

3



NO PROMISES



May 2019

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[www.qwf.org/programs/wic](http://www.qwf.org/programs/wic)

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**NO PROMISES**

**Spring 2019**

## CRAZY

**Crazy** how my life changed in an instance.

**CRAZY** how one can think being bad is good.

*Crazy* how life isn't all sunshine and rainbows.

**Crazy** how much I like junk food. Maybe I should stop.

**Crazy** how feelings make you go insane. Insane in the membrane.

**Crazy** how the good things in life can make you feel so bad.

**Good** things go bad but bad things can't go good.

Doing what people think would make you happy can really tear you down.

**Crazy** are the people who threw away what they never knew was good.

**Crazy** is for the black n!gg\*s in the hood. We stereotype that.

But little do they know that we are the ones that actually bring the good.

**Crazy** are the people on crack.

**Crazy** is for the b!t\*\*s that people call "black". But once you go black you never go back

TJ

### ***Limerick***

*There once was a really cute person*

*Who lived in a humongous raisin*

*Then somebody ate him*

*Now it is really dim*

*All of a sudden he has a son*

**AJ**

### *My State of Mind*

*Nowadays people are on my case  
They talking shit but don't say it to my face  
Everybody trying to catch a case  
But I'm not like that I feel so outta place  
There are only a couple things that make my days  
My friends and family I could hold them for days  
I just don't wanna catch a case*

**AJ**

### LIB POEM by YB

- 1) I was **BORn** in the **year** of the **supermaN AGE**.
- 2) **My mother, other was a monkey, at times**
- 3) **And my father , a <sup>dookie</sup>**
- 4) **Is it any wonder i ~~grew up~~ to be a kind of 6ug6unny cartoon person ~~cross~~  
~~between.~~**
- 5) **and a turtle**
- 6) **Talk funny, calm, herbless in life**
- 7) **Is it any wonder that at night I still *sometimes have nightmares about the man in the mirror.***

## Me..

I may not be perfect but I can **love you like no other**

I always wish for *better friends & family*

I do my best to understand WHY NO ONE LOVES ME

I can create *a bond between people*

I want people around me to feel *loved*

I hold onto things forever, like *when people cross me*

I have unusual idea, like **overdosing**

If I were an animal, I'd be a cat 'cause they're cute and lazy

I have a secret talent – I can **pop pills for days**

I am **unappreciated.**

## TJ

1) I may not be perfect, but I can still be yo man at da end of da

2) I always wish for the best of my family

3) I do my best to understand those who trick me in life

4) I can create my own life with time.

5) I want the people around me to feel like they don't know me so I can show them

6) I hold onto some things forever, like my family

7) I have unusual ideas, like getting a Gody

8) If I were an animal I'd be a gorilla, I'm the game

9) I have a secret talent I can teach it but you'll get lost

10) I am me

- YB

***Monday***

*Do I have to wake up?*

***Tuesday***

*There is nothing to gain*

***Wednesday***

*What's the point of this day?*

***Thursday***

*YAY Allowance day!!!!*

***Friday***

*All stress goes away*

***Saturday***

*It's just a relaxing day*

***Sunday***

*Aw Man there's school tomorrow*

***AJ***

***I'm Tired***

*I'm tired I see my bed but all I hear is noise.*

*I touch my bed I will knock out.*

*I smell my axe in my bedroom.*

*If only I can taste a DORMEX.*

***AJ***

## **Numbness**

At times I feel trapped between the walls. I'm captive. A prisoner of abuse and a dark past. I try to run but I'm chained, as if I don't deserve to be happy. The only thing that keeps me from feeling anything and everything is booze. It numbs all my emotions that keep me trapped between my walls and for a moment I'm happy. I gain control over my anxiety.

I gain control over my anger

I can't feel sadness

I get to numb my

pain

I get to numb my past.

But it's never enough and my happiness slowly fades. Slowly pushing me back into a reality, I can't face. So I take another drink not feel and numb myself again.

- **AL**

## ***CRAZY***

*These people are crazy I'm tired but yet I have to write this. Why  
Can't I just fight this? I'm also hungry but I can't eat I'm too fatigued.  
Why can't I just go to sleep! I am exaugh.... Zzz*

***AJ***

## ***My day***

*\*sigh\*...*

*I was with my friends all day is that enough to say? The only thing that would  
make my day would be going to sleep all day.*

***AJ***



## Words in a 6ag

I hear sirens in the distance, a dream that has been lost,  
weekend plans gone, **freedom** gone, sad faces, people telling you  
not to cry, **emptiness**, family scars are being made, numbness,  
~~future goals lost~~, no more smelling trees, a lost home, people  
wondering if it will ever change, ~~dead storms approaching~~,  
thinking about **revenge**, ~~secret thoughts~~, trying to escape the  
thoughts and survive pain, silence fills the room, a fallen ship,  
finger pointing, ~~life lost not to be seen ever again~~, souls awaiting  
arrival

**follow the light they said, a great mind lost.**

**YB**

## MY LIFE STORY IN 6 WORDS by YB

CONFUSING, BIPOLAR, HUSSLE, STRENGTH, ALONE, SILENT

Dear Dad,

I just thought you should know what I'm doing now.

