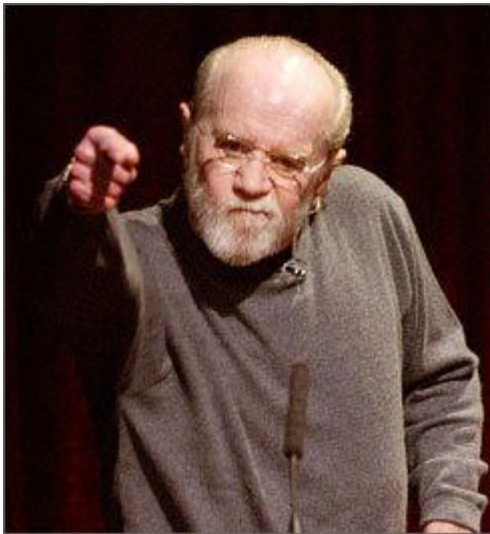


George Carlin



George Carlin at age 102

George Carlin's Views on Aging

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

'How old are you?' 'I'm four **and a half!**' You're never thirty-six and a half. You're four and a half, going on five! That's the key

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

'How old are you?' 'I'm **gonna be 16!**' You could be 13, but hey, you're gonna be 16! And then the greatest day of your life... You **become 21**. Even the words sound like a ceremony. **YOU BECOME 21. YESSSS!!!**

But then you **turn** 30. Oooohh, what happened there? Makes you sound like bad milk! He **TURNED**; we had to throw him out. There's no fun now, you're Just a sour-dumpling. What's wrong? What's changed?

You **BECOME** 21, you **TURN** 30, then you're **PUSHING** 40. Whoa! Put on the brakes, it's all slipping away... Before you know it, you **REACH** 50 and your dreams are gone.

But wait!!! You **MAKE it** to 60. You didn't think you would!

So you **BECOME** 21, **TURN** 30, **PUSH** 40, **REACH** 50 and **MAKE it** to 60.

You've built up so much speed that you **HIT** 70! After that it's a day-by-day thing; you **HIT** Wednesday!

You **get into** your 80's and every day is a complete cycle; you **HIT** lunch; you **TURN** 4:30; you **REACH** bedtime. And it doesn't end there Into the 90s, you start going backwards; 'I **Was JUST** 92.'

Then a strange thing happens. If you make it over 100, you become a little kid again. 'I'm 100 and a half!'

May you all make it to a healthy 100 and a half!!

HOW TO STAY YOUNG

1. **Throw out nonessential numbers.** This includes age, weight and height. Let the doctors worry about them. That is why you pay 'them'

2. **Keep only cheerful friends.** The grouches pull you down.

3. **Keep learning.** Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. 'An idle mind is the devil's workshop.'

And the **devil's name is Alzheimer's.**

4. **Enjoy the simple things.**

5. **Laugh** often, long and loud. Laugh until you gasp for breath.

6. **The tears happen.** Endure, grieve, and move on. The only person who is with us our entire life is ourselves. Be ALIVE while you are alive.

7. **Surround yourself with what you love,** whether it's family, pets, keepsakes, music, plants, hobbies, whatever. **Your home is your refuge.**

8. **Cherish your health:** If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9... **Don't take guilt trips.** Take a trip to the mall, even to the next country; to a foreign country but **NOT** to where the guilt is.

10. **Tell the people you love that you love them, at every opportunity.**

AND ALWAYS REMEMBER :

Life is not measured by the number of breaths we take, **but** by the moments that take our breath away.

