

FASHIONED

FALL 2019



CLANCY
ORANTES:
ON BEING
TRUE TO YOU!

VR

...

Content

Volume 03 | Issue 02 | Fall 2019



Features

05 What's your style? Take this fun fashion quiz to find out.

06 An Editor's Hello

08 Some things are better the second time around. Salvation Army's got the goods to prove it.

16 Cover Girl, Clancy Orantes, shares in the newness of love, life & learning

22 Beauty

24 Back-to-School Spirit

28 Fitness with Kelsey Lee!

30 There's No Place Like Home

31 Time to Say Goodbye to Shame ... once and for all

32 If you're single and waiting, you've GOTTA read this!

35 Sometimes you gotta dance. It's your Fall playlist ... and it is FUN!

42 A girl's fashion guide to a Sports Night out on the town!

08

32 Say goodbye to painful dating. If you're single and waiting, this article is for YOU!

36 Debt. Most of us are in, but we can certainly live without it. Want to be debt free? Read one girl's journey on how she kicked \$18K of Debt in just 15 months!

Carol Pedroza-Gonzalez

FASHIONED

Issue 17

Editor-in-Chief: Cyndi Galley
Director of Operations: Alisha Phalen
Fashion & Creative Director: Cyndi Galley
Director of Photography: Chela Williams
Merchandising Editor: Kyree McField
Fashion News Editor: Taylor Pike
Executive Assistant: Pam Miro
Photo Shoot Creative Director: Carol Pedroza-Gonzalez
Photo Shoot Stylists: Cyndi Galley & Amara Murillo
Editors: Noemi Lopez & Kelsey Lee Hollenbeck
Social Media & Photo Shoot Coordinator: Jake Burrola
Creative Content Advisor: Raxy Ikari
Teen Fashioned Division, Director: July Prada
Advertising & Marketing: Ana Gonzalez

Contributors: Lizbeth Espinoza, Anna Kietzman, Amara Murillo, Raelene Cota, Kelsey Lee Hollenbeck, Kalan Jackson, Noemi Lopez, Hannah Lundstrom, Sonia Luque, Kyree McField, Victoria Orozco, Carol Pedroza-Gonzalez, Taylor Pike, Bayley Saenz, Michelle Scott, Katelyn Tamez, Alexis Williams, Elena Zarate and Monique Zirkelbach

Contributing editors: Kristy Eudy and Lela McGee

Additional Staff: Olivia Couture and Zowie Murillo

Cover Girl: Clancy Orantes

Cover Photographer: Chela Williams/Marisela Photography

Printed by: Foursquare Missions Press

Web: fashionedmagazine.com

Contact: info@fashionedmagazine.com

IG, Periscope & Twitter: [@fashionedmag](https://www.instagram.com/fashionedmag)

FB: <http://facebook.com/fashionedmagazine>


iTunes Podcast & YouTube:

"Fashioned Magazine"

NB: All images in this publication are either under Creative Commons licence, or used with permission. All opinions expressed in this issue are the writer's own. Any queries can be made via info@fashionedmagazine.com



 [facebook.com/fashionedmagazine](https://www.facebook.com/fashionedmagazine)

 IG & Twitter: [@fashionedmag](https://www.instagram.com/fashionedmag)

Caroline Soares



Photographer: Melody Jacob

fashion quiz

An outfit can introduce a person to the world without even saying a word. It makes statements—loud and quiet, it starts conversations and unfortunately, sometimes it can end them. The beginning of a school year is a great way to restart your year with a clean slate, whether it was a bop or flop. The hard thing is figuring out what style best suits you personally. This quiz can help determine that and so our Merchandise Editor, Kyree McField, put some trends to the test! Keep in mind this quiz is just for fun, so take it lightly!

1. It's the weekend, finally! What is your ideal weekend getaway?

- a. Museum
- b. Spa
- c. Anywhere, as long as you are outside
- d. Netflix and Chill

2. It's a beautiful day out, you decide to treat yourself to a:

- a. Soda
- b. Sparkling Water
- c. Water
- d. Coffee

3. You look forward to this weather:

- a. Rain
- b. Snow
- c. Sunshine
- d. Cloudy

4. You're not going anywhere today. You want to lounge in:

- a. A moo-moo
- b. Sun dress
- c. T-shirt and Shorts
- d. Yoga Pants

5. You need a fresh new do, what would you do?

- a. Haircut (a few inches will do)
- b. Blowout
- c. Just a trim
- d. New color, who dis?

6. Time for vacation, you decide on:

- a. A famous small town/Village
- b. Europe (Madrid, London, Paris, Amalfi, really anywhere)
- c. The beach
- d. The city, let's go!

7. Time to go shopping! Where do you go?

- a. Unique Vintage
- b. Ralph Lauren
- c. Free People
- d. Lulu Lemon

8. Your beloved make-up go-to is:

- a. Lipstick
- b. Blush
- c. Highlighter/Bronzer/Glitter
- d. Mascara

9. Steppin' out for a bit, you put on:

- a. Heels
- b. Flats
- c. Sandals
- d. Tennis Shoes

10. Favorite Movie/TV Show

- a. Anything Audrey Hepburn or Doris Day!
- b. Gossip Girl
- c. A Documentary
- d. Is there a game on?

Okay, now it's time for your results! Remember this is to be taken lightly—this quiz is not meant to be a game-changer ... just an idea sparker!

If you picked mostly A's then your style is:

Vintage – You are an old soul, sticking to everything new, modern and in trend? SO NOT YOU! Your wardrobe must-haves are high-waist dress pants and shorts, blouses, cardigans, flare dresses, B-line dresses, oxfords, cute headwear: Barrettes, hats, headbands, and flowers!

If you picked mostly B's then your style is: **Preppy and Polished/Geek Chic** – Your back to school look should be all about looking polished and clean. Your wardrobe must-haves should be button-up tops, knee-high socks, knee-to-thigh lengthen skirts, blazers, cardigans, bows, barrettes, headbands, sunglasses, clear-lensed glasses, tap shorts and heeled loafers!

If you picked mostly C's then your style is: **Boho** – You have a very down to earth, free flowing spirit and your clothes should reflect that. Your wardrobe should have lots of flowy A-line dresses, flare jeans, jumpsuits, hippie headbands, lace, and moccasins!

If you picked mostly D's then your style is: **Athletisure** – You are always on the go and your styles should reflect that. Your wardrobe should have lots of tennis shoes, matching track suits, lettermen jackets, bomber jackets, skinny jeans, t-shirts, baseball caps, sweaters/sweat-shirts, yoga pants, and leggings!

Regardless of your mode of dress, you are fabulous whatever style you scored. You are not what you wear or how you dress. You, darling, are fabulous because of who YOU are ... and that's all there is to it!

HELLO *from Cyndi!*

I can't tell you how much this issue means to our team. This is our first issue we are going to print. And for that very reason, we wanted to bring you the heart, the hope and healing love in between the pages of Fashioned—our Fall Issue of 2019!

From the minute we began planning, we dreamed, shared and developed this issue, which could only happen with and through an extremely dedicated and talented team. So first-off, I want to say thank you to every one of my people—from admin to the creatives, the models, the locations and more. We couldn't do it without you.

If you're like me—a visionary—you know that a vision takes time, stamina and PEOPLE to collaborate with and glean FROM. That being said, when this issue's cover girl, Clancy Orantes, said YES to Fashioned, we had to pinch ourselves because we felt like we were dreaming. A true beauty, inside and out; if you read even ONE page of her interview, you see the depth, the quiet strength and love for mankind oozing out from within her—and just like that, we were smitten. With her frankness about life and love, we knew God had given us His perfect gift for our first printed issue. While many cameras don't lie, we believe that her interview, coupled with these beautiful shots a la Fashioned's Director of Photography, Chela Williams, you, too, will see the gem in just this one person, Clancy (a newlywed)!

Because this is our Fall/Back-to-School issue, we wanted to bring all the excitement and budget-shopping we could find, with features sure to get your year off to a great start! A special shout out to Friends of Fashioned, Lizbeth Espinoza, Kalan Jackson and Bayley Saenz for their vulnerability and willingness to share their stores of wisdom, heart and truth.

I pray you are encouraged, inspired and strengthened by what your eyes see and read. We love you and know that good things await you in this season of NEW! Don't be afraid to do something different than the last season ... we, at Fashioned, will be doing the same!

With lots of love,

Cyndi Galley
@Cyndi616





THRIFT
STORES
Orange County



YOU'RE NOT JUST
SAVING MONEY

YOU'RE ALSO SAVING LIVES

Your purchases fund NO-FEE Adult Rehab Programs

FOR JOB OPPORTUNITIES FOLLOW US   @SalvationArmyThriftStoreOrange

Fashion the Sec



by Carol Pedroza-Gonzalez

ond Time Around



Tea time, anyone? Whether it's beautiful china or a fun retro little black dress for that evening event, Salvation Army doesn't disappoint! Spotted: Velvet Black Dress, Banana Republic, \$17.74


Opposite page: Love Vintage Vinyl? They've got you covered at just \$2.99 a piece. On Monique, Calvin Klein Cargo Skirt, \$16.49.





