

ELECTION

SURVIVAL

GUIDE:

**DISTRACTIONS AND
SELF-CARE FOR**

ELECTION NIGHT

AND BEYOND!

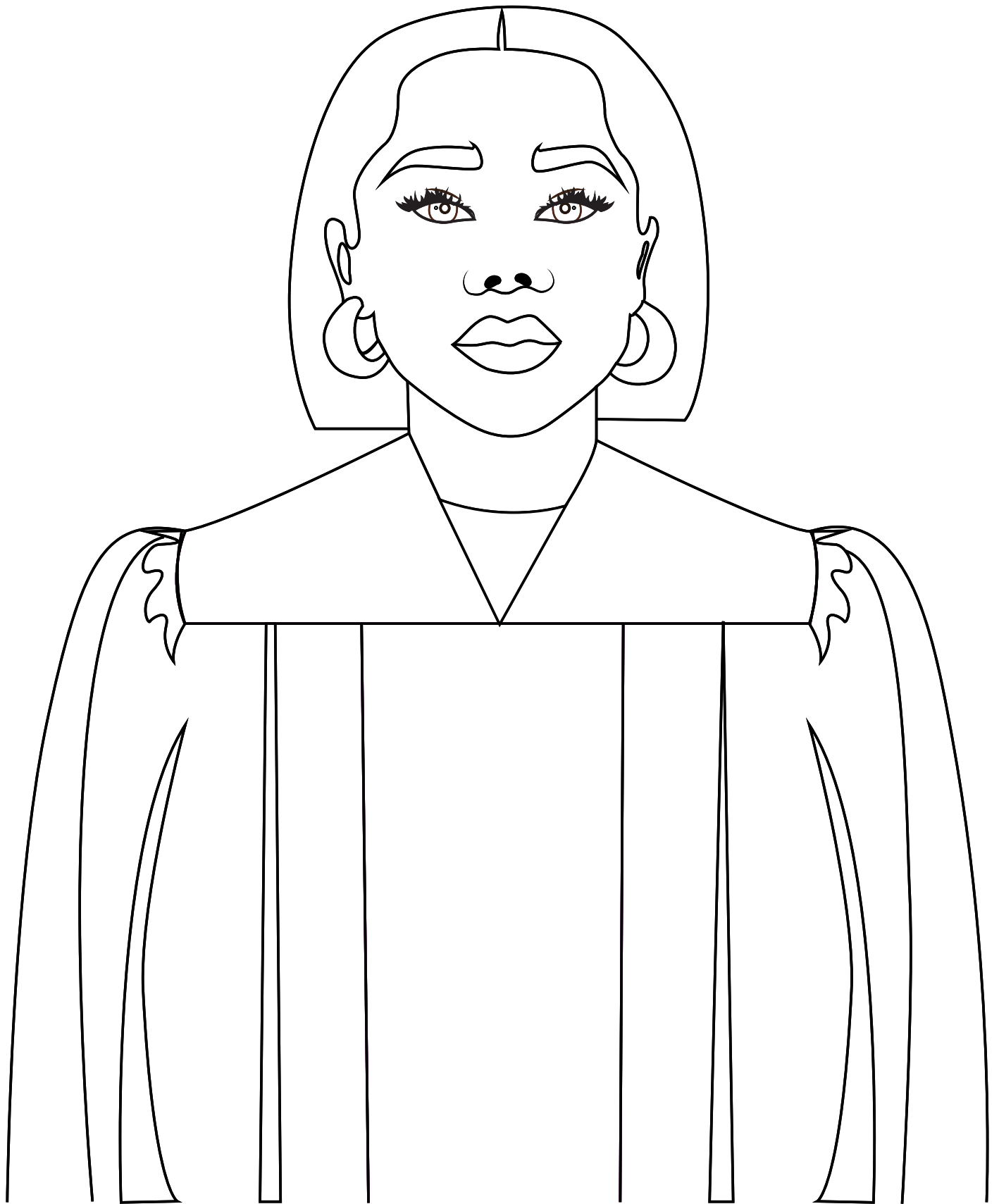


