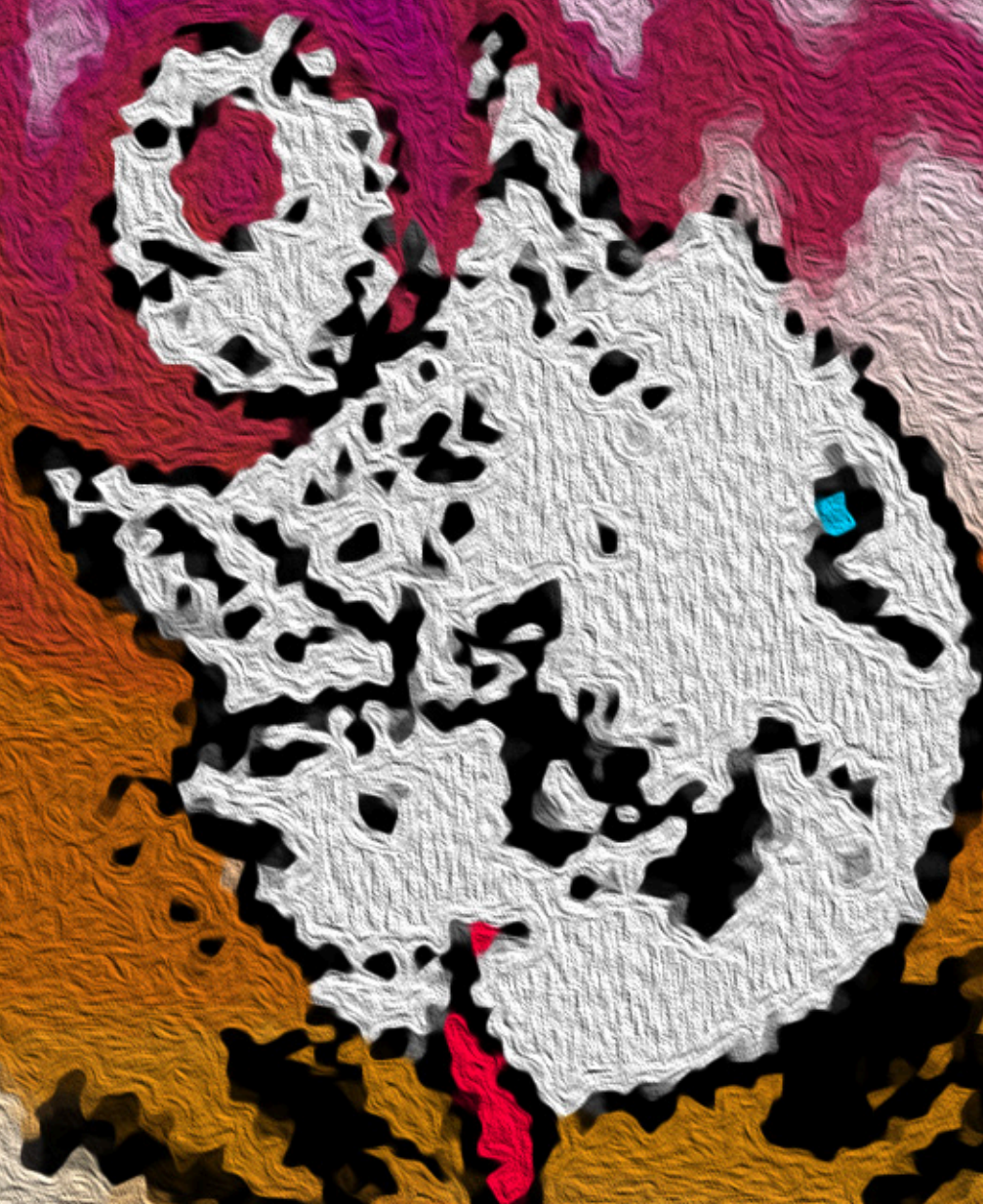


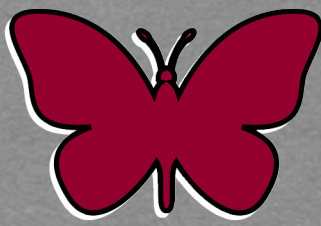
THE BURGUNDY ZINE

JAN. 2020

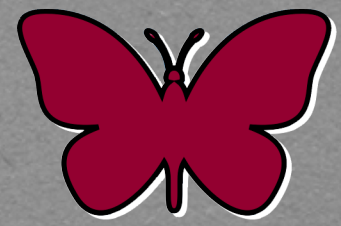
ISSUE 13

DAWN
OF
A
NEW
DECADE





WELCOME



TO THE

BURGUNDY ZINE

OH, HEY!

What is The Burgundy Zine?

The Burgundy Zine is a blog that releases a digital magazine centered around a different theme on the 28th of every other month.

At the start of each month, a new theme for the upcoming issue of The Burgundy Zine is announced on burgundyzine.com

What's January's Theme?

The theme for Jan. 2020, the thirteenth issue of The Burgundy Zine is

◊ DAWN OF A NEW DECADE ◊

A Bit About This Issue

The 2010s were a whirlwind for all of us: from technological, cultural, and political shifts to the shifts taking place in our personal journeys.

With the turn of this decade, let's take a moment to reflect together on what has shaped us over the last 10 years and how we've grown stronger individually and collectively.

Cheers!

Yours truly,
burgundy bug >:^)

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Go For Gold

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Features

Soft Bits In

Spoil Me

Vans Custom Culture

Trello

BYOBottle

Reviews

SNOWCONE

Special Thanks

XtaSeay

Mahik's

DIRECTORY

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Burgundy Bug

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Burgundy Bug

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sweetest in the summer time

burgundy bug

i thought apples grew from trees,
but they're fullest in your eyes,
ripest between the thighs,
don't you know that peaches are sweetest in the summer
time?

i sing you early morning lullabies,
when it's still dark enough that pink clouds reign
over the skies,
now there's diamonds in your eyes,

blew over ocean tides,
just swim with me baby,
or sink with me lately,
down to the sea floor,
with sunken pieces of floor boards,
just swim with me baby,
or sink with me lately,

sacrifices in silence,
cupid's been crying,
'cause love keeps on trying,
though innocence dying,
your transcendence smiling,
keeps love on trying.

sweetest in the summer time

there are diamonds in your eyes,
peaches in your teeth,
apples in your hands,
sands between your fingers,
i slip through,
though you catch me,
you've got me,
baby i know you see.

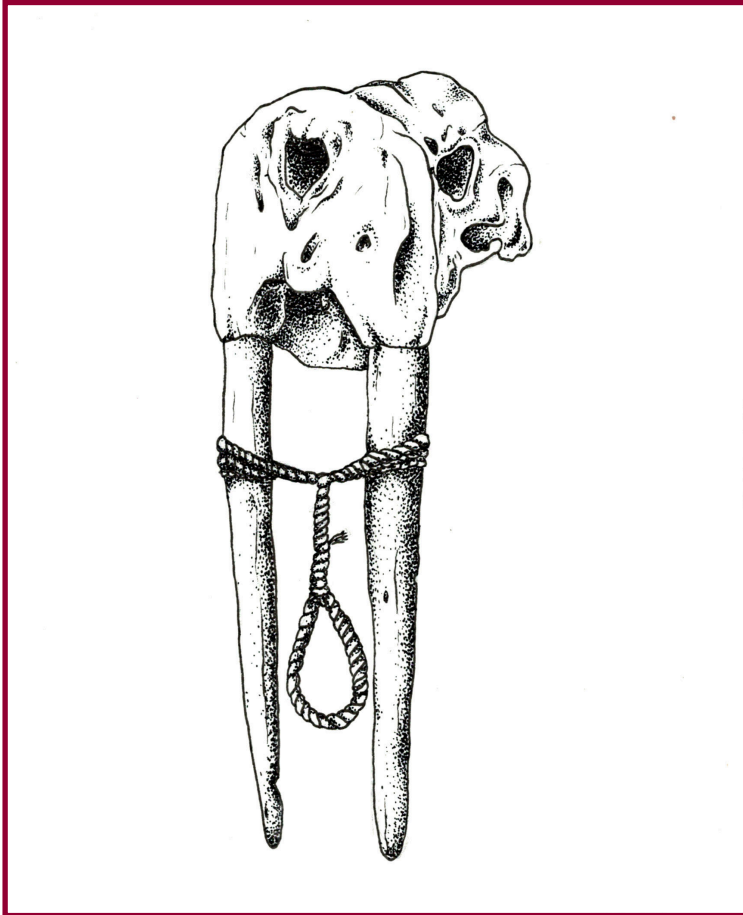
you taught me how to breathe,
how to balance on wobbly feet,
kiss me endlessly before we say our goodbyes,
part ways like the seas,
roll in at midnight in a breeze,
roll over and hold me,
i'll sing you early morning lullabies,
dragging the notes through sunrise,

show me your diamond eyes.

AUSTRALIAN ARTIST FIGHTS FIRE WITH PASSION

HOW YOU CAN HELP THE CAUSE

◊ BURGUNDY BUG AND NATALIA BENNETT ◊



Red skies, fire-tornadoes, and toxic fumes are currently consuming the land down under. To date, the 2019 – 2020 Australia Wildfire Season has burnt approximately 15.6 million acres of land, destroyed over 1,400 homes, and taken the lives of at least 24 individuals along with over one billion animals, according

Intro

to a Climate Signal report from earlier this month.

“I live in Australia – which is currently and negatively quite famous at the moment for being ‘on fire,’” Natalia Bennett wrote to us in an email on Friday. “We are now the middle of a crucial point in history with our environment, and our cause and decisions have reached a point where denial is simply facetious at this point. And in relation to endings and beginnings / a new decade – This work is a part of a cycle.”

er artwork was created using a fine-point pen and stippling technique on A5 cartridge paper, Bennett explained. This piece is a reflection on climate change and the death of a species at the hands of man-made destruction, with the

AUSTRALIAN ARTIST FIGHTS FIRE WITH PASSION

HOW YOU CAN HELP THE CAUSE

Intro

noose symbolizing the “time-delayed death of the victim.”

“I find it important to continue to relay the message not only using film media or photography (crucial visual evidence) but emotionally personal reflection using symbolic imagery,” Bennett said. “When looking at it in depth it is symbolic of the death of the environment and the and renewal in climate action and mentality of recognizing change needing to take place.”

“IT SEEMS TO ALWAYS TAKE THE EXTREME FOR REALIZATION TO OCCUR, OR IN THIS CASE, A MAJOR CLIMATE DISASTER TO WAKE US UP. WHEN ONE OFTEN COULD SAY THIS IS TOO LATE.”

- NATALIA BENNETT

Intro

We’ve partnered with Bennett to shine light on the impact of climate change and the wildfire season in Australia. Together, we’re selling 8.5-in by 11-in prints of Bennett’s illustrations to donate 50 percent of the proceeds to the North South Wales Fire Brigade for relief efforts.



AUSTRALIAN ARTIST FIGHTS FIRE WITH PASSION

HOW YOU CAN HELP THE CAUSE

Intro



If you are interested in purchasing the artwork, please contact us: contact@burgundyzine.com



The Role of Climate Change in Australian Wildfire Severity

“Australia’s climate has warmed by just over 1°C since 1910, leading to an increase in the frequency of extreme heat events,” says a 2018 report from the Australian Meteorology Bureau. “There has been a long-term increase in extreme fire weather, and in the length of the fire season, across large parts of Australia.”

Furthermore, rainfall has decreased in southwest Australia over the last few decades, contributing to an increase in droughts and a decrease in streamflow.

“EIGHT OF AUSTRALIA’S TOP TEN WARMEST YEARS ON RECORD HAVE OCCURRED SINCE 2005.”

- AUSTRALIAN METEOROLOGY BUREAU

AUSTRALIAN ARTIST FIGHTS FIRE WITH PASSION

HOW YOU CAN HELP THE CAUSE

The Role of Climate Change in Australian Wildfire Severity

Natural climate events such as El Niño and La Niña are partially responsible for year-to-year temperature variations in Australia over the last decade and a half, but the global warming trend has affected the impact of such events.

“Emissions from fossil fuels continue to increase and are the main contributor to the observed growth in atmospheric CO₂,” the Australian Meteorology Bureau explains. “The world’s oceans, especially in the southern hemisphere, are taking up more than 90 per cent of the extra energy stored by the planet as a result of enhanced greenhouse gas concentrations.”

Sea levels are rising, the ocean is acidifying, and fire weather conditions are worsening in southern and eastern

The Role of Climate Change in Australian Wildfire Severity

Australia as a result of climate change.

Fighting Fire With Passion

The whole world is watching as Australia grapples with some of the worst wildfires in the country’s history, yet it’s hard to know how to help when an ocean stands between you and Australia.

However, every bit helps, from raising awareness to donating to organizations assisting with recovery and relief from the wildfire season.

If you are interested in purchasing Bennett’s illustrations, which we will donate 50 percent of the proceeds to the NSW Fire Brigade’s, please contact us.

CLIMATE CHANGE

ERIZON

All across the world, there's poverty, war, terrorism, and threats of human violence. But in the face of all these, we may not realize we are also amid dangers that can place the entire humankind on its knees in one full sweep.

This article aims to make people aware of what is going on in the deepertrenches of our planet.

We discuss environmental issues in four extensive sections. Click on one or scroll through the entire post to learn the causes, effects, and what you can do to act against their worsening.

The world is going through a change – a massive change in its behaviour. This shift creates many disastrous

implications toward Earth's human, animal, and plant life.

EXPERTS BELIEVE THIS IS MOST LIKELY THE GREATEST THREAT OUR CENTURY WILL EVER FACE.



But what is Climate Change? Are Climate Change and Global Warming one and the same? There's a distinction between these two, even though they may seem interchangeable.

Global Warming is a significant and long-term increase in the planet's temperature. It's become evident the Earth is heating up at a fast and steady pace.

The Industrial Revolution in the 18th century prompted the

CLIMATE CHANGE



beginning of global warming. This was a period of great change. Industries in Europe and the United States shifted its manufacturing processes. They began to produce commodities through machines, veering away from manual production.

This shift caused the significant use of energy through the burning of fossil fuels.

Climate Change, on the other hand, refers to alterations in global climate patterns. It covers a much more extensive set of phenomena. Its primary cause is also the emission of heat-trapping gases from burnt fossil fuels.

But, aside from this, climate change also refers to shifts in the behavior of the planet. A few alarming changes include the rise in sea levels and the loss of ice mass in the Earth's coldest parts.

Plants and trees have also changed blooming and fruit-bearing seasons. Extreme weather conditions like heat waves and droughts are also occurring very often.

As a result of having the same root cause, the two terms are usually interchanged. Although their causes are the same, both physical phenomena are not. The emission of greenhouse gases causes global warming. While global warming causes climate change.

READ THE FULL FOUR-CHAPTER REPORT ON CLIMATE CHANGE, BIODIVERSITY LOSS, AIR POLLUTION, AND WATER POLLUTION ON ERIZON'S WEBSITE!

Stay tuned for more coverage of environmental issues in "The Burgundy Zine #15: Go Green" this May!

THE BURGUNDY ZINE

MERCH ANNOUNCEMENT



**THE BURGUNDY ZINE WILL BEGIN SELLING STICKERS,
CUSTOM HANDMADE CARDS, APPAREL AND MORE IN 2020!**

By spring, our official merch store will be live online.
*Profits will go towards funding our magazine printing
endeavors or donations.*

Contact us for more info: contact@burgundyzine.com

A hand holding a smartphone with a glowing fiber optic background. The phone screen displays the text. The background consists of numerous glowing yellow and orange fiber optic cables radiating from the top, creating a sense of light and connectivity. The hand is shown in a stylized, blue-outlined manner, holding the phone from the bottom right.

