



*Happy*  
*Mother's*  
*Day*

"Motherhood is the exquisite  
inconvenience of being another  
person's everything."

—Unknown

Designed by Sam Maiyaki

# COVER FEATURE

Modeling by Megan Blair

Photo by Modstudios Photography

Set Assistance Stephanie Drayton

Necklace by Autumn Hollow Studio

Earrings by Half Lucid Jewelry



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Scientists have discovered more than 5,000 new species living on the seabed in an untouched area of the Pacific Ocean that has been identified as a future hotspot for deep-sea mining, according to a review of the environmental surveys done in the area.



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Despite its many forms and the countless texts in which it has appeared, pasta seems to be universally associated with Italy. According to history, however, pasta's earliest roots begin in China, during the Shang Dynasty (1700-1100 BC), where some form of pasta was made with either wheat or rice flour.



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## (A) WILDLIFE

### New Species

Scientists have discovered more than 5,000 new species living on the seabed in an untouched area of the Pacific Ocean that has been identified as a future hotspot for deep-sea mining, according to a review of the environmental surveys done in the area. It is the first time the previously unknown biodiversity of the Clarion-Clipperton Zone (CCZ), a mineral-rich area of the ocean floor that spans 1.7m sq miles between Hawaii and Mexico in the Pacific, has been comprehensively documented. The research will be critical to assessing the risk of extinction of the species, given contracts for deep-sea mining in the near-pristine area appear imminent. Most of the animals identified by researchers exploring the zone are new to science, and almost all are unique to the region: only six, including a carnivorous sponge and a sea cucumber, have been seen elsewhere.

Contracts for mining exploration in the CCZ have been granted to 17 deep-sea mining contractors in an area covering 745,000 sq miles. The companies, backed by countries including the UK, US and China, want to exploit minerals including cobalt, manganese and nickel, in part to sell to the alternative energy sector. In July the International Seabed Authority, a quasi-UN body based in Jamaica that regulates deep-sea mining, will begin accepting exploitation applications from these companies. To better understand the impact of mining this fragile ecosystem and its newly discovered inhabitants, an international team of scientists has built the first “CCZ checklist” by compiling all the records from expeditions to the region. Published in the journal *Current Biology*, it includes 5,578 different species, of which an estimated 88% to 92% had never before been seen. To study and collect specimens from the ocean floor, biologists have joined research cruises in the Pacific that send remote-controlled vehicles to traverse the seabed 4,000 to 6,000 meters below. Dr Adrian Glover, a deep-sea biologist at the NHM and



senior author of the study, who has taken part in several expeditions to the CCZ, most recently on the UK's Smartex expedition, described it as an “incredible privilege”. The expedition, funded through the Natural Environment Research Council and others, is backed by UK Seabed Resources (UKSR), a deep-sea mining company that operates the UK's exploration area. The NHM has previously worked with UKSR and Deep Green, now the Metals Company, another mining firm, as a contractor in the area to provide baseline biodiversity data. It insists all data gathered is open-access in peer-reviewed literature. The scientists watch operations by video link direct from the boat, as new species are gathered by remote operating vehicles in the darkness below. The seabed, Glover said, is an “amazing place” where, despite the extreme cold and dark, life thrives. “One of the characteristics of the abyssal plane is the lack of food, but life has a way of persisting down there,” he said. “It's a mystery.” One of the deep-sea animals discovered was nicknamed the “gummy squirrel”, because of its huge tail and jelly-like appearance, he said. There are also glass sponges, some of which look like vases. The most common categories of creatures in the CCZ are arthropods, worms, members of the spider family and echinoderms, which include spiny invertebrates such as sea urchins, and sponges.



