

OCTOBER 2019

ISSUE #12

# @LOVE YOUR REBELION

CHOOSE YOUR OWN  
**ADVENTURE**



**ADMIT ONE**  
 LOVE YOUR REBELLION, ISSUE 12:  
 CHOOSE YOUR OWN ADVENTURE  
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**FALL  
 2019**



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**Submissions featured in  
 Lyr Issue 12**

**ENVY**  
 by Shanice Figeroux

**INDIVIDUATION**  
 by Danielle Branchaud



**SPECIAL  
 THANKS  
 TO...**

Jameen Vanko,  
 Shawn Ayotte,  
 David Acevedo,  
 Amy Jane McWilliam,  
 Danielle Branchaud,  
 Elita Annette,  
 Deaver Dorsey,  
 Solomon Zaremby,  
 John Davis,  
 and Kristian Delay.

### To Whom It May Concern:

Your challenge, should you choose to accept it, is to take a journey of self via LIR Issue 12. The path herein may seem random, it may seem strange, but it all adds up in the end. And if you're lucky, you just might learn a thing or two about yourself. You can choose to take a linear route to each quest, or you can meander through at your own pace. Whatever you do, don't give up. The path begins here, where you confront your cruel self.

Your cruel self is the part that tells you that you can't, that you won't, that you will never, that you're not, that you shouldn't, that you don't, that you wouldn't. Everyone has one, and it has a horrid voice that harps on our every fear, doubt, and worry. It's sad how we often treat ourselves the worst, how we talk to ourselves in ways we'd never accept from someone else. It's a detriment to us, really, how mean we can be to ourselves about ourselves. It stops us from being who we really are and from getting what we really want. Why don't we tell that voice to sit down, and shut up?

-Angela  
Love Your Rebellion Founder

COMPLETE THE FIVE SENTENCES BELOW WITH SOMETHING BAD YOU SAY TO YOURSELF ABOUT YOURSELF. EXAMPLES:  
"I AM A BAD PERSON."  
"I AM NOT ENOUGH."  
"I AM UNLOVABLE."



D1: "I am \_\_\_\_\_"

D2: "I am \_\_\_\_\_"

D3: "I am \_\_\_\_\_"

D4: "I am \_\_\_\_\_"

D5: "I am \_\_\_\_\_"



### IMAGINE...

You're in a cemetery at midnight. Moonlight cuts through thick fog. The tips of your toes touch the foot of an open, unmarked grave. A small wooden box in the shape of your face sits in the palms of your hands. The box is closed tightly, though you know what's in it: the Things Your Cruel Self Says. They wriggle and scratch at the box's insides, but you've made your choice, and they'll never hurt you again. You take a deep breath, exhale, and drop the box into the grave, following it with your eyes until it's eaten by the darkness. Finally, you hear the box hit the soft dirt. You shovel soil into the deep hole, burying this small evil six feet deep. You go home, and settle into your bed for a restful night's sleep.



Follow the signposts throughout this zine by choosing which direction you'd like to take next. If you find yourself missing something, retrace your steps.



WHILE IN A DEEP SLEEP, YOU DREAM OF A GAME CALLED M.A.S.H. THIS ISN'T A TYPICAL GAME OF M.A.S.H. THE CHOICES YOU MAKE HERE ARE ABOUT HOW YOU SEE YOURSELF...

I  
N  
S  
T  
R  
U  
C  
T  
I  
O  
N  
S

Don't make joke options, use the parts of speech advised for the best outcome, and follow the instructions carefully.

1. In each category, select three words that describe how you see yourself. Those in the M.A.S.H. category itself have predetermined options you may select when M.A.S.H. is completed; you create all other options.
2. Once you've selected all the words for each category, add up the number of letters in your first name.
3. After you have added up the letters in your first name, count the category options until you reach your number, including M.A.S.H.
4. Each time you reach your number, cross off that option.
5. Start counting with the next option each time you cross off an option, remembering to include M.A.S.H. each time.
6. When there is only one option left in a category, circle it. That is the word you get.
7. Once all categories have only one option left, select an adjective from the yellow paper, only from the M.A.S.H. letter you are left with. Then you've completed the game!