DEFINING MOMENTS OF THE DECADE: WTF, 2010S!?

CULTURAL SHIFTS,
TECHNOLOGICAL
ADVANCEMENTS,
THE CLIMATE CRISIS,
EXPANSION OF E-COMMERCE,
THE RISE OF SOCIAL MEDIA,
THE CONTINUATION OF MEMES

◊ BURGUNDY BUG ◊

MOMENTS THAT DE

2010

Social Media & Smart Phones

The percentage of the US population with a social media profile skyrocketed from 21 percent in 2009 to 44 percent in 2010, Statista reports.

Now, 79 percent of the US population has a social media profile.

2011

Natural Disasters

The fourth-largest earthquake in the world struck Japan on March 11, 2011, East Africa experienced severe, record-breaking droughts, causing a famine that left over 11.5 million people food insecure, and the widespread rainfall over the Mindanao, Philippines caused floods that affected 120,038 families.

2014

Dat Ellen's Oscar Selfie

Ellen's selfie at the Oscars became the most retweeted tweet of all-time, reaching over one million retweets in just 45 minutes on March 2, 2014.

2016

Who Let the Trumps Out

Donald Trump was elected President of the United States with Mike Pence as Vice President in the 2016 US Presidential Election.

2015

Just Do It

Shia LaBeouf released a 31-minute motivational speech that spurred into a series of internet memes and parodies in May 2015.

2017

The Total Solar Eclipse

Approximately 500 million people in North America were starstruck by the 2017 Total Solar Eclipse on Aug. 21, 2017, but only 14 states saw totality.

DEFINING THE 2010S

2012

The End of the World

Some had predicted the world would end on Dec. 12, 2012, the date the Mayan calendar allegedly ended – except, the world didn't end and neither did the Mayan calendar.

Coinciding with the “end of the world,” PSY's “Gangnam Style” was the first YouTube video to reach one billion views.

2013

The Equal Rights Movement

The Defense of Marriage Act, enacted in 1996 under the Clinton Administration, was ruled unconstitutional in a 5-4 decision by the Supreme Court of the United States on June 26, 2013.

Additionally, Alicia Garza, Patrisse Cullors, and Opal Tometi founded the Black Lives Matter movement.

2018

Blue Wave

Democrats took the majority in the US House of Representatives, with a record-breaking number of diverse officials elected.

2019

Longest Government Shutdown

President Trump announced he and other officials were prepared for ‘a very long shutdown’ if he was unable to get funding approved for the wall on Dec. 21, 2018.

IN SHORT...

For many of us, this decade has been a rollercoaster of questionable fashion choices (this one's for you, scene kids), major transitions, and self-discovery amidst sociopolitical turbulence.

Yet, we've prevailed. While there's still much to be done, we've grown stronger because of these challenges.

READ THE FULL 11-PAGE ARTICLE ON OUR BLOG!

IT'S BEEN HERE

S. ANNE KELLN



It's Been Here

Someone else lifts an arm.

From far away, I see it's my arm. No sound, no feeling, everything underwater. I watch the blood pressure cuff fill and release. Fill and release. Like a squid moving backward. An intravenous tube goes into the arm. It fills with fluid. Cold saline interrupts my sea retreat.

Time.

A cup. A pill.

Another tray of untouched food. More time.

Then, a disembodied voice, "Get up, you have visitors."

It's bright out on land. And stiff, dry, loud. The visitor's lounge couch makes me itch, chafes against my newly re-formed vertebrae.

Someone brings me food.

My mother's silence is

IT'S BEEN HERE

It's Been Here

deafening, soul-crushing, blinding. Her mouth hangs open. Like a fish. She can't believe her daughter is on a 72-hour suicide hold in a hospital psych ward. I can't believe I've been disturbed from my drowning to explain the situation.

Two days prior, alone in my apartment, I waded through the surf of my depression. The tide called to me. A handle of vodka, a bottle of pills, and a friend's phone call.

Miracle number one. I answered the phone.

"What are you doing? We were supposed to meet." "Leave me alone. I'm going to kill myself."

"I'm coming over."

Ten minutes later. The waves lapped around my thighs, played with my groin.

It's Been Here

The vodka gone, the pills nearly there. She let herself in.

"Get up, get dressed, we're going to the hospital." Miracle number two. I went with her.

It's amazing how fast you can see a doctor in the ER when you say the "S" word. The tide came to my chest. They secured me to the hospital bed. The tide covered my shoulders, splashed on my throat and face. A doctor entered, with a security guard.

He asked, "What are you going to do if we release you tonight?"

Miracle number three. I answered honestly.

"I'm going to kill myself."

The last waves break over my head. I'm surrounded by glorious, healing water. Pulled down by the riptides, the undertow, and the

IT'S BEEN HERE

It's Been Here

life I tried to fake
for thirty years.



The tide recedes in the visitor's lounge. She's still staring. My mother shakes her head like a dog shakes water off its back, and starts to talk. At least, her lips move. Her voice, slow and muffled, tries to break through the draining wall of water within me. Her eyes bend low. Her hands knot like the tentacles of an octopus. She speaks to the floor, not to me.

From five hundred miles away I hear her words.

My father beat me. Over a dress. She didn't know what to do. Poor family. Five children.

It's Been Here

One dress. Family pictures. A strong-willed girl refusing to wear dresses. I long to swim away, but I sink into the wet sand. Her words bind me to land. My father hits me again and again and again, in my underwear, until I submit, wear the dress. The crashing surf subsides for a moment with my mother's final statement.

"You were strong-willed before that, but you never tried to get your own way again."

Everything is black. The dreaded moment. I'm consumed by the flood I feared would overtake me. The fear, rage, confusion, doubt, sadness, anxiety; everything crashes down.

I held up the dam for a long time. Held it up with drink, sex, religion, success, and avoidance. But it's here.

IT'S BEEN HERE

It's Been Here

It's now. I sit in the psych ward on a suicide hold. My mother tells me my 'perfect' childhood was not perfect. I fall into the depths of everything I tried to escape.

And it's right where I want to be.

I lay for three days, a week, fourteen days, in comfort, peace, and freedom. Freedom from the play-acting, the perfection, the pretending. Freedom to face my fucked up life.

Finally, I don't want to kill myself. I go home. I stop the drinking, the one-night-stands, the running from myself. I float up.

My journey to solid land begins, and the memories surface. My forgotten childhood lays in wait between the muscle folds, electrical signals, and chemical reactions of my brain. I enter that Bermuda Triangle of consciousness.

It's Been Here

Flash. Me in my underwear. A navy blue 1980's dress, lacy bib, huge floppy bow. I'm six or seven.

I hate that dress. I hate dresses. I don't understand why I can't wear pants for our family picture. My mom turns away. My dad's handprint burns on my arm.

Flash. The family picture hangs in the stairwell of our house. I hate that picture. I get a knot in my stomach every time I look at it. That dress is hideous. I close my eyes and run past the picture as fast as I can.

In the Bermuda Triangle, fog descends. I search for the other side.

Flash. Me naked. Dad angry, grabs my arm and drags me somewhere. Mom is nowhere.

Flash. I hide from dad. In a closet. Scared.

IT'S BEEN HERE

It's Been Here

Flash. In just a t-shirt. Dad tickles and wrestles me until it hurts, until I beg him to stop, until I pee myself. I'm 10 years old. He laughs at me and gets out his camera.

Flash. Mom turns away. Mom ignores. Mom leaves the room to care for one of my other siblings, or maybe just do something for herself. Her life is so hard. I have to help. Be a good girl.

I swim for shore through the fog. Flashes come and go, come and go.

I huddle under a long curtain of leaves beneath our giant willow tree, shielded from outside, hidden behind the copious branches that reach down to the ground on all sides. Dad won't find me here.

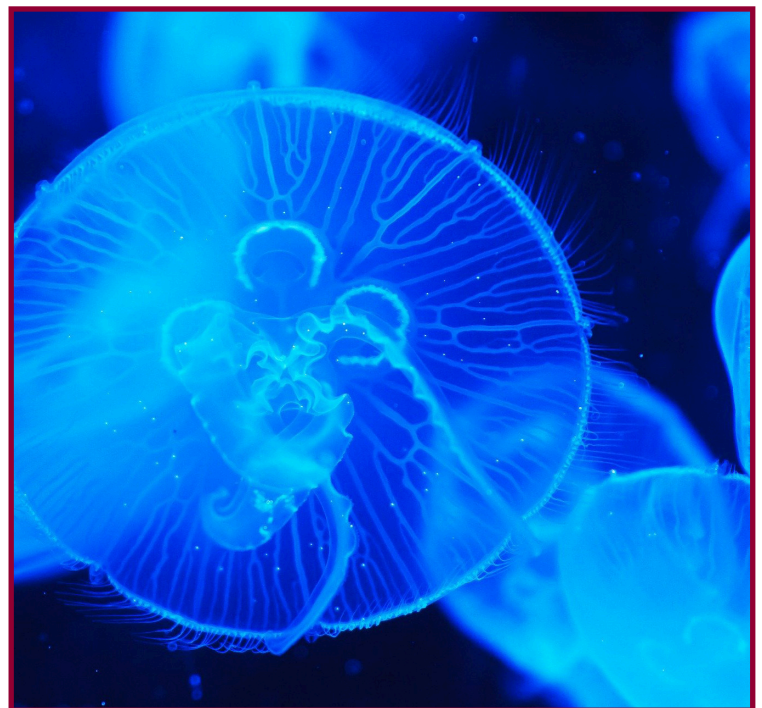
Memories like translucent jellyfish float around me. Phosphorescent and ethereal, beautiful and dangerous. Will they carry

It's Been Here

me to safety or sting
me to death?

I'm in bed. I'm uncomfortable because I want to turn around, but if I turn around my back is to the door. I can't sleep with my back to the door. Something bad will happen. I remain uncomfortable; try to fall asleep.

The fog lifts, I arise on a bed of benevolent jellyfish. All is clear. In a dark room, my father does to me what no parent should ever do to their child.



IT'S BEEN HERE

It's Been Here

Decades after his actions, I wake on land. The violated little girl who wanted to end her life is gone. I'm in my own home, with my wonderful husband and two beautiful children.

I'm not helpless, six years old, in a dark room at the mercy of a broken man.

I'm not a depressed and alcoholic 30-year-old without the will to live.

I'm forty-years-old, strong-willed, powerful, healthy. Alive. I take my buried memories by the hand.

I say, "Hello, welcome to the safety of land. Come out of the deep, into the light. You are safe. You are loved. You can heal."

I hear my voice. It's been here, silent all these years. Not silent anymore.

It's Been Here

"CHILD ABUSE AND NEGLECT IS THE SINGLE MOST PREVENTABLE CAUSE OF MENTAL ILLNESS, THE SINGLE MOST COMMON CAUSE OF DRUG AND ALCOHOL ABUSE, AND A SIGNIFICANT CONTRIBUTOR TO LEADING CAUSES OF DEATH SUCH AS DIABETES, HEART DISEASE, CANCER, STROKE, AND SUICIDE."

- BESSEL VAN DER KOLK IN "THE BODY KEEPS THE SCORE"

If you or someone you know is struggling or in crisis, you are not alone.

Please reach out and call the Suicide Hotline:
1-800-273-8255.







Got photos? We do – and they're free to use. Visit: penelopeperu.com

BREAKING THE CYCLE

TIARYAV



Breaking the Cycle

It all started when I was young. I wasn't getting the same attention as my other siblings, and I always felt like I was the outcast of my family.

Therefore, I would do things that weren't the best decisions for me at the time to make. While I was young, I did a lot of dumb shit. Somethings I knew better but still did it.

The actions I chose were due to seeking attention.

I thought about this for about a week or so. I wanted to share this because it is honestly mind-blowing. When I first heard it from my therapist, "I felt that." Till the point, I was bawling my eyes out.

This post isn't just for parents. This post is for people in general — my whole life, I have done something that has never been a good habit for me. Honestly, I don't see it as a good habit for anyone.

Since I can remember, I tended to try and find **validation of my self-worth in other people.** That has to be one of the most heartbreaking habits I have.

I WANTED TO FIND
SOMEONE TO LOVE ME,
ACCEPT ME, AND MAKE
ME FEEL VALUED. LIKE I
WAS WORTH SOMETHING
TO SOMEONE, AND YET
EVERY TIME I FELL INTO
DISAPPOINTMENT AND
HEARTBREAK.

At a young age, it's essential to teach children how important they are, show them self worth

BREAKING THE CYCLE

Breaking the Cycle

and self-love in general.

ONCE A CHILD UNDERSTANDS OR HAS THE IDEA OF REJECTION, THEY NEED TO KNOW TO LOVE THEMSELVES.

At a young age, being the middle child, I would always feel like I would have to fight for attention or even for love from my parents.

As I got older, I would try and find that attention from people I date and friends. I would always do whatever made other people happy, despite the lack of my happiness or feelings. I would do this in hopes of feeling valued and important to other people.

Sometimes it worked, and if it did, it wouldn't last long.

These actions can be anywhere from not saying no to people when they ask me to do

Breaking the Cycle

something or going above and beyond for others. I'm still trying to find that validation of my self-worth. My mind would wonder if the person still likes me, if this person is still friends with me, etc...

I continuously always wonder and am afraid of how other people view me or how they feel about me. For some reason, their opinions matter. This habit is all because I still can't find the **value of my self-worth.**

However, I'm learning to do so going forward. It took me 26 years to get to this point.

Am I 100 percent able to not worry about what others feel about me even if I say no? Not at all, but I'm working on it. That is all that matters.

It can take a lifetime for you to find who you are and learn all about yourself. I shouldn't spend it by worrying about my value in others but **only myself.**

BREAKING THE CYCLE

Breaking the Cycle

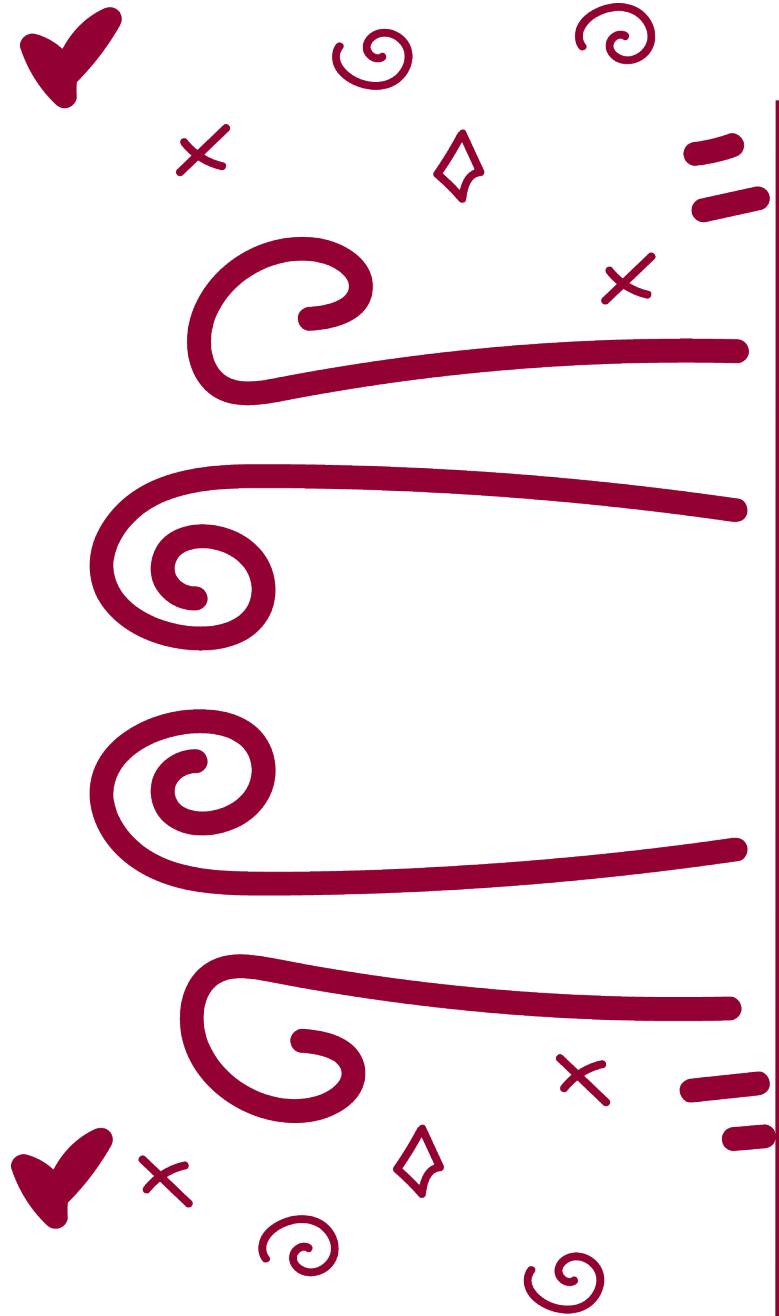
This habit was an eye-opener for me during my therapy session. It was one that took my breath away.

