

# 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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