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# *introduction*

Thanks for opening the process book to my manifesto. This is an incredibly special piece to me, and by reading this book, you get the inside scoop on the thing that I've experienced great satisfaction and joy in creating.

I wanted to create a piece that I could pull from my storage in a decade and understand exactly what I was feeling at the time. I wanted to create an artifact that commemorated the most transformative time in my young life and did justice to all of the change that I've experienced in the last four years.

You might be thinking, what even is a manifesto? What goes into a manifesto? I had the same questions.

Question yourself on your deepest beliefs, and examine what you hold true to yourself. The definition of a manifesto is a “written statement declaring publicly the intentions, motives, or views of its issuer.” This manifesto of mine details the conclusions I have come to about myself and about my life up to this point. Enjoy the 20 something year oldness of it all.

*what is a manifesto?*

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# self-assessment

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## WHAT IS THE ROLE OF DESIGN & VISUAL COMMUNICATION?

Design & visual communication offers a bridge in understanding a message. It provides a visual element for viewers to digest, understand, and feel. Design impacts emotion and elicits feelings in people that contextualizes a broader meaning. Words can offer instruction, communication, and conversation, but design and visuals add an element of understanding that expands the theme and emotional aspect.

## WHAT IS IT ABOUT DESIGN THAT YOU ARE PASSIONATE ABOUT?

What I'm passionate about in design is the ability to be able to express myself through visual communication. I love to communicate my aesthetic joys and traits of my personality through design endeavors and then see how I change through my designs over time (*even if I cringe at my past self*). It's a really unique way to be able to express yourself that not everyone has and that's something that I think is very special.

## WHAT IS THE MOST IMPORTANT ISSUE FACING DESIGNERS TODAY?

I think one of the most important issues facing designers today is attempting to design for everyone, no designs can work for everyone. It's important to define audience and design as an ally for them.

## HOW WOULD YOU DESCRIBE YOURSELF AS A DESIGNER?

I would describe myself as a designer that's in a really heavy learning stage, I feel like I have come really far since the beginning of my time as a designer, but there's a long way to go. I learn that what I like changes frequently and I find that my designated style changes frequently. So, it's hard to be able to describe myself. I can't really even pin myself down. I'm in a very malleable stage in my life, but maybe I'll always be malleable. I would say I'm a changeable designer.

## HOW DO YOU APPROACH VISUAL PROBLEMS? DEFINE YOUR PROCESS

I really feel like I totally approach visual problems backwards most of the time. I try to focus on the small things that will get me started easily but sometimes I can't help but visualize the big picture first. Mostly it's counterproductive and makes me more anxious, but I feel like I think visually first. I picture what it feels like in my head and how I want it to come across, and how I want it communicated, and then I work down to the nitty gritty things. I think I get easily overwhelmed without having some kind of umbrella or overarching idea before researching anything. Maybe that's how other people do it too, I have no idea.

*It's probably not  
as backwards as I  
think it is.* ←



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# self-assessment

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## WHAT DO YOU CONSIDER TO BE A SUCCESSFUL SOLUTION?

I think something that is a successful solution is usually something that brings satisfaction or resolution. When I feel satisfied or feel like I've figured out the solution to something, that's when I feel the most successful.

## WHERE DO YOU DO YOUR BEST WORK (ENVIRONMENT)?

I do my best work with my headphones in and loud music blaring in my ears. Environment doesn't necessarily matter to me, but whether I have some music to listen to or not definitely does. That's probably a cliché answer but music really gets me going creatively. I also prefer working with no one else around so I can dance and sing to my music lol.

## WHAT DO YOU INTERACT WITH THAT ENHANCES YOUR VISUAL VOCAB?

Some of my favorite things that enhance my vocabulary are online platforms like Pinterest, Dribbble, and Instagram for things that are purely visual and readily accessible. I usually like to listen to the podcast "Anything Goes" and "Hidden Brain" as they help me approach problems in life with a different perspective. I like to watch shows and movies that have really great production value and are visually interesting, and I love to read a good book about human nature and condition. I think all of these things and more are what reinforce and enhance my creative direction in life.

## POSITIVE PERSONALITY TRAITS?

kind   personable   diligent

## NEGATIVE PERSONALITY TRAITS?

not very outgoing   self-critical   lack of confidence

## WHAT OBSTACLES HAVE YOU OVERCOME TO GET WHERE YOU ARE TODAY?

I think my biggest obstacles were working to silence my inner critic, and starting to learn and practice design at what seemed like a much later time than everyone else did. I didn't have any design experience until my sophomore year of college, and I felt behind everyone else, but I wanted to do everything I could to catch up.

