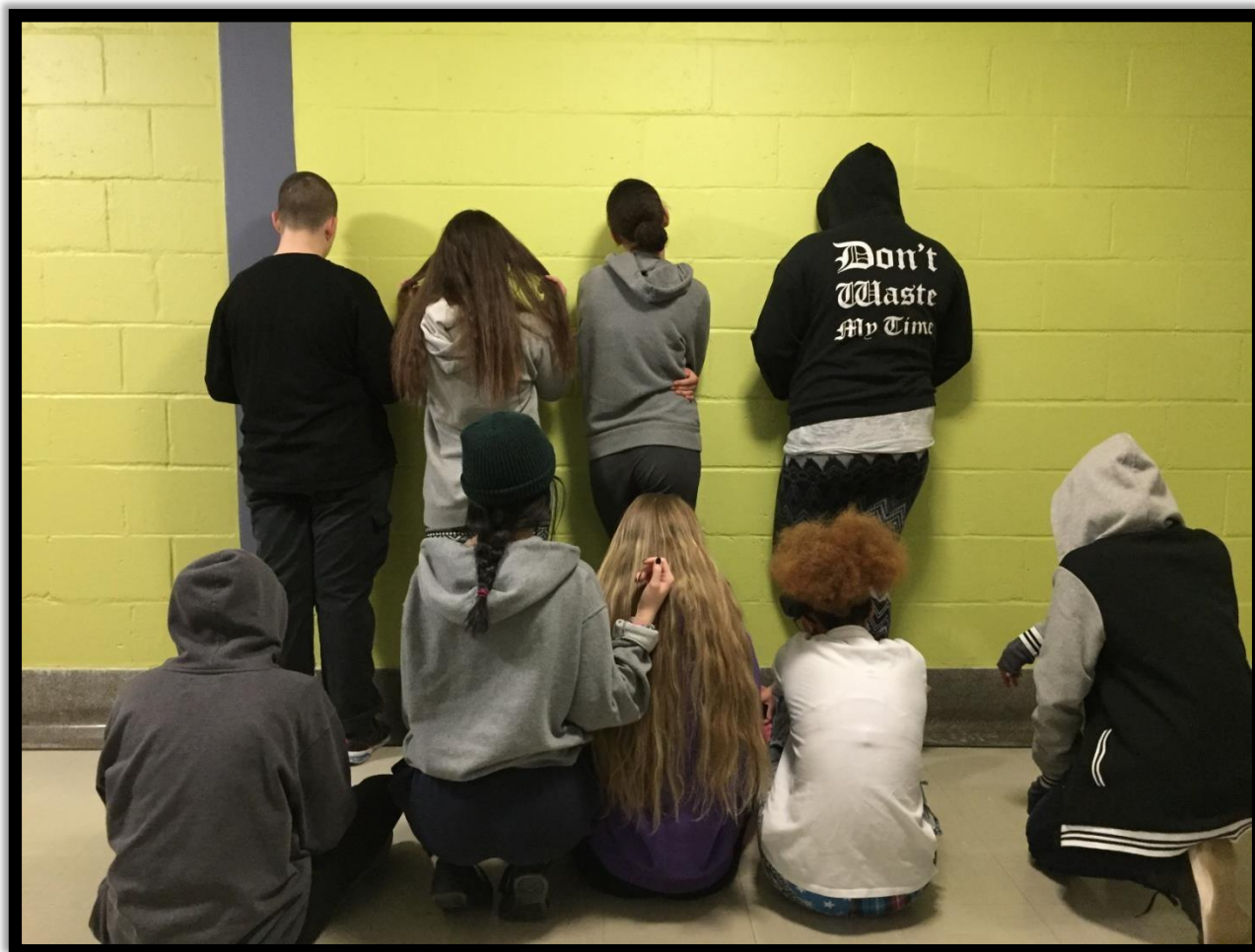


Aesthetics: more than what it looks



December 2018

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www.qwf.org/programs/wic

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I was at home
my mom was going crazy
Mom mom mom mom mom!
I was driving my mom crazy
I was so confused
confusion is hurricane Irma
my mind was hurricane Irma
howling wind
blinding thick rain
shaking trees
the twisting, tightening eye of a hurricane
my mind was hurricane Irma
confusion is hurricane Irma

By Amber

I am a girl

I know all about gymnastics

I want an iPhone X

I am a gymnast

I know a lot of songs

I want a Chihuahua

By Amber

I don't want to talk about it but children should be safe

everywhere they go

because they don't deserve to get hurt

I don't want to talk about it but some adults aren't doing their job

by keeping children safe.

