

THE INKWELL

By Lynn Berry

To feed our artist's eye is to feed our internal being. How present are you? I know I am not present when I find myself caught up thinking about the past, or more recently, concerned about the future; (I have twins on their way; a perfect excuse, right?). Yet, when I am not present, for any reason, I am not truly engaging in life as it is at this moment, and therefore, I am neglecting my life. When we allow ourselves to sit and take a breath and be conscious of what is here and now, we are using our artist's eye, which in turn, creates the fuel for our creative energy that is essential to all of our well being. What colors do you remember yesterday? When is the last time you really felt the breeze or sun on your skin? How does your dog or cat's fur feel on your hands? When is the last time you experienced your favorite scent? Have you felt the breath fill your lungs or listened to the rhythm of your beating heart? When or do you ever choose quiet? Have you noticed the beauty

of the lines in your loved ones face? Stop. Be present. When we revere the moment, we fill our spirit and we connect with what is authentic. With this theme of being present in mind, local resident, Tobie Finzel, shares her wonderful playful poem titled *Cattributes*, which shows a stark understanding of realities of her cat as it is, using clever understated irony and internal rhyme. The poet uses nature images to evoke harshness and beauty in a tension that works in drawing in the reader, and yet her playful tone alludes to a darker but yet innocent aspect of theme. All of these show layers of relation with the speaker and of the life around her.

Cattributes

Gray, heat-seeking furball,
Endothermic quadruped,
Beggard of bacon,
Shredder of couch...front
door...throw rugs,
Hunter of mouse and bird and
chipmunk,
Love my husband, jealous of me,
Tolerant when I feed you...
especially bacon.

-----Tobie Finzel

---Writer's Idea: Create a piece of artwork stemming from a simple item and move on from there, for instance, the view outside your front window, a pair of old shoes, half a cup of coffee left on the counter, your pet enjoying the sunshine, or your keys laying jumbled on the table. Art doesn't have to be complicated to be brilliant.

---Writer's Tip: After writing a piece, go back over your work and delete any unnecessary words and allow the strong words to express themselves. Your piece will pop without the clutter. Sometimes less is more.

---Please send your original submissions to, (or if you would like a copy of any of the published poems in their entirety), InkwellVernonia@gmail.com or by mail: PO Box 333 Vernonia, OR 97064. Please include your name and contact information.
Write—Express—Expand.

Lynn Berry holds an M.A. in English, specializing in feminist literature and literary criticism. She has spent several years teaching Literature, Composition, Poetry, Creative Writing, and Critical Thinking at various school districts and colleges, and occasionally provides writing workshops.

Terry's Gym

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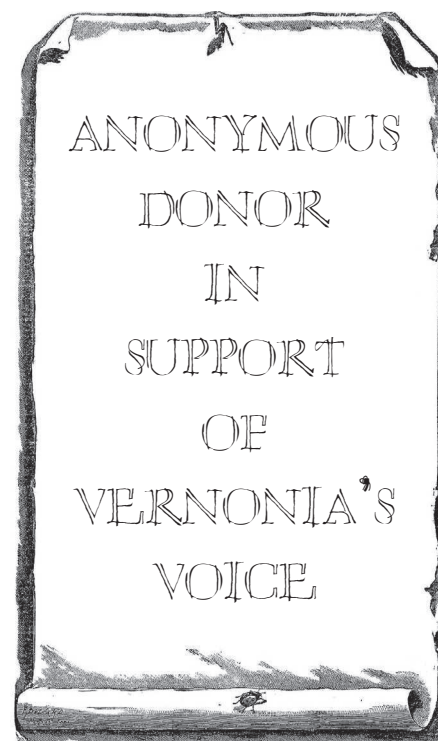


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PUBLIC NOTICES

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Summer Meals Program - Free breakfast & lunch for youth through Aug. 19 at the Vernonia School Cafeteria. No registration required. For more info contact Cathy Meyer. 503-522-5311