

BOUNCE BACK PHILLY CREATIVE CORNER

For Philadelphians, by Philadelphians

A monthly newsletter provided by the Bounce Back Philly Program
at the Philadelphia Department of Public Health

Welcome May! In this issue of the Bounce Back Philly Creative Corner, there is a lot to read, learn, and do. Flip through the pages to learn how to make *two* different vegan recipes. As you continue to safely separate from home, learn the practice of yoga and how to use your smart phone to take incredible photos! Pages 17-21 include our new Kids Corner which is a collection of different and fun kid-friendly activities. Have you heard about the Disney Hole? Check out page 3 to learn about this interesting place in Philly. After your safe separation period, check out the Disney Hole in person.

Let's get started!

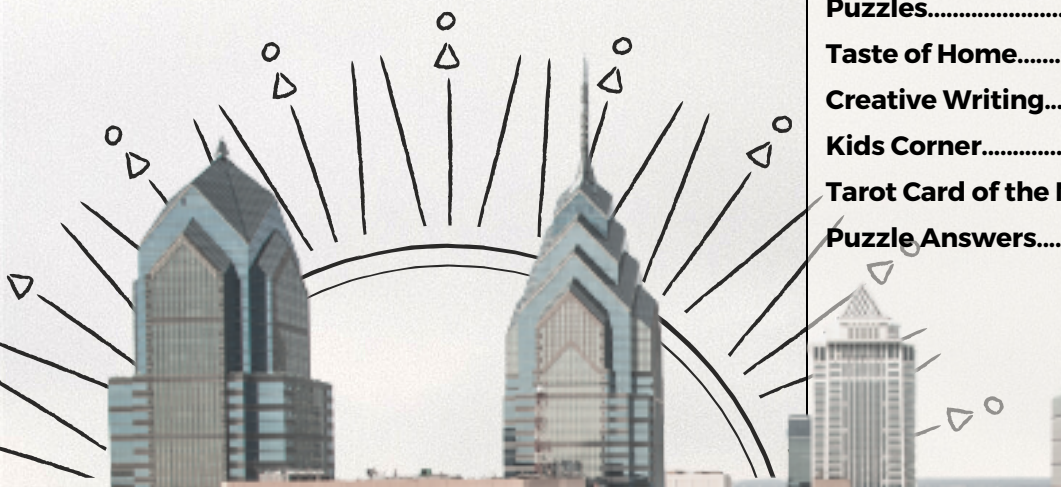
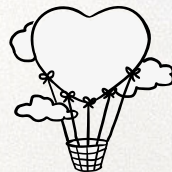
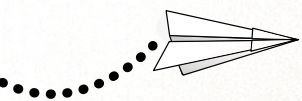
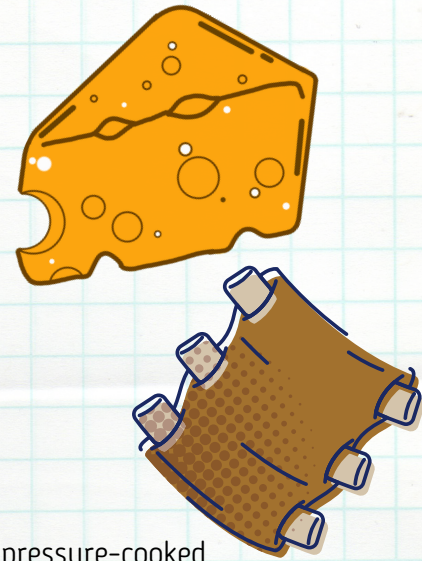


TABLE OF CONTENTS

Events.....	2
The Disney Hole.....	3
Repurposed with Purpose.....	4-5
Yoga & Mindfulness.....	6-7
Introduction to Photography Using a Smart Phone.....	8-9
Onomatopoeia Poem.....	10
Window Haiku.....	11
Puzzles.....	12-13
Taste of Home.....	14-15
Creative Writing.....	16
Kids Corner.....	17-21
Tarot Card of the Month: The Hierophant.....	22-23
Puzzle Answers.....	24



may events.



virtual events

Pressure Cooked BBQ Ribs with Smoked Gouda Mac & Cheese Cooking Class

May 10, 2022

Join this virtual and interactive family-style cooking class as you learn to make pressure-cooked BBQ ribs with smoked Gouda mac & cheese!

Register here bit.ly/BBP-CookingEvent



Travel Indoors! (Black Travel Summit Digital Sessions)

May 22, 2022

Join this event on Instagram Live for monthly digital sessions with a variety of Black travel influencers, Black ski groups, Digital Nomads, and more as they discuss a variety of topics to get you traveling more, for less!

Register here: bit.ly/BBP-TravelEvent

in-person events*

Free Tours by Foot

Multiple Dates

Free Tours by Foot offers a free two-hour tour that takes you through the cradle of American Democracy, providing entertainment while revealing hidden secrets, fun trivia, and light-hearted anecdotes.

There is a \$3 per person booking fee and tour tax.

Register here to reserve your spot: bit.ly/BBP-TourEvent



80's Karaoke & Kanvas Theme Night

May 13, 2022 6:30pm - 9:00pm

ARTrageous Brush & Flow, 6345 Germantown Avenue, Philadelphia, PA

Join this event for an 80's Themed Sip & Paint Nite - a night of painting, singing, fun, and a little 80's trivia! Bring a friend or loved one, to experience a night of ARTrageous!

Tickets are \$28 each

Tickets can be found here: bit.ly/BBP-KaraokeEvent



*Note

We highly encourage participation in the virtual events while you are safely separating and joining the in-person events when you are feeling better and can be outside.

The Disney Hole

Written by Alex Howey

There are so many interesting places and things in the city of Philadelphia. From the mainstream to the sublimely hidden, here's just one of the strange locations in our weird and wonderful city.

What Was the Disney Hole?

In 1998, the Disney Hole was a 30,000 square foot hole dug along the southbound side of Market Street, between 8th and 9th Streets. Originally the site of the Gimbel's Department Store, the plot of land was bought by Disney in 1998 and the hole was dug as a foundation for the building they had planned. After these plans fell through in early 2001, the site remained as a massive hole for over 10 years.

What is the Disney Hole?

Currently, the site of the Disney Hole houses a parking lot owned by the Philadelphia Parking Authority. Despite rumors of both a massive casino as well as a "mixed-use high rise", the property still houses only a parking lot. However, the original developers have shown interest in re-purchasing the site, given the recent rejuvenation of the 8th and Market shopping district.

