

Welcome to the new

S M A E R T

Pretty Smart has always been a body positive platform with the intent to inspire others to see themselves as brilliant, bold, and beautiful, but it hasn't always carried stories with the same message. After taking a year long break to redefine what these words mean to our team, Pretty Smart is back with a new purpose. With quarterly issues and weekly stories, we're reinstating who we are and what we want to share with all of you. We're still using our same message, but we're taking control of the definitions.

Brilliant: We want to inspire those who read our magazine to see themselves as brilliant in whichever way empowers them to be the best version of their self. That in no way means that they have to envision themselves as mentally or academically brilliant through societal standards, but rather we want to encourage them to see a part of their self—soul, body, mind, etc.—that feels brilliant to them. Create your own definition of brilliant.

Bold: We want to inspire those who read our magazine to see themselves as bold in whichever way empowers them to be the best version of their self. That in no way means that they have to envision themselves as an outwardly bold being through societal standards, but rather we want to encourage them to see a part of their self—soul, body, mind, etc.—that feels bold to them. Create your own definition of bold.

Beautiful: We want to inspire those who read our magazine to see themselves as beautiful in whichever way empowers them to be the best version of their self. That in no way means that they have to envision themselves as an outwardly beautiful being through societal standards, but rather we want to encourage them to see a part of their self—soul, body, mind, etc.—that feels beautiful to them. Create your own definition of beautiful.

You are brilliant, bold, and beautiful—take those words, create your definition, and custom make it to fit who YOU are (even if you don't know who that is yet).

Pretty Smart is here to guide you through mental health, body image, and cultural issues through the voices and experiences of young creatives. Welcome to Pretty Smart, and we invite you on this journey.

Xoxo

all of us here at Pretty Smart

Letter— from the EDITOR

If there's one thing that I have been struggling with over the past year, then this one thing conquers all other struggles: adjustment. Whether it's settling back to the hustle of college in New York City or taking a much-needed vacation to the laid-back Maine lifestyle, my adjustment period has wavered each time I go back and forth from each home or "home away from home." With diagnosed anxiety and depression, these periods of settlement become more strenuous each time I leave, producing a horrific dilemma in my emotional and mental states.

To be completely honest, I lost who I was. 2018 was a year of finding my individuality, happiness, and overall betterment. This double-edged sword of adjustment challenged me to overcome numerous obstacles in my life, and I'm glad to admit that I'm doing pretty okay right now. I just got engaged to the love of my life, Ethan Poland, who has been an absolute rock in our relationship. I'm moving out of my childhood home and into my NYC apartment, which means my childhood bedroom is now empty. There are a lot of changes in my life, and I wouldn't have been able to get through them so easily without the personal growth that I developed this year.

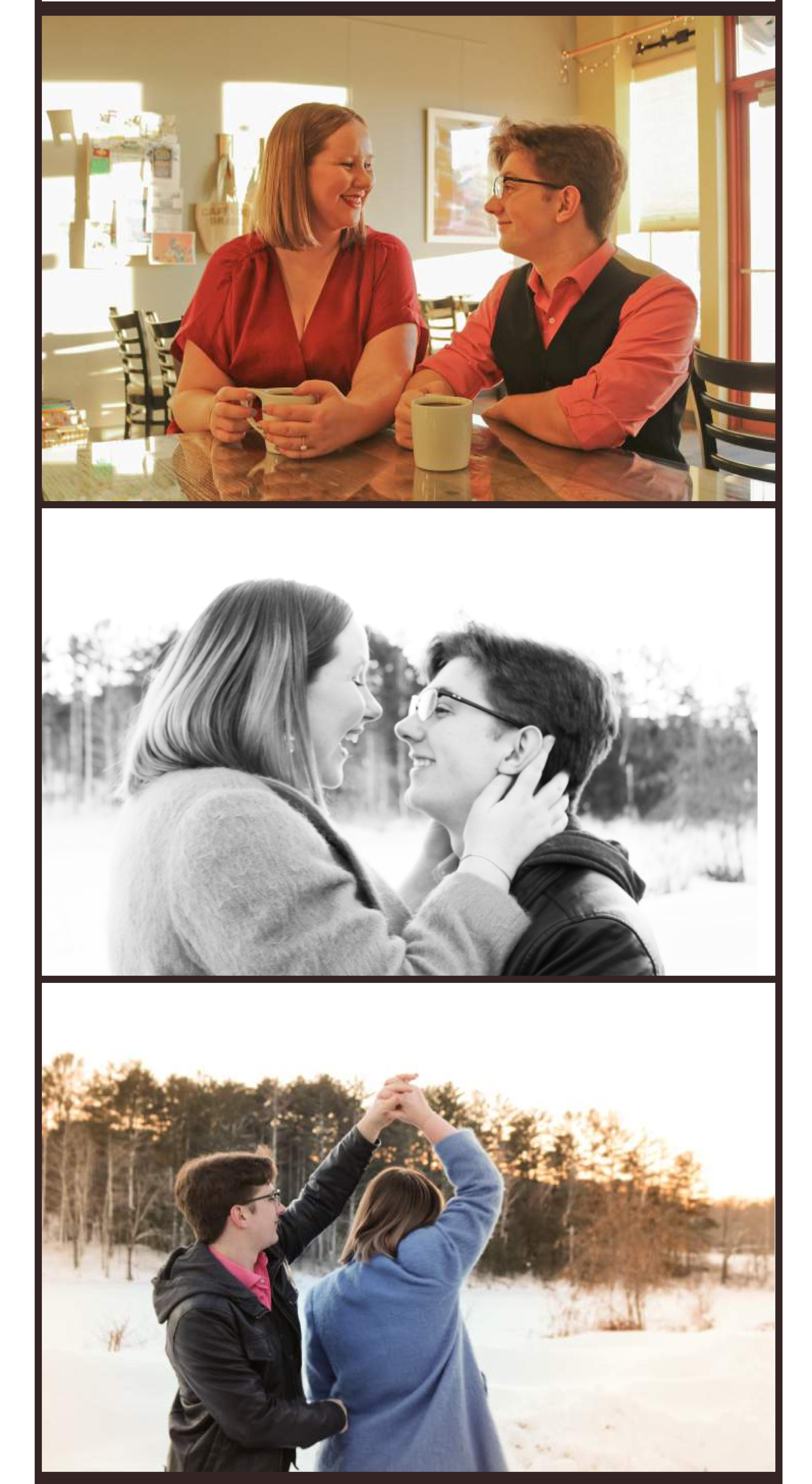
I had to pause *Pretty Smart* because I didn't know what I was producing anymore. I wanted to create a realistic and optimistic message for our readers, but I didn't know what that message was turning into. My mind distorted the reality of what *Pretty Smart* needed to be, and I found myself disappointed with my work. I needed a year to recuperate, rest, and renew my spirit.

Honesty is the key to self-awareness and happiness—well, at least that has been the case in my life. That's why I'm going to be very up-front with all of you: I choose me. I have come to the conclusion that focusing on myself was the wisest choice I have ever made in my life. I hope all of you reading this decide to make that same choice in your life.

This issue is another beginning for our publication. Each page is filled with content that aims to inspire you all. These are stories and lessons that I have come to love and cherish over the course of the past year, and I hope you feel just as strongly about them.

Love always,

Brianna "Bronna" Adkins Editor-in-Chief



Winter Skincare

When the temperature drops, so does the quality of your skin. Amp up your routine by adding in these simple products that are proven to give you a more radiant and natural glow for the (often miserable) winter time blues.

by Brianna Adkins

Pond's lotion is our top-rated lotion for the winter time due to its price, long-lasting use, and strength. This lotion brightens up skin without leaving a greasy film, feel, or texture. You can buy it almost anywhere, too!

Pond's lotion, \$4.99; amazon.com

Glossier's "rose balm dotcom" is our favorite "universal skin salve." After swiping a coat
of this on in the morning, you'll have soft lips
throughout the entire day. Swipe it on at night
for an extra lip softening effect!

DRY SKIN CREAM

Net Wt./Cont. Neto 3.9 oz. (110g)

Rich Hydrating Facial Moisturizer

Humectante Facial

Primer is an important product that makes your makeup last throughout the harshest winter conditions. Swipe on some of Rimmel London's "lasting finish breathable primer" to protect the face you worked so hard on in the morning.

Dalm

dotcom

Rimmel primer, \$5.97; amazon.com



SAFESEX

Feeling safe while engaging in sexual intercourse is key; **consent is key**. While **consent is** the **number one** thing you need, there are many other factors to consider before having sex. Answering these questions by yourself and with your partner is a good way to ensure that you'll feel good about the sexual activity. Whether it's a noncommittal relationship, a serious one, or just a fling, these questions can create a better environment for both involved. Safe sex is always, always the best sex.

