



EDITOR'S LETTER

Hi, my name is Courtni Poe. It's so nice to meet you here. I'm the Founder/Editor in Chief of GAP Magazine. I was born in Nashville, and now I am based in Los Angeles. This magazine is created by myself and my best friend Zamora. My other best friend Kelsy helps keep our business on a clear path. There are so many incredible writers and creators who provide content each month to make this magazine what it is. "What is it?" you may ask. I've asked myself this countless times since we released. At this time, on this day, GAP Magazine is dedicated to "Providing Space For Artists Behind The Scenes." My path has changed so rapidly as an artist in the last two years. I went from being a full time professional dancer, to transitioning into film and directing, to transitioning into creative direction and set design, and now a magazine. I am so thankful to have been exposed to so many incredible creatives along this journey who have taught me the true meaning of an "artist" and helped me with the many transitions my career has taken. Within this journey, I have witnessed the lack of credit given to the people who truly make it all happen. The choreographers, directors, steadicam people, the PA's, photographers, creative directors, wardrobe, makeup artists, dancers, stylists etc. They're never given the space to truly shine. So that's what GAP is here to do. To make the people who work so hard behind the scenes feel like the star. These people and places have made me the artist I am today. Besides that, I feel like my friends need a platform for their work. A place where they can share what they've made and are working towards and the right people can ACTUALLY see it. Not on instagram, IN THEIR HANDS. I want this space to be a network for everyone who feels as though they're an "underdog" or "unseen". A place to share and also learn from those who have done it for years. I think my friends really need that. As well as a platform to provide them the confidence to push forward. And again, a place where they can see their work physically. They can touch it. Something that makes them feel that this life is possible and there are so many paths to have a life like this.

So, if you were here to see the most famous celebrities and most beautiful models to be on the cover....this ain't it. This is the place where you find Who created THAT video. Who made THAT outfit. Who tells THIS artist how to do THIS. Who creates THE ideas. This is the place where you see your favorite local photographer on the cover. Or maybe your favorite local business. Simply put, YOUR WORLD AS AN ARTIST with a touch of fun and vulnerability. This is a place where there is a lot of space. Space for those creatives who feel hidden and lost. Space for those who feel unseen. But most importantly, space for a new appreciation for all artists involved.

There's been so much space created for me. Now, There's Space For You. Sending anyone holding this magazine the biggest hug. It means so much to me and my friends.

-Courtni Poe



MISSION E

GAP Magazine is dedicated to Providing Space for Artists Behind the Scenes. We pride ourselves on accepting insecurities and the things that make us unique to create art and spark conversation. We promise to always be honest, acknowledge the underdogs, and remind you of the importance and value in being yourself. Each and every person involved in this magazine has a beautiful mind and heart and absolutely loves what they do. My wish is for my audience to always feel that when digesting all of the information provided. We hope this magazine can provide you the resources and inspiration to create the life you desire, question yourself and others, learn from the ones who did it first, and find a safe space to explore how it feels to be accepted for exactly who you are. There's Space For You Here and Everywhere.



A World Full of Color with

THE HAAS BROTHERS

Photographed by Brianna Pavon and Nicole Avendano







GAP: Introduce yourselves!

SIMON: I'm Simon Haas. I'm an artist. My brother is Niki. And we are the Haas Brothers.

NIKI: My name is Niki Haas. I'm a sculptor.

JOHNNY: I'm Johnny Smith and I am not a Haas Brother. I'm like a cousin twice removed from a previous marriage that only lasted a year. But then I never left and I keep showing up at the family reunions.

GAP: Where are you from?
SIMON: We're from LA and Austin, TX.
NIKI: LA and Austin.
JOHNNY: I'm from Houston, TX and went to college at the University of Texas in Austin. Hook 'em homs!

GAP: What/who are the Haas Brothers?
SIMON: We're designers/artists and we kinda just make... I don't know. We have a fantasy world that we've had since we were kids that we still make

IOXIN NIKOTAI HAAS SAAH

NIKI: The Haas brothers are me and my twin brother, Simon. We used to be furniture designers and became sculptors. We still do both.

JOHNNY: The Haas Brothers are twins Niki and Simon Haas who I madly adore. They are visionaries, who are both undeniably genius but still aren't above a fart joke. They inspire me and they are family. And they are the most generous humans on the planet.

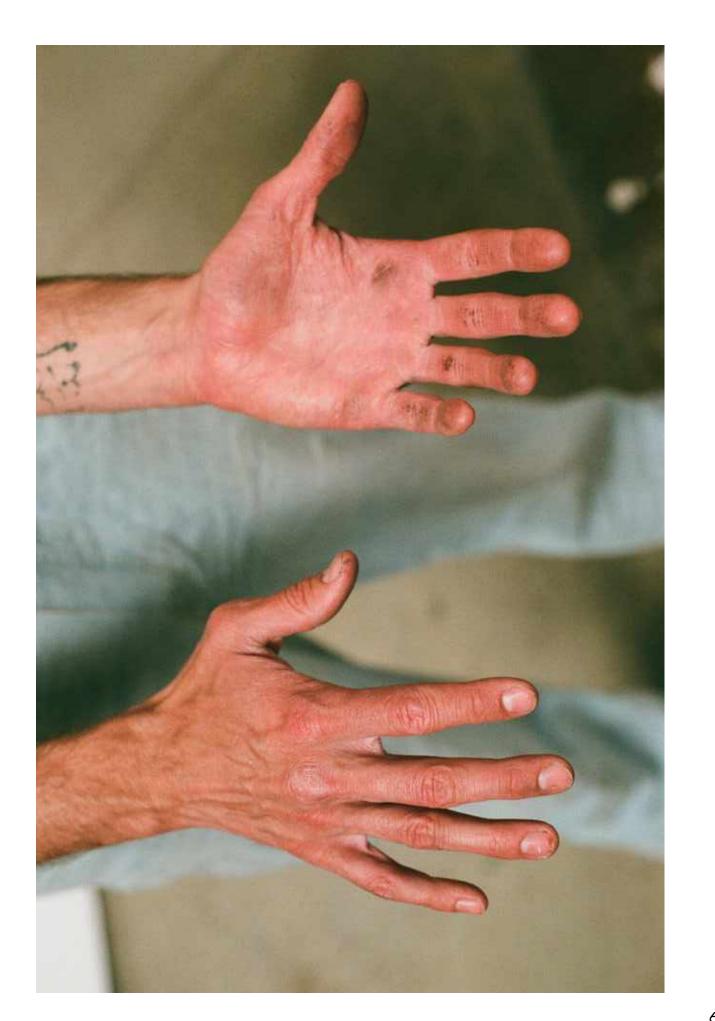
GAP: What is your goal every time you create? SIMON: To have a picture or an object that I've never

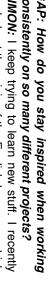
seen but get excited by.

NIKI: To make something that's fun to look at. And if you want to go deeper, you can. You can get a social message from it if you dive deep enough.

JOHNNY: To have a momentary respite from the heaviness that is life. Hopefully inspire a smile, a laugh, or a cringy eye roll.

MIKOLAI HAAS SVUH IV





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consistently on so many different projects?

SIMON: I keep trying to learn new stuff. I recently read about the origin of the English language, which has nothing to do with our art. But it always gives me a new frame. So I always keep learning shit.

NIKI: My job is really fun so it's not that hard getting inspiration to be honest. I come to work and I just screw around. It's like how are you inspired to do what you want to do? Just have a good time. I try to think about things I actually care about.

JOHNNY: I get inspiration from people and places. Quarantine was really difficult to find inspiration because I was without people and without travel. It was just me and my dog Freeway. I'm 40 years old and I'm usually around people in their 30s or 40s. But now I have friends who are having kids and it's kind of this fresh perspective. Children are so honest and unfiltered. I need more friends in their 70s and older because they too have a very specific life that undoubtedly can inspire. Things get stale when everyone around you behaves, looks, and thinks the same way as you. BORING!

GAP: Where do you see Hass Brothers in 5 to 10 vears?

years?
SIMON: Hopefully doing more of this. I would love to see our studio be what I'm imagining. I want to keep

doing this.

NIKI: It's hard to say... I hope doing a lot of the same stuff we're doing now. We have 5 museum shows over the next four years... so hopefully more museums and lots of new things we've never tried. I'll have a 12-year-old by then! I guess that's the only guarantee.

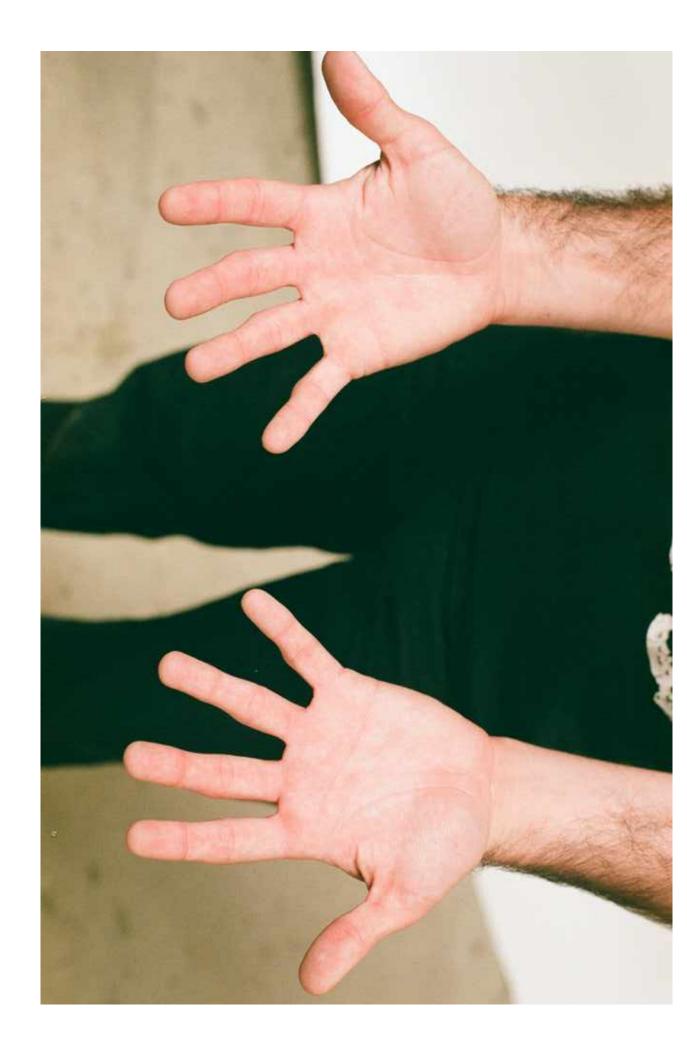
JOHNNY: Andy Warhol's The Factory 2.0.

GAP: If you had to describe your work in a few words what would they be?

SIMON: Weird. Fun. NIKI: Humorous Sculpture.

JOHNNY: Wacky, silly, sexy, and surreal.

















GAP: Physical or digital?

SIMON: Right now my choice is digital because I can do it anywhere and it is its own self-contained world.

NIKI: Physical for sure. Simon is more of a digital guy. I do a lot of digital stuff too. They're both really fun. It's funny, I have this conversation a lot between physical and digital. Digital is just a tool. If you're not good at using a hammer, then you won't use a hammer. I prefer physical but I also love digital. I've gotten better at digital so I like it. When I wasn't good at it I would talk shit. But I got good at it so now I love it. It's just a tool.

JOHNNY: I'm better at digital (but not a master by any means) but physical is a lot more gratifying. And a lot more fun.







FOX IS NIKI'S SON.
HE'S TWO AND A HALF.
HIS FAVORITE MOVIE IS YELLOW SUBMARINE.
IN CONCLUSION, FOX IS EVERYTHING.









GAP: Who are some of your favorite or most memorable people you have collaborated with?

SIMON: Niki! Donatella and Rihanna also - they were both bigger than life and so full of excitement. I still can't believe we got to work with either of them.

NIKI: Simon will always be my number one collaborator... Then Donatella Versace, L'Objet, Rihanna, and Johnny!

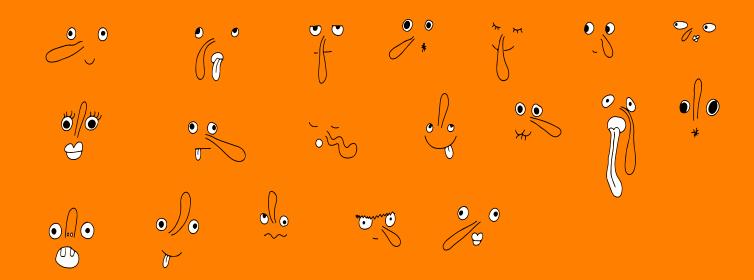
JOHNNY: The Haas Brothers. An artist named Kirby Conn. And Jackie Beat, the best drag queen, and performer on the planet.

GAP: If making art wasn't your full-time job, what would you be doing?

SIMON: I would probably be in computer science or programming because that's my hobby anyway and I am always trying to learn more about computers.

NIKI: Stay at home dad... or maybe just making cartoons.

JOHNNY: I'm doing it now. :)



GAP: Niki, you worked as a model before pursuing your art full time. Do you feel this has had any effect on your work?

NIKI: Not at all... or maybe it taught me vanity is a dead end. It's why I moved on from playing music. That was a vanity project.

GAP: Do you all have specific roles in the creative process? If so, what are they?

SIMON: I'm the nerd! I do material studies, renderings, and processes.

