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Echo, Summer/Fall 2014

Columbia College Chicago

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ECHO

SUMMER/FALL 2014



GRAB & GO

The high prices of retail theft

HIVE MINDED

Bees takes Chicago by swarm

SOMETHING NEW

Gay couples can choose "I do"

ADDICTIVE AUDIO

What makes a song POP?

OCCULT UNVEILED

The faces behind the faith

MOD MEN

6 Guys with serious style

ECHO

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SUMMER/FALL 2014

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FROM THE EDITORS

J: Back in September, we gathered with blank notepads and shaky pencils, equal parts nervous and excited to dream up the next issue of *Echo*. Many of us had waited years for this opportunity. Now it was here.

H: The challenge: How could we make our issue of *Echo* even more innovative and interactive than previous ones? How could we take advantage of the opportunity to create a print publication, and make it something readers would treasure and keep? And how could we use the website to extend that experience online?

J: We set out to create a magazine that won't get lost in the depths of your backpack or consigned to the recycling bin — a piece of print that you'll keep on your coffeetable, lend to your friends, even tweet about.

H: We've never worked so hard, and the result is a new, resonant *Echo*, full of compelling photos, top-notch design, and unique stories we're sure you'll connect with.

J: With the incredible creativity of our all-star design team and tireless dedication of our writers and editors, we've created 82 rich, matte pages you're holding in your hands — horizontally.

H: This year, it wasn't just about doing what we already know how to do; it was about challenging ourselves to go beyond that. It was about collaborating as a truly professional team to bring the city of Chicago another publication to be proud of.

J: If there's one thing we believe in, it's the power of print. And you can't tell us otherwise. Not convinced?

H: Go ahead and dive into this issue of *Echo*. We hope it will inspire you to try something new, see something with fresh eyes, and enhance your life with the knowledge of now.

HELLO, MY NAME IS...

Chicago's many monikers

CHICAGO IS A CITY OF NUMEROUS NICKNAMES. Think you know how they were earned? *Echo* did some digging and talked with Richard Lindberg, a Chicago historian and author, about the origins of our city's magnificent monikers.

STORY BY ASHLEY SKOCZYLAS

ILLUSTRATIONS BY ABE ZIELENIEC



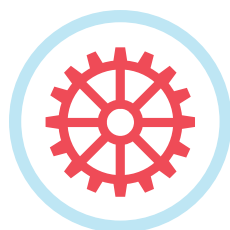
WILD ONION

Chicago's satirical publication, *The Onion*, only represents one layer of this little-known moniker's history. Chicago is actually a Native American word meaning "onion field" (among various translations). According to French journal entries from the 18th century, wild onions once flourished where this city now stands.



WINDY CITY

Think Chicago got this name from its often windy weather? Think again. Chicago was dubbed the gustiest metropolis in 1888 by *The New York Sun* because of its long-winded campaign to host the World's Columbian Exposition. The word "windy," Lindberg explains, can mean outspoken and noisy.



CITY OF BIG SHOULDERS

Besides serving as a metaphor for Chicago in Carl Sandburg's 1914 poem, "Chicago," this adage also aimed to highlight some of the city's more industrious qualities, exemplified by the thriving livestock trade and railways.



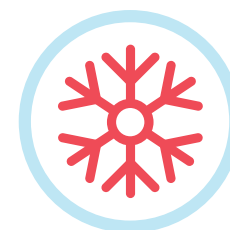
SECOND CITY

New Yorker writer A.J. Liebling spent a year in Chicago in 1952 and found it charming but less sophisticated than other world cities, including his own. He dubbed it the "second city," which outraged proud locals but later provided a terrific name for the comedy club that launched the careers of Tina Fey, Bill Murray and other comedians of national renown.



CHIRAQ

Originating from famous Chief Keef rap lyrics in the song "War," this evocative nickname pointed out that there were more homicides in this city than there were soldiers killed in Iraq in 2008. Who says war isn't happening in our own backyard?



CHIBERIA

Wind chills of 40 degrees below zero and 80 inches of snow earned Chicago this nickname in 2014. It went viral in early January, when Chicago was colder than Novosibirsk, a city in southwest Siberia. Cue the hypothermia.

ACTING OUT

*For these performers,
all the city's a stage*

FOR SOME, THE CTA IS SIMPLY A WAY TO GET FROM PLACE TO PLACE; FOR OTHERS, IT'S A grand stage. *Echo* spoke to some of the creative and eccentric performers in and around Chicago's public transit, who add rhythm, laughter and soul to our commutes.

STORY BY ELEXIS RUIZ, HANNAH COLE & EMILY ORNBERG
PHOTOS BY SAM TEDELMAN & ABE ZIELENIEC



MINSTREL OF MONROE

With a harmonica strapped to his chin and an acoustic guitar in his hands, Ryan Westwood, 27, plays upbeat songs and tells intriguing tales, such as one about a man swing dancing with a suitcase full of marijuana. His personality is charming and his tunes inspire riders to grab a partner and dosi-do. Catch him daily at the Monroe or Grand Red Line stops with his open guitar case inviting contributions. But he's after more than paying his bills: "The people I meet far surpass the monetary value," he says. "They are just amazing."



RED LINE DIVA

Linda "Love Hearts," also known as "Flo," begins her Friday morning by pressing "play." The familiar piano intro to Alicia Keys' "If I Ain't Got You" fills the tunnel at the Jackson Red Line stop. Hearts, 30, began performing in 2004, belting out tunes with the help of a small, battery-operated "American Idol" karaoke radio. Now she hands out turquoise paper hearts while performing with the help of a \$275 amplifier and a microphone she purchased with tips from generous commuters. Catch her soon; she plans to take her act to Brooklyn, New York.



JACKSON STATION SERENADER

Radiohead's "Creep" echoes throughout the Jackson Blue Line tunnel when Victor "Martial" Martian serenades passersby. He sounds a bit like a raspy Ray Charles with a cracked charm coating his harmonic melodies as he plucks his guitar's loud brass strings. He sings rock and R&B songs in his melancholic voice while commuters await the train and tap their toes to the beat. "Familiar tunes net the most tips," says the homeless father and Navy veteran.



BROWN LINE THESPIANS

Some days, they're long-bearded wizards engaging in magical battles; other days, they appear as shadow puppets. The streetlights become spotlights on top of a parking garage near Halsted Street and North Avenue, where Andrew, Mike, Morgan and Thomas—who won't give their last names—perform what they call CTA theater every Wednesday from 5 to 6 p.m. "The idea just struck me one day," Mike says. "We always saw the trains passing and it seemed like a missed opportunity." In the three years they've been performing, they've missed only one day: Christmas 2013. Each act lasts just under a minute as the Brown Line speeds by.



AN URBAN BEEKEEPER

STORY BY HANNAH COLE

Queen

OF THE

Bees

PHOTOS BY ANGELA CONNERS

TENDS TO HER HIVES

"HI GIRLS!" JANA KINSMAN SAYS, GENTLY LIFTING the wooden top of a multicolored beehive and gazing at the thousands of honeybees inside. She arrived on a white bicycle towing a small trailer containing a single pink hive box filled with tools and buckets. Her face is bright red from the warm sun and the exertion of biking. She straps a veil around her head and carefully pulls honey frames smothered in bees out of the hive with her bare hands. "I like the more intimate feel," she says of her hands-on method.

This is one of more than 15 hives Kinsman, 28, tends throughout Chicago, each colorfully painted and displayed in public spaces. Two sit pretty on the roof of the City Winery; one occupies a corner at Patchwork Farms; one sits in a churchyard; the rest are scattered in community gardens and public spaces throughout the city.

This is hive three for the day, and it truly is a labor of love. Kinsman's company, Bike-a-Bee, breaks even financially, at best; most of the money she earns selling the honey goes toward buying new hives or replacing damaged ones. "It's never been a project that I wanted to make money off of," she says. "I just want people to be more interested in bees and aware of it. If I could just break even every year and not spend personal income on the project, I'm happy."

The Buzz Begins

Kinsman has always been fascinated by insects. As a child, she raised monarch butterflies, delighting in their metamorphosis from eggs to fuzzy caterpillars to beautiful butterflies. Her grandparents owned a home in Oregon, Illinois, where a rolling creek descended from a nearby forest preserve and through their lush backyard. She spent her

days looking for frogs, toads, caterpillars, turtles and anything else that crawled, hopped, flew or swam. "It was heaven on Earth for me," she says.

Her curiosity grew as she did. She moved to Chicago—first to attend college, then to work—but she longed for vast, open rural land where she could raise livestock. Eventually, in preparation for a potential move, she took an introduction to beekeeping class at the Chicago Honey Co-Op. She was hooked.

"It's a completely different world," she says. "Bees are these insects that evolved and work so perfectly, while humans, in comparison, are so flawed."

At the Honey Co-Op, Kinsman marveled at the remarkable ways of honeybees. A hive consists of three types of bees: a queen, female worker bees and male drones. The queen is the only bee with fully formed ovaries. She leaves the hive once to mate with the drones, taking a lifetime supply of sperm back to the hive. The drones she chooses for this honor die after mating with her; the others are evicted by the worker bees.

The worker bees are aptly named; they are responsible for feeding the queen her "royal jelly," a substance that turns a normal bee into a queen, along with cleaning the combs, guarding the hive, collecting pollen and nectar, and making honey. There may be anywhere between 20,000 and 80,000 workers in each hive, depending on the time of year, with the peak in mid-summer. They literally work themselves to death, but they're ideal employees during the six weeks they live. For example, when returning from collecting pollen, they do a "waggle dance" to tell the other worker bees where to find the best sources. Talk about teamwork.



Kinsman also learned that she was joining an ancient tradition. Beekeeping, also known as apiculture, dates back as far as 2600 BCE, when ancient Egyptians carved inscriptions in temples showing the process of extracting honey from the hives and jarring it. Bees aren't native to the New World; rather, European beekeepers brought them here in the 17th Century. Honey didn't become a commercial product for a couple more centuries, when manufactured frames and comb foundations, along with smokers and honey extractors, made mass production practical.

Honeybees produce more than just honey. Bee pollination is responsible for \$15 billion in crops each year, according to the US Department of Agriculture. That's about one in every three bites of food.

Bike-a-Bee can hardly be described as a mass-production, commercial operation, and Kinsman's hands-on approach is considerably less efficient than industrial practices. It's also far more personal.

"Oh, mama," Kinsman exclaims, spotting the queen of one hive. "She's a beauty." The queen's body is much longer than those of the rest of the bees, and she is hard at work laying eggs. If she weren't, Kinsman would introduce a new queen to increase efficiency. That's just one of the tasks of beekeeping; others include feeding the honeybees sugar syrup or pollen substitute in the winter when their honey stores run low and, of course, harvesting the delicious honey at the end of each summer.

Kickstarting Bike-A-Bee

Not long after taking the beekeeping class at the Honey Co-Op, Kinsman decided to take an internship with Philip Smith, an experienced beekeeper in Eugene, Oregon. Smith kept hives at locations throughout Eugene, from his own backyard to the field of a local elementary school. Kinsman rode around with him in his rickety pick-up truck to check on the hives and learn his beekeeping ways. "He would take his shirt off and just wear shorts and the veil," she says, laughing.

"And he would work on beehives that way! I was just like, this is great. I love this."

While his methods may have seemed mad, the way he dispersed his hives and maintained them planted an idea in Kinsman's head. Why not do the same thing in Chicago?

Kinsman returned from Oregon in late 2011 and began developing plans to start her own beekeeping business. She named the company Bike-a-Bee. Her goal: provide hives to serve as educational tools and public examples of the magic of pollinators, and do it all by bicycle. "I'm a bike fanatic, so I thought I could just get a trailer and some bungee cords, maybe a couple of Rubbermaid bins, and I could beekeep that way," she says. She raised funds on Kickstarter, promoting Bike-a-Bee as a way to change people's

**"IF BEES ARE THIS
AMAZING THEN THINK
ABOUT HOW AMAZING
EVERY OTHER SPECIES
IS," SHE SAYS.
"IT CAN'T BE THAT BEES
ARE THE EXCEPTION."**

opinions about bees and to foster a sense of community revolving around urban agriculture. She set a goal of \$7,000, but the buzz about Bike-a-Bee spread quickly, and within one month, \$8,646 was pledged. It was time to build some hives and get to work.

Hives are made of wood and relatively easy to construct. The bottom board sits atop the hive stand and has a small hole for bees to come and go as they please. A "brood chamber" above the bottom board is where immature bees develop. The rest of the hive is composed of wooden boxes filled with honeycomb frames called supers. The number of supers varies depending on the

amount of honey being produced. Above those is a solid outer cover to block predators, which is usually topped with a few heavy bricks.

Most hive equipment can be purchased pre-cut and requires simple construction, but Kinsman needed to build 10, so she invited her Facebook friends to a beehive-building party at her apartment. "We listened to music, drank, ate pizza and built beehives! It was wonderful. I borrowed someone's nail gun and just made it happen," she says. After three nights of construction and painting, her hives were ready and she was one step closer to being Chicago's biking beekeeper.

She registered as a beekeeper with the state of Illinois, bought insurance, distributed the hives (state regulations restrict hives to no more than five per property), and that was that.

Bees in the City

When we meet near one of the hives, Kinsman is wearing a veil over her head, but she has plenty of skin exposed on her arms and legs past her jean shorts, canvas kicks and light long-sleeved shirt. She reaches into her bag for a veil I can wear. "Sorry, I don't have one," she says. "You'll have to go without, but you should be fine." Kinsman doesn't worry a lot about bee stings. She's been stung at least 20 times while working on the hives.

Needless to say, I am slightly terrified. She tells me bees don't like dark clothes because they make people resemble predators (think bears), so I take off my dark cardigan to expose my mint-colored tank top. At first, I feel paranoid every time I hear a buzz, but I soon muster the courage to get really close. I quickly realize the bees are not focused on me. They are clustered in the honey combs, climbing all over each other and just doing their jobs.

The bad rep that honeybees get is just one of the things Kinsman wants to change with Bike-a-Bee. "I want people to notice there's a beehive in their neighborhood and that they aren't evil," she says.

People are also surprised to learn that honeybees can survive in a city like Chicago, with so



many buildings and so few trees. In fact, honeybees can thrive here. "Beekeeping is productive in the urban setting because of human density in the city, and because humans plant so many things," says Michael Thompson of the Chicago Honey Co-Op. "One thing we never have to worry about in the city is nectar and pollen forage."

Take the linden tree for example—the trees lined up along side streets and in the parks with tiny yellow flowers hanging from the leaves. They bloom prolifically in Chicago every summer, providing a highly concentrated area of flowers in the sky, where there's no risk of damage or injury to the bees. "They just go to these trees and go nuts on them," Kinsman says. "Once the linden trees in Chicago bloom, that's when beekeepers know they can start taking honey out of the hives, because it's such a huge resource for the bees."

Chicago is also full of flowers, some planted, some weeds. Red clovers, white clovers, tulips, yellow sweet clovers, roses, thistle, burdock, sunflowers, chickaree and buckeye, among others, bloom in gardens and abandoned lots, providing pollen and nectar. In addition, the city plants thousands of flowers each spring along the sidewalks and in the parks downtown, living up to its motto *urbs in horto*, a Latin phrase meaning "city in a garden." And all these flowers and plants are free of pesticides, unlike crops and forage in rural areas.

Pesticides are only one of the many threats to honeybees. In 2006, an alarming number of beekeepers reported massive hive losses due

to a phenomenon now called Colony Collapse Disorder (CCD). Bees weren't dying; they were abandoning their hives, leaving the queens and the immature bees unable to function. The cause of CCD is still unknown, but research by the USDA and EPA point to pesticides, parasites, disease, genetics and poor nutrition as potential causes.

Neither Kinsman nor Thompson have seen their honeybees vanish into thin air, but it's not uncommon for some of their hives to die during the winter due to cold exposure and excessive moisture. The Honey Co-Op loses about 50 percent of its hives every year, and I was with Kinsman the day she discovered that her two best hives at Patchwork Farms didn't make it through Chicago's brutal winter. I could sense her heartbreak as she silently scraped the dead bees out of the hive and onto the ground.

The hives that do survive have an impressive way of doing so. The honeybees form a cluster in the center of the hive and regulate the temperature by eating and metabolizing honey to create a little furnace, keeping the hive between 90 and 95 degrees regardless of outside temperatures. It takes 50 to 60 pounds of honey to get one beehive through the winter, according to Dale Hill, Central Region Director of the Illinois Beekeepers Association.

Sweet Harvest

A teaspoon of honey represents the work of a dozen bees over their six-week lifetime. It's no wonder, then, that small-scale beekeepers like Kinsman

aren't realizing high yields. In a good year, one of her hives might yield up to 200 pounds of honey. She sells her honey at farmer's markets throughout the city, where she's able to connect with people who are interested in agricultural products and their sources. "If you have a jar of honey and you sell it to a person, and you get to tell that person your story, and you get to teach them something, that's way more valuable than selling 50 jars to a grocery store where nobody may ever read about your project at all," she says.

A one-pound jar of her honey goes for two to three times the price of honey at a supermarket, but that's the true cost of honey from hand-tended hives. Kinsman has one intern and a few volunteers. In addition, notes Hill, consumers can rest assured that honey from local beekeepers is pure, unlike some commercial honey that has been found to contain sugar substitutes and high fructose corn syrup. "They sell it cheaper and call it pure," Hill says.

Other than selling honey, Kinsman occasionally holds educational sessions at schools where she teaches kids the essential role that bees and other pollinators play in agriculture. She's also flirting with the idea of starting her own beekeeping classes, and maybe even raising goats.

"If bees are this amazing then think about how amazing every other species is," she says. "It can't be that bees are the exception."



BUZZ-WORTHY HONEYBEE FACTS

80,000

AVERAGE NUMBER OF
WORKER BEES PER HIVE
DURING THE SUMMER

11,400

NUMBER OF TIMES A
HONEYBEE'S WINGS STROKE
PER MINUTE, MAKING THE
BUZZING SOUND

2,000

MAXIMUM NUMBER OF EGGS
LAID DAILY BY THE QUEEN BEE

66

AVERAGE POUNDS OF
POLLEN COLLECTED PER
YEAR, PER HIVE

15

MAX SPEED A HONEYBEE CAN
FLY IN MILES PER HOUR

1

TYPE OF INSECT THAT
PRODUCES FOOD EATEN BY
MAN...YES, IT IS THE HONEYBEE

DAWN TO DUSK



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4642 N. FRANCISCO AVE. | PETERSONGARDEN.ORG

GREENHEART SHOP: Wear your green heart on your sleeve by indulging in unique, eco-friendly merch at this fair trade, nonprofit shop.
1714 N. WELLS ST. | 312.264.1625 | GREENHEARTSHOP.ORG

STORY BY HANNAH COLE, ALEXANDRA AHMAD,
 MEREDITH KAVANAGH & MARK MINTON
 ILLUSTRATIONS BY LOUIS ROMERO

UNCOMMON GROUND: Satisfy your appetite and your conscience at this eatery, which can brag about its ecological accolades. (It was named the "World's Greenest Restaurant" in 2013 by the Green Restaurant Association.) The fresh, local, organic dishes are as tasty as they are healthy and eco-friendly.

3800 N CLARK ST. | 773.929.3860
1401 W. DEVON AVE. | 773.465.9801 | UNCOMMONGROUND.COM

CITY WINERY CHICAGO: End your day with a toast at this eco-friendly winery. Sip on some drinks and work on your inner eco-sommelier.

1200 W. RANDOLPH ST. | 312.733.9463 | CITYWINERY.COM

METAL HEAD

THE ALLEY: Buy your ear gauges and hair dye at this counter-culture clothing provider, which has been decking city denizens in black for more than four decades.
3229 N. CLARK ST. | 773.883.1800 | THEALLEYCHICAGO.COM

KUMA'S CORNER: Dig into a sandwich called "Pig Destroyer" or a burger called "Plague Bringer" at this darkly unique eatery. Vegetarian options are available.
2900 W. BELMONT AVE. | 773.604.8769 | KUMASCORNER.COM

DELILAH'S: Rock out while sampling from among 400 whiskeys, but don't drink yourself to death at this rock 'n' roll bar.
2771 N. LINCOLN AVE. | 773.472.2771 | DELILAHSCHICAGO.COM

THE EXIT: Then head for the exit! Chicago's original punk rock bar provides three stories of music, drinking and all-around partying. Open until 5 a.m. on Saturdays, 4 a.m. all other days.
1315 W. NORTH AVE. | 773.395.2700 |

Four perfect days, tailor-made and typecast



MATERIAL GIRL

IKRAM: Start your day perusing the racks of designer clothes, shoes and accessories at this chic boutique, whose owner and namesake has dressed First Lady Michelle Obama. The in-house café serves fresh farm-to-table food, making this the perfect stop for lunch and some serious retail therapy.

15 E. HURON ST. | 312.587.1000 | IKRAM.COM

CADILLAC PALACE THEATRE: Nothing says classy like dressing fancy and heading downtown to a Broadway play. Splurge on tickets for childhood classics like "Annie" and "Charlotte's Web."

175 E. CHESTNUT ST. | 312.977.1700 | BROADWAYINCHICAGO.COM

KIT KAT LOUNGE: Cue the disco balls, cheetah print chairs and drag queens for a divalicious dinner in Boystown. Pair the Bacon Truffle Mac 'N Cheese with one of 200 playful martinis, and don't forget to bring singles to stuff in performer's blinged-out bras.

3700 N. HALSTED ST. | 773.525.1111 | KITKATCHICAGO.COM

BEAUTY BAR: End your night with some pampering at this upscale salon where manicures are accompanied by dry martinis, live DJs and themed parties, providing an extravagant finale to your oh-so-posh day.

1444 W. CHICAGO AVE. | 312.226.8828 | THEBEAUTYBAR.COM



GAMING GEEK

CHICAGO GEEK BREAKFAST: Defog your glasses and grab a cup of joe every third Thursday morning of the month while you network at Wow Bao.

225 N. MICHIGAN AVE. | 312.658.0305 | GEEKBREAKFAST.ORG

LOGAN HARDWARE: Take a spin with this record store's wide-ranging LP collection. First-time purchasers get unlimited free play on vintage arcade games.

2532 W. FULLERTON AVE. | 773.235.5030 | LOGAN-HARDWARE.COM

IGNITE GAMING LOUNGE: Satisfy everything your gaming heart desires at this one-of-a-kind spot, which has a café serving Chicago-style hot dogs and milkshakes, and a Rockband studio for the ultimate performance.

3341 N. ELSTON AVE. | 773.404.7033 | IGNITENETWORK.COM

GEEK BAR: Loosen your tie and enjoy a masterfully crafted cocktail and gastro-pub creations at this oasis for geeks who want a place to belong while they booze. Opening in late June.

1960 N. CLYBOURN AVE. | 773.245.6773 | GEEKBARCHICAGO.COM

AFFORDABLE ALTERNATIVES

A little rental math to help with your apartment hunt

IMAGINE WAKING UP IN YOUR BRIGHT, MODERN CHICAGO LOFT. TO ANYONE without a trust fund, this sounds like a fantasy; neighborhoods that enamor 20-somethings tend to be out of our economic reach. But don't lose hope. *Echo* did some rental computation and created equations to help you get from where you think you want to live to where you'll be able to afford a great apartment.

STORY BY JORDAN ZEMAN
PHOTOS BY ABE ZIELENIEC

LAKEVIEW

+
Lincoln Square Lanes
-
Distance to lake path
+
Laurie's Planet of Sound
=

LOGAN SQUARE

-
Hipsters
+
Better seat on the L
+
Alice's Lounge
=

BUCKTOWN

+
Eckhart Park pool
+
Downtown views
+
Ugly Mug Cafe
=

WICKER PARK

-
The Violet Hour
+
Riot Fest
+
More Puerto Rican food
=

SOUTH LOOP

+
Proximity to Sox Stadium
+
Old South Side pride
+
Maria's bar
=

PRINTERS ROW

-
Lit Fest
+
Authentic dim sum
-
Bar Louie dollar beer night
=



NIGHT VICE

IN THIS CITY, ANYTHING CAN HAPPEN WHEN THE STREETLIGHTS COME ON
AND YOUR INHIBITIONS WEAR OFF. HERE ARE A FEW PEOPLE THAT
WITNESS US WHEN WE'RE NOT AT OUR BEST.

—
AS TOLD TO JESSIE SARDINA & ALEXANDRA AHMAD
PHOTOS BY DANIELLE SCARDINA



JEFF

TAI'S TILL 4

Midnight to 5 a.m.

I HAD A DAY JOB FOR A WHILE. I DID SOCIAL WORK WITH FIRE victims for three years. Yeah, that was uh — that's why I tend bar. This isn't life or death like that stuff.

I've worked at late-night bars for the last 16 years. I managed a gay nightclub for three and then I've worked here for 13. I don't mind working late. I'm not a morning person anyway. I learned that a long time ago.

"I'M NOT A MORNING PERSON"

I worked at a bar once where this 50-year-old doctor would come in with this young girl who he called his niece. We all knew that it couldn't be and that he was obviously cheating on his wife. So one day he was at the bar poo-pooing about his life and I'm cutting fruit and he sighs and I don't even want to ask but you have to, so you're like, 'Rough day?' and he's like, 'Yeah you don't wanna know,' and really you're like, 'No, I don't want to know, you're right.' But of course he starts telling me, 'You know that girl I come in here with is not my niece,' and I'm like, 'No shit. Am I supposed to be surprised?'

I don't mind the hours. I don't mind the drunks. Some of them stink, yeah, you get tired of it. But at the same time, you gotta be patient. People are just out getting drunk, they're just kids. As far as the older regulars that come in every day, in a sense they're sort of pathetic because this is all they have.

WEEZY

WEINER CIRCLE
8 p.m. to 4 a.m.

I WORKED HERE THREE YEARS. I START WORKING WHEN THE DRUNKS come out. Ah, shit, there's a lot of crazy shit that's happened — a fuckin' list! Drunk people being assholes all the fucking time. And we're giving them the fucking best experience. It's the fucking best place I've ever worked at. I get to fucking speak my mind. I love having a fucking bad day at home. I don't give a fuck. I just fucking come here and cuss a bitch out.

It's fucking crazy. I never fuckin' even imagined that I'd work here. I told my sister, "Bitch, I would never work somewhere where people are cursing me out!" And she's like, "You gotta try it." So I was training, maybe three years ago, around St. Patrick's Day, and someone came in and they asked my sister, "Erica, who is this bitch

"I'M A NIGHT HO!"

fixing my food?" Talking to me. I was new; I was new to this shit. So she looked at me and I looked at her like, "What the fuck am I supposed to do?" So I was just like, "Bitch, you're not gonna curse me out." So I just started cursing.

We don't want to offend you. You get to call us whatever the fuck you want to call us or whatever. We're not fucking racist or whatever; we just have fucking fun and I love it. I tell people, if you can't take the heat, get out of the fucking kitchen.

I love working late. I would love to work nights all the time. I'm a night ho!





GRAY

HUBBARD ADULT BOOKSTORE
Midnight to 8 a.m.

YEAH, YOU CAN TAKE A PHOTO BUT I CAN'T SHOW MY FACE. I HAVE an idea; I'll wear this.

I've worked here for about three decades. I do this when I'm not in theater. I've done set construction for the Goodman and stage door duties.

Working in a 24-hour sex shop in River North runs the gamut. I get cross-dressers that come in here. I get high-priced call girls. I get drunks stumbling in when the bars are closed. I get happy couples, although I have seen the ones where the lady stays at the door while the guy shops for them. I know that's not a very happy couple. But mostly guys that are watching movies and hanging out, looking for love in all the wrong places.

"I'M PRETTY MUCH A BABYSITTER"

Crazy stories? It's always crazy. Last weekend I had three strippers come in. One girl came back from the bathroom, walked into the aisle and flashed her friends with her back to me, and I said, "Oh, that's not fair," so she turned around and proceeded to flash me. I said, "Oh very nice, real breasts," because in this field we don't see too many real ones. Her girlfriend next to her flipped up her top and said, "So I guess you don't like these because they are fake?" and then I said, "Those are kinda nice. You must have had a really good surgeon." I have been asked to look, touch and assess the quality of implants.

Sometimes it's a fun environment and sometimes it's challenging. I'm pretty much a babysitter for boys in the back who don't put money in the machines, and I have to rattle their cage. So yeah, really it's a fun time. We used to have other stores that had strippers, so when it was slow I at least had someone to talk to. So I find odd jobs to do like change the light bulbs. Sometimes on a slow night I'll go out front and smoke a cigar.

Congratulations Class of 2014!

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-Chef Katz



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ECHO

COME ONE, COME ALL

How to create your own three-ring circus

STORY BY **TANISHA WALLIS** | PHOTOS BY **DANIELLE SCARDINA & MADELINE GBUR**
MASK BY **PETER TOMECZKO**

LADIES AND GENTLEMEN, BOYS AND GIRLS: STEP RIGHT UP! THE

circus is about to begin. And you're the main attraction. Here's how to perform some mind-blowing acts. (*Echo* is not responsible for injuries or damage to property.)

CONTORTIONISM

Alexa Dean, 24, admits that flexibility is a prerequisite. "My arms would go in not a graceful manner, all the way back," she recalls of her childhood dance classes.

There are three main types of contortion: back-bending, front-bending and dislocation. Dean, who is double-jointed, focuses on dislocation. "It's something I've always had and learned how to train to make it look even crazier than it is," she says. It's also part of the reason she's into horror films.

Take yoga classes to work on flexibility. Start with basic beginner poses, such as the lotus or scorpion, and the splits.

Proper technique in stretching is crucial because it's easy to hurt yourself. "Your ligaments are already so hyperextended," Dean says. "It's easy for something to slip."

Practice makes perfect. "Your body can be trained to do anything at any age. People run marathons when they're 80," Dean says.

Local resources:

Beginner fire spinning: Urban Lotus Yoga, 2950 W. Chicago Ave., 773.278.4122, urbanlotuschicago.com

Contortionism: The Actor's Gymnasium, 927 Noyes St, Evanston, 847.328.2795, actorsgymnasium.org

Aerialism: Aloft Circus Arts, 2000 W. Fulton St. Floor 319, 773.782.6662, aloftcircusarts.com



AERIALISM

Linnea Ridolfi, 24, suggests starting by taking a class.

Start out on the trapeze. There are more resting positions, such as sitting or standing on the bar, that require less energy than silks (floor-to-ceiling ribbons) and allow beginners to get comfortable with the movement.

It requires strength. "It's really empowering," she says. "It's just you and your strength making these shapes."

Take your time and move efficiently. "You don't want to find yourself in a position where you don't know how to get out," she says.

FIRE SPINNING

Chris De Cosse, 22 (not pictured), gives us the low-down

Start by juggling poi—soft objects weighted on one end—such as sock poi made with one sock balled up in the end of the other. Focus on getting comfortable with the movements before adding fire to the mix.

When you're ready to graduate to torches, dip the Kevlar wicks into Coleman camp fuel, kerosene or lamp oil. Spin the excess oil into a bag, then light 'em up. Never use gasoline, liquor or rubbing alcohol.

Expect to get addicted. "As soon as I did it, I was like, 'Uh oh! This is gonna take up large amounts of time in my life now. Get ready, body.'"

Be aware of the risks. "You never want to be the guy who's putting everyone else in danger."



WISE WORDS

Advice from a (very) young entrepreneur

STORY BY ALEXANDRA AHMAD | PHOTO BY ADAM BIBA

"NOT EVERY PLAYER, COMPANY OR BRAND BELIEVES IN ME," SAYS AHMAD HARB. Which isn't surprising, considering that he's only 15 years old. But Adidas does; the company invited Harb, then 13, to meet Derrick Rose and gave him one of the first pairs of D Rose 3 shoes because of his support for the basketball star and his sneaker reviews. Today, Harb is working for a website called jockington.com, where he covers NBA fashion and runs its social media sites. He is also working on launching his own clothing line in Fall 2015. He shares his wisdom:

ANYTHING'S POSSIBLE WITH HARD WORK. I just decided to write a review. I was 13. It was a pretty bad review, but then Adidas asked if they could post it on their Facebook page. I started writing for different websites about shoes, on my own. I just came up out of nowhere.

I BECAME SOMETHING. It's from my heart—that's why. I don't like to show off. They ask, "How did you do this?" I don't really answer that.

IT'S REALLY HARD BEING ONLY 15. Not everyone is happy for you. Some people are jealous of you—they want to use you for different things, so it's just hard. You really find out who your real and fake friends are.

SUCCESS IS WHEN YOU ACCOMPLISH EVERYTHING THAT YOU AIM FOR. When I'm someone who kids look up to, then I'll say I've succeeded.

DON'T BE BAD; DON'T BE A BADASS. Just be a humble person.

PARTY AS HARD AS YOU CAN. Just don't be stupid.

YOU GOTTA BE NICE TO EVERYONE, NO MATTER WHAT. Even if they work at Taco Bell, they might be your next connection. You don't know their story.



COCKY ROCK

Identifying a new species of dude

STORY BY **EMILY ORNBERG** | PHOTO BY **DEVIN AADLAND**
ILLUSTRATION BY **JAVIER SUAREZ**

YOU CAN SEE IT THROUGH THE CIGARETTE SMOKE.

It's oozing through their sideswept bangs. It's the swag of the Indie-Rock Dudebros. Tonight's living room headliners, Lincoln Park's own post-punk puppies, the Gnarwaals, clank together some Busch heavies before their ceremonious shotgun for the band's Instagram video invite. "Show tonight: 320. N. Seminary."

They shake their pouffy colfs, wink for the camera, crack the cans open and chug. Their style has a magneticism that can't be ignored, a debonair so masturbatory that it's sexy, but in an invasive way, like you walked in on them checking their reflections.

As the hipster brofest season of music festivals approaches, here is a guide to help you correctly identify this intriguing new species, as explained by the Gnar's keyboardist Marty Kaleta.

"In the summer festival season, you gotta be careful about sunscreen. Sunglasses are always optional; you kinda look stupid, but you gotta take care of the eyes," he chuckles. "As far as facial hair, we keep it scruffy or go babyface for the heat. It's a rare breed, but I don't really try to dress different." Check out their sound at thegnarwaals.bandcamp.com.

- ✕ *The always-charming beanie*
- ✕ *Hair for head-bangin' and babe-bangin'*
- ✕ *Thrifted Little League Jersey that smells like pizza*
- ✕ *Denim Jacket with pockets full of off-brand squares and a one-hitter*
- ✕ *A stupid stick-and-poke tattoo*
- ✕ *Dirty fingernails*
- ✕ *Butt-gripping corduroys with enough stretchiness and ventilation for a guitar solo meltdown*
- ✕ *Deteriorating and untied Timberlands from 10 years of mosh pits*





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TUBE TIPS

Real-life advice from fictional folk

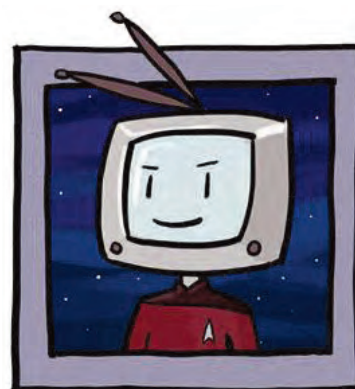
STORY BY LISAHIRA SANTOYO AND MEREDITH KAVANAGH
ILLUSTRATION BY ARIADNE HUMPAL

WHETHER YOU'RE WATCHING

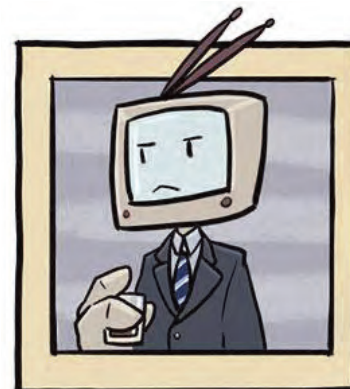
"Breaking Bad" or "30 Rock," the characters in your favorite television shows often leave you with lingering words to live by, especially after you have spent so much time observing their fictional lives. A 2012 Nielson consumer analytics report stated that, on average, Americans spend more than 34 hours a week watching TV. Here are some nuggets of wisdom that stick in our own minds after binge-watching TV.

DIRECTIONS:

Match the memorable line with the icon that represents the character who delivered it. Then check your answers at the bottom of this page.



CAPTAIN PICARD
STAR TREK: THE NEXT GENERATION



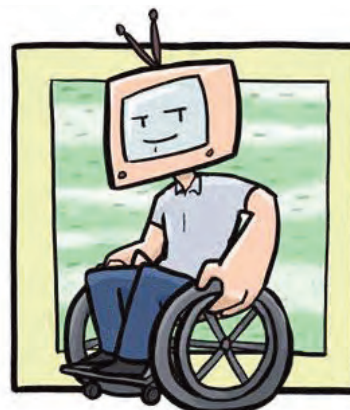
JACK DONAGHY
30 ROCK



PEGGY OLSON
MAD MEN



GOB BLUTH
ARRESTED DEVELOPMENT



JOE SWANSON
FAMILY GUY



RON SWANSON
PARKS AND REC

1. "Seize the time. Live now; make now always the most precious time. Now will never come again."
2. "Never go with a hippie to a second location."
3. "Never half-ass two things. Whole-ass one thing."
4. "Don't let obstacles keep you from doing what you love."
5. "It's called taking advantage. It's what gets you ahead in life."
6. "Taking on extra tasks can lead to more than just extra work."



MALE CALL

SIX HEAD-TURNING LOOKS

FROM RUNWAYS TO BILLBOARDS, THE FASHION world generally favors the female form. In Chicago, however, heads are turning to follow these rule-breaking, risk-taking fashionists. Wearing bright suits, metallic sneakers and even wigs, these men are not afraid to take a gamble on an outfit, but they can still throw debonair shade in a tailored look. Check out what these chic sirs are rocking and where you can cop some of their looks for yourself.

STORY BY
MARGARET MAHAR
& JORDAN ZEMAN
PHOTOS BY
JORDAN FREY



**JACK COLLIER, 22***Fashion Theorist and Performer*SELF-DESCRIBED STYLE
ScavengerINFLUENCE
History, politics and philosophyACQUIRE IT AT
The shittiest of places,
drag queen shops



FRANCIS SCOTT KEY WHITE , 26

Musician – White Mystery, Entrepreneur

SELF-DESCRIBED STYLE
American Punk

INFLUENCE
My mom and sister

ACQUIRE IT AT
Alcala's Western Wear
1733 W. Chicago Ave.

RYAN BESHEL, 31*Fashion & Media Personality*

SELF-DESCRIBED STYLE

Classy casual, formally fun

INFLUENCE

Tom Ford, Alexander McQueen

ACQUIRE IT AT

Meyvn, 2627 N. Kedzie Ave.

Indochino, indochino.com**JACK CAVE, 56***Fashion & Accessories Designer*

SELF-DESCRIBED STYLE

Urban Euro, eclectic coolness

INFLUENCE

My imagination, my surroundings,
my creativity

ACQUIRE IT

Inside yourself

**ANDREW BIRMINGHAM, 21***Student & Artist*

SELF-DESCRIBED STYLE

Simple, but better than you

INFLUENCE

Street style, off-duty models

ACQUIRE IT AT

Thrift stores, TopMan
830 N. Michigan Ave.

NOAH CHRISTOPHERSON, 22*Stylist*

SELF-DESCRIBED STYLE

Fairly sleek, consistent, black

INFLUENCE

Nicola Formichetti, Harry Styles,
Jared Leto

ACQUIRE IT AT

Vintage stores, TopMan, 830 N.
Michigan Ave. ASOS, asos.com

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COMING UP ROSES

A perfume for the Stinking Onion

STORY BY MARGARET MAHAR | ILLUSTRATION BY JULIE WILMORE

THE MISSION

Founded in 2012, Tru Blooms is the brainchild of perfumers Monte Henige and Paul Leroue, who wanted to beautify the city and create jobs while providing local luxury scents. "Never before has a single city planted, grown, harvested and then bottled a fine perfume," Leroue says.

THE GARDENS

There are more than 30 Tru Blooms gardens in the Chicago area. Flowers are planted everywhere from Grant Park to Highland Park. Tru Blooms consults with the Chicago Botanic Garden and the Chicago Park District on which flowers will flourish best in particular locations. Todd Katz oversees a garden at Whitney Young High School, where students tend flowers. "They take responsibility by cleaning and collecting the flowers for Tru Blooms to gather and ultimately create this perfume," he says.

THE PERFUME

Past years' selections have included notes of rose, lavender, violet, orange, patchouli and musk. Each perfume is a limited edition scent. "It's a much more unique perfume because it is from the gardens of Chicago, which makes it completely original compared to our other lines," says Audrey Farce of Green Goddess Boutique in Lincoln Park.

THE PROCESS

In September, flowers are harvested and their scents duplicated using an extraction device. By November, the perfumes are packed and distributed to local boutiques, including the Green Goddess Boutique, Comet Vintage in Pilsen, and Milk Handmade in Andersonville, as well as other retailers in 11 states.

CHICAGO'S SCENTS ARE JUST AS DISTINCTIVE AS ITS MANY SIGHTS AND SOUNDS.

The buttery smell of popcorn wafts down State Street; crisp Lake Michigan breezes freshen the urban air; flowers throughout the city delight noses along streets and sidewalks. One company is betting you'd like to bottle up those flowers and wear them.

THE BOTTOM LINE

Tru Fragrance, a Chicago perfume manufacturer, finances Tru Blooms. "The project did not make money year one and broke even year two," Leroue says. "We expected this outcome and know that building a brand of this nature takes time."



THE OTHER '90S

Popular fads from the previous century

STORY BY LISAHIRA SANTOYO AND TANISHA WALLIS | ILLUSTRATION BY JAVIER SUAREZ



Furby, Game Boy Color, Bop-It, Pokémon.

Ball and hoop, dolls, toy sheep.



"The Turn of the Screw" by American writer Henry James is published, making him one of the most popular authors of the decade (1898)



The Harry Potter series by J. K. Rowling begins with "Harry Potter and the Sorcerer's Stone," making her one of the most popular authors of the decade (1997)



The World Wide Web is launched (1993)



The first race of gas-powered cars, 54 miles from downtown Chicago to Evanston (1895)



"Arrival of a Train at La Ciotat," by the Lumière Brothers, is released. Some moviegoers fled theaters in fear of getting hit by the train on the screen (1896)



James Cameron's "Titanic" is released and wins 11 Oscars, making it the highest grossing film of all time until Cameron's "Avatar" (1997)



The decade's greatest ragtime songwriter, Scott Joplin, performs an extended run outside the World's Fair (1893)



Chicago producer Steve Albini records Nirvana's "In Utero" album, released the same year (1993)



Bloomers and cycling costumes become popular for women, thanks to Rational Dress Reform.



The grunge fad gains prominence; flannel shirts are trendy for men and women.





THE

SEEKERS

A LOOK AT CHICAGO'S OCCULTISTS

STORY AND PHOTOS BY MARK MINTON | ILLUSTRATION BY VITO GOTIERREZ

THE HIGH PRIESTESS

SIGNS OF THE OCCULT ARE ALL AROUND US, FROM the dollar bill to popular Urban Outfitters T-shirts. And yet, many don't recognize that these symbols are more than a fad for many. "I don't think mainstream media consider religious aspects of occult or esoteric practice at all," says Jason Winslade, who teaches courses on occultism and culture at DePaul University. "They follow the classic split between magic, science and religion. Never is the magical practice seen as glorifying God, like many of its practitioners do."

"Occult" comes from the Latin word *occultus*, meaning "hidden" or "secret." It encompasses a large group of alternative beliefs and practices, from Astrology to Wicca. Chicago has long been home to a thriving community of occult practitioners.

CATHERINE AMOS, 41, WON'T REVEAL HER ACTUAL name. Her husband is a successful lawyer, she has two children, and she is a member of the local Catholic parish. She is also a self-described witch. Amos, the daughter of a Catholic priest, prepares oils for spirit shops in the U.S. and Canada, including the Occult Bookstore—effectively monetizing her interest in ritual magic.

Amos, who says she has been involved in occultism since she was 17 years old, is a member of the Ecclesia Gnostica Catholica, or the Gnostic Catholic Church—a religious arm of the OTO and a platform for Christian occultism. She understands why many Catholics are so frightened of the occult.

"Nobody teaches people about occult belief systems because it's scary," says Amos. "Take Baphomet for example. As a symbol it's scary. It's



a goat-headed god with breasts and male genitalia. It's not something you would show your kids necessarily, but it's a very powerful figure in the Hermetic tradition. People see that and immediately think it must be Satanic."

Amos is petite with cropped blonde hair and a collected, articulate disposition. She's active in her neighborhood's CAPS meetings and looks more like a PTA leader than a witch. She practices

... IT'S A VERY POWERFUL FIGURE IN THE HERMETIC TRADITION. PEOPLE SEE THAT AND IMMEDIATELY THINK IT MUST BE SATANIC.

a form of candle magic that she says is "ostensibly Christian." She uses seven-day vigil candles that each depict different saints with different roles to be coupled with different homemade oils for different purposes. "Healing, Saint Lazarus; protection, Saint Michael; family, Saint Joseph," she explains. "A lot of the symbology with the priests changing the colors of the robes and the incense and the holy prism and the immersion in water in Baptism, that's straight up religious symbolism," she says. Amos says her children don't yet understand her magic, but that they do understand the ritualism behind what she does. She recalls when a babysitter once tried to put a candle out, only to be reprimanded by her 6-year-old daughter who instructed her not to disturb the candle "until it finishes its work."

"My kids are too young to understand," says Amos. "As far as my daughter is concerned, she's Catholic, and what does mommy do? She's an oil maker. What kind of oils do I make? They smell nice."

THE MAGICIAN

CHING, CHING, CHING, CHING.

The gaunt Minister, robed in black with a courtly top hat and pale, penetrating blue eyes, rings a small bell 11 times. Incense wafts from the altar supporting the Stele of Revealing, an Egyptian religious artifact painted in hieroglyphics. Thirteen congregants sit in the small room, where paintings of old lodge masters line the walls of the Aum Ha Temple in Rogers Park. They watch as the Minister groans—a long, bellowing moan that echoes ominously through the small space—as he clasps two diminutive cymbals in his long fingers with black-painted nails.

"Do what thou wilt shall be the whole of the Law," he exclaims. "I proclaim the Law of Light, Love and Liberty, in the name of Ra-hoor-khuit!" The congregants, ranging in age from their 20s to their 70s, stand and raise their arms toward the heavens. "Love is the law! Love under will!" they shout in unison.

This is the celebration of the Feast of the Supreme Ritual, the spring equinox and Thelemic New Year, also known as the Equinox of the Gods. As the ritual comes to a close, the Minister, accompanied by the Seer and the Beast, extols the core Thelemic tenets of the Ordo Templi Orientis (OTO), a national occult faction with membership in Chicago that dates back to the start of the 20th Century.

"Thus begins another year of the Aeon of the Crowned and Conquering Child!" shouts the Seer. "There is no law beyond 'Do what thou wilt.'"

A hush falls over the room and the Minister takes a deep breath before ending the ritual. "Thus concludes our ceremony of the Feast of the Supreme Ritual," he says. Then, suddenly, he shifts

to his daily identity: Gordon Kinloch. He cheerfully announces the release of Aum Ha's publication, *The Current*, and requests small donations for the temple before wheeling out the Feast of the Supreme Ritual: boxed wine, party trays, assorted pastries, trail mix, and sour cream and onion potato chips.

The hat he wore now sits on the altar, serving as a basket for donations. He removes his long black robe, revealing tattoos of occult symbolism across his upper arm. The Seer removes her own feathered masquerade mask and reassumes her natural identity as a small, red-headed woman named Thistle who works as an accountant by day and practices Wicca by night. The Beast removes his skull mask with long, matted black hair to become Al, a graphics specialist and Voodoo practitioner who wears a doll around his waist for protection.

The Feast of the Supreme Ritual was open to the public. Kinloch and his congregants actively use email lists as well as social media platforms like Twitter and Facebook to publicize events. But while occultism has become accessible to the public, Kinloch, 37, says not all the attention it has received has been good.

"I think there is almost a cultural backlash from the publicity occultism has received," says Kinloch, who was formerly a lodge master of the Chicago OTO chapter. "Certainly in the '70s, you had occultism kind of linked to either esoteric knowledge [or] the belief that study of the occult is somehow evil or satanic. And this carries on even today. It has never gone away."



THE HIEROPHANT



CHICAGO'S OCCULT BOOK STORE, LOCATED IN Wicker Park, specializes in rare books and supplies. Opened in 1920, the store has become a gathering place for occult novices and people seeking casual spiritual guidance from the store's many practitioners. The bookstore even offers regular Wednesday meetings where people of different creeds, faiths and expertise gather to talk.

Biobe Eden, a self-described pujari, or healer responsible for rituals, manages the store. On a Tuesday afternoon, Biobe zips back and forth behind the counter, lighting incense, fixing candles and mixing herbs for commissioned magical rituals. Customers casually wander into the store to marvel at him, consult him on life issues, or request a ritual to bring them good fortune.

"New people come in all the time," says Eden, speaking rapidly and without pause. "A lot of them are looking for what they see on TV. The best way to get someone to look at something is to tell them not to look at it."

A woman enters and stands quietly in front of the counter for a moment before asking Eden if he can prepare a candle to help her son get into a fitting high school. Eden consents and withdraws ingredients from various drawers, jars and shelves. "In this culture, you've been trained to think of yourself as disempowered," he tells her, as he creates the concoction.

