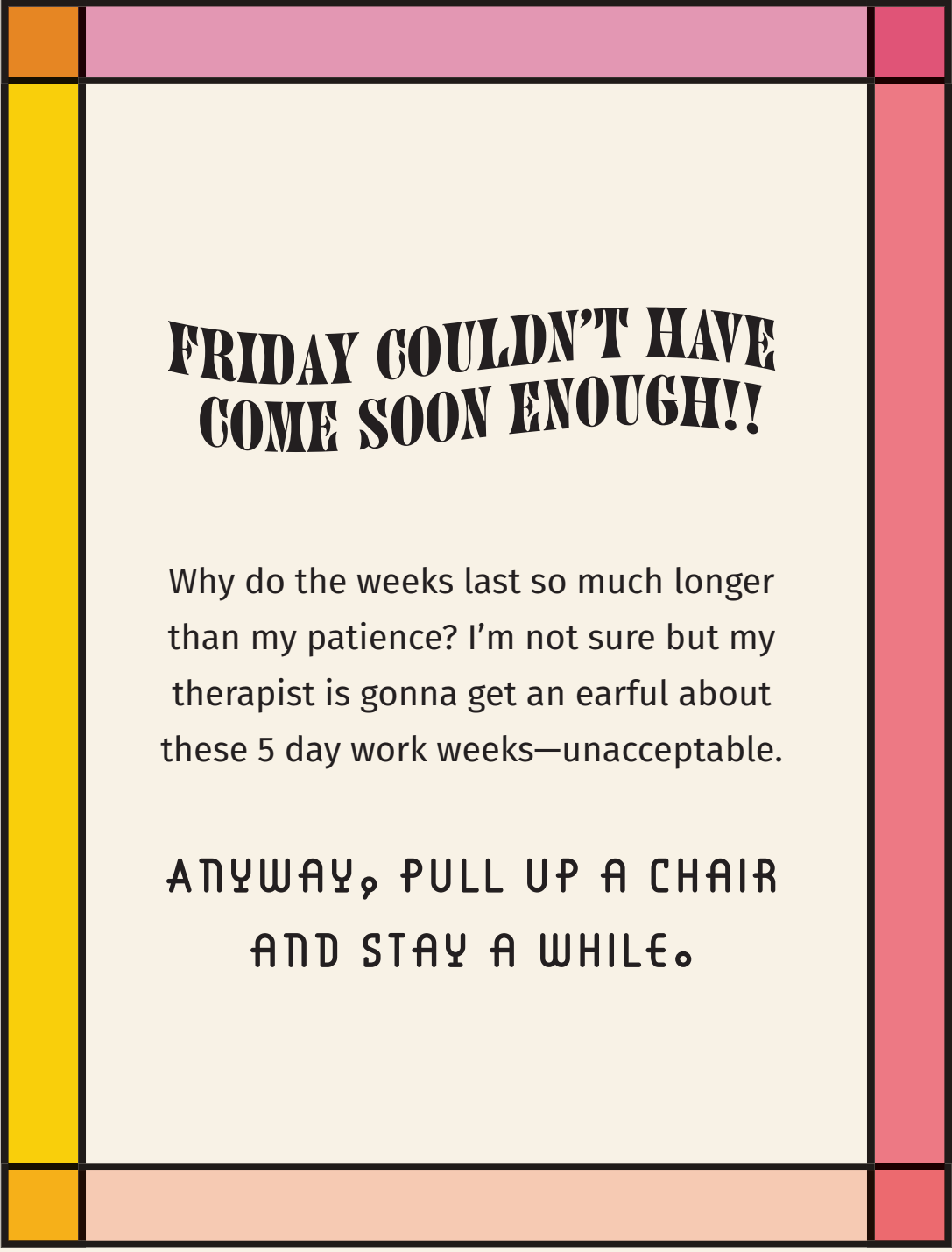




trying so hard to have
fun that I'm stressed



FRIDAY COULDN'T HAVE COME SOON ENOUGH!!

Why do the weeks last so much longer than my patience? I'm not sure but my therapist is gonna get an earful about these 5 day work weeks—unacceptable.

**ANYWAY, PULL UP A CHAIR
AND STAY A WHILE.**

SOMETHING YOU ARE PROUD OF:

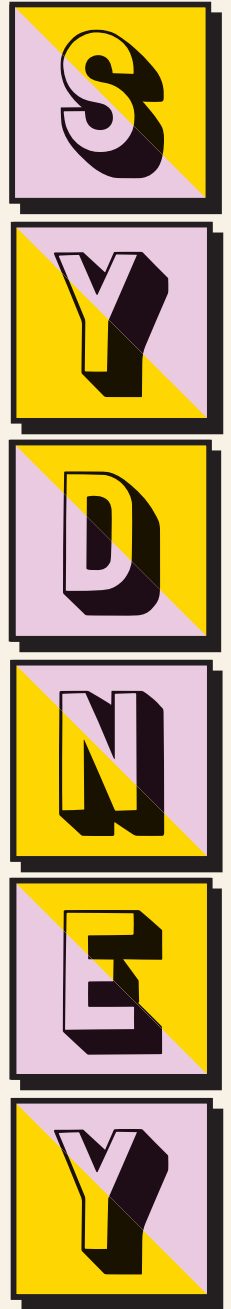
I am the craftiest lil lady on this side of the Mississippi (don't hold me to that). I put up three floating shelves, a new toilet paper holder, and a giant mirror so that I can put makeup on for absolutely no one. My self worth is skyrocketing due to these DIY successes, y'all better watch out.

