band is doing. The few times when he does break into more guttural screams or chanted lines are definite highlights, but it would be great to hear more of this, and maybe even some cleaner vocals reminiscent of bands like Mastodon or Big Business.

Overall, however, this band really rocks for an as-yet-unknown local act; their songs are catchy, heavy and have staying power, and you can't help but subtly head bang and tap your feet while you listen. And hey, even if they aren't breaking too much new ground, isn't that what music is all about?

Check out Captives if you like heavy, sludgy, stoner rock, good, old-fashioned metal; or indie that's a bit on the harder side.



## DUSTIN WONG - LET IT GO

BY ZOE KINNEY

Dustin Wong's 2010 album "Let it Go" from WTR CLR records is a collection of beautiful sound-pieces that are of the same caliber as his impeccable live performances. This one-man band and former member of the band Ponytail uses his characteristic method of building up a sound palette phrase-by-phrase to create a mellifluous wall of music.

Instrumentation is primarily composed of acoustic guitar with pedals and some percussion. Though it isn't classical music, in some spots the pieces bring to mind impressionist composers like Debussy; in others, the mathematical compositions of Bach. This soothing album is perfect for driving, studying, stress relief, and meditation.

Album up for free download by the musician @ [wtrclr.com/dustinwong.html](http://wtrclr.com/dustinwong.html)

Dustin Wong's blog: [influencedbysomething.blogspot.com](http://influencedbysomething.blogspot.com)

## LIFE IN A DAY: A COLLABORATIVE DOCUMENTARY

BY EMILY EASON

Ever wonder what it is like to live in another place or have a different life, just for one day? This film is a mesmerizing glimpse into the lives of people from all over the world; it is a voluntary trespass into their personal thoughts, their homes, their cities, and their families. The film was first established as a project that YouTube created; anyone from anywhere can send them footage of what took place in their life on the date of July 24, 2010. It has footage from at least 192 countries and was chosen from a massive bulk of more than 80,000 hours of footage sent for the project.

Sometimes it is hard for people, especially us lucky first-world folks, to forget that there are other countries out there, and despite our differences, we are all human. If you are feeling particularly low and need some reassurance that there are beautiful people out there, I highly recommend this film. You will enjoy every minute of it. Watch the whole thing at [youtube.com/lifeinaday](http://youtube.com/lifeinaday).



## SITA SINGS THE BLUES

BY ZOE KINNEY

View it or download it (legally and for free!) at <http://sitasingstheblues.com/watch.html>

In her feature-length animation "Sita Sings the Blues," Nina Paley illustrates her interpretation of "The Ramayana," an epic poem written by the Hindu poet Valmiki around the fourth century B.C. In the poem, Sita marries Rama but is kidnapped by

the King of Lanka, Ravana. The god Vishnu sends a physical manifestation of himself in the form of monkey-god Hanuman to assist in the retrieval of Sita, but upon finding her, Rama doubts her fidelity and devotion. The rest of the story concerns the subsequent struggles of Sita to win back Rama. This is only a fragment of Valmiki's work, but Paley particularly focuses on the story of Princess Sita and Prince Rama. The pain Sita suffered during her romance with Rama resonated with her, a woman who has experienced her own failed marriage.

Paley is self-taught and successfully uses Flash, hand-drawn work and rotoscoping to create the animation. Because of copyright limitations, Paley actually went into debt to finance the film, and sells merchandise to make up the difference. She maintains visual interest by switching from Mughal painting-type imagery to abstracted figures to paper cut-outs throughout the film, and uses the surprisingly-fitting sounds of 1920s and '30s jazz tunes by singer Annette Hanshaw to supplement the narration. Also featuring music from artists Todd Michaelsen, Rudresh Mahanthappa, Masala Dosa, Nik Phelps and Rohan, the film has a rich soundtrack. The narration is great, too; Paley asked three of her friends who had grown up in India to discuss their understanding of the poem, and their interpretations, arguments over details, and humorous sidebars add considerably to the film.

