

POETRY

Laura Minning

introspection

I look down into the river,
and I see an Old Woman
staring back at Me.

Her hair has been changed
by the elements of time,
and Her cheeks are dampened,
by the bitterness in the air.

But Her eyes glisten in the moonlight,
just the same.

She tells Me, in secret,
that She will never allow Herself
to be hurt like that again.

And so Her mind lives elsewhere,
making plans for the future,
while attempting
to put Her past behind Her.

I try to console Her,
but every time I begin to speak,
She turns away.

You see:
I think She's as wonderful on the inside,
as She is beautiful on the outside.

And sometimes,
she can appear to be

almost youthful and free.

But she won't hear My words;
She won't listen to Me.

About the Poet

Laura Minning began writing creatively at the tender age of nine. Her first poem was published by her Alma-matter in 1989, and her second received an Editor's Choice Award by the National Library of Poetry in 1993. Laura's work has been featured both in hard copy and on-line, via publications like "Literature Today", "Amulet" and "Stanzaic Stylings".

Laura received her first International Merritt of Poetry Award in 1995 and her second in 1998. Both were presented to her by the National Library of Poetry. Her outstanding achievements in poetry were internationally recognized again in 2005 by Poetry.com, who was kind enough to bestow the title of International Poet of the Year on to her. Laura's first collection of poetry, "dear diary" was published by Vantage Press in 2003. Her second book, "sunburst" was published by Xlibris a year and a half later.

Laura's artistic accomplishments have been equally impressive. She's been creating and exhibiting abstract work since the fall of 2013. Her pieces have been displayed at venues like the Iowa Children's Museum, the Trenton Free Public Library and Barcode. Her artwork, as well as her original photography, has also obtained publication status both in hard copy and on-line. In the spring of 2018, Laura produced a chapbook, entitled "fusion", which featured photographic images of her artwork.

For more information about Laura and her work, please feel free to log onto her website at <https://brcartandpoetry.wordpress.com>.