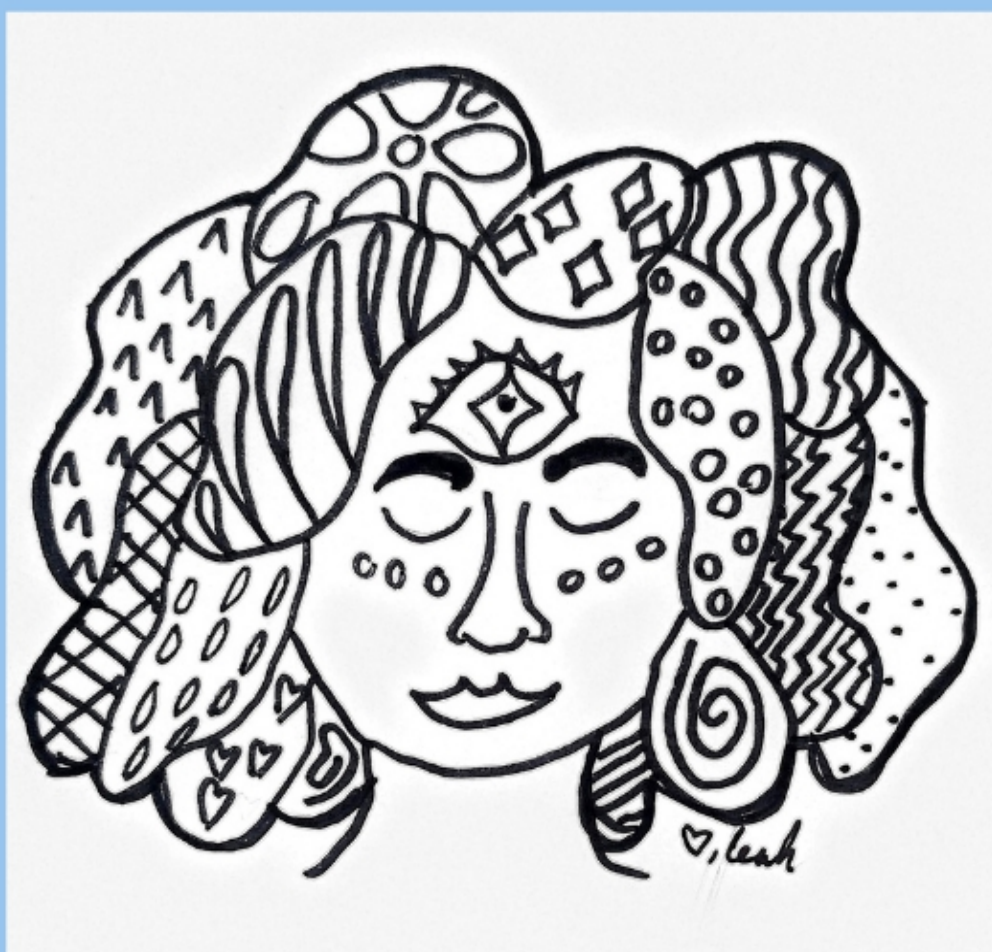


# Radical

Sparking a Self-Care Revolution



Issue 22: February 2022

**A new affirmation / Una nueva afirmación**

**What I carry in my hands is temporary.  
What I carry in the soul is infinite.**

**Lo que llevo en las manos es temporal.  
Lo que llevo en el alma es infinito.**

**What is Radical zine?**

Radical started as a way to spread a message of sustainable self-care and unconditional love as a healing tool. Radical also strives to support independent artists, writers, and healers with a focus on woc and queer creatives. Choosing to love myself unconditionally and heal is the reason I am still alive. This zine project is an extension of my own journey. Art, poetry, & choosing to support others gives me a greater purpose than just my own needs. XOXO, Leah Oviedo

## **D.I.Y. Therapy: Nourishing Your Accountability Practice**

If we have all the tools, and we know we can use them, but we don't hold ourselves accountable - why put in all that effort? Having an accountability practice is like a guide – creating space for you to practice what you are learning. In an accountability practice you can create an action plan, be honest with yourself, learn to use your time efficiently, and reflect on what you truly desire from this life.

The easiest way to start is to find an accountability partner. Reach out to someone you trust, preferably a reliable person. (*You can have multiple accountability partners if that's what you need!*) When you find someone, agree to reach out on a weekly basis and check in. A check in can be as short as a text conversation or a more in depth meeting with meditation and sharing your struggles.

The check in should center around the following questions:

1. What did and didn't I accomplish in the last week?
2. How does that make me feel?
3. What self-care tools did I use?
4. Do I feel like those tools are helping or do I need more or different tools?
5. What are my goals for the next week?

