

November 2019

vol 2

# HOW DID THIS HAPPEN???



what am i doing with my life???

a zine by

Ray & Shay Daylami-Frost



HOW DID THIS HAPPEN???

vol 2: what am I doing with my  
life???

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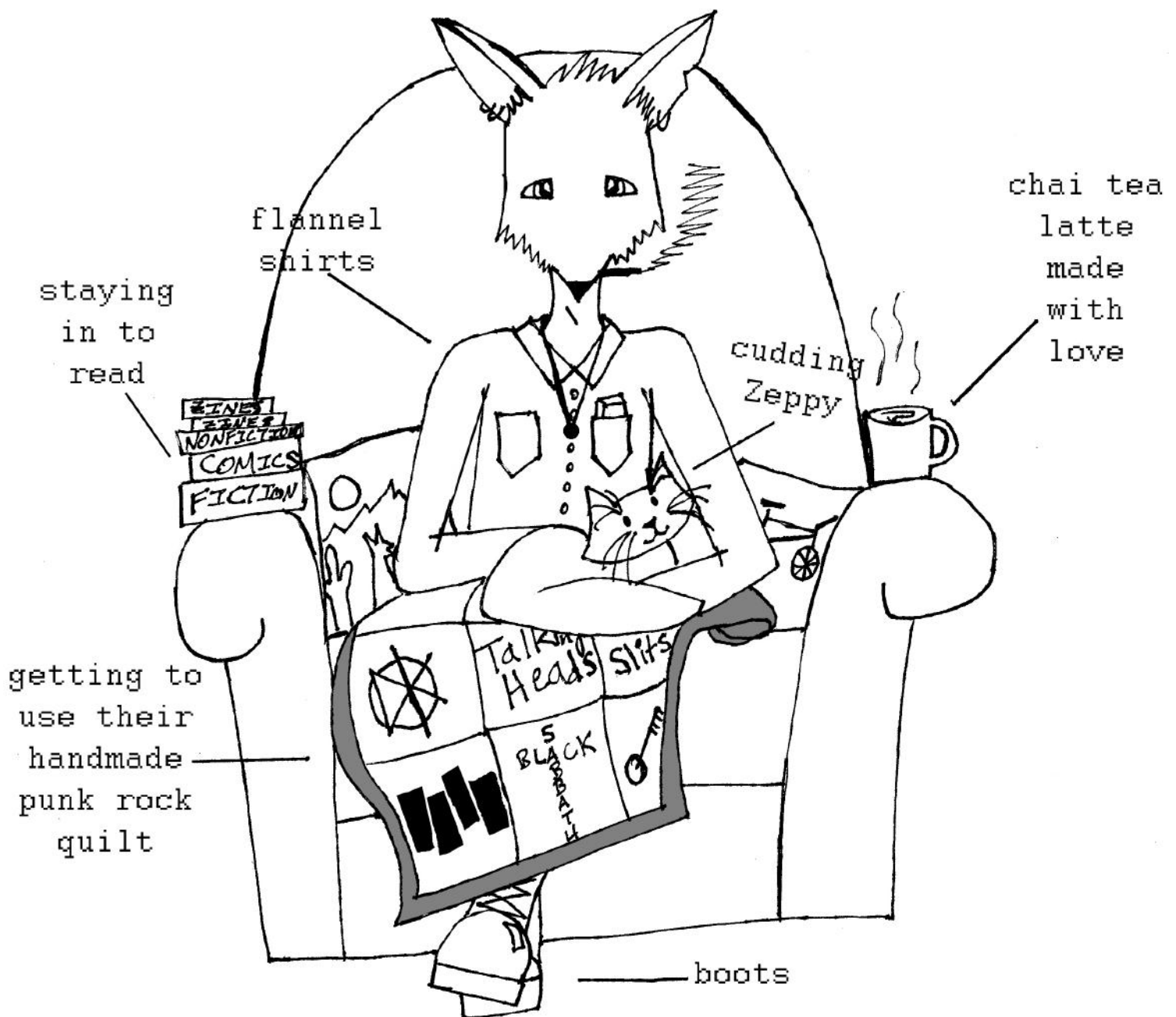
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# COYOTE UGLY'S FALL FAVORITES

layered fashion  
options!!! fave  
combo: flannel  
over a hoodie

beanies

bike rides  
in nice  
weather

boots on  
other  
people

colorful,  
cruchy leaves

# DISCO NAILS' FALL FAVORITES

## Frivolity

Prozac comes out in my sweat.  
It makes my scalp itch.  
I am wearing a wide-brimmed black hat,  
my Coyote Ugly hat,  
the one I bought when I was still fleshing out the  
character;  
something bad was happening to me  
—I didn't know how to stop it—  
so I need to break off the best part of myself and  
keep it safe.

