

# Poetry

1 H																	2 He
3 Li	4 Be											5 B	6 C	7 N	8 O	9 F	10 Ne
11 Na	12 Mg											13 Al	14 Si	15 P	16 S	17 Cl	18 Ar
19 K	20 Ca	21 Sc	22 Ti	23 V	24 Cr	25 Mn	26 Fe	27 Co	28 Ni	29 Cu	30 Zn	31 Ga	32 Ge	33 As	34 Se	35 Br	36 Kr
37 Rb	38 Sr	39 Y	40 Zr	41 Nb	42 Mo	43 Tc	44 Ru	45 Rh	46 Pd	47 Ag	48 Cd	49 In	50 Sn	51 Sb	52 Te	53 I	54 Xe
55 Cs	56 Ba		72 Hf	73 Ta	74 W	75 Re	76 Os	77 Ir	78 Pt	79 Au	80 Hg	81 Tl	82 Pb	83 Bi	84 Po	85 At	86 Rn
87 Fr	88 Ra		104 Rf	105 Db	106 Sg	107 Bh	108 Hs	109 Mt	110 Ds	111 Rg	112 Cn	113 Uut	114 Uuq	115 Uup	116 Uuh	117 Uus	118 Uuo
Lanthanidi		57 La	58 Ce	59 Pr	60 Nd	61 Pm	62 Sm	63 Eu	64 Gd	65 Tb	66 Dy	67 Ho	68 Er	69 Tm	70 Yb	71 Lu	
Aktinidi		89 Ac	90 Th	91 Pa	92 U	93 Np	94 Pu	95 Am	96 Cm	97 Bk	98 Cf	99 Es	100 Fm	101 Md	102 No	103 Lr	

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# Einsteinium

## #099

Einstein understood  
that everything was relative...

Why did he have to worry  
about brushing his hair  
or changing out of his pajamas  
when he was busy grappling  
with the foundations of physics?

And once he fathomed  
the relationship  
between matter and energy,  
once he understood  
the interconnectivity  
between matter and energy —

he suddenly understood,  
after this Jewish physicist  
left his home in Germany,  
that Hitler and the Third Reich  
could be working on an atomic bomb,  
converting so little matter  
into so much devastating energy.

At this time, he understood  
the need for Roosevelt  
to create this weapon  
so the Germans wouldn't destroy us.

The gravity of this discovery  
in the hands of evil men  
weighed him down,  
and even months  
before he died,  
Einstein wrote  
that although the devastation  
in Hiroshima and Nagasaki  
seemed unfathomably horrific  
and he regretted writing  
that letter to Roosevelt,  
his justification  
was the threat of Germany.  
When he wrote that letter,  
he still had to appeal to Roosevelt,  
that yes, to save us from Germany,  
this weapon needed to be created.

Knowing about his torment  
in making this decision  
to *ask* for the creation  
of the atomic bomb,  
makes it so ironically beautiful  
that after scientists  
discovered an element  
after the first explosion  
of the hydrogen bomb,  
they named the element Einsteinium  
after the physicist.

How  
ironically  
beautiful.

Einsteinium is a silvery-white,  
radioactive, synthetic element  
with a high *fission* rate,  
like the atomic bombs  
Einstein first knew of  
when fearing his homeland enemy.  
But because of the short half-life  
of all isotopes of Einsteinium,  
all primordial Einsteinium  
has decayed by now,  
and beyond it's nuclear creation,  
there is almost no use  
for any isotope of Einsteinium  
outside of basic scientific research...

Which makes me think of the  
life of Albert Einstein, I suppose,  
for although Einstein worked  
at odd jobs for years  
until he was a patent examiner,  
his mind was only good at one thing:  
doing not-so-basic scientific research,  
solving scientific fundamental puzzles,  
if only he had the time  
to study the puzzle long enough.

# Germanium

## #032

Because the planet Neptune was recently discovered,  
Winkler in the late 1800s decided to name  
the element he discovered "Neptunium,"  
but another element already  
tried to lay claim to that name  
(and still a different element  
got the name "Neptunium")...  
So Winkler decided to name  
his newfound element Germanium,  
from Latin Germania,  
in honor of his homeland.

