

self-isolation diary

hea-mi kim



April 2, 2020 - June 4, 2020
Culver City, CA

Thursday April 2, 2020

Sailor Moon
ep 2: the house of fortune is the monster mansion



i never noticed as a child how the villains in Sailor Moon are dubbed in an Eastern European
synecdoche resembling accent

god i loved that Nicole Miller show at Kristina Kite.

Friday April 3, 2020

Huey Huey

Customer

husband

huey kim

[REDACTED]
[REDACTED] NY [REDACTED]

United States

Shipping Address

wife

heami kim

[REDACTED]
[REDACTED] CA [REDACTED]

United States

i hope you're well

i miss you so much

remember when you almost folded my body in half at the Casper store lol

Saturday April 4, 2020

**8 garlic cloves, finely chopped
3 tbsp fresh lemon juice
2 tbsp finely chopped ginger
3 tbsp plus 1 tsp evoo
1 tbsp finely chopped cilantro leaves
1 tbsp finely chopped mint leaves
1 tbsp ground coriander
1 tsp amchur
1 tsp ground turmeric
3/4 tsp kosher salt
1/2 tsp red chili powder
4 skinless, boneless chicken breasts**

**recipe by Priya Krishna with Ritu Krishna*

does this count as an essential errand?

Sunday April 5, 2020

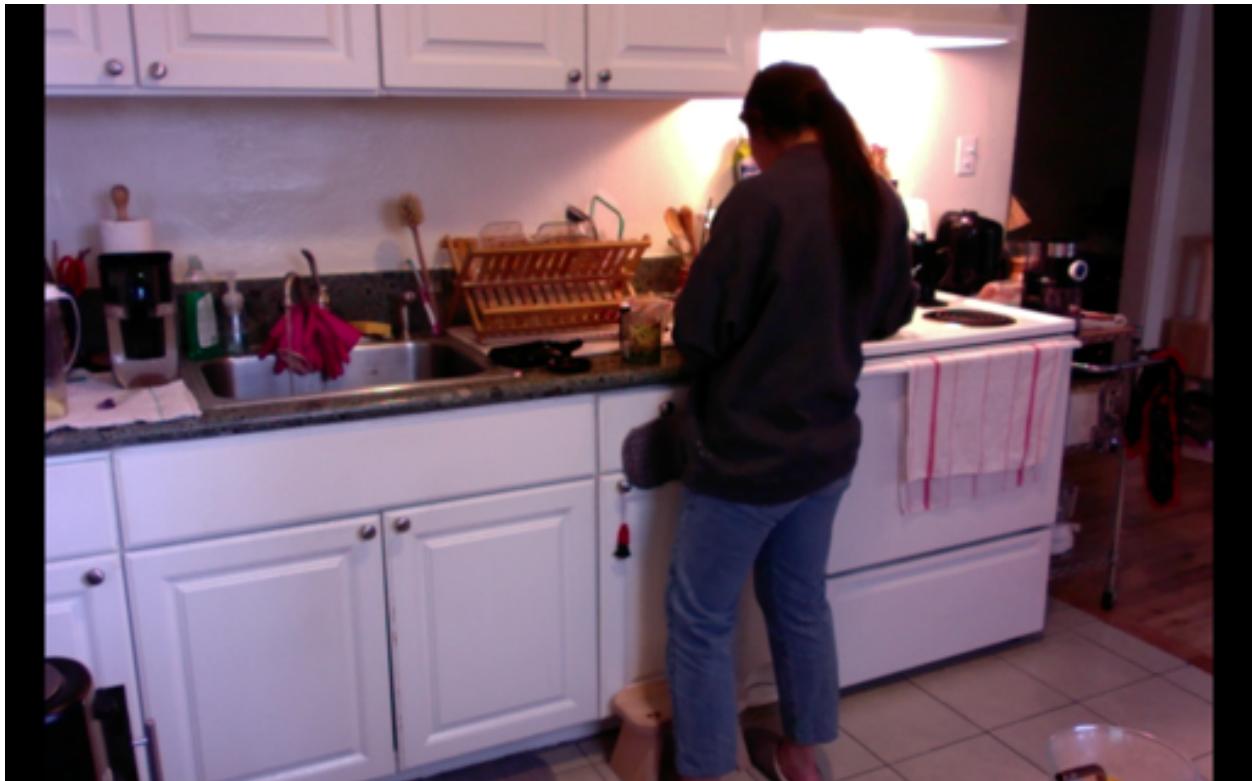


working on studio scarf while watching tiger king and texting kimi

what does it mean to be productive?

how do we measure productivity?

Monday April 6, 2020



a studio thats a kitchen
or
a
kitchen thats a studio

Tuesday April 7, 2020

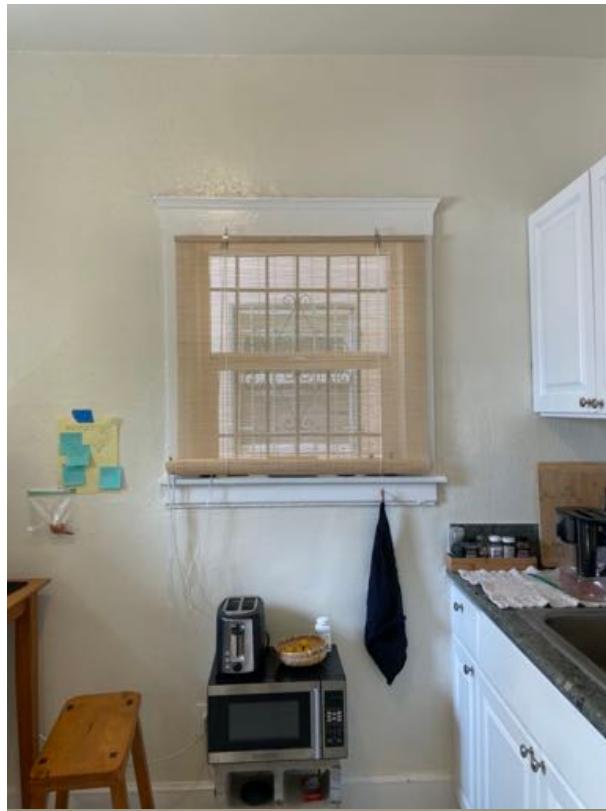
front yard



13,000 people have died in the U.S. so far

Wednesday April 8, 2020

kitchen



my next door neighbor and I can see everything from each others windows.

i left my phone number on a post-it on his door once.

we ended up hanging out for a few hours a couple days later.

now we're stuck with the consequences from that
and
still neighbors.

Thursday April 9, 2020

“Governor, will there be any modifications of the stay at home order to accommodate certain businesses. You’ve heard a lot from landscapers. You’ve heard a lot from golf courses and also from different regions of the state that have few if any cases. I wonder if theres modifications for those.”

“Governor have you thought about making your stay at home safe order regional since about 80% of the cases are in three urban counties and theres still about 10 rural counties where it’s not even traceable.”

Questions asked from Governor Gretchen Whitmer’s Coronavirus Briefing.

this is where i'm from. wtf.

Friday April 10, 2020

i accidentally broke one of my bowls last night after having two glasses of gin



i possess two of almost every dish even though i live alone in a studio apartment
(i rarely have guests over)

when i broke my bowl last night, i was extremely upset

and my eyes immediately welled up

it was \$5 from a small store in Little Tokyo

it is easily replaceable

i think it made me upset because it reminded me that i ever really only needed 1 bowl

Saturday April 11, 2020

drink of choice: dirty martini with gin



thanks for the vermouth last night.

