

# Sonova Quark

Brought to you by Steven Vincent Johnson and Darlene P. Coltrain, mailing address: 6666 Odana Rd. Madison WI 53719. Contact by Mail: Steve: Orionworks@charter.net, Darlene: dpcoltrain@gmail.com. All material is copyright © by Steven Vincent Johnson and Darlene P. Coltrain, unless otherwise specified. Sonova Quark is brought to you by OrionWorks. Internal layout is brought to you by Microsoft Publisher. Printing done on a HP CVolor Laserjet Pro MFP M277dw. Most color covers were created using CorelDraw Graphics suite and printed on a Cannon PRO-100 Photo Inkjet printer.

This edition was created for Turbo Charged Party Animal, #413  
Completed somewhere around the date of November 21, 2020

## Monsters from the ID

September, October and November have been emotionally difficult for me. For the curious here are the cliff notes.

Post-Traumatic Stress Disorder hit me big time back in September. It started when we had a temporary scare that Darlene might have caught the virus. 24 hours later we thankfully learned that both of our tests were negative. And Darlene's mysterious fever vanished the next day. We were both relieved. But the well-founded anxiety I was experiencing simply waiting for our tests to come back didn't stop. I began experiencing anxiety attacks throughout the day and subsequent days. It was as if the good news didn't mean a damned thing insofar as my lizard brain in charge of self-preservation was concerned. That's when I knew I needed professional help.

I started EMDR therapy with a therapist back in October. I feel comfortable with this therapist, and I trust him. I could say he feels like he may have been an older sister, or perhaps a doting aunt in some past life that we may have shared. But that is just my fantasy. "EMDR" stands for "*Eye Movement Desensitization Reprocessing*". Those four words do not roll off the tongue easily. Feel free to google it to get more info. EMDR therapy is relatively new. It has proven to be very effective for individuals who have suffered trauma in their lives, like war, sexual abuse, rape, and other nasty things we humans occasionally excel at. Shit! There has been enough crap that has happened to ALL of us over the past 4 years that it will keep the mental health profession gainfully employed for decades. As for me, add prostate cancer and subsequent surgery to remove the ungrateful organ, and prior sexual abuse experienced around the age of two, memories of abuse which my psyche wisely did not allow me to remember in detail... and you just might end up with persistent anxiety attacks as your coping mechanisms become

overloaded.

I'm still in the beginning stages of working through my collection of peccadillos. This may take time to get through the worst of it. What might complicate things is that all of us still have to deal with a misbehaving Orange Turd behaving a rabid Chiwawa whose only strategy left to him is to dig his claws into the White House rug and yap and snap at anyone who gets too close to him. Makes you wonder what more crap can this Chiwawa might dump on the WH rug before he is finally hog-tied and hauled out through the back door. And then, there's the Pandemic causing many people to misbehave and unhealthy misguided ways. And why? Because they feel they have a God-given right to do whatever the fuck they want to do, so screw you! It's tough all around. But at least, as Dr. Fauci has told us, there is now light at the end of the tunnel. Yay Moderna & Pfizer. And there will be more vaccines coming out soon.

I cannot tell you how blessed I am that Darlene has been there for me. She has been profoundly helpful. She is aware of my terrors, and it doesn't terrorize her.

Regarding anxiety attacks, I would not wish them on anyone, including my worst enemies. Nobody deserves to suffer through this kind of fear, including Trump. That said, while I would not wish it on Trump I'd wager he is holding onto a considerable amount of suppressed anxiety. What will happen when he no longer has POTUS protection to do whatever fuck he wants to do?

Can you spell: J - A - I - L T - I - M - E

More later. Please pardon my French.





Turkeys in our neighborhood



Leaf watching season