Eden has long been interested in religion. By eighth grade, he had read the entire Bible and familiarized himself with many of the dominant

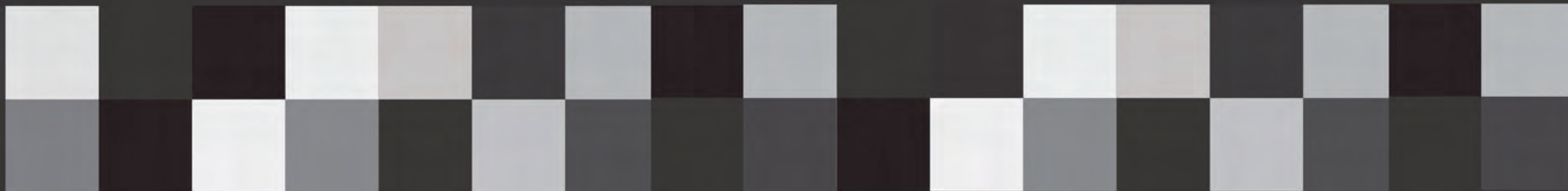
schools of psychological thought, including Jung and Freud. "I was always the one asking uncomfortable questions," he says.

Like Kinloch, Eden is frustrated by misconceptions about the occult. "Ever since the hippy's Manson days, people think that occultism is the same thing as a cult," he says. "One deals with vision, one deals with grouping, so it's not."

Eden says many people still don't recognize the similarities between occult practices and their own systems of belief. "The real problem is that conventional religions are occult. Jesus told the disciples that he would speak plainly to them, but to the others he would speak in parables. It's inherent in everything. That's why you hear the word **mystery**. You hear it in all religions."

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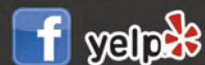
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the New Faces of Marriage

GAY COUPLES CONTEMPLATE THE CHOICE TO WED

STORY BY LISAHIRA SANTOYO & ELEXIS RUIZ | PHOTOS BY DANIELLE SCARDINA

THE BIG DAY FOR SOME SAME-SEX COUPLES IN ILLINOIS CAME sooner than expected. Same-sex marriage becomes legal state-wide on June 1, 2014, but Cook County same-sex couples were able to wed on February 21, after a US District Court judge announced the law would be in effect immediately.

For some LGBT couples around Chicago, marriage is not just about the romance. It is about access to the 1,138 laws—ranging from social security benefits to immigration rights—that protect and promote married heterosexual couples. *Echo* spoke to six couples about how this legal change would affect their lives.



SARAH MENDOZA, 30, AND HER FIANCÉ, JESSICA Krystof, 28, sit together with their fingers intertwined. Their cozy Rogers Park apartment is decorated with a framed Chicago flag, black-and-white skyline shots, and a CTA map. Their Chicago-themed wedding is set for August 1, 2014.

Mendoza pets their excited dog, Olive. "It feels like we are already married," she says.

"Ever since we got a dog, we have been kind of homebodies," adds Krystof, laughing.

On August 1, 2013 Mendoza woke up next to Krystof, her girlfriend of three years, excited that they were about to leave for a much-needed vacation from their nursing jobs at St. Joseph's Hospital. But a phone call from the hospital calling Krystof into a last-minute meeting left Mendoza anxious and disappointed. She waited, hoping the impromptu meeting would be short.

Soon there was a knock at the door. Mendoza reluctantly let in a friend of hers, who inserted a video into the DVD player.

"Just follow these cue cards and be patient," read the words on the screen. It was the start of a day of riddles that led her from place to place. The final riddle took her to the lakefront path near the Adler Planetarium, down a white carpet covered in rose petals and candles, where Krystof waited on one knee with a little black box containing a diamond ring.

Krystof and Mendoza originally decided to have a civil union, which they scheduled for August 2014. Then same-sex marriage laws started sweeping the nation, coming to Illinois far faster than either of them anticipated. The afternoon the marriage law passed, Krystof ran to Mendoza's hospital unit to tell her the news. "As it sunk in, we both realized that our civil union planned for August would now be a wedding," says Krystof.

For Mendoza, who felt that a civil union would have been "second class," this was momentous. She never thought she would have the privilege of marriage. Krystof, too, knew she would never marry a man but longed for a marriage as loving and supportive as her parents'. Both women intend to carry a child so their Filipino and Polish ethnicities get passed down.

Their families are supportive of their marriage. Krystof will proudly wear her great grandmother's 1909 wedding band, passed down by her mother, at the wedding. "To me that's worth more than any diamond," she says.

"I've grown up seeing all my straight siblings and cousins marry, and recognizing their new wife or husband as a new member of my family," says Mendoza. "Since we didn't have the right to marry before, it always felt like the rest of our family saw our significant other as just another girlfriend. We want recognition for what we mean to each other. I can't wait for the day I introduce Jessica to the rest of my friends and family and say, 'This is Jessica, my wife.'"

FARRAH UNDERWOOD LISTENED TO THE ILLINOIS Senate's live stream the day that marriage equality was legalized in Illinois. "We're going to be protected at our jobs; we're going to be able to be legitimate couples," she recalls thinking.

Underwood, 37, and her girlfriend, Victoria Healy, 33, have been together for two and a half years. Their house

is adorned with family photos, and the kitchen is full of copper pots and memorabilia Healy, a flight attendant, has collected during her travels. Their dog, Sully, pants excitedly while their cats, Persephone and Morghane, hide under the table. Outside, airplanes take off and land at Midway Airport.

Underwood recalls the first time she and Healy met, at a bar. "I walked up to order a drink and we started chatting



each other up. And that's what it was," she says. "I was like, I cannot let her leave without figuring out who she is." Six months later, they moved in together.

As they talk, they finish one another's sentences. But when the topic of marriage comes up, they look at each other and smirk. On this, they have different opinions.

Underwood recalls a camping trip when she first broached the idea. "I was like, 'Can I tell you something? I've got to tell you something. I really want to be married to you, and I don't care how you feel about it. I had to say it out loud because I feel like I'm lying to you.'" Healy wasn't persuaded, feeling that people don't recognize how much work a marriage can be.



"It's a very important right to have so that we can protect each other," Underwood said the first time *Echo* met them.

"There's definitely a legal reason for it to occur and absolutely I definitely want us to get to the point where we feel that that's necessary," Healy countered, still noncommittal about it happening right away.

But recently, Healy and Underwood began wearing matching rings on their wedding fingers, which they claim to be "placeholders" for the real thing. Their wedding is scheduled for September, and the following week, they will honeymoon in Ireland.

ANDY SHEAGREN, 29, SAT AT A BAR IN ANDERSONVILLE with a glass of rosé, waiting for Michael Driscoll, 30, to arrive for their first date. Finally, Driscoll strolled in with a "really ugly Michael Jackson-looking jacket," a faux hawk, and a tongue ring. "It was very '80s gay," Sheagren says, laughing.

Theirs is a story of opposites attracting. Sheagren is quiet and introspective; Driscoll is outgoing and unafraid to go for a hug instead of a handshake.

Five years later, Sheagren and Driscoll are cozied up on their beige love seat with their two cats, Squid and Elliott, in their Andersonville apartment. When the question of marriage comes up, they look at each other and grin.

"A lot of our friends were looking at us with expectations of some sort of announcement," Sheagren says of the time when the same-sex marriage law passed. He turns to Driscoll. "We aren't going to suddenly get engaged just because we are allowed to."

Driscoll, for his part, is interested in the benefits that come along with marriage—in particular, how it would enable them to take care of each other if one of them were hospitalized, and give them security making long-term investments together. Sheagren considers that an old-fashioned way of thinking. "I

think it is a logical stepping stone in a lot of straight relationships," he says of marriage. "It's kind of a given." For his part, he would be comfortable buying a house together before marriage.

Sheagren grew up in a religious Methodist family in Macomb, Illinois. Coming out to his father, stepmother and four siblings was a difficult, three-year process, but in the end, most of them accepted his being gay.

"I don't know when that happened," he says.

"I happened," says Driscoll, smiling. He grew up in Dubuque, Iowa, and came out to his friends and family after high school. He recalls keeping a log of whom he came out to in a notebook, using a system of smiley faces to signify how it went. The smiley face that he was most anxious for was his mother's. "I sat up in my room for 45 minutes beforehand in the fetal position just waiting to figure out the best way to do it," he says. His mother took it well.

Driscoll pulls a vinyl record from its sleeve and carefully places it on a brown leather, vintage turntable Sheagren gave him. A soothing instrumental tune fills the quaint apartment. Squid cuddles up next to Sheagren while Elliott sprints to his scratching post. Driscoll takes Sheagren's hand.

"It's not like I would consider at this point ever not being in our relationship, but I feel like if we were married, I would stop thinking there was ever a possibility of not being in a relationship," says Sheagren. "That security of knowing we are saying that we are both locked in, there are no other options. That's a good thing; that's what we want."

KEISA REYNOLDS, 22, AND VANESSA BORJON, 21, were engaged on the Western Avenue Blue Line platform on January 10, 2014. It began as a conversation about the best and worst wedding proposals and ended with Borjon listing dozens of reasons why they should get married. They spent the train ride that day planning the rest of their lives together. But not alone; they are in an



open relationship. Borjon is involved in another committed relationship, and Reynolds casually dates other people.

They began as college roommates. After endless kitchen table conversations about everything from white feminism to dating, Borjon and Reynolds realized they were falling for each other.

"My relationship with Keisa is so unlike my other relationships in that it is so much deeper," says Borjon, gazing at Reynolds across the table at a Bucktown bar. But both acknowledge that monogamy made them feel constrained. "It's not like I am looking for other people, because emotionally I have what I need," adds Reynolds, gesturing towards Borjon.

When the same-sex marriage law passed, Reynolds and Borjon reacted similarly. "It's about time," says Borjon. "The issue of gay marriage is just



so old. We have been talking about it for so long. It's like when interracial [marriage] wasn't legal...we think about it now and we are like, 'That was so dumb.' I feel like it's the same for gay marriage. It's such a non-issue."

To Reynolds, marriage is a heteronormative next step in the life of couples, but she is happy the gay community finally has the option. "Being able to marry is a great step, for both of us," Reynolds says.

Reynolds has an extra step on their wedding planning to-do list: telling her parents. They know Reynolds identifies as queer, but they don't know about the engagement or the casual dating—facts that Reynolds says she may leave out to avoid an even harder conversation.

Borjon says her family knows she is engaged, but they don't take it seriously because they also know she is seeing other people. "They are just confused," she says.

"They barely understand what queer is. Now non-monogamy?" Reynolds adds, laughing.



"I THINK WE ALMOST TAKE IT FOR GRANTED THAT there's been a lot of liberties that have been granted to us by the generation before us. They were the ones fighting and always had to be in the closet, so I think we're almost kind of spoiled where it's like, 'Oh, marriage is legal. Finally!'" says Dylan Phaneuf, 25.

Phaneuf's fiancé, Jose Moyet, 25, says the new law gives the LGBT community hope. "I think that's one thing we need," he says. The two met at a New Year's Eve party in December 2012, and were talking about marriage within a few months.

Their families are supportive. "My family is very religious but they're like, 'Okay!' Like it's not a big thing," says Moyet. Phaneuf, who was raised Catholic, says his family took a little while to accept his sexual orientation, but they are now supportive and accept Moyet.

Because Phaneuf is from Massachusetts, where same-sex marriage was legalized in 2004, they were planning to marry in Boston. But with the passage of the law in Illinois, they were able to marry here. They were married on May 31, 2014 at the Lily Pool across the street from the Nature Museum in Lincoln Park. Both grooms wore white. They hope to honeymoon in Puerto Rico, where Moyet is from.

They would like to have at least three children, either by adoption or by surrogacy. But they'll wait at least five years because once they become parents, they plan to dedicate their lives to raising their kids. "I definitely want a girl, if we could plan that," says Moyet.

"I WAS ALREADY IN LOVE WITH HER AND I'D NEVER EVEN seen her," says Dana Moore, 51, about her partner, Cap DeLaney, 44. They met on a dating site in April 2011. "It took about a month for us to finally talk on the phone," says Moore.

Both listed fine dining as an interest in their online profiles. Today, they sit in Bandera, the dimly lit restaurant where they had their first date a little over two years ago. Moore affectionately hands DeLaney a greeting card telling her that she loves her. It's green and DeLaney says it's both of their favorite color, which is one of their many similarities. They have fond memories of the day they met. They chuckle about an artichoke dip Moore



ordered. "It looked so good, but she never offered me any. I didn't want to ask on the first date, and she ate it all," says DeLaney.

The couple's families are supportive of their relationship. DeLaney's sister and nephew went on a trip with them to Paris. "I have a son; he's 31," says Moore. "And he has been out since he was like 13. And so I think that they probably already knew, but it was no big deal at all. And they love Cap."

When they begin to discuss marriage, Moore humorously pulls her glasses down and bats her eyelashes at DeLaney as she anticipates her answer. DeLaney says they have not discussed it in detail, but they both have similar ideas. "I think we're at that age where we're really planning for our future. And we met at the right time for that," says Moore.

Their greatest concern is the legal implications for married same-sex couples who move to states where their marriages aren't recognized. "The finances, the medical, the insurance and tax implications and all those things," DeLaney says. "I think people need to be conscious and aware of that. That's real dollars; those are real benefits."

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STORY BY EMILY ORNBERG & MARGARET MAHAR
PHOTOS BY NORA DREW

STICKY FINGERS

AN INSIDE LOOK AT THE SHOPLIFTING EPIDEMIC



THE FIRST TIME SHE DID IT SHE WAS 10 YEARS OLD.

Kim Chou* was shopping with her friends, roaming around Hot Topic when she saw a band T-shirt she wanted. Feeling brave, she pulled it through her belt loops and walked out.

"I was going through a rough time," she says unapologetically, shoving an oozing sandwich into her mouth. "I didn't have any money and we were at the mall and that's what you do when you're fucking young, I guess. From then on, it was just too easy."

Her favorite places to steal were Urban Outfitters, H&M and Forever 21, which, she says, had ample items for sale and few associates. Sometimes she would bring a giant purse jerry-rigged with compartments to hide things in. Other times she would wear a handmade belt that she could easily tuck clothes inside. She deactivated sensors, tore off tags or, when she was feeling really daring, just wore the clothes out the door. After stealing upwards of \$3,000 at Nordstrom, Lee was caught stealing at Urban Outfitters and spent a night in jail. But that didn't stop her.

"Sometimes I'd get a rush, like, I've gotten chased by security before and that was a lot of fun," Lee smiles. "I'm basically not allowed to go into certain Urban Outfitters in California for the rest of my life. I'm wanted."

With more than \$13 billion of goods stolen from retailers each year—\$35 million per day—shoplifting imposes a "crime tax" on all of us. Every American family pays approximately \$400 a year in price inflation to cover retailers' losses. And shoplifting is as invisible as it is insidious; according to the National Association for Shoplifting Prevention (NASP), shoplifters are only caught once every 34 times they steal, and half that time they aren't turned over to the police.

According to the National Retail Federation, 94 percent of surveyed U.S. merchandisers have been hit by professional boosters in the past year—and Chicago is one of the top 10 destinations for these theft rings. In 2011, Chicago got hit with a wave of so-called "flash robs," where large groups of intelligent

thieves hit several Michigan Avenue stores—the North Face, A|X Armani Exchange—in a massive burglar frenzy. And in November 2013, a video of a perilous pilferage at Sports Authority on Clark Street went viral, showing a group of thieves pushing clothing racks out the door, and trampling over store attendants.

However, the city is not only combatting professional thieves. One in every 11 Americans has shoplifted, according to NASP, leaving stealthy stealers like Lee to fall through the cracks.

Labeled as a "crime," "addiction," "disease," "political act" or "cry for help," shoplifting is largely misunderstood. So, why is it so prevalent? And what will it take to stop it?

OFFENSE

Tam Clark* was chosen from among many hopeful Chicagoans lined up for a casting call in the Gold Coast to work at one of the most profitable American Apparel stores in the country. For the first few months on the job, she was passionate about styling clients and consistently received high marks for her sales successes.

*I FELT LIKE WE WERE BEING
JUST LIKE, LITTLE, NAUGHTY
GIRLS. LIKE BEING 'BAD' YOU
KNOW? WE KIND OF JUST
LAUGHED.*

However, a change of managers left her feeling "worthless and expendable," she says. Eventually, feeling her hard work was unappreciated and she was being shortchanged by her commission-based pay, she began to steal. First she stole an \$80 chiffon shirt, stuffing it into her purse. It became a regular activity. "I did not feel guilty about stealing," Clark says. "After a certain extent, I hated my job so much that I just didn't care."

Clark shared her tips and tricks with other employees who felt similarly cheated; soon they were banding together, planning secret pilfering missions that netted garbage bags full of new clothes they shared with friends or sold to thrift stores. "We took anything and everything. Everything and anything," she says with almost childlike enthusiasm.

Sometimes they brought merchandise into the bathroom and put it in garbage bags, which they placed in garbage bins behind the store. "Then we would take it out to the alley and sort through it," Clark says. They hid larger items in FedEx or UPS packages. Eventually, district managers caught on; Clark's store had one of the highest number of thefts in the country. But corporate did next to nothing to stop it, she says. "The CEO would have weekly conference calls and he would just make remarks about how our store would have high theft rates—but he wouldn't do anything about it," Clark says. "It encouraged us to do it more."

Inadequate security only furthered Clark's cause.


"A lot of the security cameras didn't work. We rarely checked people's bags. If we did, it was just a quick glance. And when the company started tanking in profits, they took our security guards away," she says.

Just as some steal out of spite, others do it to fill an emptiness.

When Chelsea Smith* feels down, she grabs her oversized Coach bag, plops it into a shopping cart and begins her mission. Wheeling down the aisles of a cluttered TJ Maxx, Smith spends a large amount of time simply browsing. "I just start to put stuff in my cart and then stuff starts to land on top of my purse, and then, as I'm walking through, I'll just kind of put it in," she says.

For Smith, it's a compulsive activity. "During the time I'm stealing, I get this rush," she says. "Then I just start shoving stuff in [my bag], then I get out, get in the car, drive down the way a little bit, unload my purse and go to the next place." Sometimes Smith loses all track of time. "I shut off and I'm in there for hours," she says. "And it just calms me down."

* NAME CHANGED TO PROTECT IDENTITY



She began shoplifting at 16, when she and her friends stole bras on a dare. Even then, Smith could feel the rush of excitement from taking what was not hers. "I felt like we were being just like, little naughty girls. Like being bad, you know? We kind of just laughed."

When she was in her 30s, Smith was date raped. "I had to go through this whole legal process and relive it and it just started opening up and peeling the onion away," she says. She began drinking heavily and compulsively shoplifting. "It would start with something like, 'I'm at the restaurant and I want that candle. I'm gonna take it real quick and no one's gonna see me and I'm gonna get away with it.' I got kind of a thrill."

Smith has been arrested five times since then, but that hasn't stopped her from accumulating thousands of dollars worth of merchandise—most of which she hoards in her house, unable to part with it. Her favorite targets are toothbrushes, workout clothes and bandages. "I always need a new toothbrush," she says.

DEFENSE

Lorenzo Reid*, an employee at an undisclosed American Apparel store in the Midwest, is frustrated. At high-end stores like Macy's, he notes, "Everything is chained to the counter or tables. Bags are literally glued to the counter." That's not the case at his store. He tries to prevent theft, but American Apparel doesn't provide adequate security, relying instead on staff to prevent shoplifters. "They don't see the big picture," he says of the corporate higher-ups. "We do train our associates, and yes, we work hard at our jobs, but the people they are hiring are these younger, skinnier girls and the people that are coming in and stealing are these bigger girls."

In addition, Reid says, shoplifting laws in Illinois are overly sensitive to customers. Unless a retailer has evidence or actually witnesses a theft, retailers are unable to accuse suspects. "You can't really say anything; you just have to watch

them like a hawk," he says. "You cannot approach someone and say, 'Hey, you're stealing' unless you can name the item that they have. It has to be like 'Hey, do you want me to hold that black, small crop top I just saw you walk in the back of the store with?'"

Reid keeps a collection of photos of known shoplifters so staff know whom to watch. "We definitely have a wall of shame. They always want us to get pics," he says. "But it's so hard. When you're in that situation, a lot of times you don't want to go down alone in an elevator with that person, much less take their picture. I remember the last time I tried to take a picture, it was so shaky because I was so scared."

A lack of penalties add to the problem. Each state has its own felony threshold—the dollar amount when stealing becomes a felony. In 2011, the threshold for retail theft in Illinois was raised from \$150 to \$300 in an effort to keep petty offenders from crowding jails. "The punishment for shoplifting is largely negligible, and I think that that plays a factor in that people do it," says Rachel Shteir, author of *The Steal: A Cultural History of Shoplifting*.

In Fall 2013, leading up to the bustling holiday season, flagship stores from Barneys New York and Macy's upped their security to a more aggressive loss-prevention technique—encouraging sales people to "take chances" and stop anyone who looked suspicious. Shteir says the stores received backlash for racial profiling.

"If you're a loss prevention guy, how you're going to tell who's going to shoplift is a very loaded question," Shteir says. Since then, upscale retailers have developed a method of recognizing behavioral cues to identify shoplifters. Shteir says some of these "tells" include "signaling to others, hands down, concealing items, removing or switching stickers, attacking tag systems, continuous[ly] 'scoping' or searching for people, moving closely to fixtures, repeated stops in a particular area and inordinate nervousness (stretching, yawning, pacing)."



Stores also use “benefit denial devices” to discourage shoplifters from stealing in the first place. Ink tags, the most successful of these devices, spew ink if incorrectly removed, destroying the garment. And some department stores try a more positive approach, weaving quiet messages like “I am honest. I will not steal. If I do steal I will be caught and sent to jail” into their bubbly pop music soundtracks. But all of this is a cat-and-mouse game, with shoplifters countering each advance with a new strategy for defeating it.

PREVENTION

They meet weekly. Sometimes in a church, other times in a nondescript public building. An anonymous group of men and women sit in a circle. As a donation basket is passed around, people chip in a dollar or two for the host location. Terry Shulman, 48, meets with Cleptomaniacs and Shoplifters Anonymous group (CASA)—the ‘c’ being a way to spell out the acronym casa, which means “home” in Spanish.

Shulman, who founded CASA in 1992, is no stranger to kleptomania. Dealing with an unstable home life and the divorce of his parents, he began to shoplift at the age of 15, honing his skills by casually slipping items into his coat pockets. “If I would get stressed out, I would go get something for nothing and it would feel like a drug and alter my mood momentarily,” Shulman says. “It would make me feel powerful, like I made life fair for a moment. But it was very fleeting.” Shulman estimates that, over a 10-year period, he stole around \$10,000 worth of goods.

Shulman refers to kleptomania as an impulse control disorder, and not really as an addiction in the classic sense. He says a classic kleptomaniac is someone who impulsively takes things before they can talk themselves out of it. “Typically what happens is that they feel sudden anxiety and they soon learn that when they steal something, something happens in their brain chemistry—that they get relief or calmness,” he says.

After an incident in 1990, with over a decade of shoplifting under his belt, Shulman was caught for the last time, a bottle of champagne bulging out of his coat. Prompted into recovery, two years later he started CASA to make amends to a community he felt he had wronged. It serves both voluntary and court-ordered stealers who come for support in breaking their habit.

In 2004, Shulman founded The Shulman Center for Compulsive Theft, Spending & Hoarding, a private, for-profit business of which he is director. “I’ve worked with people who are very well educated, people who are ministers, doctors,” Shulman says. “There are professional thieves. There are people who are stealing to support a drug addiction or a gambling habit or doing it on a dare. But the thing is, for a lot of people, shoplifting becomes a habit or a highly addictive behavior.”

Shteir says this addictive quality leads some kleptomaniacs to experience withdrawal if they don’t get their fix. They don’t really have a sense of how their actions might hurt other people. “When people are stealing from multinationals, big corporations, the idea that ‘other people are going to suffer from my stealing this pack of gum’ is not a powerful rationale,” Shteir says. “It’s not like stealing from an individual, where you have to push them down and take their bag. You’re stealing from this faceless entity.”

ALWAYS WATCHING

On a cold fall day in the Chicago suburbs, dozens of undercover shoppers sit quietly among the rows of neatly stacked jeans and candy displays, watching. Operation Whoville, an undercover sting operation at high-end retail areas such as Orland Square Mall, Woodfield Mall and on North Michigan Avenue, was started by David Williams, assistant state’s attorney, three years ago to make a number of arrests and gain intelligence for future operations. Last year, Williams says they had 106 very public arrests,

YOU'RE REALLY STEALING FROM THIS FACELESS ENTITY.

intended to dissuade organized boosters. And in the process, they discovered some of the newer shoplifting tactics.

Why the whimsical name? “We were looking for a good operational name and [it was] during the Christmas season so we were looking for people to steal the gifts,” Williams says. “I guess I’m a Dr. Seuss fan, to be honest.”

Formed in 2010, CCROC, the Cook County State’s Attorney Regional Organized Crime Task Force, helps bring retailers such as Walgreens, CVS and Target together with law enforcement to work as partners against shoplifting. Stores who are members share information, including reports of organized retail crime and BOLOs, be-on-the-lookout alerts about suspected thieves, on their password-protected website to keep track of the city’s most frequent and stealthy offenders.

Together, Williams said CCROC has been able to track boosting crews, the most destructive subdivision of shoplifters, who lift and ship the stolen merchandise to a fence, a middleman who buys stolen goods from thieves and sells them for a profit. These small convenience stores on the South and West Side only sold pop and chips, CCROC started noticing, but also act as conduits for all kinds of criminal activity such as drug trade, gangs, fraud and identity theft.

“Working together with the private sector and their security, educating law enforcement about the public nature of the crime and the expansion of it and why it’s important, I think that’s the best way [of preventing it],” Williams says. He’s also working to call attention to the stores that purchase stolen goods and resell them, some of them using the proceeds to fund more dramatic types of crime. “If people know that professional shoplifters are fencing them to these stores, and those stores are really sucking the life out of these communities, maybe they’ll understand that it’s not just an isolated crime, or you see that these types of crimes are funding international terror groups or international crime groups, maybe they’ll think twice.”

But, he admits, “I don’t think we will ever get it all to stop.”

Shteir agrees. Stealing is ingrained in our human psyche, she says. It is driven by need and by desire—all under the urge to just have.

“We live in a world where it’s very important what you wear, what you look like, what brands you have. That identifies us. It marks us. Having these things is really important, [and] the urge to steal is particularly strong now since the recession...You could say, the sad thing is we don’t have the American dream any more, so we have to steal it.”

BUY THIS, NOT THAT

How to afford the finer things in life



**A HALF EIGHTH OF
POT COSTS \$25**

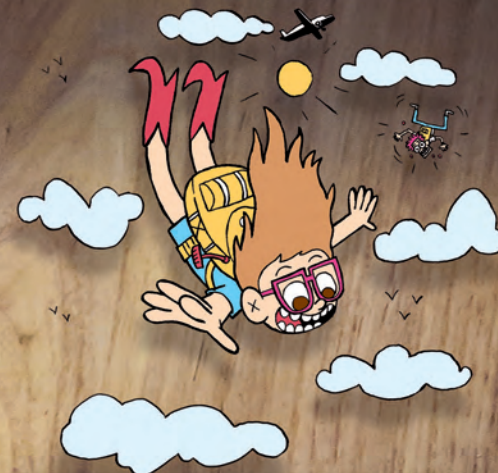
**GIVE UP 11 BAGS
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**A PACK OF
MARLBORO
LIGHTS COSTS \$12**

**GIVE UP 37 PACKS
AND GET**

Skydiving in Ottawa, IL for two.



STORY BY HANNAH COLE | ILLUSTRATION BY SEAN MAC



**A 7-MILE CAB
RIDE COSTS \$15**

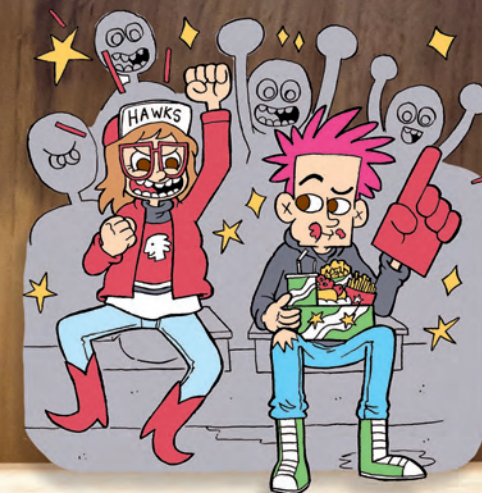
**GIVE UP 17
AND GET**

Round-trip flight to New York City via Southwest Airlines

**A DOMESTIC
BEER AT THE BAR
COSTS \$4**

**GIVE UP 26 BEERS
AND GET**

One regular-season ticket to a Blackhawks game



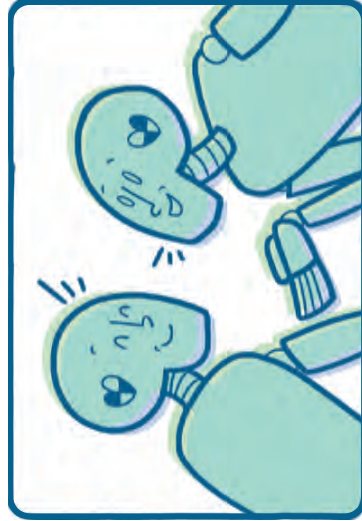


LOVE FOR DUMMIES

This is your brain on dopamine

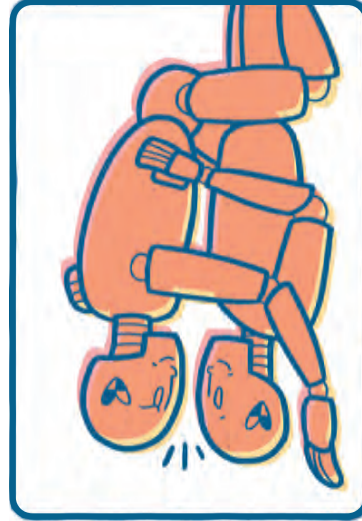
STORY BY ASHLEE STEWACK | ILLUSTRATION BY JAVIER SUAREZ

SUMMER IN THE CITY IS THE PERFECT TIME TO TEST DRIVE a new romance. Somewhere along the ride you may experience some road blocks and bumps. In the midst of the euphoria you can feel a bit like you're on autopilot. As your brain sends you signals, we're here to help you make sense of it all and avoid any serious accidents.



ATTRACTION

Testosterone and estrogen play a role in this stage. Researchers have found that testosterone and estrogen levels rise in individuals of both genders when they sense mutual interest, causing sexual arousal.



LUST

A spike in norepinephrine and dopamine, and a drop in serotonin, are the main agents in this stage. The side effects can include euphoria – that head-over-heels feeling – and OCD-like focus on the other person.



ATTACHMENT

At this stage, oxytocin and vasopressin take over, calming the craziness of the previous stage and allowing you to settle in and enjoy the ride. These two chemicals combined are the mixture for long-term commitment.

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Guilty Pleasures

How to make a McHit.

STORY BY EMILY ORNBERG | PHOTOS BY DEVIN AADLAND

IT'S 10 A.M. AND THE SONGWRITING DUO THE

Kingpens are sampling trap beats over some McGriddles. Sam Spaulding, founding member of a prolific Chicago production crew that has crafted tunes for artists such as MGK and Lupe Fiasco, speaks in a slow, syrupy voice as he puts down his orange juice. "People love pop music because it's general, it's broad. But they hate it for the same reasons. There's definitely a recipe to music..."

"...and the recipe depends on what you're trying to cook and who it's going to be for," Lenny Hooks interrupts as he sips his McCafé coffee. "You've been tricked into liking this record because they used all of these simple tricks of chord progressions and harmonies and certain instruments that just work."

Pop music is the McDonalds of the music industry. It's created for the masses, produced faster than it should be—but that's the whole point. It's always available, deliciously greasy and predictably simple. It's there for those of us who just need something to consume. Its lack of nutritional value is implied, but hey, it's hard not to indulge in a large fry every now and then.

Quick consumption is the point of pop music, says David Dolak, who teaches Physics of Musical Instruments at Columbia College Chicago and builds guitars and other instruments in his free time. Just as our tongues process taste, our ears look for patterns in the frequencies of sound as our brain tries to understand them, he explains. Here is where the addiction comes in: simple chords

that sound soothing and comforting stimulate the release of dopamine, a neurotransmitter that rewards us. Happy sounds, such as octaves, fifths, fourths and thirds induce an addictive surge of pleasure. "So

does salt, sugar and fat for the taste system—comfort foods. We like and then want them more, again and again." In other words, Dolak says, "Pop music is easy, greasy food to eat for the ears."

Pop music is also consumed on the go, says Jay Frank, author of *Hack Your Hit*. "In the past, you weren't meaning to discover music; you just happened to be listening to the radio and all of the sudden, a song comes on and you go, 'Wait—who is this? What is this?'" Frank says. As record labels worked to deliver sure-fire Top 40 tracks to radio stations to nurture their pop stars, radio listeners—

the majority of Americans—became familiar with the same songsters, who promised to deliver catchy McPop songs and dominated their CD collections.

Today, online radio streaming services, such as Pandora and Spotify, are among the main means for discovering music. This allows users to be their own DJs, Frank says, which often forces them to favor the Big Macs of the industry. "Now there are

just too many musical choices out there," Frank says. "So for some listeners, they go and they stick to what's most popular, which is one reason why, surprisingly, despite all the press about the

trouble about the music business, the big hit songs are actually collectively making more money than ever before—not less."

Pop music is polarizing. Its advocates idolize the entire pop spectacle, while its critics dismiss the genre and only indulge in pop music for the occasional "guilty pleasure." That term itself acknowledges a sense of shame. But there's no denying the science: our brains prefer melodies that are simple, predictable and repetitive, despite our views on a song's artistic merits. So why do we feel guilty about liking pop music?

**"POP MUSIC IS EASY,
GREASY FOOD FOR THE
EARS." —DAVID DOLAK**



1899-EDISON CYLINDER PHONOGRAPH

These wax cylinders are about four inches long and 2 1/4 inches in diameter, and play about two minutes of music or other sound on a phonograph—hence the two-minute pop song.

1933-REEL-TO-REEL MAGNETIC TAPE

Magnetic recording on steel wire is developed commercially to transmit the first inter-city stereo audio program. Due to price and size, they are limited to professional use.

1922-CAR RADIOS

Chevrolet produces a sedan with a Westinghouse "two-step amplifying radio receiving set." For the first time, people can take their music with them.

1948-VINYL LP'S

LPs (long-plays) expand the capacity of the old 12-inch diameter discs, which only played around five minutes, to provide up to 20 minutes of audio on each side. This allows 10 or more recordings on every record.

1963- CASSETTE TAPES

Portable, recordable and not too fragile, tapes are a new way to share music more easily.

1981-MTV

MTV (Music Television) plays music videos 24/7. Videos contextualize the songs and give dazzle to modern pop stars. The original tagline of the channel is, "You'll never look at music the same way again."



Compelling Consumption

"It's a formula. It's all about the ingredients," says Lenny Hooks, co-founder of legendary Chicago producers The Kingpins. "When you start to talk to the labels, they know what they're looking for. Does it have the ingredients?"

GRABBING INTRO: Now that people stream music, they will always hear songs from the very beginning, in contrast to when people listened to songs on the radio and came in at any part of a song.

KNOW YOUR AUDIENCE: "Club-banger music calls for booming beats and a faster tempo. A beach party calls for happier melodies and soothing harmonies. Who's going to be listening to this? Make it fit into that environment," Hooks says.

CATCHY HOOK: "The more people hear something, it will just get more into their spirit," says Sam Spaulding, another founder of The Kingpins. If the chorus features lyrics that get stuck in listeners' minds for the rest of the day—unique phrasing, a resonant message—the song will be played again. And again. And again.

MAJOR CHORDS: Pop music favors major chords—the same ones you remember from "Mary Had a Little Lamb," "Twinkle Twinkle Little Star" and "Happy Birthday." These chords feed the brain happy, predictable, nostalgic melodies.

INCOMPLETE ENDING: Ending a song before the melody is complete frustrates listeners' brains, which are wired to "finish the puzzle," and forces them to play the track again.

Q & A: SONGWRITER TAVISH CROWE "CALL ME MAYBE"

Q: WHAT WAS IT LIKE WHEN "CALL ME MAYBE" HIT THE BIG TIME?

A: It was so insane to see all that stuff happening. It was a pretty quick transformation and totally sweet to hear that pop four-on-the-floor behind it. Then Justin Bieber was in town, and he tweeted about the song, and it really started taking off. Carly and I were both freaking out about that. It's just sort of become this inspiration now.

Q: WHAT DO YOU THINK ABOUT THE FORMULA FOR POP MUSIC?

A: Just recently it seems like the songs that are really getting big are starting to break rules. It's not so much a pop formula anymore. It's still verse-chorus-verse-chorus, but there's different cool melodies and throwbacks to '50s and '60s instrumentation and using chords that are more advanced. It just feels like a really exciting time for pop music.

Q: HOW DO YOU REACT TO PEOPLE CALLING "CALL ME MAYBE" A GUILTY PLEASURE?

A: I don't think there's any guilt in listening to something you enjoy. It's like reading a good story or watching a good movie. Why should you feel bad? Sure, there's other music that you can be listening to; no guilt in that either. But you can always turn on a good pop song. There's no shame in that.

1996-MP3

As the industry begins shifting to digital format, MP3s greatly reduce the amount of data required to represent information in an audio recording.

1982-COMPACT DISCS

The first compact disc holds about 74 minutes of uncompressed audio, hence the standard 17-song album package.

1999-NAPSTER

This peer-to-peer file-sharing service got listeners hooked on the idea of unlimited free music.

1997-AUTO-TUNE

Originally intended to disguise or correct a vocalist's tempo or pitch mishaps, the software was first used commercially on Cher's "Believe" in 1998 but goes on to create a trend of synthesized sounding artists for years to come.

2008-SPOTIFY

Interactive streaming is fast becoming America's favorite way to listen to music, which is unfortunate for artists. By 2014 artist is getting just half a cent per stream.

2001-IPOD AND ITUNES

Users can now bring their MP3s everywhere they go. iTunes allows users to create their own playlists. People suddenly seem OK paying for digital music.



A small number of producers and songwriters create a disproportionately large number of contemporary hits, which may explain why so many of them sound similar. The producers serve as creative directors, organizing the song arrangements and editing the recordings; the songwriters elevate songs to their smash potential.

PRODUCERS

MAX MARTIN

Backstreet Boys ("As Long As You Love Me," "I Want It That Way")

*NSYNC ("I Want You Back," "Tearin' Up My Heart," "It's Gonna Be Me")

Britney Spears ("...Baby One More Time," "Oops!...I Did It Again," "Stronger," "Lucky")

Celine Dion ("Faith")

*Kelly Clarkson ("Since U Been Gone," "Behind These Hazel Eyes," "My Life Would Suck Without You")

*P!nk ("Who Knew," "U + Ur Hand," "So What")

*Katy Perry ("I Kissed a Girl," "California Girls," "Teenage Dream," "Wide Awake," "Roar,")

Justin Bieber ("Beauty and a Beat")

Taylor Swift ("We Are Never Ever Getting Back Together," "I Knew You Were Trouble," "22")

THE NEPTUNES

Ol' Dirty Bastard ("Got Your Money")

Jay Z ("I Just Wanna Love U (Give It To Me)," "Excuse Me Miss")

Ludacris ("Southern Hospitality," "Money Maker")

Britney Spears ("I'm a Slave 4 U," "Boys")

*NSYNC ("Girlfriend")

Usher ("U Don't Have to Call")

Common ("Come Close")

Justin Timberlake ("Señorita," "Like I Love You," "Rock Your Body")

Nelly ("Hot in Herre")

Kelis ("Milkshake")

Gwen Stefani ("Hollaback Girl," "Wind It Up")

Snoop Dogg ("Beautiful," "Drop It Like It's Hot")

Frank Ocean ("Sweet Life")

Kendrick Lamar ("good kid")

Beyoncé ("Green Light," "Blow," "Superpower")

TIMBALAND

Aaliyah ("Try Again")

Justin Timberlake ("Cry Me a River," "Sexy Back")

Jay Z ("Dirt Off Your Shoulder")

Pussycat Dolls ("Wait a Minute")

Nelly Furtado ("Maneater")

Missy Elliott ("Work It")

Ludacris ("Rollout")

Beyoncé ("Drunk in Love")

Rihanna ("Rehab")

Madonna ("4 Minutes")

DR LUKE

*Kelly Clarkson ("My Life Would Suck Without You," "Since U Been Gone," "Behind These Hazel Eyes")

Miley Cyrus ("Party in the U.S.A.," "Wrecking Ball")

Ke\$ha ("Your Love is My Drug," "Tik Tok,"

"We R Who We R")

Taio Cruz ("Dynamite")

*Katy Perry ("Teenage Dream," "Last Friday Night

(T.G.I.F.), "E.T.,"

Jessie J ("Price Tag")

Rihanna ("You Da One")

Pitbull ("Timber")

Flo Rida ("Right Round," "Good Feeling")

SONGWRITERS

MAKEBA RIDDICK

Jennifer Lopez ("All I Have")

Rihanna ("If It's Lovin' That You Want," "Disturbia," "Rude Boy")

Beyoncé ("Get Me Bodied")

BONNIE MCKEE

Katy Perry ("California Gurls," "Last Friday Night

(T.G.I.F.), "Part Of Me," "Roar,"

"Teenage Dream," "Wide Awake")

Britney Spears ("Hold It Against Me")

Taio Cruz ("Dynamite")

RYAN TEDDER

Jordin Sparks ("Battlefield")

Leona Lewis ("Bleeding Love," "Happy")

Kelly Clarkson ("Already Gone")

Beyoncé ("Halo," "XO")

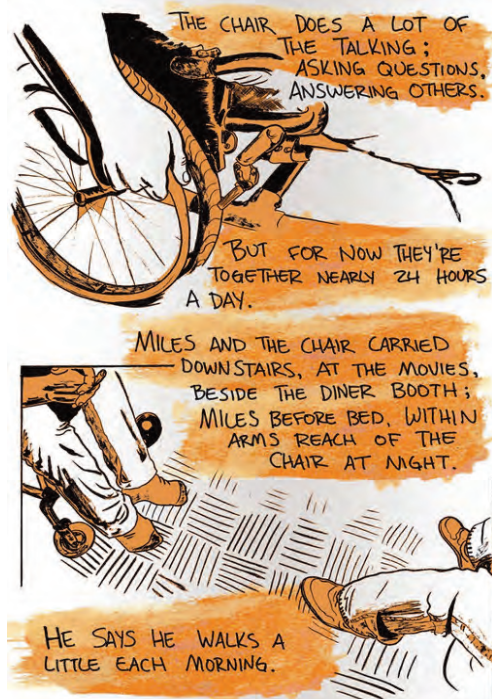
OneRepublic ("Apologize," "Good Life," "Secrets")

Adele ("Turning Tables," "Rumour Has It")

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"REPORTER DARRYL HOLLIDAY AND ILLUSTRATOR ERIK RODRIGUEZ ARE CHICAGO'S PIONEERS OF THE COMICS JOURNALISM MEDIUM." – CHICAGO MAGAZINE



diaholliday.com

kaijucomics.blogspot.com

erographics.com



NIGHT SHIFT

Harnessing the power of lucid dreaming

STORY BY EMILY ORNBERG | PHOTO BY ASHLEE STEWACK

STARK FLASHES OF LIGHTNING BROKE THROUGH THE DARKNESS OF a storm at sea as I swam, battling huge waves, desperately trying to keep my head above water. Thunder drowned my screams for help; a tidal wave swallowed me and I frantically gasped for oxygen. 'I'm going to die,' I thought. Until I remembered: I'm just dreaming. The storm calmed.

I don't need water to drown. Life often drowns me, or so it seems. My dreams take over my senses, pulling me into a world that feels entirely real. As I enter a lucid dream, I enter the dream world, but suddenly I realize I'm dreaming and I exert my power to control what happens next. In the process, I've been able to work on skills during my dreams, such as practicing piano or editing stories.

Lucid dreaming haunts my daytime thoughts and confuses the vivid sensory dreams with memories of reality. My mind is just as active when I'm dreaming as it is when I'm awake, so every morning I feel more exhausted than when I went to bed.

I decided to reach out to Dr. Gayle Delaney, the founder of the International Association for the Study of Dreams and author of *All About Dreams*, who's been practicing dream work since 1974, to learn more about my lucid dreams and how to control them.

**"WHAT HAPPENS IN YOUR DREAMS, LIKE WHAT HAPPENS IN YOUR DAYS, AFFECTS THE ECONOMY OF YOUR SOUL."
—GAYLE DELANEY**

EO: What can you tell me about lucid dreams?

GD: I'm here to tell you that you have a very unusual gift and you can learn to use it in a lot of ways. It's rare—it comes into anybody's life maybe 10 percent of their dreamtime, unless they get really fascinated by the topic and practice it.

EO: I am constantly overwhelmed by my lucid dreams. I had a vivid dream as a young girl about a giant venomous tarantula that has stuck with me. Can I stop?

GD: Learn to use your lucid dreaming in a useful way rather than just watching what's going on in the dream because it's interesting, or because it's pretty, or because it keeps bad things from happening. Instead of changing the dream, use your lucidity to learn. You've got to change your attitude to confront the scary things, go toward conflict. Now you have to ask the spider, 'What are you doing in my dream?' and you'd be amazed what starts to happen. The animal will talk to you. Lucid dreams can be fantastic, but almost no one uses it to grow or to learn. Learn to play with them.

EO: How would someone begin to lucid dream?

GD: Start writing down your dreams in the morning—that's fundamental, because you want to start teaching yourself to be more aware. When you first wake up, ask, 'What was first going through my mind?' and write it down. You need to recall things in order to lucid dream. When you see something really weird in reality, say 'I must be dreaming.' Start saying that often. Start becoming more aware.

EO: What are some misconceptions about lucid dreaming?

GD: Usually in lucid dreams, there are varying degrees of how you control the environment from 'Oh, I know I'm dreaming!' and then it takes off again. Or, 'I want to go over here and be with such and such person.' Then once you set up a scenario, the dream takes over again. So this is a far broader subject than is ever mentioned in those little cookbooks, 'This is how you can lucid dream.' So you want to lucid dream? To what end? How do you want to feel? And in what way do you want to lucid dream?

EO: What is the benefit of being able to lucid dream?

GD: There are some extraordinary lucid dreams of exquisite beauty where the world around you is beautiful. Or you have some extreme eroticism and you are burning through your inhibitions. It's more beautiful than anything you've been able to experience in your life. I believe, like [Friedrich] Nietzsche says, what happens in your dreams, like what happens in your days, affects the economy of your soul. It is a part of you.

STAR-CROSSED COCKTAILS

Tasty drinks suited for your sign

STORY BY ASHLEY SKOCZYLAS AND TANISHA WALLIS | ILLUSTRATION BY JAVIER SUAREZ

CAN COCKTAIL PREFERENCES BE WRITTEN IN THE STARS? TESORI mixologist Mario Flores and Watershed bartender Laura Chaillie concocted Zodiac-inspired cocktails. If the stars align, you could find your perfect drink.

Aries

**LAGAVULIN 16 YEAR
SINGLE MALT
SCOTCH, NEAT**

A strong drink for a strong leader. "The smell of campfire, cigar and oak coming off that glass will have everyone around you thinking you just killed a pack of wolves with your bare hands," says Flores.

Taurus

**RYE MANHATTAN,
ON THE ROCKS**

The classic Manhattan satisfies A Taurus' traditional aesthetic. Ice will dilute the drink and the extra water will help the body process ethanol. "Boozy but approachable," says Chaillie.

Gemini

GIN BRAMBLE

Chaillie suggests the Bramble because its complex and effervescent properties appeal to Gemini's intellectual, chatty nature. Made with gin, lemon, simple syrup and a drizzle of crème de mûre, this refreshing drink will gear you up for more conversation.

Cancer

DARK AND STORMY

This drink's name is derived from its ingredients: rum (dark) and ginger beer (stormy) with a dash of lime juice. Chaillie says it also complements the other side to a Cancer's loving, compassionate personality: occasional mood swings.

Leo

MEZCAL PALOMA

Just like Leos, Mezcal is often misunderstood and imposing, Chaillie says. The smoky-tasting alcohol mixed in a paloma (a mixture of grapefruit, soda, sugar and lime) creates a delicious bitter-sour combination.

Virgo

NEGRONI, ON THE ROCKS

Made of gin, Campari and sweet vermouth, this drink appeals to a Virgo's complexity, says Chaillie. It's sweet, bitter and strong all at once, just as Virgos are equal parts analytical, reliable and precise.



Libra STICK TO THE CLASSICS

Libras tend to be indecisive. A simple cocktail like a Tanqueray and tonic or rum and Coke are solid choices, says Flores. Then Libras can do what they do best: impress everyone with their charm and intellect.

Scorpio YOUR OWN "SECRET" RECIPE

Scorpios are passionate and secretive, so Flores suggests asking the bartender to mix 2 oz. of Zubrowka Vodka, 1/2 oz. fresh lime juice and 1/4 oz. green Chartreuse, shaken and strained over ice. "Ask the bartender to keep this drink between the two of you," he adds.

