Squash

Named in 1610 after the Lord De La Warr, the state is home to Dupont, once a gunpowder plant. Mix 3 cups pumpkin, 3/4 cup honey and a pinch of curry powder for a killer pumpkin pudding.

Washington crossed its river to war against 2 troops. Crush 1 pound pumpkin flesh, sauté in butter, add white stock for a soup of gold.

Slave-holders until the end of 1865, punishing women at the whipping post till 1889, Delawareans were last to abolish the pillory, 1905. For No-Fault Squash, mash 4 cups pumpkin and 4 beaten eggs.

If you follow the news, you might learn that Delaware is home to seventy thousand poor; and that each Halloween, its farmers use cranes to hurl leftover pumpkins far as a mile, over their emptied patches.

Crowds cheer each smashed squash. A reporter closes his coat against the chill and laughs, What else could be done with all those pumpkins?

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Self-Defense

The man on T.V., a blond-braided
Texan, former kick-box champion, speaks about Yim Wang Chun, a Shaolin nun who created Kung Fu. A woman's way to be safe, I reason, writing down the toll-free number.

A week later, he instructs us to tear testicles from the groin, thrust fist into throat: force the hard part of a woman into the soft part of a man.

Now punch! One! Two!

We practice fists, protect the thumb.

One! Two!
Men are as easy to hurt as you.

One friend's ex-lover once fired at us both. Can flesh match the bullet's rush? I kissed her blue lips, blew breath the pierced lung refused.

One! Two!
Men are as easy to hurt and kill as you.

Predator or prey: what happened to Buddha’s Middle Way?

Left! Right!

Both hands hurt. I open my fists, palms up.

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Jennifer Arin’s writings have been published in both the U.S. and Europe, including in The AWP Writer’s Chronicle, The San Francisco Chronicle Sunday Book Review, Gastronomica,
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