

OrionWorks Sonova Quark

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This edition was created for *Turbo Charged Party Animal*, #406
Completed somewhere around April 21, 2020



Front Cover:

“Ascent”

by

Steven Vincent Johnson

April's **TURBO**, #406 front cover was brought to you by Steven Vincent Johnson. The digital imagery was created back in 2002 using Bryce 3-D modeling software. Post Enhancement was performed using a whopping amount of Corel Photo Paint know-how. The image is 6028 pixels wide by 3997 pixels tall.

As the Virus Turns: The last week of March was tough on me. Recovering from anxiety induced by my December prostatectomy adventures compounded with feelings of utter loneliness (complements of social distancing) combined with repetitive sanitation practices took its toll on me. I started washing my hands compulsively even though I had not left the house. I also experienced three consecutive nights of insomnia. Random, detached attacks of anxiety not associated with anything concrete accompanied the insomnia, plaguing me throughout the day. While the feelings were not overwhelming or debilitating the fact that back in my teens I had experienced acute panic attacks, a dreadfully frightening experience that had never been officially diagnosed, I knew damned well that my brain had already forged neural pathways that could once again spawn horrific panic attacks if I

didn't address my anxiety asap.

I called my clinic and explained the predicament. The doctor did not hesitate prescribing trazodone. In addition, he suggested I take Melatonin, an over-the-counter remedy. Google informed me that trazodone was originally prescribed as an anti-depressant. It was soon discovered to possess a side-effect of inducing drowsiness. As such, trazodone is often prescribed for insomniacs. The combination knocked me out in minutes of my head hitting the pillow. Within days my detached anxiety attacks had vanished. Granted, I still experience anxiety, and who doesn't, but the feelings are no longer detached and disassociated. What remains is a healthier kind of fear. It is a dangerous world out there. Best to keep that in mind.

A younger version of myself would likely have felt utterly defeated if a doctor had prescribed something like trazodone to address a prolonged bout of depression. I would have felt like a failure, as if I was not strong enough to battle my way through my own personal afflictions. Self flagellation of this kind is, of course, ridiculous. They are invalid assumptions many of us all too often label our sense of self-worth with. I did eventually muddle my way through my earlier bouts of prolonged depression. I did so without the assistance of medication. I probably was able weather through it because I at least had the sense to take advantage of a hefty amount of counseling. In retrospect, I suspect my depression might have been reduced more quickly had medication also been prescribed, at least initially. We take aspirin to reduce a fever. We take Oxycontin to ease the pain of a broken leg or residual trauma from post-op surgery. Pain is pain. It doesn't give a rat's ass how we rate our self-worth.

OR

REDACTED

As requested, Darlene and I are currently watching:

"Lost in Space" NETFLIX Just finished 2nd season.
 "Game of Thrones", AMAZON PRIME, We just embarked on the final season.
 "The Expanse" AMAZON PRIME, We will begin watching the next season starting this coming weekend
 "Call the Midwife", NETFLIX, a wonderful PBS series with multiple seasons. Drama about mid wifing in the post WWII era in England.
 "Father Brown" AMAZON PRIME, A crafty, empathetic, progressive catholic priest who turns out to be a better detective than the local constable when it comes to solving murder cases.

I'm personally watching:

"Goliath" AMAZON PRIME, Starring Billy Bob Thorton as a highly talented but washed up alcoholic lawyer who is trying to find a way to redeem himself from a horrific lawyer mistake he made during his hot-shot misspent youth.
 "House" NETFLIX, Starring Hugh Laurie. Just embarked on the last season.
 "Jack Ryan", AMAZON PRIME, Just started 2nd season, based on Tom Clancy's characters.)

OR



Comedy - Comic Relief - The Shmenges Brothers Polka Band - John Candy & Gene Levy imasportsphile.com

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Trying to meditate

"Don't worry, Zoey.
 I will feed you... eventually."