EVERYONE SHOULD FEEL VALUES WITHIN THEMSELVES. KNOW YOUR SELF-WORTH AND VALIDATION BEFORE SEEKING IT FROM SOMEONE ELSE.

You are what matters the most to yourself. That is not selfish, it's loving yourself. I love you all and take great care of **YOU**.

– Tiayra,
a.k.a. Fucktional Introvert

GROW!



COMING SOON:

SOFT BITS IN BY DOCTOR OCTOROC

Levi “Doctor Octoroc,” the mastermind behind “In The RP2A Over the Sea,” a chiptune cover album of Neutral Milk Hotel’s “In the Aeroplane Over the Sea,” is gearing up to launch a Kickstarter for his latest project: “Soft Bits In,” a chiptune tribute to The Flaming Lips’ “The Soft Bulletin” album.

“I had already done something like this before with ‘In The RP2A Over The Sea’ where I used a Nintendo to recreate the entirety of Neutral Milk Hotel’s ‘In the Aeroplane Over the Sea’ so I knew that I wanted to do another project in the same vein,” Levi said during our interview with him. “But this one is a bit more special to me personally since ‘The Soft Bulletin’ is not only one of my favorite albums but it was also one of the first albums that I made the conscious choice to acquire on my own.”

The Kickstarter will launch in mid-February, but you can follow the project on Kickstarter now to receive a notification once it launches.

“I expanded the rewards a bit from the last campaign so they can expect digital downloads, the standard vinyl press and a ‘Special Edition’ with extras like art prints, stickers, a physical copy of my first album on CD, etc... but they can also chip in just \$5 to get a mention in the ‘thank you’ section inside of the jacket,” Levi said. “Then there are the higher tiers, and at the highest level I’ll build them a fully-functional NES record player like the one I use in the promotional video playing through the album.”



READ THE INTERVIEW ON PAGE 90!

POSITIVE AFFIRMATIONS

HOW TO MAKE THEM STICK

◊ ELENA SHELEST ◊



You've probably heard about positive self-talk and words of affirmation. Maybe, you've even tried saying a few things in the mirror while feeling awkward and hoping nobody else overheard you. But it just didn't sit right. It seemed fake and far-fetched from what you actually think of yourself. Your mind rejected it like some sort of foreign matter.

To tell you the truth, I also rolled my eyes at this "speak it into the existence" fantasy stuff and people claiming that the words they taped on their kitchen cupboards helped them change their lives.

Intro

Sticking something on the wall wouldn't necessarily help to stick it on your soul.

Anyway, I went on a quest to discover what actually helps to alter our self-image. How do we eliminate negative things we tell ourselves day in and day out? Things we've heard for years about ourselves. Things that got stuck to us like super glue and only seem to come off with parts of our flesh attached to them.

So, if you're looking for realistic, no-nonsense information on keeping the toxic self-talk at bay, keep reading. By the way, I'm only sharing things that helped me, and the only expertise I have is living my own life well. Hopefully, you'll find my personal discoveries useful.



POSITIVE AFFIRMATIONS

HOW TO MAKE THEM STICK

Why Do I View Myself As...



Before you start reciting the uplifting words you found on the internet, you should probably figure out why you're not thinking all of these positive things in the first place. Why aren't you convinced that you're this wonderful, glorious, ultra-successful being that attracts positive vibes anywhere you go?

Well, probably because after existing on this planet for however many years,

Why Do I View Myself As...

your life experiences told you otherwise. Maybe a few people said some things about you that weren't very nice and you internalized their words. Maybe you made conclusions based on an unfortunate incident that you're not able to shake off.

Now, if you start saying positive, shiny proclamations over yourself without actually believing they're true, you'll just end up feeling like an impostor. At least I did.

But don't words have power? Oh, yes, they do — when you internalize them and make them your own. How would you do this?

First, start by being honest with yourself.

Think of one thing in regards to yourself that you're not happy with. Write down the

POSITIVE AFFIRMATIONS

HOW TO MAKE THEM STICK

Why Do I View Myself As...

thoughts about it that bothers you, constantly nag you, run through your head on repeat like an annoying cassette tape.

List all of the possible reasons of why you believe these words are attached to your person. Don't just write "because it's true." Try to figure out what caused you to form these convictions. Dig deeper and identify the first time you felt this way. Write down the emotions around it.

How do these mindsets make you feel? What are they keeping you from being able to do?

Let's do an example. I think all of us women have a tendency to not like something in our appearance even if we become supermodels.

When a woman isn't happy with the way she looks, this

Why Do I View Myself As...

might cause her to avoid family pool parties and miss work-related social events. Her performance at her job might suffer due to the lack of confidence, and even her relationship with her spouse could be strained because she doesn't trust his affection.

Maybe it all started with her mother being overly critical with her as a child, and now she's criticizing herself with negative thoughts running in her mind on repeat. Growing up, she wasn't popular with boys and ended up in a relationship that was verbally abusive. Now even with a caring husband she still feels insecure and unloved. When she compares herself to the women on magazine covers or even in her office, she feels inferior.

Now you try.



POSITIVE AFFIRMATIONS

HOW TO MAKE THEM STICK

Why Do I View Myself As...

And here you thought I'd be teaching you super-powerful proclamations that'll finally do the trick. Instead, I'm making you open up some old wounds. Sorry.

Unfortunately, I don't have a magic formula, but if you want a lasting change in how you view yourself, you can't just put a bandaid on something that requires major surgery.

YOU HAVE TO GO THROUGH THE PROCESS, AND AT TIMES IT'S NOT EASY OR FAST.

Now, What Do I Do With This Again...



Now, What Do I Do With This Again...

After you've identified the issue you want to address and figured out what the roots are, ask yourself: *What can I do about it?* There's always something you can do.

The woman in the example above could:

- Talk to a trusted friend
- Go see a counselor
- Bring the issue to God in prayer and ask Him to tell her how He views her
- Join the gym
- Go shopping for new clothes
- See her hairdresser
- Change her diet
- Read good books on the subject
- Do something nice for herself
- Distance herself from her critical mother for a bit

POSITIVE AFFIRMATIONS

HOW TO MAKE THEM STICK

Now, What Do I Do With This Again...

- Tell her husband how she feels.

There are lots of options.

The point is she'd have to put in effort into changing her beliefs.

JUST REPEATING THE UNREALISTIC WORDS FROM THE LIST SOMEONE ELSE MADE IS LIKE RECITING THE WEALTH-ATTRACTING MANTRA WHILE OVERSPENDING AND WATCHING TV ON THE COUCH EVERY EVENING. IT WON'T WORK.

The websites that advertise these things forgot to put a disclaimer: "Some action steps are required."

Pick one thing you want to improve, choose a few simple steps to implement it, and give it a solid try. Be persistent. You have the power to change it.

What's Stopping Me?



What if you've already tried to work on the issue and failed? What if, despite your efforts, your internal conversation is still on the "glass half empty" route?

Ok, now we're finally getting to the talking-to-yourself-in-the-mirror part. Here is when words of affirmations and proclamations actually come in as useful.

While you're implementing the steps to pull out the root of the problem and heal, you need to fill your mind with lots of good information on the subject. A few positive phrases to tell yourself daily would help along the way. But they

POSITIVE AFFIRMATIONS

HOW TO MAKE THEM STICK

What's Stopping Me?

have to align with the transformations you're already pursuing.

Here's another example. Let's say, you're terrified of public speaking (like me), and it's holding you back at work. It's been a thorn in your flesh for years, so you finally decide to tackle it down. You realize that it all started in the first grade when you were humiliated in front of the class. After that, every experience of speaking in front of the group ended in an embarrassing disaster. But despite your fear, you tell your boss that you're finally ready to do that presentation.

Over the next few weeks you get ready. You recite your speech in front of the mirror, in front of your family and friends, in front of your dog. You join Toastmasters International. You use your imagination

What's Stopping Me?

to see yourself in front of others doing splendidly and receiving a standing ovation. You read books and watch videos on speaking with confidence. You see a counselor to address your former negative experiences and reframe your thinking.

Drum roll, please. Here's where positive affirmations start to play a role.

You tell yourself daily the things that are becoming true in your life: *I'm going to be calm and relaxed when speaking in front of an audience, I will speak with confidence, people will enjoy listening to me, public speaking is starting to feel more natural and easy,* and so on.

Now go ahead and plaster it everywhere in your house, listen to it on the way to work, recite it internally

POSITIVE AFFIRMATIONS

HOW TO MAKE THEM STICK

What's Stopping Me?

before you begin your speech. Tell it to yourself, to everyone around you, and stop all the naysayers who tell you otherwise.

Then you're going to step in front of your colleagues and do your best. Whatever happens next is just another step in your process of self-development.

The only thing that can stop you from making a positive change in your life is... you. I can tell you how special and wonderful you are all day long (you are by the way), but unless you dig deep and realize for yourself that it's true, these words will just bounce off without doing anything.

The shift has to happen on the inside first. You need to study the topic, read the books, listen to people who are already there, and surround yourself with supportive friends.

What's Stopping Me?

If you're willing to do that and just looking for some simple truths to strengthen your new mindset, feel free to download my personal affirmations list. I hope it encourages you.



**Head to page 96
for more wall art!**

Spoil Me



**SPOIL ME ENCOURAGES
YOU TO LIVE LAVISHLY
WITH AN ARRAY OF
UNIQUE AND DOWNRIGHT
STUNNING ACCESSORIES
STOP BY FOR A SHOPPING
SPREE AND AN EAR
PIERCING!
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HOW TO PLAN A TRIP AROUND THE WORLD

PETER



Intro

expensive and almost an impossible thing to plan out right now, the truth is different – this is the perfect time to start thinking about it.

Now, you can play this in two different ways: you can either plan out your trip around the world all at once, or simply separate it into several shorter trips. So, take a look at how to plan out this amazing endeavor:

Allocate the Time

Embarking on an around-the-world thing is not a small thing, and it'll definitely take you a lot of time. This is why, as already mentioned, it would be best to opt for one of the two options.

The first one requires some more time off work, as you'll travel to at least 12 countries and spend a couple of days in each,

Now that we've set foot in 2020, it's time to start planning some spectacular things to do in the new decade.

However, life can be quite difficult to foresee and you can never really be sure about what'll happen. Even though you perhaps do not know who you're going to marry, how many kids you will have or where exactly you will live until 2030, there are some things that you can plan out, and also things that can be great.

One such thing is a trip around the world, and even though it might sound extremely

HOW TO PLAN A TRIP AROUND THE WORLD

Allocate the Time

so you'll need approximately two months for this.

Or, you could divide this into several shorter trips and return home after each one. The benefit of the latter approach is that you won't have to ask for a lot of time off work, and more importantly, you'll be able to divide these trips into different months or different years.

For example, opt to visit Africa in 2020, Asia in 2021, Australia in 2022 and so on.

Think of the Transportation



Think of the Transportation

One of the biggest concerns people have before setting out for an around-the-world trip is the fact that they'll have to think a lot about transportation in different countries.

This means that you won't be able to rent a car and use it for all countries – you'll probably have to do so in every country that you decide to see.

However, what can use the perks of the XXI century and make the traveling process easier. For example, when you decide to see Australia, it would be a good idea to consider private airport transfers in Sydney as it'll make your Australian experience easier.

Similarly, you might be able to rent a car in a European country and use it to take a road trip throughout other countries as well (but make sure you know which countries are

HOW TO PLAN A TRIP AROUND THE WORLD

Think of the Transportation

members of the European Union and which are not).

Map out the Route

Once you decide when you want to go on your trip around the world, it's time to decide on the first destinations. Only when you do that will you be able to carefully map out your route and create the easiest – and most importantly – the cheapest experience.

Some plane tickets are cheaper than others, so knowing in advance all the airports that you'll land on and all the countries and cities that you want to see will help you save a lot of money, especially if the order of the places you want to visit isn't important to you.

Quick tip: It would be excellent if you kept the destinations on the same continent together, as this is will help you save time

Map out the Route

(and money) on transportation. So, if you want to visit several countries in Europe, make sure to do that at the same time.

Consider Buying the Tickets in Advance



Apart from buying the plane tickets and booking the accommodation in advance, it's a great idea to buy any museum/landscape tickets in advance, as well.

This might be important if you want to see certain landmarks of a country, especially if it's quite popular. If you don't book your Versailles,

HOW TO PLAN A TRIP AROUND THE WORLD

Consider Buying the Tickets in Advance

Louvres or Anne Frank house in Amsterdam at the right time, the chances of you not being able to find a ticket for that particular day are very, very high.

In Conclusion

Yes, planning an around-the-world trip is definitely not the easiest idea, but it's a project that will take a lot of the new decade. And after all, it's a great project, one that you will really, really enjoy!



Travel Much?

London? Paris? Maybe Tokyo? Wherever you go, we'd like to know all about it!

Here at The Burgundy Zine, we always look forward to hearing about the awestriking adventures travel bloggers and staycation extraordinaires alike embark on.

If you're interested in telling us about a recent trip you've gone on or a memorable vacation from long ago, we're all ears. You can submit your article through our blog or forward it to The Burgundy Zine via email: submit@burgundyzine.com



THE POWER IN FEMININITY

CRYSTAL ERMON



The Power in Femininity

The power of femininity is shown in all spaces in history, and it isn't aligned with the feministic mantra of being equal to a man's power but rather more of a balance between who he is and who she is. The polar opposites are both equally necessary to the world that we live in today.

It's here, the decade of the woman. It's not to say that we're taking over the world no, but we're embodying a divine nature and learning the power that we possess.

It's in this divinity that we can support the world around us in a way that will ignite love, joy, and peace.

A WOMAN IS SUCH A BEAUTIFUL HUMAN CREATED BY GOD FOR THE PURPOSE AND INTENT TO INFLUENCE AND NURTURE AND SPARK LOVE ON ALL LEVELS.

WOMEN ARE BEAUTIFUL,
SOFT, GENTLE,
UNDERSTANDING,
EMPATHETIC, AND
NURTURING. WHAT
WOULD THE WORLD BE
LIKE WITHOUT THEM?
BITTER AND COLD.

There's a loving energy that we can bring to any room when we heal ourselves from the comparison. Comparison is the thief of joy. When we continuously compare who we are to our masculine counterpart, we invite

THE POWER IN FEMININITY

The Power in Femininity

confusion and
disorder into our lives.

Femininity has always been very influential, and it's shown in the story of The Apple. Eve's influence was so significant she was able to convince Adam to eat from the forbidden tree. It's when we use our beauty and influence for the greater good of humanity that we truly see the positivity power that we possess.

