

# BLUE THINGS ZINE

ISSUE 5, NOVEMBER 2021

## POETRY AND PROSE

"My Body," "Astronaut," "A Bowl of Fruit" and more!

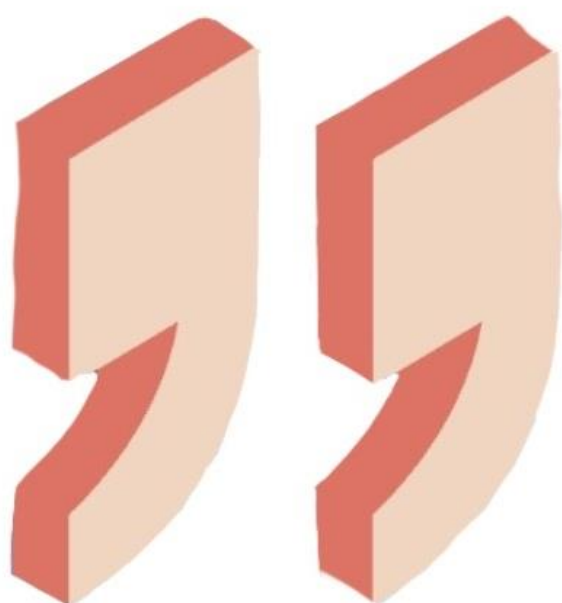
## ART AND PHOTOGRAPHY

"Sivka-burka," "Heart,"  
"vAnItas"

## INTERVIEW

Mental-health related  
interview with Sadie of the  
ShePersisted Podcast

Cover photograph: "vAnItas" by Simran, 20, India



## Editor's Note

After a brief hiatus, we're super happy to be back! Blue Things Zine is proud to (finally!) present Issue 5! This month's issue features work collected over a few months by talented creatives. We've changed our style over the last few months, as you can see from our revamped newsletter and blog. In this issue, we have a small section dedicated to the photographer behind our beautiful cover!

October 2021 was the initial release date of Issue 5. October was also Mental Health Awareness Month, and to commemorate this, we spoke to Sadie Sutton, host of "She Persisted" Podcast, a teen mental health podcast. Even though it's November, mental health awareness doesn't just stop. This issue features interview snippets that includes some of her expert advice, her views on the mental health community, and more!

The last few weeks have definitely been new and exciting. We're coming up on our one-year anniversary. I find that so insane; we've grown so much! It's all because of the immense support we receive from you, readers!

This issue is filled with poetry, prose, photography, and artwork by youth from all over the world. As we head into the new year with 5 issues in our under our belt, I'm just happy that we've been able to provide a platform for the talented and creative teenagers out there. Without further ado, here's the long-awaited Issue 5 of Blue Things Zine!

**Anushka M.**  
Editor

