

JULY  
2022

# BOUNCE BACK PHILLY CREATIVE CORNER

VOL. 2  
NO. 7

**For Philadelphians, by Philadelphians**

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

Welcome July! We are officially in the summer season here in Philadelphia. 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 about an artist who started a gallery during the pandemic to stay connected with neighbors and friends. As you continue to safely separate from home, learn to propagate a succulent and be more mindful about your technology use! Pages 17-21 include our Kids Corner which is a collection of different and fun kid-friendly activities. Have you heard about the Mutter Museum? Check out page 3 to learn about this interesting place in Philly. After your safe separation period, check out their exhibits in person!

Let's get started!



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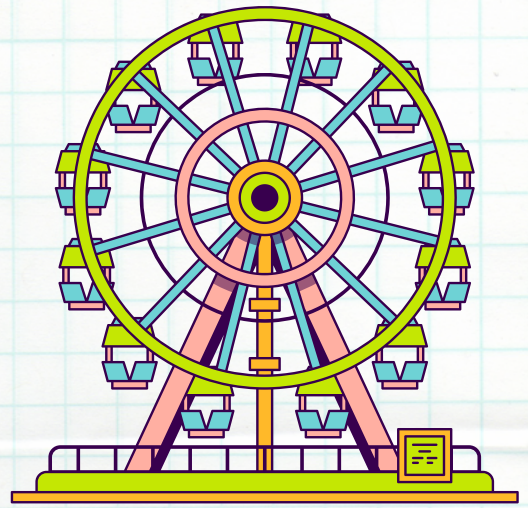
[WWW.PHILA.GOV/COVID19](http://WWW.PHILA.GOV/COVID19)

[BIT.LY/BBP-CC-1](https://bit.ly/bbp-cc-1)

Department of  
**Public Health**

**BOUNCE  
BACK  
PHILLY**

# july events.



## virtual events

**Virtual Lunchtime Tour: Late Summer Color**

**August 2, 2022 12-1pm**

**The Scott Arboretum of Swarthmore College**

Take your lunch break virtually by exploring the gardens in August with Assistant Garden Supervisor Emily Reuther.

Sign up at: [bit.ly/virtuallunchtimetour](https://bit.ly/virtuallunchtimetour) (Free)

## in-person events\*

**Mysteries on the Move: Scavenger Hunt in Philadelphia\***

**August 1-31, 2022 @ 9:30am-12:30pm**

**Arch Street & North 6th Street, Philadelphia, PA 19106**

You will be tasked with solving the murder of silent movie director Rex King, who was visiting Philadelphia while filming on location in 1926. Gather the clues – outdoors and on the move – while visiting historical sites throughout the city!

Register for tickets here: [bit.ly/mysteriesonthemove](https://bit.ly/mysteriesonthemove) (Tickets start at \$20)

**cinÉSPEAK presents Apichatpong Weerasethakul's Memoria\***

**August 12, 2022 @ 7:00pm**

**Bartram's Garden 5400 Lindbergh Boulevard, Philadelphia, PA 19143**

From the extraordinary mind of Palme D'or winning director Apichatpong Weerasethakul, and starring Academy Award winner Tilda Swinton, comes a bewildering drama about a Scottish woman, who, after hearing a loud 'bang' at daybreak, begins experiencing a mysterious sensory syndrome while traversing the jungles of Colombia.

Register for tickets here: [bit.ly/cinespeakmovie](https://bit.ly/cinespeakmovie) (Tickets range between \$2 and \$10)

**The Oval XP\***

**June 16 - August 21, 2022 (Wednesday - Sunday, various hours)**

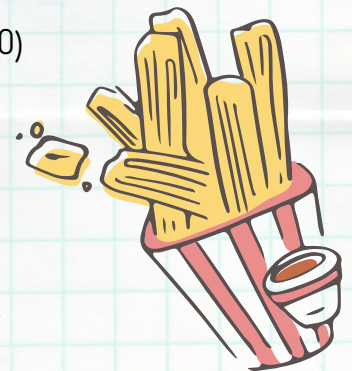
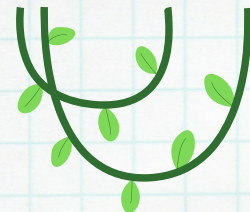
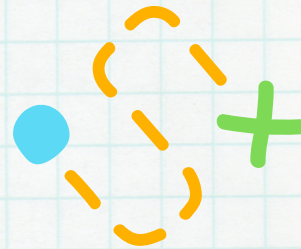
**2451 Benjamin Franklin Parkway Philadelphia, PA 19130**

Free programming on the Benjamin Franklin Parkway including games, fitness activities, educational events, movie nights, live entertainment, and more!

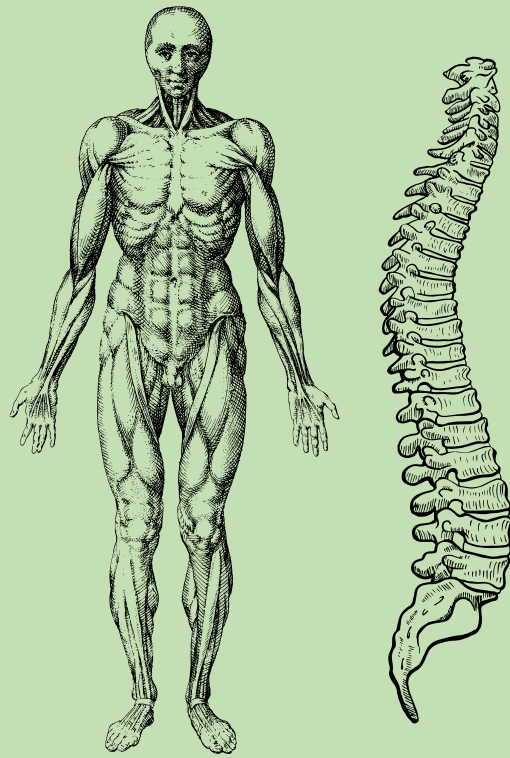
More info here: [bit.ly/theovalphl](https://bit.ly/theovalphl)

### \*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 MÜTTER MUSEUM



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 MÜTTER MUSEUM?