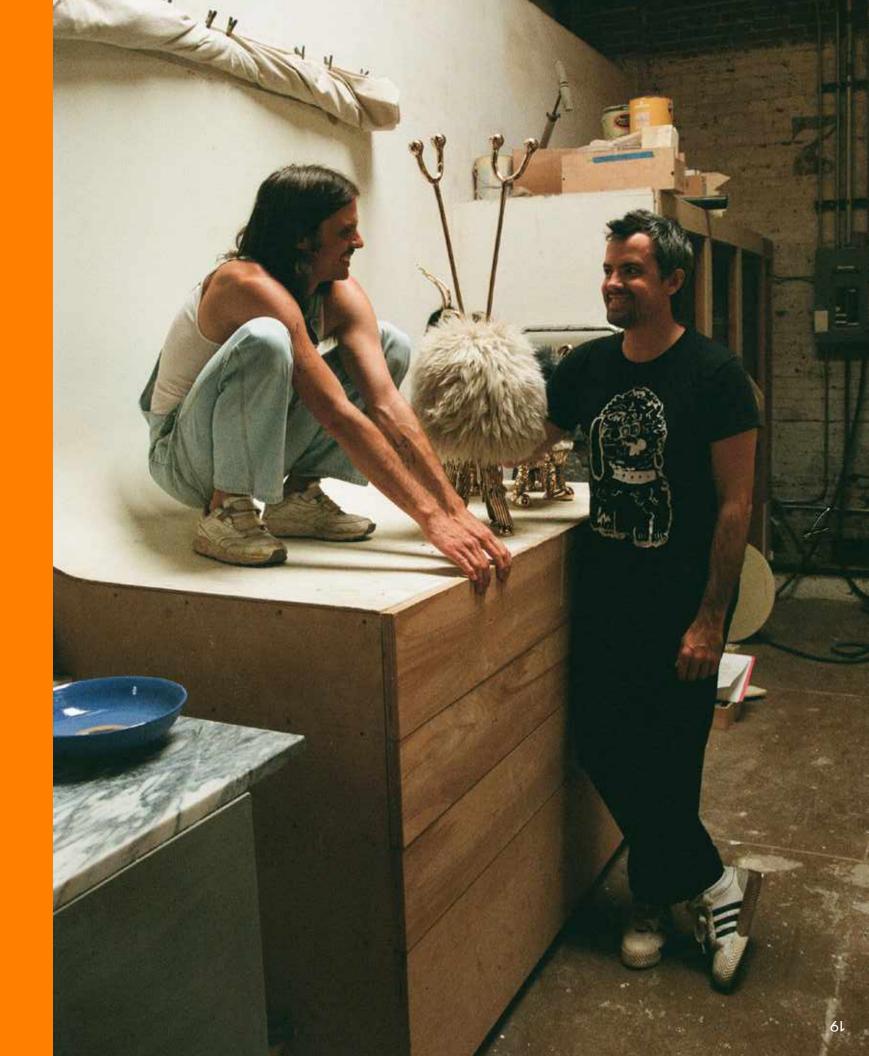
NIKI: Ya! I'm the Sculptor.

JOHNNY: Simon and Niki call me the "Donatella" so I'll leave it at that.

GAP: You mentioned previously that your work is inspired by a "fantasy world" you created as children. Can you tell us more about this?

SIMON: Niki and I always made stop-motion animation and built weird stuff and did puppet shows etc, so we developed a creative language early on that is still there.

NIKI: YA, Simon and I would just do all kinds of crazy stuff.. start little businesses, make cartoons, sculpt little worlds... I bet if you asked our parents they'd say we spent hours on end just investing in fantasy stuff just the two of us. It was a good escape... we could make anything fun because we always had each other and we could always dive into creativity together. **JOHNNY:** My fantasy world was being an actor or a world-traveling performer, so performance. But lately, I prefer being behind the scenes, creating, and writing. I think the commercial/TV/film world is in agreement.



GAP: What is the coolest part about what you do? What is the hardest part about what you do?

SIMON: The coolest part is that I get to constantly think about things and dive into ideas that have only a pretty abstract relationship with the real world. It's a kind of healthy escapism that I really, really need to have. The ideas that I pursue are real and they have real results, but they are on a basic survivalist level really inconsequential, so it's a luxury to spend my time on problem-solving fantasies. The hardest part about what I do is where the art intersects with the real world — business, finances, production issues, etc. — but even those can be fun and I approach them with the same creative lens that I approach making art. **NIKI:** The coolest part is that I get to come into the studio every day with my family and mess around. The hardest part is just showing up and putting in the work. It's a lot of work. But I love it. It's hard but it's not unenjoyable. My job is rarely unenjoyable. The only time I'm like "this sucks" is if I'm negotiating something. Or if it has to do with money. I mean we have to make money in order to keep it open. But sometimes that can be a drag.

JOHNNY: The coolest part is that I get to work with my best friends. And we laugh all the time. Full on, guttural belly laughs. The hardest thing is keeping track of all of the artwork the studio produces. It's insane how productive the team is. Making sure that all of the projects are on schedule can be daunting.

GAP: What's it like working with a twin? What's it like creating work with your brother?

SIMON: It's the best thing ever! Niki is always inspiring me and has one of the most un-boxed-in brains in the world, so I feel super lucky all the time that we can bounce ideas back and forth. He has a flood of ideas and I do too, so finding where they meet and can compliment, uplift, and improve each other is such a cool pursuit. I think the biggest advantage of twins working together is that communication is effortless and we are able to understand each other in an abstract way that it's pretty hard to understand most other people I know

NIKI: It's good. I think we grow every single day. We understand each other. We can finish each other's thoughts physically, in the work. We push each other to do better all the time. We have very different outlooks on life so we always have to find a middle ground. Which I think makes us consider our work more deeply. Rather than just being like, "I like this. It's cool. I'm going to go with it". Everything is considered so it's more of a developed message. It's not just like, "bleh." I mean, it's kind of both.

GAP: How do you think physical art can transition and provoke thought in a digital generation?

SIMON: I think it has a broader reach now that digital is becoming a legitimate art medium, so there's a space to make far-reaching artwork and that reach has implications for what kind of work you might want to make. I think of ASMR videos as a good example of this because they are a product of a world where getting our hands on physical things happens less and less and the world is fast paced and high stress, so ASMR is kind of a therapeutic audio-visual form of self-medicating if that makes sense. Slime videos, for example, were not a thing at all when I was a kid; but I can watch them for hours and I know that they are pleasing and in a sense helping a large swatn of people. I don't have a specific vision for where digital art is headed because it is all so new, but it is probably the area of art that has the richest potential by far of any of them.

NIKI: The reality is, even if you totally live your life digitally, you still have to go outside every once in a while. Somewhere. I like doing outdoor sculpture. I feel whether you like outdoor sculpture or not, if you experience it and are around it, it does affect you on some level. Also, lots of the digital stuff we do starts physically. Then we scan it and create the digital reality from it. A lot of digital platforms use physical at some point. So I guess it's affecting it all the time that way. Then physical... it's fun to go to a museum show, it's fun to go outside. If somebody doesn't want to do that I don't know how to force them to. But if they do engage they'll dig it. You can't avoid physical reality forever. But if you want to, you can try and that's cool. I don't want to force anybody to do anything. The media will somehow reflect something you've done physically. Always.

JOHNNY: A lot of physical art has an environment it's shown in that's very curated and thought out. But I do think that, digitally, you have access to the world. I can share stuff with someone in a country I've never visited. It's amazing. You can see art in places you can't travel to. But there is something pretty transformative about actually being in the physical space and seeing the piece of art, physically.

GAP: If you could tell anything to an artist in this generation what would it be?

SIMON: Don't let self-doubt or other people's opinions of what art is supposed to be stop you from making things. Don't put the cart before the horse! I remember spending years and years wanting to be only a "fine art" portrait painter and holding myself to a standard that was unattainable. If I think that I need to paint like Ingres or David Hockney and that if I can't, my work is worthless, I will truly never get past that and make something with my own voice. This is one of the things that Niki helped me with because he pulled me out of the highly scholastic POV I had with art and I realized that it's just about processing my experience and creating something I feel. It's liberating!

NIKI: Have fun and do it for the reasons you set out to do it. Makes lots of work and get good at it. **JOHNNY:** Create, create, create. Even if it's something you don't want to share. It's like exercising a muscle. I think it's important to create whenever you can. And don't be deterred.







GAP: Could you give any advice to Gen Z and Millenials about patience, making work, and getting there?

SIMON: Patience comes in related to the last question for me - keep making work and make and make and don't have expectations. I know it's frustrating to work for weeks on a drawing and not like what you're looking at by the end of it, but ultimately that drawing was there to teach you something. If I get impatient, I just remember that literally, everything is making me better at something and if I just let go and trust in the process I will get there.

NIKI: I don't have patience if I'm not enjoying something. If I am then I can spend all the time in the world on it. Patience is its own reward because if you spend a lot of time on something it'll generally be better. And you should be enjoying the process. And I don't mean enjoy like the way you enjoy eating a donut. I mean enjoying it when afterward it feels great. I love running. If I go on a 5-mile run sometimes during the run I go "ugh this sucks". But I always feel great right after. No matter what. If you're getting that hit of dopamine after you run something, you know that it's for you and you should just dive more into the patience aspect of it. It'll serve you. There are other things like Instagram where I'm feeling gratified the whole time I'm using it. But it's the opposite because I feel like shit after I get off of it. So that's just a general life thing. Sometimes you feel like shit while you're doing it but it's somehow gratifying grinding on something. Like dance too, you're just doing the same thing over and over again and it's not working. But then you've discovered something about yourself at the end of it. So if you don't want to be patient you're not going to get that win at the end of it.

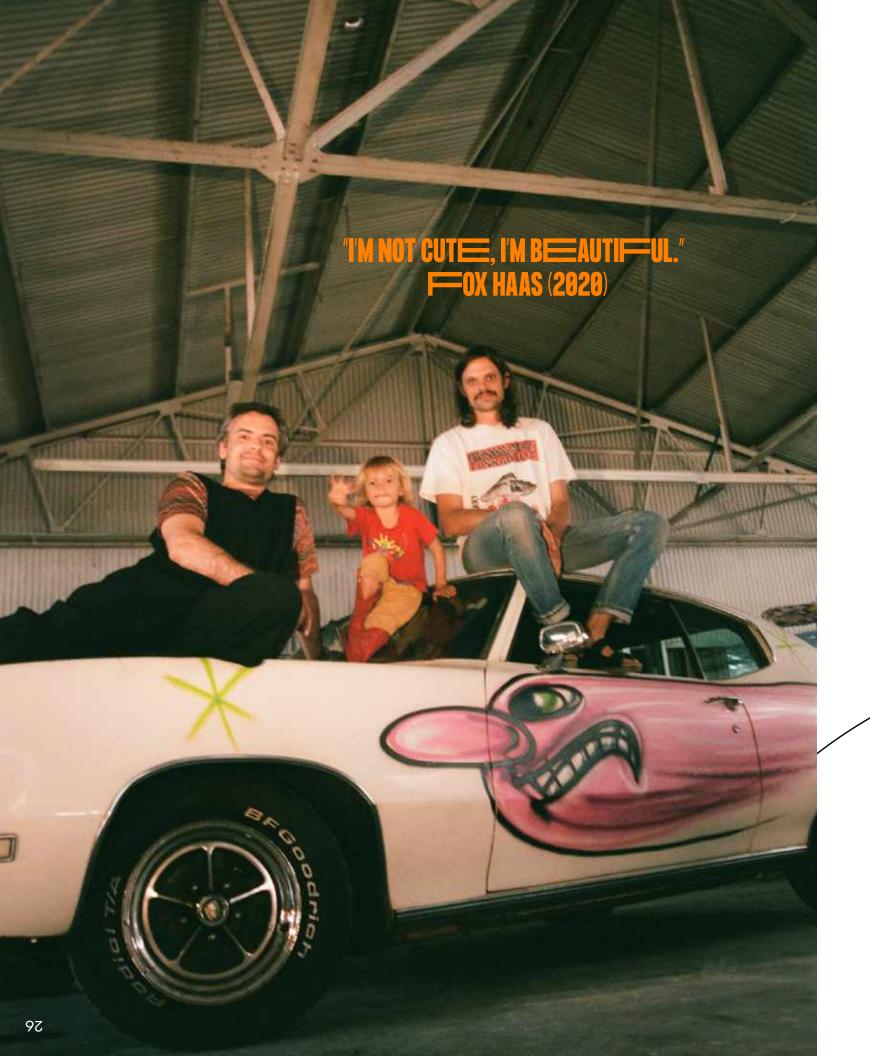
JOHNNY: Instant gratification takes too long (to quote Carrie Fisher.) I need to create or I fall into a dark place. It's how I deal with anxiety and depression. Not everything I create or do needs to have an audience. A lot of what I create I hate. But for every ten collages I make, one I will love. I think tenacity is key. Don't give up and keep it up!

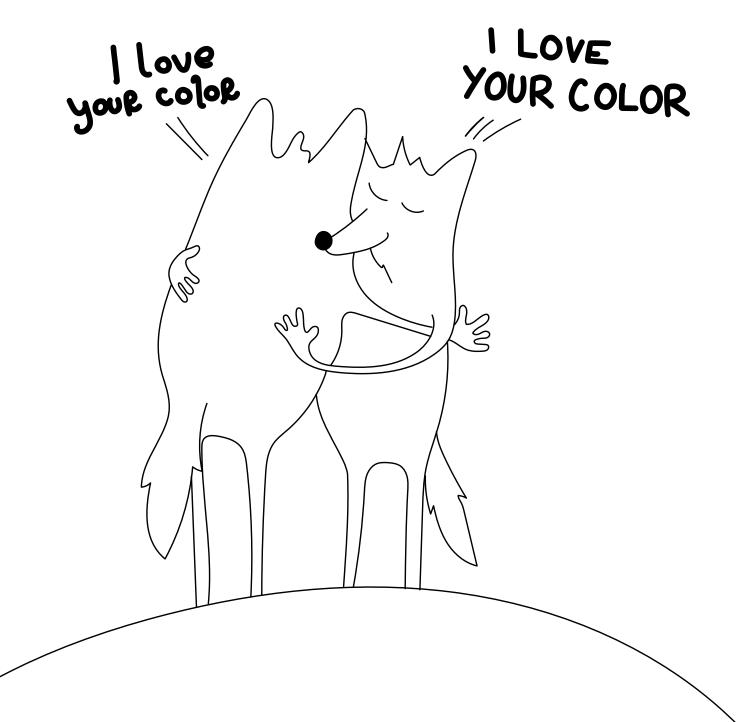
GAP: If you could give any advice to artistic collaborators of any age, anywhere, what would it be?

SIMON: Collaboration is about listening to who you're collaborating with and letting go of your ego. It's so important not to battle to make your idea number one in a collaboration, just to see that other people's ideas and lived experiences are really valuable and that they might leave a beautiful mark on your own process. Everyone needs to be happy at the end of a collaboration.

