

The Bristle of a Flower by Victoria Pruse

As the wind chimes

The bristles of a flower sway

Swaying

They sway into an angelic breeze

My heart aches

I long to be free like that little flower

The world captives us

It lies and cheats us

We can be freed of what society brings

For tomorrow we can sing

There is a hope in the darkness

Life

We are born into a sinful nature

Where by default we act against our own morals and break down others

How captivating of a monster is this

It is an ongoing battle with the good, bad, and ugly

We are like that of a flower

We are watered into the lies of this world and as we are continued being watered

We grow roots that are set on these lies

We grow roots that are set on these lies
We grow into these lies
And we bud into these lies
The foundation of our life is of mere signification
The lies of the world tell us
That we are not good enough
Our bodies are not good enough
And that we are not good enough
Today is the day
We break down those walls
And learn to love ourself
Love
You are good enough
You are strong enough
You are worth fighting for
Your body is so sacred
Your body is a temple
Your body is to be cherished
You are good enough
The bright smile and all that you bring
You are worth it
As we sit down and examine the flower bed
We see the swaying flowers
We can be those flowers
All it takes is bravery and the the ability to say no
We will not listen to the drowning of society

We will not listen to the drowning of society

We will be like that of a swaying flower

Swaying into the freedom we deserve

We will sway to the beat of the wind chimes

We are free

The Broken Face by Victoria Pruse

Victoria Pruse
UNO/UNMC Track 2019
"The Broken Face"

A broken face

Twisted and scared

I wake up in the morning

And squirm at my own face

I see trauma

I see hurt

I see the brokenness within me

I look at the bathroom sink and put on my fake face

I go into the day

I smile

I laugh

I empathize

Looks are deceiving my precious one

Oh how I long to show the real me

The unfiltered and showing the hurt

My voice is gone

I cannot fend for myself

My actions are no where near how I feel

I am human too

I have my experiences

I have my goodness

I have goals

The wickedness of this dark world is taunting

I do not judge others

For who I am to judge?

I put on a fake face

I walk throughout the day with a smile

And wail in the shower so no one can here me

Oh how I long to be happy

Day by day the improvement I make heals my broken face

Slowly and surely life is coming back together

And surely I will see the rainbow after the storm

Mollie George

UNO/UNMC TRACK 2019

"See Me"

See Me

By: Mollie George

I was the bridal storeowner where ladies would shop.

Now to use a knife and I am told: WAIT! STOP!

I was the business manager who made all the deals.

Now I am simply called, "the man who steals."

I was a soldier who kept you safe and free.

Now I'm the man with the wife he can't see.

I used to be the one who called the shot.

Now you're telling me what I am not.

Don't see me for what is gone and what I have lost.

Don't see me for the price dementia cost.

Please see me for how I see you,

Just someone doing the best they can with what they can do.

Older Someday

When I am older, then I'll be brave.

When I am older, lives I will save.

When I am older, look at all I will do.

When I am older, I'll show you!

Older and Younger are just relative time.

If we spend too much wishing for one,

We will miss the moment that stands on a dime.

So be grateful for what you can do today,

For you are special and unique in your own way!

Stop children what's that sound, everybody look what's goin' down
Cash rules everything around me, CREAM get the money dolla dolla bills y'all
War between generations only ends in our devastation
Solidarity between generations begins in our imagination

Entertain for a moment our neighborhood of friends
Necessities secured because we share dividends
Seasons change as elders and adolescences embrace with grins
Wake up now so our children can follow where it begins

Dusty old bones, still keeping up with the Jones's
Snot nosed punks, still chasing a crowd of drunks
Common clichés, designed to create intergenerational malaise
But we ain't numb, empowered we shall overcome

Back in the day, you spun turntables like we do today
Y'all still go out, like us when we sang Twist n' Shout
Crusin' for connections, here we see our intersections
The struggle is real, let us speak how we feel

Unspoken stereotypes have taken a heavy toll
Feel these words in the depth of our soul
Turn our heads to unity as our solemn goal
Acknowledge dialogue shared here is our basis of control

Ever onward: Never let chronological age define your mind
Ever onward: Never let ageist expectations keep you behind
Ever onward: Never relinquish the right to learn and rewind
Ever onward: Never stop being human until the day you died

At this moment: No longer will we be tricked to see a rival
At this moment: Forget the mythology that demands we grovel
At this moment: Generational conflict begins to unravel
At this moment: We take hold of our keys to future survival

It Is Not Our Time

It's not your time
Go back to sleep
Gray saggy skinned creep
From you not another peep
Better yet go lay six feet deep
It's not your time

It's not your time
Because I said so
No hair on chest or toe
So much that you don't know
Respect you are required to show
It's not your time

What is the source of all this fuss?
Are they talking to you, me or us?

Dividing our family first by age
Masking our passion calling it rage
Who am I kidding I'm no sage
It's not my time to take the stage

Dividing our family second by room
Masking our wisdom calling it gloom
Who am I kidding I'm no groom
It's not my time to be in bloom

What is the source of all this fuss?
Are they talking to you, me or us?

It's not our time
Wanna bridge the generations gap?
Wanna teach me how to snap and rap?
Wanna dance to the boom boom bap?
Wanna liberate minds from ageism's trap?
It's not our time

What is the source of all this fuss?
Are they talking to you, me or us?
Or
All of the above?