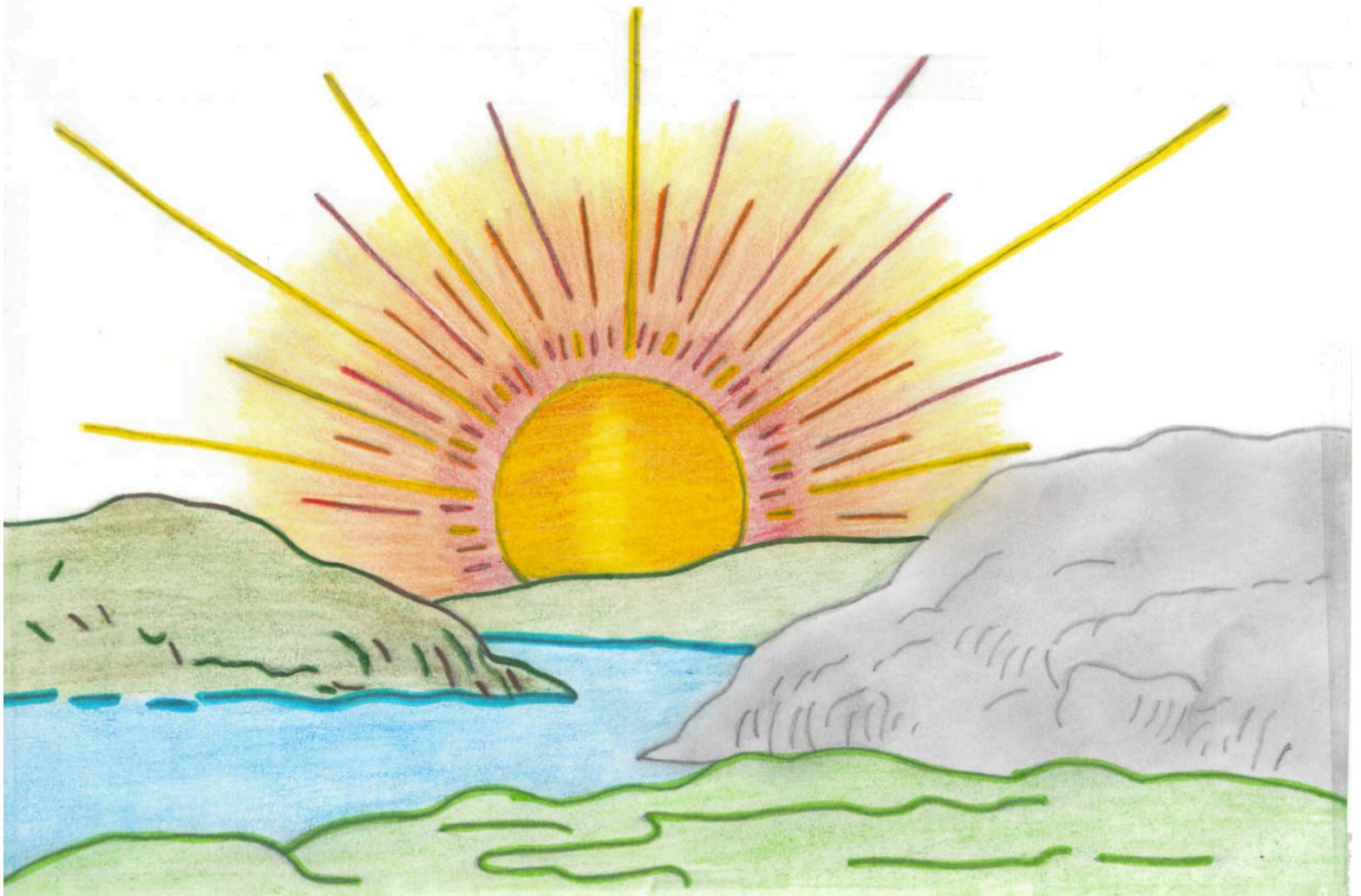


Slate Canyon Youth Center

WHAT'S PAST IS Prologue

Spending today complaining about yesterday
won't make tomorrow any better.



What's

As

Prologue

Past

State Canyon 2015



Slate Canyon Youth Magazine

A Letter from the Editor

...

Here at Slate Canyon, we're happy to be bringing the magazine back for its second year with a new set of students, a new round of insight, and a new relevant theme.

When students come to Slate Canyon, they seem to have one of two beliefs about the future that lies in front of them. Either the past has set us on an irreparable path to finish out whatever story we have started, or the past has merely set the story for today; it is not our future. In one of William Shakespeare's most iconic lines, he supports the latter belief when he says, "What's past is prologue." The prologue/past is merely the beginning, and our story/future has many opportunities to twist and turn.

In line with the change that Slate Canyon strives to inspire, Shakespeare's words became the theme that weaves this year's magazine together. Students wrote draft after draft to craft articles that could inform the reader on a topic of their choice and address this passage of time. Some students chose to get personal, writing articles about their experience getting over the past.

Some wrote about things that inspire them and how those, too, have changed through the years. Others wrote about the evolving nature of things like technology. No matter what they wrote about, the words and efforts are all their own.

Even more true to themselves, the students wrote several poems this year; some of which are in the magazine. They wrote from their hearts, and their own experiences, and they reminded me of just how important it is to creatively tell our own stories, even though it can be hard. The theme of "What's past is prologue" wasn't required for the poems, but you may find, surprisingly, that most find a way back to that concept of passing time.

I'm so proud of the work the students have put into writing and rewriting their material for the magazine; I know you will be, too! I watched the theme come to life as students worked harder and achieved more than they thought they could.

Thanks for reading!

- Jessica

The reason behind "What's past is prologue".

Front Cover by:

Anibal & Tyrone

Front Inside by:

Anthony

Contents Collage by:

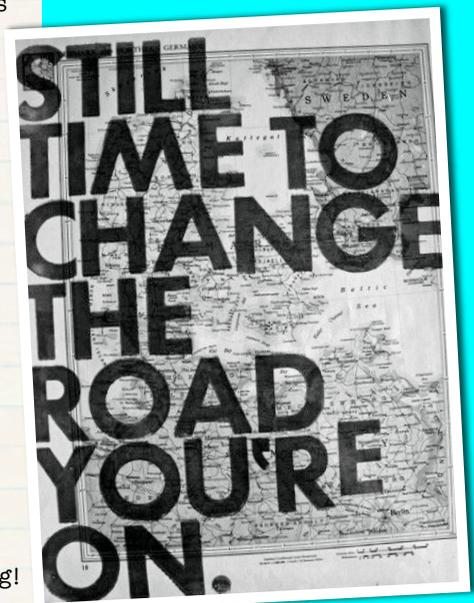
Frank

Back Inside by:

Brayden

Back Cover by:

Ned



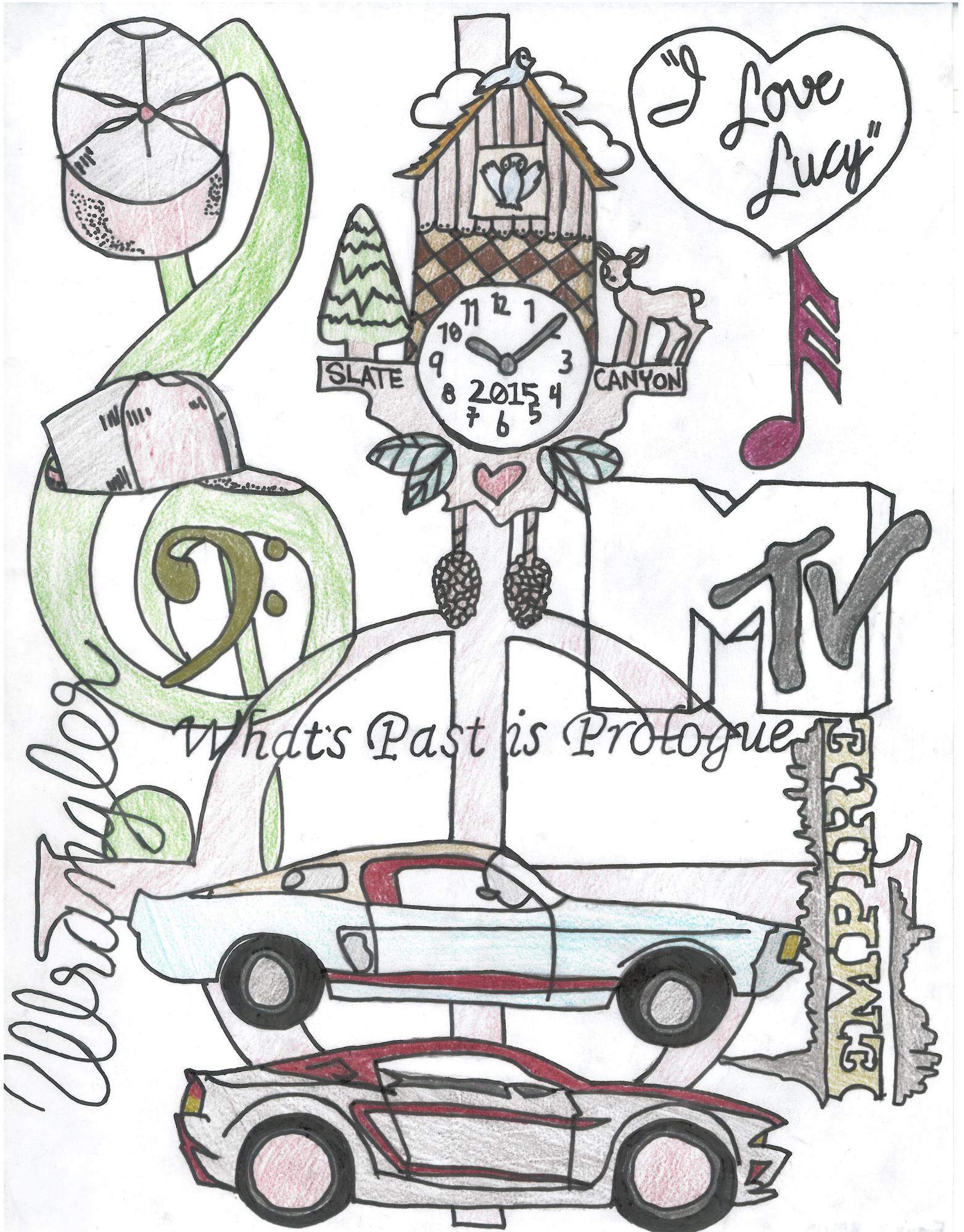
SLATE CANYON STUDENTS ARE ACTING UP!

In conjunction with Slate Canyon School's variety show "Acting Up!", we've had a lot of fun working on showcasing our students' talents. Thank you for being a part of our efforts, and thank you for your continued support!

Student written
and
student driven.

**SLATE CANYON
YOUTH CENTER**

1991 S. State St.
Provo, UT 84606



"I Love Lucy"

SLATE

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TV

What's Past is Prologue

Slate Canyon

PROLOGUE

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Go Spartans!



To The Reader:

Be aware that some of the written content in this magazine comes from a very personal space. Many of these students have gone through life experiences that no teenager should have to, and many of those experiences are referenced here. Please be sensitive to the courage it took for these authors to open up about their circumstances. While you may be alarmed by some of this content, know that writing about it can help the author process what happened. If nothing else, we hope that this magazine creates conversation among readers to help prevent other teens from experiencing such hardships. Thank you for understanding!

(Names and details have been kept at a minimum for confidentiality.)

Dialogue of a Teen and his Conscience

By: Brayden & Jayson

We grew up together

Conscience: I am your conscience in your head that tells you what to do
Don't ignore me because of peer pressure

Teen: I hustle hard and pack pistols in measures
I keep the pressure on so I can prove...

I am the one that controls your life

T: To those fakes who say they're tough
I've got a full clip to show that what they say are bluffs

C: You have some heart in you, but in the wrong direction

I'll show you how to live respected

C: Remember the times when you smiled at the faces of
Your family and to the ones that you say you love?

T: I know that I wasn't always like this but...
Wait, why do I even care anymore?...
And plus, I've got my homies now to help me

C: I know that there's a chance you can change!

T: That's what my father used to tell me...

C: And he knew you could do this, he knows you're a better person than you say you are
Remember that time when you used to play with...

Those Hot Wheel cars at the school park...

T: Yeah, those were fun times way back when
But I moved away and I found a better place since then

C: Why do you act like a fool when you could be a king?
The master of your fate and the captain of your dreams

T: But I am, because my dreams have changed since then
I want the world to see my struggle and...

C: The chains you're in!...You can still be your own captain!
You don't have to prove that by the things you interact with...

T: Or the enemies I'm blastin'?...

C: See! You don't have to associate with losers
We just got to show the world that you're better than your past

And I know they say that “If you don't learn from past mistakes that it affects your future”

T: But I've tried to change and the changes never last...
It's a dog eat dog world and I'm trying to get fat.

C: And one day you'll get eaten in the dog pit
And pretty soon you'll have no one else to stop it

Except for myself

C: And to accept the changes that others offer

T: But how can I change if that's all I've ever known?
How can I grow from this small bud and start flourishin'?

Work, strength, dedication, and a want to do right

C: You've got to evaluate what you want in life
Because you only live once and chances never come twice

T: One day I'll come around and make my father proud

C: One day you'll be a better person than yesterday

T: One day, I'll go off and be short on my luck

C: One day no one left will have a damn thing to say

**And if that day isn't today
Then it could be tomorrow**

C: Because if there is still light in the window sill
And a little rest at night

T: If there's some sense to make in this world of dollar bills

C: I might change if the cashier of life takes fives

Then we can give life to living and not live to kill

Pain Pills

I'm there to pick you up, when you're falling downhill
But then, you get to use to my thrill
You fall in love with the way I make you feel

You're forgetting
I was just meant to kill the pain
Not drag you down, to an endless vain
Without me, you're starting to go insane
I wish I could get rid of my fame
I've done everything, but change your name

Now here we are, one year later
I've pushed your family, away till' later
I've turned you into the world's biggest hater
At first, you swore I would only make you greater

Now don't you wish you could go back?
To when you had that heart attack
Take me as I was meant
You shouldn't have to hire a therapist just to vent
Think of all the money that you have spent
Just to get me so you could stay content

Now you may ask,
How?
How could something as little as me
Ruin everything you thought you could be
How much will it take for you to see
I'm really not just one big cup of tea

When's the last time you looked in the mirror
Without the razor blade sitting near
You probably shouldn't, you'd be filled with fear
It's guaranteed, you'd shed a tear
You can definitely tell the end is near
Your image screams it loud and clear

Well today, your parents came to just say hey
Cause it so happened to be your birthday
Your mom walked in and began to sway
She could tell just by the way you lay
That there would never be another day
That's when her knees just gave way.

Lets just say,
I claimed a new victim today.

By: Cameron

Untitled.
By: Kevin

*I am pained for my father's subsidence
So, I ask God for guidance
I wait and wait for his repliance
But all I receive is silence
And this is normal for a life of defiance.*

*I don't think my life will ever be the same
I'm drowning in a pool of shame
Trapped in prison forever detained
I only have myself to blame
I struggle to hold in my pain
I know my heart still has a flame
My life will forever have a stain
But I have a goal I must obtain
It's freedom that I will reclaim.*

*I'm not the man to cry and weep
I gave the devil my soul to keep.
As you can see I have fallen into the deep
But listen aloud it isn't what I seek
The destination I seek is at the highest peak.*



A Letter To My Past Self

Being twenty years old, I have been through a lot in life, things I wish I could change or take back. Many people used to tell me that if I didn't change my ways of thinking ("I know it all, don't tell me what to do"), I'd only have two options later in life: prison or death. Hearing prison and death at the age of twelve scared me to the point of wanting to seek change. I was too close to gaining those two options. Eight years later, I'm writing my past self a warning letter of the struggles he will have, how stressful it will be to change, and the motivations he will have in life.

To my past twelve-year-old self: I remember a time when you felt you had all the right answers and everyone else was wrong and out to get you. But in reality, you *are* struggling to seek trust, change, and wisdom. You have a hard time with following programming rules, obeying them, and taking your education seriously. You are a problem child according to "all" of your D.C.F.S workers and other people who know you; these are all the people who doubted you. However, I'm not going to talk to you about all the bad things you are doing. You aren't a dummy. I'm writing you this letter to get you to change your life. You have to face these struggles you are having. Start seeking help from people, and sooner or later, change will come. I know deep down in your heart that's what you want, right?

Furthermore, I know many people, besides me, are telling you what to do in life, and it's all revolving around change. Maybe it seems like it's for them rather than for you. It's not. Just remember, "We're not defined by our mistakes, but the lessons we learn from them," as Jay Williams once said. One thing you have to keep in mind is that your attitudes and behaviors will be a big factor in your life; they will keep you out of trouble if you change them. Another thing you have to keep in mind is falling into peer pressure. Stop thinking you can get away with criminal thinking and that most people are out to get you. Remember that time when Kim, your caseworker, wanted to take you under her wing after you and your friend broke into Liz's house, but you turned her down and ended up spending 14 months in DT? Remember how Mike turned out when he was in her care; he turned his life around? I know when you are visiting your mother, you make change happen, you take treatment seriously, you work hard to change your negative thinking, and you take people's feedback on what they want to see change in you. Just pretend everything in life is like visiting your mother. I know you really love your mother and don't want to put her down by doing badly or not succeeding in your programs or in life.