NIKI: Make a large body of work. Just make a lot of work. Then you'll just get better at it. We make a lot of stuff, but most of it doesn't get made. But that's how we know what's good and what isn't. Looking at 20 things on a table and you go "That's good, that's not." it just makes you better at your work. Show it to people. The way I was taught to make art was to sit inside of your chamber, be alone, and only listen to your thoughts. Just make it from a place inside your heart. That's still true, but it's also good to listen to your audience and understand what's working. It's like having a conversation. If you go to a party or something and you just talk at somebody exactly about what you want to talk about they may not be into what you're saying at all. I think making art is about a connection. So make a lot of work. Show it to people and then listen to how people are reacting because you want to have a conversation. You don't just want to talk at somebody.

JOHNNY: Work with people who have a good work ethic and who you trust. Be open to criticism and don't be defensive. Be humble, grateful, and teachable.











Hey! I'm Celly! I love to look at things and make new friends! Whenever I meet something new, I get so excited that my skin changes color to match what I see and feel!

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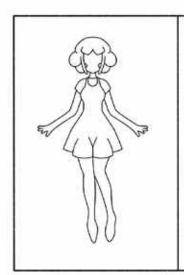
Hasan likes clouds, stripes, and the color purple. This is what Celly looks like when they see Hasan.





Ye-ji likes cold weather, cereal, and the color green. This is what Celly looks like when they see Ye-ji.





What things do you like?

What does Celly look like when they see you?

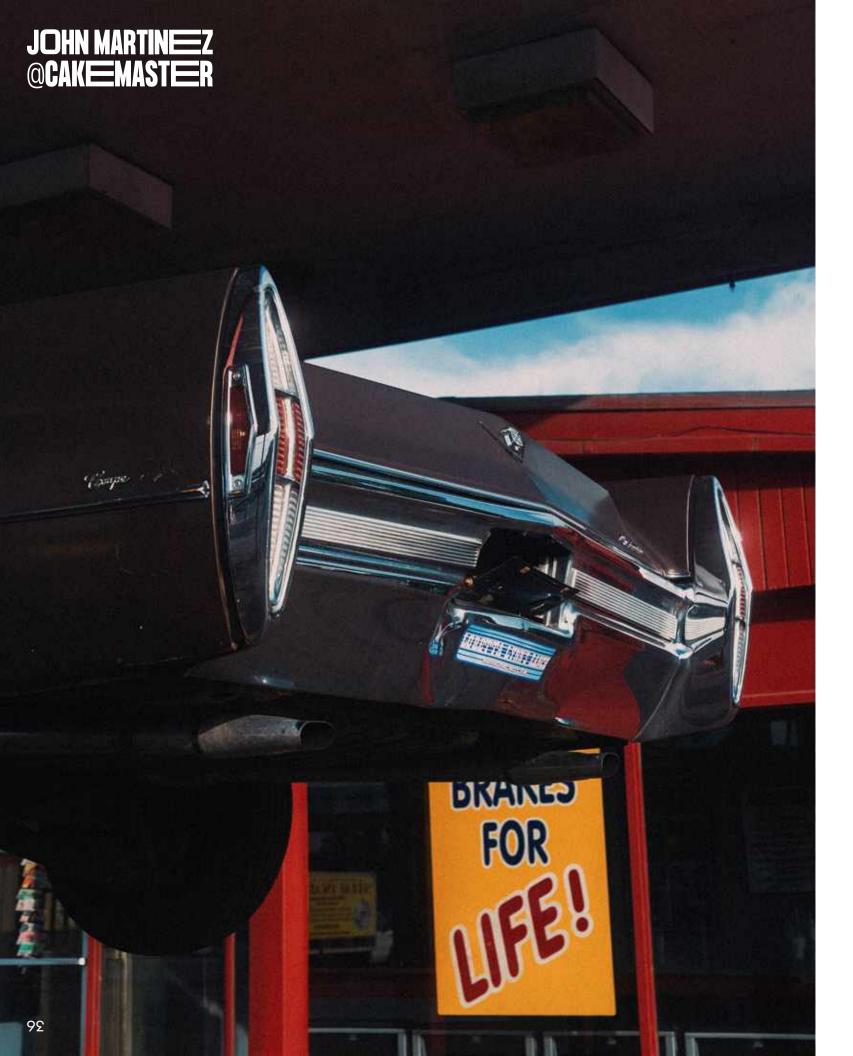




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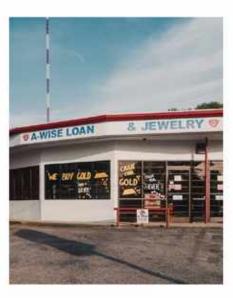










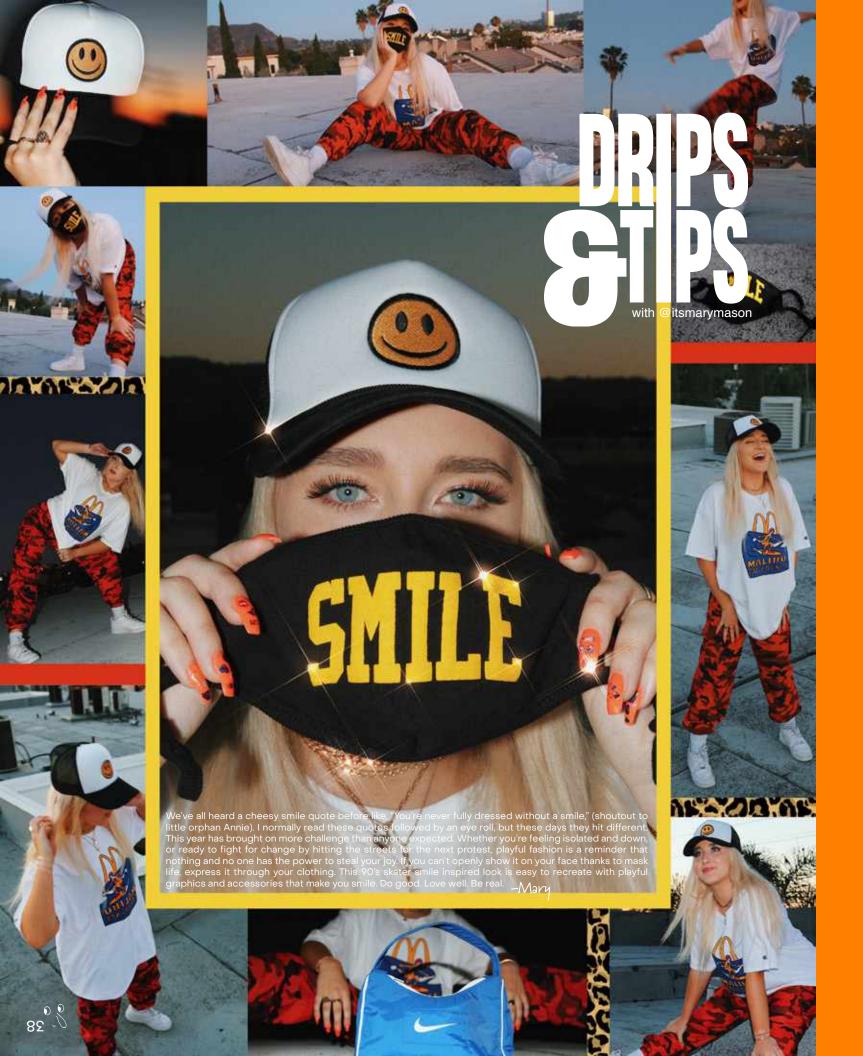








The name of this collection is "Beautifully Mundane" featuring everyday things that I thought were interesting. This body of work highlights street photography with an emphasis in color and geometry. I made each of these photos the size of a Fuji Instax Instant picture so you can cut them out and frame them!



LLSNEAKER 7 CHAT



since we can remember! Of course, Elon Musk is a firm believer that somewhere in space lies a planet that will be home to humans in the years to come. Nike seems to have the same ideologies. July 2020 Nike released four new sneakers inspired by human life on Mars. Constructed from recycled materials; plastic bottles, paper, and t-shirts to name a few of its components, the Nike Space Hippie is a step toward a simpler and sustainable future. Introducing new technology, the Space Hippies upper, ushers in a refreshing look with a material called "Flyknit yarn", complimented by a "Crater Foam" sole. Breathable, comfortable and stylish all at the same time. These shoes really give me a futuristic running shoe, everyday wear type of feel. So I know these are going to be

-RAQVAN JA(KSoN @raquandachef





What's up guys! "IF2WMP" has been a blog of mine for a while and now that the magazine is here, I'll be posting all of those things here! I've pretty much turned this into a one stop shop for my blogs, poetry, recipes, mental health check ins, quizzes, the plant of the month, and more. My wish is that you always feel clarity, love, and understanding anytime you read these. I promise to always share my experiences in the most honest ways possible so we can all grow together! Also, go water your plants. – Courtni

@courtnipoe

TODAY WE'RE WEEDING OUT: "THE IDEA OF FAILUREE"

This month we're gonna talk about "How Unmotivated I Am To Share"

The other night, I ended up in a youtube wormhole watching "performance art." One artist I found was named, Marina Ambramovic. She's created some really interesting work. You should check her out. After becoming super immersed in her work and mind I watch a TED TALK she was in. "Without failure you are just repeating yourself, the human needs change." I quickly pulled out my notes and wrote down that quote. I've spent a few days meditating on that message so I figured I'd share my thoughts with you.

IFORGOTTO MATERIAL PLANTS

TF IS FAILURE?!

When it comes to creating things I've never felt as though I failed. Genuinely. Maybe that's just an Aries & her pride thing? Idk, I just feel like anything I create was simply just a thing I created and if a few people saw it It was a win. I think I'm kinda blessed in that way. But, I've noticed I begin to get discouraged a bit more lately when it comes to "numbers". With making this magazine things quickly went from "fun and light hearted" to "business and numbers". I've never been a fan of a big audience or a lot of people having eyes on something that's mine. With this in mind, it's comes with so much responsibility. A lot of it isn't something I knew of prior to creating GAP, so with that has come a spirit of defeat and failure. I've been thrown into a position to shift thought, provoke ideas, inspire, stay ahead of the audience, spark enthusiasm, hit numbers, financially carry this, and be the "boss". I feel as though this is my first time experiencing true failure.

BRB. CURRENTLY FAILING, MY EGO IS IN THE WAY.

GAP has been doing super good so far! I'm proud of the many things we have accomplished, don't get me wrong. But, I'm just not good at these things yet because it's all so new. So many questions I don't know how to answer, so many people giving advice. It's all just so much so fast.

I'm very much someone who will practice and learn and exhaust all options before feeling even the smallest bit of failure. But there's so many moving parts in this magazine that cause me to literally melt into the feeling of failure DAILY! (Well, more like nightly when i'm in my bed being a sad lil emo baby about wanting to be the best all the time.) Then, literally today I realized that failing isn't a bad thing. It's just an attack on our ego. Anytime we do anything, we always want to be the best version of ourselves and create the best work for THAT thing. Like, duh. But what is "THAT" thing? Why does "THAT" thing desire to have the feeling of winning? Ego. We wanna feel as though we've topped it. We've fought against all odds. We did what everyone else couldn't. This higher up feeling of success. But, then what? And how do you know when you've truly succeeded.

FAILURE KEEPS YOU FROM FALLING FLAT.

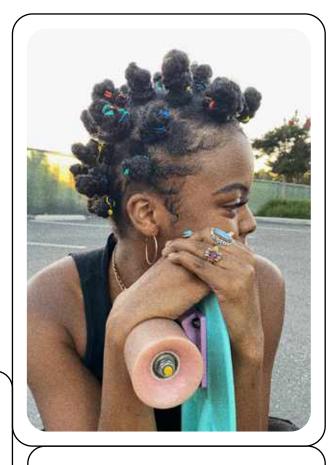
Let's imagine something real quick. Two kids. A girl and a boy. They're playing soccer. The boy wins all 5 games back to back. The girl loses all 5 games. The boy is going to continue to play that game the exact same way he's been playing all 5 games. Why? He thinks he's figured the game out. So, he'll probably eventually quit because he's already got it figured out and if he loses it'll damage his ego. So he may leave soccer to go play basketball or something, idk. He "never failed" against his one opponent. He was just always the best. So in his eyes, he won. Ego.

But, I bet you that little girl is probably going home after each game practicing & trying new methods, and doing all of the learning she can just to beat that ONE boy. She's lost so many times that she's determined to win JUST once. The fear of never winning and failing keeps her on her toes and desperate for a sense of achievement. Ego.

FAILURE IS FREEDOM

Do you get what I'm saying? The ego affects all. In good ways and bad. But, when it comes to failure it's on FIRE. It's up to you to choose if you want to use failure to learn and grow, or winning for the sake of feeling like you've "made it." For me, I never want to feel like I've "won" or I "finally got it right". There's something about this non-existing bar that we can set for ourselves that can push the ego to create incredible things. The idea that we can fail so much that it provides the freedom and space to work with new ideas that we never would've even considered before had we not felt the slightest defeat of our ego. I hope I never win. I hope to know of every possible avenue and gateway to get to my goals before I ever feel like "I've got it." I never want to be the "best". The top is so lonely and boring. The hard work & late nights feeling like I suck really keep me going. So challenge yourself this month with these thoughts in mind.

- -Failure is freedom.
- -The ego is loud and slow. The work ethic is silent & time-less.
- -Great things take patience and failure.
- -Defeat is direction.
- -Failure is fuel for creation.
- -If the ego is damaged after failing, check your intentions for what and why you're doing what you're doing.
- -Whatever you're doing will be the best ever. Up to no one else's standards but your own. That is where trues success lies
- -If you're doing what you love, you won.



MANTRA FOR THE MONTH:

I am strong, creative, smart, and eloquent in communicating what I want. Timing is everything. I will have all that I achieve in a matter of time. Failure is my fuel to learn, create, and try again. I am so thankful, blessed, and excited about every opportunity I receive to try again. My life is my own. I am deliberate and afraid of nothing. I know that good things come to those who work hard and take their time. I know that good things will come and with all that I will become with time.

Great leaders are not the best advice I've best advice I've best and your distance from doubted from the same learn. Find the same learn. Ellean the soul hers a railroad on the soul best as a course of the soul best as Make sure you test position for the book of the book o You cannot be afraid to speak up and spe

BRANDON ESPARZA

What's up guys!

It's ya boy Brandon Esparza. SUPER hype to finally be writing for GAP. I'm a 20 year old director, editor and graphic designer living in LA, from Joliet, Illinois. I'll dive DEEP into my story in another issue because I'm sure a lot of you could relate to it. In the meantime though, I'll describe myself as a very passionate person who's always looking to learn more about the world and be a better human. I've been blessed to experience many good and bad life situations early on and adopt the mindset of learning from them as much as possible. Everything in my life, especially the hard times, have shaped me into who I am today. (Though I am nowhere near being the person that I aspire to be, I have come a long way.)