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# Mell's Master Mix

*Tropical Paradise*

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(A)rt Corner



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## FASHION FORWARD

### A Short History

Shorts are a garment worn over the pelvic area, circling the waist and splitting to cover the upper part of the legs, sometimes extending down to the knees but not covering the entire length of the leg. They are called "shorts" because they are a shortened version of trousers, which cover the entire leg, but not the foot. Shorts are typically worn in warm weather or in an environment where comfort and airflow are more important than the protection of the legs. There are a variety of shorts, ranging from knee-length short trousers that can in some situations be worn as formal clothes to beachwear and athletic shorts. Some types of shorts are typically worn by women, such as culottes, which are a divided skirt resembling a pair of loose-cut shorts. The British English term, *short trousers*, is used, only for shorts that are a short version of ordinary trousers (i.e., *pants* or *slacks* in American English). For example: tailored shorts, often lined, as typically worn as part of a school uniform for boys up to their early teens, and by servicemen and policemen in tropical climates. *Shorts*, used unqualified in British English, refers to sports shorts, athletic shorts, or casual shorts; the last nowadays commonplace in warm weather in the UK. Shorts are also known as "half pants" in India. The dated American English term, *short pants*, is probably the nearest equivalent in the U.S., where they might now be called *dress shorts*, a term that has not gained much currency in Britain. A somewhat similar garment worn by men in Australia is called *stubbies*. The term, *boxer shorts*, is an American coinage for a particular kind of men's underwear, and is now also common in Britain. However, boxer shorts are often referred to merely as *boxers* in the USA. Moreover, whereas the American English usage of the word *pants* refers to underwear (i.e., *trousers* in British English), the usage of *pants* in British English refers to the garment worn under one's trousers, such as boxers; such a garment, however, is referred to as *underpants* in American English (note the qualification of the word *pants* by the word *under*). Alongside the term *boxer shorts*, *undershorts* or simply *shorts* were synonyms for underpants during the time of this coinage; while *jockey shorts* was a synonym for men's briefs. In much of Europe and the Americas during the 19th and early 20th centuries, shorts were worn as outerwear only by young boys until they reached a certain height or maturity. When boys got older, typically around puberty, they would receive their first pair of long trousers. This produced the perception that shorts were only for young boys. Because of this, men would not wear shorts to avoid looking immature, even when the weather is hot. Women tended not to wear shorts in most cultures, due to social mores: they were expected to wear dresses, or skirts and blouses.

In the 1890s, knee pants (an early type of short pants) became the standard wear for American boys. Many urban school portraits from the 1890s show all but the oldest boys wearing knee pants. North American boys normally wore knee pants with short stockings. This began to change after the 1900s when North American boys began wearing knickerbockers during the winter, while short pants became more popular in Europe. In the 1930s, shorts started to be worn for casual comfort (e.g. outdoor and athletic activities) by both men and women. However, it was still taboo to wear shorts outside of certain activities.

Since about the time of World War II, when many soldiers served in tropical locations, adult men have worn shorts more often, especially in summer weather, but the perception of