Indian summer in the high desert  
bakes us delectably as we walk.  
It's so good to be home where  
sun is hot  
air is cool  
fire is real and terrifying.

You struggle to light your joint.  
I am not a very effective windbreak.

The pink guitar bottle opener falls off your keys.  
Your stoned fingers skillfully put it back onto  
the metal ring.  
I put mine in the Goodwill bag—gone now—  
part of me would like to claim  
that I have no need for such trinkets, for  
frivolity,  
but we both know that isn't true.  
I need my dinosaurs,  
my pin collection,  
my Polaroids,  
my rocks.

I like to walk a few steps ahead  
with you trailing behind, holding my hand.  
It feels like trust  
I'll lead you safely back to where we belong.

\*\*\*

Terminal

Neither my partner nor I will ever give birth.

It is a comfort that the point  
at which our family trees converge  
is also where they will terminate.

Blood will drip no more,  
We are the floor where  
centuries of intergenerational trauma  
will pool and stop.

# MAKE YOUR OWN ALIGNMENT CHART MEME!!!

We filled in the one below with work from some of our favorite artists!!! Copy the one on the next page and fill it in to make your own!!!

Tags us with #howdidthishappenzine so we can see your hilarious memes!!!

<p>@lucavelindeleon</p>  <p>Compassion is a way of being.</p> <p><b>LAWFUL GOOD</b></p>	<p>@zeppelinmoon</p> <p>you're nice, yeah</p>  <p><b>NEUTRAL GOOD</b></p>	  <p><b>CHAOTIC GOOD</b></p> <p style="writing-mode: vertical-rl; transform: rotate(180deg);">@microcosm-pub</p>
 <p>Being an able man. There are always.</p> <p>Lucky # 02, 06, 10, 21, 25, 36 Learn Chinese: Small, Xiao, 小</p> <p><b>LAWFUL NEUTRAL</b></p>	<p>@webcomic_name</p>  <p><b>TRUE NEUTRAL</b></p>	 <p><b>CHAOTIC NEUTRAL</b></p>
<p><b>HOLD MY PURSE</b></p>  <p><b>SH*T JUST GOT REAL</b></p> <p><b>LAWFUL EVIL</b></p>	 <p><b>NEUTRAL EVIL</b></p>	 <p><b>TRUSTING</b></p> <p><b>CHAOTIC EVIL</b></p>



<b>LAWFUL GOOD</b>	<b>NEUTRAL GOOD</b>	<b>CHAOTIC GOOD</b>
<b>LAWFUL NEUTRAL</b>	<b>TRUE NEUTRAL</b>	<b>CHAOTIC NEUTRAL</b>
<b>LAWFUL EVIL</b>	<b>NEUTRAL EVIL</b>	<b>CHAOTIC EVIL</b>

Namaste

Sometimes something in you recognizes that thing  
in another.

The light. The autistic. The crazy bitch.

Whatever.

The morbid depression in me recognizes the morbid  
depression in you. And in that there is  
solidarity, and there will be support.

The darkness in me recognizes the darkness in you.  
And when you are at your darkest I'll share what  
light I have.

When each breath that you draw threatens to be  
your last

When each beat of your heart echoes in your ears,  
a steady reminder of being alive,

When you find yourself reduced to one minute at a  
time--

I'll help you count the seconds.

One song at a time?

