



Feeding of a One-Day Old
Harry Moulis, MD

Xan Nowakowski

Birds from Ashes

Long past diagnosis,
I still rebuild.
Surgery replaces destroyed
gum tissue, but not stubborn
pride. I flail, insisting
no painkillers I don't need.
My partner, undeterred,
wraps me in blankets.
Smiling he rubs my throat,
whispers Swallow, I got you.
Diplopic, exhausted, I trust him
no less. I sleep.
He watches over me,
a tender hawk,
and healing begins.

■ **Xan Nowakowski, PhD, MPH** is a little sociomedical scientist with a big passion for research on the experience and management of chronic health conditions. She has appointments with the FSU College of Medicine and Department of Sociology.



Savannah Angel
Rebecca Shriveler

■ **Rebecca Shriveler** is Assistant Director of Curriculum Development and Evaluation at The Florida State University College of Medicine.

Julia Fashner, MD

Stage 4: Action

You didn't eat cake
Your family asked why?
Change is not easy to take
But the body will like new food, new shape
What's next to break
Less sugary sweet southern ice tea
Walking the dog around the block for his sake
Keep it up, it's all you need do
Diet pill, no that's fake.



Korean Winter
Katie Longardner

■ **Katie Longardner** is a fourth year medical student at Florida State University.