

FOOD 2

vol. 3



FØRSYTH*á

áVA CYBLILSKI*

SAMARA QWINN

+MANY MORE

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FUNNIES

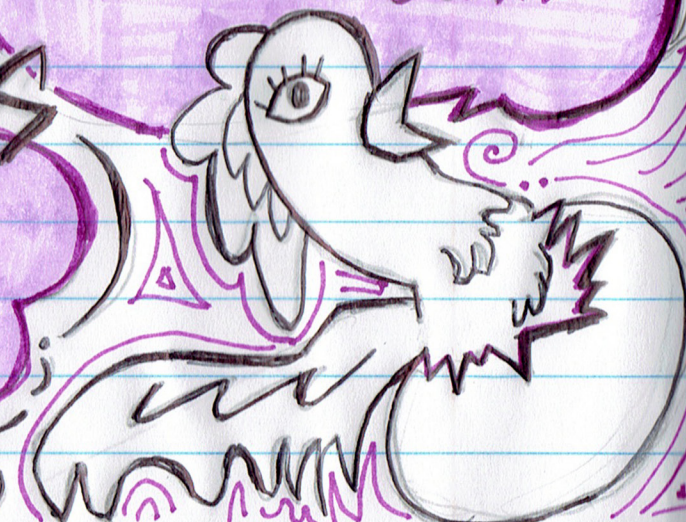
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GRWM!! — DANIKA GORAK

RESOURCES

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SEX-ED FOR EVERYONE





Audi



CoffeeBreathth with FORSYTHIA

RILEY
BASS/VOCALS



SHE/THEY
COFFEE ORDER:
LUKEWARM, MADE WITH
LOVE

- * I'M A CANADIAN MERCHANDISE COLLECTOR
- * MY LAST MEAL ON EARTH WILL BE PEANUT BUTTER
- * MY MOST PRIZED POSSESSION IS A SIGNED BUILT TO SPILL POSTER

IG: @RY.GUY26

NAMI
GUITARIST/VOCALIST/PAPA



ANY PRONOUNS
COFFEE ORDER: ANYTHING
THAT IS NOT SUPER BITTER
OR CAFFEINATED! I LIKE
OAT MILK LATTES

- * I HAVE A DRAWER IN MY CLOSET DEDICATED TO TOE SOCKS
- * I COLLECT GIANT ROBOT MAGAZINES
- * I PLAY MINECRAFT EVERYDAY

IG: @THE.LIFE.AQUATIC19

ELI
DRUMS



HE/HIM
COFFEE ORDER: EARL
GREY TEA

- * I MAKE NARRATIVE SHORT FILMS AND THE BAND'S MUSIC VIDEOS
- * I'VE DONE EVERY BOARDSPORT
- * I BEAT THE FASTEST LEVEL ON SPEED ONLINE

IG: @_ELIWILLIAMS

photographer/director: Cole

Interviewer: Sarina

Sarina: How's the coffee?

Riley: Really good.

Nami: Delicious.

Sarina: So why do you guys like toe socks so much?

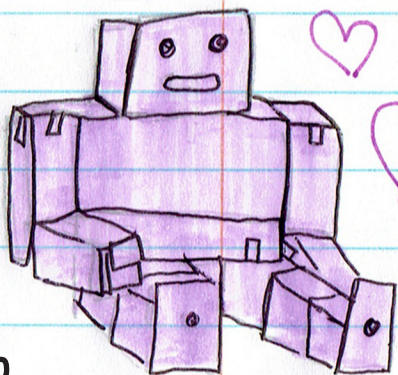
Eli: Nami?

Nami: Me?!

Eli: This is a question for you.

Nami: I remember one day I was in a Japanese market with my Grandma and she told me I could pick out something and she would buy it for me and I found this wall and it was covered in toe socks. And I picked them up and slipped them on -

Riley: In the store?!



♥ Nami: No?? When I got home. And they just felt really comfortable, feeling the fabric between my toes and ever since then I've been wearing them basically on the daily. My collection has been growing and then I kind of introduced them to my bandmates and then, y'know, they kind of hated on it a little bit at first, they weren't really with it, but soon enough, I convinced them. And now we are all avid toe sock lovers

Eli: I think this story's a little warped.

Riley: Yeah

Nami: That's not true! You guys were making fun of me!
Riley: Just cause you always make sure to SPREAD whenever you're wearing them.

Nami: I remember coming to practice and taking my shoes off and you guys looking at my feet and being like "what are you wearing?"

Riley: You would like grab things!

Nami: Oh yeah I would grab stuff with my toes, like my left pinkie toe is really malleable for some reason.

Saria: What's your favorite pair that you own?

