

# candy-coated complications

not unlike a heart attack  
pausing breath & blood,  
throwing spastic twitches  
of a damn important muscle  
hiding among pale, brittle bones  
fluttering violent  
as a butterfly shitstorm

to FAIL—

flat out bail  
not break, but  
jump ship

out from behind these bars  
long, relentless ribs  
coming up—up through  
the larynx, a sad dead-red fist  
hovering about the tonsils  
leaping out a mouthful of my heart.

here...

## Friday Lubina

Friday's poetry has appeared in *ARTLIFE Limited Editions*, *Dance of the Iguana*, *Caffeine*, *ASKEW Poetry Journal* and the 2011 anthology, *A Bird Black As The Sun – California Poets on Crows & Ravens*. In 2009, she became assistant editor for *ASKEW*. In 2012, she edited *The SpiritLife of Birds* by Maia for Adder's Tongue Press. Friday has been a host of Ventura's Annual Erotic Poetry Event for over a decade and hosted the poetry series, "Friday on Saturday" for several years. She emceed the Ventura County Arts Council's Art Stars Awards, causing her to fall in love with the VCAC family and in 2013, joined their board. Friday also serves on the board for Bell Arts Factory. She has lived in Ventura, actively championing the arts and local businesses for nearly twenty five-years.

