



## MacQueen's Quinterly: Knock-your-socks-off Art and Literature

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By Colleen M. Farrelly

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[Senryu + Prose Poem]

Haibun: 78 words

### #Decoding Perimenopause

```
def patient_notes(next cycle):  
    """Joints creaking like Grandma's attic. Brain fog thicker  
    than the pea soup sticking to my thighs. Sweats rivaling  
    a wrestler's pre-weigh-in run. Midnight dreads over  
    nothing."""  
  
    if next_cycle=="spotting":  
        print("""lipstick stains  
            I wonder where  
            my libido went""")  
  
    elif next_cycle=="heavy":  
        print("""skinny dipping  
            a wave of nausea  
            sinks me""")  
  
    else:  
        print("""tampon aisle  
            my old habits  
            my new habits""")
```