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## Bi-Polar II

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B I - P O L A R   I I

every 2 days I run  
to the grocery—  
toss berries   black/red /blue/  
zucchini/more  
garlic   a tubful of spinach/Swiss chard  
in my cart   sacks of peaches from summer  
192 ounces of olive oil  
make dates  
I can't keep   appointments  
overlap   blast *O sole mio* on the player  
drive 80 mph in a 55—  
stopped, I don't get a ticket

I rewind   play the Italian  
song 10   15 times

bi-polar   it's back   from a memory  
I can't bare   but do   awake  
all night   conversations whirl  
in my head  
higher and higher   transcending

today on the phone speeding  
through words   a friend hears me  
laugh   long  
blackboard scratches

I hang up   calm down   notice  
how I blurted   grandstanding  
soloist   drowning the tenor

laughing too much—when  
I wasn't