Nami: Probably my first pair I ever got. It has like a chocolate bar on it and then on each toe there's a different ingredient that goes into the chocolate bar. I think it's like an almond on the big toe, and like sugar, and yeah.

Saria: I guess relating to toe socks, if each member were a toe, which one would they be?

Riley: Hmm... That's a good one.

Eli: Like, I think I'd be a pinky toe.

Riley: You'd be the little piggy, I'd be the thumb toe?

Because I'm Papa Piggy.

Nami: No I think I'd be the

big toe.
Riley: Well good thing there are 2.
Nami: Ok, so I'd be right -
Riley: No I'd be right because I'm dominant.
Eli: I have to deal with this.

Nami: OK so Eli's pinky toe. Left foot or right foot?

Eli: I don't know. Left foot I guess.

Nami: OK. Left foot pinky toe, left foot big toe, right foot big toe.

Riley: Mmm... I don't think that's what we agreed on.

Nami: You can have 2 Papas, that's ok!

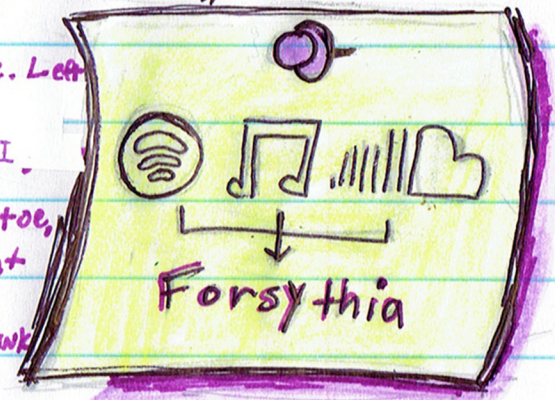
Riley: That's true.


Saria: How did you guys build up your stage presence?

Nami: I don't know, I'm still working on that.

Riley: Well, I just think, like, have as much fun as I can y'know? I'm gonna regret it if I don't get out of my head and go all out.

WATCH THE REST OF THE INTERVIEW ON YOUTUBE @Egg Squared



 : @forsythia band





Rat Saw God

Wednesday

April 2023

by Nami Conness



(scan for full version)

Favorite: Bull Believer

Least Favorite: Bath County

WEDNESDAY! No, not the brooding child of Gomez and Morticia Adams, nor the worst day of the week. I'm talking about the best Wednesday. The Asheville, NC based band Wednesday. Fronted by singer and guitarist Karly Hartzman, the four-piece serves familiar indie-rock riffs with a palatable side of country for all of us who see the word "bluegrass" and immediately cover our ears.

Their latest release, Rat Saw God, was my first introduction to the group. I recall sitting in the living room during band practice, a song echoing softly from our drummer's speakers. I quietly enjoyed Hartzman's vocals and the clean guitar, before eagerly shazam-ing and adding it to the ol' Music library. "Quarry". I always found the title fitting. I'd soon discover Hartzman's love for matching the titles of songs to their lyrics quite literally.

As a child whose parents are united by their love of the Kinks, "Waterloo Sunset" immediately starts playing when listening to the melody of Quarry's verses. "Dirty old river, must you keep rolling, flowing into the night?" is at times all I hear while Hartzman sings of small town scenes.

The track is undeniably catchy, providing both the softness of the Kinks and a sharp edge that explodes from Lenderman's guitar. Hartzman hums on about kids with Scoliosis, slumped in blow-up plastic pools, and angry hags observing a mysterious, unidentified "quarry". Her storytelling shines here and in tracks like "Chosen to Deserve", taking the listener on a road trip through Asheville, bumping along dirt paths and passing through lush green forest. It feels both endearing and depressing, a sort of "yep, that's us!" to all the city-dwelling indie-heads who are unfamiliar with small town living.

After my obsession with "Quarry" faded, I needed a new Wednesday banger to latch onto. The undeniable climax of the LP, "Bull Believer" was immediately eerie, Hartzman's lyrics enticing and bloody.

She calls to the dark side of religion; blind faith, and its consequences. She warns of spirals into alcoholism, detailing bottles calling “you from their seats on the choir riser”. Each verse steps deeper and deeper into chaos, and two minutes in I feel like I’m experiencing either Ragnarok or the Rapture. The world is upside down, blood flows under bridges, lightning strikes the sky from the earth, but the bull is still fighting, charging through the stadium. He’s nearly lost it seems, maybe to the bottle, maybe something else, but Hartzman sings to it as a brother, as a pal you’d get drinks with. She’s created a character out of vulgar slang, and turned it into a symbol of desperate devotion, man’s natural ignorance. She comforts the bull like a friend, then taunts it like a god. Overwhelms, persuades, and directs it.

