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With Great Appreciation

NYC Department of Probation Ana M. Bermudez, Commissioner

With Deep Respect

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Praise

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Gratitude

NYC Department of Cultural Affairs

Applause

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his Project is Part of





Join Us!

For more information about Free Verse writing workshops, public readings, and programmatic materials, write to: freeversepoems@gmail.com.

Turbulent times are impossible to ignore. So are the voices of probation clients, their families, friends, neighbors, and the probation staff, all who recognize the world is in need of repair.

Born from this need and the need to be *heard*, Free Verse is a place to speak your *peace*. More than 2,200 submissions poured in this year – double from last year. Rooted in five probation center waiting rooms, graduates of our writing program – now paid client apprentices at each center – serve as lead instructors, gathering the voices of new poets and encouraging them to speak out at open mic Thursdays, contribute to the giant 10-word story wall, or write a piece for *Moving Stories* that will travel the city.

In these pages, the poets share hard reality and the determination to keep life moving forward – despite the odds. At Free Verse, we believe the only thing that separates any of us in this world is opportunity.

Read these works. Share them with others. It's a start.

- The Editors

DAVE JOHNSON Editor-In-Chief

LONNI TANNER
Managing Editor

WHAT MAKES ME PROUD?

Our staff embracing this vital poetry program. People on probation coming to write on days they don't even have to report. The community participating in our free writing workshops and events. Listening to our poets perform. Publishing the first book written by a Free Verser. Our poets traveling the city – and the world – to share their work. Writing program graduates earning paid positions as apprentices. Poets getting jobs as working artists at New York City non-profits. This magazine.

Bravo to everyone involved in Free Verse!

ANA M. BERMUDEZ

Commissioner
NYC Department of Probation

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Broken America

I wish I knew how to heal The growing rifts Or even if they are healable. I try and it feels as if I'm meddling In something I shouldn't. I'm still figuring it out, Hands through the dark. I've been told to be quiet When I want to scream About the wounds Of a country more worried about Upgrades for the latest IPhone or app. Where are the repairs To refurbish broken souls; Not looking for Medals, not looking for Awards, just looking for Reasons to keep being here.

SHERESE FRANCIS

My pen isn't a poem.

MARGARET GAYLE

I'd rather be in the circus

than be like this.

Their tricks come in handy,
melts you like cotton candy.

At least they're being themselves
and not forced to be someone else.

The way they turn a frown upside down,
they deserve a crown.

I'd rather be in a circus than be like this.

TIFFANY BARNES

What if?

What if I decide to do this?
What if I decide not to do that?

What if I love this woman?

What if I look in her eyes and she doesn't look back?

What if I decide to tell her how I feel?

What if by then she's long gone, hair blowing in the wind, with her shades on?

What if I blow it just by being me?

What if I just put it in a poem?

February: Black History

Why is February the shortest month of the year?

My past legacy, which I revere, with my brothermen just to get February.

And it's the shortest month of the year.

As cops look at me and peer, making me want to hide and disappear.

Where can I go to tackle this frontier?

It goes back in time to those years that my fear blended into my heritage of being a different nationality, looking in the mirror and having no reality.

February is when I come alive.

For 28 days

CHERYL BROWN

I see myself in everyone's eyes.

TYRONE JOHNSON

I was thinking how ungrateful I am.

It manifests itself gravely

in absurd situations that life in New York proposes.

Ah!

I miss the drums of my land,

the heat of the savanna.

I feel hopeless, taken away from everything that it means to live.

And the cold.

So elusive.

I want it to be extinguished.

Like my despair.

Rescued from this hole.

ANA CARMELA RAMIREZ CONTRAMAESTRE

First thought in the morning:

How much money am I capable of earning today?

And the day after.

Imagine this:

fingers caressing grubby paper,

disgusting, huh?

Sniffing for a fragrance hundreds of miles away from

me.

Sweat.

Ink.

Skin.

I patiently hold up my body,

a narcotic resolution.

Sometimes I ask myself,

Where is your smile?

Justice,

I'm tired of being an *anonymous* target.

ANONYMOUS

Mentiras Verdadera

La mentira, la mentira necesaria? Solo cuando la verdad es muy dificil de creer.

RAMÓN HERRERA

True Lies

The lie, the necessary lie? Only when the truth is too difficult to believe.

D.J. - ENGLISH TRANSLATION

Cold World

where jackets don't
help a bit, where people
would rather struggle than
drown in a pool of regret, where
the word happy
is a different five letters
(m-o-n-e-y),

where

the word hot doesn't refer to the weather, where people would rather practice doing worse than getting better.

It's a cold world, but some may beg to differ.

STEPHAN CARNEGIE

Those

who died yesterday

had plans

for this morning.

And those who died this morning

had plans

for tonight.

DIONNE DEY



Questions my five-year-old daughter asked me:

Why was I born?

Where is the sky blue?

Who do people go to when they die?

What is life?

What is love?

Why do people hate?

S.A.R.

I only feel Hispanic when you tell me how loud I am around my family. You assume we're arguing. My accent gets activated when my mother talks to me. My words suddenly no longer make sense to an ear that isn't well-versed in Spanish. Now I understand the meaning of culture shock when you ask me, *What are you?* Like it's the first time you've seen this creature, an alien that just appeared from an unidentified boat. I simply reply with a smile, *I'm human*, letting you know I wasn't offended by your question or curiosity. You seem to enjoy the food I make. And you say my music makes your hips sway. And you begin to lose control, almost possessed by the rhythmic hymns of guitar strings. You should see the look on your face. You giggle as I twirl you around! You transform into this beautiful Goddess Unique. With no equal! I love the way you look at me like, who I am matters, in a world where being Hispanic is always second to Gringo.

NAPOLEON FELIPE

Light Show (song lyrics)

They don't want to see me-----at the light show. Every time I see you------I'm on go mode. Crazy-----you'll be on me like a-----psy cho. If I ever see you, it's so-----psych------ i-i-i-i----cho! You always give me bad advice, o, o! And trippin on me------that's a no-no. See me in the streets-----respect my vibes, bo. I say, Yea, they don't want to see me at the light show. Every time I see you------I'm on-----go mode. It's so psych i-i-i-i- cho. It's so psych----- i-i-i-i----cho!

KIARA DIAZ

Today

I live in hurt.
Promise me
tomorrow I will heal.

XIOMARA GUTIERREZ

10

integration

you know, my suitemate said

what, I replied

you know any black girls
we could hook up with,
but not real black,
Barbie black?
like black on the outside only?

YASMINE LANCASTER

100 voices, 100 stories.

Dislike me?
You don't know me.
I may laugh,
but I'm never joking.
I don't write poems.

HOLLI JOHNSON

HVAC

I can't wait for summer.
I'm going to train
for a job in heating
and air conditioning.
Summer is when my life changes
for the better,
conditioning with new air.

