

"On The Town"

Old People

Richard J Martorano Ed.D

I never thought I would be spending a lot of time writing about "Old People" or admit to anyone, including myself, that I was now at the age to be considered an "Old person". As I began to collect different tib-bits about old people to write this column, I realized, yes, I had become and am proud to be an Old Person.

All the observations below have significance to me personally because they make me remember where, who and what I was when their explanation had something to do with me. For example: where, who and what I was when I lived through the atom age, the Korean war, the cold war, the jet age and the landing on the moon.

So, these are identifiers of old people.

1. Old people are easy to spot at sporting events; during the playing of the National Anthem, Old people remove their caps, stand at attention and sing without embarrassment. They know all the words and believe in them.
2. They remember the fifty plus Peace-keeping Missions from 1945 to 1965.
3. If you bump into an old person on the sidewalk he will apologize. If you pass an old person on the street, he will nod or tip his hat to a lady. Old People trust strangers and are courtly to women.
4. Old people hold the door for the next person and always, when walking, make certain the lady is on the inside for protection.
5. Old people get embarrassed if someone curses in front of women and children.
6. Old people have moral courage and personal integrity. They seldom brag unless it's about their children or grandchildren
7. It's old people who remove their hats while eating in a restaurant in respect for ladies and guests.
8. It's the old people who know our great country is protected, not by politicians, but by young men and women in the military serving their country.
9. In my opinion: If there ever was a time in American history when we need "Old People" for their work ethic, sense of responsibility, pride in their country and sensibilities: It is now!

Eat whatever you like because:

The inventor of the treadmill died at the age of 54-traffic accident

The inventor of gymnastics died at 57. Heart attack

The world bodybuilding champion died at 41-Blood disease.

The best footballer in the world, Maradona died at 60. Choked on a piece of meat.

The KFC inventor died at 94 - Natural causes

The inventor of Nutella died at 88 - Natural causes

The cigarette maker Winston died at 102 - Drowned

The inventor of opium died at 116 - Earthquake.

The of inventory of Hennessy died at 98. Liver failure (figures)

How did doctors come to the conclusion that exercise prolongs life?

The rabbit is always jumping but lives for around two years – The turtle that doesn't exercise at all, lives over 200 years.

So.....rest, chill, eat, drink and enjoy your life.

This is too cute not to include here.

Senior trying to reset a password

Windows: Please enter your new password.

Old folk: cabbage

Windows: Sorry, the password must be more than eight characters

Old folk: boiled cabbage

Windows: Sorry, the password must contain one numerical character

Old Folk: 1 boiled cabbage

Windows: Sorry, the Password cannot have blank spaces.

Old Folk: 50boiledcabbages.

Windows: Sorry, the password must contain at last one upper case character,

Old Folk: 50BOILEDcabbages

Windows: Sorry, the password cannot use more than one upper case character consecutively.

Old Folk: 50BoiledCabbageshovedinyourfaceifyou don'tgivemeaccessnow!

Windows: Sorry, the password cannot contain punctuation.

Old Folk: Reallymadnow50BoiledCabbagesshovedinyourfacedifyou don'tgivemeaccessnow

Windows: Sorry, that password is already in use.

Dr. Richard (Rick) Martorano is the owner of R. Martorano Productions LLC and Music, Etc. Inc. He is a prominent musician, producer, composer, music director and adjunct university professor residing in New Smyrna Beach. He can be reached at an rjaem222@gmail.com.