After four minutes and forty seconds, the track comes to an unnerving stop. “Finish him,” Hartzman emerges from the silence. Err finish who?! Who are we killing?? “Finish him,” she repeats, on and on in a soft drone, like an angel whispering as it floats down from the heavens to greet you. Her orders turn to pleas, her words dragging out in unstable “hiiiiim”s. The rest of the band returns, steadily creeping up from each direction, before reaching the summit.

Everything comes crashing down, Hartzman’s screams are unintelligible, Chelmiss dances atop layers of distortion, and a steady beat carries this unforgettable wave of sound. Likely the only 8 minute song I’ll listen to on the daily, “Bull Believer” steadily descends, crescendos, then ends, and I’m left with an uncomfortable silence, wondering what the hell just happened.

Rewinding to the beginning of the 10-track LP, the opener “Hot Rotten Grass Smell” teases with soft guitar before ambushing the listener as guitarist and lap-steep player Lenderman and Chelmiss make their crashing introductions. The title, however unenticing, matches the abrasive push and pull that cycles throughout this quick, concise beginning to the album. It’s nightmare material, the lyrics, however few there may be. Hartzman sings of seeing herself “dead at the end of a staircase”, like those dreams where you know you’re dreaming but you also know you’re about to die in the dream, so you sort of just sit there and watch it happen (maybe that’s just me?). What follows is thirty seconds of instrumental chaos, ending abruptly with sounds of birds as Hartzman awakens from the dream. Cut short and to the point, “Hot Rotten Grass Smell” is like the perfect trailer to a blockbuster film.

The gem once hidden in the tall grasses of Asheville, Wednesday tells demented tales of rural living. Wednesday serves indie-rock with twang for dessert. Wednesday makes evening train rides bearable. Wednesday made me use my fuzz pedal again. But most of all, Wednesday released Rat Saw God on April 7th, 2023, a messy blend of ten grunge-filled, heart-felt tunes.

Jay
ig: @expjayy

Eat Your Vegetables!
lyrics

I eat ~~brussels~~
brussel sprouts

They make me feel so good

They are short and stout

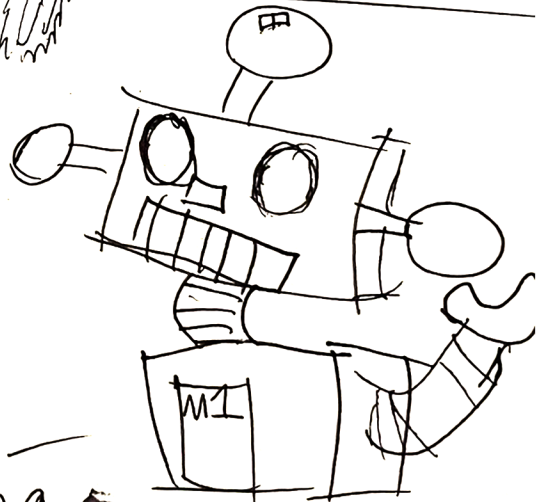
Eat 'em everyday I would

I LOVE vegetables

I feel amazing

I love vegetables

Vegetables I'm Praising



Eva Jordan
ig: @yayazzers

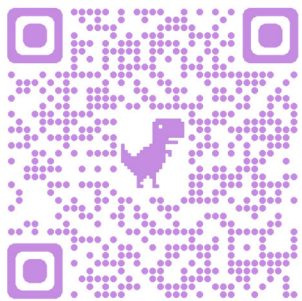
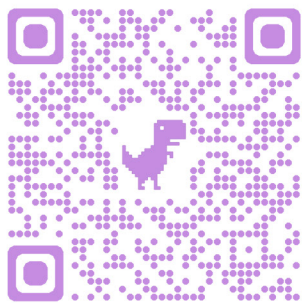
Everybody's Girl
lyrics

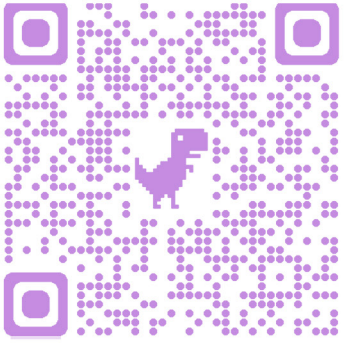
Everybody's Girl

Thighs like a time bomb
Long time being sixteen
Eyes like a wild fire
Swelled with heat
Sweetest that you've seen

Don't touch, baby
I wouldn't spoil your fun
But now the moment's thick,
honey,
Touch me so you can leave

