

THE
TOWNIE'S ALTERNATIVE
ALMANAC

FOR CITYFOLK N'
THOSE ALIKE



PHILADELPHIA, PA

2022

THE
TOWNIE'S ALTERNATIVE
ALMANAC

★ FOR CITYFOLK N'
★ THOSE ALIKE ★





OK GUYS WHAT'D BE A CUTE
THING TO HAVE IN AN ALMANAC

BRIANNA, NONE OF US KNOW
WHAT THAT IS YOU COTTAGECORE
B*TCH.



THANK YOU!

- ✿ THANK you to my COWORKERS AT SOY CAFE for showing me NOTHING BUT UNBOUNDED love AND positivity.
- ✿ THANK you to LAYTON AND JO for hyping me up WAY beyond what I DESERVE AND the late night zoom call CRAFT NIGHTS.
- ✿ THANK you to my ROOMMATES for witnessing me lose my MIND ON A DAILY BASIS.
- ✿ THANK you to MOM AND DAD for supporting me despite not having the slightest clue what I WAS talking ABOUT when I stress RANTED ABOUT this project.
- ✿ THANK you to both of my GRANDMOTHERS for teaching me that you CAN NEVER be too old to believe there is MAGIC IN this horrible, hellhole of a world.
- ✿ THANK you to the VARS illustration Department for constantly pushing me in the right direction, AND my classmates for having faith in me every time I bite off MORE THAN I CAN CHEW.
- ✿ THANK you to ANYONE who's NAME I didn't mention, especially those who HAD NO IDEA what AN ALMANAC WAS AND probably still aren't too sure.



JANUARY

SUNDAY	MONDAY	Tuesday	Wednesday	THURSDAY	FRIDAY	SATURDAY
						1 NEW YEARS DAY
2 ● NEW MOON	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 ○ FULL MOON MARTIN LUTHER KING JR. DAY	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

ASTROLOGY

SUN IN CAPRICORN - UNTIL JAN. 20th

- Capricorn's are known to be hard workers, responsible, and disciplined.
- As an earth sign, they crave stability.
- Try not to focus too much on work, it could get in the way of personal relationships.

NEW MOON IN CAPRICORN - JANUARY 2nd

- This new moon symbolizes the beginning of a new year for you personally. Define what that means to you.
- It's a time of rebirth! Start fresh.
- Make commitments and acknowledge responsibilities.

FULL MOON IN CANCER - JANUARY 17th

- Full moons are symbolically times of release, so one in Cancer calls for total and complete abandonment of emotional restraint.
- Be raw with your emotions! Do not repress.

RETROGRADES

VENUS IN RETROGRADE 12/19/21 - 1/14/22

The planet that rules love, values, beauty, and art will (appear to) move backwards. Basically, don't text your ex. Or answer if they text you.

MERCURY IN RETROGRADE 1/14/22 - 2/4/22

This planet rules communication. You may feel drained and lethargic, or unhinged and chaotic. Mercury goes into retrograde about 4 times a year, so it's easy to blame all your problems on.

ECLIPSES

- WHILE THE STARS ARE A LITTLE BIT SHY TOWARDS PHILLY, IN ALL ITS LIGHT-POLLUTED GLORY, THE MOON & ITS ECLIPSES ARE NOT! THAT MEANS YOU CAN SEE THESE TOTALLY RADICAL AND JAW-DROPPING ASTRONOMICAL EVENTS RIGHT FROM YOUR DETERIORATING TOWN HOUSE (OR ITS ACCOMPANYING PAINTED CONCRETE STOOP).

MAY 15-16

TOTAL LUNAR ECLIPSE

PENUMBRAL ECLIPSE BEGINS 9:32 PM, MAY 15. FULL ECLIPSE BEGINS 11:29 PM, AND ENDS 12:53 AM, MAY 16. PENUMBRAL ECLIPSE ENDS 2:50 AM.

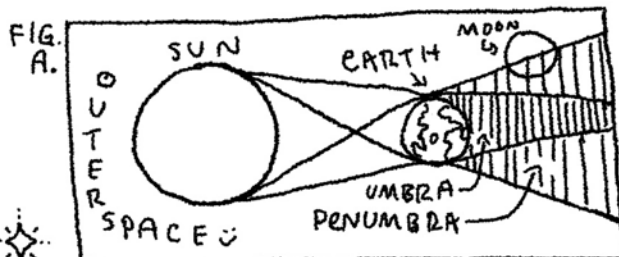
NOVEMBER 8

TOTAL LUNAR ECLIPSE

PENUMBRAL ECLIPSE BEGINS 3:02 AM. FULL ECLIPSE BEGINS 5:16 AM, AND ENDS AT 6:41 AM, HOWEVER THE ECLIPSE WILL NO LONGER BE VISIBLE FROM THE PHILADELPHIA AREA AT THAT TIME.

FOR ASTRONOMY AMATEURS (LIKE MYSELF), A PENUMBRA IS THE OUTER SHADOW OF THE EARTH CASTED ONTO THE MOON. SO, A PENUMBRAL ECLIPSE IS JUST A DARK SHADOW OVER THE MOON. A TOTAL OR FULL ECLIPSE HAPPENS WHEN THE MOON PASSES THROUGH THE EARTH'S UMBRAL SHADOW.

(SEE FIGURE A)



2022

Lunar Calendar



J	F	M	A	M	J	J	A	S	O	N	D
2	1	2	1	4	3	3	1	3	3	1	4
6	4	6	5	8	7	6	5	6	6	4	8
9	8	10	9	12	10	10	8	10	9	8	12
13	12	13	12	16	14	13	12	14	14	12	16
17	16	18	16	19	18	17	16	17	17	16	19
21	20	22	20	22	21	20	19	21	20	19	23
25	23	25	23	25	24	23	23	25	25	23	26
28	26	28	27	30	29	28	27	30	29	26	29
			30	30	30	31	30	30	30	30	30

February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 ● NEW MOON	2	3	4	5
		LUNAR NEW YEAR	GROUNDHOG DAY			
6	7	8	9	10	11	12
13	14	15	16 ○ FULL MOON	17	18	19
	VALENTINE'S DAY					
20	21	22	23	24	25	26
	PRESIDENT'S DAY					
27	28					

ASTROLOGY

SUN IN AQUARIUS - UNTIL FEB. 19th

- AQUARIUS IS A VERY FRIENDLY SIGN, HUMANITARIAN AT CORE WITH A STRONG DESIRE TO FIGHT FOR WHAT THEY BELIEVE IN.
- THEY MARCH TO THE BEAT OF THEIR OWN DRUM AND GET BORED OF THE MUNDANE. HOWEVER THE LINE BETWEEN BEING THEIR OWN PERSON AND HAVING AN INDIVIDUALITY COMPLEX IS OFTEN BLURRED FOR THEM.
- AS AN AIR SIGN, TIME AND SPACE TO THINK IS A PRIORITY.

NEW MOON IN AQUARIUS - FEBRUARY 1st

- A NEW MOON IN AQUARIUS IS THE PERFECT TIME TO TRY AND FACE YOUR PROBLEMS BY THINKING OUTSIDE OF THE BOX.
- YOU'LL FEEL MORE INCLINED TO REACH OUT TO FRIENDS - AQUARIUS LOVES LENDING A HELPING HAND.

FULL MOON IN LEO - FEBRUARY 16th

- WHEN THE FULL MOON IS IN LEO, EXPECT TO FEEL A LITTLE MORE DRAMATIC THAN USUAL.
- TRY AND HAVE SOME FUN! LEO WILL HAVE US CRAVING EXCITEMENT.

RETROGRADES

MERCURY IN RETROGRADE 1/14/22 - 2/4/22

THINGS FINALLY GO BACK TO NORMAL ON THE 4th! NO MORE PLANETARY-INDUCED COMMUNICATION ISSUES, AND IF YOU'VE BEEN HOLDING OUT ON MAKING COMMITMENTS, YOU CAN MAKE THEM NOW. DUST OFF THE DIRT THIS RETROGRADE LEFT AND MOVE ON WITH YOUR LIFE!

LOCAL BLACK OWNED CAFES

It's Black History Month! Stop By one of these lovely local Black-owned cafes for All your caffeine needs this Month & All Months.