If you can't find a partner, you can search for a life coach to help you in your practice. Ask for recommendations and do a little research to see what type of coach will be best for you. Read their reviews!

Self-care could even be called self-accountability. Both are a practice of healing and developing into the person we want and need. Please remember that you deserve to heal, deserve respect, deserve self-love, deserve to be loved, and deserve to live freely with your own unique story.

If you found this helpful, please pass it on! Sharing is free and so is this zine.

## Black History Month: Poets to Know-its

### Alice Ruth Moore Dunbar-Nelson (1875-1935)

“...Orange gleams athwart a crimson soul

Lambent flames; purple passion lurks...”

<https://www.blackpast.org/african-american-history/dunbar-nelson-alice-ruth-moore-1875-1935/>

&

<https://www.poetryfoundation.org/poems/52760/you-inez>

### Nikki Giovanni (1943-...)

“...I love you

because you made me

want to love you...”

<https://poets.org/poem/resignation>

### Read about more Black Queer Poets:

<https://lithub.com/queer-black-poets-since-the-harlem-renaissance-a-reading-list/>

### Gwendolyn Brooks

“...We are graces in any places.

I am Black and A Black

forever...”

<https://furiousflower.org/gwendolyn-brooks/>

### Etheridge Knight (1931-1991)

“...Light strike the cave of sleep. I alone

tread the red circle...”

<https://allpoetry.com/Etheridge-Knight>



## Three Poems by Iris Orpi

### Un/Conditional

I didn't completely love  
you until I watched you  
have a conversation  
with my darkness.

### The Place between Conquest and Surrender

I love you best who, when I  
revealed to you my weakness,  
used it to save me and better  
me and not harm me.

### The Can't Live Without

Sometimes when  
I'm asleep, my love for  
you goes out into the night  
in search of my love for myself,  
who has a habit of wandering  
away and getting lost. It finds it in  
some trouble or other, rescues it, and  
carries it home before I wake up and  
notice it's  
missing.

*Iris Orpi is a Pushcart Prize nominated poet, novelist, playwright, and screenwriter. She is the author of the illustrated novel *The Espresso Effect* and four collections of poetry, including *Rampant* and *Golden*. She has written four films, including the award-winning *Sons and Brothers* (2018) and *A Fork in the Road* (2021).*

Follow Iris on <https://twitter.com/irisorpi> <https://www.instagram.com/irisorpi/> & <https://www.facebook.com/irisorpi>

