



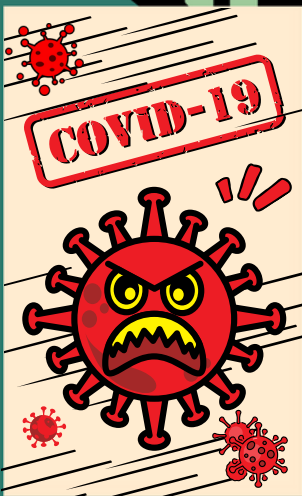
VOL. 3

MADERA YOUTH COLLECTIVE

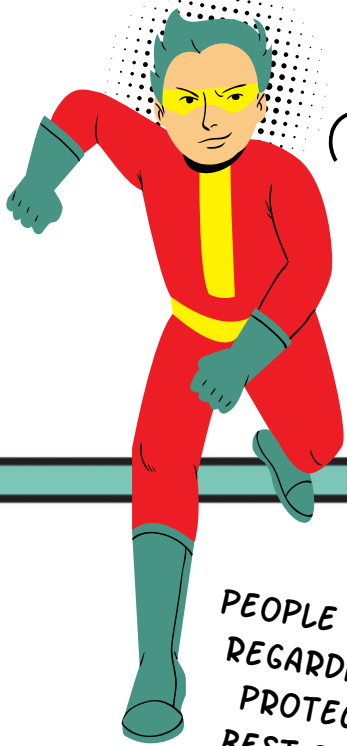
INFORMATION &
RESOURCES FOR

★★★ | '23

EVERYDAY HEROES



#STOP THE
SPREAD



STOP THE SPREAD!

THIS PAGE IS A REMINDER TO CONTINUE TO FOLLOW CDC HEALTH RECOMMENDATIONS AS A WAY TO HONOR THE LIVES THAT HAVE BEEN AFFECTED BY COVID-19. IT IS WITHIN OUR POWER TO KEEP OURSELVES AND OUR COMMUNITY SAFE. TO LEARN MORE ABOUT THE COVID-19 PANDEMIC, SCAN THE CODE BELOW.



QUOTE FROM A HERO

"WHEN YOU'RE IN A SITUATION WHERE THE PEOPLE SURROUNDING YOU ARE IN A LIFE OR DEATH STATE REGARDING A VIRUS, YOU WANT TO DO WHAT YOU CAN TO PROTECT THOSE AROUND YOU THAT YOU LOVE TO THE BEST OF YOUR EXTENT" -ANONYMOUS MADERA YOUTH

FOLLOW THE 4 W'S!

- WEAR A MASK, ESPECIALLY IN PUBLIC. IT CAN LIMIT YOUR EXPOSURE TO POTENTIALLY INFECTIOUS DROPLETS FROM OTHERS AS WELL AS PROTECT OTHERS AROUND YOU FROM YOURS.
- WATCH YOUR DISTANCE. PRACTICE PHYSICAL DISTANCE (6 FEET APART) FROM OTHERS TO KEEP POTENTIALLY INFECTIOUS DROPLETS FROM YOU AND YOURS FROM OTHERS.
- WASH YOUR HANDS. WASH THOSE GERMS OFF YOUR HANDS WITH SOAP, WATER, AND 20 SECONDS OF YOUR TIME.
- WAIT IN LINE TO BE VACCINATED. USE THE RESOURCES BELOW TO FIND MADERA COUNTY VACCINATION SITES OR TO FIND OUT MORE INFORMATION ABOUT THE PANDEMIC.



FIND TESTING & VACCINATION SITES NEAR YOU

DIAL 311 TO SPEAK TO A LIVE PERSON, AVAILABLE 7 DAYS A WEEK, TEXT MADERAVAX TO 888777, OR DOWNLOAD THE "MADCO SERVICES" APP

QUOTE FROM A HERO

Q: "WHY DID YOU GET THE VACCINE?"

RESPONSE: "BECAUSE I DON'T WANT TO GET SICK, OBVIOUSLY. BUT I KNOW WHEN YOU VACCINATE WHEN YOU'RE ABLE TO, IT DOES REALLY PROTECT THE PEOPLE WHO CAN'T. IT DOESN'T JUST PROTECT ME, BUT IT DOES PROTECT THOSE THAT CAN'T OR DON'T HAVE THE VACCINATION."
- ANONYMOUS MADRA YOUTH

**YOUR BODY IS KEY TO KNOWING
WHAT YOU FEEL OR NEED. SEEK
HELP WHEN FEELING UNWELL.**

LISTEN TO YOUR BODY

COLOR ME!