by Brianna Adkins

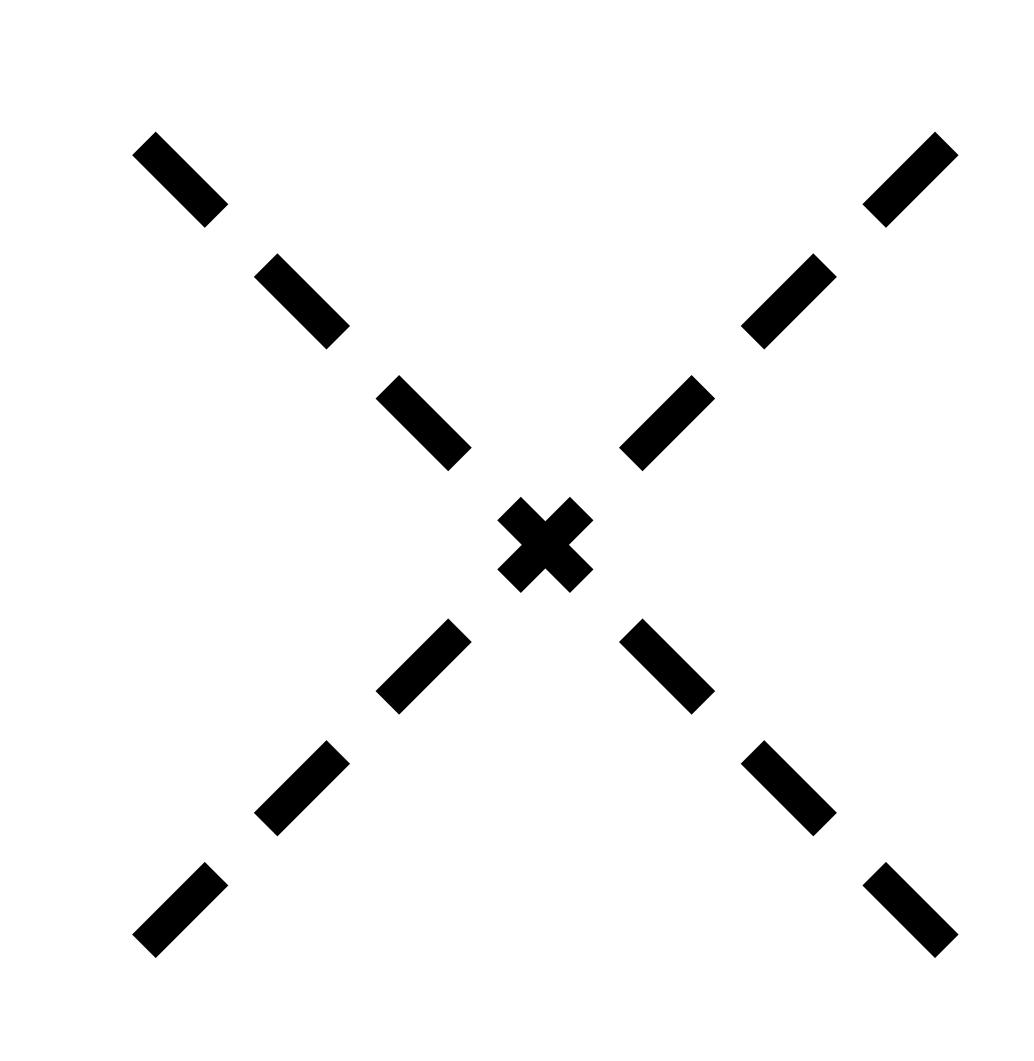
Ask yourself these Q's:

- 1. Did you get consent? Did you give your's? This is the most crucial information and permission to have. Discuss this in length with your partner.
- 2. Do you feel safe? How do you feel about what you are going to engage in with this person?
- 3. Do you have protection with you? Are you on birth control? Do you or your partner have any condoms?
- 4. Do you have access to a comfortable and safe environment? Do you have a room or clean area to yourself?
- 5. Do you have other needed supplies, like lube? Do you plan to have these supplies on hand whilst engaging in sexual activity?
- 6. Do you have a safe word? In case things get uncomfortable, make sure you have a way to halt your activity.

SAFE SEX cont.

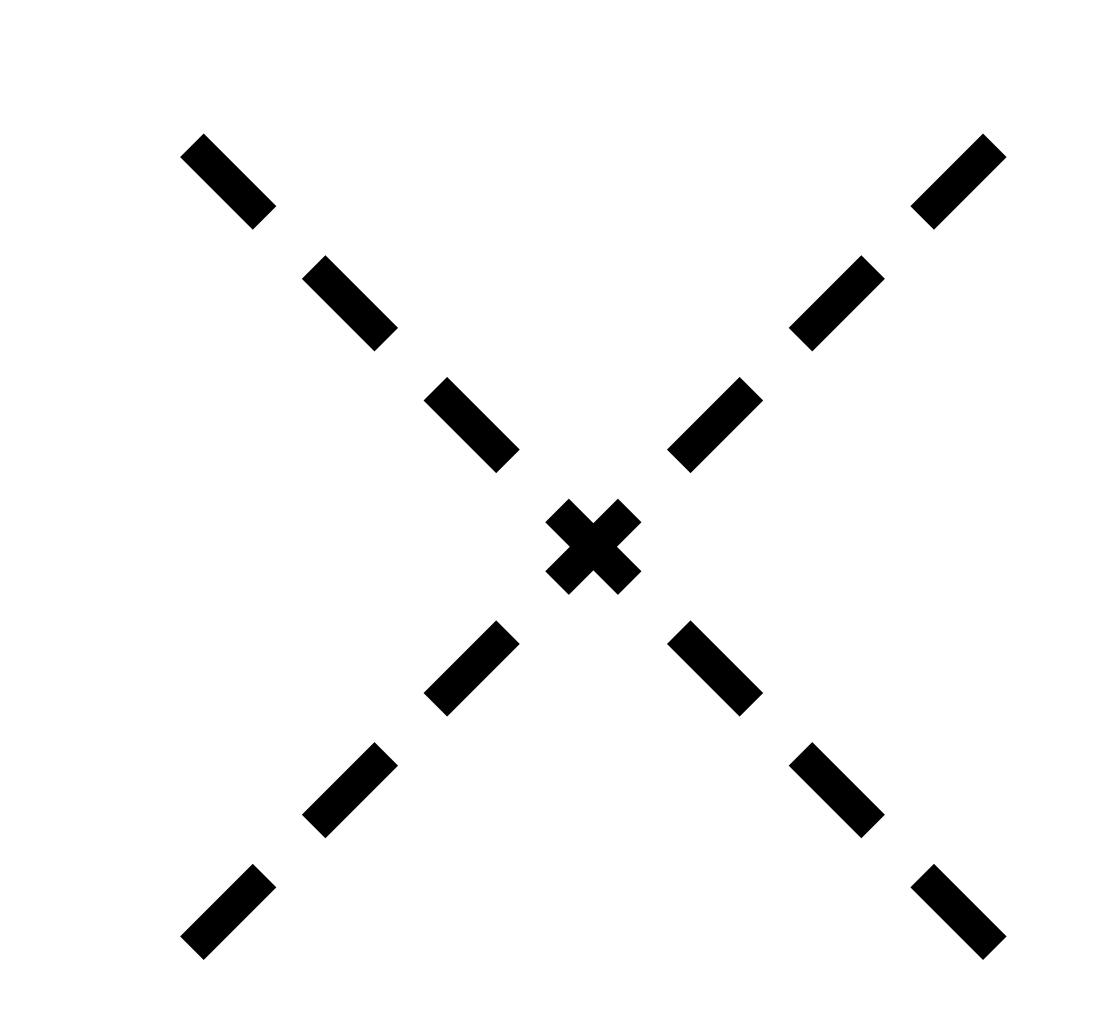
Debunking Myths:

- 1. For anyone of any gender, sex does not have to hurt the first time. With a good amount of fore-play, conversation, and taking the time to learn more about your body, the first time can be quite comfortable. It's important to talk about this with your partner.
- 2. Birth control does not work 100% of the time. Neither do condoms. If you have multiple sexual partners (or even just one), it's best to always use a form of birth control with a condom to prevent pregnancy, STD's, and STI's. There are so many condoms to choose from: ribbed, thin, and more.
- 3. Lubrication does not make sex uncomfortable. In fact, it does the opposite! For many, lube can make sexual activity more pleasurable and fun. It's cheap and worth the price for a more comfortable and pleasurable experience.
- 4. Condoms do not last forever! Always check the expiration date if you're not sure when you last purchased the package of condoms. It's always, always best to be safe and check.
- 5. Masturbation does not make you a bad person. It's a great way to learn about your body! It's normal for all persons.



BODY TALK

Sex is so much better with a body positive outlook. Instead of focusing on how many flaws you have, consider how phenomenally different they are. Your body is wildly unique and wonderful in its own way. All bodies are beautiful in their own way, but beauty does not measure its worth. Whether plus or straight sized, able or disabled, young or old, and anything in between, your body has the right to feel good. You have the right to feel good about it.



S M A R T

Do you have a story you want to share?

We want to tell your stories that highlight body positivity, mental health, and more. Send us an email pitch and we will get back to you. We look forward to becoming a more inclusive and open platform for all of you.

Email us at prettysmartmagazine@gmail.com

Shammara in her own words



by Brianna Adkins

Before actually speaking to Shammara Lawrence, I believed that I knew who she was in a sense. As a body positive columnist for Teen Vogue and a powerful freelance badass, she was a woman I looked up to; she was a phenomenal woman. Upon glancing at a person's social media persona, you have this idea in your mind that you know who someone is. When I talked to Lawrence over the phone, I realized I truly had no idea who she was, but I was ecstatic to learn more.

If there was one thing that was clear during our conversation, it was that Shammara Lawrence's story deserved to be published, but only in her own words. This is her narrative, this is her voice, and this is who she is.

Lawrence began her story in high school. It's arguably the place where most young women cultivate their future dreams and motivations. At this point in her life, Lawrence only had one ideal future set in her mind: fashion design.

She went to a specialized fashion design and arts high school in New York City. Instead of your typical class load, she had the opportunity to take more artistic classes thanks to the school she attended. While other students were studying calculus and composition, she had the opportunity to study fashion along with the previous two.

"At that time in my life I really thought that I wanted to be a fashion designer. That was my ideal career," Lawrence explains as she muses about her teenage self. "I grew up watching Project Runway. I admired the designers on the show. I wanted to be like them. The thought of doing it just brought me a lot of joy."

As much as the idea of a life of a fashion designer excited her younger self, Lawrence knew deep down inside of her that something was missing. That's when a switch flipped in her head.

"Somewhere between junior and senior year of high school, I sort of came to the realization that I wasn't good enough to be a designer. It just wasn't what I wanted to do professionally—or at all," she confesses. "Every time I had to go to sewing class, especially during senior year when we were preparing for the senior fashion show, I dreaded it."

After enjoying her English classes, yet dreading her sewing ones, Lawrence decided to take a look around at those around her. While they were loving the experience of fashion design, she just wanted to write. Although she came to this realization, she still didn't know what she wanted to do upon graduating.

As a New York University bound student in the upcoming months after graduation, she came to the conclusion that she didn't want to just stick herself into a defined major. She joined the Gallatin school within the university where she would have the freedom to choose her own schedule from a "mixed bag of classes."

She had the opportunity to explore classes centered in fashion, women's studies, and even social issues. Through this path she eventually led herself to a clearing.

"In all of the haziness, I sort of realized that I would actually be really good at editorial work at a women's centered magazine."

As a big reader of women's magazines, Lawrence remembers when she would "always make these collages on my wall, or scrapbooks, from pictures I would cut out from magazines."

