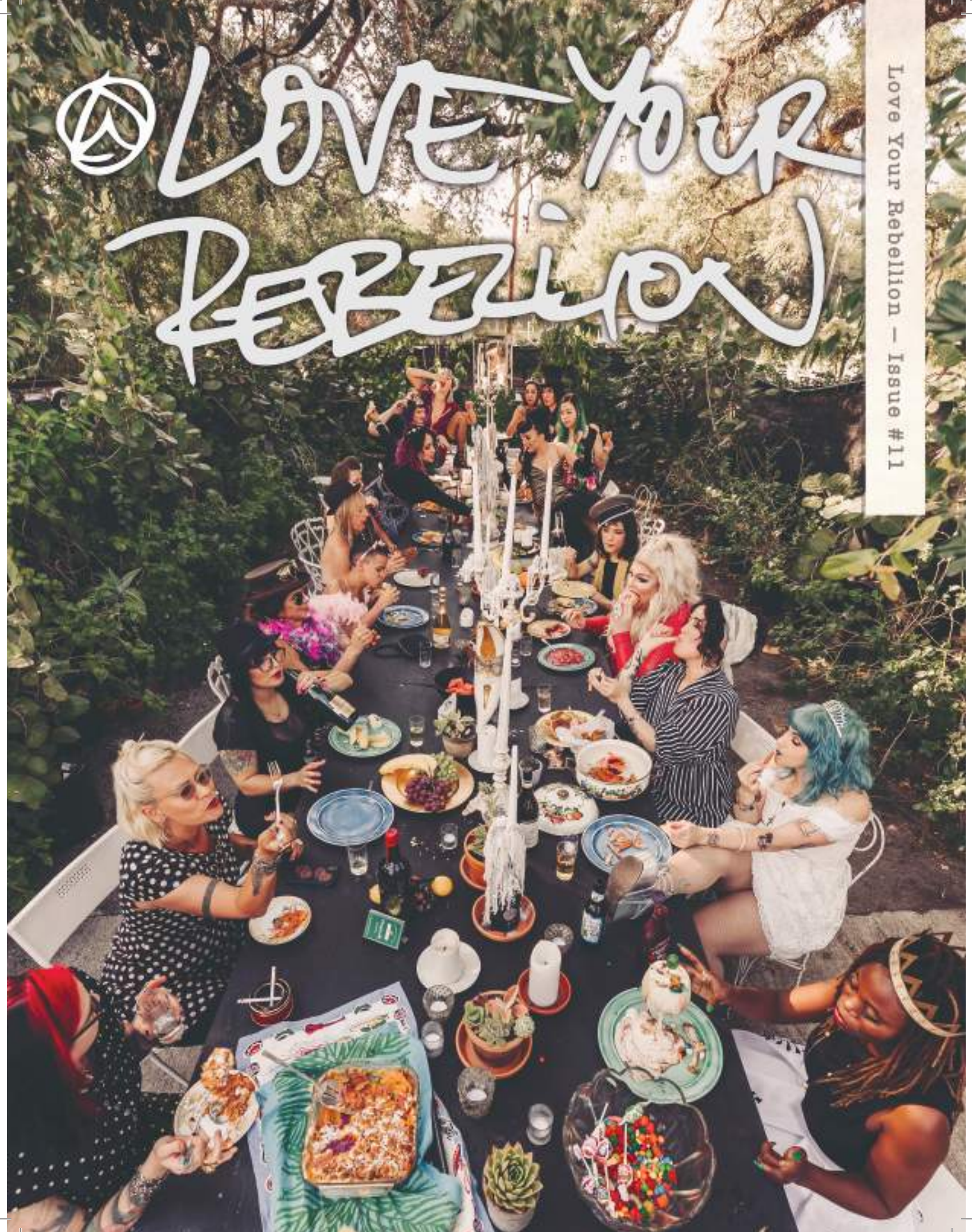


LOVE YOUR REBELLION

Love Your Rebellion – Issue #11



Love Your Rebellion

Love Your Rebellion, Issue # 11

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Pictured in Cover Photo (from right)

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Special thanks to:

Vicki Huddy, Frankie Colt, Elita Annette, Crowbar Ybor, Howl Tattoo & Piercing, Cafe You, Remedies Parlor, Creative Minds Records, Nice Guys Pizza, No Clubs, Hampton Inn Ybor City, Fran Haasch Law Firm, Neenie's House, and Wherever.life.



