

### Aging in Quarantine

yep, been there, done that  
bucket list mostly checked off  
a hell of a ride

to-do list is done  
my book is eight decades thick  
awesome read, so far

golden years rush by  
then is gone, but now is sweet  
quarantine cocoon

young folks' burning dreams  
time's a-wastin', boredom screams  
fear of missing out

old man's few coins left  
young man's wealth cries for splurging  
I've got plenty, thanks



Name tag at breastfeeding conference attended with wife and daughter  
Washington DC, circa 2003