

SALT AND PAPER

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Janell Moon

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Salt and Paper: 65 Candles



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Literary Nonfiction. Memoir. the interlacing of four generations--and, the innovative, writing lifestyle that responds with compassion, humor, art. today's, lived aging process; the lifelong effect of a brother's mental illness; SALT AND PAPER is a daily reflection that's immediate and a build up of life experience in poetry and prose fragments placing a heartfelt, yet realistic light on difficult subjects as the writer speaks of aging: a friend's slow demise with Alzheimer's;



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Salt of the earth Janell Moon's newest book, *SALT AND PAPER: 65 CANDLES* astonishes on every page. Sometimes it offers the shock of recognition--something you understand (or imagine, with the thrill of *deja vu*) you have got constantly thought. You'll travel through deft prose and beautiful poetic lines to connect on a gut level with her insights into aging gracefully."But there are the many shocks of lyricism which will make you look at your world in a way you know you under no circumstances did before. Moon wants to face the truth to be an "old female" with all its problems (the broken foot the effect of a slip, the progressive Alzheimer's of a pal, the invisibility). It's tasting salt atmosphere on the tongue and knowing why the smile forms."and this:"Not really everything a lesson. Paper, a witness for our lives. Please don't step on me. Incidentally, by myself new list of preferred phrases are "Salt and paper" and "Ms." What a relief to read that phrase!everything on earth stored in a starsalt and crunchy, sweat and gravelThe sheer magic of "star" rather than "jar," the riskiness of this mouthful of gravel--these are marks of the serious artist. Such marks mark this whole reserve. Moon's use visual and various other arts in addition to with terms informs her terms with textures, noises, colours that resonate if the book is open up or closed in front of me."I love the experimental type of Moon's daily memoir, a collage of her thinking and writing.Time may collapse in this daily memoir while Moon's thoughts lead to the past (the birth of her today adult boy) or the near future (trying to plan for her aged mother's care and loss of life) but she actually is constantly anchored by the present--that gull outdoors her screen, those changing waters and seaside in her urban/organic setting by the SAN FRANCISCO BAY AREA Bay, Emeryville. it really is a genuine woman's real diary; It's not having period for the non-sense that sixty is now the new forty. Appear at these nuggets, all section of the daily-diary file format of the book:"blouse with starch and the ruined zipper but the snake provide birth in the city's basket"and this, the full entry for August 10:"Art didn't last, didn't get rid of the globe. Moon. Her writing is, in fact, the way a lot of us think, particularly women. Janell Moon's seriously thought provoking work in *Salt and Paper* serves up nuggets of common wisdom on every page. Like this:"Want to register in people's eyes when I'm doing errands. To her, ageing is fully appreciating family, close friends, and the intricacies of an expansive globe, recently grasped in each blink of the attention. It's breaking barriers. It's a furious focus."No,' I lie, and he is relieved. It's intuition acquiring hold. Perfectionism is usually no longer a goal: "Big switch came in my own sixtieth 12 months when I began to want everything just sufficient. It's relishing independence and realizing control is definitely illusion. it really is a poem. It's a good read! Amazing Insight, Compassion, and Instructions for Aging Gracefully *Salt and Paper: 65 Candles*, simply by Janell Moon, RAW ArT PRESS, Pittsburg, California, 2010.A review by Judy WellsPoet and spirituality article writer Janell Moon phone calls her new publication, *Salt and Paper*, a "daily memoir" which information the year she turned 65. However it really is so much even more, for it contains an eternity of wisdom by a caring, gentle observer of and today a participant in growing older.Moon's title, *Salt and Paper*, is evocative, as she provides new spice to the previous epithet for grey hair, "salt and pepper." "Salt and water, our body. Paper expressing. Sometimes life just occurs." For Moon, we enliven the flavor of our lives through creativity. We make our lives savory! Writing, specifically, often leads to illumination and understanding as Moon techniques into "young later years." Her thinking is no longer black and white, but more flexible, as she realizes just anyone who has led a long life can appear back on a problem from a complete perspective. It's the courage to learn from debilitating psychosis and Alzheimer's disease, as she walks with appreciate and acceptance beside her brother and her greatest friend. "To hate being old is definitely to sacrifice the last third you will ever have," she says frankly. Billed mainly because experimental prose, Moon's

new book is definitely a contemplative object, a rosary; Fragments of her present existence, a walk on the beach, knowledge from a reserve she read, what she ate, a conversation with a pal, a poem, and to-do list might be juxtaposed." Salty Lines to Savor It's a good ride. it really is a how-to-get-started-on-your-very own writing reserve (see her set of phrases she likes--I defy you not to start a listing of your own);Janell Moon wants to offer those of us who are entering old age visibility. Her book must have a wide readership, for it reveals an excellent model for living gracefully and fully as we enter this new stage of our adult development."and this:"When I tell my son I'm writing a memoir, he asks, 'Am I in it? And she's the courage to debunk the new clichés: "I can't stand to find out the sixties will be the new forties.Everything belonged in the world by the end.Still, regardless of the attendant problems of aging, Moon also wants us to see old age in all its fullness. The days of dark and white are over. No, rather encounter it every day with a walk, a fresh art project, a lovely peach, a talk with a friend, a journal brimming with ideas, observations, an excellent, humorous new poem: Let me die like my friend's apple tree. Still giving color and apples Just offering at the bark.Moon says of her own book: "Feel Salt and Paper is intuitive, feminine, immediate." Yes, all that and a publication of great insight, compassion, and instructions for herself and others on aging gracefully. Go through it and take pleasure in her unique design and wisdom!



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