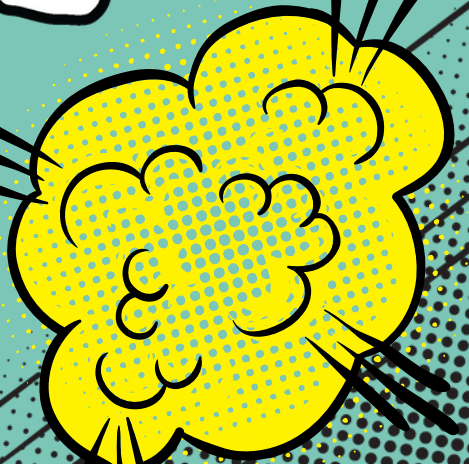
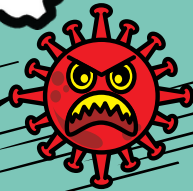


TRUST YOURSELF:

- A BRAIN FULL OF IDEAS
- EYES FOR SPOTTING OPPORTUNITIES
- A HEART FULL OF PASSION
- A STOMACH FOR TRUSTING YOUR GUT
- THICK SKIN TO COPE WITH THE LOWS
- DANCING FEET TO CELEBRATE THE WINS

COVID-19 SYMPTOMS

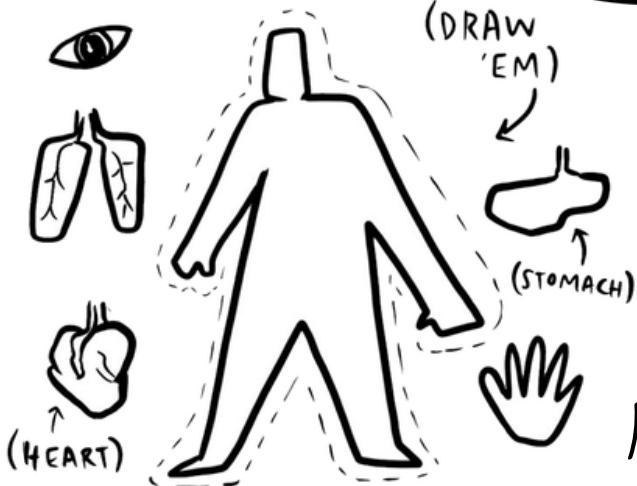
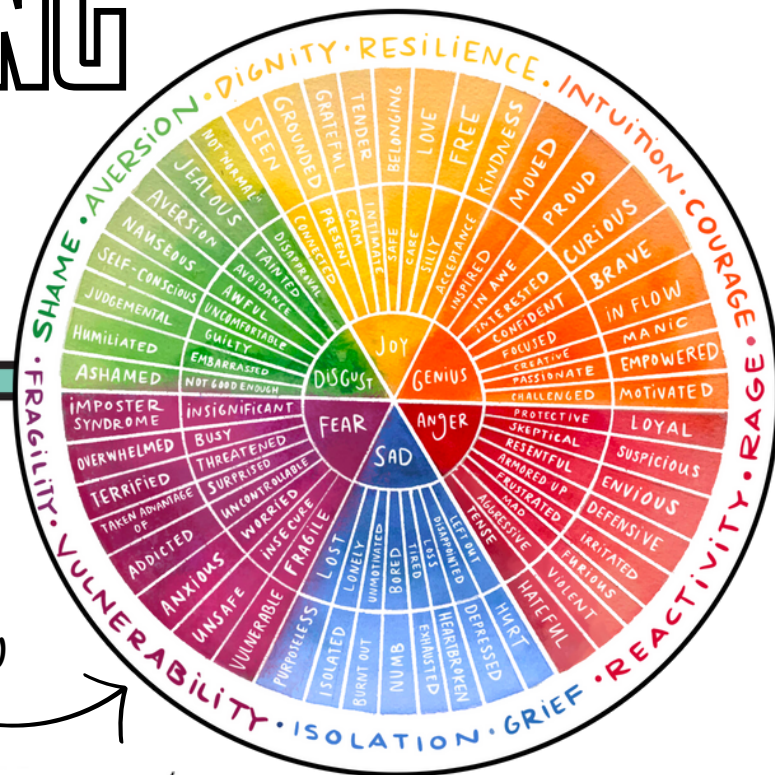
**LOSS OF TASTE/SMELL, FEVER OR
CHILLS, COUGH, SHORTNESS OF BREATH,
FATIGUE, NAUSEA, OR VOMITING**



HOW AM I DOING TODAY?

