

The Art of Aging While the Clock is Ticking

By Bob Taylor

Tick, tock, tick, tock is the sound of time marching on and life passing by. It is the sound of aging happening now. If anyone discovers a way to stop this relentless march the world will kneel at his/her feet. But until that happens consider this - with every tick many of us hear a little less, and with every tock, we see a little less. There are times when this is a good thing.

The talking heads on our television screens report the bad news from Iraq. They count the body bags for us and our commander-in-chief tells us the solution is to lower our standards and send more cannon fodder to the battle front. To fill the enlistment quotas, perhaps more high school dropouts, felons and slightly less intelligent applicants are being accepted. Sometimes it is better not to hear all the bad news, and not to see the young people we are teaching to kill and equipping with lethal weapons. Many of our military minds insist we are between Iraq and a hard place with no peace in sight.

Every morning when I roll out of bed, I hear the tick, tock, tick, tock, and say to myself that is the sound of aging. When I look in the mirror I see the new wrinkles that have appeared while I slept. I am thankful that I don't see them nearly as clearly as I once did. These wrinkles are, on all older Americans, badges of honor. We have earned them. Each wrinkle contains the knowledge and wisdom that comes with aging and experience. Each tick of the clock adds to that wisdom and experience.

So, let's count our blessing, wrinkles and all. Only God knows how many more wrinkles we will accumulate before crossing the great divide, but every wrinkle requires time to mature, and at your age and mine, time is precious, so make every effort to enjoy it. Try to smile a lot, so young folks will stare at you and mutter to themselves, "Bet he/she has been there and done that." Let the art of aging be your ticket to patience, understanding, courtesy, and kindness. Give those four assets away in copious quantity and enjoy yourself because life is short, but...life is good.