I'm gonna snap my fingers and put those children in a safer home.

By Amber

They tried to bury us but they didn't know we were seeds!

What did they think it was?

You didn't know that I was who I am until

You decide to judge me for someone I'm not.

Amber

1. He looks like he's about to start chasing someone.
2. He's as cute as my dog.
3. The elephant is as big as the mountains.
4. He's as small as my finger.
5. The snake makes slithering sounds.
6. He's as hungry as a shark.

by Amber

This music reminds me of when we were in daycare and had to cleanup.

There would only be one picture to this song. The picture would be about leaves and nature.

-Amber

The truth is that I love chicken nuggets.

It's not fair that my mom won't let me see my dog.

Help me meet the Bratayley family [Annie, Hayley, Katy, Billy].

I hope to be able to go to Florida once in my life.

-Amber

Chicken nuggets and fries

from McDonalds are

good in the morning.

Popsicles are always good

on a pool day during

summer time.

By Amber

First love

The beautiful girl had a good time but sometimes she gets very sad. The ugly giant has to get green food for the girl and the dirty trash can filled with green food. The giant never takes it out and she gets jelly beans for desert. It was a very stormy night and balloons were popping high in the sky. There were silky spiderwebs outside her window.

-Andrew -

Andrew's happy poem

Fear night sky

loneliness trapped

hunger anxious

confusion lost

loyalty happy love

nice forgiveness

kindness innocence

good strength

muscle

patience people want to be around you

hungry hippo hungry

empty bin

I need food

Food

Food

Curry chicken

-Andrew-

ANTONIO BROWN

Touchdown

Awesome nice

Catching running Dancing

Wide receiver football player

Crossing celebrating running

Exciting Thrilling

Football

-Andrew-

War poems

I don't want to talk about it but a huge problem is poverty people
not helping poverty

I don't want to talk about it but a huge problem is people in need

I don't want to talk about it but a huge problem is cyber bullying

-Andrew-

Airplane House

I am going to have my birthday soon

I know I am amazing

I want everything

I am loving

I know I am good with technology

I want a fish tank

I am caring

I know I am helpful

I want everything

-Andrew

“They tried to bury us but they didn't know we were seeds.” I chose this one because whenever I die, my love in airplanes and Antonio brown will still be there. No one said growing up was easy. I feel that it's hard but I have a lot of people in my life supporting me in my life.

They encourage me to listen and to think and to learn patience and new skills.

-Andrew

Dear 23-year-old me,

now that I live in a mansion with my Ferrari, I am glad for technology. I am so happy I am in demolition in construction I got to this point by finishing high school. Thank you for getting a dog.

-Andrew

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Pizza pizza amazing awesome pizza
tasty pizza
you can put everything on pizza
bagel bagel I love a buttery bagel
and cream cheese and cheese

-Andrew-

Ice cream ice cream cones
of ice cream
bubble gum ice cream

-Andrew-

Washed Away

the summer rain washed you away. Green light lookin' like
what you smoke at night. I look at you and see you drinking
a bottle of jack. Broken jars remind me of my scars. Holding
on to you like a chocolate bar. Tall trees run through the
hall, 5 years later I'm still stuck on how you treated me
like trash and threw me like a ball of cash.

-Brook

pain

Abuse

Painful, Scary

Beating, Bleeding, Crying

Pleading with you not to tie me

Hiding, Dying, Praying

sexual, physical

pain

-Brook

Life As Me

Fear is my life.
Loneliness is what I feel.
Hunger is a work of art.
Confusion is my illusion.
Love is my pain.
Innocence is hot.
Patience is slow.
Loyalty is my passion.
Forgiveness is a bolder.
Strength is my destiny.

