Very Nice Detait

to come and go. I started forgetting certain things that I normally wouldn't. I would take naps in the day time but never could fall asleep, at night. Sometimes I would feel less motivated to do anything. I even started losing my hair. My body temperature started changing drastically. Pro hot then I'm cold. Lack of sleep caused skin discoloration at some point. I would look darker than usual. In medical terms, the red blood cells wash aused the blood to turn darker. getting enough oxygen a

At one point, I would take sleeping pills which turned out to be a bad experience.

Now that I'm a young adult now, I've learned to cope with things differently. I stopped worrying about things that I couldn't control. I started eating healthy organic food and doing yoga on a regular basis. Plus, two or three days out the week, I would go to the gym with my best friend. I even started a routine on getting in my bed at a descent time. My uncle taught me everything to get me back on track, while I was in high school. He even he dos and dots of gave me lectures about life (the do's and the don'ts). I started to look and feel better about a lot of things. I started to look at life ma different perspective. No longer am I living in

darkness. I found peace and happiness within myself. I know exactly who I am. ese days, since sense (I'm always on the go, pertaining to school, work, and my acting career, I can easily fall asleep and stay asleep for a while. I guess my mind and body become exhausted. I can't wait to go to sleep and maybe have a dream. Sleep became one of my

larble

best friends through time.

Insomnia can drive a person crazy, if they don't know how to deal with it.

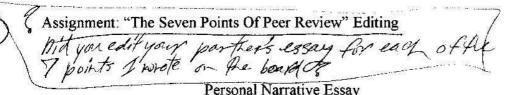
Alleger fin 15 a fight of graph of the state of the state

9/28/15

Christine Thomas

Elizabeth Gutherine

English Lecture



In the atmosphere, the tension is boiling and ever so unsettling. This occurred so often, I actually know what time was best for me to return to my room and wait out the storm. I don't know how I feel about this now. It's been going on for too long. Obviously, something hurts deep inside. It's like my chest would tighten up and restrict my heart whenever I would hear those distant yells coming from the next room. Under these conditions, my life have been trouble some and it took me some time to get where I am now. Most of the time, these constant disputes would grow to occasional arguments and eventually become recurrent uproars. These battles had grown on me more and more to the point where I would use violence to take out my frustrations and hardships. Was it even possible to regain my peace of mind? Continuously, my parents have been disagreeing and those implications will continue to have an effect on me, until I do something.

9/28/15

Christine Thomas

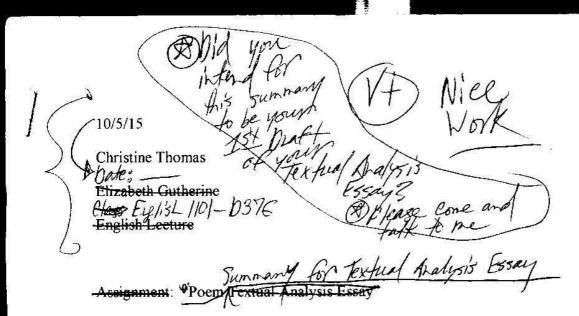
Elizabeth Gutherine

English Lecture

Assignment: "The Money" Summary

Junot Diaz was a twelve year old boy that grew up poor with his four siblings and parents. They are immigrants from Dominican Republic. His parents never could keep a steady job. They had to work with whatever they had. They lived in a rough neighborhood. They got rubbed one day, while out with the family. The robbers took two hundred and fifteen dollars and a radio from his mom. Plus, they took Diaz D&D books. His mom blamed everyone that was in the house. Eventually, he found out that he's so called friends robbed him. He got everything back by sneaking through his friend window and going through his stuff. No one notice what was going on. Diaz found everything under a mattress. When he gave his mom back her money, he felt as if she didn't appreciate what he did. He wanted her to cook his favorite meal which never happened.





The poem "Theme For English B" by Langston Hughes addresses where the twenty two years old student came from, what he likes, and the diversity of being black and white, in society, in a paper for his instructor.

He was born in Winston, Salem and attended school there for a while. After a while, he moved to Durham. Recently, he moved to Harlem and attended there. He lives between seventh and eighth avenue on St. Nicholas, near a park.

He is trying to figure out what makes him so different from society pertaining to what he has interest in. He feels whatever he heaf and see represents him. He likes to eat, sleep, drink, and be in love. He wonders if New York or Harlem understands that. Also, he likes to work, read, learn, and understand life. Everything seems different to him, as if he can't adapt. He takes interest in a pipe for a Christmas present and records.

In his paper, He decided to be himself and speak his mind. He believes his instructor which is white looks down on him for his skin complexion. He feels as if they have things in common. He believes his instructor is a part of him, just as much as he is apart of his instructor which is American. Deep inside he know that they both can learn from each other despite the age difference. The instructor doesn't want to accept that new understand. The twenty two year old guy feels as if his instructor is a free person, in society. While he is erawed in and trapped without a solution or any concern, in society.

(do you near that society is hot, encerned with him?

The twenty two year old boy addresses where he came from, what he likes, and the diversity of being black and white in society. From the poem, "Theme For English B" by Langston Hughes.



10/5/15

A Cater.

Christine Thomas

Elizabeth Gutherine

Eylist 1101-0376

English Lecture

Leng Avenue: Midnight

Assignment: "Midnight" By: Langston Hughes Poem Summary

The poem, "Midnight" by Langston Hughes addresses different kinds of emotions such as feeling hopeless, loneliness, burt, and pain, during midnight. He feels as if people that are above him are looking down on him and others. He think they are laughing at him. In his eyes, they are considered gods. He believes the heart is broken of love. The heart is very weary with pain. He believes it is valid out loud and in silence. He feels this through the rumble of the street cars and the swish of rain.