



# BOUNCE BACK PHILLY CREATIVE CORNER

**For Philadelphians, by Philadelphians**

A monthly newsletter provided by the Bounce Back Philly Program  
at the Philadelphia Department of Public Health

Happy October and *spooky season*! In this issue of the Bounce Back Philly Creative Corner, dive into how different colors affect the mind. How does seeing the color blue or the color yellow affect the way you interpret things? Check out pages 6-7 to find out! Then jump to pages 10-11 to learn about Playstreets and how they are still bringing kids and the community together during these hard times. Lastly, check out pages 12-23 to see the photography of Black and Latino students in Philadelphia who share their experience during COVID-19. The exhibition "Photo Diaries" includes photographs that share the student's COVID-19 stories and send messages of solitude, pain, and hope. These photos and stories provide a glimpse into how they, their families, and others in Philadelphia are coping with this historic pandemic.

Let's get started!



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[WWW.PHILA.GOV/COVID19](http://WWW.PHILA.GOV/COVID19)



# How to Turn A Poem into Art

WRITTEN BY SHERRI WAYNE

Before we begin with directions on how to turn a poem into art, let's first review what a poem is. A poem is a form of writing that uses rhythmic language to express emotions and feelings. A poem can tell a story, record a memory, express a desire, or share information. It is one of many ways to express yourself. It can be as personal or as general as you would like it to be. One of my favorite poems is by Langston Hughes titled "I, Too, Sing America." It speaks to discrimination, patriotism, and equality.

## **I, Too, Sing America By Langston Hughes**

I, too, sing America.  
I am the darker brother.  
They send me to eat in the kitchen  
When company comes,  
But I laugh,  
And eat well,  
And grow strong.

Tomorrow,  
I'll be at the table  
When company comes.  
Nobody'll dare  
Say to me,  
"Eat in the kitchen,"  
Then.

Besides,  
They'll see how beautiful I am  
And be ashamed--

I, too, am America.

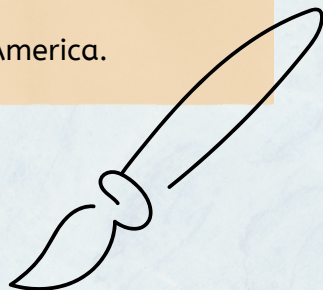
There are many ways you can turn this poem into art such as drawing it, painting it, or even making it into a collage. My favorite is to use a website called Canva. Canva is a free graphic design website where you can create anything such as logos, t-shirts, presentations, videos, newsletters, and so much more.

There are many ways you can turn this poem into art such as drawing it, painting it, or even making it into a collage. My favorite is to use a website called Canva. Canva is a free graphic design website where you can create anything such as logos, t-shirts, presentations, videos, newsletters, and so much more.

Canva has a FREE version and a paid PRO version and my motto is, "If it's FREE, it's for me." Using my favorite poem above, I logged into my Canva account (you can sign up for the FREE version if you do not already have an account by going to [www.canva.com](http://www.canva.com)). Once logged in, I clicked on "Poster." I chose to make a poster because I knew I wanted something larger than an 8 x 10 inch picture. You can choose a flyer size, picture size, or create your own dimensions. Canva allows you to customize your design the way you want or you can chose one of the provided templates to get you started with creating something personalized.

I find this activity to be therapeutic and it allows me to work on my creative side. After starting my poster, I thought about imagery and what I wanted to convey with this poem. Within Canva, I searched for some frames, images, and backgrounds until my piece of art was ready to be shared.

Once you are done your art, Canva provides you with options to save it. You can print out your design or you can download it to your smart phone and/or computer. This is just one way to turn a poem into art. Some other ideas are using a full page photo from a magazine or newspaper with space for you to write in, using some decorative paper, or using the blank space of the photo. For each of these alternative methods, use use a pencil or marker to allow the words to stand out and create your masterpiece.