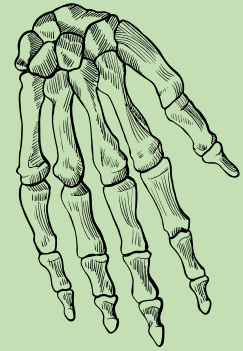
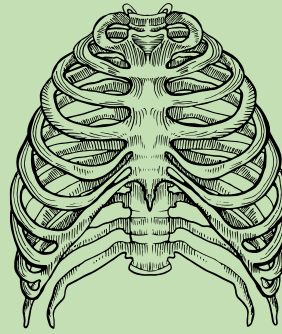
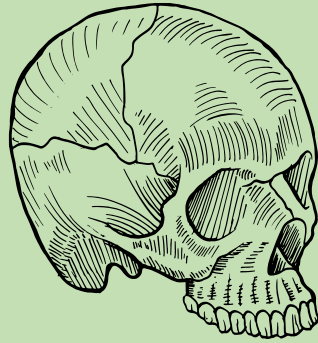
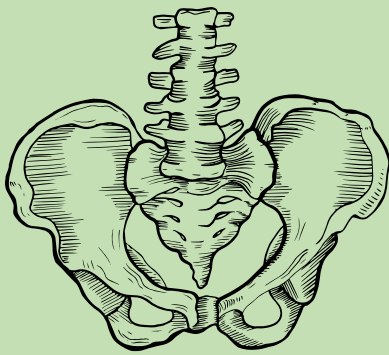
Originally, the Mutter Museum was a donation of 1,700 objects and \$30,000 to the College of Physicians of Philadelphia. The original museum was built in 1863 and located at 13th and Locust Streets. The original purpose of the museum was to aid in biomedical research and education.

## WHAT IS THE MÜTTER MUSEUM?



Today, the Mutter Museum contains over 20,000 specimens as well as a Historical Medical Library. Its primary goal is to educate the public about human anatomy, as well as the nature and transmission of diseases. A current featured exhibition is "Spit Spreads Death", which is about the 1918-19 Influenza Epidemic in Philadelphia and shows how it compares to the COVID-19 Pandemic.

ARTICLE CONTINUES ON NEXT PAGE...



## WHY IS THE MÜTTER MUSEUM SO IMPORTANT?

The Mutter Museum is not only an extraordinary educational tool, but a living piece of history. Currently, the Museum's education program helps middle and high school students from across the city learn about futures in the biology and medical fields, as well as introducing them to the history of medicine. The museum even features several pieces of Philadelphian and American history.



## WHAT IS THE WEIRDEST THING IN THE MÜTTER MUSEUM?

Asking one to name the strangest thing in the Mutter Museum's collection is like being asked to name the most beautiful flower in a garden. When visiting, be sure to see the slices of Albert Einstein's brain, as well as Philadelphia's own "Soap Lady". Personally, the author recommends you ask about the Chevalier Jackson Foreign Body Collection, a vast assortment of objects recovered from being swallowed by patients.

**THE MÜTTER MUSEUM IS LOCATED ON  
19 S 22ND ST, PHILADELPHIA, PA.\***

### **SOURCES:**

**ABOUT | MÜTTER MUSEUM (MUTTERMUSEUM.ORG)**

**SPIT SPREADS DEATH | MÜTTER MUSEUM (MUTTERMUSEUM.ORG)**

\*Note

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



# PROPAGATION OF SUCCULENTS!

WRITTEN BY STARLIN PAULINO

Succulents have become very popular house plants! This is simply because they are beautiful and easy to take care of. In this article we will discuss how you can multiply your succulents and make more of the same plants you already have. When we refer to propagation of succulents, we mean the removal of a stock or a leaf of a plant to make a new plant. Still sound confusing? Do not worry, we will explain and guide you through the process of propagation.

## **Step 1: Choose which succulent you want to propagate from.**

Once you have selected the plant you want to propagate, you are basically halfway through this process. When choosing your plant, make sure your plant is in healthy condition and free of any diseases. Also, try to select a plant that is mature enough so that when we collect leaves from it, we won't damage it. To check if your plant is mature, count the number of true leaves it has, if it has between 3 and 4 true leaves, it is mature.

