

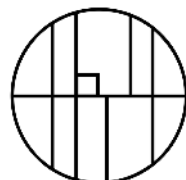
NOVEMBER 2021

ISSUE
IV

Sergio Silva | May Couto | Duda | Frankie It |

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EDITOR'S NOTE

I have always believed in sharing information. I spend a lot of my time reading, learning and understanding. We don't all have the same views, beliefs or even the same culture but we all have a reason as to why we think the way we do. Every time I am faced with something that challenges my view, my first reaction is to always think to myself "why is my view different?" before judging.

I carry this for every step I take in life. We won't always agree on everything. But understanding why we don't agree is the core for a healthy and respectful conversation.

With that in mind I present to you this online publication made for you. It's a safe place to question, reflect and build a community.



Sergio
Creative Director



SAL
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THE

FAKE

ISSUE

- WE ARE WHAT WE WEAR.

Last month our columnist May talked about her toxic relationships, but why does fashion feel like a toxic friend? For the two years during the pandemic we heard the same speech about selfcare, loving yourself and spending money on brands that cared for our planet. we saw a rise in big house names use the term to slow down and make a better impact in the world.

Fashion week just wrapped not long ago and feels as if all those promises were out the window. The lavish in person fashion show,s the lack of inclusion on models from size and race was astounding. The gathering of groups pretending to have any care for the pandemic we are still in. and the "fake" promise that we are back to normal.

Fashion is how the world communicates without words but this last season spoke volumes on where the big players of the fashion game stand.

Why do we keep coming back for more? Society took a stand to shop small and help build small business, but the amount of influencers needing validation in front row seat a fashion house made me rethink this toxic relationship. Some events were online and we saw a lot of that during the pandemic we still saw the segregation of who could attend the show. although the idea of a democratic fashion was on "trend."

Fashion is always in search of what's new but always looking in the past for inspiration. Some ideas of what we believe doesn't seem to fit the new era we live in. Yet we forget the power we have in our wallets to shop for what we truly believe in.

The clothes we wear says a lot about who we are and how we live our lives. can we blame the fashion houses for creating what society is always craving for?

We crave for validation on social media, in our circle of friends, and even within ourselves. We enjoy this toxic relationship because for a split second we feel like we are part of something. Something that makes us feel different. However this very commercial fashion sense of being "better than someone" because we have the newest, exclusive it bag creates the false impression we are different but indeed everyone is wearing the same uniform.

Always ask yourself; What am trying to say today?

Don't become part of the problem because it's trendy when its convenient. Hold fashion accountable, Because we already have enough toxic relationships in our life. Am I right?

By: Sergio Silva
@sssergiossilva



Photo: [@stepansoegin](#)
Model: [@daria.dori](#)



Photo: [@stepansopegin](#)
Model: [@daria.dori](#)





