A day in the life of Harold Castor.

On Monday Harold wakes up in his mansion in the suburbs of Silver City. He lives with his wife Minerva and their two yellow canaries, Archie and Simone. Before having breakfast with his wife, Harold spends at least 5 minutes whistling with his birds. Breakfast almost always consists of toast with strawberry jam and a nice cup of black coffee.

At 8.30 a.m. Harold takes the Conveyor Belt Bus ,provided by Sterling Pharmaceutics, to work. On the bus Harold always sits next to Hank with whom he discusses this weekend’s results of the rollator races. Hank is a lower placed co-worker who tries to climb the corporate ladder by trying to take advantage of Harold’s kindness.

Around 9.00 a.m. the bus arrives at Sterling’s main pharmaceutical complex. Normal day’s business means Harold continues to work on his research on ultimate anti-ageing gen. Harold leads a team of five people in the research and development branch, who are all dedicated to find the so-called ‘Well of Longevity’. Research usually goes on till noon with only a minor break around 11 a.m.

For dinner on Mondays Harold relies on his wife because she always makes him his favourite tuna sandwich. As Harold values his time alone, he spends his free time at work to finish this week’s crossword puzzle.

Work continues after the break with reporting to the senior officer of the research and development department. So far nothing significant has been found yet so the report is yet again a status update on this day’s progress. Usually Sarah Chalk, the senior officer, does not bother too much with Harold’s status report, since she does not expect anything to happen anyway. Nevertheless, Harold and his team continue their work day in day out to find the anti-ageing gen.

Work ends at 5 p.m. when Harold takes the Conveyor Belt Bus back home. In most cases dinner is ready to be served by the time he gets home. Dinner though is mostly the same, mashed potatoes with meat or fish and a nice wine or beer to go along with it. Harold and his wife always do the dishes together as a daily routine, afterwards they spend their evening on the couch watching Storm of Love and Late Night Journal if there are no rollator races on the television.

Harold’s day ends between 10:30 and 11:30 p.m. since he has to get up early to go to work again and because he needs at least 7 hours of sleep to function properly.