

# Tank and the Bangas

## *The Heart, The Mind and The Soul*

### LYRICS

#### 1. A POEM IS

actors act  
 poets write poems  
 it's in the ink for me  
 still just feels just necessary  
 involuntary poems decree scribing  
 in fact the hateful didn't want us reading or writing  
 so be careful of those mesmerizing, memorizing, signifying acts  
 solely  
 only for the hands to crash  
 popping corn cadences over practiced entertaining shit  
 great monologues are cousins to poetry but let that word do its  
 dirty dirt  
 Write now put it down and let them read hurt  
 you are not alone  
 rebirth she he them begins again is the writing illuminating?  
 is your thought thought worthy without all the personalities and  
 the seasonings a poem is a unsafe plank  
 a universal deeply personal revolution  
 a poem is a riot  
 a good poem will make you sit in your got damn car  
 by your got damn self and be quiet

#### 2. THEY DON'T SEE/WHOLE FOODS

Looking for a stop  
 Attempting to get off  
 This rollercoaster ride  
 Heart still in my knees  
 But they don't see....  
 They don't see  
 The moment that I drop  
 I get a sense  
 That he might want a little off the top  
 I'll show you what I got  
 But they don't see....  
 They won't see

Third eye cinamaroon  
 Clairvoyant, joyous  
 Rejoicing past present future lives  
 Timeless to timelines  
 Honey to my buns  
 A silhouette sculpted the size of my heart  
 I wanna feel like someone considers me  
 Adventurous, consistent, kind  
 A summer moon setting up the night  
 The ease of choosing  
 Take my time



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Look at me with the eyes of Sunday  
 Make me frizzy  
 A loosened shirt hanging off the shoulder  
 Be certain this is what you want  
 A flower dressed as a flame

Let us sweat  
 At the sport of pleasure  
 The scent of your stare  
 Your kiss  
 Fresh water  
 A current running across the smooth pebbles and stones of my  
 breast  
 feet listening to the river  
 You open my body like a book of prayer hands  
 a stern spine  
 Soft pages  
 Persuasive gaze  
 the intangibles of wildfire love  
 unlimited data plan  
 and the powerlines are veins  
 roaming nerve ends and beginnings  
 a foreign country of firsts  
 the meal of a moment  
 to be devoured  
 delicious as dimples  
 the soliloquy of a sky  
 skin microdosing kisses  
 help me take out my knotless braids  
 rub my scalp  
 don't use my strength against me

tend to me (tend to me)  
a butterfly breaks free of being pimped  
praise the caterpillar who dreams of wings  
who dreams of wings  
handcrafted art  
homecooked laughter and bonds  
fine dining with open arms  
cherish the mannerisms  
be my compliment

Fly ass chick  
Cute ass bish  
Mouth that's slick  
Came through lit  
Dope ass bush  
Thick ass trick  
Slick ass bish  
they don't see....  
They don't see me

Girl  
i'm 'bout to start going to Whole Foods  
I'm bout to get some real food  
Maybe that's gon help with this bad mood  
Apples and oranges looking real good  
Maybe that's why my vibe been fucked up  
Why my skin lookin rough  
And I be tired and stuff  
Bish I'm bout to start  
Spending a li'l less time on the internet  
Stop having unfulfilling sex  
With niggas that's just not there yet  
Ughhh  
Why they not there yet  
I been feeling sick  
Bout to clear up my skin  
Bout to detox in this bish  
The Internet got me feeling fat as fuk  
You not good enough  
You not slim enough  
Bi you ain't trill enough  
Girl enough  
I'm done with doing too much  
Not giving a fuk  
Ima give at least 1 fuk  
But it's gon be about what I want  
And what I love  
And that's on comma  
Not period  
Cause I'm not done yet

### 3. ENJOY THE RIDE

I barely like you  
it's really the memories that  
hold me  
hostage  
my mind make me watch it  
replay it over and over again  
being close to him  
smelling his skin  
sucking his lips  
tasting his chin