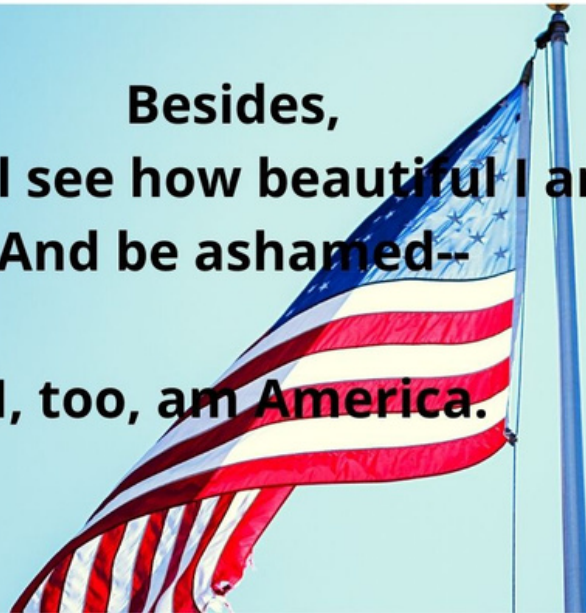


## **I, Too, Sing America by Langston Hughes**

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When company comes,  
But I laugh,  
And eat well,  
And grow strong.**

**Tomorrow,  
I'll be at the table  
When company comes.  
Nobody'll dare  
Say to me,  
"Eat in the kitchen,"  
Then.**

**Besides,  
They'll see how beautiful I am  
And be ashamed--  
I, too, am America.**







# Colors & The Mind

WRITTEN BY RYAN HIGGINS



Do you have a favorite color? Did you ever think about why it's your favorite? Maybe it reminds you of a favorite place, person, or experience. Or maybe you just love the way it looks! But did you ever think about how all the colors in the world may be affecting you? Many scientists are studying this right now! They're researching how different colors and lights can affect your mood, your creativity, your sleep quality, and even your appetite! Though the research is fairly new, and it often seems like there is disagreement about the results, we think it's something you may want to be *mindful* about.

**Reds, Yellows, and Oranges:** Warm colors like red, yellow, and orange are often linked with feelings of excitement and joy and, studies have shown that they increase heart rate and make us more excited. If you're looking to have a relaxing time, having these colors around you may not be the best idea.



People often link these colors with food and believe they increase appetites. Having these colors around when you eat may make meals more enjoyable, but many scientists believe that this may be because people link these colors with popular restaurant logos and not the colors themselves. We remember happy times eating at restaurants and have come to relate these colors with food. Look around at restaurants and advertisements and you'll see these colors everywhere! In some other research, people actually ate less food from red packaging and plates! *Do these colors affect you in the same way?*



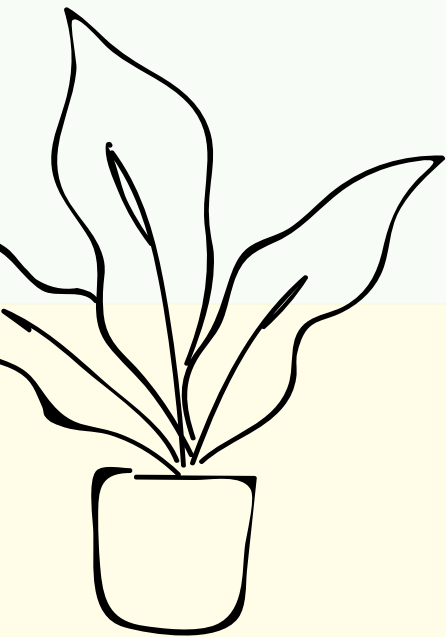
**Red** appears to be the "power" color. Studies have shown that athletes wearing red, for example, tend to perform better than when wearing other colors! Be careful about when you sport that red "power tie," however. One of the reasons that red may make athletes perform better is because people find it intimidating. If you're going to a job interview or some other event where you want to appear friendly and sociable, it might be best to choose a calmer color.

# Colors & The Mind

WRITTEN BY RYAN HIGGINS



**Blues and Greens:** Cool hues like blue and green tend to act just the opposite of their red, yellow, and orange counterparts. Fittingly, blues and greens have been shown to lower heart rates and bring a calming effect as they tend to remind people of nature. If you're looking to create a cozy and welcoming area for you to relax, look into keeping these colors around you.



**Blues and greens** have also been connected to inspiration and creativity. Think about all those times you gazed out the window at the trees outside or the sky above and let your mind wander and dream. If you can take a hike in the woods or a pass through the park on a blue-sky day to help yourself relax and get your creativity flowing once you are out of your safe separation period, you can also bring greens and nature to you! For now, try to pick out a plant or two that you enjoy and keep them within sight of where you need to feel relaxed and creative.

Remember that everyone reacts to colors differently, but, we all have connections to colors in one way or another and can use this to our benefit. Take some time to think about how you can use colors in your life. We'd love to hear about your connections to colors and how you use them in your life!

