

Phil Rice

bal•last ('ba-ləst) *n.*

1. Heavy thoughts suggesting stability, often carried in a temporary sailing vessel. **2.** A dance position built around placing the left hand on the right breast while the right hand caresses the left voice; the nocturnal two-step. **3.** Art that emits the scent of steadiness: *the ballast of John Keats*. **4.** Any verbal slag supporting a sense of well-being, real or imagined. **5.** Feathers and lead. **6.** Maintaining awareness of the past while facing forward; the weight of what stays.

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