

# The Swedish Lens

Spring 2018

New Beginnings



Swedish Institute  
College of Health Sciences

## This Issue:

Amy Oliveras

Arcangel Ocasio

Yuly Blandon

Tashika Nickle

Jhon Melchor

Louise Pajor

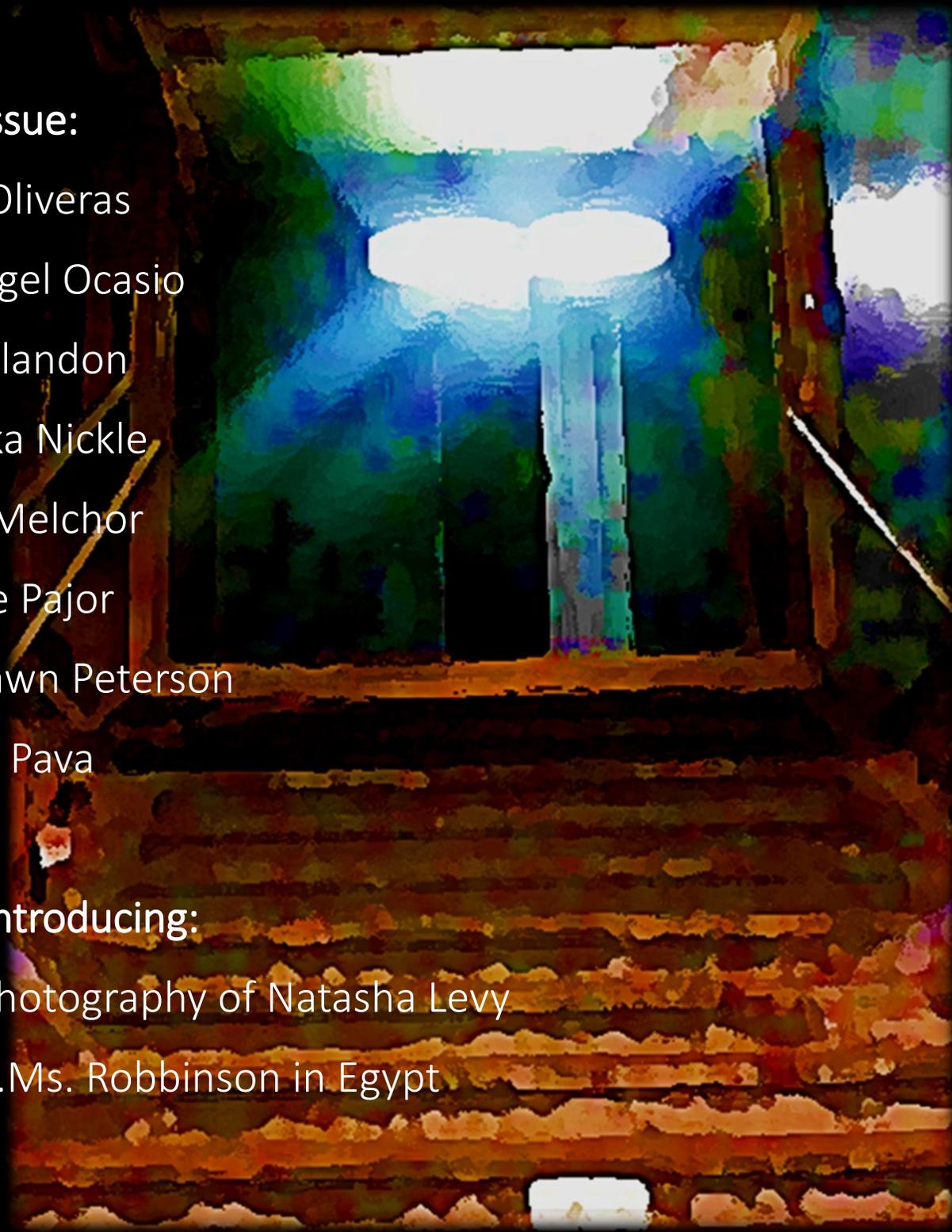
Dashawn Peterson

Jonah Pava

## Also Introducing:

The Photography of Natasha Levy

with...Ms. Robbinson in Egypt



# Editor's Welcome



Welcome to the Swedish Lens, the official student literary journal of Swedish Institute!

