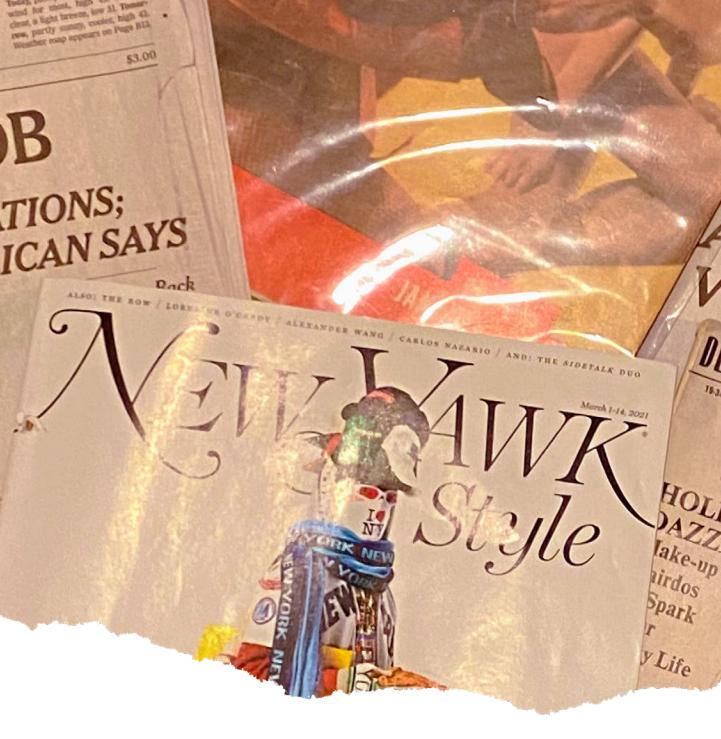


NEW YORK, THURSDAY, JANUARY 7, 2021

MP INCITES MOB CAPITOL FORCES EVACUATIONS; OF HIS LEGACY,' A REPUBLICAN SAYS



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NEW YORK, THURSDAY, JANUARY 21, 2021

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Hair!

BREAK THE PHOTOGRAPH



BREAK THE PHOTOGRAPH

Shana Lichaw

Senior Honors Project

Spring 2021

photoshop vs the media

Photography is defined as the art or practice of taking and processing photographs. Once a photograph is taken there are endless paths to explore in the process of producing a final “picture”. Most of the time these various paths are not explicitly explained to the viewers of the photograph. This resorts in false imagery circulating in the media.

There is a pressure put on us by society to only produce the best quality content. The society we live in that promotes “a flawless physique and features as the norm” (Lago). Models in magazines who are already skinny by nature are made even thinner with photoshop and other editing softwares. These images dominate print and digital forms of media to set unrealistic expectations. We then view these images and make ourselves look a certain way because viewers do not know these images are manipulated. Teenagers do not realize that the editors slim the figures in the images so much and that the body sizes presented is quite literally impossible to achieve. Little do these teenagers know that trying to achieve these bodies in the media will actually harm their own.

Mental Health America is a non-profit organization dedicated to addressing the needs of those living with mental illness. In a study they conducted, they found that ninety-four percent of youth with Body Dysmorphia Disorder experience social difficulties resulting from “embarrassment and shame related to their appearance”. That number is outstandingly high; however, it makes complete sense to me. Throughout my teenage and young adult years more than half of my close friends have developed BDD and continue to exert noticeable symptoms. Social media does not exactly cause Body Dysmorphia Disorder, but what social media does do is trigger or worsen those who already suffer from existing symptoms.

By scrolling through Instagram, Twitter, Facebook, Pinterest, or even TikTok, you are immediately brought into an alternate universe. When you scroll for an hour or so, across the multitude of size zero bodies, flawless skin and features, you begin to think this alternate universe is real, and that is what you should aspire to exhibit. Some people choose to let this alternate universe, consume

them. However I do not. I choose not to live there because I know the ins and outs of photoshop that most people do not know. Friends often come to me to edit their pictures for Instagram and I always say no because why do you need to edit the way you look for a social media platform? Or edit your photo in general? If they want to put a filter on it sure I will help them do that, but altering their body is a big no for me. We get these unrealistic images in our head because of social media, and I will not help my friends in their quest to conform to these images.

