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NO PROMISES



May 2019

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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 ^{dookie}**
- 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. ●

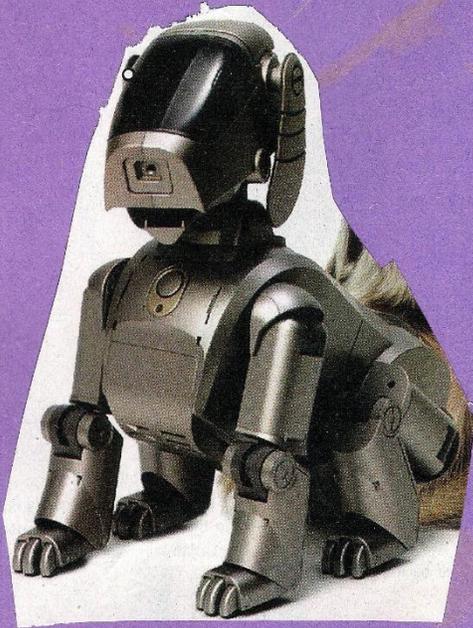
JHG's Limerick

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:

[Redacted] 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 SURVIVED A

BLOODTHIRSTY MONSTER

What

CAN ONE
KID TAKE?

HOW MUCH

DRUGS

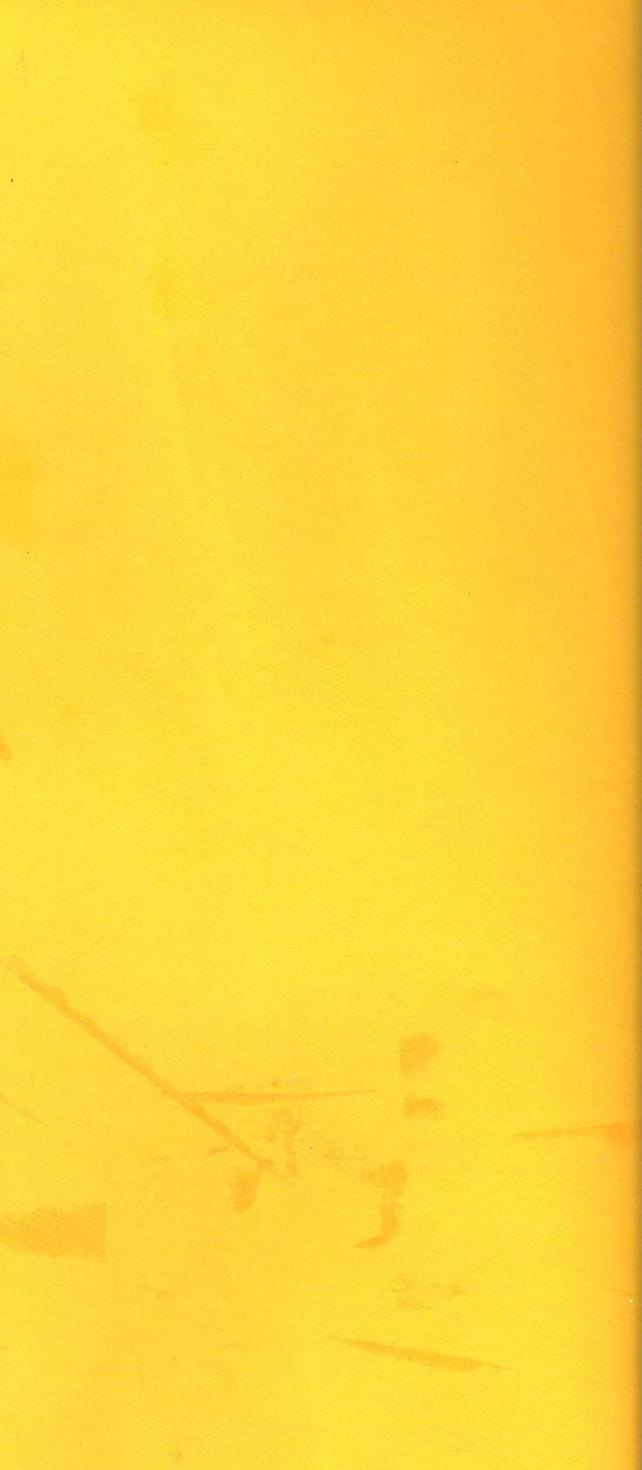
S

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,
French and
English.

The body of the
is very cool.

The person is raising
hands.
White has
snow.

Incredible
hulk is dark
green.
Hans
Spring is
A
Arabian

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.