## WHAT ESSENTIAL LESSONS HAVE YOU LEARNED FROM YOUR MISTAKES?

One of the biggest things I've learned from making mistakes is to have compassion and understanding for yourself when you mess up. Self-criticism only works in a pinch, and it's not good for your self esteem long term. You wouldn't verbally harass a friend when they do something wrong, so try not to do it to yourself. View the self-criticism that comes up as a plea for help, but approach it kindly.

## *manifesto — first draft*

If I stood in front of me from two years ago, I wouldn't know what to say. Not in a bad way, but not necessarily in a good way either. It's just that it feels like there's been a lifetime between us, and I feel a little bit sad that I'll never be that naïve again.

How would I tell myself from two years ago that the world would change so drastically for the unforeseeable future and that I would spend more time alone than I ever have in my life? Not an easy thing to say, and past me would be pretty confused at my resiliency.

How do I communicate the multitude of changes that happen within and around her? How do I tell her the things she thinks to be true will completely collapse around her?

She'll wonder how I rebuilt; I'd say I'm still building. I'd tell her the good news: I'd tell her that she feels less confused about herself. I'd tell her she's strong in her identity, but it's okay that it changes. I'd tell her that she learns so much. I'd tell her that she's resilient.

One thing I know about her is that she'd be proud of me. She'd be impressed. She'd love me, and that's all I'd need.

## *manifesto — second draft*

I've measured my whole life in school years. The growth and transformation all sits in my mind in three-to-four-year increments, and soon I'll never measure my life like this again. I'm coming to the end of the last one, and I look at 18-year-old me. She says "Who are you now? Tell me what you know."

Where do I start? Seriously, where do I start? Who knew age 18-21 would be so tough. That sounds so dim because there's a lot of life ahead of me, but these years give you the first chance to think and act for yourself, and I've never been more confused.

I try to capture the transformation, but it eludes me. It's like I can pinpoint how different I am in pictures over the years but the time between them blurs together and I'm just not sure how I keep growing up. I feel like the same person that I was when this started but at the same time, I don't feel like that person at all. Still feeling 18, still feeling like an imposter who's too young to be doing this, yet here I am doing it. Yet I have done it.

I had expectations at the beginning. I had visions and hopes and desires. I still do, but they're different now. They're better, more realistic.

But my God if I didn't absolutely fall apart when my sense of self crumbled from those expectations changing. I'm fine though, it's fine. Part of life.

We change who we are and what we want over and over again, and we feel the loss of letting go of that part of ourselves, but we still plow ahead in many uncertain new directions. There is a lot of back and forth. There is a lot of up and down. There is no linear path here, we figured that out pretty quickly, and we still get frustrated by that. That's the truth.

We hit our depths and don't understand how we can somehow make it so high again. But we do, we somehow always do. In the pits of our bad moments, we angrily wonder why we go through such painful development, but we come to realize that adversity gives us a backbone. It gives us character. It helps us approach situations as smarter people and gives us the ability to appreciate things more deeply.

We grow into ourselves, and it squeezes us tight like an ill-fitting shirt. It's uncomfortable, but it loosens around us the longer we sit with it and we're able to breathe again. We discover parts of ourselves through happenstance that slowly start to put together the puzzle of our personality with pieces that were once scattered and lost and accidentally put in the wrong box.

At the same time, we go pioneering into trying to figure out why we are the way that we are. We dive deep into the internet and get into myers-briggs and astrology and the enneagram and love languages just to find some semblance of identity because literally who are we? It plagues me to figure it out.

You've always been an introvert, and at some level you always accepted that about yourself, but you entered an environment that exacerbated socialization and you started to feel like something was wrong with you. You felt like the lesser person in the room. You didn't understand and it shut you down horribly. I wish I could hug you.

What I can tell you now is that you learn to come to peace with it, and it gets easier. Do we feel solid in our social interactions 100% of the time? Absolutely not, but we have come a long way in giving ourselves grace. It's important to remember that what you said and did in the past doesn't define you, but don't disregard it either.

What you've done is a part of your human journey and your experiences shape who you are. So, think on them, and value the emotions that come up from them because how would you know what to let go of if you didn't reflect on your experiences? The totality of what's happened to you – and that of the people around you helps deepen your compassion.

