

AGB

A GREEN BEAUTY // SUSTAINABLE & ETHICAL CULTURE



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AGB

A GREEN BEAUTY // SUSTAINABLE & ETHICAL CULTURE

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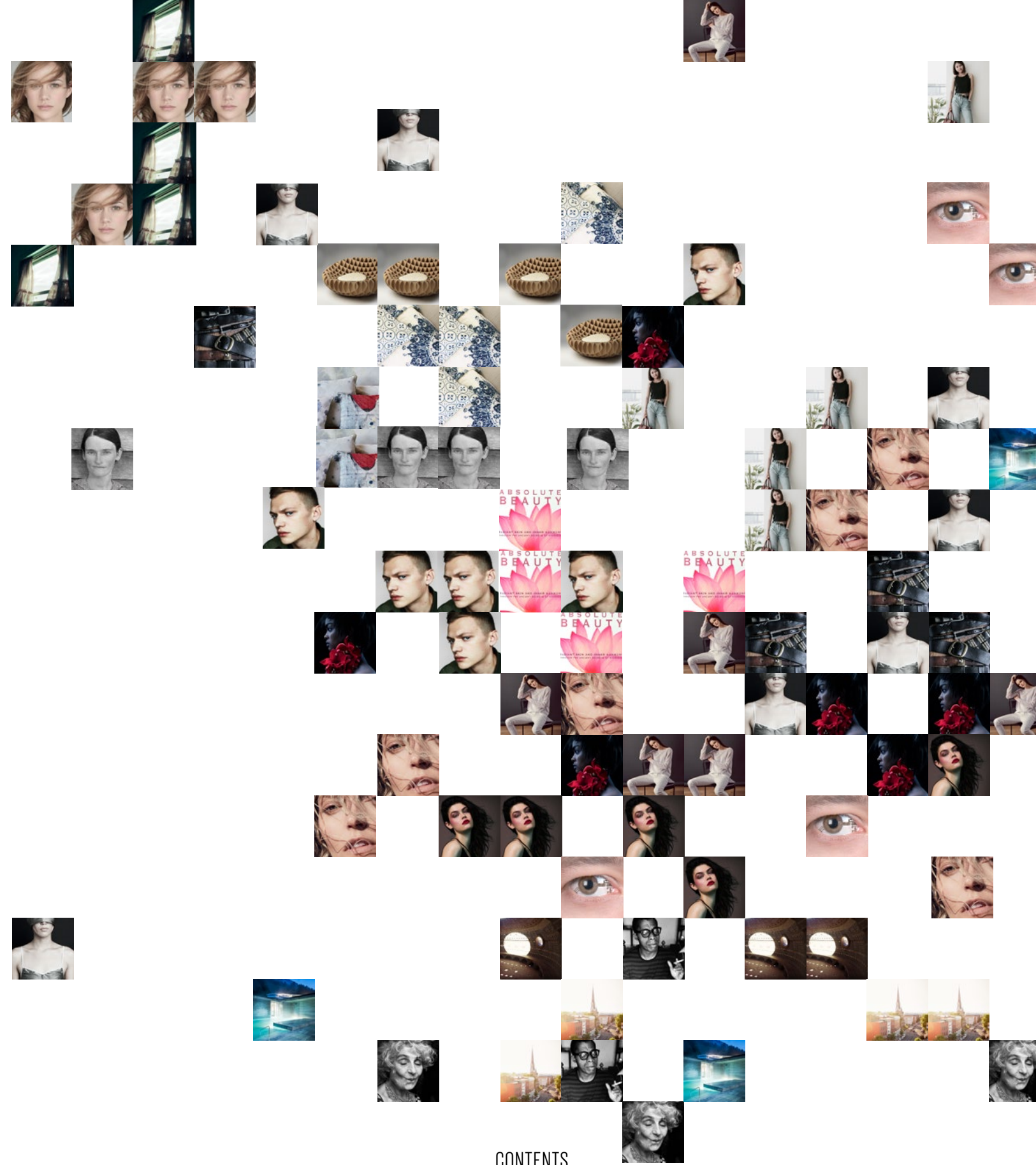
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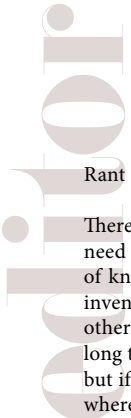


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Rant from the Editor,

There seems to be a tug of war going on; the two sides -the desire for technology against the need to get back to nature and ways of ol'. Speaking personally, I love to have the convenience of knowledge right at my fingertips. It's fascinating to use technology to find out about new inventions and people doing amazing things, or just for my own entertainment, but then my other self wants calmness, a quite environment, to feel the dirt beneath my feet, and to have long talks with friends. These are just a few random examples; you will have your own wish list but if you've bought this magazine, chances are you are a seeker of the middle ground, a place where you are stimulated by keeping up with the rest of the world, combined with a connection to the natural world for grounding and wellbeing.

Justifying our need for technology can be hard. I ask myself if all this technology is good, bad, both, or does it depend on who's using it. I think the answer is all of the above. Can technology help us create non-toxic biodegradable waste? Could it help us rid the planet of waste completely? We've seen the progress of 3D printing - now it can use organic matter to produce things like homewares, jewelry, and furniture. That's where the question of does it depend on who's using it come into play. I believe that with the right intention and intelligence, technology can help the Earth and its inhabitants tremendously.

The sustainable fashion industry is gaining momentum with the frequent addition of new labels that are committed to more sustainable practices. I think we can be proud to be part of a community that is literally changing the way the world works and understands that reversing climate change is the ultimate challenge we face as a society.

Personally, I find living a philosophy of conscious-living to be a rewarding lifestyle. What is conscious-living? Perhaps the phrase, for the betterment of all, accurately reflects the emotion connected to living consciously; it's akin to living a philosophical lifestyle, and I feel this is something to strive for- a constant quest to understand the Universe.





Papiris Janu



From top left: JESSICA SOGA New York based stylist with a passion for sustainable fashion and enjoys seeking out new upcoming sustainable designers. CRAIG SALMON Based in New York City Craig's photographic style ranges from characteristic portraits to raw lifestyle. He is inspired by personalities and attitudes. ANNA YANOFSKY Anna Yanofsky is a Fashion Historian who works in one of the world's most valued and comprehensive costume collections. PAUL CRUZ Paul Cruz is a New York based photographer. His powerful fashion imagery have appeared in both US & international fashion magazines, along with numerous advertising campaigns. SHANNON GREER Shannon was born in the mean streets of 1970's NYC. He is one of the few Americans to have a European airport and a river named after him. When not photographing numerous subjects he likes nothing more than body surfing & training for his future black belt in Brazilian jiu-jitsu. MATTHEW CYLINDER Matthew Cylinder is a New York based portrait, fashion and travel photographer who specializes in antique and alternative process techniques. RICH COUGHRAN Rich Coughran is a New York based still-life photographer originally from San Diego. His methodical approach and sharp eye for detail is a holdover from a previous career in the software industry. Bunnies are his favorite animal. DAVID AGBODJI Painter, Turned model, Turned photographer, and blah blah blah blah.

Oils

PHOTOGRAPHER Rich Coughran

Selecting oils that go onto our skin and hair are as important as the ones we eat. For rejuvenation and longevity we highlight some ultra nourishing oil based products fused with the healing properties of organic fruit, herb and flower extracts.

Counter clockwise from top left:

- 1 Heaven** Face Oil Calm & Clear Organic Grape Seed, Evening primrose, Jojoba, Apricote, Apricote Kernal Seed, Avocado oils & essential oils of Chamomile, Geranium, Rose, Lavender, Frankincense, Cedarwood & Sandalwood. \$59
- 2 EO** Night Serum Argan, Meadowfoam, Pumpkin, Rose, Tsubaki, Avocado, Macadamia, Hemp, Sunflower, Carrot Seed, Macadamia Seed, Primrose, Moringa Seed, Camellia, Black Cumin & essential oils. \$39
- 3 Plant** Face Oil with with Sea Buckthorn, Sweet Almond, Macadamia Nut, Grape-seed, Jojoba, Sea Buckthorn and Pomegranate Seed Oils. Essential Oils of Rosemary, Sweet Orange and Ginger, Vitamin E. \$40
- 4 Bottega Organica** Body Contour Formula-Chilli & Peppermint Organic Olive oil & Shea Butter. Beeswax, extracts of chilli, peppermint, sage, carrot root. \$125
- 5 Kumari** Hair Oil Treatment Organic coconut, Grape Seed, Argan oils. Essential oils of Sandalwood, Extracts of Magnolia, Tumeric, Locorice & Saffron. \$38
- 6 Biodora** Cell Refresh Face Serum Organic Argan, Avocado, jojoba, Camellia Seed, Rosehip Seed oils. Sea Buckthorn. Extracts of Elderberry. Essential oils of Rose Geranium, Ylang Ylang, Neroli and Grapefruit. \$68
- 7 LINNÉ** V.a repairface oil. Organic & wild-crafted. Rosehip seed oil, Coconut oil, Green tea seed oil, Meadowfoam seed oil, Jojoba seed oil, Argan kernel oil, Sacha inchi seed oil, Seabuckthorn berry oil & numerous exotic essential oils. \$159
- 8 Gypsy Juice** Cleansing oil Jojoba, Baobab & Neroli and Immortelle essential oils. \$159
- 9 Note** Perfume Essential oils of Rose Otto, Black Pepper & Clove \$65

Oil that is derived from plants is as diverse as the plants themselves. You may be wondering, what's the real truth about plant oils. Are these precious nectars healthy? Beneficial? Important? The answer is a resounding, yes! Plant oils as opposed to oils from animals or petroleum products can provide a multitude of uses and benefits. For example: cold-pressed Italian olive oil is wonderful drizzled on a crisp salad; you can cleanse your face with organic virgin coconut oil; and essential oils are a vast scented realm that offers a healthy alternative to chemical fragrances. As a culinary enthusiast, natural skincare maker, and botanical perfumer, I have a great passion for the ultimate provider, Mother Earth - she is most bountiful. Perhaps we've arrived at a juncture in the life spiral... by this I mean that we've come around again to a familiar, yet different but more evolved place. Many of us are seeking simplicity and purity amidst all the technological, industrial, and economic advances present. If you're like me, you feel that knowledge is power. This means, if you know better, you can do better. 25 years ago I would not have been able to Google search for a food ingredient and its origin. Now, my laptop sits on my kitchen countertop, and I use it to reference the health index of ingredients as I make efforts to adhere to a whole foods diet, aiming to keep the amount of processed foods I ingest to a minimum. I like to keep it simple: less is more, and fresh is best.

My great grandmother lived to the ripe old age of 98. Imagine, she was born before women were allowed to vote and lived through the Great Depression. In her lifetime, she saw the invention of toilet paper, plastic, automobiles, and microwaves. Although she marveled at the innovations of the 20th century, I can't help but think that her life's foundation was one of wholesome simplicity - no doubt with equal parts strife and struggle. Growing up on a farm (the very same land where I was also raised), my great grandmother ate the food she and her family grew and because of this, she had a first-hand understanding of the origins of the things she consumed. Now, I long for a simpler time - a time when I can have an understanding of the origins of the products I put in and on my body. I want to know the source of the ingredients used to make the products I consume, the conditions and method of their production, and the level of processing that occurs before the final product reaches my hands and my mouth.

When it comes to our health and the health of our planet, it's important to consider the oils we consume and apply to our skin. Once upon a time, it was common to reach without thinking for that clear plastic bottle of vegetable oil (and probably still is the case with many households), but now we have a growing number of alternatives that are readily available. The challenge lies in being mindful of the choices and knowledgeable about the sources. FYI - over 90% of canola oil is genetically modified. The history of canola oil is fascinating and unfortunately scary, but that's a different story and another article.

We're lucky! Today, we have access to a world harvest that includes products such as avocado oil. I'm not sure my great grandmother would have known what to do with an avocado, having grown up in New York state, let alone the oil of an avocado. Though my personal mission is to eat as close to home as possible, I happen to live in a region that doesn't produce plant oil. Thanks to modern technology and a global market, I am afforded much in the way of options and opportunity. With little effort, I can get my hands on just about any type of oil. As a bio-intelligent species, we've long understood that oil (fat) provides sustenance. Knowledge and production of oil has been around since at least 8000 BC, and today we know that oils have the potential to offer us nutrients, vitamins, and minerals. Some plant oils are also known for their antioxidant, antifungal, and antibacterial properties. Oils are an integral and essential part of our well-being, both internally and externally, so perhaps you should think twice about the oils you use and consider how you use them for their intended purpose.

When purchasing oils for culinary and skincare, for best results, use oils that are labeled: raw, unrefined, extra virgin, and/or cold-pressed. Organic is always best, as with nonorganic oils you risk exposure to harmful pesticides. These kinds of oils are sensitive to light and oxygen, so make sure you store cold-pressed oils in dark bottles and cool temperatures.

These days, there are so many oils to choose from, and each has their own list of health benefits. However, for this article, I focus on just four oils: avocado, coconut, sesame, and olive. You can use all four in both culinary and skincare applications, and I'd like to highlight the tandem qualities of the four oils because of what I refer to as the "screen door theory"... The screen

Holistic Plant Oils

By Carolyn Mix

PHOTOGRAPHER Brain Sassmann

door pertains to your skin, as a living breathing organ (and your largest organ!) by which matter passes in and out. In essence, whatever you put on your body (skincare) ends up in your body, and whatever you nourish your body with (culinary nutrition) on the inside affects the health and balance of your skin on the outside.

Avocado oil: Used since Aztec times, the avocado is prized for its high oil content. This oil is one of the richest sources of beneficial monounsaturated fatty acids (MFA) like almighty oleic acid. Avocado oil also contains immune boosting Vitamin E and detoxifying chlorophyll. It's a great addition to your diet that can improve your overall health. The oil can also have an immediate effect on the texture and appearance of your skin.

The health benefits of consuming avocado oil are many and include: capacity to lower blood cholesterol and blood pressure; reduce the occurrence of blood clots; aid in weight loss and improve digestion; increase immune system functioning by removing harmful toxins and free radicals from the body; boost memory and increase the speed of neurological transmission; and increase cardiovascular health, heart function, and respiratory function. Obviously, avocado oil is an internal powerhouse, so let's investigate what it can do for your skin.

Topically, avocado oil has the potential to enhance the skins ability to generate collagen (a key element of firm smooth skin); retain moisture in the skin; soothe and moisturize dry and itchy skin;

treat skin conditions such as acne, eczema, keratosis pilaris (bumpy skin) and other forms of skin inflammation; and accelerate the healing of wounds and burns. I'll stress again that it's important to seek out cold-pressed avocado oil in order to best reap the multitude of its restorative benefits. Important plant sterols, chlorophyll, Vitamin E, and other antioxidants are preserved this way.

Skincare ideas: For your face, to create an emulsion that will help your skin to absorb the oil better, in your palm, combine a few drops of avocado oil with a little water or toner mixed in, and then massage the mixture into your face and neck. To suit your personal needs, you can adjust the amount of oil you use, but start out with a small amount. For your body, apply avocado oil as you would any moisturizer, but do so while your skin is still damp from bathing. If you'd like to scent the body oil, just add up to ten drops of an essential oil (Lavender, geranium, and vetiver are a few of my favorites and have their own benefits which I'll get to later in the article, so keep reading.) for every ounce of avocado oil. FYI, avocado oil has an SPF of 6-8, so using it as a base moisturizer is a great idea during the warmer months when you're sporting shorts, tank tops, and bathing suits!

Culinary ideas: Drizzle a teaspoon of cold-pressed avocado oil over a bowl of fresh seasonal berries and top with lemon zest. In the spring and summer months, this is both substantive and refreshing and can serve as breakfast or dessert! For your eyes, add avocado to a salad of romaine lettuce, spinach, and carrots. This combination will help to increase the absorption of key carotenoid antioxidants (lycopene and beta-carotene).

Sesame oil: This valuable oil yields an impressive amount of vitamins, minerals, and polyunsaturated fatty acids. Historically, sesame oil was cultivated more than 5000 years ago and was one of the first crops processed for oil. It has a long history in both culinary and medical applications. Let's review how you can benefit from including sesame oil in your diet and beauty regimen. It's important to purchase cold-pressed sesame oil - not toasted sesame oil, and be aware that sesame oil has a rather strong scent and flavor profile.

The inclusion of sesame oil in your regimen can benefit your heart, bones, mouth, skin, and more. For your heart, sesame oil contains a wide range of polyunsaturated fatty acids, including sesamol and sesamin which can aid in maintaining balance in your cardiovascular system and help to keep cholesterol levels low. For your bones, copper, zinc, and calcium are among the many important minerals that can be found in sesame oil. These three minerals are integral to bone growth, development, health, and strength. For your mood, tyrosine, an amino acid found in sesame oil, has been directly connected to serotonin activity and release in the brain. Tyrosine can help boost your mood by flooding the body with enzymes and hormones that produce a feeling of happiness. For your mouth, sesame oil is antibacterial and can greatly improve your dental health. You may be familiar with a process called oil pulling (putting oil

for your mood, tyrosine, an amino acid found in sesame oil, has been directly connected to serotonin activity and release in the brain



Hair & Make up Mara Schiavetti,
Model: Kristin Gebert.

in your mouth and then swishing it around before spitting it out) This Ayurvedic therapy has been directly linked to whiter teeth, lower levels of dental plaque, and protection against certain bacteria that can cause illness. And how does our skin benefit from sesame oil? In many ways! As mentioned before, it's rich in zinc which is one of the most important minerals in the body for your skin. Zinc increases skin elasticity and smoothness. Also, sesame oil is rich in Vitamin E. It pulls toxins from your skin and can help prevent blackheads, clarify the skin, and fade dark spots. Sesame oil can be used as an anti-inflammatory and antibacterial treatment for skin conditions including acne, eczema, and psoriasis. As a natural UV protector, the daily usage of sesame oil on the face and body reduces sun exposure while slowing down the effects of aging. It also acts as a natural barrier to protect against elements such as smoke, smog, and environmental pollutants in the air.

Skincare ideas: To use sesame oil to make a detox bath, combine 1 cup of sea salt with ½ cup of sesame oil, 20 drops of grapefruit essential oil, and 20 drops of lavender essential oil. Mix together and add to a warm bath. Soak for 20 minutes while using a washcloth to gently massage your skin. This bath will balance your skin, helping to detoxify and also to alleviate dry skin. It's also a great bath for relieving stress. Be careful getting out of the tub, as it will be slippery. When using any oil products in the bath or shower it's a good idea to clean after use. To make a facial, combine 1 teaspoon sesame oil, ½ teaspoon raw apple cider vinegar, and ½ teaspoon water. First steam your face with a warm wash cloth, and then massage the mixture into your face using gentle circular motions. The sesame oil will soften and moisturize the skin, and the vinegar can lighten discolorations, kill bacteria, and loosen dead skin cells. Rinse with cool water and pat dry. Use this facial once a week.

Oral hygiene: For oil pulling therapy, combine ½ teaspoon coconut oil, ½ teaspoon sesame oil, and ¼ teaspoon ground turmeric. Place mixture in mouth and swish for 5-20 minutes (like you would with a mouthwash), and then discard. Follow up with a salt water rinse. This will help to rid your mouth of plaque and harmful bacteria, contributing to better dental and overall health.

Culinary idea: Fresh Spinach with Sesame Ginger Dressing, 1 garlic clove, finely minced or puréed, 1 teaspoon finely minced ginger, 3 tablespoons rice vinegar, 1 teaspoon soy sauce, 1 teaspoon honey, 6 tablespoon sesame oil, 1 tablespoon toasted sesame seeds. Place all dressing ingredients in blender or food processor and puree until smooth. Toss with fresh spinach and enjoy!

