

Poetry Series

**Mitzie Holstein**  
**- poems -**

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## Mitzie Holstein(August 10)

I was born in a small hospital at a place in the hills of Trelawny called Ulster Spring. I was raised in an even smaller area, called Joe-Hut. As a little girl, I recited poems in both church and school. I even participated in school poetry competitions on the local level.

Years have passed and I am still a lover of poetry. However, I take the time to create my own poems from the heart. My poetry is contradictory. Some will cause you to question, challenge the way you look at life. Whatever the outcome, they have been written to inspire. They will force you to dare, to think, to dream, to become...

# A Father Is

A father is someone who is always strong  
He makes you feel better when everything has gone wrong  
He'll make you laugh he'll make you cry  
He wants you to marry the right kind of guy  
A father will take you to watch the cricket match down the street  
He'll carry you on his shoulder to the next soccer meet  
He'll buy you a bellyful on a hot summer's day  
He'll bring KFC at night if mom says it's ok  
A father is loveable he can be lots of fun  
But don't take him for granted or soon all the fun will be done  
He'll lay down the rules he will not make you act the fool  
He is the ultimate in cool  
A happy father's day to dads young and old  
You're worth all of life's treasures much more than gold  
If anyone should ask what makes you unique  
Tell them that God gave you a special technique  
To love your children and adore  
The good and bad that come to the fore

Mitzie Holstein

# A Star Is Born In Obama

Born from a broken home  
Born to be free  
Son of a mother  
Dad chose to flee

A star you are  
And a star you'll be  
Aspiring to take us all far into the next Century

President Obama  
Son of this soil  
Sleeves rolled up  
Never afraid to toil

You are American  
You are one of us  
We are all traveling on the same bus

Even though the economy is failing  
And the bus dangles near the railing  
Hope is in sight  
If we follow the star's light

A star he is  
A star he'll be  
The next president of our country

Mitzie Holstein

# A Teacher's Pain

Do you read my inbox?  
Can you feel my rage?  
Do you take a gasp  
As you read my page?

This verbal tiff  
Is far adrift  
Alone on the swelling tides  
Hoping that one day  
T'will be heard  
Way above the smattering  
Of birds

For with all the chatter  
Real lives are what should matter  
But so many do not care  
As people pine away painfully  
While others plan carefully  
Waiting to sing cheerfully  
While hurt continues desperately

And every year  
It picks up steam  
As another passenger  
Joins the throng  
Of teacher's hurt  
And in pain  
Yet doing nothing wrong

Who, according to some oddball view  
Must lie and wait  
As they set their bait  
To belittle them  
Again and again  
Treating them as second rate

Well, I have got a point of view  
That must be given some thought  
So while you sit and plan

So will I plan and sit  
On how to emerge from  
This seemingly dark pit  
That you have dug  
As you try to pull my feet  
From under the rug

Mitzie Holstein

# America Post 911

Land of freedom  
Land of war  
Land of peace  
There you are  
America!  
Land of spirit truth and grace  
Land that will never quit the race  
May you fight until you're done  
Because the battle has not yet been won  
America!  
Land of the beautiful  
Land of the free  
Bring the enemy to his knees  
May his conscience sear his soul  
Till the bell of victory tolls  
America!  
This is America land of the brave  
Though you hurt us our banners continue to wave  
High above the skies our spirits soar  
As we replace future's door  
America!

Mitzie Holstein

# Dedicated To You, Robin Williams-Suicide

Nobody knew of the pain  
The things that drove you insane  
Trying to stay true to the self  
While working to please everyone else

No one understood  
And you could not explain  
That the life you lived  
Felt like it was in vain

You used laughter as a cover  
From the hurts  
The pains  
The loneliness you felt  
Deep within the pit of you it dwelt

Eating you up slowly  
Deep inside  
Became your landlord  
Took over your pride  
And ended in suicide

Mitzie Holstein

# Full Speed Ahead

Full speed ahead my child  
God is right by your side

Full speed ahead my child  
Hate will not come close to  
Where love abides

Full speed ahead my child  
No turning back  
You've got nothing to hide  
And He is on your side

