

Poetry Series

Lore Me34
- poems -

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Lore Me34(March 10,1967)

I have been writing poems since I was 15 years of age. I write mostly because it let's me know how it feels to walk in someone else shoes, and being a person with a disability that does not allow me to walk I consider it a privillage to be able to write the way I do and walk in others shoes. I have poem published in several different anthologies and hope to one day have a book of my work publish for the world to enjoy.

300 Friends But Alone

You can have over 300 friends on Facebook
but when you look around you realize you are alone.
Your world of friends only exist in cyberspace.
You're all alone when comes to seeing people face to face.
You get virtual hugs and kisses which is not as warm
of feeling as the real embrace of someone's lips and arms.
You eat dinner together like when you were children playing pretend. Got 300
Facebook friends but in reality you're alone in the end.

Lore Me34

A Conversation

The other day you told me all your woes.
I'm just want to let you know you are not alone.
For I to have been beaten by someone who claimed they hit me out of love.
But I'm here to tell you pain is not what love is made of.
They also told me they'd never do again.
I promise you that's a lie my friend.
You need to get out of there as soon as it's possible for you to.
Because if you don't he'll kill you.
And I know this for a fact.
For I'm you from future and I'm talk to you from your grave
because that is where we are at.

Lore Me34

A Kiss Is Not Just A Kiss

A kiss is not just a kiss;
a kiss is love.
For a kiss means I breathe for you;
and you breathe for me.
This means we can't live without each other.
So a kiss is not just a kiss.
A kiss is me loving you.

Lore Me34

A Kiss Of Love

Should I dare to kiss her?
For if I do
I will be damned for the rest of my life.

But if I do not kiss her
I will not be able to breathe.
And my soul will die.

I know her skin is fairer than mine.
And her ocean blue eyes that I swim in forever
Are supposed to be forbidden for me to gaze upon.
But I cannot stop staring into them.

For when I gaze upon her eyes I see her heart.
And my heart cannot help but to fall in love with her.

When we are together I see not a European woman.
And she sees not an African American man.
We only see the person we love.

Now because of our love some may say our souls are damned.
But we both care not. For we love one another and will
Damn ourselves if we deny it.

So we shall seal our love with
a kiss of love.

Lore Me34

A Letter From The Sand 'Be Proud'

Today I received a letter from the sand. It read Dear Sir, we regret to inform you that your brother Sgt. Andre Smith was killed two days ago in Iraq, but be proud he died a hero. Now I must read that letters a hundred times but pride never came over me but anger did. Anger that got me asking questions like is proud of what, that my big brother is no longer here? Or should I be proud that they turned my caring brother into murder all under the false flag of freedom? Be proud, I am proud and I was always proud not because Andre died as hero but I am proud because he was my brother.

Note:

This poem is not a true story. Now although my brother Andre did past away he did not die that way, but I wanted to honor him so I used his name in a poem the relates to current affairs

Lore Me34

A Piece Of This

A son trying to help his mother who's 83 in to the tub to bathe hears words that cut him to his very soul, "You must want a piece of this." Now, as he hold back his hurt and wipe the spit of his face that his mother had spat on him thoughts begin to race through his mind. How could the woman who gave birth to me think that I would want to do that to her? She comforted me when I was afraid at night. She fed me when I hungry. Yes she was the first woman I loved just like any son would love his mother. But no I have no Oedipus complex. So no I don't want a piece of that. Wow, this woman is the Grandmother to my son I wonder if I was not here and he was would she say to him "You must want a piece of this." I know Alzheimer has taken over her mind and she is not the loving mother I once knew but it stills hurts to hear her say, "You must want a piece of this."

Lore Me34

A Poem Does Not Have To Rhyme

There are those who think in order for a poem to have rhythm it must rhyme, but a poem does not have to rhyme to have rhythm.

The rhythm comes for the poet's soul not the rhyming of words.

The rhythm is in emotions that the poet's poem evokes.

From a soulful cry to feeling of love and from the passion of hate to the awakening of understanding this is the beat, the rhythm of a poem. Now don't get me wrong if a poem rhyme and has soul it is cool too, but I just wanted everyone to know that a poem does not have to rhyme.

Lore Me34

A Poem For To Carrie

Now you wait by heaven's gate until we meet again.
Every time I go for a walk I will listen for your voice in the wind. You're there and I am here and my heart is broken because I miss you my dear. But we will see each other again because all dogs go to heaven and on that day I will see you again my friend.

Lore Me34

A Week From Today

A week from today it will be the sixth anniversary of the day the towers crumbled.

A week from today the vivid pictures will flash across the television screen remind us of that day.

A week from today mothers, fathers, sons, daughter, friends and even strangers will gather at ground zero and weep as they remember the death they saw that day.

A week from today the President will get on television as we are grieving and remind us this is the reason we're in Iraq.

And a week from today just like today I will look at my television and yell to the president that is bullshit. You SOB you used our anger and hunger for vengeance of that day to make us believe war is the only way to fight terrorist. My heart goes out to all those who died from this war and those who died on what will be six years ago A week from today.

Lore Me34

Above Ground

I have a debilitating disability
I'm bald as cue ball from Chemo Therapy.
When I walk I wobble.
And most time my mate is a pain in the butt.
With all that going on you'd think my head be bowed.
My face would have a grief stricken look.
But I hold my head high,
and there's a smile on my face.
You know why, because
I'm still above ground.

This poem is dedicated to my neighbor and Friend Mrs. Pat Elias

Lore Me34

Adventure Called Life

Out of my mother's womb I popped out to start this new adventure known as life. But this adventure began rough as my lungs clasp for air I gasp. But worry not I survived God wanted me alive. But it did not get any easier after that. You see because of the lack of oxygen to my brain I ended up with a disability and Cerebral Palsy is its name. But I deal with it from wearing braces that made me look like Robocop. To knees that are so stiff that when I stretching them they sometimes pop. But hell my life is not all that bad. For met lots of people and went to college got kicked out but I still got some knowledge. For learn how to pour the proper beer and I learned I got a voice that people want to hear. Well I am now living on my own and discovered I can burn pretty good. In fact I make restaurant quality food. Wow I can't wait see what is yet come in this adventure I call life.

Lore Me34

After

After the smoke clears
Bodies cover the ground.
After the bodies are bagged and tagged
Blood stains the sand.
After tears are shed from the eyes of the love ones these patriots left behind.
War still rages with many more patriots left to die.
After the war is finally over will justice truly be what we remember.
Or will death be this wars aftermath.

Lore Me34

After The Tears

I have shed all my tears, and I have dried my cheeks.
Now, after all tears you made me cry my heart still longs for you.
After all the tears I have shed my soul still needs you.
After all the tears are gone somehow I still love you.
After all the tears

Lore Me34

All It Is

I heard people talk about sex with a gleam in their eyes. I saw in the movies how after sex how loving together the couple did lie.

So I thought wow what an adventure it will be when I finally give in to my sexual needs. Well the day came and went with ease. Now with all my expectations I only got one thing to say is that all it is? Yeah, a sweated and groaned and my mate also moaned. But when it was over there was no great change in me. I did not feel transformed from giving in to this need. So I ask the question is that all it is?

Lore Me34

All Over Your Face

When I see you, you smile as if everything is alright,
but I know your smile is just a mask for your hurt and sadness,
for the truth is written all over your face.

Behind your dark brown gleaming eyes I can see the tears you have cried.
It's written all over your face.

I can even see behind your blush the anger wrinkles in your cheeks from you
clenching your teeth. It's written all over your face.

I can even see the hurt and disappointment you now carry in your soul.
It's written all over your face.

I just want you to know my friend I'm there for you whenever you need a
shoulder to cry on, an ear to vent in, and of course arms to hug you. I love and
care for you and hope you can see that because it's written all over my face.

Lore Me34

Alone

I'm from a family of seven
which to most it would seem
as if I would never be lonely.
But somehow in all that crowd
I always feel as if I'm alone.
Alone as a feather on the wind,
or alone as a single grain of sands.
My voice speaks but no one in the
family hears it. I reach out for
a hug but all I grasp is air.
I'm alone.
Alone as one ripple is on the sea.
Alone as the sun is in the sky.
In a family of seven somehow
I'm alone.

Lore Me34

Am I Alone

Am I alone in my quest to not prejudge others because of their ethnic heritage? Am I alone when I say two consenting people loving one another is beautiful no matter their preference? Am I alone when I say if you can and do a job well you should get equal compensation and gender shouldn't make a difference? Am I alone when I say people should not assume what others can or cannot do just because they see someone has a disability? Am I alone just because I believe people should not be considered feeble just because they are up in age? Well if I am alone then so what. For I am going to believe in equality for all even if I am alone!

Lore Me34

Am I So Different

Just because I'm physically disabled am I so different? When the sun shines on my face I smile from its' warmth just like you. When I feel sad inside I cry; just like you. I get angry, I get happy and I even fall in love; just like you. And since we have all these things in common, except for one. Then that must mean that I am not so different after all.

Lore Me34

Another Candle In The Wind

You were a star that never real got to shine.
That left a little star behind.
Your life was a roller coaster ride.
And your beauty in front of the camera the real you the camera did hide.
A life filled with laughter and tears.
Now we will never know your dreams or your fears.
The media called you Anna Nicole but your real name was Vicki Lynn. Gone way
to soon another candle on the wind.

Lore Me34

Ask About Me

If the day comes
where you don't see me
for awhile....
Ask about me?

If there comes a day
when I look depress
once again....
Ask about me?

If there comes a time
where I seem over joyed
you know what to do.....
Ask about me?

If you should see me
or not. Make me feel
like I matter.....
Ask about me?
Ask about me?
Please, , , ,
Ask About Me?

Lore Me34

At A Mother's Feet

At a mother's feet is where a child sits.

At a mother's feet is where a child listens.

At a mother's feet is where a child hears.

At a mother's feet is where a child learns.

He ain't going be no damn good he is just like his daddy.

A child sitting at his mother feet listens and hears those words.

And that child learns that he is unloved at his mother's feet.

Lore Me34

Be Not Ashamed

You still hear the whisper of what people have said.
Their cruel words dance around in your head.
Too black to be cute.
Too poor to wear nice shoes.
Too holy for me you heard those all proclaim.
But you need to be not ashamed.
God made you dark as night;
Because He wanted your faith in Him to shine bright.
And those words that you heard.
Turn them in to good ones by using God's words.
And you don't need new shoes to walk with Lord.
You must say; I am a child of God and beautiful just as I am.
God loves you my child; so be not ashamed.

Lore Me34

Beautiful Me

They look at my dark complexion and they laugh.
But that don't bother me.
For I'm beautiful.
Beautiful me.

I love my wide nose,
and thick lips.
I'm beautiful.
Beautiful me.

Now, my hips are wide,
and I got a lot of junk in my trunk.
But I'm beautiful.
Beautiful me.

My hair may be coarse,
And my breast are not enhance.
But I'm still beautiful.
Beautiful me.

So they may point, and laugh if they want too.
They may even call me names because of my
dark skin. I won't cry because beauty is in
the eye of the beholder. And in my eyes
I'm beautiful.
Beautiful me.

Lore Me34

Beautiful Nubian Goddess

My sista' I would like tell you something and this comes straight from the heart.
My sista' you are a beautiful work of art
From the fullness of your lips;
too the curvature of hips.
Also the natural curls of your hair.
And how makeup you do not wear.
My sista' when I look at you I know God was your artist.
And He titled you 'Beautiful Nubian Goddess'.

Lore Me34

Beauty Is Me

Look at me I am beautiful.
There are those who see me
as grotesque just because
I have a few scares and a disability
But beauty is me.
Look at my beautiful eyes;
my beautiful lips, legs and hips.
I got all the right curves.
Beauty is me.
Yea I got scares and a disability
But beauty is me.

Lore Me34

Before I Close My Eyes

Before I close my eyes to sleep the last sound I must hear is your voice saying I love you.

Before I close my eyes to sleep the last thing my lips must press up against is yours.

Before I close my eyes to sleep the last thing my eyes must gaze upon is yours.

Before I close my eyes to sleep the last touch I must feel is the warmth of your embrace.

I must do all these things before I close my eyes every night because tomorrow is not promised, and if tonight should be my last night I want it to end with you.

Lore Me34

Better Part Of Me

I never knew how better I could be.
That is until I met her, the better part of me.
She makes my smile wider.
She's the fuel that burns my passion's fire.
She is my fantasy that is my reality.
She is the better part of me.
The day I took her as my wife
was the day I begun a better life.
Without her my life would have been forever incomplete.
But my life is whole. All because of her,
the better part of me.

Lore Me34

Beyond Heaven

Death came knocking at my door last night. And when it left it took with it my sweet Joan. But last night while I was shivering in sorrow. A pair of arms reached out and wrapped themselves around me, and comforted from my grief. The arms felt familiar as they increased their embrace on me, I realized these were the arms of my sweet Joan. Beyond heaven she reached out to comfort me. Beyond heaven she reached to let me know the she was still here with me. Joan and I have love that cheated death. A love that reaches beyond heaven.

Lore Me34

Big Girls Cry

There's a song that lyrics say big girls don't cry.
Well I'm here to tell they do.
They cry when we stare.
They cry when we whisper about them behind their back.
They most surely cry when we're too blind to see pass their size,
and love them for who they are.
So yeah, the song's lyrics may read big girls don't cry.
But I'm here to tell you big girls cry.

Lore Me34

Breaking My Back

You say you're my friend, but friendship is not supposed to hurt.

And you're breaking my back.

Every time I look up I seem to be carrying you from loaning you money to always taking you where ever I go.

You're breaking my back.

I know a friend is supposed to be a good listener, but it gets hard when you constantly keep hearing someone talk about the same shit like a record player whose needle is stuck.

You're breaking my back.

I have enough of my own burdens weighing on me I don't need yours so my friend stop the bullshit.

You're breaking my back.

Lore Me34

Brother Man

Hey woman can I be that man for you?
When I say that man I don't mean your lover.
I don't mean your daddy.
What I mean is your brother man.
Not brother man in the afro centric way.
But a brother man that is your friend.
A brother man is a man that will tell you when you are wrong.
And encourage you when you right.
A brother man is also a man that gives you an ear when you need someone to
listen; and a shoulder when you need someone to lean on.
A brother a man is a man you can laugh with and hug with no sexual overtone.
Every woman need a man. Can I be your brother man?

Lore Me34

Brown Rainbow

After the storm of slavery we became a brown rainbow.
A people of many different hues;
from wheat to charcoal brown.
It doesn't matter if we are Auburn, caramel or chocolate.
We are a beautiful people.
We are the rainbow after the storm of slavery.
We are a beautiful brown rainbow.

Lore Me34

Burned Bridges

In my short life I have burned many bridges
and they can't be rebuilt.

but that is something I am learn to live with.

Now some of the bridges I burned needed to go up in flame.

While other bridges may have just got torched from anger.

Well whichever the case may be those bridges are now burnt.

And there nothing I can do except leave those ashes behind.

Lore Me34

Buying Years

Oh here I go again back to the bathroom on my knees praying to the porcelain God. But that's the price I must pay to buy myself some more years. No hair on head and tired all the time that's another price I pay just for a few more years. But it will be all worth it if I just live long enough to see my grandchild graduate from kindergarten. I know it may not seem like much to you all but to me it is worth a lot. So I will keep going to chemo, throwing up, getting tired and losing my hair and battling this cancer as hard as I can. You see, for me all those things are a small price to pay to buy me the years I need to see my grandbaby graduate. I will survive! !

