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## The Spoon

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## THE SPOON

Unlike the knife  
with its cutting edge  
she stirs ingredients together  
mingling their flavors

She's a toy in the baby's hand  
beating a paean of joy

A tool for stirring the pot  
to prevent sticking or burning  
The medium of delivery  
of a saving potion or savory soup  
A marvel of shape  
to scrape a pan clean  
and waste not a morsel

Smooth to the lips  
Common  
Everyday  
Indispensable  
She graces the table of life

— *Serena Niensted*

## ANXIETY

Mewls at your mind at night,  
sidles in your cracked door,  
tosses you this way and that  
like a mouse it's trapped.  
When you come apart,  
it takes over your chair.

You want to give in.  
Don't you have a right  
to feel a little anxiety?  
But the more it eats at you  
the more it grows.  
Have you ever tried  
to get a cat out of a chair?

— *Constance Vogel*