PRAISE FOR MIFT

"An instant bestseller, Furilla's weaves language into a beautiful tapestry of heartache, loss, and memory as she traverses through a post-pandemic landscape." -Imaginary New York Times Review

"I'm not at all sure what poetry is, but I'm here writing this review because I will get paid for it. This is poem was very confusing and depressing, but in a very cool and unique way. 10/10 even though I don't know what I am doing here. Good job, Hailey." - Anonymous Confused Reader

"Furilla displays a masterful talent for capturing the isolation of the pandemic and the susquent alienation that one feels after returning to a broken world. Absolutely stunning." -Maybe the Chicago Tribune

"I can't believe they brought me back to do another review for this book. What can I say that I didn't say in the first review... Furilla uses a variety of literary techniques in order to create a nuanced and well written poem. Yeah, that sounds right. And professional. Peace out again." - Anonymou Confused Reader (returning)

to conceptualize the effects of the COVID-19 pandemic on the mental health of young adults. It follows the main protagonist's life during and after her year long quarantine as she navigates the relationships of those around her while ignoring the connection she is slowly losing with herself. Throughout the poem, the main character has to confront loneliness, depersonalization, and the inevitable change that comes with her self-destructive behavior. My intent with this poem is to provide a story that helps others with similar mental health struggles, whether it teaches them how to be present, or just validates their own experience. For those who cannot relate, I hope it gives them insight into the struggles of anxiety and depression.

My poem "Drift" explores and seeks

HaileY Furi/La



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For those in the before, the after, and, most importantly the now: you've made shipwreck all more bearable.

"I change the landscape as I pass Meandering from sand to glass I suction there for one whole day Until the feeling goes away—

Relax the world will spin beside itself and suck you in With threats and hopes beyond compare..."

"I've lost my mind
I've lost my way
I'm bound to lose
You wonder where I am..."

—Phish "Frankie Says

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Editor's Note

When I first wrote "Drift," it was a singular poem. I had no intentions to expand it at the time, nor did I think of developing into a long poem that would span nearly thirty pages.

However, after writing "Drift," I couldn't quite leave it alone. It stayed in editing limbo for a few months before finally reaching a final draft and new intentions to start a series around its central themes. Then I was introduced to long-form poetry. It felt like the missing piece I had been looking for, and over the course of four months the poem I had originally intended to write came into being.

Though, writing on a Google document limited my creative ability. I had a variety of format changes and experimented with white space throughout each new section of my poem. Despite using an inordinate amount of tabs and spaces and different alignment, I finished the poem unsatisfied.

With this final iteration of "Drift," I was able to realize the abstract nature of the poem through new tools oriented toward editing and reformatting text. Editing "Drift" on my own allowed me to bring my image and original intentions for the poem to life. I hope readers enjoy the result.

The Lighthouse



It starts with the lighthouse: cold and cloying. Duty and desolation. My oath crusting the brick as the salt does the walls, base to lantern. Ever watching, waiting, grating on itself. Spiteful. Yet—day by day—I spill my liquid light into the ocean, desperate.

Inside the clock ticks morse code to the trees tapping on the window and water washes down my back, leaving an armor piece of icicles in their wake. It's time to turn off the light, but let me steal another second they're short these days.

Every day I miss those damn sailors more, hate them more, loath—ignore me. Ghosts linger, longing, in my lamp and lumber under stairs. Maybe it's me. (I don't quite recognize myself anymore. Mirrors serve other uses to me now).

The job was a two week gig.
Then two months.
Then "Just a little bit more."
(Just a little bit more).
And I am nothing but diligent to a fatal fault.

Drift The Lighthouse 4

So I labor until light might as well be my language, lacerating my tongue as I talk away another's loneliness. (Just a little bit more). And, I know, it's the same wind on the galley as on the ground, but lately-I want to feel the wind rushing past my face and the dirt folding my body some kid's abandoned origamifor flinging myself over the safety rail.