Lore Me34

Can You See Me?

Can you see me even through I'm not there?
Can you feel my touch?
Can you hear the beat of my heart?

I can see you.
I can feel you.
And I can hear your heart beat.
It is all because I love you.

Can you see me?

Lore Me34

Canary

I called her grandma.
My dad called her dear.
My grandpa once called her honey.
How weird; we were three men who all loved
the same woman but called her three different names.
Grandma,
Dear
and Honey...
The woman we all loved was named Carnary.

Lore Me34

Can'T Sleep

It is three in the morning can't sleep a million thoughts running through my head.

Closing my eyes is something I dread.

because if I do the nightmare will start again;

Memories of the pain I suffered when I was a kid.

Then it will get all jumbled up with the anger I held in.

Then in my mind my world goes until a tailspin.

I have one more drink just to numb my mind.

So when I fall asleep my world goes black if I was blind.

And then my soul could rest instead of weep.

Without alcohol I can't sleep.

Lore Me34

Capture A Moment

To most people it may seem as if I'm standing still,
but I'm not, for I am just catching a moment.
Time may be endless, but life is not. So each moment
I live I try to capture it. Even if it is just a cold breeze pasting across my
face, or a smile from stranger. I hold it there for a moment in capture it
in the camera that's my heart. For tomorrow is not promise so I live for today,
and in this day I'll be sure to capture a moment

Lore Me34

Catch Me When I Fall

I want to find me someone who will be able to catch me when I fall.
Someone who has the strength to lift me back up on my feet.
Or carry me when I am too weak to stand.
I want someone instead of laughing when I stumble;
This person will reach out for me giving me an arm to lean on.
I want someone that will accept my weaknesses and embrace my strength.
I want someone who that will catch me when I fall.

Lore Me34

Chance After Chance

I have given you chance after chance;
but every time you do something that makes us has to start all over again.
Well there are no more chances.
The game is over and I am through.
I am sick of running in this maze always trying to find may way back to you.
Because each time I try I seem to lose a little bit of myself;
and before I lose all of me I have let you go and move on to someone else.
So for my own sake I am taking this stance.
We are through forever.
I will no longer give you chance after chance.

Lore Me34

Chocolate On My Pillow

Leave me something dark and rich.
Something devilish but sweet.
Ooh I can tasted on the tip of my tongue
And it is making me tingle inside.
Now before you leave my bed from last night.
Make sure you leave a chocolate on my pillow.

Lore Me34

Clouded Mind

I try to think of other things but my mind clouded.
Clouded with the smell of her hair;
The sensation of her touch;
The sparkle in her eyes,
and the taste of her sweat when a passionate moment arises.
As I said I try think of other things but I can't.
She clouds my mind.

Lore Me34

Color Me Beautiful

My color is pinkish pale the world calls it white.
My color is tan, bronze chocolate or dark brown the world calls it black.
There are those that call me yellow and/or ghostly pale.
But whatever color I am; color me beautiful.
Color me beautiful because I am.
And I am beautiful because I am the color of me.

Lore Me34

Color Of Skin

Today we celebrate and cheer.
We all scream today a new era begins.
But wait and ask ourselves has the past really come to an end.
Are we cheering because hope is on the rise?
Or are we cheering just because the color of the man.
and if the latter the dream has yet to come.
Because we did not elect because of content of his charter
most of us voted just because the color of his skin.
Those who are Caucasian mostly voted because it is now
fashionable to be liberal, and us who are black vote mainly
because of the color of his skin.
So as you're cheering saying the dream has come true
understand in order for the dream to be true we all
must see past the color of our own skin.

Lore Me34

Confused

A girl at 15 sits in her room and begins to write in her journal.
I just started to notice certain people in a romantic way.
I notice their scent as they walk by.
I remember the sound of their laugh.
I notice every muscle tone in their body.
And I daydream about their lips kissing mine and taking my breath away.
But I'm confused because those who I have romantic feelings about are the same
sex as me

Lore Me34

Deep Love

Have you ever loved someone so deep it is like swimming under the sea?
Loved them so deep that when you are apart you feel like you are drowning.
Loved them so deep that you are willing to die for their love.
Loved them so deep that even in death your love survives.
Now as you stare into eyes of the one you love...
ask yourself how deep do you love.

Lore Me34

Did You Vote

After last Tuesday election I hear a lot of people screaming conspiracy. I see them marching and burning things down. I hear them chanting not my president. Well, I hear you all but I got one question did you vote? Did you vote or did you go into your polling station and write in a name just so you wouldn't fill shame? Did you vote or did you let thug rules say that voting is for fools? Did you vote or did you sit around and say there is no reason too because there is no choice and now you want people to hear your voice? It is too late so stop the marching, the destruction and the chanting. You had your chance to keep out Trump and Pence but the bottom line is they are in now and that's no joke. Don't cry conspiracy instead ask the question did you vote?

Lore Me34

Display

Why do I feel like I'm always on display?
People are always staring as I travel along the way.
Is it the wheelchair or because I'm doing it on my own?
Or maybe they think I escaped from a group home.
What the heck; I'm no different than anyone else.
So quit staring at me like I'm an exhibit on a shelf.
Yeah, I can't walk but I am making it in my own way.
But just because I'm in a wheelchair don't mean I'm on...
Display! !

Lore Me34

Do You Think I'M Sexy

Got Bronze color Skin.
Do you think I'm Sexy?
Not fat but waist also not too thin.
Do you think I'm sexy?
Full lips and brown eyes.
Do you think I'm sexy?
Nice round bottom and slightly muscular thighs,
Do you think I'm sexy?
Nice built chest but bald with no hair.
Do you think I'm sexy?
I bet you think I'm sexy;
But will you still when you find out
I'm in a wheelchair.

Lore Me34

Does It Hurt

Someone once asked does it hurt?

Does it hurt when people say sorry when I tell them I have CP?

Does it hurt when people tell me I have gotten fat since I now use a wheelchair?

Does it hurt when people assume I am not fully functional just because I use a wheelchair? Does it hurt when people think that I'm not in a relationship because I am disabled? Does it hurt when people believe the reason I don't have kids is because I can't make kids because of the CP? Does it hurt when a lot of people believe that people with disability life have no value? Does it hurt to write this? Answer to all questions above is heck yes it hurts.

Lore Me34

Doesn'T Need The Show

Spoken word doesn't need to be a show.
The words just have to flow.
If you speaking from a place that's real;
then you don't need thrill.
You don't need the drums or guitar.
All you need is to speak from your heart.
and if you do;
your audience will feel you.
And your words will touch their soul.
Spoken word doesn't need the show.

Lore Me34

Doll On A Shelf

She puts her in a pretty dress
and silk bows in her hair
She plays with her for a little while
then ignores her like she's not even there.
She treats her child like a doll on a shelf.
Only giving her attention when it suites herself.
All the rest of the time alone the child is left;
to sit and look pretty like a doll on a shelf.

Lore Me34

Don'T Desever

As I sit at my computer staring at your picture.
I have come to one conclusion.
I don't deserve you.
I don't deserve a woman whose smile is so bright.
I don't deserve someone who is so beautiful for words.
I don't deserve a queen such as you.
I often laugh when I think of how lucky a man
I am to have you in my life because
I don't deserve you.

I dedicate this poem to my friend and hopefully some day more than a friend
Tatanya
"A Russian Queen"

Lore Me34

Dreamt Of Heaven

I dreamt of heaven last night
and heaven was you.

Your smile was as angelic as an angel.

Your eyes sparkled like the stars.

Your touch was soft and gentle as a cloud.

And your kisses left me breathless as if I was so high in the sky there is no air
left to breath.

This is how I imagine heaven to be and this is you.

That is why last night when I dreamt of you it was like

I dreamt of heaven.

Lore Me34

Drifting On A Memory

His eyes now have a far away stare.

His body is here but his mind is elsewhere.

A place from long ago that may not even exist in this world anymore.

But it exists in his mine.

He is lost in time.

They say you can never get time back.

I guess that the secret gift that Alzheimer give when it attacks.

It turns back the clock of your mine to a happier time.

Alzheimer leaves you forever at sea drifting on a memory.

Lore Me34

Echoes In The Dark

Sometime at night when I sleep I hear echoes in dark.
Voices that I thought had long faded away are as present as the moon.
I can hear them saying words like burden, no good, abnormal, and crippled. I
wake up in a cold sweat shivering in fear. The fear comes from realizing the
voices that I am hearing are that of my parents. They are my nightmare. They
are the echoes in the dark.

Lore Me34

Echoes In The Wind

As that cold February wind blows I hear echoes in the wind.
I hear old negro spirituals, like 'Go down Moses' and 'Swing Low sweet Chariot'
As I listen to the faint soulful voices (sing here) 'Go down Moses way down and
Egypt land and tell old pharaoh to let my people go' I remember those song were
more than spirituals they were messages of freedom. Listen people, listen real
close and you will hear the voices of freedom in the Echoes of the Wind. (sing
here) 'Swing low sweet chariot comin' for to carry me home; Swing low sweet
chariot comin' for to carry me home' Did you hear them I did and I'll never forget
the voices of freedom I heard in the Echoes of the wind.

Lore Me34

Emma

When I close my eyes I can still feel the gentleness of her touch.
I can even feel the warmth of her breath.
I remember looking deep into her eyes,
and wondering what mystery they hold.
She has such a joyous laugh. It makes me smile every time I think of it.
Now, I have only spoken to her once or twice, but from those conversations I
have fell in love. And I know one day she'll feel the same.
By the way the name of the woman who has stolen my heart is;
Emma.

Lore Me34

Empty Hugs

When she hugged her the child felt no love.

Her hugs were as empty as a paper cup.

Like an empty paper cup on the wind just blowing with no place to land.

Where was the comfort that a child usually feels from a mother's embrace? As she looked up at her she didn't even see it in her mother's face. Has him leaving them drained her very soul? Did she invest so much in him that when he walked away it left this once warm hearted lady completely cold; that now when her child comes to her for comfort and love?

All she has left to give is empty hugs.

Lore Me34

Every Flower Ain'T Got To Be A Rose

Every flower ain't got to be a rose.

Every bird ain't got to be a sparrow.

Every body of water ain't got to be an ocean.

Every hill ain't got to be a mountain.

Every American ain't got to be white.

For we are all created by one God.

And we are all part of His master plan.

That is why every flower ain't got to be

a rose.

Lore Me34

Face Of God

Someone asked; God what if we were to meet face to face?

What face would I see?

Would your eyes be slanted and blue?

Would you have a jewel in the middle of your forehead?

Would your nose be pointed or would it be flat?

Would your lips be thin or would they be full?

God what face would I see?

God answers with these words.

If we were to meet face to face here is what you would see.

Pick up a mirror and the face staring back at you is not only you it is also me.

Lore Me34

Family Of War

Every morning I awake I fall to my knees and pray.
God, please make the war in Iraq come to end.
There are too many fathers and sons come home
in pine boxes. There are too many mothers and daughters
doing the same. Leaving behind fathers and sons mothers
and daughter with a last memory of them waving goodbye.
There is too much blood and tears of fathers and sons mothers
and daughters being shed all in the name of peace.
God please let our leaders see how many families are dying
and that war can never bring peace. Only love can.
This prayer is my gun and God you're the bullet I'm shooting
to end this Family of War.

Lore Me34

First Love Is You

It is never wrong to love someone else;
But make sure your first love is you.
You can buy your lover a gift that is cool.
But make sure you also buy something just for you.
You can whisper sweet words in your lovers' ear.
But make sure you tell yourself you are beautiful every time you look in the mirror.
I know when you love someone else you sometimes lose yourself.
And there is nothing wrong with love someone else;
But make sure your first love is you.

Lore Me34

Forever With You

As I stand here before you in front of family and friends
I can't believe our forever is about to begin.
Forever that will include love and respect.
Forever that also includes the children we have not had yet.
A forever that may not always be smoothed
But forever that will make through.
So as I take your hand and say I do.
I smile because now I begin my forever with you.

Lore Me34

Free

The say this is the land of the free and home of the brave.
I guess they meant unless you are gay.

Because if you are gay you are not free to marry;
You are not free to have or raise a baby.

You are not even free to join the boy scouts;
if you come out.

Land of the free and home of the brave;
Not if you are gay.

Lore Me34

Freedom

Freedom of speech these day seem to exist in a vacuum.

You can say what you want as long as the subject don't go against what is the popular bandwagon of the moment. and if it does you must suck it up like a vacuum and keep it to yourself. Wow! ! When you get shun because the opinion you speak is not the popular one; can we really call speech freedom.

Lore Me34

Friendemies

I dun' been stepped on
and stomped on
and spit upon
by those who I thought
was friends.
And have concluded
with friends like that
I don't need enemies.
I got friendemies.

Lore Me34

From The Heart Of A Child

When I was born no one want me.
The called me baby girl I had no identity.

I was in this world alone.
I had no place to call home.

At first I thought I go through life with no where to belong.
Fighting to survive all on my own,

but then I met you.
A person who made all my dreams come true.

For you gave me an identity.
You made my dream a having a home a reality.

Although you weren't the mother of my birth.
You're the only mother I have loved on this earth.

I would like to thank you mother for making me feel worthwhile.
This poem is a tribute to you; from the heart of your child.

Lore Me34

God's Pefection

I'm often looked on as imperfect because I have a disability,
but I'm not.

By God's hands I was created.

By God's grace I did awake this morning.

By God's words I do live.

So even through by some human eyes I may seem imperfect

By God's eyes I am perfection.

Lore Me34

Good Morning

As the sun rises
and its rays gleam off
the morning dew.

As the birds began
to chirp a new day
tune.

The aroma
of hot java
fills the air.

I open my eyes
and see another
one of God's days.

I just got say
Good Morning
Good Morning
Good Morning.

Lore Me34

Good Old Days

I remember the good old days.

The days when a black man such as myself could not even look at a white woman. Remember what happen to Emmett Till because he did.

Yeah the good old days

When a hard working woman named Rosa Parks got arrested
Just because she refused to get up and give a white man her seat.

The good old days

was when a group of men could burn down a of place worship
And kill four little black girls.

The good old days

When a man like Dr. Martin Luther King Jr.
got killed only because he had a dream.

I often hear people saying I miss the good old days.

But from my perspective those good old days
was not that good after all! !

Lore Me34

Goodbye Never Said

We knew each other every since we were like five;
But I never got the chance to say goodbye.
We laughed and talked until we were 15.
We shared with one another our hopes and dreams.
But that day in the gym when you could not breathe and was clutching your chest;
I sat there unable to help you while you were in distress.
I know I was only 15 but I was supposed to be your best friend.
How could I just sit there and do nothing while your life came to an end.
But worst than that never came to your funeral and said goodbye.
And I'll never forget the looks of shame about me our classmates had in their eyes.
They'd never understand my mom I could never defy.
But she'll never understand how much that guilt still lives in my head.
Because of a goodbye never said.

Lore Me34

Gotta Write About Something

It's the beginning of a new month so I gotta write something.

I done heard enough about BlackLifeMatters so I don't want to write about how big of pretenders this group is because they never scream BlackLifeMatters when it is black on black killings. Only when it is white on black. I don't want to write about the terror facing this world or the hatred many are showing others just because their faith is Muslim. But I gotta write something. I damn sure don't want to write about how because the LGBT community seems to be the main contractor of AIDS and because Hollywood feel sorry for them we all accept them yet my disabled community is still shun by society. But I got to write something. Should I write about how the white Subway man got convicted of child sex crimes and barely a printed word. While Cosby who is black man got convicted of nothing but yet is in print every other day. I don't know what I am going to write about but I gotta write something.