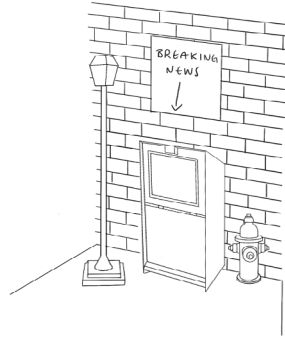
I want to tell you to enjoy where you are because it's still a hard thing for you to do. As much as there is unpleasant about this current moment, there's equal pleasantness if you pay attention. I ask you to try and have an abundance mindset instead of having a viewpoint that's centered around what's missing.

A couple moments left in this time increment of my life; a couple moments left of being able to bask in the naivete of pre-adulthood.

So, at 21 what do I know? A whole lot of nothing but at this moment in time I've never known more.

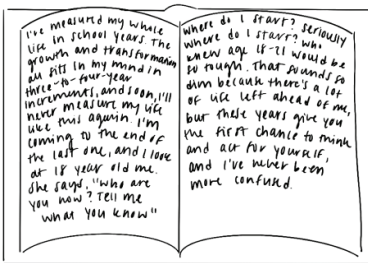
# artifact ideas

## IDEA 1 — newspaper & newspaper stand



Printed newspaper on a pseudo street corner environment that includes a newspaper distribution box for ease of grabbing and reading.

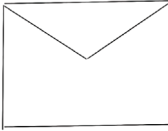
## IDEA 2 — journaling



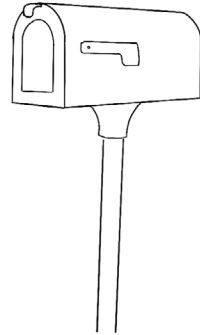
Written journal entries on several pages on top of cozy desk environment with candles, plants, and soft lo-fi music playing.

# artifact ideas

## pen pal — IDEA 3

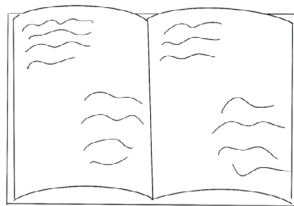


we grow into ourselves,  
and it squeezes us like an  
ill-fitting shirt. It is really  
uncomfortable, but it looks  
around us and we're able to  
breathe again. we discover  
parts of ourselves through  
happensance that finally  
start to put together the  
puzzle of our personality  
with pieces that were once  
scattered and lost and  
accidentally put in the  
wrong box.



Several written letters enclosed in envelopes addressed to my younger self that sit inside of a mailbox that can be opened.

## reading corner — IDEA 4



A typeset book containing the manifesto that lives in a cozy reading nook with a chair, bookshelf, plant, and sidetable holding the manifesto.

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# *creative brief*

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## OVERVIEW

People keep newspapers from major events to look back on in the future. All newspapers detail what happens at the time for readers to be able to keep up with current events. So, how interesting would it be to create a newspaper that details my knowledge and mindset at the precipice of graduating college (my major event) and entering adulthood?

Create a newspaper that includes my manifesto about self reflection up until this point; including my knowledge (or lack thereof) and experience of being a young adult. It should serve as an insight for my younger self, imaging that my younger self picks up a newspaper and reads about what her future has in store for her. The goal is to enable storytelling through the medium of a newspaper and all of its communicative methods.

## OBJECTIVE

The overall objective here is that the manifesto and medium should compel readers consider all the transformative effects of stopping the moment to self reflect at a pivotal moment in life.

## AUDIENCE

Reflectors, romanticizers, readers and writers, thinkers, knowledge seekers, practicals, visionaries, truth searchers

## WHY?

I don't expect anyone to take what I say as the gospel truth, but I do hope that people find a grain of relatability in my words. Life is so confusing, and it is even more confusing when you are in between being a student and adult. Or whatever that hard line is that you have to cross. I aim to make you feel less alone.

*“We change who we are  
and what we want over  
and over again.”*

- the focus of the manifesto

## EXTRA

make it fun: feature fake ads, comics, horoscopes, obituaries for the things I started and never finished, crosswords, ask abby columns, the weather

*let's sketch*

*it out*



# visualization

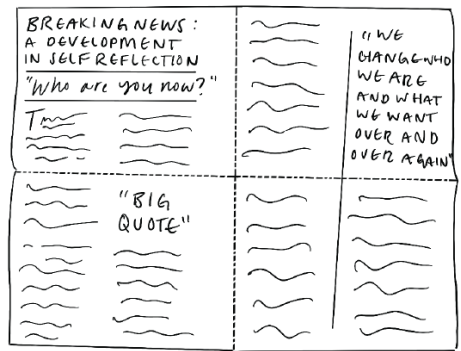
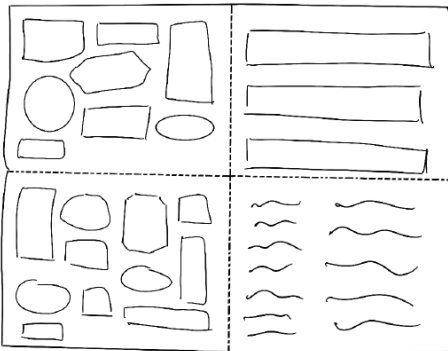