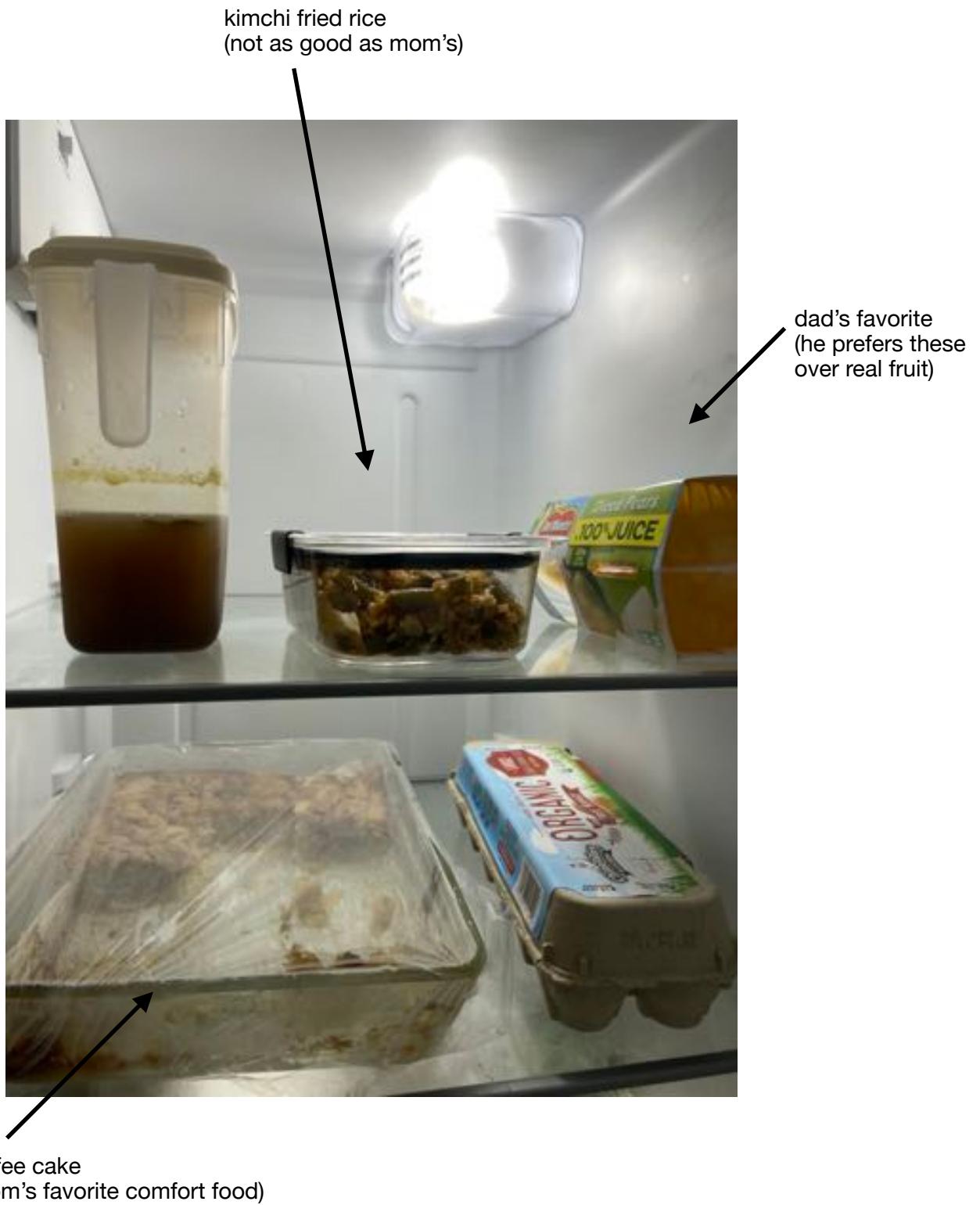
things we crave when we are alone

- shallow conversation
- sex
- touch

too bad i only got 1 out of the 3

Sunday April 12, 2020

quarantine fridge



i usually don't buy or consume these foods,
but filling my body with these familiar tastes right now

feels

very very

comfort
ing

and safe.

Monday April 13, 2020

Re:

17:09

forbidden love

happy to hear you're safe & well

Tuesday April 14, 2020

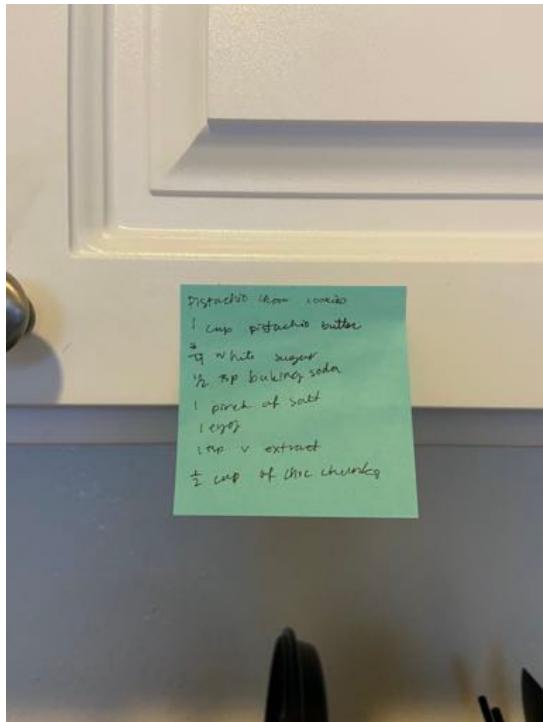
aghh.

i wanted to be productive today but, all i did was watch Lemonade and make pistachio chocolate chip cookies.

i used my new partner in crime, the STAUB dutch oven i have waited 5ever to be on sale.

maybe this was all productive in some capacity?

i took notes on 70s love songs. maybe that will be something.



the lonelier i feel,
the more i yearn for

early 90's love songs + nyc restaurant reviews

*is there a remedy for imposter syndrome?
or am i just an imposter?*

id won't stop having dreams at night of being in a relationship

Wednesday April 15, 2020

*show me love - robyn
i can't stand the rain - ann peebles
it's not right but it's okay - whitney houston
crush - jennifer paige
it ain't over till it's over - lenny kravitz
countdown - beyoncé*

gotta listen to these tunes right after the news every single morning

Thursday April 16, 2020



1. the box of matches in the bathroom printed:
New York's Finest Vintage - Grand St, NY
a former lover has tainted that street forever
2. the worn in The New Yorker bag hanging by the door
i kinda hate the look of tote bags
they're way too much of a visual signifier
but this is the only tote you'll ever see me in
which is soooooo obnoxious, but w/e (*it's navy, enough said*)
3. the candle Huey sent that's "New York" scented sitting on top of the vintage mid-century nightstand

Friday April 17, 2020

bon appétit

*(future editing me):

^^^ y'all need to seriously
seriously seriously be better

working
to
exhaustion
toward
a
sense
of
control
won't
give
you
what
you're looking for

maybe its time i accept that i have to watch cooking videos for the first three hours of my day
or that i can only be “productive” 2-3 days out of the 7
or that hypochondria and OCD are eating my brain alive

honestly,

this is what happens every night when i try to sleep
(lately i've been falling asleep between the hours of 3 -7am)

which grocery store where will be the safest, well i know trader joes geography the best so i can be the most efficient in there plus its small, but ralphs or vons will probably have more in stock, but more people go there, i mean wait should i just get groceries delivered, ah but thats much more expensive, but then if i move my car im going to have trouble finding a parking spot when i come back, also how the hell am i going to carry all this from my car to my apartment especially if i have to park far cause if i go i should probably stock up, but wait i dont have that much money right now, i probably shouldn't be buying a bunch of stuff plus i have to carry it, ah maybe ill just get delivery, but last time my delivery never came and instacart just took my money, speaking of money, when am i going to have a job again, i cant do delivery, i dont have that kind of money, but if i go to the grocery store im going to be exposed to other people which is even a scarier thought than being broke

i am 1000000% dealing with grief by obsessively cleaning, cooking, calculating finances, exercising—i love control, and it loves me back

Saturday April 18, 2020



I need to take up space.