Lore Me34

Grasping At Air

We tell our young people to reach for their dreams and hold on to them tight. But how can they with the violence in the streets all day and night. They feel like reaching for dreams is like grasping at air. When you open your hands there is nothing there. In order for our young people to dream we must find away to stop the bloody violent nightmare. For if we don't our young people reach for dreams will leave them grasping at air.

Lore Me34

Half

Yesterday I said goodbye to my better half.
Yesterday I said farewell to the only one that made me laugh.
My heart is no longer whole for it has been torn in half.
My one and only has past.
I spent half of my life loving her.
Now, I'll spend the rest of my life missing her.
She completed me.
She made me whole.
Now I'll forever be half.

Lore Me34

Half Of Time

I know he has another woman
but that's alright with me.
Because he reminds me of my daddy.

Sometimes he's hers.
Other times he mine.
Long as I am satisfied;
I will accept him half of the time.

I know some of you all may think I am crazy,
but mom told me a good man is hard to find.
So I take what I can get even if it is only half of the time.

My heart may not be full but that's just fine
because I learned from mom it's better
than nothing to have a man half of the time

Lore Me34

Handicap Access

I have often been told, when I get to heaven I won't need my wheelchair. That got me a wondering. If it's true that God don't make mistakes, and He created me with s disability, then why won't I need my wheelchair when I get to heaven? If I'm not a mistake then there's nothing God needs to do to heal me. I have heard there's a stairway to heaven, and my faith let's me believe that heaven also got handicap access. Furthermore, I'm not worry whether or not heaven's got handicap access. I just hope to get their when I pass on. I was born with this disability and I'm going to die with it. And if God allows me into heaven I have faith that the pearly gates got handicap access.

Lore Me34

Hidden Voices In The Dark

I hear whispers in the murky corners.
I hear echoes coming out of the shadows.
I hear screams screeching through the dim black.
The hidden voices in the dark.

A son is whispering accept me even if I am gay.
A daughter echo of daddy please doesn't touch me there.
And a mother screams I did not know.
They are some of the hidden voices in the dark.

In the silence of the night
when all is somber.
That is when my mind's ear
is tune in to all
The Hidden Voices in the Dark

Lore Me34

His Queen

He calls you his queen

but he treats you more like his maid.

He calls you his queen

and then treats you like a two dollar whore

he keeps around so he can get laid.

He call you his queen

yet he yells at you like you are a child.

He calls you his queen

but he makes you cry instead of smile.

I don't think he knows what it means

when he calls you his queen.

Because if he did he would treat like one.

A queen is admired, cherished and treated with respect.

And he has not done any of that.

So ladies if you see yourself as royalty

but you're living in a bad scene.

Walk away from this court jester

and find someone who will

truly treat you like

His Queen.

Lore Me34

Hope 'Love Is'

I have searched for the answer to the question what is love?
And I came to find out that love is hope.
The hope of finding someone who will understand you;
The hope that that same someone will not only accept the good in you but also
your faults;
The hope that when you are intimate that your passion for one another
transcends your souls.
The hope that even after you both are old and grey when you look at each other
you still see beauty.
These are the things we all look for when we search for love.
So love is no more than hope.

Lore Me34

Hope You Won'T Forget

Right now everything seems clear and fresh but as your memory begins to fade I hope you won't forget. I hope you won't forget how to smile because your smile lights up my day. I hope you won't forget how to hug because the warmth of them is so comforting. I hope you won't forget how laugh because that joyous sound should never fade. Grandma I know as time goes on the Alzheimer disease you have will make your memories fade but no matter I'll love you still I just hope you won't forget.

Lore Me34

How Do I Sleep

How do I sleep when my mind won't let me rest? It is filled with many questions that I'm unable to answer just yet. Questions like will I ever find someone to love me as much as I'd love her? When it comes to cerebral palsy will they ever find a cure? Will I ever truly get the respect I so richly deserve? Or will my poetry forever be looked at as empty words. Well I grab the bourbon and take a few sips. Because being a bit tipsy is the only way I can quiet my mind so I can sleep.

Lore Me34

I Am Alone

I sit here alone with my thoughts;
and as I reflect I begin to realize I am alone.
I have no lover so when it comes to love I am alone.
...No children of my own so when it comes to family I am alone.
No real friend that I can count on; so once again I am alone.
I am not bitter of sad about this fact.
All I am is alone.

Lore Me34

I Can'T Rest Even When I Sleep

I can't rest even when sleep. My dreams are replays of my day. When I got up in the morning I saw my old man cuddling an empty bottle of E&J. While my mom lies with a bag of thawed frozen peas on her eye which she used when they were frozen to sooth the pain my drunken ass dad gave her when he slapped her. Then there's lunchtime while everyone else was eating some form of fast-food I choked downed a dry piece of stale raisin bread and nuke warm public water fountain water. Dinner time hell lunch was dinner and as for prime time TV the only thing I saw on must see TV was my old man and mom fighting until dad passed out same channel, same time ever night. I can't rest even when I sleep. My dreams are a replay of my day.

Lore Me34

I Did Not Know

Son I am sorry for all the anguish you went through as a child.
But in my defense I did not know.

I did not know
about all your night that were filled with fear.

I did not know
that your smile was really a mask to hide your tears.

I did not know
that because of my words you were sometimes too afraid to even try.

I did not know
that my laughter made you cry.

I especially did not know
that in the place we called home
is where you felt most alone.

Please forgive me son.
I really and truly
Did Not Know! !

Lore Me34

I Don'T Understand Cait

A lot of people are calling Cait brave and a hero but I don't understand Cait. Why would you want to go from a man to woman? For everyone knows the ones with the third leg has all the power. For they get the higher pay in a job that women may be better at then them. They get to be president while women get to be secretary of state. The only thing men think women are good for is the bedroom and having babies. And poor Cait can't even have a child. I know people may say I am stupid and prejudice but I am not I just don't understand Cait. But as I write this I do understand now why they call her brave and a hero because it takes courage to give up the power that third leg come with. To become a person who is still as good as you always were but now you are seen as less just because you are now a woman.

Lore Me34

I Fall For You Autumn

I fall for you Autumn
from the red in your hair
to the cool breeze in your kisses.
I fall for you Autumn
from your ever changing moods.
To the way you harvest my love.
Autumn loving you is
like a feast of thanks.
I thank you for your touch

I thank you for your understanding.

Autumn you are the changing
season of my heart.
From sadness to joy.

And when it comes to loving someone;
I fall for you Autumn.

Lore Me34

I Forgot

Hey, it's been so long since I have seen you.
I had to think awhile just to remember you.
I forgot the brightness in your smile.
I forgot gleam that shines in your eyes.
I forgot the soft sweet taste of your lips.
I forgot the way you used to make me move my hips.
But wait minute before you try to ease in my arms.
Because I do remember why we did part.
I remember the harsh names that you used to call me.
I remember the hurt you used to cause me.
I remember the last time we were together and you
nearly choked me to death. So you can keep
on walking cause the abuse I remember.
Don't you even think that I forgot?

Lore Me34

I Had A Nightmare

Dr. King had a dream that we all would live in peace with equality. I had a nightmare and in this nightmare the streets were paved with the blood of our young. The sky was lit up with the sparks from the bullets that our youth fired at one another. Ones whom came from the heritage of African Kings and Queens are now crack whores and dope fiends. Also in the nightmare that I had there were millions of children who did not know who were their dads? These same children spent more time on the street corners breaking rules, than going an educating their minds in school. They ended up graduating from the streets to jail or the grave. Yes, it is their blood that now stains our streets. I wish I was like Dr. King and had a dream. Instead of this nightmare that is reality.

Lore Me34

I Need You

This Poem was written by Tatyna Kramarchuk

As I sit here listening to the song called I Need You
Baby, it lets me know that I need you
I need you to hold me tight
I need you next to me day and nights
I need your kiss and hugs to make my day better
I need you to make love to me all night
I need you say I'm beautiful when I cry and
kiss my forehead and say everything would be all right
I need you to tell me you will never leave my side
I need you to tell me I'm the only one
I need you to be my hero for the night
I need you to lie next to me and tell me sweet
nothing in my ear to make my worries to disappear
This why I need you

Lore Me34

I Pour

Today I pour some for the one who is no longer here.
Someone who I and my Family held very dear.
He may not have lived longed but he left mark.
On each and every one of our hearts.
A kind hearted and good person Marcus you will be remembered forever more.
So in memory of you on your birthday this one I pour.

Lore Me34

I Sit

They play the national anthem and I sit.

I sit not because I don't appreciate those who serve in this nation military. I sit not because I believe all law enforcement is bad.

I sit not because I don't love America.

I sit because with hands raised and unarmed to many African American men are dying this way and it is called justice.

I sit because the media, elected officials and good police officer are silent. I sit because this injustice must no longer stand.

So I sit...

I sit..

I sit! !

Lore Me34

I Surrender

Baby I'm waving the white flag.
I'm giving up.
I surrender.
You have captured my heart.
You have imprisoned my soul.
There is no escaping for what I'm feeling.
And I'm here to tell you I am sentence for life.
Sentenced to love you and care for you until death do we part?
And since I no longer can or want to fight against it.
Baby I'm waving the white flag.
I'm giving up.
I surrender.
I surrender to our love.

Lore Me34

I Talk With My Hands

Just because my voice doesn't speak
don't mean I don't say a word.

I talk with my hand
when I want to be heard.

I speak fast for those who know me.
I slow down for the ones who stop
to hear me. I talk with my hand.

I have preached sermons
and I have told jokes
With my hand I have spoke.

Now, as for those who don't
want to hear me no matter
what I say or do.

I'll still talk with my hands
I'll fold them and pray for you.

I talk with my hand

Lore Me34

I Thirst

My throat is dry and there is only one think can quench my one think is you.I
thirst for the sparkle in your eyes every time you smile.I thirst for the sound of
your voice when you speak my name.I thirst for the touch of your hand on my
body.I thirst for the softness of your lips when we kiss.I thirst for the smell of
you after we make love.

I thirst...

I thirst..

I thirst for you.

Lore Me34

I Wonder

I wonder what it be like to hold your hand
I wonder what it be like to make you laugh
I wonder what it be like to get lost in your eyes
I wonder what it be like to kiss your lips,
to feel your embrace, to lay in your arms
at night and listen to your heart as you slept.
I would say I wonder what it be like to love you
but I already know because I do.
Do you know I wonder?

Lore Me34

If I Could Walk A Million Miles

If I could walk a million miles where would I begin my journey?

I would probably begin my Journey with a talk With God.

I would ask him why he made my legs unable to walk.

Then after my talk with God I'd walk a few more miles until I came upon my mother.

I stop and ask her is it because of my disability you treated me like I'm not one of your children.

Now after my mother denies that she doesn't do such a thing; I'd continue my journey of a million miles.

Now at the end of my journey when I have walked a million miles before I rest I hope that while walking

these million miles that in some of the steps I took my footprints left an impression behind.

If I could walk a million miles

Lore Me34

If I Was A Tree

If I was a tree my roots would be planted in the soil where Shakespeare walked.
My branches would sprout from the likes of Browning, Whitman, Wheatly,
Dunbar, Hughes and Angelou and in the spring my leaves would blossom with my
own words. So a poet I would be even if I was a tree.

Lore Me34

I'M Her Son

Mother of my birth
she's not.
But I am her son.
Never held me in her arms.
But I am her son.
She is my mother
because she spoke to me
through her poetry.
And through her words
I found my own voice.
Maya Angelou is the mother of my poetry.
And I'm her son.

Lore Me34

I'M In A Wheelchair

I like the feel the wind on my face.
I love the warmth of another's embrace.
I want passionate kisses that take my breath away.
I want to make love that makes my body glisten.
I want someone to just hold me and listen.
Wow, my desires are the same as everyone else
even though I am in a wheelchair.

Lore Me34

I'M Innocent

She says I raped her but I'm innocent.
We were on a date;
She invited me back to her place.
We hugged and kissed for awhile;
I told a joke that made her smile.
Then we kissed a little more
and my nature started to grow.
So I begin to lay her down;
and feel my hands all around.
I saw that her nipples were getting hard;
so I figured it was time for me to spread her legs apart.
Her lips said no but the rest of her said yes;
so I proceed on my quest.
Now when I finished because she was wet I knew she was satisfied.
So I don't understand why she lied.
She accused me a rape.
I'm innocent we were on a date.
I'm innocent?
I'm innocent?
Aren't I?

Lore Me34

In A Breeze

In a breeze

I can feel your soft touch.

In a breeze.

I hear your voice.

In a breeze

Your sweet kiss touches my lips again.

In a breeze

when I see a leaf soaring it reminds how much I am blown away by you.

If I could capture how you make me feel in a bottle I would.

So that every time I am missing you I could open it and feel you...

In a breeze.

Lore Me34

In Her Eyes

In her eyes I saw a vision I have only dreamt of.
For through the hazel tint of her eyes I saw the woman I'll forever love.
In her eyes I saw our first kiss.
And from it she took my breath away.
In her eyes I saw me one day down on one knee asking her to be my bride.
And on the day we said I do both our lives changed for the better.
In her eyes I saw our struggles but I also saw by supporting each other we made it through. In her eyes I saw the birth of our children and us growing old together.
Wow I can't believe how wonderful my future is going to be and I saw it all in her eyes.

Lore Me34

In Rhythm

True love is a rhythmic dance.
where two heart beats sound as one.
Two different souls connect in a dance called love.
Some times the beat is smooth. While other times it is rough.
But when the music flows they are together no matter what.
Because their love for one another is true and true love is
in rhythm.

Lore Me34

In The Air

Like fresh blossoming flowers on a spring day.

Her scent is in the air.

Like the smell of rain right before it pours down.

Her scent is in the air.

Like the aroma of a hot apple pie cooling on the window seal.

Her scent is in air.

I try to cover my nose with my shirt

but her scent seeps right through it.

It is in the air.

I try fanning it away

but the more I fan the stronger her scent lofts in the air.

I decide not to fight it anymore and I inhale her scent.

It first suffocates me but then it sustains me.

To me her scent is love and it is

In the air.

Lore Me34

In The Middle Of A Crowd

Today I was in the middle of a crowd and that when I heard her. Her sweet voice filtered out all the cell phones with the different ringtones. All the voices of the people from a businessman making a million dollar deal to a toddler having a tantrum because his mom won't buy him a juice-box. Her voice even may the barking dogs bark mute and the birds chirping song silent and her voice was the only one my ears heard. In the middle of a crowd is where I wrote this poem because the lady's voice I heard was poetry.

Lore Me34

In This Moment

In life there comes a moment when all things are made clear, and my clarity is in this moment.

In this moment I know that I want to live the rest of my life beside you.

In this moment I know I want to start my own branch on my family tree with you.

In this moment I know that I love you.

So as I take your hand and gaze into your eyes I know that this moment is the right moment to ask you to be my wife.

Now, before you say yes think because if you do our life together forever begins in this moment.

Lore Me34

In Too Deep

I'm in too deep and I can't climb out.
I claw and claw at the wall but I gain no ground.
I'm in too deep and I don't even know how I got in this hole.
I'm pretty cautious so danger I avoid.
So I can't understand how I fell in this hole.
I'm in so deep I lost my soul.
Lost it to her and know it is hers to keep.
I fell in this hole call love and I'm in too deep.