Finally, in order to face your struggles and change your life, you have to focus on your motivations; as Martin Luther King once said, "If you can't fly, then run, if you can't run, then walk, if you can't walk, then crawl, but whatever you do, you have to keep moving forward". I know you are very creative in the art field, giving to others, and helping your community, as well as the people around you. Focus on your education. I know right now education is a pain in the butt, but in the near future, you will have the passion to go to college and study graphic designing, and you will want to be another person in your family to go and succeed in a career. You have some very big motivations in life. I know you want to build something out of your creative mind and be successful, as well as being famous. If you follow my advice, you'll be very surprised about the outcomes you will make.

In conclusion, times are going to be very hard for you because you are very hardheaded. If you want to be successful in life, keep in mind that it will be all up to your thinking, as well as attitudes and behaviors, and remember it's not free, you have to put in the hard work. You have the ability to be whatever you want in life. You can stop this "no care attitude" any day now. Just remember, you'll have three steps to follow: face your struggles, change your attitude and behavior (ways of thinking), and focus on your motivations. After you read this, it will all be up to you.

Sincerely,
Tyrone



abc.net.av

Why It's Important to Make and Learn From Your Mistakes

Mistakes are things that we as humans make all the time no matter how hard we try. The reason for that is because none of us as humans are perfect and we cannot stop ourselves from making mistakes, but we can prevent ourselves from making that same mistake over and over again. There is nothing wrong with making mistakes, but it is important to learn from them the first time and apply what you learned from that specific mistake to your everyday life.

Learning from your mistakes can benefit you in anything and everything with life. For example, a scientist must learn from his mistakes as soon as possible. The reason for that is because as a scientist working on an experiment, he's going to make a mistake somewhere whether he likes it or not. However, if he learns from that specific mistake the first time, then he can make progress towards completing the experiment. If the scientist didn't learn from his mistake, then he would never go anywhere and would not gain anything that he didn't already know before. For another example, if you committed a serious crime that could get you locked up and taken away from your family, you cannot only learn from the mistake yourself, but also pass that knowledge

onto others who could use it. If you continue to involve yourself in criminal activities, you are not only hurting yourself by losing relationships, trust, friendships and much more, but you are also hurting the people who love and care about you. People who learn from their mistakes the first time are more likely to succeed and make progress towards the things they want to eventually accomplish.

Learning from your mistakes can also help you to be a better person in your everyday life. There is no limit to what you can become, if you learn from your mistakes. For example, I had a problem with stealing from people and from stores. It took a good two and a half years before I finally learned from that specific mistake and realized that what I was doing was only leading me down a path that in the long run was going to end me up in a place I didn't want to be. Had I not learned from that specific mistake I would have a lot more to regret from my past. I have had many mistakes that I have not learned from the first time, and they have done nothing but cause me grief, frustration, and a loss of trust of the ones that I love and care about. By learning from some of my more severe mistakes, I have become a person that can be

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proud of what I have done, as well as feel accomplished in the short amount of time that I have lived. Also, by learning from those mistakes I have gained back the trust that I lost and been able to become a person that is proud of what I have done and the hardships that I have been able to overcome. In today's society, the mistakes that we make are what keep us functioning and sane.

Mistakes are things that we as humans all make. There are positive and there are negative consequences to making and learning from our mistakes. We as humans live and learn from our mistakes and the experiences they bring with them. Without mistakes in the world that we live in today our society would be boring, and we would be almost like robots, acting the same way and doing the same things. I feel very strongly that making and learning from our mistakes is very important and that mistakes make us who we are because we do not all go through the same mistakes as another person, all mistakes are unique to ourselves.

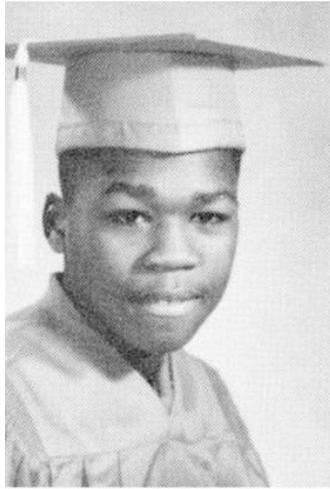


falkvinge.net

By:

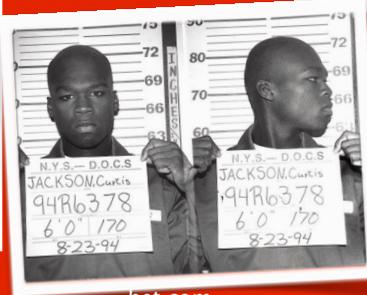
Brayden

50 Cent: His Past to Present



50 Cent

thenandnowphotos.com



bet.com



pyhadexel.com

50 Cent, according to many people, is one of the best rappers alive today. Teens and adults alike have listened to his music and looked up to him. However, people who do not know him well believe that he had a very crazy past dealt to him because he was involved with gangs, drugs, and, of course, he rapped. His past, though, is one that many people can learn from. Some look at him as a “negative” role model, but just because he did some negative things, doesn’t mean he hasn’t taught some positive messages.

How much do you know about 50 Cent? If you don’t know a lot, here is a little insight on his life. He began rapping when he was only in high school. Since then, he has rapped with many different artists. He is well-known for the “fifty” singles he has done, such as PIMP and Baby By Me. These singles are split up between six different albums. Many people like his music and the messages he shares. Although 50 Cent has an honest success now, his past success was one that was hardly honest.

Many people tend to think that 50 Cent has an extensive drug history. This is true but not in the way many assume. Come to find out, he has never done a drug in his life. His drug history all comes from him buying and selling drugs.

Yes, he did interact with many different drugs. He sold drugs to countless people, but he never had drugs enter his body. He never did drugs because he respected his mom and those who told him to never get involved in drugs. He has stayed out of the drug game by setting standards for himself to not do drugs, and as of now, he has no dealings with them. He once said, “I’ve made so many mistakes, so many corrections. I’m so far from perfect, so many imperfections. But I’m a go getta, I get up and go get it, so if your preaching prosperity, I wanna hit it.” This, to me, says that even though people may have so many imperfections, don’t let others influence you in a way that you will keep doing wrong.

Growing up, 50 Cent was also involved with gangs. He had some not so great experiences because of this choice. Before his success as a rapper, he was shot. Get this! It was only one shooting, but he was hit nine times in a row. I can only imagine how many other times he was shot at or will be shot again. He is very lucky he isn’t dead or at least paralyzed. This was a learning experience for him; so far, he has not been shot again. He still is involved with gangs, but he has not allowed gangs to take over his life. He started doing his own thing after he

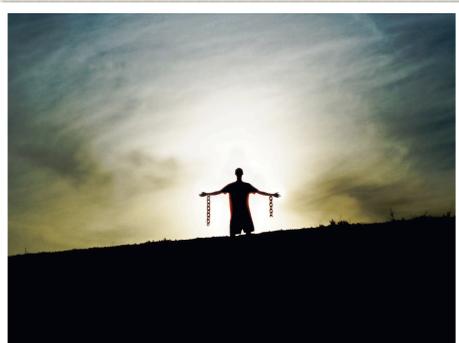
was shot. This may not sound promising, but when he formed his own company, he let the past be the past and didn’t let it take over his present self. He is very successful in his life today, which has helped him stay more focused on himself than gangs. Meaning, he does not go around all the time looking for trouble; he has tried to steer clear of that behavior.

50 Cent’s life could be a learning point for many teens and adults that got involved with illegal activities. A majority of his songs talk about his past. He raps about his past and how it has helped him learn and grow to be the better man he is today. This just goes to show how much a person can change and will change, if they want to, from the past to the present.

by: *Frank*



ON MY WAY TO A BETTER LIFE!



BY JOHNATHAN

As soon as I was old enough to walk out the front door of our home alone, I started getting into trouble. When I was seven years old, the police caught me vandalizing someone's property. They took me home in a police car and told my parents what I had been doing. A few days later, I appeared in court, where a judge reprimanded me and warned me that if I didn't change, I was headed for a life in jail. I told him I didn't care, so he had me locked in a cell for thirty minutes, so I would know what it felt like to be in jail. I didn't care then, but it's twelve years later, and I don't want to have to keep living in the past anymore.

The judge's actions didn't change my attitude. I kept on breaking the law. I smoked cigarettes and drank alcohol while underage; I smoked marijuana, broke into cars, stole

things, got into fights, and ran away from police officers.

