



Happy Pride Month from AYME Magazine!

This month, we celebrate authenticity, self-expression, courage, and community. Whether you're embracing your identity, sharing your story, supporting others, or simply learning and growing, Pride reminds us that everyone deserves to be seen, valued, and respected.

Be proud of who you are. Your voice, your journey, and your presence matter.

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Throughout the twentieth century, queer designers, photographers, models, and cultural icons helped redefine style across continents.



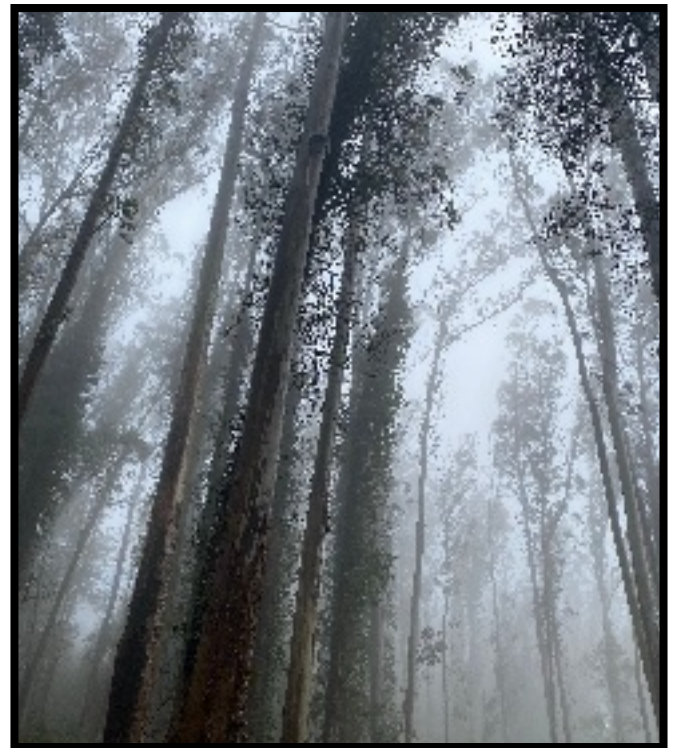
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Fitness gets loud this time of year. Social media fills up with “summer body” talk, quick fixes, and unrealistic expectations dressed up as motivation.



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For others, they may feel new, confusing, or even intimidating. The good news is that understanding inclusive language does not require perfection—it simply requires a willingness to learn and respect others.

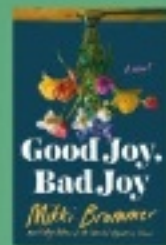
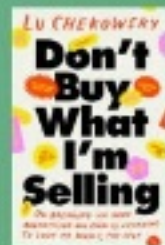
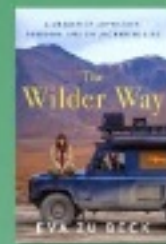
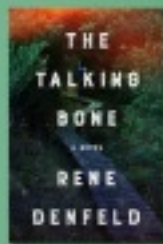
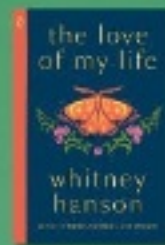
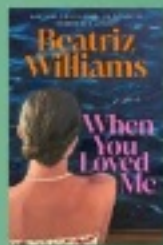
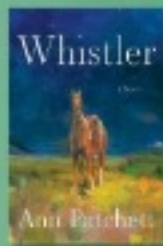
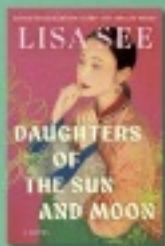


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What makes Taipei so LGBTQ-friendly? Well, Taiwan became the first country in Asia to legalize same-sex marriage.

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Fashion Forward

Queer Style and Global Influence

Fashion has always been more than clothing. It is language, identity, rebellion, culture, and art stitched together into something visible. Few communities have shaped that language more profoundly than the queer community. From underground ballroom culture to international runways, queer creatives have consistently pushed fashion beyond convention, challenging society's ideas of beauty, gender, and self-expression.

Today's fashion landscape reflects a growing appreciation for individuality, fluidity, and authenticity—values that queer communities have championed for decades. What was once considered unconventional has become influential, inspiring designers, artists, stylists, and consumers around the world. Yet queer influence in fashion is not a recent phenomenon. It is woven into the very fabric of fashion history.