I am a lonely, sad and angry person

Who spends a lot of time **CRYING** and **DOING DRUGS**.

I just thought you should know how I'm feeling

I am depressed because YOU

Don't love me

I just thought you should know what I've been through.

Since the last time I saw you, I have suffered so much.

The time I was assaulted was especially important to me.

I just thought you should know what I wish for the future.

I hope that *we can grow together.*

I just thought you should know what I don't miss about you.

I am glad I don't have to worry about your approval anymore.

I just thought you should know what I miss about you.

I miss the way you used to love me.

I just thought you should know that *I don't hate you for not wanting to change.*

TJ

## Alliterate P by Mr. Misery

I am a creature that lives in a paddock of pain. The paddock has a padlock. I pander and panic. I am palsied. I am in a state of a paradox. I pant because of paranoia. Paratroops parachute into my paradise, ruining my parade. I am at a parody of a party. I have a patchy pastoral. I am pathos, I am pathetic. I am a patient pawn. I want peace, but I need to give payment. I am a peckish peasant. I do not have a penchant on penalty. I have a pensive perception. I try to pitch for perfect. I perch on peril. Before I perform, I perish in front of my peers. I persist on the development of my personality. I am a plausible prop. I pursue preparation. I am in PURGATORY! I am in HELL!

### Lessons Of Courage and Fear

In my life I've known Courage

We met when I was 13.

Nowadays Courage is boring.

I find Courage when I rap.

In my life I've known Fear.

We met when I died.

These days Fear is nothing.

Fear finds me when I cry.

I've learned that Courage and Fear are different.

When Courage tells me to leave,

Fear says to go.

Usually I listen to my mom.

I wish I die.

I wish I live.

**YB**

***I Just Thought You Should Know***

*Dear Fakes,*

*I just thought you should know what I'm doing right now.*

*I am a strong person who spends a lot of time watching you be fake.*

*I just thought you should know how I'm feeling.*

*I am happy because I know your fake and I let you be.*

*I just thought you should know what I've been through.*

*Since the last time I saw you, I have matured so much.*

*The time that I thought you were especially important to me.*

*I just thought you should know what I wish for the future.*

*I hope that you fakes get exposed.*

*I just thought you should know what I don't miss about you.*

*I am glad I don't have to worry about lying to you guys anymore.*

*I just thought you should know what I miss a lot.*

*I miss the way you used to think that you got to me.*

*I just thought you should know that I don't care about you.*

**AJ**



COUNTRY roads are where lots of HAPPINESS happens.

Every YEAR there could be new LIFE possibly even FREEDOM if you WORK hard for it.

You are not the only person who can include LAUGHTER in your FUTURE.

My ONLY MAN and I like to PLAY GAMES at NIGHT.

In my HEART I know that I truly LOVE my FAMILY and friends.

My guardian ANGEL is full of SWEETNESS.

I always DREAM of being HOME and in the SUNSHINE.

- JHG

## ***THE STORY OF MY LIFE***

Amazing things that happened in my life

Got closer with my mom

Started doing amazing in school

Started being true to myself

Bad things that happened in my life

Nothing because that is what made me **ME**

Something that needs fixing

People telling me to do things even though I already know what I have to do -

Memorable memory

Getting placed into a group home

A wish

World peace

How do People see me?

As a brother

How do I see myself?

A soldier with battle wounds

**AJ**

## **MY LIFE IN 6 WORDS**

BOYS, FAMILY, FRIENDS, MONEY, CHILDREN, PARENTS!!!

**JHG**

## **Happily ever after by LDM**

Once there was a child who suffered from brain damage and survived. Then he lived happily ever after.

**THE END**

## **A MOMENT IN MY LIFE.**

Library things, Group Home Fam, my family, my friends

The system.

First meeting my amazing important guy

To get out of here soon

A nice person I guess

Someone who lives life to the fullest when they can.

