

TAKE HEART

A Conversation in Poetry

*Edited & Introduced by Wesley McNair,
Maine Poet Laureate*

Do you have the blues? With its surprising images and infectious music, this poem by Mekeel McBride of Kittery is bound to take your blues away.

A Little Bit of Timely Advice

by Mekeel McBride

Time you put on blue
shoes, high-heeled, sequined,
took yourself out dancing.

You been spending too much
time crying salty
dead-fish lakes into soupspoons,

holding look-alike contests
with doom. Baby, you
need to be moving. Ruin

ruins itself, no use unplating
what's left of your garden.
Crank up the old radio

into lion-looking-for-food
music; or harmonica, all indigo,
breathing up sunrise. Down

and out's just another opinion
on up and over. You say
you got no makings

for a song? Sing anyway.
Best music's the stuff comes
rising out of nothing.

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