

“A Senior Perspective”

by

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Have you ever gone into your computer and decided it was time to clean house of all the old e-mails residing in the trash-bin (MAC talk,) or Recycle Bin (PC,) so you click on one of the above and hit delete. Then that all too familiar question comes up in a little window...”Are you sure you want to delete all files in the recycle bin?” Am I sure...? How the heck do I know if I’m sure or not? I just want to get rid of some junk that’s taking up valuable space and RAM memory.

Then, to add insult to injury, there is the sub-question below the top one that reads... “This action cannot be undone... it is final... you’ll never ever be able to get these files back out of this computer again... don’t make a mistake you’ll regret for the rest of your life.” Okay, maybe I embellished the second question a little bit but that’s what runs through my head. A pack rat like me doesn’t need anyone asking him, “Are you sure you should throw that away?” I’m just looking for excuses to keep it... whatever “it” is. I might need it sometime down the road, who knows how long... I better keep it. Of course you know I didn’t delete the e-mails... they’re still there waiting for me to access them and see what day it was, last year, that Cousin Dave said they might come see us one day this year, or was it next year.

Are you one of those guys, or gals, that when someone asks you what your Cholesterol level is you can spit it right back at them with nary a millisecond for a thought process. What good does it do for people to have that kind of information taking up space in their cerebral area? I go to the doctor and get all the necessary blood tests and allow him to advise me if I should think about updating my will or if I’m good for another six months before I come back for the same tests again. If he tells me I’m boringly normal I take that as a good sign.

However, for you out there who have asked me what my cholesterol numbers were and all I could do was hem and haw and shrug my shoulders in ignorance, I’ll share them with you right now. Having rummaged through my medical file I found the doctor’s report indicating that my HDL was 40 and my LDL was 49... of course I have no idea what

they mean. Also, according to the report my total Cholesterol was 121, but for the life of me I can't figure out how a 40 and a 49 equal 121. Now you know what it is... what are you going to do with it? The doctor said it was good and that's all I need to know.

Allow me to rant a little longer if you please. Has anyone out there checked to see just what size font the text of your e-mails is set at? I'm talking primarily for what you're sending out for other people to read. I've had to plead with a couple of friends to please enlarge their font on their e-mails because I have the darndest time reading any message they send to me. Don't tell me I can push a button and roll the mouse do-thingy one way or the other and the print will enlarge... I know that. However I, being the recipient of mail coming from you, should not have to run and get a magnifying glass or resort to rolling a do-thingy just to be able to read my mail... you as the sender should anticipate my visual shortcomings and just tell your computer to default your e-mail messages with a larger size font and make everyone happier. Is that too harsh?

Well, time to get going... I'll be heading north next week to attend my wife's high school class' 50th reunion. Well, actually, it's my class as well, but thought I would play with you a little bit. Looking forward to having close to 60 percent of our class coming back for it so it should be a lot of fun. I'll share later what all went on. Until then have a great week and a great fun-filled life.

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