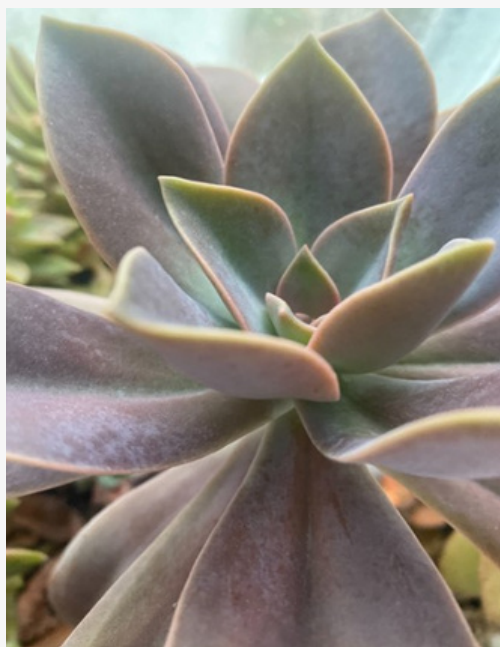
## **Step 2: Removal of leaves.**

Now that you have made your plant selection, it is time to remove some leaves. This is one of the most important steps because if we do not choose or remove the leaves correctly, we won't be able to successfully propagate. Try to choose leaves that are at the lowest part of the plant; this will ensure that once you remove the leaves, the mother plant will keep its beauty. When removing your leaves, hold the leaf and gently move it side to side until the leaf comes out of the plant. No force is needed for the leaf to come off.

*Article continues on the next page...*

### Step 3: Move your leaves to soil.

Once you have selected and collected all your leaves, you can simply grab a container or pot you have around your house, fill it with soil, and place the leaves on top of the soil. Within 1 to 2 weeks, you will see roots growing out of the leaf. Around the 3rd or 4th week, you will see a small plant coming from the leaf. Once the plant appears in the leaf, you do not need to separate the tiny plant from the leaf because the leaf is helping the plant grow. Do not worry, the leaf will dry out once your tiny succulent can take care of itself. Remember to keep your succulents in a sunny spot of the house or garden and water your succulents once the soil is dry.



# Summer Sonnet

Written by: Sam Raines

**DIRECTIONS:** The sonnet was first written in Italy during the 13th century but was made famous by the English playwright, William Shakespeare.

Traditionally, sonnets are written about love, but in this activity, we are going to write about Summer.

English sonnets are 14 lines long and follow a ABAB CDCD EFEF GG rhyme scheme.\*

\*A rhyme scheme tells you which lines should rhyme. To make two lines rhyme, the last word of the sentences should sound like one another. For example, an AA BB rhyme scheme means that the first two lines rhyme and the last two lines rhyme. (AA BB: I miss my **cat**. That chair is where he **sat**. He ran away on a fine spring **day**. I wish he would come back to **play!**)

## EXMAPLE:

- A After months of chills,
- B It's time to relax,
- A Chase summer thrills,
- B And don't look back.
- C Sing along to a tune,
- D While driving to the shore.
- C A picnic under the moon,
- D Couldn't be a bore.
- E When the sun finally sets
- F We chatter over fire
- E Cuddling with my pets
- F Never going to retire
- G Nothing in Summer is ever a waste
- G It's always a brand new taste



Now try it yourself! Write your own summer sonnet below:

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# Resolution Rewind

Written by: Shahida Parker and Sam Raines

**DIRECTIONS:** As the summer days grow warmer, the cold months of January couldn't be further from our minds. But for this activity we are going to jump back to the beginning of the year to reflect on our New Year's resolutions through poetry. Writing a poem on New Year's resolutions in the middle of the year will help us continue to stick to our plans and set intentions for the rest of the year.

First, write down some of your New Year's resolutions. Then, pick one or two goals to poeticize. How you poeticize the resolution is up to you. You could write about why you wanted the resolution, challenges you've faced in pursuing it, how you plan to get it, and etc. You could also write more abstractly on your feelings toward resolutions in general.

You may use any rhyme scheme you like.

**EXAMPLE:**

**Resolutions:**

Run a 10k  
Own a Car  
Drive Down the Entire East Coastline  
Overcome My Fear of Public Speaking

**Poem:**

Some barriers are meant to be broke  
There's no place to store my fears,  
Without them I could finally open.  
But sometimes a barrier will never be mine.  
I have to indulge the dream until it's in reach-  
When I can drive down the East coastline.

**Use the space below to create your own resolution rewind poem:**

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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](http://bit.ly/bbp-cc-forms)



# What is your screen time?

## How to Use Your Time More Mindfully

Written by Jennyfer Osuna

Since the start of the COVID-19 pandemic, have you noticed your screen time has gone up a lot? Or do you feel like lately you have been using your smartphone more than ever? Don't worry, you are not the only one! Since the beginning of this pandemic, everyone has had to navigate new physically distanced lives.



We went from having every day in-person interactions, to virtual interactions, which led us into this world of endless scrolling on our smartphones. As you continue to safely separate at home, here are some tips and tricks on how to use your time more mindfully and not spend so much time on your smartphone:

- 1 Set a Timer** - If you find that you spend more time on social media apps or on any other app, try to set a timer every day for a specific amount of time. By setting a timer for 30 minutes or an hour, you allow yourself to enjoy scrolling on your phone but are also setting a limit.
- 2 Try to Have Phone Free Meals** - If it's during breakfast, lunch, and/or dinner. Try to enjoy your meals without your smartphone. This is a perfect time to practice mindful eating as well. Check out our article on Mindful Eating in our December 2021 issue at this link: [bit.ly/bbp-cc-download](https://bit.ly/bbp-cc-download)
- 3 Hide the Apps You Spend the Most Time On** - Are you spending more time on one specific app? Try to hide the app on your smartphone, that way it is not on your home screen where you can easily click on it.
- 4 Set One Day A Week as A "Phone/Social Media Free Day"** - Try to set at least one day a week as a "phone/social media free day." During this day, only use your phone to answer phone calls, text messages, or any important emails. Other than that, enjoy your free time and discover what you can do when you are not endlessly scrolling on your phone.

