**QUICK**

By Robin Schenck

QUICK is **NOT** how a snail moves

QUICK is how I drive to work in the morning

QUICK is how I read my emails

QUICK is how I eat lunch everyday at work

QUICK sounds like the dry leaves blowing along the bumpy lawn

QUICK sounds like the quail scattering as I surprise them

when out for a run

Another word for QUICK is swift

One thing about QUICK is it describes the pace of my life