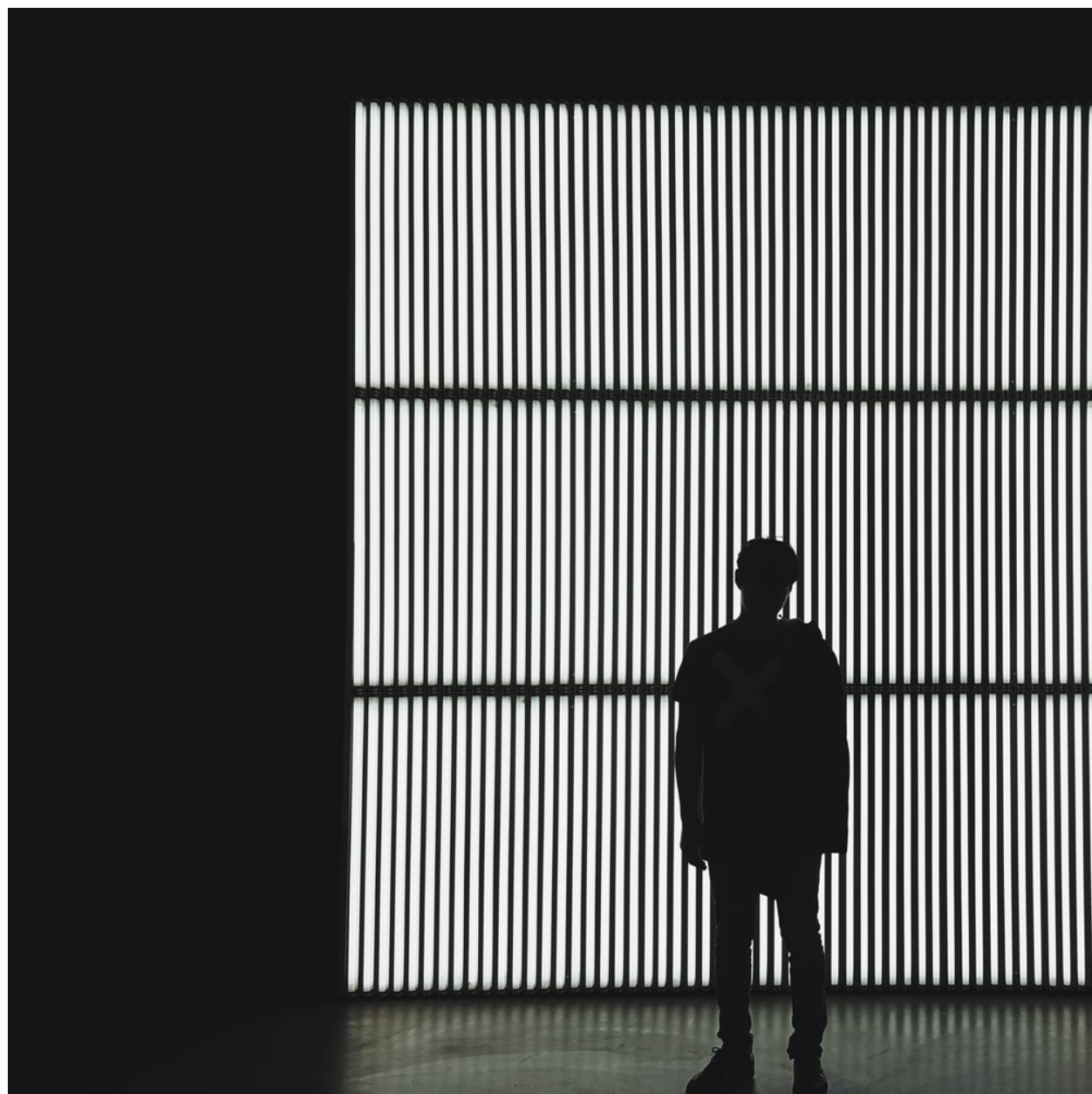


Meet Sam



Literary Magazine

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Editor-in-Chief

Suben Hwang

Associate Editors-in-Chief

Natasha Britt

Entertainment Editor

Juan Gomez

Chyanne Chambers

Yaneli Cortes

Paul Cummings

Jada Jackson

Shahed-Fatim Aisheh

Staff Writers

Kyle LoJacono

Advisor

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By Suben Hwang

Hello hi! This is Sam, Now Sam is a senior in Wharton High School and always imagined graduating so that Sam can stop doing homework and not go study 8 hours a day and now its the day where Sam is about to leave school and start the new life with the high school diploma. Now Sam has these emotions since well its time to graduate from anxiety to sadness, fear, depression, joy, and frustration/anger as well as some ways to make you happy when you're going through rainy days when you're sad as a clown until you're into a rainbow day since after all a rainy day turns into a rainbow and you're happy anyways, this is the emotions inside of Sam.



an·ger

/aNGgər/

Learn to pronounce

noun

a strong feeling of annoyance, displeasure, or hostility.

