

2024 Anthology



# Thank you to our guest speaker:

# **Danielle Badra**

Fairfax County Poet Laureate (2022-2024)

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## **Free Verse**

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#### Dancer's Song

#### Laura Gentry

Her infancy

has long since strayed, but for the faint recollection of each new sound. She's entered a room brimming with new encounters of hum and breath, and she longs for more.

She's four.

The evolution of her energy echoes the

shape of music.

Soft fabrics from the closet embrace her tiny arms, she sways.

She's ablaze.

Secrets of the most monumental dance emerge.

She's six.

Her mother is a goddess. Her body aloft, as graceful hips and shoulders burn memories of womanhood.

Behind her, the little girl spins in fringe.

Turning colors as vivid as her imaginary stage.

She'll be a goddess one day.

She's eight.

With direction, she plies in the silhouette of a melody.

From the stage, the symphony is familiar,

but she's begun to hear it differently.

Interpretation drips in glitter and satin.

Notes reveal in geometric color.

She's twelve.

Her anthem is a persistent loop, as she composes an alliance between her mind and her emotion.

The challenge reflects from the surface.

Her body, imperfect.

The music, so perfect.

The curtains are snuggly drawn.

She is the only star in this show.

She's fourteen.

She picks tunes that compliment the ballad in her head.

She lights candles and dances in the flame.

She's in love and he feels musical.

She is alive.

The pretty words are hers to twirl in airy prospect.

She's sixteen.

The flame is out. It's dark.

She withdraws from prying songs, as they prod and stab with every agonizing verse.

Every melody is loss. Every shape is dust.

She longs to douse the memories and seek freedom in oblivion.

She steps off the stage to clutch the ground.

She's twenty-seven.

A woman stands, poised above a crowning crescendo.

She has given the world a brilliant gift.

Her new son will grow and love her.

He will value her nurture and prose.

He will match her gentle spirit and surprise her with unimaginable talent of vocals and string.

His life, a most beautiful instrument playing softly, forever on her mind.

She's thirty-eight.

She's found solace where she least expected.

She's found harmony in his eyes.

Her biggest fan, he serenades her with the strength of one thousand orchestras and strums the strings resting in her soul with a gentle whisper.

He is love.

I'm forty-six.

I still navigate this room, brimming with lessons from my maturing improv.

I sing compassion, speckled with requiem on willing ears.

I see value in reminiscing the purest truth,

eternally suspended in my unfolding stanza.

There's still time to dance.

#### Melt

#### Susanne Whitehouse

When life was lollipops and swing sets and fireflies, from time to time, the world could be cruel. You would come running to me with tears spilling down over your splotchy red cheeks, unable to catch your breath. I would draw you into my lap, fold my arms around you and sway gently side to side, whispering that everything would be alright. I could feel your breathing begin to steady and your little body would relax and melt into mine. Spirits were lifted, tears dried, the corners of your mouth curled up as the light in your eyes returned. Now you are no longer that tiny child that I held on my lap. You are strong. You are independent. You are grown-up. But from time to time, the world can still be cruel. A bruised knee may be replaced with a bruised ego. Nightmares in the middle of the night may be replaced with nightmare bosses. Having your favorite toy break may be replaced with someone breaking your heart. For as strong as you are, as independent as you are,

as grown-up as you are, you may need a familiar place to come running to. Know that I will still be here. To listen. To hold you. To melt into.

#### **OCD**

#### Shruthika Sundar

They say "You can tell a lot about a person by their hands."
So, what does it say about me if mine are perpetually dry and cracked,
With countless lines extending across their backs,
Like patches of Earth never watered,
Withered away under golden rays: burning, sizzling, scalding.

They declare "Actions speak louder than words,"
I fear that the voices in my head are louder than my own.
While they scream over each other, desperate to be heard,
My own throat is dry, starved for words.

They contemplate "Which came first, the chicken or the egg?"
Just like its grip on my mind is an endless loop, a riddle unsolved.
While the chicken vainly chases its elusive start,
My mind circles, trapped in its own art.
Which came first, the compulsion or the fear that evolved?

They insist "Better safe than sorry."

