

U-KNIGHT

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Andrew Knight

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DEDICATION

This book of poetry is dedicated to the living and eternal, loving memory of my mother Brenda. I lost my mother at the tender age of 12 and I miss her dearly. She taught me the enduring value of English politeness and through her endless love and support, I learned how to challenge myself and discover my innate talents. My mother returned to college late in life and earned her degree in Interior Design. I admired her faith in self to earn her degree and how it inspired me to attend college. Mom—your life will forever symbolize strength and hope for me.

ACKNOWLEDGMENTS

I want to recognize and sincerely thank the individuals that inspired and provided ongoing support to me throughout the writing process. My father's unconditional positive regard and love is a wellspring I keep drawing inspiration from in life. He is also a gifted writer and is responsible for shaping my ideas and guiding me to reach for the best in me. Dad, you are my lifeline and anchor.

I also want to thank Elijah Levy, Ph.D. for his early inspiration to write creatively, and for helping me discover how therapeutic the process of writing poetry has been for me. Dr. Levy, thank you for editing the manuscript and for your guidance.

TRIATHLON

Here I go as the buzzer sounds I'm off to the gun blast,
as I tread through the water in unison hoping not to finish last.
My body is an element with which I can swim fast.
It's solely unto me as I try not to get passed.

Stroke over stroke I swim keeping up my pace as I go for the win,
now all I have to do is reach from the bottom and see if I have anything left
from within.
As I exit the water and head for my bike I'm in a position that I like,
winding my way along the road I can find myself trekking all alone.

The training that I've done has kept me prepared for this grueling race that once
got me scared.
The asphalt burns as my tires plead to tread my stamina beckons in the final
meter ahead.
And now I keep my pace as now I am the only one in this race,
meter after meter I find myself in thought what the final destination will have
brought.

I grasp onto my goal and see as to what I have brought towards my soul,
for I have crossed the finish line and it is just as sweet this one last time.

DROP A DIME

A bounce skip as my ball moves across the grid,
as I pass them one by one I get closer to advancing my ball to the lid.
The sticky sweat pours from my dome as I get closer towards home.
Pass or shoot now my nerves are unraveling I'm all alone.

I charge to the rim shaking defenders as I go for the rim
going full pace as I make a spin.
I can now say I have what it takes to grab a win
as we've come from behind nobody thought we've had it from within.

I take two steps going up to finish my opponents with a grin
flushing the ball through the hoop I can now say I have two more points for the
win.

NUMBER 1 GIRL

From a boy to a girl my love is like a swirl,
capturing her heart making her feel like my number 1 girl.
Her rosy red cheeks to her slim waistline I'm about to make her all mine,
to make her feel fine I could take her out on the town and drop a single line.

From head to toe I'll escort her wherever she may go,
from the top of a mountain to the lowest of lows.
I'm about to put it on this girl like she'll never know,
giving her that deep sensation making her scream out in unison ohhhhh.

Capturing her heart will be like no other feeling my intentions from the start,
my goal now is to keep this girl for the rest of my life through thickness and in
strife.
For now we will have no beef unsettled from the start
for she is my number 1 girl.

TO LIVE AND DIE IN L.A.

L.A. L.A. it ain't always what it seems
If you come from out of town you better bring your dreams.
There's many things to do in L.A. from token rides to fishing in the south bay.
This place has beaches where you can surf all day.

You can get around town without a car by bus or train,
and the weather is always cast as sun without rain.
You can find enjoyment by going out on the town,
by checking out a basketball or baseball game in downtown.

There's a party not far away keeping your head bobbing into the next day,
from rave's in the coliseum to club's in Hollywood it's all to the good.
Hollywood can be the scariest or friendliest of places to an out of townner,
depending on his or her approach their name could be placed in lights on a tower.

Growing up in L.A. I've come to see the good and bad side of this grand city.
It has a lot of potential by comparison to other cities of the world.
The next minute you could be by the beach and the next in the mountains.
Its diversity cannot be measured by the thousands.

As spooky as it seems the ways of the world ain't always what it seems,
so if you come to L.A. make sure you bring a dream.
L.A. it ain't always what it seems,
if you come from out of town you'll know what I mean.

Hip hop is all about rhythm and soul,
dropping mad techniques on the mic to back spins on the floor.
There are 4 elements into where one can express itself.

FOUNDERS

Founders is the place I live where we all participate and give.
Giving and sharing for one another like a band of brothers.
Money draw Tuesday's gives excitement and cheer.
Spending our money wisely saving the rest for the year.

The food comes in many varieties from Chinese to Mexican.
It helps to know a little Spanish when getting in line for seconds again.
In back we smoke taking time to reflect on a joke.
From characters we once knew to the childhoods from which we grew.

From Bipolar to Schizophrenia we are all dealing with a dilemma.
Medications our cure knowing what to take is up to the doctor for sure.
From Irma to Judy we are all put in check when unruly.
And in time we begin not to listen to those who are untruly.

Group time is always played out in a serious way when Dr. Levy comes each and every day.
Making our troubles disappear he steadily keeps our minds in gear.
Founders is a haven for me now but in the future I hope to move out somehow.
For it won't be long for my illness to be gone keeping my head up right and strong.