Germania is known for its high refraction  
(along with its low optical dispersion),  
making it perfect for things like  
wide-angle camera lenses,  
but is also used for microscopy  
and the core part of optical fibers.  
And yeah, I could go on about silicon-Germanium  
alloys used for semiconductors  
in new circuitry, fiber optics, infrared optics,  
electronics, metallurgy and chemotherapy,  
but when I heard chemotherapy  
I started looking into it, because  
when it comes to chemotherapy,  
Germanium's role in cancer  
treatments has been widely debated —  
the American Cancer Society found no evidence  
that Germanium helps fight cancer, and the  
U.S. Food and Drug Administration found  
that when Germanium was a nutritional supplement,  
Germanium even actually "presents  
potential human health hazard".

And I'm sorry, when I hear "Germanium",  
I think "Germania", and I know that  
Germania was the Greek and Roman  
geographic term for the region,  
but it still makes me think  
of the "World Capital Germania", with  
Adolf Hitler's vision for the future  
of Germany, with the projected renewal  
of the German capital Berlin  
during the Nazi reign. And Albert Speer,  
the "first architect of the Third Reich"  
(and probably the *only* architect)  
produced many of the plans  
for the rebuilt city, but only a fraction  
was realized. The Berlin Olympic Stadium  
for the 1936 Summer Olympics was built.  
Speer also designed a new Chancellery,  
with a hall twice as long as the Hall  
of Mirrors in the Palace of Versailles,  
but the second Chancellery  
was destroyed by the Soviet army  
in 1945, and almost no other buildings  
planned for Berlin (and Hitler's  
"Germania") were ever built.

#

Some compounds of Germanium  
are highly reactive and very dangerous  
to humans even on exposure.  
I mean, Germanium had similarities  
with the elements arsenic (used for  
chemical weapons) and antimony  
(another toxic chemical element),  
so maybe it makes sense that I can't help  
but equate it with Hitler's plans  
that followed mass genocide.  
So I have to keep reminding myself  
of the uses for Germanium in electronics,  
and remind myself that the most notable  
physical characteristics of Germania  
make it perfect for optics, and things  
like wide-angle camera lenses (which the  
photographer in me can't help but love).  
Because although Germanium can have  
some very bad connections,  
it can also do things to help us out  
so much in our lives as well.



# Americium

## #095

When I heard there was an element  
called Americium,  
I thought,  
what scientist felt possessed  
to name an element  
after the United States of America?  
I mean,  
was it discovered during a war effort  
when everyone rallied with national spirit?  
Was it a World War Two effort  
against the element Germanium  
named after Germania  
(even though that element was not named  
for Hitler's desire to create  
the perfect thousand year empire)?  
I can't believe the decision  
to name an element Americium  
was based on the boo-rah mentality,  
go fight win, U.S.A., U.S.A....  
I mean, is the actual element  
somehow explicitly related to America?

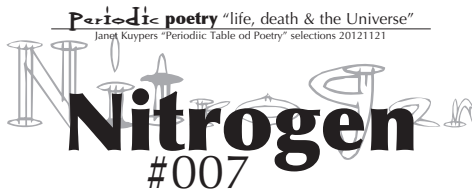


Okay, fine, I will look on line for information.  
Let me first check dictionary dot com  
before Google or Wikipedia  
for information about Americium...  
But before I scrolled down to the definition  
I saw the speaker icon,  
so I could hear the computer-generated voice  
say Americium for me...  
Oh, Ah-mer-EE-cee-um.  
Not Uh-MARE-ick-ee-um. Oops.  
But the definition says Americium  
is the products of high-energy helium bombardment  
of uranium and plutonium.  
Wow. I'm really going to have to research this,  
and maybe I can dispel the World War Two links  
I was apparently making up for this element.

