

POEMS IN HEALTH PROMOTION

SUSTAINABILITY

MARK TOMITA, PHD, CHES

NORTH STATE ACADEMIC PRESS

Poems in Health Promotion: Sustainability
Mark Tomita, Editor

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Integrating Art Into Health Promotion Strategies

By Mark Tomita

Introduction

Teaching a K-College population about health requires using teaching strategies beyond the standard classroom lecture, campus health fair, or service learning activity. One technique that is sometimes used by K-12 teachers to fulfill curricular requirements in a short period of time is to integrate two or more subjects into one lesson or teaching health across the disciplines (Sbarbaro, Duffy, Osterland, 2003). It is often difficult for teachers to cover health topics while fulfilling higher priority subjects such as math and reading. Thus, a common approach to integrating health into math is teaching a lesson on calculating calories or body mass index (BMI).

An academic area that is often overlooked is *art*, where student attitudes and understanding are expressed in a creative form (Addison, 2005) or art is used as a teaching strategy, for example, reading of a health poem, or viewing a play. Some examples of using art in health promotion include singing (Portis and Bilsborough, 2003), skits (Flannery, Portis, Adame, 2003; Flannery, Portis, Eller, Stemen, 2003), drawings (Ellinson, 2003; Fitzgerald and Tsosie, 2004), quiltmaking (Ellingson, 2003), photography (Royce, Parra-Medina, Messias, 2006), and youth art (Morton, Tuff, Beckwith, Banks, Dixon-Terry, 2004; Portis, Sayavong, Savangsy, Robles, Hosler, Johnson, 2003).

This book represents an example of how literary art may be integrated into an undergraduate health promotion course.

The Book Publishing Project

Overview. The HCSV 260 Computer Applications in Health Education was redesigned in the Fall 2007 semester to focus on scholarly desktop and electronic publishing. One part of the course requires students to learn how to publish a hardcopy book. The

primary goal of the project was to develop proficiency in the use of desktop publishing software applications, primarily Microsoft Word® and Adobe Photoshop®. The secondary goal was to encourage students to express and examine their attitudes toward a health content area. Poetry was used as the medium for self-expression and attitude formation, thus, in addition to writing a poem, students were asked to include their interpretation and motivation for writing their poem, two areas not usually included with poetry books.

The Topic. The topic chosen for the book was *sustainability* because at Chico State, there is a major emphasis for students to learn how to be good stewards of the Earth. The university strategic plan states: “Believing that each generation owes something to those which follow, we will create environmentally literate citizens, who embrace sustainability as a way of living. We will be wise stewards of scarce resources and, in seeking to develop the whole person, be aware that our individual and collective actions have economic, social, and environmental consequences locally, regionally, and globally” (CSUC, 2006).

There is also an emphasis in the CSUC College of Behavioral and Social Sciences on collaborative learning, use of technology, and faculty/student research, thus, this project fits within the college’s strategic plan. The two CSUC College of Behavioral and Social Sciences Strategic Goals (CSUC/BSS, n.d.) fulfilled by the project are: “1. Maintain and develop innovative and collaborative learning experiences in undergraduate and graduate programs that provide skilled graduates to our service region and to the State of California” and “7. Encourage, support, and reward faculty in the college who create effective teaching/learning communities, including those that involve students in faculty research and those that incorporate technology.”

The specific areas of sustainability assigned were freshwater, poverty, forests, toxic chemicals, land, and mountains. To familiarize themselves with the topic, the students were instructed to review online sustainability materials at the United Nations Department of Economic and Social Affairs web site (2007).

Procedure. Health students at California State University, Chico (HCSV 463 Epidemiology and HCSV 450 Health Education for Elementary School Teachers), and Butte-Glenn Community

College (Hlth 2 Health and Wellness) also contributed poems to this project for extra credit. The epidemiology students had the option of submitting poems on the topics of freshwater and poverty or forests and toxic chemicals. The Butte-Glenn Community College students and HCSV 450 students submitted poems on the topics of land and mountains.

To write the poems, the students were directed to the *Shadow Poetry* web site (Shadow Poetry, n.d.), and were given the option to choose any of the 52 poetry styles: Acrostic, Ballad, Cinquain, Clerihew, Diamante, Didactic, Epic, Epigram, Epitaph, Etheree, Fable, FreeVerse, Ghazal, Haiku, Kyrielle, Kyrielle Sonnet, Lanturne, Limerick, Minute Poetry, Mirrored Refrain, Monody, Monorhyme, Naani, Nonet, Ode, Ottava, Rima, Palindrome, Pantoum, Quatern, Quatrain, Quinzaine, Rispetto, Rondeau, Rondel, Rondelet, Sedoka, Senryu, Septolet, Sestina, Shape Poetry, Song, Sonnet, Tanka, Terza Rima, Terzanelle, Tetractys, Tongue, Triolet, Tyburn, Villanelle.

The students were also instructed to write an Interpretation and Motivation paragraph for each poem. This exercise was meant to help the students organize their thoughts, understand their attitudes toward sustainability, and refine their expressions as they acquire a better understanding about what they want to say. After completing their assignment, the students e-mailed the project file to the class and instructor via WebCT/Blackboard. The students were given one week to modify their materials after verbal feedback from other students and the instructor.

After all poems were revised and re-submitted, the materials were combined in MS Word® files and edited. The students were assigned groups and given different parts of the manuscript to read and correct formatting and grammatical errors.

After the manuscript was compiled, the students learned about the peer-review process essential for publishing scholarly works, copy editing, book cover design, copyrighting, bar coding, and pricing. They also learned how to sub-contract printing with an online, print-on-demand, book printer.

As a culminating experience, the students read aloud their poems in class, and received feedback from their peers. Such public disclosure of attitudes expressed through literary works helps to solidify attitude formation, and validate one's efforts to promote a

healthy and sustainable environment. Writing poetry to express one's health attitudes was a new experience for all of the students. The publishing of this book should further solidify student attitude formation.

Comments About The Poems

A total of 119 poems were submitted for this book. The highest number for a poem style was free verse (n = 35, 29.4%). The other poetry styles used in descending order of frequency were: acrostic style (n = 31, 26%), haiku (n = 17, 14.3%), diamante (n = 10, 8.4%), ode (n = 4, 3.4%), cinquian (n = 2, 1.7%), sedoka (n = 2, 1.7%), song (n = 2, 1.7%), tanka (n = 2, 1.7%), triolet (n = 2, 1.7%), and one each (<1% each) for anagram, epigram, etheree, lanturne, minute poem, monchielle, naani, nonet, palindrome, quinzaine rhyme, and sonnet.

The poems that struck me were those on poverty. As a military veteran, Janette Olocki's poem spoke to me in a personal way when she wrote about military veterans living in poverty. In a recent study, as much as 25% of the homeless in America are veterans. If I had to write a poem on poverty and veterans, I would say in a lowercased haiku entitled, *The Poor Veteran*:

help me help myself
I am a young veteran
I need dignity.

Other poems on poverty sounded as though the authors had personal experiences of living in poverty or were able to empathize with the poor. One poem in particular is that of Brittany Worth, where she writes about the futility of praying and hoping for a better life. Those who are poor should simply close their eyes and be thankful for their lives. This poem reminded me of Dave, a young, homeless, Canadian 23-year-old I met while a doctoral student at New York University. I met Dave on Seventh Avenue one day while he was panhandling. He was a nice-looking boy, skin and bones, mostly clothes, unshaven, with dirty hands, and talking to himself. I stopped in front of him and asked, "What is a young boy like you doing on the streets begging for money?" Dave told me his story about his life in Halifax, Nova Scotia, and how he broke up with his

girlfriend and dropped out of college during his junior year. His dreams of going to law school ended that day. He eventually ended up in New York City as an “undocumented worker” living on the streets of Manhattan. At the beginning of his homeless life, he continued to wash his clothes, brush his teeth, and cut his hair, but by the time I met him, he had given up all hopes of living a better life, but was still cleaning his teeth with napkins when his teeth felt “grubby.” When I read a line from Lupe Gerfen’s poem, “I wasn’t always this way,” I thought of Dave’s story about how he became homeless. He wasn’t born homeless. He was once a college student with a girlfriend, and had aspirations of going to law school.

Dave was usually hungry, but was not necessarily begging for food. He said he needed beer money. At night, he slept under the Brooklyn side of the Brooklyn Bridge. He said beer, “helped me to get through the night.” For years, I would not give the homeless any money because they would spend it on drugs and booze, but with Dave, I did not mind giving him beer money. If I were homeless, prayed for a better life, talked to myself because of no companionship, starving, and sleeping under a bridge, I would also beg for money to buy beer. At least beer would help me pass the time away until I died, hopefully soon. Whenever I saw Dave after our first meeting, he would never ask me for food or beer money, but would ask, “Hey, would you like to sit with me?” He was still hungry, but he wanted companionship more than food. He would rather die of starvation than to be alone.

Pre-Press Issues

Although the student assignment was simple and clear, about half of the students did not follow instructions, and the follow up process for over 100 poems was tedious. The timeline had to be extended to assure all poems and associated components were submitted correctly. Also, the materials edited by the students had to be double checked for completeness and accuracy.

Looking back on this project, there are several suggestions I have for completing the project more efficiently. First, it would have been better for the students to complete the assignment the first week of the semester to allow more time for learning the pre-press process. Second, after the students e-mailed their work to others in the class for review, the students should have been required to complete a

written evaluation on every poem submitted or at least their assigned groups. For the present project, the students provided verbal, and not written, feedback to the authors. A student peer-review sheet could have been created for the peer-review process to take place in class. After completing the peer-review sheets, the students would give those sheets to the respective authors for revising their poems and associated components. The authors would then submit a revised poem to the instructor along with the review sheets.

Future Directions

In a future semester, I may assign my health education students another project integrating art into health. The topic for next semester is *intergenerational health*, where the students will have the opportunity to write a short story or poem about their relationship with a grandparent. I thought about this topic because Chico State has an interdisciplinary gerontology program, and this resource may be useful in the classroom.

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FRESHWATER

The Environment

By Christine Mosbacher

Fish love to swim in the,
Running water that is,
Ever so clean, until,
Streams get polluted so,
Help is needed.
We don't need pollution for it will kill off nature in,
Areas such as lakes, ponds and rivers,
Today we should take a stand so tomorrow nature can,
Enjoy the clean,
Running water again

Interpretation

This poem is written in the style of acrostic. It focuses on how we need to keep our lakes, ponds, rivers, and streams clean. It is important to keep our water sources clean because water provides a habitat for animals and other living things. We need to throw away our trash properly to keep the water less polluted. Also, we should cut down on the use of plastics because somehow plastics are getting into the water, killing fish and birds. So if we keep our water clean, then not only will humans benefit from it, but so will the habitat in these areas.

Motivation

I had motivation to write about freshwater and keeping it clean because it seems like people are just getting lazier about what they are putting in the trash or what types of products they are using. I took an environmental health class last semester, and we learned all about where our trash goes after it has been thrown away in the trash cans. People do not realize what they are throwing away can have a negative impact on our environment.

Stream of Life

By Billy Her

Feeling weary and quenching for thirst
Refresh life with a stream of quality water
Eyeball how much you'll feed your body
See how life cannot live without its taste
Hoping to feed it every moment needed

Watch it replenishes the skin
Alter the feeling of how soft it gets
To where the body is nourished
Enters the blood and veins
Right back to where it began

Interpretation

This poem is written in the style of acrostic. *Stream of Life* illustrates the need for freshwater by all living things. Water is essential to all life. Living things cannot survive without water. Good quality freshwater promotes physical health.

Motivation

Having good quality water that is clean to drink throughout the day is refreshing. I drank two to three bottles of water everyday; it's like the foundation to life. We need clean water to help us get energized us throughout the day. I play a lot of sports, so water is always there to help energize me to get back into the game. I don't just drink water because I need it but because of its refreshing taste, leaving my body feeling nourished. We must keep our water fresh and clean because we will suffer for it in the future.

Water-Borne Illness

By Katie E. Monath

Final destination is Africa! The years of planning had paid off.
I'm off to build resource centers for habitat for humanity
The heat was scorching, my mouth was dry
Our water source was from the well, slightly tainted but went down
swell
Improper sanitation and inadequate amounts of fresh water
Created a rumble in my tummy

My body is aching, I can barely breathe
My lower back is severely cramping
What is this illness and why me?
If only I had a proper, working left kidney

Then it became worse, my intestines were cranky
The dehydration set in, and I became weedy
Here I am stuck in this foreign land
With no decent medical attention at hand
I am in pain, weak, and dehydrated with nothing safe to drink
Exhaustion has set in, but I can barely sleep a wink

My body is aching, I can barely breathe
My lower back is severely cramping
What is this illness and why me?
If only I had a proper, working left kidney

The United States Embassy kicked into gear
They sent me to a safe and hygienic clinic for care
When my health was stable I was flown back to the States
My renal failure seemed to be fate
I remained in care for weeks and weeks
I wish it were only a slap on the cheek

My body is aching, I can barely breathe

My lower back is severely cramping
What is this illness and why me?
If only I had a proper, working left kidney

Sanitary fresh water is the driving force of our future
Cleanliness of drinking water is pertinent
For the health and prosperity of future generations
What options do we have?
Protection the health of humanity in our world
Is significant for a healthy globe

My body is aching, I can barely breathe
My lower back is severely cramping
What is this illness and why me?
If only I had a proper, working left kidney

Interpretation

This poem is written in the style of song. I write about a man who goes to Africa with *Habitat for Humanity* to build resource centers. While he's there, he drinks water that is infected with bacteria, and he develops water-borne illness. He has trouble finding health care. He eventually makes it back to the United States where he is diagnosed with kidney failure and remains in the hospital.

Motivation

Fresh drinking water and proper sanitation is absolutely necessary for our future generations' health and prosperity. Humans are not only to live, they are to thrive. One cannot thrive while being struck with water-borne illness and disease. This poem is to raise awareness for those who are more fortunate and have the ability to help the under served populations. As humans, we need to give back to our local communities and communities throughout the world who can benefit from our resources. Let's get motivated, let's get involved. This takes effort from all to aid in fresh water sustainability, in turn changing the lives of millions.

The Water We Use

By Jessica Houk

Freshwater
We don't value it.
We take it for granted.

Other countries don't have it.
But value it so much more.

Think about the water you use:
Are you wasting it?
Are you taking it for granted?

The more we waste.
The less we have.
Freshwater.

Interpretation

This poem is written in the style of free verse. The poem brings to light that freshwater is taken for granted and no one seems to appreciate it. We believe that it is our God-given right to have freshwater. If we continue to waste water, our supplies will continue to be diminished, until at last there will not be any water left for us to waste. There needs to be more concern related to freshwater and how much we, in America, are using. This is why I focused on how countries that do not have access to freshwater value it so much more than we do in America.

Motivation

I was motivated by the fact that America is a wasteful place compared to other countries. Yes, we have taken some steps toward recycling but it is not enough. We are fast depleting our vast freshwater supply, and this should concern us, but most of the time it does not. We take for granted the fact that we always have access to freshwater, and do not appreciate its source and quality that we have

at our hands. We will not be appreciative until it is gone. Hopefully we will realize before the water is gone that the supply is not endless.

FRESHWATER

By Sarah Meese

Fountains trickling
Ripples across the shore
Evaporating slowly
Snow melting
Happily quenched
Without chemicals
After a rain
That sweet smell
Everything glistening
Rarely grateful

Interpretation

This poem is written in the style of acrostic. This poem communicates the beauty of freshwater in nature, whether its snow melting, the shoreline, or right after a rain. It mentions being happily quenched and without chemicals. People in this country are often ungrateful that we have clean drinking water out of the tap, well, creek, or bottle.

Motivation

I love water. I love when it rains, when it snows, or going to the ocean. My hometown averages 70 inches of rain annually. It wasn't until I moved out of my hometown that I was able to appreciate the beauty of water in nature.

Why We Need Fresh Water?

By Jhoana Dela Cruz

Filtered to perfection
Refreshing and cleansing to our body
Elevated springs entice the weary
Superior rejuvenating effects
Healthiest form of energy
World's greatest necessity
Ambrosia for the sickly
Taken for granted as well as desperately needed
Essential not for just individual but for life itself
Reminds us of the delicate balance of nature

Interpretation

This poem is written in the style of acrostic. Water is vital to life (agriculture and human body). Much of our body consists of water. Therefore, we need to help preserve fresh water resources by controlling the amount of waste produced, be conscious of recycling techniques, and conserve the use of water.