That's when she decided to pursue that passion as a career. As an intern at Elle, Marie Claire, and other editorial positions, that's where she began to flourish.

"I honestly don't know if I would be in the place that I am now if it wasn't for those experiences," Lawrence admits. "[I] was I able to grow my connections and my social network of people that I could reach out to."

But it took more than just connections and networking events to grow her editorial horizons. There were many obstacles that attempted to keep her restricted from reaching her goals.

"To be in this industry and be successful takes a lot of grit and determination. It isn't all glitz and glamour like you see on Instagram," she explains.

Many newsrooms are filled with affluent individuals, because they can afford to take the unpaid internships that others can't afford to. It tips the scale in their favor, and denies others the advantage they need in order to get a foot in the industry.

"I wish more internships in media were paid. They're not. I think that's really disappointing, because that really opens the door to perpetuating the system that only people that can afford to take internships can do them... and then end up rising through the ranks," she states.

This frustrates many people, and Lawrence is one of them. When newsrooms become the same, they leave out narratives. She felt that exclusion far before she entered the workforce.

"At the time I never saw anyone that looked like myself really reflected in the pages I was reading, or the sites that I was visiting," she states. "I always thought that the industry could do better. [I thought] it could benefit, or just be a more fun and inviting place to be, if diversity were a priority."

This lack of diversity in media created—and still creates—a gap that Lawrence couldn't see herself crossing. When it came time to graduate from college, it affected her job search.

"I thought I could find a job a month or two out of college," she divulges. "It took me far longer."

After emailing numerous editorial staffers and hearing nothing back, Lawrence felt the exclusion more than ever. That is, until she reached out to Phillip Picardi—the then Digital Editorial Director of Teen Vogue—for an informational interview and got a response.

Although Picardi got too busy with meetings at the time to speak with her, Lawrence still received a hug from him and was introduced to other members of the Teen Vogue team. She was encouraged to apply for the assistant position a few weeks later.

She had the opportunity to be interviewed in order to become Elaine Welteroth and Picardi's assistant a few weeks out of college, but didn't receive the job.

"I was completely distraught," she confesses. "It was my dream job to work for Teen Vogue."

The let down wasn't even close to the end of her time there, though. After being invited to pitch stories for Teen Vogue, Lawrence took her time to create stories she knew would be perfect for the platform. In between that time, she reached out to a temporary creative work agency for jobs to make some sort of income. During this portion of her career she used odd jobs and freelance writing jobs at the publication to build her experience for her resume. She began doing this on a daily basis until the editorial magazine reached back out to her.

Lawrence quotes: "one day [they] just reached out and asked, 'hey are you free to interview Zendaya?"

That was one of the many highlights of Lawrence's budding career. But it didn't slow down there—it went to immediate success thanks to her determination, hard work, and before-mentioned grit.

Condé Nast reached out to her and explained that Phillip Picardi was looking for an assistant and said, "he wants to hire you."

That kickstarted her first ever full-time job in the editorial career. Although her experience working as an assistant was a blast, Lawrence explains that she had a different idea in the back of her mind on what she wanted to do. She wanted to write a book, curate more articles for Teen Vogue, and write for other publications. That's when she made the bold move to go back to being a freelancer.

"I knew deep down that I just wouldn't have time to pursue all of these ideas that I had," Lawrence explains.

Before she left, one of the column ideas that she had pitched to her team before leaving was a plus size fashion column she continues to run. She's making important strides in body positive media and plus size fashion to this day.

"I'm having so much fun as a freelance writer. I'm in control of my own schedule," she gushes about the freedom she has as her own boss.

"I'm still learning. I don't have all of the answers," she admits. "I think I will probably always be teaching my-self different things about what it is to be a writer, and what my role really means in this day and age. One thing that I am very very passionate about, though, when it comes to having the platform that I do and the column that I do at Teen Vogue, is to amplify other voices that often are silenced."

This woman will continue to be a positive and transparent force in the media and editorial industry for the rest of her life.

"I never in a million years would think that I would be in the position that I am now at just 24 years old, but I am," she states.

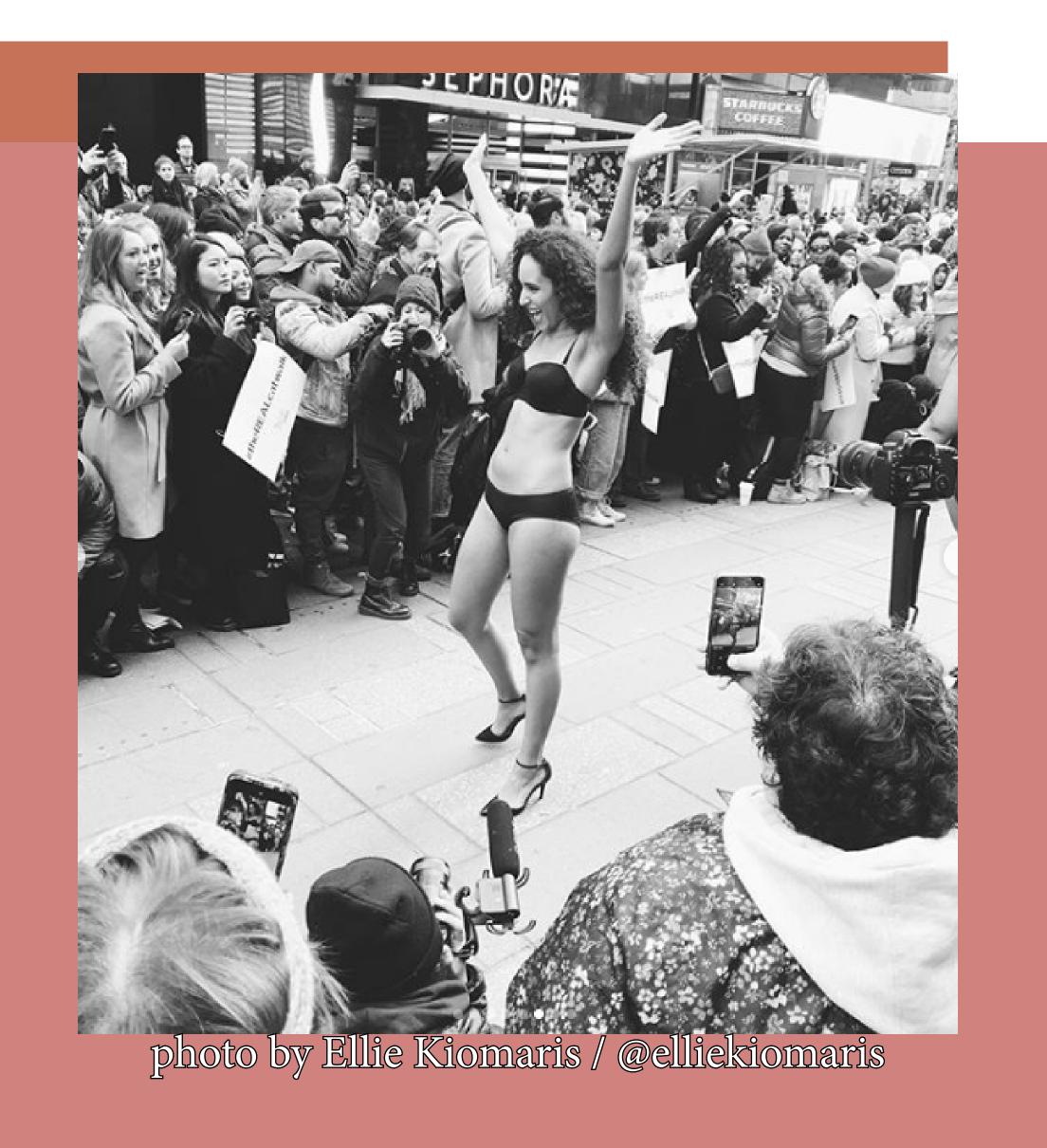
Overall, Lawrence attributes her success to "grinding day in and day out." Even when she considers letting go of that dream, she eventually comes back to the conclusion that she belongs here. She's making sure she has the space to be creative on her own terms while also giving a voice to those who feel ignored.

If there's one thing to be sure about, it's this: Shammara Lawrence isn't going anywhere.

All of Shammara Lawrence's images are her own from her Instagram account, @itsshammara.



The Real Catwalk - What is it like to walk on the most inclusive runway in NYC?



interview with Maia Brown by Brianna Adkins

Brianna Adkins: Being able to walk on The Real Catwalk is such an incredible opportunity. How did you find out and get this opportunity?

Maia Brown: I heard about it through Instagram! When I saw that they were reaching out to people to participate, I went after the opportunity. It's such an amazing event and I felt compelled to be a part of it. Coincidentally, one of my old friends from the Girl Scouts was coming to the city to walk in it too! I was lucky enough to be a part of it and walk along-side her and all the other beautiful people who strutted to celebrate body positivity.

Adkins: Why was it important for you to participate in this event?

Brown: Personally, I've always had a difficulty with my body image. I still do! But right now, I am the healthiest I've ever been—both mentally and physically. For many years I struggled with an eating disorder. After elementary school, I suddenly became very aware of how I looked. Throughout middle school and high school, I began starving myself, over exercising, and taking laxatives. At first it didn't even occur to me that I had an actual problem. Individuals with eating disorders are typically portrayed in the media as thin white girls, but it affects those of every race, age, gender, shape, etc.

Eventually, my body was slowly shutting itself down. My family and doctor explained to me that if I didn't take care of myself, I wouldn't get to do all the things in life that I care about. I reached a point where if I didn't get better, I would have to be hospitalized, but I really wanted to go to school and start my life in New York City. Slowly, I began recovering and was healthy enough to achieve my goal. I'm here in NYC working and studying, and that feeling is so much more rewarding than looking in the mirror and seeing a skeletal reflection. I wanted to celebrate my progress by stripping down, emotionally and literally, and walking on The Real Catwalk.

Adkins: What was your experience like overall? Would you do this again?

