

# MOWGLI

QUARTERLY

**THE VERY FIRST,**  
brand spankin' new & shiny  
(said like any character  
in Firefly) issue includes  
Zora's Cradle, Lacresha  
Berry, pancakes &  
a wee bit more.

It's like a magazine!  
It's like a newsletter!  
It's like a website—well,  
actually, it is a website.  
But it's only like my lil  
ole noggin is barfing all  
these thoughts onto your  
computer, or phone, or the  
tiny projector implanted in  
your eye, if this is  
the future...  
or perhaps the past  
and you're R2D2.

**Enjoy!**

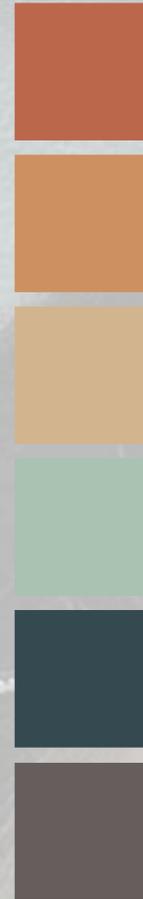
## GET TO KNOW BERRY

educator, poet, singer,  
performer, writer, producer,  
activist, model, natural  
hair & makeup enthusiast,  
fashionista, runner,  
dog mama, daughter,  
granddaughter, vegan

INNOVATIVE AF

letter from me	P02
client spotlight	P03
meet my friend	P05
vegan noms	P06
cover story: berry	P07
reviews	P09
design, on the inside	P11
roll credits	P13

## COLOR PALETTE



## letter from me

I consider myself very fortunate. The life I have is pandemic-friendly (work from home, live with my beloved dogs instead of humans, hella introverted), I have a roof over my head, delicious food in my belly, friends and family who love me, time to put towards activism, woods nearby to walk in, piles of books to read, and I'm healthy. My gratitude is genuine, but it doesn't leave me complacent. I want more. More inspiration, more connection, more change... more life.

One morning I woke up and thought, "I never sent my January newsletter, it's pretty clear I'm not sending a February one—why bother?" And before I could finish that thought another one bulldozed on through saying, "What about a digital zine? A quarterly! A playscape for design and to share all the random things you love to do in the spaces in between. Interview people you want to know better. Embed video, so you can continue to play in videography too. Recruit friends or maybe even readers to collaborate. Take an obligation you're avoiding and transform it into something you love... even if you only send out one issue."

Take an obligation you're avoiding and  
transform it into something you love...  
it doesn't get more "life" than that.

So, here we are... I hope you enjoy the inside of my head,

ANNI POPPEN  
Owner/Artist of [Mowgli Studio](#)  
Pitbull Mama to [Gertie & Vinnie](#)  
Vegan at [Keep On Vegan On](#)






To improve Black maternal health outcomes, social determinants of health must be addressed through policies that raise incomes and build wealth; provide access to clean, safe and affordable housing; improve the quality of education; prioritize reliable public transportation and transport for medical appointments; and increase the availability of healthy, affordable food.

SHEMIKA WHITESIDE  
FOUNDER + EXECUTIVE DIRECTOR

Opening this Fall, Zora's Cradle is a maternity home that provides essential services in Louisville, Kentucky to expectant mothers through a holistic approach. One of the primary objectives of the program is to address the racial disparities that persist in maternal morbidity and infant health amongst Black Women. This innovative program will integrate yoga, doulas/midwives, financial empowerment, and so much more!

Shemika Whiteside, Founder & Executive Director, says, "To improve Black maternal health outcomes, social determinants of health must be addressed through policies that raise incomes and build wealth; provide access to clean, safe and affordable housing; improve the quality of education; prioritize reliable public transportation and transport for medical appointments; and increase the availability of healthy, affordable food.

Many Black and Latinx women have a difficult time accessing the reproductive health care that meets their needs. Access to reproductive health care, which helps women plan their families, improves health outcomes for women and children.

Maternal care is a fundamental human right!"