Anger, Anger is a topic that everyone can see and dwell upon that well, Anger is a coin toss from you either punching the wall or letting it steam until you're calm again. Now Sam here is frustrated about how the college Sam has been upset at the fact that the college Sam wanted to be in has rejected Sam and now has to make a plan B. Now it is what it is but the thing is Sam has spent countless hours on that form and now has to make a new one, and so as time passes by the best thing for Sam to do when Sam is frustrated is to let his steam out.



Joy

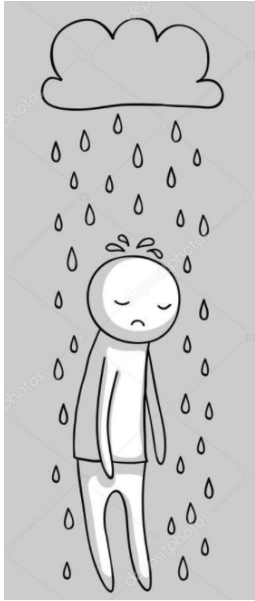
/joi/

Learn to pronounce

noun

a feeling of great pleasure and happiness.

Joy, Joy is an extremely amazing emotion that is quite an interesting emotion to have. Sam has found a new college to apply to and fingers cross that Sam would be in the college since well it was a nice college with a great opportunity for Sam and so when Sam got the acceptance letter Sam became extremely filled with emotion of joy. here Sam is now being accepted into a college that Sam likes. Jumping with joy Sam is ready for his new life.



Depression

/dEPreShoN/

a common and serious medical illness that negatively affects how you feel, the way you think and how you act.

depression, everyone has it either its a lot or as little as shape of a penny, everyone has it. Now Sam here has depression and just scared of the emotion and just overthinks Sam's life although life can get tough and as rough as it gets its only just a rainy day on the day that your depression kicks into gear and have to remind yourself that the rainy day is only temporary and then after the depression has passed its a rainbow and have to strive for more and more everyday and that's what Sam does and that's what you should do to.



in·spi·ra·tion

/,ɪnspəˈrɑːʃ(ə)n/

Learn to pronounce

See definitions in:

All

Theology

Physiology

noun

1. the process of being mentally stimulated to do or feel something, especially to do something creative.

"Helen had one of her flashes of inspiration"

Inspiration. Inspiration is a subject that everyone needs since well everyone needs it to strive towards greatness, For example Sam has been working hard on the college applications and needs to continue but has gotten tired and stressed out towards the finish line but needs more inspiration. Which is where now Sam needs to find inspiration to strive towards that greatness and follows the inspirations that guided Sam to where Sam wants to go in the future and so Sam takes a deep breath and thinks about what and why Sam tries and does what Sam needs to do to finish that finish line.



tired·ness

/'tɪ(ə)rɪdnəs/

Learn to pronounce

noun

the state of wishing for sleep or rest; weariness.

Tiredness. Tiredness is one of the most annoying emotions to handle since after all you'll be annoyed to deal with a certain event. Now Sam here has been working effortlessly and painstakingly trying and trying to submit all these college applications to keep going and going so that every college would notice Sam's application to the point where they'll accept Sam in. Which now at this point Sam has been tired and needs to rest which everyone needs to have to be able to strive more and more and grind until you need to stop again and just gotta keep going.

By Juan Gomez

Stand up

you to promise me that this is something we will work on. we will argue , we will fight But we make sure That it won't be the end us make sure That it won't be the end us.



Love

I always told myself that I could not possibly
Fall more in love with you But here you are Proving me wrong once again



Growing

I did not enter your life
To hold back from your goals
To make you feel cramped
I crave success for you
Even more so then myself



Suicidal

You noticed their grades slipping. "Lazy"

You noticed their attitude change. "Disrespectful"

You noticed they became distant. "Rude"

But you didn't notice
when their smile faded.
You didn't notice when their
short sleeves turned long.
You didn't notice they
wanted to die
-not until they did it.S.A



Crazy how someone you've been with for 2 years can make you feel as someone compared
To with someone you've been with for 2 months

Hurt

Hurting someone is like throwing a rock into the sea
But do you know how far the rock goes?
They can hide it, but they always find out
Sit down, stare at the ground, don't talk
Repeat over and over everyday
Until you become a ghost



Sometimes

Think you're too good
But how would I know I barely talk to you
Crazy how you wanted me first
And you still ended up hurting me
Crashing me harder everyday by not talking
Seeing someone else making you smile

Sometimes I wish I would've said NO.

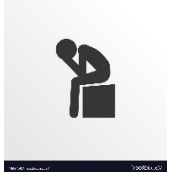


Hearts

Everybody needs a heart
But some still live without one
You made me live without one
I'm scared to fall in love

Depressed

They say keep your head up
But I have nothing to live for
Nothing to look up to
No one
You left me in puddles of my own sadness
Only a fool would love you again
But I am one of those fools



Two-sided

Your two faced
But if your gonna be two faced make one pretty
You don't matter enough to me to upset me
So please there's the door heck! I'll even hold it for you.