**Submit your connections to color at [bit.ly/bbp-cc-forms](https://bit.ly/bbp-cc-forms) on the story submission form.**



# taste of home

## Pollo a la Chipotle (Chipotle Chicken)

Recipe provided by: Monica Cortes

**Preparation Time:** 10 minutes

**Cooking Time:** 30 minutes

**Total Time:** 40 minutes

### INGREDIENTS

- 4 Large Skinless Chicken Breasts
- 1 Can of Chipotle in Adobo Sauce
- 16oz Sour Cream
- ½ Cup of Milk (any type)
- ½ Cup of Chopped Cilantro
- Salt
- Pepper

### INSTRUCTIONS

1. Clean your chicken and then season your chicken breasts with salt and pepper.
2. In a large pan, cook your chicken breasts over medium-heat until they are fully cooked/ golden brown. Set aside.
3. In a blender add the sour cream, the can of chipotle in adobo sauce, and the milk. Blend until smooth.
4. Season with more salt and pepper to your taste.
5. Combine both the blended sauce and the cooked chicken in one pan.
6. Garnish with chopped cilantro and serve!



### ***Why does this recipe remind you of home?***

Growing up, my mom used to make me pollo en chipotle all the time. My mom lives in Mexico and making recipes like this reminds me of home even when I am thousands of miles away. Now I have three kids and I love making them all the food that I grew up with to keep our Mexican tradition alive. This is my kid's favorite meal that I make them every time they visit me.

Submit your recipe online at [bit.ly/bbp-cc-forms](https://bit.ly/bbp-cc-forms) or check out page 24 to learn how you can be featured on the BBP Creative Corner Newsletter or Blog!



# Puzzles

## Sudoku

EASY #005

1	9		5				6	4
	4				8	7		
	7	8	1			9		
7								
			3	7	9	2		
		9		1	4	3	5	
	5	2		3	6	4	7	
	1					6	8	
	8			9				3

MEDIUM #005

3		4		1	8	5		9
1				6	4			
	8	2						
	1			6	9	4		
	9	6						
			7		1	6	3	
	2			5	3			
	5	7	9				8	
						4		

HARD #005

6				1	3			
	9						1	
	3			2	9		4	
		7		5	6			
							2	
					3	9		
3	1			7	4	8	9	
	4			1	8	7		
7	6							

## Wordsearch

E	I	Y	P	P	A	H	V	H	N	N	Y
T	E	L	A	T	I	G	I	D	L	A	N
I	S	T	E	E	R	T	S	Y	A	L	P
H	O	G	C	O	L	L	A	G	E	I	I
A	A	L	W	S	E	A	Y	M	A	C	N
Y	N	P	R	N	E	T	N	G	R	R	S
P	O	W	E	R	L	D	P	W	T	G	P
C	R	E	A	T	I	V	I	T	Y	C	I
M	Z	L	C	O	L	O	R	S	I	P	R
Y	H	P	A	R	G	O	T	O	H	P	A
A	T	E	R	R	O	M	I	N	D	O	T
D	T	R	P	A	W	E	P	V	R	E	I
O	Y	C	I	C	L	G	T	O	I	M	O
G	R	Z	I	P	C	O	D	E	A	T	N

- Art
- Collage
- Poem
- Zipcode
- Inspiration
- Colors
- Mind
- Power
- Happy
- Creativity
- Playstreets
- Photography
- Digital