WHAT'S GOING ON IN MY WORLD?

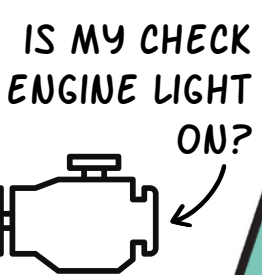
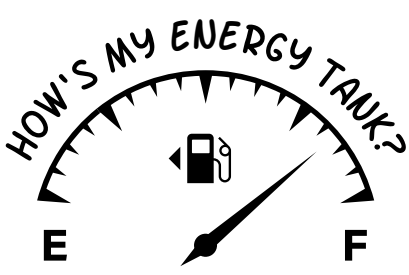
WHICH EMOTIONS ARE COMING UP FOR ME? (CIRCLE THEM)



WHERE DO I NOTICE THEM IN AND AROUND MY BODY?

WHAT'S GOING ON IN THE OUTSIDE WORLD?

HOW WILL I CARE FOR MYSELF & OTHERS TODAY?



PHASES OF YOUR POWER

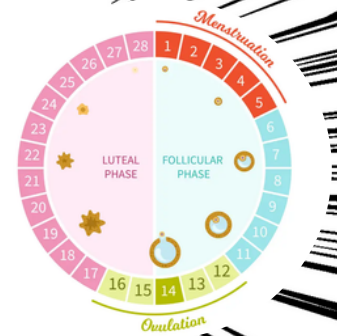
LEARN ABOUT EACH PHASE & HOW YOU CAN SUPPORT YOUR BODY THROUGH FOODS & EXERCISE

1. PERIOD / MENSTRUAL PHASE:

- FOODS; KALE, BLUEBERRIES, WATERMELON, GRAPES, BLACK BEANS
- EXERCISE; LOW IMPACT ACTIVITIES
- FACTS; WEAK DEFENSE SYSTEM, SKIN CAN GET DRY, LOW BODY TEMPERATURE

2. FOLLICULAR PHASE:

- FOODS; AVOCADO, BROCCOLI, CARROTS, CASHEWS
- EXERCISE; WEIGHT TRAINING & HIGH-INTENSITY INTERVAL TRAINING
- FACTS; HIGH METABOLISM, ENERGETIC, OUTGOING, POSITIVE



3. OVULATING PHASE:

- FOODS; STRAWBERRY, BELL PEPPER, TOMATOES, CUCUMBER, COCONUT, PAPAYA
- EXERCISES; YOGA AND STRETCHING
- FACTS; SKIN AT ITS BEST, HIGH BODY TEMPERATURE, APPETITE INCREASE, LESS ENERGETIC, SOCIAL WITHDRAWAL



FIND OUT MORE HERE!

4. LUTEAL PHASE:

- FOODS; WALNUTS, SUNFLOWER SEEDS, CILANTRO, CAULIFLOWER, CABBAGE, GINGER, APPLES, PEARS
- EXERCISE; INTENSE EXERCISES
- FACTS; YOU MAY HAVE FEELINGS OF DEPRESSION, SKIN TROUBLE, BEGINNING OF PMS, FATIGUE, INCREASED BODY TEMPERATURE

WHAT DOES LGBTQIA+ STAND FOR?

* MANY GENDER AND SEXUALITIES THAT ARE NOT EXPLICITLY MENTIONED IN THE ACRONYM

L: LESBIAN
G: GAY
T: TRANSGENDER
Q: QUEER
I: INTERSEX
A: ASEXUAL

NOTE: THERE HAS BEEN SOME DEBATE ABOUT WHAT THE 'A' IN LGBTQIA+ STANDS FOR. WE CAN ACKNOWLEDGE THAT IT HAS BEEN IMPORTANT FOR ALLIES TO BE PART OF THE QUEER MOVEMENT, BUT ALSO NOTE THAT THERE ARE MANY QUEER PEOPLE WHO IDENTIFY AS ASEXUAL AND/OR AROMANTIC THAT SHOULD BE RECOGNIZED BEFORE OUR ALLIES.

THERE ARE OTHER ALPHABET VARIANTS TO DESCRIBE THE QUEER COMMUNITY. IF YOU ARE INTERESTED IN LEARNING MORE, THE WORLD WIDE WEB IS AT YOUR FINGERTIPS TO EXPLORE!