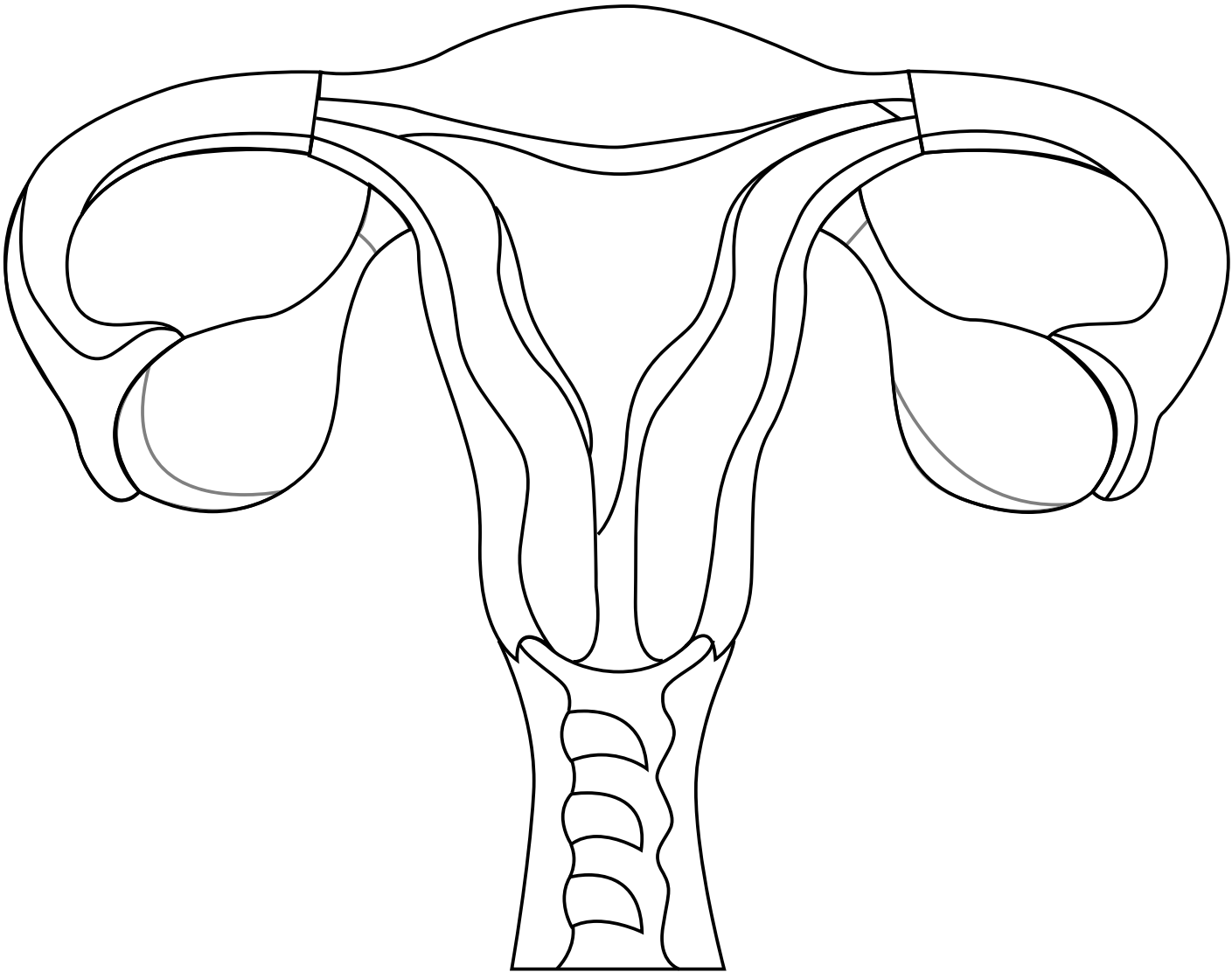
**NATIONAL
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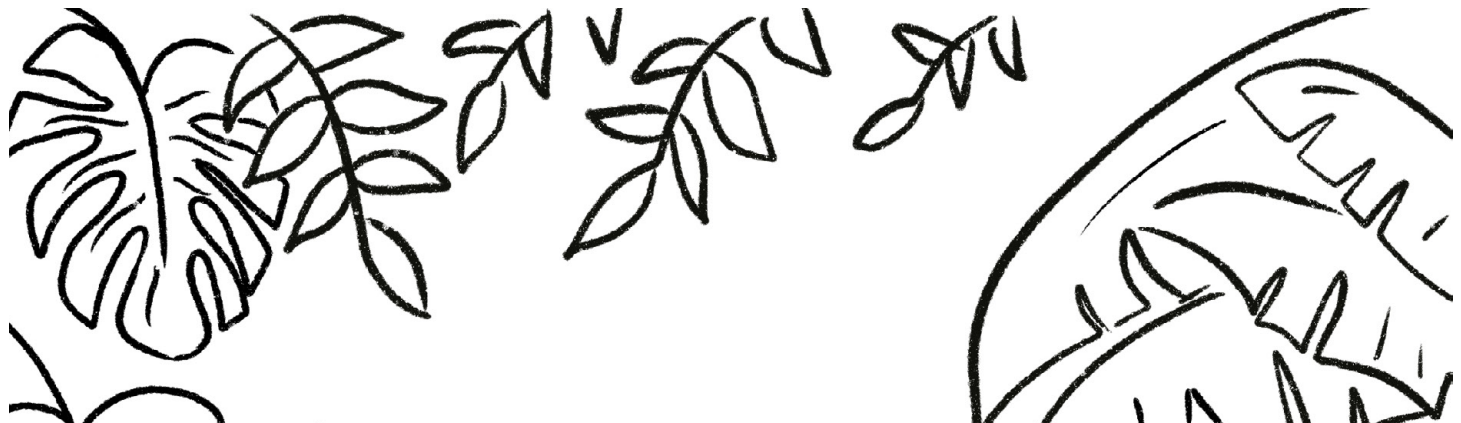




