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Published Monthly / FREE / January 2014 / Vol. 40 / No. 1 / 28 pp.

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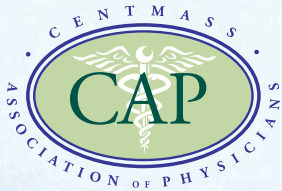
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Yesterday's stars today: '60s chart toppers still going strong

By Brian Goslow

"Here's a song from 1963 and here it goes ..."

It only takes a few moments of hearing Delores "La La" Brooks break into *Da Doo Ron Ron*, a song that solidified her voice as one of the memorable sounds of the 1960s, to realize she's lost little of her ability in the half-century since. With Brooks as the lead vocalist, *Da Doo Ron Ron* and *Then He Kissed Me* were top-10 hits for the girl group, The Crystals, in 1963.

Brooks, 66, is one of a number of performers who had huge hits in the '60s and regularly visited homes throughout the United States through performances on the *Ed Sullivan Show*, *Hullabaloo*, *Shindig* and the *Smothers Brothers Comedy Hour* and still appears throughout the country on a regular basis. Unlike those days when one TV appearance could send a recording soaring up the charts, many of these stars of yesterday now keep in touch with fans through Facebook, answering their questions and promoting new music and shows through their websites.

On stage at the Brooklyn Bowl in early November, Brooks, backed by current-day high-energy rockers Reigning Sound, held nothing back, hitting all her trademark high notes and jumping into the crowd to dance as she sang. She claims to have no special secrets to staying young.

"I've never been good at rehearsing or warming up," she said, when asked how she's preserved her voice. "I just say a prayer and hope that it comes out right. It's like throwing the dice. Most of the time I can hit the jackpot, but sometimes, I don't."

The Brooklyn appearance wasn't part of a nostalgia show. She was performing to promote the release of a new album of recordings, *All of Nothing* (Norton Records), that has all the energy and feel of her days working with infamous "Wall of Sound" producer Phil Spector.

"Billy Miller from Norton Records is a die-hard music fan," Brooks said. "He had

done his homework on the Phil Spector sound, so he was fully aware of the type of songs that would showcase the '60s style of music with my voice. He knew the kind of music I liked and assembled the material and musicians which would showcase my sound."

Brooks said she loves being able to surprise audiences with new songs such as *A Boy Like You*, *Love Is Amazing*, *You Gave Me Love* and *Mind Made Up*, a "fun song" for which she wrote the lyrics.

"It was great to be back in the studio again," Brooks said. "The greatest

thing was to be able to sing live without all of the computers they use today. The inspiration comes from the material. You have to get material that will suit who you are in order to recapture your muse and to return to singing in the style of voice that people remember."

What makes the new album remarkable is how much it feels as if Brooks had recorded it in the mid-'60s. As one of a talented group of women — including Ronnie Spector and Darlene Love — who Spector would rotate to fit his next project, sometimes putting a vocalist from one group on the recording of another to suit his own purposes, many music historians have failed to give Brooks her proper due.

"As an artist who recorded with Phil, I do feel that he took most of the credit," Brooks said. "I personally know and feel that if it weren't for the artists and our unique voices, Phil would not have had as much success as he did. One hand washes the other. He needed our voices to help make his sound. The saddest part is that Phil believes that it all belonged to him."

When Brooks performs *Da Doo Ron Ron* and *Then He Kissed Me*, she realizes most of the

people in the audience, especially those who grew up listening to them, felt those songs were theirs.

"Every moment when I sing those songs are special moments and every reaction that the audience gives me is overwhelming," Brooks said. "I don't take anything for granted. I'm humbled and honored

that I still have the fans. When I see them singing along with me, it's a plus; it makes me know that they haven't forgotten me."

Perhaps more than any other generation, the "youth" of the 1960s felt the musicians, their songs and the "scenes" built around them belonged to them. Richard Fox, 60, of Worcester, spent his teenage years going to concerts, meeting the likes of the Grateful Dead and Jefferson Airplane, before joining the rock 'n' roll circuit as a stagehand.

"Our music was wrapped up in a social and political upheaval," said Fox, more recently a DJ, cancer survivor and published poet. "We were a generation unafraid to experiment with art, music and our minds. We sought change at the base levels of how society should operate."

Fox said he often wonders why "our" music has such longevity, much of it sounding every bit as powerful today as when it was first recorded. "It still touches me, not just for the memories but for its grace, intensity and vision," he said. "It's my generation, my history, my youthful heroes."

Few captured the pulse of the '60s in a single song as Janis Ian did with her 1967 hit, *Society's Child*. While it told the story of a young mixed-race couple, almost anyone could relate to the "not our kind" lyrics. She similarly captured the soul of a generation in 1975, singing of having learned the truth *At Seventeen* that "love was meant for beauty queens and high school girls with clear-skinned smiles," again, touching on a universal subject.

Ian, now 62, is in the midst of a career resurgence, having won a Grammy Award last year for the audio book version of her autobiography, *Society's Child*, just released her first children's book, *The Tiny Mouse* and yes, still performing.

Being a solo performer, she's always spent a lot of time on stage talking to her audiences, whether about her songs, her thoughts on life and what was going on in the world or most recently, supporting the Pearl Foundation, Ian's non-profit program named in honor of her mom, which raises funds for students returning to school after being out at least five years.

She said she's never lost faith in the ability of a song to affect the world through its words, in many instances, striving to get her listeners to consider how the words and actions of one individual can affect another,



Ian

good or bad.

"I believe people are essentially good and if given the opportunity, will rise to the occasion," Ian said during a recent interview. "That doesn't mean there aren't bad people out there, or mad dogs — apologies to my canine friends — but by and large, people have good hearts and want to do good. We see that every day with the Pearl Foundation."

When she started out, her audiences hung on her every word; many have stayed with her throughout her career. "They expect me to be funny now, which they didn't expect when I was oh-so-seriously young," she explained. "They expect the hits, and I do them."

"But they also expect some introspection, some commentary on where we are now. I try to keep that as universal as possible, since I've started getting so many younger people — thank you Tina Fey (who named a character "Janis Ian" in her movie *Mean Girls* and sang a drunken version of *At Seventeen* on *30 Rock*) and Celine Dion (who covered *At Seventeen* on her most recent album) — but I still crack jokes about getting older."

Ian takes preparing for shows more seriously than she did when she started out, which she said is a contradiction in terms, because the show she presents today is much less serious than earlier in her career. "The basics are the same — load in, sound check, dinner, worry, plan set, worry more, do show. But I've added a nap when possible before dinner, a meet-and-greet and signing after each show — and a lot more worry."