Shots the heart

Let's be friends
I don't like you
You're making me miss my ex
It was a dare, sorry
Sorry you're to nice for me.



By Shahed-Fatim Aisheh

1. Anxiety:

Anxiety is within us all,
it makes us afraid to stumble and fall.
Anxiety consumes us day and night,
creeps up on us and gives us a fright.
Anxiety makes our stomach squirm,
hopefully it'll end this term.

2. Happiness:

Fresh lemonade on a cool Spring day.
Sand between your toes at an ocean bay.
Frolicking in a field full of flowers.
Freshly baked cookies waiting to be devoured.
Watching the sunset from afar.
Happiness is everywhere, how bizarre.

3. Sadness:

Happiness, it's temporary.
Such a burden to carry.
It's a word that's hardly ever used,
one that's left us utterly confused.
If you're lucky enough to obtain it,
i tip my hat to you.
Make sure you keep it quiet,
do you really want to start a riot?

4. Anger:

Some situations make us see red,
then we need to breathe and not jump ahead.
Sometimes we're unable to fight the urge,
our only wish is to start a purge.
At the end of that day, we can only hope
we can fight this anger and somehow cope.

5. Happiness 2:

Many things can make us happy,
yes, i know that sentence is sappy.
But look around you, you'll soon believe it,
it can help in many ways, you'll only benefit!
Biking with friends, hiking with family,
activities we can always do happily.
Doing things that brings you joy,
guarantees a day you will enjoy.

6. Fear:

Those days, when I'd wake up to the silent cry of peaceful tea.
Nowadays, I lay silently in bed, waiting.
Those days, when we'd sit under a dancing tree.
Nowadays, I lay silently in bed, waiting
Those days, when the sun rose as bright as blood.
Nowadays, I lay consumed in darker, waiting.
Those days, id seek you when my feelings would flood.
Nowadays, I keep to myself my mysterious music, waiting.
Those days, when I I could care less about the future.
Nowadays, the very word cuts through me like a knife while I'm waiting.
Those days, when sleep was a bittersweet river.

Nowadays, I lay, eyes wide open, waiting.

Those days, when the sound of our laughter would make gal quiver.

Buy now, the only audible sound is the salt soaking my pillow, as I wait.

7. Sadness:

Whose best friend is that? I think I know.

She is quite sad though.

It really is a tale of woe,

I watch her frown. I cry hello.

She gives her best friend a shake,

And sobs until the tears make.

The only other sound's the break,

Of distant waves and birds awake.

The best friend is bold, kind and deep,

But she has promises to keep,

Until then she shall not sleep.

She lies in bed with ducts that weep.

She rises from her bitter bed,

With thoughts of sadness in her head,

She idolizes being dead.

Facing the day with never ending dread.

8. Anger:

He gives his dog a shake,

And screams I've made a bad mistake.

The only other sound's the break,

Of distant waves and birds awake.

The dog is sweet, big and deep,

But he has promises to keep,

Tormented with nightmares he never sleeps.

Revenge is a promise a man should keep.

He rises from his cursed bed,

With thoughts of violence in his head,

A flash of rage and he sees red.

Without a pause I turned and fled.

9. Sadness:

Pay attention to the bucket,
It's filled with sand.
Down, down, down into the darkness of the bucket,
Gently it goes
I cannot help but stop and look at the salty seawater.
Never forget the tasteful and saline seawater.
When I think of the water, I see ice tears.
Are you upset by how clownish it is?
Does it tear you apart to see the water so sad?

10. Happiness:

Full of joy like a vivid rainbow,

She gives her cat a treat,
And laughs until her belly aches.
The only other sound's the laughing,
Of the two playing around.

The cat is joyful, pretty and sweet,
After trats and lots of playing.
Sweet dreams come to her quick.

She goes up to her gentle bed,
With thoughts of treats in her head,
Ready for the day ahead.

By Anabel Hjellen-Diaz

I dance
I twirl
I spin
I jump
All around
Anywhere I can
Any open place
Carelessly
On clouds
On rainbows
On sunlight
But now it's dark
I don't want to stop
I continue dancing
Just differently
Carefully
I am not to fall
I dance on stars
On constellations
On clouds
Then I misstep
And I fall
So fast
I am to die now
But at least I danced
I am not sad
But happy
So goodbye
See you in the after life
I am gone



3am

By: Anabel Hjellen-Diaz

It hurts

I just woke up

Now sitting alone in the dark

It's 3am

I can no longer sleep

I feel at peace

Only at 3am



Untouchable

By: Anabel Hjellen-Diaz

I can't touch it

It was here

Right here

Only a minute ago

Come back

Please

Where did you go

I see you

Floating away

In the distance

So far

Too far

Why did you leave

Oh I know why

You're untouchable

That's why



Rain

By: Anabel Hjellen-Diaz

It hits the window
Continuously
The noise
It's loud
Yet calming
Allowing me to think
About everything
Drowning out all other noise
All other thoughts
Only able to focus on one thing
It's consistent
The rain
I love it



