

**River of Calm**  
**By Gary Goodman**

I used to say that a river of calm  
was running through me –  
this was on those days  
when I didn't feel demented –  
today there's a sluggish tide  
slapping around inside

out to sea  
ships and boats are anxious  
we don't like the black ocean  
of unknown depth  
that hurls and heaves  
that swallows men  
who have no anchor