Sagittarius BEER

"Sagittarians are friendly and like to have people over, and that means beer," Flores says. He suggests Revolution's Anti-Hero IPA, followed by a shot of Irish whiskey to suit a Sagittarians' reckless side.

Capricorn BOURBON OLD FASHIONED

Chaillie recommends a strong, classic cocktail for a hard worker. Bourbon, sugar, Angostura bitters, a splash of club soda and a strip of orange peel over an ice cube will put a Capricorn at ease.

Aquarius A LAST WORD

Chaillie suggests mixing gin with an herbal spirit such as Chartreuse to create a strong, tart combination with an herbaceous, anise-like kick to complement an Aquarius' progressive, artistic nature.

Pisces CLASSIC CHAMPAGNE COCKTAIL

Chaillie and Flores suggest a drink with bubbles. Mixed with sugar, bitters and a twist of lemon, a Champagne cocktail appeals to Pisces' sensitive, dreamy side. Plus, the flavors change as the sugar melts and the bitters are distributed by the carbonation, creating an introspective experience for this idealistic sign.



How to satisfy your apocalyptic appetite

STORY BY ELEXIS RUIZ & JESSIE SARDINA | PHOTOS BY JOLIE GREENSTONE

THE END OF THE WORLD IS HERE AND YOU are more than prepared. You've spent the last several years decoding the Mayan Calendar, and you have enough canned goods and bottled water to nourish the cast of "The Walking Dead." To turn your doomsday pantry into delectable dishes during your final days on Earth, follow these recipes from Timothy Cottini, executive chef at Fork.

BREAKFAST

Rice & peanut butter porridge w/ a honey glazed pan seared ham steak

INGREDIENTS:

2 slices Hormel Spam
1½ cups rice
½ cup peanut butter
1 15-oz. can Del Monte Fruit Cocktail
½ tsp cherries (picked from fruit cocktail)
1 tbsp grapes (halved, picked from fruit cocktail)
½ tsp. coconut oil
1 tsp. honey

1. Bring 3 ¼ cups of water to a boil. Pour in rice, and return to a boil. Cover and simmer for 15 minutes. While the rice is cooking, pick out ½ tsp. cherries and 1 Tbsp. grapes from the fruit cocktail. Cut the grapes in half. Set aside.

2. In a food processor, blend half-cooked rice with peanut butter and a splash of the fruit cocktail juice. Place a skillet on high heat. When hot, add coconut oil and fry Spam on each side for about 1 minute. Pour honey over Spam and let it slide off and caramelize. Remove Spam from skillet and glaze with caramelized honey.

3. To serve: Ladle rice mixture into bowls, top with Spam and garnish with cherries and grapes. For extra sweetness, "put a little extra drizzle [of honey] on it, cause life sucks and we want to eat everything," says Cottini.





DINNER

Beef stew & pureed chick peas topped with tuna sauce

INGREDIENTS:

- 1 4-oz. can tuna
- 2 Tbsp. mayo
- 1 tsp. apple cider vinegar
- 1 Tbsp. salt
- 1 20-oz. can Dinty Moore Beef Stew
- ¼ cup dried chickpeas
- optional: dried oregano

1. Place chickpeas in enough water to cover them. Cover and bring to a rolling boil over high heat. Cook for 90 minutes. Whisk together juice from tuna can with mayo and vinegar.
2. When chickpeas are cooked, drain and blend with ¼ cup cooking liquid and salt, adding liquid as needed. Remove beef pieces from canned stew and cook over a double boiler until heated thoroughly.
3. To serve, use chickpea puree as a base. Place beef pieces on top and drizzle with tuna sauce. Garnish with a sprinkle of dried oregano.



LUNCH

Tuna casserole

INGREDIENTS:

- 1 18-oz. can Progresso chicken and vegetable dumpling soup
- 1 4.5-oz. can Green Giant sliced mushrooms, drained
- ½ cup saltine crackers, crushed
- 1 4-oz. can Starkist tuna, drained
- 1 Tbsp. mayo
- 1 15.25-oz. can corn, drained

1. Pick out carrots, celery and dumplings from the soup. In a cast-iron skillet, combine mushrooms, tuna, carrots, celery, a splash of chicken broth and mayo. In a food processor, blend crushed crackers, dumplings and corn for about 2 minutes to create a crust. Place over tuna mixture.
2. Bake at 400 degrees for 45 minutes, or until crust is brown. Serve in the skillet. "When everybody goes crazy, there will be interesting combinations of foods. Because food helps people forget," says Cottini.

DESSERT

Rice pudding with fruit cocktail

INGREDIENTS:

- 1 cup rice
 - 1 6-oz. can pineapple juice
 - 1 15-oz. can Del Monte Fruit Cocktail
 - 1 Tbsp. honey
1. Bring 2 cups of water to a boil. Add rice, cover and simmer for 15 minutes.
 2. Blend together half-cooked rice, half the pineapple juice and honey, adding juice until it is the consistency of pudding. Pour into a mixing bowl and place over another bowl filled with ice water. Whisk the pudding over the ice bath to thicken.
 3. To serve, use pudding as a base and top with fruit from the fruit cocktail. Drizzle with honey.



CIDER'S INFERIORITY COMPLEX

Use these comebacks to put cider naysayers in their place

STORY BY JESSIE SARDINA | PHOTOS BY KEENAN BROWE

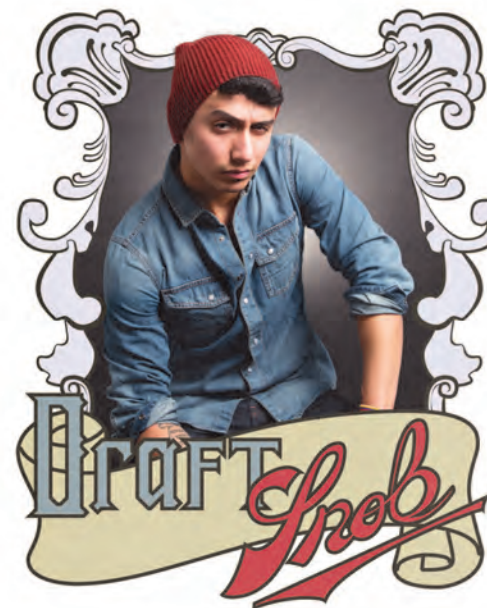


"ROLL YOUR EYEBALLS AT ME ALL YOU WANT, BUT OUR FOUNDING FATHERS LOVED THIS STUFF." After the first settlers discovered that the rocky New England soil was unsuitable for growing barley and grain, they requested apple seeds from England and began planting the first orchards. Fast forward to the turn of the 19th Century, and the region was producing nearly 3,000 gallons of cider a year. It was, by far, the beverage of choice. Even children drank "ciderkin," a weaker alcoholic beverage, and it wasn't uncommon to find a small cider orchard on most homesteads. The demise of cider can mostly be credited to the arrival of beer-gulping Europeans and a little buzzkill called Prohibition.



"IF GETTING WASTED IS YOUR GOAL, WHY DON'T YOU TAKE A BREAK FROM SMASHING PBR CANS ON YOUR HEAD AND TRY SOME OF MY CIDER?" Believe it or not, cider will get you tipsy faster. While a PBR clocks in at 4.75% alcohol by volume, most traditional hard ciders are around 6 to 8%. Oh, and that sour tummy ache you get after a night of losing multiple rounds of pong? Cider has long been recommended as a cure for upset stomachs. Cheers!

CIDER SHAMING. IT'S A THING. IF YOU'VE ORDERED CIDER IN A CITY LIKE CHICAGO THAT'S BRIMMING with local brews and loyal drinkers, then you've probably seen the scowl and heard the flack. Fear not, cider lovers. Your thirst for a pint of that which is crisp and fruity is far from shameful. Use these rebuttals to wise up the haters.



"WHILE YOUR KNOWLEDGE OF MICRO-BREWING IS FASCINATING, I'M SURE I COULD ENLIGHTEN YOU ON HOW THIS STUFF IS MADE." Fresh apples are ground by a mill into a pulpy, sticky mush called pomace which, in traditional craft brews, is stacked between alternating layers of sweet straw and ash wood. Pressure is then applied to the layers until all the juice is extracted from the pulp. At many home breweries, the pulp is used for animal feed, but in larger operations it can be used to make apple liqueurs. The juice is fermented with yeast at a relatively low temperature in order to preserve aromas. Right before the yeast eats up the juice's sugars, it's siphoned into new, airtight vats to eliminate the growth of bacteria and continue fermentation. This is the point when carbon dioxide is formed, giving cider its effervescent quality. The cider ferments for three months to three years before it's bottled and sipped with superiority. OK, now you can tell me about your IPA.

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PICKY PALATES

Selective eaters get some answers

STORY BY MEREDITH KAVANAGH | PHOTOS BY DANIELLE SCARDINA

I FEEL THE FLUSH CREEPING UP MY CHEEKS. "I'll have the Chicken Marsala with no mushrooms, sauce or basil, please," I tell the server, trying to ignore her confused look. Yes, a plain chicken breast and buttered noodles is my real order.

I'm not anorexic and I'm not two years old. I'm a 26-year-old picky eater.



FOOD PROPS BY WESLEY FERGUSON, CHELSEA GALLAGHER,
JAKE JUWAYYID, SUZANNAH LINNEKIN, EMILY MODJESKI,
MICHAEL OLIVA AND MITCHELL RANDELL

Up to 24 million people in the U.S. suffer from eating disorders. More than half of them don't fit the criteria for anorexia or bulimia, so they are diagnosed with Eating Disorders Not Otherwise Specified (EDNOS). The vague nature of this diagnosis, which includes everything from mild cases of anorexia to extreme cases of atypical eating, makes it a hard group to study, let alone treat. For picky eaters, it means doctors have no answers.

I don't remember when I first realized my eating habits were different, but I've heard my mom recall the time she tried to feed me a banana and I immediately gagged and spat it out. I was about one and a half.

As soon as I could chew, I developed a taste for my favorite foods: chicken, French fries, buttered noodles, mashed potatoes, bread—any form of bland starch or processed food was always a safe bet. Many of the foods I don't eat (eggs, red meat, most fruits and vegetables) have never made it past my lips.

For as long as I can remember, food has been a source of anxiety and embarrassment. I used to avoid meals at friends' houses, and if food was offered, I would say, "I'm not hungry. I just ate." Refusing food became such a knee-jerk reaction that to this day, I won't accept food unless I'm asked two or three times.

I still feel the burn behind my eyes when someone I love voices frustration at my eating habits, or someone I respect tells me I'm going to die by 30 if I don't start eating better. I know they are just concerned about me, but I feel helpless to change. And I feel guilty for the effect that my diet has on others.

I spent the first 20 years of my life thinking something was wrong with my brain, my tongue and my senses. How could I be repulsed by so many foods other people enjoy? I knew it was more than what everyone in my life tried to convince me. It wasn't "all in my head."

Now I finally have the medical community backing me up.

In May 2013, Avoidant Restrictive Food Intake Disorder (ARFID) was recognized by the American Psychiatric Association as a new category of eating disorder. It is defined as "a persistent disturbance in eating that leads to significant clinical consequences, such as weight loss or inadequate growth, a significant nutritional deficiency, dependence on tube feeding or nutritional supplements to sustain adequate intake, and/or impaired psychosocial functioning, such as an inability to eat with others." Two to five percent

of American adults are persistent selective eaters. This puts them at risk for nutritional deficiencies, as well as growth impairment when they are young, and social impairment when they are older.

If that doesn't sound like a true eating disorder to you, you aren't alone. The very concept of ARFID has long been virtually unknown in the medical world and often dismissed as simply a personal choice by anyone who didn't suffer from it. Unlike anorexia, bulimia and binge eating, doctors had no explanation for the varied manifestations of picky eating in adolescents and adults, and the advice for parents of persistent selective eaters was usually punitive: "Don't offer them their preferred food and they will get hungry enough to eat whatever is put in front of them."

Yeah, doesn't work that way.

Luckily, I have patient parents who fed me chicken nuggets, fish sticks, and macaroni and cheese made with real shredded cheese—never the neon, inedible-looking powder.

Still, I vividly remember being on the verge of tears at the dinner table, staring at my U.S. map placemat, trying to explain why I couldn't eat a spoonful of peas. "No, I can't just try it." I wasn't being stubborn, dramatic or asserting my control as children do. Nobody understood that I saw hamburgers as dog food, pot roast as vomit, and the smell of vegetables was something closer to a dirty sock dipped in hazardous waste. I physically

could not eat the foods put on my plate because to me, they simply weren't food.

Growing up, I longed for someone to understand the inexplicable disgust I felt for most foods. Bob Krause, 67, shares that feeling, and he did something about it. Krause served 13 years in the U.S. Navy relying on a diet of toast, plain cereal, peanut

I SAW HAMBURGERS AS DOG FOOD, POT ROAST AS VOMIT, AND THE SMELL OF VEGETABLES WAS SOMETHING CLOSER TO A DIRTY SOCK DIPPED IN HAZARDOUS WASTE.

butter, crackers and milk. "I can remember taking the physical and the doctor asked if there was any reason I shouldn't serve. I wanted to say, 'Well, I'm a crummy eater. This could be a problem.' But I had nothing to say about it cause I had nothing to base it on," he says.

Until Krause was in his early 50s, he hadn't heard of or met anyone else who shared his eating issues. For years, he tried to research picky eating in the medical reference section of the library, but he couldn't find much. So he took his research online, where he stumbled across a blog post from a man in Great Britain who had similar eating habits. "I thought, 'Oh my God. This guy's





ALTHOUGH EVERY TONGUE HAS DIFFERENT TASTES, PICKY EATERS TEND TO PREFER BLAND, STARCHY, SALTY, PROCESSED FOODS.

just like me,” Krause says in the slow, measured voice of someone who has told his story many times. “So now I’ve got proof that there’s two.”

Krause started a website called Picky Eating Adult Support in 2003. Today, it has 10,000 members. “Hardly a week goes by that somebody doesn’t join the support group and say how they’ve got tears in their eyes,” he says. “They thought they were the only person in the world like this, and they’re so relieved to know there’s people who understand them.”

Four years ago, Nancy Zucker, PhD, Director of the Duke University Center for Eating Disorders, took notice of the number of students coming to her with the same issue: a short list of acceptable foods along with a physical inability to try new foods. “These college students were really struggling socially because intellectually they knew there was no reason why they had so much trouble eating,” Zucker says. “It was interfering with job interviews, with dates. They were worried about their health because they weren’t eating any fruits

and vegetables. It was affecting their stamina. They weren’t classic eating disorders, and as you dug in a little bit you realized the developmental history of their lifelong struggle.”

Zucker, along with Marsha D. Marcus, PhD and Jennifer E. Wildes, PhD from the University of Pittsburgh, conducted the first study on adult picky eating. Nearly 7,000 men and women above the age of 18 completed an online “public registry” of picky eating in 2010. The questionnaire was designed to determine how picky eating and other atypical eating disorders correlate with Obsessive Compulsive Disorder (OCD) and other disorders that include similar food and sensory sensitivities. In order to gain recognition of picky eating as a distinct eating disorder, Zucker and her team had to prove that selective eating disorder (SED) and ARFID occur without the presence of OCD.

“My research is looking at the role of disgust at eating,” Zucker explains. Prior research, she says,

has focused on fear and anxiety, rather than gut and sensory sensitivity. “If we’re just looking at

it from a very cognitive way, ‘They’re afraid to try new foods,’ well, what are you afraid is going to happen? We’re not at all addressing these primary sensory aversions.”

Zucker and her colleagues found that OCD was not more prevalent among people with ARFID and SED, but social eating anxiety was significant and problematic. “Selective eating is impairing if a variety of food is such that they’re having nutritional deficiencies, causing a lot of family conflict, causing relationship dysfunction,” Zucker says. “Then you’re getting on the verge of disorder. When you’re talking about ARFID, you’re usually talking about kids and adults who are not eating enough food, as well as eating a limited variety.”

This unprecedented research sparked a surge of new research, and led more picky eaters to come forward. “This whole population of folks that just felt

completely misunderstood,” Zucker says. “That they were faking it or being difficult, or it was some kind of personality problem and not just this hardwired aversion to try new things.”

It’s not just new things, either. It’s also textures. I instantly bond with Krause when he says Frosted Flakes are one his favorite foods because the sugar coating keeps the flakes from getting limp. Krause prefers a crunch in all his foods. His staples are peanut butter and crackers, plain potato chips, peanuts and grilled cheese sandwiches. His favorite food is crispy bacon.

This is the perfect example of the variations of picky eaters: the smell and sight of bacon is as appetizing as kitty litter to me, but for Krause it is the best flavor and texture combination he can imagine. Although every tongue has different tastes, picky eaters tend to prefer bland, starchy, salty, processed foods, for which we only have genetics to blame.

The tastes we crave are determined by what we need to survive. Humans evolved to like sweet

and salty tastes, which usually correlate with high-calorie nutritious foods, and to dislike bitter and sour flavors, which could indicate poisonous or rotten food. Roughly 25 percent of people qualify as "supertasters," with up to 100 times as many taste buds as average tasters, making them more sensitive to bitter tastes. Picky eaters tend to be supertasters (though not all supertasters are picky eaters). This means food truly does taste different to them. For example, Dunkin' Donuts coffee tastes like gasoline to me.

But that's only one small facet of picky eating and does not apply to everyone. There is much more to be learned. "There's a lot of really exciting work about it," Zucker says.

"My interest is in visceral sensitivity, which is being sensitive to how your body feels—like butterflies in your gut. If you're really sensitive to your gut, you have really strong gut feelings, you can have this intuitive sense that something's wrong even if you can't give a logical explanation, and that's what I see in a lot of these selective eaters. There's all these different ways to go at it and to get the biology more clear about what the disorders really are."

**I HAVE GROWN TO ACCEPT
MY SUPERTASTING TONGUE
AND HAIR-TRIGGER GAG REFLEX.
I AM COMFORTABLE WITH WHO
I AM AND WHAT I EAT.**

I'm elated as I listen to Zucker talk passionately about our progress understanding picky eating and even the possibility of treatment in the future. But Krause doesn't share my enthusiasm. "At this point in my life, 66 years old, there's not gonna be any change for me," he says. "I can be happy eating what I eat for the rest of my life. I don't have a feeling like I'm missing anything. To this day I do believe that if [there was a cure], I really would feel like a part of me died."

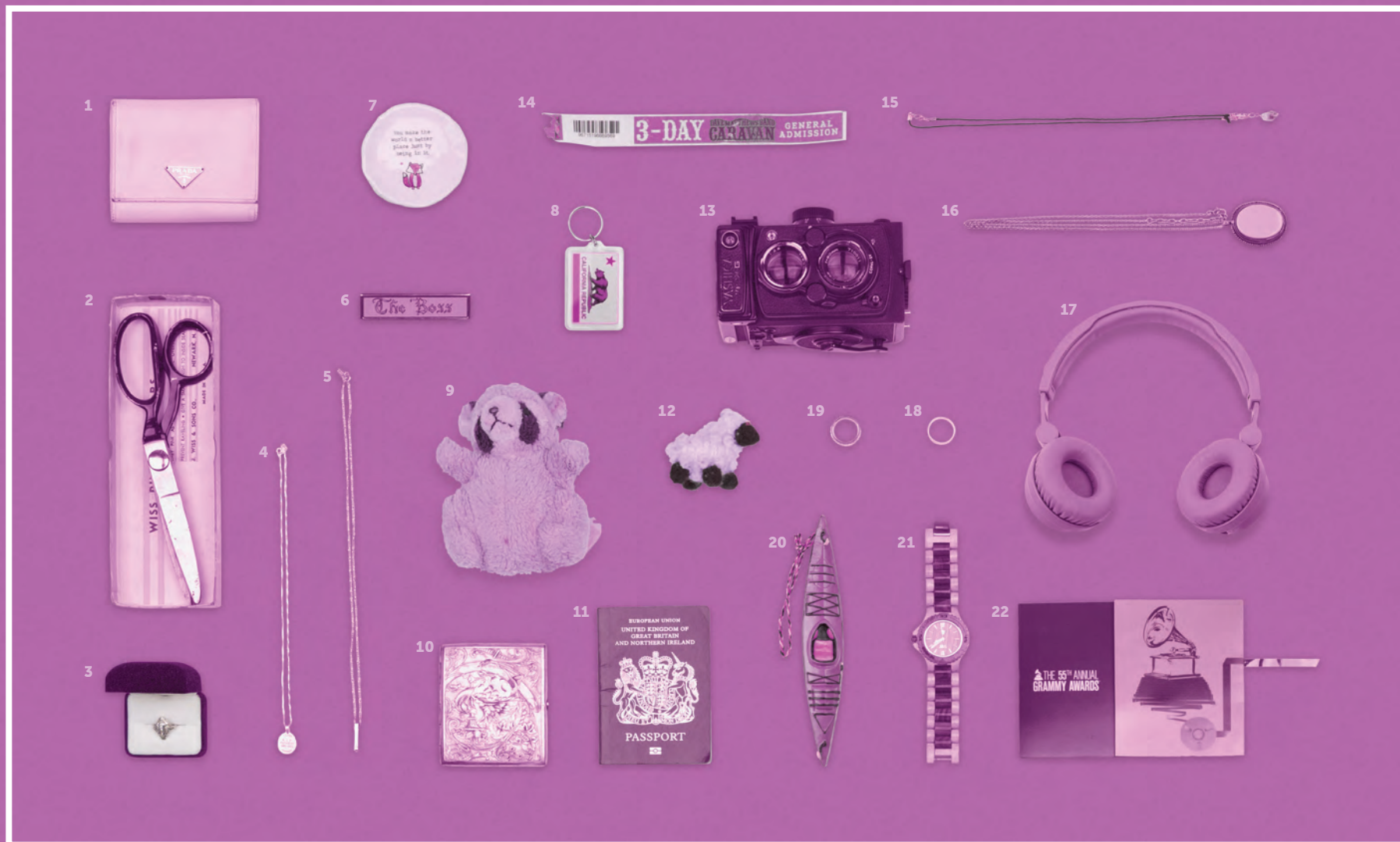
I, too, have grown to accept my supertasting tongue and hair-trigger gag reflex. I am comfortable with who I am and what I eat. But unlike Krause, I would give serious thought to a

"cure." I would love nothing more than to not have to look up menus before committing to a dinner with friends.

But now when I complain about having a zit, feeling sick or gaining weight, and I get the unsympathetic, "Well if you ate like a normal person...." I have a response. Yes, I'm a picky eater.

But I'm not immature, unadventurous, stubborn or boring because of my diet. I'm not weak for not being able to overcome bitter tastes and gagging on food that takes too long to chew. These are gut reactions, an involuntary part of me that will always be there. Or as Krause says, "This is the cross I've had to bear my whole life, and it's part of what makes me me."





PANTONE 18-3224

RADIANT ORCHID

A FRESH COAT

Updating the treasured possessions of Echo's staff in Pantone's color of the year

STORY BY JORDAN ZEMAN | PHOTO BY DANIELLE SCARDINA | DESIGN BY ALEX COVEN

1. White wallet: This was a gift from a great friend in New York, and it reminds me to stay fashionable and happy. — *Jordan Zeman*

2. Scissors: I inherited these shears a few years ago when my grandma passed away. They make me think about the hypocrisy of functional crafts as "woman's work" vs. men's occupational crafts. They're the same damn thing. — *Keenan Browe*

3. Boxed ring: This ring was passed down to me from my great grandmother. I always loved it when I was little, and it was given to me by surprise when I turned 16. — *Ashley Skoczylas*

4. Thumbprint necklace: This is my papabear's thumbprint, a piece of him I can carry around with me wherever I go. — *Elexis Ruiz*

5. Silver necklace: My parents gave me this silver necklace right before I moved to Chicago. It's a "J" from a retired letterpress and reminds me why I'm here. — *Jessie Sardina*

6. Boss pin: This pin was my grandpa's, who was a successful businessman and "The Boss" of his own company. I wore it everywhere I went because it made me feel closer to him. — *Morgan Garleff*

7. Small fox plate: My girlfriend gave this to me on our second Valentine's Day together. It says, "You make the world a better place just by being in it." — *Lisahira Santoyo*

8. Keychain: My item is symbolic of my decision to move to California after graduation. Every time I see it, I feel a rush of inspiration. — *Mere Kavanagh*

9. Stuffed animal: This is the possession I've had the longest—since I was two years old. He is a raccoon. His name is Crackie. — *Zach Dodson*

10. Gold case: This carcinogen carrying case has been passed around my family for decades—three generations to be exact. — *Alex Coven*

11. Passport: I don't have an ID because I'm too impatient to go back to the Secretary of State to get a new one. Plus it keeps me attached to my English heritage. — *Hazel Imogen*

12. Little lamb: I got this in a shop on the Northern California coast. It's so precious that I just couldn't resist buying it. My sister has one, too. — *Tanisha Wallis*

13. Camera: This is my first medium format film camera. The things I photographed with this camera remind me of a specific time and place of joy and fulfillment. — *Danielle Scardina*

14. Dave Matthews Band wristband : My first three-day festival was spent with my favorite people, and the memories won't be forgotten. I just wish I could remember more. — *Hannah Cole*

15. Crystal necklace: My fluorite crystal was given to me by my best friend. It stands for staying centered and positive, which is the biggest blessing I have learned from our friendship. — *Ashlee Steewack*

16. Gold necklace: This necklace was given to me by my great aunt Lawrence and holds incredible sentiment in my heart. — *Margaret Mahar*

17. Headphones: Everywhere I go, I have to listen to music. The headphones are broken now from being inside my backpack, but they still fit on my head. — *Mark Minton*

18. Father's ring: "I am my beloved's and my beloved is mine" is the inscription in the wedding band. — *Abe Zieleniec*

19. MK ring: You know you've been working hard when you're finally able to buy the Michael Kors ring you have been staring at for years. — *Alexandra Ahmad*

20. Kayak ornament: This kayak helps me remember the centered feeling I get when I'm on the water. — *Sharon Boyd-Peshkin*

21. Wood watch: This watch is made from Latin American and U.S. lumber. It's a symbol of who I am. — *Javier Suarez*

22. Grammy invite: This is the invitation for the Grammy Awards I went to with my dad last year. Dancing with him in the aisles to Justin Timberlake and the White Stripes performing live is one of my favorite memories. — *Emily Ornberg*

MEMORABLE MARGINALIA

Messages lost and found in a used bookstore

STORY BY JESSIE SARDINA & HANNAH COLE | PHOTO BY ALEX COVEN

IN THE AGE OF EBOOKS AND TABLETS, PHYSICAL BOOKS MAY SEEM LIKE RELICS OF AN earlier reading era. However, the scrawled out inscriptions of those who love the printed word live on in the musty, yellowed pages of used books, providing glimpses of stories we can only imagine. We scoured the city's bookshelves and discovered these sentimental gems.

LIFE STRATEGIES

*Doing What Works,
Doing What
Matters*

Jenny -
Congrats on your
graduation! Best of
luck. Hope you like
this book as much
as I did. As much
as I did. Be get 'em!
A Gill

"IT'S WHAT YOU LEARN
AFTER YOU KNOW IT ALL
THAT COUNTS."
-Judith Kellman

ALCOHOLICS ANONYMOUS

12/95

MAT This book swept all
page 449, 164, 58 -
Good Luck with your
life. If the joy is in the
journey not in the destination
Love Neil 12/95



STEP 1 : Carefully remove this page from the magazine.

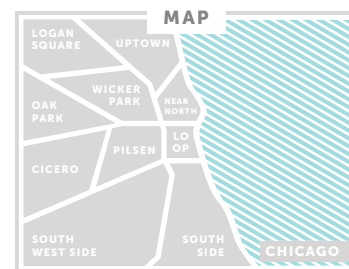
HIDE & TWEET

WHY HELLO, DEAR READER.


What you've stumbled upon is not simply the last page of our little magazine (if you found this thing all folded up already, jump to page 4 to learn more), but rather the beginning of a movement. And it starts with you. YES, YOU! Tear this page out, scribble on it what needs to be told about you, fold it up and leave it somewhere for another lucky traveler to find. Hide it on a library shelf. Leave it on a train car. Stick it under a rock. Anywhere. When you're sure it's nestled in, tweet a picture of its location with #EchoHideAndTweet and wait for someone else to find your words and add theirs. We've written the stories that we feel need to be told; now write yours. These are the notes of our travels.

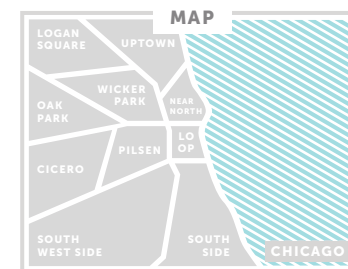
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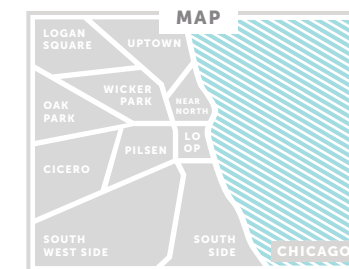
STEP 3 : Fold along the solid lines until you end up with an M shape.

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STEP 4 : Staple twice in the designated staple areas on the front.

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STEP 1: Find an empty journal page and make your mark.

STEP 2: Mark your hiding spot on the provided map.

STEP 3: Tell your story. Anything goes: doodles, poems, lists.

STEP 4: Drop the booklet in your hiding spot. If it's outdoors, we suggest putting a plastic bag to good use.

STEP 5: Once you've hidden the book, take a photo of yourself with it. Tweet #EchoHideAndTweet. If you've found the book and it's already full, make sure you tweet out to the past story tellers, too. Have fun!

INSTRUCTIONS

STEP 5 : Cut the remaining dashed lines to open the rest of the pages.

STEP 6 : Sign it, Share it, Leave it for someone to find.

STEP 7 : Put in a plastic bag for longevity if you plan to leave it outside.

STEP 8 : Don't forget to tweet your hiding location to #EchoHideAndTweet and follow us!



STORY BY JESSIE SARDINA | DESIGN BY ALEX COVEN



#ECHOHIDEANDTWEET

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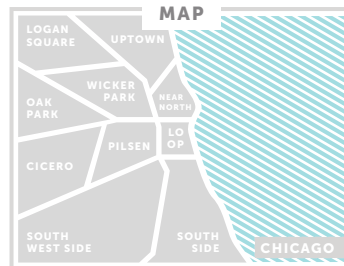
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STAPLE

MAKE YOUR MARK, SPREAD YOUR STORY



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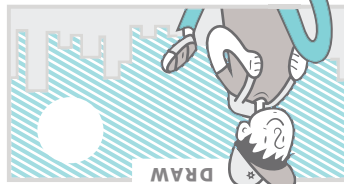
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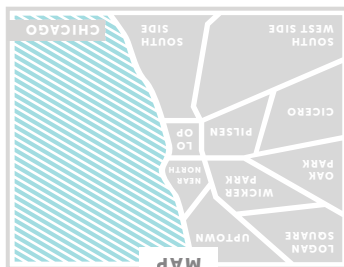


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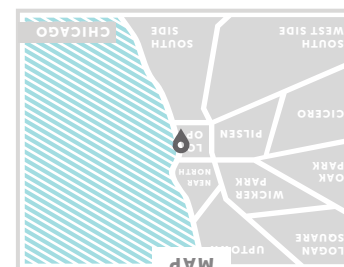
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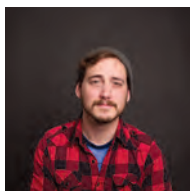


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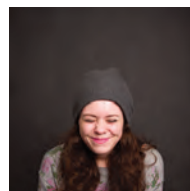
Make our heads spin on our interactive website: echomagonline.com



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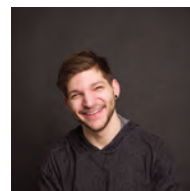
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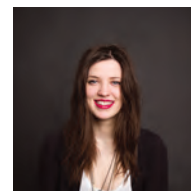
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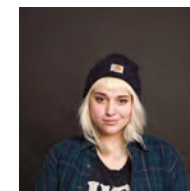
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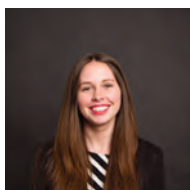
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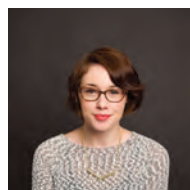
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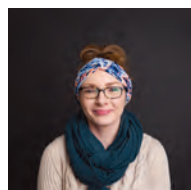
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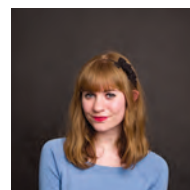
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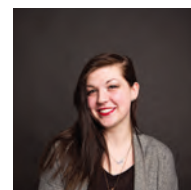
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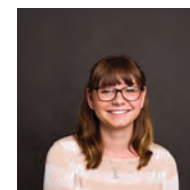
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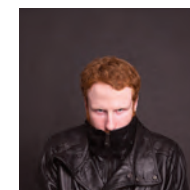
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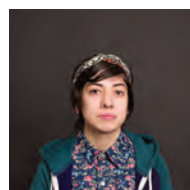
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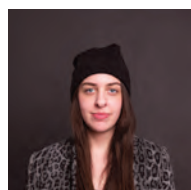
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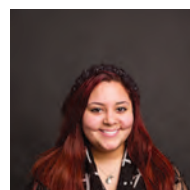
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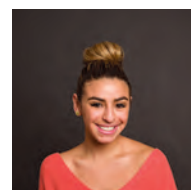
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SUMMER/FALL 2014

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The high price of retail theft

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Gay couples can choose "I do"

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The faces behind the faith

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Bees takes Chicago by storm

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SUMMER/FALL 2014

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FROM THE EDITORS



Jamie Sou



Hannah Cole

J: Back in September, we gathered with blank notepads and shaky pencils, equal parts nervous and excited to dream up the next issue of *Echo*. Many of us had waited years for this opportunity. Now it was here.

H: The challenge: How could we make our issue of *Echo* even more innovative and interactive than previous ones? How could we take advantage of the opportunity to create a print publication, and make it something readers would treasure and keep? And how could we use the website to extend that experience online?

J: We set out to create a magazine that won't get lost in the depths of your backpack or consigned to the recycling bin — a piece of print that you'll keep on your coffeetable, lend to your friends, even tweet about.

H: We've never worked so hard, and the result is a new, resonant *Echo*, full of compelling photos, top-notch design, and unique stories we're sure you'll connect with.

J: With the incredible creativity of our all-star design team and tireless dedication of our writers and editors, we've created 82 rich, matte pages you're holding in your hands — horizontally.

H: This year, it wasn't just about doing what we already know how to do; it was about challenging ourselves to go beyond that. It was about collaborating as a truly professional team to bring the city of Chicago another publication to be proud of.

J: If there's one thing we believe in, it's the power of print. And you can't tell us otherwise. Not convinced?

H: Go ahead and dive into this issue of *Echo*. We hope it will inspire you to try something new, see something with fresh eyes, and enhance your life with the knowledge of now.

HELLO, MY NAME IS...

Chicago's many monikers

CHICAGO IS A CITY OF NUMEROUS NICKNAMES. Think you know how they were earned? *Echo* did some digging and talked with Richard Lindberg, a Chicago historian and author, about the origins of our city's magnificent monikers.

STORY BY ASHLEY SKOCZYLAS

ILLUSTRATIONS BY ABE ZIELENIEC



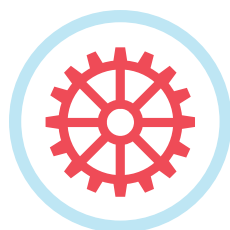
WILD ONION

Chicago's satirical publication, *The Onion*, only represents one layer of this little-known moniker's history. Chicago is actually a Native American word meaning "onion field" (among various translations). According to French journal entries from the 18th century, wild onions once flourished where this city now stands.



WINDY CITY

Think Chicago got this name from its often windy weather? Think again. Chicago was dubbed the gustiest metropolis in 1888 by *The New York Sun* because of its long-winded campaign to host the World's Columbian Exposition. The word "windy," Lindberg explains, can mean outspoken and noisy.



CITY OF BIG SHOULDERS

Besides serving as a metaphor for Chicago in Carl Sandburg's 1914 poem, "Chicago," this adage also aimed to highlight some of the city's more industrious qualities, exemplified by the thriving livestock trade and railways.



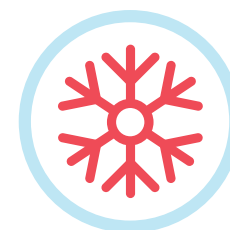
SECOND CITY

New Yorker writer A.J. Liebling spent a year in Chicago in 1952 and found it charming but less sophisticated than other world cities, including his own. He dubbed it the "second city," which outraged proud locals but later provided a terrific name for the comedy club that launched the careers of Tina Fey, Bill Murray and other comedians of national renown.



CHIRAQ

Originating from famous Chief Keef rap lyrics in the song "War," this evocative nickname pointed out that there were more homicides in this city than there were soldiers killed in Iraq in 2008. Who says war isn't happening in our own backyard?



CHIBERIA

Wind chills of 40 degrees below zero and 80 inches of snow earned Chicago this nickname in 2014. It went viral in early January, when Chicago was colder than Novosibirsk, a city in southwest Siberia. Cue the hypothermia.

ACTING OUT

*For these performers,
all the city's a stage*

FOR SOME, THE CTA IS SIMPLY A WAY TO GET FROM PLACE TO PLACE; FOR OTHERS, IT'S A grand stage. *Echo* spoke to some of the creative and eccentric performers in and around Chicago's public transit, who add rhythm, laughter and soul to our commutes.

STORY BY ELEXIS RUIZ, HANNAH COLE & EMILY ORNBERG
PHOTOS BY SAM TEDELMAN & ABE ZIELENIEC



MINSTREL OF MONROE

With a harmonica strapped to his chin and an acoustic guitar in his hands, Ryan Westwood, 27, plays upbeat songs and tells intriguing tales, such as one about a man swing dancing with a suitcase full of marijuana. His personality is charming and his tunes inspire riders to grab a partner and dosi-do. Catch him daily at the Monroe or Grand Red Line stops with his open guitar case inviting contributions. But he's after more than paying his bills: "The people I meet far surpass the monetary value," he says. "They are just amazing."



RED LINE DIVA

Linda "Love Hearts," also known as "Flo," begins her Friday morning by pressing "play." The familiar piano intro to Alicia Keys' "If I Ain't Got You" fills the tunnel at the Jackson Red Line stop. Hearts, 30, began performing in 2004, belting out tunes with the help of a small, battery-operated "American Idol" karaoke radio. Now she hands out turquoise paper hearts while performing with the help of a \$275 amplifier and a microphone she purchased with tips from generous commuters. Catch her soon; she plans to take her act to Brooklyn, New York.



JACKSON STATION SERENADER

Radiohead's "Creep" echoes throughout the Jackson Blue Line tunnel when Victor "Martial" Martian serenades passersby. He sounds a bit like a raspy Ray Charles with a cracked charm coating his harmonic melodies as he plucks his guitar's loud brass strings. He sings rock and R&B songs in his melancholic voice while commuters await the train and tap their toes to the beat. "Familiar tunes net the most tips," says the homeless father and Navy veteran.



BROWN LINE THESPIANS

Some days, they're long-bearded wizards engaging in magical battles; other days, they appear as shadow puppets. The streetlights become spotlights on top of a parking garage near Halsted Street and North Avenue, where Andrew, Mike, Morgan and Thomas—who won't give their last names—perform what they call CTA theater every Wednesday from 5 to 6 p.m. "The idea just struck me one day," Mike says. "We always saw the trains passing and it seemed like a missed opportunity." In the three years they've been performing, they've missed only one day: Christmas 2013. Each act lasts just under a minute as the Brown Line speeds by.



AN URBAN BEEKEEPER

STORY BY HANNAH COLE

Queen

OF THE

Bees

PHOTOS BY ANGELA CONNERS

TENDS TO HER HIVES

"HI GIRLS!" JANA KINSMAN SAYS, GENTLY LIFTING the wooden top of a multicolored beehive and gazing at the thousands of honeybees inside. She arrived on a white bicycle towing a small trailer containing a single pink hive box filled with tools and buckets. Her face is bright red from the warm sun and the exertion of biking. She straps a veil around her head and carefully pulls honey frames smothered in bees out of the hive with her bare hands. "I like the more intimate feel," she says of her hands-on method.

This is one of more than 15 hives Kinsman, 28, tends throughout Chicago, each colorfully painted and displayed in public spaces. Two sit pretty on the roof of the City Winery; one occupies a corner at Patchwork Farms; one sits in a churchyard; the rest are scattered in community gardens and public spaces throughout the city.

This is hive three for the day, and it truly is a labor of love. Kinsman's company, Bike-a-Bee, breaks even financially, at best; most of the money she earns selling the honey goes toward buying new hives or replacing damaged ones. "It's never been a project that I wanted to make money off of," she says. "I just want people to be more interested in bees and aware of it. If I could just break even every year and not spend personal income on the project, I'm happy."

The Buzz Begins

Kinsman has always been fascinated by insects. As a child, she raised monarch butterflies, delighting in their metamorphosis from eggs to fuzzy caterpillars to beautiful butterflies. Her grandparents owned a home in Oregon, Illinois, where a rolling creek descended from a nearby forest preserve and through their lush backyard. She spent her

days looking for frogs, toads, caterpillars, turtles and anything else that crawled, hopped, flew or swam. "It was heaven on Earth for me," she says.

Her curiosity grew as she did. She moved to Chicago—first to attend college, then to work—but she longed for vast, open rural land where she could raise livestock. Eventually, in preparation for a potential move, she took an introduction to beekeeping class at the Chicago Honey Co-Op. She was hooked.

"It's a completely different world," she says. "Bees are these insects that evolved and work so perfectly, while humans, in comparison, are so flawed."

At the Honey Co-Op, Kinsman marveled at the remarkable ways of honeybees. A hive consists of three types of bees: a queen, female worker bees and male drones. The queen is the only bee with fully formed ovaries. She leaves the hive once to mate with the drones, taking a lifetime supply of sperm back to the hive. The drones she chooses for this honor die after mating with her; the others are evicted by the worker bees.

The worker bees are aptly named; they are responsible for feeding the queen her "royal jelly," a substance that turns a normal bee into a queen, along with cleaning the combs, guarding the hive, collecting pollen and nectar, and making honey. There may be anywhere between 20,000 and 80,000 workers in each hive, depending on the time of year, with the peak in mid-summer. They literally work themselves to death, but they're ideal employees during the six weeks they live. For example, when returning from collecting pollen, they do a "waggle dance" to tell the other worker bees where to find the best sources. Talk about teamwork.



Kinsman also learned that she was joining an ancient tradition. Beekeeping, also known as apiculture, dates back as far as 2600 BCE, when ancient Egyptians carved inscriptions in temples showing the process of extracting honey from the hives and jarring it. Bees aren't native to the New World; rather, European beekeepers brought them here in the 17th Century. Honey didn't become a commercial product for a couple more centuries, when manufactured frames and comb foundations, along with smokers and honey extractors, made mass production practical.

Honeybees produce more than just honey. Bee pollination is responsible for \$15 billion in crops each year, according to the US Department of Agriculture. That's about one in every three bites of food.

Bike-a-Bee can hardly be described as a mass-production, commercial operation, and Kinsman's hands-on approach is considerably less efficient than industrial practices. It's also far more personal.

"Oh, mama," Kinsman exclaims, spotting the queen of one hive. "She's a beauty." The queen's body is much longer than those of the rest of the bees, and she is hard at work laying eggs. If she weren't, Kinsman would introduce a new queen to increase efficiency. That's just one of the tasks of beekeeping; others include feeding the honeybees sugar syrup or pollen substitute in the winter when their honey stores run low and, of course, harvesting the delicious honey at the end of each summer.

Kickstarting Bike-A-Bee

Not long after taking the beekeeping class at the Honey Co-Op, Kinsman decided to take an internship with Philip Smith, an experienced beekeeper in Eugene, Oregon. Smith kept hives at locations throughout Eugene, from his own backyard to the field of a local elementary school. Kinsman rode around with him in his rickety pick-up truck to check on the hives and learn his beekeeping ways. "He would take his shirt off and just wear shorts and the veil," she says, laughing.

"And he would work on beehives that way! I was just like, this is great. I love this."

While his methods may have seemed mad, the way he dispersed his hives and maintained them planted an idea in Kinsman's head. Why not do the same thing in Chicago?

Kinsman returned from Oregon in late 2011 and began developing plans to start her own beekeeping business. She named the company Bike-a-Bee. Her goal: provide hives to serve as educational tools and public examples of the magic of pollinators, and do it all by bicycle. "I'm a bike fanatic, so I thought I could just get a trailer and some bungee cords, maybe a couple of Rubbermaid bins, and I could beekeep that way," she says. She raised funds on Kickstarter, promoting Bike-a-Bee as a way to change people's

**"IF BEES ARE THIS
AMAZING THEN THINK
ABOUT HOW AMAZING
EVERY OTHER SPECIES
IS," SHE SAYS.
"IT CAN'T BE THAT BEES
ARE THE EXCEPTION."**

opinions about bees and to foster a sense of community revolving around urban agriculture. She set a goal of \$7,000, but the buzz about Bike-a-Bee spread quickly, and within one month, \$8,646 was pledged. It was time to build some hives and get to work.

Hives are made of wood and relatively easy to construct. The bottom board sits atop the hive stand and has a small hole for bees to come and go as they please. A "brood chamber" above the bottom board is where immature bees develop. The rest of the hive is composed of wooden boxes filled with honeycomb frames called supers. The number of supers varies depending on the

amount of honey being produced. Above those is a solid outer cover to block predators, which is usually topped with a few heavy bricks.

Most hive equipment can be purchased pre-cut and requires simple construction, but Kinsman needed to build 10, so she invited her Facebook friends to a beehive-building party at her apartment. "We listened to music, drank, ate pizza and built beehives! It was wonderful. I borrowed someone's nail gun and just made it happen," she says. After three nights of construction and painting, her hives were ready and she was one step closer to being Chicago's biking beekeeper.

She registered as a beekeeper with the state of Illinois, bought insurance, distributed the hives (state regulations restrict hives to no more than five per property), and that was that.

Bees in the City

When we meet near one of the hives, Kinsman is wearing a veil over her head, but she has plenty of skin exposed on her arms and legs past her jean shorts, canvas kicks and light long-sleeved shirt. She reaches into her bag for a veil I can wear. "Sorry, I don't have one," she says. "You'll have to go without, but you should be fine." Kinsman doesn't worry a lot about bee stings. She's been stung at least 20 times while working on the hives.

Needless to say, I am slightly terrified. She tells me bees don't like dark clothes because they make people resemble predators (think bears), so I take off my dark cardigan to expose my mint-colored tank top. At first, I feel paranoid every time I hear a buzz, but I soon muster the courage to get really close. I quickly realize the bees are not focused on me. They are clustered in the honey combs, climbing all over each other and just doing their jobs.

The bad rep that honeybees get is just one of the things Kinsman wants to change with Bike-a-Bee. "I want people to notice there's a beehive in their neighborhood and that they aren't evil," she says.

People are also surprised to learn that honeybees can survive in a city like Chicago, with so



many buildings and so few trees. In fact, honeybees can thrive here. "Beekeeping is productive in the urban setting because of human density in the city, and because humans plant so many things," says Michael Thompson of the Chicago Honey Co-Op. "One thing we never have to worry about in the city is nectar and pollen forage."

Take the linden tree for example—the trees lined up along side streets and in the parks with tiny yellow flowers hanging from the leaves. They bloom prolifically in Chicago every summer, providing a highly concentrated area of flowers in the sky, where there's no risk of damage or injury to the bees. "They just go to these trees and go nuts on them," Kinsman says. "Once the linden trees in Chicago bloom, that's when beekeepers know they can start taking honey out of the hives, because it's such a huge resource for the bees."

Chicago is also full of flowers, some planted, some weeds. Red clovers, white clovers, tulips, yellow sweet clovers, roses, thistle, burdock, sunflowers, chickaree and buckeye, among others, bloom in gardens and abandoned lots, providing pollen and nectar. In addition, the city plants thousands of flowers each spring along the sidewalks and in the parks downtown, living up to its motto *urbs in horto*, a Latin phrase meaning "city in a garden." And all these flowers and plants are free of pesticides, unlike crops and forage in rural areas.

Pesticides are only one of the many threats to honeybees. In 2006, an alarming number of beekeepers reported massive hive losses due

to a phenomenon now called Colony Collapse Disorder (CCD). Bees weren't dying; they were abandoning their hives, leaving the queens and the immature bees unable to function. The cause of CCD is still unknown, but research by the USDA and EPA point to pesticides, parasites, disease, genetics and poor nutrition as potential causes.

Neither Kinsman nor Thompson have seen their honeybees vanish into thin air, but it's not uncommon for some of their hives to die during the winter due to cold exposure and excessive moisture. The Honey Co-Op loses about 50 percent of its hives every year, and I was with Kinsman the day she discovered that her two best hives at Patchwork Farms didn't make it through Chicago's brutal winter. I could sense her heartbreak as she silently scraped the dead bees out of the hive and onto the ground.

The hives that do survive have an impressive way of doing so. The honeybees form a cluster in the center of the hive and regulate the temperature by eating and metabolizing honey to create a little furnace, keeping the hive between 90 and 95 degrees regardless of outside temperatures. It takes 50 to 60 pounds of honey to get one beehive through the winter, according to Dale Hill, Central Region Director of the Illinois Beekeepers Association.

