

The Sundial

A woman with long dark hair is standing on a green lawn in front of a modern building with large glass windows. She is wearing a red dress with a black wavy pattern, a black corset with red floral embroidery, and black thigh-high boots. She is holding a black umbrella over her head.

Issue 2 | Fall 2023

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Diversely

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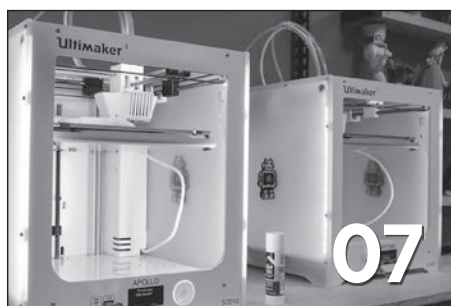
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Cover photo by Rodrigo Hernandez

Letter from the Editor



Dear Sundial readers,

This second issue of the Sundial's magazine this year focuses on the fashion industry. Fashion, to me, is not just about the clothes we wear every day—it is about the production, influence and technology that goes into making a singular item. Everyone expresses themselves differently with the clothes they wear. What we choose to wear is a part of our identity, whether it be comfortable outfits, elegant dresses, trendy streetwear or cultural clothing.

In the following pages, we wanted to capture everything the fashion industry touches. We highlight stories of how the ideal body type has fluctuated over time, how fast fashion is killing our planet and how technology is changing the very fabric we wear.

I am no fashionista myself, but I believe it is important for us to look into how influential this industry is. It influences the way we see ourselves and each other. It can manipulate the way we eat or exercise. It can make us feel like a model walking down the runway. It can make our pockets run empty if we are not careful.

We take the time to show off our campus' initiatives to teach future designers and merchandisers how they can lead a better future. I encourage you, our reader, to take the time to appreciate how our faculty and students have taken exceptional steps to change the industry for the better while also noting its errors. I hope you enjoy our second issue of the 2023-24 school year.

A handwritten signature in black ink, appearing to read "M. Morales".

The Sundial

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The Fluctuation

The ideal body type is ever-changing due to societal shifts and

WRITTEN BY SASHA ALIKHANOV

Gibson Girl



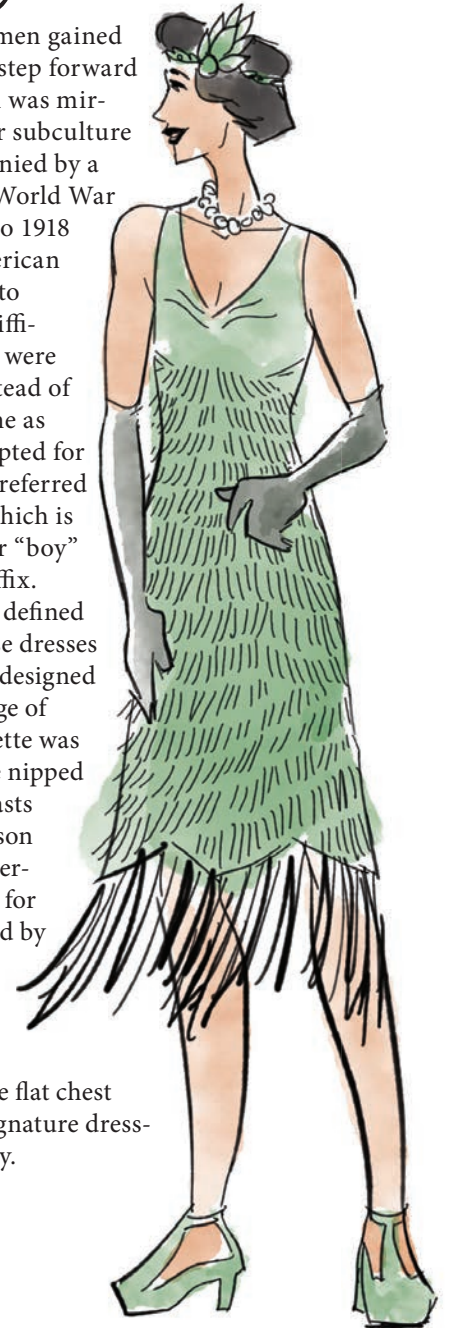
In the late 1890s and early 1900s, American artist Charles Dana Gibson illustrated the Gibson Girl who was an amalgamation of American femininity and served as a beauty standard for everyday women. The Gibson Girl was an emancipated woman who was created to be more palatable to patriarchal society than the controversial “New Woman” growing in popularity at the time. She was tall and athletic with a small waist that accentuated her bosom and bottom.

The artist based his illustration on American women he saw. “They are beyond question the loveliest of all their sex,” Gibson said in a 1910 interview with the New York Times. Despite his reference being American women, he remarked the ideal Gibson Girl did not truly exist and she was a product of American imagination. A man interested in evolution, Gibson claimed the biodiversity of the United States would lead to a woman more beautiful than any of his time.

Boyish

In the 1920s, women gained the right to vote, a step forward in autonomy which was mirrored by the flapper subculture and style, accompanied by a boyish body type. World War I lasted from 1914 to 1918 and disrupted American society. Returning to everyday life was difficult and old norms were deconstructed. Instead of dressing as feminine as possible, flappers opted for a boyish look, also referred to as “garçonne,” which is the French word for “boy” with a feminine suffix.

Flapper style was defined by straight and loose dresses with exposed arms designed to allow a large range of motion. The silhouette was the antithesis of the nipped waist and large breasts and hips of the Gibson Girl. It rejected American societal norms for women, as explained by Jennifer Rosenberg for ThoughtCo. Some flappers would bind their chests to achieve the flat chest necessary for the signature dresses to drape and sway.



of the Ideal Body

major events, and women are expected to fit each alteration.