Coconut oil: This is by far the most controversial of the oils I've mentioned thus far. While it's experienced quite a spotlight in both the health and beauty industries, it seems that the jury is still out as to whether consuming coconut oil, which contains more saturated fat than butter, is as beneficial as touted. Despite the lack of evidence pertaining to the health benefits of this oil, it (not the partially hy-

drogenated kind) has its own long history, as a diet staple for thousands of years, and I think there is something to be said for that. For a vegan friendly recipe, I personally enjoy using coconut oil in place of butter, and I also use it when I want to add a hint of tropical flavor to certain dishes.

For skin care, coconut oil has a multitude of possible benefits, but it's particularly effective as an antibacterial agent. The antiviral, antibacterial, and antifungal properties of the medium chain fatty acids (MCTs) found in coconut oil can render bacteria, yeast, fungi, and viruses inactive. This makes coconut oil an excellent choice as a facial cleanser,

natural deodorant, and antiseptic salve for wounds (virgin coconut oil is in solid form when kept below 76 degrees F). Oh, and it's also good to use as a natural toothpaste, too! To incorporate coconut oil into your health and skincare rituals, listed here are a few suggestions:

The oil cleansing method: take approximately ½ teaspoon of coconut oil and emulsify between your fingers. In a circular motion, massage gently into facial skin. Let sit for two minutes then wipe off with a clean cotton pad. Rinse with warm water using gentle circular motions, and then pat dry.

Body scrub: Mix ½ cup coconut oil with ¼ cup fine sea salt or brown sugar. Add 10 drops of essential oil if you wish - I enjoy detoxifying lime! Gently scrub your extremities and then rinse off in a warm shower or tub (be careful not to slip). After, your skin will feel soft, clean, and revitalized.

Natural deodorant: Coconut oil alone can be used as a deodorant, and can be even more effective

(Continued on page 126)

olive oil is an excellent choice for those who suffer with dry, sensitive skin because it's super hydrating; promotes cell regeneration, enhanced skin elasticity, and softness

Nourishing Oil Based Beauty

Photographer Brian Sassmann

Using oil based make up. Eyes by ILIA Beauty-Silken shadow sticks contains Coconut oil and Olive oil. Lips by Tata Harper- Volumizing lip tint is made with Coconut oil, Sunflower seed oil and Castor seed oil. Cheeks by Kjaer Weis- Cream Blush is made with Jojoba Seed oil, and Castor Seed oil. RMS Beauty Luminizer contains Castor Seed Oil & Coconut Oil. Hair and make up Mara Schiavetti; Model; Kristin Gebert.

Lets Make Up

Introducing
Dianna
Esteves
Vieira

After experiencing chronic health issues, makeup artist Dianna Esteves Vieira decided to under-go a complete lifestyle change. Not only did she integrate into her life a diligent routine of eating organic foods, which was only part of the change, in addition she tossed out all the traditional cosmetic and hair products she'd been using and opted for organic, natural & cruelty-free products.

Vieira maintains a busy career, and at the same time she is an advocate for safe cosmetics. Spreading the word on abolishing animal testing, and the prevention of breast cancer and female reproductive diseases. She uses her blog, Rouge Awakening to communicate what she learned as a result of her own personal experience. Rouge Awakening is also a source for product reviews intended to inform and empower women of all age groups.

Vieira divides her time between Los Angeles and NYC, volunteering at eco events, inner city organic gardens, animal rescue, and humanitarian organizations. She recently joined forces, as an Ambassador, for an organization called Campaign for Safe Cosmetics, based out of San Francisco. The organization works to educate the public on the dangers of using toxic cosmetics and beauty products and has also been very effective in lobbying for more stringent guidelines for eliminating dangerous chemicals in makeup and beyond.

AGB: You are so caring and passionate about your work, what warms your heart more than anything? **DEV:** What warms my heart is connecting with the people I meet. I especially warm to anyone who has overcome adversity. Those who are the underdog, the survivor, and anyone with a real story to tell of overcoming the odds or on their way to greatness. My clients are pretty spectacular, open and honest, and they are eager to do better for themselves and their lives.

Animals warm my heart. I don't quite understand how some say they are a dog person or cat person. I love all animals in different ways. For example, I love farm animals, and I show my love by making the choice not to eat them. Animals are some of the most gentle, friendly creatures with unique personalities, and they only want to live and be loved.

I'm warmed by the efforts of my friends, family and community as they come to understand the message I'm trying to convey, and it's truly exciting to observe how they choose to apply it to their everyday life. I've seen people become inspired to eat better, and others to reduce their alcohol consumption or cut it out entirely. When I'm asked for names of eco skin care and makeup brands, I'm moved. It's an awakening and really cool to see people change, firsthand. When this happens, my spirit feels alive, and my heart feels full.

Dianna Esteves Vieira shares her new eco finds for the Spring and Summer season:

STEM ORGANICS

Fresh Start Serum
This Aussie line features products with the highly sought after Kakadu Plum indigenous to Australia.

TATA HARPER

Beautifying Oil
With her own laboratory in Vermont, Tata Harper creates small batches to not jeopardize her products freshness.

OSMIA ORGANICS

Purely Simple Cream
What an incredible non-toxic line created in 2012 by Dr. Sarah Villa franco in the mountains of Colorado.

MAY LINDSTROM

The Good Stuff
Handcrafted, wild crafted, bio-dynamic and unbelievably luxurious.

ECO MINERALS

Mineral Bronzer-Eco Exotic (semi matte)
Created in Byron Bay Australia. The products are 100% pure, cruelty free and the foundation powders have a natural SPF of 25.

LUXIE BEAUTY

Luxie Vegan Brushes
Created by Tammy Huynh Luxie Beauty has a wide range of eyeshadows and brushes, great for allergy-prone and sensitive skin.

GRESSA SKIN

Corrective Serum Foundation
Made with the purest, highest quality raw ingredients, Gressa Skin Serumis formulated as a serumwith pigment. It's quite revolutionary.

Preserving Taste Memories



Photos and words by Jake Elmets & Carly Leusner.

Carly dropped low to the ground and started combing through the library of the grass. Vegetal mavericks persisted in winter's cold stare. Flipping through the volumes of quiet violets and persistent dandelions, she carefully pulled up little leaflets of ox-eyed daisy. As I watched her put it into her mouth and nibble on it as only a squirrel would, I could almost taste the earthy acidic crunch of chlorophyll giving way to subtle peppery notes and a frostbit sweetness. This magic moment, so different and so new...

It was around noon this past Christmas, and Carly and I were stopped at a dam, located on Route 88 in the Catskills. Deco lettering on brass plates attests the dam's construction by the Army Corps of Engineers in the 30s, as part of the New Deal. Unseasonably warm, we explored the emerald and azure hues of the late December day.

Carly and I have known each other peripherally for a long time - since we were young bright eyed first year students at Hampshire College. Our love of wild foods, fermentation, and living off the land has set us on a path, together. We live in the hills of the Pioneer Valley and have adapted our kitchen to anticipate deep cool blankets of snow as early as November. Our house is overtaken with cordials, tinctures, preserves and jams; dried chilies and herbs; amber bottles and cast iron skillet of all sizes. And our knives - are very, very sharp. We value hard physical work and the making of things with our hands. Our co-operation is a spirited and spiritual endeavor, viewed by many city slickers as more than a little esoteric. We help each other because we love what the other is all about and we are wild friends of fermentation. We source the finest quality ingredients at the peak of their growing season. We employ traditional and painstaking techniques. This approach yields flavors that are incomparable and taste of the land, season, place, and time in which they were prepared and then consumed. We explore the epicurean terroir of the Northeast - most specifically the Hudson Valley, the Berkshires, the Catskill Mountain Region, and the Pioneer Valley. As perpetual students and practitioners, we forge relationships with farmers and communities in the tradition of the human agrarian subsistence economies of the past.

FERMENTATION, THE LARDER, AND FOOD SECURITY To take foods at the height of their natural growing season and preserve them through treatment with salt and/or sugar, smoke, acid, pectin, or oil, is to participate in ancient food traditions that predate recorded history and are closely aligned with the very essence of our civilization: hunting and gathering. Canning and preserving has long been a social engagement for rural housewives. Ensuring the larder for the winter has always been the woman's purview, as the man's role in agrarian society was to work the fields and animal husbandry. Dealing with the harvest including the role of the butcher in rural or small village based societies has been the purview of women. This is a small piece of a contextual rabbit hole. Let's cut to the heart of the matter: why, as busy people with households to run, social and career obligations careening our bodies and spirits in opposing directions and drawing and quartering our goals and aspirations - why should we go through the trouble of fermenting and putting up a larder during the harvest seasons?

A CULTURAL FOOD LINEAGE For Carly and I, the most significant reason to ferment, other than enjoyment of wild foods and working with our bodies, is the idea of participating in ancient traditions. While we process our foods for the larder, we tell stories, jokes, and allegories. These are the traditions of the hunter-gatherer societies we evolved from and also the oral traditions that our lore and collective intellectual lives grew from. Our foods hold stories and evidence our personal lore.

STORY OF THE LAND: TERROIR Cool memories of the damp leaf litter that blankets the sweet spring forest soil pour from my wild leek infused vinegar. With the vitality of summer's peak, layers of amaranth and lamb's quarters speckle our sauerkraut, conjuring visions of the giant compost pile where they thrived. Our cask of dandelion mead sings songs of bee fairies and the magic of springtime blooms. This hard work, all with our own hands, elevates each jar's preciousness beyond the mundane relationship most of us experience when eating. Instead, eating becomes an opportunity to deepen and refresh our connection to the world. Each time we sit for a meal, it's a reminder of how miraculous and full of meaning food is.

DEVELOP AND CULTIVATE THE TERROIR OF YOUR SPACE AND LARDER As many extol the design features of their home spaces, those invested in wild foods brag about the quality of the latent wild yeasts and lactic acid colonies that come with years of fermented products cultivated and cohabitating with one another in a space. And, all of the amber bottles, Mason jars, dry bouquets, and chilies make epicurean design features all their own.

CULINARY FLEXIBILITY Preserves and ferments are like words. Develop a library of them, and then you have a vocabulary to work with. Cooking becomes an elastic process, building on previous dishes. Parlay one sauce into the next day's soup, into the third day's braise, into the fourth day's base for a new set, etc., etc., etc. Same goes with pickles - save the brine; pickle more items in it; doctor the brine for use in cocktails or as an acid component in a soup, stew, or sauce; or just put it up for later use in the library. Grandma would be proud, as this thrifty and waste averse life "hack" was handed down to her from her parents - far before the advent of refrigeration and the proliferation of rancid vegetable oils and preservatives present in our foodstuffs.

IMPROVE YOUR GASTRIC HEALTH AND STOMACH FLORA Great decomposers live inside of our bodies, comprising the majority girth of our bodies, and outnumbering our own cells 10 to 1. Embracing bacteria is a form of self-love. Rather than unsanitary opportunists, freeload off of honest multi-cellular beings or important partners in our health, bacteria are in fact stewards and masterminds of these animal bodies we find ourselves living in. Re-

“
The
ecosystems
that exist
outside
and inside
our bodies,
reminding
us of our
interdependence
with the
microscopic
world.
”

sponsible for facilitating digestion, assimilation, regulating metabolism, and bolstering immunity - bacteria play a fundamental role in human wellness. Supporting our gut flora has benefits beyond digestion and immune health. Referred to as the "second brain," the digestive system is loaded with more neurons than the brain and spinal cord, which interact with the microbiomes in our gut in intriguing ways. When we keep this central part of us, our gut, thriving, warm, and running smoothly, we can nurture our entire well-being. Daily consumption of living fermented foods and beverages is a literal way to connect the ecosystems that exist outside and inside our bodies, reminding us of our interdependence with the microscopic world.

FOOD STRATEGY, STABILIZATION, ORGANIZATION When the warm side of the sun comes over to our side, our spirits get wild. So too does the Earth's bounty. Temper your feverish pitch of road trips and vacations, picnics, and late nights at or on the water with trips to the farmers market. Better yet, tend to your Victory Garden. Maintain your relationship with the world that surrounds you and the vegetation that you put in your body. Use everything. Select vegetables and fruits that have their tops attached as they tell a story all their own, when they were picked, how robust the plant was, and the growing practice that went into their cultivation. Going to the market is a luxury. Access to real food and unparalleled. Put in some strategic work between beach trips, reading novels, and dinners alfresco with the Albariño and Bandol Rose. Your winter self will be grateful for your summer sweat.

Each week, attempt to organize your food shopping so you can focus on one or two products per week - in anticipation of making big batches of those items. Peel, cut, weigh, blanch, construct brines, and add aromatics, and then taste, test, workshop, and experiment. Set aside small quantities and follow your whimsy, intellect, and wit to intuitive riffs on your well-enjoyed classics from last season. Go in with friends or neighbors, and gather once or twice a week at the home with the best kitchen. Take time to be with friends and nurture platonic community relationships. You will find cooking in this manner is greatly fulfilling, satisfying, and nourishing and bring wine - it helps!

Exercising systemic organizational thinking is easily translatable into other parts of life: taking a big task, breaking it down, and organizing it into manageable steps. The process of fermentation and cooking in this way can be a meditation - grounding people to think about issues in other aspects of our lives. Looming problems become smaller and petty tiffs fall away as the relaxation of leisurely cooking, the smells, and the manual dexterity nurture our spirits and engender style, grace, stamina, and perspective in our daily lives. It seems only fitting that the ferments and preserves that we have constructed using these processes nutrition-

ally mirror the aforementioned phenomenological traits. In very real ways, creating a larder is a political and social act. By creating a larder in your home or community, you have insulated yourself from future market, political, societal, and natural forces - effectively securing yourself healthful, nourishing, and delicious food source.

TOMATOES AND SOME USES When canning, proper care in sanitation is essential as well as adding salt and acid to prevent anaerobic bacteria growth - chiefly, botulism. Safe salinity and acid ratios are 5 grams of salt and 30 grams of bottled lemon juice per quart of tomato product. If you have further questions, consult Google. Canning is very straightforward and hard to botch, but as we say in the kitchen, “When in doubt, throw it out.”

BLANCH AND CAN WHOLE TOMATOES Mill and separate water from solids by pouring milled tomatoes into a strainer lined with cheesecloth or a slightly damp dishtowel. Let strain for a day or two.

WITH THE SOLIDS (TOMATO PULP) Spanish Tomato Conserva: Grate raw garlic and fold in olive oil, salt, a spring of rosemary, a splash of sherry vinegar, and a thread of saffron - if you please. Jar in a pressure canner or via a pot of boiling water for eighty minutes. Use generously to top a piece of grilled bread for pan con tomate, or add a spoonful to enrich soups, stews, and sauces. Tomato Paste: Purée in a food processor and cook down gently until reduced by half or two-thirds. Freeze in ice cube trays or process using the boiling water method and store small quilted jam jars. Tomato Relish: Gently caramelize Bermuda or Vidalia onions, shallots, and garlic, and then purée with the tomato solid mixture. Cook down and season with a fruity new olive oil, cider vinegar, salt, pepper, and oregano.

WITH THE TOMATO WATER Vinegar: Pour into a sterilized Mason jar and tightly cover top with cheesecloth. Leave in a cool dark place to ferment, add a little vinegar “mother” from Braggs Apple Cider Vinegar, or a little existing tomato vinegar to the water. Taste test after three weeks and every week thereafter until desired acidity is reached. Store in a dark bottle with a cork and introduce a small amount into your next batch later in the season or next season!

Gazpacho: Preserve the beautiful clarity of your tomato water by seasoning only with white or clear ingredients. Flavor with salt, white pepper, white shoyu, white balsamic or aged tomato vinegar, and the best

olive oil you can find (As this soup is not heated, all the fruity citrusy notes of a first harvest new olive oil will shine!). Super finely slice celery hearts, scallion whites, seeded blonde tomatoes, snow peas or snap peas, and chili peppers of your discretion. Also ramps, garlic scapes, zucchini, and other mid-spring/early summer baby varieties are at home in this vivacious and soupy sluice of life. Bring this whimsical and ethereal broth down to earth with baby roots

alongside it: sliced or roasted breakfast radishes, baby boiled potatoes, or olive oil smashed fingerlings. Top with celery leaf and lavender buds.

FURTHER TOMATO PRESERVATION IDEAS Roasted Tomatoes: Halve tomatoes and toss with olive oil, salt, pepper, and any herbs and miscellaneous aromatics desired. Arrange skin-side up on a sheet tray. Roast until the skin is blistered and ethereal tomato smells envelop the room. Remove from oven, cool, and slide the blistered skins off the roasted flesh. Incorporate the fruit into sauce, soup, antipasti, or keep in a Mason jar covered in oil for “sleepy season” use.

“
Our cask of
dandelion mead
sings songs
of bee fairies
and the magic of
springtime
blooms.
”

Tomato Bolognese: Caramelize onions, garlic, carrot, celery in nice olive oil. Heating olive oil to a high temperature destroys its nuance and turns it acrid, so go slow to preserve the integrity and fruity notes of the oil. Add whatever herbs you desire and sauté until fragrant, but stick with the woody aromatics: rosemary, thyme, lavender, and oregano - save the more delicate leafy herbs for later in the sauce or as a garnish (as with anything else in life, devising and respecting an order of operations as a creative framework yields dividends and timing is everything!). Deglaze with white wine, simmer until all the alcohol has burned off, and add another hearty splash of wine (at this point, you may need to open a second bottle, as you have been drinking part of this bottle as well). Do not cook with a bottle that you wouldn’t drink. (drinking while you cook is a pensive thing and connects you to your sauce making process and loosens your creative strictures). Add blanched tomatoes, roasted tomatoes, or tomato pulp - or any combination of the three. Simmer in a mostly covered wide saucepan, the longer the better. If it gets too thick, you can thin the mixture with a bit of water. Season with salt throughout the process – a little at a time, remembering the elasticity and salinity of the sauce will deepen after relaxing a day or two. Enrich the mouthfeel by adding a smidgen of brown sugar, agave nectar, or bee pollen. To balance the sauce with a squeeze of acid, you can throw in some olives and capers, or maybe some baby artichokes. Chop up some parsley or chervil, or maybe even some tarragon, but use a light hand. By doing this you will have made the sauce that you are going to crave in the winter. Pour it into some Mason jars and process it.

El Potrero style Salsa Borracha: I learned to make this sauce in the mountain town of Viñales, right outside of Monterrey, Mexico while I was on a rock-climbing trip during college. It pairs perfectly with a summer mixed grill of lettuces, zucchini, brassicas, and bitter greens. Halve tomatoes, white onions, and your favorite summer hot chillies and season liberally with salt, pepper, and Mexican oregano. Toss these elements in a mixing bowl with olive oil, pomace oil, or your favorite nut oil, and then char on a screaming hot grill until the skins of the chillies are black. As in the preparation for roasted tomatoes, slip the skins off the tomatoes and chillies. Impart a flavorful char on the onions but not overly burnt. Turn the ingredients out into a mortar and pestle - most preferably one made of Mexican volcanic rock (molcajete), and pound the charred elements along with chopped cilantro, lime, and a splash of your favorite light Mexican beer or tequila (with the liquor burnt off) until chunky smooth. Adjust the seasoning with salt, pepper, and a fruity vinegar. If you want to use for the sleepy seasons, process as you would tomato sauce.

Jake Elmetts (b.1986, New York City) is an American food preservationist, natural resource broker, and photographer. Elmetts holds a bachelor’s degree in Alternative Photographic Processes and Graphic Scoring from Hampshire College; Amherst, MA. A career cook, Elmetts has worked in some of the most culturally innovative kitchens in the United States. His natural resource brokerage, American Topographics, aims to forge relationships and strengthen local food security between farms, restaurants, and communities. As an avowed dry spice and Chinese food nerd, Elmetts lives in the wilds between the Catskills and the hills of Western Massachusetts. Carly Leusner also contributed to this article.