## SKETCH CONCEPTS

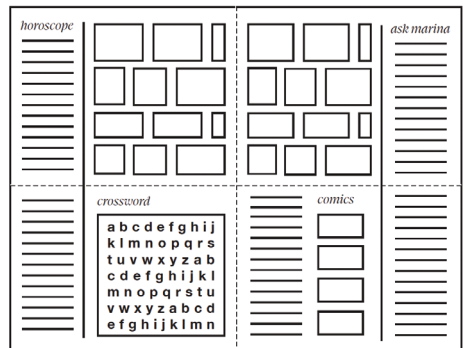
*broadsheet newspaper - 23.5 x 29.5 in.*

4 page spread including a typeset page for the manifesto, a section for fake ads, a wordsearch, a horoscope, critics review, & anything else that comes to me.

## INITIAL LAYOUT SKETCHES



## LOW RES PROTOTYPE



# *moodboard & style*



The newspaper will serve as a visual representation of what my life feels like at this time. The juxtaposition of a newspaper, something that feels inherently adult, and the playful tone and overall design of the newspaper to represent how I still feel like a kid, but am being ushered into adulthood.

The chosen descriptors I have for this newspaper are unconventional and eccentric, but practical and thought provoking. At first glance, I picture it looking like a typical newspaper, but at a closer look, the viewer can recognize the slight eccentricities and unique designs that the paper has.





# typography

**helvetica bold**

**Aa Bb Cc Dd Ee Ff  
Gg Hh Ii Jj Kk Ll Mm**

Aa

helvetica regular

Aa Bb Cc Dd Ee Ff  
Gg Hh Ii Jj Kk Ll Mm

Aa

*swear display italic*

*Aa Bb Cc Dd Ee Ff  
Gg Hh Ii Jj Kk Ll Mm*

Aa

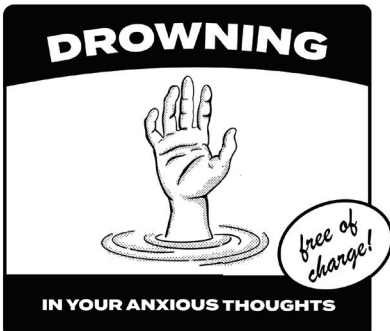
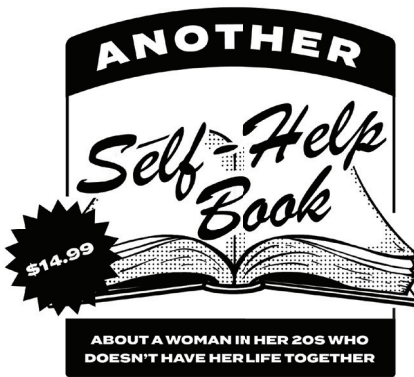
**termina black**

**Aa Bb Cc Dd Ee Ff  
Gg Hh Ii Jj Kk Ll Mm**

*brush script*

*Aa Bb Cc Dd Ee Ff  
Gg Hh Ii Jj Kk Ll Mm*

# imagery



BECAUSE GROWING UP IS OH SO HARD BECAUSE GROWING UP IS OH SO HARD BECAUSE GROWING

# *BREAKING NEWS*

## a development in self reflection

*Thoughts on growing up, entering my twenties, and things in between.*

AN INSIGHT BY MARINA REIFENRATH

I've measured my whole life in school years. The growth and transformation all sits in my mind in three-to-four-year increments,

and soon I'll never measure my life like this again. I'm coming to the end of the last one, and I look at 18-year-old me. She says:

*Who are you now?*

*Tell me what you know.*

# ← page one

Imagine you could pick up a newspaper and read what will happen to you in the future. Imagine reading an article that could suddenly give you the wisdom of your future self.

*The Trying Times:* a newspaper detailing the tough revelations that come with growing up. This paper is read from the point of view of my eighteen year old self, a freshman in college at her first real precipice of change, written by almost twenty two year old me, a senior in college on the precipice of more change. She can read what's in store for the future, something I routinely wish I could do for myself.