Throughout the twentieth century, queer designers, photographers, models, and cultural icons helped redefine style across continents. Visionaries such as Alexander McQueen, Gianni Versace, and Thierry Mugler challenged traditional aesthetics and introduced bold new visions of glamour, sexuality, and artistic expression. Their work demonstrated that fashion could be theatrical, emotional, provocative, and deeply personal all at once.

Beyond the runway, queer culture has shaped some of the most influential style movements in modern history. The ballroom scenes of cities like New York created spaces where marginalized communities could celebrate creativity through fashion, performance, and self-expression. The impact of ballroom culture can still be seen today in editorial photography, luxury fashion campaigns, beauty trends, and social media aesthetics. What began as a form of survival and

community-building has evolved into a global source of artistic inspiration.

One of the most significant contributions queer communities have made to fashion is the challenge of rigid gender norms. As conversations around gender identity continue to evolve, fashion has increasingly embraced fluidity. Designers across the world are experimenting with silhouettes, fabrics, and collections that move beyond traditional menswear and womenswear categories. Consumers are becoming more interested in personal style than prescribed rules, choosing garments based on expression rather than expectation.

This shift is not confined to Western fashion capitals. Around the globe, designers are blending cultural traditions with contemporary ideas about identity and gender. In countries across Africa, Asia, Latin America, and Europe, emerging creatives are reimagining heritage textiles, traditional garments, and local craftsmanship through modern perspectives. The result is a richer, more diverse fashion landscape that celebrates both individuality and cultural connection.

Social media has accelerated this transformation. Platforms that allow artists, models, stylists, and creators to share their work directly with audiences have democratized fashion influence. A creative in Pittsburgh can draw inspiration from a designer in Lagos, a stylist in Seoul, or an artist in São Paulo within seconds. Queer voices, once excluded from many mainstream fashion conversations, now contribute to a global exchange of ideas that transcends borders.

At its best, fashion becomes a celebration of humanity's diversity. It tells stories about who we are, where we come from, and how we envision the future. Queer style has consistently expanded those possibilities by encouraging people to embrace authenticity and reject limitations. Whether through avant-garde runway collections, streetwear,



vintage fashion, drag artistry, or everyday personal style, queer communities continue to remind the world that fashion thrives when creativity is unrestricted.

As we move further into the twenty-first century, the influence of queer culture on global fashion shows no signs of slowing down. New generations of designers and artists are building upon decades of innovation while creating entirely new visions for what fashion can become. Their work reflects a world that is increasingly interconnected, expressive, and open to diverse perspectives.

Fashion's future belongs to those willing to imagine beyond the expected. The continued rise of queer voices in the industry serves as a reminder that some of fashion's most powerful innovations emerge from communities that dare to challenge convention. In doing so, they not only shape trends but redefine culture itself.

For fashion enthusiasts, artists, and creatives alike, the message is clear: style is most powerful when it reflects authenticity. The global influence of queer fashion is not simply about what people wear. It is about the courage to be seen, the freedom to create, and the belief that self-expression can inspire change far beyond the runway.



TRAVEL DESTINATION

with Lateisha Rae

Travel Destination

Some of the Best LGBTQ-Friendly Cities to Travel To

Starting off this list, we have Taipei!

Some people think Thailand is the gay capital of Asia, but I'm handing the crown to Taipei, Taiwan—the capital city of an island nation located off the coast of China and just north of the Philippines.

What makes Taipei so LGBTQ-friendly? Well, Taiwan became the first country in Asia to legalize same-sex marriage. So move over, Thailand—you aren't the queen (king? royal?) of this throne. When it comes to LGBTQ rights, Taiwan has been leading the way in Asia for decades. Grassroots organizations began fighting for LGBTQ rights in the early 1990s, and in 2003, Taipei hosted its first Pride parade. Then in 2006, the famous Ximen Red House—a favorite hangout spot—became the heart of the city's gay nightlife, with bars opening in the area behind the historic theater.

But enough with the history lesson. Here's why you'll love Taipei.

It's where jungle vibes meet urban living. Think night markets galore, mountains at your fingertips, a walkable city, reliable public transportation, bike-friendly streets, and adorable cafés. It's rare to meet someone who visits Taipei and doesn't fall in love with it. Plus, did I mention the hot springs?

