

THE INKWELL

By Lynn Berry

This month I'm writing to all of you artists who have ceased creating art. We have our reasons, many of them justified. Life gets busy--sometimes very, very busy. I get it. It's not like we "choose" not to create art. For some of us, the creative light within seems to fade into the background of our lives until we no longer feel that creative force, leaving us feeling somewhat numb or asleep and unconscious to the inspired.

Fortunately, no matter how we crowd our lives, we can call on our creative selves anytime. It's only a practice of awareness. This is not an ideal; it's a fact. For instance, it is a fact that if you are reading this piece, your heart is beating; but most likely, your mind busy, disconnected from the body, you are unaware of this fact. Now, for a moment, take a deep breath; be still; close your eyes, and move your awareness towards your heart. Take only 30 seconds and listen to your heart beating. Now feel your heart moving in your chest and in your body. Do this now and come back to finish reading.

If you actually took the 30 seconds or less, you feel differently than you did before this exercise because you have re-connected with your heart and your body. Similarly, artists can re-connect with their creative selves this easily and quickly, inspiring art in either that moment or at a later time. You already know what to do. Take moments, and I mean literally, only moments, and clear out the clutter in your mind, and look at the universe around you with an artists

eye. For example, take notice of the range of eye colors of the person you speak with next (we all have more than one eye color). Notice the sweetness of the juice of the next apple you bite into. Listen and reach for the furthest sounds occurring in your space. Inspire yourself. When we practice using our artist's awareness, we begin to crack away at the calcification we have piled onto ourselves, and we then begin to emerge and awaken----freeing ourselves to experience the spice and the fullness of this rich and decadent thing we call life.

In her poem titled, "October," local resident, writer and poet, Diana Peach, exemplifies an intense and powerful experience of the artist's eye and how this awareness connects us to the absolute magnificence of life.

October

If I drive off the road
Know that I was distracted by
the wilderness
Gazing for a moment at gilded
leaves
Arched against jagged evergreen
Vine maple blazing in random rays
of sun
The woods wet, black branches
of the forest bending
Silhouetted by canopies of
countless green

Perhaps I beheld a quilted river of
fallen crimson and vermillion
Winding along the roadside
Or I gazed into the weave and
texture of leaves
Layers interlaced, sharp and
dense, against the sky
I glimpse fields of weed, browning
blade and drying seed
Blending into a tapestry of quiet
color before me
If I soar off the road of my life
And fail to rise
Know that my eyes brimmed with
beauty.

-----Diana Peach

---**Writer's Idea:** Create a piece of art that reflects some element of the Fall season and the human condition.

---**Writer's Tip:** This month, play with descriptive images in your thoughts, your writing, and artwork. Write these images down somewhere, and re-visit them to revive some creative energy or to use directly in your work.

---Please send your original submissions to, (or if you would like a copy of any of the published poems) 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.

Transit Link Reopens at Westport

Columbia County Rider Transportation and Sunset Empire Transportation District has re-establish bus connections at Westport, Oregon, starting Tuesday, November 1, 2011.

The service will run Monday through Friday with two trips per day. Rider pickup and drop off in Westport is located at the North side Bus stop on Highway 30 (just east of the Berry Patch).

Jay Flint, SETD's new Director stated that, "The SETD Board of Commissioners is very

pleased to announce the return of bus service along Highway 30 from Warrenton to Westport, and to link back up once again with the CC Rider in Columbia County. This will bring back some much needed service to many of our east county residents."

"By re-opening of this service riders can again ride from Portland or Longview through Columbia County to the Oregon Coast once again," said Janet Wright, CCRider Director. "We are very excited about re-opening this

service and encourage everyone to try it out."

For a schedule of times, pickup points and fares riders can contact CCRider dispatch at 503-366-0159 or go to their website at www.columbiacountyrider.com. Riders can also get information about the service from SETD's website at answers@ridethebus.org or by calling 503-861-7433 (RIDE). For alerts and other information riders can also connect with CCRider on Twitter @rider_cc.

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