It's hard to be everybody's girl
It's hard to be
Everything you want

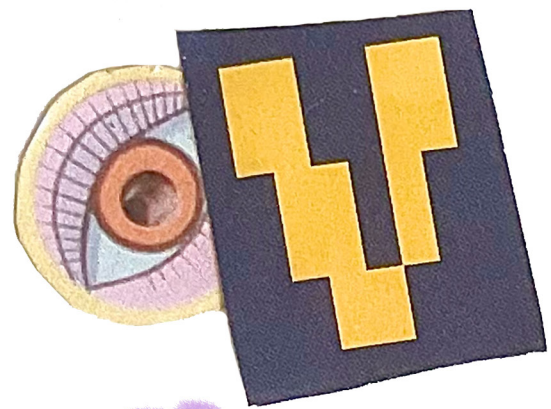




Persona Non Grata
ig: @personanongrata_music

Mango Tea
performance

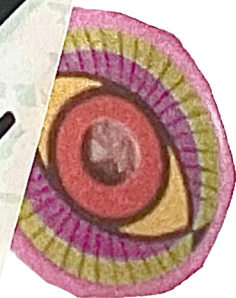




is

u

A





Untitled
8ft (plaster & wire)



My Shadow On a Cloud
20in x 30in (oil on canvas)



idy Day

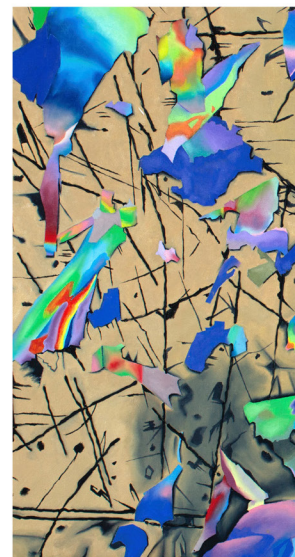
AVA CYBULSKI



A Set of Three
(crab, squid, & piranha; made from clay)



CD
24in x 30in (oil on canvas)



What Blooms at Night
8in x 20in (drypoint print)





Georgia Kelly
ig: @g.iaglk__

cacawphony
9" x 12"
Micron pen, sharpie,
watercolor

Alice yang
ig: Alice.yang2007

In the corner of the forest
18" x 18"
Acrylic



Garden
9" x 12"
Acrylic



Alice

Leonora M. Garcia

ig: @yuuneish and @lleonoraaa.__

tt:@yuuneish

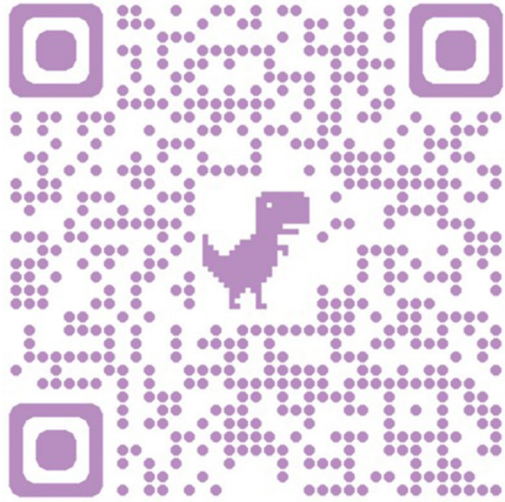
Candy Land

8" x 11"

Acrylic painting







It is yet another Christmas spent with my Mom in Houston, Texas. I am 12, my brother is 10. I loved my Christmases with my mom. It was always special, tailored with such care to our specific interests. Though she only saw us twice a year, She knew us so well. I idolized her. She was the perfect woman. She was gorgeous. She was brave. She was creative. She was the most loving person, a single hug from her felt like the condensation of all the love in the world given especially to you. I knew that she had her bursts of sadness, I understood the path from which she came. It was apparent that she had some issues but I never discounted her love because of it. Our long rides home from the William P. Hobby airport where I arrived every Winter and Summer were bittersweet. Houston was rainy, the air was thick, and there was always this dewey smell that stuck to you. I'd walk out to her, jump into her arms and then the same routine would occur. I'd get into her black honda littered with trash and see the stickers spread across the dashboard. She'd put on her classics, "Siouxsie and the banshees" and "Beach House". I'd catch up with her about this new guy I had a crush on and how I was doing in school and she'd tell me she broke up with her abusive ex- boyfriend again and had to move. These exchanges never shocked me, she would swear he's out of her life, for good this time, and then go on about how she just needed to finish her car lease and after would finally move back to LA.

