



**This book I was writing  
When I fell in love with you  
I think of you day and night  
Until the stars seal their light**

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## **Motherhood**

### **A True Tale**

“Grandma, is there an afterlife?”

She’d say, “This life is a life too.”

“Grandma, did you work when you were younger?”

“Yes, I worked in a factory in Ukraine. And before I went to work in the morning, I milked the cow.”

Grandma used to sit by the window in the kitchen in our house in Long Island City and look out on the street. She told Mom she saw my brother, Ralph, outside feeling up the girls.

“I’m sure they do it,” Mom would say, “but not right out on the street.”

I remember being in Brooklyn with Grandma when I was about ten years old. We went to an outdoor market to buy food. Grandma just needed a few things. One thing was a cantaloup. So, she bought a cantaloup.

“They are good,” said the seller. “But they are small. Let me give you two.”

“No,” said Grandma. “I only want one.”

The seller persisted saying over and over, “Let me give you two. They are good but they are small. Let me give you two.”

“No,” said Grandma.

“Let me give you two,” he kept saying. “Let me give you two.”

“You can GIVE me two,” Grandma finally said, “But I’m only PAYING for one.”

That ended the discussion. And I thought Grandma was so cool.

Grandma used to cook scrumptious big meals on the holidays. And she used to embroider the tablecloths. And we used to go over her house in Brooklyn and enjoy the feast.

But later she forgot it all. She no longer could cook and she no longer could embroider.

But she didn’t forget about sex. And she had everyone in bed with everyone else. And she really believed it.

Oh, was I dreaming? No. So much happened in the old days before the computer age.

But as a child not everything made sense to me. We would watch westerns on TV. And in those westerns the good guys with the white hats always won and the bad guys with the dark hats always lost.

Well, that makes no sense. You mean if you are good, being good will make you smart. How’s that? So, I started rooting for the bad guys and I always lost.

Then there was roller skating and skate keys. Well, we loved roller skating, the skates going over our shoes. But you couldn’t roller skate without closing the skates

with a skate key, a key we were always losing, a key we had to buy over and over again for two cents at the candy store.

Also, there was grade school, grades one through six. School was fun except for kindergarten. I couldn't stand my kindergarten teacher. I, therefore, didn't want to go back to school for first grade. My mother took me to first grade, but I wouldn't stay there. I followed her home. Was she angry! She took me back but my first-grade teacher was very nice about it, even when my mother told her what happened. I liked grade school from first grade and up.

Remember the yoyos? And the yoyo champions in front of the candy stores. They could do all of the yoyo tricks. And, of course, there was penny candy.

And in fifth grade, at ten years old, I started writing poetry. And I'm still writing poetry.

Then came sixth grade.

Then came Junior High. There I was the one being picked on. But at the same time, I was going to art school which I absolutely loved. I was treated completely differently in each place. And I'm still painting.

Next, I went to high school, ninth through twelfth grades. In twelfth grade I took art the entire year, the first year they had it. And I received an award for art at graduation. I also had a large part in the school play.

The came college. My father and mother did not like my boyfriend in college. And they did not like my marks. So, my father would not send me back. He said I was

flunking out. Only I wasn't flunking out. I didn't do well, I was on probation, but I could have gone back.

But it was more than my marks. My father didn't like my boyfriend so he wouldn't send me back. But my then ex-boyfriend, Tom, had graduated and went into the army in Germany. It was over between us. But I still couldn't go back to school.

So, I went to Israel and spent a year there.

I came back home and soon met and married my husband, Ben.

We then moved to Italy for five years where my husband, Ben, was going to school. Ben was a problem. He would punch me. I was so unhappy about our relationship, but I didn't know what to do. And he didn't start punching me until we were on the ship going to Italy.

But Italy was wonderful. We lived in Rome for two years and three years in Bologna. Our daughter, Jill, was born in the United States but was moved to Bologna at about ten weeks old. I had no problem feeding her because I was breastfeeding and it came naturally. I started her on solids at four months. I nursed her for 23 months.

That was the beginning of my journey in motherhood and I loved it.

## **Birthday Surprise**

### **A True Tale**

My father never paid much attention to me. That is until my twelfth birthday.

But on my twelfth birthday he took me to work with him. Was I excited!