Sweet Harvest

A teaspoon of honey represents the work of a dozen bees over their six-week lifetime. It's no wonder, then, that small-scale beekeepers like Kinsman

aren't realizing high yields. In a good year, one of her hives might yield up to 200 pounds of honey. She sells her honey at farmer's markets throughout the city, where she's able to connect with people who are interested in agricultural products and their sources. "If you have a jar of honey and you sell it to a person, and you get to tell that person your story, and you get to teach them something, that's way more valuable than selling 50 jars to a grocery store where nobody may ever read about your project at all," she says.

A one-pound jar of her honey goes for two to three times the price of honey at a supermarket, but that's the true cost of honey from hand-tended hives. Kinsman has one intern and a few volunteers. In addition, notes Hill, consumers can rest assured that honey from local beekeepers is pure, unlike some commercial honey that has been found to contain sugar substitutes and high fructose corn syrup. "They sell it cheaper and call it pure," Hill says.

Other than selling honey, Kinsman occasionally holds educational sessions at schools where she teaches kids the essential role that bees and other pollinators play in agriculture. She's also flirting with the idea of starting her own beekeeping classes, and maybe even raising goats.

"If bees are this amazing then think about how amazing every other species is," she says. "It can't be that bees are the exception."



BUZZ-WORTHY HONEYBEE FACTS

80,000

AVERAGE NUMBER OF
WORKER BEES PER HIVE
DURING THE SUMMER

11,400

NUMBER OF TIMES A
HONEYBEE'S WINGS STROKE
PER MINUTE, MAKING THE
BUZZING SOUND

2,000

MAXIMUM NUMBER OF EGGS
LAID DAILY BY THE QUEEN BEE

66

AVERAGE POUNDS OF
POLLEN COLLECTED PER
YEAR, PER HIVE

15

MAX SPEED A HONEYBEE CAN
FLY IN MILES PER HOUR

1

TYPE OF INSECT THAT
PRODUCES FOOD EATEN BY
MAN...YES, IT IS THE HONEYBEE

DAWN TO DUSK



DOING THE SAME THINGS AGAIN AND AGAIN IN A CITY AS ECLECTIC and sprawling as Chicago can lead to some serious boredom. Broaden your horizons by following one of our customized itineraries, or mix and match to create your own.

TREE HUGGER

PETERSON GARDEN PROJECT: Find your green thumb with the help of this nonprofit organization, which hosts eight gardens in the city and offers classes on everything from Soil 101 to vermicomposting.
4642 N. FRANCISCO AVE. | PETERSONGARDEN.ORG

GREENHEART SHOP: Wear your green heart on your sleeve by indulging in unique, eco-friendly merch at this fair trade, nonprofit shop.
1714 N. WELLS ST. | 312.264.1625 | GREENHEARTSHOP.ORG

STORY BY HANNAH COLE, ALEXANDRA AHMAD,
 MEREDITH KAVANAGH & MARK MINTON
 ILLUSTRATIONS BY LOUIS ROMERO

UNCOMMON GROUND: Satisfy your appetite and your conscience at this eatery, which can brag about its ecological accolades. (It was named the "World's Greenest Restaurant" in 2013 by the Green Restaurant Association.) The fresh, local, organic dishes are as tasty as they are healthy and eco-friendly.

3800 N CLARK ST. | 773.929.3860
1401 W. DEVON AVE. | 773.465.9801 | UNCOMMONGROUND.COM

CITY WINERY CHICAGO: End your day with a toast at this eco-friendly winery. Sip on some drinks and work on your inner eco-sommelier.

1200 W. RANDOLPH ST. | 312.733.9463 | CITYWINERY.COM

METAL HEAD

THE ALLEY: Buy your ear gauges and hair dye at this counter-culture clothing provider, which has been decking city denizens in black for more than four decades.
3229 N. CLARK ST. | 773.883.1800 | THEALLEYCHICAGO.COM

KUMA'S CORNER: Dig into a sandwich called "Pig Destroyer" or a burger called "Plague Bringer" at this darkly unique eatery. Vegetarian options are available.
2900 W. BELMONT AVE. | 773.604.8769 | KUMASCORNER.COM

DELILAH'S: Rock out while sampling from among 400 whiskeys, but don't drink yourself to death at this rock 'n' roll bar.
2771 N. LINCOLN AVE. | 773.472.2771 | DELILAHSCHICAGO.COM

THE EXIT: Then head for the exit! Chicago's original punk rock bar provides three stories of music, drinking and all-around partying. Open until 5 a.m. on Saturdays, 4 a.m. all other days.
1315 W. NORTH AVE. | 773.395.2700 |

Four perfect days, tailor-made and typecast



MATERIAL GIRL

IKRAM: Start your day perusing the racks of designer clothes, shoes and accessories at this chic boutique, whose owner and namesake has dressed First Lady Michelle Obama. The in-house café serves fresh farm-to-table food, making this the perfect stop for lunch and some serious retail therapy.

15 E. HURON ST. | 312.587.1000 | IKRAM.COM

CADILLAC PALACE THEATRE: Nothing says classy like dressing fancy and heading downtown to a Broadway play. Splurge on tickets for childhood classics like "Annie" and "Charlotte's Web."

175 E. CHESTNUT ST. | 312.977.1700 | BROADWAYINCHICAGO.COM

KIT KAT LOUNGE: Cue the disco balls, cheetah print chairs and drag queens for a divalicious dinner in Boystown. Pair the Bacon Truffle Mac 'N Cheese with one of 200 playful martinis, and don't forget to bring singles to stuff in performer's blinged-out bras.

3700 N. HALSTED ST. | 773.525.1111 | KITKATCHICAGO.COM

BEAUTY BAR: End your night with some pampering at this upscale salon where manicures are accompanied by dry martinis, live DJs and themed parties, providing an extravagant finale to your oh-so-posh day.

1444 W. CHICAGO AVE. | 312.226.8828 | THEBEAUTYBAR.COM



GAMING GEEK

CHICAGO GEEK BREAKFAST: Defog your glasses and grab a cup of joe every third Thursday morning of the month while you network at Wow Bao.

225 N. MICHIGAN AVE. | 312.658.0305 | GEEKBREAKFAST.ORG

LOGAN HARDWARE: Take a spin with this record store's wide-ranging LP collection. First-time purchasers get unlimited free play on vintage arcade games.

2532 W. FULLERTON AVE. | 773.235.5030 | LOGAN-HARDWARE.COM

IGNITE GAMING LOUNGE: Satisfy everything your gaming heart desires at this one-of-a-kind spot, which has a café serving Chicago-style hot dogs and milkshakes, and a Rockband studio for the ultimate performance.

3341 N. ELSTON AVE. | 773.404.7033 | IGNITENETWORK.COM

GEEK BAR: Loosen your tie and enjoy a masterfully crafted cocktail and gastro-pub creations at this oasis for geeks who want a place to belong while they booze. Opening in late June.

1960 N. CLYBOURN AVE. | 773.245.6773 | GEEKBARCHICAGO.COM

AFFORDABLE ALTERNATIVES

A little rental math to help with your apartment hunt

IMAGINE WAKING UP IN YOUR BRIGHT, MODERN CHICAGO LOFT. TO ANYONE without a trust fund, this sounds like a fantasy; neighborhoods that enamor 20-somethings tend to be out of our economic reach. But don't lose hope. *Echo* did some rental computation and created equations to help you get from where you think you want to live to where you'll be able to afford a great apartment.

STORY BY JORDAN ZEMAN

PHOTOS BY ABE ZIELENIEC

LAKEVIEW

+
Lincoln Square Lanes
-
Distance to lake path
+
Laurie's Planet of Sound
=

LOGAN SQUARE

-
Hipsters
+
Better seat on the L
+
Alice's Lounge
=

BUCKTOWN

+
Eckhart Park pool
+
Downtown views
+
Ugly Mug Cafe
=

WICKER PARK

-
The Violet Hour
+
Riot Fest
+
More Puerto Rican food
=

SOUTH LOOP

+
Proximity to Sox Stadium
+
Old South Side pride
+
Maria's bar
=

PRINTERS ROW

-
Lit Fest
+
Authentic dim sum
-
Bar Louie dollar beer night
=



NIGHT VICE

IN THIS CITY, ANYTHING CAN HAPPEN WHEN THE STREETLIGHTS COME ON
AND YOUR INHIBITIONS WEAR OFF. HERE ARE A FEW PEOPLE THAT
WITNESS US WHEN WE'RE NOT AT OUR BEST.

—
AS TOLD TO JESSIE SARDINA & ALEXANDRA AHMAD
PHOTOS BY DANIELLE SCARDINA



JEFF

TAI'S TILL 4

Midnight to 5 a.m.

I HAD A DAY JOB FOR A WHILE. I DID SOCIAL WORK WITH FIRE victims for three years. Yeah, that was uh — that's why I tend bar. This isn't life or death like that stuff.

I've worked at late-night bars for the last 16 years. I managed a gay nightclub for three and then I've worked here for 13. I don't mind working late. I'm not a morning person anyway. I learned that a long time ago.

"I'M NOT A MORNING PERSON"

I worked at a bar once where this 50-year-old doctor would come in with this young girl who he called his niece. We all knew that it couldn't be and that he was obviously cheating on his wife. So one day he was at the bar poo-pooing about his life and I'm cutting fruit and he sighs and I don't even want to ask but you have to, so you're like, 'Rough day?' and he's like, 'Yeah you don't wanna know,' and really you're like, 'No, I don't want to know, you're right.' But of course he starts telling me, 'You know that girl I come in here with is not my niece,' and I'm like, 'No shit. Am I supposed to be surprised?'

I don't mind the hours. I don't mind the drunks. Some of them stink, yeah, you get tired of it. But at the same time, you gotta be patient. People are just out getting drunk, they're just kids. As far as the older regulars that come in every day, in a sense they're sort of pathetic because this is all they have.

WEEZY

WEINER CIRCLE
8 p.m. to 4 a.m.

I WORKED HERE THREE YEARS. I START WORKING WHEN THE DRUNKS come out. Ah, shit, there's a lot of crazy shit that's happened — a fuckin' list! Drunk people being assholes all the fucking time. And we're giving them the fucking best experience. It's the fucking best place I've ever worked at. I get to fucking speak my mind. I love having a fucking bad day at home. I don't give a fuck. I just fucking come here and cuss a bitch out.

It's fucking crazy. I never fuckin' even imagined that I'd work here. I told my sister, "Bitch, I would never work somewhere where people are cursing me out!" And she's like, "You gotta try it." So I was training, maybe three years ago, around St. Patrick's Day, and someone came in and they asked my sister, "Erica, who is this bitch

"I'M A NIGHT HO!"

fixing my food?" Talking to me. I was new; I was new to this shit. So she looked at me and I looked at her like, "What the fuck am I supposed to do?" So I was just like, "Bitch, you're not gonna curse me out." So I just started cursing.

We don't want to offend you. You get to call us whatever the fuck you want to call us or whatever. We're not fucking racist or whatever; we just have fucking fun and I love it. I tell people, if you can't take the heat, get out of the fucking kitchen.

I love working late. I would love to work nights all the time. I'm a night ho!





GRAY

HUBBARD ADULT BOOKSTORE
Midnight to 8 a.m.

YEAH, YOU CAN TAKE A PHOTO BUT I CAN'T SHOW MY FACE. I HAVE an idea; I'll wear this.

I've worked here for about three decades. I do this when I'm not in theater. I've done set construction for the Goodman and stage door duties.

Working in a 24-hour sex shop in River North runs the gamut. I get cross-dressers that come in here. I get high-priced call girls. I get drunks stumbling in when the bars are closed. I get happy couples, although I have seen the ones where the lady stays at the door while the guy shops for them. I know that's not a very happy couple. But mostly guys that are watching movies and hanging out, looking for love in all the wrong places.

"I'M PRETTY MUCH A BABYSITTER"

Crazy stories? It's always crazy. Last weekend I had three strippers come in. One girl came back from the bathroom, walked into the aisle and flashed her friends with her back to me, and I said, "Oh, that's not fair," so she turned around and proceeded to flash me. I said, "Oh very nice, real breasts," because in this field we don't see too many real ones. Her girlfriend next to her flipped up her top and said, "So I guess you don't like these because they are fake?" and then I said, "Those are kinda nice. You must have had a really good surgeon." I have been asked to look, touch and assess the quality of implants.

Sometimes it's a fun environment and sometimes it's challenging. I'm pretty much a babysitter for boys in the back who don't put money in the machines, and I have to rattle their cage. So yeah, really it's a fun time. We used to have other stores that had strippers, so when it was slow I at least had someone to talk to. So I find odd jobs to do like change the light bulbs. Sometimes on a slow night I'll go out front and smoke a cigar.

Congratulations Class of 2014!

Welcome all incoming students!



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ECHO

COME ONE, COME ALL

How to create your own three-ring circus

STORY BY **TANISHA WALLIS** | PHOTOS BY **DANIELLE SCARDINA & MADELINE GBUR**
MASK BY **PETER TOMCZKO**

LADIES AND GENTLEMEN, BOYS AND GIRLS: STEP RIGHT UP! THE

circus is about to begin. And you're the main attraction. Here's how to perform some mind-blowing acts. (*Echo* is not responsible for injuries or damage to property.)

CONTORTIONISM

Alexa Dean, 24, admits that flexibility is a prerequisite. "My arms would go in not a graceful manner, all the way back," she recalls of her childhood dance classes.

There are three main types of contortion: back-bending, front-bending and dislocation. Dean, who is double-jointed, focuses on dislocation. "It's something I've always had and learned how to train to make it look even crazier than it is," she says. It's also part of the reason she's into horror films.

Take yoga classes to work on flexibility. Start with basic beginner poses, such as the lotus or scorpion, and the splits.

Proper technique in stretching is crucial because it's easy to hurt yourself. "Your ligaments are already so hyperextended," Dean says. "It's easy for something to slip."

Practice makes perfect. "Your body can be trained to do anything at any age. People run marathons when they're 80," Dean says.

Local resources:

Beginner fire spinning: Urban Lotus Yoga, 2950 W. Chicago Ave., 773.278.4122, urbanlotuschicago.com

Contortionism: The Actor's Gymnasium, 927 Noyes St, Evanston, 847.328.2795, actorsgymnasium.org

Aerialism: Aloft Circus Arts, 2000 W. Fulton St. Floor 319, 773.782.6662, aloftcircusarts.com



AERIALISM

Linnea Ridolfi, 24, suggests starting by taking a class.

Start out on the trapeze. There are more resting positions, such as sitting or standing on the bar, that require less energy than silks (floor-to-ceiling ribbons) and allow beginners to get comfortable with the movement.

It requires strength. "It's really empowering," she says. "It's just you and your strength making these shapes."

Take your time and move efficiently. "You don't want to find yourself in a position where you don't know how to get out," she says.

FIRE SPINNING

Chris De Cosse, 22 (not pictured), gives us the low-down

Start by juggling poi—soft objects weighted on one end—such as sock poi made with one sock balled up in the end of the other. Focus on getting comfortable with the movements before adding fire to the mix.

When you're ready to graduate to torches, dip the Kevlar wicks into Coleman camp fuel, kerosene or lamp oil. Spin the excess oil into a bag, then light 'em up. Never use gasoline, liquor or rubbing alcohol.

Expect to get addicted. "As soon as I did it, I was like, 'Uh oh! This is gonna take up large amounts of time in my life now. Get ready, body.'"

Be aware of the risks. "You never want to be the guy who's putting everyone else in danger."



WISE WORDS

Advice from a (very) young entrepreneur

STORY BY ALEXANDRA AHMAD | PHOTO BY ADAM BIBA

"NOT EVERY PLAYER, COMPANY OR BRAND BELIEVES IN ME," SAYS AHMAD HARB. Which isn't surprising, considering that he's only 15 years old. But Adidas does; the company invited Harb, then 13, to meet Derrick Rose and gave him one of the first pairs of D Rose 3 shoes because of his support for the basketball star and his sneaker reviews. Today, Harb is working for a website called jockington.com, where he covers NBA fashion and runs its social media sites. He is also working on launching his own clothing line in Fall 2015. He shares his wisdom:

ANYTHING'S POSSIBLE WITH HARD WORK. I just decided to write a review. I was 13. It was a pretty bad review, but then Adidas asked if they could post it on their Facebook page. I started writing for different websites about shoes, on my own. I just came up out of nowhere.

I BECAME SOMETHING. It's from my heart—that's why. I don't like to show off. They ask, "How did you do this?" I don't really answer that.

IT'S REALLY HARD BEING ONLY 15. Not everyone is happy for you. Some people are jealous of you—they want to use you for different things, so it's just hard. You really find out who your real and fake friends are.

SUCCESS IS WHEN YOU ACCOMPLISH EVERYTHING THAT YOU AIM FOR. When I'm someone who kids look up to, then I'll say I've succeeded.

DON'T BE BAD; DON'T BE A BADASS. Just be a humble person.

PARTY AS HARD AS YOU CAN. Just don't be stupid.

YOU GOTTA BE NICE TO EVERYONE, NO MATTER WHAT. Even if they work at Taco Bell, they might be your next connection. You don't know their story.



COCKY ROCK

Identifying a new species of dude

STORY BY **EMILY ORNBERG** | PHOTO BY **DEVIN AADLAND**
ILLUSTRATION BY **JAVIER SUAREZ**

YOU CAN SEE IT THROUGH THE CIGARETTE SMOKE.

It's oozing through their sideswept bangs. It's the swag of the Indie-Rock Dudebros. Tonight's living room headliners, Lincoln Park's own post-punk puppies, the Gnarwaals, clank together some Busch heavies before their ceremonious shotgun for the band's Instagram video invite. "Show tonight: 320. N. Seminary."

They shake their pouffy colfs, wink for the camera, crack the cans open and chug. Their style has a magneticism that can't be ignored, a debonair so masturbatory that it's sexy, but in an invasive way, like you walked in on them checking their reflections.

As the hipster brofest season of music festivals approaches, here is a guide to help you correctly identify this intriguing new species, as explained by the Gnar's keyboardist Marty Kaleta.

"In the summer festival season, you gotta be careful about sunscreen. Sunglasses are always optional; you kinda look stupid, but you gotta take care of the eyes," he chuckles. "As far as facial hair, we keep it scruffy or go babyface for the heat. It's a rare breed, but I don't really try to dress different." Check out their sound at thegnarwaals.bandcamp.com.

- ✕ *The always-charming beanie*
- ✕ *Hair for head-bangin' and babe-bangin'*
- ✕ *Thrifted Little League Jersey that smells like pizza*
- ✕ *Denim Jacket with pockets full of off-brand squares and a one-hitter*
- ✕ *A stupid stick-and-poke tattoo*
- ✕ *Dirty fingernails*
- ✕ *Butt-gripping corduroys with enough stretchiness and ventilation for a guitar solo meltdown*
- ✕ *Deteriorating and untied Timberlands from 10 years of mosh pits*





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TUBE TIPS

Real-life advice from fictional folk

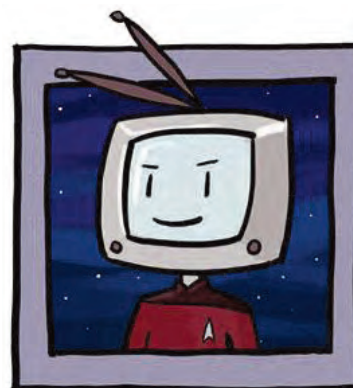
STORY BY LISAHIRA SANTOYO AND MEREDITH KAVANAGH
ILLUSTRATION BY ARIADNE HUMPAL

WHETHER YOU'RE WATCHING

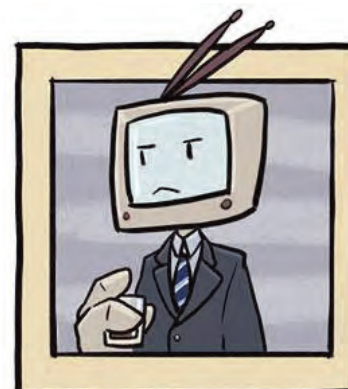
"Breaking Bad" or "30 Rock," the characters in your favorite television shows often leave you with lingering words to live by, especially after you have spent so much time observing their fictional lives. A 2012 Nielson consumer analytics report stated that, on average, Americans spend more than 34 hours a week watching TV. Here are some nuggets of wisdom that stick in our own minds after binge-watching TV.

DIRECTIONS:

Match the memorable line with the icon that represents the character who delivered it. Then check your answers at the bottom of this page.



CAPTAIN PICARD
STAR TREK: THE NEXT GENERATION



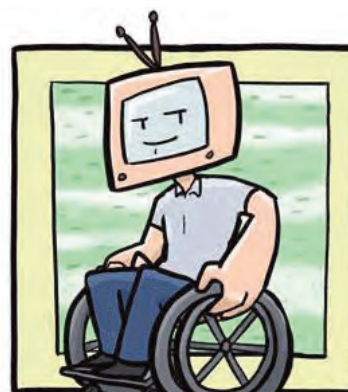
JACK DONAGHY
30 ROCK



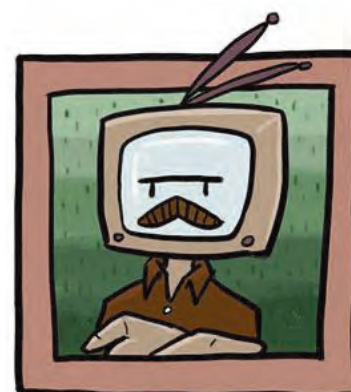
PEGGY OLSON
MAD MEN



GOB BLUTH
ARRESTED DEVELOPMENT



JOE SWANSON
FAMILY GUY



RON SWANSON
PARKS AND REC

1. "Seize the time. Live now; make now always the most precious time. Now will never come again."
2. "Never go with a hippie to a second location."
3. "Never half-ass two things. Whole-ass one thing."
4. "Don't let obstacles keep you from doing what you love."
5. "It's called taking advantage. It's what gets you ahead in life."
6. "Taking on extra tasks can lead to more than just extra work."



MALE CALL

SIX HEAD-TURNING LOOKS

FROM RUNWAYS TO BILLBOARDS, THE FASHION world generally favors the female form. In Chicago, however, heads are turning to follow these rule-breaking, risk-taking fashionists. Wearing bright suits, metallic sneakers and even wigs, these men are not afraid to take a gamble on an outfit, but they can still throw debonair shade in a tailored look. Check out what these chic sirs are rocking and where you can cop some of their looks for yourself.

STORY BY
MARGARET MAHAR
& JORDAN ZEMAN
PHOTOS BY
JORDAN FREY



**JACK COLLIER, 22***Fashion Theorist and Performer*SELF-DESCRIBED STYLE
ScavengerINFLUENCE
History, politics and philosophyACQUIRE IT AT
The shittiest of places,
drag queen shops

**FRANCIS SCOTT KEY WHITE , 26**

Musician – White Mystery, Entrepreneur

SELF-DESCRIBED STYLE

American Punk

INFLUENCE

My mom and sister

ACQUIRE IT AT

Alcala's Western Wear
1733 W. Chicago Ave.

RYAN BESHEL, 31*Fashion & Media Personality*

SELF-DESCRIBED STYLE

Classy casual, formally fun

INFLUENCE

Tom Ford, Alexander McQueen

ACQUIRE IT AT

Meyvn, 2627 N. Kedzie Ave.

Indochino, indochino.com**JACK CAVE, 56***Fashion & Accessories Designer*

SELF-DESCRIBED STYLE

Urban Euro, eclectic coolness

INFLUENCE

My imagination, my surroundings,
my creativity

ACQUIRE IT

Inside yourself

**ANDREW BIRMINGHAM, 21***Student & Artist*

SELF-DESCRIBED STYLE

Simple, but better than you

INFLUENCE

Street style, off-duty models

ACQUIRE IT AT

Thrift stores, TopMan
830 N. Michigan Ave.

NOAH CHRISTOPHERSON, 22*Stylist*

SELF-DESCRIBED STYLE

Fairly sleek, consistent, black

INFLUENCE

Nicola Formichetti, Harry Styles,
Jared Leto

ACQUIRE IT AT

Vintage stores, TopMan, 830 N.
Michigan Ave. ASOS, asos.com

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COMING UP ROSES

A perfume for the Stinking Onion

STORY BY MARGARET MAHAR | ILLUSTRATION BY JULIE WILMORE

THE MISSION

Founded in 2012, Tru Blooms is the brainchild of perfumers Monte Henige and Paul Leroue, who wanted to beautify the city and create jobs while providing local luxury scents. "Never before has a single city planted, grown, harvested and then bottled a fine perfume," Leroue says.

THE GARDENS

There are more than 30 Tru Blooms gardens in the Chicago area. Flowers are planted everywhere from Grant Park to Highland Park. Tru Blooms consults with the Chicago Botanic Garden and the Chicago Park District on which flowers will flourish best in particular locations. Todd Katz oversees a garden at Whitney Young High School, where students tend flowers. "They take responsibility by cleaning and collecting the flowers for Tru Blooms to gather and ultimately create this perfume," he says.

THE PERFUME

Past years' selections have included notes of rose, lavender, violet, orange, patchouli and musk. Each perfume is a limited edition scent. "It's a much more unique perfume because it is from the gardens of Chicago, which makes it completely original compared to our other lines," says Audrey Farce of Green Goddess Boutique in Lincoln Park.

THE PROCESS

In September, flowers are harvested and their scents duplicated using an extraction device. By November, the perfumes are packed and distributed to local boutiques, including the Green Goddess Boutique, Comet Vintage in Pilsen, and Milk Handmade in Andersonville, as well as other retailers in 11 states.

CHICAGO'S SCENTS ARE JUST AS DISTINCTIVE AS ITS MANY SIGHTS AND SOUNDS.

The buttery smell of popcorn wafts down State Street; crisp Lake Michigan breezes freshen the urban air; flowers throughout the city delight noses along streets and sidewalks. One company is betting you'd like to bottle up those flowers and wear them.

THE BOTTOM LINE

Tru Fragrance, a Chicago perfume manufacturer, finances Tru Blooms. "The project did not make money year one and broke even year two," Leroue says. "We expected this outcome and know that building a brand of this nature takes time."



THE OTHER '90S

Popular fads from the previous century

STORY BY LISAHIRA SANTOYO AND TANISHA WALLIS | ILLUSTRATION BY JAVIER SUAREZ



Furby, Game Boy Color, Bop-It, Pokémon.



"The Turn of the Screw" by American writer Henry James is published, making him one of the most popular authors of the decade (1898)



The Harry Potter series by J. K. Rowling begins with "Harry Potter and the Sorcerer's Stone," making her one of the most popular authors of the decade (1997)



The World Wide Web is launched (1993)



The first race of gas-powered cars, 54 miles from downtown Chicago to Evanston (1895)



"Arrival of a Train at La Ciotat," by the Lumiere Brothers, is released. Some moviegoers fled theaters in fear of getting hit by the train on the screen (1896)



James Cameron's "Titanic" is released and wins 11 Oscars, making it the highest grossing film of all time until Cameron's "Avatar" (1997)



The decade's greatest ragtime songwriter, Scott Joplin, performs an extended run outside the World's Fair (1893)



Chicago producer Steve Albini records Nirvana's "In Utero" album, released the same year (1993)



The grunge fad gains prominence; flannel shirts are trendy for men and women.



Bloomers and cycling costumes become popular for women, thanks to Rational Dress Reform.



THE

SEEKERS

A LOOK AT CHICAGO'S OCCULTISTS

STORY AND PHOTOS BY MARK MINTON | ILLUSTRATION BY VITO GOTIERREZ

THE HIGH PRIESTESS

SIGNS OF THE OCCULT ARE ALL AROUND US, FROM the dollar bill to popular Urban Outfitters T-shirts. And yet, many don't recognize that these symbols are more than a fad for many. "I don't think mainstream media consider religious aspects of occult or esoteric practice at all," says Jason Winslade, who teaches courses on occultism and culture at DePaul University. "They follow the classic split between magic, science and religion. Never is the magical practice seen as glorifying God, like many of its practitioners do."

"Occult" comes from the Latin word *occultus*, meaning "hidden" or "secret." It encompasses a large group of alternative beliefs and practices, from Astrology to Wicca. Chicago has long been home to a thriving community of occult practitioners.

CATHERINE AMOS, 41, WON'T REVEAL HER ACTUAL name. Her husband is a successful lawyer, she has two children, and she is a member of the local Catholic parish. She is also a self-described witch. Amos, the daughter of a Catholic priest, prepares oils for spirit shops in the U.S. and Canada, including the Occult Bookstore—effectively monetizing her interest in ritual magic.

Amos, who says she has been involved in occultism since she was 17 years old, is a member of the Ecclesia Gnostica Catholica, or the Gnostic Catholic Church—a religious arm of the OTO and a platform for Christian occultism. She understands why many Catholics are so frightened of the occult.

"Nobody teaches people about occult belief systems because it's scary," says Amos. "Take Baphomet for example. As a symbol it's scary. It's



a goat-headed god with breasts and male genitalia. It's not something you would show your kids necessarily, but it's a very powerful figure in the Hermetic tradition. People see that and immediately think it must be Satanic."

Amos is petite with cropped blonde hair and a collected, articulate disposition. She's active in her neighborhood's CAPS meetings and looks more like a PTA leader than a witch. She practices

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a form of candle magic that she says is "ostensibly Christian." She uses seven-day vigil candles that each depict different saints with different roles to be coupled with different homemade oils for different purposes. "Healing, Saint Lazarus; protection, Saint Michael; family, Saint Joseph," she explains. "A lot of the symbology with the priests changing the colors of the robes and the incense and the holy prism and the immersion in water in Baptism, that's straight up religious symbolism," she says. Amos says her children don't yet understand her magic, but that they do understand the ritualism behind what she does. She recalls when a babysitter once tried to put a candle out, only to be reprimanded by her 6-year-old daughter who instructed her not to disturb the candle "until it finishes its work."

"My kids are too young to understand," says Amos. "As far as my daughter is concerned, she's Catholic, and what does mommy do? She's an oil maker. What kind of oils do I make? They smell nice."

THE MAGICIAN

CHING, CHING, CHING, CHING.

The gaunt Minister, robed in black with a courtly top hat and pale, penetrating blue eyes, rings a small bell 11 times. Incense wafts from the altar supporting the Stele of Revealing, an Egyptian religious artifact painted in hieroglyphics. Thirteen congregants sit in the small room, where paintings of old lodge masters line the walls of the Aum Ha Temple in Rogers Park. They watch as the Minister groans—a long, bellowing moan that echoes ominously through the small space—as he clasps two diminutive cymbals in his long fingers with black-painted nails.

"Do what thou wilt shall be the whole of the Law," he exclaims. "I proclaim the Law of Light, Love and Liberty, in the name of Ra-hoor-khuit!" The congregants, ranging in age from their 20s to their 70s, stand and raise their arms toward the heavens. "Love is the law! Love under will!" they shout in unison.

This is the celebration of the Feast of the Supreme Ritual, the spring equinox and Thelemic New Year, also known as the Equinox of the Gods. As the ritual comes to a close, the Minister, accompanied by the Seer and the Beast, extols the core Thelemic tenets of the Ordo Templi Orientis (OTO), a national occult faction with membership in Chicago that dates back to the start of the 20th Century.

"Thus begins another year of the Aeon of the Crowned and Conquering Child!" shouts the Seer. "There is no law beyond 'Do what thou wilt.'"

A hush falls over the room and the Minister takes a deep breath before ending the ritual. "Thus concludes our ceremony of the Feast of the Supreme Ritual," he says. Then, suddenly, he shifts

to his daily identity: Gordon Kinloch. He cheerfully announces the release of Aum Ha's publication, *The Current*, and requests small donations for the temple before wheeling out the Feast of the Supreme Ritual: boxed wine, party trays, assorted pastries, trail mix, and sour cream and onion potato chips.

The hat he wore now sits on the altar, serving as a basket for donations. He removes his long black robe, revealing tattoos of occult symbolism across his upper arm. The Seer removes her own feathered masquerade mask and reassumes her natural identity as a small, red-headed woman named Thistle who works as an accountant by day and practices Wicca by night. The Beast removes his skull mask with long, matted black hair to become Al, a graphics specialist and Voodoo practitioner who wears a doll around his waist for protection.

The Feast of the Supreme Ritual was open to the public. Kinloch and his congregants actively use email lists as well as social media platforms like Twitter and Facebook to publicize events. But while occultism has become accessible to the public, Kinloch, 37, says not all the attention it has received has been good.

"I think there is almost a cultural backlash from the publicity occultism has received," says Kinloch, who was formerly a lodge master of the Chicago OTO chapter. "Certainly in the '70s, you had occultism kind of linked to either esoteric knowledge [or] the belief that study of the occult is somehow evil or satanic. And this carries on even today. It has never gone away."



THE HIEROPHANT



CHICAGO'S OCCULT BOOK STORE, LOCATED IN Wicker Park, specializes in rare books and supplies. Opened in 1920, the store has become a gathering place for occult novices and people seeking casual spiritual guidance from the store's many practitioners. The bookstore even offers regular Wednesday meetings where people of different creeds, faiths and expertise gather to talk.

Biobe Eden, a self-described pujari, or healer responsible for rituals, manages the store. On a Tuesday afternoon, Biobe zips back and forth behind the counter, lighting incense, fixing candles and mixing herbs for commissioned magical rituals. Customers casually wander into the store to marvel at him, consult him on life issues, or request a ritual to bring them good fortune.

"New people come in all the time," says Eden, speaking rapidly and without pause. "A lot of them are looking for what they see on TV. The best way to get someone to look at something is to tell them not to look at it."

A woman enters and stands quietly in front of the counter for a moment before asking Eden if he can prepare a candle to help her son get into a fitting high school. Eden consents and withdraws ingredients from various drawers, jars and shelves. "In this culture, you've been trained to think of yourself as disempowered," he tells her, as he creates the concoction.

Eden has long been interested in religion. By eighth grade, he had read the entire Bible and familiarized himself with many of the dominant

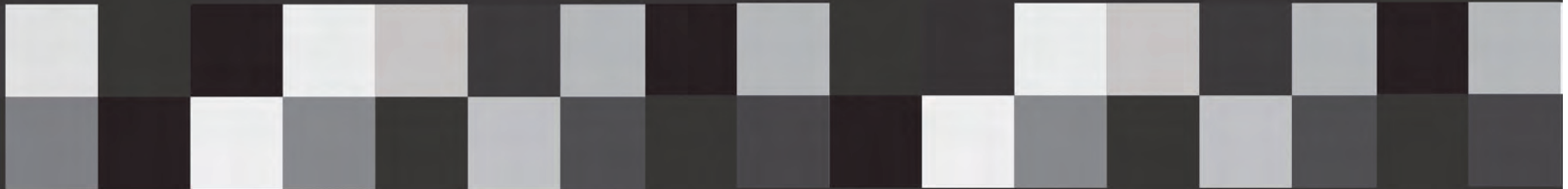
schools of psychological thought, including Jung and Freud. "I was always the one asking uncomfortable questions," he says.

Like Kinloch, Eden is frustrated by misconceptions about the occult. "Ever since the hippy's Manson days, people think that occultism is the same thing as a cult," he says. "One deals with vision, one deals with grouping, so it's not."

Eden says many people still don't recognize the similarities between occult practices and their own systems of belief. "The real problem is that conventional religions are occult. Jesus told the disciples that he would speak plainly to them, but to the others he would speak in parables. It's inherent in everything. That's why you hear the word **mystery**. You hear it in all religions."

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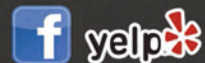
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the New Faces of Marriage

GAY COUPLES CONTEMPLATE THE CHOICE TO WED

STORY BY LISAHIRA SANTOYO & ELEXIS RUIZ | PHOTOS BY DANIELLE SCARDINA

THE BIG DAY FOR SOME SAME-SEX COUPLES IN ILLINOIS CAME sooner than expected. Same-sex marriage becomes legal state-wide on June 1, 2014, but Cook County same-sex couples were able to wed on February 21, after a US District Court judge announced the law would be in effect immediately.

For some LGBT couples around Chicago, marriage is not just about the romance. It is about access to the 1,138 laws—ranging from social security benefits to immigration rights—that protect and promote married heterosexual couples. *Echo* spoke to six couples about how this legal change would affect their lives.



SARAH MENDOZA, 30, AND HER FIANCÉ, JESSICA Krystof, 28, sit together with their fingers intertwined. Their cozy Rogers Park apartment is decorated with a framed Chicago flag, black-and-white skyline shots, and a CTA map. Their Chicago-themed wedding is set for August 1, 2014.

Mendoza pets their excited dog, Olive. "It feels like we are already married," she says.

"Ever since we got a dog, we have been kind of homebodies," adds Krystof, laughing.

On August 1, 2013 Mendoza woke up next to Krystof, her girlfriend of three years, excited that they were about to leave for a much-needed vacation from their nursing jobs at St. Joseph's Hospital. But a phone call from the hospital calling Krystof into a last-minute meeting left Mendoza anxious and disappointed. She waited, hoping the impromptu meeting would be short.

Soon there was a knock at the door. Mendoza reluctantly let in a friend of hers, who inserted a video into the DVD player.

"Just follow these cue cards and be patient," read the words on the screen. It was the start of a day of riddles that led her from place to place. The final riddle took her to the lakefront path near the Adler Planetarium, down a white carpet covered in rose petals and candles, where Krystof waited on one knee with a little black box containing a diamond ring.

Krystof and Mendoza originally decided to have a civil union, which they scheduled for August 2014. Then same-sex marriage laws started sweeping the nation, coming to Illinois far faster than either of them anticipated. The afternoon the marriage law passed, Krystof ran to Mendoza's hospital unit to tell her the news. "As it sunk in, we both realized that our civil union planned for August would now be a wedding," says Krystof.

For Mendoza, who felt that a civil union would have been "second class," this was momentous. She never thought she would have the privilege of marriage. Krystof, too, knew she would never marry a man but longed for a marriage as loving and supportive as her parents'. Both women intend to carry a child so their Filipino and Polish ethnicities get passed down.

Their families are supportive of their marriage. Krystof will proudly wear her great grandmother's 1909 wedding band, passed down by her mother, at the wedding. "To me that's worth more than any diamond," she says.

"I've grown up seeing all my straight siblings and cousins marry, and recognizing their new wife or husband as a new member of my family," says Mendoza. "Since we didn't have the right to marry before, it always felt like the rest of our family saw our significant other as just another girlfriend. We want recognition for what we mean to each other. I can't wait for the day I introduce Jessica to the rest of my friends and family and say, 'This is Jessica, my wife.'"

FARRAH UNDERWOOD LISTENED TO THE ILLINOIS Senate's live stream the day that marriage equality was legalized in Illinois. "We're going to be protected at our jobs; we're going to be able to be legitimate couples," she recalls thinking.

Underwood, 37, and her girlfriend, Victoria Healy, 33, have been together for two and a half years. Their house

is adorned with family photos, and the kitchen is full of copper pots and memorabilia Healy, a flight attendant, has collected during her travels. Their dog, Sully, pants excitedly while their cats, Persephone and Morghane, hide under the table. Outside, airplanes take off and land at Midway Airport.

Underwood recalls the first time she and Healy met, at a bar. "I walked up to order a drink and we started chatting



each other up. And that's what it was," she says. "I was like, I cannot let her leave without figuring out who she is." Six months later, they moved in together.

As they talk, they finish one another's sentences. But when the topic of marriage comes up, they look at each other and smirk. On this, they have different opinions.

Underwood recalls a camping trip when she first broached the idea. "I was like, 'Can I tell you something? I've got to tell you something. I really want to be married to you, and I don't care how you feel about it. I had to say it out loud because I feel like I'm lying to you.'" Healy wasn't persuaded, feeling that people don't recognize how much work a marriage can be.



"It's a very important right to have so that we can protect each other," Underwood said the first time *Echo* met them.

"There's definitely a legal reason for it to occur and absolutely I definitely want us to get to the point where we feel that that's necessary," Healy countered, still noncommittal about it happening right away.

But recently, Healy and Underwood began wearing matching rings on their wedding fingers, which they claim to be "placeholders" for the real thing. Their wedding is scheduled for September, and the following week, they will honeymoon in Ireland.

ANDY SHEAGREN, 29, SAT AT A BAR IN ANDERSONVILLE with a glass of rosé, waiting for Michael Driscoll, 30, to arrive for their first date. Finally, Driscoll strolled in with a "really ugly Michael Jackson-looking jacket," a faux hawk, and a tongue ring. "It was very '80s gay," Sheagren says, laughing.

Theirs is a story of opposites attracting. Sheagren is quiet and introspective; Driscoll is outgoing and unafraid to go for a hug instead of a handshake.

Five years later, Sheagren and Driscoll are cozied up on their beige love seat with their two cats, Squid and Elliott, in their Andersonville apartment. When the question of marriage comes up, they look at each other and grin.

"A lot of our friends were looking at us with expectations of some sort of announcement," Sheagren says of the time when the same-sex marriage law passed. He turns to Driscoll. "We aren't going to suddenly get engaged just because we are allowed to."

Driscoll, for his part, is interested in the benefits that come along with marriage—in particular, how it would enable them to take care of each other if one of them were hospitalized, and give them security making long-term investments together. Sheagren considers that an old-fashioned way of thinking. "I

think it is a logical stepping stone in a lot of straight relationships," he says of marriage. "It's kind of a given." For his part, he would be comfortable buying a house together before marriage.

Sheagren grew up in a religious Methodist family in Macomb, Illinois. Coming out to his father, stepmother and four siblings was a difficult, three-year process, but in the end, most of them accepted his being gay.

"I don't know when that happened," he says.

"I happened," says Driscoll, smiling. He grew up in Dubuque, Iowa, and came out to his friends and family after high school. He recalls keeping a log of whom he came out to in a notebook, using a system of smiley faces to signify how it went. The smiley face that he was most anxious for was his mother's. "I sat up in my room for 45 minutes beforehand in the fetal position just waiting to figure out the best way to do it," he says. His mother took it well.

Driscoll pulls a vinyl record from its sleeve and carefully places it on a brown leather, vintage turntable Sheagren gave him. A soothing instrumental tune fills the quaint apartment. Squid cuddles up next to Sheagren while Elliott sprints to his scratching post. Driscoll takes Sheagren's hand.

"It's not like I would consider at this point ever not being in our relationship, but I feel like if we were married, I would stop thinking there was ever a possibility of not being in a relationship," says Sheagren. "That security of knowing we are saying that we are both locked in, there are no other options. That's a good thing; that's what we want."

KEISA REYNOLDS, 22, AND VANESSA BORJON, 21, were engaged on the Western Avenue Blue Line platform on January 10, 2014. It began as a conversation about the best and worst wedding proposals and ended with Borjon listing dozens of reasons why they should get married. They spent the train ride that day planning the rest of their lives together. But not alone; they are in an



open relationship. Borjon is involved in another committed relationship, and Reynolds casually dates other people.

They began as college roommates. After endless kitchen table conversations about everything from white feminism to dating, Borjon and Reynolds realized they were falling for each other.

"My relationship with Keisa is so unlike my other relationships in that it is so much deeper," says Borjon, gazing at Reynolds across the table at a Bucktown bar. But both acknowledge that monogamy made them feel constrained. "It's not like I am looking for other people, because emotionally I have what I need," adds Reynolds, gesturing towards Borjon.

When the same-sex marriage law passed, Reynolds and Borjon reacted similarly. "It's about time," says Borjon. "The issue of gay marriage is just



so old. We have been talking about it for so long. It's like when interracial [marriage] wasn't legal...we think about it now and we are like, 'That was so dumb.' I feel like it's the same for gay marriage. It's such a non-issue."

To Reynolds, marriage is a heteronormative next step in the life of couples, but she is happy the gay community finally has the option. "Being able to marry is a great step, for both of us," Reynolds says.

Reynolds has an extra step on their wedding planning to-do list: telling her parents. They know Reynolds identifies as queer, but they don't know about the engagement or the casual dating—facts that Reynolds says she may leave out to avoid an even harder conversation.

Borjon says her family knows she is engaged, but they don't take it seriously because they also know she is seeing other people. "They are just confused," she says.

"They barely understand what queer is. Now non-monogamy?" Reynolds adds, laughing.



"I THINK WE ALMOST TAKE IT FOR GRANTED THAT there's been a lot of liberties that have been granted to us by the generation before us. They were the ones fighting and always had to be in the closet, so I think we're almost kind of spoiled where it's like, 'Oh, marriage is legal. Finally!'" says Dylan Phaneuf, 25.

Phaneuf's fiancé, Jose Moyet, 25, says the new law gives the LGBT community hope. "I think that's one thing we need," he says. The two met at a New Year's Eve party in December 2012, and were talking about marriage within a few months.

Their families are supportive. "My family is very religious but they're like, 'Okay!' Like it's not a big thing," says Moyet. Phaneuf, who was raised Catholic, says his family took a little while to accept his sexual orientation, but they are now supportive and accept Moyet.

Because Phaneuf is from Massachusetts, where same-sex marriage was legalized in 2004, they were planning to marry in Boston. But with the passage of the law in Illinois, they were able to marry here. They were married on May 31, 2014 at the Lily Pool across the street from the Nature Museum in Lincoln Park. Both grooms wore white. They hope to honeymoon in Puerto Rico, where Moyet is from.

They would like to have at least three children, either by adoption or by surrogacy. But they'll wait at least five years because once they become parents, they plan to dedicate their lives to raising their kids. "I definitely want a girl, if we could plan that," says Moyet.

"I WAS ALREADY IN LOVE WITH HER AND I'D NEVER EVEN seen her," says Dana Moore, 51, about her partner, Cap DeLaney, 44. They met on a dating site in April 2011. "It took about a month for us to finally talk on the phone," says Moore.

Both listed fine dining as an interest in their online profiles. Today, they sit in Bandera, the dimly lit restaurant where they had their first date a little over two years ago. Moore affectionately hands DeLaney a greeting card telling her that she loves her. It's green and DeLaney says it's both of their favorite color, which is one of their many similarities. They have fond memories of the day they met. They chuckle about an artichoke dip Moore



ordered. "It looked so good, but she never offered me any. I didn't want to ask on the first date, and she ate it all," says DeLaney.

The couple's families are supportive of their relationship. DeLaney's sister and nephew went on a trip with them to Paris. "I have a son; he's 31," says Moore. "And he has been out since he was like 13. And so I think that they probably already knew, but it was no big deal at all. And they love Cap."

When they begin to discuss marriage, Moore humorously pulls her glasses down and bats her eyelashes at DeLaney as she anticipates her answer. DeLaney says they have not discussed it in detail, but they both have similar ideas. "I think we're at that age where we're really planning for our future. And we met at the right time for that," says Moore.

Their greatest concern is the legal implications for married same-sex couples who move to states where their marriages aren't recognized. "The finances, the medical, the insurance and tax implications and all those things," DeLaney says. "I think people need to be conscious and aware of that. That's real dollars; those are real benefits."

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STORY BY EMILY ORNBERG & MARGARET MAHAR
PHOTOS BY NORA DREW

STICKY FINGERS

AN INSIDE LOOK AT THE SHOPLIFTING EPIDEMIC



THE FIRST TIME SHE DID IT SHE WAS 10 YEARS OLD.

Kim Chou* was shopping with her friends, roaming around Hot Topic when she saw a band T-shirt she wanted. Feeling brave, she pulled it through her belt loops and walked out.

"I was going through a rough time," she says unapologetically, shoving an oozing sandwich into her mouth. "I didn't have any money and we were at the mall and that's what you do when you're fucking young, I guess. From then on, it was just too easy."

Her favorite places to steal were Urban Outfitters, H&M and Forever 21, which, she says, had ample items for sale and few associates. Sometimes she would bring a giant purse jerry-rigged with compartments to hide things in. Other times she would wear a handmade belt that she could easily tuck clothes inside. She deactivated sensors, tore off tags or, when she was feeling really daring, just wore the clothes out the door. After stealing upwards of \$3,000 at Nordstrom, Lee was caught stealing at Urban Outfitters and spent a night in jail. But that didn't stop her.

"Sometimes I'd get a rush, like, I've gotten chased by security before and that was a lot of fun," Lee smiles. "I'm basically not allowed to go into certain Urban Outfitters in California for the rest of my life. I'm wanted."

With more than \$13 billion of goods stolen from retailers each year—\$35 million per day—shoplifting imposes a "crime tax" on all of us. Every American family pays approximately \$400 a year in price inflation to cover retailers' losses. And shoplifting is as invisible as it is insidious; according to the National Association for Shoplifting Prevention (NASP), shoplifters are only caught once every 34 times they steal, and half that time they aren't turned over to the police.

According to the National Retail Federation, 94 percent of surveyed U.S. merchandisers have been hit by professional boosters in the past year—and Chicago is one of the top 10 destinations for these theft rings. In 2011, Chicago got hit with a wave of so-called "flash robs," where large groups of intelligent

thieves hit several Michigan Avenue stores—the North Face, A|X Armani Exchange—in a massive burglar frenzy. And in November 2013, a video of a perilous pilferage at Sports Authority on Clark Street went viral, showing a group of thieves pushing clothing racks out the door, and trampling over store attendants.

