

## below the surface

**Sammi Weber**

The best gift life ever gave me was the  
water.

I sink below the surface,  
and silence fills my mind.

The anxiety that  
relentlessly chokes me  
lessens.

My eyes close and I just . . .  
listen.

I listen to the water,  
muffled conversations,  
and my heartbeat.  
It pounds on,  
steady,  
strong,  
slow.

The only thing that brings me to the surface  
is the burning of my lungs,  
reminding me  
that the quiet is  
temporary.

**Sammi Weber** is a senior majoring in English and psychology. She is a total band nerd and has a green thumb (as her many, many plants can attest to). She also enjoys hot girl walks, sunbathing on the pontoon, and definitely not winter.