Photography by Carol Pedroza-Gonzalez



A person is sitting on an orange sofa, reading a magazine. The magazine cover features the text 'FAB BUENAS' and 'FIFTEEN'. The person is wearing a blue denim jacket and white shorts. In the background, there is a large wooden cabinet with many drawers and a yellow wicker basket on top. To the right, there is a red round table with four legs. The room has a warm, vintage aesthetic.

We couldn't get enough of this retro look (we were fawning over the sofa). With great finds throughout the store, every dollar spent helps resource those in need with rental assistance, bus passes, employment and more.

Fun-ky coats of leather and faux fur will be head-turners this fall. Visit your nearest Salvation Army for a stellar coat selection sure to keep you cozy and chic! Faux fur coat: \$49.99.

Opposite page: Fringed retro Leather jacket, \$24.99.







Photography by Chela Williams

He Makes All Things New

... as told to Cyndi Galley by Clancy Orantes

The first time we officially met was at the Griffith Park Observatory. By 9am, the L.A. temperatures were already well into the mid-to-upper-70's as we began prepping for our cover girl shoot. As warm as it was, and as hot as the day was predicted to be, Clancy Orantes, was ready to rock and roll.

Walking straight toward our crew was a natural beauty with tossed hair and a smile almost outshining that of the sun. A glowing fresh-faced native of California, it didn't take long to know that we were going to have a great shoot! Even more impressive was what she had to say. A lover of people and a humanitarian in every sense of the word, these three words sum up our time with Clancy: One. Beautiful. Human.

Fashioned Magazine: At Fashioned, we believe in being true to yourself. What does being true to yourself look like and mean to YOU?

Clancy Orantes: I would say being true to yourself is embracing all aspects of you. The good, and what you deem as bad, and accepting both and being okay with your unique qualities that maybe right now you don't like but that doesn't mean in five - ten years you won't love that part of you.

I know there are parts of me--when I was a kid I was super shy and awkward ... and now I'm older and I appreciated being a little quieter as a kid, and I appreciate being able to spend time alone and being okay with that. I think being your true self means accepting and acknowledging every aspect of you, and not judging it, and just letting yourself grow!

FM: You are a newlywed--congratulations to you and JJ! You got engaged last December and got married this April. Any advice you can give to someone unsure if they are/aren't dating Mr. Right?

CO: I would say my number one piece of advice is surround yourself with people you trust and who have relationships you admire. JJ and I both were really close to my aunt and uncle during the entire dating process. I would be constantly talking with my aunt, he's constantly talking with my uncle and his parents and my parents, and we really admired all of their relationships and their advice. I didn't know how to know if he was mister right, or not, but I trusted the people around me who I could be open and honest with about my experience. They had really great advice and they were able to encourage me in what I was feeling and also keep my eyes open for any red flags that

may come up.

FM: You majored in Sociology at the University of North Texas--what do you want to be when you "grow up"? Or are you already doing it? If not, what is your dream career look like?

CO: That's a great question--I'm twenty-seven (chuckles), and I still really don't know what I want to be when I grow up. I enjoy life right now. I enjoy what I do right now--I work in marketing. I work freelance. I spend a lot of time with my husband and my friends. So far I'm really enjoying life and this phase of life. A tendency I have previously fallen into is having this one dream you want to fight for and run for--which, trust me that's great, but then I would forget to live in the moment and enjoy what's happening right now and be grateful and content. Sociology is not something I'm going into ... I think it's pretty applicable to all aspects of life, but I enjoy what I'm doing right now and who knows what I want to do next!

FM: You are gifted musically--you play the bass, guitar and are an actress--which of these do you feel is your true life's calling?

CO: Neither--I wouldn't say bass or acting are my true life's calling. I enjoy doing both. They're both fun ... but I definitely wouldn't think that either are my true life's calling. If I leave this world having wonderful relationships and having helped people cope through life and enjoy life and heal, then that's my true life's calling. Playing bass and acting is just fun on top of that.

FM: Before beginning to learn or work on those skills, was there intimidation about them (bass, guitar, acting)? If so, what would you say to someone who has a desire to learn a skill or craft, but is afraid to step out?

CO: There wasn't necessarily fear for me ... I started playing the bass when I was ten or eleven years old and started acting when I was in first grade. But I would say there is always fear in stepping out in those. Like I wouldn't necessarily tell people that I played a bass because I wouldn't want to have to play right in front of them immediately. Give yourself a learning curve! Learning *anything*--you're not going to be good at it at first. Its applicable with hobbies, and with jobs. Give yourself time and space to not be great and enjoy that part of the process where you're not great because that's the point in time where you have the most to learn. The better you get at something, it's harder and harder to learn more ...

Continued on next page

Continued from previous page

... give yourself time, don't expect to be amazing at something right away.

FM: Who are some of your favorite musicians and musical artists?

CO: I don't listen to a ton of music right now--I'm really, really, really into podcasts for over the past couple of years.

FM: . You and your siblings play at least one instrument--which of your parents have the musical gene?

CO: Both of my parents have a musical gene! My mom is a really great singer and my dad has taught music theory at colleges for decades and has been a professional musician before ... so, both my parents!

FM: You and your family seem very close--how has being close to your family helped shape who you are?

CO: A ton! I am super close with my family and I'm lucky enough to have found a husband who is close with his! It has shaped every part of me! We always loved each other, but you know--me and my siblings fought like crazy growing up. But now we're absolutely best friends and their spouses are really close with each other and we all hang out all the time ... we all live close to each other so it's absolutely shaped every part of me to be able to have a family unit that I know loves me, and stands behind me and will be there forever!

FM: Who would you say is your greatest role model in life and why?

CO: I have a lot to choose from, but I love Maya Angelou. I didn't know her personally before she passed but I love all of her poetry, and all of her writing. In any interview I've ever heard with her, she's such a strong woman, strong leader, but she's not the loudest in the room. I think she's such a great example of servant-leadership and quiet strength. Don't get me wrong--I'm all for someone being the loudest in the room, but I think she's a great example of a solid, strong, wise, amazing woman ... I admire her leadership... her wisdom and her way with words, and compassion. She was amazing.

FM: Your mom is an actress, what was that like growing up?

CO: We didn't really think about it growing up.

People ask us all the time if it was weird having a mom on TV. She's the only mom we know, so we didn't really know anything else. We didn't necessarily talk about it a lot growing up. I mean, we knew it existed, but it's not something we'd lead the conversation with. I think a lot of my friends still have no clue that she was on a show ... it just doesn't really come up.

FM: You starred in your first feature Hallmark Channel film a few years back with your mom--Hearts of Spring--what was that like working on a movie with your mom?

CO: The best! I love working with my mom ... we love working together. Anything we can work on together we will--whether it's acting or otherwise ... it's really fun!

FM: In marrying your best friend, JJ--how did you know he was "the one"?

CO: I have no idea. I wish I had an answer for that! They do say when you know you know, so maybe that was it.

FM: In 2015 you starred in a Tony-Award winning theatrical production, "Butterflies Are Free." Congratulations! In what ways could you relate to your character in that play?

CO: She's just fun! I really liked playing her a lot! She's fully herself--no questions about it and no trying to act like she's someone else just to make people happy. Whether you liked her at first or not, she won your heart eventually by unapologetically being herself--confident, but not in a showy way ... she was so much fun to play. I hope to have that type of confidence in my own life!

FM: You were baptized within the last couple of years--how did that impact you and what role does God play in your life?

CO: It impacted me a lot! I grew up in the church and was baptized as a kid, then took a step away when I was eighteen or nineteen for a while, and just stepped back into a really loving church and a great community. I would say I found God and Jesus again through community and through the love of His people, and that led me to Him. And I would say being baptized was kind of like my demarcation in my life and the start of a new chapter where I said, "I don't have to carry all of this on my own. I have a lot of baggage,

Continued on page 21



Photography by Chela Williams



Photography by Chela Williams

Continued from page 18

I have a lot of weight on my shoulders and I can hand that off and set it down at the cross, and don't have to be strong and carry all that. God wants to carry my burdens." And so I would say (not to be cheesy) ... (I) tried to just drop my baggage and leave it in the baptism tank and come out light and free and able to rest in God's love for me.

FM: Speaking of the One Who *fashioned* YOU fearfully and wonderfully, we know that no one person is perfect, and that there SHOULD be things about us that we really like or love--how do you accept the things about you that you might consider a "flaw"?