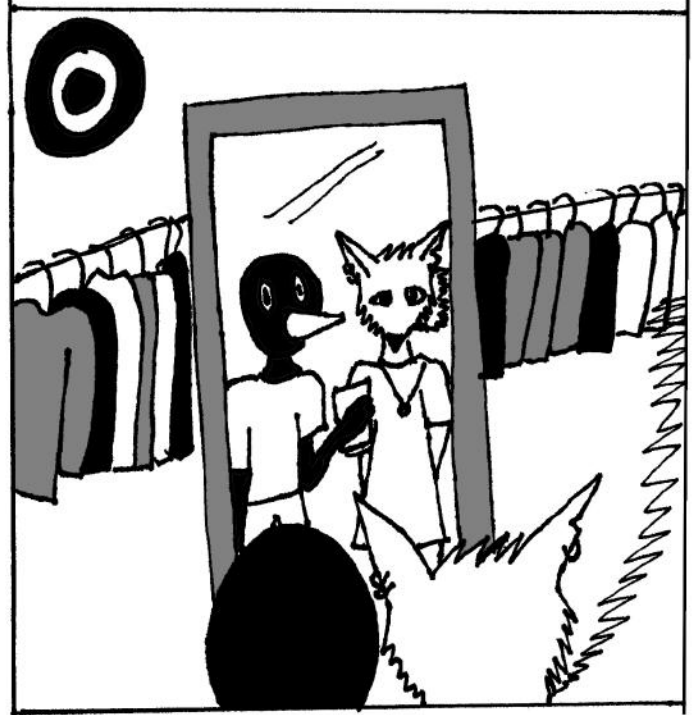
I'll flip the record.

# RETAIL THERAPY

Walgreens is where you go  
when you have a problem



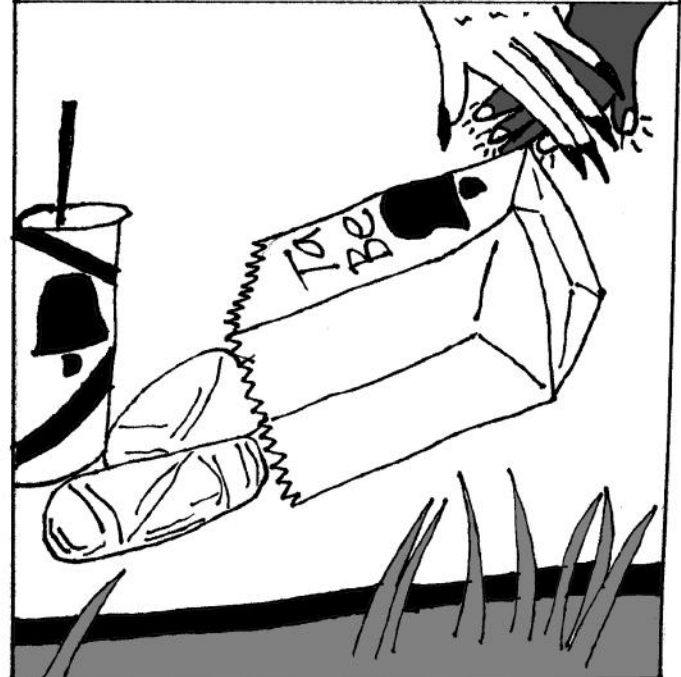
Target is where you go for  
obligatory mirror selfies



Starbucks is where you go  
for a reward



Taco Bell is where you go  
for date night



\*Menstrual products are no longer subject to a "pink tax" in Minnesota, Illinois, Nevada, Pennsylvania, New York, Massachusetts, Maryland, New Jersey, Connecticut, Florida, and Rhode Island

## Sensory Heaven

Sensory hell I know all too well.