FEMINIST JOY



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Justice for Her. Justice for All.



JUSTICE FOR HER JUSTICE FOR ALL



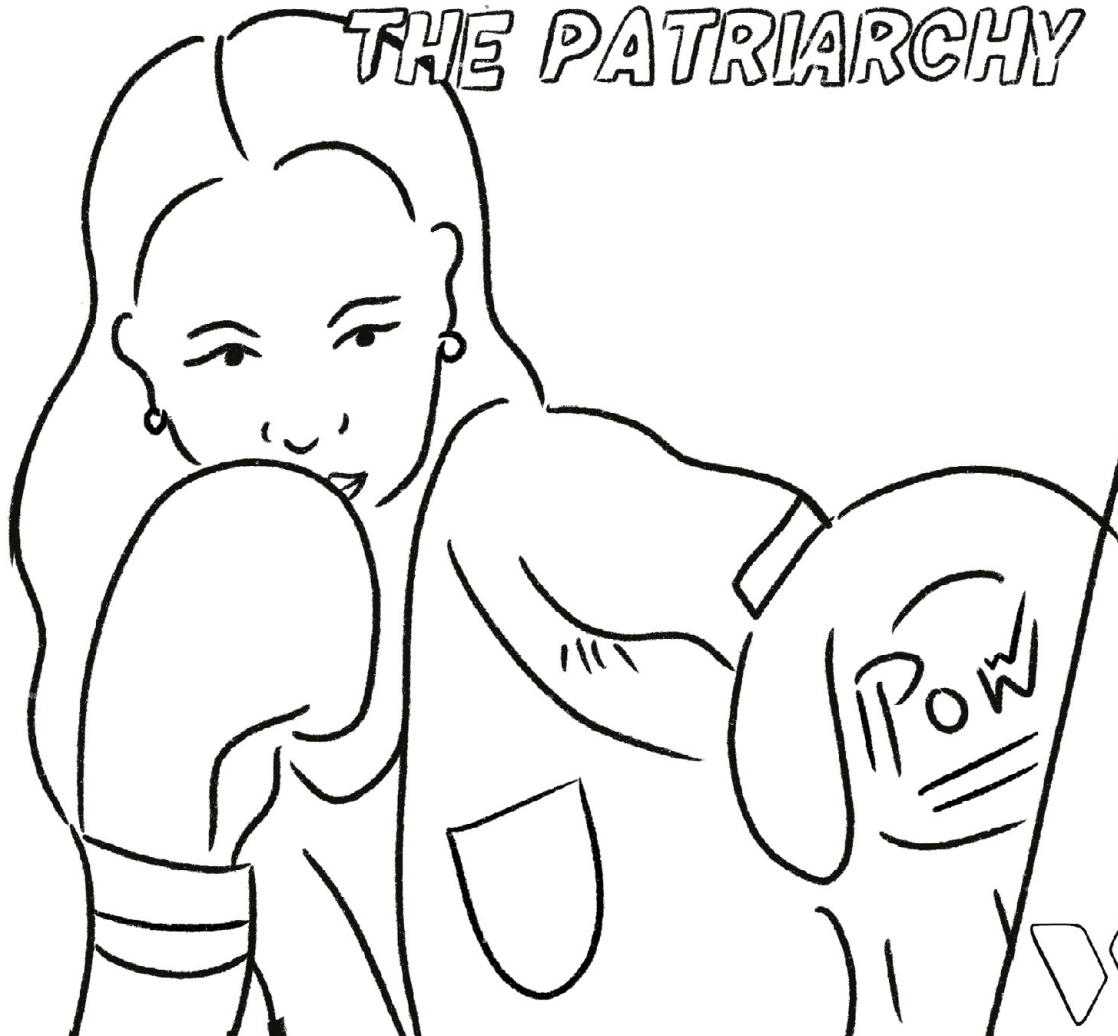
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POW!!