BHAVA





Soothing

Herbs, flowers & plants
for the changing seasons



JUNIPER RIDGE Desert Pinon Campfire Incense-Insense ticks made of Wildcrafted plants, tree sap, wood, and bamboo stick. Scent Notes of sweet Pine, resin, desert campfire and chiminea. @juniperridge

MARE MAIA Spagyric tinctures- Ordinary herbal tinctures only partially utilise the curative powers of the plants from which they are prepared. Spagyric tinctures are made according to unique processes which ‘open’ the plant or herb and liberate stronger curative powers. Mare Maia offers many different varieties of herb and plant tinctures to help with seasonal ailments. @maremaia

TEA BLENDS Breathe-Organic Red Rooibos, Mullein leaf, Nettle leaf, Coltsfoot leaf, Marshmallow root, Ginger root, Peppermint leaf, Licorice root, Lemon Balm herb, Osha root. **Rise**-Organic Green Tea, Rose petals, Blue Cornflower petals.

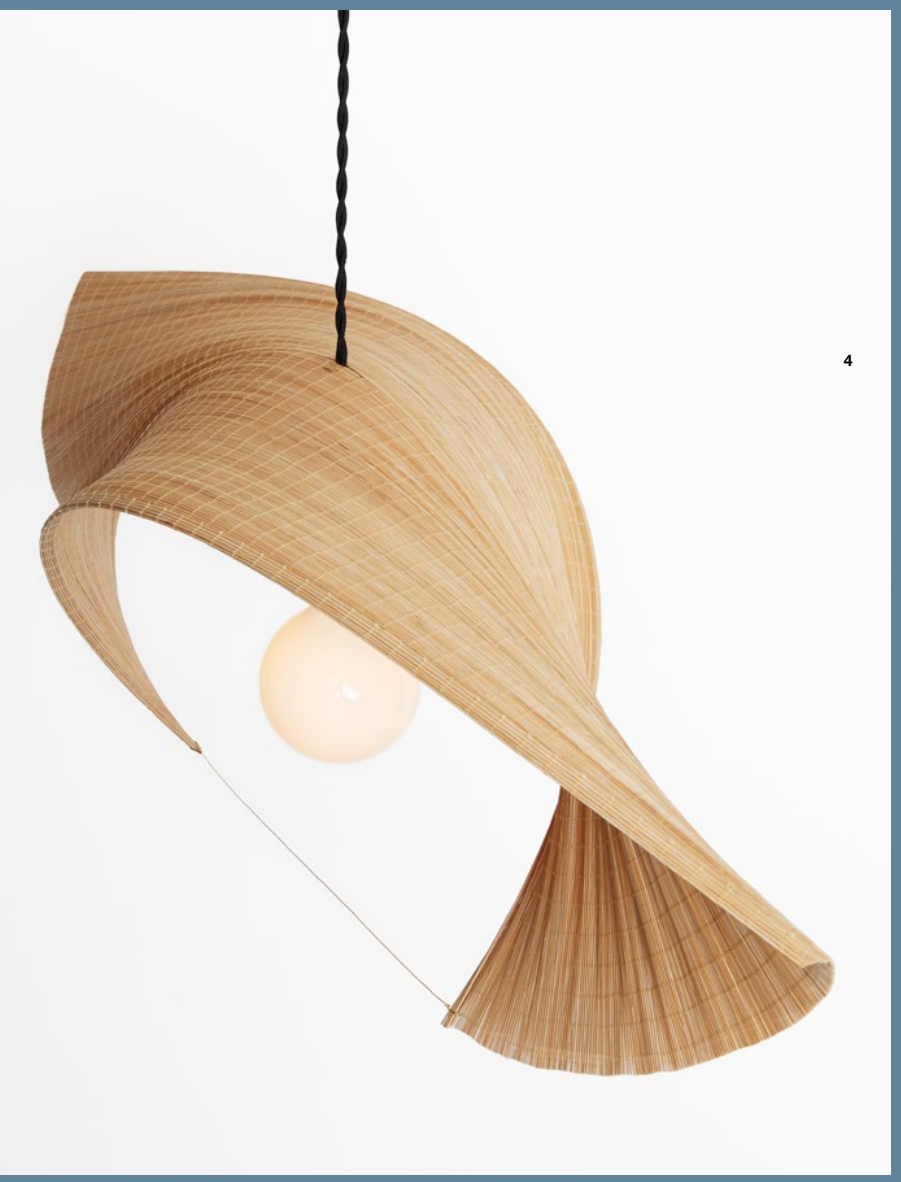
Digest-Cinnamon chips, Allspice seed, Ginger root, Marshmallow root, Clove bud, Black Pepper corn, Fennel seed, Licorice root, Cardamom pod.

Relax-Organic Holy Basil leaf, Cinnamon chips, Peppermint leaf, Lemon Balm herb, Hibiscus flower, Rose petal. **Sleep**-Organic Lemon Balm herb, Catnip herb, Chamomile flower, Oat straw herb, Cinnamon chips, Lavender flower, Peppermint leaf, Rose petals. From **WATSON CABINET** Hudson, NY.

FOLK SMOKE Good Fight Herb co- If you’re trying to give up smoking, or you want to start a relaxing, meditative ritual, this herbal mix is a delicious non addictive smoke blend packaged in a tin that’s easy to travel with, and includes organic rolling papers. Contains Mullein, Sage, Damiana and Lavender. @thegoodfigtherbco

Images enhanced by Dominic Lavin.





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1

1 Hanging Lamp by **WORKSTEAD** The Orbit Pendant Lamp is made of Spun brass disc, which orbits like a planet around a single glowing bulb \$1125 @workstead. **2** Chair by **gruba**. Wood and felt, assembled without glue. \$300 @gruba. **3** Cup, milk & sugar set Handmade by **DAVISTUDIO FINE PORCELAIN** in Upstate NY, This Eco-Potter is 100% carbon neutral. \$98 @ValleyVariety. **4** Hanging lamp by **JAKE COAN DESIGNS** Brass wire and traditional bamboo blind \$300 @jakecoandesign **5** Pillows by **MARTYN THOMPSON STUDIO** Individually

crafted paint-blotted collection is printed on 100% cotton. \$450 @martynthompsonstudio. **6** Bed Cover by **LES INDIENNES** Celestine Summer Bed Cover are made from pure organic cotton and natural dyes \$164 @lesindiennes **7** **CHRIS LEHRECKE** bed frame: Involving water jet cutting and welding. The bed has a slatted walnut wood construction, and the steel frame has an oxidized finish. \$7500 @chrislehrecke **8** Tea Clothes. By **HAWKINS NEW YORK** & artist **ALYSON FOX**. 100% Lithuanian Linen \$22 @hawkinsnewyork.



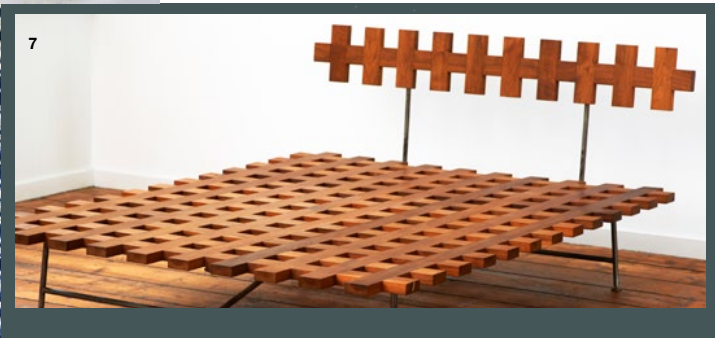
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FLOOR LAMP BY MANOTECA La nuit de noel is a floor lamp inspired by the photosynthesis process, and represents the cycle of life. A drop of light falls onto the ground. Electricity flows through the trunk, feeding the branches and is then transformed again into a single drop of light... in a never-ending cycle. These are one of a kind, completely handmade, numbered and signed, accompanied by a certificate of authenticity.

The Coffee trees are from Indonesia. Each one was chosen with great care and attention for its beautiful and unique natural shape. The Java Tree is a natural tree perch made from a single 25 to 35 year old, the age when the tree becomes non-productive. Each Tree is picked and selected in person as less than one percent of them is suitable. These trees

then go through a series of painstaking processes and handcrafting till they reach perfection. The wood is dried and the tree remains original in its entirety. This means that each tree lamp will be different from any other, keeping its natural personality.

The rust of the steel box has been obtained with salt, water and patience. We wait till the rust is perfect. In the box there are more or less 8 Kg of resin mixed with natural pigment, layers upon layers. The final effect is similar to deep water but with the colour of amber. The leather wire is hand-sewn from an Italian artisan. The only leather we use is recycled. We do not want to injure animals or the environment in any way. @manoteca



Documentary film making may just be the voice of journalistic freedom. Made by independent means, the films are created to reveal the truth. They are sometimes beautiful and other times gruesome, but the films are always intriguing. The world of documentary filmmaking is an exclusive club of brave and impassioned human beings. Here are several gems that are on the film festival circuit, waiting for funding, or archived treasures.

A TRAIL OF PIGMENT Circuit. Keep an eye out for A Trail of Pigment. This poetical film explores the landscapes that span from the Ayurveda forest in Kerala to the Ran of Kuch, near the Pakistani border. The film provides a first-hand glimpse into the traditional as well as modern techniques of making pigments - such as dyes and paints. The two filmmakers, Parris Jaru and Kiritin Beyer, capture the artisans at work as they hand craft natural organic pigments such as sandalwood, turmeric, indigo, and other elements. The documentary has an old world film quality that seduces the viewer in wanting more, even after it's FINI.



SALAM NEIGHBOR Circuit. Chris Temple and Zach Ingrasci, co-founders of Living on One, have a range of experiences that include working as radish farmers, surviving on one dollar a day in Guatemala, and living in a tent in a Syrian refugee camp. Their latest film, Salam Neighbor, follows Temple and Ingrasci's experience while embedded in the Syrian refugee camp. The film provides an in-depth perspective into the daily hardships and hopes of Syrian refugees. They are the first filmmakers allowed by the United Nations to be registered and given a tent in a refugee camp, anywhere in the world. Temple and Ingrasci are pioneers of a new style of documentary filmmaking, using immersive storytelling to raise awareness and inspire action for pressing global issues.

WALKER EVANS AMERICA Archive. This one hour documentary about Walker Evans (1903-1975) is a touching and intimate portrait of the man and the artist. Although, Evans inspired generations of photographers, this iconic American photographer was relatively unknown for most of his young life. This one and only documentary, by filmmaker Sedat Pakay, unearths the originality and passion of the artist. Using photographs, Walker took it upon himself to address the truths behind the so called 'American dream' by documenting in stills the poor and marginalized.



THREAD Funding. To effect change to an entrenched and multifaceted fashion and textile industry will require effort on many fronts. The filmmakers of Thread take viewers backstage with well known designers, and into the field with environmental experts. The purpose: to see what changes will be necessary to reduce fashion's carbon footprint. This revealing and transparent view of the world of fashion is intended to open the eyes and minds of consumers, and to remind them that the power to change the status quo is in their hearts and in their wallets.



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style **STILE** style

curated by
Roxie Hsieh
Portrait by Ping Wang



She's the new generation of vegan fashion bloggers-Roxie Hsieh was born in Beijing China but calls NYC her home. This animal rights advocate earned her bachelor's degree in economics and animal studies from New York University. One of her passions is combing through sustainable and ethical lifestyle stores and boutiques for fun ideas for her blog, "to help create a more compassionate world".



AGB: What turned you on to vegan and sustainable fashion? RH: I love fashion, I think when someone is feeling inwardly beautiful, a great outfit will make this person feel outwardly more confident to take on anything in life. However, a few years ago, I was completely shocked when I saw some reports about how much waste and pollution we've caused in the name of fashion. This to me is the opposite of beautiful. I don't want to give up trying to feel beautiful, so I started to rethink my fashion philosophy, and realized that only sustainable vegan fashion is consistent with the idea of feeling beautiful, thoroughly, from inside and out.

I love the fact that in vegan fashion no animals are exploited or killed for a handbag, it's also a great way to protect the environment; factory farming contributes greatly to carbon emissions and water pollution. Being consistent to sustainable, vegan and ethical fashion makes me feel more beautiful than ever. @roxiehsieh.com/blog

Clockwise from top right:
1 WOODZEE Chloé Black Pear Wood Sunglasses \$100 @woodzee. **2 Medusa** Joanna bag: Hand made vinyl clutch purse \$122 @me-dusa. **3 Beyond Skin** Golden flats: faux patent leather and faux suede upper. \$104 @beyondskin. **4 ONO** Cor Love: Cork, organic bamboo & cotton \$229 @ono. **5 SMK** Unisex denim bomber \$199 @notjustalable. **6 Gracie Roberts** Deville Skinny Bucket in nude \$38 @gracierobertsny. **7 SMK** Cropped dress shirt with ruffle on the bottom \$129 @sandrameynierkang. **8 Freedom Of Animals** Boromo Circle bag: eco-faux suede, vegetable dyed. \$360 @freedomofa. **9 NAJLA LINGERIE** Organic cotton camisole \$45 @najla.

read **READ** read



MAGNIFECO Your Head-To-Toes Guide To Ethical And Non-Toxic Beauty. Kate Black's new book is the most comprehensive sustainable living guide on the market today. The book, written by the founder of Magnifeco.com, covers all aspects of conscious living. Black provides important information intended to heighten awareness of the importance of clothing supply chains and reports on the numerous dangerous chemicals found in apparel and make up. The book can be used as a resource for the names of trusted sustainable and ethical brands. It's a must for all who seek to understand how their consumer choices impact their health and the world at large. \$16

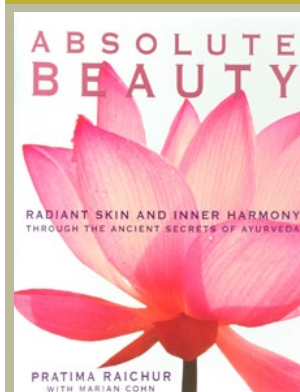
Forgotten ways for
MODERN DAYS



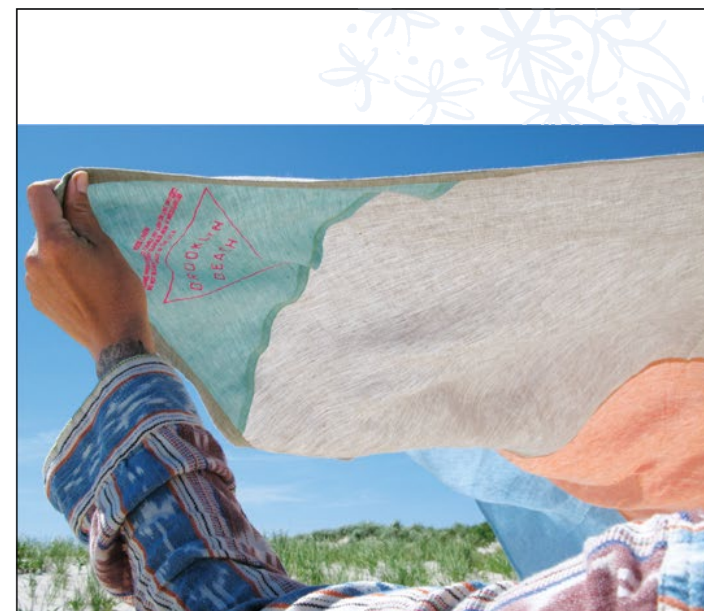
Kitchen items and household how for a natural home and garden

RACHELLE BLONDEL
Illustrated by DOTTE ANGEL

FORGOTTEN WAYS FOR MODERN DAYS by Rachelle Blondel. This book is a photo rich and fun DIY guide for the pioneer woman in all of us. To learn about vegetables that help cleanse the room of bacteria and how to make your own cleaning products, this guide is a treasure that will be handed down through the family for generations to come. \$25



ABSOLUTE BEAUTY Dr. Pratima Rahichur with Marian Cohn write an in-depth beauty book focused on achieving radiant skin and inner harmony through ancient Ayurveda secrets. This book goes beyond an Ayurveda skin care guide, teaching how to get to know your skin through daily practices, physiology, and habits. It covers multiple therapies including breath meditation and color therapy. Also included are dietary suggestions, mind and soul purifications, and emotional balancing. This guide is not for a quick fix but for an inspired and healthy lifestyle that will ultimately rejuvenate your whole being. \$22



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Artemas Quibble

Photographer Phillip Van Nostrand



Stepping into Jason Ross' workshop is like steeping back in time to an era when craftsmen and women made a livelihood from what they could forge out of the earth. A time when hands, eyes, and soul molded objects of beauty that lasted a lifetime. But Ross' work is not just molded and hand made, they are remade, from things that used to be loved in former life.

Having an eye to transform discarded objects into fashionable accessories seems to be Ross' destiny. Ross comes from a family of craftsmen and fabricants. His grandparents owned a store and were furniture upholsterers, and his father developed patented mechanical electricalmechanical components. Referring to his father often during our conversation, Ross pulls out hundreds of his father's perfectly preserved blueprints that he plans to incorporate into his own work.

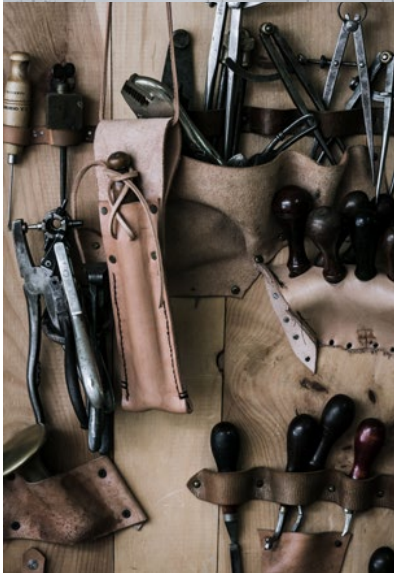
But, Ross' path was not so clear-cut. Before founding Artemas Quibble, a name chosen purely for its resonance, his career was pointed in the direction of going into his father's family business, but he realized it wouldn't be fulfilling, so instead he took off for The City Of Angles to pursue a career as a writer. Ross hangs his head as he recalls the hardship of a writer's life. Eventually, he circled back to what he was familiar with and went back to work for his father. At the same time he set up a small studio in his basement and started making boxes from found wood. He also worked for a friend's modern furniture showroom. Creating was coursing through Ross's veins, he began dumpster diving for raw material, he recalls that no one was into dumpster diving 15 years ago. Ross was looking for discarded wood, as in structural beams or old doors and hardware to create his own medieval modernist designs. Ross pushed the boundaries of deconstruction, merging his woodwork with reclaimed leather from an industrial belting company, eventually the leather pieces were added to found hardware like door hinges to create his original line of artisanal belts and accessories, which have since evolved.

But every great man has a great woman by his side. Natasha Chekoudjian graduated from the Academy Of Art University in San Francisco with a degree in fashion design. She recalls that when she met Jason she had just started working at Elie Tahari as an assistant designer. The romance was fueled by their mutual love of design. Natasha recalls, "We immediately started making things together which was so much fun and very romantic. We would stay up all night making bags and jewelry. We did get competitive and still do - we like to push each other to be our best." Jason and Natasha had a daughter. Soon after becoming a mother, Natasha went to work for Free People. Nonetheless, the design partners are still romantically working as one.



The biggest break for the Aretmas Quibble design team came when Donna Karen found and placed their accessories in Urban Zen and eventually in Collection Label - that turned into an eighteen season collaboration.