Wait a minute, Americium was discovered  
in 1944, but the discovery was kept secret  
and only released to the public in November 1945.  
(Okay, this doesn't help my anti-Hitler case...)  
Let's see... Americium was first identified  
at the University of California, Berkeley,  
and it was chemically identified in Argonne Lab  
at the University of Chicago. Okay,  
so it was discovered in America, but  
in the Periodic Table, Americium falls  
right next to it's twin lanthanide element europium;  
so thus by analogy, they named this element  
after another continent, America.

Hmmm, fun little story. But Americium  
was primarily used in nuclear tests  
conducted between 1945 and 1980,  
as well as at sites like the Chernobyl disaster.  
(Oh, so we go from Germany as our enemy  
to the Soviet Union as our enemy,  
because the enemy of your enemy  
is not necessarily your friend.)  
And elevated levels of Americium  
were also at the crash site of a US B-52 bomber  
which carried four hydrogen bombs  
in 1968 in Greenland.

But us Americans have to come up  
with more practical applications  
for Americium than nuclear testing...  
And that's when I learned  
that the silvery-white element  
(which is soft and malleable,  
and tarnishes in the air)  
has isotopes that are used in  
smoke detectors.  
So an element that can help kill  
can also help save people's lives.  
Well, I guess in a way  
*that* sounds like America, too.



I'm afraid to answer the phone today.  
Ever since he called me before  
to tell me he has AIDS,  
I've been afraid to answer my phone  
to hear that his condition  
has turned for the worse  
or that he just died.  
His t-cell count has been at zero  
for over 2 months now.  
He lost his job.  
The last word was that he was waiting  
for the chance for entrance into a study  
where he may get a new set of medications.

And waiting is something he cannot do.

So I've looked at homeopathic options,  
but I sound like his mother  
telling him to eat fresh fruits and veggies.  
Don't eat raw seafood, or raw eggs.  
Cook your meat until it is well done  
to get the protein you so desperately need.

And I've looked at the chemical compounds  
in the drugs that are all too expensive,  
and I was surprised to see  
how many times I saw Nitrogen  
listed in these drug compounds.  
Nitrogen. I've only heard of it  
as liquid nitrogen for super-cooling.  
Dip a rose in liquid nitrogen  
And drop it, so it shatters.  
I've even heard of nitrogen capsule  
"widgets" to carbonate stouts,  
or that it's mixed with oxygen  
to make laughing gas.

Maybe I need nitrous oxide,  
because yesterday was the first day  
I hadn't cried.  
I might have been fine for a half hour,  
and then something would trigger it in my mind.  
I thought maybe I'm getting used to the news,  
but I just cried again.

On the phone, you said  
you can't let the thought of death kill you.  
And I was trying so hard  
To not just start sobbing on the phone.

You see, this is why  
I'm afraid to answer the phone now.

You were on the phone with me  
saying that you just have to  
get used to the fact  
that you're not going to grow old,  
or have a family.  
You said that some people  
feel like they are on death's door  
with a T-cell count of four hundred,  
and some people can run marathons  
with a T-cell count of zero.  
On the phone,  
you first told me yours was at eighty,  
and you felt fine.  
A little run-down,  
but that was to be expected.  
Then it dropped lower.  
And now I am afraid to answer my phone,  
to hear the next round of news.

So now I sit here and read  
about antiretroviral drugs  
you may or may not be able to take.  
Protease inhibitors. Integrase inhibitors.  
And I look at the chemical compounds  
of all these drugs, with hydrogen  
carbon, oxygen, occasionally  
fluorine or sulfur,  
And the surprisingly ever-present nitrogen.  
I stare at these compounds,  
wish I could put the elements  
together myself  
and give you what you need.  
Why did I have to learn  
about compounds in chemistry class  
if I couldn't make these compounds  
to help you live.  
Because now I just sit here and read,  
and fear my telephone ringing.



# Selenium

#034

I have wanted all of them dead.  
There's no one else I can say this to,  
but I have had this overwhelming desire  
for I don't know how long  
to see them all suffer exorbitant pain  
as they all suffer to their last breath.

