

THE INKWELL

By Lynn Berry

Waves of change are upon us. Change is one of those realities in life that we can always count on. Either change suddenly sweeps us up in the midst of its storm, carrying us to places uncertain, or change seems to consistently lap at our feet until we make a decision. In either case, at least the willingness of accepting changing circumstances in our lives belongs only to us and within us. It may take a while to get to that place, the place where we “lean forward into our lives” as written by Maryanne Radmacher, accepting what is, tragic or joyful, and understanding that the paths we travel, either willingly or unwillingly, seemingly fair or unjust, uncover new lessons, courage, and grace. And with any change in our lives, especially the unexpected and difficult changes, we need one another, a trusted few or many that help guide our tattered sails to the next shoreline. Below is a poem, written by poet Liz Rosenberg, that speaks about the sweet nuances of long-term relationships or friendships and how years of “burdens of the other” become insignificant in light of the gifts received from the grace of the selfless unions in our lives.

In the End We Are All Light

I love how old men carry purses for their wives, those stiff light beige or navy wedge-shaped bags that match the women's pumps, with small gold clasps that click open and shut. The men drowse off in the medical center waiting rooms, with bags perched in their laps like big tame birds too worn to flap away. Within, the wives slowly undress, put on the tin white robes, consult, come out and wake the husbands dreaming openmouthed.

And when they both rise up to take their constitutional, walk up and down the block, her arms are free as air, his right hand dangles down.

So, I, desiring to shed this skin for some light silken one, will tell my husband, "Here, hold this," and watch him amble off into the mall among the shining cans of motor oil, my leather bag slung over his massive shoulder bone, so prettily slender-waisted, so forgiving of the ways we hold each other down, that watching him I see how men love women, and women love men, and how the burden of the other comes to be light as a feather blown, more quickly vanishing.

----- Liz Rosenberg

---**Writer's Idea:** Change things up! Spark your creativity by doing at least one thing different every day for one week: take a detour while driving home, read something you usually would not read, listen to a different genre of music, take a vow of silence for one day....and listen, go to a movie or out to eat by yourself, then write about the experiences.

---**Writer's Tip:** Dig a little deeper. Change the patterns of your inner dialogue—speak to yourself more gently, more intelligently, more lovingly. Be inspiring and encouraging, and choose your words thoughtfully. Be your own friend.

---**WE ARE LOOKING FOR LOCAL POETRY. WE NEED YOUR POEMS!!** Please send your original submissions to 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

Your Horoscope: February 2013



By Ms. Luna

February is a good month to stay home close to the fire.

Aquarius (Jan. 20- Feb. 18) You may feel tired and in need of rest. Stamina is low the first half of the month. Second half of the

month is more positive. Luck and happiness will come about. Travel may come that will be pleasurable. Children are a source of joy.

Pisces (Feb 19- Mar. 20) Luck is better this month. You will be creative at work. Some ego issues with family members may occur. Position and career can move forward after the 15th. You could make large strides in work this month.

Aries (Mar 21- Apr. 20) Focus on your career and higher gains. This is a good Social period. Friendships may be revived and there is a chance that you may make

friendships in high places. Take care with your health.

Taurus (Apr. 21- May 21) Financial gain is possible early in the month. Mid-month may see a dip in energy. Avoid keeping too many professional, financial or social commitments during this time. Check and double check times, errors are possible.

Gemini (May 22- June 21) Avoid being emotional when dealing with money. Keep active. You may receive recognition for work. One Saturday this month will bring lucky events. You may require rest around the full moon.

Cancer (June 22- July 22) Guard against your ego this month. Family issues may arise due to ego. Investments in bonds and securities are best in the second half of the month. Facial injuries are possible. You may be off balance.

Leo (July 23- Aug.22) You too must watch your ego. You will find that it is easier to work with people than having them work against you. If you can stow your pride, you will see progress and improvement at work and in your public image.

Virgo (Aug.23- Sept. 23) Instincts are

good this month. You will progress both personally and professionally. Second half of the month will bring family matters. There may be movement in residence or travel. Rest improves your mood.

Libra (Sept. 24- Oct.23) You may move early in the month. Your creativity is at a high. Trouble may come with older children. Keep egos in check. Explain exactly why or why not. The end of the month will be best spent at home.

Scorpio (Oct. 24- Nov. 22) Old investments could bring gains. Career gains are possible in the second half of the month. You will find support in superiors and people in government or positions of authority. Good news comes with children.

Sagittarius (Nov. 23- Dec. 21) Career will be high on your list of priorities. A high level of growth occurs in the first half of the month. An opposition to your ideas in marriage or a relationship may happen later in the month. Your ego could be the problem.

Capricorn (Dec 22- Jan. 19) New developments in your love life are possible for those unattached. Stamina and immune system could dip later in the month. Don't move anyone into your space. Take your time with things of importance.

Valentine's Day Word Puzzle

St. Pierre Graphics

S E L C K S S W E E T S
A F F E C T I O N H S T
I C O K K U B O C E S T
N U N A I D P P A A T E
T E D N S V O I N R R N
V E N U S L E O D T E D
A A E B E F M E L F D E
L M S C S R B R E E E R
E O S R H B R O S E S I
N R V Y A O A S S L I N
T O B E O V C K E I R T
I M K E M C E O I N E I
N A O V E O B L L G B M
E N A O N S T O R A T A
S C A N D Y K I B V T T
D E V O T I O N O P R E
A P A P A S S I O N A T

affection~amor~candles~candy~card~chocolate~Cupid
desire~devotion~feeling~fondness
heart~intimacy~kisses~love~passion~poem~romance
roses~saint Valentine~sweets~tender~Venus~woo

Terry's Gym



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