

The

Quarantine



These Unprecedented Times

Issue No. 3 - Presence

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Hello Friend!

The past couple weeks have been bonkers and roller-coaster-y in my brain/emotions. I have developed some ridiculous knots in my back and neck from all the sitting that make general sitting/laying/standing rather uncomfortable at most times of day. The pollen count is still high which means Kev struggles with being outdoors. I' m running out of work that I can do from home and sitting around twiddling my thumbs is surprisingly stressful.

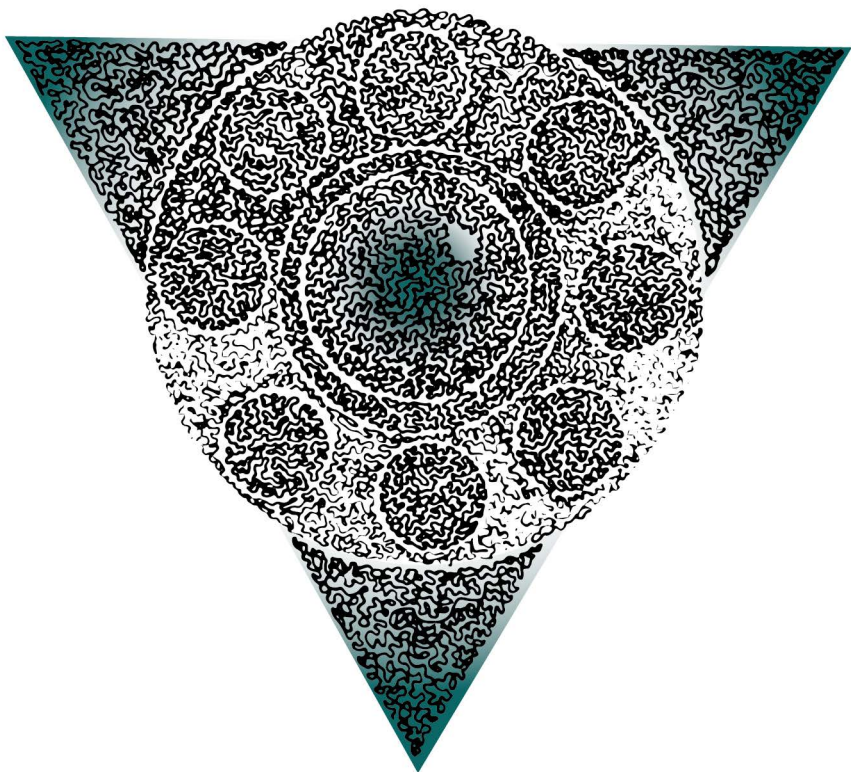
HOWEVER, I am still alive. Kevin takes good care of me (he just made me eat spaghetti even though I really wanted to eat potato chips for lunch). And focusing on the bummer-y things does not make me any more likely to do anything that brings goodness into the world. So! I guess our theme this week is that I will just try to be positive and keep doing my neck stretches.

Let me know if you wanna talk about anything happy or bummer-y!

Love,

A handwritten signature in purple ink that reads "Caitlin". The script is cursive and fluid, with a long, sweeping tail on the final letter.

Your Quarantine Queen



Things that are still good:

1. A cute little old lady told me my garden is fabulous! And I think cute little old ladies are probably the authority on this topic.
2. We made it through a month without going to the grocery store, but we also got groceries yesterday and now have chocolate chips again!
3. I learned how to make panoramas in Photoshop.
4. It seems that asthma is no longer considered a high-risk factor for COVID-19, which makes us feel a little better for Kev.

Garden Update:

We harvested ~5 armfuls of Kale to make room for some summer plantings.



Cool Things that are helping me stay happy:

Visible Hands: Be informed, become empowered. Also, excellent memes.
@visiblehandsmedia

dominon.games: Play Dominon for free with all your distant friends online!

Beau Miles Youtube Channel: Come for the outdoor adventure videos, stay for the overwhelming positivity (and Australian slang).

Project Updates:

Remember that list of projects that I shared a few weeks ago? Here's an update on a few of those endeavors:

Done:

Start Zine
Eat lunch breakfast
outside
Start Sourdough
Meditate for 30 min.
3 days in a row
Walk thrice per week
(ish)
Create new garden
beds
Board games
Kitchen Reorg.

Started:

Update Website

Abandoned (for now):

Knitting
Turn Compost
Pushups
Reorganize Shed
Vlog
Enviro Spreadsheet

The
End.