Motivation

My motivation for writing this poem is the thought about not having freshwater in the future since everyone seems to be consuming more than they need. Growing up in the Philippines, I learned to appreciate fresh water since it was not as accessible as it is in the U.S.; the main source of water was from wells and streams throughout my province.

Freshwater

By Jennifer Levinson

Flowing through the rocky, river bottom
Restless from the windy night
Every little fish is hoping they aren't someone's next bite
Sad because their supply is limited
Happy because their water is clean
Wondering why chemicals make it hard for some of their friends to breathe
Although the water is fresh now
Time may pollute and corrupt it
Every fish deserves freshwater
Remember me, the fish, before you destruct it

Interpretation

This poem is written in the style of acrostic. This poem describes a fish that is happily living in a freshwater environment. This fish has seen rough times though. Many of its kind have died due to water pollution. Polluting our world's freshwater supply affects everyone in our ecosystem. It is important to be conscious about water sustainability. Wasting and polluting the limited freshwater supply our world has is a tragedy and needs to be addressed.

Motivation

While walking on CSU, Chico's campus, I can enjoy the beautiful creek that runs through it. With maintenance, this creek stays clean, but what if that maintenance was eliminated. Would students and staff protect it? The community needs to take action in preserving our freshwater supply right here in Chico. This poem was written while I sat by the creek at CSU, Chico, watching the fish swim by.

Ode to Fresh Water

By Brittany Worth

Give me a glass water,
That's all I need all day.
Be thankful we have access,
Some aren't fortunate that way.
We bathe in it and swim in it,
Lake Tahoe is my most adored.
The scenery is breathtaking,
For this, I thank the Lord.
Straight from the lake,
Is when it tastes its best.
Flowing through my body,
I truly feel blessed.
And so we are ungrateful,
Watching it flow through our homes.
We take our health for granted,
With a smile, it comes.

Interpretation

This poem is written in the style of ode. The message I want to communicate in this ode is to learn not to take fresh water for granted. Most countries don't even have running water. No faucets, no bath tubs, no showers. In the US, we can swim in lakes and drink fresh water anytime we want. We can afford to buy bottled water. If we switched shoes with those in underprivileged countries, we wouldn't be able to survive one day.

Motivation

This poem should motivate people to turn off faucets and save water. We should not take beautiful scenery for granted, and be happy that we have clean fresh water to drink every day, which is more than some other people can say for themselves. Donating bottles of water to shelters and crisis centers can save someone's live.

Clean Water

By Guadalupe Gerfen

Crystal clear water
Looking at me
Enters the pollutant it to the stream
Animals drink the water and die
No more, no more

Waste no more in the stream
All of us can help the stream
To stop the pollutant
End the pollutants
Raise awareness

Interpretation

This poem is written in the style of acrostic. This poem raises awareness about the use of chemicals in modern life. Many chemicals are washed into streams and lakes. Awareness of the problem may help save our lakes and streams.

Motivation

Looking at the creek that runs through Chico State reminds me how lucky we are to see and hear a creek everyday. Many people do not have access to a creek every day. On hot summer days, the creek gives off a cool breeze. If the creek is polluted, it would not look so beautiful and refreshing.

Chico Creek Haiku

By Katey Ball

Chico creek trickles
Around the floating coke can
As fishes swim by

Interpretation

This poem is written in the style of haiku. Since haiku poems are typically used to describe nature, I thought it would be a perfect form to describe the creek. I want people to realize that littering the river is detrimental to our clean water supply, the surrounding wild life, and the beauty of the creek. Every piece of trash picked up makes a difference.

Motivation

I was motivated to write this poem when I was looking over one of the bridges on the CSU Chico campus, and I saw trash in the creek. It saddened me, especially when there were trash cans nearby. People should respect nature and realize the effect of littering has on everyone.

If The Water Were Fresh

By Christopher Fahy

If the water was fresh,
The fish would taste great.
Fruit would be amazing
Being healthy is a worthy trait.
Fresh water is truly a lifesaver.

If the water was fresh,
Our agriculture would thrive.
More beauty would be in our flowers,
More people could eat
Fresh water cleanses and keeps us refreshed for hours.

If the water was fresh,
We would have fewer things to cure.
Drinking clean water will be a real trendsetter,
The ocean would be beautiful
Kind of like a well-written love letter

If the water was fresh,
Our health would improve
Our bodies would be more in motion
Obesity rates would drop
And there would be a lot less commotion

Interpretation

This poem is written in the style of monchielle. The message of this poem is simple: Fresh water is the key element in living things. Without water, our world would not exist. When our water is optimal, everything around us seems to be better. Our health is enhanced, food is safer, oceans are cleaner, and the world becomes a better place to live. Living in the ever-developing world that we do, we abuse our environment significantly. Water is one of the first

things to become polluted, drastically affecting our lives and compromising our well being.

Motivation

I truly believe that fresh water is one of the most important resources in the world. Besides air, water is the most crucial elements on earth. When we have fresh water readily available to us, our health is drastically increased and we have more of a chance to live better lives. Water is the key component to everything on earth, and we should treasure it rather than trash it. I was motivated to write this poem because I am an avid water drinker, and I praise the goodness it gives me. I go out of my way to purchase fresh water, because I think it's the foundation of good health. This is a topic that I'm truly intrigued by, and I think our future rests in the hands of our water quality.

Fresh Water

By Casey Gwaltney

It is a non-profit system,
Looking to protect the earth,
Working as a catalyst to better lakes and rivers,
It moves in all different directions determining survival,
It's the guide to getting healthy,
It's a great resource for recreation,
A place for citizens of our community to relax,
The more education we have about it the better we can restore it,
Whether it's the groundwater, which our precious animals live,
Or the surface water we look at,
It is our community, it is freshwater.

Interpretation

This poem is written in the style of free verse. The message of the Freshwater poem is that we live in a community today that has so much pollution in the air. This is destroying our children, friends, and family slowly. Having the option to look at the lakes, oceans and rivers is a privilege, we used to be able to look at it by itself but not anymore because it is covered in waste in some places. We need to take care of it and make sure our future generations are able to experience what we have today.

Motivation

Growing up in northern California my family went to the lake as much as possible, maybe every weekend! Now as I am getting older I remember how perfect it used to look and how you couldn't keep me out of the water; these days I inspect it thoroughly! Its sad that our world is producing so much Pollution that it makes it hard to have fun in the masses of water we have.

Water

By Chelsea Loquiao

We all may parish if one day we have none
All rivers lakes and streams will no longer reflect the sun
This day cannot be told of when it may come
Eventually it may be a surprise for some
Rivers that gradually come to a slow, may one day no longer flow

Interpretation

This poem is written in the style of acrostic. This poem is emphasizing the fact that we may one day run out of water. Water is essential to growth and life of humans, plants, and animals. Water is necessary for most living organisms to thrive. It may be hundreds of years before we run out of fresh water, but it is something that we may want to direct our concerns toward before it becomes a major problem.

Motivation

If we ever do run out of fresh water, I know it will not be in my lifetime. However, I was still motivated to write this poem. I was thinking of all the ways that water provides for us. Not only is it a necessity for life, but in the form of lakes, rivers, ponds and streams, it is also one of the most beautiful natural wonders on earth.

Freshwater

By Shane Mitchell

From lakes and rivers,
For drinking and agriculture,
It's a renewable source.

A global challenge,
Essential for survival,
And Scarce in many countries.

Interpretation

This poem is written in the style of sedoka. It describes how important freshwater is and how many people are not receiving enough. This is a major challenge for many countries.

Motivation

I was motivated to write this poem because it is so sad to think about how many people and countries are not receiving enough water. Some people die from dehydration, and I do not even have to think about where I am going to get my next drink of water.

De Agua Dulce

By Rebecca Larios

Freshly clean water
How we take it for granted
It's valued elsewhere

Interpretation

This poem is written in the style of haiku. This poem explains the importance of fresh water for people. Americans take it for granted and don't realize that people in this world are drinking dirty water. They value it so much more than we do. We need to be conscious of what we are doing to our water supply and how much we use and conserve it.

Motivation

My motivation for writing this is because I know as a person I value all the fresh water I can get and drink it as much as possible. I've seen Americans throw away perfectly good bottles of water and how wasteful people in this country are. Our fresh water is depleting and nobody seems to care about that small fact. People need to realize before it is too late that we need to conserve what we have and not take it for granted and to work in third world countries to fix their problem of not having fresh water at all.

Freshwater Springs

By Janette Olocki

Fresh is the natural springs that are
Rolling down a hillside
Ever so clear
Sunshine to sparkle.
Hearth is at stake
Water pure water
All consuming
Telling us to conserve
Environmentally
Restore.

Safety for the peoples' health
Protect the natural rivers and streams
Resource of life for all
Increasing awareness of safe water
Nuances of purity
Great is our reward
Still waters and safe waters will run the deepest.

Interpretation

This poem is written in the style of acrostic. The message for my poem is to keep our water safe. We should do our part by not causing harm to it by polluting our lakes, rivers and streams. This destroys life in the water and human harm. The message about how we should conserve our precious resource, before it is all used up. We need to be aware of changes within our environment. The awareness of safety, knowing what is in your water and what affects it has on your health. Have an active stance in knowing.

Motivation

The motivation for my poem is that I have a passion for clean and chemical-free water. I really don't know if that is possible, hard to imagine not. I am an advocate for the safety of water, I feel

passionate about this. I believe the health of the water determines the health for the individual. Cheers for the clear and fresh water!

Freshwater

By Amy Houston

Taken for granted
Easy access mountain runoff
Life essential

Interpretation

This poem is written in the style of haiku. My haiku expresses how water is vital to life survival.

Motivation

A friend of mine just got back from Africa where he spoke of how difficult it was for villages to obtain fresh water. Fresh water is something I personally take for granted. To think of not having access is far beyond my comprehension.

So Fresh and So Pure

By Ashley Boothe

The water so pure
As it gently flows down stream
Looking through it
Like it is a looking glass
Seeing all the gorgeous fish

Interpretation

This poem is written in the style of Tanka. The meaning reflects the imagery of a mountain stream, pure and clear as a looking glass, that makes you want to drink the water. At that point of looking into the clear water, you see the fish that are so small, and you can barely see them, but they still are so gorgeous.

Motivation

The motivation for this poem is that it reminds me of when I am up in the mountains looking at all of the beautiful waterfalls and streams and seeing how pure and innocent they look. I think it is also just being able to think of fresh water being so crystal clear and beautiful, and how all the fish are just swarming down stream. Once you get past the mountains, the water slowly turns disgusting because of pollution. The water is no longer healthy as it once was for the fish.

A New Life

By Kalia Her

As the bird sings
And the echo of the streams flowing down south
New life is born
From a baby fish to a baby deer to a mockingbird
Life is born

As the bird sings
A new life begins
Habitats are made
The environment begins its cycle
And a new beginning is formed

As the bird sings
As deer drink from the stream
The surrounding is born
And a new beginning is formed
And the cycle of life begins
As the bird sings

Interpretation

This poem is basically about a new life that is born in the forest. There are many seasons where animals go and hide and some come out and play when the right time come. The new life is born and the cycle of life begins. A place call home is what these animals want most. The bird chipping is a sign of the new life.

The Water I Drink

By Berenise Rodriguez

The water is polluted
Why is it so dirty?
Dare I drink?

Interpretation

This poem is written in the style of Quinzaine. The message to the audience is to be aware of the chemicals and toxins people are throwing in the water. Sooner or later, if society keeps ignoring the fact that our water is being contaminated, there will be no water.

Motivation

Water has become so dirty, and one has to think twice as to whether they should drink it or not. In some places in the world, people don't have running water, and they bathe, wash dishes and clothes, and swim all in the same river.

Stream of Life

By Jessie Lee

Slither
 Down
 this stream
 of
 Life.
 C o o l
 Re freshing
 Clean
and Clear.

Flourish lively
 without
 despair.
Pure and Bold as can be,
 Fresh water is needed by
 You and Me.

Interpretation

This poem is written in the style of free verse. Like a cup of spilled water, the structure of the poem is scattered all over the place. In the first stanza there is a cut between slither, down, this, and Life. The reader is to experience flowing down “this stream of Life” from one line to the next. In the second stanza cool, refreshing clean, and clear are used to describe fresh water. This is to dictate each of the adjectives own force and energy. As we reach the ending of the poem the words become more connected because water is not just a physically scattered molecule anymore. It is pure and bold because we all need fresh water in order to survive.

Motivation

As we make our way through life, fresh water is what we need in order to survive. We can not grasp water in our hands, but it still has such a strong and powerful purpose to our life.

So Thirsty

By Kaylin Laine

So many people have so little
Our nation is lucky that we have a lot of the basics

The food and water we eat and drink are clean
If we were in Africa we would have water but it would be dirty
Rates of disease are high when water isn't clean
Spread of illness increases with contaminated water
There arises a war between thirst and the desire to be well
You're lucky you've never been thirsty with only mud water to drink

Interpretation

This poem is written in the style of acrostic. The message that I wanted to convey through this poem was that many people don't have the luxury of having access to clean drinking water. For all the E. coli scares we have in the U.S., our water is clean and safe to drink whereas in other parts of the world such as Africa, the water is dangerous, filthy, and carries disease. Mothers infected with HIV/AIDS have no choice but to nurse their babies because the water isn't clean enough to make formula – the water is so bad, most risk passage of infection through breast milk than risk formula made from water that can cause life-threatening diarrhea. What I wanted to do was make people realize that water safety is a life threatening concern in some parts of the world and that we're lucky to have the great water that we do.

Motivation

What motivated me to write this poem was the fact that water is such an issue for some people and something that people in the United States rarely think about with all our designer bottled water. People take it for granted that our food and water are clean and safe to consume, and that most of us have access to it. People in areas such as Africa not only don't have access to adequate amounts of food, but have to worry about the little they do have access to. They might

have water, but the chance of it being clean is slim. Dirty water is one reasons for high disease rates. Without clean water, it's hard to survive.

Water

By Marcie Holmes

Water is.

The sustenance of the earth, the fundamentals to all,
The moisture in the soil for growth, the droplets for the tongues,
The miracle to life, the cycling rhythm of the world,
The home to many so small, and puddles to those at large,
The transportation of the world, the emerging of land,
The essentialness to diversity, the key to all function,
The importance of fresh water, the lifeline to all mankind,
The comfort of the womb, the interior to our flesh.

Water is.

The most precious requirement.
The key to all health
The root of all being
The power of the earth.

Water is.

Polluted.
Mistreated.
Overused.
Contaminated.
Tainted.
Corrupt.
Immoral.

Water is.

The life of all life, the root of all being,
And so the pollution continues.
The source to all whom roam the earth,
And so the contamination continues.
The organisms' survival,
And so the lies continue.

Water is.

Our future, all day all night all life.

Interpretation

This poem is written in the style of free verse. The essential core to the poem is the understanding that water is the sustenance to all life. Being based on the fact that no living creature will survive without this precious liquid; that the world would not exist, the poem creates the essentials for life. It is the most fundamental substance on the earth, and yet taken for granted. The pollutants, the contamination, the overuse, can cause the breakdown of the most incredible life system in the universe. Without water, we all die. Sustainable practices will keep this source of life pure and available to all living creatures. Sustainability is the future, and a future is not worth the thought if there is no fresh water.

Motivation

The drive for this piece was taken from the idea that water is the most fundamental, essential component to all living creatures. The basic fact that none will survive without water is the motivating element to the prose which creates a powerful message about its importance. It was clear to me that it was being taken advantage of and I hoped to create a reminder for all that the wonderful gifts fresh water facilitates. It creates our world, and we need to create a sustainable environment in which fresh water will be abundant and continue the cycle of life.

Keeping Lake Tahoe Blue

By Kelley O'Connor

Looking at the water
From how Lake Tahoe has changed
Evaporating water shows the different
minerals, chemicals and other
foreign objects.

Yet it is still calming
Though it is changing
into a problem filled with pollution.
As it sits in what used to be
fresh everything
Is it possible to really keep Lake Tahoe blue?

There is a food chain
Fish, insects and other
creatures living under water
the and animals on land too
The chain can take its toll
if people like you and me take steps
towards keeping
Lake Tahoe blue.

Interpretation

This poem is written in the style of free verse. Lake Tahoe is such a beautiful lake and place. Fresh water affects our food chain, and not just people who drink and use water. We need to be aware of everything around us.