**W**here do I start? Seriously, where do I start? Who knew age 18-21 would be so tough. That sounds so dim because there's a lot of life ahead of me, but these years give you the first chance to think and act for yourself, and I've never been more confused.

I try to capture the transformation, but it eludes me. It's like I can pinpoint how different I am in pictures over the years but the time between them blurs together and I'm just not sure how I keep growing up. I feel like the same person that I was when this started but at the same time, I don't feel like that person at all. Still feeling 18, still feeling like an imposter who's too young to be doing this, yet here I am doing it. Yet I have done it.

I had expectations at the beginning. I had visions and hopes and desires. I still do, but they're different now. They're better, more realistic. But my God if I didn't absolutely fall apart when my sense of self crumbled from those expectations changing. I'm fine though, it's fine. Part of life.

***I'll try to collect myself, I think I know what to say, I hope I say it right. I look back at 18-year-old me, and here's what I say:***

We change who we are and what we want over and over again, and we feel the loss of letting go of that part of ourselves, but we still plow ahead in many uncertain new directions. There is a lot of back and forth. There is a lot of up and down. There is no linear path here, we figured that out pretty quickly, and we still get frustrated by that. That's the truth.

We hit our depths and don't understand how we can somehow make it so high again. But we do, we somehow always do. In the pits of our bad moments, we angrily wonder why we go through such painful development, but we come to realize that adversity gives us a backbone. It gives us character. It helps us approach situations as smarter people and gives us the ability to appreciate things more deeply.

We grow into ourselves, and it squeezes us tight like an ill-fitting shirt. It's uncomfortable, but it loosens around us the longer we sit with it and we're able to breathe again. We discover parts of ourselves through happenstance that slowly start to put together the puzzle of our personality with pieces that were once scattered and lost and accidentally put in the wrong box.

At the same time, we go pioneering into trying to figure out why we are the way that we are. We dive deep into the internet and get into myers-briggs and astrology and the enneagram and love languages just to find some semblance of identity because

*literally who are we?*

It plagues me to figure it out.

You've always identified as an introvert, and at some level you always accepted that about yourself, but you entered an environment that exacerbated socialization and you started to feel like something was wrong with you. You felt like the lesser person in the room. You didn't understand and it shut you down horribly. I wish I could hug you.

What I can tell you now is that we learn to come to peace with it, and it gets easier. Do we feel solid in our social interactions 100% of the time? Absolutely not, but we have come a long way in giving ourselves grace. Somehow through practice and exposure you also become the extrovert that you never envisioned yourself to be. Quite dizzying to understand, but no one's one or the other 100% of the time.

You'll read a lot of self-help books trying to figure this part of yourself out and the wise words of Dolly Alderton will settle *some* the anxieties you have about the complexities you contain:

*"I am a just-pulled pint with a good, frothy head on it. I am my own universe; a galaxy; a solar system. I am the warm-up act, the main event, and the backing singers."*

- DOLLY ALDERTON, *Everything I Know About Love*

You can be all of the above because why not?

It's important to remember that what you said and did in the past doesn't define you, but don't disregard it either. What you've done is a part of your human journey and your experiences shape who you are. So, think on them, and value the emotions that come up from them because how would you know what to let go of if you didn't reflect on your experiences? The totality of what's happened to you – and that of the people around you helps deepen your compassion.

You learn who you truly value. You gravitate toward those who never make you feel lesser than. They don't judge your mistakes; they promote your growth. You cling tight to them, and you're eager to spend the most time with them. It's one of the things you treasure most. You understand what it feels like to have lighthouses that bring you back to land.

I want to tell you to enjoy where you are because it's still a hard thing for you to do. As much as there is unpleasant about this current moment, there's equal pleasantness if you pay attention. I ask you to try and have an abundance mindset instead of having a viewpoint that's centered around what's missing.

I know you and I know you'll charge forward to see into the future, and you almost never sit in the present, but the present's what you were looking forward to a couple of years back.

**I think I'll stop there; she's probably overwhelmed.**

I like to think about my younger self. Not in a way that yearns for the past, but in a way that makes me recognize how I've grown. It's a tactic. A method that I use to reassure myself when I feel doubt. It comforts me. It keeps me going. It reminds me that I'll always keep learning.

I think being at the precipice of change is always terrifying. It's not so much getting older that scares me, but the encroaching feeling of transference from one definitive part of life to the next. So, what do I know at 21? A whole lot of nothing but at this moment in time



## ← *page two*

The manifesto begins with some hesitant pondering over what I'd say to my past self. I think about me now, and what I would want to know from my future self. I don't think I'd want to know everything because I'm not looking to live in fear. I'd just like to know the wisdom that comes from those experiences, and that is what I attempted to deliver.

