

OIL ON MY MIND AND OTHER POEMS

By G. Louis Heath

It's always on my mind
as I shop grocery aisles,
not the kind that fills my tank
but oil from the palm tree
and the nut it bears.
Take the simple cracker.
Read the label: palm oil!

Warning:

Palm oil is a curse
to heart, to tribe, to globe,
not good for my heart,
for my shelf life
as it were.
And it's displaced a tribe of late,
the Penan of Borneo,
their culture collapsed,
a crime against humanity,
I think.
And worst of all, this nut
has jammed the mouths of jungles
that give us CPR.

It's an oil always on my mind
a mind that drifts the aisles,

seeking the Cracker of Youth,
to return us to a pristine time.
And what a time that will be!
The Doomsday Clock will no longer read
three minutes to the end of time.
And we will all breathe again.

DOCTOR'S MEMO

He appears to have the capacity for self-destruction.
Unable to self-finance his indie films, he turned to me,
the best available psychiatrist willing to work pro bono
till he hits it big.

Exiled from the demi-monde, he resides in his own
self-styled monde, beyond demi. It's a hemi, demi, semi,
mini monde, a nuanced, multiplexed monde where stars
and directors do not shine, but winkle out in darkness.

COUGH

Three decades since my first visit
and my doctor's retiring.
Mounds of surgical gloves,
trees of tongue depressors,
lakes of IV'd blood drawn from
clouds of tombstone gray grief,
cry stoic tears today.

I wait my turn this
last time, vow to get
personal. White wall of
lab coat receding, I
let loose pent-up
passion. “Enjoy your
retirement” I enthuse.

“Will do” I hear in the
voice he says “Cough.”

Bio

Mr. G. Louis Heath, Ph.D., Berkeley, 1969, teaches at Ashford University, Clinton, Iowa. He retires in June, 2016 because his university is closing. He enjoys reading his poems at open mics. He often hikes along the Mississippi River, stopping to work on a poem he pulls from his back pocket, weather permitting. His books include **Mutiny Does Not Happen Lightly**, **Long Dark River Casino** and **Vandals In The Bomb Factory**. His most recent poems have been published in **Dead Snakes**, **Poppy Road Review**, **Writing Raw**, **Inkstain Press**, **Verse-Virtual**, **Eunoia Review** and **Squawk Back**. He can be contacted at gheathorov@gmail.com