Surrender to Age

Helen Shullaw
College of DuPage
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!
Depleter 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.