Full speed ahead my son  
You've changed the course of history  
Something never thought could be done

Go forth in peace my child  
Let not pride in your heart abide  
Stand firm in your beliefs  
As others watch in disbelief

Now full speed ahead my child  
Do your job with pride  
Thus saith the Lord!  
For he has spoken  
And his words can never be broken

As you go full speed ahead  
Tarry for the living and not for the dead  
Don't forget to keep the Lord in view  
No matter what valley you might be travelling through

Go forth in peace my child  
Full speed ahead  
You are Barack Obama  
Born to lead  
No longer will you be judged by your color or creed

So full speed ahead

Never look back  
God is taking you on a journey  
He has got your back!

Mitzie Holstein

# History In Motion

Crowds a moving  
People a grooving  
Multitudes mixing  
Bodies fixing  
Colors, black, red, blue and white  
Juxtaposed!  
Creating one terrific sight

People of all different hues  
Cheeks cold and turning blue  
With feet walking steadfastly  
Forward into history  
Oh, how I marvel at this mystery

Blending with the surroundings  
In an ocean's swell of pride  
Longing for peace and love to abide

Bodies in motion  
With the energy of a potion  
Just moving along  
without any commotion

Streaming!  
Faces gleaming  
Simply flowing  
Just going and going  
Inaugural Park  
Moving in-between light and dark

Faces going places  
The intermingling of all races  
Jamming into crowded spaces  
As they sing Obama's praises

Not red states, or blue states  
Neither white nor black  
Just simply people  
Moving to one destination

With history as our teacher,  
America!  
Once again,  
Leader of the pack

Mitzie Holstein

# Hot Flash

Somewhere in the forties  
Lies one of life's mysteries  
Expected  
Pounces  
unannounced

A fire breathing dragon  
Scorching you all over  
Flowing hot lava  
Blows your cover  
As you bathe in fever  
That abides  
With you forever

Gone for a moment  
That mischief maker  
Another assault  
Probably your loved ones  
Will take the fault

Face boiling hot  
Ready to cook  
A cauldron  
Misery takes pursuit  
Awake or sound asleep

Will jolt you  
A bolt of lightning  
You jump  
Wanting to water yourself  
Seeking to be free  
Drowning in heat

Air conditioner blasting  
Covering  
Undressing  
Back and forth  
Back and forth  
Until the heat subsides

You lie awake  
Waiting  
For the next session  
Of hot flashes

Mitzie Holstein

# I Am

I am the deep blue waters of the Caribbean sea  
So don't you dare try to decipher me  
When golden sunrays filter through my curtain  
I am warm and strong  
Strong enough to move you along  
With just a little help from the wind  
As she pushes against my body she's my friend  
She tickles my soul as she makes big and small waves from my skin  
And as my rival she cohorts with the rain to bring me pain  
And by then I am so enraged I devour everything in sight  
I roar against the rocks and I am dark and no longer blue  
The sun and sky are no longer my friends  
And those who live within me I do not defend  
Soon I'll be calm again but do not trust  
I'll suck you in like a whirlpool deep in my gut  
This is me  
It's who I am

Mitzie Holstein

# I Took A Slip

Caught me off guard  
Unexpected  
A slip  
Then a fall  
Cried out  
No one to call

A minute goes by  
Maybe two  
Someone comes by  
Then came two  
Then three  
Then four  
Then came many more

I took a slip  
Or the slip took me  
I fell hard  
Landed on one side  
Hips and head hurting  
Buttocks too

The ambulance came and went  
As the pains got worse  
Endless wait in an emergency room  
Hours passed  
All was in gloom

Moved to another  
A few blocks away  
Went home in a few hours  
With pain not at bay

Now you sit and plan for me  
As if my fall was caused by me  
I took a slip  
Not on my own  
Someone was negligent  
Now not wanting covers blown

I took a slip  
Hurt myself  
'Take all the time you need.'  
A phony voice called and said  
Then sit around and plan my hurt  
On how to scour me in the dirt

I did not take a slip  
The slip took me instead  
And I landed and hurt my head  
And other parts  
That I would never dream of  
So do not sit around and scoff

