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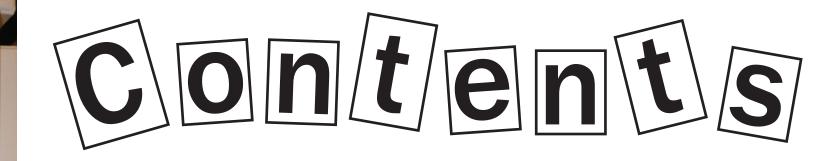




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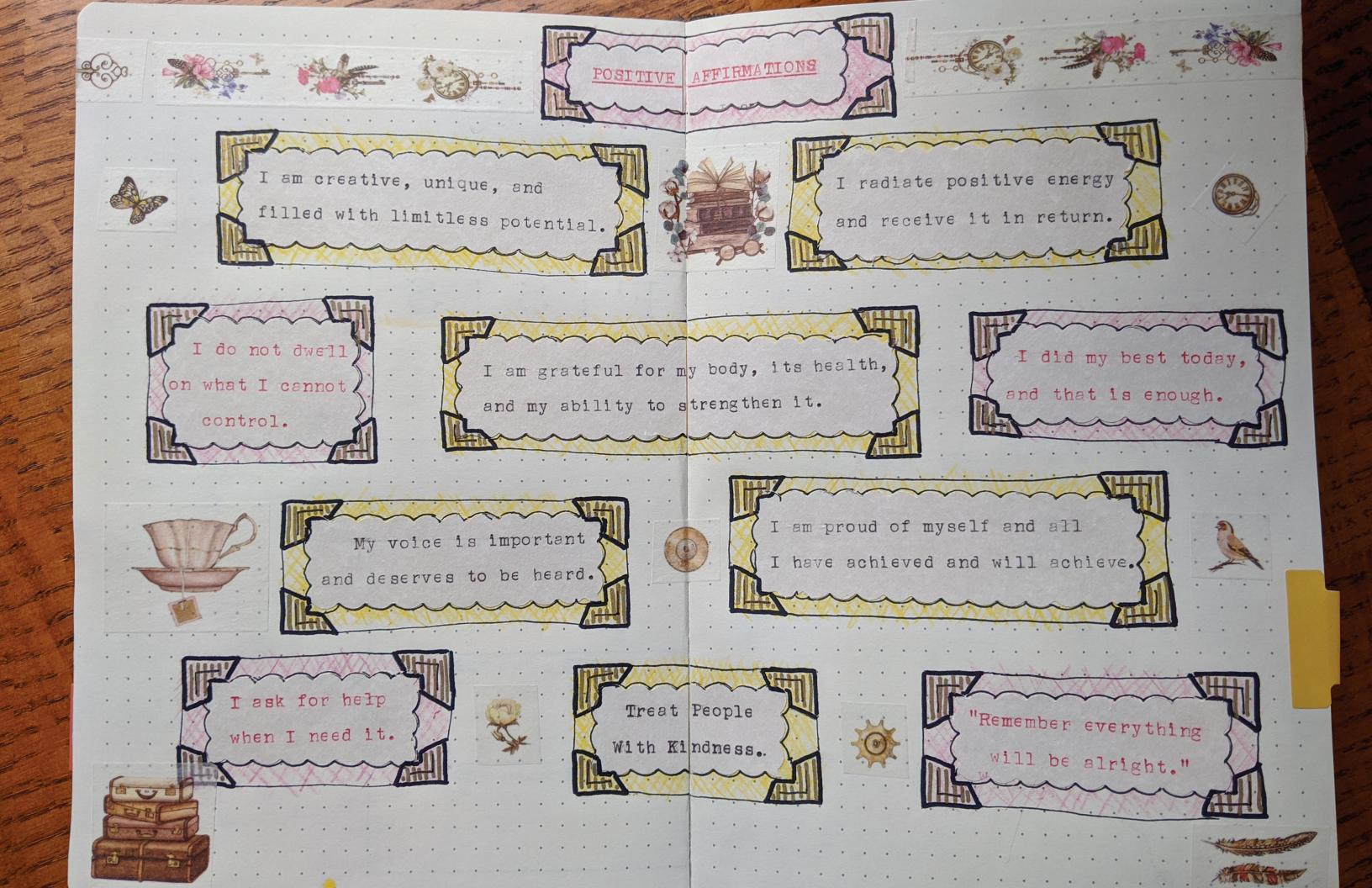




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#### **Notes:**

Cover and Back Cover by Marriya Schwarz





he blind optimism and goal-setting for the future still rang true for 2021's televised New Year's Eve celebrations—even if it fell on the earless, wobbly Planet Fitness tube men in an eerily empty Times Square. But what if we abandoned those idealized New Year's resolutions for less expectation-laden phrases, such as affirmations, to help guide us through the year?