Start counting here!

**M . A . S . H**

<p><b>Attitude/Outlook</b> (ADJECTIVE)</p> <p>1 _____</p> <p>3 _____</p> <p>2 _____</p>	<p><b>Ride or Die Teammate</b> (NOUN)</p> <p>3 _____</p> <p>1 _____</p> <p>2 _____</p>	<p><b>Mentor</b> (NOUN)</p> <p>3 _____</p> <p>2 _____</p> <p>1 _____</p>
<p><b>Lucky Item</b> (NOUN)</p> <p>3 _____</p> <p>3 _____</p> <p>3 _____</p>	<p><b>Theme Song</b> (NOUN)</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>	<p><b>Pet Familiar</b> (NOUN)</p> <p>2 _____</p> <p>3 _____</p> <p>1 _____</p>
<p><b>Defining Characteristic</b> (NOUN)</p> <p>3 _____</p> <p>1 _____</p> <p>2 _____</p>	<p><b>Best Quality</b> (NOUN)</p> <p>1 _____</p> <p>3 _____</p> <p>2 _____</p>	<p><b>Greatest Flaw</b> (NOUN)</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>

These are the M.A.S.H. points!



(Remember, pick only from the letter you are left with!)

**M+4**

MASTERFUL;  
MYSTERIOUS;  
MYTHICAL;  
MIGHTY;  
MAGNETIC

**A+4**

ALTRUISTIC;  
ADAPTABLE;  
AMBITIOUS;  
ADVENTUROUS;  
ARTICULATE

**S+4**

SPIRITED;  
SERENE;  
STEADFAST;  
SLICK;  
SEDUCTIVE

**H+4**

HELLBENT;  
HEAVENLY;  
HOPEFUL;  
HEARTFELT;  
HUMOROUS



3

5. Road Map

6. Nene's House



## "Individuation" Danielle Branchaud

Danielle Branchaud is a fine artist and surrealist living in Fort Myers, FL. She is also co-founder of the Syzygy Collaborative Art Project, which encourages artist collaboration and promotes affordable artist opportunities.

Individuation represents a culmination of all facets of an individual, brought together and harmonized over the course of time through a great effort to know oneself fully. It is the end goal for those who feel fractured by trauma. - Danielle Branchaud | [www.dbranchaudart.wordpress.com](http://www.dbranchaudart.wordpress.com)



**GAMER I.D.**  
Issued by Love Your Rebellion



ATTITUDE	+	RIDE OR DIE	+	MENTOR
LUCKY ITEM	+	THEME SONG	+	PET FAMILIAR
DEFINING CHARACTERISTIC	+	BEST QUALITY	+	BREAKFAST PLAN
+ 4 for MASH =				TOTAL HEALTH

PLAYER NAME: \_\_\_\_\_

ADD UP YOUR M.A.S.H. POINTS TO CALCULATE YOUR HEALTH!