ILLUSTRATIONS BY KEVIN SILVA

Curvy Bombshell



In the 1940s, the ideal body type deviated from prepubescent slenderness to busty bombshells with small waists and large breasts. The Great Depression stripped away the importance of fashion, and the reemergence of curvy dominance in society was influenced by Old Hollywood. Films offered people an escape from reality and bombshells were common centerpieces of silver screen fantasies. Stars like Rita Hayworth and Veronica Lake were used by Hollywood studios to entertain and comfort audiences during World War II.

Hayworth was a defining star of the 1940s with a signature look that was created against her will. To create the perfect bombshell, her hairline was cosmetically raised and she was consistently dressed in a sexual manner, according to Dan Callahan for Nylon. The familiar nipped waist and revealed breasts were defining characteristics of bombshells, with characters alongside them in films often commenting on them. Overt sexuality was tied to bombshells, which further sexualized the curvy body type. Hayworth is an example of a woman being forced into an ideal body type and look, which persists today with popular media and societal pressure as omnipresent influences.

Model Thin

In the 1990s, a rail-thin precedent was formed which was dominant throughout the decade and into the 2000s. Curvy and boyish body types ebbed and flowed in decades prior, with a notable fitness craze in the 1980s, but the cultural impact of skinniness in the 1990s has remained pervasive amidst following decades.

Kate Moss was an icon of 90s thinness with runway and catalog prominence, notably the face of Calvin Klein's "Obsession" perfume. Klein expressed a frustration with prior concepts of glamor and ideal body types. "I wanted someone who was natural, always thin," Klein told *Women's Wear Daily* in 2011. Despite his desire for natural women, thinness has been consistently represented alongside drug use and eating disorders, which led some to dub the body type "heroin chic." As the modeling industry became overwhelmingly skinny and clothes became increasingly revealing, women were pressured to fit the ideal body type, which successful models struggled to maintain.



The Ideal Body
Continued on page 18

The Prevalence of Eating Disorders and Finding Support for Recovery

WRITTEN AND INFOGRAPHIC BY EDWARD SEGAL

When a person opens their social media, one of the first things they might find are posts that promote unrealistic beauty standards. When scrolling through the endless photos of people showing off their “perfect” bodies, many develop unhealthy eating habits as they attempt to look like the people they see.

Jennifer Neda John, a recent graduate from Stanford University, recalls a fitness account’s advice to never eat when not hungry, which triggered her eating disorder when she was in middle school. According to an article John wrote on Slate, she started reducing her meal portions every week, until her weight dropped dangerously low. She was eventually diagnosed with anorexia.

The National Eating Disorders Association predicts that 30 million Americans will have an eating disorder at some point in their lives, 2/3 of which will be women.

According to Cross River Therapy, 9% of the U.S. population lives with an eating disorder, which equates to about 28.8 million Americans. That number places the U.S. above all other countries. Other Western nations, such as those within the United Kingdom, are high on the list as well.

The 2016 Dove Global Beauty and Confidence Report found that of 10,500 women surveyed from 13 different countries, 70% reported a decline in body confidence and an increase in anxiety because of that decline. About 80% said this lack of confidence has led them to forgo events in their lives, and 90% said they would fast because of it.

Men often develop eating disorders that go unrecognized, according to the Arizona State University’s Cronkite News.

“They strive for a bigger body size to reflect society’s linking of muscle with masculinity,” said Dr. Jason Nagata, an assistant professor at the University of California.

This is known as muscle dysphoria, where you binge and exercise to build muscle.

People often attempt to deal with eating disorders in isolation, and this anxiety makes them especially difficult to overcome, according to the American Society for Nutrition. However, an eating disorder survivor doesn’t need to suffer in silence.

John started down the path to recovery by joining a support group and seeing a psychiatrist, but it was a discussion group she joined in college that helped her make significant progress. The group allowed her to talk to people who have undergone similar struggles. Eating disorders are isolating, but finding community support is a major step in recovery.

STATISTICS



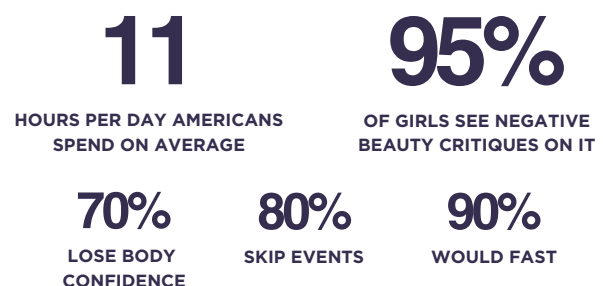
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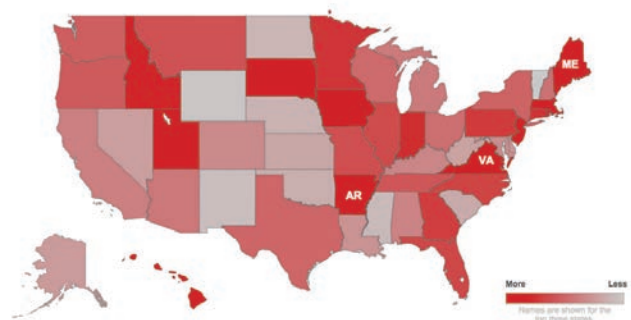
66% FEMALE | 33% MALE

NEDA predicts that 30 million Americans will have eating disorders in their lifetimes, and that two-thirds of them will be women.