However, the city is not only combatting professional thieves. One in every 11 Americans has shoplifted, according to NASP, leaving stealthy stealers like Lee to fall through the cracks.

Labeled as a "crime," "addiction," "disease," "political act" or "cry for help," shoplifting is largely misunderstood. So, why is it so prevalent? And what will it take to stop it?

OFFENSE

Tam Clark* was chosen from among many hopeful Chicagoans lined up for a casting call in the Gold Coast to work at one of the most profitable American Apparel stores in the country. For the first few months on the job, she was passionate about styling clients and consistently received high marks for her sales successes.

*I FELT LIKE WE WERE BEING
JUST LIKE, LITTLE, NAUGHTY
GIRLS. LIKE BEING 'BAD' YOU
KNOW? WE KIND OF JUST
LAUGHED.*

However, a change of managers left her feeling "worthless and expendable," she says. Eventually, feeling her hard work was unappreciated and she was being shortchanged by her commission-based pay, she began to steal. First she stole an \$80 chiffon shirt, stuffing it into her purse. It became a regular activity. "I did not feel guilty about stealing," Clark says. "After a certain extent, I hated my job so much that I just didn't care."

Clark shared her tips and tricks with other employees who felt similarly cheated; soon they were banding together, planning secret pilfering missions that netted garbage bags full of new clothes they shared with friends or sold to thrift stores. "We took anything and everything. Everything and anything," she says with almost childlike enthusiasm.

Sometimes they brought merchandise into the bathroom and put it in garbage bags, which they placed in garbage bins behind the store. "Then we would take it out to the alley and sort through it," Clark says. They hid larger items in FedEx or UPS packages. Eventually, district managers caught on; Clark's store had one of the highest number of thefts in the country. But corporate did next to nothing to stop it, she says. "The CEO would have weekly conference calls and he would just make remarks about how our store would have high theft rates—but he wouldn't do anything about it," Clark says. "It encouraged us to do it more."

Inadequate security only furthered Clark's cause.


"A lot of the security cameras didn't work. We rarely checked people's bags. If we did, it was just a quick glance. And when the company started tanking in profits, they took our security guards away," she says.

Just as some steal out of spite, others do it to fill an emptiness.

When Chelsea Smith* feels down, she grabs her oversized Coach bag, plops it into a shopping cart and begins her mission. Wheeling down the aisles of a cluttered TJ Maxx, Smith spends a large amount of time simply browsing. "I just start to put stuff in my cart and then stuff starts to land on top of my purse, and then, as I'm walking through, I'll just kind of put it in," she says.

For Smith, it's a compulsive activity. "During the time I'm stealing, I get this rush," she says. "Then I just start shoving stuff in [my bag], then I get out, get in the car, drive down the way a little bit, unload my purse and go to the next place." Sometimes Smith loses all track of time. "I shut off and I'm in there for hours," she says. "And it just calms me down."

* NAME CHANGED TO PROTECT IDENTITY



She began shoplifting at 16, when she and her friends stole bras on a dare. Even then, Smith could feel the rush of excitement from taking what was not hers. "I felt like we were being just like, little naughty girls. Like being bad, you know? We kind of just laughed."

When she was in her 30s, Smith was date raped. "I had to go through this whole legal process and relive it and it just started opening up and peeling the onion away," she says. She began drinking heavily and compulsively shoplifting. "It would start with something like, 'I'm at the restaurant and I want that candle. I'm gonna take it real quick and no one's gonna see me and I'm gonna get away with it.' I got kind of a thrill."

Smith has been arrested five times since then, but that hasn't stopped her from accumulating thousands of dollars worth of merchandise—most of which she hoards in her house, unable to part with it. Her favorite targets are toothbrushes, workout clothes and bandages. "I always need a new toothbrush," she says.

DEFENSE

Lorenzo Reid*, an employee at an undisclosed American Apparel store in the Midwest, is frustrated. At high-end stores like Macy's, he notes, "Everything is chained to the counter or tables. Bags are literally glued to the counter." That's not the case at his store. He tries to prevent theft, but American Apparel doesn't provide adequate security, relying instead on staff to prevent shoplifters. "They don't see the big picture," he says of the corporate higher-ups. "We do train our associates, and yes, we work hard at our jobs, but the people they are hiring are these younger, skinnier girls and the people that are coming in and stealing are these bigger girls."

In addition, Reid says, shoplifting laws in Illinois are overly sensitive to customers. Unless a retailer has evidence or actually witnesses a theft, retailers are unable to accuse suspects. "You can't really say anything; you just have to watch

them like a hawk," he says. "You cannot approach someone and say, 'Hey, you're stealing' unless you can name the item that they have. It has to be like 'Hey, do you want me to hold that black, small crop top I just saw you walk in the back of the store with?'"

Reid keeps a collection of photos of known shoplifters so staff know whom to watch. "We definitely have a wall of shame. They always want us to get pics," he says. "But it's so hard. When you're in that situation, a lot of times you don't want to go down alone in an elevator with that person, much less take their picture. I remember the last time I tried to take a picture, it was so shaky because I was so scared."

A lack of penalties add to the problem. Each state has its own felony threshold—the dollar amount when stealing becomes a felony. In 2011, the threshold for retail theft in Illinois was raised from \$150 to \$300 in an effort to keep petty offenders from crowding jails. "The punishment for shoplifting is largely negligible, and I think that that plays a factor in that people do it," says Rachel Shteir, author of *The Steal: A Cultural History of Shoplifting*.

In Fall 2013, leading up to the bustling holiday season, flagship stores from Barneys New York and Macy's upped their security to a more aggressive loss-prevention technique—encouraging sales people to "take chances" and stop anyone who looked suspicious. Shteir says the stores received backlash for racial profiling.

"If you're a loss prevention guy, how you're going to tell who's going to shoplift is a very loaded question," Shteir says. Since then, upscale retailers have developed a method of recognizing behavioral cues to identify shoplifters. Shteir says some of these "tells" include "signaling to others, hands down, concealing items, removing or switching stickers, attacking tag systems, continuous[ly] 'scoping' or searching for people, moving closely to fixtures, repeated stops in a particular area and inordinate nervousness (stretching, yawning, pacing)."



Stores also use “benefit denial devices” to discourage shoplifters from stealing in the first place. Ink tags, the most successful of these devices, spew ink if incorrectly removed, destroying the garment. And some department stores try a more positive approach, weaving quiet messages like “I am honest. I will not steal. If I do steal I will be caught and sent to jail” into their bubbly pop music soundtracks. But all of this is a cat-and-mouse game, with shoplifters countering each advance with a new strategy for defeating it.

PREVENTION

They meet weekly. Sometimes in a church, other times in a nondescript public building. An anonymous group of men and women sit in a circle. As a donation basket is passed around, people chip in a dollar or two for the host location. Terry Shulman, 48, meets with Cleptomaniacs and Shoplifters Anonymous group (CASA)—the ‘c’ being a way to spell out the acronym casa, which means “home” in Spanish.

Shulman, who founded CASA in 1992, is no stranger to kleptomania. Dealing with an unstable home life and the divorce of his parents, he began to shoplift at the age of 15, honing his skills by casually slipping items into his coat pockets. “If I would get stressed out, I would go get something for nothing and it would feel like a drug and alter my mood momentarily,” Shulman says. “It would make me feel powerful, like I made life fair for a moment. But it was very fleeting.” Shulman estimates that, over a 10-year period, he stole around \$10,000 worth of goods.

Shulman refers to kleptomania as an impulse control disorder, and not really as an addiction in the classic sense. He says a classic kleptomaniac is someone who impulsively takes things before they can talk themselves out of it. “Typically what happens is that they feel sudden anxiety and they soon learn that when they steal something, something happens in their brain chemistry—that they get relief or calmness,” he says.

After an incident in 1990, with over a decade of shoplifting under his belt, Shulman was caught for the last time, a bottle of champagne bulging out of his coat. Prompted into recovery, two years later he started CASA to make amends to a community he felt he had wronged. It serves both voluntary and court-ordered stealers who come for support in breaking their habit.

In 2004, Shulman founded The Shulman Center for Compulsive Theft, Spending & Hoarding, a private, for-profit business of which he is director. “I’ve worked with people who are very well educated, people who are ministers, doctors,” Shulman says. “There are professional thieves. There are people who are stealing to support a drug addiction or a gambling habit or doing it on a dare. But the thing is, for a lot of people, shoplifting becomes a habit or a highly addictive behavior.”

Shteir says this addictive quality leads some kleptomaniacs to experience withdrawal if they don’t get their fix. They don’t really have a sense of how their actions might hurt other people. “When people are stealing from multinationals, big corporations, the idea that ‘other people are going to suffer from my stealing this pack of gum’ is not a powerful rationale,” Shteir says. “It’s not like stealing from an individual, where you have to push them down and take their bag. You’re stealing from this faceless entity.”

ALWAYS WATCHING

On a cold fall day in the Chicago suburbs, dozens of undercover shoppers sit quietly among the rows of neatly stacked jeans and candy displays, watching. Operation Whoville, an undercover sting operation at high-end retail areas such as Orland Square Mall, Woodfield Mall and on North Michigan Avenue, was started by David Williams, assistant state’s attorney, three years ago to make a number of arrests and gain intelligence for future operations. Last year, Williams says they had 106 very public arrests,

YOU'RE REALLY STEALING FROM THIS FACELESS ENTITY.

intended to dissuade organized boosters. And in the process, they discovered some of the newer shoplifting tactics.

Why the whimsical name? “We were looking for a good operational name and [it was] during the Christmas season so we were looking for people to steal the gifts,” Williams says. “I guess I’m a Dr. Seuss fan, to be honest.”

Formed in 2010, CCROC, the Cook County State’s Attorney Regional Organized Crime Task Force, helps bring retailers such as Walgreens, CVS and Target together with law enforcement to work as partners against shoplifting. Stores who are members share information, including reports of organized retail crime and BOLOs, be-on-the-lookout alerts about suspected thieves, on their password-protected website to keep track of the city’s most frequent and stealthy offenders.

Together, Williams said CCROC has been able to track boosting crews, the most destructive subdivision of shoplifters, who lift and ship the stolen merchandise to a fence, a middleman who buys stolen goods from thieves and sells them for a profit. These small convenience stores on the South and West Side only sold pop and chips, CCROC started noticing, but also act as conduits for all kinds of criminal activity such as drug trade, gangs, fraud and identity theft.

“Working together with the private sector and their security, educating law enforcement about the public nature of the crime and the expansion of it and why it’s important, I think that’s the best way [of preventing it],” Williams says. He’s also working to call attention to the stores that purchase stolen goods and resell them, some of them using the proceeds to fund more dramatic types of crime. “If people know that professional shoplifters are fencing them to these stores, and those stores are really sucking the life out of these communities, maybe they’ll understand that it’s not just an isolated crime, or you see that these types of crimes are funding international terror groups or international crime groups, maybe they’ll think twice.”

But, he admits, “I don’t think we will ever get it all to stop.”

Shteir agrees. Stealing is ingrained in our human psyche, she says. It is driven by need and by desire—all under the urge to just have.

“We live in a world where it’s very important what you wear, what you look like, what brands you have. That identifies us. It marks us. Having these things is really important, [and] the urge to steal is particularly strong now since the recession...You could say, the sad thing is we don’t have the American dream any more, so we have to steal it.”

BUY THIS, NOT THAT

How to afford the finer things in life



**A HALF EIGHTH OF
POT COSTS \$25**

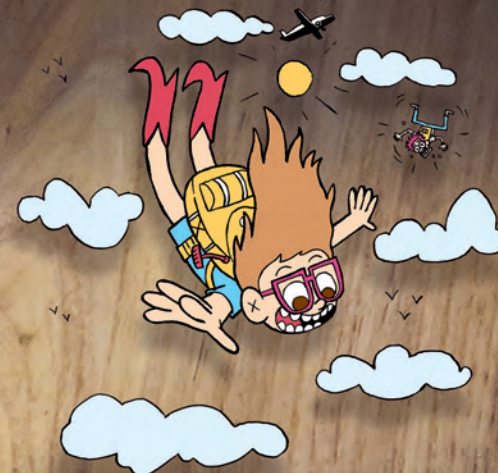
**GIVE UP 11 BAGS
AND GET**

Three-day general admission pass to Lollapalooza (and a half-eighth bag of pot for the show)

**A PACK OF
MARLBORO
LIGHTS COSTS \$12**

**GIVE UP 37 PACKS
AND GET**

Skydiving in Ottawa, IL for two.



STORY BY HANNAH COLE | ILLUSTRATION BY SEAN MAC



**A 7-MILE CAB
RIDE COSTS \$15**

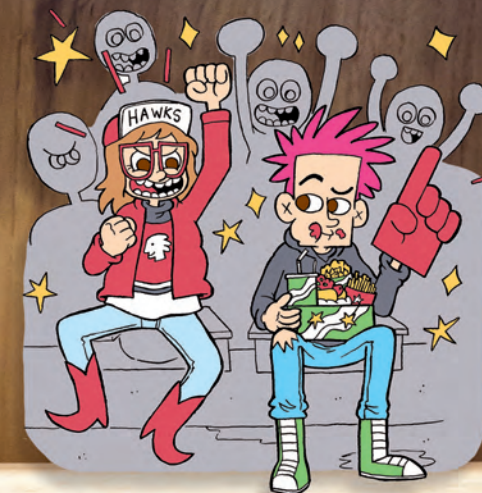
**GIVE UP 17
AND GET**

Round-trip flight to New York City via Southwest Airlines

**A DOMESTIC
BEER AT THE BAR
COSTS \$4**

**GIVE UP 26 BEERS
AND GET**

One regular-season ticket to a Blackhawks game



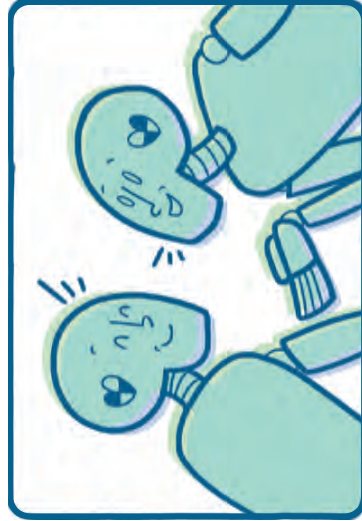


LOVE FOR DUMMIES

This is your brain on dopamine

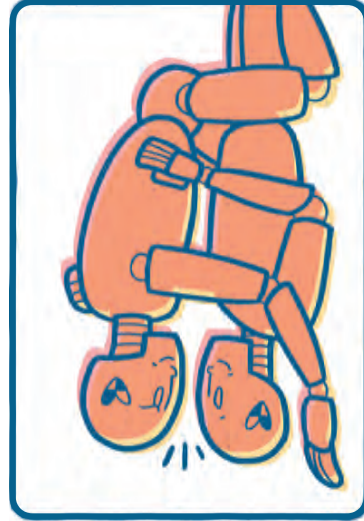
STORY BY ASHLEE STEWACK | ILLUSTRATION BY JAVIER SUAREZ

SUMMER IN THE CITY IS THE PERFECT TIME TO TEST DRIVE a new romance. Somewhere along the ride you may experience some road blocks and bumps. In the midst of the euphoria you can feel a bit like you're on autopilot. As your brain sends you signals, we're here to help you make sense of it all and avoid any serious accidents.



ATTRACTION

Testosterone and estrogen play a role in this stage. Researchers have found that testosterone and estrogen levels rise in individuals of both genders when they sense mutual interest, causing sexual arousal.



LUST

A spike in norepinephrine and dopamine, and a drop in serotonin, are the main agents in this stage. The side effects can include euphoria – that head-over-heels feeling – and OCD-like focus on the other person.



ATTACHMENT

At this stage, oxytocin and vasopressin take over, calming the craziness of the previous stage and allowing you to settle in and enjoy the ride. These two chemicals combined are the mixture for long-term commitment.

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in Chicago. Go to **zipcar.com/columbiacollege** to get started

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wheels when you want them



Guilty Pleasures

How to make a McHit.

STORY BY EMILY ORNBERG | PHOTOS BY DEVIN AADLAND

IT'S 10 A.M. AND THE SONGWRITING DUO THE

Kingpens are sampling trap beats over some McGriddles. Sam Spaulding, founding member of a prolific Chicago production crew that has crafted tunes for artists such as MGK and Lupe Fiasco, speaks in a slow, syrupy voice as he puts down his orange juice. "People love pop music because it's general, it's broad. But they hate it for the same reasons. There's definitely a recipe to music..."

"...and the recipe depends on what you're trying to cook and who it's going to be for," Lenny Hooks interrupts as he sips his McCafé coffee. "You've been tricked into liking this record because they used all of these simple tricks of chord progressions and harmonies and certain instruments that just work."

Pop music is the McDonalds of the music industry. It's created for the masses, produced faster than it should be—but that's the whole point. It's always available, deliciously greasy and predictably simple. It's there for those of us who just need something to consume. Its lack of nutritional value is implied, but hey, it's hard not to indulge in a large fry every now and then.

Quick consumption is the point of pop music, says David Dolak, who teaches Physics of Musical Instruments at Columbia College Chicago and builds guitars and other instruments in his free time. Just as our tongues process taste, our ears look for patterns in the frequencies of sound as our brain tries to understand them, he explains. Here is where the addiction comes in: simple chords

that sound soothing and comforting stimulate the release of dopamine, a neurotransmitter that rewards us. Happy sounds, such as octaves, fifths, fourths and thirds induce an addictive surge of pleasure. "So

does salt, sugar and fat for the taste system—comfort foods. We like and then want them more, again and again." In other words, Dolak says, "Pop music is easy, greasy food to eat for the ears."

Pop music is also consumed on the go, says Jay Frank, author of *Hack Your Hit*. "In the past, you weren't meaning to discover music; you just happened to be listening to the radio and all of the sudden, a song comes on and you go, 'Wait—who is this? What is this?'" Frank says. As record labels worked to deliver sure-fire Top 40 tracks to radio stations to nurture their pop stars, radio listeners—

the majority of Americans—became familiar with the same songsters, who promised to deliver catchy McPop songs and dominated their CD collections.

Today, online radio streaming services, such as Pandora and Spotify, are among the main means for discovering music. This allows users to be their own DJs, Frank says, which often forces them to favor the Big Macs of the industry. "Now there are

just too many musical choices out there," Frank says. "So for some listeners, they go and they stick to what's most popular, which is one reason why, surprisingly, despite all the press about the

trouble about the music business, the big hit songs are actually collectively making more money than ever before—not less."

Pop music is polarizing. Its advocates idolize the entire pop spectacle, while its critics dismiss the genre and only indulge in pop music for the occasional "guilty pleasure." That term itself acknowledges a sense of shame. But there's no denying the science: our brains prefer melodies that are simple, predictable and repetitive, despite our views on a song's artistic merits. So why do we feel guilty about liking pop music?

**"POP MUSIC IS EASY,
GREASY FOOD FOR THE
EARS." —DAVID DOLAK**



1899-EDISON CYLINDER PHONOGRAPH

These wax cylinders are about four inches long and 2 ¼ inches in diameter, and play about two minutes of music or other sound on a phonograph—hence the two-minute pop song.

1933-REEL-TO-REEL MAGNETIC TAPE

Magnetic recording on steel wire is developed commercially to transmit the first inter-city stereo audio program. Due to price and size, they are limited to professional use.

1922-CAR RADIOS

Chevrolet produces a sedan with a Westinghouse "two-step amplifying radio receiving set." For the first time, people can take their music with them.

1948-VINYL LP'S

LPs (long-plays) expand the capacity of the old 12-inch diameter discs, which only played around five minutes, to provide up to 20 minutes of audio on each side. This allows 10 or more recordings on every record.

1963- CASSETTE TAPES

Portable, recordable and not too fragile, tapes are a new way to share music more easily.

1981-MTV

MTV (Music Television) plays music videos 24/7. Videos contextualize the songs and give dazzle to modern pop stars. The original tagline of the channel is, "You'll never look at music the same way again."

Compelling Consumption

"It's a formula. It's all about the ingredients," says Lenny Hooks, co-founder of legendary Chicago producers The Kingpins. "When you start to talk to the labels, they know what they're looking for. Does it have the ingredients?"

GRABBING INTRO: Now that people stream music, they will always hear songs from the very beginning, in contrast to when people listened to songs on the radio and came in at any part of a song.

KNOW YOUR AUDIENCE: "Club-banger music calls for booming beats and a faster tempo. A beach party calls for happier melodies and soothing harmonies. Who's going to be listening to this? Make it fit into that environment," Hooks says.

CATCHY HOOK: "The more people hear something, it will just get more into their spirit," says Sam Spaulding, another founder of The Kingpins. If the chorus features lyrics that get stuck in listeners' minds for the rest of the day—unique phrasing, a resonant message—the song will be played again. And again. And again.

MAJOR CHORDS: Pop music favors major chords—the same ones you remember from "Mary Had a Little Lamb," "Twinkle Twinkle Little Star" and "Happy Birthday." These chords feed the brain happy, predictable, nostalgic melodies.

INCOMPLETE ENDING: Ending a song before the melody is complete frustrates listeners' brains, which are wired to "finish the puzzle," and forces them to play the track again.

Q & A: SONGWRITER TAVISH CROWE "CALL ME MAYBE"

Q: WHAT WAS IT LIKE WHEN "CALL ME MAYBE" HIT THE BIG TIME?

A: It was so insane to see all that stuff happening. It was a pretty quick transformation and totally sweet to hear that pop four-on-the-floor behind it. Then Justin Bieber was in town, and he tweeted about the song, and it really started taking off. Carly and I were both freaking out about that. It's just sort of become this inspiration now.

Q: WHAT DO YOU THINK ABOUT THE FORMULA FOR POP MUSIC?

A: Just recently it seems like the songs that are really getting big are starting to break rules. It's not so much a pop formula anymore. It's still verse-chorus-verse-chorus, but there's different cool melodies and throwbacks to '50s and '60s instrumentation and using chords that are more advanced. It just feels like a really exciting time for pop music.

Q: HOW DO YOU REACT TO PEOPLE CALLING "CALL ME MAYBE" A GUILTY PLEASURE?

A: I don't think there's any guilt in listening to something you enjoy. It's like reading a good story or watching a good movie. Why should you feel bad? Sure, there's other music that you can be listening to; no guilt in that either. But you can always turn on a good pop song. There's no shame in that.

1996-MP3

As the industry begins shifting to digital format, MP3s greatly reduce the amount of data required to represent information in an audio recording.

1982-COMPACT DISCS

The first compact disc holds about 74 minutes of uncompressed audio, hence the standard 17-song album package.

1997-AUTO-TUNE

Originally intended to disguise or correct a vocalist's tempo or pitch mishaps, the software was first used commercially on Cher's "Believe" in 1998 but goes on to create a trend of synthesized sounding artists for years to come.

1999-NAPSTER

This peer-to-peer file-sharing service got listeners hooked on the idea of unlimited free music.

2008-SPOTIFY

Interactive streaming is fast becoming America's favorite way to listen to music, which is unfortunate for artists. By 2014 artist is getting just half a cent per stream.

2001-IPOD AND ITUNES

Users can now bring their MP3s everywhere they go. iTunes allows users to create their own playlists. People suddenly seem OK paying for digital music.



A small number of producers and songwriters create a disproportionately large number of contemporary hits, which may explain why so many of them sound similar. The producers serve as creative directors, organizing the song arrangements and editing the recordings; the songwriters elevate songs to their smash potential.

PRODUCERS

MAX MARTIN

Backstreet Boys ("As Long As You Love Me," "I Want It That Way")
 *NSYNC ("I Want You Back," "Tearin' Up My Heart," "It's Gonna Be Me")
 Britney Spears ("...Baby One More Time," "Oops!...I Did It Again," "Stronger," "Lucky")
 Celine Dion ("Faith")
 *Kelly Clarkson ("Since U Been Gone," "Behind These Hazel Eyes," "My Life Would Suck Without You")
 *P!nk ("Who Knew," "U + Ur Hand," "So What")
 *Katy Perry ("I Kissed a Girl," "California Girls," "Teenage Dream," "Wide Awake," "Roar,")
 Justin Bieber ("Beauty and a Beat")
 Taylor Swift ("We Are Never Ever Getting Back Together," "I Knew You Were Trouble," "22")

THE NEPTUNES

Ol' Dirty Bastard ("Got Your Money")
 Jay Z ("I Just Wanna Love U (Give It To Me)," "Excuse Me Miss")
 Ludacris ("Southern Hospitality," "Money Maker")
 Britney Spears ("I'm a Slave 4 U," "Boys")
 *NSYNC ("Girlfriend")

Usher ("U Don't Have to Call")
 Common ("Come Close")
 Justin Timberlake ("Señorita," "Like I Love You," "Rock Your Body")
 Nelly ("Hot in Herre")
 Kelis ("Milkshake")
 Gwen Stefani ("Hollaback Girl," "Wind it Up")
 Snoop Dogg ("Beautiful," "Drop it Like It's Hot")
 Frank Ocean ("Sweet Life")
 Kendrick Lamar ("good kid")
 Beyoncé ("Green Light," "Blow," "Superpower")

TIMBALAND

Aaliyah ("Try Again")
 Justin Timberlake ("Cry Me A River," "Sexy Back")
 Jay Z ("Dirt Off Your Shoulder")
 Pussycat Dolls ("Wait A Minute")
 Nelly Furtado ("Maneater")
 Missy Elliot ("Work It")
 Ludacris ("Rollout")
 Beyoncé ("Drunk in Love")
 Rihanna ("Rehab")
 Madonna ("4 Minutes")

DR LUKE

*Kelly Clarkson ("My Life Would Suck Without You," "Since U Been Gone," "Behind These Hazel Eyes")
 Miley Cyrus ("Party in the U.S.A.," "Wrecking Ball")
 Ke\$ha ("Your Love is My Drug," "Tik Tok," "We R Who We R")
 Taio Cruz ("Dynamite")
 *Katy Perry ("Teenage Dream," "Last Friday Night (T.G.I.F.)," "E.T.")
 Jessie J ("Price Tag")
 Rihanna ("You Da One")
 Pitbull ("Timber")
 Flo Rida ("Right Round," "Good Feeling")

SONGWRITERS

MAKEBA RIDDICK

Jennifer Lopez ("All I Have")
 Rihanna ("If It's Lovin' That You Want," "Disturbia," "Rude Boy")
 Beyoncé ("Get Me Bodied")

BONNIE MCKEE

Katy Perry ("California Gurls," "Last Friday Night (T.G.I.F.)," "Part Of Me," "Roar," "Teenage Dream," "Wide Awake")
 Britney Spears ("Hold it Against Me")
 Taio Cruz ("Dynamite")

RYAN TEDDER

Jordin Sparks ("Battlefield")
 Leona Lewis ("Bleeding Love," "Happy")
 Kelly Clarkson ("Already Gone")
 Beyoncé ("Halo," "XO")
 OneRepublic ("Apologize," "Good Life," "Secrets")
 Adele ("Turning Tables," "Rumour Has It")

*Co-produced

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kaijucomics.blogspot.com

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NIGHT SHIFT

Harnessing the power of lucid dreaming

STORY BY EMILY ORNBERG | PHOTO BY ASHLEE STEWACK

STARK FLASHES OF LIGHTNING BROKE THROUGH THE DARKNESS OF a storm at sea as I swam, battling huge waves, desperately trying to keep my head above water. Thunder drowned my screams for help; a tidal wave swallowed me and I frantically gasped for oxygen. 'I'm going to die,' I thought. Until I remembered: I'm just dreaming. The storm calmed.

I don't need water to drown. Life often drowns me, or so it seems. My dreams take over my senses, pulling me into a world that feels entirely real. As I enter a lucid dream, I enter the dream world, but suddenly I realize I'm dreaming and I exert my power to control what happens next. In the process, I've been able to work on skills during my dreams, such as practicing piano or editing stories.

Lucid dreaming haunts my daytime thoughts and confuses the vivid sensory dreams with memories of reality. My mind is just as active when I'm dreaming as it is when I'm awake, so every morning I feel more exhausted than when I went to bed.

I decided to reach out to Dr. Gayle Delaney, the founder of the International Association for the Study of Dreams and author of *All About Dreams*, who's been practicing dream work since 1974, to learn more about my lucid dreams and how to control them.

**"WHAT HAPPENS IN YOUR DREAMS, LIKE WHAT HAPPENS IN YOUR DAYS, AFFECTS THE ECONOMY OF YOUR SOUL."
—GAYLE DELANEY**

EO: What can you tell me about lucid dreams?

GD: I'm here to tell you that you have a very unusual gift and you can learn to use it in a lot of ways. It's rare—it comes into anybody's life maybe 10 percent of their dreamtime, unless they get really fascinated by the topic and practice it.

EO: I am constantly overwhelmed by my lucid dreams. I had a vivid dream as a young girl about a giant venomous tarantula that has stuck with me. Can I stop?

GD: Learn to use your lucid dreaming in a useful way rather than just watching what's going on in the dream because it's interesting, or because it's pretty, or because it keeps bad things from happening. Instead of changing the dream, use your lucidity to learn. You've got to change your attitude to confront the scary things, go toward conflict. Now you have to ask the spider, 'What are you doing in my dream?' and you'd be amazed what starts to happen. The animal will talk to you. Lucid dreams can be fantastic, but almost no one uses it to grow or to learn. Learn to play with them.

EO: How would someone begin to lucid dream?

GD: Start writing down your dreams in the morning—that's fundamental, because you want to start teaching yourself to be more aware. When you first wake up, ask, 'What was first going through my mind?' and write it down. You need to recall things in order to lucid dream. When you see something really weird in reality, say 'I must be dreaming.' Start saying that often. Start becoming more aware.

EO: What are some misconceptions about lucid dreaming?

GD: Usually in lucid dreams, there are varying degrees of how you control the environment from 'Oh, I know I'm dreaming!' and then it takes off again. Or, 'I want to go over here and be with such and such person.' Then once you set up a scenario, the dream takes over again. So this is a far broader subject than is ever mentioned in those little cookbooks, 'This is how you can lucid dream.' So you want to lucid dream? To what end? How do you want to feel? And in what way do you want to lucid dream?

EO: What is the benefit of being able to lucid dream?

GD: There are some extraordinary lucid dreams of exquisite beauty where the world around you is beautiful. Or you have some extreme eroticism and you are burning through your inhibitions. It's more beautiful than anything you've been able to experience in your life. I believe, like [Friedrich] Nietzsche says, what happens in your dreams, like what happens in your days, affects the economy of your soul. It is a part of you.

STAR-CROSSED COCKTAILS

Tasty drinks suited for your sign

STORY BY ASHLEY SKOCZYLAS AND TANISHA WALLIS | ILLUSTRATION BY JAVIER SUAREZ

CAN COCKTAIL PREFERENCES BE WRITTEN IN THE STARS? TESORI mixologist Mario Flores and Watershed bartender Laura Chaillie concocted Zodiac-inspired cocktails. If the stars align, you could find your perfect drink.

Aries

**LAGAVULIN 16 YEAR
SINGLE MALT
SCOTCH, NEAT**

A strong drink for a strong leader. "The smell of campfire, cigar and oak coming off that glass will have everyone around you thinking you just killed a pack of wolves with your bare hands," says Flores.

Taurus

**RYE MANHATTAN,
ON THE ROCKS**

The classic Manhattan satisfies A Taurus' traditional aesthetic. Ice will dilute the drink and the extra water will help the body process ethanol. "Boozy but approachable," says Chaillie.

Gemini

GIN BRAMBLE

Chaillie suggests the Bramble because its complex and effervescent properties appeal to Gemini's intellectual, chatty nature. Made with gin, lemon, simple syrup and a drizzle of crème de mûre, this refreshing drink will gear you up for more conversation.

Cancer

DARK AND STORMY

This drink's name is derived from its ingredients: rum (dark) and ginger beer (stormy) with a dash of lime juice. Chaillie says it also complements the other side to a Cancer's loving, compassionate personality: occasional mood swings.

Leo

MEZCAL PALOMA

Just like Leos, Mezcal is often misunderstood and imposing, Chaillie says. The smoky-tasting alcohol mixed in a paloma (a mixture of grapefruit, soda, sugar and lime) creates a delicious bitter-sour combination.

Virgo

NEGRONI, ON THE ROCKS

Made of gin, Campari and sweet vermouth, this drink appeals to a Virgo's complexity, says Chaillie. It's sweet, bitter and strong all at once, just as Virgos are equal parts analytical, reliable and precise.



Libra STICK TO THE CLASSICS

Libras tend to be indecisive. A simple cocktail like a Tanqueray and tonic or rum and Coke are solid choices, says Flores. Then Libras can do what they do best: impress everyone with their charm and intellect.

Scorpio YOUR OWN "SECRET" RECIPE

Scorpios are passionate and secretive, so Flores suggests asking the bartender to mix 2 oz. of Zubrowka Vodka, 1/2 oz. fresh lime juice and 1/4 oz. green Chartreuse, shaken and strained over ice. "Ask the bartender to keep this drink between the two of you," he adds.

Sagittarius BEER

"Sagittarians are friendly and like to have people over, and that means beer," Flores says. He suggests Revolution's Anti-Hero IPA, followed by a shot of Irish whiskey to suit a Sagittarians' reckless side.

Capricorn BOURBON OLD FASHIONED

Chaillie recommends a strong, classic cocktail for a hard worker. Bourbon, sugar, Angostura bitters, a splash of club soda and a strip of orange peel over an ice cube will put a Capricorn at ease.

Aquarius A LAST WORD

Chaillie suggests mixing gin with an herbal spirit such as Chartreuse to create a strong, tart combination with an herbaceous, anise-like kick to complement an Aquarius' progressive, artistic nature.

Pisces CLASSIC CHAMPAGNE COCKTAIL

Chaillie and Flores suggest a drink with bubbles. Mixed with sugar, bitters and a twist of lemon, a Champagne cocktail appeals to Pisces' sensitive, dreamy side. Plus, the flavors change as the sugar melts and the bitters are distributed by the carbonation, creating an introspective experience for this idealistic sign.



How to satisfy your apocalyptic appetite

STORY BY ELEXIS RUIZ & JESSIE SARDINA | PHOTOS BY JOLIE GREENSTONE

THE END OF THE WORLD IS HERE AND YOU are more than prepared. You've spent the last several years decoding the Mayan Calendar, and you have enough canned goods and bottled water to nourish the cast of "The Walking Dead." To turn your doomsday pantry into delectable dishes during your final days on Earth, follow these recipes from Timothy Cottini, executive chef at Fork.

BREAKFAST

Rice & peanut butter porridge w/ a honey glazed pan seared ham steak

INGREDIENTS:

2 slices Hormel Spam
1½ cups rice
½ cup peanut butter
1 15-oz. can Del Monte Fruit Cocktail
½ tsp cherries (picked from fruit cocktail)
1 tbsp grapes (halved, picked from fruit cocktail)
½ tsp. coconut oil
1 tsp. honey

1. Bring 3 ¼ cups of water to a boil. Pour in rice, and return to a boil. Cover and simmer for 15 minutes. While the rice is cooking, pick out ½ tsp. cherries and 1 Tbsp. grapes from the fruit cocktail. Cut the grapes in half. Set aside.

2. In a food processor, blend half-cooked rice with peanut butter and a splash of the fruit cocktail juice. Place a skillet on high heat. When hot, add coconut oil and fry Spam on each side for about 1 minute. Pour honey over Spam and let it slide off and caramelize. Remove Spam from skillet and glaze with caramelized honey.

3. To serve: Ladle rice mixture into bowls, top with Spam and garnish with cherries and grapes. For extra sweetness, "put a little extra drizzle [of honey] on it, cause life sucks and we want to eat everything," says Cottini.





DINNER

Beef stew & pureed chick peas topped with tuna sauce

INGREDIENTS:

- 1 4-oz. can tuna
- 2 Tbsp. mayo
- 1 tsp. apple cider vinegar
- 1 Tbsp. salt
- 1 20-oz. can Dinty Moore Beef Stew
- ¼ cup dried chickpeas
- optional: dried oregano

1. Place chickpeas in enough water to cover them. Cover and bring to a rolling boil over high heat. Cook for 90 minutes. Whisk together juice from tuna can with mayo and vinegar.
2. When chickpeas are cooked, drain and blend with ¼ cup cooking liquid and salt, adding liquid as needed. Remove beef pieces from canned stew and cook over a double boiler until heated thoroughly.
3. To serve, use chickpea puree as a base. Place beef pieces on top and drizzle with tuna sauce. Garnish with a sprinkle of dried oregano.



LUNCH

Tuna casserole

INGREDIENTS:

- 1 18-oz. can Progresso chicken and vegetable dumpling soup
- 1 4.5-oz. can Green Giant sliced mushrooms, drained
- ½ cup saltine crackers, crushed
- 1 4-oz. can Starkist tuna, drained
- 1 Tbsp. mayo
- 1 15.25-oz. can corn, drained

1. Pick out carrots, celery and dumplings from the soup. In a cast-iron skillet, combine mushrooms, tuna, carrots, celery, a splash of chicken broth and mayo. In a food processor, blend crushed crackers, dumplings and corn for about 2 minutes to create a crust. Place over tuna mixture.
2. Bake at 400 degrees for 45 minutes, or until crust is brown. Serve in the skillet. "When everybody goes crazy, there will be interesting combinations of foods. Because food helps people forget," says Cottini.

DESSERT

Rice pudding with fruit cocktail

INGREDIENTS:

- 1 cup rice
 - 1 6-oz. can pineapple juice
 - 1 15-oz. can Del Monte Fruit Cocktail
 - 1 Tbsp. honey
1. Bring 2 cups of water to a boil. Add rice, cover and simmer for 15 minutes.
 2. Blend together half-cooked rice, half the pineapple juice and honey, adding juice until it is the consistency of pudding. Pour into a mixing bowl and place over another bowl filled with ice water. Whisk the pudding over the ice bath to thicken.
 3. To serve, use pudding as a base and top with fruit from the fruit cocktail. Drizzle with honey.



CIDER'S INFERIORITY COMPLEX

Use these comebacks to put cider naysayers in their place

STORY BY JESSIE SARDINA | PHOTOS BY KEENAN BROWE

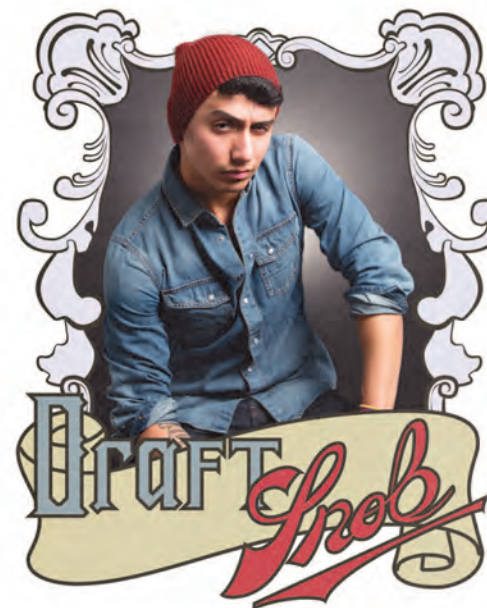


"ROLL YOUR EYEBALLS AT ME ALL YOU WANT, BUT OUR FOUNDING FATHERS LOVED THIS STUFF." After the first settlers discovered that the rocky New England soil was unsuitable for growing barley and grain, they requested apple seeds from England and began planting the first orchards. Fast forward to the turn of the 19th Century, and the region was producing nearly 3,000 gallons of cider a year. It was, by far, the beverage of choice. Even children drank "ciderkin," a weaker alcoholic beverage, and it wasn't uncommon to find a small cider orchard on most homesteads. The demise of cider can mostly be credited to the arrival of beer-gulping Europeans and a little buzzkill called Prohibition.



"IF GETTING WASTED IS YOUR GOAL, WHY DON'T YOU TAKE A BREAK FROM SMASHING PBR CANS ON YOUR HEAD AND TRY SOME OF MY CIDER?" Believe it or not, cider will get you tipsy faster. While a PBR clocks in at 4.75% alcohol by volume, most traditional hard ciders are around 6 to 8%. Oh, and that sour tummy ache you get after a night of losing multiple rounds of pong? Cider has long been recommended as a cure for upset stomachs. Cheers!

CIDER SHAMING. IT'S A THING. IF YOU'VE ORDERED CIDER IN A CITY LIKE CHICAGO THAT'S BRIMMING with local brews and loyal drinkers, then you've probably seen the scowl and heard the flack. Fear not, cider lovers. Your thirst for a pint of that which is crisp and fruity is far from shameful. Use these rebuttals to wise up the haters.



"WHILE YOUR KNOWLEDGE OF MICRO-BREWING IS FASCINATING, I'M SURE I COULD ENLIGHTEN YOU ON HOW THIS STUFF IS MADE." Fresh apples are ground by a mill into a pulpy, sticky mush called pomace which, in traditional craft brews, is stacked between alternating layers of sweet straw and ash wood. Pressure is then applied to the layers until all the juice is extracted from the pulp. At many home breweries, the pulp is used for animal feed, but in larger operations it can be used to make apple liqueurs. The juice is fermented with yeast at a relatively low temperature in order to preserve aromas. Right before the yeast eats up the juice's sugars, it's siphoned into new, airtight vats to eliminate the growth of bacteria and continue fermentation. This is the point when carbon dioxide is formed, giving cider its effervescent quality. The cider ferments for three months to three years before it's bottled and sipped with superiority. OK, now you can tell me about your IPA.

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PICKY PALATES

Selective eaters get some answers

STORY BY MEREDITH KAVANAGH | PHOTOS BY DANIELLE SCARDINA

I FEEL THE FLUSH CREEPING UP MY CHEEKS. "I'll have the Chicken Marsala with no mushrooms, sauce or basil, please," I tell the server, trying to ignore her confused look. Yes, a plain chicken breast and buttered noodles is my real order.

I'm not anorexic and I'm not two years old. I'm a 26-year-old picky eater.



FOOD PROPS BY WESLEY FERGUSON, CHELSEA GALLAGHER,
JAKE JUWAYYID, SUZANNAH LINNEKIN, EMILY MODJESKI,
MICHAEL OLIVA AND MITCHELL RANDELL

Up to 24 million people in the U.S. suffer from eating disorders. More than half of them don't fit the criteria for anorexia or bulimia, so they are diagnosed with Eating Disorders Not Otherwise Specified (EDNOS). The vague nature of this diagnosis, which includes everything from mild cases of anorexia to extreme cases of atypical eating, makes it a hard group to study, let alone treat. For picky eaters, it means doctors have no answers.

I don't remember when I first realized my eating habits were different, but I've heard my mom recall the time she tried to feed me a banana and I immediately gagged and spat it out. I was about one and a half.

As soon as I could chew, I developed a taste for my favorite foods: chicken, French fries, buttered noodles, mashed potatoes, bread—any form of bland starch or processed food was always a safe bet. Many of the foods I don't eat (eggs, red meat, most fruits and vegetables) have never made it past my lips.

For as long as I can remember, food has been a source of anxiety and embarrassment. I used to avoid meals at friends' houses, and if food was offered, I would say, "I'm not hungry. I just ate." Refusing food became such a knee-jerk reaction that to this day, I won't accept food unless I'm asked two or three times.

I still feel the burn behind my eyes when someone I love voices frustration at my eating habits, or someone I respect tells me I'm going to die by 30 if I don't start eating better. I know they are just concerned about me, but I feel helpless to change. And I feel guilty for the effect that my diet has on others.

I spent the first 20 years of my life thinking something was wrong with my brain, my tongue and my senses. How could I be repulsed by so many foods other people enjoy? I knew it was more than what everyone in my life tried to convince me. It wasn't "all in my head."

Now I finally have the medical community backing me up.

In May 2013, Avoidant Restrictive Food Intake Disorder (ARFID) was recognized by the American Psychiatric Association as a new category of eating disorder. It is defined as "a persistent disturbance in eating that leads to significant clinical consequences, such as weight loss or inadequate growth, a significant nutritional deficiency, dependence on tube feeding or nutritional supplements to sustain adequate intake, and/or impaired psychosocial functioning, such as an inability to eat with others." Two to five percent

of American adults are persistent selective eaters. This puts them at risk for nutritional deficiencies, as well as growth impairment when they are young, and social impairment when they are older.

If that doesn't sound like a true eating disorder to you, you aren't alone. The very concept of ARFID has long been virtually unknown in the medical world and often dismissed as simply a personal choice by anyone who didn't suffer from it. Unlike anorexia, bulimia and binge eating, doctors had no explanation for the varied manifestations of picky eating in adolescents and adults, and the advice for parents of persistent selective eaters was usually punitive: "Don't offer them their preferred food and they will get hungry enough to eat whatever is put in front of them."

Yeah, doesn't work that way.

Luckily, I have patient parents who fed me chicken nuggets, fish sticks, and macaroni and cheese made with real shredded cheese—never the neon, inedible-looking powder.

Still, I vividly remember being on the verge of tears at the dinner table, staring at my U.S. map placemat, trying to explain why I couldn't eat a spoonful of peas. "No, I can't just try it." I wasn't being stubborn, dramatic or asserting my control as children do. Nobody understood that I saw hamburgers as dog food, pot roast as vomit, and the smell of vegetables was something closer to a dirty sock dipped in hazardous waste. I physically

could not eat the foods put on my plate because to me, they simply weren't food.

Growing up, I longed for someone to understand the inexplicable disgust I felt for most foods. Bob Krause, 67, shares that feeling, and he did something about it. Krause served 13 years in the U.S. Navy relying on a diet of toast, plain cereal, peanut

I SAW HAMBURGERS AS DOG FOOD, POT ROAST AS VOMIT, AND THE SMELL OF VEGETABLES WAS SOMETHING CLOSER TO A DIRTY SOCK DIPPED IN HAZARDOUS WASTE.

butter, crackers and milk. "I can remember taking the physical and the doctor asked if there was any reason I shouldn't serve. I wanted to say, 'Well, I'm a crummy eater. This could be a problem.' But I had nothing to say about it cause I had nothing to base it on," he says.

Until Krause was in his early 50s, he hadn't heard of or met anyone else who shared his eating issues. For years, he tried to research picky eating in the medical reference section of the library, but he couldn't find much. So he took his research online, where he stumbled across a blog post from a man in Great Britain who had similar eating habits. "I thought, 'Oh my God. This guy's





ALTHOUGH EVERY TONGUE HAS DIFFERENT TASTES, PICKY EATERS TEND TO PREFER BLAND, STARCHY, SALTY, PROCESSED FOODS.

just like me," Krause says in the slow, measured voice of someone who has told his story many times. "So now I've got proof that there's two."

Krause started a website called Picky Eating Adult Support in 2003. Today, it has 10,000 members. "Hardly a week goes by that somebody doesn't join the support group and say how they've got tears in their eyes," he says. "They thought they were the only person in the world like this, and they're so relieved to know there's people who understand them."

Four years ago, Nancy Zucker, PhD, Director of the Duke University Center for Eating Disorders, took notice of the number of students coming to her with the same issue: a short list of acceptable foods along with a physical inability to try new foods. "These college students were really struggling socially because intellectually they knew there was no reason why they had so much trouble eating," Zucker says. "It was interfering with job interviews, with dates. They were worried about their health because they weren't eating any fruits

and vegetables. It was affecting their stamina. They weren't classic eating disorders, and as you dug in a little bit you realized the developmental history of their lifelong struggle."

Zucker, along with Marsha D. Marcus, PhD and Jennifer E. Wildes, PhD from the University of Pittsburgh, conducted the first study on adult picky eating. Nearly 7,000 men and women above the age of 18 completed an online "public registry" of picky eating in 2010. The questionnaire was designed to determine how picky eating and other atypical eating disorders correlate with Obsessive Compulsive Disorder (OCD) and other disorders that include similar food and sensory sensitivities. In order to gain recognition of picky eating as a distinct eating disorder, Zucker and her team had to prove that selective eating disorder (SED) and ARFID occur without the presence of OCD.

"My research is looking at the role of disgust at eating," Zucker explains. Prior research, she says,

has focused on fear and anxiety, rather than gut and sensory sensitivity. "If we're just looking at

it from a very cognitive way, 'They're afraid to try new foods,' well, what are you afraid is going to happen? We're not at all addressing these primary sensory aversions."

Zucker and her colleagues found that OCD was not more prevalent among people with ARFID and SED, but social eating anxiety was significant and problematic. "Selective eating is impairing if a variety of food is such that they're having nutritional deficiencies, causing a lot of family conflict, causing relationship dysfunction," Zucker says. "Then you're getting on the verge of disorder. When you're talking about ARFID, you're usually talking about kids and adults who are not eating enough food, as well as eating a limited variety."

This unprecedented research sparked a surge of new research, and led more picky eaters to come forward. "This whole population of folks that just felt

completely misunderstood," Zucker says. "That they were faking it or being difficult, or it was some kind of personality problem and not just this hardwired aversion to try new things."

It's not just new things, either. It's also textures. I instantly bond with Krause when he says Frosted Flakes are one his favorite foods because the sugar coating keeps the flakes from getting limp. Krause prefers a crunch in all his foods. His staples are peanut butter and crackers, plain potato chips, peanuts and grilled cheese sandwiches. His favorite food is crispy bacon.

This is the perfect example of the variations of picky eaters: the smell and sight of bacon is as appetizing as kitty litter to me, but for Krause it is the best flavor and texture combination he can imagine. Although every tongue has different tastes, picky eaters tend to prefer bland, starchy, salty, processed foods, for which we only have genetics to blame.