JEREMY M.

My Mother

My mother spit in my face.

My mother was busy fighting with my dad.

My mother said men would only want me for sex *because you are fat*.

But she has selective memory and doesn't remember any of that.

RACHEL BERGER

12

all the black girls have brown eyes

She kept pouring her maple syrup till the blueberry pancake pushed off the circumstance of her plate and moved towards the center floating secure in the thickness of sugar.

We were growing thick and so were they children we were surrounded by maple trees.

Where I am from Aunt Jemima had a headscarf and cost 3.49 a bottle we did not pour until our cup runneth over.

Late one night I stumbled in and watched fascinated as the others showed the boys how to wine- and wine-while their backsides moved against their pelvis' careful not to let the sap spill.

YASMINE LANCASTER



Why Tone Die

Why Tone die and not come back
Why Tone die when I told him to chill not lack

Why Ty left home with that scrap
Ty should've left home with his backpack

Why Tay had a fight with her baby-father Why Tay baby-father shot his own daughter

Why Tim had to take that last hit He should've got to the program and quit

But hold up I'm not finished
Let's stay on topic
Keep it straight business
I don't care who did this
This could go on forever
God, can I get a witness

Staten Island

In the early 70s, I moved to Staten Island from Queens Village. I knew nothing about Staten Island. A friend helped me get an apartment in Fox Hills at 350 Vanderbilt Avenue, Apartment 4B. Me and my three children lived there. They went to the local private school and I got involved. I also began babysitting local children, taking them on trips (on the Ferry) off the Island, teaching them their history. As Staten Islanders, we had to go to Harlem for our history. I taught the children what they should know before they even went to school. Living on Staten Island has been an ongoing trip. I am still traveling!

JANET G. ROBINSON

Note:

Janet G. Robinson is a well-known proponent of civil rights and equality for the underprivileged on Staten Island. She volunteers to watch children for parents while they navigate the judicial system. She also introduced Kwanzaa to Staten Island and holds fundraisers to support Kwanzaa celebrations for children. Her energy and insight are legendary.

Boldly Loving A Celestial Kin

YASMINE LANCASTER

The Drug War Dialogues

So, before we start, can we just talk about your never-ending status?

Let me say, right now, that I can't stop, won't stop. I'm in the trillions, and I'm still on the come up. What took you so long? Your number was called last week. Late then, later now.

Well, why are we here?

Tell us, what's going on up there?

You mean down there.

Yeah, right here.

False claims, fake news, old blues, blood & plood & amp; feathers, gold & amp; water, bad weather, black bodies, brown detentions, low retentions, you know, same ole, same ole.

Well, shit, let's celebrate.

But we're free now.

Ya'll were free then.

Well that part is over. But maybe it's better this way, struggling to live, learning to love.

Nah, that's a game for the played, my brother. How long you bean clean?

This can't be the end. Where all my people?

Don't waste my morning, man.

Why all those guns all up in my face like that?

Well, how many ways did you choose to be alive? Unplugged, less a signal, the virtuous time is here. Revolution, say amen. Every fight should request a repeat. When you only have one direction, you need to be saying the same thing. You ask, you answer. That's the way it is down here.

You mean up here.

You think I'm joking right now.

I'm saying, though, why you smiling.

And here we were, right in the middle of building a pill free of time, a day to sleep for not one, but two breakthroughs; opening those narrative windows, belly singing into the ambrosial hour. Who are all these women wearing white and smoking cigars? Why are they looking at the sun, why are they looking at me?

All is fair in love and drug wars. You ain't the only one taking pictures.

Black Women are Best Loved as Martyrs

"This shit is not a coincidence." -Justin Woo

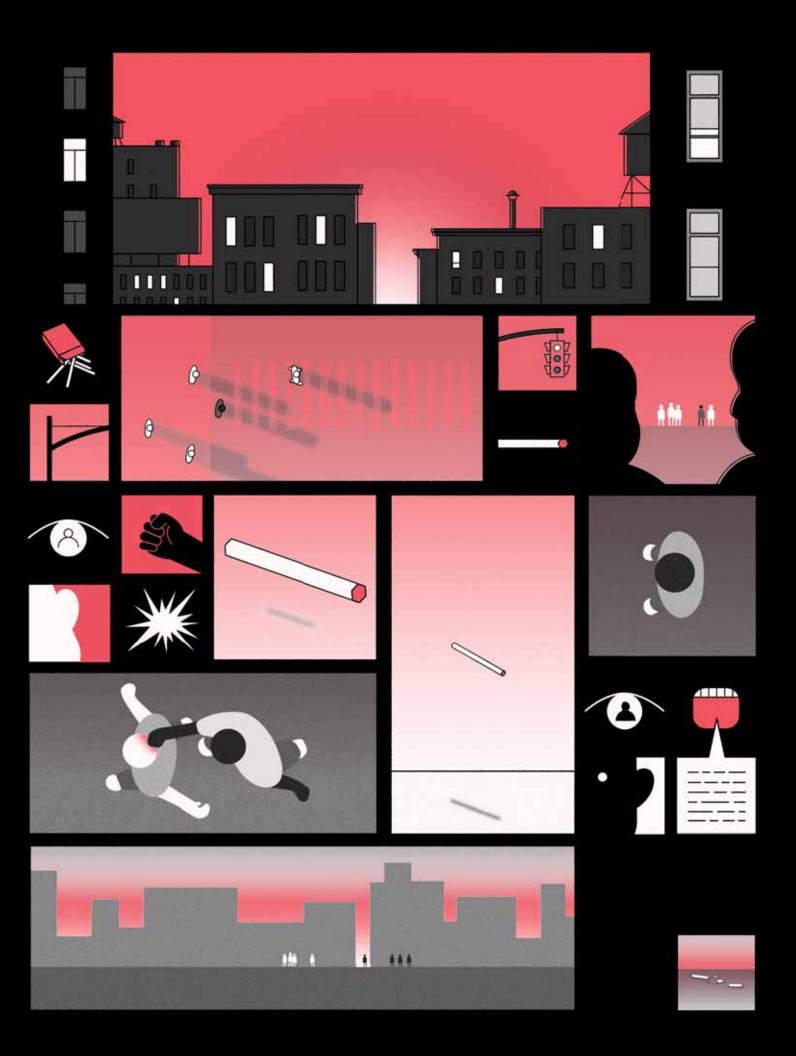
In the real world there are Black women's bodies. some dead, some dead. Some dead by force! all their fates resemble mines. In silence, the deep black American quiet, we hold these truths as evident. We Black women (of the Ghetto) are taught these realities quickly.

Is it a sin for me to throw in the towel early? Is it a sin for me to throw in the towel early? Is it a sin for me to throw in the towel early? To choose suicide—by my own black hands,

Or

become the latest hashtag...

