

Chicken Hawk

by sonia French

Chicken hawk, chicken hawk
Flying into the coop,
searching for the young ones
Your tricks and lies, throwing us all for a loop.

Hiding in doorways, shaded by concrete trees
To some you bring numbness
To others its agitation and brand new fears.

Chicken hawk, chicken hawk
Swooping in for the kill.
When will this end, when do you get your fill?

The hens are screaming, mother's pulling out her hair
Balloons and syringes
share space with diapers, crayons and a mitten pair.

Chicken hawk, chicken hawk
How you find the splintered soul.
Before it can be mended you break it even more.

Heroin Heroine; A Poem

LeighAnne H. © 2014

I see you slowly sinking as soon as you breathe her in,
Past the point of cognitive thinking,
And you feel nothing,
She has stolen you from me, I cry,
Pleading for you to leave her all behind.

You're cheating and I know she means more to you, more than I do,
You hide your affair with the dark side,
Acting as if I cannot see you slipping away from me,
Denial mixes with anger as you spit words of burning flame in my direction,
They sting, but not as much as hot tears that drip from now swollen eyes of sorrow.

All I wanted was to save you from yourself,
Though, I cannot rescue the man who does not wish to be saved,
Especially if you're fighting me every step of the way.

You say you're done,
But her memory plays in the back of your mind, I can see that,
Her brown eyes had you captivated upon site,
And it only took one taste.

I wanted to be your heroin heroine, pulling you away from her deadly snare,
You only went back, craving more of her addictive nature,
Sleeping with the enemy and merging her into your entity,
You became one.

You say this is a new chapter,
You say you want a new life,
I've heard it all before and too much hope, too soon, only caused strife,
You say you want a family,
And me to someday be your wife,
But if you love her still, then it all will only fail.

I pray that you've truly left her for good this time,
I pray that you'll no longer revert your choice to hit rewind,
Because she cannot offer you anything new,
She will only bring you down and drown you in your own insecurities,
What you need is a sense of security, to make you feel like you belong in this world,
And you do.

I would love to see you happy, to see you prosper, to see you live,
Though if you go back, this time I'll only see you suffocate yourself in her essence,
Take hold of the raft that's floating within reach,
Stop being a slave to your fixation.

I want to be your heroin heroine, but that means,
You have to let me back in.



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