Think about the most recent time you were able to defuse an intense situation or inspire action amongst people. When you use your ability to cultivate change in the world properly.

Although beauty can be fleeting, we are to use our vision to captivate for the purpose of influence and not for vanity or seduction. Seduction is about sex, and influence is about purpose. The two mustn't be confused, seductress is always

The Power in Femininity

working to entice the
thoughts lustfully.

An influencer is looking to achieve a goal. That's why it's imperative that as a woman, you find out what your purpose in life is. When you know what you're working towards, you can live a life of substance and intent. You'll be able to utilize all of your attributes to influence the minds of the people that align with you.

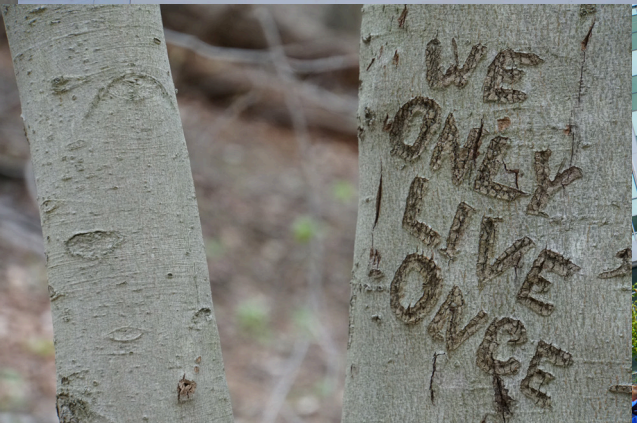
BE PROUD OF WHO YOU ARE
AND EVERY EMOTIONAL
MOMENT THAT MAKES
YOU AN EXTRA WOMAN!
IT IS WHAT MAKES YOU
A FANTASTIC ART PIECE
FILLED WITH DEPTH
AND COLORS OF ALL THE
SHAPES THE WORLD CAN
FATHOM. TO THIS DAY,
EMBRACE THE FEMININITY
THAT YOU POSSESS.

This energy will move you into a place of comfort and peace.

2



Thank you for anot



her beautiful year.

TOP 8 FASHION TRENDS FOR WINTER 2020

THE FASHIONABLE HOUSEWIFE



Let's be honest, ladies: it can be so easy to forget about fashion trends for winter. The weather is gloomy, it's too cold to go outside, and the holiday season has probably left you feeling more than a little exhausted. Who could blame you for wanting to spend your

Intro

days at home, curled up in your comfiest sweats?

Trust me, I get the appeal. But we all know that when you look good, you're bound to feel good – and the trends popping up this winter are way too stylish to resist!

Shake off your winter blues and start looking (and feeling) fabulous with some of the hottest fashion trends for winter 2020.

Two Tone Dresses

One of the coolest fashion trends for winter is the two-tone dress. This look is incredibly simple – a dress that is half one color, half another – but the overall look, with its bold, geometric color blocking, is very modern and chic.

This winter look is for sweater dresses that feature this

TOP 8 FASHION TRENDS FOR WINTER 2020

Two Tone Dresses

unique two-toned style – bonus points if the dress features one of the season’s most stylish colors (cranberry, gold, sage, and grey).

Don’t want to wear a dress? You can still incorporate the two-tone trend into your wardrobe with sweaters or coats that showcase a colorful combination.

Fleece and Faux Fur Coats



Fleece and Faux Fur Coats

Coats are an essential part of every woman’s winter wardrobe (and every man’s, for that matter), but the kind of coat you wear varies from one year to the next.

This season, the fashion world is all about shearling and faux fur, resulting in a look that’s equal parts comfort and class.

One of the greatest things about shearling and faux fur? These coats are available in a wide range of colors and patterns, from cobalt blue to leopard print.

Whether you’re looking for a bold statement coat or something you can wear every day until spring, shearling and faux fur are the perfect choices to keep you warm and looking wonderful.



TOP 8 FASHION TRENDS FOR WINTER 2020

Pantsuits

Pantsuits were all over the runway this past fall, with designers like Oscar de la Renta, Roksanda, and Alexander Wang all giving us their take on businesswoman chic.

Frankly, I love it! Not only do pantsuits allow you to feel like a bonafide boss lady, but the matching pants and jacket trend makes getting dressed each morning a breeze.

Whether you opt for a slouchy, street style look or a fitted pantsuit in a bold print, this is one trend you'll want to make part of your winter wardrobe right away.

In fact, this is one trend I see sticking around for quite a while; if you find a suit you really, really love, invest in a little custom tailoring, so it fits you like a glove.

Jumpsuits

Pantsuits aren't the only all-in-one outfit you'll see everywhere this season. Jumpsuits are also back in style as one of the top fashion trends for winter! This is one of the most versatile trends of the 2019-2020 winter season, as most jumpsuits can easily be dressed up or down with the right accessories. Also, you can find a jumpsuit that "suits" nearly every kind of style!

If you're looking for something flirty and feminine, look for a jumpsuit with flared legs. This will create a more flowy, dress-like fit while wrapping you up in a little extra fabric (a must on cold winter days).

If you'd rather a look with a little more edge, slip into a fitted jumpsuit and add some of your favorite jewelry or other accessories.



TOP 8 FASHION TRENDS FOR WINTER 2020

Jumpsuits

Don't forget to invest in thongs right now, as it's critical to looking sexy in a jumpsuit instead of like a 5-year-old.

The possibilities for layering and accessorizing are endless, so take the plunge!

Seventies Style



Seventies Style

They say that fashion is cyclical, and the things once considered old and outdated eventually come back en vogue.

Well, this year it seems the seventies are making their comeback! Designers like Michael Kors and Balenciaga have been reaching into the past for their fashion inspiration – and the result is a lot of looks that would be at home in Studio 54.

How can you incorporate the seventies-style into your look? There are a few key pieces you should be slipping into your wardrobe to incorporate these top fashion trends for winter: pleated a-line skirt dresses with cinched waists (or belts to accentuate your shape), turtlenecks and neckerchief, and lots and LOTS of earth-toned leather.



TOP 8 FASHION TRENDS FOR WINTER 2020

Nineties Style

The seventies aren't the only decade enjoying a resurgence as the 2020s begin. Many designers are also reaching into the more recent past, creating nineties-inspired styles for their winter 2020 collections. These looks are all about layers (something I love for the winter months) and looking effortlessly cool (something I love for every month).

To master the nineties look, play around with layering – and don't be afraid to mix up patterns, prints, or styles. A masculine-looking blazer worn over a hyper-feminine camisole is very much the style you're looking for!

Also, consider adding extra denim and plaid to your wardrobe (for the grunge look), as well as fun and playful animal prints.

Feathers

One of the easiest ways to make your look more eye-catching and dynamic is by playing with different textures. Whether you're wearing a statement coat while picking the kids up from school or going out for a girls' night with your friends, one trendy way to add drama to your outfit is by adding a few feathers.

Many fashion houses incorporated feathers into their winter 2019-2020 collections, and no two designs are exactly alike. Some designers (like Toga and Roksanda) have accented their jackets with feathers to create a sense of movement, while others (like Marc Jacobs), had models on the runway in gowns completely covered in feathers!

Whichever look you decide to sport, just know that a feathery outfit will certainly earn you a few compliments



TOP 8 FASHION TRENDS FOR WINTER 2020

Feathers

as one of the top fashion trends for winter.

Ruffles



Not interested in feathers? Not a problem. There are other trendy ways that you can dress up an outfit and add a little extra style to your look.

For example, you could try out the last trend on our list: ruffles! The 2019-2020 winter looks are just covered in

Ruffles

ruffles – along hemlines, over the shoulder, around collars like an Elizabethan courtier!

Ruffles are a great way to dress up your look while still being on-trend. They work great for spring too!

About the Author

Jonah Levine is the Creative Director of NewYorkDress.com.

As Creative Director, Jonah works to create the ultimate online and in-store luxury shopping experience with a focus on service and personalization.

About the Fashionable Housewife

Sarah-Jean Ballard is the Editor in Chief of The Fashionable Housewife blog and Founder of Fashionable Media.



VANS KICKS OFF "CUSTOM CULTURE" CONTEST

◊ BURGUNDY BUG ◊



Intro

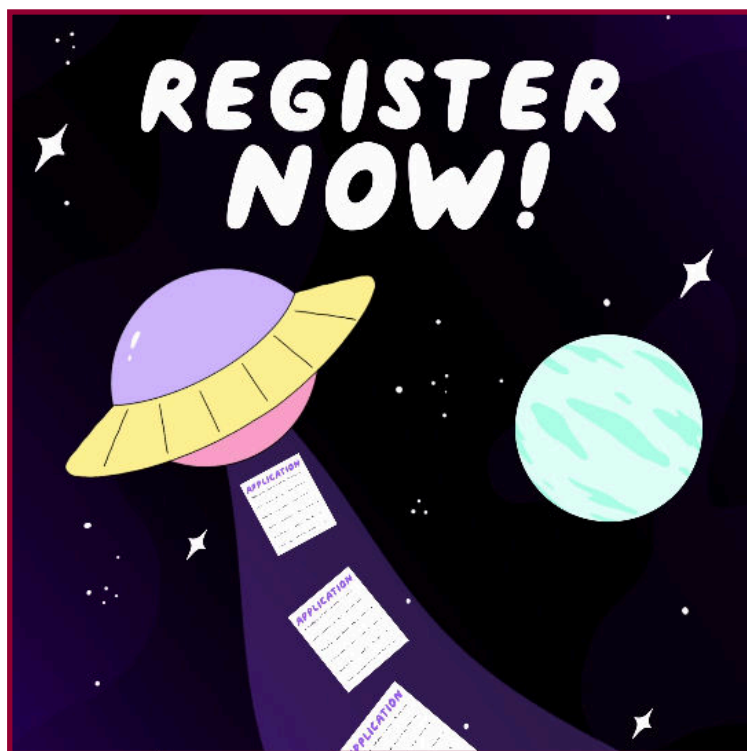
runner-up schools will be selected to receive an art lesson from one of Vans' art ambassadors: Kelly Breez, Robin Eisenberg, Todd Francis, Penelope Gazin, or Jay Howell, says a recent Vans press release.

How to Register

Vans invites all public and private high school artists to participate in their eleventh annual Vans Custom Culture, an art contest designed to "inspire and empower high school students to embrace their creativity through art and design and to bring attention to diminishing arts education budgets."

Registration is open now through Jan. 31 and the grand-prize winner of \$75,000 will be announced in mid-May.

Additionally, the top five



High school art teachers and administrators can register online until the end of the month for a chance at being

VANS KICKS OFF "CUSTOM CULTURE" CONTEST

How to Register

one of the 500 schools selected to participate in Vans Custom Culture.

Those interested must enter information about their school and provide their personal contact information. Applicants must also be over the age of 21.

Vans Custom Culture Application Rules

The following application rules are outlined in the 2020 Vans Custom Culture Contest rule document:

- Vans Custom Culture is open to public and private high schools for grades 9th through 12th throughout the United States
- The contest is only open to those who register with Vans
- High schools that have won a grand prize or were finalists in past Vans Custom Culture

Vans Custom Culture Application Rules

contests are not eligible to participate

- After school programs are only eligible if they operate under a public or private high school
- Only one application may be submitted per high school
- The applicant must be an authorized high school representative

Save These Dates!

- **Jan. 6 to Jan. 31, 2020:** Registration
- **Feb. 3 to Feb. 7, 2020:** 500 high schools will be selected to participate
- **Feb. 10 to Feb. 21, 2020:** Vans will send shoes and supplies to the 500 high schools who have been selected to participate



VANS KICKS OFF "CUSTOM CULTURE" CONTEST

Save These Dates

- **March 31, 2020:** Image submissions of the shoes are due
- **April 20 to May 1, 2020:** A public vote on entry submissions will be held online
- **May 4, 2020:** The top five winners will be announced
- **May 11 to May 15, 2020:** The grand-prize winner will be announced

I've Registered, Now What?

Vans will announce the 500 schools selected to participate at the beginning of February. The applicant will first be notified by Vans via email and telephone with another confirmation sent via snail-mail if their school has been selected.

I've Registered, Now What?

Then, Vans will supply each selected high school with a pair of white, size nine Slip-Ons and Authentic sneakers along with basic art supplies:

- Pencils
- Markers
- Glue sticks
- Tempera paint
- Paintbrushes
- A watercolor pad

Vans says the art supplies are good for up to 20 students. All selected high schools will receive the same art supplies, but colors may vary.

How to Hit the Ground Running



Each sneaker must be devoted to one of this year's themes, "Local Flavor" and "Off the Wall."

VANS KICKS OFF "CUSTOM CULTURE" CONTEST

Local Flavor

Sneakers styled in the "Local Flavor" theme should address the following:

- What's special about where you live?
- How can you showcase local pride?
- What's unique about your home that would be fun to highlight?

Off the Wall

Sneakers styled in the "Off the Wall" theme should address the following:

- What does "Off the Wall" mean to you?
- What does "Off the Wall" look like?
- Think outside the box, and off the wall! Be bold. Be different.

Additional Considerations

Vans values originality and

Additional Considerations

stresses the importance of avoiding copyrighted images, logos, and celebrity likenesses.

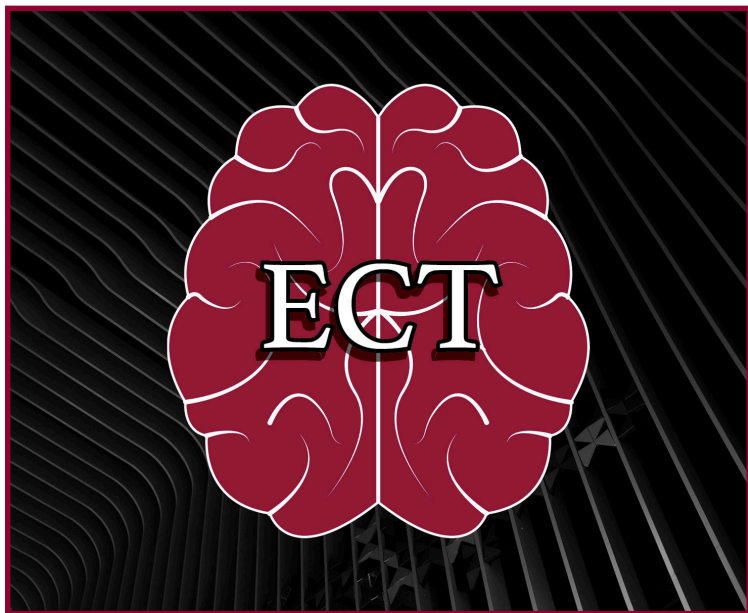
Additional tips for decorating the shoes and brainstorming ideas are provided by Vans here. A template for decorating may be downloaded from the Vans Custom Culture site here.

Still have questions? Skate on over to the Vans Custom Culture FAQ!



ELECTROCONVULSIVE TREATMENT EXPERIENCE

FISHSPIT



ECT Experience

Keep them doggies moving! Rolling! Rolling! Rolling! The shock mill. They were sizing up our situation . . . asking the necessary questions. They were nice nurses . . . a lot of compassion. One of them put her hand on my shoulder as they put the electrodes on that first time . . . it's a strange thing

The people that were in the cubicles . . . all around me . . . how can I put it gently . . . ah hell . . . let's just say it . . . they were fucked up man . . . over the rainbow . . . toodly whooped . . . deranged . . . damaged . . . or just plain worn out. The last house on the block. I watched . . . I listened . . . and I thought, "Holy cats! Am I that fucked up? Do I look like them?" Befuddled. . . mixed up

. . . nobody home . . . can't make friends with the brain. Shock! Shock! Let's shock 'em back into shape! Get rolling!