Since then, I have made a change in my actions and behaviors after a long time of getting into trouble and being

**“I didn't care then,
but it's
twelve years later...”**

taken away from my family over and over. The thing that really made something click on inside of my head was getting locked up this time and being taken away from my family. I ended up losing a lot of people that meant a lot to me, that I loved.

I finally realize that if I keep breaking the law, I will end up being locked up in order to protect others from my illegal actions. I must change my ways and the things that I do. I also realize that if I want to be free, I will have to change the type of

people that I hang out with and respect the rights of others. That means that instead of lying, stealing, vandalizing, getting high, and thinking about myself rather than others, I will put others before myself, I will think about their rights, and what I am doing, and how it will and can affect others. While I am doing this, I will also be preparing myself for a career and a better life for myself, my family, and other people whose lives I will touch.

I'm on the right path now. I'll graduate from high school in about a month and then soon start college. I expect to have a good career, a beautiful wife, and some children. It has taken me twelve years to finally learn how to not live in the past.



Time Won't Wait

By: Brychan



fbi.gov



easyexport.us



roydmarketing.org



shutterstock.com

February 26, 2015

The world is stuck on letting the past determine its future, which leads to the outcome of failure. This has always been one of my biggest issues. My mind made my partying and criminal memories seem like they were the best times of my life, but they weren't really as fun as they seemed. The past cannot be recreated, but most people try to do it anyway, including me. My whole life I have been trying to live exactly the way I did before, and I have let the past define who I am.



Ever since I can remember, I have done almost everything I've had the chance to try, whether it's stupid or not. I didn't care about anything. One time I totaled my car, and instead of being sad, I thought it was funny and that it would be a good story to tell. My goal when I was younger was to be as rebellious as I could. I pictured myself doing drugs, going to prison, and I was cool with it because I thought it felt good to have other people sympathizing over me. I was selfish. I did whatever I wanted to, whether others liked it or not.

My serious problems started at a young age. My first time drinking was when I was nine years old. Shortly after I tried drinking, I thought I was cool enough to do whatever I wanted, so when my neighbor flipped me off one day, I broke all of the windows out of his house. Well, he had cameras, so I got charged, and here I was, a nine year old boy on probation. A couple weeks after I went on probation, I pulled scissors on my uncle, and he called the cops, so I went to Apache County Juvenile Detention Center for my first time. From the ages 9-14, I got locked up fifteen times with charges all the way from Contempt to multiple Grand Theft Autos and Possession of Firearms. Time was moving on, and I was going absolutely nowhere. Each time I got locked up, my memories glorified the happiness I felt during each mistake. I remembered the adrenaline rushes, the social freedom, and the security, so I thought each time in detention was worth it. When I was 14, I went to Arizona Department of Juvenile Corrections for one year. While I was in the correctional facility, my mom thought it would be best for me to move to Utah because of the low crime rate.

I moved to Utah my fourth day out on interstate compact parole, and hated the state right away. I wasn't used to people looking at me weird because of the way I dressed, or the way I talked. As soon as my sophomore year started, I stole a credit card, spent \$500 on it, and got caught and arrested. Since I was so close to getting off of Arizona's parole, my caseworker decided to drop me out of Arizona state custody and put me into Utah's JJS custody. As I met more people and started getting in more trouble, I realized Utah's laws were a lot stricter than Arizona's, which caused me to get locked up quicker than I expected. After only my fourth time getting locked up, they sent me to Slate Canyon Secure Care for six months. I was released, and after three weeks, I came back for Attempted Burglary, which is where I'm at now.

So, here I am in juvenile prison for my third time, and I have finally realized that I am not going anywhere in life. I don't want to go to prison. I don't want people to feel sympathy for me because it involves those people going through pain. I now realize that the past wasn't really as fun as I thought because I remember all the negatives I had in my life during those "fun" times. I regret the mistakes I have made. I found it hard to say no to my friends' bad ideas because I was known for being down for whatever came my way. I now have learned ways to say no, but it's still not easy. Sometimes I still



feel like I can't be happy unless I am doing drugs or committing crimes, but then I remember that I'm sober and looking forward to a positive future, and that makes me happier than I've ever been. I am one month away from graduating from high school (something I never would have done in the past) and about six months away from going to college. In twelve years, I plan on being graduated from college and medical school, and working towards opening my own practice as a cosmetic surgeon. I can't wait to have a family. It's about time I stop wasting my life on anti-social activities and start working toward my goals because the biggest thing I have learned from my experiences is: time won't wait.

Be the change...

MY STORY

She's looking into my eyes,
Thinking am I really that guy?
Smoking weed, selling dope
Across the street.

She wraps her arms around me,
Holding me tight,
Telling me everything is gonna be ight, but
This shit don't feel right.

Mom wasn't right.
I started to fight.
Taking the pain,
The day it would rain.

I was just a youngin,
Seein my life as a game.
Daily waking to pain,
Now I'm starting to hate.

I dropped a couple tears,
Tryin to hide from my fears.
My blood streams are fallen,
As my time is flying.

I wipe my tears because
I have no guilt or shame.
I feel what I did was right.
I ask myself is there an end to my fight?

Now I'm sitting on a box of concrete.
I put a smile on my face,
Wishing our love was discrete.

Teacher trying to teach us life lessons,
Telling me what's past is prologue,
But...I can't get rid of my memories.

By: Eduardo

Gang life

By: Jacob

13 was the age when I got involved with gangs
It was not the best decision that I could have made
Living day-by-day sleeping night by fight
Chilling with the homies that are always down to fight.

I know that this decision may impact my life
Knowing that at any time a knife can end my life
A fear that cannot be taken
Until it takes my all
All my love and all my hate until the day I fall.

Gangs be the thang that people won't tolerate
I lived my life in a gangbang setting
When I was a kid I was always rolling heavy
I was calm like the ocean
But showed total devotion.

Now I can change if society will help me.

What's For Dinner Tonight?

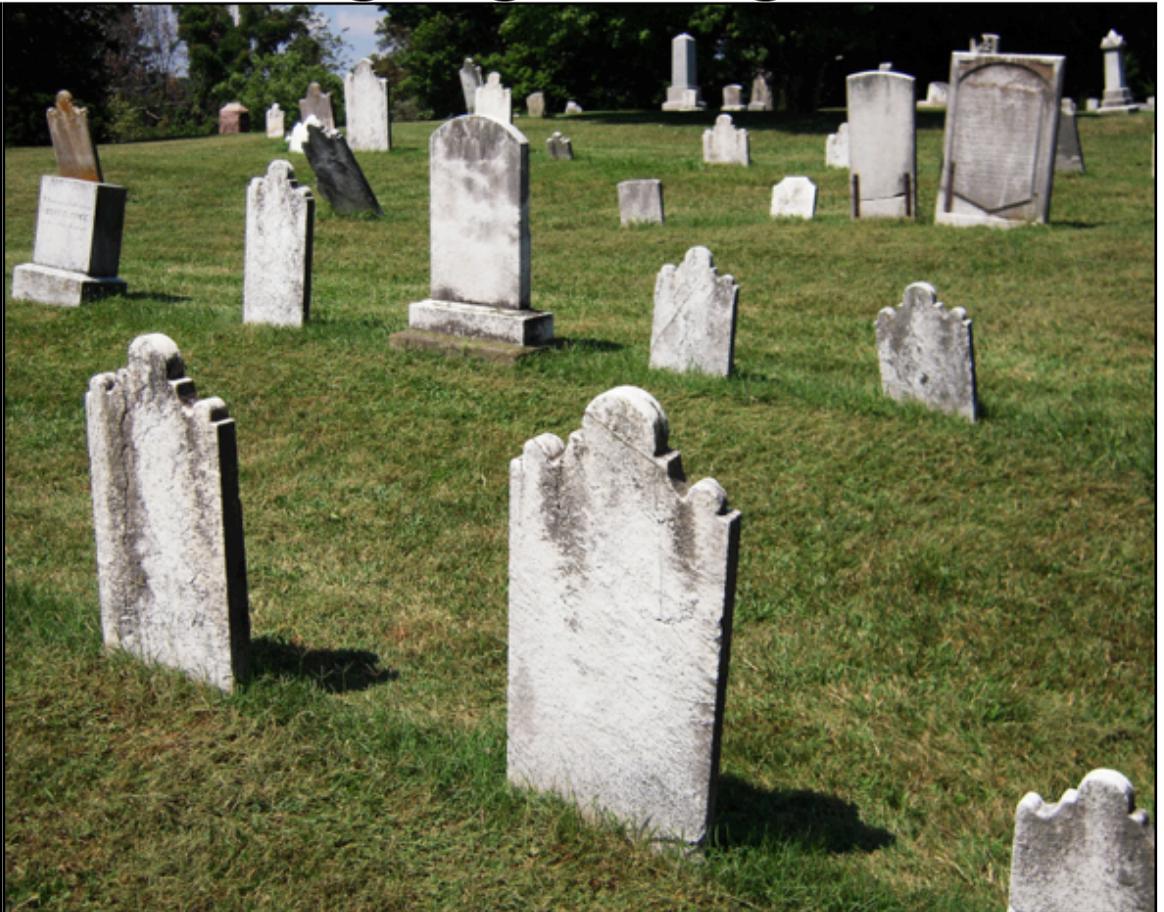
(1) Those words stuck to my scalp like fire to a kid's back. I hated it. It was like she had a message behind her phrase and she did. Would you like to know what I had for dinner that night? I had full blown whacks to my backside that would make you wanna think of Sunny Side. "But I only lied about my age, auntie." WHAM another chicken leg, WHAM another thigh bone, DAMN she knock me down. SLAM, SLAM, SLAM my head to the ground.
That's what I had
for dinner
that night.