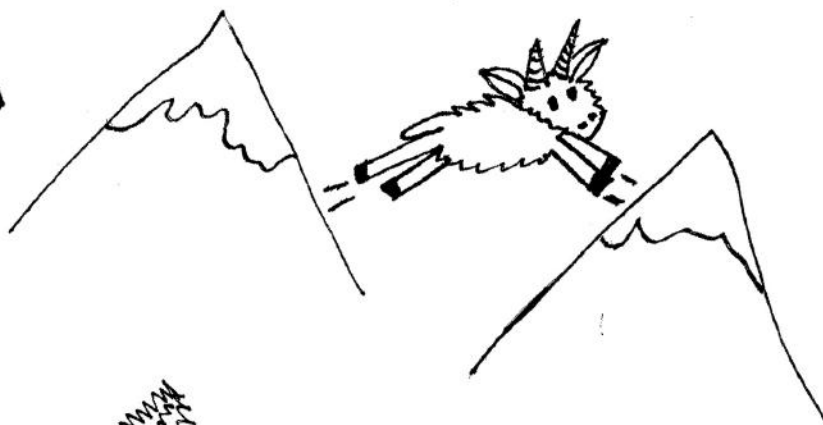
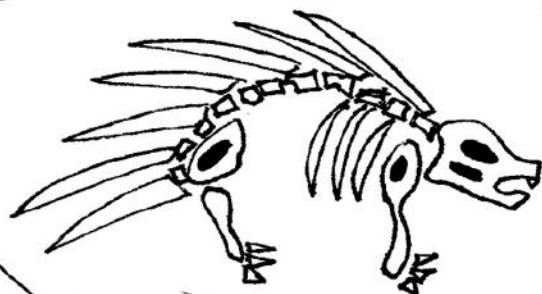
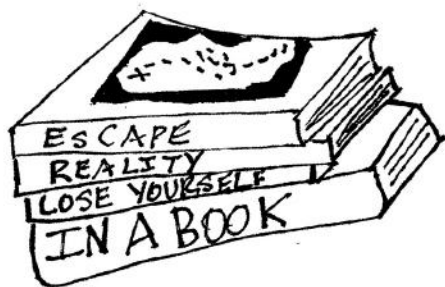
Sensory heaven is a rare occurrence but such a wonderful treat, and part of why I ride my bike every day.

Riding high down the hill under an unbelievably  
otherworldly blue fall sky  
Just the right temperature  
Hardly a breeze  
Golden and orange and red fallen leaves  
A perfect song in my ears but I can't remember  
which one  
Cool air forced through the mesh tops of dirty  
running shoes  
Gloveless hands on Ergo grips, fingers draped  
loosely over cool metal levers.  
Each bump sketches under my wheels--  
like the first tap of the tarmac under jet liners'  
landing gear,  
but I'm just beginning to take flight.

I don't necessarily recommend riding a bicycle  
under the influence of anything, unless you're  
riding as an alternative to driving fucked up,  
then please by all means...

I don't recommend it in general. But if you are  
like me, and the world is a little too bright and  
a little too loud and too sharp and too much, then  
riding medicated might be exactly what you need.

#ainktobber

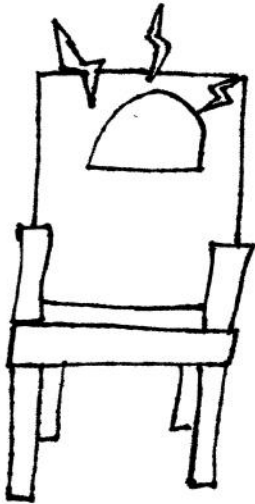


fucking faggot

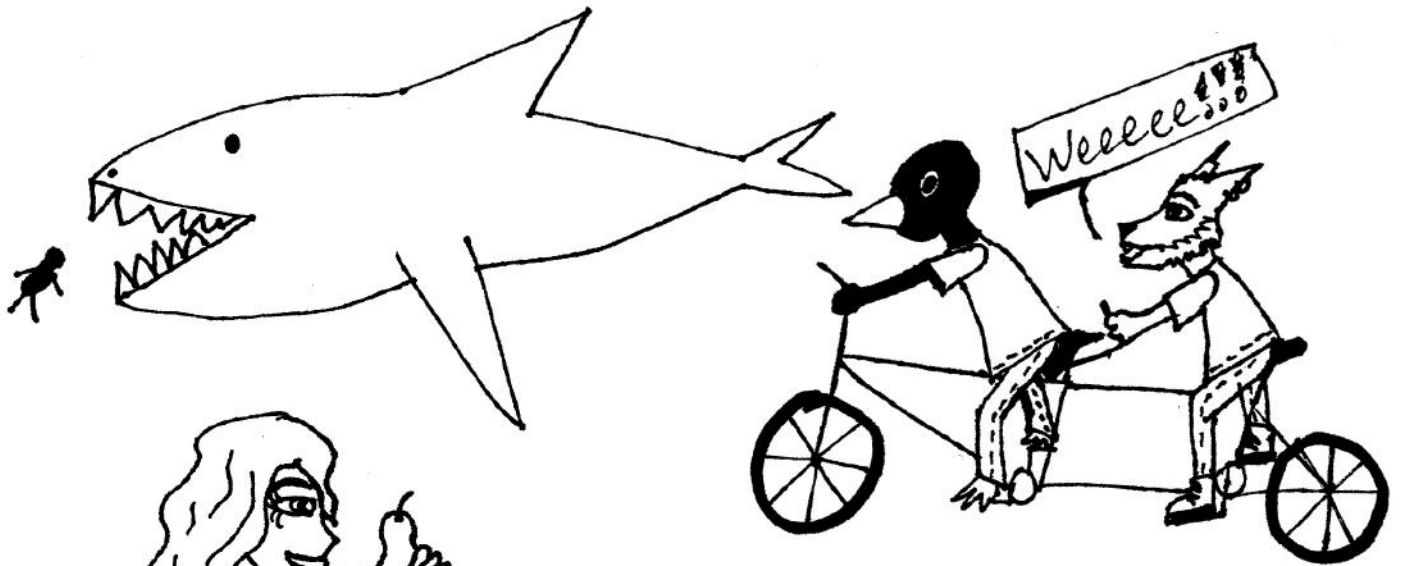
# UNOFFICIAL NEURAL NET-GENERATED PROMPTS