 $\Pi\Pi$ God, how I hate this society... America, you are why Jesus wept.



rehearsal

he dropped his candy cigarettes
we were pretending to be Bad smoking cigarettes on Columbus Avenue
4 white boys and me
children
until we crossed the street
and 3 Black boys stopped us angrily
and asked for our cigarettes

and when I say asked, I mean they pushed their hands against, my friend's chest, use your words not your fists but right before they punched Fred

he dropped the chalky fruit cigarettes
onto the concrete,
one of them looked at me and
this time, using his words and not his fists,
you-are Black like us,
so I am not going to hit you
and I thought it was because I was the only girl among them

YASMINE LANCASTER

20

Pretty Gang

War paint on her face Plastic smile gets food on her plate Her heartbeat real, her love fake She doesn't know how to give thanks

She's part of the Pretty Gang She's mean for money because money means so, so, so much She never knew She too could feel sad-blue

She's part of the Pretty Gang Doing her thing For whips and chains In school, teachers tell her, slavery's over.

TAQIY WITTER

Long Nights, Short Days

Dry throat, empty stomach, broken hearts, broken locks and where is my happiness?

TII TII FAYSON

Such sorrow

bestowed on me prevents me from loving or living, my sanity slipping, despair corrupting, rage is all I believe in.

LAMALL KINSEY

IloveyoureyesyourvibestooBelievedyour liesweretooblindtoseethetruthYoubroke mysmallheartIfeltlikeIsawthebluesbut stillgotloveforyouhopeyouseetheclues IloveyoureyesyourvibestooBelievedyour liesweretooblindtoseethetruthYoubroke mysmallheartIfeltlikeIsawthebluesbutstill gotloveforyouhopeyouseetheclues.Ilov eyoureyesyourvibestooBelievedyourlieswer etooblindtoseethetruthYoubrokemysmall heartIfeltlikeIsawthebluesbutstillgotlovefo ryouhopeyouseetheclues. Iloveyoureyesyour vibestooBelievedyourliesweretooblindto seethetruthYoubrokemysmallheartIfeltlikeI sawthebluesbutstillgotloveforyouhopeyou seetheclues. Iloveyour eyesyour vibestoo Be lievedyourliesweretooblindtoseethetruthY oubrokemysmallheartIfeltlikeIsawtheblues butstillgotloveforyouhopeyouseetheclue.

Can I ask

who created this world?

TINY

Never Love Again

I prolly never love again

Never love again

Unless it's less rahshea or sin

Here we go again

Still see we wit the beats goin in

Can't no longer hold it in

They say just let it out but I keep it all in

And see thru gangstas tryna keep all friends

I don't keep no more friends

Prolly never love again

Never love again

Unless it's rahshea or sin

I'm so Brooklyn wit the pen

I'm so Bed-Stuy

Lemme take you where I been

All the way thru hell

But lemme take it back

My moms was smokin' crack

That's why I be spittin that

She would beat us like Ye

I let it flow like Jay

When I turn 5 she died I said yeh

Wish I could take it back

Way back in the days Born in Harlem

Mommy had a problem

Daddy was a ghost

So you know the crib was haunted

Gangstas I can't call it

5 brothers, couple cousins my mother,

Grandmother, a couple others, 3 bedrooms too

Cluttered

Gotta find a way to vacate out that house

I'm from where only one'll make it out, 1 sister

We don't kick it she be trippin, standin' still

Swallowed my pride and I realized that I can't

Stand her still

I prolly never love again

Never love again

Unless it's less rahshea or sin

Here we go again

Still see we wit the beats goin in

Can't no longer hold it in

They say just let it out, but I keep it all in

And see thru gangstas tryna keep all friends

I don't keep no more friends

Prolly never love again

Never love again

Unless it's rahshea or sin

LUVAAH

Laugh at my Poem

When I was growing up we were poor.

Sometimes we went to bed with no dinner.

I used to have wild dreams.

I would talk in my sleep.

Once my mother said, Wake up!

What wuz you dreaming about?

And I said, I was dreaming that I was eating steak and mashed potatoes.

My mother smacked me, You selfish bastard.

You couldn't share that dream with your brother?

I remember we had no clothes and my sister and brother wore Twister game mats, shower curtains, and tablecloths to school.

We used dish detergent as bubble bath.

If it rained we would put buckets in the living room to catch the raindrops.

I remember my parents getting lucky and I would bust in the door and see them.

My mother would yell, Close the door, Bruce.

I remember my grandmother told me she killed her dog because it rolled its eyes at her.

I remember my mother told me You're retarded, but I grew out of it.

I used to take the little yellow bus.

That was embarrassing stuff.

We had to sit on little chairs, no desk, round tables.

I was in a class with a boy who wore a football helmet.

Other kids used to tease me, too.

Sincerely, I say, just laugh at my poem.



BRUCE KIRKLAND

Gotta watch

who's around you.

They could be trying to level you down, instead of leveling
you up.

MOS

I'm tired, tired, tired. Damn, damn, damn.

How we gonna fix this?
I need to go away
for a couple of months
to get my head straight.
I might find myself
a better person again.
You can blame it on the crack
or drink,
and stuff like that.
I gotta, I'm gonna
get back on the right track.

STUDDA'LOVE (KENNETH)

2nd Chance

Fresh home from jail rebirth from hell, another chance to build. Please, more food, I need another meal!

OMAR DOOLITTLE

Love

It's easy to fall in, but hard to get out. And there's in-between days bright as the sun and nights go cold as a December midnight.

ERNESTO VALENTINE

one thing.

your love means everything.

you're tough, but I'm dying.

MICHELLE GAYLE

Two summers back

in Brooklyn, I moved
on Schenck,
and found out
I was pregnant.
I had the baby.
She's beautiful.
Hell yes, she's beautiful!

DARLENE MERCEDES

Being a mother is

inexplicable.

A Battered Woman

Only

sober people

get to eat.

Р. І.

28

The pain eats up my mind, crimps my body and I bleed. How can hurt, hurt so much?

JEANETTE PETERSON

Rain

The rain makes me sluggish. I want to stay in bed. But that's in my head. I was a Marine and they taught me the rain was an advantage. As a college football player I can remember some of my best games were played in the rain. I made tackle after tackle. The rain made it hard for the running back to run the ball. You know, poor traction. But the rain feels good, the water splashing on my face in the cool wind. And we need rain for the plants and trees and drinking water. I look forward to the rain.

ALAN DORVIL



Unexpected

I had every single excuse to be angry, depressed and f%#!! mad with the world.

But when I think about you, I get the feeling of happiness.

I don't know anything about you.

What a beautiful gift, your presence and energy shows me that this is not the end.

I like the feeling of silliness I get when I see you, when I'm close to you.

