

The Sunflower's Legacy

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GRAND PRIZE—POETRY

The sunflower was awakened,
by the sun's nourishing rays of light.
The petals slowly extending open,
revealing the heart of the sunflower.

As the day went on, the air got colder.
Cold wind chills filled the air.
The petals slowly started to retract to cover the face;
and protect the heart of the flower.

The hot sun was no longer all day
and the wind whispered,
"Winter is near."

By the end of the week,
the sunflower shriveled up,
stalk drying out, leaves falling off,
and one by one, the petals fell to the ground.

To the surrounding climate, it looked
like the heart of the sunflower stopped beating.
The end of the sunflower's life came to an end.
However, even though the heart of the flower
seems lifeless; the seeds of the heart
are alive and ready to descend to the next
generation of life.

As life comes to an end,
Like the sunflower, the human body deteriorates.
And eventually dies.

Like the sunflower even though it dies;
Humans and sunflowers leave pieces of them behind.
Humans leave memories for their children and friends,
to cherish and remember them by.
Sunflowers leave behind their seeds for the
next flowering season to produce the next generation.

As humans we are like the sunflower;
we protect our mind and heart from harm.
We have protective mechanisms,
to cope with life.

Even though life is over.
Emotions such as anger and sadness can sometimes
overwhelm people.
The importance of life is to cherish the memories,
and times you had during their journey with them.
Although a loved one has passed away,
you should not let the anger and sadness,
inside of you consume you.
Be like the sunflower,
do not be afraid to extend your petals
to open your heart to others.