According to a Statista report from December 2020, the top five goals for Americans going into 2021 were...surprisingly normal. Many want to exercise more, eat healthier, spend more time with family/friends, lose weight, and live more economically. Now these resolutions are all well and good (and hopefully less vague for individuals in practice), but aren't we missing the point? After a terrible year that wreaked havoc on our mental and emotional health, we deserve to give ourselves a pass on the illusion of pursuing a set of traditional goals we abandon by early February. Instead of setting us up for another potential disappointment in the form of a New Year's resolution, we should adopt affirmations.

Affirmations are concise, declarative statements of self-empowerment and positivity. Some like to repeat the phrases aloud as mantras, others prefer writing them out as a form of scripting to aid manifestation, and still others use them to calm and focus their mind as they meditate. But if any of that seems too intense or abstract, you absolutely don't have to view affirmations as part of that realm. At its core, affirmations help you identify and remind you of the values that are most important to you. Instead of financial, social, or fitness goals with definitive steps and (often) attempts to boost others' perceptions of you, affirmations are solely for you by helping you focus on cultivating your unique inner fulfillment.

You may be familiar with the pressures of the New Year's resolutions you announce on social media or any other overly-ambitious goal you once felt inspired to set in a moment of late-night clarity. The most successful goals are typically structured as a list of smaller, time-sensitive tasks or stages that lead to a larger, tangible outcome. If you fall behind on

these smaller tasks, your end goal is pushed back further, and that can encourage a lot of unnecessary guilt and frustration.

With the continued unpredictability of the world in 2021, it can be hard to plan ahead for many goals. Uncontrollable circumstances shouldn't make us feel guilty for not accomplishing as much as we "should" in a typical (read non-pandemic) year. Believe it or not, it's okay not to have a clear path for yourself right now. In stressful times, it's more important than ever to focus on your mental and emotional needs and health over superficial goals. Affirmations can help find the inner fulfillment and stability we're all currently craving.

I'll be upfront. Unlike what all the other click-bait articles will tell you, affirmations are not a miracle cure for improved mental health or self-confidence. In fact, repeating phrases such as "I am beautiful," "I am confident," "I am a money magnet," etc. can actually do more harm than good if you don't really believe them. So, what's the point, you may ask. Here I'll repeat, affirmations are a way to identify and remind your-

self of your core values—ideally ones that are positive and promote self-love. *Great*, you think, now, *how do I find my affirmations?* 

It takes a little soul-searching to find and/or create the affirmations that are right for you. Affirmations are meant to be timeless, reassuring, and adaptable. They are simple, concise sentences that reflect the real you and your values. In order to find them, ask yourself: What are the personality traits, talents, or morals that I genuinely value about myself? Think non-superficially, and really tap into what makes you tick. If you're really struggling with this self-reflection and have honest and trustworthy friends or family members, reach out to them to see what they value in you. If it's something you also believe to be true about yourself, that could be a start. The beauty of an affirmation is that it's not supposed to be a super nuanced, literary-quality sentence with underlying expectations and checkpoints to cross. They're straightforward, grounding, regularly revisited reminders of what really matters to you in vour life.

If you're looking online for

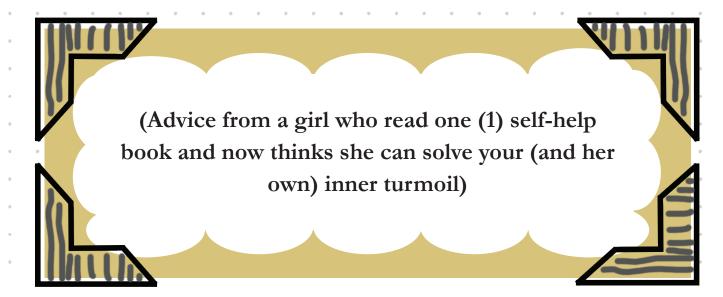


inspiration, and find a phrase that speaks to something you want to be but also feels like an unrealistic expectation that fills you with dread, that affirmation isn't yours, honey. Society sets so many expectations of what we "should" be, and we don't need to bow down to them. In Amelia and Emily Nagoski's book Burnout: The Secret to Unlocking the Stress Cycle, they describe "Human Giver Syndrome" or the idea that you're supposed to be "pretty, happy, calm, generous, and attentive to the needs of others" (and I'd add conventionally productive) at all times (Nagoski xiii-xiv). As you can imagine, that mindset is unrealistic, unhelpful, and therefore shouldn't be reified in your affirmations.