## Endurance

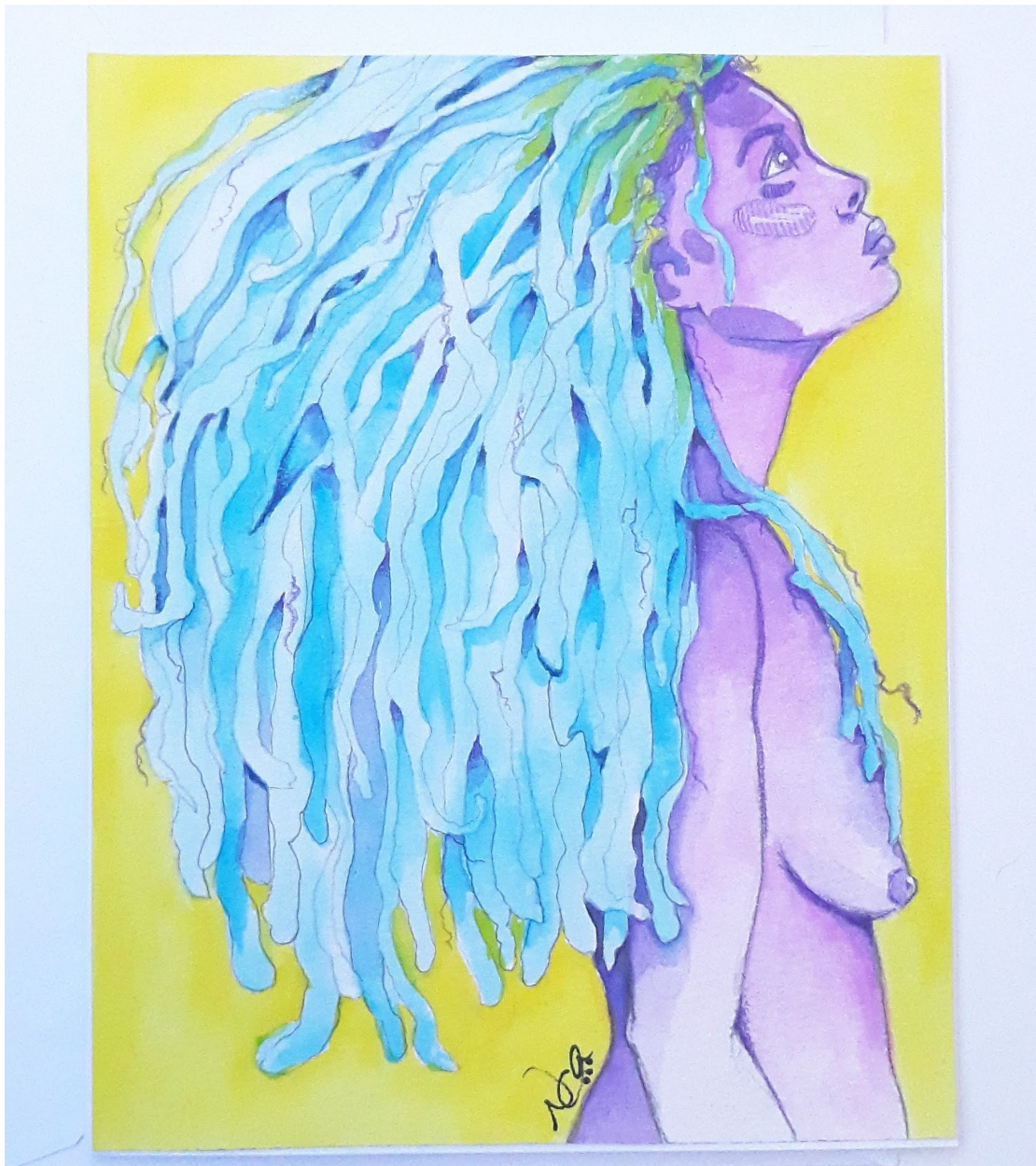
The sun sulks where I am.  
No invitation for fresh air and easy walks down clean streets where I am.  
I want serene space without fight.  
A heavy hand of ease, a light breeze and laughter to fill in the space between.  
There is a chill that I haven't felt in a while, breaking motivation by the root.  
I battle against the ultimate crumble.  
I will not disintegrate this momentum.  
There is a season up yonder.  
A shift that pulls me up out of the uncertainty.  
The suffering is within the patience.  
I wail in the waiting.  
Anxiously watching in the sorrows.  
Peeking for hints to light up my eyes to keep going.  
All I have is the dream.  
All I have is the taste of love on my lips and God in my heart.  
My ancestors rubbing the knots out of my spirit.  
Me and the sun finna warm up and rise soon.  
It's the waling in the waiting right now.  
That will change soon.  
It will...

Jasmine Farrell, from Brooklyn, NY is a freelance writer and author. With poetry being her first love, she has published three full-length poetry collections: *My Quintessence* (2014), *Phoenixes Groomed as Genesis Doves* (2016), *Long Live Phoenixes* (2018). She released a poetry series that included three micro collections titled, *The Release Series* (2020). She recently published her debut novel, *Sloppy* (2022).

Website: [www.jasminefarrell.com](http://www.jasminefarrell.com)

Instagram: [@justbreathejasmine](https://www.instagram.com/justbreathejasmine)

Twitter: [@authorjfarrell](https://twitter.com/authorjfarrell)



Nia is a queer, black, self-taught visual artist living in Baltimore City. For over 25 years Nia has created both large and small-scale projects, from murals and sign making to creating greeting cards and painting pet portraits. Their artwork focuses on the different living beings that make up this planet, including flora and fauna. As a co-owner of Red Emma's Bookstore and Coffee House and with the work they do with BRED, they hope to break the cycle of silenced emotions and create moments where feelings are present, raw, transformative and valid. Follow on [Instagram.com/little.tree.art](https://www.instagram.com/little.tree.art)

## **All it takes is a room with a view**

All it takes is a room with a view  
A mind to settle in with a pair of eyes to see through  
All it takes is that you're there alone  
that you're planted in its soil new, home-grown

All it takes is the colours that greet you every morning  
there, through the glass  
And those that say goodbye at sunset, reminding you that this too shall, beautifully, pass

All it takes is the authentic need to shoot up above your needs  
but sustain them, still  
as the only human nature begs and pleads

All it takes is an inside that commits to safety, to nurture; a sanctuary of one own  
And an outside that beckons into wilderness and colours, into a story, and a perfect storm

All it takes is having two worlds to live in, one of which would forever be under no control, unknown  
And another, made in your image and with your idea that gives it form

All it takes is a duality in conflict,  
dancing through an impossible attraction of its needs that grant existence,  
to produce an alchemical reaction of evolution, which beats resistance.