What Was the Disney Hole Supposed to Be?

As originally intended, the site would have been home to a nearly 100 thousand square foot entertainment complex called DisneyQuest. Envisioned by the now-defunct Disney Regional Entertainment, DisneyQuest was an "indoor interactive amusement park" featuring games, rides, virtual reality, dining and shopping offerings. The original DisneyQuest existed in Orlando until its closure in 2017, and the only other regional site built closed in Chicago in 2001.

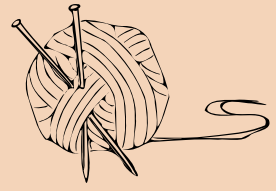
Why Did it Happen?

Originally, Disney had intended to build DisneyQuest sites all over the country as part of their Disney Regional Entertainment brand. This also included their project Club Disney; a smaller, more kid-focused entertainment complex to be situated in shopping malls. However, neither DisneyQuest nor Club Disney was deemed profitable enough to continue their expansion. The only sign of the planned expansion in Philadelphia became known as the Disney Hole.

*Note

We highly encourage visiting the Disney Hole once you are done safely separating at home and joining in-person adventures when you are feeling better and can be outside.

Repurposed with Purpose



Submitted by Julie Woodard

All of us have experienced losses over the past few years—loved ones, jobs, a sense of community. In 2020, my mom passed away from cancer and I found myself in what would become a year-long job furlough. While I avoided COVID, I was plagued by a series of health issues. It all felt like too much. Thankfully, I grew up in a family where my creativity was fostered and celebrated, and I was able to turn to art-making, storytelling, and songwriting as a way to process my grief. My primary visual arts practice has always centered on textiles, specifically repurposing and “upcycling” materials. Thematically, my work often focuses on nature.

Over the past year, I began creating textile landscapes out of my collection of heirloom textiles I’ve inherited from three generations of family. My grandfather’s wool blazers have grown into mountains, my grandmother’s cotton remnants are woven into blue skies, and my mom’s love is stitched into canyons and ocean waves through scraps of denim, wool, velvet, and other fibers that once belonged to her. It gives me great joy to give new life to these old things and celebrate the lives of my loved ones along the way.



Repurposed with Purpose

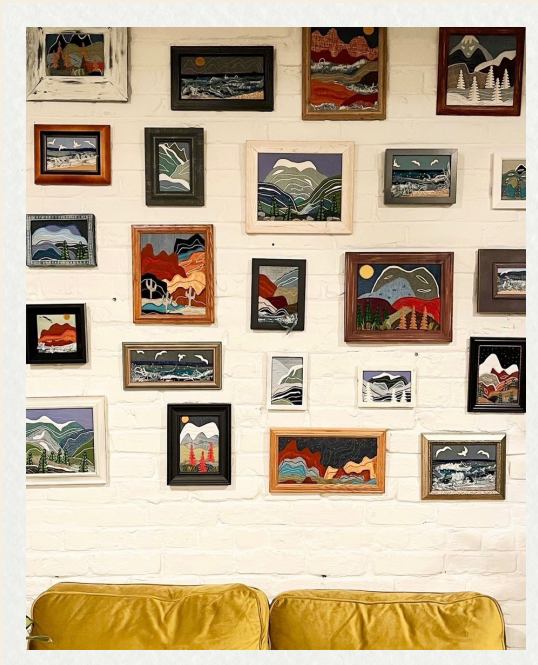


In addition to repurposing these more sentimental materials, I also incorporate vintage goods, damaged textiles donated by community members, and items salvaged from the trash and recycling. Every item, no matter its origin, is repurposed with purpose, and every piece of art has a story.

As I've begun sharing my art and stories with others, the feedback has been so affirming. Folks say things like, "Your experiences are so relatable," and "your art reminds me of my favorite hiking trail." I have even begun to take on commission projects where individuals provide their own special textiles that they want to be integrated into a piece.



I will never stop grieving the loss of my mom, but I now feel empowered to channel much of my energy into developing art that tells meaningful stories, generates zero waste, and spreads joy. She would be so proud.



To learn more about my work, visit my website at www.juiceboxworkshop.com and follow along on Instagram and Facebook @juiceboxworkshop



Yoga & Mindfulness

Written by Ryan Higgins

Disclaimer: If you are having any issues with breathing or have been advised by a doctor to avoid physical activity, please wait until you are feeling better or have been cleared by a doctor to engage in strenuous activities. You can always practice what you learn here after your safe separation period is over and should avoid any poses and exercises in routines that are too strenuous.

How does yoga help with mindfulness? Both yoga and mindfulness aim to open your mind and help you pay attention to all the details. Yoga also helps you to create a deeper connection and understanding with yourself. Below you will find different ways that yoga can help you practice mindfulness and how you can use yoga to stretch your mind.

Why might we want to start a yoga routine? We know that exercise can make us healthier. It can also help keep us from getting injured and help us recover from injuries. Getting some exercise during the day and stretching in the evening can help us get to sleep more easily as well. Finally, starting a yoga routine can really help us with our confidence in achieving goals. We can start off slow and make small improvements every day towards our goal. Just remember that everyone is going to have different starting points and end goals.

Creating a journal can be a great tool for starting your yoga routine and reaching your goals. Write down your goals and how you will work towards them. Every day, you can write about what you did, how you improved (or didn't), and how you feel about it.

Now, let's get moving!

How to Use Props and Aids

If you are going to start a yoga routine, you may find that it puts some uncomfortable pressure on your joints such as your knees, ankles, hips, etc. when you first start. You may also find that it's hard to get into certain poses and stretches because you are not yet flexible enough. In either case, using props and aids can help greatly. In place of a yoga mat, you can often use your bed, or put blankets and towels on the floor.



There are props and aids specially designed for use in yoga. There are "yoga blocks," for example. However, we can make use of everyday objects if we don't have them as shown in the picture to the left. Using a book can help with relieving the pressure on the knees, toes, and heels in this stretch (image 1). There's no need to buy special materials just yet.

Continue reading on the next page...





2



3



The same can be said for this pose on the left (image 2). Here, they have put a towel between their hips and heels. If the stretch forward is too much, you can also put pillows, blankets, towels, or books between your stomach and/or chest.