BOWER CAFE

263 S 10th St
Philadelphia, PA 19107

WIN WIN COFFEE BAR

931 Spring Garden St
Philadelphia, PA 19123

AMALGAM COMICS & COFFEE HOUSE

2578 Frankford Ave
Philadelphia, PA 19125

FRANNY LOU'S PORCH

2400 Coral St
Philadelphia, PA 19107

GOOD KARMA CAFE

Wilma Theater
265 South Broad St
Philadelphia, PA 19107

Society Hill
928 Pine St
Philadelphia, PA 19107

Fitler Square
331 S 22nd St
Philadelphia, PA 19103

Schuylkill Banks
2319 Walnut St
Philadelphia, PA 19103

HAPPY VALENTINES

♥♥♥ DAY! ♥♥♥

LOOKING TO IMPRESS YOUR TINDER DATE WITH
A WELL THOUGHT OUT BUT STILL EFFORTLESSLY
CASUAL NIGHT? HERE ARE SOME OF MY FAVORITE
TRIED N' TRUE CLICHE DATE DESTINATIONS!

♥ OLD CITY

Bookish? There's no better
place to go used-bookstore
hopping than Old City!

THE BOOK TRADER
7 N 2ND Street

Jules Goldman Books & Antiques
29 N 2ND Street

FISHTOWN

Looking for a gentrified area to
buy overpriced records AND
Disco fries? Look no further than
Fishtown!

PHILADELPHIA Record exchange
1524 Frankford Ave

Milkcrate Cafe
400 E Girard Ave

ART MUSEUMS

BENJAMIN FRANKLIN PARKWAY is littered with some of
the best art museums the east coast has to offer!

BARNES Foundation
2025 BENJAMIN FRANKLIN PKWY

PHILADELPHIA Museum of Art
2600 BENJAMIN FRANKLIN PKWY

Rodin Museum
2151 BENJAMIN FRANKLIN PKWY



March

SUNDAY	MONDAY	Tuesday	Wednesday	THURSDAY	FRIDAY	SATURDAY
		1	2 ● NEW MOON	3	4	5
6	7	8	9 Ash WEDNESDAY	10	11	12
13 Daylight SAVING TIME	14	15	16	17 St. Patrick's DAY	18 ○ FULL MOON	19
20	21	22	23	24	25	26
27	28	29	30	31		

ASTROLOGY

SUN IN PISCES - UNTIL MARCH 20th

- Pisces is represented by two fish swimming in opposite directions, symbolizing their constant strife between reality and fantasy
- They're extremely compassionate AND intuitive, emotional relationships are second nature to them.
- Arguably the most sensitive of the water signs, they often get the bad rep of being over-emotional hot messes.

NEW MOON IN PISCES - MARCH 2nd

- Try AND live your life like a Pisces would! Daydream responsibly. You might accidentally manifest something.
- Pisces is a hopeless romantic, so talk with some potential love interests. Maybe daydream together.

FULL MOON IN VIRGO - MARCH 18th

- With spring right around the corner, AND the full moon in Virgo you'll be itching to clean things up. Literally AND figuratively.
- Try to organize your thoughts, living space, AND life.
- Remember, NOBODY is perfect AND nothing really can be perfect.

RETROGRADES

There are literally 0 planets in retrograde during March. It's probably for the better, lord knows Pisces can't handle it. That being said, it shouldn't take a retrograde to reflect in on yourself! Take this time of peace to self-evaluate at your own pace.

Hate sports just As much As I do?
Cool. Fill out these brackets
with whatever topics
you want!

D.I.Y. MARCH

Pro tip:
It's a lot more fun
if you fill it out with friends!
Prepare for some Arguments.

THAWING OUT

Spring has (almost) sprung! Time to painstakingly drag yourself out of that winter fog, walk around your neighborhood in 55 degree, partly-cloudy, damp weather, soak up periodic bursts of sunlight, AND gaslight yourself into a wistful happiness!

1. SLEEP TO DREAM

-FIONA

APPLE

2. SPARKS - BEACH HOUSE

3. AIR SUPPLY -

SWEETTRIP

4. FRISK - BLACK MARBLE

5. ORANGE

PEELER -

HORSE JUMPER OF

6. ROAD HEAD - JAPANESE BREAKFAST

7. TREES

FLOWERS

- STRAWBERRY SWITCHBLADE

8. CANNED

TOMATOES

(WHOLE) - COURTNEY BARNETT

9. TAKING ON TIME - SINEAD O'BRIEN

10. SIN

TRIANGLE

- SIDNEY GISH

11. LAZY EYE

- SILVER SUN PICKUPS

12. FALLING - HAIM

13. SO HOT YOU'RE HURTING

- CAROLINE POLACHEK

MY FEELINGS



STARGAZING IN PHILADELPHIA

"CHOPPER 6"

Witness this celestial event every Morning, Afternoon,
Evening, or whenever there's breaking news in the area!

"CONSTELLATION FMC"

What does it stand for? Astronomers AND Astrologers
Alike HAVE been pondering this for decades.

"NORTHERN BROAD STREET LIGHTS"

Ominous metal poles line the center of Northern Broad
Street - they've been the subject of local tales AND
legends for years, and apparently, they glow at night.

"CONSTELLATION FAIRMOUNT"

Stretched across 15th Street AND FAIRMOUNT AVE, this constellation is quite hard to miss AND recommended for beginner stargazers.

"FRANKLIN SQUARE CLUSTER"

Scientifically KNOWN AS "the Electrical Spectacle light show", this star cluster can only be viewed during the Holiday season.

PLACES IN PHILLY WHERE YOU CAN ACTUALLY, KIND OF, SEE THE STARS:

- * Observatories (Drexel, The Franklin Institute)
- * FAIRMOUNT PARK (supposedly)
- * MOUNT PLEASANT

PLACES OUTSIDE OF PHILLY WHERE YOU CAN DEFINITELY, WEATHER PERMITTING, SEE THE STARS:

- * Straw ridge Observatory, Ardmore, PA
- * Lambertville Bridge, New Hope, PA
- * French Creek State PARK, Elverson, PA
- * Longwood Gardens, Kennet Square, PA

* SOME light travel is required)
1 hr drive?

April

SUNDAY	MONDAY	Tuesday	Wednesday	THURSDAY	FRIDAY	SATURDAY
					1 ● NEW MOON APRIL FOOL'S DAY	2 BEGINNING OF RAMADAN
3	4	5	6	7	8	9
10 Palm Sunday	11	12	13	14	15 Good Friday PASSOVER TAX DAY	16 ○ FULL MOON
17 EASTER	18	19	20	21	22 Earth Day	23
24 Orthodox Easter	25	26	27	28	29	30
31						

ASTROLOGY

SUN IN ARIES - UNTIL APRIL 20th

- The sign of the ram! Aries likes to butt headfirst into everything they do. They're bold, passionate, AND relatively optimistic.
- As a fire sign, they're courageous trailblazers. On the other side of the coin, Aries are notorious for being hotheaded.
- Impulsivity can lead to recklessness, causing them to learn lessons the hard way.

NEW MOON IN ARIES - APRIL 1st

- Aries new moons can make us feel as if we're starting anew. Take action AND do it with confidence.
- Express yourself! Be authentic. Aries keeps moving forward, AND seldom looks back.

FULL MOON IN LIBRA - APRIL 16th

- A full moon in libra will have us craving balance AND peace.
- If you've been having issues in your personal relationships, you may feel inclined to resolve these problems. If not, now is definitely time to reconsider.

RETROGRADES

PLUTO IN RETROGRADE 4/29/22 - 10/8/22

It's important to remember that retrogrades aren't all necessarily a bad thing, they usually are just a wake-up call to turn inwards. Pluto retrogrades last about half the year, and will make it feel like people are constantly on your back AND trying to get you down. It's important to use these conflicts constructively AND have conversations about them to avoid arguments.

SPRING CLEANING

LET'S MAKE SOME PINTEREST-INSPIRED D.I.Y.
vegan cleaning products!