He was a doctor in a hospital and he was taking me to work to meet one of the nurses.

I had always wanted to be a nurse. She was going to tell me all about it.

“I always liked being a nurse,” she told me. “The only time I was upset by it was when a patient’s arm was being amputated and I was the nurse there and was left holding the amputated arm.”

But I enjoyed talking with her in spite of that and I was so happy to be close with my father and go to the hospital with him and talk with the nurse.

After a while we went back home. I walked into the house and went into the dining room. There was a crowd of people there.

“Surprise! Happy Birthday!”

Was I devastated!



## **The Calf**

### **A True Tale**

My Dad lived on a farm in Ukraine

Many years ago

He was just a young boy then

When they bought a calf to grow

The calf was very friendly

And loved by everyone

My father used to play with him

And chase him when they'd run

But the calf was meant for food to eat

And he grew just fine

They soon had him slaughtered

And fixed for dinnertime

Well, there he was

In a plate for a treat

But nobody could eat him

The loving calf, so sweet

## **Violet The Streetwalker**

Lynn was having a lot of trouble with her best friend, Violet. They were both in 9<sup>th</sup> grade in Jr. High. Lynn's parents didn't like Violet. And neither did Lynn. Violet was always putting Lynn down.

But Lynn's mother acted very strange to this situation. When Lynn told her mother,

"I'm going to break up with Violet,"

Her mother said, "You'd better be good to your friends or you won't have any."

And her father would say, "Violet looks like a streetwalker. I feel so sorry for her parents."

One day Lynn was bike riding with Violet and came back home an hour late for dinner. Her mother punished her.

"You are not allowed to go to the movies Sunday."

"OK," said Lynn.

Two days later on Saturday Lynn's mother said,

"I'm letting you go to the movies tomorrow because if you don't go, Violet won't have anyone to go with."

Then there were times when Lynn would sing a song being played on the radio. Violet would laugh.

“You have a terrible voice.”

After a while Lynn just wouldn’t sing.

Then there were the times Lynn was home and Violet would call her. Lynn made sure not to answer the phone. If it was Violet and Lynn’s mother answered, Lynn would say,

“I can’t talk now. I have to go to the bathroom.”

After that, every ten minutes Lynn’s mother would say,

“Did you call Violet back? Did you call Violet back?”

Lynn would not call Violet back, so Violet would call Lynn again. Lynn’s mother would answer.

“I told her to call you back. I told her to call you back.”

Then one day a miracle happened. Violet and her family moved out of town. Lynn never heard from Violet again.

## Therapy

### A True Tale

I've been doing therapy by zoom or over the phone. And I love it. There's nothing like talking about yourself for 45 minutes.

At the end of the session my therapist often has questions she must ask me. One of them is the following:

"Do you ever have trouble concentrating when you are watching television?"

Concentrating on what? Do I have trouble concentrating on the television because of the thoughts in my head or do I have trouble concentrating on the thoughts in my head because of the television?

I'm baffled!

Actually, no. I have no trouble concentrating on the thoughts in my head because of the television.

And the converse is also true. I have no trouble concentrating on the television because of the thoughts in my head, that is, if I am interested in what the television is showing.

## **Joyful**

No matter what I do  
Or what I hear and see  
Each and every day  
Joyful I will be

Challenges I have  
But love I feel too  
I'm joyful for me  
And joyful for you

And as for conditions  
That look like hell  
Let's do something  
To make things well

Then each day alive  
We'll be happy inside  
Not just for thoughts  
But when they're applied

### **Again, In Love**

Again, I'm in love  
How can this be?  
Again, I'm in love  
Does he love me?

It happened so fast  
How can this be?  
It happened so fast  
Does he love me?

Again, I'm in love  
But still want to be free  
What oh what  
Is happening to me?