MUSIC KEEPS ME HIGH

Music keeps me in the mood from late night sessions to videos on the tube.
The beat keeps my head thumping keeping my body in the groove.
Listening to greats like Stevie Ray Vaughn the feeling I get keeps my body
moving on,
to the highest of pitches to the lowest of lows music keeps me in flow.

Whether out in the club or at home music will not leave me alone.
From the base to the snare albums are there to share.
From the greats to Bob Marley to Albert King they chose to follow a dream,
from pouring their souls into the music they bring.

Loving music can mean only one thing to bursting out and sing.
Give me a beat and I'll know what to do from the first ring.
Hip hop to the be-bop has sweet rhymes for the soul.
While guitars help make melodies for rock n' roll.

DJ's control the party whether you're in your car or at the disco bar.
We can all come to appreciate music's global voice which gives us a choice.
Whether we want to hear jazz or funk while hocking mix tapes out the back of
your trunk.
Music is an inspiration to all those who want to profile not pose.

MY BABE

My babe makes me feel o.k.
She'll bring me breakfast in bed to go out of her way.
She's the type of girl that makes it fun to play under the sheets,
and I can count on her not to go with another man and cheat.

From her long blonde hair down to the shoes that she wears,
she makes a killing causing all the boys to stare.
My girl is a go getter from working in the morning to going out at night dressed
in leather.
She likes to get it on after we've talked on the phone till the break of dawn.

We make a killing dressed up to go to the show,
and then it's back to the bedroom to play under the sheets some more.
We have a common bond by not taking one too seriously by right or wrong.

Like two peas in a pod she's as loyal as my pet dog,
and she's as devoted to me as the truth in my dream.
Even if we were a long way away we could find the strength to carry on each day,
by writing a postcard and sending it both ways.

We can make it my dear just wait and see,
for it won't be too long for us to get married forever to be.

THE BEACH

As the sun glares down upon the sea shore,
the boys and girls don't know what they have in store.

From beach balls to surf boards this is what summer's for,
to the lifeguards to the beach bunny's there is no other
way to spend your afternoon when it's sunny.

To the girls in their bikinis it makes you hot and steamy,
if I could rub a magic lamp I would have all these girls by one wish of a Genie.
To the pristine water it cools you off even while it gets hotter.

Now in the water I can ride my board without any bother.
Hence the troubles you have when the surf is packed with
men so it's back to the sand again.
Scowering the beach I can now say I have serenity and peace.

As the sun gets hotter people take cover under shade,
this is what I call having it made.

As I look along the water I can see windsurfers and kite boarders,
and the seagulls flying in pecking order.

For it won't be long for the day to be gone,
as the people pack their belongings and head on.

ENGLAND

England, land of mystery in its history.

As the queen rises from her throne she warns the people they are not alone.

From the royal family to the common man we are all a part of this great land.

To the river Thames to Stonehenge the people treat you as a friend.

From Oxford to Cambridge every child dreams of going to one of these universities as a kid.

Winston Churchill to Margaret Thatcher we all looked up to them in stature.

The pubs are scattered throughout the country having somewhere to go when you're hungry.

Soccer and cricket is a home town affair cheering on your team throughout the year.

The Beatles were a huge success from the grungy streets of Liverpool to London's Royce Hall.

Having discovered America it was stripped from our grasp as the Americans defeated us at last.

To knights of the round table to Henry the VIII we all know when our history took place.

As our neighbors to the North and West they keep us striving for our best.

The cities throughout England adopt many cultures from national monuments with sculptures.

With many customs like being Knighted under oath you can always find a local with a good joke.

While some call England their home tourists are left to roam.

With the cities a bright I am proud to come from this land making my soul a light.

CITY BY THE SEA

City by the sea Seal Beach.
Where the PD patrol and lead.
And they don't stigmatize you on your race or creed.

There's a breeze in the air but don't let the catch you giving them a glare.
From surfboards to Long Beach they patrol with ease.
Keeping accustomed the patrons in need.
We have all built this city to what it is today

By contributing to its factors each and every day.
Make sure you give respect to the ranking sects.
For we have all grown accustomed to the dissident.
Fuzz, 5-0 or one time we can all count on you to abolish crime.
Public safety is enforced down by the pier.
We all sit back and watch the surfers making it clear.

Patrolling this city from end to end is an ongoing trend.
Thank God we have what it takes to let the healing mend.
Keep up the good work because there are criminals out around the bend.

LIFE'S CIRCUMSTANCES

As my lifeline expands I am becoming a man.
From my attempts at college I know I have gained great knowledge.
For it won't be long for me to gather strength and have a wife,
and have children in a house where we can build a family.

I am still young and am trying to live a full life and have as much fun.
But my timecard tells me to accomplish my goals with the strength within me.
Wherever the end comes I know I have beaten the odds against some.
From now until the end I know from my pitfalls I will gradually mend.

For my strength of giving I have a lot to share with the living.
We all have a gift and if we share together we can obtain an adrenaline lift.
Steadily but surely I am coming into my own counting the days when I'll break
bread for a home.
As my hair steadily grays I am still aware and know it's o.k.

As friends come and go I know I have inner strength to keep the ones I know.
From the dire straits to the accomplishable traits there are still a lot of risks at bay.
For it won't be long for my soul to live on.
For knowing I have taken on challenges whether right or wrong.

