

UNIQUE

2022

ART AND LITERARY MAGAZINE

PUBLISHED BY **ARISE**

FEATURED ARTISTS

FRONT COVER



REFLECTIONS IN A POND

JOSEPH RUFO

ACRYLIC PAINT | 12" x 16"

JOSEPH RUFO, 29 YEARS OLD, WAS BORN WITH DOWN SYNDROME AND HAS LIVED IN A SUBURB OF SYRACUSE ALL OF HIS LIFE. HE WORKS IN THE MAILROOM AT A LOCAL UNIVERSITY. HE WRITES, "I CREATE ART TO EXPRESS MYSELF SO THAT OTHERS CAN DISCOVER SOMETHING ABOUT ME. IN THIS PAINTING, I TRY TO CAPTURE THE REFLECTIVE QUALITY OF WATER."

BACK COVER

FOREVER BY MY SIDE

ELIZABETH PELLETIER

ELIZABETH PELLETIER, 56 YEARS OLD, RESIDES IN SYRACUSE. HER INTERESTS INCLUDE ANIMALS, READING, WRITING POETRY, AND STAYING PHYSICALLY FIT WHILE LIVING WITH MULTIPLE SCLEROSIS AND MULTIPLE BRAIN ANEURYSMS. SHE STARTED WRITING POETRY SEVERAL YEARS AGO TO EXPRESS HER FEELINGS. SHE WRITES, "I WROTE THIS POEM TO HONOR MY LONGTIME COMPANION DOG, PEANUT. THIS POEM EXPRESSES THE DEEP BOND, LOVE, AND FRIENDSHIP FOUND IN ANIMALS; THE HAPPINESS THEY BRING, THE SADNESS, AND REAL GRIEF WE FEEL WHEN THEY LEAVE US. IT IS A BOND THAT NEVER BREAKS. PETS ARE AN IMPORTANT PART OF OUR LIVES."

UNIQUE

ART AND LITERARY MAGAZINE

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ARISE

ALL AGES | ALL DISABILITIES | ALWAYS BY YOUR SIDE

We work to create a world where all people, regardless of disability, have the power to make their own life choices and achieve their dreams.

Since 1979, we have provided opportunities to people with disabilities so they can participate in the community and live independently. ARISE is...

COMMUNITY

...a community of advocates, committed to ensuring that every person, regardless of disability, is able to live a full and independent life.

INDEPENDENCE

...building ramps for families in need so that they can reclaim their freedom and independence.

OPPORTUNITY

...connecting employers with qualified workers who happen to have a disability.

EMPOWERMENT

...empowering children and families through mental health services.

ADVENTURE

...whether it's flying down the ski slopes or horseback riding at ARISE at the Farm, we're providing access to year-round adventure.

HOPE

...from helping families move out of crisis situations to transitioning people out of nursing homes, we're providing security, safety and hope.

CHOICE

...our person-centered approach maximizes choice and self-determination. Individuals are always at the core of everything we do.

CHANGE

...by eliminating physical barriers and changing attitudes, we're creating a more inclusive community.

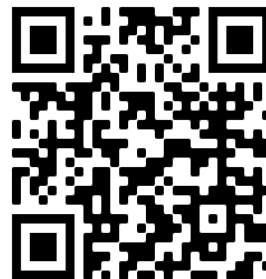
YOU

...we couldn't do it without supporters, volunteers, advocates and friends like you. Together, we can change the world.

CONNECT WITH US



WAYS YOU CAN DONATE



A MESSAGE FROM CEO TANIA ANDERSON

"ARISE is honored with this trust and responsibility."

The vibrant border of this page contains works of art about honor. "Gecko Garden" honors a son on his wedding day while "Roots in Light" honors the memory of a departed friend. As much as the pieces complement each other, they demonstrate the powerful diversity of art and the range of experiences it embodies and triggers.

Our artists and writers often say it is an honor for them to have their work published in UNIQUE Magazine. The honor truly belongs to ARISE. For 22 years, talented artists and writers who happen to have disabilities trusted ARISE to preserve, display and promote their paintings, photographs, poems, stories and sculptures. They trusted ARISE to share their stories about their experiences with disability, their inspiration, their struggles and their joy. ARISE is honored with this trust and responsibility.

The daily work of ARISE also embraces diversity, honor and responsibility. Our dedicated staff devote themselves to the mission of ARISE: to work with people of all abilities to create a fair and just community in which everyone can fully participate. In our mental health clinic, among our advocates, with our Direct Support Professionals, everywhere at ARISE, we are awed and proud of the difference we are making in this world.

Kaushik Krishnan's poem "Stripes" in many ways expresses the rhythm at ARISE as an Independent Living Center:

*"Stripes waiting to grow
As I learn something
New everyday
One at a time
Earning respect
Patience love
Faith and trust
Swimming in my heart
Mind and spirit
Growing patiently
One beautiful
Stripe at a time."*

The honor is mine to invite you to look into these pages of UNIQUE and learn something new.

Tania

Pictured: [TOP] Roots in Light by Kristen Rozelle [BOTTOM] Gecko Garden by Carol Broome



EVERSON MUSEUM

Through their strength, courage, vulnerability, and passion, artists have the power to help us see and experience the world in new and exciting ways. Something seemingly as simple as a photograph, print, painting, or poem can transport us to a different world, open up new possibilities, or prompt us to consider something in a way we never have before. This magazine and the corresponding exhibition at the Everson Museum of Art feature artworks that accomplish all that and more. Regardless of medium, these works express joy and sorrow, address love and loss, and overflow with hope and heart. The artists represented within these pages speak to our present moment as only artists can—with boundless creativity.