In the interest of spreading awareness of the story, Paley has put the film up for free download or streaming online, and allows institutional showings with permission.

## THE SEPTEMBER ISSUE

BY DANIELLE HARVEY

"The September Issue" introduces fashion enthusiasts to the world of Vogue magazine and everything that goes into the much-anticipated September Issue. R.J. Cutler's documentary follows around the magazine staff as they create the 2007 September Issue, which is the largest to date. People who love fashion realize working for the magazine is about more than finding the latest Chanel bag or Louboutin shoes to grace the pages of Vogue. Viewers get a glimpse of what really occurs in the Condé Nast offices located in the heart of New York City.

The film opens with commentary from editor-in-chief Anna Wintour about the world of fashion and the magazine. Unlike the movie "The Devil Wears Prada," this documentary shows the real side of working for one of the world's top fashion magazines. The audience only gets a brief look into Anna Wintour's life outside of the office, but they are also introduced to the other major influence at the magazine: creative director Grace Coddington.

Wintour and Coddington make a fierce team and push each other on decisions regarding fashion for the magazine. R.J. Cutler's film shows the excitement of Fashion Week and the fast pace of the industry. Anyone interested in this documentary can find it on Netflix for free, and what could be more in vogue than that?

# RECORD STORES

## STEADY SOUNDS

322 W BROAD ST.

(804) 308-2692

STEADYSOUNDS.TUMBLR.COM

Part gallery, part record store and occasional venue for live musical performances, Steady Sounds is quite a dynamic place to purchase records in downtown Richmond. The store offers an assortment of both new and used LPs and 7"s, and no genre remains untouched. Thanks to this variety, stepping out of one's musical comfort zone sans Internet is now a possibility. Steady Sounds is large, well organized and reasonably priced, with new vinyl sold at an average price of \$15. For those who prefer to go cheap or go home there is wide range of \$1 records as well. Steady Sounds also buys records.

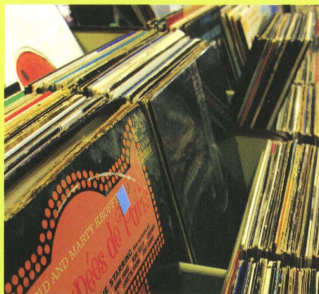
## VINYL CONFLICT

VINYLCONFLICT.COM

324 S. PINE ST.

(804) 644-2555

Located in Oregon Hill, Vinyl Conflict is one of the more tucked-away record stores in Richmond. Genre-wise, they offer punk, hardcore and metal of both the local and not-so-local varieties. Though their genre range is somewhat limited, their collection within these genres, particularly metal, is extensive. LPs are an average of \$15, and EPs average at \$5. Vinyl Conflict also sells T-shirts, books, and zines.



## DEEP GROOVE

317 N. ROBINSON ST.

(804) 278-9112

DEEPGROOVEVINYL.COM

Deep Groove provides a large, diverse array of musical genres to choose from, including reggae, punk, classic rock, jazz and soul. The store proves to be quite organized, as all genres and bands are clearly marked and separated into corresponding sections, further contributing to Deep Groove's accessible and easygoing atmosphere.

The store is pretty selective when it comes to the records they choose to purchase and sell, resulting in quality inventory. While new records are usually sold for the standard retail price of about \$20, used records are sold for roughly \$8 less than the standard retail price. A \$1 to \$5 record section lines the back wall of the store. Pop culture-related posters and postcards are also available for purchase. "Let them know we're here, and that we buy records," says the store's owner, Jay. So hey, they're here. And they buy records. Indeed, the groove is deep with this one.

