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Spring 2021

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# tan & cardinal

Designing Klosets  
with Karly Durco

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The Plant Diaries

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What's Your Style?

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T&C Magazine Staff  
Inspo Board



# Editorial Staff

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## Policies

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Tan & Cardinal is a student publication. One hundred percent of the production, editing and design is done by the students.

The first copy of Tan & Cardinal is free to the public. Each additional copy is \$3, and payment can be made at the office at 33 Collegeview Road, Westerville, OH 43081. Offenders will be prosecuted.



# LETTER FROM --- the editor

With the end of this semester comes the end of my time as editor-in-chief. Admittedly, the passage of time has been confusing recently, and I'm not sure whether to say it has been a brief year or a gruelingly extensive one; but I have enjoyed my year with Tan & Cardinal Magazine nonetheless.

I was equally terrified and thrilled when communications department chair Dr. Jean Kelly asked me to take on this role, a job I had not technically applied for. But despite the strange timing and my own lack of preparation, I believe myself to be much better for it. Tan & Cardinal has taught me more about myself as a journalist than two semesters' worth of lessons in the classroom. For instance, I now know that I hate writing editor's letters.

I am, however, deeply appreciative of everybody I've met on staff. It's both fun and fulfilling to get to collaborate with a group of people I look forward to seeing every week, creating an entire magazine full of our own ideas. I'm incredibly inspired by the hard-working women on our editorial staff, and owe special thanks to adviser Emma Henterly, art director Julia Grimm, assistant art director Danielle DiMarzo and my roommate, Emma Wardell, an honorary editor and protector of my sanity. The content we've created together and the friendship we share makes me confident that I will reflect on my short/long time as editor-in-chief as a highlight of my Otterbein experience.

Following last semester's theme of "New Beginnings," this magazine is focused on

intentionality. After persevering, we are granted the opportunity to not only start fresh but to redirect ourselves to exactly where we want to be. It's important to recognize yourself as the creator of your reality and fully realize the power of your intentions. You'll notice that our compilation of disaster stories (page 6) explores the humor in last year's series of unfortunate events. Our staff's inspiration board (page 8) focuses on the things that bring us energy instead of comfort. With this issue, Tan & Cardinal refuses to stay stagnant.

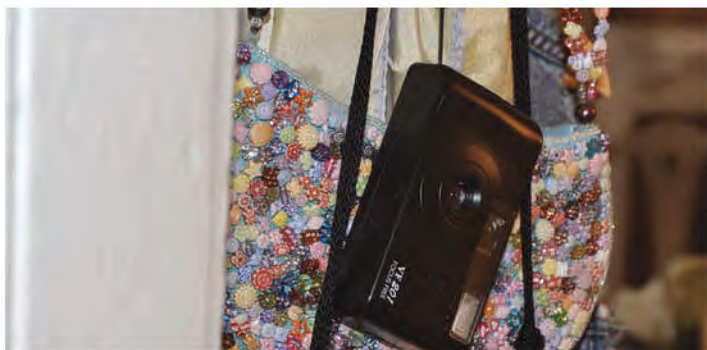
Our newest endeavor is our feature package (pages 14-19), which focuses on fashion. This is something I've wanted to do for as long as I've been interested in journalism, so I made sure we dove deep. We explored multiple facets of the fashion industry, from ALV Jewels' accessories to Karly Durco's upcycled clothing to the sneaker resale industry with Eric Alleiger. Additionally, we've included my own personal thrifting tips, a breakdown of some current trends and a Tiger Beat-esque style quiz.

I am leaving both my position on Tan & Cardinal and at Otterbein feeling proud of the work I've done. Wherever you are along your own journey, I appreciate you being a part of mine.

**MARLIE GRIFFITH**

EDITOR-IN-CHIEF





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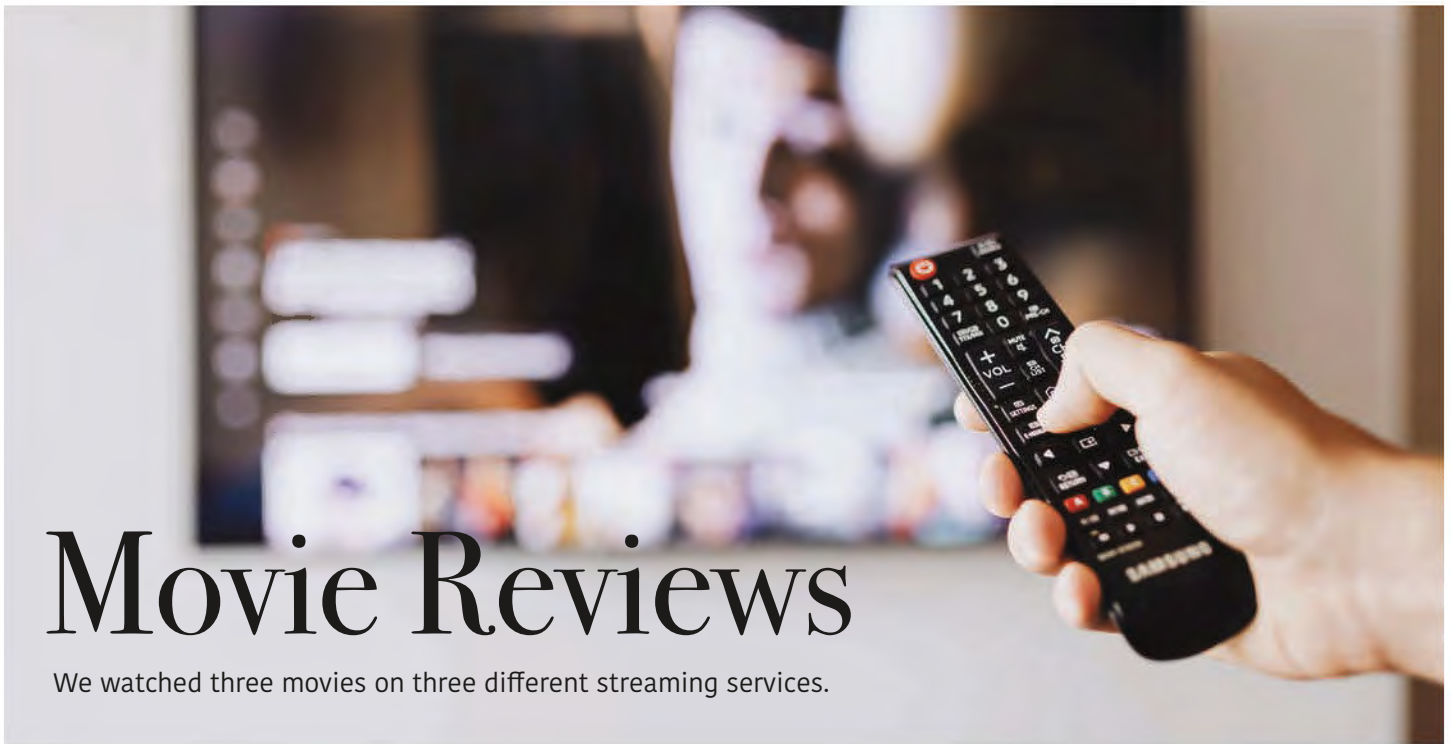
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# Movie Reviews

We watched three movies on three different streaming services.

BY BECCA MILEM '23

PHOTO BY KAROLINA GRABOWSKA

## HULU

### *"Alone" 7/10*

In this movie, a widow is moving out of state by herself when she starts to get followed by a man. She ends up being kidnapped and escapes his cabin in the middle of nowhere. She spends days running and hiding from him in the woods, looking for a way out. But when she finds help, her situation only gets worse. This film really kept me on the edge of my seat the whole time. I had no idea what to expect or what was going to happen. I was honestly disappointed by the ending. It almost seemed unfinished or not well executed. Other than the end, it was still a good movie for those who enjoy thrillers.

This film is about a crime novelist, Harlan Thrombey, who was found dead on his estate. A renowned detective is called in anonymously to help with the case. Detective Blanc interviews Harlan's large and dysfunctional family, and after much drama and many lies, he solves the mystery behind Thrombey's death. Overall, I found this movie to be suspenseful with a good amount of comedy. It was a new take on the normal murder mystery shows and films, and every new detail leaves you wondering and questioning: Who really did it? This film is great for anyone who loves murder mysteries or could just use a good watch.