CO: I totally think there are a lot of things about me I wish were different, but I would say something I've found in the last couple years is that the biggest strength that I can have is loving myself and not judging as hard as I probably am prone to. I accept the fact that there is stuff that needs work and needs to change, but ... who doesn't? Putting any shame around that or judgement or frustration, or even labeling it as, "terrible" can hinder growth. You have to give yourself grace because God gives ultimate grace and lean into Him and say, "...I'm not perfect." I know that, but you know what? Everybody's growing, everyone's trying ... and so I'd say not judging that part of you. My husband has a picture of me as a little girl on his nightstand and a friend wrote on the back of that and said, "Anytime you're being mean to yourself or saying hard things to yourself, look at this picture and ask, "Would you say it to that little girl?" The answer is almost always, "No." Be as kind to yourself as you would to the little girl or little boy version of you.

FM: What are your TOP THREE beauty must-haves? What do you enjoy about those products?

CO: 1) Moisturizer. A nighttime moisturizer. I tend to have dry skin and I just love a moisturized face before I go to bed and have seen a lot of benefits from that with my complexion. 2) Face masks. I love face masks! My husband will surprise me with little sheet face masks every once in a while. They're just fun! I love the fact that you have to take 10-15 minutes out of your day to just sit and just do something for yourself and relax. Also, it's just great for your skin! 3) Sea salt spray! I have curly hair ... anyone with curly hair can know it's quite unpredictable. It sometimes looks great and sometimes looks like a big ball of poof ... it just kind of gives my hair some texture and a little bit of grip ... on those days where it's a little too poofy, it gives it some texture in order to at least put it up in a nice-looking ponytail!

FM: Do you have any fashion icons and/or

favorite designers? If so, who are they and why?

CO: I actually don't ... I guess if I had to pick someone, I like Zendaya ... I just like her confidence and the fact that she tries anything and everything and her style is completely different all the time.

FM: Let's talk TRAVEL! Every one should travel SOMEWHERE. You've been to London, Germany, India, Canada, Guatemala, Haiti, Uganda, Honduras--of all the places you've traveled, what city left the biggest impression on your heart?

CO: I honestly can't choose on this one. I'm a huge proponent of traveling...also as young as you can. I've been lucky enough to start traveling internationally since I was a little one and have been to twenty-something countries. And I would credit my openness to other worldviews to being able to travel and see different cultures. My minor in college was anthropology ... and I think it is so important to get out of the bubble that you are raised in and see how other people live their lives, and see what they do and why they do it because there's always reasons behind why people do things. I wouldn't be able to pick just one city--they're so different. It's absolutely apples and oranges. I love different cities for different reasons and different cultures in different ways. But I am a huge proponent of traveling as much as you can. I also love to travel alone ... I think that's underrated!

FM: You're 27 this November--what would you say is your ONE greatest lesson learned to-date?

CO: I do think it's that whole accepting all sides of yourself without severe judgement ... I'm not saying there aren't sides you need to work on or want to grow in. But living open-handedly with yourself, saying there's good, there's bad, there's room for growth and there's excellence in so many areas ... and just not judging yourself so hard. Everyone's trying, you're trying (chuckles), we're all different. We've gone through different things. A lot of the stuff I need to grow on is because of things that have happened to me in the past. Not saying I'm not at fault in a lot of areas, but some habits that you develop are out of your control, initially. How you continue to grow is in your control, but just don't judge yourself so hard, like you're a terrible person at-heart ... accept the fact we all have stuff we have to work on, and be nice to yourself. Be kind to yourself--that's a big one.

FM: What are some "dreams-come-true" that have taken place in your life? How should someone hold on to their dreams that have yet to come to pass?

CO: A dream come true is a healthy, amazing, wonderful man in my life who loves me and

Continued on page 27

COCONUT OIL

... *In All Her Array*

by Noemi Lopez



Deanna Alys

Coconut oil. While many of us do enjoy consuming Coconut shaved or sprinkled on top of our favorite yogurt or on top of special dessert, Coconut is so much more than just a favorite food topping. Coconut has another side to it, making its mark in the beauty world, too--its oil! Yes you heard right, coconut oil--which has so many benefits, from the kitchen all the way to our beauty dressing table. Here are some of my ways to use the many faceted wonders of Coconut Oil.

COOKING

When it comes to the kitchen, making your favorite meal or dish, like scrambled eggs with this oil always leaves me wanting more! For those of you who are a little more daring, putting some in your coffee will not only leave you marveling at the taste, but it's sure to boost up your energy level! Warning ... watch the dose as it's high in fat and too much oil will make it a laxative.



HEALTH

Have a problem fighting yeast or mold in your body? Coconut oil has fatty acids that can kill harmful pathogens and microorganisms, including bacteria, viruses and fungi. In addition to some of the external benefits, this amazing oil can help reduce hunger, which can assist you in shedding some of those unwanted pounds, and can also reduce high blood pressure, assisting to increase good cholesterol. Also known to energize your brain system, a little dose can be that pick-me-up you may need to help get you thinking clearly.

BEAUTY

Mixed with sugar, this beauty must-have is the perfect exfoliant to leave your skin naturally glowing. For those who shudder at man-made lip products, adding it to a small container is a sure way to keeping your lips moist. Besides using it to brush your teeth, a little oil in the palm of your hands will help to defrizz and condition your hair, taming those out-of-control flyaways.

When it comes to coconut oil, I've barely scratched the surface. Hopefully you, too, will find out for yourself what nature's great product can do for you ... I already did. Coconut Oil has been so good to me--especially in clearing my acne. Whether you've been fighting that horrible acne for a while, or you are done with over-the-counter eye-make-up remover--next to those comfy pair of pajama pants, this oil will be your best friend!

Noemi

SCHOOL SPIRIT

Fresh-faced and ready for what their new school year will bring, we searched high and low for collegiate-bound beauties ready to tackle this year with high grades and fashion that is sure to get them through this year with enough school spirit for all to see!

I've been told I have the Teacher/Old Navy look & style. My must-have pieces this year will be my Steve Madden leather sandals, my Target caramel brown leather book-bag and of course my Biola sweatshirt!



Marisela Photography

**Katelyn Tamez, Sophomore
Biola University
La Mirada, California**

My school style will be simple while still looking put together and ready for the day. I want to be able to get ready quickly but still be set to tackle the day while looking cute and feeling productive. My top three must-have pieces are fun jeans ... a variety of different T-shirts and my Vans.



**Alexis Williams, Freshmen
Grand Canyon University
Phoenix, Arizona**

My school style will be cute, elegant and comfortable! My must-have pieces will be Brandy Melville skirts, Lululemon shorts, yoga pants and Forever 21 jewelry!



**Hannah Lundstrom, Freshmen
Texas Christian University
Fort Worth, Texas**

"...Don't judge yourself so hard
... accept the fact we all have
stuff we have to work on, and
be nice to yourself."

— Clancy Orantes



(Continued from page 21)

shows me honestly how to be a better person and be more like Jesus. I have had a lot of terrible encounters with men--from an early age even, and I used to joke that I hated all men and it was true to an extent. I'd just not had healthy men in my life. I love my dad, by the way ... I'm not talking about my dad. I've been abused by a lot of men and had a hard time with those encounters, so A) I never really thought that I wouldn't get married, but B) I just really thought I'd never find a man that is so dedicated to loving me well and doing everything he can to continue to grow and treat me well. And the reason he does that is because he is dedicated to God--not even because he loves me ... he does love me. He treats me well because he really does believe that's what God has called him to do. I think it's a dream come true...I really did not think was possible. I did not think that men who were truly good existed in the world, and I let a lot of my pain cloud that dream ... keep trusting that timing's not necessarily in your control ... my husband and I technically met a couple of times--a few years before we started dating, actually ... I was in a terrible place in life ... we would not have such a healthy relationship if we had started to pursue that before I was at a healthier place ... I am so, so, so grateful that I didn't step into a serious relationship before I had done the healing that I needed to accept the love and believe I was worthy of love just because I exist. Maybe it's not that it's not gonna happen, but instead of having your perspective of, "Why haven't I found this person?" or "What am I doing wrong," or ... "Why is God not answering this prayer?" Try to shift it and just say, "Alright, I trust that the desires of my heart will be answered." It says in the Bible that He wants to give us the desires of our heart, but our heart has to be healthy enough to receive those. Trust His timing and shift your focus to, "What can I learn in this time that I wouldn't be able to if I was in a relationship? ... What areas of my life can I improve?" Friendships. Girlfriends. Being single is fun ... you've got time! But marriage is fun by the way!

FM: You have Isaiah 43:1-2 tattooed in Roman Numerals on your arm as that scripture has been a constant for you and is one you meditate on to get you through tough times. What have some of those tough times looked like and how has this scripture kept you strong?

