

disTRACTiONS



MY LITTLE PIECE OF HEAVEN

the way his feet search the bed
at night
for cold spots to make warm
his chilled feet touch mine
i get a chill
and wish silently that i'd worn
socks.

BY
DEBRA-DAWN MEGENEY

EVE VS. CAPTAIN AMERICA

She smiled,
Polished the fruit
Against her flesh,
And offered it to him,
Coyly.
He did not smile,
Took the fruit,
Took her flesh,
Took one bite
And crushed the rest,
Underfoot.

Though he fucks her still,
She has already won.

JASON MELDRUM



THE STEP

Rage clenches my fists
... and accelerates my heartbeat.

Anger fills my body with energy unable to escape...
and i stand with my expressionless face looking
downward.

His word bounce off me and fall to the ground in a
heap of jumbled nonsense.

Hate grabs hold of me and screams at me to do
something,
anything... don't take the pain any longer.

...but something makes me slowly turn and walk back
up to my room.
If i have somewhere else to go, i would.
Until then, i'll take his temper...
...and i'll push my frustrations deep down inside...

...until one day, it will escape and i'll do what i should
have done a long time ago...
...leave...

BY DEBRA-DAWN MEGENEY

SHADOWS

Shadows creep inside me at night
Guiding me to find my way through the peril
To let me roam wherever i may wonder
If i'm lost and have nowhere to go
My shadow will always protect me from
danger
It lives on within me... forever!

BY TUHIN PAL

WORDS TO LIVE BY - I

View your neighbor as your friend
See your enemy as yourself
Let only good fall off your tongue
And question the roots of your angers.

DARREN ELLIOTT

AUTUMN INQUISITION

Somehow, my soles have led me to this
familiar, foreign place,
where the air bites through me,
haunting and tearing
and the wind sings its dirge to the trees.
The sidewalk here is broken.
So am i.

My path is shadowed by a canopy of
trees
that loom above.
"Clothed with gladness",
they smile their shades upon me.
How can they laugh?
Don't they know their children
fall and die?
Don't they realize the colors they bear
are embellished death shrouds?

Trees are so naive.
Or maybe they just know how to say
goodbye.

I wish i were a tree.

BY KELLY MACDONALD

GARY INDIANA BY: BOOMER FRYE



BE A SURVIVOR!

Today your world fell apart
It crumbled before your very eyes
You watched painfully as your
reality slipped away
And left you broken and
destroyed.

You are NOT destroyed, you are
VALUABLE
Don't let anyone tell you
differently
Tomorrow is another day, you can
start again fresh
BE THE WINNER, not the loser
Achieve vengeance by your
success!

Now you're in pain, so you can't
see
but soon you'll be able to look
back
And see that you've become a
better person
Stand up and be proud
Because you ARE a SURVIVOR!
And no one can take that away.

D: ELLIOTT