BEAUTY AND THE BEACH

As the water breaks by the seashore the beat is going on by the police core
From the Navy shipyard to main street blvd,
the shipmates have settled down in this landmark they call surf town.

We can all take a grasp on paradise.
But the police have an ongoing fight.
Its an easy decline from the rough streets of Long Beach.
But by going east you can rest on its mile stretch of beach
called Seal Beach

Taking a bow at the end of your session,
the rest of the surfers can take a lesson.
To the nitty gritty streets to downtown,
there is a beef unsettled on the ground.

To the unruly surfers to the punk ass haters
we are all in this to take care of the caretakers.
Take a walk in my shoes one policeman says.
As you load your gun with lead.
Billowing through the streets you can learn the life of the beat.
As we have seen any quiet beach town will have dirty wounds.
From a mass shooting at a beauty parlor to the robbing of the bank,
we have the police to thank.
This city will reap the reward as we have the police to thank.

ESTROGEN

From a boy to a girl my love is like a swirl
capturing her heart making her feel like my number 1 girl.
Her rosy red cheeks to her slim waistline I'm about to make her all mine
to make her feel fine I could take her out on the town and drop a single line.

From head to toe I'll escort her wherever she may go
from the top of a mountain to the lowest of lows.
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MUSIC

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moving on.
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From pouring their souls into the music they bring.

Loving music can mean only one thing to bursting out and sing.
Give me a beat and I'll know what to do from the first ring.
Hip hop to the be-bop has sweet rhymes for the soul.
While guitars help make melodies for rock n' roll.

DJ's control the party whether your in your car or at the disco bar.
We can all come to appreciate music's global voice which gives us a choice
Whether we want to hear jazz or funk while hocking mix tapes out the back of
your trunk.
Music is an inspiration to all those who want to profile not pose.

WORKING FOR A POSITIVE FUTURE

Working for a better life to provide for your wife.
Slowly you have to realize you need a job instead
of becoming a criminal and rob someone else's livelihood.

We can all relate when working under pressure
becoming a unit reducing our stressors.
Whether your a mechanic or a computer programmer
working helps build stamina.

If we work together we can achieve success by building to progress.
Whether a pro athlete or a raiser of a flag on a totem pole
working can get you out of a hole.

Street walkers have something to live for
even if they're called a whore.
Broken dreams are scattered throughout the city
causing dreamers to want more.

The best way to earn a living is to keep your mind on winning.
And the way to stay focused is to keep on living.

Children have to grow up knowing they have a chance at anything.
Giving them the opportunity at life by carrying on and living.
With the century starting we have to build a positive future.
Giving the underachievers hope that they can become someone of stature.

To stand up and fight is a right.
We can all live our lives and achieve something out of sight.

POPS

From dad-da to dad I know my father is proud of the son he had.
My father has taught me many wise lessons for he is the one I owe great blessings.
We have struggled and fought to stay together increasing our relationship for the better.
He has given me strength to stand up and fight and gain great knowledge to stay clever.

From teaching me to ride a bike by pushing me around the block on his bad knee.
I have gained enough speed to ride my bike or anything steadily.
Staying focused I can say we have a strong relationship that bonds us
by having a relationship that's unbreakable it cannot be stopped by even a bus.

For letting me choose a sport he helped coach me and gave me support.
We gained great success by coming in second in the state soccer championship.

With my mother passing my father stood by my side in great stride.
He helped me cope with the loss by taking over as boss.
Knowing that I had to go to college he helped me prepare by giving his knowledge.
I didn't give up by showing my father I could accept the challenge with a leg up.

Even now in this position I can depend on him.
By achieving anything I know I can make it by my father believing in.

THE BEATNIKS

The beatnik generation brought a sense of worth for the people on this earth.
They became a voice allowing not just the working class but anyone a choice
.Either give up and mope or come together and cope.
Allen Ginsberg was a poet with a message and his poems
taught people to stand up and be aggressive.

Jack Kerouac wrote with a flare giving his generation
a positive role-model in which they could care.
Ken Kesey was a visionary expressing himself into his stories.

He would also orchestrate one of the most famous
cross country trips where everyone was under the influence of acid trips.
As the beatnik's influenced each other
they helped people express themselves whether sister or brother.

William Burroughs may have been the best writer
influenced by the marijuana to get higher.
As the Merry Pranksters came to New York
there was a big celebration of sorts.

Ginsberg greeted the Pranksters with praise
but Kerouac had nothing to say.
While the beatnik generation went on to be glee and gay
it was Kerouac who would stray.

With Kerouac starting the beatnik generation
it would be he who would fade into transformation.
They would carry on and write keeping
their followers something to carry on the light.

The beatnik generation was one of the most influential times.
Beating on the hearts unto which they could say this generation was mine.

GROWING OLD

As you grow older you tend to have more of the weight
of the world on your shoulders.

We can all compensate for our actions knowing
there will be a positive or negative reaction.

Blending in to the street vibe can make you hide.
But knowing you have the wisdom and knowledge
can give you the strength over those that are in college.

Being of age is the same as being underage in a way.
You can still dance on a trampoline and
ride your bike throughout the day.

Having a will and a way can keep you striving like the writer Hemingway.
He dreamt and fantasized by writing until his dying day.

