

# *Adult* Poetry Contest Winners

2021



"A Lifetime of Love" by Diane B.

(To my husband on our 40th Anniversary)

Here we are now... 40 years in!  
One of the best relationships there's ever been!  
You and me babe - we're a unit, we're "one";  
From the day that we met, inseparable and fun!  
We put God first in all that we do;  
He is our anchor, He is our glue.

Through all of these years, it's evident I know,  
That I love you a lot! You're my friend, you're my beau.  
God put us together while we were still youth,  
A lifetime of love is our absolute truth.  
We committed to each other when we said "I do".  
We were the "most married couple" your mom ever knew.

The three precious humans God gave us to raise  
Were the focus of our lives every hour of our days.  
After many great years, our children were grown;  
Ready for jobs, marriage, and kids of their own.  
Grandparenting we say is the best of the best!  
That's the blessing that comes after having an empty nest.

I hope you know how I feel about you,  
I am proud and delighted in all that you do.  
Affection, devotion, and gratitude abound,  
No greater love for a spouse can be found.  
You're awesome, you're dauntless - my most valued treasure,  
To be married to you, it has been my pleasure!

As we look toward our future they'll be laughter and tears;  
If we live to 100 - we could be married 40 more years!  
That thought makes me smile, that thought gives me chills  
So many adventures; so many thrills.  
I'll cherish you always, our marriage will thrive,  
I'll love you forever each day we're alive.

"For Diesel, the German Sheppard" by Pat W.

I have a German Sheppard Dog  
He's beautiful and wise.  
With medium black sheddy fur  
And soulful chestnut eyes.

He has a long and pointy snout  
With fangs just made for chomping,  
Four big feet, and bushy tail  
And legs just made for romping.

He has a very noble head  
With quite a regal bearing,  
When strangers come up to the gate,  
He's very good at scaring.

He's loyal and obedient,  
So beautiful. So nice.  
A dog who's almost perfect.  
But there's one annoying vice!

It's biscuits! And dog treats-  
To a point where this affliction,  
Believe me, in his case,  
Could be considered an addiction.

He follows you from room to room,  
His stares are most intent  
Because he's so persistent,  
It's hard not to relent.

So you give in and give a treat  
Because you love him so,  
And he knows that you will repeat,  
And on and on it goes...

If you say, "No," he acts so crushed-  
Head down, he slinks away,  
The guilt is nearly palpable  
And soon, he'll hear you say,  
"One more, but then, that's it!"

I wonder if there is somewhere  
A 12-step program for dogs-  
To help him curb his cravings  
And for us at home  
To see some household savings.



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(211 words)

“Insomnia” by Mike S.

Counting is my curse.

It makes me jittery,  
Like an espresso-soaked Krispy Kreme,  
Fueling the flames that feed my frontal lobe.

Counting regrets.  
    But why?  
Counting blessings.  
    Why me?  
Counting moments missed.  
    Me too?  
Counting endless sheep.  
    Too much tonight.

I engage in a delicate dance between my sheets,  
Practicing for the perfect pose:  
En avante,  
En arrière,  
À la quatrième,  
Ahh, seventh position!

I don't speak French.  
I don't ballet.  
My restless body does not care,  
My wavering mind is unaware.

Are you alive if you aren't actively living?  
Are you alone if you are the only one awake?

I count the hours.  
    My face is illuminated by the glow of my mobile device.  
I count the minutes.  
    I can slow my heart rate and my breathing.  
I count the seconds.  
    Maybe I can bend time?

My endeavor ends abruptly; construction begins outside my window.  
Counting rays of light peeking through the curtains,  
I splash my face, comb my hair.

In a daze, my days begin,  
Counting till I try again.

"Snap" by Becky P.

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Softly we walk.  
Softly, so that we don't  
break the thin wire  
that holds our lives together.

One snap,  
that's all it will take.  
If the wire snaps,  
we will tumble  
into the unknown.

However,  
could the unknown  
be any worse  
than the known?  
Perhaps, it is even better.

We will never know  
unless...  
snap...

“WHY SO SERIOUS?!” by Renata P.

A sense of humor  
is seriously required  
A reminder that levity  
can be as important as gravity  
Being witty and creative,  
Solving problems and diffusing tensions  
Build bonds and instill  
a culture through comedy

Let laughter be your superpower  
The joke's on you if you don't get it  
that slapstick can be scientific  
and joking around has its uses

Life can be serious  
Let's lighten up the way  
Find meaning and connections  
by sharing a laugh  
Don't take yourself seriously  
to grapple with serious things  
Fuel up with levity

What makes you laugh?  
Who are you the funniest around?  
Where does humor lie in your life?  
A sense of humor is like a muscle –  
Atrophying with lack of use

Satire or stand-up  
Optimistic and uplifting  
Sarcastic and nuanced  
Seeking the spotlight or understated  
Spontaneous or premeditated  
Deadpan one-liners  
Which one resonates  
as your humor style?

Be receptive to joy  
Relish moments of delight  
Bask in amusement  
From the hint of a grin  
to stomach-aching hilarity  
A hormonal cocktail  
of euphoria and happiness

To increase blood flow  
and relax muscles  
A catalyst for creative thinking,  
deeper focus,  
and long-term memory  
Mental agility and flexibility  
A smile instead of a frown

Strengthen relationships  
through shared laughter  
Build camaraderie and cohesion  
Looking at the lighter side of things  
Humor, a steady companion  
on this journey of life  
Being funny can be serious business!