This podcast does not provide medical advice. Please listen to the complete disclosure at the end of the recording. Hello everyone, and welcome to Everyone Dies, the podcast where we talk about serious illness, dying, death, and bereavement.

I'm Marianne Matzo, a nurse practitioner, and I use my 43 years of nursing experience to help you understand what happens at the end of life. I'm Charlie Navarrette, an actor in New York City, and here to ask questions you might have while listening to our broadcast. We are both here because we believe that the more you know, the better prepared you are to make difficult decisions, and let's face it, it's easier to make decisions when you are not under pressure.

So please relax, get yourself some cheese and crackers, wine, a hot toddy, and thank you for spending the next hour with Charlie and me. We're dedicating this podcast to Betty White, who died on December 31st, just two weeks before her 100th birthday. Her entertainment career spanned more than eight decades, from star turns on the Mary Tyler Moore show, Golden Girls, to more recent roles in Hot in Cleveland and The Proposal.

So with five enemies to her name, White holds the Guinness World Record for the longest TV career for a female entertainer. So thank you for joining us for this show about being 100. In the first half, we have our recipe of the week from Charlie that includes the history of Cheez-Its, which are also 100.

In the second half, we're gonna talk about what it takes to live to be 100. And in the third half, Charlie has a report about what children think life would be like if they lived to be 100 years old. So Charlie, hey, Charlie, have you seen the new HBO thing, the takeoff from Sex and the City? Oh, the follow-up to it? Have you seen that yet? The follow-up? Yeah, yeah.

Oh, crap. And I say crap because I have not, no, not at all, no interest at all, no. Well, you know, I saw the reviews and I thought, well, those aren't very good reviews.

And you know, Samantha's not, didn't come back for this. And, but I thought, what the heck, I watched Sex and the City all those years. So I watched it and then I thought, this was really pretty bold.

Because, and you know, spoiler alert, I'm gonna try not to give it a lot away, but in the very first episode, there's a major death. And the rest of the episodes, I mean, they deal with lots of other things, like Carrie's on a podcast and, you know, why Samantha went away and, you know, all the variety of different issues. But the theme throughout is this major death and grieving and growing old.

I mean, they talk a lot about, well, you know, we're 55. And, you know, you don't see, especially given like the whole Sex and the City theme and what that was all about, I was just really surprised that they went down that road, that they are dealing with widowhood and sudden death and grieving and loss and what happens now. And I'm 55 and my back hurts and should I dye my hair and all these things that are very relevant to being 55.

So I don't wanna, you know, like I said, I don't wanna ruin anything for anybody, but the reviews are such that I think they wanted more Sex and the City and instead you have, you know, they grew up and they're dealing with these issues now. They're dealing with different issues. It's not about sleeping around in shoes, although sex still plays a big part of it and shoes still play a big part of it.

But I just would suggest to listeners and maybe you, Charles, to give it a try because it takes you in a place where you don't, I didn't expect them to go and I'm really pleased that they went there because I think it's an opportunity for people to learn about and to see these characters in this other part of their life. Right. So.

Right, good. That's what I have to say about that. And it's a good thing to say.

Yes. Why, thank you. So, for the first half, Charles, what do you got? Well, it is orange and square, the snack of our youth and adulthood.

Cheez-Its, as you said, celebrates its 100-year birthday. Da-da-da. I love Cheez-Its.

Do you like Cheez-Its? Actually, I do, yes. I don't know just- Have you tried the extra toasty ones? I have not. What? Oh my God.

So what, they toast them twice or what? So remember when, you know, like every now and then you'd get like a real kind of brown toasty one and be like, ooh, those are so good. It's like the dark potato chips are a little bit too cooked. Oh, yes, yes.

They took that, ooh, we cooked it too much and made a whole box of, ooh, we cooked it too much. Oh, really? And they are called Toasty Cheez-Its and they are so freaking good. Huh, I'm gonna have to look for those.

No, I do know what you're talking about, yes, yes. Yeah, yep, they're good. So, I'm sorry.

No, that's all right. You were saying? Yeah, so it's the 100th year, birthday. Da-da-da-da-da-da.