**5 Buy a (Real) Alarm Clock** – Once you are done safely separating at home, go out and buy a real physical alarm clock. This will help you with not using your phone as an alarm clock and stop you from scrolling through your phone first thing in the morning. If you need an alarm clock right now, you can order it online for non-contact delivery.

**6 Commit to Being Fully Present** – Being fully present can be hard. If you find that you are missing out on special events or moments because you are on your phone, try to set the goal of being fully present.



Once you are done safely separating at home, try to keep practicing these six tips on how to use your time more mindfully instead of being on your phone all the time. As a reminder everyone is different, and mindfulness is how you practice it. Did any of these tips work for you?

This is a simple activity that you could add to your life to practice mindfulness. Share your experience with us at [bit.ly/bbp-cc-forms](https://bit.ly/bbp-cc-forms)

# Puzzles

## Sudoku

EASY #014

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

MEDIUM #014

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

HARD #014

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

## Word Search

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

Window  
Fragrant  
City  
Medicine

Timer  
Car  
Chills  
Biology

Screen  
Macrame  
Picnic  
Barriers

Moment  
Shore  
Chariot  
Motivation

Weather  
Curry  
Neighbors  
Gallerist

# How I Became an Art Gallerist During the Pandemic

Written by Jo Lin



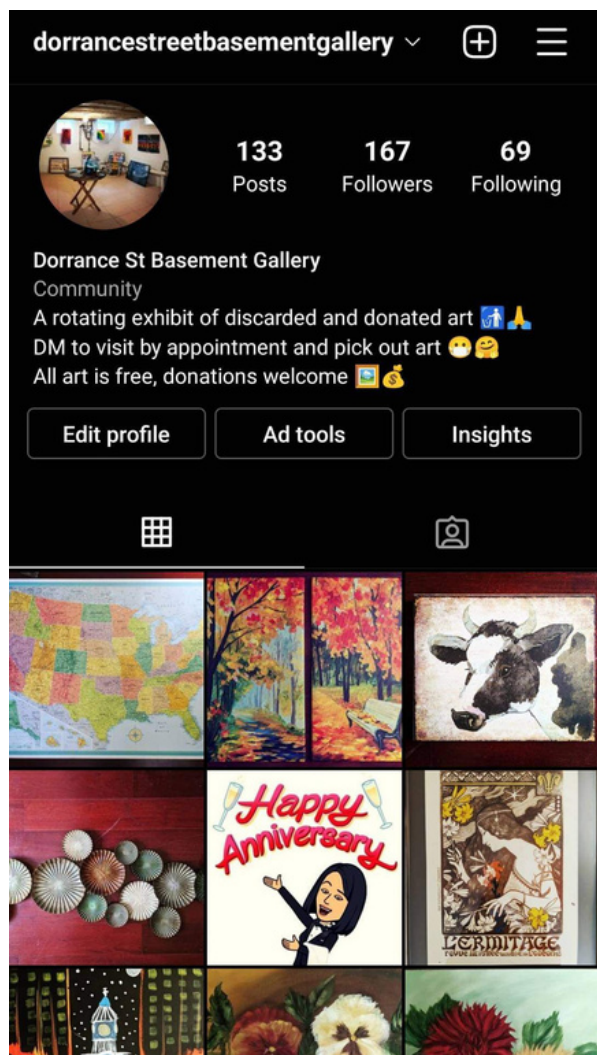
All my life, I've been a person who dabbled in various creative endeavors: blogging, web/graphic design, video storytelling, photography, scrapbooking, theater, poetry, dance, music, cooking, self-publishing, painting, improv comedy, make-up, costuming, fashion, interior design, collaging, macrame, gardening. But I've never been able to call myself an artist, preferring instead the label of "repressed creative" because the only thing I ever stuck to with any regularity was a day job.

My jobs had always provided a way to meet and collaborate with people, to feel purposeful, to define myself and what I could offer to others. But the pandemic changed that. Isolated within my home, having a job felt increasingly like a burden without the counterpoint of connection. And so I fell back on my various creative pursuits as a way to feel purposeful and to connect with others. I held cooking groups over Zoom and we shared recipes over Facebook. I started painting again, and decorated the walls of my home. Through my neighborhood "Buy Nothing" group I was able to give away things I no longer needed, and to pick up things that my neighbors were giving away.



Article continues on next page...

On one of the walks I took for a Buy Nothing pickup, I came across a bundle of canvas paintings that one of my neighbors had done, sitting on the sidewalk. It made me sad that someone's creative endeavors had been cast out from the trash, so I salvaged it. I took it home and had nowhere to put it because all my walls were already covered. I set the bundle in the basement, and it wasn't long until I realized that my basement walls were bare... and thus a gallery was born.



I let my Buy Nothing neighbors know about my basement gallery, inviting everyone to visit and take or contribute art. Since then, many have visited, safely masked, and even more have dropped art off to add to the gallery's collection. To make it easy for people to schedule visits and to get an idea of what's in the gallery, I started an Instagram page to showcase the art and to document which visitors took which pieces.

Although I had never expected "art gallerist" to be amongst my creative endeavors, I'm glad that it's something that came along with this journey of living through the pandemic. I may not be that much less of a repressed creative, but I'm happy to have the basement gallery as a permanent part of my home.