## **A BIG ROUND OF APPLAUSE FOR OUR RIDICULOUSLY TALENTED CONTRIBUTORS!**

New beginnings are all any of us have to look forward to. No matter who you are, where you're from, what you look like, or how old you are, we are all after the very same thing in life; newness.

Think about it for a minute. Isn't that the whole reason you came to school?

The feeling of starting

fresh is a "high" that is far superior to any drug (or herb) around. It is health, youth and vitality itself. It's also available to anyone if they can pay the price by letting go of their past and calmly walk forward in a new direction.

On Valentine's Day we held a poetry slam at the 151 library. Students came together from 6 different programs to share their poems, their songs, their insights, and most importantly their art with one another. The results were staggering. This journal highlights some of the performers from that day as well as a few others whose work the Committee felt was significant enough to publish.

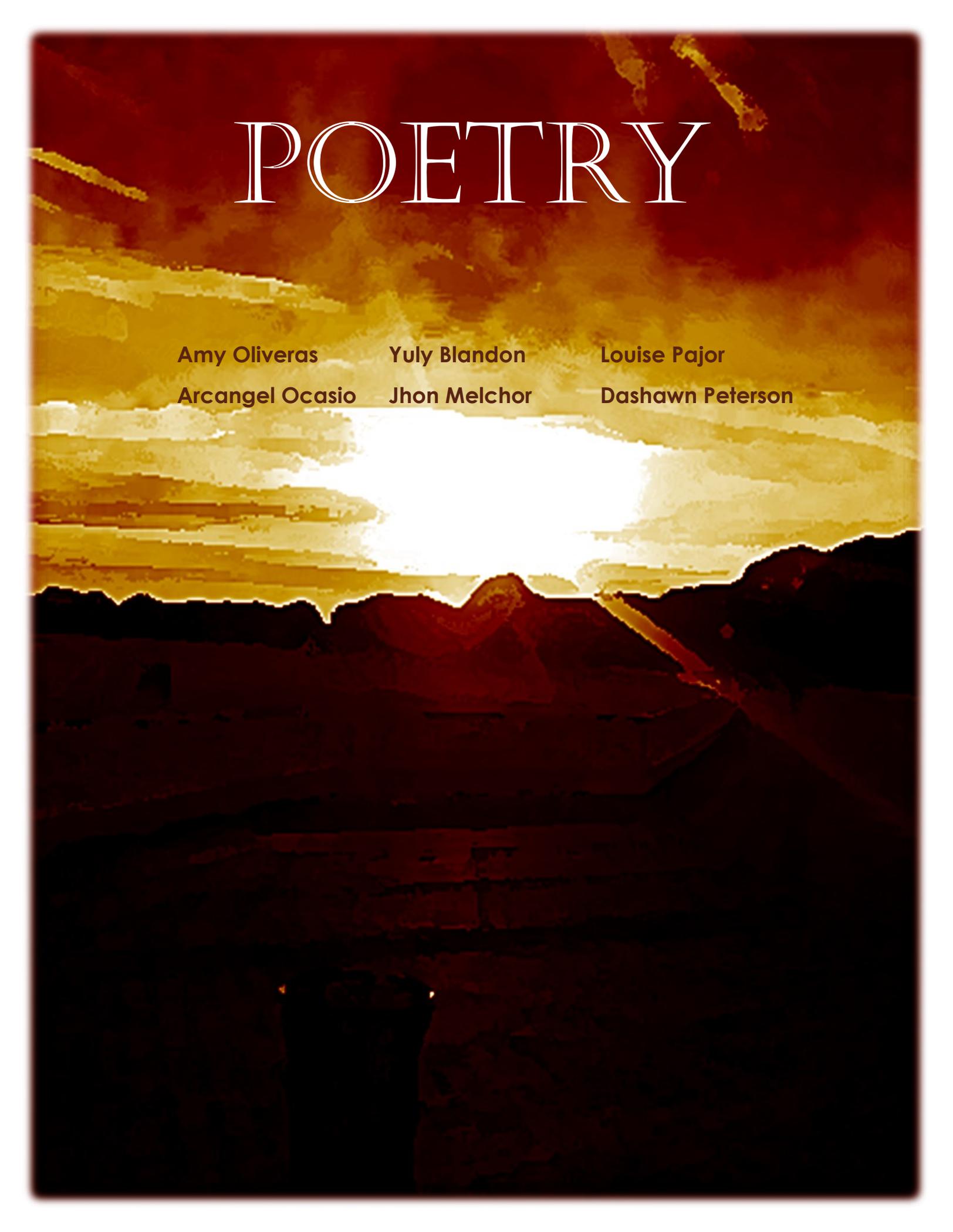
School can be a challenging place. *You're doing a terrific job*

*though so don't be discouraged!* Remember the passion that brought you here in the first place; remember you wanted something new, and then go for it all over again!

