

The Gastronomic Gym by Sharon Hendricks

*Pasta twirling and spinning,
peas do vertical jumps
mashed potatoes swimming.
meat doing bench press and pumps.
Food has begun to exercise
but it's not in any gym.
My brother said its happening
right inside of him.*

My Town by Sharon Hendricks

*The leaves on the ground danced in the wind
The brook sang merrily as it went on its way.
The fence posts gossiped and watched cars go by
which winked at each other just to say hi.
The traffic lights yelled, "Stop, slow, go!"
The tires gripped the road as if clinging to life.
Stars in the sky blinked and winked out
While the hail was as sharp as a knife.*

Dinnertime Chorus by Sharon Hendricks

*The teapot sang as the water boiled
The ice cubes cackled in their glass
the teacups chattered to one another.
While the chairs were passing gas
The gravy gurgled merrily
As the oil danced in a pan.
Oh my dinnertime chorus
What a lovely, lovely clan!*