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Surrender to Age

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Surrender to Age

by Helen Shullaw

Age, **GET BEHIND ME!**

Robber of good intentions,
Late-night entertainment,
Memories of days gone by
And yesterday's deeds.

Age, **GET OFF MY BACK!**

You beast of burden,
You multiplier of aches and pains,
You destroyer of dreams
And benefits of doubt.

Age, **DISAPPEAR!**

Thief of fantasy
And sweat-soaked nights of ecstasy.
What have you done with my youth
And flights of fancy?

Age - **I WON'T EMBRACE YOU!**

Depletor of energy,
Of lighthearted steps to nowhere
Of time in a bottle, and happily ever after.

Age, **YOU HAVE RUN ROUGHSHOD**

Over my youthfulness
Exchanging it for quicksand feet,
Medicinal cures, and fleeing hormones.

Age, **YOU HAVE LEFT ME WITH . . .**

Pills every four,
Sleep before dark,
Cream-salvaged skin,
Dangling participles
and sagging breasts,
Half-finished sentences
and names lost forever.

My *unwelcome visitor*

has come knocking,
taken up residence-
a permanent fixture.

Age, **MAKE YOURSELF AT HOME.**