Day

By: Anabel Hjellen-Diaz

Sun rises
Moon falls
Clouds appear
Stars vanish
Light comes

Darkness leaves
Every day



Dawn
By: Anabel Hjellen-Diaz

I walk past and I see the light on
It's always on
Never turned off
The light keeps shining
Bright and loud all around
Although no sound sweeps through the doors
I know you're awake
You're always awake
But never come out
Reading until dawn returns



Still
By: Anabel Hjellen-Diaz

I need help
I'm not well
I need to leave
I'm stranded
I need to go
I cannot be here
My feet aren't moving
I have no motivation
I need to move
Let me move
I have no energy
I'm exhausted
And I stay still
Not on my feet
Not getting what I need
For another day; maybe forever



For you
By: Anabel Hjellen

I'll love you forever
My heart beats so fast
Only for you
I can't lose you
I'll do anything for you
Past the mistakes,
Past the lies,
Past the hurt,
I know
I'll never leave you
So don't leave me
I'll do anything
Anything for you



Senses

By: Anabel Hjellen-Diaz

I can sense:

See, hear, touch, taste, smell;

I can sense.

The smells return

The sounds reappear

The sights resurface

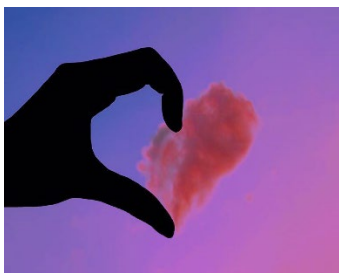
I'm back



Home

By: Anabel Hjellen-Diaz

I love how the most important thing to you, the thing you need, the thing you cannot live without, is the thing that can hurt you the most, that can destroy you. But you still stay.



By Chyanne Chambers

Title - A bird in a cage.

By Chyanne Chambers

angry,

for the way i have treated myself. for the way i have allowed others to treat me. i am only seventeen but they made me feel like i am a bird that has been stuck inside a cage for a century. the latch on the cage is wide open- yet I keep myself in here. dreaming of the days when I will be able to soar into the sky and feel the cool wind on my beautiful wings-but instead i am stuck. being in this place makes me angry. so angry. the anger feels like a 100 pound weight that is attached to my feet. so heavy. why do I choose to hold on to it? stop asking me that. nobody will allow me to take up that much space if i let go. because of this, i won't be in the way when others are flying freely. even though, watching others pass me by-doing things I have always dreamed of- things i have always loved makes me angry. i have locked myself in here and i don't know how to get myself out.

angry,

for the way i have allowed you to treat me.

for the way i have allowed myself to treat me.

i am tired of being locked in this cage.

i am done being locked in this cage.

for you.

...

Title - Imperfect beauty

By Chyanne Chambers

Honey.

Breathe.

It's okay.

This "*perfect ideal*" you are chasing is an *illusion*.

You were never created to be *perfect*.

While you spend all of your precious energy trying to *perfect your life*, you are missing out on all the imperfect beauty that is right in front of you.

Nothing in this life is the same and that is what makes it such a *beautiful experience*.

Give that *thing* you are so focused on all you can and know that it is **enough**.

The life that you have always dreamed of is created for you already.

Relax.

No one can take it from you because the planet has never and will never see anything like you.

So many amazing things are ready to be channeled through you because you are the perfect portal.

After everything you have been through you are still filled with so much love and light.

Stop holding your self to this high standard.

You deserve **grace**.

Allow yourself to be imperfect.

Let yourself be imperfect.

You will **shine**.

...

Title - New Beginnings

By Chyanne Chambers

This pisces new moon has made me feel so free.

I am ready to check on the seeds that I have been watering for the past month.

Reflecting on all that I have learned and how much I have grown.

My exhales have become longer.

My body feels stronger.

Clarity has whispered in my ear and I know what step I have to take next.

I know who I have to let go in order to be able to take it.

Gratitude feels my heart space as I feel so grateful to be able to co-create my existence.

I can have everything I have ever wanted

I can be who I have always wanted to be.

My dream reality is at my fingertips.

On this pisces new moon.

...

Title - Allowed to just be

By Chyanne Chambers

most gloomy days

i just want to sit in my favorite corner and draw

allowed to just be

life has begun to overstimulate me and i just want to escape
heavy thoughts as my pencil makes tiny little lines over sketchbook paper

I feel joy again

...

Title - Someone Told Me

By Chyanne Chambers

yesterday,

someone told me I could be anything i wanted

so I became a shape shifter.

my life began by constantly changing who I truly was in order to be seen.

everything about me shifted.

today,

someone told me I could be anything I wanted.

so I became myself.

My life began by me spending time getting to learn who I really am

doing things that makes me feel joy and peace.

Title - My Medicine

By Chyanne Chambers

free verse poetry is my medicine
when i take it I am free from all of the other distractions
my inner voice is finally loud and i listen
because
it
is
all
that
i
can
hear.