## RUMORS BOUTIQUE

404 NORTH HARRISON ST.

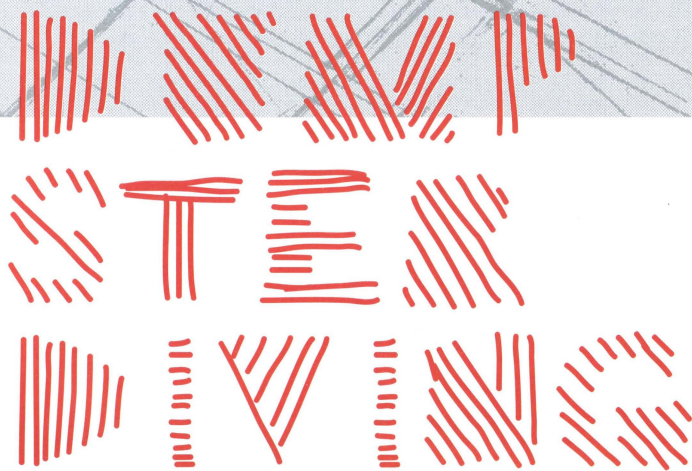
RUMORSRVA.COM

(804) 726-9944

Though Rumors' record section constitutes only a small portion of this used clothing store, they nevertheless offer an eclectic selection of vinyl, CDs and cassettes. The section is located at the front of the store, and records are organized alphabetically by band rather than genre. Most of the music sold here is of the alternative, indie or punk variety. A handful of local bands are scattered amidst the likes of Fugazi and Braid. Prices range from 1\$ to \$20, depending on whether the record is unused, used or a new release.

WORDS AND PHOTO BY LEE BARNES

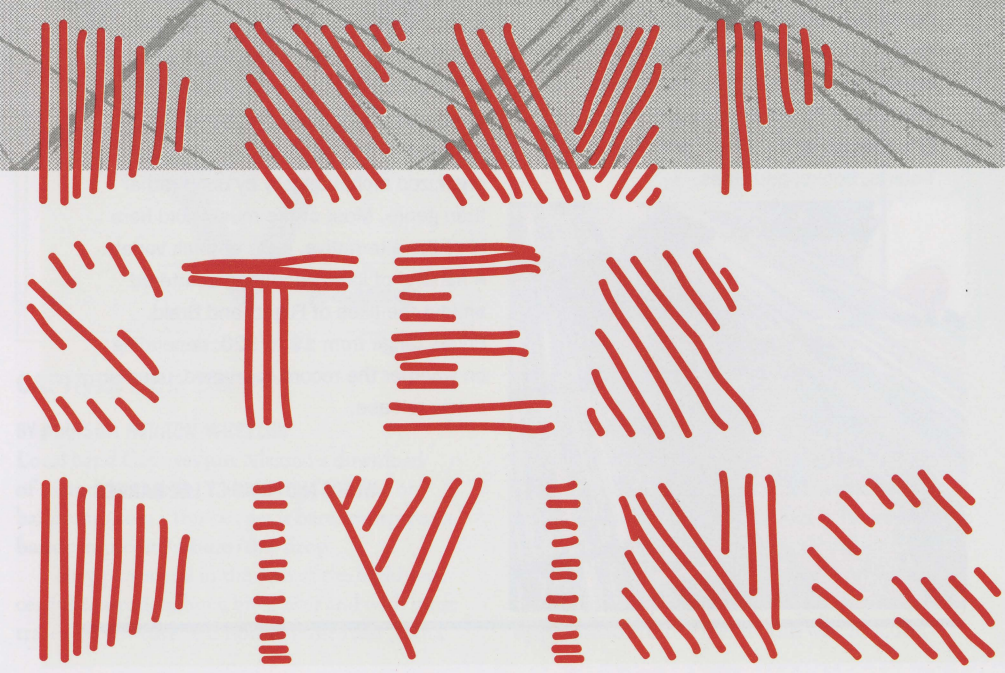




**W**hy muck about in a trash bin for items you can find in any store or online, you ask? Good question, savvy reader. Obviously you aren't any Joe off the street! Our reasoning here is that what you find in the trash is often one-of-a-kind. Secondly, whatever you take from the trash counts as "active recycling" in our book. So, you can pretty much save the environment and find cool stuff at the same time.