1. ibid, gotta channel this energy more in male dominated spaces.

not much to say today.
I talked to a Layla for four hours today.

She has a full-time job and lives in D.C. so there's a four hour time difference.

She stayed up till 3am for us to finish catching up.

you need reminders of care during these precarious isolating times
i truly love you friend.

THANK YOU FOR BEING YOU 100% YOU

also totally binge watched AOC videos all day

Sunday April 19, 2020

living alone feels deceptive

**unfair
exhausting
strenuous
scared
undesirable**

your own thoughts suddenly turn on you

your insecurities
your fears
your traumas
your shortcomings

baking a frozen pizza has never felt this emotionally draining

i wish i ate the whole pizza so the other half sitting on the counter would stop reminding
me that i ate it alone and will always be eating pizzas alone

very scared of ending up alone

Monday April 20, 2020

a regression to safer times

I just...

All i wanted to do was protect her,
with my own hands.

That's the only thing...I ever wanted.

^if you know, you know

Sailor Neptune: You seem to have made a new friend in there

Sailor Uranus: Jealous?

Sailor Neptune: Don't be ridiculous.

Sailor Uranus: That bun-head girl. She seemed so innocent and naive. I thought it was cute.

the tension.

you feel that

?

doesn't that sound nice
to feel that,

in person.



*the cutest couple in the history of couples

Tuesday April 21, 2020

Why a quarantine journal?

during this time i found myself unable to focus a single task for no longer than five minutes. due to the nature of how i was raised, i have always been very resourceful and careful with how i spent money, but also alongside in constant of fear of not having any.

quarantine villains → food money germs ego

a history of disordered eating means purchasing a week's worth of groceries at a time.
who do i honor during this time?

ms. ocd or ms. i like to control how much i eat in a day,
either way i must say,

au revoir to my longtime partner in crime
ms. (high almighty) control

(how do you cook for one without wasting food)

(must not let anything go to waste)

(what's going to go bad first)

(must not let anything go to waste)

i am terrified to leave the house and rehearsing step-by-step how to grocery shop a thousand gazillion times, weeks in advance, before actually proactively going

unable to focus on a single task and swallowed up by anxiety around germs, cleanliness, money, food, dreading leaving the house. not having control is making me go crazy

not having control is making me go crazy.

this was the best way to have a healthy art practice that felt equally loyal and nourishing.

too many hours of the day fixates around calculating when ill run out of toilet paper (I have an overactive bladder and a history of having urinary tract problems so i use a lot), assessing groceries and food preparation, cleaning, sanitizing, cleaning, and last but never ever least the valid victorian of this all, calculating finances (this takes up too much time; nobody knows what's going to happen anyway) why cant i just fuckin chill

why cant i just fuckin chill

ims. control

the honorary mention: computing recipe measurements for serving one

i'm a bad person if i waste anything

WHATS THE FRIDGE LIFE OF
WHATS THE SHELF LIFE OF
HOW LONG DOES _ LAST AT ROOM TEMP
CAN I EAT _ IF IT HAS MOLD
CAN YOU FREEZE _

Wednesday April 22, 2020



The New York Times
Gretchen Whitmer Isn't Backing Down
April 18, 2020

this sincerely breaks my heart

these polarized reactions act as
a
metaphor

onwhatitslike

to grow up here

to all the not white or white-passing, transgender, children of immigrants, women, queers, gays, bisexuals, people of color, black folks, brown folks, refugees, muslim, asians, latinx, people who wear a hijab, people who speak a different language other than english as their first, possess an “accent”, new to the country, refuses to assimilate, unable to assimilate, choose to not follow the harmful violent rhetoric of white supremacy, people that believe their bodies shouldn’t be politicized, non-binary, gender fluid, 1st generation, 1.5 generation, 2nd generation, stereotyped, victims of ethnic slurs, and anyone else that has felt discriminated against in Michigan
I AM WITH YOU

Thursday April 23, 2020

i wish i could watch Breakfast at Tiffanys with the same ignorance i possessed as a little girl in middle America

(cant even appreciate audrey hepburn's beige cashmere cowl neck sweater comfortably)

they told me ignorance is bliss

finally ate meat today after overcoming grocery store fears
hamburgers. confirmed. definitely a favorite food.

oh and kombucha is really good with vanilla extract
WHO KNEW! WTF
mind, blown.

today was a good day.

Friday April 24, 2020

an ontological crisis

**are artists like me just trying to justify aestheticism
art is like a party
like whenever is it THAT good**

is it ever really thaT deep

it always feels like an embellished impractical appendage to meaning making

dialectic debacle

were all trying to simultaneously modify optics while making it accessible

totally fine existing as that artist making work around an obsession with menial tasks

Today I'm really trying to live out that idealized fantasy of living out the balance of both work and pleasure.



Saturday April 25, 2020

have to put the day down first because i keep losing track of what day it is
what time it is

who i am
what i want vs
what i'm supposed be
doing

(my superego won't ever shut up)

is it impolite to leave the rest of this page blank?

how sincere are these entries if i'm typing them past 12am

rhetorical question

*so many “sugar mommas” contacted me up in the past 24 hours, questioning my (internet dating) identity

Sunday April 26, 2020

i'm too tired today.



never buying yogurt again
fresh homemade yogurt tastes as clean as stainless steel
(ironically its spoiled milk and bacteria)

i've gotten lazy and laundry takes too long when you have to do 30+ pounds of it at a time

but hey fresh sheets—nothing is more rewarding

is my apartment decor dictating the aesthetic of this document

*a firm aestheticism believer over here

Monday April 27, 2020

the more i don't compromise engaging in my hobbies, the more likely i make work in an organic way

is this a lot to ask for? possibly.

SHOUTS & MURMURS



STYLE RULES YOU MUST NEVER BREAK

BY COLIN STOKES

- With a three-button jacket, button the top button sometimes, the middle button always, and the lowest button never, even in a life-or-death situation.
- Match your belt to your shoehorn, which should dangle from a gauge in your earlobe.
- Don't wear white to someone else's wedding, unless it's a wedding dress and you're planning to object at the designated objecting moment in the ceremony and insist that you replace the bride.
- Don't wear white before Memorial Day, except if you plan to object at a wedding.
- Don't wear white after Labor Day, except if you are planning to object at the wedding of the person who objected at your wedding, and thereby win back your ex.
- Never wear jeans with a blazer, unless the blazer is also denim and you have undergone multiple grafts to make all of your skin denim.
- As a general rule, anything Timothée Chalamet wears will look incredible on you.
- As long as you look exactly like Timothée Chalamet.
- Don't wear chains while casting a spell to make yourself look like Timothée Chalamet—they don't really fit with the spell-casting aesthetic.
- Dress for the job you want, not the job you have, assuming that the job you want is not one in which you get to lounge around your apartment naked.
- Shorts in the office are a no-go, unless you have curtains hanging from each knee that can be drawn to cover your calves in the event of an official business meeting.
- Don't wear blue with black ink coming out of your eyes—people will think that you're copying that Billie Eilish music video.
- Novelty ties are a bad look at funerals.
- Novelty funerals are a bad look in general.
- Don't wear a brown gown with a frozen in town in clown makeup, unless you want to scare a lot of children.
- A fireman's uniform is work-appropriate only if you're a fireman, a stripper, or an undercover agent trying to infiltrate a gang of firefighters or strippers.
- Never match hiking socks with hiking boots—it's like a hat on a hat. Go socks instead.
- Never wear bandages on the blisters you got from hiking without socks.
- Don't wear a hat on a hat—it's like a hat on a hat.
- Wear socks with sandals only if you put the socks on over the sandals to protect them.
- If you're tall, don't wear Heelys, the shoes with wheels.
- If you're short, don't wear Heelys, the shoes with wheels.
- If you're of medium height, don't wear Heelys, the shoes with wheels, unless the company offers you a lucrative endorsement deal.
- If your lucrative endorsement deal with Heelys falls through, get revenge by filming yourself wearing Heelys and "accidentally" rolling down a steep hill, losing control, and tumbling into a pile of garbage.
- Before leaving the house, look in the mirror and take off one eyeshadow.
- Remember, true style isn't about adhering to someone else's arbitrary rules. It's about expressing yourself.
- Unless the self you're expressing is someone with bad style, in which case you're a lost cause. *

so tired of seeing skinny white males trying to emulate
tim rollins,
harmony korine,
and the cast of *KIDS*
(in this sort of aloof, superior, insular way)

