

I got into running and fitness many years ago. And as I've grown older I've watched the culture change. It has left me with some biases I'll probably have for a long time.

For example, I've watched people wear their hats backwards and sideways. I wonder if they don't know where their face is. I don't take anything they say seriously ... It's obvious if you don't know your face from the back of your head, everything else is suspect.

Another big one on my bias list is some of the EMT (Emergency Medical Technician) personnel who respond to 911 calls. Sometimes it appears they are the ones with the emergency as they appear obese and smoking a cigarette as they drive their vehicle to help with an emergency. I don't think I would find much comfort if they came for me. It seems there should be some minimum requirements for these folks who are considered to be connected to the health occupations.

Lately I've been hearing the term "economic expert." There seems to be a whole bunch of these folks out there. Yet I wonder why, if we have so many "experts" we are in an economic Armageddon. One of these people cheated on his taxes, and he got appointed as the Secretary of Treasury. It gives new meaning to the word "expert".

While I'm at it, I guess I should mention the athletes who refer to their games as "going to war" or "It's going to be a war." I don't think so! It's just a game. Pat Tillman left NFL football and went to war where he gave up his life for his country.

And I must confess that one of my strongest biases is guys with earrings. Sorry! I'll never get used to this. Guys don't wear earrings ... ladies do. I've never seen a guy look right with earrings. And oh yeah ... one more ... multiple tattoos. If you don't get that one, there's no need to explain.

There's only one generation ahead of me now ... and several behind me. So I guess I'm getting old, or older. I'm not optimistic. If the trend continues, fat people will administer health care with their hats on backwards. But they will be considered experts. And wars will be our sports and games played by athletes who wear earrings ... Oh boy!

Some people will agree with me, and others won't. But at this time in my life, I'm only interested in hearing from those who agree with me. Those who disagree can find a mirror and see if their hat is on "right." It seems as if we live in a time where "anything goes" ... And if the trend continues, everything will go.

For now, I'll just go take a run. And may the wind be always at your back.

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