

The Glass Notebook

Fall Issue



Birthday Blues

by Mia Tarta

My mom has the birthday blues

*She got them from her mom
Who got them from her mom
Who got them from hers, too*

*They're a sinking feeling
They come with shivers
and stomach aches*

*They arrive with the balloons,
and birthday cards,
and cake*

*They come because getting old
is a "bad thing"*

*Another year of wisdom is
nothing more than wrinkles
And another year of laughter
is nothing more than grays*

*My dad loves his birthday
and I used to, too*

*But my mom got the birthday blues
from her mom,
who got them from her mom*

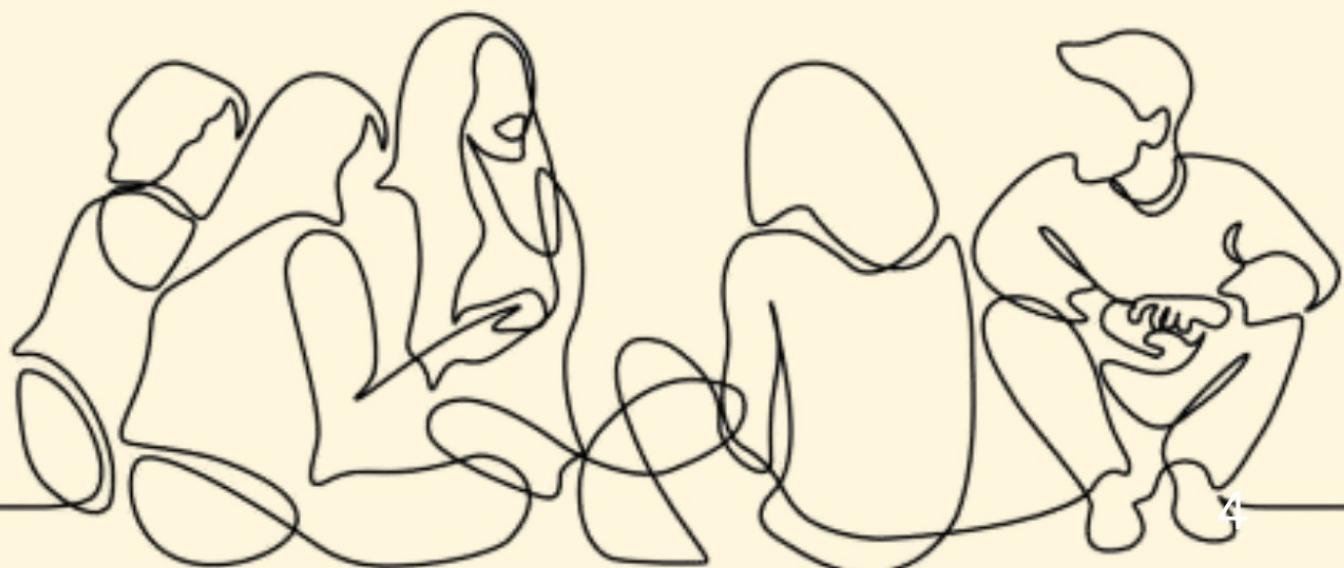
And now I have them, too



We Need More Shared Personal Reflection

When I originally outlined my idea for this magazine, I was set on avoiding all personal reflection or experience pieces. I thought no one wants to hear someone talk about themselves, and readers would abandon the piece before the second paragraph. But, recently I read a speech that changed my mind.

In his 2016 Nobel Literature Prize acceptance speech Bob Dylan connects to his audience through personal reflection. He uses personal pronouns- I and We- and anecdotes from his younger years to speak only from his experience with life. By doing this he conveys the message all he knows is what he's lived, nothing more and nothing less.





This authenticity and vulnerability ensures purely human notions, ones that listeners can inevitably relate to. He fosters connection with the audience members. Dylan unites himself and his listeners as members of the shared human experience, and this makes his speech truly meaningful.

At the heart of this interpersonal connection is personal reflection. By sharing moments from life one may inspire relatability, chasing the ultimate goal of compassion and resonance, something our world is lacking right now. So, I urge us all to write more personal essays. Be brave and share moments from your life that mean something to you, maybe you will find an audience who understands. Extraordinary or not, our lives are what unite us, and therefore, something to share.