

Coffee Stained Sunlight

by Mike Vance

It isn't glamorous
It isn't the sound of "Chariots of fire"
Blasting through the PA system
It isn't the muscle bound warrior
dragging his victim by the neck down the street
It isn't eternal bliss radiating through your pores
Rather it is the long sigh at the end of the day
When hope has vanished yet you remain
It is another glorious temper tantrum
Withheld in self-preservation
It is a rude awakening to get up
And face another day of this shit
And you show up for it anyway
I am perseverance.

On the Brink of Insanity

by Leo Rhodes

My comfort zone
Where words aren't spoken, but heard
Where the blind can see, what most can't see
Where the mind is expanded
As if you had dropped some mind expanding drug
Reaching the depths of your mind untouched
The vast darkness
lightened to expose
The Boogeyman
To face your fears
I dance to the beat of a different drummer
My comfort zone

A first for a Portland staple: A trip to the farmers market

BY ROBERT ADAMS
SISTERS OF THE ROAD VOLUNTEER

On April 14, I had the chance to go to the Farmers Market up at Shemanski Park on the South Park blocks between Salmon and Main. It was the first time I ever even considered going in a farmers market. They had sugar snap pea samples as soon as we walked in.

I had a great time shopping for fresh produce and found a lot of delicious things even some goat cheese which I had a chance to sample and really enjoyed. I was also able to buy a tomato plant start that I will ask my friend to keep on his balcony for me. I also found the farmers to have some of the best vegetables and fruits I've ever seen, including sweet strawberries. But one of the most important things to me, was the fact that the reason I was able to go and purchase items at the farmers market was thanks to a new program that started at the Sisters Of The Road.

Sister Of The Road teamed up with the Portland Farmers Markets and New Seasons Market so that patrons of Sisters can use the barter punch cards they earned in the Cafe and buy fresh produce most days of the week. The way the



punch card works is that when someone does barter work in the Cafe they can receive a punch card worth \$3 for every half hour they work. Then they can be taken to the farmers market where they trade them in for tokens that are used as money to shop.

After visiting the market and seeing how easy and good it was to buy fresh market items, I'm overjoyed that this was started. Up to now I could not afford to shop at the farmers markets. I would hope that people support Sisters Of The Road in their effort to make sure that people are able to bring more fresh and healthy food into their homes, wherever that may be, when they would not otherwise be able.

I AM NOT A POET

15

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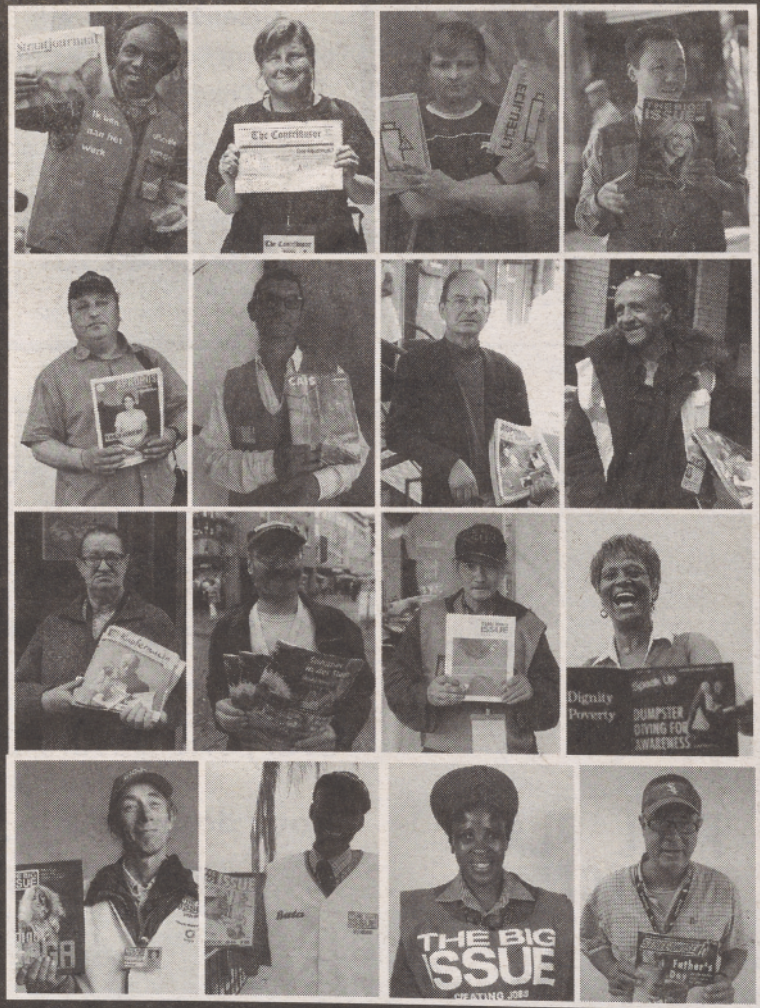
Rain you want to steer clear of

Lynda Pilger, Bear

Is any rain marching through downspouts wearing tin boots making it impossible to concentrate if you had a living room

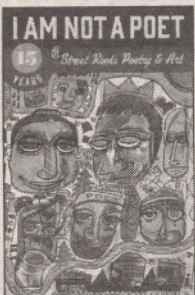
Rain singing tenor in winter's opera, if you've a sore throat and a box of Smith Brothers cough drops is more than you own.

Rain you want to steer clear of is any lake tossing an SUV with two hundred seventy horses across the Morrison Bridge where a pedestrian and her dog no longer walk under an umbrella shaped like the world cut in two.



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