I've been researching ways  
to extract my vengeance  
and commit my final solution.  
It has to be something scientific,  
something methodical, something so  
complicated and convoluted  
that no one would ever suspect me.

There's no way I can get used uranium rods  
from the nuclear power plant  
I saw on my last road trip.  
There's no way I'd get into Fermi Lab nearby,  
where they discovered the radioactive plutonium  
to get trace amounts of neptunium or plutonium,  
because spent or not, trace amounts  
of these radioactive elements could still be  
injected into their food,  
slipped into their hair spray,  
shot into their shampoo,  
and they'd never know what hit them.

So after I scoured the radioactive elements  
in the periodic table  
that are used in nuclear weaponry,  
I glanced back toward the top of the table  
and saw Selenium.

Wait a minute,  
I remember an episode of CSI  
where the actress who was a character on *Melrose Place*  
and was one of the women in *Desperate Housewives*  
conspired with another woman,  
where one of them would marry a rich man,  
and would poison him with Selenium  
until they died,  
leaving the one with a hefty sum of money  
to share with her female conspirator.

Okay, time for some research...  
Selenium, when discovered, they noted  
the similarity of Selenium to the previously-known  
tellurium (named for the Earth), which is why  
it was named from Greek mythology Selene,  
an archaic lunar deity.  
Although Selenium is used today  
primarily in glassmaking and in pigments,  
it is also a semiconductor, with  
Selenium's unusual ability to conducting electricity.  
But the light went off when I read  
that Selenium salts are toxic in large amounts, but  
(here's the key) trace amounts are necessary  
in all animals... This reminded me  
of that CSI episode, where that red-headed actress  
worked with horses, which justified their need  
for Selenium in their lives.

Because although Selenium is an essential trace element,  
excess amounts can be toxic —  
more than four hundred micrograms per day  
can lead to selenosis.

Acute oral exposure to Selenium  
can lead to pulmonary edema and lung lesions;  
cardiovascular effects like tachycardia;  
gastrointestinal effects like nausea,  
vomiting, diarrhea, and don't forget  
the severe abdominal pain...  
Selenium ingestion can lead to cirrhosis of the liver  
and will cause aches, irritability, chills, and tremors.

You know, this element is really starting to look  
like the way to go for me.

Add it to their pizzas and garlic bread  
(since it leaves a garlic odor on the breath),  
and no one's the wiser.  
And the thing is, Selenium  
has an oxidant mode of action  
similar to that of arsenic, which, as I said,  
is exactly what I'm looking for.

Selenium poisoning of water systems  
has occurred in the past, possibly resulting  
whenever new agricultural runoff courses started,  
so it could be easy in get it into their drinks as well.



So, now the question for me  
is how to get it, to place it  
into their food supply.  
I know some is needed,  
and people who have a Selenium deficiency,  
especially for patients with cancer or AIDS.  
And if it is needed for animals  
(I even read a case where animals were given  
the wrong injection levels of Selenium,  
causing mass horse deaths in a polo tournament),  
a quick Google search  
for purchasing Selenium  
will lead to many sites  
with "no prescription needed"  
to get exactly what I'm looking for.  
The last step is getting it  
without having it trace back to my name,  
because once I have it,  
I can get it into their food and drink  
with no problem.  
Because as I said,  
my overwhelming desire  
for I don't know how long  
to see them all suffer exorbitant  
and inextricable pain  
as they all suffer to their last breath  
may finally have that last key,  
because Selenium can make  
everything come together,  
and no one will be the wiser.



# Argon

#018

Argonne National Laboratory (the first U.S. science and engineering research national laboratory). was started because Enrico Fermi's Manhattan Project was to create the world's first self-sustaining nuclear reaction. They constructed "Chicago Pile-1", which achieved criticality (a sustained nuclear fission reaction) December second nineteen forty two, under the University of Chicago's Stagg football field stands. But since this experiment was too dangerous to conduct in a major city, it was moved to a spot nearby in Palos Hills, and named "Argonne" after the surrounding forest.

You know, when I was trying to learn about the element Argon, I was really hoping that Argonne Lab, so close to where I grew up, would have *something* to do with Argon (and not a nearby forest preserve)...