SOCIAL MEDIA



STATES BY NUMBER OF TEENS WITH EATING DISORDER



Petros Jordan, Wordpress, 2015

Suiting Up at the Creative Maker Studio

WRITTEN BY CLAIRE BOECK

PHOTO BY RODRIGO HERNANDEZ

In CSUN's Creative Maker Studio, each 3D printer is named after a Greek god. There is Zeus, and his daughter Athena—she is barely bigger than a mini fridge, and costs roughly \$1,000. In capable hands, she brings ideas to life and prints objects out of plastic. Some fashion designers are pushing the boundaries of what these printers are capable of, though the limits of today's technology will require them to be more flexible.

There are a total of nine printers lining the walls inside their lab in the Creative Maker Studio. It is a small room on the first floor of the library, filled with the constant whirring and whizzing of plastic being summoned before one's very eyes—though despite the tech wizardry, it sounds no louder than a conventional paper printer.

3D printing is a versatile technology. It can print a multitude of things, from car parts, to school supplies, to NASA-grade space materials and maybe even clothes.

It most commonly involves strands of colorful plastic that are melted, extruded and then hardened into the desired shape.

"The 3D printing process turns a whole object into thousands of tiny little slices, then makes it from the bottom up, slice by slice," Andrew Walker wrote in the Independent. "Those tiny layers stick together to form a solid object."

This is the process available to average consumers. Technology evolves fast—today, most folks can buy a competent 3D printer for around \$200.

It's not just plastic, either. 3D printing complex objects with metal is possible, but it's an expensive and highly technical process that only advanced laboratories can pull off—like NASA,



The 3D printers available at the University Library allow students to create and print their own designs free of charge.

who are experimenting with a type of 3D-printed chain mail armor for future astronauts.

Fabric is trickier. Real fabric, the soft kind you can wear comfortably on your body, is still being developed. Fashion designers like Anouk Wipprecht and Julia Daviy are creating bold, bombastic 3D-printed dresses with elegantly bizarre looks, but they're still made of hard plastic. They fit more on the runway than Matador Way. Shoes might be a different story—Adidas partnered with tech company Carbon in 2017 to create a shoe with a 3D-printed midsole that was available to purchase. It retailed for \$220.

3D printing using conventional plastic methods could never replicate clothing fabric. It's rigid, not very flexible and can't be woven together into convincing textiles. But crafty internet users have discovered a niche use case where rigidity is a pro rather than a con—printing suits of armor that would make Athena proud.

These modern day blacksmiths forge impressive pieces of work. The costume workshop Order 66 Creatures and

Effects created a full replica of Batman's suit. Cosplayer Frankly Built donned Tony Stark's Iron Man armor.

3D printing has exploded in the cosplay scene. Hollywood stylists and animators create fantastical clothes and accessories that can't exactly be found at your local superstore, but with some plastic and some time to spare, anything's possible at home (or at your local university's library).

The Creative Maker Studio will let you print 3D projects completely free if you're a CSUN student, and as long as you follow their guidelines. The final print can't weigh more than 160 grams and the print can't take more than 10 hours. Just be sure to make an appointment with them online and you'll be able to take your newly printed object home with you, as long as whatever you print follows CSUN's policies and code of conduct.

You might not be able to print a new pair of jeans at home, but 3D printing technology continues to evolve. Who knows what might happen someday? At least for now, you can print a suit of plate armor.

Why fad diets are appealing

WRITTEN BY EDWARD SEGAL

Many people have encountered a diet that promises instant weight loss at some point in their lives. It's the kind of diet that says exercise is not necessary to lose weight, or offers a supplement that claims to work miracles. These are known as fad diets.

A fad diet often promises a quick and easy way to lose weight and is not typically backed by science. It may consist of supplements or special foods which promise to help a person slim down, and generally calls for a restriction of nutrients, such as sugars or carbohydrates. Fad diets also tend to minimize the importance of exercise when it comes to sustaining a drop in weight.

22.5 million Americans try fad diets every year, says the Boston Medical Center.



These diets range from carb-cutting ones such as Keto or Atkins, to ones that require more extreme commitments, such as the 5:2 diet. The 5:2 diet involves eating as you normally would for five days out of the week and fasting for the other two.

This diet doesn't work because the rules are too restrictive for most people to follow long term, which results in quitting and regaining weight.

Researchers at UCLA found that 30-60% of people who tried fad diets regained the weight they lost, and many gained even more than their beginning weight.

"The problem with that is, you don't gain it back in the same distribution that you lost it," the Klotz Center's registered dietitian, Ellen Bauersfeld, said. "So if you lost fat, muscle and water, you basically just regain the fat and the water, and the muscle mass is gone."





Gaining weight isn't the only problem with this diet. Most fad diets ignore a person's biological need for a variety of food, which usually involves cutting down on carbohydrates.

The primary role of having carbs in our diet is to provide energy for our bodies to function. If a person cuts them out of their diet completely, then their muscle cells and brain would lose energy. A person's body can experience other unsettling side effects as a result of this diet as well.

According to Eating Well, this can lead to dizziness, weakness, and headaches.

Bauersfeld said that eating whole foods, which contain carbs, as well as the vitamins and minerals we need to survive, is a better dieting strategy than restricting carbs entirely.

"Mother nature does an amazing job of packaging her nutrients, all in these amazing whole foods," she said.

The Center for Disease Control and Prevention said that healthy diets, when paired with exercise, have the potential to reduce the risk of heart disease, diabetes, and countless other conditions, in addition to helping you achieve a healthy weight.



According to Bauersfeld, the role that sleep plays in maintaining a healthy lifestyle is often overlooked. Sleep should also be a focus when trying to live a healthy lifestyle in addition to healthy eating habits.