Also a tremendous "library fist bump" goes out to Ms. Robinson for her invaluable assistance with this project, Dr. Sam for being...well for being Dr. Sam, and last but not least to all of the fantastic librarians on the team: May, Raymond, Portia, Jhon, Jonelle, Sandy and Tamla, thank you so much for really holding the "fort" down the past couple of weeks, you guys rock!

Enjoy,

**Matt**



# POETRY

Amy Oliveras

Yuly Blandon

Louise Pajor

Arcangel Ocasio

Jhon Melchor

Dashawn Peterson



# Capsule:

Days are unfinished  
without your midnight aura,  
a brief look into the mystery  
of your dark almond eyes  
where the pleasant have seen  
a rapture,  
and those bitter have tasted  
an addiction.

Except, my dear  
you have yet to feel  
your soul watered  
in aphrodisiac sweetness,  
let me. capture you, softly.

OLIVER'S  
AMY



# The Fateful Encounter:

My heart was lost before it was found  
Sorrow so deep if it was a liquid I would drown  
When I first laid eyes on you I knew I would always want you around.  
When I hear speak my heart begins to beat  
Out of everything I accomplished meeting you was my greatest feat  
No one can change how I feel my love for you is concrete  
When I first met you I didn't know I will feel this way  
Your beautiful soul, the light it puts out keeps me from going astray  
The shadow that covered me every single day  
Just was suddenly gone, I finally found where I belong  
No more sadness, no more heart ache I finally feel free  
When I hold your hand I know where I need to be  
Everywhere I go I get all this attention  
All this affection  
But I don't care about the popularity or the fame  
All I want is you, my life will never be the same  
This is a start of a brand new me  
I hope when you look my way I'm the one you see.  
No matter how many times I tell you,  
You still wont understand how much you mean to me  
Look in my eyes and you will see  
That this was meant to be

ARCANGEL  
ASIO



# Rose:

Embellished in roses our flaws are thorns  
Unspoken future promises left my mind stun  
Never told but weren't stable to begin with  
In my mind are movies of things that should happen  
Scared to be impulsive and let it all fall into a void  
Forever wondering if that'd preceded the first kiss  
Not one soul would replace what hers did to mine  
So instead we mourn memories that precede what  
We soon value, the very essence of life as  
We attempt repairs on organs metaphorically torn  
Weary of flaws, one is eternally edgy

BY  
YULY  
BLANDON



# I Curse Cupid:

I would never  
curse at you  
But I will curse  
at Cupid.

I know I acted  
stupid.

But so what?

That's what love do!

Before I met you

That was a fact

I did not know.

Then, Things went off road  
when you threw me off  
my own love boat.

But still I am thankful,  
since then

I figured out how to float  
all on my own.

You were the rain

to my parade

but I promise,

that rain,

brought about growth.

by- listen!!

MELCHIOR  
NOR



1:44 AM:

My cranium loves cold water  
I dive crown first.

My right scapula loves the  
touch of my thenar eminence  
from my left hand.

It's 64 degrees outside  
and in my blood.  
You're epithelium,  
I'm contentious.

With force I become belligerent.

My expression is manic,  
I must be surreptitious.

Less expose,  
more secret document  
For your eyes only.

PAJOR  
LOUISE



# All of You:

I see all of you  
Loving, caring, unconditional care giver  
Lying, deceptive, "cheater", trader for selfish wants...  
Prideful resentful..."I don't give a damn  
a man killed my mother

I will never give a man power to hurt me... or love a man fully... I will find out  
What hurts him before I let him hurt me"  
"I am love and I will love you forever"

The scared, insecure, worried about the future whether children are in the cards.  
.. daunted by the past... drift in and out of the present..