In addition to a United Kingdom tour in March, Ian plans to play a limited number of United States concerts in 2014 — "more to keep my hand in than anything else," she said, and is working at blocking out time

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Central Massachusetts Edition
131 Lincoln Street, Worcester, MA 01605
Serving the Fifty Plus Community since 1975
(508) 752-2512 • FAX: (508) 752-9057

Bookkeeping: ext. 6, Circulation: ext. 7, Sales Manager: ext. 5

Publisher: Philip Davis
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Sales:
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Members of the Associated Press.

- Fifty Plus Advocate is published monthly, 12 times annually by Mar-Len Publications, Inc. 131 Lincoln St., Worcester, MA 01605.
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Read more at www.fiftyplusadvocate.com

Past year reflections result in aha moments

By Sondra L. Shapiro

It's been a watershed year for sickness and loss, so in many ways I am happy to say goodbye to 2013.

The year also marked the occasion of my official entrance into old age. Though there is much discussion about what years constitute middle age, at 60, I am no longer a middle-ager by anyone's calculations.

So, as we usher in 2014, I'm in a pensive mood with regard to mortality. Through the process I have had some aha realizations.

Right on cue, my attitude, body and mind have begun a disturbing metamorphosis. Or perhaps I am just more conscience of the changes these days.



Just My Opinion

For example, I am prone to overwhelming compulsions to compare notes with anyone within earshot about some health issues. "What medication are you on?" "What is your HDL? Mine is ..." "I have chronic pain in my neck. What do you do for your aches and pains?"

I started conversing with strangers in the checkout line at the supermarket, as well as talking out loud to myself. "Why did I just go into the pantry?" "Where are my reading glasses?"

I have become my Aunt Bertha overnight.

When I was young, my friends and I would poke fun at those wacky old aunts who talked about their maladies. Now we are just as inclined to share the most intimate details of our health issues at every opportunity.

Because I'm growing old as a certified member of that generation that has no problem with letting it all hang out — to borrow the title of the 1960s' Hombres hit single — we will discuss anything and everything in far more detail than our parents ever dreamed of doing. We are Aunt Berthas on steroids.

Though we are walking that well-trodden yellow brick road through our golden years, we boomers are making more noise along the way than the generations before us. There are no lions, tigers or bears to fear. There is no omnipotent wizard waiting for us at the end of the road. Rather, the racket we are making is us trying to avoid the unavoidable big scary at journey's end.

We've taken humor to an art form as a way to cope, making jokes about the infirmities that seem to pop up each morning when we drag our self-abused bodies from bed.

My husband, the athlete, doesn't understand why his shoulder aches when he finally sits in his chair to read a book after an hour-and-a-half workout and ends up nodding off after five minutes. "Oh," I answer, playing along with his delusion, "you fell asleep the wrong way." I'm still trying to figure out how to tell him he is getting too old to run, lift weights, do yard work and golf in one day without suffering physical consequences.

We are so loud about our fear that

industries and technologies have taken notice, rolling out high-tech artificial knee joints, cosmetic injectables and countless other potential profit centers. We are more than willing to dole out our hard-earned dollars toward hollow promises to forestall, or better yet, defeat the effects of aging.

Yet, despite our penchant for anti-aging products and procedures, the only cure for what ails us is the thing we boomers are trying so hard to avoid. And from the increase in sympathy and get well cards I have been mailing lately, the reality has finally set in for me.

So while our lifestyle choices allow us to look and act a lot younger than those who walked the path before us, I'm learning quickly that it is often easier to just grin and bear it. And, more importantly, adapt.

Case in point, I am about to have foot surgery, which will mean no treadmill for months. The treadmill is an important part of my day since it relieves stress and keeps me in shape. So, rather than lamenting — well I did that too — I thought the recuperation would be an opportunity to work on upper body strength. Let's see if I stick with that.

Lest it sound like I'm disapproving of my generation, the fact is that I embody it. I'm one of the first to run out to Target whenever L'Oreal or Nivea unveils a new collagen-infused, Vitamin C-intensive moisture cream. Each night I ignore my sore joints and mount that treadmill for a fast-paced two-mile walk. Though my once fashion-forward attitude has sadly given way to more comfortable, less style-conscious choices.

I admire and embrace my generation's energy. Our comfort with speaking our mind. Our energy level. Our strong work ethic. Our quest for knowledge. Our dedication to family. Our inclination to not accept the status quo.

We have a lot going for us. So, I say we should bask a bit in our accomplishments. As we walk that yellow brick path, we shouldn't be afraid to gather resources along the way that will make those golden years more comfortable.