Brown: It was absolutely exhilarating. When I arrived, I was so nervous, but once I began connecting with the other participants, I remembered why I wanted to walk in the first place—to celebrate beauty and positivity! It's like that dream where you're in your underwear in front of everybody, but instead you're also surrounded by a bunch of other people in their underwear who are radiating support. It was fun getting ready and meeting everyone. Once we got to Times Square, it was cold, but we were so excited that we didn't even feel it. Everyone was energetic and encouraging. I chose to dress simple and stripped down with natural makeup, because I wanted to look and feel like me- original and unique. Walking down the runway was one of the best feelings. It was amazing to have the crowd cheering me on and celebrating. I would do it again, and I encourage others to do it too!

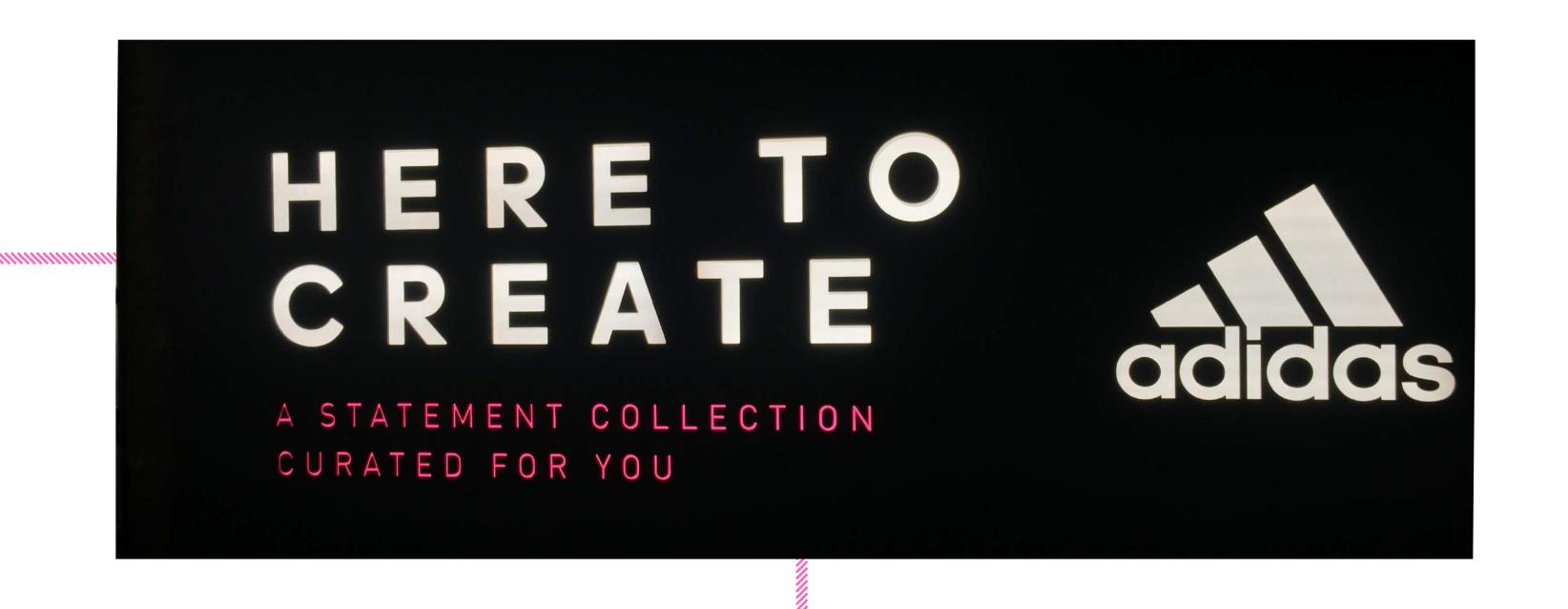
Adkins: What was the highlight of being able to walk on The Real Catwalk?

Brown: Being able to spread awareness about body positivity with all the beautiful people that I met, is something that is truly irreplaceable. I did it to support myself and others, because it's something that is needed more than ever in our society. The moment that I walked was euphoric. I've never felt more confident, strong, and appreciative of who I am. Afterwards, I realized that's what loving yourself feels like. I cried, because it was always something that challenged me. I'm so glad that I did The Real Catwalk, because everyone deserves to feel amazing and comfortable with who they are. I hope that my "strut" of courage helps inspire others to see themselves in that light.

Adkins: This catwalk is about highlighting women of all sizes, races, and disabilities/abilities. It has such a strong message of body positivity. What does body positivity mean to you personally? Why should it matter to others?

Brown: Body positivity means accepting and appreciating everyone no matter their appearance or identity. We are all different, yet the same! I think it's important that we embrace our individuality while connecting over the fact that we were all made equally and uniquely. Body positivity matters because everybody and every body is beautiful. It's time that we stop obsessing over who we think we should be and celebrate who we are: remarkable human beings.

A Night — with Adidas



by Brianna Adkins

A few months ago I had the opportunity to attend a real-life dream consisting of neon signs, female-empowerment, and creatively designed athletic wear. Thanks to my sheer luck, good timing, and obsession with updating content for social media, I found the RSVP for the Adidas Three Ways to Create event. Luck and God were on my side that day, because I gained entrance to the exhibit and pop-up shop. There is only one word I can use to describe my experience: phenomenal.

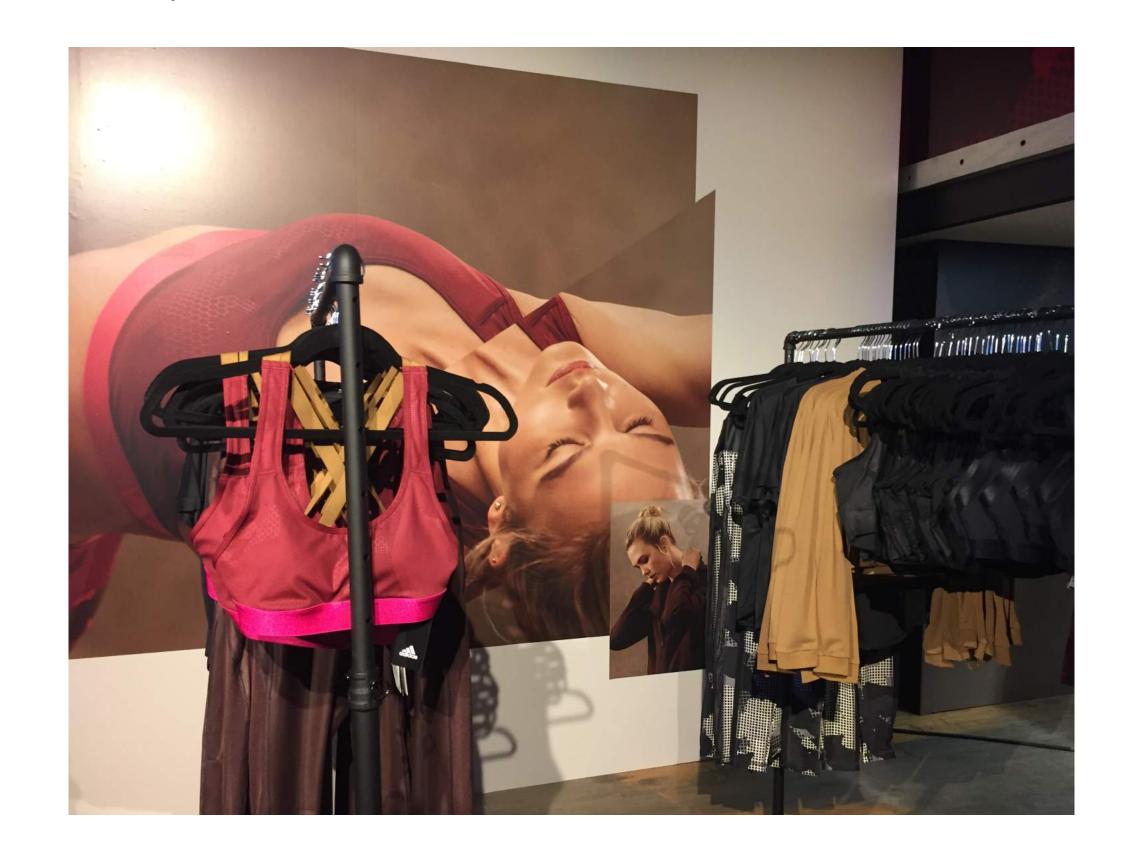
The event, which took place in Lower Manhattan, was a spectacle. With an art installation, immersive rooms full of features to explore, and an opportunity to meet supermodel Ashley Graham, it was clear that Adidas brought out everything they had to highlight their newest Women's Training Statement Collection.

Upon arriving, I entered the room tour that displayed the newest collection with artistic features. The first room held a luminescent light over the heads of everyone

viewing that read "ALL ME." Underneath the sign a projected image of whoever entered the room was plastered at large over the wall in front of your eyes. Mirrors lined the sides of the room with pink fluorescent lights and cellophane panels—a perfect selfie opportunity. I couldn't help myself.



As I made my journey into the second room, my jaw dropped. An artistic display of boxing gloves that hung from the ceiling with glowing words that floated above it reading, "DON'T REST." It inspired the notion that women are strong, we can fight, and we will continue to fight. In this political climate, it was a message many women—and really all people—needed to see.



"STRONGER FOR IT," was the theme for the third and final room. That impactful statement was plastered around the room, reminding each individual standing in the beautifully designed room of their own inner strength.

At the end of the art series, I had the opportunity to go into a bra fitting—some thing I haven't had the opportunity to do since gaining a bit of weight. As I entered the fitting room, I was properly measured and genuinely compliment-

ed by the kindest and most honest woman I have met in a long time (I wish I remembered her name, because she should be highlighted). As she praised my "beautiful" figure, I tried denying the compliment. I tend to do that too much, and I'm sure a lot of you all do as well (let's work on that together). She refused to let me negate her complimentary statement, though. As her eyes looked to mine, she spoke firmly with an honest gaze: "you are beautiful."

With a quick nod, I accepted the truth. From there, the fitting went on successfully and I found my sports bra size-something that I had never done before. The fitting process was the most body-positive experience that I have had in a long time. I will always remember that moment and the woman who made my night.

After she helped me find a bra I loved and gave me the information in order to buy the bra—which will be in my online shopping cart for all of eternity—I felt a nervous cloud of energy surround me as the line to meet Ashley Graham began to pile up. Goose-bumps popped up all over my arms and neck. It was the moment: I was going to meet Ashley Graham.