The next picture on the left (image 3) is a good example of how props can help us get into positions that we are not yet flexible enough for. When trying to do a pose like this forward fold, putting a prop or aid under your hips can help elevate you and move you forward into the pose. They also have a pillow under their knees. Many of us have very sensitive knees and an aid here can help us greatly.

Yoga

There are many kinds of yoga routines. They range from light and brief activities to those that require a high amount of physical strength and endurance. If you are new to yoga, we recommend starting off slow and easy with the routines below.

bit.ly/bbp-morningyoga --> This is an excellent routine to get your day started. It's only twenty minutes long so it can be easily worked into your daily schedule. It also requires no difficult standing poses; everything can be done with your body on the floor. Just be sure that you go slowly and lightly into and out of your poses in the morning. Waking up after a long sleep will be the time of day that your body will be the stiffest. This is not the time to push yourself in poses and try to make flexibility gains. You will want to wait until later in the day, when your body is warm and loose, to try and improve. The goal here is simply to loosen up your body and get yourself ready for the rest of your day.

bit.ly/bbp-eveningyoga --> This routine is only 15 minutes and is a great way to get in another stretching routine in your day. In the evening, doing a short stretching routine can help you get to sleep. You may even want to do this in your bed, so you can go to sleep afterward.

Remember that everyone's yoga goals and routines are going to be different. And it's okay if life gets in the way or we fall off our routines sometimes. We can always start again. Just remember to be in the moment and practice being more mindful of your body, thoughts, and surroundings.

Introduction to Photography Using a Smart Phone

Written by Sherri Wayne

Can you believe that the first smartphone was released by IBM (International Business Machines) in 1992? Believe it. I remember what it was like to leave the house and needing to find a public pay phone somewhere on the street, taking out a quarter to put into the slot to pay for the call, and punching in a memorized phone number to make a call.

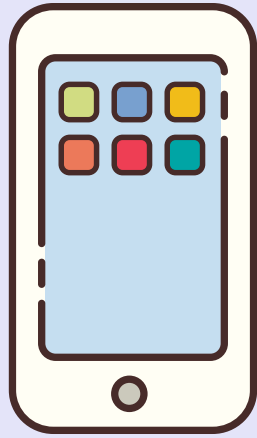
Over the years, the capabilities for communication on the go has expanded to include so many options such as the popular smartphone device many of us use today.

The smartphone can be both a blessing and a "curse," in the sense that many (not all) rely heavily on their smartphones for their everyday lives. I will say that I am one of many. (lol)

Okay, now back to the purpose of this article.

If you are interested in learning how to take your own pictures for special occasions or memorable dining experiences on your smartphone to be printed or posted to your social media platforms, read on for details on how to get started.

First, familiarize yourself with your phone's camera and settings. Your camera settings and features will differ depending on the type of phone you are using (Android versus an iPhone) so this article will discuss general camera features that are found on most smartphones.



When taking a picture, you need to set your camera's **focus**. To do this, pick the subject of your picture and then tap where you see it on your screen to sharpen the focus. The background will become blurred and out of focus. If you are taking a picture of a person or a group of people, focus on them and not so much on the background. If you are taking a picture of an object, you can tap the screen to focus on the object.



Decide on how you want your picture to be oriented, vertical or horizontal? If you want a vertical picture, hold your smartphone as you would normally, making the picture taller than it is wide. If you want your picture to be horizontal, you can **rotate** the phone to the right 90 degrees, making the picture wider than it is tall. You can also **rotate** a picture when you are editing it on your phone. To do this, open the picture settings and find the rotation arrow that curves pointing to the right (the same icon next to this paragraph). Click the rotation arrow once and your picture should now be horizontal.



Cropping the picture will allow you to get rid of any background you'd like to cut out. You can also play around with the height-to-width ratio of the picture until you find the perfect crop. To do this, click the crop icon which looks like a square with tailed lines. Then, drag the corners to the parts of the picture you want to include.



Changing the **color** of a picture can change the mood. Some phones have photo color presets like "vivid, vivid warm, vivid cool, etc." You can also change the exposure, brilliance, highlights, etc. to create warmer or cooler feeling pictures. Click through each of the options to preview them before saving your picture.

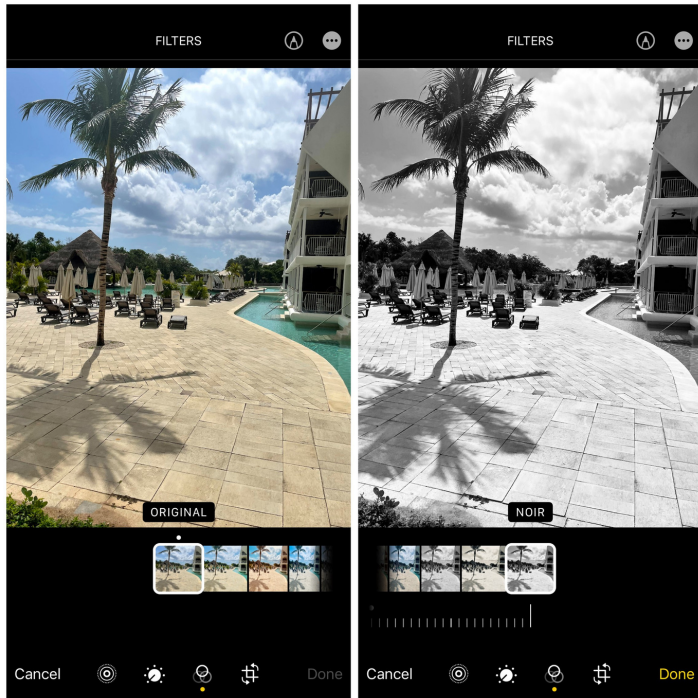


Working with the sharpness, definition, and noise reduction settings will change the **effect** of the picture and allow it to have more or less focus and contrast. This will also change the texture of the picture.

Finally, when you're done with the editing features above, don't forget that there are many phone applications available to add things like text and **stickers** to your image! Download them from your phone's App Store.

After you have taken a few practice pictures (to start I would say snap pictures of people, flowers, fruit, buildings, and the sky), use these pictures to test out the edit features on your phone before moving on to downloading apps to edit your pictures.

Try taking some pictures of your space while safely separating at home. Once you are finished safely separating, take the skills you just learned outside!



What do you think? Are you ready to take pictures using your smartphone? Submit photos taken while safely separating from home at bit.ly/bbp-cc-forms for a chance to be featured in the next Creative Corner Newsletter!