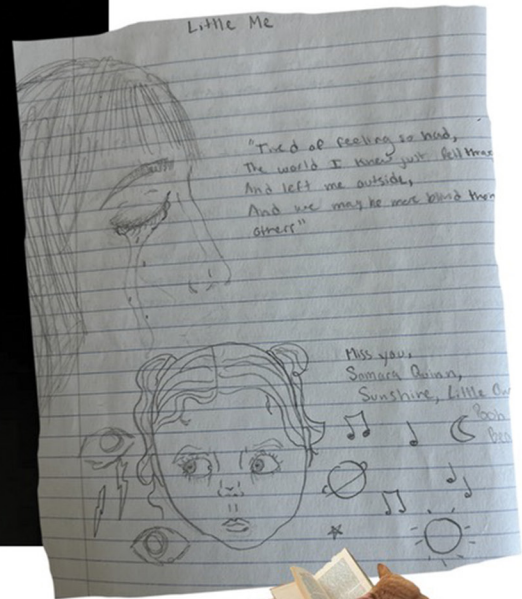
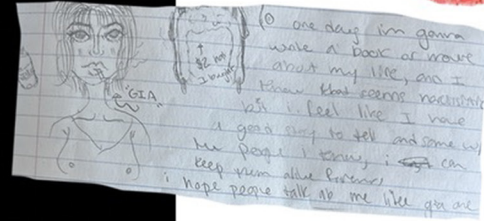


FAV ARTISTS

-fiona apple
-mitski
-beach house
-weyes blood
-strawberry
switchblade

FAV SHOWS

- Adventure time
- Nana
- Bojack Horseman
- Soul eater



Hiiiiiiii <3, My name is Samara Quinn but my artist name is Opal. People know me as a Fiona Apple fan and a very loud individual. I have a monthly routine of cutting/dyeing my hair so everytime you see me I will probably look different. I want to do some form of creative writing in college like songwriting, screenwriting, and poetry. I love my friends and I will do almost anything for them, if anyone needs me I will be there, It's a Samara guarantee. I am the friend group planner, I take care of all of that and I love to do it. At the end of the day I'm just a strawberry girl fo life.

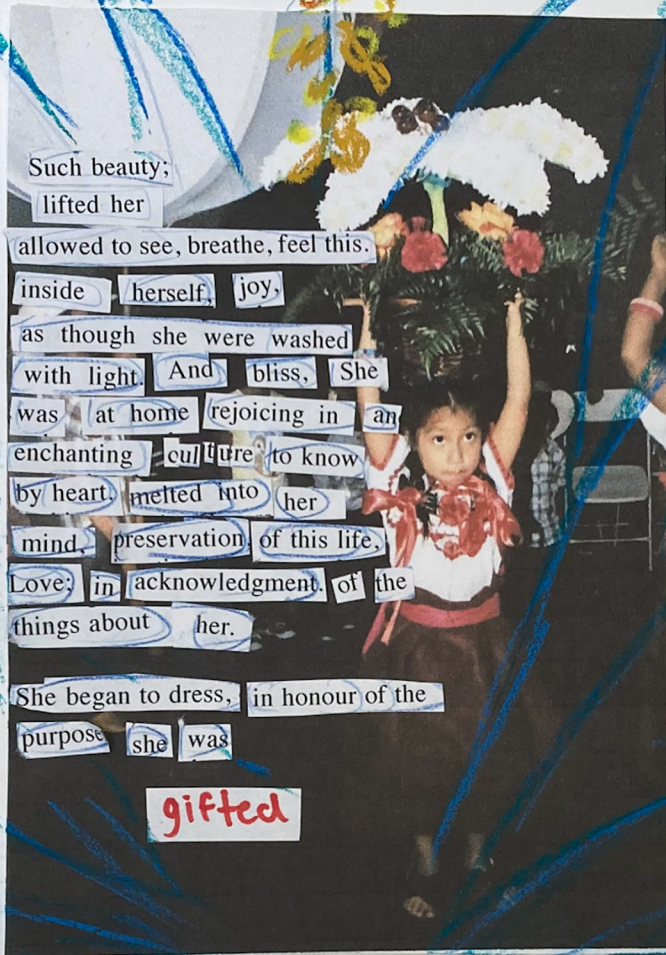


A. A.

for everyone who feels
like their body isn't
appreciated enough <3

Seen Me (2022)

The grass has felt my back
And the sand has felt my hair
The trees in my yard have seen me naked
They've even seen me bare
My yarn slept on my lap and my shirt has felt
my chest
My guilt has felt the dip of my throat and my
bed has seen the rest
The mud has felt my legs and slithered up my
stomach warm
The ocean slammed my hips and waist
The stones have grasped my arms
And my tears have kissed my eyes
And the stars have seen me grieve
My mother's scale has held me whole
And palm fronds felt my knees
Roses brushed my lips
Their stems have seen me dance
My shower head has heard me sing
And pencils felt my hands
The dirt has held me, soft and loose, and one
day I'll return
And the dirt will hold me once again, but
permanent and firm
Maybe once I've been devoured by that
nitrogen-rich grave
I might not miss the bliss of something I don't
even crave



Such beauty;

lifted her

allowed to see, breathe, feel this.

inside herself, joy,

as though she were washed

with light. And bliss, She

was at home rejoicing in an

enchancing culture to know

by heart, melted into her

mind, preservation of this life,

Love; in acknowledgment of the

things about her.