Artemas Qibble's new collection continues to be created out of pure love. The sterling silver jewelry collection comprised of bracelets, rings, and chokers for both men and women was conceived in the form of an engagement ring for Natasha. She accepted and a collection ensued. The collection is made of hand forged silver from recycled metal and sourced from artisanal mining companies. Ross makes this collection using a unique technique of rolled silver sheets. This technique allows the jewelry to be more malleable, so the bracelets and necklaces can open widely when putting them on without causing any permanent distortion to the jewelry. Ross is really excited about the results, showing me the rolled silver at the edges of the pieces up close. Getting caught up in someone else's excitement is quite special, it only adds to the preciousness of each piece made and sold.



Artemas Quibble collections can be found at: **Elu** by Cristina Nicoletti, **Robin Richman**, **Urban Zen**, **ABC Home**, **Gilda's Boutique**, and **Desert Son of Santa Fe**.

Silver Bullet

HISTORY HAS A WAY OF CIRCLING BACK, ESPECIALLY WHEN IT'S TRIED AND TRUE. SILVER HAS A LONG LIST OF REMEDIAL PROPERTIES THAT HAVE CAUGHT THE ATTENTION & IMAGINATION OF HEALERS, BIOTECHNOLOGY MANUFACTURERS, & FASHION DESIGNERS.

Utilizing silver for its antimicrobial properties is not a new idea. To discourage contamination, the Phoenicians stored water and other liquids in silver coated bottles. To keep milk fresh, silver dollars were placed inside milk bottles. Silvered water tanks used on ships and airplanes kept water potable for months. In 1884, to prevent the transmission of Neisseria gonorrhea from mother to child during childbirth, it was common practice to administer aqueous silver nitrite to the eyes of newborns.

After antibiotics were discovered in 1928, the use of silver as a bactericidal agent decreased. Unfortunately with the discovery and use of antibiotics has also come the emergence of antibiotic resistant strains of bacteria. A frightening and much publicized resistant strain of bacteria is the literally named flesh-eating bacteria. The gradual decline in

the efficacy of antibiotics has forced scientists and doctors to search for new antibacterial mechanisms, and rather than looking forward, they looked back at what worked in the past.

With the advancement of new technologies such as radio isotopes and electron microscopy metallic silver nanoparticle (Ag0) and ionic silver (Ag+), this old material has become the future weapon in the fight against germs. Ionic silver is recognized for its broad-spectrum antimicrobial qualities and presents virtually none of the side effects related to antibiotics. It is entirely non-toxic to the body and a powerful tissue-healing agent, so much so that it has been used topically for decades in burn centers and currently represents one of the fastest growing sectors in wound care today.

Ionic silver is currently used in dietary-supplements and medical and industrial products. For example, Curad and Johnson & Johnson bandages are available with Ionic silver infused into the gauze, so as to destroy bacteria. In the medical services field, silver is a key ingredient in new high-tech powder coated finishes used in hospitals and doctors' offices to protect walls, counters, and other germ-gathering surfaces. Samsung home appliances such as refrigerators and air conditioners are now manufactured with a silver nano-coating on their inner surfaces providing an overall anti-bacterial and anti-fungal effect.

Ionic Silver is breaking through hurdles, from medical use to biotechnology and most recently - fashion apparel. The Sharper Image, a technology based company with a huge catalog of comfort products now produces a line of slippers and pillows that have ionic silver incorporated into the fabric to prevent odor-causing bacteria. The Earthing Company uses silver in their grounding products - pillow cases and sheets with threads of silver woven into the fabric for extra relaxation effects.

Arjuna.ag is a progressive, luxury, protective fashion company. They make clothing and accessories that guard against the challenges of 21st century travel and urban living. Combining clean, minimalist design with specialty materials that offer unique benefits to human and planetary health. The primary ingredient in their clothing is an amazing material made with silver.

In 2012, ARJUNA.AG became aware of a unique silver material used for niche medical and military contexts. The material is coated with a dense layer of 18%-by-weight pure silver ions. The positively charged silver ions create a conductive field that reflects electromagnetic radiation away from the body, much like a mirror reflects light. It has the ability to create a conductive field that reflects man-made electromagnetic radiation away from the body. What is the benefit of using this product to create clothing and accessories? According to the company website, it can eliminate 99% of bacteria, reduce inflammation, regulate body temperature, soothe skin sensitivities, reduce body odor, and stimulate calm and tranquility.

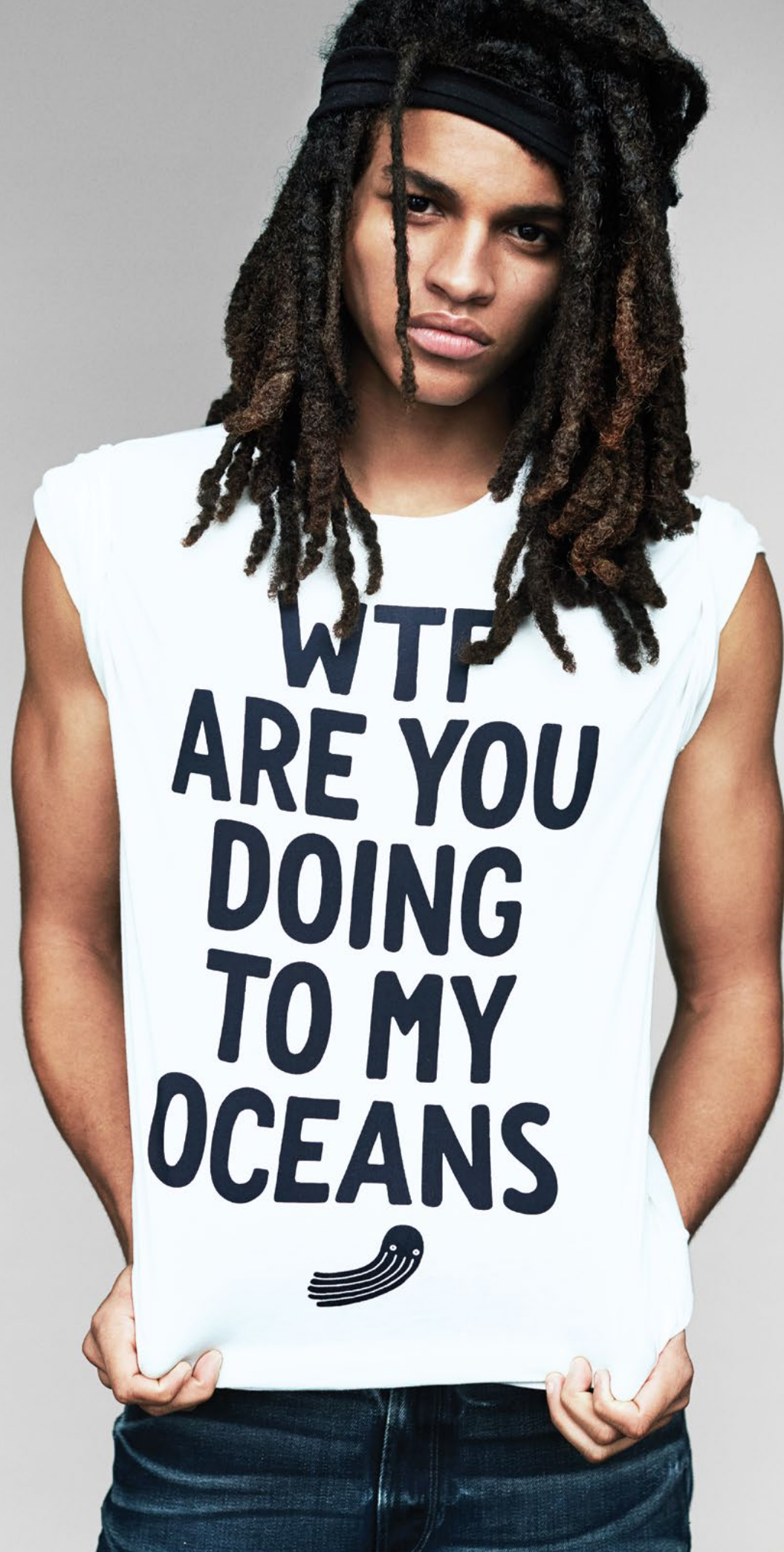
"Silver is a rare and highly precious metal that possesses a unique combination of scientific, aesthetic and socio-symbolic value. From sacred objects and jewels to high-techs such as telecommunications and photonics, silver has been celebrated across time, culture, and industries."



Luna white bra-
let and headband
by Arjuna.ag Photo
by Roeg Cohen

WILL BE HEARD

PHOTOGRAPHER
Craig
Salmon
STYLIST
Soraya
Dayani



Malcolm Evans @NYmodels AGE 19 WHERE WERE YOU BORN? Lansing, Michigan. WHAT DO YOU THINK IS THE MOST INTERESTING THING ABOUT YOURSELF? I would say the most interesting thing about me would be my beat boxing or singing. DO YOU HAVE A DREAM TO DO AND BE SOMETHING? I would love to be a child and family psychologist. WHAT ARE YOU MOST ANGRY ABOUT? For this I guess I would have to say the injustice of life. How some can be happy and secure while others suffer. WHAT ARE YOU MOST HAPPY ABOUT? I'm most happy about the friends I have made through life. HOW DO YOU SEE THE FUTURE? I've been thinking about this lately, it scares me but I would love for it to be simple. Though I don't know how I see it. MALCOM wears GSTAR tee & jeans.



Karsyn Bartruff @NYmodels AGE 18 WHERE WERE YOU BORN? Charlotte, North Carolina. WHAT DO YOU THINK IS THE MOST INTERESTING THING ABOUT YOURSELF? The most interesting thing about me is probably that I am a beekeeper, that always tends to throw people for a loop! DO YOU HAVE A DREAM TO DO AND BE SOMETHING? At this point in my life my dream is just to continue growing through meeting new people, traveling, and fulfilling everything I can while I've been given this opportunity. WHAT ARE YOU MOST ANGRY ABOUT? If I were being honest, I'm most angry that bread makes you "fat". It's a devastating fact one has to deal with. WHAT ARE YOU MOST HAPPY ABOUT? I'm most happy about the amount of creative, inspiring, and uplifting people I am fortunate to be surrounded by, it's a blessing I'm thankful for everyday. HOW DO YOU SEE THE FUTURE? I see the future as a place where technology has taken us all over, so hopefully before that occurs we can all enjoy the beauty of planet earth. Soon we will be staring at it through only a screen. KARSYN wears NIKKI Chasin top, RE/DONE jeans.



JACK DONOVAN @NVmodels AGE 25 **WHERE WERE YOU BORN?** New York, NY. **WHAT DO YOU THINK IS THE MOST INTERESTING THING ABOUT YOURSELF?** I'm a songwriter. **DO YOU HAVE A DREAM TO DO AND BE SOMETHING?** I want to make a living off my music. **WHAT ARE YOU MOST ANGRY ABOUT?** Class/wealth disparity and lack of action on climate change. **WHAT ARE YOU MOST HAPPY ABOUT?** My dog Pretty. **HOW DO YOU SEE THE FUTURE?** Optimistically.



Bogi Safran @NVmodels AGE 18 **WHERE WERE YOU BORN?** Budapest, Hungary **WHAT DO YOU THINK IS THE MOST INTERESTING THING ABOUT YOURSELF?** The most interesting thing about me is probably my hobby: horseback archery. **DO YOU HAVE A DREAM TO DO AND BE SOMETHING?** I really wanna be a professional confectioner and my dream is to open my own cake shop, where I'm doing healthy cakes too! What are you most angry about? I'm angry if someone says that modeling is not a job! **WHAT ARE YOU MOST HAPPY ABOUT?** Sports, sports, and sports! :) And if I'm with my horses. **HOW DO YOU SEE THE FUTURE?** "It always seems impossible until it's done." I think we can create our own future! :) -Nelson Mandela. **BOGI** wears **SCREAMING MIMIS** vintage tee, jeans, & skates. **AMERICAN APPAREL** belt.



Lily Brahms @NYmodels AGE 16 WHERE WERE YOU BORN? San Francisco, CA. WHAT DO YOU THINK IS THE MOST INTERESTING THING ABOUT YOURSELF? I love to act. DO YOU HAVE A DREAM TO DO AND BE SOMETHING? I'm really interested in science and math so something that involves those things. Also, I would really love to travel more. I want to see Asia. WHAT ARE YOU MOST ANGRY ABOUT? I get really angry when people tell me I can't do something. Sometimes I feel underestimated and like I have to prove myself to people. WHAT ARE YOU MOST HAPPY ABOUT? I'm really happy whenever I do something that someone didn't think I could do. I also have tones of opportunities that I don't take for granted. WHAT ARE YOU MOST HAPPY ABOUT? I like to hope that the future is a place with terrorism and equality are all sorted out, but I know it's more complicated than that. LILY wears ALABAMA CHANIN top, DISCOUNT TRASH shorts at V FILES.



Turner Barbour @Fusion AGE 18 WHERE WERE YOU BORN? Lincoln, Nebraska WHAT DO YOU THINK IS THE MOST INTERESTING THING ABOUT YOURSELF? Probably the fact that I moved to NYC from Nebraska with no intention of modeling and got scouted! DO YOU HAVE A DREAM TO DO AND BE SOMETHING? To have a positive impact on the world no matter what I end up doing. WHAT ARE YOU MOST ANGRY ABOUT? I hate how Syrian refugees are being treated inhumanly. WHAT ARE YOU MOST HAPPY ABOUT? I'm happy that I'm in New York following my dreams. How do you see the future? The future is exciting but also terrifying, if you're not living in the moment, then you aren't truly living. I try not to worry about the future too much. TURNER wears NUDE tee & camo jacket.



Omar Ahmed @Fusion **AGE** 20 **WHERE WERE YOU BORN?** Cairo, Egypt **WHAT DO YOU THINK IS THE MOST INTERESTING THING ABOUT YOURSELF?** My favorite fruit is persimmon! **DO YOU HAVE A DREAM TO DO AND BE SOMETHING?** I aspire to become a leading humanitarian and work with the United Nations in the future. **WHAT ARE YOU MOST ANGRY ABOUT?** I am most angry about the events and terrorism happening all around the world these days. It needs to stop and people need to stop blaming innocent lives for a mess someone else made. **WHAT ARE YOU MOST HAPPY ABOUT?** I am most happy about where life has led me today. I am very satisfied with my life right now. Thank god. **HOW DO YOU SEE THE FUTURE?** I see the future as ever changing. Any little thing we do matters and has an effect on our future selves. **OMAR** wears **NUDIE** tee, **PATAGONIA** beanie.



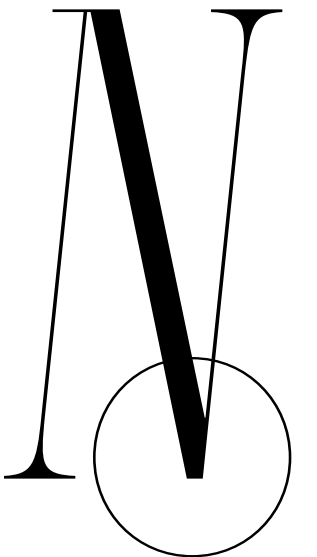
Cristina Piccone @Fusion **AGE** 25 **WHERE WERE YOU BORN?** Mexico **WHAT DO YOU THINK IS THE MOST INTERESTING THING ABOUT YOURSELF?** I think that's a question other person should answer for me, but I guess that I am very strong minded and true to my beliefs. **DO YOU HAVE A DREAM TO DO AND BE SOMETHING?** My dream is to grow up in a world that I would show to new generations. Where everybody coexists. **WHAT ARE YOU MOST ANGRY ABOUT?** When I see injustice in the world. **WHAT ARE YOU MOST HAPPY ABOUT?** To be able to be independent and be reaching little by little the goals I set up for me and being able to help. **HOW DO YOU SEE THE FUTURE?** Future is something that scares me a little. I am very concerned to what is happening in the world. I wanna live the moment without worries of wars and hate. **CRISTINA** wears **9TH ST. HABERDASHERY** vintage pants, **SCREAMING MIMIS** vintage hat.



Anka Kuryndina @Supreme **AGE** 19 **WHERE WERE YOU BORN?** Russia **WHAT DO YOU THINK IS THE MOST INTERESTING THING ABOUT YOURSELF?** I like music. Especially the group Depeche Mode. I love watch interesting movies. **DO YOU HAVE A DREAM TO DO AND BE SOMETHING?** I have a dream, but it's a secret :) **WHAT ARE YOU MOST ANGRY ABOUT?** I really hate terrorism!! **WHAT ARE YOU MOST HAPPY ABOUT?** I am very glad that I made Gucci advertising campaign. **HOW DO YOU SEE THE FUTURE?** I try not to look into the future. **ANKA** wears **DISCOUNT TRASH** sweatshirt at V files.



Griffin Reed @Fusion **AGE** 20 **WHERE WERE YOU BORN?** Oakland, California. **WHAT DO YOU THINK IS THE MOST INTERESTING THING ABOUT YOURSELF?** I was born with 4 teeth. **DO YOU HAVE A DREAM TO DO AND BE SOMETHING?** Just to be the kindest most understanding and well travelled person I can **WHAT ARE YOU MOST ANGRY ABOUT?** General ignorance to the fact that we are all the same human race and should work together to better the world not hurt each other for personal gain. **WHAT ARE YOU MOST HAPPY ABOUT?** Being alive, able to experience the life I am. Also my dog Mikey. **HOW DO YOU SEE THE FUTURE?** I would like to be optimistic but I feel life and the future will be dismal with the rate we are destroying each other and the environment. **GRIFFIN** wears **WEST WIND ORCHARD** tee. **Stylist Assistant:** Emma Sousa. **Make up:** Charolette Day using Dermalogica Skincare. **Hair:** John Ruidant using Kevin Murphy Products. **Digital tech:** Tara Chumpelik.



EXCUSES

Eileen Fisher

Photographer: Matthew Cylinder

Gracefully hastening toward her guests, wearing long layers of sheer black silk, and crowned with a perfectly styled white bob, the hostess of the hour makes a noteworthy entrance. A smiling face may not be the look de jour in the world of fashion, nonetheless Eileen Fisher’s beaming exuberance, as she takes my hand in welcome, has a healing quality that the industry is so very much in need of. The “Eileen Fisher Intimate Brunch” event I attended in September 2015 was organized for the press, but funnily enough when I received the invitation, the word intimate in its title made it sound very personal. So for a few minutes, I thought it would be just Eileen and myself. I was excited but nervous too. I’d never met the woman in person, and I couldn’t imagine what I’d done to deserve such a privileged invitation. So I reached out to her public relations department and was told it was an intimate party of twelve. That made more sense to me. I was disappointed but also a bit relieved. I’ve always had a great admiration for the Eileen Fisher brand, and I was excited to meet the woman behind the empire.

From the time I began research on Eileen Fisher, the woman, I discovered a person of passion and grit, a human rights advocate with a sustainable lifestyle ethos. She used her background in graphic design to create a brand to reflect her interpretation of a modern woman. That sensibility established a company that has persevered for 30 years. Eileen Fisher’s startup story has inspired many entrepreneurs. She had a dream of creating effortlessly chic designs made of fine quality fabrics. Clothes that would not only endure, but empower women. She tells a story of starting her brand and funding her first small collection with a bank balance of just \$350. She was the first of her peers to acknowledge the worth of older women in her campaigns way back, when no one else was being so brave. Now she has 1200 people working for the brand and 65 stores nationwide, Canada and the UK.



The brunch took place at Eileen Fisher's spacious sun drenched showroom in Midtown. Arriving guests were warmly greeted and offered a glass of Prosecco Mimosa, a very enjoyable start for the event. We were then escorted to a beautiful table, adorned with freshly cut flowers and an assortment of intricately prepared seasonal dishes. Amid this lovely atmosphere, Eileen Fisher and her friendly team of six intelligent women presented their new mission.