The Everson is honored to partner with ARISE on UNIQUE every year, and we are thrilled to welcome the artists and their families and friends back to the museum for the first UNIQUE opening reception in several years.

Congratulations to all exhibiting artists on another beautiful exhibition and magazine!

-Steffi Chappell, Assistant Curator, Everson Museum of Art

LAST YEAR'S COVER



LIFE'S CANOPY

CONSTANCE AVERY

ACRYLIC/WATERCOLOR | 18" x 24"

UNIQUE

ART AND LITERARY MAGAZINE

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FLOWER BOUQUET

KAFI AHMAD

ACRYLIC PAINT | 8" X 12"



FACING MY FEARS

KYLE ALLEN

ACRYLIC PAINT | 16" x 20"

Kafi Ahmad

This painting represents the flowers that bloom in the spring. Flowers make people happy and I want to make people happy with my art. My disability plays a role in creating my art because I use it as a coping skill. I take pictures, paint, crochet, anything that brings me happiness.

Kyle Allen

I made this because it looks so bright and so cool. Thunder and lightning and rain have always and still do terrify me but mom assures me this painting can't scare me and it is awesome!

ON TOP OF THE WORLD

LINDA BARNES

ACRYLIC PAINT / PHOTO COLLAGE

14" x 14"



THE GLITTERED MANDALA

MANDALA

SARAH BRITTENHAM

WOOD ART | 6" x 11"

Linda Barnes

My sister bought me rubber bands and wanted me to do something with them. I started making rubber band balls. I'm sight-impaired so I do it all by touch and make them perfectly round. This collage includes a picture of me standing on top of my rubber band ball.

Sarah Brittenham

I have Down syndrome. It's my super power! I create art because it's my passion. I have been coloring mandalas for a long time. To design one on a wooden mushroom is a new challenge. I believe this expresses my fun side, plus my inner child who loves to color with gel pens.

THIS IS THE DAY OF 2/2/22

GERALDINE HAGER

This is a different day. It is 2/2/22.

We might not see this again, but it is funny.
I will have to say "2" might be the number
I like the most.
I have 2 twin brothers and two parents.
I like the month of February which is the 2nd month
and is the one with all the hearts in it.
Two means you are never alone.

Someone is there for you.
My brothers were there for me always
and my parents tried to get things set up for me
in life for when they would not be around.

Plus, it was funny that when I went outside
I saw something and heard something.
It made me very happy.
So happy that I had to tell others
and write this story.

It was a nice day.
The snow was going down.
Near the ramp were turkeys - ducks - geese.
They were really talking up a storm.
So pretty in color. I love to see all animals.

They were looking for food, I think.
So- I gave them something from the house that was old.
But was still good for the animals to eat.

It looked like there were mostly 2 of each animal.
So, this spring we might see some little ones coming over.
I like seeing all little babies.
I look for them every summer from birds to bunnies
to ducks and turkeys- to anything!!
So special all life is.

But snakes and spiders and bugs and rats
please do not come to visit me.
Go somewhere else to live.
Someone might think you're pretty and special.
But it is not ME!!!
If the animals are around this summer
I will give them names.
I like to do that.
It is like seeing my pets, out in the wild.
So, maybe you can help and join in.
TURKEYS:
GEESE:
DUCKS:

Think of some names to help me out.
Write them down, so you will not forget.
Go back every year and please read my stories.

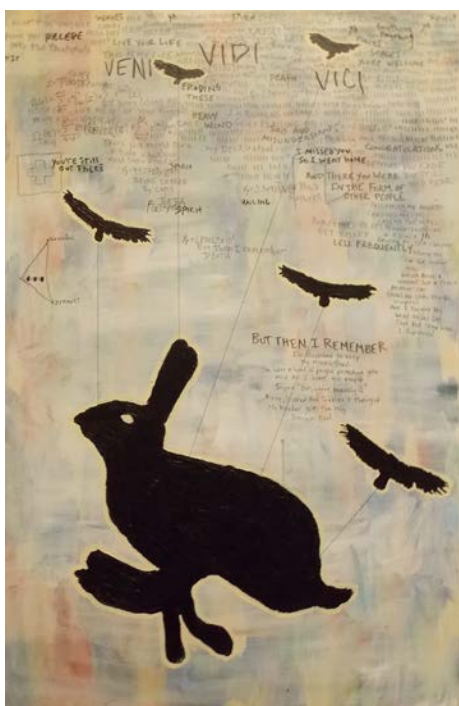
So, what is your favorite number?
What is your favorite color?
I love the color green.
I like to get most things in green.
Do you have some animals that you like?
Do you have an animal
you do not want to ever look at again?

I hope everyone has some type of animal
that comes into their life.
It can be one you have inside your home
or looking out your house window
and enjoying them outside.

They make you feel happy
and you do not have to think of the bad stuff.
So, while this story is for everyone,
it is mainly for my two twin brothers,
That I love the most.