- Brook

L.I.F.E

I am only 14.
I know I might not make it to 18.
I want to mean something.
I am 5'3".
I know everything there is to know about me.
I want a perfect family.
I am me.
I know life isn't perfect but it's something.
I want to know what it feels like to be normal.

-Brook

SHIT'S DEEP

the truth is I'm hurtin on the inside

It's not fair that I have to go through pain.

Help me understand all the displeasing things in my head

I hope you understand this is not a demand it's a cry

for help before it gets out of hand.

-Brook

ME

Broken

Regressive

Overwhelmed

Obedient

Kainotophobia

Lonely

Young

Nervous

Neglected

-Brook

I'm a lick you like ice cream that is nice and sweet on a hot sunny day.

-Brook

I risk my future for you. I hide my emotions from you. Healing is something you won't let me do.

-Brook

Confusion is a magic trick like my hyper ass self that doesn't want to sit by herself.

-Brook

I am happy

I know I'm tired

I want chicken really bad

-Chloe

There once was a young girl
that got locked up in a unit
she did whatever she had to do to get out
and she did



-Chloe

Roses are red
Violets are blue
He's for me and not
For you 😊 😊

-Chloe

I am strong

I know I've been through a lot

I want to make my life better

-Emily

I think a huge problem in the world is gun shooting

I don't want to talk about it but it's f***ing gross

I'm going to snap my fingers and ban all guns

-Emily

Lunes

I love pancakes, early in the mornings, with a milkshake beside.

Candy canes remind me of Christmas. Warm chocolate helps me relax

My favorite Popsicle flavor is chocolate, on a hot summer day.

Chocolate dipped pretzels are yummy. I love how they taste, yum.

-Emily

I am still learning, trying to achieve my dreams.

“Don't stop until you're proud.”

-Emily

Pictures

Stare, look, judge. Hearing,

listening.

Breath, smell.

Taste.

Feel, touch.

I am more of a visual learner.

-Emily

The truth is I enjoy life, it is a beautiful thing, even in the toughest times.

It's not fair that I have to go through this.

Help me figure it out.

I hope to grow and learn in time.

-Emily

When she's home

She goes home, feels alone
broken down dream, please just leave
forgotten love but it was full of sorrow
the mirror shows me and it's nothing of beauty

-f.w.m

Pills

I dream of a beautiful place where nothing
is as it seems
a place full of weird things
a place where there are no broken families
a place where love is free
when I'm home, I'm alone
please just leave me here
as I take more pills
thanks to them "I feel ok"

-F.W.M

DEPRESSION
BROKEN, QUIET
HURTING, CRYING, DYING
SHE'S SLEEPING IN A COFFIN, SHE'S BREATHING BUT COUGHING
HURTING, BRAKING, SINKING
PILLS, SMOKING
ANXIETY

-F.W.M

1.2.3

Dad ran far
far from me
me broken down
down fake dream
dream jump die
die sinking alone
alone little mom
mom beautiful girl
girl cries out
out cold cuts

-F.W.M

3.2.1

Mom cries out
out little girl
girl hurts deep
deep down die
die home alone
alone broken beauty
beauty cold love
love hurts fake
fake little family

-F.W.M.

As I Sit Here
As I sit here
hurting myself
wishing I would die
as I cry myself to sleep
all this shit going through my mind
as I ignore the people around me
because
as I'm here
I know I'm nothing to you.

-F.W.M.

F.C.W.M

Feeling
Abandoned
In
This
Hell

...the truth is...

I sometimes feel like my world is spinning and spiraling out
of control and I have no one to talk to.

...it's not fair...

how everyone wants to diagnose me with something, they think
it'll ...**help me**...but it only makes me feel
shitty.
I've tried their tactics but I can't stand it.

...i hope...

I'll be happy one day, at least before I really decide
there's nothing for me in this life and succeed at leaving
for good.
Like Wednesday night.