Temperature: 1.2

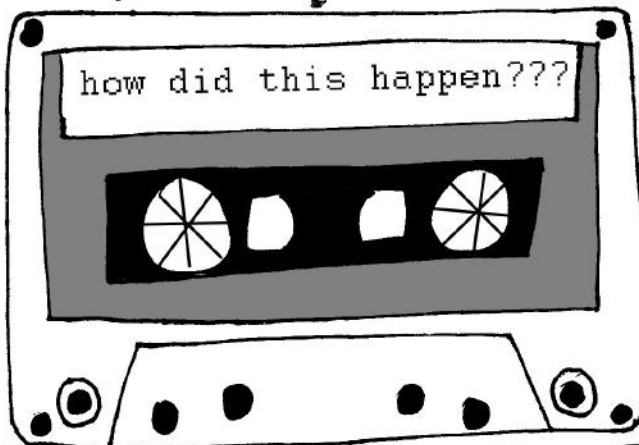
- |                           |                            |                    |
|---------------------------|----------------------------|--------------------|
| 1. Prickly skeleton       | 11. Four teeth             | 21. electric cruel |
| 2. Watery discovery       | 12. Dungeon waves swelling | 22. what-lands     |
| 3. Bone familiar          | 13. Crystals fuzzy         | 23. Just keep on   |
| 4. Knife-wrestling scream | 14. Redeyed                | 24. Squeakchugger  |
| 5. Profane words          | 15. Leggier                | 25. Fifth leopard  |
| 6. Escape Plan            | 16. Hop between peaks      | 26. Twelfth meow   |
| 7. Ah! secret             | 17. Boss decoy             | 27. master plan    |
| 8. Old moth               | 18. Baby dinosaur gasp     | 28. pear-sized     |
| 9. Important bug          | 19. This aqua moo bulge    | 29. Weeeee         |
| 10. Hidden old man        | 20. Supermassive fish      | 30. Tasty storm    |
|                           |                            | 31. inch wobbly    |



\*Artist's Note: I followed these prompts as free association and just drew the first image that came to mind for each phrase!!!



meow meow meow  
meow meow meow  
**MEOW**  
meow meow meow



We now have mixtape playlists  
for each issue on Spotify!!!  
Link in bio: @raydaylamifrost on  
Instagram!!!



## I Identify as a Motorcycle

For a few years in college, before I had quite accepted the fact that I was autistic, I presented as a stone cold butch.

Cold stone butch? I had never had any desire to touch anyone or be touched and I had never experienced attraction, but I sat somewhere solidly outside of cishet female.

Knowing I was not a man, I settled on asexual butch. With a motorcycle.

The motorcycle was in a lot of ways a part of my sexuality and my gender expression. It was a source of power and confidence and my literal ticket to freedom. For the first time I could come and go truly as I pleased and I liked the way I looked (and felt) when I had my jacket and helmet on with my tight jeans.

Looking back I realize I was equal parts butch biker dyke and rebel without a cause fag. Maybe one day I'll be a full blown leather daddy...