Lore Me34

In Your Eyes

In your eyes is where I saw my destiny.
In your eyes is where I saw my dreams.
In your eyes is where I saw my soul.
In your eyes is where I found love.

Lore Me34

It Don't Bother Me

I say her words don't bother me.
When she tells others I am lazy and fat.
I say it don't bother me.
I once heard her tell someone I use my disability as a crutch.
I just smiled and said it don't bother me.
She took a picture and covered up a poem I wrote her.
I shrugged it off and said it don't bother me.
She was never there when I won awards;
and often made me feel as if my accomplishment did not matter.
I tell my friends that it don't bother me.
But true be told... It all bothers me.

Lore Me34

It Don'T Matter

Yes I have a disability.
But it don't matter.

Yes I use a wheelchair for mobility.
But once again it don't matter.

Yes because of my disability my speech is sometimes hard to understand. But
like I said before it don't matter.

And yeah there are those who because of their disability they have to talk with
their hands. But you know it don't matter.

Whether or not a person has a disability don't matter.
We should all be treated as if we matter.

Lore Me34

It's Hard Being Disabled Period

It's hard being disabled period.
But to be young, disabled and
in search of love some times seems
ridiculous.

For when you are in a wheelchair
People of the opposite sex seem
to never pay you any attention,
and if they do they always seem to
just want to be friends.

Well, I got plenty of friends,
but I have not one lover.

It's hard being disabled period.
But it's even harder to be young, disabled
and in search for love.

Lore Me34

Judgment Day

It is 3: 30 in the morning, and I hear the shovel scraping the sidewalk. I look toward my window and all I could see was the cold white of the snow. I begin to think what is this is the judgment day that I heard the preacher speak of so many times when I was a child. I begin to rewind the video tape of my life that is stored in my memory. I figured if this is judgment day then let me first judge myself. I remember all the fights I got in with Trina (a girl knew when I was a child) because she called me cripple boy. Now yes she was wrong to say that but I still shouldn't have fought a girl. I recall yelling back at my mom once and there I broke a commandment. (Honor thou mother and father) but wait is it dishonor when She treated me like I was nothing just because I was born with Cerebral Palsy. I guess no matter what I was supposed to honor her for she is my parent. I slept with many women out of wedlock but I had love for them all. Now just when I was sobbing because I was sure I was going to hell I heard God. And he said unto me, "did you ask for forgiveness? " "Yes Lord" I replied. "Then so you shall be forgiven." As calm came over me and I shut my eyes to sleep. God said this to me, "Judge yea not and yea shall not be judge. This also mean don't judge yourself."

Lore Me34

Julie's Unconnected

She sits in a daze.
Out into space she stares.
Julie's unconnected.

She was not always this way.
She was once full of life, and joy.
But now a days Julie's unconnected.

I wish I knew what happened to my friend.
I wish I knew why the light in her eyes that once
shined so bright is now so dim.
I wish I knew why Julie's unconnected.

The doctors have no real answers.
So they just fill her up with pills.
They say that she'll one day connect again.
I hope they're right because I miss Julie's light.
Well, I'll sit with her and talk to her until she comes
back. Because that's what a real friend does.
Julie's unconnected.

Lore Me34

Just An Organ

It has been stated that the heart is just in organ.

But if it was just in organ why when a person falls in love they can feel that emotion in their heart.

If it was just an organ why when love is lost does the sadness that one feels seem to shatter the heart?

If the heart is just an organ why when a child wins a prize does a parent feel pride in their heart?

The heart is much more than just in organ it is the house of our emotions.

From the emotion of love, and sadness to the pride that swells in each of us.

The heart is not just an organ.

Lore Me34

Just Another Black Child In The Ghetto

Cedric a 7 year old boy got killed last night
but no one seems to care he is just another black child in the ghetto.
Janet 6 she got raped by one of the men her mom had her call uncle
but once again nobody cares just another black child in the ghetto.
Ahmid, can barely read and write and he's 13
but you know who cares he's just another black child in the ghetto.
Cyndi about to be a mother and she just a child of 15 herself
but she'll blend in with the others just another black child in the ghetto.
It is time for us to pay attention to the Cedric's, Janet's, Ahmid's and Cyndi's so
the children know of the ghetto that they are more than just another black child
in the ghetto.

Lore Me34

Just Fooling Myself

I tell myself that I'm a great poet,
and people will listen because I have something to say.
But now I'm starting to wonder am I just fooling myself.
When I speak is anyone really listening or am I just fooling myself.
Are my words as meaningful as Keats, Poe or Angelou or am I just fooling
myself.
Well, no matter if no one is listening or remembers my name I will never stop
writing poetry.
Because if I tell myself I can live without poetry then I truly will be Just fooling
myself

Lore Me34

Just Yesterday

I can't believe that I'm stand here getting ready to give you to another man for it seem like it was just yesterday when I holding you in my arms and rocking you sleep. I promised you that I'd protect you always. I can't believe it has been 22 years it seems like it was just yesterday when I was holding out my arms to catch you if you fell taking that first step in life. I can't believe you are about start a family of your own it seems like just yesterday I was teaching you your ABC and 123's. Where has time gone? When did daddy's little girl become some other man's love of his life? Well, baby girl as I give your hand to him know that I'm still here if you need me and you still my princess and I'm still your gallant knight. I'll love you always just like yesterday.

Lore Me34

Label Me Not

Label me not
because the color
of my skin.

Label me not
whether I'm fat
or thin.

Label me not
because of my
religious belief.

Label me not
whether I'm strong
or weak.

Label me not
because of
my disability.

Label me not
just except me
for me

Lore Me34

Last Night

Last night I drank to much gin.
Last night I got drunk a fought with a friend.
Last night I slept with the same friend.
Last night I took a trip to Las Vegas.
This morning when I awoke I found out
I got married last night.

Lore Me34

Let A Man Be A Man

Woman what you mean I watch too much sports.

You need to let a man be a man.

Okay when I and my buddies get together yeah we are a bit stupid.

But once again you need to let a man be a man.

So what I don't clean my nails and like to wear jerseys when we go out.

You just need to let a man be a man.

And just because you let me be a man don't mean I forget what it means to be your man.

I will still be sensitive to you needs.

I will still treat you like a queen.

But I will be gone;

if you don't let me your man be a man.

Lore Me34

Little Black Boy

A Little Black boy was born one late winter day.
He'd be lucky if he survive through the night the doctor did say.
But he did more than survived.
The little black boy lived.
And yeah problem arose because he did not have enough air to breathe.
He ended up with Cerebral Palsy.
But that did not stop that little black boy.
In fact it gave him the will to fight even more.
He had trouble with speech he could barely be heard.
But he overcame that and became a master of spoken word.
My life is not over but this part of it I felt need to be told.
Because I'm proud to admit I was and am that little black boy.

Lore Me34

Locked In A Box

I'm in a locked box
and I'm searching
for the key.

The key that
will set me free.

But wait this locked box
is like no other...

the locked box I'm
in is not made from
cardboard, glass,
wood, plastic or
leather.

The locked box I'm in
is made by an alloy created
by my own hands.

My mind is the locked
box that I'm in.

The bottom is made from
the ghetto streets
I grew up on.

And one side of the box
is made from the violence
and abuse I suffered
at home.

Now another side is made from
the drugs and alcohol I used
to escape.

While another side is made of
my own self hate.

Now the last side of the locked
box is made from the things
that used to be my hopes
and dreams,
and the lid of this locked box
is made from my nightmares
and screams.

Now, I'm scratching the walls
trying to set myself free.

Because I can feel this

lock box closing in on me.
Closing in so tight it is taking
away my breath.
This locked box is becoming
my resting place after my death.
Wait a minute death may be
the key.
For if I die I will be free.
I'm in a locked box.

Lore Me34

Lost In Mind

I know someone who tries hard as he can but sometimes he just gets lost in his mind. He has a lot of knowledge and things to say but he can't relay them because he gets lost in his mind. He's not slow or crazy he just suffers from Alzheimer. And yes it is scary to watch him slowly fade away but I do because I love him so I can't just turn away. Now some days if only for a little while he seems like his old self but in a flash he gets lost in his mind. And yeah it is hard and frightening for us who love him but just think how scared he must be. Once he was head of the family and now he is just lost in his mind.

Lore Me34

Lost In Thought

I am lost in thought even though my body is here my mind is miles away. Lost in thought.... I am thinking about the future as I try to forget yesterday; Lost in thought... Old memories and new ideas jumbled all together. Lost in thought... Trying to grasp on to now and uncertain about the future. I am just lost in thought.

Lore Me34

Louder Than Words

I have heard you say the words many times,
but your actions tells me your words are just a lie;
because actions speak louder than words.

If you love me why don't you hug me?
If you love me why don't I ever remember a kiss from you?
You say you love but actions speak louder than words.

If you love me like you say you do
why when I need a shoulder to cry on you just shrug?
And when I need a cheering section your voice is silent?
You say you love but actions speak louder than words.

To love someone does not me to say it in a card
on a birthday, Christmas or Graduation day.
To truly love some one you show them with
a hug, a kiss or a call just to say hi.
Mom, you say you love then you need to show me;
because actions speak louder than words

Lore Me34

Love Will Always Exist

We may go our separate ways never to see each other again.
But somewhere deep in our hearts love will always exist.
We will always have our first kiss.
The first time we said I love you to one another.
Love will always exist.
Although today we are divorcing one another love will always exist.
We will always have September 20,1998 the day we said I do.
The day we held each other in our arms and dance for the first time as husband
and wife
And that night we made love.
Love will always exist.
We will have the night you confront me about my unfaithfulness
and even though I hurt you that night you still held me in your arms to ease my
guilt and pain.
Now, even though it is time for us to go our separate ways I want you to know
no matter what
Love will always exist.

Lore Me34

Love Yet Hate

How can I love her as much as I do?
Yet hate her just the same.
I love her lips when they kiss me.
Yet I hate her lips when she uses them to criticize me.
I love to gaze into her eyes.
Yet I hate the cold gaze she gives when she's mad at me.
I love the touch of her hand as we stroll along the beach.
Yet I hate the way her hand feels when she slaps my cheek.
Our passion is so strong for one another when love we really love.
Yet when we hate we really hate.
We love yet we hate.

Lore Me34

Love You For You

I don't care about what other people think about you.
For I love you for you.
I don't care whether or not you are supermodel size.
Neither do I care about the color of your eyes.
I love you for you.
It does not matter to me if we are not of the same race.
All that matters to me is that you bring a smile to my face.
I love you for you.
Financial security would be nice.
But even if we had to struggle it is worth the price.
For together I know we will make it through.
For I know you love me for me and....
I love you for you.

Lore Me34

Love You Still

If someone truly loves you
then it won't matter how long
it has been since you spoke.
They will love you still.

It won't matter if in your life journey
you made a few bad turns.
They will love you still.

Even if everyone else turns their back on you.
The one who really loves you
will love you still.

I know this to be true
because no matter what I have done
or am doing.
God loves me still.

Lore Me34

Middle Of Madness

I can hear every tick of the clock.
My body is showered from nervous sweat.
Oh no my pencil tip broke,
and I must stop to sharpen it;
all the while losing time.
My mind has gone as blank
as the paper which I'm writing on.
Tick – Tock goes the clock as time moves on.
Times up the voice shots;
My hand goes limp and my pencil falls to
rest upon the edge of the paper.
I let out a big sigh of relief, for the madness has subside,
For my mid-terms are done.

Lore Me34

Modern Parent

These days parenting has truly change.

You have 2 or more kids and they usually have different last names.

Moms instead of mothering they are busy trying to be their child's friend.

And dads the kids only see from behind glass because they are in the pen.

No helping with homework or cooking a hot meal;

who cares if you are smart and grab some fast food because mom wants to chill.

Years go by and the child does the best they can.

Now at the age 15 they become their own modern parent.

Lore Me34

More Than Words

When I say I love you
it's more than words.
For it is what I feel in every pulse of my being.
When I say I love you
it's more than words
It is me running your bath water.
It is me cook you a meal.
It is me watching you as you sleep.
I know when most people say
I love you to someone it is just words,
But when I say I love to you
believe me when I tell you
it is more than just words.

Lore Me34

Mother Or Momma

A mother gives birth, but a momma raises a child.
A mother brags on how smart her child is.

A momma teaches a child how to live.
A mother gives her child a way.

A momma sets her child free.
A mother tells her child she loves him or her.

A momma shows her child that he or she is loved.
Now that you know the difference which one are you; a mother or a momma?

Lore Me34

Murderer With A Badge

They took an oath to serve and protect. And because they wear a badge we are suppose to show respect. But here are the real facts. The shoot unarmed men of color in the back. They are not worried about losing their job or going to jail. The way our judicial system works cops will always prevail. The proof of their crime can be on body cams or cell phones but justice is blind when it comes to seeing officers doing anything wrong. Justifiable shooting is what the courts claim. Well I got another name... Murder! ! !

Lore Me34

Must Fall

White nationalist scream and yell as they fight to save statues of the confederacy. They say by taking them down we are destroying part of American history. When they see them taken down they say they are appalled. They say they don't understand why they must fall. Well let me see if I can put it into words they will understand and even if they don't I am still going to explain. They must fall because they don't represent the all the people of the confederacy. Where are the monuments and statues of the African who where bond in slavery. This is the part of the confederacy history that the nationalist has edited out. The part of the confederacy history they don't talk about. They don't talk about how on the backs of the African slave the American white south did prosper. While the ones who did all the work were treated as if they where nothing. Nor do they talk how they broke the spirit of the African American male and the affects can still be felt today by all of those in and out of jail. Neither do they speak of the way African American women raped and were treated like breeding cattle. Where are all those statues and monuments? Nowhere because it is the part of the confederate history they want to omit. Now if you going to omit one then you need to erase them all. This why the confederate statues must fall.

Lore Me34

My Aching Bones

Deep in my soul
all the way to my aching bones.
My love for you is just that strong.
The feeling reaches all the way down
to my aching bones.
It flows through my body
like blood through my veins;
all the way down to my aching bones.
To you my heart, soul and love belongs.
I am yours completely all the way down to
my aching bones.

Lore Me34

My Ears - My Eyes

My ears are my eyes because I am blind.

When I cross the street I listen for the sound of cars braking.

My ears are my eyes.

When I enter a room I tap my cane onto the floor and listen for the distance the echo travel to know how far I am away from someone else. My ears are my eyes.

I may never physical see the beauty of a spring day, but when I hear the birds are chirping, bikes constantly peddling by and lovers saying I love you. I know it is a beautiful spring day. I may be blind but I still see my ears are my eyes.

Note: No I am not blind myself but I know several people who are and this is me letting the rest of the world how they see through my poetry.

Lore Me34

My Kentucky Bourbon Blues

As I raise my glass and take sip
the Kentucky bourbon kisses my lips.
And it trickled down throat it tinkled like a xylophone.
As it soothed all my aches and moans.
Tomorrow I am another year older but still no wiser.
This past year I just was not inspired.
But I saw a lot of death and disappointment too.
That is why less than an hour before my birthday.
I wrote my Kentucky Bourbon Blues.

Lore Me34

My Last Breath

When I see you my heart swoons.
I tremble from your kiss.
I get lost in your eyes.
I love you like my last breath.

You say you love me the same,
and that you can't imagine
your life without me.
You tell me I'm the air that you breathe.

You say all these things,
but then you choke and beat me.

Well as much as I love you;
I must leave. Because
if I stay the next time you
put your hands around my neck
it just might be my last breath.

