Women Who Came Before Us
The untold stories of women in the early days of college admissions

From Washington to College Campuses
The costs Supreme Court rulings have on college students

Should Women Feel Bad for Reading Smut in Public?
How books are changing the ways women think about sex
Letter from the Editor

In a world brimming with distractions where the hustle and bustle often drown out the whispers of inspiration, “Muse” emerges as a beacon of artistic encouragement. This magazine isn’t just a collection of glossy pages; it’s a heartfelt invitation to discover and embrace your creative muse, regardless of whether you wield a pen, a camera, or simply the vivid colors of your imagination.

For me, this journey as Editor in Chief of Alice marks a significant departure from behind the camera into the writer’s desk and a leap into the realm of creativity from a different angle. It’s my first time in a main leadership position of a magazine, and it’s also the first time we’ve had an Editor-in-Chief who comes from the creative side rather than the world of writing. No doubt it has been a wild ride, but I wouldn’t have gained so much insight into all the wonderful departments this magazine has to offer.

That wouldn’t have been possible without the help of my incredible staff. Without their unwavering support, guidance and patience, my transition from the creative side to managing would have been a far more strenuous journey. They’ve shared their expertise and passion; Caroline Karrh offering me a crash course in the art of writing, Sarah Smith curating my artistic vision into a beautiful spread, Beth Wheeler connecting with our readers through the beautiful (but scary) realm of social media, and every contributor that brings “Muse” to life. It’s through their collective wisdom that I’ve come to appreciate the dedication and talent that goes into each page of this magazine. So, to our dedicated writers, visionary photographers, meticulous designers and everyone who contributes their unique skills to this publication, thank you for your mentorship and for helping me learn about each and every position that creates the magic of Alice.

The path to this inaugural issue of “Muse” was not without its challenges. As someone accustomed to just creating photographs, I found myself tangled in the cobwebs of a creative block during the magazine’s creation. I too, desperately sought my muse, grappling with uncertainty and doubt. But isn’t that the essence of creativity? The struggle, the questioning, the moments of doubt— they are all part of the intricate tapestry of artistic expression.

Within the pages of “Muse,” you’ll find a symphony of stories, images and ideas that celebrate the diverse tapestry of human expression. From historical women who blazed trails before us, to Supreme Court decisions that shape the lives of college students, and even the unapologetic act of reading smut in public spaces. Our magazine is a tapestry that weaves together the threads of the past, present, and future, celebrating the power of artistic expression to provoke thought, challenge norms and ignite change. Together, we embark on this creative adventure, a united force in our pursuit of artistic excellence.

Our aim is to fuel the spark within, to kindle the flames of passion and to remind you that creativity is not a privilege reserved for a select few, but a birthright bestowed upon us all. So, whether you’re a wordsmith searching for the perfect sentence, a photographer in pursuit of the elusive shot or a simple soul seeking to infuse everyday life with creativity, “Muse” welcomes you to join us on this inspiring journey. Let’s explore the depths of your imagination, together, and find your muse within.

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### Creative Editors

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### Contributors

#### Writing
- Lisé Badeaux
- Sara Salazar
- Haley Morgan
- Trudie Murphy
- Alison Reed
- Madison Miller
- Melanie Bumpus
- Emilee Bumpus
- Abby Cope
- Kendall Dillon
- Brenna Bolek
- Ashley Berry
- Kinsey Williams
- Grace Johnston
- Gabriella Haynes
- Alana Chavez
- Emma Cate Dailey
- Grace Worley
- Madison Brainerd
- Shane O’Shaughnessy
- Catherine O’Halloran

#### Creative
- Emma Mae Burtnett
- Hannah Grace Mayfield
- Caroline Simmons
- Sophia Priore
- Isabelle Carrozza
- Kayla Ripp
- Savannah Dorriety
- Isabelle Williams
- Caroline Prince
- Blake Schurman

#### Digital
- Jillian Kimrey
- Kenzie White
- Sage Riel

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Since the beginning of time, ideas about how women should look, act and present themselves in society have become ingrained into the collective consciousness of society. Every few decades, what is considered “beautiful” in mainstream media and society changes drastically.

In the early 1700s, society heavily favored women who presented themselves as “much more subtle and demure, and less revealing and flamboyant,” says Dr. Holly Grout, an associate professor at The University of Alabama, whose research primarily focuses on the history of beauty and consumerism. During this time, society began moving away from the heavy powders and rouge of years before, and heavy makeup was becoming associated with stage actresses or women who engaged in prostitution. Women who enhanced their bodies with these powders, creams, cleansers and scents were considered women of “ill-repute,” says Grout.

Into the 1800s, how women presented themselves became less about their own morality, but the morality of the people they surrounded themselves with.

“There was a sense that women were a reflection of their families,” says Grout. Women of this era had to bear not just the domestic labor of their household, but the emotional labor of upkeeping her family’s moral compass through the way she presented herself as well. Women who had
tuberculosis were often looked to as the beauty standard, despite it being the cause of almost 25% of deaths in Europe, according to the Center for Disease Control. Exaggerated feminine beauty was exalted during this time; rosy cheeks and lips, pale, almost translucent skin, and a demure attitude was demanded for a woman to be considered beautiful.

These harmful ideals held true until the turn of the 20th century, when class divisions start to become less stark and working and middle-class women were able to participate in the wider cultural scene in ways they hadn’t been able to before. Women of these classes were able to buy beauty enhancers and even create them from plants or minerals that were easily obtainable. This led to the breakdown of society’s class division in women that were considered beautiful.

Now, women part of a class other than the highest had access to these products. This breakdown led to women who hadn’t participated in creating the status quo beginning to set the standard, particularly working class, middle class, and women of color. Women who felt they could “never live up to that white beauty ideal” started to make changes, particularly during the feminist movement of the 1960s and 1970s.

With the beginning of the feminist movement, the desire for a more natural kind of beauty began to come back into style, and popular products started to place heavy emphasis on more natural and organic beauty products.

Although today’s society has made great strides in diversifying what qualities are considered beautiful, “at the end of the day, people still, for some reason, tie their self-worth to their appearance,” says Grout. “It might be class-based, it might be social, it might be related to where they are in life,” she says. This class barrier can still be seen today, especially in the types of clothing and products each person chooses to apply.

“[Beauty]...requires a certain knowledge base, which is not a new idea it is just one that has exploded and been amplified in the 21st century,” Grout says. “It’s also seen in the fashion you choose, whether it’s fast fashion, sustainable fashion, high fashion, casual fashion or non-fashion.” This division in what is seen as “acceptable” to put on the body could lead to lower- and working-class women to be ostracized from mainstream beauty ideals altogether, as what is on-trend just simply isn’t accessible to them.

This idea surrounding how a woman presents herself has lingered in Southern culture, especially in Deep South states like Alabama and Georgia.

“I have definitely felt like I have to look and act a certain way, especially growing up in Mobile, [Alabama],” says Calista Cleveland, a junior accounting major at UA. These beauty standards and class-based ideals are most famously seen in the debutante balls of the Deep South, where historically well-to-do families present their daughters to society once they have come of marrying age. This can feed into harmful stereotypes of traditional femininity and masculinity and can eventually lead to a larger class divide.

For all the strides society has made as a whole to get closer to accepting all bodies as beautiful, it seems like something is holding back. Although women have historically been restrained by hard to achieve standard of beauty, the proliferation of social media seems, at times, to be making it worse.

“[Social Media] has become a new public forum that we didn’t have before, and its magic and mirage is that it isn’t who you are all the time...so we get caught up in a system of images,” says Grout. This can cause college students in particular to think about their body in harmful ways, as young people haven’t yet received the message that what is shown on social media isn’t always the way it looks in real life.

“Every year I delete my social media for a month, because I would get so caught up in comparing myself to other people,” says Julia Kirkland, a junior majoring in Kinesiology at The University of Alabama. Although the proliferation of social media has its faults, its widespread use could usher in a new wave of societal change; especially for those in historically marginalized communities.

Today there are “new associations between beauty and the genders... and a proliferation of beauty types and ideas,” says Grout. Everyone, of every orientation, is becoming more interested in how to look “beautiful,” which leads to more definitions of what beauty truly is.

Everyone deserves to feel good about themselves, no matter what they look like. For this to happen, society must make broad, sweeping changes in all aspects of life, not just in what is on social media. People of every shape, race and orientation deserve to feel loved, wanted and most importantly: beautiful.

Modeled by Kiana Younker
Photos by Josha Charler
design by Caroline Prince
From smearing on mom’s red lipsticks, putting purple eyeshadow on a best friend’s eyes while playing dress up and smearing on enough blush to last a lifetime for dance recitals and school dances, makeup has almost always been a part of every little girl’s life.

Everyone deserves to feel beautiful in expressing themselves, yet many products continue to be inaccessible because of the uses of small text and intricate packaging. These dilemmas hinder many people with disabilities experiences while using beauty products.

With disabilities affecting approximately 16% of the world’s population, the mass creation of inaccessible labels and products have an impact on many underserved beauty consumers.

However, a refreshing movement is on the rise with many creators and brands taking the initiative to create products friendly for those visually and motor impaired.

Trishna Daswaney is one of these creators. She started her own brand called Kohl Kreatives. Kohl Kreatives has designed flexible eye-brush kits designed for both visual and motor-impaired individuals.

The eye-kits include a Feast Your Eyes set, which featuring, “a non-rolling cuboid handle for those with visual impairments,” and then a Flex Collection, which includes, “a five-piece set that bends all the way forwards and backward to make application easier for those with motor disabilities.”

Kohl Kreatives also gives a portion of the brand’s proceeds to its own charity, Kohl Kares, which empowers others through makeup workshops.

These workshops offer a safe space of support and teaching for individuals with disabilities, individuals undergoing chemotherapy, and individuals with pre-existing conditions such as port wine birthmarks, alopecia and vitiligo.

Their services are not limited to booked appointments, “Additionally, since the launch of the Flex Collection we offer personalized tutorials online to help support those with motor disabilities or illnesses to use their makeup brushes independently with confidence,” says the Kohl Kreatives’ website.

Beauty Beyond Limits
How Accessible Beauty Is Changing the Game.
By Kendall Dillon
Visual impairments can present barriers in the beauty industry as well. Braille is expensive to produce, and only a few brands have adapted to these changes.

Herbal Essences was one of the trailblazers who included raised stripes and circles on their shampoo and conditioner bottles in 2020. BlindBeauty in the UK, Dr. Jart+, Bioderma and L’Occitane are just a few who print and include braille on their product packaging currently.

Visual impairments, however, do not only refer to complete and total blindness. There are many other sight-related dilemmas that require a device to magnify, read labels, and or describe products.

Ra’Kira Tidmore, Case Manager at the Alabama Institute of the Deaf and Blind, (AIDB), says there are many technologies that benefit those visually impaired and create independence.

“Every blind person doesn’t read braille and every visually impaired person doesn’t read the same large print font size. Thankfully there are assistive technology (AT) devices out there that make it possible for them to read labels independently,” Tidmore says.

AIRA serves as a video call platform where the individual will initiate a video call on the app and a trained agent answers the call.

“Let’s say a blind person was grocery shopping and needed information about a body wash. The person could use AIRA to contact an agent. The agent could then read everything on the label of the body wash for them,” Tidmore says.

Another useful item for visually impaired people is a simple-to-use device called the PenFriend. All a person must do is record a personal voice message on the pen, and it will play back what they recorded to assist them with reading items on sticky labels found on products.

Magnifiers, such as handheld, stand and video magnifiers and optical character recognition apps are useful to those with visual impairments and those not completely without sight.

Despite technology helping to break down barriers, there are still flaws that can cause obstacles for those with impairments. “The most common is the visual barrier. The information on a label or packaging is written in such a small size font, that even a person with 20/20 vision may have
trouble reading. So even if a blind person does use the assistive technology...they could still miss out or misinterpret vital information,” Tidmore says.

Though the industry still lacks much accessibility for those with disabilities, many makeup users have not let that stop them from using makeup and beauty products to express themselves.

Bella Buono, a junior in Sigma Kappa sorority, has one hand and has never let the disability hinder exploring the world of makeup and dabbled in it as early as age 12.

“Being born with one hand, I’ve never known anything different and have gone through life doing everyday tasks in my own way,” Buono says.

Buono was involved with theatre in high school and enjoyed the power makeup had in allowing the freedom of creativity despite physical obstacles. Although having to adapt, the junior has found ways to get around these obstacles.

“Most people do their makeup in the bathroom mirror or at a vanity. Either way, counter space is my best friend. Since I can’t really hold my products while physically applying my makeup to my brushes or my face, I just set it down and then go about it,” Buono says.

Not only with makeup, but other beauty products, such as shampoo and conditioner with pumps have given Buono assistance, who saves the pumps for additional uses. One of her favorite brands is Bare Minerals, for its pump on foundations.

However, there are still critical difficulties in opening the packaging of products. Tubes require twisting, and palettes and compacts can be challenging for individuals who have mobility impairments.

“When it comes to makeup packaging the main thing I struggle with is opening pallets with the little hole that you would use your nail to pop open. I’ve broken a nail on one of the things, I keep it set on the counter and have to sort of hold it in place to get it open, but it will slide around or fall out from under my hand. I’ve fully flung a foundation pallet into the sink once,” Buono says.

Despite inaccessible packaging that may be frustrating, the difficulty has not affected Buono’s optimism for future product accommodations.

“I think it would be really cool to find ways to get more makeup products in forms that there could be pop buttons to open pallets, I was also
thinking about holding brushes or eyeliner/lip liner pencils, like how there are little grippies for regular pens and pencils, maybe there could be something for your makeup brushes, eye and lip liners so it’s more comfortable to hold,” Buono says.

Even though there is a lot to be improved, Buono’s confidence shines through.

“It’s important to express and be proud of what makes us different, I wouldn’t trade my hand, or lack of, for anything. It is a part of who I am, and I embrace that.” Buono says.

Emily Eyrich, a junior studying Creative Media, has worn glasses most of her life and shared her experiences and difficulties while being vision impaired.

Eyrich was prescribed glasses in elementary school because her vision test results at school alerted her parents that she was struggling to see.

“I never had them early, but it began to progress, and got worse at age seven. I was struggling to look at the board. It was awful,” Eyrich says. Despite having challenges with seeing, her biggest passions were found in dance and in media.

Eyrich, who started to dance at the age of two and through the age of 18, has gotten accustomed to putting makeup on for recitals. Without glasses, it is hard for her to see, and the application process can present many challenges of products being applied without precision.

“I have to get really close to the mirror with all the lights on. Quick drying mascara became my favorite product because it wouldn’t smear if I applied it wrong,” Eyrich says.

Making beauty products accessible for everyone should be a priority of beauty brands everywhere. No matter the ability, everyone deserves to feel beautiful and have beauty products that are accessible to them.
The Evolution of Beauty Influencers

Has the impact of beauty shifted from sincere to sponsored?
By Brenna Bolek

TikTok is a social media platform that is taking the world by storm with the rise of influencers and branded content. Influencers offer an authentic approach, and make consumers feel as if they are getting advice and recommendations from a friend rather than someone with a large following.

Brands have taken notice of the engagement that certain influencers are receiving on their videos. What’s a better idea than to send PR packages to these content creators to review and show their viewers? To influence consumers to buy a product, they need to be able to have an audience who trusts them.

“You want to build your audience’s trust, or your role as an influencer is tarnished,”

Tom Arenberg, an ethics in media professor at The University of Alabama says. “That to me is an incentive to share your true opinion and to not be influenced by the benefits the company wants to give you because if you’re putting out what you know to be unsupported or false recommendations, your audience will find out and when they do, they will suddenly lose trust and no longer support you,” Arenberg says.

Honesty, authenticity and respect are essential qualities that TikTok users seek in a content creator. Without these attributes, an influencer may lose their followers’ support once the audience detects the falseness of their content.

More often, TikTok users are uncovering the truth about brand deals and influencer

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recommendations relating to the falsity of a review. Skepticism only makes sense relating to branded content because viewers don’t know if an influencer was motivated to say something positive about a specific brand.