CO: One of my favorite parts about this scripture is that it says, "when you" go through the waters and "when you" step through fire, you won't be burned. I love that because it doesn't say "if". It's gonna happen. Tough times come along because of the fact that we live in a world made up of humans. And so to not be discour-

aged when you're in a really tough time--when you feel like you're gonna drown. You feel like your feet are burning--every step you take ... we can count on it that life's gonna hurt sometimes ... I still go through hard times, and I've gone through some really tough times and I was in a really dark place ... I was struggling with suicidal thoughts ... I was struggling with depression ... bipolar and abuse, and that's tough! That does feel like you're drowning--it feels like you're burning ... but always trusting the fact that God is with me. He is there ... you still feel it, but He's protecting you from being burned ... from drowning, from being overwhelmed. He's holding back the darkest times, the darkest parts. And He's there ... even though a lot of times I felt like I couldn't see Him, or I didn't want to see Him or believe that He was there, but whether I believed in Him or not, He was still there. He was still protecting me from drowning. And I truly believe that for every single person on earth--He's protecting you ... but you just don't see it sometimes. The best thing I've ever done is realizing that God was there with me in the caves, in the pain, He followed me in there! He didn't let me go through it by myself! He was there. So that has carried me through all ups and downs in life. It happens, but you're not alone and you can survive.

FM: Speaking of strength, what are some workout routines you enjoy and what is it about that type of exercise you like?

CO: I really want to get into kickboxing! I've done kickboxing a few times. My husband used to compete in Brazilian Jiu-Jitsu, so I've just started loving the idea--I know it sounds terrible--but, of being able to punch something! (Laughs) It sounds terrible, but I love the idea of being a strong woman who can defend myself if I ever need to, and who has the knowledge. You just feel strong ... I like really upbeat, fast-paced workouts. I have a hard time with Yoga. I have a hard time slowing down and just sitting with my thoughts, which I need to work on, but for now I'm going to punch some punching bags!

FM: A couple of years back you were a guest on CBS during "love week," encouraging singles in the LA area to not give up on love, no matter what. What would you say for example, to me, a fifty-year-old single female, never married, and still waiting for God's very best?

CO: That's a toughie, because I'm not an expert on love. I wouldn't call myself an expert on love ... all I do know is trusting God's timing is the only thing I can do. There are so many things in my life that I've asked for, that I haven't gotten yet and it doesn't

Continued on page 38

Don't Hold Back

by Kelsey Lee Hollenbeck

It is an all-too-common mistake that the outward image, the superficial appearance, is the primary consideration for a person's value, or qualification—especially in regards to how we think of ourselves. At some point in time, we've all taken notice of a magazine or movie image and in some shape or form, compared ourselves to it, planting the seed that “maybe we just aren't enough”—and if only we could look like that image!

If this rings a bell, or stirs something in your heart, know you are not alone, and this battle is something that millions of others throughout the world truly struggle with; some on such levels that they have contemplated taking their own life. Be encouraged that you are enough, because He who created you makes no mistakes.

We are reminded in 1 Samuel 16:7, “But the LORD said to Samuel, “Do not look at his appearance or at his physical stature, because I have refused him. For the LORD does not see as man sees; for man looks at the outward appearance, but the LORD looks at the heart.” A particular shape, size, height, color, weight, charisma or overall “look” does not determine the value or capability of any individual; what does determine their value and capability is who God intends for them to be, what He intends for them to do, and the condition of their heart. If our life revolves around our outward appearance or judging the outward appearance of others, we so badly miss the boat and we will never feel fulfilled.

Each of us have a certain grace on our life, and are called to live victoriously in it for His purpose; we were not created to compare ourselves to one another and run in circles of insecurity, fear, envy or pride—so why is it that the world promotes such a trend? Because it is easy to buy into what the world refers to as ‘ideal,’ and the revenue brought in by both men and women chasing after that ‘ideal’ drives the financial bottom line of companies throughout the world. People from all walks of life are being destroyed by the lack of knowledge of what is real and what is not, in terms of physical aesthetics, and the drapery of deception our world's standards deploy through visual media and advertising.

We must realize that we are imperfect people, and chasing after the world's criteria/s of “perfection” is an endless, unfulfilling, and empty pursuit. If we desire genuine health (physically, emotionally and spiritually), the confidence that comes with it and to live as the very best version of ourselves, first things must be this: “But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”

—Matthew 6:33.

Living with genuine resolve to seek first the Kingdom

of God (Matthew 6:33) in all things is truly foundational in being free of the lies that ‘self-image’ issues can entrap us in. It is one thing to be aware of deception, but to be armored from its enchantment requires something greater than ourselves; His name is Jesus Christ. When we begin to understand who we are in Christ (2 Corinthians 5:17), we live more intentionally, and take greater consideration into being good stewards of ourselves and the choices we make in every area of our lives. Unhealthy, unproductive thinking and habits become a thing of the past and healthy, productive thoughts, behaviors, and refreshed confidence flow through our everyday lifestyle. Being the best you that you can be entails responsible stewardship over what God has given you, and being responsible stewards of our bodies makes living undistracted by what the world tells us we should be, less challenging.

The importance of having a healthy and able body goes far beyond feeling confident in our clothes or performing better physically. It allows us to live and operate more efficiently and effectively, in whatever it is we are designed to do. 1 Corinthians 6:12-20 reminds us that responsible stewardship of our body is vitally important to the Lord, and for the sake of ourselves. 1 Corinthians 6:12 suggests the liberties we have that are not inherently wrong, may also not be advantageous, either.

“All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any.” We should consider that even thoughts and actions which may not be considered sin, or wrong, can become sin, and become wrong if we allow them to have power over us. An example would be taking days of rest and enjoying foods we love that may not be beneficial to eat consistently, becoming a routine habit, resulting in laziness and gluttony. Another example is someone who intends to incorporate healthy eating and exercise into their daily routine becoming obsessive and driven solely by those activities and the tangible results they produce, rather than being driven by living in a way that honors the Lord. We are once again encouraged to consider the condition of our heart; the intentions of why we do what we do reflect greatly on our relationship with God and our willingness to die to ourselves and live for Him.

If we truly live as Matthew 6:33 instructs, we will be able to become the best version of ourselves we can be and the lie that we aren't enough, or must meet a worldly criterion to become more, will no longer hold us back. With love, Kelsey Lee

Kelsey Lee Hollenbeck is a personal trainer based out of Orange County and has a YouTube fitness channel, Kelsey Lee. IG: @kelseyleedotcom

"...we were not created to compare ourselves to one another and run in circles of insecurity, fear, envy or pride ...". - Kelsey Lee

Courtesy of Kelsey Lee Hollenbeck



Welcome Home

» I've been walking about life somewhat despondent and without any specific or clear direction. A lot of times I feel lonely--even when I'm surrounded by people. Though I do experience moments of happiness, I still feel discouraged and sometimes hopeless. I've tried just about everything to fill the emptiness I wake up to every morning. Though I do laugh or appear to be making it, a lot of times I feel empty, sad and often, alone. I'm tired of putting on a front.

» I may have casually referenced You from time-to-time, and sometimes get annoyed when people ask me about You. Now that I think about it, I've never been open to knowing You--I have never really believed in God. If You are real, I'm open now because I am ready for a life I've yet to experience. I've heard about a God who is real, kind, loving, forgiving and Who can pull me out of even the darkest of places. If You are real, then I take a step towards You & ask for Your help.

» If You are real, I accept You, Your love and the fact that You gave Your son, Jesus, to take the place of my sin, pain, sickness, and more. I accept that He took my place on The Cross so many years ago, so that I would come to this place and meet You here. If You are real, then You already know all I want to say. I need You and receive Your forgiveness & love. My heart and life are Yours. Make me new, right here, right now, in Jesus' name.

If you felt this was speaking to you & want to share or chat with someone from Fashioned, email us at info@fashionedmagazine.com or fill out the "Contact Us" on our website at www.fashionedmagazine.com.



Photograph by Ansley Ventura

In Our Last Issue



"You have to be willing to put your trust in the process, giving your best, not giving up, and accepting 'hiccups'. - Victoria Hernandez, Fashioned's Spring '19 Cover Girl and Season 2's "World of Dance" Champion with "The Lab"

Buh-Bye, Shame

by Bayley Saenz

Everyone has felt some kind of shame and guilt from something. For me, it was literally everything I did. The shame consumed my entire life ... I was constantly looking around to see if anyone was watching me, thinking they would look down on me and judge me.

My every move felt shameful. I got to a point in my life where I couldn't even look at myself in the mirror because if I did, if I dared to look up for a millisecond—every wrong thing, every dark thing I did, would stare straight back at me. I got to the point to where I couldn't do it anymore.

I was done. I felt alone, ashamed and afraid. I was afraid that if anyone saw who I really was, without my mask, they would be disappointed and disgusted. I hated who I was—I had no idea who I wanted to be or if I even had a purpose. I was sitting on the fence for so long trying to fake it until I made it.