# PLAYSTREETS



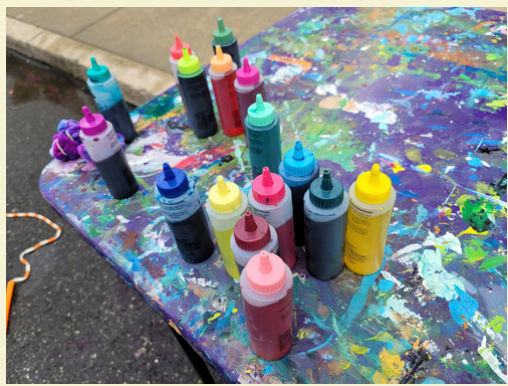
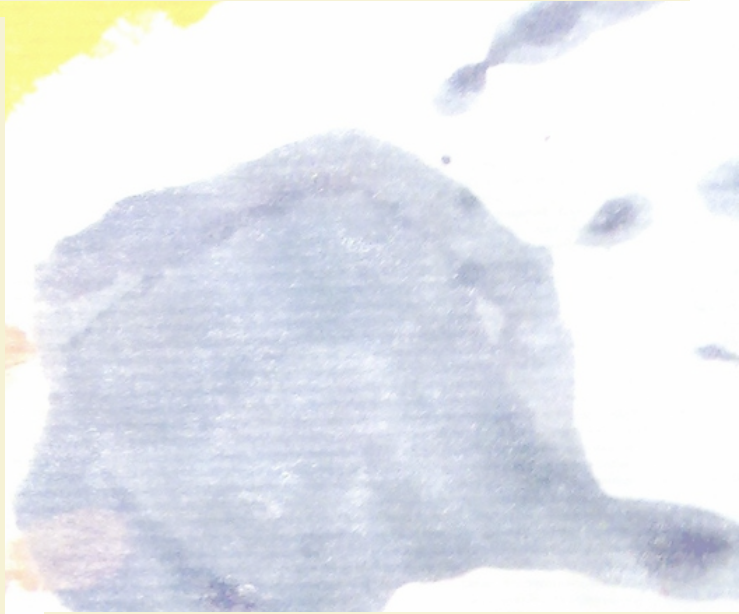
Playstreets is a Philadelphia program that provides a safe, fun place for children to play each summer. It was spoken of by my neighbors last year (2020) and we sadly missed the deadline to apply. I started asking neighbors earlier this year in March 2021 to see if there was interest and everyone was excited to participate so I signed up. Then May came and much to my surprise, summer camps were open and some parents ended up placing their children in these camps for the summer. I refused to pay \$400 a week for camp since I had to work from home because of the COVID-19 pandemic.

I wanted to do something for my daughter and the community so I pulled out some toys and turned our block into a summer camp. I thought that wasn't enough and there had to be more we could do for the children in our community and that's how reading hour started. I'm a committeeperson and a South Philly reading captain so I reached out to my network and came up with the catchy name "reading power lunch hour." I bought floor mats and several supplies, and asked for umbrellas, tents, and other outdoor equipment to turn our beautiful block into a shaded pavilion for this weekly event. To get more participation in our area, I made flyers, created a Gmail account, google voice number, and added friends, sponsors, and super readers. From that tiny seed of thought, a reading party art-tasting palooza was birthed.

For the grand closing event, school supplies, books, and food boxes were distributed, and arts activities were prepared for children. White masks were donated so I thought making tie-dyed face masks would be a fun artful expression for children to participate in and would make a cool piece of art they could wear. Other activities included making slime, creating self-portraits on canvas, and drawing on a large banner to be displayed on our block as a **community thank you**.



IN A  
WORLD  
WHERE YOU  
CAN BE  
ANYTHING  
BE KIND



# PLAYSTREETS

# Photo Diaries

## Provided by: Photography Without Borders



Photography Without Borders teaches traditional and digital photography and video to students from grades 5-12. PWB was started in 2009 by Tony Rocco while he was teaching at John B. Stetson Charter School in the Fairhill section of North Philadelphia. Rocco created the “Stetson Shutterbugs” after school program and included an international exchange program with students in his ancestral Colombia. It was in this spirit that Rocco expanded on the program in 2013 to become a 501(c)3 nonprofit called Photography Without Borders.

The organization has grown through strategic partnerships with additional schools is the Aspira charter network and established organizations in the community, including Taller Puertorriqueno and Norris Square Neighborhood Project. Our programs create a safe and inclusive space for students to share their emotional experiences as Latinx/Black/Multi-Racial children living in North Philadelphia with a wider audience. The students finish each year with either an in person exhibit, published magazine, or printed postcards. Several students have been interviewed for TV, online news, and podcasts. Paid mentorships and teaching opportunities for students build capacity in our organization, establish a sense of student ownership, and ensure the continuity of our programs.



# Ricky's Place

Celina Seck

Hostos Charter School, 8th Grade

For as long as I could remember, other things came and went, but my dad's bar stood steadfast. Life brought unexpected changes, but I knew that at the end of everyday, I could return home.

