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

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## Crazy

It's crazy how I realize how hurt I am,  
All my feelings rushing into one emotion,  
*Tears coming down my face.*  
The echo voice in my head telling me;

You're not worth being here,

You should Die

Die

Die

The fear of what they say is true,

I start **cutting**;

They come back;

Keep cutting,

Go

**D  
E  
E  
P  
E  
R**

Just die

**ALREADY**

**ALREADY**

**ALREADY**

So I listen to what they say, believing every word  
They say to me.

**I'm going to die!**

It's crazy what goes on in my head.

-Nashaia

-California-

Hazy days and towering redwood trees  
Crashing waves on the cool wet sand  
Winding roads around wide mountains  
And baby lizards exploring my green backyard  
California's dope

-ArKela

*I see so clearly when I'm not on social media & trapped in gossip.*

*I see how brainless we've become.*

*I know you see it as well.*

*Considering you'll see soon that the ones who govern us, are forcing us to become  
alienated.*

*But there's no escape for us from their grasps.*

*They steal our dreams & tell us who to be.*

*We savour the days we are free from school.*

*We must go to school for so many years. We must sit & listen; we must work on so  
many sheets. We MUST remember so much. We must, otherwise someone comes &  
takes us away from our loved ones.*

*We are told to act a certain way.*

*We live in a selfish society, where no one cares & no one wants to.*

*We could & should care. But we won't. Why?*

*Because the ones who govern us believe we shouldn't think for ourselves.*

*-Valonna*

The letter "S"

A social life is stressful; it can suck the life out of you.  
Social media such as Facebook, can cause you to sink.  
Snapchat, Instagram, and others, can make your life stink.  
People are devious, their indifference makes them stupid.  
They become blind to society, & what makes them special.  
They become followers instead of leaders. Social media isn't easy to avoid.  
It can snap you for reality and place you in a space, where it isn't easy to escape.  
You'd have to save yourself from falling into an abyss,  
No one will save you.  
They got sucked in to the dark place too.  
You swim through life, stuck with the ways we socialize.  
We can't see it's destroying us, breaking us apart, till we all crush under the  
weight.  
But we will survive because that's how we live these days.  
Society strives to make us brainless zombies, to stereotype us all.  
The rich an' famous aren't that special. They took a shot for the spotlight & that's  
what they got.  
Society tries so hard to show everyone their flaws.  
We shouldn't be so selfish, we shouldn't stereotype.

Because on the inside we're the same, we have eyes to see, we have brains to  
think, we have mouths to speak, we have hands to reach for the dreams we seem  
to seek.

The biggest thing all of us have in common is..... we all stand on the same land.  
None of us are strange; we all have different tastes, in music, fashion, friends, our  
sexuality, & our sex life.

The way we socialize, we're the same; we're all special with our own differences.

If all of us weren't so blind we'd see this. But social media, society, & who we  
socialize with, all makes us blind.

If all of us would stop & see what is right in front of us, we'd see we should be  
treated equally.

I saw all this many years ago, but as the years passed, I fell for the stupid tricks.

*Crazy! You're only as crazy as you think you are.  
What others say about you, isn't you. They're just  
words. They can't hurt you. They might make you  
crazy, but only as crazy as you let them. They cast  
you out. They say all kinds of crazy lies, all because  
you're different. They're crazy, the world is crazy.  
Teen girls take diet pills, & get surgery, all to have  
photo shopped pictures in magazines. The media is  
telling them how they should be. None of this makes  
sense to me. Is this world going crazy?!? Can anybody  
tell me what's going on? If you open your eyes, you'll  
see that something is wrong. Kids get bullied at  
school. When they get home it's nothing like how it  
used to be. Parents act like enemies, making kids feel  
like its World War III. No one cares, no one's there. I  
guess we're all just too damn busy and money's our  
first priority. As long as we have money, we're fine  
with this craziness. Is anybody going to save us? This  
craziness seems to be spreading like a disease. Our  
generation has gone completely, insanely crazy.*

*-Valonna*

These people are joyful and using their energy

In the festival, peace and fun is around the corner

These crazy, weird people are ecstatic

If I was there I would be delighted.

**BY: MELODY**

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**-Toronto-**

The smell of Greek food lingers on the bustling Danforth  
People rollerskate around Withrow Park and the sounds of kids' shrill voices swirl around the  
breezy atmosphere

Tall trees reach to the blue sky where kites are flying freely  
People swim in the turquoise glistening beaches  
And walk in crowded, lively groups through the streets downtown

**-ArKela**

**Past**

Nobody's home, give up.  
Breathing hard, tears running down my face,  
My heartbeat is racing,  
I'm suffocating, feeling trapped inside.  
The regrets for coming here overcame me,  
The pain I feel, it hurts, I can't wait to leave.  
Wake up, it was all a dream,  
But in reality it was the past....

