

Writers' CORNER

Are You Getting Older or Getting Bitter?

By John Raye

There are two certainties in life—death and taxes. If you live long enough death is inevitable. And we all must pay Uncle Sam.

If you have celebrated another birthday, you most certainly are getting older. And if you are not getting better, you could, unconsciously and perhaps unintentionally, be getting bitter.

Now tell the truth: Are you looking forward to getting old?

For most people, growing old is not an attractive option. In fact, some people will do almost about anything, legal or otherwise, to maintain their youthful demeanor.

"Age ain't nothing but a number," inferred a recently retired school teacher, who politely declined to reveal her age. "It's all a state of mind and you can be as young or as old as you want to be!"

Many people approach old age with caution and some trepidation, as it's so often associated with death and dying. Thus, old age, by and large, is feared and tolerated, not respected and celebrated, as it should be.

This fear of old age is also due to our near obsession to be forever young, skinny, and beautiful. But we should consider old age to be a blessing rather than a curse. In my view, signs of advancing age represent experience and wisdom. The Creator sees us as beautiful, no matter our age! Now who is foolish enough to argue with the Creator?

Old age can become a prison or a palace, depending upon your mindset. It can be made to be joyful and beautiful or dull, boring and resentful.

Accept old age as a blessing, and make it your business to live in such a fashion that you can be a blessing to others. Henry David Thoreau is clearly on point when he notes that, "If you have a good heart, a good life will follow." Another wise man had this to say about old age; "Do not regret growing old. It is a privilege denied to many."

At this time in my life, the words of humorist, Martin Buxbaum, cause me to embrace old age with a joyful vengeance. Said Buxbaum, "Some people, no matter how old they get, never lose their beauty; they merely move it from their faces into their hearts!"

John Raye, a life-health coach, lives in Kernersville and is excited to celebrate 74 years of living and 52 years of marriage. You can contact him at: rayeandrosie@aol.com or call (336) 782-7373.

You're Never Too Old to Write a Book!

By Jessie Crockett

When a person reaches the age where they are called a "senior," rewarding things can begin to happen. Being a senior is not just about age; it is what we do at that age. I've heard that age is just a number. If that is true, we need to decide just what we are going to do with that number!

I am most certainly a person of age who has learned that age need not be a hindrance for a desired accomplishment. I had a lifelong desire to write a book and to get it published. Not until last year did I follow through and fulfill my dream.

I write this because I have met many people who tell me that they have been writing for a long time. If you are one of those people, I encourage you to follow your dream of publishing your work. I wonder myself why I waited so long to publish – waiting for a large part of my life.

There is a cost to get a book published; however, it was small compared to seeing my dream become a reality. Now my book is selling online and being purchased directly from me. I've had two book signings!

I encourage seniors to collect the poems, essays and stories you have written and pursue your desire to get your work published. You may be surprised by readers who are eagerly waiting to read your work as a senior who has experienced and learned so much in life.

Jessie Crockett has always loved to write. Her book, "Expressions from the Heart," is available on Amazon.com.