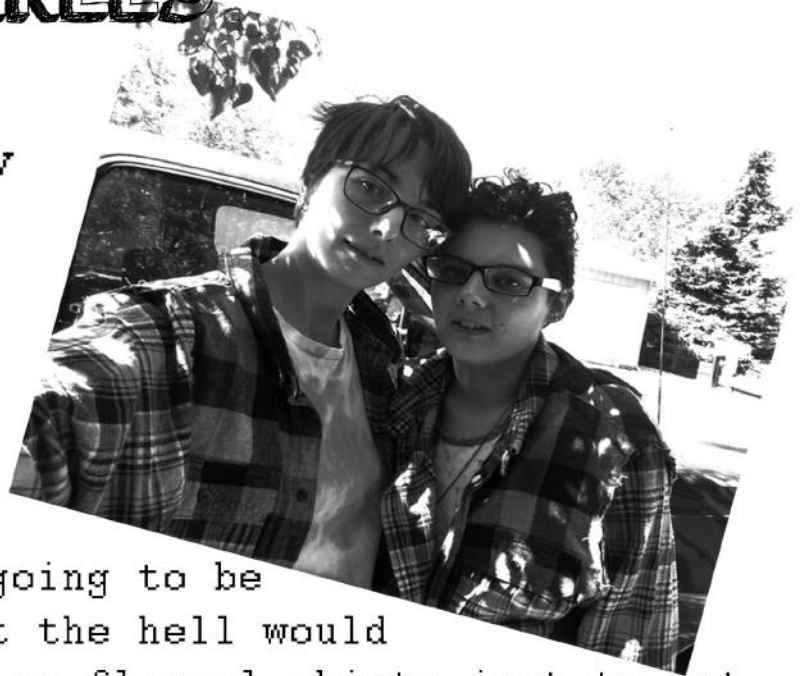


# GENDER IS EXPENSIVE



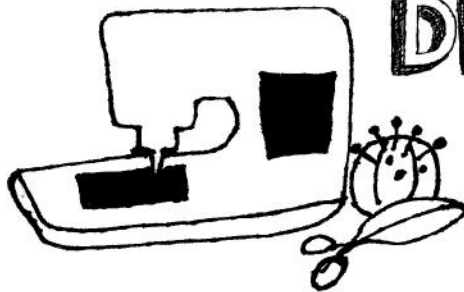
# FRANKENFLANNELS

The punk rock  
version of cheesy  
half heart  
friendship  
necklaces!!!



When my mother sees the FrankenFlannels, she's going to be appalled and wonder what the hell would possess me to buy two nice flannel shirts just to cut them up and put them back together as these horrifying abominations?

And she won't like the answer. It's the same reason I wear blue glitter eyeshadow during the day and write this zine: because I can. Because why the fuck not???



## DIY TIPS!!!

If you have a BFF you just have to (mis)match with, here are some rough directions and DIY Tips to make your own fantastic FrankenFlannels!

You will need:

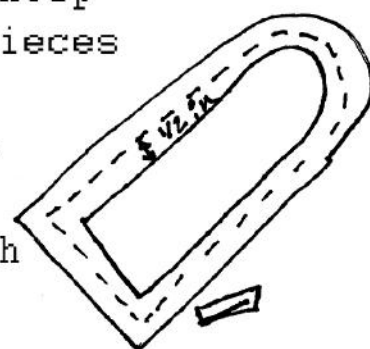
- \* Basic Sewing Knowledge & Supplies (Sewing machine or needle, thread, pins, scissors, etc.)
- \* Two Flannels (go up two sizes from what you normally wear)
- \* A BFF to share with

\* The shirts need to be roughly the same size, but it doesn't matter if they aren't exactly the same. I bought two brand new shirts that were the same thing, just different colors and one was still slightly larger than the other.

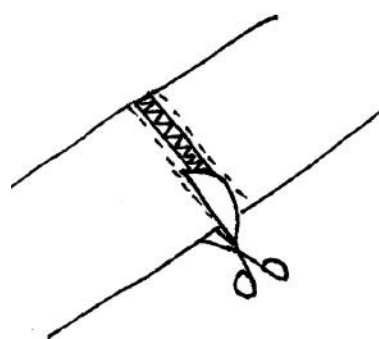
\* If you thrift the shirts or raid a friend or relative's closet, compare the shirts themselves to make sure they are about the same size. It doesn't matter what the size tag says.