WHAT you'll NEED:

Distilled white vinegar
Water
Olive oil
Baking soda

Essential oil (lemon, or really whatever kind you want)
Conditioner (yes, the kind for your hair)



Dusting Spray

1 cup water
1/4 cup vinegar
2 tbsp olive oil
10-15 Drops of essential oil



GOO REMOVER

lemon essential oil
(let it soak)



Window/Glass Cleaner

1 cup vinegar
1 cup water
15 drops of essential oil



Fabric Softener

2 cups conditioner
3 cups vinegar
6 cups warm water



OVEN CLEANER

baking soda AND enough
water to make a thick paste
2-3 drops of essential oil
(let sit for 130 minutes)

RECORD STORE 20 DAY 22

SALE
4/16

REPO RECORDS

..... 506 South st

LONG IN THE TOOTH

..... 2027 Sansom st

PHILADELPHIA RECORD EXCHANGE

..... 1524 Frankford Ave

MILKCRATE CAFE

..... 400 E Girard Ave

NOISE POLLUTION RECORDS

..... 619 S 4th st

CREEP RECORDS

..... 1050 N Hancock st

BORDERLINE RECORDS AND TAPES

..... 525 W Girard Ave

BREWERYTOWN BEATS

..... 2710 W Girard Ave

BEAUTIFUL WORLD SYNDICATE

..... 1619 E Passyunk Ave

SIT & SPIN RECORDS

..... 2243 S Lambert St

DISCOLANDIA RECORDS

..... 1112 S 9th st

MAY

SUNDAY	MONDAY	Tuesday	Wednesday	THURSDAY	FRIDAY	SATURDAY
1 eid al-fitr	2	3	4	5 CINCO de MAYO	6	7
8 Mother's Day	9	10	11	12	13	14
15	16 ○ FULL MOON	17	18	19	20	21
22	23	24	25	26	27	28
29	30 ● NEW MOON MEMORIAL DAY	31				

ASTROLOGY

SUN IN TAURUS - UNTIL MAY 21st

- They're literally the most stubborn sign out of them all.
- As AN EARTH sign, they tend to be quite grounded AND reliable INDIVIDUALS.
- They often have A NATURAL ambition which makes them extremely hardworking.

FULL MOON IN SAGITTARIUS - MAY 16th

- Full MOONS usually lead to climax, especially in Sagittarius. Something will happen, putting you in a place to hit the ROAD AND MOVE ON.
- You may find your thoughts roaming around a little bit extra today, looking at the big picture instead of the minor details.

NEW MOON IN GEMINI - MAY 30th

- Gemini is All ABOUT COMMUNICATION, expect to be a bit more willing to socialize during this New Moon.
- This is a good time to write AND speak, whether it be to others or ourselves. People will generally be more inclined to listen.

RETROGRADES

MERCURY IN RETROGRADE 5/10/22 - 6/3/22

Mercury in retrograde makes its second appearance this year, and if you don't remember exactly what the hell that means, refer back to JANUARY! Basically, if anything goes wrong during this period AND you want peace of mind, just blame it all on the retrograde.

House Plants

WANT to bring more life into your dreary townhouse apartment? HAVE NO fear, I've compiled AND rated the easiest plants to shove ON A bookshelf AND forget about when your life starts falling apart.

Chinese Evergreen



IN my opinion, this plant is like the prayer plant's more easy-going, kind of boring, millennial older sister. The leaves aren't too exciting, but they are interesting - kind of. Anyways, pop this plant on a shelf and water it every so often, let the dirt dry out before watering it again. 6-8/10 plant, depending on the leaf pattern.

Spider Plant

Full disclosure, I hate spiders AND I purposely never bought this plant due to its name. But it's ACTUALLY KINDA cool, it literally gives birth to little versions of itself sometimes. As for care, SAME routine as the Chinese Evergreen.

7/10.





Devil's Ivy

Also known as Pothos, this plant is easily propagated and it can survive for a pretty long time in that old iced tea bottle. That being said, it can be forgotten about every now and again. It won't take it personally.

10/10.



Snake Plant

If you kill all your plants, this is the plant for you. It likes to be neglected, especially in the winter. They rot easily, so frequent watering isn't necessary. I give it a 8/10, it's easy to take care of but kind of ugly.



The Succulent Section



I'm dedicating an entire section to these suckers, because they are easily the most annoying but "aesthetic" plant to have.

They're the pretentious-indie-skater-bass-player-follow-my-BANDCAMP boy of plants. Give them too much attention and they're goin' ghost. Ignore them too often and their egos shrivel up. For best results, water them once a month in the winter and every 3 weeks in the summer. 5/10. I love how they look, but it took me about 3 years of headaches to finally get the hang of keeping them alive.



JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 OF FULL MOON	15	16	17	18
19	20	21 FLAG DAY	22	23	24	25
FATHER'S DAY JUNETEENTH			29 ● NEW MOON	30		
26	27	28				

ASTROLOGY

SUN IN GEMINI - UNTIL JUNE 21ST

- Often Described As two-faced, Gemini's Are probably the Most INDECISIVE SIGN. THAT'S NOT A BAD thing, though!
- They're ADAPTABLE, AND tend to think more than feel.
- As MUTABLE Air signs, they love ANALYZING AND COMMUNICATING.

FULL MOON IN SAGITTARIUS - JUNE 14TH

- Considering sagittarius is the sign known for travel - you'll Be itching to go ADVENTURE, even if that means stopping At 7-eleven instead of SUNOCO.
- The Fire sign energy will give you courage to seek truth AND spread it.

NEW MOON IN CANCER - JUNE 29TH

- A NEW MOON IN CANCER CALLS for putting yourself first in ANY AND every EMOTIONAL Affair.
- AS ALWAYS, set intentions! Especially ones that involve home life, roommates, AND/or relationships.

RETROGRADES

MERCURY IN RETROGRADE 5/10/22 - 6/3/22

YOU KNOW WHAT THIS MEANS BY NOW.

SATURN IN RETROGRADE 6/4/22 - 10/23/22

As the planet of KARMA moves INTO retrograde, this could mean one of two things - A lot of good, or BAD, energy is headed your way.

NEPTUNE IN RETROGRADE 6/28/22 - 12/4/22

A very subtle planet known for its powers of illusion. When it goes retrograde, the rose colored glasses come off.

PHILADELPHIA WILDLIFE ATLAS

a personal and comprehensive
guide to local animals



RATTUS

THE RAT

Usually found in empty Wawa Sizzli Boxes thrown to the curb. I've noticed they take quite a liking to the 33rd Street station trash bins on the MFL.

THE POSSUM

A truly rare and fascinating sight. They are either lurking inside of recycling bins at house shows or being shown off as an exotic pet outside of a shifty bar in Fishtown. There's no in between.



DIDELPHIDAE

THE GOVERNMENT BIRD



PASSER
DOMESTICUS

These lil' guys seem straight out of a fairy tale compared to other Philly fauna, but don't let that fool you- they're cutthroat. Drop a soft pretzel and you'll witness dramatics and violence equivalent to the 2008 royal rumble.

THE PIGEON

Not much to report on.
They pretty much speak for themselves.
Go birds.



COLUMBIDAE

THE RACCOON



PROCYON LOTOR

Always exciting to come across raccoons. They aren't as rare as opossums, however my interactions with them in Philly are few and far between. Clearly I've been living in the wrong neighborhoods.

THE STREET CAT

Absolute angels. The purest souls this awful, wretched world has to offer. A street cat sighting is an instant mood booster. They say if one blesses you with the chance to pet it, you'll experience nine years of bliss and good luck.



FELIS CATUS



LEMON HILL RIM TRAIL

(SEE THE TINY STAR TO THE RIGHT →)

I DON'T HAVE VERY CLEAR DIRECTIONS IF YOU'RE TRAVELING BY CAR, I KIND OF ACCIDENTALLY STUMBLED UPON IT ON A LACKLUSTER HINGE DATE; HOWEVER, I'VE FOUND THIS TRAIL IS A LOT MORE INTRIGUING IF YOU END UP WANDERING ONTO IT FROM THE ART MUSEUM/SPRING GARDEN AREA. FAIRMOUNT PARK IS LITTERED WITH SMALL, WINDING TRAILS AND LITTLE STONE STAIRCASES THAT LEAD TO NOWHERE IN PARTICULAR. THE LEMON HILL RIM TRAIL IS ONE OF THE FEW (AND MAYBE ONLY) TRAILS WITH LITTLE WOODEN MARKERS THAT LOOK STRAIGHT OUT OF CAMP CRYSTAL LAKE. IF YOU'RE LOOKING FOR A HIKING TRAIL THAT SIMULATES A PATHWAY TO AN ABANDONED HOUSE IN A SMALL TOWN, THIS IS THE PLACE. IT LINES THE CLIFFS ABOVE KELLY DRIVE, AND OFFERS SOME MEDIOCRE VIEWS OF THE SCHUYLKILL RIVER. IT'S FAIRLY SHORT, SAYING IT'S EVEN A HALF-MILE LONG WOULD BE PUSHING IT.