All along  
I kept all inside me  
Til finally he died  
And then I was free

My daughter still suffers  
From her lost childhood life  
And I still suffer  
From the scars out of sight

**Bad Stuff**

Just heard a lot  
Of bad stuff  
From someone  
Whose not well

Hope all turns  
Out OK  
But who can tell  
Who can tell

**Best**

Here I sit  
In pensive mood  
Owing a debt of  
Gratitude

Mainly because I can  
Eat and sleep  
With no enemy  
To defeat

I thank my lucky stars  
I do  
For the blessed life  
I'm passing through

And when my bones  
Are put to rest  
I'll relax and cherish  
All the best



**Better Than You**

There always will be  
Someone better than you  
That does not mean at all  
That you are now through

You, too, may do things  
Special—your way  
Like being kind to others  
And making their day

**Black and Blue**

Where am I going

Yes, I see

Another book and painting

Done by me

There are other things too

That I do

Sure beats being

Black and blue

Black and blue

Black and blue

I am through

Being black and blue

## **Castle**

Home. Home

What is home?

Home is where you love to be

And where your life's your own

"A man's home is his castle"

So true. So true

A woman's home is her castle

It goes for women too

And older children want to leave

And have a castle of their own

Where they want to settle in

After they all roam and roam

## **Cheerful**

Haven't been feeling as I "Should. Should. Should"

Haven't been feeling "Good. Good. Good"

Do I want to feel better? I "Would. Would. Would"

And my body says, do what I "Could. Could. Could"

My mind is telling me "Go. Go. Go"

My body is telling me "No. No. No"

But also says maybe, but "Slow. Slow. Slow"

My mind says don't be your own "Foe. Foe. Foe"

But today my body feels "Better. Better. Better"

And my mind says get yourself "Together. Together. Together"

My body says, no longer am I under the "Weather. Weather. Weather"

Both my mind and body say, let's make Life go your "Way. Way. Way"

And have a cheerful "Day. Day. Day"

## **Debts in February**

I'm in the middle of  
Paying off debts  
And it will happen  
Soon

Although it may  
Take a few months  
But no later than  
June

No more will I  
Get  
Into this  
Mess

Although it  
Could be  
Worse I  
Guess

But June  
Will be the  
Month to  
Bless

And sing a happy tune

## **Dreams**

People think that I am strong  
That there is nothing I can't do  
But with what I've got  
It takes a lot  
To make my dreams come true.

### **Early to Bed**

Early to bed

Up early I rise

To go to physical therapy

With girls and with guys

I love pt

It means a lot

To be with others

But should shut up, yup

## **Falling**

I am falling in love again  
Hope I'm not asking for too much  
Just someone who likes to be with me  
And has a gentle touch

I know who I am thinking of  
Hope he loves me too  
And is happy just being with me  
With a friendship true



**February**

We're in the month of February

Winter's surely here

Let it snow

Way to go

Spring will feel more dear.

## **Fullness of Years**

It occurred to me  
Just today  
That my old age  
Is not far away

Definitely now  
Is the time to see  
That I must, yes must  
Take care of me

If I don't take care of me  
Someone else will have to  
And that is NOT  
What I want others to do

I'll consider it maybe  
When I turn ninety-five  
Right now, I'll just enjoy  
Being alive

## **Have a Ball**

I have two pianos  
And I have a guitar  
I'd like to play them all  
As I did  
At one time  
I think I'd have a ball

There's so much  
I'd like to do  
But there's a limit on what I can pursue  
Wait oh wait!  
That's not true  
Learning one thing at a time I can all pursue

Via computer  
I can do almost all  
Even travel virtually and have a ball  
Just be careful  
Of problem websites  
Other than that  
The computer delights

The computer delights  
And I enjoy it the most  
Let's raise our glasses  
And give it a toast

**He**

I wonder, yes, I wonder

How all things came to be

Did God so make the world

Or did the world make He

**Hi**

Just want to say

“Hi” today

Hope that everything’s

Going your way

**I Am**

I've been doing

Not too much

In these

Last few days

I'll be changing

My lifestyle

I've been thinking about it

For a while

I'll continue to write

I'll continue to paint

And listen to music

Be who I am and not who I ain't

## **I Remember**

I remember my husband  
How he used to punch me  
And nobody, nobody  
Came to help me

But it wasn't just punches  
That felt like a curse  
It was his attitude  
That made me feel worse

My daughter and I  
Had nowhere to go  
All this my therapist  
Did not know

All along  
I kept all inside me  
Until finally he died  
And then I was free

My daughter still suffers  
From her lost childhood life  
And I still suffer  
From the scars out of sight