EVERYONE HAS PRONOUNS!

PRONOUNS ARE NOUNS THAT WE USE TO DESCRIBE OR REFER TO A SPECIFIC PERSON. WE CAN DEFINE A PRONOUN AS A 'POINTING' TERM.

A PRONOUN IS A WORD THAT REFERS TO EITHER THE PEOPLE TALKING ("I" OR "YOU")

OR

SOMEONE OR SOMETHING THAT IS BEING TALKED ABOUT (LIKE "SHE", "IT", "THEM" AND "THIS").

GENDER PRONOUNS (HE/SHE/THEYIZE ETC.) SPECIFICALLY REFER TO THE PERSON AND GENDER IDENTITY



WHEN IN DOUBT, ASK.

WE SHOULD NORMALIZE ASKING SOMEONE WHAT PRONOUNS THEY USE IN ORDER TO RESPECT THEIR IDENTITY. YOU DO NOT HAVE TO BE SUPER SAVVY ON THE INS-AND-OUTS OF GENDER IDENTITY TO ASK ABOUT PRONOUNS. YOU ARE SIMPLY ASKING "HOW SHOULD I REFER TO YOU IN A CONVERSATION?"

SUBJECTIVE	OBJECTIVE	POSSESSIVE ADJECTIVE	POSSESSIVE PRONOUN	REFLEXIVE
SHE SMILES	I LIKE HER	HER HAT IS BLUE	THAT IS HERS	SHE LIKES HERSELF
HE SMILES	I LIKE HIM	HIS HAT IS BLUE	THAT IS HIS	HE LIKES HIMSELF
THEY SMILE	I LIKE THEM	THEIR HAT IS BLUE	THAT IS THEIRS	THEY LIKE THEMSELF
ZE SMILES	I LIKE ZIR	ZIR HAT IS BLUE	THAT IS ZIRS	ZE LIKES ZIRSELF
HIR SMILES	I LIKE HIR	HIR HAT IS BLUE	THAT IS HIRS	HIR LIKES HIRSELF
XE SMILES	I LIKE XEM	XEM HAT IS BLUE	THAT IS XYRS	XE LIKES XEMSELF

LGBTQ+ HISTORY

JAMES BALDWIN



FOR MORE LGBTQ+ RESOURCES VISIT: [LINKTR.EE/MADERALGBTQ](https://linktr.ee/maderalgbtq)

IN OUR LAST ISSUE OF THIS BOOK, WE WENT OVER SOME QUEER HISTORY THAT IS NOT OFTEN TALKED ABOUT. AND IN THIS EDITION, I WANTED TO TALK ABOUT SOME INDIVIDUALS YOU MAY OR MAY NOT HAVE HEARD ABOUT THAT WERE QUEER. WHILE THIS IS A SMALL BLURB, I RECOMMEND LOOKING INTO THEIR WORK TO GET A BETTER UNDERSTANDING OF THEIR CHARACTER, AND THE VALUES THAT THEY STOOD FOR.

JAMES BALDWIN (AUGUST 2, 1924 - DECEMBER 1, 1987) WAS AN AFRICAN AMERICAN WRITER AND NOVELIST, WHOSE WORK IS RECOGNIZED DECADES LATER AMONGST THE ENGLISH LITERARY ARTS AND QUEER COMMUNITIES. BALDWIN GREW UP IN HARLEM, NEW YORK DURING THE HARLEM

RENAISSANCE, AND IN THE LATE 1940S BECAME ONE OF THE MANY BLACK ARTIST EXPATRIATES WHO LEFT AMERICA AND EMIGRATED TO EUROPE.

BALDWIN'S DECISION TO LEAVE AMERICA WAS MAINLY BECAUSE OF THE, "STRAINED RELATIONS WITH HIS STEPFATHER, PROBLEMS OVER SEXUAL IDENTITY, SUICIDE OF A FRIEND, AND RACISM"(FINDING OUT: AND INTRO TO LGBTQ+ STUDIES 270).

IT IS IMPORTANT TO NOTE THAT DURING THE EARLY 20TH CENTURY, AFRICAN-AMERICAN ARTISTS EMIGRATED TO PARIS DURING THIS TIME TO ESCAPE AMERICAN RACISM, AS WELL AS THOSE WHO WERE GAY OR LESBIAN BECAUSE PARIS WAS MUCH MORE ACCEPTING OF HOMOSEXUALITY THAN THE UNITED STATES (FINDING OUT: AND INTRO TO LGBTQ+ STUDIES 269).