So in going back to 1847, who would have thought? Oh, wait, wait, oh. Happy birthday, Cheez-Its. There you are.

I was just ringing my bell because I had an opportunity to ring it. And I don't like to pass up an opportunity to ring that bell. To ring that bell, yeah, absolutely, yeah.

All right, I'm gonna be quiet now. Back in 1847, Dr. William Wolfe of Dayton, Ohio, determined his patients with dietary restrictions needed a different kind of food. So Dr. Wolfe created his own food, a hard butter cracker that became known as the Dayton Cracker, made for medicinal purposes.

Christian psychologists- I've always felt that Cheez-Its were medicinal. I'm sorry. You know what, you could really argue that anything, you can make anything you want into something medicinal.

Not necessarily going to be true, but if in your mind it's medicinal, well then so be it. Then therefore it is. Yes.

Okay. So Christian psychologists, sorry, it's Christian physiologists, not psychiatrists, Christian physiologists like Sylvester Graham of Graham Cracker fame were concerned about a modern diet that contained too many stimulating substances. In addition to being a cracker evangelist, Graham was also a pro-temperance Presbyterian minister who preached a vegetarian diet.

Wolfe echoed- Yeah, he's a crazy guy. Wolfe echoed Graham's concerns that food was far too rousing. Though Graham also believed- I wish I could just put this off, like, well, it was the 1840s, but yeah, what goes around comes around.

Now I know when I've had White Castle, sometimes I think, gosh, these are just too rousing. I should not have a fourth or fifth one, but I throw caution to the wind. Yes.

Be aroused, Charles, be aroused. So yes, rousing. Though Graham also believed his crackers could cure promiscuous and unprincipled sexual manners.

Man, I gotta get me a box. Yeah. They believed there was too much nourishment per food unit in modern bread.

Too much excitement, says Haushofer. So they recommended grain products made from coarse flour, which they believed contained a more natural ratio of nourishing and non-nourishing parts. Crackers were considered health food, but Wolfe's patients weren't the only ones after his crackers.

You can interpret that any way you wish. What started as a medical remedy soon became a sought after treat. In the 1870s, while living in North Dakota, Dayton natives, J.W. and Weston Green often longed for a taste of home.

Father and son regularly sent back to their old home city of Dayton for necessities, which included a good supply of the Wolfe cracker. In 1897.

Man, that really tells you something about how much they didn't have in North Dakota in 1870.

But we love North Dakota. Do they have much now, 100 years later? I gotta hope so. Yes.

In 1897, when Wolfe died, Green purchased the Wolfe Bakery Company and his son joined him in business. The Greens renamed the enterprise Green and Green Company. And while Wolfe's recipe remained the same, they rebranded the doctor's famous treat as the Dayton cracker.

Green and Green flourished, expanding its operations to nearby Springfield and Lima. Lima. Lima or Lima? You say potato, Weston.

I was gonna say- Potato. And delivering- I was gonna say, isn't it Lima, Ohio? I believe it is, actually, yes. We all- Yes.

Yeah, we always said Lima. Yes, we did. Yeah.

I just haven't used it in a long time. Well, I mean, we as my family, but who knows, we've said a lot of things wrong, who knows? So it's Lima, Ohio, but lima beans. Yes.

All spelled the same way. Yes. And Lima, Peru, the capital, right? Lima's the capital of Peru? Right.

Yeah, close enough. And delivering baked goods across Southwest Ohio. But soon, the company's crackers became more than a regional concern.

During World War I, green and green fired up its ovens for the war effort. No far less tasty than the Dayton Cracker, Dayton's fighting bread sustained countless soldiers during the Great War. Typically made from salt, the crackers, not the soldiers, flour and water, hard bread, also known as hard tack or teeth, jawbreakers, was often soaked in water before being served.

If stored improperly- You know, I never- What? I never knew what hard tack was. I've heard people talk about hard tack, but I never knew what

it was. Did you? I remember it, I don't know, maybe my father told me as a kid, but actually, yes, I knew it was basically, you were biting into a piece of bread, you might as well be biting into a soft stone.

