

THIS
IS
WHO
I AM

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2019.

Conceived and organized by Chris Wildrick.

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This Is Who I Am

This is a collection of texts and images by cosplayers from self-identified marginalized communities, who use cosplay as way to combat that marginalization.

The cosplayers submitted their images and texts for use in this project in response to a call that was spread through social media. All copyrights remain their own. The work is being exhibited at the SU Art Gallery at Syracuse University from August 15-November 24, 2019. It is also featured at chriswildrick.com, and in this PDF booklet.

I want to acknowledge all of their excellent cosplays, which show off amazing creativity, skill, and vision, whether they are brand-new to the hobby or veterans with years of experience under their (EVA foam) belts; as well as their powerful texts; and their bravery and initiative in sending in their work. A big thank-you also to those who helped spread the word on the call for submissions, and especially to the photographers who took the wonderful pictures of all the cosplayers.

Cosplay is an amazing medium for self-expression and is particularly useful in creating, shaping, and evoking the identities we have, and the identities we are slowly moving towards. It is a great weapon in battling stereotypes and creating new visions of who we are, and who we all can be.

Enjoy these excellent images and texts by the cosplayers who chose to be part of this project.

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Cosplayer: Anonymous

Character: Snowtrooper, from *Star Wars*

Photo Credit: Anonymous

Costuming has helped me to get through many struggles in my life. I deal with severe depression and feelings of being ignored, among other things. When I get into costume and character, I see the joy I bring to people, who want pictures and have fun. As a result, I've come out of my shell and socialized. I've made many new friends now, and my feelings are nowhere near as severe as they used to be. I still struggle from time to time, but costuming has done wonders for me. I've been hugged and fist-bumped and waved at, told my costume is amazing, and it really boosts up one's self-confidence. So if you struggle with problems too, there's an entire community out there who'd love to meet you. Give it a shot!



Cosplayer: Darlena Marie Blander

Photo Credits: Carlos A. Smith (black costume), Lauren Stewart (purple costume)

I formed my cosplay group specifically to create a safe space for those who wanted to have a community of people they can cosplay with, without issues. Many cosplayers face racist, sexist, body shaming idiots and our group does not allow that. As a full-figured woman of color I'm very vocal about these issues. I've spoken on this issue at panels at different conventions, and we try to make all feel welcomed and safe who feel outside the image of mainstream cosplay. We also have safety protocols put in place when we are out as a group.



R. Schin



Cosplayer: bluehentrooper

Character: The Medic, from *Team Fortress 2*

Photo Credit: Anonymous

This costume resonates with me because I love the Medic's character design, but he's also a mad scientist, and as I'm someone whose brain functions outside of societal norms at times, it's nice to walk around as a character who's kinda crazy and yet powerful and appreciated by his teammates. It's also fun to break a gender norm by dressing as a male character when I'm female. I'm pretty sure nobody mistakes me for a man like they do when I wear my stormtrooper armor, but it's still fun to try out a male persona. People also pay way more attention to me in my costume (which is true of most costumes), and going from being ignored most of the time to suddenly attracting significant and mostly positive attention feels nice.



Cosplayer: Justin Bojan

Costume: Kaneki Ken, from *Tokyo Ghoul*

Photo Credit: Justin Bojan

Cosplay means a lot to me because I have social anxiety, and have always let other people's judgements get to me more than they should. The con itself is great for me because I know there are a lot of other people there with similar issues that are also taking a moment to break away from our real world problems, and enjoy what we love. In a world drowning those with social anxiety, it's nice to know once a year I have a microuniverse to escape to. As for why I choose to cosplay as Kaneki Ken? Well, not only has he been one of my favorite character developments, I feel relatable to Kaneki in a few ways. Kaneki is a sociable, but very shy person who does his best to keep his friends in mind. Taking care of others is a huge responsibility in his mind, and when something happens to them he feels responsible, and blames himself. Kaneki wears himself thin trying to save everyone, and is the one who ends up needing the saving in the end. As much as I hate to admit it, that's been a path I've followed for a very long time. And for that... I am Kaneki. :)