My mind replays this ish over and over again  
taking out the bad parts of how you weren't really there for me  
remixing all the moments you couldn't look out for me  
or didn't listen  
or when you lacked vision  
no direction  
no mission  
no plan  
no freakin' ambition  
or wanted me to possibly take care of you and me  
or wanted me to guide the ship  
i ain't captain T  
i ain't mr. D  
he who has the dick  
should not rely on me  
mama's boy will play with toys  
But you will not play with me  
Boy toys r us is closed  
And you will not play for free  
so why i feel....so played geez  
nevermind  
no nickels no dimes  
new car  
spit shine  
spend time  
lay up  
make up  
just get your bread up so you can be mine...  
but why should he change  
if i let the shit slide  
Why should he change if I didn't mind?  
cause he was....

sweeter than cinnamon  
heaven sent  
had me bent  
loving him  
knowing this  
was never meant  
so evident  
but i can't deny  
i surely enjoy the ride  
down

bigger than elephants  
in a room  
with no air  
we fuck up the vibe  
Cause egos don't like to share  
egos like elephants  
elephants like egos  
wish i had a giraffe neck  
to see around it  
Tho it was see through  
That Ike and Tina thing was never been sexy to me  
a toxic relationship with music notes and poetry  
Not the sort of bed I wanted to lay in  
or stay in  
but i'm laid up  
after a bad argument  
here comes a good fuck  
here comes the good love

who cares about the drama  
if we end with a good note  
i mean nut?  
naa Tank's not like that  
she write poems and leads with love  
but i'm a black woman with trauma  
my blueprint fucked up  
i mean i want my relationship to work  
but i'm fucked up

sweeter than cinnamon  
heaven sent  
had me bent  
loving him  
knowing this  
was never meant  
so evident  
but i can't deny  
i surely enjoy the ride  
down

#### 4. OPEN TO THYSELF

I like how you don't mind opening all the doors to yourself  
that you trust that you'll find the key  
even if it's hard to find  
you trust that it's in your possession  
that god gave it you  
you're not traveling alone u see  
you'll always make it home...  
and home is where the heart is  
not where you start kid  
so even when you roam  
you home  
you safe in the arms that made you  
in the god that raised you  
in the gift that creates in you  
Not the things you create  
You're more than The songs they sing too  
Don't get lost  
In the page  
Or the golden stages hue  
For You have shined a bright light  
Since you were in utero  
A poet since 2 years old  
Speaking half god  
And whatever else you chose too  
I believe in you

I love you through all of your phases  
I've watched you through all of your stages of growth  
I've seen you spill  
I love you still  
Open to thyself...

sometimes i wonder how much fight i got in me  
then i remember  
ima queen in the serengeti  
a legion of soldiers  
angels wings  
and my daddy protect me  
and carry all the loads that's heavy  
i got this  
even when i feel like motivation has left me  
I got this

when my prayers have no words  
I got this  
and my knees don't feel like bending  
I'll make them  
And when I win..I  
I want a parade  
I want a golden medallion  
I want a bright stage  
And a Purple Heart  
For all the battles  
I've won  
For all the wars I've lost  
I want the longest Victory lap around heaven...  
And when I hold the torch....  
i've petitioned for paradise  
made a sacrifice of my parade  
danced in falling rain  
umbrellas and sugar cane  
A brown ballerina  
tip toeing on a golden stage  
running from a certain fame  
from this nasty games

I've love you through all of your phases  
I've watched you through all of your stages ( of growth  
I've seen you spill  
I love you still  
Open to thyself...

Whenever you're sad or just lonely  
When songs have no words  
Or no meaning  
Remember this poem  
You're never alone

#### 5. STARTING OVER

hoping that you change but here's to hope  
falling for potential  
leads to hurt  
and hurts no joke  
and that's the worst...  
but i guess i never seem to learn  
trippen on the same curb  
next time i'll think twice  
next time i'll know  
I keep starting  
Keep starting  
Keep starting over

So I'm a late bloomer  
A early September boomer  
Shy violets and purple tulips  
A sense of humor  
That's stupid  
You know  
I'm not the coolest  
I hated that I was see through  
And the 1 person that saw me  
didn't see me as a jewel  
I know you use to girls  
Falling Over like vases  
Or white girls at the party  
Tripping for ya  
Just wasted

