

## **They Say**

By Dennis Fritzing

they say to  
plan ahead,  
have plenty of food,  
water and batteries  
tucked away somewhere.  
they say toilet paper  
first aid supplies  
smoke masks  
and books to read.  
keep a list  
of emergency numbers  
in case you want to call  
family, friends  
or a hospital.  
they say get ready  
to leave at a moment's  
notice;  
they say not to wait  
but to use  
your own judgment.  
they say don't take  
anything for granted;  
they say experience  
isn't always the best teacher.  
then they say  
plan an escape route,  
have a destination,  
someplace where you  
will be among friends  
or at least able  
to gather your wits.  
then they say be prepared  
to move again  
if you have to.  
they say stay alert  
it leads to  
staying alive.  
they say count your blessings.  
do this every morning  
when you wake up  
and each night  
before you go to sleep.  
they say life

is a miracle;  
each hour is precious.  
they say if you passed  
through the fire  
you know this already.