Inisa Fajra is a writer & poet whose work explores our unconscious and our ego in equal measures, venturing into themes of alchemy & psychology.  
Symbolism is weaved throughout her poems and short stories to enable connection with the readers who might have experienced its influence in their own lives.  
Her book of poetry "New Skin (Rubedo Edition)" is available on Amazon.  
You can follow Inisa at [instagram.com/inisa.fajra](https://www.instagram.com/inisa.fajra)





Tobi Adeyemi is a Black queer writer, zinester, and artist from the Southern United States. In between reading feminist horror and listening to copious amounts of indie rock, he works on his zine, *Diary of a Sista Grrrl*, which delves into the experience of being a Black person with the alternative scene and has just released its first issue.

You can find him on Instagram as [@sistagrrrlzine](https://www.instagram.com/sistagrrrlzine).

# Living Authentically

by Alexandra Davis

From the moment we're born, our sense of authenticity is challenged. We almost instantly have adults around us telling us how to see the world and shaping our point of view. We traverse childhood and adolescence filled with opinions and preferences that aren't even our own. Our brain is completely shaped by those around us and our opinions subconsciously are a mirror of theirs.

So many of us reach the point of our lives where we feel lost and unaware of why we're *actually* doing the things we're doing. Why do we *actually* have to live the life we believe we need to live? Why do we *actually* believe that certain things equate to success? We often hit the realization that we're simply going through the motions as opposed to doing what our heart truly desires. We come to realize that we've been indoctrinated to believe that certain things are true and we simply went along with it. Even further, we succumb to believing that we simply have to go through life on autopilot, instead of finding fulfillment in who we are. We become addicted to trauma and suffering because it's safe, because it's familiar.

The reality is that all of this stuff was told to us, but none of it is the truth. The reality is that the structures in place don't want us to know how powerful we are because the systems everything is built on won't be able to run. The reality is that we have an inner person inside who's crying to come out and breaks all of the boundaries.

Tapping into that person provides a whole new way of looking at the world. Decolonizing your mind helps you realize that you're allowed to write your own story. There's no solid path to happiness or success, it's a path individualized to you. You are the author and publisher of your own story. Releasing yourself from the chains of society and the chains of your own mind allows you to elevate to new levels. It allows you to set yourself free.

In a world that wants nothing more than to box us all in, *Authenticity is key.*

Alexandra Davis is a multifaceted writer hailing from Boston, MA but currently living in the DC area. Her passions are social justice, self-care, writing, watching documentaries, and spending time with her husband and cat. She's always loved writing as a form of self-expression and to talk about her experiences, particularly with mental health struggles, racism, colorism, and misogynoir. She currently writes for a variety of freelance magazines and platforms and is a contributing writer for the HER Social App's blog.

Instagram: [.instagram.com/lexlexlexlexlex\\_/](https://www.instagram.com/lexlexlexlexlex_/)

Read more by Alexandra [weareher.com/how-to-find-a-partner-as-a-trans-person/](https://weareher.com/how-to-find-a-partner-as-a-trans-person/)

## **The Goldilocks effect**

Red like the ball of fire  
That scorches the skies  
Leaving marks of its blaze  
Passionate insistent consistence  
To dawn and rise  
You were red like danger  
But I was colour blind

Then I met blue  
Like the deep mysterious ocean  
Rough enough to sink ships  
Calm enough to embrace the shore  
Ever changing like the water  
But far too secretive,  
I loved the water but the blue ocean  
never kissed only one coast

Finally I settled for violet  
Passionate but never violent  
Consistent but full of surprises  
Selfless and reliable  
Neither too red nor too blue  
Just right,  
The perfect hue

Hey, I'm Jessica Nathalia Callender and I am a poet. I write as a way for me to express myself and to let people see things from a different perspective. I like to believe that everyone experiences the world differently, and my poetry is a lens for someone to view the ordinary world the way I see it, as as a beautiful and amazing place.