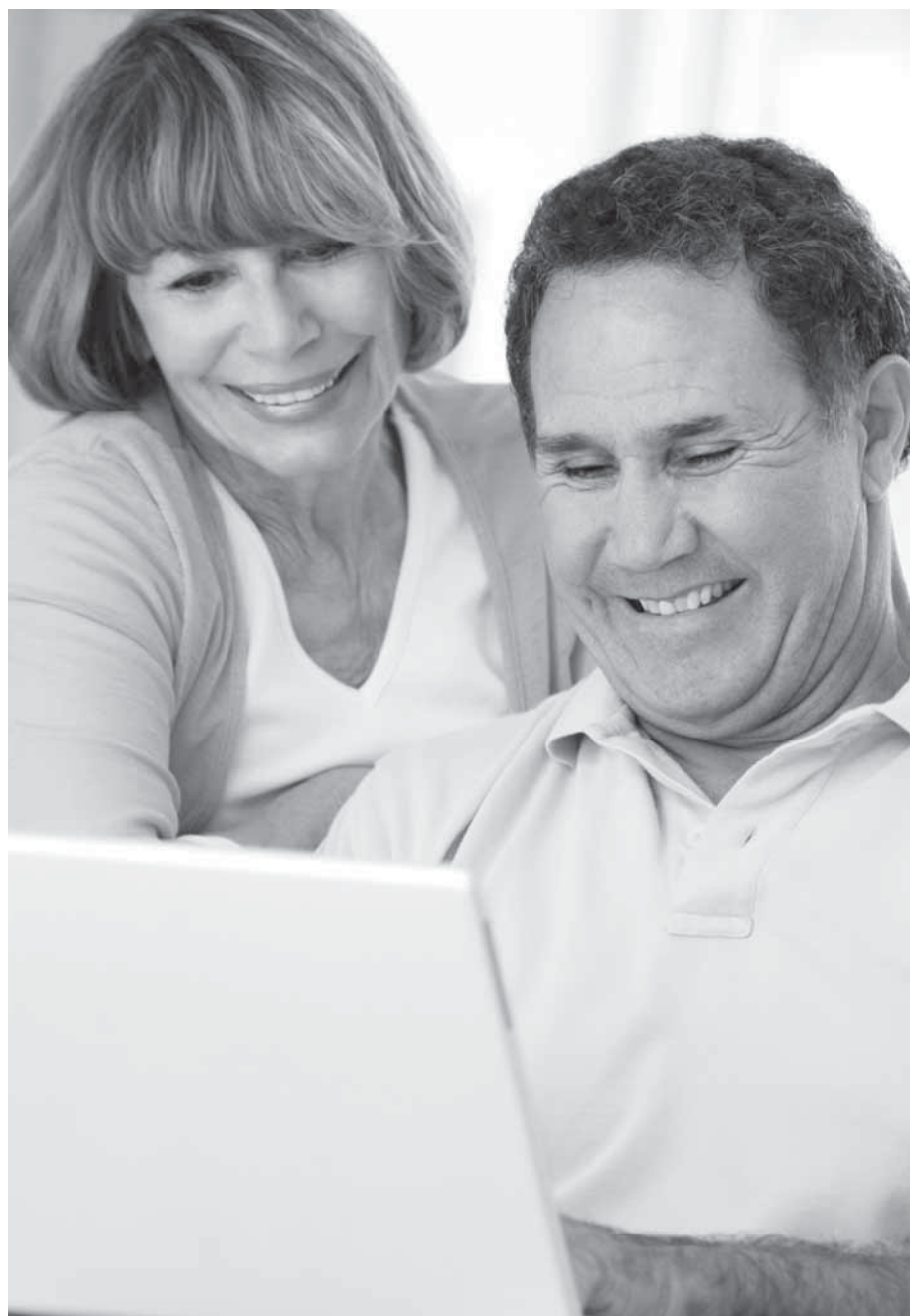
We should take things a bit more slowly to enjoy the little moments. We should occasionally embrace that rocking chair from Aunt Bertha's generation. I've already begun — My La-Z-Boy swivel rocker is beginning to mold to my shape from all the hours spent with my nose stuck in a book or my mind engrossed in TV.

While we're busy striving to look our best and to be in top physical shape, we could also have some fun by losing our intense fixation with trying to avoid what is ultimately unavoidable.

Those old aunts had some good ideas, after all. So, if a bit of gray hair peaks through those uncolored roots, don't fret. It's nothing a little hair color can't take care of. There's always a solution as long as we are alive and kicking.

Live in the moment. This is the most important lesson I learned from a year of losses.

Sondra Shapiro is the executive editor of the *Fifty Plus Advocate*. Email her at sshapiro@fiftyplusadvocate.com. And follow her online at www.facebook.com/fiftyplusadvocate, www.twitter.com/shapiro50plus or www.fiftyplusadvocate.com.



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Real Possibilities

Keep connected with seniors during the winter months

By Michael E. Festa

It's wintertime in New England. For some that means skiing, hot chocolate, sledding and cozy evenings spent sitting by a fire. For others, including many Massachusetts seniors, it means shoveling heavy wet snow, being wary when walking outdoors for fear of slipping on ice, and struggling to pay for increased fuel costs to stay warm.

Add to that the isolation that winter months can bring. And for elderly Bay State residents who live alone, winter's isolation can be especially brutal.

Because of this, it's important to regularly check in on senior family mem-



AARP and You

bers and elderly neighbors. Making sure they're eating properly with enough fresh, nutritious food is as important as checking that they have enough heat to stay warm.

But what if, after checking in on someone, you realize they're at risk? Fortunately, there are several resources to call upon for help, beginning with your community's senior center or Council on Aging (COA). You can find a link to your community's COA through the Massachusetts Executive Office of Elder Affairs www.mass.gov/elders/ser-

vice-orgs-advocates/coa/ (click on "Directory of COA Sites in Massachusetts"). Or, visit the website of the Massachusetts Association of Councils on Aging, www.mcoaonline.com/content/about/index.php.

Safety-related home repair: For seniors who live in Boston or one of the city's neighborhoods, a new organization is available to make safety-related home repairs. The organization, called The Greater Boston Senior Home Repair Collaborative (and known as "The Collaborative"), is a coalition of four Boston-based non-profit agencies. The work performed by The Collaborative is funded by a grant from AARP Foundation. The safety-related home repair service is free for eligible low-income clients or homeowners earning at or under \$19,850 per year. For homeowners with higher incomes, the services are offered via a sliding-scale "fee-for-service" payment model, scaled upwards depending upon the homeowner's ability to pay. Go online at states.aarp.org/live-in-boston-and-need-help-with-home-repairs-contact-the-collaborative-sc-ma-wp-home/.

Storm and emergency preparedness: Since wintry weather and Nor'easters are part of our winter weather mix here in Massachusetts, take the time now, if you haven't already, and prepare your home and that of seniors you know for winter's fury. The following links are courtesy of the Massachusetts Emergency Management Agency:

Get things in order before storms hit with these "Steps to Take Before a Storm," www.mass.gov/eopss/docs/mema/

2012-preparedness-brochure-9-6-final.pdf.

If seniors you know are disabled, go over the Preparedness Flyer for People with Disabilities with them and be sure safety steps are put in place for them before inclement weather arrives. Go online at: www.mass.gov/eopss/agencies/mema/ready-massachusetts/individualswith-access-and-functional-needs.html.

For overall emergency preparedness, review the Emergency Preparedness Resource Guide from the Massachusetts Association of Councils on Aging, www.mcoaonline.com/content/EM/.

Illness is a concern year-round, but the influenza virus is especially virulent during the winter months. Help keep yourself and the seniors around you informed about protection from the flu, www.flu.gov/planning-preparedness/states/massachusetts.html.

For any other senior-related concerns, visit the website of www.800ageinfo.com or call the agency at 800-243-4636 (800-AGE-INFO), TDD/TTY: 800-872-0166; or contact the Massachusetts Executive Office of Elder Affairs offices directly at 617-727-7750.

Michael E. Festa is the state director of AARP Massachusetts, which represents more than 800,000 members age 50 and older in the Bay State. Connect with AARP Massachusetts online at www.aarp.org/ma, www.facebook.com/AARPMMA and www.twitter.com/AARPMMA.

Missing the point on Obamacare, plan does work

By Al Norman

U.S. House Speaker John Boehner recently made a big fuss about the fact that he could not sign up for health care on the Obamacare website.