POW!!

SMASH THE PATRIARCHY



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Justice for Her. Justice for All.

6 TIPS TO KEEP IN MIND DURING ELECTION WEEK

AIYSHA W PERRY, LPC, LCPC



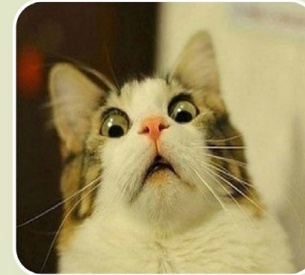
Seek Support

Schedule a therapy session. This is a proactive way to anticipate your emotional needs. You may need to check-in with someone to process your feelings. Whether your candidate wins or loses you still may need to vent.



Sleep Well the Night Before

Rest is vital! Election Day is usually a very long day and you want to be rested. The more rested you are the more capacity you have to be clear minded and present.



Avoid Catastrophizing

This is an easy default response when you're afraid. Intentionally reject the urge to respond in this way. Think of times when, despite the outcome, you managed. Focus on your strengths and resilience.



Limit Your Media Consumption

Schedule times throughout your day this week to unplug from social media and news outlets. During your break engage in a restorative activity, i.e., walking, listening to music, drawing, etc.



Practice Gratitude

Focusing on gratitude helps people feel more positive emotions, relish good experiences, improve their health and deal with adversity.



Plan Ahead

How can you share your gifts? What are you passionate about? Focusing on change, growth, and purpose can redirect your attention from what you don't have control of, to what is within your control.

Journal Prompts for Election Week

Aiysha W. Perry, LPC, LCPC

List at least 10 things that bring you joy.

List what you are grateful for. What makes you grateful for these things?

Write down quotes or song lyrics that inspire you. What about these words inspire you the most?

How do you feel right now? Be as descriptive as possible in your writing.

List what scares you most during this week and the reasons why.

Write a letter of encouragement to yourself. What words of comfort and hope do you need to hear? Write them.



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FEMINIST COCKTAIL GUIDE



RECIPES, TIPS & TRICKS
BY LAUREN PAYLOR

MIXOLOGY 101

RECOMMENDED TOOLS

SHAKER TIN SET
OR A MASON JAR
WITH A LID

YARAI, MIXING GLASS,
PINT GLASS OR WIDE
MASON JAR

MIXING SPOON

MUDDLER OR A
THICK WOODEN
SPOON

SHAKE VS. STIR

We shake cocktails that have citrus or acid to marry the ingredients and dilute the cocktail. We stir cocktails that have a higher alcohol content or less density to marry and dilute a cocktail and to ensure that we are not stripping the texture and density of the ingredients.