GOOGLING DIRECTIONS TO LEMON HILL MANSION SHOULD GET YOU THERE.

IF YOU KEEP GOING PAST THE END OF THE TRAIL ALL THE WAY DOWN SEDGLEY DRIVE AND ONTO BREWERY HILL DRIVE, YOU'LL FIND GLENDINNING ROCK GARDEN, WHICH HAS SOME SUPER COOL HIDDEN STAIRCASES THAT LEAD TO EVEN COOLER OVERVIEWS AND LOOKOUT POINTS.

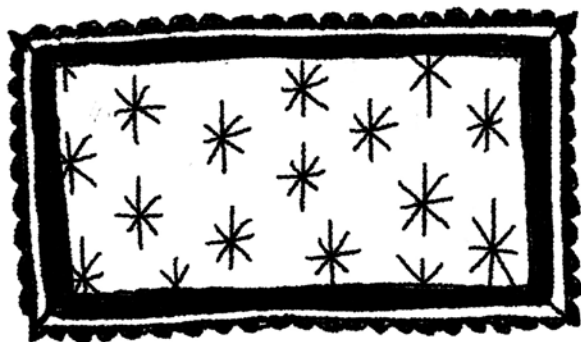
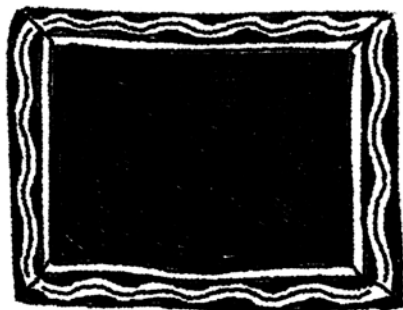
* Wildflower * pressing Guide

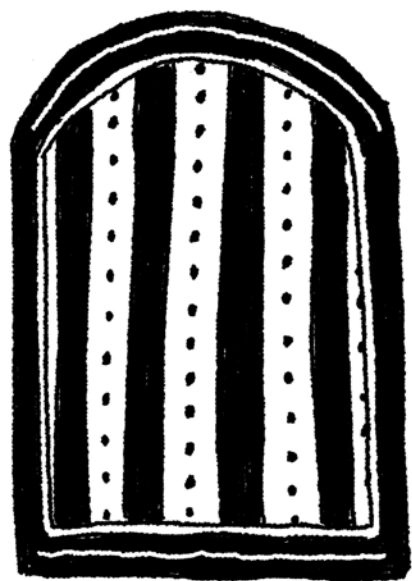
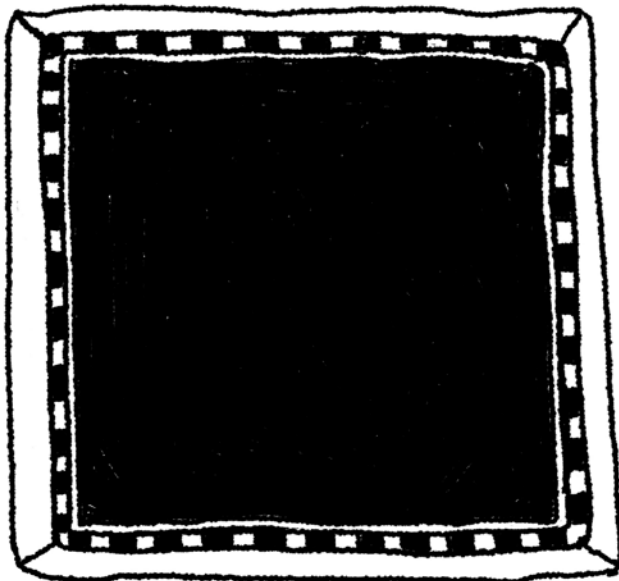
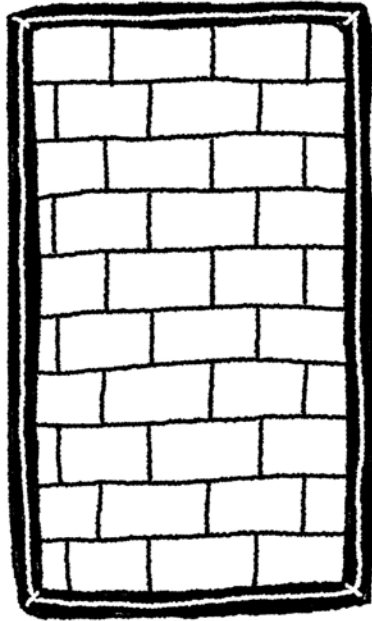


PHilly HAS some lovely wildflowers to select from (AND NO, I'M NOT TALKING ABOUT the gigantic flower pots outside OF FANCY Hotels IN center city), that is, if you're BRAVE enough to WANDER INTO empty lots every so often. Rip a few of them up out of the polluted ground, AND MASH them right ONTO this page! I even drew some beautifully tacky frames just for the occasion.

Best flowers to press:

- * DAISIES or DAISY-like plants
- * QUEEN ANNE'S LACE
- * clovers
- * Honestly, ANYTHING THAT isn't Brightly colored.





JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 INDEPENDENCE DAY	5	6	7	8	9
10	11	12	13 OFULL MOON	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 ●NEW MOON	29	30
31						

ASTROLOGY

SUN IN CANCER - UNTIL JULY 22nd

- CANCERS ARE extremely sensitive AND nurturing.
- AS A WATER sign, they ARE inherently emotional.
- DUE to this sensitivity, they tend to hold grudges - more so than ANY other sign.

FULL MOON IN CAPRICORN - July 13th

- With CAPRICORN being one of the most mature signs, the full moon will grant us emotional level-headedness.
- Success will also be on the mind at this time - you'll have an urge to work towards your goals.

NEW MOON IN LEO - July 28th

- Leo, the most prideful sign, calls for self love AND self expression under this new moon.
- Put your needs AND goals before anyone else's!
- Ask yourself if you've been doing the right things to nurture your growth.

RETROGRADES

CHIRON IN RETROGRADE 7/19/22 - 12/23/22

I HONESTLY DIDN'T KNOW what the Hell Chiron was UNTIL I started writing this. THIS asteroid in retrograde is ACTUALLY a good thing! Emotional wounds will be healed.

JUPITER IN RETROGRADE 7/28/22 - 11/23/22

It's time to turn within! You MAY start recognizing some personal flaws - which CAN be stressful. DON'T let it get you DOWN, NOBODY is perfect. THIS IS A time of growth.

NATURAL REMEDIES



INSTRUCTIONS: RUB ANY OF THESE ON YOUR 19 MOSQUITO BITES THAT YOU GOT WHILE LOITERING OUTSIDE A THRIFT STORE AND KISS THOSE SUCKERS GOODBYE!

1. Vinegar

VINEGAR ON A MOSQUITO BITE IS LIKE MAGIC. I'VE NEVER BEEN MORE IMPRESSED. IF YOU'RE REALLY FEELIN' ITCHY, MIX IT WITH BAKING SODA.

2. ICE

WHILE THIS WORKS, IT'S BY FAR THE MOST UNCOMFORTABLE REMEDY. YOU'RE LITERALLY FREEZING THE BITE UNTIL IT GOES NUMB.

3. Honey

THIS ONLY REALLY KEEPS YOU FROM ITCHING THE AREA, AS THE DESIRE TO NOT HAVE STICKY FINGERS WILL OUTWEIGH THE DESIRE TO ITCH.

5. Onion

KINDA GROSS IN MY OPINION, BUT GO AHEAD IF YOU'RE INTO THAT.

4. Lime Juice

GOT AN OLD LIME LAYING AROUND? NOW IS ITS TIME TO SHINE. LETS FACE IT- YOU WEREN'T GOING TO MAKE THAT MOSITO ANYWAYS.