“I have felt swayed to say good things about a product but not in the sense where it has felt forced because of the benefits I receive,” Sloan Starzyk, an Amazon Prime Student Brand Ambassador says. “If a brand offers me a paid sponsorship deal, that personally I know don’t like, but my friends do, then I will accept the offer, but it would depend on how much they pay me.” The line between honest and paid advertisements seems to be blurred. Money appears to be a major influence when influencers accept a brand deal.

The shift from sincere reviews to branded content seems to be overlooked. The beauty world is prominent on social media, but not all of it seems to be true.

“The only influencer I really trust is Alix Earle, because she seems as if she is my friend and not driven by money,” Teagan Pennington, a secondary education and English major at The University of Alabama says. “I have always been skeptical of TikTok Shop because I have seen multiple posts by people with a low following saying to buy a product, but then I also see people who get scammed and receive something they did not order, so now I really don’t know what to believe about advertised content.”

A new feature from TikTok, the “TikTok Shop,” allows creators to spotlight and promote products they love through a suite of in-app shopping touchpoints. Users can discover a post and tap on the link above the caption to quickly shop for a product. Most of the time, the product has a discounted rate, which makes some users skeptical.

There have been instances of many TikTok users posting about a fake product they have received through TikTok Shop. For example, users have purchased what they thought was Sol de Janeiro’s “Brazilian Bum Bum Cream Lotion,” yet they received a lookalike with a paper wrapping around the lid, revealing that it was fake. This further demonstrates that, on social media, not all advertisements are true, and users have the right to question what they are viewing, especially when it comes to spending their money on an advertised product.

TikTok’s sincerity is being questioned the more influencers are posting advertisements. Honesty is the best quality in the sense of branded content, but until community guidelines for false advertising once again change the landscape of TikTok’s influencing scene, it’s up to viewers to research and discover for themselves whether a sponsored post is the truth.
Six thousand years ago, Ancient Egyptians decorated their faces as a way of setting themselves apart from the lower classes by outlining their eyes in an almond shape using kohl applied with small sticks. Many Egyptians mined ores like copper or lead, which were used to color their eyelids, with green being a favorite color. Similarly, during the Victorian era, women began to shape their eyebrows, powder their noses and use clear creams to give their faces a natural glow.

Current-day makeup enthusiasts chase the same ideas that the Egyptians and the Victorians had. Today, they apply sticks of black liner in perfect winged tips and use glossy name-brand products and popular "dupes" to give them that sought-after glow. They do this in the front seat of their car, or in front of their bedroom mirrors as "get ready with me" influencers eat their slice of today’s $400 billion worldwide makeup industry pie.

In a world of ever-changing technology that allows for constant access to a flow of information, the beauty industry is everywhere. Normal people are now becoming influencers overnight by promoting their favorite products. Large brands are capitalizing on this and becoming smarter with social media outreach. The beauty industry and its influence are growing continuously, reaching all corners of the world regardless of age, gender, skin tone or skin type.

The meaning of beauty is different for each person; their reasons for wearing makeup meet in the middle to provide an avenue of creativity and personal expression that many rely on as an escape from their regular lives.

How did the growth of the beauty industry become so prominent? How has the fascination with beauty and cosmetics become an obsession? To understand how the influence of such a large industry became so powerful, one must not only go back 6,000 years, where historians trace the original use of cosmetic products, but should also pose the question: What does beauty mean to you?
For the ancient Egyptians, beauty defined culture. From body oils and soaps to henna and perfumes, they were passionate about enhancing their skin and creating beauty secrets specific to their culture, like painting their eyebrows and eyes with black paint to protect their eyes from the brutal desert sun. Nature was their muse, and they utilized various natural resources to create makeup to better their everyday lives. They created creams from scratch using flowers and resins and used sycamore juice to quicken the healing of scars.

Many of these same materials are used in modern-day makeup, such as olive oil, honey, and beeswax. While the ancient Egyptians did not have the viral technology of today, these original artists were some of the world's first makeup influencers. Every generation has prominent beauty influencers that helped define the beauty of that era. From the philosophers in ancient Egypt to poets, playwrights, and artists to modern-day social media creators, these influencers help define what beauty is and show how to achieve it.

Famous influencer and makeup icon Max Factor once said, “You are not born glamorous; glamor is created.” Society has proved that they are willing to spend any amount of money to achieve a desired level of glamor.

Makeup is used to create signature looks that are easy to identify. For example, The University of Alabama Crimsonettes, who are famous for their big hair and dramatic makeup that can be seen from the upper bowl of Bryant Denny Stadium. Makeup transforms these young women, who appear as regular students in UA classes, and affords them the confidence to perform for a massive audience.

Rylie Dewley, a second year Crimsonette, says, “Being done up on game day feels amazing. I mean, it’s a dream come true for all of us, but it’s truly so much more than that. It’s carrying on the tradition of those who came before us and for those who will come after.”

From the ancient Egyptians to the ancient Greeks to the modern day, makeup has continued to allow people like the Crimsonettes to enhance their confidence. To Rylie and the other Crimsonettes, the signature makeup look of this world-class majorette team transforms them into the classic beauties known visually all over the country on any given Saturday.

In many ways, America’s obsession with physical beauty began on a boardwalk in New Jersey over 100 years ago after a swimsuit competition that eventually became the renowned Miss America Competition. This annual competition featuring the 50 most beautiful women in the country has long since defined beauty in America.

Callie Cox was one of those 50 young women to grace the Miss America stage in 2021, representing Missouri. Cox says, “Leading up to the competition, I knew my look had to be on point. I was able to lean into my femininity, and I was confident that I had put my best foot forward, down to the fake eyelash placement.”

Mary Ann Owens, a Miss America local director for 40 years, says, “Everyone defines beauty differently. Women who are confident and conscious of who they are certainly beautiful, but a classic beauty dresses her face first.” Each year, Owens personally preps pageant winners, and credits the makeup lessons by professional artists as a big part of the preparation.

Whether makeup is transforming an Egyptian princess into a fierce icon, the girl in biology class into a field-ready baton twirler or a young woman with big dreams into a beauty queen, makeup through the ages has proven to have a positive impact on women's self-esteem and confidence levels by simply changing the way one feels about themselves. Beauty is defined in many ways, but it has always had a strong tie to makeup, with a rich history and roots as old as time. Pull up a chair and transform into the most glamorous era yet.
Historically, the women that inspired famous songs, paintings and films were only acknowledged by the men who took inspiration from them. Many of these women were artists themselves and deserve to be remembered as the powerful women that they were. The following looks inspired by these women capture their beauty and wit and are sure to turn some heads.

Perhaps the most well-known of these women is Zelda Fitzgerald. A great writer herself, she is mostly remembered for her often-tumultuous marriage to author F. Scott Fitzgerald. They were quickly catapulted into the national eye after they were married, and her husband received critical attention from his new novel.

Zelda and her husband threw lavish and wild parties during the early days of the jazz age, and the two were unequivocally among New York’s most famous celebrities. Zelda and her contemporaries wore their hair in sleek, short bobs, applied copious amounts of blush to the apples of their cheeks up to their temples and lined their eyes in striking cat-eye eyeliner. These bold choices all broke away from the mainstream and made “flapper” synonymous with freedom.
“I would love to wear this look for a night out, and I think wearing lots of blush has really come back into style over the past few years... especially with brands like Glossier becoming famous for using lots of blush,” says Myra Wilson, a junior marketing major at The University of Alabama.

This idea of influential women being used as inspiration is not a new one, as it was happening in the 1850s with the introduction of Elizabeth Siddal onto the Pre-Raphaelite art scene. Elizabeth is perhaps most famous for being the model for John Everett Millais’ 1852 painting Ophelia. Although she later became an artist in her own right, and in 1857, she was the only female Pre-Raphaelite artist allowed to display her work at Russel Place’s summer exhibition.

Siddal and other women in her circle broke away from their time’s ideals of feminine beauty to instead wear their hair loose and free flowing with fresh faces adorned only with a scarlet lip stain. This look was characterized by a light base, very little eye makeup and a shock of red lipstick.

During this time, the way a woman presented herself represented “not just her morality, but the quality of her family, community and class,” says Dr. Holly Grout, a professor of history at The University of Alabama. Elizabeth’s choice of makeup during this era was incredibly radical, and to not conform to mainstream beauty standards during this time was almost unheard of for a woman of her status.

Another woman integral to a budding art movement was Alice Prin. Prin, also known as Kiki de Montparnasse, modeled for many artists during the surrealist movement. Most famously, she is the woman pictured in Man Ray’s 1924 photograph, Le Violon d’Ingres. Prin was also a painter in her own right, and in 1927 she hosted a sold-out exhibition in Paris. Representing her lifelong love of “decorating herself,” she painted self-portraits and landscapes in an expressionist style, and signed her paintings only with “Kiki.”

Prin was the epitome of French beauty in the 1920s and was most often painted and photographed with deep red lips, blushed cheeks and striking black eyeliner. She cemented herself as a 1920s bohemian beauty with a signature look that still holds true today.

Similarly to Alice Prin, Edie Sedgewick was connected to a famous male artist who went on to become the face of his art movement. Edie was a 60s-era sculptress, model and actress, and became entangled with pop artist Andy Warhol in 1965, and was quickly dubbed one of his “superstars.” The films she appeared in were mostly shown at underground theatres, but she began receiving media attention due to her proximity with Andy Warhol.

Due to this attention, she created an incredibly distinct personal style with short hair, dark eyebrows, almost no blush and dark, heavy eye makeup with nude lipstick. Her tumultuous but vibrant life inspired many superstars of the 60s, and she was a large influence on fashion and makeup during this era.

“I love this look,” says Maggie Jutze, a senior majoring in political science at UA. “I already love the sixties style of makeup, and I think this look would be great for a more dramatic night out,” says Jutze.

Each one of these women were unique and made their mark on the world; these looks will give you a bit of their spark and help to carry on their noteworthy legacy. From whimsical 60s cut creases to sleek 20s bobs, each of these looks has something for everyone. Whether taking inspiration from their innovative hairstyles, clothing or makeup looks, these powerful and influential muses can serve as a guide to style for all.

Design by Meagan Riordan
Vintage Fashion 101
Everything there is to know about buying someone else's clothes.

Staying on Trend with Microtrends
Discussing what microtrends are and what they do to our world.

Chuck Taylors - An American Icon
The origins and life of the popular shoe brand and its impacts on society and fashion.

Which Iconic Doll Are You?
Are you a Barbie, Bratz, American Girl Doll, or Polly Pocket?

From Festive Overalls to White Cowboy Boots
A comparison of gameday fashion across the U.S.
Everything there is to know about buying someone else's clothes
VINTAGE FASHION 101

EVERYTHING THERE IS TO KNOW ABOUT BUYING SOMEONE ELSE’S CLOTHES

BY TRUDIE MURPHY

Vintage fashion and buying second-hand clothes are lifestyle choices that have gained immense popularity in the last few decades. As the fashion industry is on par with oil in terms of pollution, many people are considering their wardrobes’ environmental impact and are choosing thrifting instead of buying from fast fashion brands. In addition to making a greener choice for the planet, buying second-hand is also accessible. There is an abundance of resources from in-store shopping to shopping online for used clothes. In addition, buying second-hand can help save money. Best of all, buying used clothing offers the treasure hunt of finding vintage pieces if one is knowledgeable about what to look for.

So, how does someone who wants to build a greener wardrobe begin? Thrifting and consignment shops are what most people are familiar with, but there are also vintage shops, pop ups, apps that specialize in vintage fashion and the world of estate and yard sales.

Here in Tuscaloosa, a lovely source for vintage is the pop-up market located at Don’s Barbershop which is hosted a few times a year by Tuscaloosa Vintage Market. This pop-up flea market usually has 10 to 15 vendors, and each vendor has a different variety of items. On top of this, many of these vendors are willing to negotiate prices!
Another place to look for that dreamy Y2K dress is the Skyland Antique Mall. In the antique mall's basement, there is an amazing selection of clothes and accessories from the 40s to Y2K.

Another shop with an excellent selection of vintage sports and loungewear is Alabama Vintage, located in downtown Tuscaloosa. It offers quite a selection of vintage Bama gear, so if vintage shoppers are on the hunt for that perfect 1979 Alabama championship hoodie, there’s a good chance they will find it there.

Two great online options for second-hand shopping are Threadup and the RealReal. These websites offer deals on gently used clothes from popular and designer brands that are up to 90% off retail prices. They thrive in the circular economy as resale companies that allow customers to ship clothes to their nearest location to be resold. The experience of buying and selling with these companies is fantastic, and the process of selling clothes with them is very simple. Threadup, for example, allows users to ship a box of clothes to them to be resold, so consider this at the end of the semester when moving out.

In terms of yard sales, it can be difficult to know what to do when getting started. Every year, people clear their schedules to attend the world’s longest yard sale. This event is called the Hwy 127 Yard Sale, and it happens during the first Thursday through the first Sunday of August. Individuals set up yard sales from Addison, Mississippi, to Gadsden, Alabama. Shopping for hours in the heat of early August can be brutal, but the finds are worth it.

Skylar Coots, yard sale extraordinaire, volunteered some helpful tips on how to have a successful yard sale hunt. Coots recommends starting earlier in the day. This helps shoppers to find that gorgeous pair of true vintage bellbottoms before anyone else does. Shopping from 8 a.m. to 10 a.m. also helps with heat exhaustion. Be sure to stay hydrated by bringing a water bottle on the hunt for vintage finds. Do not forget a hat, sunglasses, comfortable shoes, and some snacks to stay energized. Another recommendation Wots gives is to bring plenty of cash since most sellers probably won't accept credit or debit cards.

Another popular vintage store is Collective Clothing, located in Chattanooga, Tennessee. They have a groovy atmosphere, a range of
sizes and reasonable prices. Their inventory is always changing, and they are very active on their Instagram, @collectiveclothing, frequently showing off new items for sale. Sondra Aten, co-owner of Collective Clothing, provided details about their sources for vintage pieces.

“We look for older items, so the best places to find these items are from the original owners,” Aten says. “That usually means shopping via house calls and lots of estate sales. We find a lot of meaning in what we do, which is basically keeping these vintage items out of the landfill and giving them a second life.”

Many vintage lover's first experiences with vintage clothing were shopping at Collective Clothing and similar stores. Collective Clothing amazes customers with its lovely selection of fancy 50s dresses, floral patterned pieces from the 70s, and 60s mod blouses. Collective Clothing inspires customers to grow their vintage collections through thrifting and rock vintage clothing in their daily wardrobes. Combining vintage pieces with modern clothes creates unique looks, which inspire wearers to be more adventurous with their personal styles.

Haley Mitchell is a recent graduate of The University of Alabama who is completing a master of arts in teaching at the University of Pittsburgh. Mitchell is big in the thrifting scene, and her personal style is heavily influenced by the late 60s and early 70s.

“The beginning of the 60s is so vastly different from the end. This directly coincides with women’s liberation in my opinion. It goes from pastel shift dresses, pillbox hats and short hair that evolved into denim, boots, ponchos and long hair.” Mitchell is well-versed in identifying true vintage by taking notice of small details in each article of clothing. There are obvious signs of true vintage like brand and style, in addition to the overall construction. The type of fabric used, and even down to the brand of zipper are all clues that she uses to age an article of clothing.

“Things that zip up on the sides of shorts, pants, and dresses are usually pre-60s,” says Mitchell.

The final recommendation for second-hand and vintage sourcing is Depop. This app connects you to thousands of independent resellers and small businesses. By selling vintage pieces, one can grow their skills in clothing repair, photography and more.

Vintage fashion is a great way for fashion enthusiasts to expand their personal style, shop sustainably and even save a little money if they know where to look. Vintage fashion helps people to better appreciate the past and grow their wardrobes, allowing wearers to stand out and shine bright against the backdrop of today's modern fashion.

BUYING USED CLOTHING OFFERS THE TREASURE HUNT OF FINDING VINTAGE PIECES IF YOU ARE KNOWLEDGEABLE ABOUT WHAT TO LOOK FOR.
In a world of fast fashion and social media, microtrends are on everyone’s radar. From slip dresses to “cottagecore” and power shoulders to peplum, almost everyone has participated in a microtrend. What exactly are microtrends, and what are their implications for society at large?