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The mums are covered in snow, yet I still have to endure the boil of your words. It's dried the whole goddamn turkey. But I'll still smile through the stick filling my mouth. And, as I pick the bones clean, I have to dig the physics out my teeth: viscosity and kinematics and calculus crammed up to the gums. God, why couldn't I leave this behind.

"Appreciate—"
What? February has been
stuffed so far down my throat
snow drops from my ears and
circulates in my consciousness
until there's new precipitation—
Apologies, my snowglobe mentality
muddles my emotions and
I should be grateful of this

opportunity (Just a little bit more). Yet, I itch to dive into the lamp.

We wear our hair ridiculously long. Every strand slick from neglect. I can't afford to let my hand stop lingering on form and knife. Eyes tracking slip stains. Slicing, scraping, seeing how my fingers swivel. Reducing. Maybe you broke me down just like you do every time, or maybe you were really right. I don't know with the rainbows and snow. Showers. Buds peeking, frost creeping. I can't be sure.

We create a perfect mirror of then, standing on stones once something more. I don't know how I missed it. I was far too occupied with the downtrodden wind caressing my mouth that I didn't taste the memory of that day, an abandoned life ago.

I know this is the end, but I mourned that back in March. When a month rested on the cusp of two eras. And here we are tripping from grad gowns to diplomas to a night back at middle school and when dawn breaks I'm 5 Drift

still awake and the rain is so soft that it feels like the real end—not the shot or the bookstore or that room on Main Street—the real End. And it's perfect.

I lie on the porch (The Gallery), think of the end (Contract voided), awake to watch ships in the harbor then through the canvas, dipping my hands among acrylic waves: crashing, cold. Right. I can feel the ghost of the water Resurrecting.

THE SHIP 7

The Ship



It starts with the ship, teetering over the breach of the next wave. Abandon damned straight to hell. I can't be sure there was a Before. Crescent cuts, stubbed fingers:

gone.

On the beach screaming over the edge of darkness, polaroid memory preventing

tars. Inhale the smoke,

exhale the burning and—

there, now you can breathe.

You bolster me when we're left up to our own devices alone—

alone together, that's how it's been.

And I drive windows cracked, music

static —so I hear your shout at the

moment of impact—

returning with

sweet drinks shaken with laughter. We drift closer as the days begin to tug at our tank tops, and that's what I'm afraid of. That pull away from your laughter and tentative hugs.

Rocks ripping up my soles, water weighing, and I'm still going. Every crash—

car jerking back your sister to your right your sister to your right your sister—

only leaves you jolting

into the next.

Ready?

Hands shaking

Tumbling. Flipping. The wood

sopping wet beneath my feet.

Wheel in hand I'm turning and midsummer incandescence heavy piano rocking the stars too tight t-shirt cold prickling paralysis— Where is this? When is this It's just the spontaneity now? of the sea. Not all journeys are meant to be smooth everything's— (I don't know anything anymore). My love mingles with fear and my shower is crossed with tears and I think this is going well sweating though stained jeans bouncing about unsure of this wanted feeling and I still find myself having to shove my way in, but I feel refreshed (free) even with the stale smell of this irremovable mask and I smile hard enough so that you can feel it as we connect bathed in sun set and rise, foggy from (I don't remember new rooms. summer clothes). Autumn splitter, Hailey as every version: taking, greedy. She wants, craves. tastes your turkish delight spits her vomit into the cup sucks on the glass of the bowl.

"Steady."

—"Kiss her

Head turn—

Hailey! Kiss her!"

Leather jacket pulling. She's

you squeeze her waist. All eyes

feels.

away. She doesn't like how all this

a different girl

"Good girl."