**JHG**

## ***A Moment Of Hope***

*Everything begins with life. After some time has passed, we start to realize right from wrong. You might have to climb mountains to try and escape the abuse, pain and cruelty you are going through. Take control over your life and fight for a change. Life is like a seesaw if it isn't balanced right it will tip over. If you survive the monsters you might never have to face them again. The reason they are like this is because they are trying to get revenge from their past full of scars. Don't be left broken. Use your weakness and make it your power. I used to live with my family eventually I got taken to a group home at first I felt lost, empty and numb. Perhaps this is because I wasn't ready to leave my family. Yes I'm a product of the system but what is that to you? I have been through enough things while I was young that I no longer silence myself instead I speak out. I used to be surrounded by breakdowns and sirens and I ordered for it to stop. I am no longer cold and confused. I lead my own life and chose my own friends. It is no longer a storm of black it is color. I have noticed people talking behind my back and cut them off. No matter the heat, stand tall and make sure the main thing they hear is that your flying high without them. Take note that this is based on my experiences. All I know is this could be my last time I write so this and also everything else I write about is*

**MY TRUTH.**

**AJ**

## **My High School Experience**

Thanks for the good times and the bad,  
Soon I'm gonna be a grad,  
Some people just like driving me mad,  
Maybe they just need a pad.

I don't care what people say  
I just left them at bay  
Because this is my day

Homework causes a lot of stress,  
It left me in a mess,  
At times I felt depressed,  
But now I'm doing my best.

Uniforms are so bland,  
Everybody just want to wear their own brand,  
In the end this will be our land  
And you will be buried beneath the sand.

Congratulations to everybody that was fake  
We all know that your a snake  
And now I'm awake

I was moving homes every year  
Now it is very clear  
That moving was my only fear

I never did anything in school  
I thought I was being cool  
In the end I was just being a fool

The year is almost over I can't wait  
Summer is going to be great  
I might learn a new trait  
Then I go back to school... that can wait

College is coming and I can't wait,  
I already know it's gonna be great,  
Nobody can relate,  
Because this is my fate.

**AJ**

## **My Story *by* AB**

In my past I remember being with my father. He used to lock me up in the attic and feed me bread. It lead to me becoming someone different. I would come back home at 8pm at that time I was 5 years old. I didn't know that much at all. I would go to the store and steal food because I got fed up of eating bread. Then one night I heard a bang. The last thing I remember was seeing my grandma crying because my uncle filled up his head with lead. Then I heard my dad saying that he had too many debts. Then my paps bought me a pet. I was so happy that I forgot about what happened. My mom came to pick me up. I was so happy to see her hemi truck thank the lord....ok, ok, it wasn't a truck it was her uncle's rented Maserati ... I just wanted it to rhyme sorry... but what is an apology to you or to me?



Everyone wants a long, happy life, but forever is a long time. Immortality might get, well, *boring*. We'd live long enough to travel the world, taste every food, read every book—basically, have every possible experience. . . . and then just keep on living. Does anyone even *want* to live forever? A 2013 survey found that 56 percent of Americans wouldn't want medical treatments that extend life to 120 years or longer. For many, the fact that life must end is what makes life a gift—something to be cherished.

On the other hand, in a world where no one ages, wrinkles, fragile bones, gray hair, and age-related conditions like *arthritis* and *Alzheimer's* would disappear. You would get to know your great-great-great grandchildren, and be healthy enough to play soccer with them!

The oldest person ever—a French woman named Jeanne Calment—lived to be 122. By the end of her life, she was nearly completely blind and deaf. Still, she remained upbeat.

Her secret? "Always keep your smile," she said.

Well, there you go. Perhaps it's as easy as that. ●

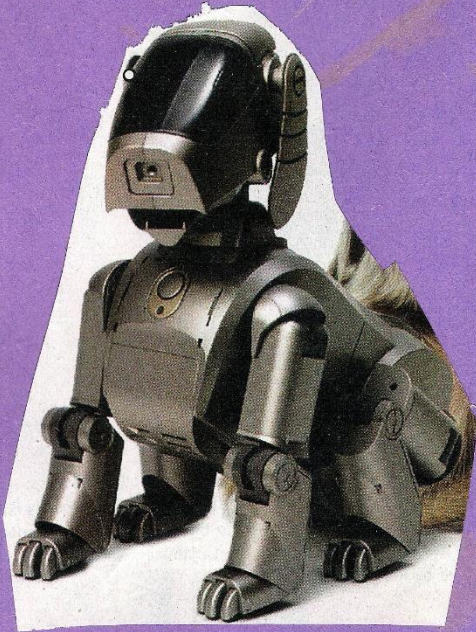
### JHG's Limerick

There once was a dog named Bob  
 Bob really wanted to be in a mob  
 The dog got into shit  
 Right before he got bit  
 The dog never joined a mob  
 again.