Honorable Mentions

I'm keeping this list short because I can only really go into depth about places I've actually visited. Sure, I could mention specific LGBTQ districts—like Itaewon or Jongno in Seoul—but I want people to feel free to exist in an entire city, not just a designated neighborhood.

1. Berlin, Germany
2. Amsterdam, Netherlands
3. New York City, USA
4. Toronto, Canada
5. Bangkok, Thailand
6. Reykjavik, Iceland
7. Madrid, Spain
8. Auckland, New Zealand

This list wouldn't be a list without San Francisco.

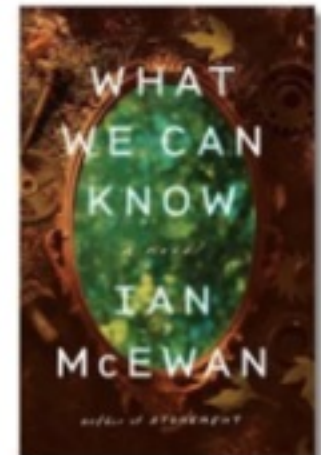
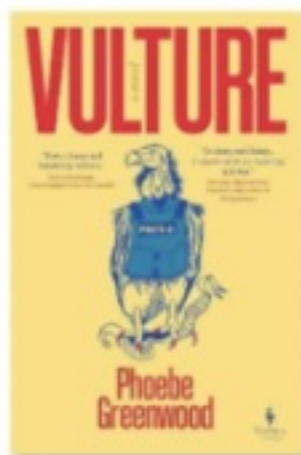
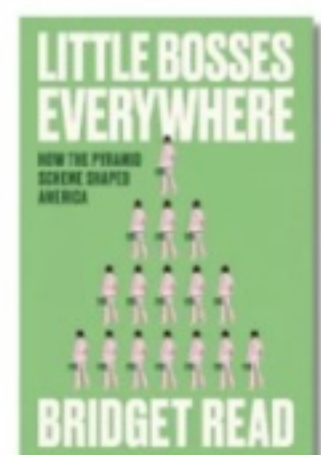
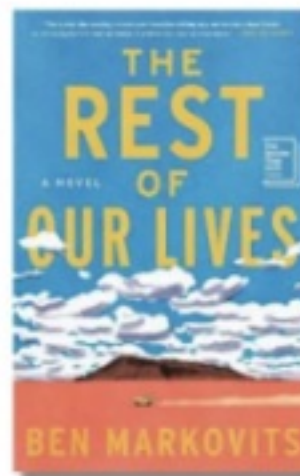
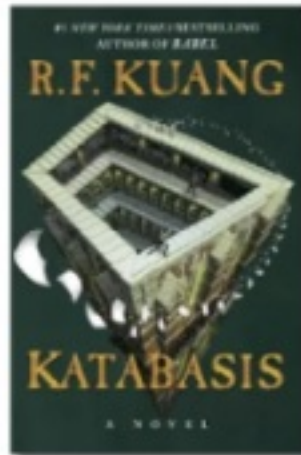
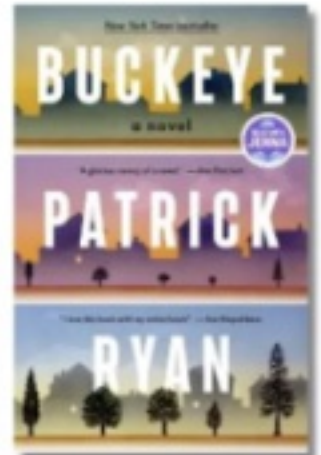
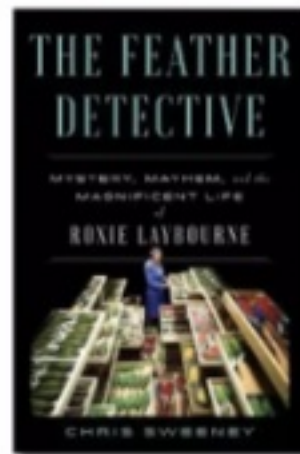
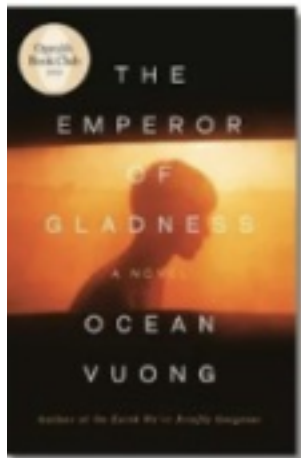
It's the one city where, if you see someone hot, just assume they aren't straight. Trust me, I've lived it.