Want to share your COVID-19 story with us for a chance to be featured in our next newsletter? Submit your story at [bit.ly/bbp-cc-forms](https://bit.ly/bbp-cc-forms)

## Thai inspired Chicken Curry

Recipe provided by: Zenia Lauw

**Preparation Time:** 10 minutes

**Cooking Time:** 35-45 minutes

**Number of Servings:** 2-4

**Total Time:** 45-55 minutes

### INGREDIENTS

- 2-4 tbsp of olive oil
- 1 medium yellow onion (diced)
- 3 to 5 cloves of minced garlic
- ½-1 tbsp of ginger paste
- ¼ cup of red (or yellow) Thai curry paste
- 2-4 tsp ground coriander
- ½-1 lbs. yellow potatoes, halved or quartered
- 1 can of full fat coconut milk
- 1 cup of chicken stock (I like the Swanson brand)
- ½-1 tbsp cornstarch
- ½-1 tbsp water
- Salt, pepper, brown sugar to taste
- Chopped cilantro for topping
- Lime juice from 1 lime
- OPTIONAL: 2 tsp fish sauce
- OPTIONAL: Baby Bok choy



### INSTRUCTIONS

Prep:

1. Start by dicing the onion and mince the garlic (I like to use a garlic press).
2. Wash and dry the baby potatoes then chop into halves or quarters. Depending on the size of the potatoes. Cut them in half if smaller and cut them in quarters if bigger. The smaller the better so that they can cook faster!
3. Cut the chicken into bite size pieces and season generously with salt and pepper. Set aside.

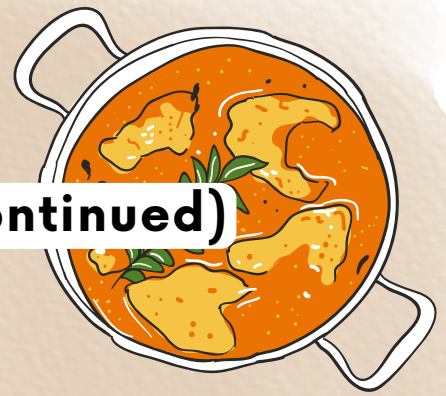
Cook:

1. Heat the olive oil in a large, deep skillet over high heat.
2. Add the chicken and stir frequently. Cook the chicken for about 4-7 minutes (depending on the size) and until it is browned.
3. Once cooked, use a pair of tongs and remove the chicken to a plate while leaving the chicken grease on the skillet. Remove a tablespoon or two if the chicken has a lot of fat. Set aside the chicken.

Recipe continues on next page...

## Thai inspired Chicken Curry (Continued)

Recipe provided by: Zenia Lauw



### INSTRUCTIONS (continued)

Cook:

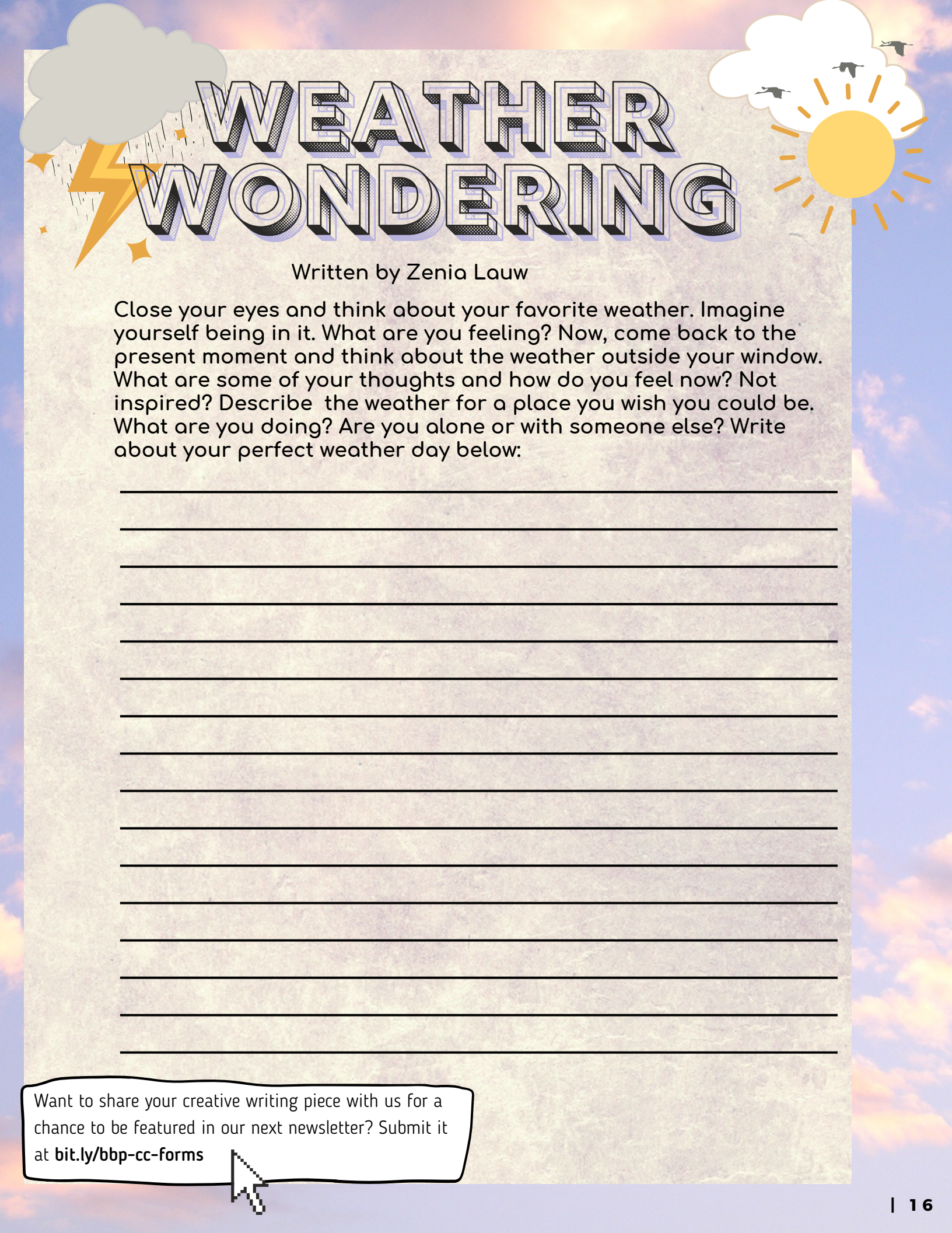
4. Put the heat back on medium-high and add the onions and sauté until softened.
5. Add the garlic and ginger and stir until fragrant.
6. Lower the heat to medium and add the curry paste and ground coriander. Stir for about 5 minutes or until fragrant.
7. Add the potatoes and stir to coat the potatoes in the curry paste. Add more curry paste if necessary and stir until fragrant.
8. Once everything is combined, pour one can of coconut milk and the chicken stock then stir. Be sure to scrape the bottom of the skillet!
9. Bring the liquid to a rapid simmer while making sure the potatoes are all submerged. Make sure that it is NOT boiling, or else the liquids will reduce significantly once finished!
10. Cover and let the potatoes cook for about 20-30 minutes and stir every few minutes. Once the potatoes are tender, add in fish sauce (optional), salt, pepper, brown sugar, and lime juice, then stir. Taste and season more if necessary.
11. Lastly, add in the cooked chicken and stir everything together. Make a cornstarch slurry by mixing ½-1 tbsp of water and ½-1 tbsp of cornstarch; then, stir it into the curry.
12. Make more cornstarch slurry to make the curry thicker. Remove from heat. Cut up some cilantro for garnish.
  - a. Optional: I personally love to add washed and rinsed bok choy to the curry at the end.
13. Finally, serve over a hot bed of jasmine rice or warmed naan bread. Top the dish with cilantro and enjoy!