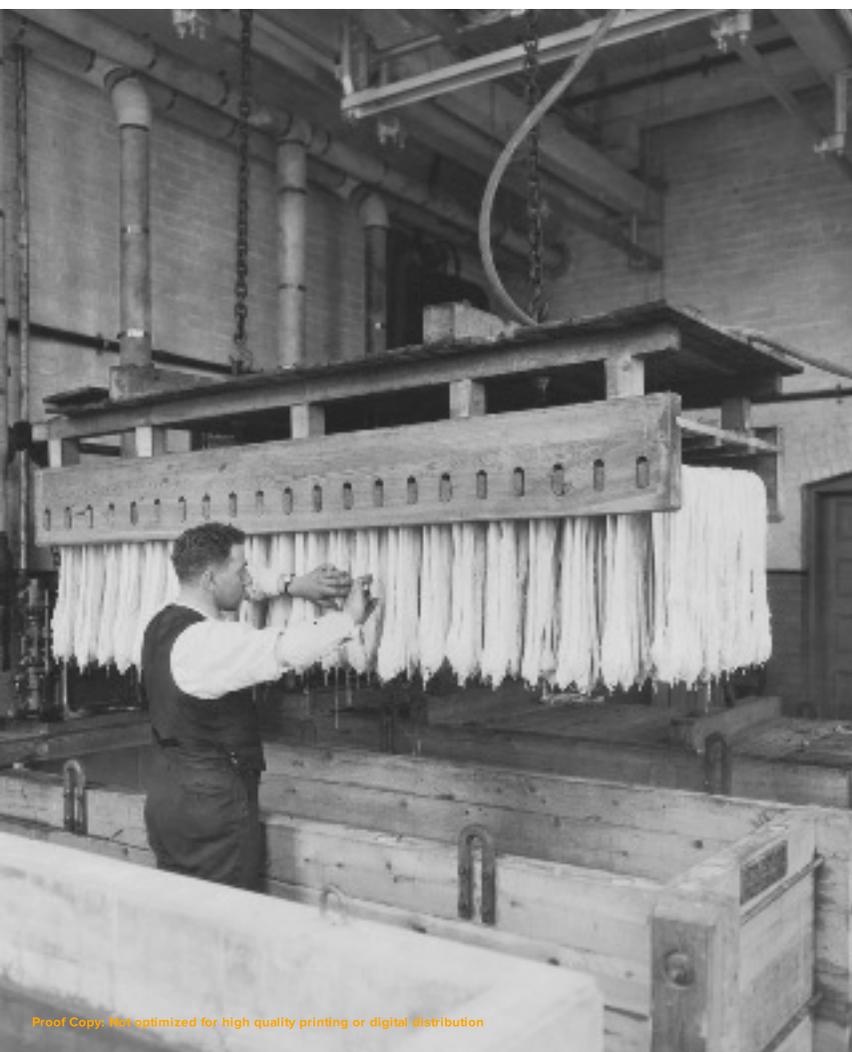
shorts as being only for young boys took several decades to change, and to some extent still exists in certain circles. By the late 20th century it had become more common for men to wear shorts as casual wear in summer, but much less so in cooler seasons.



## (A)YME'S TABLE

### Pasta

Despite its many forms and the countless texts in which it has appeared, pasta seems to be universally associated with Italy. According to history, however, pasta's earliest roots begin in China, during the Shang Dynasty (1700-1100 BC), where some form of pasta was made with either wheat or rice flour. Pasta made its way to the New World through the English, who discovered it while touring Italy. Colonists brought to America the English practice of cooking noodles for at least one half hour, then smothering them with cream sauce and cheese. The earliest pasta shape was a simple sheet, which was treated more like bread dough. It probably didn't have the toothsome quality known as "al dente" associated with Italian pasta today, and would have been similar to unleavened matzo bread with sauce on it. Italian pasta typically has strict government quality standards and control around it, and is made with 100% durum wheat, called semolina flour, or semola di grano duro in Italian. This means that not only is the pasta higher in protein, but more importantly it stands up to the rigors of cooking well. There are four great Roman pastas, all connected: Gricia, Cacio e Pepe, Carbonara, and Amatriciana. They each play off of the others and reveal different sides to the same concept. Arguably the most well-known of the Roman pastas, cacio e pepe is the foundation of all the subsequent dishes. Like many Italian dishes, cacio e pepe is made from just a few simple ingredients. The healthiest types of pasta include whole wheat pasta, as well as bean and vegetable based noodles. Serve a balanced portion of pasta ( $\frac{1}{4}$  of your plate) and go easy on the sauce and cheese. In 2022, pasta consumption per capita varied significantly across countries. Italy topped the list, with its citizens consuming an average of 23 kilograms of pasta annually. Tunisia ranked second with a per capita consumption of 17 kilograms. The Garden State (New Jersey) is a U.S. pasta powerhouse second only to New York. The state boasts a vibrant Italian culture and is home to almost 1.5 million Italian immigrants. Like its neighbor to the North, New Jersey is famous for incredible Italian restaurants like Cenzino Ristorante and Axton's by Chef Anton. Spaghetti is perhaps one of the most popular pasta types in the world, spaghetti consists of long, thin noodles which can be paired with a wide variety of sauces. Possibly the most well known dish is Spaghetti Bolognese, where pasta is paired with meat in a marinara sauce. The average person in Italy eats more than 50 pounds of pasta every year. The average person in North America eats about 15.5 pounds of pasta per year. Pasta can be good for you.



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