

When is old, old?

Old age is an odd thing. When are we there, old? I know that a 30 yr. old looks creepy if there dating a 19 yr. old. Some say it's not. Yet, I thought my teachers were old when I was in high school. They were probably 30ish. I'm 56 and 65 does not seem that old. I look and feel great. Then there is my 32 yr. old friend. He can outrun me without working out. I have to run almost every day. My body knows old. Yet, I'm not 80 old.

It was a bad day when I saw some of my childhood things in a museum. Wake up call! Someone said that a sporting event is 30 years old. What! Some of my favorite songs are 40 or 50 years old. Almost weekly someone from my childhood is dying: musicians and actors. Rod Stewart is touring and I have seen him 4 times. Yeah, 4 times in the 80's. He's still alive? The worst is seeing my sports stars retire and then my next century sports stars retire. Yes, they don't play long but I have decades of stars dying and retiring. Yet, the Queen just might out-live me!

I believe I will retire in the next 4 years. It's not looming but it is. I know a few people my age that have retired and they look older than me. Is it my brain just playing tricks? They say I'm afraid to retire. I am not sure about that one. I like work. Ok, to be fair, I don't care much for Canada Post. It's about the people and the job. I love my job. On the other hand, I would have fun being retired. I'm so busy as it is these days. Then there is the dying thing. Our life span is short. Way too short. So many people I know have or had cancer. So many stars have died no matter how rich they were. Death becomes us. It's not always about being old in how you die.

What does God have to say? Proverbs 22:6 *“Train up a child in the way he should go, and when he is old, he will not depart from it.”* Deuteronomy 32:7 *“Remember the days of old; consider the generations long past. Ask your father and he will tell you, your elders, and they*

will explain to you.” There are so many scriptures that tell us to honor the old. One of the Ten Commandments tells us to honor our mother and father. These scriptures are much more than commands or teachings. It’s smart. Ask the expert who has been there. Old is not just old. It’s experience talking. Psalm 90:10 *“Our days may come to seventy years, or eighty, if our strength endures; yet the best of them is but trouble and sorrow, for they quickly pass, and we fly away.”* Old knows but old is running out of time.

I see old. I know what that looks like. Sometimes I’m stunned at how old some people look. Certainly a 19 yr. old girl is way too young for me. Funny, a 60 yr. old woman looks hot now. I’m feeling young these days but to many, I’m old. I will retire in a few years and I’m ok with that. Am I? I picked a dumb time in my life to try and be an athlete. One pain roaming my body daily. It’s not specific but roaming. One day it’s the shoulder and another it’s a leg. I call it old pain roaming around just to remind me I’m old. Yet, I love working out and looking younger than most.

I have someone in my life who is getting old. I’ve noticed a drop off in them. It does not thrill me. I know that in time I will be there too. Will I stop working, driving, and walking? When will running end for me? Will my body just say no! It’s possible I’ll be running a marathon at 90. I’m into that. Yet, how many of my friends and family will have passed on when I’m 90? What will old look like? Even today, the news tells me that old and death are friends. I suppose they say cancer and people are friends too.

Just don’t think old. That is so funny. As an older and wiser person, I have been around the block a few times. Many, many dumb ass young people think they know more. Oh, yes, they do. My life experiences signal that I’m old. How so? You see, I am seeing trends. Young people telling us to try things that did not work 30 or 40 years ago. I’m seeing my job trying to do

deliveries in ways that clearly did not work. Governments trying economic policies that caused great pain years ago. I'm beginning to think this generation has learned nothing. Are they dumb as a bag of hammers? Or, am I just old? You know the type. The grumpy, critical, and judgmental types that don't appreciate the young. I just might be there.