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By Courtney Ann Scarborough



This Tub Fux



"Tangled"
By Sophie Aldinger



Playlist of Invincibility



Acknowledgements



LETTER FROM THE EDITOR

No one says, "There is no wrong way to be a woman." What they do say, though, is "Don't eat that, or you'll get fat." They tell her she doesn't define what a woman is, they do. They tell her women don't make scenes; they don't take up space; they don't ask for or take what they want; hell, they don't even consider themselves long enough to know what it is they want; they don't indulge. They tell her thinking of herself is indulgence.

If life was a banquet table filled with all the world's most desirable delicacies, women would be told to serve themselves last, feeding only off the scraps, if they feed off of anything at all. Whether directly or indirectly, women are told to place the needs of others before their own. Women are expected to be the caretakers and nourishers of the world, yet they are told they have no right to care for or nourish themselves. In most places in the world, wives and mothers still eat last, making sure their husbands and children have enough to eat, even if it means starving themselves.

This is just one of the ways women are told to put their needs last. Women are told to put their husbands' careers before their own; they're told to give up their lives for their children (physically and metaphorically); they're coaxed into placing their partners' sexual desires first; they're encouraged to repress their own feelings while being a receptacle for the feelings of others.

In all the ways women are denied their desires, they are also denied themselves. To be hungry is to desire. Women can be hungry for love; they can be hungry for success; they can be hungry for lust; they can be hungry for pasta. Every time she satisfies her hunger, it's an act of power.

The published works and exercises in Love Your Rebellion Issue #11 are an expression of empowerment. The issue's cover photo, shot by Jesi Cason Photography, is a celebration of the power that comes from women feeding their desire, putting themselves first, and defining who they are.



Angela
Page

MAD LIB (ERATION)

Ode to Myself: a Self Made, Self Love Mantra

My body is a _____ temple. My _____ pumps blood, my
(adjective) (noun)

_____ comes up with creative ideas, and my _____
(noun) (noun)

connects with others around me. I treat my body with _____
(adjective)

When I look in the _____, I don't _____ my body. I
(noun) (transitive verb)

_____ my body, and look on it with a _____ gaze. I
(transitive verb) (adjective)

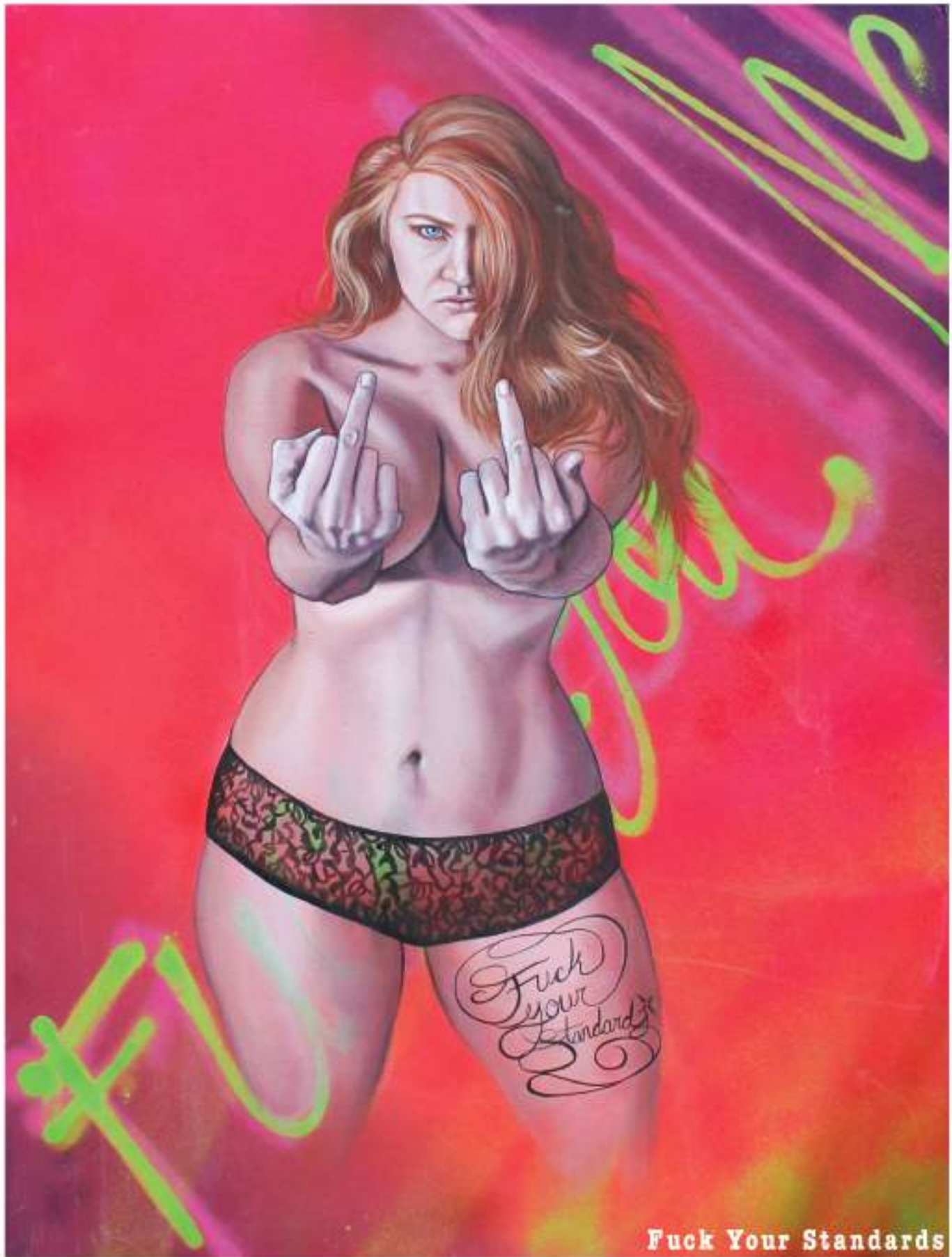
_____ myself when I am hungry, and don't feel _____ about
(verb) (adjective)

