

# Appled\*

By Joey Appleseed Pawlak AKA *Mathdude*

Have you “appled” today? Please, I pray, say not neigh!  
Have you grappled an ample sample? Into health and fitness have you dabbled?  
It is of nature’s bounty I speak – from its chapel, fresh, invigorating on your table!

Before you retire to bed, have you gobbled a red?  
Apple, that is. Of course it's not really my biz;  
I do not mean you to quiz, and I'm not really a whiz -  
About apples, that is - or even showbiz.

I just like to eat them, you see. It makes me feel light and care free.  
To chomp an apple and sip some tea, and reacquaint I and myself  
... with a fellow named me.

The yellow delicious are the best.  
Put them to the test! You'll really feel blessed.  
It won't make a mess. Buy a few, do invest!

You'll feel less stress – your friends you'll impress – your doctor you'll see less.  
I really, really do profess that you must have this portent of rest.

I certainly don't mean to be a pest; let this be my final request.  
Let apples make your manifest; add them to you treasure chest.  
Ask not for anything less! Don't settle for 2nd best!!  
Let no one your purchase repress!!!

No need for a blood test; please try what I suggest.  
This simply you cannot contest; to your life it will add zest.  
Honest, it won't be hard to digest!

OK – one last time this point to press – make health your life's quest.  
Add apples to your medicine chest; you'll surely become  
obsessed!

----- [ chomp, chomp, chomp!!! ] -----



Oh ...what’s this? a wiggly surprise ... alive ... in a nest!  
Ummm ...yummy! And a bonus – extra protein!  
Just lucky, I guess!!!

\* Dairy Queen had an advertisement that asked “Have you DQ’ed today?” – this poem rides on their “inspiration”. My ~~invisible friend bookie- anger management therapist cell-mate parole officer wife~~ can attest to the calming influence that your unconditional approval of my deathless prose will produce.

