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## Reading to Relax

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#### READING TO RELAX

I settle in a nest of shag,  
open Notes to Myself, and read:  
"It is beyond my control."  
Outside Reina whines,  
pounces in the door,  
letting it slap its metal frame.

On page 10, I skim the first line:  
"Let's pretend I'm God."  
Her eyes chasing a rabbit through window,  
Reina growls, claws glass.

I glance at "what makes me think,"  
and think only of the dog.  
I should feed her.  
Staring at scrambled black print,  
I count and scan pages.

#### A GIRL

After taking a shower  
I stare in the mirror,  
admiring my flat stomach  
pulled tight at my waist.

Skin lotioned soft,  
I button a silk blouse  
advertised in Vogue and roll  
nylons to muslin skirt  
zipped at the small of my back.

In class I slant  
my mouth closed in a smile  
and open the text, careful  
not to hide my breasts.