Where other kids grew up in daycares or playgrounds, my childhood memories were of growing up in my dad's store. On career day, some of my classmates' parents came in and they had more "normal" jobs, at least at the time I thought so. Nurses, office clerks, cashiers. I had no idea how to tell them that my parents' owned a bar. Over time I accepted it though, as I've gotten older and understood the hardships that my parents have went through to get here. I met new people everyday, some of which I still know today. Now they remark upon my appearance, how I'm so tall and beautiful and still look a bit like my father. Of course, being there meant I knew the effects of alcohol from a young age, sometimes I would get a glimpse of a drunk person stumbling around before my mom ushered me to the kitchen or backyard. But this all was so familiar, such a big part of my life that I hadn't realized how much could change in an instant. And then, out of nowhere, all of this came into a shuddering halt. The silence, so unlike the familiar music, raucous laughing, and clinking glasses made it seem as if everyone collectively gasped, taking a deep breath in anticipation for what would come next. This was new to me. I now had time to explore the bar, the second floor, walk around and trail my fingers across the grain of the wood counter where glasses used to sit. At night I had trouble sleeping, because I was so used to the endless cacophony of noise. Honestly, I don't know what brought me to take this picture, but in my mind it captures the silence perfectly.

Welcome to Ricky's Place, at 4201 East Cheltenham Avenue. Come through the first door on the right, careful, don't trip on the stoop and don't forget to give the dogs a wave. No mask, no service. Maintain social distancing and one person at a time. Thank you.

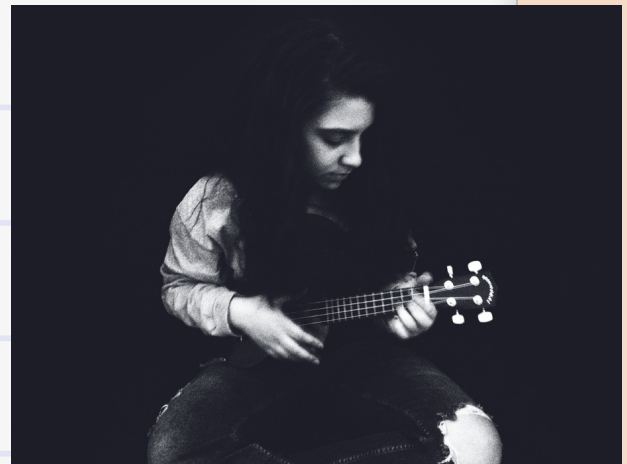
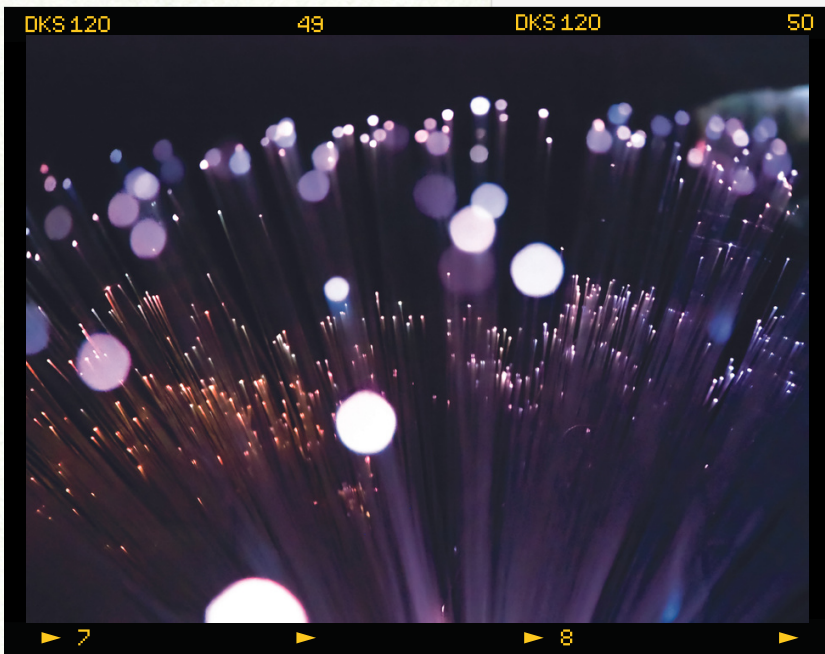


# LIGHTS OF THE UNIVERSE

DAYANARA RODRIGUEZ

HOSTOS CHARTER SCHOOL, 8TH GRADE

We are the lights of the universe. Every single light is important and has a place in this world, no matter how dim or bright. During these times we all need to give each other a little light. Show each other kindness and love. We can get through this together.