The Story of Dog vs.

Robot Pets Through Time

have been Replaced BY



THE Dog SAID



Cut out  
By:

H.G. ♡  
April 17, 201

## The LOVE Story

Stop saying I love you seriously it's the most misused phrase on earth. A reporter asked an elderly couple "how do you manage to stay together for 45 years." they said, "if something was broken, we would fix it." "not just throw it away." those words made me realize that what people call love today isn't love really love at all its called possession. So, let me breakdown the deference's between those two. Love has 20\20 vison a loving relationship doesn't have 50\50 either its 100\100. Love is a dream come true, while possession is a storm that never ends. Love is an angel in heaven, possession has scars all over the body. Love is happiness, while possession is emptiness. Possession picks a flower out of the ground, love waters it. Possession destroy those who touch it, while love heals all who hold it. Love needs to be fed a daily dose of forgiveness shall do it, while possession is cruelty and abuse. If you chose love even through tough times, I promise your relationship shall last a lifetime, and if things are broken you fix it not just throw them away.



## LOVE

i *FEEL* your hugs i **SEE** the way you look at me i *HEAR*  
when you say 'I Love You' i **SMELL** your cologne with your  
body pressed against mine i **TASTE** your lips when they're  
intertwined

**TJ**

### A poem by JHG

In my ocean, you are a dolphin **because** you  
are so cute! In my grassy field you are a  
rose, **because** you smell good! In my galaxy,  
you are a shooting star, **because** you make  
all my wishes come true! In my body you  
are my heart, **because**, you keep me alive!

### TJ's Whack A\$\$ Life

1. Food. Clothes. Money
2. Alison. Family. Group Home
3. Family. The fact that I have no friends.
4. First time I smoked.
5. To be rich
6. Rude. Full of attitude.
7. Amazing!

The letter O by JHG

**Orchids** are a very beautiful flower

**O A K** trees are quite common

**OASIS** orange juice is nasty

*Obey* those who *obey* you

**Object** court for your rights.

*Observe* **what people do to you.**

My happy place will forever and always be the **O C E A N!**

**October 12** is my lucky day because I met an amazing man!

Most of the time everyone just wanna say f\*\*k **OFF**

Cardi and **Offset** are goals

The thought of being **OLD** is strange.

Not everything has to be **O F F I C I A L.**

There is always an **Option** regardless of the situation

**Orchids** are different from most flowers

I feel terrible for orphans because they must have gone through a lot.

Always be *ORIGINAL* no matter what.

Try not to **O V E R D O S E** on drugs.

I don't owe nobody nothin.

**OWN** who you are and don't be afraid to feel yourself sometimes.

Everyone survives **off oxygen.**

None of us are just **ORDINARY** people we have all been through different things and the most important thing to always remember is don't let anybody change who you want to be ☹

## A Poem *by* AB

I would like to say that I'm here today to shout hooray for this glorious day ... I love my mom and my family don't have no time for no fake friends, only real people. No time for people that said that they would be there for me but only want to steal from me.

When I knew my dad he actually said to me "don't fuck around in the streets like me.... still don't know what that means." I will always love my family but not anyone that would mess with me.

I will always be faithful to my girl even if she messes up my world peace, love and mumba I will always love my mouda.

My sister is the best but she might leave quit a mess but she will always be bless

I love me, myself and family.



lib poem

I was born in the year of the ice cream. My mother was a money bag... is it any wonder I grew up to be a kind of cross between an f boy and a lion. Take a look at ice cream I got the horses in the back horse strap I attached. I want to ride a pony, and fly into the sun. I was born in the year of the pony and my mother was a money bag. Take a look at me! I am scared that Trump bombs St. Martin while my mom is there.

By AB

### **LIB POEM**

*I was born in the year of the fluffy dogs. My mother was a cigarette addict. And my father was not well known. Is it any wonder I grew up to be a kid of special cross between Max and Ruby. And a Baby Lion. Take a good look at me. I am funny, chill and a music lover. Is it any wonder that at night I still sometimes have nightmares about going to sleep one day and not waking up the next day.*

JHG



I wish that I had no life to please. I wish I die for no reason at all.

Heart breaks when I cry. I die when I fly. I realize I like the pain. I'll live if I'll die. I'll live if I'll die. I'll live if I'll die. I'll live if I'll die.

Chains hold me down with things I can't hold. Why cry? Smoker stops the pain. Why lose when you can call for help? Why cry because is isenting tur on the tv focus on something that is not important. See pain, and broken hearts.