Now, the element Argon got its name from the Greek word meaning "lazy", but that's because Argon atomically is stable and resistant to bonding with other elements. And because Argon has about the same solubility in water as oxygen, Argon often displaces oxygen and moisture-containing air in packaging materials, to extend the shelf-lives of the contents. You know, other noble gas elements would probably work as well as Argon for this, but Argon is the cheapest (so I guess the cheap one wins).

Since Argon is colorless, odorless, and —  
this is the important one —  
does not satisfy the body's need for oxygen,  
Argon is therefore an asphyxiant.  
And since it's hard to detect,  
it's highly dangerous in closed areas.

But on the plus side,  
liquefied Argon is used in cryoablation  
to actually destroy cancer cells  
with Argon plasma beam electrosurgery.

And the thing is, Argon can also be used  
to create incandescent lights  
looking like blue neon  
(and you can just add a little mercury  
to make the light more electric blue).

I wonder if that blue light Argon can emit  
looks anything like what we see in the night sky,  
because the one tidbit about Argon that really got to me  
was that Argon is used (primarily in liquid form)  
as the target for direct Dark Matter searches.  
The interaction of a hypothetical WIMP  
(a "weakly interacting massive particle")  
with the Argon nucleus produces scintillation light,  
and Argon gas can detect the ionized electrons  
made during the WIMP-nucleus scattering.

#

Okay, okay, when I was playing cards once,  
we decided to place bets  
on what the winner of each hand would get.  
Since we didn't have any money  
and we on an astronomy kick,  
the first winning hand won the Moon,  
then the Earth, then more of the planets,  
then the Asteroid belt, the Kuiper Belt,  
the Ort Cloud, the Solar System,  
then the Milky Way Galaxy.  
We may have even bet on the Andromeda Galaxy,  
or constellations like Orion  
(even though the stars and the nebula  
in the constellation are nowhere  
near each other in the Universe)...  
Then my opponent suggested  
the winner of the next hand  
would have dominion over Dark Matter.  
Alright, they won that hand, but the winner  
of the next and final hand won the Universe,  
and since I won that hand, I wanted to say  
that I therefore ruled over the Dark Matter as well...

Now, you can't see Dark Matter directly;  
scientists believe that this hypothetical Dark Matter,  
which neither emits nor absorbs light or radiation,  
can take up to eighty-four percent  
of all of the matter in the Universe.  
Since Dark Matter can't be seen,  
scientists can only infer the existence  
of Dark Matter by its gravitational effects  
on other matter in the Universe.

And they assume the corresponding particle  
in Cold Dark Matter  
is a weakly interacting massive particle.  
A WIMP.

Now, this is all hypothetical,  
But think about it:  
if the Dark Matter within our galaxy  
is made of WIMPs, then thousands of WIMPs  
pass through every square centimeter  
of the Earth  
each second.

Kind of cool.

And if Argon is used to help detect  
these hypothetical WIMPs,  
that's kind of cool too...  
Because this stable noble gas  
might be difficult for people  
trying to breathe in confined spaces  
when Argon can easily displace oxygen,  
but Argon can help remove cancer  
from our bodies,  
can light the way,  
and may even help us learn more  
about some of those undiscovered details  
in the Universe too.



**Barium**  
#056

As Christmas approaches,  
I get my glass ornaments out  
for decorating the tree,  
and it reminds me  
of how the element Barium  
is used in glassmaking  
to improve the luster,  
which is perfect for these ornaments.

Because I always thought  
that Barium was used  
to coat fluorescent lamps,  
or add to fireworks  
to make them a vibrant green  
(not unlike a Christmas tree),  
or even as a contrast agent  
when taking X-rays,  
and yeah, Barium compounds  
can even halt the leaking  
of X-rays from CRT TV sets...

A mineral containing Barium  
is also a rare blue  
fluorescent gemstone,  
that's even the official  
state gem of California.

So I guess it *does* make sense  
that Barium could also improve  
the luster of glassware...

