

# Aesthetics: more than what it looks



December 2018

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[www.qwf.org/programs/wic](http://www.qwf.org/programs/wic)

\*Many thanks to Deanna Smith

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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.

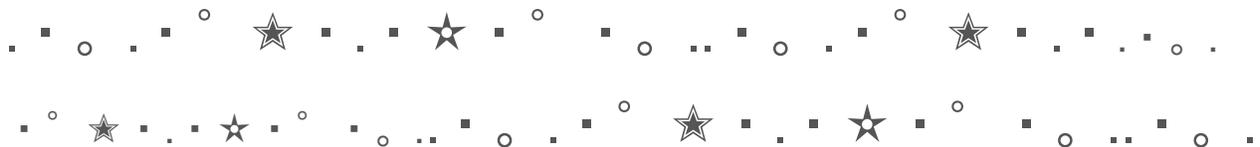
...it's not fair...

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**

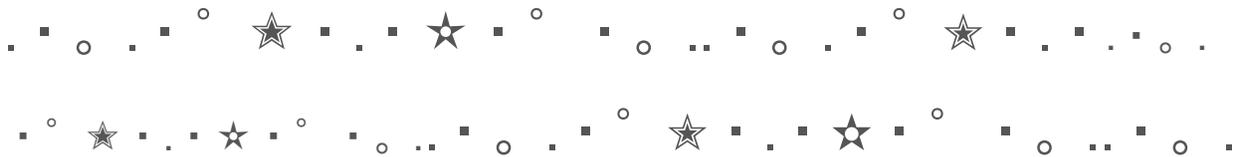
IN HOPING

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

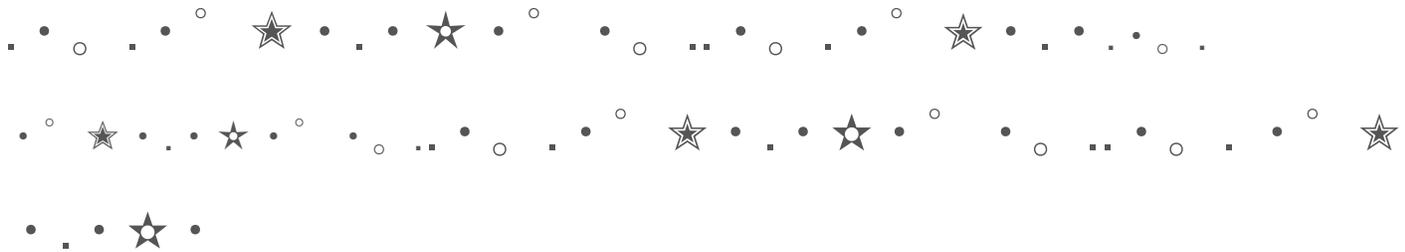
MOON

MOONMUTT



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

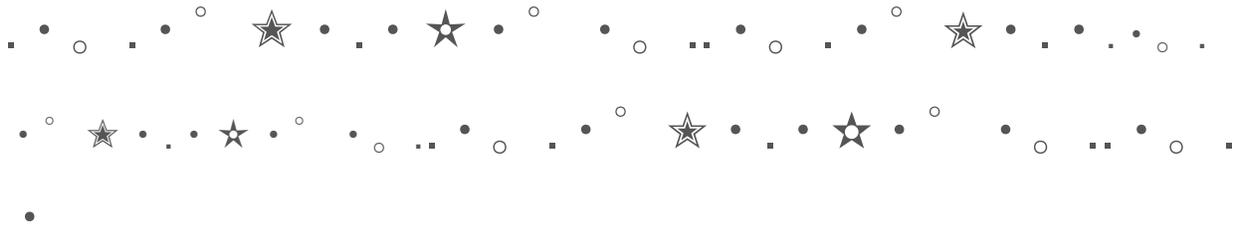
## MOONMUTT



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.

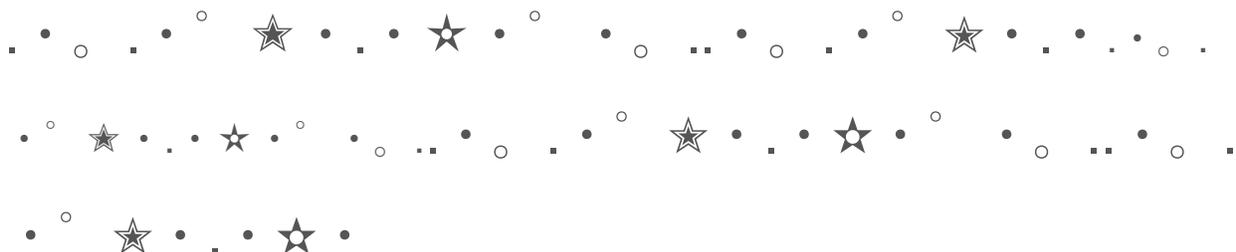


MOONMUTT

“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?

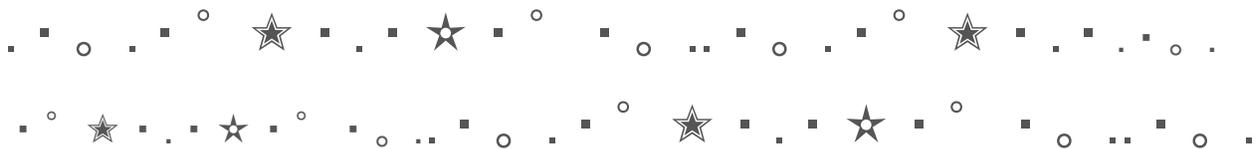
Oh! And how is your cooking? Did you ever take up the hobby of healthy eating? I bet you did.

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