I ran to the meet and greet line, and found a place as second in line. Soon Ashley walked around the corner, greeting us all as she walked into the room. My heart stopped and tears welled into my eyes. Dozens of people erupted into ecstatic screams, and I'd be lying if I said I didn't join in on it. Ashley Graham has been a role model of mine for years, so that moment in time felt incredible.

When I started Pretty Smart, Ashley Graham was one of the only body positive models in the mainstream media and she was one of the forefront women who inspired me to start this magazine in the first place. Thanks to her and many other women who inspire me, I get to use this platform.

As my turn came up, I ran into Ashley's arms to give her a massive hug and it was returned. I don't remember much after the hug—I sort of blacked out with excitement—but I do remember one thing.

"You're so eloquent," Ashley complimented me with a smile and slight chuckle.



I kind of died in that moment if I'm being honest with you. I don't remember much after that, but somehow I ended up grabbing Ashley's email. Her team was so helpful in giving me her information for a PHENOMENAL possible opportunity: Ashley explained that she would love to be interviewed for Pretty Smart.

After the event, a week or so later, I recieved a response from Ashley herself, not her team. Unfortunately Ashley did not have enough time in her busy schedule to do an interview, but she wanted to send over some swimsuits from her Swimsuits for All campaign.

My. Jaw. Dropped.

Fast forward to three weeks later and I had three swim suits from Ashley in my hands. I excitedly posted a series of stories on my Instagram, sharing the swim suits with all of you, and I think we can all agree on the fact that they were spectacular.

The whole event, emailing with Ashley Graham, and having an opportunity of a lifetime was unbelievable. It will stay as an impeccable moment that will be solidified in my mind as one of the best things that has ever happened to me. I'm so happy that I get to share all of this with all of you.







Hannah Katinsky

behind the lens & in conversation with

Cienna Ajir



Cienna Ajir: My biggest fashion inspirations are my friends and peers. Sometimes I see an outfit of someone in my class and I love it and try to recreate it with my wardrobe.

Katinsky: What's your favorite fall trend that you hope never dies?

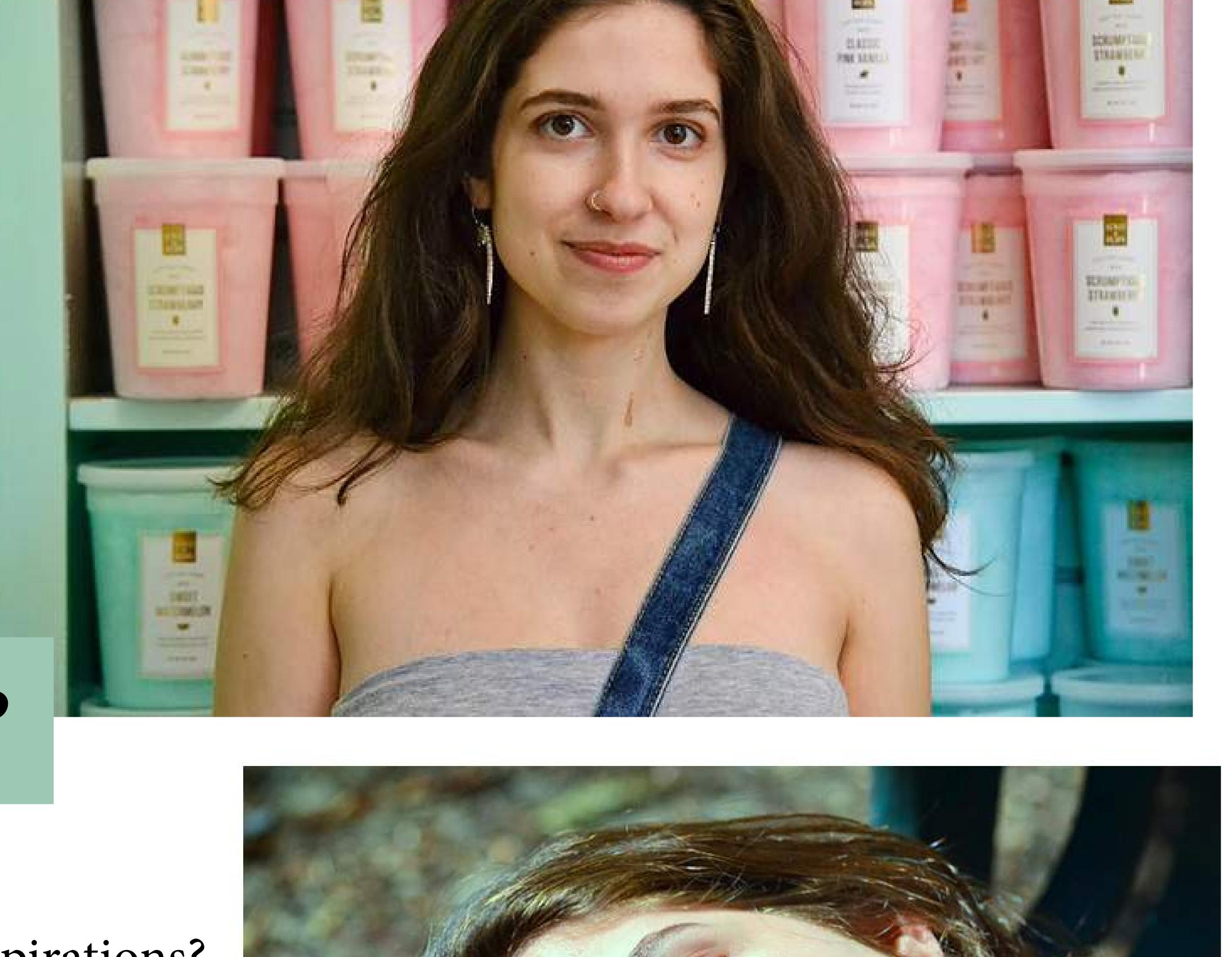
Ajir: My favorite fall trend is definitely sweater and jean combos. Whether its skinny jeans and loose sweaters or baggy jeans and tight sweaters I think it is super adorable.

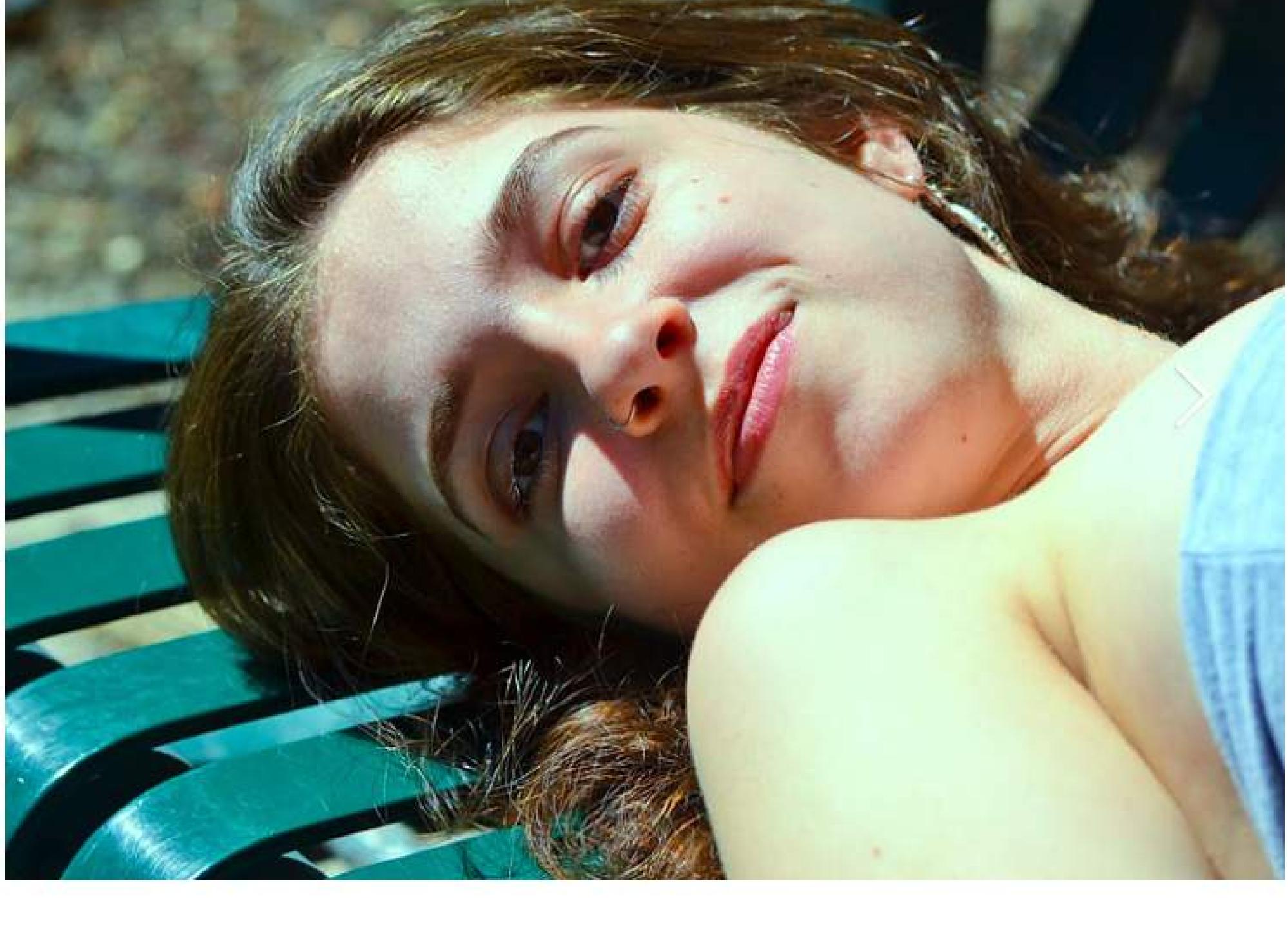
Katinsky: Do you have any jobs or hobbies that influence what you pick out of your closet in the morning?

Ajir: One of the biggest factors I look for in outfits is comfort. When I took a fitness class during winter quarter I wore a lot of yoga pants because I didn't want to have to deal with changing in and out of clothes. Since its summer right now and [San Jose, California] gets super hot, I have been wearing a lot of summer dresses and shorts. I like to look nice, but I always enjoy the day more if I am actually comfortable.

