

**Feel**

By Michael Vance

The transformative morphing  
From numb and euphoric to  
The freezing dawn of  
Nerves and thoughts that  
Scream out like a baby.

Keep me warm! Feed me! Hold me!  
But stay away from me  
I don't know or trust you.

Silence kills so slowly  
With everything that goes through my thoughts  
Like a continuous drip from the  
Gutter into a rusty metal sheet pan.

Fears, regrets,  
Moments of peace randomly sprinkled  
In between thoughts that I'm doomed  
And that death would be a better option.

But I gotta get some sleep first  
Before I can figure out what to do next  
So I go to this old house  
Covered with a pink, musty coat of paint  
By the Goodwill store on 7th and Harrison

I come in.  
I have a cup of coffee,  
Which is hideous in light of my nervousness  
I make myself sit there and listen  
And to believe that some progress  
In the other direction has begun  
No longer so smart, so big and tough  
No longer so sure that it could never happen again.

And no longer sold on my own ideas  
Of doing this journey all by myself.

**Epiphany's scream**

By J. McCurdy

And it was while  
Swimming up  
From under  
The sea  
That she began to realize

How  
Very unnecessary  
Aches and despair  
Were

And so she  
Sleeps gently  
Into the shedding of them  
Like any other  
Unnecessary  
Second Skin



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