CSUN's dietician proposed a change all students should implement in their diets, one that seems intuitive but would go a long way in improving their eating habits.

"Every time you eat, eat a fruit or vegetable with your meal," Bauersfeld said. "A modest increase in your overall fruit and vegetable intake is a great step to try to encourage students to eat better."

Finding a diet that works and sticking to it takes time, patience, and hard work, but the results can make the journey worthwhile.

Fast Fashion, Slow Solutions and Mountains of Trash

WRITTEN AND PHOTOGRAPHED BY SOLOMON O. SMITH



Fast fashion is a trend in clothing retail that has produced accelerated sales and mountains of waste.

A knee length tan trench coat is the anchor image of a Vogue article on preparing for the fall fashion season. The coat boasts “at least 65% of ecologically grown cotton” on the website and costs \$250. Zara sells a version with a cotton and polyamide outer shell and polyester lining which is nearly identical — it costs about \$50.

This is fast fashion. Accelerated production of clothing using cheap labor and human-made materials for low quality products coupled with aggressive ad campaigns. Low-cost copies are big sellers at stores but following the latest fashion trend or influencer may be killing the planet.

Fashion waste was a problem before fast fashion. Studies by the United States Environmental Protection Agency have recorded an increase in production of clothing, and shoes across the U.S. and have also tracked rates of waste. The amount of clothing items which end up as waste has gone up from 1.31 million tons in 1960 to 9.07 million tons in 2018. In 2018, only about 13 percent of this waste was recycled.

An article by the Boston University School of Public Health described the ramifications of fast fashion waste, particularly on the poor and people of color. A glut of waste material, much of it toxic, winds up in landfills which are 2.8 times more likely to be in BIPOC neighborhoods.



Fast Fashion Needs Faster Solutions and Future Leaders

Tracie Tung, an instructor at California State University, Northridge, has spent the last three years teaching students about the problems of fast fashion. Tung holds a doctorate in human environmental sciences from Oklahoma State University, and has been an advisor on sustainability in fashion for over a decade. According to Tung, these products have a planned obsolescence, enticing consumers to buy the latest item.

“It’s because they want to pursue those fashion trends but they cannot afford those expensive products from those brands,”

***Tracie Tung
CSUN Instructor***

“So think about that. What do they do with the clothes, the cheap version, when it’s out of fashion. We throw it away and then, you know, we use plastic, for example polyester, and then it goes to the landfill.”

Tung started a pilot program intending to put waste management into the minds of students through the Sustainability Fashion Ambassador Program in 2021. She emphasized that everything in fashion should be focused on sustainability. The program followed a seminar format using readings and discussions every other week. This was soon followed by upcycling design competitions, where students used scraps of fabric waste and other recyclable material in their designs. Associated Students shortly partnered with Tung to bring a Sustainable Fashion Expo to the campus.

***Fast Fashion
Continued on page 19***

Opposite page: Tracie Tung in Sequoia Hall.
Left: Alyssa McDowell, an apparel and design senior, working in Sequoia Hall.



Dressing Diversely

WRITTEN BY JOSÉ C. DELGADO

PHOTOS BY RODRIGO HERNANDEZ

International students come to America and bring a piece of their country in the form of their clothes. Some students bring stylistic flair over, while others opt to wear cultural clothing.

CSUN senior Blue Tan decided to go with the first option. Tan is from Kuala Lumpur, Malaysia, and attended Taylor's University. There, she saw her peers going all out with their choice of clothes at school.

"I think, especially in our college, people are thinking about comfort and going to class," Tan said. "Meanwhile, the college I was in back home, people would come dressed up and looking cute. That was the norm there."

Tan attributes the contrast in effort to the differences in social settings between the two schools. Her school in Malaysia featured a more close-knit campus life which contrasts the commuter culture of CSUN's campus.

Tan does not conform to the more comfortable style she sees on CSUN students, choosing to go with clothes that fit her style. Some of the staples in her closet include plaid skirts and Kuromi shirts.



"I feel like I just wear what's in my closet. For me, I still want to feel good, so obviously I wear clothing that I like," Tan said. "Even if it's not what everyone else is wearing."

Tan believes American fashion often relies too much on which brands are trending, and outside of campus, there is an emphasis on the cost of an outfit rather than if it looks good together.



Top left: Blue Tan holding a Kuromi umbrella. Top right: Tan's collar, dress and corset. Bottom middle: Embroidery on the back of Tan's top. Bottom right: Tan holding her umbrella in front of her.



The difference in approaches to campus fashion can bring interesting combinations and allow a new sense of expression.

Melita Mehzabin is a junior from Bangladesh. She brings a more culturally-focused outlook with her fashion on campus.

By wearing traditional Bangladeshi clothing, Mehzabin feels more connected to her culture and uses it as a way of showing her Bangladeshi pride. The different patterns, textiles and customization of Bangladeshi clothing allows her to show off the vibrance of her country.



"There is more embroidery and more handcrafted work in the clothing, compared to American clothes, which is mostly cotton clothing," she stated.

After being at CSUN, Mehzabin as found herself fusing both American fashion and her Bangladeshi clothes.

"Sometimes, I make a fusion. There is a certain type of pants to pair with a kameez, but right now I'm wearing it with jeans," Mehzabin stated. "Since I got here, I have been wearing more comfortable clothes, but from time to time I try to wear jewelry that represents the cultural aspect of my country."

Mehzabin sees her country's clothes as representative of her culture's values.

"To me, my clothes mean practicing modesty in a very vibrant way, in a colorful way," she stated. "I also think people in my country are cordial. We tend to be good hosts, love guests, so that's something I think we represent through the clothing."