giving myself what I need. I don't let anyone, not even _____,
(pronoun)

treat my body _____ I, as much as anyone else, deserve
(adverb)

_____ and _____.
(noun) (noun)





Fuck Your Standards
- By Danielle Branchaud



WHAT I LIKE ABOUT ME:



+/-

THINGS I DON'T LIKE:

five years, while 3.3 percent of women who had chemo did.

The study, led by Dr. Marline Piccart of the Jules Bordet Institute in Brussels and conducted in nine European countries, is the latest to assess how we genetics can guide cancer treatment, not only to identify a treatment but also to say when treatment (especially chemo) can safely be skipped.

A 2015 study, also in breast cancer, reported that a test of 21 genes, called Oncotype DX, could identify which patients have a 99 percent chance of surviving without metastatic tumors appearing in the next five years even though they did not have chemotherapy.

The genetic test used in MINDACT, called MammaPrint, analyzes 70 genes associated with a breast tumor's chance of metastasizing. It was approved for early breast cancer by the Food and Drug Administration in 2007 and has a list price of \$4,200, which Medicare and some private insurance plans cover.

The study was funded by the nonprofit European Organization for Research and Treatment of Cancer, six of the 34 authors have financial or other ties to Agendix. Study coauthor Laura van't Veer of the University of California, San Francisco, is the company's cofounder, its chief research officer, and inventor of MammaPrint.

She defended the study's focus on five-year results because if breast cancer is going to metastasize it is most likely to do so in the first two to five years after a woman's initial treatment. As for avoiding metastasis is enough to make women ignore the encouraging genetic results and choose drug therapy, "the small benefit [of that therapy] is something to discuss between a woman and her physician," said van't Veer. "Everyone has to reach their own judgment."

Article originally published in the August STAT publication.

the time they reach their 20s or 30s. And returning skin to its original state can be achieved with the latest technology recognized as ablative fractional laser resurfacing.

Ablative fractional laser resurfacing produces tiny beams of light in a grid pattern that vaporize skin cells. The destruction of cells in small tunnels through the skin helps smooth the texture of the skin. The laser treatment generates heat and triggers repair mechanisms that stimulate collagen production to fill in and firm.

For darker complexion, the ProFractional treatment produces decreased heat which reduces the risk of hyperpigmentation. Those with lighter skin can go for the CO2 as it generates a safe more heat and prompts greater collagen production.

VISIBLE PORES

For people with visible pores, the latest in treatment is the use of Botox, Dysport and Xeomin. Yes, Botox is usually capable of smoothing out wrinkles, they're also great for smoothing down enlarged pores—common in people with oily skin and rosacea.

Neurostimulators like Biorix can be injected into large pores to contract their rims, suppress sebum, and control oil. "breakout," says board-certified Dermatologist Dr. Zelnick. "Microdermabrasion is also helpful for large pores and for refreshing the skin, since it involves a deep exfoliation of the surface layer."

Dr. Obagi also recommends augmenting treatment with topical products. "Daily use of mechanical (such as scrub) or chemical (like lactic acid) exfoliants [is] preferable for long-lasting results."

ACTIVE BREAKOUTS

Active breakouts are a serious problem and require strong treatment. Enter intravascular triamcinolone injections.

intimate over time. That sense of community, is a of the attitude of openness, humility that everyone brings family, support staff, your participants." DeMarchi said.

As the conference Ditt has nurtured this information into an opportunity for experienced fans, and the

supernatural elements help the plot do that. So, I remind myself that if I allow the supernatural far to become the focus, the story's lost. It's a constant, creative juggling act."

