



# monthly U.P.D.A.T.E.



useful tip • playing • dining • activity • travel • everyday ritual

We are BACK BABY. 2025 is the year we resurrect the newsletter! After giving this a go in early 2024, I only made it 3 months before abandoning ship. I had a big ol emotional realization the week between Christmas & New Years which led me to reprioritize things that make me happy, like writing! The goal is to be real with The412franimal community & give you a little peek into some stuff that doesn't make the gram. Hope yinz enjoy my January newsletter & stick around for more!



f r a p s n a p s

## WHAT IS THE MONTHLY U.P.D.A.T.E.?

U- Useful Tip: Life hacks I've learned that have already come in handy  
P- Playing: Shows or music that have been stuck on play  
D- Dining: Restaurants, coffee shops, etc. I visited & loved  
A- Activity: Something fun I did that maybe social media didn't see  
T- Travel: Recap of where I have been/what I've been planning  
E- Everyday Ritual: Something I've been adding to my daily routine

**USEFUL TIP** 2025 is the year I climb out of credit card debt my dudes!! I am victim to the temptation of purchasing some sort of food or beverage out every. single. day. Whether it's a bagel sandwich, a coffee, a quick lunch, or the most expensive of the bunch - dinner & drinks, I am constantly shelling out the cash. One thing that has been helping me check myself before I *wreck myself* has been to look at my physical calendar. Any time I commit to dinner, coffee or really anything that I have agreed to spend money on, I put a star in the top corner of that day. This way, I can see at quick glance how many days that week I have earmarked as a dine out/spend money on an activity day! If I haven't committed to anything, I'll let myself have a treat.



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**PLAYING** So we are closer to when future Ted starts telling his kids about how he met their mother (2030) than we are to when this show's pilot aired (2005) OOF. That being said, I am still very much obsessed with HIMYM & on my 3rd (perhaps 4th??) re-viewing IN A ROW. Maybe it's because I'm 29 & the existential dread of being single & renting an apartment is hella relatable to what Ted goes through on the show, or maybe it's just some good ol comedy. The world may never know.

**DINING** The way I truly cannot shut up about Duos Taqueria in East Liberty. This restaurant has been on my list for quite a while, but I had no idea that I would be blown away like this. The fresh ingredients, the unique flavors & the attention to detail really show in every single dish. We started with the guacamole (shown on the first page of the newsletter) & it was so light & refreshing with the the right amount of heat from the Serrano peppers. We had the ceviche next & the habanero coconut broth was truly like nothing I'd ever had before. I went with the Al pastor tacos for my main & they were the best tacos I've ever had. The service was also top tier making this a MUST VISIT. Insta reel linked here!



**TRAVEL** Charlotte is now OFFICIALLY the city I've visited the most with my 6th trip complete. It was my friend's bday so I flew down to spend the long weekend celebrating! We saw Laszewo at a club, rented a van & went winery hopping, plus ate tons of yummy food. One of my favorite's Calle Sol, a Latin kitchen, was a must revisit for me. I got the Cuban Fried Rice & the ceviche with a mix of shrimp



& white fish. Clearly I'm in my ceviche era LOL. We also hit up an ideal lunch at Rosemont where I enjoyed a turkey & apple melt, Caesar salad & a dirty vodka martini. Another successful trip!

**ACTIVITY** One of my friend groups from high school includes peeps spread across 6 states, which can make it hard to stay up to date with the small things. During the NFL season our crew has a fantasy football league so we get together via Discord to chat results of the games. Recently, we started adding a section where someone would give a "life update". We got a few weeks under our belt, but since the season ended we have a new & fun way to keep up, a friend newsletter! One of the gals, Abby, set up a Letterloop where each person fills out selected prompts every 2 weeks with pics, links & text. We had our first issue release on 2/2 & it was great to read up on day-to-day activities each friend has been up to!



**EVERYDAY RITUAL** I didn't have a specific goal of doing dry or damp January, but at the start of 2025 I decided I wanted to drink alcohol less in general + I wanted to cut back on pop. Soooo, every afternoon or evening when I want a pop or an alcoholic bev I've been



making a fun little mocktail-esque drink. The recipe is 3oz of cranberry juice, 1.5oz of pomegranate juice (not the combo cranberry juice cocktail - lots of added sugar), juice of half a lime, juice of a quarter of an orange, shake with ice & top with plain sparkling water!