Yeah, that it was just hard. Wow. Charlie, this is just so educational.

It really is, I'm being edumacated. Yeah, thanks. Yeah, yeah, sure.

So hard tack or teeth jawbreakers was often soaked in water before being served. Now, again, if stored improperly, weevils and maggots made hard bread their home, prompting soldiers to dub the wartime ration, worm castles. Mm, yum, yum.

After World War I, green and green companies sidelined hard bread in favor of more flavorful food. By Armistice Day, the Dayton Cracker, still made with Wolf's original recipe, had been baked in Dayton for nearly 100 years. But while the hard bread butter, not bread butter, butter cracker.

That's it, sorry. But while the hard butter cracker was a local treasure, because I know our listeners will be looking this up and say, wait a minute, that's not what Charlie said. And we'll get multiple letters, which actually then people hit likes and everything, just gets us more responses.

So I'm gonna keep making these mistakes for you folks to look up and then, you know, like us. But I digress. Sandy will be thrilled with these mistakes, Charles.

She'll be thrilled. So the hard butter cracker was a local treasure. A lot of people said, let's bury it.

No, just kidding. Was a local treasure and customers yearned for a delicate, flakier treat. Soon, green and green launched its Edgmont line and in 1921 unveiled the baked rarit, known as the Cheez-It Welsh Rarit.

Yes, at its most basic form, it's essentially a cheese sauce spread on toast. In some 19th century- A Welsh Rarit, wait, Welsh Rarit? Rarit. Is cheese spread on toast? No, but Cheez-It Welsh Rarit.

So it's not the Welsh- Cheez-It. Cheez-It Welsh- There's a period after Cheez-It. Welsh Rarit is a whole other story.

They didn't call Cheez-It Welsh Rarit, did they? That's what I read, that it was known as Cheez-It Welsh Rarit. Yeah. Really? Yeah.

Oh, me darn. I know this is number three thing I've learned today. I think I need to go back to bed.

I'm exhausted. Beep, beep, beep, beep, beep, beep, beep, beep. So, yeah, and again, at its most basic form, it is essentially a cheese sauce spread on toast.

Some 19th century English recipes specifically call for cheddar cheese. And to this day, Cheez-It still advertises 100% real cheese, which draws a connection to its rare bit roots. These rectangular baked crackers are made from cheese, wheat flour, paprika, and other secret ingredients.

I'll never talk. The cheesy taste and orange color are two of the hallmarks that give Cheez-It its name. By 1932, Green and Green packed up its last family tin of Cheez-It and sold the business to Kansas City's Loose Wiles Biscuit Company.

I love that name, Loose Wiles. So, Loose Wiles Biscuit. Must have been Mr. Loose and Mr. Wiles, right? Yes.

Because in those days, it weren't the women. Nope. In 1947, the Loose Wiles became the Sunshine Biscuit Company.

In 1996, Keebler acquired Sunshine. And in 2001, Kellogg acquired Keebler. So.

Wow. You can make your own cheese crackers. So now what? So now, I'm just trying to follow this, so now Kellogg owns Cheez-Its.

Yes. Correct? Exactly. Oh, okay.

And the Little Elves. I'm a little slow, so you know. No, no, not at all.

So yeah, so Kellogg owns both Cheez-Its and the Keebler, the Keebler Elves. Oh. Keebler, yes.

Okay. Yeah, everyone. All right.

I wondered what happened to the elves. Yeah, okay. So they live with Mr. Kellogg now, up in.

In the trees. Up in Battle Creek? Yep, Battle Creek, in the trees. Yes.

Okay. You can make your own cheese crackers, or as they are known in the South, cheese straws, with the recipe on our webpage. And folks, please go to that webpage for the recipe and additional resources for this program.

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Marianne. Thanks for that, Charles. So in keeping with our centurion theme, we're gonna talk about how could you live, how, what do you have to do to live to be a hundred? So the world was home.