Geraldine Hager

I love to write because it makes me happy but I don't like writing sad stories. I created this because it's a true story based on things I've seen and heard and experienced. It expresses happy feelings of how much I enjoy my life and living with my caregiver. I think my disability affects how I see the world.



VENI, VEDI, VICI (LIKE I WOULD TELL YOU ANYTHING, DAVID)

VYKKY EBNER

MIXED MEDIA | 23" x 23"

ABSTRACT ROOSTER

NICK BONACCI

PERMANENT MARKER | 6.8" x 10"



Vykký Ebner

I create art to deal with what I've gone through and also as a stream of consciousness; something to zone out on. I created this piece as part of a series I want to do about what I went through. I want to detail some of the fear and confusion I went through being schizoaffective and going through abuse.

Nick Bonacci

When I create art, I tend to lean more toward abstract, organic shapes but will push the limits and do figure drawing, nature scenes, etc. The possibilities are endless.



GUARDED WOMAN

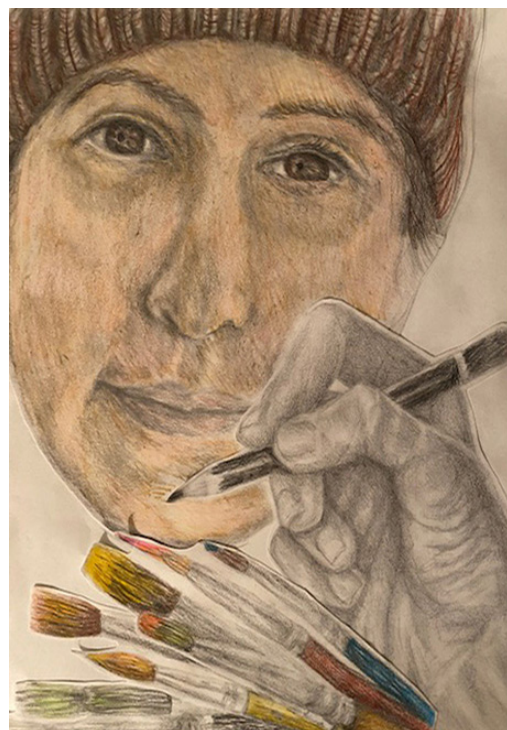
ROBERT SZPAK

OIL PASTEL | 16" x 20"

YOU ARE A WORK OF ART

CHRISTINA PAPALEO

PENCIL DRAWING | 11" x 14"



Robert Szpak

My inspiration is life and all I reflect on. I want to be God-inspired. I call this piece Guarded Woman because of the shapes around her head and the colors, too. A woman is protected but can take care of herself.

Christina Papaleo

The influence for this painting comes from my Christian faith where I have found freedom from being defined by my past that kept me in shame. Through my art I have learned a new way to see the person I was created to be.

OLD SCREEN DOOR

SUZANNE ELLIS

Grandpa's house

Us kids

Run in and out

Everyone say

What's the hurry

Don't slam that

Old screen door

Oh, time growing up

So many memories

Of back then

Old screen door

Things of the old house

All gone now

But the memories of

Old screen door

Suzanne Ellis

I feel my writing of poems is a gift that our Lord gave to me. I am 72 years old and known for having seizures. I write what I see; maybe a movie or picture, a sound or a song. Words come to me and I write my poems. My grandfather lived next door to us growing up. We would run in and out. After remembering this childhood memory one day, I wrote this poem.

Pictured: Roots in Light by Kristen Rozelle



**COLORS COLORS
EVERYWHERE**

JAIME POWERS

ACRYLIC ON CANVAS | 8" x 10"

PIRATE'S BOOTY

BILL ANDERSON

SCUPLTURE / COLLAGE | 8" x 8"



Jaime Powers

I like being creative! I created this painting because I like to try new things. I think it expresses my creativity.

Bill Anderson

I wanted this piece to look like the remains of a sunken treasure. I found the fact that they discovered Blackbeard's sunken ship, Queen Anne's Revenge, off the coast of North Carolina very interesting. This reflects my love of history.

STRIPES
KAUSHIK KRISHNAN

CERAMIC SCULPTURE
9.5" x 10.5"



STRIPES
KAUSHIK KRISHNAN

Stripes waiting to grow

Faith and trust

As I learn something

Swimming in my heart

New everyday

Mind and spirit

One at a time

Growing patiently

Earning respect

One beautiful

Patience love

Stripe at a time

Kaushik Krishnan

I have autism and love making art with clay. I enjoy art in every form be it word, clay, or paint. I am inspired everyday by my surroundings and events they bring. My family supports me in all my efforts. My art expresses stripes waiting to grow as I learn something new every day, one at a time; earning respect, patience, and love; faith and trust swimming in my mind and spirit; and growing patiently.



MY DREAM, OUR DREAM

JENNIFER DUNLOP

People often tell me "if you believe in yourself (and your dreams) you can do anything you set your heart and mind to." Martin Luther King Jr. once said, in his "I Have a Dream" speech, "I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream."

I am an individual with developmental disabilities, but I believe my disabilities definitely do not define me as who I am as a person, nor do I let any obstacle or challenges I may face hinder my hopes and dreams of utilizing my gift of writing as an inspiration to others.