"Like many Americans, my experience was pretty frustrating. After putting in my personal information, I received an error message. I was able to work past that, but when I went to actually sign up for coverage, I got this 'internal server error' screen ... Despite multiple attempts, I was unable to get past that point and sign up for a health plan."

A few hours later, the speaker restarted the process, and announced at 5:35 p.m. that "I just heard ... that I have been successfully enrolled."

So it's a happy ending for the speaker — he got his health plan — but for a legion of other lawmakers at the national and state level, the whining continues that

because the federal website has been difficult to use, the health care plans are bad for Americans.

These critics are confusing the product with the processing of the product. They are not the same thing. It would be like blaming author John Grisham because Amazon.com screwed up your book order.

The website is a delivery system only — it is not the health plan itself. Of course people who want to trash Barack Obama will not see the difference. But I don't hear Obamacare critics ranting about the end of "pre-existing conditions" exclusions. I don't hear people complaining about extending the coverage age for family dependents. I don't hear people complaining about Medicare preventive exams, or the gradual closing of the Part

D drug donut hole.

No, instead of health care issues, I hear pundits complaining about a website, asking for government officials to resign, for Obama to apologize, etc. Sure, the website was dysfunctional. Sure, we will spend too much money to fix it. But what has that got to do with the quality of the new health policies now for sale?

Most amazing of all are the policyholders who want to keep their standard health plans — the ones with the cheap premiums and the \$4,000 deductibles. Obamacare is cleaning up the health insurance marketplace and taking these low value plans out of circulation. But some Americans are pleading: "Give me back my cheap, worthless health plan."

The way insurance works, the larger the risk pool, the less costly the policies. If a plan only enrolls sick people, the claims are more costly and the insurance company has to jack up its rates. If healthy

people don't buy insurance at all, and pay their small penalty, other policyholders and taxpayers will end up footing the bill when these uninsured people break an ankle or get pneumonia.

I hope all seniors reading this column understand that the Medicare coverage under Obamacare is offering more preventive care, less costly medicines and more coordinated health care. And you don't have to change a thing, or go to any website to take advantage of these improved benefits.

Don't like the website? Then pick up your Smartphone and apply by phone. As a federal official told *The Washington Post*: "Call center representatives will help to fill out an application and ... to move forward with shopping and enrolling in a plan. We encourage Americans and their families to continue use all the resources available to apply for insurance — by phone, in person, by mail or online."

Al Norman is the executive director of Mass Home Care. He can be reached at info@mass-homecare.org, or at 413-772-6289.



Push Back

► Yesterday's

Cont. from page 6

"to turn back into a writer."

However, as ultimate multi-tasker, that might be easier said than done. "I've just accepted a series of master (theater) classes at the Stella Adler School in New York City, and a narrating project come spring that may require an album. But I really want to write a children's record and get it recorded and released. And a few short stories. And articles. And books."

Fox, who also lists political campaigner on his resume, appreciates Ian continuing

to make and perform thoughtful music. "I met her once, love her songs and enjoy her comments on Facebook," he said. "She's true to herself and her art."

While he had a great time at last summer's "Happy Together" tour stop in Worcester featuring the Turtles, Chuck Negron of Three Dog Night, Gary Puckett, Mark Lindsay of Paul Revere and the Raiders and Gary Lewis, Fox felt the show should have paid more attention to the social issues of the period. "The concert had a light show full of peace signs, but never showed The Vietnam War, race riots or protesters in the street. The music was grand but I felt a real disconnect from the era."

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In God we trust, maybe, but not each other

By Connie Cass

WASHINGTON —

You can take our word for it. Americans don't trust each other anymore.

We're not talking about the loss of faith in big institutions such as the government, the church or Wall Street, which fluctuates with events. For four decades, a gut-level ingredient of democracy — trust in the other fellow — has been quietly draining away.

These days, only one-third of Americans say most people can be trusted. Half felt that way in 1972, when the General Social Survey (GSS) first asked the question.

Forty years later, a record high of nearly two-thirds say, "you can't be too careful" in dealing with people.

An AP-GfK poll conducted last month found that Americans are suspicious of each other in everyday encounters. Less than one-third expressed a lot of trust in clerks who swipe their credit cards, drivers on the road or people they meet when traveling.

"I'm leery of everybody," said Bart Murawski, 27, of Albany, N.Y. "Caution is always a factor."

Does it matter that Americans are suspicious of one another? Yes, say worried political and social scientists.

What's known as "social trust" brings

good things.

A society where it's easier to compromise or make a deal. Where people are willing to work with those who are different from them for the common good. Where trust appears to promote economic growth.

Distrust, on the other hand, seems to encourage corruption. At the least, it diverts energy to counting change, drawing up 100-page legal contracts and building gated communities.

Even the rancor and gridlock in politics might stem from the effects of an increasingly distrustful citizenry, said April K. Clark, a Purdue University political scientist and public opinion researcher.

"It's like the rules of the game," Clark said. "When trust is low, the way we react and behave with each other becomes less civil."

There's no easy fix.

In fact, some studies suggest it's too late for most Americans alive today to become more trusting. That research says the basis for a person's lifetime trust levels is set by his or her mid-20s and unlikely to change, other than in some unifying crucible such as a world war.

People do get a little more trusting as they age. But beginning with the baby boomers, each generation has started off



TRUST page 24

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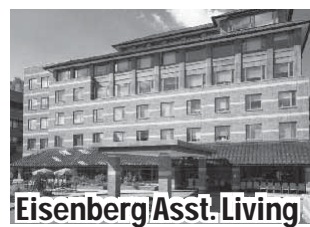
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Slopes' changing demographics: More older skiers

By Karen Schwartz

STEAMBOAT SPRINGS, Colo. —

If you've walked into a ski lodge the past few years, likely as not you've seen tables filled with gray-haired skiers wearing sweaters so old they're back in style.

That's because the number of skiers on the far side of 50 — some on the very far side — has been creeping up each year, according to the National Ski Areas Association (NSAA).

Credit advances in artificial hips and knees that make it possible for skiers to continue enjoying the sport; shaped skis, along with better snowmaking and grooming that make skiing easier; and high-speed lifts and luxury touches like ski valets that make it more pleasant.

"There are no excuses," said 93-year-old Klaus Obermeyer, the Aspen-based skiwear designer. Despite breaking his leg in a wipeout two years ago, Obermeyer still skis each day.