Where'd I put the wheel? Last year?! No that can't be... First mate, to the helm! You! Starboard! I'm not about to lose the ship— Everything fits together —a near perfect puzzle—as we clash as magnets, repelling and joining. Sporadic. Intense. So full that I feel my heart may burst. Even in this cold your love cooks me from inside out and books fill my days while I stretch and spin my nights just to curl up on that rough couch where you no longer tuck-I cough up flower petals. No air left. Golden. Sobbing. Leaning—"I can change I swear"—Cobblestone then Cobblestone. your voice. A hiccup. A choke. A cough. Oh, there's the wheel let me give it a good Spin. Soaked to the spine in sweat (I couldn't get enough of the heat now I can't stand these waves) My hand is ever inching toward yours that I don't even notice him walking out the door. Isolation has come for me at last to claim that contract I left.

This isn't right maybe I'll spin again—

Drift

There is an ease to which we entangle. Distance is finite when you are forged in electric fire. Years roll over my tongue, sit behind my teeth, and all evaporate when I talk to you. It's freezing, but I've never felt warmer in that goddamn room. Someone must have finally fixed the heater right in time for my own migration.

Warm and clean, I can smell the detergent on me—dripping—as we talk late. You and me and you deep sleep and waking, bringing my polished hands fumbling into yours.

Soft and serrated sunset so bittersweet as back pains form the seat of this short avenue ride. No one neglected I'm a bit frantic.

God, I can't go back to the Lighthouse I can't I just—

> Coal soles I skitter across the patio to crimped grass. The air inside is cold but heavy. I'm holding everything in my head (split it open like

a melon I'm sure you'll find the insults packed in, seedy) I waste my days wasted come back in uniform hoping this minor decision blows over.

S p i n...

Holding hands in the rain and on late night buses back. Home. Daffodils crowd my senses as you draw me into yourself—Spring Herself—bringing in new days, new beginnings in small rooms that have never felt quite as b i g.

Summer escapades to Burlington consuming food and friends: Bibimbap, Korean Corndogs, your music bouncing my car over speed bumps cradling our catchup conversations, chocolate cake crumbling on my tongue as fingers peruse pictures to show you. Green tea was yesterday and sugar cookies were rainy today hiding amongst the selves with your impatience shining until we're at Red Robin's eating bottomless fries to break wallowing sighs and I ask for another glass of milk (you're obliging then, I don't know what changed between swapping stories and next semester). Round is how it feels on

my tongue and it tastes

as white as the a place I'll countertops: never return to-There's so many memories piled on the wheel I worry-Granite shatters fractals from the fracture slipping between sinew and skin bowls and white cupboards and suck me in while laughter languishes in the air while I am sucked-

My hands mime a wheel due to absent minded compensation.
The boat has hunched in on itself for lack of crew and one sail is now where there were three—how can this be?
Waves loom as monuments to ephemerality.
I stagger to the rudder but what I grasp is—

A box of Apples to Apples, on the drunk cusp of sleep, a girl's night splayed out

around me. This floor would be

A confidant to my declarations of love spoken in seven tongues.

Here I can cradle your gaze in my eyes while I can carve off a pretty piece of my mind for you to eat.

Apples to Apples flops and slouches in my hand until
I'm holding a pool noodle to beat you with.

My mouth turns

salty with cheery tears as we dance on a newly made bed of musty sheets, singing to each other and dozing off to shadow puppet sleep. Reality running on the heat of our night, our hot breath mellowing into cool morning air to breathe.

Condensation prickles in my

right hand. My water bottle,

bare, replacing the rudder yet

reminiscent of what it might

(think harder, Hailey, get

yourself back on that boat)

"You can only blame yourself

for your friends not inviting you."

I look over sweaty see her from

six years prior though only

box dye has changed her.

"You don't make an effort to see

them."

I'm still holding the water bottle but I watch the dashboard tear itself up and the floor tidy before becoming stained again and glasses snap around her head as she tilts a confused look at me and her hair is dark as a thunderstorm.

"Have you even tried reaching out? You're just giving up again."

The rattle skips off and on in the backseat as I tumble through thought:

texts without replies crying on tiled floors as I see how far your deceit bleeds into every communication I made these past few months, but

it's still my fault.