In contrast to regular trends, microtrends are fashion trends that rise to and fall from popularity in a short period of time. Microtrends typically originate from social media platforms, where viral posts are easily shared amongst the masses. When a clothing item or style goes viral, the urge to be on trend takes over and leads most to purchase the clothing they believe they need to fit in.

“Many [microtrends] don’t even last longer than one season. On the other hand, regular trends will remain in popularity for several years before going out of style...Not that long ago, fashion only had two main seasons where collections were released by brands. Now, stores are dropping new collections at almost a daily rate,” says Gaby Aldridge, a junior studying MAJOR apparel and textiles at The University of Alabama.

While microtrends may appear to be all fun and games, they are unfortunately a cog in the machine that is fast fashion, an industry that perpetuates unethical manufacturing and labor practices. Companies quickly produce extremely large quantities of clothing in order to stay on trend, producing excess waste as yet another microtrend pops up. The overproduction of clothing does nothing but harm the environment and those who are working on the factory floor.

In Rachel Fuchs’ “Fast ≠ Fair: The Harm of the Fast Fashion Industry,” Fuchs says,
“The creation of fabrics both natural (cotton) and artificial (polyester) use a large amount of water for the former and chemicals for the latter. But it is the combination of the consequences of the manufacturing of fabrics and the excess of products made that makes fast fashion an unsustainable practice.”

Microtrends change just as rapidly as viral dances do on TikTok. The speed at which microtrends are established leads manufacturers to increase the speed of production which negatively affects the laborers who create the articles of clothing. Leighton Siegal, a senior studying technical theatre at The University of Alabama, has hands on experience creating clothes as a costume designer.

“Rushed production leads to lower quality clothing and often worse working conditions for the people making the clothes,” says Siegal. According to Astha Rajvanshi’s article “Shein Is the World’s Most Popular Fashion Brand—at a Huge Cost to Us All,” Shein is a prime example of a clothing company that abuses its employees. In an attempt to profit off of microtrends, Shein forces their workers to labor for shifts up to seventeen hours long for extremely little pay and no days off. In addition to extreme shifts and low pay, Shein’s workshops are extremely dangerous; for example, several of Shein’s workshops lack safety precautions, such as exit signs and windows.

Now that the negative impacts of microtrends have been established, how can one avoid participating in these highly alluring trends? First, the longevity of the trend must be questioned. Does the trend appear to be losing momentum already, or does it look as though it will be around for a while? Did the trend suddenly appear out of nowhere on social media? How many times will the outfit be worn? If the trend is already dying down or the clothing is something that would only be worn once, reconsider whether it should be purchased or not.

If the clothing will be worn more than once, then ask if the clothing fits an already established personal style. Will the article of clothing stick out like a sore thumb in your closet, or will it fit right in? Having a personal style is much more sustainable than constantly participating in microtrends, and a personal style leads one to make much more informed decisions on what to purchase for their wardrobe. While participating in microtrends can provide oneself with a temporary sense of satisfaction, fostering one’s very own personal style can be an incredibly rewarding experience.

On the topic of sustainability, buying clothing from companies that do not partake in unethical production is a great way to still participate in trends without negatively affecting the environment and those who assemble the clothes.

From Bid Day to weddings, Swag. is a boutique located on Greensboro Avenue in downtown Tuscaloosa that specializes in highly customizable clothing and merchandise. Swag. does its best to utilize ethical business practices while still providing customers with what is on trend.

 “[Swag.] does a lot of in-house work...We reuse the screens hundreds of times,” says Emma McGowin, a cashier at Swag. who is studying public relations and apparel design at The University of Alabama.

Swag. and stores similar to it ethically create trendy clothing by keeping the production of their clothing off sweatshop floors and instead employing local individuals. By shopping at stores like Swag., one supports their local economy and ethical business practices. When abstaining from purchasing clothing manufactured in the fast fashion industry, consumers are removing themselves from the influence that acts on fast fashion companies to churn out microtrend after microtrend.

As microtrends pop up on social media feeds, it is imperative to rethink one’s participation and consider the impact of fast fashion on the world. While tempting, remember the harm fashion causes and their own contribution to the fast fashion cycle. Hopefully, sustainability will be on trend next.
CHUCK TAYLORS

AN AMERICAN ICON

BY MADISON MILLER
Any given day that someone is walking the streets, it is guaranteed that they will see someone else wearing a pair of Chuck Taylor. They are absolutely everywhere and have been worn on the feet of many for over a hundred years. What is it about these shoes that have made them stay mainstream for over a century?

**THE ORIGINS OF CHUCKS**

Chuck Taylors have been around longer than most people alive today, yet they remain a staple shoe of most wardrobes. Chuck Taylors, more commonly known as Converse, is one of the most popular footwear brands ever.

An article by Instyle Magazine dives into the early history of the brand detailing how “Converse was founded by Marquis Mills Converse in 1908 in Malden, Massachusetts.”

The company was originally named the “Converse Rubber Company.” Back in the early 1900s the company was making practical footwear as detailed by Instyle Magazine, such as “galoshes, leather duck-hunting boots, and tennis shoes.” They also manufactured tires and other rubber products. The company moved to developing a basketball product line in 1916.

Then, in 1917 the Converse Chuck Taylor All Star shoe was born.

The All Stars were an immediate success due to their uniqueness. The shoes were worn by basketball players as a tool to help increase their performance against competitors. The shoes are named after basketball player, Chuck Taylor, who was the first basketball player to endorse the shoes. According to Instyle, the brand added the name Chuck Taylor to its signature ankle patch in 1932. Since their founding, these shoes have remained trendy, iconic and have facilitated positive change.

**SOCIAL IMPACT OF CHUCK TAYLORS**

Converse’s social impact statement is all about “empowering today’s daring spirit of youth by celebrating freedom of expression through individuals and their movement.” Converse focuses on supporting individuality, rebellion and evolution. To Converse, it is vital they evolve in order to keep the captivating spirit they have developed. They work to keep supporting youth today through culture, athletics and originality. The company values improvement and helping others. Some social impacts Converse have made are donating money to help with COVID-19 relief efforts, giving away over five hundred pairs of Converse in the New Orleans Area and being a corporate sponsor to numerous service-based organizations.

It is truly special to see a company that is already so well established choose to use its abilities to provide good and to help communities around the nation. Converse as a company is unique in so many ways.

**CHUCK TAYLORS IN THE FASHION WORLD**

Chuck Taylors are the most versatile shoes in the fashion game. Chucks are worn with glitzy ball gowns instead of sky-high heels and on the feet of A-list celebs and political figures.

There have been collaborations with popular fashion brands such as Comme des Garçons x Converse and Off White x Converse. These collaborations continue to give Chuck Taylors a new edge and continue to make them fresh and exciting.

There is also an option to customize Chuck Taylors, which is very rare among shoe brands. Designing one’s own shoe is a powerful way to show personality through fashion.

Chuck Taylors are a shoe for everyone and that’s what makes them so notable in the fashion world. Many different designers have collaborated with Converse to put their original spin on the classic shoe. They have been worn on the streets by the Obamas, Gigi Hadid, Timothée Chalamet, Usher and more.

What makes these off-duty models, political powerhouses, mainstream actors and music icons continuously rock Chucks? Chucks are a timeless shoe that can be styled anyway one desires. A pair of Chucks can be worn with a little black dress for drinks with friends, or in a game of pick-up basketball. The now vice president of the United States wore Chucks all along her campaign trail.

These shoes are powerful and potent and can be worn by anyone, regardless of gender or societal norms. What makes them so lovable is their ability to suit everyone and every event.

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Adair Wright, a junior majoring in apparel and textiles at The University of Alabama, says, “the brand has done an amazing job at staying so relevant across the years.” Wright also brought up how there have been so many “different stages of basic shoes trends” throughout the years, yet Converse remains a staple piece in fashion.

Wright believes they have survived the test of time due to their uniqueness. The appeal is anybody and everybody can wear them no matter what style they like. There is such a wide variety of colors, patterns and even customization options that can fit anyone's personal style."

Lauren Wong, a sophomore also majoring in apparel and textiles at UA says she believes, “Chuck Taylors will remain stable and popular for many years to come, even with new fashion trends. Time and time again, they have proven to be consistent and a constant fashion subject."

Additionally, apparel and textiles professor at The University of Alabama, Rebecca Burney, gave her professional perspective on the subject.

According to Burney, the shoes’ longtime popularity stems from how “the design, which has pretty much remained true to its original concept, can be worn by men and women, making its appeal even more versatile. [Since] the uppers are made of canvas, not leather, vegetarians, vegans and those who are sensitive to animal harm are able to wear the style without guilt. Also, the cost is relatively affordable to many people and so it is fairly easily attainable.”

Burney also touches on how “Converse has a rich history of collaborating with many designers and brands to reimagine Chuck Taylor.” The collaborations “bring in another consumer who may not have originally bought the shoe but now will since it is designed by Commes de Garcon, or Rick Owens, or Hello Kitty (among many others).”

Burney speaks on how the shoes are often given a new spin, like “rubber outsole, special edition color combinations, print varieties, and customization,” which attracts more customers. “The magic of Chucks is how their simple design works with high and low fashion choices, so it can be worn with a tuxedo, a summer sundress, or ripped jeans,” says Burney.

Something that makes Chuck Taylors special is how “people might have an association with a particular time in their life when they wore Chucks.” According to Burney, “Chuck Taylors are a practical, sustainable and comfortable fashion choice. They are durable shoes that can last many years, won't break the bank to buy, and can say a lot about who you are.”

**CHUCK TAYLORS AN EVERYDAY FAVORITE**

Chucks are a shoe worn by students everywhere and they can suit everyone’s personality. They are all around and unique to every wearer’s character. Their uniqueness and ability to be iconic in every aspect such as their social impact and fashion abilities will make this brand continue to be timeless for another hundred years. Chuck Taylors and the Converse brand have become so much more than just a shoe, making them beyond special.

*Photos by Emma Mae Burtnett*
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“TIME AND TIME AGAIN, THEY HAVE PROVEN TO BE CONSISTENT AND A CONSTANT FASHION SUBJECT.”
Which Iconic Doll Are You?

Are you a Barbie, Bratz, American Girl Doll or Polly Pocket?

By Caroline Karrh

1. Describe your style:
   a. Simple and classic
   b. Glamorous
   c. Fun and girly
   d. Insta baddie

2. Pick a vacation spot:
   a. Maine
   b. California
   c. Hawai’i
   d. Miami

3. If your friends had to describe you, what word would they use?
   a. Dependable
   b. Fabulous
   c. Sweet
   d. Confident

4. What’s your favorite food?
   a. Chicken
   b. Pasta
   c. Sushi
   d. Pizza

5. Pick a sweet treat:
   a. Ice cream
   b. Cupcakes
   c. Candy
   d. Dark chocolate

6. What was your favorite subject in grade school?
   a. English
   b. Science
   c. Art
   d. Math

7. What is your favorite color?
   a. Blue
   b. Pink
   c. Purple
   d. Black

8. Pick a pet:
   a. Pony
   b. Golden retriever
   c. Parrot
   d. Black cat

9. Which female artist do you like best?
   a. Dolly Parton
   b. Taylor Swift
   c. Ariana Grande
   d. Beyonce

10. Pick a TV show:
    a. Gilmore Girls
    b. Gossip Girl
    c. The Summer I Turned Pretty
    d. Euphoria

11. What’s your major?
    a. History
    b. Political Science
    c. Environmental science
    d. Business

12. Pick a genre of music to listen to:
    a. Folk
    b. Pop
    c. Country
    d. R&B

13. Pick a movie:
    a. Pride and Prejudice
    b. Legally Blonde
    c. Aquamarine
    d. Bring it On

14. What’s Your Dream First Date?
    a. Picnic
    b. Cooking class
    c. Beach day
    d. Night out on the town

15. What’s your favorite season?
    a. Fall
    b. Summer
    c. Spring
    d. Winter
If you answered mostly A's: You are an American Girl Doll!
You are super smart, hardworking and classically beautiful! Everyone knows you and knows they can depend on you. You strive for success in all you do, and always meet your goals! You are so kind, and people love to spend time with you. You have a small group of close friends who would do anything for you. Your personality is warm and comforting. Keep being yourself and embrace your inner American Girl Doll!

If you answered mostly B's: You are a Barbie!
You are fabulous, driven and iconic! You are gorgeous and whip-smart, a deadly combo that allows you success in all you do. You are a natural leader, and people strive to emulate your personality and style, but you will always be the blueprint. Keep being yourself and embrace your inner Barbie!

If you answered mostly C's: You are a Polly Pocket!
You are adorable, sweet and fun! You light up every room you walk in, and people naturally gravitate toward you. You have a chill personality that makes everyone feel at ease. You are effortlessly cool, which makes people jealous sometimes, but you always win them over with your sunny personality. Keep being yourself and embrace your inner Polly Pocket!

If you answered mostly D’s: You are a Bratz!
You are confident, fearless and always speak your mind. You've got model good looks and a wicked sense of humor. You have lots of friends, and they all love to be around you, because you make everything fun. You always know how to have a good time, and everyone knows you are the life of the party! Keep being yourself and embrace your inner Bratz!
From Festive Overalls to White Cowboy Boots:
A Comparison of Game Day Fashion Across the U.S.
By Alison Reed

Hours before the players step onto the football field on gameday, the main fashion event has already begun.

The Southeastern Conference is known for many things: competitive sports, notable alumni and extravagant game day fashion. To students attending SEC universities, game day is more than a simple football game. Game day is a picture-perfect, red-carpet event with a side of football.

Over a century ago, it was common to see football fans wearing suits and long, elegant skirts to support their favorite sports team. However, as fashion and society progress, gameday fashion evolves as well.

It's Not That Serious

It’s no surprise that greater fashion trends influence the attire of game days, but when did the South get so notorious for having such a unique dress code for football?

Kendall Hamm is a junior who is from Grand Haven, Michigan studying computer science at The University of Alabama. When reflecting on her transition from living in frigid Michigan to attending school at UA, she says, “One of the biggest surprises was game days. I was fully expecting to go to a game in a jersey and sweatpants because that’s what they did in Michigan,” says Hamm.

Hamm also reflected on game day experiences in California. She explained that despite being over 2,000 miles apart, the casual tone of game day in Michigan and California was similar. Instead of sweatpants, fans could fit in by wearing jean shorts with their school jersey.

Although the styles between the different regions of the United States may be vastly different, many college students are aware of and invested in the game day fashion at SEC universities.

Comfort First, Spirit Second, Style Last

Laurel Gustafson is a recent graduate of Colorado State University in Fort Collins, Colorado. Gustafson has attended many football games between CSU and the University of Colorado – Boulder. She mentioned first hearing of Southern fashion through TikTok. She found the grandeur of Southern fashion entertaining, even though it does not directly affect her or her style.

There is no doubt about it; Gustafson looked forward to game days during her college years. She explained that her outfit was not her first priority to cheer on Colorado State. “I looked for comfort first [in a game day outfit], then worried about looking cute,” comments Gustafson.

“We have to walk over half a mile to the stadium from the student tailgates... Once we are in the stadium, we are jumping around and get very into the game. We get cuckoo,” Gustafson says, laughing as she explains her reason for seeking out comfortable game day outfits.

Gustafson and her friends would find accessories to spice up their outfits such as temporary face tattoos or glitter. Students often look to be resourceful in making their game day outfits.

“Almost everyone wears CSU brand-oriented and spirit wear to a game. We looked for ways to get crafty with cheap shirts to make them be stylish,” Gustafson says, referring to the ways she and her friends would cut and customize their shirts for game days.

Even though the attire is not as high fashion, there is no shortage of school spirit. Colorado State often hosts themes for their students, and students make sure to go “all out” for the annual Rocky Mountain Showdown against CU Boulder.

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No matter who they are, most students are expected to wear comfortable shoes and pants with a classic CSU t-shirt to a game. When asked to describe CSU game day fashion in one piece of clothing, Gustafson excitedly mentions a signature pair of green and gold overalls: “They’re a staple really. Both boys and girls wear these overalls to every game.”