And like George Burns, you know, martini or two a day and a cigar? Well, actually, there is some data to suggest that having consistent habits, even if they're considered, quote unquote, bad for you, are actually good for you in terms of living to 100. So maybe you have something there. But the world was home to nearly half a million centurions.

These are people over the age of 100 in 2015. More than four times as many as there were in 1990, according to the United Nations estimates. And this growth is expected to accelerate.

Projections suggest that there will be 3.7 million centurions across the globe in 2050. Now, that's still a really pretty small percentage of the population, but it's not something that we've ever seen. And if you look back, even, you know, the last couple of weeks in terms of famous people who've died, they've all been over, you know, 95 years old.

90, yeah, yeah. Yeah, Poitier was 94. Yeah, Sidney Poitier just died.

Joan Didion, well, she was, what, 91 or 92. Of course, Betty White, couple weeks shy of 100. Yeah.

Right. But there's, you see, it's like, oh my God, you know, they're 90 this, 90 that. And we, that's the new trend, you know, 100 is the new 80s, so things are changing in terms of our population.

And while most of us can expect to live to be about 80, some people define expectations and live to be over 100. In places like Okinawa, Japan, and Sardinia, Italy, there are many centurions. The oldest person in history was a French woman named Jeanne Calment, and she lived to 122 years.

When she was born in 1875, the average life expectancy was roughly 43. Now, part of the issue with, you know, somebody like Jeanne and, you know, people are, oh, I'm 122, I'm 115, whatever, is that when they were born, records weren't what they were like when we were born in terms of really good documentation. So it could be that she died at 122, or it could be that because of the record keeping, she was a little bit younger than that, but whatever, she was still over 100 years old.

But just how long can humans actually live? It's a question that people have really been asking for centuries. Well, average life expectancy, which is the number of years a person can expect to live, is relatively easy to calculate, and we also have a show that we did about that, so the link for that is on the website if you wanna go learn about life expectancy. The maximum lifespan estimates, which is the greatest age a human could possibly reach, are much harder to make.

Previous studies have placed this limit close to about 140 years of age, but a more recent study proposes that the limit to the human lifespan is

closer to 150. And I'm gonna tell you about this study in a minute, but let me talk a little bit more about calculating lifespan. Yeah.

The oldest and most widely used method for calculating lifespan is the Gompertz equation. The what? Now, this is the, it's called the Gompertz equation. Okay.

This is the observation first made in the 19th century that human death rates from disease increase with time. Essentially, this means that your chance of death from cancer, heart disease, infections, for example, roughly doubles every eight to nine years. So this formula can be adjusted to account for how different factors, such as gender or disease, can affect the lifespan within a population.

Gompertz calculations are also used to calculate health insurance premiums, which is why these companies are so interested in whether you smoke, whether you're married, or anything else that might allow them to more accurately judge the age that you're going to die. And the reason health insurance wanna know this is because they want to have their rates be high enough so that they are going to make money on health insurance. Right, of course.

And that's like, you know, Social Security was set at 65 because back in the day when it was set at 65 was people were thought their lifespan was supposed to be about age 63. So they figured, well, if we set the Social Security benefit at 65, most of the people will be dead and they won't claim it. Right, it'll have to pay out.

And we won't have to pay out the benefit. But our generation's fixing that. Uh-huh.

Because, you know, even though, even though they've very slowly raised that Social Security benefit, I think for us now it's like 67, it's still not enough because we are gonna just shoot the moon with all that. But anyway, I digress. So a different way to calculate how long we can live is to look at how our organs decline with age and run that rate of decline against the age at which they stop working.

For example, eye function and how much oxygen we use while exercising can show a general pattern decline with aging with studies calculating that organs will only function until the average person is around 120 years old. Now these studies also document variation between people as they grow older. For example, some people's kidney function declines rapidly with age, while others, it hardly changes at all.

So back to that study I was telling you about. Research in Singapore and Russia and the United States have taken a different approach to estimate the maximum human lifespan. And so what they did is they developed a computer model and they estimated that the limit of human lifespan is about 150 years.

