Sedation

Once—I don't remember when—a doctor confused my grandmother for another patient. My grandmother had been in the hospital for a while already, but it still came as a shock. She was in such stable condition the day before. The doctor offered his condolences.

My seventy-year old grandfather wept quietly, his hope wilted like a March rose. My aunt sat in subdued silence, until she snuck into the patient room to investigate, only to find my grandmother wasn't dead at all, she was alive and kicking (if not so much kicking) and everything was no longer silent that day as she raised hell in the hospital, berating the general staff for incompetence because how the hell could they have made a mistake like that?

My grandmother, if she were alert, would have been just as indignant. But instead she stared at the ceiling, in the limbo-space of drugged dreams. The only sound of protest in her room came from her heart monitor, a staccato rhythm of beeps.

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The Hikaru Dorodango is a traditional Japanese art form practiced by many. Balls of mud are hand-shaped into perfect spheres, which are then dried and polished to a glossy finish. The core is a mixture of water and dirt (ratio dependent on material), which is shaped into a sphere. After excess mud is shaken off and the curvature is smoothed, a tacky outer layer forms.

A handful of dirt is sprinkled over the ball as it is rotated in the palm, absorbing surface moisture to a happy medium where the ball retains shape without cracking. The ball is placed into a plastic bag that collects moisture. As condensation forms on the sides of the bag, the ball is removed. Dirt is sprinkled, and the sphere (now firmer) is placed back into the bag. This process is repeated until the ball is hard to the touch.

Fine dirt particles are gently rubbed over the ball until the surface feels powdery. The sphere is placed into another plastic bag, which extracts remaining moisture. A thick, dry capsule layer is formed. When fine dirt particles no longer adhere, the ball is dried for a quarter hour, then carefully polished with a soft cloth. Buffing more vigorously after the ball has dried will prevent the surface from marring. The finished product, after countless hours of gentle care, is fragile, yet has the look of polished stone.

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My grandmother was drowning in striped hospital sheets. We passed exhausted elevators and people before arriving on the 8th floor. Geriatrics. Sunlight diffused from the large windows, catching dust particles that swirled in lazy clouds. It *didn't* smell like cleaning agents and tragedies, which frightened me. As we rounded the corner, I noticed an old woman barely contained in her skin.

The years had been merciless to Wàipó. Time carved new hills and valleys into her skin, still a land of beauty and wisdom. Time brittled her bones. Her gray hair pillowed around her like a wispy halo as she slept. Tracheostomy forced a tube down her throat; she couldn't speak. But I could.

Words stirred in me. But when Wàipó woke up, they vanished, shriveling inward like dying leaves. Wàipó looked so happy to see me. All I could manage in Chinese was

"I've grown taller...get better soon... rest well... do as the doctor says."

"I love you."

(We cried)

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Fabric on antique chairs will rub away through friction. When reupholstering antiques, the condition of the piece must be inspected; worn or broken parts may need replacement. High-quality furniture with ugly cushions are preferred, as furniture made from solid wood will maintain value and durability. Before the project begins, the chair should be checked for noises, imbalances, and problem areas. Special, durable upholstering fabric is recommended. Depending on the piece, upholstering may involve the chair back, seat, andn arms.

1. Wear a mask and goggles for your health.
2. Pry off small nails and unscrew the seat base. Discard tacks or staples along the way.
3. Lift the seat base from the frame, being sure to check for webbings, springs, and burlap.
4. Gently pry all staples from the seat base and strip the fabric.
5. Lay old and new fabric next to each other, tracing the shape with fabric marking pencil. Cut.
6. Remove and replace parts as needed. Repeat the tracing method to create a foam pad, shaping with a utility knife.
7. Layer the seat base with new foam, hatting, and fabric.
8. With fabric facing right side up, smooth out all wrinkles and place your palm in the center, fingers splayed. Carefully flip the seat over.
9. Staple the fabric along one side; pull tight and stable the opposite side.
10. Repeat the process with the back of the seat, pleating in even intervals as you go.
11. Secure the base into the frame with screws or tacks.

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"She has been terrible to herself for the past three years, both pulling all-nighters and sleeping in for days, cleaning obsessively, eating without regard for her health...."

Wàipó wanted white sugar. But she had a tube in her throat and they were afraid to give her any.

"I'm telling you," my aunt said, "she made all these problems for herself. She's too stubborn."

She refused medicine and food. She even refused water. I wanted to scream at her. She just shook her hand, pushing away everything we offered. Later, my aunt managed to feed her coconut-flavored bread softened in water because it was *just* sweet enough for her taste.

On that trip, I brought a scrapbook I had made in 8th grade. I was a fake. Why didn't I send it four years ago? I didn’t even know her health was failing, and to have an emergency past midnight, and then to have my mom fly out the next day, having lived ignorantly for so long—

A body in free fall is falling under the sole influence of gravity. Free-falling objects do not encounter air resistance. An object is accelerating at the direction it is traveling (downward, in these cases), at a rate of 9.8 m/s/s to Earth. This value is represented by the symbol g, known as the acceleration of gravity. There are minute differences of g depending on the altitude and location of the environment, inconsequential for most situations. Before falling, at a high elevation, the body has high potential energy at rest. This is converted into kinetic energy in motion, until it the kinetic energy is equal to the starting potential energy at the instant of impact, ceteris paribus (assuming all else is equal)—

I stared at the piece of paper, my hands shaking. Its robin egg blue letters mocked me. *Look at this pretty picture you made nine years ago. This card traveled halfway across the world.... it stayed longer than you ever did*. The letters spelled out, "You're Invited! Come to my school play this Tuesday April 12th!" I had drawn a half crayon rainbow and smiling red stick person. On the back, inside a crooked red heart, "I love you Mom & Dad". How old was I when I wrote this? Eight? Nine? How many other letters had my parents sent on behalf of my unwitting self? How many letters did I send to my grandparents?

I only knew the answer to the last question, and I was ashamed.

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A coral's outer skeleton is formed through secretions from marine invertebrates, or polyps. Coral can reproduce both asexually and sexually, though the first coral polyp in a colony occurs from sexual reproduction. Coral may take a few years to nearly a decade to mature. An individual polyp can be male, female, both, or reproductively inactive ("gonochoric"—one sex, versus "hermaphroditic"—two). A colony of polyps, the overall coral, may be all-female, all-male, or made up of individual males/females/hermaphrodites.

Reproductive organs are located inside the body cavity. Fertilization may occur internally or externally. A coral that releases gametes into the water is a broadcaster, while a coral that uses male sperm to fertilize the eggs internally is a brooder. The resulting zygote develops into a planula larva, little grains maturing in the water column through the broadcasting strategy or within a maternal polyp, to be release later through the brooding strategy.

You taught me how to stand as I grasped your hands as a bow-legged infant—

when i was little you let me play with rice and spill it across the coffee table,
we laughed and had good fun but then auntie was coming home
and she was sure to have a fit if she saw the utter mess i made so i had the brilliant idea to hide the rice under
the table—
but that didn't work.
And please forgive me for being a fool
but maybe you still know I love (you).

Brooding corals may release planulea over seasons or year round, while broadcasting corals release gametes at specific times. If a broadcasting coral has individual male and female polyps, sex cells are often released together, coordinated by lunar cycle and light. The duration of time planulae spend in the water column will determine the distance they are from the parent colony. Having only limited mobility and many predators, surviving planulae settle on the ocean floor and begin their own colonies. Once a planula has landed and metamorphosed, it is anchored to the ground. A new colony is produced asexually. A hard outer skeleton is formed. The life cycle renews.