[instagram.com/nathalia\\_thepoet](https://www.instagram.com/nathalia_thepoet)

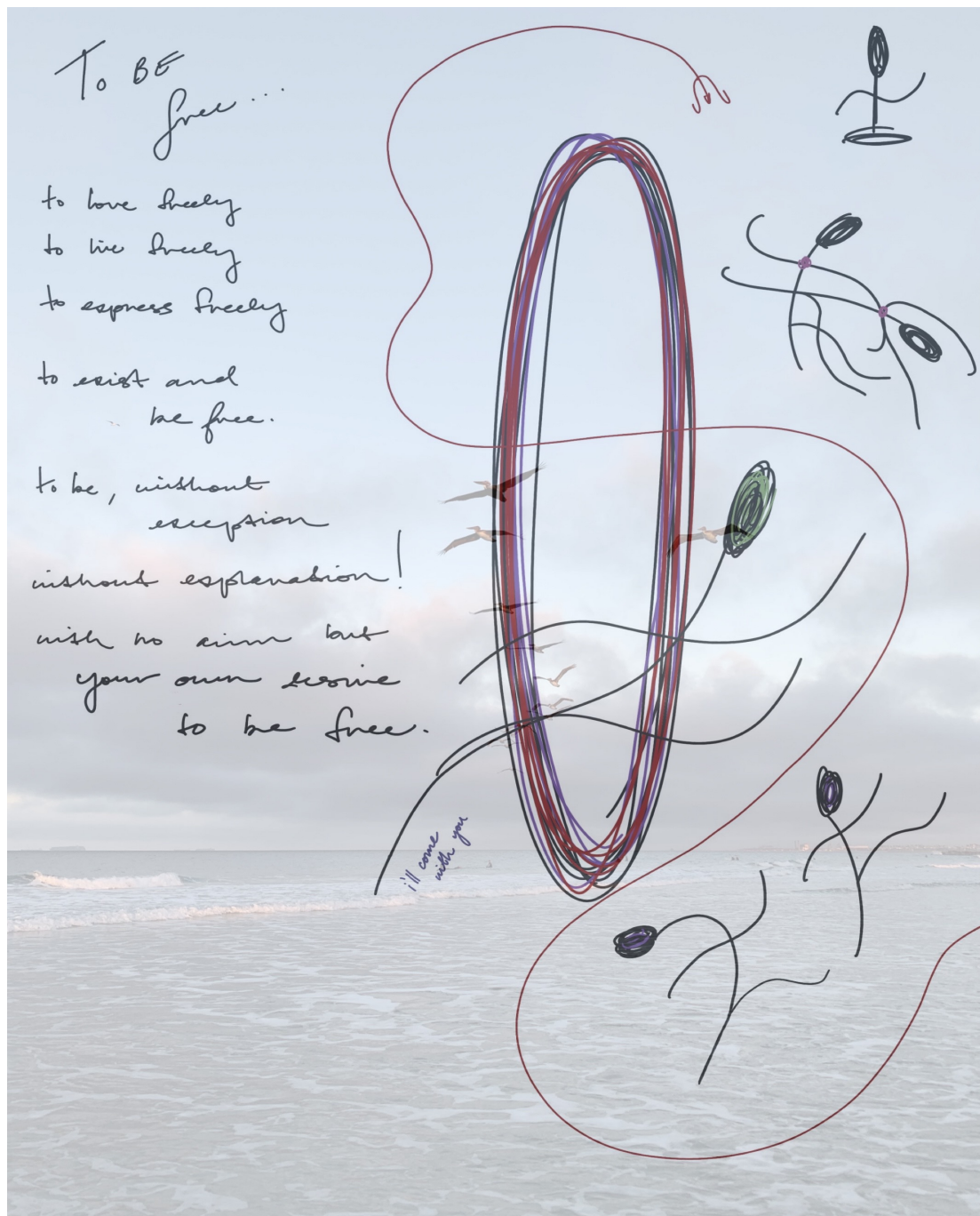


Image: antonio



Alt Text of Visual: a fluid stick figure with a black body and green head flow through a black, red, and purple portal into a greater beyond. the figure has a phrase, "i'll come with you," written beneath the foot. on the other side of the portal lies two passionate dancers, with purple bleeding in their hearts. two figures below continue their dance off the page, further into the great beyond. a stationary figure sits in the top right corner, black and white, in a meditative position. the portal is connected to reality with a long red stroke, akin to that of a devil's tail. the scene is overlaid a subtle, opaque beach scene of birds flying freely above the ocean waves with a dreamlike blue sky.

#### Transcript of Text:

TO BE free...  
to love freely  
to live freely  
to express freely

to exist and  
be free.

to be, without  
exception  
without explanation!

with no aim but  
your own desire  
to be free.

antonio is a visual, oral, and spiritual artist that looks to connect with the world through stories of freedom. antonio's art seeks to expand how we understand our role in the world, and our role with one another.

antonio is a 23 year old, pangender person with no preferred pronouns.