Lately, I've come to a point of asking myself, WHY has my life unfolded the way it has? I don't have all of the answers yet, but after thinking about it, I understood the power of vulnerability more than ever and came to this realization.

There's somebody out there who needs to know that they are not alone with what they're going through. We've all been through or will go through a lot of the same things. I think there is tremendous power in turning your pain into purpose and an enormous amount of impact that comes with speaking up about your story and the things you are going through.

As artists, creators and humans, we often pour everything we have into our work, with little energy left for anything else. If we're not aware of it, our relationships might suffer, we may not be on top of our health, and the emotions that we feel on the daily might get bottled up. It's become a major priority of mine to make time for emotional and physical release, and the difference I feel is huge.

For me, my emotional release is through my art and the conversations I have with the people around me, but right now, it's through this writing. For you, it could a phone call with a family member tonight. A conversation with a friend. Going live on IG. YouTube videos. Short films. Whatever the medium may be, we all have something to say and somebody out there who can listen and learn from your experiences.

Okay Brandon, what if I feel like I don't have any advice to give?

Using your voice doesn't always mean giving advice. It could be as simple as sharing your story and the lessons that YOU have learned along the way. The goal is for others to apply it to their own life, in their own way. Even if one person is impacted by your courage to share, that's more than enough.

It's not easy for those of us who don't have the easiest time opening up to others, but I think it's something worth thinking about and working on.

Brandon Esparza (IG: @brandonesparza)



NOF MAT CINTIA DEE MITA

TO TRUST OR NOT TO TRUST?

In last month's issue, I gave out three sugarcoat-free tips for people who are starting to create their own dance films, a.k.a. concept videos:

1. Let life inspire you.
2. Work with what you got.
3. Focus on solutions, not problems.

This month, I'm adding TIP FOUR: TRUST AND BELIEVE IN YOUR OWN GREAT-NESS!

I was 18 when I moved to LA from Indonesia. For the first few months, I was homesick, inspired, and discouraged all at once. Creating dance films make me feel GREAT, so I decided to make one with my new friends acquaintances in an attempt to feel better. Unfortunately, my acquaintances didn't feel the same excitement I felt. Long story short, my first few attempts to make dance films in LA ranged from hearing a "sorry Cintia, I have better things to do" to being stood up on shoot day after waiting almost an hour on set. You might be thinking, "Um... That's normal" or "Well, it happens" and vessss. I know that now. But back then, I was hurt because those people were some of the only people I knew on this side of the planet, and that feeling lead me down an I'm-not-good-enough spiral.

It's fine. I snapped out of it. Besides, how else was I going to learn both TIP FOUR and this next tip? TIP FIVE: MAKE SURE YOU CAN TRUST YOUR CAST AND CREW!

A production, whether it's professional or not, follows a well-thought-out plan. It's important to be working with a team you can trust, because without that trust, you'll find yourself in your bedroom staring at your laptop and notebook, holding back tears, trying to figure out how to make all the changes in your production plan work. I've been in plenty of situations where I had to keep changing my plan because a dancer or crew member was not as reliable as I thought they would be... And I'm not sure if it sucks more or less knowing that it's never personal. But hey, that's why I gave you

Just so we're clear here... Does all this mean that you shouldn't trust or believe in anyone but yourself? Nope. It's true that not everyone you meet is meant to come with you on your journey, but trust me... You will find people who are perfect for you, your visions, and your missions. And remember, nobody's greatness should ever lessen yours

Shine brightly and shine together.

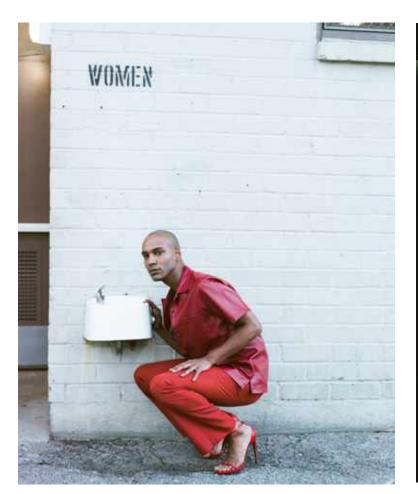
Much love, Cintia de Mita Human, Dancer, Choreographer, Director

CHRISTIAN SORIA



Hi I'm Christian Soria I'm an up and My photography kind of fell into itself by was using as decoration and decided to but I got it down and started taking photography is that It gives me a voice, I'd struggled with in the past). I describe enjoy shooting a wide variety of things spontaneity. What I love about myself is about creating a life for myself in what my life I want to know I had no regrets insecure about starting out in 2020 as dismantling systemic racism is a lot to

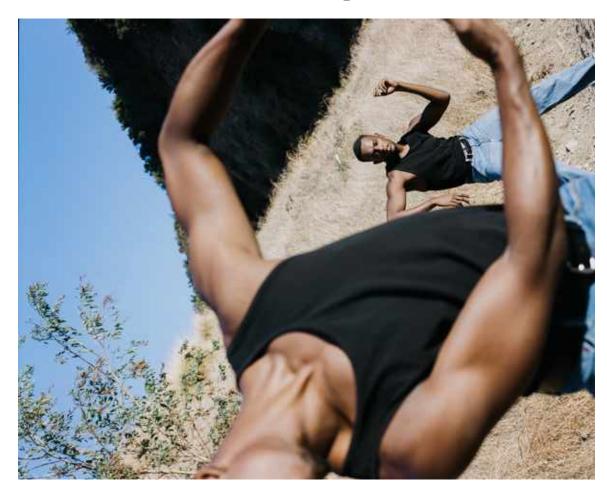






I AM HOPEFUL THAT THE OUTCOME IS THAT FELLOW POC AND LGBTQIA CREATIVES WILL HAVE A FIGHTING CHANCE IN THIS INDUSTRY.

@ Christiansoria_







CHINUP, KID.

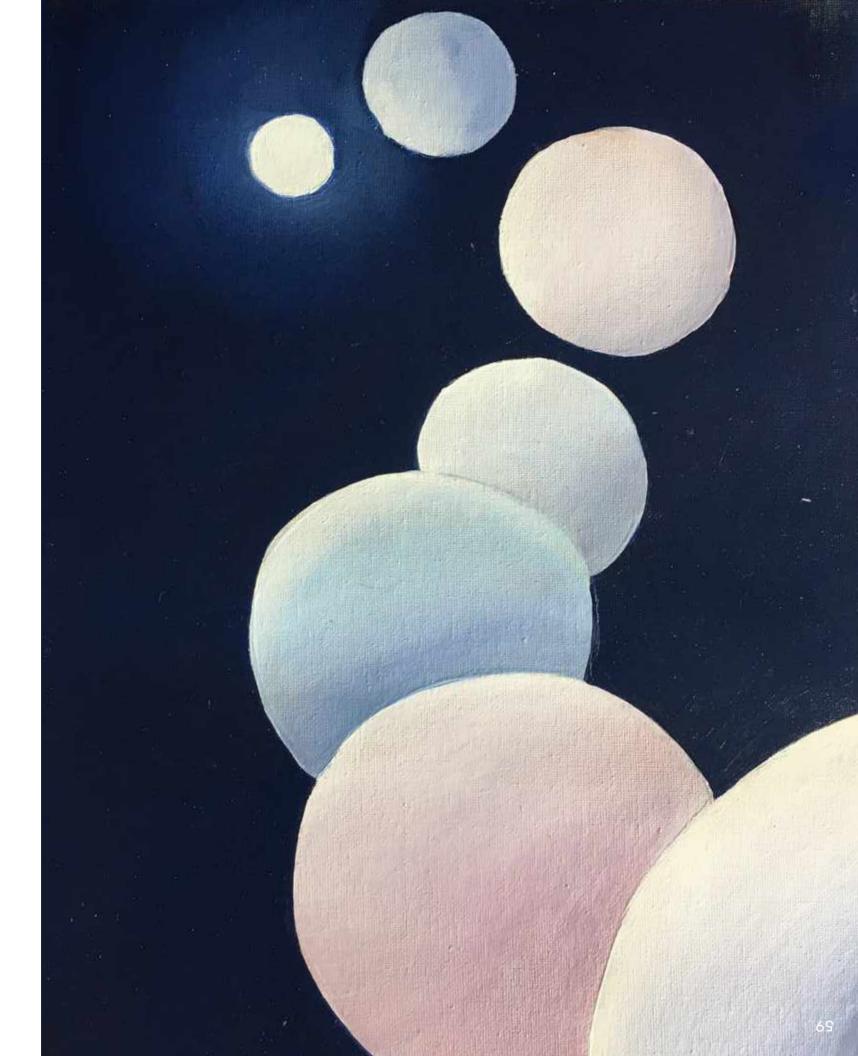
YOUR RENT IS DUE.

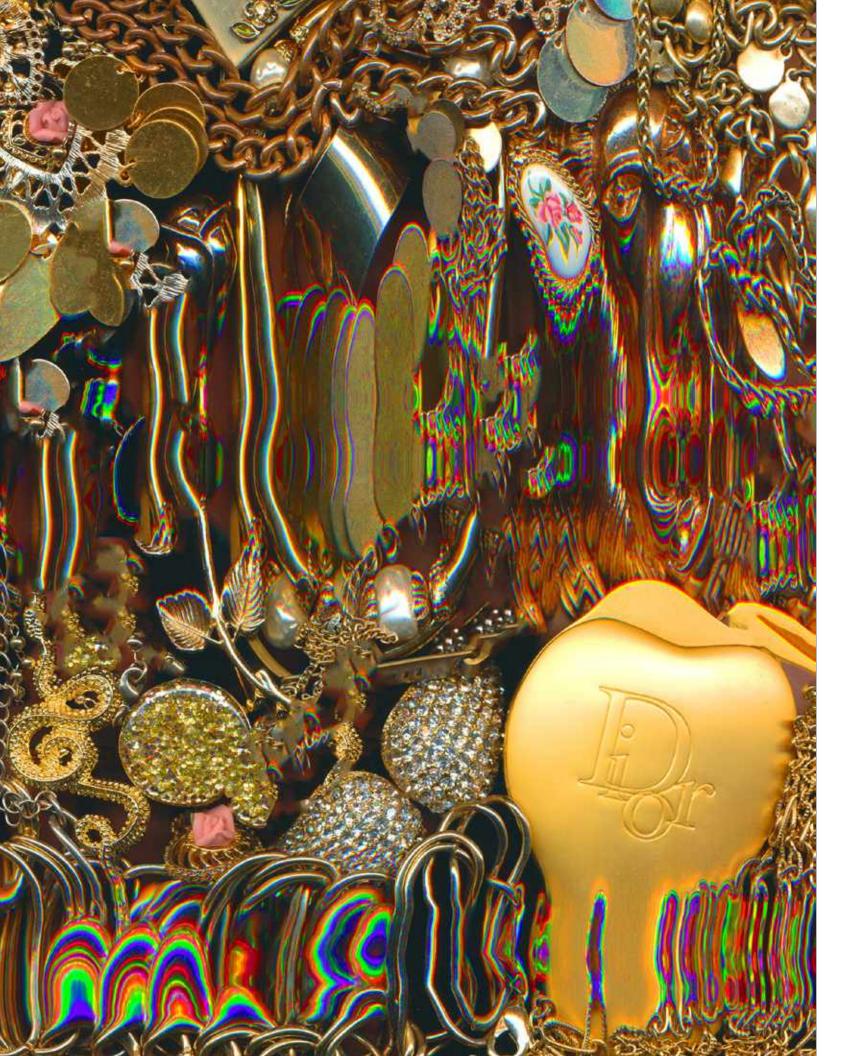


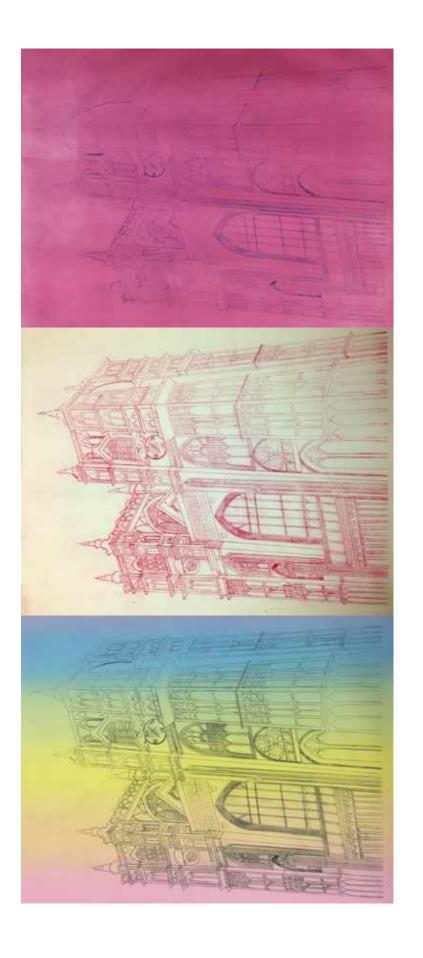
This month I wanted to show you some of my work I've created outside of photography. While photography is now my focus, it wasn't until I went to college and had to take a black and white film class for my major requirements that I fell in love with the craft. Before that, I was constantly drawing, printmaking, and creating digital art with scanners. Charcoal was my whole life for a long time. It's easy to get caught up in the high energy, fast paced photography world, especially in the midst of social media where photos are everywhere. But every once in awhile I have to go back to the drawing board and remind myself where it all started, and I think about why I fell in love with making art in the first place. It really is the simple things, like drawing a flower or a paper bag, that bring me peace and happiness.