Title - Little Girls Like Me

By Chyanne Chambers

little girls like me can never be represented
our starry eyes fill with wonder
as we carry hope in our pockets.
little girls like me wish for the chance to be invented
seeing ourselves on movie screens
or chasing adventures inside pages of books,
instead

little girls like me are seen as the enemy
as ugly villains that only want revenge.

Title - Joy

By Chyanne Chambers

joys of laughter,
feelings of sunrays,
on our face and in our belly.
why can't we stay here?
inside this precious moment.
true happiness
It doesn't last does it?

Title - Sisterhood

By Chyanne Chambers

healing together.
we are the embodiment of sisterhood.
holding hands while each tear touches the ground
me and her are one with earth.
supporting each other the way we were always meant too
my happiness is her happiness
her sadness is my sadness
we are one.

Title - Gloomy Morning Thoughts

By Chyanne Chambers

i am learning how to love myself more these days,

even though my demons have caught up to me.

i cant avoid them anymore.

through these intense shadows i have never felt more connected

i have begun to be less ashamed over the things that I enjoy

and more protective over my feelings and standing firm in the things i truly dislike.

overtime time my love for myself is complicated yet never felt more genuine.

By [Jada Jackson](#)

Jada Jackson, Anxiety, fear, and inspirational poems



Stay strong now

So things will get better

Don't be afraid

Or you will begin to fade

Trust in yourself

And you will start doing good

Commit with everything

And you'll pull through

Stop being angry

And turn from your rage

Don't lose your temper

Just walk away

Keep all that strength

And your rock

Believe in yourself

And you will not fall



Don't give up
When times get hard
Just keep pushing
And you will begin to rise
As things go wrong
Which they will
Hold on to your faith
And you will pull through
As you begin dreaming
You'll start seeing
So don't give up
Instead start succeeding
As you keep asking
You will receive it
So don't worry
Just keep believing



I keep my head high
After ever loss
I just wonder why
I keep tripping
Like my shoes are untied
If it wasn't for my faith
I would have fell behind
I cry in the dark
But that's alright
Sometimes its very hard
But that's apart of life
Going to be ok
Its gonna be fine
We all have bad days
That's the scary thing
Came from the very below
Making my way to better days



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As night comes I dream
Of this horrible scene
I'm not like other people
I'm afraid to think
I hope you hear me
Please let me go free
But if you don't then
Please let me leave
I'm scared of these bad nightmares
The fears have received
It takes a lot of time
To awake this dream
Please erase this all away
And proceed the night
With a happy peaceful dream



Success can be so far but so close
Success makes me want to achieve the most
I know that success is hard to maintain
But I know all those bad doubts will fade away
It takes time to realize all of my strengths
Because i know my weaknesses will remain
Its insane how short success can be obtained
But if I keep trying success will come my way
Many people don't experience success every day
But it is important to always do more than okay
As i continue to work hard to reach my goal
I won't stop even when things get out of control
I know I am capable of reaching success
I know that i must rise above the rest
I know that success is what I will soon possess



Every morning when I wake
I see the sunrise my way
The sky opens up and the moon fades
Birds fly but their sounds say
As I prepare for my day
I brush my teeth and wash my face
Letting everything go from yesterday
I get on zoom and stay awake
Because I know i need that A
When the day has come to a close
I do my work and my chores
I eat my dinner and watch tv
Until I'm tired and ready to sleep
I close my eyes and start to think
Which my dreams begin to sync



Growing up can be a pain
It can make me go insane
I didn't ask to be this age
But i have to grow up anyways
People ask me how it feels
I tell them its no big deal
As i think to myself
There's no big rush
Growing up takes time
But later leaves me in the dust
It's funny how time has past
Like a rollercoaster camera flash
That makes me just wonder
How long my life will last
But until then I won't be stressed
Because i know I am loved and blessed

Praying
for
healing



Most days suck

I fall and won't get up

I pray and begin healing up

But other days I just give up

I say I'm trying but really I'm not

I'm just hoping but that not enough

I just want to be successful

But I doubt on myself

I need to get myself together

Before time ends up

I keep on falling and never getting up

You must work hard

In order to reach up

Stop making excuses and live it up

Dont be down

Get yourself up

No need to cry

Just keep picking yourself up



You know you can do
So start doing it
Don't say you cant
When you don't even do it
Rise above everyone
Because you can do it
You will be the best
Just keep on pulling
God is key
So let him be
Pray and ask for your dream
And you will begin to receive
Put your work in
And don't fall down
Keep you faith
And you will get around
No more falling down
There's still more time
Keep on rising
As things begin turning around

