

Issue Staff:

Editor-in-Chief: Kent Roberts
Director of Facial Expressions: Kent Roberts
VP, Pointing at Referenced Items: Kent Roberts
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Kent

Sleep Deprivation Issue
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Kenternet: TGIKent.com
Letters to editor, hypothetical questions, and questionable hypotheses: tgikent@gmail.com
Kent HQ: Send all 3D Kent-related art to PO Box 6275, Minneapolis, MN 55406.
Handshakes: Standard free; extended \$35.

*** a publication by and about Kent Roberts, and for the global community ***

Some guy doesn't want *Kent*

By Kent Roberts

I tried to hand this guy a copy of *Kent* last night. The guy ran his eyes down it and said, "You can have this back. I'm not gonna read it."

It's hard to get the word out when people refuse to take a copy of *Kent*. The social contract this Kentlication proposes is that I publish Kent news,

and the public absorbs it. Kentmedia cannot digest itself.

At least not now. Maybe in the future, I'll release a bot so *Kent* can read itself and generate AI articles.

While self-digestion/self-regurgitation may soon become possible, it is very important now that the reading public accept some consumptive/digestive (and perhaps even regurgitative) responsibilities

for Kent to realize its mission. Thank

**"Kentmedia cannot digest itself."
– Kent Roberts**

you for your consideration.

Efforts to stay up later not working

By Kent Roberts

I've been watching a documentary about Kevin Hart. He is a questionable person, but I wanted to learn about him. He often only sleeps 2-3 hours. I tend to sleep 9 or 10 hours, so I'm missing out on about 7 hours of work vs. the Kevin Hart model.

Should I work at 4 a.m.? Is it healthy? Does it matter if it's healthy? Maybe I'd be happier with my station in life in 5-10 years if I regularly deprive myself of dreamtime.

I always think it's a good idea to stay up late at night until it gets to be about 11. Then I think, you know, I'll take a little

nap. I set my alarm for a half-hour later. I then go to sleep in an uncomfortable place, either the couch or the living room floor. The problem is I never want to get up from my nap.

Update:
I am having some success now staying up late. I stayed up until 6:30

a.m. one night. I was relatively productive throughout the night. I first was able to get myself to stay up through the night after a date with a potential SheKent. This possible SheKent, whom I will keep anonymous for now, inspired me to actually make good on this long-term mission.



By Kent Roberts

My face often seems to have hair that is too long on it. I wouldn't mind having hair on my face in the

freezing cold of Minneapolis, but I am not responsible about managing it. If I do not want to excel at beard management, I should not get to have a beard. End of discussion.

My hair wants to sabotage my face. Facial hair must be managed, or it becomes a jungle. Having a jungle on one's face is a serious situation.

Fact & Fiction About Kent Roberts

Fact: Kent Roberts is highly distractible.

Fiction: Throw things at Kent while he works, and he won't bat an eye. His eyelids won't even flutter.

Kentphorism:

“Responsibility is a privilege.
But try telling that to me.”

bacKent

Kentphorism:

“Every statement is a rough
draft, until you include it in your
wedding or divorce vows.”

** the Kent Roberts publication backside that made you realize you are a being of light, wonder & mystery **

Potential SheKent and I go to a lake & a play

By Kent Roberts

I went on a date with the potential SheKent. We had previously gone to these “art shanties,” structures people had lugged out onto Lake Harriet. The exhibits were of all different sorts. One was a tiny dance club. One allowed you to dispense wildflower seeds. One was a project

collecting people’s apologies and pardons. There were “Minnesota nice” nickels being handed out. The woman who gave them to us said they were to be passed on to anyone we saw do something nice, and that the goal of the project was to be nice and not so passive-aggressive.

The second date was a surprise. The potential SheKent really liked

that aspect. We saw a play about Asian-American twins who decide to kill a kid via tree-nut anaphylactic shock, so they could take his place in the college to which he was admitted and they weren’t.

It was enjoyable... although I’ll say there was a heavy murder focus.

I’ll be going on date three with the potential SheKent. We’re having fun.

Interview: Kent cannot explain why he’s been creatively unmoored

By Kent Roberts

Kent: Why don’t you have creative direction lately?

Kent: Well, I don’t know... I’m focused on work. Doing a lot of work.
Kent: I’m not sure if that’s really an answer.

Kent: It is hard to feel very creative when it’s freezing cold and everything feels vaguely miserable.

Kent: I’m hearing excuses.

Kent: I’m trying. You’re really hard on me.

Kent: One of us has to be hard on you. I view myself as a check and balance for you, making sure you stay on task with the things you really care about.

Kent: I’m not sure if that’s really your role as my interviewer, to keep my

life on task. That’s really a bizarre sense of your

“I’m hearing
excuses.”

– Kent Roberts

professional capacity.

Kent: I’m not sure that I really have a professional capacity. I have more of an amateur capacity. Let’s focus here, though: Are you going to center yourself creatively?

Kent: Have I ever been creatively “centered”?

Kent: The other thing is that it seems the relationship with the potential SheKent would be making you feel more enthusiastic about things.

Kent: Yes, that is true. But one can’t rely on a SheSelf or HeSelf too much. My internal creative guide is still not well-oriented.

Kent: Any new developing projects?

Kent: I don’t know. A children’s book. I’ve got a bunch of ideas. I’m not sure that I’m really working on anything that much though. I just keep putting these things on my to-do list and then skipping them.

Kent: Well, you’ve got to get it together. You aren’t getting any younger. Are there any ways you think that you could be doing a better job? What is holding you back?

Kent: I’m kind of depressed all the time.

Kent: Well, you’ll feel better if you start making significant progress. Do everything you can to move forward. I love you.

Kent: I love you too, Kent. I’ll do my best. I’ll make you proud.

Kent: You’d better. I feel like you’re the one who has to advance our story. Otherwise we’ll both end up old and withered, and we’ll just be something that might have been.

Kent: I’ll do everything in my power to gather myself and become a creative powerhouse.

Kent: You can do it... I think... I’m not really sure you can, honestly, but I’m rooting for you.

Kent: That means a lot.

1 Lake on the west side of Minneapolis