

944. Postcards from the Pandemic
(Postcard O'Clock) Theresa
Whitehill, Ukiah, CA
6—August—2020 Theresa!

11pm - 5:05am: Dream time. Most recent recorded dream: I am at WXFM and getting ready to do the morning shift. I see a new record in shrink wrap from Japan and it is a Bill Evans record. On the plastic it was a quote separated with slashes to denote line breaks and it is a quote from one of my poems! I listen to some of the music dropping the needle onto different parts of the record and decide I can play it and when the time comes I go on air and talk about how delighted I am to do mornings at WXFM and playing Jazz and what an honor it is to have part of my poem quoted on the shrink wrap.

12:30pm: Lunch: Cuban-style black bean soft tacos with cheddar cheese and cranberry/jalapeno jelly, or cornbread crust pizza with tomato paste, mozzarella, paremesano, pine nuts, artichoke hearts, roasted red pepper, GARLIC, &c, or cottage cheese with ripe organic Wenatchee peaches.

9:06pm to 9:58pm - According to Vivosport and thanks to CPAP night three, 52 minutes of deep sleep w/ another 7 hours and two minutes of other sleep awakened by Ella freaked by Youtube scary toy videos

5:05am - 6:13am: Morning weigh-in. About ten pounds lost during the pandemic shelter-in-place and at least 15 to go. Since when am I 42" waist? Loss due to "peasant food diet" to be enumerated later. Morning matcha latté (w/ oat milk) and wait for sunrise.

9am-ish: Breakfast: blue corn hotcakes or oatmeal with quinoa, cous cous, amaranth, blueberries, flax/chia seeds, maple syrup, half & half, or potato/golden beet hash fritatta.

In between there is Ella-care, poems, 10,000 daily steps, running SPLAB, hiking, second coffee (which is my first these days with the anti-oxidant (anti-cancer) morning matcha. There might be Joe Lovano or Carla Bley on the box, or Not Technically Blues Spotify playlist & POSTCARDS POSTCARDS POSTCARDS.

6:13am - 8:30: Morning ritual: journal, return emails, create blog posts, prayers, divination (runes), sometimes start breakfast cooking while doing yoga.

5:50pm: Dinner: Halibut tacos with sour cream, tomatillo salsa and hash browns, or collard slaw w/ diced, pickled hot peppers, diced peach, garlic or fava bean & potato soup w/ garlic & scallions.



← B.W.

SPLAB

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9030 Seward Park Av S
#213
Seattle, WA 98118



Theresa Whitehill



95482



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HIKING

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CAMPING

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CAMPFIRE TONIGHT

(Postcard O'Clock)

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