**1** What kind of cool stuff? Well, we (photographer/illustrator/expert Dumpster-diver Rachel Maves and I) found a World Class Kickball (dusty from misuse, but otherwise fully functional) alongside a pair of retro, purple-leopard-print sneakers, which were in the same trash bin as an enormous spider sculpture. Weird? Welcome to





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Richmond. We found this unique trove in a Carver alley behind the 1100 block of Marshall. If you're worried about drawing unwanted attention don't worry – we didn't get any stares when we made our curious journey through the city. Richmond natives see much weirder people going through the trash than us.

**2** So how do you go about becoming an urban gypsy? We recommend you outfit yourself with a sturdy pair of gloves, a carpetbag to carry away your loot and a friend or two for company. We didn't have a specific item in mind to look for, but we managed to find a wide variety of objects. Noteworthy discoveries include: a framed Annie Hall poster found on the 300 block of Harrison Street, a floral crock pot and two tea cups found in

the alley behind 1900 West Main St., and a Speed Hump sign thrown into the Ryland Street trash bin, between the 1100 blocks of Franklin and Grace.

**3** Our gypsy warning to you is that though these auspicious locations served us up a buffet of crazy-weird stuff, we cannot guarantee you will have the same luck on your adventure. We do hope, however, that whoever is throwing away their odd relics from the past will continue to do so; that way you can benefit from the circle of urban life, too! What we discovered from our jaunt around Richmond was that even when we were faced by the occasional, empty Dumpster, we weren't disheartened, because we were still having a good time together. There was a moment when we bumped into two other brave item-hunters

walking with a wooden end table on the 500 block of North Harrison Street. We were not alone, we realized, and were thus inspired to produce a guide for future urban gypsies. May your active recycling reward you with many treasures!

BY DAVID OSNOE

*DISCLAIMER: Ink does not suggest that you trespass on private property or infringe on any other laws in any way during your Dumpster-diving experience. Furthermore, Ink is not responsible for anything that may happen to you as a result of dumpster diving. This is merely intended as an alternative-lifestyle human-interest piece.*





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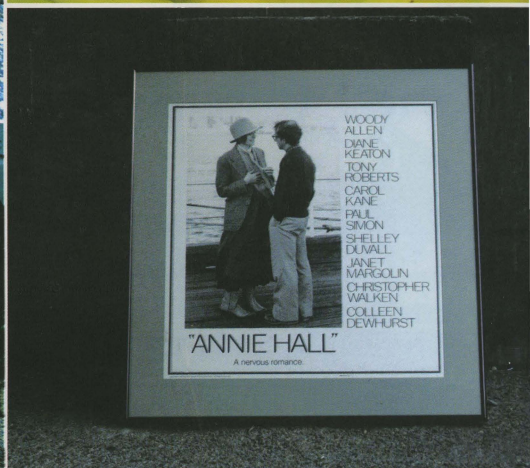
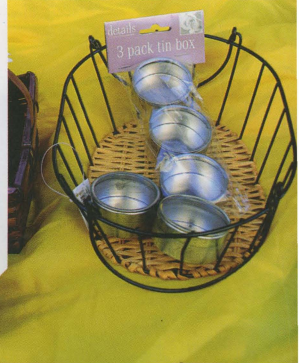
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BRAN  
CATS

Photos from David and Rachel's Dumpster Adventure







FABRIC HAND QUALITY

PEACH BURNER

RUBY ROLLER

PICTY PINK

THREE D GREEN

WILD STYLE YELLOW

ALL CITY GREY

POND STEEL BLUE



## FEATURED DESIGNER JOELLE WADE

Joelle Wade is a 22-year-old, self-proclaimed free spirit who wants nothing more than to travel the world and create wearable designs for her clientel. This fashion-design alumna from the VCU School of the Arts is currently working on her new line to showcase in Richmond Fashion Week 2012. She graduated last spring, launching herself full-force into the fashion world.