## NETFLIX

### *"The Social Dilemma" 9/10*

## PRIME

### *"Knives Out" 8/10*

"The Social Dilemma" was part documentary, part drama film. It touches on the topic of how our society has become addicted to social media and how much toxicity is involved within these apps. In the documentary they interviewed experts who created these apps and sites, each of them explaining how they have come to realize that their creations have contributed to an issue that needs to be fixed. While these interviews are going on, you get to see a high school teen struggling with his addiction to social media. I really enjoyed this film; it was put together well and definitely deserved the hype it got. Even if you don't think you would enjoy watching a documentary, consider giving it a chance because it opens your eyes and gets you thinking.

# < Online Classes

By Jordyn Mary '22

STUDENTS WEIGH IN ON HOW THEY'RE FEELING ABOUT VIRTUAL LEARNING.



Emily Tepe, senior sociology and communication studies major

"I, personally, did not have a great experience with online classes this year. I found that my professors did not put in much effort to adapt to online formats and made little to no changes in their courses to make them engaging and effective over video platforms. I could see how, at a large university like OSU, online classes could still yield education goals, but that is because they had the resources to have online classes in place even before the pandemic. I find that online classes are very hard to stay engaged with, and dialogue and professor connection suffers due to the technological difficulties. Also, I would be curious to know what standards Otterbein placed on professors for their online classes, and hope that they continue encouraging professors to utilize in-person modes whenever possible moving forward."



Devon McLane, junior actuarial science major

"Online classes made learning 10 times harder, with fighting to pay attention to class due to staring at a screen all day and the struggle to stay on top of all my work due to a decrease in motivation."



Molly Casey, freshman nursing major

"Online classes have definitely taken some getting used to. Personally, I don't mind them—I think mainly because as a first-year, I never knew any different. I enjoy getting to relax in my room as I do my classes and not have to walk from place to place. However there is definitely a fine balance when it comes to getting myself motivated to wake up in the morning just to move from my desk to my bed. Overall, it's definitely been a learning curve, but I've enjoyed finding that balance and being able to have more independent control over my schedule."



Moira Healy, senior allied health major

"I think online classes have some benefits—it's a good alternative if you're not feeling well or if you otherwise wouldn't be able to make it in person. I personally would rather have class in person because it forces me to pay attention and there are less distractions."



Preston Smith, junior zoo and conservation science and biology major

"I personally do not like them; I do not feel as if I am learning as much as I would in person, and I am not getting as much interaction with professors and other students as I would in a normal year."



Tom Ohler, junior nursing major

"I would say I appreciate the effort professors put into making an online class experience as helpful as possible. However, the expectations set by professors have been consistently high during this change which has not been conducive for my learning. I do appreciate the shorter commute and being in my own space; I would just like to see professors be more understanding of the current situation."



Gavvin Keen, freshman accounting major

"I like online classes because it eliminates the possibility for [contracting] COVID-19, although it is hard to focus in online classes."

Say something

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# FUNNY DISASTERS OF 2020

*Last year was a train wreck. To keep it lighthearted, let's focus on the humor in the chaos with the following stories from Otterbein's unluckiest. We reframe unfortunate situations into hilarious stories, not tragedies.*

BY ABBY JEFFRIES '21

ILLUSTRATIONS BY MARY JACKSON '21



## **Sami Ange, junior health communication and public relations double major**

“While salons were shut down in March of 2020, my hair growth started to become intense during the quarantine. I had dark brown roots peeking out more and more every day as my bright blonde highlights would show a lot of contrast. I jumped onto Amazon.com and decided to take matters into my own hands. I should clarify that I have never done my own hair, nor am I qualified to do so. I sectioned off my hair to apply the bleach and give myself highlights that covered my dark roots. Being the amateur that I am, I applied bleach to bigger sections than I should have. I wrapped my hair in tin foil, and I sat for 30 minutes waiting to become a blonde bombshell. As my timer went off, I rushed to the shower so I could see the final results. As soon as I looked in the mirror my face went pale; I was petrified. I had turned my hair completely orange, horrendous with uneven sections. I ruined my hair during a pandemic when salons were completely closed. I learned my lesson to never take matters into my own hands and to just accept my dark roots. I will never touch a box hair dye kit again, although I was able to give my family a good laugh.”

## **Brad Lipkowitz, junior journalism and media communications major**

“‘Meet me at the gas station off I-170 and Dorsett,’ said Larissa, the Facebook Marketplace seller who was giving me a great deal on two pieces of audio equipment. Although it was already 8:45 p.m. and that address was not the best part of town, the deal was too good to pass up, so I went. As I was leaving the gas station with my recently purchased items, I was eager to try them out, as I had a client the next evening and wanted to familiarize myself with the equipment before using it in a session. I ended up not having time until the next night, and when I powered them on in front of my client, only [one of the] power lights flickered on. I was disappointed but had to quickly press on and work without it. The moment my client left, I messaged the seller, and to my surprise got an immediate reply. At the end of the day, this mishap resulted in me getting over half of my money back and a great deal on the working item that I didn’t return. To my knowledge the client doesn’t remember any broken equipment from that night, which is even more reassurance that my sense of embarrassment in the moment is just something to laugh at in the long run.”



**Jordyn Traxler, senior allied health major**

“Due to COVID, I had to move out of my dorm earlier than I wanted. I was in a rush for everything, it seemed like, in 2020. When it was time to leave, I backed into a car leaving the school parking lot. As if it couldn’t get worse, I ran into another one maybe 5 minutes later. The year just got worse from there on out.”

**Gwen Hughes, senior journalism and media communication major**

“Despite a global pandemic, my mother successfully managed the manufacturing company she owns, assuring that her 50 employees had a stable, safe and productive workplace. Yet a month-old Westie named Olive sent her to the hospital. In June 2020, I was riding home with my parents and the pandemic puppy we had just picked up. Next thing I know, my mother was asking me to look up hospitals in the area; she said her chest was tightening and her left arm numb. The three of us grew concerned that my mother was having a heart attack. After an overnight stay in the hospital, she was diagnosed with a panic attack. Though getting a pandemic puppy didn’t turn out how we had planned, almost a year later, Olive has turned into the most well-behaved dog. She no longer gives my mom panic attacks and sleeps with my parents nightly.”



**Ben Lewis, senior marketing major**

“New Year’s Eve was probably my biggest disasters of 2020. I came home from a friend’s house on New Year’s Eve, and a stranger was sleeping in my bed. I can’t make this up. I asked him to leave, and he calmly got up and left. It was a weird moment in my life. Weirdly enough, I wasn’t as scared as I should’ve been.”

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# Inspo Board

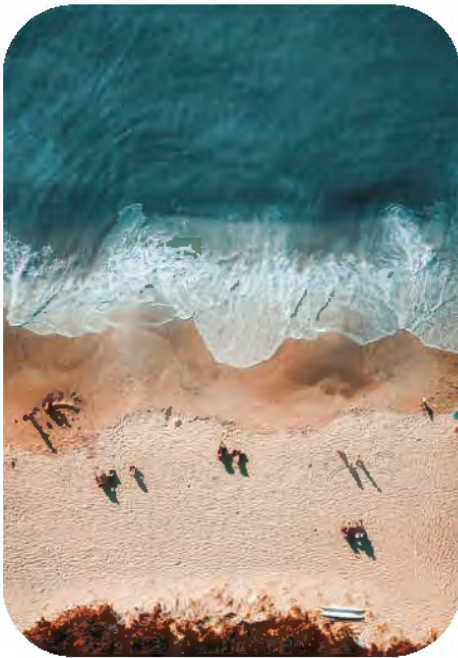


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Here's what's inspiring the Tan & Cardinal magazine staff

