

## **Ann Beretta**

# **"Cast No Shadows"**

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I sit here alone on another cold day and i look to my  
plate and I hope and I pray as I sink I fall to the bottle  
again - it cuts to the quick and it breaks the bones and  
i've played by the rules and i've broke a few but  
somethings got to change i throw in the towel and the  
bottle breaks and I fall to the ground and your body  
quakes and nothing's going to change - and I lay here  
broken by the wave and I cast no shadows where I lay  
and i'm bruised and beaten by the wind and i've lost all  
I have to give.

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