## "Ketchup Heart" By: Lauren Foster

Ketchup can be mistaken for blood

The blood of someone you love

Or someone you loved

The blood of a grudge you've been concealing with unnecessary items and foods

Walking through the drive-thru because the drive in you has driven away

"Can I just get a large fry and a milkshake?" you say

The following days you repeat

The same and the same and the same

Going through the motions, not noticing your motive for hiding your emotions by drying your ocean eyes

Until one day, you go inside

You order the same thing

But inside

Now you're inside of your soul

Your soul has no idea how to control the AC

You take a seat at Table 4

As in Table 4 One

You eat your fries as your fried heart absorbs it

You'd think the milkshake would colden it, eventually melting it

But your heart is liquid

And when the greasy drug entered, it sizzled

It ignited, but too much ignition can start a fire

And that's what your heart did

Your little, fragile ketchup heart

That start of your obsession with French fries

The start of your obsession with French guys

He fulfilled you with French kisses filled with so much amor

They made you melt to the floor

But where is he now?

Now, he's nowhere to be found

He didn't even get the chance to see you falling on the ground

He didn't even get the chance to surgically open you up and find the ugly parts of you that turned

beautiful thanks to those butterflies

Those butterflies are now flies

Flies attracted to your French fries

Your naive, fragile, little ketchup heart

You start to open your eyes

You grab the ketchup bottle and draw an exact replica of your heart

Red on the edges but nothing in the middle

And once you finish your masterpiece, your ocean eyes unlock its floodgates

It's okay to cry

Your heart us now lying on the table

You're able to notice that your heart has marked itself on your sleeve

Believe me, it's okay to cry

Your index and middle fingers smudge and swipes the edge of your heart masterpiece

Ketchup can be mistaken as blood

The blood of someone you once loved and finally let go

You leave Table 4 a mess

A wreck

But you venture outside not really knowing what to do next

With your brave, fragile, little ketchup heart