Onomatopoeia Poem

Written by: Sam Raines

DIRECTIONS: Summer is only a few weeks away! Think about one of your favorite summer memories and bring it to life with an onomatopoeia poem.

Onomatopoeia (aa-nuh-maa-tuh-pee-uh) is a term used for words that mimic actual sounds we hear (BARK, MEOW, BANG). Onomatopoeia is used often in poetry to give the reader a vivid experience. Instead of only picturing the scene - you can hear sounds as well.

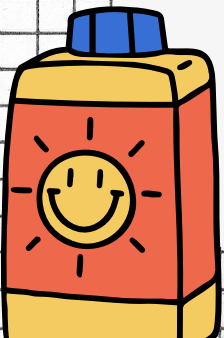
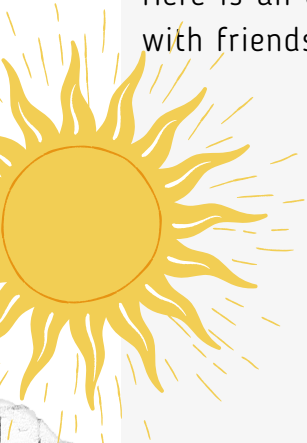
You don't need to worry about rhyming or timing. For this activity, just focus on the onomatopoeias to give your writing a poetic sound.

Here is an example of an onomatopoeia poem about my favorite summer memory, barbecuing with friends and family:

Heat **sizzles** from the sun
Sipping from sweet cups
Crunching chips
Smacking bugs
And **chattering babble**
While **cracking** up over old antics



Now try it yourself! Write your own onomatopoeia poem below:



Window Haiku

DIRECTIONS: A haiku is a Japanese poetry form. Haikus use a few words to capture a moment and create a picture in the reader's mind. It is like a small peek into a big scene. Traditionally, a haiku is written in three lines, with five syllables in the first line, seven syllables in the second line, and five syllables in the third line.

For this activity, look outside a window and take in the late spring sights and sounds. Try to capture the moment with as few words as possible.

Example:

1. The squeaking squirrel steals
2. From fresh ivy on the wall
3. For a new spring nest



Use the space below to create your own window haiku:

SUBMIT

After creating your poem, submit it for a chance to share it in the next newsletter.

Have other original poems you'd like to share? Send them our way! Submit your poems at bit.ly/bbp-cc-forms

Puzzles

Sudoku

EASY #012

8	9		4	3	5
1	7	9	2	4	6
		6	9	7	
7					3
	2	8			
5	6	1	3		9
6	3	4	5		
			9	3	
			1		

MEDIUM #012

1		5	8		4
3	8		9	6	1
9					3
	5	3		2	
6		7			5
	1	9	4	3	6
5		4	7		
		9	1	4	2
8				1	

HARD #012

2	8	7			
1	4	2	3	6	5
		5	9		
3	4		9	7	8
		6	2	7	
	2				4
		3			1
	8				5
	3				6

Word Search

U	P	W	U	X	V	V	K	Q	O	S	Z	P	J	A	J	U	C
B	F	F	U	T	U	R	E	E	I	I	C	A	Z	N	J	Y	P
O	Y	P	W	S	U	M	M	E	R	G	V	C	O	J	F	C	W
G	K	W	U	N	Y	O	K	R	O	U	T	I	N	E	L	V	C
P	H	O	T	O	G	R	A	P	H	Y	S	F	N	N	B	E	S
Z	C	O	I	S	A	M	E	Y	A	B	A	I	C	R	R	G	O
G	B	K	M	P	H	O	N	E	B	X	L	C	E	G	A	A	U
Y	Y	B	Y	M	E	A	L	O	W	X	A	A	Y	X	I	N	P
D	P	O	L	Q	U	H	N	T	N	Q	D	C	P	S	N	A	W
P	T	E	G	U	S	Q	U	I	R	R	E	L	I	G	N	H	Y
K	I	Q	Y	A	E	C	R	O	P	A	T	A	U	R	U	S	O
V	Q	D	I	S	N	E	Y	F	X	L	K	Q	X	V	I	H	H

**Blue
Brain
Crop
Disney**

**Future
Meal
Pacific
Phone**

**Photography
Routine
Salad
Same**

**Soup
Squirrel
Summer
Taurus**

**Vegan
Yoga**

Brain Ticklers

COLLECTED BY ALEX HOWEY



These popular questions and riddles are more than what they seem; they are brain ticklers! Take a moment and read them carefully before coming up with an answer. Some may seem straightforward, and some will outright baffle you, but the answers are rarely what you think! Are you ready to solve these brain ticklers? Check out page 24 for the answers.

1. **A man pushes his car to a hotel and tells the owner he's bankrupt. Why?**

2. **A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?**

3. **Forrest left home running. He ran a ways and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home, there were two masked men. Who were they?**

4. **A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?**

5. **What five-letter word becomes shorter when you add two letters to it?**

6. **A man was walking in the rain. He was in the middle of nowhere. He had nothing and nowhere to hide. He came home all wet, but not a single hair on his head was wet. Why is that?**

7. **Paul's height is six feet, he's an assistant at a butcher's shop, and wears size 9 shoes. What does he weigh?**

8. **A man describes his daughters, saying, "They are all blonde, but two; all brunette but two; and all redheaded but two." How many daughters does he have?**

taste of home

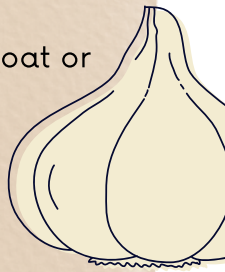
Tomato Spinach Basil Bisque

Recipe by Kenyetta Overton



INGREDIENTS

- One 16 oz Tomato Basil pasta sauce (gravy)
- One 8 oz carton (or can or jar) tomato purée
- One 4 oz carton (or can or jar) of tomato paste
- Seasonings of choice
- One clove of garlic, finely chopped (optional)
- 1/4 slice of medium-sized onion chopped (optional)
- 1/4 cup olive oil
- 1/4 cup vegan butter spread (or regular butter)
- One bunch of fresh basil lightly chopped
- One handful bunch of fresh spinach
- Low sodium vegetable broth
- 4 oz vegan cheese of choice
- 4 oz unflavored Coconut cream (or oat or dairy cream of choice)
- Large saucepan