The ladies  
They fawn over you  
How quickly I get over you  
The moment that you think  
that you could play in my face is  
the second ima leave yo ass  
Like Toni did girlfriends  
U ain't caught up in the rapture  
you stuck in the whirlwind  
Uh Let me pull over, I think this where your curb is  
I'm moving on to better baby this where our world ends  
thinking too fast  
that's like a split decision  
stuck in the past  
lost in the indecision  
hey  
wonder if i will ever get the message  
people don't change  
they simply change direction  
But I'll find me a Star  
Lost in your mars  
Wanna shine where u r  
Though I needed your approval  
So see through  
Gotta get back to Neptune  
Well I'm on my way  
Moving through space  
....  
Why are these  
Bags so heavy in the first place  
Why am I carrying his stuff  
Like briefcase?  
Why am I holding on to you?  
What you a keepsake?  
Is this just  
hard for me  
Why am I  
this way?  
Memories fly by like cars  
Freeway  
did I  
miss my exit  
Am I going the right way...?  
This road feel so long to me  
is this a highway  
Oh god please look out for me  
I pray  
I'm too smart  
To get so lost  
I'll say  
  
I keep starting  
Keep starting  
Keep starting over

## 6. GHETTO EARTH

I see your worth  
From a million  
Worlds away  
Ghetto earth  
Ghetto earth  
They asked me to leave I had to stay  
They built me a ark to float away

But I could not leave my baby  
This way  
  
tiny balloon  
halfway to the moon  
passing up the dunes  
bending spoons  
In a room  
with green balloons  
Happy birthday  
I mean earth day  
Baby girl has come so far  
Floating cars  
And plastic jars  
Got my liquor straight from mars

listening to stevie  
wishing he would kiss me  
wishing he wouldn't leave me  
Leave me like Donny  
Left me like mini  
fishing for my dreamies  
i got lost in the sauce  
found moss on the planet  
black jacket like janet  
white glove like a jackson  
how you feeling  
i'm fantastic  
borderline manic  
when you watching all that math too long  
u end up making magic  
if i were a plane would have landed it  
or am in airplane mode since we planning...  
or plane-ning  
i'm saying  
I'm floating  
I'm fainting  
Wake me up  
With chocolate covered nuts  
I'm hydroplaning  
I'm daydreaming  
Into exodus  
Cause Marley made it  
Ahhhhh  
I don't know where I might go  
I don't what I might see  
I been rolling in the deep  
I might get chased by a tree might get swallowed by the sea  
Shitt...  
I might get chased by me  
My colored star  
My crowded bar  
My pretty sky  
I know what you are

## 7. REMEMBER

Remember the night  
The night you said  
I love you  
Remember  
you promised that you  
Forget me not  
But you forgot to remember

heart just like a firecracker  
 fireworks  
 and jack o lanterns  
 lit up like a cabins lantern  
 like a black activist  
 in the past way too passive  
 in the past way too massive  
 taking up the space  
 hot air balloon somewhere in kansas  
 but i don't know what happen  
 did  
 I lose the magic?  
 helium and hot dogs  
 trying to rule my purple planet  
 but i'm way too  
 up to come down  
 to music to not sound  
 too lovely too brown  
 I tried to catch a rainbow in the the sky  
 But it's so high?  
 maybe i should fly below  
 then again that's way too low  
 tryna catch a shooting star  
 maybe have to go  
 so far...  
 But there's a ribbon in the sky  
 For our love that's what Stevie say  
 Tryna to get to the place up above that's where  
 Heaven lay  
 Can I be honest  
 I'm so self conscious  
 So very smart  
 So very modest  
 Looking in the mirror  
 I figured I can be honest with the figure staring back at me  
 The killer that's inside of my Biggest dreams  
 Heart desire bleeding ten toes down  
 Tears of a sad clown my heart so broken  
 My attention...  
 Remember the night  
 The night you said  
 My Heart desire bleeding ten toes down  
 Tears of a sad clown my heart so broken  
 My attention in denial  
 The pieces that aren't beautiful are the pieces that need love now  
 The healing is so slow  
 The beating is so beat down  
 But How else will I grow  
 If the shit only grows down  
 How do I get there  
 How do I get out  
 i'm a million miles from this place  
 but hey i'm getting there  
 trying to reach a star  
 out in space  
 UH i'm so unaware  
 That i'm already who i'm climbing towards  
 been who i been aiming for  
 Pretty black and dope  
 Not on dope been traveling abroad  
 i got my clothes from mars  
 with a thrift sto scarf  
 and thrift sto heart  
 with a armaz bag  
 and wal mart tag