### ***Why does this recipe remind you of home?***

This Thai inspired chicken curry is probably one of the best and simplest dishes I have ever cooked during the pandemic. It was back in 2020 when I was craving dishes that were heavy, creamy, and savory but could not find a restaurant that were open to satisfy my cravings! I discovered a recipe for Thai chicken curry but unfortunately, the recipe calls for ingredients that I was not able to find in my local grocery store. However, I was determined to make this dish, so I experimented by combining different variations of recipes. This is the version that I think is the best.

Want to share your Taste of Home recipe? Submit your recipe online at [bit.ly/bbp-cc-forms](https://bit.ly/bbp-cc-forms).





# WEATHER WONDERING

Written by Zenia Lauw

Close your eyes and think about your favorite weather. Imagine yourself being in it. What are you feeling? Now, come back to the present moment and think about the weather outside your window. What are some of your thoughts and how do you feel now? Not inspired? Describe the weather for a place you wish you could be. What are you doing? Are you alone or with someone else? Write about your perfect weather day below:

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Want to share your creative writing piece with us for a chance to be featured in our next newsletter? Submit it at [bit.ly/bbp-cc-forms](https://bit.ly/bbp-cc-forms)



# 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**

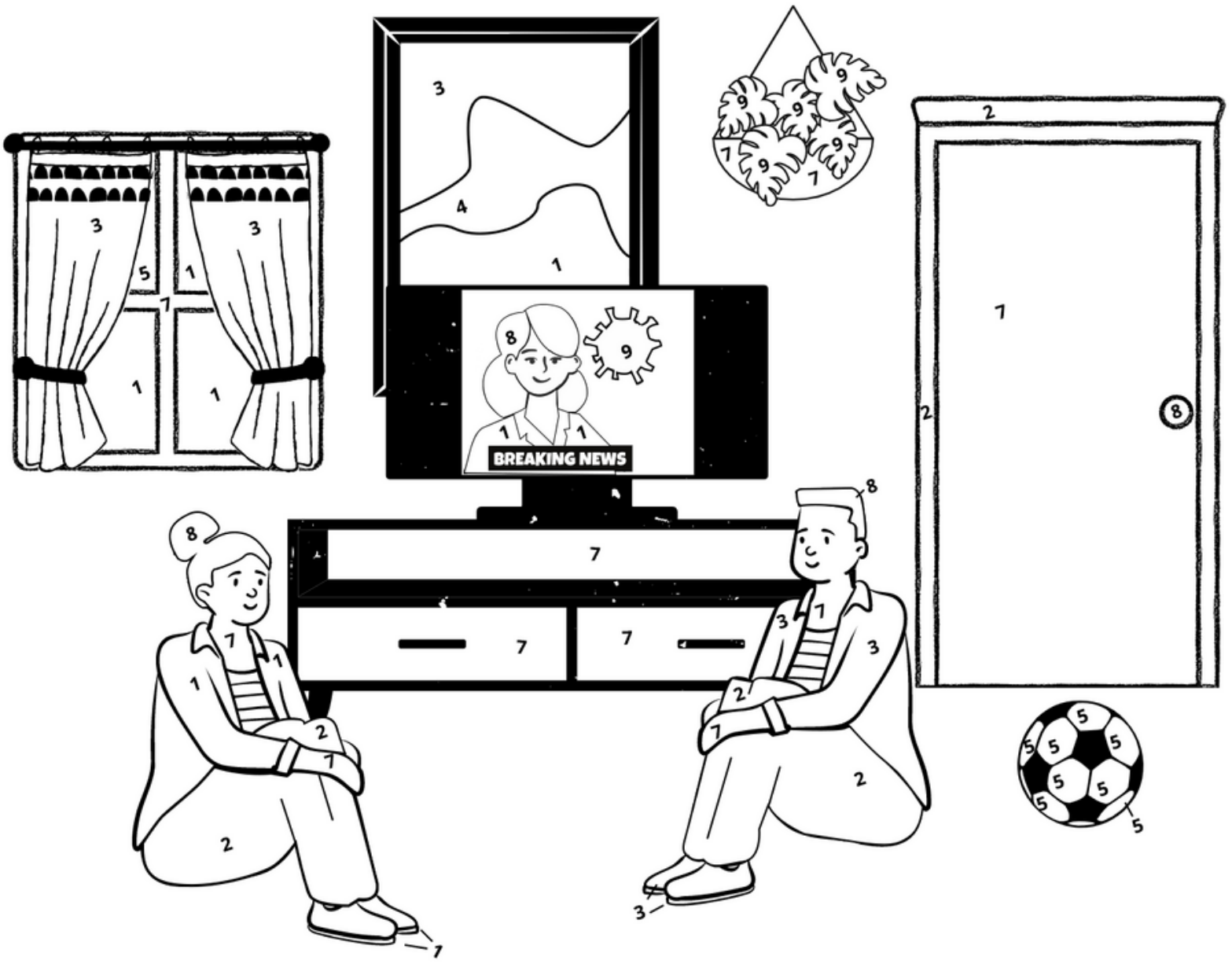
**7. BLACK**

**8. GREEN**

All shapes without a number are white.



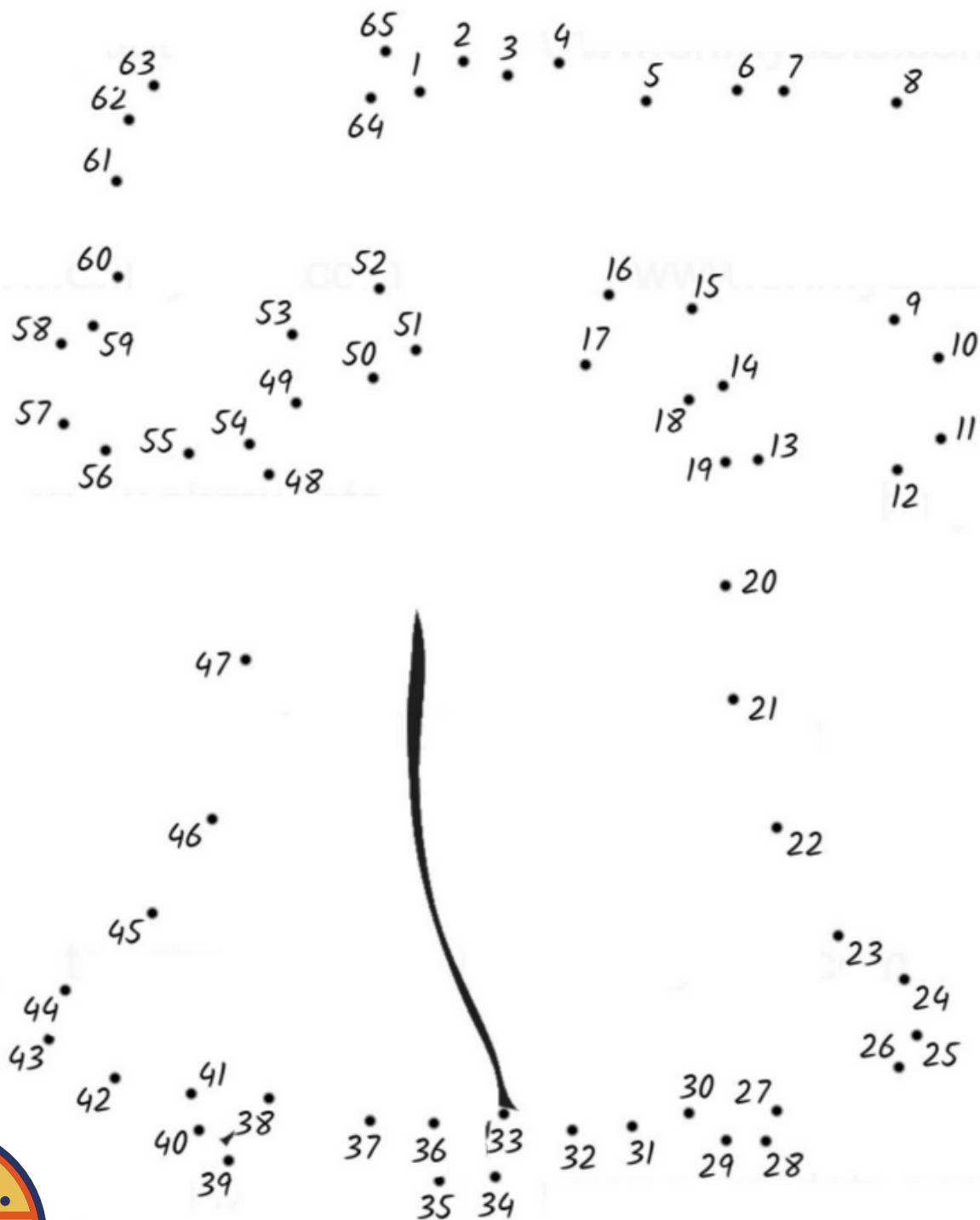
Activity on next page -->



# DOT TO DOT

Start at the number one and follow the dots in numerical order until you reach the number 65.