The purpose of the event was to promote the company's bold push to become 100% sustainable by 2,020. Since the late 80s, when the brand first came into being, EILEEN FISHER, Inc. has had a strong stance towards a healthy environment and human rights. Now, thirty years since the company first opened their doors climate change has become a stark reality that no one can ignore: The COP21 Initiatives have made considerable progress. There's a wealth of information available to the public on the toxic effects of synthetic dyes, and also a global outcry over inhumane working conditions for textile factory workers, but there's still a lot more to do. EILEEN FISHER, Inc. has taken on what seems to be the biggest and most courageous challenge of its existence: VISION2020

With the announcement of VISION2020, Eileen Fisher and her team clearly detail the first five years of the plan to push towards 100% sustainability. The company has renewed goals in eight categories: materials, chemistry, water, carbon, conscious business practices, fair wages & benefits, worker voice, and worker & community happiness. The brand plans to continue on its path toward fiber sustainability by using only organic cotton and linen in its clothing by 2020. Additionally, they plan to use only wool from sheep that are humanely raised on sustainable farms. The company is working with a sweater designer that source scarves from women recovering from fistulas in Ethiopia, and work closely with a manufacturing team that develops a local supply chain in Turkey, choosing factories near organic cotton fields to cut transportation miles. Their aim is that by the year 2020, roughly 30% of all Eileen Fisher items will be bluesign® certified. The company also plans to reach out to other fashion labels to create demand for responsible dyes in an attempt to establish a new industry norm. To reverse the global resource consumption trend, the brand is pledging to use less water, emit less carbon, and produce less fabric waste, as well as invest in alternative energy. The VISION2020 plan covers several areas of sustainability from investing in alternative supply chains and more. With its newly laid out goals, the brand hopes to work towards total sustainability, and envisions a world in which waste is a thing of the past.

"To create a truly responsible supply chain, we need to scrutinize everything we do, from the field to the factory to the landfill," said Candice Reffe, Co-Creative Officer. "We need to take a hard look at what's often swept under the rug—toxins, carbon emissions, and low worker pay, to name a few. It won't be easy. We'll need the help of our customers, our manufacturing partners, and like-minded brands. And we'll do it with two simple words: no excuses."

Local efforts are also in place. Since 2009 Eileen Fisher has recycled clothing as part of an initiative they call Green Eileen. Gently used clothes are collected at stores and resold - to support programs for women and girls. Green Eileen Senior Advisor Cheryl Campbell (along with other on the team) pioneered the idea because, "I thought our clothes lend themselves to recycling. They are designed to have longevity, both in terms of the styles and the quality. The average American throws out seventy pounds of clothing a year; through Green Eileen we create a second market. What we can't sell, we upcycle at Green Eileen's community-building workshops and through initiatives and partnerships to create new products." Eileen Fisher works hard to address many areas of social injustices. She is involved with a social consciousness team that oversees grant programs for women owned businesses and activating leadership, as well as numerous community partnerships and philanthropic store events. It is Eileen's belief that by helping women to find their voice they can become strong leaders within their families, communities, and lives.

Knowing the fearlessness of Eileen and her team, I am excited to watch the progress to VISION2020. I'm sure they are too. How exciting it must be for the brand to take on challenges that have the potential to benefit so many people, while healing the planet. It's one thing to have a thriving business, but the satisfaction and pride that must come from helping others along the way would be immeasurable.

AGB: What gives you the biggest sense of accomplishment, personal and professionally? **EF:** Professionally, I feel a sense of accomplishment around our deepening sense of purpose within the company. Many important pieces of the company that used to exist in their own separate spheres are now being integrated into the whole — the Foundation, Girls Program, recycling, and the Learning Lab. The company is so much

deeper and broader now than it was even a few years ago. We can see, more clearly than ever before, the possibility of making a larger impact — in the fashion industry, helping people think about what they buy and to understand that their choices matter, educating them in how they make their choices. Business that is driven by purpose and sustainable practices can be good for the world. We're on a learning journey and building toward that vision.

I'm experiencing a similar dynamic and sense of accomplishment in my personal life. I feel so satisfied with the way that important aspects of my life have woven together — family, friends, work, personal passions like meditation and yoga. My life has a sense of wholeness. And I can hold complexity and difficult situations like never before — I feel that I can be with anything that comes my way. I now understand and work with fear on a moment to moment basis — I can express my perspective openly, choose to take some action, mediate challenging conversations. This represents huge growth for me. It still astounds me when I think of how much I've learned.

AGB: You obviously have a strong sense of 'the right thing to do' and 'how things should be'. It's evident from the very beginnings of conceiving your brand. How did this fearlessness come about? **EF:** I don't think of myself as fearless — honestly, I struggle with fear everyday. But I am able to recognize it, and I keep going in the face of fear. I find that getting in touch with what matters most to me and having a sense of purpose helps me move forward. One of my biggest challenges has been finding my voice and gaining the confidence to speak up. I've learned over time that I actually have a lot to say, particularly around issues like sustainability and business as a movement. My voice matters. Ultimately, purpose conquers fear.

Even before I started the company, I could see the clothes as pictures in my mind. I followed that vision and felt my way into the work. There is something about inner knowing - the inner vision - and the collaborative way we work that together combine somehow to give me energy and confidence to keep going, to take the next step.

I am a listener by nature. That's how I connect and tune in. My inclination is to ask questions, to get the right people in the conversation and let everyone have a voice. The collective and collaborative process produces a lot of energy - it's the source of creativity and innovation.

“
To create
a truly
responsible
supply chain,
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everything
we do, from
the field
to the factory
”



WEAR & DESTROY

A Brief History of Fast Fashion

By
Anna Yanofsky

Most people don't wear Fashion; most people wear clothes. Fashion with a capital F is rare by definition. It is created by a handful of designers, shown on runways a few times a year, and sold for more money than the average American spends on a mortgage or a car payment, or maybe even both of those things combined. Most of the clothing the general public wears is an approximation of Fashion, a product of Fashion's lesser but quicker imitator, fast fashion. The differences between Fashion and fast fashion may be hard to spot at first glance, however, fast fashion is much more dangerous. Fast fashion is one of the world's largest producers of toxic waste and environmental pollution, not to mention its incredible human toll in the form of exploited labor.

While seemingly a modern dilemma, this behemoth has a long history. Fast fashion has its beginnings in the realm of ready-to-wear, a classification of clothing

that has been available to shoppers in some version for centuries. Historically, ready-to-wear was the moniker given to anything that was pre-made, pre-sewn, and offered for purchase straight off the rack at dry goods stores, rather than being custom produced by a dressmaker. Items like neckwear, some outerwear, accessories, and undergarments were quickest to be made not to measure, but rather in a limited run of standard sizes that buyers selected from store shelves. The introduction of the couture system in the 1860s created more of a division between ready-to-wear items and those crafted by a couturier. One of the classic characteristics of couture was that the great designers presented clients with entire ensembles. If you were purchasing a couture gown, you were receiving every element of the look. The belt, sash, collar, cape, or hair accessories were created specifically for the client as part of the ensemble to complete the designer's vision. Ready-to-wear then became the faster foil to couture.

As the Industrial Revolution introduced technologies that streamlined the production of textiles, more and more types of clothing were offered as ready-to-wear. A shopper could now go into a store and purchase a gown that looked similar to the couture-made one she had seen in her fashion publication. She could have a version of the exclusive couture look at a more affordable price. In the wake of WWI, shoppers who had come to budget carefully and buy clothing with a keen eye for value on the dollar increased the demand for ready-to-wear garments. Shoppers were willing to sacrifice some of the uniqueness and quality of their clothing for the sake of their wallets and convenience. The business of ready-to-wear grew steadily over the next few decades; however, it absolutely exploded in the early 1960s.

The generation coming of age in the 1960s was born in the shadow of the nuclear bomb, a weapon so utterly devastating that it changed the entire world's experience of what it meant to be

Ad for Harry Gordon's Poster Dresses including mail-in coupon, November, 1968.



a part of society. In the name of war, trusted authority figures had dealt a punishment so inhumane and inconceivable that the youth were wary of the establishment for years to come. Instead of following the rules that had been laid out in paths stretching back generations, young people resoundingly began to forge their own way. They increasingly ditched anything proper or traditional. Drugs, rock'n'roll, and miniskirts were in. Gone were the days of dressing like a lady. The youth didn't want to look anything like their parents—or shop like them either.

Young designers made their own clothes for themselves and their friends and gave rise to a new retail culture. Designers like Mary Quant, Betsey Johnson, and Barbara Hulaniki of Biba collaborated with artist friends and set up boutiques to sell their goods. In 1965, when legendary Vogue editor Diana Vreeland declared the Fashion



The Great Eye, Poster Dress by Harry Gordon, 1968.



Original 1st Edition Poster Dresses packaging, Harry Gordon, 1968.

World to be in the midst of a Youthquake, she legitimized the movement, giving anti-establishment fashion a decidedly established supporter, and increasing its momentum. Everyone wanted in on this new energy, as well as the profits it was generating. Soon the designers who had strictly been couturiers, making their clothes custom for their clients, began to offer their own ready-to-wear lines. The trends generated on the streets by the youth were now driving the fashion establishment. This was a complete reversal of how Fashion had worked previously.

In 1966, The Scott Paper Company caused a sensation when it capitalized on the youth-driven fervor for fun and unconventional clothes by producing what it thought would be a novelty item with limited appeal. To stir up a little publicity Scott, better known for its household paper goods, offered customers the chance to send in a coupon and \$1.25 in exchange for the Paper Caper, a dress made of a non-woven paper-like material. The dress was a simple shift available in two patterns: black-and-white op-art, or red bandana paisley. In a matter of months Scott reached the 500,000-piece quota they set out to produce and pulled out of the paper dress business. By then, however, the fad was widespread and hundreds of thousands more paper-like dresses were designed and sold. The most in-demand were Poster Dressses by a graphic artist named Harry Gordon, so-called because after a few wears they were meant to be hung as decoration on your wall. They featured a series of pop prints of a kitten, a rocket headed to space, a woman's eye, and even Bob Dylan—collect them all! The paper dress fad introduced a new kind of garment, one that you wore more for fun than function, and that could be tossed and replaced for a few bucks.

The paper dress fad ran its course by the end of 1968, but the ideas it introduced never really went away. Scott's graphic printed party dresses were the precursor of fashion that was fun for a wear or two, but not meant to last. The price allowed for wide spread purchase, but versions existed in High Fashion too. The trend spanned classes. A few bucks bought you a cool look, and it was the same one that you saw in the fashion magazines. While the fast fashion of today isn't made of paper, its production is guided by the same principles as that pop fad.

In the 1960s the youth wanted to shake up the establishment and disrupt tradition with the boldest of best intentions. Today, with the democratization offered by the ever-increasing speed of the Internet, young people have again demanded to take Fashion into their own hands. Fast fashion is proliferating today in the gulf of time between when social media obsessed front row guests send hash-tagged video snippets of fashion shows to their Instagram accounts, and when the clothes hit the sales floor. The ready-to-wear we see today is as systematically produced

as couture, and has been since the 1960s. It takes time to work through the established cycle of presentation and production. Fast fashion is almost immediate. Producers see Fashion immediately, judge its popularity in online posts, and get production of facsimiles going as soon as possible. No one waits for fast fashion.

The speed of fast fashion is accelerating. It is getting cheaper, quicker, and more plentiful all the time. Fashion has always fought a never-ending battle to keep ahead of itself, but fast fashion is a new opponent—and it is winning the numbers game. This means more disposable clothes are being bought and tossed than ever before. This model is clearly not sustainable as it is. Perhaps it is time for a new revolution, one that values quality over cache, timelessness over trend, and substance over status.

Ad for the Scott Paper Company's "Paper Caper" dress, 1966.



A D A U

Sudanese,
Australian
Adau
Mornyang
wears
pops of
color & white,
in vibrant
high
contrast
tones.

PHOTOGRAPHER
Paul Cruz
STYLIST
Jessica Soga

Kordal crop top.
SVILU wide leg
pant. Satomi
Studio rings and
earrings.



Kordal scarf.
Electric Feathers
shorts. Satomi
Studio bracelets.
Cocolico shoes.



Iana Kohn top.
Pima Doll knit
bottom. Satomi
Studio necklaces
and bracelets.



Electric Feathers
bandeau, **Mr. Larkin**
shorts, **Satomi**
Studio jewelry,
Cocolico shoes.

Correll Correll
dress, **Cocolico**
shoes, **Satomi**
Studio jewelry.



Electric Feathers
jumpsuit. Prymal
hat. Satomi Studio
jewelry. Akis shoes.



Behno shorts.
M Patmos cardigan.
Satomi Studio
necklace.



Studio One
Eighty Nine jacket
robe. Cocolico
shoes. Satomi
Studio jewelry.



Kordal shirt.
Levi's jeans. **Satomi**
Studio jewelry.

Hair: Menelaos
Alevras for Leonor
Creyl. **Make up:**
Gregg Brockington
for MAC Cosmet-
ics. **Model:** Ada
Morriyang



FUN FREEDOM PURPOSE

An Interview
with Ashlee Piper
Photographer
Matthew Cylinder

AGB: Ashlee, your TV appearances are dynamic, and you look like you're having a great time, but tell us, what makes you an expert in the field of sustainable and vegan fashion and lifestyle? Was there any study involved or did this role come about by chance? **AP:** I'd been attuned to cruelty-free products since I was a kid. When I was 11 years old, on the floor of my local Texas grocery store, I found a PETA flier on animal testing and since then I've only used cruelty-free products - that was 23 years ago! In the early days, I made a lot of my own stuff because non-animal tested beauty and personal care was a little harder to come by. About 7 years ago I became vegan and at the same time, I realized that something that's kind to animals but exploits people and the environment isn't much better than animal cruelty. So, my environmental awareness began in tandem with my veganism. Aside from the experience of living, dressing, eating, and beautifying in a vegan and eco-friendly way, while holding down high-profile corporate and political jobs, I studied holistic health just for fun. What I learned gave me a greater understanding of what we put into and onto our bodies. So overall, I'm self-taught, but I'm always looking to learn more. It's my passion and joy, so scouting for new products and meeting passionate

people who run companies that are creating better alternatives for beauty and fashion - it's a real privilege and fun as hell.

AGB: Please tell us about your first memorable experience as a spokesperson and eco lifestyle expert? **AP:** I started out writing magazine pieces on the topic because I truly believe that cruelty-free beauty and fashion is an awesome "gateway drug" to a more cruelty-free life overall. I wanted to communicate how a simple lifestyle change, like buying a lipstick that's not tested on animals, is an easy way for people to make an impact without any great sacrifice. While writing magazine pieces on these topics, I was also thinking how great it would be to have a series of fun and approachable segments on TV, of a similar ilk. I had no PR experience or contacts, but I just started knocking on doors, metaphorically, and after many rejections, a Chicago station gave me a shot. Ever since then, I've had a blast creating fifty plus television segments, to show folks how easy and fun this lifestyle can be. I knew I'd really hit on something big after I had a week in my home state of Texas, doing segments at various stations. I introduced reality TV star, Courtney Kerr, to awesome vegan fashion, and she loved everything! For a national show, I took a camera crew around Whole Foods and demonstrated to viewers how to spot cruelty-free, organic, and vegan beauty products. For the final segment, I was a guest on Good Morning Texas, Dallas' biggest morning show. Outside the studio, on the giant outdoor screen that overlooks a pavilion bustling with commuters, in HUGE letters was written, "Coming up Next: Vegan Fashion." Seeing that screen, I thought, Damn, I'm in cattle country, and they're unabashedly using the term 'vegan'. It hadn't been that long ago that many TV producers passed when they heard me pitch the very same term. Then, I knew the world was changing, and I felt very lucky to have stepped out of my comfort zone and taken a risk to do what I really believe in.

AGB: So in living a vegan lifestyle for ethical reasons, did you go through any physical or metaphysical changes that you were not expecting? **AP:** I really love this question because the biggest changes I noticed in my life were completely metaphysical. I mean, everyone talks about losing weight, feeling healthier, and yes, some of that happened for me too. But the biggest change was by living in alignment with my beliefs, I was completely lightened spiritually. I felt as though I came to know and was at peace

with myself. After I stopped eating animals and contributing to their exploitation, I felt I had more impact on the world. It changed everything for me - it fuels what I do and makes me feel free.

AGB: It seems as though the world is opening up to your dreams and desires. We love that the mainstream media accepts you as a vegan lifestyle expert; it's such monumental achievement. What is something you want to see happen with your career, something that you might not have thought possible at first? **AP:** That's really nice of you to say. Seriously, thank you. Like everyone, I struggle with feeling as though I'm not doing and accomplishing enough, and in this time of social media overload, it's easy to get caught up with comparing oneself to others. That said, I would love to continue doing television, but on a more national scale. The reach of TV is incredible, and I always feel energized being on camera, talking about what I love. The big, audacious goal is to become a regular contributor on a major national show like Ellen or The Today Show and focus on eco lifestyle. An addendum to that would be my "holy crap that's so cool, I'm freaking out" goal of eventually having my own talk show - one that puts a positive, inviting, stylish light on social and ecological consciousness, like a Chelsea Handler style show featuring guests who are engaging and also innovators of the eco lifestyle. Currently, I'm in the process of writing a book about chic eco lifestyle, so seeing that eventually come to fruition will be incredibly exciting. And my last hope, in the future, I'd like to run for public office and represent policies that are people, animal, and planet-friendly. Just thinking about these things gets me pumped!





Sass Brown

Photographer
Matthew Cylinder

Sass Brown is currently the Acting Associate Dean for the School of Art and Design at the Fashion Institute of Technology, New York City, New York. Brown started her career as a designer, selling her own signature collections in the UK and Canada. It was her interest in sustainable fashion that led her to become a researcher, writer, blogger, and educator. She has a sharp focus on ethical slow fashion - in all of its various expressions: heritage craft skills, recycling, reusing, and exciting new business models. Brown's passion for the art of conscious dressing and design has led her to become a published author, spokesperson, and educator. She works with women's cooperatives, educational institutions, governmental agencies, NGO's, SME's, and creative industries located worldwide. Brown is the author of two books: Eco Fashion and ReFashioned. She also hosts a website Eco Fashion Talk. Via her books and website, she communicates and promotes the best in eco fashion design to her audience, a community of thriving conscious consumers.

AGB: Hi Sass, let us in on your background. Where did you grow up? What's your family like?

SB: My answer is not as straightforward as you might have expected. I was born in Montreal, Canada. I believe we only lived there for about a year, so it's almost unimportant. I have three brothers and each was born in a different city and most in a different country. Between us we have three different nationalities. My father was English and my mother Scottish, so I also carry a British passport. We spent time in New York and New Orleans when I was very young, but I spent my formative years in a very small village in Scotland, fol-

lowed by an industrial town in the North of England in my teens. I attended University to study fashion in London, and have always considered London to be my home.

AGB: How and when did you become passionate about eco fashion? **SB:** There was no single defining moment; it was an organic process that developed over the years. I think I was always relatively conscious. As an independent designer, I recycled my paper and fabric scraps, made trades with other designers and artisans, but that's not so unusual for an emerging designer watching the pennies and trying to get the most out of everything. I ended up working for some big brands as vice president and design director, but that completely disenfranchised me with the industry, so I fell into teaching. As a result of my teaching position, I was invited to present at conferences which fueled my research. Right before attending one particular conference in Brazil, I happened to read an article about Carlos Miele's work with women's craft based cooperatives. I wanted to learn more, so I reached out to the conference organizers who put me in direct touch with both Car-



los's studio and the women's cooperative he worked with in the favela (a slum located in urban areas of Brazil). I think they thought I was someone far more important than I really was, as Carlos's studio sent me every look book, video, and PR piece associated with the brand. I also met with the founder of the cooperative, whose work impressed me so much that I returned to New York, wrote a research grant, and spent the entirety of the next summer volunteering with the cooperative - plus the following four or five summers and winters. This experience eventually led me to work with other cooperatives and creative industries as an advisor and a designer. The contact with Carlos Miele acted as a catalyst for me to decide to focus my master's degree on ethical design, and later my books.

