

My Chin Hairs Are Gray!

At first I was surprised to notice these awful hanging fragments. Grabbing my bifocals, I ripped them from underneath my chin. I was stunned (actually horrified) when they grew back. The books say to embrace the quality of life, especially as we get to see more birthday cake candles. But there are days...Are you noticing any of the following "life qualities"?

A physical stature changing to the shape of a pear or a stranded bowling pin

Skin texture resembling crepe paper

Under-eye bags staying around 24/7 and not just after a late night party

Pre-dawn nature calls to the loo

Hammocks hanging in the place of my triceps

An eyeglasses' chain as a permanent personal physical hanging fixture

The 15 lbs gained in 1992 are still around and around and around

Losing my patience is now an almost chronic condition

The knocking knees has been labeled "creaking" by the doctor

Remembering when a "muffin top" at the waistline was called "love handles"

An oldest child being two years from the age of fifty

"Those noisy kids" are my darling grandsons☺

And they only make cute organic boisterous music.