By Paul Cummings



Poem 7

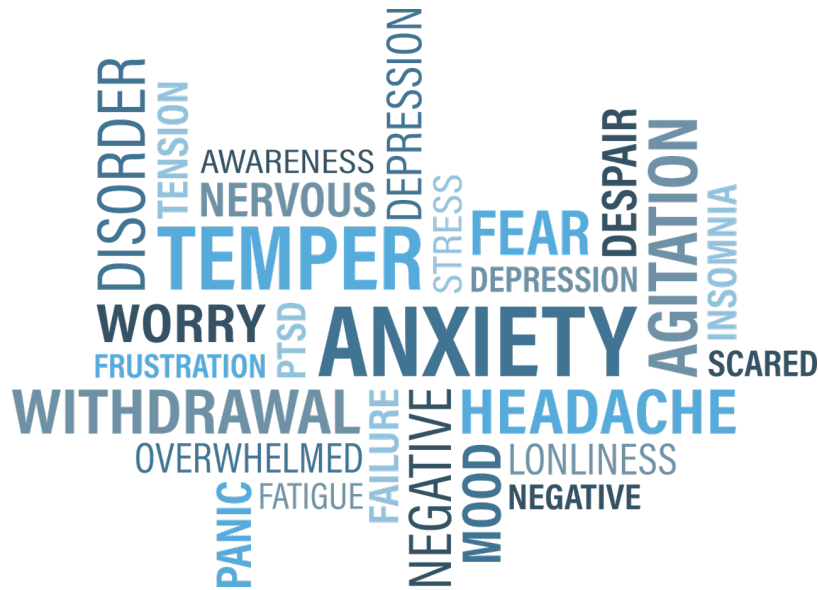
Tiredness---Am I okay--

Are you okay? You asked me
No, I'm not, just read you will see
Its tiring to have to hide so many things
I get no sleep it caused by everything
Tired of being told its alright
Tired of meeting people who are there to hurt, its all the same
Its just tiring seeing the same thing over and over
Its honestly like emotions have took over
I am tired, Tired of this and that
I need sleep and that's that
But I can't sleep, so much is on my mind
Its like everyone else is blind
I am tired so I should get some sleep
Kinda hard when my emotions run deep



Tiredness-Rest

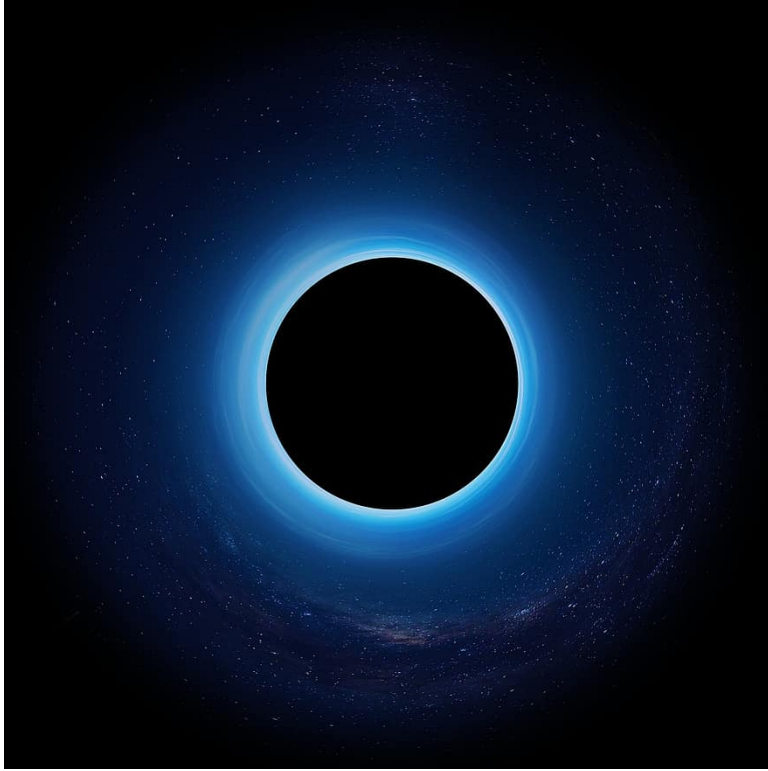
I'm honestly tired so it's hard to explain
So once when I was tired, I started to feel pain
A pain probably cause by my lack of sleep
Felt as if death itself started to creep
Stayed up for more days than I can count
At this point, 15 is the estimated amount
But to be honest, I have no energy to do anything
Felt As if I was Death's plaything
Well, this is my story of how I felt sleep deprived
Day one, Day five, doesn't matter all the same
It's probably my fault, I'm to blame
Well, I tried sleeping well after having school
Decided then to try to stay up, I guess I'm a fool
Well, it kept repeating day after day, and I could never sleep
That's when the thought came across, it was deep
I would most likely die as a result if I didn't get some rest
But at the same time, I have work, even though it's not the best
What did I do? Absolutely nothing, the thing is I'm tired but bored
You could say my death was ignored
It is what it is I'm tired and that's it, what to do now
Make a poem about how tired I am? that's actually good, WOW