AGB: You published two books on eco and sustainable fashion. What was your intention behind books? **SB:** The impetus to write the first book, Eco Fashion, was simply to communicate that great designs were being produced with ethical criteria. There was still an understanding that ethical fashion was crunchy and granola, or basic at best. All the books published at the time are written about ethical design in general, so you'd find an upcycled wooden desk featured next to an organic T-shirt. There was no separation of mediums, and no concern for the aesthetics, just the ethics. As a designer, that presented a huge problem for me, and I felt it was important to showcase really great design, cutting edge design, cool conceptual design in the ethical space, specific to fashion. I wanted designers and purchasers everywhere to show what great ethical alternatives there were out there already, and to finally blow the myth of ethical design were akin to granola. The other type of book out there at the time was the DIY book that showed you how to upcycle a stained T-shirt into a grocery bag, very practical and pragmatic, but nothing to do with great

design. The ethical fashion space is to a great degree highly dispersed and led by emerging designers to a great extent, so the intent of the book was also to expose the global spread of the work being done, and act as a connector to diverse global pockets of creative genius.

AGB: Sustainable fashion has gained such incredible momentum these past few years, what part of the industry do you feel needs the most urgent restructuring?

SB: Heritage craft skills in the developing and developed world. So many incredible traditions are in danger of being lost forever because of cheap fabric and cheap clothing, and it would simply be a sin to relegate them to the history books.

AGB: In your experience traveling the world and meeting fascinating people and eco heroes, who stands out to you as an inspiration or mentor? **SB:** There is no shortage of inspirational people in this space- people who are collectively shaping the future of the fashion industry as a more humane and ethical space. To name a few - people like Simone Cipriani, the founder of the Ethical Fashion Initiative, Carry Somers and Orsola de Castro, founders of Fashion Revolution, Livia Firth for bringing ethical fashion to the red carpet, and Lucy Siegle, the Observer Newspaper journalist. Some I consider friends, and all I consider eco warriors. Ultimately, however I think my real hero's are the artisans themselves, many of whom struggle to make a living through generations old craftsmanship traditions, working in relative obscurity, struggling to feed their families, and continuing tradition through their work.

AGB: You have a very informative blog covering many different areas of sustainability plus two books. What's next for you? Where is life leading you? **SB:** I'm working on book three right now, which is on artisanship and craftsmanship, and I'm hoping to partner with a filmmaker for a documentary on the same topic. It's such a rich topic, with no shortage of impactful imagery. Film communicates differently than the written word and would hopefully resonate with an entirely new audience. Connecting with new audiences is an ongoing



challenge. The website is always evolving. I'm currently considering adding a materials resource as a means of answering the multitude of emails I receive with sourcing questions. I'm working on my PhD - that's challenging and fun at the same time. I've also been fortunate enough to work on two really great programs at FIT: the Hand of Fashion and the Summer Institute. The Hand of Fashion program is a speaker series in partnership with the Ethical Fashion Initiative and partners. The Summer Institute is a four-day conference focused on sustainable fashion and textiles. Last but not least, I'm gearing up for the third annual Fashion Revolution Day, commemorating the Rana Plaza garment factory disaster, and I'm always working to increase engagement and outreach.

Manufacture New York

Photographer Matthew Cylinder

Bob Bland is committed to reviving the manufacturing business in the US. Her commitment came about as a knee jerk reaction to the aftermath of the financial collapse of 2008.

Bland, who used to be a Senior Designer at Triple Five Soul and also a designer of popular street wear under her own label, Brooklyn Royalty, witnessed the catastrophe firsthand as she watched her friends and colleagues, who were either independent designers or established brands, falter and go out of business. To help jump-start the slowly disappearing garment district, Bland created Manufacture New York (MNY) in 2012 and later Manufacture LA.

“Right now, the only way you can realistically produce and distribute your fashion designs is either by yourself or with a small studio, or by outsourcing to foreign manufacturers whose minimum order requirements are almost always too large for even well-established emerging designers. That is why almost every new collection the public hears about today is fronted either by a celebrity or a big brand with pre-existing factory relationships,” says Bland.

Bland recalls that in the 80s, New York was a natural incubator for emerging designers, “They would go to the Garment District and get their collections in development and every phase - financing, factoring, distribution, have the textiles printed, everything was there, a real Nirvana for fashion designers.” This situation began to dissolve after the North American Free Trade Agreement (NAFTA) went into effect and companies were forced to outsource to China and Mexico, causing an unintentional disregard for the work that was lost to the local companies. From one million people working in the Garment District, currently there are only fifteen thousand.

Bland had a realization - fashion institutes in New York were not teaching students to be entrepreneurs but rather great employees. In the 80s and 90s, this made sense, as the industry was abundant with bigger brands that were looking to hire talent, but post-recession, this model no longer worked. Students and designers needed to be mentored, and that was just not offered.

In 2012, after Bland had been working in New York for ten years, she had the opportunity to open a dialogue with colleges and designers to discuss their immediate needs in order to succeed. In an attempt to kick-start the garment industry and help her comrades get back on track, Bland envisioned an incubator, a place under one roof where designers could create their entire line, including product development, financing, and textile printing - doing it all on-site with other designers and even collaborate with other brands: it could include a media center, workshops, and events; the scope was endless. She wanted designers to have a support system so they could work and have a manageable family life. This became Bland's dream project, and that was how MNY was launched.

Bland's background, working as an independent designer and also for major corporations, gave her the knowledge of how both sides of the industry work, and this gave her the courage to believe that she could be the one to start such an enormous endeavor. Bland calls MNY not just a business but also a movement. She knew that to succeed she needed to rally the fashion industry community to support her efforts. A once mysterious and highly competitive industry would have to come together to help each other to restart a local industry before it was DOA. To succeed, it would be important to have transparency and a community effort to help designers design and manufacture their items, an idea that was way ahead of its time in 2012.

Then Hurricane Sandy hit the East Coast, putting a hold on the progress of MNY. Instead Bland found herself helping out with disaster relief for the community of Red Hook, her residence. The relief effort became a transformative time wrought with emotion and bonding experiences - the bringing together of an entire community. The fund raising Bland had started for MNY was diverted to Hurricane Sandy relief, and the work was an all-consuming effort. But serendipitously as a result of her work with the non-profits and government agencies for disaster relief, she made contacts that would later become helpful allies to bring MNY to fruition, and the work Bland did for the community efforts reinforced her dedication to see the idea of the fashion incubator come to life.

In early 2013, Bland launched a crowd-funding campaign, which raised over \$60,000 in a thirty-day period and attracted interested parties to help get the movement off the ground. As a result of meeting and events, Bland had been introduced to The New York City Economic Development Corporation, and after a two-year application process, they awarded Bland a grant worth three and half million dollars, earmarked for the renovation of the site of the future home of MNY in Brooklyn, NY. In September 2013, MNY started their first pilot incubator program in Midtown Manhattan. The task has been mammoth, and Bland is still working around the clock to put the pieces in their right place, but the final result: she changed government policies and created a situation where Millennials can be heard, altering the status quo. Bland's overall message is that people can create the change to thrive, all it needs is a commitment to be the change, work hard and share in the problems - if they affect you, then most likely are affecting your peers and neighbors.

Manufacture NY & LA offer to the public, events and cutting edge workshops. Their educational programs are designed to benefit students of fashion, entrepreneurs, and established designers. And to add to the sustainability factor a very recent and exciting addition in Brooklyn, is the organic garden that is under way on the factory roof top. So be prepared to hear much more from Bob Bland and MNY: not just a garden of fruitful endeavors, it's also a hub for innovation and inspiration.



BLURRED LINES

PHOTOGRAPHER David Agbodji STYLIST Sabine Feuilleley

Sometimes the line between truth and untruths are blurred. Honestly is sexy, truth is powerful.

Black and nude motif
top, **Osklen Miami**.



Striped & fringe sleeveless sweater, : **ELEVEN SIX**. Tan jacket, **GIVENCHY** vintage, **Lolo Vintage**. Karlene shorts with white specks, **BEHNO**. Zion in Tortoise sunglasses, **DHARMA Co.** Black mesh pumps, **MAISON MARTIN MARGIELA** from the archive of **LEAH LEVIN NYC**. Wide roof top cuff in brass: **LILA RICE**.



Canvas jacket **TITANIA INGLIS**. Canvas pants wide leg, **TITANIA INGLIS**. Leather mesh top: **TITANIA INGLIS**.



Black hand crochet
poncho top, **ST
ROCHE**. Yellow
high waisted brief,
HANNA BROER.
Black rustic silk skirt:
OSKLEN NY, Soho.
Black clog,
SYDNEY BROWN.



Printed dress,
Malene Birger
Paris lake ring,
SHAHLA KARIMI
Paris lake cuff,
SHAHLA KARIMI.





Black satin bra, vintage from the archive of **LEAH LEVIN NYC**. Oscar skirt, **BEHNO**. White shoes, **COMME DES GARÇONS** vintage from the archive of **LEAH LEVIN NYC**.

Tan dress with side embellishment, **BY MALENE BIRGER**. Sweet William. Materiality ring in silver, **SHAHLA KARIMI**. Paris lake cuff in silver, **SHAHLA KARIMI**.



Vintage back & white striped Jacket and shorts, **JUNYA WATANABE** from the archive of **LEAH LEVIN NYC**. Vintage fleshtone nylon top, from the archive of **LEAH LEVIN NYC**.



Earna blazer in white: **BEHNO** Sheer long skirt & top: Vintage **MAISON MARTIN MARGIELA** from the archive of **LEAH LEVIN NYC** Queen's Breastplate: **LILA RICE** rings: **LILA RICE** Platform Slide: **SYDNEY BROWN** Piermarini Boutique-Dallas TX.



Mareik Tunic,
BEHNO. Materiality
choker, **SHAHLA**
KARIMI.



Black sleeveless
dress, by **MALENE**
BIRGER.

Stylist's Assistant:
Jamie Troy
Hair and make up:
Mara Schiavetti.



DOMESTIC FUTURES



Curated by Lisanne Fransen

As always, following the rapid pace of technological inventions as the result of scientific research and engineering, we humans revolutionize. And now, more than ever, we need to revolutionize in order to heal our earth and become better keepers of the planet. So we will and have to revolutionize, but why? Due to the incredible gains in science and technological innovation, we're leaving the Information Age behind us (marked by inventions of modern communication systems: computers, Internet search engines, global navigations systems, social networks, etc.). We're beginning a new era, a digital bio-technical epoch (i.e. molecular nanotechnology, 3D printing, artificial intelligence, new energy systems, etc.). However, this new era has not started with a clean slate for us humans, as we have heavily damaged the earth with our Industrial Revolution and our constant hunger for economic growth, increasing production, and consumption. We know that, now. To simultaneously pursue the tracks of these two revolutions - a bio-tech revolution that doesn't harm the earth, we need ethical suggestions, ideas, experiments, future scenarios, cautionary tales, plus jaw-dropping prototypes... and luckily, these proposals come to us via the creative minds of a new breed of designers...ones that speculate.



Domestic Futures based in Stockholm is an interactive exhibit platform for the realizations and support of independent artists and designers of future ideas, technologies, and products. Founder and curator Lisanne Fransen talks to AGB about her past, present, and future manifestations.

AGB: Let's start with a very broad and familiar question: How did the concept of Domestic Futures begin? **LF:** If I look back, the very beginning of it all was the research I executed during my Master's degree while in Utrecht/Netherlands (2012). At the time, I'd been working in the design field for a while, especially furniture design and the annual Salone del Mobile Design Circus. Gradually, I started to notice that I was restless in such a hyper commercial world, and I was on the lookout for design work that was not solely focused on sales. Don't get me wrong, I love beautiful things, but I felt something was missing when the purpose of design is only to make things desirable and to trigger sales. Hence I started to look around, and I came across an article by Paola Antonelli called Biodesign (2008) which led me to the work and visions of Anthony Dunne and his students at the Design Interaction program of the RCA London. During my further research on what I call biotech design, I noticed designers struggled with disseminating their projects, ideas, results, etc. to the public at large. Although designers indicated that exhibition platforms were still one of the best mediums available, and I agree, physical get-togethers like exhibitions or festivals are the greatest push to the viral landscapes, instead of the other way around!, the designers who participated in my research expressed that there was still a lot to gain and improve in this area.

Triggered by the comments of the designers who participated in my research, I couldn't let go of this issue, so I began to look into exhibition formats and the layouts of non-commercial/heavy-research-based design and discovered most of them were focused primarily on the presentation of their full research rather than presenting the material in an understandable context. A museum venue is a place for all, and every person should feel welcome and encouraged to enter an exhibition, without being overwhelmed by huge amounts of complex information. This concern led to the next core step in the creation of the concept of Domestic Futures: I invited exhibition designer Harm Rensink to collaborate with me on an exhibition.

Instead of adopting an art-exhibition platform, we searched for theater-like scenery to create recognizable environments, everyday items familiar to us. We decided to include a greenhouse, kitchen, and campsite. Visitors were able to enter these pavilions, surrounded by the presentation objects. The objects were placed in a way compatible with a home environment: inside a cabinet, on top a table, suspended from the ceiling, etc. For example, we created a dining table set with fungi-grown tableware, bio-plastic food, and a living lamp hovering above the table. By making objects interact with other objects, a home setting was created. So objects, composition, and scenography went hand in hand in the exhibition, and all three were essential to the success of the exhibit. The three environments we created highlighted three future tendencies. We named the environments Back to Nature (the greenhouse setting: living a more self-sustaining life away from shops and supermarkets), Biotech Living (the kitchen setting: embracing scientific inventions) and Space Colonization (the outer space campsite: starting the first space colony).

AGB: Are these future design selections applicable to the reality of our daily life? **LF:** The display pieces revolve around speculations about product design and future homes, the household products we have at home, that determine the routines and rhythm of our daily lives. The

30 designers involved in the show have all created physical objects that carry a very strong message. This is very special; the designers managed to turn their ideas, speculations, concepts, and imagination into real objects for real people. In this way, they translated abstract scientific theories, thoughts, and tendencies into tangible objects that we all can understand. This understanding becomes very personal, as we can literally imagine the objects in our own home, influencing us directly, at a personal level.

It's important to keep in mind these objects are speculative. However, this does not mean fake or fantasy, it means that it's one way of interpreting and translating a scientific finding or technological invention into our real lives. For example, the fact that researchers have proven that fungi can degrade toxic waste materials such as plastic, converting them into edible fungal biomass (in layman's terms: molds can turn plastic into mushrooms) was translated by the designers from Livin Studio as a kitchen-table device. Their product is a device that consumers put plastic waste into it and by nursing it with care mushrooms grow, which can then be use as food. Basically, the product allows consumers to eat their own waste! Right now the prototype presents just the research, and in the future it might be a commercially available product for home kitchens. Maybe it will look totally different, but Livin Studio has shown us a preview of what is possible and more importantly, they have created a product that helps us benefit from these beautiful scientific discoveries. So yes, these products can become our reality in the future, who knows, maybe in 10, 20, or 50 years we'll think it's totally normal to convert our waste into food at home.

AGB: How did visitors react to the exhibits? **LF:** They discovered that future products do not equal silver spray-painted objects or round shaped forms like the 60s. I like to say that the pieces on display were real conversation starters. First, the visitors experienced the future products from a safe distance as museum-pieces but because of the scenography the visitors were encouraged to imagine using the products themselves, on a day to day basis, and they realized how much this influenced them emotionally, physically, etc. This was the turning point, and visitors discussed how the future products made them feel. I heard visitors say the words, "hopeful," "scared," "strange feeling in my stomach," and "bright future."

AGB: It sounds like you're initiating a very intimate relationship between objects and person? **LF:** Exactly! We live in a hyper consumption world in which we take a lot of our personal and household products for granted. We are quite lazy consumers, assuming we can just buy everything, everything just one mouse-click away, not thinking at all how the products are manufactured, what raw materials they contain, and how our purchases could impact our lives and our planet in the long run. The exhibition highlighted all of this and attempted to trigger an emotional response from the visitors, and it did! I noticed there were generational differences in the responses. At the end of the exhibition, visitors were asked to vote for their most desired future scenario. I overheard a conversation between a dad and his two sons. I'm guessing the boys were about four and seven years old. The father voted for a life closer to nature, more self-sufficient with less dependence on buying pre-fab products. The sons enthusiastically chose the future when humans would live on other planets. When the dad said that he thought living in space was a bit scary and asked if they didn't want to join him to his future life, close to nature, the reaction of the young children was beautiful and fearless, saying, "No dad, that's not scary," and "we'll come back to visit you, of course!"

Photo: Nikki Leeyen



Revolutionize Our Body

New ideas and morals are arising about our health and body. In the future could we diagnose ourselves at home without going to the hospital, could we print and replace parts of our bodies, and could we create intelligent brains, smarter than ours? Science is testing and pushing boundaries and these designers are speculating and questioning the possible products that might result from this. And it's up to us to decide if we support or discard these possibilities.

BEE'S By Susana Soares (Portugal). A lot of research time is dedicated to our body and our health (from diagnosing to curing to longevity research). What if we could use insects' to prevent and diagnose illnesses at an early stage, at home, would this trust in nature revolutionize health care, as we know it? BEE'S are health check tools, based on/functioning on information derived from scientific research demonstrating that bees have an extraordinary sense of smell, and can be trained to detect

specific odors in a person's breath or sweat. The bees rush into small chambers within the glass objects to indicate if you are fertile, have diabetes, or even cancer. When their work is done the bees return to their beehive.

Collaboration: Bee research team at Inscen-tinel, (UK). Acknowledgements: Calouste Gulbenkian Foundation Prof. Anthony Dunne and Fiona Raby (Royal College of Art, Design Interactions Department) Designer Sónia Durães and Glass Master Mateus (Crisform) Mr. João Gomes (Vilabo) David Perkins (London Beekeeper Association)

DIGI-EYE By Marcia Nolte (the Netherlands). Technology is getting closer to the human body, and is sometimes already integrated under the skin (microchip implants that function as door keys for example). Corpus 2.1 explores and speculates how technology and their devices will influence evolution of the human body and how it will look when technology will be integrated in the human body as in the picture Digi-eye.





Revolutionize Our Eating Habits

According to the UN, we need to have increased our food production by 70% by the year 2050 because of the predicted 9.6 billion people that will inhabit on our earth in 35 years from now. That sounds like an incredible challenge and impossible impact on earth's resources. It's time to start exploring other directions, in production, how we eat and source our food. The following designers are exploring these challenges.

BIOPLASTIC FANTASTIC By Johanna Schmeer (Germany). Instead of trying to grow more food in the fields, Bioplastic Fantastic suggests that we replace our traditional food with new synthetic food objects, formed through chemical processes.

Halfway between products and organisms, seven “biological devices” produce all food and energy needed for humans to survive simply by being exposed to light (through artificial photosynthesis). They produce water, vitamins, fiber, sugar, fat, protein and minerals through biological processes, allowing for a more self-sufficient lifestyle.

The project investigates new types of products and interactions that could emerge from material innovations in the fields of bio-

and nanotechnology. It speculates about the future design and use of domestic products made from enzyme-enhanced bioplastics and is based on a recent scientific breakthrough in the synthesis of functioning “biological” cells made from polymers and enzymes. These food objects derive from bacteria which have similar functions in nature and combine the functional part of the biological circuit (enzymes) with a non-living matter (bioplastic).

