



## **The Bars on Our Windows**

## Acknowledgments

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This Zine is dedicated to the memory of Kim Kurtz, who supported this and many projects like it.



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## **Penny**

I stumble from hand to hand  
as I've been stepped on and left  
I shone at times  
and sit alone  
in the dark wait  
for someone to come along  
and hold me tight  
just to hold me dear  
and whisper in my ear  
my lucky penny  
without fear

## **A Tear**

Roll down the hill I go  
with all my friends  
one after the other  
as some of us go  
other are wiped off the track  
and soon enough I fly  
off the cliff and hit  
the soft cushioned bottom.

-Alex

A picture says a thousand words  
but a lover who looked upon it says three

Whether it's to you  
or for me  
it's something without a key

They say seeing is believing  
when I looked in his eyes  
purity held with no lies  
when he spoke  
it was to only me

when they say fairytales  
are for bedtimes  
I say he sleeps at my side  
for all of time.

-Alex

Next day seemed grey  
till you turned my way  
as I wonder what to say

Silence drifts as we lay  
puppets to a child's play  
all's at peace without dismay

But still I write  
with letters astray

Tomorrow I'll think of  
something better to say

for now let's greet  
with "hey"

-Alex

Midnite

Can't, won't wonder why  
could it be goodbye  
will it be the end  
stuck and alone  
sleeping in the cold  
trapped like a hen

Must want but can't cry  
choked up but still giving a try  
heart broken, body bruised  
drugs I misuse,  
I wander lost and confused  
still I survive the abuse

-Alex

## Unaware

If you see a happy child  
If you see her talents  
If you see her smile  
If you see the success  
If you haven't seen her pain  
If you haven't heard her cry  
If you haven't seen her fall  
Then you don't know her

## Broken Heart

Kleenex scattered about  
pictures torn  
empty ice cream containers  
unanswered phone calls  
with smeared makeup  
and curtains closed  
with the musty smell  
of unwashed hair  
and a shadow so still  
surrounded by teddy bears.

-Alex

## Hitting Home

Why do I bother  
you're not the same  
but still I try to win  
this game

We've played it sunshine  
and rain  
and still nothing be changing  
I'm hoping and praying

You could fix this  
disaster of a mess  
help me with this quest  
I'm lost and I need some rest  
I've nothing to gain  
You've nothing to impress

Together we're both insane  
Apart, all that's left is pain  
I try to forget you  
your laugh, smile, even name  
but deep down I know  
you keep me sane.

-Alex

## Untitled

I hang up the phone as I said goodbye  
I can't stop thinking of that creepy guy  
who looks with his eyes  
and tries to beat the bride  
the young girl tries to hide  
as lay my head before I go to bed.  
I try to describe his terrible life  
I want to watch him cry  
as his blood starts to rise  
I look in his eyes  
and see pain in disguise  
I say "there's no way this depression will leave  
until the confession is heard  
and the lesson is learned."

-Brittanie

Never Again  
I'm shattered  
So tattered  
but to you  
it doesn't matter

you pushed me away  
expecting me to stay  
but then  
you tell me you  
love me.  
you expect me to  
come back

But I know  
better than that  
I won't let you  
use me  
let alone  
abuse me

I've found sanctuary  
in someone else's arms  
you can't hurt me no more  
never again will I ever be  
yours.

-Kris

## Poem-Torture

I don't know why  
but I run and hide  
from these evil sighs  
that come from deep inside  
trying to release some peace  
for my mother who tried to flip over  
I told her, I am older  
I really need a good time holder  
she said it was proper  
but I wanted to stop her  
I told her I wanna die  
she asked me why  
I told her was to scared to hear  
another goodbye

## Living

I am living in a world so cold  
I am alone trying to find a home  
My heart is broken

Deep down there's a frown  
trying to find a clown  
this depression  
is no question.

-Brittanie

I try to compromise  
with the nightmares  
that come alive  
I need to look in an eagle's eye  
to survive.  
My pride dies  
as time flies  
I need to be careful with my words  
they're not as mellow  
as I punch the pillow.

-Brittanie

## Madlib Poem

If slavery is the chains  
humans are the links

If poverty is the answer  
we are the question

If the neglect is the reason  
humans are the statements

If sincerity is the band aids  
humans are the cuts

If hope is the strength  
humans are the world.