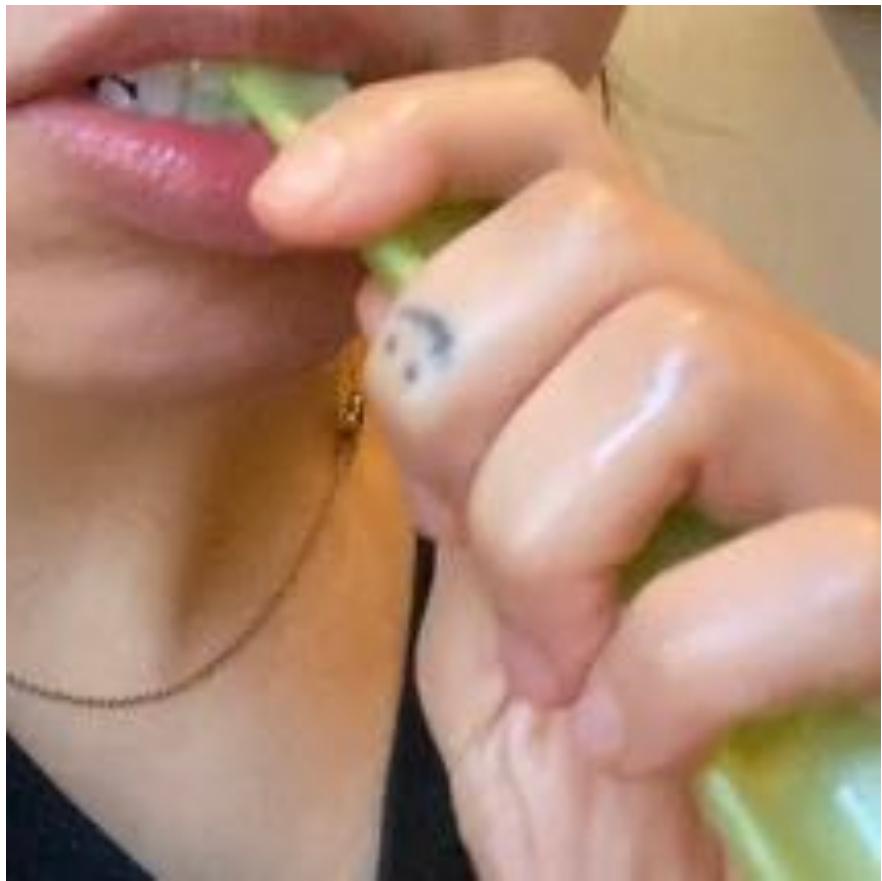
in this very sophomaniac, cavalier way

it's unoriginal and getting tired.

along with the narrative that comes with it

Tuesday April 28, 2020

regretting getting this tattoo during zoom call meetings with my professors



for her / about her

can you mourn a moment that has potential to be experienced again?

because right now, i miss someone that's 3,000 miles away
and at this rate, idk when i will ever see her again

she simultaneously exists as my older sister, best friend, and soulmate.

a day doesn't go by where i don't think about how much i love her, look up to her,
admire her, and worry about her

i have never met someone that knows every single book, film, painting in the way that
she does (not in that where knows to let people know in order fill up a room of like-
minded individuals, but in a way where she becomes consumed by what she loves and
does not believe in lightly skimming her infatuations)

she possesses this effortlessness from how she talks to how she dresses that cannot
be replicated even if anyone tried

its a lot of pressure to write about a writer

i will always love you

Wednesday April 29, 2020

haven't properly ate in two days

just been depressively eating snacks
and
binge watching political YouTube videos in bed

read a chapter of *all about love* - bell hooks

also

the Ruth Bader Ginsburg documentary is amazing!

