

“Cadence”

by Scott Ennis

A cadence, like a sonnet, is a song
Whose words both rise and fall with rhythmic sound
It tells us where the right and left belong
It help us keep our feet on steady ground

Its time is quick or double, never slow
Its lyrics mark our days with tales to tell
At times we sing of places we might go
At times the storyline is crass as hell!

A cadence is the soundtrack to a drill
A cadence helps divert unpleasant thought
With cadences we march up every hill
With memories of every fight we fought

A cadence is a hymn we soldiers call
A rhythmic tale that’s more than rise and fall.

Scott Ennis is a sonneteer who has written more sonnets than Shakespeare. Sonnettics is an anagram of his name. Scott’s creative approach includes screenwriting and poetic cinema. Scott earned his BA in English Literature from Weber State University. Scott was a paratrooper in the U.S. Army, and an endurance athlete who has completed the Boston Marathon and the Ironman Triathlon. Scott survived a near-fatal accident in 2010 and lives with the effects of a TBI.