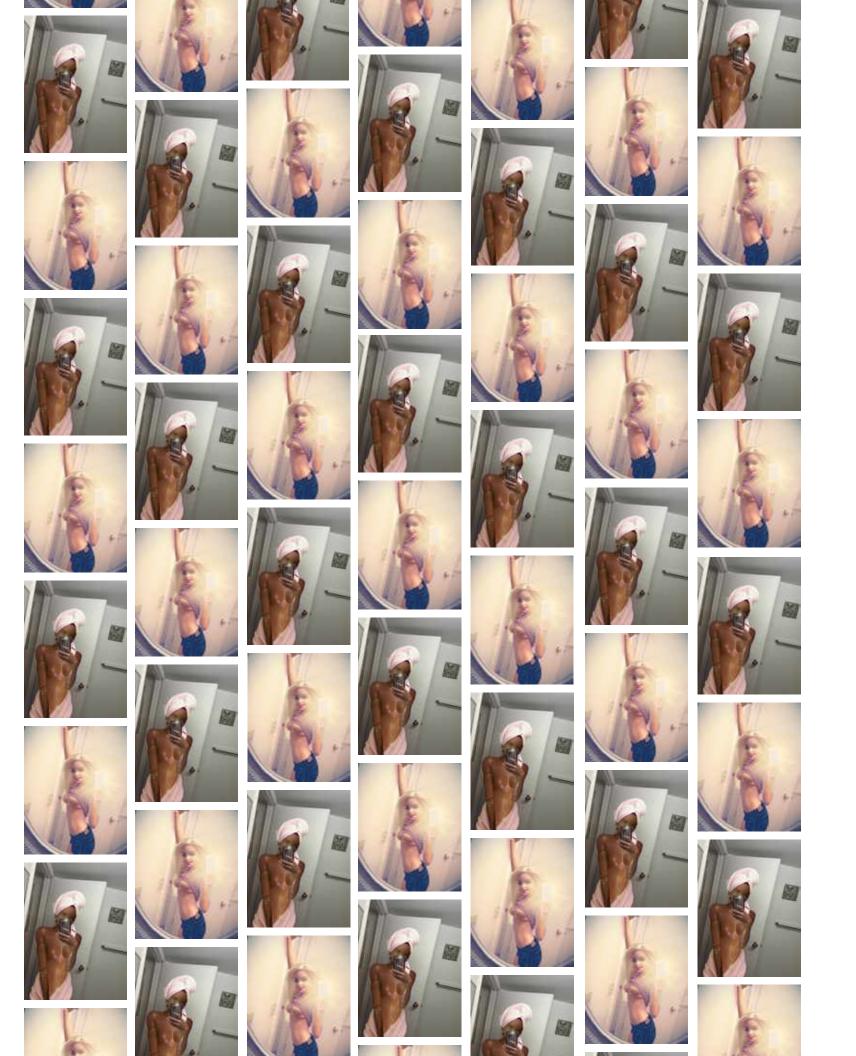






Zamora Vacek Left, "Dior" Digital Scan, 2019. Right, "Westminster Abbey" Etching on Glass, 2018.





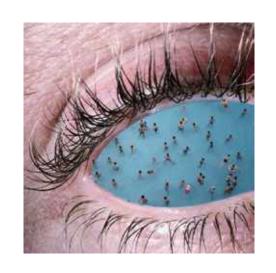
JOHNNY SMITH **THE JOHNNYSMITH**























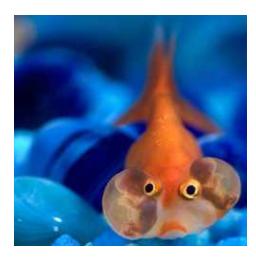










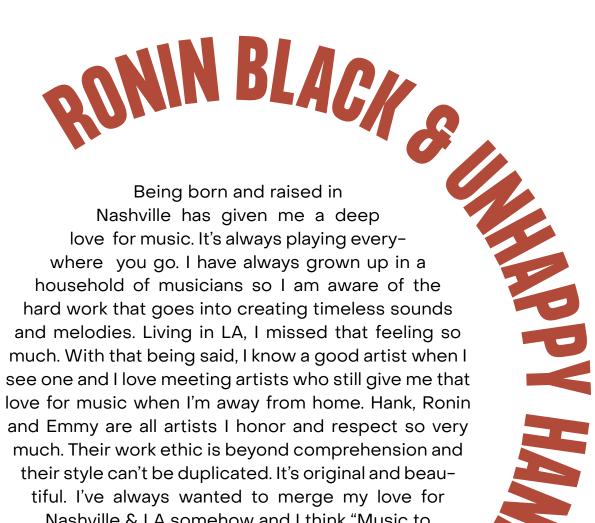












their style can't be duplicated. It's original and beautiful. I've always wanted to merge my love for Nashville & LA somehow and I think "Music to Know" is the perfect way to do so. I know you'll love them as much as I do.

-COURTNI



NASHVILLE, TN



GAP: Who are ya and where are you from?

HANK: I'm Hank from the East Side. RONIN: I'm Ronin. And I'm from The Norf Side, Bordeaux to be specific.

GAP: What's your group name and what do you guys do?

HANK: We make music as two separate entities in collaboration.

GAP: How did you guys meet? RONIN: We met our freshman year of high school in art class. S/o Ms. Fi she was funny as hell.

GAP: What was the first project you all made together? What's your most recent one?

HANK: Our first and only project we have made is called "Dabi."

RONIN: We only have one specific project out, but almost my entire discography is produced by Hank. There's more coming, but I won't disclose that as of now, but the finishwe speak.

GAP: How long have you two been working together?

HANK: Well if you are going by the Earth's yearly calendar, we have been making music with each other for roughly 6 years under various names.

GAP: How do you handle compromising/separate opinions when creating? RONIN: It's actually a lot more collaborative than I feel like a usual rapper/producer duo is. Hank will come up with whole melodies or flows sometimes, and I've been known to change entire beats up or add different facets to the instrumentation. We butt heads of course, but I think we're on the same page more often than we'd like to admit.

GAP: Funny story about you two working together as a team?

RONIN: Hank uploaded to my site, and chose the numbers. Our duds hit it out the park. They were hitting for days. Good

HANK: I feel like Ronin has saved my life multiple times and I can't remember any of them but I'm certain.

GAP: A time you felt you were successful? A time you felt you failed?

HANK: I think everything I make is a failure. RONIN: I'm dead, yea he really do think like that though. We take our successes very lightly and our failures and missed opportunities very hard. Our successes usually stem from the fact that we just make good shit, and that's hard to ignore. HANK: Sickening.

GAP: Biggest challenge as artists?

HANK: I hate feeling the urges of the human flesh. But forreal I overthink everything to a fault.

RONIN: I don't have any musical background before becoming a rapper so I'm still learning everyday. Also I'm so sick of white boys walking up to me at functions ing touches are being worked on as and freestyling. I get it, you know I rap, I really don't care.

GAP: Where do you see yourselves in

HANK: I see myself as the founder and CEO of an international tech company. I will control the masses with biased media and political views.

RONIN: Now that I know his plan, I guess I'm cool with that.

GAP: What are your goals? Together and individually.

RONIN: I am Shakespeare in the flesh. Walt Disney, Nike, Google - now who's going to be the Medici family and stand up and let me create more or do you want to marginalize me until I'm out of my

HANK: Ya'kno, I'm just always trying to keep the vibes ya'kno.

GAP: And the question we ask EVERY-ONE at GAP, what's your biggest insecurity and what's something you love about yourself?

HANK: I have a nervous tick that is really annoying and weird.

RONIN: Existential dread pertaining to becoming inconsequential. Fancy right?

GAP: Advice?

RONIN: Live your truth. Know your value. Learn how to say no. Don't be slaw.

HANK: Question everything, even your own existence. Make things for yourself not for anyone else.

@KILL_UNHAPPY_HANK @RONINBLACKBOI







Gap: Hey babe! Tell us your name &

Long Beach, California.

Gap: How long have you been making

EMMY: I've been singing and writing since I literally came out the womb, but I've been recording and making music probably since junior year of high school!

Gap: Was there a defining moment in your life when you knew this is what you wanted to do forever?

EMMY: There were multiple defining moments actually, ive been through a fair amount of traumatic experiences in my life (everyone has) and every single moment that I felt I had nothing left to be around for music was there. Through sadness, fear, happiness, and confusion my writing got me through.

GAP: As an artist, a woman at that, what has been your journey in finding your own voice versus what others tried to say your voice was according to their own standards? When did you feel you were finally 100% yourself as an artist?

EMMY: I love this question because I've always wanted to address this issue. I've worked with multiple producers and men who talked down on me, and made me feel incompetent or as if I didn't know what I was talking about. Finally I decided to take hold of the reigns and build my empire ON MY OWN. It's always okay to work with others, but I feel in the industry it's the safest to depend on no one but yourself and to be aware of who are you and what you will and won't stand for. As an artist I feel its so important to never allow anyone to walk on you because art is about spreading love. If someone you're working with doesn't reflect that, boss up and take control of your own story. I'd say I'm finally stepping into who I want to be as an artist and as a person, but I'm only 20 and am constantly growing and evolving! I'm excited to see where my journey takes me.





Gap: Hey babe! Tell us your name & where you're from? EMMY: My name is Emmy and I'm from I ong Beach. California. Long Beach. California.

GAP: How do you stay inspired? EMMY: I stay inspired by not forcing my inspiration/ creativity!! I love to journal, meditate, and take time for self reflection to clean my mental slate every day. Then I find the smallest things inspire me. From nature, to my friends, to other artists. Inspiration comes when you aren't searching for it!

GAP: Social media of choice as a musician and why?

EMMY: As a musician my social media of choice is twitter. It's like my newspaper/daily comedy and it's the easiest way to just blurt out my random thoughts. Plus if I ever wanna reach out to other musicians it's so easy to just tweet "hey does anyone know a drum-

GAP: If you could tell 13 year old Emmy about her life right now, what would you say?

EMMY: If I could tell 13 year old Emmy about her life I'd say, the only thing that's ever held you back is fear. Once you release your own fear the world is yours. Conquer it. Love yourself.

GAP: How do you maintain a healthy relationship with social media?

EMMY: I maintain a healthy relationship with social media by trying my best to only use it as a tool. I hate Instagram. I hate comparing myself to other girls/ body types that I simply am not. Comparison is the thief of joy and I find that the best way for me to accept myself is to limit my time on IG.

GAP: Who is your BIGGEST inspiration and why?

EMMY: My BIGGEST inspiration is Amy Winehouse. Through and through. Something about her is indescribable to me, she practically raised me. I used to dance alone in my room listening to FRANK when I was six with my iPod nano. It's crazy how similar we are. would've given anything to meet her and tell her what her music did for me as a person and an artist.

GAP: Advice to anyone who wants to pursue a career as a creative/artist? **EMMY:** My advice to anyone who is an aspiring artist. Stay true to YOU. And stay true to your craft. You have to want it more than anything in the world. Hard work produces great results, and if you love your art it doesn't feel like work at all.



GAP: And of course, the question we ask everyone! Here at GAP, we see our insecurities and flaws as a pathway to inspiration & acceptance! It's truly what makes us all unique! What do you feel is a physical flaw or something you wish you could change about vourself? We all have that one thing.

EMMY: This question is great because to be 100% honest I have SO many things I wish I could change about my physical appearance. I'm very OCD and nit picky and a perfectionist, so I'm constantly picking out flaws in myself. from my waist to my hair to my skin. But I'm learning that the ONE thing I wish I could change about myself is that I even want to change anything at all. My main goal at this point in my life is to love myself through and through and take no shit. That way I'll be able to spread that love to others through my music the way I've always wanted.

GAP: What is something you love about yourself and feel you have to offer to the

EMMY: Something I love about myself is my selflessness. I've struggled with always putting others first but I feel I can make that into a strength through my craft. I can't wait to share that with the world.

GAP: What is your biggest goal for

EMMY: My biggest goals for 2020 is to spend time with my friends, not overthink, stay consistent with therapy, and release a KICK ASS EP!!!

RONIN BLACK & UNHAPPY HANK

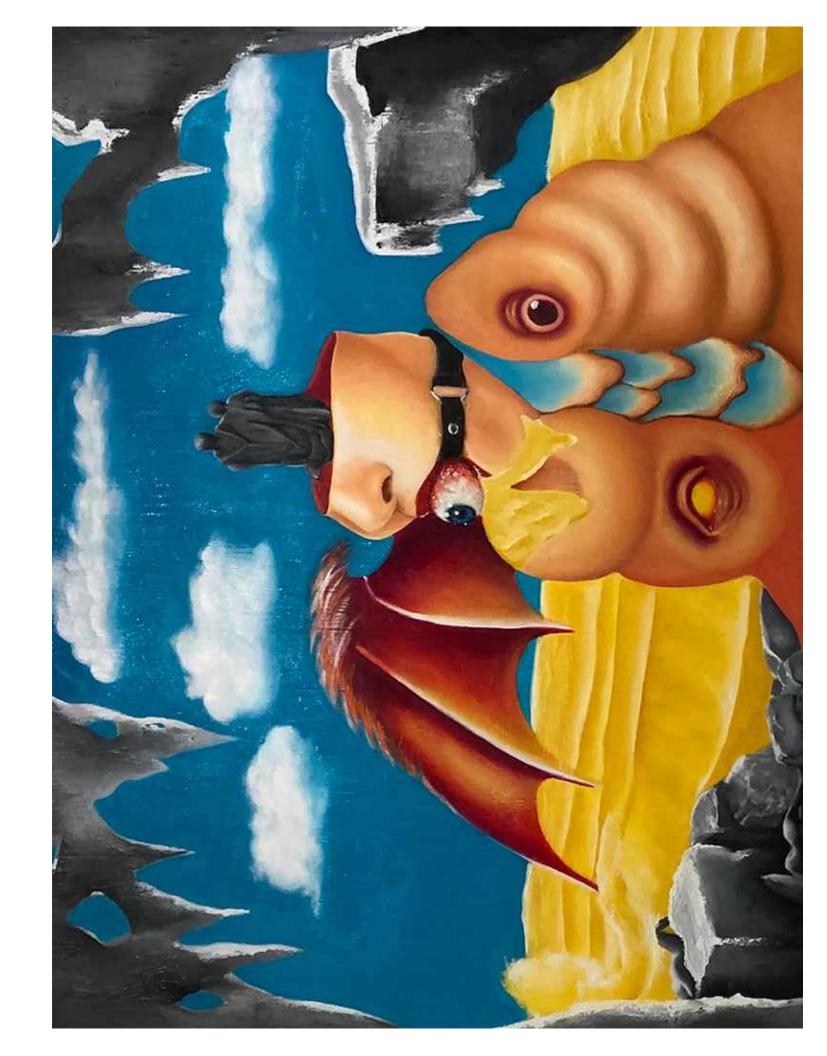
EMMY MELI @LILBITCHEMMY







Top: Amanda Adams "Nomad 1" Oil on Wood 24in x24in Bottom: Amanda Adams
"Nomad 2"
Oil on Canvas
22in x28in Right: Amanda Adams "Inferno" Oil on Wood 2ft x 3ft 72



My name is Amanda Adams aka Aj Smada. I am currently a senior at Savannah College of Art and Design. I was born in Miami, Florida but I have moved seven times and have attended 13 different schools. I have been painting for almost six years now. Biggest insecurity:

AMANDA ADAMS

DUE TO BEING ADOPTED, I JUST DISCOVERED MY TRUE ETHNICITY

I was informed that I was both Black and Latina. My biggest insecurity is my identity. My whole life I was told I'm only Hispanic, I always asked if I was Black and people were quick to say no. When I found my family I found out that I was in fact both. BEING RAISED IN A WHITE FAMILY IS EXTREMELY DIFFICULT AS A PERSON OF COLOR. Sometimes I literally forget that I'm not white...it sounds stupid but that's how much it messes with you. I've always felt out of place and out of body and I've started reflecting that in my art. The morphed forms I have been creating, perfectly depict the identity crisis I am going through.

