

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

30froz of water by 1:10pm

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

17 froz 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)

30froz 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

30froz of water by 2pm

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

30froz of water by 2:15pm

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

50froz 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

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