Watch your videos  
Watch them well  
They will tell the story  
The true story of how I fell  
Now do not try to cover your ass  
Mistakes were made  
This too shall pass

As I heal and continue to learn  
It is hoped that you, too, will get your turn  
To slide and slip  
Or slip and slide  
As you, too,  
Hurt your backside

And when in your bed you lie  
Think on this as the days go by  
Slip and slides are not fun  
No one asks for it  
Not even for one little bit

And when your pain comes to an end  
It is hoped that you will fully mend  
And be transformed  
Be human again  
Feel for others  
Stop being so insane

I slipped  
I fell  
And hurt myself  
Take that to the bank  
Or hang it  
On your shelf

Mitzie Holstein

# Man's Torment

When love becomes hate  
It spoils the essence of life itself  
When peace becomes war  
It tears up and breaks down  
The home the church the school  
The community and the country  
And in the end the whole world will break out into a sweat  
A sweat that will spoil human food and animal flesh  
Everything will rot breakdown and fester  
The children of men will cry from hunger  
There will be death and strife among every living thing  
Even the dead will groan in their graves  
The ancestors long gone will rise up  
Their voices will echo and be heard over all others  
They will cry for the children who are dying  
Have died and continue to die  
That is because man has gone mad  
Crazier than the wild dogs that roam the forest at night looking for blood  
And in the end the souls of the dead will go back to their graves  
There shall be no rest for them because man has not changed his ways  
They will moan silently  
They will not rest  
Until man has changed his ways

(I was inspired to write this poem about ten years ago after reading Octavia Butler's books, especially 'Wild Seed' and 'Parable of the Sower'.)

Mitzie Holstein

# Mind's Confusion

My mind is perturbed  
Just like the waters that line Jamaican trenches  
After a heavy downpour of rain  
Like the water that gushes down the gully  
And gets sucked in by the sinkshole that lies at the bottom  
Waiting with wide open mouth  
Waiting to gobble it up with one big mighty sup  
Water that contains pieces of human waste  
That boys have secretly passed out on stones close by the pond  
Dead leaves banana trees  
Old tin cans rooted up from where long buried  
Like memories from childhood  
A childhood that was good and bad  
That's my brain  
That's my mind  
And when the rains have stopped  
And the rushing waters have subsided  
The sun will come out and make everything almost brand new  
Bad memories will have gone  
Or would be sunken somewhere far beyond  
Then will I be free to be me  
And my mind shall not be perturbed

Mitzie Holstein

# My Fantasy

You look at me with dark brown eyes  
Eyes that say, 'I've known you all my life.'  
I look at you and your deep, sunken eyes look almost like mine

Everytime I see you  
You never keep conversation  
Yet you say, 'Hi, how are you? '  
I must have met you before  
In another life? Maybe

I still hope to see you tomorrow  
The next day and the day after that  
You make my days enjoyable

Suddenly you're no longer there  
I search for you in the valleys of my mind  
You are etched in the 'Kodak' part of my memory

You! with your beautiful dark skin and short curly hair  
Your height does not matter to me  
If only I could see you  
I would tell you how much I feel  
This unforbidden love can't be for real

I am dumbstruck now that you have appeared  
Your big beautiful smile is thrilling me to my very bones  
I feel very happy and I hope you won't take my quietness as an insult

I want to jump, cry, run  
Yet I can only smile  
Cause with you there's no space, no time!

Mitzie Holstein

# My Window

Looking through my window  
Feeling the wind on my face  
Watching cars people and buses go by  
Ah! the spirit of the human race  
For a while troubles disappear  
No talk of the rent due  
Do I want to hear  
Just let me sit or lay on my bed  
And watch cars people and buses  
As they go by

Mitzie Holstein

# Soul Music

Inside of every breathing human being  
Is a way to relate  
To song  
Religious  
Or worldly  
Whether tapping  
Singing  
Or swaying

That song  
Whispers your name  
And brings you along  
Caresses you  
Inside and out  
Endless  
Fathomless

You understand it  
Bask in it  
Fills you with longing  
Soothes your soul  
Forces tears down your cheeks  
Like raindrops  
An avalanche