I delve into the theme of identity, because figuring out who I am and how I work is what haunts me the most. So much transformation happened in the last four years and I wanted to do it justice.


# HEY YOU! *yeah, you.* ← 02

YOU'VE GOT SOME TRANSFORMATIVE YEARS AHEAD OF YOU SO YOU BETTER


## STOCK UP ON THE *essentials* →




**GO OUT AND BUY A \$5 COFFEE**  
*even though you have coffee at home!*




**ANOTHER Self-Help Book**  
\$14.99  
ABOUT A WOMAN IN HER 20S WHO DOESN'T HAVE HER LIFE TOGETHER




**20% OFF**  
OF YOUR FIRST MONTH OF ONLINE THERAPY AT [GETHELP.COM](http://GETHELP.COM)  
*like the 20% really helps*




**FROZEN FOOD FROM TRADER JOE'S FOR DINNER**  
PIZZA  
\$6.99 ...Again!




**ANOTHER PLANT**  
\$17.99  
THAT YOU DEFINITELY DON'T NEED




**JUST APPLIED FOR A JOB? GET GHOSTED!**  
SWEET DEAL!  
*receives absolutely no feedback about what to do better next time!*



**DROWNING**  
free of charge!  
IN YOUR ANXIOUS THOUGHTS



**GET YOUR DAILY SOCIAL INTERACTION ON ZOOM**  
OKAYYY... LET ME JUST SHAREEE MY SCREEEN!



**CUT YOUR IN PERSON COLLEGE CLASSES IN HALF**  
COVID-19 DISCOUNT

## UPCOMING EVENTS

→ you won't want to miss *MAY 2022*

5	<b>THURSDAY</b> <b>DVC SENIOR CAPSTONE SHOWCASE</b> <i>Kenilworth Square East, Milwaukee WI at 5:30pm</i>
22	<b>SUNDAY</b> <b>UWM GRADUATION CEREMONY</b> <i>UWM Panther Arena, Milwaukee WI at 1:00pm</i>
23	<b>MONDAY</b> <b>MARINA'S 22ND BIRTHDAY</b> <i>Wherever she happens to be at 12:00am</i>



# ← *page three*

I wanted to lighten up the delivery after the heavy thoughts in the manifesto, and thought it would be fun to make fake ads and a calendar of upcoming events for my younger self to anticipate.

I always wonder what I'd going to be doing a year or a couple years from the moment, and thought this would be an interesting way to communicate it. You're almost never in the spot that you think you're going to be in.

CRITIC'S CORNER

BROUGHT TO YOU BY SOMEONE WHO PROBABLY SHOULDN'T BE A CRITIC

I'M PRETTY EASILY ENTERTAINED

A generous critique of stuff and things that have changed my life in some way.

books

Alone With You in the Ether by *Olivia Blake*★★★★★

I think this is the first genuine love story I've ever read. The writing was absolutely unreal. The conversation around art, time, love, and the human condition was so hauntingly beautiful abiet a bit manic. My only critique is that the language around theoretical math went right over my head. I wish I could memorize this book. Someone on Goodreads said "Olivia Blake could do Romeo and Juliet but Shakespeare couldn't do Alone With You in the Ether" and they're right.

Beautiful World, Where Are You by *Sally Rooney*★★★★★

Also somewhat a love story, but one that has crossing storylines between four characters. Sally Rooney has an uncanny ability to write the most obnoxious characters that are horrible communicators, but she has an incredibly realistic way of writing human nature and impulses. I feel like I learn a little more about what kind of person I am when I read her books. Some people really like Sally Rooney and some really don't. I get both sides. No one's as pretentious as her characters in real life.

Everything I Know About Love by *Dolly Alderton*★★★★★

I'll start by saying I was not the target audience for this book, I'm about ten years too early for it. Yet, I still learned so much from it! Reading this book felt like a safe space for mistakes of great magnitude. I didn't relate to a lot of it but that's okay, it's not my memoir, and lessons don't have to be learned in the same way someone else did for them to be applicable to my own life. I can't wait to come back to this book when I'm thirty something.

movies

Swan Song directed by *Benjamin Cleary*★★★★★

I watched this movie with my dad, who I believe has great taste in movies. Swan Song explores the idea of technology offering a person facing death something to bargain for. Mahershala Ali is the movie's lead and his character dives really deeply into the themes of identity, integrity, and grief. It's quite the psychological rollercoaster that shook me emotionally and I think about it a lot.

podcasts

Anything Goes with *Emma Chamberlain*★★★★★

I understand that Emma Chamberlain is a Gen-Z internet influencer who has a vastly different touch with reality than most people her age, but she says some insightful things. I think her delivery is genuine, and she is able to connect with her audience in a more vulnerable way than most influential personalities. Her podcast episodes are ones that I can actually sit through (I don't have a long attention span) and her words teach me things about myself. We all want to feel less confused and alone, and this is a podcast that's done it for me.

