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Sharpening Intellect | Deepening Christian Faith | Inspiring Action

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Kate

Alexandria Hay (Psychology 2026)

In the summers

I sleep with my sister

My house wrinkles and creaks like an old woman

The only windows big enough for a monstrosity of an air conditioner in
the unfinished guest room

The air is crisp and fresh contrasting the dense humidity dwelling in the
old parts of the house

Countless humid nights I have laid here, with her body curled up beside
me

Each summer she takes up more space

Each summer we whisper our silly nothings and greatest deeds to each
other while the air conditioner buzzes its summer song

We kick our feet and giggles transform into yawns as the moon grows
higher in her sky

Her conversation slows until eyelids meet and her chest swells slowly with
the gradualness of sleep

I stare at the ceiling at the patch of wallpaper I peeled off when I was 9

She is curled up beside me, most of our time in this house is done

We have spent the most time together that we will ever spend at once

You are my greatest miracle with your pin-strait brown hair and your
fascination, my

not-so-baby-sister

You will have been in my life the longest, long after our parents leave this
earth

We have spent the majority of our nights in this bed together

I will say goodbye soon and we will be apart for another 9 months

I don't want to leave you here, but I know you will face your challenges
even without me

You are so courageous

We will have to be courageous together while we are apart

I am always a phone call away

I will drive the 300 miles for you any day

I would swim oceans for you
I would wade across universes for you if we could go back
To me throwing you into the pool, teaching you how to brush your teeth and
holding your hand across the parking lot
You held me the other night in the guest room bed while I cried
When did you grow old enough to know what I need
When did you stop being little?
You are my world
My trees bloom and my oceans crash around you
I love you as only a sister knows how

Stay curled beside me in this too-big bed
I will see you in the morning
Goodnight

accept yourself
Emily Frith (Studio Art 2026)