YO: With that said, how did your approach character development for

D: Good versus evil and dark versus light are primary themes throughout our series. Tell us more about the origins of the Dark Bearer, the Sixers program and The Lightkeepers. How do these groups act as a foundation for the Final Seven and Triple Six?

DeMarchi: I talked about in the question of more people in the question of the power of miracles, angels and hope in a dark, dystopian phenomenon from an early age. About ten years ago, I heard about the Bible of Groch, apocrypha ascribed to the global grandfather of Noah. In the Bible of Groch, the Watchers, sent to earth for a few days, you can resume all regular activities," says Dr. Obagi. "Results typically take four to six sessions spaced about a month apart, but many people notice improvement after one or two."

you can count prolonged redness, swelling, and blistering among the possible side effects, but for the most part, Clear + Brilliant is known for allowing you to quickly return to your regularly scheduled programming.

PARENTHESIS WRINKLES

Parantheses wrinkles, or smile lines are those creases surrounding your mouth that seem to not be going away anytime soon. In fact, they usually become much more pronounced over time.

"We lose the tone in our skin as we age and the fatty layer becomes less robust," explains Dr. Obagi. "The tissues in the face drop to a degree which causes folds to form from the nose to the mouth — and get deeper as we continue to age."

The quick fix? "Because these lines occur due to loss of volume in the underlying tissue, soft-tissue fillers — like Sculptra — can be used to replace the depleted mass and elevate overlying skin," suggests Dr. Obagi. Other options include hyaluronic acid-based Juvederm or Voluma, which is in the Juvederm family but has been specifically approved to restore volume in the cheek area. All of these fillers can help restore and combat the loss of volume, though the outcome varies depending on the treatment and your individual metabolism. Expect results to last anywhere from approximately six months to several years.

David Fraib also made a name in 2014 when he played the role in Marvel's *Guardians of the Galaxy*. Following the blockbuster success of the past, as well as the version of T. Serval's character on *Bullseye*, of unrelenting heroes (woman's guide to news, beauty, health and more).

three of us, with an selfless hero. What makes you did.

If you're a fan of the original, you know that the seven tried

lurer, Amsterdam-based a of the study described which that "could change

the results could spare early-stage breast cancer the ordeal. Instead, and a long-term, drug-free, low-dose treatment of

of 1.5 percentage points, if real, is one patient than to another."

skin, hands, neck, and chest. The very common as we age, and are and weakening skin," says Dr. Obagi. Clear + Brilliant — a gentle, non-ner treatment that helps with discoloration and minimizing these spots. This is how it works: light penetrates your skin, triggering collagen production. "The skin and texture of your skin doesn't do too much damage to the skin and surrounding skin. It also doesn't require any downtime," says Dr. Obagi. "Results typically take four to six sessions spaced about a month apart, but many people notice improvement after one or two."

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The source of this article was Refinery29, a modern woman's guide to news, beauty, health and more.

Overanalyzing - By Cesar Aguilera



controlled burn

What have you been holding onto? Whatever it is — a secret, a lie, a regret, a curse, a shame — write it down and anonymously mail it to Love Your Rebellion. We'll read it, and then burn it for you in a video posted to our social media accounts. Don't worry, this is completely anonymous. Your secret's safe with us.

Please mail your secrets to:
P.O. Box #1704, Fort Myers FL 33902



May the wind carry your pain away like ashes.



Follow us on instagram
[@loveyourrebellion](https://www.instagram.com/loveyourrebellion) to stay tuned.

Catalyst

Flowers are often
trampled by lockstep
so we became cacti
and diamondback



And The Wind Named Herself

Zephyr child
your name is
floating petal laughter
and sunthick dance
Tireless
a fount of tussled strands
reaching
clutching bits of loose care
and calls to etherafter
Airborne
aster eyed
many hands have formed cages
yet you breeze past
intangible in entirety
Teasing blue and
silver sky scrawl
showing the earth how to fly

- By Courtney Ann Scarborough

THIS TUB FUZ

Here are some ways to make your bathtime EXTRA awesome

A HEALING BATH

- + 1 DROP ROSE OTTO
- + 1 DROP ORANGE
- + 1 DROP GRAPEFRUIT
- + 2 DROPS GERANIUM OR PINE

RELAXING & DETOXIFYING BATH

- + 1 DROP JUNIPER
- + 1 DROP GERANIUM
- + 1 DROP YLANG YLANG

Items to Enhance Your Experience

- candles





Tangled
- By Sophie Aldinger





Love Your Rebellion's mission is to empower marginalized groups through the arts.

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LYR.

Playlist of Invincibility



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