Katinsky: How has your personal style changed over the years?

Ajir: My personal style has changed because I think I started to stop caring so much about dressing for my body type. At some point I just started wearing clothes I wanted to and wearing more dramatic pieces simply because I felt like it.





Katinsky: Have you ever let the people around you tell you or influence your fashion choices in any way?

Ajir: I think my style has changed a bit by the people I'm around simply because when I see an article of clothing I really like I will usually buy something similar.

Katinsky: Do you have a favorite body positive quote? If not, what is the best piece of advice you have received about loving yourself?

Ajir: The best advice I heard about body positivity is that your body is an amazing and beautiful thing. Every scar, stretch mark, and mark is your body fighting to keep you healthy. Hard to dislike something that works that hard!

Hannah Abbi Katinsky Berry

Hannah Katinsky: What's your favorite fall trend that you hope never dies?

Abbi Berry: I love pairing skirts and dresses with little ankle boots. It's not super "beachy," but I like to dress up like that with yellows and blues.

Katinsky: Do you have any jobs or hobbies that influence what you pick out of your closet in the morning?

Berry: I've been swimming for half my life and spend a lot of time in Santa Cruz. If I'm going to the beach, I'll wear a graphic tee and some floral shorts. And after practice, I'm usually in leggings or boyfriend jeans and a strapless shirt or tank top. I'm also always in Old Skools or Rainbows. I would describe my sense of style as super on-the-go, but fun.

Katinsky: How has your personal style changed over the years?

Berry: In middle school, I was super into pastels and looking preppy, but I really grew into the hippie, "beachy" look in high school. I just liked being able to throw patterned shorts with solid tank tops or

tees together and look like I tried.

Katinsky: Have you ever let the people around you tell you or influence your fashion choices in any way?

Berry: I really love yellow, and my mom doesn't like how it looks on me. For prom, I wanted a yellow dress, but ended up with a red one because of her comments. It wasn't monumental; I typically stick to my own sense of style and what I like.

Katinsky: Do you have a favorite body positive quote? If not, what is the best piece of advice you have received about loving yourself?

Berry: I think it's really important to remind yourself that you're always growing and changing. If you aren't where you want to be, work towards that; you have time. But it's also paramount that you're happy with who you are and how you feel on a day to day basis. I guess I would say, embrace the journey but also have a destination in mind for your health and happiness.









I first met Jacky Bethea during an introductory activity our first week of college. I could tell you about how we met in the middle of drawing expletives on mugs with sharpies, or how she ended up being the only person I wanted to bring along to our first New York Fashion Week (NYFW) show, but it's more important to note that Jacky is her own being. She didn't get to where she is off of anything but her own grit, phenomenal sincerity, and ridiculous humor. While she empowered myself and many others on her way to individuality, it's the path that she created for herself that should be highlighted.

That's why Jacky received the opportunity to be on the cover of Pretty Smart. She immediately said yes, graciously and quickly gave the best interview I've ever been a part of, and captured the attention of my camera in a beautifully goofy fashion—all of which was over nine months ago.

Now, almost a year later, Jacky is getting the authentic highlight that she deserves. She was so patient throughout the entire process. Now, she's grown to be an even more phenomenal woman through launching a Youtube channel, killing it style-wise during NYFW and class, and becoming the ultimate kind and bad-a** young woman that she wants to be.

This is Jacky in full. See her, believe her, know her, and love her. She deserves your attention.

2018 was the year of Jacky Bethea. It was full of self love, refocusing, and completing her dreams. While she notes that earlier in the year, it was time for her to be "pursuing every possible opportunity," these past months have been her time to step back and breathe.

"I went to [New York] Fashion Week, kept up with my blog, [and] did Kode with Klossy over the summer (which has been a gift that keeps on giving)," she states. "Toward the end of my summer, I realized I needed to take a step back and refocus. It wasn't healthy to constantly be pushing my-self."

This realization gave Jacky the push she needed to take care of her self. As summer ended and fall began, she entered her sophomore year of college with a new mission: to take her education to the next level. She changed her major from Marketing to Journalism and plans on minoring in Computer Science, thanks to her skills from Kode with Klossy.

"Kode with Klossy this summer made me realize just how capable I am of honing a new skill and utilizing it to get farther. This year I've been participating in #BuiltByGirls, which has allowed me to meet with mentors who are currently working in the tech field. I've been able to make some insanely helpful contacts and I got to tour around the headquarters of one of my all-time favorite news sources, the New York Times!"





As a writer, it has always been a dream of Jacky's to visit the NYT building. Being able to cross that off was a dream crossed off on her list. Now, as a Journalism major, she will be able to add more writing experience to her resume in order to one day end up writing inside that same building.

"Writing has always been a major piece of how I express myself, so if I can entwine it into my career, I know that I'll be happy," she explains. "I've done a lot of research into what kind of journalism I would like to do, and I found out about Data Journalism. It entails computer science and graphic design to make journalistic stories present verified facts in digestible ways (with graphs, charts, and polls). My goal for the next few months is to begin work on my own data journalistic project and put my coding skills to good use!"

These opportunities, as well as the lack of them, have shown Jacky that picking and choosing what she does with her life gives her more control over her happiness and well being. She's trying to make "healthier choices, give [herself] a break, and chase [her] interests." While that meant halting the progress of her blog for a bit, spending more time with family and friends gave her the emotional and mental support that she needed.

Skipping NYFW was notably a "really hard decision" for Jacky. While the style, opportunities, and high-energy environment can make for an incredible time, it can also make one's head spin. It's an immensely "high stress environment," and for that reason, Jacky stayed away for a season.

"I have dealt with social anxiety for a long time so going to Fashion Week had become a way for me to fight it and step out of my comfort zone. It's been an exercise of strength but I realized I felt kind of exhausted by the idea of going last season," she admits. "When I thought about it some more, I realized that it's totally okay to take breaks, I shouldn't force myself to expend my energy, [New York] Fashion Week should be fun! Now that I've had all this time to refocus and get ready, next season isn't going to know what hit her!"

The newfound energy Jacky gained from skipping a season also gave her the opportunity to chase a new interest of hers. She started a Youtube channel with good friend, Julia Kennedy, titled, Jack and Jul. It's a fun vlog series about their numerous adventures into the Westchester and New York City areas for drives, attending musicals, and doing the latest internet challenges.

"The Youtube channel was something that had been brewing in the back of our minds for a while!" she explains. "We are always going on adventures and making jokes at each other—it kind of made sense to just start recording! We try to post a new video every two weeks. So far we've done a few challenges and vlogs. It has been a lot of fun and our friends' reactions have been so encouraging."





She's building upon her interests, diving deep into who she wants to be as a woman in the world, and fighting to be where she deserves to be. Jacky isn't going anywhere except up. Whether she grows in her education, career, or self, she's proud to be who she is.

"I feel so much more on track with who I am and what I want to do," Jacky exclaims as she writes to me. I believe her, and so should you.

She's finding more pieces of herself to add to her individuality and learning how to express herself in more creative ways. Jacky Bethea is building a life for herself off of her own success, failures, and good times. She's not afraid to share her story, take a break, or slow down. Her focus is aimed on herself.

"I realized recently, that a lot of my stress, anxiety, and exhaustion this semester came from the pressure I was putting on myself. I constantly thought that I was never doing enough, that there is always this competition for the top that I can never beat, that I had to work harder, and that in order to succeed I needed to push my emotions to their absolute limit."

Jacky explains that she needed to learn how to slow down, teach herself how to "accept the process," and pace herself. In her mind, she knows that she will reach the point of where she is supposed to be. Whether that's in her career or life, that's up to the decisions that push her forward.

"I'm learning to balance the dynamic of working hard and being patient," she claims. "I need to have the same faith in my own potential that my mom, dad, little brother, and friends see. If they can see the best in me, then I can too."

"I'm learning to balance the dynamic of working hard and being patient."

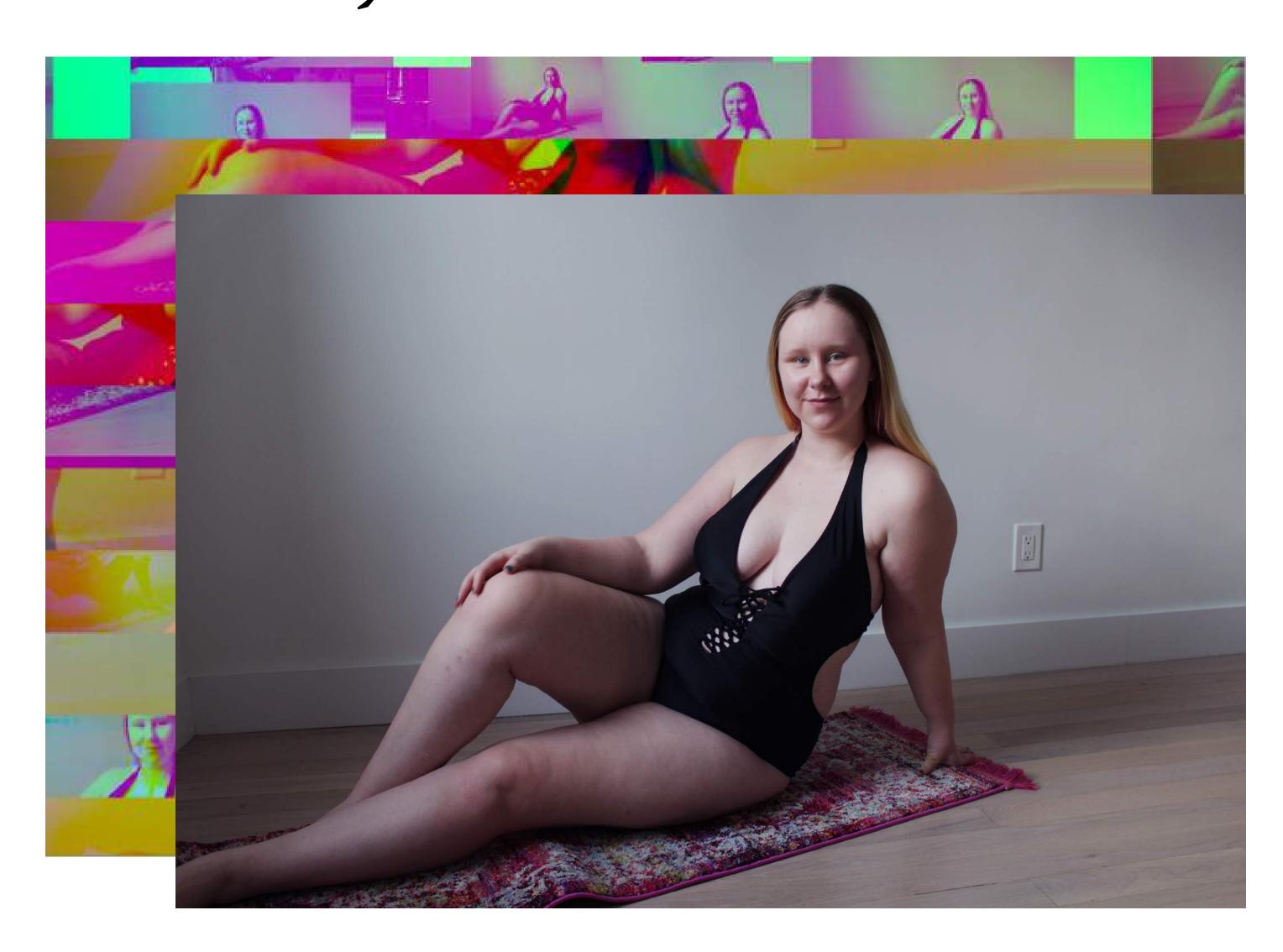
She is ready to show the world who she is, so pay attention. Jacky will continue to work to see the best in her own self, and have faith in her decisions. If she can do it, there's no telling how far she'll go. The same could be said for anyone, but Jacky is making it happen on her own terms and in her own time.