WHAT MOWGLI DID: LOGO SUITE + PRINT PIECES



DONATE

## MEET MY FRIEND

## VEGAN

at Uplands PEAK  
Sanctuary in  
Freedom, Indiana

Born in June 2015 at a cattle farm  
Rescued December 2015 by PEAK  
His favorite treat is alfalfa  
He's a bit of an introvert

DONATE

Back in 2015 I started social media pages called Keep On Vegan On. It was (and still is) my space to share all things vegan. Serendipitously, within the same month Uplands PEAK Sanctuary rescued their first cow. His name? Vegan.

But before making it to sanctuary, Vegan needed medical attention. At the cattle farm in Iowa, he injured his leg to the point of being considered "a loss," and therefore left untreated. That injury saved his life though and got him off that farm! PEAK took him straight to the vet, and after what felt like forever, he healed enough to go home in February 2016. He was so tiny and fuzzy!

That Spring, I visited and absolutely fell in love with Vegan. It is no coincidence the first friend I'm introducing you to is him. He started my love of cows and taught me time allows for trust which leads to a special bond. His powerful presence soothes my soul.

Eventually Vegan gained two "brothers," Zeke and Wilson (rescued by the ASPCA in a case involving more than 1,000 animals), and Vegan evolved into the alpha of this sweet little family.

I remember, on another visit, waking up early and walking to the back of the woods where the cows hung out in the morning. I had never felt more peaceful in my life.

When PEAK moved locations in 2018, the cows had so much space they didn't really notice humans anymore—they had things to do, people! Though my heart broke a little, seeing these three live their best lives is far more rewarding.

My last visit, I went to say hello to the cows (new "sisters," Star and Freeda, added in). At one point Vegan made his way over to say hello. I teared up as I spent time catching up with my old friend, while he blocked off the others to make sure no one interrupted. ♥

www

VEGAN OATMEAL  
PANCAKES

## INGREDIENTS

- » 1 cup oatmeal
- » 1 tablespoon vinegar
- »  $\frac{3}{4}$  cup cashew milk
- » 1 teaspoon vanilla
- »  $\frac{1}{2}$  cup flour
- »  $\frac{1}{2}$  teaspoon salt
- » 1 teaspoon baking soda
- » 1 teaspoon baking powder

## STEPS

- » Start with the oatmeal so the liquid ingredients you add next can soften it a bit
- » Add in your dry ingredients
- » See notes for fun things to add in the mix
- » Mix well
- » Do your pancake flippy thing
- » Or, sometimes, I grab my donut pan and add enough mix to cover the center. Bake at 400° for 11-13 minutes, let cool a bit, enjoy tiny pancake bowls to hold your vegan butter and syrup
- » See notes for other ideas on toppings

## NOTES

- » Add chocolate chips in the mix or as a topping (Enjoy Life makes my favorite vegan chocolate for recipes)
- » Add fruit of choice in the mix or as a topping (berries, peaches, bananas are all delicious options)
- » Add crushed walnuts & raisins to the mix or as a topping
- » Play with a pinch or two of a spice in your mix: ginger, nutmeg, cinnamon
- » Use peanut butter or hazelnut spread (raw hazelnuts in the oven for ~10 min, put them in a towel & rub some of the skin off, throw in a high power blender until it butters—a few minutes)
- » Top with cinnamon & coconut sugar
- » Make lavender syrup—1 tbsp culinary lavender,  $\frac{1}{2}$  cup cane sugar,  $\frac{1}{2}$  cup water in a pan & bring to a boil, take to a simmer for ~10 min, let it cool. If you want more of a glaze, add in some powdered sugar after the syrup has cooled.



You as you are is enough. You're not potential. You are you, and not because you're trying to please somebody else.

BERRY



## GET TO KNOW BERRY

Laci Berry, better known as Berry, is a singer/songwriter, actress, poet, educator, and writer from Queens by way of Lexington, Kentucky.

She received her BA in Theatre from the University of Kentucky. She honed her playwriting skills there and went on to produce three one-woman shows since 2002.

