

2026 ins and outs

poopshidder

January 1, 2026

in

- food and water
- music
 - transcribing
 - practicing
 - composing
 - listening
 - performing
- regular exercise
- unusual exercise
- slow and steady
- coffee and tea
- early rising
- deep sleep
- longform
 - reading
 - writing
 - listening
 - discussing
- L^AT_EX
- IRC chats
- home servers
- beautiful algorithms
- data hoarding

- opsec
- Soulseek
- social media as
 - a means for succinct, effective communication
 - a means to share funnies
 - a means to make friends
- wishing without acting¹
- quiet
- the Inner Light

out

- poop and pee
- drinking to excess
- cannabis at all
- energy drinks
- flesh eating
- bathroom time = phone time
- social media as
 - a means to provide unpaid labor to robber barons
- wishing without acting²
- buying books faster than I can read them

¹when it is necessary to sit with an inconvenient feeling

²when there is something I ought to do