But when I looked for  
more information on Barium,  
that's when I read  
in the New York Daily News  
and the Daily Mail  
that a Tennessee woman  
was actually being *poisoned*  
by her doctor husband  
with Barium. This woman,  
living on Lookout Mountain,  
was suffering from a mysterious  
illness for months, until  
she found out  
that her physician husband  
had been poisoning her  
for five months by putting  
Barium in her morning coffee.

Wow, so I suppose having a little  
Barium in your system  
once or twice in your life  
for an X-ray won't do you in...  
The element Barium can  
add luster to glassware, or  
give an intense green in fireworks,  
coat fluorescent lamps, or stop  
X-rays from coming to you  
through your TV screen —  
the element Barium can  
even help doctors see better  
in X-rays to help someone's life.  
But don't put it in your morning  
coffee every day,  
because if you give someone  
too much of what otherwise  
seems like a good thing,  
it can also be what kills you...



**Potassium**  
#019

Every once in a while, in the middle of the night,  
I wake up in massive pain as one of my legs convulses,  
and it feels like my leg's in a vice grip  
as my muscles cramp at me defiantly  
until I attempt to stand to battle the pain,  
while I hold on to my bed frame,  
struggling until the pain ends.

And that's when he tells me  
"Leg cramps? You're low on Potassium.  
You should eat a banana every day."  
So if there are bananas in the house,  
I'll eat one the morning after one of those  
leg cramp episodes,  
because even though I'm a vegetarian,  
I'm really not that fond of bananas.

So then I have to remind myself,  
you need Potassium, and bananas  
are apparently high in Potassium.

But wait, I take a multi-vitamin daily,  
*that* has to have all the Potassium  
I should never need.  
So I read the label on my multi-vitamin jar,  
scan for Potassium, and see  
that it only has two percent of my USRDA...



Wait a minute... That doesn't make sense.  
So I look for Potassium supplement jars,  
And as a rule they don't exist.  
(At first glance on line Potassium Hydroxide  
is available after you fill out a hazmat waiver form,  
and besides, Potassium Hydroxide is used for livestock,  
and Potassium Chloride is an injectible for *pets*.)  
And *that's* when he tells me,  
"Oh, they don't sell supplements  
of just Potassium,  
because it's toxic if you take too much,  
So, since it's a a health risk they won't sell it."  
And all I could think  
was that if I took a ton of multi-vitamins,  
that would probably be toxic too...  
So then in frustration I looked  
to find the average amount  
of Potassium in a banana.

It was three percent.

Really? Three percent?  
*That's* all I need to stop my leg from cramping at night?  
Then why is the USRDA For Potassium so *high*?  
And how bad for you can Potassium be  
that they won't put enough into multi-vitamins,  
and they won't even release it as a supplement?

Then while shopping, I looked at a flip-top sale can  
of Chef Boyardee at Kmart for a dollar.  
The can was for whole grain lasagna.  
I looked at the back label  
with the Nutrition Facts, and saw that it had  
ninety-eight milligrams of Potassium,  
which was twenty-eight percent

So even though there is a ton  
of sugar and salt and fat  
in a can of Chef Boyardee,  
should I start shoveling down  
that pre-processed pasta  
instead of a banana  
when my leg cramps at night?

I mean, if I can find a surplus of Potassium  
in a pre-packaged can of Chef Boyardee Lasagna,  
maybe I should look for Potassium  
in other sales at the front of this local store....  
So, let's see. Jolly Ranchers don't have Potassium.  
Swedish Fish don't have Potassium.  
Willie Wonka Nerds don't have Potassium.  
Nestle Goobers don't have Potassium.  
A can of Green Giant Sweet Peas doesn't have Potassium.  
A bottle of Italian salad dressing doesn't have Potassium.  
A bag of rigatoni noodles doesn't have Potassium.  
And I really doubt I should be living off of cans  
of Chef Boyardee whole wheat pasta lasagna.  
(Besides, I think I'd be too afraid  
to even eat lasagna from a *can*. Really.)