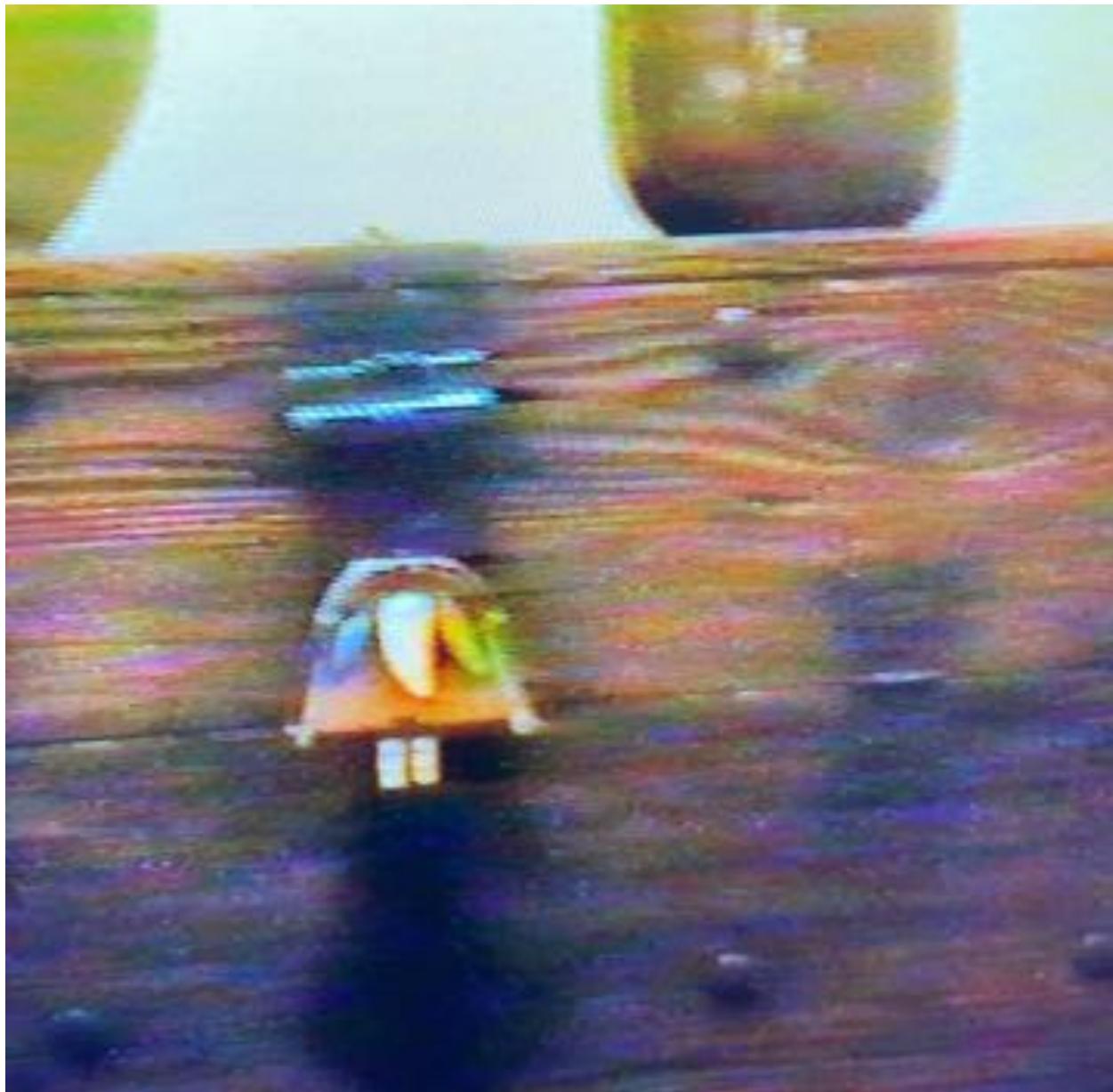


i miss you 125th street



Thursday April 30, 2020

footage from a digitized VHS tape from when i was a baby



(might be using in a new piece, we'll see)
(i've been trying to use it for ages but don't know how to honor it properly)
(it took two 4 hours to digitize & been in our family for years) so *i feel like i really gotta do it justice*

Seattle, WA

my mom's been warding off bad spirits before i was born

what does it mean that she held onto these relics during her move to the United States

Friday May 1, 2020

i keep having reoccurring dreams about abandonment
i don't believe in dreams having meaning

but

i do believe in getting blind-sighted by reoccurring thoughts

does ur cat know her/his name?



took over an hour to find a recipe that can use up all my leftover groceries that are about go bad

Place potatoes in a Dutch oven; add water to cover. Bring to a boil.

Reduce heat; cook, uncovered, until tender, 10-15 minutes. Drain; cool completely.

In a small bowl, mix tzatziki sauce, celery, yogurt, green onions, dill, parsley, salt, celery salt, pepper and, if desired, mint. Spoon over potatoes; toss to coat. Refrigerate, covered, until cold.

Saturday May 2, 2020

To be here now does not mean that we do not make plans but that we learn to give the making of future plans only a small amount of energy. And once the future plans are made, we release our attachment to them. Sometimes it helps to write down our plans for the future and put them away, out of sight, and out of mind.

- bell hooks (excerpt from ***all about love***)

each day i have aspired to this since moving to California. i had a crazy schedule in New York where everything was scheduled down to my sleeping time.

the thing is, this is pretty standard for someone my age to have a schedule like this in any metropolitan city 🙃

Sunday
retail job

Monday - Wednesday
class

Thursday - Friday
gallery job

Sunday
retail job

i never want to be here again, but i might have to be since i'm so attached to \$\$\$ (stability and comfort)

**our 6 hour FaceTime was all i needed today
your presence is my nourishment
i love you.**

i think i actually properly meditated tonight.

are you doing it right if you feel like you're floating and
kind of on acid?

Sunday May 3, 2020



In The Mood For Love (2000)

AN EASY PANTRY MARINADE FOR ANYTHING

(tofu, pork, chicken, veggies, beef)

yields for 4-6 people

use for 1½-2 lbs of meat/veggies or 2 blocks of tofu

i prefer a harder, firmer vegetable that takes a long time to be tender
veggie reccomendations: brussel sprouts, whole mushrooms (portabello or porcini), potatoes, carrots, turnips, radish [a personal fav!]

1½ Tablespoon soy sauce
1 Tablespoon of honey **or** maple syrup
1½ teaspoon dried red chili flakes **or** 2-3 dried chilis, whole
1 teaspoon mirin (you can sub white wine **or** apple cider vinegar)
1 tsp cinnamon
1 tsp smoked paprika

additional add-ins

a couple whole garlic cloves
1 or 2 star anise, whole
2 teaspoons rice vinegar
a dash of sesame oil

*marinate for 4-6 hours in the fridge

FOR OVEN

1. Preheat oven to 450 degrees
2. Bake for 35-40 minutes
3. Broil at 500 degrees for 2-3 minutes until a couple darkened spots appear

FOR STOVETOP

1. Use wok or non-stick pan and preheat, wait until its hot
2. add a generous amount of a neutral oil (vegetable, canola, avocado, etc.)
3. place marinated meat or veggies into pan and toss until everything is vigourously coated (meat should have a toasty exterior coating, veggies should be a couple shades darker in color)
4. put heat on lowest setting and **cover** for 1½ - 2 hours
^ it is VERY important to leave lid completely covered, the steam will make everything tender & JUICY^{YY}
5. enjoy with some bread or rice ☺ ☺

to anyone who is reading this, here's a fun easy recipe i kinda made up 

¹ a former lover

² mom

¹ a piece of work

² the most stylish & caring person i have ever known

Monday May 4, 2020

anxiety about quarantine ending

a guy fucking wiped his nose on a store clerk's shirt, is this what we call defiance now?
HAHAHAHA MICHIGAN. bye.



i have never been this healthy before
spiritually
mentally
physically

even my skin is soft and supple

Tuesday May 5, 2020

so this person tried to pee next to my window today. my cat and i just glared at them.

WANTED

Attempt to urinate in front
of resident's apartment

Race: WHITE

Sex: Female

Height: 5'3"

Weight: 120

Age: ~ early 20's

Hair: Brunette

Complexion: Fair



Korean birth mother might "currently be around my [Dr. Han's] age." In this manner, the therapist becomes a screen on which the Korean birth mother can take shape as a real, concretized living person rather than a set of excoriated fragments, fixed illusions, and hated projections. The Korean birth mother becomes, in short, a person, a subject, with a

families—might be analyzed in light of envy. As Klein reminds us, a "very deep and sharp division between loved and hated objects indicates that destructive impulses, envy and persecutory anxiety are very strong and serve as a defense against these emotions."⁴² Klein defines envy as "the angry feeling that another person possesses and enjoys something desirable—the envious impulse being to take it away or to spoil it."⁴³

short, it opens onto the psychic terrain of aggression and death.

On the other hand, to the extent that Mina's primitive psychic processes of splitting and idealization segregate "good" (white) and "bad" (Korean) along a strictly racialized divide, her case history allows us

Korean birth mother. Proving to be resourceful if not indeed creative, envy emerges as a kind of melancholic racial coping mechanism that preserves the goodness of the lost Korean birth mother by eroding the exalted status of the idealized white mother, while also undoing the frozen racial binary of white and black. In this manner, envy abets rather than hampers Mina's ability to enter a reparative position for race.

Mina begins to address and to repair her racial melancholia by return-

negotiation of the conflicts between her "inner psychic reality" and the "external world." Her dance teachers repeatedly tell Mina that, although her technique is "superb," her "emotional expression" remains blocked. Becoming a member of a ballet company conforms to certain aspects of the model minority

nancy, as the clinical literature on this topic broadly indicates, makes the pregnancy visible "public property" between analyst and patient while intensifying the transference and countertransference between them. Frequently pregnancies can also lead to resistance and reaction

formations that place inordinately play, and a new social formation. It allows the therapist to become for Mina what we would describe as a "racial transitional object," one moving Mina from object relating into object use, and one ultimately allowing her to rework her excessive patterns of aggression and hate directed toward racial others and, ultimately, herself.

How is the Korean American therapist used by Mina? Mina uses her

e splitting and idealization, particularly through sustain-

Wednesday May 6, 2020

***WHITE SUPREMACY
IS A FORM OF
TERRORISM.***

Friday May 8, 2020

happy birthday friend

i worry about you and hope ur doing the stretches i told you to do.

things always gets worse when we don't take care of them in time.