Photo: @stepansopegin
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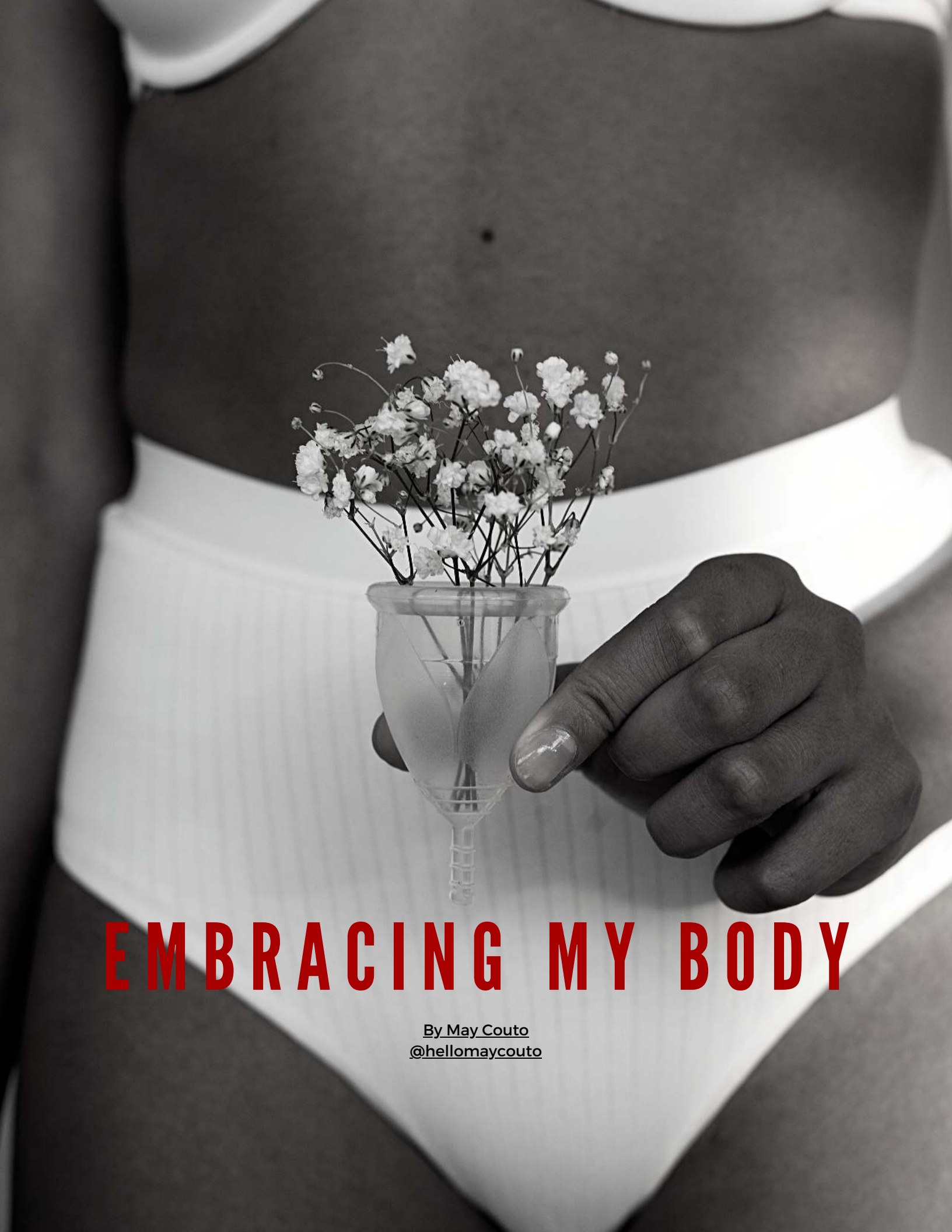


