

DAD

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I just saw my dad for the first time in a long time and he told me I looked well,
and by that, I knew he meant that I gained weight.
that I didn't look too thin anymore,
that I didn't look like I was going to die.

He told me that my hair looks healthy and long,
And by that, I knew he meant that he was glad that I was nourishing my body
enough to let myself grow,
that things weren't shrinking and dying and that I didn't walk like I was a garden in
the middle of June;
with the weight of the world hidden in snow piled high upon my chest.

I saw my dad for the first time in a long time and he told me that I looked well
and by that, I knew he meant that I gained weight,
and when I saw it light him up, I knew that there were more important things in life
than numbers on a scale.