

My Endless Gratitude
By: Mia Delgo

Dear *Ima*¹,

I read you.

I read your face, your smile, your words.

Your love, a book I've been reading for 17 years²

The language of your heart is my guiding light,
teaching me how to read the world.

The unwavering love and direction,
like the magnetic needle of a compass³,
guides me toward the right path.

From the first moment I drew breath,
you held me. My first sanctuary.

As I write these words, I want to express how deeply I cherish you⁴. Thank you for
supporting me no matter what,
understanding me,
making me laugh,
being the best role model,
never giving up on me,
shaping me into the person I am today.

I am me because of you
and for that,
I am forever grateful.

With all my love,
מִיָּא'לֶה⁵

¹ Ima (pronounced EEE-mah) means Mother in Hebrew.

² Brizendine, Louann. "The Female Brain." *The New York Times*, 10 September 2006, <https://www.nytimes.com/2006/09/10/books/chapters/0910-1st-briz.html>. Accessed 5 June 2024. Girls arrive in the world better at reading faces and hearing human vocal tones. Baby girls are born interested in emotional expression. Little girls do not tolerate flat faces.

³ Bailey, Joseph H. "Compass." *National Geographic Education*, 20 March 2024, <https://education.nationalgeographic.org/resource/compass/>. Accessed 5 June 2024.

⁴ Campbell, Courtney. "Mothers and Daughters Have The Strongest Bond, According to Science." *Country Living Magazine*, 3 December 2017, <https://www.countryliving.com/life/news/a45942/mother-daughter-bond-strongest/>. Accessed 5 June 2024. The **strongest** bond.

⁵ My nickname in Hebrew (pronounced MIA-LEH), my first language. The name my mom calls me.

Annotated Bibliography

Bailey, Joseph H. "Compass." *National Geographic Education*, 20 March 2024,

<https://education.nationalgeographic.org/resource/compass/>. Accessed 5 June 2024.

This article provides an overview of compasses, which are essential instruments for navigation. It explains that magnetic compasses, the most well-known type, consist of a magnetized needle that aligns with Earth's magnetic field, pointing to magnetic north and south. The compass evolved over time, with adjustments made to account for variation and adaptations for marine navigation.

While the article itself doesn't explicitly discuss mother-daughter relationships, I drew a metaphorical connection. Just as a compass guides explorers through new territories, a mother often serves as a guiding force in her daughter's life. The magnetic needle symbolizes the unwavering love and direction a mother provides, pointing toward the right path even when external factors (like variation) may lead a different way. Just as navigators adjust their compass.

Brizendine, Louann. "The Female Brain." *The New York Times*, 10 September 2006,

<https://www.nytimes.com/2006/09/10/books/chapters/0910-1st-briz.html>. Accessed 5 June 2024.

In this source, the author describes how girls naturally connect and communicate with others, especially their mother, from a very young age, emphasizing that these behaviors are biologically hardwired. Brizendine uses examples from a playground and a study to show that girls are naturally more interested in faces and social interaction, forming strong emotional bonds with their mothers. This ability to connect emotionally highlights the strong, unbreakable, and beautiful bond between a mother and daughter, rooted in our brains.

Campbell, Courtney. "Mothers and Daughters Have The Strongest Bond, According to Science." *Country Living Magazine*, 3 December 2017,

<https://www.countryliving.com/life/news/a45942/mother-daughter-bond-strongest/>.

The bond between mothers and daughters is remarkably strong, enduring through various life stages. Scientists have conducted studies to understand why depression and other mood disorders often seem to be passed from mothers to their daughters. In one such study, MRI scans were performed on 35 healthy families. The results revealed that mothers and daughters share similar brain anatomy in the region responsible for regulating emotions. Interestingly, this association was even stronger than the connections observed between mothers and sons or fathers and daughters. Essentially, women are more likely to understand and relate to their mothers' emotions, and vice versa.

Rubric for the Lyrical Essay (12 points possible):

| | Excellent (3 points) | Satisfactory, but needs some improvement (2 points) | Partially complete/ needs significant improvement (1 point) |
|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Focus | Purpose of the lyrical essay is clear and compelling. Writer represents the complexity of the subject perceptively, reflecting deep, sensitive, and sustained thinking. | Purpose of the lyrical essay is clear but could be more compelling. The writer could be more perceptive in their representation of the subject and its complexity. | Purpose of the lyrical essay is unclear. Or, the essay represents the subject too simply, neglecting complexity. |
| Style | The writer employs a variety of stylistic techniques (poetic devices, narrative perspective, varied prose forms) to challenge the reader to interpret meaning and shape the reading experience. Metaphors are fresh, original, and apt representations of the subject matter. | The writer employs several recognizable stylistic techniques but could do more stylistically to challenge the reader and shape the reading experience. Apt metaphors are present, but could be more specific or original. | The writer is fairly one-dimensional in their application of stylistic techniques. Or, metaphors fall into cliché territory. |
| Research | Writer uses accurate Chicago-style NB footnote format , indicating clearly at least 3 research sources in the text. Annotated bibliography follows proper format and conveys insight into the writer's thinking about the value and | Chicago-style footnote format has some errors. Writer indicates 3 research sources in the text. Or, annotated bibliography has some errors or does not include all required elements for each source (describe, evaluate, | Chicago-style footnote format is missing, or, writer does not cite 3 sources in the text. Or, annotated bibliography is incomplete. |

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|------------------|--------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| | purpose of each source (describe, evaluate, and explain why/how it is relevant to your lyrical essay). See here for guide. | and explain why/how it is relevant to your lyrical essay). | |
| Mechanics | The text is free from errors of spelling, grammar, and punctuation. From a mechanics standpoint, this essay is ready for publication. | The text contains some errors. These errors do not impact the reader's ability to comprehend material. One more round of editing/polishing is necessary. | The text contains some significant errors. These errors affect the reader's ability to understand the material in some places. |

Score: __ / 12