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The car jumps, buckles, I whirl, shuffle away seeing you're not in the seat and we're not under fiery trees but a whole galaxy. The rumble in the backseat gets louder as wheels drop into infinity and I become a fireball along with the hunk of metal I'm trapped in. I'm feeling uncharacteristically claustrophobic.

Spin. Spin. Spin.

Except now it's me who's spinning the height of my hair careening above me. And the hands on my waist squeeze tighter than my whale corpse corset as he asks me "Breathe out" I can't draw enough air "Keep breathing out" It's what these macaroni men order as they round pass me and round until my head bashes on a chess board floor and stars-

Explode around me as I crackle, frigid, miss orbit soaring so far that I further my contradiction, wondering not if the fire will win or the ice, but when.

When.

My dust tail blurs until it's the powder on my wig until it's the sand on the wind migrating under the cool breath of the moon. The deep blue sky welcome to creatures and condensation but soon day will creep and I will stay with scant sweat abandoned by animals above when they are under. Just stay with me, please. Stay. I clatter onto the deck loosened from the a peg rudder, utterly destroyed. My true body keeled over what's left of the stern. Detached it's hard to watch

ned it's hard to watch
each sob echo through
my own body;
I don't recognize it
and so I slip into accidental
empathy, but ther

but then lightning splits down the helm and

I ricochet sparking and floating and—

I am above our fire.

crystalline and colorful
as we toss cheap color—

changing powder reducing us
to a cacophony of oh's and ah's.
I drift among the smoke rings
my father makes and, if only
sparks could sink. To be back
on that stick.

To be back.

To sink.

I've done it this time, strayed too far away to days wholly unattainable. The boards crumble and pluralized hands bumble (I don't think my body

(I don't think my body remembers itself anymore).

Water envelops me and cold seeps through my pores so icy quick I bite the bends rush to the surface and—
The storm is gone, the yoke of the sun fries on the sky where a thousand people bob with me. They swim with sun–kissed skin, hands gentle as sunbeams as they push me under the orange oscillation of the ocean, until the martian sky fades and the sunset orders to:

I batter and blubber against the lather of foam, then on that souring salt flooding through nose and mouth, morphing to fire as I gag on:

"Exhale all air."

bubbles endless bubbles.

Tears only tantalize the sea, and they seep easy into the frothy freeze, and my fiery

eyes can only see: bubbles

endless bubbles. A carbonated

catastrophe for sodium deficient freaks, a misremembered ramen recipe that I should've remembered.

I should've remembered. It was for you.

"Drift."

I break the surface and surge forward all sloppy strokes.

My hands pushing and pulling away, willing the change: a

seagull, a squid, a life vest, a

float, a boat, a something.

Something, something, something.

Cause the people pinch with fingers like crab claws and they pull like

an undertow so far from the shore

and I can see their siren teeth

gleam. Submarine phantoms of the deep.

"Drift."

Sixteen on the coast of the Cape and my shorts ride up my ass from too much ice cream and I watch every wave pound the shore even though the storm has passed. And

that's what the voice sounds like.

"Drift."

It's that feeling when winter comes and there are so many stars and so little room for breath and the moon weighs upon your chest pleasantly and in that moment there would be nothing better than eternity holding its gaze in your eyes, your chest, your mouth.

"Drift."

It's my Nana's tea just strong
enough to really taste but just
sweet enough to bring me back
every sip, but she won't negotiate
on the milk —it's "paper-bag"—
and when you're small its
okay for tea to be sweet.
When you're four you don't think
about how much they've compromised

For you.

I'm halfway to the grave, three feet deep in the water the swish of fish tails on my face as I come to: lungs flat, body bloating. I claw my way to the surface to find and island not too far

(my eyes are all blue) and I can only hope that it possesses one of the fantastical memories that propels me where friends aren't ghosts, and family fits easy, and I am so drunk on happiness I don't hate myself all the way. So I swim.

I have never known stagnance.

I will never know stagnance.

I will swim. I won't let myself—

"Drift."