It wasn't until the moment God reached His hand out and grabbed me out of the grave I had dug for myself ... It wasn't until I gave God the chance to reach me where I was ... It wasn't until I realized ... that God doesn't hold every single wrong thing we did over our heads—NOT EVEN THE WORST THINGS WE HAVE DONE!!

The biggest thing: But God. God showed Himself faithful to me every day ... (He) sat with me and healed me from so much hurt and pain. I used to be such a sad, broken, hopeless and lost kid. Literally, understand this... God doesn't see us as broken, or worthless. He sees us as His child.

Let me ask you this: when a baby is first learning how to walk, does the father yell at the baby when he or she falls? Does he criticize and belittle the baby? Does he just sit there waiting for the baby to pick itself back up? No! A father picks up his baby, he looks at them and smiles and continues to pick up and dust off his baby until the moment they can walk. And even when the baby who does know how to walk falls down and cries, the father comes rushing to pick up His child and comfort her the same exact way God does to us because we are His beloved child. If anyone is dealing with shame, I am so down to get dirty and walk it out with you. I'm here feel free to DM me. @bayleyskates

Bayley is a student at Fullerton College JC in Southern California, where she is studying Communications and Business. She has a cat named "Dog," and is an aspiring Pro Skater.



Actively *Waiting*

by Lizbeth Espinoza

Here I am sitting at the international airport. It is fascinating to see people arriving and departing from so many places. I feel very fortunate to be able to travel to so many different cities and countries with what I get to do. I get to meet many people from so many different backgrounds, ethnicities and cultures. Now, here I am at another airport, people-watching. Each time is different, yet so similar. I always wonder where they're headed or where they're coming from and why.

I am a romantic—the cheesy type. Perhaps the cheesiest, actually. I'm saying this because this will influence everything I tell you here in the next lines. You see, every time I am at an airport and I see couples, I wonder what their love story is. How they met. How much time passed before they expressed their intentions or told each other their feelings. I look at their hands for a wedding ring. I wonder how long they've been married and if they would have done things differently when they were single in order to be the greatest gift to their spouse. Or, if that even crossed their mind.

I am an extrovert, which means I love meeting new people and their stories, BUT when I travel, that quickly changes. When I'm sitting or walking at the airport, I love to buy coffee (lately a Matcha-Green-Tea-Frappe, thanks to my dear friend Alyssa). But really, when I am in airports or traveling, I usually don't talk to people much. It's like something switches in me and all of a sudden I love to observe people. I like to listen to people's conversations (not in a weird way) and right there sitting down is where I get inspired to write.

Today I am writing to you—the beautiful girl who wonders, “When will my single season end?” and “When will the aches in my heart go away?”. I don't have those answers for you; however, I feel inspired to encourage you and share with you, the things that have helped me celebrate my single days and make my days brighter. You know WHY? Because no matter where I have been in the world, I find women with aching hearts because they are single. Women who are beautiful, but don't see it because they don't think they are good enough or beautiful enough, and that, must be the reason why they are still single and haven't been chosen. Maybe if their pants size was smaller, or bigger, they would be pursued by their long-awaited Prince Charming. Or maybe if they were blonde

and not brunette or the other way around, maybe if they knew how to sing or play an instrument, perhaps then they would be pursued and romanced. Maybe then they would go from the “single” status to “in a relationship” or even better “married.”

I know those lies and struggles very well and I would lie to you if I were to say that I don't have those days too. Because the truth is, I do and they are not my favorite. I call those days a “Cry-Me-A-River” kind of day.

The good news is those days are honestly rare, but the desire to be pursued and romanced doesn't go away. The desire to be married and start my own family does not go away; however, I have learned to keep my mind focused on other things. Things that bring sunshine to my life now and will benefit my romantic life in the future ... while keeping hope in my heart that one day the amazing man I have been waiting for will walk into my life and our love story will start to unfold. And that's what I would love to share with you.

I want to share seven things that have helped me to grow as a person and become the best version of myself in mind, soul and body. I don't want to live with regrets and I want to make the most of life in every season I get to live. I want to live this life that I only get once, to its fullness, I want to make the most of these single days because I know when they are gone- they won't come back. But I also hope they don't because I desire a life-long marriage. I hope the treasures I'm about to share with you keep your mind busy in uplifting-thoughts and motivate you to see SINGLE days a little more brighter. Here some key ways I do just that!

1. Finding yourself:

This is so important. So many times we don't even know if we really like a specific genre, it was influenced by a crush we had on a guy. What about your favorite color or favorite food? I mean do you really like strawberry cheesecake? Or did you make yourself like it because the guy you liked mentioned how that was his favorite? There is nothing wrong with you beginning to like new things, but what is concerning is that we stop noticing what we like, what we want, and what our true dreams are.

Continued on page 46

"If I want to be faithful in my marriage and have good boundaries with men once I'm married, I first need to learn how to have healthy boundaries with males in my singleness."
- Lizbeth Espinoza





Photo by Lee Campbell

let the music play

by Michelle Scott

Autumn is one of the best seasons in the entire year, in my opinion! As a Washington native, each season that comes around doesn't skimp around. When it's summer, it's hot; when it's spring, it rains constantly; when it's winter, we prepare ourselves to never step outside for at least two weeks; when it's autumn, that's when Washington really shows its true colors!

The reason why I fancy autumn so much, is not just because of all the festivities going on around this time of year, but the sweet tunes that make those activities more enjoyable! Whether it be sitting by the window of your favorite coffee shop enjoying the bustle of people around you, baking those muffins you found on Pinterest for your ladies group, or simply strolling through downtown making sure to step on every crunchy leaf you pass by.

I STRONGLY believe that the tunes you decide to accompany you on your journey could make or break your day! So cozy up with your favorite warm drink, pop your headphones in, and get ready to add these killer tunes to your autumn playlist!

Autumn Playlist

- 1) *Running for Cover* | Ivan & Alyosha
- 2) *Rosie* | Passenger (shout out to all the Rosie's out there!)
- 3) *Multiplied* | NEEDTOBREATHE (upbeat tune to give a little hope in the midst of some dreary weather—quality driving song!)
- 4) *It Had to Be You* | Harry Connick Jr. (for those that love dancing while in the kitchen!)
- 5) *Everyone Changes* | Titus Haug (staring out the window pretending you're in a raining music video!)
- 6) *Honey + Tea* | Mōzi
- 7) *Be Where You Are* | Birdtalker (an encouraging little tune as you begin school again & fall into routine)
- 8) *More Than We Know* | Alicia Keys (a GRL PWR BOP!!)
- 9) *Grows Old* | Thirdstory (cute, lovey song for falling in love!)
- 10) *The Girl* | City & Colour (a classic)
- 11) *You Say* | Lauren Daigle

If I'm gonna recommend you a seasonal, I should at least give you the reasons why these songs help kick-off my Autumn season, so here it goes!

Running for Cover: A song to listen to in the evening with the windows down while the sun sets. It tells a story that we can all relate to: the ups and downs and questions of life. This song is about the journey of taking responsibility (something that we all have to figure out eventually). :)

Rosie: Sweet and simple. If you listen to this song and suddenly wish that it would start raining—RELATE.

Multiplied: "Your love is like radiant diamonds, Bursting inside us we cannot contain." Catchy tune with a ray of sunshine. And who doesn't need some-o-dat?!

It Had to Be You: This When Harry Met Sally Soundtrack tune is a must any time of the day! Any spoon or whisk will make the perfect mic!

Everyone Changes: A chill and relaxing tune, one you can listen to as you reflect on your day. "So many things are changing around you... and you are changing too." - Morgan Harper Nichols

Honey + Tea: This song is all about those first impressions and day dreams that occur when you meet somebody special. Because we all just want someone cute to drink tea with us in the library!! It's the simple things :)

Be Where You Are: A perfect reminder. Fall is such a short season—let's embrace it and just be. "As she waits for the future she leans into the present, for there are truly wonderful things to be gathered here." - Morgan Harper Nichols

More Than We Know: Let's be EMPOWERED. We CAN do WAY more than we think or know, sisters!

Grows Old: "Hold my heart 'till it grows old." The build up, the harmonies, the lyrics- AH. It is truly impossible to dislike. Put it on REPEAT.

The Girl: "While I'm off chasing my own dreams, sailing around the world, please, know that I'm yours to keep, my beautiful girl." A love song to his girl. This is pretty much as adorable as it gets people!

You Say: Well, because everyone needs to be reminded about who they really are. ☐

I Paid Off \$18K in 15 Months

by Kalan Jackson

I still remember the day I got my first credit card. I was 18 and in my first year of college. When I was signing up for a college savings account on campus, I remember the teller saying that I needed to start building my credit right away in order to buy school books. She even predicted that this shiny piece of plastic would someday help me buy my dream home. What she failed to foresee was the slow, but sure strangulation that began as soon as I signed my name on the dotted line.