Quietly, I made the decision to isolate myself completely from the world.

But I've found a very profound sense of joy after meeting you.

The unexpected gave me a reason not to give up. And it's getting even better.

OMAR OVALLE

Stuck

sitting in probation lacking motivation

wanna do more but I'm hesitant

it's hard not to be a pessimist

stuck in my ways but tryna better it

AARON RAMOS

Stuck In A Cage

no way to get out
Stuck in a cage
all alone, no spouse
Stuck in a cage
for the cheese like a mouse
Stuck in a cage
for not following the rules
in the Lord's house

ANDREW ROSE

Life is too short to drown

swim in passion be grateful for the *wave*.

STEPHAN CARNEGIE

Far From

Far from perfect But perfectly imperfect Far from mean But boldly blunt Far from your average everyday But definitely been around the block Far from the standout bitch But uniquely designed Far from your wish upon a star But definitely your dream come true Far from your ivy league status But educated with honors Far from washed up But experienced beyond measure My shortcomings are my up rises My downfalls have become my stepping-stones My heartaches have transpired into turning points Your nonsense has become my laxatives As I refrain, release and rebuild This life here, not done, #Farfrom...

SCHOLANDA MILLER



Scene of the Crime

Ι

Today they almost dragggggeeedd me to jail!

Said I was a nuisance, me Said I was irate; me Said I was irrational—me Me My bared Black breasts & skin, too much made in America. Public enemy #1...

Unruly cops come in packs of pairs.

\prod

He would have Snatched the Black off my head, Had the universe let him.
Black body on the frontline...
I am told that white pity is safer for Black skin Than sunscreen.

"We were all prayed up before we got here!" My companions said. Somewhere God was lookin' listenin' And with a merciful wink Came salvation.

NICOLE GOODWIN

Anguish

Is it worth it or should I just end it via knife?

Drugs, depression, disassociation is how my misery is spent in this endless pit.

Not sure if I have an answer to this constant version of the same event.

No magic bullet, but there's always hope.

Just hope you're not caught waiting to get hit by a magic asteroid.

RYAN HOLMES

The Right Way

We're all in trouble living in their bubble.

It's a catastrophe living in their fantasy.

How do they come up with policy?

It's all a fallacy.

JOSÉ ESPINAL

Dear Kali Hope,

When you were born I was so excited. I told everybody, She's here. And Down syndrome doesn't change the fact that you're soooooo beautiful. I will never turn my back on you. I will never be ashamed to walk the streets with you. I will love you forever, my grandbaby, Kali Hope.

KEISHA HAYDEN

Roses

are red violets are blue I want to get the hell

outta here!

OLIVER IRELAND

Mixed Emotions

it's like my brain is on shuffle,
I stay in my duffle bag, once my mind is straight everybody's in trouble, if you talked behind my back, just know I still love you.

MGTHERAPPER

Why try to make it when your supporters try to bring you down?

DEVON WARREN

When you have money

why do haters come around?

DEVON WARREN

Why am I on the beach, but I see no ocean?

RODNEY HUFF

Why is the sun black?

RODNEY HUFF

Why am I

me

and

not

you?

RICKABABY

50

Sintomas Del Amor

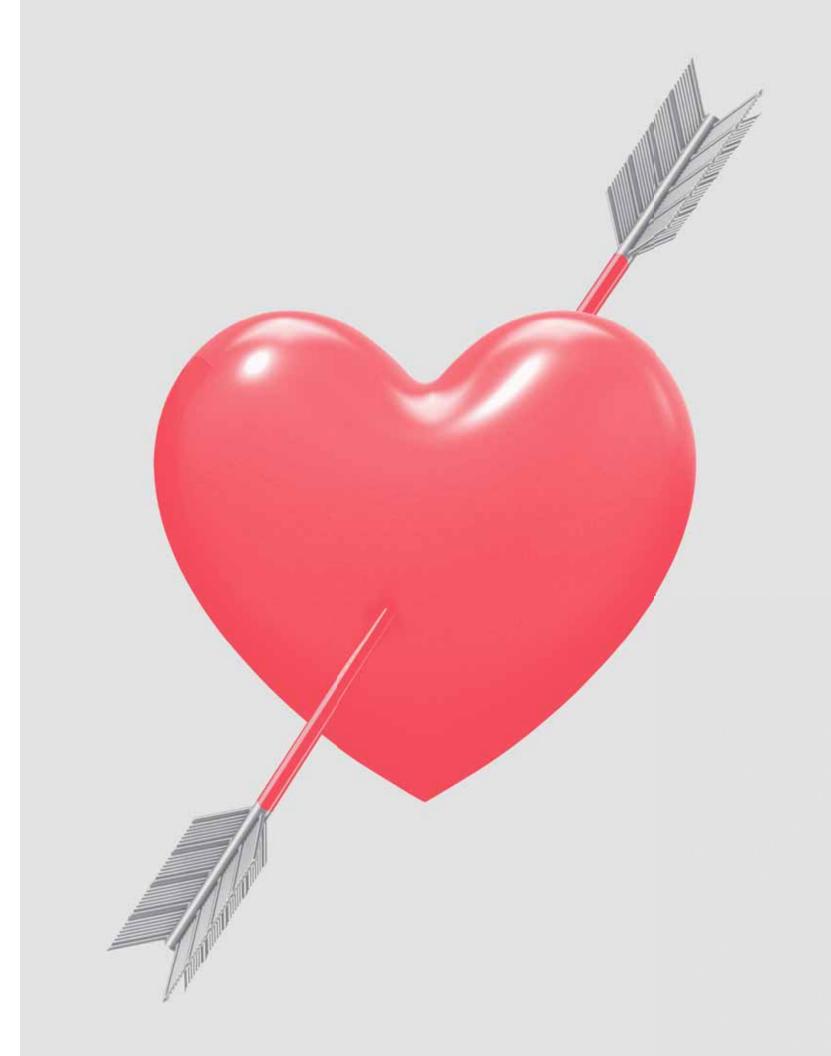
El amor, en momento, es bello y te sube al cielo, pero vuelve tonto, sordo, y ciego, si en verdad tu ama.

RAMÓN HERRERA

Symptoms of Love

Love, in the moment, is beautiful and it takes you to the sky, but you get stupid, you go deaf, you go blind, if in truth, you love.

D.M. - ENGLISH TRANSLATION



41

Delicious and cheesy, Fresh baked trust, Close your eyes & take a bite! In **Pizza** we must.

STEVEN CRUZ

You are!

a coffee bean with a weave. Your fine brown complexion magnifies your infectious smile and diabolical attitude like strong espresso. Your lankiness, hypnotic eyes and G style make you bewitching, enigmatic as a capuchin secret! You are self-consciously skeptical, at odds with reality, with a misbelief of certain truths. You are so old school, yet you cut a fresh foam figure like a caramel latte. It's nice to know there are still things you haven't seen while waiting for your wafting aroma. I can tell you my secrets. I trust you. Like a coffee bean, you convert water to a hot shot of dark caffeine.