Friday May 8, 2020

ALL-TIME FAVORITE SNACKS



is masochism a cuisine?
my tongue is in so much pain and i have a
migraine from all these processed
ingredients.

it was worth it.

Saturday May 9, 2020



I want my eye lids to feel heavy in the morning from exhausting our energies onto one another's bodies, minds, emotions

I want the nape of my neck to perfectly fit into the underside of your forearm

This you, an illusory being, has concretized themself as a place of temporary contentment that will not ever exist outside the shadows of my daydreaming mind

This daydreaming mind disguised as perfectly a wrapped gift in freshly pressed rice paper accompanied by a loosely tied silk bow that can be undone with *one gentle tug*

Sunday May 10, 2020

HAPPY MOTHERS DAY!!!!!!



Seattle, WA
at our family liquor store

i was exactly ten months old :-)

hardworking
perfect
beautiful
stylish
spectacular
showstopper
effortless
badass
gave no fucks
perfection
stood ur ground
independent
creative
efficient
selfless
resourceful
open-minded
serious
loving
forgiving
caring
brave
courageous
generous



Monday May 11, 2020

i got out of bed today.
that was a start.

brushing teeth has never been so hard.

17:42



Comments



klausbiesenbach MOTHER' S DAY PRESENT FOR
EVERYBODY- why is this so difficult to understand?
COMMENTS PLEASE

Edited · 3h



johnaugustdesign Yes, but we also lose
human contact through facial expression.
Whenever possible, I choose no mask. I'd
rather die tomorrow in touch with my
neighbors than live forever behind a mask.



2h · 8 likes · Reply

— View 21 replies

cue ***Childish Gambino's 'This Is America'***

Tuesday May 12, 2020

i miss Paris. a lot.

mom and dad were planning to go this summer.

mom has always wanted to go and has never been to Europe.

even if it was safe to go, her paranoia will always outweigh her pleasures and desires.

they always have.

(for all of us)



Wednesday May 13, 2020



Hey Kale,

I'm sorry people don't respect you more.

You really don't deserve to be pulverized into a bland juice.

I wish people knew how to treat you better.

You're far more sophisticated than that.

You should be massaged with grace and then basted with some extra virgin olive oil, completed by a generous heaping of salt.

not carelessly thrown into a blender with your stems and then guzzled down as a post-workout meal.

I'm sorry Kale.

We need to be better.

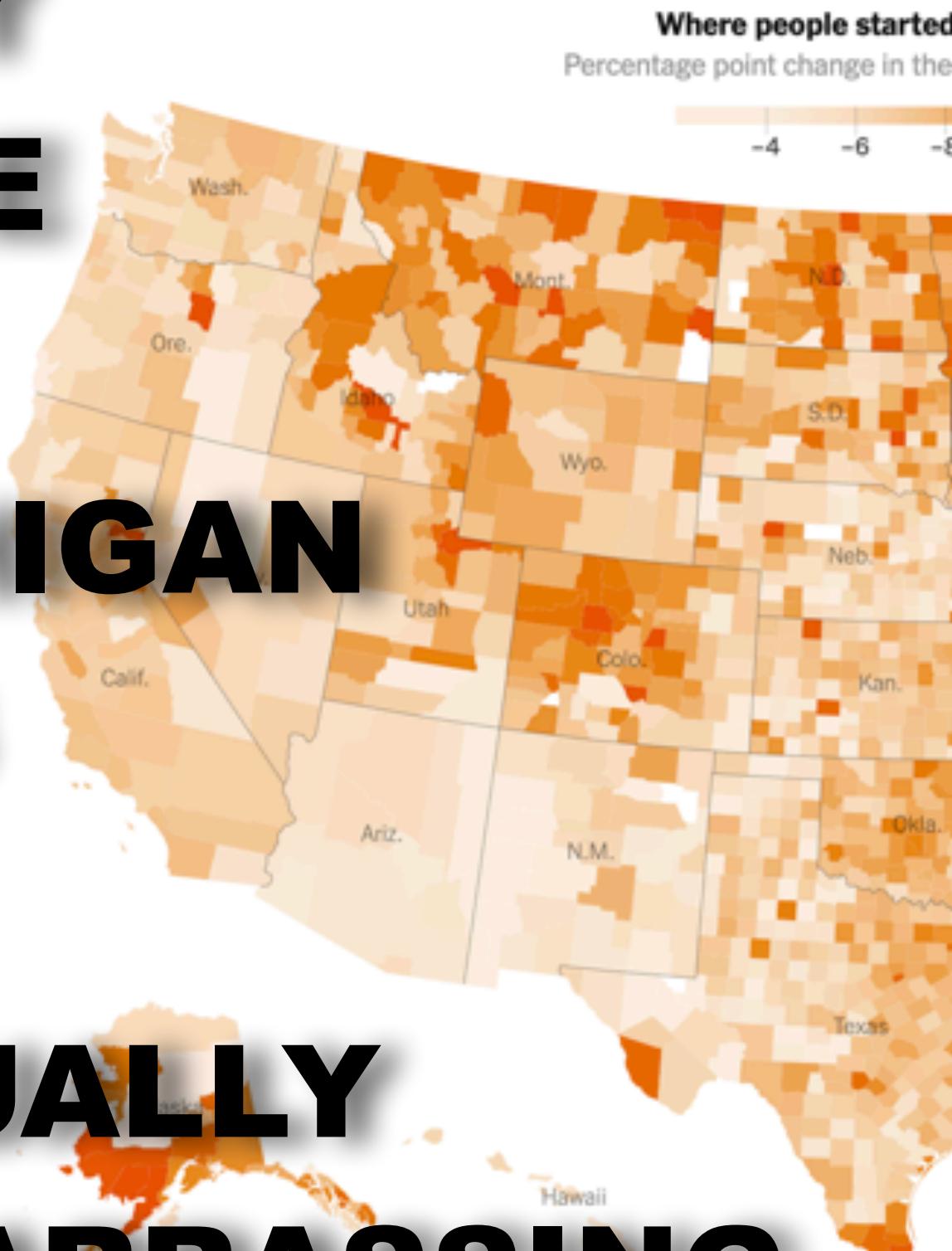
You're more than just a glorified health food.