A lot of people close to me suffer from BDD whether they know it or not and I think it really stems from what they see online. Not everyone pays attention to the exact verbiage they use when talk about social media, but I for sure listen to their verbiage. This is the most crucial part of the problem the verbiage teenagers use when they are speaking about social media. For example, my grandfather was a longtime practicing orthodontist and he taught me at a young age that the enamel of everyone teeth are naturally an off white/yellow hue.

The natural color of teeth are not the perfect pearly whites I see all over my feed everywhere. Because of my grandfather, I know those teeth are edited all over social media but believe it or not a lot of people do not see it. They truthfully believe that that is what is real and that they need to go out and make a change to their enamel of their teeth! That is absolutely crazy to me, but it just shows the power of the media and believing what is shown online. A true smile shows someones happiness and confidence.

What you see online can easily be broken up with the click of a button. Photographs or works of art that are broken up and combined with another piece of art of are put into a category called mixed medium art. Collaging is one of those forms that was born from Picasso and Braque by questioning the idea if “whether art could consist of pre-made materials”? (Israel). The idea of using existing art combining it with your own art resonated with me. I thought to myself “How can I show people what they are seeing is fake while using my own photographs?” Barbra Kruger was the biggest inspiration

for my project, because she is an American conceptual artist and collagist who uses black-and-white photographs with declarative captions in a very simple font. I have always wanted to combine my passion for photography and graphic design into one, and this project provided the perfect opportunity to do so. I could not think of a better way to conclude my study of graphic design at Lehigh.

“Break the Photograph” came from the idea that every image out there can be broken up and still create a beautiful work of art. I purchased old magazines via Etsy and began combining excerpts from those magazines with my own photography to generate collages. The goal of these collages is to leave people thinking “Where did these photos come from”? When in reality, all of the photographs came from the media throughout the years!

“Break the Photograph” consists of ten collages I created with mixed mediums inspired by those who struggle with seeing what actually makes up photographs. All photographs can ultimately be broken.

This is dedicated to all of those who compare themselves to what they see online. I want to end the stigma of comparing oneself to what they view and this can be a start but it is certainly not the end.

This is dedicated to all of the little girls growing up in one of the most toxic social media environments the world has seen.

This is dedicated to my friends who are constantly comparing their body image to celebrities and newly found celebrities called “TikTokers”.

This is dedicated to my sister, Eden who struggles with her body image every day because people constantly tell her she is too small for her age.

Lastly this is dedicated to me. This is dedicated to my high school self who was scared of her own body. This is dedicated to my freshman year of college self who would hide her body in baggy clothes because she was scared of what people would think. This is dedicated to my sophomore year college self who truly found what happiness is. Coming to college and finding what made me happy has allowed me to see my true self.

process

Ever since I was Editor in Chief of my high school yearbook I have been drawn to different types of publications. Throughout my time at Lehigh I have been an editor on the newspaper for seven semesters, but was never given an opportunity to create my own tangible publication.

To start my own publication, I took old magazines, my own photographs, and typography and combined them digitally to create a series of ten final collages.