GARNISH

Garnishes should accent the beverage and serve a purpose. So whether you decide to use a peel of lemon so that you can express its oils onto your glass or a wheel to provide a bit more acidity, be sure to take this into consideration.

MAKING SYRUPS

The simple syrup that we are making for our class will consist of two parts of cane sugar and one part of water. This is going to be a richer styled syrup that is ideal for the types of cocktails that we are going to make today.

If you have some time and want to experiment, I suggest substituting turbinado sugar for a more caramelized flavor or adding herbs and fruit. You can even change the ratio of sugar to water so that your sugar is not as rich. This works very well in the case of turbinado sugar. A syrup made with turbinado sugar is traditionally known as demerara.

Whenever you make syrups for cocktails, I recommend measuring your ingredients by weight if you have a scale. It provides a more consistent product. If you don't have a scale, you can measure by volume.

JUICE

In order to ensure that you have the best quality in your cocktails, it is recommended that you use fresh-squeezed juice for your citrus.

MAKING YOUR SHRUB

Shrub is a 1:1:1 ratio of sugar, vinegar and fruit or vegetables.

If you want to get really creative, throw some herbs in there to accent the flavors. Some great combinations include white distilled vinegar and strawberries with basil, or apple cider vinegar, turbinado, apples, and crushed cinnamon sticks. Have fun with it!

1. Place the fruit/vegetable/herbs, and sugar of your choice into a vacuum-sealed bag and leave it to sit overnight. You can massage the bag to help assist with dissolving sugar particles.

If you do not have a vacuum sealer, you can place the ingredients into a food storage container, making sure your fruits/vegetables are submerged in the sugar. The sugar will pull out the moisture and begin to turn into a syrup. Take your hands (clean hands!), or a spoon and mix everything together to help assist with dissolving.

2. After 24 hours, the sugar should be mostly dissolved. Put your vinegar of choice into a pot on very low heat and add in your fruit/vegetable/herb/sugar concoction.

***Taste and adjust as necessary.** If you do not want a strong vinegar taste, I recommend cutting it in half with water. So, for instance: 500 grams sugar, 500 grams strawberries, 1 bunch of mint, 250 grams vinegar, 250 grams water.*

SMASH THE PATRIARCHY

INSPIRED BY THE SMASH



2 OUNCES BOURBON

SUB RUM OR AGED TEQUILA

¾ OUNCES LEMON JUICE

SUB LIME WITH RUM OR AGED TEQUILA

IF YOU WANT TO GET REALLY CREATIVE TRY ¼ OUNCE OJ AND ¼ OUNCE APPLE CIDER VINEGAR

ICE



¾ OUNCES SIMPLE SYRUP (2:1)

TWO STRAWBERRIES

SUB RASPBERRIES OR BLUEBERRIES

TWO MINT LEAVES

SUB LEMON BALM OR LEMON VERBENA

MAKE IT A MOCKTAIL!

1½ OUNCES LEMON
1½ OUNCES SIMPLE SYRUP
2 STRAWBERRIES
2 MINT LEAVES
CLUB SODA

DIRECTIONS

Place strawberries and mint into the shaker tin and muddle with simple syrup.

Add lemon juice, bourbon, and ice and shake.

Pour contents into your glass of choice and enjoy!

JUSTICE INSPIRED BY THE TOM COLLINS JUICE

1½ OUNCES

GIN

SUB VODKA OR
UNAGED TEQUILA

¾ OUNCES

CELERY SHRUB

MAKE 24 HOURS
IN ADVANCE, SEE
INSTRUCTIONS ON PAGE 3

ICE



¾ OUNCES
LEMON JUICE

LEMON OR LIME
FOR THE VODKA

LIME WITH
UNAGED TEQUILA

**SPARKLING
WINE OR
CLUB SODA**

MAKE IT A MOCKTAIL!

1½ OUNCES LEMON
1½ OUNCES SHRUB
TOP WITH SODA

DIRECTIONS

Make your shrub 24 hours in advance!

Place lemon juice, shrub, and vodka into a glass.

Add ice and top off with sparkling wine or club soda.