\* If you and your BFF wear different sizes, go up two sizes from the larger size. You can always cut down the pieces for the smaller person's shirt to make it fit.

\* Use a shirt you like the fit of to help you figure out what size to cut the pieces down to. Remember to add one inch all around the measurements of each piece to have enough room for your seam allowance (this number is for half inch seams).



\* Take the shirts apart in the same manner, so the pieces will work together. I recommend doing this at the same time.

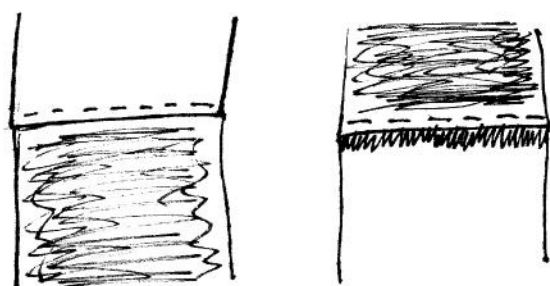


\* You can either use a seam ripper to undo all the seams or cut the shirts apart by cutting the seams off. I used a combination of both techniques. I used the seam ripper to remove the pockets, pocket flaps, cuffs, hem, and collar. Then I cut the rest apart with scissors.

\* How you split the shirts in half is up to you!!!



\* I can't give you sewing directions because the way you put the shirts back together will depend on how you took them apart.

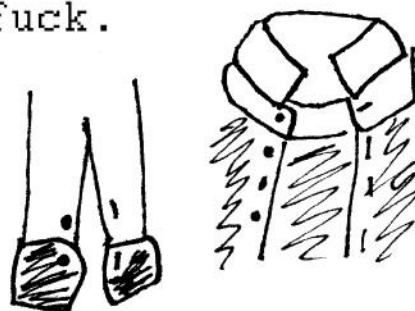


seams  
inside

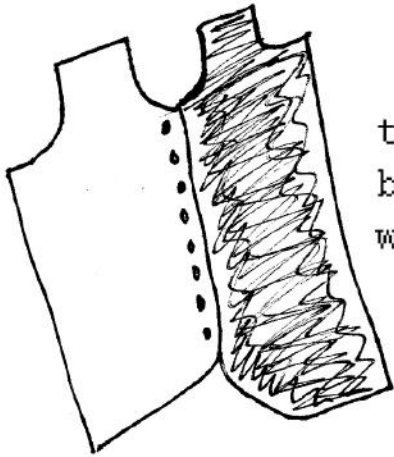
seams  
outside

\* I put mine together "inside out" and left the seams unfinished on the outside of the shirts. You can put the seams on the inside and finish them instead for a sleeker/colorblocked look. Leaving the seams on the outside made me feel like I was sewing the shirts "backwards" and was kind of a mindfuck.

\* When reattaching the collar and cuffs make sure that the buttons/buttonholes end up on the same side as the ones on the shirt front and sleeve placket.