And so what if I am unable to resist the urge to wash, disinfect, or sterilize?

My brain has exploded into a roaring menagerie.

Except, instead of wild animals, I am the one being held captive,

By none other than my own, recurring, painfully-vibrant thoughts.

The elephant trumpets and the parrot squawks,

And all I know how to do is stand here and watch.

They wonder "If a tree falls in the forest and nobody is around to hear it, does it still make a sound?"
How hard must the trunk pummel the ground,
How much dirt must come loose,
How many branches must shatter,
To be heard?

What about when the tree is me?
How viciously must my hands bleed,
How loud must the voices scream,
How long must I plead,
To be heard?

I see OCD everywhere, in every phrase and debate, Embedded in the fabric of my life, an inseparable trait. In the whispers of everyday speech, it hides its face, It lurks within each debate, every phrase, every case.

Still, let the sayings linger, the debates carry on,
Like the tide that retreats but always returns,
In the cycle of sayings, my mind churns.
For in speaking them, finding my own voice,
Amidst the endless repetition, is a semblance of choice.

In the cadence of compulsions, a rhythm so bleak, The echoes of my efforts are increasingly meek. Yet in this repetition, a truth quietly unfurls, My resilience whispers, in the repetition, it swirls

### **Artist, Not Art**

### Paige Kisner

I am not your canvas
For you to draw your vision upon—
No cascading waterfall or
Snowy capped mountains,
Peaking in the distance,
Begging to be visited.

I am not your statue
To be formed by those paws—
Those hands—that have molded many.
Don't leave your fingerprints on me
For I am not some origami figurine,
Though my edges give papercuts and
My folds are not open for exploration.

My body is an artwork, a masterpiece, Yes.
And while wish there was
A "please do not touch" sign hanging from
My neck, some days
There is no museum for me
And
I am not on display.

#### A Child's Song

#### Heather Sullivan

Every child is born
With a song in their heart.
Every breath, every cry, every tear
Adds an instrumental note
To the song of their life.

At first, the music is directed
Solely by external conductors:
Situations, circumstances, people.
Some people add tunes of tenderness,
While others inflict strains of suffering.

When a child gets older,
They start penning the verses:
Thoughts and perspectives, choices and actions.
And their chorus expresses
Their experience of the world.

The content of the chorus
Is supplied by external sources:
Situations, circumstances, people.
Some people deliver lyrics of love,
While others contribute chords of cruelty.

As a child grows,
Their song should grow, too:
Louder, stronger, braver, bolder.
Their voice should be encouraged
As they create and sing new verses.

But some children's songs are muffled, Their words stifled, their tempo halted. Neglect, abuse, trauma, and evil All interrupt the beat of their song. Some children's songs are silenced forever.

But if there's still a beat (No matter how faint), If there's still a voice (No matter how strangled), Their song can yet be revived.

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But if there's still a beat (No matter how faint), If there's still a voice (No matter how strangled), Their song can yet be revived. Love can reignite the melody
And pen a new refrain, declaring:
Hope renewed, victory over defeat!
Love can compose a chorus of healing;
Hear it resound throughout the world!

These new stanzas of a child's song Can re-spark the songs of others. Notes of healing, life, joy, and peace Reverberate, blend, and harmonize In an eternal symphony of hope.

## Lyric

Winner: Charles Notley, "This Old House"

Runner-up: Renee Kenny, "Beach Scene"

Honorable Mention: Heather Ward, "Epic Loudoun County"

Honorable Mention: Ming Autumns, "An Ode to Music"

Honorable Mention: Carol McKinney, "Love Song"

#### **This Old House**

### **Charles Notley**

On yonder mountain, lives a mansion. Born when the iron horse was new. She takes you back, to old conventions, When the loco whistle blew.

This old house won't live beyond tomorrow. A wrecking ball will tear her from our view. But this old house will live forever, In this song I give to you.

A pebbled lane finds its way up to the ridgeline, Arched in ancient juniper and pine. And there, between the orchard and the gardens: A stately home, caressed with ivy vine.

This old house is a poem of untold stories, From her rafters to the bottom of the well: One verse of faith, the next of glories, But this old house can never tell.