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Model: @daria.cori



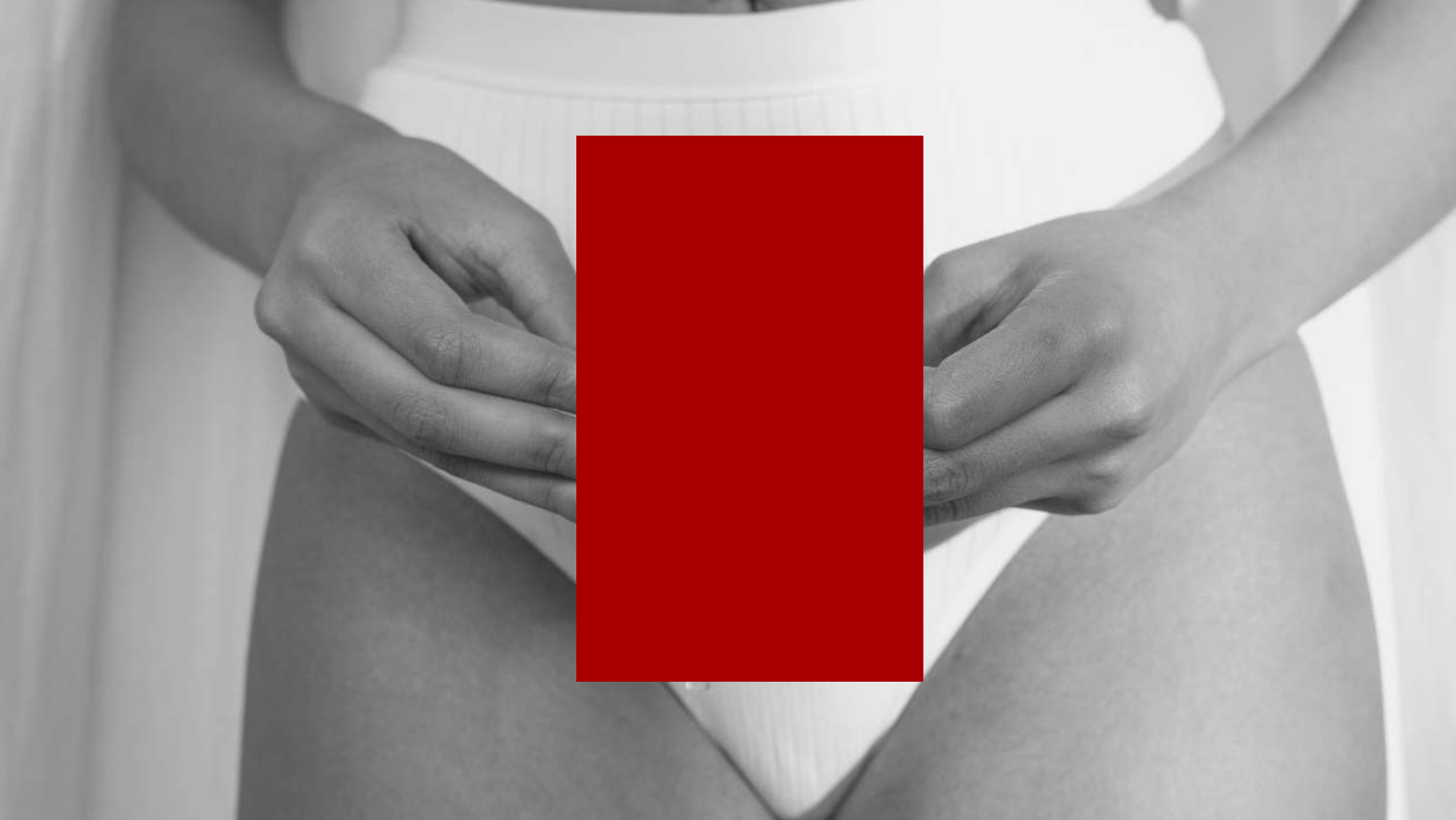
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EMBRACING MY BODY

By May Couto
@hellomaycoutho



Six months ago I stopped taking the birth control pill. I knew it would take a while for my body to understand these changes, get my cycle right, and stabilize the symptoms. And today, after 6 months I feel like we got there.

Before I talk about how things are going, I wanted to recap a little bit about why I made the decision to stop using hormonal contraceptives.

I want to make it clear that I know that not all of us - cis women - can "just" stop taking birth control. As a feminist, I believe in the freedom that birth control gives us and I also know that there are diseases and pathologies that have their symptoms alleviated by the pills, for example.

But I also believe that it holds us hostage to the point where we don't know ourselves, we don't know our bodies, our cycles, our symptoms and how our daily lives influence all of this. Simply because it's easier. I've already talked to some friends and the vast majority said they don't have the same organizational skills as I have to stop taking the pill and just rely on body temperature or use a condom. And actually I don't think that organizational skills are the problem, but that listening, taking care of their body and stopping taking synthetic hormones is still not a priority for them, just as it once wasn't for me. I am 27 years old and for 13 years of my life I have used some form of hormonal contraceptive. I don't have any illnesses that require me to take it. I took it because it was easier - and safer - to prevent an unwanted pregnancy.