# Black Bird Up in the Tree that You Can't See Until You Do

By: Destiny Seck  
Hostos Charter School, 8th Grade



I was outside in my backyard when I took this photo. I was bored so I figured I could take pictures of a bird in the tree. I was literally hiding so I wouldn't scare the bird away and took the photo. The DVDs in the tree are used to scare squirrels away from the fruit with the light that reflects off of them. Later when I showed some people the photo, they said it was like Where's Waldo and you had to find the bird, which is pretty cool I guess.



# THE GIRL'S EYE

JAZMINE SILVA-SANCHEZ  
HOSTOS CHARTER SCHOOL, 8TH GRADE



You see the girl with a fluffy thing, that fluffy thing is a dog she loves. I wanted them in the picture because I like being different. Personally, I like what I did, maybe other people may not like it but I like it and who are they to judge whether I'm good or bad. The picture isn't about the two girls, it's about the girl holding the puppy and her eyes. Out of everything you can notice her eyes are the most focused and that is the main reason I chose it.





# The best things happen when you least expect them

Jessie Seck

Hostos Charter School, 8th Grade



I feel like my most recent pictures have a connecting theme: "The best things happen when you least expect it". In this picture, you can see my friends' feet at the top and a little way below them, you can see their reflection. When I say, "when you least expect it," I mean that I wasn't really paying any mind to the reflection when I took the picture. It was only after developing the roll of film that I realized how amazing the picture was. Which is why, this picture will always hold a special place in my heart.



# LOCKED IN

LEANISE GONZALEZ  
TALLER PUERTORRIQUEÑO, 11TH GRADE



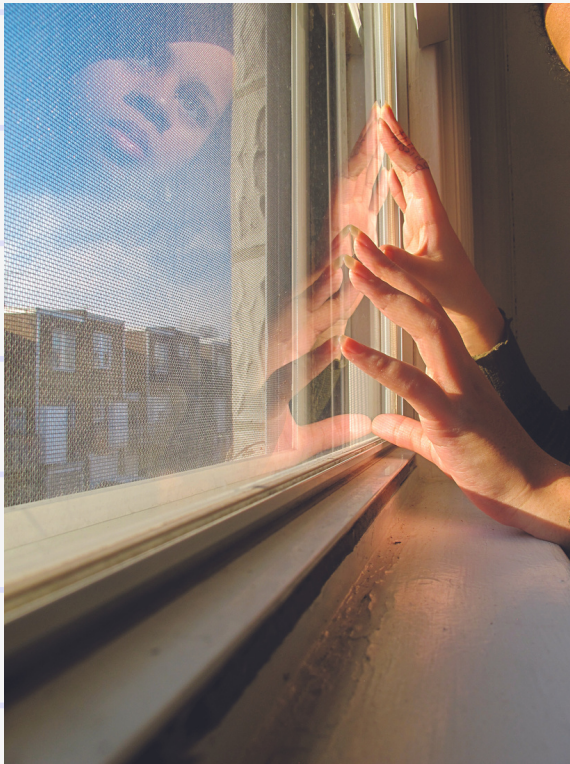
The reason I took this picture is because of all the stuff that's going on in this world with the corona virus and all the poor people dying from it. Also, so when people look back at this I want them to know and remember what was happening in 2020.



# Reflection

Leslie Brito-Nuñez

Olney Charter High School, 12th Grade



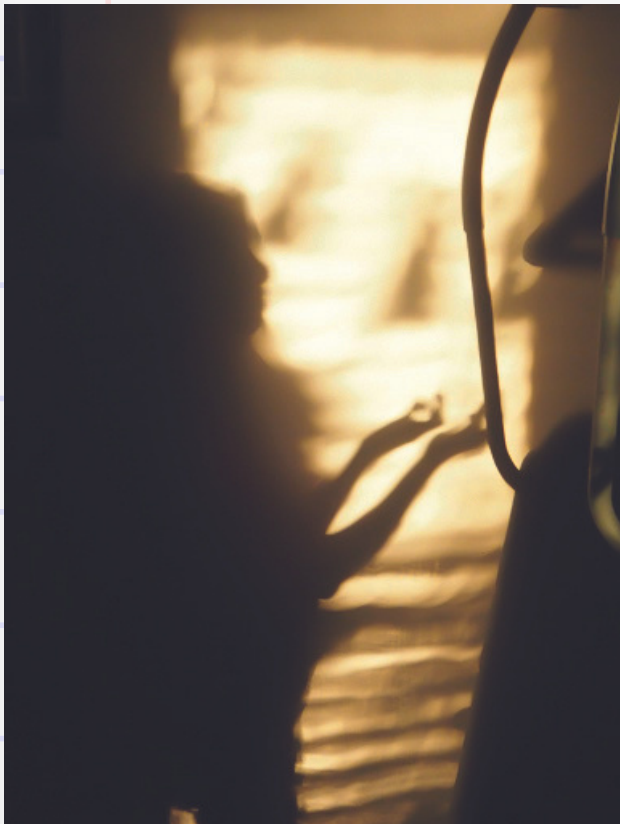
We really did not have a clue that we all would spend time looking out of our windows. We have the desire to break through the reflection and just live our "normal" once again... to look back in time and reminisce on how we could go outside carefree instead of thinking of the risks. We gotta get used to our new "normal" and let the past go. That's what it looks like.



