

June 22, 2020

(1) Helping S— sleep (2) Hiking at Oak Mountain State Park (3) Highway 25, south of Montevallo (4) Reading about the Sixties (5) PBJ (6) Ribs (low + slow) (7) Mustard slaw (8) My new self-care by Sun sign book (9) How S— says, “Oh, hello!” (10) How that one time he said, “Ahoy, matey!” .. which is kind of the same thing but not (11) Writing numbers for S— on his new chalkboard (12) Writing letters there too (13) and shapes (14) Math (15) The compost seems to be breaking down properly (16) The cucumber plant is doing well (17) Known by Salt by Tina Mozelle Braziel (18) Stephen McClurg author interviews (19) Week #4 in the new process (20) The previous three weeks too (21) Sweating (sometimes) (22) Compartmentalizing (23) Letting go (24) Trying to feel more (25) White noise and a cool fan in a darkened room in the summertime (26) Reading about Sacramento (Joan Didion’s hometown: “Perhaps in retrospect this has been a story not about Sacramento at all, but about the things we lose and the promises we break as we grow older...”) (27) Writing on a hand-held device, which is almost like handwriting in terms of pacing, how it slows the rate of thought (28) So many recent encounters with animals. Owls, rabbits, lizards, frogs, spiders, bats, hawks, turtles .. (o my) (29) 30 things really is a practice .. the more I do it, the quicker it comes, the deeper and more nuanced the connections to what I’ve felt, seen, done in the past week (30) Marlins! On my blue socks! (Connections! Animals!)