Her last one-woman show, "Browngirl. Bluegrass." documented her life as a brown girl coming of age in the bluegrass state of Kentucky. She's performed all over the country with the show as well as singing

and hosting all over NYC. Her latest one-woman show, TUBMAN, a reimagining of Harriet Tubman's life as a young girl in Harlem, debuted to packed audiences in her hometown of Lexington, KY, and NYC, with additional performances in San Diego, Rikers Island, New Bedford, Sacramento, and Tubman's birthplace in Cambridge, MD.

When she's not performing, she's teaching spoken word to middle and high school students in the Bronx, conducting educational workshops, and writing curriculum. She is also working on her debut young adult novel, "Seeing Janelle."





## dispatches from elsewhere (2020)

AMC SERIES

When the pandemic first hit and we were all required to shelter in place, I began searching online for groups of series that I could watch. I had plenty of books for the duration (can you ever have enough books?) but felt I needed something different to watch as I don't have cable or internet at my house (too much sensory overload), and, the longer the better. Imagine my delight when I stumbled upon *Dispatches from Elsewhere*.

With a run time of seven and a half hours, and based on who was in it, I was all in. *Dispatches* stars Jason Segel, Andre-3000-Benjamin, Eve Lindley, Sally Field (yup. That Sally Field!!) and Richard E. Grant, and, I can tell you that it is a groovy, quirky, suspenseful and fantastical balm for the soul, especially with the year we just had.

Segel penned *Dispatches*, and after a little digging, I discovered that he based it loosely on a documentary called *The Institute*. A 2013 film about a San Francisco conceptual artist named Jeff Hull and his creation of an actual Jejune<sup>(1)</sup> Institute.

Headquartered in San Francisco's Financial District, the institute provided people a chance to delve into their 'divine nonchalance'<sup>(2)</sup> by blurring the lines between fiction and reality. Think of it as a ginormous event where roughly 10,000 people agree to participate over the course of three years within an interactive, alternate-reality, art performance that's infused with beauty, absurdity and creativity.

In *The Institute*, Hull reveals that he created the event as an homage to someone very dear to him that disappeared mysteriously by the name of Eva. Part of the game is to find Eva, and in doing so encounter wonderment. In Segel's series, there's a nod to this and the person to find is Clara. Both quests achieve similar goals: a process of self-growth and awareness, as Eva/Clara is the keeper of "Divine Nonchalance" that everyone (characters included) should strive to become and acknowledge.

In both films there is a counter to the Jejune Institute, the Elsewhere Society. A group led by Commander 14 who also contacts players with clues and quests to help them resist Jejune's influence. A constant reminder to the players, and the viewer, that the institutes' version of nonchalance is false—only the Elsewhere Society can steer you to divine nonchalance!

Of note, in the documentary, Hull discusses how he created a radio signal, called Radio Nonchalance,<sup>(3)</sup> and players would be instructed to tune in at certain times to receive 'dispatches' of their next clue, and further the 'propaganda of nonchalance.'<sup>(4)</sup> Thus, dispatches from elsewhere was coined.

I realize, gentle readers, that I have not told you anything definitive about the plot or the characters (other than who stars in it) of *Dispatches from Elsewhere*, and, I will heartily admit, this is on purpose. *Dispatches* is unique and, not wanting to provide any spoilers, I will only say that it is worth the seven and a half hours of committed viewing. Whether you wish to watch all seven and a half in one go is up to you. Either way, the series is definitely worthy of your time. You're welcome in advance.

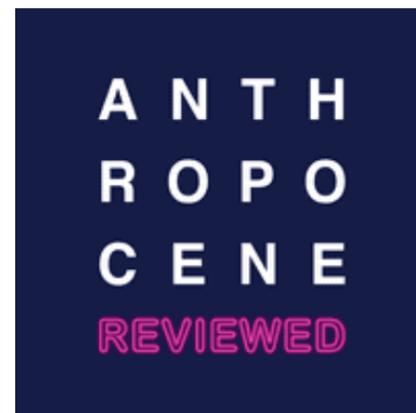
(1) Jejune is from the Latin jejunus which means "empty of food;" devoid of significance or interest; lacking nutritive value.