God, leave me alone don't you see me pulling at the seams indistinguishable from dream as I navigate this overgrown stream I know I'm too weak and my arms bend weird and I worry for my legs letting blood just let me get to the island and live another golden time andforgetandforgetand forget that it's all gone while I'm Hereand letmeswim before youletme Drift andputmedownat thesunsetbeforeyoumakeme Drift andfortheloveofGod—

"Hailey, that's enough."

The Ocean



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Hailey. Stop.

I can still grip the wheel in spite of sirens and sharks and scaled critters chewing on my legs until they're nothing but seafoam their feast is in vain as I batter them to no more than bits don't come close I am in control and I will be totally wholly and completely fine if you just let me spin the wheel another time or maybe if you allowed me to do it thrice or five more times for it will work.

Your tongue bleeds rubies and your hands bracket stars and you remember a million sunsets, but, oh, Hailey, no one can live like this—

> You don't understand; if I don't sail I will sink if I don't swim I will drown and when I finally stop I will—

Drift, dear girl. You will drift and you will bob and float and, maybe, you will sink, but I promise you, the tides will cradle you if you only let—

When have the tides ever protected me?

I've been its plaything for what feels like centuries and how happy I will be to sweep my hand across this board of a world as I finally take Time and peel off the dainty swirl of its shell until its juicy skin is just as raw as my own and oh how I'll make it pay for every moment it's pilfered feigning naivete and everyone it beguiled behind my back being momentarily enraptured. I'll shove my love down their throats myself.

Oh darling, I know your grip has been shaped for swords and your tongue violent words, but I see how gently you once let your thumb trace times's whorls as you explored all its grooves...

Hailey. What are you doing?

I am swimming.
It is all that I know
aside from sailing and
I have done my time
helpless so I will be subject
to no tides or time or world ever
again.

If you do not drift, you will drown. I am telling you now: the world will not be stagnant if you surrender, nor will you be bashed upon the coral, rotting, nor will you forget.

Do you want to forget? Your fingers are banded with this multitude of memories, so the skin is stretched thin as violet petals. And, oh, how it resembles that color too. I have been living as if the world has been ending for three years now.

And I never learned how to live without loving too much, holding too hard and I don't really know how to stop myself. Maybe it would be better to forget, even though it terrifies me, it hurts more to go through these near constant changes.

The losing and the winning and the losing all over.

One coming right after the other right as I settle myself.

And every person I love, I lose, and all these moments slip so easily. How do I deal with the Drift? How am I supposed to let it all go?

That's just life. The tides rise and fall and the moon pushes and pulls. And forgetting would make change all the more worse. An unbruised body is weak and waves unforgiving. I wish there was a way for you to keep all those pretty jewels you carry, but advice is the only thing I can offer to you: let your words mingle with the surf and if they echo back in the crash maybe it was meant to be, but sometimes you'll never hear those words again. It will hurt. But it eases.

I have to ask: is it me? I keep racking my brain as to why it's so—

It is
you, holding
onto the past you
are inert to the future.
But it isn't all too bad to
look, you just need to Drift.

I try to Drift—

. .

No, you linger on what you please and sap your soul of now with then and you skip, and you can't skip what you don't like, but neither should you tether yourself in place. It is why you must learn to Drift.

Is Drift not a lost friend? Is is not a bottle at sea its author anonymity and its destination nowhere from equator to prime meridian? Is it not the snow that covers a toy that will never be seen? Is it not the growing space between you and me as we speak?

It's tasting ice cream and remembering all twenty summers of your existence tasting it and eating more just to affirm that you will eat it for twenty more, thinking about all the ways you have had it and then feeling it drip down your hand and going back for a lick and eat it, truly eating it, for your twentieth time, thinking about your twentieth time. Only thinking about your twentieth time.

I am just so worried I'll forget because I havealready erased so much. Everything during my time at the Lighthouse and now some of what came before. I worry when I took my eraser the strokes were far too broad and long. Why not take every moment to remember every moment as it slips away and why not stick fast to every memory even as it becomes twilight, even as it passes into a realm where I can't go. Why not try to hold on?