When you're finished have fun coloring in the picture!



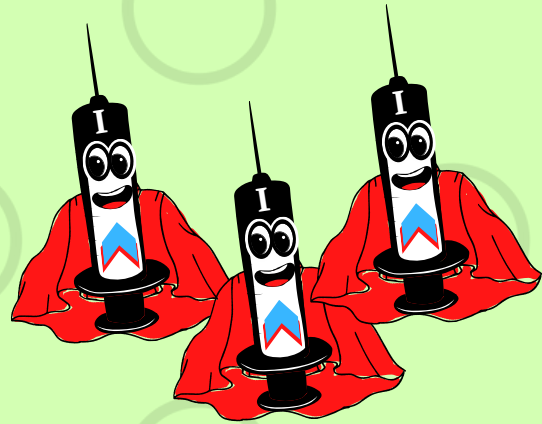
# THINKING BIG ACTIVITY

Hello, we are characters from "The Immunizer and the COVID-19 Vaccines!"  
Download a copy of our comic book at [bit.ly/bbp-cc-download](https://bit.ly/bbp-cc-download) to read about our COVID-19 vaccination journey.

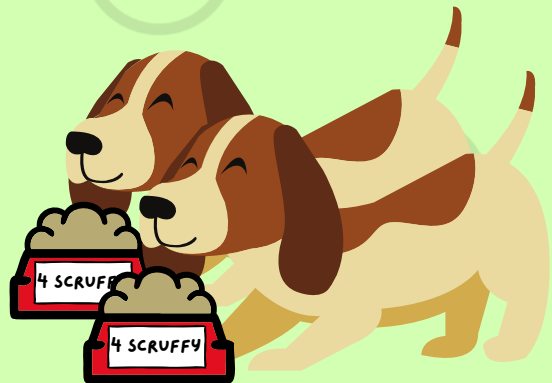


Draw a line to match each number to a picture.

2



1



3



# 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: Summer in the City

This summer, my family and I are going to go to \_\_\_\_\_ (**noun - favorite park in Philadelphia**).

We always bring a \_\_\_\_\_ (**noun - thing**) and pack \_\_\_\_\_ (**noun - food plural**) for lunch.

My parents let me \_\_\_\_\_ (**verb**) around and fly my \_\_\_\_\_ (**noun - thing**).

There are always other people at the park \_\_\_\_\_ (**verb ending in -ing**) with their dogs and friends.

Sometimes at night they even set off \_\_\_\_\_ (**noun - thing plural**).

If the weather is really \_\_\_\_\_ (**adjective**) we can go to the neighborhood \_\_\_\_\_ (**noun - place**) to cool off.

Afterwards, we \_\_\_\_\_ (**verb**) to get the \_\_\_\_\_ (**adjective ending in -iest**) ice cream in Philadelphia.

Even our \_\_\_\_\_ (**noun - pet**) comes along and gets something too!

I love the summer in Philadelphia and would not trade it for the \_\_\_\_\_ (**noun - thing**).

### Parts of Speech:

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

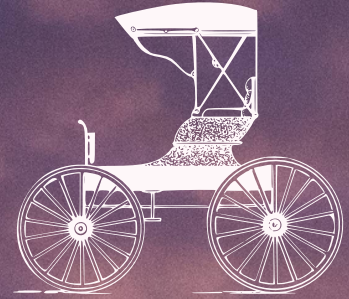
**Verb** - An action.  
Ex. Swim, Fly, Read.

**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](https://bit.ly/bbp-cc-forms) for a chance to be featured in the next Creative Corner Newsletter!

# The Chariot

Written by: Nora Trejos



This month the card that rules the sign of Cancer is the Chariot. This is a very positive card that speaks of overcoming obstacles and obtaining what you want after a long battle. But you have to know what you want and fight for it in order to achieve it. If you are fighting a battle for your dreams or goals, the Chariot comes to tell you to keep going because you will be triumphant.

The Chariot is a vehicle that needs to be given direction and strength to move forward. This can represent you this month. You are the vehicle for your own success, and the strength to keep going needs to come from inside of you. Confidence is very important this month, believe in yourself and that power will carry you through.

Although the main message of this card is that you will get to your desired destination, it is not without challenges. The Chariot warns us that there may be detours and difficulties in our journey. They can be overcome through determination, will power, and discipline. It may not be easy but if you can persevere through the rough patches, you will be stronger in the end.

If you are going through relationship problems, the Chariot calls you to take charge of your emotions. You and your partner will need to work together through open communication to get through the challenges. Make sure you are handling your own anxieties and insecurities before entering a vulnerable conversation.

If you are waiting for a sign to start a new project, this is your 'Go Ahead.' As long as you have the right motivation, the Chariot will give you the strength and determination to complete what you set out to do.

At face value, the Chariot can mean you are about to go on a trip. Maybe you have decided to camp or travel this summer. This is the optimal time to get out of town and connect with nature.

Keywords: *control, motivation, obstacles, trips*

To enhance the power of the Chariot you can: go on a joy ride, make a list of goals, plan a trip, or do self-confidence exercises.

VII the chariot



# Puzzle Answers

## Sudoku

EASY #014

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

MEDIUM #014

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

HARD #014

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

## Word Search

. . . . M . F M C H I L L S . . . .  
 . . . M B O . R E M . S C R E E N S  
 . . G W O I M . A D A . . . T C H  
 . . A . E T O E W G I C C . . I A O  
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 . . S . . . . O . . O . . . . .  
 C I T Y . . . . . T . . N . . . . .  
 . P I C N I C . N E I G H B O R S .