(2) Two weeks after my recovery, it's check time, she's happy, I'm not. She sends me on a mission to get a small tee. Imagine that. She said she wants it in HOT pink. I gave her the eye and winked. Inside I'm weak; so I decide to make a wish. I arrived with the dish, she gave me the eye and sank. "What's for dinner tonight," she said. "I don't know". SLAP across my face, our eyes met at the pepper, I RAN for the mace, PUSH to the floor. SPRAY, SPRAY, SPRAY I got the taste. I ran to the door never wanting to see anymore. DOWN, DOWN, DOWN the street I go. Chicken-cordon-bleu is what I GOT-DAMN had for dinner that night.

(3) A mouth of loneliness, I creep back to the house. It's a party going on deep in the house. I open the door walk down the hall, nope the BET awards. Our eyes met once again. She ran towards me, I turn on my heels. "WAIT." she said. "I just want to give you a hug, I missed you." I gave in and cried. You had me worried." BAM, BAM, BAM to my back. I push her off, got into stance. I'm ready to fight. BOOM to the belly. BOOM to the knee. BOOM she went down. I kneel down and say, "I don't want your dinner tonight, I made my own!"

BY: TYRONE

The harm that gangs bring to us.



By: Jacob

317am.org

“Channel news coming to you live with another gang related death of a seventeen-year-old kid...” You have probably already heard this story on your own T.V. because in today’s society, gang violence is getting much worse than it was in the past. Gangs are negatively affecting people daily by losing loved ones and having things stolen from them. If we don’t change the way we view each other, gang violence is going to become an even greater problem.

Gangs are a problem all over the world today, and they have been a problem ever since we can remember. Kids are often getting involved with gangs today because families are not as important as they were in the

past. Kids are getting killed over the number and color they choose to represent. This is not only affecting the gang members, but it is also affecting their loved ones because they’re losing an important part of their life. Mothers and fathers mourn daily over their lost children, and if we do not take charge soon, it will only get worse, and more and more people are going to die. It seems like there has not been as much gang involvement as there is today.

Gangs are a continuing problem for families and the local police department. The police are always trying to bring down the gang violence now, and gang members retaliate when they feel threatened by the authority. We

have the local police department dying because they are trying to make the world that we live in a safer place by getting rid of gang violence. Gang members do not realize what they are doing and how much they are really tearing people’s lives apart.

Gangs are not good, and neither is the violence they bring with them. We are trying to rid this world of as much gang violence as we can. Sometimes doing so tends to get innocent people severely hurt or even killed, but times have to change. “Channel News, coming to you live with why we need to bring down the gang violence that exists in today’s society.”

GOthic STYLE!

BY: ETHAN



above top: Matt Patian from Kuza
www.TattooPinner.com

above bottom: Mike Kuza from Kuza
www.Wattpaad.com

bottom right (left to right): Kuza
Luke Skellington
Francesca De Struct
Mike Kuza
Matt Patian
Luke Slaughter
www.warped.battleofthebands.com

Gothics ... you may or may not know that gothic is a style. Gothic is a style to express yourself, just like Scene, Emo, Punk, Cowboy, Gangster, Prep, Hipster, etc. It makes you beautiful (like you, yes reader, you're beautiful in your own little way). Having your own style can help make up your values, which makes you and all the others that have similar values and feelings, have similar styles as well. This is why we try to keep an open mind and respect others' styles. You would want them to respect yours, right? For those who don't know a lot about the gothic culture, here is a little insight.

According to thegothcode.com, "The gothic sub-culture evolved in England in the 1980's, as the aftermath of the decline of punk culture. Gothic clothing borrows from Punk, Victorian and Renaissance dressing styles and mixes with the clothing that we wear in today's culture." In other words, the Gothic style borrows from the past and changes to fit today's expressions. Gothic men and women who follow this beautiful way of life, are know to have long black hair and wear black eyeliner, black nail polish, and dark shades of clothing, like black, green, red, maroon and gray. Though they can wear bright colors like splashes of yellow, white, green, lighter red and beige, most don't typically wear yellow.

In the U.K, especially, they have a culture that influences many people to wear black and to wear all different types of dark, inviting colors.

Many people associate Gothic clothing with depressed and angry people. This is not always a true statement. A lot of people like to wear gothic clothing just to wear it because they love or like it. We tend to think it looks good . Gothics tend to wear really tight fitted and/or laced clothing (it's sexy as hell, honestly). Many Gothics just want to break free from other "social codes," so we dress and present ourselves in a unique way.

That's just some background information about our style; I hope you liked it and enjoy the style. Remember that you're beautiful no matter what style you gravitate to, past, present, or mixed. As Chris Cerulli from the band Motionless in White says, "Open your mind before your mouth".



BodyBuilding From the 1970s to the 21st Century

BY. ANTHONY



npcnewsonline.com

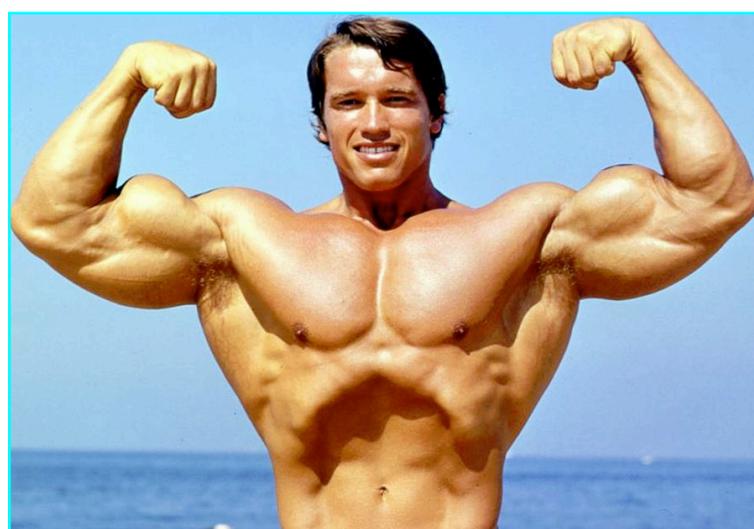
In the history of the sport, bodybuilding has changed in many different ways from the 1970s up to the 21st century. Professional bodybuilding was not a big sport until Arnold Schwarzenegger helped bring it to light. This has affected the way we view the sport today, along with how the sport is run.

In order to be in bodybuilding, you need to have this thing called a “Pro-Card”. The pro-card is a qualification to be a part of the professional bodybuilding competitions, and it did not exist in the bodybuilding career, until about the 1980s. The pro-card is the ticket for bodybuilders to get into their show. This card helps the men and women who conduct the shows get the competitors ready for their time on the stage, to help know who is professional, and to make sure that people that aren’t supposed to be on the stage don’t get in. This has been an important improvement to keep people from lying and trying to get on stage if they are not supposed to be on the stage competing.

Nutrition also plays a big part in professional bodybuilding. Without a good nutritional diet, it is harder to rebuild muscle. The right kind of nutrition that you eat and drink will help muscle repair faster and better. In the earlier days of bodybuilding, nutrition was not looked at very well; this was because people didn’t really know about the role that nutrition played in the sport of bodybuilding. Today, nutrition is a big part of bodybuilding. If you’re not building, you’re usually eating and drinking nutritiously, keeping yourself healthy, and keeping up on protein. Along with this comes the supplements that have been produced to aid nutrition. Bodybuilders use supplements a lot when they are

not lifting weights. Nutrition is helpful with losing body fat in preparation for bodybuilding contests.