Cosplayer: Susan Costanzo

Characters: Assassin, Vampire, Lady Grey (personal creations)

Photo Credits: H Morgen

When I first started this sort of thing I never thought of it as cosplay. Most of my "characters" don't have names, with the exception of Lady Grey (an original character), a proper tea drinking villainess who enjoys poisoning her victims - and sometimes Lara Croft. Most of my characters are assassins, vampires, villains, spies, killers...they are angry, violent, loud, they take what they want and do what they want with no regard for anyone else. They are the opposite of me in nearly every way - certainly the opposite of what women are taught to be and expected to be - but they allow me to tap into and express parts of myself and emotions that don't get readily expressed in my life as a woman and as a corporate professional who has learned to control her emotions. H Morgen (the photographer) cast me in my roles and when I first began working with her, I thought I'd be cast as a victim, not the aggressor. But almost always I am cast as the aggressor. When I look at these photos of myself, I love the badass nature of them. You cannot ignore the person in these photos and she is not going to back down or compromise. I love that in them I am somebody that you would fear. I do not desire to be feared in real life, but I do desire to be respected and taken seriously. As a woman, especially a woman who has worked for many years in the corporate world in male-dominated industries, at times it has felt like I WOULD have to do something as dramatic as whip out a gun or bare some bloody vampire teeth for this to happen. My presence and my words don't seem to be enough.

ASSASSIN

I don't "do" anger well IRL, so magnifying the one emotion I have the hardest time with may be cathartic for me. Here I am a vengeful assassin. I am angry, loud, bloody from the fight and ready to kill. I enjoy doing many things "in character" that I would never do IRL.

VAMPIRE

I love the fierce and wild look in my eyes in this one, the bloody evidence of having fed with abandon. Most vampire characters are male; women are expected to nurture - to give, not to take. Here I have been literally sucking in the life force I need and the look on my face says I don't care if you caught me at it - in fact, you'd better just turn around and walk away.

LADY GREY

Lady Grey was the first recurring character in my work with H Morgen. She blends some of my real-life qualities - like seeming very proper and reserved - with the qualities that would emerge in greater force and a more in-your-face way in later characters; there is a certain ruthlessness that they all have in common. Ruthless is probably one of the last words that people who know me IRL would use to describe me.







Cosplayer: Kelsey Ernst

Character: Darkness, from *Konosuba*; Pam Poovey, from *Archer*; Pharah (Fareeha Amari), from *Overwatch*

Photo Credits: Kate Orze (Pharah and Darkness); The Fandom Father (Pam)

A little about myself: I've been cosplaying for close to 10 years now and have never fit into the "beauty standards" category. I work as a Park Ranger and identify as a member of the LGBT+ community. Which makes for a weird 3-way intersection with being a huge nerd/fan-woman. I try to make as much of my cosplays from scratch while sticking within my tiny natural resource-paid budget.

Darkness is from an anime called *Konosuba*. She's my favorite on the show because she's a wonderful trope subversion of an "exemplary knight". She was one of my first "outside my body type" cosplays and has really allowed me to become more comfortable in my own body.

Pam Poovey is from the show *Archer*. She has helped me become a more confident person, purely because her character is super confident in her own body. And acting/cosplay her has helped me with my own.

Pharah (Fareeha Amari) is from the video game *Overwatch*. I'm sure you are aware of the ongoing debate about race and cosplay. As much as I love this character, it took a lot of prompting and reassuring from some of my POC cosplay friends that I wasn't crossing a line cosplaying her. She is one of my all-time favorite characters because she is strong and brave and stands up for what is right. (I love me a paragon.) I really hope in the future that everyone, no matter their race, can cosplay their favorite character without the hate that, unfortunately, still resides in the community. I was also worried with this one that since I am a plus sized cosplayer that I would just look ridiculous in a suit of armor that made me look even larger.

