

### My Corgi

by Eileen Vizenor

My Molly May kept the squirrels at bay.  
Such a little lady that I added "miss".  
And from time to time I'd give you a kiss.  
Your colors of red and white were so bright that you gave my heart light.  
Loved and adored by many because of your cute little fanny.  
You may be gone but never will our bond.

### Runaway Train of Thought

by Shaggy

Things in my mind is wrapped around  
how can I drown out the sound

People living on the street  
struggling to make ends meet

Families who seldom visit  
as though a lifespan has no limit

Hate just propagates  
all across our states

How much time a dollar's worth  
the charge to live upon our earth

Excess and waste are abundant  
Sickness and trash spreading rampant

Although I'd love to get away  
outrage can drive a change of ways

But how much damage do we have to take?

### Writing Coach

by Ron Sanford

Space is relative Time is relative  
There are absolutes and laws as well  
On and off Black and white Good and Bad  
No one had a clue about physics  
Until Newton came around, then Einstein  
I don't need to know exactly what E=MC<sup>2</sup> means  
Religion, spirituality, politics and more  
Lots of labels affixed to temporal things

There's no pressure to perform, no rush—  
You are at the level you are at currently  
Make the approach uniquely yours...listen hard  
Deal with distractions, move if you must  
Are we all on the same page at the table?  
Art or athletics? Are we all on the same team?  
Verbal vs non, right brain vs left...er uh  
Amidst the commotion I'll try to make sense

people's  
FOOD CO-OP

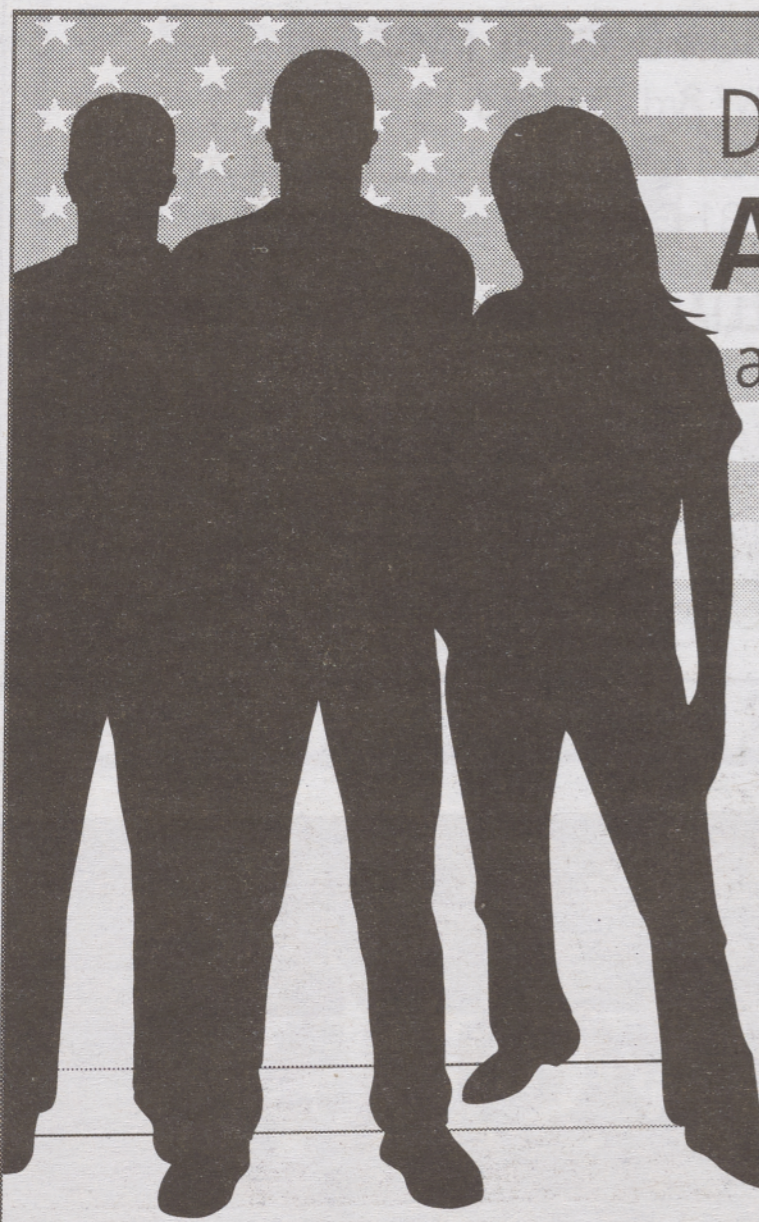
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