In the 1980s, female bodybuilding became popular. Henry McGhee promoted the first actual U.S. women’s national physique contest. This was held in Ohio in the town of Canten in 1978, according to the “Wikipedia article of 1970s onward”. The Ms. Olympia was also started in the 1980s, when the NPC held it for the first time. Rachel McLish was the very first Ms. Olympia to win first place, stated in the article “of 1970s onward”. After a while, the Ms. Olympia competition added the two most popular types of competitions: figure competitions, and bikini models.



Arnold Schwarzenegger
celebritynetworth.com

Then comes the topic of steroids. Steroids help the guys of Mr. Olympia, like Big Rammy and Ki Green, get as big as they are. Here is the thing that people don't understand about steroids. Steroids DO NOT make it any easier for males or females to get bigger faster. The body builders who use steroids still go through the same amount of work that the typical male goes through at the original gym. Steroids get looked at very negatively. It is true that some people misuse the hormones, and then things get bad. Most men and women who use the products of sterol hormones have a lot of knowledge, and they know how to use them. A lot of people think that it's a cheat to help build muscle, but it's not. Sterol hormones only help the men and women have more energy to work themselves, and yes, it does help them to build the muscle that they build in the short amount of time that they do it to a certain point, but it's a lot more work for the builder than most people think. Steroids do have

a history, and people do have their opinion on them. The use of hormones is changing, and people are doing more research on them. The use of steroids is more than what it used to be in the 1970s, and people are learning more on how to handle the use of steroids.

These are all things that have changed in the history of bodybuilding since the 1970's and are all still changing today. Bodybuilding can someday become an even bigger event than it is today. Bodybuilding can and will go far.



Dana Linnbaily
pinterest.com



Phil Heath

Ki Green

bodyflex.pl



raininghotcoupons.com

How music has changed fashion

by: Eduardo

Fashion trends have changed throughout the generations. There are different styles of dressing. Your style of dress represents who you are and what kind of music you like to listen to. So, music plays a significant role on how we dress today. Music helps us express ourselves. If we didn't have music, we would all be dressing in one solid color such as all white, or all black. Music lets us express how we feel, and it has influenced us on how we want to look.

Popular hip-hop musicians playing in the early 1980's were groups like Run DMC, Ice-T, Salt-N-Pepa, and Beastie Boys. They introduced the B-boy style of dressing, which was baggy jeans, shorts, professional sports team gear, baseball caps turned backwards, and sweat/jump suits. The fans who listened to that kind of music would see what they were wearing and would try to follow their fashion.

Some of the fashion from the 80's drifted into the 90's, and music did too. Musicians in the 90's were Chris Cross, Vanilla Ice, Bone Thugs, Snoop Dogg, and Dr. Dre. Their fashion was baggy clothes. In the 80's, leather jackets were popular, but in the 90's it changed to wearing jean jackets. Jean material like pants, jackets, and shorts were



cosmopolitan.com

all big in the 90's. Overalls were starting to come into the fashion industry in the late 90's, one strap on and another strap off.

Now, people continue to spend a good amount of their money to keep themselves in the latest fashion. People listening to Phora, Tyga, Schoolboy Q, and Kendrick Lamar dress differently than people listening to Taylor Swift and Tim McGraw because different music influences the way you dress. People are very picky on what they're wearing, how they look, or what people think of them. We all dress depending on whom we hang out

with and what we also like to do. Today, there are many different groups of fashion.

Fashion today has changed a lot from even 30 years ago. Media helps; it has a great way of showing the propaganda of latest trends. The people in villages and rural areas are untouched by the wave of the latest trends. All these trends of clothing change from time to time, but eventually come back because music comes back, too. If it weren't for music, life would be plain, and boring.



PINTEREST.COM



FASHION.ALLWOMENSTALK.COM



TWITTER.COM

THE LIFE OF MUSIC!!!

February 20, 2015

Music has changed so much over time. It's amazing how far music has come and how much further it will go.

By: James



rebloggy.com

Music has always played a huge role in everyday life. We have come so far in the world of music. I can only wait until 30 years from now to see how different music is going to be!

Music is one of the most important things we have in this world. It has always been in our lives. If we didn't have music, this would be a very strange, quiet world. We need music in our lives to unwind, calm down, relax, and many other reasons.

Music has changed with how it is made. Originally, you only needed a voice and a couple of instruments. Now you don't even need the basic instruments. You just need a laptop or a synth and a decent voice. Add some sound effects, and you're a "DJ". In the end, though,

music is still music. For example, DJ Blend just has a bunch of sounds on a laptop and puts them together to make fun songs.

In the past, music didn't get around as much as it does now. We now have the internet, and if you upload the song on the internet, it can be viewed by millions of people throughout the world in a matter of seconds. For example, Twenty One Pilots' first show ever sold out in Pittsburgh, and that was just from them getting their friends to tell people. They had about 5,000 people attend their very first show! Now they're almost known around the world as that drummer and piano player!

Genres have varied a lot, as well! We have gone from Frank Sinatra to Eminem, where Frank

Sinatra was all just about good clean music, and Eminem is a huge rapper that usually raps about very obscene things. Another example of differences in genre is how we went from Bone Thugs-N-Harmony, a rap group, that used a cypher and would take turns to rhyme to Slipknot, a nine member band that's hard heavy metal. Music has gone from swing music to heavy metal, but one thing is for sure. Music will always be music.

In conclusion, I hope this has enlightened your view of music and has also shown you how much music has changed. Along with that, I hope it made you remember what you listened to 5 years ago compared to what you listen to now and how your love for music has changed over the years!

Children and Drugs

What's worse?
Sex or drugs?
Back of a hearse
or 3 little ones?

No money
or help them roll one?
Go to prison
or live off a low income?

Can you tell
I'm torn between children and hell?
Like doin drugs won't do me well,
but kids, that's a new story to tell.

Everything has a good and bad,
but am I ready to be called dad?
Dealin with drugs, I'm never sad.
Still, I don't wanna end up mad.

Screw my questions.
I may have learned my lesson.
Kids can be fun,
and drugs don't cure depression.

Here's a quick therapy session
about anger and obsession.
I'm a white boy
not thinking of the repercussions.

By: Dylon

Death of Dad

Doped up on drugs,
Mama was a thug,
Used a knife, no gun,
Then we went on da run.

I was only two,
Mama runnin wit da crew,
Killed my father then a few,
Now I'm here speakin to you.

Fight times in da chest,
He fought it his best,
Here's what happened next,
Insomnia never let me rest.

I see him every night,
When I lose my eyes,
Wishin he was alive,
Still I never cry.

The death of my dad,
I'll never be glad,
I may get a little sad,
But shit, I'm always mad.

You don't even know,
Da pain of dis flow,
This is kinda slow,
But here we go.

Watched the light,
Leave his eyes,
I was the only one to cry,
Only 2 and I had to say bye.

It all flashed back,
Hearin dat click clack,
As she killed my granddad,
I was 4, I'm still mad.

She tried to run,
Cop pulled a gun,
She pulled da trigger,
His life's done.

I can barely handle the thought,
Of how much my father fought,
And my mama didn't get caught,
Till she ended another life with a shot.

She left him on a bed,
What was goin through her head,
I wish I knew what he said,
Before she stabbed him in da chest.

It's time to be done,
Wit this song I sung,
It was no fun,
Dis is a letter to you from your son.

Love.

by: James

What is love? It's you and me!
All you have to do is believe!
I know we both can feel it.
"It" is love and love is pain.
Trust me, you know what I'm sayin.
I miss just layin out on the grass and when we'd wrestle and you'd "beat my ass,"
Or when you'd get all cute and mad and give me that sass.
Seriously it was a blast.
Jesus,
I miss you far more than you could know.
You always asked me "James, how far would you go?"
Now you know why I took things so damn slow...
You weren't another side hoe.
You made me feel something I never thought was true.
Compassion, warmth, and love, my baby dove.
You made me feel important..
That's why I always treated you like you were imported.
You sowed my heart back one by one, made me feel happy to live under the sun!
I could actually leave the depression and say my life was fun!
Until
I screwed right up..
I broke into that house that night.
That was just the tip of the iceberg,
and now I'm being checked out by glacier.
But they ain't shit.
Not my chick, the woman who was by my side.
Hip to hip.
I promised I'd make this better.
8 more days and i'll see you wearing that sweater.
Well, it isn't actually sweater weather, but it's whatever that point is.
I got your mid-drift from that letter.
I wish it could have been sent back to the sender.
I'm not going to give up just because I had a hiccup.
They say I'm stuck on you,
I ain't going to lie, that's 100% true.
For one silly reason and that's,
I love you.
S+J
Baby, we both know that's how it's supposed to be.
So just believe me, I changed for a better me.
Hopefully you'll still love me, and we can make a family tree.
Wait and see.
It'll be just you and me until the end of the century.
Believe me!