Thankfully, however, I met many people last weekend at her first con debut that absolutely loved her and I was so very relieved.







Cosplayer: Barr Foxx

Costumes: Raven, from DC Comics' *Teen Titans/Titans*; Warpath, from Marvel Comics' *X-Men*

Photo Credits: Paul Corey Photography (Raven), Kyss Photography (Warpath)

RAVEN

I chose the Raven cosplay because this is the first time that I stepped out of the box to do a genderbend cosplay. I lived a large part of my life with limitations being placed on me and with cosplay I wanted to break that tradition. It was emancipating in many ways and the birth of Cosplay Your Way, a movement I began to create a safe haven for all cosplayers to enjoy the art of cosplay regardless of age, race, size, gender, sexual orientation or physical ability. For me the Raven photo signifies soaring to new heights and being unapologetic about it.

WARPATH

I chose Warpath because in my opinion he is an under-represented character, but one that should be recognized. Being that I have often felt under-represented in the landscape of cosplay, I make it a point to cosplay characters that are not mainstream, well known or revered as some of their counterparts. This act hopefully sparks conversation and awareness about the characters, especially the POC characters that I choose to bring to life. I always tell new and expert cosplayers to "use your voice, express yourself and Cosplay Your Way."





Cosplayer: Kathleen Hand

Costume: Rose Quartz, from *Steven Universe*

Photo Credit: Unknown

I chose this cosplay because the character is larger than life, queer, and complicated. I have always felt that I needed to monitor the amount of space I took: I am loud and I am big, and neither of those things are “feminine.” I spent most of my childhood and teen years trying to lose weight, trying to fit in. But here is Rose: tall, curvy, a leader, and a lover. As her I can be as big and as loud and laugh as freely as I want to.



Cosplayer: William Kent

Costume: Cheerleader mascot

Photo Credit: Patricia Kent

My story: I am on the autism spectrum, and I struggle with social activities. In particular, I am a very shy and insular person, and I often complain (justifiably or not) about how others are impeding my desires for social interaction. My interest in cosplay grew out of a Halloween costume I bought my senior year of high school, and I have found that act of wearing costumes brings me a feeling of happiness I cannot seem to find anywhere else (including my other main interest, which is computing). I have founded a cosplay club at my university with mixed results, but every October I attend the campus Halloween costume party. I have been there twice since I enrolled, and both times my costume was a hit. (The first year I wore a costume of Ash Ketchum from *Pokémon*; the second year I wore this cheerleader outfit.) In fact, the year I wore this cheerleader outfit I told no one what I was cosplaying as, nor did I give any indication of who I was once I was wearing it (I did not speak, nor remove the costume's head in public, etc.). If anything, this made my costume even more of a hit among the partygoers, as once I told them who I was (after the fact), they were amazed and could hardly believe it. I find that when I am cosplaying, I attract a great deal of interest that I can't find elsewhere. (My interests regarding choice of characters gravitate mainly towards characters with some kind of mask; I also contemplate crossplay from time to time, but have not yet been able to pull one off.)



Cosplayer: Taylor Lake

Character: Captain Marvel, from Marvel Comics' *Captain Marvel*

Photo Credit: Damon Zander Huff

I know Captain Marvel is a very reoccurring character in the cosplay community worldwide as of recent, but her character has a personality that I relate to on so many more ways than one. Even though she is not a perfect warrior, she is a natural-born leader, she never gives up, and she tries her best to do what's right despite what she's been told.

At six years old, I was diagnosed with a life-threatening Autoimmune disease called Ulcerative Colitis. Since the discovery of my illness, dressing in character has been my outlet of inner expression. I came up with the name Madame Mayhem Cosplay because my life has been pure mayhem but I wanted to transform all the negative situations I've had to go through and turn them into positives. I want to be a living representation that artistic expression and being yourself can actually save your life. Cosplay helps me to cope with the constant struggles that my autoimmune illness causes. Not only does it boost my self-esteem, but I've also made some really great friends along the way. Cosplaying has saved my life and I wouldn't trade it for anything.