Selfish ...do anything to get what you want  
and will hurt anyone along the way  
whether intended or not ♀♂ you gotta have it... all of it

Crazy

Forgiving

Humble

Gentle

Patient

Confused

Impatient

Distant

Inferior mind frame

Superior mind frame

Controlling ... being controlled by

Uncontrollable

Monogamous

Polyamorous

Naive

Unstable

Ashamed

Clueless

Honest

Trustworthy

Loyal

Queen

Scared little zz...

DASHAWIN



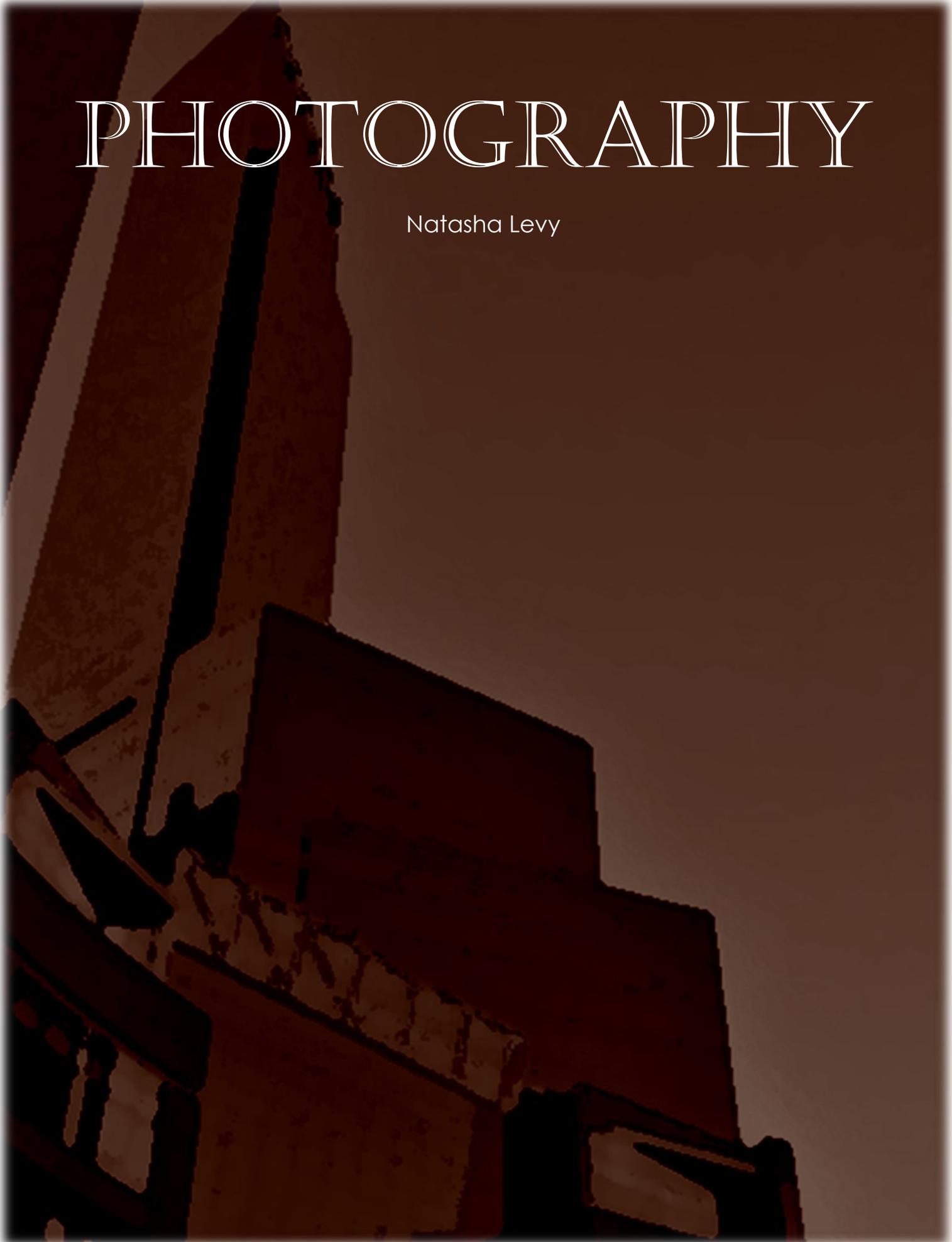
Bold  
Confident  
Hustler  
Make a way out of no way  
Creator  
Ambitious  
Fun  
Smart  
Clever  
Intelligent  
Peaceful  
Passionate  
Sexual  
Secure  
Spiritual  
Human  
Imperfect  
Perfectly made... you are  
Beautiful.  
Abundant.  
Rich  
Passive  
Aggressive  
Running away  
Holding on...to you ,me, us, them ...we trust... ..none?  
Some? Or all of us?