**Pins**

**More ideas**



**THE BEACH.** It is a place of serenity and peace.

Photo by Alex Perez



Abby Jeffries

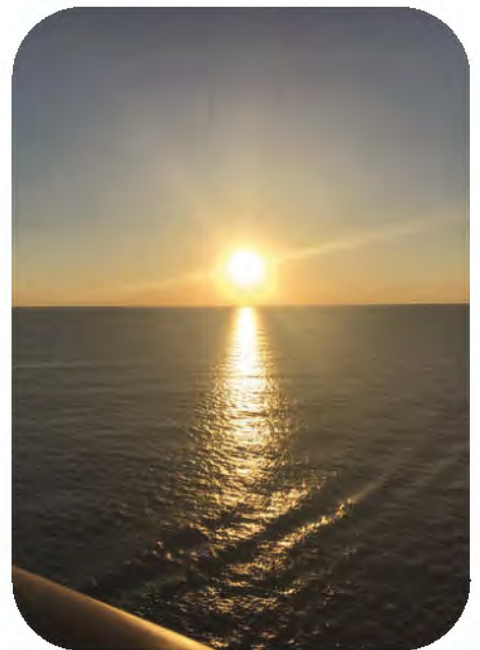


**I love going somewhere new and getting to explore that place.**

Photo by Becca Milem



Becca Milem



**If the sun is shining and bright, then inspiration and energy flows.**

Photo by Danielle DiMarzo



Danielle DiMarzo

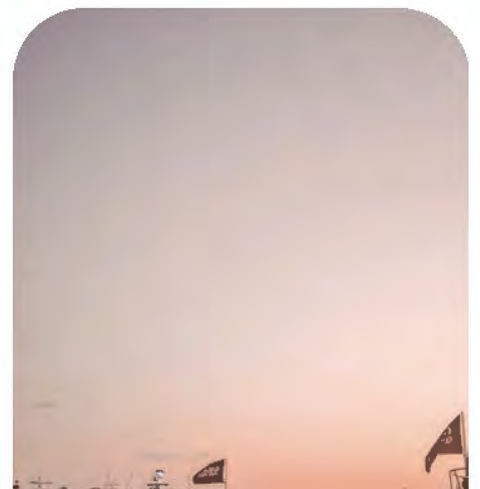


**My favorite book inspires me to be strong and independent.**

Photo by Emma Wardell



Emma Wardell





**JEWELRY** | Photo by Julia Grimm



**OLDER TECH.** It's interesting to see precursors to what we have now.

Photo by Hayden Garrett



Hayden Garrett



**THRIFTING** | Photo by Abby Jeffries



**Writing and painting** are two of my favorite expressive outlets.

Photo by Marlie Griffith



Marlie Griffith



**PLANTS** | Photo by Julia Grimm



**My old riding boots** show me all my hard work in the sport I love.

Photo by Julia Grimm



Jordyn Mary



**FOXES.** They are a symbol of being clever, quick and cute.

Photo by Terra Carr



Terra Carr



**TRAVEL** | Photo by Becca Milem



**I get my energy from spending time alone with a book.**

Photo by cottonbro



Julia Grimm



**PARKS** | Photo provided by Peg Hanley



**SHOES** | Photo by Eric Allgeier

WITH INTENTION | 9





# Spending A Week Outside of My Comfort Zone

*A personal documentation of pushing myself to try new things*

STORY AND IMAGES BY EMMA WARDELL '21

If 2021 promises one thing, it is growth. As a society, we have been put through the wringer. We've become more resourceful and have grown to appreciate the little things in life that deliver happiness and reassurance. Personally, I came into this year wanting to better myself. One hurdle I have struggled with for some time is doing things alone. It has kept me restricted from doing things I want to do, whether it's trying a new restaurant, working out or even just having "me" time. So I decided that this would be the year I learn to be more comfortable with being by myself.

In high school, I learned about immersion therapy, which forces you to overcome your fears by being completely immersed in them. In order to overcome my fear, I spent a week doing solo a few things that I never would have dreamed of doing alone. Over the course of the week, I took myself on a date, went to the gym, spent time self-reflecting, treated myself with my first massage and spent 60 minutes floating in a sensory deprivation tank.

## Going to the Gym

The gym has always been a beacon of fear for me. Before coming to college, I would do yoga at a small studio a couple times a week but could never get myself to walk into a gym. The equipment was incredibly intimidating, and I had no idea how to start a routine. If there was not somebody there with me to tell me what to do, like a friend or trainer, I wouldn't dream of going alone. But for this day of immersing myself in my fears, I knew I needed to make a gym membership and go alone.

When I arrived at the gym, I took a lap around it just to see where everything was located. The treadmills seemed like a safe enough place to start, so I hopped on one and started walking. While I walked, I looked around even more to plan my next course of action. The more time I spent on the treadmill, the more acclimated and comfortable I became. I could almost feel the insecurity and fear melt away with my sweat. I found that nobody cared enough to pay attention to me, which



meant that nobody knew I had no idea what I was doing, or that it was my first time doing it. Working out and being healthy has given me such a strong sense of confidence, and now going to the gym alone is a part of my daily routine.

### Dating Myself

After the gym, I took myself on a date. The concept of “dating yourself” had been in the back of my mind for quite some time. Dating oneself is pretty simple: you take yourself out and treat yourself in ways one would on an actual date with a partner.

I wore an outfit that made me feel confident and drove myself to Northstar Café. I decided on Northstar because I could sit anywhere and not be a bother to anybody. I ate the Northstar burger. I wanted a meal that would not make me feel guilty after coming from the gym, so I had a black bean-based Northstar Burger.

While I was on the date with myself, I read one of my favorite books, “Gone Girl” by Gillian Flynn. Being an English major, I am constantly reading, but have not read for my own amusement and relaxation in months. The longer I sat there, the happier I felt. Spending some time with myself was forcing me to be comfortable with self-sufficiency. I was becoming comfortable with myself.

### Journaling

When I got home from my date with myself, I began to clean my room and create a space that felt comforting. I sat down in my bed with a journal that I had bought years ago, yet never cracked open, and began to write.

At first, I felt ridiculous because it seemed like I was just talking to myself. I reflected on my day alone and wrote about how the gym and my date made me feel. And then I started to think more about things that were happening in my life and things I would like to say to some people that I no longer speak to. I wrote them down, too. I spent about an hour writing letters that allowed me to get closure and reassurance in knowing I expressed myself how I wanted to.

Journaling is something I need to practice, though. It was hard for me to keep focused or to keep my thoughts from wandering, because I was getting bored. I imagine that as I keep journaling, it will be easier for me to access what I need to reflect on and stay on track with writing.

Once I was done, I felt like a huge weight had been lifted off my shoulders. I have now worked journaling into my weekly routine. Just as I do laundry and cleaning on the weekends, I also cleanse my mind through journaling and self-reflection.





*“I felt like a huge weight had been lifted off my shoulders.”*

#### **Getting a Massage**

Four years ago, after graduating high school, I thought about how much I deserved a massage after enduring the stress and agony of being a teenager. And then I spent another four years in undergrad without experiencing it. So, during my self-care week, I decided to get a massage. Luckily, I have a friend who is a licensed masseuse, and she was able to make me feel more at ease about this new experience.

As the massage started, I could feel all my anxiety about the experience melt away. The massage was not as painful as I had expected it to be. Because I carry all of my tension on my upper back and shoulders, I was expecting to endure a lot of pain when that area was getting massaged. While it was still uncomfortable, it was not overwhelmingly painful.

Once it was over, I felt like a brand-new person. My voice felt softer and kinder, and my body felt light and calm. Going to the gym and spending time with myself has done wonders for my head, and has allowed my thoughts to be nicer and more positive; but I had yet to feel that positivity throughout my body.

My schedule is incredibly busy, but I think that it would be nice to work a massage into my schedule once every month or two. The tension in my body manifests in sore muscles and poor posture; getting regular massages would be a great way to keep my body up to speed with my mental health, especially as that gets better with more time spent alone.

#### **Floating in the Sensory Deprivation Tank**

I stepped way out of my comfort zone to practice self-care with a 60-minute float in a sensory deprivation tank at Ebb & Float in downtown Columbus. This experience is unlike anything I have ever done before. I was expecting the building to have a futuristic feel to it, very clean, and polished and medical. While the building was very





clean and polished, it was not futuristic or medical- looking at all. I walked in and was greeted by a friendly employee who helped soothe my anxiety before taking me on a tour of the facility. The lounge area was filled with warm lights, comfortable seating, a hot tea bar and plenty of beautiful plants.

When she took me into the room where I would be doing my float, I felt uneasy after seeing the tank itself. I am not claustrophobic, but the thought of lying in that tank for an hour in complete darkness and silence was terrifying.

The attendant showed me how to work the shower I had to use before and after my float, where the fresh water was in case I needed to get salt water off my face and where to find ear plugs, then left me to get ready for my float. Because this was my first time doing anything remotely like this, I was nervous I was going to do something wrong and mess up the experience for myself. I rushed through my shower, stepped into the tank and then shut the heavy door.

Inside the tank, the water is pretty shallow and there is a little blue light at the foot of the tank. The light switch is on the right. I was told I could leave the light on during my float, but it was recommended to keep it off. I left it on for a little bit, but ended up turning it off in order to get the intended experience.