. . . all so strange. Pardon me dear reader if I bounce around like a ping pong ball . . . it's part of the program right now . . . a side effect...being flumdiddled. "It'll go away," they say. I don't care if it doesn't . . . I'll be a spazz! . . . just get that fucking beast depression out of my soul! Shock the shit out of it! Zip! Zip zoom! Zap! Give it to me! Double doses! No . . . hell! Quadruple doses . . . make me a dingus! Destroy my reason! I want to play again! Shock! Zip! Whammo!

ELECTROCONVULSIVE TREATMENT EXPERIENCE

ECT Experience

When you come out of it . . . Oh god! The first time...a terrifying vision! I can't remember the details...I don't want to...I just remember the fear...I weighed it in the balance . . . do I want to experience that again? I decided it was worth it . . . but what a bitch! Misery upon misery! "Would I do it again?" I decided, "Yes!" But why so much misery?

The second time? It was worse. I couldn't breathe . . . I was conscious . . . I couldn't move. I couldn't speak. It's hard to remember details . . . I was shocked you know. Most people have no memory of the whole process . . . this would become true of me . . . but this time . . . Jesus...I could hear them talk . . . their laughter . . . but I couldn't move . . . I couldn't speak . . . it's hard to remember it all. I'm digging deeply here for you dear reader . . . visiting memories I'd rather forget . . . for you!

ECT Experience

The anesthesia . . . the shock. Most people have no memory of the whole process . . . I did. I was awake. That first time . . . that terrible vision...told you that... my passion for repeating myself. . . can't remember the vision

. . . only the fear . . . I tried to hold on to it . . . the vision . . . not the fear . . . fuck that kind of fear! But I couldn't. After the treatment you are totally . . . what? Whammo! A dead donkey has more sense than a person coming out of the induced seizure. That's what they do . . . induce a seizure. Crazy! I take an anti-seizure med . . . but no I don't! They told me to nix that baby . . . it'd fuck with their little seizure.

I don't ask questions. No . . . I'm beyond all that. I don't give a good goddamned anymore. Just shut up! Shock me! Let me become a human again.

ELECTROCONVULSIVE TREATMENT EXPERIENCE

ECT Experience

I haven't been a human for so long...Ijabberingidiot? Yes! Yes indeed. I've stumbled through somehow . . . ended up on that table. Table? It's not really dear reader . . . added that for effect . . . drama . . . a slab of meat . . . on the table . . . wicked scientists

. . . no! They show the utmost compassion. It's soft...my little table . . . plenty of cushion . . . don't you worry my peruser. The machinery . . . high tech! Beeps . . . boops . . . tweets . . . twinkles . . . all sorts of beeps going on . . . no use trying to separate them out.

My anesthesiologist (hey she's kindacute!) gives me her routine, "Yeah, yeah . . . don't care . . . put me to sleep baby. If I don't wake up . . . well . . . it was a rough life. Put me to sleep! Shock me! Whammo! Zip! Zip! I want to be normal . . . I want that."

I'm going to bounce around

ECT Experience

on you again . . . my ping pong writing . . . but . . . oh yes . . . this was a wonderful thing . . . after the second treatment . . . I had gone home and was sitting on the couch watching my dear, old cat try to play . . . but . . . the little angel has got some arthritis . . . 19 years old! She's still a kitten at heart. Yes . . . but those back legs . . . especially them. Oh but woe! My reader! Left you with the cat . . . Pip is her name . . . I hope you gave her a few pets . . . she's precious, but we must get back . . . yes . . .

my moment . . . it only lasted for . . . well . . . I'd say a half an hour. I sat on the couch . . . like I told you . . . looking at my cat . . . I realized . . . there was no depression! Absolutely none. I have depression on me at all times . . . unless I drink liquor or take drugs, and I have . . . enormous quantities . . . stifling the blues . . . to make

ELECTROCONVULSIVE TREATMENT EXPERIENCE

ECT Experience

a long story short, I ended up homeless . . . sitting on a bench . . . with my cat . . . swilling Potters 100 proof . . . Catholic Family Services coming down to my bench once a day . . . bringing me a sandwich, and my cat a can of food. Those days were done!

No more liquor . . . no more drugs . . . I was left with a constant depression . . . I can feel it some as I write . . . sometimes it's a mosquito . . . a small pestering depression . . . a tiny dark spot on the soul, but then! Oh my! It can become a gorilla! Consuming me absolutely! Then I become bed bound . . . and sometimes even have to be fed . . . by another . . . by hand . . . one spoonful of soup at a time. I become so consumed by darkness I cannot lift my head. I piss in the bed. No getting up. They roll me over and change the sheets. It's a hideous thing. Oh god . . . It's black! But I'm losing you

ECT Experience

again . . . I can hear you, "Grow some balls! Get out of bed! Or if you can't do that . . . finish the goddamned story!"

Oh my! OK . . . I'm on the couch . . . watching my precious cat, and I realize . . . the depression is gone! Absolutely, totally gone! I thought, "Holy dipshits! This is how other people feel! This is how normal people feel." It was then I understood how people navigated life so easily . . . I felt like others . . . I could do this life thing! Feeling like that . . . the weight off the brain and the soul . . . the horrors lifted . . . I . . . I was like, "I can do this shit. This shit's easy!" Man! It blew me away! Oh man. . . . I could kick ass in this world . . . I was on top of it! Ha ha . . . I'd be running this place.

. . . I lost it . . . the depression returned . . . the grey and the brown sunk in . . . I sat bewildered.

GET YOUR SHIT TOGETHER

WITH TRELLO

BURGUNDY BUG



What's Trello?

descriptions, and comments, that help you break down your big ideas into manageable steps.

What Can I Use Trello For?

Anything and everything. Whether it's your solo-project or a collaborative effort, Trello provides you with all the tools you need to turn your dreams into a reality.

Are you running out of fingers to count all of your ideas on? Do you spend your nights ruminating over your to-do lists?

Well, look no further. Trello is a modern, user-friendly tool that'll help you visualize and organize your goals.

Need a little help getting started? Trello provides a variety of templates for personal, business, creative, educational, or technological ventures.

What's Trello?

Trello is a free, online platform that allows you to create boards of your ideas. Then, you can structure your project into various lists with cards and other tools, including labels,

How to Use Trello Back to the Drawing Board

After creating an account, it's time to get your first board started.

GET YOUR SHIT TOGETHER

WITH TRELLO

Love it? List It!

Lists help you organize your project into categories or steps. Creating lists helps you structure your thoughts so you don't become overwhelmed by one big to-do list.

Pro tip: Having a list of your “overall goals” and “completed” steps can help you keep the big picture in mind.

Create Your Cards

Cards are essentially the “do’s” to your “to’s.” After you add them to your list, you can add descriptions, comments, labels, file attachments, and due-dates.

If you're working on a collaborative project, you can assign various members on your board to specific cards.

Drag & Drop

Both lists and cards utilize drag and drop features that make it easy to move around your ideas

Drag & Drop

Trello's use of drag and drop features adds a sense of control and tangibility that's often missing when organizing your ideas digitally. It allows you to have that hands-on feel without the messiness of scribbling all over your planner or having to make eye-contact with the crumpled pieces of paper spilling out of your trash can.

Build a Team

You can create specific teams of Trello users that you can add to other boards. This is great for businesses who need to assign departments to different tasks, or for those who are juggling various projects with different teams.

In Conclusion

Make it your resolution to get your shit together by saying hello to Trello.

WRITE YOUR BEST IN 2020

5 WAYS TO SURVIVE THE YEAR AND KEEP WRITING

DEANNA JACKSON



Set Monthly Goals, Instead of Yearly

For me, this seems the most realistic and ensures I don't have a complete meltdown at the end of 2020. My poor husband doesn't deserve that kind of madness. :-)

In all seriousness, I think this is more realistic for some of us writers that have demanding full-time jobs, children, and families.

I'm a planner, so each month I have set goals and put them in my calendar. I printed a calendar from this website and WROTE out my goals for the month.

Sometimes writing and seeing your goals on paper sticks better. I used that tactic in college when taking notes. While everyone else was using their laptop, I would have

Personally, I accomplished a lot in 2019, but am glad for it to be over. I fought illness during the last half of the year that left me throwing myself a pity party for one. Also, I didn't finish my work in progress, which was my one goal this year.

It happens. Don't beat yourself up, like I've been doing. Here are some ways I'm making sure I stay productive in 2020.



WRITE YOUR BEST IN 2020

5 WAYS TO SURVIVE THE YEAR AND KEEP WRITING

Set Monthly Goals, Instead of Yearly

my large notebook out.

I find it more in my face, and “real,” if I write it down with old school pen and paper!

Write – Even When There’s No Inspiration

I’m bad at this. If one thing I do this year is write more words than in 2019, I’m considering it a success!

I find I wait for inspiration to kick in before I pull out my laptop. I’m bound and determined to not do that in 2020.

Even if it’s just posting more fun content on my blog, or writing an excerpt, I wrote something! Anything will do!

IT KEEPS OUR BRAINS ACTIVE THROUGHOUT THE YEAR, WHICH CAN SPARK THAT INSPIRATION

Write – Even When, There’s No Inspiration

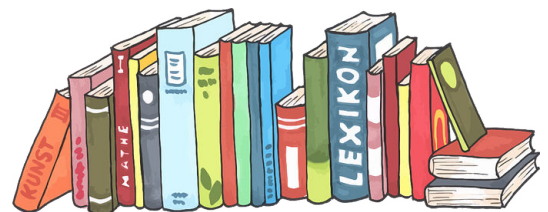
YOU’RE LOOKING FOR.

Read Everything

Okay, not everything. But I write romance, so I receive a lot of book review requests for romance novels. This year, I have a wide list of different genre books to read for my reviews, and I’m pumped!

Thinking outside of the box, and sometimes reading in a different genre than you write, can be beneficial. When we read the same genre as we write, our voices may mesh with other authors of that same genre.

Reading outside your “norm” can help strengthen your voice, and maybe even introduce you to a new writing genre.



WRITE YOUR BEST IN 2020

5 WAYS TO SURVIVE THE YEAR AND KEEP WRITING

Try a New Point of View

This one goes with the one above a bit.

When I wrote my first novella, I wrote it in first-person past tense. As I expanded my mind and reading list, I found that I prefer to write in third-person.

Not saying I'll never write another story in first, but I feel more comfortable writing in third, and I think it reads better.

In my WIP, I expanded on that further, and am writing from secondary character views in third-person. I've never written from a male point of view, and it's been challenging, but rewarding.

I've learned so much just experimenting with it all. If you're scared to make the switch and unsure of how it sounds, have one of your

Try a New Point of View

trusty beta readers go over the first few paragraphs.

Hopefully, they'll be honest and give you constructive feedback. If not, find a new one. :-)

Publish

I don't love this word because I STILL identify it with the dreaded "big publishing houses" and querying for an agent. The good news is, as most of us know, it's not the only way to publish anymore. Self-publishing is great.

But if you're not ready to take on that task, publish a different way. Start a blog/website or post on other writing websites, like Wattpad. You're still publishing your work.

Let me say that again...
YOU ARE STILL PUBLISHING YOUR WORK!

WRITE YOUR BEST IN 2020

5 WAYS TO SURVIVE THE YEAR AND KEEP WRITING

In Conclusion

I hope everyone has a prosperous 2020! I'm so thankful for the success I have had this year, and all the connections I've made. You all are truly amazing.

As always, if I can be any assistance on your writing journey, please email me.

Happy Writing!



Got Drafts?

Is your Documents folder overflowing with unfinished drafts? Are your notebooks filled to the brim with brilliant ideas with no place to flesh them out?

Well, look no further. The Burgundy Zine is an open platform for you to broadcast your voice to a global audience.

Each month, we announce the theme for our upcoming zine, but all submissions have a place on our blog.

If you're interested in learning more about submitting your writing to The Burgundy Zine, please contact us: contact@burgundyzine.com

What are you waiting for? Go, finish those drafts! We're dying to share your talent with our readers!

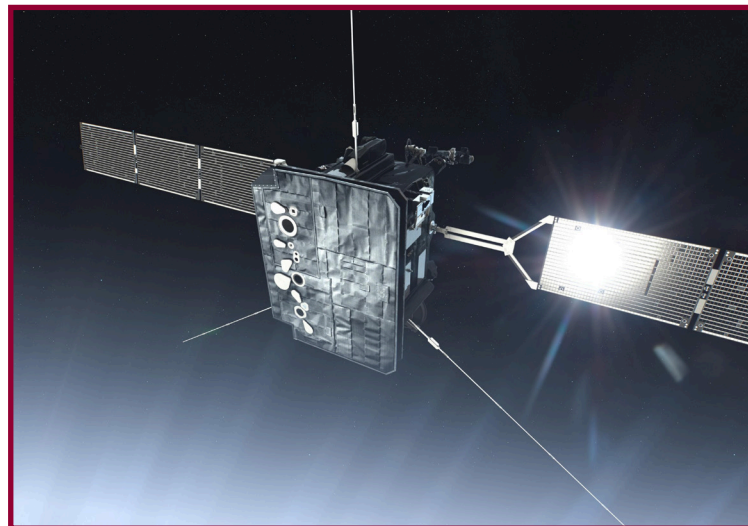


NASA'S BIG PLANS FOR 2020

BURGUNDY BUG



Chasing the Sun

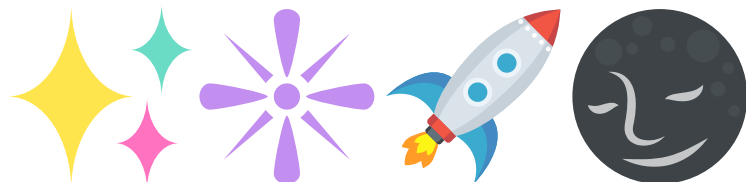


NASA's Launch Services Program is blasting off three missions this year, reaching beyond our atmosphere to study the sun, Mars, and the ocean.

These missions will provide revelations about the centerpiece of our solar system, address questions critical to planning for human expeditions of the Red Planet, and shed insight on the earth's rising sea levels.

The Solar Orbiter will orbit around the sun in an elliptical path, reaching its nearest point of 26 million miles away from the sun every five months, according to the homepage for the Solar Orbiter.

“Launching in February, the Solar Orbiter is a collaborative mission between the European Space Agency (ESA) and NASA, which will study the Sun, its outer atmosphere and the solar wind,” NASA wrote in a recent blog post. “The spacecraft, developed by Airbus Defence and Space, will provide the first-ever images of the Sun’s poles.”



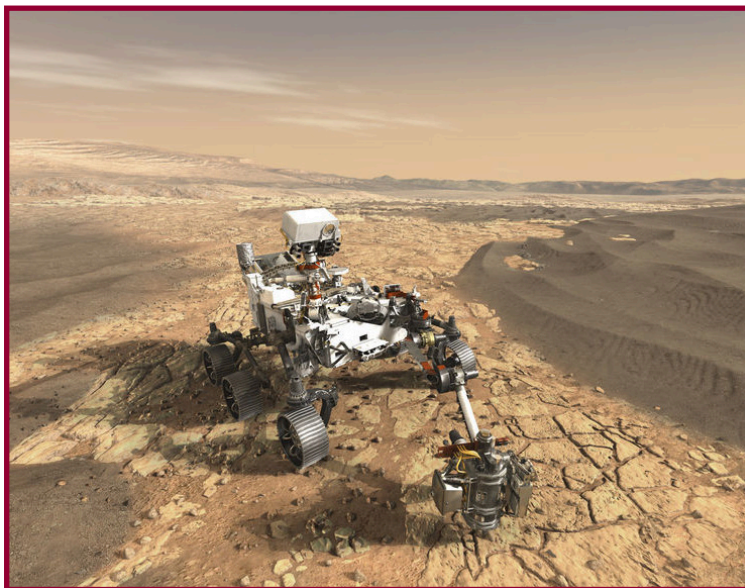
NASA'S BIG PLANS FOR 2020

Chasing the Sun

In addition to photographing the sun's poles, NASA and the ESA hope to uncover how the sun creates and controls the giant bubble of magnetic fields around it by taking measurements of the solar wind plasma, fields, waves, and energetic particles.