February 27, 2015

TV Programs!



TV has been around for the last few generations, but things have changed from 50 years ago to now. Some of the main things that have changed are the color of screens, the different ways we can watch TV, and the programs we can watch.

50 years ago the only way you could watch TV was on your television set, if you even had one. The TV screens were black and white with no color. Most of the TV programs that were shown back then were more news than anything else. There were some family shows that were not news, for example, *I Love Lucy*. Today's shows are in color and there are more non-family shows, for example, *Anger Management* and *Two and a half Men*.

More types of TV shows from the past are *M*A*S*H* and *BeWitched*. More TV shows from today are *Family Guy*, *The Simpsons*, *Pretty Little Liars*, *Once Upon A Time*, and *Seinfeld*. These shows are some of the most watched in America today. Shows today are way better compared to the past because the world around us is in color and not in black and white.

TV today is way easier to watch compared to the past. We can now watch TV all different kinds of ways, for example: on cell phones, computers, iPads, and, of course, on your television set. In the past, the only way you could watch your news was at your house, if you had a TV.

In conclusion, TV has changed over time and so have the TV programs. Our TV shows have changed in color and also in graphics. We only had very few ways of watching TV, and now we have very many ways.

By: Dylan

BY: HECTOR

development of technology game systems



truechiphilldeath.com

Gaming today is not how it was 25 years ago; the technology of it has developed dramatically. From the oldest one I can remember, to the present, how have game systems affected our lives? Game systems have become used for more than just gaming as graphics and system qualities, abilities have become more than ever expected.

The first game system ever sold was called Space Computer; it was made in 1971. The company that made Space Computer was the same one that made Atari in early 1972. The first game that Atari ever made was pong. Pong was a very simple game; the point of the game was set up like air hockey, and you had to get the ball past your opponent. The first one to six points wins the game, and that's it. After that, game systems skyrocketed!

The present game system, made in 2013, would be

the Xbox One and the PlayStation 4. Everything about these two systems has improved gaming, from their graphics and voice command to their storage and surround sound. The Xbox One and the PlayStation 4 have changed our points of view on how we play games, watch movies, or even talk on the phone. Both consoles include a voice command, providing better motion tracking and voice recognition to watch a movie, play a game, browse the Internet, or watch simple television. They both have wireless remote controllers that benefit the user to keep on playing a game while they're a distance away. The PS4 has a virtual reality headset making your game experience more realistic, and the Xbox One has games for the sensor, so you can, in a way, physically play the game.

Given these points, the final analysis is that we have

developed a lot from 1971 through 2013, making game systems more entertaining and enjoyable to play. Also, game systems have changed drastically through graphics. Nowadays, the game systems allow the player to enjoy 3D graphics, making it actually feel



racecar-gamespot.com

like you're in the game. This improves on the original point of game systems, which was to take time out of reality and clear your mind from things.

MUSIC TECH

By: Joe



Music is an important part of life. Music can help you when you are stressed or bored. A lot of people just enjoy it! Because of music's importance, music technology has become more and more advanced. Music is more portable nowadays, and it's simpler, and cheaper. You can have all the songs you like without going out of memory.



pioneer.com

Music started off with records. Records are huge circular disks. They were expensive, and you needed a record player to play it. Record players weren't very portable at all. When they were popular, it was the 60's and 70's, and then they made cassette tapes. Cassette tapes played in cars, cassette players, and music recorders. They were small, square and had a small little black tape inside.

After the 90's they made something called CD's. You can play it in stereos or CD players. CD players are portable. People liked them for this reason. They're circular and can be carried around, but you need batteries for it. CD players began to be installed everywhere, in cars, computers, radios, and more. People were amazed by this new technology because it was easier to use and it was an affordable, small disk.

Soon after, in the middle of the 2000's, people invented Mp3s. Mp3 players are small and can be carried anywhere. Also they had GIGABITES. GIGABITES are memory to store music. After that, they made I-Pods. I-Pods can be charged for longer lasting battery life, and they fit in your pocket. You can get USB cords to play them in your car. Then they invented the I-Pod touch, where you can store thousands of Mp3s, play movies and get Internet WIFI access. After, they made the I-Pad. It's basically a big I-Pod touch, and that's what this generation has gotten to. I honestly think it's better and smarter than past inventions because, with internet access, you can play every song you want. It's basically a small computer and music device.



amazon.com

I wonder what's next? Past and current generations have advanced music technology every year from the 60's to the 90's and to 2015. A lot has changed, and it seems to keep getting better and better. Music entertains most of the people on earth, and music will never go away. Music is played all over the world. Music can lower your stress level or help you when your sad or mad or when you have anxiety, and that's one thing that will always stay the same as technology improves.

Is the past better than the future?

Cars today are an adrenaline junkie's dream. However, cars weren't originally invented to be used for adrenaline. The changing of cars and their use is important because it has improved the way society travels. I know there are a lot more improvements to come over the years, as well.



carlustblog.com

In the early 1920s to the early 1940s, the Ford Model T was the car to have. The Ford Model T was very popular, and it was one of the first cars to be considered a success. The body was made of metal, and the rims for the tires were made of wood. Some of the Ford Model T's had two seats; some of the other Model T's had up to six seats. Ford sold millions of Ford Model T's. Originally, people had a hard time finding out how to run the car. It was hard to learn because a lot of people had never had a car before. They normally owned a horse that they used to get around from place to place, but times were changing.

Then in the early 1950s to the 1970s, the Ford Mustang was a popular car. There were a lot of improvements to the Ford Mustang, such as the body was made of aluminum. There are good things that came from the body being aluminum and some bad things. One of the good things is that it is lighter than metal; therefore, the car can go faster. One of the bad things is that the body is weaker with aluminum than metal. Some more improvements to the Ford Mustangs are that airbags were placed in the car. One of the reasons for airbags is to protect from crashes and head trauma. The Ford Mustang was a big seller in the industry.



seriouswheels.com



camarovehicles.net

The Ford industry has come a long way. Ford started with the Model T. Then Ford made the Ford Mustang, and then more recently they made the Ford Shelby. The Ford Shelby is used for racing and going fast. Year after year, the Ford Company contributes to improving the car industry, and they are only a small part of it. Who knows what the future has in store.

by: Ned

T H E G R E A T E V O L U T I O N O F T R A N S P O R T A T I O N



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7onashoestring.com

If I wanted to go to Los Angeles right now, I could just buy an airplane ticket and be there in two hours. Now-a-days, this is normal, but a little over a hundred years ago it would have taken months of walking, riding in a wagon or sailing on a ship. Finding a fast and comfortable way to move people and things from one place to another has always been a problem people have to solve.

Mankind's earliest method of transportation was walking. If a caveman wanted to get somewhere, he walked. The next step was the invention of the wheel and the creation of carts and wagons to carry things around. I wonder sometimes, who was the first man who decided that it would be a whole lot easier to have a big strong horse or camel pull a cart than doing it himself? Whoever this was, this step of using domesticated animals (like horses, camels, oxen and even elephants) was the major step forward in transportation. It's important to remember, too, that people have always used water to travel and transport goods. In fact, rivers were really the first highways because it was so much easier to transport goods over water than land. Many people in different parts of the world became very good at building ships to travel the lakes, rivers and oceans of the world.

Travel over land, however, didn't evolve very much more for a couple of thousand years. It wasn't until around the mid 1800's that man was able to travel faster and he could under his own power or by riding on a horse or another animal. Coal-powered steam engines seemed like a miracle providing power to riverboats and eventually steamships like the Titanic. Travel over land improved as well with the invention of the steam locomotive and trains. Before this time, pioneers could take months to cross the great plains by wagon or on foot. The invention of the train cut this time down to about a week.

In the early years of the 1900's, there was another major technological jump when the gasoline engine was invented, which led to the automobile. Cars were fast, cars were fun, cars meant freedom and could not be tied down to one place. The gasoline engine meant even more freedom for some people to learn how to fly an airplane. Airplane travel soon evolved into space travel with orbits around the earth and manned trips to the moon. Many people wonder if humans will ever travel to other planets.