In my first article - I don't know my body - I talked about why I made this decision and how I studied to know more about myself and what I was going to experience. Also, because I am in a relationship, I talked to my boyfriend as we both have a responsibility to protect ourselves so we don't get pregnant. In my second article I talked about how I'm preventing myself from an unwanted pregnancy and how my body was already behaving in the first 2 months without the pill. Today - 6 months later - I realize that I never actually had PMS until I stopped the pills. My breasts weren't sore, I hardly ever had cramps and I'm pretty sure the mood swings were tiredness.

Looking back I felt like my body was perfect, not aesthetically but physiologically. My skin was always amazing, I didn't get swollen, my period was at exactly the same TIME - literally - every month. Everything worked perfectly fine - I thought - but actually nothing was working. Synthetic hormones simulate our cycle, but there is no menstruation without ovulation. Today I see how I was always numb, I had a lot of headaches, which some studies indicate to be a consequence of synthetic hormones and I had low libido. I won't deny it, I still have some acne during my PMS, but it's just a reminder not to work so hard and do more skin care.

Now, six months later, each cycle is unique, because no month is the same. My cycle represents how I lived throughout the month. In a month I can eat more sugar, exercise more, take medicine or vaccines, and all of this will influence how I will feel and how my PMS will be.

Choosing the basal temperature method was one of the best things I did on this journey, because since each cycle is a cycle, I would have to estimate when I was ovulating - which would be table method and not efficient - with the BBT, when I upload my temperature in the app my cycle is updated and each month I know exactly what day I will ovulate. That way, five days before and two days after ovulation I have to use a condom to prevent pregnancy.

Those 6 months made me appreciate, embrace and love my body even more. Paying attention to myself made me aware of the person that I am. Every morning when I take my temperature it's a reminder that I'm putting myself first, before anything or anyone else. It also made me pay more attention to the people around me and how we all go through cycles.

Again, this is not an article to convince you to stop taking the pill, but an invitation to embrace your own body.

THE SIGNS

You're Magic

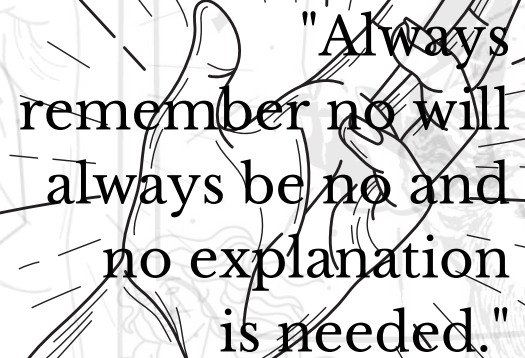
Written By: Frankie It

According to the stars things can always be different than what it seems in the real world.

Believing in astrology or not as humans we crave a simple existential feeling of direction. Shown as a sign, fortune telling or even just intuition. This visceral sentiment is a driving force for our own fears, successes and everyday life decisions.

Consider our THE SIGNS as simply as that a sign for you to follow, ignore or think about. Because at the end of each day when we rest our heads on the pillow we understand that every decision we made, have been made by the very people in this room.
(is this an excerpt from The Devil wears Prada iconic scene? Maybe.)

Seriously we believe decisions have the power to change the course of our lives with every step we make. However Some times we think that those decisions have already been made and the stars have "aligned." Take charge of your own life and follow your rules. Because baby you're magic.



"Always remember no will always be no and no explanation is needed."

The power to make your own destiny is with in you. Use it towards your goals in life. I myself tend to believe in everything that has positivity towards my life. If it's negative I tend to pretend I don't believe.

While we use love astrology and it's significance in our lives. You must know the importance of finding yourself first, that direction is your magic. It's the ultimate compass to make decisions. During 2020 one word I learned to use was No. It became a statement, It sets boundaries and permission.

The word no is a simple two letter and it may seem lazy to use it, but its significance puts you a place of control. Always remember no will always be no and no explanation is needed.



Capricorn
Dec. 22 - Jan. 19

Whether you're immersed in a creative project or easing into the flow of motherhood, you're feeling very left out of the group chat this month. But that's ok, you could use a Netflix detox. The lunar eclipse on the 19th falls in your romance sector. It's time to explore some of your sexual fantasies.