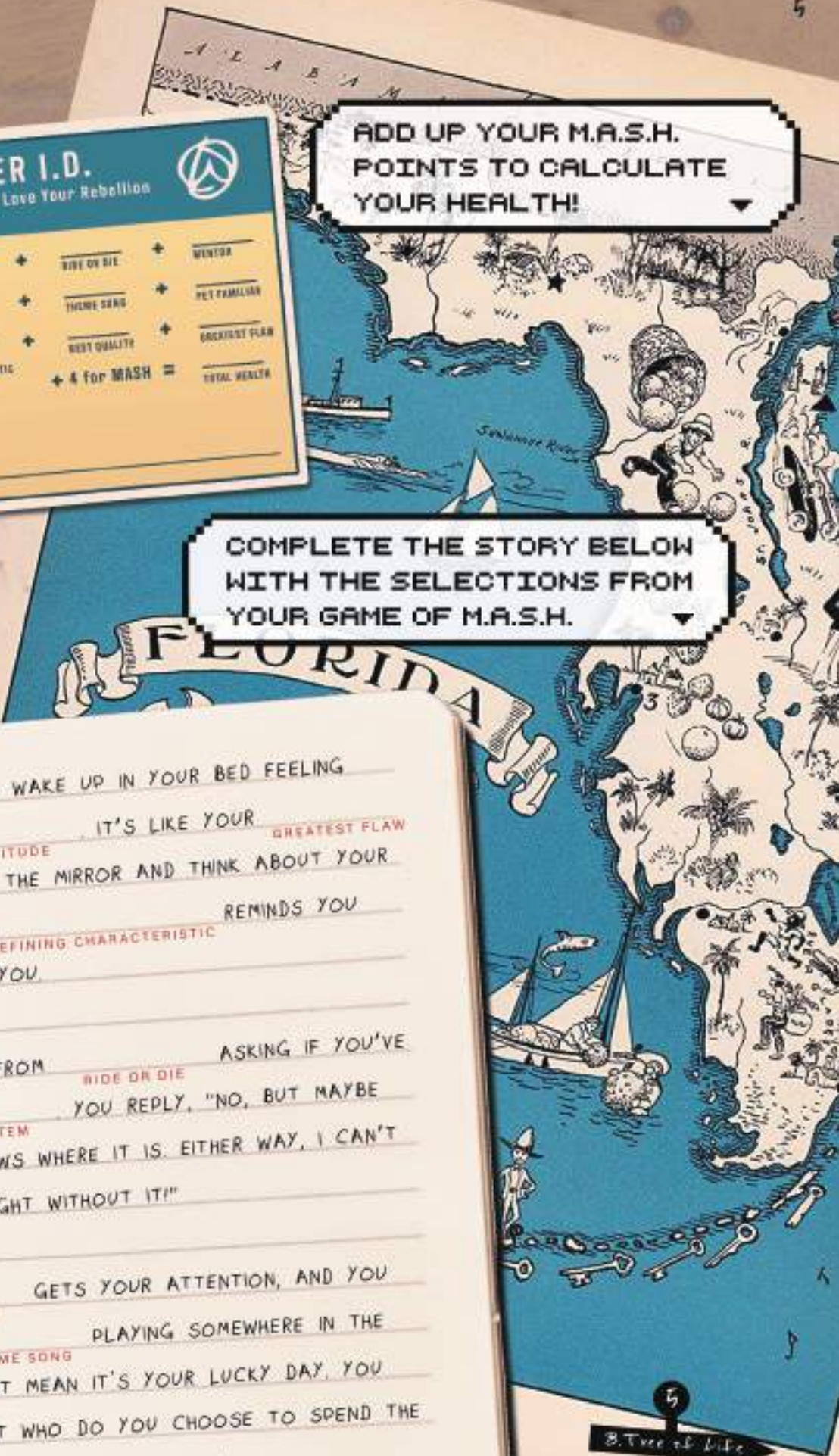
Draw a self-portrait!

COMPLETE THE STORY BELOW WITH THE SELECTIONS FROM YOUR GAME OF M.A.S.H.

THE NEXT MORNING, YOU WAKE UP IN YOUR BED FEELING \_\_\_\_\_  
 \_\_\_\_\_ AND \_\_\_\_\_ IT'S LIKE YOUR \_\_\_\_\_  
MASH WORD ATTITUDE GREATEST FLAW  
 IS GONE. YOU LOOK IN THE MIRROR AND THINK ABOUT YOUR  
 \_\_\_\_\_ YOUR \_\_\_\_\_ REMINDS YOU  
BEST QUALITY DEFINING CHARACTERISTIC  
 THERE'S NO ONE LIKE YOU.

YOU NOTICE A TEXT FROM \_\_\_\_\_ ASKING IF YOU'VE  
 FOUND YOUR \_\_\_\_\_ YOU REPLY, "NO, BUT MAYBE  
MENTOR RIDE OR DIE LUCKY ITEM  
 KNOWS WHERE IT IS. EITHER WAY, I CAN'T  
MENTOR  
 GO ON MY TRIP TONIGHT WITHOUT IT!"