Your set of affirmations are for you and only you, and should make you feel good about yourself. Having two, ten, or twenty af-

firmations are all valid as long as they all speak to your unique self. Feel free to incorporate quotes or lyrics from others that speak to you. If time goes on and one or more of your affirmations no longer speak to you, get rid of them, change them, or replace them. No one, besides yourself, needs to know. Affirmations are completely up to you, and you have the power to evolve them any time throughout the year. Why let the changing calendar year or other people's thoughts/opinions dictate when or how you reflect on what matters to you?

New Year's resolutions tend to be goals you outwardly declare to hold yourself accountable to others. Affirmations are feel-good phrases for yourself to remind you of what you value in yourself. You simply cannot fail your affirmations (unlike your 2020 resolution to travel more). In 2021, a year of continued uncertainty, we could all use a few more assurances that no matter what the year or day brings, our affirmations are always fulfilled through our mere existence. Perhaps our only resolution should be to leave New Year's resolutions—and Planet Fitness tube men—in the past.



# Karen Chee Tweets That Got Me Through





By Silvana Smith



aren Chee, for those who may not know, is best known for being a comedy writer on the Emmy-nominated staff of *Late Night with Seth Meyers* and her occasional appearances on the show as the token millennial trying to guess Gen X and boomer cultural references. Although I have been a fan of her work for a while, it wasn't until I started following her on Twitter this year that I truly understood her value as my favorite Twitter coping mechanism. As a lifeboat of heart and humor in the depths of Twitter doom scrolling, there have been many times this year when I've come across a tweet of hers and chuckled softly to myself before hitting like and moving on—'cause sometimes that tiny boost of serotonin is all you need to keep your head above the water. In a media space full of hot takes and Russian bots, it was nice to find tweets that either made me feel extremely understood or that genuinely brightened my day while wading through the seas of the unending tragedy that was 2020.

Having gone through her own set of hard times this year, her writing is informed by her knowledge of how important humor is when going through darkness. Life isn't divisible into neat boxes of bad times and good times. As she described in her Vulture interview, they often happen simultaneously: "the most surreal and the most human thing—feeling the extremes of terror and joy at once." Which is definitely how I would describe moments from this past year. However dark the Twitterverse has gotten in 2020, it's been nice to have the @karenchee account balance some of it out with some wholesome humor.

Below is a curated compilation of some of my favorite, relatable, hysterical, heartwarming, and repostable tweets from Karen that helped me get through this pandemic. Hopefully they can give you some joy too:)



For those still trying to schedule in the apocalypse during your 9-5:





For those who've ordered takeout one too many times this week:



8



For when your daily walk around the neighborhood isn't doing it for you anymore:





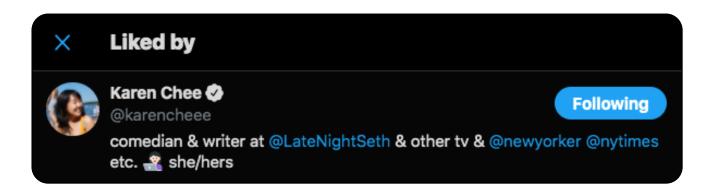
Because blood circulation isn't that important anyways:





That one time we bonded from afar over our love of the band Fun.:







Bangs and masks = COVID essentials:





Me after scrolling through Twitter for an hour instead of sleeping:





Me trying to understand TikTok trends:





For anyone figuring out working from home after moving back in with your parents:



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I just hope to live long enough to one day be starting an email post-pandemic:





I would be totally fine with not going back to shaking hands post-pandemic:





For when the hot takes aren't that hot:







For marveling at the beauty of nature whilst simultaneously destroying it:





For when "sorry I was out late last night" is no longer an excuse:







Same:





For anyone else whose love language is touch and is ~suffering~:





Tbt to the secretly cake part of the pandemic:





When you can't use body language to convey how non-threatening you're trying to be:





I only have two nemeses, but I'm currently taking applications:



12



My political affiliation:





The last good thing to have happened in 2020:





When the existentialism hits:



14



When cute little stories about Karen's family are just what you need for a pick me up:





What's worse: the wrath of God or the wrath of Twitter trolls?:





*Schitt's Creek*; one of the only bright spots of 2020:





When your physical body rejects the new normal:





The only chance of true solace left in the world:





When the people you spend the most time with is the cast of whatever show you're rewatching for the 11th time:





2020: no more boob jail:





One of the better occupational hazards 2020 has to offer:



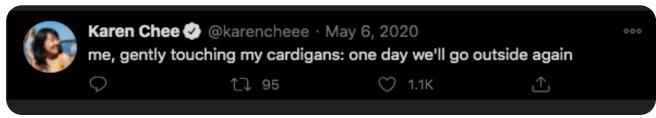


He's also been on hiatus forever; problematic fav:



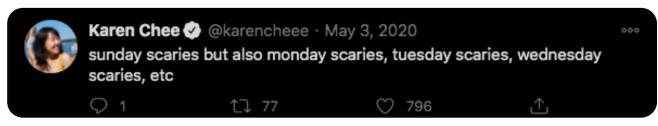


At this rate of global warming, we may never wear cold weather sweaters ever again:





January 2021 has been a whole month of Sunday scaries:





Either way, I'm gonna want to leave early:





Lol to the idea that quarantine would end:





9 months later, still applicable:





Being a potato > being a vegetable:





Currently on my 3rd quarantine breakdown, excited to see what next time has in store for me:





My role model:





All I have left to give after nearly a year of COVID:



All tweets belong to Karen Chee (@karenchee)





# Unnecessary Musical Episodes

V actors aren't all singers, but that's not going to stop them from belting out those untrained pipes and somewhat carrying a tune rather than... you know... speaking their lines. I've often wondered how so many actors go from accepting Emmys (daytime counts!) on glistening stages and then finding themselves ensnared in the world of lip-syncing and pas de barres the next season. Does every contract include a provisional musical episode, and they have bad agents? I just can't imagine that so many people—from writers to actors to producers allow these episodes to happen. Sure, musical episodes of shows can become cult classics, but that doesn't mean that they should.

Now, don't get me wrong: I'm not a musical hater. I did musical theater all through elementary and middle school, and I love a night out going to Broadway shows just as much as anyone else. This is all to say that I do believe singing is a viable storytelling strategy. But a lot of shows feel

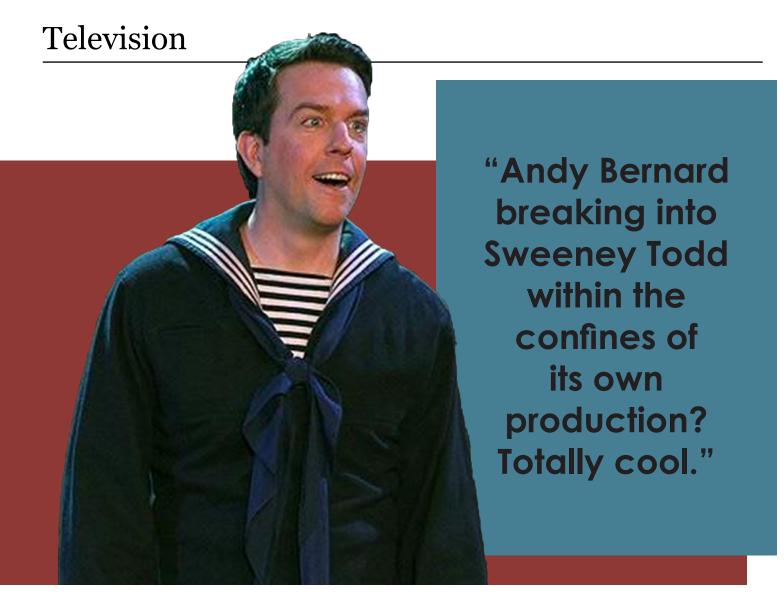
"Does every contract include a provisional musical episode, and they have bad agents?"

less "The-character's-emotionsare-so-strong-that-all-they-cando-is-belt-out-a-song" and more "Hey-we-want-to-sell-CDs-too."

#### By Marriya Schwarz

(Let's just entertain the idea that people still buy CDs, okay?)