What Does Body Positivity Mean to Me?

by Brianna Adkins



For the past three years, the two words most used in my vocabulary have been placed together in a multitude of sentences, rants, and conversations: body positivity. Although this phrase has spilled out of my mouth often, I don't believe I've ever defined what it means to me personally.

I found the term body positivity on Instagram about three years ago during my junior year of high school. I found an image of a woman in a bathing suit—belly rolls exposed and everything—with the caption: "body positivity gives me the power to love myself and my body."

That radical form of self love shook me at my core. I'd hated my body for years and learned exactly how to do it from other girls around me, but this brave woman was sharing her honest and raw love for her body. She was unapologetically proud of her body. I wanted that same love more than anything.

I started my journey of body positivity that day and never looked back. I defined it on my own terms, using it to empower and uplift myself instead of surrounding myself in unneeded negativity. I did my best to appreciate the body I had, and I continue to do so every day.



I love my body—most days. If I'm talking with complete honesty, then some days I really hate it. Body positivity in no way ensures that I love my body 24/7, it just gives me the promise that every day I will work towards a more body accepting goal. It is a process. Wake up, appreciate, and repeat. It isn't just that way for me, it's also the same for so many others.

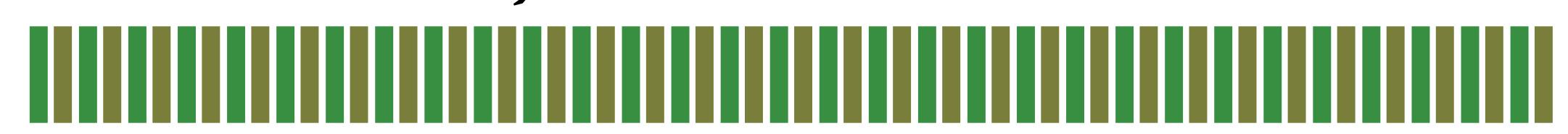
"Body positivity in no way ensures that I love my body 24/7, it just gives me the promise that every day I will work towards a more body accepting goal. It is a process. Wake up, appreciate, and repeat."

We don't have to consistently praise our bodies to the highest extent, praising them as if we really considered them a temple. We don't have to feel any singular way about the body we have. I'm allowed to hate my body and share that. If you don't like that, move on. Worrying about how others perceive the way you love your body is in no way body positivity. Just do your best and you'll notice an empowering change in your life.

In no way am I forcing you to support the platform of body positivity, but I do encourage that you look into it with an open mind. Just like any platform, there are positives and negatives in the ways that others look at it, but it's worth an open mind and heart. I want all of you to love yourself the same way that you unconditionally love others. Here's to finding the brilliant, bold, and beautiful within yourself.

5 Kode with Klossy Scholars CRUSH the Global Hack 7

by Brianna Adkins



Women in S.T.E.M. are crucial to the survival of a thriving technological and ethical world. With the advancement of female coding organizations like Kode with Klossy, #BuiltByGirls, and Girls Who Code, each day is proving that females deserve to be included in the narrative, but you don't have to ask them. They're including themselves without permission.

Kode with Klossy scholars and Missouri natives, Savannah Grasmick, Kailin Zhang, Rosy Jackson, Hannah Shine, and Sophie Maniscalco, are all proof of this statement.

Last year on Oct. 14, the group of five young women traveled to the Chaifetz Arena in order to get to the Global Hack 7 event. There the collective had the opportunity to compete for the coveted first prize in the youth division: 10,000 dollars.

According to the event's website, the Global Hack 7 event gave the team the opportunity to work "collaborative-ly with industry experts to build tools, apps and platforms to improve experiences for foreign-born individuals in St. Louis and beyond."

Savannah Grasmick, two-time Kode with Klossy scholar and HTML extraordinaire, explained that the hardest and most time-consuming part of all was getting started through "brainstorming."

"Because of Kode with Klossy we are used to working under such tight time restraints, so we came up with an idea we knew we could finish well," explained Grasmick. "We had girls working on editing the template, girls researching the languages to include, and [other girls searching for] information and resources we provided."

After much deliberation, planning, and idea cultivation, the group ended up creating a platform titled, communiTEEN Immigrants.

Rosy Jackson, front-end designer and HTML queen, cited that "communiTEEN immigrants is a platform to connect teenage immigrants to their communities once they've moved here, through providing education, job, faith, and recreation resources."

The important platform was created over the span of a weekend, but each and every one of the scholars connected their brains in a cohesive group to create a functioning product in that time frame.

Hannah Shine, who developed the integration of Google Maps and numerous languages into the platform, spent a lot of her time dedicated to the "faith" page in order to help immigrant teens find communities they can find comfort in.

"The inspiration behind communiTEEN immigrants was to help young people just like us who are new to America," Shine clarified. "We understand how hard it can be to find resources as American teens, so we wanted to make it an easier process for teenage immigrants."

Another scholar and team member, Sophie Maniscalco, also assisted in the integration of numerous languages into the platform. She aided in coding in six languages—English, Bosnian, German, Spanish, French, and Chinese—into the platform that are the "most common for immigrants in St. Louis."

The passionate project, dedicated to bettering teenage immigrants, displayed how mindful the "S.T.E.M. femme" group really is. Overall, the highlight of the weekend for the group wasn't winning the prize for their age group; it was the process that lead up to it.

"The highlight for me was working with my amazing friends to create an awesome website that helps teens who are immigrants," explained Maniscalco. "We all worked so well together and I love all the girl power!"

Passionate and compassionate young women can make true social change, and these five Missouri teens did just that. With such a thoughtful platform with a targeted audience to inspire the community and those around them, the group snagged the first place prize of 10,000 dollars, proving that girls who uplift one another will always win in one way or another.

Kailin Zhang, two-time Kode with Klossy scholar, put her passion into words best when she cited that her "favorite part of developing our project was the idea that we were creating a web application that could actually make a difference in the world and could help improve the lives of teenage immigrants and help immigrants to establish that sense of community within a new country."

"Code has the power to impact the world in a positive way, and I am so grateful to have been a part of such an amazing experience," Zhang continued.

These young women are creating true social upward change and ethical mobility through their coding super powers. Don't bother ignoring them, because they will always find a way to persist and create more change.

Watch them. Celebrate them. Encourage them. These young women are the future tech industry leaders and they're writing their own stories with inclusive narratives. Remember their names—you'll be seeing them again:

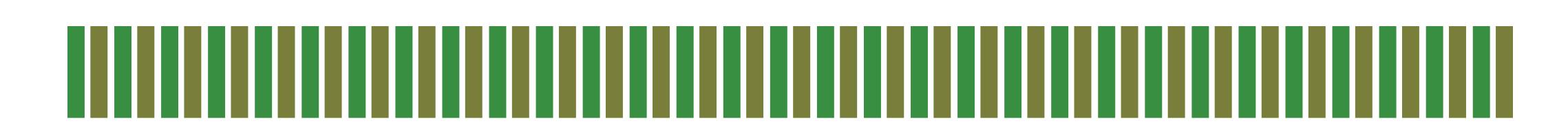
Kailin Zhang

Savannah Grasmick

Rosy Jackson

Hannah Shine

Sophie Maniscalco







Don't Be Afraid

to Leave Your Comfort Zone in the Pursuit of Opportunities

by Alexandra Shope

Summers in college aren't quite as relaxing as they used to be growing up. There's a lot more to think about and prepare for – saving for post-grad life, internships, etc. Around the start of my junior year I started to realize just how little time I had left before graduation. Kode with Klossy was an invaluable experience my freshman and sophomore summers, but I knew I needed something more fine-tuned to my major, Data Science. My dad and I talked about a lot of internship opportunities, and I remember telling him that I needed to love whatever internship I did, because I didn't want to begin my career hating it from the start.

Throughout my college experience I found myself, as most 20-somethings do, struggling to figure out what I truly wanted to do—what I was passionate about. I knew I needed to push myself out of my comfort zone, and that's exactly how I started my junior year. I chose to study abroad for a semester in London, completely on my own. I didn't know anyone in my program beforehand, and, for someone who goes home at least once a week, this was a huge step for me. My experience abroad taught me SO much. I made the most amazing, inspiring and encouraging group of friends that truly helped me to understand so much about myself that I never knew. That Christmas, when I got back from abroad, I was spending time with my family when someone posed this question: "If you could do any career, regardless of talent, education or money, what would it be?" After I thought about it a little, my answer was "either film production or interior design."