Sincerely,

Hea-Mi

Thursday May 14, 2020

**OKAY
COME
ON
MICHIGAN
THIS
IS
ACTUALLY
EMBARRASSING**



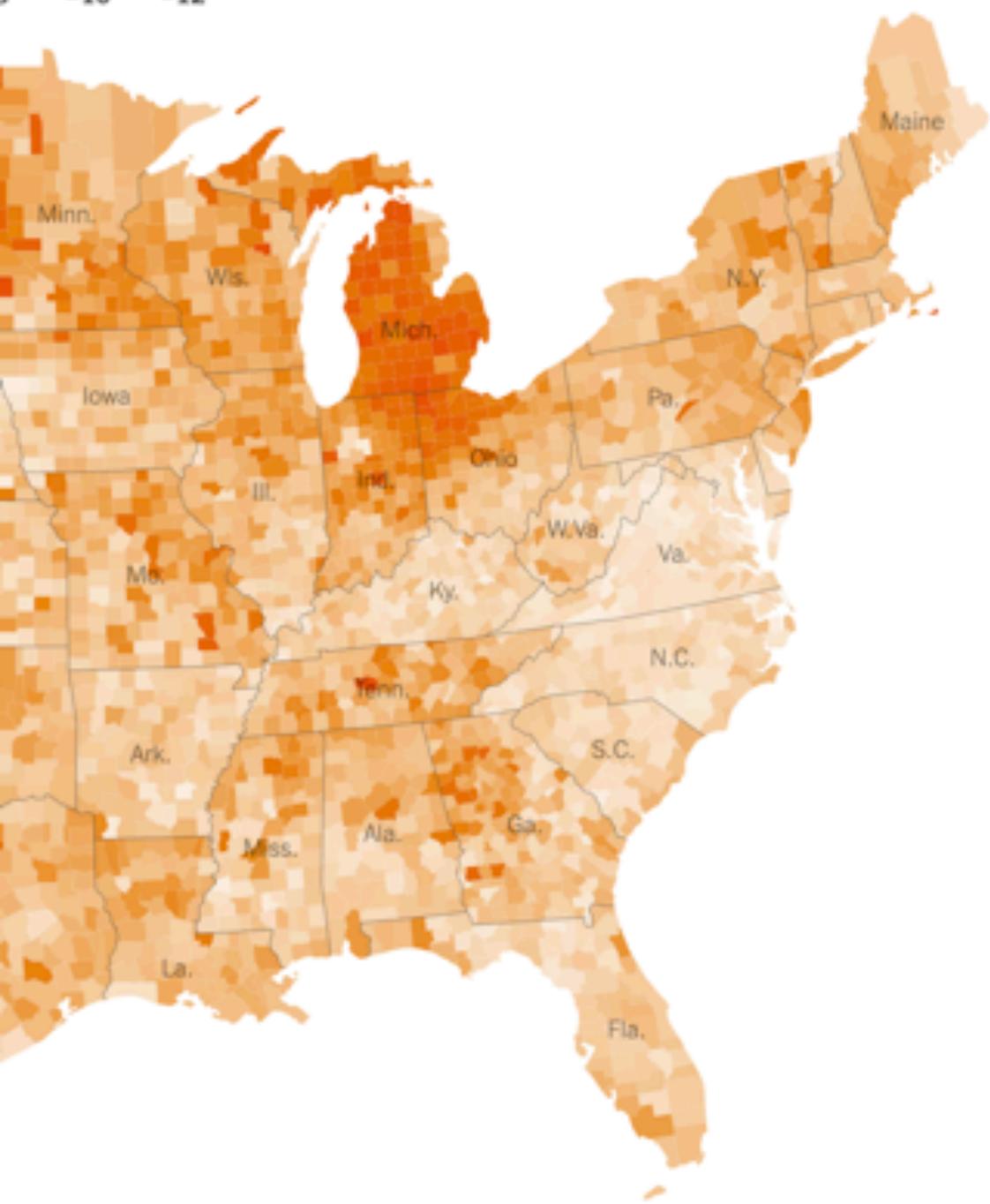
Note: The map shows the change in the average share of people starting work from home compared with the average over the period from March

i can only hope my actions and existence never reflect this kind of entitlement.

I leaving home again

share of people staying home

-3 -10 -12



of people sheltering at home from May 1 to May 8,
2020 to April 30.

Friday, May 15, 2020

impatient & lazy still



from hot oil

i was too lazy to grab the proper utensils to flip my scallion pancake

Saturday, May 16, 2020

a flyover state

A week after Trump's election, I had to fly out to Kalamazoo, Michigan, for a reading. I sat next to a young South Asian man who was exceedingly polite to the flight attendant, enunciating his "ma'am" and "please" and "thank you." Was he always like this or was he being cautious? After the plane landed, while I was struggling to extract my rollaboard from the overhead, a bull-necked white guy in a Michigan football jersey growled "Excuse me" and shoved past me. Was he just being rude or was he acting like this because I was Asian?

I've been living in Brooklyn way too long.

As my car ride sped past bleak concrete stretches of strip malls—an Outback Steakhouse, a Costco-sized Family Christian Store—I saw a handwritten cardboard "4 Trump" sign whipping ominously on a streetlight against the blustery November sky. I'd held no strong opinions about Michigan before, but after the state went to Trump, clear lines were drawn. I was in enemy territory.

I was then surprised by the audience at Western Michi-

Sunday May 17, 2020
(typed on Monday, May 18, 2020) am i being untruthful?

i forgot to write yesterday

because i got trapped in a ***Love Island*** hole.

Monday May 18, 2020

**evil eye necklace broke
prosperity buddha statue broke**

do the closeness of events mean anything?

does one of them breaking mean anything?

(everything is bound to break at some point)

am i assigning meaning or did the meaning making already take place?

is the making of meaning happening as i type this on here...

This doesn't just lead to an inability to focus, but also to an overall lack of motivation. Arnsten explains that an often forgotten part of our flight or fight response to danger is to "freeze", which can feel a lot like mental paralysis. "Losing the ability to have really motivated, guided behaviour can be linked to all these primitive reflexes," she says.

For many people, this has led to what Arnsten calls a vicious cycle of losing focus, beating yourself up about it, and then making your prefrontal connections even weaker (and repeat). "Why understanding neurobiology is so helpful is that you can watch yourself in that downwards spiral and you can say, 'This is just my biology, evolution is making me do this, this is normal neurobiology, and I don't have to blame myself, it's okay,'" she argues.

She says that this kind of thinking – being aware and kind to yourself – can help lift you out of these vicious cycles. "It's completely normal," she says of struggling to focus. "Your brain is wired to do it."

Tuesday, May 19, 2020

HAPPY BIRTHDAY Yuri Kochiyama and Malcolm X

We're really going to need your courage, strength, and bravery



Wednesday, May 20, 2020



i have been getting my groceries delivered because last time i went to trader joe's, i kept getting looked at. idk if this was all in my head or if people really thought asians were more likely to be carriers of covid-19. also, i went on a walk the other day with my mask on, and people kept looking at me (folks without masks mostly, that feels important to specify...civil disobedience politics)

but something happened today

my grocery order was delivered by an older asian man and english is his second language.

myheartbroke

i had been avoiding going to the grocery store due to xenophobia, but here i am also putting this person in a vulnerable position that is arguably more likely to be attacked and be infected.

i tried to tell myself i was helping him earn money to feed himself and his family

buttobehonest

i felt like shit all day and prayed that nobody would be violent towards him.

he even double counted my groceries to make sure he delivered all of them to me. that kind of meticulous diligence is something only someone in fear of losing their job possesses.

Thursday, May 21, 2020

6:00 PM

a daily guaranteed moment of joy

my neighbor walks one of his dogs and carries the other one like a precious baby



Friday, May 22, 2020

i can't wait to go to the beach

and

that's why i moved here in the first place



Saturday May 23, 2020

death

we mourn death our entire lives. we mourn our mothers because the idyllic notion of mom does not match Western styles of parenting or loving. the mother cannot fully understand the child's desire for their idea of love, and the child cannot fully grasp the parent's giving of love. i believe the transference of object, love, does not ever take place in a tangible way in where the objects become received fully by both parties.

we mourn ourselves. we do not match the perpetuated identification of our physical with internal. our narrative is written for us. our simplified narrative is constructed by how we are read, almost like a manuscript or ikea instruction manual. we are not able to make sense of ourselves because that sensing has been depleted by imperialism, militarism, and western perpetuation of what our "foreign look" represents, its function, and its value.

we have to compromise ourselves without full awareness. we compromise to transcend, but who's defining transcendence. who's designing the optics of what it means to rebel and go against normalcy? what are we going against? we transcend to be normalized but our normalization can never be read as neutral. this normalcy has been defined a long time by the white settler, colonialism, alongside its narrative around bravery and courage.

our racially wedged identification feels like **yeot** (a Korean pumpkin taffy). it is constantly spun and spun and spun until it's reached optimal tenderness, and then cut into small pieces and consumed.

this colonial narrative is not one i hold in high regard but
it is one that feels like a true story
without the romanticization and idealization of cultural duality

i don't want to perform this position of power right now when i feel powerless
calling it out feels powerful in itself



Sunday, May 24, 2020

i don't have it in me today.
i'm exhausted.

two hours of zoom makes you exhausted.

my social and school cup is full +

@ max capacity today.

my first TV as an adult at 27!!!

absolutely life changing.



fuck these missouri abortion laws.