-Alex

Fear

Blue as the depths of the ocean  
it happens when I think of the future  
It sounds like random raindrops  
dropping in places I can't see  
It's like looking at different images  
flashing in my mind  
It is not like the security of being at home  
Unknown, anxiety, back and forth  
running from something I've yet to see.

-Charissa

# I'll Always Have You

You're the only one I'm willing to protect  
The only one I won't reject  
The only one that can make me smile in the worst of times  
The only one I'm proud to call mine  
The only one that holds my heart  
The only one I miss when were apart  
The only one I hold dear  
The only one that can share my tears  
The only one that makes me want to live  
The only one I'll ever truly forgive  
The only one I would fight to stay  
The only one I'll miss if you went away  
The only one that makes me happy  
The only one that looks on the brighter side when things  
are crappy  
The only one I can call my baby  
The only one that can be my little lady  
The only one that hugs me tight  
The only one I'll love with all my might  
The only one that I'll always cherish  
The only one that could ever make me embarrassed  
The only one that tends to my needs  
The only one that can smoke with me  
My only one in the world you're my special little girl  
I Love You Sis <3

-TazZ

## Control

I over use I wonder if I abuse.  
I have no control, where do I go  
Home is a no...  
So where should I go.  
I've lost it all, and the mall is closed  
There's no where to go.  
I need my fuse, I need to use  
So what do I do?

-McDizzy

I wanted to die  
So I started to cry  
I asked myself why I had no reply  
So I continued to cry  
Will you cry if I die

I wish not for you to die  
I wish to keep you by my side  
I wish you will still try  
And not let this be good bye

-McDizzy ft. Alex

## The girl

She sits quiet  
Barely uttering a word  
This girl thinks loudly  
Though it sounds absurd

Always high out of mind  
In the trees and the grass  
She is very kind  
Full of manners and class

Her skin, pale olive  
Splattered with freckles here and there  
Her face and her eyes  
So very fair

She hated her looks  
With everything she had  
She wished she came out of a fairytale book  
But in reality she wasn't too bad

This girl walks around silent  
Not even close to violent  
Hair falling softly  
On soda cold cheeks

-Maya

## Sweet Little Dreams

It seems I can't dream  
I sleep with no rest  
I close my eyes tightly  
Cozy in my nest

No thoughts in my head  
Only shut eyes  
No movements in my bed  
Only filtered lights and horrible lies

You enter my thoughts  
"Please, please don't!"  
Yet I really I plead  
"Please don't go.."

I always wake up  
Your face burned inside  
I really just can't dream  
With you on my mind

-Maya

Scream

Have you ever wanted to  
SCREAM

Scream so loud you can feel the pulse of your LUNGS

Lungs expanding, almost on the verge of COLLAPSING

Collapsing to the ground in complete  
DEFEAT

Defeated by every emotion that bubbles and pops at the top of your  
THROAT

Throat closing and opening just to touch a burst of  
AIR

Air pushing into your lungs getting ready for a silent  
SCREAM

-Maya

## Untitled

I remember you took me everywhere  
But those were the days you wore pigtails in your hair  
Always pulling me behind  
By my folded fuzzy ear  
I was the one you could always find  
You were the one I was always near  
Then the girl I knew grew a little older  
A little taller  
A little bolder  
She was no longer a toddler  
You began to walk  
Always carrying me by my fluffed out arm  
You began to talk  
Always snuggling me; so warm  
I was always there to pick you up after a fall  
My love for you would never change  
Not when you tossed me against a wall  
No when my fur began to mangle  
Then you grew a bit older  
A bit wiser  
A bit crosser  
My fur became matted  
My ears began to fold  
My seams and stitches shattered  
You were never there to hold  
One eye missing  
I, almost blind  
You were lost  
Mine to find

I was yours and only yours  
Yours to play with  
Yours to cherish  
All yours  
Only yours  
You headed to a big building  
They called it college  
My world was spinning  
While you were gaining knowledge  
You left me alone for hours on end  
With nobody.  
But myself to defend  
Time went by  
And I wondered why  
You left so suddenly into the ground  
I was never found  
In the darkness of your room

My paws are dusted  
Cobwebs in my fluff  
My stitching now busted  
I guess ill try to be tough.

-Maya

Love is

Love isn't always butterflies and rainbows  
It isn't clinging to each other when everyone's watching  
It isn't him buying you roses  
And showering you with gifts  
of different sizes and shapes.