So I'm sorry, but I'm just trying to figure out  
why you need Potassium in your diet so much  
if I can't even find it easily in foods...  
And since they say bananas have Potassium,  
I looked into it: since Potassium is needed  
in all living cells, a depletion of Potassium in humans  
can also lead to cardiac problems.  
But from what I've found, Potassium is needed  
in plant production, because it's found  
in many vegetables as well as fruits  
(like bananas, I suppose). But the way we  
mass farm now in this global economy,  
it's even leading to a depletion of Potassium  
in the *soil*... And the thing is, Potassium  
is usually found ionized in salts, meaning  
that it's water solubility gives Potassium

many chemicals in it's ionized form...  
(Which I suppose is good for us humans,  
since we are over fifty percent water.)  
And this is the weird part: *because* Potassium  
is so water soluble, it is never actually  
*found* as the pure elemental Potassium.  
The English first called Potassium "Potash"  
(derived from an old Dutch word for the way it was  
extracted, after evaporating solution in a pot  
to leave traces of Potassium like *ash*),  
and was first primarily used in the production  
of glass, bleach or soaps (which seems  
totally fitting because of it's water solubility).  
Then a German researcher introduced  
Potassium into fertilizers, which is awesome  
for us humans who need Potassium for our cells,  
so Potassium could be in all of our plants and fruits,  
but now it seems due to our mass farming  
that Potassium fertilizers won't be enough,  
especially when in this modern age  
we usually opt for processed foods lacking  
Potassium instead of fresh fruits and vegetables.

And yeah, *because* of it's solubility with water,  
it *can* react with some of the elements  
like hydrogen (producing a *ton* of heat)  
or halogen (detonating with a bromide),  
or even have explosive reactions with sulphuric acid.

That just totally reminds me how Potassium,  
like so many elements we need in our lives,  
can also have terrible repercussions when mixed  
in just the right way with just a select few elements...  
Because if I can get Potassium into my body  
in just the right — and natural — way,  
maybe then I'll stop having muscle spasms  
at night, reminding me that I'm deficient  
in the element that all my cells so desperately need.



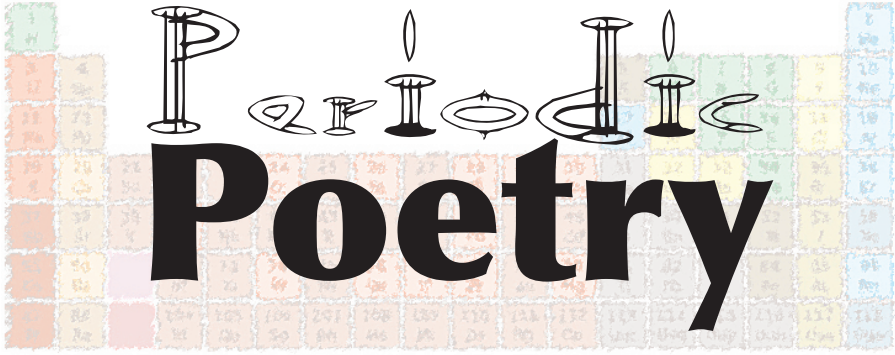
**Iron**  
#026

Grabbing the wrought Iron railing  
as I walked toward the kitchen,  
I first put away the Iron and Ironing board...  
But the television blaring from in the den  
stopped me in my tracks. As I walked,  
the Japanese TV voice asked "scusah"  
before the English translation started.  
Going to the den I saw him and asked,  
"Excuse me, scusah, Iron Chef is on?"  
'Cause although those shows are insanely old,  
it's fun to watch the Japanese food show  
for vegetarian meal ideas. "Yeah,  
got any ideas for dinner?" he responded,  
and I walked to the stainless steel fridge  
to look at our food for ideas, and saw  
his Iron skillets cleaned on the stove  
above the stainless steel oven. Then I  
glanced at the stainless steel dish washer  
and the stainless steel bowls on the counter.  
Knowing that Iron forms stainless steel,  
I thought of all of the iron in our home:  
Makes sense, since Iron is so abundant  
on this planet, from it's outer crust  
to the Earth's rocky core. Even reactions  
of high-mass stars produced Iron,  
making it such a vital part of this planet.  
So it makes sense I'd see it everywhere  
in my own home, from my furniture to  
my appliances... From lighting to lanterns,  
from tables to chairs to even our wall clock.  
It's in the fireplace grating, and it's even in  
the abstract wall art. Hmmm, and how extensive  
is my Iron candle holder collection...  
A few of those older candle holders even  
have rust, because the Iron oxidized.