Cosplayer: Harley Lin

Character: Jessica Rabbit (Christmas version), from *Who Killed Roger Rabbit?*

Photo Credit: Hollyann

As a plus-sized woman of color with mental illness, it's very hard to be taken seriously since I'm seen as fat or obese, and on top of that, I'm always seen as a version of that character i.e. a black version of Jessica Rabbit, a black version of Harley Quinn, etc.

Cosplay gives me a way to express myself and a chance to be a character I love. It also gives me a chance to show people that I'm not a version of the character...I **am** the character. And in this photo, I am a beautiful, sexy Jessica Rabbit.



Cosplayer: Betsy Matteis

Character: Edna Mode, from *The Incredibles*

Photo Credit: David Ngo

I'm disabled and recently got into cosplay. In 2018 I attended Dragon Con in Atlanta, Georgia and cosplayed as Edna Mode from *The Incredibles*. Edna proved to be a very popular character and it ended up being a very positive experience for me. I have a fairly rare condition called dyastrophic dysplasia (dwarfism). Basically I'm very short and can't walk very well. Because of my height I never really got into cosplay, but with encouragement from friends and family I decided to give it a try. I had so much fun with Edna in 2018 I've decided to try several new cosplays at Dragon Con this year. Of course I'll do Edna again, but I'm also bringing cosplays from several tv shows including *Supernatural* (Sheriff Donna), *The Handmaid's Tale* (a Martha), and *Star Trek Discovery* (Ensign Tilly). I gained a great deal of confidence by doing Edna Mode and was literally stopped everywhere I went for pictures.



Cosplayer: Larry McCalister/larry luvvs cosplay

Costumes: Storm and Cyclops from Marvel Comics' *X-Men*;
Black Adam, from DC Comics' *Shazam!*; Raditz from *Dragon Ball*