As you burst from within  
Explode with longing  
Sitting in the cover  
Of silence

A language that speaks to you  
And only you  
One that only the soul  
Can uncover

Persuades you to dance  
Shake your head  
Prance  
Drenches you with sounds

Fills you up with words  
Not meaningless

Takes you to the moon  
And back  
Welcomes your lover  
Hearts blended  
In one  
No wandering  
Participating in the song  
That moves the spirit along

Soul music  
Hearts pounding  
Chests heaving  
Being alive  
Forever revived  
That song  
Plays along  
Can anything go wrong  
Now that the music of the soul  
Has chosen to play on and on and on

Mitzie Holstein

# Suicide

I thought of suicide  
So I decided to check myself in  
Totally against my morals  
One of the greatest sins

I thought of suicide  
To end life as it is  
Hopelessly alone  
Thoughts moving about like a drone

Ideas lurking  
Mind becomes stagnant  
Dark thoughts sleeping  
My only tenants

Thinking of suicide  
Bad state of affairs  
Feeling deep inside that no one cares

Thought of suicide  
And how it would end  
No more in glory  
Would my spirit ascend

So I checked myself in to the Man above  
And He whispered softly  
I'll send you my heavenly dove

Mitzie Holstein

# The City

A monster  
Awake  
Sleepy  
Sleeping  
Until it opens  
Its jaws  
Slurps you in  
And swallows  
You up

The city  
A place where families thrive  
As they strive  
To stay alive

A strange place  
An oasis  
Yet a desert  
A lonely place  
With people  
Desperate

Children are caught up in the web  
Falling under its spell  
They hit the streets  
Sometimes returning  
As dust

Lying there in a box  
Lost  
Hopeless  
Conquered  
By this beast  
As sly as a fox

The city  
We are hypnotized  
By a monster  
A monstrous monstrosity

A conniving beast

Feeding on humans

Feasting on our fears

Bellowing over our insolence

Spitting us out

Spewing its guts

And we return

Never the same

Again

Mitzie Holstein

# The City-At Night

Awake at night  
Lights sparkling bright  
People from unknown places  
Egged into crowded spaces

The city  
A place to unwind  
Finding things that are one of a kind

Music booming  
Bodies looming  
As they crash  
To the beat of sound  
Like waves on the seashore

Languages collide  
Fashionistas assemble  
All are ready  
As many gamble and rumble

The city  
A place for fun  
After all the hard times  
When work is done

The city  
With its twists and turns  
Foghorns blowing  
Trains tottering by  
Ignoring the suffering of others  
With the blink of an eye

The city  
Condensed  
Yet so grand  
Beseeching the ignorant  
Until he or she becomes  
Its next truant

The city  
Where many will sell souls  
And integrity  
As life becomes a finality  
Then continues on...

Mitzie Holstein

# The City-At Work

24 hours  
Non stop work  
Nine to five  
Trying to stay alive

Some work twelve hour shifts  
Some work for eight  
While many go around the clock  
Endeavoring not to be late

Some work at midnight  
Some work at noon  
Some work before the awakening of the morning sun  
Making sure that their part is done

From the schools  
To the pews  
The stores to the bakery  
Work continues in the city

With emergency rooms jam packed  
Hospitals ransacked  
Patients cursing  
Nurses racing  
Doctors doing the impossible  
Yet time in this instant  
Moves slowly by  
No one listens to patients as they cry

Bartenders fill a final glass  
Dancers shake that ass  
Real fast  
In an effort for that final tip  
Snatching it from that drifter's huge grip

Construction sites boom loudly as ever  
As people wait or duck for cover  
While workers in hard hats  
Swear and move

Grinding in heat or cold  
A paycheck  
Their final goal

Stockbrokers hit a high note  
Smiling faces on which to dote  
Until the Dow limbers slightly  
Suddenly they are not so mighty

Broadway sings a happy song  
People in lines all day long  
But at nights it gets even better  
With lovers clutching tightly  
Watching actors on stage  
Dancing and singing merrily

This is the city  
A city at work  
Sometimes filled with many a jerk  
Some people cash  
While others eat  
Many carry burdens as they hit the street

Some work above ground  
Some work below  
Some go fast  
While others go slow

Many work hard for their daily bread  
Some work in teams  
Using their heads  
To take from the poor  
To give to the rich

And work continues  
A daily struggle  
Fighting to stay alive  
Alive in a city  
Where you must be witty  
Or else be eaten alive! ! !