So these researchers hypothesize that there could be a relationship between your chance of death and how rapidly and completely you recover from illness. So what they're talking about is really your ability to maintain homeostasis, your normal physiological equilibrium or evenness. Or another way to think about it is your resilience.

How well are you able to recover if you get an illness? If you have a surgery, are you the kind of person who they can cut into you and in two weeks you're up and around and you're recovered? Or are you somebody who is in the hospital for a month and then has to go to rehab and it takes three months for you to come back? So it's looking at resilience. In fact, aging can be defined as the loss of the ability to maintain homeostasis. Typically, and again, typically, the younger the person is, the better they are at recovering rapidly from illness.

So this study that was done, and I have the link for you, the citation for you in our show notes if you wanna take and look it up and read about it. This study was done, was called a modeling study, which is the process that assigns relational rules to data. Like if A happens, what happens to B? How do those things relate? A data model sort of uncomplicates data into useful information that researchers can then use for decision-making and strategy.

So they could say, I wanna know how does this relate to that and what happens? So what the researchers did is they took blood samples from over 70,000 participants up to age 85. So people of all ages up to age

85. And looked at short-term changes in their blood cell counts, their CBC, their complete blood account, which whenever you have blood drawn, they always draw a CBC.

The number of white blood cells a person has could indicate the level of inflammation or disease in the body. While the volume of red blood cells could indicate a person's risk of heart disease or stroke or cognitive impairment, such as memory loss. The researchers then simplified this data into a single parameter, which they called the DOSI indicator.

And it stands for the Dynamic Organisms State Indicator, DOSI, D-O-S-I. So changes in the DOSI values across the participants predicted who would get age-related disease, how this varied from person to person, and then they modeled the loss of resilience with age. So they don't actually have people who live to 150 to say, okay, here's what happens.

No, they used computer modeling from the data of those 70,000 people to then predict out what was going to happen. So these calculations predicted that for everyone, regardless of their health or their genetics, resiliency failed completely at age 115, 150, excuse me, 150, which established a theoretical limit to the human lifespan. But, Charlie.

But? Estimates of this type assume that nothing new will be done to the population, such as no new medical treatments will be found for common diseases. It's assuming that as of right now, everything's going to be the same. And the model that says that the organism, our organism, our body will die at, you know, cannot go past 150 is true.

But this is a major flaw since significant progress occurs over a lifetime. And this can benefit many people, although it'll benefit some people more than others. For example, if you had a baby who was born today, they can rely on about 85 years of medical progress to enhance their life expectancy.

While if you were 85 year old now, there's a limited of the current medical technologies and how much of an advantage it's going to be for you. So for us, not that we're 85, but you know, we're getting there, we wouldn't benefit. But if a child was born today, they would benefit.

So as such, the calculation used by these researchers will be relatively accurate for old people, but will become progressively less so the younger the person is that you're looking at. Now, the DOSI limit for maximum lifespan is about 25% longer than what had been previously predicted. So how long are you going to live? Is there a way that you could find that out? Well, not conclusively, but there are aging calculators that can predict based on your lifestyle and your family history, how long you're going to live.

Now, I put in a link to one in our show notes so that you can go through, you know, it's a computer base. So you answer the questions and then it calculates how long you're going to live. I did two of them.

One said I was going to live to, what did it say? 95, and the other one said I would live to 100. Now, but there are things like one question is, have you had a car accident? Have you had a speeding ticket? So all you have to do is, you know, go driving and get a speeding ticket and your life expectancy, you lose a couple of years there because those are factors that can impact how long you're going to live. Okay, but I know, I'm trying to remember, I was somewhere in my mid-20s and I got a speeding ticket.

That's like, you know, let's say approximately 40 years ago. Have not gotten a speeding ticket since. So does, poo, what am I saying? No, no, no, it's based on the time that you take the test.

So if you sat down and took the test today, one of the questions depends on which one you take is have you had a speeding ticket in the last three years? Oh, oh, got it, got it, got it. Okay, then I'll pass, because I ain't got a parking ticket in the past three years. Because you live in New York and you don't drive.