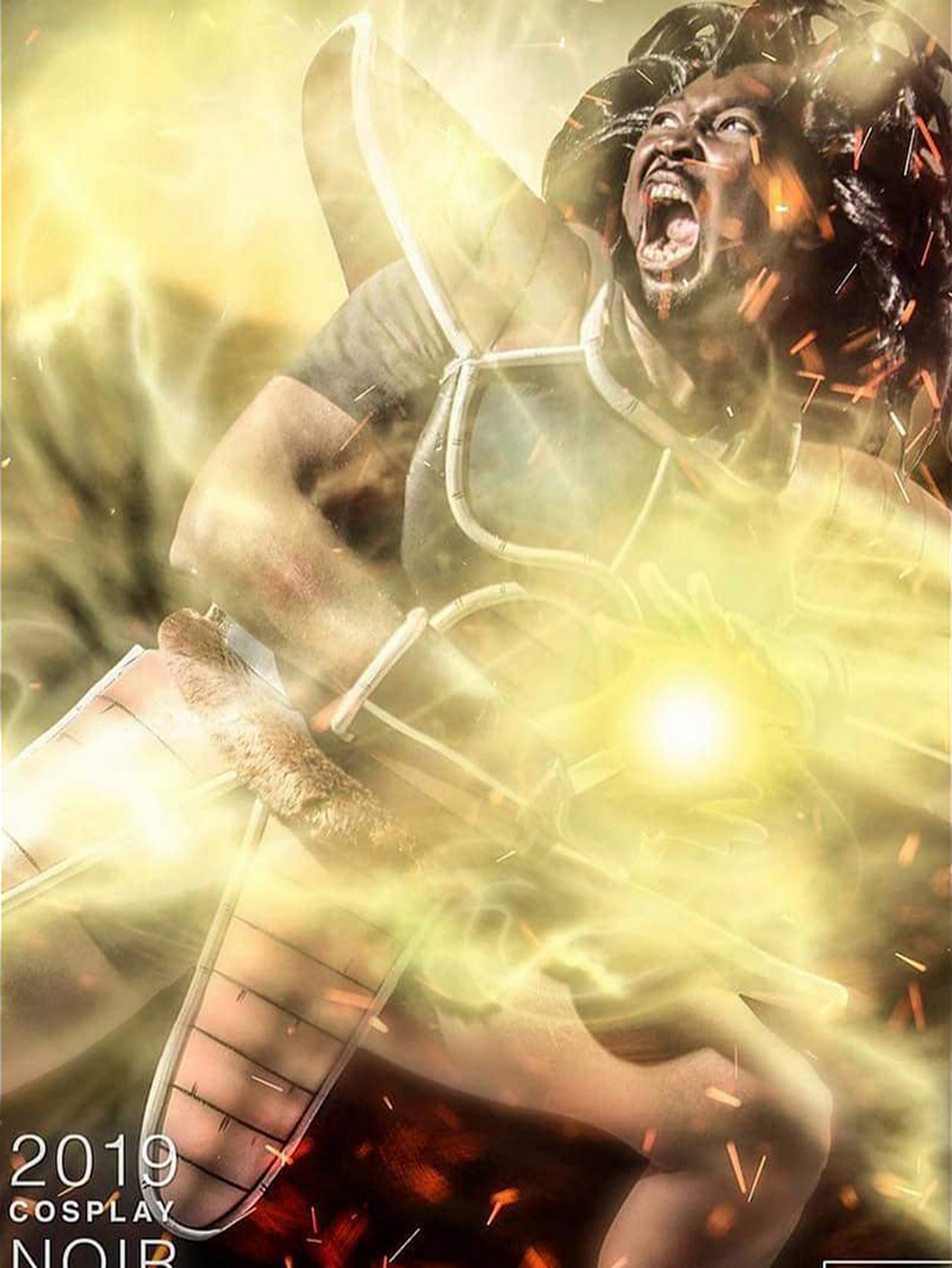
Photo Credits: Bryan Humphrey (Mad Scientist), Leo Photography,
Michael Andrew Phillips (AMPimage)

Growing up as a child I always been a superhero fan. Once I became grown I was able to find a deeper connection with my favorite Marvel character Storm. She is one of the most powerful characters in Marvel. Just like Storm we as a people have to keep our emotions in check in order to have a clear head to tackle any situation in life. My other characters Black Adam and Raditz are ones I wanted to show some love because they are hardly ever done. I did Cyclops just to show people that no matter what race or color a character is, a person should be able to cosplay that character without out being told that you can't do that character because he is white. So, I tell anybody if a character is white, black, fat, skinny, male or female and he/she wants to do it, then I say go for it and "Cosplayyourway."









2019
COSPLAY
NOIR

Cosplayer: Kate McKay/Andromeda's Alchemy

Costumes: Personal creation steampunk character; Ursula, from *The Little Mermaid*

Photo Credits: Bryan Belrad

I'm Bi-Polar and making intricate costumes has been a blessing as it gives me something to focus on when going through a depressive episode, through planning and looking forward to something, and something healthy to focus my energy on through manic stints. I don't know that my unspecified steampunk character or Ursula necessarily correlate to my personality, it's more the process of creation itself for me.





Cosplayer: Michelle Lea Ortiz

Costume: Dani Moonstar, from Marvel Comics' *New Mutants*

Photo Credit: Anonymous

I have been wanting to cosplay Dani Moonstar for a while now, for 2 reasons: reason 1 was to help our Native American Marvel heroes get in the spotlight and have their stories told. Reason 2 is a heart-breaking situation that our community faces: our native sisters go missing by the hundreds and get little to no media attention, and their families are left broken-hearted and spiritually wounded. This is where my warpaint comes in. As beautiful and empowering as it is, it also comes with a sad message: the hand print. The hand print represents the hand that silences our missing sisters, so I tell their stories. I ask all of you, please help me, help us: share awareness for our missing sisters. We cosplay, watch movies, read comics, and hear stories of heroes from all around the world, from comics to real life. Now we can be the heroes by sharing awareness 🙏