## **Ignorance**

Ignorance speaks with a loud voice

Do you listen? You have the choice

I hear, yes—but listen, no

My mind just tells them where to go



## **In Love 1**

I'm in love  
Don't know why  
But he doesn't return  
My love, oh my

He knows who he is  
And he knows me  
But he doesn't return  
His love to me

I wonder  
Is he afraid of me  
"I don't want to hurt you  
Come to me. Come to me"

Is this a turning point in my life?  
I don't know. We shall see  
I hope it's all for the best  
The best for him. The best for me

However, However  
Maybe it's best  
If we let  
This whole thing rest

So, now I'll say  
So long to all of you  
Hope you enjoyed  
This whole book through

**In Love 2**

Yes. Yes

I'm in love again

I remember this feeling

Since I don't know when

Yes. Yes

I see you, I do

You are in my thoughts

All the day through

Yes. Yes

I love you, I do

Never have I loved

The way I love you

## **Lazy**

Yes, I'm lazy  
And I know best  
Cause whatever is easier  
I request

However, there are some things  
I love to get done  
Even being lazy  
And they're lots of fun

So, I am lazy  
In every way  
I love only fun things  
No more do I say

**Linda**

Dearest Linda

Just want to say

I saw you on my television

Earlier today

I love to hear you speak

Love the poetry you do

May you continue with your poetry

And may your sweet dreams come true

AnneLCohen.com

**Love**

“The more things change

The more they stay the same”

Sex may be the vehicle

But love is still the aim

## **Lovely Life**

My life is lovely  
My life is grand  
And so much is happening  
That I never planned

My stepson and daughter  
Are very good to me  
And I have lovely friends  
Whom I speak with and see

Now what I want to do, is relax  
And my painting and writing too  
Piano, guitar are just not for me  
Maybe a tambourine I'll do

I love to sing, which I do  
Also dance, but arthritis says no  
I'll stick to singing, writing and painting  
And put stuff on my website, which I love so

## **My Birthday**

I'm very tired  
And need a break  
A break from thinking  
For Heaven's sake

Well, I'm afraid  
That cannot be  
I will not allow that  
To happen to me

I need a staycation  
Yes, that's for me  
When I can sit  
On my balcony

In the spring  
When the cold is gone  
My balcony  
I'll sit upon

I'll see the grass  
And the sky so blue  
And very gently  
Think life through

Yes, my balcony is  
The place to be  
Where I can just be  
Happy with me

So, I look forward  
To summer, fall and spring  
And all the peacefulness  
They will bring

Meanwhile I will  
Write, paint and rest  
Or try something new  
And do my best

And also in May  
I turn 83  
I'll ask my daughter  
To go out with me

I don't want a party  
Although I thought so  
But eating out  
Is where I'd like to go

So, that will be my birthday  
And I'll give myself three cheers  
Yay! Yay! Yay!  
For 83 years



**My Bruce**

I miss my Bruce

I miss him so

But he is no longer with us

And I have to let him go

## **My Dreams**

I'm off right now  
To the life of my dreams  
With writing and painting  
There I'm going, it seems

Although I've been at it  
For quite some time  
Each occasion feels new  
And that's just fine

And it's true  
Each occasion IS new  
No need to stay stuck  
In the past with glue

And if it does happen  
It will pass  
I'll move on  
And have a blast

## **My Late Husband**

Yes, yes, you punched me

Yes, it is true

But now I am no longer

Black and blue

I worked for you

And without pay

But now I have it all

Since you passed away

Now you are gone

Now I am free

No longer are you

Punching me

No more punches

And I have it all

I have it all and

Having a ball

**My Love**

Will my Love  
Ever be  
Someone who  
Belongs to me

Or will he stay  
A shining star  
To be cherished  
From afar

Never the same  
Life will be  
Whether he's near or far  
From me

## Neighbors

All right

What now?

Can't think of a thing to complain about

So, I'll take a bow

All right

What now?

