1994

In the 19
30s I'd
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This was
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My fath
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"Eagle Ey
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I'd answ
er: "Beca
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t drop:"
The min
the brain:
or later the
the pain: In 1

d creates
Then sooner
heart elates
949: Bop City:
I was 15: Nursing
a tiny little table with
iends: Paul Finkelstein:
Suddenly: The great artist:
laying and pointed to the great
all: At the long long bar: Drinking
lling camel hair overcoat was Duke
dies and gentlemen: The fabulous Duke
Duke Ellington nodded a super subtle cool
e were Gods: And I have seen and heard them:

New York City:
a vodka and tonic at
two giant New Jersey fr
and Abraham Nachamkin:
Louis Armstrong: Stopped p
long bar behind a huge glass w
a glass of milk and wearing a thril
Ellington: Louis Armstrong said: "La
Ellingtonnnnnnnnnnnnnnnnnnnnnmmmnnnnnn:
smile: Raised his glass of milk: Yes: Ther
Their jazz was not fake balls jazz: These fi
to their Self: That which within them they re
I was 50: At a San Francisco night club with the
intime Gershwin revue: George Gershwin was my
Probably my first drink since the 60s: I remember wa
walking out of the crapper sur le louvre: Then: Waking
us back to Berkeley over the Beautiful Bay Bridge easily:
Tequila in a coconut shell: Coco Loco: On Roquetta Beach
Silveroques: And the architect Freddy El Fuerte in Acapulco:
are the only drinks I can remember: I rarely felt a need to drink
ability to be as people are on hooch: Pot: Or coke: All the time:
boys get a spoon of wine when they get their Schwartzenegger
behavior: I was imitating him more than I knew: My father ha
women: "Is anything OK?": Once in his 60s: My father woke
where the best hospital in town was: Walked the few blocks
here who can help me?": The heart specialist who happene
little heart attack: Mr. Daniels: But why don't you go back
He did: Now: In 1994: I was 61: I was often waking up in the morning exhausted after a full night's sleep: My legs
aching: My body and sheets drowning in sweat as if I had been running up and down the stairs of the Empire State
Building all night: I went in for surgery to remove a cyst from my hand: On the little red digital read out my
blood pressure read 215/120: Normal is 120/80: A heart specialist gave me that horribly uncomforta ble
slave on the treadmill test: I told him to stop: I got off: Too uncomfortable: The heart specialist sa i d:
"I bet this is the first time you've exercised since you were 19": I said: "Wrong: 12: Dogs run:
Humans walk": Lucky for me Fred Miller: The world's merriest Doctor: Put me on Nifedipine
60mg and Lisinipril 20mg a day: Blood pressure: Now: 107/69: All my life my blood
pressure had been 135/95: I began to understand why I had learned to work
in intense spurts: And why I was easily tired physically: And why it
was so easy for me to learn how to relax exterior muscles at
will: Now: In 19 94: I was 61: Oddly: I felt younger than I
ever had in m y life: My heart no longer had to run
a marathon t o pump and suck the blood round
my rivers: Yes: Today many people don't
understan d death is lucky: For Medicine
has bec ome just a little less luckier
than d eath: Due to drug's triumph
ove r high blood pressure's
gr inding blood strife: A 61
y ear old Jewish orphan
from beyond the stars:
Did not pop his cork:
Nor blow out his tire:
Instead of certain
death: Was fit as
a goat leg yiddle
on a rag time
fiddle: Body
young for t
he first tim
e in his life:

ne men were real human beings: With real access
ally were: And they had no fear of beauty: In 1983
Shakespeherian actress Feline Filene: Attending an
idol when I was a child: I was drinking a vodka and tonic:
lking to the crapper sur le louvre to take a piss: I remember
up on the night club lobby floor: I seemed to be OK: I drove
Except for a few Berthas at Berthas in Taxco: And a fabulous: Bette
with the donkeys that drank beer: And: The Blonde Bombshell
Having my one J&B tumbler a year in Brooklyn: These
alcohol: I thought it was either because of my earned
Or of my screaming briss experience: For: One week old Jewish
sliced: Or that my father drank rarely: And I was imitating his
d more heart attacks than a waiter who has asked a table of 5 Jewish
up in a hotel room in Vienna: Went down to the Lobby: Asked
to the hospital: Said: "I am having a heart attack: Is there anyone
d to be at the hospital checked him out: Said: "You're having a
to your hotel and finish having a good time on your vacation":