Motivation

Building and over population has endangered the lake water and the land around the lake. Recreational activities occur around the lake year round, and there is no time for the lake to recover during a season. The animal living around the lake are drifting into populated areas, learning bad habits, and eating human food not meant for their diets.

Water

By Alisa Albiar-Carmona

World in need

A tool for survival

Tainted with illness where it is needed most

Everlasting, but never enough

Removed from one place to quench another

Intpretation

This poem is written in the style of acrostic. When I wrote this poem, I really wanted be artistic, yet touch on as many issues surrounding fresh water sustainability as I could. I mentioned that there is much of the world, especially in developing countries, in need of fresh water, but in those countries, the water is tainted with diseases that infect an already suffering population. I also outlined the importance of how fresh water is essential to our survival, but there are times where the water that is available never seems to be enough. In the poem, I mentioned the removal of water from its natural environment to quench the thirsts of others. The water that supplies major cities often comes from hundreds of miles away.

Motivation

What motivated me to write this poem was that I wanted a way to get across both issues concerning water, and be descriptive as well. For example, I was thinking about points in history, such as the Hetch Hetchy Dam that now feeds water into Los Angeles, and water crises in developing countries. Even right now, people in the Middle East have very little fresh water, leading to the further spread of disease. I had to think about the positives and the negatives of having and not having fresh water in our lives, and how others are dealing with it.

Ode to Freshwater

By Margaret Ruch

Oh! Freshwater
It flows all day
It flows all night
Freshwater is everywhere
Although lakes are the most important resource of freshwater
Freshwater is used domestically, agriculturally, and industrially indeed
We must keep waste water and sewage water out.

Interpretation

This poem is written in the style of ode. The message I am trying to convey is that freshwater is very important. It is used for many things and by many different people. It is important to keep freshwater clean and to make sure we keep our lakes around because without freshwater many people and things would be affected directly.

Motivation

I am trying to communicate this message because I want people to know how important freshwater is and that we need to keep it clean and fresh. Without freshwater, the agricultural and industrial markets will be affected, and it could affect the world food supply. We also use freshwater in our homes so it is important that we have clean water.

Thirst Quenching

By Michelle Mootz

Freshwater
clean, pure
refreshing, sparkling, cleansing
essential, wet, healthy, saturate
flowing, hydrating, moistening
clear, tasteless
Spring water

Interpretation

This poem is written in the style of diamante. The message of my poem is that freshwater is not only good quality, but it is essential for our bodies.

Motivation

My motivation for the poem comes from a time when everything we drink is either full of caffeine or full of sugar. Freshwater is unhampered. It can be natural and flowing. It is part of maintaining good health.

Freshwater

By Taylor Clanton

A necessity
For life and sanitation
For all in the world

Interpretation

This poem is written in the style of haiku. Freshwater is necessary for every human being on planet Earth, though not all have access to it. It is necessary to have sanitary conditions because it can preserve the lives for many.

Motivation

Every person in the world should be able to have access to sanitary conditions, such as freshwater, but this is not the case. One goal of the Millennium Development Declaration is to halve the proportion of people without access to safe drinking water, as well as the proportion of people who do not have access to basic sanitation, by the year 2015.

Crystal Clear

By Marcella Morris

Glitzy
Sparkling down the mountains
Quenching peoples thirsts across the nation
A home for many creatures
Mesmerizing.

Interpretation

This poem is written in the style of Lanturne. This poem's message is about how fresh water is such a big part of our life. Fresh water gives us something to drink and gives creatures a place to live and something to survive off of. But also fresh water is very mesmerizing. The beauty of fresh water is not always obvious. The way it sparkles in the sun and how it trickles down the mountain is very beautiful.

Motivation

In the beginning of this assignment, I really didn't know what to write about relating to fresh water. After thinking back at my vacations in Tahoe, I remembered the beauty of the snow melting and the sun shining through the water. I felt the fresh water that was melting away looked so pure. Looking into the waters of Lake Tahoe, I saw fish swimming around and its very interesting to think that because this snow melted into this lake, it gave these creatures a place to live. Lastly, after thinking about how this fresh water could give these creatures a place to live, it made me start to think about what fresh water does for us. People die from thirst everyday, all across the world, and because we have access to fresh water, we are able to stay hydrated and live our lives normally.

Freshwater

By James Reyes

Flowing so smoothly
Helps keep us humans alive
Depleting non-stop

Life will then soon end
War for freshwater will start
No more life when gone

Intpretation

This poem is written in the style of free verse. I am trying to explain that freshwater is nice to have, and that it is calming and serene in any of its forms, yet we are depleting it at a rapid pace. We, especially here in the U.S., use things, such as freshwater, in abundance like there is a never ending supply. Yet, we do not acknowledge that we are depleting our resources of freshwater and we are not really changing our ways for sustainability. And soon we will run out of freshwater and instead of wars for oil, it will become wars for freshwater.

Motivation

What motivated me to write this poem is the fact that it is true! 70% of freshwater is being used for agriculture, 20% for industrial use, and only 10% for municipal consumption. There are ways to use less water for each of these purposes. Some of those ways are used, but overall, freshwater consumption is still increasing so our freshwater is depleting and depleting fast.

Rivers

By Farkhanda Bhatti

Rivers of water so crystal clear and bright
How they sparkle in the light
How I love to stand here and watch them all day long
And sing a lovely song
But now my song has ended
And so have the rivers so crystal clear and bright
I sit here now and wonder at night
If the rivers will ever be crystal clear and bright
But I believe if we preserve them they will never go out of our sight.

Interpretation

This poem was written in the style of free verse. The message of this poem is that we need to preserve water and keep our rivers looking clean and nice. We have to stop population as it also endangers the life of organisms living in rivers and cuts our water supply down. Water is an important necessity for our daily lives. We need to give back to our environment because it has given so much to us. If we continue to harm our environment we need to realize that we are also harming ourselves

Motivation

Our rivers are not as clean as they once were and the fact is that they probably will never be that clean ever again. They are becoming more and more polluted. Clean drinking water all around the world is a necessity and we can't possibly live without it. We can at least try not to waste water which can make a difference in our lives. I believe we need to get the message through and preserve water.

Freshwater

By Jaimy Vinton

Water from a waterfall, rushing down from high.
Water from a dark cloud, raining from the sky.
Water boiling hot, water freezing ice, water in a blue.
Lagoon, clean and clear, and nice.

Interpretation

This poem is written in the style of free verse. I chose to write about rain and waterfalls because when I think of fresh water, these thoughts come to my head so I put them on paper for you.

Motivation

My motivation for writing this poem was to demonstrate the effects of fresh water. The flow of rain, clouds, and freezing ice all come from water.. The number one source for fuel is our water.

Freshwater

By Lee Lor

Free to all
Right to the last drop
Easy to get from the rivers, lakes, and oceans
Simply taken for granted
Humans we are
Water pollution increases gradually
After it is all gone, what is left?
Try to picture earth with land but no water
Extremely hard to do, for it is not earth no longer
Remember freshwater is an essential component to our human survival

Interpretation

This poem is written in the style of acrostic. The message of the poem is to remind everyone that freshwater plays a significant role in our survival. We need water so our bodies can function. We need water to grow our food. We need water to help preserve our ecosystems. There are those who take our water supply for granted, but others who believe water is a scarce resource on earth. We should not wait until it is gone to realize the greatness it brings to our human survival.

Motivation

The motivation behind this message is a best friend. He believes that for the rest of his life, he will always have water whenever he needs it. This may be true, but what he is forgetting is those who will continue living after him. If we pollute our water, how can we have clean or freshwater to drink or make and grow our food with? Water is a resource that we can't substitute for, like apples and oranges, due to our personal preference. I feel that even today, we need to start thinking about our water system for the future because if we don't, we may not have a flourishing future.

POVERTY

The Cry

By Billy Her

Come and gaze
Desperately they cry out
Yet there is hope
Taxes rise higher yearly, still they fight off labor

Children getting sicker, health becomes weaker as others live off
richer
Economically, socially, financially, necessarily
They need help
What can we do
But watch them
Cry

Now both parents seek
And income hasn't reach far
Feeling astray beyond what's imagined
Money unstable, children collapse, medical bills stack
What is there to be done
All we hear, nothing else
Cry

Interpretation

This poem is written in the style of free verse. According to this poem *The Cry*, poverty is rising each year. Nothing in the world is free. People work hard to pay off bills, yet, there are some individuals who don't earn enough to support their families. As lower income results, poverty rates increase. People who are impoverished cry for help each time they don't earn enough money for their themselves and their families. Poverty is preventable when people have good paying jobs and good health. Good paying jobs are essential to pay medical bills and other expenses.

Motivation

What motivated me to write this poem is that not only do I see poverty around me, I live in poverty. Many sacrifices are made to just provide what's needed. Poverty is necessary to live with for now, but in the future, I hope to see changes. I hope to see the government provide better jobs, better programs, and better ways for people get out of poverty. I've seen many people suffer. My family, for example, has struggled through tough situations, constantly worrying how we're going to pay the bills. My mom has to work night shift at a factory just to put food on the table and pay off bills. I hope dreams may become reality someday.

Breaking the Recidivism

By Katie E. Monath

In this story I must be bold
Throughout these cells, the spirit is cold
I can smell the stench of urine and mold
Getting out of bed is an immense chore
With depression gutting me to the core

I wonder what route my life will travel
Hoping and praying the recidivism will not unravel
If prison education & rehabilitation programs were available
I see hope, opportunity, and meaningful employment for those able
Let's break the cycle of poverty, drug use, and hopelessness

My mistakes have created a craving for life transformation
I believe I have ability
To touch the lives of many in our nation
Earning a teaching degree to educate inmates,
Will aid in their chance at an improved life

My experience will build rapport
Presenting others with hope and strength
May this aid in reducing economic crime and acts of rage
Turning them into victors, while conquering each trial!
The lifestyles of the imprisoned will be modified eternally

How did I get here? My live was straight
Now I live behind these metal gates
What can I do to change this terrible situation?
I need to find something to make me whole.

Interpretation

This poem is written in the style of free verse. I believe that prison inmates should have the opportunity to seek higher education or vocational education, and receive intense rehabilitation while imprisoned. In turn, these programs could prevent recidivism rates, economic crime, and drug usage and distribution. This would widen the possibility of meaningful employment, thus making a positive contribution to society as a whole.

Motivation

I write this poem because I have seen felons who have fallen to the bonds of recidivism. There are few jobs that are attainable to felons because of their felon status and because they lack education to qualify for a wider variety of jobs.

Closing the Gaps of Poverty

By Katie E. Monath

Obtainment of a bachelor's degree
Allowed an 8 to 5 for me
Money seemed to always flow
While funds were never low
Two vacations a year for us
Our next trip was planned in Honduras
Until one day, the doctor said, the cancer has spread.

No more 8 to 5 for me
Now my days consist of radiation and chemotherapy
The medical bills piled, and money was low
Oh how do I handle with two children in tow?

No more home or vehicles for us
Now our transportation is the city bus
Life on the street is sad but true
Until I heard of something new
Chico has resources for folks like me
Help with medical bills
Providing a temporary home for my family
This gave me hope and light at the long dark tunnel
My cancer is gone!
And my hopes are high!

I can now smile and no longer sigh!
Now working with the American Cancer Society
And advocating for women with this awful disease
They too have a chance to escape the grip of cancer stricken poverty.

Closing the gaps of poverty
Are means to helping those like me
Education and resource referrals are key
In keeping those from poverty

Interpretation

This poem is written in the style of free verse. I write about a woman who has higher education and a good career. She is providing for her two children, when she discovers she has breast cancer. The cancer has caused her to lose her job, house, and vehicles. She learns about resources in Chico that helped her to get back on her feet while recovering from cancer.

Motivation

In our society many motivated, educated people are struck with a medical illness, which brings their ability to maintain employment to a screeching halt. Whether it is an accident or unruly cancer, these unfortunate events take gruesome toll in their lives. Many fall from living a life of peace, prosperity, and happiness to struggling physically, emotionally, and financially. It is important in society to address these issues and make those with cancer aware that resources are available to help them. More resources are needed for medical bills, mortgage deferments, transportation, etc. As health professionals, we need to educate our community on such issues, in turn aiding in bridging the gaps of medical-stricken poverty.

Poverty In Our Lives

By Jessica Houk

At one point in our lives
We are all stricken with it.

Whether it be in our lives itself
Or in the lives of another.

Our lives are consumed with it
We face it everyday

It's on the streets
It's in our communities.

Why are we doing so little
To end such a big problem?

Interpretation

This poem is written in the style of free verse. Poverty is everywhere around us. It is something that we need to confront and not to hide from it. To become a sustainable environment, we need to tackle the issue of poverty, however, many of us are not willing to do this. It is something we fear and believe will get us if we let it get too close to us. We need to face reality and see that poverty is an issue for this country and world.

Motivation

I was motivated to communicate this message on poverty because so many people are not willing to acknowledge that poverty exists and that it exists in our lives. I am continually confronted with it, and would like to see that something is done about it. I am repeatedly faced with the fact that it is possible that we will not see change or action regarding poverty for quite some time.

Poverty

By Sarah Meese

Dreams lost
Nothing to give
Time with nowhere to turn
Seeking shelter
Poorly nourished bodies
Food provides security
Happiness fading slowly
Shattered dreams, broken hope

-Poverty-

Hope broken, dreams shattered
Slowly fading happiness
Security provides food
Bodies nourished poorly
Shelter seeking
Turn to nowhere with time
Give to nothing
Lost dreams

Interpretation

This poem is written in the style of palindrome. Poverty is directly linked with food insecurity and obesity. Some live in constant worry of whether they will be able to eat that day. This poem conveys the lost hope that some often feel, and the discouragement of having no where to turn.

Motivation

I choose to use palindrome poetry or mirrored poetry because I feel that if a person hears the same words twice, the message will set in a little deeper. My hope is that people will realize how much poverty affects not only the physical health of an individual, but also the mental health.

Poverty At Home

By Jhoana Dela Cruz

Philippines, the war-torn country
Overcrowding cities leading to increased crime
Vague and unregulated laws
Economic hardships threatening everyone
Rice fields, the islands' main source of income
Terrorist activities plaguing the land
Youth experience lost

Access to necessary resources non-existent
Tricycles, cars, and jeepneys polluting the air with noise and crowding the town

Humid days making farming unbearable
Overflowing filth cluttering the environment
Malnutrition continually increasing
Ending poverty in this country is just ahead

Interpretation

This poem is written in the style of acrostic. The message that I'm trying to get across is that the Philippines are suffering from a great deal of poverty. For example, the country is experiencing an economic crisis which explains why many people are not able to acquire employment even after obtaining a four-year college degree. Another example is the lack of resources especially in health care and health education; this country does not even have a 911 system for emergencies. Also, the existence of corruption and terrorism weakens the country's foundation and reputation. I wanted to convey an overall sense of how difficult life can be in the Philippines.

Motivation

My motivation for writing this poem is that I know first hand what poverty is like. I was born and raised in the Philippines. Much of my family still resides there. Living in the Philippines for 16 years became an eye-opener. I saw people starving. I saw children on the street asking for alms. I saw homeless families on the streets. I saw

kids walking barefoot trying to look for food in garbage cans. I saw people struggle with their financial status. I saw people crying because of frustrations in their lives.

Starvation

By Brittany Worth

Ribs protrude through skin
No crumb to spare for any
Until all is dark.

Interpretation

This poem is written in the style of haiku. Often, there is nothing you can do to help yourself. You can pray and hope all you want. Sometimes it just feels better to close your eyes and just be thankful that you are alive at all. There are people in other countries who are starving, but won't find enough food to live, and will wait for death. It's a sad reality that we all need to come to terms with. The poem is meant to motivate people to give something back to those live in poverty.

Motivation

We live our lives being so ungrateful, and I try not to be selfish. As the wealthiest nation in the world, we don't realize that other countries suffer from poverty, and live each day like it's their last. They pray that they will get through the next day. I volunteered for a crisis center a couple of years ago and it broke my heart to see starving families come in everyday, thanking me for just a loaf of bread. So I believe that my poem releases a harsh reality that we all didn't realize.

Can You See Me?

By Guadalupe Gerfen

Poverty, poverty it so bad
It makes us feel all so sad
When we ask for change they look away
Sometimes I just feel like saying hey
Please don't look at me that way
I wasn't always this way
So the next time you see me on the beat
Don't feel so bad I am just looking for bit to eat

Interpretation

This poem is written in the style of rhyme. We sometimes choose not to see poor people. We do not look them in the eye. The kindest thing we can do is look them in the eye. After all, they are still people. We should not lose our humanity and look away.