Aquarius
Jan. 20 - Feb. 18

As your community faces relentless change this year, you've proven yourself to be an intrepid leader, someone who can live by example and inspire everyone else with your ambitions. The new moon in Scorpio on the 4th plants the seeds of a career opportunity that could uproot you and completely change your relationship to home, family and your surroundings.



Pisces
Feb. 19 - Mar. 20

Your usual ability to go with the flow becomes a superpower this month as absolutely nothing works out according to plan. Sagittarius season (from the 21st) brings a major ending which is also a beginning for your career.



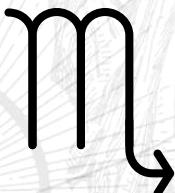
Aries
Mar. 21 - Apr. 19

November asks you to make some hard decisions. Is this business venture, this collaboration, or this relationship really what you need? Or is it just giving you the resources that you want? Money is great, but what about your happiness? That said, be careful not to throw away all you've worked on in frustration on the 10th when you feel particularly trapped between a rock and a hard place.



Taurus
Apr. 20 - May. 20

You're a different person than you were before. These changes are becoming obvious this month. How does your new life mesh with your old habits? Do you even want to fit in anymore? All these questions come to a head this month. Be careful, you're giving way too much energy to a partnership that isn't giving you anything in return.



Scorpio
Oct. 24 - Nov. 21

November requires all of us to go deep or go home, and if anyone is up to that challenge, it's you. You're realizing how much of yourself you've lost in pursuit of a relationship or work commitment that isn't actually the right fit. It's painful to let go but closing this door opens you up to so many options.



Gemini
May. 21 - Jun. 20

November's gridlock makes your daily grind more hectic and higher stakes than usual. Tensions peak on the 10th, and if you're not putting some of your excess energy into working out or other forms of self-care, burn out is a definite. Be open to shifts in routine that are out of your control.



Cancer
Jun. 21 - Jul. 22

November has you grappling with your workaholic tendencies. If you could just finish one more project and defeat your imposter syndrome once and for all then you'd be happy. Or so you think. But what you really need is a night on the couch with a glass of wine. Remember this when your ambitions lead to burnout around the 10th.



Leo
Jul. 23 - Aug. 22

Though you want everything to be solved through external efforts, it's the internal work that matters most this month. With the sun in Scorpio and your home sector through the 21st, you're going back to therapy, going deep into some personal shadow work or simply taking more naps.



Virgo
Aug. 23 - Sep. 21

You usually rely on your way with words and your technical prowess to charm your way out of a difficult situation. But this month, particularly around the 10th, you're met with nothing but glitches and communication breakdowns. Instead of getting caught up in the frustration of trying to make everything perfect, let your actions speak for themselves.



Libra
Sep. 22 - Oct. 23

There's power in keeping your thoughts to yourself.

Unfortunately, you can no longer run away from your finances. Time to look your bank account balance straight in the eye and start asking for the money you deserve. If you're an artist or creative, now's the time to consider what you need for your personal projects to thrive. Luckily Venus' shift into your home sector (from the 5th) keeps you grounded and in touch with what you need on a foundational level. If failure wasn't an option, what would you pursue?



Sagittarius
Nov. 22 - Dec. 21

Scorpio season is always an isolating time for you. This year though, you can't enjoy the peace of a solo retreat without getting pulled back into drama. Relief can be found in exploring new fitness or self-care routines or just a daily nature walk through the neighborhood.



ALTERNATIVE FASHION

WHAT IS IT?



Alternative fashion is everything that escapes from the “normal” to society, it's not practical, not functional and definitely not beautiful to every eye. The creative factor is very important for alternative fashion, outside of what is considered elegant or appropriate.

**"BEING
"DIFFERENT" IS HER
NORMAL."**

Don't think it wrong, the alternative world finds you before you find it, because they're totally linked up with subcultures (like punk and goth) and the way those people dressed up always had influenced the fashion world in general!