Tryna play my jazz  
 It don't matter where you got it  
 It ends up in the trash  
 Used like some shit you ain't never grabbed  
 Been a beautiful child  
 Been so beautiful  
 Lala...  
 Remember the night  
 The night you said  
 REMEMBER  
 The promise that you  
 Do you remember

## 8. WHO HA?

Who ha  
 The world must be sniffing on them moon rocks  
 The same shit that got Celebs  
 Giving out they who ha  
 Oh I  
 Must be on that higher shit  
 Infinite  
 The soul glow  
 A seraphim so delicate  
 A holy love jus heaven sent  
 My grandma up there  
 she cooking eggs and shit  
 Paw paw  
 giving sermons  
 Before seven  
 Heaven must be lit

Give me grace  
 A star  
 like me  
 has never felt so out of place  
 when you  
 Grab me grab me  
 Twisty  
 Twisted  
 Kismet  
 Scripture  
 Reckless  
 gifted  
 (and i ain't never felt this way before)

When did you let your self confidence  
 Cradle itself into comparison  
 When did you let the opinions of others dictate your original god  
 given thought  
 How did your light become a night light for your personal demons  
 When did you start becoming upset to wake up  
 When was the moment you started believing you  
 weren't good enough  
 fine enough for creative enough  
 When did you start hiding the truth  
 Biting your tongue  
 Giving the safe answer  
 Worried to offend than to defend  
 My god

Give me grace  
 A star  
 like me  
 has never felt so out of place

when you  
Grab me grab me  
Twisty  
Twisted  
Kismet  
Scripture  
Reckless  
gifted  
(and i ain't never felt this way before)

When did their lies become your truth  
When did the limits in their skies become your roof, your ceiling  
When did they ill ideology become nestled in the fibers of your feelings, when  
When did you forget that you deserve that healing  
When you gon realize you not alone  
You're not a victim or a villain  
Your victories will be valiant  
Tap into your talents, your gifts  
I'd rather be soul rich than so rich, so  
Keep swinging  
Keep singing that song that reminds you that you belong  
You are the star on the roster  
You know you the author of your book, right  
Whatever your mind writes is what your life looks like  
How's your pen game  
What's your endgame, your goal  
What's got a hold on you  
How does your inner child affect the older you  
It's true  
You might not be able to get your hours back, but  
You can take your power back

Give me grace  
A star  
like me  
has never felt so out of place  
when you  
Grab me grab me  
Twisty  
Twisted  
Kismet  
Scripture  
Reckless  
gifted  
(and i ain't never felt this way before)  
Who ha  
The world must be sniffing on them moon rocks  
The same shit that got Celebs  
Giving out they who ha  
Oh I  
Must be on that higher shit  
Infinite  
The soul glow  
A seraphim so delicate  
A holy love jus heaven sent  
My grandma up there  
she cooking eggs and shit  
Paw paw  
giving sermons  
Before seven  
Heaven must be lit

## 9. LITTLE THINGS

super glue tape  
broke broken fix it  
fix him  
appreciate him  
love him  
show him.....  
baby don't you worry bout the little things  
they turn to big things  
overtime  
and baby don't you hurry to get those bigger things  
everything is everything  
and it all comes around...  
little fly  
little fly  
little fly fly  
passing by  
passing by  
passing by by  
i wonder where you going  
were you flying to an ocean  
just happened to stop by  
while i was chillen outside  
are you looking for fruit  
buzzing like flute  
musical annoyance  
in buoyance  
i'm amused by your pursuit  
Well....  
i catch you  
i kill you  
i smash you  
i end you  
no big deal  
you was buzzing by my earlobes  
no thoughts  
i go on  
with my day  
listening to jigga  
and dilla  
i'm no killer  
i was chillin'  
you was buzzing  
now you....  
so gone  
so gone  
so gone  
second lines  
the trumpet blares  
the footwork the boat sails  
the street car  
the casket trail  
t shirts the  
city fair  
the dollar store  
the liquor store  
corner store  
pouring out the liquor  
now the liquor poured  
missing what was missing it was here before  
knock knock knock  
knocking at the door....  
baby don't you worry bout the little things  
they turn to big things

overtime  
and baby don't you hurry to get those bigger things  
everything is everything  
and it all comes around...