We are all beings of this earth making it worthwhile to find and search.
You can always have enough time to accomplish goals for what it's worth.
Taking time to reflect is a stigma not to cross paths with enigma.
Making it worthwhile to accomplish your dreams either by yourself or in a team

It's go time for you today.
So you can become an accomplished being
and give light to the unseeing.

We are all givers.
But when we come together old or young
we can accomplish anything with a simple gesture.

OLD HABITS

Back in my day I was about no work and all play.
I'd be ready at the break of dawn by picking up a sack
knowing that it was tolerance that I lacked.

The screws in my head acted dead.
But it was really my emotions portraying
my feelings through what I said.

The clock was ticking and I knew I had to make a
life changing experience.
So I got a job and it helped erase any of my arrogance.

I steadily began to like my structured life.
And it made the people around me feel good by doing what was right.
I started to venture off into uncharted territories
and my life started to turn into a saga of stories.

By working and staying sober
I could now have the confidence to grow older.
With my life in full swing I could face
any challenges that my life had to bring.

With the comfort level around me
I could now see what opportunities there were for me.
By staying humble I could look back
and know I'll never take a stumble.

As my 32nd birthday approaches I know
I have the momentum to listen to my coaches.
For I have found eternal bliss and
it is my past which I do not miss.

DR. LEVY

Dr. Levy is one of a kind from his physical attributes to his mind.
He can race the ironman faster than some can drive to Disneyland.

He's a cool cat, contributing his time to those in class.
and he's never taken a puff of the old grass.

He dreams like us
you know by having a house in Belmont Shore
with a Porsche 911.

And he plans by following his Jewish faith to end up in heaven.

If I can say so myself he has raised
two beautiful daughters with a little help.
Nora is his other half as they have stayed together for thirty years
by encouraging each other to laugh.

He has traveled the world and has given hope to the unloving.
Because his soul commands nothing else but giving.

In other words Dr. Levy is a force to be reckoned with
and there is no other way he chooses to live.
From mentoring me as a kid he has given me,
an avenue to express myself,
which I did.

He has helped me train for triathlon
and when the day comes I'll have the
confidence and speed to march on.

When I'm old and gray and he has passed and gone away,
I'll have the confidence to say
thank you for entering my life and given me the insight.
For you are the one I owe many blessings
and in heaven we can share our lessons.

EMPOWERMENT

By empowering oneself one can start off by using a little help.
Demand a little respect for yourself so you can empower yourself.
Leadership can be advised by a naysayer causing you not to care.
Or you can turn it into advice enlightening your ideas to share.

Stand up and be a leader so your followers can be sightseers.
So they can learn from the best giving their finger-pointing a rest.
While we lye in shadow our compatriots are fighting the battle.
From daily living to a life long of giving we must nurture the quivering.

Uphill is the only way to build.
For we are in existence to extend our living distance.
Breaking barriers along the way we can all become one and not succumb.
To a life filled with obstacles growing and maintaining our skills.

Passing the torch we can steadily escalate north.
Rising to the top we cannot be stopped.
For there is no end in sight and we are confident to know it's alright.
For this team can swallow the light and march on through the night.

GROUP TIME

As we gather in, Dr. Levy's group is about to begin
Cecile and Desiree start to mingle
while Dr. Levy scolds them causing them to cringle.

Group begins with Dr. Levy play fighting with some of the residents.
Giving him the upper hand with some while others could knock him dumb.
Everyday we gather round to here the group sounds.
Giving insight to one another's life, it keeps our head up by continuing to strive.

By coming to group Monday to Friday
you get to work in our little hideaway.
And at the end of the week you can receive the money
you earned by sharing what you've learned.

From Demetrius to Heidi we are all into writing.
The Dr. has received enough writing from us to make an anthology.

We will soon have an inscription that will reflect each and every one of us
A bible that we can all look at in the future
accomplishing a goal that we can all have forever.

While we battle on with our personal issues
it's group that we look to.
Receiving feedback from the Dr. is easier
to understand than a recipe from Betty & Crocker.

Friday's is a day of leisure and a day
we can look back on the lessons from the teacher.
Whether you're a resident or visitor,
can always learn something from one another's statements.

RASTAFARIANS

The Rastafarian people believe on treating everyone equal
But a battle has arisen between the baldheads and the dreads.
The Rastas were formed in retaliation from the segregation.
They were brought from Africa by the British looked down upon like midgets.

In Jamaica during the 17 hundreds there was an uprising.
Jamaicans began to retaliate and form a bond to initiate themselves.
A struggle to free themselves took place for two hundred years.
And finally during the early 19 hundreds they found a leader.

Haile Selassie was his name as the Rastafarians looked up to him in vain.
To this day there is still a common void between the
Rastas and the bald heads which they call toys.

Rastas believe in being clean in mind, body and spirit.
As they take pride in eating only fish
with fruits and vegetables in their dish.
Marijuana is used excessively in praise of Haile Selassie.
They have also formed a style of music called
Reggae giving them something to listen to while they celebrate.

As they strive forward the apartheid keeps them from the road side.
And back into the arms of one another giving love to each brother.

Since the age of nine I cast out to make the Washington Redskins team mine.

HIGH PLAINS DRIFTER

When you've got a Stevie Ray Vaughan record
you know you have to instantly turn it on.
His melodic voice combined with guitar made him a superstar.