Sometimes, musical episodes can work but only really when it's a music-based show to begin with. For example, Zoey's Extraordinary Playlist works because it's established that she has some kind of superpower that makes her able to read people's thoughts through musical numbers they perform in her head (I mean, it leaves some questions, like are these performances happening in real time? If so, why isn't anyone concerned about her staring into space for 2-4 minutes depending on the length of the song?) It works in Glee because it's established that these kids just randomly burst into song in the middle of class (Can you imagine being a transfer student and you're just trying to find your way to class, but freaking Quinn has to sort out her problems



with The Supremes' "You Keep Me Hangin' On" in the hallway, thus blocking all available walking space? This show also gave me unrealistic expectations that child-birth only lasts the duration of Queen's "Bohemian Rhapsody"). And it works in *Galavant* because it's established that it's a medieval musical (no snarky comment, just a good fucking show.)

And in shows that put a musical on within the episode are totally cool with me. Andy Bernard breaking into *Sweeney Todd* within the confines of its own production? Totally cool. Stevie Budd belting "Maybe This Time" from *Cabaret* while in full costume in the town's

production in *Schitt's Creek*? Gorgeous. *Suite Life of Zack and Cody* putting on a rendition of *High School Musical*, and no one agrees that Maddie resembles Sharpay? Intensely frustrating as a child, but fine by me! Even *Supernatural* had the self-awareness and respect for their actors to not make them switch from script to sheet music, and they just put on a purposefully stupid separate musical based on the Winchesters without starring any of the main cast.

But no matter how much a show attempts to justify it, there's no real rationale that I can get behind where I can pretend that a show has just been transformed into an extension of the *Les Misérables* cinematic universe, and my favorite characters are forced to sing ballads and tap their toes.

Why do we let this happen? I mean can you imagine Jon Snow from Game of Thrones, saying "Winter is coming" and then the Night's Watch rip off their fur coats, start snapping, and break into "Something's Coming" from West Side Story? Or in The Crown, Queen Elizabeth is yelling at Margaret Thatcher to do what she wants, and she says "Don't forget who I am." And then Thatcher says, "I know. You're the Queen of England." And Queen Elizabeth says, "No," and she rips off the crown and the corgis press play on

the boombox. As the mu-

sic starts, the Queen

ing queen" as ABBA

says, "I'm the danc-

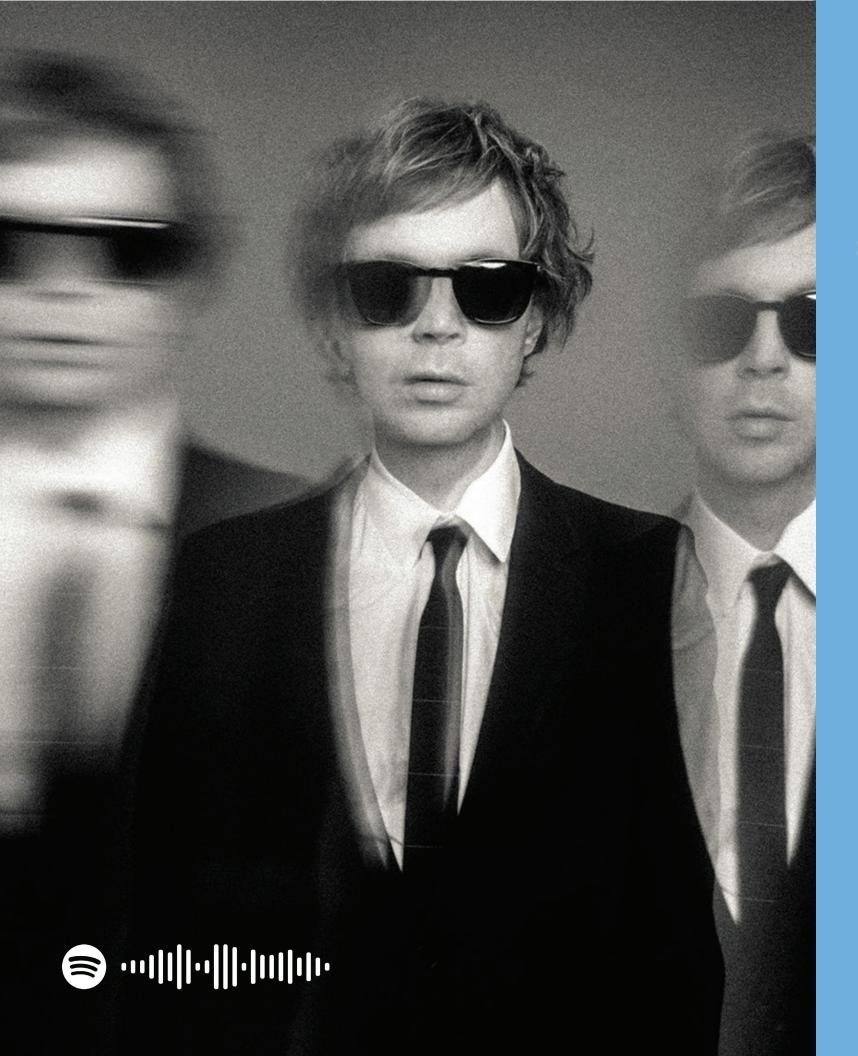
plays? *OR* in *Chilling Adventures of Sabrina*, a witch starts poisoning Sabrina's mind and Sabrina has to sing *The Sound of Music*'s "Sixteen Going on Seventeen" in a duet with her ex-boyfriend to retain her sanity? Okay, wait, that last one happened. But you see my point! Why do we let some shows get plagued by musical numbers while others remain blissfully free?