The subcultures began to appear at the end of the second world war, with the revolt of people who were not privileged. Punk people were the first gender of the subculture who became famous, with the colorful hairs and the leather jackets and you can find those characteristics in so many outfits today.

ALTERNATIVE FASHION

I always liked to express myself with the way I looked - probably that's why I changed my hair so many times - and in this journey to really find myself I found so many ways I can style yourself and say something to the world, just by wearing your clothes.

People will always look at you and think what they want without knowing you, your life and your values. This is actually something you learn in high school, so I decided to make my style my own showcase and have fun with it, that's when I met alternative fashion!



Goth people is actually the most sabotaged ones, probably because of the "egirl" style who has become really famous, they took the way goth girls does her makeups, her shoes and so many other thing of goth style and made a new gender only with that superficial things and mixed with emocore culture.

Today basic people think that alternative people just wear black and that's all - and they're not totally wrong, my closet is actually all black- but you have to know something else. Alternative people express all the feelings with their looks so you will never see a punk girl wearing cute clothes, her values don't match with that, the way she sees the world don't match with that and being "different" is her normal.

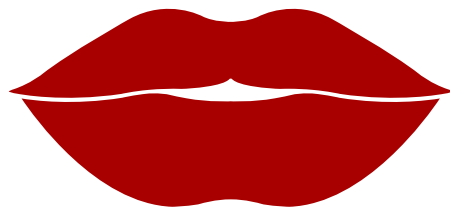
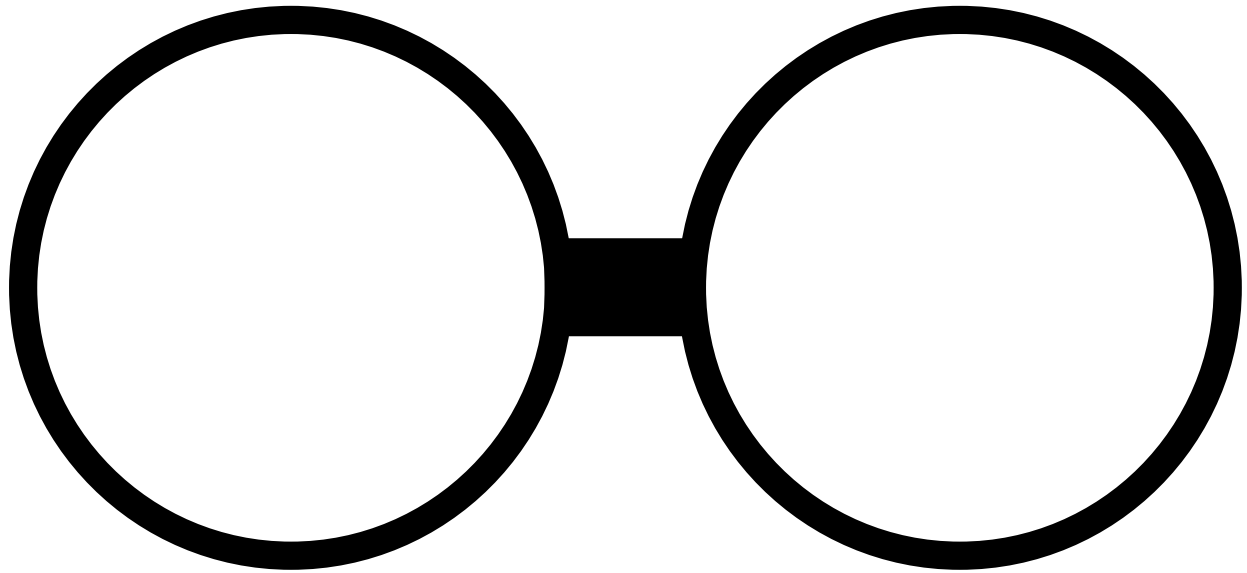
So what does the fashion world do with it? Basically the big brands take one little thing that matches the alternative style and make this a trend, appropriates and takes it out of context, forgetting about a culture and what alternative people have to say.