I have faced many hurdles battling depression and the road to my recovery. It has not been an easy one. I have encountered situations of obstruction in my path, where I must follow an alternate detour and take the long way home, metaphorically speaking. In the midst of my difficulties, I refuse to let impediments (or hardships) dispirit me. Instead, I view my challenges as a way to further pursue my dream of creating literacy and hone my skills of writing, as well as inspiring and motivating others of their achievable success, using my life experience as an example of accomplishment.

Sadly, sometimes people discriminate against others with developmental disabilities. I believe these biased actions are wrong, just as judging others according to their gender, race, religion, sexuality, beliefs, and values. Thomas Jefferson writes, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness."

My dream is to make a difference and promote respect, equality and impartiality for individuals with developmental disabilities, as well as be an advocate for those who may be unable or feel intimidated to speak up for themselves, and offer support: emotional support, (physical comfort such as hugs, listening, empathizing, etc.) esteem support, (expressions of confidence, encouragement, etc.) informational support (giving advice to help the situation) and tangible support (actively handling the situation). Also, I strive to be a part in changing the world by putting an end to harassment, bullying, and discrimination in the home, the community, and the workplace.

I believe that if we all swallow our pride, and realize that regardless of a disability, regardless of special needs, regardless of our values and opinions, we can impact the world, beginning with respecting each other and their dignity and recognizing humanity of other people.

In conclusion, I believe that if we unite together, we can take a stand against the injustice and discrimination of the world. That is my dream, and I hope that together, this can be our dream.

Jenny Elena Dunlop

Beginning at a very young age I would use my art to inspire others. My disability in particular inspires me to help others going through similar situations by using my literary artwork. I created this piece to show others the power of believing in yourself, diversity, accepting others, and uniting together to make a difference in our world.

Pictured: Roots in Light by Kristen Rozelle



GECKO GARDEN

CAROL BROOME

MIXED MEDIA | 23" x 23"

LE CHARBON ARDENT

RICK DiBIANCO

ACRYLIC, BRASS, COPPER

19.4" x 18"



Carol Broome

My inspiration comes from God who has brought me a very long way. I created this piece for my son in honor of his wedding day. They honeymooned in Aruba where there are plenty of geckos. I love geckos!

Rick DiBianco

I feel this piece of art expresses a freedom of movement. I have always enjoyed abstract art. I have been creating art from the time I could hold a pencil or crayon.



STAY PAWSITIVE

TOMAS FREDENBURG

PERMANENT MARKER | 8" x 10"

NATURE'S PRISMS

CONSTANCE AVERY

ACRYLIC PAINT DIPTYCH

32" x 20"



Tomas Fredenburg

I made this for my coworker who loves dogs. I wanted to show a fun colorful dog to make her smile. My disability helps me to pay attention to details and take my time on my art.