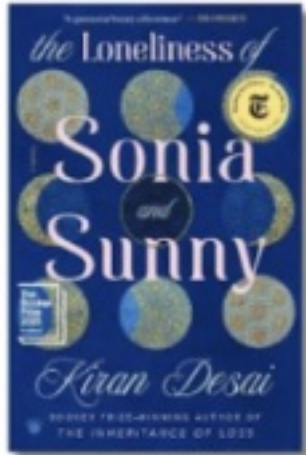
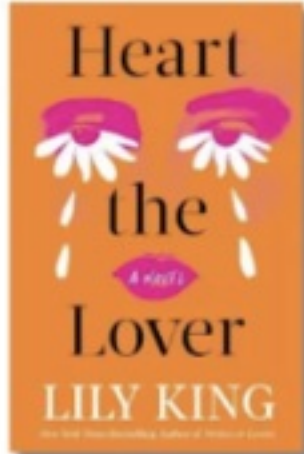
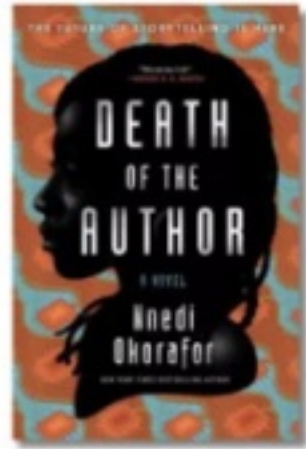
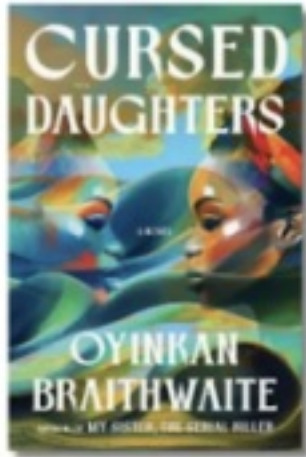
One thing I love about San Francisco is that it's only seven by seven miles and surprisingly walkable. Each neighborhood has its own personality, and you don't have to be stationed in the Castro (the LGBTQ) to feel like you belong. You're allowed to exist anywhere here, and that's what makes the city special.

My favorite part of San Francisco is the urban hiking. If you only have time for one, make it Mount Sutro—think haunted vibes on a foggy day lost in the “forest”.

AYME BOOKS

Your Summer reading guide







(A) Health

Health for LGBTQIA+ Communities: Wellness, Care, and Community

Health isn't just about doctor visits or prescriptions. It's about how we live, how we're supported, and whether we feel safe in our bodies and in our communities. For LGBTQIA+ people, wellness often carries extra layers: navigating identity, access to affirming care, and the everyday reality of being seen and respected in healthcare spaces.

But here's the truth: wellness is not a luxury. It's a right. And building it takes both personal care and community support.

One of the biggest challenges LGBTQIA+ individuals face in healthcare is not treatment itself, but being understood. Many people still report experiences of being misgendered, dismissed, or having their concerns minimized. These moments may seem small on the surface, but over time they add up and can lead to avoiding care altogether.

Affirming healthcare changes that dynamic. It means providers who respect names and pronouns, who understand diverse bodies and identities, and who approach care without assumptions. It also means mental health support that recognizes the real impact of stress, discrimination, and social pressure. Good care should feel simple: you walk in, you're respected, you're listened to, and you're treated with dignity. Anything less deserves to be questioned.

Mental health is one of the most important parts of LGBTQIA+ wellness, and also one of the most overlooked. Many LGBTQIA+ individuals grow up navigating rejection, silence, or confusion around identity. Even in adulthood, stressors like workplace bias, family tension, or public discrimination can add ongoing pressure. This doesn't mean LGBTQIA+ identity is a risk factor. It means that society often creates environments that are.