The tank is supposed to provide a time for meditation without any of your senses to distract you. I had not meditated since doing yoga in



high school, and I had never experienced this kind of float, so it was hard for me to keep my mind focused on my breathing. My thoughts would wander to trivial things that were causing me anxiety in my life, or I would wonder what time it was and if I would be able to hear the music that signals the end of my float through my ear plugs. After some time passed, I did find myself meditating, or at least really focusing on my breathing and trying to get breath to every part of my body.

I did, in fact, hear the music that signals the end of my float, and when I got out of the tank I felt just as calm as I did after my massage. I had overcome my fear of trying new things, and I had gotten over my fear of doing things alone. I felt confident.

After I showered and got dressed again, I walked to the lounge to have some hot tea and reflect on my experience. I had meant to bring a book or journal to keep me occupied but am now glad that I didn't. I spent some time thinking affirmations to myself, and just being observant of the room and details around me. Without my phone or any other distractions, I actually enjoyed the time I spent with myself.

This week of self-care and boundary pushing allowed me to become more comfortable with my thoughts, with my time alone and with my self-image. Although most of the things I did to practice self-care had a price tag attached to them, I learned the key value of spending time with oneself. Whether that is in a loud gym or restaurant or in a dark tank filled with salt water, I now know I actually enjoy doing things by myself— especially the weird and fascinating things.



# Fashion Literacy (Study Up!)



Clothing is arguably the most accessible form of self-expression, whether you dress to impress, for comfort or any reason in between. What we wear is often the first thing other people notice about us—for better or worse. This semester, Tan & Cardinal is focusing on fashion, from understanding various personal styles to exploring the different ways to shop them.

PHOTO BY JULIA GRIMM '22



# Industry Insight with ALV Jewels

OTTERBEIN STUDENTS REVEAL WHAT IT'S LIKE WORKING FOR A TRENDY RETAILER.

BY JULIA GRIMM '22

PHOTOS COURTESY OF NAVI KINKOPF '21 AND LAUREN RUMBALSKI '22

It started with a college student at Ashland University, handcrafting jewelry in her dorm and apartment. Nearly six years later, Allie Vanata's Ohio-born business, ALV Jewels, offers quirky and on-trend jewelry online and in boutiques from the Carolinas to California. Even now, with over 120,000 followers on Instagram, Vanata's never left the college roots of her business, as her target audience is college-age girls. In fact, three of her eight staff members are Otterbein University students.

Navi Kinkopf, a senior public relations major with minors in business administration and communication studies, sports a black sweatshirt and pink coffee mug as she talks about her three-year working relationship with ALV. Her boyfriend connected her with Vanata, through whom she discovered how much she enjoys working for a small, growing business instead of a major Columbus-based fashion corporation.

"I like the energy that stems down from, especially, Allie and her two other full-time employees," says Kinkopf. "They really create a really healthy and happy atmosphere in the office. I get really excited to go in there."

Having Otterbein students as staff gives Vanata the opportunity to advertise her products on campus via word-of-mouth and events. She also benefits from what the students are learning at the university. Kinkopf says that her public relations major helps her to maintain relationships and establish a reputable social media platform for the brand.

Her fellow Otterbein student co-workers—Taylor Gill, freshman public relations major, and Lauren Rumbalski, junior allied health major with a psychology minor—also bring to the table university skills like maturity and professionalism, developed through one-on-one relationships with professors.

For Rumbalski, it's the small things at ALV that stand out. Employees can show up to work in sweatpants or pajamas, she notes. Her boss is one of her best friends; someone who Rumbalski can call during a life crisis. When she goes into ALV for work, "We sit at our tables, and we listen to music, and we just talk." They're even on a first-name basis with some of the delivery people who help transport the multiple shipments ALV receives every day.

"Sometimes the fashion industry can be a little toxic and some people can be a little judgmental, and it's very superficial," says Kinkopf. "But when I go to work, everyone's very genuine and authentic, and it's just a really great working environment."





# DESIGNING KLOSETS WITH KARLY DURCO

*Otterbein alum Karly Durco shares how she turned her hobby into a business.*

BY TERRA CARR '21

PHOTO BY JULIA GRIMM '21

Karly Durco got the idea to start her own curated vintage thrift shop called Kloset Designs while living on Otterbein's campus in 2019. "I always loved thrifting and knew I had an eye for finding the good stuff," she says. Eventually, though, she decided to take the hobby to a new level: customizing her finds and selling them for a profit.

"I like to embellish vintage and thrifted items by painting, sewing on patches, cutting things up, and adding pieces like safety pins and cool pins," says Durco.

Durco graduated from Otterbein University that spring with a BA in public relations. She also worked as the photoshoot coordinator and assistant stylist for Justice, the girls' clothing brand, on their creative marketing team from March 2020 until November 2020.

On her site, customers can either shop her pieces themselves, or take a style quiz and

have a custom bundle of clothes sent to them. The style bundles and quiz are the newest idea available on Durco's website. The quiz, which she created herself, allows her to get a feel for your style. There are three different bundle sizes; customers can purchase anywhere from one outfit to 10 pieces, including a guide on how to style them together.

"My friends have always asked me to shop for them, and I loved finding pieces that just screamed their personality," says Durco. "I really fell in love with the aspect of styling this past year, and now with my website I am able to showcase my creativity and share it with people."

Durco also says that her favorite part of the business is connecting with the customers and followers, and her favorite part of running the site is shooting content and styling for photoshoots.

"I feel overwhelmed with support from

friends, family, and strangers who are becoming friends through this business," says Durco.

Durco was able to grow her Instagram following through word of mouth, and advertising on her personal pages. She now spends up to 20 hours a week working on Kloset Designs as her sole job.

"Everyone showed so much support for me, and by reposting my content on their personal pages, I was able to reach their friends, and then their friends and it's just continually growing," says Durco.

Durco typically hunts for hidden gems at thrift stores surrounding the Columbus area, but has recently started utilizing some online sources such as eBay and Depop.

To shop Karly's finds, you can visit [www.klosetdesigns.com](http://www.klosetdesigns.com), or check out her Instagram, [@kloset\\_designs](https://www.instagram.com/kloset_designs).



# A Crash Course in Thrifting

## Confessions of a serial secondhand shopper

BY MARLIE GRIFFITH '21

PHOTOS BY ABBY JEFFRIES '21



Whether you thrift for the affordability aspect, to make an environmentally conscious effort or to express your style through unique pieces, thrift shopping is an overall beneficial alternative to buying brand new clothing. Alongside the growing interest in thrifting comes the overwhelming amount of new resources. Here's a brief guide to navigating every thrift on the spectrum, from local stores to online shops.

### LOCAL THRIFT STORES

You can never go wrong with Ohio Thrift, Goodwill, Salvation Army and Volunteers of America. Luckily, these are all over Westerville and generally Central Ohio. These are the stores that have that "thrift smell," the best prices and the best hidden gems.

There are no shortcuts to completing a successful thrift trip. Taking the time to look through every section is the only way to guarantee you're not missing a great piece. To make this less overwhelming, make a mental list of the items you're looking for. Or, bring your headphones and your favorite playlist to pass the time.

Be selective with the pieces you do choose; consider the condition, quality and fit. This means staying away from anything stained or ripped, Gildan T-shirts and other clothing

that won't hold up in the wash or anything you think would be perfect if you just slightly resized it (because we both know you won't).

### CURATED THRIFT STORES

If you're looking for a less labor-intensive thrifting experience, consignment stores are for you. These shops sell curated selections of clothing, saving you the hassle of combing through an entire Goodwill. Deja Vu and A Gal Named Cinda Lou are two shops located in Uptown Westerville, within walking distance from campus. Other local favorites include Rag-O-Rama on North High Street in Clintonville for trendier pieces and Flower Child in Italian Village for vintage selections.

### ONLINE THRIFTING

Similar to curated shops, online thrifting allows for a streamlined thrifting process. Many sites and apps, such as Depop, Poshmark and thredUP, include options to sort clothing by size, color and brand. While this is the most user-friendly option, it also tends to be the most expensive; don't forget to take shipping costs into consideration.

If you're up for more of a challenge, try tackling eBay. Being specific with your searches is helpful, which is as simple as selecting the "Pre-owned" option and knowing what keyword to use when looking for a specific style. eBay offers all types of clothing but is a particularly excellent place to find vintage pieces. Though shopping for vintage on eBay tends to be out of the student-budget, it's worth looking at, even if only for inspiration. You can browse vintage listings by changing your search category to "Fashion" and then selecting "Shop Vintage."