I don't cry anymore if my life.

Don't cry anymore if my life.

Chains hold me down with things I can't hold. Why cry? Smoker stops the pain.

Why lose when you can call for help?

Why cry because is isenting tur on the tv focus on something that is not important.

See pain, and broken hearts.

VB

**I SURVIVED A**

**BLOODTHIRSTY MONSTER**

What

CAN ONE  
KID TAKE?

HOW MUCH

DRUGS

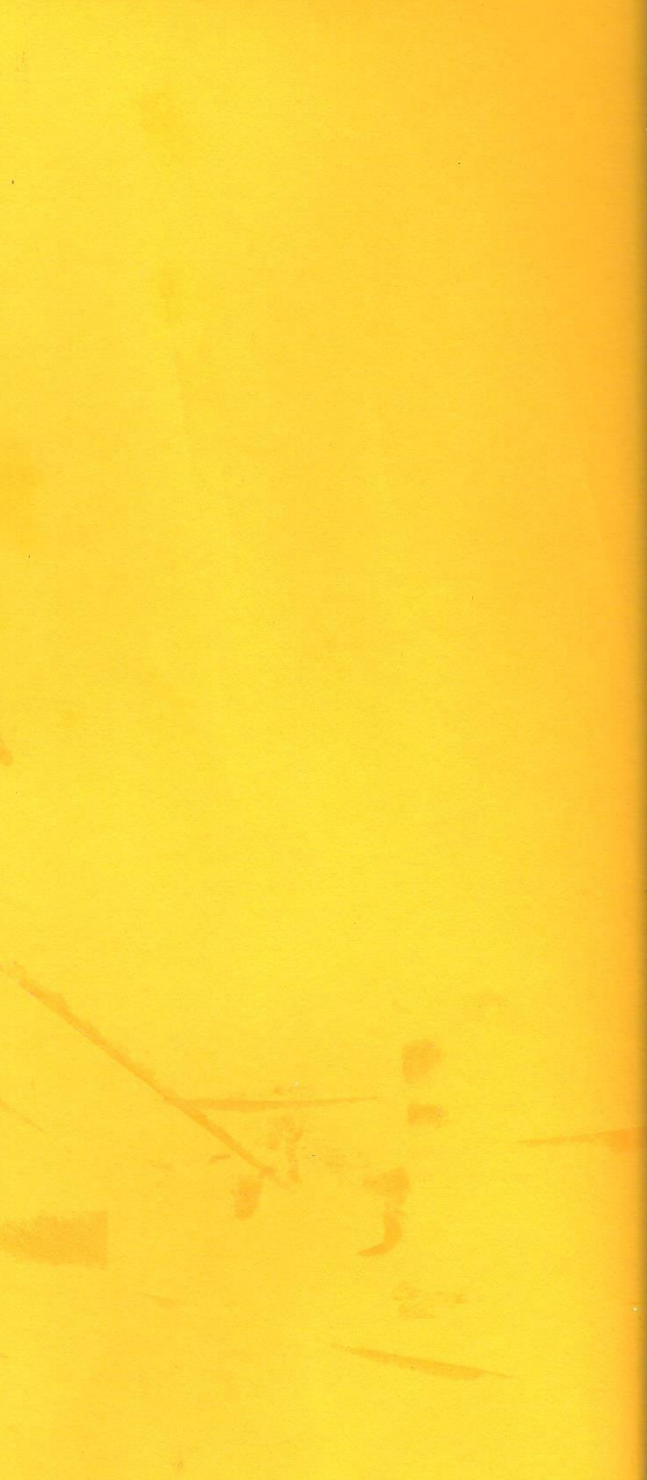
**S**

I

Going

Me

Keeps





these are things to me  
that represent poetry

Beautiful

generous

gentle

careful Love represent

Faithful

Loving Handsome

AB

The winter is cold.  
The sun is hot. I am strong.  
I am simple.

I am nesting as a horse.  
I am strong as a horse.  
I am waiting.  
You are drinking a can.

The star is bright. Nature is beautiful.  
The road is slippery.  
Lisa and Tara teach me math.

The body of the car is very cool.  
French and English.

The person is raising hands.  
White has snow.

Incredible hulk is dark green.  
Hans Spring is a mathematician.