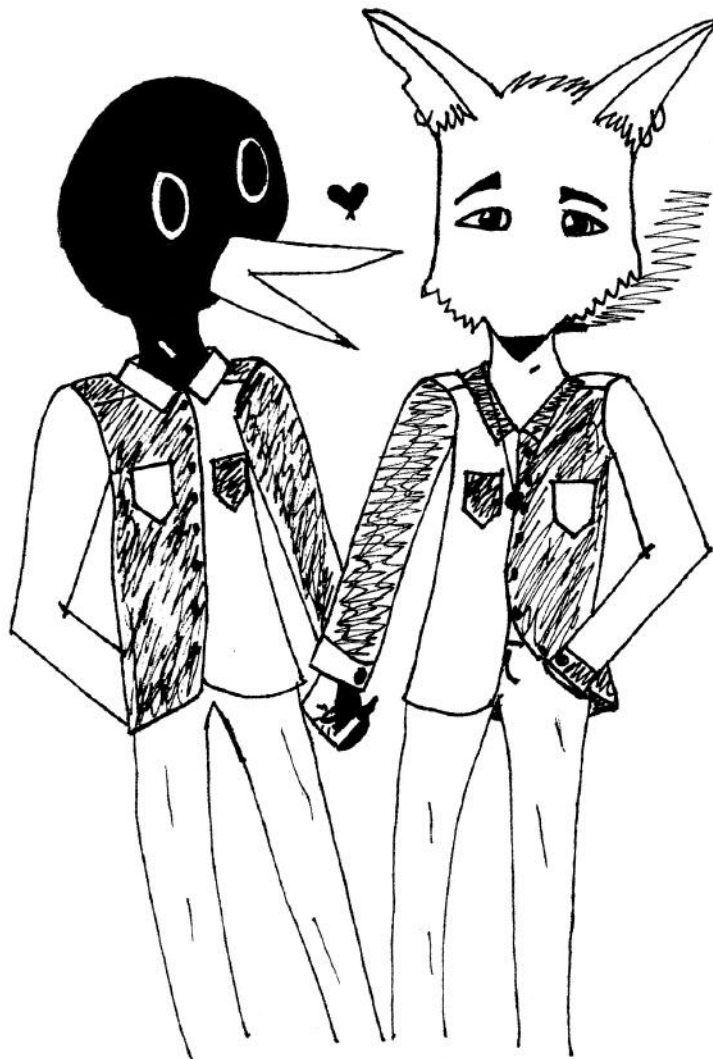


\* You can cut a button off and move it if you need to. I had to do this with the collars because the button ended up on the inside of the shirt.



\* Button the halves of the front together when sewing to be sure that the buttons and buttonholes will line up when the shirts are finished.

**Happy Sewing!!! Be sure to use  
#frankenflannels so we can see your  
fabulous creations!!!**



## Opportunity Cost

I feel the muscles on my fat-kid frame  
built slowly though a year of  
40+ hour weeks hard manual labor  
slowly slip away.

Powerless to stop their atrophy  
unable to begin a regimen to preserve them  
I look in the mirror  
and recognize myself both less and more.

Forgetting to eat, and being back down to 2 square  
a day has slimmed me down.

A drunk super who took full advantage left 2000  
miles away means I have no reason to break by back  
and bust my ass and fight my genetics tooth and  
nail for the muscle tone I've always longed for  
just to survive (and even then just barely).

One day I'll exercise to help regulate the  
chemicals in my brain and the electrical impulses  
all over my body. One day I'll do it for me.  
Because it feels good, or so I say.

One day the sight of my own callused, muscled,  
stained hands won't take me back to the part of my  
life story when I learned that hell is humid.  
I will reclaim my strength and return home in my  
own body, as I returned home to my own landscape.  
Until then I will not mourn my tendency towards  
weakness and soft spots. I'll let my natural  
physique cleanse me of my experience selling my  
body for far less than it is worth.  
I'm strong, even if I can't do pull ups.



# Thanks for reading!!!





We hope you enjoyed our brain dribblings! If you liked this zine, share it with your friends. If you really liked it, consider telling them to buy a copy from our Etsy shop so we can keep making new issues. Follow your heart and maybe our socials!

Love,


Coyote Ugly & Disco Nails


**COYOTE UGLY**

 @raydaylamifrost

 zeppystardust.tumblr.com

**DISCO NAILS**

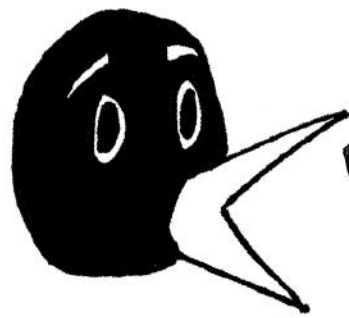
 @shaydaylami

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[zeppystarduststudios@gmail.com](mailto:zeppystarduststudios@gmail.com)

#howdidthishappenzine





**FALL IS HERE!!!  
'TIS THE SEASON  
FOR DIY!!!**



From making your own FrankenFlannels and memes to finding a gender identity that feels right, *what am i doing with my life???* presents a view of the world from the lens of a DIY driven lifestyle on the fringes a capitalist society. This volume includes tips and templates, alongside poetry, comics and more of the weird art you've come to know and love in *HOW DID THIS HAPPEN???*



A Zeppy Stardust Studios  
Publication