Motivation

I was watching a television show about people living in poverty in America, and how these people overcame their situation. They spoke about their struggles of finding food and shelter for themselves and family members. One lady expressed that when she looked for food or slept on the street, people would not look in her direction and would turn away. She expressed how degrading she felt when people would ignore her. So next time, give a smile.

Poor/Rich

By Katey Ball

Poor
Hungry, Unfortunate
Starving, Freezing, Begging
Forgotten, Ashamed, Idolized, Lucky
Overspending, Flaunting, Flourishing
Entitled, Careless,
Rich

Interpretation

This poem is written in the style of diamante. The poem's diamond shape resembles a population pyramid. In this case, a diamante "wealth pyramid" reflects the distribution of wealth in our country. At the bottom of the diamond, there are people in our country starving while those at the top of the diamond are sitting in their mansions eating caviar. I think this is wrong and something should be done.

Motivation

My motivation to write this poem came from watching the news on television. I saw that over half of news stories were devoted to celebrities and the latest crimes they had committed. I thought to myself, "Are there no bigger issues in the world today? With a war going on, and our citizens starving, is it really imperative that we know how much weight a pop star has put on?!" So, I wanted to bring some attention to the other side of the spectrum and maybe something could be done about it.

Poverty

By Christopher Fahy

People Suffering
Opportunities Limited
Vegetation Scarce
Education Levels Low
Rivers Dry
Terrible Living Conditions
Yet Life is sad, And All we do is Cry.

Interpretation

This poem is written in the style of acrostic. The message of this poem is easy to comprehend. Poverty is everywhere, and it cannot be avoided. Poverty touches every country in one way or another, whether it is a small village in Africa, a remote location in China, or the busy streets of Detroit, Michigan. Without proper education, health care, nutrition and shelter, poverty will remain constant, which is sad but true.

Motivation

I was motivated to use the acrostic style poetry. If the message does not grab the person's attention quickly, it is easy for them to lose interest. Short impact, full messages can be more beneficial than long detailed ones, and with a sensitive subject like poverty, I figured it would be best to use a format of this nature. I wanted this poem to have a clear understanding of what poverty is, and also have it end on a sad note. The ending of this poem shows us that poverty is a terrible issue and most of us do nothing to help alleviate the suffering. We do, however, feel empathetic which makes us feel like we are at least contributing our feelings of sorrow, if nothing else.

Poverty Today

By Casey Gwaltney

People involved in the horrific events - 36.5 million.
Other than God there is no one helping them.
Victims of starvation, with no education.
Extrême living conditions hurt them in all different ways.
Rent is almost impossible to pay.
Time seems endless and never speeds up.
Yesterday looks the same as every day in their future.

Interpretation

This poem is written in the style of acrostic. This is something that a huge portion of the world is forced to look at every day. They “live out of a suitcase” and wonder if there is going to be money for groceries. This lifestyle takes a toll on their lives, and they don’t deserve it. Unless people have lived in poverty, they do not understand how difficult it is to live.

Motivation

My motivation for this poem comes from my experiences driving through poor parts of cities where I’ve seen many horrible things. The people literally have nothing but the clothes on their backs. Seeing these things make me appreciate what I have.

Poverty

By Chelsey Loquiao

People are crying
Old are dying
Very many are without food
Ever lasting is their melancholy mood
Rich have a luxury home
The poor continue to roam
You wish you had something more, but before, think of the poor

Interpretation

This poem is written in the style of acrostic. The poem conveys the suffering that impoverished people experience everyday. There are many wealthy people who just standby and do nothing. Their only worry is their next material possession. The less fortunate should be considered a social priority.

Motivation

I wrote this poem to portray a general message about the many people in poverty around the world. It is supposed to make the reader think about what it may be like for someone less fortunate. The last line of the poem is designed to make the reader reflect on how there are many people in need.

Poverty

By Shane Mitchell

Continual lack of income and wealth,
Few necessities for daily living,
Lack of food, clothing, shelter, and health,
The world needs to become more giving.

Caused by climate, location, war, and crime.
The people lack access to resources,
Some people have to work for just a dime,
Leaving little time for school courses.

It causes many diseases such as AIDS,
The life they are forced to live is not fair.
The hope of these people constantly fades,
Because of the major lack of health care.
They bear hunger, death, depression, and stress,
So the world needs to help clean up this mess.

Interpretation

This poem is written in the style of Sonnet. It emphasizes the horrors of poverty. It describes the causes and effects of poverty. The poem also shows how our world needs to do more to help countries in need.

Motivation

I was motivated to write this because everyone needs to help overcome poverty. Poverty is everywhere and affects many people.

Poverty

By Rebecca Larios

People everywhere
Outside in dirt and mud
Voices telling me 'No'
Every day with no food
Reaching out for a helping hand
Trying to find a warm place
Yes, I want out

Interpretation

This poem is written in the style of acrostic. This poem describes the poverty that occurs all over this world, not only in America. People in this world do not think about the poverty that exists, especially in their own community. We need to look at poverty, confront the real issues, and think of ways to start changing it.

Motivation

My motivation for writing this poem is to communicate to the world and people to look around them and see the poverty. It is everywhere and people do not pay attention to what is around them nor does anyone care. We need to get people everywhere to start caring and start changing. Instead of hiding from it, we need to confront what is really there and see that it exists.

The Wanderer

By Janette Olocki

I am but one soul,
That wanders wearily
Throughout the city.

I am a displaced soul,
By ruins of war and chaos
That is irreversible.

I am so lonely and so,
Full of pain.
You see my worrisome face.

I am a veteran
For my country
I did serve.

My former friends,
That I knew deeply.
Before all of this.

They drive right by,
Can't they see?
They were like me.

Interpretation

This poem is written in the style of free verse. The message of my poem is that the government should help the displaced veterans and the homeless in a better way. The message is to try to put yourself in their shoes for one day.

Motivation

I have felt compassion growing over the years for veterans of this country's wars. I see the veterans out on the streets asking for money

and food. It just breaks my heart over and over to see them in such pain and suffering. This is clearly poverty happening right in front of our eyes. The government is responsible for this, and it doesn't seem to me that they do enough for these people. I try to give when I can, and what little I give makes the people completely happy and filled with joy, for they will have another meal (or another beer) if they choose. I used to judge a person based on the latter, not anymore. I hope to continue to help when I can, maybe even in another country.

Rich vs. Poor

By *Berenise Rodriguez*

My dog drinks Moet
I don't wear the same clothes twice
I lend government money.

I can't afford pets
All my clothes have holes in them
Can I borrow some money?

Interpretation

This poem is written in the style of Sedoka. The message behind this poem is for others to be aware of their surroundings. I specifically chose the Sedoka form of poetry because it is one that addresses life from differing perspectives.

Motivation

This poem, *Rich vs. Poor*, was written to give an insight between the two extreme lifestyles that we find in today's society. First, we have the rich person who not only is able to afford a dog, but has it drinking an expensive drink. This person is so rich they lend the government money! Then we have the poor individual who simply doesn't have much.

POVERTY

By Jessie Lee

poverty is the
deficiency of sources
eroding the soul

Interpretation

This poem is written in the style of haiku. Poverty hurts us both externally and internally. The less we have, the more our soul seems to deteriorate. Not having the sufficient amount of resources discourages us from pursuing life.

Motivation

Poverty is defined as the deficiency or lack of, thus, I decided to use a haiku to limit myself the number and syllables of words to describe what poverty is and what it will do to the soul.

We Poor

By Kaylin Laine

“We poor,” says Selena
“Everyone has lunch at school but me!”

Poverty does not see race or gender or age and
Often children are affected the most
Only most people don't realize it
Right now what we need is awareness and action

Interpretation

This poem is written in the style of acrostic. I wanted to convey a message through this poem that poverty affects people of every race, every gender, and every age. I wanted to point out that most often children are the biggest victims of poverty and that often the signs go unseen. Children go to school hungry with no breakfast or lunch, and they come home to a house with no one home and no dinner on the table. There are different circumstances that cause people to fall into poverty, and children aren't responsible nor in control of any of them, yet are disproportionately affected by them. Children are the silent victims that most people don't think about. I thought it was important that people realize the extent to which poverty can affect people, children in particular.

Motivation

I was motivated to communicate this message through the poem because I've seen firsthand people struggle with supporting a family on little money. My aunt has three kids and they're great, they're typical kids, and they want what they see on TV and what the other kids have in school. One day, Ricky was bugging his mom about going to the toy store to get the latest toy and she turns around frustrated and says, “We're poor Ricky! Do you understand? We're poor? We cannot afford to go get it!” Selena, the youngest, mimics her mom and goes around saying, “we poor, we poor!” Everyone thinks it's funny, but I can't help but think about the kids out there

who aren't worrying about how they can't get the latest toy, but worrying about their next meal. That's what motivated me to write the poem. A lot of people don't realize the effects that poverty can have on children.

The Loving Purpose

By Marcie Holmes

As the mass formed into a cohesion of thoughtful minds and wishful hearts, we all united for the same purpose.
All the noises; more powerful with each pulse, each drum, each step; had the same purpose.
Each head was raised high, for we had a purpose on this day.

On this day,
We chose to fight for the end.
We chose the renewal of life.
We chose love.

As the crowd marched, each step stomped with the same purpose.
All the cries grew stronger, as did the lungs of the bearers to the deepest breaths for that purpose.
Each person was high, on the thrill of the purpose.

For this purpose,
We chose to fight for the needs of others.
We chose our neighbors.
We chose love.

As our day became darkness, the purpose was just the same.
The cries began to weaken, the arms sag, but not did the will of the purpose.
Each wishful hope billowing in the air, the purpose enlarged with eternity.

For this time,
We chose to make it the end of shame.
We chose the humbleness buried deep.
We chose love.

As the year crept on, the world blossomed as well as the purpose.
The cries ceased, the fear died, however the purpose was not.

Each mouth was watering with happiness, the success of the purpose.

For this moment,
We chose the life of our neighbors.
We chose the happiness of the earth.
We chose love.

As the world beats on, the never ending rhythm of all, the accomplished purpose thrives.
The laughter fades into the glimmering sun against the water.
Each belly, heart, and mind full of the purpose to love.

Interpretation

This poem is written in the style of free verse. The essential message is one pertaining to poverty. The poem is an interpretation of a future day that will be a glorious one for the natural earth. This day is infamous, in that the masses will fuel sustainability, and will protest for peace. This movement is uncontrollably inspired by the love and drive to free thy neighbors of burdens related to their famished condition. Poverty's outcomes have destroyed homes, families, communities, nations, and our world, and with this desire for peace, the world will be fed with the hope of life. The purpose in the prose is the movement for peace and love. The words describe the incredible hope that the world has towards a poverty-free, peaceful, sustainable environment. The actual day mentioned within the text is an unforgettable one in which the movement inspires all to become a sustainable earth.

Motivation

The inspiration for the poem was from the United Nation's sustainable development web page. There are goals to help countries develop sustainable futures. Within the comments on poverty was the statement, "The General Assembly, ... decided that poverty eradication should be an overriding theme of sustainable development for the coming year". This quote motivated me to write this poem.

Let's Take a Step Back From Our Lives

By Kelley O'Connor

Let's take a step back from our lives
The reality is
To try to stay alive
The material deprivation
Inside the population
Is a bigger devastation
Than we can realize.

We are born
Into so many different cultures
So many different backgrounds
Just trying to keep our heads up
Just trying to survive.

Let's take a step back from our lives
And see families
They try to stay together
To hold each other's hands
Regardless of the color
The color of our skins
It's why we live
And why we die
The poverty might kill us
But the truth will always save us
So many different cultures
Just trying to survive.

Let's take a step
Just one more step
And wipe the tears that fill our eyes.

Let's take a step back from our lives...

Interpretation

This poem is written in the style of free verse. People are always in a rush in this world. We don't really take time to realize what is going on. We notice we have a problem with poverty but we don't take action. If we did take action, we wouldn't have such a problem. Also, I explain that different people are born into different cultures, and are affected by the area in which they live in. It affects them as a person. I repeat the message so the reader gets it in his/her head that we really need to do something.

Motivation

People are born into different lifestyles. Some people are born into a poverty lifestyle. They don't know any other way to live. They don't know they are in danger of dying. They are living the way their families have lived for centuries. In the US, technology has defined poverty as not having money. We have and want too much money and possessions. The important needs of helping others are forgotten. Many people are in over their heads financially and don't feel it is important to help others.

Poverty

By Ashley Boothe

Physical limitations
Overwhelming situations
Valuing every single possession you own
Excluded locations
Real people
Trying so hard just to stay a float
Yearning for something more

Interpretation

This poem is written in the style of acrostic. The meaning behind this poem is that people living in poverty believe they are not living like everyone else in society. Overwhelming situations have caused them to be born into poverty. The main concern of poor people is to survive and not live.

Motivation

What motivated me to write this poem is the realization that the person walking down the street next to me may be poor, even though there are no outwardly signs of poverty. I've learned that poor people face more challenges to survive than others who are not poor, and they have a greater appreciation for what they do have. Poor people are real people with real feelings.

Poverty

By Amy Houston

Unfair lines drawn
Too many to count
Speak up, change is optional

Interpretation

This poem is written in the style of haiku. My haiku is designed to encourage people not to accept poverty as a way of life. There is always a choice, although it may be difficult and time consuming. Poor people must be motivated to get out of poverty.

Motivation

Poverty is often hard to think about without thinking about the current state of our government. I think the government and White America have a lot to do with keeping so many people in poverty. It seems that the rich get richer and the poor get poorer. The only way to erase poverty is for more people to speak up against it, and do something about it, including those living in poverty.

Lasting Affects

By Jennifer Levinson

No cement in sight only wet mud
The children are crying for food
Mothers hold newborn babies
With nothing to keep warm
Doctors are unseen
Disease spreads quick
Lives are lost
In this
World

Interpretation

This poem is written in the style of Nonet. This poem describes the poverty that exists in much of the world today. Many individuals do not think about the poverty that exists in their countries. Children are born into low or no income households where doctors and healthcare are unheard of. Young lives are being lost, and at the same time, many people in this world are showered with an overabundance of life's best luxuries. Poverty exists in all parts of the world and the best place to begin making a change is in your own community.

Motivation

Developing countries are not the only place where poverty exists. As I get older, I see the effects of poverty right here in California. Digging deeper into the horrible life of those who live in poverty, it is easy to see their struggles. Dislocated from the world they once or possibly never knew, the simple things in life are no longer that. Not knowing exactly what to do about poverty at a global level, I help in my own community through working at soup kitchens, donating clothing, and participating in local food drives. Every capable individual is needed to help the fight on poverty.

Richer for Poorer

By Alisa Albiar-Carmona

Poverty
Widespread, bereft
Heartbreaking, starving, all-encompassing
Destitute, needy, luxury, abundance
Holdings savings, belongings
Affluent, opulent
Wealth

Interpretation

This poem is written in style of diamante. My message is that the gap between the highest and lowest of economic classes is getting larger as our economy grows. The poor seem to be getting poorer, and the rich only seem to be getting richer. Then there is the debate over whether those who are living in poverty have a fighting chance at life-changing opportunities, or if they are forever doomed to a lifetime of poverty. I used the word “widespread” and “all-encompassing” to refer to the fact that these are not just issues surrounding our nation, but the entire world. In places such as Africa, those who live in the slums may never experience the sort of wealth we see and hear about everyday of our lives.

Motivation

I was motivated to write this poem for a few reasons. One was from a memory I had from my early years of high school, when my parents had me volunteer at a homeless shelter called *Loaves and Fishes*. My parents not only wanted me to give back something to the community, but to also see what the world was like for people who lived impoverished lives. A very opposite experience I had were the times I hung around my stepsister and her friends, who all live in the rapidly-developing city of Granite Bay, which was home to many of her friends who lived a life of seemingly infinite privilege. Almost everyone had what is sometimes referred to as “McMansions,” or just really big houses in tightly gated neighborhoods. Last, I thought

of when my sister went to Tanzania, Africa, to teach an AIDS education program to elementary school children. I saw many pictures from the more destitute parts of the country, and the people that were suffering and could not afford medical attention. From these memories, I targeted all the issues that come down to people doing just one little thing to make a difference in the lives of others in order to encourage a healthier economy in developing countries, and in our own.