"ALTERNATIVE FASHION IS EVERYTHING THAT ESCAPES FROM THE "NORMAL" TO SOCIETY."

Halloween is actually the perfect example of this, the person who spends the whole year talking bad things about our culture is the same person who wants our clothes borrowed, like it's just a costume.

If you want to add the alternative style, first you have to understand the whole alternative world. It is not mandatory to be part of a subculture but it is important to know what your style says. Second and most important thing, you have to learn how to ignore rude comments, this probably seems easy but people will always be mean to the "different" and being different is the whole point of the alternative world!

By [Duda](#)
[@dudaisweird](#)



VOICE

A magazine with no voice is a stale group of words with nothing to be said. Every month we highlight humans that have made their platform a place with a voice.

10 LESSONS

Iris Apfel

1. DON'T OBSESS OVER YOUR AGE

"I NEVER THINK ABOUT MY AGE. MAYBE THAT'S THE TICKET. I NEVER THINK ABOUT IT – IT'S A PASSING THOUGHT. IT'S JUST A NUMBER. ... I'VE FOUND THAT WORK IS VERY HEALTHY FOR ME. I LOVE WHAT I DO AND I PUT MY HEART AND SOUL INTO IT," SHE SAYS.

2. PICK A PARTNER WHO CELEBRATES YOUR SUCCESSES

"EVERYONE HE EVER TOUCHED KNOWS HE WAS TRULY A GENTLE MAN," APFEL WRITES OF CARL, WHO DIED IN 2015 AT THE AGE OF 100. "HIS HUMOR AND GENEROSITY WERE LEGENDARY. WE DID ALMOST EVERYTHING TOGETHER. HIS ENCOURAGEMENT AND UNWAVERING SUPPORT MADE THIS BOOK POSSIBLE. HE PUSHED ME INTO THE LIMELIGHT AND THEN BASKED IN MY SUCCESS. HE GOT MUCH MORE OF A KICK FROM THE ACCOLADES I RECEIVED THAN I DID. I MISS HIM MADLY. SLEEP WELL, SWEET PRINCE."

3. WHEN SOMETHING EXCITES YOU, GO FOR IT

"I NEVER EXPECTED PEOPLE TO KNOW MY NAME OR RECOGNIZE MY FACE. I NEVER EXPECTED TO BE CALLED A FASHION ICON. I NEVER EXPECTED MUSEUMS TO EXHIBIT MY CLOTHING AND ACCESSORIES. I NEVER EXPECTED TO BE A COVER GIRL OR THE FACE OF A COSMETICS COMPANY IN MY NINETIES...." APFEL WRITES. "I NEVER EXPECTED ANYTHING. I JUST FEEL THINGS IN MY GUT AND I DO THEM. IF SOMETHING SOUNDS EXCITING AND INTERESTING I DO IT – AND THEN I WORRY ABOUT IT LATER. DOING NEW THINGS TAKES A LOT OF ENERGY AND STRENGTH. IT'S VERY TIRING TO MAKE THINGS HAPPEN, TO LEARN HOW TO MASTER A SKILL, TO PUSH FEARS ASIDE. MOST PEOPLE WOULD RATHER JUST GO WITH THE FLOW; IT'S MUCH EASIER. BUT IT'S NOT VERY INTERESTING."

4. "TO STAY YOUNG, YOU HAVE TO THINK YOUNG"

"WHEN YOU GET OLDER, AS I OFTEN PARAPHRASE AN OLD FAMILY FRIEND, IF YOU HAVE TWO OF ANYTHING, CHANCES ARE ONE OF THEM IS GOING TO HURT WHEN YOU GET UP IN THE MORNING. BUT YOU HAVE TO GET UP AND MOVE BEYOND THE PAIN. IF YOU WANT TO STAY YOUNG, YOU HAVE TO THINK YOUNG. HAVING A SENSE OF WONDER,

A SENSE OF HUMOR, AND A SENSE OF CURIOSITY – THESE ARE MY TONIC,” SHE SAYS. “THEY KEEP YOU YOUNG, CHILDLIKE, OPEN TO NEW PEOPLE AND THINGS, READY FOR ANOTHER ADVENTURE. I NEVER WANT TO BE AN OLD FUDDY-DUDDY; I HOLD THE SELF-PROCLAIMED RECORD FOR BEING THE WORLD’S OLDEST LIVING TEENAGER AND I INTEND TO KEEP IT THAT WAY.

