Biannual fashion show serves F.A.C.E

By Mackenzie Byerlee
Features Editor

On Saturday, Nov. 14, Fashion. Attitude. Creativity. Elegance held their biannual fashion show which transformed the Adanti Student Center Ballroom into a runway.

"NFL X Runway SZN" was a football themed showcase for members of F.A.C.E to express themselves and present their individual styles. Sociology and business management major Zion Dowie, a sophomore and treasurer of F.A.C.E shared the importance behind the event.

"It shows how creative everyone is and we wanted to bring people together," Dowie said.

The models strutted the runway in jerseys, dresses and even pantsuits. This emphasized the fact that fashion can come in a lot of forms.

Keeping with the football theme, the beginning of the event featured a draft where they called on models sitting in the audience for an outfit change. This was an interactive activity as it got the audience involved as well as the female models who were sitting in the middle of the crowd too.

One major aspect of the show were the local brands that were highlighted. All of them had styles that set them apart from the rest which truly gave all of the clothing character.

For the models, having the opportunity to walk the runway is unique to F.A.C.E.

"People can express themselves and their clothing and be confident in it," public health major Mya Warren, a junior and president of F.A.C.E, said.

The first brand represented was Vaga Remains. The brand was introduced as being elevated streetwear and showcased pieces that included mainly denim and sweatshirts.

Following that was the F.A.C.E portion of the event which featured pieces selected by the models.

This shined the spotlight on the styles of each individual model and allowed them to wear what they felt comfortable and confident in.

During the show, they integrated dances, coin flipping and other activities that emphasized the NFL theme even more.

The F.A.C.E models performed a Rihanna inspired halftime show that both Dowie and Warren shared was one of their favorite parts of the entire show.

Another featured brand, VINA, was a collection of personally designed skirts. Different lengths, fabrics and colors made it clear that they were all meant to be worn by the model that donned them.

The final scene had the models in formalwear of their choice allowing them to add their personal touch to the runway.

The whole show carried the same message revolving around individuality. For F.A.C.E members, it was all about confidence, making every outfit their own and creating connections.

"To me, F.A.C.E means family," Warren said. "We always build each other up."



PHOTOS | LILY RAND

Sociology and business management major Zion Dowie, a sophomore and treasurer of F.A.C.E, strutting the runway on Saturday, Nov. 14.



Members of F.A.C.E faking a proposal for the audience during the 'NFL X Runway SZN' fashion show.

'Relax and Reset' connects students to creative outlet

By Mackenzie Byerlee
Features Editor

The end of the semester is a stressful time for all students. Keeping that in mind, the Programs Council created "Relax and Reset" to allow attendees the opportunity to unwind and leave their worries behind for a while.

Communication major Nasir Anderson, a junior and commuter committee programmer, hosted the event with a clear goal in mind.

"Before finals and the breaks, people just need to reset and have something to remind them to keep going even when it's hard on them," Anderson said.

Students kept their hands busy and their minds off of assignments in Engleman Hall Room B121 while they made slime and stress balls. Attending an event centered around de-stressing is one way that students can take a break from classes and other stressors.

Self-care is how one takes care of themselves and can be practiced in a variety of ways.

English major Zariyah Whitehurst, a freshman, shared that self-care for her is noting what is causing her stress and ultimately taking time to herself. All attendees were encouraged to do exactly that as they made their individual creations.

Students were provided with glue, shaving cream and activator to make their slimes. They also had the option to decorate their slime with food coloring and beads.

From there, students could then put their slime into a casing to make a stress ball. With stress balls becoming increasingly popular it was both a relevant and enjoyable activity for attendees.

"I finally got time to learn how to make slime, and I really enjoy it," early childhood education major Vanessa Lopez, a freshman, said.

One thing that students encountered is that the creation of this de-stressing tool can be quite messy. Whitehurst dealt with the challenge of her slime getting stuck onto the tablecloth, but she did not let that ruin her experience.

"You just have to let mishaps happen," Whitehurst said. "We all make mistakes, so I didn't beat myself up over it."

Providing a safe space for students to decompress and feel free to express themselves through crafting

The event also included a giveaway which allowed students to win self-care related prizes such as a massage gun and an oil diffuser.

"My favorite part of the event is giving out the prizes," Anderson said. "I love seeing people light up when they hear their name."



PHOTO | LILY RAND

English major Zariyah Whitehurst, and early childhood education major Vanessa Lopez, freshmen, posing with their slime.

Students left with goodie bags filled with items that promote self-care for people to continue outside of the event. The bag's contents included face masks, hand lotion and mini notebooks.

Having more of an understanding of the importance of self-care and taking time to relax, students now have the tools necessary to make the stress of finals a little bit easier.

Owls Decide: Sweatshirts or sweaters?

By Mackenzie Byerlee
Features Editor



PHOTOS | LILY RAND

**"Sweaters because they're easier to take off."
- Health science major Saray Harrera, a sophomore**



**"Sweatshirts. They're more comfortable."
- Environmental and marine science major Andrew Salzo, a junior**



**"They're the same thing to me."
- English major Nyasia Ferguson, a sophomore**



**"Sweaters because you can dress them up and dress them down."
- Social work major Eva Trachtenberg, a sophomore**



**"Sweatshirts; it's just what I wear normally."
- Sport management major DJ Jordan, a junior**



**"Sweaters because it's cold."
- Biology major Pete Cabello, a sophomore**