SUDDENLY, \_\_\_\_\_ GETS YOUR ATTENTION, AND YOU  
FAMILIAR  
 BEGIN TO HEAR \_\_\_\_\_ PLAYING SOMEWHERE IN THE  
THEME SONG  
 DISTANCE. THIS MIGHT MEAN IT'S YOUR LUCKY DAY. YOU  
 MUST FIND OUT, BUT WHO DO YOU CHOOSE TO SPEND THE  
 DAY WITH? \_\_\_\_\_ OR \_\_\_\_\_ ?  
RIDE OR DIE FAMILIAR



5  
 3. Tree of Life  
 12 Art + Music

WELCOME!



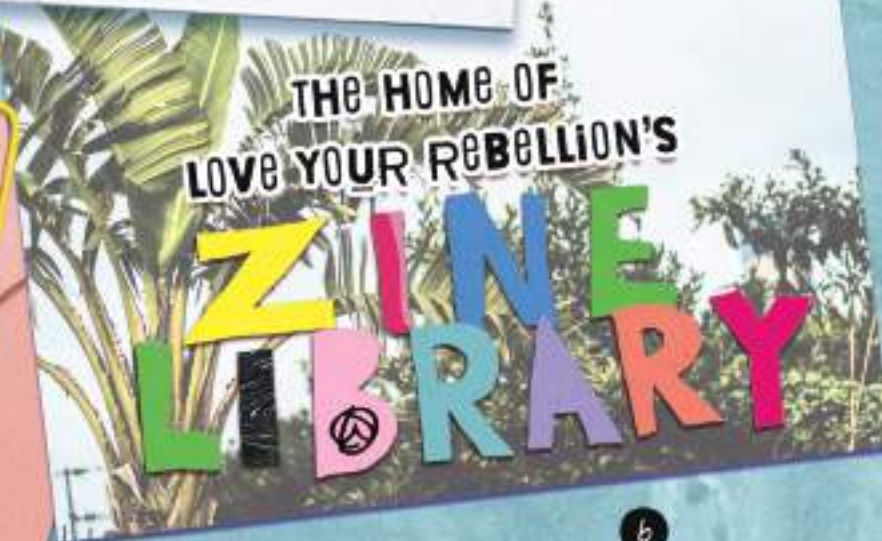
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# tree of life

IT'S TIME TO START THE DAY! DO YOU SPEND IT WITH YOUR FAMILIAR OR YOUR RIDE OR DIE? CHOOSE YOUR PATH BASED ON WHO YOU'RE SPENDING YOUR DAY WITH, YOUR RIDE OR DIE OR YOUR FAMILIAR. TO SEE WHAT'S IN YOUR FUTURE. KEEP MAKING CHOICES UNTIL YOU COLLECT A SPECIAL ITEM AT THE BOTTOM OF THE PAGE.

so, who did you choose?

**familiar.**  
your familiar picks something up.

**ride or die.**  
you ask your ride or die to hang out.

reach into their slimy mouth to retrieve it

they put that down!"

ask to go out, be wild

ask to stay in, be cozy

**you notice some writing from your mentor on it.**

**your familiar takes off through an open window!**

**you meet up somewhere**

**you invite them to your place.**

oh, not my problem

head message

ah! chase them!

don't follow

to drink!

to eat!

you decide to order take out

you decide to cook for you both.

**lose a whole day to the sloth monster.**  
try again.

**you track your familiar to your favorite restaurant.**

**you both black out.**  
try again, dummy.

you burn the food.

the food comes out delicious!

go beg for food money

search for food money

**wake up when you realize this has been a dream.**  
try again.

you go through the front door because how else would you go in?

you climb in through the window because it will be fun!

**so you go to the parking lot of your favorite restaurant to beg for money.**

**you both get the itis.**  
try again.

*An acquaintance of the past will affect you in the near future.*

**you go home and forget about it.**  
try again.



**you meet your mentor at your favorite restaurant, and get your lucky item from your mentor.**

**you look for some money in your house to buy food.**

ok, this whole thing is creepy...

invited to a house party, don't mind if I do!

stay at the restaurant to get a tasty dessert!

search the creepy, dark attic

search under the couch

**oh no - you bump into a belligerent customer who wants to fight you!**

**yikes - there's a fight in the parking lot!**

You run like the wind!