*Photo of Allgeier's shoe collection*

## Shoe Game

Insight on sneaker resale culture

BY EMMA WARDELL '21

Eric Allgeier, senior business administration and management major, has been buying and reselling sneakers since he was in the seventh grade. On Cyber Monday 2012, Allgeier and his mother were online shopping through Finish Line. Allgeier decided he would order two pairs of Nike AirMaxes, each one a different colorway. When the shoes got delivered, Allgeier realized he had gotten three pairs of the same shoe in the mail while his mother only got charged for two pairs. He quickly sold the extra pair, pocketed some of the money for profit and then gave the money back to his mother.

Allgeier spends roughly six hours a day on his phone scrolling through multiple platforms. He uses social media platforms like Facebook and Instagram, and reselling platforms like StockX and Goat. Allgeier wakes up in the morning and hops online to try and find sneakers to either buy for himself or to resell for profit.

It has been over a decade since Allgeier discovered his interest for reselling sneakers. Allgeier is conflicted about whether or not he will keep buying and reselling sneakers after he graduates this spring. He thought he would simply dedicate his life to his new career and stop reselling. But for now, he will keep reselling as long as he has the money and means for it.

The most rewarding part of his reselling career is owning shoes he has always wanted. Allgeier said that he owns a couple pairs that he wanted in middle school. Now, Allgeier owns 93 pairs of sneakers and still has yet to wear all of them.

"I mean," he said, "Everything is for sale for the right price."

# '90s VS. ATHLEISURE:

Choose your effortlessly chic fighter

BY ABBY JEFFERIES '21

PHOTOS BY DANIELLE DIMARZO '21

## '90s

- **The goal:** Revive and revamp a previous trend into something current and trendy.
- **Style inspiration:** What would Naomi Campbell, Princess Diana or Kurt Cobain wear?
- **The motto:** Trends come and go but somehow the '90s never go out of style.
- **Where to wear:** A '90s aesthetic makes for the perfect put-together yet casual daytime look. Try incorporating the same style into a laid-back nighttime outfit to keep heads turning when going out with friends and family.
- **3 essential items to achieve the perfect '90s wardrobe:** For a grunge-inspired look try distressed high waisted jeans, an oversized flannel or jacket and finish it off with a scrunchie or two.
- **Finding '90s pieces:** Shop secondhand stores such as Ohio Thrift or raid your mom's closet for authentic clothing from the '90s.
- **Versatility:** Experiment with the wide range of trends from grunge to graphics to glamour.



## Athleisure

- **The goal:** Combine comfortability and fashion for an effortless look that will make you stand out.
- **Style inspiration:** Think fitness functional but make it wearable.
- **The motto:** Don't let go of that quarantine wardrobe! Incorporate it into the latest trends to keep the comfort going.
- **Where to wear:** Athleisure is the perfect attire for everything from working at home, to running errands.
- **3 essential items to achieve your comfiest look yet:** Combine comfort with style and try a pair of flared yoga pants, a cropped tank and complete it with a full-zip sweatshirt.
- **The best stores for the latest yoga set:** In store or online Lululemon, Athleta, Nike, Aerie and Fabletics are some of the best places to buy for your collection.
- **Versatility:** Layering accessories and outerwear over your athleisure elevates and evolves the look.



# What's your **STYLE?**

BY BECCA MILEM '23

ILLUSTRATIONS BY MARY JACKSON '21

*Take this quiz to find out which style fits your wardrobe the best.*

WHAT IS YOUR FAVORITE SHOE?

- A. Jordan 1s
- B. Chacos
- C. Air Force 1s
- D. Air Max 270s
- E. Dr. Martens



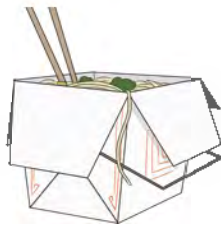
WHAT IS YOUR FAVORITE DRINK?

- A. Lemonade
- B. Tea
- C. Iced coffee
- D. Gatorade
- E. Matcha latte



HOW DO YOU SPEND YOUR FRIDAY NIGHTS?

- A. Out on the town
- B. Doing yoga
- C. Dancing with friends
- D. Watching Netflix
- E. Ordering takeout



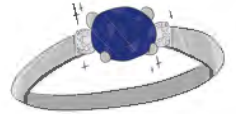
WHAT ACCESSORY CAN YOU NOT LEAVE THE HOUSE WITHOUT?

- A. Bucket hat
- B. Hydro Flask
- C. Jewelry
- D. Backpack
- E. Beanie



WHAT DESCRIBES YOU THE BEST?

- A. Bold & stands out
- B. Self-expressive & down to earth
- C. Approachable & contemporary
- D. Casual & practical
- E. Cultured & poised



WHAT IS YOUR DREAM VACATION SPOT?

- A. New York City
- B. Yosemite National Park
- C. Los Angeles
- D. Miami
- E. Portland



WHAT OCCASION DO YOU GET DRESSED UP FOR?

- A. Instagram pics
- B. Weekend hike
- C. Music festival
- D. Gym
- E. Flea market



*Answers: Mostly A's, Streetwear: You're not afraid to stand out; this urban take on casual and trendy clothing is ideal for you. Experiment with bold silhouettes and textures. Mostly B's, Granola: You're ready for an adventure at any point; this fun and functional look can be created by layering flowy pieces. Mostly C's, Trendy: You're likely already up to date with the latest styles and trends; check out smaller online boutiques for unique yet chic finds. Mostly D's, Athleisure: You're comfy and casual, ready for a night in or a trip to the gym; accessories make or break this look. Mostly E's, Vintage: You believe what's old can be new again; check out our thrifting tips on page 17.*





# THE PLANT *Diaries*

Tips and tricks from Tan & Cardinal staff member  
and indoor-gardener Emma.

BY EMMA WARDELL '21

PHOTOS BY JULIA GRIMM '22



## Sansevieria

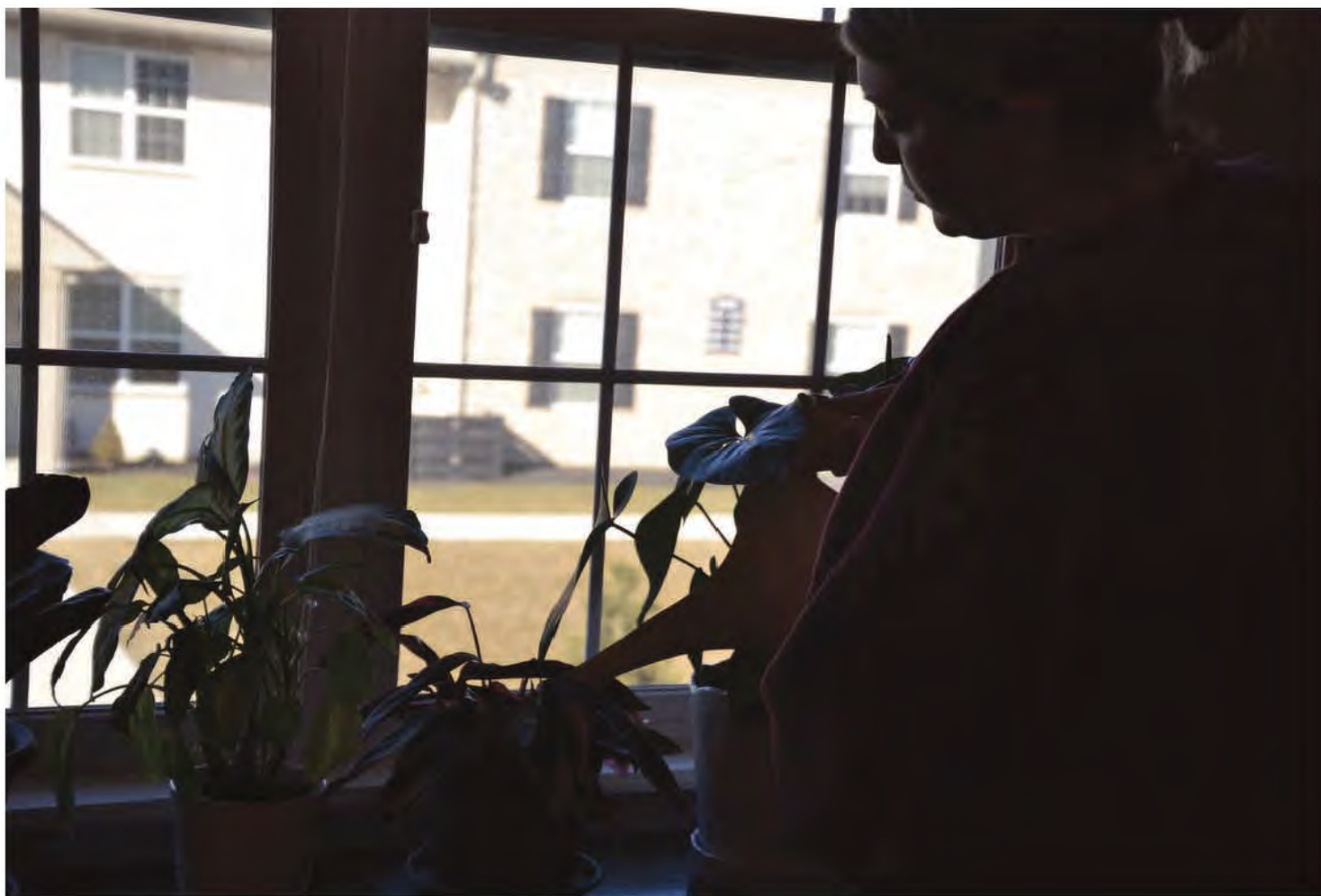
The sansevieria plant is also known as mother-in-law's tongue, or the snake plant. These plants have hundreds of variations that will allow them to look slightly different from one another. I have two of these plants because I really enjoy how they look aesthetically, and because of how easy it is to care for them. I water my snake plants every three weeks or so. They require minimal light and water, making them very low maintenance. These are the perfect plants for dorm rooms or dimly lit apartments.

