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Anxiety

Constance Vogel
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THE SPOON

Unlike the knife
with its cutting edge
she stirs ingredients together
mingling their flavors

She's a toy in the baby's hand
beating a paean of joy

A tool for stirring the pot
to prevent sticking or burning
The medium of delivery
of a saving potion or savory soup
A marvel of shape
to scrape a pan clean
and waste not a morsel

Smooth to the lips
Common
Everyday
Indispensable
She graces the table of life

— *Serena Niensted*

ANXIETY

Mewls at your mind at night,
sidles in your cracked door,
tosses you this way and that
like a mouse it's trapped.
When you come apart,
it takes over your chair.

You want to give in.
Don't you have a right
to feel a little anxiety?
But the more it eats at you
the more it grows.
Have you ever tried
to get a cat out of a chair?

— *Constance Vogel*