G.W.

Tough on the outside sweet on the instanding tall and proud, crown in the clouds, yellow as the sun's skin when I eat you I think to myself, Pineapple, you prickle like a pin.

SADIE FELDER

OMAR OVALLE

Is my hair ok?

Why am I addicted to a life of lust, money, and drugs?
Is there a life for the wicked?

TY BECKETT

The Four-Leaf Circus

Life is a clown car.

School is a circus.

Work is a circus.

Debt is the ringleader.

Balancing acts.

Sidewalk cracks.

Look at these clowns.

Sad, happy, slappy clowns.

Circus Hound.

They found him at the pound.

His tummy round.

Crying on the inside.

Laughing on the outside.

He never made a sound.

Circus Frown.

NAPOLEON FELIPE

Countdown

10 families

9 personalities

8 rivalries

7 deaths a week

6 by gun

5 by assault

4 children dead

3 from one family

2 parents fight

1 stands victorious

MGTHERAPPER

Regina

Diamonds in both ears,
A ring in her nose,
Tattoos on her neck,
A smile that kills,
Eyes that glow,
A Queen with her own demeanor,

Red Bull's to make her go, Sharp as a knife, boldly Facing all strife, her hair Has a mind of its own.

A Queen with her own realm Needing no subjects, As she proudly strides by As her admirers genuflect.

Her beauty is evident
In the way she is present.
And Queenly by name as
She holds court and smiles.

Attitude in abundance, Strangely attractive Dark brunette tresses are Like a crown on her head.

Unforgettable once you see her, Relish in her presence, of a Queen In her magnificence. Ravishing
All
Consuming
Effort

YASMINE LANCASTER

To Women of Generations Before Me

Expect my apology
From me and men around the world
Who have been programmed to believe
There's a divide between us as genders
I know the way you feel can't be easily forgotten,
But nowadays there are so many distractions
Forgetting becomes simpler
To independent women of today, let your voices ring with
Confidence
Now that we're listening

Teach the next generation of young men how to

Co-exist with the co-creators of their existence.

HALOTHEARTIST

G.W.

Amor de Hijo

Madrecita linda aún recuerdo tu Cariño y cuando me proteja Mientras yo me divertía con Papalote de colores, trompos Y Pepsi-Cola.

Madrecita linda y si tu muere Primero le diré al sepulturero Que haga fosa para dos.

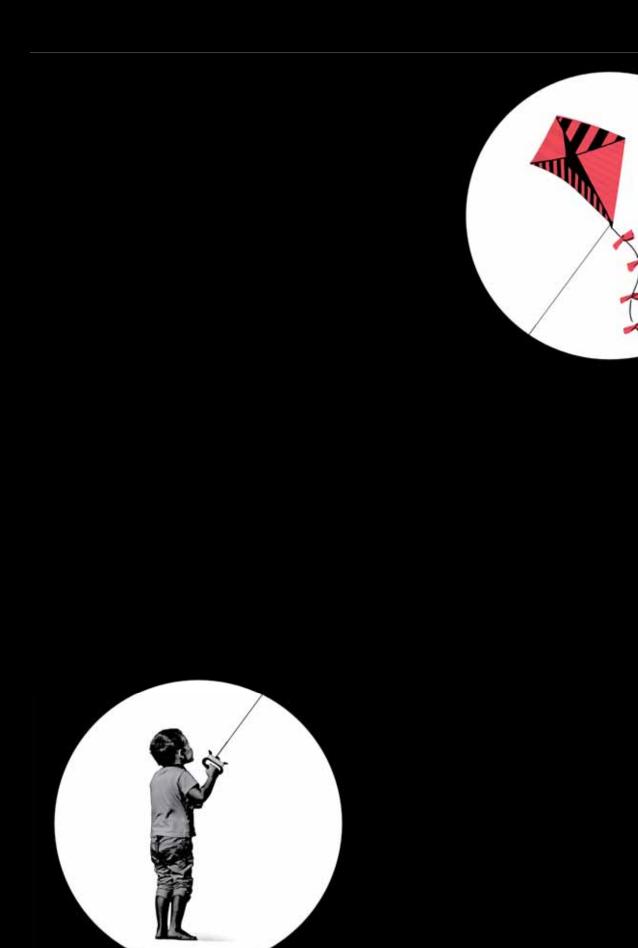
RAMÓN HERRERA

Love's Son

Beautiful mommy, I still remember Your love and when you protected me, Amused me with colorful kites, spinning tops, And Pepsi-Cola.

Beautiful mommy, if you die first I will tell the gravedigger To make a pit for two.

D.J. - ENGLISH TRANSLATION



Distance

I know that you don't understand how this distance could be part of my plan. I can feel you reaching. I can't reach your hands. But I'm not raising a boy, you see, I'm raising a man and yeah, it hurts me to see the pain in your eyes. When you're looking at me or when you're trapped in your closet crying when you call me and I'm working so mommy can't speak. So yeah, the plan wasn't perfect, but I'm seeing it through

cause I know that

it's worth it. See, I almost can give you the life you deserve and the life that we fought for, you know, the one that we earned and so I won't give up this fight. I won't quit till it's done. I will work throughout the night. I will give you everything I promised. I won't listen to fright and I know I won't fail because you are my light.

DARIANNY SERRANO

Giving

is good for your soul. There is nothing like helping someone. Seeing gratitude in someone's face or hearing it in their voice is priceless. The best way to give is to do it and not expect anything back. It's the absolute best feeling you could ever experience.

BRENDA DAVIS

Defeat comes in many forms &

trials & tribulations

take us down a path

that require action.

Maintain. You will find

your road.

TYIECE BARCLAY

The Art of Spilling Coffee

Our reflex is to jump the moment we see it spill, 2 dollars, 50 cents of coffee rushing down the seat; what a waste. The nurse next to me shows me the burn on her finger. She laughs it off; I've got good reflexes, she tells me, but some spilled on my uniform; my only one. The train stops; the announcer apologizes for the train ahead, its emergency brake is on. The nurse assumes someone must have jumped, that must be it; she works with them, patients on suicide watch, she knows one who jumped. His face had to be stitched back on, ear to ear. He wanted to see the video after.

She tells me that back home people don't commit suicide like they do here. I tell her people get lonely. I just want my day to go smooth, she replies, showing me pics of her daughter's first day of school, the staff welcoming students; this helps her fight the goosebumps growing on her skin. I think of visions of the unimaginable, of watching parts of yourself hanging; I think of thoughts unimaginable, of no longer existing. They feel it is an easy way out, she says. I tell myself people get lonely. I smile at her, hoping her day goes well and I hear my words jumping in my chest. I wonder if she did too.