Instagram: [@artisan.tonio](https://www.instagram.com/artisan.tonio)

## Finding my Freedom Through Skating

The first time I picked up a skateboard I was at a yard sale that my mom took me too when I was 7 or 8 years old. I begged her for the \$10 that it cost and made my way home, where I fell countless times before giving up and leaving it behind for the next 8 years, or so.

In high school, I got my first unofficial job and made just enough to buy myself a team deck. I got a team deck from GIRL, a skate brand that ironically had no girls on their pro team at the time. That skateboard took me back and forth, up and down, though, mostly down.

Every time I fell, I got back up feeling tougher and more invincible than ever. I loved feeling the adrenaline pumping through my veins that shielded me from feeling the pain of my bloodied knees and road rash on my elbows. I loved the adrenaline of trying something new and getting it down. Carving a coping, dropping into a bowl or bombing Hill St. in Downtown L.A. on a cool summer night to the sound of people honking their car horns at us.

Skating down the asphalt arteries of the city gave me the freeing feeling of growing up, having a clear mind and getting exercise while I was at it. It became my freedom, my outlet and my first chance at dressing differently.

My first board opened up my world up to skating and to something I knew I always felt inside but could never identify- masculinity.

Every time I shredded a pair of jeans, I thrifted and sometimes stole a baggy pair from the men's section. When I had the cash, I would buy a new pair of Classic style Dickies, two sizes too big. Skate team shirts were a little bit out of my price range, so I wore baggy, bootleg band shirts. This new style not only did a better job at shielding my skin from the unforgiving concrete, but it also made me feel tougher. It made me feel like I finally had an outlet to release all my anger and frustrations and I felt truly masculine for the first time in my young life.

After finalizing the *skater look*, it didn't take long for me to realize that I didn't *like* the boys, but that I wanted to *look* like the boys. The skating scene back then did not predominantly feature female or queer identifying skaters and the skate parks were riddled with chauvinism and petty displays of pre-pubescent angst. It was no place for a girl or queer. In fact, some groups would even go as far as starting altercations over who was allowed to be there to skate. However, this made me want to go even more and make them make the room for me.

Eventually, I learned about the legend of Patti McGee, who was the female trailblazer of the 60s. Then, I saw videos of Elissa Steamer and Jaime Reyes skating the streets and tearing down the patriarchy in skateboarding. It was then that I was convinced that I could be just like them, at least in the sense of not giving a fuck about what the boys thought.

The world opened up for me and helped me find my identities. It was crucial to my development—it made me tough, street-smart and independent. It was truly the beginning of finding out who I was and who I wanted to become. The freedom I found from skating at a young age uplifted me well into my 20s. Now I find freedom in roller skating and becoming a part of the BIPOC and queer-inclusive roller skating community, as well as skateboarding. I continue to surf the concrete waves and asphalt arteries of the city, but now I have added knee pads and wrist guards to my wardrobe.

Hi there, my name is Gisselle Palomera and my pronouns are they/them. I am a Mexican-Colombian journalist born in East L.A., where I began to work alongside my community to highlight the issues that hinder its progress. I graduated from East L.A. Community College with a degree in Journalism and another in General Studies: Arts and Humanities. I am currently at Cal State, Long Beach studying cultural anthropology and journalism with a focus on multimedia storytelling and ethnographic field work. I skate in my free time and spoil my 16-year-old Terrier Judy, who currently has a pink mohawk.

Links to previous work:

[The rich and the famous should have been vaccinated last - Daily Forty-Niner](#)

[We see you, we don't trust you - Daily Forty-Niner](#)

[El Grito De Boyle Heights - Daily Forty-Niner](#)

[CASA 0101 invites community to remember roots - East Los Angeles College Campus News](#)

[LA-tinos leave behind a political legacy - East Los Angeles College Campus News](#)



Image: Natalie Allgyer

## Finally

by Natalie Allgyer

“She’s free! She’s free! Tell her she’s free!!!!” They can be a bit loud. I love them for that! This is what my guides were saying to my friend while she was performing a healing session on me a few days after moving into the new house.

It was as if Spirit breathed new life into my freshly uncaged heart. Thus evoking the purest sense of freedom. Moving into a brand new home felt like a dawning for my family and me. A second chance, if you will. So many difficult/painful things happened at the old house. So much growth too, and growth is rarely comfortable.

It is nice to step into something new with the knowing that we have graduated to the next level. For this, I am forever grateful.

### Bio:

Human connection is what fuels my creativity. I love knowing that my pain can help heal your pain. Making a difference in this life is vital to me. What I have to offer is my whole self, my camera, and my pen. The artistic creations born of me have to move on to make a home in the heart of someone who needs to see them. We are all made of stardust. I'm just doing my part to make our walk this humans experience, together as one, a little bit brighter.