(2) Divine Nonchalance is defined as "to be supported and guarded by extra-ordinary good luck", or as I like to think of it, "a state of being where you are cooler than the other side of the pillow".

(c) A division of Elsewhere Public Works Agency (EPWA).

(4) i.e. "... That creative spark that drives humanity cannot be sold to you! You either have it or you don't and when it happens you have no control over it!... Meaningless coincidences are not always meaningless!... Don't panic... Only through the greatest simplicity do we find understanding, and through understanding, truth!... No matter where you go, there you are. We're all in this together. Reject false nonchalance!" and so on.

- » DISPATCHES' WEBSITE
- » THE INSTITUTE DOCUMENTARY
- » RADIO NONCHALANCE

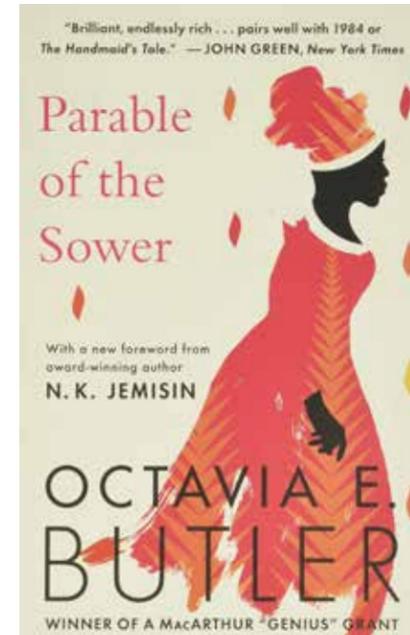


## anthropocene reviewed BY JOHN GREEN

So well scripted, delivered like poetry—this review of a review podcast will most definitely suck in comparison. I apologize. Luckily, it's a short review and it's almost over.

My favorite episode is "Velociraptors and Harvey," where I learn about Velociraptors, but more importantly, Green beautifully puts to word how *Harvey* makes me feel. 5/5 stars.

- » GREENS' WEBSITE
- » NERDFIGHTERIA
- » AFC WIMBLEDON
- » PARABALE OF THE SOWER REVIEW



## parable of the sower (1993)

BY OCTAVIA E. BUTLER

For years now I've heard about Octavia E. Butler, an award-winning Black, female, lesbian, sci-fi writer. Why I took so long to pick up one of her books—I don't know, but I'll be reading the rest of them.

*Parable of the Sower* follows the brilliant thoughts, planning, and struggles of our protagonist, Lauren Olamina. She was born with hyperempathy, where she literally feels what others feel when she sees them. Considering she's living in 2024 dystopian California, not so great.

From my understanding, all of Butler's books are a warning (or prediction), through exploration of Black injustice, global warming, women's rights, gender fluidity, and political disparity. But the parable series, specifically, feels a little too familiar after the last four years.

- » TOSHI REAGON'S OPERA
- » OCTAVIA'S PARABLES PODCAST
- » OCTAVIA E. BUTLER ON MARS
- » ADAPTATIONS IN PRODUCTION
- » THE GRAPHIC NOVEL
- » OCTAVIA TRIED TO TELL US VLOG
- » OCTAVIA E. BUTLER LEGACY NETWORK



OR SEARCH MOWGLI QUARTERLY ON SPOTIFY

## SIDE A

- AP 1 THERE'S A NEW WORLD COMING by bernice johnson reagon (usa)
- AP 2 PLENA FEMINISTA PARA LAS NIÑAS FELICES by plena combativa (puerto rico)
- SD 3 FREE TODAY by albertine sarges (germany)
- LB 4 MASSAI by ike slimster (nigeria)
- SW 5 SUPERWOMAN by alicia keys (usa)
- AP 6 IS YOUR LOVE BIG ENOUGH? by lianna la havas (england)
- SD 7 MAKIN' MEMORIES by melissa carper (usa)