Oh, hell yeah, who would want to drive in this city? But many people do. Okay, so go on the website, click on that link and see how long you're gonna live and write to us, let us know. If you're gonna be around a while, we'll keep doing this, right, Charlie? Yes, we will.

Sure, but you know, if, you know, anyway. So what do you need to live to be 100, well, there's. Oh, sorry, it was a rhetorical question.

No, I'm gonna tell you. All right, very good, very good. I'm gonna tell you.

There's about, there's, look, I can give you like four important things, but there's probably a hell of a, heck of a lot more than that. I can't swear, Sandy'll get mad at me. So first, you need to have good genes.

It's your genetics. It's what you got from mom and dad and everybody who came before you. You have no control over this, but if you have good genetics, it's gonna set you up to live a long life.

Now, whether or not you do is gonna depend on what you do with those genetics. So the second thing that can help you is an excellent diet and exercise plan. Which can add up to 15 years to your life expectancy.

So we have a podcast about exercise. You take a listen to that. Every, well, not everybody, but a lot of people really don't wanna hear that diet and exercise make a difference, but it does.

Fruits and vegetables, one of the questions in those calculators is asked you about your diet. Do you eat fruits and vegetables every day? Do you eat processed food? I mean, just reading the questionnaire lets you know what's gonna impact your health or not. But red wine is also good for you.

Everything in moderation, red wine's great. The third factor is a healthy environment and good mental health. This includes having a community, having a family, having a positive attitude.

That goes a long way for living well. And, oh, Charles? Well, and when you, yeah, you mentioned community and family. I know here in New York, I have a lot of friends who were not born here.

So their families are in other parts of the country, but it's just what you said about community. You just create your own family. You create your own community.

And I'm not, when I say family, I'm not talking about blood relatives, because that might not be the healthiest thing for you. Who knows? It depends on your relatives. But you can create a family.

You don't have to be related by blood to have sisters or brothers that you designate, that you care about, or older people that look out for you. Look at the Avengers. I mean, you had Iron Man and Captain America, allies at first, and then they weren't allies.

And then, of course, the big blip and everybody, half the planet disappeared for five years. And then everyone got back together and they knew they had to work together. There's a perfect example right there, Marianne.

Thank you. Perfect, perfect, perfect. And lastly, a breakthrough in turning our knowledge of the biology of aging into treatments and medicine can increase healthy lifespan.

Now, all throughout history, there've been inventions, things that have been found that have been able to have an impact on how long that we can live. And we can talk about the different treatments of medicine that are specifically being developed to increase lifespan at a later show. So stay tuned for that.

But it's important to note that we're not gonna live to 100 if we die at a younger age. Now, I know, obviously, if you're dead, you're not gonna live to 100. But hear me out here, Charlie.

Okay. If there's things that we can do so that we don't die, then we have a greater chance of living to 100. Like if you don't cross through traffic all the time and you watch the signals, you have less chance of being hit by a car.

If you use antibiotics, for example, that, you know, before antibiotics, people died all the time of really basic infections that nowadays are not

gonna kill us because we have antibiotics. So there's an invention that because it existed, people didn't die young, and then they had the opportunity to grow old. Things like vaccines, you know, the polio vaccine and the pneumonia vaccine and the flu vaccine and the COVID vaccine.

These are things that have been created so that if we take them and we become, you know, activate our immunity within our bodies, we're not gonna die from those diseases and therefore have the opportunity to grow old. So we've talked many times about the value of vaccines and of preventing death from these diseases, you know, like pneumonia, flu, COVID. So take advantage of what science has to offer to increase your chances of living to 100.

So even given the current pace of progress, we can confidently expect life expectancy to increase because it's been doing so ever since Gompertz and his calculation was alive in the 1860s. In fact, if, or as you're spending 30 minutes listening to this podcast, average life expectancy will have increased by six minutes. Unfortunately, at this rate, the average person won't live to 150 for another three centuries.

Oh, something to look forward to. But, right. So what did Betty White have to say about living to 100? And I kind of dug back in various interviews where she reported that she was still indulging in hot dogs and vodka, that she loved French fries and potato chips, that she drank Diet Coke and liked to snack on Red Vines licorice.

