

Today's Youth///// Can't see the destruction right in front of your face. Walking blindly into a new disgrace. Think you have life figured out. Never casting any doubt. Youth of today worthless and wasted.

Vs./// My back is up against a wall and all I see is a wave lies bound to crush us all. Everyone is told how to think and feel. Not allowed to question what is real. That's why we push back to fight what's meant to be. You'll never be handed anything. It's us against everything vs. the unstoppable.

Hold Your Head Up//// Life keeps on taking these cheap shots. Enduring is the last thing you have got. Feeling so broken & defeated. Burying your head in the sand can not be conceded. Life is what you make of it. Don't let your self waste it. Hold your head up. Keep your head up.

Underdog//// Its time to force the issue.
Watched you commit wrong. Kept my
mouth shut for too long. I guess its time to
ask myself can the weak become strong?
Should I just sit back and watch you tear
people down to shreds? Never will I be seen
as a threat that I am. Always the under dog
you will never see me coming.

Redemption//// Born to this living death. All I am meant for is this decaying flesh. Content just to waste away. Let myself die every day. Been giving all that I have to give. And now I am dying to live. This is my redemption song. I've been waiting for too long.

Cut and Run//// Longing to be the wrench, but instead you stand on the fence. Longing to say something profound but instead you make no sound. And now I am the only one that wont cut and run.

Grave Digger/// Tonight I'll dig you from your grave. People tell me that there is nothing left to save. But I'll dig until the sun comes up. Till my hands are blistered and battered. Here is a conviction when you need it most. We will never give up hope.

Words of the Past/// City made of gold. But these streets are dirty and cold. Put a new face on the same rat race. People blinded by the gleam cant see what's ripping at the seams. Regurgitating words of the past. How long can the façade last? Ignorance with bliss. I have to reject this. Turn my back on the world.

Teeth//// Teeth brittle and broken because of words left unspoken. Thoughts slamming into a wall. Time to let go, once and for all. So now I'll bare these teeth to release this pain, release this grief, & Let out what's underneath.

Undone/// Rise like the setting sun. Time cannot be undone. Rise like the setting sun. What have we become? Liars, cheaters, only to blame. Losers in a pathetic game. Stood by and watched things remain the same. We are a phoenix laid to rest. Never gave it our best. We must rise like the setting sun. Do what can be undone.

The Tide/// Antagonize. Fill the cup to the brim with lies. Can you swallow it this time? Never realize we see through you. A crystal clear view. Your need to tear us down. Climb to the top as you watch us drown. Now watch us turn the tide. Time to turn your back and hide.

Build/Destroy//// My hands work against each other, one builds while the other destroys. Progress soon met with regression. Does this justify my depression? Night will always swallow the day, but dawn will struggle to break. A hideous give and take. Taking more then has been given. Is my life one worth living? Going to break all this hands bones. For all these wrongs I can never atone. No one sees both sides or all that I hide.

Restrained/// Is this another empty threat? Has a standard already been set? A life spent full of wasted moments and regret. I'm standing here with a clenched fist and a broken wrist. Where is my catalyst to make this worth screaming about? Create a mind that doesn't doubt. Changes can be made and a future paved.

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Zach Harrington - Vocals
Ben Simonson - Guitar
Phil Hernandez - Drums