Of course, my journey into debt started small. The first bank only gave me a seemingly harmless amount of \$300. There's not a lot of trouble an 18-year-old can get into with that kind of limit, but it certainly can open an avenue to a much larger; more daunting amount of credit. Within two years of owning a credit card, I was approved for a \$5,000 line of credit at my favorite department store. That year is when the bad habits of spending and swiping began.

Looking back, I find it odd that my university didn't offer a class about credit card usage before handing me my own. I also think it's a shame that when you graduate to a new level of credit, they don't require you to take a quiz on your financial knowledge. You walk in completely ignorant of things like: hidden interest rates, paying the principal, or even terminology like "negative amortization," and therefore, you are vulnerable to falling into the trap, just like I did.

Last year in April, my track record of swiping and borrowing had me by the neck. Within eight years of opening a line of credit, I found myself with zero dollars in my savings account, a hefty car loan, and a credit card balance of approximately \$8,000. The debt was choking me. I was always in a panic when money crossed my mind because I felt like I had no way out.

It wasn't until a friend of mine started posting her debt-free journey, that I saw a glimmer of hope.

Every week, I would see her giving updates on her progress. She and her husband shared they were using the principles from Dave Ramsey's program called Financial Peace University (F.P.U.). I heard about Dave Ramsey in my early 20's and even took F.P.U. At the time, I didn't think it applied to me. I guess I felt like budgeting and saving was something I could put off until my 30's. At the rate I was going, I knew I was going to end up with negative \$40,000 in my bank account, so, I decided to call my friend for help.

After our meeting in April of 2018, I adopted Dave Ramsey's principles and his baby steps to walk in financial freedom. My journey was by no means easy. I had many ups and downs, especially when I first

started. Despite the bumpy road, I was able to pay off \$18,368.71 of debt! As I am writing this, it still feels so surreal. Many people have congratulated me on this accomplishment and have asked how I did it. I am so elated that I'm actually out of debt and I want others to experience this freedom along with me. So here are some tips and pointers on how you, too, can become debt free.

First things first: Get uncomfortable with having debt. We have been programmed by society and our culture to see debt as something that is common. This way of thinking is WRONG. You don't need to borrow to get ahead in life. Accumulating debt is not necessary to own a car, a house, or a degree. If more people saw debt and interest as a waste of money, more people would part ways with their credit cards and save money for things that are actually worth buying. I wish I could get back the thousands of dollars I gave to creditors in interest.

Two things are second: Be vulnerable and accountable to someone. These go hand in hand because in order to be accountable to someone, you first must be willing to let them see your mess. It took a lot of humility to go to my friend and show her the debacle I had made out of my financial affairs.

Second to last thing: Get on a budget/financial plan and stick to it! This is non-negotiable. You will not succeed if you do not have a plan. A budget is your monthly road map to navigate out of the jungle called "Debt." You will go in circles if you fail to write out a budget and stick to a plan. Dave Ramsey's Financial Peace Program was what I adhered to, but the point is to stick to one strategy and write it out. If you need help, find a program to assist with a financial plan that will work for you. Whether it's doubling your smallest payment to pay off your lowest debt, or putting aside "x" amount of dollars on this plan, there is one that will work for you right where you are at. Remember ... it might not feel like you're getting anywhere at first, but those baby steps begin to accumulate, and before you know it, you are out of the bush and into a world of freedom you never knew existed!

Last, but not least: Focus on the end goal. Like I said before, this journey isn't easy. There were a few moments when I seriously doubted myself. I kept my mind on the desired outcome by praying almost every day and reminding myself that it is God's will for me to be free in every area of life, which includes my finances. When I prayed and focused on what I believed, God gave me the strength to keep going and trusted that He would bless my efforts. I know it is His will for you to break free from the grip of debt as well. Don't stay in its clutches a day longer.

Continued on page 41



Hannah Olinger



Diego Rosa



mean I won't, but I can't be frustrated that I haven't gotten it yet, 'cuz it's gonna hinder me from even being open to it in the future. As tough as this sounds ... I can't even imagine how tough it would be going through life for a significant amount of time without a partner, but ... trust the timing ... I know that God is bigger than me, He is wiser than me ... He knows what's going to be best for me. He knows the exact point in time ... be open ... stay open ... I think that God does bless our plans. And that means having a plan. Seeking it out, being open—but being open in a way that you're okay if it doesn't happen right now. Keep trying, keep in the game ... don't give up. It just might not be the right time. Or, God might be doing stuff in your partner's life right now where you may be ready, but that doesn't mean that they are. My husband might have been ready a couple of years before we actually started dating; my husband was in a healthy place, but I wasn't. I wasn't ready. And if he would have said, "I'm healthy, why don't I have a partner yet?" And just settled for anybody that was around that seemed good, then he would have missed out on who I think is the love of his life! (Laughing) I think I'm a blessing to him!

Be patient, because honestly, it might not be about you! Don't sit there and think, "What's wrong with me?" Maybe God's doing stuff in their life and you just gotta wait it out! Keep doing fun stuff! Do something fun and spontaneous, and lean into girlfriends ... that is one thing I wish I leaned into more when I was single. I would say it is easier to make valuable friendships and to nurture valuable relationships before you're in a relationship or before you're married, because now all I want to do is hang out with my husband ... my best friend ... that, I wish I would have worked on a little bit more when I was single!

FM: A couple of years back you made the statement, "Fighting to always look forward instead of back." Why is this important for people to do? For a woman, why is this important?

CO: I think current-Clancy would adjust that a little bit. I think always have your eyes open to the future, and your eyes open to the past, but keep your eyes on the present ... I have had a tendency in my life to have a dream, have a goal and focus on it so much, that I'm not present and not grateful for what is in my life right now. My husband was one of the first people to tell me, "You always seem to be looking to the next thing." And even when I accomplish that goal, I don't sit in it and savor it and get excited about it, because I'm on to the next one. I think we should always keep our eyes open to see the past because we've gone through experiences

that I want to learn from, and if I'm in the present and see an experience in the past that has hurt me, then I want to avoid that by learning from the past. But only focusing on the past ... you're not able to enjoy the present or the future, because you're focusing on your mistakes a lot of times. And then if you're focusing too much on the future, you're not present. You're not enjoying what God has for you in the life that you're living.

Life is fun! Yeah, it hurts and sucks sometimes, but life is fun and I missed out on a lot of fun because I was too focused on the future and too focused on the past. Yes, to past-Clancy, but I have a little more wisdom since making that statement, so I'm grateful for the adjustment.

FM: You recently shared something that you were too afraid to tell for more than eight years. One, how healing was that for you? And two, how would you encourage someone who's had something done to them that they haven't shared--why is important to speak out, even it's scary?

CO: Anything you keep in festers. Just like if you keep a piece of fruit in the dark, under a bowl for I don't know how long, it gets moldy and gross. If you have an infection, if you have a cut, and you just keep it to yourself and don't bring it to the light to get air, to get healing, it gets really nasty. So bringing things to light that have happened to you or that you've done—but in my case it was something that had happened to me. I was able to start healing. I kept it down for a really long time and it started coming out in my life in areas that didn't even necessarily relate. You have to dig up things in order to heal them and bring them to light ... I would say the first step—I always say the first step—is to bring it ... to a professional. Yes, have people around you who can walk with you, but speak with a professional. Go to a therapist or a counselor to bring that up because they can recommend how to heal. Healing is hard and confusing and I can't tell you how to heal -- it's different for everyone. Speak out first to a professional or to someone who's going to steer you to that professional ... also set up people around you that you have told in order for them to support you during the walk. A lot of times, the first time you say something that has happened to you, it all goes downhill first--honestly. Be prepared for that. When I first dug up everything that happened, I was pretty miserable for a little while, because you have to dig it up. And it's painful. Have people around you who know what you're going through, who can support you ...

Continued on page 41





Photograph by Chela Williams

Continued from page 38

always go to a professional to help you step through that ... I didn't come public with what happened for a long time because I wasn't ready, and I would have been going public in order to see vengeance or blurt everything out and tell everyone what has happened. I waited until I was at a place where I was relatively healthy--I still have a way to go. Wait until you're at a place where you can speak out to help others--not speaking out to fill some sort of need in your life for justice or vengeance, reassurance or whatever. Wait until the authenticity of what you want to say is because you want to help people.

FM: With the holiday season quickly approaching, it is known that your family celebrates Thanksgiving and Christmas with some pretty fun traditions. What are some your favorite ones as a child? What are the ones you most look forward to with your family, and also with you and JJ?