While the two opt for different styles of representing their countries on campus, they both believe that CSUN students, and Californians in general, tend to go for safer choices. Comfort, casual and homogenous were words used by the two to describe the different looks they have seen here.

The meshing of cultures at CSUN is apparent, and being able to see people represent their cultures in different ways gives a different perspective to all students.



Top left: Mehzabin wearing a kameez adorned with the national flower of Bangladesh, water lilies. Top right: Mehzabin in front of Citrus Hall. Bottom left: Mehzabin's left earring. Bottom right: The trim of Mehzabin's collar.

Curves and Curls

How I Learned to Defy the American Standard

WRITTEN BY JASMINE CUZA PHOTOS BY RODRIGO HERNANDEZ

The idea of beauty is sewn into the fabric of our existence. In our world, beauty is refined and intriguing. The complexities of its roots are ingrained in each individual and make us all unique.

The theory of beauty has gone through a vast variety of changes in recent years. For many cultures, beauty has a variety of styles, and it plays a monumental role in our lives.

Being Cuban, I grew up surrounded by women in my family with curvy bodies and big puffy curly hair, which is the ideal look for Caribbean women. I was never happy with the way I looked when I was younger, and I resented my uniquely Caribbean features such as my skin, lips and hair. I felt the weight of society on my back to change my appearance to please American standards.

As a young child, my resentment toward my looks came from media influences and celebrities I saw on television. Women like Britney Spears and Christina Aguilera were women I wanted to be, because they were skinny and had straight hair.

As human beings, we learn to hate ourselves because of these influences. Media often portrays a narrow specific ideal of beauty, according to president of the CSUN Trends club Rudy Flores. "Fashion is a form of self-expression, but with social media and many other forms of media, it is reminding us of what we have to be," Flores said.



"When I go to New York to visit my family, I see women in streetwear clothing, which can be a masculine look. To add femininity, they pair their outfits with a bag or hoop earrings."

While consuming media on different platforms, users may start to believe that these are the "normal" or ideal standards in order to feel beautiful. The more we are exposed to the standard, the more we want to achieve it and accept it.

Trends are constantly changing, but have an impactful role in what beauty is. Whatever is trending in the media is considered beautiful. This influences how people see beauty and often leads to comparison and competition.

Comparison and competition can lead to depression and anxiety for both men and women, according to PsychCentral. "Change happens when new trends come in. Anyone can be influenced by trends," said Karin Kamil, a CSUN fashion student and secretary of Trends. "It just takes a certain person to know what trend they participate in."

Different countries are influenced by each other. Being one of the most influential places in the world when it comes to fashion and beauty, the United States has made an impact around the globe. The world becomes connected through media, and many beauty and fashion standards start to blend. This has encouraged an

increase of diverse representation on social media platforms. In more recent years, it has challenged the stereotypical norms that at one point

were looked down upon.

"Media nowadays has placed an emphasis on many different styles from different cultural backgrounds. These different styles open the doors for a fresh new perspective and foster a sense of global unity," said Kamil.

Many beauty industries emphasize different standards and trends. They learn to understand what their female consumers demand.

“As women, we are targeted the most, because of societal pressures around us. Media shapes the way women think and we start to put unrealistic standards on ourselves,” Kamil said.

Celebrities and advertisements display an ideal picture of what women think they should look like. Social media influencers and popular celebrities like the Kardashians partner with big beauty companies to reach audiences to buy products. Products like Skims by Kim Kardashian advertise waist trainers and other body-hugging clothing to enhance figures.

Over time, I have learned to accept the imperfections that once made me insecure. Fashion is a form of self-expression and being comfortable with your own skin.

Growing up, I silk pressed my hair everyday because I hated my thick curls. Other times, I would take cocoa shea butter, slick my hair back into a bun and brush my edges. As I scroll through social media today, I come face-to-face with ethnic women who look like me and wear their curls like a crown on their head.

I have learned to stop trying to fit in society’s concept of perfection and create my own. I have found true happiness and comfort in my own confidence. I stopped comparing myself to others. I was able to boost my confidence through fashion. I am human and I have my insecure days, but I always remember when it comes to beauty, the prettiest stars in the night sky shine brightest in the darkest times.



MEET THE STANDARD

American beauty standards set unrealistic expectations that promote body modification.

A result of this is the golden ratio, which is used to assess and improve facial symmetry by measuring the relationship between key features, such as the eyes, nose and mouth. Women are expected to have thick eyebrows, wide eyes, high cheekbones, a refined nose and sharp jawline. Cosmetic surgery is encouraged to achieve the golden ratio, but surgery can be dangerous and lead to complications, such as nerve damage, infection and abnormal scarring.

ILLUSTRATION BY KEVIN SILVA

Cantando

WRITTEN BY PAMELA GARCIA



Bad Romance
Lady Gaga

Throughout her career, Lady Gaga has made a variety of head-turning fashion statements with her unconventional outfits and album concepts that expressed identity through art. Gaga debuted “Bad Romance” at Alexander McQueen’s final collection, “Plato’s Atlantis,” at Paris Fashion Week in 2009. Gaga admired McQueen and his fearlessness, which permanently shaped her aesthetic.



Notice Me
Migos, Post Malone

It is undeniable that the hip-hop genre has always had an influential hold on the fashion world. As hip-hop goes through its eras, so do rappers’ styles. “Notice Me” showcases how rappers incorporate their fashion tastes into their lyricism in its chorus: “Saint Laurent on both my feet / All this jewelry, they gon’ notice me / And you know I got that Rol’ on me...”