The tastes we crave are determined by what we need to survive. Humans evolved to like sweet

and salty tastes, which usually correlate with high-calorie nutritious foods, and to dislike bitter and sour flavors, which could indicate poisonous or rotten food. Roughly 25 percent of people qualify as "supertasters," with up to 100 times as many taste buds as average tasters, making them more sensitive to bitter tastes. Picky eaters tend to be supertasters (though not all supertasters are picky eaters). This means food truly does taste different to them. For example, Dunkin' Donuts coffee tastes like gasoline to me.

But that's only one small facet of picky eating and does not apply to everyone. There is much more to be learned. "There's a lot of really exciting work about it," Zucker says.

"My interest is in visceral sensitivity, which is being sensitive to how your body feels—like butterflies in your gut. If you're really sensitive to your gut, you have really strong gut feelings, you can have this intuitive sense that something's wrong even if you can't give a logical explanation, and that's what I see in a lot of these selective eaters. There's all these different ways to go at it and to get the biology more clear about what the disorders really are."

**I HAVE GROWN TO ACCEPT
MY SUPERTASTING TONGUE
AND HAIR-TRIGGER GAG REFLEX.
I AM COMFORTABLE WITH WHO
I AM AND WHAT I EAT.**

I'm elated as I listen to Zucker talk passionately about our progress understanding picky eating and even the possibility of treatment in the future. But Krause doesn't share my enthusiasm. "At this point in my life, 66 years old, there's not gonna be any change for me," he says. "I can be happy eating what I eat for the rest of my life. I don't have a feeling like I'm missing anything. To this day I do believe that if [there was a cure], I really would feel like a part of me died."

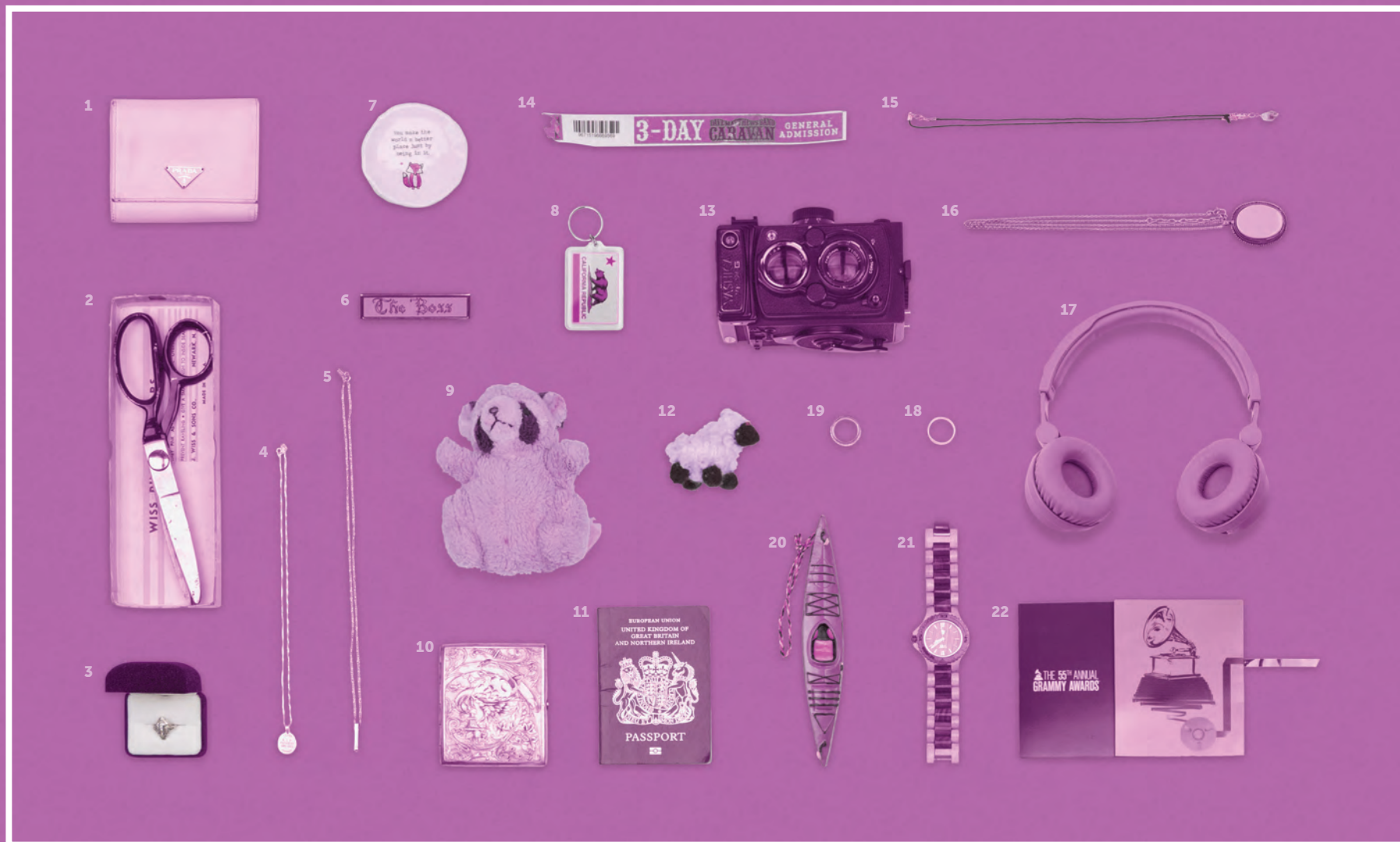
I, too, have grown to accept my supertasting tongue and hair-trigger gag reflex. I am comfortable with who I am and what I eat. But unlike Krause, I would give serious thought to a

"cure." I would love nothing more than to not have to look up menus before committing to a dinner with friends.

But now when I complain about having a zit, feeling sick or gaining weight, and I get the unsympathetic, "Well if you ate like a normal person...." I have a response. Yes, I'm a picky eater.

But I'm not immature, unadventurous, stubborn or boring because of my diet. I'm not weak for not being able to overcome bitter tastes and gagging on food that takes too long to chew. These are gut reactions, an involuntary part of me that will always be there. Or as Krause says, "This is the cross I've had to bear my whole life, and it's part of what makes me me."





PANTONE 18-3224

RADIANT ORCHID

A FRESH COAT

Updating the treasured possessions of Echo's staff in Pantone's color of the year

STORY BY JORDAN ZEMAN | PHOTO BY DANIELLE SCARDINA | DESIGN BY ALEX COVEN

1. White wallet: This was a gift from a great friend in New York, and it reminds me to stay fashionable and happy. — *Jordan Zeman*

2. Scissors: I inherited these shears a few years ago when my grandma passed away. They make me think about the hypocrisy of functional crafts as "woman's work" vs. men's occupational crafts. They're the same damn thing. — *Keenan Browe*

3. Boxed ring: This ring was passed down to me from my great grandmother. I always loved it when I was little, and it was given to me by surprise when I turned 16. — *Ashley Skoczylas*

4. Thumbprint necklace: This is my papabear's thumbprint, a piece of him I can carry around with me wherever I go. — *Elexis Ruiz*

5. Silver necklace: My parents gave me this silver necklace right before I moved to Chicago. It's a "J" from a retired letterpress and reminds me why I'm here. — *Jessie Sardina*

6. Boss pin: This pin was my grandpa's, who was a successful businessman and "The Boss" of his own company. I wore it everywhere I went because it made me feel closer to him. — *Morgan Garleff*

7. Small fox plate: My girlfriend gave this to me on our second Valentine's Day together. It says, "You make the world a better place just by being in it." — *Lisahira Santoyo*

8. Keychain: My item is symbolic of my decision to move to California after graduation. Every time I see it, I feel a rush of inspiration. — *Mere Kavanagh*

9. Stuffed animal: This is the possession I've had the longest—since I was two years old. He is a raccoon. His name is Crackie. — *Zach Dodson*

10. Gold case: This carcinogen carrying case has been passed around my family for decades—three generations to be exact. — *Alex Coven*

11. Passport: I don't have an ID because I'm too impatient to go back to the Secretary of State to get a new one. Plus it keeps me attached to my English heritage. — *Hazel Imogen*

12. Little lamb: I got this in a shop on the Northern California coast. It's so precious that I just couldn't resist buying it. My sister has one, too. — *Tanisha Wallis*

13. Camera: This is my first medium format film camera. The things I photographed with this camera remind me of a specific time and place of joy and fulfillment. — *Danielle Scardina*

14. Dave Matthews Band wristband : My first three-day festival was spent with my favorite people, and the memories won't be forgotten. I just wish I could remember more. — *Hannah Cole*

15. Crystal necklace: My fluorite crystal was given to me by my best friend. It stands for staying centered and positive, which is the biggest blessing I have learned from our friendship. — *Ashlee Steewack*

16. Gold necklace: This necklace was given to me by my great aunt Lawrence and holds incredible sentiment in my heart. — *Margaret Mahar*

17. Headphones: Everywhere I go, I have to listen to music. The headphones are broken now from being inside my backpack, but they still fit on my head. — *Mark Minton*

18. Father's ring: "I am my beloved's and my beloved is mine" is the inscription in the wedding band. — *Abe Zieleniec*

19. MK ring: You know you've been working hard when you're finally able to buy the Michael Kors ring you have been staring at for years. — *Alexandra Ahmad*

20. Kayak ornament: This kayak helps me remember the centered feeling I get when I'm on the water. — *Sharon Boyd-Peshkin*

21. Wood watch: This watch is made from Latin American and U.S. lumber. It's a symbol of who I am. — *Javier Suarez*

22. Grammy invite: This is the invitation for the Grammy Awards I went to with my dad last year. Dancing with him in the aisles to Justin Timberlake and the White Stripes performing live is one of my favorite memories. — *Emily Ornberg*

MEMORABLE MARGINALIA

Messages lost and found in a used bookstore

STORY BY JESSIE SARDINA & HANNAH COLE | PHOTO BY ALEX COVEN

IN THE AGE OF EBOOKS AND TABLETS, PHYSICAL BOOKS MAY SEEM LIKE RELICS OF AN earlier reading era. However, the scrawled out inscriptions of those who love the printed word live on in the musty, yellowed pages of used books, providing glimpses of stories we can only imagine. We scoured the city's bookshelves and discovered these sentimental gems.

LIFE STRATEGIES

*Doing What Works,
Doing What
Matters*

Jenny -
Congrats on your
graduation! Best of
luck. Hope you like
this book as much
as I did. As much
as I did. Be get 'em!
A Gill

"IT'S WHAT YOU LEARN
AFTER YOU KNOW IT ALL
THAT COUNTS."
-Judith Kellman

ALCOHOLICS ANONYMOUS

12/95

MATT This book swept all
page 449, 164, 58 -
Good Luck with your
life. If the joy is in the
journey not in the destination
Love Dad 2010



STEP 1 : Carefully remove this page from the magazine.

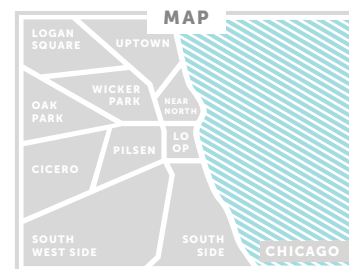
HIDE & TWEET

WHY HELLO, DEAR READER.

What you've stumbled upon is not simply the last page of our little magazine (if you found this thing all folded up already, jump to page 4 to learn more), but rather the beginning of a movement. And it starts with you. YES, YOU! Tear this page out, scribble on it what needs to be told about you, fold it up and leave it somewhere for another lucky traveler to find. Hide it on a library shelf. Leave it on a train car. Stick it under a rock. Anywhere. When you're sure it's nestled in, tweet a picture of its location with #EchoHideAndTweet and wait for someone else to find your words and add theirs. We've written the stories that we feel need to be told; now write yours. These are the notes of our travels.

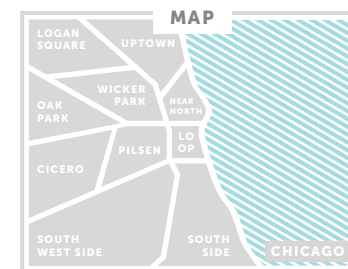
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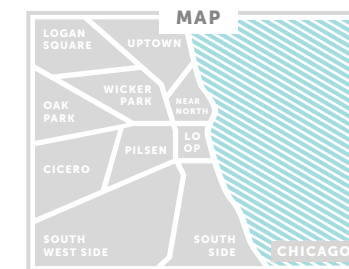
STEP 3 : Fold along the solid lines until you end up with an M shape.

INFO	
	
	
	
	



STEP 4 : Staple twice in the designated staple areas on the front.

INFO	
	
	
	
	



STEP 1: Find an empty journal page and make your mark.

STEP 2: Mark your hiding spot on the provided map.

STEP 3: Tell your story. Anything goes: doodles, poems, lists.

STEP 4: Drop the booklet in your hiding spot. If it's outdoors, we suggest putting a plastic bag to good use.

STEP 5: Once you've hidden the book, take a photo of yourself with it. Tweet #EchoHideAndTweet. If you've found the book and it's already full, make sure you tweet out to the past story tellers, too. Have fun!

INSTRUCTIONS

STEP 5 : Cut the remaining dashed lines to open the rest of the pages.

STEP 6 : Sign it, Share it, Leave it for someone to find.

STEP 7 : Put in a plastic bag for longevity if you plan to leave it outside.

STEP 8 : Don't forget to tweet your hiding location to #EchoHideAndTweet and follow us!



STORY BY JESSIE SARDINA | DESIGN BY ALEX COVEN



#ECHOHIDEANDTWEET

ECHO

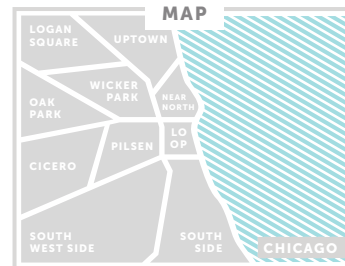
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MAP



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STAPLE

STAPLE

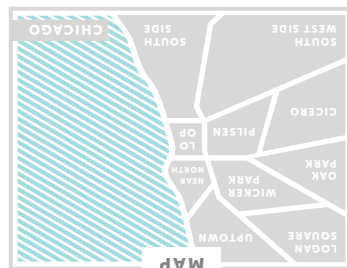
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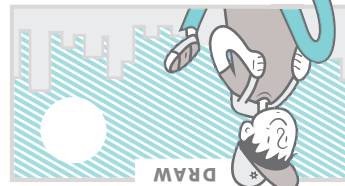
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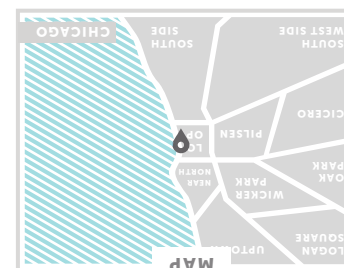
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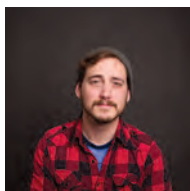


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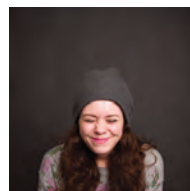
Make our heads spin on our interactive website: echomagonline.com



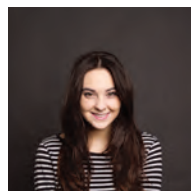
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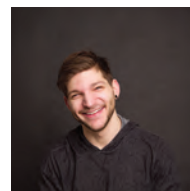
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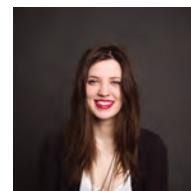
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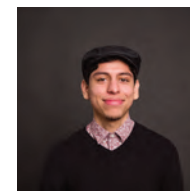
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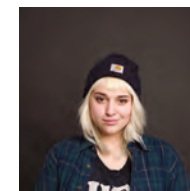
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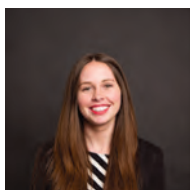
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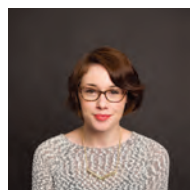
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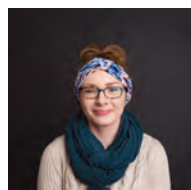
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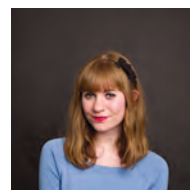
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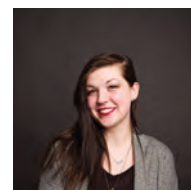
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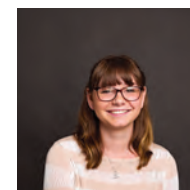
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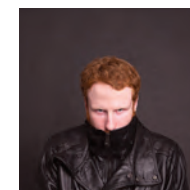
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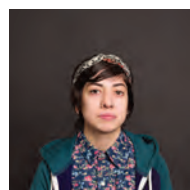
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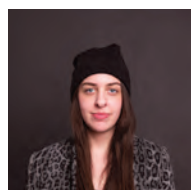
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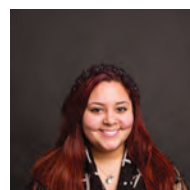
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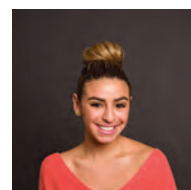
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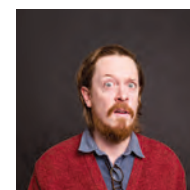
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ECHO

SUMMER/FALL 2014



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6 Guys with serious style

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SUMMER/FALL 2014

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FROM THE EDITORS



Jamie Sou



Hannah Cole

J: Back in September, we gathered with blank notepads and shaky pencils, equal parts nervous and excited to dream up the next issue of *Echo*. Many of us had waited years for this opportunity. Now it was here.

H: The challenge: How could we make our issue of *Echo* even more innovative and interactive than previous ones? How could we take advantage of the opportunity to create a print publication, and make it something readers would treasure and keep? And how could we use the website to extend that experience online?

J: We set out to create a magazine that won't get lost in the depths of your backpack or consigned to the recycling bin — a piece of print that you'll keep on your coffeetable, lend to your friends, even tweet about.

H: We've never worked so hard, and the result is a new, resonant *Echo*, full of compelling photos, top-notch design, and unique stories we're sure you'll connect with.

J: With the incredible creativity of our all-star design team and tireless dedication of our writers and editors, we've created 82 rich, matte pages you're holding in your hands — horizontally.

H: This year, it wasn't just about doing what we already know how to do; it was about challenging ourselves to go beyond that. It was about collaborating as a truly professional team to bring the city of Chicago another publication to be proud of.

J: If there's one thing we believe in, it's the power of print. And you can't tell us otherwise. Not convinced?

H: Go ahead and dive into this issue of *Echo*. We hope it will inspire you to try something new, see something with fresh eyes, and enhance your life with the knowledge of now.

HELLO, MY NAME IS...

Chicago's many monikers

CHICAGO IS A CITY OF NUMEROUS NICKNAMES. Think you know how they were earned? *Echo* did some digging and talked with Richard Lindberg, a Chicago historian and author, about the origins of our city's magnificent monikers.

STORY BY ASHLEY SKOCZYLAS

ILLUSTRATIONS BY ABE ZIELENIEC



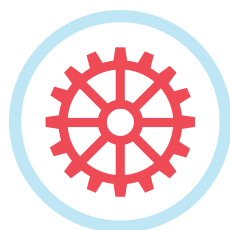
WILD ONION

Chicago's satirical publication, *The Onion*, only represents one layer of this little-known moniker's history. Chicago is actually a Native American word meaning "onion field" (among various translations). According to French journal entries from the 18th century, wild onions once flourished where this city now stands.



WINDY CITY

Think Chicago got this name from its often windy weather? Think again. Chicago was dubbed the gustiest metropolis in 1888 by *The New York Sun* because of its long-winded campaign to host the World's Columbian Exposition. The word "windy," Lindberg explains, can mean outspoken and noisy.



CITY OF BIG SHOULDERS

Besides serving as a metaphor for Chicago in Carl Sandburg's 1914 poem, "Chicago," this adage also aimed to highlight some of the city's more industrious qualities, exemplified by the thriving livestock trade and railways.



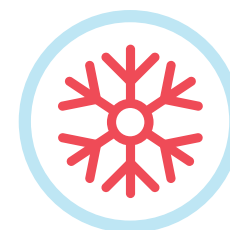
SECOND CITY

New Yorker writer A.J. Liebling spent a year in Chicago in 1952 and found it charming but less sophisticated than other world cities, including his own. He dubbed it the "second city," which outraged proud locals but later provided a terrific name for the comedy club that launched the careers of Tina Fey, Bill Murray and other comedians of national renown.



CHIRAQ

Originating from famous Chief Keef rap lyrics in the song "War," this evocative nickname pointed out that there were more homicides in this city than there were soldiers killed in Iraq in 2008. Who says war isn't happening in our own backyard?



CHIBERIA

Wind chills of 40 degrees below zero and 80 inches of snow earned Chicago this nickname in 2014. It went viral in early January, when Chicago was colder than Novosibirsk, a city in southwest Siberia. Cue the hypothermia.

ACTING OUT

*For these performers,
all the city's a stage*

FOR SOME, THE CTA IS SIMPLY A WAY TO GET FROM PLACE TO PLACE; FOR OTHERS, IT'S A grand stage. *Echo* spoke to some of the creative and eccentric performers in and around Chicago's public transit, who add rhythm, laughter and soul to our commutes.

STORY BY ELEXIS RUIZ, HANNAH COLE & EMILY ORNBERG
PHOTOS BY SAM TEDELMAN & ABE ZIELENIEC



MINSTREL OF MONROE

With a harmonica strapped to his chin and an acoustic guitar in his hands, Ryan Westwood, 27, plays upbeat songs and tells intriguing tales, such as one about a man swing dancing with a suitcase full of marijuana. His personality is charming and his tunes inspire riders to grab a partner and dosi-do. Catch him daily at the Monroe or Grand Red Line stops with his open guitar case inviting contributions. But he's after more than paying his bills: "The people I meet far surpass the monetary value," he says. "They are just amazing."



RED LINE DIVA

Linda "Love Hearts," also known as "Flo," begins her Friday morning by pressing "play." The familiar piano intro to Alicia Keys' "If I Ain't Got You" fills the tunnel at the Jackson Red Line stop. Hearts, 30, began performing in 2004, belting out tunes with the help of a small, battery-operated "American Idol" karaoke radio. Now she hands out turquoise paper hearts while performing with the help of a \$275 amplifier and a microphone she purchased with tips from generous commuters. Catch her soon; she plans to take her act to Brooklyn, New York.



JACKSON STATION SERENADER

Radiohead's "Creep" echoes throughout the Jackson Blue Line tunnel when Victor "Martial" Martian serenades passersby. He sounds a bit like a raspy Ray Charles with a cracked charm coating his harmonic melodies as he plucks his guitar's loud brass strings. He sings rock and R&B songs in his melancholic voice while commuters await the train and tap their toes to the beat. "Familiar tunes net the most tips," says the homeless father and Navy veteran.



BROWN LINE THESPIANS

Some days, they're long-bearded wizards engaging in magical battles; other days, they appear as shadow puppets. The streetlights become spotlights on top of a parking garage near Halsted Street and North Avenue, where Andrew, Mike, Morgan and Thomas—who won't give their last names—perform what they call CTA theater every Wednesday from 5 to 6 p.m. "The idea just struck me one day," Mike says. "We always saw the trains passing and it seemed like a missed opportunity." In the three years they've been performing, they've missed only one day: Christmas 2013. Each act lasts just under a minute as the Brown Line speeds by.



AN URBAN BEEKEEPER

STORY BY HANNAH COLE

Queen

OF THE

Bees

PHOTOS BY ANGELA CONNERS

TENDS TO HER HIVES

"HI GIRLS!" JANA KINSMAN SAYS, GENTLY LIFTING the wooden top of a multicolored beehive and gazing at the thousands of honeybees inside. She arrived on a white bicycle towing a small trailer containing a single pink hive box filled with tools and buckets. Her face is bright red from the warm sun and the exertion of biking. She straps a veil around her head and carefully pulls honey frames smothered in bees out of the hive with her bare hands. "I like the more intimate feel," she says of her hands-on method.

This is one of more than 15 hives Kinsman, 28, tends throughout Chicago, each colorfully painted and displayed in public spaces. Two sit pretty on the roof of the City Winery; one occupies a corner at Patchwork Farms; one sits in a churchyard; the rest are scattered in community gardens and public spaces throughout the city.

This is hive three for the day, and it truly is a labor of love. Kinsman's company, Bike-a-Bee, breaks even financially, at best; most of the money she earns selling the honey goes toward buying new hives or replacing damaged ones. "It's never been a project that I wanted to make money off of," she says. "I just want people to be more interested in bees and aware of it. If I could just break even every year and not spend personal income on the project, I'm happy."

The Buzz Begins

Kinsman has always been fascinated by insects. As a child, she raised monarch butterflies, delighting in their metamorphosis from eggs to fuzzy caterpillars to beautiful butterflies. Her grandparents owned a home in Oregon, Illinois, where a rolling creek descended from a nearby forest preserve and through their lush backyard. She spent her

days looking for frogs, toads, caterpillars, turtles and anything else that crawled, hopped, flew or swam. "It was heaven on Earth for me," she says.

Her curiosity grew as she did. She moved to Chicago—first to attend college, then to work—but she longed for vast, open rural land where she could raise livestock. Eventually, in preparation for a potential move, she took an introduction to beekeeping class at the Chicago Honey Co-Op. She was hooked.

"It's a completely different world," she says. "Bees are these insects that evolved and work so perfectly, while humans, in comparison, are so flawed."

At the Honey Co-Op, Kinsman marveled at the remarkable ways of honeybees. A hive consists of three types of bees: a queen, female worker bees and male drones. The queen is the only bee with fully formed ovaries. She leaves the hive once to mate with the drones, taking a lifetime supply of sperm back to the hive. The drones she chooses for this honor die after mating with her; the others are evicted by the worker bees.

The worker bees are aptly named; they are responsible for feeding the queen her "royal jelly," a substance that turns a normal bee into a queen, along with cleaning the combs, guarding the hive, collecting pollen and nectar, and making honey. There may be anywhere between 20,000 and 80,000 workers in each hive, depending on the time of year, with the peak in mid-summer. They literally work themselves to death, but they're ideal employees during the six weeks they live. For example, when returning from collecting pollen, they do a "waggle dance" to tell the other worker bees where to find the best sources. Talk about teamwork.



Kinsman also learned that she was joining an ancient tradition. Beekeeping, also known as apiculture, dates back as far as 2600 BCE, when ancient Egyptians carved inscriptions in temples showing the process of extracting honey from the hives and jarring it. Bees aren't native to the New World; rather, European beekeepers brought them here in the 17th Century. Honey didn't become a commercial product for a couple more centuries, when manufactured frames and comb foundations, along with smokers and honey extractors, made mass production practical.

Honeybees produce more than just honey. Bee pollination is responsible for \$15 billion in crops each year, according to the US Department of Agriculture. That's about one in every three bites of food.

Bike-a-Bee can hardly be described as a mass-production, commercial operation, and Kinsman's hands-on approach is considerably less efficient than industrial practices. It's also far more personal.

"Oh, mama," Kinsman exclaims, spotting the queen of one hive. "She's a beauty." The queen's body is much longer than those of the rest of the bees, and she is hard at work laying eggs. If she weren't, Kinsman would introduce a new queen to increase efficiency. That's just one of the tasks of beekeeping; others include feeding the honeybees sugar syrup or pollen substitute in the winter when their honey stores run low and, of course, harvesting the delicious honey at the end of each summer.

Kickstarting Bike-A-Bee

Not long after taking the beekeeping class at the Honey Co-Op, Kinsman decided to take an internship with Philip Smith, an experienced beekeeper in Eugene, Oregon. Smith kept hives at locations throughout Eugene, from his own backyard to the field of a local elementary school. Kinsman rode around with him in his rickety pick-up truck to check on the hives and learn his beekeeping ways. "He would take his shirt off and just wear shorts and the veil," she says, laughing.

"And he would work on beehives that way! I was just like, this is great. I love this."

While his methods may have seemed mad, the way he dispersed his hives and maintained them planted an idea in Kinsman's head. Why not do the same thing in Chicago?

Kinsman returned from Oregon in late 2011 and began developing plans to start her own beekeeping business. She named the company Bike-a-Bee. Her goal: provide hives to serve as educational tools and public examples of the magic of pollinators, and do it all by bicycle. "I'm a bike fanatic, so I thought I could just get a trailer and some bungee cords, maybe a couple of Rubbermaid bins, and I could beekeep that way," she says. She raised funds on Kickstarter, promoting Bike-a-Bee as a way to change people's

**"IF BEES ARE THIS
AMAZING THEN THINK
ABOUT HOW AMAZING
EVERY OTHER SPECIES
IS," SHE SAYS.
"IT CAN'T BE THAT BEES
ARE THE EXCEPTION."**

opinions about bees and to foster a sense of community revolving around urban agriculture. She set a goal of \$7,000, but the buzz about Bike-a-Bee spread quickly, and within one month, \$8,646 was pledged. It was time to build some hives and get to work.

Hives are made of wood and relatively easy to construct. The bottom board sits atop the hive stand and has a small hole for bees to come and go as they please. A "brood chamber" above the bottom board is where immature bees develop. The rest of the hive is composed of wooden boxes filled with honeycomb frames called supers. The number of supers varies depending on the

amount of honey being produced. Above those is a solid outer cover to block predators, which is usually topped with a few heavy bricks.

Most hive equipment can be purchased pre-cut and requires simple construction, but Kinsman needed to build 10, so she invited her Facebook friends to a beehive-building party at her apartment. "We listened to music, drank, ate pizza and built beehives! It was wonderful. I borrowed someone's nail gun and just made it happen," she says. After three nights of construction and painting, her hives were ready and she was one step closer to being Chicago's biking beekeeper.

She registered as a beekeeper with the state of Illinois, bought insurance, distributed the hives (state regulations restrict hives to no more than five per property), and that was that.

Bees in the City

When we meet near one of the hives, Kinsman is wearing a veil over her head, but she has plenty of skin exposed on her arms and legs past her jean shorts, canvas kicks and light long-sleeved shirt. She reaches into her bag for a veil I can wear. "Sorry, I don't have one," she says. "You'll have to go without, but you should be fine." Kinsman doesn't worry a lot about bee stings. She's been stung at least 20 times while working on the hives.

Needless to say, I am slightly terrified. She tells me bees don't like dark clothes because they make people resemble predators (think bears), so I take off my dark cardigan to expose my mint-colored tank top. At first, I feel paranoid every time I hear a buzz, but I soon muster the courage to get really close. I quickly realize the bees are not focused on me. They are clustered in the honey combs, climbing all over each other and just doing their jobs.

The bad rep that honeybees get is just one of the things Kinsman wants to change with Bike-a-Bee. "I want people to notice there's a beehive in their neighborhood and that they aren't evil," she says.

People are also surprised to learn that honeybees can survive in a city like Chicago, with so



many buildings and so few trees. In fact, honeybees can thrive here. "Beekeeping is productive in the urban setting because of human density in the city, and because humans plant so many things," says Michael Thompson of the Chicago Honey Co-Op. "One thing we never have to worry about in the city is nectar and pollen forage."

Take the linden tree for example—the trees lined up along side streets and in the parks with tiny yellow flowers hanging from the leaves. They bloom prolifically in Chicago every summer, providing a highly concentrated area of flowers in the sky, where there's no risk of damage or injury to the bees. "They just go to these trees and go nuts on them," Kinsman says. "Once the linden trees in Chicago bloom, that's when beekeepers know they can start taking honey out of the hives, because it's such a huge resource for the bees."

Chicago is also full of flowers, some planted, some weeds. Red clovers, white clovers, tulips, yellow sweet clovers, roses, thistle, burdock, sunflowers, chickaree and buckeye, among others, bloom in gardens and abandoned lots, providing pollen and nectar. In addition, the city plants thousands of flowers each spring along the sidewalks and in the parks downtown, living up to its motto *urbs in horto*, a Latin phrase meaning "city in a garden." And all these flowers and plants are free of pesticides, unlike crops and forage in rural areas.

Pesticides are only one of the many threats to honeybees. In 2006, an alarming number of beekeepers reported massive hive losses due

to a phenomenon now called Colony Collapse Disorder (CCD). Bees weren't dying; they were abandoning their hives, leaving the queens and the immature bees unable to function. The cause of CCD is still unknown, but research by the USDA and EPA point to pesticides, parasites, disease, genetics and poor nutrition as potential causes.

Neither Kinsman nor Thompson have seen their honeybees vanish into thin air, but it's not uncommon for some of their hives to die during the winter due to cold exposure and excessive moisture. The Honey Co-Op loses about 50 percent of its hives every year, and I was with Kinsman the day she discovered that her two best hives at Patchwork Farms didn't make it through Chicago's brutal winter. I could sense her heartbreak as she silently scraped the dead bees out of the hive and onto the ground.

The hives that do survive have an impressive way of doing so. The honeybees form a cluster in the center of the hive and regulate the temperature by eating and metabolizing honey to create a little furnace, keeping the hive between 90 and 95 degrees regardless of outside temperatures. It takes 50 to 60 pounds of honey to get one beehive through the winter, according to Dale Hill, Central Region Director of the Illinois Beekeepers Association.

Sweet Harvest

A teaspoon of honey represents the work of a dozen bees over their six-week lifetime. It's no wonder, then, that small-scale beekeepers like Kinsman

aren't realizing high yields. In a good year, one of her hives might yield up to 200 pounds of honey. She sells her honey at farmer's markets throughout the city, where she's able to connect with people who are interested in agricultural products and their sources. "If you have a jar of honey and you sell it to a person, and you get to tell that person your story, and you get to teach them something, that's way more valuable than selling 50 jars to a grocery store where nobody may ever read about your project at all," she says.

A one-pound jar of her honey goes for two to three times the price of honey at a supermarket, but that's the true cost of honey from hand-tended hives. Kinsman has one intern and a few volunteers. In addition, notes Hill, consumers can rest assured that honey from local beekeepers is pure, unlike some commercial honey that has been found to contain sugar substitutes and high fructose corn syrup. "They sell it cheaper and call it pure," Hill says.

Other than selling honey, Kinsman occasionally holds educational sessions at schools where she teaches kids the essential role that bees and other pollinators play in agriculture. She's also flirting with the idea of starting her own beekeeping classes, and maybe even raising goats.

"If bees are this amazing then think about how amazing every other species is," she says. "It can't be that bees are the exception."



BUZZ-WORTHY HONEYBEE FACTS

80,000

AVERAGE NUMBER OF
WORKER BEES PER HIVE
DURING THE SUMMER

11,400

NUMBER OF TIMES A
HONEYBEE'S WINGS STROKE
PER MINUTE, MAKING THE
BUZZING SOUND

2,000

MAXIMUM NUMBER OF EGGS
LAID DAILY BY THE QUEEN BEE

66

AVERAGE POUNDS OF
POLLEN COLLECTED PER
YEAR, PER HIVE

15

MAX SPEED A HONEYBEE CAN
FLY IN MILES PER HOUR

1

TYPE OF INSECT THAT
PRODUCES FOOD EATEN BY
MAN...YES, IT IS THE HONEYBEE

DAWN TO DUSK



DOING THE SAME THINGS AGAIN AND AGAIN IN A CITY AS ECLECTIC and sprawling as Chicago can lead to some serious boredom. Broaden your horizons by following one of our customized itineraries, or mix and match to create your own.

TREE HUGGER

PETERSON GARDEN PROJECT: Find your green thumb with the help of this nonprofit organization, which hosts eight gardens in the city and offers classes on everything from Soil 101 to vermicomposting.
4642 N. FRANCISCO AVE. | PETERSONGARDEN.ORG

GREENHEART SHOP: Wear your green heart on your sleeve by indulging in unique, eco-friendly merch at this fair trade, nonprofit shop.
1714 N. WELLS ST. | 312.264.1625 | GREENHEARTSHOP.ORG

STORY BY HANNAH COLE, ALEXANDRA AHMAD,
MEREDITH KAVANAGH & MARK MINTON
ILLUSTRATIONS BY LOUIS ROMERO

UNCOMMON GROUND: Satisfy your appetite and your conscience at this eatery, which can brag about its ecological accolades. (It was named the "World's Greenest Restaurant" in 2013 by the Green Restaurant Association.) The fresh, local, organic dishes are as tasty as they are healthy and eco-friendly.

3800 N CLARK ST. | 773.929.3860
1401 W. DEVON AVE. | 773.465.9801 | UNCOMMONGROUND.COM

CITY WINERY CHICAGO: End your day with a toast at this eco-friendly winery. Sip on some drinks and work on your inner eco-sommelier.

1200 W. RANDOLPH ST. | 312.733.9463 | CITYWINERY.COM

METAL HEAD

THE ALLEY: Buy your ear gauges and hair dye at this counter-culture clothing provider, which has been decking city denizens in black for more than four decades.
3229 N. CLARK ST. | 773.883.1800 | THEALLEYCHICAGO.COM

KUMA'S CORNER: Dig into a sandwich called "Pig Destroyer" or a burger called "Plague Bringer" at this darkly unique eatery. Vegetarian options are available.
2900 W. BELMONT AVE. | 773.604.8769 | KUMASCORNER.COM

DELILAH'S: Rock out while sampling from among 400 whiskeys, but don't drink yourself to death at this rock 'n' roll bar.
2771 N. LINCOLN AVE. | 773.472.2771 | DELILAHSCHICAGO.COM

THE EXIT: Then head for the exit! Chicago's original punk rock bar provides three stories of music, drinking and all-around partying. Open until 5 a.m. on Saturdays, 4 a.m. all other days.
1315 W. NORTH AVE. | 773.395.2700 |

Four perfect days, tailor-made and typecast



MATERIAL GIRL

IKRAM: Start your day perusing the racks of designer clothes, shoes and accessories at this chic boutique, whose owner and namesake has dressed First Lady Michelle Obama. The in-house café serves fresh farm-to-table food, making this the perfect stop for lunch and some serious retail therapy.

15 E. HURON ST. | 312.587.1000 | IKRAM.COM

CADILLAC PALACE THEATRE: Nothing says classy like dressing fancy and heading downtown to a Broadway play. Splurge on tickets for childhood classics like "Annie" and "Charlotte's Web."

175 E. CHESTNUT ST. | 312.977.1700 | BROADWAYINCHICAGO.COM

KIT KAT LOUNGE: Cue the disco balls, cheetah print chairs and drag queens for a divalicious dinner in Boystown. Pair the Bacon Truffle Mac 'N Cheese with one of 200 playful martinis, and don't forget to bring singles to stuff in performer's blinged-out bras.

3700 N. HALSTED ST. | 773.525.1111 | KITKATCHICAGO.COM

BEAUTY BAR: End your night with some pampering at this upscale salon where manicures are accompanied by dry martinis, live DJs and themed parties, providing an extravagant finale to your oh-so-posh day.

1444 W. CHICAGO AVE. | 312.226.8828 | THEBEAUTYBAR.COM



GAMING GEEK

CHICAGO GEEK BREAKFAST: Defog your glasses and grab a cup of joe every third Thursday morning of the month while you network at Wow Bao.

225 N. MICHIGAN AVE. | 312.658.0305 | GEEKBREAKFAST.ORG

LOGAN HARDWARE: Take a spin with this record store's wide-ranging LP collection. First-time purchasers get unlimited free play on vintage arcade games.

2532 W. FULLERTON AVE. | 773.235.5030 | LOGAN-HARDWARE.COM

IGNITE GAMING LOUNGE: Satisfy everything your gaming heart desires at this one-of-a-kind spot, which has a café serving Chicago-style hot dogs and milkshakes, and a Rockband studio for the ultimate performance.

3341 N. ELSTON AVE. | 773.404.7033 | IGNITENETWORK.COM

GEEK BAR: Loosen your tie and enjoy a masterfully crafted cocktail and gastro-pub creations at this oasis for geeks who want a place to belong while they booze. Opening in late June.

1960 N. CLYBOURN AVE. | 773.245.6773 | GEEKBARCHICAGO.COM

AFFORDABLE ALTERNATIVES

A little rental math to help with your apartment hunt

IMAGINE WAKING UP IN YOUR BRIGHT, MODERN CHICAGO LOFT. TO ANYONE without a trust fund, this sounds like a fantasy; neighborhoods that enamor 20-somethings tend to be out of our economic reach. But don't lose hope. *Echo* did some rental computation and created equations to help you get from where you think you want to live to where you'll be able to afford a great apartment.

STORY BY JORDAN ZEMAN
PHOTOS BY ABE ZIELENIEC

LAKEVIEW

+
Lincoln Square Lanes
-
Distance to lake path
+
Laurie's Planet of Sound
=

LOGAN SQUARE

-
Hipsters
+
Better seat on the L
+
Alice's Lounge
=

BUCKTOWN

+
Eckhart Park pool
+
Downtown views
+
Ugly Mug Cafe
=

WICKER PARK

-
The Violet Hour
+
Riot Fest
+
More Puerto Rican food
=

SOUTH LOOP

+
Proximity to Sox Stadium
+
Old South Side pride
+
Maria's bar
=

PRINTERS ROW

-
Lit Fest
+
Authentic dim sum
-
Bar Louie dollar beer night
=



NIGHT VICE

IN THIS CITY, ANYTHING CAN HAPPEN WHEN THE STREETLIGHTS COME ON
AND YOUR INHIBITIONS WEAR OFF. HERE ARE A FEW PEOPLE THAT
WITNESS US WHEN WE'RE NOT AT OUR BEST.

—
AS TOLD TO JESSIE SARDINA & ALEXANDRA AHMAD
PHOTOS BY DANIELLE SCARDINA



JEFF

TAI'S TILL 4

Midnight to 5 a.m.

I HAD A DAY JOB FOR A WHILE. I DID SOCIAL WORK WITH FIRE victims for three years. Yeah, that was uh — that's why I tend bar. This isn't life or death like that stuff.

I've worked at late-night bars for the last 16 years. I managed a gay nightclub for three and then I've worked here for 13. I don't mind working late. I'm not a morning person anyway. I learned that a long time ago.

"I'M NOT A MORNING PERSON"

I worked at a bar once where this 50-year-old doctor would come in with this young girl who he called his niece. We all knew that it couldn't be and that he was obviously cheating on his wife. So one day he was at the bar poo-pooing about his life and I'm cutting fruit and he sighs and I don't even want to ask but you have to, so you're like, 'Rough day?' and he's like, 'Yeah you don't wanna know,' and really you're like, 'No, I don't want to know, you're right.' But of course he starts telling me, 'You know that girl I come in here with is not my niece,' and I'm like, 'No shit. Am I supposed to be surprised?'

I don't mind the hours. I don't mind the drunks. Some of them stink, yeah, you get tired of it. But at the same time, you gotta be patient. People are just out getting drunk, they're just kids. As far as the older regulars that come in every day, in a sense they're sort of pathetic because this is all they have.

WEEZY

WEINER CIRCLE
8 p.m. to 4 a.m.

I WORKED HERE THREE YEARS. I START WORKING WHEN THE DRUNKS come out. Ah, shit, there's a lot of crazy shit that's happened — a fuckin' list! Drunk people being assholes all the fucking time. And we're giving them the fucking best experience. It's the fucking best place I've ever worked at. I get to fucking speak my mind. I love having a fucking bad day at home. I don't give a fuck. I just fucking come here and cuss a bitch out.

It's fucking crazy. I never fuckin' even imagined that I'd work here. I told my sister, "Bitch, I would never work somewhere where people are cursing me out!" And she's like, "You gotta try it." So I was training, maybe three years ago, around St. Patrick's Day, and someone came in and they asked my sister, "Erica, who is this bitch

"I'M A NIGHT HO!"

fixing my food?" Talking to me. I was new; I was new to this shit. So she looked at me and I looked at her like, "What the fuck am I supposed to do?" So I was just like, "Bitch, you're not gonna curse me out." So I just started cursing.

We don't want to offend you. You get to call us whatever the fuck you want to call us or whatever. We're not fucking racist or whatever; we just have fucking fun and I love it. I tell people, if you can't take the heat, get out of the fucking kitchen.

I love working late. I would love to work nights all the time. I'm a night ho!





GRAY

HUBBARD ADULT BOOKSTORE
Midnight to 8 a.m.

YEAH, YOU CAN TAKE A PHOTO BUT I CAN'T SHOW MY FACE. I HAVE an idea; I'll wear this.

I've worked here for about three decades. I do this when I'm not in theater. I've done set construction for the Goodman and stage door duties.

Working in a 24-hour sex shop in River North runs the gamut. I get cross-dressers that come in here. I get high-priced call girls. I get drunks stumbling in when the bars are closed. I get happy couples, although I have seen the ones where the lady stays at the door while the guy shops for them. I know that's not a very happy couple. But mostly guys that are watching movies and hanging out, looking for love in all the wrong places.

"I'M PRETTY MUCH A BABYSITTER"

Crazy stories? It's always crazy. Last weekend I had three strippers come in. One girl came back from the bathroom, walked into the aisle and flashed her friends with her back to me, and I said, "Oh, that's not fair," so she turned around and proceeded to flash me. I said, "Oh very nice, real breasts," because in this field we don't see too many real ones. Her girlfriend next to her flipped up her top and said, "So I guess you don't like these because they are fake?" and then I said, "Those are kinda nice. You must have had a really good surgeon." I have been asked to look, touch and assess the quality of implants.

Sometimes it's a fun environment and sometimes it's challenging. I'm pretty much a babysitter for boys in the back who don't put money in the machines, and I have to rattle their cage. So yeah, really it's a fun time. We used to have other stores that had strippers, so when it was slow I at least had someone to talk to. So I find odd jobs to do like change the light bulbs. Sometimes on a slow night I'll go out front and smoke a cigar.

Congratulations Class of 2014!

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ECHO

COME ONE, COME ALL

How to create your own three-ring circus

STORY BY **TANISHA WALLIS** | PHOTOS BY **DANIELLE SCARDINA & MADELINE GBUR**
MASK BY **PETER TOMECZKO**

LADIES AND GENTLEMEN, BOYS AND GIRLS: STEP RIGHT UP! THE

circus is about to begin. And you're the main attraction. Here's how to perform some mind-blowing acts. (*Echo* is not responsible for injuries or damage to property.)

CONTORTIONISM

Alexa Dean, 24, admits that flexibility is a prerequisite. "My arms would go in not a graceful manner, all the way back," she recalls of her childhood dance classes.

There are three main types of contortion: back-bending, front-bending and dislocation. Dean, who is double-jointed, focuses on dislocation. "It's something I've always had and learned how to train to make it look even crazier than it is," she says. It's also part of the reason she's into horror films.

Take yoga classes to work on flexibility. Start with basic beginner poses, such as the lotus or scorpion, and the splits.

Proper technique in stretching is crucial because it's easy to hurt yourself. "Your ligaments are already so hyperextended," Dean says. "It's easy for something to slip."

Practice makes perfect. "Your body can be trained to do anything at any age. People run marathons when they're 80," Dean says.

Local resources:

Beginner fire spinning: Urban Lotus Yoga, 2950 W. Chicago Ave., 773.278.4122, urbanlotuschicago.com

Contortionism: The Actor's Gymnasium, 927 Noyes St, Evanston, 847.328.2795, actorsgymnasium.org

Aerialism: Aloft Circus Arts, 2000 W. Fulton St. Floor 319, 773.782.6662, aloftcircusarts.com



AERIALISM

Linnea Ridolfi, 24, suggests starting by taking a class.

Start out on the trapeze. There are more resting positions, such as sitting or standing on the bar, that require less energy than silks (floor-to-ceiling ribbons) and allow beginners to get comfortable with the movement.

It requires strength. "It's really empowering," she says. "It's just you and your strength making these shapes."

Take your time and move efficiently. "You don't want to find yourself in a position where you don't know how to get out," she says.

FIRE SPINNING

Chris De Cosse, 22 (not pictured), gives us the low-down

Start by juggling poi—soft objects weighted on one end—such as sock poi made with one sock balled up in the end of the other. Focus on getting comfortable with the movements before adding fire to the mix.

When you're ready to graduate to torches, dip the Kevlar wicks into Coleman camp fuel, kerosene or lamp oil. Spin the excess oil into a bag, then light 'em up. Never use gasoline, liquor or rubbing alcohol.

Expect to get addicted. "As soon as I did it, I was like, 'Uh oh! This is gonna take up large amounts of time in my life now. Get ready, body.'"

Be aware of the risks. "You never want to be the guy who's putting everyone else in danger."



WISE WORDS

Advice from a (very) young entrepreneur

STORY BY ALEXANDRA AHMAD | PHOTO BY ADAM BIBA

"NOT EVERY PLAYER, COMPANY OR BRAND BELIEVES IN ME," SAYS AHMAD HARB. Which isn't surprising, considering that he's only 15 years old. But Adidas does; the company invited Harb, then 13, to meet Derrick Rose and gave him one of the first pairs of D Rose 3 shoes because of his support for the basketball star and his sneaker reviews. Today, Harb is working for a website called jockington.com, where he covers NBA fashion and runs its social media sites. He is also working on launching his own clothing line in Fall 2015. He shares his wisdom:

ANYTHING'S POSSIBLE WITH HARD WORK. I just decided to write a review. I was 13. It was a pretty bad review, but then Adidas asked if they could post it on their Facebook page. I started writing for different websites about shoes, on my own. I just came up out of nowhere.