On her slate roof, are ranks of angels, Standing guard, to protect the souls below. Their golden wings reach out to gather, Winter's snow and icy flows.

This old house has been a friend to weary travelers. Her open door, her only crime.
We'll say "Hello" and then we'll leave her.
'Till we meet, in another time.

This old house has cared for generations. Was always there in fortune and decline. This old house helped build a nation. This old house, that once was mine.

Her great stone walls, are like a mother, In whose arms the child is shielded from all foe. They kept us cool in days of summer; They kept us warm when it turned cold.

#### (O' my Lord, how did they know?)

In a dusty parlor corner,
Stands a clock shipped from some distant Scottish shore.
She told the tides, and ticked the minutes,
But chimes the hours, nevermore.
A spiral stair, just off the foyer,
Ascends part way to Heaven's Pearly Gate.
Just pray St. Peter don't mistake you for a lawyer,
Or you're doomed, to the other fate!

This old house still rings with old time music! The grand piano always filled the hall. What good can come of more rehearsing? There'll be no guests for Monday's ball.

This old house, still reels with peels of laughter! She still cries, from years of tears and pain. This old house will meet disaster, With these simple few refrains.

This old house has put a stop to speculation. She's said 'Goodbye!' to troubles at her eaves. There'll be an end to endless borrows: No more begging, no more thieves.

This old house won't live beyond tomorrow. She'll close her blinds this final night and then, That wrecking ball will do its duty, And her life will come to end.

This old house will enter the Hereafter. No wrecking ball can bend her iron will. This old house will live forever. This old house upon a hill.

Yes, this old house will live forever and forever! Her purple iris will *always* sparkle in the dew! This old house won't mind the weather. This old house now lives in you!

#### **Beach Scene**

## Renee Kenny

Vermillion burning sunset, Ruby glowing crabs, Sunburnt children dancing and Splashing as they stab--

With shovels, digging, bailing. Denim cresting waves, The evening winds exhaling Crimson clouds away.

White brushstrokes on the water, Dappled moonlit sand, Waves crawling upon the beach--Each a ghostly hand.

A silver moon, a yellow sun; The artist rests, his canvas done.

## **Epic Loudoun County**

#### Heather Ward

In Loudoun's vast expanse of green, Where tulip farms paint scenes serene, Nature's song, both bold and fine, Echoes through the rolling vine.

Lyrics whisper through the trees, Carried by the gentle breeze, From petting zoos to tranquil farms, Loudoun's charm has boundless charms.

Gruto's soft serve, a sweet refrain, Melts away each care and pain, With fireworks at Salamanders' sight, Brightening up the darkest night.

Oh, Loudoun, where melodies blend, Nature's symphony, without end, In this place of harmony, Loudoun's song calls out to me.

#### An Ode to Music

#### Ming Autumns

To the music that I listen to on repeat I thank you for your beauty and grace For the way you make hardships disappear And for helping me through the hard times I've had to face

To the music that held my hand since childhood
Those moments when I struggled to pick up my pen
When I began to feel lost or astray
I know I can count on you to bring me peace once again

To the music that held me when I felt all alone With no one to comfort me or anyone to turn to You never abandoned me or left And after you sing to me, I can begin anew

To the music that echoes in my ears all day and all night Your very existence brings me great inspiration You may not have known it until now But you bring about a state of utter jubilation

I revel in your sound And while you do not possess any limbs We shall dance hand in hand Until a new day begins

## **Love Song**

Carol McKinney

Play our favorite song the one we loved to dance to hold me close again.

## **Poems that Rhyme**

Winner: Conrad Geller, "Hurdy-Gurdy"

Runner-up: Cara Eisenberg, "One Small Thing"

Honorable Mention: Martin Bromser-Kloeden, "The Commuter's Rap"

Honorable Mention: Erin-Amanda Schulz, "Entreaty"

Honorable Mention: Sarah Sheikhnureldin, "Cacophony of the City"

## **Hurdy-Gurdy**

#### **Conrad Geller**

I still hear the hurdy-gurdy when the day is getting dark in the narrow streets of Boston and the walkway in the park. Deep sounds are in my stomach and the high ones in my ears, the rhythms for the nickels in those old, remembered years.