NOT THE OLD FASHIONED WAY

INSPIRED BY
THE OLD FASHIONED

2 OUNCES BOURBON

SUB AGED RUM OR
TEQUILA, RYE, SCOTCH,
OR IRISH WHISKEY

¼ OUNCE DEMERARA SYRUP (2:1)

TRY MAKING A SYRUP
WITH BAKING SPICES
LIKE CINNAMON



2 DASHES ANGOSTURA BITTERS

SUB COFFEE BITTERS
OR AMARO

ORANGE PEEL

ICE

MAKE IT A MOCKTAIL!

2 OUNCES
BARLEY TEA OR LAPSANG
SOUCHONG TEA

¼ OUNCE
DEMERARA SYRUP (2:1)

1 DASH COFFEE
CONCENTRATE

1 DASH VANILLA EXTRACT

GARNISH: ORANGE PEEL

DIRECTIONS

Add angostura, demerara syrup, and bourbon into a mixing glass.

Add ice and stir.

Strain into a rocks glass with ice.



ABOUT THE MIXOLOGIST

Born in the Bronx, Lauren Paylor ventured to Washington, D.C. in 2010 to attend nursing school at the Catholic University of America. While attending school she met Derek Brown. Fascinated by his love for the restaurant industry, LP became an employee of Drink Co. There, through intricate training, she established a thorough understanding of service, cocktails, spirits, and wine.

Throughout her career, Lauren has worked at a number of leading establishments including Eat The Rich, Southern Efficiency, Mockingbird Hill, The Dabney (one Michelin star; James Beard Awards 2018: Best Chef, Mid-Atlantic), Dos Mamis, and Pom Pom. Prior to Covid-19 Lauren was employed at the world-renowned bar, Silver Lyan at the Riggs DC Hotel under the management of the Mr. Lyan beverage company.

Lauren is currently the co-founder and owner of Focus On Health, a company focused on health and wellness for food and beverage employees, along with Alex Jump. In addition to her exemplary resumé, Lauren travels the world consulting on cocktail programs and training bar teams. She is a nationally ranked bartender that was a finalist in the United States World Class Competition 2019 and winner of the Hardy Legends Cognac Competition 2019.

Where can you find Lauren after class?

INSTAGRAM: @FOHEALTH @LPDRINKSDC WEB: FOHEALTH.ORG EMAIL: LP@FOHEALTH.ORG

LOVE LANYADOO X

NWLC ASTROLOGY

ELECTION NIGHT HOROSCOPE

Mercury goes station direct on the day of the 2020 election and that means that we can expect a long and contentious ballot count. Because we can't count on results in the weeks immediately after the election, we need to manage our stress levels now more than ever!

ARIES

March 21-April 19

You may have a pretty low tolerance for inaction or slow progress, so the after-effects of Mercury retrograde and station direct on the tally of the election may drive you bonkers. Find physical outlets for your stress and frustration with how things are playing out, and if you have extra energy, seek local volunteer opportunities.

TAURUS

April 20-May 20

Yours is the sign of security and stability and therefore this period of collective chaos as the election results unfold may be especially unnerving for you, Taurus. Ground yourself into things and activities that feel supportive for you. Set goals around what time of day you'll consume news, and try to avoid speculative journalism.

GEMINI

May 21-June 21

Your ruling planet, Mercury, may be direct now, but that doesn't mean things are moving ahead in a way that makes a whole lot of sense. Manage your relationship to distractions, Twin Star. If you're going to overwhelm yourself with news and theories, make sure that they are constructive.

CANCER

June 22-July 22

While there is so much collective overwhelm and emotions are running high, you are likely to feel more feelings than even the most emo Cancer is used to feeling! Prioritize staying with your emotions in healthy ways; seek balance between being informed, activated, and well, Moonchild.

LEO

July 23-Aug. 22

This is an important time to lean on your loved ones, Leo. While 2020 may not have been kind so far, it has certainly clarified how much we need others. If you're feeling resilient, share the love and if you're struggling, don't be shy to ask for help.

VIRGO

Aug. 23-Sept. 22

The Devil is in the details! Yours is an exacting sign, Virgo. Do not inundate yourself with too many details and too much information in efforts to be on top of everything. Seek news, not noise, and remember to take breaks when you need them.