Musical episodes are always cheesy and cringey. In *Once Upon a Time*, the reasoning is that this one villain can only be defeated with the power of song, which is a pretty sucky

Achilles heel; imagine being able to withstand guns, swords, knives, but oh god, do not send in the college a cappella group. In *The Flash*, the Music Meister traps Supergirl and the Flash in a musical alternate reality where he tells them they have to follow the script to escape. Buddy, you don't have to use magical powers to stage a production; have you heard of community theater? And in *Chilling Adventures of Sabrina*, the only way they can think to overcome Lucifer is performing "Masquerade" from *Phantom of the Opera*. I'm serious.

The main problem is that series tend to use these musical episodes to keep up fan morale and get people watching again without creating better storylines or compelling character arcs, which is pretty lazy. Besides, at least in my experience, these musical numbers are better skipped through because, like I said before, these people aren't singers. They auditioned with sides, not eight bars of *Wicked*, and it shows. Folks, just have your actors stick to their lines, not to *A Chorus Line*.





# Sky High

by Setareh Sanaei

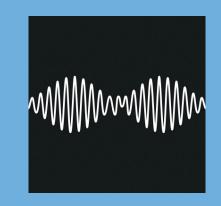
# A Playlist of My Favorite Songs to Listen to High

his playlist is mostly just an eclectic compilation of my favorite songs, but be prepared for trippy vibes, chill vibes, and relatable lyrics. For legal reasons, I am high on life. Of course! But these songs are amazing in general and give me all the feels, and they would be even more amazing to listen to if you were, say, high on something else, in a place where said something is legal to be high on. I assume. I haven't tried it, because for me, life is enough of something. I will be adding more songs to the Spotify playlist, but these are the best ones. Please enjoy!



#### Wave // Beck

"Wave" is an ethereal combination of slow and celestial violin and Beck's angelic voice. I honestly can't tell what he's saying the whole time, but I feel warm and fluffy inside and like I am walking around amongst "How TV portrays heaven"-like clouds. I feel like he's coming down from above trying to tell me something. All that, and I don't even believe in God.



#### Why'd You Only Call Me When You're High? // Arctic Monkeys

A fun feel good song with a story and lyrics that bite. Reminds me of driving around the empty downtown with the windows down in the summer. The beginning feels like we're in a '90s detective show. The stretchy-smoothness of his voice feels like a really attractive guy is flirting with me at a bar but I'm not awkward about it and this is the song playing at the hipster bar we're at (which hasn't actually happened to me so maybe this isn't even like that).



#### Skulls // Bastille

While this song has a good instrumental background, the real attraction is the rhythmic and hypnotizing vocalizations in between lyrics. This is one of my favorite songs of all time, and it never fails to give me the feels. "When all of our friends are dead and just a memory // And we're side by side it's always been just you and me." Morbid, perhaps, but an intrigu-

ing thought nonetheless. And once again, a weird vibrating outro. I live for it apparently.



**Bloodstream // Ed Sheeran** 

I haven't done MDMA in Ibiza, which is what this song is really about, but I somehow always feel this song, even while sober. Throughout the song, Sheeran describes his feelings during his ecstasy trip, and he later recalled, "I felt anxiety, I felt love, I felt warm, I felt a bit weird." So it makes sense

that I can relate—these are words I use to describe my feelings daily! The music is trippy and ethereal, and the way he collides both lyrics and music together in the outro is immaculate. Finally, if I had to pick just two lines of lyrics to listen to high, it would most definitely be "All the voices in my mind // Calling out across the line."



