



MAY 2023
MAY 2023

21



3

I let depression and selfishness take the stage.

They won. I lost.

I My friends Su-Jin and Nick were married in Korea last month. They were having a celebration of their nuptials here yesterday, and I was invited. I said I'd go.

As the day progressed, so did my depression and inflammation, J wanted me to go.

As the day progressed, my emotions sank. Partway through, I no longer wanted to go to the celebration.

I loaded up the excuse train.

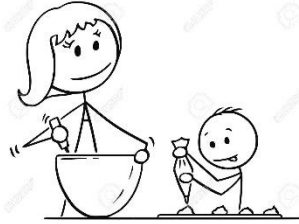
- I don't want to be the oldest person there.
- I don't want anyone to see my inflammation.
- I don't want to be asked what I do for a living.
- I don't want to have people looking at me and J.
- I don't want. I don't want. I don't want.

Suck it up. That would be the advice I'd give anyone in my shoes.

I failed yesterday.

I let depression and selfishness rue the day.

TV TRAYS 1968



Sweetie, you need to learn how to take care of yourself. How to eat nutritiously.

Really, mummy.

You must eat well, or your body will eat itself.

Mummy, you are scaring me.

Forget the lesson → the Golden Arches are here. Hop in the Buick with Daddy.

BURGERS. FRIES. SODA. BURGERS. A CLOWN AND A THIEF.

I will teach you tomorrow.

4

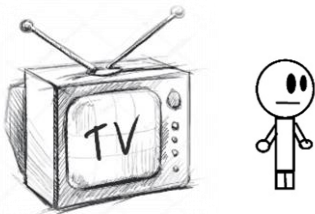


Sweetie, grab the trays.

Which one mummy; mountains or flowers?

Pop it in the oven. Keep the foil on the desert.

Mummy, are we poor?



Boy, wiggle the antenna. There. Stay there.

His dinner is getting cold.

GROSS. SWITCH THE CHANNELS. NOT DURING DINNER.

WEDNESDAY NIGHT: HOMEMADE MAC & CHEESE
WEDNESDAY NIGHT: HOMEMADE MAC & CHEESE

SECOND POT: CANNED TOMATOES

Pepper. Pepper. Pepper.

TREAT TIME
TREAT TIME

Wonder Bread.

Roll it between your palms into a ball.

Toss it in your mouth.

Let it melt.

NEXT LESSON
NEXT LESSON

Cinnamon Toast + Cheese Bread!

Every day, please!

THURSDAY
THURSDAY

Sweetie, creative time. Frozen chicken burgers.

A slice of tomato. Toss on cheese slices.

Bacon. Lettuce. Mustard. Ketchup.

Yum.



MUM WAS A CHEF AND PASTRY EXPERT
MUM WAS A CHEF AND PASTRY EXPERT

World famous cinnamon buns.

Pies.

The best fried chicken, ever.

Roasts.

Turkey.

Butter + Lemon Tarts.

Pay Attention. Learn.

I'M AN ADULT NOW
I'M AN ADULT NOW

BURGERS. FRIES. BURGERS. FRIES. AND COKE

I don't want it.

Have another. And another. And another.

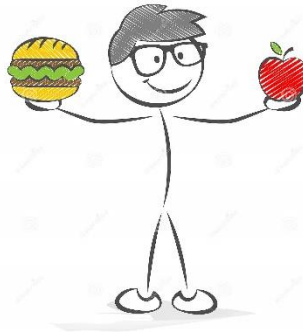
I will stop tomorrow. Tomorrow. Tomorrow.

I'm an addict.

No.

A heavy user.

User

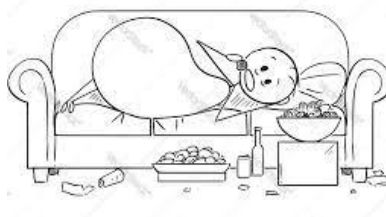


6

Money says: burger.

Living says: apple.

Food desert says: burger.



Inequality says: We're all getting fat.

HEART MRI: Am I poor?

SAID THE WHITE GUY SAID THE WHITE GUY

I am going to start calling him Archie.

He drops into the social circle on a regular basis.

Every time, he starts off his visits with a racial slur.

All Caucasians are racists—most won't admit it—the ones that do, at least we are recovering—trying to recover.

I could type out the litany of Archie's slurs here, but I won't.

Why?

We all know an Archie. And it's not worth the keystrokes.

But it is. It is.

FRIDAY NIGHT FRIDAY NIGHT

Has anyone seen Injun Peter recently.

Everybody ignores Archie.

So, he chants, Injun. Injun. Injun.

Everybody ignores Archie.

Archie's not done. He wants to announce who he is by telling what he thinks is a joke about sweat, balls, and the African nation of Niger. Archie laughs. Nobody else does.

Archie attempts to tell the joke three more times. He's trying to deposit a slur in our minds—getting one of us to say it. Nobody does.

I cringe. I must say something. I don't. I'm angry with myself.

SPECTACULAR ASS DAY SPECTACULAR ASS DAY

Archie makes me uncomfortable when he tosses around slurs. My friend (who was there) says he didn't hear him. I don't believe him. He just lets it slide because Archie's 76, and, like said, all Caucasian people have racist tendencies. My friend who ignored him is recovering. I think.

Archie enters.

Rough day today. I had to speak with my buildings manager. He's been in Canada for 40 years. You think he would have taken the time to learn English by now. So, frustrating.

And here we go →

FRIDAY, MAY 26, 2017

OMG, JIM, that's your argument: 'they're racist right back at us?' Please, for centuries, the USA has been plagued with systemic racism. Ghettos became home for most blacks, by force, identities stripped away, and the best you've got is they're –

Us, poor whites, maybe at the worst we faced: was being called a cracker or honky. We've had it tough. I've never once cowered in fear when being pulled over by the police. For some, I think it may be life or death. The only oppression I've ever faced: financial.

In the words of DL Hughley (paraphrased): I can't believe anyone could've voted for Trump, especially anyone with pre-existing health conditions, say, like diabetes. To vote for Trump: those people must hate blacks more than they like their feet. During the election campaign, the GOP even tried to convince America that the poor forgotten Whites were so hard done that they couldn't find jobs. It worked. The reality: In America, if a White person doesn't have a job – they wasted a four-hundred-year head start.

8

RACIST JOKES (A REAL CONVERSATION)

Mr. B

I respect my writer friend; his opinions are spot-on-the-point. I was just trying to help. But he still chose to call me stupid. He may have added: fucking ridiculous. I told him: some racist jokes are best told only to specific audiences.

HELEN

How did he respond to your tremendous fresh insight?

Mr. B

He stated in an unwavering bent: there is no such thing as a racist joke. I tried to tell him there was. He was adamant there aren't – that there are only racists telling what they believe to be jokes – and then, they whine about political correctness.

To Be Continued...