You fight the customer!

you break up the fight!

you run to find help!

**you win and live to tell the tale! the kitchen staff gives you a wooden spoon as reward for elobbering the belligerent customer. +6**

**you keep la chanela that just missed your head. +5**

**you find and tell the bartender, and the bartender gives you an enchanted White Claw. +5**

**you end up with a lipstick tube that's really a knife. +6**

**you find your long lost piggy bank. now you have a sock full of quarters. +7**

**instead you find a map. The map leads you to the grave of a possessed teddy bear (that likes you). +7**





## "Envy"

Shanice Figeroux

"I am an animator with practical expertise in all aspects of technical, commercial, visual and graphic arts. Born in Jamaica Queens, NYC, my parents always encouraged me to stand up stand out and speak for myself and others if I have to. To have a voice use it and understand that my opinion is evident and important; no one can speak for me, and art gave my voice a sound I could never deliver so I want others to use this form of expression to reflect on the past present and the future."

- Shanice Figeroux




# THIS TRIP FOX

READY OR NOT,  
IT'S TIME FOR  
YOUR TRIP!

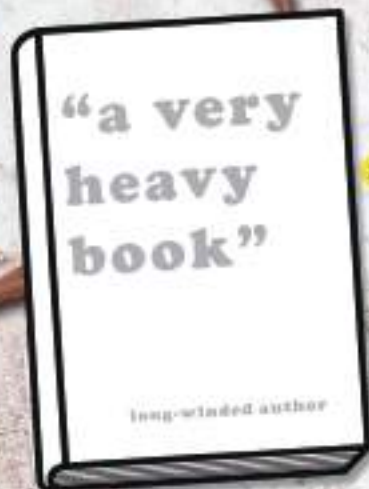
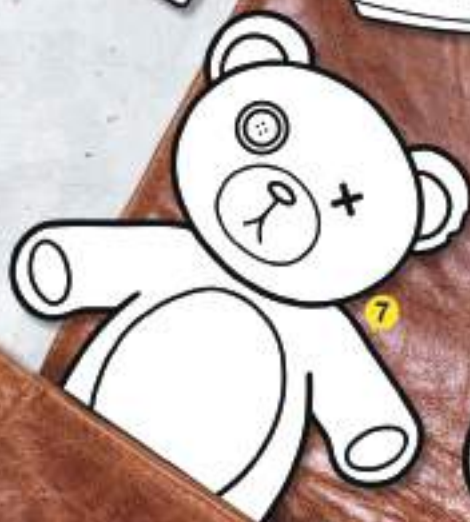
You only have room for three more items in your bag! To help you choose, you decide the first three words you see in this word search will be the three additional items you take on your trip. When you've discovered your three items in the word search, color them in below. Also color in the special item you received when you completed the Tree of Life. Get creative and find your flow. This is your time to destress after all the incredible decisions you made in the Tree of Life! Once you're done coloring in your items, take the next steps in your journey.



 BANANA  
PEPPERSPRAY  
FLASK  
LIGHTER  
HEAVYBOOK  
CHARGER  
SAFETY PIN  
SUNSCREEN



These  
are your  
attack  
pants



10

13-14. Confrontation



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# REMEMBER THE THINGS YOUR CRUEL SELF SAYS?

WHILE YOU WEREN'T PAYING ATTENTION, THEY BECAME A FULL BLOWN **ZOMBIE DOPPELGANGER!** JUST WHEN YOU LEAST EXPECT IT, (WHILE YOU'RE ON A TRIP NO LESS!) THE THINGS YOUR CRUEL SELF SAYS HAVE RISEN FROM THE DEAD TO HAUNT YOU!

NOW, YOU MUST DEFEAT YOUR ZOMBIE DOPPELGANGER!