**Time to Roll Out the Red Carpet**

In terms of priority, comfort is less important than overall style at football games in the South. In fact, students may not even prioritize displaying their school spirit or colors. In recent years, an increasing number of fans in the South have begun wearing colors such as pink, lime green or brown. At the end of the day, fashion for game days in the SEC “just means more.”

After over 20 years working in fashion design for notorious brands such as Ralph Lauren, Professor Rebecca Burney came to The University of Alabama to teach fashion retailing and apparel design with The College of Human Environmental Sciences. Despite her years and extensive experience in the fashion industry, Burney found her first game day at UA to be “an educational experience.” “I didn’t know that there was such a thing as ‘game day fashion’ before. It’s definitely a regional thing,” Burney says.

Burney reflected on the notable trends within the game day fashions, nodding to the miniskirt hemlines and the appearance of white cowboy boots. It was obvious that fans pay special attention to their unique expressions of school spirit. She enjoyed seeing the unique and intentional outfits that students chose for each game saying, “It’s all so new. I just love to watch it.”

Even though the trends of outfits for college game days may not reflect the rest of the nation yet, there is an increase in similarities between Southern fashion and other regions.

**Game Day Fashion in the Future**

Upon reflecting on her last year at Colorado State, Gustafson started to see a shift in the women’s game day fashion. “Suddenly the girls were starting to dress a little nicer. Instead of wearing jeans, they were wearing jean skirts. I noticed a shift to the trendy side of things,” says Gustafson.

As Southern attire and “OOTD” videos are gaining popularity on social media, game day fashion is shifting to be trendier and more Instagram-ready across the U.S. Is it possible that social media is allowing regional fashion to influence the nation?

“It is absolutely possible. Social media allows audiences to see the whole gambit of fashion and makes the experience much faster and more visual,” explains Burney. With trends cycling so quickly, it is hard to predict what fans will be wearing even next season. However, a time may be approaching where the regional game day trends may not be so dissimilar. No matter what team is playing or where students are cheering, football is a time for excitement, celebration and self-expression through style. Whether green, gold, white, red or blue, fashion is one of the best parts of gameday.
National Parks Are The New Fabulous Vacation
Discussing the appeal of National Parks.

Girls in Motion
A picture of living abroad as a college student.

Boundaries: Friend or Foe?
Discussing how boundaries are often forgotten by others and how to fix the issue of permeability.

From Washington to College Campuses
The reality of the costs that Supreme Court rulings have on college students.
NATIONAL PARKS
ARE THE NEW FABULOUS VACATION

By Catherine O'Halloran

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Recently, it seems that everyone has been going on fabulous vacations to big cities or international destinations. Let’s get back to our roots - what kind of gems are there on the mainland to explore?

There are over 420 national park sites, with 63 of them being sites that are typically known as national parks, full of magnificent sights from sea to shining sea. Many students and faculty at The University of Alabama have lots to say about what makes these parks so appealing.

Kat Stanek, 20, is a junior majoring in public relations at UA. Having visited 16 national parks in her lifetime, Stanek finds “peace and comfort” in the outdoors. Her favorite thing about the parks is how unique each one is, and the chance to find something new each time drives her to continue visiting the parks.

Yellowstone National Park is one of Stanek’s favorite parks due to its geothermal features that are, to her, seemingly “unreal.” Located in Wyoming, Old Faithful and the hot springs at the park is one of her favorite aspects, and Stanek says she could sit and watch them erupt and bubble for hours. The wildlife were her personal favorites, especially the bison.

In the western part of the country, Stanek says “you cannot go wrong with Zion National Park, located in Utah.” The Narrows, a hike primarily set through a river, remains one of the “coolest and most unique hikes” she has ever completed.

Stanek spent many weekends in high school hiking and kayaking as a way to “escape the chaos of the week and relax.” Many family trips were spent visiting a national or state park, and she always looked forward to trips outdoors to explore what each park has to offer.
No two parks are alike, which is one thing that Stanek finds special about them. “I could visit the same park every year, month or week,” Stanek says. “There will be something new to see or a different experience to be had.”

It is on Stanek’s bucket list to visit every national park at some point during her lifetime. Introduced to the national park sites at an early age, Stanek grew up heavily exposed to outdoor activities such as hiking, paddling and biking. Stanek credits her love for the parks to her grandmother, who worked in the National Parks Service in varying roles and passed her love for the parks down to her granddaughter.

Being in the outdoors can foster intergenerational relationships, noted by both student and instructor. Angela Billings serves as a senior instructor in the College of Communication and Information Sciences and often speaks to her students often about the wonders of the outdoors.

Growing up, Billings spent her childhood camping as an inexpensive way to see the country. As she’s gotten older and started her own family, she enjoys sharing her love of the natural world with her two sons.

On a family trip to Yellowstone National Park one summer, Billings and her family experienced life-changing sights, such as seeing wild animals like buffalo and moose and snow in June. Billings finds it important to show her children that they are capable of more than they think they are. Billings enjoys a challenge, and that is one thing she finds out in nature. Pushing oneself out of the comfort zone can show one’s true self and can boost confidence. When faced with a challenge, bringing the endurance and perseverance learned at the parks back into the daily world at work or school can be life changing.

While she has already visited an impressive 19 of 63 of the national parks, Billings is always looking to the next. On her to-see list are Arches, Bryce Canyon, and Zion.

Billings blames her lack of free time for why she doesn’t get out to the parks as often as she would like. With work, children and a dog, trips have become condensed, and Billings takes advantage of locations that are within a three-to-five hour drive away.

Some students have
been lucky enough to travel outside of the mainland, such as Conor Curry, a computer engineering major at UA.

Curry, 20, spent six years living in Hawaii while his dad was stationed in the Army. While there, he often visited Ala Kahakai, where he developed “a personal connection to the park.”

“My personal favorite was Ala Kahakai, as living in Hawaii...really helped develop my love of nature,” Curry says.

Since his days living in Hawaii, Curry has been to three national parks: the Rocky Mountains, White Sands and the Great Smoky Mountains. He has also been to three more national park sites outside of the original 63: Boston Harbor Islands, Cape Cod National Seashore and Lake Meredith.

Like Stanek, Curry finds peace in the outdoors. Getting an escape from the “real world” in each of his visits to the national parks, Curry believes that every uninterrupted experience in nature is important to become “a part of the bigger picture outside the realm of daily life.”

Based on regional features, Curry favors the Rockies over any other park. With multiple mountains over a mile in height and fostering immense biodiversity, “every experience is unique,” with differing parts of the year bringing an encounter “completely unique to the season.”

While there were common denominators in parks visited among UA students and instructors, generally, the one most accessible to the University is the Great Smoky Mountains. A five-hour drive from Tuscaloosa, Stanek describes the mountains as a “comfort park,” with great hiking trails and a breathtaking “blue haze over the mountains.”

The Great Smoky Mountains, commonly known as the Smokies, is rich in diversity of plant and animal life, as well as southern Appalachian history. As the most visited national park in the country, locals often flock to the region on fall and spring break to get a rest from the “real world,” immersing themselves in the calming lifestyle in nature.

National Parks are a great way to get outdoors and see the natural beauty of the world. They can also be a great, more sustainable alternative to more expensive trips outside of the country. When booking a trip, next time consider a national park, and be amazed at all they have to offer.

Photos and Design by Meagan Riordan

Alice Fall 2023 43
Girls in Motion
A picture of living abroad as a college student

By Shane O’Shaughnessy

Waking up in a little twin bed to the sound of kids on a playground underneath the apartment, walking to the metro to get to work, and an Uber to the airport after work to meet her roommates for a weekend trip to Portugal sums up a normal week for University of Alabama student Kennedy Hooten as she spent her summer in Barcelona, Spain.

When it’s summertime in college, the iconic “summer abroad” will hit Instagram feeds and last for the following two months. Get used to the Snapchat location map having friends in Paris, London or Italy, and watch the feed turn into endless aesthetic pictures of a croissant in front of the Eiffel Tower or a wine bottle in the sand on the beach in Barcelona. While it looks glamorous via social media, life in Europe has its ups and downs, and these UA students had to become comfortable being uncomfortable during their stay abroad.

Adapting to the culture in Spain was hard at first, but Hooten and her roommates were able to get the hang of it quickly. The language barrier took them by shock as none of them knew much Spanish or Catalan, the dialect in Barcelona, but they learned to adapt by using Google photos on menus or learning new words from locals they met along the way.

Pickpocketing was something they were always careful about. The girls would leave the house with a cross body bag tight to their chest, always having a hand over the zipper. The absence of air conditioning and drying machines, Hooten says, was the hardest thing to adapt to. Hanging their clothes on the rail off their balcony to dry and sleeping with windows open became an everyday routine.

“At times when it got too hot, we would all put our mattresses in our living room and bring all our fans together so we could get a cool sleep,” says Caroline Bucknam, a roommate of Hooten’s. “These always ended up being some of our favorite nights because we would all be together.”

While in the U.S., a friendly wave or hello to a passing stranger is very common. “In Spain, you will never catch a stranger smiling at you,” says Hooten. This didn’t stop Hooten as she continued to rave about her daily routine. Walks home from work would consist of a stop by Zara, a group workout at the local gym with her roommates and then a night out in the city to their favorite clubs.

When it came to the girl’s internships, their jobs were a lot different than they would be in America. The business culture in Spain is much more relaxed. Work normally didn’t start until 10 a.m., and a siesta, quick rest in the middle of your day might happen from 2-4 p.m.

The culture around food was another big adjustment for them, Hooten says. Breakfast at 9 a.m., lunch at 3 p.m. and dinner at 9 p.m. is standard in Spain. If they were to try and eat “early” dinner around 7 p.m., they were out of luck because all restaurants and stores takes siestas as well, closing after lunch and reopening again later that evening.
Spending eight weeks in Europe gives college students chances to grow, learn, adapt to a new life and make memories lasting a lifetime. While these girls adapted to the Spanish culture and spent their weekdays almost the same as they would in America, their weekends are what made the difference.

Hoping on a flight to Mallorca, Spain to ride in a van with a local giving a tour on the island and cliff jumping at all the secret spots was one thing that will never be forgotten by these girls. Going out until 6 a.m. at the clubs and then walking to the beach to catch the sunrise and swim in the ocean, driving 5 hours to Pamplona, Spain to actually running with the bulls with thousands of people from all over the world, spending a weekend in Switzerland running through the beautiful flowery fields and laughing away the evening with friends is what made their trip abroad so magical. These are the memories that Hooten and her roommates laugh and talk about almost every day as they reminisce about their summer abroad.

While a summer abroad is known to be everyone’s go-to when thinking about living in Europe, UA students Erica Martin and Sophia Cenci decided to live there for an entire semester this past spring. For Erica Martin, her daily routine was almost the same as Hooten’s.

“On a weekday in Barcelona, I would have two or three classes at my programs center. I would walk or metro there and afterwards spend some time walking around and shopping at the local stores,” Martin says.

Martin explained how the hardest thing to adapt to was the time change.

“I definitely had to get used to the time change from my family and friends and learn a schedule when it was best to communicate with them,” Martin says.

Her best friend and roommate, Megan McKay was with her in Spain as well, making their four months stay a little bit easier.

The group of roommates spent four months traveling all over. From London to Paris, Munich to Madrid and even Florence to visit their best friend Sophia Cenci another student here at UA, they explored almost everywhere. Cenci, too, spent her semester in Florence, Italy where she went alone but quickly adapted and made many new friends and connections. During her time in Florence, Cenci didn’t experience much of a language barrier like Hooten and Martin did.

“Where I was studying, fortunately English was well spoken by most. I think the hardest time I had with the language barrier was while traveling. I handled it by always being aware and using context clues around me, and I always had Google translate available,” Cenci says.

Cenci too was there to study, so her Monday through Wednesdays were spent in a classroom and the rest were spent traveling.

“Those three days were very similar to any school, I would go to classes and come home and do my schoolwork,” Cenci says. Studying and traveling abroad is meant to help students to grow, explore, learn and mature. Getting uncomfortable is the first step to having those experiences.

These women had to adapt and learn quickly to get used to their everyday lives. These students look back and smile whenever they think about their second home abroad. Relationships and memories were made, and these girls were able to go back to their friends and families to share their experiences and stories from the time they went abroad, and encourage others to do the same.

Photos by Sarah Mitchell & Caroline Simmons
Design by Sarah Mitchell
When asked to reflect on boundaries set throughout one’s life, specifically in relationships, whether they are professional, romantic, familial or platonic, the average person can name several that they’ve attempted to set. However, while boundaries may have been created, how many are actually maintained and respected by both parties? Lines are frequently drawn in the sand, and more than likely, erased over time. This erasure can be abrupt, with the tide immediately wiping it away, or more gradual, with sand displaced by the wind, budging boundaries just enough for them to be overstepped and forgotten.

The solution to the issue of healthy boundaries is simple enough: they cannot be treated as an erasable, crude line in the sand. Rather, they are a hedge, grown and pruned to solid perfection, guarding a labyrinth or castle from intruders. To help generate a mental picture, for fantasy fans, think of the hedges surrounding the Triwizard Maze in “Harry Potter and the Goblet of Fire.” While this may seem like an odd analogy, healthy boundaries should be created with intention and thoughtfulness, just like the hedges were created to protect all parties from unwanted harm or conflict. Where does one even start in creating this “hedge” of healthy boundaries? The hedge would not have been effective if there had not been wizards who knew what its purpose was and how to confidently use their magic to create it. To explain this in Muggle terms, external boundaries cannot be effectively developed and maintained if the person setting them is uncertain of what a healthy boundary actually is or is uncomfortable in trying to set them.

It is extremely important to define what a healthy boundary looks like, as this is used to explain the steps one can take to set them.

Alden Murphy, a licensed professional counselor, describes healthy boundaries as a determination of what is acceptable or not acceptable behavior based on personal beliefs and standards. Boundaries are important to identify the behaviors of oneself and others that represent what is respectful, non-judgmental and accepting, while maintaining personal beliefs and voice.

Murphy says that people are inherently uncomfortable with creating boundaries for several reasons. Setting boundaries forces people to acknowledge their behavioral flaws, generating shame and disappointment in oneself. Additionally, it can be difficult to set boundaries because of fear of disappointing or upsetting others. “Most young adults truly and deeply care what others think of them, and setting a boundary can potentially create a rift between friends,” Murphy says.

Murphy advises that prior to setting boundaries regarding school, relationships or even professional events, there must be an honest examination of oneself and one’s actions, even if it seems difficult or counteractive. If one can honestly self-reflect, then determining where stronger boundaries are needed and keeping a goal about who one wants to be after the boundaries are set is possible.

After this self-reflection, identify why the boundary is needed and the purpose it serves. Next, one can utilize the “SMART” goal technique, standing for specific, measurable, attainable, relative and timely, to determine realistic, effective ways to accomplish the goal of setting a healthy boundary. To make it easier to set boundaries and maintain them, Murphy suggests having an accountability partner to help maintain focus on assignments if creating a boundary with academics.

While all of this may seem clear-cut, it can be difficult for college students to begin setting healthy boundaries in their present lives because of
the atmosphere they grew up in.

“Unfortunately, most young adults have not been taught or had the freedom within their home to be included in setting boundaries, so they often have little understanding of how to balance all the new aspects of their life,” Murphy says. “Parents have always forced the balance instead of teaching them how to create it.”

There is no better time to begin than now, as college is the place for young people to grow and mature into the adults they want to be. Murphy says that college is an excellent time to learn this skill, as she believes if young people practice and learn how to set boundaries with themselves and others, they end up having more self confidence and self respect post-graduation because they now have a voice.

University of Alabama senior Lauren Lafrades says that learning how to set healthy boundaries between work, involvement, academics and social commitments has been one of the most important things she has learned how to do in college. As someone who maintains leadership positions around campus, she exemplifies how to comfortably and effectively create healthy boundaries when her worlds overlap. Segmenting her time and clearly defining the purpose and intent of interactions or meetings with others has allowed her to maintain healthy working relationships, as well as friendships, with those she works with.

“Knowing how to draw very clear boundaries between business meetings and hangouts, what those conversations should look like, and being intentional with what that time was set for helps to keep those two worlds separate,” Lafrades says. She believes that being an effective leader and maintaining solid boundaries between segments of her life has aided her in forming legitimate friendships with those she works with, showing how setting healthy boundaries does not hinder or harm relationships but can actually grow them.