## rubber plant

My rubber plant is one of my most recent additions. I wanted a larger one but because of my small apartment, I settled for a smaller one. It's a pretty easy plant to take care of. I keep it in a brightly lit space that gets indirect light. Before watering it, I make sure the top of the soil is completely dry. Too much or too little water can be detrimental for this guy.







## monstera

Like the rubber plant, I had been wanting a monstera for a really long time. I think monstera are cool because their bigger leaves split to give their smaller leaves light. My monstera is really easy to take care of. I water it once every two weeks or when the top of the soil is dry. It gets a decent amount of indirect light in my bedroom. Occasionally, I will move it closer to my window, so it receives more light.



## aloe vera

I am incredibly proud of my aloe vera plant because it is the first one I have been able to keep alive. I have had three aloe casualties so far. My grandmother gifted this aloe to me, and I refused to alter the potting in any way. I have it sitting up on the top of my plant shelf where it can get a lot of light. I water my aloe about once every two months but keep a humidifier going every other day to make sure there is enough moisture in the air.



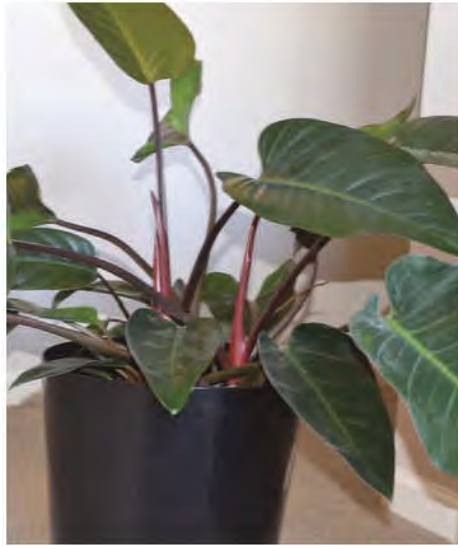
## Peace lily

This is by far the hardest plant I have ever had to take care of. It first belonged to my mother, who had it in a pot too large and was not giving it enough attention. Right now, I have it in a medium-sized pot and it gets a moderate amount of indirect light. Every day, I wake up and wonder how my lily will act. I water it about every two weeks or so but make sure to have my humidifier going often. Humidity has really helped me keep this plant alive.



## philodendron

My red philodendron gets a medium amount of indirect light, but can grow in less light if needed. I only water this plant once every couple of weeks because the soil needs to be pretty dry before being watered. This is my largest plant and probably my favorite currently.



## dieffenbachia

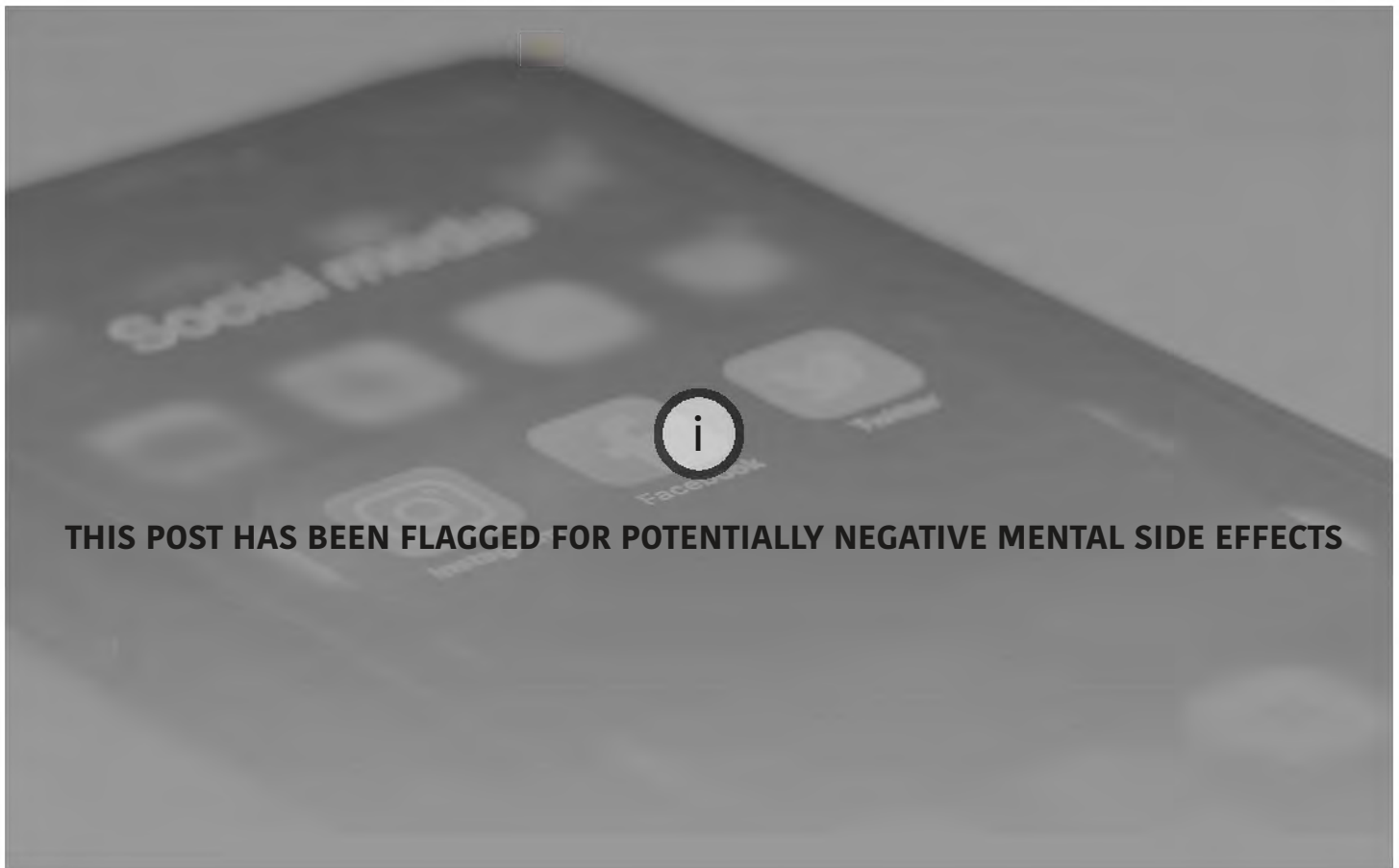
My dieffenbachia, or dumb cane, is one of my more temperamental plants. I water this plant about once a week; if I don't, it gets droopy. On the other hand, I also have problems with overwatering, which results in yellow leaves. I have yet to find the sweet spot in caring for this plant. When it is doing well, my dieffenbachia is one of my favorite plants.

## Pothos

Pothos are super easy to take care of. I keep my pothos on a ledge in my living room where it can receive a decent amount of indirect sunlight. I water this plant once every couple of weeks and make sure the soil is completely dry before giving it a good soak.