Heralded as one of the greatest guitar players of all time.
He made his guitar wail as if he had just committed a crime.

Making his way through the eighties with hits
like Pride and Joy and
Texas Flood listeners knew he was not a dud.
He started playing the guitar at the age of nine
not knowing his skills would cause people
to emancipate and go blind.

He was still a force to be reckoned with
even with all the drugs he did.
He still managed to keep it under control
and carry on with the show.

Fame isn't always what he claimed.
He just wanted to take after his parent's name.

But he found out at an early age
that he belonged performing on stage.
His idol was Eric Clapton and just
before his death he would perform with him.

Stevie's recordings and legacy would live on.
Influencing musicians present and gone.

In my eyes he could not produce anymore.
As his name and legend will go down in folklore.

ERNEST HEMINGWAY

Ernest Hemingway wrote vigorously giving us something
etched in our mind permanently.
He served in the military as a correspondent giving
officers information on problems to solve.

He was a big fan of the Caribbean,
later moving to Cuba.
As his writing continued to move ya.

One of his pieces Old Man and The Sea became famous globally.
He churned out many great novels but there
was something lurking inside him emotionally.

His mind started to churn as the countless shots
of whiskey made his mouth burn.
He fell into a deep depression even
though he could still write in session.

He had success knocking on his door
but he would drink more and more.
He knew he needed help but it was too late for him now.

At the age of sixty one he would be dead
from suicide by one single gunshot to the head.
As his legacy lives on it was the suicide which was wrong.

His books give a purpose in which they nurture us.
He had an undying talent that boosted his bravado to a stallion.

We read his books and collect his articles.
Knowing that he left behind a tarnished legacy is unbearable.

SARAH

Sarah was a girl I was devoted to and respected.
But she would turn me down in the end feeling lousy and rejected.

It all started in Billings Mt. by being
introduced to by a girl named Hannah.
You see I was in college and she in high school,
getting to know each other was cool.

We began to date and irresistibly we
would be together without any escape.
She would come over after school
and use me sexually like a tool.

For I wouldn't object for she was good at sex.
We would go to the park and play nookie
and would teach me lessons as if I was a rookie.

I went to her prom knowing something was up and wrong.
How was I suppose to see this girl after
leaving Montana and go to the coast of California.

So I came home and said goodbye leaving my lullaby.
I would send her cards knowing I would give up
anything to drive up and see her in my car.

A couple years later I got a phone call telling
me that she was in town looking for me.
She showed up at my door for I did not know what was in store.

We would end up staying together hoping forever.
But she soon got homesick and left me hitting me like a ton of bricks.

DORA

Dora is one of a kind as she always comes to work on time.
She's ready with the sweep of a broom to clean my room.
You can always find her listening to the mariachi's,
and she represents her Mexican heritage like a G.

She always works with a smile and her hair-do is never out of style.
She cares about everyone talking to the clients even when her works done.
She manages four children while her career is steadily building.
As a representative of Mexico she shows her pride well.

Dora lights up the room and would steal any bride's groom.
Generally she speaks English but she speaks Spanish in dialect.
She's a cool chick as her good reputation sticks.
We get along good as any of the clientele should.

Dora you give me joy as you are the real McCoy
Thank you for giving your energy for all the clients appreciate you deeply.

HIP-HOP

Hip-Hop can't be stopped.
As it is an emcees friend till the end.

From the furious five performing live
there is something that makes you strive.
Beats and rhymes formed from a dialect
gives battlers mad respect.

Battle rap takes it to a whole other sect.
One emcee with more skills can make the other feel reject.
Hip-Hop is everywhere whether listening to it in your car
or on the juke box at a bar.
Hip-Hop heads from the underground
listen to rap of a different sound.

Radio streams rap but some think it's crap.
Others listen to lyricists protesting that you should be fearing.

Hip-Hop is considered an art giving
heads something to perfect from the start.
We can all give love to the art by never drifting apart.

Hip-Hop is broken down into 4 elements:
break dance, DJing, graffiti, and emceeing can be practiced by the needy.

All different genres of people celebrate Hip-Hop.
For it is an art form that will never stop.

DAY'S FULL

Live each day to the fullest.
Use your utilities to maximize your abilities
and turn it into positive hostility.
We can all come to realize what we have inside.
We have got to take each day by day
and accomplish the journey with pride.

Each day can garner something new.
For each one of us has what it takes to perform on cue.

When we have found what we are looking for,
there is still more in store.
For each of our journeys
there is still a lot of learning to be accounted for.

For we cannot succumb to the weak and run.
We have got to gather our strengths in store by wanting more.

Televised around the world is the trek started from the inner core.
But if we drag our feet we will never march north.

We are blessed if we perform a good deed each day.
But are criticized if we stand in order not moving any way.

A gathering is forming upon the horizon.
For we as a people must come together and fight to capture the glory.

CITY OF LONG BEACH

Long Beach is a vast city with a ton to see.
You could be down by the ocean putting your imagination in motion.
Or you could be in downtown soaking in the
street vibe with a pipe full of potion.
Either way Long Beach has something
for every walk of life whether day or night.