## SIDE B

- AP 1 MAKEBA by jain (south africa)
- SD 2 MY MALLEY by the butcherettes (mexico)
- SW 3 I LIKE THAT by janelle monáe (usa)
- LB 4 GIRL LIKE ME by jazmine sullivan (usa)
- LB 5 REMIND ME by patrice rushen (usa)
- SD 6 IDEAL WOMAN by celeste (england)
- SD 7 SAVE YOURSELF by lucinda williams (usa)

A LITTLE NOTE FROM THE EDITOR (who could use an actual editor, so please excuse any errors in this issue): Something special about our reviews is when we say we like something, we mean we like something so much we've followed all the paths that stretched out from it. All those links you see below the individual reviews aren't just to add a design element. No, Mowgli fam, that is proof of the hours spent loving a creation so much we researched/obsessed/nerded out. For example—*The Parable of the Sower* is appearing in all parts of my life, even when I'm not seeking it out. Toshi Reagon and adrienne maree brown's podcast has become my daily church. It truly is calling me in. That's what qualifies it for a review.

# DESIGN >> ON THE INSIDE

Most call it interior design. I'm really not sure what to call my obsession with beautiful spaces, cabins in the woods, and van conversions, but I spend a lot of time oooing and ahhing over them. Dreaming. Creating floor plans of my own. So I thought I'd share my discoveries with you.

First up is easily my favorite rabbit hole discovery on YouTube: Charles Bello and his life within the redwoods building homes for him and his family with their bare hands.

I almost don't want to say too much, because there's no way I can be as entertaining and charming as he is. So I'll talk more about what I've learned since watching this video.

## VIA YOUTUBE

In 1968, Charles Bello and his wife, Vanna Rae, moved onto 400 acres of redwood forest looking to live a simpler life off the land. They had spent their savings to purchase the land, so they got to work building their home themselves. Their first structure was a panelized A-frame that they erected in 5 days (with help from a couple family members). The total cost was \$2,800.

The property is a half-hour drive down a dirt road and it was bare land when they arrived so Charles and Vanna Rae built their own infrastructure: roads, bridges and went decades without refrigeration nor phone (they eventually installed PV panels and cabling for phone lines).

In 1991 Charles (who once apprenticed under famed architect Richard Neutra) designed the Parabolic Glass House. With a curvilinear wood roof and two curved walls of windows, the home feels enveloped in trees. Charles and Vanna Rae built it for \$8,500 with the timber they milled themselves, using salvaged materials for everything from doorknobs to stoves. The couple relied on photovoltaics, solar thermal and gas for power, and a dug-in greenhouse attached to the home provided much of their food.

## VIA SAVETHETREES.ORG

The Redwood Forest Institute is dedicated to preservation (purchase forest lands and manage them for the benefit of future generations and to restore giant redwoods where there are none left), restoration (monitor conservation easements so these lands can be protected in perpetuity), education (conduct workshops and seminars to bring an awareness and consciousness of the importance of redwood forest and its ecology to children as well as adults), and recreation (provide a safe and beautiful place to commune with nature for recreational purposes).