LIBRA

Sept. 23-Oct. 22

As Mercury retro-shades through your sign, you're likely to have to deal with some relationship dynamics that you'd rather put off. Explore your differences with others as a way to better understand yourself. Invest in conversations that illuminate the truth, Libra.

SCORPIO

Oct. 23-Nov. 21

Emotions are running high for everyone, and we all know that this rarely brings out the best in people. In the words of Brené Brown, "You don't have to be don't be a jackass whisperer." Choose your battles wisely in the coming days and weeks, Scorpio.

SAGITTARIUS

Nov. 22-Dec. 21

While it would be totally on brand, the worst thing you could do is jump to conclusions this election season. Don't be in such a rush to get to "the answer" that you rush the ever-important process of unearthing the truth, Sagittarius.

CAPRICORN

Dec. 22-Jan. 19

You have a tendency to expect the worst, even on the best day, Capricorn. Try to not to regard the uncertainty of this period as evidence of something bad coming to pass. Find practical ways of being a part (however small!) of the solution.

AQUARIUS

Jan. 20-Feb. 18

Things are really overwhelming on their own; don't make it worse on yourself by adding too much to your plate and not taking breaks. Prioritizing your mental health is not a distraction from what needs to get done – it's part of the work, Aquarius.

PISCES

Feb. 19-March 20

Anxiety is in the air, and there is no magic bullet for curing it. Get grounded about how and when you consume news, and keep checking in with yourself when you need to tap out. Find your sweet spot between putting your head in the sand and obsession, Pisces.

XO

*Astrologer & psychic medium
Jessica Lanyadoo is the author of
Astrology For Real Relationships,
host of Ghost of a Podcast, and
co-founder of Zodiac The Vote.*

MOTIVATION

nwlc spotify playlist

<https://open.spotify.com/playlist/1l8yQaT13edLAECDzYe3Uo>

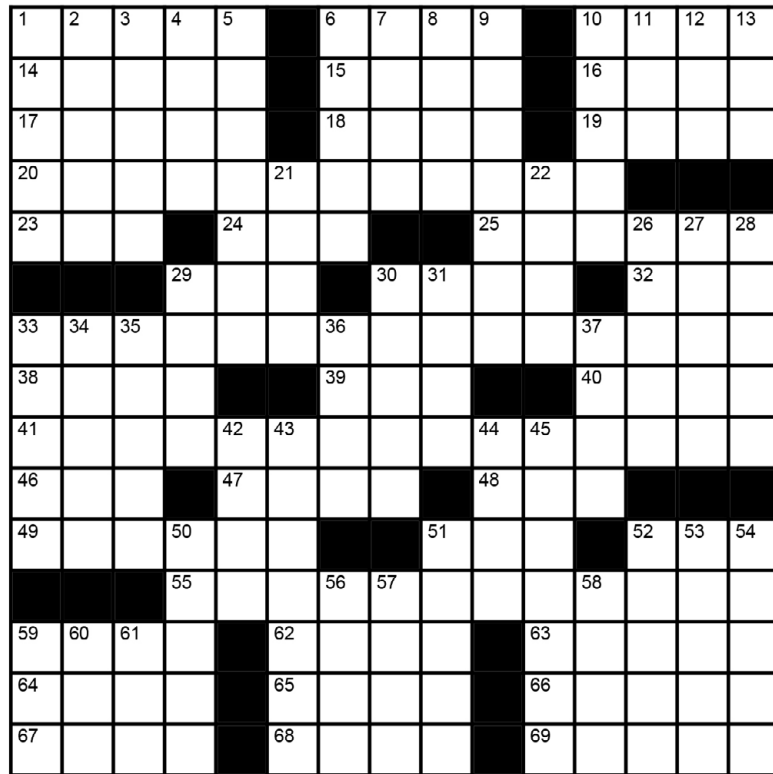
Good Energy by Dormtainment
Savage Remix by Megan Thee Stallion feat. Beyoncé
We Just Wont Be Defeated by The Go! Team
Family Affair by Mary J. Blige
Energy by Sampa the Great, Nadeem Din-Gabisi
Crazy, Classic, Life by Janelle Monáe
Do It by Chloe x Halle
Big Yellow Taxi by Joni Mitchell
Optimistic by Sounds of Blackness
The Glow by Victoria Monét
Fear Has No Place by The Shindellas
I Say So by Chloe x Halle
Look Up To The Sky by Nicole Bus
Borderline (An Ode to Self-Care) by Solange feat. Q-Tip
Better by Ashley DuBose
Ladies First by Queen Latifah and Monie Love
Feeling Good by Nina Simone
Control by Janet Jackson
Grow by Cecily
ZORA by Jamila Woods
Antidote by SassyBlack
F.Y.R. by Le Tigre
Don't Let No One Get You Down by War
positions by Ariana Grande
Like a Girl by Lizzo
3am by Halsey
WAP by Cardi B feat. Megan Thee Stallion
killing boys by Halsey
Freestyle by Kidd Kenn feat. Delli Boe
In the Party by Flo Milli
Strange Love by Halsey
Control by Halsey
Fuck You by Lily Allen