DESIGN WORD SEARCH

D R T P E H C G L E  
J D Y A X E G Y O P  
U T P T M X E K R I  
S R O H V R L E E X  
T A G F E A E R M E  
I C R I C S A N I L  
F K A N T T D I P L  
I I P D O E I N S O  
E N H E R R N G U G  
D G Y R M P G U M O

- pathfinder  
tracking  
pixel  
lorem ipsum  
leading  
raster  
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typography  
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2022 HOROSCOPE — 03

what do the stars say?

ARIES

Expansive compassion, warmth and independence. Changes in philosophy.

March 21 - April 20

TAURUS

Beneficial connections to others continue to expand and grow for you.

April 21 - May 21

GEMINI

Ambitions, goals, and career begin to grow and develop.

May 22 - June 21

CANCER

Belief systems, learning experiences, and hunger for adventure continue to grow and expand.

June 22 - July 22

LEO

Strong development in your intimate world and for exploration and discovery.

July 23 - August 22

VIRGO

Partnerships, relating abilities, and powers of negotiation continue to grow and expand.

August 23 - September 23

LIBRA

Organization, partnering opportunities, and strong satisfaction is found in the work you do.

September 24 - October 23

SCORPIO

Major focus on having fun, enjoying life, and expressing yourself in rewarding ways.

October 24 - November 22

SAGITTARIUS

Confidence and expansion with family, living situations, and self-expression.

November 23 - December 21

CAPRICORN

Enjoyment in daily affairs and learning endeavors. Improving environments in your life.

December 22 - January 20

AQUARIUS

Pursuing and prioritizing comfort and security. You want to thoroughly enjoy the fruits of your labor.

January 21 - February 19

PISCES

Personality, image, dreams and self-confidence are greatly expanding.

February 20 - March 20

# ← *page four*

The last page I wanted to be a fun and easy one, and use the page to express the things that I've found joy in the past couple of years. By staying true to newspaper fashion, I found ways to weave in the things I love while still being appropriate to the medium.

The critic's corner details a generous review of media that has really stuck with me in recent years. From books to movies to podcasts, I have a favorite of everything and it has had a hand in developing my personality and my mindeset in some way. The word search is in honor of one of my biggest loves, design, and astrology is something I have a lot of joy in learning, so naturally I had to include a horoscope.



BECAUSE GROWING UP IS OH SO HARD BECAUSE GROWING UP IS OH SO HARD BECAUSE GROWING

# BREAKING NEWS

## a development in self reflection

*Thoughts on growing up, entering my twenties, and things in between.*

AN INSIGHT BY MARINA REIFENRATH

I've measured my whole life in school years. The growth and transformation all sits in my mind in three-to-four-year increments,

and soon I'll never measure my life like this again. I'm coming to the end of the last one, and I look at 18-year-old me. She says:

**Who are you now?**  
**Tell me what you know.**

# THIS MANIFESTO IS BROUGHT TO YOU BY *the sum total of my experiences*

Places lived, conversations had, songs listened to, books read, texts sent, time spent with people, places traveled to, thoughts contemplated, jobs worked, memes laughed at, concerts attended, shows watched, steps walked, things bought, food eaten, drinks drank, hugs recieved, hugs given, designs created, plants grown, homes moved, jokes told, tears shed, sunsets watched, songs sang, classes attended, grades earned, pictures taken, people loved, people not loved, people met, people missed, people born, people passed, mistakes made, lessons learned.

**THANKS FOR READING,**  
*marina reifenrath*





**UNIVERSITY**

I'm so excited!

