

Ute Carson

Seasons of the Body

Youth is spring,
blossoms, smoothness, idealized perfection.
Old age is winter,
frost, concealment, farewells.
Only summer and fall build bridges,
ripeness and golden harvest time
gliding toward wilting and letting go.
Through different lenses we may see
the lustrous skin of youth as cold as marble,
while wrinkles of age show warmth and wisdom.
Young eyes may shine bright and proud,
but lack insight.
Muscular legs can run fast,
but be unable to slow down and meditate.
Dark locks of hair entangle in an embrace,
while silky gray strands are caressed by the wind.
The fit body finds admirers,
but tenderness hovers over frailty.
The young heart beats with optimism,
but may neglect to open its chambers to listen.
If we accept our bodies, ourselves across time,
we find beauty in every season.

A writer from youth and an M.A. graduate in comparative literature from the University of Rochester, German-born **Ute Carson** published her first prose piece in 1977. *Colt Tailing*, a 2004 novel, was a finalist for the Peter Taylor Book Award. Carson's story *The Fall* won Outrider Press's Grand Prize and appeared in its short story and poetry anthology *A Walk through My Garden*, 2007. Her second novel *In Transit* was published in 2008. Her poems have appeared in numerous journals and magazines in the US and abroad. Carson's poetry was featured on the televised *Spoken Word Showcase* 2009, 2010, 2011, Channel Austin. A poetry collection *Just a Few Feathers* was published in 2011. The poem *A Tangled Nest of Moments* placed second in the Eleventh International Poetry Competition 2012. Her chapbook *Folding Washing* was published in 2013 and her collection of poems *My Gift to Life* was nominated for the 2015 Pushcart Award Prize. *Save the Last Kiss*, a novella, was published in 2016. Her poetry collection *Reflections* was out in 2018. She received the *Ovidiu-Bektore Literary Award 2018* from the Anticus Multicultural Association in Constanta, Romania. In 2018 she was nominated a second time for the Pushcart Award Prize by the PlainView Press. *Gypsy Spirit* was published in 2020 as was her essay *Even A Gloved Touch*. Ute Carson resides in Austin, Texas with her husband. They have three daughters, six grandchildren, a horse and a clowder of cats. www.utecarson.com