INSTRUCTIONS

1. In a large saucepan sauté finely chopped garlic and onion in olive oil on low-medium low heat until soft and translucent. Stir regularly to keep from burning.
 - a. Tip: you can substitute with 1/2 tsp minced garlic from a jar.
2. Next stir in the vegan butter spread or regular butter until melted.
3. Add tomato paste and stir until liquified then add in tomato purée, the pasta sauce (gravy), and stir slowly.
4. Add unflavored coconut cream or cream of choice.
5. Add in seasonings of choice and bring to a slow boil
6. Stir in vegan (or dairy) cheese.
 - a. Tip: Parmesan, Romano, and Gouda cheese blend well with this recipe.
7. Add more cheese to taste if desired. Be sure the cheese melts and blends into the soup.
8. Add in some dry basil, salt, and pepper to taste.
9. Reduce heat to low and toss in whole leaf or chopped spinach and fresh basil. Stir.
10. Let simmer for 3-5 minutes on low, stirring intermittently, then remove the saucepan from heat.
11. Allow to cool for a few minutes before serving with crostini wedges, salad, sandwich, or as the 1st course of a dinner.



Tricolor Beet Salad

Recipe by Kenyetta Overton

INGREDIENTS

- Medium-size mixing bowl
- 1 small red, golden & red/white striped beet
- 1 Prewashed bag of spinach
- Olive oil of choice
- ½ C Vegan (dairy) feta of choice
- Salt
- Pepper
- Garlic
- Onion
- Additional Seasonings of choice
- 1 capful of Apple Cider Vinegar (optional)

INSTRUCTIONS

1. Thoroughly wash the beets & dab dry
2. Cut beets into small cubes then place them into a mixing bowl
3. Rough chop spinach and toss it into a bowl
4. Add a generous amount of olive oil
5. Add apple cider vinegar
6. Mix ingredients until all are fully coated
7. Mix in salt, pepper, garlic, onion, and other seasonings to taste
8. Place mixture in a salad bowl
9. Add feta before serving

Note: This recipe makes approximately 4 servings (for a meal) or 6-8 (for a side dish). It should be eaten at room temperature or it can be flash sautéed & served warm.



Why do these recipes remind you of home?

Like many today, I am influenced by social media and the influencers from around the world, who post cooking videos. As a Pesca-veggie-vegan, they have expanded my palette and abilities. However, my main kitchen inspiration is my family. I was eight years old when I cooked my first family meal on my own. Growing up in a family full of culinary experts who expressed their love for the family through food encouraged me to do the same. My grandmother, mother, aunts, uncles, and cousins all knew their way around a kitchen. Unfortunately, no one put pen to paper to record their gastronomical delights. We learned the science by watching, helping out, and experimenting based on memory and the senses. I approach cooking in a similar manner to the main character in the movie Like Water for Chocolate. My kitchen and my culinary creations are a testament to the knowledge, creativity, history, innovation, steadfastness, strength, imagination, growth, and unadulterated majesty of my ancestors. For me, creating meals for loved ones and friends, especially from scratch, is a sign of love and care. If I'm willing to feed you then that means you're my family.

Want to share your Taste of Home recipe? Submit your recipe online at bit.ly/bbp-cc-forms.

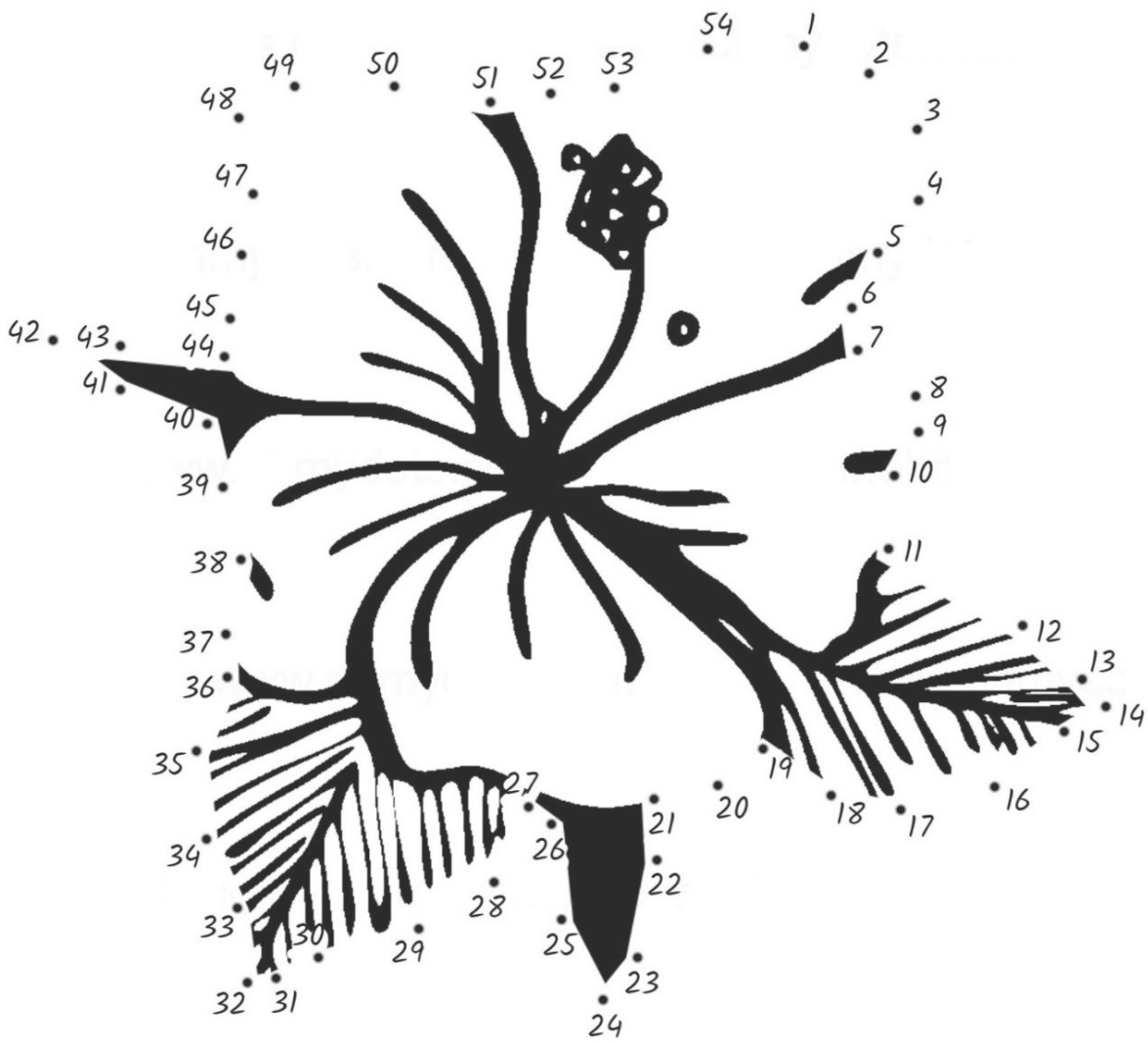


Dot to Dot

Connect the dots activity

Did you know that the month of May is Asian American and Pacific Islander Heritage Month? This month, let's celebrate everything that Asian Americans and Pacific Islander Americans have done in our country.