6. SALT

ADD SOME WATER AND YOU'VE GOT YOURSELF A MIRACIE PASTE! USE GARLIC SALT IF YOU WANT TO SMELL LIKE A PIZZA PLACE.

(LIKE ONION, GARLIC ALSO HAS ANTI-INFLAMMATORY PROPERTIES).

≡ DON'T FORGET! ≡
NOT LEAVING YOUR HOUSE
IS ALSO AN OPTION.

main character syndrome

FOR WHEN YOUR
HAIR LOOKS SO
GOOD THAT THERE'S
ABSOLUTELY NO
WAY YOU'RE NOT
THE PROTAGONIST

P.S. - HIRE
ME AS THE
MUSIC DIRECTOR
FOR YOUR COMING
OF AGE MOVIE
ALREADY

→ BRIANNA BENDER33
follow my spotify lol

1. MEDICINE BURN - YVES TUMOR
2. M.E. - GARY NUMAN
3. CHECK THE RHIME - A TRIBE CALLED QUEST
4. ENIVRES-VOUS - STEREOLOAB
5. FUTURE TEENAGE CAVE ARTISTS - DEERHO
6. PLASTIC BEACH (FEAT MILK JONES AND PAUL SIMONON) - GORILLAZ OF
7. SAFFRON - MF DOOM
8. LICK SHOTS - MISSY ELLIOTT
9. I'M NOT A LOSER - AMYL AND THE SNIFTERS
10. FLYWAY - KERO KERO BONITO
11. DESIRE LINES - DEERHUNTER
12. BAGS - CLAIRE
13. BEAST MONSTER THING (LOVE ISN'T LOVE ENOUGH) - CAR SEAT HEADREST

AUGUST

SUNDAY	MONDAY	Tuesday	Wednesday	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12 <small>☉ FULL MOON</small>	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27 <small>☾ NEW MOON</small>
28	29	30	31			

ASTROLOGY

SUN IN LEO - (UNTIL AUG. 23rd)

- Represented by the constellation of A lion, Leo's are generally extremely prideful AND ambitious people.
- Being A fire sign HAS its perks, they do things they love with passion AND handle ANY difficulty life throws at them with resilience
- No one does "self care" AND "self love" quite like A Leo. Being the center of attention comes NATURALLY to them.

FULL MOON IN AQUARIUS - AUG. 12th

- A Full Moon in Aquarius calls for individuality. Be yourself.
- you'll be tempted to do something RADICAL in order to bring change. Make sure it's for something positive.

NEW MOON IN VIRGO - AUG. 27th

- A New Moon in Virgo will inspire some productivity towards perfecting something.
- Hyper-focus AND organize responsibly!

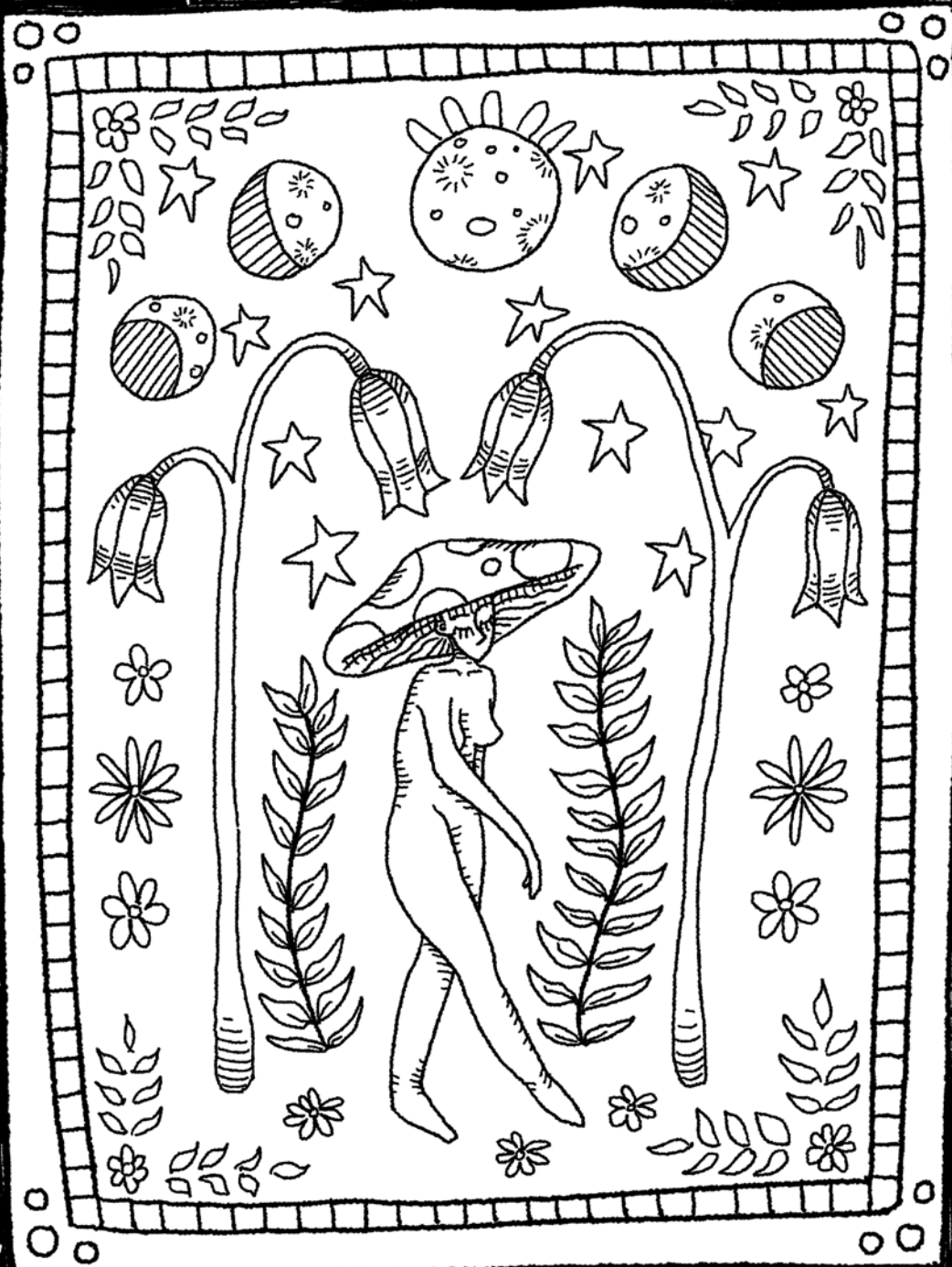
RETROGRADES

URANUS IN RETROGRADE 8/24/22 - 1/1/23

Uranus is the planet of rebellion and surprise, yet it being in retrograde is kind of a good thing. It forces us to change and push boundaries, and without it we'd all be boring and stuck in a creative rut.

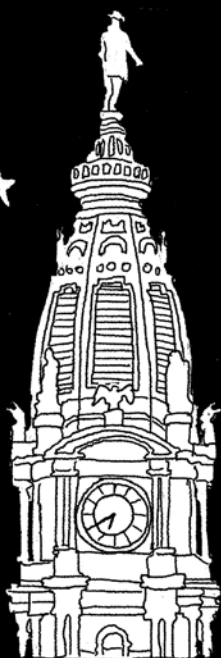
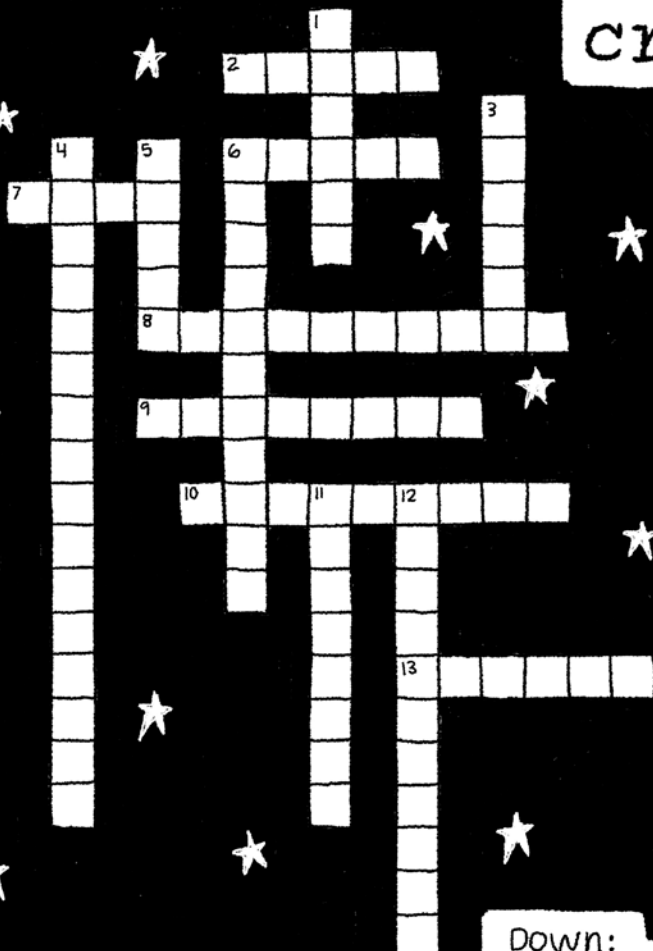
Color me in!