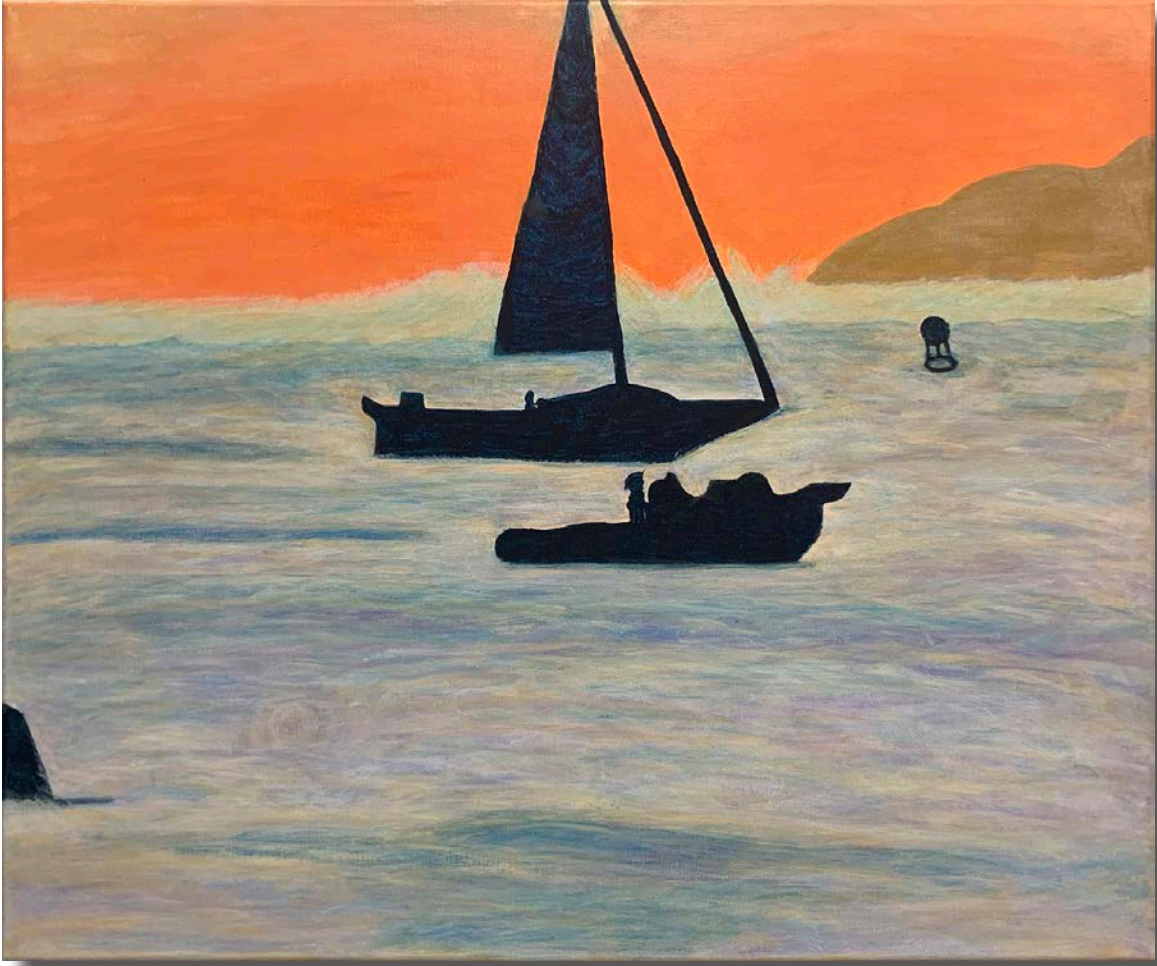
Constance Avery

Once my vision started to decrease, I decided to pursue art. When I look at this painting it makes me feel this is my vision of nature through my eyes.

AMAZING SUNSET

KIM HARVEY

ACRYLIC ON CANVAS | 20" x 24"



Kim Harvey

Amazing Sunset is inspired by a photograph taken by my uncle overlooking San Clemente Beach, California. I began painting as part of my rehabilitation period in 2011. I have enjoyed years of being an artist, doing exhibits, and selling my artwork. I enjoy painting, photography, and writing. I am grateful for life. Creating art has been very cathartic for me.

THE CLASSY AND CLASSIC PIANO

SUSAN RYAN

ACRYLIC PAINT | 8" x 8"



Susan Ryan

My primary interest is music. At one time I taught 65 students in a week. I am still a great appreciator of music. My inspiration is to bring a classy aspect to the piece. It is an upright piano and it needed class. I thought it was appropriate to add a candelabra. When I collaged the piano, I was very definite about what I wanted placing the treble clef in the center of the acrylic pour.



CO-CREATION KANISHK KRISHNAN

Reality and real I
Non-separate
Puzzling bubble
Of egotistic
Existence
Not ready
To burst
Yet
Willing to decode
What's sent
From beyond

METAMORPHOSIS STEVEN INGERSON

We are born an empty page
to be written on by life.
The hopes and dreams of youth
become memories, often regrets.
We love, we lose, we grieve
that which was and is no more
those who were and are no more.
We are being slowly deconstructed,
released into the eternal now.

Give and take
A beautiful dance
Eternal event
Participation
Is voluntary
Yet ignorance
Is pitisome
For the loss
Is magnificent
Multitude
Of bubbles
Corresponding
With the singular
In tandem

Steven Ingerson

This is basically a poem about life; about what we gain and what we lose. It's about grief and, ultimately about hope. It is also a product of my middle-of-the-night musings. I know what this poem means for me, but I also believe it's up to the reader to decide what it means to them.

Kanishk Krishnan

This poem expresses the great universe manifesting through multitudinal expressions. I was inspired to create this poem as a response to my best friend, guide, and philosopher Aviv's question, "Where do the words come from?"

Pictured: Gecko Garden by Carol Broome

DRAGON INFERNO - CAN YOU FEEL THE HEAT?

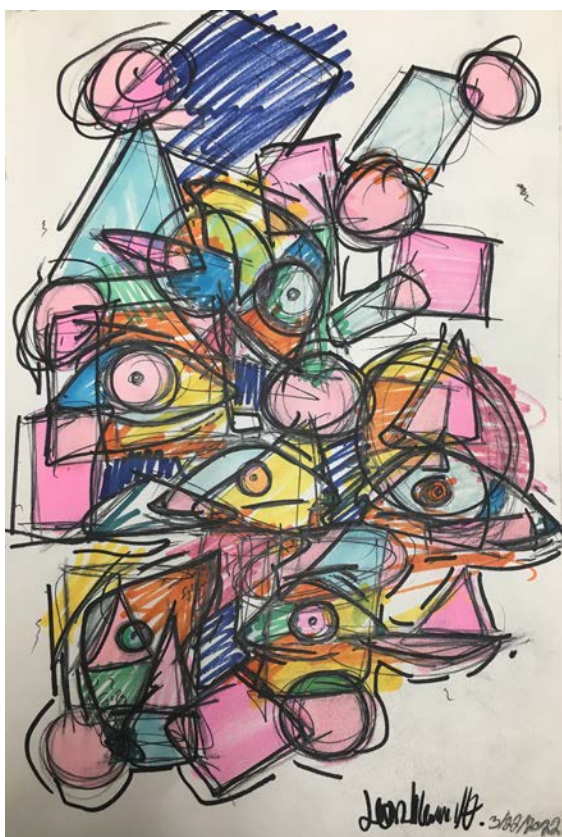
GLORIA WILLIAMS

ACRYLIC PAINT | 21.5" x 26"



Gloria Williams

Part of my fascination with dragons is that they do not know how powerful they are. With the breath of fire, they can destroy. I poured the liquid acrylic colors I wanted and then tilted the canvas, letting gravity pull the colors down to mix them. I also mixed more water with some of the pigments for lighter glazes.



