

**A Hero's Heart**  
**By Jennifer Freund**

To find the strength and courage  
to be there when there's trouble;  
you have to find them in your heart.  
Or find it in the hearts of those entire hero's  
that died on that sad day.  
Those people had a true hero's heart.  
They probably knew the danger and risk they were taking  
but they never hesitated.  
Even though a lot of them are no longer among us,  
their strong spirits and their hearts will always be there.  
That is the true meaning of a hero's heart.

**Day by Day**

**By K.C.**

Day by day we are everyday people. Can you see me the way looking at the real world. See me as I see you. Yes, day by day we are everyday people. It doesn't matter if you see us with tears. As you have tears. What do you see, you or me? You and I both have feelings, just that you see better than us. No, looks may be different or because we take prescription medicine. Just take care of your prescription medicine, as we do day by day. Realize and take a look at yourself in the mirror. Don't you see us? It's you and I in the mirror. What difference does it make? We are human, we are strong. Just like you are strong, we are strong.

We may have a mental illness but we are proud of who we are. Sometimes we may cry and take medicine but we are proud of who we are. Sometimes we may cry and take medicine but we are in this together no matter what. Do you know that many Americans suffer from a mental illness? As each year passes day by day, we are everyday people. We are strong, we may cry, and take medicine. We are just like you, everyday people.

You may see us walking down the street and make fun of us. But we are just amazing like you. We cry, you cry. Say what you say. Let us walk our way. We are strong today as everyday.

**Dear Lord...**

**By N. S.**

The joy that comes from the love I give, and the love that comes from you, will always fill my life with glee. Help me see it through, you show the way when I'm in doubt. You give me hope each day with love; I give my thanks to you each time I kneel to pray!

When I fall short fall short of who I am you put me back on track. I feel your arms and gentle hands that pat me on the back! There's no time for dusk to dawn that I forget your clouds, and in the stars that shines above!

**The Days Becoming**

**By M. L.**

Making me stronger was from the days of being hurt. Free from toughness comes from having self-esteem that works on perseverance and reverence for understanding myself and person to person. To rest in the hands of God. Is the most of the most and for so many, I believe God cares about the days at hand. I believe one day will turn into days of refreshing for even on the dollar bill it says, "In God we trust."

A length long of trials can bring fruition to its extreme. From our own ideas and my imagination is given by blessings, and by the holy one. Days come clearer. More beautiful than ever, friends all over the earth will come. One day I believe in the becoming are that children to see them laugh, jump, and play with joy in their hearts. Wisdom from above, you are the choices.

**What a Disorder**

**By Sonia Huraleczko**

Remembering Van Gogh when he cut his ear  
That is something I would fear  
You see, I am the same  
And there is no one to blame

I was born with such an order  
I hope I'll never end up like a martyr  
But live a life that is full at 50  
And learn to be a little more thrifty

I see the world with babes' eyes  
And it is everybody's real demise  
To wee what I see  
Always looking at the world with glee

It took a long time to get well  
Although, I always di hear the  
Churches bells  
And with the world as it stands  
I think I can bear its hands

One day, I hope to offer my good ways  
And I think I will get much praise  
As I once wrote poems well-liked  
I really think I can get well psyched.