SIT DOWN, REVERT BACK TO A CHILDLIKE STATE,
AND COLOR!



amateur philadelphian

crossword puzzle



ACROSS:

2. is this an ivy-league school? I honestly have no idea but they have a pretty sick museum.
6. trolleys, subways, busses, regional rails, oh my!
7. hoagiefest raises the entire city's morale.
8. the river that nobody knows how to spell (I had to google it to make this despite living here for 4 years)
9. why is it called that. it's italian ice. who came up with this term. it makes no sense. I hate it.
10. walk in with the world's worst sinus infection, walk out with the world's worst undiagnosed sinus infection and a cough drop.
13. go birds.

DOWN:

1. Alex G went Here. Also, the frat parties are horrific.
3. I know nothing about this school. their mascot is a dragon though, which is kind of sick.
4. most underrated art museum with the most controversial history.
5. if you tell a Temple frat boy that you study art here they'll think you're lying.
6. how many over-priced thrift stores can they fit in 4 blocks?
11. the most gentrified area in the city. \$8 bagel and cream cheese named after a politician, anyone?
12. best park in center city. order a coffee, sit on a bench, and watch people eat a brunch that probably costs more than your entire bi-weekly grocery run.

SEPTEMBER

SUNDAY	MONDAY	Tuesday	Wednesday	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 LABOR DAY	6	7	8	9	10 ○ FULL MOON
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 ● NEW MOON	26 ROSH HASHANAH	27	28	29	30	

ASTROLOGY

SUN IN VIRGO - UNTIL SEPT. 22ND

- SEEN AS the Matriarch of the ZODIAC, Virgos are responsible, relatively clean, AND organized in at least one aspect of their lives.
- They have trouble ASKING for help AND are prone to being overly critical.
- Constantly seeking the good in others, Virgo makes a loyal AND forgiving friend.

FULL MOON IN PISCES - SEPTEMBER 10TH

- Pisces makes us a little more in touch with our sensitive sides AND emotions, so if you feel the need to release, go with the flow.
- This sign also loves a good day-dreaming session, Don't be surprised if you find your thoughts drifting a little extra during this time.

NEW MOON IN VIRGO - SEPTEMBER 25TH

- Virgo is ALL ABOUT paying attention to the details! This new moon will have you reading all the fine print that comes with potential commitments.
- If you let some routines slip recently, take some time to revisit them. Self care starts with organization!

RETROGRADES

MERCURY IN RETROGRADE 9/10/22 - 10/2/22

You know what this means by now. If you're looking at this page because things feel off, now you know why. If you're looking here to see what's up this month, prepare accordingly.

BEWARE THE SPOTTED LANTERN FLY

"THE SPOTTED LANTERNFLY IS AN INVASIVE SPECIES NATIVE
TO CHINA, BANGLADESH, AND VIETNAM."

-PENNSYLVANIA DEPARTMENT OF AGRICULTURE

If you see these bugs, choose violence. It's on sight. Kick them, stomp them, SMASH them, eliminate them. They may be gorgeous - with spotted purple-gray forewings AND A DEEP RUBY HINDWING - but DON'T let that fool you. They are single-handedly terrorizing the PENNSYLVANIA AGRICULTURE industry like a 7th GRADE softball team MAKING FUN of your Fall Out Boy tour t-shirt.

They're extremely fast. BLINK ONCE AND it'll be across the street. If you aren't so athletically inclined (such as myself), the BEST strategy is facing them head-on. They CAN only jump forwards, if you try AND stomp one from BEHIND you'll end up 2 blocks away until it eventually just flies out of reach. STOMP ONE from directly in front of it's cold, ruthless eyes, and it'll fly directly into the bottom of your shoe like an idiot.

REPORT A SIGHTING - 1-888-4BADFLY

REMEMBER...

"STOMP A FLY, SAVE A TREE"

SEPTEMBER SANGRIA

RING IN THE NEW SEASON!

FRUIT

- 1 APPLE
- 1 ORANGE
- 1/2 CUP FROZEN CRANBERRIES

ALCOHOL

- 1/2 CUP CARAMEL VODKA
- 1 CUP WHITE WINE

JUICE

- 2 CUPS APPLE CIDER
- (FOR A NON-ALCOHOLIC COCKTAIL, SUBSTITUTE WINE WITH GINGER ALE AND VODKA WITH CARAMEL)

SPICES

- 2 CINNAMON STICKS



FLOWER DRYING GUIDE

CLING ONTO SUMMER LIKE IT'S
YOUR LAST LIVING BREATH!

HANG-DRYING METHOD

BEST FOR:

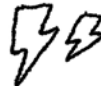
ROSES, BABY'S BREATH, ANYTHING DAINTY,
LAVENDER, HERBS, ETC.

1. REMOVE excess leaves - or don't, this is all up to personal preference.
2. TRIM the stems to your desired length, most references online advise keeping the stem at least 6 inches, however I've never had an issue with shorter stems.
3. GET some string AND tie the bottoms of the stems together. RUBBER BANDS AND HAIRTIES work pretty well.
4. Tie the flowers upside-down to A HANGER, shelf, or nail in the wall. Really wherever floats your boat so long as it's out of sunlight AND IN A DRY AREA.
5. WAIT 2-3 weeks until completely dry, then coat with AN UNSCENTED HAIRSPRAY.

MICROWAVE METHOD

BEST FOR:
DAISIES, LILIES, BRIGHTLY COLORED
FLOWERS, TULIPS, ETC.

1. REMOVE EXCESS LEAVES AND TRIM STEM IF DESIRED.
2. FIND A MICROWAVE SAFE CONTAINER LARGE ENOUGH TO COVER THE WHOLE FLOWER, BUT ALSO ONE YOU'RE WILLING TO PART WITH IN TERMS OF STORING FOOD. SILICA GEL IS TOXIC.
3. COVER THE BOTTOM OF THE CONTAINER IN 1-2 INCHES OF GEL (MORE IF IT'S A BIGGER FLOWER, LESS IF IT'S SMALLER).
4. PLACE FLOWER IN THE CONTAINER BLOSSOM-UP AND GENTLY COVER THE PETALS IN THE GEL.
5. MICROWAVE 1-2 LEVELS ABOVE DEFROST FOR 2-5 MINUTES. I HAVE NO IDEA WHAT THAT MEANS, AND I'M PRETTY SURE MY MICROWAVE ONLY HAS ONE SETTING, SO IT'S KINDA UP TO YOU TO EXPERIMENT HERE.
6. ONCE DRY, OPEN THE MICROWAVE AND IMMEDIATELY COVER THE CONTAINER.
7. REMOVE FROM THE MICROWAVE AND OPEN THE COVER ABOUT $\frac{1}{4}$ OF A CENTIMETER (SO JUST BARELY) AND LET SIT FOR 24 HRS.
8. CLEAN GEL FROM THE PETALS WITH A FINE BRUSH.