Lore Me34

My Twenty Lines

I just read this poem about using just twenty lines,
and it brought these words to my mind.
Who are they to tell us how many lines we should use to speak?
This is America where we have a law known as freedom of speech.
Just twenty lines tell you something about my life in words.
To me that seem completely absurd.
My life is much more than just twenty lines.
Hell I am thirty nine.
And if they expect me to sum up thirty nine years in twenty lines
They are complete outside their minds.
How am I suppose to tell you how I nearly died when I was child?
Or how my mother harsh words took away my smile:
In just twenty lines?
Like I said they must be out of their minds.
I guess I can do if I shorten my life.
I don't have to talk about how much I love my future wife.
But her love is the inspiration for a lot of my poems.
So to not talk about her would be wrong.
I have a lot more to say but I'm out of time.
I reach my limit of my twenty lines.

Lore Me34

Never Forget

Never forget what happen this day twelve years ago.
Never forget all the lives terror took from this earth.
Never forget all who sacrificed their lives to try to save others.
Never forget the feeling of unity and kinship we felt for one another.
But as we remember we must not let our sorrow turn to hate.
For we are all God's children;
Never forget.

Lore Me34

Never Found The Words

When you two asked me to write a poem for you wedding I felt so honored. But now on this your wedding I must apologize for not writing your poem, I never found the words.

I never found the words
that could describe the love you see for one another
when you gaze into each others eyes.

I never found the words
that would truly embraces the warmth you feel
when you're holding one another in your arms.

I never found the words
that would magnify the passion
of your kisses.

So once again I do apologize.
But you two must understand
when it comes to your love for one another
there is no words, and that is why I
never found the words.

Lore Me34

Never Lies

You may lie to yourself.
You may lie to your friends.
But the end mirror never lies.

That spilt lip;
And that black eye;
Are reminders of how much he loves you?
The mirror never lies.

You can drink all the booze you want
to try to dull the pain and hide.
But when you sober up you'll see the hurt he caused
because the mirror never lies.

You can go on making excuse for him
until he beats you until you die.
or you can wake up before it is too late
and take good look at yourself.
And see the truth behind the abuse
because the mirror never lies.

Lore Me34

No Accuse

There is no accuse for a man to hit a woman.
He may say that how he was raised.
Or he may say it is the pressure of your financial situation.
But neither one of these reasons are an accuse.
He may even have you thinking it is your fault.
By saying it is your lack of support or the tone in which you talk.
Still no accuse.
Believe it or not he may even tell you it is because he loves you too much.
Well ladies, when a man love you his touch should be as gentle as a summer
breeze not a fist.
Love is no accuse.

Lore Me34

No Choice

They say testing a mother to be gives her a choice whether or not she wants to abort a child who will be born with a disability. I say there is no choice. No choice to assume just because your child will have a disability that the child doesn't have the right to exist. No choice to figure a child born with a disability have no place in this world. No choice to believe that a disability means no ability. For I was born with a disability and I have a voice. And it saying to all those expecting mother even if your child is going have a disability life is the only choice.

Lore Me34

No Matter The Color

I am black and yes my life matter.

And it is wrong for me to be battered.

But if black life matter why are we killing one another?

Aren't we all supposed to love each other?

I am confused does black life only matter

when we are beaten or killed by someone of the white race?

But doesn't matter when we have the same color face?

If black life matters is the message we are trying to get across to others.

We need to stop our own violence to show that

Black Life Matter no matter the color.

Lore Me34

No Price: Prize Fighter

He once bellowed I am the greatest from the ring.
In a musical titled "Buck White" he did sing.
And as much as he loved being boxing heavy weight champ and adored by all.
For no price would this prize fighter take a fall.
They wanted him to renounce his religion and pick up a gun.
But our champion said no to the war in Vietnam.
Now, although they stripped him of his title and all his funds;
He still stood tall and said I got no problem with any Viet-con.
All he had to do was to say yes to fighting exhibition matches for war;
And his problem would no more.
But there was no price for this great prize fighter.

For standing up for his beliefs and willing to give up all he had at that time
Muhammad Ali will always be "The Greatest" to me.

-Lore

Lore Me34

No Tricks Or Treat For Me

It's almost halloween everyones geting ready to go trick or is everyone but me.I have no costume or basket but I do have a disability.I use a wheelchair because I have cerebral housesin the neighborhoodhave no ramp so no trick or treat for my sibling give me a few pieces of the candy they got but it just not the same. I feel like my disability is a Ghoul costume and CP is its name. It is a costume I will have to wear for the rest of my ween is one day a year for most but for me it is every day and do I think this? Well it is because the way people whisper and look at me as if I am a creature from parents tell me I am just like everyone tell me not to be ashamed of most times I do but every year on halloween I realize I am not like everyone else when there is no trick or treat for me.

Lore Me34

No Vanilla Ice Cream

I can't have no vanilla ice cream.
They say my skin is too dark
So I can't have no vanilla ice cream.
My nose is too wide.
So I can't have no vanilla ice cream.
My lips are too full.
So I can't have no vanilla ice cream.
My hair is too coarse.
So I can't have no vanilla ice cream.
My feet got too much rhythm.
So I can't have no vanilla ice cream.
You see in the Jim Crow south everything is so segregated.
Black people can't even have no vanilla ice cream.

Lore Me34

Not My Shoes

You say you understand what I'm going through
but how could you for you have not walked in my shoes.
You say if I'm in remission why ain't I back to my old self.
Well just because the cancer is gone it don't mean I'm in perfect health. Not
only do I have to recover physically. I also got recover mentally. So yes I thank
God I'm cancer free but that don't mean sometimes I won't break down
emotionally. The old me you want is gone and I must start anew. So give me
support without judgment for you have not walked in my shoes.

Lore Me34

Not Ready To Say Goodbye

As sit here staring at your picture I can't believe you are gone.
I only knew you from this photograph but I loved you just the same.
I know I should put the picture away and move on with my life,
but I'm not ready to say goodbye.
I'm not ready to say goodbye to your beautiful angelic face.
I'm not ready to say goodbye to the hope you brought to my life.
In God's plan he only gave you two hours of life on this earth.
My faith allows me to believe He had a very good reason for that.
But even with my belief in God's plan I'm still not ready to say goodbye.

I dedicate this poem in loving memory of my little niece Isabel Imani Smith.

Lore Me34

Not Wheelchair Accessible

I have something to say but no one will hear it because I can't get in.
The place to speak is not wheelchair accessible.
My whole life I have been on the outside looking in.
Because most business owners brains are not wheelchair accessible.
When I'm on the street corner just waiting for bus some one walks up and hands me a dollar because they think I'm begging another mind that is not wheelchair accessible.
I know most people have to look down to see me, but they don't need to look down on me. A person who is unable to see past the physical is a person who will never see that I'm not the one with the disability they are. Do you hear me or are you not wheelchair accessible.

Lore Me34

Now Until Forever

I never thought this day would come.
The day my heart would love another one.
But this day is here and it seems so surreal.
I never knew how good loving someone could feel.
It took longer than most for us to find one another.
But through faith and God's grace we are together.
And may our love last from now until forever.

Lore Me34

Officer Friendly

He's the man in blue with the silver badge that smiles in a mother's face while he shoots her son in the back.

Officer friendly was seen as a hero after the 9-11-01 attacks. But in 2014 the same day that President Kennedy was assassinated in 1963 officer friendly killed Tamir Rice. No charges so he continues to do it night after night. Officer Friendly only if your skin is not black.

Lore Me34

Old Brown Shoes

Look sitting at the bottom of the bed.
A pair of old brown shoes.

I can tell by the soles of those
old brown shoes; that they
have walked many miles,

Furthermore, I can tell by
the scuff marks on the toes
of those old brown shoes;
that they had to kick many
obstacles out of the way of
the owner,

Now, by the fade shine
on those old brown shoes;
I can tell that they were
handled with much love
and care.

Boy! If the tongues on
those old brown shoes;
could talk. I could just
imagine the stories they
would tell.

I know one of the stories
would be of suicide.

Because there above my head.
Hangs the owner; by the laces
of those old brown shoes.

Lore Me34

On A Crooked Road

I consider myself a pretty good person but I don't walk that straight and narrow road. The road I walk is wide and crooked. I am kind to most but I have my moments where I can be quite mean. But that's okay because I walk a crooked road. I love almost everyone but every now and then hate creeps in toward a few. Once again I feel that happens because I walk a crooked road. Now I try not to judge and just accept people as they are. But as hard as I try I do seem to hold judgment against some who I don't understand. Y'all know I am not perfect because I walk a crooked road. Now I still believe despite all my faults I will still make it to heaven. Because God knows I am doing the best I can on my life's crooked road.

Lore Me34

On My Knees

I was born with CP nearly died because my lungs collapsed and I couldn't breathe. I survived and last month I made 50 and I am still alive. Now because of CP to get around in my youth I crawled on my knees. Now when a lot of people saw this they felt sad and ashamed. They would say I am sorry again and again. But to me I felt they had no reason for this. I looked at me being on my knees as a gift. I won races and I was able to give the young ones horseback rides. Besides being on my knees made it easier for me to pray and thank God. Thank Him for letting me survive and enjoy my life. I get around in a wheelchair now and I am pleased but I have no regrets from the days when I was on my knees.

Lore Me34

On The Phone

I heard just a voice on the phone.
I never knew words could turn me on.
But her soft sensual voice and her
verbal description peak my interest.
And the more she talked the more
excited I became. But when she
became breathless that when I
reached my full climax.
I never knew words could turn me on.
But they did on the phone.

Lore Me34

On Their Feet

My feet walk on soil where my ancestors blood, sweat and tears where shed.

Blood from the lashes on their backs that was put there by a cold wet whip all because they fought to be free.

Sweat that dripped from their brows from the hard work they did to help build this country we call America.

Tears that was cried so many nights they could fill a river with their sorrow.

But even after all that they did not crawl upon their knees or slide upon their bellies.

Their faith gave them hope for a brighter future for all those who would come after them. People such as Rosa Parks, Dr. Martin Luther King, Malcolm X and even me, and because of this faith no matter what they always stood upon their feet.

Lore Me34

One Cold Night In September

One cold night in September on a field of dreams a man in the twilight of his playing years took one mighty swing, and as the ball got hurled higher and higher on a cool breeze the cheers elevated throughout air. 'You can put it on the board, yes' the radio announcer exclaimed. Now thirty minutes later a man dove into sky and as his body hit the ground his glove rose up and in it a baseball laid and the Chicago White Sox with a 1 to zero victory post season dream began and this all happened on one cold night in September.

Lore Me34

One Cool Cat

She slithers around always on the prowl.
She's one cool cat.
She stares at you with her piercing green eyes;
as if she knows where all the secrets are you are trying to hide.
She's one cool cat.
But most of the day she just like to sit and chillax.
She's one cool cat.

Lore Me34

One Last Breath 'An Als Poem'

I used to take for granted the very air I breathe.
Now these days I am begging God for one last breath.
One last breath so that I may see my love ones face.
One last breath so I may smell spring flowers as they bloom.
One last breath so I may get a final taste of my favorite food.
One last breath so I may kiss my love goodbye.
I know with ALS I am asking for a lot when I ask for one last breath.

Lore Me34

One Last Kiss

As you lay there as still as the night I bend over and give you one last kiss
goodbye.

I can still feel the warmth of your lips as your body turns cold.

You know I remember our first kiss you were just sixteen years old.

A little shy but you trusted me enough that you allowed me to give you a kiss.

Kissing you is a pleasure I will truly miss.

I remember how I nearly kissed every inch of you the first time we made love.

That night was not only unforgettable but it was everything I dreamt of.

Also I recall how you took my breath away when you kissed me on our wedding
day.

Well that was over 60 years ago and today God has called you home.

Now I am left here with just the memories as I sit here all alone.

But before they took you away I did insist that they leave us alone so I can give
you one last kiss.

Lore Me34

One Last Time

On the day you leave this earth;
May I be there to hold you in my arms one last time?
To hear your heart beat one last time.
I need to gaze into your eyes and see that our souls are bound one last time.
I must feel the warmth of your breath one last time.
I need to kiss your lips one last time.
To tell you I love you one last time.
I hope this time is a long time away.
But I do want to be there with you one last time.

Lore Me34

One Long Day

As morning sunlight awoke me and I looked over to where you lay and saw that you spot had been not slept in I knew it was going to be one long day.

One long day of missing your morning kiss and your smile.

One long day because every time the wind blows I'd be sniffing for your scent lofting through the air.

One long day of walking along the shore in search of your footprints in the sand.

Then as the sun sets and I get ready for bed the knowledge that you will once again be not next to me will turn this one long day into an even longer night.

Lore Me34

One More Thing To Say

When it comes to you my words seem
to never end, for it seems that I always
have one more thing to say.

One more thing to say
about your beautiful face.

One more thing to say
about how much
I long to feel the warmth of
your embrace.

One more thing to say
about your words that
make me laugh.

One thing to say about
how finding you I have
found my better half.

when it comes to you
me saying my words never
end is true.

I have one more thing
to say.....
I love you.

Lore Me34

Only 25

Today I was thinking of my cousin he was only 25 when he died.
His life was over before it even really got to start.
You see, in a moment of passion he didn't wear a condom.
And in that moment he contracted AIDS.
He lived for seven more years and then one day he just died.
He was only 25.

Note: This poem was not just a tribute to my cousin but a message to the young and old please don't let my cousin and millions of others death be for nothing. In that moment stop for a moment and put on a condom. Sex doesn't kill people but AIDS do! !

Lore Me34

Oops

Oops is a word that echoed in her head.
Oops was what he always said.
Every time he would hit her in the face.
Every time he choked her instead of embrace.
Oops was what he would always say.
Even on her final day.
As he shot her in the head
and she lied there dead.
Oops was all he said.

Lore Me34

Out Of The Nightmare

When I first met you I thought you were a dream come true. But that dream turned into a nightmare. The loving words you once used changed into words that were hateful and cruel. The hands that were once so gentle to the touch have now become rough with slaps to my face. We used to make love but now every time we're intimate it feels like rape. Well, now thanks to my faith I am walking away from you for good. Thanks to God I have woke up out of the nightmare.

Lore Me34

Pass The Pain

The last time I allowed myself to love I was hurt so bad I thought the pain would never end. I tried moving on but the memory of that pain kept holding me back like a leaf blowing against wind. But today I have decided to move pass the pain and let my heart love again. Pass the pain there is a heart out there waiting for me. Pass the pain there is a soul longing to become one with me. Pass the pain there is someone whose love will soothe my pain. Now I know finding this person want be easy but today I took the first step when I decided to look pass the pain.

Lore Me34

Perfect 10

Look at you girl you are a perfect 10;
all your curves in the right place.
Smile perfectly fit your face.
and you got brains too.
Girl you are the full package.
Nothing needs to be taking away or added
you are a perfect 10.
Girl just to let you know to me a perfect ten
is not measured in shape or size.
I measure a perfect ten with what a woman has inside.
And if inside you are proud of your own self worth
because that's all that really counts in the end.
Then you what girl, you are a perfect 10.

Note: I dedicate this to all women young and older to let them know they don't have to look like a model in a magazine to be a perfect 10. We are all God's creation and beautiful in our own way.

Lore Me34

Perfect In His Eyes

When others look at me they only see my disability.
They say wow he is such a nice yet imperfect man.
I laugh when I hear this to their surprise.
I laugh because I know I am perfect in His eyes.
He created me just as He created each one of them.
And that wasn't by accident or a mistake.
For God wanted me to be this way.
He made me this way to show through faith any obstacle can be overcome. We
with the disabilities are the special ones. Not special because of the trials we
face. But we are special because through it all we keep the faith. The faith in
knowing our disability isn't a punishment but it is a price. And the faith to know
despite what others may say we are perfect in His eyes.