LOVE: THE THING I LOVE MOST ABOUT MYSELF

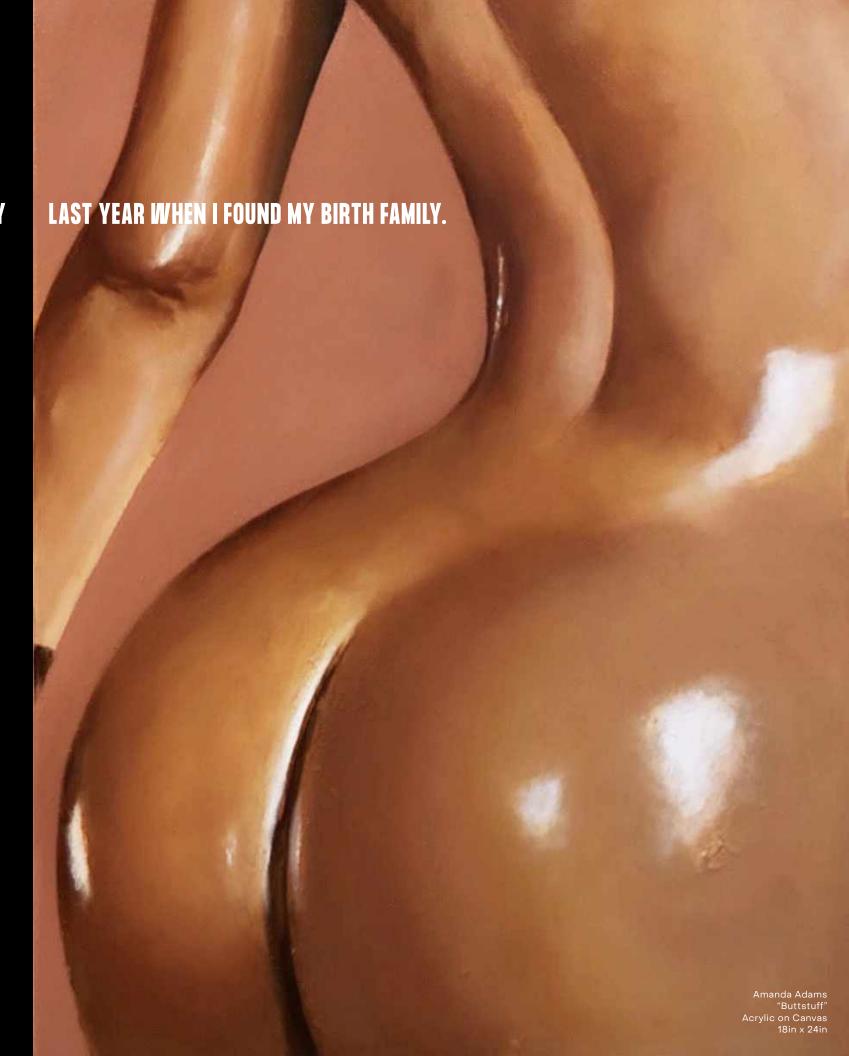
LOVE: THE THING I LOVE MOST ABOUT MYSELF IS MY ABILITY TO SEE THE BEAUTY IN EVERY—

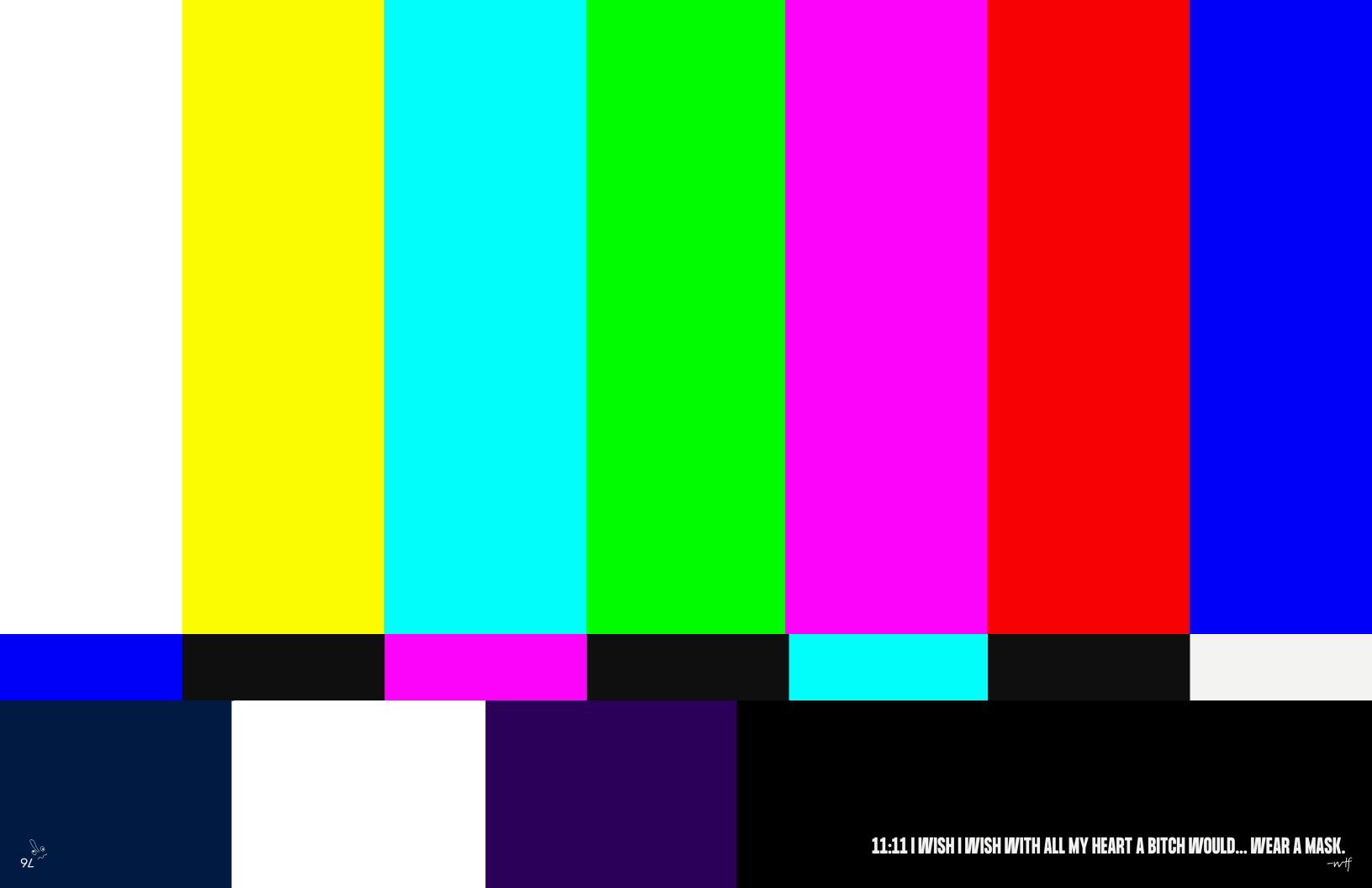
THING. For a long time, I was painting portraits of old people and some surgery photos. It's really weird sounding but I find wrinkles beautiful. The dimension and value range is fascinating and the same goes for the surgery photos.



ARTISTS DON'T REALLY DEPICT THESE SUBJECTS BECAUSE THEY'RE NOT "AESTHETICALLY PLEASING" TO MOST, BUT I WOULD HAVE TO DISAGREE.

I love this about myself but it's also one of my weaknesses because it applies to my relationships. I give people the benefit of the doubt way too often.







GAP: How did Crown + Brim start? What were you doing before?

SOON: I wanted to be a fashion designer when I was probably a freshman in high school, but for women's clothing. That changed more-so to accessories, hats little trends, bracelets, and stuff like that. It kind of just evolved. I actually worked in the hat wholesale industry just to learn my way from the bottom up to learn the business of manufacturing, and how wholesale business works because I already knew how retail worked. So I wanted to learn that, I did, and I got the opportunity to open this up and the rest is history.

GAP: How long has Crown + Brim been established?

SOON: We opened Crown + Brim in June 2016. It's been about four years.

GAP: What's your top seller? Favorite products to work with?

SOON: We try to create our staples. The whole point behind it was to wear hats that I or the homies would wear. Working in the wholesale industry, a lot of things are kind of outdated and repetitive. I took that, and when I was opening this it's like... the stuff that I and the homies would wear you can't really find. It should be easy to find, but it's not in the industry. So we created that and we have a lot of staples. Unstructured, we're known for that — half-structured five-panel hats. Dad hats as well, but we try to use more expensive, different fabric for stuff. I think that's what people are starting to realize we are known for.





GAP: What's your favorite method to use? I know you do puff print, 3D, screen, embroidery. What do you like the most right now?

SOON: They are all pretty much the same to me. So I guess it's just a little part of what I want to be doing. I always tell people this isn't it yet. This is just the first step to get where I really want to get to and be doing what I really want to be doing. Now we make a lot of stuff for other brands, which is really cool because they trust us to make it. Eventually, I want to get out of the shadows. We are everyone's best-kept secret, Understandably, because brands don't wan other brands to know where they get their stuff from. They want to keep it exclusive so they don't really shout us out or get us known. Which is totally cool because that's where the brand is supposed to be, but I want to eventually break out as my own brand.

GAP: Crown + Brim would go crazy as its own store.

SOON: If I told you what our vision has been from the jump... it's crazy. We've been trying to create an experience store. I'm a huge fan of the original Willy Wonka with Gene Wilder. My whole thing was to make it Willy Wonka themed. Just crazy, very creative, out of the box, makes you feel like a kid again type of vibe. With everything going on right now it's been pushed back, but eventually, we will get to that point. We will create more experiences for customers.

GAP: Where do you see Crown + Brim in the next 5-10 years? What would you like to see in fashion in the next 5-10 years? What are your hopes for your company, consumers, and cu SOON: It's so lame to say but we ar

make a statement, physically — to present what we create. What's referent especially in this industry is that s. They're kind of just creating what is already out there and kind of just competing with the price. It's a dog eat people don't put as much time into cr ry piece is a representation of us. So we take a lot of time and it takes a lot of effort to fabric hunt certain things, nats. Even picking the specific colors we pick. So it's a lot of work in itself and a first, it was really hard because ing. I heard it a lot of times in the beginning from customers that knew us, "You've got something." So it could when you're innovating and doing something new in an industry it could go both havs. In the beginning, it was ol, but I'm not ready for it," or, "my brand isn't ready for it yet." So we were a little too quick and ahead of it. But dog industry. With us, it's create certain pa people just weren't rea either be really good or be really pretty bad because people were pretty bad because people were like, "that's cool, but I'm not ready for it," or, "my brand ist the great thing about it is people just started catching on like last year and we've been gettin nies. I think we really started getting a buzz when Mac Miller wore our hat for his NPR perfoit and were DMing us. And when LeBron started wearing it. It means the world to me becautime that we put into each piece. So when they enjoy it, that is what we are really in it for. ing on like last year and we've been getting a little buzz. We've been working with a lo of big and small compa-Mac Miller wore our hat for his NPR performance. It meant so much to us because rand wearing it. It means the world to me because that is the reason why we make it - for people wearing it.

GAP: If you had to pick your top three favorite things you have made, at any time in your life, can you explain what they are and tell us about it? SOON: When I was 16 I was messing with my mom's fabrics and I had this old K-Rob trucker hat that I got on the street for free. It was just an original, regular foam trucker hat. I had that as my base and I put a bowtie on the hat. I got some of my mom's fabric and I just kind of laced it on there. I thought it was the shit so I went down Melrose because that's when it was really popping and I would go into the stores trying to sell it. I wanted one of the shop owners to buy my hat that was probably shit at the time. Nobody bought it but I always look back at that moment because I fully enjoyed that moment. That memory stays with me. It's just proof that I am doing what I want to do. Another is our half-structured five-panel hat. It's an old school hat but it's a very popular one. We actually made it by accident. We were going for a different hat but we made a mistake and it came out like that. It was one of those accidents you make that happens to come out better. Last is the most popular style we are known for which is our UFB hat (unstructured flatbill hat). It's been floating around but I think we were the first ones to bring it in a wholesale platform with a variety of colors. I know for a fact that we were the first to pigment dye it. When LeBron wore the pigment-dyed UFB hat and it was circulating I was proud because I knew that pigment-dyed black doesn't exist. We were the ones that created that. I would say those are the top three for sure.

GAP: What advice would you give to our audience members who are up and coming creatives on teamwork and creativity to get to where you want

SOON: Patience is one. Know your passion. Know what you really want to do and get experience with it, whether it's on your own time or looking for certain jobs that are in that niche and learn it. If it's not for you then you'll know it instead of going in and all of a sudden it gets crazy and you start folding. I know a lot of new brands and they never take off. It's not a get rich quick scheme. Most people want everything right now. The people who take the time, see the future where they are going to be, and work towards that will survive and build this great company. People should get rid of that right now mentality, put in the work, and know their passions. You're going to have a lot of ups and downs but stick to it and always innovate. Always think of something new because everything changes so fast. Eventually, you want to create your own trend, do you, and have people follow you. Instead of following what's popping right now and what's hot, go the other route and have people follow that.