Stars have come out of the Beach like
Cameron Diaz and Carl Weathers coincided for the better.
Even Steven Spielberg and Steve Martin
would come to Long Beach State to escape.

We have the Convention Center, concerts like Audiotistic, and jazz fest.
Bringing the diverse cultures of Long Beach into a birds nest.

There's ocean front and Cherry Park
where all the skaters would meet up to skate.
Downtown Ocean properties skyrocket where
your more suitable areas you can make a profit.

Shoreline Village and the Aquarium become a children's play pen.
As to certain restaurants you want to keep coming back again.

There's also an interesting part of Long Beach called Belmont Shore.
Where one can walk and window shop never being hassled by the cops.

With all the commotion in this city you can always reflect on its positivity.
By becoming part of Long Beach you automatically dive into the nitty gritty.

DREAMERS

If you're a night dreamer it could be
about sex or your next days demeanor.
Were all infected with dreams whether
they're nightmares making you scream.

Or they could be positive giving you
motivation if you know what I mean.
I've had dreams where I'm the center of attention
with a ton of women giving me resuscitation.

I've had dreams of me as the devil
falling down a shaft from level to level.
You can wake up in a pool of sweat
where you haven't finished dreaming yet.

We can all be challenged in our dreams thinking they're for real.
When in fact they serve your head information like a meal.

Dreaming is an adventure causing
you to go deep into your imagination and venture.
It's almost as if your brain is playing tricks
on you when dreaming you think its' real.

However seriously you want to take them,
they will reoccur again and again.
So be sure not to stray too far from the bedside
for your dreams could be calling you for another ride.

FAMILY

Family support is so important to have sharing
your struggles with your mom and dad.
You can turn to anyone in time of need
getting advice from those that lead.

We're a team, a unit, someone that takes your feelings and improves it.
When we're apart we correspond keeping together that bond.

Aunts and uncles, brothers and sisters,
the attention we give each other are adrenaline lifters.
We grow together knowing each other's personalities
gives us responsibilities to be accounted for.

When we grow old there are stories to be told.
Giving us enlightenment into how our tempers went from hot to cold.

Braving the elements we would go head over heels
to provide our family a meal.
There is no greater task than to keep
your family from finishing last
you must speed up the recovery and regroup fast.

Some family bonds are greater than others.
But as long as you have that everlasting love
there is no need for guidance from up above.

God can be a source of unity to improve on.
But a family must stay in rhythm without any controversy.

Giving hope and light can keep each other tight.
That's why family is so important
giving guidance every day and night.

LEADER OF YOUR OWN DESTINY

We are living in eternal bliss.
Where one must maximize their gifts.
To reach your goal one must venture to his or her eternal land.
So that we can accomplish our gifts wherever we stand.

A thought process must take place
so that we can gather and maintain our pace.
For we are all competing and striving to win the race.
A leader can temporarily guide you
and give you the strength to maintain your path.
But you have to know it is your path
and for you not to finish the race last.

As you gather your goals
it is you that is gathering strength in your soul.
We must share our gifts
to have the power in our lift.

We must avoid weakness by gathering our gifts in the past.
Our goals are in sight as we can see the light becoming very bright.

Strength is usually in numbers
but we can falter in our ways and succumb.
Listen to the ways of the world as leaders stood up as one.

Bringing a nation under one and it to stardom.
We must break the cycle of the old,
and weak and bring back everyone back to their feet.

DREAM AHEAD

Staring through at the hourglass
I know I have to make a move fast.
To a realm unknown to many I know
I can accomplish my goals plenty.

We are at a crossroads in time knowing
that we have to follow the footsteps of mankind.
Lectures and sermons keep repeating
what is determined.

But we as a people must come forth
to commit and direct a course.
Where in the world have all the cowboys gone?
It's what Cheryl Crow said in her song.

Finding all the do-gooders in this world
to motivate will be a trek giving
them a goal and then congratulate.
We can generate motivation by
lathering and coating,
and keeping the ovation going.

Fighting by moving one step at a time
we can abolish crime.
Then we can gather the leaders
and build over time.

Develop and pamper the up and comers
so we can unite a nation of brothers.
Playgrounds, schools, and libraries
will give children motivation
to write poetry in their diaries.

As each night grows near
we know we have nothing to fear.
Because we have accomplished our goals
by the time darkness appears.

It's exciting to know that
we have accomplished our goals.
As our torch burns bright it is we who know
that our goals are accomplishable tonight.

POLICE PRESENCE

Helping those that have fallen from the grasps of reality.
As the loyal civilians look on protesting what is wrong.

It is the police we turn to when our enduring need is not strong.
In a state of turmoil we can stay true to those that are loyal.

Making it safe to the ones that are in turmoil.
Making their barriers of the Territory their soil.

We are a nation of believers, seekers, and achievers.
Directing our route is a basis of thinkers.

Making a code of the street theirs
where they intimidate the haters by scare tactics.
We all have a purpose in life but some slip up and die.

Whether telling the truth or making up a lie
it is up to us to tell the truth this time.
Thank you again for keeping us safe
from all the violence and crime.

For we would not know the way through
this state of anarchy which is sublime.
Controlling the guns and death
you give us that final step.

Which is harder
to obtain a rep through death and love of society
or one through guns and pain?

We are all messengers of God
but some give messages
from God to the corrupt and vain.

