

# 3-0

## *Norma Battle*

I must  
diminish fine lines  
stop wrinkles in their tracks  
roll away the years  
minimise age spots  
combat the effects of aging  
regenerate my skin's appearance  
day cream  
eye gel  
night cream  
get younger looking skin  
using anti wrinkle  
anti aging  
pro age products  
I must  
fight the signs of aging  
NOW!

lucky for me  
I am a lover of the  
well worn  
the vintage  
the antique (when at a reasonable price)  
the tattered  
the slightly torn

the silvery strands add colour  
to my one-tone mane  
the lines on my face  
deepen as I  
smile at strangers  
and laugh at bad jokes (I tell)

age  
only indicates the years you have lived  
not how you have lived them  
a good life  
is the well worn  
worn well

come here 3-0 baby  
with all your number friends in tow  
you will add years  
I will add life.