PEACHY BLUSH



RUSTY BROWN



PICKET FINK



THRICE D QUEEN



WILD STYLE YELLOW



ALL CITY GREY



others think. It's such a little melting pot of ideas when designers get together. It should be less about the competition. You're competing with yourself, not the people around you.

### What drives you to work so hard? What are you ultimately trying to accomplish as a designer?

I think I'm just a force, I'm just a passion. It's just myself that drives me. If I'm not happy with my own work, then I'm unhappy. I don't care about what anyone else says; I just can't imagine giving something less than 100 percent.

### What are three main goals you have as a designer?

1. To successfully make something that comes into my head, you know, when I think about something, I don't want it to stay on paper. I want it to become a 3D object; I want it to become wearable artwork.
2. I would love for my name to get out so people can wear my work. I would love for people to just feel good in what I design for them.
3. To travel a lot more so that I can get way more ideas and so much more inspiration and just open my eyes. I want to go and see more than I already know.

### Where do you see yourself in ten years, realistically?

[Laughs.] It's so hard to say. Reasonably, hopefully, I would like to have a solid name. A name that is in enough places that I could have people to come work for me because they agree with, respect, and admire my ideas and want to share their own. I would never turn anyone down for their ideas.

I would love to just have a core group, helping [me establish] my name, helping build up a sort-of mini empire. That is, hopefully.

Realistically, I have no idea. There's just no way to tell; that's economics, and they can't be predicted. I would seriously love, love to be somewhere in South America.

It's funny, I have no pull towards London or Paris. I want to be in Africa, or India, South America, go check out Australia and Korea; I want [to be in] those other places that people don't think about. That whole 'above-the-equator' area is just totally 'explored.'

BY PETER PAGAN

### Do you think VCU prepared you enough for the "real world"?

I think VCU has an outstanding fashion design program. All the people I keep in contact with are doing amazing things. Everybody that has the initiative is going to do well after going through the VCU Fashion School. They get you hands-on; you have to push yourself. They're not spoon-feeding you anything; you have to go out there and have some grit and do work. There are a lot of other fashion universities where you don't even sew your own clothes.

### To make your work stand out and to keep your designs fresh, are there any secret spots you tend to grab your fabric and other design materials from?

The secret spot for fabric is the Internet. There aren't many places in Richmond where you can get really great fabric. I try to travel - I'm trying to get fabric from Africa. I got really great stuff from San Francisco. Every time I go up to New York, one of the days is dedicated to just going and getting a headache from every fashion store around there. You walk into rooms with thousands and thousands of rolls of fabric. I feel dizzy after I leave five different fabric stores.

As far as inspiration goes, it's just as constant. When you're in the art world, you can't just go to a place and find inspiration; you kind of just have to be open to it at all points in time. Which is half the reason I feel like so many artists are so open to things. You have to be, or you can't be an artist. Keep your eyes open, your ears open, even smells might make you think of something else.

Those lightning pants [that I made] - I just was looking at some marble. I was like, 'Oh that looks like lightning. Wouldn't that be sweet if there were lightning pants made out of marble?' Nobody would ever know that just by looking at the design. My work is about simple glamour that everybody can wear, and everybody can feel good about. They'll have that beautiful thing they can't wait to wear, but they can actually wear it more than once every five years.

### Congratulations on getting into Richmond Fashion Week. How do you feel about displaying your work at such a large-scale event?

I'm really excited for everyone to see my work and see what I'm about and decide whether or not they like my style. I'm also really excited to see the other designers' work. It's always great to see other designers' work because you see what

INKSCLUSIVE INTERVIEW WITH

# TONY FORESTA OF MUNICIPAL WASTE



## RICHMOND'S FAVORITE PARTY-THRASH VOCALIST SOUNDS OFF.

*Here it is: the Inksclusive interview with Tony Foresta of Richmond's own thrash metal icons, Municipal Waste! Foresta was kind enough to take a break from partying in spaceships and making music videos to fill us in on what the Waste has been up to, and his take on the latest album.*

**INK:** So, I hear you liked Weird Al at one point.

**TONY FORESTA:** (Laughs) I still do! I think everyone in the band likes Weird Al. That guy is a musical genius. When I was a kid growing up, I was obsessed with Weird Al and the Beastie Boys. When I was really young, I remember playing Weird Al on my brown Fisher Price turntable that I got for Christmas. Then a couple years later I got "Licensed to Ill" on cassette and it was all down hill from there. If I can pin point one group that really made me want to perform or play shows when I was younger it would have to be the Beastie Boys. I was in two different school talent shows impersonating them with my friends. It was so much fun.