Changes in transportation often have to do with the sources of power that are available. It is possible that our world depends so much on fossil fuels (like gas, & oil) that we'll be in a lot of trouble when that fuel source is depleted. It is important that we develop forms of reliable transportation that do not rely on oil. Maybe the future will be with electric cars. As that technology improves, electric cars are getting better and better. Bio fuels, that is fuels made out of plants, could also be a good possibility. It's hard imagine how much more transportation could change. Maybe we will have types of transportation only seen in the movies, like flying cars and transporters. It's hard to imagine. But I'll bet if you described a jet airplane to a person from 1815, it would have been hard for them to imagine too. As for me, I can't wait for my flying car.

by: Anibal

MODERN WARFARE

Since human beings have been on this earth, conflict between societies has been a regular occurrence. Back to ancient times, even before Rome and Greece, battles were being fought for territory/land, for resources, to overthrow a ruler, and for freedom. People of these times who fought battles for those reasons used swords, and shields. For their times, these swords and shields did their job and were considered an innovation. These weapons have obviously evolved into something completely different and have become 10X more innovative than they were 1,000 years ago. Weapons technology, along with most things that evolve, are influenced and created according to their predecessors. Warfare, as well as weapons, will forever be in evolution as long as the human race exists because there will always be conflict and ego issues among countries.

Originally when weapons were used, they weren't for war or battle, and though they were used for survival, it was a different kind of survival. Tools of these sorts were mostly spears, and sharpened sticks. The purpose of these tools was for hunting. They were very successful at their simple task of bringing down an animal in order to feed a family. Materials that were used to create such items include: wood, rock, and animal bone. As the human species evolved, their need for protection grew, as well. An accumulation of people creates civilizations and societies. When multiple civilizations occupy an area, conflict and competition arises. Thus, battles for land and resources begin. Because these advancements took place, the demand for more reliable and longer lasting weapons arose. The age of iron-made weapons started. Using swords, shields, armor, and catapults, the Roman Empire proved to be a world leader. Thanks to the Chinese, around 400-500BC gunpowder was invented. Therefore, the first sort of bombs came into existence but were not yet widely used. Roughly 1,000 years after the Roman Empire, the first war cannons came. Cannons were widely used in wars throughout history from the 1300's to the 1400's and up. These cannons influenced muskets, and around the time that these cannons became widely used, muskets were also widely used. Muskets allowed guns to advance into what we know today.



thinglink.com

Once the 1500's came along, guns became a regular, and people of all sorts had guns for self-protection, among other things. Muskets evolved into flintlock rifles and pistols. These guns took a few minutes to load and were horribly inaccurate. During the Revolutionary war and the French and Indian war, muskets, Flintlocks, and cannons were the only weapons used. In the 1800's when the American civil war came, the first Gatling gun was invented. This gun sparked the huge movement in weapons technology, and within 60+ years, guns would never be the same. No longer did you have to manually load a gun, all you had to do was exchange the clip or load your cylinder. This exponentially changed the way war was fought as well. Soldiers didn't have to pack gun powder and bags of balls around. By late 1890, machine guns were a norm for armies around the world to have.



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WWI came in the early 1900's, and because of these machine guns, a new type of war was being fought. Trench warfare is a result of machine guns and the usage of weaponized planes used to drop bombs. Planes were a huge step for warfare. Not until WWII, the Korean War, and Vietnam were helicopters used regularly. Helicopters proved to be a useful toll in war. With the capability of picking up and dropping off troops in war zones, they became widely used by the U.S. Attached with missiles and 50 caliber guns they also became a weapon in themselves. Guns and explosives are a whole new world from what they were even 100 years ago. One of the newer and most evolved guns includes a Rail gun, which is a weapon that shoots a projectile at up to 7X faster than the speed of sound. It's pretty amazing that at one point in time humans shot a bow and arrow and considered that to be the most advanced and deadly weapon in existence.

In conclusion, I just want to restate how far weapons and warfare have come in the last 3,000 years. From animal bones to cast iron, weapons have changed for the better. I believe that weapons advancing are both a positive and a negative thing, and although it is intimidating and scary, it is necessary. Warfare and weapons alike serve their purpose for what we demand of them. The needs of human beings influenced all the weapons we see today. Evolution will be a constant thing for weapons and tactics because there will always be a threat from an enemy, and there will also always be something to prove from country to country and group to group. My opinion is that weapons improving is a good thing and that it's necessary for survival in today's societies.

Brass Knuckles

I'm that hidden thing,
Your parents don't like me,
Back pocket of your jeans,
Ready to fight with me.

Slide me on your knuckles,
Ready to silence dem chuckles,
Of course, I'm brass knuckles.

Can I be misused?
Whoa, only on the abused,
Fighting with red and blue,
You still have no clue.

I've seen blood and death,
Addicted to heroin and meth,
Can you handle the rest?
Screw it just give it your best.

Left behind at crime scenes,
Dust for prints, I'm clean,
I'm an illegal fiend,
Just looking for people to ding.

I don't understand,
Why I'm a high demand,
Stashed in the sand,
Waiting to kill a man.

News flash,
I'm ready to crash,
Sit back and do the math,
The decision making is rash.

By: Ned

Life

by: Sean

I wanna start by saying I ain't meant to be locked up.

Anytime someone says anything stupid they get socked up.

When I get released,

I'm going to try to be pleased.

If I keep up this lifestyle I'm going to be deceased.

I wanna do good instead.

I want that, not a cap in my head.

I got a sister that when I get in trouble tells me I'm never gonna be a mister,

if I don't listen to my little sister.

I'm sitting hear thinking I'm an empty blister.

I don't know what to do.

I'm starting to think I ain't nothing besides a locked up fool.

I'm not taking any of my peers serious, I'm not listening to one tool.

Now that I'm locked up,

I'm sober and realized I got my girl knocked up.

So I'm going to be a dad because of my choices.

I'm just glad I get a break from all those noises.

I'm starting to think I need medication.

I'm even starting to do meditation.

I'm just glad I'm not being paranoid.

I'm sure my grandma is enjoying not being annoyed.

I am looking into my future

even if it means researching on the computer.

I have even started going to Sunday church.

I'd much rather have that instead of a strip search.

I rather have a school tutor

than sitting with a drug tooter,

in my hand,

while listening to a rock band.

It is gonna take a lot of work, but I wanna be a good kid instead of a jerk.

Take what I say serious and you will have a life

that you actually like.

I want to have a successful life

before I die.

Every now and then I have ups and downs.

Sometimes I just want to think of evil clowns,

then I get questioned about my frown.

Man, don't I think the world is upside down,

but yet again, I gotta look at the bright side and know I'm gonna succeed.

And I'm going to do that without smoking weed or speed.

Anger of Regret

By: Anthony

When I feel the
tense feeling of
you clenching your
teeth trying your best
to not let out the
overgrown beast
I tell you go ahead
let it out
just be mean

I can feel you
as you clench your fist
I want to tell you
go ahead
make the first hit

when I deny
you sometimes listen
but it just leaves you
dissin
cuz of the hurt
that your feelin

I understand
I get you so angry
you want to yell
for help...
but all you can do is
go through
the wrath of my hell
your times tickin
but it's not your time
to take the whippin

when I come into play
all the fun and memories
go away
it's like you got the tunnel
vision or your
looking out through
the scope
tryin to find your scapegoat

just sit down
take note
when I come out

to play
there is no
say in how you're
going to end the day
will you make it
or let impulse
choose your fate

just imagine once
you're on the other
side of the gate
you'll have your family
at home
a five-year-old cousin
and a new born on the way

how does it
make you feel
when you act on my
intense hatred
of a feeling

you see
you're not the only
one I'm killin
it's the ones around
you
who give you support
and love

you push them away
from you
because of me
when they're all gone
who do you have left...
nobody

not even yourself
the only thing
that's got you
is memories and my
mistake

I'm
the reason
you're locked up
you tell people
that you want to
throw me away

you're not the
only one in this relationship
that gets to make
decisions

you ask me to go away
and you push me
back for something else
happiness or grandiose
you think you can
get away from me

...no...
I'm the one who will
put you back
in an 8x8
brick bedroom
cell
on the corner
of state street
and the room number 8
test me...

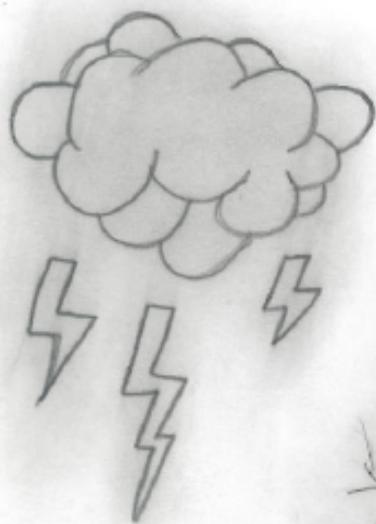
push me around...
this isn't a test
boy
it's a goddam
challenge

so the next time you
think of these
other two feelings
when I'm
around
you best be ready
or I'll
put your ass back
down

I've tried to say
sorry
for my being
but
in the end it's
you
that makes your own
feelings.



What's Past is Prologue



SCYC