The Iron Age brought historical advances  
in everything from weaponry to introducing  
curvilinear and flowing decoration designs.  
Iron is so abundant on this planet,  
and since Iron is even so needed  
inside the human body,  
I've even been taking Iron supplements  
to make sure I never run low.

And from the micro to the macro,  
since I love astronomy so:  
with high-mass stars producing Iron,  
scientists even believe that because  
of the existence of Iron in the formation  
of our solar system, an Iron isotope  
energy release may have led to  
the differentiation of asteroids  
after their formation four  
point six billion years ago.

So from the creation of our solar system  
to the insides of our bodies,  
it makes sense why we humans  
have such an Iron will,  
with such a metallic element  
coursing through our veins.  
I finally walked back to the den  
with a few pumpkin seeds to snack on.  
"We can have a spinach salad,  
but I started cooking lentils for beans.  
If you want to use the steel wok,  
Let's cook Tempeh and add artichokes,  
unless you want to use broccoli."  
Since I had Iron on my mind,  
I had to pick the most iron-rich  
foods we had, before I added,  
"And what spices are they using  
on Iron Chef? We can come up  
with a really good meal tonight  
if we play our cards right..."



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**Compact Discs:** Mom's Favorite Vice the demo tapes, Kuypers the Final [MFV Indictive], Woods and Flowers the beauty & the desolation, The Second Acing Something is Sweating, The Second Acing Live in Alaska, Pattes & Kuypers Live at Cafe Aloha, Paintless Orchestra Rough Mixes, Kuypers Seeing Things Differently, 50/50 Tick Tock, Kuypers Change Rearrange, Order From Chaos the Entropy Project, Kuypers Six One One, Kuypers Six, Kuypers Masterful Performances mp3 CD, Kuypers Death Comes in Threes, Kuypers Changing Gears, Kuypers Dreams, Kuypers How To Get There?, Kuypers Contact + Conflict + Control, the DMJ Air Connection the DMJ Air Connection, Kuypers Questions in a World Without Answers, Kuypers SIN, Kuypers WZRO Radio (2 CD set), Mom's Favorite Vice and the Second Acing These Truths, assorted artists Sing Theory, Oh (audio CD), Life At The Cafe (3 CD set), the DMJ Air Connection Indian Flux, the DMJ Air Connection Music Depressive or Something, Chaotic Radio Chaotic Radio Week #1, Chaotic Radio Chaotic Radio Week #2, Chaotic Radio Chaotic Radio Week #3, Chaotic Radio Chaotic Radio Week #4, Chaotic Radio Chaotic Radio Week #5, Chaotic Radio the Chaotic Collection #01-05 (5 CD set) etc. (audio CD, 2 CD set), Chaotic Elements (2 CD set), Chaos in Motion (6 CD set), 50/50 Screaming to a Halt (EP), PBA? Two for the Price of One (EP), Jaka and Haystack An American Portrait, Kuypers/No Beard Trio/Paul Baker/The Juliana Powers Trio Fusion (4 CD set), podcast the Evolution of Performance Art (13 CD set), Kuypers Live (14 CD set), the DMJ Air Connection the Things They Did to You (2 CD set), Kuypers Seeing a Psychiatrist (3 CD set), Kuypers St. Paul's (3 CD set), Kuypers the 2009 Poetry Game Show (3 CD set), Kuypers and the BAlman of South Africa Born Through Me (2 CD set), Kuypers "40" (amazon.com release), Kuypers Season and Other Stories (amazon.com release), Kuypers the Stories of Women (amazon.com release)