

---

POETRY | FALL 2019

## Swedish Fish Rescues

By Katy Giebenhain

Have you ever  
been saved by Dr. Pepper, grape sugar,  
truck stop hot chocolate?  
Juice boxes, popsicles,  
the firm, cinnamon bodies  
of Swedish Fish?

*What the brain needs  
the brain needs now.*

Not after  
the plane lands. Not when  
the meeting ends, or  
a few miles down the trail – beautiful  
as it may be, not  
when it's convenient.

*The brain is not kidding.  
The brain means business.*

If the brain  
were your mother  
you'd be in full-name-sung-  
across-the-street-to-get-your-ass-home-  
RIGHT-NOW-trouble.  
Hypoglyceeeeeemia trouble.

*Go get the brain  
what the brain needs now.*

---

Katy Giebenhain is the author of *Sharps Cabaret* (Mercer University Press). She is part of the monthly Narrative Medicine group at WellSpan York Hospital in York, Pennsylvania. Her poems have appeared in *The Healing Muse*, The National Academy of Medicine's Expressions of Clinician Well-Being online gallery ([Athena, Dialing](#)), *The Arkansas Review*, *The Glasgow Review of Books*, *The Examined Life* and elsewhere. She co-hosts the coffeehouse poetry series "Upstairs at the Ragged Edge" and works at Carroll Community College. Her MPhil in creative writing is from University of South Wales.