Poverty

By Margaret Ruch

Please help make poverty history
Overwhelming number of people in poverty
Very few listen, yet so many people have opinions
Everyone wants to speak and no one has a solution
Reality strikes these people harder
There should be enough for everyone
You can make a difference

Interpretation

This poem is written in the style of acrostic. The message I am trying to convey is that poverty affects everyone, and there needs to be an increased awareness of the problem. This issue is much larger than what people realize.

Motivation

I am trying to communicate this message because poverty is an important issue. Poverty is going to affect our upcoming election because most people who live in poverty do not have access to proper health care.

The Devastation of Poverty

By Michelle Mootz

Poor water quality and sanitation
Obvious lack of health care and prevention
Vicious cycle
Education is rarely accessible
Run-down immune systems
Treatable illnesses are life threatening
Young children with parents unable to feed them or provide adequate shelter

Interpretation

This poem is written in the style of acrostic. The message of my poem on poverty is that it kills. Many innocent men, women and children are sick and dying because they do not have access to health care, food, and clean drinking water.

Motivation

My motivation for the poem is to help others become aware of the harmful effects of poverty. I hope that the next time they hear the word “poverty”, they will be able to empathize with poor people.

Poverty

By Taylor Clanton

Enormous issue
Complex and never ending
Distressing and cruel

Interpretation

This poem is written in the style of haiku. Poverty is a huge issue that is very complex and will probably never end. It's cruel to those who are affected by it, and hard to witness for those who aren't.

Motivation

It's amazing to me how many people live in poverty in this world. It's upsetting for someone who isn't affected by it, to watch what people go through day in and day out dealing with the difficulties of living in poverty. It seems like poverty will be an ongoing issue that will never go away.

Spare Me

By Kalia Her

I'm sitting here, inhaling the cold air
As a stranger, walk right past
Wishing I could just catch a breath
But as I look he walks away

I'm sitting here, reminisce about my life
As a stranger walk by
I got up and ask "sir, will you spare me some change?"
But as he looks at me, he walks away

Sometimes people are cruel
And they see no one other than themselves
Wishing I could be like them
But yet I am falling so deep
Into the cold weather
As I am sitting here

Interpretation

This poem is written in the style of free verse. This poem is about a man who is poor, homeless person. During a cold night, he is outside asking people for any spare change. He sees a man walking by and asked the man if he has any spare change. The man just walks past and ignores him. The poor man then wishes he is rich so that he wouldn't be living out in the cold night.

Motivation

What I think motivated me to write this poem is my experiences seeing poor people living on the streets without a place to stay or rest. Some people go on for days without any food. They live by asking strangers for spare change. If you are lucky, some strangers will "spare you some change," if not, then you will go without having food in your stomach. This does not only apply to homeless people. This poem deals with people who live in poverty. Without money, they live in cold weather, and not much to eat.

The Dirty in America

By Marcella Morris

Poor families searching for food and shelter
Out of money
Virtually out of hope
Everlasting
Rejected from the rich and famous
Tired of no health care and lack of jobs
Yearning for a better life

Interpretation

This poem is written in the style of acrostic. I choose the acrostic poem style because I've always thought that it was a very artistic way to present a poem. I wanted to send out the message about people's emotions when they are living in poverty. People who live in poverty are very hopeless, and I wanted to express that in this poem. I named this poem "The Dirty in America" because there are many places in America where people live in poverty. These areas are very dirty and unsanitary, and that's what I wanted to represent.

Motivation

I was motivated to write this poem because I live around San Francisco, and I have seen many families who beg for food and have nowhere to live. I have volunteered at a homeless shelter, and it was a very big wake up call for me to see these families walking into a homeless shelter, covered in dirt, have no money, no clothes, or anything to help prevent health problems. I also wanted to illustrate the differences between the social classes. If people have money in this country, they look down on the people that don't have money. Also, I feel like people who are poor and live in poverty never really leave it so I wanted to express that. Poverty is a cycle of life which leaves people without hope.

Poverty

By James Reyes

Poverty...

Yeah, I grew up poor too!
But that didn't keep me down, even when I was hungry at school

Education is the key!
It will raise you above, that poverty line ya dig
That's why education is good....And hell yeah learning is FUN!

But back to poverty

There are many people out there
Living hard lives because they're poor with no clean underwear
So if you have,
You should give to the have nots, and anything helps
Cause with the aid that you give
You're promoting better health.

How, you ask? Well it's like this
That can of soup that you gave can help feed a kid
And with that full stomach it is easier to learn
He'll then get his degree
Make some money
Hopefully turn around and help other people still in poverty.

Interpretation

This poem is written in the style of free verse. For my poverty poem, I'm trying to say that education is the way to go to get out of poverty. Education, however, is not easy to attain if you have to work so much. I am also trying to catch the attention of the "haves" so that they can help the "have nots." Those "haves" can help promote the health of the poor, and can help to keep poor kids or

their parents in school. My message is that education is key to getting out of poverty.

Motivation

My motivation for this poem is that I was once living in poverty. My mother has always said that she would rather struggle now so that my siblings and I could get a great education and not have to live in poverty any longer. Also, one day we can take care of her once we are established. I am still poor, but I know that there are many more people poorer than I am. I try to help the poor as much and as often as I can because I know what poverty is like, and it's not fun.

Too Wealthy for the Poor

By Farkhanda Bhatti

I live with as little as possible
I feel rewarded when I get enough to eat
Famine and disease are my family
So close to me they are
I can't do anything nor say anything because my tongue is tied
or maybe I am just struck by poverty
But when I look around I see a millionaire
Then I wonder why I still live with as little as possible
Maybe it's because he is not willing to share
He is not willing to share someone else pain and sorrow.
Thus poverty seems to grow
And you see one more family that lives in poverty.

Interpretation

This poem is written in the style of free verse. The message of this poem is to raise awareness of families living in poverty. Another message is that we can make a difference in the lives of people living in poverty by giving money or other materials. Wealthy people should think about others around them who have little to eat and sleeping on the streets, while they are living in their comfortable homes with an abundance of food. By caring for those around us, we are caring for the environment and making our world a better place to live.

Motivation

When it comes to poverty, I feel that the rich keep getting richer and the poor just keep getting poorer. There is no middle ground. If the wealthy shared a small portion of their wealth with the poor, we could fight poverty. Poverty is a worldwide issue that concerns millions of families. I feel that there is something that everyone could do to help alleviate the problem. If a wealthy person gives to a poor family, they will not only help that family, but will also feel that because of them one life has breathed easier.

Poverty

By Jaimy Vinton

Poverty creates a terror.
It creates problems of error.
Education is the light of good life.
Education is the symbol of beautiful life.
Education finishes darkness and poverty.
Education is mightier than a knife.

Interpretation

This poem is written in the style of free verse. This poem is about poverty and how it is so powerful in our country. I explain it as a terror. People worry about money all the time and it is a big burden on people. Education is explained as a symbol of a beautiful life. With a good education, there is a good chance of getting out of poverty.

Motivation

By taking this course, and by taking a multicultural health course, I have learned about increases in poverty levels and lower health statuses across regions, cultures, and races. One solution that comes to mind when I think of poverty is education.

Poverty

By Lee Lor

Child
Poor, Hungry
Hoping, Starving, Prying
Young, Pure, Innocent, Naïve
Living, Fighting, Dying
Sad, Real
Poverty

Interpretation

This poem is written in the style of diamante. The message of the poem is to realize children are the ones who suffer the most when in poverty. They are the ones who are bystanders of countries at war and they are the ones paying the price. It is not fair to have innocent children being born, and not living their lives to the full potential because they are living in poverty. There is no future for those countries whose children are hungry, lack education, have a higher burden of diseases, and lack safe environments. I know there are complications when a ruler wants equality among his/her people, but if I were the ruler of the world, I would do my best to make sure there are no children living in poverty.

Motivation

My motivation for this poem is my dad. My dad grew up during a time of war, and his parents had very little for him and his siblings to survive on. It hurts to know that the things I take for granted are the things he cherished when he was my age. For my dad did not have the opportunity to get a proper education because my grandpa was away in the war, so he had to step up and be the man of the house. He had to work in the fields and raise livestock with hope they would sell. The worst thing he had to face was to watch his family members die from diseases and then spirits took them away. According to the poverty guidelines from the US Census Bureau, my family is living in poverty, but I know there are children out there who are facing worse situations than I am.

All Round the World

By Christine Mosbacher

Poverty
Malnutrition, Welfare
Lacking, starving, stressing, immigrating
Unemployed, homeless, health care, money
Shopping, investing, voting, working
Rich, Inherited
Wealth

Interpretation

This poem is written in the style of diamante. Poverty is something that is happening all over the world. It is interesting to compare and contrast poverty versus wealth because it is not something that we all think about all the time. Poverty is not just having no money. It is also about not eating well or enough to keep good health, it is stressful, it is having little or no access to health care or political power, and it is being deprived and lacking a lot of necessary resources for life. Being wealthy is not only having money or being rich, it is working for what you have, and it allows you to vote or have power. The contrast between poverty and wealth illustrates how life is unequal and unfair.

Motivation

I started to be motivated to write this poem when I really started to think about poverty and wealth. There are so much of both in this world that it seems as though we could reach out and help everyone in different ways. There needs to be a balance between poverty and wealth, even though some people living in poverty made unhealthy choices that led to their poverty.

FORESTS

Life and Death

By Jhoana Dela Cruz

Forest
Mysterious, unknown
Blossoming, living, growing
Threatened, vital, maintained, lifeless
Withering, dying, disappearing
Empty, lost
Desert

Interpretation

This poem is written in the style of diamante. Nowadays, people are unaware of what is going on with forests around us and how they are disappearing under our noses, while at the same time becoming extinct. Also, we need to think about the animals living within the forests which are threatened as well. The meaning of the poem is that we need to preserve the forest because it is part of nature which is so beautiful. We are so lucky that we still see the beauty of it. We need to maintain it that way for future generations will see it too. A forest reminds me of life which is always growing and full of life, and if that is taken away, it will just be an empty lot full of trash and a desert.

Motivation

I was a camp counselor for two summers in Whiskey Town Environmental School for fifth-graders where we did a lot of exploring in the forests. Our forest guide would take us into the forest for the whole day. It was in this setting that we educated the children on how nature is related to human beings and the environment, and how it affects us as a whole.

Loma Mar

By Kayla Gallagher

As the kids gather around beneath the trees,
Their wonder and awe is plain to see.
Never in the city have they seen them so tall,
And some of the children, never at all.

To be without TV, computers, or phones,
And taken away from their busy urban homes.

They're put in a place for a week or two,
Where they're free to explore nature and discover a new.
The redwoods surrounding the small dirt path,
Create a safe haven for which they can pass.
They laugh and play in air so clean and fresh,
Something that city air does not possess.

But what surprises them most of all,
As they bundle up in their bunks so tight,
Is they fall asleep to no sounds of gunshots,
But only crickets in the night.

Interpretation

This poem is written in the style of free verse. Children these days are spending too much time in front of the television and not enough time outdoors. It's important for children to play outside and develop a sense of nature. Our nation's forests are being cut down each day and more and more housing developments are going up in their place. We need to protect our natural forests not only for the valuable resources they supply, but also for our future generations to be able to experience the wonders of the great outdoors.

Motivation

I spent this past summer working at a summer camp located in the coastal mountains of Santa Cruz. The camp was set in a forest full of redwood trees, with a big creek flowing through it. The children who came to the camp were mostly inner-city kids from Oakland or Richmond, California. Coming to camp for them was like going to a different world. Where they live, there are skies full of grey smog, neighborhoods covered in pavement, and the night sky is drowned out by a sea of streetlights. At camp, they were able to experience the beauty and simplicity of nature, and explore without fear of getting into trouble or ending up in the wrong neighborhood. It changed their lives and allowed them to see a world outside of their own and gain knowledge about the environment.

What is Beautiful?

By Rebecca Larios

Trees swaying all around,
Little creatures crawling on the ground.
Wetness dripping from the leaves,
Bird chirping melodies.
Spiders, snakes and creepy things,
Making all the people scream.
Blue, green, orange and red,
Flowering flowers around your bed.
Romantic peace between the trees.
In the forest....
So many things
In the forest....
We love to dream
In the forest....

Interpretation

This poem is written in the style of free verse. This poem explains the beauty of forests and of all the things that live there. The beauty of forests is precious. I wanted to portray the preciousness of the land and the beauty of the trees. Also, I wanted to express how we need to preserve the forests where animals rely on this habitat.

Motivation

My motivation for writing this poem is that I am a “nature person.” I love being out in nature and experiencing fresh air. I love camping and living amongst the animals for a short period of time. We are losing our forests to logging and pollution. We need to do our best to preserve our forests for the animals and future generations.

Forests

By Jennifer Levinson

Full of life
Oxygen that is pure
Refreshing to breathe
Enormous Maple, Oak, and Redwood Trees
Squirrels, Bald Eagles, White Tailed Deer
Tremendous scenery
Simple pleasures taken for granted

Interpretation

This poem is written in the style of acrostic. A forest is a unique and wonderful place full of life and fresh air. The number of animals someone can see in a forest every day is enormous. Millions of forests are being cut down each year in order to build residential and commercial areas. Do we know what we are doing to our environment every time we decide to remove a forest? We are depleting the world's air supply.

Motivation

After taking Environmental Science at CSU, Chico, I realized how essential forests are to our lives. Not only are animals suffering from extinction due to the removal of forests, we are depleting the world's air supply. California has beautiful National Forests, and it has been such a wonderful experience for me to have visited two of them in the past year. A suggestion to all is to visit a beautiful National Forest near you, and experience a wonder of the world.

Forest Sustainability

By Katie E. Monath

Footprints on our Earth should be limited
Our duty as human kind is to make the least amount of footprints
 during our lifespan
Resources are limited; we need to use them sparingly
Effects of limited resource use are extremely profound
Stewardship is necessary
To maintain and replenish our forests

Interpretation

This poem is written in the style of acrostic. As users of forestry resources, our world's population should demonstrate superior stewardship of our resources. We need to replace what we use. Accounting for our future needs is essential for forest sustainability.

Forests of Pleasure or Pain

By Janette Olocki

The forest so pretty so green
How did they get this way
Why are they so clean

The smell of aromatic pine
The leaves are so colorful
The branches reach up so high

Walking through the forest
One stumbles upon
Some deadly toxins that run

We follow this stream of
Toxic waste
To the river of so

We are in horror
As we exclaim
When the wildlife
Are no more

What is this we ask
This is disgust of a person's
Deadly past.

So sad to see the forests ruined
By toxic waste for selfish reasons
The game of drugs by some choose
We are the ones to pay the dues

Interpretation

This poem is written in the style of free verse. My message is that California forests should be a place where people can escape from city life and enjoy nature. Forests should not be taken over by selfish methamphetamine addicts and illicit drug producers who use our forests as dens for drug abuse and production. Unfortunately, little is being done in California about this problem.

Motivation

I didn't know methamphetamine was such a problem until moving to California. I am against drugs and the people that do this in our forests disgust me greatly. The animals are in grave danger with such a problem. I don't believe enough is being done to stop the problem of methamphetamine addicts ruining our forest environment.

Forests

By Ashley Boothe

Forgotten by many
Odor from the fresh trees
Removes air pollution
Everlasting scene of greenery
Sunset setting in through the tree tops
The way the tree tops sway in the breeze
Sunrise coming in through the tree tops

Interpretation

This poem is written in the style of acrostic. The message is that forests bring us so many different things and do so much for us. We often forget that aside from a place to escape from civilization, it is also a place where air is cleansed, giving us that fresh smell of trees.

Motivation

The motivation behind this poem was to let people realize what the forests are actually meaningful to some people, to some it is so much more than something that provides shade or paper or a home for animals. The gorgeousness of the sunset setting through the trees is something I want to portray in this message.

Forests

By Shane Mitchell

Trees
and plants;
very dense,
full of wildlife.
Loss of habitat
affected by humans.
Bad for the environment,
caused by logging and fires.
Deforestation is damaging.
Sustainable management is crucial.

Interpretation

This poem is written in the style of Ethere. It describes what makes up a forest, what destroys the forests, and the effects that deforestation has on the environment.

Motivation

I really enjoy forests, but one day I fear they will become very rare. I hope one day I can visit a tropical rainforest, so I hope we can learn to sustain them.

