



Age is Just A Number

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Age is Just a Number?

Has anyone remarked to you, "You are not old; Age is just a number"? I suppose the intent is genuine, words of encouragement like 'you sure look great for a person your age!'. Age is not a gauge of a person's spirit, intellect, physical abilities, or anything else for that matter. I never really paid serious attention to these words until recently. Drug companies use the cliché of marketing prescription drugs to seniors, hoping to live longer. At the same time, net predators try to lure in the lonely or unsuspecting, suggesting it is ok to connect with a 20-year-old bodacious babe; you know, Age is just a number. For example, dating sites and social media platforms are filled with friend invites to praise your photography or posts, in hopes of gaining an invitation to become a "friends." Photos, all likely not the troll, are part of the lure. "I do not know you, and I am 81 years old". Response: 'Age is just a number.' Bingo, block, and report.

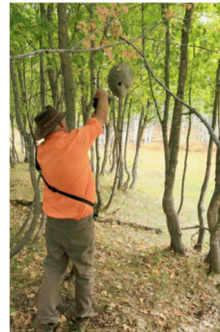
Yes, indeed, Age is a number. Sometimes, a huge number!



Greg McKelvey being interviewed ,2023

Thinking about antiaging and staying young or desirable, what is this business with pharmaceutical companies advertising prescription drugs on TV? The target audience is the suffering patient with a "moderate to severe" hangnail, asking them to bully their doctor into prescribing this "medical" medicine. There is something wrong here. If my doctor felt I needed a drug, why would I have to ask him to do so? Are doctors so out of touch or susceptible to me asking for a drug I know nothing about? Something is definitely wrong here. The drug companies would not spend big bucks on advertising if this marketing did not work. Give that some thought, and take all the time you need. The dogma is not going away anytime soon.

Age is just a number. No, it is more than that. A feelgood positive thought offered to make older people feel good. But Age is more than counting the number of laps around the sun; Age is the composite of experience, lessons earned or ignored, approximating how many times your heart pedaled life around your system or the number of times your knees absorbed shock while walking or running. Age can be a gauge of wear and tear. My body does not have all the original parts and is missing a few components, too. Age can be a measure of physical abuse.



Greg following a helicopter crash (1966)/ photographing a bees nest (2018)

Aging is more than aches and pains; it is mental as well. It is a sobering thought, yet it is natural when we forget or witness someone age. Being 90 while looking 65 and feeling a fit 70 means that a time may arrive when we can not do what we sometimes did. It is difficult to accept our minds under changes while trying to understand our limitations. But accepting limitations is good. It is a false hope to think 'Age is just a number'; we somehow must accept

aging means change. I do not want to live forever, I do not want to live in discomfort or pain, and I do not want to be able to do everything I once did. Let my new number signal opportunities and new memories. All I wish is a quality life with enjoyment and loved ones nearby. As I embrace what I can do, I understand I am still me,

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Pondering along in old age without fear, excepting what I can do
Enjoying every minute of it!