CO: One of my favorite traditions is that we never make the same dish twice at Thanksgiving. We have the same turkey and the same ham, but everything else--desserts, sides, other entrées, are always different. My grandmother, my mom and I sit down with a bunch of cooking magazines and that my grandmother collects throughout the year, and like two days before Thanksgiving, we pick a bunch of recipes that we've never tried before, and I will say we have had some amazing, delicious thanksgivings and we have had some where every dish was really gross. And did not turn out and that's just as fun! I am excited to bring JJ into that. We celebrated Thanksgiving together last year and it was so much fun. And I'm looking forward to creating some traditions with JJ, my husband. It's our first year of marriage, and I am excited to make it ours and set up some traditions for us to enjoy and to set up for our kids one day--if we decide to have kids. I am excited... I don't know how that's going to go, but assuming we're just going to stumble across some fun things and say, "Hey, I wanna do that again!"

FM: RAPID FIRE ... HERE WE GO! Guitar or Bass?
CO: Bass.

FM: Electric or upright?
CO: Electric.

FM: Mountains or Beach?
CO: Beach ... I would say beach, but my husband likes the mountains, so we'll split our time.

FM: Favorite smell?
CO: I love Citrus. I love light and refreshing ... actually Gardenia. Citrus, maybe Gardenias.

FM: Salt or sweet?

CO: Sweet. Sweet. Definitely sweet. I have a huge sweet tooth.

FM: Heels or converse?

CO: I love heels, but I wear Converse more.

FM: Minnie or Mickey?

CO: Mickey over Minnie.

FM: Favorite holiday?

CO: Probably Thanksgiving, but I love Christmas, too!

FM: Baking or cooking?

CO: Definitely Baking over cooking.

FM: You've been a Starbucks cardholder since 2009 (ten years)--favorite drink from Starbucks?

CO: I have actually cut out caffeine for the last couple of years. I was having a lot of anxiety and just figured caffeine wasn't helping that, so (right now) I like Decaf mochas because I love chocolate!

FM: Song that always picks you up!

CO: I cannot pick one! If I think of one... I'll text you ... I can't think of one.

FM: Favorite movie?

CO: Pixar's *Wally*--my ultimate favorite movie. I've probably watched it like 30 times.

FM: Favorite TV show to watch?

CO: *Parks and Rec*. I love it. So funny. I love Leslie Knope--she's my alter ego.

FM: Something you're thankful/grateful for?

CO: I'm so grateful for my husband ... He's so much fun and the best, and I love waking up next to him every day and going through the ups and downs. I'm also really grateful for my church. I found amazing relationships that I have helped me through life, and it's absolutely changed my life ... I really do credit it to saving my life, which sounds dramatic, but it's true!



(Finances, Continued from page 36)

Financial freedom is awaiting anyone who is willing to take the first steps!

A graduate from Cal State Fullerton with a Bachelor's in English and a minor in Child Development, Kalan is a Special Education teacher at Loara High School. Outside the classroom, she enjoys being in nature and has a goal to visit every U.S. national park in her lifetime. To date, she's been to four and has 57 more to go!

Take Me Out

Sporting Event-Ready Looks



by Carol Pedroza-Gonzalez

To The Ballgame

at a Price You Can Afford.





HOME PLANE
GATE

LEATHER LOGO NAT

THE
Y
F

Photograph by Chela Williams

Lookbook Pages 42-43, L to R: Plaid Flannel Blouse, H&M, \$10.00; "LA ... All Day" Forever 21 Jersey, now on Poshmark \$8 and up. Customized jersey, prices vary. MLB Customization available at mlbshop.com.

Opposite page: White blouse, Express; Jeans, American Eagle.

Photograph by Chela Williams



Because we get so caught up trying to be this “person” that we think “he might like” and in the process we get lost in not knowing who we really are. I have been there. I remember compromising my adventurous and spontaneous side because the guy that I was dating didn’t like rollercoasters or outdoor activities. I loved four-wheeling, canoeing and I dreamt about sky-diving, but he didn’t. So I would compromise and not do those activities—instead we only watched movies. Don’t get me wrong, I love watching movies, but I also love the outdoors and outdoorsy activities.

Also, I love to celebrate that I am a woman. I love fashion, red-lipstick and dressing up for fun. At one point, I was in a relationship where the guy felt uncomfortable with me dressing up, because he didn’t feel we ‘matched’ as a couple. I was okay with his style and I was not expecting him to change for me. It never crossed my mind, but it bothered him, so I started to dress-down every time I would hang out with him. You see, these are not deal-breakers for me, but what should be a deal-breaker is for me to stop being who I truly am so I can feel accepted and loved.

Obviously, those relationships didn’t work out. After those relationships, I decided to stay single for a while to really find myself. To know who I really am. To know more about my real passions, likes, dislikes, without the influence of a guy who I wanted to accept me. This has helped me so much. I know my worth and I choose to not compromise my values, likes, or dreams. My hope is that you would choose to not compromise who you are either. I’ll tell you more in the next lines.

2. Stay Active in Purity

They say that purity is overrated. The truth is that purity is one of the main elements that can keep a marriage from ending in divorce. My parents were divorced (I say were because my dad passed away when I was 19). My family in general does not come from solid marriages, which is so sad, but the beautiful thing is that I know it is possible for my future marriage to be solid. I have found that learning to be pure as a single woman will equip me and train me to be consistent in my choice to be pure and will benefit my future husband and children.

Call me crazy, but I am proud to say that I am a 32-year-old virgin (I cannot believe I just said

that in public with you). I know this is so not normal or celebrated in today’s times, but you know what? I am so excited for the day I get to be before my husband and express to him that I have chosen to save myself for him because I knew it would be worth it ... and because I chose to be the change—the change of no more broken marriages. It is so important to know what you really want and it is just as important to want to be the change and stay committed. At the end, it will benefit not only your present, but also your future.

Purity goes beyond not having sex before marriage: purity is a state of mind. I have learned to really watch what I let in my mind: what thoughts I think and what I allow my eyes to see. I want to be a woman who is trustworthy, who is relatable, who constantly thinks the best in life. Yes, there is so much heartache in the world, but I don’t want that to influence the way I choose to do life. I dream about being married to my husband—growing old together and celebrating the choices I made as a single woman, in a world which does not celebrate purity.

I encourage you to start thinking about what you want your love story to be like. What do you want your marriage be like? Start to examine how your thinking is affecting that vision. I encourage you to start brainstorming about how you can keep a pure heart, a free heart, full of grace and forgiveness. And hey, if you are a virgin too, I am celebrating with you!

3. Activate Faithfulness

FAITHFULNESS. It is a beautiful quality in a person. This is similar to purity. I have a vision and part of that vision is to be a woman who is faithful. I want to be faithful in my job. I want to be faithful to my family. I want to be faithful to my friends. And I want to be faithful to my future husband. I believe in a saying that says something like “You will enter a season, the way you ended the last one.”

Have you heard of that before? If not that’s okay, I will explain. If I want to be faithful in my marriage and have good boundaries with other men once I am married, I first need to learn how to have healthy boundaries with males in my singleness. Otherwise, the habits that I have, I will transition with them the day I get married. Because they won’t just disappear like magic. That is something that many times

Continued on next page

we are not aware of.

That being said, if I am a person who is very comfortable flirting around with guys only because I like the attention I get, (not necessarily because I am interested) we are developing a behavior that can lead us to being unfaithful. If I am person who dates around because I cannot be alone, that can eventually lead to being unfaithful when married.

Okay, I am not married, but I observe a lot and I ask married people a lot of questions. I think there is so much wisdom to not only learn from our own mistakes, but also from others' mistakes. There is more wisdom when we apply it into our lives. That was just an extra nugget.

What makes me think that flirting and dating around can lead me to being unfaithful? Well for example, in what I do, (I travel quite often), I meet many people, all kinds of nationalities and personalities. I also get to work in the Fashion Industry and, yes, there are a lot of attractive men, but there are attractive men everywhere I go.

If I don't learn now, how to carry myself with faithfulness, and if I choose to flirt around to make myself feel good, to feel beautiful, I am risking to take that into my marriage. Let's say I continue this behavior after I am married and my husband is not able to come with me every time I travel. Let's say I am having a bad day and perhaps I don't feel beautiful or I feel like I need comfort at that particular time. Then if an attractive man comes around and tells me that I am beautiful and tries to comfort me, I can easily begin to emotionally cheat on my husband. CRAZY RIGHT? You might think I'm exaggerating, but the truth is, this is how we can slowly begin to bring our singleness patterns into our marriage and make us fall into unfaithfulness. I choose faithfulness today.

The more I discover who I am, love myself, accept myself and focus on my personal growth, the less tempted I am to seek attention from men that I know I don't want to date. So for me, the flirting automatically dies. Of course, I think a little bit of flirting with the man you are actually interested in can be helpful for him. But aside from that, it's not worth it in the long run. I am choosing to live with a higher standard of faithfulness in my singleness because I have the vision of the marriage I want in plain sight.

I don't want to repeat generational patterns that have lead people to divorce. So beautiful one, stay focused. Choose who you want to be.

