The Town Prepares for Summer

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Abstract—I'm a witness to the heat.

Index Terms—marjoram

FOR ANTHONY

In the shower room after swimming, We leapt over tiny cesspools. Jumping from islands of dry tile, Beige-white and cold,

We found the warmest water the furthest back.

Turned crusted silver knobs to the hottest position.

I think it took a while for the water to get hot,

But soon it would, and we'd stand almost naked beneath the showers for minutes or maybe hours.

Despite this, I don't remember being vulnerable with you.

I wish I could have been more vulnerable with you.

My memory is steamy fog. I want it to be a cold plunge.

So many hours amassed but I can hardly remember how we spent them.

Maybe we did just stand in the heat, Silently moving between each drop.

I'm sorry I bailed senior year.

When I reflect, I always imagined that you resented me for it.

It feels selfish now, what I did.

I wish I could tell you that I'm sorry.

I wish I could swim a few more cold laps with you Just so that we could go back to the shower room To talk about nothing or maybe everything.

I. MOUTH LOG 4/8/24 - 4/14/24

(on Sunday, meal prepped soup! - chicken broth from cartons, celery, carrots, onion, garlic, pork meatballs, baked chicken breast, wide egg noodles)

MONDAY BABYYYY

Brekky is Bagel with garlic and herb whipped cream cheese and one egg w salt/pepz One mandarin, one banana

Trunk time - feeling the sun and thinking about how anxiety feels in my body

30floz of water by 1:10pm

Lunch is turkey, Swiss sandwich on white bread, two manadrins, nature valley biscuit bar

17 floz of Lipton iced tea lemon drink

Dinner is rice and chili:)

Late nite bowl of soup, nature valley biscuit bar, some Gatorade

Tuesday !!

Breakfast made to-go because the floor was covered in dog

piss and roommate was coughing up a lung while I was preparing food

Breakfast is : Bagel with cream cheese and egg, mandarin+banana

Sandwich wedge from platter (mystery contents)

30floz of water by 4pm

Maple butter pecan muffin

Dinner is buffet at QTF conference - rice, some greens, veggies, beans, some grains, lemonade, peculiar caramel pudding cup eaten with small silver spoon

Bowl of ice cream with hot fudge, whipped cream (thicky tub kind), sprinkles

One (1) 10 dollar PBR ... god is dead

Nature valley biscuit bar + dry roasted edamame

Some Gatorade

Wednesday !!

Breakfast is bagel with cream cheese, egg, banana, mandarin orange

30floz of water by 2pm

Late lunch is sandwich (turkey and Swiss on white bread), bag of chips, two manadrin oranges, 17 floz tea

Dinner is big ol bowl of soup, Lipton iced tea, gushers for snack, remains of Gatorade

Thursday AHHHHHHH

Wearing my yellow socks today to protect me from everything Breakfast on the trunk: bagel with cream cheese and one egg, mandarin orange, banana

Today I have the choice to relinquish myself to anxiety or be exceptional despite it

Choose what exceptional means for you today and be it 30floz of water by 2:15pm

Late lunch - turkey and Swiss sandwich, two mandarin oranges, nature valley biscuit bar, 17floz of iced tea

Two tallboi Budweiser cans and some fries

Bagel with butter and CHEESE (very nice)

Friidaayyyyee

Breakfast - bagel with cream cheese and decaf iced oat milk latte

Two Reese's PB cups

BIG bowl of soup, 17floz of Lipton iced tea 50floz of water, glass of red wine, chocolate

Couple of brewskies, two croissants (microwaved)

Saturday!

Breakfast - bagel with cream cheese, banana

Thai boba tea

Vietnamese restaurant in PHX for dinner

Cocacolaaa

HUMMINGBIRD DRAMA, APRIL 2024

In and out in a parking lot with dearest loves

Sunday

Hot chocolate and two manadrin oranges

Two sticks of string cheese

Lotsss of soup 30floz of water

Butterfinger, nature valley biscuit bar, some water

II. MOUTH LOG 4/15/24 - 4/21/24

Monday here we go!