She began to dress, in honour of the

purpose she was

gifted

Leonora M. Garcia

ig: @yuuneish and @leonoraaa.__

tt:@yuuneish

Mayahuel



Eveki
 ig: @evекianamori
 Himeyuri



SCENE 6:

- Tristan sit more right!
- i'll tape it

SCENE 7:

- Amazing opening boys
- ADD LIGHT 6!
- Let's practice improvise
- BLZSE DO LIGHT 9
- AMAZING JOB OMA!
- Tristan good!

SCENE 8:

- keep snoring Isaac
- Callan practice the line
- JADE more mad plz cheat out!
- Callan rilly good w/ water
- Elim, Jade, Liberty forgot the hug

SCENE 8 cont.:

- WAIT for Elim
- C, J, L be more goosey!
- "They are meant to be" more sincere

SCENE 9 pt 1:

- so cute E + J!
- Jade make monologue more natural
- "real still!"
- Elim give a moment before "we're not gonna die"
- Too weird hug
- Isaac good job improvise

SCENE 9 pt 2:

- Elim AMAZING facial expression
- Isaac fix the "Reina likes you" line
- be careful Callan



SCENE 6: UPSTAIRS

- OLD KENJI + RICKI
- Props: letter

SCENE 7: War "bed room"

- FENJI + SHOSHI + YUTO + KIKI + REINA
- Three mats
- Props: Blankets
- RICKI + OLD KENJI upstairs

SCENE 8: War "bed room"

- FIVE laying in bed
- RICKI + OLD KENJI upstairs
- CAMP LEADER walks on
- Props: clipboard

SCENE 9: War "Yard" part 1

- FENJI + REINE bench
- Props: bowl of rice

SCENE 9: War "Yard" part 2

- FIVE → BOYS bench → SHOSHI + KENJI
- REINA running in

SCENE 10: War "living room"

- YUTO + KIKI w/ grenades →
- SHOSHI + KENJI + REINA run on →
- Just REINA + KENJI
- Props: grenades

SCENE 11: War "bed room" MONTAGE

- FIVE sleeping
- RICKI + OLD KENJI upstairs
- CAMP LEADER walks on
- Props: Clip Board, Paper
- ↳ SHOSHI laying → CL + SHOSHI walk out
- ↳ KENJI + YUTO run out

SCENE 12: War Yard

- SHOSHI on bench, everyone run on

SCENE 13: War "Bed room"

- YUTO, KENJI, REINA, KIKI

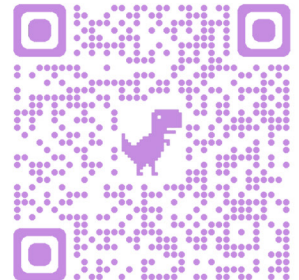
SCENE 14: War Yard

- KENJI + REINA bench
- RICKI + OLD KENJI upstairs

Himeyuri, a play written, directed, and produced by me.

It is on the historical but not well-known Japanese event, "The Battle of Okinawa", centering on the Okinawa Mass Suicide, with fictional characters showing the importance of love, friendship, and hope.

LACHSA's first all Asian cast!









resources

DEBUNKING THE PURITY MYTH:

SEX-ED F

THE VIRGINITY

MYTH:

the idea that virginity can be measured or verified

PURITY CULTURE:

the idea that a person's virginity signifies their worth or purity

↳ purity culture can often lead to a lot of victim-blaming and is often associated with enabling rape cultures, misinformation about sex, and higher incidents of sexual dysfunction and pain

"In a world where porn culture and reenergized abstinence movements collide, the moral panic myth about young women's supposed promiscuity is diverting attention from the real problem - that women are still being judged on something that doesn't really exist: virginity" - Jessica

Valenti [1]

this double standard pushes the idea that virginity is a state that makes a woman seem younger, buys into old-school gender norms of ownership, and further perpetuates the hypersexualization of young girls.

VIRGINITY TESTS:

★ virginity tests often involve an examination of the hymen to diagnose a woman's virginity, relying on the false idea that the appearance of a person's hymen provides evidence of their virginity.