Support systems matter. Therapy that affirms identity, peer support groups, chosen family, and safe community spaces can make a significant difference. Sometimes mental health care starts with something simple: being in spaces where you don't have to explain or defend who you are. Rest is also part of mental health. Not productivity. Not performance. Rest.

Preventive care is another essential piece of the conversation, and often where gaps show up. Routine check-ups, screenings, sexual health services, and hormone-related care, when applicable, all play a role in long-term wellness. For LGBTQIA+ individuals, finding providers who are knowledgeable and respectful about diverse sexual health needs and gender-affirming care is critical. Conversations should be honest, non-judgmental, and grounded in real life rather than assumptions.

Sexual health is health. Hormonal health is health.

Preventive care is health. All of it matters equally.

When healthcare systems fail to make space, community clinics and LGBTQIA+ health centers often step in to fill those gaps, and for many people, these spaces become essential lifelines.

If there is one thing that consistently shows up in LGBTQIA+ wellness, it is this: community heals.

Chosen family, friend groups, creative spaces, advocacy networks—these are not just social circles. They are protective factors. They reduce isolation, provide emotional grounding, and create real-world safety nets. Community doesn't have to be large to be meaningful. Sometimes it is one person who checks in. Sometimes it is a weekly group. Sometimes it is a space where you can simply exist without explanation.

In many ways, LGBTQIA+ wellness has always been community-built. Before systems caught up, people built their own networks of care. That legacy still matters today.

Even with progress, barriers remain: limited access to affirming providers, insurance gaps, geographic disparities, and ongoing stigma in certain spaces. These issues are real, and pretending otherwise doesn't help anyone. But there are also real solutions growing every day, including expanded training in culturally competent care, telehealth access, community-based health initiatives, peer-led mental health programs, and growing visibility of LGBTQIA+ health resources.

Change is not only happening in policy. It is happening in everyday care decisions, in clinics, in community centers, and in conversations like this one.

Wellness for LGBTQIA+ people is not about perfection. It is not about having everything figured out. It is about sustainability: what helps you feel steady, supported, and able to move through the world in a way that feels like yours.

Sometimes wellness looks like therapy. Sometimes it looks like rest. Sometimes it looks like walking into a doctor's office and finally being called by the right name. Sometimes it looks like laughing with friends who just get it.

There is no single version of health. But there is a shared truth: everyone deserves care that affirms who they are.

Health is not just individual, it is relational. It is shaped by the people around us, the systems we move through, and the spaces we're allowed to take up.

For LGBTQIA+ communities, wellness has always been something built with intention: through resilience, through creativity, and through connection.

And as care systems continue to evolve, one thing remains constant: everyone deserves to be seen, supported, and safe in their health journey. Not as an exception. But as the standard.



**RESPECT
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HONOR
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(A) Lifestyle

Pronouns, Identity, and Respect: A Guide to Inclusive Language

Language is one of the most powerful tools we have. It helps us tell stories, build relationships, express our identities, and connect with others. While language is constantly evolving, one thing remains the same: the words we choose matter. In recent years, conversations surrounding pronouns and inclusive language have become more common in workplaces, schools, social circles, and online spaces. For some people, these discussions feel natural and familiar. For others, they may feel new, confusing, or even intimidating. The good news is that understanding inclusive language does not require perfection—it simply requires a willingness to learn and respect others.

At its core, pronouns are the words we use to refer to people when we are not using their names. Common examples include he/him, she/her, and they/them. While many people use pronouns traditionally associated with their gender, others may use pronouns that better reflect how they identify and experience themselves.

For many individuals, especially those who are transgender, nonbinary, or gender nonconforming, being addressed with the correct pronouns is about more than grammar. It is about recognition, dignity, and respect. Just as most people appreciate hearing their name pronounced correctly, many appreciate having their pronouns respected.

One of the most common misconceptions is that using someone's pronouns requires a deep understanding of gender identity. In reality, it often comes down to a simple act of courtesy. We regularly adapt the language we use for others in everyday life. We learn names, titles, nicknames, and cultural customs. Pronouns are another part of that process.

Of course, mistakes happen. Everyone slips up from time to time, especially when learning new information or adjusting to a change. What matters most is how we respond. If you accidentally use the wrong pronoun, a brief correction and moving forward is usually enough. Most people appreciate genuine effort far more than lengthy apologies that draw attention to the mistake.