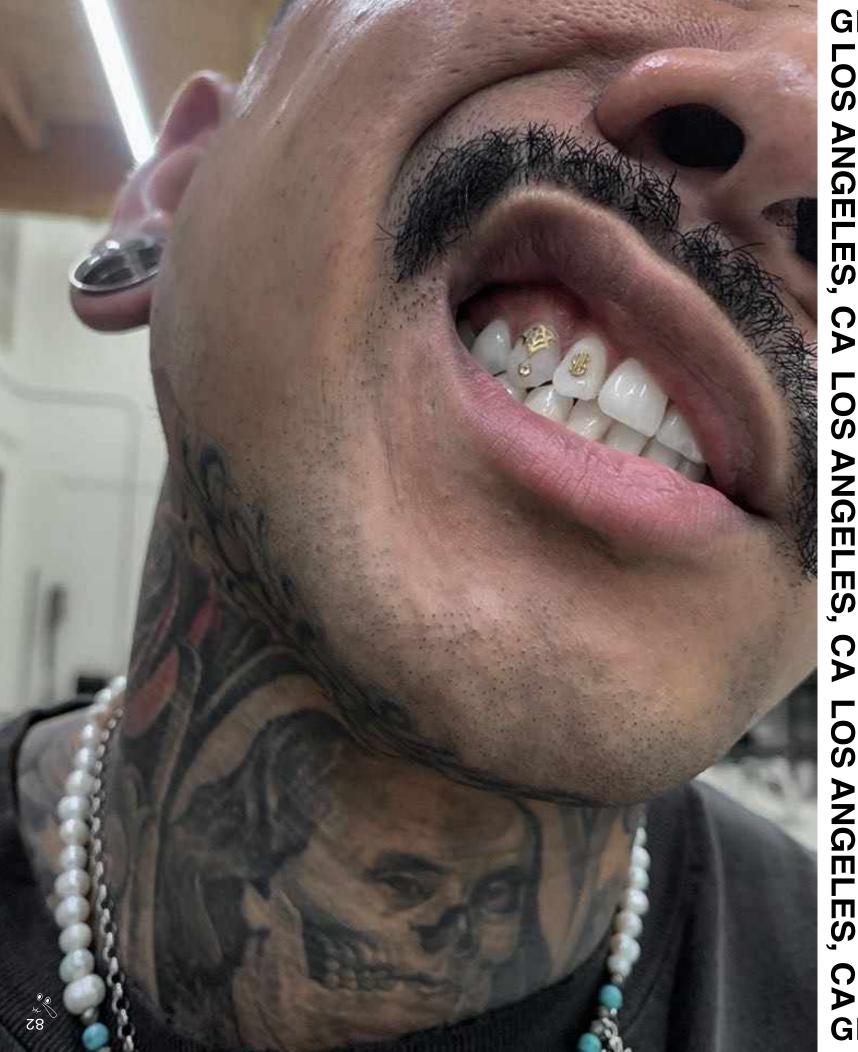
GAP: This is the question we ask everyone. What is your biggest insecurity and something you love about yourself and your brand?

SOON: I suck at delegating. I'm more-so a person that does everything by myself. I lowkey wish there were three of me. It's good to have confidence but that's a problem in itself. I've been trying to delegate more because one of you will never make a company as great as you plus a few others. It'll never get to that point no matter how good and fast you are. You have to build a great team beside you to get it going. I love the direction the company is going. It's been four years and a lot of ups and downs. We were on the verge of closing the store many times. There's been a lot of sacrifices I have two children and a wife so I sacrifice so much time away from them. I like where we are right now because I feel we are finally getting recognition from our peers. We're also finally at a place where we know what our staples are. I never took a business class and I'm a college dropout. You learn as you go. I feel I've learned so much and I still lot of learning to do but I feel good about where I am right now.









GRAC13LLA GRAC13LLA GRAC13LLA

SUPPORT YOUR LOCAL BUSINESS. GPAC13LLA

GAP: Tell everyone your name and your Insta-

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Grac13lla: My name is Grac13lla Masterton and my Instagram is @grac13lla

GAP: Where are you from? And where are you

Grac13lla: I'm located at Limited Ink Studio on 5334 Santa Monica Blvd!

GAP: What's the name of your business and tell us a bit about it!

Grac13lla: I just go by Grac13lla, or I guess Tooth Gems by Grac13lla! That might change but for now I'm just a working girl doing what I do the best

GAP: What inspired you to start your business? Grac13lla: I was in makeup school and I really did love it but once I graduated I wasn't getting booked as often as I'd like. I started looking for a side hustle and at the time I was getting tooth jewelry done by Michelle, the founder or Sugar Tooth Jewels and saw that she offered training courses and decided to go for it. Instantly I was getting more booked than I ever was for makeup

GAP: When did you feel challenged the most while creating your local business?

and my side hustle became my full time job!

Grac13lla: The most challenging part I'd have to say would be building a steady clientele. When you're first starting out it's hard to get clients that will choose you over someone that's been doing the same thing for much longer. I'm so grateful for everyone that trusted me when I was first starting and my friends that let me practice on them!

GAP: What has been your best and worst moment when starting up your local business? Grac13lla: Honestly I don't think I've had the worst moment yet, knock on wood! It hasn't been a walk through the park but I have always tackled everything thrown my way head on and even if it's uncomfortable or scary, it passes just like everything else. I'm relatively new so I still got some learning to do and I'm sure there will be more bumps in the road ahead. Regardless I'm grateful GAP: Favorite item you have in your business?

Grac13lla: I love the Swarovskis!! The gold charms are so beautiful and intricate and unique, but I love how much light the crystals catch. Especially when people get cool designs and patterns! So cute and so fucking fun to do.

GAP: Top seller?

Grac13lla: Definitely the gold and white gold playboys, truly timeless and sexy. And the OG crystal Swarovskis, looks cute on everyone and goes with everything! It can be so chic and feminine while also saying "Look at me. I'm that

GAP: Where do you see yourself in 10 years? Grac13lla: Happy, grateful, humble and successful! Loving my life and my life loving me, mentally stable and thriving.

GAP: Where do you see your business in 10 years?

Grac13lla: I want to take it to the next level and open a studio where I can help other creatives pursue their dreams! Whether it be other jewelers, or anyone creative that's as driven and passionate as I am! I also want to create a line of custom gold charms and do wholesale! I'd love to eventually begin to mentor and train jewelers but that comes later. I want to focus on me and my hustle for now.

GAP: How do you stay inspired/what inspires

Grac13lla: I get inspired by everything. Makeup, art, color schemes in movies and TV, different aesthetics, you name it. I also love to check out other jewelers' work and recreate some designs and shout them out! I'm incredibly inspired by my clients as well. I want their jewelry to make them feel like an upgraded version of themselves and match who they are and their vibe as a person. Shit, I even find myself inspiring. Inspiration is everywhere you just have to be paying attention.

GAP: Favorite color?

Grac13lla: A tie between green, pink, and baby

GRAC13LLA GRAC13LLA GRAC13LLA

GRAC13LLA GRAC13LLA GRAC13LLA

GAP: Advice?

Grac13lla: Have pure intentions. There's no way you can cause any harm if you come at any situation with good and pure Intentions. There may be pain involved, but not all pain is bad (growing pains). Don't fake shit, especially orgasms. Pay attention and listen to yourself, but not the voice that says negative shit to you. That bitch is a fucking liar. Be kind, it goes a long way. Especially for yourself. What people say about you has more to do with them than it does you. Speak the fuck up!! No ones going to do it for you! Get comfortable saying NO.

GAP: Here at GAP, we see our insecurities and flaws as a pathway to inspiration and acceptance! It's truly what makes us all unique! What do you feel is a physical flaw or something you wish you could change about yourself? We all have that one thing.

Grac13lla: Probably my mental health. I wish it was easier and didn't get in the way of so many things. Day by day I get better at managing and coping but it's a constant battle. When I look back is when I notice how much I've progressed and that makes me want to keep going! Also I wish my waist was more snatched and my hair grew faster!!

GAP: What is something you love about yourself and feel you have to offer to the

Grac13lla: I like to say I'm very accepting, understanding, and come from a place of zero judgement. People are very quick to open up to me with a lot of intimate and personal things about themselves even if they don't know me well at all. I've been told many times that people find comfort in me almost in a motherly sense. I think if everyone could be non critical and more empathetic, the world would be a much better



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GRAC13LLA GRAC13LLA GRAC13LLA

HERMAN CASTLE

This obsession turned into the passion and driving force that motivates the work I do work for clients across L.A. today. In 2014, I moved to Los Angles to further my education in Interior Design and I graduated from the Art Institute's school of design with an Associates in Interior Design. I started my first job in the design industry at IKEA as an interior designer for the store in 2019.

As a Detroit native, interior design and beauti- Myself and a team of a few others are responful houses were an obsession of mine. I was sible for the creative roomsets and staged always fascinated with how homes were set home designs in the store that inspire up and the architectural features that made customers as they walk through and shop for houses unique and have their own character.





#ASTRO LOVERS

Congratulations, Aries! You made it to the other side of eclipse season and that is DEFINITELY worth celebrating. The first couple called to look at your called volves working

Well. Cancer, how did you fare the last couple of months? The eclipses from June/July were especially rocking and rolling for you since they not only wrapped up a story around your identity and relationships that began in January 2019, they also wrapped up a similar story from 2001-2002. Take a second to woo-sah on that, Sebastian (the iconic crab from Little Mermaid, duh). This month shines a light on your deepest bonds, intimate relationships, as well as on your financial security. Where are you putting all the money that you earn? Investments, property, stocks, 401k's, IRA's, paying off debt, and getting your personal bills in order are all in focus the first 2 weeks of August. On the same note, friction within your VIP partnerships may come to light now, if/when it does be sure to acknowledge it and address it with a collected composure. With the Leo New Moon on the 18th, and the 2 weeks that follow, manifest all that "Covid Cash!" Balance your checkbook and evaluate any dynamic that projects a value onto you that may or may not add up to how you value yourself. If anything, just look in the mirror and repeat, "I'M F*^KIN WORTHY."

@DRUNKASTROLOGY

BREITENSTEIN

Can you even believe it, Taurus? You made it to the

other side of eclipse season still in one piece! As a fixed sign, the overwhelming amount of change taking place in your life the past 2 months has probably been brutal, but here you are still standing on two feet. Give yourself a pat on the back. The month of August draws your attention back to your career and home. Starting on the 3rd, it's time to take inventory of where your career is at now and what's no longer working for you. Maybe it's time to set new goals and dream bigger and set your sights on a higher vision. On the flip side, this could be a time where you finally get the recognition you deserve for the work you've already put in. Whatever it is, give yourself the first 2 weeks of this month to get clear about what could be blocking you from aiming higher and setting your big picture goals in motion. Then, the Leo New Moon on the 18th ignites a brand new beginning for you on the home front. Is it time to move? Re-model? Decorate? Marie Kondo? Whatever changes you make around the house at

The tides were strong and the winds might've knocked you around, Gemini, but you made it through the last 2 months of cosmic turbulence (somewhat) standing on solid ground again, August swoops in and zooms in on what your personal truths are now, now that you've experienced the foundation-rocking element of the June/July eclipses. depending, this would also be a great time for a tropical getaway or nearby staycation, even if it's just the 18th, the Leo New Moon lights up the Gemini-ruled 3rd House, and encourages you to get back on the scene, connect with your squad, collaborate with like-minded individuals, and start acting on your newly-found principles. At bare minimum, let your unique voice be heard!

Happy Birthday, Leo! The eclipses from the past 2 months may have forced you into emotional submission while also throwing a lot more work and hopefully you took. hopefully you took some much needed time out and relied on your own infectious optimism to pull you through the rougher times. However you got to the other side, you made it! Now let's throw a party (socially distant, of course)! Your birthday season ushers in the willing to negotiate and compromise within your relationships. Any unresolved issues in your VIP partnerships should be addressed the first two weeks of this month. Reminder: don't let your pride be the reason you don't settle a dispute. Emotional heavy-lifting aside, your very own Leo New Moon on the 18th will definitely give you the right to throw a soirée! Put on your favorite outfit, do your hair, look your best, and make sure you are seen by all of the movers and shakers of your industry. The last couple weeks of this month are yours to own so step into your personal spotlight and make

How're you doing Libra? No really, how-are-you? Over the past 8 weeks you likely experienced a lot of changes on the home and career front that might've left you feeling vulnerable and a little caught out there. Maybe you fell in love. Maybe you hit some career

been lacking? It's time for an internal re-model! The Leo New Moon on the 18th ends this month on a

Elsa voice* Let it go! Let it go! As the Sun dances through Leo this month, dear Virgo, there's a cosmic call for you to sit the EFF down and retreat for 30 days.

call for you to sit the EFF down and retreat for 30 days. Reflect, nap, take a time out, and process everything that has changed over the last year as well as over the last couple of months during those wild eclipses. Then, it's all systems go as soon as the Sun prances its way into your sign at the end of the month. Until then, the first 2 weeks of August encourage you to re-acquaint yourself with your daily routines, your healthy for perhaps not-so healthy) habits, and to re-organize your daily work load. If you've fallen off the bandwagon, don't judge yourself! Simply pick up your planner and start doing what you do best—organize! Under the magical moonbeams of August 18ths Leo New Moon, you have a fresh new opportunity to get creative, you have a fresh new opportunity to get creative.

Why is it that people just don't get you, Process and some your intuition tells you the outcomes of certain scenarios before they even take place? Or is it because you color outside the lines and have the ability to dream bigger than the masses? Whatever the answer is, the last couple of months and read and about your needs and

Although that might not be your normal, it was a time warm fuzzies, as well aste jint one limited that SHOULD make your heart skip a beat, step into the limited that first couple weeks of August. The up any unfinished conversations with your family—parents, and/or other familial authority figures—with the end goale collective harmony, is that an impossible feat? Saly what you need to say, accept them that you need to say, accept them that they are, and now on. A little healthy discontined never hurt nobody! Starting on the healthy discontined never hurt nobody! Starting on the

Let's just say that getting emotional like you have likely been the last couple of months isn't your favorite thing. Is that fair to say? You've been asked to process, release, and even "check out" a bit from your current





Do you have a crush on someone and just don't know how to tell them? Sit down with a friend and try this WTF-Lib as a template to get your point across! If it's not exactly what you're looking for I'm sure it will be pure comedy.