Cosplayer: Sarah Renehan

Character: Hydro Girl (*The Adventures of Hydro Girl*)

Photo Credit: John Renehan

Hydro Girl is an Australian super hero created by brother/sister duo Sarah and John Renehan. They created Hydro Girl to help create awareness of Hydrocephalus, a life-threatening neurological condition where fluid builds up in the brain due to blockage in the ventricles that produce the cerebro spinal fluid. The creation of Hydro Girl is also bringing to light the horrible bullying that people with the condition suffer from throughout their lifetime. It gives the hydrocephalus community a voice and a chance to be represented in the media through the comic. The comic also will bring to light all the other disabilities that can be associated with the condition.



Cosplayer: Wolf Schweitzer

Character: Himself, with various real prosthetic arms

Photo Credit: Wolf Schweitzer

This is not exactly a cosplay-related attempt at modifying the appearance of my prosthetic arm - but then maybe it aims at the core of cosplay in a way. After a right below elbow amputation because of a tumor in 2008, I was trying to get back into a "social role" as "visually (reasonably) competent" person which I thought I was before. So I was not after any exaggerated simplified visual embodiment of competency such as "super hero," "bionic man" or "spider man" - and not after an evil role as "Captain Hook" or some mass murderer with a hook slaying people.

What always struck me was this simple baseline experience in everyday life of just how "competent" I looked, as arm amputee: the cash register clerk that offers to pack my groceries without being asked. As such a path to make people see me as "competent" was non-existent, I had to find my own.

At first I thought I require to wear a standard prosthetic arm - skin colored hand or so - at all times in order to appear "competent". But that never worked, simply because these hands look disabled - or so I thought. Then I found that wearing the prosthesis made only me feel different and that reactions of others were reactions to my persona, my face and posture maybe, and really not the appearance of my prosthetic arm.

I went at great lengths to try out various shapes and colors/textures for my prosthesis (Figure: red 3D-printed oversized "gesture" hand, following a design of Becky Pilditch; Figure: yellow metal "LEGO" hand; Figures: red or white transparent cosmetic PVC cover for Becker hand).

Along that path, I found that a prosthetic hand is always only a second-rate gripper when any technical device (hook, prehensor, etc) works so much better. I found that hand covers - all prosthetic hands have gloves - tear up, get dirty, and cost a lot when a steel or cheaply-covered hook (you can use silicone tube off a roll, costs a few cents, change it after a week) is a lot cheaper with better grip.

When I first found that wearing a red prosthetic hand (rather than skin colored) would cause a collective calm, a collective retreat of the starers at the time (2008-2011: many people in Zurich then were not permanently engulfed by their mobile device contents). I wore a red hand that first I had spray painted myself, first a shop mannequin, then a cover for an Otto Bock hand, then a spray-painted Becker Lock Grip (wooden body - perfect for that) and doing that for the first time caused me sweat and utter distress.

Another amputee wrote to me that this would require incredible balls at first and I am afraid he was right. Only, the cafeteria, mensa, supermarket head turners all were gone at once. A calm that was totally unprecedented. After a week you become so hooked you think all your prostheses need to be that red. Wrong, of course - but the emotional feel of that attitude was the take away for a differently colored future. Then you try the exact same when wearing a standard-issue skin colored hand, an attitude-cosplay of sorts where the costume actually is the absence thereof - the lack of attributable labels highly targeted and intentional. And then you try that with a hook, and without wearing the prosthesis and then later people say "I did not even notice you missed a hand until after a while."

It took me years to find out that when I embodied that same feel of being "well equipped," of "being allowed to feel proud and sufficiently intact" without wearing the arm, others regarded me just as "competent" as I had experienced with extreme variations - such as the "Red Hand." Since that discovery, my use of the prosthesis in order to specifically "appear competent" became negligible. I felt a lot more free to wear what is really technically functional. And it's still very important to wear the prosthesis for hard work for asymmetry reasons - but the interesting part was the part of how I feel about the social-enabling aspect.









