

According to the National Center for Drug Abuse, an estimated 95,000 North Americans die every year from the effects of Alcohol; of the people who drink, 60% increased their consumption during Covid 19 lockdowns. According to the CDC, smoking is responsible for more than 480, 000 U.S. deaths annually, including 41, 000 from second hand smoke. Let's throw a little more shrimp on the barbecue in 2022: let's see what legal weed does to the national stats in the coming years—last I heard lungs don't respond well to any smoke—but I'm getting ahead of myself. Breathe.

Grey Matter to a Prick

Who
is Listening?

 You may
 never know
who or what is listening.

Alcoholic visiting,
 this body whispers *water*—
raises the volume.

This body
 demands its "I"
stop dying before
The Alcoholic.

This body
 curses
The Alcoholic
 he calls terrorist.

This body
 hungry, eats;
thirsty, drinks water; tired, rests;
and remembers.

Peace,
Andrés