ENVIRONMENTAL HAIKU

By Stephen Tardiff

The power of time
Sweet little tree goodbye
Dust is now the ground

Interpretation

This poem is written in the style of haiku. My interpretation of this poem circles around the anti-natural environmental act of deforestation. The first line expresses the power of time, meaning that human beings can do so much devastation, even in little increments, which, over time can add up to complete devastation. The second line represents the innocence of the tree and it makes the reader question, “why should we be saying goodbye to this tree if it has done nothing wrong?” The third line communicates what the landscape looks like after deforestation, that dust is the final product.

Motivation

I wrote about deforestation because I saw an episode about it not too long ago on the Discovery channel. Before I saw that episode, I had no idea just how bad deforestation was becoming and the impact that it was making on our planet. In one of the scenes, there stood a tiny tree in the middle of a deforested section of a hill side. When writing this haiku, I remembered that tree, and that’s where my motivation came from to write this poem.

A New Life

By Kalia Her

As the bird sings
And the echo of the streams flowing down south
New life is born
From a baby fish to a baby deer t a mockingbird
Life is born

As the bird sings
A new life begins
Habitats are made
The environment begin its cycle
And a new beginning is form

As the bird sings
As deer drink from the stream
The surrounding is born
And a new beginning is form
And the cycle of life begin
As the bird sings

Interpretation

This poem is written in the style of ode. This poem is basically about a new life that is born in the forest. There are many seasons where animals hide, and some come out and play when the right time comes. The new life is born and the cycle of life begins. A place called home is what these animals want most. The bird chirping is a sign of the new life.

Motivation

I think it is a motivating poem because it talks about a new beginning. I think if you do something wrong or see that someone who is in need, you should consider yourselves to be a helping hand. You can help can start a new life for those who need assistance, for example helping people to get out of poverty.

Captivating Forests

By Christina Therrien

Dark green enchanting
Up amid the tall mountain
Lies the dim Forest

Interpretation

This poem is written in the style of haiku. My message for this poem was to show people how wonderful forests are so that hopefully we can try harder to keep them alive.

Motivation

I wanted this forest poem to make people more aware of the environmental problems we are facing. I also wanted to make people have more passion for these problems so that we can all try to fix them together.

Trees of Life

By Halley Bearding

Many years of growth
Provide everything needed
Respect this resource

Interpretation

This poem is written in the style of haiku. Trees and the forests they live in are an essential part of our life. They provide needed resources to many species in our world. Trees are resources that need to be respected because our forests are disappearing.

Motivation

The three lines of my haiku describe the things I think of first when I think of trees. I want everyone else who reads this to think of how important trees are to life.

Outside

By Kaylin Laine

Outside, outdoors is the place to be
Urban cities have too much smog and air pollution
The forests, full of trees and life are more peaceful
So much better for your body and soul
It has been shown that you reduce stress by spending time outdoors
Do you remember the last time you saw a forest in real life?
Everyone needs to remember forests give us life and we should
preserve them

Interpretation

This poem was with written in the style of acrostic. The message that I want to convey through this poem is that it is good and healthy to be inside, that city buildings and city streets can be bad for your health. I want to remind everyone of the beauty that is found in forests and the great feeling you get when you are surrounded by one. We have too few forests left in the world and people should remember all the good that they do and all the beauty that they are and fight to preserve their natural state.

Motivation

What motivated me to write this poem was the sad fact that I only experience the beauty of forests about once a year. In a world so busy and pushed for time, I forget the simple beauty and peace that comes with being outside in habitat of trees instead of buildings. How sad is it that I can look out my window and see only houses and businesses where there used to be orchards with forests of trees. We have lost so much of our natural habitat. We should strive to preserve what is left of the forests that give us life simply by providing the air we breathe.

F.O.R.E.S.T.S

By Christina Covey

Food and medicine come from the deep
Organizations around the world are fighting to keep
Realize their importance before they are gone
Ecological disaster for all species of animals
Sustainability is important for human health
Timber forests need to be managed
Studies show the importance for human health

Interpretation

This poem is written in the style of acrostic. The meaning behind the poem F.O.R.E.S.T.S is that many great things come from all types of forests. Not only do they offer a viable habitat for wildlife but science is finding cures and developing more medicines everyday. Our forests need to be managed as they are being destroyed for many different reasons. It is important to every living creature on the planet.

Motivation

I feel like the Earth is precious and many people take it for granted. I believe that we should put back into our environment instead of using it up until all is depleted. We really need to put practices in place that will help us with sustainability. We really can't afford to wait any longer!

Forests

By Sarah Meese

Pine, evergreen, spruce and redwood
Vegetation coexisting with animals
Trees in wind whispering
Animals playing, dancing, running
Trees provide resources
Cutting, selling, buying
Smoking wildfires
Nature destroyed

-Forests-

Destroyed nature
Wildfires smoking
Buying, selling, cutting
Resources provide trees
Running, dancing, playing animals
Whispering wind in trees
Animals with coexisting vegetation
Redwood, spruce, evergreen, pine

Interpretation

This poem is written in the style of free verse. This poem shows the cycle of life of trees providing resources. We must remember that it is a cycle and we cannot take without giving back.

Motivation

Trees provide so much for not only us, but other creatures. They provide food, shade, homes, and other endless resources, not to mention beauty. I want people to remember the value of trees that before they throw away a piece of paper without recycling it. I want people to remember books and bookshelves are made from trees.

Forest

By Jessie Lee

Forest
extensive, vigorous
prospering, exhilarating, unfaltering
valiant, lively, abundant, high-spirited
skyscraping, dominating, soothing
calm, peaceful
Grove

Interpretation

This poem is written in the style of diamante. Forests are “extensive.” When I think of trees in the forests, I think about how long and how much they have lived through. Because of their longevity, they may have encountered so many events and have withstood them all. This makes them “unfaltering” and “valiant.” Forests are filled with giant trees and so I used adjectives such as “high-spirited” and “skyscraping” to describe them.

Motivation

I see forests as strong and powerful sources of energy to the environment. Forests cover a large acre of land and dominate its territory. Although forests give off this vibrant and overpowering source of energy, it is also a place where I can imagine myself walking through to clear my mind or go for a fresh breath of air.

Greens

By Nou Xiong

Through morning dawn light
Haze arise from the green dead
Soon becomes violent
Giving growth to the green dead

Morning passing through
Green living now supports life
Cousins of all size
Walking livings come to hunt

Dusk at the corner
Stalkers longs for a night out
Walking livings falls
Dawn lights fogs form soon repeats

Interpretation

This poem is written in the style of free verse. At night, the forest plants appear to be lifeless amid the fog and dew. The fog forms clouds, and when it rains, the rain comes down violently onto the leaves of the plants, but the rain supports the plant growth. Morning eventually becomes afternoon when the forest plants are alive, supporting life in the forest. There are many different kinds of plants in the forest, even plants that have medicinal value. Humans look for these plants for medicines. As the sun sets, the shadows join one another for a long night. The human goes to sleep, and the process starts all over again in the morning.

Motivation

The motivation of this poem comes from my need to let people know that many medical cures come from plants and trees, and that deforestation is destroying potential cures many illnesses.

Birth and Crime

By Denise Trigueros

Green leaves growing on trees
Roots dying losing their spread on ground
Nature color disappearing empty lots

Interpretation

This poem is written in the style of free verse. The reason I wrote this poem is because Mother Nature gave birth to the Earth and forests, but now humans are destroying her works. Deforestation causes animals to lose their homes. Cutting down trees for paper is a crime against Mother Nature. We need our forests; natural beauty should be preserved.

Motivation

I love nature, I love camping, I love hiking, and I love the Los Angeles National Forest. I felt that diminishing forest life is like committing crimes in a city. We must preserve nature. Who will nurture the animals losing their homes? Mother Nature's creation is a work of beauty and a gift to all life, and we should appreciate this gift.

Forest

By Amy Houston

Trees gone
Future generations suffer
Does a tree still fall silent?

Interpretation

This poem is written in the style of free verse. This poem was inspired by seeing clear cut forests that are painful and devastating to see. I'm fearful for future generations to view clear cut forests as normal.

Motivation

My father has been in the timber industry for over thirty years, and because of this, I don't generally speak out against the timber industry. Over the past decade, it has been difficult watching not only how the timber industry treats the environment, but also those that have dedicated their lives to it. It is imperative that we protect our environment and our forests, not only for us, but for future generations to come.

Sustainability

By Christine Mosbacher

Forests need trees, rain and light,
So the creatures can survive at night,
No more cutting every tree down,
For we don't need another town.

Make a copy here, make a copy there,
Let's at least pretend we care,
So no more copies and the computer we come,
Everyone needs to use the rule of thumb.

For let's love nature and let it be,
So no more saying its all about me.
Branch out a bit and read the news,
At least be aware and stop the snooze.

Interpretation

This poem is written in the style of minute poem. The message in this poem is that people need to be aware and take responsibility for what is happening to our environment. We need to cut back on products such as paper, and stop building homes where we don't need them, so that we can save the trees which would also save the forests. Forests are an essential part of life, and wildlife for that matter. Forests function as animal habitats, hydraulic flow modulators, and soil conservers, all important to balancing the Earth's biosphere. Not enough people pay attention to what is going on in today's society and it is about time that we all start paying attention and acting on what needs help.

Motivation

I believe that we could all conserve tree products such as paper, and we certainly don't need to build homes on every piece of land out there. It would be nice if we could stop building so many shopping

centers so we could enjoy nature. It is sad how everything keeps on growing in ways that it doesn't have to.

TOXIC CHEMICALS

Toxic Chemicals in Our World

By Halley Bearding

Constantly present
Corrupting natural life
Hard to get rid of

Interpretation

This poem is written in the style of haiku. People need to be aware of the fact that toxic chemicals are everywhere, and these chemicals have the ability to kill humans, animals, and plants. They are in places where people do not expect them, and sometimes will never go away. Nature is not the same after toxic chemicals have done their damage.

Motivation

I was motivated to write about toxic chemicals when I found out how damaging they can be to the every life on Earth. I kept it simple so people would understand the message after reading it only once.

Chemicals All Around

By Christina Therrien

Toxins in water
What do we do about it
We need an answer

Interpretation

This poem is written in the style of haiku. My message for the Toxic Chemical Poem is to show people that the problems we are having with toxic chemicals are invading our water system. Hopefully we can all work harder to fix these problems.

Motivation

My motivation for my toxic chemicals poem is to show people the problems we have with chemicals and toxins in water. We are so lucky to have fresh clean water in the U.S., yet other people are not so lucky, especially in the developing countries. We need to come up with a solution for this dangerous growing problem.

Man Made Toxic Health

By Kristina Covey

Toxic chemicals can be anywhere
Take in a breath, they may be in the air
Think you are being healthy by eating fish
But you may be eating a mercury contaminated dish
Learning disabilities, poor attention spans, IQ lower in the head
These are risks for children who ingest lead
Responsible pet owners use products containing pesticides
Oh, No! Oh, No! Rover just died!

Interpretation

This poem is written in the style of Epigram. The message of this poem is that we do things everyday that we don't even realize could be harmful to our health. There are toxins everywhere, and poisons lurking in our homes, cars, and even our air. Sometimes what we think is "doing the right thing" could actually have the opposite effect.

Motivation

Although I believe that public awareness has increased in the last 10 years about toxic chemicals, we really need to do more to monitor the activities of companies and governments that may be potentially harmful to the environment. This past year, the news has been full of problems related to toxic chemicals, for example, melamine in pet food and lead paint used on children's toys (toys that will likely be put in their mouths). I put pesticides on my dogs so that they will be protected from heartworm and fleas, even though the chemicals may be harmful to my dog and my two-year-old nephew.

Plastics

By Kaylin Laine

Plastics pose much harm
Thinking they are safe is wrong
Bad for us they are

Interpretation

This poem is written in the style of haiku. The message that I want to convey through this poem is that plastics are not completely benign substances. Many people do not think that they could possibly be harmful to your health but they are. Plastics can leach chemicals that cause problems to human health, and are definitely something to worry about, especially if you are pregnant. I wanted people to read this poem and then stop and think about what they really know about plastics and their effect on us and the environment.

Motivation

My motivation for writing this poem was the simple fact that I believe the American public is vastly unaware about issues concerning plastic and human and environmental health. When given the topic of toxic chemicals, plastic came to my mind. Chemicals contained in plastic can be toxic to our bodies and our environment, something that I believe most Americans do not know about.

Living in a Toxic World

By Jhoana Dela Cruz

Toxic World
is dangerous to the environment
Harmful to nature
Poisonous in every way

Interpretation

This poem is written in the style of Naani. We are pretty much living in a toxic world which affects us greatly; there are so many things around us which are considered “toxic”, even the foods we consume everyday could be contaminated. Cosmetics, food coloring, food additives, pharmaceuticals, and certain technologies are the most common contaminated substances encountered in everyday life.

Motivation

I took an eye-opening class called “Environmental Health” taught by Dr. Flannery which changed my outlook in life. I learned many health issues that I have not even thought of before. One such issue is about toxic substances in the environment. We are a wasteful and destructive nation, now running out of space to dump our trash. It is so bad that we are now at a point that garbage ends up in the oceans, lakes, and rivers.

A Toxic Haiku

By Kayla Gallagher

Toxic Chemicals
Why are there so many, huh?
We need less of them

Interpretation

This poem is written in the style of haiku. The amount of toxic chemicals in our world today is enormous. From bug sprays, to household cleaners, and even shampoo, we are surrounded by synthetic chemicals that we use in our daily lives. The amount of chemicals in the United States has steadily risen each year, and is increasing our exposure to dangerous chemicals.

Motivation

Chemicals are polluting our bodies and the environment. There are now 116 synthetic chemicals running through the blood streams of humans that didn't exist 40 years ago. And what is more disconcerting is that the group most affected by this increase to chemical exposure is children. Toxic chemicals in children (e.g., lead and other heavy metals) may lead to growth and development retardation. It is time to get the word about how these "common" everyday chemicals are causing serious damage to our bodies and our future generations.

Toxic Chemicals

By Sarah Meese

Toxins
Hazardous waste
They invade and corrupt
Bodies are left hopeless and hurt
Poison

Interpretation

This poem is written in the style of Cinquian. Toxic chemicals are hard on the body. They are in the air we breathe and even some of the foods we eat, such as microwave popcorn. We should be very aware of the things we choose to put into our body.

Motivation

I chose this poem style because the words toxins, poisons and all other associated synonyms normally evoke a strong response in people's minds to something very negative. More reports come out everyday on harmful substances that people are ingesting, and sometimes, making conscious choices.

Chemicals

By Jessie Lee

Contaminating people and wildlife
Hurting us like a stabbing knife
Eating away our DNA
Murdering us with toxic chemical spray
Industrial and atomic waste
Causing hazardous and poisonous taste
Antagonistic to Mother Earth
Lethal with no compatible worth

Interpretation

This poem is written in the style of acrostic. Toxic chemical is like a villain attacking us. It is threatening and harmful. Places such as industry, commerce, agriculture, military, and medical facilities are the producers of toxic chemicals. These agencies may assume that the artifact they are manufacturing will enhance the world, but in reality, they are not. These agencies are not only manufacturing artifacts but also toxic chemicals, which are lethal and destroying life. Toxic chemicals and manufactured “goods” are not compatible exchanges.

Motivation

I marked toxic chemical as a villain and painted a picture of the harm that he conducts through metaphors and implicit comparisons.

Toxic Chemicals

By Amy Houston

Protection needed
Poison spilling needlessly
Action required

Interpretation

This poem is written in the style of haiku. My haiku is meant to encourage stronger regulations with harsher penalties for toxic spills.

Motivation

When I think about toxic chemicals, I think of how easily they are able to contaminate the many resources that are vital to our survival. For example, resources easily contaminate our lakes, rivers, streams and forests. As an outdoor enthusiast, it would devastate me not having access to so many wonderful things due to a human-made error.

TOXIC

By Stephen Tardiff

Trickles into earth
Oily and slow
X-ray needed to see the decay
Into drinking water it goes
Causing diseases for us all

Interpretation

This poem is written in the style of acrostic. The first line expresses how toxins are affecting our earth; you can't see them when they are absorbed in the ground, which is probably the reason why people don't pay much attention to the problem, "Out of site, out of mind". The second line communicates a disgusting imagery of the toxic waste, it's seen as oily and slow which conveys creepy and unwanted images. The third line illustrates that the only way we can see the devastation caused by toxic waste is by some form of x-ray. The fourth line I think speaks very well about the epidemiologic aspect of toxic waste that it is in fact getting into our water supply, which will eventually cause huge health problems. And the last line conveys what I said in the previous statement, toxic waste will contribute to diseases, which will affect many aspects of human life.

