

**Chris Quintino** (b. 1985)  
McClintock High School

*Restrained For My Own Protection*, 2003  
oil on canvas  
23½ x 35 inches

So much to say that it hurts my soul  
I want to let you know so badly  
But fear and self-doubt do prevent  
And have repressed me all my life  
With disregard, opportunities pass by this prison  
window  
Whose small opening allows outsiders a  
restricted view  
I would rather all remain as is  
A guise of content until time's end worn  
Than risk the unbearable pain of losing any more  
So I bite my tongue until it bleeds  
Each agonizing drop prolonging my sentence

