

Cookies

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I eat cookies for breakfast
As I lie in bed drinking coffee
Reading Billy Collins and
Other poets.

Sometimes I read all the news first,
Trying to stay current with the
Political mess of the day.
But it makes me feel helpless
And betrayed.

So I switch to poetry and my spirit lifts
Like when I hear good music,
See a magic painting.
And I feel maybe things will be OK
After all.