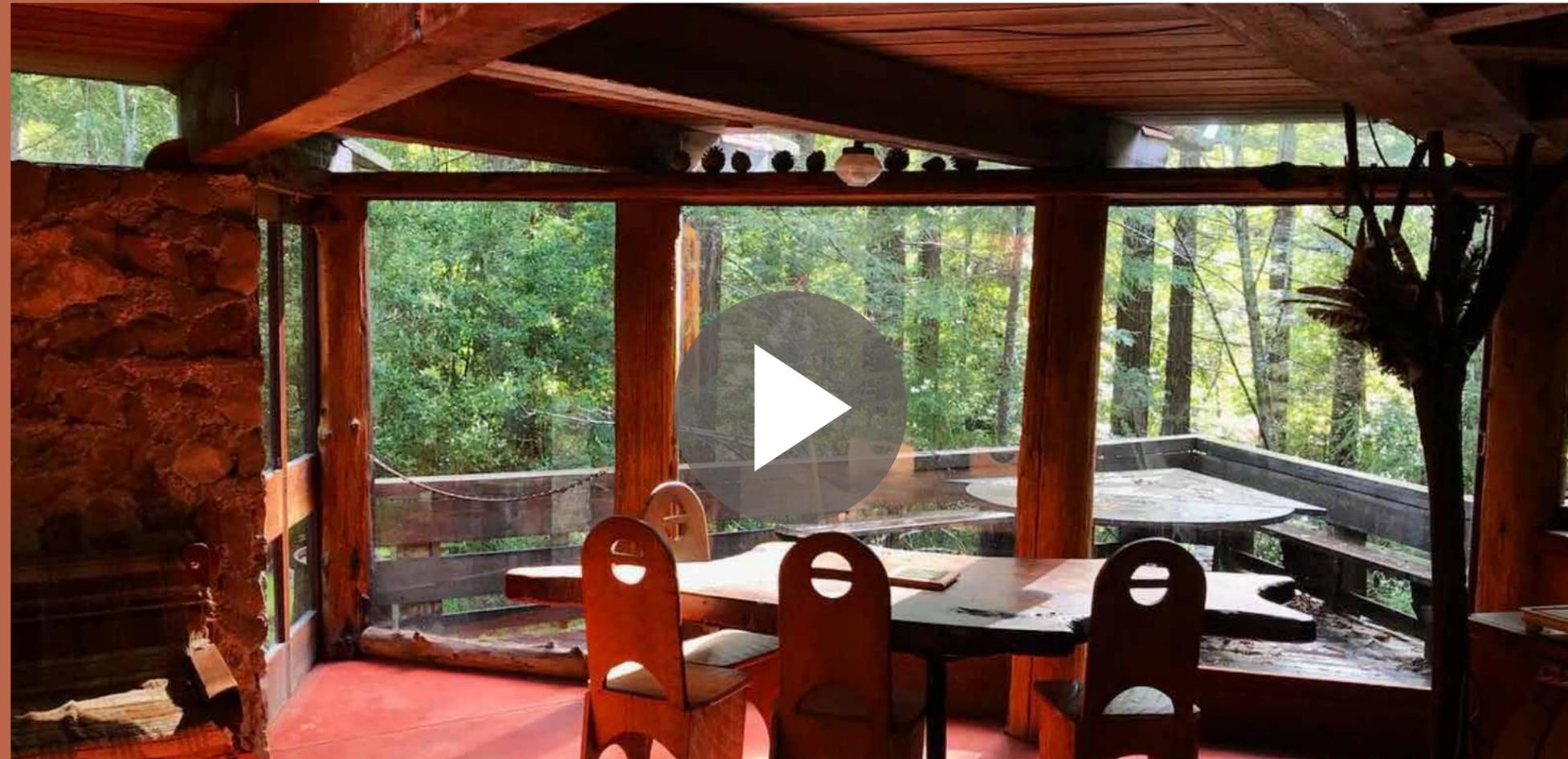
DONATE



After a lifetime of search, trial, and error—I have something to say that I believe can change the world. That is, my secret in finding happiness—it is very simple and quite obvious, yet we more often than not fail to recognize for what it is.

Find someone to love and care for that loves you back.

CHARLES BELLO | CO-FOUNDER, REDWOOD FOREST INSTITUTE



**PHOTOGRAPHY**

berry on the cover (berry selfie)  
letter from me (selfie during acupuncture)  
pregnant belly (camylla battani/unsplash)  
vegan the cow (olivia wenzel photography)  
pancakes (mae mu/unsplash)  
berry in the cover story (berry selfie)

**RECIPE**

by anni poppen

**REVIEWERS**

dispatches from elsewhere (scott durfor)  
anthropocene reviewed &  
parable of the sower (anni poppen)

**MIX TAPE CONTRIBUTORS**

AP (anni poppen)  
LB (lacresha berry)  
SD (scott durfor)  
SW (shemika whiteside)

IF YOU'RE WITH A NON-PROFIT + WANT TO COLLABORATE  
please email me at [anni@mowglistudio.com](mailto:anni@mowglistudio.com) to schedule a chat!