## CONTENTS

## Editorial Notes 9

Shazia Hafiz Ramji hangs for old and new selves 10

Shane Neilson Basic Distress Tolerance Skills 13

As told to the child who is merely thesis, not yet

synthesis, and far from antithesis 14

Mary Vlooswyk hamartia 16

Cassidy McFadzean Bridge 17

Brandi Bird Hunger Bores 18

What Do People Do at Night? 21

Rupture 22

I Am, I Am, I Am. 25

## INTERVIEW

Brandi Bird & "I did and do have a deep desire to survive":

Conyer Clayton Brandi Bird and Conyer Clayton Talk Eating Disorder

Poetics 28

natalie hanna minor eclipse 31

Gordon Taylor Distal 32

Mow Blow and Go 33

Catherine Owen One evening in later March 34

Kerri Huffman March 17 35

March 21 36

Kristy Snedden When I say I have no desire 37

My Brother's Ashes 38

Aaron Beaumont Blackout 39

reminiscent 40

Mic Jones Frontal Lobe Scored in G-Flat 41

Bobbie Saunders Wizard 42

Nicholas Selig Half-life 43

Jónína Kirton a willingness to change 1986 45

Lauren Turner What are you working on? 49

Spenser Smith Sponsor/sponsee 50

Petra Chambers My answer to the question "how are you?" at the

grocery store 51

Mallory Tater Spirit 52

Thigh Gap, Early Anorexia Recovery 53

Cole Mash In Brightest Day 54

Cid V Brunet Blue 55

INTERVIEW

Cid V Brunet & Friendship Blues: Cid V Brunet and Margo LaPierre

Margo LaPierre Talk Opioids, Grief and Poetry 56

Margo LaPierre Housecoat 61

Megan Cartwright Reptile Dreaming 62

Zoë Mills Lanugo 63

Thomas Morgan Gethsamine 64

Amy Nash The Last Time 65

Sophia Magliocca A step-by-step guide to aging in reverse 67

Michael Fraser At Risk 68

Meghan Harrison Guitar Romantics 69

Shannon Quinn Opiate Withdrawal 71

Objects in the mirror may appear formless 72

Contributors 73