Sure, younger people still make up the majority on the slopes — the average skier is 38.5 years old — but, "The person who skis the most in a given year is 65 and older," said Michael Berry, president of the NSAA, based in suburban Denver.

Bragging rights go to those age 68 and older, who averaged 9.5 days skiing last season. Boomers — those age 49 to 67 this year — also skied more than the national average of five times per year, according to an NSAA survey released in August.

"You don't want to sit in your rocking chair and look at the view," said 70-year-old Billy Kidd, who won a silver in the slalom at the 1964 Olympics. "You want to remember your days of youth and you love that feeling of adrenaline and dealing with the variables of skiing."

Clearly, others old enough to remember Kidd in his heyday feel the same way. Those ages 45-54 made up 20 percent of skiers last winter, up from 14 percent in the 1997-98 season; the 55-64 age group made up 12 percent, up from nearly 5 percent, and those 65 and older rose to 5.5 percent from 2.5 percent, according to the NSAA study.

Kidd, who skis nearly daily in his role as an ambassador for the Steamboat Ski Resort, said one thing that has changed as he's gotten older is his gear.

Indeed, Kidd is a walking billboard for the latest innovations. His skis and poles are lightweight carbon fiber. His Osbe helmet

does away with goggles and replaces them with a built-in visor that provides better peripheral vision. He traded in traditional ski boots for soft Apex boots, which provide support through an external frame. (For putting on traditional ski boots, many older skiers swear by the Ski and Snowboard Boot Horn.)

"At 20 years old I didn't care about comfort," Kidd said. "I still have to have control. But the top priority for me is comfort."

Certainly, there are challenges as skiers age, not the least of which is finding friends who are also still skiing.

Clubs like the 70+ Ski Club, based in North Kingstown, R.I., with more than 4,000 members, and the Over the Hill Gang International,

based in Colorado Springs with 3,000 members, offer camaraderie, discounted tickets and ski trips near and far.

Even those who retire to Florida still pursue their passion. The Florida Ski Council has 17 clubs in the state and at least one trip going every week of the ski season. The largest club, the Tampa Bay Snow Skiers and Boarders, takes about 1,000 people a year skiing, said Clair Quenzler, the council president.

These dedicated watchers of the discounts for skiers agree that the perks seniors used to get from ski resorts have been reduced as their numbers increase.

SLOPES page 19



New test aims to better detect viral infections

WASHINGTON —

It happens too often: A doctor isn't sure what's causing someone's feverish illness but prescribes antibiotics just in case, drugs that don't work if a virus is the real culprit.

Now Duke University researchers are developing a blood test to more easily tell when a respiratory illness is due to a virus and not a bacterial infection, hoping to cut the dangerous overuse of antibiotics and speed the right diagnosis.

It works by taking a fingerprint of your immune system — how its genes are re-

ving up to fight the bug. That's very different from how infections are diagnosed today. And if the experimental test pans out, it also promises to help doctors track brand-new threats, like the next flu pandemic or that mysterious MERS virus that has erupted in the Middle East.

That viral "signature could be quite powerful, and may be a game-changer," said Dr. Geoffrey Ginsburg, Duke's genomic medicine chief. He leads the team that reported in late November that

NEW page 19

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Eating nuts is tied to lower risk of death

By Marilyn Marchione

DALLAS —

Help yourself to some nuts this holiday season: Regular nut eaters were less likely to die of cancer or heart disease — in fact, they were less likely to die of any cause — during a 30-year Harvard University study.

Nuts have long been called heart-healthy, and the study is the largest ever done on whether eating them affects mortality.

Researchers tracked 119,000 men and women and found that those who ate nuts roughly every day were 20 percent less likely to die during the study period than those who never ate nuts. Eating nuts less often lowered the death risk too, in direct proportion to consumption.

The risk of dying of heart disease dropped 29 percent and the risk of dying of cancer fell 11 percent among those who had nuts seven or more times a week compared with people who never ate them.

The benefits were seen from peanuts as well as from pistachios, almonds, walnuts and other tree nuts. The researchers did not look at how the nuts were prepared — oiled or salted, raw or roasted.

A bonus: Nut eaters stayed slimmer.

"There's a general perception that if you eat more nuts you're going to get fat. Our results show the opposite," said Dr. Ying Bao of Harvard-affiliated Brigham and Women's Hospital in Boston.

She led the study, published in the *New England Journal of Medicine* in November. The National Institutes of Health and the

International Tree Nut Council Nutrition Research & Education Foundation sponsored the study, but the nut group had no role in designing it or reporting the results.

Researchers don't know why nuts may boost health. It could be that their unsaturated fatty acids, minerals and other nutrients lower cholesterol and inflammation and reduce other problems, as earlier studies seemed to show.

Observational studies like this one can't prove cause and effect, only suggest a connection. Research on diets is especially tough, because it can be difficult to single out the effects of any one food.

People who eat more nuts may eat them on salads, for example, and some of the benefit may come from the leafy greens, said Dr. Robert Eckel, a University of Colorado cardiologist and former president of the American Heart Association.

Dr. Ralph Sacco, a University of Miami neurologist who also is a former Heart Association president, agreed.

"Sometimes when you eat nuts, you eat less of something else like potato chips," so the benefit may come from avoiding an unhealthy food, Sacco said.

The Harvard group has long been known for solid science on diets. Its findings build on a major study earlier this year — a rigorous experiment that found a Mediterranean-style diet supplemented with nuts cuts the chance of heart-related problems, especially strokes, in older people at high risk of them.

Many previous studies tie nut consumption to lower risks of heart disease, diabetes, colon cancer and other maladies.

In 2003, the Food and Drug Administration

said a fistful of nuts a day as part of a low-fat diet may reduce the risk of heart disease. The Heart Association recommends four servings of unsalted, un-oiled nuts a week and warns against eating too many, since they are dense in calories.

The new research combines two studies that started in the 1980s on 76,464 female nurses and 42,498 male health professionals. They filled out surveys on food and lifestyle habits every two to four years, including how often they ate a serving (1 ounce) of nuts.

Study participants who often ate nuts were healthier — they weighed less, exercised more

and were less likely to smoke, among other things. After taking these and other things into account, researchers still saw a strong benefit from nuts.

Compared with people who never ate nuts, those who had them less than once a week reduced their risk of death 7 percent; once a week, 11 percent; two to four times a week, 13 percent; and seven or more times a week, 20 percent.