SHERESE FRANCIS

52

Problem

Gun is a dirty word, synonymous with death, synonymous with bars, metallic, clinking, unyielding, an irreversible twitch of the hand, promise silenced.

With a collective sigh, the ancestors shrug.

Schools on shut down, fear breathes under desks and in coat closets.

They say he is ill and had no friends, anti-social behavior and divorce at home, a victim himself.

Black gun purified by white hands.

Tragedy. Change skins, change melanin.

This gun does not belong to him, turn the barrel to his temple, the natural order of things.

With a collective sigh, The ancestors shrug.

Mother cries into her pillow, her firstborn stolen.
Flowers pile up, brown and sour.
No one can stomach the gravelly grief in her voice.
No one can find the balm to soothe her.
Now her nephew's teacher has a gun.

ROWANA ABBENSETTS



Our love

is you, our love is me, our love is like a newborn baby.

Our love is joy, our love is

pain.

Our love feels like dancing

rain.

Nothing feels the same.

So hold on to (y)our love because it was granted from above.

DONNA OXLEY

Twists & Turns

You try to do right. Bridges may burn.

You go to college. You hope to learn.

You find a job. You hope to earn.

Books contain knowledge. But what's important?

Is it how we apply it?

PAUL LEUFROY

Everything

I feel like everything I do is never good enough.

No matter what accomplishments or downfalls I go through no one seems to care.

I'm always helping everyone.

Who is going to be my help?

Whose shoulder am I able to cry on?

When I'm hurt, who's going to hold my hand?

BECAME BROKEN

I am surrounded by angels, so I know I am truly blessed.

ANTHONY FAUNTLEROY

0

Call me O, I'm stuck on Earth Offshoot, They tried to lock me Opening for They tried to stop me I'm from the star-stream Oneness or Ownership, I need a rocket Oranges or I gotta go Obsidian, They want me down Oil of olives, I miss my home Oceans from I found a road Origins.

I found my goal Our time They told me no O'clock. They see me low O, love odes They see me slow Next thing you know I'm back at home Over and

Now I'm gone

Observed.

Over until

Offered

ROWANA ABBENSETTS

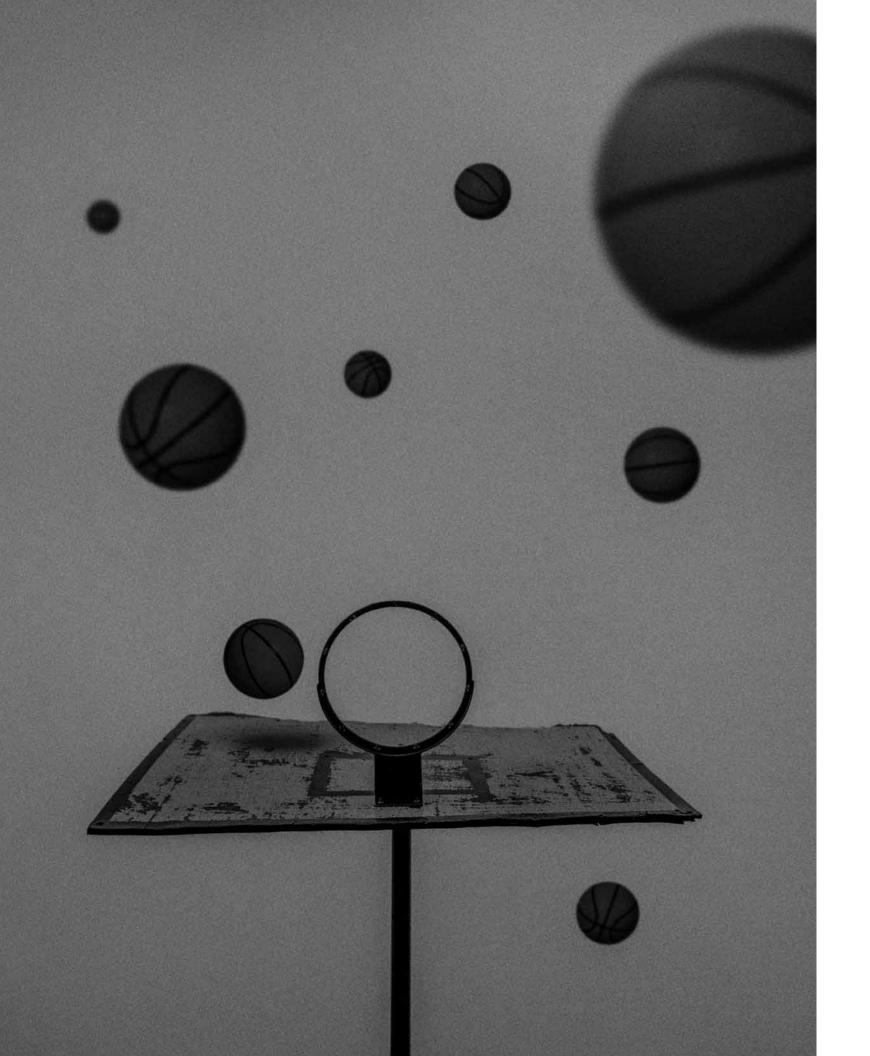
JUSTIN KIRLEW

Back at Home

We are shadows of our thoughts, Our emotions are our keepers.

RACHEL BERGER

ESPERO VOLTARE



Ritual

| Practice | practice |
|----------|----------|
| Practice | practice |
| | |

makes habit

Eventual

NICOLE GOODWIN

Take Care: From A to Z

Aspiring for health

Because if not a

Cancer will

Dissect you from beginning to

End

Forget wealth, money will never befriend you

Give your spirit & mind to a friend

Have not waste not

If you want to do so

Just be free to be

Kinder to yourself

Love life

Make your body a temple

Never regret it's simple

Or just wait for your body to be crippled

Possess only yourself

Quiet down any waves

Resulting in your goals

Safe to say you will get old

Tomorrow is not promised I've been told

Under God & halt

Vending dreams of living

Way above your means

X-out all mess

Yet bless this holy

Zone...the healthy scene.

LA LA AKBAR

When

you are hurting it makes you let go of the things deep inside that you truly know

when you are hurting you want to break free from the pain in your heart & scream, leave me

when you are hurting you're filled with such doubt and those who should know can't figure you out

when you are hurting you'd rather be alone than be in the presence of others or talk on the phone

when you are hurting you can't think straight if you're usually an on-time person now you're showing up late

when you are hurting life becomes a haze, turns into darkness and a deep complex maze

when you are hurting your mind begins to dwell on a time when things were simple and all of your life was well

L. REID

Even our kisses are spoken word.