**A poem by: J.H.G**

*I may not be perfect but I can treat you like you are.  
I always wish for lots of money to treat my friends and family to different gifts.  
I do my best to understand people who are upset.  
I can create music and dances when I feel like it.  
I want people around me to feel happy and joyful.  
I hold onto some things forever like being moved from house to house too many times.  
I have unusual ideas, like making music and becoming a singer.  
If I were an animal, I'd be a baby lion.  
I have a secret talent- I can read peoples thoughts sometimes.  
I am turning 15 in 3 months on July 1.*

**MY WEEK**

MONDAYS ARE THE MOST tiring

TUESDAYS ARE A breeze

WEDNESDAYS ARE THE HALFWAY mark

THURSDAYS ARE ALMOST THE weekend

FRIDAYS I GO home

SATURDAYS ARE A NETFLIX day

SUNDAYS I HIT repeat

**TJ**

## ***I just thought you should know...***

*Dear mom,*

*I just thought you should know what I'm doing now.*

*I am a strong person who spends a lot of time hanging out with my friends.*

*I just thought you should know how I'm feeling.*

*I am unhappy because I am in a group home.*

*I just thought you should know what I've been through.*

*Since the last time I saw you, I have grown so much.*

*The time I spent with Ema was especially important to me.*

*I just thought you should know what I wish for in the future.*

*I hope that I can move back with Ema and Abba.*

*I just thought you should know what I don't miss about you.*

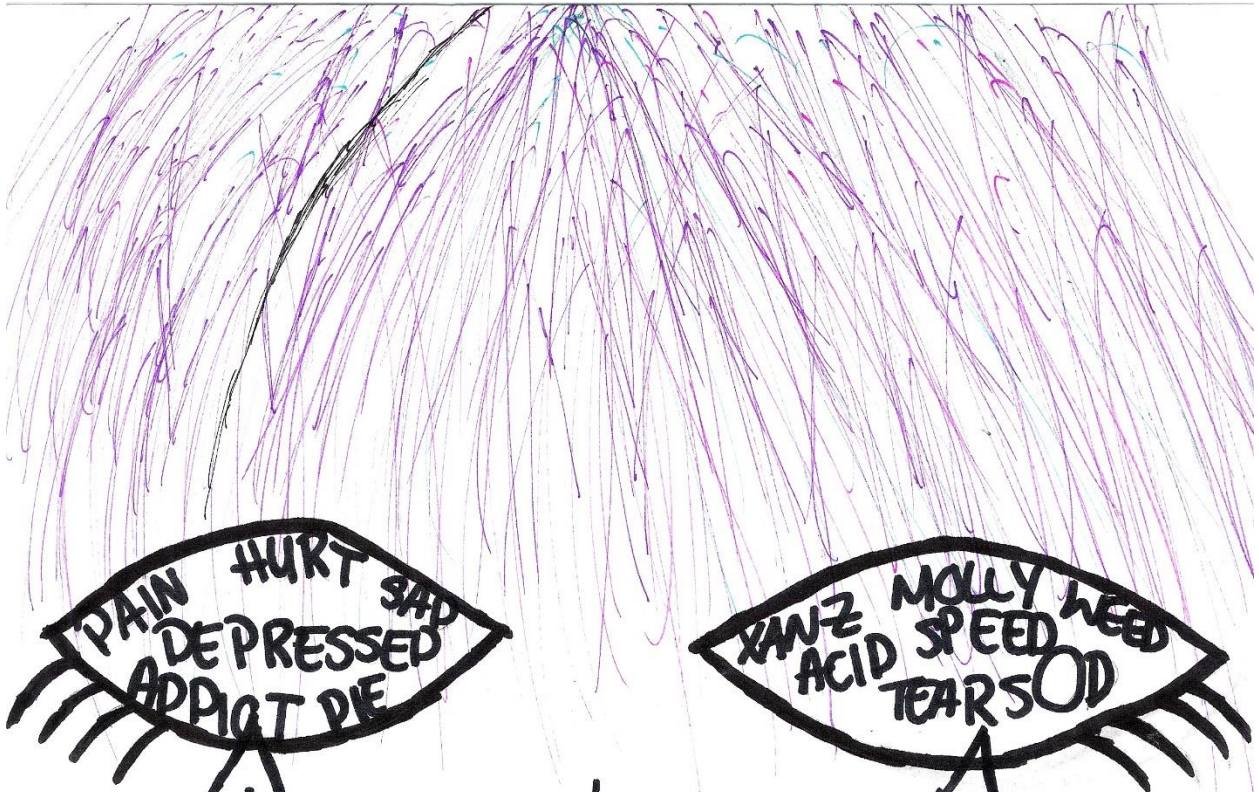
*I am glad I don't have to worry about the smell of cigarettes anymore.*