5. CARE ABOUT YOUR OWN OPINION ABOVE ANYONE ELSE’S

“I NEVER TRIED TO FIT IN. IT’S NOT THAT I WENT OUT OF MY WAY TO BE A REBEL OR DO THINGS THAT WERE NOT SOCIALLY ACCEPTABLE – UNFORTUNATELY, I DID HAVE TO LEARN HOW TO PLAY BRIDGE WHEN I WAS YOUNGER – BUT I LEARNED EARLY ON THAT I HAVE TO BE MY OWN PERSON TO BE CONTENT,” SHE SAYS.

6. BUT DON’T ISOLATE YOURSELF, EITHER

“HERE’S THE CRITICAL PART: I KNOW I’M NOT AN ISLAND, BUT RATHER PART OF THE MAIN, TO PARAPHRASE [THE POET] MR. JOHN DONNE. I FIT IN, BUT IN MY WAY. I HAVE NEVER BEEN MUCH OF A CONFORMIST ON ANY FRONT, ACTUALLY, AND IT HASN’T HURT ME YET IN MY NINETY-SOME YEARS, SO I THINK I’VE BEEN DOING SOMETHING RIGHT...BUT IF YOU DON’T TRY TO BE PART OF THINGS, FORGET IT. THAT’S WHEN YOUR ORIGINALITY IS GOING TO WORK AGAINST YOU. FIT IN FIRST AND THEN STEP OUT.

THERE IS A DIFFERENCE BETWEEN BEING PERCEIVED OF AS ORIGINAL AND BEING ACCEPTED, EVEN LOVED FOR IT, AND BEING PERCEIVED AS DIFFERENT AND RESENTED FOR IT. YOU CAN HAVE YOUR CAKE AND EAT IT, TOO.

7. MONEY DOESN’T BUY SUCCESS

“IF YOU’RE HAPPY, HAVE FOUND LOVE, ARE SURROUNDED BY GOOD PEOPLE, DOING WHAT YOU LIKE AND GIVING BACK TO OTHERS, THAT’S SUCCESS. SELLING YOUR SOUL FOR A BUCK IS NOT WORTH THE REAL PRICE YOU PAY – NOT TO ME, ANYWAYS,” SAYS APFEL.

8. STYLE IS NOT ABOUT SPENDING MONEY

“STYLE IS NOT ABOUT WEARING EXPENSIVE CLOTHES. YOU CAN HAVE ALL KINDS OF MONEY AND HAVE NO STYLE AT ALL. YOU CAN BE DRESSED IN THE LATEST COUTURE, SHOD IN TEN-THOUSAND-DOLLAR SHOES AND BE BAUBLED TO THE NINES, AND LOOK LIKE A CHRISTMAS TREE,” SHE WRITES. “IT’S NOT WHAT YOU WEAR BUT HOW YOU WEAR IT.

9. START NEW ENDEAVORS WITH ONE SMALL STEP

“YOU ONLY FAIL IF YOU DO NOT TRY,” SAYS APFEL.

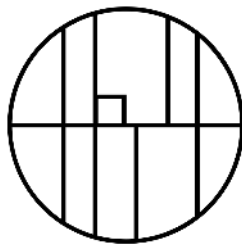
“I NEVER THOUGHT THAT I COULDN’T DO SOMETHING BECAUSE I WAS A WOMAN. I WANTED TO START A FABRIC BUSINESS, SO I JUST FIGURED OUT HOW TO DO IT.

THA
NK
YOU
PAG
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