Start at number 1 and follow the dots in numerical order until you reach number 54. When you're finished have fun coloring in the picture.



COLOR BY NUMBER

DIRECTIONS:

Let's practice numbers and colors with this fun activity!

On the next page, start by coloring each shape with the matching number below

1. BLUE

2. GRAY

3. RED

4. VIOLET

5. YELLOW

6. ORANGE

7. BROWN

8. BLACK

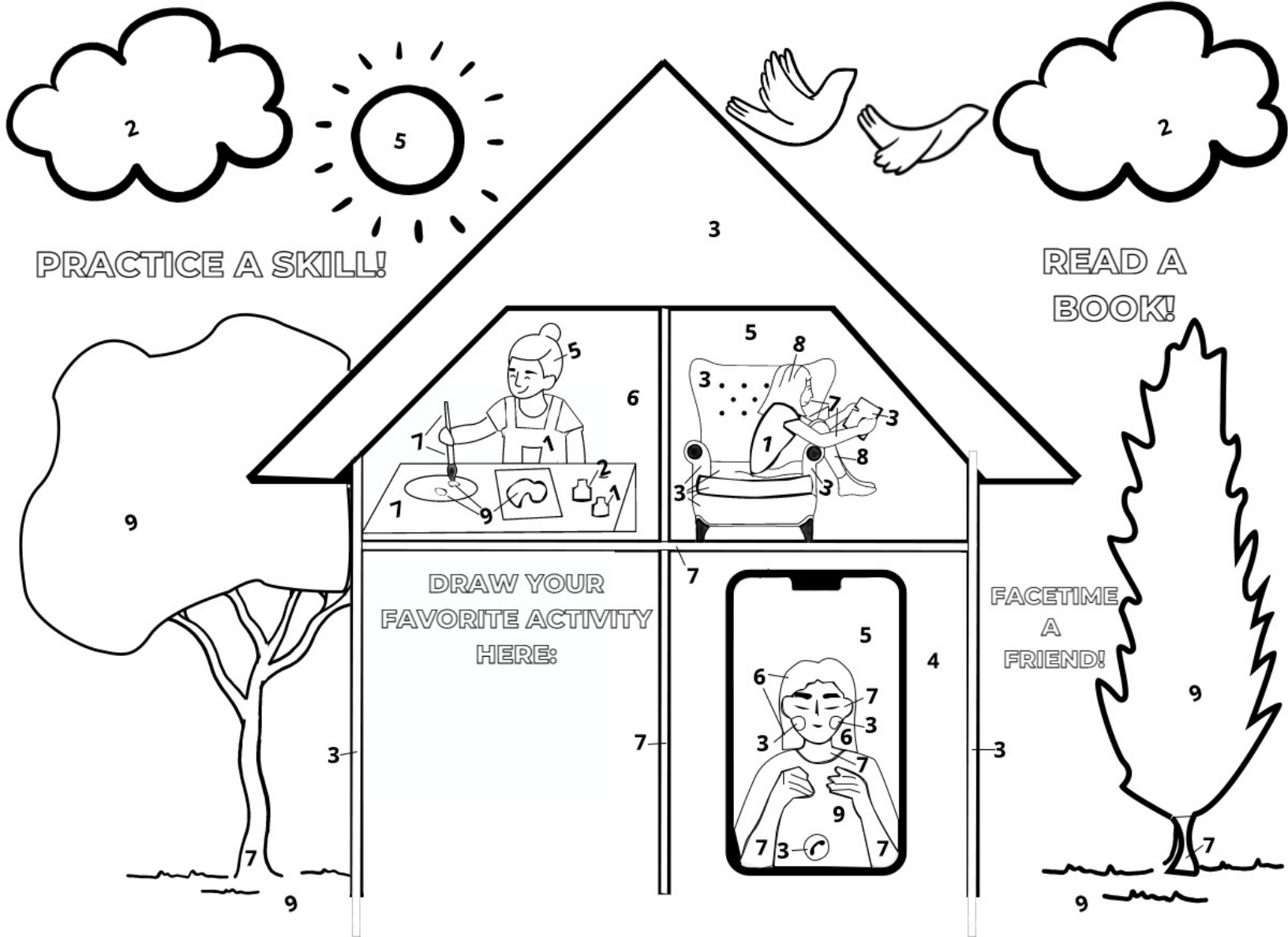
9. GREEN

All letters are red, and all shapes without a number are white.



Activity on next page -->

WHAT CAN YOU DO WHILE YOU SAFELY SEPARATE?



PRACTICE A SKILL!

READ A BOOK!

DRAW YOUR FAVORITE ACTIVITY HERE:

FACETIME A FRIEND!

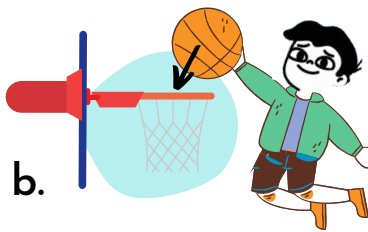
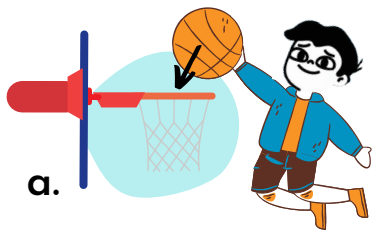
THINKING BIG ACTIVITY



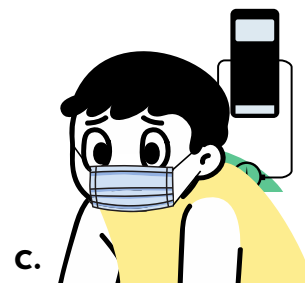
Hello, I am Ash from "The Immunizer and the COVID-19 Vaccines!" Download a copy at bit.ly/bbp-cc-download to read about my journey to getting the COVID-19 vaccine.