MY BOYS

Alexander Ave. where I was born amongst the animals.
We were cast away making the most out of our days.
Derelicts, once we were called Jack, Patrick, Gene, Evan,
Jason and me, 6 of us in all.
Rummaging around the neighborhood
we would scour our territory as if we were up to no good.

Our days were filled with sports of all kinds
giving us a way to pass the time.
The older we got the more confident we became
increasing the skills of our game.

Women were our target by interaction
they made us feel lethargic.
We would fight over the most beautiful
making the loser feel like a fool.

There were no boundaries
as far as the eye could see.
As we determined our own destiny.

Slowly we began to drift and go our separate ways.
Some off to college and some working day by day.

There's a cloud hanging over us
but someday we'll unite in a genuine way.
Off into the day we go not
forgetting where we left our soul.

We were one unit not giving a care
if one was Muslim or Jewish.
None of us will forget the time
we had for it was the coolest.

TREACHEROUS PAST

College bound as I was off to the lost and found.
Trekking from class to class through the snowy ground.

My roommates and I found a niche chewing
that tobacco so hard it made me spit.
Beer can after beer can I was losing
my degree of an educated plan.

By sleeping all day and partying all night
we were the derelicts of the school with no end in sight.
Fighting for what we lacked we tried to get back on track.

Picking up from last semester,
school seemed to be what I wasn't after.
Socializing is what we did best
going to each and every sporting event.

We were hermits analyzing the night
doing what we thought was right.
Sitting back I knew I had an option
either sit back and mope or get rid of the dope.

It would be the Navy
I would enlist in and begin another trend.
I would say farewell to Billings, MT.
and swim deep and far for my home on the cabana.

Now I was stuck in a whole new world
not knowing if I would survive this turmoil.
My soul began to deepen as this was
a whole new place for my soul to sleep in.

I found change to be good
as I was on my own two feet for good.
As I came to a conclusion
it was my life that was not confusing.

TREE TOP EPISODES

Keep your life in motion so you can apply the final coating.
Kicking back amongst the treetop my position feels nice and soft.
I can see from a distance as my eyes transition into submission.
A little creature down below moving awfully slow.

It looks as if it's a nutcracker squirrel.
I can follow it with my eyes motioning as if it's a girl.
Come here little one and bring your family of sons.
As I call her coo koo she takes a glance at me
in the tree and shrieks as if I'm in her way.

Take it easy little nutcracker
for it took me hours to get up this oleander.
She takes motion moving in the other direction.
As she starts to scour the surrounding trees for inspection,
the squirrels have seemed to gather
below my tree wanting my ejection.

As they start to climb I don't know whether to jump
or whether to climb down from limb to limb and take my time.
They seemed to swarm the tree leaving me with only one possibility.

As I jump to the ground they turn back around
hissing like they would at an angry crowd.
I sprint off into the distance leaving
the squirrels without any beat down assistance.

SCHIZOMANIA

Half of my mission in life is to show those that I'm not crazy
but stable and capable of anything
that a person without a mental illness can do.

Whatcha gonna do? Whatcha gonna do when I come for you?

I'm a terror inflicting pain
but wait it's an imbalance in my brain,
so give me reasonable doubt.

I know my disease,
you can go to the library and read about it.
Figuring out It's nooks and crannies
but don't expect me to be about it.
I can explain It's positive and negatives
and tell me what you see throughout it.

But conjuring up its' effects on my life
is like sticking me slow with a butter knife.
Praying that one day I'll be cured are the goals I pray for.

To the voices and visions that clutch
to me in my own separate prison.
We are becoming all too familiar
to what schizophrenia offers
by asking ourselves should we stop him or drop him
when the symptoms begin to overwhelm.

Bring the gurney quick,
he's having a fit.
Or should we sit back
and let him overcome it?
No you imbecile, begin resuscitation
before he get's all wound up and hurts a patient.

Bringing harm is not what I do but my first victim could be you.
So become a part of my equilibrium and don't ostrich size what I have for you
son.

Let us nourish and nurture for we have the gift to give like any innocence of a
kid.
Become a healer before our ill one's begin by plotting to kill someone.
As police officers you carry the responsibility to care for people with instability.
So go out there and share what you have learned throughout your career.

ETERNAL LOVE

My honey is off the chain no ifs ands or buts.
She could be a street walker by the way she struts.
She's the keeper of my soul, say what?
This girl has got style and grace,
she'll make you go off pace by one glimpse of her face.

By returning her message makes me feel security
like I've got the world under lock and key.
Bring around Beyonce or Janet Jackson and there is no comparison.

We get together over breakfast and lunch and it's
she who is in between the sheets serving me brunch.
Where are you gonna go babe?
The only place is to follow me to the end of our grave.

Music thumpin, body's bumpin she can dance
by tearing the roof off the joint and keep it jumpin.
Give her my heart and she'll know how to handle it.

Break away my young countess.
It is my heart you have stolen and
it is you who can keep it until eternal bliss.
Stay my love for you are my angel from above.

Baby we are a match and there ain't
no one that can tell us anything but that.
Pick up your satchel and hat because
where we're going we're never coming back.

My heart is what you've stolen.
And with our love it'll never be broken.