Rich Girl
Gwen Stefani

While most of Gwen Stefani’s debut album “Love. Angel. Music. Baby.” covers themes of fashion, “Rich Girl” is a song that never fails to circle back into popularity after nearly two decades. Stefani mentions a few of her favorite designers in the first verse, such as Vivienne Westwood and John Galiano. She influenced fashion trends for Generation Z, and the track became an anthem for women to embrace their style.



Fashion Killa
A\$AP Rocky

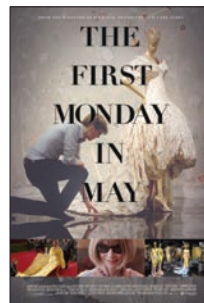
Fashion-forward rapper, A\$AP Rocky’s song “Fashion Killa” is a reflection of his expensive taste. The lyrics describe Rocky’s ideal partner and their style through a multitude of designer brands and trendy references. Rocky pushes the boundaries of the rap industry’s image of masculinity with feminine touches on his red carpet looks and at the Met Gala, which sets him apart from his peers.

Matador Marquee

WRITTEN BY SASHA ALIKHANOV



“The September Issue” documents the creation of American Vogue’s most important issue. Long-standing editor-in-chief Anna Wintour is crucial to the process with final say on every aspect. Tensions are high as the content of the September issue makes and breaks careers.



“The First Monday in May” is a documentary following the curation of the Metropolitan Museum of Art’s fashion exhibit, “China: Through the Looking Glass,” as well as its accompanying Met Gala in 2015. The exhibition recontextualized Orientalism with 140 pieces, which drew the highest attendance of any fashion exhibit in the museum’s history. The record was previously held by the “Savage Beauty” exhibition in honor of Lee Alexander McQueen.



“McQueen” is a look at prolific British fashion designer Lee Alexander McQueen’s life from his childhood to early death. As a designer, McQueen upset the fashion industry with his controversial work at Givenchy, as well as his eponymous label, “Alexander McQueen.” The film delves into the relationships and experiences that formed a fashion icon.

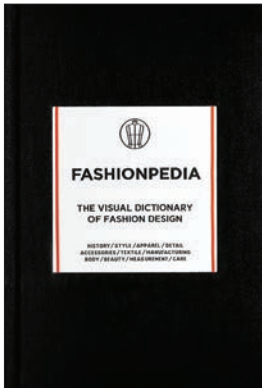


“House of Z” is a feature documentary showcasing the course of fashion designer Zac Posen’s career. The director walks the viewer through all there is to know about Posen, and the process to finish his fall 2014 Ready-to-Wear collection. An aquamarine gown serves as the centerpiece of the film, and it eventually turned heads when worn by Liu Wen at the 2014 Met Gala, landing on the best-dressed lists of Vogue and Vanity Fair.

Book Club

WRITTEN BY LEAH VILLALPANDO-CORONADO

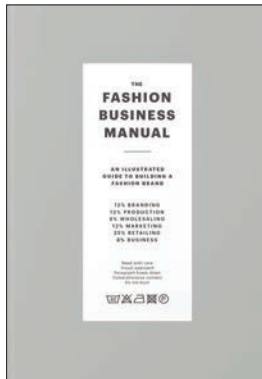
Gizelle Johnson, a senior at CSUN, majoring in fashion apparel and design, has spent her last few years immersing herself in collegiate fashion. She is currently the creative director for CSUN Trends, the school's fashion club, and the owner of her personal clothing brand, Divine. Beyond her formal education, involvement with Trends and starting her own business, Johnson has read valuable books that have contributed to her growth as an aspiring designer and stylist. Here are her top three book recommendations that provide insights not typically found in the classroom.



“Fashionpedia” by Fashionary

“Fashionpedia” is Johnson’s favorite of the three books. This visual dictionary of fashion contains a detailed exploration of diverse clothing types, their origins and the evolution of trends over time. The book also delves into various body shapes, trims, measurements and hairstyles.

Combining historical context with practical examples, this book presents an abundance of information. Johnson considers herself a visual learner and finds assigned fashion textbooks overwhelming. Books like “Fashionpedia” allow for interactive reading with visual examples to supplement the information.



“The Fashion Business Manual” by Fashionary

“The Fashion Business Manual” is a step-by-step guide for those aiming to launch their own fashion business. It teaches readers how to create a business brand, how to brand themselves, and overall tips on how to run a store and deal with bosses and models. It is filled with visuals to supplement the vast array of information it provides to running your own company. Johnson credits this book as a helpful handbook when starting her brand.