"I'm very confident" the observations reflect a true benefit, Bao said. "We did so many analyses, very sophisticated ones," to eliminate other possible explanations. — AP

Low vision goes high tech

By Dr. Jean Keamy

There is essentially nothing new about the fact that low vision patients often rely on optical devices that maximize their vision. If corrective lenses, medications and surgery have done all that they can, low vision aids may be useful. Low vision is defined as vision that is 20/70 or worse that cannot be fully corrected with traditional lenses.

The latest generation of low vision patients prefers high tech low vision gadgets. For instance, instead of using an ordinary magnifying glass to make small print readable, many are resorting to hand held electronic magnifiers that display images on screens. Similarly, those with smart



phones are using mini programs or apps to

Vision Quest

help them identify colors. Many enjoy changing font sizes and contrast on iPads and reading tablets

and computers to aid reading.

Anyone with low vision should ask an ophthalmologist for a referral to a low vision specialist.

Dr. Jean Keamy is a board certified ophthalmologist specializing in laser assisted cataract surgery, refractive lens exchange, LASIK, eye lid lifts, diseases of the eye and routine eye exams. She owns Keamy Eye & Laser Centre and can be reached at 508-836-8733. Learn more at www.seemedrkeamy.com or www.facebook.com/Keamyeye. Articles from previous issues can be read on fiftyplusadvocate.com.



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Winter getaways closer to home

By Victor Block

Winter's here and the outlook for the weather is cold — and colder. It would be great to head for a Caribbean island but maybe the available time, and your travel budget, suggest other destinations.

Places closer to home can combine a welcome respite from frigid Massachusetts temperatures with the warmth of the sun's rays and traditional southern hospitality.

In Savannah, Georgia, the sun heats the temperature into the pleasant 50s on most days. That's perfect for strolling through what has been described as one of the loveliest cities in the world.

The historic district includes more than 1,000 restored mansions and row houses. Cobblestone streets, canopied by oak trees draped in Spanish moss, provide a lush backdrop for sightseeing by foot or horse-drawn carriage or just soaking up the warming sun.

An equally inviting setting beckons from the Golden Isles along Georgia's coastline. Soft sand beaches are just one of its attractions. Outstanding golf, tennis, biking and fishing are among many other diversions.

Jekyll Island and the exclusive Jekyll Island Club served as a winter playground for wealthy folks during the late 19th and early 20th centuries. Most buildings from the club still stand, and the original club house now houses the Jekyll Island Club Hotel.

It's surrounded by 33 mansion-size "cottages" built by families with names like Rockefeller, Gould and Morgan. Today, some of them offer additional lodgings, while others house museums, art galleries and shops.

Another cure for the winter blahs can be a trip to view the gardens of Charleston, South Carolina. Cypress Gardens is

enchanting and mysterious — a network of eerie dark lagoons surrounded by brooding ancient cypress trees. The blaze of color provided by plantings along the banks is intensified by reflections in the dark water.

A more formal flower extravaganza greets visitors to Middleton Gardens, America's oldest landscaped floral display. Carefully manicured exotic shrubs and flowers are set among terraced lawns and reflecting pools. Color explodes around visitors from masses of azalea bushes, wisteria vines and flowering peach and dogwood trees.

The choice of where to warm up in Florida can be daunting because there are so many inviting alternatives. One destination that combines much of what the Sunshine State has to offer is Sarasota.

Those seeking more than a sun, sand and sea vacation will find a selection of outstanding beaches. That includes Siesta Key, which has been recognized by the Woods Hole Oceanographic Institute for having the finest, whitest sand in the world.

But that only scratches the surface of attractions in the area, whose residents take pride in the area's self-proclaimed role as "Florida's Cultural Coast." One reason for that claim is the elegant mansion built in 1926 for John Ringling, whose cultural legacy matched his fame as a circus magnate. The four-story, 32-room Italian-style residence awes visitors with its lavish architectural touches, elaborate decorations and rich furnishings. An adjacent museum houses a world-class art collection with works by the likes of Rubens and Rembrandt.

While New Orleans offers many diversions,

it isn't for everyone. A more laid-back warming experience can be found in Cajun Louisiana, centered in 22 of the state's 64 parishes.

The Cajuns trace their roots back to French-speaking Canadians who, after being ousted from their homeland in the mid-18th century, settled in Louisiana. Clinging proudly to their traditions and ways of life, they continue to speak French and savor spicy, palate-numbing cuisine.

The Acadian Village at Lafayette is a realistic recreation of a 19th century settlement. The town of Martinsville is home to a museum that displays artifacts of early settlers.

Also on the must-see list is the hundreds of bayous that crisscross the area. They served as highways for early settlers. And their sluggish waters still provide some of the fish, crawfish and rice that form the basis of much Cajun cooking.

For those seeking to travel further from the east, South Padre Island, perched on the Gulf Coast of Texas, is a favorite wintering destination. The casual, laid-back atmosphere provides an enticing setting. One example of the fun-loving environment is a "proclamation" that banishes the wearing of neckties. It calls for first-time offenders to receive a written warning and a T-shirt, and for scofflaws caught a second time to pay a fine



South Padre Island beach



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Active vacationers find a long list of choices. Boat trips range from eco-tours and close-up encounters with dolphin to wildlife tours and sunset cruises. Fishermen may try to catch their dinner in bay and gulf waters. The island also is a birders' paradise, with more than 300 species that add sound and color to the setting.

If you go ...

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In aging China, old woman sues children for care

By Kristen Gelineau

FUSHENG, China —

The daughter-in-law smashes the cockroach under her foot and rolls open the rusted metal doors to the garage. Light spills onto a small figure huddled on a straw mattress in a dank room. A curious face peers out.

The face is the most infamous in this village tucked away in the lush green mountains of southwest China. It's the face of Kuang Shiyong's 94-year-old mother-in-law — better known as the little old lady who sued her own children for not taking care of her.

The drama that is playing out inside this ramshackle house reflects a wider and increasingly urgent dilemma. The world's population is aging fast, due to longer life spans and lower birth rates, and there will soon be more old people than young for the first time in history. This demographic about-turn has left families and governments struggling to decide: Who is responsible for the care of the elderly?

A handful of countries, such as India, France and Ukraine, require adult children to financially support their parents, mandating what was once a cultural given. Similar laws are in place in 29 U.S. states, Puerto Rico and most of Canada, though they are little known and rarely enforced because government funds help support the old. In Singapore, parents can sue their adult children for an allowance;

those who fail to comply can face six months in jail.

In China, where aid is scarce and family loyalty is a cornerstone of society, more than 1,000 parents have already sued their children for financial support over the last 15 years. But in December, the government went further, and amended its elder care law to require that children also support their parents emotionally. Children who don't visit their parents can be taken to court — by mom and dad.