Lafrades explains how she maintains clear boundaries with her time.

“The more that I set healthy boundaries and devoted myself to what I am passionate about has earned me respect, in a sense, as people know that I have a clear focus and can commit to what I care about,” Lafrades says. “I know that my time has value, and that what I am doing is adding value to my life, and reflecting on what I am putting my energy into helps me to reframe and change boundaries where it is necessary.”

UA senior Madeline Graves shared similar advice and opinions, saying she had to learn how to balance her academic workload as a double major in English and political science, her social life, and her duties as the current president of Chi Omega.

“About a month and a half into my presidency, I realized that I wasn’t prioritizing myself as a person because I had convinced myself that the world would stop spinning if I didn’t immediately handle whatever issue came up or text or email I’d received,” says Graves. “Now, a boundary that I have set for myself is that I don’t answer any non-urgent messages or emails received about Chi Omega before 8 a.m. or after 8 p.m.”

Like Lafrades, Graves has also had to set boundaries where her friendships are concerned, as she is serving in a leadership role that requires her to be a part of her sorority’s “personnel board” and has situations where she must be an unbiased source of discipline and honesty in behavioral cases. She has also had to learn how to effectively separate her social life from her presidency, and sets clear boundaries with members when attending social events.

“I’ve learned how to say that while I am so glad that this member feels comfortable talking to me about whatever the issue or idea may be, it would be better for us to discuss the topic more tomorrow or at a later time,” says Graves.

Maintaining these boundaries helps members to remember that while she is the president, she is a person too, which has positively affected her ability to balance all parts of her life.

Setting healthy boundaries is something that may be daunting, but as evidenced by these three powerful and accomplished, yet still happy women, boundaries are crucial for maintaining one’s own joy and life within the midst of many different commitments. Boundaries are not something that takes away fun or enjoyment, rather they provide it and grow it, sometimes in the most unexpected ways.
FROM WASHINGTON TO COLLEGE CAMPUSES:

HOW THE SUPREME COURT’S DECISIONS ARE AFFECTING COLLEGE STUDENTS

By Elena Giorgi
In college, it’s hard to strike a balance between accepting things that happen and working towards making things happen. Spending four years away from home with other people in the same situations can start to feel like living a bubble of going to class, night life, football games, birthday parties and finding enough time to sleep. It can be easy to simply forget that the real world is trudging on, intertwined with some of the best moments of life passing by.

College students exist at a precarious intersection of make believe and real life. All the while, lawmakers and legislators are making decisions that have a direct effect on their lifestyle, health and wellbeing.

In the last 15 months, the Supreme Court of the United States (SCOTUS) has made three decisions, each in a 6-3 vote, that have the capacity to change the culture in which American universities and their students have created over the past 50 years.

In June of 2022, the landmark case involving abortion, Roe v. Wade, was overturned in a case called Dobbs v. Jackson Women’s Health Organization, giving the power back to states to create laws governing the access to and timeline of abortion services.

In June of 2023, SCOTUS ruled that universities can’t use race as a determining factor in admissions processes in two separate cases filed against the University of North Carolina and Harvard College. Also in June, they ruled that the Biden administration’s plan for student debt forgiveness was unconstitutional in Biden v. Nebraska.

Cases like these, two of which overturned more than 40 years of precedent, have an effect on every American, whether directly or indirectly. The older generation watched these decisions come to fruition and come to die within their lifetime. College students, high school upperclassmen and recent graduates, however, are more likely to face the problems and hardships that these three decisions can bring on the country.

Dr. A.J. Bauer is an associate professor within the University of Alabama’s College of Communication and Information Sciences. He grapples with the waves of activism that Americans ebb and flow through and is curious about how young Americans will move forward after these decisions.

“I think you’re going to have a certain subset of our broader generation (millennials and Gen Z) being radicalized and wanting to do things politically to mitigate these problems,” Bauer says. “Then you’re going to see another sector of our generation choosing to not deal with it, looking after themselves by voting for politicians that keep their taxes low and the government out of their hair.”

Bauer touches on student debt forgiveness being a generational issue, and without governmental efforts to mitigate it, there will be continued effects on the economy. Millennials, for example, have a hard time finding the resources to purchase houses, get married or have kids because their student debt payments prevent them from having money available for those lifestyle benefits.

“I think that if students and former students keep agitating for student debt relief, and if the economy continues to grow at this middling pace, longer term, I think there is going to have to be a realization because student debt is a weight of over a trillion dollars on the economy,” Bauer says.

In the year since the overturning of Roe v. Wade, Americans across the country are feeling its effects in varying degrees. Abortion rates across the United States haven’t fluctuated drastically, rather the states where these abortions are happening and the legality of them has become a new factor. In addition to the ramifications of states having access to create legislation on abortion, access to other women’s healthcare has been a product of the decision.

From June 2022 to June 2023, 61 abortion and healthcare clinics across the country closed or stopped performing abortions, according to a New York Times article. Some remained open for non-abortion services. Some did not. In various cities across the South, protesters still meet weekly outside the abandoned buildings to pray.

Emma Cate Dailey is a sophomore at UA studying public relations and English who believes that education is the first step in changing the culture we live in today.

“When you overturn something like Roe, and you’re not providing education and accurate resources for it, we’re hitting this wall where women don’t have the autonomy to make their own choices,” Dailey says.

College-aged women especially are struggling with a lack of services being offered readily, inexpensively and confidentially to them. Restricted access to birth control of any type, STI screening and pregnancy testing has created an added layer of stress and hardship for women seeking healthcare.
The reversal of affirmative action, as seen in Students for Fair Admissions v. President and Fellows of Harvard College and Students for Fair Admissions v. University of North Carolina, leaves higher education institutions at a difficult point in a time period with increasing pride and emphasis on diversity, equity and inclusion (DEI) principles and departments.

DEI programming has become prevalent in universities across the country, and many students and leaders who work in these roles have questions and hesitations about how the reversal will affect their ability to continue the strides they have made.

UA senior Lilly Roberts studies psychology and Spanish while also serving as the DEI officer for an Alabama Panhellenic Association sorority. She believes that minority students will choose to apply to institutions other than those that are predominantly white with the thought that they will fit in and be seen more clearly.

“I feel like it may affect programming because of the scrutiny that other people might start to give to DEI as a whole, raising more questions of what is fair and what isn’t,” Roberts says.

The reversal of affirmative action leaves many students, educators and directors at a crossroads of what other university programs may be called into question. Legacy admissions and extremely niche scholarships involving family ties or heritage might be next up on the chopping block.

While college students walk the line of studying for a test or grabbing bagel sandwiches on a Sunday, the American government is hard at work without taking twenty-minute naps. It might be hard to feel the work being done in Washington D.C. as it happens, but when the time comes and the ability to receive reproductive healthcare or find some reprieve on a loan from 20 years ago, the feeling will be prevalent.

Hope is not lost on either side of the political spectrum. Times following highly polarized decisions remind Americans, especially young ones, just how much power they have in creating the future they wish to live in. Resources are available to aid in finding healthcare and student debt relief options, along with activist organizations working in favor or disapproval of these decisions.

Whether it can be widely felt or not, erasing precedent creates a period of unrest and vulnerability, and in cases like these, college aged students exist at the center of the fire.
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Does Reading Smut Make You A Slut?
Telling the untold stories of women in the early days of admitting women in universities.

Barbie: To Entertain or To Educate?
Discussing Barbie’s role in the discussion of societal standards for women.

From Reputation to Revolution
How Modern Technology Has Ushered Concerts into a New Era.

Hollywood’s New Makeover
How the Faces of Film Are Changing.

Celebrity Fandoms
Entering a new era of parasocial relationships.
Sex has always been a taboo topic. However, over time society’s openness about sex has changed. This locker room talk has expanded into movie trailers, social media and conversations like never before, but women are still shamed in modern society for talking about their desire for sex.

One example of this is popular books known for having sexual content in them, better known as smut. This genre of writing provides content in magazines, books, pictures, etc. that relate to sex. The question now, however, is should women feel embarrassed for reading these types of books in public?

In past generations, conversations about sex were frowned upon by many. However, Gen Z is pushing against this stereotype. This young generation has become more sex vocal than any generation before. Today, sex is graphically talked about in songs, vividly portrayed in movies, and is openly discussed in public settings. Yet even with this progression women still struggle with the labels put on them for openly expressing their desire for sex, speaking openly about sex or for simply reading books that have sexual content in the story line.

Kelly Abney is a high school English teacher with 25 years of experience and was voted...
Abney receives no issue with women enjoying this type of literature but finds herself feeling embarrassed while reading these types of books in public.

“Yes, although I’m ashamed of my answer,” Abney says. “Why should I be embarrassed? I’m an English teacher with over 25 years of experience, so I value literature of all kinds.”

Romance novels have been around since the 18th century, before there was social media exposing what authors were writing about. In today’s culture, with the success of Colleen Hoover in the younger digital generation, and the infamous Book Tok, there is no hiding what is beneath the cover.

One example is the erotic romance novel, Fifty Shades of Grey, that came out in 2011. From its black cover and white tie, the book at first glance revealed no indication of sexual content. Many fans were able to use the unassuming cover to hide their interest into the explicit content, until the movies released in 2015 exposed the content of these books to the general public. Because of its prevalence, this series would help open the door for normalizing women reading smut in public places.

“The reason there were so many sermons preached against Fifty Shades of Grey was because it was almost exclusively written for and read by women,” Abney says. “I am disgusted by what society considers ‘appropriate’ for women to read versus what is acceptable for men. Yet I read the Fifty Shades of Grey books on my iPad so that people wouldn’t judge me.”

Hattie Vyhlidal is a current student at the University of Alabama studying political science and women’s studies. She believes the light shed on sexual content in books will be good for the new generation.

“Sex has always been seen in a negative light,” Vyhlidal says. “By reading smut in public, women talking about sex slowly starts to become more normalized.”

This stereotype has been ingrained into society and the best way to see it is to look at history.

“Girls are seen by men as sex objects from a very young age, it’s considered shameful for those same women to be open about sex,” Abney says. “If you don’t believe me about the sexualization of young girls, just take a look at the dress code for middle and high school girls. Why can’t girls wear skirts or white shirts or tank tops? Because it might distract the boys. Girls are being held accountable for thoughts, words, and actions of others.”

Instead of teaching boys to keep their eyes on their work, they are put in an environment where girls are restricted to keep them from
having to learn to be gentlemen. This could be a crucial learning point for boys, but instead it’s another way to restrict females. Girls grow up being embarrassed to talk about, look at or even ask questions about sex because they have been taught from grade school that they are to question their behaviors in order to please those around them. So, why would women not feel embarrassed to openly read about sex too?

“The issue of sex culture is rooted in history,” Vyhlidal says. “I believe that women feel silenced, and education and normalization need to occur without judgment.”

This societal problem is a lot deeper than the surface level and can create a lot of problems for discussing women’s rights, talking with romantic partners and how women’s sexuality is perceived as a whole. Women are scared to be sex vocal in fear of being looked at as promiscuous.

University of Alabama sophomore and avid romance reader Emma Church says, “There’s a stigma that women aren’t supposed to be sexual creatures.”

Although this idea has been engraved in women’s brains for so long, it does not mean that a solution is not possible.

“As long as more and more people continue to advocate for sex education, I think women will be less ‘hush hush,’” Vyhlidal says. In order for change to occur, however, women must first break away from centuries worth of societal standards that have been set for them.

“It has to start with us, the women,” Abney says. “No matter how we may each personally feel regarding or talking about sexual matters, we must put an end to the double standard regarding this issue. The expectations and acceptable norms should be the same for everyone.”

With this new sexual standard starting to form, it is imperative that the role of older generations be to first break away from habits they have been taught, while also bringing up new generations in a sexually positive light. So, although feeling comfortable reading a book in public is only a small step to achieving this new societal standard, it is nonetheless a step in the right direction.
SO WHEN YOU ARE WALKING DOWN THE STREET AND YOU SEE A WOMAN READING SMUT, KEEP WALKING, AND LET THEM ENJOY THE DAMN BOOK.
The release of the movie “Barbie” in the summer of 2023 shocked millions of viewers when Greta Gerwig took America’s most popular doll and used her to show the difficult societal standards women face every day. Millions of women grew up with Barbie, but as they grew older realized many of the issues behind some of the stereotypes she represents. Gerwig decided to take this narrative and flip it on its head.

This is not the first movie to combine significant issues and entertainment to create a blockbuster film. Dr. Landon Palmer, film and media historian and assistant professor at The University of Alabama, says the film industry has been creating this type of content for a very long time.

“I taught a class in the spring, and it was a section of Seminar and American Cinema, but I focused on movies of the 1970s, which is just a time period that I am interested in and that I write about,” Palmer says. “I got students to think about the fact that issues regarding politics, gender relations, race relations and things like that have been a part of American cinema in many ways for decades.”

The 1970s held numerous significant events that allowed the film industry to begin a new way of filmmaking. Palmer discusses in his class that these significant events within this time period allowed filmmakers to take a different path to create films that had not existed before.

Understanding that this way of filmmaking is not new to the industry is crucial to comprehending Gerwig’s creative spin on such a relevant topic in today’s society. Following the release of “Barbie” on July 21, 2023, the reviews were mixed. Although people may have not been expecting the deep reflection that followed the ‘Barbie’ movie, it perhaps could be exactly what was needed to spark conversation about the struggle so many women face still today.

“‘Barbie’ is the biggest hit of the year and people are going back to see it, so it’s clear that people like it,” Palmer said. “I think people are willing to mix the serious with their entertainment more than we take for granted.”

The “Barbie” movie is not the first to push the line between the real world and the film world. In another class, Palmer discussed the 2019 movie “Get Out” and how the director used genre to create a popular horror story that would be marketable while also showcasing contemporary racism in America. Palmer noted how the “Barbie” movie does this as well.

“It’s a movie that takes an intellectual property and makes a comedy out of it, which is something that is accessible and marketable,” Palmer said. “However, also using [the film] to address issues regarding feminism and the patriarchy.”

The creative process behind creating a film is something that only those in the field can truly understand. University of Alabama student, Jocelyn Claborn, is studying creative media and is learning firsthand how these types of films are brought to be.
As a Creative Media major, Claborn finds herself analyzing movies constantly, even when she is outside of the classroom. “It has definitely made me analyze films differently,” Claborn says. “Now, watching films come out with my friends, they all want to sit down and discuss movies, which I think is fun. I look at every detail so differently.”

Although her opinions of the “Barbie” movie were positive, she was among many who was surprised by the more adult themes portrayed in a movie about a kid’s toy. “I really did enjoy ‘Barbie,’ and I didn’t expect to go in and it to be this huge deep movie,” Claborn says. “I thought it was just going to be something fun and remind me of my childhood, but it turned out that the real themes were really geared towards the moms and how they are living their lives now. I thought that was a crazy twist.”

University of Alabama sophomore, Alexa Warner, had the same reaction of shock to the serious topics discussed in a movie based on a doll symbolizing many people’s childhoods. Although she enjoyed the movie, she worried for kids who went to see the movie who could not truly grasp the content that was being discussed. “I did not know really what to expect out of the ‘Barbie’ movie, but based off of the descriptors of what Barbie is now I thought it would be a kid-friendly movie,” Warner says. “However, there turned out to be a lot of conversations that went right over these kids heads in a way.”

This is a risk for films touching on such serious topics: that they might not be for everyone, however, this is why Claborn believes that not all blockbuster movies must have a message behind it; it is simply just up to the creator and their style of creating.

“For me as a creator, when I am creating, I like to find the deep meaning in things,” Claborn said. “But I do not think it’s necessary because it can just be fun. Even some serious films and blockbusters, they don’t have to have a deep meaning because it’s art,” Claborn says.