"Solar Orbiter will be able to observe solar processes that are still relatively pristine and have not had their properties modified by subsequent transport and propagation processes," the Solar Orbiter website explains.

Mars 2020



Mars 2020

It looks like NASA's Curiosity rover will have a buddy to accompany its journey pretty soon.

As part of NASA's Mars Exploration Program, a "long-term effort of robotic exploration," the Mars 2020 rover will launch in July and land by Feb. 2021 to search for signs of ancient microbial life on the Red Planet, says the Mars 2020 homepage.

"The Mars 2020 rover introduces a drill that can collect core samples of the most promising rocks and soils and set them aside in a 'cache' on the surface of Mars," NASA writes. "A future mission could potentially return these samples to Earth. That would help scientists study the samples in laboratories with special room-sized equipment that would be too large to take to Mars."

Furthermore, NASA says they'll use the discoveries from the

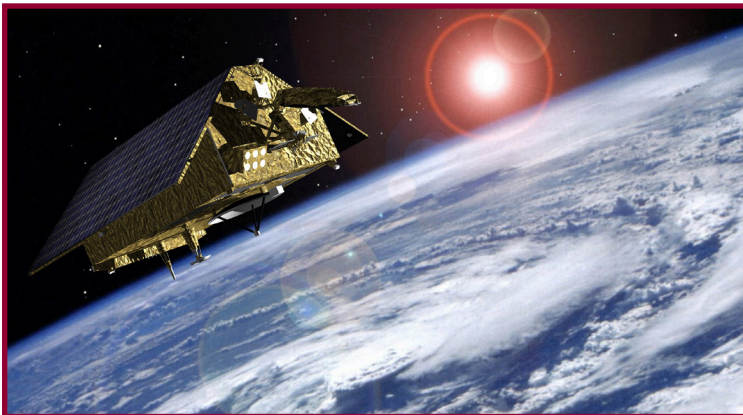
NASA'S BIG PLANS FOR 2020

Mars 2020

Mars 2020 rover to assist in planning for future human expeditions of Mars.

“The mission also provides opportunities to gather knowledge and demonstrate technologies that address the challenges of future human expeditions to Mars,” NASA explains. “These include testing a method for producing oxygen from the Martian atmosphere, identifying other resources (such as subsurface water), improving landing techniques, and characterizing weather, dust, and other potential environmental conditions that could affect future astronauts living and working on Mars.”

Rising Tides



Rising Tides

In another collaborative effort with the ESA, NASA will launch Sentinel-6/Jason CS to observe global changes in sea level later this year.

Sentinel-6 will use two identical satellites to take highly-precise measurements of the ocean's altitude.

The mission objectives for Sentinel-6/Jason CS include: ocean climate monitoring, modeling and numbering of ocean predictions, coastal altitude measurements, and short to mid-term weather forecasts.

In Conclusion

NASA and the ESA are joining forces to further our understanding of the sun and our oceans, while NASA continues to explore Mars with a brand-new rover.

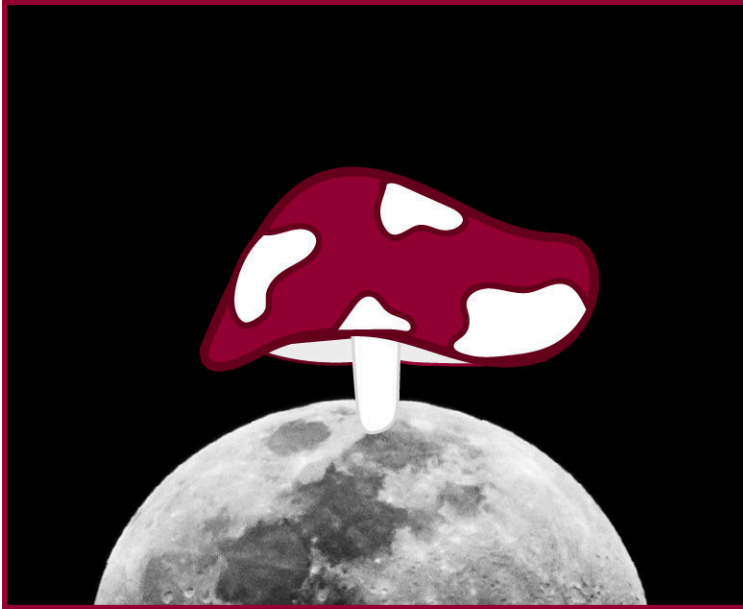
Keep up with the latest info on NASA's and the ESA's blogs.



MOONSHROOMS

HOW FUNGI COULD SHAPE LIFE ON MARS

BURGUNDY BUG



Intro

NASA is exploring technologies that could grow structures out of fungi to become our future homes in the stars, and perhaps lead to more sustainable ways of living on Earth as well.”

The quest to grow habitats on the surface of the our neighboring planets and moons, the myco-architecture project, has been using fungi to prototype self-replicating and self-healing habitats that can withstand the harsh conditions of outer space.

NASA recently announced they’re exploring new, green ways to sustain human life in outer space through the help of our beloved fungal friends: mushrooms, or rather, their mycelia.

“Science fiction often imagines our future on Mars and other planets as run by machines, with metallic cities and flying cars rising above dunes of red sand,” NASA wrote in an article last Tuesday. “But the reality may be even stranger – and ‘greener.’ Instead of habitats made of metal and glass,

“The fibrous material is fungal mycelium, the vegetative structure of fungi consisting of branching, thread-like hyphae,” wrote Lynn Rothschild, the principal investigator on the early-stage project in a 2018 NASA article. “Mycelial materials, already commercially produced,

MOONSHROOMS

HOW FUNGI COULD SHAPE LIFE ON MARS

Intro

are known insulators, fire retardant, and do not produce toxic gasses.”

In the article, Rothschild explains that mycelial materials are stronger than lumber and have more bend strength than reinforced concrete.

“A mycotectural building envelope could significantly reduce the energy required for building because in the presence of food stock and water it would grow itself,” Rothschild continues. “After the arrival of humans, additional structures could be grown with feedstock of mission-produced organic waste streams.”

Additionally, Rothschild says that melanin-rich fungi are capable of absorbing radioactivity, which suggests they could provide radiation protection.

What the Fungus



When you hear the word fungus, a large red speckled mushroom or a cluster of brown common mushrooms are probably the first images that come to mind.

However, the word embodies a wide variety of species, as NASA describes.

“A fungus is a group of organisms that produces spores and eats up organic material, like the yeasts in bread or beer, the mushrooms in your salad, the mold that may grow if you let that salad sit in the refrigerator for too long or even the organisms

MOONSHROOMS

HOW FUNGI COULD SHAPE LIFE ON MARS

What the Fungus

that produce antibiotics like penicillin,” NASA writes.

A Bit About Mycelia

Mycelium is the vegetative and fungal compound found in mushrooms, according to 2017 Nature study. It’s porous, durable, flexible, and one of the largest living organisms on Earth.

Additionally, mycelium can be used for producing a wide variety of material, “from plastics to plant-based meat to scaffolding for growing organisms,” reports a 2019 Scientific American article.

Various studies have also demonstrated the communicative properties of mycelia, including a 2013 Ecology Letters study where signals carried through mycelium networks warned neighboring plants

A Bit About Mycelia

of an insect attack.

The strength of mycelia and the diverse conditions in which various fungi can thrive show promise as a sustainable way to pursue life beyond our atmosphere.

“These tiny [mycelia] threads build complex structures with extreme precision, networking out into larger structures like mushrooms,” NASA explains. “With the right conditions, they can be coaxed into making new structures – ranging from a material similar to leather to the building blocks for a Mars habitat.”

How to Grow Moonshrooms

For mycelia to thrive on the moon or on Mars, it’ll require a way to eat and breathe.



MOONSHROOMS

HOW FUNGI COULD SHAPE LIFE ON MARS

How to Grow Moonshrooms

“That’s where something called cyanobacteria comes in – a kind of bacterium that can use energy from the Sun to convert water and carbon dioxide into oxygen and fungus food,” NASA writes. “These pieces come together in an elegant habitat concept with a three-layered dome. The outer-most layer is made up of frozen water ice, perhaps tapped from the resources on the Moon or Mars. That water serves as a protection from radiation and trickles down to the second layer – the cyanobacteria.”

The cyanobacteria will then be able to take water from the first layer and photosynthesize the sunlight that shines through the ice to provide oxygen for the astronauts and nutrients for the mycelia inside.

How to Grow Moonshrooms

“That last layer of mycelia is what organically grows into a sturdy home, first activated to grow in a contained environment and then baked to kill the lifeforms – providing structural integrity and ensuring no life contaminates Mars and any microbial life that’s already there,” NASA continues.

NASA says they have genetically modified the fungi so if any mycelia were to escape the habitat, it wouldn’t be able to spread throughout another planet and contaminate any potential microbial life.

“We’re a very long way from being able to grow useable habitats for Mars, but the early-stage research is well underway to prove the potential of these creative solutions,” NASA says. “That work all starts with experimenting with fungi.”



MEDICAL MAGIC MUSHROOMS

WHERE DO WE STAND IN 2020?

BURGUNDY BUG



Intro

Could 2020 be the widespread revival of psilocybin research, possibly leading to a medical industry that models the medical marijuana industry?

A (Very) Brief History of Psilocybin Research

Psilocybin, the hallucinogenic compound derived from Psilocybe mushrooms, had once been revered for its medical breakthroughs in the psychology community throughout the 1960s, according to a 2017 Neuropsychopharmacology review.

After decades of clinical research on psilocybin going dormant due to strict government regulations, the compound appears to be making a comeback in western medicine with over 25 active or recruiting clinical psilocybin trials listed on the U.S. National Library of Medicine.

“PSYCHEDELIC SUBSTANCES HAVE BEEN PRESENT IN NATURE AND USED BY MANY CULTURES FOR HUNDREDS, IF NOT THOUSANDS OF YEARS (CARVINGS FOUND IN SOUTH AMERICA SUGGEST THAT HALLUCINOGENIC MUSHROOMS HAVE BEEN USED THERE SINCE BEFORE 1000 B.C.).

...THE EARLIEST SCIENTIFIC RESEARCH DONE ON THESE FASCINATING CHEMICALS WAS THE ISOLATION OF

MEDICAL MAGIC MUSHROOMS

WHERE DO WE STAND IN 2020?

A (Very) Brief History of Psilocybin Research

THE MAIN PSYCHOACTIVE ALKALOID FOUND IN THE PEYOTE CACTUS BY HEFFTER IN 1896, WHICH HE NAMED 'MESCAL.'

- "HUMAN PSYCHEDELIC RESEARCH: A HISTORICAL AND SOCIOLOGICAL ANALYSIS" IN MULTIDISCIPLINARY ASSOCIATION FOR PSYCHEDELIC STUDIES

Albert Hoffman first identified psilocybin in "magic mushrooms" in 1958, says the 2017 Neuropsychopharmacology review.

"Plant-based psychedelics, such as psilocybin, have an ancient history of medicinal use," the review explains. "After the first English language report on LSD in 1950, psychedelics enjoyed a short-lived relationship with psychology and psychiatry."



A (Very) Brief History of Psilocybin Research

During the first wave of psychedelic research, compounds such as psilocybin and LSD had been studied for their potential to treat substance use and mood disorders.

However, the rise of the counter-culture movement lead to strict government regulations in 1965 and slammed the breaks on clinical psychedelic research, says a 1999 Cambridge University Study.

Then, the National Institute of Mental Health created the Division of Narcotics Addiction and Drug Abuse which defined the five drug schedules still in place today.

Psychedelics found themselves in Schedule I, the category defined as being unsafe

MEDICAL MAGIC MUSHROOMS

WHERE DO WE STAND IN 2020?

A (Very) Brief History of Psilocybin Research

with high potential for abuse and no medical use.

Yet, the research didn't stop altogether. Instead, the substances were tested on animals throughout the '70s and '80s while underground studies on humans were taking place simultaneously.

For a more indepth look on the history of psychedelic research, we recommend reading "How to Change Your Mind" by Michael Pollan.

The Revival of Psychedelic Research

Psychedelic Research in the '90s

"HUMAN PSYCHEDELIC RESEARCH FELL INTO A 25-YEAR HIATUS BEFORE SCIENTISTS IN GERMANY, THE UNITED STATES, AND SWITZERLAND

Psilocybin Research in the '90s

BEGAN ITS REVIVAL."

- "THE THERAPEUTIC POTENTIAL OF PSYCHEDELIC DRUGS: PAST, PRESENT, AND FUTURE" IN NEUROPSYCHOPHARMACOLOGY

During the 1990s, researchers began diving back into research on psilocybin and LSD.

Soon thereafter, the Heffter Research Institute launched to help design, review, and fund studies on psilocybin throughout the United States and Europe in 1993, their website details.

"Our research has explored psilocybin for the treatment of cancer-related distress and addiction, for understanding the relationship between the psychedelic experience and spirituality, and for basic science research into the physiology of brain activity, cognition, and behavior," the Heffter Research Institute says online.

MEDICAL MAGIC MUSHROOMS

WHERE DO WE STAND IN 2020?

Psychedelic Research in the '90s

“The Heffter Institute believes that psychedelics have great, unexplored potential that requires independently funded scientific research to find their best uses in medical treatment.”

Then, Amanda Feilding created The Beckley Foundation to advocate for drug policy reform and scientific research on psychoactive substances globally in 1998, states the foundation’s website.

“We collaborate with leading scientific and political institutions worldwide to design and develop groundbreaking research and global policy initiatives,” The Beckley Foundation says online.

In 2000, the Center for Psychedelic & Conscious Research group at John Hopkins was the first to obtain regulatory approval to reinstate psychedelic research

Psilocybin Research in the '90s

on healthy volunteers in the United States, according to their website.

Since the revival of psychedelic research, preliminary reports have demonstrated safe and positive effects on the treatment of obsessive-compulsive disorder, end-of-life distress, major depressive disorder, as well as alcohol and nicotine dependence with LSD, psilocybin, and ayahuasca, says the 2017 Neuropsychopharmacology review.

The Future of Psilocybin Research in the United States

Currently, psilocybin is being investigated for the treatment of major depressive disorder, anorexia, obsessive-compulsive disorder, migraines, cluster headaches,

MEDICAL MAGIC MUSHROOMS

WHERE DO WE STAND IN 2020?

The Future of Psilocybin Research in the United States

alcohol dependence, nicotine dependence, and cocaine use, as listed in the U.S. National Library of Medicine.

Moreover, there's been a political shift in how psilocybin is regarded, as well. In May 2019, voters approved Initiated Ordinance 301 to decriminalize psilocybin in Denver, according to Denver municipal election results.

This ordinance would make the "personal use and possession of psilocybin mushrooms by persons 21 years of age and older the city's lowest law-enforcement priority," says the Denver Psilocybin Mushroom Decriminalization Initiative.

Additionally, the Oregon Psilocybin Program Initiative may appear on the ballot in Nov. 2020 if enough signatures are collected.

The Future of Psilocybin Research in the United States

This initiative would create safe and affordable access to psilocybin therapy to those over the age of 21 who qualify, control and regulate the manufacturing of psilocybin products, and prevent the distribution of psilocybin to those who don't qualify.

At a national level, a 2017 YouGov poll found 53 percent of all respondents supported medical research of psychedelic substances.

In Conclusion

It's reasonable to assume more research on psychedelics will continue cropping up as they have been since '90s.

While it's hard to predict if it'll follow in the footsteps of the medical marijuana industry, the question may be on the ballot sooner than later.