**INK:** What's your favorite Weird Al song?

**TF:** (Laughs) These are some hard-hitting questions so far! I guess that would have to be The Alternative Polka, he basically takes every huge '90s hit and turns it into one long polka song. It's probably better than the real versions of the songs.

**INK:** In Decibel magazine, you said you wanted

to tour in space. If you could take one animal with you, what would it be?

**TF:** I'm a dog nut . . . so probably a dog. [But] we definitely want to want make sure that's a safe option because I wouldn't want to be sitting next to the dog I like and have him disintegrate in front of me due to cabin pressure or some shit. (laughs)



PHOTOS COURTESY OF MUNICIPAL WASTE



**INK:** I saw that "The Fatal Feast" features local Tim Barry from the much-loved local band Avail, which I'm sure many people here will be happy about.

**TF:** Yeah, he does guest vocals on the song "Standards and Practices." I always looked up to Tim. Not only because he's super tall, but I actually looked up to him for being an amazingly talented, down-to-earth guy. When I first moved to Virginia and got into hardcore, Avail was in its prime. I was really lucky to be a part of that scene. Once the Waste got rolling, I always wanted to see what it would be like to hear him sing on a metal song. Tim loves metal. He says we remind him of The Accused, which is one of my favorite bands. I got a kick out of that. I think the song he did came out great. It was a huge honor to work with him.

**INK:** So you guys are doing a music video?

**TF:** Yeah, we just got back from filming it in L.A. Our video is going to be an epic sci-fi thriller! We filmed it on the old set of that show Firefly. No shit. I think it's going to be pretty ridiculous. Lots of gore.

**INK:** What would you say you want people to take from "The Fatal Feast"?

**TF:** I believe it has the best elements from every Waste record we've done all balled up into something that sounds new and different by us. Man, that's kind of a lame description. (laughs) but I think once people hear the album that would make

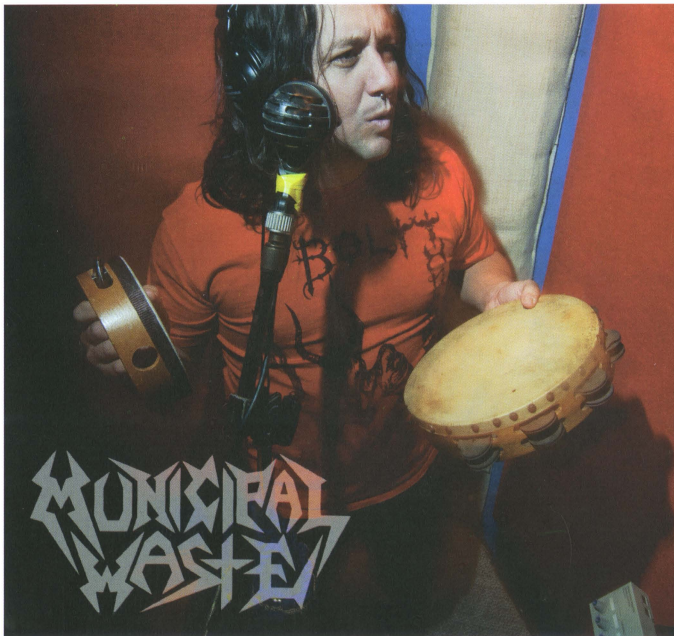


sense. I think there's stuff for people that only dig "Waste 'em All" to songs that will please people that are into "Massive Aggressive" the most. I truly believe this record has some of the best songs we've ever written on it, though. I'm not just saying that, I hate to be the guy that says, "our new record is the best we've ever done." Every band says that shit. (laughs)

**INK:** According to the EPA, solid "Municipal Waste" is defined as "everyday items we use and then throw away, such as product packaging, grass clippings, furniture, clothing, bottles, food scraps, newspapers, appliances, paint, and batteries." Which of these do you think best characterizes the band?

