

Designated Free-Roam Time in the Bathroom

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Abstract—to do: practice vulnerability, eat two (2) multivitamins every morning (chew them completely!), eat ur veggies!, sit on the ground more, feed roommate's cat (once in the morning, once in the evening), find moments of rest, make dinner, wash the bottoms of ur feet, embrace your path, buy more yogurt (chobani flip), take time to celebrate your accomplishments, bicycle (as always), paint nails, HYDRATE, and ! enjoy.

Index Terms—pothos, algerian green, ficus benji green, schefflera amate

I.

sometimes i'll pretend that it's cold outside
put on fuzzy socks
and wash my face really hard until it's red
and then underneath the comforter i will finally disappear

II. LUNCH, BITCH!

- String cheese
- Grapes / apples / cherries
- PB & Nutella sandwich
- Little bites