*I just thought you should know what I miss a lot.*

*I miss the way we used to do the laundry together when I was younger.*

*I just thought you should know I missed you.*

***A poem by: J.H.G***



PAIN HURT SAD  
DEPRESSED  
ADDICT DIE

XANZ MOLLY NEED  
ACID SPEED  
TEAR SOD

KNIFE STY  
BLOOD  
MAD  
STUPID

BEAUTY  
HAPPY  
WOMEN  
LIPS

IDIOT

UGLY



TJ

## Poems by TJ

You can't get in my BuBbLe

Or your ass will get in trouble

I got feds on tha DOUBLE

Running a n!\*\*a like a race track

Imma run up and knock him in his FACE

When we met I wAs HiGh

NowAdAys courAge is a lie

I find courAge when I wAs five

When we met I wAs ridin'

These days feAr is hidin'

Fear finds me when I'm slidin'

When courAge tells me you Are brAve

FeAr sAys yo mommA wAs A slAve

UsuAlly I listen to the voices in my brAin

I wish you n!gg\*s died in vain

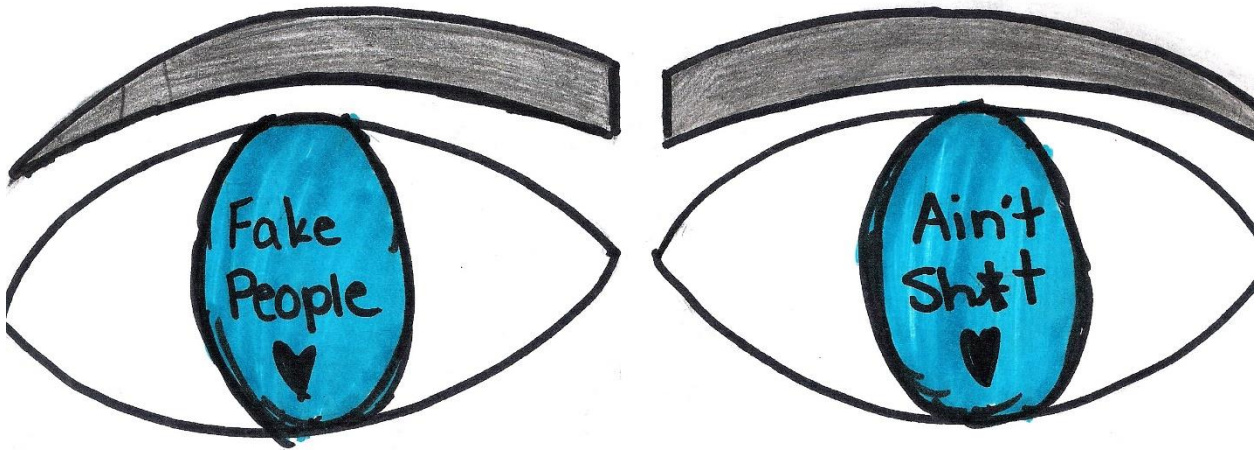


# Freedom

5 Freedom is unique

Freedom is very powerful.

5 Freedom is helpful.



JHG.

**FROZEN TIME by TJ**

time is stuck.

each day feels like a million.

i want the day to end.

i want the world to end.

fix this.

i can't take this.

is there an end to this feeling?

i don't see you like you think i do.

you ruined me.

im broken.

you can't fix what you broke.

i go to sleep.

i don't want to wake up.

im hurting; more to live than to die.

suicide?

is that my remaining option?

no one is helping this.

you don't believe what happened.

you don't care.

you never take my side.

was i mistake?

did i ruin your life?

because that's what it feels like.

can i make it up to you?

or will i always be your last thought every night.

**FROZEN TIME.**

time is up.

## The Letter D

DAD.

You departed.

I thought I was your daughter.

I have deep, *dark thoughts*.

I think about *dying*, all the time.

Is there a way to deal with the *demon* trapped inside?

Drama is my life.

Death is what I feel.

Depression is what I have.

It's been a **DeCaDe** since I started feeling sad.

My deadline is approaching.

Deadbeat is what you are.

**Drip. Drop**; the sound the faucet makes, like ticking hands of the timer. Oops. TIMES UP!

**Drugged** out. Thugged out. **Dragged** down. **Dog** pound.

Trapped in a dog cage.

Thoughts in my head. I hope I end up **dead**.

My

**days**

are

**done,**

my heart is empty

and the world is none.

By TJ

## Puzzle Poem by TJ

**Beauty** is within me.

**SURVIVE** is what I'm trying to do.

**Home** is where I want to be.

**Lost** is what I feel.

**Life** is too hard to deal with.

My **heart** is as big as my smile.