MOONMUTT



I THINK THERE'S SOMETHING SO

TERRIFYING

IN NOT KNOWING

BUT SOMETHING SO

BEAUTIFUL

IN HOPING

MOONMUTT



I THINK THE STARS
AND THE SUN
AND THE MOON
ALL BURN
THEY BURN
BUT NOT AS BRIGHT AS YOU

MOONMUTT



SUN

shining, beautiful
setting, lightening, rising
lurking stars, a constellation of freckles falling,
darkening, climbing glowing, haunting

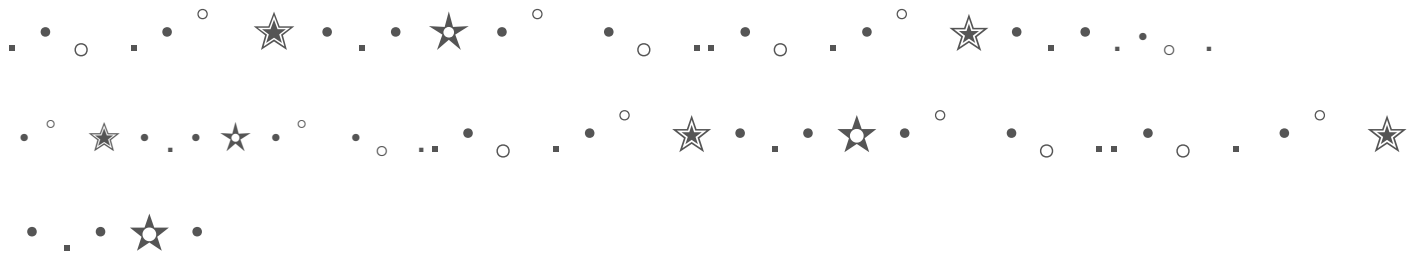
MOON

MOONMUTT



forests, flash, wolves
wolves, camping, summer
summer, fun, laughing
laughing, friends, pretty
pretty, winter, northern lights

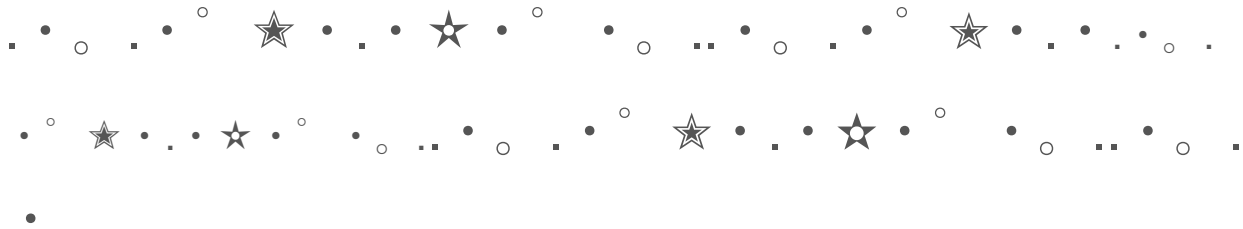
MOONMUTT



Lakes
And
Kites
Indigo
Skies
Horizons
Atmosphere

FEAR > is a vulture & it picks at me as I lay awake. Its sharp talons & beak rip away my hope, my confidence, my esteem. It hurts & I cry but it pins me down, confining me to me bed. I wonder if I lost my mind or even my entire head but that vulture brings me back & I feel so dead. I try to fight him off but by morning, I always feel lost without him.

MOONMUTT



I am a bird who flies among hopes and dreams.
I know of the long nights and the warm sunny days.
I want to be something bright and bursting with light.

