As I got older I was encouraged less and less luscious breakfasts were served to my young brothers waffles with syrup sent from my grandfather in New Hampshire one jug lasted through my teenage years I hated breakfast food except bacon sausage crispy fried hashbrowns: piled gray potatoes in a crusty cast-iron skillet left splattering until they could be turned as one solid cake brown and greasy

She looked at me at my stomach and mouth disgusted

Once a week
we went to King's Table
All You Can Eat
it was a joke on me
because my mother watched my plate
tsked her tongue
shook her head
and offered me diet mints
to offset the soft ice-cream sundaes
eaten by my brothers

my hunger for her replaced by disapproval of my gaping mouth chomping teeth gnashing appetite

Now when I see her I am very careful to always leave some food on the plate

Raquel