THE VOICES OF HIDDEN EYES JON ASIA HUNTLEY

MARKER, PENCIL, FINE BLACK PEN
8" X 11"

BIG DREAMS GROW FROM SMALL BEGINNINGS LAURA MASUICCA

KNITTED ARTWORK | 12" SITTING



Jon Asia Huntley

I created this out of curiosity. I think it expresses the fear of being watched from everywhere you look whether it is dark or not. When I am drawing, I feel like my mind is at peace and the voice inside is calmed.

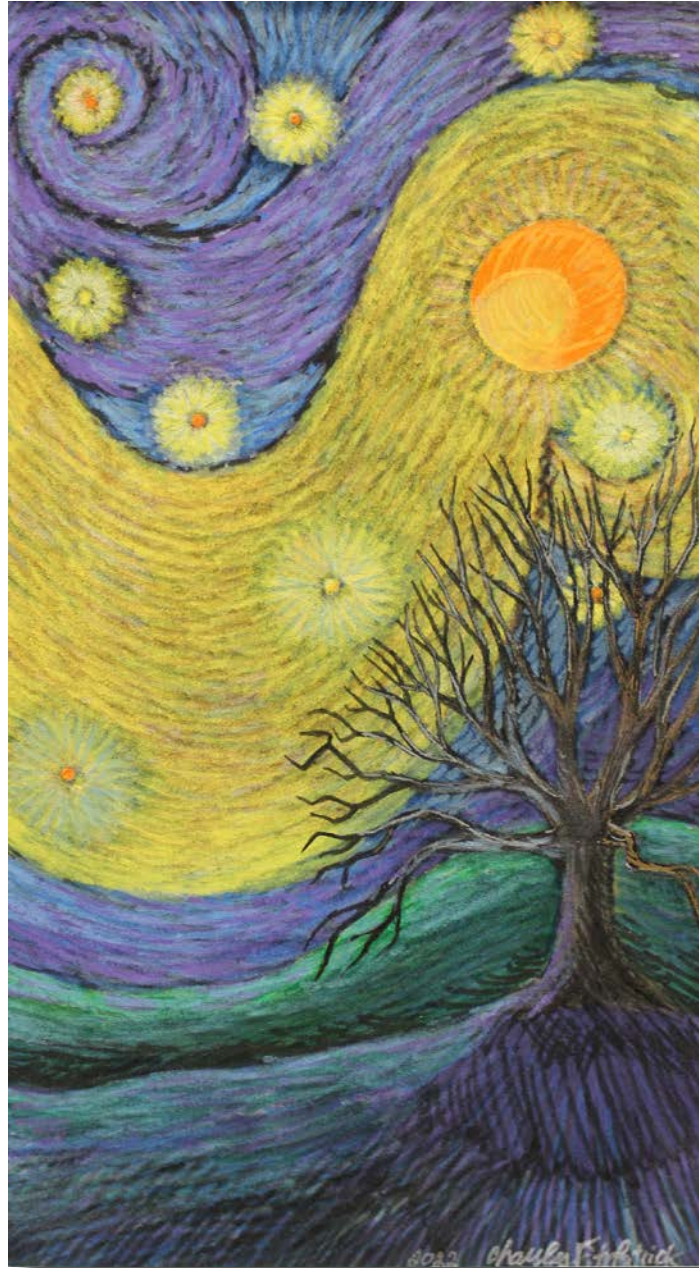
Laura Masuicca

I started knitting at the age of three. I love making stuffed toys for kids, but this mouse caught my eye! She was my own creation; no pattern. My disability gives me time to craft all the different stitches and make something from them.

STARRY DREAM

CHARLES FITZPATRICK

ACRYLIC PAINT | 8" X 10"

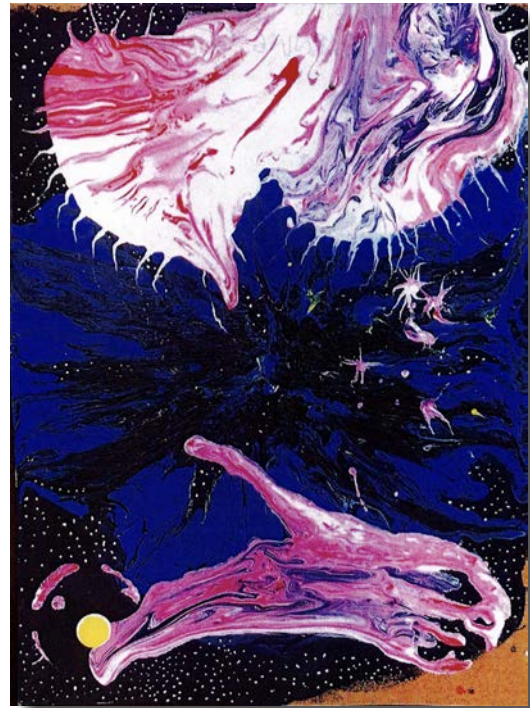


Charles Fitzpatrick

Art is very relaxing for me. I draw my inspiration from the classics: Van Gogh and Monet. I want to try new mediums and styles. I started drawing in Kindergarten. Chris Baker was my role model and helped with my creativity.

THE FINAL FRONTIER TANNER WOODLAND

ACRYLIC PAINT | 27" x 32"



WINTER TRAIL BERNARD WREN

ACRYLIC ON CANVAS | 11" x 14"

Tanner Woodland

Space: how amazing it is! We have yet to discover most of it. The opening of Star Trek was the inspiration for the title of this painting. I used liquid acrylic paint to create otherworldly designs similar to the images captured by the Hubble telescope.