Motivation

I wanted to use an acrostic poem for toxic waste because I feel that people are drawn to the word TOXIC when they see it being spelled out by each line of the poem. I wanted to convey toxic as being a silent killer in the night because that is what it is to every living organism. After hearing about the seeping of toxins in a neighboring community's water supply in class, I was motivated to write a poem about it.

Fisherman

By Nou Xiong

Two minutes reeling
Giant of the river lost
One unique species
“Let go I’m full of disease”

Scared to take my catch
Thinking of my fragile health
“Everything’s diseased”
Different catch was the option

Ten seconds reeling
Monster of the deep larks out
“First time first great catch”
Posted: Fisherman missing

Interpretation

This poem is written in the style of free verse. A fisherman hooks a fish, and reels it in very fast, even though the fish, a giant in the river, should have put up more a fight than it did. The fish is weird looking. The fish talks to the fisherman telling him that it’s full of diseases. The fisherman is scared to take the fish home to eat it because of the fish’s diseases. The fish warns him that everything in the river is diseased, but the fisherman doesn’t listen. He releases the fish, hooks another, and reels the second fish in a shorter time than the first. The fisherman decides to eat the second fish. The fisherman is now missing, and fishing in that river is banned due to toxic chemical pollution and deformed fish.

Motivation

I was motivated to write this poem to tell people that we need clean rivers with fish healthy to eat. Hopefully people will think about water pollution before they throw garbage into the river.

Toxic Chemicals & My Daughter's Cancer

By Katie Monath

Toxins in the environment, food & water supply
Are foundations to this preventable disease
Our landscapers used pesticides in our yard and garden
What I would give to have the bugs & pests in my yard
I never would have cared about my beautiful garden and manicured
yard

If I had only known what consequences would arise
I miss my daughter dearly
If only I could hug my little girl in our flower garden

Leukemia in children is proven from exposure to pesticides
I fed her fresh fruits and vegetables each and every day
No matter how much I washed all pesticides didn't go down the
drain
Her 5 A Day, was to her dismay

I never would have cared about my beautiful garden and manicured
yard
If I had only known what consequences would arise
I miss my daughter dearly
If only I could hug my little girl in our flower garden

Healthy alternatives are pertinent to our children's health
Understand your soil and what weeds thrive in
Weeds like non-fertilized soil, with no pH balance
Change your soil, to prevent weeds

I never would have cared about my beautiful garden and manicured
yard
If I had only known what consequences would arise
I miss my daughter dearly
If only I could hug my little girl in our flower garden

Initiative is needed for all US citizens to make least toxic approach
Prevention is essential to rid of these pests, thus no need for
pesticides

Rid of all food crumbs and install well-fit screens on windows

If management is needed non-chemical, approaches are available

I never would have cared about my beautiful garden and manicured
yard

If I had only known what consequences would arise

I miss my daughter dearly

If only I could hug my little girl in our flower garden

Interpretation

This poem is written in the style of a song. I write about a mother's pain of losing her daughter to leukemia caused by exposure to pesticides sprayed weekly in their large and beautiful yard. This mother didn't know about the risk associated with children's exposure to pesticides and is deeply saddened by her daughter's death.

Motivation

Childhood cancer is the second leading cause of death in children. Most childhood cancers are caused by exposure to toxins in the environment such as pesticides. These can be preventable if other forms of pest and weed controls are used.

Chemicals of Life

By Janette Olocki

We are all creatures
Made up of chemical
Interacting with carbons

All these molecules
So many
To make up one human

We are what we choose
To place into our bodies
One of choice or of need

Chemicals of alcohol or
Of smoke
Should we dare to choose

Choose wisely the choices you make
For the body will know
Where you fail to go

Be in control
Where the mind
Tends to go

Interpretation

This poem is written in the style of free verse. I wanted to write about a message of hope. Alcoholism and addiction are real and there is a way to overcome this. There are people to help if a person needs it.

Motivation

I've seen others in the woes of addiction and I feel for them. I am finding new ways to learn of this. I feel that a person should be

empowered to want to make the change. I am a natural encourager and my hope is that people would want to be in the moment and not run away from problems by running to drugs.

Toxic Chemicals

By Shane Mitchell

Threaten our water, air, and land
Oppresses our immune system
Xylene is just one of many
Increases risk of chemical contamination
Causes decreased fertility and behavioral abnormalities

Continue to create more synthetic chemicals every year
Harms the health of humans and wildlife
Electronics are a major contributor
Made because of modern society
Impacts the whole world
Control efforts are being made
Although developing countries need more help
Listen to the facts
Stricter environmental regulations are needed

Interpretation

This poem is written in the style of acrostic. It describes why all the toxic chemicals are present, what effects they have on the world, what is being done about it, and what needs to be done about this issue.

Motivation

Toxic chemicals are really beginning to affect our lives. We know how bad these chemicals are for our health and environment, but we keep making more. I think we need to do more research and find a solution.

Toxic Chemicals

By Jennifer Levinson

Release into the environment and pollute our world
The health of our ecosystem is at risk
The human race needs to take a stand
Release into the environment and pollute our world
These toxic chemicals need to be banned
When will this extreme damage end
Release into the environment and pollute our world
The health of our ecosystem is at risk

Interpretation

The poem is written in the style of Triolet. This poem describes the damage that toxic chemicals are doing to our world. Toxic chemicals are released into the environment through various ways. The question is, “when is society going to make an environmentally friendly change?” The health of our ecosystem and human population is paying the price of these unwanted toxic chemicals. Toxic chemicals can be used less frequently and managed in more eco-friendly ways.

Motivation

My inspiration for this poem comes from the knowledge I have learned during this past year. Prior to this year, I was unaware of the damage effects of toxic chemicals on the environment. Individuals believe they cannot make a difference in this situation, but we can! Small changes in our daily lives such as biking, instead of driving, can make a huge difference.

Toxic Chemicals

By Ashley Boothe

Hazardous man made
Global threat to our health
They ruin our land
Threatening our wildlife
Found in your everyday life

Interpretation

This poem is written in the style of Tanka. The message behind this poem is that people don't understand how bad toxic chemicals are and to get that across by letting people know that it damages our wildlife and affects our health. No matter what, you can never get around chemicals because they are found in our everyday lives.

Motivation

The motivation behind this poem is to show the truth and dark side of toxic chemicals. I really don't think people know much about toxic chemicals the harm that may be done to our health. So I want to show the harsh things that they can do to us.

Waste is Toxic

By Rebecca Larios

Waste is everywhere
Toxic Chemicals destroy
Our environment

Intpretation

This poem is written in the style of haiku. The poem's message is that there are so many toxic chemicals everywhere. We keep producing more things than we use, and what we produce here in America gets shipped to other countries, causing more pollution and work for others overseas. We need to start using the things we already have and stop putting toxic chemicals into our environment.

Motivation

My motivation for writing this poem is all the toxic chemicals that are threatening our environment all over the world. Our rivers, lakes, air, land and oceans are all being polluted with the thousands of chemical compounds we produce every year. In order to save ourselves and our future, we need to start concentrating and caring about what impacts our environment with the things we keep producing and getting rid of.

C.H.L.O.R.I.N.E.

By Kalia Her

Care to wear a safety glasses?
Hills full of toxins
Loud as I scream
Open my eyes I cannot see
Rain drops but no sunshine
In the night, the toxins still get to me
Night light does not help
Everyone be protective of yourself and wear safety glasses

Interpretation

This poem is written in the style of acrostic. This poem is about the toxic effects of chlorine. The person is searching to wear safety glasses for protection against chlorine. Since the place is not clean, even at night, the night light does not help because chlorine is everywhere.

Motivation

I think this poem is motivating because it's a safety rule to wear safety glasses from being harmed by chlorine. Knowing safety guidelines will help everyone to be safe around chlorine.

Dangerous Pollutants

By Denise Trigueros

Toxic
Weapon, death
Spreading, polluting, air
Contamination, breathing, diseases, health
Environment, harmful, chemicals
Drugs, poison
Food

Interpretation

This poem is written in the style of diamante. Toxic chemicals are harmful to human and environmental health. Complications arise with contaminated air one breaths. Vehicles on the road pollute and contaminate the air which leads us to health complications such as lung cancer. Cleaning chemicals we use to clean our homes are harmful to our health as well. So why do they sell them? Why do we develop chemicals that are toxic? Some drugs are made with toxic chemicals used in cleaning supplies, for example, methamphetamines. Some of the foods we eat are made from food preservatives that are toxic in concentrated amounts which are capable of causing injury and even death.

Motivation

I was motivated to write this poem because we are surrounded with toxic chemicals in our homes, schools, and offices, but we don't realize it. Health complications arise with toxic chemicals. Some health complications such as asthma are permanent. Most significantly, toxic chemicals can be used as weapons of mass destruction. Terrorists can attack us with toxic chemicals. Maintaining a safe and healthy environmental should be a priority.

Chemicals Are Ruining Nature

By Christine Mosbacher

A pretty bird sings in the morning,
Until distinction calls its name,
When chemicals take it over it goes soaring,
A pretty bird sings in the morning,
Until the pesticides start storming,
Animals are dieing and it's not a game,
A pretty bird sings in the morning,
Until distinction calls its name.

Interpretation

This poem is written in the style of triolet. This poem is about how we should cut down on toxic chemical use, especially pesticides. When pesticides are sprayed on everything, we are killing off some animal species because they are eating off of the plants and then the pesticides are killing them. Pesticide use can be beneficial in some cases, however, the end result is causing humans and animals harm. I used birds as an example of what is happening because of our chemical use in today's society.

Motivation

I was motivated to write this poem because pesticides are really hurting a lot of things such as people, animals, and our environment. Toxic chemicals are making people and children sick with illnesses. Chemicals seem to be used in all kinds of mass-produced products these days, including cosmetics and the food. We just need to reduce consumption of toxic chemicals so that we can keep a clean and healthy environment for everyone.

LAND

Land Calling for Peace

By Ingeborg Johannsen

My land, I call you the mother of all,
The plants, birds, all living things including the human.
What did we do to question purity to fall?
Violated the micro organism, basis for all!

Herbicides, insecticides to bring better living,
When you and I knew it was not about giving.
Society's fresh fruits, grains and vegetables to enjoy,
Oh, no, more money could be made in this ploy?

Petro Chemical companies spelling death,
The crickets, birds, many animals destroyed;
Or was it the CEO of a chemical company being annoyed?
We questioned the deaths of many living things.

Cities made of concrete and steel,
No living thing other than humans, if you will,
Plants and insects being destroyed, with DDT for us to enjoy.
Only to find that this death gives nutrition was another ploy!

Making life unfit for us all living in cities to recall
The memories of garden plots growing vegetables galore.
At home and for the child to grow up in wonder
Of all living things to ponder.

There are plants for you and me providing
Health and good living, into the good life sliding
Into what we know and put out a call
To put aside the turmoil and take care of the soil.

Give land a break of all the intrusions,
Give it peace; let it be with all the illusions,
Which will turn out real, for some it's a miss?
To love the land as good and real as it is!

Interpretation

This poem is written in the style of free verse. The land is being abused with chemicals, constant working such as plowing, etc. It is my belief, that the soil, the same as any living thing, needs a break. I strongly believe in the four seasons, a time to sow, a time to grow, a time to harvest. and a time to reflect (let the fields be fallow).

Mother earth has been leached out of its natural micro-organisms, the very essence to provide growth to healthy plants. For 15 yrs, I lived on a property which in the past was highly “controlled” by chemical when I bought it. I live without chemicals, be it for killing insects or promoting growth in plants. I have found that it takes about three years to bring my property back to its natural balance.

I sold my organic property after 15 years and purchased an acre property which was controlled by Round-up, etc.

Again, not using any chemicals help. My plants show hardly any disease after the first three years. I feed all of them with sea salt and organic fertilizer when “I remember it”.

The land is so forgiving...but just because it is, we should not feel free to put 60,000 plastic bags every five seconds (in the USA) or two millions plastic bottles every five minutes (in the USA) in the local land fills, even if it is for “recycling”. Do we know that it takes one million trees to print new mail order catalogues? Think about it! We do not know the enormous numbers of waste created; do you have any idea how many cell phone chargers are being disposed of every minute? Thousands!

Motivation

A sunrise, the morning dew, the fragrance of flowers and fresh cut grass, the cool wind, the soil under my feet, the sheep in the meadow, the earthworms , the birds, the aphids, the snails, all sharing the land. It sustains life, gives us food and shelter.

The land is sacred to me. I was motivated to write this poem because I know that we need to pay attention to how we treat “Mother Earth”, all of it, everywhere in a better way. And so it is.....

Recycling

By Megan Cheshire

Reusing materials
Earning our keep
Caring about the future generations
Yearning to help out
Chance to make a difference
Loving enough to care
Imagining the possibilities
Never giving up
Giving back to mother earth

Interpretation

This poem is written in the style of acrostic. This poem is about trying to keep the land healthy and clean. It explains all the good things you are doing or could be doing for the land by recycling. It shows what wonderful things you can do by just helping out.

Motivation

I wrote this poem because the Earth is not as clean and healthy as it once was. We have polluted and littered it with our filth. Now is the time to try and make up for it because if we don't, we will not have much land and oceans left.

Punish Us for Not Caring

By Katie Fox

Thank you land
For being so plentiful
And giving so much!
We take in stride all you do
One day you will stop
Awarding our behavior
Punish us for not caring
Until that day comes,
Some will fight to end
The terrible actions of society
And others will pretend
To live in ignorance and
Continue to harm you.
Oh, land
Please forgive those people
And remember those who
Love and cherish you!

Interpretation

This poem is written in the style of free verse. I believe this poem shows our lack of consideration for our planet. We are destroying it faster and faster each year and doing hardly anything to protect it. I think we should be fighting harder to save the land we take for granted. Things are not getting better and the awareness is there. One day the Earth is going to give up on us, and when that day comes, we will be in trouble.

Motivation

I was motivated by the people who are absorbed in their everyday lives; the people who don't stop to think that throwing a piece of plastic on the ground is harmful to the Earth. I believe people are just being lazy and pretending to be ignorant. After all, if you ignore a problem long enough it will go away, right?

The Land

By Fozia Bhatti

The land how fragile and strong,
Its mountains, rivers, trees and oceans,
Bright and beautiful,
Polluted and endangered,
I try to preserve it.
Trying to make the land a healthier and happier place,
But all I see is harm and destruction done.

Interpretation

This poem is written in the style of free verse. This poem covers how the land is harmed by humans. The land is harmed by pollution and the result is the endangerment of certain species. When we look at our environment, we see more and more harm being done. Preserving our environment will result in living in a healthier environment.

Motivation

I was motivated to write this poem because I believe that the environment is harmed enormously and I also believe that there is a way to change how we live and treat our environment. The environment is such an important part of our lives that we need to be sure that it is kept safe and healthy to survive.

Land

By April Rink

Life support
Agriculture
Natural resources
Deforestation

Interpretation

This poem is written in the style of an anagram. The first three lines identify three very important reasons why we need to prevent land degradation and deforestation. It's important that we are careful when making decisions about using our land resources because they are limited. We are cutting down forests and industrializing land at an alarming speed.

Motivation

Last year a speaker came to the school that I work at and talked to our elementary students about water conservation. I was astounded by the information they produced on how much water we use, and how much water we currently have in reserves. I now teach a water conservation activity twice a year to remind students how to conserve water such as turning the faucet off when brushing teeth, taking shorter showers, and taking baths.

MOUNTAINS

Mountains Calling for Cleaner, Cooler Air

By Ingeborg Johannsen

Their peaks soar high; I am in their shadows,
Creeks flowing by, I am in the green meadows.
How long will this last, this over-consumption?
Of water, you say? Yes, it's un-ending flowing an assumption?

Here in the States, when in other parts of our world,
There is a real need for clean water, have you not heard?
The need is real, clean water bringing health
For all and not just the few enjoying great wealth.

Leading past walls of granite stone,
Trails of rubble I wander on.
The snow seems much less from what I remember
It's fall, the leaves colors changed to reds, yellow and amber

The air is warm, too warm for my mountain
It must be colder to provide the snow,
To melt and send it's melting snow waters below
I know it's time to change our doing and to retain
That what is left; from mountain streams and rain.