Poem 8

Tired and Anxiety

Tired I am but I don't care for sleep
Afraid might go into a sleep that will be deep
But at the same time, it feels as if I can breathe
And its hard to explain you see
I don't know what to say nor I do want to talk
It's as if anxiety started to walk
Then tiredness would run
And I'm exhausted and I can't get anything done
I can't sleep because of my work overload
Felt as if time itself had slowed
But you know what? That's not even the worst of it
I have anxiety I have to admit
Tiredness and Anxiety make a good team
Well at least to me is what it seems
But that's it what to do what to do
Alone I am with nothing but these emotions, that's true



Poem 9

Deep Black Hole of Emotion

Imagine, In a deep black hole
There lies death as if it was taking a stroll
I don't know what this feeling is but its bad
As if I could cry, I guess that's sad
The same people who were with me have left
And some even commit theft
Anxiety, depression, Anger, Fear, Tiredness
There are emotions and apart of life but still
Every time I think about, I get chills
But to be honest Anxiety is the worse one of them all
Falling in that deep black hole, as if had started to fall
This Anxiety is the cause of all this, so what next?
Well honestly more than that, its more complex
The fear and all my other emotions never stop
They continue to come back without and take tears to the last drop
It is what it is, I Have this feeling like it isn't going to leave
But it doesn't matter, no one ever believes

Anxiety



Poem 6

MY ANXIETY

Feeling uncomfortable in social interactions, its bad
Avoiding eye contact and then end up with sweaty palms
The feeling of being surrounded by people you don't know is sad
Constant Chills and shivers as if it's an exploding bomb
Wanting to go home even though you already have one
The feeling of consistent overthinking, what to do
I want to hide and never come out, than it would be all done
Be alone but not lonely, this is new
I want to feel pain but not hurt, this is quite true
My body is numb, how do I fix it
Feels as if someone is judging but there not, Like I'm a misfit
They say its all a joke and how it's not real, but it is
The feeling as if you have no one but you do
Kept in emotions to avoid being talked about, it is what it is
No one seems to know me but act as if they do
They don't know I'm in pain and how I suffer everyday
They smile, so I smile back, yeah it true
My Anxiety makes me feel this way
Anxiety is real and things can happen
Well, this is how my Anxiety feels, How's yours?



Poem 5

Feelings of Tiredness

I'm tired of a lot of things in this world
People, Life, Tiredness comes in different forms
Well, this type of tiredness is like a storm
The only difference is that once it came it didn't go away
I experienced this feeling for several days
I'm tired of everything, I can't sleep
The thought of death itself is deep
I'm tired of the work, the lies
Pretty much I can't even cry
That's how tired I am
I'm tired of mostly everything
To be honest it can be anything
I'm tired of this world and how people hurt
I'm tired of always having to be on alert
Maybe if the world wasn't like this, I wouldn't be tired
This false hope will never become what was once my desire
There is nothing to do, I repeat the process on a daily
I'm tired as if my emotions started raining
This feeling is tiredness, and this is the best I can explain it
A feeling that is just hard to admit
This type of tiredness is being tired of everything
Not caused by sleep or just anything
Its tiredness



Poem 4

----Anxiety above all ----

This feeling Anxiety, how to explain
Depression, Tiredness, being worried, you could say its pain
Am I to blame? NO everything's the same
Pain is eternal and is everlasting just like my other emotions
My body continue to feel numb, as if I was lost in a ocean
I want it to stop but I can't, im scared
Lost in my own thoughts, no one seemed to care
Felt as if I was continuously falling
Never ending, its really not calming
I want to have friends but I don't
I want to live life but I don't
I want to be myself, but I'm not
At the same time there was a lot
I hate being alone but I wanna be left alone
I'm that one guy who's just not known
A feeling as if I was trapped
To the point it felt like my soul would snap
All these emotions I continue to have
Anxiety is one but has many
At this point of time, I'm just not hearing any
I guess that explains my Anxiety



---Anger---=--Breaking Point

Pushed to the breaking point and I cant go back
At this time all I want to do is attack
When your mad you hurt those who care
I don't get mad easily, so this is quite rare
I continued to hurt and lost friends
All for what, just to come to an end?
I am anger and I provoke fear
But whatever I say will be crystal clear
I say harmful things when im mad
And I seem to not care
But if I continue it could end up really bad
I'll look at you with a very deep stare
I'm mad for a reason so ask yourself why
When I'm mad I could make you cry
Regardless of how you feel or who you are
I will surely say something that will leave a scar
The more you talk, the more I get mad
I don't care whether its bad
Again, Just don't push me to my breaking point



Poem 2

---What to do-----

What to do, what to do
Tell you a story that's true
In a forest I continued to walk
Unable to sleep and afraid to talk
Scared of what's in the forest, I can't think
The thought of what could happen next, I can't blink
Scared, Frightened, NO I have Anxiety
I can't get out of this forest and it keeps on going
I'm lost and the wind started blowing
What to do, what to do
I'm scared of what might happen, the feeling is new
This is my story that's true
Thundering, Creaking, Sounds I don't like
Scared if what happened anything could strike
I can't go back, and it seems as if I'd die
Suddenly wishing I had the ability to fly
But now I'm stuck here, and I have anxiety
I might die, but this is part of society
Well let's just say Goodbye
At this point I could cry
What to do. What to do
I have anxiety in this forest, That's true

By Natasha Britt

The First Sign of Spring

In a great meadow, flowers bloom everywhere.
Butterflies flutter across the meadow.
Rabbits nibbled on the flowers.
A small family of deer munched nearby.
Birds were singing in the trees.
The wind rustled the flowers, casting delightful scents everywhere.
A pair of fawns jumped and played in the meadow.
The young rabbits grazed and hopped around.
A mother fox gently played with her cubs outside of the den.
The first sign of spring had surely arrived.