I BECAME SOMETHING. It's from my heart—that's why. I don't like to show off. They ask, "How did you do this?" I don't really answer that.

IT'S REALLY HARD BEING ONLY 15. Not everyone is happy for you. Some people are jealous of you—they want to use you for different things, so it's just hard. You really find out who your real and fake friends are.

SUCCESS IS WHEN YOU ACCOMPLISH EVERYTHING THAT YOU AIM FOR. When I'm someone who kids look up to, then I'll say I've succeeded.

DON'T BE BAD; DON'T BE A BADASS. Just be a humble person.

PARTY AS HARD AS YOU CAN. Just don't be stupid.

YOU GOTTA BE NICE TO EVERYONE, NO MATTER WHAT. Even if they work at Taco Bell, they might be your next connection. You don't know their story.



COCKY ROCK

Identifying a new species of dude

STORY BY **EMILY ORNBERG** | PHOTO BY **DEVIN AADLAND**
ILLUSTRATION BY **JAVIER SUAREZ**

YOU CAN SEE IT THROUGH THE CIGARETTE SMOKE.

It's oozing through their sideswept bangs. It's the swag of the Indie-Rock Dudebros. Tonight's living room headliners, Lincoln Park's own post-punk puppies, the Gnarwaals, clank together some Busch heavies before their ceremonious shotgun for the band's Instagram video invite. "Show tonight: 320. N. Seminary."

They shake their pouffy colfs, wink for the camera, crack the cans open and chug. Their style has a magneticism that can't be ignored, a debonair so masturbatory that it's sexy, but in an invasive way, like you walked in on them checking their reflections.

As the hipster brofest season of music festivals approaches, here is a guide to help you correctly identify this intriguing new species, as explained by the Gnar's keyboardist Marty Kaleta.

"In the summer festival season, you gotta be careful about sunscreen. Sunglasses are always optional; you kinda look stupid, but you gotta take care of the eyes," he chuckles. "As far as facial hair, we keep it scruffy or go babyface for the heat. It's a rare breed, but I don't really try to dress different." Check out their sound at thegnarwaals.bandcamp.com.

- ✕ *The always-charming beanie*
- ✕ *Hair for head-bangin' and babe-bangin'*
- ✕ *Thrifted Little League Jersey that smells like pizza*
- ✕ *Denim Jacket with pockets full of off-brand squares and a one-hitter*
- ✕ *A stupid stick-and-poke tattoo*
- ✕ *Dirty fingernails*
- ✕ *Butt-gripping corduroys with enough stretchiness and ventilation for a guitar solo meltdown*
- ✕ *Deteriorating and untied Timberlands from 10 years of mosh pits*





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TUBE TIPS

Real-life advice from fictional folk

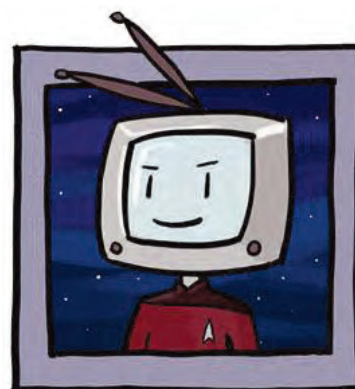
STORY BY LISAHIRA SANTOYO AND MEREDITH KAVANAGH
ILLUSTRATION BY ARIADNE HUMPAL

WHETHER YOU'RE WATCHING

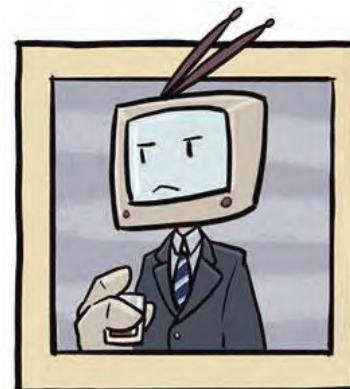
"Breaking Bad" or "30 Rock," the characters in your favorite television shows often leave you with lingering words to live by, especially after you have spent so much time observing their fictional lives. A 2012 Nielson consumer analytics report stated that, on average, Americans spend more than 34 hours a week watching TV. Here are some nuggets of wisdom that stick in our own minds after binge-watching TV.

DIRECTIONS:

Match the memorable line with the icon that represents the character who delivered it. Then check your answers at the bottom of this page.



CAPTAIN PICARD
STAR TREK: THE NEXT GENERATION



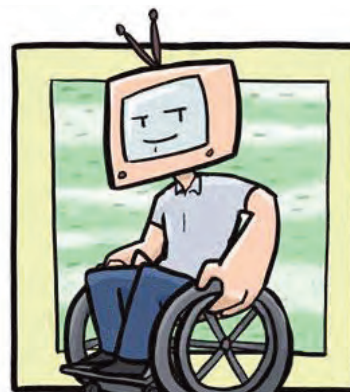
JACK DONAGHY
30 ROCK



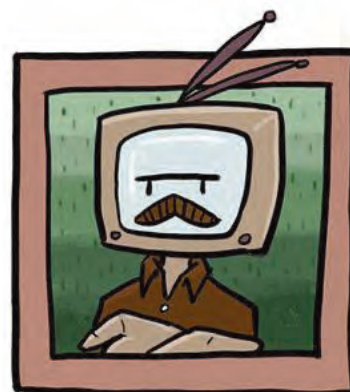
PEGGY OLSON
MAD MEN



GOB BLUTH
ARRESTED DEVELOPMENT



JOE SWANSON
FAMILY GUY



RON SWANSON
PARKS AND REC

1. "Seize the time. Live now; make now always the most precious time. Now will never come again."
2. "Never go with a hippie to a second location."
3. "Never half-ass two things. Whole-ass one thing."
4. "Don't let obstacles keep you from doing what you love."
5. "It's called taking advantage. It's what gets you ahead in life."
6. "Taking on extra tasks can lead to more than just extra work."



MALE CALL

SIX HEAD-TURNING LOOKS

FROM RUNWAYS TO BILLBOARDS, THE FASHION world generally favors the female form. In Chicago, however, heads are turning to follow these rule-breaking, risk-taking fashionists. Wearing bright suits, metallic sneakers and even wigs, these men are not afraid to take a gamble on an outfit, but they can still throw debonair shade in a tailored look. Check out what these chic sirs are rocking and where you can cop some of their looks for yourself.

STORY BY
MARGARET MAHAR
& JORDAN ZEMAN
PHOTOS BY
JORDAN FREY



**JACK COLLIER, 22***Fashion Theorist and Performer*SELF-DESCRIBED STYLE
ScavengerINFLUENCE
History, politics and philosophyACQUIRE IT AT
The shittiest of places,
drag queen shops

**FRANCIS SCOTT KEY WHITE , 26**

Musician – White Mystery, Entrepreneur

SELF-DESCRIBED STYLE
American Punk

INFLUENCE
My mom and sister

ACQUIRE IT AT
Alcala's Western Wear
1733 W. Chicago Ave.

RYAN BESHEL, 31*Fashion & Media Personality*

SELF-DESCRIBED STYLE

Classy casual, formally fun

INFLUENCE

Tom Ford, Alexander McQueen

ACQUIRE IT AT

Meyvn, 2627 N. Kedzie Ave.

Indochino, indochino.com**JACK CAVE, 56***Fashion & Accessories Designer*

SELF-DESCRIBED STYLE

Urban Euro, eclectic coolness

INFLUENCE

My imagination, my surroundings,
my creativity

ACQUIRE IT

Inside yourself

**ANDREW BIRMINGHAM, 21***Student & Artist*

SELF-DESCRIBED STYLE

Simple, but better than you

INFLUENCE

Street style, off-duty models

ACQUIRE IT AT

Thrift stores, TopMan
830 N. Michigan Ave.

NOAH CHRISTOPHERSON, 22*Stylist*

SELF-DESCRIBED STYLE

Fairly sleek, consistent, black

INFLUENCE

Nicola Formichetti, Harry Styles,
Jared Leto

ACQUIRE IT AT

Vintage stores, TopMan, 830 N.
Michigan Ave. ASOS, asos.com

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COMING UP ROSES

A perfume for the Stinking Onion

STORY BY MARGARET MAHAR | ILLUSTRATION BY JULIE WILMORE

THE MISSION

Founded in 2012, Tru Blooms is the brainchild of perfumers Monte Henige and Paul Leroue, who wanted to beautify the city and create jobs while providing local luxury scents. "Never before has a single city planted, grown, harvested and then bottled a fine perfume," Leroue says.

THE GARDENS

There are more than 30 Tru Blooms gardens in the Chicago area. Flowers are planted everywhere from Grant Park to Highland Park. Tru Blooms consults with the Chicago Botanic Garden and the Chicago Park District on which flowers will flourish best in particular locations. Todd Katz oversees a garden at Whitney Young High School, where students tend flowers. "They take responsibility by cleaning and collecting the flowers for Tru Blooms to gather and ultimately create this perfume," he says.

THE PERFUME

Past years' selections have included notes of rose, lavender, violet, orange, patchouli and musk. Each perfume is a limited edition scent. "It's a much more unique perfume because it is from the gardens of Chicago, which makes it completely original compared to our other lines," says Audrey Farce of Green Goddess Boutique in Lincoln Park.

THE PROCESS

In September, flowers are harvested and their scents duplicated using an extraction device. By November, the perfumes are packed and distributed to local boutiques, including the Green Goddess Boutique, Comet Vintage in Pilsen, and Milk Handmade in Andersonville, as well as other retailers in 11 states.

CHICAGO'S SCENTS ARE JUST AS DISTINCTIVE AS ITS MANY SIGHTS AND SOUNDS.

The buttery smell of popcorn wafts down State Street; crisp Lake Michigan breezes freshen the urban air; flowers throughout the city delight noses along streets and sidewalks. One company is betting you'd like to bottle up those flowers and wear them.

THE BOTTOM LINE

Tru Fragrance, a Chicago perfume manufacturer, finances Tru Blooms. "The project did not make money year one and broke even year two," Leroue says. "We expected this outcome and know that building a brand of this nature takes time."



THE OTHER '90S

Popular fads from the previous century

STORY BY LISAHIRA SANTOYO AND TANISHA WALLIS | ILLUSTRATION BY JAVIER SUAREZ



Furbly, Game Boy Color, Bop-It, Pokémon.

Ball and hoop, dolls, toy sheep.



"The Turn of the Screw" by American writer Henry James is published, making him one of the most popular authors of the decade (1898)



The Harry Potter series by J. K. Rowling begins with "Harry Potter and the Sorcerer's Stone," making her one of the most popular authors of the decade (1997)



The World Wide Web is launched (1993)



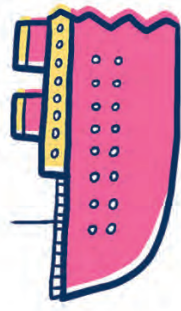
The first race of gas-powered cars, 54 miles from downtown Chicago to Evanston (1895)



"Arrival of a Train at La Ciotat," by the Lumière Brothers, is released. Some moviegoers fled theaters in fear of getting hit by the train on the screen (1896)



James Cameron's "Titanic" is released and wins 11 Oscars, making it the highest grossing film of all time until Cameron's "Avatar" (1997)



The decade's greatest ragtime songwriter, Scott Joplin, performs an extended run outside the World's Fair (1893)



Chicago producer Steve Albini records Nirvana's "In Utero" album, released the same year (1993)



The grunge fad gains prominence; flannel shirts are trendy for men and women.



Bloomers and cycling costumes become popular for women, thanks to Rational Dress Reform.



THE

SEEKERS

A LOOK AT CHICAGO'S OCCULTISTS

STORY AND PHOTOS BY MARK MINTON | ILLUSTRATION BY VITO GOTIERREZ

THE HIGH PRIESTESS

SIGNS OF THE OCCULT ARE ALL AROUND US, FROM the dollar bill to popular Urban Outfitters T-shirts. And yet, many don't recognize that these symbols are more than a fad for many. "I don't think mainstream media consider religious aspects of occult or esoteric practice at all," says Jason Winslade, who teaches courses on occultism and culture at DePaul University. "They follow the classic split between magic, science and religion. Never is the magical practice seen as glorifying God, like many of its practitioners do."

"Occult" comes from the Latin word *occultus*, meaning "hidden" or "secret." It encompasses a large group of alternative beliefs and practices, from Astrology to Wicca. Chicago has long been home to a thriving community of occult practitioners.

CATHERINE AMOS, 41, WON'T REVEAL HER ACTUAL name. Her husband is a successful lawyer, she has two children, and she is a member of the local Catholic parish. She is also a self-described witch. Amos, the daughter of a Catholic priest, prepares oils for spirit shops in the U.S. and Canada, including the Occult Bookstore—effectively monetizing her interest in ritual magic.

Amos, who says she has been involved in occultism since she was 17 years old, is a member of the Ecclesia Gnostica Catholica, or the Gnostic Catholic Church—a religious arm of the OTO and a platform for Christian occultism. She understands why many Catholics are so frightened of the occult.

"Nobody teaches people about occult belief systems because it's scary," says Amos. "Take Baphomet for example. As a symbol it's scary. It's



a goat-headed god with breasts and male genitalia. It's not something you would show your kids necessarily, but it's a very powerful figure in the Hermetic tradition. People see that and immediately think it must be Satanic."

Amos is petite with cropped blonde hair and a collected, articulate disposition. She's active in her neighborhood's CAPS meetings and looks more like a PTA leader than a witch. She practices

... IT'S A VERY POWERFUL FIGURE IN THE HERMETIC TRADITION. PEOPLE SEE THAT AND IMMEDIATELY THINK IT MUST BE SATANIC.

a form of candle magic that she says is "ostensibly Christian." She uses seven-day vigil candles that each depict different saints with different roles to be coupled with different homemade oils for different purposes. "Healing, Saint Lazarus; protection, Saint Michael; family, Saint Joseph," she explains. "A lot of the symbology with the priests changing the colors of the robes and the incense and the holy prism and the immersion in water in Baptism, that's straight up religious symbolism," she says. Amos says her children don't yet understand her magic, but that they do understand the ritualism behind what she does. She recalls when a babysitter once tried to put a candle out, only to be reprimanded by her 6-year-old daughter who instructed her not to disturb the candle "until it finishes its work."

"My kids are too young to understand," says Amos. "As far as my daughter is concerned, she's Catholic, and what does mommy do? She's an oil maker. What kind of oils do I make? They smell nice."

THE MAGICIAN

CHING, CHING, CHING, CHING.

The gaunt Minister, robed in black with a courtly top hat and pale, penetrating blue eyes, rings a small bell 11 times. Incense wafts from the altar supporting the Stele of Revealing, an Egyptian religious artifact painted in hieroglyphics. Thirteen congregants sit in the small room, where paintings of old lodge masters line the walls of the Aum Ha Temple in Rogers Park. They watch as the Minister groans—a long, bellowing moan that echoes ominously through the small space—as he clasps two diminutive cymbals in his long fingers with black-painted nails.

"Do what thou wilt shall be the whole of the Law," he exclaims. "I proclaim the Law of Light, Love and Liberty, in the name of Ra-hoor-khuit!" The congregants, ranging in age from their 20s to their 70s, stand and raise their arms toward the heavens. "Love is the law! Love under will!" they shout in unison.

This is the celebration of the Feast of the Supreme Ritual, the spring equinox and Thelemic New Year, also known as the Equinox of the Gods. As the ritual comes to a close, the Minister, accompanied by the Seer and the Beast, extols the core Thelemic tenets of the Ordo Templi Orientis (OTO), a national occult faction with membership in Chicago that dates back to the start of the 20th Century.

"Thus begins another year of the Aeon of the Crowned and Conquering Child!" shouts the Seer. "There is no law beyond 'Do what thou wilt.'"

A hush falls over the room and the Minister takes a deep breath before ending the ritual. "Thus concludes our ceremony of the Feast of the Supreme Ritual," he says. Then, suddenly, he shifts

to his daily identity: Gordon Kinloch. He cheerfully announces the release of Aum Ha's publication, *The Current*, and requests small donations for the temple before wheeling out the Feast of the Supreme Ritual: boxed wine, party trays, assorted pastries, trail mix, and sour cream and onion potato chips.

The hat he wore now sits on the altar, serving as a basket for donations. He removes his long black robe, revealing tattoos of occult symbolism across his upper arm. The Seer removes her own feathered masquerade mask and reassumes her natural identity as a small, red-headed woman named Thistle who works as an accountant by day and practices Wicca by night. The Beast removes his skull mask with long, matted black hair to become Al, a graphics specialist and Voodoo practitioner who wears a doll around his waist for protection.

The Feast of the Supreme Ritual was open to the public. Kinloch and his congregants actively use email lists as well as social media platforms like Twitter and Facebook to publicize events. But while occultism has become accessible to the public, Kinloch, 37, says not all the attention it has received has been good.

"I think there is almost a cultural backlash from the publicity occultism has received," says Kinloch, who was formerly a lodge master of the Chicago OTO chapter. "Certainly in the '70s, you had occultism kind of linked to either esoteric knowledge [or] the belief that study of the occult is somehow evil or satanic. And this carries on even today. It has never gone away."



THE HIEROPHANT



CHICAGO'S OCCULT BOOK STORE, LOCATED IN Wicker Park, specializes in rare books and supplies. Opened in 1920, the store has become a gathering place for occult novices and people seeking casual spiritual guidance from the store's many practitioners. The bookstore even offers regular Wednesday meetings where people of different creeds, faiths and expertise gather to talk.

Biobe Eden, a self-described pujari, or healer responsible for rituals, manages the store. On a Tuesday afternoon, Biobe zips back and forth behind the counter, lighting incense, fixing candles and mixing herbs for commissioned magical rituals. Customers casually wander into the store to marvel at him, consult him on life issues, or request a ritual to bring them good fortune.

"New people come in all the time," says Eden, speaking rapidly and without pause. "A lot of them are looking for what they see on TV. The best way to get someone to look at something is to tell them not to look at it."

A woman enters and stands quietly in front of the counter for a moment before asking Eden if he can prepare a candle to help her son get into a fitting high school. Eden consents and withdraws ingredients from various drawers, jars and shelves. "In this culture, you've been trained to think of yourself as disempowered," he tells her, as he creates the concoction.

Eden has long been interested in religion. By eighth grade, he had read the entire Bible and familiarized himself with many of the dominant

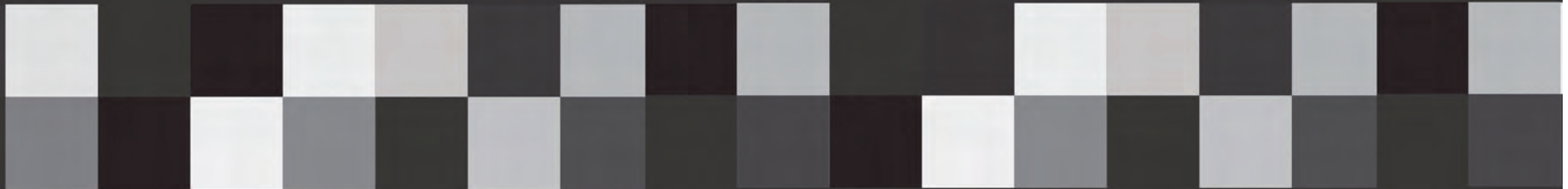
schools of psychological thought, including Jung and Freud. "I was always the one asking uncomfortable questions," he says.

Like Kinloch, Eden is frustrated by misconceptions about the occult. "Ever since the hippy's Manson days, people think that occultism is the same thing as a cult," he says. "One deals with vision, one deals with grouping, so it's not."

Eden says many people still don't recognize the similarities between occult practices and their own systems of belief. "The real problem is that conventional religions are occult. Jesus told the disciples that he would speak plainly to them, but to the others he would speak in parables. It's inherent in everything. That's why you hear the word **mystery**. You hear it in all religions."

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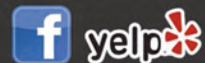
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the New Faces of Marriage

GAY COUPLES CONTEMPLATE THE CHOICE TO WED

STORY BY LISAHIRA SANTOYO & ELEXIS RUIZ | PHOTOS BY DANIELLE SCARDINA

THE BIG DAY FOR SOME SAME-SEX COUPLES IN ILLINOIS CAME sooner than expected. Same-sex marriage becomes legal state-wide on June 1, 2014, but Cook County same-sex couples were able to wed on February 21, after a US District Court judge announced the law would be in effect immediately.

For some LGBT couples around Chicago, marriage is not just about the romance. It is about access to the 1,138 laws—ranging from social security benefits to immigration rights—that protect and promote married heterosexual couples. *Echo* spoke to six couples about how this legal change would affect their lives.



SARAH MENDOZA, 30, AND HER FIANCÉ, JESSICA Krystof, 28, sit together with their fingers intertwined. Their cozy Rogers Park apartment is decorated with a framed Chicago flag, black-and-white skyline shots, and a CTA map. Their Chicago-themed wedding is set for August 1, 2014.

Mendoza pets their excited dog, Olive. "It feels like we are already married," she says.

"Ever since we got a dog, we have been kind of homebodies," adds Krystof, laughing.

On August 1, 2013 Mendoza woke up next to Krystof, her girlfriend of three years, excited that they were about to leave for a much-needed vacation from their nursing jobs at St. Joseph's Hospital. But a phone call from the hospital calling Krystof into a last-minute meeting left Mendoza anxious and disappointed. She waited, hoping the impromptu meeting would be short.

Soon there was a knock at the door. Mendoza reluctantly let in a friend of hers, who inserted a video into the DVD player.

"Just follow these cue cards and be patient," read the words on the screen. It was the start of a day of riddles that led her from place to place. The final riddle took her to the lakefront path near the Adler Planetarium, down a white carpet covered in rose petals and candles, where Krystof waited on one knee with a little black box containing a diamond ring.

Krystof and Mendoza originally decided to have a civil union, which they scheduled for August 2014. Then same-sex marriage laws started sweeping the nation, coming to Illinois far faster than either of them anticipated. The afternoon the marriage law passed, Krystof ran to Mendoza's hospital unit to tell her the news. "As it sunk in, we both realized that our civil union planned for August would now be a wedding," says Krystof.

For Mendoza, who felt that a civil union would have been "second class," this was momentous. She never thought she would have the privilege of marriage. Krystof, too, knew she would never marry a man but longed for a marriage as loving and supportive as her parents'. Both women intend to carry a child so their Filipino and Polish ethnicities get passed down.

Their families are supportive of their marriage. Krystof will proudly wear her great grandmother's 1909 wedding band, passed down by her mother, at the wedding. "To me that's worth more than any diamond," she says.

"I've grown up seeing all my straight siblings and cousins marry, and recognizing their new wife or husband as a new member of my family," says Mendoza. "Since we didn't have the right to marry before, it always felt like the rest of our family saw our significant other as just another girlfriend. We want recognition for what we mean to each other. I can't wait for the day I introduce Jessica to the rest of my friends and family and say, 'This is Jessica, my wife.'"

FARRAH UNDERWOOD LISTENED TO THE ILLINOIS Senate's live stream the day that marriage equality was legalized in Illinois. "We're going to be protected at our jobs; we're going to be able to be legitimate couples," she recalls thinking.

Underwood, 37, and her girlfriend, Victoria Healy, 33, have been together for two and a half years. Their house

is adorned with family photos, and the kitchen is full of copper pots and memorabilia Healy, a flight attendant, has collected during her travels. Their dog, Sully, pants excitedly while their cats, Persephone and Morghane, hide under the table. Outside, airplanes take off and land at Midway Airport.

Underwood recalls the first time she and Healy met, at a bar. "I walked up to order a drink and we started chatting



each other up. And that's what it was," she says. "I was like, I cannot let her leave without figuring out who she is." Six months later, they moved in together.

As they talk, they finish one another's sentences. But when the topic of marriage comes up, they look at each other and smirk. On this, they have different opinions.

Underwood recalls a camping trip when she first broached the idea. "I was like, 'Can I tell you something? I've got to tell you something. I really want to be married to you, and I don't care how you feel about it. I had to say it out loud because I feel like I'm lying to you.'" Healy wasn't persuaded, feeling that people don't recognize how much work a marriage can be.



"It's a very important right to have so that we can protect each other," Underwood said the first time *Echo* met them.

"There's definitely a legal reason for it to occur and absolutely I definitely want us to get to the point where we feel that that's necessary," Healy countered, still noncommittal about it happening right away.

But recently, Healy and Underwood began wearing matching rings on their wedding fingers, which they claim to be "placeholders" for the real thing. Their wedding is scheduled for September, and the following week, they will honeymoon in Ireland.

ANDY SHEAGREN, 29, SAT AT A BAR IN ANDERSONVILLE with a glass of rosé, waiting for Michael Driscoll, 30, to arrive for their first date. Finally, Driscoll strolled in with a "really ugly Michael Jackson-looking jacket," a faux hawk, and a tongue ring. "It was very '80s gay," Sheagren says, laughing.

Theirs is a story of opposites attracting. Sheagren is quiet and introspective; Driscoll is outgoing and unafraid to go for a hug instead of a handshake.

Five years later, Sheagren and Driscoll are cozied up on their beige love seat with their two cats, Squid and Elliott, in their Andersonville apartment. When the question of marriage comes up, they look at each other and grin.

"A lot of our friends were looking at us with expectations of some sort of announcement," Sheagren says of the time when the same-sex marriage law passed. He turns to Driscoll. "We aren't going to suddenly get engaged just because we are allowed to."

Driscoll, for his part, is interested in the benefits that come along with marriage—in particular, how it would enable them to take care of each other if one of them were hospitalized, and give them security making long-term investments together. Sheagren considers that an old-fashioned way of thinking. "I

think it is a logical stepping stone in a lot of straight relationships," he says of marriage. "It's kind of a given." For his part, he would be comfortable buying a house together before marriage.

Sheagren grew up in a religious Methodist family in Macomb, Illinois. Coming out to his father, stepmother and four siblings was a difficult, three-year process, but in the end, most of them accepted his being gay.

"I don't know when that happened," he says.

"I happened," says Driscoll, smiling. He grew up in Dubuque, Iowa, and came out to his friends and family after high school. He recalls keeping a log of whom he came out to in a notebook, using a system of smiley faces to signify how it went. The smiley face that he was most anxious for was his mother's. "I sat up in my room for 45 minutes beforehand in the fetal position just waiting to figure out the best way to do it," he says. His mother took it well.

Driscoll pulls a vinyl record from its sleeve and carefully places it on a brown leather, vintage turntable Sheagren gave him. A soothing instrumental tune fills the quaint apartment. Squid cuddles up next to Sheagren while Elliott sprints to his scratching post. Driscoll takes Sheagren's hand.

"It's not like I would consider at this point ever not being in our relationship, but I feel like if we were married, I would stop thinking there was ever a possibility of not being in a relationship," says Sheagren. "That security of knowing we are saying that we are both locked in, there are no other options. That's a good thing; that's what we want."

KEISA REYNOLDS, 22, AND VANESSA BORJON, 21, were engaged on the Western Avenue Blue Line platform on January 10, 2014. It began as a conversation about the best and worst wedding proposals and ended with Borjon listing dozens of reasons why they should get married. They spent the train ride that day planning the rest of their lives together. But not alone; they are in an



open relationship. Borjon is involved in another committed relationship, and Reynolds casually dates other people.

They began as college roommates. After endless kitchen table conversations about everything from white feminism to dating, Borjon and Reynolds realized they were falling for each other.

"My relationship with Keisa is so unlike my other relationships in that it is so much deeper," says Borjon, gazing at Reynolds across the table at a Bucktown bar. But both acknowledge that monogamy made them feel constrained. "It's not like I am looking for other people, because emotionally I have what I need," adds Reynolds, gesturing towards Borjon.

When the same-sex marriage law passed, Reynolds and Borjon reacted similarly. "It's about time," says Borjon. "The issue of gay marriage is just



so old. We have been talking about it for so long. It's like when interracial [marriage] wasn't legal...we think about it now and we are like, 'That was so dumb.' I feel like it's the same for gay marriage. It's such a non-issue."

To Reynolds, marriage is a heteronormative next step in the life of couples, but she is happy the gay community finally has the option. "Being able to marry is a great step, for both of us," Reynolds says.

Reynolds has an extra step on their wedding planning to-do list: telling her parents. They know Reynolds identifies as queer, but they don't know about the engagement or the casual dating—facts that Reynolds says she may leave out to avoid an even harder conversation.

Borjon says her family knows she is engaged, but they don't take it seriously because they also know she is seeing other people. "They are just confused," she says.

"They barely understand what queer is. Now non-monogamy?" Reynolds adds, laughing.



"I THINK WE ALMOST TAKE IT FOR GRANTED THAT there's been a lot of liberties that have been granted to us by the generation before us. They were the ones fighting and always had to be in the closet, so I think we're almost kind of spoiled where it's like, 'Oh, marriage is legal. Finally!'" says Dylan Phaneuf, 25.

Phaneuf's fiancé, Jose Moyet, 25, says the new law gives the LGBT community hope. "I think that's one thing we need," he says. The two met at a New Year's Eve party in December 2012, and were talking about marriage within a few months.

Their families are supportive. "My family is very religious but they're like, 'Okay!' Like it's not a big thing," says Moyet. Phaneuf, who was raised Catholic, says his family took a little while to accept his sexual orientation, but they are now supportive and accept Moyet.

Because Phaneuf is from Massachusetts, where same-sex marriage was legalized in 2004, they were planning to marry in Boston. But with the passage of the law in Illinois, they were able to marry here. They were married on May 31, 2014 at the Lily Pool across the street from the Nature Museum in Lincoln Park. Both grooms wore white. They hope to honeymoon in Puerto Rico, where Moyet is from.

They would like to have at least three children, either by adoption or by surrogacy. But they'll wait at least five years because once they become parents, they plan to dedicate their lives to raising their kids. "I definitely want a girl, if we could plan that," says Moyet.

"I WAS ALREADY IN LOVE WITH HER AND I'D NEVER EVEN seen her," says Dana Moore, 51, about her partner, Cap DeLaney, 44. They met on a dating site in April 2011. "It took about a month for us to finally talk on the phone," says Moore.

Both listed fine dining as an interest in their online profiles. Today, they sit in Bandera, the dimly lit restaurant where they had their first date a little over two years ago. Moore affectionately hands DeLaney a greeting card telling her that she loves her. It's green and DeLaney says it's both of their favorite color, which is one of their many similarities. They have fond memories of the day they met. They chuckle about an artichoke dip Moore



ordered. "It looked so good, but she never offered me any. I didn't want to ask on the first date, and she ate it all," says DeLaney.

The couple's families are supportive of their relationship. DeLaney's sister and nephew went on a trip with them to Paris. "I have a son; he's 31," says Moore. "And he has been out since he was like 13. And so I think that they probably already knew, but it was no big deal at all. And they love Cap."

When they begin to discuss marriage, Moore humorously pulls her glasses down and bats her eyelashes at DeLaney as she anticipates her answer. DeLaney says they have not discussed it in detail, but they both have similar ideas. "I think we're at that age where we're really planning for our future. And we met at the right time for that," says Moore.

Their greatest concern is the legal implications for married same-sex couples who move to states where their marriages aren't recognized. "The finances, the medical, the insurance and tax implications and all those things," DeLaney says. "I think people need to be conscious and aware of that. That's real dollars; those are real benefits."

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STORY BY EMILY ORNBERG & MARGARET MAHAR
PHOTOS BY NORA DREW

STICKY FINGERS

AN INSIDE LOOK AT THE SHOPLIFTING EPIDEMIC



THE FIRST TIME SHE DID IT SHE WAS 10 YEARS OLD.

Kim Chou* was shopping with her friends, roaming around Hot Topic when she saw a band T-shirt she wanted. Feeling brave, she pulled it through her belt loops and walked out.

"I was going through a rough time," she says unapologetically, shoving an oozing sandwich into her mouth. "I didn't have any money and we were at the mall and that's what you do when you're fucking young, I guess. From then on, it was just too easy."

Her favorite places to steal were Urban Outfitters, H&M and Forever 21, which, she says, had ample items for sale and few associates. Sometimes she would bring a giant purse jerry-rigged with compartments to hide things in. Other times she would wear a handmade belt that she could easily tuck clothes inside. She deactivated sensors, tore off tags or, when she was feeling really daring, just wore the clothes out the door. After stealing upwards of \$3,000 at Nordstrom, Lee was caught stealing at Urban Outfitters and spent a night in jail. But that didn't stop her.

"Sometimes I'd get a rush, like, I've gotten chased by security before and that was a lot of fun," Lee smiles. "I'm basically not allowed to go into certain Urban Outfitters in California for the rest of my life. I'm wanted."

With more than \$13 billion of goods stolen from retailers each year—\$35 million per day—shoplifting imposes a "crime tax" on all of us. Every American family pays approximately \$400 a year in price inflation to cover retailers' losses. And shoplifting is as invisible as it is insidious; according to the National Association for Shoplifting Prevention (NASP), shoplifters are only caught once every 34 times they steal, and half that time they aren't turned over to the police.

According to the National Retail Federation, 94 percent of surveyed U.S. merchandisers have been hit by professional boosters in the past year—and Chicago is one of the top 10 destinations for these theft rings. In 2011, Chicago got hit with a wave of so-called "flash robs," where large groups of intelligent

thieves hit several Michigan Avenue stores—the North Face, A|X Armani Exchange—in a massive burglar frenzy. And in November 2013, a video of a perilous pilferage at Sports Authority on Clark Street went viral, showing a group of thieves pushing clothing racks out the door, and trampling over store attendants.

However, the city is not only combatting professional thieves. One in every 11 Americans has shoplifted, according to NASP, leaving stealthy stealers like Lee to fall through the cracks.

Labeled as a "crime," "addiction," "disease," "political act" or "cry for help," shoplifting is largely misunderstood. So, why is it so prevalent? And what will it take to stop it?

OFFENSE

Tam Clark* was chosen from among many hopeful Chicagoans lined up for a casting call in the Gold Coast to work at one of the most profitable American Apparel stores in the country. For the first few months on the job, she was passionate about styling clients and consistently received high marks for her sales successes.

*I FELT LIKE WE WERE BEING
JUST LIKE, LITTLE, NAUGHTY
GIRLS. LIKE BEING 'BAD' YOU
KNOW? WE KIND OF JUST
LAUGHED.*

However, a change of managers left her feeling "worthless and expendable," she says. Eventually, feeling her hard work was unappreciated and she was being shortchanged by her commission-based pay, she began to steal. First she stole an \$80 chiffon shirt, stuffing it into her purse. It became a regular activity. "I did not feel guilty about stealing," Clark says. "After a certain extent, I hated my job so much that I just didn't care."

Clark shared her tips and tricks with other employees who felt similarly cheated; soon they were banding together, planning secret pilfering missions that netted garbage bags full of new clothes they shared with friends or sold to thrift stores. "We took anything and everything. Everything and anything," she says with almost childlike enthusiasm.

Sometimes they brought merchandise into the bathroom and put it in garbage bags, which they placed in garbage bins behind the store. "Then we would take it out to the alley and sort through it," Clark says. They hid larger items in FedEx or UPS packages. Eventually, district managers caught on; Clark's store had one of the highest number of thefts in the country. But corporate did next to nothing to stop it, she says. "The CEO would have weekly conference calls and he would just make remarks about how our store would have high theft rates—but he wouldn't do anything about it," Clark says. "It encouraged us to do it more."

Inadequate security only furthered Clark's cause.


"A lot of the security cameras didn't work. We rarely checked people's bags. If we did, it was just a quick glance. And when the company started tanking in profits, they took our security guards away," she says.

Just as some steal out of spite, others do it to fill an emptiness.

When Chelsea Smith* feels down, she grabs her oversized Coach bag, plops it into a shopping cart and begins her mission. Wheeling down the aisles of a cluttered TJ Maxx, Smith spends a large amount of time simply browsing. "I just start to put stuff in my cart and then stuff starts to land on top of my purse, and then, as I'm walking through, I'll just kind of put it in," she says.

For Smith, it's a compulsive activity. "During the time I'm stealing, I get this rush," she says. "Then I just start shoving stuff in [my bag], then I get out, get in the car, drive down the way a little bit, unload my purse and go to the next place." Sometimes Smith loses all track of time. "I shut off and I'm in there for hours," she says. "And it just calms me down."

* NAME CHANGED TO PROTECT IDENTITY



She began shoplifting at 16, when she and her friends stole bras on a dare. Even then, Smith could feel the rush of excitement from taking what was not hers. "I felt like we were being just like, little naughty girls. Like being bad, you know? We kind of just laughed."

When she was in her 30s, Smith was date raped. "I had to go through this whole legal process and relive it and it just started opening up and peeling the onion away," she says. She began drinking heavily and compulsively shoplifting. "It would start with something like, 'I'm at the restaurant and I want that candle. I'm gonna take it real quick and no one's gonna see me and I'm gonna get away with it.' I got kind of a thrill."

Smith has been arrested five times since then, but that hasn't stopped her from accumulating thousands of dollars worth of merchandise—most of which she hoards in her house, unable to part with it. Her favorite targets are toothbrushes, workout clothes and bandages. "I always need a new toothbrush," she says.

DEFENSE

Lorenzo Reid*, an employee at an undisclosed American Apparel store in the Midwest, is frustrated. At high-end stores like Macy's, he notes, "Everything is chained to the counter or tables. Bags are literally glued to the counter." That's not the case at his store. He tries to prevent theft, but American Apparel doesn't provide adequate security, relying instead on staff to prevent shoplifters. "They don't see the big picture," he says of the corporate higher-ups. "We do train our associates, and yes, we work hard at our jobs, but the people they are hiring are these younger, skinnier girls and the people that are coming in and stealing are these bigger girls."

In addition, Reid says, shoplifting laws in Illinois are overly sensitive to customers. Unless a retailer has evidence or actually witnesses a theft, retailers are unable to accuse suspects. "You can't really say anything; you just have to watch

them like a hawk," he says. "You cannot approach someone and say, 'Hey, you're stealing' unless you can name the item that they have. It has to be like 'Hey, do you want me to hold that black, small crop top I just saw you walk in the back of the store with?'"

Reid keeps a collection of photos of known shoplifters so staff know whom to watch. "We definitely have a wall of shame. They always want us to get pics," he says. "But it's so hard. When you're in that situation, a lot of times you don't want to go down alone in an elevator with that person, much less take their picture. I remember the last time I tried to take a picture, it was so shaky because I was so scared."

A lack of penalties add to the problem. Each state has its own felony threshold—the dollar amount when stealing becomes a felony. In 2011, the threshold for retail theft in Illinois was raised from \$150 to \$300 in an effort to keep petty offenders from crowding jails. "The punishment for shoplifting is largely negligible, and I think that that plays a factor in that people do it," says Rachel Shteir, author of *The Steal: A Cultural History of Shoplifting*.

In Fall 2013, leading up to the bustling holiday season, flagship stores from Barneys New York and Macy's upped their security to a more aggressive loss-prevention technique—encouraging sales people to "take chances" and stop anyone who looked suspicious. Shteir says the stores received backlash for racial profiling.

"If you're a loss prevention guy, how you're going to tell who's going to shoplift is a very loaded question," Shteir says. Since then, upscale retailers have developed a method of recognizing behavioral cues to identify shoplifters. Shteir says some of these "tells" include "signaling to others, hands down, concealing items, removing or switching stickers, attacking tag systems, continuous[ly] 'scoping' or searching for people, moving closely to fixtures, repeated stops in a particular area and inordinate nervousness (stretching, yawning, pacing)."



Stores also use “benefit denial devices” to discourage shoplifters from stealing in the first place. Ink tags, the most successful of these devices, spew ink if incorrectly removed, destroying the garment. And some department stores try a more positive approach, weaving quiet messages like “I am honest. I will not steal. If I do steal I will be caught and sent to jail” into their bubbly pop music soundtracks. But all of this is a cat-and-mouse game, with shoplifters countering each advance with a new strategy for defeating it.

PREVENTION

They meet weekly. Sometimes in a church, other times in a nondescript public building. An anonymous group of men and women sit in a circle. As a donation basket is passed around, people chip in a dollar or two for the host location. Terry Shulman, 48, meets with Cleptomaniacs and Shoplifters Anonymous group (CASA)—the ‘c’ being a way to spell out the acronym casa, which means “home” in Spanish.

Shulman, who founded CASA in 1992, is no stranger to kleptomania. Dealing with an unstable home life and the divorce of his parents, he began to shoplift at the age of 15, honing his skills by casually slipping items into his coat pockets. “If I would get stressed out, I would go get something for nothing and it would feel like a drug and alter my mood momentarily,” Shulman says. “It would make me feel powerful, like I made life fair for a moment. But it was very fleeting.” Shulman estimates that, over a 10-year period, he stole around \$10,000 worth of goods.

Shulman refers to kleptomania as an impulse control disorder, and not really as an addiction in the classic sense. He says a classic kleptomaniac is someone who impulsively takes things before they can talk themselves out of it. “Typically what happens is that they feel sudden anxiety and they soon learn that when they steal something, something happens in their brain chemistry—that they get relief or calmness,” he says.

After an incident in 1990, with over a decade of shoplifting under his belt, Shulman was caught for the last time, a bottle of champagne bulging out of his coat. Prompted into recovery, two years later he started CASA to make amends to a community he felt he had wronged. It serves both voluntary and court-ordered stealers who come for support in breaking their habit.

In 2004, Shulman founded The Shulman Center for Compulsive Theft, Spending & Hoarding, a private, for-profit business of which he is director. “I’ve worked with people who are very well educated, people who are ministers, doctors,” Shulman says. “There are professional thieves. There are people who are stealing to support a drug addiction or a gambling habit or doing it on a dare. But the thing is, for a lot of people, shoplifting becomes a habit or a highly addictive behavior.”

Shteir says this addictive quality leads some kleptomaniacs to experience withdrawal if they don’t get their fix. They don’t really have a sense of how their actions might hurt other people. “When people are stealing from multinationals, big corporations, the idea that ‘other people are going to suffer from my stealing this pack of gum’ is not a powerful rationale,” Shteir says. “It’s not like stealing from an individual, where you have to push them down and take their bag. You’re stealing from this faceless entity.”

ALWAYS WATCHING

On a cold fall day in the Chicago suburbs, dozens of undercover shoppers sit quietly among the rows of neatly stacked jeans and candy displays, watching. Operation Whoville, an undercover sting operation at high-end retail areas such as Orland Square Mall, Woodfield Mall and on North Michigan Avenue, was started by David Williams, assistant state’s attorney, three years ago to make a number of arrests and gain intelligence for future operations. Last year, Williams says they had 106 very public arrests,

YOU'RE REALLY STEALING FROM THIS FACELESS ENTITY.

intended to dissuade organized boosters. And in the process, they discovered some of the newer shoplifting tactics.

Why the whimsical name? “We were looking for a good operational name and [it was] during the Christmas season so we were looking for people to steal the gifts,” Williams says. “I guess I’m a Dr. Seuss fan, to be honest.”

Formed in 2010, CCROC, the Cook County State’s Attorney Regional Organized Crime Task Force, helps bring retailers such as Walgreens, CVS and Target together with law enforcement to work as partners against shoplifting. Stores who are members share information, including reports of organized retail crime and BOLOs, be-on-the-lookout alerts about suspected thieves, on their password-protected website to keep track of the city’s most frequent and stealthy offenders.

Together, Williams said CCROC has been able to track boosting crews, the most destructive subdivision of shoplifters, who lift and ship the stolen merchandise to a fence, a middleman who buys stolen goods from thieves and sells them for a profit. These small convenience stores on the South and West Side only sold pop and chips, CCROC started noticing, but also act as conduits for all kinds of criminal activity such as drug trade, gangs, fraud and identity theft.

“Working together with the private sector and their security, educating law enforcement about the public nature of the crime and the expansion of it and why it’s important, I think that’s the best way [of preventing it],” Williams says. He’s also working to call attention to the stores that purchase stolen goods and resell them, some of them using the proceeds to fund more dramatic types of crime. “If people know that professional shoplifters are fencing them to these stores, and those stores are really sucking the life out of these communities, maybe they’ll understand that it’s not just an isolated crime, or you see that these types of crimes are funding international terror groups or international crime groups, maybe they’ll think twice.”

But, he admits, “I don’t think we will ever get it all to stop.”

Shteir agrees. Stealing is ingrained in our human psyche, she says. It is driven by need and by desire—all under the urge to just have.

“We live in a world where it’s very important what you wear, what you look like, what brands you have. That identifies us. It marks us. Having these things is really important, [and] the urge to steal is particularly strong now since the recession...You could say, the sad thing is we don’t have the American dream any more, so we have to steal it.”

BUY THIS, NOT THAT

How to afford the finer things in life



**A HALF EIGHTH OF
POT COSTS \$25**

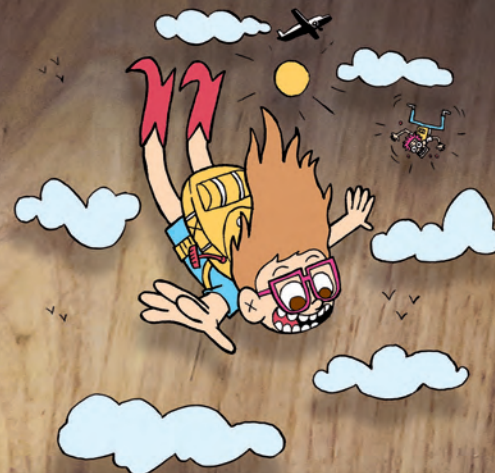
**GIVE UP 11 BAGS
AND GET**

Three-day general admission pass to Lollapalooza (and a half-eighth bag of pot for the show)

**A PACK OF
MARLBORO
LIGHTS COSTS \$12**

**GIVE UP 37 PACKS
AND GET**

Skydiving in Ottawa, IL for two.



STORY BY HANNAH COLE | ILLUSTRATION BY SEAN MAC



**A 7-MILE CAB
RIDE COSTS \$15**

**GIVE UP 17
AND GET**

Round-trip flight to New York City via Southwest Airlines

**A DOMESTIC
BEER AT THE BAR
COSTS \$4**

**GIVE UP 26 BEERS
AND GET**

One regular-season ticket to a Blackhawks game



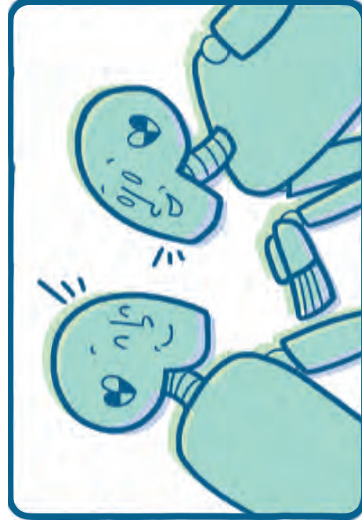


LOVE FOR DUMMIES

This is your brain on dopamine

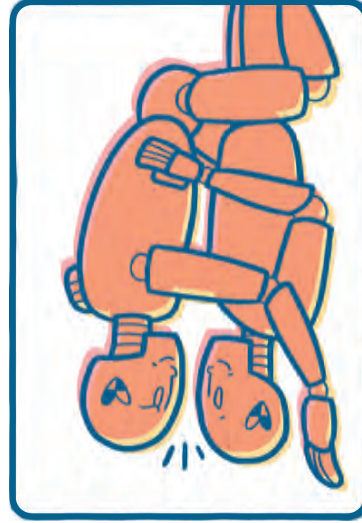
STORY BY ASHLEE STEWACK | ILLUSTRATION BY JAVIER SUAREZ

SUMMER IN THE CITY IS THE PERFECT TIME TO TEST DRIVE a new romance. Somewhere along the ride you may experience some road blocks and bumps. In the midst of the euphoria you can feel a bit like you're on autopilot. As your brain sends you signals, we're here to help you make sense of it all and avoid any serious accidents.



ATTRACTION

Testosterone and estrogen play a role in this stage. Researchers have found that testosterone and estrogen levels rise in individuals of both genders when they sense mutual interest, causing sexual arousal.



LUST

A spike in norepinephrine and dopamine, and a drop in serotonin, are the main agents in this stage. The side effects can include euphoria – that head-over-heels feeling – and OCD-like focus on the other person.



ATTACHMENT

At this stage, oxytocin and vasopressin take over, calming the craziness of the previous stage and allowing you to settle in and enjoy the ride. These two chemicals combined are the mixture for long-term commitment.

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wheels when you want them

Guilt Pleasures

How to make a McHit.

STORY BY EMILY ORNBERG | PHOTOS BY DEVIN AADLAND

IT'S 10 A.M. AND THE SONGWRITING DUO THE

Kingpens are sampling trap beats over some McGriddles. Sam Spaulding, founding member of a prolific Chicago production crew that has crafted tunes for artists such as MGK and Lupe Fiasco, speaks in a slow, syrupy voice as he puts down his orange juice. "People love pop music because it's general, it's broad. But they hate it for the same reasons. There's definitely a recipe to music..."

"...and the recipe depends on what you're trying to cook and who it's going to be for," Lenny Hooks interrupts as he sips his McCafé coffee. "You've been tricked into liking this record because they used all of these simple tricks of chord progressions and harmonies and certain instruments that just work."

Pop music is the McDonalds of the music industry. It's created for the masses, produced faster than it should be—but that's the whole point. It's always available, deliciously greasy and predictably simple. It's there for those of us who just need something to consume. Its lack of nutritional value is implied, but hey, it's hard not to indulge in a large fry every now and then.

