

The verses within this book might inspire, encourage and appeal to something in anyone who has experienced any one or more of life's emotions. It is believed that you will find at least one poem in this collection that causes you to emote.

Say it Poetically
By Sandra V. Moore Thomas

Order the book from the publisher Booklocker.com
<https://booklocker.com/books/14420.html?s=pdf>
or from your favorite neighborhood
or online bookstore.

Death

Time

Love

Music

Memories

LIFE

Say it Poetically

Friends

Contempt

Tribute

Dreams

L.O.V.E

Sandra V. Moore Thomas

Copyright © 2026 Sandra V. Moore Thomas

Print ISBN: 978-1-961266-05-6

Ebook ISBN: 979-8-88532-274-4

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Published by BookLocker.com, Inc., Trenton, Georgia.

The characters and events in this book are fictitious. Any similarity to real persons, living or dead, is coincidental and not intended by the author.

BookLocker.com, Inc.

2026

First Edition

Library of Congress Cataloging in Publication Data

Thomas, Sandra V. Moore

Say it Poetically by Sandra V. Moore Thomas

TABLE OF CONTENTS

AFFECTION, IMAGINATION, FRIENDSHIP	9
THAT’S WHEN I MISS YOU	10
LOSS	11
WONDROUS POETRY	12
YOU ARE—	13
FRIENDSHIP	14
MEMORIES.....	15
REMINISCENCE	16
INSPIRATIONAL	17
LAY WITH HER	18
FRAGMENTED	19
TURN THE PAGE	20
HIS EYE.....	21
SANDYHOOK---A TRIBUTE	22
ETHNIC	23
BLACK IS:.....	24
STRONG WOMAN, BLACK WOMAN	25
BLACK MANCHILD	26
KNOW THEM BY NAME.....	27
PSEUDO-CYNICAL	29
EMPATHY	30
SURE WISH I HAD A DREAM.....	31
I SMILED.....	32
FREE VERSE	33
DEATH –NO RESPECT	34

LACK OF VALID EMOTION	36
TRIBUTES	37
I WATCHED YOUR HAIR TURN GRAY.....	38
TO MARILYN.....	39
ABOUT LYSTRA.....	41
A TRIBUTE TO MY AUNT MURLENE	42
A POEM FOR STEPHANIE	44
FOR KIM BATISTA (A FRIEND IN TRANSITION)	45
A POEM FOR KINSEY AT AGE 4.5.....	46
FOR DORETHA, AKA “DA” UPON THE DEATH OF HER TWIN, LORETHA, AKA “LA”	47
FOR DORETHA: A TRIBUTE TO HER MOTHER (25 YEARS AFTER DEATH)	49
“LIMERHYMES”	51
DEFINITIONS--WHAT IF?	52
SELF-TALK WHILE SITTING IN THE DENTIST’S CHAIR.....	53
“LIMERHYMES”	55
LET’S JUST SAY LOVE	57
YOU SPEAK OF LOVE	58
INTERMITTENT THOUGHTS	59
BUT DO YOU LOVE ME...?	60
TO LOVE.....	61
THINK DEEP	62
INTIMATE RHETORIC.....	63
IF I PROMISE	64
JUST FOR A FLEETING MOMENT.....	65
DARE TO BREATHE	66

MISCELLANEOUS.....	67
I"VE FALLEN AND I.....	68
"I ONLY HAD TWO"	69
NO FERRETS! (MY RESPONSE TO KINSEY AT AGE 12)	70
TO NAP, OR NOT TO NAP? (CHRISTINE'S DILEMMA)	71
NO BIG DEAL.....	72

LACK OF VALID EMOTION

LOVE?

Yeah, I always believed there was only
one kind, but Life made me a liar.

I've since learned that there's that quiet, deep-rooted,
sacrificing-do-anything-to-make-you-happy--just-treat-
me-right-- the kind I had for you.

Then there's that, possessive, jealous, suspicious,
suffocating kind

that puts you down and holds you down, and destroys
what could

have been a beautiful, remarkable thing had it been
given a chance

to breathe and to grow before dissolving into dread,
angst, and contempt;

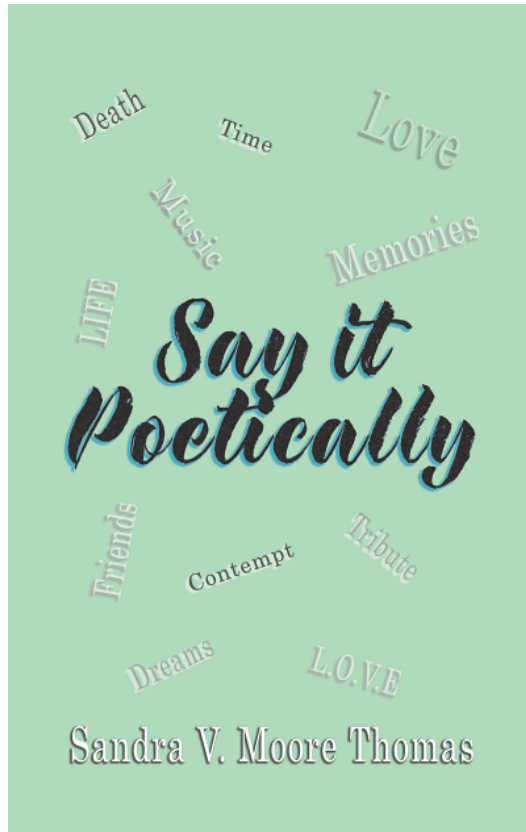
the kind you showed me.

And, there's that "Popular Love,"--the most prevalent
kind.

That physical, selfish, in-different--'don't mean nothing
no ways'-- kind which really *isn't* Love at all, but just an
acronym for

LACK OF VALID EMOTION.

L. O. V. E.



The verses within this book might inspire, encourage and appeal to something in anyone who has experienced any one or more of life's emotions. It is believed that you will find at least one poem in this collection that causes you to emote.

Say it Poetically
By Sandra V. Moore Thomas

Order the book from the publisher Booklocker.com
<https://booklocker.com/books/14420.html?s=pdf>
or from your favorite neighborhood
or online bookstore.