# HOW ARE OUR APPS AFFECTING US MENTALLY?

BY HAYDEN GARRETT '24

Over the past several years, many health experts have published research highlighting the negative effects social media has on young adults. Their findings have shown correlations between social media use and increased sleep deprivation, self-harm and suicide. At the same time, social media has helped increase awareness about certain social issues, and other studies have found correlations between its use and the formation of healthy friendships and relationships.

So, which is it? Is social media helpful or harmful for young adults?

“I just think it’s a mixed bag,” says Dr. Denise Hatter-Fisher, chair of the psychology department at Otterbein University. “I think it takes discipline to be able to benefit from that part of social media that can be growth-inducing versus the other side, which can take you to some pretty negative places.” Many modern studies reflect her sentiment, showing social media as more of

a double-edged sword rather than something primarily good or bad for its users.

Scientists have long discussed the internet’s potential to negatively impact people. One of the earliest studies, conducted by Robert Kraut at Carnegie Mellon University and published in September 1998, found a link between internet use and increased depression and loneliness. In the 22 years since that study was published, smartphones have made the internet more accessible and social media platforms have made it more personal.

Recent studies of social media use and rates of depression show a definite correlation between the two. A November 2017 study by Jean Twenge published in “Clinical Psychological Science” examined data gathered via longstanding, nationally representative surveys from more than a half-million adolescents ranging from eighth to 12th grade between 2010 and 2015. During that time, mental health issues among the teens

spiked, and the suicide for girls ages 13 to 18 increased by 65%. Twenge noticed a correlation: that group of teens also reported increased screen time and decreased time spent on other leisure activities.

A more definite link has been established between social media use and sleep deprivation. Nighttime exposure to the blue light emitted by electronic devices (such as smartphones) can suppress the secretion of melatonin, a hormone that influences a person’s circadian rhythms. This can shift your circadian rhythm by up to three hours, making your sleep shallower and more fragmented. A November 2017 study by Twenge published in “Sleep Medicine” found a 6% increase in teens sleeping less than seven hours from 2010 to 2015. This corresponded with an increase in the use of “new media” (smartphones, social media and the like) from 2011 to 2013, while other potential activities that could lead to sleep deprivation (homework, working a job, watching TV) remained stable in their

use or even decreased.

At the same time, positive impacts have also been noted. Social media platforms can help teens from marginalized groups, such as LGBTQ+ or neurodivergent teens, form positive social connections with each other online that may have been difficult or impossible to form offline. This played out in a survey of students with autism conducted by Susan Hedges at the University of North Carolina at Chapel Hill, where she reported that technology and social media helped them increase their independence, reduce their anxiety and increase their social opportunities last summer.

Hatter-Fisher has several tips to help social media users improve their relationship with the social media platforms they use.

“People should be purposeful in their usage of social media. Use it as a vehicle, not as a substitute for living,” she says. “Be aware of the benefits”

The toxicity many users face on social media platforms come from the content they consume and, at times, other users. There are definite correlations between certain mental health problems and the use of social media, but these aren’t necessarily the fault of the platforms themselves.

Perhaps the biggest factor in having a healthy relationship with social media is to always ensure that you are in control of how you interact with it. Be thoughtful and intentional about who you follow, how you interact, what kind of content you see and how much time you spend using it.



## KEY TIPS FOR HEALTHY SOCIAL MEDIA USE:

-Take control of the content you see and mold your feed into a non-toxic place.

-Don't be afraid to unfollow, block and mute people you don't want to see. Those functions are there for a reason!

-Instead of trying to be on every platform, choose a few favorites to focus on. Spreading yourself too thin and investing your time and energy into too many platforms can cause stress and bombard you with toxicity from multiple sources.

-Regulate how much time you spend on social media. This helps with sleep deprivation and makes time for you to live your life outside of your screen.

-Take scheduled breaks from social media. Let your friends know you're taking a day off, and then spend some time outdoors or on a hobby you enjoy.



# TAKE A HIKE!

If you're feeling trapped inside and glued to your phone (like the rest of us), it's time to get outside. Visit your local Metro Park for some good, old-fashioned, COVID-safe fun! Whether you're hiking or picnicking, the Metro Parks near campus are worth checking out.

BY MARLIE GRIFFITH '21

PHOTOS PROVIDED BY PEG HANLEY



## SHARON WOODS METRO PARK

Home to the Edward Thomas Nature Preserve, Sharon Woods Metro Park is located at 6911 Cleveland Ave., just minutes away from campus. Open from 6:30 a.m. until 8 p.m., Sharon Woods offers activities such as biking, fishing and sledding. With six hiking trails surrounded by oak, hickory and beech trees, grass fields and an 11-acre lake, Sharon Woods is an ideal place for students to decompress in nature. Additionally, the park offers several picnic areas that are perfect for study dates and picnics.



## ROCKY FORK METRO PARK

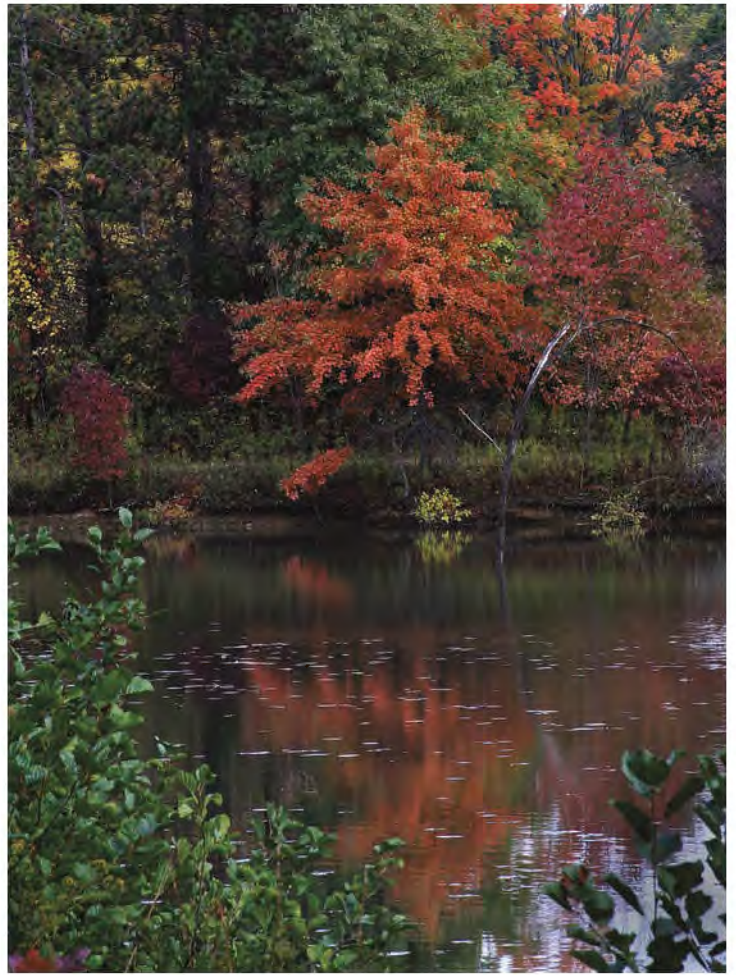
Located at 7180 Walnut St., Rocky Fork offers biking, horseback riding and pet trails. Rocky Fork Metro Park is open from 6:30 a.m. to 6 p.m.; the park also includes a large shelter for family picnics and a playground area for kids. With just over 3 miles of walking trails through woods and fields, the park is complete with large wooden chairs for your leisure while enjoying the wildlife in the open fields.





## BLENDON WOODS METRO PARK

Located at 4265 E. Dublin-Granville Road, Blendon Woods Metro Park offers unique wildlife experiences, including wild turkeys. Other observable wildlife includes a wide variety of songbirds and waterfowl. Open to the public from 6:30 a.m. to 8 p.m., the park is home to seven different hiking trails and the 11-acre Thoreau Lake. Blendon also offers a wide variety of activities, including cross-country skiing, ice skating, day camps, disc golf, pet-friendly areas and shelters for picnicking.



## INNISWOOD METRO GARDENS



Inniswood Metro Gardens juxtaposes its scenic nature preserve with landscaped areas. The park is beautiful—perfect for a photo opportunity or a scenic picnic. Located at 940 S. Hempstead Road, the park offers streams, woodlands, several themed gardens, six short hiking trails and over 2,000 different plant species. The Innis House, former home of sisters Grace and Mary Innis, is the site for the park's education programs, staff offices and horticulture library. The park is open from 6:30 a.m. until 6 p.m. and offers adult and junior volunteer programs in its education programs and garden maintenance.