Mess

My favorite fruit is not easy to share. It is a matter of intimacy,
Paring slices of mango
Peeled from tropical rainbow skin.
Sweet stickiness slips
From my finger tips
As I taste the first candy
Of a country girl.

ROWANA ABBENSETTS

Sometimes I feel

on fire
like my skin is stuck to the sun
like a little kid having fun
sometimes I feel lost
sometimes I feel like a Boss
sometimes I feel mugged
I feel loved
I feel gone
I feel alive
sometimes I feel strong
sometimes I feel wrong.

C. MCDUFFY

When it's dark out

everything's clear.

When it's dark out,
ain't no one there.
But when it's bright,
all seems alright.

That's when friends give fake smiles.
Ladies give fake hugs.

When it's foggy,
that's when people tell the truth.
I like when it's dark out,
because when it's dark out,
ain't no one there, everything's clear.

LATHAN ROGERS

My pride and joy

are my 2 children.

One of my son's, Anthony,
is a sophomore
at Susan Wagner High.

And my oldest is autistic.

He makes me happy
because I see a change in him every day.

RENEE WILKINSON

FREE VERS

L.K.M./WOLF POET

65

600 Thread Count

Basking in the comfort of my truth Covered in a quilt of his fraud

Wrapped in a duvet of deceit

Masked by curtains of hurt

Shaded behind blinds, draped with guilt

Laying in my 600 thread count reality of lies.

Paired with shams of shame. We both did wrong,

But only one got filthy!

Nevertheless, I'm still comforted by his comforter of inconsistency.

Clamped tightly by his tuck-in of DISRESPECT.

Although, my heart is sometimes rhythmless like a flat sheet...

I still lay here in my 600 thread count reality of lies!!!

As we make luv to beats of the hearts that yearn for others,

We close our eyes and escape in this satin instant gratification.

Tender to touch, smooth as a baby's bottom,

Perplexed on this Tempur-Pedic California King.

Still in rhythm, but out of harmony, so out of sync, like a king size pillow,

With a medium case on it.

Gasping to be released, as we lay here

In this 600 thread count reality of lies.

SCHOLANDA MILLER



Call you tomorrow.

I will call you tomorrow.

Tomorrow

is today.

I call you today.

I leave a message.

— call anytime,

but not before tomorrow.

You call today,

but I return tomorrow.

We go around the week!

Or until you forget.

I 've done that a lot.

I'm not an angel.

I don't call tomorrow.

I'm here.

You visit.

Night is done.

You rush out with the morning light.

I give you the prize.

I send you away with homemade biryani.

Don't call until tomorrow (smiling!)

Today is tomorrow.

You call today.

I call tomorrow.

I've done this dance before.

Tomorrow is not today.

Will call tomorrow.

Tomorrow

never

comes.

ZAHURA AKTER

Cooking Up the Buried

Some women hide their names from the world, seal them off in cooking pots, grind them with pestle and mortar until unrecognizable until dust, mix them into gravy sweetened with burnt sugar.

Some women hope you never taste those names: too much poison, too much medicine; they know those names would be spit out the moment they enter some mouths, would be looked at with disgust. This is the way to get them down some throats; the only way for some bodies to absorb them into their cells.

Some women want to see their names in others, to know that they grew because of those names, that lives were dependent on them to live, that lives nursed on them, the spoons in mouths like nipples.

Some women forget their names, their looks, their sounds; so busy trying to feed others, so busy being emptied, so busy trying to give life by passing those names down, hoping those names will continue to live without them.

SHERESE FRANCIS

Blocks

All my poetry is crossed out.
All my chakras are blocked.
All my songs are unsung.
All words snatched from my tongue.

ROWANA ABBENSETTS

I'm so busy

taking care of 2 people that I don't even have time to think, Don't forget about yourself!

SANTIA TAYLOR

The first time I got a tattoo my arm was so sore I couldn't sleep.

JASMINE FAULKNER

My Sex

Somebody's done changed my sex. I should have been a boy, but I'm stuck in this female body I'm wearing so well. When I talk the thug comes out. My hands are hard. I can fix everything in my apartment. I even change the tires on my car. There's nothing girly about me except the way I dress. No need for makeup. You got to look deep for my beauty. Gaze into my big, brown eyes and you will see something like a man in deep thought. That's why I say, Somebody's done run off with my sex, but I'm still looking for my lip gloss.

TAHARA LILLY

I just want to say, LIFE is a privilege. LIFE is a privilege, I just want to say.

LEVOY DUPREE

Public Radio Announcement

NPR calmly explains,

The government has fallen.

Now a word from Brian Lehrer

Live from Trump Tower in New York,

Where all is well within police barricades

Guarded by guys with guns

As peanut vendors and yoga moms run

For their lives and brown nannies abandon

Blond babies who will be better off alone.

Now, for a jazz interlude
From a hip new band,
And later catch, Wait Wait---Don't Tell Me!
More chaos explained in quiet voices.

The House is debating its existence
And in a small Oklahoma town
A woman has collected over 100 frog statues.
Democracy is a concept, after all,
And discerning minds should know,
Phillip Roth is dead. America's complaint, next on NPR.

ROWANA ABBENSETTS

Monday

I heard the worst news that changed my fate.
I looked up in the sky to say to God, *It's not true*.
So sunny out, a sky so blue.
They took his life.
And all I could see was them trying to take me, too.

MOISES MARTINEZ



Blessings in Disguise

Probation: a blessing on the low. Angels in disguise, our POs.

FRANZE WILLIAMS

Benedizione travestita

Probation: una benedizione dal basso. Angeli travestiti, Le nostre guardie.

KAIROS ITALY THEATRE - ITALIAN TRANSLATION

You've been there before,

it should be easier the second time around.

FRANZE WILLIAMS

Sei stato già qui,

dovrebbe essere più facile la seconda volta.

KAIROS ITALY THEATRE - ITALIAN TRANSLATION

Line of Life

Being a young colored man you have to understand, I completely know the struggle. I used to be the young boy worried about the hustle. But I had to humble myself, dog with a muzzle. God helped me see clear. At first I didn't believe He would take the time To help the likes of me. But I'm thankful cuz He showed me, if I ain't change, He would punish me. And I ain't trying to be a dead man.

MITCHEL CRUZ

We Got You

You don't have anything to do. Pull up to me and the crew.

We got you.
Deep poetry, I spot you
being a gangster
is not you.
We got you, like BET,
love and support is what
we have for you.
Don't be ashamed of art
in the form of words.
We got you like the Angel Gabriel
talking to the birds.
No need to hold back your love.

74

BRUCE KIRKLAND

Free Verse, we got you!!

Freezing Cold

Winter storm, the sleeping city hibernates.

G.W.

Freddo Polare

La tempesta invernale, la città addormentata manda in letargo.