Monday May 25, 2020

finally someone put language to white people using “foreign” ingredients and calling it something else i.e. ‘New American’

<https://www.eater.com/2020/5/20/21262304/global-pantry-alison-roman-bon-appetit>

some quotes i enjoyed from this article

- It's a kind of polyglot internationalism presented under the New American umbrella, with the techniques and raw materials of non-Western cuisines used to wake up the staid, predictable flavors of familiar Americana.
- It is more accurate to say that the way we define what is contemporary and fashionable in food is tied to whiteness as a cultural norm — and to its ability to incorporate other cultures without actually becoming them.
- Only whiteness can deracinate and subsume the world of culinary influences into itself and yet remain unnamed.
- Less important than ascribing a strict lineage, or, worse, the retrogressive idea of cultural ownership, is the question of whether, say, a person of color could have also made a stew featuring chickpeas and turmeric go viral. Aren't both the perceived novelty and the recipe's virality tied to the whiteness of its creator?

**NOW STOP PUTTING
KIMCHI ON YOUR SALAD
OR YOUR EGGS OR ON
TOP OF YOUR GOD DAMN
AVOCADO TOAST**

novelty my ass. give me a break.

CHRISTINA TOSI HOW DARE YOU CALL THIS YOUR OWN ORIGINAL “FLKEYE BREAD” RECIPE.

THIS IS PARATHA

THIS IS ROTI

THIS IS A CHINESE SCALLION PANCAKE

(YOU ARE LITERALLY CUTTING SCALLIONS ONTO THE DOUGH MIXTURE)

i am not against merging cultures, learning from other places' cuisines, or making your own recipe videos out of that knowledge.

many beautiful dishes have come from fusing cultures such as Vietnamese and Senegalese dishes.

but you CANNOT claim a recipe as your own original creation that has originated from other countries for centuries.

i mean especially something like this. come on! these flatbreads originated from times of famine and limited resources. you're really going colonize our food too? just give credit where it's due.



Wednesday May 27, 2020



a good lunch after a good meeting

Yam and plantain curry
[i didnt have plantains though :((]

side dishes

kimchi
cucumber salad with roasted peanuts



Wednesday May 27, 2020

quotes i like from Tourmaline's Mt Holyoke College Keynote, Boom! Conference 2020

- to be in your softness cause your softness is powerful. our receptivity has power.
- we're getting more clear about our desires and being offered a moment to remember who we are
- make an intention to be gentle with yourself
- i started thinking about what i love in this moment, how essential beauty and pleasure are in keeping me alive
- if things feel overwhelming it's because they are

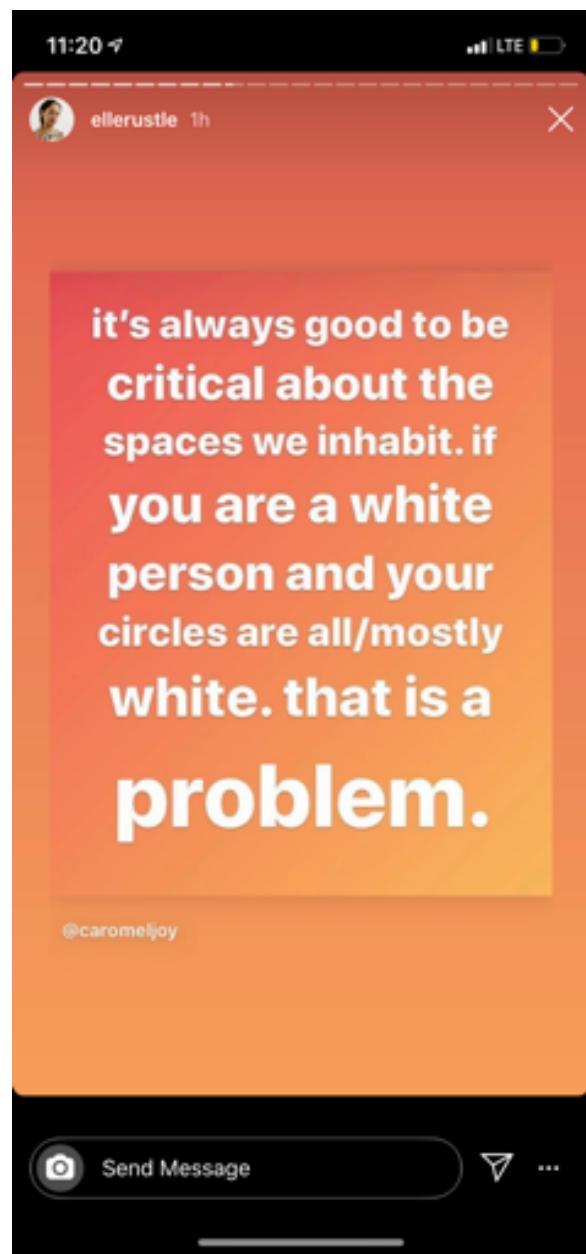
had a good time at the MoMA PS1 online benefit: ONLINE AF
i would've never gone to this in person
too many people, too much noise, my socially anxious ass would've never gone

maybe theres beauty in the fact that i've been able to give myself space and freedom
to do these types of things now

to feel safe in the confinements of my home and screen

Thursday May 28, 2020

Friday May 29, 2020



our community has failed.
FAILED.



Saturday May 30, 2020

we need reminders of love today so here are mine.





Sunday May 31, 2020

the world is falling apart

dinner

a cup of papaya
two chocolate chip cookies
a can of model
a can of lime la croix

Monday June 1, 2020

i'm sorry journal i am unable to give you love and care these days

but here are some pics of Grace Lee Boggs





Tuesday June 2, 2020

WTF IT IS JUNE?!?!

MLK helped us be here.
It's time for us to use those

**55 years
of PRIVILEGE.**

California feet

my toes look so nasty after walking 11,000 miles HAHAHA
i used to walk that times three without unaffected toes for 7 yrs!!

wow Hea-Mi

LOS ANGELES POLICE COMMISSION is strugglinggg
on Zoom and what are these sterile ass backgrounds...

"i'm sure everyone has a kid that could fix this in five minutes"

"SUCK MY DICK AND CHOKE ON IT"

LAPD rebuked on live Zoom call with public.



image credit:
@diet_prada

& thank you Jeremy Frisch ❤

Thursday June 4, 2020

to every non-Black poc who has been silent

that is symptomatic of the privilege we've been given

we are here because of the Immigration Act of 1965 that Martin Luther King Jr pushed Lyndon B. Johnson to sign! we literally would not be here if it was not for that bill.

an arab-american store owner called the cops
an asian-american complicity stood there

we have benefitted from this social hierarchy
we have benefitted from not being seen as a threat

the sophisticated mechanics of white supremacy let this happen!
children of immigrants were on the sidelines!!

that hyphen wouldn't be there if it wasn't for the Black folks that fought for us
now we are abusing that privilege by reinforcing white supremacy and anti-
Blackness

i don't think any of us want to be white but i think all of us have at one point in time felt close to that power, and we need to examine that proximity and what exists there
it is a petri dish full of toxic colonial ideologies and racism

the loose guidelines followed

limited deleting or backspacing

writing on the exact day noted
(except for May 17, 2020)

letting impulse dictate trajectory

letting the forefront of memory direct what is put on
the page

this is all i can give you for now.

the fleeting moments don't hold weight at this moment in time.

thank you for listening to me.