Lore Me34

Piece By Piece

She heard from her doctor today he told her that he would have to remove her arm soon. She hung up the phone and with tears forming in her eyes she staggers and look at herself in the mirror. She sees that she's been losing her body piece by piece. Six months ago she had her left leg up to the knee removed. And a year before that she had the foot on that same left leg removed. Even before that she had my right arm cut off to the bicep. Now she gets a call from her doctor telling her he has to do the same with her right arm. She knows without all the amputation she would have died because of her poor blood circulation but sometimes she wonders would it had been better to just die at an earlier age whole then watching her body leave her piece by piece.

Lore Me34

Place At The Table

Yesterday Nelson Mandela took his place at the table. He now sits alongside Dr. Martin Luther King Jr., Mahatma Gandhi, Malcolm X, and God. A place at the table that was earned by his love and willingness to forgive those who oppressed him.

A place at table that was waiting for him after never losing his faith in the belief that all people are apparently good even after been unlawfully imprisoned for so many years. A place at the table with others just like himself each whom sacrificed their lives in their own way for the betterment of others. So sit Mr. Mandela and feast for you have earned your place at the table.

Lore Me34

Please Don'T

She only was trying to sooth his back pain; when he stole her innocence away. He took her by surprise and even though he saw the fear in her eyes all he could say was please don't pull away. Thinking that all he wanted was a romantic kiss she relaxed, but before she knew it he began to unbutton her blouse fear took over the words please don't could not come out. I'm a virgin she said, I never done anything like this before but her words he ignored. He then flipped her over and penetrated her from behind. Fear took her voice again because she was screaming please don't in her mind. But her innocence was gone even though she said please don't.

Lore Me34

Purple Flame

May the sky be a purple haze

May the sun eclipse.

May dove cry as the fly over the sky.

As we all say farwell to a Prince.

Farewell purple one you will be missed

but never real gone for you were a musical poet

and your words will forever live on.

Even long after all of us have joined on that heveanly stage

your music and lyrics purple flame will still burn for future ones

to engaged.

Because poets never die our word are our eternal flame.

Flame on purple - flame on forever.

Lore Me34

Rain

As the rain poured down I felt cleansed; as if all the troubles of my broken heart had been washed away.

Through the mist of the rain she appeared.

It is as if she had sprouted from the ground like flower.

As the rain fell around her she seem to glow like a beckon of hope.

Now as I walked toward her the rain began to dissipate and the sun began to shine.

As we stood there gazing into one another eyes a rainbow formed under us.

I asked her, what is your name.

She soft and sweetly replied Rain.

Lore Me34

Rainy Day In Chicago

Rain sprinkles the ground
damping the fallen leaves.
Grey clouds fill the sky
hiding the sun.
The wind blows off the lake
shaking the trees.
I sit inside trying to fight my boredom
so I don't fall asleep.
Wow it is just another rainy day in Chicago.

Lore Me34

Re: Excuse Me Sir, Is This Where Heaven Is

Madam, and Sir did I hear your question correctly.
Did you ask me is this where heaven is?

Yes sir we did they replied.

The man looked at his book of prayers and then he said;

By you asking the question you it shows that you are not ready yet.
So I must ask you to climb down the ladder and watch your step.

But we've travel so far to get here and you are turning us away.

Yes I am sorry to say.

Can you tell us why we are curious?

Because if you all were ready you would not have to ask

Is this where heaven is?

Lore Me34

Replace You

I know you are afraid that I may one day find someone who could give me more than you.

But be not afraid my love there is nothing anyone could offer me that would replace you.

Someone could offer me the hope diamond but its' sparkle could never replace the sparkle that you put in my eyes.

Some could even offer all the gold in Fort Knox but its' value could never replace the value you put in me.

Now, someone could perhaps offer me the world and my answer to them would be no thanks because I have the world already because I have you.

So rest your mind my love from worry because there is nothing or no one that could ever replace you.

Lore Me34

Salted Caramel Ice Cream

Today I made the mixture for my Salted Caramel Ice Cream. As I stirred the milk so it wouldn't scorch I started to think about my little niece Isabelle. I remembered my mom saying this year she would have been five if God didn't take her home. I thought about how her smile would look. I thought how her laugh would have sounded. I even thought how I would be overjoyed to hear her say just one time Uncle Ronald. And all those thoughts of my niece Isabelle made me smile as I stirred my mixture for my Salted Caramel Ice Cream.

Lore Me34

Scares

I got a million scares that can't be seen.
Well they can at night when I sleep.
These scares are the nightmares that I dream.
Nightmares of a childhood that was far from perfect.
One of scares is the voice of my own mother's words that hurt.
Burden, useless and cripple she called me.
All because I was born with Cerebral Palsy.
I have other scares that cut just as deep.
Like the distance between me and my daddy.
How to people live in the same house and barely speak?
It was as if no matter what I said he just did not hear me.
Some times my scares feel so fresh I try to dull the pain with alcohol;
which is now becoming its' own scare.
Well, I'm done bitching because I know you too have your own
scares.

Lore Me34

Scarring Up My Knees

As I sit here by your bedside son I trace the scars on my knees.
My scarred knees is like a GPS to your soul.
You see the very first scar I got for you is the day I found out your mom was
going have you.
I fell to my knees and I thank God for blessing me with a child.
The next scar came when you were born.
I fell to my knees with tears in my eyes thanking God for not just blessing me
with a child but a son.
The day you took your first step, I got on my knees and asked the Lord as you
step to please walk with you.
And son when that stray bullet hit even as you lied there in your blood I fell to
my knees and prayed to God saying; "Lord I don't want him to leave me now but
if you his heavenly father is calling him home let him know his earthly father
loved every moment we shared."
Now God did not call you home that day and you still here with me so until you
open your eyes I'll be scarring up my knees.

Lore Me34

Scrambled

The woman that was once so elegant and articulate with words now speaks in scrambled phrases.

She talks about events that have happened in her life but the timelines are all crossed up.

She still remembers me in her fading memory. I pray I never disappear completely from her mind.

Now I don't get to see her as often as I should but when I do I get a glimpses of the her she used to be.

Although the glimpses don't last long I cherish them all as special memories.

Alzheimer has taken my mother's brilliant mind and scrambled it.

Lore Me34

Separate And Never Been Equal

We are separate and never been seen as equal.

We are the disabled.

They feed us the line that everybody has a disability.

We know that is crap because we have yet to receive our equality.

They passed laws like the ADA act but when it comes to enforcing them they are very lacks. We can't take uber and there are still many places we can't get in.

They call it the grandfather law so they don't have to bend. I guess we who have physical, mental and emotional disability will always be on the outside looking in; fighting a fight we will never win. We the disabled are separate and never been equal.

Lore Me34

Shadow

It's the second day of February so out the hole he creeps.
We wait to see does he see his shadow to know whether
or not we get six more winter weeks.
How crazy are we?
We're letting our future depend on a Groundhog's shadow.
Maybe the really shadow we are afraid to see
is the shadow that is our own insecurities.
Because how secure can we be in ourselves when we sit in wait in anticipation for
to see if a Groundhog sees his shadow.

Lore Me34

Shall I Compare She To A Chicago Winter

Shall I compare she to a Chicago winter?
For she is as unpredictable as a winter storm
Yet as beautiful as every snowflake that fall.
When she's angry she can be as cold as a breeze off Lake Michigan.
And when she loves me it is as warm as the fireplace at Starbucks.
Just like a Chicago winter she's as different as each winter season that comes.
But those differences are what make me love her even more.

Lore Me34

Shall I Compare Thee To An Autumn Day

Shall I compare thee to an autumn day?
From the coolness of a breeze;
to the changing colors of the leaves.
Indeed you are more complex than either of these things.
Yet thou art just as beautiful as the season.
And as long as thou wilt allow me too
I shall love thee no matter what thy mood.
I just hope and pray thou allow me to love thee forever

Lore Me34

Shaved

He had wore a beard every since his early teens.
It had been at least thirty years since anyone saw him without it.
For those thirty years he felt he had something to hide.
But yesterday he shaved and freed himself from the thirty year mask he had been wearing.
He said it feels good to no longer have that itchy heavy beard weighing him down.
Yesterday he shaved when he finally told everyone he is gay.

Lore Me34

She Laughed

I don't know what happened but the one I used to make laugh all the time now just cries. I buy her roses to make her smile but instead she cries and says they remind her of when her mother died. I tell her a funny story and she just stares and sighs. I remember her laugh it would fill the room joy. She smiled and laughed most when she was with our boy. But cancer took him when he was only 3 and a half they he died so did her laugh.

Lore Me34

She Smiles

When she smiles it warms me inside.
When she smiles my joy I cannot hide.
When she smiles my whole day seems to be better.
When she smiles none of my worries seem to matter.
Her smile makes living worthwhile.
I love my niece Katie especially when she smiles.

Lore Me34

Shut My Mouth

There are those whom wish
I would just shut my mouth.
For my words cut them to
the bone when I speak of
an abuse child. Or a person
drowning in the sea of his or
her own addiction. They real
wish I would shut my mouth when
I speak of equality for all. Also when
talk about suffrage one goes through
from AIDS, Cancer to Death. I done had my
words crumbled in thrown back in my face.
I have been given looks as if they want to shove
my words back down my throat until I choked on them.
But for all those who want me to shut my mouth I have
got three times as many who want me to speak.
So speak I will. As long as I got something to say I will speak.
And only when I don't have anymore to say is when I will
Shut My Mouth.

Lore Me34

Silent

I hear no voices inside my head.
I hear no echoes in the wind.
Everything is silent.

I now know how the deaf must feel.
A world with no sound.
Words that don't speak.
Silent.

Well I guess it's wrong of me
to compare my writer's block
to the deaf, but that how I
feel.

Lost, and frustrated.
Seeing lips move but unable hear the words.
I'm a poet who wants to speak but no sound
do I hear.
Silent!

Lore Me34

Single Step

As I stand at one end of the long path my heart beats with anticipation. Now as the door sling open and you a wait at the other end for the music to begin my thoughts drift. I began to think with one single step life as we knew it will be done and a new life shall begin. A life that may span I hope for fifty years or more. A life filled with laughter, but also sometimes there will be sorrow. A life filled with millions of smiles but also there will be thousands of tears. A life were our beauty will shine as bright as the morning sun yet as the years go on in most eyes hopefully except but our own our beauty will fade like the sun into the night. Our life together will go through many changes; except for our love for one another. Woo the wedding march has started and you have took that first single step to our life of love.

Lore Me34

So

The other day on the fifth Anniversary of our invasion of Iraq our Vice President Chaney said so when he was told that 75% of us the American people believe that the war in Iraq is a mistake. So what if we never found weapons of mass destruction. So what if we never know whether Bin Laden is dead or alive. So what if Hussein is dead but nothing really has change. So what if we are now looked at as the terrorist in this so called war on terrorism. So what if we have sent more American to their death then the 9/11 attacks ever did. None of this matter at all says our Vice President. We must stay in Iraq until we win. But there is nothing to win. So!

Lore Me34

Someone Else's Shoes

As I look through my closet of
poetry I realized that many of my
poems are someone else's shoes.
I was never a woman who had one breast
removed. For that's someone else's shoes.
Nor did I know a man who hung himself
by the laces of his old brown shoes.
Once again that's someone else's shoes.
Neither was I on crack or a little
homeless girl named Suzy Brown.
Those too are someone else's shoes.
Now as I close my closet of poetry
I realize that in order for me to be true
to my art of poetry. I must sometimes
be willing to walk in someone else's shoes.

Lore Me34

Sounds Of Silence

Just because people can't hear don't mean there is no sound.
In the sounds of silence a kiss sounds like a love
In the sounds of silence laughter sounds like joy.
In the sounds of silence tears sound like sadness.
In the sounds of silence calling some one dumb just because they are deaf;
sounds like prejudice. See all the things we the hearing just see as words are
really sounds of silence.

Lore Me34

Speak Out

Mr. President I done seen you speak out for acceptance for the LGBT. I done seen you speak out against terrorist acts against other nations. I done seen you speak out against gangs shedding blood on our streets. I done seen you speak out against violence toward the police. But I have yet to hear you speak out about when our hands are up and we are on our knees how wrong it is for us to be shot and killed by the police. When you were elected we thought you were and answer to a dream. But now I come to realize you were just another 'Tom' on the scene. If blacklivesmatter and Obama really care why doesn't he speak out! !

Lore Me34

Speck Like Me

I'm often perplex that the same God who made the heavens and the earth took time to make a speck like me.

Why would the same God who put water in the lakes, oceans and seas; want to create a speck like me?
For I can't fly

like His birds. Neither can I shine like his sun. But low and behold He is still proud of a speck like me.

Now, in this world there are those who seem to believe that they are bigger than life, but they too are only a speck like me.

Lore Me34

Square Peg

Square peg in a round hole just doesn't fit. No matter how many ways you turn it. Black kid growing in the ghetto who likes to read and write and stay home and study at night. He doesn't gangbang or have hoop dreams. He sees the world on a far bigger scene. He looks like a square peg trying to fit in a round hole to most outsiders looking in. But in actuality there are more like him in the ghetto than most would believe. But most of us are too blinded by stereotypes to see. We need to broaden our view and until we do our mind will be a square peg trying to fit in a round hole.

Lore Me34

Still A Rose

Just because her stem is not as straight;
isn't she still a rose?
Just because her petals look different when they bloomed;
isn't she still a rose?
Just because pollination is a little different for her;
isn't she still a rose?
A rose is a rose no matter what and so is a woman.
So even if a woman has a disability she still is a rose.

Lore Me34

Still And Silent

I dream of the days where the nights were still and silent. You know the days where the only light you saw in the night was the light of the moon. And when the nights were the earth was so still you can barely feel a breeze from the wind. But those nights are gone and now we are left with loud and restless nights. We now have nights where police siren lights' gleam and gunfire screaming through the air. Now, in the morning on several streets young children bodies lie dead still and silent.

Lore Me34

Still Beautiful

I been told by many that I have gained a few pounds
And that I look a lot better if I lost a little weight.
Well, yesterday I got out the shower and stared at
my body in all its' natural glory.
I looked at myself from head to toe,
front to back and even sideways.
Yeah, I might have gained a few pounds
But that is alright because from my point view
I'm still beautiful.

Lore Me34

Still Have Some Mountain To Climb

We no longer have to sit in the back of the bus.
But we still have some mountain to climb.
We now can eat and shop where we want.
But we still have some mountain to climb.
We can go to school with people of other ethnicity.
But we still have some mountain to climb.
We have elected a President of the United States with African Heritage twice.
But we still have some mountain to climb.
Until this nation truly becomes color blind;
We still have some mountain to climb.

Lore Me34

Stolen Moments

Because you were stillborn my little niece

The moment of me holding you in my arms for the first time has been stolen.

I'll never have that moment of hearing you say my name that moment has also been stolen.

I'll never feel your sweet kisses on my cheek or your hugs around my neck more stolen moments.

A lot of the special moments we would have shared have been stolen.

But I want you to know the moment of me loving you my little sweet angel was not.

The moment I knew of you; you stole my heart.

I'll love you in this moment and every moment for the rest of my life.

This poem is dedicate in memory to my little niece who I passed away today 3/1/08. She was stillborn

Lore Me34

Strange Fruit Still Grow

In the shadows of the night.
Under the dark southern moonlight;
As the cool wind blows;
On the Magnolia tree strange fruit still grows.