Follow the prompts in each question to circle pictures that are the same or different.

1. Circle the picture that is different.



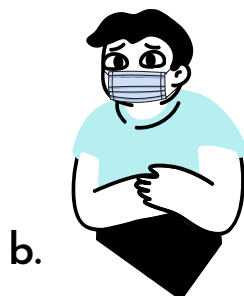
2. Circle the picture that is different.



3. Circle the pictures that are the same.



4. Circle the pictures that are the same.





KIDS MAD LIBS!

How to play: Grab a friend or family member to participate in this activity. Pick a **READER** and a **WRITER**. The reader asks the writer to say a word to fill in the blank spaces of the story. The blank spaces can be filled in with different parts of speech, like a noun, verb, adjective, and more. When all the blank spaces are filled in, the story is complete. The reader reads the story out loud, just in time for some giggles. Sometimes the story will make perfect sense and other times it will not, but that's alright. There are no winners or losers in this activity, only creative and funny stories to share. Have fun and enjoy! 😊

Title: My Favorite Meal

(**Noun – breakfast, lunch, or dinner**) _____ is the best time of day.

I get to eat my favorite fruit _____ (**noun – fruit**).

My mom always bakes _____ (**adjective**) muffins and lets me eat in my _____ (**noun – clothing**).

We listen to _____ (**adjective**) music and _____ (**verb**) along together.

When it's nice outside, we eat on the _____ (**noun – place**).

Sometimes I help her _____ (**noun**) the muffins.

My favorite step is _____ (**verb-ending in "-ing"**) everything together.

The machine we use is _____ (**adjective**) so I must hold on tightly or the batter will _____ (**verb**) everywhere.

I always add an extra _____ (**noun – measurement**) of cinnamon because I love the taste.

The muffins are so _____ (**adjective**) when they come out of the oven.

The kitchen smells like _____ (**noun – scent**) from the chocolate chips.

If there are any muffins left, I bring them on the bus for my _____ (**noun – people**).

I can't _____ (**verb**) till _____ (**noun – breakfast, lunch, or dinner**) tomorrow!

Parts of Speech:

Noun – Person, place, or thing.
Ex. Mom, jungle, notebook, dirt.

Verb – An action.
Ex. Swim, Fly, Read.

Adjective – Describes a person, place, or thing.
Ex. Soft, old, huge.

When you are finished, submit your child's story online at bit.ly/bbp-cc-forms for a chance to be featured in the next Creative Corner Newsletter!

The Hierophant

Written by: Nora Trejos



For the month of May with the constellation of Taurus, comes **the Hierophant**. A hierophant is a religious leader, in some traditions he's something like a priest. He is the person that brings the masses into sacred spaces and connection with the divine.

In our lives, the hierophant can represent a person who provides spiritual or other forms of guidance. Sometimes that person is yourself, being called to guide others with the knowledge and light you already possess. If there's someone in your life who is looking up to you, like a child or a mentee, make sure that you teach them proper values and pass on positive wisdom.

The Hierophant can also represent a time of going back to traditional beliefs, which may be cultural, religious, or personal. Maybe you have strayed away from lessons learned at home that could help you survive this time. Perhaps you have disconnected from some aspects of your culture that could serve you well with what you are going through. It could also mean rehashing some religious rituals that have served you in the past like prayer or meditation.

Since the Hierophant is the keeper of tradition, he calls to stay within the boundaries of what has been tried and proven. This may not be time to take risks and expand beyond the established systems. This is the time to learn from proven sources and stick to what you know to be true. (This does not mean to stick to traditions that harm certain groups of people, rather to find the truth behind them and expand upon it).

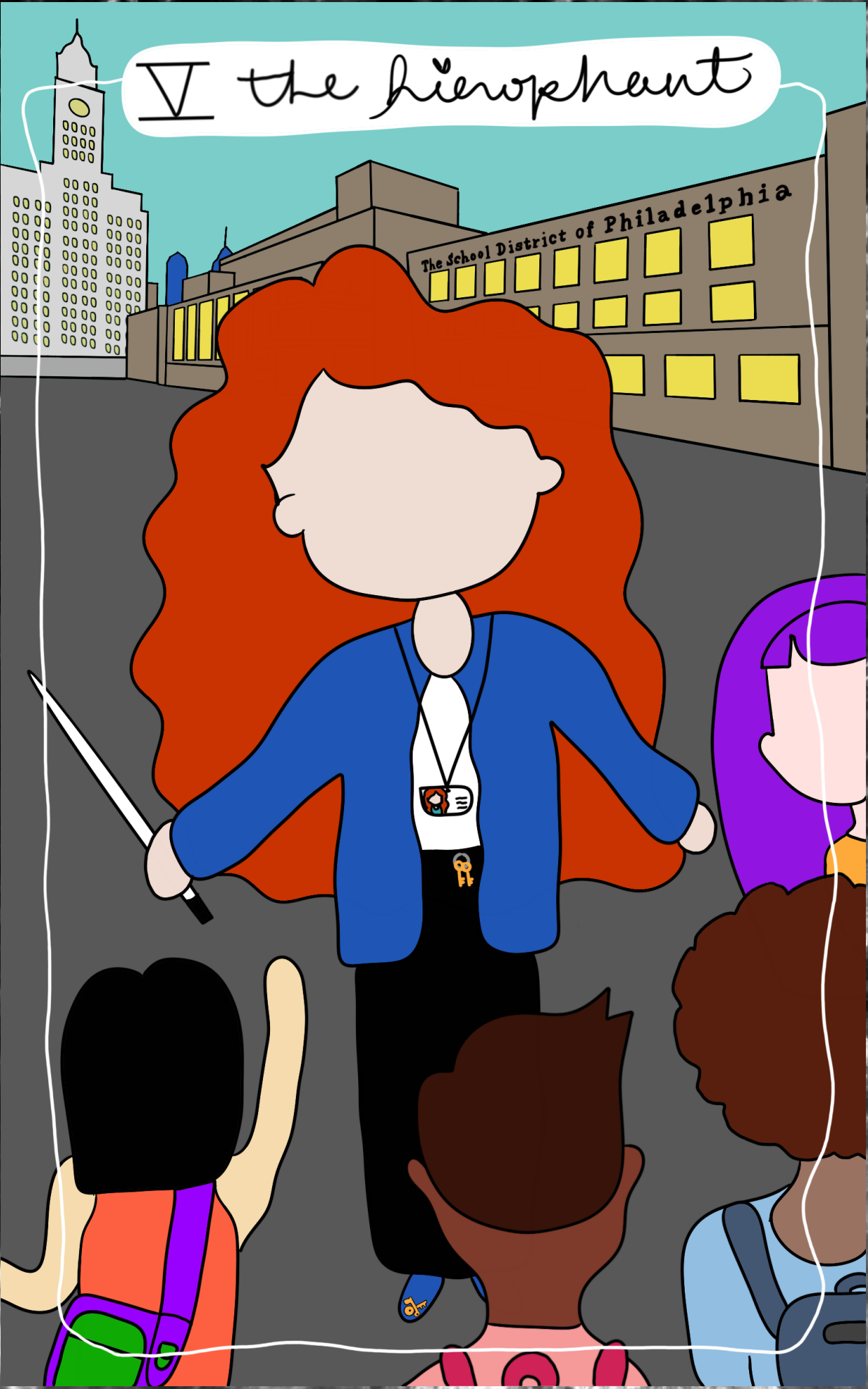
Another possible interpretation for the Hierophant is entrance to the next level of spiritual development. This could be a time to grow your spiritual practice by incorporating rituals and learning from appropriate teachers. Now is also the time to do extensive research on your own before you subscribe to anything or make decisions. Make sure you have all the information you need.

