

# Televised Side Effects

by Olivia Norem

---

i am recyclable, sensitive, and wrinkle-free  
my doctor-recommended dosages come in ten-second portions of smoke-cloud gun fire,  
refugees, and murders delivered behind a  
glossy-lipped blonde on camera two

i go around the world in 80 seconds with toothy jocks  
foreign cultures in twenty words or less, ticker on my screen  
i await embargoes, crises, terrorism,  
flooding, fires, earthquakes, confusion, protests,  
tears of mothers, mangled children,  
specially-formulated marches of the displaced  
and alluring promises of bloody battles illustrated with  
sexy maps and  
live satellite

i watch candidate's teeth blinking in paparazzi bulbs  
I admire his use of five-day whitening strips and know he is caffeine free

starting this friday i am declared a vegetable and must live  
i am able-bodied and must die in  
microwavable sound bites  
police are investigating my smoke-free Truth  
delivered directly to my door  
full story at 11

i am entitled to compensation for my injuries  
i am online and void where prohibited  
i am dialing for fake gold and mentholated arthritic rubs  
i am using as directed and fortified with iron  
i am improving the quality of my antibacterial life in twenty minutes a day, three days  
a week, with my satisfaction guaranteed

i am instant, busy, nervous, worried and in stores now  
i am roaming, open late, staying tuned, going mobile and leaving no residue  
i am zero financed, technically engineered, and feature anti-lock brakes  
i kill animals for 100% all-white meat  
i remove tough stains in between adding a second one for free  
i order copious samples of reruns that come with a lifetime warranty

i need super-absorbent retirement and fast fresh nutrition  
i pick my savior on weekends, my idols on weeknights, and my soul mate on the web  
i require easy-to-swallow pills to sleep, to stay awake, to digest food, to breathe right, to cure  
heartburn, to have sex

my hollow eyes flicker in recommended daily allowances of bakery-fresh beaches with  
no obligations  
and laughter with no preservatives  
i dissolve in sticky globules down unclogged drains and mingle with the equally forgettable  
remains of  
politicians and reality show guests