KAIROS ITALY THEATRE
- ITALIAN TRANSLATION

73

talk about WMDs and invading Iraq, but no one's really winning the wars / "they" talk about homeland security protecting us all, but no one's really locking the doors / "they" talk about drug trafficking / "they" supply it as well / the government's the real reason why this fiery hell is burning us all / "they" criticize us as individuals and put us in a place where society births criminals / I'll tell you exactly / "they" created the crack pheens/ "they" created the misery / "they" created the history / "they're" the reason why Big and 2Pac's murders are a mystery / if you don't know money, then you don't know the history / so while "they" tell us, Stop the violence / "they're" creating the terrorists / the whole world is sick / "they" got us fighting for enemies / can't get the cure for what ails me, unless I'm a celebrity?!?! / or stacking dough like one/ but I fear no one / I'm a samurai sword swinging shogun.

LEARNZ

My feet were so light

I took flight above the clouds and I could touch the stars and below me, the red lights from taillights of cars streaked by on the highway, and I flew to my house and looked down on the streets where my friends stood on corners and played ball in the park, and I felt so free until I forgot to ask how it was I was flying. A loud bang on the prison bars. And a rough voice shouted, ON THE COUNT!!!

It was all a dream.

S.A.R.

Guilty as Charged

for the wrong
I've done, my
life has
become my wife.
I'm not in a great
mood. I thought
my loyalty
wouldn't make me
lonely. But
I made it
happen, no
accident of

I am guilty

or drink.
I did this.

fate, no drug

That's why

I feel guilty.

DEVONTE RHODES

77

Shoot!

Shoot me.
Shoot them.
Did you get him?
Did you get them?
Yeah, I got all I could.
There's so much going on I need to shoot.
That's the life
of a photographer.

G'DAE

Dream March

During the 60s I lived in Queens Village. There was a White Castle on Hollis Ave., where only white people worked. So the local community protested against them. They marched in front of the place for about a month. Things changed! Most of the time I only saw change on TV.

My brother took part in the March on Washington D.C., when Martin Luther King gave his "I Have a Dream" speech. My brother had been misbehaving at home. He was in the doghouse. And my mother said that the March was going to be in the history books. She wanted one of her children to be a part of it. So she gave my brother a round trip ticket to Washington, D.C. on a Greyhound. She made him a shoebox lunch (fried chicken, a sandwich, fruit, cookies, and juice). My brother made the trip and he returned home with many stories.

JANET G. ROBINSON

March Twenty-Two: The Woman I Once Knew

The woman I once knew was not always sweet but she appeared to be whole and not incomplete.

The woman I once knew was not always nice, but at times, she'd give great advice.

The woman I once knew took pride in her living space, now it seems like she's existing in an empty place.

The woman I once knew walked with a lot of pride, now it feels like something inside her has died.

The woman I once knew has been replaced by a meaner, angrier, older, version of you.

I don't like her; don't know what to do. The new woman makes me sad & blue.

L. REID

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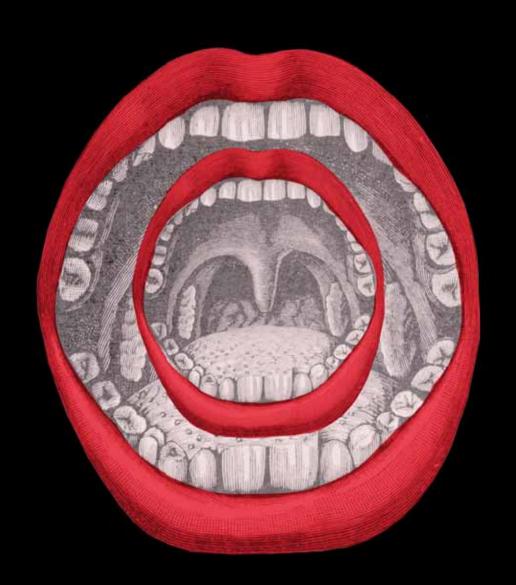
Two Mouths Speaking Obscenities

No love. No compliments.

Just Spanish words dipped in spices. I can't imagine their mouths tasting flavor.

What should be two feet shuffling in rhythm to a tune becomes two elephants stomping, four arms waving, like wicked tree branches on fire, and I'm a helpless meat bag caught in the middle with a spoon filled with honey.

NAPOLEON FELIPE



of Raymond Stein

The Life and Death

I was only in sixth grade when I decided to invite my childhood boyfriend to my house. Raymond was very mature for his age. He had a full beard. When Raymond arrived, my grandparents and I were sitting on the front porch. They looked in amazement as he approached. I explained that Raymond was my friend from school and that I had invited him over. My grandfather politely asked if I would go with him inside the house.

Out of earshot, he asked, Who told you that you could invite someone over? You're only in the sixth grade. I will let you know when you can start dating.

Then he asked, *How old is this boy?*

I said, He's in sixth grade, too.

That was the first and last of Raymond Stein. That is possibly why, even today, I'm attracted to well-groomed men with a beard.

BRENDA DAVIS

Why must I carry the burden

Walking around heart hurting Then I think about what I do And what I did Things we did for fun Things I did for money Awake all night Resting my head when it's sunny Killing people slowly And you reap What you're sowing Wanted to be hard when I was young Looking back I seemed soft and dumb Too tough to run Ten slobs and one folk Stabbed six times face back throat Tried being hard Every day in the mirror I see the scar

DENZEL JONES

Apollo

My experience at the Apollo was amazing.

The lights and theme gave off a great vibe.

When we first walked in my daughter was like, Mommy where are we?

I'm like, Baby girl, we at the Apollo.

She like, Mommy, what's the Apollo?

So I explain to her that the Apollo is where all the famous start from Before they get famous.

So she asks me, Mommy, who is famous we going to see?

(I start laughing) I'm like, They are famous, but they are poetry famous.

All the poems were great, but two touched me.

They showed me that I don't have to always hide behind

My pain or my anger.

And my days will get better, once I let myself blossom!

Me and my baby girl really enjoyed ourselves.

My baby really had fun. She went home and went to sleep.

TIFFANY MARTIN

Music is in my DNA.

I was born to dance.
There is no other description
of my stance. Believe
my DNA makes a musical trance.

VERONA WAITE

My trombone is a work of art.

It gives me a way
to share my love, my soul.
My trombone sound is my gift
to those that need
a beautiful tune.

MAQUESHA GILLETT

Past Dreams

You think, once in a while, of dreams from the past and it's like a friendly reminder of all the things you went through. It's good to know what you thought would kill you, didn't.

LYNN CHEUNG

Where are you from?

I am from a chair where I sit instead of stand.
You can take it with you wherever you go.

ZINA DEVINE

What I Know

take your L
make it a lesson
count your blessings
& never take family
or friends for granted
people can be gone
in less than a second.

DENZEL JONES

84



Change.

Execute

the words

from your

moUth.

FRANZE WILLIAMS