Cosplayer: Carrie Snyder

Character: Petronella Osgood, from *Doctor Who*

Photo Credit: Wayne Snyder

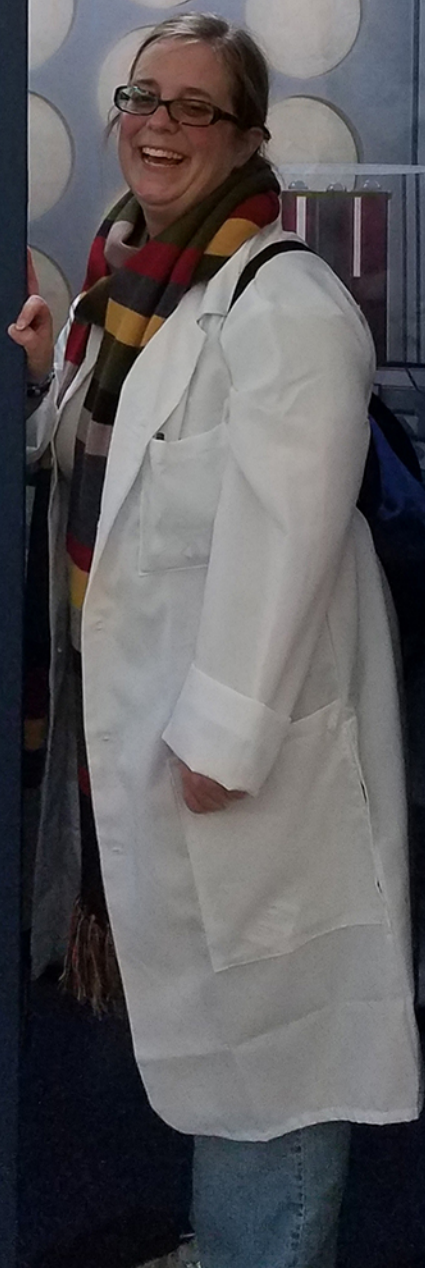
I never expected to cosplay, especially at 40-something years old. I was always slightly envious of those who do, but never connected enough with a character to actually do it myself.

Then Osgood came along. She doesn't have super powers, she isn't sexy and she isn't the star. But she's intelligent, caring and she has faith and hope. She also has severe asthma. As someone who was bullied for being smart in school, someone who has been told I care too much, and someone who had a debilitating chronic illness, I related to her instantly and knew I'd found my cosplay character. I spent weeks finding the various parts of my costume (even dug out an old inhaler), dressed up, headed to the Boston Comic Con and had the best time I've ever had at a comic convention!

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Cosplayer: Jay Stilipec/Jazmine Cosplays

Costume: Samus Aran in her Zero Suit, from *Metroid*

Photo Credit: Victoria Pickering

I am 44 years old and I started on my transgender journey about four years ago. I had just retired from 20 years in the U.S. Navy, and I had been married to my wife for 14 years. As my marriage began to get strained by difficulties in bed, I started getting counseling and discovered I was transgender. I enjoyed wearing women's clothing and I found women aesthetically pleasing, but I am not gay. I came to identify as asexual, non-binary, and gender fluid. Samus was the first female character I chose to portray at a comic/sci-fi convention. I had played all the *Metroid* games and always loved her strong, independent personality. I felt that conventions would be a “safe” environment to explore my femininity, and I was right. The crowds are very open and accepting, and I immediately gained fans, friends and tons of positive reinforcement. I learned how to pose, and how to do my own hair and makeup. I wore Samus at five or six conventions in my first year, and I quickly got known as “the Tall Samus” around DC and Maryland. My success with Samus led to many other cosplays, including Catwoman, Chun Li, Hela, Maleficent, Silk, Rey, Elastigirl and Domino. I came to realize that I liked portraying strong, independent women. The confidence I gained from cosplay led me to start femizenting more in public and at work. I conduct panels at conventions to inspire and educate young cosplayers, LGBTQIA people and Sci-fi fans alike. Love what you cosplay and cosplay what you love.