# SPORTS RECRUITMENT DURING A PANDEMIC

*Here's how COVID-19 has affected coaches and athletes.*

BY HAYDEN GARRETT '24

PHOTOS BY MEGAN MILLER '21 AND MADDIE SASFY '22

In July 2020, the Ohio Athletic Conference publicly postponed all fall sports season events and activities across many sports as a precautionary response to the developing COVID-19 pandemic. The athletic season resumed in January 2021, but what does it look like?

"Everything is a lot harder than normal—some of us have had to quarantine or isolate so we lose time to practice, to play or to hang out with teammates. We always wear masks, even when we're on the bench during games," says freshman men's basketball guard Michael McKenzie. "Basically everyone has to be more cautious with their time and decisions about where to go and what to do." Despite the extra challenges, McKenzie says he doesn't regret joining the basketball team. "The restrictions we're experiencing now are worth it regardless," he says. "The pandemic has been hard on everyone, but the coaches have made it the best possible experience it could be."

Otterbein's athletics department is subject to many of the safety precautions that other departments are. Players and faculty must wear masks during practices and games, and with arena capacities reduced to near zero, seats are filled with cardboard cutouts. Games are being livestreamed online and archived at [oac.boxcast.com](http://oac.boxcast.com). Despite the OAC postponing the fall season activities, some games were even canceled. Meanwhile, other sports are starting back up later than others. The football team played their first game on March 12, while the first men's basketball game was on Feb. 5. These COVID-19 restrictions will remain in effect until the end of the spring 2021 semester.

Otterbein's coaches are having their own unique problems with the ongoing pandemic. Women's basketball head coach Diana Noles explains, "Overall, the biggest adjustment is being OK with not having any control. As coaches, we like to control and plan, prepare our teams. That has become very complicated during a pandemic, as guidelines are continuously changing."

Assistant athletic director Tim Doup says that more current players have left the roster, but that the number of incoming recruits was actually larger than usual. The postponement of the fall sports season meant recruiting could be done during the fall semester, with prospective athletes visiting Otterbein's campus in small groups. Doup comments that this restriction helped to make the recruiting visits "much more personalized." Noles says that among the many difficulties, there were unexpected benefits to the global crisis. "I think you can always find the silver linings in circumstances like these both as a department and as individual teams," she notes. "You learn a lot about individuals going through adversity. You learn a lot about yourself."





# DATING DURING THE PANDEMIC



BY TERRA CARR '22

PHOTOS PROVIDED BY PIXABAY

The COVID-19 pandemic has been going on for a year now, which has put a halt to many activities students used to enjoy. With new regulations and rules to follow in public, we've been forced to get creative within our dating lives in order to still enjoy going out together, without risking getting sick.

Otterbein sophomore Deloren Tisdell started dating his current girlfriend just three months before the start of the pandemic.

"It's kind of like a long-distance relationship if you think about it, because more screens are involved. But it's not impossible to date and build a connection in a pandemic," says Tisdell.

Senior Madeleine Norton notes COVID-19's effect on those who are single, too. "It's definitely harder for college students to meet people during the pandemic," she says. Fortunately for her, the workplace offered a solution, and she began dating her coworker. She has a more positive outlook on the effects of the pandemic on her relationship than Tisdell.

"If it wasn't for the pandemic, I don't think we would be as close as we are," she says. "We just had so many isolated incidents. Things were being canceled. We couldn't really go out and do things, so we were ending up spending a lot of time in isolated places either outside or in each other's rooms."

Whether you're in a new relationship or trying to keep things interesting with a longtime partner, here are some new, COVID-friendly date ideas.

## GEOCACHING



For those who aren't familiar, geocaching is sort of like treasure hunting, but with GPS coordinates. Participants can download the Geocaching app, select which cache they want to find and navigate to it. If you are on campus, Westerville is full of them. Most people leave souvenirs inside them, which players can take and then leave their own for the next person. This could be a fun date idea that often takes place hiking through the woods or exploring other unique places.

## KAYAKING



Now that the weather's getting warmer, try your hand at kayaking. Whether you have experience or not, you'll have fun adventuring with that special someone. Not only is this a good workout, but you can enjoy being outside with the beautiful scenery. It is only \$35 to rent a two-person kayak for two hours at the Alum Creek Marina, making this not only a COVID-friendly activity, but also budget-friendly for Otterbein students.

## AT HOME CONCERT



If going out isn't an option, there are plenty of fun date-night-in ideas. PromoWest TV now has hundreds of past live performances uploaded on their site, [promowesttv.com](http://promowesttv.com). Even though the concert experience hasn't been safe for a while, you can still sit back and enjoy the music. Make some snacks and drinks to go with it and relax with an at-home concert. Artists featured on the PromoWest site range from The Revivalists to Mayday Parade.

"It doesn't matter what you do. As long as you put in effort and show that you care, any date during COVID-19 will go well," says Tisdell.

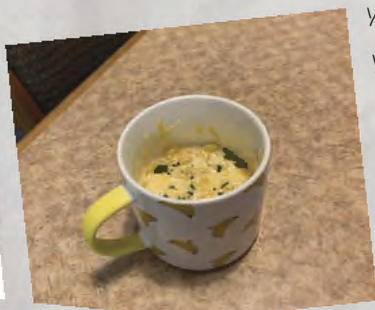


# Dorm Friendly Mug Recipes

3 RECIPES THAT CAN BE MADE FROM THE COMFORT OF YOUR DORM MICROWAVE.

STORY AND PHOTOS BY JORDYN MARY '22

## MUG MAC 'N CHEESE RECIPE BY ALVIN ZHOU FOR TASTY.CO



### Ingredients:

- 1/2 cup pasta of choice
- 1/2 cup water
- 3 tablespoons of milk
- 1/4 cup shredded cheddar cheese
- Salt and pepper to taste

### Preparation:

1. Mix water, pasta and salt in a mug
2. Microwave for 2-3 minutes, stir
3. Add milk and cheese and stir (add salt and pepper if needed)
4. Microwave in 30 second increments until melted, stirring in between
5. Enjoy!

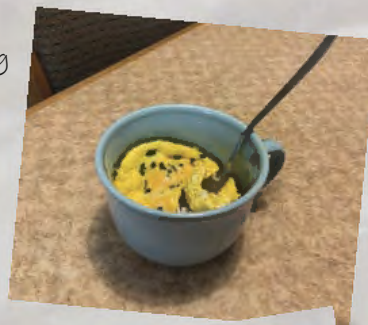
## OMELET IN A MUG RECIPE BY ALVIN ZHOU FOR TASTY.CO

### Ingredients:

- 2 eggs
- 1/2 bell pepper, diced
- 2 slices of ham, diced
- 1/4 cup spinach, chopped
- Salt and pepper

### Preparation:

1. Mix all ingredients in a mug
2. Cook for 2-3 minutes, stirring halfway through
3. Enjoy!



## CHOCOLATE CHIP MUG COOKIE RECIPE BY MELISSA MONDRAGON FOR NO. 2 PENCIL



### Ingredients:

- 1 tablespoon butter
- 1 tablespoon granulated sugar
- 1 tablespoon packed brown sugar
- 3 drops of vanilla extract
- 1 pinch of salt
- 1 egg yolk
- 1/4 cup of all purpose flour
- Chocolate chips

### Preparation:

1. Melt butter in microwave
2. Add sugars, vanilla and salt, stir to combine
3. Add in egg yolk
4. Slowly add in flour and stir until all combined
5. Add in desired amount of chocolate chips
6. Cook for 40-60 seconds
7. Enjoy!





# otterbein student media

T&C Media is a student-run news organization serving the Otterbein University community that seeks to provide accurate and reliable coverage of events and issues affecting the campus community. Its branches include a website, magazine, live sports video team and radio station. T&C Media is not only an extracurricular activity, but also a service to the college community in general and the student body in particular. All students are eligible to be involved in all aspects of production.

WOBN is the student-run radio station of T&C Media that broadcasts on 97.5 FM. WOBN broadcasts to the Otterbein and Westerville community and can be streamed live anywhere in the world from WOBN.net. Students showcase a wide variety of music, from national stars to local artists, with general airplay focusing on modern alternative. WOBN is the exclusive radio home for Otterbein athletics, broadcasting all football games, and most men's and women's basketball and baseball games, as well as select lacrosse games.