# A PARTY FILLED WITH AIR

MIRIELIS ALMODOVAR-ALAMO  
HOSTOS CHARTER SCHOOL, 8TH GRADE

An empty room. Not a single person in sight, only air. Usually it would be bustling with people. The room filled with laughter and excitement. Everybody crowding around the cake to say happy birthday to the special person, on their special day. But here there is absolutely no one. Solely, a lonely birthday cake



Rey Sierra  
Taller Puertorriqueño, 12th Grade



¡Stop!

In all honesty, this picture is not a capturing of a moment but a memory of a time before these times. It's a memory of a young kid on his way to meet with a loved one and just decided to STOP and turn around to take a picture of the STOP signs right before continuing on his way.

The Road Ahead

Imagine a boy with his head sticking out of the sunroof of a car that's going at 65 mph trying to capture a nice picture for his parents to put up in their living room.

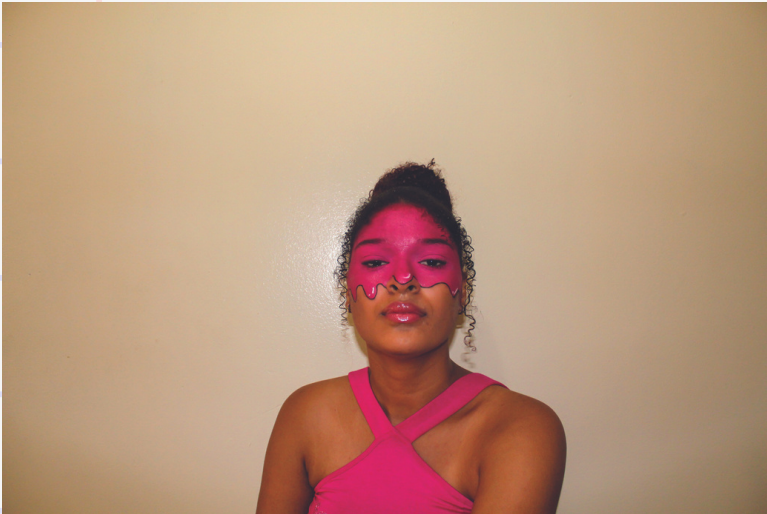


Sunset Before The Storm

I feel like many mistake pain with weakness. Pain is good. There's beauty in pain. Beauty in falling, failing, crying, losing, bleeding. Pain is a beautiful emotion humans avoid because of FEAR. But the way I see it, we need pain and fear for us to be brave. We need to understand that growth and evolution reside in pain.



YANILDA RECIO  
OLNEY CHARTER HIGH SCHOOL, 12TH GRADE



The moments in which I sit down to think about what photos to take and how to do it are for me a way to escape reality and carry out my ideas. This is one of the things that makes me happy in these difficult times... an escape from reality and a way of expressing myself in different ways by letting my imagination fly with the little I have.

Los momentos en los que me siento a pensar que fotos tomar y como hacerlo son para mi como una forma de escapar de la realidad y llevar a cabo mis ideas es una de las cosas que me hace feliz en estos tiempos difíciles... Ah sido para mi como un escape de la realidad y una forma de expresarme de distintas maneras dejando volar mi imaginación con lo poco que tengo.

# Jean

Yeredith Cruz

Olney Charter High School, 12th Grade



When you look at yourself in the mirror, do you like what you see?