WHILE LIVING IN FRANCE, BALDWIN WROTE ONE OF HIS MOST RECOGNIZED QUEER NOVELS GIOVANNI'S ROOM (1956), WHICH FOLLOWS AN AMERICAN WHITE MAN LIVING IN FRANCE AND GRAPPLING WITH HIS HOMOSEXUALITY (FINDING OUT: AN INTRO TO LGBT STUDIES 270). BALDWIN FURTHER EXPLORED HOMOSEXUALITY WITH HIS LATER NOVELS SUCH AS ANOTHER COUNTRY (1962) AND TELL ME HOW LONG THE TRAIN'S BEEN GONE (1968). THESE 3 NOVELS ALL HAVE SOME FORM OF INTERSECTIONALITY HAPPENING BETWEEN THEM, WITH BALDWIN'S

EXAMINATION OF BOTH SEXUALITY AND RACE BEING INTERTWINED INTO HIS WORKS (FINDING OUT: AN INTRO TO LGBT STUDIES 270). WHILE LIVING IN FRANCE, BALDWIN WROTE ONE OF HIS MOST RECOGNIZED QUEER NOVELS GIOVANNI'S ROOM (1956), WHICH FOLLOWS AN AMERICAN WHITE MAN LIVING IN FRANCE AND GRAPPLING WITH HIS HOMOSEXUALITY (FINDING OUT: AN INTRO TO LGBT STUDIES 270).



SCAN CODE FOR MORE
LGBTQ+ RESOURCES
OR VISIT:

[LINKTR.EE/MADERALGBTQ](https://linktr.ee/maderalgbtq)



CAN BAKING HELP REDUCE STRESS?



VANILLA CUPCAKE INGREDIENTS:

- (1 ¾ CUPS) SELF-RAISING/ PLAIN FLOUR
- (¾ CUP) CASTER SUGAR
- (¾ CUP) BUTTER, OR MARGARINE
- (½ TSP) BAKING POWDER
- (½ TSP) VANILLA EXTRACT
- (3) EGGS

INSTRUCTIONS:

MIX THE FLOUR, CASTER SUGAR, BUTTER, BAKING POWDER, VANILLA EXTRACT, AND THE CRACKED EGGS IN A SIZABLE BOWL OR FREESTANDING MIXER. THE BATTER SHOULD BE SMOOTH ONCE MIXED.

IN YOUR CUPCAKE CONTAINERS, DIVIDE THE BATTER, THEY SHOULD BE ROUGHLY

¾ FULL. THIS MEASURE CAN BE OBTAINED WITH AN ICE CREAM OR SOUP SPOON. THE CUPCAKES SHOULD BE BAKED FOR 12 TO 15 MINUTES. WHEN THEY HAVE RISEN AND TURNED A LOVELY GOLDEN BROWN COLOR, THEY ARE READY!

A METAL SKEWER CAN BE USED TO CHECK; INSERT IT IN THE MIDDLE, AND IF IT EMERGES CLEANLY, THEY ARE CERTAINLY FINISHED.

VANILLA CUPCAKES & CONFETTI CAKE BATTER COOKIES

BUTTERCREAM INGREDIENTS:

- (2/3 CUP) BUTTER SOFTENED
- (2 CUPS) ICING/ CONFECTIONERS SUGAR
- (25ML) MILK
- VANILLA EXTRACT

INSTRUCTIONS:

IN A LARGE BOWL, COMBINE THE BUTTER AND ICING SUGAR AND BEING TO MIX. SLOWLY ADD THE MILK WITH A FEW DROPS OF VANILLA EXTRACT. ABOUT 5 MINUTES OF MIXING IS REQUIRED; THE LONGER YOU MIX IT, THE SOFTER AND FLUFFIER IT GETS!

EITHER USE A BUTTER KNIFE TO SPREAD THE ICING ON TOP OF YOUR CUPCAKES OR PIPE THE FROSTING ONTO THEM.



CONFETTI CAKE BATTER COOKIE INGREDIENTS:

- (1/2 CUP) BUTTER SOFTENED
- (1 TSP) VANILLA EXTRACT
- (2) EGGS
- (1) FUNFETTI CAKE MIX PACKAGE
- SPRINKLES

INSTRUCTIONS:

PREHEAT OVEN TO 350 DEGREES. COMBINE CAKE MIX, BUTTER, EGGS, AND VANILLA EXTRACT. COVER AND REFRIGERATE FOR TWO HOURS OR UNTIL THE MIXTURE IS STIFF ENOUGH TO ROLL.