And Betty, wherever you are, I'm right with you on all those things. But she also said that a positive attitude was most important. In Parade Magazine in 2017, right before turning 96, she said, I know it sounds corny, but I try to see the funny side and the upside, not the downside.

She said, I get bored with people who complain about this or that. It's such a waste of time. Accentuate the positive, not the negative.

In an interview before her 98th birthday, she said that she walked a mile a day. She is a person who was adored by her fans, had three husbands, and the last being Alan Ludden, who was the love of her life. On December 29th, two days before, what? No, it's funny you say

about Alan Ludden because, no, I know, because I remember reading, you know.

See, you guys can't see this, but Charlie's like waving his face at me. I got something to say. I wanna talk here.

I'm talking here. And also, you're- I'm talking about Alan Ludden here, what? And also, when you said the thing about, you know, you can expand your life by not running, you know, across the street in the middle of traffic. And immediately I thought of the great New York adage, hey, I'm walking here, I'm walking here, no matter the traffic.

But I read a couple of reports saying that when Betty White died, that her last word was Alan. I had read that too. I don't know if it's true, but yeah, it'd be nice if, yeah, yeah.

It'd be nice if it was true. I'm sorry, so what did I interrupt? So what was I saying? So on December 29th, two days before her death, Betty White was asked by ET about her thoughts about turning 100. Yeah, for Terrestrial? Yeah.

In this interview, she said, quote, I'm amazed, no, seriously, I'm the luckiest broad on two feet to be as healthy as I am and to feel as good as I do. And they asked Betty, what would your big birthday wish for turning 100? She said, Robert Redford. Yeah.

And if you read the quotes and things about Betty, she reported that she had a crush on Robert Redford for a really long time. She said that they had never met. We do know he's 20 years younger than her, but every year for her birthday, she asked for Robert Redford.

Again, Betty, I'm with you. Of course, I don't know that I want really the 80-year-old Robert Redford, but the 40-year-old Robert Redford. Yes.

You know, Bob. Bob, yes. Call me.

Her publisher, Betty's publisher did give an interview where he said, people are saying her death was related to getting a booster. I know. COVID booster three days earlier.

What crap that is. But that is not true. She died of natural causes.

Her death should not be politicized. That was not the life she lived. So that's from her publicist.

Betty was once asked if heaven existed and what would she like God to say to her when she walked through pearly gates. To which she replied, come on in, Betty. Here's Alan.

Right, right. I remember that. So Charlie, what do you have for our third half? Well, for our third half, some teachers use the 100th day of school to give a writing assignment, asking children to respond to the writing prompt, when I am 100 years old.

So we thought we'd share some of these responses with you. Oh, this'll be good. So the first kid said, when I am 100 years old, I would have gray hair.

Me and my husband would chase the kids off the lawn. When I am 100 years old, I would have gray hair. Me and my husband would chase the kids off the lawn.

My garden would be beautiful. I will have a weird voice. I will live in an apartment.

The next kid, when I'm 100 years old, I hope I am still alive still. Next, I will be grouchy that no one will visit me. Now that's sad.

That's sad, right? Yes. The next child, when I am 100 years old, I will need a seeing eye dog to help me. Next.

That's a good excuse to get a dog. Next, I will be a grandmother and I will tell all of my grandchildren all of my awesome stories. Oh, I like that.

When I am 100, I will have a wheelchair with flames that goes 100 miles per hour. When I am 100 years old, I will still ride a motorcycle, have gray hair, be a retired United States Marine Corps soldier, live alone, watch TV, and use Rogaine. At least he's not using Viagra.

How does a kid know about Rogaine? But good. Television commercials, dude. When I turn 100 years old, I will be tired of everything and everyone.

So, I will tell everyone I'm going to Canada, but actually go to the Bahamas. I will live in a tiny hut with my tiny dog. I will order fish tacos when I am hungry and live my best life with no crap.

Did you write this, Charlie? I did not, but there is- You could have. You know what I'm saying? Of course I could have. Yes, yes.

