

# Memory Loss

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Every morning at 4 AM I get up

Hundreds of angels show up on the doorway, of all  
sizes and shapes.

Every evening they disappear,

Stack overflow, they fall through and away  
The best, that's the zero-sum effect.

## **NOTES:**

*In software, a stack overflow occurs if the call stack pointer exceeds the stack bound. The call stack may consist of a limited amount of address space, often determined at the start of the program. The size of the call stack depends on many factors, including the programming language, machine architecture, multi-threading, and amount of available memory. When a program attempts to use more space than is available on the call stack (that is, when it attempts to access memory beyond the call stack's bounds, which is essentially a buffer overflow), the stack is said to overflow, typically resulting in a program crash.*

[https://en.wikipedia.org/wiki/Stack\\_overflow](https://en.wikipedia.org/wiki/Stack_overflow)

## Healthy breakfast recipe - puffed Quinoa & fresh fruits

Mix hot (or warm) milk and a couple of table spoons of Quinoa barely covering milk.

Let it soak for 2-3 minutes

Add small bite size fresh fruits of your choice (my favorites: Strawberry, Banana, Mango, blue berry, pluots, or anything you chose)

Mix everything well and enjoy