BYOBOTTLE

THE FUTURE OF SUSTAINABLE CONCERTS AND FESTIVALS

BURGUNDY BUG



Intro

There's a middle ground that allows us to have the best of both worlds: water and music. Meet BYOBottle.

BYOBottle

Nothing looks more like a music festival than rubber bracelets, band t-shirts, flower crowns, and countless water bottles littering the ground.

...What, can you blame the attendees? Staying hydrated is vital to survival, and it's all the more important when you're dancing your heart out or drinking your face off at a festival, as stressed by the data in a 2018 Addiction Science and Clinical Practice study.

But we don't have to dehydrate the audience in order to help save the planet, nor do we have to put an end to festivals altogether.

The BYOBottle Campaign is a global initiative to reduce plastic waste at music venues and festivals by promoting the use of reusable bottles and water refill stations.

"The collaborative BYOBottle Campaign encourages artists to travel with reusable water bottles and include green rider language," says a recent press release from Oniracom, a marketing and technology partner of BYOBottle. "Venues, festivals, and promoters commit to providing water refill stations for artists and fans."

BYOBottle is lead by

BYOBOTTLE

THE FUTURE OF SUSTAINABLE CONCERTS AND FESTIVALS

BYOBottle

The Sustainable Concerts Working Group, a network of music industry experts and environmental advocates who believe in a sustainably-driven music community, says the BYOBottle about page.

“The campaign is modeled after Green Music Australia’s BYOBottle Campaign, with SCWG building off that initiative to amplify the BYOBottle commitment to artists and venues globally,” BYOBottle says. “Fans can also make the BYOBottle commitment and show their support of the music industry’s efforts to reduce single-use plastic waste.”

30 venues, 50 non-profit business partners, 800 fans, and over 200 artists signed off during the Earth Day kick-off, including: Maroon 5, P!nk, Wilco, Ben Harper, Empire of the Sun, SWMRS, Flume, CHVRCHES

BYOBottle

The Lumineers, says Oniracom.

A full list of BYOBottle Partners is available online, as well.

Plastic Pollution: Why it Matters

“IF CURRENT PRODUCTION AND WASTE MANAGEMENT TRENDS CONTINUE, ROUGHLY 12,000 MT OF PLASTIC WASTE WILL BE IN LANDFILLS OR IN THE NATURAL ENVIRONMENT BY 2050.”

- “PRODUCTION, USE, AND FATE OF ALL PLASTICS EVER MADE” IN SCIENCE ADVANCES

Plastic is a non-biodegradable material, and 91 percent of it isn’t recycled, according to a 2017 Science Advances study.

“We estimate that 8,300 million metric tons (Mt) as of virgin

BYOBOTTLE

THE FUTURE OF SUSTAINABLE CONCERTS AND FESTIVALS

Plastic Pollution: Why it Matters

plastics have been produced to date,” the study states. “As of 2015, approximately 6300 Mt of plastic waste had been generated, around 9 percent of which had been recycled, 12 percent was incinerated, and 79 percent was accumulated in landfills or the natural environment.”

Moreover, plastic has found its way into our rivers and oceans. Not only does this affect marine life, but it affects our health, too, says a 2012 case study from the Science and Education Resource Center at Carleton College.

“THE TOXINS FROM THE PLASTICS HAVE ENTERED THE FOOD CHAIN, THREATENING HUMAN HEALTH. IN THE MOST POLLUTED PLACES IN THE OCEAN, THE MASS OF PLASTIC EXCEEDS THE AMOUNT

Plastic Pollution: Why it Matters

OF PLANKTON SIX TIMES OVER.”

- “PLASTICS IN THE OCEAN AFFECTING HUMAN HEALTH” IN SERC

Plastic contributes to toxins in the ocean, but it also absorbs other toxins in the ocean. These chemicals are then ingested by fish and animals, which we then ingest. Yuck.

The waste in our oceans has amounted to five garbage patches, the largest being the “Great Pacific Garbage Patch” (a.k.a. the “Pacific Trash Vortex”), which is located in the central North Pacific Ocean and larger than the size of Texas.

“Plastics are transported and converge in the ocean where currents meet,” the SERC study explains. “This means that huge plastic islands are made as a result.”



BYOBOTTLE

THE FUTURE OF SUSTAINABLE CONCERTS AND FESTIVALS

Where is All This

Plastic Coming From!?

20 percent of trash in the ocean comes from ships and offshore platforms. The rest is litter that has been blown into our open waters.

Adding insult to injury, plastic production is increasing all around the globe.

“In 1950 the world produced only 2 million metric tons per year,” says research by Our World in Data. “Since then, annual production has increased nearly 200-fold, reaching 381 million metric tons in 2015. For context, this is roughly equivalent to the mass of two-thirds of the world population.”

The packaging industry is responsible for the most plastic production, accounting for almost 146 million mt as of 2015.

What About Water Bottles?

1,000,000 water bottles are being purchased around the world every minute, says the Earth Day organization fact sheet.

In the United States, 50 billion water bottles are bought annually, which breaks down to about 13 water bottles bought each month by every person in the US.

“That means by using a reusable water bottle, you could save an average of 156 plastic bottles annually,” the Earth Day organization adds.

In Conclusion

BYOBottle Campaign is offering solution to plastic pollution at concerts and music festivals. So grab your reusable water bottle and join the movement!



GOING BACK IN TIME TO AN 80'S ARCADE WITH NAE

Tell us about yourself


My real name is Renee but I like to go by Nae. I am a strong-willed vocalist and pianist. I grew up performing in a Christian band and absolutely loved the stage.

NOTHING FELT BETTER THAN
BEING UP THERE IN FRONT OF
THE CROWD WATCHING THE
SMILES ON PEOPLE'S FACES.

Why music?

I HAVE LOTS OF HOBBIES I ENJOY, BUT NOTHING HAS EVER COMPARED TO HOW MUCH I ENJOY SINGING. I'M MOST HAPPY ON STAGE SINGING BEHIND A PIANO.

READ THE
INTERVIEW O



What does "80's arcade" mean to you?

It's meant to be a positive encouragement to find that happy place. I want it to inspire people to find that joyous, prosperous time in their relationships and go chase it!

How was shooting the music video?

WE ALL HAD AN ABSOLUTE BLAST SHOOTING THIS MUSIC VIDEO! I WOULD FILM IT 10 TIMES OVER AGAIN IF I COULD.

About this interview

Florida-based synthpop artist Nae is a colorful, fun-loving musician who is just as vibrant as her music sounds.

Following the release of her latest single, "80's Arcade," we spoke to Nae via email to learn more about the track, the upcoming music video, and her passion for music.

THE FULL
IN OUR BLOG!

BIG SMILE ON WHAT IT MEANS TO BE A BAND

STRENGTHS OF BEING A BAND?

By working together on this band we've learned a lot about each other and how to work off of each other's ideas to build songs out piece by piece.

It also helps having a strong support system within the band and being able to feed off each other's energy to get through our personal tough times.

HOW DID THE BAND FORM?

Scooter, Cam, and Ethan have all known each other for years from past projects. I (John) joined from a Craigslist ad they put out a few years ago, and Noah joined after he and Scooter had been involved in another project together.

READ THE
INTERVIEW ○



TELL US ABOUT "OSCILLATE"

The song is about being stuck in a rut and finding our own ways to deal with it. It's also the fastest we've ever written a song. Noah brought the riff to practice one day and we had everything finished in three practices.

THE FULL
IN OUR BLOG!

WHAT'S NEXT?

We're writing songs for our next EP at the moment. Hoping to have it ready to come out this summer!

ABOUT THIS INTERVIEW

Ohio-based band Big Smile has been leaving everyone with a big smile on their face through the power of their signature "angry, sad boy, pop-punk" sound.

Recently, we spoke to Big Smile bassist John Morris via email to learn more about the band and their music.

A woman with dark, curly hair and glasses is shown in profile, looking out of a window. She is wearing a blue jacket. The background outside the window is slightly blurred, showing a street scene with a white car and some greenery.

From UK

To LA:

Karima

Francis

About This Interview

UK-raised and LA-based indie artist Karima Francis touches her listeners with her heartfelt sound and moving lyricism

Following the release of her single, “Shelf Life,” which details the homelessness crisis in Los Angeles, Calif. we reached out to Francis via email to learn more about her work.

**READ THE
INTERVIEW O**

Biggest Transition from London to Los Angeles?

I just feel more alive out here. Also, the musicians and music out there – especially on the indie-folk scene – is just mind-blowing.

Do you get homesick?

No, not homesick anymore. I probably will after a while, but I've been in the United Kingdom all my life so I'm not feeling homesick at all, as of yet!

Tell us about "Shelf Life"

"Shelf Life" is a song I wrote in LA one morning on the way to a studio. I wrote the lyrics in the car and finished the song at the studio I was heading to that morning.

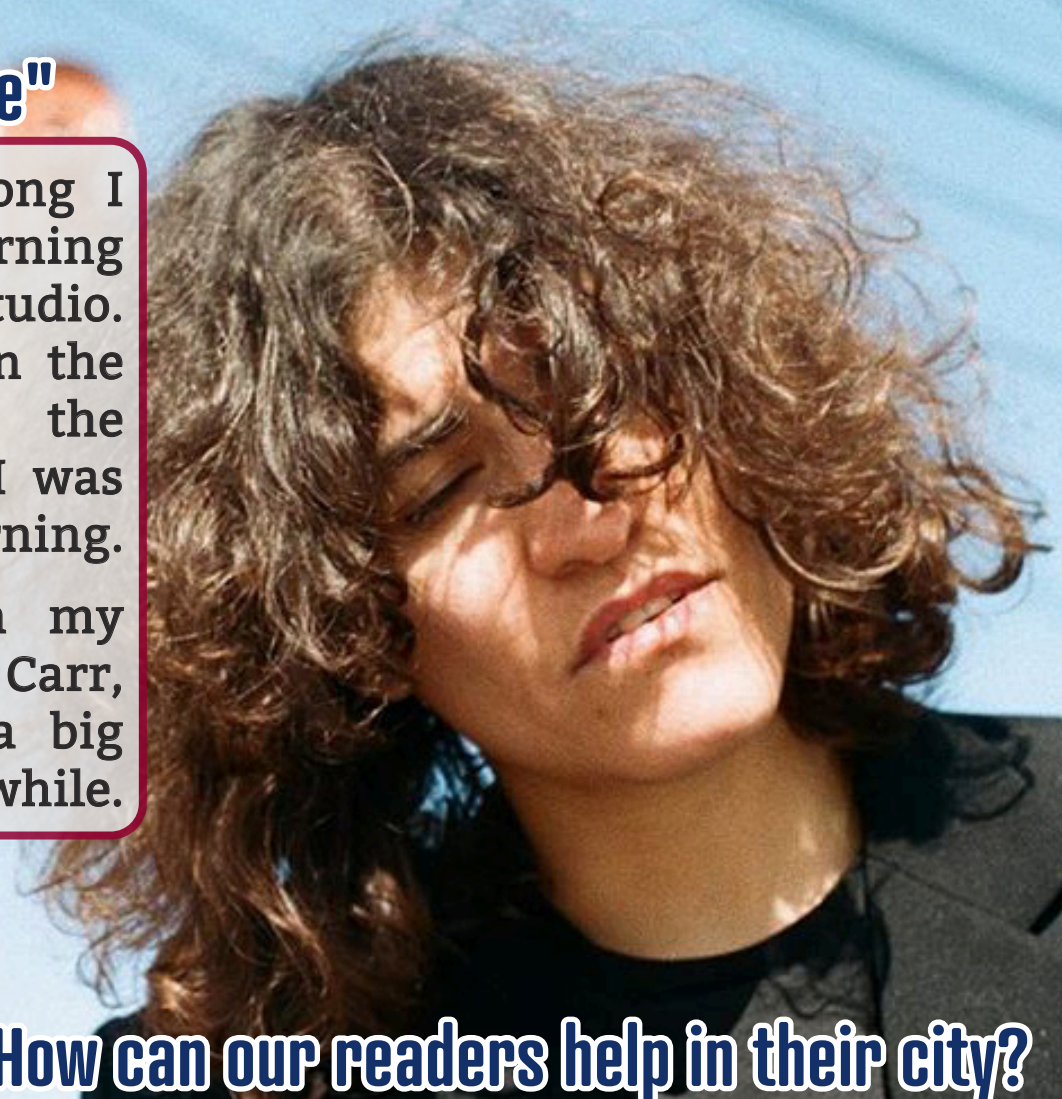
I recorded it with my producer Tim Carr, who I have been a big fan of for a while.

How can our readers help in their city?

People can look up who their local charity or organization is and reach out to ask if they can volunteer, donate clothing, money.

Just being aware these people are there and maybe just smiling and saying hello to someone.

**THE FULL
IN OUR BLOG!**



Rx

Soft Bits In

a chiptune tribute to THE FLAMING LIPS arranged by

DOCTOR OCTOROC

How did the project begin?

I had already kinda decided that I wanted to do the same thing I did with "In the Aeroplane Over the Sea" but with something else.

Most fun to arrange?

"Slow Motion," which a lot of people who are a fan of The Flaming Lips especially like that song because of the fact that it wasn't on the original album. I have to say, that one gave me a little extra joy to cover because it was kinda new to me.

Describe your process

When I'm composing, partly due to the limitations of the channel I'm working with. I structure where to put the Nintendo parts as leads in the middle channel.

Part of how I compose has to do with the technical limitations of the system. For example, the Gameboy has the capability to do stereo.

Obviously I could mix it however I want after the fact, so I could pan it at that point. But I have a desire to stick to the authenticity of the hardware.

About This Interview

Following the announcement of "The Soft Bits In" Kickstarter, we spoke to Doctor Octoroc via telephone to get a behind the scenes glimpse at his creative process, as well as a taste for what backers can look forward to on the Kickstarter.

How did the Gameboy change your process?

It added more channels, so it gave me a lot more flexibility.

HAVING THE EXTRA CHANNELS MEANT I COULD FOCUS MORE ON THE ARRANGEMENT END OF THINGS AND NOT HAVE TO COMPROMISE AS MUCH.

Biggest challenges?

The [design] was tricky, but the fact that it was pixel art made it trickier. You can't just scale pixel art to any size you want. It has to be in even increments, otherwise the pixels get squashed or stretched.

In order to maintain that scale and crispness over the whole album, I had to be very meticulous.

Will "Soft Bits In" be available to stream?

Just like last time, it'll be vinyl and download through Kickstarter. Then once that's all done, it'll be available on my website.

I'm not sure about streaming. I have mixed feelings about it. I know a lot of people do it and it's by far the most convenient, logistically the best way to consume music.

[Streaming's] great for car rides, but the whole reason I'm pressing the vinyl is to give people the experience of having a physical copy of the album to sit down and just listen to.

READ THE FULL INTERVIEW ON OUR BLOG!



GO POP!

IZZY THOMAS
MAD



CARDIAC HALF
MEDICINE



NAE
80'S ARCADE



POP PUNK FOREVER

THE SECOND AFTER
THINKING CLEAR



GO FOR GOLD
LET ME GO



MUSIC



SPOTLIGHT

SIC

INDIE LOVE

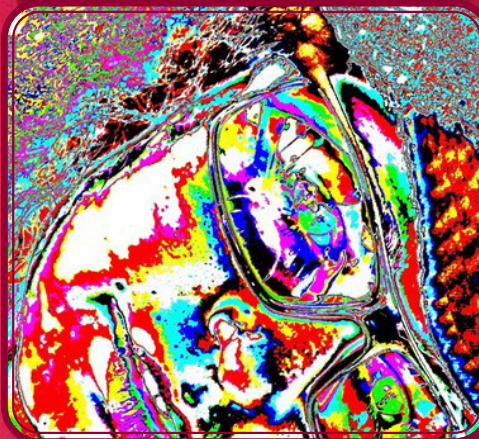
MARCO DELISO
ROUND & ROUND



DEANNA DEVORE
LATELY



REMI WOLF
SAUCE



MARCELYN
HELENA



LIGHT

GIVE THESE TUNES
A LISTEN IN OUR
SPOTIFY PLAYLIST!
@BURGUNDY BUG

LIVING LOCAL

FINAL FRIDAY AT GREEN ENGINE COFFEE

JANUARY 24TH 2020



LIVING LOCAL



From slam to stand up to rock 'n roll, local artists gathered at Green Engine Coffee in Haverford, Pa. for "Final Friday" on January 24th.

