EVERYDAY HEROES

*STOP THE SPREAD*

COVID-19
STOP THE SPREAD!

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.

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 Madera Youth

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.
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?

HOW’S MY ENERGY TANK? IS MY CHECK ENGINE LIGHT ON?
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
- EXERCISE; YOGA AND STRETCHING
- FACTS; SKIN AT ITS BEST, HIGH BODY TEMPERATURE, APPETITE INCREASE, LESS ENERGETIC, SOCIAL WITHDRAWAL

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!

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/they/ze etc.) specifically refer to the person and gender identity.

Everyone has pronouns!

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?"

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/THEY/ZE ETC.) SPECIFICALLY REFER TO THE PERSON AND GENDER IDENTITY.

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<thead>
<tr>
<th>Subjective</th>
<th>Objective</th>
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<tr>
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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).

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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.

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 begin 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!

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.

CONFETTI CAKE BATTER COOKIES 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.

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

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 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"
"Can I have room to say what I think"
"I understand your point of view..."
"I appreciate you trying to understand me"
"I don't agree but that is ok"
"What you said really hurt my feeling"
"Can we talk about this... maybe later..."
Mental Health is like the engine to our car. If it's not working then it affects everything about the car. Sometimes our car can get overheated and need a break. That's okay because recharging is good.

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.

Emotional Health is like the music playing in the car. Depending on the driver's 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.

Every Part of You Matters!
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.

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.

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!

- 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.

SELF-CARE CHECKLIST

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

What are some emotions that you feel a lot?

- Angry
- Confused
- Sad
- Smug
- Interested
- Indifferent
- Mischievous
- Hot
- Relieved
- Surprised
- Happy
- Stressed
LETS 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
- Not trusting
- Dishonest
- Only spending time together
- Pressured into activities

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

**KARINA**
- Dutch Bros
- Grey’s Anatomy, Tinkerbell, & The Rookie
- Verity & A Good Girl’s Guide to Murder

**JOYCE**
- Açai Bowls or Smoothies
- Grey’s Anatomy & Gilmore Girls
- The Summer I Turned Pretty

**MADERA**
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

**HOME REMEDIES!**

Try this drink to support your respiratory tract, ease the common cold, allergies, or to clear your lungs:

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!