4. Healthy Relationships

This beautiful season is for us to learn to treasure our current relationships. Build a healthy community of friends with values and morals who are motivating, uplifting and who will call you to a higher standard of living. Choose people who love you and believe in you and desire the very best for you. Pursue friends who will cheer you on, who will help you stay focused and who will be truth tellers for you, in the most loving way—those who will love you and accept you as you are today.

You want to keep these relationships when you are dating, because sometimes we have blind spots. And if we are sure they are for us, we can trust them when they are indicating or detecting red flags. Believe me you want those friends and please be open to what they have to say.

Also, we should always keep solid relationships throughout our life, in singleness and when we are not. It is not healthy to isolate ourselves as a single, or when in a relationship—that's where we can begin to lose ourselves and we can start becoming co-dependent. This can bring so much damage to our own life and our relationships. I encourage you to seek those friends who still believe in romance, who believe in a pure love! You want those around for the rest of your life.

5. Serve - Activate Selflessness

This is the perfect timing to activate in us a heart of service. Marriage is a lot about serving the other person. It is not about the other person making you happy and completing you. I believe that if you love that person, automatically that person will add happiness to your life because you will be doing life (hopefully) with your favorite person in the whole world. But that does not mean they are meant to live to make you happy. That's a lot of pressure. Imagine if that person is having a hard time and does not have the energy to hangout or do much - would you feel like he/she stopped loving you? Or would you choose to understand and be there for him/her and give them the space and time that they need? It's good to give the other person the opportunity, or better yet, the freedom to have a bad day—to have a hard or sad day without feeling that you are going to think that he/she stopped loving you.

We can start by learning to serve selflessly to others around us. *Continued on next page*

Continued from previous page

This can be done at work or with family and friends. We can start by listening to what they prefer before we go with what we prefer. Serving and loving people around us with no self-interest. I do have to say that all this is easier said than done. But once we start activating this in us, it becomes part of our daily life. It is so beautiful to be a giver and expect nothing in return. There is so much joy in that. Believe me—you start living a brighter life.

Today I leave you with a challenge; do three acts of service for people you love. That can range from writing a sweet note, cleaning someone's home or making dessert for someone. AND the last part of the challenge is to not post it on any social media! Don't go show the world the act of kindness, instead keep it in your heart. There is so much beauty in that and if you keep doing it, slowly it will become part of who you are.

6. Pursuing today's dreams

This is definitely one of my favorites. Let's say we all have the dream of our Prince Charming coming on his white horse to come romance us with a bouquet of our favorite flowers. I mean why not go all-out, right?! Meanwhile, what?! Are we going to be princesses just sitting around in a beautiful garden letting days or even years pass us by? Hmm... NO! I don't think so; there is so much more to life!

I am a dreamer by nature. I have a vision that overflows, and honestly, the more I appreciate the single days, the more visions and dreams arise within me. I want to encourage you to make a list of the dreams you carry in your heart.

Okay. Yeah. We know that ONE is to be in a relationship, but what about the other dreams? They can be personal little dreams too! Maybe you want to be on that dance team. Well what can you do to help equip you and get ready for tryouts? Maybe you want to get into that Fashion School with high prestige. Well, what can you do today to develop your creativity and help you make a great impression during the interview process? Do you want to be a motivational speaker? If so, what classes or courses can you take that would teach you the skill of public speaking? Maybe you desire to travel the world and there are specific countries that you would really love to visit. You can start by downloading the Douling app or sign up to take a second language class. Maybe your desire is to be a fitness trainer, but you don't

know how to start. How about heading over to your closest gym and asking a personal trainer for an interview on health and fitness?

Every dream, big or small—in order to make it a reality, first needs to start with a plan of action. Sometimes the plan of action starts with a small step towards it. This can feel insignificant, but let me tell you those small, insignificant steps are the ones that get you moving and will open doors for the big things.

I am living dreams that years ago seemed impossible and I am constantly blown away. It has been the small steps that have led me to where I am today. Confession: one of my dreams was to write for a magazine. That dream kept growing and it became very specific as I dreamt about writing to singles, to encourage them to believe in romance, in a pure love, and in true love. I have been writing blogs for a while now, especially the past year; those blogs have been on singleness. And guess what?! That prepared me for today, this exact article that I am writing for you!

GIRL, dreams come true. Anything is POSSIBLE. I am sure you have a list of dreams. Bring them to the surface and start living them. Let's not waste these precious single days. They will not come back and it would be so sad to get married and then look back and see that we didn't live out those dreams. The dreams that were in our hearts and weren't completed, only because we were waiting on the one dream to start living! You got this. Get all cute and begin to write those dreams. Share them with inspirational friends and brainstorm for plans of action. I believe in you and in your dreams. You've got what it takes!

7. Celebrate LIFE

Oh my word, I cannot say this enough. Celebrate today. Celebrate the color of your hair. Celebrate your beautiful face. Celebrate the beautiful body that you were given. Celebrate that you are able to breath. Celebrate that you have a wardrobe. Celebrate that you have life. Celebrate who you are. Celebrate those precious friends you have. Celebrate the little and big accomplishments. AND Celebrate your siblings. When we start celebrating who we are, what we have and the simple things in life, our hearts become overwhelmed with joy and genuine celebration for others. We start celebrating those around us, even when we are in different seasons of life. That's something I am so intentional in doing. I love celebrating

people. I love encouraging other women. I am intentional about calling out the beauty around me and calling out the beauty in others.

Because we live in a world full of comparison that doesn't generally celebrate others due to envy and jealousy, because many are not celebrating their lives nor their accomplishments, whether little or big, I have decided to live differently and not compare. Instead, I am intentional to celebrate others in public and in secret too! I cheer other women on to be their best and I try my hardest to serve them as best I can. I believe that *celebrating* others cancels out comparison, jealousy, and the envy in the world around me. I live a fuller life and you know what's so amazing!?! After a while of living like this, I can say that the women I inspired now celebrate me and inspire me. CELEBRATE a beautiful lady today!!

My hope is that this would encourage you to live a full life. I strongly believe that we attract who we are. I desire a faithful, trustworthy, visionary, and active husband whose intentions are pure at heart. Well guess what? I know I have to be that kind of person as well! I have hopes and lots of faith that my Prince Charming will come into my life. It will be so beautiful and mind blowing. I truly believe it! AND who knows? Maybe next time you'll be reading about my love story in this amazing magazine! Be encouraged and know that you are worth this full and bright life. Let's keep actively waiting together. Let's live out the dreams that are in our hearts together, while we wait for that beautiful love story to unfold. You are beautiful and you were chosen to live this life with a purpose. You are enough. Don't allow the lies of this broken world come and take from you all the good things you have today. And remember, today can be your new beginning.

Now if you're wondering what I'm all about: I am a full-time missionary and a public speaker. I work in the fashion industry multiple times a year. I have traveled to many nations, and have had the privilege of meeting beautiful people all over the world. I am so thankful for this life I get to live. And if you are asking how I get to live a life like this, the answer is GOD. He is my reason. Many things can be impossible for us, but nothing is impossible for God. My life is living proof of how REAL HE IS. I hope you feel encouraged and loved today.

On my next flight I will be thinking of you and praying for you.

Much love, Lizbeth



Lizbeth Espinoza is the Director of *Beauty Arise*, a ministry affiliated with Youth With a Mission. Creative at heart, she has also produced fashion shows in Mexico, Cuba, France and U.S. You can read more about Lizbeth's journey and adventures on her blog, "Unfading Beauty," at lizbethe09.wordpress.com



JUST A LITTLE BOOST OF CONFIDENCE

What is confidence? Confidence. A trust or certainty about something. Confidence is also something we need to have or walk in and it begins with self-worth. It's important to remember that you have everything you need within yourself. Too often we like to compare ourselves to others, which can hurt our self-confidence. God has created you, to be uniquely YOU. Looking to Him helps define who WE are. "Those that look to Him are radiant, and their faces shall never be ashamed." (Psalm 34:5) There is no one else on this entire planet that has what you have, with your exact gifts and talents. How awesome is that?! The Lord knew what He was doing when He created you! Therefore, walk in CONFIDENCE, knowing that you have something that this world needs. Walk knowing that God has **fashioned** you to be entirely YOU. You are beautiful. You are talented. YOU are exactly who He intended you to be. You glow, girl!

With love, July Prada
Director of **Teen Fashioned**, Coming in 2020
teenfashionedmagazine.com

Teen Fashioned

Coming in
2020



teenfashionedmagazine.com



Subscribe to Fashioned

Follow us on Social Media

 @fashionedmag

and *Share!*



SHOP
FIERCE



Photograph by Anna Kietzman

Shop Fa
fashionedm

ROPER
INSULATED

SHOP
STYLE

shioned
agazine.com

Photograph by Victoria Orozco

YOU
ARE
UNIQUE.



YOU
ARE
AMAZING.





**YOU
ARE
FASHIONED**

Psalm 119:73