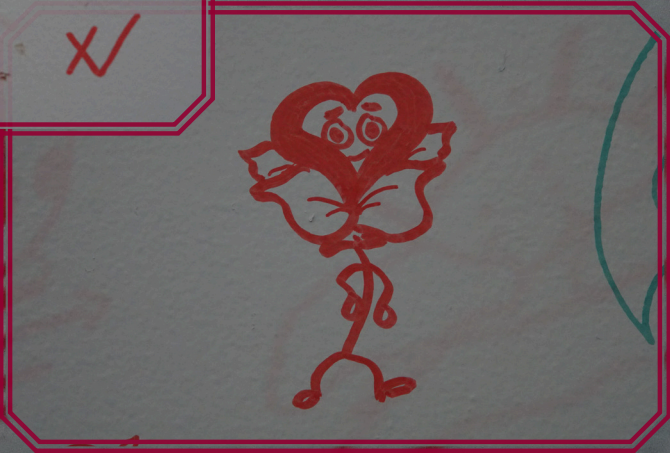
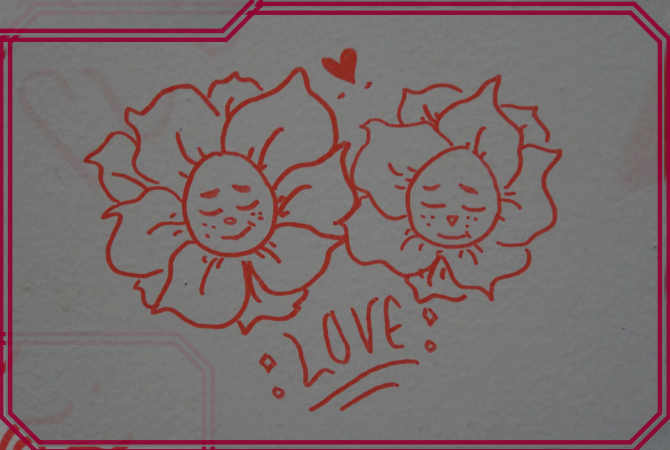
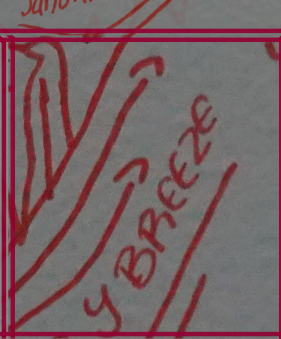
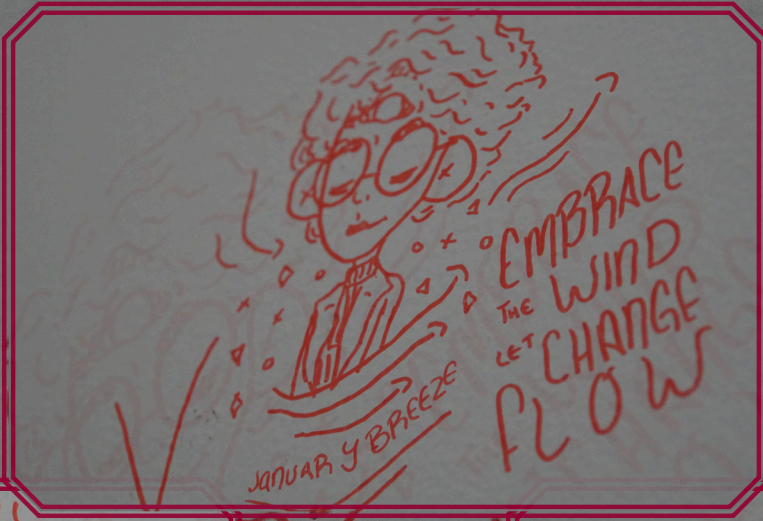
The show featured performances from Blake Melvin, Sterling Spencer, Babby, Rabbit Heart, Gabrielle Chapman, Marcelyn, and more.

Visit penelopeperu.com for more photos!



ON THE WALLS

BURGUNDY BUG



WHAT IN THE WORLD OF BURGUNDY BUG

WHAT I'VE BEEN JAMMING TO AND READING

SNOWCONE

Rei Ami



Sweet with a punch, Rei Ami's "SNOWCONE" will leave you salivating for another taste.

The drips sass and attitude, driven by an R&B beat reminiscent of what dominated the airwaves during the early to mid 00's.

"Sweeter than a motherfuckin' snowcone,

Booty gettin' fatter, Mia Gladstone,

Cotton candy drip down to my ankles."



SNOWCONE

Yet, the transition halfway through the song reveals what lies beneath Ami's tough-girl exterior.

Her vocals soften as the beat transitions to a chill-hop style, the lyrics now worlds apart from the first half of the song.

*"A little possessive,
Over-obsessive,
Recklessly reckless,
And I'm just a,
Thrift store sweater with the holes,
Cute but I need a little sew,
I'm Prozac dependent,
Attack when defenseless,
Not such a bad bitch when I'm on my own."*

"I may be cute and rare to find but I have my own issue, bitch," Ami commented on the GENIUS lyrics for SNOWCONE.

WHAT IN THE WORLD OF BURGUNDY BUG

WHAT I'VE BEEN JAMMING TO AND READING

SNOWCONE

While both halves of the song bear their own charm and have all the qualities to stand as separate singles, there's something truly beautiful and intriguing to hear both halves together.

Rather than hearing each piece individually and only getting half the picture, Ami combines both sides of herself to give us the full image.

And this isn't the only track that she's done this in – "DICTATOR" has an especially heartwarming transition after a particularly gritty, fire intro.

AS A WHOLE, AMI HAS ALL THE INGREDIENTS TO BE ONE OF THE NEXT BREAKOUT ARTISTS THIS DECADE.

Whether you're the baddest or the softest,

SNOWCONE

we can all admit there's a little bit of both in every one of us.

So, what are you waiting for? Stay ahead of the trend and give "SNOWCONE" a taste so you can be right there with me saying you "LIKED HER BEFORE EVERYONE ELSE DID."

Local Newspapers



You know what I've been digging my antennas into lately? Local newspapers.

At my job outside of The Burgundy Zine, we get a ton of

WHAT IN THE WORLD OF BURGUNDY BUG

WHAT I'VE BEEN JAMMING TO AND READING

Local Newspapers

newspapers delivered to us. I don't normally get the chance to read them, but I leaf through them here and there (I'll be honest, I mainly skim to see if my boss has been mentioned or if any of my flyers were put in).

Lately, I've found myself afforded with a few extra moments where I can actually engage with the paper. Not as much as I used to while on campus or while traveling, but enough to get ahold of what's been happening in our community.

While local papers may not have the length or prestige of national publications, there are plenty of dedicated journalists and designers within my area who deserve more credit than they receive.

Local Newspapers

Sure, digital news may be taking over, but I feel very fortunate to live in an area where local news still exists.

It makes sense to get as sentimental about it as I do, being that I'm a journalism major, but I wholeheartedly believe there's something to be appreciated about a local paper that can persevere in the digital age.

Rock on, local newsies. Show the journalists in your area some love and pick up a paper!



A GLIMPSE INTO THE GARDEN



GOT GREEN THUMBS?

Whether you've got green thumbs or a green heart that beats for our planet, we're calling all botanists, casual horticulturalists, environmentalists, and earth enthusiasts alike to celebrate our big blue marble in "The Burgundy Zine #15: Go Green" this May.

Submission information for the 15th issue will be available on our blog in early April.

In the meantime, we encourage you to share your story in the 14th issue of The Burgundy Zine, "Healing."


"The Burgundy Zine #14: Healing" will feature articles on self-help, and growth. We will also be exploring alternative healing practices and the future of medicine.

For more information, please contact us:

contact@burgundyzine.com

**ILLINOIS SEES \$11
DURING FIRE
RECREATION**

BURGUN

A background of vibrant green cannabis leaves with serrated edges, set against a dark, almost black background. The leaves are densely packed and fill the entire frame.

MILLION IN SALES ST WEEK OF AL CANNABIS

DIY BUG

RECREATIONAL CANNABIS

ILLINOIS SEES \$11 MILLION IN SALES DURING FIRST WEEK

Intro

New year, new legislation. After legalizing adult-use cannabis on Jan. 1, Illinois has seen a total of \$10,830,667.91 from 271,169 transactions in less than one week, the Illinois Department of Financial and Professional Regulation announced yesterday.

“As part of the state’s focus on equity, 25 percent of cannabis sales tax revenues will support the Restore, Reinvest and Renew (R3) program, which aims to address the impact of economic disinvestment, violence and the historical overuse of the criminal justice system,” the IDFPR states. “

The IDFPR states that 25 percent of cannabis sales tax revenue will support the Restore, Reinvest, and Renew program, which will address the economic and violent impact of the “historical overuse of the criminal justice system.”

Intro

The R3 program also aims to reduce gun violence and poverty throughout the state, in addition to protecting residents and promoting infrastructure, the Illinois Cannabis Regulation and Tax Act (ILCS 705/10-40) outlines.

“The successful launch of this new industry is a historic development for our state that will benefit the very communities that have been disproportionately impacted by the failed war on drugs,” said Toi Hutchinson, Senior Advisor to the Governor for Cannabis Control. “As we move into the next phase, the Pritzker administration is proud to see the robust interest in dispensary ownership from social equity applicants, and we encourage them to apply for \$30 million in loans that we have available to reduce the capital barriers to entry.”

RECREATIONAL CANNABIS

ILLINOIS SEES \$11 MILLION IN SALES DURING FIRST WEEK

Intro

“UNLIKE ANY STATE IN THE NATION, ILLINOIS HAS SET THE STANDARD FOR WHAT IT MEANS TO LEGALIZE CANNABIS IN A WAY THAT BEGINS TO RIGHT THE WRONGS OF THE PAST AND GIVES NEW OPPORTUNITY TO THOSE THAT HAVE BEEN LEFT BEHIND FOR FAR TOO LONG.”

- SENIOR ADVISOR TOI HUTCHINSON

Criminal justice reform has been a central focus of Illinois adult-use cannabis industry, with Governor JB Pritzker pardoning 11,017 individuals charged with low-level cannabis convictions that have put them at a socio-economic disadvantage on Dec. 31, 2019, says a recent press release from the Governor’s office.

“When adult-use cannabis becomes legal, pay attention to the fact that we are beginning

Intro

to accomplish four very important things: We are ending the 50-year long war on cannabis; we are restoring rights to many tens of thousands of Illinoisans; we are bringing regulation and safety to a previously unsafe and illegal market; and we are creating a new industry that puts equity at its very core,” said Gov. Pritzker.

The IDFR finished accepting the first round of applications for new dispensary licenses on Jan. 2, receiving over 700 applications for approximately 4,000 licenses.

“More than 600 of the applicants identified themselves as qualifying for social equity applicant status,” the IDFR says. “The Department will award up to 75 new dispensary licenses, which will be announced by May 1, 2020.”

CUMBERLAND EXTRACTS

HEMP FACILITY RECEIVES USDA ORGANIC CERTIFICATION

BURGUNDY BUG



Intro

“mission of heightening the standards of quality, traceability, and scientific testing in the booming industrial hemp and CBD markets.”

Tennessee-based Cumberland Extracts’ hemp facility recently obtained a USDA Organic certification – a rare feat in the hemp industry.

“To obtain USDA Certification from farm to finished CBD product, the Cumberland Extracts team has implemented conservation practices and stringent procedural methods to uphold and exceed USDA Organic Guidelines, a step most emerging CBD companies have yet to take,” Cumberland Extracts wrote in a press release earlier this month.

Cumberland Extracts was founded in 2019 with the

The company is locally owned and run by four owners with decades of experience and a passion for the environmental as well as the health benefits hemp can provide.

For a hemp facility to receive a USDA Organic certification, they must comply with the USDA Organic standards, as the “Organic Certification of Industrial Hemp Production” instructions explain.

USDA Organic Standards

“ORGANIC IS A LABELING TERM THAT INDICATES THAT THE FOOD OR OTHER AGRICULTURAL PRODUCT

CUMBERLAND EXTRACTS

HEMP FACILITY RECEIVES USDA ORGANIC CERTIFICATION

USDA Organic Standards

HAS BEEN PRODUCED THROUGH APPROVED METHODS . "

- ORGANIC STANDARDS VIA USDA

USDA Organic Crop Standards

- No prohibited substances must be applied to the land for at least three years prior to the harvest of an organic crop.
- Crop nutrients and soil fertility must be managed through cultivation and tillage practices, crop rotations, and cover crops. This may be supplemented with animal and crop waste and approved synthetic materials.
- Pests, weeds, and diseases must be controlled through physical, mechanical, and biological practices. If these practices are not sufficient, a biological, botanical, or approved synthetic substance may be used.

USDA Organic Crop Standards

- Organic seeds and other planting stock must be used when available.
- Genetic engineering, ionizing radiation, and sewage sludge are prohibited from use.

USDA Organic Handling Standards

- Both synthetic and non-synthetic non-agricultural ingredients must be used in alignment with the National List of Allowed and Prohibited Substances.
- All agricultural ingredients must be organically produced unless it isn't commercially available in organic form and listed in Section 205.606 in multi-ingredient products labeled as "organic."
- Handlers must prevent organic and non-organic products from mixing.



CUMBERLAND EXTRACTS

HEMP FACILITY RECEIVES USDA ORGANIC CERTIFICATION

USDA Organic Standards Handling Standards

- Organic products must be protected from contact with prohibited substances.

What is "Organic Hemp?"

When a hemp facility receives a USDA Organic certification, it's a testament to the quality and practices of the producer. It ensures the hemp was not grown with prohibited substances (yes, including sewage sludge) and meets the standards of the federal government.

Although 511,442 acres are licensed to grow hemp across the 46 states where it's legal according to Vote Hemp, only a fraction of hemp is grown on land that's USDA Organic certified.

"Locally grown USDAOC hemp is processed, distilled, and quality-tested at the company's 9,000-square-foot

What is "Organic Hemp?"

state-of-the-art USDAOC facility in Clarksville, Tenn., and then sold as CBD crude, isolate, and distillate to wholesale and product creators for use in their CBD lines," Cumberland Extracts says in their press release. "Cumberland believes USDA Organic Certification in hemp growth, product transparency, tracking, and testing paves the way for more lab-verified and uniformly high-quality CBD oils in a rapidly growing industry."

To learn more about acquiring Cumberland Extracts' products, you can contact them online.



THE BURGUNDY ZINE

WANTS *YOU* TO JOIN OUR TEAM



WE'RE LOOKING FOR WRITERS, ARTISTS, AND PHOTOGRAPHERS!

The Burgundy Zine is proud to announce we're looking to expand our community. In addition to featuring guest contributors on our blog and in our digital magazine, we're looking for creative individuals to submit *at least* one piece each month.

Our "regular contributors" will be added to our about page with their title, a photograph, and a bio. As always, they will receive full credit for each of their contributions.

"Regular contributors" are still more than welcome to pursue whatever they please outside of The Burgundy Zine, as well.

BURGUNDYZINE.COM/APPLY