**Emptiness** is my body.

**Change** is what needs to happen.

My **future** is as bright as the stars above.

**Silence** is what I hear without the voices in my head.

**Success** is what I want to achieve.

**Abuse** is what I experienced.

**Scars** are from my battle to survive.

☹️❌💔 is what I need to feel.

**Red** like the blood from my scars

**Escape** into the dark corner of the room

To **want** is something you don't need

**Happiness** is what I need to feel in order to stay

**Forgiveness** can only come from those who want to restart

The past is the past

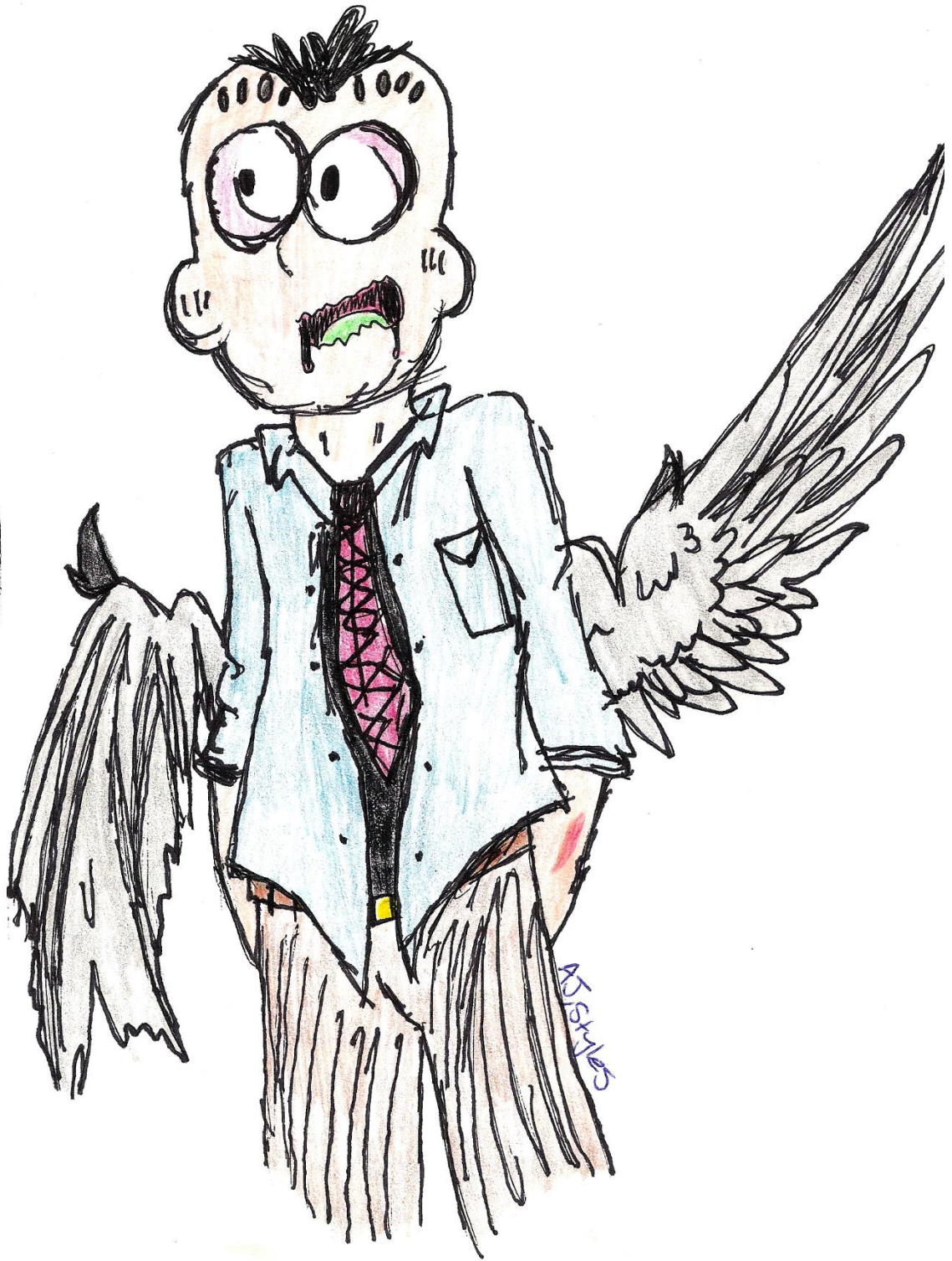
Forgive & Forget

Things will only change when you do.

My Life in 6 Words

Broken. Broke. **Helpless.**

Drugs. Battle. *Death*





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