The beauty standards set by our society, sadly, influence directly what we think the “definition of beauty is”. I’m not about to repeat the same phrase that we heard over and over about how “beauty comes from within” (which is absolutely true).

Nevertheless, I do want to mention how there is no need to meet those standards AT ALL. True beauty doesn’t exactly come from the inside, but from the diversity. There are a million perceptions and ways beauty can be interpreted, not just one. Let’s celebrate each other’s diversity and what makes us unique human beings among the other millions of others.



# Puzzle Answers

**EASY #005**

1	9	3	5	2	7	8	6	4
2	4	5	9	6	8	7	1	3
6	7	8	1	4	3	9	2	5
7	3	4	2	8	5	1	9	6
5	6	1	3	7	9	2	4	8
8	2	9	6	1	4	3	5	7
9	5	2	8	3	6	4	7	1
3	1	7	4	5	2	6	8	9
4	8	6	7	9	1	5	3	2

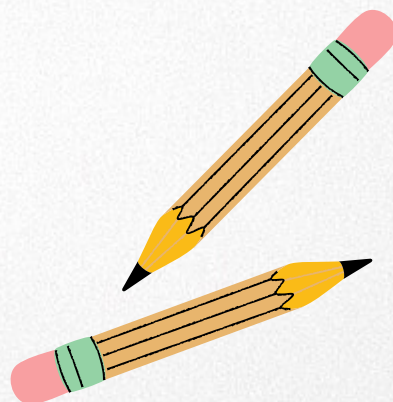
**MEDIUM #005**

3	6	4	2	1	8	5	7	9
1	7	9	5	6	4	8	2	3
5	8	2	3	7	9	1	6	4
7	1	3	8	2	6	9	4	5
8	9	6	4	3	5	2	1	7
2	4	5	7	9	1	6	3	8
4	2	8	1	5	3	7	9	6
6	5	7	9	4	2	3	8	1
9	3	1	6	8	7	4	5	2

**HARD #005**

6	7	2	8	4	1	3	9	5
8	9	4	6	3	5	2	1	7
1	3	5	7	2	9	6	4	8
2	1	7	9	5	6	8	3	4
9	8	3	1	7	4	5	2	6
4	5	6	2	8	3	9	7	1
3	2	1	5	6	7	4	8	9
5	4	9	3	1	8	7	6	2
7	6	8	4	9	2	1	5	3

E	I	Y	P	P	A	H	V	H	N	N	Y
T	E	L	A	T	I	G	I	D	L	A	N
I	S	T	E	E	R	T	S	Y	A	L	P
H	O	G	C	O	L	L	A	G	E	I	I
A	A	L	W	S	E	A	Y	M	A	C	N
Y	N	P	R	N	E	T	N	G	R	R	S
P	O	W	E	R	L	D	P	W	T	G	P
C	R	E	A	T	I	V	I	T	Y	C	I
M	Z	L	C	O	L	O	R	S	I	P	R
Y	H	P	A	R	G	O	T	O	H	P	A
A	T	E	R	R	O	M	I	N	D	O	T
D	T	R	P	A	W	E	P	V	R	E	I
O	Y	C	I	C	L	G	T	O	I	M	O
G	R	Z	I	P	C	O	D	E	A	T	N



*Share your work and feedback with us!*

Find out more about submitting your story, poem, artwork, recipe, or feedback at [bit.ly/bbp-cc-forms](http://bit.ly/bbp-cc-forms)



Selected submissions for all creative work may be shared in the next printed newsletter or the Bounce Back Philly Creative Corner Blog.

**Not comfortable with giving your name? Use an alias or made up name!**

## COVID-19 stories and Motivational Messages



Do you have a COVID-19 story to tell or motivational message you want to share with our readers?

We want to hear about your COVID-19 experience and share your message!

Our featured story is available on pages 10-23 this month.

## "How has COVID-19 Affected You?" Creative Art Activity

Would you like to express your creative side? Here's a chance for you to showcase your artwork and promote creative ways to help others get through the COVID-19 pandemic.

You can draw, paint, create a collage, take pictures, or sculpt to name a few. The method of creativity is your choice.



## Poetry and Writing

After creating your poems on pages 4 and 5, submit them for a chance to share it on the next newsletter.

Have other original poems you'd like to share? Send them our way!

## Taste of Home



Want to share a simple recipe that reminds you of home with our community?

We'd love to hear from you and find new recipes!