Keep your eyes and ears open for the lesson the Hierophant is bringing to your life, and you may be surprised by the wisdom of the universe.

Keywords: teaching, tradition, spiritual wisdom

To amplify the energy of the Hierophant you may: meditate or pray, create a ritual for yourself and practice it for a month, reach out to a mentor and listen to their advice.

V the hierophant



Puzzle Answers

Sudoku

EASY #012

8	6	9	7	1	4	2	3	5
1	5	7	9	2	3	4	6	8
3	4	2	5	6	8	9	7	1
7	9	1	6	4	5	8	2	3
4	2	3	8	7	9	5	1	6
5	8	6	1	3	2	7	9	4
6	3	4	2	5	7	1	8	9
2	1	8	4	9	6	3	5	7
9	7	5	3	8	1	6	4	2

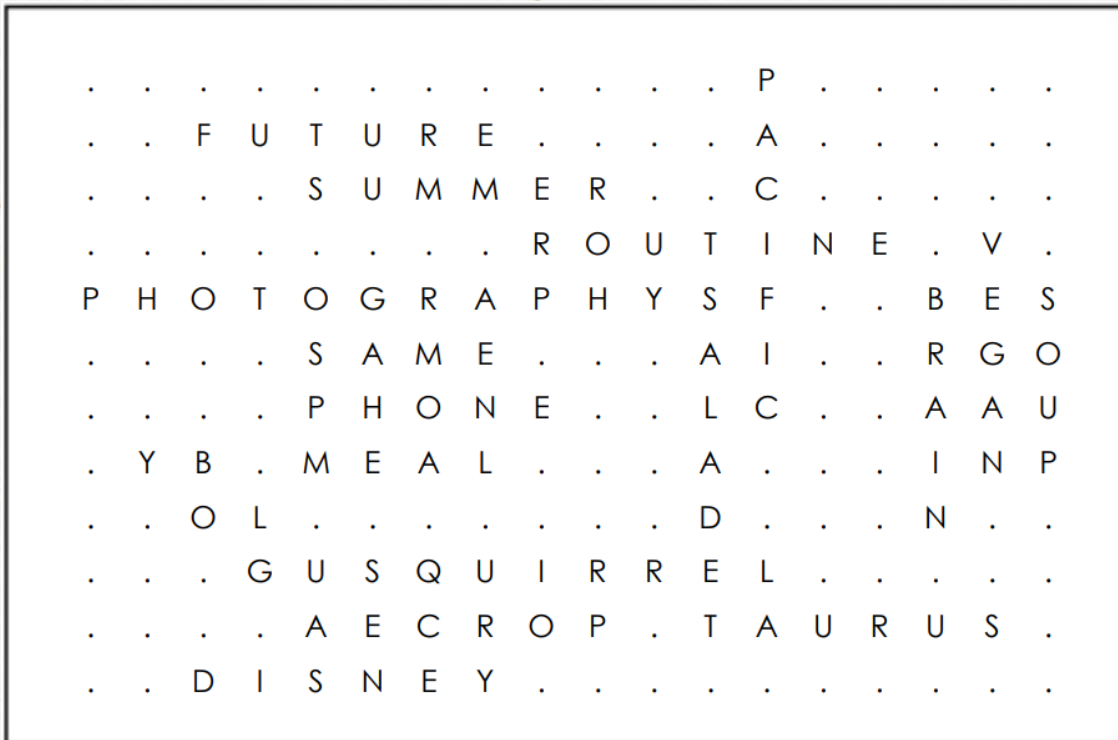
MEDIUM #012

1	7	2	5	8	3	6	9	4
3	8	4	2	9	6	5	7	1
9	6	5	1	4	7	8	2	3
4	5	3	8	6	2	7	1	9
6	9	8	7	3	1	2	4	5
2	1	7	9	5	4	3	6	8
5	2	1	4	7	8	9	3	6
7	3	9	6	1	5	4	8	2
8	4	6	3	2	9	1	5	7

HARD #012

2	5	8	4	7	1	9	6	3
1	9	4	2	3	6	5	7	8
6	7	3	8	5	9	1	2	4
3	4	6	5	9	7	2	8	1
8	1	5	6	2	4	7	3	9
7	2	9	1	8	3	6	4	5
9	6	2	3	4	5	8	1	7
4	8	7	9	1	2	3	5	6
5	3	1	7	6	8	4	9	2

Word Search



Brain Ticklers

1. He's playing Monopoly.
2. His son.
3. The catcher and the umpire.
4. The river was frozen.
5. Short.
6. The man was bald.
7. Meat
8. Three. A blonde, a brunette, and a redhead.

Thinking Big Activity

1. a
2. a
3. a, b, d
4. a, b, d