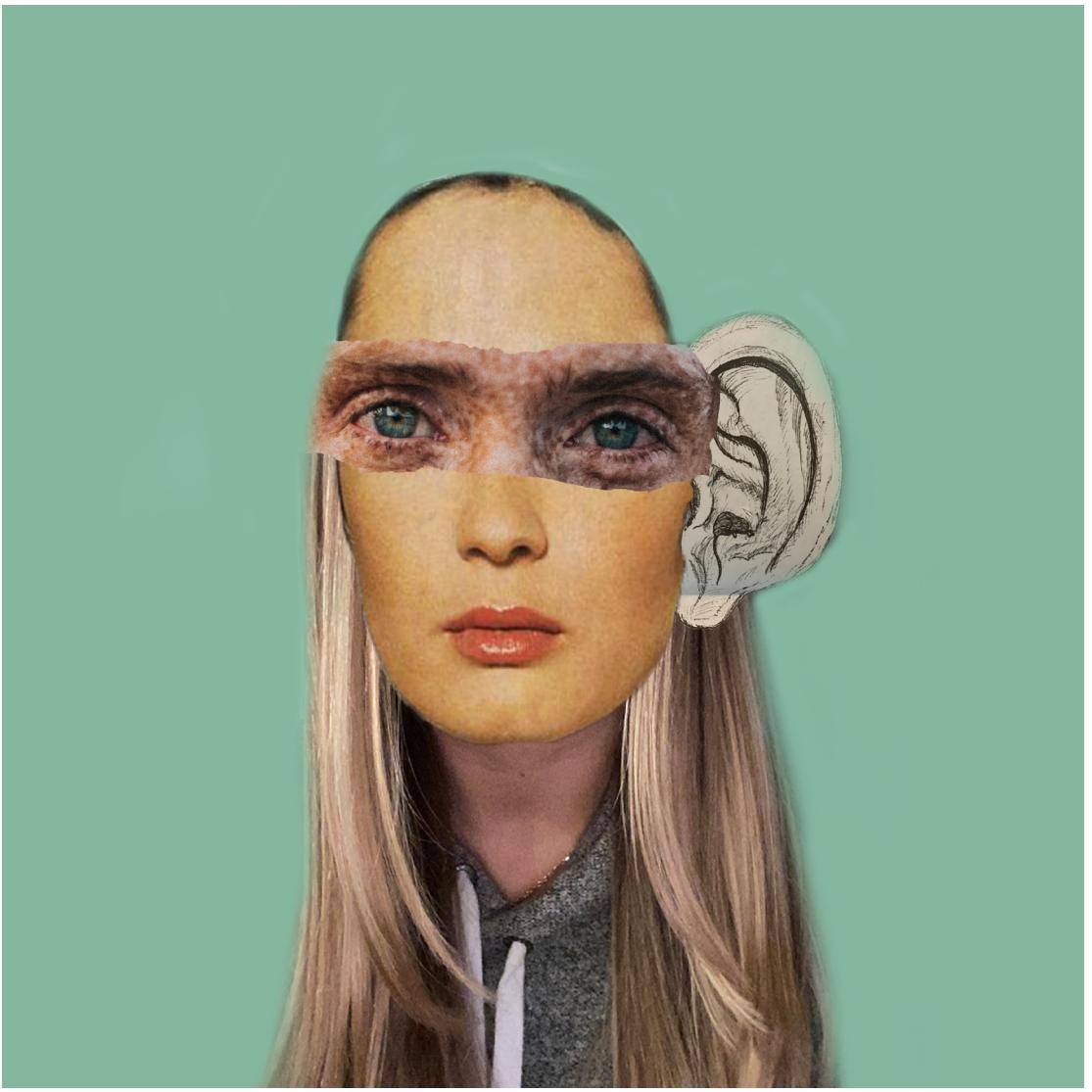
First, I took photos of old magazines I purchased and brought them into photoshop to combine with my own photographs that I have taken. These photographs have been taken throughout my travels. This gave me the ability to add a personal aspect to each collage.

Throughout this process I learned how women have been depicted in the media has changed throughout the years while also remaining the same.