Bernard Wren

I live close to the Adirondack Mountains and I love nature. I like to recreate it through my paintings.

ROOTS IN LIGHT

KRISTEN ROZELLE

DIGITAL ART | 11" x 17"



MY MOTHER

AMBER MICEK

WATERCOLOR | 5" x 6.5"



Kristen Rozelle

My digital art comprises over 40 images, 12 layers, and paint. I using photos that are cut out and redistributed. My inspiration comes from deep pain and losing a friend through an over-dose; also for his fiance who was left behind.

Amber Micek

My piece is a portrait of my mother who passed away last May. It expresses her spirit. I created it because I love her. I love to create beauty. My disability keeps me isolated but I don't mind because I make things and I love that. My artistic role models include my late mother and uncle.

MYSELF

JESSICA MEICHT

I sit with her sometimes

but never long enough.

We think about our sorrows

more so when times get tough.

She's the one who knows why

my friendships lack in number.

My anger is hard to swallow.

All that's left of me is somber.

She knows my ins and outs,

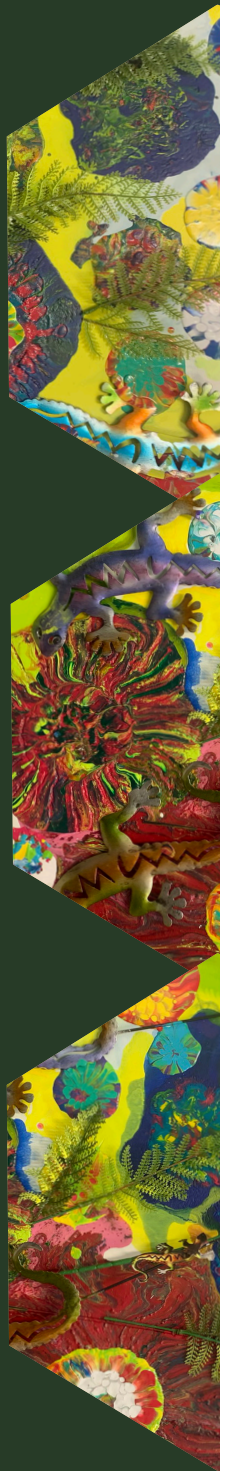
the things that make me tick,

how I secretly feel about everything...

all the things that make me sick.

No judgment passes when I'm with her as we sit here together crying

because when I match her energy, we get what I need without realizing.



Jessica Meicht

I created this poem as a way to tell the universe and myself that all I needed to do was listen to my dark feelings to figure out they come from a much deeper part of my childhood family dynamic. It was after I sat with my dark thoughts that I realized that by embracing the other side, I was performing the great act of self-love! It expresses my love for me as a whole. You cannot put your mental health on the back burner because when your body becomes weak, it will all come out.

Pictured: Gecko Garden by Carol Broome

VISUAL ART HONORABLE MENTIONS

Patrick Brady	Baby Bear
Brandon Curcie	Black Panther in the Jungle at Night
Elissa Hyre	A Nice Place to Visit
Sujit Kurup	Picture of the Pleasant
Alexandra Speller	Popcorn
Joshua Webster	Dancing with Ghosts
Jeremy Kelley	Skull Island Mash-Up
Kathleen Kogel	I Am Whole
Mark Cappoletti	The Red Express
Timothy Coomey	Pirate Ship in a Storm
Hannah Emerson	The Sun
Derek Grindle	Colors
Sue Heffron	Tangering Skies
Twanwisha Knighton	Rising Beautiful Butterflies
Anthony LoBello	L'Arche
Kirsten Warakomski	Dragons Fighting for His Soul
James P. McCampbell	Izabella
Richard Meives	Phoenix
Jennifer Mydlinski	Whimsical Crystal Chandelier
Daniel O'Connor	Beach Scene
Kathleen Roland	Native American Beadwork Contemporary Style
Rachel Sartori	Egg Salad
Kevin Shoemaker	SU Spirit Bowl
Karen Voas	Radiant Garden
Liz Watson	Brother and Sister

LITERARY HONORABLE MENTIONS

Aleksandra Chabrski	The Joy of Life
Donna Knapp Walrath	Pay Attention
Benjamin K.M. Kellogg	The Region of My Autistic Mind

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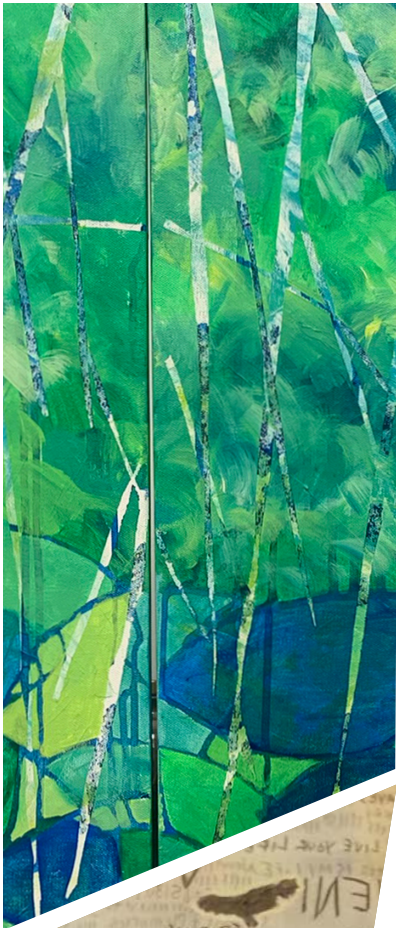


