

**POETRY**

**Get Right Back Up**

BY TAMMY J. HIGGINS

Today is January first 2000.  
 Today is New Years day  
 The millenium would begin I hoped  
 in a fresh and peaceful way  
 At ten after four in the kitchen  
 packing dishes for when we move  
 someone for some reason  
 chose to put a warp into our groove  
**IT IS NOT IN MY HEAD**  
**IT IS A FACT**  
 Four orange paintballs loudly  
 hit our home with thunks and whacks  
 washed off with water  
 anger and embarrassment  
 a foolish prank or an ignorant attack  
 No-one seemed to care though a neighbor did see  
 but went back into their house and silently let things be  
 So taking control and taking action  
 is the first resolution to negativity this year  
 I want our rights to a fresh start  
 not beginning on a note of fear  
 so fall down and get **RIGHT BACK UP**  
 Happy New Year to all lesbians and queers!



➔ Tammy J. Higgins has published eight poems in anthologies and won a writing contest. She hikes, reads, roots for the Red Sox, is a solitary Wiccan/Pagan, and has one 14-year-old cat named Ozzy. She lives in Jaffrey, New Hampshire.

**SMIFF!**  
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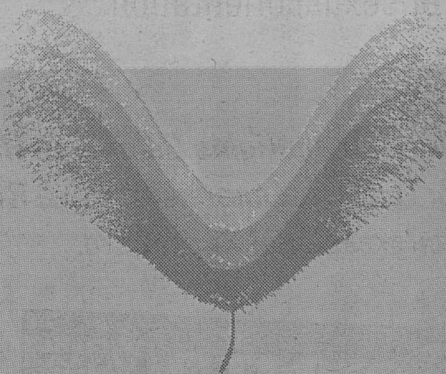
Naturopathic medicine offers an alternative approach for treatment and cure. In this methodology, there is an understanding that the body is a holistic system where imbalance in one system affects all of the other systems. This is absolutely true in the context of allergies. From a Naturopathic perspective, allergies result from improper elimination of waste and toxins, and

poor diet and lifestyle choices. Naturopathic treatments include diet and lifestyle recommendations, herbs, and other specific supplements. Replacing OTC medications with Naturopathic medicines will address symptoms, but again, unless the underlying susceptibility to allergens is treated, the individual will not be cured. Improving diet and lifestyle patterns decreases

the overall susceptibility if healthy and proper choices are integrated on a daily basis.▼

➔ For more information about how Naturopathic medicine can help you overcome chronic allergies, contact Dr. Renee Lang at the Healing Way Clinic in Brattleboro, or send an email to [dr.rlang@thehealingway.net](mailto:dr.rlang@thehealingway.net).

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