# The Spattering

Pit pat  
Drips the blood on the page  
Driblets  
Droplets  
Endless

Life's endless work  
Of blood and sweat  
Dripping on those pages

Of lives lived  
Loves past  
Pains endured  
Experiences  
Marred  
By insanity

Pit pat  
Drips the blood on the page  
Words from my mind  
To hurt  
To soothe  
To heal  
In driblets and droplets  
Yet painless  
Effortless

Mitzie Holstein

# The Wordologist

Give me a word  
And I will make it mine  
Twisting it  
Fixing it  
Giving it fame  
There's no shame  
In adding my name  
For I am  
The Wordologist.

Mitzie Holstein

# To Live Alone

To live alone  
Is to die  
A lonely death

Locked up  
in a box  
Called self

But if you must  
Live alone  
Let not your life  
Be lonely

Strive for causes  
Go where the brave  
Do not tread

For by doing so  
You now stand  
In the footprints

Of all those warriors  
Who have gone ahead  
Who died alone  
But not a lonely death

Mitzie Holstein

# Unbelievable

When you were born the stars in the galaxy twinkled and smiled with glee  
Angels sang because you were going to be one special man  
Unbelievable!

Unbelievable that you were born to aspire towards the unthinkable  
No earthly force could stop you because when the angels sang  
They already knew that you were going to do things insurmountable  
That's why you're unbelievable

And the birds chirped and whispered songs of hope on the day of your birth  
The bees pollinated each flower being fully aware of the change that was yet to  
come  
And the butterflies intermingled and laid eggs that began a new  
species spelled H O P E  
The sun shone  
And its radiance was reflected on your face  
The moon stood huge and still at night and smiled

There was change in the air  
With great hope and without any thought of despair  
You were THE ONE  
Who was sent to fulfill the master's plan  
Teaching us all to live as one  
As we continue our journey in this land

President Obama chosen by God  
Proclaiming hope for the future in this our native land  
Calling for change that was never heard before  
It stuck to the heart of people hoping for an opening to  
Future's door  
Oh how sweet it has become to be a present witness to the unbelievable

Never in a lifetime would this happen we all said  
But no one knew of the plans that lay ahead  
The plan that was set by One from on high  
Who lives much further than the clear blue sky

So here's the message that He has given me to give to you  
Something on which to ponder when you are feeling blue:

Now is not the time to falter my child  
Now is not the time to wane  
You have achieved the impossible  
Now full speed ahead to make others realize the unbelievable

Keep that smile on your face  
You're supported by God's grace  
May His goodness shine on you  
No matter what tides or storms you'll have to swim through  
As you continue to forge ahead  
Destined to do what many continue to think was impossible, unthinkable and still  
UNBELIEVABLE!

Mitzie Holstein

# What Is This?

What's this foolishness I hear  
Of careless words  
Whispered  
Written in your head?  
Must you always speak your mind?  
Of every word  
Seeming one of a kind?

Alas  
comes your answer  
To me  
For to be you  
You must be free  
To write the things  
That pop up in your mind  
As you watch life  
From behind  
Those blinds

Mitzie Holstein

# When We Die

When we die  
We die alone  
For tis a journey  
We must take

And if perchance  
We have someone around  
To hold a hand  
Or make a sobbing sound

Death is is a journey  
We must all take  
Alone

Mitzie Holstein

# Where Were You? A Tribute To Michael Jackson

Were you on the street, in a crowd or just by yourself in a room?  
Did you cry for yourself, for him, for whom he was or for whom you thought he'd become?

Where were you on the day he died?  
How did you feel?  
Were you simply heartbroken?  
Did you rejoice or were you too overwhelmed to react?

And on July 7,2009, where were you?  
On the street?  
In a crowd?  
At the Staples Center?  
Or did you just sit in your room and cry?

Mitzie Holstein