SMASH THE CROSSWORD PATRIARCHY

During the pandemic, I've become addicted to completely the New York Times crossword. It's a relatively healthy coping mechanism that distracts me each day. But crosswords are still, maybe unsurprisingly written and edited by mostly older white men, and the clues and answers can often be misogynistic, racist, or both. That's why I thought I'd try making my own instead—though like many things, it's harder than it looks! (For my fellow crossword nerds, I apologize in advance for some clunky answers.) But I'm hoping during this wildly stressful time, this puzzle will eat up some minutes of your day and distract you the way they have for me most of this year. And if you want to check your answers, you can find them [here](#). — Hilary

Across

- 1. Essays by Tressie McMillan Cottom
- 6. Not a gator
- 10. Earth, personified
- 14. "Boy came over and he wanted to ___", Lizzo
- 15. Your sign could determine the color of yours
- 16. What someone does if you're still using 11D
- 17. "That's enough for me."
- 18. Power builders, for short
- 19. "___ Well That Ends Well"
- 20/55. End of a quote that begins, "She was warned. She was given an explanation..."
- 23. Test for M.A. seekers
- 24. Incense
- 25. Flipped out
- 29. Badass DiFranco
- 30. Final, e.g.
- 32. Genetic inits.
- 33. Serving California since 1991
- 38. ___ Martell Princess in Game of Thrones
- 39. Comcast competitor
- 40. Some rds.
- 41. What 33A would want you to do to
- 46. Article in Espanol
- 47. "I'm ____. I'm a PC."
- 48. Boo
- 49. Danica Patrick org.
- 51. Tease
- 52. It may follow you
- 55. See 20
- 59. Harvest
- 62. Chow for Bailey
- 63. ___ Rica
- 64. ___ boom



Down

- 1. 1 or 2
- 2. Marge could do better.
- 3. What Icona Pop says about "it"
- 4. Tip-off
- 5. And the Waves
- 6. Have you tried clearing yours?
- 7. Cartoonist - Goldberg
- 8. By mouth
- 9. What NWLC often cites
- 10. Blondie's "Heart of ___"
- 11. They started IMing first
- 12. Feverish
- 13. the A in WAP
- 21. Cereal "for kids"
- 22. A Chicos brand
- 26. Famous fountain
- 27. When you dream
- 28. Café cup
- 29. Human rights lawyer Alamuddin
- 30. ___lopedic
- 31. Prefix with phobic, describing many administration policies
- 33. Any "Parks and Rec," now
- 34. Justice Kagan, e.g.
- 35. 6 inches equals about 36 of these
- 36. 2017 hurricane that hit the Leeward Islands
- 37. London gallery
- 42. Sound we'll make when this week is over
- 43. "All set!"
- 44. Guaranteed government payments
- 45. Kind of feminism
- 50. Gavel-to-gavel coverage
- 51. Icelandic money
- 52. Without a clue
- 53. Nominate again
- 54. Dutch cheeses
- 56. Snow ___
- 57. "Amazing!"
- 58. Tender
- 59. Notorious
- 60. Mrs. Potato Head piece
- 61. Twist, who becomes a scientist



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