Did I miss any part of you? If I did than that  
just means that I missed seeing all of me  
all the way through.... because surely  
I am only able to see  
the reflection of me in you

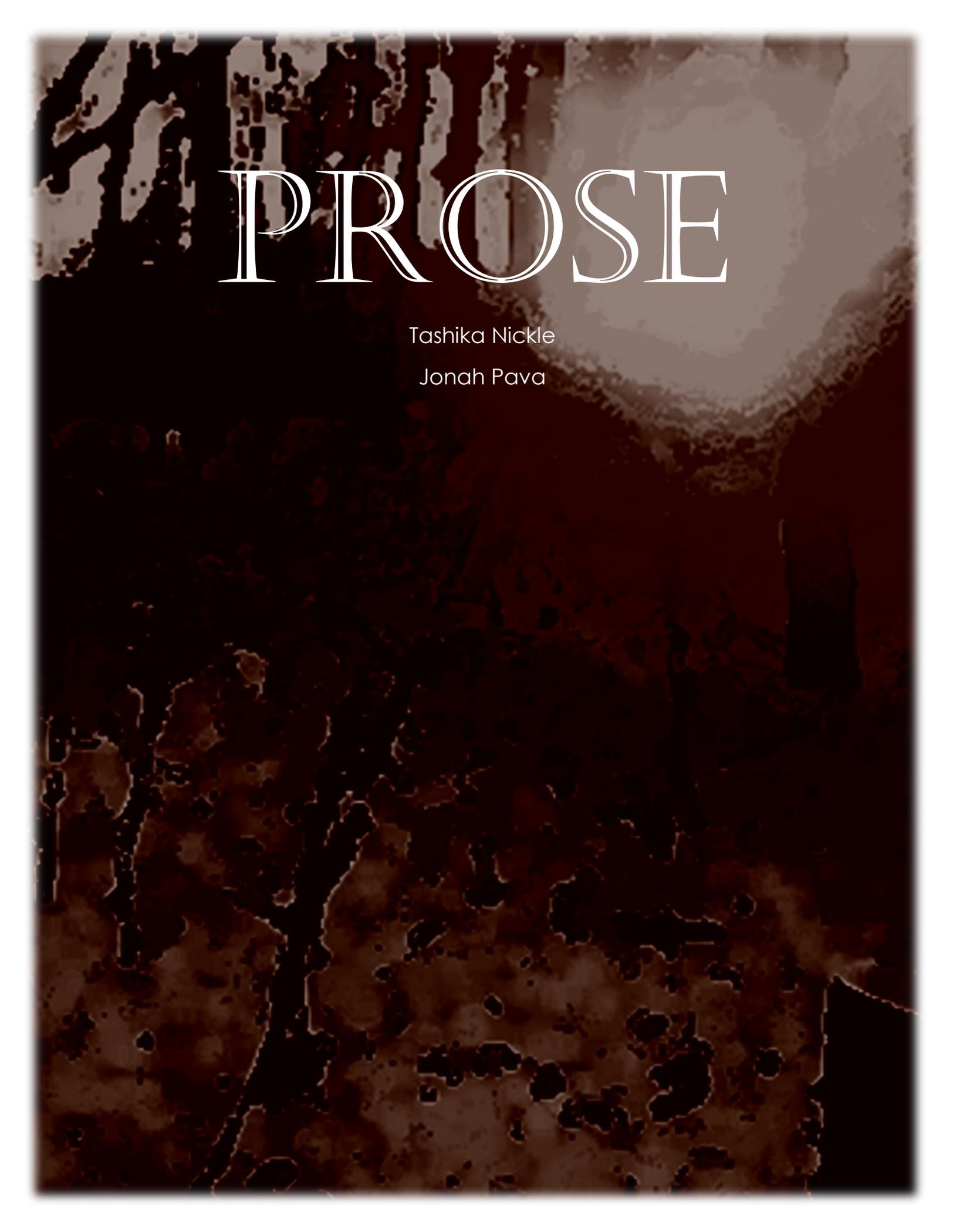
PETERSON

# PHOTOGRAPHY

Natasha Levy







# PROSE

Tashika Nickle

Jonah Pava



# A New Beginning:

You can be as apprehensive as you want to be.

