

Fair Exchange

In writing this essay I expended about 800 calories. I ingested about 1300 calories, mostly in the form of 20 Ritz crackers, a considerable chunk of a block of Colby-jack the size of a video cassette, nearly two quarts of pineapple-orange juice, seven or eight ice cubes, and all my available fingernails.

I started, erased, started again, reread and revised, deleted the whole, worked on another essay, made a trip to the store to purchase all the above mentioned items save the fingernails and the ice cubes, worked further on the other essay, called a friend for advice, visited the friend for more advice, talked about my childhood camping experiences for an hour with the same friend, returned home, worked on the other essay, began this essay again, reread, revised, reworked, rethought, paused for consideration, researched this essay on the internet, wrote, revised, and so on.

Some would call that the writing process: the strategy employed by writers to get things done. Like an artist, they don't work just one part of the canvas to perfection, they paint around and get a little more detail here, a bit more refinement here, until the picture emerges slowly, coherently, balanced. Or like a musician they invent the theme and the basic melody, and then spend the bulk of their time arranging and orchestrating the composition to fit that theme. Some writers are early birds, some night owls. Some write only when the inspiration hits; some squeeze brilliance out like the last glorious strains of toothpaste. Some see the whole from the beginning like a movie playing out in their mind and then write it down just as they saw it, while others put their characters in situations like mice in a maze and watch them find the way out. Some writers are bleeders. Some write from experience while others seek one; some tell the same story over and over and others never get it told.

Every writer has their own goals and means, right?

Personally, I write best at night. I use one piece of white printer paper per week to keep track of potential writing ideas; it is folded in my back left pants pocket. I stop to reread my work anytime I get stuck, and I call friends to read them parts I'm proud of. I rarely outline. I can't type. I always clean my room first, and when I get fidgety I use a Q-tip. I write for the challenge of it.

But none of that got this essay written. I know full well what made this one possible. 1300 calories went in, 800 were expended in keystrokes, scratching, and puzzling. The other 500 made it onto the page, one for every word, a fair exchange.

Nutrition

Facts

Serving Size 1 page
Servings Per Essay About 1

Amount Per Serving

Words 500 **Wds from Fat** 275

% Daily Value

Total Fact 275 wds

Saturated Fact 200 wds 15%

Cholesterol 0 mg

Sodium 0 mg

Total Creativity

Figurative Language 10g 34%

Puns 1 wd

Protein probably none

Wit 25%

Vitamin C 0%

Ingredients: Pineapple-orange juice, Ritz crackers, Colby-jack cheese, ice, fingernails, natural flavors and creative tendencies.