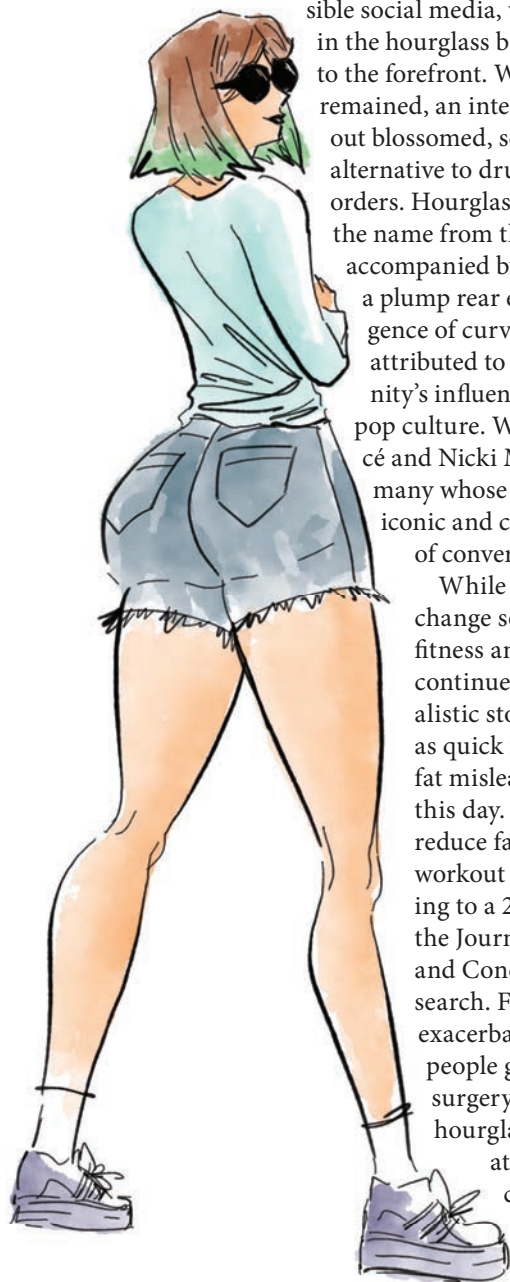
“The Fashion Stylist Blueprint” by Brittany Diego

Finally, “The Fashion Style Blueprint” is written by Brittany Diego, a stylist who attends CSUN Trends’ meetings and was a judge at the club’s recent fashion show. Diego’s guidelines are helpful supplements for CSUN students who aim to be stylists. When Johnson was researching how to become a stylist, she learned about the book from Diego at a club meeting. Diego lays the groundwork of styling based on her journey, which led her to establish Fashion Mentor, a platform for young professionals in the fashion industry to learn and grow.

Instagram Hourglass

In the 2010s, a new fitness craze spread with the assistance of widespread accessible social media, which resulted in the hourglass body type coming to the forefront. While skinniness remained, an interest in working out blossomed, serving as a healthy alternative to drugs and eating disorders. Hourglass body types gain the name from the small waist accompanied by large breasts and a plump rear end. The resurgence of curviness can also be attributed to the black community's influence on American pop culture. Women like Beyoncé and Nicki Minaj were two of many whose bodies became iconic and constant topics of conversation.

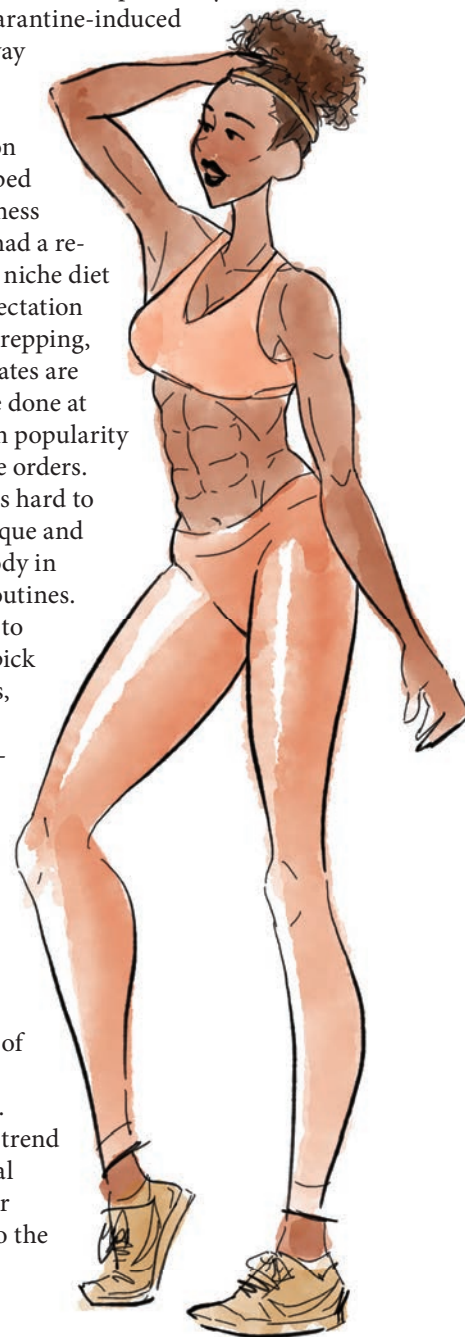
While exercise can change someone's body, fitness and diet trends continue to sell an unrealistic story to consumers as quick fixes to lose belly fat mislead audiences to this day. You cannot spot reduce fat with a specific workout routine, according to a 2013 study from the Journal of Strength and Conditioning Research. Frustrations were exacerbated by influential people getting cosmetic surgery to obtain the hourglass figure while attributing the changes to exercise and diet.



“That Girl” Skinny

In the 2020s, the world was paused by COVID-19 and quarantine-induced cabin fever made way for the repackaged skinny body type with an emphasis on healthy habits dubbed “That Girl.” The fitness craze of the 2010s had a resurgence alongside niche diet trends with an expectation of thinness. Meal prepping, juicing and mat pilates are hobbies that can be done at home and surged in popularity due to stay-at-home orders.

“That Girl” works hard to maintain her physique and shows her toned body in TikTok morning routines. The trend is meant to inspire viewers to pick up healthy routines, but some fear they are a negative influence. Fitness and wellness content does not always motivate viewers and sometimes causes self doubt, explained clinical psychologist and associate professor of psychology at York University Dr. Jennifer Mills. The trend acts as an additional societal pressure for women to adhere to the ideal body type.





Professor Jongeun Kim assists a student in class on the first day of the fall semester.

Fast Fashion
Continued from page 11

The program has evolved into the broader Sustainable Fashion Program, which will continue its previous activities and expand with online talks open to the public.