One 2004 study found that 52% of sexually active adolescent girls interviewed had "no identifiable changes to the hymenal tissue" further disproving the validity of virginity tests. [2]

★ The UN Human Rights, UN the World Health Organization for the ban of virginity test a painful, humiliating, and practice that constitutes violence against women. [3] The hymen my women's sexual wellbeing, even their access to just countries in Asia, the Middle Northern and Southern Africa virginity tests for rape court cases. [4]

OR EVERYONE



HOW TO SAY NO & SUGGEST SOMETHING ELSE: [5]

- ★ you don't owe anyone an explanation after saying no
- ★ Tell them what you want to do instead: just kissing, watching a movie together, etc.
- ★ Communicate all of your feelings directly
- ★ If someone has experienced sexual trauma, safety and communication must be a priority. Trauma can lead to a host of unwanted reactions and specific triggers may lead to dissociation from sexual experiences.

SOME THINGS YOU COULD SAY INSTEAD: [6]

★ "I really like you, but I'm not ready to have sex yet. I hope you can respect that."

★ "This feels so amazing, I could lay here with you all night. Can we just do that, I don't want to have sex yet."

★ "I'm not turned on yet, maybe we could try something else first."

★ "okay I need to stop, something doesn't feel right."

★ "I don't want to do anything else,

+ thanks for respecting me."

Using a barrier, like condoms, dental dams, and/or latex or nitrile gloves during any act of exchanging sexual fluids.

Getting tested for STIs regularly

Use little to no substances during sex to make sure that you don't accidentally make decisions that increase your chances of getting STIs

PRACTICES FOR SAFE SEX [7]

clean sex toys or use condoms on sex toys (changing the condom before it touches another person's body)

Women, and
in 2018 called
ing as it is
traumatic
ence against
th affects
ality, and
tice. Many
dle East and
ca still, perform
urvivors in

HOW STIs ARE SPREAD:



* STIs are usually passed from one person to another during oral, anal, or vaginal sex. There are lots of different STIs. Some are carried in body fluids like semen, vaginal fluids, and blood. Others can be passed just from skin-to-skin touching with an infected body area. Using barriers like condoms and dams helps you avoid contact with fluids and some types of skin-to-skin contact during sex.

* Anyone who is sexually active can get an STI. You don't even have to "go all the way" (have anal or vaginal sex) to get an STI. For example you can get STIs through skin-to-skin contact.

DIFFERENT WAYS TO OBTAIN AN STI [7]	Chlamydia	Molluscum contagiosum	Gonorrhoea	Syphilis	HIV	Herpes	HPV	Hepatitis B	Pubic lice	Scabies	Trichomoniasis	Genital warts
All STIs can infect your genitals. Vaginal or anal sex w/o a condom can spread:	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
STIs can also infect your mouth, lips, and throat. Oral sex w/o a condom or dam can spread:	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Some STIs can be passed even if there's only some skin-on-skin action w/ no fluids passed. Genital skin-to-skin contact can spread:	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

asexuality: Asexuality is a sexual orientation, just like homosexuality, bisexuality, and heterosexuality. It is both an identity and a spectrum. Asexual people are sometimes known as ace or aces for short. The asexuality spectrum is an umbrella term that describes a variety of ways in which a person might identify. While most asexual people have little interest in having sex, they may experience romantic attraction. Others may not. [8][9]

asexuality isn't:

- abstinence b/c of a bad relationship
- abstinence b/c of religious reasons
- celibacy
- sexual repression, aversion, or dysfunction
- loss of libido due to age or circumstance
- fear of intimacy
- inability to find a partner

aces might:

- want friendship, understanding, and empathy
- fall in love
- experience arousal and orgasm
- choose to masturbate
- choose to or not to engage in sexual activity
- be any gender, age, background
- have a spouse/children

PLACES TO GET FREE RESOURCES AND ACCESS TO CONDOMS, BIRTH CONTROL, & MORE:

★ PLANNED PARENTHOOD HEALTH CENTERS:

↳ <https://www.plannedparenthood.org/health-center>

★ THE AFIYA CENTER:

↳ <https://www.theafiyacenter.org/>

★ GENDER JUSTICE:

↳ <https://www.genderjustice.us/>

★ YOUR LOCAL HEALTH CENTER:

↳ <https://findahealthcenter.hrsa.gov/>

★ ALL-OPTIONS:

↳ <https://www.all-options.org/find-support/talkline/>

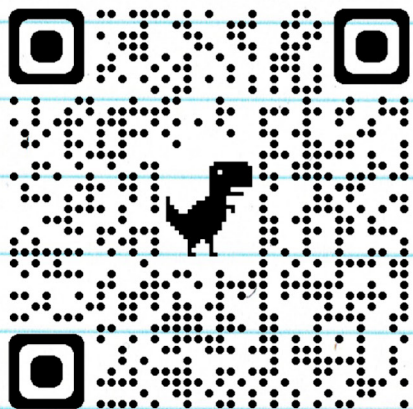
★ THE TREVOR PROJECT:

↳ <https://www.thetrevorproject.org/>

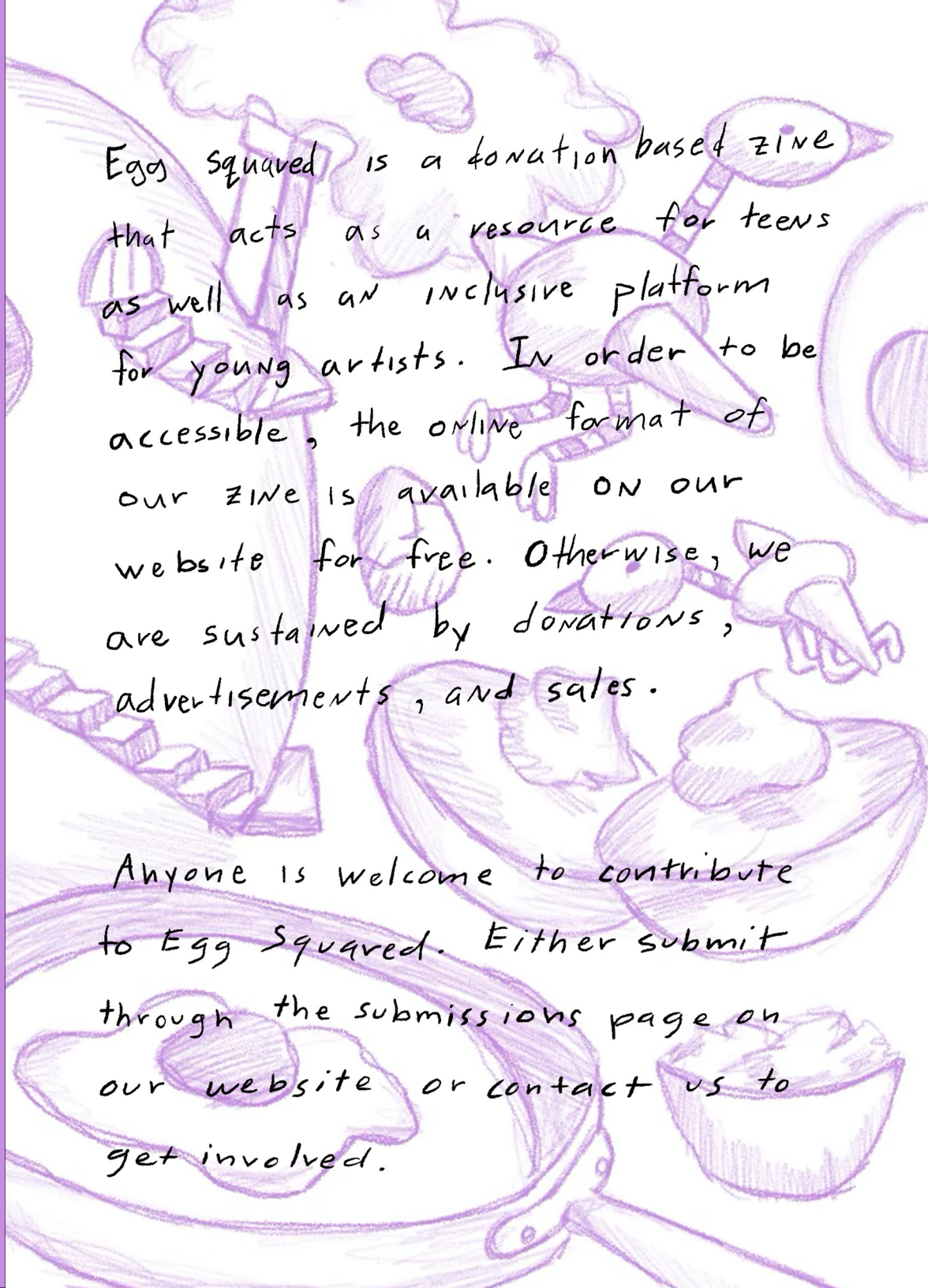
★ ADVOCATES FOR YOUTH:

↳ <https://www.advocatesforyouth.org/>

OUR
CITA-
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Egg Squared is a donation based zine that acts as a resource for teens as well as an inclusive platform for young artists. In order to be accessible, the online format of our zine is available on our website for free. Otherwise, we are sustained by donations, advertisements, and sales.

Anyone is welcome to contribute to Egg Squared. Either submit through the submissions page on our website or contact us to get involved.