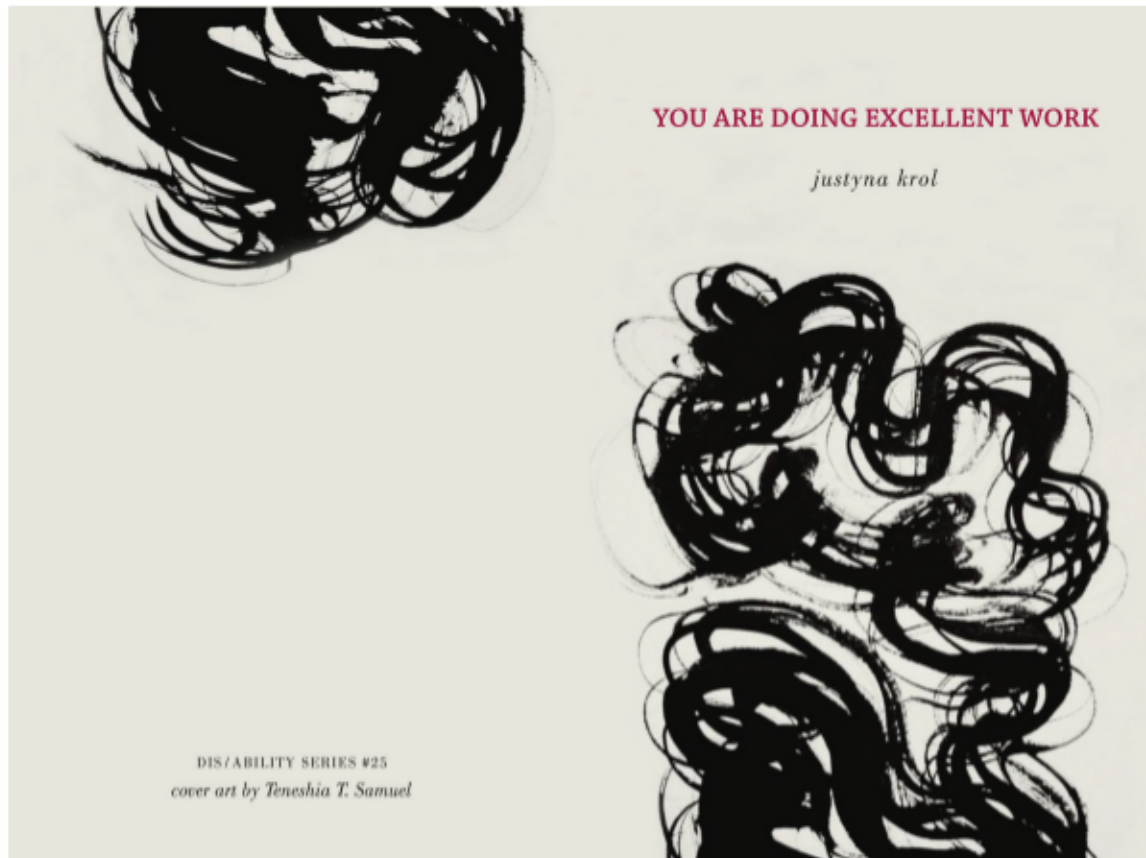


YOU ARE DOING EXCELLENT WORK — JUSTYNA KROL



God, I Want a Nap Right Now

I want a blue cocoon and a mask to wear over my senses and not to think about the wings of looper moths obscuring the sun as we all fade into the smoke drifting down from the hills / *unprecedented*, they keep calling each next thing, a word that means nothing more at this point than the swish of a door, swinging / we are all sitting in a roadside diner, the cinematography is muted, as it should be / as David Lynch reaches a hand into his own old age to draw out a murder hornet, a brace of hogweed, a crystal ball swirling with the ash of a California forest / I ask him if he has free refills / he says refills are all he has left.

about the author

Justyna Krol is a writer and graphic designer born in Lublin, Poland, and now living and working in Vancouver, on the traditional and unceded territories of the Skwxwú7mesh (Squamish), x^wməθk^wəyəm (Musqueam) and Səlilwəta? (Tsleil-Waututh) First Nations. She is a graduate of Simon Fraser University's *The Writer's Studio* program. Her non-fiction has appeared in *Hayo* magazine, *SAD Mag* and she has performed her poetry at *SAD Mag*'s "Sad Cosmos" reading series.

table of contents

- An ESL Poem
- Holding Pattern
- Streetlights
- How We Talk About What We Don't Want to Talk About
- My Mother's To-do List upon Her Arrival in My Home
- In Memoriam
- In Consideration of My Attention Deficit Disorder
- My Drugs Are No Longer Covered
- A Baby Is Brought into the Office
- Thinking of Animals
- Blessed Litany of the Corporate Virgin
- Quarantine
- Spring, Pandemic Edition
- Estival Solstice
- The Exact Nature of My Complaint
- God, I Want a Nap Right Now

about the artist

Teneshia T. Samuel (Hon. B.A., M.A., M.A.) is a Canadian artist, teacher, scholar and politician. Their art practice is described as Millennial Abstract Expressionism with influences of gestural abstraction and landscape painting. Through their work, Teneshia T. Samuel communicates what it means to live with purpose and in service to authentic self-expression. As a blind painter with 10% eyesight, Teneshia T. Samuel explores and teaches aesthetics and fine art through the lens of (dis)Ability.

You Are Doing Excellent Work

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