You gots to  
Show him  
Love him  
Teach him everything in this world  
You gotta  
hold him  
show them  
everything they tried to take in this world

baby don't you worry bout the little things  
they turn to big things  
overtime  
and baby don't you hurry to get those simple things  
everything is everything  
and it comes around...

Little little fly, with such little little time  
We watch you try try try, and to let it fly by  
We watch you race about everything  
We watch you race against you, what you got against you?  
you just a little little fly with such little little time  
little fire fire fly, how dare you shine that bright?  
evry lights gotta die, evry lights gotta die,

I miss my little firefly, there's a hole in my heart  
try to keep it on the low  
but I conjure in the dark  
what we said from the start  
little fire fire fly, with such little little time  
you deserve the space to shine  
A momma who don't gotta cry  
be sure to look you in the eye, when I tell you fly high

## 10. YOU'RE IN WAY OVER YOUR HEAD

You ain't dope  
You whack whack  
You too black  
You fat fat  
You ain't high enough on the scale  
I mean you cool  
But you ain't Ll  
You ain't yonce  
You ain't ri ri  
You ain't Mary j  
You might as well be the kkk  
Yu on some ghost shit  
Nobody know you kid  
Excuse me miss  
Do you have an Id?  
Do you have a hi c  
An icy  
Thirsty ass  
You ain't cold  
Fuck outta here  
You Wildin here  
nobody knows you  
nobody owe you kid  
You do know  
there are levels right

There are scales  
Where ya likes At  
Get ya weight up  
Get ya dreams up  
Grow ya team up  
Get them streams up  
That tiny desk shit only gon last so long  
Girl  
Where are your new songs  
Where are ya new poems  
What are you anyway  
You a poet or a singer  
Naaaa you a rapper huh  
Welp  
Good luck with it  
Don't get in it  
if you ain't trying to win it  
Don't get satisfied  
Can't get too comfortable  
Can't get stagnant or complacent  
In that basement  
This shit really really will pass you by  
if you don't open your eyes  
And watch the stove  
Cause The stove is hot  
Cooking red beans and Chitlins  
Pork chops popping  
And you ain't popping Yet  
Ain't no Trying to be great  
Either you is  
or you ain't  
Hook...  
If the hype is hype  
And the likes don't like  
And the streams don't sale  
And the album fails  
If the fans don't buy  
And you wonder why  
No ties  
Just sigh  
You're in way over your head  
You patrolling and scrolling  
Trolling and hoping  
That someone pays you attention  
Well here is a round of applause  
For the clap back queen  
The typing typo  
The inflated ego  
The WiFi ninja  
The disrespectful  
Loose lips  
Loose key grips  
The tea sip  
Spilt all over  
Laptop screen  
And chips  
All whilst holding your self esteem  
Up with a bad wrist  
Bitch  
Outta here  
where are your new songs  
whenever you forget what you doing this for  
Remember to expand  
Craig

If not for you  
For your fans  
Craig  
For the people that want to see you win  
Craig  
I know sometimes u not confident  
You feel incompetent  
You lack confidence  
But a lot of people lack that  
Work through that  
Fight through that  
Remember that you MEET failure you don't END with thatt  
You keep going  
You keep working  
You Keep making ugly shit  
That others will find beautiful  
Work through your insecurities  
Your jealousy  
Your not good enoughs  
Not cute enough  
Not fine enough  
Not dope enough  
Not enough  
Never enough  
Too much  
You  
Gotta keep  
Working  
Searching  
Learning  
Lurking  
Looking for your purpose....  
Have you  
Have you found it yet  
found it yet  
Have you found you  
Have you found it yet  
Have you found you

## 11. AM I STILL NEW ORLEANS

Am I still New Orleans  
If I can't second line  
If my feet don't dance  
And my back don't bend  
And my hands don't clap  
To the beat  
And I like the heat  
Of the summer  
Or the smell of JAZZFEST  
If I dance in the rain with the white folk  
In my Sunday's best  
If my pralines don't taste as sweet  
And I can't sew my Indians feathers on  
Or catch falling beads  
If I hate bourbon street  
Or don't speak  
The way that you speak  
Or they speak  
Or they speak  
Am I still New Orleans  
If I never felt super on Sunday  
If I spent my Sunday's  
Passing out cranberry juice and communion crackers  
And singing high

