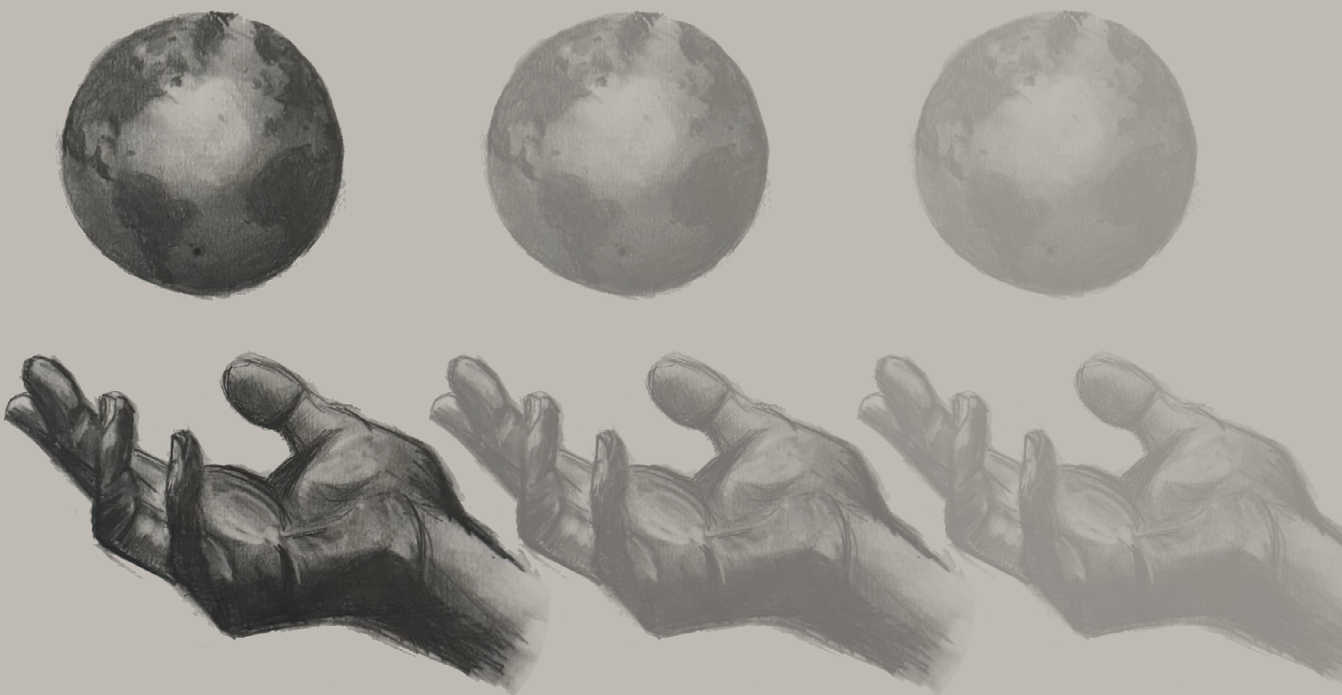


in the palm of my hand

[drawing by claire pogge '26]



“always a process”

[poem by claire pogge '26]

I can't even grieve in peace
My mind made a process
That my body must follow
Death took my friend
And what do I do?
I pick myself up
And make a to-do
I can't stop
Or it all just comes back
So I keep going
Weeks without a real laugh
I comfort the family
I write the speech
I try to sleep
But I have no inner peace
I get up and dress
For the wake of my friend
I read line for line
Sharing memories and a future

Cut short by her death
I eat without flavor
I can't taste a thing
My heart is being squeezed
So hard I can't breathe
I attend the funeral
I walk up to her body
Her cold lifeless hand
That I reach out and touch
I hold back my tears
And try to be strong
But when they carry her away
I begin to sob
I look around at the people
All affected but not truly scarred
Her death left a mark
That can't be washed off
I wake up and the world
Seems to have moved right along

So I try to force the life
The life of happy thoughts
But I'm angry
So angry
And I feel so lost
My process is breaking
My senses falling apart
I don't know how to take
the next step
What is the next step
with loss?
Even in grief
I followed a process
I can't do that anymore
I've run out of boxes
Nothing to check off
Nothing to get done
Except sit with my thoughts
And try to move on.

burn 11

Hand/Globe artist statement: The piece is titled, “In the Palm of My Hand” and it was done with graphite on mixed media paper. I began trying to teach myself to draw hands. But once I drew this hand, I felt like it was missing something. I tried to think of how I could elevate my design through what I was feeling inside of me at the time. I ended up choosing to draw the globe because I was going through a bit of a hard time, and I felt like my life was spinning out of control. My heart felt heavy and the burden to keep going forward seemed like a million pounds on my shoulders. But through the people in my life, I was able to remember that I was in control of my life, how I felt, and how I would choose to make the world a better place. The globe represents me taking control of my life at a time where that felt impossible. It reminds me that I am powerful and strong, and that I can do anything in this life. This piece, though small, represents something big that I felt inside of me. It took me around 3 hours to complete, and though not a very time consuming piece, it remains one of my favorites.

In addition to the artwork, I wrote a poem to accompany the feelings I had at the time. It is titled, “Always a Process” and it is about losing my best friend, and how I dealt with the pain her death brought me. Poetry helps me express my words on a page when I cannot seem to say them aloud. It encompasses real feelings from a time when I felt like the world was out of control.

These works were selected anonymously by my peers on the Burn literary magazine staff for inclusion in our Fall 2025 edition of the magazine. The page designers arranged the illustration in a decreasing transparent fashion with the poem at the bottom to show the connection, but the original art was created by me and the poem was written by me. Thank you for considering this photo/artistic illustration for NSAA State Journalism.

Claire Pogge '26