Breakfast: piece of toast with cream cheese and one egg, 2 mandarin oranges

Lunch - turkey sandwich, veggie straws, 2 sticks of string cheese

30floz of water by 1pm

Nature valley biscuit bar

17 floz Lipton tea

Persian saffron ice cream

SOUP

Gummy worms

Tuesday

Breakfast: piece of toast with cream cheese and one egg

Lunch: turkey sandwich, veggie straws, 2 sticks of string

cheese, donut, 17floz of Lipton tea Nature valley biscuit bar

SOUP

17 floz Lipton tea

Cookies and cream pocky (probably very old, found in box of arts and crafts)

Wednesday

No breakfast this morning, had therapy, nervous system very engaged right now

Processing important things

Very difficult day for The Mind , anxiety from tension and conflict

Lunch - turkey sandwich, veggie straws, 2 sticks of string cheese, nature valley biscuit bar, 17floz Lipton tea

Still made myself lunch despite severe anxiety so that's a huge win I think SOUP

2 Budweiserzzzzzzzzzzzzzzzzz

Today was one of the most days in a while

Can't believe I made it but here I am

30floz by day's end

Thursday

New day new day

Packet of instant rice and two eggs (stir fry style) for breakfast

30floz water by 1pm

Decaf coffee treat

Dinnerr - Salad from time market (chicken, veggies, etc...), 51floz of water, Some chocolate

Fridayy

Chicken tendies for brekky

30floz by noon

One tangelo wedge

Yuzu sparkling water (8.45 floz)

Two airheads

Indian food for late lunch

Empire pizza and 12floz of red Gatorade

Chocolate

Lipton tea before bed because I'm a bad bish

Weekend

Uhmmm yeah

III. MOUTH LOG 4/22/24 - 4/28/24

MONDAY

Oooo got that hella dummy THICC anxiety again but we gotta eat or else it's gonna get worse!!

I'd rather be anxious and hydrated than anxious and dehydrated!!

Breakfast: bagel with cream cheese and one egg, chobani flip, banana, blueberries

30floz of water by 10am

Lunch: turkey and Swiss sandwich, one mandarin orange, nature valley biscuit bar, another mandarin orange, Oreo cakesters

12 floz la croix

After lunch, snacking on cashews (caramel, sea salt)

Another 30floz of water while making dinner

MADE MORE SOUP BABYY - chicken broth, celery, carrots, green onions, regular onion, meatballs, garlic

Dinner - SOUP, banana, blueberries, bowl of granola with oatmilk, Oreo cakesters

Tuesday!

Breakfast - banana, bagel with cream cheese and one egg, bowl of granola with oat milk, blueberries

30floz of water by 11am

Lunch - turkey and Swiss sandwich, two mandarin oranges, nature valley biscuit bar 12 floz la croix

Tall caramel ribbon crunch frap

Another 30floz of water by 8pm

Banana, two manadrin oranges , salted caramel cashews One session lager

Wednesday!

wednesday!

SOUP FOR BREAKFAST !!! (also, a banana)

Tall decaf shaken espresso drinky (lil treat)

30floz of water by 3pm

Late lunch: Turkey and Swiss sandwich, two manadrin oranges, nature valley biscuit bar

A ceramic mug of water, heavily

Ice cream cake and part of a very very large donut (with cool whip)

Glass of water, anxiously

Bowl of granola with oat milk

Blueberries

Oreo cakesters

HUMMINGBIRD DRAMA, APRIL 2024

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Thursdayyyyyyy

Not very hungry this morning, but had: chobani flip and banana

Lunch - turkey and Swiss sandwich, mandarin orange, nature valley biscuit bar, 12floz la croix

Chocolate chip cookie

Apple juice and some tea

Soup for dinner, yes, I like the soup in my tummy

Ice cream and sprinkles

30floz of water by the time I meet sleep

Fridayy

Breakfast - chobani flip, blueberries, banana, jar with magic green powder
Salted caramel cashews, mandarin orange, Oreo cakesters
Caramel ribbon crunch frap (lil treat)
Sandwich at time, 50floz of water, chocolate

Saturday

Slept in, no breakfast Lots of soup for lunch Bowl of granola with oat milk 30 floz of water Modelo Two cheeseburgers with onion 17floz of water

The rest of the weekend - lost to the wind