While it was fun to think about, it was almost a little discouraging because it seemed like such an impossibility. Quite frankly it had nothing to do with what I had spent the last three years studying. Regardless, I started to read a little bit more about film production and watch some behind the scenes "making a movie" videos online.

As my junior year was coming to an end, I realized that I needed to take some summer classes to make up for my time



abroad in order to graduate on time. This made the process of searching for an internship even more difficult and daunting than it already was. I was starting to accept defeat, when an internship opportunity was sent out by a professor in the Computer Science department with the tag line "undergraduate research in Data Science and Learning Movie Styles." This immediately caught my attention, but I felt extremely nervous about it. I was excited about the possibility of combining my major with my own personal interests (something I didn't even know was possible!), but I was nervous about being unqualified or rejected. I asked my friends what they thought about it, and every single one of them encouraged me to at least reach out to learn more about the opportunity, if not apply right away. After an encouraging text from one of my best friends I met abroad, I decided to apply – even though it was out of my comfort zone.

To my excitement, I got the internship! After the initial excitement wore off, however, a new set of nerves kicked in – what if I don't know what I'm doing? What if I do a bad job? Again I looked to the people around me for encouragement to help me through it, and it turned out to be the best internship I could have asked for. To be able to apply my studies as a STEM major to an art topic is something I feel very excited about and grateful for, as it helped not only to revive my interest in Data Science and its countless opportunities, but to encourage new growth in my interest in film. I worked with an incredibly patient and helpful professor at College of Charleston, Dr. Bares, and it was the perfect environment for me to take the first steps towards my future career.

Reaching out of your comfort zone is scary, but it is absolutely necessary in the pursuit of growth, whether that be personal or professional. Don't let feeling under-qualified ever stop you from pursuing your interests. Use it as an opportunity to grow. One of the best things you can do for yourself, and for a future employer, is be willing and open to learn. And at every opportunity, always be the person who encourages others.

Lily Ji:

by Brianna Adkins

representing her culture and narrative

A transformation has taken place in Hollywood with the rise of feminist platforms and cultural appropriation call-outs. Women and people of color are standing up, speaking out, and fighting for their rights in this dominating industry. Now more than ever, audiences are seeing a more diverse range of actors in action as protagonists and antagonists. These people are in the spotlight, rather than on the sidelines as the love interest or wacky "P.O.C." pal.

It's so important for people of color and women to see themselves as warriors and heroes, especially when in history they often weren't seen at all. That's why it was such a big win for Chinese actress, Lily Ji, when she heard she earned the role of Cadet Meilin in the major motion picture, Pacific Rim Uprising.

"[Upon receiving] the opportunity to join the big [Pacific Rim] family, I did a happy cartwheel," Ji explained with excitement.

Ji portrayed Cadet Meilin with intensity and passion, giving verve to a character who dedicated her whole life in service of being a guardian to a dismantled world. With her stoic, yet badass nature, she shone as a cadet who had the grit to protect and serve as a soldier.

It was always Ji's dream to picture herself in such a respected role on the big screen. Her father served in the army, so she was taught to respect those in the military her entire life. Ji also tended to stick around boys while growing up, shifting her interest towards robots and watching transformers during her free time—something that has not always been acknowledged as a feminine pastime. But that never phased her.

"All of us have that superhero dream in our blood. This time is definitely a dream come true moment for me," said Ji.

As both a woman and a Chinese actor, her image on screen is rarely portrayed appropriately or even at all. Many Asian stories are portrayed through a narrow, white lens with an equally ivory cast. Pacific Rim Uprising did an excellent job at including numerous Asian cultures and their narratives, giving actors like Lily Ji a moment to shine in Hollywood—a dream. But should it even have to be a dream?

According to Ji, the film industry needs to work harder to have these stories told. While Pacific Rim was a step in the right direction, she believes that more films need to include other cultural narratives through the appropriate directors who have the capability to tell these stories.

"When we have more screenwriters [and] directors from all different cultural backgrounds, we will have more opportunities to tell our stories. It's the same just like women in the film and TV industry; it can only happen more when we have more people to ride with us," explained Ji.

In the future, she will continue to fight to be included in these stories. Hollywood has a long way to go, but thanks to movies like Pacific Rim Uprising, a positive change can be seen on the horizon.

For the Girls Loving from a D i s t a n c e

by Emily Sprecher

Maintaining a relationship is hard enough when you have the ability to see each other frequently. Being apart—especially for long periods of time—can seriously test the commitment you have to each other. Every relationship is unique, making it impossible for there to be one simple solution to the challenges you may face together. Even so, I have learned a lot from my own experience in a long-distance relationship that may help others overcome similar situations.

Communication is real...

You never realize how important communication is to a relationship until you lose the physical aspect of it. In most conversations, at least half of what is being said is nonverbal; we communicate easiest and most often to each other through body language alone. Modern technology such as Snapchat or FaceTime helps us to read expressions on each other's faces, but rarely do these successfully portray emotions. An irritable look could easily be confused with a tired one if a tapping foot or tense muscles are outside of view. This is where verbal communication is required; it isn't fair to leave it up to the other person to figure out what you're feeling when they aren't given a fair opportunity to do so. If you're upset about something, talk about it. This adjustment can be extremely difficult if you're one that has never been good at expressing your feelings, but it is vital to your relationship to try your best.

If it's meant to be, it will be. Work for it...

All relationships take work, and lots of it. Long-distance relationships are no different. If you're a believer in fate then you may give up when things get hard, hoping that you'll find each other again somewhere down the line for a second try. I understand this mentality, but I also have issues with it. I believe that we build our lives based on our decisions every day, so if you want to be with someone you should hold on through the hard times to enjoy the good. Having said this, sometimes it feels like the whole world is against you no matter how you try to make things work. Sometimes now isn't the best time for a relationship in one or both of your lives. The decision to fight for what you have or give up is ultimately up to you, but always remember that the fight is for one another and not against.

Accept change...

As you continue your lives in two different places, surrounded by different people and experiences, change and growth are inevitable. Change tends to be a scary idea because we're afraid that with it comes new feelings. Unfortunately this can be true, but it isn't something to dwell on. If you focus

on what could happen as someone is changing in their separate environment, you could unintentionally push them away. Do your best to welcome change in each of your lives and allow one another to grow without fear of growing apart. As long as you continue to communicate and ensure your goals are shared and/or understood, successfully undergoing change can strengthen your relationship rather than harm it.

Stay busy...

Finding yourself hovering by the phone isn't healthy. It's normal to want to talk to your significant other constantly, but don't waste your day away waiting for them to call or text back. I've struggled a lot with this one, so I fully understand how difficult it can be sometimes. I can promise you that going out and having your own busy day makes you feel much better. If they have the time and are thinking of you too, they'll be in touch. Your relationship should be important to both of you, but it shouldn't consume all of your time. Work on balancing time talking to one another with going out and doing things separately. Have your own life, make your own memories. On top of feeling better about yourself, it'll give you both something to talk about at the end of the day.

You aren't dating a screen...

The longer you've been apart, the more relatable this may be. If you've ever spent a long period of time apart before reuniting, it's possible you've experienced the strange "getting used to being together" feeling. This is the result of subconsciously forgetting that they are a real, physical person, and not just an image you interact with on your phone every day. It's a feeling that's overcome fairly quickly after being together, but it's also something you should remind yourselves of when you aren't together: Feelings for a person become more apt to change when you think of them (or they of you) as more of an idea than an actual person. Far easier is it to hurt someone when you can't feel their tears, and knowing they can't do anything to stop you from leaving because all it takes is a hit of the "end call" button. I can't emphasize enough how important it is to remember that you're both real people.

It's okay to cry...

Being away from the one you love hurts. I will never tell anyone not to be sad about missing their significant other, because it's one of the most painful things I've ever experienced. You have to be strong, but you don't always need to be. Sometimes all you can do is break down and cry. When you feel like you'll never run out of tears, think about all the reasons you're together. Think about your memories and any plans you may have for the future. If you know when you'll see them again, focus on that. Above all else, remember that you're crying because you miss them, because you love them, and that there are far worse reasons you could be crying. The tears will stop flowing eventually, and you'll be strong once again. Take care of yourself and respect when you need a break.

You aren't alone...

On your worst days you may feel like you have no one to talk to, to adventure with, to be with. It seems like you can't avoid running into other couples, forcing you to remember that your person can't be here with you to experience things together like they can. Sure, you may not be together right now, but that doesn't make you alone. Although the love may be coming from thousands of miles away, it's still there. There's still someone out there that loves and cares about you, no matter how far away they are right now. Appreciate the thought that they want to be with you. If that isn't enough, know that you aren't alone in this situation. Many people are forced to love from a distance for one reason or another, and we all share the emotions you're feeling. You aren't alone, and you never will be.

Thank You

To everyone who waited patiently for the re-release of Pretty Smart. We are back to highlight brilliant, bold, and beautiful individuals who are working towards creating a more inclusive and loving world. If we're being specific, we also have to call out a number of individuals who made this past year of 2018 a year of reflection and positivity. This is for all of you who made everything possible:

Jacky Bethea.

Ethan Poland.

Scott and Lori Adkins.

Brittany and Isaac Whittemore.

Abby and Kaitlyn Webber.

Roberta Scott and Roberta Dow.

Emily, Chad, and Hannah Poland.

Crystal Macomber.

Rachael and Jeannie Pope.

Kaitlyn Hedges.

Emily Sprecher.

Alexandra Shope.

Hannah Katinsky.

Shammara Lawrence.

Ashley Graham.

Elaine Welteroth.

Kode with Klossy scholars and team.

Brianna Adkins.

We are so grateful to have the opportunity to create inclusive, radically body positive and encouraging content for our readers. Continue to look out for future articles, photo series, and magazines from our writers. We can't wait to fill your feeds with thought-provoking words and images. Get ready to feel stronger emotionally, physically, and mentally. We are here for YOU.

Here's to a year of Pretty Smart!

Credit

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Britany Adkins
Hannah Katinsky
Kaitlyn Hedges - Photographs of Brianna Adkins
Ellie Kiomaris - Photograph of Maia Brown
Shammara Lawrence - Photographs of herself on Instagram
Kailin Zhang - Photographs of the 5 winning hackers

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