Greta Gerwig took a significant risk with her spin on America’s most popular doll, however in the end it seems the target audience was reached. “Barbie” not only brought forward issues in the social hierarchy of America, but it also made women around the world appreciate the power of being a woman. The meaning of “girlhood” was transformed and behind it followed several social media trends, filled with young women and girls appreciating the beauty that comes with being a woman. Although it was not what was expected, the “Barbie” movie became a catalyst for women to open their eyes to issues in today’s society while also discovering their self-worth in a deeper way.
How Modern Technology Has Ushered Concerts into a New Era

By Kinsey Williams

While the first industrial revolution was ushered in by the steam locomotive and the second ignited by electricity, new sparks are flying as we are immersed in the fourth period of innovation – an era that, according to many, began in 1989.

On May 5, 2015, Taylor Swift welcomed fans to New York with a career-defining innovation – glowing bracelets. Though they made their original appearance at a 2005 Coldplay concert during the hit song “Fix You,” the 1989 World Tour marked the debut of what would become one of Swift’s most iconic concert elements – a synchronized, interactive light show worn on the wrists of each concertgoer. With this being the most vibrant display of modern technology’s impact on concerts, Swift’s career, among others, epitomizes the evolution of connection in live performances despite living in an age of typical screen-imposed seclusion.

Mia Hernandez, a sophomore at the University of Alabama, has witnessed this evolution firsthand. Hernandez attended Swift’s first headliner tour, The Fearless Tour, and of her most recent cultural phenomenon, The Eras Tour. Although smaller venues as seen on The Fearless Tour are often associated with greater intimacy, the meticulous planning of Swift’s team defeats this assumption through the
use of advanced visual aids that enhance her lyrical storytelling.

“I would say modern technology does make [the concert experience] just as intimate because I think it takes a lot of thought, time and effort to make it that way; especially a concert that’s three hours long with as much as she did,” Hernandez says.

These efforts, including thoughtful, intricate choreography and elaborate transitions into each new “era” do not go unnoticed. In fact, fans around the world routinely watch this spectacle through livestreams on TikTok, Instagram and a website called “SwiftStream” which is dedicated to the cause.

“All of [Taylor Swift’s] shows were getting streamed on TikTok – you could see the surprise songs and all of that,” UA freshman and Eras tour attendee, Abby Gomez says. “With those kinds of social media projects, everyone knew, ‘Oh, she played ‘Long Live’ last night.’ We felt closer to her because we knew what she was doing, and then all of the other fans were connected with each other because of that.”

Social media also proved its power to connect as it made Harry Styles’ Love On Tour a true reflection of its name. Throughout its 173-show run, fans spread the love by establishing a series of traditions internationally before Styles made it around the globe. For example, boa-donning fans came prepared each show for the “Boot Scoot” that graced the pit during “Treat People with Kindness,” a routine that Styles himself would perform at his final show in Reggio Emilia, Italy. Along with pre-learned choreography, attendees also brought a variety of bouquets to be thrown on stage during the lyric, “I was on my way to buy some flowers for you” in Style’s song “Grapejuice.”

While a flower-laden stage became an endearing tradition, Styles and former bandmate Louis Tomlinson both had much less sentimental experiences with objects being thrown on stage, with one that would become an inside joke throughout Tomlinson’s entire fanbase. On his most recent Faith in the Future Tour, Tomlinson’s head was met with a chicken nugget; an unexpected item that later made its way on stage during Styles’ Love On Tour.

“I have a bracelet in my room right now from a Louis show, this tour, that says ‘chicken nugget,’ and it’s just something that becomes such a fan moment that would only happen for the people in those rooms if we didn’t have livestreams,” UA freshman and vetted concertgoer, Bella Galavotti says. “It’s another way to connect with the fans at concerts, but also the fans that didn’t make it to the concert, and they still know what’s happening and they’re still able to feel like they’re getting the experience.”

Between each of the six times she has seen Tomlinson live, Galavotti has also been able to keep up with him through his own social media presence, a catalyst for connection between performer and audience.

“Louis has always used his social media really well. He’s not always active, but when he is active, he’s genuine and the same way he is in person, which is obnoxiously sarcastic,” Galavotti says. “He’s not using it as a platform to get bigger or as something just to do. He’s using it to interact with fans that he knows he can’t get to with touring.”

However, social media’s effect on the music industry is not limited to its biggest names such as Swift and Styles. As President of the Local Entertainment Promotion Team, a subdivision of the Public Relations Council of Alabama, junior Caroline Sims has witnessed firsthand the impact of a social media presence on smaller-scale artists.

“TikTok in particular I feel like I can call out by name because it’s allowing so many artists to be brought to light,” Sims says. “The ‘underground’ scene isn’t really underground anymore – a lot of it has become pop music. The increased visibility has obviously caused ticket prices to go up, so I’m a lot more intentional now about who I want to go see because it is an investment.”

While this new level of social intimacy has taken a financial toll on fans and prevented many from being able to afford the concert experience, this constant source of contact has also created a unique set of challenges for artists.

“I feel like there’s such an expectation nowadays in our culture for celebrities, musicians in particular, to just give the fans what they want all the time,” Sims says. “With people putting out music and how elaborate some tours are nowadays, it dehumanizes stars in a way and puts unrealistic expectations on them to perform to a certain level that the fans expect when really, they’re just human beings like we are; they just happen to have art that a lot of people like and that’s widely spread.”

However, as she steps into a career in the music entertainment industry, Sims predicts that the positive effects of modern technology will push this industrial revolution forward, continuing the evolution of the concertgoing experience.
Hollywood’s New Makeover: How the Faces of Film are Changing

By Alana Chavez

The film industry has attempted to blind society from its lack of diversity and inclusion, with its flashing lights, dazzling stars and red carpets. However, a new hero has emerged, and it is unveiling the truth and fighting the villain of exclusivity by breaking boundaries and advocating for change.

The face of film is undergoing an important makeover, specifically in terms of inclusivity of minorities and the LGBTQ+ community. In the past couple of years, the film industry has made significant strides in minority and LGBTQ+ representation.

Halle Bailey’s role as Ariel in The Little Mermaid and Rachel Zegler’s role as Snow White in 2024’s Snow White are both examples of how iconic roles do not only need to be played by a person of a specific race or ethnicity. Additionally, the major roles of LGBTQ+ characters in TV shows like Schitt’s Creek and films like Love, Simon represent the authentic experiences of the LGBTQ+ community and help to educate on LGBTQ+ issues. The reimagination of these roles has largely led to feelings of empowerment and a sense of significance among minority communities.

One of the most notable minority roles today is Bailey’s role as Ariel in The Little Mermaid. Not only was this role monumental for the film industry, but it was also monumental for little girls around the world.

Kate Chavez, an elementary school student from Illinois, says, “During recess, me and my friends would play princesses, and they would tell me I couldn’t be Ariel because she’s not Mexican. The new Ariel showed us it doesn’t matter what we look like, we can be whatever princess we want!”

Bailey’s role in The Little Mermaid showed children that any princess can be depicted in many ways. Rather than having princesses defined by their looks, the unique personality of each princess can shine through and show children of all races that they can be whatever princess they want, regardless of how a particular princess is depicted in a particular adaptation of the story.

Along with Bailey’s role, Zegler’s role as Snow White in the new live-action remake of Snow White plays a pivotal role in changing the face of the film. Zegler’s role shows diversity in iconic roles, inspires future generations, and changes the industry drastically.

Moreover, Snow White is expected to address the way in which the dwarfism community is represented. Casting a Latina Snow White and changing up the seven
dwarfs has caused some controversy, but many are calling it a win for inclusion and children of color. Barbara Castillo, an 87-year-old mother and grandmother, said, “I wish I could have had a remake like this when I was younger. I was always looking for a princess that looked like me. I never thought I could be Snow White, whose skin is described as ‘white as snow.’”

Schitt’s Creek and Love, Simon have also made strides in changing the face of film and television. Both stories show a positive portrayal of LGBTQ+ characters. David in Schitt’s Creek is a lovable and funny character who falls in love with another character, Patrick. Throughout the show, their highs and lows of being in a same-sex relationship are portrayed.

In Love, Simon the audience follows the story of a gay teenager who tries to navigate the journey of coming out and falling in love. All of the characters are lovable and kind characters, and they are good representations of some LGBTQ+ experiences. Additionally, they break the common stereotype of gay characters only being the “funny best friends” and show that they are people with complex problems and emotions.

The film industry has received backlash since becoming more diverse and inclusive. Many people are outraged and believe that diverse casting can cause racism.

Chuck Currie, a 77-year-old man, stated, “These remakes are just pulling more focus onto race. The characters were never meant to send a racial message, but now they do.”

Much of the disagreements seem to be centered around film remakes like Snow White and The Little Mermaid. Some say they wish filmmakers would focus on creating new storylines featuring new diverse characters rather than trying to squeeze diverse actors into traditionally non-diverse roles. Creating these new storylines would allow directors to create new and original narratives that reflect the real world, cultural perspectives, and experiences.

Another concern is that diverse casting is risking tokenism. In terms of the film industry, tokenism is when characters from underrepresented backgrounds are only cast in order to make it seem as if the movie is diverse. Critics are worried that doing this will cause more stereotypes and negative biases.

While the film industry has come a long way, it is important to remember that there are still many faults and challenges it faces. The face of film has undergone a vast amount of reconstruction and has taken great strides toward diversity and inclusivity. The voyage towards transformation of the film industry is ongoing, but it is moving in the right direction, and that is a reason for society to have hope and optimism for the future face of film.
CELEBRITY FANDOMS

Entering a New Era of Parasocial Relationships

By Gabriella Haynes

Fandoms have been around for as long as Hollywood has existed. Groups of people center their attention around celebrities, television and anything else that sparks their interest. Some groups name themselves based on the names of celebrities, such as Swifties for fans of Taylor Swift, Arionators for fans of Ariana Grande or the Bardigang, for fans for Cardi B. With the use of social media, fan bases are able to communicate with each other now more than ever. However, these relationships can quickly transform from enjoying a popular artist to a full-blown obsession.

One of the most well-known and dedicated fandoms today is Taylor Swift’s Swifties. Swifties flood Taylor’s Instagram comments with “I love you’s” and heart emojis, while also blowing up social media with Era’s Tour content. There are hundreds of fan accounts who post videos of her concerts and are constantly obsessing over her new relationship, and whether it is “swiftie approved”. With this use of social media, talk about certain fandoms becoming too involved has increased significantly.

Lyla McKay is a freshman at UA and considers herself to be a fan of Taylor Swift. She believes that the Taylor Swift community is a welcoming place and is incredibly supportive of those outside of the Swiftie fandom.

“You can tell how nice Swifties are. They are all so supportive and kind especially towards other fans in the community,” McKay says.

Controversy between fandoms is at its peak because social media not only allows fans to communicate instantly, but also have moment by moment updates on celebrities’ lives. Twitter and Instagram are popular platforms for fans to engage with each other. However, fans can easily take things too far. Rumors about celebrities can spread quickly, and it takes only one person to start the wildfire.

Amy Ritchart is currently studying health communication and the key theory of social support, the way people seek it, conceptualize it, and the role social support plays in the success of health outcomes. Ritchart is looking at social support on social media amongst Swifties. One controversy that has caused a rift between Swifties has been concerning the Eras movie concert which was announced recently. Ritchart noticed how many fans were arguing based on whether they should be able to sing and dance during the movie since they did not have a chance to go to the concert, or watch the movie in a civilized manner since the movie theater holds a respected atmosphere.

Ritchart says she thinks fans tend to get too invested in celebrity ‘beef.’ “I have noticed how fans in a fandom don’t want to say anything negative towards people and also want to be a fierce defender. But sometimes I think that can go too far,” Ritchart says.

Ella Wooley has been a Taylor Swift fan since Swift’s first album released. Wooley has gone to the Eras tour recently and was surrounded by thousands of fans who truly adored and admired Taylor Swift. Wooley commented on how nice and supportive each fan she met was.

“Swifties are generally such good people,” Wooley says. “I think what separates fans is who respects Taylor’s privacy. Those who are toxic towards her and make up drama surrounding her life are not true Swifties.”

Parasocial relationships with celebrities have been studied for years. People obsess over famous individuals who have no idea they even
exist. Keeping Taylor Swift in mind, these people bring toxic energy into her life while obsessing over her love interests and if her outfits to award shows live up to their standards. These relationships have negative effects on celebrities and even played part in Taylor Swift taking a momentary break in her career. Before social media, outlets for fandom gossip were only offered in entertainment magazines and television.

"I would guess people act this way towards celebrities because it is more internal and psychological," Ritchart says. "They could feel a need to connect and so maybe they are doing that as fans instead of interpersonally. I don’t know if it has gotten worse on social media or if it’s the same and we have just moved locations." On TikTok, there is a new argument comparing Taylor Swift and Beyoncé. Accounts have posted numerous videos comparing their voices, dancing and even went as far as comparing their looks.

"T and Beyoncé have completely different goals for their music, shows, and careers. They aren’t comparable and don’t want to be compared," commented an anonymous account on a TikTok video.

With these types of videos surrounding fandoms being made, it is no wonder high-profile fandoms such as Swifties are beginning to be shown in a negative light. "I genuinely don’t understand where half of the drama comes from. What’s the point? If we are fans because we love Taylor, why can’t we just simply love her?" says Wooley. What once was a community built to uplift a certain celebrity has now been tainted with the question, how far is too far? As the Swiftie fandom along with others continues to grow in size, it is time to bring awareness that not all fan behavior is healthy.

So, put the cameras away and exit out of the social media frenzy, and remember that fandoms are truly just based on a group of people creating a support system for an individual.
Alice’s Guide to Hosting a Dinner Party
A guide to hosting an amazing dinner party.

Feasting on Nostalgia
The unbreakable bond between food and memories.

Yoga: An Easy Way to Destress and Relax
Discussing the benefits of yoga on stress and anxiety.

Which Editor’s Favorite Food Are You?
The Quiz.
Alice’s Guide to Hosting a Dinner Party

By Haley Morgan

College is stressful. Classes take up students’ days and homework fills their nights. There is hardly enough time to make dinner (i.e., a bowl of ramen and some stale crackers), much less plan an entire dinner party full of food and decorations and invitations, oh my! Well, fear not, Alice is here to help plan a stress-free dinner party. Keep reading for Alice’s A.L.I.C.E. tips and tricks on hosting a dinner party as a college student.

Assemble the Invites

Step one is to establish a date, time, location, theme and guest list. UA student and dinner party hostess, Jamie Breault, says, “I started about a month out. First thing I did was pick the date, and I picked the menu. I made the invitations and sent them out; dress code was formal.”

Beginning the process well in advance ensures that guests and the host have enough time to prepare for the party. Most college students are working with a budget, so it is important for hosts to plan a party that is within their price range. Keep in mind that the more guests attending the higher the cost of supplies.

Once the guest list is compiled, it is time to make invitations. Hosts can show off their artistic design abilities by creating their own invitations and printing them at a local store or the printing center on campus. For hosts who do not have an aptitude for art, select a free online template to input party details. If printing and mailing invites is out of the budget, send out e-mail invites that guests can RSVP online.

On the invitations themselves, it is vital to include when and where the dinner party will be held as well as a means to RSVP. If any guests have specific food restrictions, include instructions on how to RSVP with restrictions, so all the guests will have a meal option. Lastly, make sure to include the required attire for the event. The dress code can range from cocktail attire to pajamas. Whether the theme is professional or casual, the host has complete freedom when deciding on attire.

Lay Out the Menu

The next step is everyone’s favorite part—FOOD! As the reservations roll in, start preparing a menu that is nutritious and caters to everyone. A dinner party does not have to be a 5-star meal; keep it simple! Make a snack board for guests to graze on before the main course is ready. Even a simple snack platter will tide them over while the host is preparing the entrée. This platter can include crackers, pepperoni, cheese cubes and fruit!

As for a main course, Breault suggests pasta: “I wanted
to do something easy. I had a lot of picky people coming, and everyone is pleased with pasta. I made pesto alfredo pasta, and it was super easy to put the toppings on the side for guests who wanted plain pasta.”

The dessert can be complicated or simple. Hosts can show off their baking talents with a decadent chocolate éclair cake. Alternatively, displaying store-bought cookies on a nice platter will work just as well. Overall, assemble a menu that is cohesive and aligns with every guest’s dietary restrictions.

