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AT LEAST  
Alvin Pang

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## **at least**

I still have my health. All's well at work  
besides the paltry lunch breaks. But I'll live.  
My lungs are both intact. And by some quirk  
two roses survived. I make enough to give  
to Oxfam, Red Cross and St John's. I sleep  
most nights. I swallow without weeping now.  
The sink is clean. My heart's not maggot-eaten.  
The milk I drink is not yet past expiry.  
Monday follows Tuesday. Someone died,  
it's in the papers. Seven times I've beaten  
Halo on the hardest setting -- how  
exactly is recorded in my diary.  
Putting one foot before the other, I keep  
my balance. Paint dries. Today I haven't cried.

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