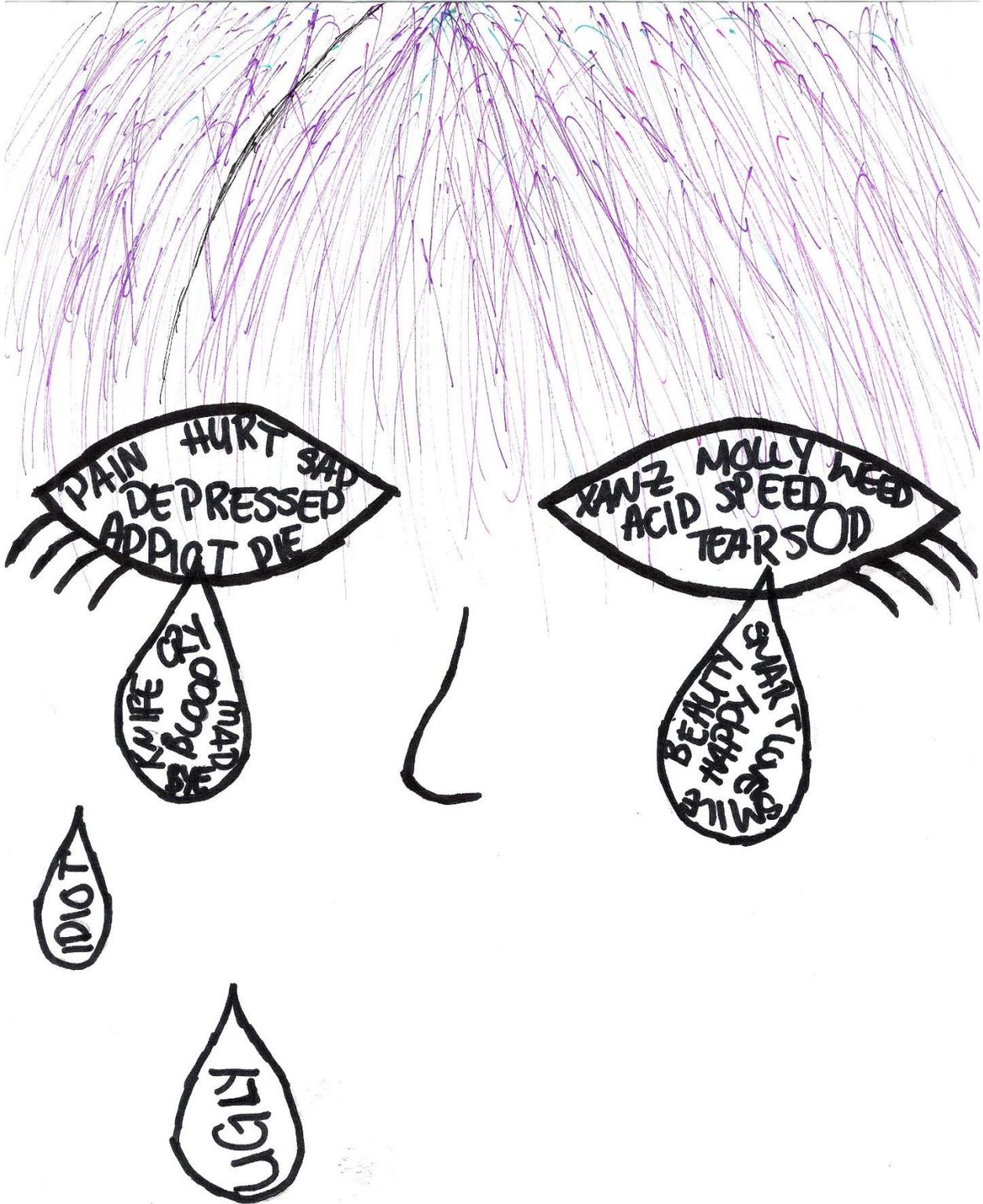
I am glad I don't have to worry about the smell of cigarettes anymore.

