

**food poisoning**

in the north  
of namibia  
the fear of being  
poisoned  
is so strong  
that open bottles  
or cans of drink  
can only be offered to  
others  
after their owner  
has publicly  
taken a sip

it is high time  
this custom  
be exported to europe  
forcing  
wine merchants  
meat producers  
vegetable growers  
spaghetti manufacturers  
to publicly partake  
of their wares  
before bringing them  
onto the market

**The woman that I am**

Breaking down  
the myths of patriarchy  
The barriers  
that hid me from myself  
Shaking off the layers  
of tradition and religion  
which crucified me  
on the kitchen table  
Hidden in the false creations  
of man-made masks  
I found  
the woman  
that I am.

*Elizabeth Khaxas*

**liz frank**

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