I was invited and attended parallax art fair in London. My work has been featured in industry magazines, such as Almost Real Things and a few others EU. More to come too! Pre-COVID, my work resided in several galleries around the USA. I've since changed my business model to an “open edition format” to reach the people who need my work the most. This change has filled my heart and my cup.

Website- [www.natalieallgyer.com](http://www.natalieallgyer.com)

## Second Chances

As if that is how it happened  
even if it had  
I was not about to admit it  
to whoever might come along and  
ask me my opinion  
on the matter in question  
frankly, it was no-one else's business  
except mine  
maybe his  
we had both been there  
albeit reluctantly on my part  
perhaps, if I were to relive the moment  
I would do things differently  
given him a stern glance , or two  
given him specific directions -  
to find some other fool!

SABIHA WRITES POETRY

Bio: Teacher Writer Traveler Wayfarer  
<https://www.instagram.com/sabihawritespoetry/>



## Heart Work – Not Hard Work



Hola todos! I'm Leah Oviedo, an artist, writer, self-defense instructor, and self-care advocate. My interests include intersectional equality, healing, and nature. My art is meant to inspire a love of self and healthy self-growth, of inner and outer peace, and the possibilities that we can all take action to be the change we want to see. I'm not on social media, you can enjoy my work at [ImpowerYou.org](https://www.impoweryou.org). Thank you. Abrazos

**SPOTLIGHT !**

**Black Aids Institute**

**Their mission is** *To stop the AIDS epidemic in Black communities by engaging and mobilizing Black institutions and individuals to confront HIV.*

*“Black AIDS Institute (BAI) is dedicated to ending the HIV/AIDS epidemic in the Black community. BAI is the only uniquely and unapologetically Black HIV think and do tank in America. We believe in complete freedom for Black people by eradicating systematic oppression so that we can live long, healthy lives.*

*BAI was founded by a Black, gay man living with HIV, a Black, gay doctor, and a Black, lesbian doctor. They established BAI in 1999 to mobilize and educate Black Americans about HIV/AIDS treatment and care.*

*They envisioned an organization that directly challenged the systems of oppression that marginalize Black health and that also developed culturally specific programming to address the unique needs of Black people.”*

**Learn more, get involved or donate at** <https://blackaids.org/programs/>

<https://www.instagram.com/blackaids/>

<https://www.facebook.com/blackaids>

<https://twitter.com/blackaids>

<https://www.youtube.com/channel/UCJwB3b9QieWwcuRiNx-MX9g>



# **My Body My Choice!**

## **WAYS TO STAND UP FOR REPRODUCTIVE FREEDOM**

**Join, follow, & support local and national organizations**

**Speak up for women's healthcare and talk about abortion to reduce  
the stigma**

**Start or raise money for an abortion fund to support access to  
abortion**

**Volunteer to be an abortion clinic escort**

**Support pro-choice elected officials and oppose anti-women judges**

**Select an issue "abortion" at YouLobby.org and find tools to lobby  
your elected officials to support abortion rights**

**Use the links below to get started!**

**National Latina Institute of Reproductive Justice <https://www.latinainstitute.org/>**

**The Center for Reproductive Rights; <https://reproductiverights.org/>**

**Planned Parenthood: <https://www.plannedparenthood.org/>**

**ACLU: <https://www.aclu.org/other/keep-marching-what-you-can-do-protect-reproductive-freedom>**

**The Abortion Diary – Break the silence about abortion with your story.  
<https://www.theabortiondiary.com/about-the-abortion-diary>**

**Like Radical Zine?**  
**Support the artists in each issue by following them on  
social media & purchasing their work!**

Follow Radical Zine on [Instagram @radicalzine](#) and [Twitter @radicalzine](#) for updates about new issues.

Subscribe on the [Issuu page](#) for NEW issues. All issues are FREE to read.

## **Social/Environmental Justice Resources**

The official #BlackLivesMatter Global Network builds power to bring justice, healing, and freedom to Black people across the globe.

<https://blacklivesmatter.com/>

This launch of *A People's Orientation to a Regenerative Economy: Protect, Repair, Invest and Transform* guides us collectively into a sustainable future, wherein Indigenous sovereignty and values are front and center.