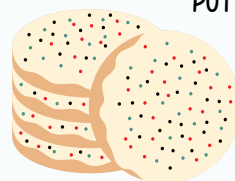
CONFETTI CAKE BATTER COOKIES

ON A WELL FLOURED SURFACE, ROLL THE DOUGH TO A THICKNESS OF 1/4 INCH. USE A COOKIE CUTTER TO OBTAIN SHAPE. ADD SPRINKLES IF DESIRED.

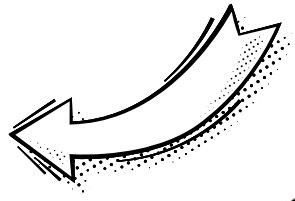
APPLY EGG WHITE MIXTURE TO THE DOUGH WITH A PASTRY BRUSH.

PUT THE DOUGH ON AN UNGREASED BAKING SHEET ABOUT 1 INCH APART.

BAKE FOR 8 TO 10 MINUTES.



**HAVE YOU CHECKED OUT
THE MADERA FLEA MARKET?
THEY'RE OPEN EVERY
WEDNESDAY AND SUNDAY
FROM 6 AM - 3 PM! FIND
MORE INFO HERE**



**PARENTS,
DON'T BE AFRAID
TO TALK TO YOUR KIDS
ABOUT MENTAL HEALTH!**

**CHECK OUT SOME
HELPFUL TIPS HERE:**



COMMUNICATION TIPS!

COMMUNICATION IS IMPORTANT. PARENTS - BE UNDERSTANDING, LISTEN AND ENCOURAGE YOUTH TO SEEK HELP WHEN NEEDED. DON'T BE AFRAID TO TALK TO EACH OTHER ABOUT YOUR DIFFERENCES. YOUTH - DON'T BE AFRAID TO SPEAK TO YOUR PARENTS HERE ARE SOME SENTENCE STARTERS

"I'M NOT COMFORTABLE WITH THAT"

"WHAT YOU SAID REALLY HURT MY FEELING"

" CAN I HAVE ROOM TO SAY WHAT I THINK"

"I UNDERSTAND YOUR POINT OF VIEW..."

"CAN WE TALK ABOUT THIS... MAYBE LATER..."

"I DON'T AGREE BUT THAT IS OK"

"I APPRECIATE YOU TRYING TO UNDERSTAND ME"

! EVERY PART OF YOU MATTERS!

MENTAL

MENTAL HEALTH IS LIKE THE ENGINE TO OUR CAR. IF ITS NOT WORKING THEN IT EFFECTS EVERYTHING ABOUT THE CAR.

SOMETIMES OUR CAR CAN GET OVERHEATED AND NEED A BREAK. THAT'S OKAY BECAUSE RECHARGING IS GOOD.

EMOTIONAL

EMOTIONAL HEALTH IS LIKE THE MUSIC PLAYING IN THE CAR. DEPENDING ON THE DRIVERS MUSIC TASTE DEPENDS ON THEIR MOOD. JUST LIKE DEPENDING ON HOW OUR DAY IS GOING IT AFFECTS OUR EMOTIONS EMOTIONS CAN BE HARD TO PROCESS JUST LIKE SOMETIMES WE DON'T KNOW WHAT SONG TO PLAY.

PHYSICAL

PHYSICAL HEALTH IS LIKE THE LOOKS OF OUR CAR. WE HAVE TO KEEP IT CLEAN AND HEALTHY BOTH ON THE INSIDE AND OUTSIDE. EVEN WITH CARS YOU NEED TO MAKE SURE YOU DRIVE IT SO IT STAYS HEALTHY. JUST LIKE PEOPLE NEED TO EXERCISE TO KEEP OUR BODIES HEALTHY.

SELF-CARE CHECKLIST

- Good sleep 
- Meditate 
- Exercise 
- Read book 
- Eat healthy 
- Drink more water 



"ANGRY"



"CONFUSED"



"SAD"



"SMUG"



"INTERESTED"



"INDIFFERENT"



"MISCHIEVOUS"



"HOT"



"RELIEVED"



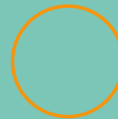
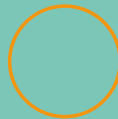
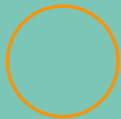
"SURPRISED"



"HAPPY"



"STRESSED"



WHAT ARE SOME EMOTIONS THAT YOU FEEL A LOT?