**Implement a Plan**

Prior to the day of the party, create an itinerary. Not only will this help hosts stay organized, but it will also ensure that all food and decorations are complete before guests arrive.

Breault recommends pre-making any food that will last in the fridge for up to two days. Making food a couple days in advance will allot more time on the day of the party for preparation. On the day of the party, incorporate enough time to set the table and prepare food that was not premade. Consider cook and prep times for the meal because the times for each item can vary. Co-hosts should decide who is completing what tasks or delegate chores to any friends who volunteer to help.

According to Kim Boyle, an assistant professor in the human nutrition and hospitality management program, “Practice mindfulness techniques to stay in the present moment and reduce anxiety.”

Remember, hosting should not be stressful, so recruit friends and remember to relax!

**Connect with your Guests**

The preparation phase is finally over. However, hosting a dinner party involves the host to actually host. The host’s job is now to mingle and interact with all the guests. The goal is to make everyone feel welcome and connected with each other because the social aspect of a dinner party is incredibly important. In college, many students may experience loneliness and other mental health problems, so finding ways to connect guests with each other will make for a successful dinner party.

Julia Kirkland, Event Director of Alabama’s chapter of the National Alliance of Mental Illness says, “It is important to develop those relationships with your peers in order to understand that college should be a place of community. These communities can look like small groups, one-on-one mentorships, or even dinner parties with friends.”

Introduce all guests to each other and encourage them to mingle with people they have never met before.

**Enjoy the Experience**

As the party is wrapping up, offer any leftover food and desserts to guests. When guests are walking out, thank them for attending.

Boyle also says, “When guests compliment your food or hosting skills, accept their praise graciously. Don’t downplay your efforts.”

Once all guests have left, take a few moments to clear off the dinner table, but leave the deep cleaning for the day after. Pack any leftovers away, place dirty dishes in the sink to soak, and wipe down the tables. The deep clean can wait until after recovering and relaxing from a long period of party planning. Before the night ends, express gratitude for the opportunity to gather with cherished friends, enjoy a delicious meal and create unforgettable memories together.
Imagine taking a single bite of warm apple pie that can whisk one back to their grandmother’s kitchen. Remember how the scent of sizzling bacon takes a person straight to those lazy Sunday mornings at home. Food has this incredible superpower—it can make people relive moments and feelings from the past. The science and personal testimonials across the nation unravels how food and memories are like best friends, always together, creating pictures in the mind and stirring the heart with each delicious taste.

The science behind food and memories is as intriguing as it is tasty. Research published in an article by scientists Scott E. Kanoski and Harvey J. Grill shows that when one eats, the brain’s hippocampus, responsible for memory formation, springs into action. The aroma, texture, and flavors of food trigger the release of chemicals like dopamine and serotonin, creating strong neural connections with the emotions experienced during a meal. Additionally, a study from the “Science Direct” journal explains how food’s sensory qualities stimulate the amygdala, which plays a vital role in processing emotions and memories. This intricate interplay between food and the brain helps explain why a simple dish can become a cherished memory, capable of evoking powerful feelings and nostalgia.

Harvard researchers delve into the science behind food and memories in an article titled “Food and Memory,” revealing the fascinating ways in which the brain forms connections between the two. They found that when someone enjoys a meal, their brain releases chemicals that enhance our memory formation. It turns out that the sensory experience of eating, from the taste and texture to the aroma, triggers various regions of the brain, many of which are involved with the formation of memories. This intricate process helps explain why certain foods can evoke powerful memories, transporting one back to the moments when they first enjoyed them. There’s a lot more to the connection between food and memories than meets the eye—it’s a scientifically proven phenomenon that adds richness to the mundane day.

However, the science can be proven on campus as well. Shannon McMahon, a human nutrition professor at the Capstone and a registered dietitian and nutritionist, said, “A diet rich in fruit and vegetables provides nutrients that help increase blood flow and circulation to the brain, maintain blood pressure, decrease inflammation, prevent blood clots, and protect the brain from oxidative stress. This helps keeps the brain healthy and can lead to improved learning, cognition, and memory.”

It is evident that the intersection of food and memory is where sensory experiences intertwine with the stories of everyone’s lives. It’s a place where a single taste can transport one to distant places, evoke forgotten feelings, and rekindle the joy of shared moments with loved ones. McMahon elaborates on her own personal experience on food as well:

“I lived in Germany for 3 years as a kid, and my sister and I walked by the local bakery every day on our way to and from school. We stopped in often and there was a cake, the Frankfurter Kranz, that I loved to get and is not something you could really find...”
These food memories, woven into every dish, become a tapestry of everyone’s lives, reflecting not only culinary preferences but also the people, places, and moments that have enriched one’s journey.

While McMahon speaks from a dietitian's approach to how food and memories are interwoven, Michelle McClintock, a licensed independent clinical social worker, speaks on the special connection between food and memories. McClintock specializes in cognitive behaviors, allowing her a different perspective when it comes to the intricate connection of food and memories.

“Feelings produce memories,” McClintock says. “Memories such as having ice cream on a beautiful spring day can produce feel-good hormones such as dopamine or serotonin.”

McClintock states that neurons that fire together wire together. The way food connects to memories is vital to the human experience. Eating familiar, comforting foods can help a person feel better when going through tough times. The feelings of comfort and happiness can help reduce stress and loneliness, but it can also reveal a healthier lifestyle.

“I associate healthy foods with feeling good and decreasing autoimmune disease symptoms,” McClintock says. “After years of doctor visits and medications that produced negative side effects, I turned to food as medicine. I gave this clean eating regime one year, and it has been over fifteen years now.”

Food memories remind someone that even when things are uncertain, they have some things they can always count on, like their favorite meals. Paying attention to these food memories can be a way to boost emotional well-being and make a person more resilient. Remembering that food and memories are created every day as each meal shared and every new dish tasted becomes the building blocks of personal history shows a positive light in human nature.

Food has a remarkable way of weaving itself into the fabric of people’s lives, becoming an integral part of their most cherished memories. From the aroma of a childhood kitchen to the tastes of exotic dishes discovered on faraway journeys, personal narratives are intertwined with the flavors savored. Ainsley Lutes, a sophomore, shares how her memories of food have shaped her experience coming to college from out-of-state: “Nothing outside the state of Texas has good Tex-Mex. It’s the only thing I eat when I’m at home now because I miss it so much.”

Having only been a sophomore for a short while, Lutes has created many memories with her DZ sisters while building upon her old ones. “We just got a new kitchen staff, and they are amazing,” Lutes says. “They make delicious food that not only makes me miss home but also constantly think of my little sister, Ally, while surrounded by my new family.”

Looking back on her life’s journey, she realizes that memories from food are both special and irreplaceable. Food allows for her to enjoy the good times, find comfort during the tough ones and connect with people who matter to her. Food shows her that life’s best moments often happen when she shares a meal with loved ones, and these moments form lasting memories. Lutes’ experience represents how everyday students here at the University of Alabama experience new ties to food and memories.

Food and memories are like the colorful threads that weave the story of everyone’s lives. Wrapping up this exploration of how what people eat connects with their most treasured moments, remember that every meal can be a kind of time-travel machine, helping one relive special flavors from the past. So, in the busy world of today, do not just eat, but remember the stories linked to every different dish. These stories remind one of the past, present and future of the journey of food. No matter where the world leads, the impact food will have on a person can never truly dissipate.
EVERY COLLEGE STUDENT IS FAMILIAR WITH STRESS AND ANXIETY.

They’re part of the “essential” college experience. Every college student is familiar with stress and anxiety. They’re part of the “essential” college experience. Students have their methods of handling this stress, but there’s one method that’s been beneficial for relieving stress, giving an emotional boost and improving cognitive function. It’s yoga.

While research into its therapeutic benefits is only just beginning, yoga is thought to be nearly 5,000 years old. Going back to its Sanskrit etymology, yoga means “to unite,” and it does so by helping the inward mind heal the outward body. There are many forms of yoga, which reflect its spiritual roots in the Rig Veda, some of which tap into different energies or help people to focus on different aspects of the mind. Hatha yoga, for example, focuses on building the energy of a person’s physical and psychic worlds.

Yoga helps participants focus on themselves, something that a lot of people struggle with.

There’s a growth of research into yoga as a therapy, or therapy supplement. Research shows that yoga has consistently reduced stress, improved mood and physical wellbeing. Yoga is a form of exercise, the benefits of which are extensive. Running, for example, helps to negate symptoms of anxiety and improve multiple aspects of a person’s physical heath.

Among its benefits to one’s physical health, yoga is also thought to help negate the negative impacts of depressive and anxiety disorders. Research is also expanding to include how yoga could be used to treat conditions like attention-deficit, obsessive-compulsive and post-traumatic stress disorders.

There’s a reason the research has focused on anxiety and depressive disorders, as they are prevalent in society, and especially so in college students. People aged 18 to 29 have historically reported higher symptoms of depression and anxiety than other groups. There is a wealth of clinical trials that focus on college aged people. Researchers are conducting these studies to see if a 45 minute yoga session can have an impact on a student’s mental health. While these trials do not have any published data, the research strongly implies that there will be noticeable benefits.
Being a form of physical and mental exercise, yoga essentially “doubles up” on its benefits. A 45 minute yoga session combines a 45 minute meditation and 45 minute exercise into one.

Alabama students can experience the positivity of yoga in their lives and mental health. Crimson Yogi Erica Triplett, a sophomore majoring in hospitality, says that yoga has been nothing but a positive change in her life.

“After yoga class, I notice my mind and body are more relaxed. I am more inclined to attack difficult tasks I usually dread and helped me to adapt to stressful situations and anxieties that I feel throughout the day,” Triplett says.

UA senior psychology major Audrey Houser started attending yoga classes last semester to get out of a rut.

“Going to yoga and letting my mind relax really helped me to take time to release and let go of the distractions that stressed me out, helped me to prioritize myself and calm down a bit.” Houser says. She began doing yoga in the seventh grade by following along with a YouTube yoga tutorial called “30 Days of Yoga Challenge.”

Dr. Carey Marsh, a staff therapist at the Counseling Center agrees that forms of meditation, relaxation practices and yoga have a positive impact on mental health. “The human body stress response is driven by the sympathetic nervous system, which keeps the mind in a state of alertness and readiness. When there is a maintained stress response, it can put wear and tear on the mind and body,” says Marsh.

People who maintain high stress levels are more likely to have an increased heart rate and muscle tension, which can cause serious harm if not resolved. Marsh says these meditation techniques, like yoga, can activate the parasympathetic nervous system, often called the “rest and digest” state of mind since this part of the brain helps the body relax. She recommends exercises that lower your respiration and heart rate, like a breathing exercise. Things that help a person achieve a state of rest and low tension can bring balance to a hectic lifestyle.

“Stress and anxiety can be triggered by a mind that is on overloaded with responsibilities, social interactions and worry,” Marsh says, “Distractions such as relaxing music or nature sounds, inspirational reading or an enjoyable, light Alice Fall 2023 73
sitcom can divert the mind and often help it shake loose from a cycle of worry."

Triplett uses yoga as a form of meditation through breathing techniques that help her to calm down and relax. Along with Houser, these yogis find that the mediation aspect of yoga has helped them mentally and academically. While Marsh has not attended a yoga class herself, she believes they are very powerful tools in promoting mental and physical wellness.

Anyone can get involved with yoga on campus. Both Triplett and Houser take advantage of the free University Recreation classes and equipment; “I can go to my class, go home, eat breakfast and start my day off on the right foot,” Houser says. Triplett also does simple yoga practices on her own.

Last semester, Houser frequented the early morning yoga classes on Tuesdays and Thursdays. This semester, she’s taking a few minutes each evening to do yoga on her porch when she can’t go to the UREC. Triplett found the Crimson Yogis during her freshman year because she wanted to be more involved on campus. She’s kept up her involvement with the yoga club into her sophomore year and says the club got her hooked on yoga.

Houser loves yoga for its versatility and adaptability. She finds that she gets the same mental and physical benefits from yoga that someone else might find when they run. Yoga is personalized for each of its practitioners. At its core, yoga is a link to one’s spiritual and physical body. This makes it a perfect self-improvement tool. People can adapt yoga to their routine. People like Triplett and Houser find that morning yoga is more beneficial for them, but this might not be the case for someone else. One person might find it peaceful to open their day calmly and another might find yoga more peaceful at the closing of their day. People have their ways with coping with difficulties in their lives. Yoga can be a way that someone can build themselves up. There is a certain strength to taking the time to reflect on one’s life and be in the moment. Yoga and meditation are a perfect way that a person can connect with their inner self.
Going to yoga and letting my mind relax really helped me to take time to release and let go of the distractions that stressed me out.
Which Editor’s Favorite Food Are You?
By Sarah Salazar

1.) The Seasonal Baking 341 class you wanted to take for so long is always full, but finally has one opening! However, it is only offered at 8:00 a.m.
   a.) Perfect, I am usually up long before then!
   b.) Let me see if it fits my busy schedule, and maybe then I will see.
   c.) Sure, just let me set 5 alarms first.
   d.) Only if it was after lunch. I never wake up in time.

2.) With 100 degree heat, Rita’s Frozen Custard sounds like a great pick-me-up. What flavor will you choose?
   a.) Birthday Cake
   b.) Strawberry
   c.) Cookies and Cream
   d.) Vanilla

3.) Christmas is approaching; what are you buying for your dad?
   a.) A season pass to the amusement park
   b.) A Cinemark movie theater gift card
   c.) A new fishing pole
   d.) A challenging novel

4.) Since you are finally moved into your apartment, you have the choice to get a pet. What will you look into getting?
   a.) A Golden Retriever puppy
   b.) An orange tabby cat
   c.) A big aquarium and sea critters
   d.) An English Bulldog

5.) The big space above your bed could use something, what will you buy?
   a.) An LED name sign
   b.) A black and white, dated street map of New York City
   c.) A peg letter board with customizable letters
   d.) A tapestry

6.) What is your most-used app?
   a.) TikTok: I could scroll for hours
   b.) Pinterest: I like to keep my inspiration organized
   c.) Instagram: I love connecting with my friends
   d.) Netflix: where I’ll rewatch Gilmore Girls for the 4th time

7.) What fashion accessory can you not go without?
   a.) String friendship bracelets from summer camp
   b.) High-top Converse
   c.) Big tote bag with all my belongings x2, in case someone forgot something
   d.) Pearl earrings

8.) It’s a rainy day. What is your comfort movie?
   a.) The Parent Trap
   b.) Mary Poppins
   c.) Mamma Mia
   d.) Matilda

9.) What topping are you for sure getting on your pizza?
   a.) Spicy pepperoncinis
   b.) Spinach
   c.) Pepperoni and sausage
   d.) Extra cheese

10.) What is your ideal vacation?
     a.) Backpacking through the Amazon rainforest
     b.) Visiting a small east coast town
     c.) Panama City Beach, Florida
     d.) Iceland
**Mostly A’s** Sarah Smith (Pad Thai): You never back down from an adventure and love to try new things. You are spontaneous and on your own time. Thriller movies are your go-to and no one has ever had to convince you to walk into a haunted house, because you were probably already inside. You are known to hype others up giving pep-talks and have the most contagious energy.

**Mostly B’s** Beth Wheeler (Sandwich): You prize your organizational skills and strive for convenience when possible. You like to stick to what you know, like your timeless fashion and classic music taste; people hand you the aux cord before you even have to ask. You have Spotify playlists catered to any occasion or mood and nothing makes you more upset than forgetting your AirPods. Always wearing a smile, you are approachable and benevolent.

**Mostly C’s** Caroline Karrh (Tacos): You always go-with-the-flow. You love having choices and the ability to customize when online-shopping, eating out, or choosing a new nail color. You are the hostess of your friends, always offering up your space for movie-nights, game nights, and get-togethers. With your free-spirited nature, you are inclusive and a friend to all. You are adaptable and put others’ needs before your own.

**Mostly D’s** Emma Kate Standard (Mac and Cheese): You are a homebody and love a home-cooked meal. There is nothing like staying-in, curled up on the couch with your favorite blanket. You love everything about fall- from the leaves to the crisp weather, the pumpkins and the scents. Your nightstand has made its place for your many books and candles. People know they can approach you due to your listening ear and warm, compassionate heart.