Except for the fish taco things, because you really need something to wash those bad boys down with. So, next. What am I doing? Oh, I forgot my glasses.

Next, I'm going to be ugly, super ugly. Next, no animal will go near me because I will smell gross like cows. People may not like me because when some people call me, I will yell at them.

Well, I have that issue. When I am 100 years old, I will gamble. When I am 100 years old, I will go see an amazing rainbow.

Me and the rainbow will jump on fluffy white clouds. Yeah, I wonder what drugs she's buying. I was just thinking, I remember something like this back in the 70s.

And the last one, I will rest in a chair. You know, Charlie, I gotta tell you, this really freaking annoys me. You know, I'm a gerontologist, right? So, just like I want people to find some comfort and peace with their mortality, I really would like people to find some comfort and peace with growing old.

And what are these kids learning? Or what are they seeing? Or what, why are they thinking that they're gonna smell gross like cows or, you know, live in a, just, we need to do better. We need to do better. Oh, absolutely.

I mean, look at still the image of older people or aging people. I mean, how many times have you heard, wow, you look great for your age? Like, what do you mean for my age? What do you expect me to look like? And this wonderful woman, Ashton Applewhite, she's just, everything is about aging, you know, for her, you know, and basically what she created, she didn't create it, but she's popularized the word ageism. You know, and when someone says that to Ashton, her first response is, hey, you know what? You look good for your age, too.

It's just, it's, yeah. This image just persists, you know. Well, let's not perpetuate it.

And teachers that are listening, you know, think about it. I think the prompt of what are you gonna live, what are you gonna be like when you're 100 or I'll live to 100 and use that as a writing prompt is not a problem. But if you look at some of the, I don't know if I should call it art, but the papers that they hand out, they have, you know, old people with gray hair.

Right, exactly. In pajamas and little, you know, hats on. It's like, that's not how old people look.

I don't know if they ever did, but they sure in heck don't look that way now. They look like us. You know, and again.

Let's not do this. Yes, yeah, you know, perpetuate the stereotype. You know, we don't put up with racism.

Well, most of us don't put up with racism. Why do we put up with ageism? You know, we don't. Yeah, because they, yeah.

Yeah, we don't. We need to start calling that out and saying, no, that's not okay, because we want these kids. I want the future generation to grow up, to have a healthy view of aging, a healthy view of life, a healthy view of death, and not be afraid of things, and not be afraid of things that are absolutely normal and not in your control.

People always say, oh my God, I don't wanna grow old. And it's like, dude, it baits the alternative, because if you don't grow old, then you're

gonna die young. So grow old gracefully, be glad and thank your stars you've got it, and shut the heck up.

Exactly, you know, we tolerate racism far less now. That's the grumpy Marianne. That's good, and we tolerate sexism less.

We really more, we need to tolerate ageism less. It's, yeah, it's nuts. Moving on.

There. We are asking our listeners to join us in the Betty White Challenge, a social media campaign that is meant to promote animal care while remembering Betty White. The Betty White Challenge asks the participants to pick a local rescue or animal shelter in your area and donate $5 in her name.

The challenge is set to take place on January 17th, 2022, which would have been White's 100th birthday. Make her 100th birthday special in honor of a cause he was so passionate about. You can find more information at hashtag BettyWhiteChallenge.

And if you guys are participating, and I hope you do, put a note on your Facebook page on do hashtag Betty White Challenge and hashtag everyone dies so that we know that you did it and Charlie and I are gonna do it. And let's honor Betty White because she seems like she was a pretty cool lady and she was a great actress and had cute dimples. And that's it for this episode.

Please stay tuned for the continuing saga of Everyone Dies. And thank you for listening. I mentioned the late Joan Didion earlier and the first four lines of Didion's book, The Year of Magical Thinking, chronicles her grief after her husband and writer John Gregory Dunn had a heart attack at the dinner table and died.

And the first three lines read, life changes fast, life changes in the instant. You sit down to dinner and life as you know it ends. This is Charlene Everett.

And I'm Marian Matzo and we'll see you next week. Remember, man plans and God laughs and every day is a gift. See you soon.

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