Tung looks at the entire industry from conception to consumption to improve sustainability.

“So I want people to know, what the consequences are,” Tung said. “So when you need to make the decision, I hope you can make the right decision and we can use this right decision to push those big companies to produce the right product for us.”

Her advice is to develop a personal sense of fashion and avoid following every trend. Often, as these trends fade, they leave in their wake tons of clothing. She also recommends that consumers inform themselves about the practices and choices of the companies they frequent. She says that she “believes in consumer power” that alternative markets and second hand stores keep more clothing out of landfills. Depop is an online store which resells popular brands. Local producers are another alternative.

These activities by consumers can decrease the demand for fast fashion items, but tackling this issue will require more government involvement. California has several bills looking to address textile waste. California SB707, authored by California State Senator Josh Newman (D), addresses recycling.

Tung points to European programs dealing with less plastics in clothing as examples and hopes to see more aggressive measures in the United States.

“The end goal is very, very simple. Create the awareness of sustainable fashion. That’s it.”



Tracie Tung shows a collection of scrap waste of different materials.

Flowers of the Field

Poem by Kaylee Toma

Radiant as a rose is what I want to be.
As long as I'm seen as lovely, I don't care to
what degree.
If you get stuck by my thorns, well, how
could you blame me?

Pretty as a poppy sounds just as nice.
There's no length I will not go. I will pay the
price.
If you become intoxicated, I'm happy to be
your vice.

Splendid as a snapdragon sounds
wonderfully wicked.
I'll push myself to the limit of what is
permitted.
If you get caught by my bite, you can't say
I'm not committed.

Other roses find my love as cold as ice,
As I reject their warmth to keep the guise.

Sunflowers see me bitter and full of despair.

Their joy always catches me unaware.

Peaceful Lavender, Patient Daisy, and Kind
Sweet Pea,
Find me too hateful, wild and callous for
their three.

Good Zinnias, Faithful Violets, and Gentle
Orchids,
See me as more wicked, false and harsh than
can be afforded.

As for Temperate Azaleas, try as they might,
They cannot control my monstrous spite.

Surely of all my fellow flowers,
I will be the one whose beauty overpowers.

But one by one they're all plucked,
Until I'm left questioning my own conduct.

Was I too superficial?
Promoting my own beauty instead of what

lies inside, bordering on prejudicial.
Was I too selfish?

Caring only for myself, no matter what I
had to embellish.

Was I too snide?
Disparaging others to make myself look
better, all to prevent wounding my pride.

No wonder my friends are gone,
While I sit here, wishing I hadn't
withdrawn.


But wait!

In the distance, I can see
My flowered friends coming for me.

In the arms of a gardener they are carried,
A bouquet that is ever varied.

Full of blooms in peak season,
Welcoming me in, beyond all reason.





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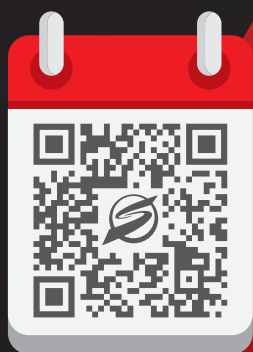
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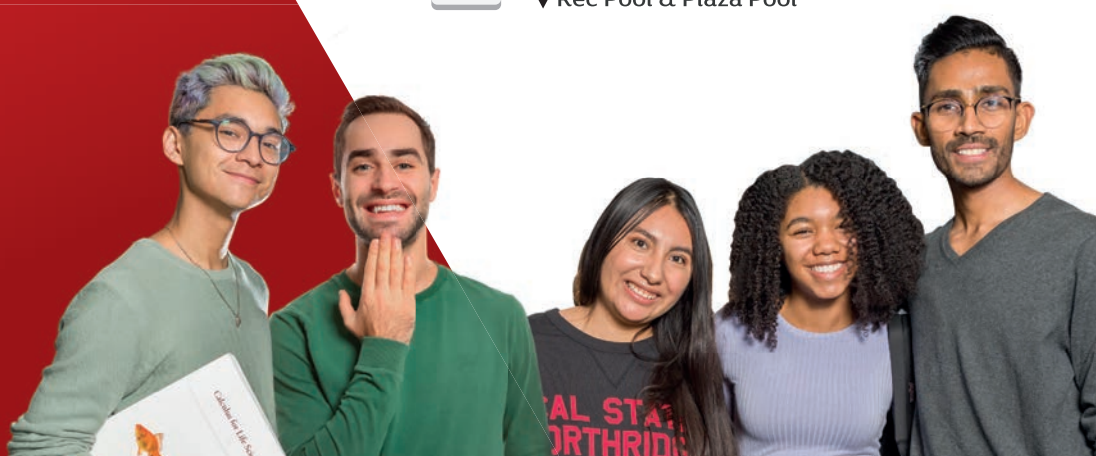
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Events subject to change



FEATURED EVENTS



Oasis: Insight Timer

Free guided meditations available online

📍 insig.ht/4B9Wipxwinb



Pride Center: LGBTQIA+ Equity and Inclusion Training

Tuesday, Sept. 26: 10 a.m. – Noon

📍 Grand Salon, USU



VRC: Elevate – Professional Development Series

Tuesday, Sept. 26: 5 – 6 p.m.

📍 Veterans Resource Center



VRC: The Blend

Wednesday, Sept. 27: 10 a.m. – Noon

📍 Veterans Resource Center



Noontime Concerts

Thursday, Sept. 28: Noon – 1 p.m.

📍 Plaza del Sol



Fall Swim Challenge

Sunday, Oct. 1 – Tuesday, Oct. 31

📍 Rec Pool & Plaza Pool

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