**TF:** I never heard of EPA. Is that a new thrash band or something? Who are these jerks and why are they talking shit? Don't make me organize a H804 reunion to go find these dudes and smack them up! Fist City represent!!

INTERVIEW BY ZOE KINNEY







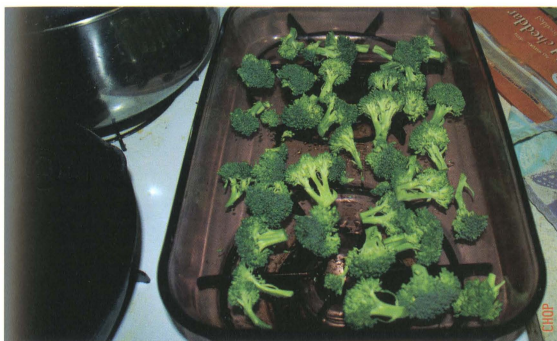
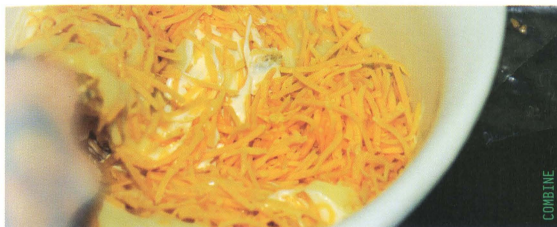
# ink magazine

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# CHICKEN BROCCOLI CASSEROLE



## Ingredients

- 2 (6 to 8 ounce) boneless, skinless chicken breasts - chopped in small quantities \$7.45
- 1 ½ cups shredded cheese (any type will do) \$2.29
- 1 can of Campbell's cream of celery \$1.50
- 2 cups broccoli - equivalent to 1 bunch size \$1.29
- 1 cup mayonnaise \$3.59
- 1 cup of crushed Cheez-It crackers \$3.19
- ¼ cup tablespoons extra-virgin olive oil, divided
- coarse salt and pepper

## Directions

*Preheat oven to 360 degrees F.*

*Combine 1 cup of mayonnaise with 1 ½ cup of shredded cheese and the can of cream of celery into a small mixing bowl. Once thoroughly mixed, set aside.*

*Chop 1 bunch of broccoli into small pieces, and then spread evenly onto a casserole pan. Asparagus can be a delicious substitute, but an expensive one.*

*Slice the boneless, skinless chicken breasts into eighths. Season your chicken breasts with pepper and any other desired seasonings to your tasting, but no salt; the cheese will add enough salt to the dish. Add 1 tablespoon olive oil to the skillet, 1 turn of the pan. Set breasts into skillet and cook 9 minutes or until light brown. You don't want the chicken to fully cook. It will once it's in the oven.*

Once the chicken breasts have turned light brown, transfer them onto the casserole pan alongside the broccoli. Spread the aforementioned ingredients from mixing bowl efficiently, coating the broccoli and chicken breasts. Then sprinkle 1 cup of crumbled Cheez-It crackers over the casserole pan. This will create a crispy crust. Ritz crackers are also an alternative. After covering spread with desired crackers, place casserole pan into oven and cook for 30 to 50 minutes.

BY OMID KHANZADEH







You grow older and find yourself face-to-face with the intimidating looks of uncertainty. Nostalgic for your past, you seek comfort and familiarity in your playful childhood memories. It may be true that we evolve into adults more quickly than we would like, but who says our spirits can't stay young forever?