Cosplayer: Jen Tinker

Costume: Killer Frost from *The Flash*

Photo Credit: Chris Palmisano

I have ADD and suffer from anxiety/depression. I found out more, recently: social anxiety and, because of all these, alcoholism. Cosplay helps me use my creativity. I picked Supergirl for my first one because she's so adorable lol but I actually look like her, I appreciate not having to wear a wig. But cosplay allows me to be someone else, wear something I wouldn't normally. People ask me for pictures which like I would never be okay with normally. I'm still trying to be less awkward in pictures. I've looked up signature poses and stuff.

I honestly decided to do Killer Frost a long time after she "appeared" on the CW show. I really like how she has blossomed as a character. Her own struggle is a bit like dealing with dual personalities and she also has to deal with losing her fiance/husband twice. I like how the CW includes the human struggles in their superheroes.



Cosplayer: Samantha Valentine

Prop Credit: Danny Jay Do/Pineapple Props

Character: Aranea Highwind from *Final Fantasy XV*,
Episode Prompto winter outfit

Photo Credit: Brandon Groth (NegativeLight Studios)

I used to be extremely self-conscious about my body when it comes to cosplay (it didn't help if someone mentioned my skintone either). I only tend to cosplay characters that share part of my personality. When *Final Fantasy XV* released, I had an immediate connection with Aranea Highwind. She's gorgeous, intimidating, and confident all in one package. Cosplaying her definitely brought out my confidence, as I'm an outgoing introvert and tend to shy away from people. This character brings out all the positive characteristics in me and I feel very comfortable and powerful when cosplaying as her.

My goal here is to bring more attention to the many people of color in the cosplay community who are constantly overlooked and downright harassed online. Sometimes this harassment also happens in person at conventions, all because of the color of our skin. Cosplay is supposed to be about dressing up as your favorite character and having fun.



Cosplayer: Cody Vick

Character: Yellow Diamond, from *Steven Universe*

Photo Credit: Caitlyn Williams

Yellow Diamond is a powerful being. She has confidence in everything she does. By being her, I try to emulate that in myself. I have low self-esteem and when I cosplay as her, it makes me feel powerful, a better version of myself.



Cosplayer: Antoine Wilson/Black Panthro Cosplay

Costume: Penguin, from DC Comics' *Batman*

Photo Credit: Dru Phillips

I have been cosplaying for 5 years now and this was my first character I cosplayed. I did Penguin because a friend of mine convinced me since she was doing Poison Ivy. When I did it, I got so many positive reactions of how people never saw a black Penguin and how much I stood out in doing so. This helped me wanting to inspire creativity in the cosplay community where you don't have to fit a certain look to make whatever character you want to come to life. You can be of different ethnicity (as long as you respect the culture and the do's and don'ts), body type, or handicapped, you cosplay your way and have fun with your creativity.



Cosplayer: Zircon

Costume: Sora from *Kingdom Hearts II*

Photo Credit: Zircon

I almost always cosplay as the opposite sex because it makes me feel most comfortable. I wouldn't call myself trans but I've never fully felt comfortable identifying as a girl either. Cosplaying as feminine-looking boys has always given me the chance to feel the most like my androgynous self, which I rarely get in my normal day to day life. I have a small, "cute" build, I'm constantly told I look like I'm a teenager, and I'm never quite taken seriously even though I'm 30 with a good career under my belt. I feel like I constantly have to prove my worth or work extra hard upon meeting new people to show them that the box they've just placed me in couldn't be farther from my true self. It mentally wears on you after awhile. Through cosplay, I've found ways to be comfortable by cosplaying characters that are well respected and powerful even though their appearances and personalities are close to mine. I don't know if it's a healthy coping mechanism but it has definitely helped me immensely.