Your forgetting was manufactured and now you treat your memories the same way. For trying to preserve you're losing what it once was. Fossilization eventually destroys what had been there until there it is nothing of what it once was. I come across these little gifts of nature often, but not even a ghost could cling to those rocks.

So then, what do I do to Drift and remember?

You look then you Drift, simple as that. Follow the pull and the resulting push back to where you were and, most importantly, you live, Hailey, cause you're not living now. There may be a steady permanence in the past, but it can be a glue trap for a small pirate like you.

Show me, show me how to Drift as others do.

Will you promise to let go of your loot and surrender to tide as it guides you through memory? To follow the whispers to the trenches of the deep and return to seafoam shores? Do you promise to caress coral and rock and wave? Though, mostly, do you promise me without any doubt that you will not resist?

I promise not to shift to stay in form and Drift. And stay in your domain in perpetual change, if only you let me.

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It's up to you, if you Drift. I cannot stop where you go but I promise you the pain will never be greater than anchorage. I promise you that...

The Debris



The Debris 28

How eager the ship

Diverges from the lighthouse

Both end in debris

Both end in debris

After crashing on the rocks

Time buckling form

Time buckling form

The tides cradled me instead

Babe of the ocean

Babe of the ocean

Salt sustains my lungs below

I walk by floating

I walk by floating

To and fro and fro and to

No destination

No destination

I greet ship and nautilus

Listen to whale song

Listen to whale song

To driftwood creak and shrimp snore

Listen don't remain

Listen don't remain

It's the beggars game you'll see

His ship is breaking

His ship is breaking

A pirate of memory

It's not greed but love

It's not greed but love

But love shouldn't weigh a thing

Yet the ship creaks so

THE DEBRIS

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How the ship creaks, so

Love the sea not your treasure

For it will drown you

It will drown you sir

I'm no siren of the sea

I know memory

I know memory

It can be a poison love

Drift with me instead

Drift with me instead

You may still see your treasure

May touch your treasure

Touch your treasure but

Leave it where it has sunken

Don't let it break you

Don't let it break you

Don't fight friendly tides my friend

Be debris with me

Be debris with me

See wonders weightless beneath

Don't become stagnant

Don't become stagnant

Such things are not meant for the sea

Sailor live with me

Sailor live with me

Don't become stagnant

Be debris with me

Don't let it break you

Touch your treasure but

Drift with me instead

I know memory

It will drown you sir

How the ship creaks so

It's not greed but love

Your ship is breaking

Listen don't remain

Listen to whale song

No destination

Now walk by floating

Babe of the ocean

Time buckling form

End in debris.

Now listen to me

Drift with me and see just how

Happy you can be.

Afterword

In the midst of the pandemic, I often dreamed of a ship. It had big, gaudy sails that caught the fluff of clouds that drifted over my backyard. I dreamed alongside my father, asking what he'd think of getting a ship, which would spur on conversations of canoes and skiffs and pontoon boats. We could do it. All four of us could pack into one of those tiny boats. Together, alone, amid the crash of the waves.

However, the boat never came. Instead, I left the pandemic with a new medication and an above ground pool. I was anxious to move on with my life after missing a year. I would push forward, a determined captain seeking to chart a new course, drunk on the stars.

Three years following the start of the pandemic and two years following the end of my strict quarantine, I am still dealing with the lasting effects the pandemic had on my psyche. In a world so content to push forward, I feel we are quick to claim it is all behind us; all those loose ends have been tied up. But the sad truth is that the pandemic continues to linger in storefront windows and at the edges of texts and always at the back of my—and I'm sure others'—mind.

With this poem, I sought to show this nonlinear departure from the worst of the pandemic to the tumult of the world after. In a world seeking to move on, I have drifted back to explore what we gained and lost from these last few years, and yes, how to properly move forward.

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