

How to Survive Winter (Tip #12)
by Serena Tene

Search for a laundromat with southern exposure.
Wait for a sunny day.

(Because your tiny apartment gets only the last bits
of the western sun and you are sun starved.)

Arrive at the laundromat by 10 am
and throw your laundry into the washer.
Collapse joyously in front of the SPECIAL WINDOW
in just. the. right. spot.

Let the full heat and light of the sun
bathe your body and melt your brain.
Notice that you have stopped thinking.

(Because there is no point right now in thinking
about how you are going to pay rent in a few months.)

Learn to love – or ignore – the classic hits
that waft through the laundromat's radio.
Be pleasantly surprised that you now believe
Culture Club was pretty good.

Watch the hot man carrying a white basket
descend from his white truck.
Giggle as a bus covered in an advertisement
for the Love Shop passes by.

Fold your laundry and try not to notice
that your clothes have seen much better days.
Throw away one turquoise t-shirt
you cannot justify wearing any longer.

Leave the laundromat with a slight sunburn
and a great sense of accomplishment.
Hurry home to write this poem
because sun makes you want to write poetry.