Rather than being a proposal or a solution, the project aims at asking questions and provoking discussions about which kinds of applications of bio- and nanotechnology we would want to be part of our future everyday lives.

FUNGI MUTARIUM By Livin Studio (Austria). Livin Studio and Utrecht University aim to revolutionize food production with their Fungi Mutarium: a prototype kitchen device that can grow fungi food products on plastic waste. Scientific research has shown that fungi can degrade toxic and persistent waste materials such as plastics, converting them into edible fungal biomass. This means that the plastic you put in this device becomes edible as the fungi breaks down all the ingredients without storing it. The team of designers and scientists worked with fungi named *Schizophyllum Commune* and *Pleurotus Ostreatus*: they have been found throughout the world and can be seen on a wide range of timbers and many other plant-based substrates virtually anywhere in Europe, Asia, Africa, the Americas and Australia. Next to the property of digesting toxic waste materials, they are also commonly eaten.





SEA CHAIR, STUDIO SWINE (United Kingdom) In 1997 a ‘soup’ of plastic garbage twice the size of Texas (700 km² x 2) was discovered in the Pacific Ocean. Since then, five more of such plastic soups have been found in the world’s oceans, which is estimated to be 46,000 pieces of plastic per square ocean kilometer. It takes thousands of years for plastic to degrade, remaining as ever-smaller fragments in the oceans and bellies of fishes and marine mammals. Sea Chair is made entirely from the plastic waste from our oceans. Together with local fishermen, marine plastic is collected and instantly processed into a stool on the deck of the fisher boat. After the launch of this Sea Chair more designers and also commercial sneaker companies such as Adidas have started to use ocean waste as new building material for products such as shoes, clothes and furniture.

Revolutionize Our Building Materials

What once seemed to be great material inventions such as synthetic plastic and Bakelite, have proven to have a negative impact on our earths forests and oceans. Unfortunately in our daily consumption we still use these materials in large amounts. Perhaps due to the lack of better alternatives? These designers prove that there is an alternative, and discovering new building materials are possible.

Revolutionize Our Energy Systems


We are in constant need of energy supply. Our houses need to be heated, our lamps to be lit and our phones to be charged - strange fact (according to the UN) is that more people on this planet have access to a cell phone than to a clean toilet. At this moment oil, coal and gas still dominate the charts of our world energy consumption, sources of energy that are not renewable once we have unearthed them. However, nature provide us with other energy sources, and designers work on projects (some clever and some more unconventional) to promote and make these forms of earth-friendly energy more attractive than blindly plugging in a charger in a wall socket.



LATRO LAMP BY THOUGHT COLLIDER - Mike Thompson (UK). In our Western society, nothing seems more easy than switching on the light. However, as we are looking for new energy systems, one day we might have to reconsider even this simple gesture at home. The Latro lamp suggests replacing our 20 Century light bulb, with power we find in nature. It is a speculative living lamp based on the scientific breakthrough that electric current can be drawn from living algae.

Latro (latin for thief) incorporates the natural energy potential of algae and the functionality of a hanging lamp into its design. Algae are incredibly easy to cultivate, requiring only sunlight, carbon dioxide (CO₂) and water, offering a remarkably simple way of

producing energy. Breathing into the handle of the lamp provides the algae with CO₂, whilst the side spout allows the addition of water and release of oxygen. Placing the lamp outside in the daylight, the algae use sunlight to synthesize foods from CO₂ and water. A light sensor monitors the light intensity, only permitting the leeching of electrons when the lux level passes the threshold – avoiding algae malnourishment. The energy is subsequently stored in a battery ready to be called upon during hours of darkness. Algae need sunlight, CO₂ and water to survive, so if you have a Latro at home you are required to treat the lamp like a pet – only by feeding and caring for the algae will the lamp give you light.



Drifters Grave. Gusts of sand rub raw in deserts of stone and dust.
Destitute buildings, ancient, lost and forgotten
Stand as shelters for the wayward souls of the road.
Lips and throat left dry, parched by the alkaline winds.

These ancient places hold the ghosts and memories best left to ruin,
But sing like a siren call. Many are a drifters grave.
-Hunter Coch

Drifter

PHOTOGRAPHER Niko Margaros
STYLIST Pauline Leonard



Blue silk caftan,
**STUDIO ONE
EIGHTY NINE.**
Indigo wide leg
pants, **STUDIO ONE
EIGHTY NINE.**
Gold cuff bracelets,
**FICELLES DE
FIDELLE.**
Hammered brass
rib necklace, **POLLY
AND BANDIT
VINTAGE.**
Shoes, **BOTHER
VELLIES.**





Gold lame silk top, **HARRIET SELWYN**,
vintage **POLLY AND BANNDIT**. Wide leg
pants, **STUDIO ONE EIGHTY NINE**.
Shoes, **SYDNEY BROWN**. Sun-
glasses, vintage **BULGARI, POLLY
AND BANNDIT**.
Opposite page: Head
scarf, **OSEI DURO**.





This page: Silk print top, **OSEI DURO**. Silk print pants, **SEEK COLLECTIVE**. Shoes, **SYDNEY BROWN**. Silver arm bracelet, vintage **POLLY AND BANNDI**





Blue silk caftan,
**STUDIO ONE
EIGHTY NINE.**
Indigo wide leg
pants, **STUDIO ONE
EIGHTY NINE.**
Gold cuff bracelets,
**FICELLES DE
FIDELLE.**
Hammered brass
rib necklace,
**POLLY AND BAN-
DIT VINTAGE.**
Shoes, **BOTHER
VELLIES.**



Silk eclipse print
dress, **SEEK COL-
LECTIVE**. Necklace,
vintage **POLLY AND
BANNDIT**. Shoes,
SYDNEY BROWN.



Opposite page:
Mechanic style cotton jumpsuit, **STUDIO ONE EIGHTY NINE** Mixed metals necklace, vintage **POLLY AND BANNDIT**. Shoes, **SYDNEY BROWN**.

This page: Indigo cape, **STUDIO ONE EIGHTY NINE**. Striped cotton pant, **OSEI DURO**. Shoes, **SYDNEY BROWN**.

Photo assistant: Benji. **Hair & Make up:** Mara Schiavetti. **Model:** Sarah DeAnna





Moon Walking With Rumi

unknown existence
undiscovered beauty
that's how you are
so far
but
one dawn
just like a sun
right from within
you will arise

What if... we were forced to make our own homes, to build a dwelling with only the materials found in nature, what would it look like? This idea can conjure up many varied architectural concepts depending on your natural surroundings. One visionary not only created a concept that works in this world, he created structures that can be built on the surface of the other worlds.

For 25 years, Nader Khalili's specialty as an architect was the design of skyscrapers. Then at thirty-eight he came to a turning point in his life-He bought a motorcycle and went to the Iranian desert for five years. The reason for his trip was to investigate solutions for sheltering the poor in the world and to learn from what

was already in place. It was there, in the Iranian desert that Khalili discovered five personalities: earth, water, air, fire, and Rumi. Rumi was an 800-year-old Persian mystic poet. Rumi taught him the unity of these universal elements, forming his "Archemy" i.e. architecture and alchemy: Water is fire, earth is water, and there is a unity in all elements.

In 1986, Khalili founded and became director of the Geltafan Foundation, and in 1991, he founded Cal-Earth at the California Institute of Earth Art and Architecture. At Cal-Earth, Khalili taught his philosophy of design and earth architecture techniques. His sustainable solu-





tions for human shelter have been published by NASA, and awarded by the United Nations and the Aga Khan award for Architecture, among others. In 1984, Lunar and Space habitation became an integral part of Khalili's work. He presented his Magma Structures design, based on Geltaftan System, and "Velcro-Adobe" system (later to become Superadobe), at the 1984 NASA symposium "Lunar Bases and Space Activities of the 21st Century." was subsequently invited to Los Alamos National Laboratory as a visiting scientist. Starting in 1984, he presented papers and was published in several symposiums and publications including those of NASA, and the "Journal of Aerospace Engineering" for which he was awarded by the American Society of Civil Engineers. Khalili was a member of the team of "Lunar Resources Processing Project," along with the Princeton based Space Studies Institute, McDonnell Douglas Space Systems, and Alcoa.

Khalili believed that 'there is a Sustainable Solution to Human Shelter, based on Timeless Ma-

terials (earth, water, air and fire) and Timeless Principles (arches, vaults and domes). Every man and woman should be able to build a shelter for his or her family with these universal elements, almost anywhere on the earth and other planets. These principles, interpreted into the simplest form of building technology have created emergency shelter which can become permanent houses, and which have passed strict tests and building codes. Since 1975 we have been dedicated to researching and developing this low-cost, self-help, eco-friendly technology that can resist disasters, and to offer it to humanity. The only missing link is to educate humans how to use these timeless techniques, developed at Cal-Earth Institute, to fit their own culture and environment.'

Currently there are more that 60 million refugees and displaced persons, and hundreds of millions more who live in substandard or slum housing. With compounding environmental challenges and the acceleration of natural and man-made disasters, this shortage

will only become more severe in the coming decades. To meet this pressing need, Cal-Earth develops and educates the public in self-help, environmentally sustainable building designs houses anyone can build with their own two hands, using locally available earth, sandbags and barbed wire, that meet modern-day standards for safety, beauty, energy efficiency, and comfort.

Based in Hesperia, California, Cal-Earth trains hundreds of people each year through on-site, international, and web-based educational programs. The alumni have helped share earth building with communities in over 40 countries across the globe, and their workshops have been held on five continents.



VALS 7132

'Mountain, stone, water - building in the stone, building with stone, into the mountain, building out of the mountain, being inside the mountain - how can the implications and the sensuality in the association of these words be interpreted, architecturally?' Peter Zumthor, an architect, asked himself these questions, which inspired his work and helped him to develop his unique concept.

Vals 7132 is a thermal spa situated in the Vals Valley. Vals is a municipality in the district of Surselva in the canton of Graubünden in Switzerland. The spa hotel embodies the elements from nature of water and stone, blending them together effortlessly to create an intrinsically organic atmosphere, an environment that is perfectly suited for those seeking a wellness experience. The architect of Vals 7132 is Peter Zumthor, he designed his masterwork using 60,000 plates of Valsian quartzite, creating a spa that is an architectural homage to the archaic world of the Vals valley. This minimalist structure, set in a pristine setting has become world famous, and a place of pilgrimage for architectural enthusiasts. In 1998, the building became a protected monument.

In the Vals Valley, residents say, "The magic formula is very simple: 1000 residents, 1000 sheep, and 1000 hotel beds. This magical ratio is the secret of the relaxed atmosphere in the Vals Valley.

The Adula Massif 50 mountain peaks surround the Vals Valley, making it a particular delight for mountaineering enthusiasts. Although it has an altitude of 1250 metres above sea level, the village is located deep in the Vals Valley and is a side valley of the Surselva and south of Illanz. The village square is still surrounded by original Vals homes topped with stone tiles made of the local quartzite. The peaceful Grisons holiday resort offers hiking pleasure, well-



ness at the thermal spa, and winter sports opportunities on the Dachberg. The valley owes its feeling of wilderness to the forces of water in a very diverse but small area. Millions of years of exposure to ice and rain have shaped the area creating a deeply-cut mountain valley. Vals' 30-degree thermal source springing straight from the ground is a source of enjoyment for visitors.

Vals 7132 Thermal spa offers their guests the most exquisite luxury in treatments ranging from outdoor and indoor pools, a Fire bath and Ice bath, a

Blossom pool, a Sound bath and Resonance room, sweating and steaming stones, and various massages and Beauty applications. It also houses three restaurants and one bar that serve local organic foods, and a variety of elegantly designed suites and rooms that compliment its tranquil and serene environment.

Another local quote, "7132 is not just the post-code, it's a manifesto, a statement of commitment to authenticity and supreme quality, a rejection of mass tourism."





EARLY MORNING, TWO HOURS NORTH OF MANHATTAN THE SLEEPY RIVER TOWN OF HUDSON IS WAKING UP SLOWLY, FOR FARMERS AND CAFÉ OWNERS ALIKE. A CHURCH BELL TOLLS ON THE HOUR, FOR THE MOST PART BREAKING THE EARLY MORNING SILENCE. IF THE BELL OR THE CHICKADEES' TWITTER DON'T ALERT THE HOUR, A TRAIN HORN WILL SOUND IN THE DISTANCE AS IT TRAVELS BY THE RIVER'S EDGE PLAYING ITS ARRIVAL SONG AND ANNOUNCING THAT IT'S TIME TO BOARD, FOR THOSE WHO MAKE AN EARLY MORNING CITY COMMUTE. BUT APART FROM THESE FEW DISTINCT SOUNDS, THERE'S A QUIET AND IF YOU'RE FROM THE CITY, THIS MAY BE UNSETTLING, STRANGE, BUT ALSO WONDROUS. THE TOWN'S CAFES START TO OPEN THEIR DOORS AT 7:30 EACH MORNING, SERVING STRONG BREWS OF IMPORTED FARE WAGE COFFEE AND LOCALLY BAKED GOODS. ONE WARREN STREET CAFÉ SELLS SCONES, POPPY SEED CAKES, AND MANY OTHER DELICIOUS PASTRIES THAT ARE SUPPLIED BY A LOCAL WOMAN. THE CAFÉ SELLS ONLY HER ITEMS BECAUSE SHE'S A GREAT BAKER, AND SHE'S RELIABLE - WHICH CAN BE A UNIQUE COMMODITY IN SMALL TOWNS. LATER IN THE AFTERNOON, A FARM BROKER POPS IN TO THE CAFÉ ASKING IF THE CHEF NEEDS ANY FRESH PRODUCE. HE CARRIES WITH HIM A CASE OF FRESHLY PICKED ITEMS FROM THE NEIGHBORING FARMS THAT INCLUDE SHITAKE, MAITAKE AND OYSTER MUSHROOMS AND ALSO HERBS AND FARM MADE FERMENTED PRODUCTS. TO STOCK THE LOCAL FOOD ESTABLISHMENTS' AND RESIDENTS' KITCHENS ALIKE, THE GREEN MARKET EVERY WEDNESDAY AND SATURDAY IS ALSO A GREAT SOURCE FOR FRESH ITEMS.



Life in Hudson NY is gentle, but it's also sophisticated. Some say Hudson is an Upstate Williamsburg. Referring to a Brooklyn suburb, Williamsburg is a hot spot for visitors, and is famous for trendy restaurants, bars, music venues, emerging art styles, and vintage inspired boutiques. But if this old whaling town resembles the vogue Williamsburg, then it's the older and more sensible sibling. Hudson is an authentic American town that has preserved its old world aesthetics and essence while synergizing with the inclusion of New York expats who've grown weary of the constant tension and competition of Manhattan.

Those who have fled to Hudson, after deciding to slow their lives down to enjoy the clean air, rolling hills, and farm fresh produce at their fingertips, have brought with them many creative talents. The arts have a strong presence in Hudson, evident with such establishments as the Hudson Opera House, Hudson Basilica, Helsinki, and many art galleries. The town is bustling with music, entertainment, and culture. At any given night of the week, there are musicians, either touring or locals, ready to jam. Performances can be seen and heard at the rock venue Helsinki, or at small venues such as Ör and the Spotty Dog. If you want some quiet time there's a library that recently relocated to the local armory, or perhaps Hudson City Books, a bookstore that is packed full of collectables, engulfing you in a time warp of nostalgia as you enter its doors.



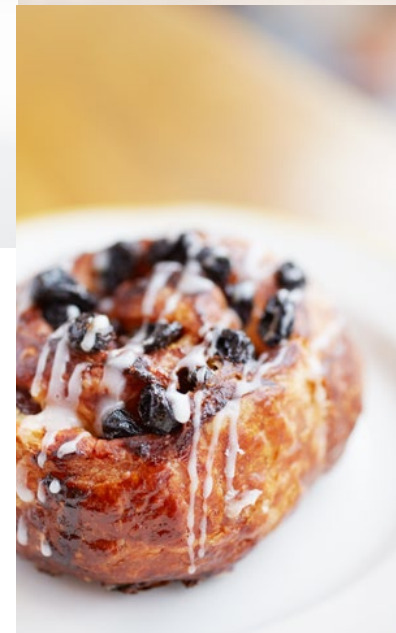
The indigenous locals have welcomed the new growth that the city slickers have bought with them, though some reluctantly, and there is a sense of community, which is quite the contrast to Manhattan. In the town of only 7000 residents, inhabitants make it their business to know each other and display a marked interest in supporting each other as a result of an earnest desire to keep their town thriving and happy. This is an attitude and philosophy that is rare in most inhabited areas across the US, and it's a special element that is a return to basic human values.

My dog barks, identifying the smell of his canine buddies as they walk their guardians past his perch two floors up from the main stretch of road that is Warren street. The air is crisp, and the record store plays oldies that can be heard wafting from its open door for many blocks beyond the source. This Saturday, starting at 9 am, the farmer's market that sets up in a parking lot off Warren is full of locals carrying eco carry bags and accompanied by their kids and pets, ready to purchase from the surrounding farmers displaying an assortment of seasonal, pesticide free foods, flowers, and prepared goods. So if you want a country life, in a town that's collecting city refugees, and you don't mind the commute, this may be the place for you. Otherwise, stay a weekend at a luxury B&B like the award winning Rivertown Guesthouse, not to be confused by the newly built hotel hot spot The Rivertown Lodge, or the chic but rustic Milliner Guesthouse and Inn. Do some hiking, breathe in the fresh air that will calm your nerves, and listen to, well nothing, but the sounds of silence.

2NOTE

As musicians and botanical perfumers Carolyn Mix and Darcy Doniger find the connection of notes in their art forms. 'Music and scent offer a continuum of harmony in our work and in life in general, which is ever inspiring.' These holistic artisans care greatly about the source of each ingredient and the ethics of the businesses and farmers they work with. 'We want our customers to feel that they are purchasing a product of known origin, that is made with care and concern.'

255 Warren Street, Hudson, NY 12534 (518) 828-0915



BONFIGLIO BREAD

At Bonfiglio Bread bakery and cafe be prepared for the inviting warm aroma of freshly baked artisanal breads, cinnamon buns, onion poppyseed biale, deliciously brewed coffee and much more. Owners Gabriele Gulielmetti and Rachel Sanzone dish up a farm fresh breakfast and lunch menu that keep the locals happy and healthy.

748 Warren Street, Hudson, NY 12534 (518) 822-0277

MOTO COFFEE MACHINE

Londoner and vintage motorcycle repair enthusiast Antony Katz opened Moto in May 2015. His establishment has three important components: While Katz takes care of his Vintage motorcycle collectables the café is run by coffee aficionado Aaron Dibben and the food department is the domain of Katz's girlfriend, chef and author of Under The Table Katherine Darling. Moto Coffee Machine offers a racy mixture of exquisite Italian engineering, delicious vegan waffles and in Dibben's own words 'beyond Fair Trade Coffee'.

357 Warren Street, Hudson NY 12534 (518) 822-8232



WATSON'S CABINET

Life partners Jill Kuhn and Clive Tucker are both licensed acupuncturists and Chinese herbalists. Kuhn originally from Oahu Hawaii and Tucker from Montreal Canada opened Watson's Cabinet (named after their cat) in 2013. They keep the community vital and healthy with their expertise in the healing arts, along with an extensive assortment of organic tea's and signature blends, remedial herbs, supplements and superfoods.

426 Warren Street Hudson, NY 12534 (518) 828-5074



SIDESHOW VINTAGE STORE

Owner Meri Avertin has had her Vintage store in Hudson for over six years. Situated on the north end of Warren street SideShow is a closely guarded secret by her cliental, oops sorry! Her range of high end vintage clothing is vast and varied, but clothes are not the only items in her collectables, you will find lots of accessories, shoes and knick-knacks. But make sure to ask before taking out your wallet for sometimes Avertin just doesn't want to part with them.