Its showing each other you care  
Care so much that you cry at night alone  
When they're not around to lay against.  
its when you feel completely  
and utterly defeated at the end of the day.

Love is when he shows you exactly how he feels  
In every emotion possible.  
She can be screaming at him at the top of her lungs  
Telling you she's just as scared and brittle as you are  
And she feels completely drained when it's done  
And she falls into your arms.

Love is emotion  
Love is accepting each other's differences  
And not trying to perfect it  
Love is bare and beautiful.  
Love is scary.

-Maya

## My World

Living in a world controlled by educators,  
Being sent to your room for other's behaviors.  
This is what I find the system is about.  
Telling me I eat too little or too much,  
The sight of my blood gives me a rush.  
I just want to be left alone,  
People say my behaviors are outgrown.  
The hospital is my safe place to be,  
They say I can deal with it on my own,  
But that doesn't seam right to me.  
I scream in silence for your help,  
Why don't you just hear me out?  
I know you hear my cries.  
But they say they're just a bunch of lies.

-Andie

Changes every day and night.  
I wonder what this is all about.  
You said just a few weeks, it's been more,  
do you even care. Are you even trying...  
You think you're good at making a promise till the end.  
Maybe tomorrow well try again.  
I love you daddy, but this glass is too thick.  
Where have you been?  
Why can't you come home,  
tell me why don't you dare lie.  
Tell me why, why am I not important to you,  
am I see through ? if so forget you!  
Daddy I just love you okay.  
I want you to change  
We can rearrange the house, if it reminds you,  
we can sell the house.  
Just remember daddy I love you

-McDizzy

Look in to my eyes

Try and figure out why.

Why I misbehave, until the next day.

Try and understand why I hate on who I hate.

Ask me why I wake at night

Why I wake up so weak.

Why I disbelieve the man in the sky

So try and understand why.

Try not to lie.

Don't ask me why I am a bad kid...

I'll just tell you I am bad at being good.

Summer

As long as people cry, the water will fall

The flowers regrow in the summer

Almost as if they reincarnate

The grass is greener

The sun is sunnier

The stars decorate the path at night

Where do I go? The stars point anywhere

-McDizzy

The Glosa  
after Night Song by Lisel Mueller

The light goes on but always goes off.  
You can smile, but surely it will fade. When the night  
is near, someone always disappears.  
Among days that never come?

Imagine the day, when night never comes.  
Will there be an end to the ones who disappear.  
Who find themselves?  
Who lay among confetti, the black flag.

-McDizzy

If love is the key  
Humans are the answers  
We are the answers to our prayers  
The hate to our regrets  
We live and we learn  
Surely but slowly  
Freedom what we yearn  
Mistakes are what we do  
And everything else comes naturally  
With the life that we pursue.

-Tehson

I'm sitting here wondering where the time went,  
watching birds fly, through these bar windows I'm  
hurting inside, trying to figure where in went wrong,  
I'm yearning for freedom, my chance to live, I got my  
pride, got my head held high, I feel I can fly, cause I  
know I'm high,  
no one can touch me I'm above the rest,  
you know you ain't it, cause I got the best,  
love me or hate I could care less,  
cause from here on out, you fake girls ain't worth it

-Tehson

## Look

Look at my eyes see no tears,  
look at my smile see no wrong,  
but deep down inside I'm hurting with fear, screaming  
on the inside hiding on the out, wanting to cry, cause  
of what I've been through you wont wanna try, best  
believe

what I'm saying, take a walk in my shoes,  
doubt you'll stay 5 minutes, cause it's the stuff you fear  
most, I'm a fighter, imma fight till I die, so bring what's  
next and imma fight inside,  
kid you not, I wont back down, everyday's a struggle,  
so bring what's next.

-Tehson

## Daddy's little girl

I've been cheated, I've been down,  
I've been put to the ground,  
been to hell and back what you know about that,  
used to be a sweet girl, daddy's little girl,  
went down the wrong path,  
now I'm looking back, wishing I could go back,  
retrack, relapse, back to the place I recall being the best  
no less, back to when I was your heart, and you were  
my armor, and you would destroy anyone who would  
try to harm me,  
I guess I was just looking for love  
in all the wrong places, now trying to get back  
to where I was at, cause the stuff I've been through,  
I don't ever wanna go back, ..... Love you always  
daddy

-Tehson

Love is a beautiful, friendships what we look for,  
and heart to heart communications  
what we seek out of one, honesty comes and goes,  
while you to king to let it go, as each moment is breath  
taking, you come to realize it ain't no show,  
it is the real thing, and you'll never let it go!.