Mountains so high, as high as the sky
As high as the human eye can see;
In order for all life on land to sustain
From excess consumption, we must abstain.

To regain the knowledge of working with nature,
Wash dishes by hand in pure soap and enjoy;
Helping plants to stay healthy in sunshine and nature.
Doing by hand all you can, not being coy.

This mountain provides water to rivers and streams
Feeding lush green fields of corn, beets and greens,
Here we are blessed with an abundance of food,

To share and to give health for all people's good.

Interpretation

This poem is written in the style of free verse. We receive basically all fresh water (except for springs out of the ground) from the high mountains. We must ask ourselves what are healthy consequences of preserving the mountains. The Earth will not give us fresh water if we keep injuring and insulting it. My hope is that we will fall into some sort of appreciation (ceremony) to honor the Earth as well as its mountains. We might have a lot of followers, hopefully. I personally feel we don't need another organization, but people sharing progress in gardening, and other activities.

Mountains and Plateaus

By Megan Cheshire

Mountains
Tall, Cold
Refreshing, breathtaking, motivating
High, Chilly, Low, Flat
Leveling, Aligning, Stretching
Even, Smooth
Plateau

Interpretation

This poem is written in the style of diamante. This poem describes the details about mountains and how they make people feel. It then transitions into describing the opposite of mountains, which are plateaus. By doing this it gives the reader a broader understanding of the subject matter.

Motivation

I was motivated to write this poem to show people the beauty of the Earth. Sometimes we just get too caught up in life to realize how wonderful the place we live really is. I wrote this poem in efforts to help explain the importance of maintaining our environment. If we are successful, our world and lives will flourish.

The Mountain House

By Katie Fox

In
the woods
my house sits.
Alone among
the trees and nature,
waiting for my return.
The garden goes untended,
overgrown vines cover the walls
and a fallen tree blocks the driveway.
My house sits high upon a mountain top
overlooking the valley below it.
The view from the bedroom beautifies
this lonely get away from life.
My wish is to return and
make the mountain house, home.
Reality stops
this hopeful dream,
for my home
is now
death.

Interpretation

This poem is written in the style of diamante. I think the meaning of this poem is simply that once someone is dead or even moves on, the house stays put. Time may change the look of the house, or the area around it, but the memories and the house remain. I always think about how older people cherish things like their homes. On the news, we sometimes hear about people who refuse to leave their house when they are in danger from fire or hurricane. I used to think those people were being ridiculous. I have realized that it's not the house they are fighting for, but the memories that were made in it.

Motivation

My father inspired me to write this poem. He owns a house up in the mountains and has told me numerous times that he will die there. He grew up in that house. When my grandma moved to Oregon, he moved in to take care of the property. I am certain that he will die in that house; he wouldn't have it any other way. I think that with some people, the only way to separate them from their home is through death.

Brokeoff Meadow Dreams

By Jason Mitchell

I see you sitting there in the sun
your ice blue stream quietly trickling by
flowing down through the cracks
your mossy green covering all
your tall stalks reaching to the clouds
as sand brushes against your side
now the last crevice has joined the green
you have gone back to where you came
but I will always see you in my mind

Interpretation

This poem is written in the style of free verse. This poem describes how I saw and still see a very special place in the mountains. When I was a child, I would sit along the streams and look at the entire meadow. To me, it was like it was almost alive. The huge trees in the forest looked like giant arms and legs. The sandy beach at the shore seemed to move instead of the tide, and as a little boy, the stream seemed to go on forever.

Motivation

This is a poem about where I grew up. The place is called Brokeoff Meadows. When I was a boy, my family and I spent many summers there. It had beautiful streams and trees, and the entire area was covered in green grass. It was the most peaceful place I have ever been. Unfortunately, the forest service could not keep it up as a viable camp site. The only way to get there is with a four wheeler, and location of the area prohibits campfires. So for the most part, it's not a camp site any more. I believe that it's unfortunate that it cannot be used as a campsite, but life goes on. Even though I cannot readily visit Brokeoff Meadows, it will always remain a paradise in my mind.

The Mountains

By Fozia Bhatti

I celebrate the beauty of the large mountains
So soft and pure
So warm and pleasing
But not any more, as people come and harm the pure mountains
Causing them to no longer be who they really want to be
They now only stand looking strong but are really falling apart.

Interpretation

This poem is written in the style of free verse. The interpretation of this poem is that people need to take care of the environment which also includes the mountains. Taking care of the mountains allows people to use the environmental resources longer. The mountains are also home for many species that rely on the well being of them.

Motivation

I was motivated to write this poem because people need to take care of the environment so that they could use the resources in the environment longer. The environment is such a large necessity to our everyday lives. By caring for the mountains, oceans, rivers and other species, we show that we appreciate that the environment gives us life. We need to illustrate that we are thankful for what we have.

Lassen Home of Ishi

By Paul Mueller

My friend is scared.
To view from a distance
looking at what is
and what may be.
The pain I fill from distant past
like the pain of a nettle.
Your shoulders are broad from a distance pass
the haze that blankets your peaks.
Your top is all but gone
yet your shoulders are erect through the haze of browns and reds.
To the future we will see but scars
Healing
A yell
Let me heal now
Forever more
Yet no reply
To lay in rest
and wait for what should be.
From troubled past
its face is real.
Its pines are like whiskers
unhealthy naked needles.
Starving to breathe
struggling to breathe.
In the past
we drank and ate.
are tears are red as blood
And the days of milk and honey
My family feasted upon your back
as the stink weed sprang
and the bow winkle shimmered.

Interpretation

This poem is written in the style of free verse. A man named Ishi, The last of the Yahi, an Indian tribe of northern California. Ishi was chased from Mt. Lassen in Tehama, California, where he lived for more than fifty years. He was near starvation and was found drinking from a blood bath in a slaughterhouse in Oroville, California, to stay alive. I wrote this poem thinking of the man they called Ishi, the name his people used for man (referenced from www.aaanativearts.com).

I wrote this thinking how much he must have loved Mt. Lassen because it is so peaceful, beautiful, and serene. I wrote this thinking what Ishi might say to the mountain looking at it from the valley floor as if he were a ghost, and speaking to the mountain and talking about the troubles it has faced with the pollution of the air and water from today's industries and the damage caused from the last eruption on May, 14, 1915.

Motivation

A little about myself, I was raised in Red Bluff, California, where I attended Red Bluff Union High School and spent most of my summers hunting and fishing on and around Mt. Lassen. My recent drive through Mt. Lassen National Forest inspired me to write this poem. I am also attending Butte-Glenn Community College in Chico, California, where I am working on my general education requirements to transfer to Chico State University, Chico. One day I hope to complete a master's degree in Psychology.

Mountains

By April Rink

Mountains
majestic, beautiful
water, energy, resources
important to our lives
hills

Interpretation

This poem is written in the style of Cinquain. It is important that people understand that our mountains are more than just a pretty backdrop. Mountains provide us with water, energy, minerals, and fun. Many people live off of the natural resources of mountains. Many people enjoy spending time hiking up mountains and camping in the beautiful nature that mountains provide for us. Without our mountains, we would have less natural resources and less beauty to look upon.

Motivation

A few years ago, my parents bought a small cabin up in the mountains and fixed it up. I was always into going to the beach, but had never really had the experience of spending time in the mountains. My first visit to the mountains was beautiful, relaxing, and incredible. It was because of that first trip that I began traveling to other states and camping along their mountains.

Author Information

Alisa Albiar-Carmona

Alisa Albiar-Carmona is a health education major at California State University, Chico.

Halley Bearding

Halley Bearding is a health education major at California State University, Chico, and is planning to graduate in the spring of 2009. Health topics that interest her include preventable diseases and sex education. Some activities she enjoys in her free time include floating, snowboarding, working out, and relaxing with friends and family.

Farkhanda Bhatti

Fozia Bhatti is attending California State University, Chico. She is a Liberal Studies major. She enjoys taking part in volunteer work that helps the environment become a better place for everyone to live in. She believes that the environment is such a large component of our everyday lives and that we need try to sustain what we have before it becomes destroyed or harmed.

Ashley Boothe

Ashley Boothe is currently a senior attending California State University, Chico. She is majoring in health science with an option in health education and plans to graduate in spring 2008.

Taylor Clanton

Taylor Clanton is a student at California State University, Chico. She is in the Department of Health and Community Services, and is majoring in health education and gerontology. Taylor will graduate in 2008. Some of her health interests include chronic and communicable diseases, in particular diabetes.

Kristina Covey

Kristina Covey is a senior at California State University Chico. She is a gerontology major, with a minor in health services administration. After graduating from CSUC, she plans to attend a

physician's assistant program. Her long term goals include starting medical clinics in India and Thailand, and providing health education services to those in need.

Jhoana Dela Cruz

Jhoana Dela Cruz is a student at California State University, Chico, currently finishing her degree in health science with an option in health education. She was born and raised in the Philippines which make her very passionate about health-related topics concerning developing countries. She hopes to continue her education in the field of nursing in the future.

Christopher Fahy

Christopher Fahy is a junior at California State University, Chico. He is majoring in health science, health education option. He is interested in all aspects of health, but his passion is nutrition and physical fitness. He is an exercise enthusiast, and is always trying to keep up on the ever-evolving information about the food we eat. He believes that he can help many achieve their nutrition and physical fitness needs, which is why he wants to become a health educator. He feels that good health and a good attitude is the foundation for living a quality life. Besides health, he enjoys people, foreign travel, and music.

Guadalupe Gerfen

Guadalupe Gerfen is a junior at California State University, Chico. Her major is health education and is on the wait list for the Butte-Glenn Community College nursing program. She is interested in health education with a special emphasis in minority groups.

Billy Her

Billy Her is currently a sophomore attending California State University, Chico. He is majoring in health science (health education option), and just started pursuing his bachelor's degree. He hopes earn his degree in 2011. He is going into health education because he wants to know more about how the human body works, and what to do to stay healthy and live longer. He is a big sports man so he's always looking for a great way to workout and stay in shape.

Kalia Her

Kalia Her is a senior at California State University, Chico. She is currently majoring in health science (health services administration option), and is graduating in the fall of 2008.

Marcie Holmes

While attending the California State University, Chico, Marcie fell in love with environmental health. She is completing bachelor's degree in health science with options in environmental health and health education. She believes sustainability is the way of the future, and she likes to spread the word about the concept. Marcie wants to educate communities around the world about the environmental factors affecting our health. She hopes that being inspired by sustainability will help her to make a difference in how the Earth is taken care of and how the occupants take care of themselves.

Jessica Houk

Jessica Houk is currently a senior at California State University, Chico, majoring in health science (option in health education). Since she started in this program, she has mainly been interested in women's health and diabetes.

Amy Houston

Amy Houston is a junior at California State University, Chico. She is studying health science with an option in health education, with hopes of doing health promotion in her future. She is not much of a poet, however, she does like the haiku medium. Haikus allow poets to get across in a brief and specific manner. It also allows the reader time to ponder and put their own definitions on my general idea. She chose to use haikus for all of her poems.

Jessie Lee

Jessie Lee is a student at California State University, Chico, studying theatre arts, communication studies, and health science. She eventually wants to work in the field of health communication. Jessie plans to work with minority communities, promoting better health and education through theatrical performances.

Jennifer Levinson

Jennifer Levinson is a junior at California State University, Chico, majoring in health science (option in health education). Upon graduation from CSU, Chico in the spring of 2009, she would like to receive a credential in health education and teach at the high school level. Her health topic interests include sustainability and multicultural studies. Jennifer is currently a member of the Alpha Delta Pi sorority.

Kaylin Laine

Kaylin Laine is a senior at California State University, Chico. Her major is health education and hopes to use her degree to teach high school health.

Rebecca Larios

Rebecca Larios is a senior at California State University, Chico. She is a health education major graduating in May 2008 with a Bachelor's of Science in Health Science. She will be going back to school within the year after graduating to complete two more years of schooling in the nursing field as either an RN or have her BSN. She would like to become a nurse in the maternity ward someday. She is currently a member of the Health Professionals Association (HPA) club on campus. Her health interests include maternity and infant health.

Chelsey Loquaio

Chelsey Loquaio is a junior at California State University, Chico, who is planning to graduate in the spring of 2009. Her major is health science with an option in health education. After graduation, she would like to go through a teacher credential program to teach high school health. In her free time, Chelsey enjoys cooking, arts and crafts, reading, working and spending time with family.

Lee Lor

Lee Lor is majoring in health science (health services administration option) and minoring in linguistics at California State University, Chico. She hopes this combination of study will help her to be a better health administrator. Lee is expecting to graduate in the spring

of 2009. Her health interests include teaching Hmong about the importance of healthcare.

Sarah Meese

Sarah Meese is in her fourth year at California State University, Chico, double majoring in liberal studies and health science. She plans to graduate in the spring of 2009, and continuing on to work in the community health field.

Shane Mitchell

Shane Mitchell is a senior at California State University, Chico, majoring in health education.

Katie E. Monath

Katie Monath is a senior at California State University, Chico, majoring in health science. Her health interests include: skin cancer, breast cancer, reproductive cancer, post maternal health, lifestyle behavior change, nutrition and fitness, domestic violence, sleep issues, food allergies, and gastrointestinal health. During her free time, she enjoys going to the gym with her family, watching sports games, shopping with friends, and spending quality time with family and friends.

Marcella Morris

Marcella Morris is a junior at California State University, Chico. She is majoring in health science and working towards becoming a nurse. She is very interested in our nation's health issues. She loves to play soccer and be adventurous. She likes to explore the Chico State area by hiking, bike riding and horseback riding.

Michelle Mootz

Michelle Mootz is a senior at California State University, Chico, majoring in health science (health education option). Her main interests are in child health and school health programs.

Janette Olocki

Janette Olocki is majoring in health education. Her first passion is with children. She would like to help instruct children to make healthy choices in nutrition and physical education. Her other

interests include preventative measures in cancer, diabetes and community services. Her hobbies include hiking, camping, rollerblading, scuba diving and many others. She enjoys spending time with friends and family.

James Reyes

James Reyes is a senior here at California State University, Chico, planning to graduate in spring of 2008 with a degree in health education. His overall goal is to become a registered nurse and is waiting to be accepted somewhere for a program. He hails from cities just south of San Francisco, and he is an avid Golden State Warriors fan!

April Rink

April Rink is a junior at California State University, Chico. She is majoring in liberal studies with an emphasis on child development. April currently works at a before-school and after-school program at an elementary school in Thousand Oaks, CA. She is concerned about our children's futures and the future of our beautiful world.

Berenise Rodriguez

Berenise is a 21-year-old student at California State University, Chico, majoring in health science (health education option) and double minoring in business administration and nutrition. She believes littering is a sin, and disapproves of all those who contribute to the act!!!

Margaret Ruch

Margaret Ruch is a fourth year student at California State University, Chico majoring in nursing with a minor in health science. She is interested in the health care system and also in environmental health.

Brittany Worth

Brittany Worth is currently a junior at California State University, Chico. She is majoring in health science. She is interested in health promotion programs within the school districts. She promotes safe sex and protection against STDs and AIDS. She is a cardiac rehabilitation therapist.

Nou Xiong

Nou Xiong is a senior at California State University, Chico. Nou is majoring in health science (health services administration option). Nou is graduating in May 2008.

BUTTE COLLEGE STUDENTS**Megan Cheshire**

Megan Cheshire is in her second year at Butte-Glenn Community College. She is unsure of what she would like to major in but is keeping her options open for all possibilities. Her health interests include nutrition, exercise, and anatomy.

Katie Fox

Katie Fox is a 21-year-old sophomore at Butte-Glenn Community College. She hopes to transfer to Chico State in the fall of 2008 and graduate with a double major in humanities and history. She hopes to become a professor and teach at a university anywhere in California.

Jason Mitchell

Jason Mitchell was born in Shasta County and spent most of his summers in the mountains. He is a student at Butte-Glenn Community College in Oroville, California. He is working toward his degree in psychology. He has been a writer since he was little. While in high school, he was editor of the high school newspaper and had a column in the local newspaper. He has written scenes for movies, his own screen plays, and is currently working on his second book. He also acts and works on independent films. He has been in five so far, and will be doing more.

Paul Mueller

Paul Mueller is a student Butte-Glenn Community College where he is working on his general courses. He hopes to transfer to California State University, Chico, to earn a master's degree in psychology.