<https://www.ienearth.org/regenerativeeconomy/>

Mama Black uplifts the voices of Black women across the African Diaspora, continuing the powerful legacy of Black feminist traditions, womanist inclinations, and radical leanings. This platform offers cutting-edge perspectives and radical thought on Black women's issues, centering the lives of Black women survivors of rape and sexual violence across the spectrum of assault. <https://www.mamablack.org/>

March for Our Lives mission: To harness the power of young people across the country to fight for sensible gun violence prevention policies that save lives.

<https://marchforourlives.com/>

## Healing Resources

Nationwide Suicide Prevention crisis line: **1-800-273-8255**.

Don't want to call? Use a text help line. **Text 741741** anywhere in the USA for a live trained counselor.

Black Line – A crisis line that gives priority for BIPOC folk. [Callblackline.com](https://callblackline.com)  
1-800-604-5841. You can also report incidents of vigilantes and police.

The Trevor Project – Suicide prevention for LGBTQ youth,  
1-866-488-7386 or [TheTrevorHelpline.org](https://thetrevorhelpline.org)

There are apps that support mental health. The My3App connects someone who is feeling suicidal with their three main support contacts. [My3app.org](https://my3app.org)

Mental Health America offers free mental health first aid training,  
[Mentalhealthamerica.net](https://mentalhealthamerica.net)

NAMI – Alliance of mental illness has a program called Peer to Peer, similar to Big Brother/Big Sister, which is a way to socialize and give support for those who are feeling isolated. [Nami.org](https://nami.org)

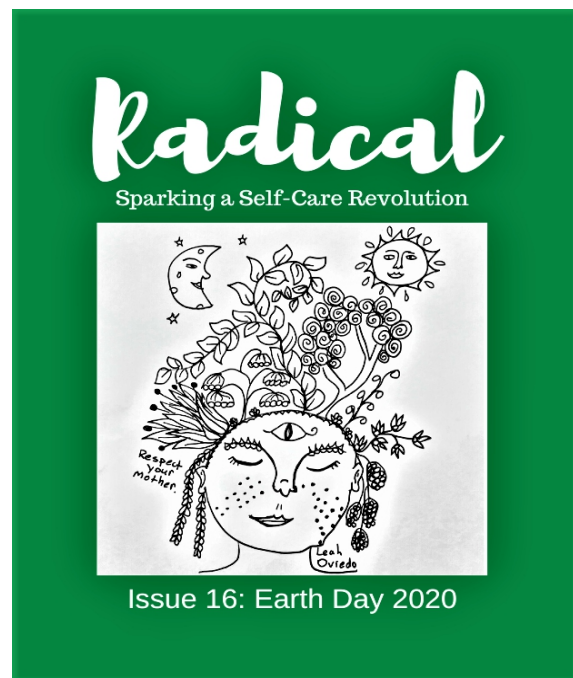
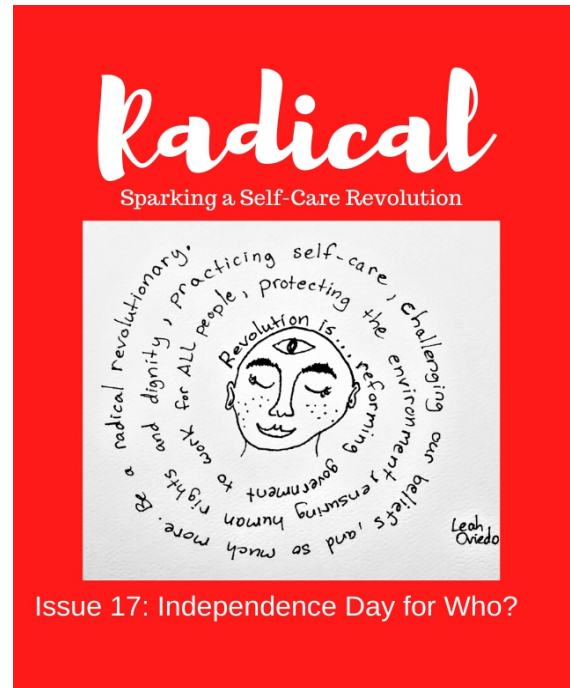
DBSA– Depression, Bipolar, Anxiety. [Dbsalliance.org](https://dbsalliance.org)

Survivors of Suicide Loss. [SOSLSD.org](https://soslSD.org)

The Love Warrior Community focuses on helping people work on self-love and body acceptance. [Lovewarriorcommunity.com](https://lovewarriorcommunity.com)

Affordable healthcare is available through various local clinics and through [Planned Parenthood](https://plannedparenthood.org).

Read previous issues of Radical Zine on [Issuu.com!](https://issuu.com/radicalart)



[ISSUU.COM/RADICALART](https://issuu.com/radicalart)