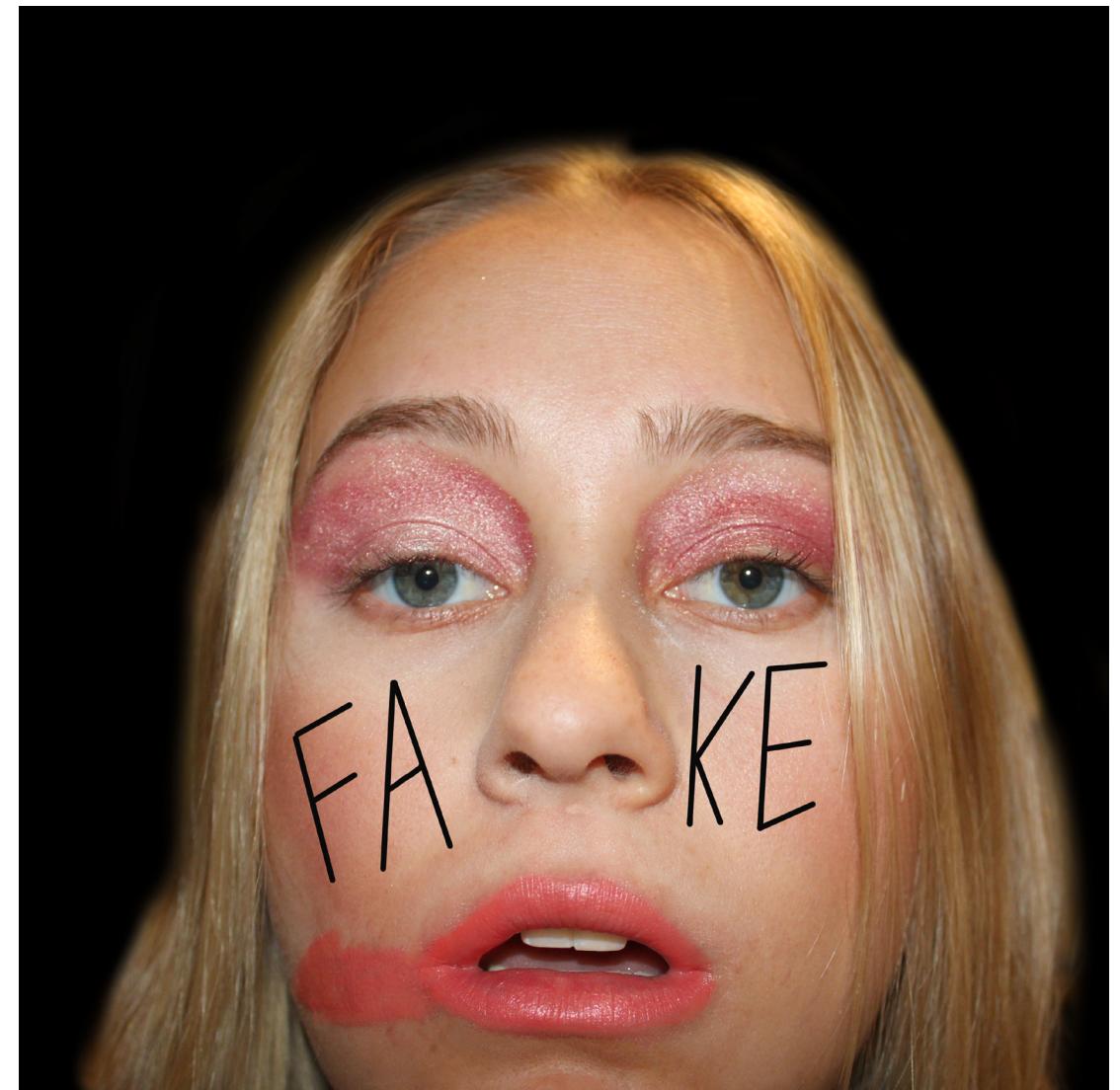
Aside from old magazine, I also edited preexisting photographs I took to make new images. I even traced my own glasses and lips and added unique aspects to each collage to make them personal.

Ultimately, this series speaks to the people who do not see beneath the photograph.