**-Nashaia**

## *The Scars*

*I'm the happy one, who likes to be with my friends.*

*I'm the hyper, crazy one, who might embarrass you in public.*

*I'm the defiant one, who will never listen when they try to bring me down.*

*I'm the messed up one, who thinks no one cares & no one's going to be there.*

*I'm the helpless one, who can't change her past, who can't keep a grip on herself.*

*I am the hurt one, but much more hurt on the inside.*

*I'm the one with the nightmares, and their angry message to me is*

*He never loved you.*

*He didn't want you.*

*How are you still standing with all that pain?*

*I'm the strong one, who is determined to prove my past doesn't affect my future.*

*I'm the dreamer, who imagines a different life, imagines a time when*

*I didn't understand what had happened to me.*

*I'm the childlike one, who remembers when life was easy & fun.*

*I am the one with the scars but they are not me.*

*And one day their meaning will be I survived with this pain. These are my memories of bad days. But they are reminders that there will always be better*

*days.*

*-Valonna*

## *Broken perfection*

*by Valonna*

We live in an ugly world  
Full of blood and pain  
Full of hate and war  
A man, who's a pilot, is suicidal  
He purposely crashes the plane he's flying  
He kills himself and hundreds of others  
This world is so crazy!  
It's so broken  
None of this seems right to me  
Our future looks so cold hearted  
Everyone seems to just care about themselves  
I guess life is unfair  
Things are not how they used to be  
Everywhere I go I see depressed teens  
Taking drugs to relieve their pain, and give them artificial happiness  
But when their "happiness" wears off, & they can't get more,  
They turn to a sharp blade, they mutilate their bodies  
They ruin a future that could have held everything they ever wanted  
People have become ignorant to all of this  
To what has become of our generation  
This new generation isn't like our parents  
It's more broken, from society & reality  
They're broken from the place upon which we stand  
We're destroying the land & our environment  
But no one will take a stand against ANY of this  
That is why we are ALL a part of this **BROKEN PERFECTION**,  
which we have all created.

## *The Scars*

*I Am The Depressed One Who Likes To Fake My Smile,  
I Am The Hyper, Crazy One Who Might Be Psychologically  
Incorrect  
I Am The Defiant One, Who Will Never Be Perfect  
I Am The One With The Scars And Their Secrets  
I Am The Messed Up One Who Thinks I'm Not Good Enough  
I Am The Helpless One Who Can't Change The Fact That I  
Wanna Die  
I Am The Hurt One But Much More Hurt On The Inside  
I Am The One With The Nightmares And Their Angry Message  
Is, "Kill Yourself Victoria"  
I Am The Dreamer, Who Imagines A Different Life, Imagines A  
Time When I Never Existed...  
I Am The Child Like One Who Remembers The Feel Of Abuse  
I Am The One With The Scars But They Are Not Me,  
And One Day Their Meaning Will Be...It's Too Late*

*~ Victoria ~*

## THE EARTH, OUR HOME

Life.  
Polluted waters.  
More hard work.  
Less time to relax.  
Less wildlife.  
More humans  
Destruction  
DOWNTOWN, GRIFFINTOWN.  
Home.  
It's amazing!  
We're the management.  
My neighbors are ARTISTS!  
Home is fun.  
It's inspiring.  
Awesome-nisome

-Valonna

## Crazy....

*You Think I'm Crazy But  
Every Time You Come Home You Call Me Baby  
You Sip A Few Drinks  
You Love Me, You Hate Me.  
You Try To Replace Me With All These Ladies,  
You Love Me, You Hate Me, It Drives Me Fucking Crazy.  
I'm Sitting In The Unit Trying Not To Lose It, You Had My Love But You Abused It, Refused It.  
Sitting There On The Floor With My Back Up Against The Door... I See The Blade, I Pick It Up,  
It's Been So Long, I Need To Cut When The Crimson Line Finally Appears It Washes Away My Pain  
And All Of My Fears...  
You Love Me, You Hate Me You're The Reason I'm Fucking Crazy, You're Not Gonna Save Me,  
You're Just Here To Slay Me  
You Said You Would Be There, Where Are You Now, I Ended Up In Hell Not Even Knowing How  
He Takes The Gun And Aims It At My Head,  
He Pulls The Trigger And I'm Finally Dead*

-Victoria

## PAIN

Every night I'm afraid to close my eyes  
It feels like I'm just going to dream about it:  
She just came storming in throwing punches at my stomach  
Or she'll just beat me, throw me around  
There's nowhere to hide,  
Tears running down my face,  
The scars, going to school was terrifying  
Can't take off my jacket, everyone will see the scars,  
Go home, run straight to my room and cry.  
Telling myself I can't hide anymore,  
Let go of the pain and fight back.

