

'Butterfly Mindfulness,' by Andrew Puzauskas

As the wind blows
So the butterfly goes
Sometimes directly to the flower,
Or else in a circular round about way
It goes zig-zagging about
Pushed and tossed here and there
It seems to be helpless and yet
Always reaches the swaying target

Where it sits now and clings
Slower now its wings are
Still opening and closing then
Vertically folding upright and
Resting now quite still
It's only focus is upon
The sweetness of the nectar...

RIGHT: Papilio oregonius, the Oregon swallowtail butterfly.



Lydia Ely/The Astorian

Waves break along the South Jetty at Fort Stevens State Park during king tides in December.

'Drains to River,' by Lauren Mallett

and I like the idea of dropping my keys
through the grate. Never mind the ocean.
I want my keys gone. I would risk them
being swallowed. Tangled in the throes
of runoff away from my coat pocket
and moving farther as I stand here,
looking down at the stenciled warning
"No Dumping" and yet that's just what
I would do. Expanse by way of manhole,
uncovered and recovered in silt.
Those rooms they open, one key
per one door. How I've sorted them
onto different rings – car, work, home
The chain has worn the cloth patterns
of my lanyard: polka dots fray,
striped edges curl away from their hem

'The Waves,' by Marilyn Defreese

The waves brush gently
along the sand
Each surge rolls farther
onto the land
Shore birds scavenge
and do their dance,
Then avoid the next wave
from the sea's great expanse
Bull kelp and flotsam
punish the shore
Seagulls and plovers
bob under for more
The footprints I leave
are not timeless for me,
For when I look back
they've returned to the sea



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