FACING A DILEMMA

Schizophrenia, how it takes control of your thoughts like your a robot.
Making you withstand the pain as if you've just
withstood a battle you've just fought.

Schizophrenia, it's a dilemma not something a result of your temper.
Schizophrenia, believing you're another person
when in fact your really hiding behind a curtain.

Schizophrenia, when you think you've seen the Dali Llama
as the ambulance comes rushing you to trauma.

We're lucky we have a place as nice as this
so it's less likely for us to start to trip.

We count on each other swapping each other's drink to the last sip.

We're a team helping each other to believe in a
common bond and to maintain being strong.
I'll maintain my peace of mind letting
no one steal it not for even a dime.

What's the message of a crazy person,
someone acting erratically, emphatically?

Light me up that candle and I'll bring my women
to her feet as we dance up out of our seats.

Breaking the mold of a stereotype is what each
and everyone of us faces on a daily basis.

As we face ourselves dealing with challenges day to day
we must complete each and every journey by saying we're o.k.

Sometimes I think we've been put on this earth to gather all that it's worth.

Because we have a special gift of dissecting what's true,
we will prevail by sending the real perpetrators to jail.

Love of others and of oneself can keep you stable and in good health

We can all become believers of thyself
whether you're a junkie living on the streets
or a toddler learning how to breath.
Live as one and not succumb to those that are dumb.
Hearts in Bloom

Only the Lord can bless me with my first love
up above in a way that he does.
She was sent to me by an angel
posting enough money for me to get out of jail on bail.

From her rough cali's to her natural beauty she is more than just a cutie.
From the first time we met, together our plans would be set

For our relationship was deserving of respect.
Our love would need no training and certainly no neglect.

Take me to my love for it is she that I can't get enough of.
If my cards are played right it is love we'll be making tonight.
Strike up that match so I can perform foreplay with hot wax.
Bringing the night afloat it is us who'll be sailing away into the night on a boat.

Keep me close so you can get every drop out of me, the most.
A night escapade is what we'll take, making no room for escape.

Up up and away as we fly to outer space,
as two lovers make an escape without a trace.
For we have eaten the fruits of Eden
and have come to eternal bliss sealed with a kiss.

Collapse into my arms and I will show you.
The art of making love sent from the heavens above.

MOORE VILLAGE

Moore village is more than just a village.
It's an underground Safeway for those in need of a pillage.

We roam around Moore house while
some have been around longer than Levi's Strauss.
But we carry on taking knowledge
from the old and turn it into gold.

From morning walks to group talks
we are all in battle at the pace of the clock.
We file in line not to be rude, waiting for the nourishing food.

As we have an agenda to be set we all have a deadline to be met.
Racing to the clock we all have an illness that needs to be stopped.

As my roommate strives to keep his breath during sleep
it is me who watches over him while in need.
I was brought here through an act of God
to become his savior as he nods.

Friendly faces all around as it makes me feel profound.
Daily trips around town gives us somewhere to hang around.

As the pretty nurses scour for our medication
it is us that is doing our daily evaluation.
Life speaks jive but it is each
and every one of us keeping us alive.

We are going about life the best that we can,
earning a stripe from those
creating a life plan.

As we narrow around the bend it is God's message
we must send by nourishing us from what he has cleansed.

FREEDOM

What does it mean to be free?
Does it mean we can watch any channel on t.v.?
Or does it mean we can date any girl freely?

My definition of being free is to feel anything emotionally.
Even France took the time to construct the Statue Of Liberty.

Giving something to remind us for eternity.
Trailing in our place were countries that were scrawny.

But they wouldn't give up easy
trying to take over our economy.
We trusted in ourselves bringing on the fight
so we could bring on the day of light.

Brushing aside the American Indians
we could have fought for hours
knowing what we were doing was sin.
Breaking the mold they were in a fight to win.

As the years went on and the battles were fought
there was no telling which side would be sought as the victor.
Soon we would prevail sending the enemies ships back by wind and sail.

We were now Americans more powerful than all of the Africans.
We stood our ground knowing that our future was out of sight and sound.

Bring on the next victim for we are
a nation with a strong military system.
America the beautiful just sounds groundbreaking.

UNITE

God bless the US as we step upon the unknown
we'll test the compatriots of our own home.
God bless the US,
make sure we come to a conclusive end of suffering
by giving the body and mind to heal over time.

We have generated a constant thought of consciences
that we will forever reap in the benefit of what God has meant for us.
Loving and leaving a trademark behind thoughts will go on as we manifest in
time.

50 states is our focus by living our life unbogus.
Change has generated staples leaving us without
shackles in a level plane with all of our belongings in a satchel.

As we live in suspense we no longer have to peak over our neighbor's fence.
But rather share our thoughts with them over a spliff filled with hemp.

Live and love to get respect
breathing down the neck of the weaker sect.
Strength and determination will only rule the upper hand
by then passing on guidance to the next man.

Steel a cherry from a bush and not repent
what you have done then you'll end up in eternity as a wuss.

Open your heart and we'll see if you have what it takes from the start.

Cherish every moment because a moment lost
is like giving away your beating heart.
Conspiracy and propaganda can make us go blind
like maze but they can never change the determined look on our face.

Violence and maturity will keep the faith by avoiding violence and rape.
Stay concerned because we have to teach everyone what we have learned.