Acknowledgment of one's own fear is a completely normal thing to do.

Feel all of your feelings during this new and exciting phase on your life.

"Will I succeed?" "Will I fail?" These are questions we tend to ask ourselves.

Believe it or not, the answer lies at the other end of fear my dear.

So, no matter how anxious,

or nervous you may get,

never let that stop you from starting over.

Never allow fear to paralyze you from chasing your hopes and dreams.

Every day that you open your eyes, is another opportunity for you to have a new life,  
an new love.....a new beginning.

N  
TASHIKA  
CKIIE



# Conquer Your Fears:

Before I started working out, I was your typical 18 year old, perhaps a little on the shy side, more anxious than I wanted to be, and concerned about about the future. I was a real couch potato and I especially loved watching sports: baseball, football, basketball. You name it, I watched it. Well, not golf. I found watching these sports stars inspirational but a little scary, too.

Here's an idea. What about I get off the couch and down to the gym? The thought of "I can't do it," is the first thought I have before I can think of weights and staying healthy.

Maybe a little music will help?

I always find "Eye of the Tiger," the theme song from Rocky gets me moving forward.

I remind myself that working out will make a "new beginning."

The phrase "never giving up no matter how useless we feel" should always be in the back of your mind. Some days we have this and some days we don't.

When it comes to providing the motivation of working out never feel pressured.

In society we see all sorts of different kinds of people.

To us sometimes they look perfect and immortal.

In reality though, these guys sometimes have the biggest self-esteem issues in the world.

Conquer your fears. Exercising will cure some small amount of depression

And, of course, it helps with obesity.

Our thought process will even be improved.

We will think of ourselves as a "Greek gods"— ready to do battle. We will be like ancient warriors, Fighting for survival.

Exercising spices up our boring lives and it will bring back the real excitement of our lives.

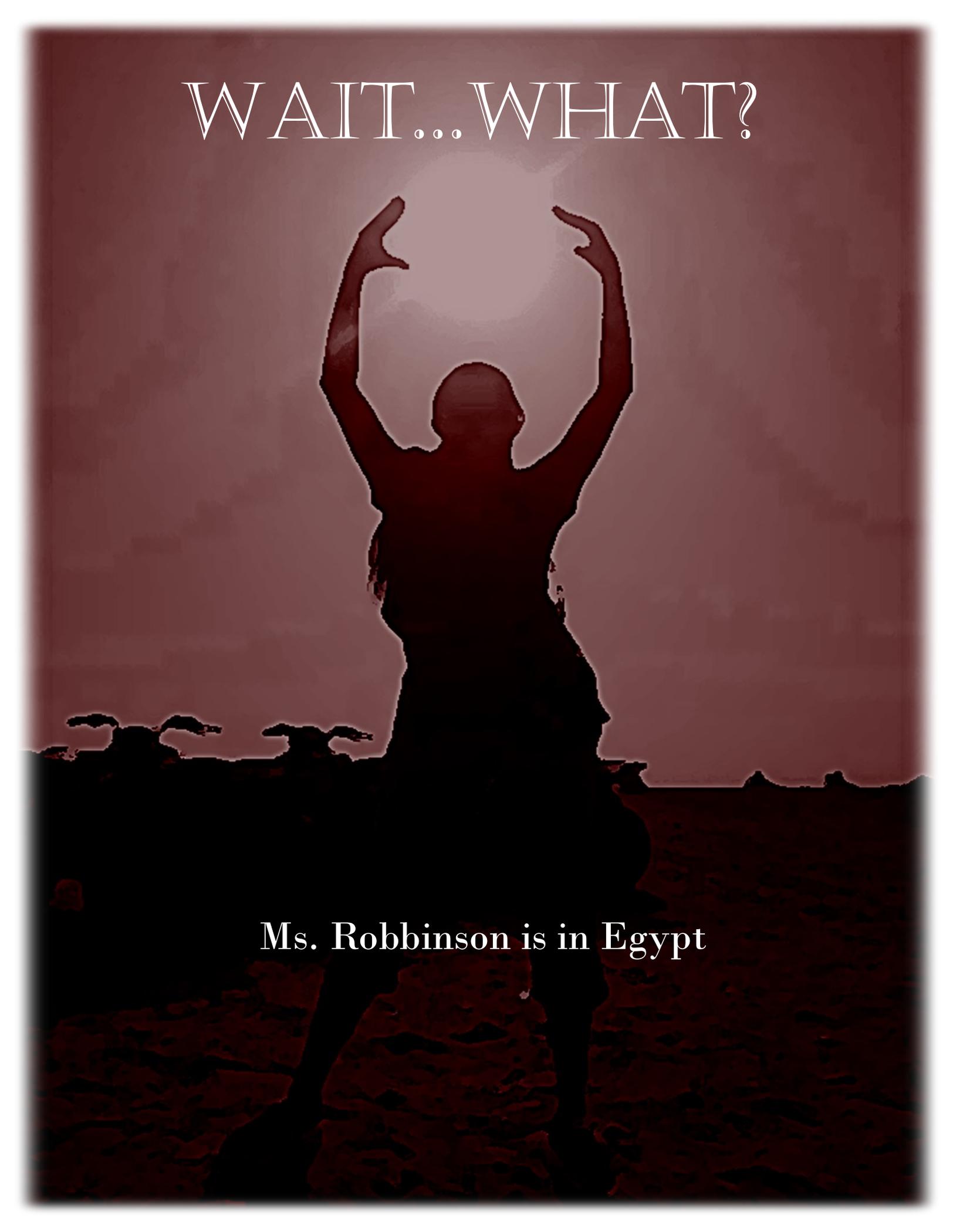
If we all start working out, we make America move again.