**Fashion Director & Lead Stylist:** Isabella Althoff  
**Assistant Stylist:** Jennifer Mawyer, Bayley Wood  
**Photographer:** Cameron Charles Lewis  
**Hair & Makeup:** Carly Childers at Blackbird Salon  
**Model:** Jenna Dalton



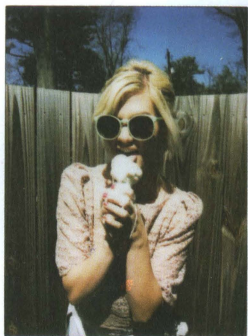


Rose sheer blouse, \$34.95, at **H&M** | Coral collar necklace, \$2.98, at **Fan Tastic Thrift** | Geometric cuff, \$9.95, at **H&M** | Pastel yellow skinny jean, \$44.50, at **American Eagle Outfitters** | Mock croc beige and pink purse by **Bonetto**, price upon request, at **Baggio** | Beige oxfords, \$60, at **Aldo**









Nude lace puff sleeve blouse, \$46, at **American Apparel** | Lavender tie-dye bandeau, \$14.95, at **H&M** | Pastel blue bubble skirt by **Rebecca Taylor**, price upon request, at **Baggio** | Mint green sunglasses, \$8, at **Della's** | Beige suede pumps by **BCBG Max Azria**, \$69.99, at **T.J.Maxx**





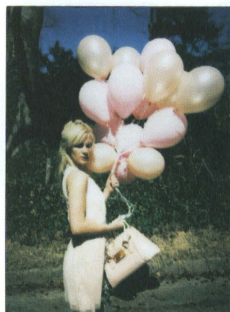
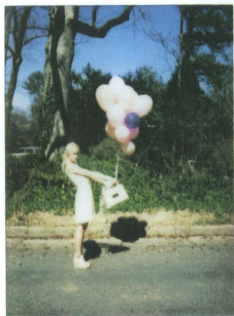
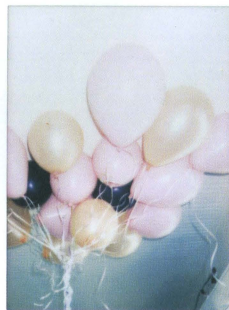
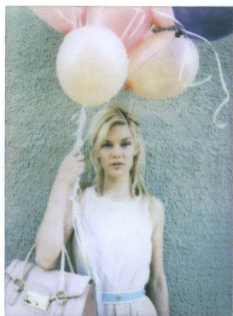
Printed maxi dress by **Willow & Clay**, \$98, at **Nordstrom** | Lavender snakeskin belt by **Carlisle**, price upon request, at **Baggio** | Teal gradient sunglasses, \$29, at **Express**





Baby blue button-down blouse by **Joseph**, \$9.98, at **Fan Tastic Thrift** | Peach ruffle front bikini top, \$14.95, at **H&M** | Cream lace shorts, \$69.95, at **Express** | Teal studded fanny pack, \$29, at **Urban Outfitters**









Cream mesh overlay dress by **Lush**, \$46, at **Nordstrom** | Teal and white seashell belt by **Escada**, price upon request, at **Baggio** | Sweet Charlotte lace necklace by **Holly Christian**, \$38, at **ShabbyApple.com** | Pink blush purse by **Dolce & Gabbana**, price upon request, at **Baggio** | Bronze espadrille, \$24.99, at **Target**

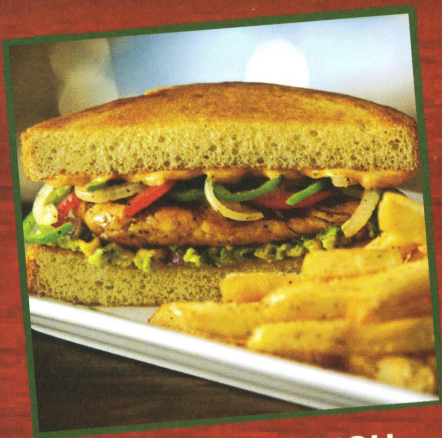












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