

WHIPPOORWILL E-COMMENT

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PROGRESS REPORT

I AM of the opinion that if you don't use it, you lose it – speaking about the brain, naturally. I know that keeping the brain active and involved in interesting projects – forcing it to learn new things, stimulates it to establish new synapses and this helps us to remain relatively sharp. I find that being involved with the logic of computers is a great stimulus, as is learning new music, or hearing new music, or doing original writing, or reading books regularly, or even working at daily crossword puzzles helps keep my brain active. I find that being with and discussing interesting subjects and projects with others is a great stimulus. In my former profession I made my living thinking and talking and explaining fairly complicated subjects, and had little trouble remembering esoteric details, but in my retirement, that stimulus is no longer there. I no longer have an audience to interact with – no one to question and interact with me, and I sense a slowing of mental facilities. Senior Carlo Rossi often helps me, though, and I find that he aids and comforts me in many ways.

I believe that one of the biggest blessings in life is to find and pursue, to the end, a major project – a lifelong continuing project. I have too often witnessed people who achieve their long pursued major goal and finally accomplish it, and then life seems to become anticlimactic. An ideal project

should be ongoing and pursued with zeal. I guess the most important goal I have is the pursuit of writing memoirs. No matter how that is said, it sounds damn snooty and presumptuous, though it is not meant to be. We also need a number of short-term attainable projects and goals, and I believe I have found a good one -- one that seems to be interesting enough for others to get excited about – learning to produce e-journals for the AAPA. I should rename my e-press *The Absolute Zero* press, because I started at ground level and have learned much in the month or so I have been experimenting with it. But I have much to learn and far to go, though, and hope that my friends will humor me and indulge me in my relative folly. But I think that this is the wave of the future, something many of us will be doing on a regular basis which I believe will encourage others to write and publish for the association. I suspect that Fred Liddle would begin publishing a daily, if not an hourly journal! I know his e-papers would be interesting.

This note has been written in the e-stick on a mid-winter afternoon here in my basement, adjacent to the print shop. I warned my friends that I function best in total clutter. My 6x10 Kelsey is on the table, and my typesetting table is beyond it. This is the “work” of J. Hill Hamon, 1515 Evergreen Road, Frankfort, KY 40601. KyHamon@AOL.COM. I would enjoy hearing from you. 🐉



