

Ten Minute Stipulation

Chaste Not Want Not

Elisa was a teen about to fall off a **cliff**.
Her peers **needle** her to be promiscuous.
The **voice** of reason does not appear present--
more the **whirr** of hormones overtaking her.
She makes appointments on her **Blackberry**.
She **clouds** her mind and body in drugs.
No one can **mother** this lost child.
She will take her **licks**- numb and dumb.
But unwed mother was not in her plans.
The shock of abortion changed her ways.

The Early-rising Poet Captures Sunrises's Rays

Under a bright sky filled with white **clouds**
I bring my pen to **needle** words into lines
near prickling **blackberry** vines in the garden.
Planes and traffic **whirr** in the distance.
I **lick** the tips of delicious words
emerging from my subconscious.
Falling off the **cliff** to my thoughts
words pour to blanch page.
I hear my **mother** preach "Don't try, just do."
My **voice** yawps the beginning of a poem.

Ten Minute Stipulation:

Suggested by Rita Dove.

1. Write ten lines in ten minutes with stipulations.
2. Select from a phrase, cliché, saying or proverb. Some suggested in a workshop were: Can't never tried. To thy Own Self be true. Waste Not. Want not., Early bird gets the worm, A rolling stone gathers no moss, A needle in a haystack.
3. Randomly chose 8 words from suggestions: Can use a dictionary or a word list to pick from if not in a group.
4. Using the phrase and 8 words write a poem in ten lines in ten minutes.
5. In the first example I changed Waste Not. Want Not to Chaste Not. Want Not.
6. Words we were given were: cliff, needle, voice, whirr, blackberry, cloud, mother, lick.
7. In the second example with the same words but the phrase The early bird gets the worm becomes The Early-Rising Poet Captures Sunrise's Rays.