Inclusive language extends beyond pronouns as well. It involves being mindful of assumptions we

make about others. For example, instead of assuming someone's relationship status or gender identity, we can use more neutral terms until we know how they identify. Small shifts in language can create spaces where people feel seen and welcomed rather than excluded.

This is particularly important in diverse communities, workplaces, and creative industries where people from different backgrounds come together. Fashion, art, media, and culture have long been influenced by individuals who challenge traditional expectations and expand our understanding of identity. Inclusive language helps ensure that everyone has room to participate fully and authentically.

At the same time, conversations about language should leave room for curiosity and growth. People come from different generations, cultures, and experiences. Not everyone will know the latest terminology, and that is okay. Respectful questions, open dialogue, and a willingness to listen often lead to greater understanding than judgment or assumptions.

One of the most meaningful aspects of inclusive language is that it acknowledges a simple truth: every person's experience is unique. We may not always fully understand someone else's identity, but we can still choose to treat them with kindness and respect. Inclusive language is not about saying the perfect thing every time. It is about creating an environment where people feel valued enough to be themselves.

As our communities continue to grow and evolve, language will evolve alongside them. New words will emerge, meanings will shift, and conversations will continue. Through it all, the goal remains remarkably simple: to communicate with one another in ways that reflect humanity, dignity, and mutual respect.

Whether you are learning about pronouns for the first time or continuing a journey of understanding, remember that respect is not measured by perfection. It is measured by effort, openness, and the willingness to recognize the humanity in others. Sometimes the smallest changes in how we speak can make the biggest difference in how someone feels.

(A) Fitness

Summer Fitness: Strong Body, Clear Mind, Full Expression

Summer has a way of shifting everything. The days stretch longer, routines loosen up, and suddenly there's more pressure floating around about bodies, movement, and appearance. Fitness gets loud this time of year. Social media fills up with "summer body" talk, quick fixes, and unrealistic expectations dressed up as motivation.

But real fitness has never been about shrinking yourself or chasing someone else's idea of ideal. It has always been about something more grounded: strength, clarity, energy, and the ability to move through your life with confidence in your own skin. A strong body isn't defined by size or aesthetic. It's defined by what it can do and how it supports you. Strength can look like walking more consistently, lifting heavier over time, stretching tight muscles after long workdays, or simply having the stamina to feel present in your life. The goal is not punishment. The goal is capacity.

And in summer, movement can feel different. It doesn't have to be locked inside a gym or tied to rigid plans. It can be walking through your neighborhood in the early morning before the heat sets in. It can be dancing in your living room with music turned up too loud. It can be swimming, biking, or just choosing to move your body in ways that feel natural instead of forced.

Clear mind often follows consistent movement, but not in a magical, overpromised way. It's more practical than that. Physical activity helps regulate stress, improves sleep, and gives your mind something steady to return to when everything else feels busy or scattered. It creates structure without rigidity.

Still, rest matters just as much. Rest is not the opposite of fitness. It is part of it. Recovery, sleep, hydration, and downtime are what allow strength to actually build. Without them, movement loses its foundation. Traditional wellness wisdom has always understood this balance: effort followed by restoration, not constant output.

There is also something important about expression when it comes to fitness, especially in a season like summer. Clothing changes, bodies are more visible, and people often feel more exposed. That can bring insecurity, but it can also be a chance to reconnect with how you want to show up in your body, not how you think you're supposed to.



Expression is personal. It can be bold or subtle. It can be wearing the outfit you usually avoid. It can be standing differently in a room. It can be letting go of the constant internal commentary that tries to shrink you before you even step outside. Movement and expression are connected. The way you carry your body tells a story long before you speak.

For LGBTQIA+ individuals, fitness spaces have not always felt welcoming. Gyms, sports environments, and even casual wellness culture can sometimes carry judgment or assumptions. That is why reclaiming fitness on your own terms matters. It does not have to be public or performative. It can be private, intentional, and fully yours.

You do not need to fit into a trend cycle to be healthy. You do not need to train like anyone else. You do not need to justify your body to participate in movement. Consistency matters more than intensity. Sustainability matters more than extremes.