**AYO**

**WTFEEEEEE???**



eeesh. yes. especially because that's what I set up. lol. honestly, you pick time. If you'd rather chat tomorrow morning, that's ok too. it's good news. 😊



**Art Exhibit**  
Young the Giant



**Streetcar**  
Daniel Caesar



**If I Believe You**  
The 1975



**Gimme Love**  
Joji



**affection**  
BETWEEN FRIENDS



**San Junipero**  
Lostboycrow



**Savior Complex**  
Phoebe Bridges

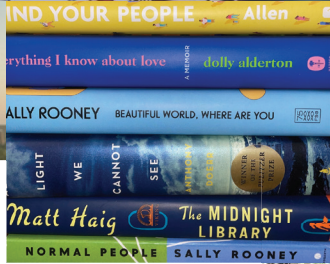
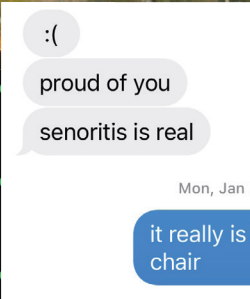
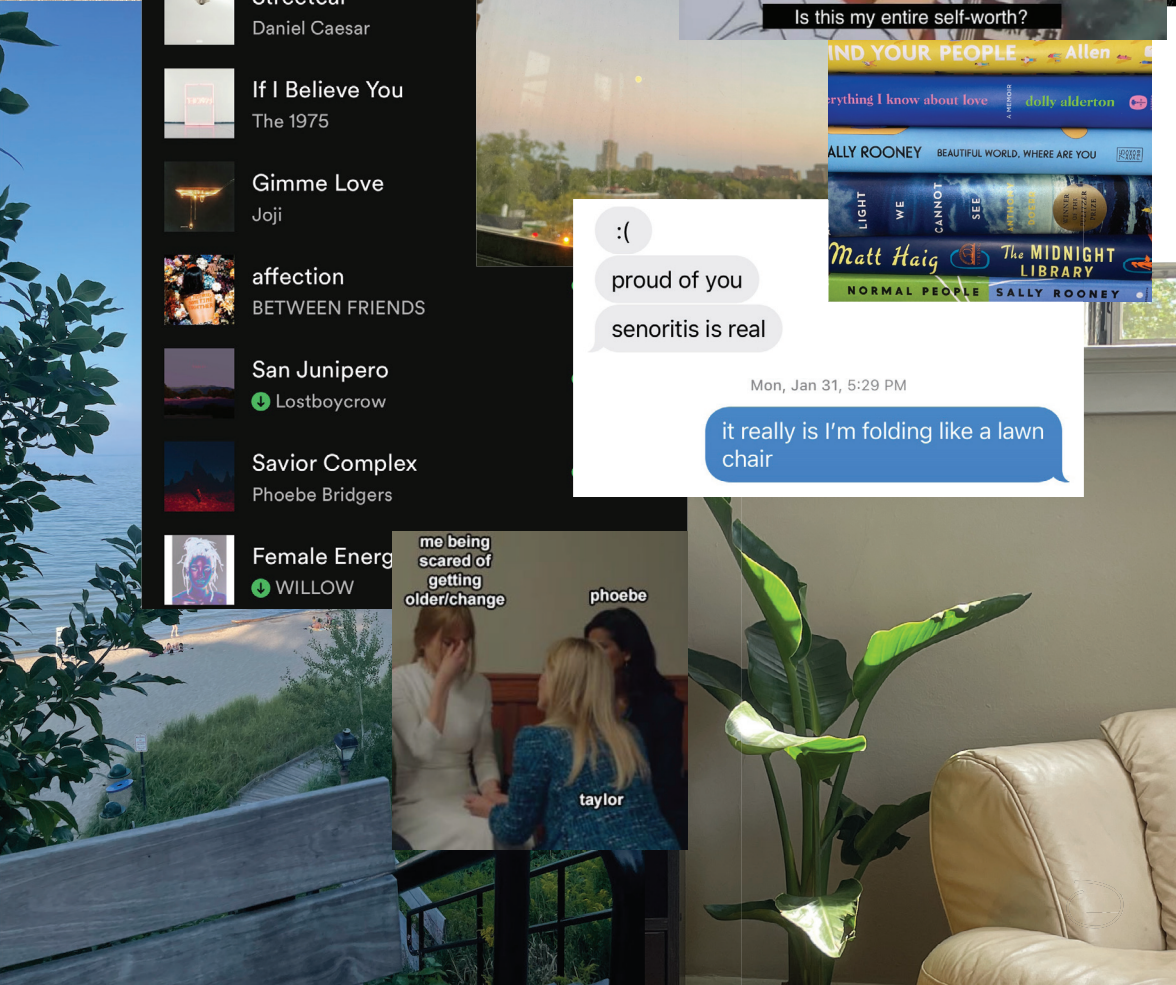


**Female Energy**  
WILLOW

me being scared of getting older/change

phoebe

taylor



THE *trying* TIMES

a manifesto