*







Jear (CRUSH 5 NAME),
am writing this letter to inform you that I find you extremely I
nave felt this way since we met in I blush every time you
and whenever you wear your I completely
ose it. The way your shines in the sunlight is so I
would really like to take you sometime and maybe by date number
we can we can I hope my letter makes it to you ok. If your feelings
aren't mutual I hope it doesn't make things



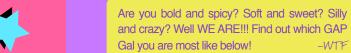




_(YOUR NAME)









You're hungry, what's for lunch?

- A) Pasta. The thicker the noodle, the better.
- B) Poke bowl, extra jalapenos!
- C) Just iced coffee... I'm not even hungry.

Favorite designer brand?

- A) Gucci.
- B) Chanel.
- C) Louis Vuitton.

Get in the car, pick a song.

- A) Blue Jeans Lana Del Rey
- B) Jobs City Girls
- C) Golden Girl Frank Ocean

What's your ideal first date?

- A) I've always wanted to go on a cute picnic.
- B) Take me to an expensive restaurant. Make his pockets hurt!
- C) Book shopping and vegan food with a nice view.

Girl's night! What's your club fit?

- A) Dressed to the nines. Nobody does it like me.
- B) Tight fit. Booty poppin. Small designer clutch.
- C) Fuzzy bra and gold hoops. Can't go wrong.

Ok y'all made it to the club. What are you drinking?

- A) Prosecco please!
- B) Shot of tequila with an orange slice.
- C) ...Shirley Temple.

Dream vacation?

- A) Baecation on a private beach.
- B) Girls trip to Miami!!!!!
- C) NYC.

Your bae is acting sus... how do you react?

- A) Overthink until I turn into a puddle.
- B) Give them a piece of my mind and have no regrets!
- C) I already cut them off last week you're late.

What do you look for in a bae?

- A) LOYALTY. Period.
- B) IDC as long as they're funny... and tall... and strong... and ok I'm picky.
- C) Somebody that's here for a long time, not a good time.

Your BFF introduces you to their other BFF. What are your thoughts?

- A) Um, is this a threat?
- B) Yeah they're cool and all. But could never be me. Period.
- C) Gathering all the reasons why I don't like them already.

MUSILY A'S:

You are as sweet and soft as a kitten. You love so hard and feel emotions like no other. Loyalty is all you ask for in relationships and you to cater to your friends to show your love. You definitely have a taste for the finer things and you 100% deserve them. The GAP Gal you are most like is...... ZAMORA!!!

MUSTLY B'S:

You are so fun, free spirited, and LOVE to laugh! You're always down to have a good time and love turning up with your girls. You don't necessarily like to date, but if you do they better be impressive. You're obsessed with making others laugh and can say some out of pocket things. But that's why everyone loves you. The GAP Gal you are most like is...... KELSY!!!

MOSTLY C's:

You are a go getter!!! You have drive, know exactly what you want, and don't have any time for games. When you say something, you mean it. You rarely second guess yourself and your intentions, but can be cautious of others. You love to have fun but work always comes first. Your friends are your family and you wouldn't have it any other way. The GAP Gal you are most like is...... COURTNI!!!







Hello!!!!! It's Kelsy again. Welcome back to WTF Advice! This is a place I've created for anybody and everybody to drop their concerns, experiences, drama, ideas, tea. All of it. Anything goes. Bring it here. No matter the issue, if it's on your mind I would love to discuss it. It's healthy to let a fresh set of eyes see what you've got going on. I want to bring all walks of life together in this section and chat about what's really happening. Here, we can explore, create, and discover things about ourselves that make us closer than we thought. Sooooo let's get it!!!!!

-WTF @kelsywtf



Dear WTF.

I just started a new job and I am the youngest person in the office. And I mean like 20 years younger than everyone. I hate that I am even saying this but most of them don't even know what TikTok is. It's been an awkward start and I don't always want to be the odd one out. How can I break the ice?

-New Guy

New Guy,

Instead of letting the generation GAP (haha) get in the way of your new work relationships, use it to your advantage! Even if the older generation doesn't always like to admit it, they are interested in what younger people are doing. You can try building friendships with them by introducing them to our trends they have no clue about. But nobody ever wants to feel like they are getting old. So try your best to forget about the age difference and talk to them like you would your friends or family. There's so much to learn from those older than us. Whatever you do, be kind, funny, bright, and honest. If you keep these traits you can find friendships in anyone.

Sincerely, WTF

Dear WTF,

I'm a bad texter. I just always have my phone on silent and prefer a phone call instead of a drawn out text thread. The pace of a texting conversation is too inconsistent to keep my attention. How can I work on this?

-Bob's Beepers

Dear Bob,

I don't think you should beat yourself up for not preferring a conversation via text. But you should let people know if they try to communicate with you this way. If you don't, they will start to think you're just ignoring them. However, if people can't even reach you with one text then you might have to step it up just a bit. You've gotta meet somewhere in the middle. Not every question is worth a phone call. The least you can do is turn your phone on vibrate and shoot a quick text here and there. I think that's fair.

Best, WTF

Dear WTF.

I've been struggling lately deciding where to take my future. I've been traveling a lot for different work opportunities and I can just feel a new state calling my name. I know I would always have work and I could really make something of myself if I move. But I've spent the last five years creating my life where I am and I feel like leaving is going to break my heart. I can't imagine leaving all of my favorite people and starting my life over. Is it worth giving up everything I know, in the hopes of getting everything I want?

-Feeling Conflicted

Dear Conflicted,

I always push people to reach for the stars in terms of their finances and career. If I'm going to keep it real with you, it sounds like this move is in your best interest. If you are guaranteed work and establishing a name for yourself then by all means take the opportunity! It's going to be hard leaving home. The amount of friendships, memories, and sentiments that occur over time is nothing easy to let go of. You just can't let this hold you back from a bright future. I'm sure the people close to you wouldn't want you to sacrifice these opportunities for any reason. Don't allow yourself to look back and wish you would've tried. This is annoying to hear but home is where the heart is, really. Don't think about this as starting your life over. Life is around you no matter where you go. Stay true to your intentions and remember the people back home are just a call away.

Go for it, WTF

MITE ADVICE

WTF would love to hear from YOU!!!!! If you are interested in entering a submission for next issue, please follow our IG @gapmagazine or visit our website www.gapmagazine.co

Dear WTF.

Girl, I know there's a pandemic going on and people are staying in (for the most part) but I'm still trying to look CUTE af for my own self. So I need some advice on good online clothing stores and trustworthy makeup brands. My vibe is a little bit of everything so I'm open to any and all options! Throw me what you've got!! I'll try it all.

-Tryna stay cute

Dear Cutie,

I'm not a frequent online shopper but I'll tell you the last two places I copped from. I.AM.GIA has so many fresh/cute fits. They also have quality bold sweats that fit how I like. Their clothing has been featured on HBO's Euphoria so you know it's poppin'! Manière De Voir is another shop that offers variety but for lesser costs. For the price their clothes are cute and quality. My top makeup brands are Fenty Beauty and NARS. Those two are my GIRLS. Perfect brands for a summer glitter and glow. Hope this helps!

Xoxo, WTF

Dear WTF,

I've been seeing a new guy and so far so good. But I do have one problem. He ONLY comes over late at night. It's not always in the middle of the night, but I swear he's never come over before dark. I really like him and would like to start seeing him during the day but idk how to approach it. Help!

-Wannabe Brunch Bae

Dear Bae,

If this is a new fling, you've gotta communicate what you want in order to get it! You don't want to get stuck in the same pattern so now is the time to break it, especially if you see this going further. There's always a level of awkwardness in making that first move. Sometimes you just have to bite your lip and go for it. Try your best not to overthink and put too much stress on the situation. Go about it confidently and I'm sure you'll get the time you're looking for!

You got this, WTF

Dear WTF.

I know someone who tested positive for Covid-19 and she is still out and about, going to bars, and etc. Obviously, trifling! But what should I do? Mind my business because I don't work for the health department? Or call her trifling self out because it's just upsetting at this point?

-Somebody who wears a mask to BED

Dear Anonymous,

The best you can do is directly reach out to this person and let them know how their actions are risking the health of others. Simply tell them they're disappointing and you wish they would have more consideration. I understand it isn't your business to tell someone what they can/cannot do. But with this being a global pandemic I think you're right to reach out and hope they act better! I'm glad that you're willing to stand up for that. More people need to take others into consideration during these times. I'm glad you're doing this!

Take care, WTF



@organicallymaria

FULL BODY SWEAT SESH

Hey loves! For this full-body sweat sesh all you need is a pair of dumbbells between 5-20lbs.

Programming: AMRAP (as many rounds as possible) Set the clock for 40 mins! Perform each exercise one after another until 40 mins are up!

Squat press 12 reps Single-arm DB snatch 12 reps Squat jacks 15 reps Inchworm push up **10** reps (drop to knees for modification) DB bent over row 10 reps Shoulder taps 15 reps

ANYWHERE AB CIRCUIT

I hate to break it to you, but abs are made in the kitchen. That's right, you can do crunches all day every day, but if your diet is trash, good luck seeing those babies. If abs are your goal, make sure that diet is in check! Here is a quick ab circuit you can do anytime and anywhere!

Repeat circuit 4-5x

20 Alternating shoulder taps

15 V-ups

20 Bicycle crunches

15 Russian twists (optional: add weight)

Happy sweating, @organicallymaria

VEGAN ASIAN LETTUCE CUPS

Ingredients:

1tsp honey

2 tsp canola oil

1 tsp sesame oil

2 cloves garlic, minced

2 tbsp rice wine vinegar

3 tbsp vegan hoisin sauce

3 tbsp soy sauce or tamari

4 green onions, thinly sliced

11/2 tbsp fresh ginger, grated

1 12-14 oz package extra-firm tofu

1 can water chestnuts, drained and finely diced

1/4 tsp red pepper flakes or 1/2 tsp siracha (optional)

8 large lettuce leaves: either iceberg, romaine or butter

8 oz shiitake mushrooms or cremini mushrooms, finely chopped

Optional garnish for serving:

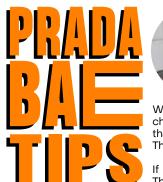
toasted sesame seeds

1 carrot, shredded

1/4 cup peanuts, finely chopped

Instructions:

- 1. Drain the tofu, wrap in a paper towel or dish towel, place on a plate or cutting board, place a heavy object (plate, pan, book) on top of the wrapped tofu; let it sit, set aside and continue prepping the rest of the ingredients.
- 2. In a small bowl stir together the hoisin, soy sauce, rice wine vinegar, honey and sesame oil; set aside.
- 3. Heat the canola oil on a pan over medium-high heat. Once it's hot, crumble in the tofu, continuing to break it into smaller pieces as it cooks. After about 6 minutes, add in the mushrooms and cook till any remaining liquid is gone, at least 5 minute. Stir in the water chestnuts, garlic, ginger, chilli flakes or siracha, half of the green onions, and cook till fragrant, about 2 more minutes.
- 4. Pour 2/3 of the sauce over the mixture at first, stir till everything is coated, taste it, and add more sauce depending on how strong you like it. Keep cooking till the sauce is slightly bubbling and warmed through, about 2 minutes
- 5. Spoon the mixture into your lettuce leaves, top with remaining green onion and optional garnishes and enjoy!!



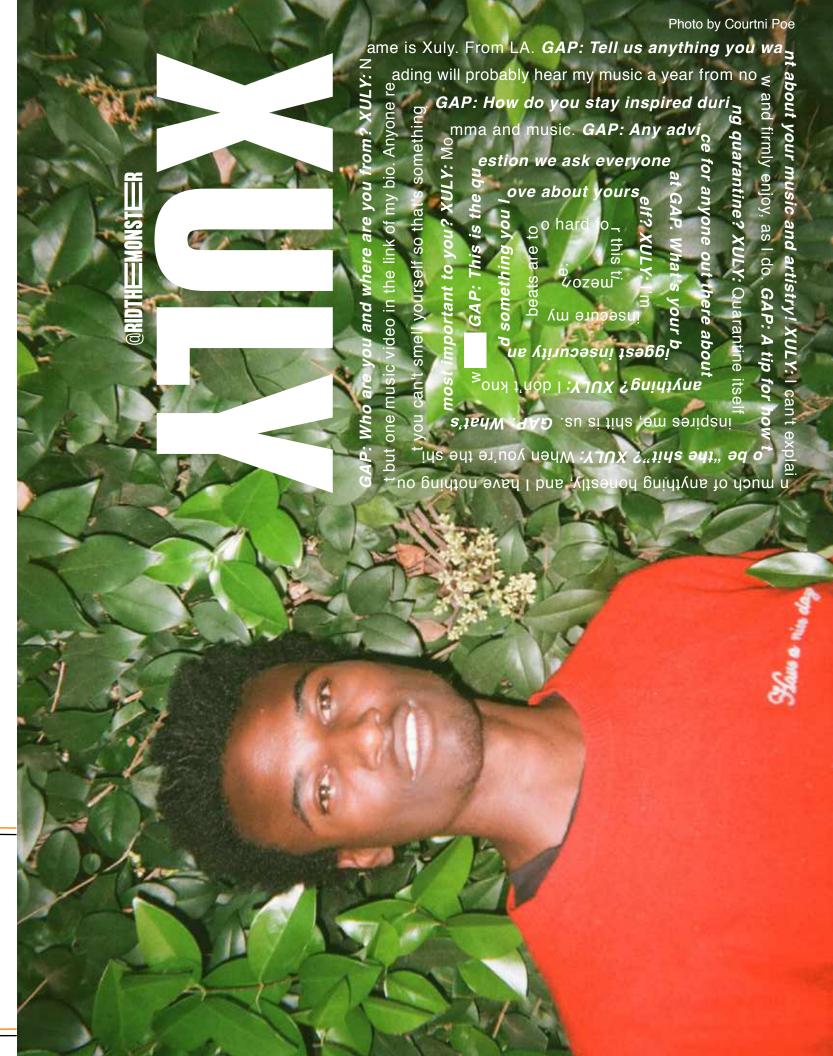


@hopegolida

@hopefuleats

Why compare yourself to others when you can check the throwback pics and see you been that chick? (Cue Girlz in the Hood by Megan

If you like ginger, you're dangerous. That's it.



ELLA PA

Hi everyone! Here is a phonebook of all of my favorite creatives at the moment. You can trust that the people listed below will always get the job done, deliver the best product, and be kind while doing so! Let em know you found them here in GAP MAG.

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