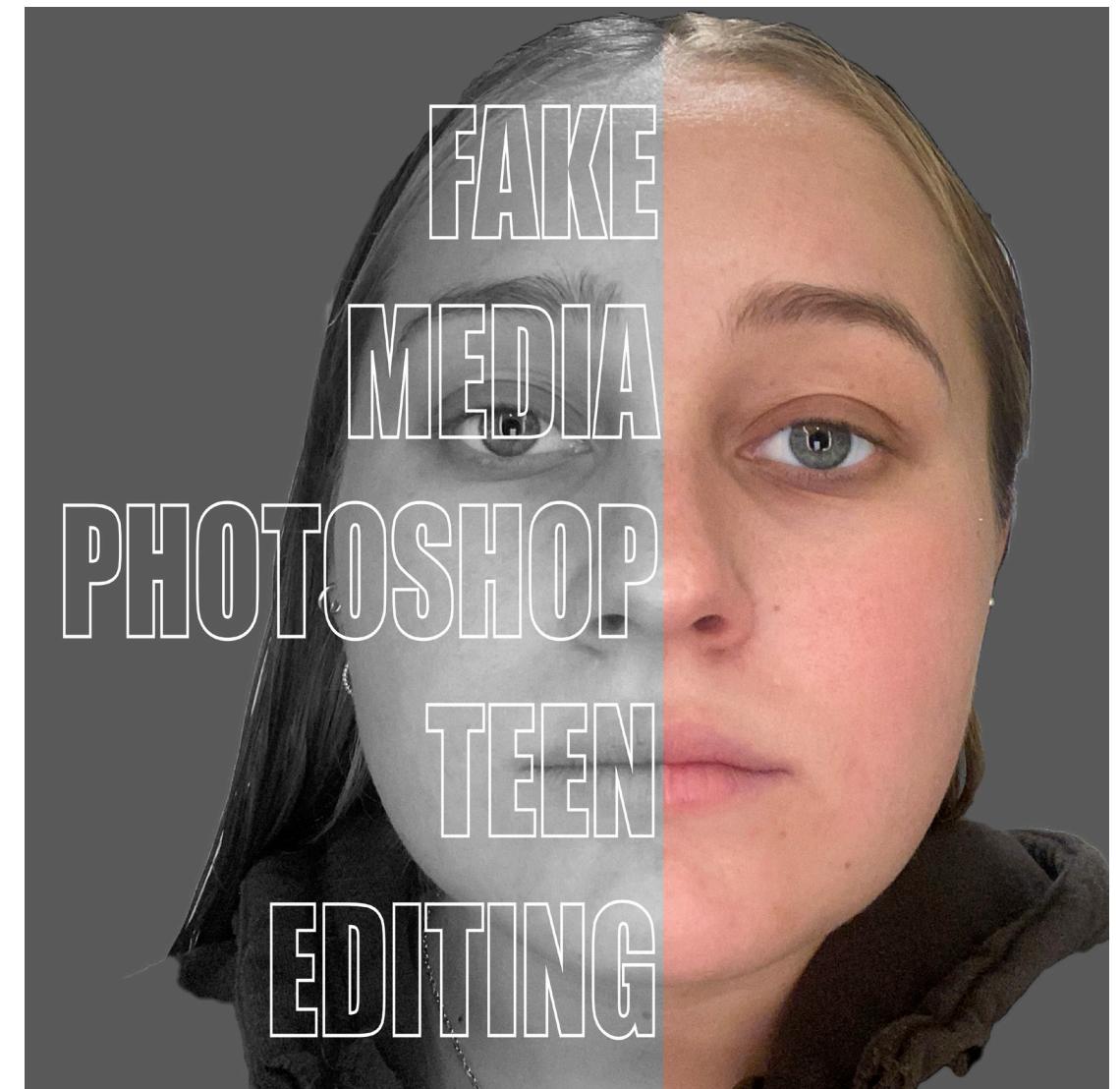
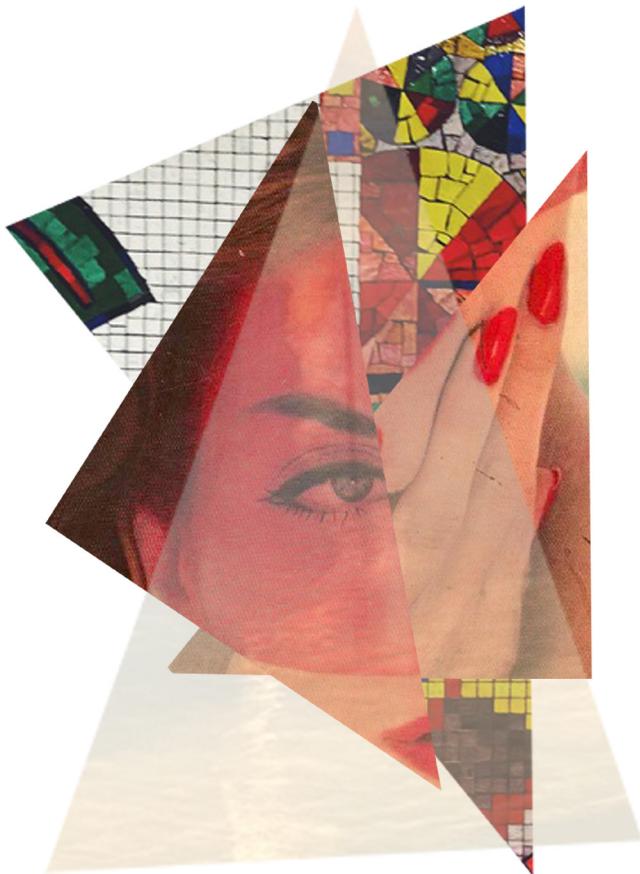
Remember photographs can always be broken.











