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## How Do You Stay Home?

Daisy Wallace  
*University of Minnesota Duluth*, [dmwallac@d.umn.edu](mailto:dmwallac@d.umn.edu)

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## How Do You Stay Home?

For years I've tried  
to slow down

        breathe in  
                        out

I tried to enjoy  
living  
like the last drops of a molasses bottle  
slowly  
        taking  
                time

but life was a rushing current before the lockdown.

And now  
in order to not count the minutes ticking by,  
I must find  
that summer magic  
of childhood

those days stretched long  
full of story

when life was a meandering stream  
with no teachers, no parents, no schedule

those days when I could watch Barbies and GI Joes  
live out feuds, intrigue,  
and affairs hidden behind the veil of a bed's dust ruffle  
or rappel into the washing machine to fight the dreaded Agitator.

I turn off my phone & tv  
I sit  
        breathe

        let myself be  
simply, plainly

unentertained

and

if I

breathe

softly

and

slowly

enough

I can hear inspiration's wings  
skim across calm water  
joining me on the bank  
to pass the time.