

10/18/05

Changes With Age

by

Tom Holbrook

Becoming a mature citizen (sounds better than old man) entails many changes in our lives that most of us never even expect. Surprises in our lives that catch us unaware and make us wonder “Just where did that come from.” I’ve stated before that I believe that most of us who have reached the “golden years” still view ourselves as young in mind and spirit but, quite often, that youth is imprisoned in a body that seems incapable of answering a call put out by the mind to perform the simplest of tasks... say... like sitting down on the floor gracefully and then, an even more stringent request, getting up without the help of another.

One change I’ve noticed in my life is that at a certain age a man’s hair really does stop growing on top of the head and takes up residence in less attractive places such as the eyebrows, ears and nose. My wife is very quick to point out any emerging follicles trying to establish a beachhead above my eyes, or on the inside of my ears and nose so I won’t gross out anyone standing by my side in a crowded elevator. She tells me it’s only because she loves me that she even brings it to my attention. This new awareness has made me scrutinize many of my male friends, or even passing strangers, whose wives apparently don’t love them at all... judging by the dense forests of hair currently occupying those spaces normally free of such growth.

Now, before I go on, I want to assure anyone out there who has been blessed with a robust crop of hairs protruding from your olfactory and auditory orifices, I am not trying to insult you or draw attention to your situation, but have you really taken a close look at yourself in the mirror? I mean now that I have become sensitized to the situation I find myself cringing at the sight of even one wild hair daring to stick its unwanted head out of someone’s nose or dangle in front of his glasses. Can that many women truly not love their husbands enough to take preventive measures to correct this problem? Or maybe you’ve suggested a depilatory remedy only to be told to back off and leave them alone? Ladies, starting today, let that man of yours know that you’ll not be fixing those delicious, daily meals for him unless he shapes up and snips off. I promise you, unwanted nasal hair will take on a whole new significance in your husband’s daily toilette if you do.

And guys, why make the little lady go to all that trouble and heartache over something that doesn’t belong where it is anyhow? Have a little compassion for her and respect for yourself in the personal hygiene area... cut that mess of soup straining curlies off the nether regions of your head before she starts braiding them while you’re asleep. C’mon, make her proud to be your woman. You can do it... I know you can.

There's another area of change in my life, which on the surface doesn't sound too drastic but to me it's a monumental reversal of what my taste buds would normally deem welcome in my mouth. I have many times wondered how a store like Starbucks could make it specializing in a bitter product like coffee. How can something that smells so good taste so bad? Other than in the summer of 1957 when I was on a three day bivouac during basic training at Lackland Air Force Base, and a couple of emergency situations when absolutely nothing else was available to drink, I would not drink that vile tasting stuff. I also thought that kissing a woman who drank coffee had to be akin to a woman kissing a man who had just put a pinch of tobacco between his cheek and gum. Yuck!!! Keeping this in mind, please explain to me how I now find myself saying to my wife, "Gosh, that's a good cup of coffee... can I get another one?" It's true, I've *almost* joined the ranks of those who think that coffee is a necessity for beginning one's day and that one cup just isn't enough to kick start the morning.

I've even got a favorite at Starbucks... It's a Grande White Chocolate Mocha, with whipped cream. Now, Judy and I haven't really gone off the deep end yet, but I can see it just ahead. Someone please let me know what's happening to me. Am I going through a change of life or something? Are more drastic reversals of tastes and habits coming just around the corner? Are you going through the same metamorphosis as I am and, if so, in what areas of your life? Please, someone, clue me in to what other surprises are waiting for me so I can prepare myself mentally.

I need help!!!

#

Tom Holbrook

judyandtom@comcast.net