Running with the Wolves

A wolf doesn't need eyes to see.
A wolf can hear every sound through the earth.
A silver wolf and a red wolf were both running together.
A huge pack of wolves ran after the duo.
The each jumped off a ledge and ran back into the forest again.
The pack of wolves ran through both rain and puddles alike.
They startled a flock of ravens as they ran through a clearing.
All the wolves stopped on top of a rocky hill.
One by one, each wolf had howled their hearts and souls.
The full moon had shone down upon the wolves.



Song of the Phoenix

The sun had risen over the horizon.
Basking both land and sky in its golden light.
The sunrise had lit the valley aflame.
The sky shimmered with hues of amber and gold.
A small bird peeked from an eastern cliff.
With a blaze of amber, fire had appeared.
The warmth of the fire spread throughout the land.
It had made the townsfolk and animals more awake.
A glowing, fiery bird flew overhead.
It had sung a beautiful and echoing song.
It is the song of the phoenix.



The Beauty of the Sea

Above of the great waters, it shone like a mix of sapphires and emeralds.

But below it was a whole new world.

Coral in a pale, rainbow of colors.

Colorful fish swam around the coral reef.

Sea horses floated around the kelp.

A sea turtle had glided gracefully through the water.

Dolphins clicked and whistled as they played.

Seals swam gracefully as they headed back to their rocky beach.

Manta rays glided through the water like graceful swans.

The sea may be wild and restless above,

But below, it's calm and beautiful.

As said, the truest beauty comes from within.



The Misty Mountains

High in the great mountains, a forested area surrounded it.

Donkeys and wolves lived at the foot of the mountains.

Halfway up the mountains were a small group of mountain goats,

They jumped onto the ledges.

They climbed up steep trails of the mountain.

A single golden Tibetan Antelope climbed nimbly on the trails.

A single sunbeam had shone down on a single nest.

It was by the near top of the mountain.

With a loud cry of an eagle,

The mother eagle came flying back with her mate.

The mountains are filled with wonder and beauty.

Just waiting to be seen.



The Path of Fire

By a fiery dawn, a pile of ashes laid at the foot of a sleeping volcano.

The ashes had burned and sparked.

The sky had risen in an aura of amber.

A rising sun shone down on the ashes.

The ashes had soon become a single flame.

A figure, the size of an eagle, appeared from the flames.

A beautiful song spread throughout the land.

Flying in front of the sun was the blazing firebird itself.

A single fire may bring destruction.

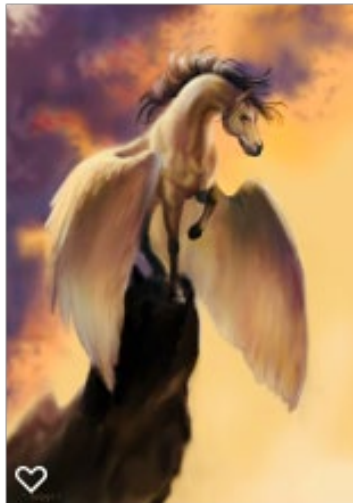
But a new way of life can arise.

New plants sprout from the ground.

Animals came to see their new homes.

Pools of water had become fresh water springs.

Fire is a path to new hope and life.



The Roaring Jungle

The jungle was quiet and peaceful.
The stars sparkled like the fireflies in the grass.
A herd of elephants are by a waterfall.
The monkeys swung tree to tree.
A sunset in the shade of gold set the jungle aflame.
A small herd of deer leaped into a clearing.
A pack of wild dogs led their pups into hiding.
But something had gently rustled the leaves.
A flash of gold and black was seen in the light.
A pair of amber eyes glowed like embers.
The wildcat's eyes gleamed with independence.
The wildcat had slipped away as quickly as he came.
A great and powerful roar echoed in the jungle.



The Sky Is Awake

Up north, high in the great mountains,
The birds looked up at the night sky.
Not a single song had been sung by them.
The wild animals of the north came out of hiding.
It was a clear night, cloudless for once.
The moon was at its silvery fullest.
The stars sparkled and shone like diamonds.
A lone fox stood alone on the highest peak.
It's fur silvery white as snow.
With a great leap, the fox flew across the night sky.
A rainbow colors had lit up the night sky.
It flowed gently like a great river.

It surrounded the mountains and spread all over the sky.
Some had claimed that they had seen the spirit animals of their ancestors.
But one thing is for sure, the sky is awake.