-Nashaia

## *My Emo Poem*

**Every day I wish things would flow faster  
That the days would pass effortlessly until this hell  
ceases to exist in my reality  
I wish for the day when my personal time isn't divided  
up into a tight schedule on a regular basis  
When I can listen to music freely  
And unleash my mind's wrath onto paper whenever I  
want  
I yearn for the day that I'm not trapped where I don't  
belong  
Like an unlucky creature stuck in quicksand  
Numb until released  
My wish is the sound of a buzzing, flickering light in a  
poorly lit institution  
It's the sound of a restless wind rattling your window  
And it looks like the rushing colours when you close  
your eyes at night**

**-BY ARKELA**

### Goodnight

We go through the night  
Wishing that there is going to be a  
Tomorrow,  
But there is going to be a night  
Where it is going to be the last night  
You say,  
Goodnight.... - Nashaia

### Tears

Tears coming down my cheeks,  
Shattered windows,  
Heartbeat pounding,  
The pain from all the scars,  
I can't escape the past; I'm tired of running,  
I'm trapped inside something I can't hide from  
The past...

-Nashaia

### **Depressed**

Depressed by everything around me.  
I feel broken no one around to talk to.  
I hate it here.  
I just want to die and live life in freedom.  
I'm going crazy.  
All the scars on my body will never leave me,  
It will remind me of the abuse I got.  
All I want is to die, what's the point in living if  
I'm DEPRESSED!

-Nashaia

### **THE SCARS**

I am the happy one, who likes to listen to the soca music and dance,  
I am the hyper, crazy one, who might die crazy,  
I am the defiant one, who would never listen to what others say,  
I am the one with the scars and their secrets.  
I am the messed up one, who thinks no one cares,  
I am the helpless one, who can't change who I am,  
I am the hurt one, but much more hurt on the inside,  
I am the one with the nightmares, and their angry message is to kill myself and never come back.  
I am the strong one, who is determined to fight the nightmares,  
I am the dreamer, who imagines a different life, imagines a time when I was alone and no one  
around,  
I am the childlike one, who remembers the scars,  
I am the one with the scars, but they are not me,  
And one day their meaning will be 'die, no one wants you here'.

-Nashaia

## WISH

When I was young I used to wish I wouldn't have scars,  
Today I wish I wasn't here,  
Every day I wish I disappeared from life,  
My wish is the color of dark souls,  
It is the sound of thunder storms,  
My wish feels like a dream,  
My wish is always just a wish,  
My wish is never coming true,  
My wish is always with me.  
-Nashaia

## Life

*I was inspired by the temptation of scars.  
I have hilarious memories of my crazy life.  
Cuddle your freedom and wish or dream happiness and hope.  
Joy is the meaning of a scream of believing in magnificent confidence.  
Energy determined strong love.  
Believe in spirits that would protect hopeless people.  
Forgive yourself when you're angry or sad or these nightmares will haunt  
you.  
Imagine beauty and celebrate your second chance.  
Sky is the limit of misery helpless earth.  
And my soul is full of delicious adventures.*

## MELODY

### Darkness

Seeing the stars in the dark light,  
Thinking how sad I am.  
My soul is filled with darkness  
Can't live without self harm,  
My heart should stop beating  
No point in living.  
-Nashaia

Feeling Helpless

Sometimes I feel foolish,  
Not worthy of happiness.

I hate to be forsaken,  
Not wanting to be heartless

But wanting to die fast.

Snapping at people for calling me slut.

My soul is dark and sour

Feeling disgusted by happiness.

Feeling helpless without soul.

-Nashaia

*Life And Death*

It Is Believed That There Was This 'Guy'  
Who's In Control Of Who, When, And Where You Die... His Name Is The *Grim*

*Reaper*

Now, The Reaper Is A Sneaky Guy,  
And Sometimes Will Make You A Deal, Known As 'A Deal With The Devil'  
He Could Promise To Take You Instead Of Your Loved One If You Prove To Be  
Worthy.

Not Many People Make The Deal...

One Thing For Sure Is, *The Grim Reaper* Is In Fact In *Love...*

Life And Death Have Been In Love For Years, And Life Sends Death 'Presents'

It Isn't Easy Being Responsible For Peoples' Deaths,

But One Day Long Ago It Was The Grim Reaper Who Made A Deal With The  
Devil.

-Victoria

**Who I Am**

Loveable Sweet Chill Random  
Loveable Sweet Chill Random  
Loveable Sweet Chill Random  
Loveable **Bitch** Random  
Loveable Sweet Chill Random  
Loveable Sweet Chill Random  
Loveable Sweet Chill Random

By **Nashaia**

I hate getting flashbacks from things

I don't want to remember

Each time it happens

It just increases my temper

It's like demons are calling me

But I don't want to answer

Evil is like some kinda

Incurable cancer

-Zionni