Watching the floor crack open  
Only to see heaven inside  
Cause Watching children baptized  
Was the most magic I ever saw on this side  
Once Made God look twice  
Then he'd leave  
To watch the steppers  
Come outside  
Am I still an Orleanian?  
If I don't suck the head out the crawfish  
And lick the brown from the crack  
Am I still worthy of gold beads  
Around my neck  
If I only cried once at a saints game  
Am I still considered a fan?  
If I don't bleed black and gold  
And carry a fleur de lis flag  
Am I still seen as whole  
A saint with a too much sin  
On her hands?  
Am I still New Orleans?  
If I can't make the roux  
If my stew not as brown  
If I never been to genes  
Or listened to q93  
Or spent a night at a hole in the wall  
Or stood still  
when they asked me to catch the wall  
Am I  
Still New Orleans  
If I don't like jazz  
Or listen to brass  
Or shake my ass  
Or loudly laugh  
What if I can't shake  
Or cook  
Or bake  
Or make it to the second line  
Or ride on the lake 5 times  
Or know my way  
Cause the city's a circle  
Or  
Don't know how to get on  
broad  
And Royal  
Am I still New Orleans?  
Am I still home  
If I came back after storm  
If I didn't lose anything  
but my way

## 12. IS IT ME YOU'RE CALLING?

Don't want the fantasy no more  
Won't you knock upon the door -  
This the thing you been waiting  
This the thing you been waiting  
for  
Been texting for quite a while  
The dms they get lame some time  
Let's go out stop fronting \*\*\*\*\*  
Coffee shop or something  
Been thinking about you all day....  
A text away from a first date  
Missed call



Is it too late  
Missed call is a mistake  
Don't want the fantasy no more  
Won't you knock upon the door  
This the thing you been waiting  
This the thing you been waiting  
for  
Is it me you're calling...  
Hate to kill the vibe  
But let's go outside  
Memory falls  
nature recalls  
can't get you out of my mind  
guy I been dm' a while  
So fine....  
Coffee skin pretty smile  
Back and forth  
Heart eyes  
To my surprise  
He hasn't asked ya girl out  
Why you taking so long  
Don't be acting all shy  
I'm not like other girls you know  
I'll x your ass out if you moving too slow  
WHO knows where this flirty ass shit gon go  
But green means go  
Hello...  
Is it me you're calling...  
Is it me you're calling...  
Hate to kill the vibe  
But let's go outside  
Memory falls  
  
nature recalls  
can't get you out of my mind  
so he checking me out  
I'm checking too but I'm modest  
offers me a latte  
So I get like assate  
Say i like my coffee like I like my men  
black  
a little bit of sugar  
for my troubles within  
He seems kind  
he laughed  
curious lips and boyish smile  
the type of smile that make you question  
your stability  
the type of smile that makes knees  
weak  
and ex bfs  
history  
we exchange instagrams  
That's Tea  
we dm endlessly  
heart eyes and facetime ready  
Texting heavy  
Hot damn

This lity  
But every time I book a date  
You say you busy  
Claim you got plans  
Say you not in the city  
Man.... Nobody that damn busy  
Ok  
I'll be flirty  
I'll be girly  
we drink coffee  
we smart  
we nerdy  
you court me  
on thursday  
I stroll by for coffee  
i see you  
with a caramel sweetie  
(who dis)?  
braids down her back  
leaning over your county  
asking WYA  
  
like where you been  
y'all gotta familiar grin  
y'all seem like old friends  
familiar with each other  
like way back when  
i walk in  
apprehensive  
like...bush who's this  
Who's she  
What's this  
She confidently replies...  
Flirty eyes  
Girl  
"ask him"  
Can't be  
Is it me you're calling  
Good thing  
I didn't invest  
All my feelings  
All these pink signs  
Really red flags  
Cause when I think about it...  
It been kinda strange  
You never took bish out  
Ain't been to yo people house  
You never took me round back  
Ain't been to your new pad  
Girl  
I guess  
Now it's me calling  
I see your name  
You're calling...  
I wonder why you calling  
All feels when ya calling in me  
I wonder  
I Wonder why this nigga you're calling

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