The hurdy-gurdy man, I guess, was silenced long ago.
The box he lugged is broken, The nickels spent. I know.
But the memories of beauty last, though times are out of tune, like the yearning in my spirit for the lilacs and the moon.

## **One Small Thing**

## Cara Eisenberg

No explaining my complaining over one small thing Shattered, heart battered 'cause the phone wouldn't ring

And I know that it's foolish It won't do no good And I know I'm reacting far more than I should

But I'm crushed like berries I guess I'm in a jam 'cause I shouldn't be hurt But I am

It's surprising how energizing is one small kiss
Now I'm steaming; it's demeaning to be treated like this

Though it's counter-productive because anger's destructive and it's not a big deal I can't help what I feel!

Yes, I'm boiling like soup I guess I'm in a stew For I shouldn't care But I do

#### The Commuter's Rap

#### Martin Bromser-Kloeden

(Start the beat)

Try'in to get home long past quitting time You gotta go slow cause the streets covered in slime

Water piper, sewer pipe what does it matter Soon enough your new car is covered in splatter

#### (Chorus)

I really hate commuting, its messed my mind I find getting peace and rest hard to find

You finally hit the freeway and you going fast Then you realize you forgot to get some gas

You look down at the near empty fuel gauge As your mind fills up with a lot of road rage

Maybe you can make it to the station nearby You not really sure but you gonna have to try

You get to the pumps but all the regulars dry So you fill-up with premium at a price that makes you cry

#### (Chorus)

I really hate commuting, its messed my mind I find getting peace and rest hard to find

As you turn into your driveway, you start to feel sublime Soon you'll be on the couch with some mighty fine wine

Your wife is in the doorway looking sort of amiss You walk toward her to cure that with a big kiss

But then she stands back and you land a wet miss As you recover you hear say with a little hiss

Boss just called and said you gotta go back

Some sort of critical error in the server backstack

(Chorus)

I really hate commuting, its messed my mind I find getting peace and rest hard to find

You turnaround and look at your filthy new car Wondering if you should just head to the nearest bar

As you sit in the still warm seat and turn the key (rap slow) That's when it hits you, commuting is not for me

#### **Entreaty**

#### Erin-Amanda Schulz

They say the silence is deafening When you are all alone, But then it's only more so When you're here with me at home.

I don't want to fight with you.
I don't to cry.
Please talk to me,
And work with me
So we can stop
Just getting by.

Right now we are staccato— Somehow out of joint. One day I hope that we can live In musical counterpoint.

I know it won't be easy.
I know it won't be fast.
But together we can build that bridge—
Write a melody that will last.

Then hopefully, with luck, Together we might grow A mutual understanding— A slow and steady tempo.

I hope you know I love you, Even when we don't agree— Though sometimes it feels like chaos And harsh cacophony.

I hope you know I miss you, Even when you're next to me— The silence a slow progression, A prelude to a dissonant key.

I hope you know I'll fight for you, And everything we share.

I hope you know I think our love, Our souls, Our story— It's worth it Even when we err.

So please talk to me
Make plain to me
The cadence of your heart.
Please don't let this tortured silence
Keep us far apart.

## **Cacophony of the City**

#### Sarah Sheikhnureldin

Footsteps drum on the sidewalk following a rhythmic beat Melodic chimes of gossip skip through the crowd Hums of monotone drilling into the concrete Discordant honks and screeches of traffic clamored loud

A man's voice booms over the symphony preaching his ideals Jarring crescendo of incoming sirens and flashing lights Steady staccato of clicking heels Chants of a crowd demanding their rights

Rumbles and roars from the subway' bassline Clinking of cutlery and the chime of wine glasses Beeping metronome signals to cross the dashed-line A cacophony of noise pollution made by the masses

# **Spoken Word:**

Winner: Bakhtawar Chaudhary, "The Blind Eye"

## The Blind Eye

Bakhtawar Chaudhary

YouTube Link: <a href="https://youtu.be/dT5rS75AECw">https://youtu.be/dT5rS75AECw</a>

Thank you to everyone who participated in our competition this year.