

BY JUSTIN COURTER

BARELY CREDIBLE

Hulk just read AARP Magazine and, you know what? Hulk really enjoy it

Month ago, Hulk had mild heart attack. Doctor say Hulk have high blood pressure, from anger-management problem. That make Hulk mad, SMASH desk. Doctor say, see? Hulk grudgingly admit doctor have point. Doctor tell Hulk take it easy because of “serious risk of cardiac arrest.”

This first time Hulk ever use quote-fingers.

List of foods Hulk must avoid is long. Hulk had no idea deli meat, frozen pizza, canned soups contain so much salt! Salt absolute bitch for Hulk’s hypertension. Salt Hulk’s new arch enemy!

Hulk go to grocery store and SMASH evil deli counter! SMASH shelves of

canned soup! Was about to start on frozen foods, but women screaming, kids crying. Puny manager beg Hulk to stop. Police cars, helicopters, tear gas. Hulk run away and hide, feel terrible about whole mess. Hulk 57, not kid! When Hulk grow up?

Just working through bad news, Hulk guess. Feelings of mortality. All Hulk not done, dreams not accomplished by Hulk.

Hulk not feel like SMASHING much since then. Old softball injury flared up again—Hulk no raise right arm over head without excruciating pain. Hulk taking, like, 300 Advils/day, now freaking out about liver cancer.

Hulk can’t SMASH full-force now. And heart not in it, to tell truth. Now and then, to remind Hulk still strongest one there is, Hulk give a little half-SMASH. Hope no one notice Hulk wincing, how feeble nowadays are the SMASHES.

And Hulk rarely get smashed now either. Hulk angry drunk—no surprise—which mean blood pressure go up, elevated risk of



JIM SERGEY

stroke. So Hulk limit self to two beers, max. Who want brain damage? Not Hulk.

Hulk brain not so great in first place. Hulk first read about CTE, mouth go dry, almost shit self right there. All time Hulk used head to SMASH bad guys. If anyone know about CTE back then, no tell Hulk. Hulk not even have big NFL salary to fall back on—all just volunteer work!

Hulk suddenly understand phrase “midlife crisis.” Hulk question *everything*.

Hulk mean, what the shit!? Hulk no even have health insurance! Hulk need job with benefits. Hulk been putting off prostate exam, Hulk worry about bone density...Next SMASH could be Hulk’s own femur!

Is not so simple—as pencil-neck Doctor make it sound—for Hulk to “take it easy.” For Hulk, easy is hard. Not want to become like Banner. Baby Bruce. Timid. Afraid of anger, afraid of frozen pizza, afraid of everything. That not real living.

But Hulk also not want to wind up on life-support, surrounded by Avengers saying, “Hulk stupid. Hulk not take care of self.”

What Hulk supposed to do? Work as bouncer? Practice mindfulness meditation? Do yoga? Work in tollbooth? Kinda comedown for strongest one there is!

Sometimes Hulk wish Bruce Banner never met gamma rays.

Is Hulk saying he wish he never born? Hulk feel that way sometimes. Hulk not mean to be downer, Hulk figure out eventually, but...What Hulk trying say?...

Kermit Frog right: It not easy being green. But *middle-aged* even worse. **B**

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