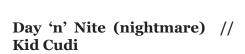
Novacane // Frank Ocean

We all know this summer classic right? A good repeating beat is

crucial to a nice trippy song, and this song accomplishes that like no other. Ocean has been a great storyteller his entire career, and "Novacane" is no exception. The song recalls an encounter between the protagonist and a girl he met at Coachella, in which they were under the influence of novocaine. While the song is somewhat influenced by his personal experiences,



here for it.



it is highly dramatized with added

imagery and satire in lyrics like

"Cocaine for breakfast, yikes."

And we can't blame him. The com-

bination of his vocal harmoniza-

tion, the trippy music, and story-

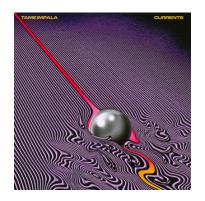
telling lyrics creates the ultimate

sad-song-hidden-in-upbeat-trip-

py-music song and I am always

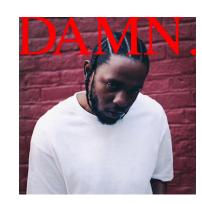
An elevated song for the ages! Literally, "Day 'n' night \\ The lonely stoner seems to free his mind at night." The beat is a perfect repetition that feels like it's pumping blood through my arms to the rhythm, and then the "vm vmmm" pumps the blood back the other way. Like opposite currents in bodies of water. Lastly, the outro gives way to a relaxing few moments after the quick beat and rapping of the song, and I honestly

feel like an ever-peaceful yogi or something.



New Person, Same Old Mistakes // Tame Impala

Again, a trippy repetitive bass line, and then a ghostly divine voice grabs hold of my entire attention. During the verses, I feel like he is looking me in the eyes and directly speaking to me. And then the transition to the chorus he starts talking to everyone and I feel like I'm in a pit of people all vibing. And of course, it's hard to make it onto this list without having a crazy switch up in the bridge or outro.



FEAR. // Kendrick Lamar

Most of my friends know how crazy I go for DAMN. by Kendrick Lamar; when it came out, I spent about two weeks listening nonstop. The way Lamar encapsulates different feelings within the lyrics of this album is immaculate. This song tells a full story of the different instances in Lamar's life when he felt intense fear, and his attempts to smoke it away. "I don't think I can find a way to make it on this earth." His lyricism is captivating, as always, and the bridge consists of a tragically peaceful verse. The song ends with a philosophical voicemail from Lamar's cousin, something he has been known to incorporate into his music for a while.



Female Energy, Part 2 // **WILLOW** 

Cons: I'm envious Willow and I are the same age and maybe I'll never make art this beautiful.

Pros: Everything else.

Again, ethereal. I discovered Willow's music via Twitter recommendations in late 2019, and I've been blessed since. She says all the things I didn't know I wanted to say the whole time. The music is like a warm blanket wrapping me all around. Her voice is both comforting and truth-telling, "I am human, I am woman, \\ Drifting *down my life* \\ *Light up this time,* light up this time."

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Wish You Were Here // Pink Flovd

Firstly, I'd like to say that the guitar strum "drop" in this song will always and forever run chills down my body. Second, the emotion in David Gilmour's voice can be felt during this entire song and there is honestly nothing better than screaming along, "How I wish you were here // We're just two lost souls swimming in a fishbowl." As the song comes to a close, the guitar and vocalization fades and blends into a wind noise, and again, chills.



Senator
Ted Cruz's
Remarks
on the
Tooth Fairy

By Marriya Schwarz

, Ted Cruz, the Senator from Texas, want to point out that we are gather-Ling at a moment of great division that frankly makes my teeth ache. The tooth of the matter is that we are gathering at a time when the world is in crisis. Recent polling shows that 70% of children under 12 believe in the Tooth Fairy. That's around 18% of Americans. You may not agree with their assessment. But it is nonetheless a reality for nearly half the country. Even if you do not share this conviction, it is the responsibility, I believe, of this office to acknowledge that if that many people believe in this tiny sprite that steals teeth and leaves money, it must be true. [Cruz pauses for the applause and standing ovations via the Republican Party. He basks in it, wondering if this is what it would have felt like if his parents actually attended his baseball games as a child.]

I want to take a moment to speak strictly to my Democratic colleagues in the chamber. I get it. You believe the Tooth Fairy is in itself a dangerous and capitalistic concept that teaches kids that if you get pressed for cash, you can just pawn off your body parts. And if the Democrats

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vote in a block, her position will be limited. Now, I want to speak to the Republicans who are considering voting against the idea that the Tooth Fairy should be deemed both a recognized entity and an 'essential worker' during the time of COVID-19. I understand your concerns of her legitimacy. How could this flying little fairy enter our homes and grab lost teeth underneath our pillows without waking us unless there is some other untapped portion of her power we mortals are unaware of? But I urge

you to pause and think: if we don't bring light to the legitimacy of the Tooth Fairy, what does it say to the nearly half the country that believes the Tooth Fairy exists?