The most effective fitness routine is the one you can actually live with.

And while summer often pushes the idea of transformation, there is also value in stability. Not every season has to be about changing everything. Sometimes it is about maintaining what you have built, refining small habits, and staying connected to your body without forcing it into something unfamiliar.

At its best, fitness is not about control. It is about relationship. A relationship with your own body that is built on listening instead of punishing, adjusting instead of forcing, and respecting instead of ignoring.

Strong body. Clear mind. Full expression.

That is not a goal line you cross once. It is something you return to, over and over again, in small choices that add up over time.

And in a world that constantly tries to tell people how they should look, move, and exist, choosing your own rhythm might be the strongest form of fitness there is.



COVER FEATURE

What is Pride?





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COVER FEATURE

The History, the Movement, and the Meaning

Every June, rainbow flags appear in storefronts, parades fill city streets, and communities gather to celebrate Pride. For many people, Pride is a joyful festival filled with music, art, and connection. But behind the celebrations is a much deeper story—one rooted in history, resilience, and the ongoing pursuit of equality.

At its heart, Pride is about visibility. It is a time when lesbian, gay, bisexual, transgender, queer, and other LGBTQ+ people come together to celebrate who they are, honor those who came before them, and recognize the work that still remains.

To understand Pride, it helps to understand where it began.

In the decades leading up to the 1960s, LGBTQ+ people faced widespread discrimination. In many places, simply being openly gay or transgender could result in losing a job, being denied housing, or facing arrest. Many lived in secrecy, unable to openly express their identities without fear of serious consequences.

Everything began to shift in June 1969 at the Stonewall Inn, a bar in New York City that served as a gathering place for members of the LGBTQ+ community. After a police raid, patrons and supporters pushed back against the harassment they had experienced for years. What followed became known as the Stonewall Uprising, a series of demonstrations that ignited a new era of LGBTQ+ activism.

While the fight for equality existed long before Stonewall, the event became a powerful symbol of resistance and a turning point for the movement. One year later, people gathered to commemorate the anniversary of the uprising, holding marches that would eventually evolve into the Pride celebrations we know today.

Since then, Pride has grown into a global movement. Around the world, millions of people participate in marches, festivals, educational events, and community gatherings. While each celebration is unique, they all share a common purpose: creating visibility, fostering acceptance, and affirming the dignity of LGBTQ+ lives.

But Pride is about more than history. It is also about community.

For many LGBTQ+ individuals, especially young people, finding a sense of belonging can be life-changing. Pride events create spaces where people can connect with others who share similar experiences. They provide

opportunities to celebrate identity openly and without fear. For allies—people who support the LGBTQ+ community—Pride is a chance to stand alongside friends, family members, coworkers, and neighbors in support and solidarity.

The rainbow flag, one of the most recognizable symbols of Pride, reflects this spirit of inclusion. Originally designed in 1978, the flag has evolved over time, but its message remains the same: diversity is something to be celebrated. Each person brings their own story, experiences, and perspective, and together those differences create a stronger, richer community.

Of course, Pride is not only about celebration. It is also about remembering the challenges that many LGBTQ+ people still face. Around the world, individuals continue to experience discrimination, violence, and barriers to equal treatment. Pride serves as a reminder that progress, while significant, is an ongoing journey.

The movement has achieved many important milestones over the years, including greater legal protections, increased visibility in media and culture, and broader public acceptance. Yet Pride encourages us to continue striving for a world where everyone can live authentically and safely, regardless of who they are or whom they love.

One of the reasons Pride resonates with so many people is because its message extends beyond any single community. At its core, Pride is about the universal desire to be seen, valued, and accepted. It reminds us that every person deserves respect and the freedom to live as their true self.

Today, Pride means different things to different people. For some, it is a celebration of identity. For others, it is a remembrance of those who fought for rights and recognition. For many, it is both. It is a celebration of progress, a reflection on history, and a commitment to building a more inclusive future.

As rainbow flags wave and communities gather this June, Pride invites all of us to recognize the power of authenticity, courage, and belonging. It reminds us that change often begins when people refuse to hide who they are and instead choose to stand proudly in the light. That is the enduring meaning of Pride—not simply a month on the calendar, but a movement that continues to inspire people to live openly, love freely, and create a world where everyone has a place.