Fertilized by hatred and watered with fears.
The old pale gardener stands near.
Waiting to plant more racist seeds;
So that more brown bodies hang as the blooms on the trees.

It is 2015 and many things have change.
While other things have remain the same.
As sure as the wind blows.
In the Magnolia State strange fruit still grows.

Lore Me34

Stranger Among Us

As the clock of time ticks sometimes the love ones we knew become strangers among us.

The brightness of hope that was once in their eyes has become a dim light of despair.

Their once quick witted brains have now become a jungle of slow confused thoughts.

All their answers have turned into questions.

And their laughter is now nothing more than soulful cries.

Now because Alzheimer the woman I knew so well; mom!

She is now a stranger among us.

Lore Me34

Sun Sets

As the day goes into night
And the sky loses its light.
The sun sets;
And that's the time I fret.
Because the transformation begins;
And the angry monster comes out of this once gentle man.
His words of love turn into hate.
I cry because I can see my mom's heartache.
Now when morning comes and the sun rises;
That gentle light is back in his eyes.
But because of Alzheimer's and the sundown affect.
I cannot rest because the angry monster will be back when the sun sets.

Lore Me34

Supremacist

I'm a supremacist
But not like black
Or white, female
or male.

I am a black,
White, female
And male
Supremacist.

I am also a Jewish,
Christian and Muslim
Supremacist.

Furthermore I am a heterosexual,
Homosexual and bisexual
Supremacist.

And let me not forget I am a Disabled,
Able body, young and old
Supremacist.

A Supremacist is a person who believes in
or promotes the supremacy of a particular
group.

I believe in and support the human race so
I am a supremacist of all.

Lore Me34

Take A Knee

We take a knee not because we are unpatriotic.

We take a knee not because we dislike our President.

We take a knee not because we are against law enforcement.

We take a knee so that America can become the great democracy that it claims to be.

We take a knee so that our elected officials can hear our voice and make real change.

We take a knee because our national anthem is injustice for one is injustice for all.

We believe that America can live up to all are created equal that why we take a knee.

Lore Me34

Tears Of Reflection

As I sit at your gravesite crying I look in the pool of tears beneath me and see the reflection of your life. I see the first time I held you against my chest and the beat of my heart was like a lullaby that put you to sleep. I see the first time you hug my neck and told me you love me. I also see reflecting back at me the first time I ever saw you pick up that crack-pipe and how I slapped out of your hand and said, 'Princess this is not for you. What daddy do you don't? ' But you saw me as your hero and you had to do what I did. And now here you lie two years later dead from an overdose. And I see me as no hero; I am a destroyer of life. This is what I see in the reflection of my tears.

Lore Me34

Ten Years

For ten years now I been unable sleep
because every time I close my eyes in my mind your face creeps.
I see that beautiful smile of yours
and I hear that sweet voice that I adore.
but when I reach to hold your soft gentle hand
you disappear and I wake up again and again.
It has been ten years and I can't understand why that happened that day.
Why did that drunk driver had to take you away.
One day we will be together again if it's God's will.
But until then no matter what know that I love you still

Lore Me34

Thanks Mom

You carried me in your womb.
You held me in your arms.
You told me that you'd love and protect me always.
But where were you when your husband touched me in place he should not?
Where were you when he made me touch him?
Where were you when he muffled my cries?
Where you when he told me if I told you'd die?
For years I kept my mouth shut, but not because
I wanted to. But I did it to protect you.
Now, yesterday when I told you because my mouth could
be silent no more. Instead of hugging me and saying you're
sorry you push me away and called me a liar. That hurt me
more than all the abuse I took in silence for you. I just can't believe
the one that I love the most don't love me at all.
Thanks Mom! !

This poem is not about me just something I heard in my head.

Lore Me34

That

I could buy her roses to show how much I love her.

But soon after I give them to her they will wilt and die and I love her more than that.

I could buy her chocolates in a heart shape box to represent how sweet she is.

But after the chocolates are eaten the box will be empty and the love my heart is filled with for her is more than that.

I could buy her a piece of nice shiny jewelry to symbolize how her love has brightened my life.

But soon the shine will fade and my love for her will illuminate way longer than that.

I know the best way to show her how much I love her is to do just that...

I will love her by telling her and showing her with the way I treat her.

Buying little symbol of love is nice but doing what it means when you say you love someone is priceless.

Lore Me34

The Chair Don'T Make The Man

People see me in this chair and whisper look at that poor man over there. They believe my life is wasted all because I'm in this chair. Well I got some to say that I want you all to hear. Just like clothes don't really make a man neither does a chair. The chair is just what I use to get me for here to there. Just like people who walk use their legs to get them everywhere. Because besides the chair I'm just like you; I laugh, I cry and yes I have sex too. Now that you all know the next time you see me don't whisper look at that poor man over there. In fact don't say anything just remember the chair don't make the man.

Lore Me34

The Gathering

The Gathering

The time has come once again for the gathering. We come together to laugh and hug filling the universe with our family's love. At the gathering we will also reminisce about all the love ones we miss. Some of whom just could not make it, and the others who can now only be with us in spirit. Now with some of the memories we will be saddened but we must not let our spirits be dampened. Because this is the time for love, hugs and laughing; we are family and this is The Gathering.

I Dedicate the poem to The Smith Family Reunion 2009

May not be there physically this year but my voice will always be with you.

Lore Me34

The Hood Is Off

Off is the hood that covered the true face of America. The grand wizard now sits at the head of the table. We laugh at his tweets and say he is a fool but yet on January 20th of this year he will rule. Rich white men can grope women and call them vulgar names. It is just locker room talk no need to be shame. They can make fun of the disabled and dam the LGBT community to hell and call everyone of the Muslim faith a terror cell. Forget building cultural bridges for they are going to build a wall instead. And our democratic leaders are going to nothing but shake their heads. They will stop all the Chicago violence by putting the young African Americans in a cage. Hell that the next best thing besides making them slaves. But don't worry he is going to make America great again even through Russia helped him cheat to win. But the one good thing about this is America can no longer hide because on January 20 2017 the hood will be off.

Lore Me34

The Little Warrior

As the tears begin to subside

and my grief starts to lessen.

Memories arise of my friend

the little warrior.

No bigger than 4 foot 8.

Not a lot of muscle but stronger than most.

She had inter-strength mightier than Sampson.

She was the little warrior.

She never back down from a fight

and got up swinging when she was knocked down.

She was the little warrior.

Voice soft but powerful.

she made sure she was heard.

She was the little warrior.

MS was a battle she fought for over twenty years.

She fought it hard through the pain, hurt and fear.

She was the little warrior.

A week ago God told her she fought a good fight but her battle was done and He took her to rest in His arms.

She may be gone but her spirit will forever live on.

My friend Anne Marie Bochnovic will always be...

The Little Warrior.

Lore Me34

The Nectar Of Eve

As I sit beneath the apple tree
and watch the waterfall.
My mind thinks of Eve.
I can still taste her sweet nectar
on the tip of my tongue.
I can still feel the sensations
of Eve's hips as I licked.
Now as nectar start to fall
like a waterfall down my
throat. I thought I would drown
from her ecstasy. But Eve pause
to let me catch my breath, and then
once again my tongue swam in Eve's
nectar until her passion put us both
to sleep. That was about 3 months
ago. Eve has now moved on, and all
I'm left with is the memories.

Lore Me34

The Old Masters

At night in the dark of silence I hear the voices of the old masters.
I hear Homer reciting his odyssey.
I hear Edgar still screaming nevermore.
Gwendolyn voice echoes we so cool.
While Elizabeth is still counting the ways she loves Robert.
All the while Robert tells Elizabeth how she was his love in a life.
Out of the echoes of the night comes the voice of Shakespeare one of the
greatest old masters comparing love to a summer's day,
and as I listen I hear dark but powerful Plath speaks of death.
Now as my eyes grow heavy like a lullaby in the night the voice
of Hughes puts me to sleep with his words of a river.

Lore Me34

The Past

It has been said we shouldn't live in the past
but the some of the things in here and now makes me look back.
I look back at the days when we used to call one another to talk. Now we just
text. I remember how when someone told a joke or funny story the room would
fill with the joyful sound of laughter. Now instead of hearing the sound we LOL. I
remember the warmth a hug you gave to make a friend feel better. Now we just
send a smiley hug. Technology is great but I do miss some things of the past.

Lore Me34

The Power Of The Voice

Have we become such a slave to social media that we forgot the power of the voice?

Hearing I love you is so much more meaningful then seeing a smiling avatar with a heart.

Actual of hearing the sound of someone laughing is more joyful then LOL.
Someone saying I am sorry is more powerful than a face with a teardropp running down.

As much as we communicate with one another these days to me it seems as if the world has gone mute.

We have forgotten the power of the voice.

Lore Me34

The Proposal

I want to lay with you in the dark of the night. While our bronze bodies glisten in the moonlight. But this is not a sex thing. It is because I want you to take this ring. I lay with you and give you this ring because as I listen to your heart beat I know you are my everything. Everything I ever wanted in a wife. And I want you to share the rest of my life. For every night I want to fall asleep in your embrace. Every morning I want to wake up to your face. So will you please.... marry me! !

Lore Me34

The Scent

As I lay alone late tonight I hold your pillow tight and inhale your scent.
The scent that sends my mind back to the last time we made love.
Now, as I inhale more of the scent of you I start to feel your presences.
I begin to feel soft tenderness of your kisses.
I then feel your touch stroking every inch of my body.
I also feel the motion of your hips just like I did the last night we made love.
As I take one last deep breath and inhale the scent that is the essence of you.
I feel you doing the same thing as you also lay alone without me.

Lore Me34

The Symptom Of Love

Do you feel that pounding in your heart?
That tingling in your fingers;
Your lungs unable to catch a breath?
Girl don't worry you are not having a stroke.
These are just the symptoms of love.

Lore Me34

They'LI Never Understand

They'll never understand why their laughter makes me cry.
They'll never understand that what they call truth I know it to be a lie.
They'll never understand as much as they hate me I love them just as much.
They'll understand why on them I'll never give up.
They'll never understand why I don't blame them for their views.
They'll never understand why I do what I do.
I do it because that is who I am.
But they'll never understand.

Lore Me34

This Nation

My ancestors although chained was a major part in building this nation's foundation. Even though my ancestors where not treated fairly they died for this nation's liberty. My ancestors fought and died for rights that should have been freely given to any citizen of this nation. They call this month 'Black History Month.' I call it American history because without my black ancestors this nation would not have a history.

Lore Me34

Through My Eyes

I don't see America as home of the free and land of the brave. Through my eyes I see America through the eyes of the slave. I don't see opportunity and prosperity. I see oppression and poverty. I don't see hopes and dreams. I see despair and nightmares filled with screams. White privilege is not promise to me. Disadvantage is the promise of the ancestors of slavery. I live to suffer until I die. That is America through my eyes.

Lore Me34

Til' The Last Drop

My pen has only a little ink before it is dry, but my heart still has many more words to say. So I will write until my heart has no more words to say or 'til the last drop.

My dear sweet love;

It has been several years since my eyes have had the pleasure of seeing your beautiful face, or my arms the pleasure of feeling your warm embrace.

But I'd like you to know 'til the last tear dropp falls from my eyes, in my heart your love will lie.

'Til the last dropp of love leaves my heart, you and I will never part.

'Til the last dropp of compassion is drained from my soul, in my arms you I will forever hold.

It has been several years since you been out my life, and even through you're in heaven you're still my wife.

Well, my love the words are starting to fade, but not because my heart has no more to say, but my pen is going dry.

But before the last dropp I'd like you to know I will love you 'til the day I die.

Lore Me34

Time To Kill

We have been in this war in Iraq for far to long a time.
We have way to much time to kill.
No time to love, but time to kill.
No time for understanding but time to kill.
No time for racial harmony but time to kill.
No time to feed the hungry but time to kill.
No time to educate the children but time to kill.
We have been in this war in Iraq for far to long a time.
It's time for peace before we run out of time.

Lore Me34

Time To Say Goodbye

We once thought our two souls were destined to be one.
Then when that did not happen I promised you we'd always be friends,
But now that too has reached its end.
I can't real explain it.
And I know you want to know why.
Well, simple put it just time for us to say goodbye.
I wish you all the joy and happiness with the new love you found.
It is the true no matter how cliché that sounds.
Now, I drink this shot of whiskey to what was once you and I.
We are done and it is time to say goodbye.

Lore Me34

To Afraid To Speak

There are words that my mouth is too afraid to speak.

I fear if I speak them then all that I know will be destroyed.

But then again I am also afraid if I don't speak them I will never grow.

And without growth all I hold dear could fade away.

What should I do?

Should I live in fear and never speak the words?

Or should I take a chance and speak them in hope of growth instead of destruction?

I don't know.

Who would believe a man as brave as I am would be afraid to speak three little words...?

"I Love You"

Lore Me34

Today, I Met My Father

I have been waiting over twenty years for this day, and now it is finally here. I am excited but nervous. I got hundreds of questions to ask him. From do I have any other siblings, has he thought of me and the biggest question of all why did he leave me? My mom used to tell me I looked just like him and I wonder when I see him today will I see my features in him. Well I hear someone coming this way it must be him. Wow, all they gave me was a flag and some dog tags and took me to a white cross. Today I met my father and he was dead.

Lore Me34

Too Dark

When I was growing up I used to be ashamed of my complexion.
I used to think I was too dark.

My brother was so light he could nearly pass as white. My sister was that cream in the coffee color just like my mother and my father but me I was the midnight child too dark.

Kids used to call me spook and gorilla because of my dark skin. They would say if the lights go out the only way I could be found was to grin. I was too dark.

Too dark is what I thought until I heard James Brown scream "say it loud I'm black and I'm proud." I also saw the ladies start to smile at me and claim "the darker the berry the sweeter the juice."

I `m now proud of my complexion and no more do I think I`m too dark.

Lore Me34

Too Long

It's been too long since I felt the soft touch of a woman's hands rub my bald head.

It's been too long since I felt the gentleness of a woman's lips press against mind.

It's been too long since I cuddled with a woman's head up against my chest listening to my heart beat.

It's been too long since my tongue has slipped between a woman's thighs and her juices drip down my throat.

It has been too long since I have made love to a woman and felt her inner walls pulsate.

It has been too long since a woman made my leg shake as I climax.

It's been at least nine months and that's far too long.

Lore Me34

Touch The Sky

I'm often like a little child
I look up at the clouds
and then I reach my hand up
in an effort to touch sky.

See I believe if I
touch the sky then
just maybe I will
shake the hand of
the creator.

And after I shake the creator's
hand then maybe I get the
respect I deserve.

Maybe I will no longer be looked
at as dangerous because of
the complexion of my skin.

Also maybe I will no longer be belittled
just because I have a disability.

And finally maybe I will be able to go to sleep
at night looking forward to waking up instead of
hoping for death.

And that's is why I'll keep reaching
until I touch the sky.

Lore Me34

Two Days Past Spring

It is two days past the beginning of spring.
But I hear no birds chirping.
I see no blooms on trees.
But it is two days past spring.
I hear heavy winds blowing.
I see frost on a window pane.
It still feel and look like winter;
although it is two days past the beginning of spring.