707 Warren Street, Hudson, NY 12534 (518) 828-2810



BEHIDA DOLIĆ MILLINERY

Bosnian born, Dolić is a self taught milliner who uses time honored, hand crafting techniques, to produce an impressive array of perfectly sculpted hats for both men and women. Her exquisite hats are sort after by celebrities, models, stylists and visitors world wide.

715 Warren Street, Hudson, NY 12534 (518) 567-5829



HUDSON MERCANTILE

With 10,000 square feet of retail space owner Chris Herbert satisfies his passion for fine antiques with a huge collection of extraordinary pieces that span many time periods and styles. Known for his many years at Toad Hall and ABC Home in NYC Herbert has acquired a loyal following of top designers and artists that rely on his impeccable and eclectic taste.

318 Warren Street, Hudson, NY 12534 (518) 828-6318

KRIS PERRY

SCULPTOR

With a studio in Hudson NY artist Kris Perry is originally from Berkeley, Ca., studied under illustrator Charles Pyle, and attended California College of Art. Perry is known for his large-scale metal and kinetic sculptures. His most heralded creation 'Machines' combine industrial sculptures with sound and live performances, these collaborations have included Tommy Stinson, Elvis Perkins and Brian Dewan. His structure and performance/art have been on exhibited in numerous galleries and venues across the country. His current works are scaled for gallery exhibitions.

'My initial concepts for sculptures are crude and simple. My work often starts as a napkin drawing or a quick gesture in a sketchbook. I let the refinement happen while I'm working in metal. I don't like to define details in drawings or studies. I enjoy having the material and process define aesthetic as a piece is being created'.

'Because I work actively in metal, my process is slow. I sometimes spend hundreds of hours welding to create a piece. It's meditative. Welding requires complete concentration, but very little thought. I find myself processing my own life as I work. I develop a personal relationship with each piece as I'm making it. It's my therapy'.



'When things reoccur in my sketches, I make them into sculptures. There are shapes that always find their way into my drawings. I find inspiration in the natural world, the crooked branches of an oak tree, the joints of my fingers, the movement of animals. I am also drawn to industrial manufactured shapes; war-era streamline aesthetics, such as the fuselage of a P-51 or the body of a Bugatti type 57. I combine these worlds of the mathematical science function based aerodynamic shapes with the flaws and imperfections, which define the character of things that are living. My work is organic, un-perfect, and tactile. My sculptures occupy a space that is both natural and un-natural'.



F + R

FROM THE ROAD



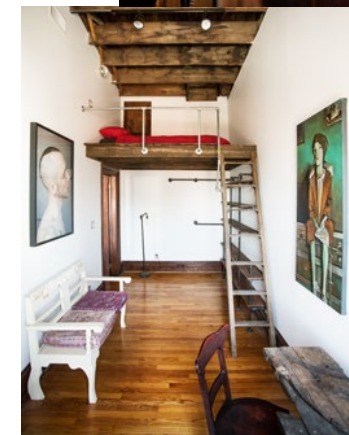
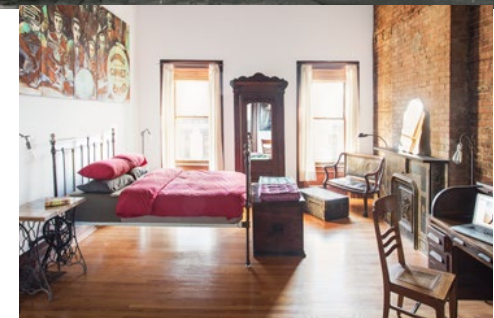
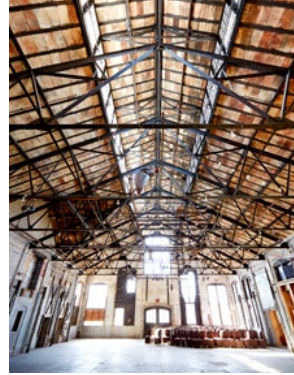
WORKING WITH MASTER ARTISANS FROM AROUND THE GLOBE ON LIMITED EDITION OBJECTS FOR SELF AND HOME. EVERY ITEM HAS A WONDERFUL BACKSTORY AND HELPS TO PRESERVE ART FORMS THAT ARE VERY SADLY CLOSE TO DISAPPEARING.

VISIT WWW.FROMTHEROAD.COM TO LEARN MORE.

BASILICA HUDSON

Founded in 2010 by musician Melissa Auf der Maur and filmmaker Tony Stone, Basilica Hudson makes its home in a solar-powered, reclaimed 1880s industrial factory. One of the Hudson's more impressive buildings is the former steel foundry situated across from the landmark Hudson train station. Basilica Hudson is a non-profit multi-disciplinary arts center, it supports the creation, production and presentation of arts and culture, and fosters a sustainable community. The Basilica has a broad range of programming which includes Basilica SoundScape, Basilica Farm & Flea, and Ramp Fest, weekly experimental film screenings, unconventional art events and community gatherings. It's also the home to Kites Nest, a learning resource center. Kites Nest is a non-profit organization dedicated to curiosity, inquiry and social justice, providing educational programs for local children and teenagers.

110 South Front Street, Hudson, NY 12534 (518) 822-1050



THE HUDSON MILLINER GUESTHOUSE & INN

The Milliner is a small boutique guest house that mixes antique furniture with vintage industrial elements, Partners in life and in the guesthouse, Shannon Greer is a photographer and Charlotta Janssen is an artist. You will find their art works all through the guesthouse infusing each rustic room with a flair of the altra modern.

415 Warren Street, Hudson, NY 12534 (917) 930-43902



SEDAT PAKAY

PHOTOGRAPHER/ FILMMAKER



Sedat Pakay, filmmaker and photographer was born in Istanbul, Turkey in 1945. As a young man, Pakay forged his own way into the field of image making, despite his family's wishes for their son to follow in the family business of steel manufacturing and sales. In 1966, Pakay left Istanbul for the US to attend Yale, where he graduated with a degree in Graphic Design in 1968. During his Yale School years, Pakay studied with renowned American artists, such as the iconic photographer of the American dystopia, Walker Evans; master of graphic design modernism, Paul Rand; and visual artist, Herbert Matter.

The outcome of Pakay's association with Walker Evans was the filming of a series of interviews with the iconic photographer during 1968 and 1969. The result, a short film titled *Walker Evans: His Time, His Presence, His Silence*, released in 1970. The short film was a moving and intimate portrait of an underappreciated artist, and the only one of its kind. In 1992, Pakay received a production grant from the National Endowment for the Arts. The grant funded the creation of a one-hour PBS biography titled *Walker Evans/America*, a coproduction with WMHT in Troy, NY. The film was broadcasted nationally during February 2000.

Returning to Istanbul, May 1970, Pakay embarked on film project with writer and human rights advocate James Baldwin. At the time, Baldwin was at the height of his career, working as a writer for the movie *Malcolm X*, and Pakay had been commissioned to work closely with him on the movie. Later, Baldwin and Pakay collaborated on the filming of *James Baldwin: From Another Place*. It was released in 1973 and was shown at festivals in the US and abroad. A portion of this film was incorporated into the 1989 PBS *American Masters* biography of Baldwin.

In the early to mid-1970s, Pakay was employed by Compton Advertising NYC, presently Saatchi&Saatchi Worldwide, as producer/director/cameraman. In 1982, he established Hudson Film-Works, Inc., a production company for the creation of cultural documentaries and TV specials.

Pakay's film work includes many legendary subjects such as Andy Warhol, Josef and Anni Albers, Edward Steichen, and Abbey Hoffmann.

His photographs are in the following collections:

The Museum of Modern Art, NYC 1967

Smithsonian Museum, Washington, D.C. 1969

Museum of Turkish-Islamic Arts, Istanbul 1995

Getty Museum, Los Angeles 1995

The Metropolitan Museum of Art, NYC 1998

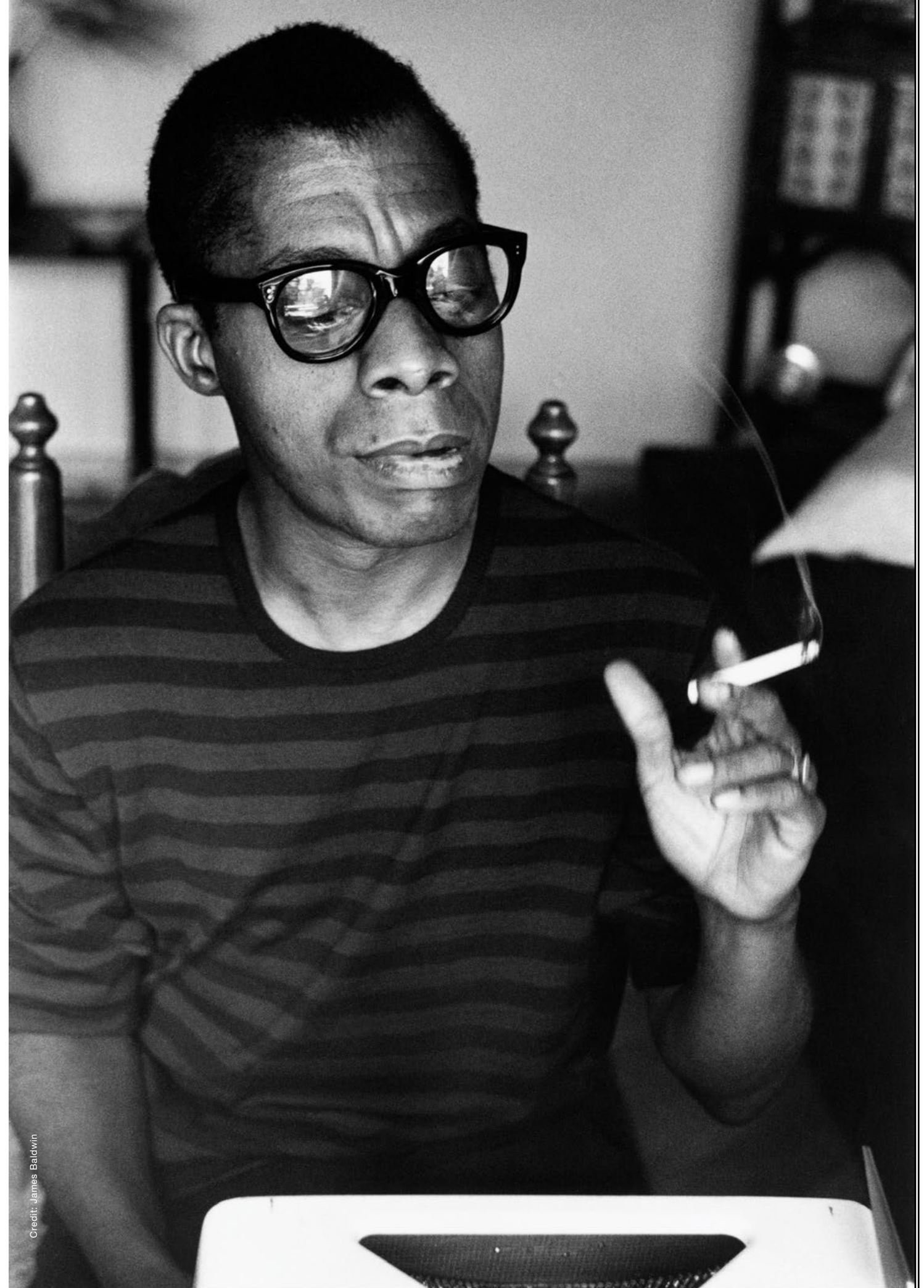
University of Wisconsin 2002

Istanbul Modern Art Museum 2004

Lehigh University 2005

Smithsonian National Museum of African American History and Heritage 2013

Hudson Film Works, 550 Warren street, Hudson NY 12534
(518) 929-7303



Credit: James Baldwin



Credits: Left page, Abbie Hoffman. Right page, Aliye Berger.



(Continued from page 11)

in combination with arrowroot powder and baking soda. You can add essential oils that are antibacterial too. Lavender, tea tree & patchouli are possibilities. To make a natural deodorant, combine ¼ cup coconut oil, 1 teaspoon baking soda (You can adjust this amount according to your preferences or try adding equal parts arrowroot powder.), and 5 drops essential oil. Place in a sealed jar. Rub a small amount into underarms as needed.

Olive oil: The olive tree is native to the Mediterranean basin, where wild olives were collected by humans as early as 8000 BC. The importance and antiquity of olive oil can be seen in the fact that the English word oil actually derives from olive oil/olive tree (Latin/Greek), referencing the superiority of olive oil over other animal and vegetable oils. We largely associate olive oil with Italy, however it's also produced in many other countries, including Spain, Greece, Australia, and the US.

For its health benefits, olive oil is probably the most well-known of all oils, and high quality unadulterated extra-virgin olive oil is full of good stuff. But, and I must belabor this point, in order to actually reap the benefits of olive oil, make sure you do your research and find a reliable source - preferably a small producer who has good ethics (I've read some less than pleasant news about olive oil industry corruption.). For maximum nutrition, quality, and flavor, the olive oil you buy should not be more than one year old, so look for a harvest date on the bottle. It should be harvested carefully, processed quickly and minimally, stored in a cool dark environment, and opened and used with as little exposure to air as possible.

The Mediterranean diet which isn't really a diet but in essence more of a lifestyle, includes extra virgin olive oil as a major component because the oil is rich in monounsaturated fatty acids (MUFA). Populations who adhere to a diet rich in these fats have longer life expectancies and lower risks of heart disease, high blood pressure, stroke, and development of type II diabetes - when compared with North Americans and Northern Europeans. Not to mention, they tend to have beautiful healthy skin!

Beyond the inclusion of olive oil, the Mediterranean diet also consists of the daily consumption of fruits, vegetables, whole grain cereals, and low-fat dairy products, and the weekly consumption of fish, poultry, legumes, with a relatively low consumption of red meat. A modest consumption of wine as well as eating slowly and enjoying the ritual of sustenance with friends and family is part of the Mediterranean diet. I'm mentioning this diet/lifestyle not as the end-all and be-all, but as food for thought on how mindful practices can enhance healthful living. No doubt, we live in a time and culture when there is new evidence weekly about what is good and bad for us, but let's not forget to look back at the practices that are steeped in time. Based on history, no doubt, including a high quali-

ty olive oil in your diet is a healthy choice - just choose wisely.

As for your skin, olive oil contains plenty of antioxidants, minerals and beneficial fatty acids, as well as vitamin A and Vitamin E. It's an excellent choice for those who suffer with dry; sensitive skin because it's super hydrating; promotes cell regeneration, enhanced skin elasticity, and softness. In general, olive oil is both protective and nourishing.

Skincare Recipes: Strengthening nail soak: Gently warm 1 tablespoon of olive oil and soak your fingernails for 5-10 minutes. After soaking, massage hands, fingers, and nails with the oil. Rinse then pat hands and feet dry.

Simple facial moisturizer: Mix olive oil with aloe vera gel and an essential oil for your skin type (lavender for oily, ylang ylang for combination, or geranium for dry). In a bottle with a closure, add one drop of essential oil of your choice (I'll be talking more about these in the next section!) to the olive oil. Mix thoroughly. Then add aloe vera in equal proportion to the olive oil (use a 1 teaspoon olive oil/1 drop essential oil/1 teaspoon aloe vera ratio to start). Cap the bottle and shake well. Apply a small amount to your face in circular motions. Let sit for five minutes. Blot any remaining oil on your face with a clean cloth. For best use, mix a fresh batch every few days.

Culinary Recipes: Avocado with olive oil and sea salt: Halve and pit a ripe avocado, fill the center of the avocado with cold-pressed, extra virgin olive oil, and then sprinkle with sea salt and eat. This is a super simple and super delicious recipe!

Citrus sparkler with olive oil: Fill a glass with 1 cup of chilled sparkling mineral water and the juice of one organic orange or grapefruit. Top with ½ teaspoon olive oil.

I'll conclude this little adventure to spread the word about plant oils with some information about essential oils, which I've referenced in a few of my recipe ideas. These magical oils are quite different than the other oils I've discussed, and they offer a world of possibilities in and of themselves. In fact, I could write an entire article about essential oils but for the time being, I'll leave you with this crash course.

From Charles Sell (Handbook of Essential Oils: Science, Technology, and Applications, pp. 121-150): The term "essential oil" is a contraction of the original "quintessential oil." This stems from the Aristotelian idea that matter is composed of four elements, namely, fire, air, earth, and water. The fifth element, or quintessence, was then considered to be spirit or life force. Distillation and evaporation were thought to be processes of removing the spirit from the plant and this is also reflected in our language since the term "spirits" is used to describe distilled alcoholic beverages such as brandy, whiskey, and eau de vie. The last of these again shows reference to the concept of removing the life force from the plant. Nowadays, of course, we know that, far from being spirit, essential oils are physical in nature and composed of complex mixtures of chemicals.

An essential oil is a liquid that is generally steam distilled or cold-pressed (citrus, for example) from the leaves, stems, flowers, bark, roots, or other elements of a plant. Essential oils, contrary to the use of the word oil are not really oily-feeling at all. Essential oils contain the true essence of the plants they are derived from. They are highly concentrated, so a little goes a long way, and they must be handled and used with great care. As a frame of reference for the potency of essential oil, one drop of an essential oil is the equivalent of 25-75 cups of the herbal tea of the same plant. Citrus essential oils (grapefruit, orange, lemon, lime, and bergamot) are considered phototoxic, meaning that they make you more sensitive to the effects of the sun. If you plan to make a scented body oil to wear during the warm and sunny months, you will want to take this into account. Lavender is one of a few essential oils regarded as safe for applying to skin in an undiluted form (It's exceptionally wonderful for kitchen burns!), however it is always safer to dilute essential oils in carrier oils or other vehicles for dispersal (salt, clay, alcohol). The oils discussed in this article: avocado, sesame, olive, and coconut oil are all appropriate carrier oils for essential oils, and other possible carrier oils include: sweet almond, apricot kernel, grapeseed, and flaxseed.

When purchasing essential oils, make sure you only buy therapeutic grade - this ensures the greatest purity and quality of the oil. Generally speaking, essential oils aren't cheap, so beware of mislabeling (this occurs due to the lack of regulation in the industry). As with the other oils, it's best to research in order to find reliable and trustworthy sources.

The essential oils that are available to us are many (coriander, cedar, ginger, frankincense, sandalwood, peppermint, nutmeg, clove, black pepper, eucalyptus - to name a few), and each comes with its very own scent profile and prescriptive. These essences can be used for various purposes. Aromatherapy involves the use of essential oils for healing and well-being. As a natural perfumer, these essences make up my olfactory palate. Much like a chef, I enjoy exploring the endless possibilities that lie within various combinations. As a maker of natural skincare products, I also include essential oils in my recipes for their multitude of healing, soothing, balancing, nourishing and detoxifying properties. Though it may seem daunting, take a little time, and do some detective work to find the most reputable sources for your culinary and skincare oils. In doing so, you will have taken another step toward mindful well-being and sustenance.

If you need a place to start, check out mountainroseherbs.com. Carolyn Mix is a musician and co-owner of 2 Note Botanical Perfumery, located in Hudson, NY.

Since 1986 Farm Sanctuary, the nation leading farm animal protection organization, has worked to end cruelty to farm animals and promote compassionate living. Farm Sanctuary rescues animals from abject cruelty, exposes the callousness and disregard for life that drive the "food animal" industry, and advocates for legal protections for farm animals. Help us protect the most vulnerable among us, and raise your voice in compassion for faranimals everywhere.

To learn more about our shelters, campaigns and educational programs visit www.farmsanctuary.org.



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V

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