PRACTICE SELF CARE!

WANT TO STEP AWAY FROM SOCIAL MEDIA, ONLY WATCHING TELEVISION, OR JUST FIND A WAY TO ESCAPE REALITY FOR A LITTLE WHILE? HERE ARE A FEW THINGS TO TRY!

EXPLORE NATURE

WHETHER IT IS HIKING IN YOSEMITE OR TAKING A WALK IN YOUR NEIGHBORHOOD TAKE SOME TIME TO GO OUTSIDE AND BREATHE THE FRESH AIR. YOU CAN WAKE UP EARLY TO SEE THE SUNRISE OR GO OUTSIDE DURING THE AFTERNOON TO WATCH THE SUNSET.



TAKE YOURSELF OUT ON A DATE!

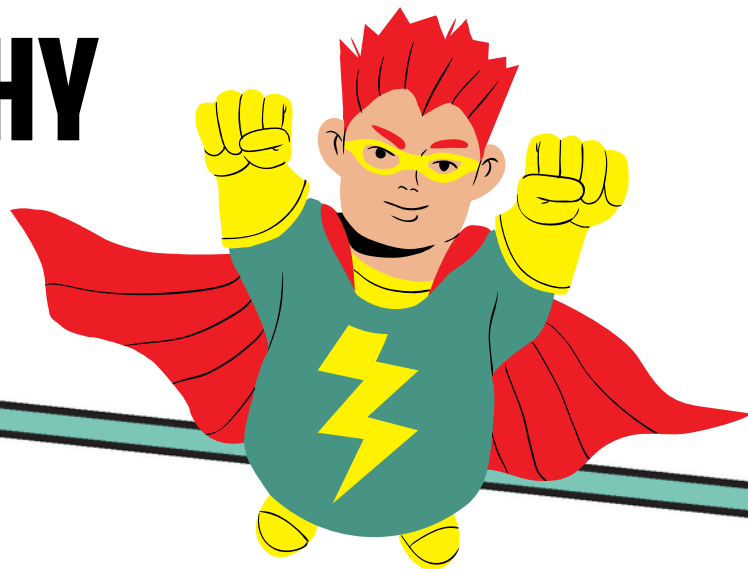
GET DRESSED UP OR STAY IN YOUR PJS EITHER, WAY LET THE PRIORITY BE YOURSELF! YOU CAN GO OUT TO EAT AT A NICE RESTAURANT WITH YOURSELF, GO SHOPPING, OR EVEN STAY HOME DOING WHATEVER HOBBY YOU LOVE.

SET GOALS

EVERYONE IS DIFFERENT, MEANING EVERYONE'S GOALS WILL BE DIFFERENT AS WELL. YOU DON'T NEED A NEW YEAR TO START TO START NEW GOALS. YOU CAN DO IT WHENEVER YOU'D LIKE. YOU CAN DECIDE TO EAT BETTER OR EXERCISE MORE. I MAY BE TO READ MORE OR SPEND MORE TIME WITH CERTAIN PERSON. LET THE GOALS BE FOR YOU.



LET'S TALK HEALTHY RELATIONSHIPS



HEALTHY A HEALTHY RELATIONSHIP MEANS PEOPLE ARE:

- COMMUNICATING
- RESPECTFUL
- TRUSTING
- HONEST
- EQUAL
- MAKING MUTUAL CHOICES
- ENJOYING PERSONAL TIME AWAY FROM EACH OTHER

UNHEALTHY YOU MAY BE IN AN UNHEALTHY RELATIONSHIP IF OTHERS ARE:

- NOT COMMUNICATING
- DISRESPECTFUL
- TRYING TO TAKE CONTROL
- ONLY SPENDING TIME TOGETHER
- PRESSURED INTO ACTIVITIES
- NOT TRUSTING
- DISHONEST

ABUSIVE ABUSE IS OCCURRING IN A RELATIONSHIP WHEN SOMEONE IS:

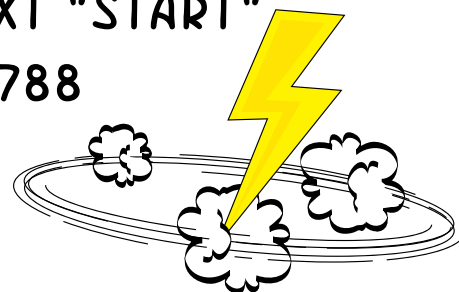
- COMMUNICATING IN A HURTFUL OR THREATENING WAY
- IN A ROMANTIC RELATIONSHIP, ACCUSING THE OTHER OF CHEATING WHEN IT'S UNTRUE
- DENYING THEIR ACTIONS ARE ABUSIVE
- ISOLATING YOU FROM OTHERS
- MISTREATING
- CONTROLLING



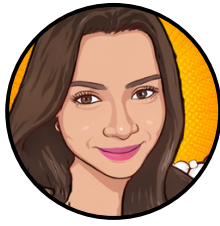
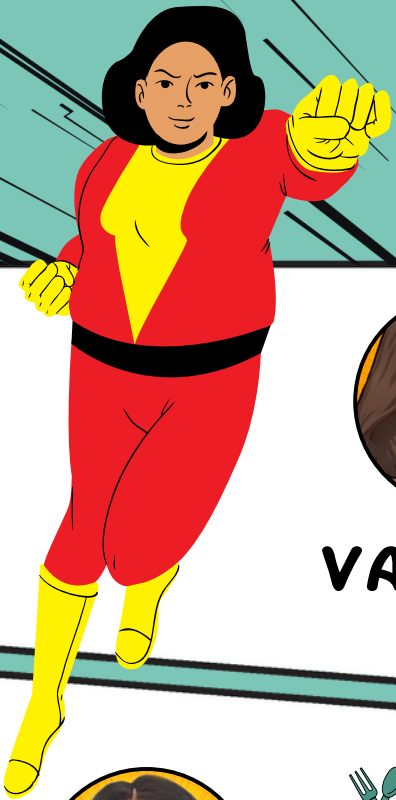
FOR MORE INFO VISIT:



IF YOU NEED HELP, CALL 1.800.799.SAFE (7233) OR TEXT "START" TO 88788



RECOMMENDATIONS FROM OUR TEAM!



VALERIE



GUMMY BEARS & STRAWBERRY ICE CREAM



GREY'S ANATOMY (NETFLIX), MODERN FAMILY (HULU), CRASH LANDING ON YOU (NETFLIX), HIDDEN FIGURES (HULU)



ME BEFORE YOU, THE LITTLE BOOK OF NATURE BLESSINGS



JAYLEE



THE PITAYA BOWL FROM RIO ACAI BOWL



SWEET HOME, NEON GENESIS EVANGELION, VINLAND SAGA (ALL ON NETFLIX)



MAGNUS CHASE & THE REMARRIED PRINCESS



JA'RAE



HOMEMADE BISCUITS AND GRAVY OR CHICKEN NOODLE SOUP. OTHERWISE CHEESE/JERKY STICKS AND SALTY CHIPS.



BETO



A MUNCHIE MEAL FROM JACK IN THE BOX



RAGNAROK ON NETFLIX



SEVEN DEADLY SINS

KARINA



DUTCH BROS

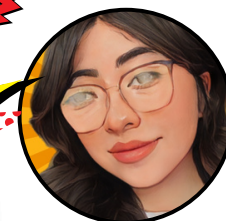


GREY'S ANATOMY, TINKERBELL, & THE ROOKIE



VERITY & A GOOD GIRL'S GUIDE TO MURDER

JOYCE



AÇAÍ BOWLS OR SMOOTHIES




GREY'S ANATOMY & GILMORE GIRLS



THE SUMMER I TURNED PRETTY





**MADERA HAS A LOT OF STRAY DOGS
& CATS, BUT WE WANT TO HELP! FIND
THE 7 HIDDEN DOGS IN THIS ZINE AND
THEN SCAN THE QR CODES BELOW.**

#ADOPTDONTSHOP

CATS



DOGS



**HOME
REMEDIES!**

**TRY THIS DRINK TO SUPPORT YOUR
RESPIRATORY TRACT, EASE THE COMMON COLD,
ALLERGIES, OR TO CLEAR YOUR LUNGS:**

BAM!

1. ADD ANY OF THE FOLLOWING TO YOUR DRINK TO YOUR DESIRED AMOUNT
2. GINGER, TURMERIC, PURPLE ONION, GARLIC, OREGANO LEAVES, CINNAMON, LIMON AND HONEY
3. MIX TOGETHER AND ENJOY!