artist statement



Shana Lichaw

is a senior at Lehigh University studying Graphic Design and Marketing from Roslyn, NY.

"Break the Photograph" explores how women are depicted in the media through a combination of graphic design, photography and collage. In this body of work I explore the idea of how society throughout the years uses altered images of women in the media. Collage as an art form, began under Picasso and Braque who began working with various mediums to create avant-garde assemblages around 1910. Two famous women collage artists: Barbara Kruger and Hannah Höch have inspired my project.

The title of my artwork "Break the Photograph" references the contemporary use of filters, digital editing, and social media to exploit the ideals of female perfection. Images are put out into the world and we hold ourselves to a certain standard based on what we see. Most people cannot see behind the filters, photoshopping, and amount of tries it takes to get the perfect shot. This idea became of interest to me after I started

studying photography. I first learned the way photographs can be edited with photoshop which then gave me a different lens to look at the mass media. However, a lot of depictions of women have remained the same since we are still viewed as empowering to others. Women empower others by being strong and independent. The biggest change within the imagery of women has gotten more unrealistics but the standing messages are always constant.

I created this series because a lot of people close to me have been negatively affected by what they see on social media. My series of collages explores how you can break up a photograph with different elements of other works of art and create a beautiful image without giving unrealistic expectations. I want to give people the feeling of "It's okay to see this on my instagram feed" or "I do not actually have to look like that" to stop the teenagers around the world fighting the images they see on social media.



The New York Times

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TRUMP INCITES MOB; CHAOS, MEMO Declares



This magazine was made by Shana Lichaw for a senior honors project for the Art, Architecture, and Design Department at Lehigh University.

Siegal Gallery
111 Research Drive,
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Social Media
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sel.designs

Essay Resources

“Body Dysmorphic Disorder (BDD) And Youth.” Mental Health America, www.Mhanational.Org/Body-Dysmorphic-Disorder-Bdd-And-Youth.

Israel, Matthew. “The Birth of Collage and Mixed-Media.” Artsy, 6 Feb. 2014, Www.Artsy.Net/Article/Matthew-The-Birth-Of-Collage-And-Mixed-Media.

Lago, Alexa. “The Negative Impacts of Photoshop.” The Buchtelite, Buchtelite.Com/18294/Opinion/Negative-Impacts-Of-Photoshop/.

Magazine Resources

Life Magazine 1957

Vogue Magazine

Hair Magazine 1960

The New Yorker

The New Now

Designed by Shana Lichaw

2021