

### One Memory

by Shannon

If I could keep only one memory, I would keep the memory of the day I left Buffalo, N.Y. to go to South Dakota. Against the advice of nearly everyone I know, at approximately 6:45 a.m.

I was boarding a Greyhound bus headed west, leaving once and for all a place I had grown to despise. I knew even then that I was making one of the best decisions of my whole, entire existence.

What I remember most is the relief I felt as that bus pulled onto the highway and I watched the skyline recede from my view knowing I would never have to look at that place again.

Finally I got to be one of the few people I've ever met who have actually made an escape from the madhouse that is Buffalo, and I knew I had the determination I needed to get out and stay out for the rest of my life.

If I've ever had any praise-the-lord moment in my life, that was likely the most outstanding.

### Thankful

by Aileen McPherson

In the past is where thanksgiving shall  
Stay, it will not be allowed to color the  
Now, I have learned to discern, blessings  
True friends who are more family, than  
Blood feasts long gone to graves silent  
Where they belong, no tormenting  
Tearful refrains as unwelcome specters  
Dissipating, steam rising from nourishing  
Foods on loving table prepared around, caring  
Comfortable beings who saw the light within  
A mind full of fear, unforgiving self, in  
Kindness words over meals shared giving  
Thanks to all those accepting others as equals.

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