



#### HIGH

Confessed to Judy, my  
rehab counselor, that  
I'd gotten high twice  
this week. She gave me  
a penetrating look.  
Shooting in the 90s  
& getting a handle on  
a new poem I said.  
You know what you're  
doing? she asked, smiling.  
What? Your body is  
releasing endorphins.  
That meant I was  
returning to normal.  
God, I felt good!