HAPPY HANGIN'
N' MICROWAVIN'

≡ OCTOBER ≡

SUNDAY	MONDAY	Tuesday	Wednesday	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5 Yom Kippur	6	7	8
9	10 INDIGENOUS PEOPLES DAY	11 ○ FULL MOON	12	13	14	15
16	17	18	19	20	21	22
23	24 DIWALI	25 ● NEW MOON	26	27	28	29
30	31 HALLOWEEN					

ASTROLOGY

SUN IN LIBRA - UNTIL OCT. 23RD

- LIBRAS ARE KNOWN FOR THEIR LEVEL-HEADEDNESS.
- THEY'RE OFTEN INCLINED TO SEEK HARMONY AND JUSTICE, ESPECIALLY IN SOCIAL SETTINGS.
- HOWEVER, THIS LEADS TO PEOPLE PLEASING TENDENCIES & INSECURITY.

FULL MOON IN ARIES - OCT. 9TH

- THIS FULL MOON ENCOURAGES YOU TO DO THINGS ON YOUR OWN. DON'T BE SURPRISED IF YOU BLOW OFF FRIENDS.
- YOU MAY ALSO FEEL INCLINED TO PICK A FIGHT, DON'T WORRY, IT'S NOT YOU - IT'S THE MOON BEING IN FIERY ARIES.

NEW MOON IN SCORPIO - OCT 25TH

- SCORPIO ISN'T AFRAID TO DO A SELF-REFLECTIVE DEEP DIVE, MAKING US BREAK OUR EMOTIONAL BARRIERS AND REFLECT UNDER THIS NEW MOON.
- YOU MIGHT ALSO FIND YOURSELF YEARNING TO WORK TOWARDS SOMETHING YOU'RE PASSIONATE ABOUT.

RETROGRADES

SATURN IN RETROGRADE 6/4/22 - 10/23/22

THIS RETROGRADE ENDS THIS MONTH! ON THE 23RD, WE WON'T HAVE TO WORRY ABOUT PAYING OUR KARMIC DUES ANYMORE.

MARS IN RETROGRADE 10/30/22 - 1/1/23

MARS GOES INTO RETROGRADE RIGHT AT THE TAIL END OF THIS MONTH, SO I DECIDED TO COVER IT IN NOVEMBER. SEE PAGE 51.

MERCURY IN RETROGRADE 9/10/22 - 10/2/22

STILL? DON'T WORRY, IT ENDS ON THE 2ND.



PHILADELPHIA'S Most HAUNTED



EASTERN STATE PENITENTIARY



We All KNOW ABOUT this one. If you don't,
Honestly I'm embarrassed for you.

WASHINGTON SQUARE



At first glance, the park seems like a lackluster Rittenhouse Square double. However, the square quite literally used to be a graveyard for passed soldiers of the Revolutionary War. Before being dubbed as "Washington Square" in 1825, the graveyard was referred to as "Congo Square", and was used as a burial & celebration ground for the city's black community.

PHILADELPHIA ZOO

While zoo's are already problematic enough on their own, America's first zoo is rumored to be built atop an old Native American burial ground. And if the spirits of these graves weren't already disturbed enough by the perpetual crowds of tourists & slew of caged animals, Syfy's own Ghost Hunters embarked on a ghostly mission to make contact with (but mostly aggravate) those resting beneath the asphalt and wild animal dander.

BALERoy MANSION

I don't have much to say other than it pretty much speaks for itself, an old mansion resting in Chestnut Hill, chock full of antiques, and apparently, ectoplasm. Apparently it was the site of numerous seances, which checks out.

MÜTTER MUSEUM

This isn't a haunted destination, but if you're looking for something freaky to do and don't want to risk being possessed by the ghost of Ben Franklin, the Mutter Museum is the place for you. Those with queasy stomachs (like myself) might not enjoy this museum as much, as almost everything on display is real and honestly, rather disgusting.

(No disrespect to the victims of these medical anomalies, it's nothing personal, I'm just a baby when it comes to viewing preserved amputated limbs with gout or trench foot.)

NOVEMBER

SUNDAY	MONDAY	Tuesday	Wednesday	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8 ○ FULL MOON	9	10	11	12
					VETERANS DAY	
13	14	15	16	17	18	19
20	21	22	23 ● NEW MOON	24	25	26
				THANKS- GIVING DAY	BLACK FRIDAY	
27	28	29	30			

ASTROLOGY

SUN IN SCORPIO - UNTIL NOV. 22ND

- SCORPIOS ARE KIND OF INTIMIDATING, HOWEVER THEY ARE EXTREMELY LOYAL FRIENDS.
- UNLIKE THEIR OTHER FELLOW WATER SIGNS, SCORPIOS DON'T LAY THEIR EMOTIONS OUT ON THE TABLE. THEY LIKE LIVING IN A SHROUD OF MYSTERY.
- THEY OFTEN NEED TO REMIND THEMSELVES THAT NOT EVERYONE IS OUT TO GET THEM.

FULL MOON IN TAURUS - NOVEMBER 8TH

- A FULL MOON IN TAURUS MAKES US YEARN FOR STABILITY.
- TAURUS IS GOAL ORIENTED AND STUBBORN, SO TRY NOT TO GET CAUGHT UP IN THE IMPOSSIBLE.

NEW MOON IN SAGITTARIUS - NOVEMBER 23RD

- SAGITTARIUS IS ALL ABOUT ADVENTURE, AND THE NEW MOON IS ALL ABOUT NEW BEGINNINGS. EXPAND YOUR HORIZONS!
- TRY TO TRAVEL! EVEN IF IT'S JUST 20 MINUTES FROM HOME.

RETROGRADES

MARS IN RETROGRADE 10/30/22 - 1/1/23

THIS IS THE FIRST FULL MONTH OF MARS IN RETROGRADE.
PREPARE FOR AN ULTRA-SLUGGISH AND LAME NOVEMBER.

JUPITER IN RETROGRADE 7/28/22 - 11/23/22

JUPITER FINALLY LEAVES RETROGRADE THIS MONTH! NO MORE URGES TO "TURN WITHIN". WE'VE LEARNED ENOUGH ABOUT OURSELVES.

PHILADELPHIA, PA

NIHILIST

November

(8/10)

A PLAYLIST,

★★★★☆

FOR WHEN DAYLIGHT SAVING'S
STARTS RUINING YOUR LIFE!

-PITCHFORK, PROBABLY

NOVEMBER 13, 2020

"NIHILIST NOVEMBER"
A SPOTIFY PLAYLIST BY:
BRIANNABENDER33

1. THE MOAN-MOUNT EERIE
2. BodysNATCHERS - RADIOHEAD
3. CORPOREAL - BROADCAST
4. BRICK - ALEX G
5. THIS TODAY - RED LORRY YELLOW LORRY
6. bmbmbm - BLACKMIDI
7. GOOD MORNING, CAPTAIN - SLINT
8. I DONT LOVE - HAVE A NICE LIFE
9. NO NAME NO. 5 - ELLIOTT SMITH
10. SILVER SOUL - BEACH HOUSE
11. TEARS - KNIFEPLAY
12. WHEN THE SUN HITS - SLOWDIVE

HONORABLE
MENTIONS:

"WEAKLING"
SWANS - 1983

"4ÆM"
GRIMES - 2020

"HIGH TO
DEATH"
CAR SEAT HEADREST -
2011 / 2018

"I KNOW
THE END"
PHOEBE BRIDGERS -
2020



"I'M SO THANKFUL

(FILL IN THE
BLANK)

DIDN'T HAPPEN"

ARE YOU EVER AT A LOSS FOR WORDS WHEN ITS
YOUR TURN AT THE THANKSGIVING DINNER TABLE?
DID IT JUST SO HAPPEN TO BE THE WORST YEAR EVER?
JUST THINK OF ALL THE HORRIBLE THINGS THAT
COULD'VE HAPPENED, BUT DIDN'T! LIST THEM HERE.

EXAMPLE: THANK GOD THAT SKATER BOY NEVER SENT
ME HIS BANDCAMP.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8 ○ FULL MOON	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23 ● NEW MOON	24
25	26	27	28	29	30	31
CHRISTMAS DAY	KWANZAA					CHRISTMAS EVE NEW YEAR'S EVE

ASTROLOGY

SUN IN SAGITTARIUS - UNTIL DEC. 21st

- Sagittarians are very curious, and are constantly seeking new leaves to turn over and doors to open.
- As fire signs, they're extremely impatient and get bored easily. They may also have a tendency to say whatever crosses their mind without hesitation.
- They're extroverts at heart and march right into unknown territory with boundless enthusiasm.