A LOW POINT THIS WEEK:

I texted so many people and no one responded for so long that I was worried my phone was broken.....

IF YOU WERE TO INVENT A COCKTAIL WHAT WOULD BE IN IT AND WHAT WOULD IT BE CALLED:

Fill a Big Gulp cup with ice and Mountain Dew Baja Blast. Add as much vodka as you think is necessary (it will inevitably sink to the bottom and make your drink sneakily strong). Add in Sprite so it has more carbonation than your typical Baja Blast. I would call this "College Improv Festival" and would immediately deny that I had anything to do with its creation.



SOMETHING YOU ARE PROUD OF:

Remembering how to build a website and actually being able to do it - even though I don't have the help of a gorgeous copywriter, creative collaborator & inspiration named Sydney Stephens.

A LOW POINT THIS WEEK:

Having to make a list in my notes app of all the things I need to talk to my therapist about because it's been literally so long since I've talked to her.

IF YOU WERE TO INVENT A COCKTAIL WHAT WOULD BE IN IT AND WHAT WOULD IT BE CALLED:

Some gingery business (either a ginger beer or good ole Schweppes) paired with some fruity nonsense like pomegranate juice + a lil bit o lime juice...gin? Probably call it "Communications Degree" or "Hermione GINger" or "Confessions of a Teenage Pomegranate" idk they keep getting worse the more I think about it.



@AMBER_VITTORIA





Same Joy to Soak Up!

The Supreme Court decision that protects
members of the LGBTQ+ community from being
fired based on their identity



The Supreme Court decision that
upheld DACA

PBDs: Pasta-Based Dishes



Hanging up pictures in your apartment

Trying to remember the patty-cake-type
games that you used to play in elementary
school



Treasuring your time around loved ones
within less than 6 feet of you

Just calling it quits when you get upset
and taking a nap





Same Action to Take!



Donate to a cause you love or ask us about a cause we love

Sign petitions that call for the arrest of Breonna Taylor's murderers (make sure they're legit petitions)

If you're low on funds to donate, try and watch monetized videos from Black influencers on YouTube—several Black YouTubers are making videos about racism and injustice and then donating all proceeds to organizations that work towards racial equity

If you can, go to a protest

If you feel sick or may have been exposed to COVID-19, do not go to a protest and instead do one of the earlier tips^

Sydney's birthday is on June 23rd so if you live in Kentucky, Virginia or New York the best present you could get her is to EFFING VOTE for the most liberal and competent person on your ballot.



TAKE A



BREAK

Fried Tomato Sammies

-a recipe I found on Tik Tok that has NO measurements-

INGREDIENTS:

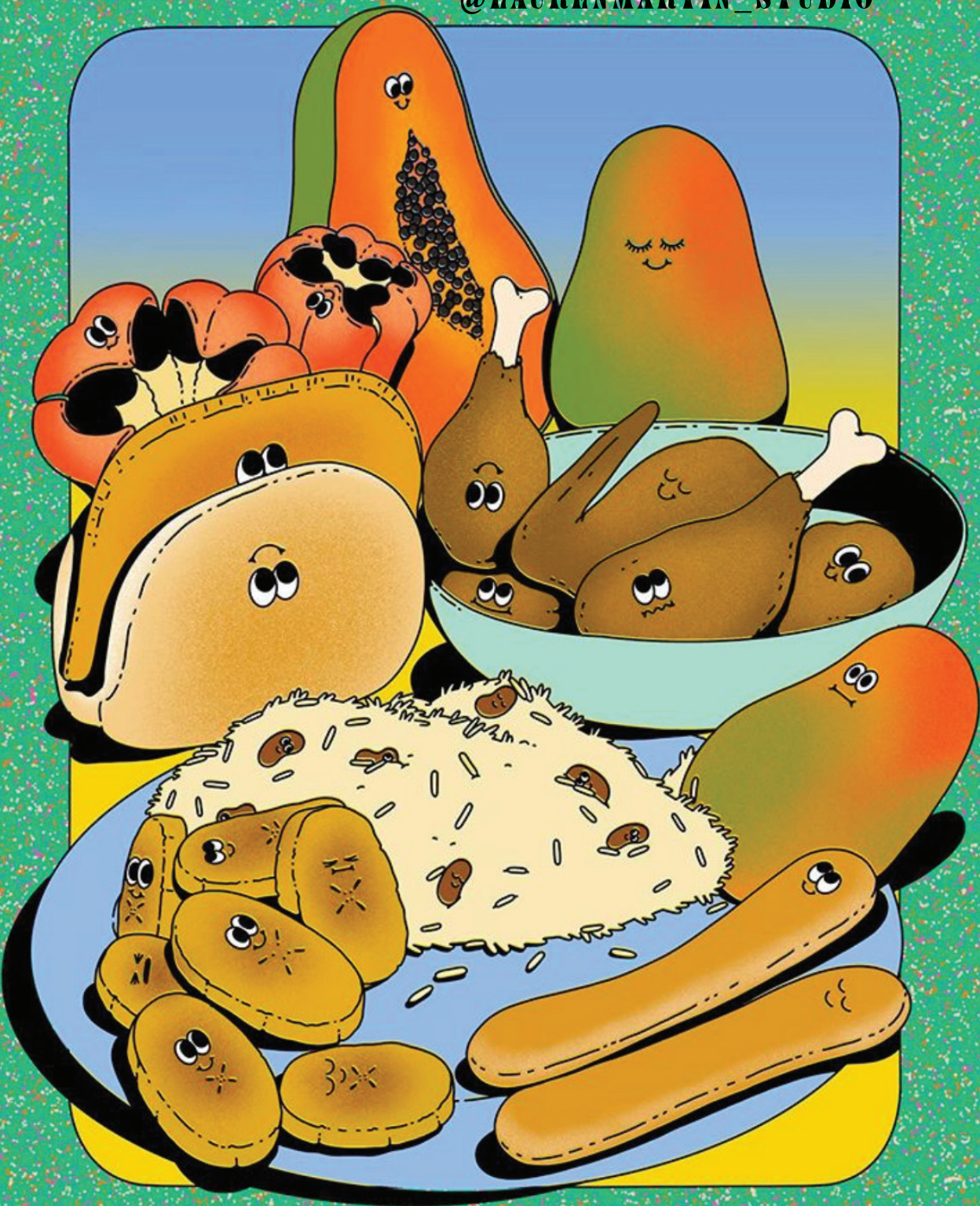
- Egg
- Flour
- Panko
- High-moisture cheese
(It's supposed to be cream cheese but I used goat cheese and cheddar and it worked just fine)
- Tomatoes, thickly sliced
- Dried basil
- Salt and pepper, to taste

INSTRUCTIONS:

Slice as many tomatoes as you want and throw away the butt ends. Make sure you have an even number of slices because these will act as the bread in your sammies. Dry off with a paper towel and set aside. **Create your cheese mixture.** This is the filling for your sammie so try to ensure you have enough to put a generous dollop on each sandwich. **Combine your cheese and dried basil, salt, and pepper (to taste).** Set aside.

Bowl time! Get 3 lil bowls: In your first bowl, beat an egg. Put some flour in the second bowl and panko in the third. **Heat a generous amount of oil** (I used olive oil) in a skillet and while that heats up put one side of each tomato slice in flour, egg and then panko and set each slice, panko side down, into your oil. If you can fit all the slices in your pan, go right ahead. It's really not a big deal. **Once your slices are golden brown,** spread some of your cheese mixture on a tomato slice and flip one of the other slices onto that one. This way your sandwich will be cheese in the middle with a tomato slice on either side and the breaded part of the slices facing outward. **Transfer the finished sandwiches to a paper towel on a plate.**

Then you CHOW. DOWN. Shout out to **@b_ryd3r** on Tik Tok for making this recipe and saying it's *"the only good thing her ex boyfriend ever gave her."*



WHAT DOES YOUR DAD WANT THIS FATHER'S DAY

1. A pancake griddle OR a waffle iron
2. A picture of you and your siblings
3. For you to shut up and watch that history show with him
4. For fitness dad: nice running shoes
5. For wine dad: a decanter
6. For beer dad: a koozie with a dumb saying on it [he'll love that it's dumb]
7. To not get another tie or a pair of socks
8. Blue light glasses

9. A steak dinner
10. A road trip OR a map with a marker on every place you've taken a road trip
11. A giftcard to his favorite local restaurant [or maybe you just go get the takeout while he stays in quarantine]
12. A tree you can plant together

WHAT TO GET PEOPLE WHO ARE MISSING THEIR DAD/MOURNING THEIR DAD/HAVE A STRAINED RELATIONSHIP WITH THEIR DAD:

1. An opportunity to talk about it
2. A face mask [the moisturizing kind, not the PPE]
3. A hug
4. A fried tomato sammie



*Once again, it's been
an absolute pleasure.*

SEE YOU AROUND THE ~~NEIGHBORHOOD~~ INTERNET.