There's plenty to complain about

So, I'll take a bow

Nobody likes their neighbors

Including the guy next door

Let's get to know our neighbors

And we'll like them more and more

## **Nickels and Dimes**

Times are now a little rough  
Which means I must stay a little tough  
And watch each nickel and dime  
And make sure all is fine

I'll know more in a few weeks' time  
If all, yes all, is really fine  
But that's how it is when it comes to money  
Sometimes it rains and sometimes it's sunny

But deep down inside I know all is good  
And I'm doing just as I should  
So, when my financial advisor calls me  
We'll mostly chit chat over a cup of tea

And when my financial advisor calls  
I'll listen to him just in case  
And let him know that all is well  
But a little more money wouldn't hurt—do tell

HOWEVER. HOWEVER. I'd like to know  
How to make my finances grow  
What I can spend and what I cannot  
So I can hold on to what I've got

## **On My Own**

Do I want to do things a little new?  
Like taking lessons on my guitar  
Improving myself I want to do  
Yes, I do and by far

I've taken guitar lessons before  
Was not always happy with them then  
But now that I've lived much, much more  
Should I try taking lessons again?

I'll have to think about it though  
I've tried on my own before  
I could try again on my own, but no  
It's not for me, so what for?

What's for me? What's for me?  
It's painting and writing poetry  
I must be me. That's who I am  
It's who I am—that's nature's plan

For all those who read my stuff  
Be yourself. That's enough  
You must try new things in order to see  
Just who you are and who you must be

## **Only One**

I'd love to get to know you

I'd love to finally see

If you are the only one

The only one for me

When will I get to talk with you

When will I get to walk with you

When will I get to kiss your lips

You're the only one for me



## **Quiet Day**

Today is a quiet day  
And I should be glad  
After all the commotions  
The commotions that I had

Today is a quiet day  
So, what do I do  
Look for some tumult  
To latch on to

But I must say  
It's all in my head  
A life of gladness  
A life of dread

So, what do I do  
Well, I can choose  
A life of gladness  
A life of blues

I'll choose gladness  
When I want to be glad  
And I'll choose the blues  
When I want to be sad

**Read in Bed**

I'm tired and I'll go to bed

And read a little too

Maybe I'll play some music

When the reading's through

## **Ring A Ding Ding**

I decided to retire

Tuesday, February 4

In year 2025

I'll do less and do more

I'll do less of what I don't want

And more of what I love

While taking it easy

Thanking my blessings from above

I'll still paint

And I'll still write

And love every minute

Cause they are pure delight

I'll still dance

And I'll still sing

With my tambourine

Ring a ding ding

**Secret Love**

My Secret Love

Who is he?

Someone as special

As he can be

Maybe some day

I will be

As special to him

As he is to me

**Trust**

There's something about him

I don't trust

What shall I do?

Just keep your eyes wide open

And your brain working too

## Twins

The loss of my children  
Which never should be  
Left a big hole  
Inside of me

“Mommy. Mommy”  
I hear them cry  
But I cannot find them  
Why? Oh why?

If there is a heaven  
We go to some day  
Will I hug and kiss them?  
Will we laugh and play?

My little twin boys  
What did we do  
To merit this loss  
For me and for you?

**Well. Well.**

Well. Well

What do I do?

My computer is down

And I feel blue

Well. Well

Do not feel bad

Your website is up there

And ideas you have

Well. Well

You are right

I'll enjoy the day

And sleep well at night

### **What I Feel Like**

Sometimes I wonder  
Where I am going  
And what I want  
To be

I've tried singing and dancing  
And I like those things a lot  
And I also tried the guitar  
And a guitar I've got

I've tried many things, it's true  
But poetry and painting  
Are the two things  
I always go back to

And I've finally retired  
On February four  
So now I'll do what I feel like  
No less and no more.



### **What I Love**

I must change  
The way I think  
Because how I'm thinking now  
Sure does stink

Instead of being happy  
For each thing I can do  
I think of what I can't do  
And then start feeling blue

Well, let me not  
Do that to body and mind  
I'll do what I love  
And to myself be kind

**Who Am I?**

Who am I?

I am me

Someone who I'm

Happy to be

Who are you?

I hope you are too

Very happy

Being you

## **Yes Indeed**

Life can be very bad  
In this world, that's right  
But in ancient times people knew  
What to do about the plight

About the problems, they had to decide  
Exactly what they should do  
And to keep from getting too depressed  
They had a Court Jester too

That's what we need in this modern world  
Besides a drink and the pills  
We can use a Court Jester  
To cure us of our ills

**Afterlife**

When you are dead and laid to rest

And in the Earth you fill

Who are you in afterlife?

A daisy or a daffodil?