

HIPPY TIPPY

My friend, please, quickly come to grips
with overbodied slimming tips,
because it's when the chips are down,
the weight is up, and people frown.
It's cheaper, too, when waists are trim
and clothes still fit, because you're slim.
But calories, down for the count,
will tip the scales the more they mount,
and they who triple-dip their chips
send pound for pound from lips to hips!

— *David L. Hatton, 6/13/2016*