Let me be clear, I am not arguing for deciding whether or not the Tooth Fairy is real, as an established fact. Santa Claus has not been answering my letters about that. But all of us are faced with two choices, both of which are lousy. One choice is to vote that an internationally traveling sprite be limited from visiting our homes and should not be gifted

the double dose of the COVID-19 vaccine for her service over our 75 and older population. But tens of... tens of Americans will see this vote as a statement that the Tooth Fairy isn't real. And a great many of us who don't want to accept reality don't believe that.

And so I, Senator Ted Cruz [Cruz waits for more applause. He lives for it. But there is no applause, only the rising shouts of a pro-Tooth Fairy militia raging outside with posters that read "Make American Parents Give Their Kids

Free Money for Natural Aging and Developmental Processes." Outside, these MAPGTKFMNADPs push against police officers, shouting "HOW IS THE TOOTH FAIRY GOING TO KEEP UP MAINTENANCE ON HER HOME IF SHE DOESN'T HAVE ACCESS TO THE TEETH SHE USES AS A CONSTRUCTION MATERIAL and now that I think about it, that is kind of weird... huh, COPS?!"] – I, Senator Ted Cruz, endeavored to look for another option. And for that, I look to history to the prec-

"We grown adults will have a thorough investigation into the legitimacy of the Tooth Fairy even if her writing looks miraculously like your mom's."

edent of the 1947 United States v. Kris Kringle lawsuit, the court case that ruled that a Macy's mall Santa was, indeed, the true Santa Claus.

And what I would urge of this body is that we do the same. That we have a pointed commission conduct a 10-day investigation (How does she travel so fast? What's with the financial compensation variation?), consider the evidence (If she isn't real, how does she write you a letter saying you're good at brushing?), and resolve the claims. For those on the

democratic aisle who say there is no evidence, then you should relax if that's the case. But for those who respect our constituents, simply telling small children that the Tooth Fairy is their 'parents,' jeopardizes, I believe, my frayed version of reality.

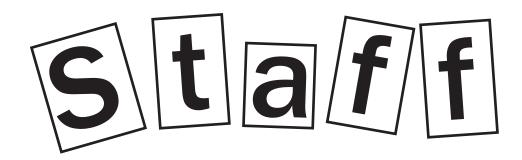
James Madison of Virginia left out the 'Tooth Fairy Clause' of the United States Constitution, but we also know how Virginia is (blue.) And let me be clear, this fight is for the Tooth Fairy, but it is broader than that. It is a fight for Santa, the

Easter Bunny, the Sandman, and that goddamn Elf on the Shelf that my wife, Heidi, uses to keep me in line. [Somewhere behind a TV screen, Heidi shakes her head and questions things.]

Thus, I would urge my colleagues, don't take perhaps the sane path. But instead act delusional together. Let's shock and horrify the viewers to say, "We grown adults will have a thorough investigation into the legitimacy of the Tooth Fairy even if her writing looks miraculously like your mom's." Let's make a conclusive

determination on how the Tooth Fairy works within our constitution and within federal law. [At this moment, the president tweets that "Mike Pence doesn't have the courage to do what should have been done and let the Tooth Fairy roam free. USA demands spare change under our pillows!" The rioters outside start shouting, "Unlock her up!" Cruz sits back down, hoping that this speech will win him an award, a medal, or even just a little plaque.]

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#### **About Everything But...:**

A group of writers writing about... well... everything but the kitchen sink. From comedic opinion pieces to playlist suggestions, we've got it all! Email at morton3rdfloor@gmail.com to contribute.

#### **About Morton 3rd Floor:**

*Everything But...* is a project within Morton 3rd Floor Productions, which is a group of creatives creating original and new content on a weekly basis. We have several short films/sketches, a webseries, and a weekly latenight series, *The Catch-Up*.

Adobe InDesign CC 2020 and Adobe Photoshop CC 2021 are used in layout and design. Georgia text is used in 11 point font, while headlines are in Garamond and pull-out quotes are in Century Gothic. All writing, design, and editing is done by the Everything But... staff.

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Dana Armstrong
Setareh Sanaei
Marriya Schwarz
Silvana Smith
Glenn Close

Join our staff! We're always looking for more writers.
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