The law pits the expectations of society against the complexities of family and puts courts in the position of regulating the relationship between parent and child.

Which then begs the question: How do you legislate love?

Zhang Zefang hardly looks like the vindictive matriarch many assume she must be. A tiny woman with blotchy skin, she stares at visitors through half-blinded eyes.

Zhang is one of about 3,800 people who live in the village of Fusheng, where life seems frozen in a long-ago era. Mothers trudge up



Zefang

steep roads with babies in bamboo baskets strapped to their backs. Farmers balance poles across their shoulders to lug crops over hills and past orange groves. The pace is slow and the atmosphere placid.

But inside Kuang and Zhang's home, there is war.

Resentment hangs in the air, acrid and sharp like the stench from the urine-filled bucket next to Zhang's bed. The cluttered storage space she calls home is as loveless as it is lightless. This is the epicenter of a family feud that erupted amid accusations of lying, of ungratefulness, of abuse and neglect and broken promises.

Zhang wants you to know this: She never wanted to take her children to court. She never wanted any of this.

"I never thought about whether my kids would take care of me when I was old," she said. "I just focused on taking care of them."

Her eyes begin to water. Inside her room, there is no heat to ward off the damp chill, no window to the outside world. Zhang spends

her days alone in the dark, accompanied only by the roaches, the mess and the memories of a life that started out tough and seems destined to end the same way.

She has all the time in the world to tell her side of the story. From the shadows, she begins to speak.

It used to be in China that growing old meant earning the respect of the young, and the idea of filial piety, or honoring your parents, was instilled from birth. Parents cared for their children, and their children later cared for them. Neither side had a choice.

A Chinese proverb calls filial piety "the first among 100 virtues," and the ancient philosopher Confucius credited it as the bedrock of social harmony. Examples of family loyalty abound: A popular song urges grown children to visit their parents often. Communities celebrate Seniors' Day and hold "best children" contests, complete with cash prizes. One county even made filial piety a condition for the promotion of local officials.

Generations of Chinese read the classic morality guide, *The Twenty-Four Filial Exemplars*, where sons strangle tigers, let mosquitoes feast on their blood and proudly scrub bedpans for the sake of their parents. (A modern, somewhat more practical version of the guide advises children to call their parents regularly and spend holidays with them.)

AGING page 18



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Being organized can make a caregiver's and loved one's life easier

By Marianne Delorey

Because life is short, even a task like organization should have priorities, and this is the time to take simple steps that have a big impact.

Focus first on your most important documents — your will, power of attorney, health care proxy, list of assets,



Caregiving Tips

list of medications and health care providers. In a crisis, these are the documents that will make life simpler for those you love and can change the outcome for you for the better.

Consider Frank, a case study of all that can go wrong and his neighbor, Tina, who took the time to prepare.

One day, both Frank and Tina started

feeling poorly. By lunch, they both needed to see the doctor. Frank had to go looking for the number, wasting time. Tina had all of her doctor's numbers and her medications handy. Both went to the emergency room. When the ambulance arrived, Tina handed the EMTs a copy of her medication and provider lists. Frank had to fumble around in the bathroom collecting prescription bottles. He forgot to tell the paramedics about the over the counter drugs, including aspirin that could affect his health and the outcome of the treatment he received.

Both Tina and Frank took a turn for the worse. Tina's son, who was also her health care proxy, was able to effectively advocate for what she would want, since they had already discussed her preferences in advance. Frank's daughter did not have a health care proxy. In the absence of other information, the doctors were required to use all means necessary to keep Frank alive, which included some painful procedures that were ultimately

not needed.

Luckily, both survived but needed a long stay in the hospital, and then rehab. During that time, both had to have help paying their bills.

Tina had not had time to put her son on her checking account, but he did have power of attorney, so he brought that document to the bank and had himself added. Then, he was able to write checks on her account for the rest of the time she was out of her home.

Frank had not added his daughter to his accounts either, but he did not have a power of attorney. He had to have his daughter go to the bank, bring forms to him, and go back to the bank two more times because they needed additional paperwork. She also had to go to and from his home searching for the right checking account since he had multiple accounts and didn't always remember which one had how much in it.

Soon after this brush with death, both Tina and Frank updated their wills.

Unfortunately, Frank forgot to give a copy to his daughter or a trusted family member. Tina, however, made sure a copy was with her son and a copy was kept at her house. She also made sure her trusted neighbor had an updated list of medications and doctors in case her neighbor was home the next time there was a medical crisis.

Frank's lack of organization proved to be problematic for him and his family. While there are situations in which there are difficult decisions to make (who to make executor, how to deal with a child that may not be responsible, etc), leaving these decisions to chance seldom makes the outcome better.

Marianne Delorey, Ph.D., is the executive director of Colony Retirement Homes. She can be reached at 508-755-0444 or mdelorey@colonyretirement.com and www.colonyretirementhomes.com. Archives of articles from previous issues can be read at www.fiftyplusadvocate.com

► Aging

Cont. from page 16

As a 2008 bulletin from AARP put it: "For thousands of years, filial piety was China's Medicare, Social Security and long-term care, all woven into a single family virtue."

This is the world Zhang was born into, on Aug. 15, 1919.

She was of little use to a family of poor farmers, so her parents married her off at 14. Her husband died of dysentery, and she found herself a widow with two little girls and her husband's mother to support.

But her mother-in-law set her free. You don't have to take care of me, she told Zhang.

Zhang quickly remarried. Her new husband, a furniture maker, was too poor to support her, so they moved in with his parents.

Her new in-laws expected her to look after them. And that's when her nightmare truly began.

"She's not making sense," Kuang snaps.

Zhang, the target of Kuang's ire, is hunched on her bed, mouth set in a grim line. She barely acknowledges her daughter-in-law's insult. In fact, she barely acknowledges her at all.

Both women are fighting for their audience, though Kuang's ear-splitting staccato often drowns out Zhang's hushed monotone. Kuang hovers over her mother-in-law, interjecting constant critiques: Zhang is messing up the story, Zhang cannot remember a detail, even if she is in the midst of delivering it.

At the moment, they are arguing about Zhang's age when her first husband died. Zhang is struggling ... Was she 24? Or was it 21?

"Don't make up nonsense!" a frustrated Kuang says, voice rising. "It was 22! It was 22."

Zhang is crying. It's hard to tell if the tears are linked to the miseries of her past or her present.

Her father-in-law, she said, was a gambling addict with a violent temper. Still, she never considered leaving — that would have made her a social outcast.