Design by Meagan Riordan & Sarah Mitchell

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Women Who Came Before Us
Telling the untold stories of women in the early days of admitting women in universities.

Girlbossing Your Student Loans
A guide on how to navigate student loans before, during, and after college.

The Arts and Sports Both Deserve to Be in the Spotlight
Discussing the inequality between sports and the arts on campus and how that affects the arts.

On Display
A poem on womanhood.
behind The University of Alabama Quad, separated from campus buildings by a tall fence and an expansive garden, sits a two-story home in the late 1800s. Built in 1829, the home served as the school’s dining hall, infirmary and post office. During the Civil War, it watched as the Union burned all but seven UA buildings to the ground. In 1896, the building was a residence that also served as an oasis for a minority group of the student population. The front room was a women’s study room.

It is believed that the home’s resident and caretaker, Amelia Gorgas, partitioned the room for newly admitted college women. She created a physical space for the women who had only recently been told there was space for them - not just at The University of Alabama, but at any university in the country.

Gorgas served many roles at the institution since her arrival in 1878. In the same way her home served as an example of university history, Gorgas herself did as well. She was the infirmary nurse, the librarian and the post mistress, and when women were admitted as students of the university in 1863, she served as a mentor and a second mother to many of them.

Before 1893, only men were allowed to enroll at The University of Alabama. In that year, Bessie
Parker and Anna Adams enrolled as the first female students at UA.

The 1966 Corolla, The University of Alabama yearbook, says the women ignored the cold stares from the college men as they entered campus without the aid of federal troops.

“Anna and Bessie were supposedly only an experiment, but the feminine society of Alabama would not stand for token integration,” the yearbook says.

Parker and Adams both served on staff for The Crimson White's first editorial board and excelled academically.

The Tuskaloosa Gazette spoke highly of Adams when she graduated in 1895 and foreshadowed her enrollment as a new age for women.

“This is truly a great distinction and honor of which Miss Adams can well afford to be proud as it marks an entirely new era in the history of education in Alabama,” the article says.

As female enrollment grew, women recognized the need for an organization of women supporting one another.

The first University of Alabama sorority, Kappa Delta, was chartered in 1904 with 13 members. In 1913, women organized the Panhellenic Association of the Women’s Fraternity which included Kappa Delta, Delta Delta Delta and Zeta Tau Alpha. By the 1940s, there were 15 sororities in the Panhellenic Council.

Women also wanted to see themselves in campus positions of power, so in 1916, they formed a Women's Student Government Association, an organization that encouraged cooperation between faculty and students and focused on the welfare of women, according to the 1944 Corolla.

In 1943 to 1944, women showed up in many more positions of power at UA. Many young men enlisted in the military that year during the height of World War II, and while they were away from Alabama, women stepped into the empty traditionally male roles. Women served as editors for almost all campus publications, learned the new radio technology and hosted entertainment nights for soldiers and their wives while they visited campus.

As the 1944 Corolla states, “women take over all campus activities.”

59 years after women attended Alabama for the first time, two young, college-educated women wanted to enroll in the public university as well. In 1952, Atherine Lucy Foster and her friend Pollie Myers applied for enrollment into a graduate school program and were accepted. After Foster and Myers returned a second batch of paperwork, UA denied their enrollment. The reason for denial: they were Black.

Foster and Myers fought against this discrimination with the help of the National Association for the Advancement of Colored People and local attorneys.

After four years and a court order, Foster was accepted as a graduate student at Alabama. UA continued to deny Myers’ enrollment with the reasoning that she had become pregnant unmarried.

On Foster’s first day, protests gathered against her enrollment and plotted to assassinate her. Members of the local Ku Klux Klan gathered on campus and Klan members from neighboring Alabama counties started traveling to join the mob protests. At the height of the protests, Lucy was in the Bibb Hall College of Education building before she escaped and left campus under risk and duress.

UA initially suspended Foster for safety concerns but eventually expelled her for slander against the university.

Although the loudest voices were often against Lucy, there were some voices, perhaps gentler ones, who were encouraging and protecting her during her few days on campus. One voice was of Alberta Murphy, a local attorney and civil rights activist, and her husband UA law professor Jay Murphy.

Sharony Green, an associate professor in the Department of History, said the Murphys were powerful advocates for Lucy and other Black students to enroll at UA and Alberta Murphy walked with Lucy to her class that first day.
“Alberta didn’t know that African American men on the West side were in cars following her around to protect her,” Green said. “She was just going to do the right thing, not knowing she was in danger.”

Throughout her life, Alberta Murphy worked with many local organizations to improve race relations and encourage women voter registration, as well as fight against discrimination in civil rights lawsuits.

In 1961, another Black woman wanted to enroll at UA. With the help of the NAACP, a court judge granted the woman, Viviane Malone, and another Black student, James Hood, permission to enroll, citing the landmark Supreme Court Brown v. Board of Education decision as the precedent. The Supreme Court in the Brown v. Board of Education case ruled that public schools could not deny entry to a person based on race.

On their first day at Alabama in 1963, Malone and Hood arrived on campus, escorted by federal marshals and the U.S. Deputy attorney General. However, standing in front of the door of Foster Auditorium was Alabama Governor George Wallace and state troopers who refused to allow the two students to enter. The event is commonly known as the “Stand in the Schoolhouse Door.”

Only when President John F. Kennedy and the Alabama National Guard stepped in did Wallace allow the pair to enter the building and officially enroll at Alabama. Malone graduated two years later in 1965 with a Bachelor of Arts in business management.

As minority female enrollment increased, organizations for Black and minority women gathered to support one another at Alabama.

In 1974, the first historically Black sorority, Delta Sigma Theta Sorority, Inc. organized at UA with Alpha Kappa Alpha Sorority, Inc. joining one month later.

That school year was also influential because Terry Points, Alabama’s first Black homecoming queen, was crowned.

These historical female experiences continue to impact how women at The University of Alabama live every day. From the fight for enrollment to leadership positions, women have trailblazed on campus since 1893.

“Women are not just sitting around waiting to be told what to do by patriarchy,” said Green. “In strategic, sometimes quiet ways, they are saying no to power, but not just for the sake of saying no to power. They are human beings who want to enhance the quality of their lives.”

In 2022, the College of Education building that served as Foster’s protection during the angry Klan mobs was renamed to Atherine Lucy Hall to honor her bravery.

On March 22, only a few days after the building renaming ceremony, Meredith Bagley, an associate professor of communication studies, was hosting an Atherine Lucy historical tour when someone suddenly interrupted with the news that that Foster had died that morning. Bagley said she looked up at the building she was standing beneath, a building that had served as a hideaway, as protection for Foster, a building that once read Bibb Graves Hall, a building that students come to be educated and learn how to educate, a building that now reads “Atherine Lucy Hall.”

Bagley says it was the most spiritual moment she has ever experienced.

“Atherine, to me, completely wins the contest on bravery, grit and persistence.” Bagley says. “We don’t always talk about the role of these Black women who stayed with it and got our university over some pretty big lumps that we were stuck on there.”

This year, The University of Alabama undergraduate, professional and graduate student population is 57.3% women.

Today, these women are presidents of clubs and organizations, hosting campus-wide events, outreaching to local schools and businesses and excelling in academics.

“[Amelia Gorgas] was doing it in the 1870s and 1880s, but now our students and faculty – women – are doing that again, still doing it,” says Brandon Thompson, director of the Gorgas House Museum.

“Now women are continuing to do and make the university experience their own.”

There is now space for all women on campus, not just in a small front room in the Gorgas House.

**Photos by Caroline Simmons**

**Design by Caroline Prince**

**Modeled by Emilia Oblites, Gaby Aldridge, Sara Harder, Morgan Collins, Elizabeth Rice**
As colleges across the United States continue to raise their prices of tuition, it is becoming more difficult than ever for students to afford their education. Many students feel uncomfortable or embarrassed to admit that they had to take out a loan to help pay for their schooling, but little do they know, loans are more common than many may think. Since the 2015-16 school year, tuition at The University of Alabama has gone up $465 for in-state and $2,745 for out-of-state students; these prices do not include fees, living expenses, books, meal plans or transportation. If prices continue to increase, a larger number of individuals will need to know how to appropriately handle student loans before entering college and after graduating.

Before college

When discussing student loans, an important detail to understand is interest rates. While many have heard the term “interest rate,” few students fully understand what they are signing up for when they agree to the terms. Many students are not properly educated on what must be paid back on top of borrowed amounts and are shocked when they receive their first payment request. It is important to understand what is being agreed to before loans begin to impact life on an everyday basis.

There are two forms of student loans: subsidized and unsubsidized. They differ only in when the money needs to be paid back. Unsubsidized loans start immediately. This means that student loans must start being paid off during college. Subsidized loans, however, do not begin until after graduation. If one decided to continue their education (graduate school, law school, medical school, etc.) they would not be required to begin paying until all schooling is completed. This offers students more time to save money to pay their loans, as well as not be burdened by more bills as a student.

Angelique Hays, a junior psychology major at The University of Alabama, says, “Taking out loans really isn’t that bad, as long as you know what you are getting into from the start.” Hays says, “If I could give a student any advice, it would be to read the entire contract before accepting anything.”

During college

Many questions concerning loans arise during school, such as “Can I use this money for other things?” or “Am I allowed to keep this extra money?” In short, yes. Some loan companies tend to offer more money than what is needed. While this can be accepted in full, it can also be adjusted to the necessary amount.

For example, if someone was offered $8,000 for one semester, they could then adjust their offer to a lower amount if they did not need the full amount for that semester. Although this is the smarter option for some, it is not feasible for everyone. This extra money can be used for fees, extra charges, rent or books. Some individuals will keep the left-over money and spread it out over the course of the semester in order to ensure that they have time to focus on their studies. Sara Sewell, a freshman in Distant Learning Systems says,
“If I didn’t have the extra money from what they offered me, I don’t think I would be able to work and actually learn what I need to know.”

Another issue that is important to get ahead of is to acknowledge the amount that will need to be paid monthly. There are many websites that can roughly estimate a monthly loan payment, but the most efficient way to be sure would be to contact your provider, as it is different for everyone. Staying up to date with all information regarding loans is crucial to help individuals stay afloat when graduating college.

After college

After graduation, payments typically do not start for another six months. This time is considered a “grace period.” However, not all loan companies allow grace periods, so check with the provider to be sure. This time period is intended to allow new grads the opportunity to get financially stable before beginning their payments. While some people find a decent paying job soon after graduation, that is not the case for many individuals. In this case, many new grads are taking a turn and finding minimum wage jobs as a form of financial security until they land a better paying position. For these individuals, a grace period can make payments much less dreadful, as they have time to save money and figure out their financial situations.

However, for those that can, making payments as soon as possible will allow the chance to get loans out of the way, as the amount paid off will no longer be gaining interest. Although the specific amount that is paid will no longer gain interest, any amount not paid will continue gaining interest. The quicker a loan is paid back, the less interest there is to be paid.

Although paying back loans feels dreadful, it is not a good idea to ignore them. Ignoring payments on federal loans can result in no tax return. The government will begin to withhold tax returns and put them towards the individual’s loan.

Another route the government will take is garnishing paychecks. They will take a cut of paychecks to ensure that loans are being paid, giving individuals no chance to ignore payments.

Missing payments can also negatively impact credit scores. This can cause issues as credit scores are what allow Americans the ability to purchase vehicles, houses, rented properties, etc. Loans are the reason many individuals are given the opportunity to continue school, but they are also difficult to completely understand, so make sure to know what to expect when the time comes to accept or deny a loan.

When it comes to student loans, preparation is key. USMC Ssgt Rowe Schumann, former financial advisor, gives advice on how to pay off student loans in a way that should save stress.

Schumann says,

“Start paying on the loan with the highest interest rate, because if you don’t, the interest will just continue to grow.”

Loan payments can cause stress for the present, future and past. In hopes to avoid an abundance of stress in the future, “try to spare any extra money, if you can, and put it towards your loans. It will help take off a few payments in the future.”

Student loans can be overwhelming, but they are not as scary as they may seem. For many people they are necessary. Understanding what loans are, how they work and what they mean, will allow the freedom of a debt free future. It is never too late to begin taking loans seriously and preparing for the financial impact they may cause.

Design by Isabelle Williams

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The University of Alabama is notorious for its champion football team and its successes in other sports such as basketball and softball. Much is heard about Alabama sports every day – scores, rivalries, NIL deals and NFL drafts – but nothing is mentioned about dance showcases or theater performances that occur at the same time as other sports such as football.

University of Alabama freshman Michael Green, an English major and theater minor, recalls his longtime passion for theater and the feelings it evokes, describing it as a “comforting and cathartic safe space” for many students.

“One of my favorite parts of being out there on stage is entertaining people and making them laugh, and having that much control over an audience, and being able to just be in a space uninhibited,” says Green.

Green joined theater at the university when professors encouraged him to branch out and audition, and he feels as though there is a lack of appreciation for the hard work of the performers and crew.

Green says “It’s frustrating because the potential is there. The school has a lot of talent and put on great productions here.”

Theater majors and other students of the arts are often overshadowed by the prominent sports culture of the school.

Sophia Strickland, a sophomore News Media major with a minor in Russian, continued her love for the arts when she came to The University of Alabama. Strickland says, “I’ve always been involved in theater. Someone from my theater troupe back home in Dothan was the president of Crimson Stage, so I got involved with them easily.”

Strickland now serves as the emcee for the...
group as well as the merch chair.

“APO is a theater honor society here on campus. We do tailgates, shows and we have philanthropy like sororities, but it is just fun theater kid stuff,” says Strickland.

Strickland says that the arts and sports are equal, just not in how they are treated by faculty and students. She feels as though the arts will always be treated differently than athletics, saying, “Sports are seen as the main focus of Alabama, but we do have a decent program. I don’t think people realize that football players are entertainers in the same way.”

“Dancers are participating in sports; they go hand in hand, and football is honestly an art form. It’s a performance. Football games wouldn’t be the same without the marching band. Who else is going to play Dixieland Delight? All forms of entertainment are art. Performing arts is entertainment, so is football, and they should be treated equally, and it is a shame that they’re not. We don’t get the same budget, which I hate,” Strickland says.

Artists like Strickland promote their work in various ways in attempt to alert the public about other forms of entertainment on campus aside from football.

“We advertise it on social media, and right now I am making merch that is basically free advertising around campus,” Strickland says. “You see sororities with their buttons, and the Alabama ‘A’ on everything. So, we try to put our symbols on everything. We try to put Crimson Stage out there too, because we donate to philanthropy and do certain performances for them,” says Strickland.

“Greater Giving is our benefit concert, and all the proceeds go to Five Horizons, an STD testing service in Tuscaloosa, which focuses on sexual education,” Strickland says. Five Horizons Health Services is a nonprofit organization in Tuscaloosa that focuses on preventing and testing of sexually transmitted diseases. It also provides medical care.

Natalie Teat, the photo editor for The Crimson White, believes the arts are struggling due to a lack of funds compared to other sports.

“Most donors donate to sports because we are The University of Alabama. So, sports have this outrageous budget, and the arts are way underrepresented since we don’t get as many donors as sports do,” Teat says.

There is more than one type of art, and each is equally important.
On Display
By Abby Cope

Some days can be disinteresting and cursory
We can feel as though we are only moving through life by muscle memory
   Autopilot engaged
   Mentally in a haze
We can put our hopes and dreams and aspirations
On someone much more capable of actually achieving them
   Comparison is the thief of joy
   And idolization is a slippery slope
Because humanity is inescapable
Always peeking through the curtains
Teeming out from underneath
those who we’ve banished to life on a poignant pedestal
Are just as infected by this disconcerting “disease”
   As we are
   And wouldn’t it be nice
To be able to sit up a little less straight
And not have to constantly bear the weight
   Of global glorification
But rather just of self admiration
   A bright shiny box-like cover
   Paper thin
Easily ripped through by adoring hands
But those at the front of the shelf
Deserve no more discernment
   Than those pushed towards the back
In Fall 2023, our staff worked over 100 hours to create this magazine. Thank you to our contributors, editors & advisors for their hard work.

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