-Tehson

## **No Time To Wait**

No time to wait, no time to spare  
No mess to make, no way to care  
I'm waiting now at your door  
Not knowing how to give you more

It's hurting me to feel your pain  
It's paining me to feel you hurt

I feel so damn useless, it confuses and uses  
Everything I have left  
All your love that I have kept  
There's nothing left for me to give us  
Nothing left here to heal us

I can't believe I fell for it all  
I can't believe you broke through my wall  
Thought I was so clever  
But now you're gone forever

Even if you were still mine  
Even if there were still time  
Who says we'd make it better  
I write it all in this letter

No time to wait, no time to spare  
No mess to make, no way to care  
I'm waiting now at your door  
Not knowing how to give you more

# I Am

I am sick in the head...  
I am sick in the head  
I wonder why  
I hear more than I should  
I see things I wish I hadn't  
I want to get rid of these feelings  
I am sick in the head

I pretend I can't hear the people in my head  
I feel nothing anymore  
I touch what I hope is real  
I worry that nothing is  
I cry on the inside (most of the time)  
I am sick in the head

I understand that there is something wrong with me  
I say nothing to support it  
I dream I was fixed  
I try to get better  
I hope it will be over soon  
I am sick in the head

**By: TazZ**

## **Precious Guitar**

Owww! Why do you keep plucking my strings?  
Pluck, pluck, pluck, terribly she sings

Stop banging me around  
I feel so hurt  
I could make better sound  
If you didn't treat me like dirt

I was created long ago  
By a very skilled man  
I'm of great quality you know  
So try playing me well if you can

I hope maybe you'll learn to play  
I hope maybe you'll see I'm a star  
Hopefully you'll play better than you did today  
Once you realize I'm such a precious guitar

∞Charissa∞

## **Scared Of Me**

I feel like I don't care  
I feel like I could just stand and stare  
Whatever I wanted to say  
Just forget it, 'cause I threw it all away

It's hard being here  
It makes me wanna cry one more tear  
I can't help but hate myself for it all  
Because every time I stood I made myself fall

Who knows who the hell I am now?  
Yeah, I know, I'm trying to find out  
I wish I already knew how  
So that I could live my life free of doubt

Maybe one day my eyes will see  
The oh so great person I was meant to be  
But 'till then I still feel the same  
Although I think one day you'll know my name

I don't know what to do now  
If I could just understand it somehow  
I'm just so scared of living fear  
Just like I've been for more than a year

∞Charissa∞

## **The Only Thing Left**

The only thing left here that I see  
Is the hope that things will work out to be  
Better than they started

Leave me less guarded  
For us both to be happy  
For us both to agree

The only thing left that hasn't been lost  
Is the will to repair all that we forgot  
What has been felt  
What has been said  
Leave us no doubt  
To get better instead

The only thing left that we can all confess  
Is the fact that we made a great big mess  
Through the months we endured  
Though you say I am cured  
It doesn't matter much now  
If we only knew how

The only thing left that can help us get better  
Is all that I wrote in that final letter  
I have tried so hard  
To do the best that I could  
Has this left us scarred?  
Yeah I thought it would

So there you go  
Those are the only things left  
Just thought I'd let you know  
Just so that you wouldn't forget

∞Charissa∞

**Where I have to be**

I see the bars on my window stopping me from  
leaving  
I smell cheap cleaning products  
I hear the cries of helpless girls  
I feel alone in this place I have to call home  
I taste the blood in my mouth from biting my  
tongue  
I think this isn't a place for anyone to be

*By: TazZ*

### **I don't know if I can forgive you**

I'm sick of fighting for your attention,  
bending over backwards for someone that will never notice.  
It's just too much to look for something I will never find.

I'm over sitting around and waiting for your thank you's  
that never come.

I'm done hoping you will change for the better.  
I'm finished putting on that fake smile when everything is  
going wrong.

I'm always getting drained with no results.  
I'm finished tending to this wound that will never heal.  
I 'm tired of all the times I've tried to take a step and you  
just pull me back.  
I'm sick of my heart being a burning lump of coal that no  
one can touch.