Tim Mahar

Director of Advancement

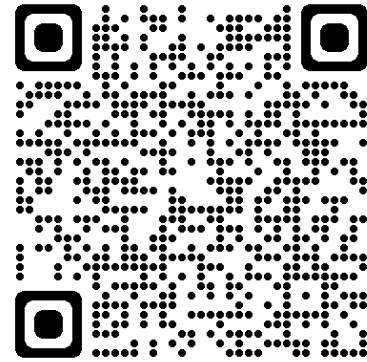
Pictured: [TOP] Flower Bouquet by Kafi Ahmad [BOTTOM] Pirate's Booty by Bill Anderson





CONTACT US

UNIQUE Magazine
c/o ARISE
635 James Street
Syracuse, New York 13203
ARISEinc.org



WAYS TO SUPPORT UNIQUE

TAKE A PIECE OF UNIQUE HOME

UNIQUE wall calendars are available for purchase. A portion of the proceeds support UNIQUE Magazine and ARISE. Some of the original artwork featured in UNIQUE is available for sale by the artists. All proceeds from the sale of original artwork benefit the artists. For information, please call (315) 671-5438.

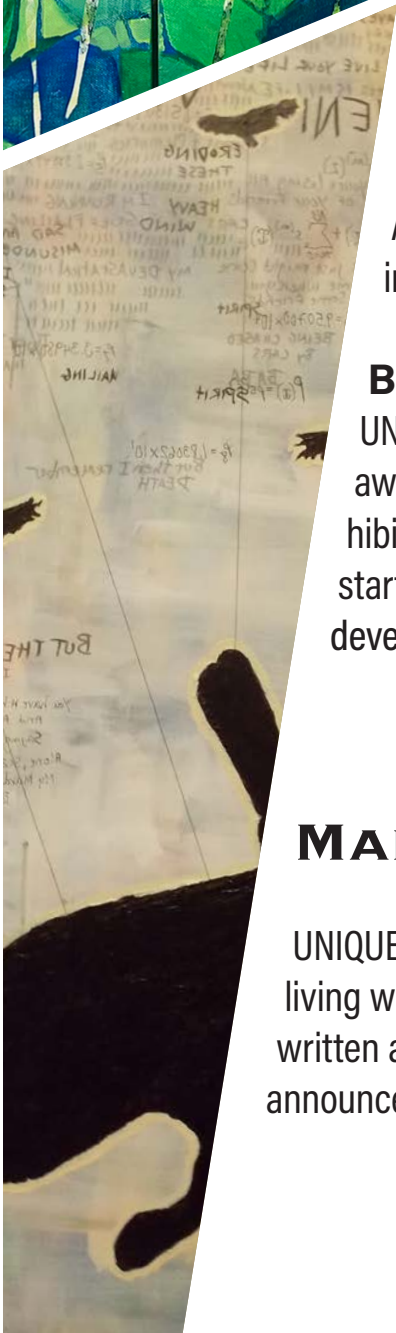
BECOME AN UNDERWRITER

UNIQUE sponsorship celebrates the creative spirit and raises awareness about disabilities by supporting the community exhibitions and printing of the free publication. Sponsorship levels start at \$500. To learn more, call (315) 671-2903 or send an email to development@ariseinc.org.

MAKE A SUBMISSION TO UNIQUE

UNIQUE is published annually to display the creative work of people living with disabilities in Central New York. We welcome submissions of written and visual art. Guidelines and deadlines for UNIQUE 2023 will be announced in February 2023 at ARISEinc.org.

Pictured: [TOP] Nature's Prisms by Constance Avery [BOTTOM] Veni, Vedi, Vici by Vykky Ebner



ALTERNATIVE FORMATS

**UNIQUE Magazine is available as a PDF file upon request.
Please contact ARISE at (315) 671-5438 for information.**

FOREVER BY MY SIDE

ELIZABETH PELLETIER

I hear a squeak
Is that you?
Did you get your toy
for me to play with you?

Come here good boy
give that toy to me
I will throw it
and you will bring it back to me

I throw your toy
You don't bring it to me
then I remember
You had to leave me

The tears start to fall
my breath taken away
for I remember
You died today

You were my constant
My "little man"
I can still feel your furry paw
in my hand

You were my reason
to get out of bed
No matter how sick I was
you had to be fed

You kept me going
by my side
We had a wonderful
17-year ride

I don't know how to do life
without you here
Now I sit alone
rocking in our favorite chair
I close my eyes
put my hand on my heart
My mind's video
Begins to start

I see and remember
all the good times
First I laughed
then I cry

It's OK to grieve and to be sad
but also to smile and be happy
because between life and death
So much love and happiness we had
Thank you Peanut
for so many years
for the memories
unconditional love
and licking my tears

I will never let you go
you are forever in my heart
this I know

You were the best part of me
And that my boy you will always be

Sweet dreams and goodnight
My "little man"
this is not goodbye
for you will always
and forever be by my side.

PUBLISHED BY **ARISE**

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