

Always This Way

Leath Tonino

always this way

isn't it

one thing leading to

linking with

the next

hutton's vireo

on twiggy perch

dark-eyed junco

chasing

dark-eyed junco

fox sparrow

scratching

the dry duff

beside california towhee

same for the land

how it gives

way to ocean

how that makes

a way for the mind

to move

plunge in

swim deep

come up running

the beach

all shivery

all glittery

Time With Pelicans

Leath Tonino

spending time with pelicans is an excellent way
to spend time with the beach
the weather
your thoughts

spending time with your thoughts is an excellent way
to spend time with the space
thoughts ride
like pelicans ride wind

spending time with this space is an excellent way
to spend time with the wind
that blows
from inside to outside

touches everything

carries pelicans
so far