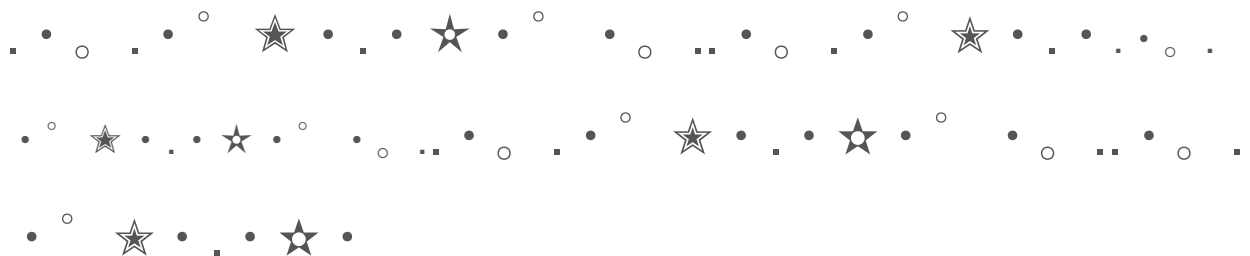


MOONMUTT

“THEY TRIED TO BURY US BUT THEY DIDN’T KNOW WE WERE SEEDS.”
ALTHOUGH WE WERE BURIED FROM HEAD TO TOE IN TOXIC SOIL, WE
HELD ON TO THE FEEL OF THE WARM SUN AND OUR ROOTS INTERTWINED.
WE FOUND CONFIDENCE IN EACH OTHER AND REFRESHED OUR DOUBTING
THOUGHTS WITH THE HOPE OF WATER THAT CAME RUSHING OUR WAY.
WE GREW. WE GREW AND WE WERE VIBRANT AND BEAUTIFUL.



MOONMUTT



MOONMUTT,

At twenty-six years old you're doing great. You've published that poetry book and you're planning to write a novel next. You volunteer at the SPCA as often as you can, you even made yourself some fine new friends (Hello, Trouble the Pitbull, Meadow the Rat, Comentine the cat, and Solar the Boxer).

I hope you have your bakery in thoughts too!

You still planning on calling it Nostalgia?

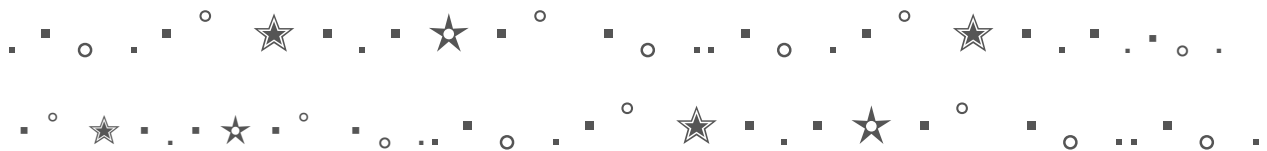
Oh! And how is your cooking? Did you ever take up the hobby of healthy eating? I bet you did.

You're doing everything you have ever wanted and more! I'm so very glad and proud of you. Never give up. Love waking up, and don't forget, despite everything you've been through, you will learn to love and live a good life.

Keep wagging that tail,

Sixteen-year-old you.

MOONMUTT



flowers
pretty, smelly
planting, growing, blooming
both beautiful, both strong
giving, supporting, loving
stunning, hilarious
Mommy

-Paige

fluffy, bright, happy
happy, free, hope
hope, icy, dark
dark, intensive, light
light, view, freeze
-Paige

Positive
Achieve
Incredible
Generous
Encourage

-Paige

I am what I am
I know that I can't change who I am
I want to stay who I am
-Paige

I don't want to talk about it but, policemen should be protecting us not killing us. Innocent or not we shouldn't have to lose our lives or the lives of our loved ones. They see a red target on our heart, a place for their bullets to run through. I'm going to snap me fingers and guns will have never been created, and all policemen will have more of an education. All guns will be banned for policemen.
-Paige

“You don't have to be great to start, but you have to start to be great.”

I'm usually not good at things, I am not born with skills but I start to learn things to become great at them. I like this quote because it makes me feel like it's talking to me, I start things all the time to know what I'm good at.

-Paige

In 2028 I'll be about 25 years old,

I really hope you got a good job, maybe flipping houses with dad. I truly hope you're doing well. I hope you're rich and I hope you live in Montreal in a nice apartment. I hope that you are still a swimmer. I wish that you are happy at least happier than you were in 2018. I hope you finished high school and went to university. I am glad that you are successful. I hope by 25 you're still a fashionista. I hope you have a massive walk in closet with just shoes. Now that Paige is 25, she has long hair all the way down to her knees and long nails. Now that you own a couple chickens and maybe a baby goat you are happy!

-Paige