## INSTRUCTIONS:

1. Thank goodness you got some health points from M.A.S.H. - but oh no! So did the Zombie Doppelganger! Start by entering in health points in the box on the next page.
2. To defeat the Zombie Doppelganger, you must counter the Things Your Cruel Self Says with positive affirmations. For example, if you wrote "I am not enough" as one of the Things Your Cruel Self Says, counter it with "I am enough" to activate your attacks.
3. To win the game, end up with more health left than your Zombie Doppelganger at the end of Round 5. Be sure to subtract damage from your health and your Zombie Doppelganger's health.

ROUND 01



DOPPELGANGER D1

Zombie Doppelganger does 2 damage with a PORK using D1 from the Things Your Cruel Self Says. Activate one of the three items found in the wordsearch during This Trip Fux by writing a sentence that counters D1 with a positive affirmation.

ROUND 02



DOPPELGANGER D2

Zombie Doppelganger does 2 damage with a GARDEN HOSE using D2 from the Things Your Cruel Self Says. Activate one of the three found items in the wordsearch during This Trip Fux that hasn't been used by writing a sentence that counters D2 with a positive affirmation.

ROUND 03



DOPPELGANGER D3

Zombie Doppelganger does 2 damage with a PLYWOOD using D3 from the Things Your Cruel Self Says. Activate one of the three found items in the wordsearch during This Trip Fux that hasn't been used by writing a sentence that counters D3 with a positive affirmation.

AFFIRMATION:  
"I AM \_\_\_\_\_"

FOUND ITEM USED:  
\_\_\_\_\_  
Does 3 Damage to Doppelganger!

AFFIRMATION:  
"I AM \_\_\_\_\_"

FOUND ITEM USED:  
\_\_\_\_\_  
Does 3 Damage to Doppelganger!

AFFIRMATION:  
"I AM \_\_\_\_\_"

FOUND ITEM USED:  
\_\_\_\_\_  
Does 3 Damage to Doppelganger!

ROUND 04



**DOPPELGANGER D4**

Zombie Doppelganger does 6 damage with a TIRE IRON using D4 from the Things Your Cruel Self Says. Activate your Special Item collected when you completed the Tree of Life by writing a sentence that counters D4 with a positive affirmation. The number by your Special Item in the Tree of Life determines the damage you deal this round.

ROUND 05



**DOPPELGANGER D5**

Zombie Doppelganger does 2 damage with a TRASH CAN using D5 from the Things Your Cruel Self Says. Activate your Lucky Item you received from your Mentor in Tree of Life by writing a sentence that counters D4 with a positive affirmation. If you did not get your Lucky Item back, active help from your Ride or Die or your Familiar, depending on who you chose to begin the Tree of Life. ACTIVATE either of these helpers by writing a sentence that counters D4 with a positive affirmation. Damage dealt by Ride or Die or Familiar is determined by the number next to it in the MASH game.

AFFIRMATION:

"I AM \_\_\_\_\_"

FOUND ITEM USED:

DOES \_\_\_ DAMAGE TO DOPPELGANGER!

AFFIRMATION:

"I AM \_\_\_\_\_"

SELECT ITEM USED (ACTIVATE ONLY ONE):

LUCKY ITEM

>> DOES 3 DAMAGE TO DOPPELGANGER!

RIDE OR DIE

>> DOES \_\_\_ DAMAGE TO DOPPELGANGER!

FAMILIAR

>> DOES \_\_\_ DAMAGE TO DOPPELGANGER!

**THE BATTLE IS OVER!**

SUBTRACT THE DAMAGE DEALT TO YOU AND YOUR ZOMBIE DOPPELGANGER IN ALL 5 ROUNDS TO FIND OUT IF YOU WON. IF YOU ENDED UP WITH MORE HEALTH THAN YOUR ZOMBIE DOPPELGANGER, YOU WIN!

**ZOMBIE DOPPELGANGER VS YOUR NAME**

Starting Health Points:	_____	_____
Damage Dealt in Round 1:	- 3	- 2
Damage Dealt in Round 2:	- 3	- 2
Damage Dealt in Round 3:	- 3	- 2
Damage Dealt in Round 4:		- 6
Damage Dealt in Round 5:		- 2
Total Remaining Health Points:	=	=

You and your Zombie Doppelganger have equivalent health points!

14

The End!

...or is it?



*\*play themesong\**



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