

Bif Naked, Eine Tasse Tea

all right this is my poem it's called eine tasse tea
are you ready? all right!
one of my dogs ate the feces of a homeless man on the way to the vet
of course it was anna 'cuz nikolas doesn't eat anything with sauce
i had to try to pull the offending matter out of her mouth with my bare hands
we stunk!
i wonder what the nutrition counter would list this meal as...
it made me think
my anti-malaria medication drove me to question my sanity
i hallucinated
i saw the bright red grip tape on my old skateboard
as a moving mass of demarara(?) sugar
my judgment seems impaired
things irritate me
people are mean
they drive too fast
they talk too fast
people carry anger around like one of those fashionable backpacks
but they're all actors
in public they behave certain... ways
you know at dinner with their friends out at popular bars and grilles
they chat and laugh
they call girls who look like me "elvira";
they call girls who look like me "morticia";
whatever
nice and happy life
nice weekend warrior weekend rollerblader suv decaf see a movie life
nice implants
good luck with your health
nice dairy
good luck with your health
nice bulimia
good luck with your health
nice anti-depressant action
good luck with your health
nice speeding
good luck with your health
everyone thinks they've got problems
wanna know a problem?
over one billion people in the world have no access,
that's no access, to safe drinking water.
and you're upset 'cuz you can't get those new dc's.
wanna know a problem?
the mobile phone.
we're all gonna die of brain cancer
wanna know a problem?
jeering hooting men with rohypnol in their back pocket
you already know at least five females who have been raped,
and you don't even know it
wanna know a problem?
the threat of nuclear war in india and pakistan
it could all be over, overnight
wanna know a problem?
the homeless
which brings me back to the shit breath of my bichon-frise
the shit shouldn't be there in the first place
because whoever had to go had NO place to go
that's fucked!
we are a complacent apathetic society
we are jackasses
we are all squirrels hoarding for ourselves
we need to say something and not care if it's been said before
we need to be responsible for our actions
we need to be more helpful

we need to be more thoughtful
i need to practice compassion who are the fuckwads
of the purveyors of violence
i need to relax
i need to exhale
i need to meditate
my mind is racing
my mind is a chattering monkey
nikolas's mind is on fire with paranoia
annastasia has shit for brains
after all, you are what you eat
i could use a cup of chai
nikolas thinks he's gandhi
he's on a hunger strike
and annastasia would like another hot steaming bowl of scheisse