

national, overriding local and national laws, offering no legal way in which citizens can hold them accountable. Because they are international, we must be too. The essence of democracy is the freedom to dissent. No walls should bind our freedom to make our voices heard.

*Lisa was held at the Ottawa Carleton Regional Detention Center. We received support from the Global Democracy Coalition and all the other groups organizing the action in Quebec City, from Mothers and Widwives to the Ontario Public Research Interest Research Group who helped us find legal counsel, set up press conferences, and take care of all the practical details. Through our networks, we alerted people around the world who called, wrote, and put political pressure on the Canadian authorities. Without that support, Linda's choice might have been an act of fruitless martyrdom rather than effective political strategy. After two days, Canadian Immigration released Lisa and allowed her to enter the country without conditions.*

*Starhawk, committed global justice activist and organizer is the author of nine books, including The Spiral Dance, The Fifth Sacred Thing, and the forthcoming Webs of Power: Notes from the Global Uprising. She is a veteran of progressive movements, from anti-war to anti-nukes, is a highly influential voice in the revival of earth-based spirituality and Goddess religion, and has brought many innovative techniques of spirituality and magic to her political work. Her web site is [www.starhawk.org](http://www.starhawk.org).*

## AJA MCKINNEY

Tomorrow or today  
To leave him I'm afraid  
Trapped in a love net  
Of pure baby blue  
Young hearted  
Sweet like butter crab  
Turned bad.

*Aja McKinney is an aspiring poet. She has been writing poetry since age 10. From getting married at the age of 15, and then being diagnosed with Bipolar at the age of 17, she has found a way to pour her heart out on paper. She is currently 21 years old and has written three books of poetry. She lives in Emeryville, California.*

## M. E. CSAMER

### The Ache of a Small Boned Woman

*not osteoporosis, but not normal either...*

The ache of a small boned woman  
is that she has carried too much,  
has too much to carry,  
the distance of a long life, she cannot  
fly though bones grow hollow.

*am pissed off and weary...*

The ache of a small boned woman  
lives in the curve of spine, how the babies  
pulled her out and down towards the earth,  
towards this cracked drying. The generations  
march out of her bones, knocking for luck.

*grand day Sunday...*

The ache of a small boned woman  
is that she is enormous and it can't be seen:  
a universe, compact as a black hole  
a story in every twist of sinew, every  
fissure, marrow dissolving to make room.

*baby lettuce in the cold frame...*

The ache of a small boned woman  
throbs in the garden where she stands  
growing forgetful, worrying the knot of  
sciatica,  
the garden taking her in: bone meal mulch  
sift of bone dust, fine human sand.

*started eggplants and peppers inside...*

*M. E. Cramer first collection, Paper Moon, was published by WatershedBooks in 1998. Two new collections are actively seeking publishers. She lives in Kingston and is a member of the League of Canadian Poets.*