FULL MOON IN GEMINI - DECEMBER 8th

- Gemini is known for skilled communication, now's the time to voice your opinions with the world. You and everybody else will be more inclined to listen.
- Do some research and learn new things! You may find yourself asking more questions during this period.

NEW MOON IN SAGITTARIUS - DECEMBER 23rd

- Branch out into new aspects of your life under this new moon! It's the end of the year! Start planning for 2023 with an open mind. Positivity is key under Sagittarius, remember to look at the big picture!

RETROGRADES

MERCURY IN RETROGRADE 12/29/22 - 1/18/23

Finishing the year strong with Mercury going into retrograde. I don't have much to say other than good luck. Let's all make an effort to be a little nicer to each other.

CHEF ALICE'S AMAZING WHOLE FOOD PLANT-BASED LASAGNA

INGREDIENTS:

- 1 Box Brown rice Lasagna Noodles (or any other type of gluten-free Lasagna Noodles)
- 3 cups of walnuts
- 3 cups mushrooms (chopped portobello or crimini)
- 6 medium extra ripe plum tomatoes
- 3 garlic cloves
- 1/2 ounces extra firm tofu, drained and patted dry
- 1/2 cup nutritional yeast (optional)
- 1/2 cup chickpea miso paste
- 1/2 cup fresh basil; plus a few leaves set aside for garnish
- 1/2 vegan mozzarella (optional)
- 1 or 2 lemons; squeeze juice from lemons to measure to 1/4 cup of fresh juice
- 1/4 cup dried parsley (or 1/2 cup of fresh parsley if available)
- 3 TBS coconut aminos or gluten-free tamari
- 3 TBS smoked paprika
- 1 TBS cumin
- 1 TBS dried parsley
- 2 tsp dried basil
- 2 tsp oregano
- 2 tsp thyme
- 1 tsp sea salt
- 1 tsp black pepper

MUSHROOM WALNUT GROUND "MEAT"

1. Walnuts in hot Boiling water for 20 to 30 minutes
2. Pulse THE FOLLOWING ITEMS in a food processor or blender until finely chopped, but not too pasty:

- Chopped mushrooms
- Soaked walnuts
- 1/4 cup nutritional yeast (optional)
- 3 TBS coconut aminos
- 1 TBS smoked paprika
- 1 TBS cumin
- 1 TBS dried parsley
- 2 tsp dried basil
- 1 tsp oregano
- 1 tsp thyme
- 1/2 tsp sea salt
- 1/2 tsp black pepper

TOFU RICOTTA

1. Crumble tofu into a large mixing bowl by hand or with a fork
2. Mix miso paste thoroughly by hand or with a fork
3. Fold in lemon juice, 1/4 cup dried parsley or 1/2 cup of freshly chopped parsley & 1/4 cup nutritional yeast (optional)

MARINARA SAUCE

1. WASH AND chop tomatoes
2. IN A BLENDER ON HIGH FOR 30 SECONDS COMBINE:
 - Chopped tomatoes
 - 1/2 cup chopped basil
 - 3 garlic cloves
 - 1 TBS SMOKED paprika
 - 1 tsp oregano
 - 1 tsp thyme
 - 1/2 tsp sea salt
 - 1/2 tsp black pepper
3. IN A MEDIUM SAUCE PAN, COOK ON STOVE TOP ON MEDIUM HEAT UNTIL BUBBLES, STIR OCCASIONALLY; SET ASIDE AND let cool



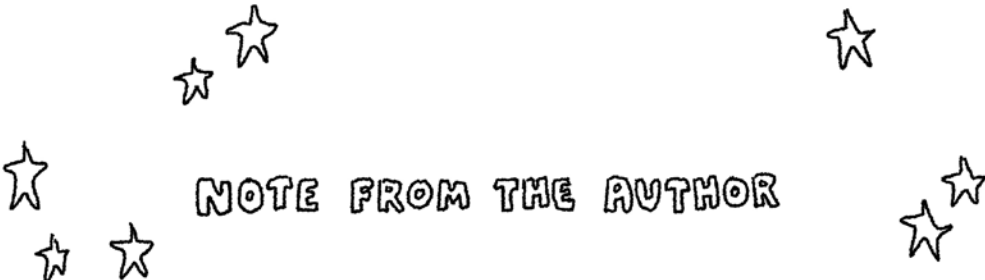
INSTRUCTIONS:

1. Soak walnuts in boiling hot water & set aside
2. Cook lasagna noodles according to package instructions
3. Preheat oven to 375°F
4. Make tofu ricotta
5. Make marinara sauce
6. Make mushroom walnut ground "meat"
7. Assembling the lasagna:
 - Use a 9x13 baking pan
 - Pour and coat the bottom of the pan with marinara sauce (about 1 cup)
 - Lay down 4-5 lasagna noodles on top of the marinara sauce side-by-side covering the entire pan
 - Spread a generous layer of the mushroom walnut "meat" evenly on top of the noodles
 - Spoon in the tofu ricotta evenly on top for the next layer
 - Repeat the last three steps
 - Pour the rest of the marinara sauce on top evenly to cover entire surface
 - Optional: Avignon mozzarella as a top layer
 - Cover tightly with foil
 - Bake for 30-35 minutes
 - Remove from oven and uncover the foil
 - Return to oven for another 10 minutes uncovered
 - Let it cool for 10-15 minutes before cutting and serving
 - Top with freshly chopped basil leaves.

**ENJOY & MAKE SURE YOU
STOP BY SOY CAFE!**

630 N 2ND St, PHILADELPHIA, PA 19123

EVERYTHING ON THE
MENU IS 100% VEGAN!

A collection of hand-drawn stars of various sizes scattered around the title.

NOTE FROM THE AUTHOR

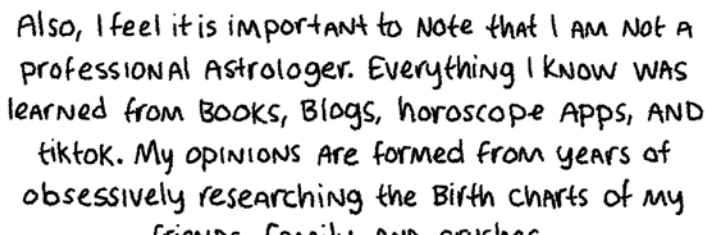
I started this "ALMANAC" IN OCTOBER OF 2020 AND FINISHED IN MARCH OF 2021, SO FORGIVE ME IF SOME OF THE CONTENT IS NO LONGER RELEVANT.

Examples of this would include:

A cafe/shop shutting down or going out of business

The Spotted Lantern Fly no longer swarming North
Broad Street

A band or artist getting canceled

A collection of hand-drawn stars of various sizes scattered around the author's note.

Also, I feel it is important to note that I am not a professional astrologer. Everything I know was learned from books, blogs, horoscope apps, and tiktok. My opinions are formed from years of obsessively researching the birth charts of my friends, family, and crushes.

-BRIANNA ♡

A collection of hand-drawn stars of various sizes scattered around the signature.

"SOURCES"

A VERY SPECIAL THANK YOU TO EVERY
PERSON/PLACE/WEBSITE THAT UNKNOWINGLY CONTRIBUTED
OR PROVIDED INSPIRATION FOR THIS PROJECT!

1.

THE SINGLE MOTHERS OF PINTEREST

2.

RANDOM ASTROLOGY BLOGS FROM THE EARLY 2000s

3.

PENNSYLVANIA DEPARTMENT OF AGRICULTURE

4.

ASTRO-SEEK.COM

5.

MY OWN EXPERIENCES TRAVERSING THE STREETS
OF PHILADELPHIA

6.

LOCAL GHOST HUNTING CLIQUES





crossword puzzle answer key:

ACROSS: 2. VPENN 6. SEPTA 7. MAWA 8. Schuykill 9. Water Ice 10. Jefferson 13. Eagles

DOWN: 1. Temple 3. Drexel 4. Barnes Foundation 5. VArts 6. South Street 11. Fishtown 12. Rittenhouse



**ILLUSTRATED & WRITTEN
BY: BRIANNA BENDER**