Quick consumption is the point of pop music, says David Dolak, who teaches Physics of Musical Instruments at Columbia College Chicago and builds guitars and other instruments in his free time. Just as our tongues process taste, our ears look for patterns in the frequencies of sound as our brain tries to understand them, he explains. Here is where the addiction comes in: simple chords

that sound soothing and comforting stimulate the release of dopamine, a neurotransmitter that rewards us. Happy sounds, such as octaves, fifths, fourths and thirds induce an addictive surge of pleasure. "So

does salt, sugar and fat for the taste system—comfort foods. We like and then want them more, again and again." In other words, Dolak says, "Pop music is easy, greasy food to eat for the ears."

Pop music is also consumed on the go, says Jay Frank, author of *Hack Your Hit*. "In the past, you weren't meaning to discover music; you just happened to be listening to the radio and all of the sudden, a song comes on and you go, 'Wait—who is this? What is this?'" Frank says. As record labels worked to deliver sure-fire Top 40 tracks to radio stations to nurture their pop stars, radio listeners—

the majority of Americans—became familiar with the same songsters, who promised to deliver catchy McPop songs and dominated their CD collections.

Today, online radio streaming services, such as Pandora and Spotify, are among the main means for discovering music. This allows users to be their own DJs, Frank says, which oftens forces them to favor the Big Macs of the industry. "Now there are

just too many musical choices out there," Frank says. "So for some listeners, they go and they stick to what's most popular, which is one reason why, surprisingly, despite all the press about the

trouble about the music business, the big hit songs are actually collectively making more money than ever before—not less."

Pop music is polarizing. Its advocates idolize the entire pop spectacle, while its critics dismiss the genre and only indulge in pop music for the occasional "guilty pleasure." That term itself acknowledges a sense of shame. But there's no denying the science: our brains prefer melodies that are simple, predictable and repetitive, despite our views on a song's artistic merits. So why do we feel guilty about liking pop music?

**"POP MUSIC IS EASY,
GREASY FOOD FOR THE
EARS." —DAVID DOLAK**



1899-EDISON CYLINDER PHONOGRAPH

These wax cylinders are about four inches long and 2 1/4 inches in diameter, and play about two minutes of music or other sound on a phonograph—hence the two-minute pop song.

1933-REEL-TO-REEL MAGNETIC TAPE

Magnetic recording on steel wire is developed commercially to transmit the first inter-city stereo audio program. Due to price and size, they are limited to professional use.

1922-CAR RADIOS

Chevrolet produces a sedan with a Westinghouse "two-step amplifying radio receiving set." For the first time, people can take their music with them.

1948-VINYL LP'S

LPs (long-plays) expand the capacity of the old 12-inch diameter discs, which only played around five minutes, to provide up to 20 minutes of audio on each side. This allows 10 or more recordings on every record.

1963- CASSETTE TAPES

Portable, recordable and not too fragile, tapes are a new way to share music more easily.

1981-MTV

MTV (Music Television) plays music videos 24/7. Videos contextualize the songs and give dazzle to modern pop stars. The original tagline of the channel is, "You'll never look at music the same way again."



Compelling Consumption

"It's a formula. It's all about the ingredients," says Lenny Hooks, co-founder of legendary Chicago producers The Kingpins. "When you start to talk to the labels, they know what they're looking for. Does it have the ingredients?"

GRABBING INTRO: Now that people stream music, they will always hear songs from the very beginning, in contrast to when people listened to songs on the radio and came in at any part of a song.

KNOW YOUR AUDIENCE: "Club-banger music calls for booming beats and a faster tempo. A beach party calls for happier melodies and soothing harmonies. Who's going to be listening to this? Make it fit into that environment," Hooks says.

CATCHY HOOK: "The more people hear something, it will just get more into their spirit," says Sam Spaulding, another founder of The Kingpins. If the chorus features lyrics that get stuck in listeners' minds for the rest of the day—unique phrasing, a resonant message—the song will be played again. And again. And again.

MAJOR CHORDS: Pop music favors major chords—the same ones you remember from "Mary Had a Little Lamb," "Twinkle Twinkle Little Star" and "Happy Birthday." These chords feed the brain happy, predictable, nostalgic melodies.

INCOMPLETE ENDING: Ending a song before the melody is complete frustrates listeners' brains, which are wired to "finish the puzzle," and forces them to play the track again.

Q & A: SONGWRITER TAVISH CROWE "CALL ME MAYBE"

Q: WHAT WAS IT LIKE WHEN "CALL ME MAYBE" HIT THE BIG TIME?

A: It was so insane to see all that stuff happening. It was a pretty quick transformation and totally sweet to hear that pop four-on-the-floor behind it. Then Justin Bieber was in town, and he tweeted about the song, and it really started taking off. Carly and I were both freaking out about that. It's just sort of become this inspiration now.

Q: WHAT DO YOU THINK ABOUT THE FORMULA FOR POP MUSIC?

A: Just recently it seems like the songs that are really getting big are starting to break rules. It's not so much a pop formula anymore. It's still verse-chorus-verse-chorus, but there's different cool melodies and throwbacks to '50s and '60s instrumentation and using chords that are more advanced. It just feels like a really exciting time for pop music.

Q: HOW DO YOU REACT TO PEOPLE CALLING "CALL ME MAYBE" A GUILTY PLEASURE?

A: I don't think there's any guilt in listening to something you enjoy. It's like reading a good story or watching a good movie. Why should you feel bad? Sure, there's other music that you can be listening to; no guilt in that either. But you can always turn on a good pop song. There's no shame in that.

1996-MP3

As the industry begins shifting to digital format, MP3s greatly reduce the amount of data required to represent information in an audio recording.

1982-COMPACT DISCS

The first compact disc holds about 74 minutes of uncompressed audio, hence the standard 17-song album package.

1999-NAPSTER

This peer-to-peer file-sharing service got listeners hooked on the idea of unlimited free music.

1997-AUTO-TUNE

Originally intended to disguise or correct a vocalist's tempo or pitch mishaps, the software was first used commercially on Cher's "Believe" in 1998 but goes on to create a trend of synthesized sounding artists for years to come.

2008-SPOTIFY

Interactive streaming is fast becoming America's favorite way to listen to music, which is unfortunate for artists. By 2014 artist is getting just half a cent per stream.

2001-IPOD AND ITUNES

Users can now bring their MP3s everywhere they go. iTunes allows users to create their own playlists. People suddenly seem OK paying for digital music.



A small number of producers and songwriters create a disproportionately large number of contemporary hits, which may explain why so many of them sound similar. The producers serve as creative directors, organizing the song arrangements and editing the recordings; the songwriters elevate songs to their smash potential.

PRODUCERS

MAX MARTIN

Backstreet Boys ("As Long As You Love Me," "I Want It That Way")
 *NSYNC ("I Want You Back," "Tearin' Up My Heart," "It's Gonna Be Me")
 Britney Spears ("...Baby One More Time," "Oops!...I Did It Again," "Stronger," "Lucky")
 Celine Dion ("Faith")
 *Kelly Clarkson ("Since U Been Gone," "Behind These Hazel Eyes," "My Life Would Suck Without You")
 *P!nk ("Who Knew," "U + Ur Hand," "So What")
 *Katy Perry ("I Kissed a Girl," "California Girls," "Teenage Dream," "Wide Awake," "Roar,")
 Justin Bieber ("Beauty and a Beat")
 Taylor Swift ("We Are Never Ever Getting Back Together," "I Knew You Were Trouble," "22")

THE NEPTUNES

Ol' Dirty Bastard ("Got Your Money")
 Jay Z ("I Just Wanna Love U (Give It To Me)," "Excuse Me Miss")
 Ludacris ("Southern Hospitality," "Money Maker")
 Britney Spears ("I'm a Slave 4 U," "Boys")
 *NSYNC ("Girlfriend")

Usher ("U Don't Have to Call")
 Common ("Come Close")
 Justin Timberlake ("Señorita," "Like I Love You," "Rock Your Body")
 Nelly ("Hot in Herre")
 Kelis ("Milkshake")
 Gwen Stefani ("Hollaback Girl," "Wind it Up")
 Snoop Dogg ("Beautiful," "Drop it Like It's Hot")
 Frank Ocean ("Sweet Life")
 Kendrick Lamar ("good kid")
 Beyoncé ("Green Light," "Blow," "Superpower")

TIMBALAND

Aaliyah ("Try Again")
 Justin Timberlake ("Cry Me a River," "Sexy Back")
 Jay Z ("Dirt Off Your Shoulder")
 Pussycat Dolls ("Wait A Minute")
 Nelly Furtado ("Maneater")
 Missy Elliot ("Work It")
 Ludacris ("Rollout")
 Beyoncé ("Drunk in Love")
 Rihanna ("Rehab")
 Madonna ("4 Minutes")

DR LUKE

*Kelly Clarkson ("My Life Would Suck Without You," "Since U Been Gone," "Behind These Hazel Eyes")
 Miley Cyrus ("Party in the U.S.A.," "Wrecking Ball")
 Ke\$ha ("Your Love is My Drug," "Tik Tok," "We R Who We R")
 Taio Cruz ("Dynamite")
 *Katy Perry ("Teenage Dream," "Last Friday Night (T.G.I.F.)," "E.T.")
 Jessie J ("Price Tag")
 Rihanna ("You Da One")
 Pitbull ("Timber")
 Flo Rida ("Right Round," "Good Feeling")

SONGWRITERS

MAKEBA RIDDICK

Jennifer Lopez ("All I Have")
 Rihanna ("If It's Lovin' That You Want," "Disturbia," "Rude Boy")
 Beyoncé ("Get Me Bodied")

BONNIE MCKEE

Katy Perry ("California Gurls," "Last Friday Night (T.G.I.F.)," "Part Of Me," "Roar," "Teenage Dream," "Wide Awake")
 Britney Spears ("Hold it Against Me")
 Taio Cruz ("Dynamite")

RYAN TEDDER

Jordin Sparks ("Battlefield")
 Leona Lewis ("Bleeding Love," "Happy")
 Kelly Clarkson ("Already Gone")
 Beyoncé ("Halo," "XO")
 OneRepublic ("Apologize," "Good Life," "Secrets")
 Adele ("Turning Tables," "Rumour Has It")

*Co-produced

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diaholliday.com

kaijucomics.blogspot.com

erographics.com



NIGHT SHIFT

Harnessing the power of lucid dreaming

STORY BY EMILY ORNBERG | PHOTO BY ASHLEE STEWACK

STARK FLASHES OF LIGHTNING BROKE THROUGH THE DARKNESS OF a storm at sea as I swam, battling huge waves, desperately trying to keep my head above water. Thunder drowned my screams for help; a tidal wave swallowed me and I frantically gasped for oxygen. 'I'm going to die,' I thought. Until I remembered: I'm just dreaming. The storm calmed.

I don't need water to drown. Life often drowns me, or so it seems. My dreams take over my senses, pulling me into a world that feels entirely real. As I enter a lucid dream, I enter the dream world, but suddenly I realize I'm dreaming and I exert my power to control what happens next. In the process, I've been able to work on skills during my dreams, such as practicing piano or editing stories.

Lucid dreaming haunts my daytime thoughts and confuses the vivid sensory dreams with memories of reality. My mind is just as active when I'm dreaming as it is when I'm awake, so every morning I feel more exhausted than when I went to bed.

I decided to reach out to Dr. Gayle Delaney, the founder of the International Association for the Study of Dreams and author of *All About Dreams*, who's been practicing dream work since 1974, to learn more about my lucid dreams and how to control them.

**"WHAT HAPPENS IN YOUR DREAMS, LIKE WHAT HAPPENS IN YOUR DAYS, AFFECTS THE ECONOMY OF YOUR SOUL."
—GAYLE DELANEY**

EO: What can you tell me about lucid dreams?

GD: I'm here to tell you that you have a very unusual gift and you can learn to use it in a lot of ways. It's rare—it comes into anybody's life maybe 10 percent of their dreamtime, unless they get really fascinated by the topic and practice it.

EO: I am constantly overwhelmed by my lucid dreams. I had a vivid dream as a young girl about a giant venomous tarantula that has stuck with me. Can I stop?

GD: Learn to use your lucid dreaming in a useful way rather than just watching what's going on in the dream because it's interesting, or because it's pretty, or because it keeps bad things from happening. Instead of changing the dream, use your lucidity to learn. You've got to change your attitude to confront the scary things, go toward conflict. Now you have to ask the spider, 'What are you doing in my dream?' and you'd be amazed what starts to happen. The animal will talk to you. Lucid dreams can be fantastic, but almost no one uses it to grow or to learn. Learn to play with them.

EO: How would someone begin to lucid dream?

GD: Start writing down your dreams in the morning—that's fundamental, because you want to start teaching yourself to be more aware. When you first wake up, ask, 'What was first going through my mind?' and write it down. You need to recall things in order to lucid dream. When you see something really weird in reality, say 'I must be dreaming.' Start saying that often. Start becoming more aware.

EO: What are some misconceptions about lucid dreaming?

GD: Usually in lucid dreams, there are varying degrees of how you control the environment from 'Oh, I know I'm dreaming!' and then it takes off again. Or, 'I want to go over here and be with such and such person.' Then once you set up a scenario, the dream takes over again. So this is a far broader subject than is ever mentioned in those little cookbooks, 'This is how you can lucid dream.' So you want to lucid dream? To what end? How do you want to feel? And in what way do you want to lucid dream?

EO: What is the benefit of being able to lucid dream?

GD: There are some extraordinary lucid dreams of exquisite beauty where the world around you is beautiful. Or you have some extreme eroticism and you are burning through your inhibitions. It's more beautiful than anything you've been able to experience in your life. I believe, like [Friedrich] Nietzsche says, what happens in your dreams, like what happens in your days, affects the economy of your soul. It is a part of you.

STAR-CROSSED COCKTAILS

Tasty drinks suited for your sign

STORY BY ASHLEY SKOCZYLAS AND TANISHA WALLIS | ILLUSTRATION BY JAVIER SUAREZ

CAN COCKTAIL PREFERENCES BE WRITTEN IN THE STARS? TESORI mixologist Mario Flores and Watershed bartender Laura Chaillie concocted Zodiac-inspired cocktails. If the stars align, you could find your perfect drink.

Aries

**LAGAVULIN 16 YEAR
SINGLE MALT
SCOTCH, NEAT**

A strong drink for a strong leader. "The smell of campfire, cigar and oak coming off that glass will have everyone around you thinking you just killed a pack of wolves with your bare hands," says Flores.

Taurus

**RYE MANHATTAN,
ON THE ROCKS**

The classic Manhattan satisfies A Taurus' traditional aesthetic. Ice will dilute the drink and the extra water will help the body process ethanol. "Boozy but approachable," says Chaillie.

Gemini

GIN BRAMBLE

Chaillie suggests the Bramble because its complex and effervescent properties appeal to Gemini's intellectual, chatty nature. Made with gin, lemon, simple syrup and a drizzle of crème de mûre, this refreshing drink will gear you up for more conversation.

Cancer

DARK AND STORMY

This drink's name is derived from its ingredients: rum (dark) and ginger beer (stormy) with a dash of lime juice. Chaillie says it also complements the other side to a Cancer's loving, compassionate personality: occasional mood swings.

Leo

MEZCAL PALOMA

Just like Leos, Mezcal is often misunderstood and imposing, Chaillie says. The smoky-tasting alcohol mixed in a paloma (a mixture of grapefruit, soda, sugar and lime) creates a delicious bitter-sour combination.

Virgo

NEGRONI, ON THE ROCKS

Made of gin, Campari and sweet vermouth, this drink appeals to a Virgo's complexity, says Chaillie. It's sweet, bitter and strong all at once, just as Virgos are equal parts analytical, reliable and precise.



Libra STICK TO THE CLASSICS

Libras tend to be indecisive. A simple cocktail like a Tanqueray and tonic or rum and Coke are solid choices, says Flores. Then Libras can do what they do best: impress everyone with their charm and intellect.

Scorpio YOUR OWN "SECRET" RECIPE

Scorpios are passionate and secretive, so Flores suggests asking the bartender to mix 2 oz. of Zubrowka Vodka, 1/2 oz. fresh lime juice and 1/4 oz. green Chartreuse, shaken and strained over ice. "Ask the bartender to keep this drink between the two of you," he adds.

Sagittarius BEER

"Sagittarians are friendly and like to have people over, and that means beer," Flores says. He suggests Revolution's Anti-Hero IPA, followed by a shot of Irish whiskey to suit a Sagittarians' reckless side.

Capricorn BOURBON OLD FASHIONED

Chaillie recommends a strong, classic cocktail for a hard worker. Bourbon, sugar, Angostura bitters, a splash of club soda and a strip of orange peel over an ice cube will put a Capricorn at ease.

Aquarius A LAST WORD

Chaillie suggests mixing gin with an herbal spirit such as Chartreuse to create a strong, tart combination with an herbaceous, anise-like kick to complement an Aquarius' progressive, artistic nature.

Pisces CLASSIC CHAMPAGNE COCKTAIL

Chaillie and Flores suggest a drink with bubbles. Mixed with sugar, bitters and a twist of lemon, a Champagne cocktail appeals to Pisces' sensitive, dreamy side. Plus, the flavors change as the sugar melts and the bitters are distributed by the carbonation, creating an introspective experience for this idealistic sign.



How to satisfy your apocalyptic appetite

STORY BY ELEXIS RUIZ & JESSIE SARDINA | PHOTOS BY JOLIE GREENSTONE

THE END OF THE WORLD IS HERE AND YOU are more than prepared. You've spent the last several years decoding the Mayan Calendar, and you have enough canned goods and bottled water to nourish the cast of "The Walking Dead." To turn your doomsday pantry into delectable dishes during your final days on Earth, follow these recipes from Timothy Cottini, executive chef at Fork.

BREAKFAST

Rice & peanut butter porridge w/ a honey glazed pan seared ham steak

INGREDIENTS:

2 slices Hormel Spam
1½ cups rice
½ cup peanut butter
1 15-oz. can Del Monte Fruit Cocktail
½ tsp cherries (picked from fruit cocktail)
1 tbsp grapes (halved, picked from fruit cocktail)
½ tsp. coconut oil
1 tsp. honey

1. Bring 3 ¼ cups of water to a boil. Pour in rice, and return to a boil. Cover and simmer for 15 minutes. While the rice is cooking, pick out ½ tsp. cherries and 1 Tbsp. grapes from the fruit cocktail. Cut the grapes in half. Set aside.

2. In a food processor, blend half-cooked rice with peanut butter and a splash of the fruit cocktail juice. Place a skillet on high heat. When hot, add coconut oil and fry Spam on each side for about 1 minute. Pour honey over Spam and let it slide off and caramelize. Remove Spam from skillet and glaze with caramelized honey.

3. To serve: Ladle rice mixture into bowls, top with Spam and garnish with cherries and grapes. For extra sweetness, "put a little extra drizzle [of honey] on it, cause life sucks and we want to eat everything," says Cottini.





DINNER

Beef stew & pureed chick peas topped with tuna sauce

INGREDIENTS:

- 1 4-oz. can tuna
- 2 Tbsp. mayo
- 1 tsp. apple cider vinegar
- 1 Tbsp. salt
- 1 20-oz. can Dinty Moore Beef Stew
- ¼ cup dried chickpeas
- optional: dried oregano

1. Place chickpeas in enough water to cover them. Cover and bring to a rolling boil over high heat. Cook for 90 minutes. Whisk together juice from tuna can with mayo and vinegar.
2. When chickpeas are cooked, drain and blend with ¼ cup cooking liquid and salt, adding liquid as needed. Remove beef pieces from canned stew and cook over a double boiler until heated thoroughly.
3. To serve, use chickpea puree as a base. Place beef pieces on top and drizzle with tuna sauce. Garnish with a sprinkle of dried oregano.



LUNCH

Tuna casserole

INGREDIENTS:

- 1 18-oz. can Progresso chicken and vegetable dumpling soup
- 1 4.5-oz. can Green Giant sliced mushrooms, drained
- ½ cup saltine crackers, crushed
- 1 4-oz. can Starkist tuna, drained
- 1 Tbsp. mayo
- 1 15.25-oz. can corn, drained

1. Pick out carrots, celery and dumplings from the soup. In a cast-iron skillet, combine mushrooms, tuna, carrots, celery, a splash of chicken broth and mayo. In a food processor, blend crushed crackers, dumplings and corn for about 2 minutes to create a crust. Place over tuna mixture.
2. Bake at 400 degrees for 45 minutes, or until crust is brown. Serve in the skillet. "When everybody goes crazy, there will be interesting combinations of foods. Because food helps people forget," says Cottini.

DESSERT

Rice pudding with fruit cocktail

INGREDIENTS:

- 1 cup rice
- 1 6-oz. can pineapple juice
- 1 15-oz. can Del Monte Fruit Cocktail
- 1 Tbsp. honey

1. Bring 2 cups of water to a boil. Add rice, cover and simmer for 15 minutes.
2. Blend together half-cooked rice, half the pineapple juice and honey, adding juice until it is the consistency of pudding. Pour into a mixing bowl and place over another bowl filled with ice water. Whisk the pudding over the ice bath to thicken.
3. To serve, use pudding as a base and top with fruit from the fruit cocktail. Drizzle with honey.



CIDER'S INFERIORITY COMPLEX

Use these comebacks to put cider naysayers in their place

STORY BY JESSIE SARDINA | PHOTOS BY KEENAN BROWE

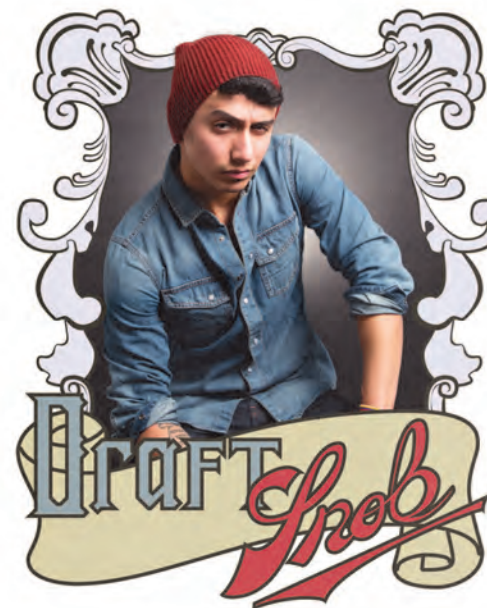


"ROLL YOUR EYEBALLS AT ME ALL YOU WANT, BUT OUR FOUNDING FATHERS LOVED THIS STUFF." After the first settlers discovered that the rocky New England soil was unsuitable for growing barley and grain, they requested apple seeds from England and began planting the first orchards. Fast forward to the turn of the 19th Century, and the region was producing nearly 3,000 gallons of cider a year. It was, by far, the beverage of choice. Even children drank "ciderkin," a weaker alcoholic beverage, and it wasn't uncommon to find a small cider orchard on most homesteads. The demise of cider can mostly be credited to the arrival of beer-gulping Europeans and a little buzzkill called Prohibition.



"IF GETTING WASTED IS YOUR GOAL, WHY DON'T YOU TAKE A BREAK FROM SMASHING PBR CANS ON YOUR HEAD AND TRY SOME OF MY CIDER?" Believe it or not, cider will get you tipsy faster. While a PBR clocks in at 4.75% alcohol by volume, most traditional hard ciders are around 6 to 8%. Oh, and that sour tummy ache you get after a night of losing multiple rounds of pong? Cider has long been recommended as a cure for upset stomachs. Cheers!

CIDER SHAMING. IT'S A THING. IF YOU'VE ORDERED CIDER IN A CITY LIKE CHICAGO THAT'S BRIMMING with local brews and loyal drinkers, then you've probably seen the scowl and heard the flack. Fear not, cider lovers. Your thirst for a pint of that which is crisp and fruity is far from shameful. Use these rebuttals to wise up the haters.



"WHILE YOUR KNOWLEDGE OF MICRO-BREWING IS FASCINATING, I'M SURE I COULD ENLIGHTEN YOU ON HOW THIS STUFF IS MADE." Fresh apples are ground by a mill into a pulpy, sticky mush called pomace which, in traditional craft brews, is stacked between alternating layers of sweet straw and ash wood. Pressure is then applied to the layers until all the juice is extracted from the pulp. At many home breweries, the pulp is used for animal feed, but in larger operations it can be used to make apple liqueurs. The juice is fermented with yeast at a relatively low temperature in order to preserve aromas. Right before the yeast eats up the juice's sugars, it's siphoned into new, airtight vats to eliminate the growth of bacteria and continue fermentation. This is the point when carbon dioxide is formed, giving cider its effervescent quality. The cider ferments for three months to three years before it's bottled and sipped with superiority. OK, now you can tell me about your IPA.

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PICKY PALATES

Selective eaters get some answers

STORY BY MEREDITH KAVANAGH | PHOTOS BY DANIELLE SCARDINA

I FEEL THE FLUSH CREEPING UP MY CHEEKS. "I'll have the Chicken Marsala with no mushrooms, sauce or basil, please," I tell the server, trying to ignore her confused look. Yes, a plain chicken breast and buttered noodles is my real order.

I'm not anorexic and I'm not two years old. I'm a 26-year-old picky eater.



FOOD PROPS BY WESLEY FERGUSON, CHELSEA GALLAGHER,
JAKE JUWAYYID, SUZANNAH LINNEKIN, EMILY MODJESKI,
MICHAEL OLIVA AND MITCHELL RANDELL

Up to 24 million people in the U.S. suffer from eating disorders. More than half of them don't fit the criteria for anorexia or bulimia, so they are diagnosed with Eating Disorders Not Otherwise Specified (EDNOS). The vague nature of this diagnosis, which includes everything from mild cases of anorexia to extreme cases of atypical eating, makes it a hard group to study, let alone treat. For picky eaters, it means doctors have no answers.

I don't remember when I first realized my eating habits were different, but I've heard my mom recall the time she tried to feed me a banana and I immediately gagged and spat it out. I was about one and a half.

As soon as I could chew, I developed a taste for my favorite foods: chicken, French fries, buttered noodles, mashed potatoes, bread—any form of bland starch or processed food was always a safe bet. Many of the foods I don't eat (eggs, red meat, most fruits and vegetables) have never made it past my lips.

For as long as I can remember, food has been a source of anxiety and embarrassment. I used to avoid meals at friends' houses, and if food was offered, I would say, "I'm not hungry. I just ate." Refusing food became such a knee-jerk reaction that to this day, I won't accept food unless I'm asked two or three times.

I still feel the burn behind my eyes when someone I love voices frustration at my eating habits, or someone I respect tells me I'm going to die by 30 if I don't start eating better. I know they are just concerned about me, but I feel helpless to change. And I feel guilty for the effect that my diet has on others.

I spent the first 20 years of my life thinking something was wrong with my brain, my tongue and my senses. How could I be repulsed by so many foods other people enjoy? I knew it was more than what everyone in my life tried to convince me. It wasn't "all in my head."

Now I finally have the medical community backing me up.

In May 2013, Avoidant Restrictive Food Intake Disorder (ARFID) was recognized by the American Psychiatric Association as a new category of eating disorder. It is defined as "a persistent disturbance in eating that leads to significant clinical consequences, such as weight loss or inadequate growth, a significant nutritional deficiency, dependence on tube feeding or nutritional supplements to sustain adequate intake, and/or impaired psychosocial functioning, such as an inability to eat with others." Two to five percent

of American adults are persistent selective eaters. This puts them at risk for nutritional deficiencies, as well as growth impairment when they are young, and social impairment when they are older.

If that doesn't sound like a true eating disorder to you, you aren't alone. The very concept of ARFID has long been virtually unknown in the medical world and often dismissed as simply a personal choice by anyone who didn't suffer from it. Unlike anorexia, bulimia and binge eating, doctors had no explanation for the varied manifestations of picky eating in adolescents and adults, and the advice for parents of persistent selective eaters was usually punitive: "Don't offer them their preferred food and they will get hungry enough to eat whatever is put in front of them."

Yeah, doesn't work that way.

Luckily, I have patient parents who fed me chicken nuggets, fish sticks, and macaroni and cheese made with real shredded cheese—never the neon, inedible-looking powder.

Still, I vividly remember being on the verge of tears at the dinner table, staring at my U.S. map placemat, trying to explain why I couldn't eat a spoonful of peas. "No, I can't just try it." I wasn't being stubborn, dramatic or asserting my control as children do. Nobody understood that I saw hamburgers as dog food, pot roast as vomit, and the smell of vegetables was something closer to a dirty sock dipped in hazardous waste. I physically

could not eat the foods put on my plate because to me, they simply weren't food.

Growing up, I longed for someone to understand the inexplicable disgust I felt for most foods. Bob Krause, 67, shares that feeling, and he did something about it. Krause served 13 years in the U.S. Navy relying on a diet of toast, plain cereal, peanut

I SAW HAMBURGERS AS DOG FOOD, POT ROAST AS VOMIT, AND THE SMELL OF VEGETABLES WAS SOMETHING CLOSER TO A DIRTY SOCK DIPPED IN HAZARDOUS WASTE.

butter, crackers and milk. "I can remember taking the physical and the doctor asked if there was any reason I shouldn't serve. I wanted to say, 'Well, I'm a crummy eater. This could be a problem.' But I had nothing to say about it cause I had nothing to base it on," he says.

Until Krause was in his early 50s, he hadn't heard of or met anyone else who shared his eating issues. For years, he tried to research picky eating in the medical reference section of the library, but he couldn't find much. So he took his research online, where he stumbled across a blog post from a man in Great Britain who had similar eating habits. "I thought, 'Oh my God. This guy's





ALTHOUGH EVERY TONGUE HAS DIFFERENT TASTES, PICKY EATERS TEND TO PREFER BLAND, STARCHY, SALTY, PROCESSED FOODS.

just like me,” Krause says in the slow, measured voice of someone who has told his story many times. “So now I’ve got proof that there’s two.”

Krause started a website called Picky Eating Adult Support in 2003. Today, it has 10,000 members. “Hardly a week goes by that somebody doesn’t join the support group and say how they’ve got tears in their eyes,” he says. “They thought they were the only person in the world like this, and they’re so relieved to know there’s people who understand them.”

Four years ago, Nancy Zucker, PhD, Director of the Duke University Center for Eating Disorders, took notice of the number of students coming to her with the same issue: a short list of acceptable foods along with a physical inability to try new foods. “These college students were really struggling socially because intellectually they knew there was no reason why they had so much trouble eating,” Zucker says. “It was interfering with job interviews, with dates. They were worried about their health because they weren’t eating any fruits

and vegetables. It was affecting their stamina. They weren’t classic eating disorders, and as you dug in a little bit you realized the developmental history of their lifelong struggle.”

Zucker, along with Marsha D. Marcus, PhD and Jennifer E. Wildes, PhD from the University of Pittsburgh, conducted the first study on adult picky eating. Nearly 7,000 men and women above the age of 18 completed an online “public registry” of picky eating in 2010. The questionnaire was designed to determine how picky eating and other atypical eating disorders correlate with Obsessive Compulsive Disorder (OCD) and other disorders that include similar food and sensory sensitivities. In order to gain recognition of picky eating as a distinct eating disorder, Zucker and her team had to prove that selective eating disorder (SED) and ARFID occur without the presence of OCD.

“My research is looking at the role of disgust at eating,” Zucker explains. Prior research, she says,

has focused on fear and anxiety, rather than gut and sensory sensitivity. “If we’re just looking at

it from a very cognitive way, ‘They’re afraid to try new foods,’ well, what are you afraid is going to happen? We’re not at all addressing these primary sensory aversions.”

Zucker and her colleagues found that OCD was not more prevalent among people with ARFID and SED, but social eating anxiety was significant and problematic. “Selective eating is impairing if a variety of food is such that they’re having nutritional deficiencies, causing a lot of family conflict, causing relationship dysfunction,” Zucker says. “Then you’re getting on the verge of disorder. When you’re talking about ARFID, you’re usually talking about kids and adults who are not eating enough food, as well as eating a limited variety.”

This unprecedented research sparked a surge of new research, and led more picky eaters to come forward. “This whole population of folks that just felt

completely misunderstood,” Zucker says. “That they were faking it or being difficult, or it was some kind of personality problem and not just this hardwired aversion to try new things.”

It’s not just new things, either. It’s also textures. I instantly bond with Krause when he says Frosted Flakes are one his favorite foods because the sugar coating keeps the flakes from getting limp. Krause prefers a crunch in all his foods. His staples are peanut butter and crackers, plain potato chips, peanuts and grilled cheese sandwiches. His favorite food is crispy bacon.

This is the perfect example of the variations of picky eaters: the smell and sight of bacon is as appetizing as kitty litter to me, but for Krause it is the best flavor and texture combination he can imagine. Although every tongue has different tastes, picky eaters tend to prefer bland, starchy, salty, processed foods, for which we only have genetics to blame.

The tastes we crave are determined by what we need to survive. Humans evolved to like sweet

and salty tastes, which usually correlate with high-calorie nutritious foods, and to dislike bitter and sour flavors, which could indicate poisonous or rotten food. Roughly 25 percent of people qualify as "supertasters," with up to 100 times as many taste buds as average tasters, making them more sensitive to bitter tastes. Picky eaters tend to be supertasters (though not all supertasters are picky eaters). This means food truly does taste different to them. For example, Dunkin' Donuts coffee tastes like gasoline to me.

But that's only one small facet of picky eating and does not apply to everyone. There is much more to be learned. "There's a lot of really exciting work about it," Zucker says.

"My interest is in visceral sensitivity, which is being sensitive to how your body feels—like butterflies in your gut. If you're really sensitive to your gut, you have really strong gut feelings, you can have this intuitive sense that something's wrong even if you can't give a logical explanation, and that's what I see in a lot of these selective eaters. There's all these different ways to go at it and to get the biology more clear about what the disorders really are."

**I HAVE GROWN TO ACCEPT
MY SUPERTASTING TONGUE
AND HAIR-TRIGGER GAG REFLEX.
I AM COMFORTABLE WITH WHO
I AM AND WHAT I EAT.**

I'm elated as I listen to Zucker talk passionately about our progress understanding picky eating and even the possibility of treatment in the future. But Krause doesn't share my enthusiasm. "At this point in my life, 66 years old, there's not gonna be any change for me," he says. "I can be happy eating what I eat for the rest of my life. I don't have a feeling like I'm missing anything. To this day I do believe that if [there was a cure], I really would feel like a part of me died."

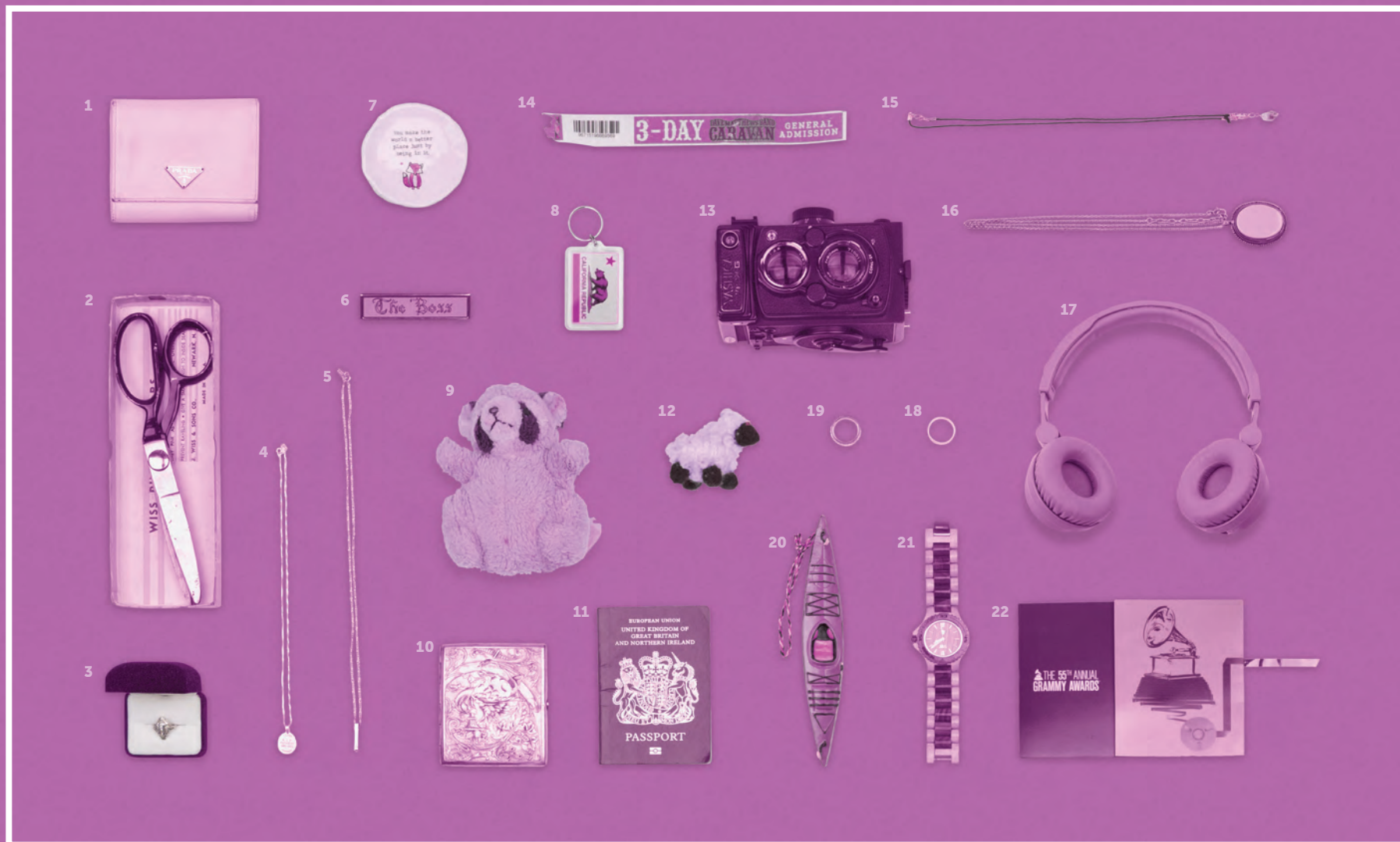
I, too, have grown to accept my supertasting tongue and hair-trigger gag reflex. I am comfortable with who I am and what I eat. But unlike Krause, I would give serious thought to a

"cure." I would love nothing more than to not have to look up menus before committing to a dinner with friends.

But now when I complain about having a zit, feeling sick or gaining weight, and I get the unsympathetic, "Well if you ate like a normal person...." I have a response. Yes, I'm a picky eater.

But I'm not immature, unadventurous, stubborn or boring because of my diet. I'm not weak for not being able to overcome bitter tastes and gagging on food that takes too long to chew. These are gut reactions, an involuntary part of me that will always be there. Or as Krause says, "This is the cross I've had to bear my whole life, and it's part of what makes me me."





PANTONE 18-3224

RADIANT ORCHID

A FRESH COAT

Updating the treasured possessions of Echo's staff in Pantone's color of the year

STORY BY JORDAN ZEMAN | PHOTO BY DANIELLE SCARDINA | DESIGN BY ALEX COVEN

1. White wallet: This was a gift from a great friend in New York, and it reminds me to stay fashionable and happy. — *Jordan Zeman*

2. Scissors: I inherited these shears a few years ago when my grandma passed away. They make me think about the hypocrisy of functional crafts as "woman's work" vs. men's occupational crafts. They're the same damn thing. — *Keenan Browe*

3. Boxed ring: This ring was passed down to me from my great grandmother. I always loved it when I was little, and it was given to me by surprise when I turned 16. — *Ashley Skoczylas*

4. Thumbprint necklace: This is my papabear's thumbprint, a piece of him I can carry around with me wherever I go. — *Elexis Ruiz*

5. Silver necklace: My parents gave me this silver necklace right before I moved to Chicago. It's a "J" from a retired letterpress and reminds me why I'm here. — *Jessie Sardina*

6. Boss pin: This pin was my grandpa's, who was a successful businessman and "The Boss" of his own company. I wore it everywhere I went because it made me feel closer to him. — *Morgan Garleff*

7. Small fox plate: My girlfriend gave this to me on our second Valentine's Day together. It says, "You make the world a better place just by being in it." — *Lisahira Santoyo*

8. Keychain: My item is symbolic of my decision to move to California after graduation. Every time I see it, I feel a rush of inspiration. — *Mere Kavanagh*

9. Stuffed animal: This is the possession I've had the longest—since I was two years old. He is a raccoon. His name is Crackie. — *Zach Dodson*

10. Gold case: This carcinogen carrying case has been passed around my family for decades—three generations to be exact. — *Alex Coven*

11. Passport: I don't have an ID because I'm too impatient to go back to the Secretary of State to get a new one. Plus it keeps me attached to my English heritage. — *Hazel Imogen*

12. Little lamb: I got this in a shop on the Northern California coast. It's so precious that I just couldn't resist buying it. My sister has one, too. — *Tanisha Wallis*

13. Camera: This is my first medium format film camera. The things I photographed with this camera remind me of a specific time and place of joy and fulfillment. — *Danielle Scardina*

14. Dave Matthews Band wristband : My first three-day festival was spent with my favorite people, and the memories won't be forgotten. I just wish I could remember more. — *Hannah Cole*

15. Crystal necklace: My fluorite crystal was given to me by my best friend. It stands for staying centered and positive, which is the biggest blessing I have learned from our friendship. — *Ashlee Steewack*

16. Gold necklace: This necklace was given to me by my great aunt Lawrence and holds incredible sentiment in my heart. — *Margaret Mahar*

17. Headphones: Everywhere I go, I have to listen to music. The headphones are broken now from being inside my backpack, but they still fit on my head. — *Mark Minton*

18. Father's ring: "I am my beloved's and my beloved is mine" is the inscription in the wedding band. — *Abe Zieleniec*

19. MK ring: You know you've been working hard when you're finally able to buy the Michael Kors ring you have been staring at for years. — *Alexandra Ahmad*

20. Kayak ornament: This kayak helps me remember the centered feeling I get when I'm on the water. — *Sharon Boyd-Peshkin*

21. Wood watch: This watch is made from Latin American and U.S. lumber. It's a symbol of who I am. — *Javier Suarez*

22. Grammy invite: This is the invitation for the Grammy Awards I went to with my dad last year. Dancing with him in the aisles to Justin Timberlake and the White Stripes performing live is one of my favorite memories. — *Emily Ornberg*

MEMORABLE MARGINALIA

Messages lost and found in a used bookstore

STORY BY JESSIE SARDINA & HANNAH COLE | PHOTO BY ALEX COVEN

IN THE AGE OF EBOOKS AND TABLETS, PHYSICAL BOOKS MAY SEEM LIKE RELICS OF AN earlier reading era. However, the scrawled out inscriptions of those who love the printed word live on in the musty, yellowed pages of used books, providing glimpses of stories we can only imagine. We scoured the city's bookshelves and discovered these sentimental gems.

LIFE STRATEGIES

*Doing What Works,
Doing What
Matters*

Janny -
Congrats on your
graduation! Best of
luck. Hope you like
this book as much
as I did. As much
as I did. Be get 'em!
A Gill

"IT'S WHAT YOU LEARN
AFTER YOU KNOW IT ALL
THAT COUNTS."

-Judith Kellman

ALCOHOLICS ANONYMOUS

MAT 12/95
This book swept all
page 449, 164, 58 -
Good Luck with your
life. The joy is in the
Journey not in the destination
Love Neil 12/95



STEP 1 : Carefully remove this page from the magazine.

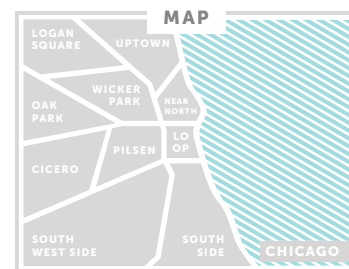
HIDE & TWEET

WHY HELLO, DEAR READER.


What you've stumbled upon is not simply the last page of our little magazine (if you found this thing all folded up already, jump to page 4 to learn more), but rather the beginning of a movement. And it starts with you. YES, YOU! Tear this page out, scribble on it what needs to be told about you, fold it up and leave it somewhere for another lucky traveler to find. Hide it on a library shelf. Leave it on a train car. Stick it under a rock. Anywhere. When you're sure it's nestled in, tweet a picture of its location with #EchoHideAndTweet and wait for someone else to find your words and add theirs. We've written the stories that we feel need to be told; now write yours. These are the notes of our travels.

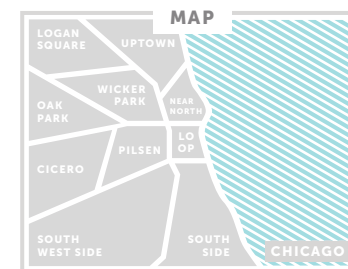
STEP 2 : Cut along the dashed lines around the outer edge.

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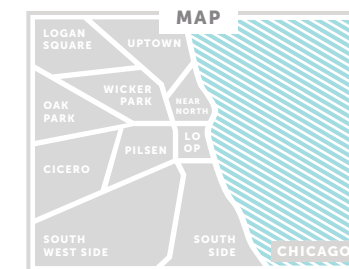
STEP 3 : Fold along the solid lines until you end up with an M shape.

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STEP 4 : Staple twice in the designated staple areas on the front.

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STEP 1: Find an empty journal page and make your mark.

STEP 2: Mark your hiding spot on the provided map.

STEP 3: Tell your story. Anything goes: doodles, poems, lists.

STEP 4: Drop the booklet in your hiding spot. If it's outdoors, we suggest putting a plastic bag to good use.

STEP 5: Once you've hidden the book, take a photo of yourself with it. Tweet #EchoHideAndTweet. If you've found the book and it's already full, make sure you tweet out to the past story tellers, too. Have fun!

INSTRUCTIONS

STEP 5 : Cut the remaining dashed lines to open the rest of the pages.

STEP 6 : Sign it, Share it, Leave it for someone to find.

STEP 7 : Put in a plastic bag for longevity if you plan to leave it outside.

STEP 8 : Don't forget to tweet your hiding location to #EchoHideAndTweet and follow us!



STORY BY JESSIE SARDINA | DESIGN BY ALEX COVEN



#ECHOHIDEANDTWEET

ECHO

DRAW

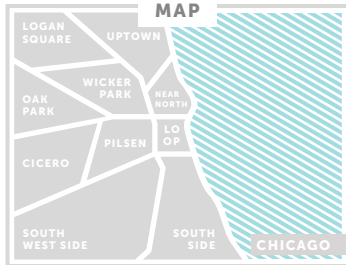
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MAP



HIDE & TWEET

MAKE YOUR MARK, SPREAD YOUR STORY



JOURNAL

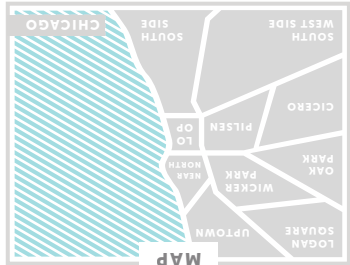
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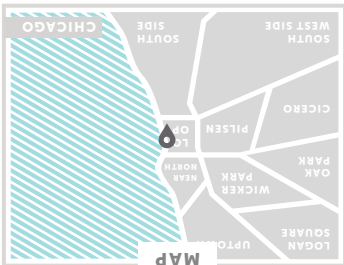


ILLUSTRATION BY JAVIER SUAREZ

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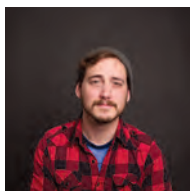


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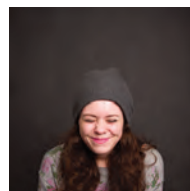
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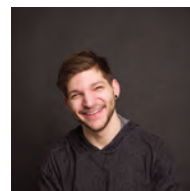
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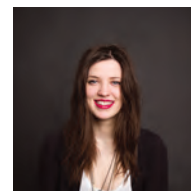
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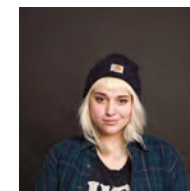
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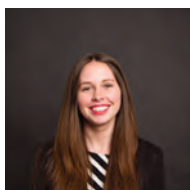
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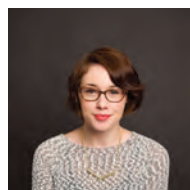
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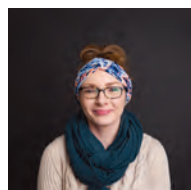
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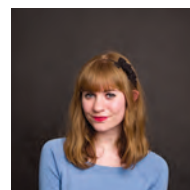
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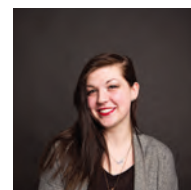
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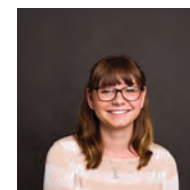
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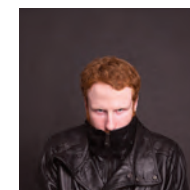
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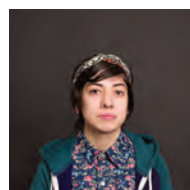
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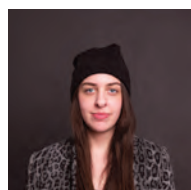
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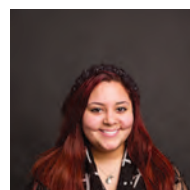
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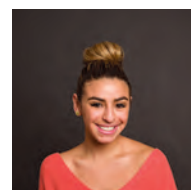
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