

**Notes for Sobriety**

In the morning, eat nothing  
& grits. Allow the wolf in the egg  
called Wednesday the occasion to sit  
angry at your table. You'll be nervous  
to eat the berries he brings  
with more complicated names,  
so pick up saw, harp, homemade banjo  
& never play for anyone  
whose middle name you know. Do it  
yourself. Devote to it the day  
entire. Given the jukebox, play Creedence.  
Given the option, stay out of it.  
What is it?—Never make a punchline  
of your family name. Even if you plumb  
its gutter for crimes, then publish them  
in serial, or trade paperback, even if  
you trash the installments  
under the most impenetrable of public  
pseudonym. Given the interview,  
play dumb. Find real work  
in a magnet factory making birds.  
Learn to airbrush & etch *Crossroads  
of America* at the foot of the cardinal  
in the crotch of the racetrack. Clutch  
at this work like thick rope.  
Start smoking, so you can learn  
to sit. Be always baffled, always in boots.  
You should get some good boots.