Lore Me34

Uncle

My momma was lonely so I had lots of Uncles.
When was a little girl about three I met my Uncle Ray.
He gave me candy and put my hand on his pee-pee.
When I was five there was Uncle Joe.
He gave my first Barbie doll after he touched my kitty kat.
Then around nine my mom introduced me to Uncle Vince.
He gave me the clap after he penetrated my girlhood.
Now here I am fourteen and knocked-up by uncle somebody.
It has been so many I can't even remember his name.
But it is all good because momma was lonely I met all these men that she had
me call....
Uncle! ! !

Lore Me34

Until Sunrise

"A Soldier Tales"

I stand upon this field a watchman
over my brothers who now lay at rest.
And until sunrise here I'll stand.

Sleep my dear brothers;
Dream pleasantly with
no fear. For I will stand watch
over you all like an angel sent
from heaven. Until sunrise.

Now as the night wind whistles
I hear each of your voices in the
breeze, Each of you my dear
brothers thanking me; for watching
over you all until the sunrise.

But my dear brothers' rest, for you need
not thank me. In fact I should be thanking you
for you are asleep now, so that I and many
others can be awake. So rest your heads in
your graves knowing that you all did not die in
vane, and until God calls me to my final resting
place. I'll be your watchman my brothers.
Until Sunrise.

Lore Me34

Upon My Chest

Upon my chest the red ribbon adorns.
I wear it proudly as soldier in this war.
A war that has been raging for thirty years.
A war that has been sprinkled with millions of tears.
Casualties of all different ages, race, genders and sexual orientations.
Even all different financial situations.
Although many have fallen. The fight still rages on.
So upon my chest the Red Ribbon adorns.
And I will continue to fight until victory won.

Lore Me34

Upon The Wall

The first picture is an old black and white of a young couple just started out their life. If you look close you can see all the hope in their eyes.

Next to that hangs a color picture of the same couple a few years older and a baby has been added to the picture, what joy upon their faces.

Now, the next picture is about seven years after that the couples hair has turned slightly grey and the child has grown, but their look of joy has turned to worry I wonder what problem has arose.

Now the next one is the once young child standing proudly in an arm forces' uniform ready to serve his nation.

Then there's the next picture it is a coffin with a flag draped upon it, and the old couple now standing and crying beside it.

I can only imagine that their child now lies in that coffin.

The final picture is similar to first except instead of black and white this has color, and instead of hope the old couple eyes are filled with despair from the harshness of life, and all they have left is the pictures upon the wall.

Lore Me34

Voices Of The Fans

It is only 38 degrees here in the windy city on this first day of April. If you go by just the weather you can't even tell that this is the 20th day of spring. Well I know it springs from the sounds my ears hear. Not bees buzzing or birds chirping but the voices of the fan. The fans of America's greatest past time baseball. The excitement and hope in each fans' voice as the season begins. Fans Argue with one another but not in anger but in fun defending their team. Every fans a manger and know exactly what their team needs to win. Yeah the weather might make it feel like it is still winter but the voices of the fans lets me know it is spring.

Lore Me34

Washed My Feet

Mmmm I know to most this may not seem like much but last night my man washed my feet. He took the sponge and dipped in the water then he held over my feet and let the warm water dripped down on. Woo it felt so good. He then lathered up his big strong hands with soap and began massaging my feet. It felt like ecstasy. Now, he was done with his soap massage he once again wet them with the sponge and when he was done my feet shined like two new pennies. He then dried them and girl that man of mine finished by giving my feet a kiss. I know my man loved me because last night he washed my feet.

Note: This is fictional I wrote this from a woman's point of view.

Lore Me34

We Are Apart

I know it has been six months since we went our separate way,
but I heard from someone that you were hurting the other day.
I immediately opened my arms to embrace you and take away your pain.
I wanted to run to you and give you a shoulder to cry on.
I saw myself picking you up as you fell in anguish.
After I heard all I wanted to do was be there for you.
Wow, all the things I couldn't do when we were together;
I want to do for you now that we are apart.

Lore Me34

Wednesday

To everyone else Wednesday is nothing more than the middle of the week. But to me Wednesday is much more than three days to Saturday. See to me Wednesday is like Christmas, my birthday, and Valentines Day all rolled up in to one. For every Wednesday my love and I take time out for one another. We run a warm bath with milk rose bubble bath and light candles. As we soak we gently caress and hold one another. Then after the bath we dry off, and go sit by the fire. Meanwhile, as Kenny G. plays on the stereo we snuggle. Now as we snuggle I watch the reflection of the crackling fire in my lover's eyes, and it makes me fall in love with my lover all over again. Now, after about an hour of snuggling by the fire we both drift off to sleep in each others arms. Only to be awoken by Thursday morning's sunlight. This is why Wednesday is much more than just the middle of the week to me.

Lore Me34

Weep

Tears once again roll down my cheeks.
News report another child died and I weep.
I weep for one brother kills another.
All because an irresponsible father.
Just think if he was responsible and locked up his gun.
He would still have two sons.
Now as God welcome one to heaven.
I pray cradle the other one with comfort as he sleep.
I also pray for a night of calm and peace.
So as tomorrow comes I may not weep.

Lore Me34

Weird

Am I weird because I can write about the beauty in a breeze?

Am I weird because I see the sorrow behind a smile?

Am I weird because I can paint a picture with my words?

Well if I am weird at least I am not alone.

For I have with me those who can write a story so deep their words break your heart. And there are

those who transform themselves into others so well you believe they are the people they are playing

and those who are like my brother was for when he danced it was magical, Let me not forget the artists

and the musician either. For we are the beauty, the soul and the conscience of the world aren't we?

Or are we just weird.

Lore Me34

What Is Perfection?

Is perfection having a meal cooked when you get home from work?

Is perfection getting you cold beer while you watch the game?

Is perfection making love with you every time you wanted?

Is perfection making sure the kids are quiet while you sleep?

What is perfection?

Perfection is none of those things at all.

Perfection in an a relationship is the willingness to accept your partner no matter how imperfect they are.

That is perfection! !

Lore Me34

What Is This.....

What is this I'm feeling?

I have never felt this before.

My heart is beating faster than it has ever beaten.

My pulse is racing as if It's in the Indy 500.

My throat is dry as the Sahara.

Yet my body pores are sweating a river.

What is this I'm feeling?

Oh this feeling is love.

Lore Me34

What Will You Remember

As the red white and blue wave through the air on Memorial Day what will you remember. Will you remember just the towers falling on September 11,2001 and all the hundreds of lives lost but as you remember them don't forget four thousand plus coffins that has come home with the red white and blue draped upon all in the name of justice. Will you remember the hundreds of families in America that has been torn apart because of September 11 and if you do don't forget there are just as many Iraq Families torn apart because of this war on terrorism. When I wake up tomorrow morning on Memorial Day you know what I going to try to remember a world were war is not the answers but forgiveness that brings peace.

Lore Me34

What's Wrong

Bud Billiken Parade; a parade set aside to encourage young minds,
and give our youth some educational pride.
To show them that sports and entertainment is not the only way out.
To teach them that gangbanging is neither the route.
But in the mist of all this joy and celebration shots ring out.
Children running 'dive' a young mother shouts.
As the crowd scatters the street is stain with blood.
In the distance a tearful mother grabs her child and just hug.
No one died as the parade marches on.
Down Dr. Martin Luther King Jr. Drive a street named for a man who believed in
non violence. Can somebody tell me....
What's wrong?
What's wrong?
What's wrong? !

Lore Me34

When I Touch Your Belly

When I touch your belly tears of amazement run down my eyes.
I am so amazed that inside your womb a life lies.
A child that was created all from our love;
God, I can't believe that in a few weeks you'll give birth to our miracle of love.

When I touch your belly with my ear;
I can't believe the heart beat I hear.
It like a little drum beating a message to me;
In the sounds of the beat I swear our child is saying hi daddy.

When I touch your belly I caressing you as well as our child;
I'm caressing you to say thank you for carrying our child.
I could not have chosen a better mother then you.
These are all the things I'm saying when I touch your belly.

Lore Me34

When Life Was Simple

When life was simple
Was when I was in mother's womb?
but wait we were poor so my mom got no prenatal care.

When life was simple
Was when my mother gave birth to me...?
but wait I was born premature with a collapsed lung unable to breathe.

When life was simple
Was when I was 6 month old?
but wait that was when my mom found out I have Cerebral Palsy.

When life was simple
Was when I was about ten?
but wait that when I was called the little cripple boy who has no friends.

When life was simple
I was about 26
but wait that when my mother scoffed at my poetic gift.

Well I'm 41 now
and throughout the years there's one thing I have learned
Life is never simple.

Lore Me34

When We Were Kids

Remember how we were best friends when we were kids?

We slept over each others' house, we were two pea in a pod when were kids.

You were my brother and I yours when we were kids.

But now that has all changed we don't go near one another's house.

And that pea pod has rotten.

Now as for brothers these days were not even distant cousins.

We were once best friends now we treat each other like enemies all because of the color of our skin.

I miss you as a friend and that is why I wish color did not matter like when we were kids.

Lore Me34

When Will I Be Loved

I'm in my late thirties now and in all these years I have never felt loved.
Which has me now asking the question when will I be loved?
Will I be loved before all my hair turns completely grey?
Will I be loved before the sun sets this very day?
When will I be loved?
Will I be loved while I can still remember what love means?
Will I be loved tonight while I dream?
When will I be loved?
At times love has seemed close enough that I could reach out and grab it, but as
I reached I realized love was not as close as it seemed.
Love is my white whale and just like Ahab the chase is driving me mad.
When will I be loved?

Lore Me34

Where Do We Belong?

Our ancestors were stolen from their native home.
Enslaved, raped, beaten and name taken.
Where do we belong?
Although this country prospered on our ancestor blood sweat and tears.
This country still treats us as if we don't belong here.
Immigrants from a foreign land come here;
and are more welcome then the African American.
In 2016 we started it protesting to let the rest of America know our life matter.
But instead of hear that they accused us of being unpatriotic.
They say if like the status quo than we can just go.
Go where? You all stole us hundreds of years ago from our native home.
If not America where do we belong?

Lore Me34

Where Is Moses

The ghetto streets are filled with lost souls.
They walk the night with no one to guide them.
Now as I watch a flame burn from a garbage can
I got but one question where is Moses?
Where is Moses to lead all these lost souls to the promise land?
Where is Moses so that he may reach his staff out and part
the sea of bullets that fly through the sky?
Where is Moses so that he may preach to masses
and tell them worship not that idle God known as a crack pipe,
but worship Jesus?
Is Moses some where sitting on a mountain writing
his next top ten rap song?
I know God would never forsake any of his children
but Lord we need guidance. So where is Moses?

Lore Me34

While You Were Sleeping

While you were sleeping
and your woman needed someone to listen.
I lent her an ear.

While you were sleeping and she need a shoulder to cry on.
Once again I was there.

When she need support and someone to make her smile just because; You where
still sleeping and there I was again.

Well, you have finally woke up and realized what a good woman you got but it to
late because she's with me now. We fell in love while you were sleeping.

Lore Me34

Whisper In The Dark

There are a lot of things wrong going on in this country and a lot of people got something to say about. But no one can hear you if you whisper in the dark. Speak out into the light. Let your voices be like rays of sunlight. Don't just whisper in the dark. Waves of change can't come if the ripple in the water is too calm. So roughen the waters with your loud voices of protest. Don't just sail along and whisper in the dark. This is our country and we belong and that give us a right to speak out when we see wrong. From the highest office to the homeless on the street our voices shall be heard. We will no longer just be a whisper in the dark.

Lore Me34

White America-Me...

I often feel like a black spot on new white sheets.

This is white America-me.

They say my music is not music but more a call to violence.

White America-me.

They tell me my people are free if this true why do the prisons look like an old southern plantation. White America-me.

Most of the schools where my people go are shut down. They say it's because of low test scores. I believe it's because they really want to keep us dumb. White America-me.

I often feel like a black spot on new white sheets.

White America-me.

Lore Me34

Who Loves Me

Who loves me?

Is it the woman who carried me in her womb for 7 months?
Or is the man that I am the spitting image of that I call Pop?

Who loves me?

Is it my three siblings who I grew up with?
Or is it their children who call me Uncle Ronald?

Who loves me?

Is it my friend I known for most of my life?
Or is it the woman I Instant message and hopes to one day make my wife?

Who loves me?

Well out of all those people I mention
I can't tell you which one of them loves me.
From my mother to the woman who's more than likely my future wife.

But I can tell you this I know at least one person who loves me,
and that is me.

That's right
it is me

who love me!

Lore Me34

Why Do You Hate Me

Why do you hate me;
is it the color of my skin
or the shape of my nose?

Why do you hate me;
is it the way I speak
or is it my clothes?

Why do you hate me;
is it because when it comes to dreams
all I seem like all I have is nightmares?

Why do you hate me;
is it because my life
is filled with despair?

I am black man who lives
in a country that claims
we all have an equal opportunity.

Well if this was true
every time I look in the mirror
I would not have to ask myself
why I hate me?

Lore Me34

Will He Still

We say we are each other's soul mates.
We have told everyone that God created us for one another.
But after what happen a few months ago I wonder will he still.
Will he still think of me as his soul mate?
Will he still see me as his Eve and he as my Adam?
Will he still want to touch me and love me at all?
He and I both know the rape was not my fault.
And I heard him when he said none of his feelings toward me have changed.
But after such a physical and mental violation I can't help but wonder will he still?

Lore Me34

Words

Sticks and stones may break your bones,
but words will never hurt you.

Stupid, lazy, burden, cripple and helpless.
These are just a few of the words I
heard a mother say to a child.
And now, she sits there wondering
why her 35 year old child is not as out
going as I, and why her child seems afraid to even
try.

Well, the reason is as simple as words.

Great, smart, good, able and excellent.
These are the words I heard when I was child.

Yeah, sticks and stone do hurt you,
but so can words.

Lore Me34

Would You Still Love Me

Dad would you still love me if I was gay:
If I was getting married to another woman would you still give me away?
Would you still call me your little princess if I told you I was a lesbian?
Would still love me if I told you I don't like men?
Dad, don't stand there speechless when I know you have some to say.
Dad do you still love me even through I'm gay?

Lore Me34

You Are

You are my destiny
You are a dream come true.
You are the only one I need, want
And love.

You are the reason my heart beats.
You are the air that I breathe.
You are the better half of me.

You are all those things
And you are so much more.
You are everything that's
What you are.

Lore Me34

You Don'T Know My Name

You help to create me
But yet you don't know my name.

Your blood flows through my veins
But you don't know my name.

When I look in the mirror it are your eyes staring back at me.
Yet you don't know my name.

It was your womb that feed and nursed me until I was born.
And still you don't know my name.

You abandon me on a doorstep with no name.
Mom my name is Francis Lee Hanson.
So now you know my name.

Lore Me34

Your Everything

You want me to be your everything.

Your lover..

Your counselor...

Your doctor...

Your cook, maid and friend.

But yet when it comes

to me asking the same of you

I get nothing from you on my end.

So I decided instead of being everything for you

I am going to start being all things for myself.

Lore Me34

Zebra Child

I'm not black
I'm not white
I'm a Zebra Child.

My father skin is fare like a pinkish cloud.
My mother skin is dark like coco.
My skin is both swirled into a light caramel color.

I'm not black
I'm not white
I'm a Zebra Child.

My eyes are hazel with a hint of blue.
My hair is kinky yet manageable.
While I have African hips
I also have European lips.

I'm not black
I'm not white
I'm a Zebra Child.

I relish my difference
Although some times
I envy others similarity.

But I am what I am.

I'm not black
I'm not white
I'm a Zebra Child.

Lore Me34