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



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

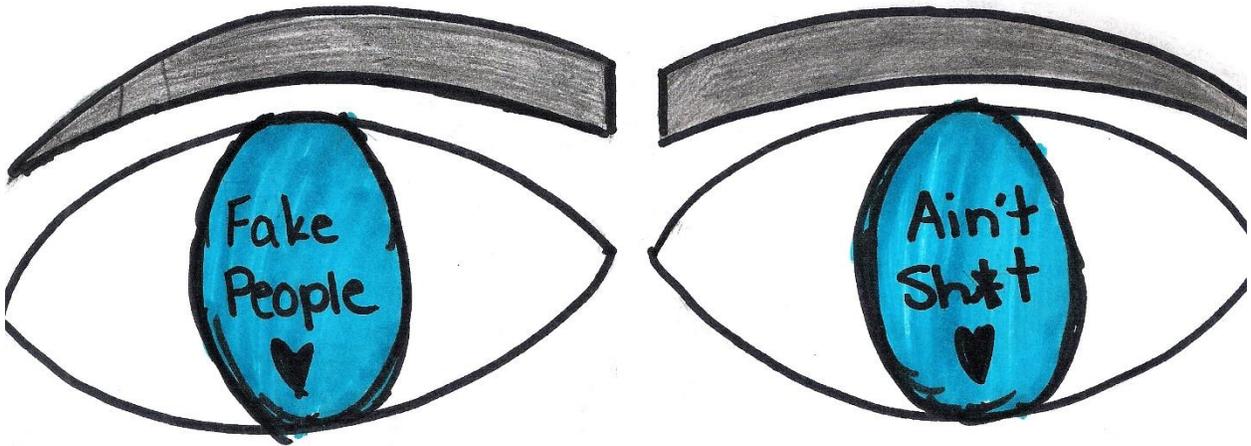
I wish you n!gg*s died in vain

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

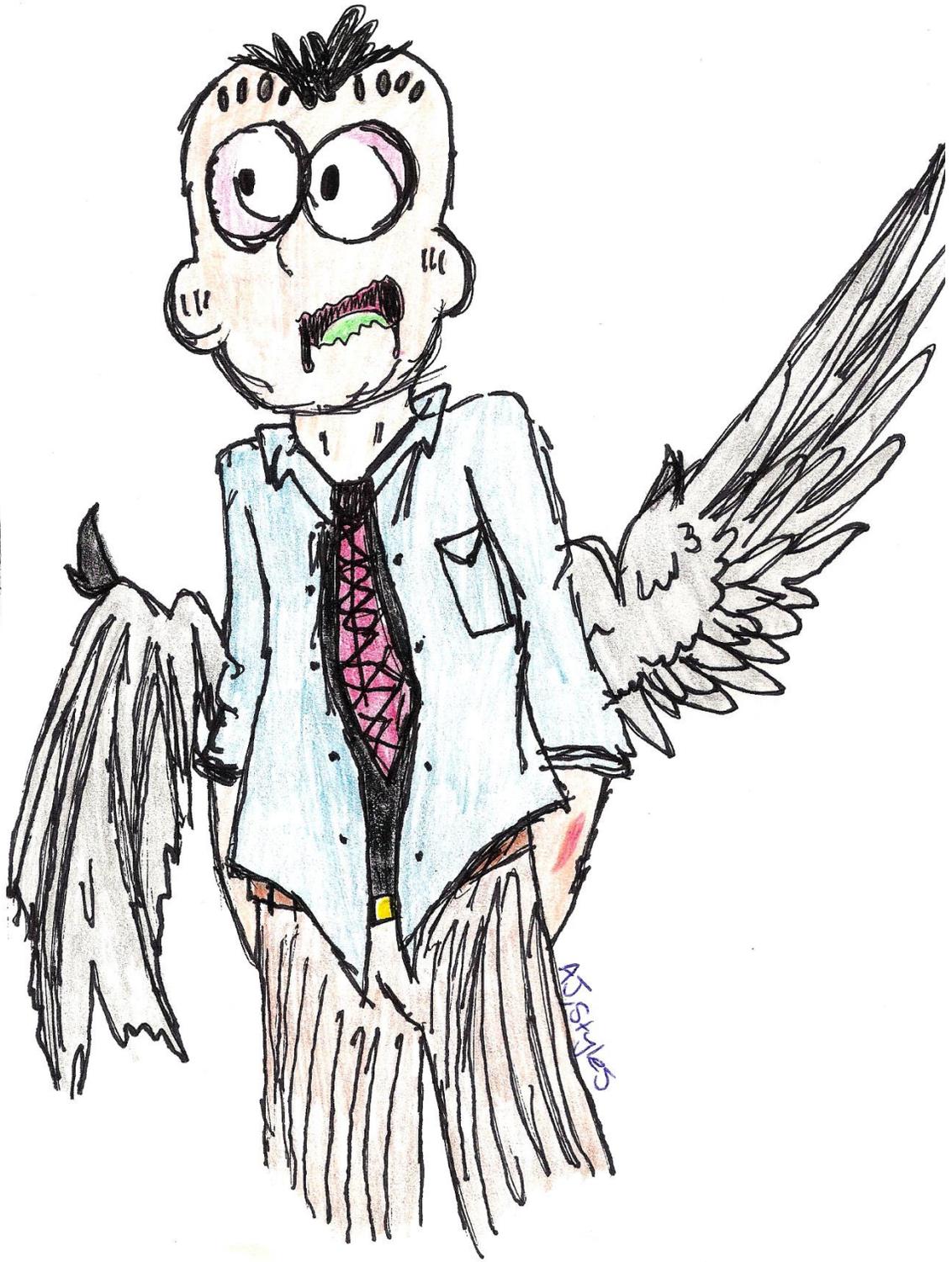
Forgive & Forget

Things will only change when you do.

My Life in 6 Words

Broken. Broke. **Helpless.**

Drugs. Battle. *Death*



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