After we are successful with our fitness goals, the phrase "I can't do it"

Will never cross our minds again.

P  
JONAH  
WA

WAIT...WHAT?

A silhouette of a person standing in a desert landscape, with their arms raised in a gesture of surprise or awe. The person is positioned in the center of the frame, facing away from the viewer. The background is a gradient of warm colors, from a deep red at the bottom to a lighter, hazy orange at the top, suggesting a sunset or sunrise. The horizon line is visible, with some dark, rocky terrain in the distance. The overall mood is one of wonder and discovery.

Ms. Robbinson is in Egypt

# My Egyptian Pilgrimage:

Theresa Robinson

In Cairo the air is cool, the sky is blue and the climate is exciting  
From the base of the Pyramids to the gaze of the Sphinx  
Every minute in Giza was inspiring

It looked dry, felt full, sounded busy and strong  
There was a movement mixed with a desert stillness  
That reached as far as the Nile is long

In Luxor I felt the heat, in the Valley of the Kings  
Reading hieroglyphics in the temples of Kemet  
Once conquered by Hatshepsut, the nine year old Queen

The Sun God Ra blessed the temple of Karnak with a glow that never ends  
Foreshadowing  
Never forgotten stories of ancient families of lovers and friends

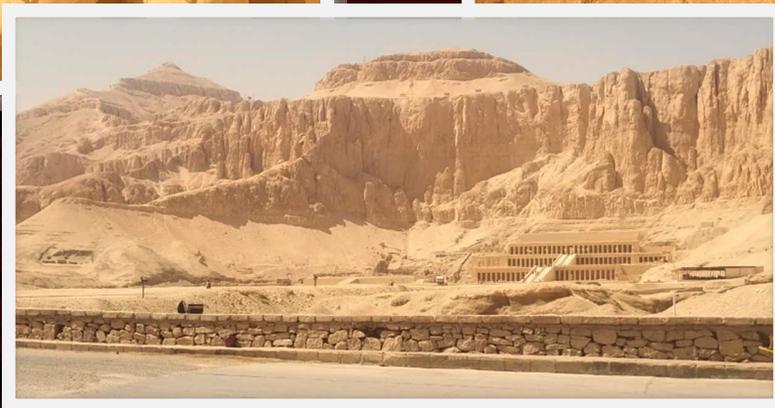
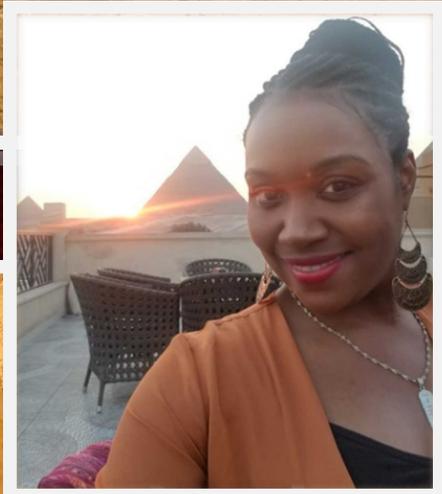
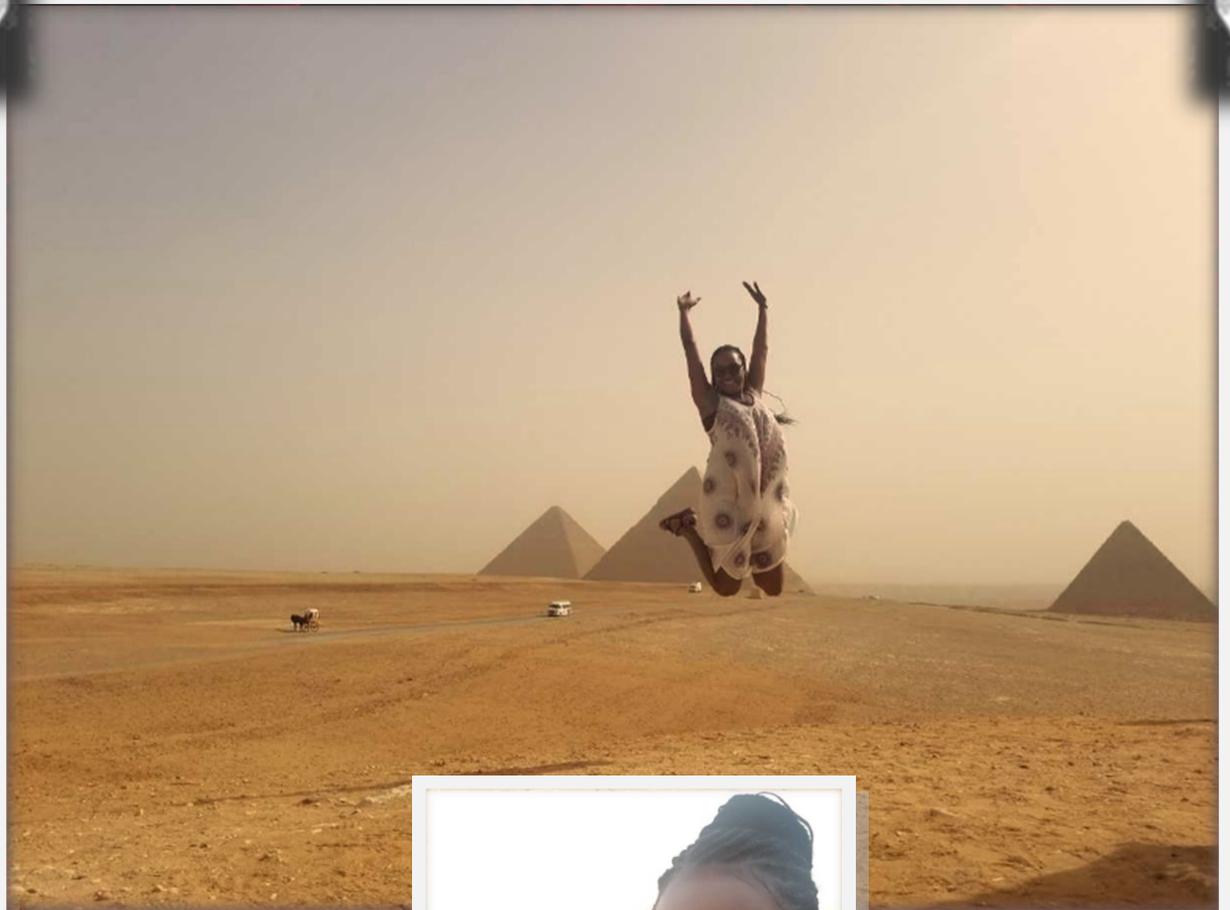
In Alexandria the Mediterranean met us, as we discovered the Citadel  
The protective fortress that was before us  
And the catacombs that were discovered when a donkey fell in a well

With the greatest temples on the east of the Nile  
And the massive tombs in the west  
Where the statues of the ancestors faithfully  
Showcase the Wakanda X on their chest....

I envisioned myself wearing Cleopatra's gowns and King Tuts headdress  
As I embarked on the ancient tales of love, life and conquest



# Ms. Robinson in Egypt





THE END