I'm so passed being this beaten girl.  
I'm ready to get passed this part of my life.  
I'm not worried, my day will be here soon.

*By: TazZ*

**If you...**

If you know Cambodia  
If you are stubborn as a mule  
If you've never really known your parents  
If you don't follow a single rule

If you live with no regrets  
If you never learn from your mistakes  
If you're loyal to your family  
If you try and always do what it takes  
If you give up easily  
If you keep trying to the end  
If you've never ridden a city bus  
If you're fed up of trying to pretend  
If you want to make a difference  
If you're searching for yourself  
If your favorite animal is a turtle  
If you just want to be happy  
...  
Then you've found a part of me

∞Charissa∞

Just thinking

Tomorrow will be just as bad as today  
I wish I could go to my farm and lie in the hay  
I want to get away from all this pain  
But I know it will always be there like a blood stain  
When I walk out the door it feels so good  
It's nice to be talked to and understood  
When I'm with my friends it seem like forever  
You think I would give this up, Never  
Now it's time to go back to hell  
I was feeling good but now I fell  
Now I lost my free  
Can't wait for next weekend so I can be me

*By: TazZ*

## **Need to get out**

I see a very powerful man  
I smell the sweat from the struggle  
I hear my screams covered by his hand  
I feel this should never have happened  
I hope no one will ever find out

# I think this was my mistake

**By: TazZ**

## Point In Life

There comes a certain point in  
life  
Where nothing makes any  
sense

Where when you lie down at  
night  
Your head's just one big mess

Everything just seems so  
confusing  
And nothing is as it seems  
You'd find it all so amusing  
If only you knew what it means

'Cause you're walking around  
blinded  
As you crawl around hiding

'Cause you're trying to find a  
way  
Trying to find a better day

There comes a certain point in  
life  
Where you're wishing for an  
end  
Where none of your dreams are  
in sight  
And you find yourself trying to  
pretend

Everything seems to have no  
reason  
As you try to figure it all out

You find it so hard to be  
pleasing  
So much easier to just scream  
and shout

∞Charissa∞

'Cause loving yourself is not  
that hard to do  
Where as proving yourself is  
much harder too  
'Cause everyday is a challenge  
to face  
But try not to think of life as one  
big race

There comes a certain point in  
life  
Where you'll have to make a  
choice  
Where you'll have to think of  
what's really right  
And try not to hide your voice

Everything will one day work  
out  
Though you'll have to work at it  
no doubt  
But the result will be so worth  
" Miracle" have you ever heard  
of it?

'Cause as much as hurts so  
bad  
And as much as you don't know  
why  
Just be grateful for what you  
have  
And the price of life won't seem  
so high

## Author Bios

Alex, a.k.a. Midnite Rage

humorous, loud, proud, caring  
award of the creative mind.

Who loves kitties, ghosts and computers.

who is afraid of chicken, loneliness and pain.

and would like to help others

who wants to see magical powers and panthers.

Vanessa a.k.a Lioness

indescribable, crazy kitty cat

most likely to win in a lion fight

who loves doughnuts, dogs and lions

who is afraid of spiders, evil flowers and zombies

and would like to be a drummer

who wants to see China and Japan

resident of Fairytopia

Charissa

Talented, caring, smart, quiet

Most likely to observe and listen

Who loves music, writing and the ocean

Who is afraid of clowns, swinging and loud noises

And who would like to improve her guitar playing

Who wants to see her parents, a turtle and Hawaii

Resident of helping out those in need

Kayla a.k. McDizzy

Surprising, suspicious, energetic, tall  
Most likely to win the award for being lazy  
Who is afraid of the pigs and invisible people  
And would like to travel the world legally  
Who wants to see me on the cover of a magazine  
Resident of a personal jail

Andie

Athletic, questionable, caring, quiet  
Most likely to win the silent game  
Who loves music, sports and outdoor scenery  
Who is afraid of the unknown, spiders and life  
And would like to be more engaged in life  
Who wants to see my brother graduate, my best friend succeed  
and my family be happy

TazZ.....

Brave, Hard, Severe, Smart.  
Who will win the Dom award.  
Who loves Food, Closeness and Heart ship.  
Who is afraid of being alone, Lessing control and death of her baby  
and would like to be the one she dreams about.  
Who wants to see her kids grow up, her tears disappear and het sister  
better then ever...