Kuang, in a rare moment of agreement, jumps in: "That's just the way it was at the time."

Zhang's growing brood survived mainly on a thin broth of boiled corn stalks. Yet when her hated father-in-law died in 1959, she had

to give her food to the guests at his funeral.

Three decades later, her husband died, leaving her to the mercy of her offspring.

But the world had changed, and the bickering and bartering soon began. Once again, her very existence seemed to inconvenience everyone.

Zhang murmured that she wants to say something, but is afraid to talk in front of her daughter-in-law. A reluctant Kuang stepped outside and Zhang pleaded: "Don't let her know that I told you this..."

Her family locks her in this room all day. She dares not scream for help for fear she will be beaten.

She pinched her cheek hard, slapped a visitor's arm. That's what they do to me, she said.

Her bones ache. Her feet ache. She hasn't moved her bowels in at least 10 days. The stench from the toilet bucket sickens her. Her children force her to drag it outside to empty it, but she is too weak and it is too heavy.

When her lawsuit hit the local news, she said, a furious Kuang asked her: "Why don't you go hang yourself?"

All she wants is to go to a nursing home, she said. But the few nursing homes in China supply only 22 beds for every 1,000 seniors, and most are too expensive for the average family.

Zhang has no money. She says her children took it all.

As she wept, she put a filthy rag to her eyes. "I'm too old to go through this."

The village this family calls home lies within the district of Changshou, which means "long life." But living long has transformed from a dream achieved by few into a nightmare endured by many.

China is projected to have 636 million people over age 50 — nearly 49 percent of the population — by 2050, up from 25 percent of the population in 2010, according to the U.S. Census Bureau. So who will care for them?

Across the world, rapidly increasing life spans have left many adults scrambling to look after their parents, their children and themselves. And in China, one-child urban policies over three decades mean there are even fewer working youngsters to support their elders.

Meanwhile, social and economic changes have chipped away at traditional family values. A lack of jobs means rural youth must leave

their parents to find work in distant cities. And even children who can afford nursing homes fear sending their parents away will mark them as "unfilial," said sociologist Jenny Zhan, who has studied the impact of China's changing demographics on family relations.

The result is an emotional and generational tug-of-war.

Kuang stands in the kitchen, frustration etched into every line of her face. She knows what Zhang has been saying about her. And it's all, she says, a lie.

Kuang has become the true matriarch of this clan. Ask to speak to her husband, and she'll insist he won't know what to say. She knows best, so just ask her. It's not an offer — it's an order.

But it is also Kuang who looks after her mother-in-law, because in China, as in many other places, women shoulder most of the responsibility of elder care.

Kuang lives upstairs: She says her frail mother-in-law lives on the grim ground floor because she can't climb the steep steps. Up here, the tiled floors shine, and the bathroom has a traditional squat toilet. While it's hardly a palace, at least it's not the garage.

Still, her mother-in-law is no victim, Kuang said. If anyone is suffering, it is everyone in the family who has thanklessly cared for Zhang decade after decade, even as they grow older and more desperate themselves.

"I'm doing all the laundry. I'm making the bed for her," she said.

When Zhang claims the lawsuit was her sons' idea, her daughter-in-law exploded.

"She doesn't know the whole story," Kuang barked. "Let me tell you what really happened..."

China is going grey faster than it is growing rich, and state support for the elderly is not keeping pace.

Even in cities, where pensions are comparatively generous, elders say it's a game of dominoes; if one family member falls, they all do.

In rural areas, it's even worse. A new pension scheme for rural seniors does not cover everyone, and monthly payments are meager.

Health care is also inadequate, and a serious illness can bankrupt a family. Although a recent expansion of the medical system now covers most Chinese, reimbursement rates remain low and out-of-pocket costs high.

Many rural families cannot afford the hospitals' huge up-front deposits.

Where the government falls short, the kids are left to solve the problems — except that they often can't, and sometimes won't.

Zhang's children have all come up with reasons why they cannot take care of her.

There's the oldest son, Zhou Mingde, who lives about a mile away from his mother. His pension is \$13 a month, so he depends on the \$30 each of his three daughters gives him on his birthday and during Chinese New Year. He sells one pig a year to buy medicine for his paraplegic wife. He is still farming corn and millet because he cannot afford to stop.

Then there's the middle son — the black sheep of the family — Zhou Yinxi. His daughter has schizophrenia, and his wife committed suicide. His current girlfriend once promised the family they would care for Zhang, but it never happened. Yinxi's argument: they're not married, so they're not obligated. Besides, at 68, he is broke and won't receive his pension for two years.

Next up is the youngest, Zhou Gangming, 56, and his wife, Kuang, 58. Their only income will come from selling their two pigs and one cow, and their \$16 monthly pension.

Gangming and his mother lived together until, in her eyes, Kuang came along and snatched away her beloved youngest son. Her oldest son confided that in the days when his mother was younger, stronger and meaner, she even beat Kuang.

Gangming said they are now too poor and exhausted to look after Zhang alone, but he knows they shouldn't abandon her.

Finally, there is the distant daughter, 54-year-old Zhou Yunhua. By all accounts, she would like to care for her mother, but told her siblings she lives too far away.

In the end, the children asked their mother, "What should we do?"

She countered: "If none of you want to take care of me, what should I do?"

No one had an answer. So they went searching for one at the village court.

Last year, after persistent reports of abuse, China amended its elder care law to require that adult children regularly visit and emotionally support their parents. The amendment, which took effect in July, also requires

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► New

Cont. from page 10

a study involving 102 people provided early evidence that the test can work.

Today, when symptoms alone aren't enough for diagnosis, a doctor's suspicion guides what tests are performed — tests that work by hunting for evidence of a specific pathogen. Fever and cough? If it's flu season, you might be tested for the flu virus. An awful sore throat? Chances are you'll get checked for strep bacteria. A negative test can leave the doctor wondering what germ to check for next, or whether to make a best guess.

Moreover, rapid in-the-office tests aren't always accurate and can miss infections. So patients may have blood or

other samples sent to labs to try to grow any lurking bacteria and tell if it's to blame, additional testing that can take days.

Hence researchers at a number of universities are trying to harness a fairly recent discovery: As your immune system detects an invading bug, different genes are activated to fend off a viral infection than to fight a bacterial or fungal one. Those subtle molecular changes appear to be occurring even before you feel any symptoms. And they form distinct patterns of RNA and proteins, what's called a genomic fingerprint.

The Duke team discovered 30 genes that are switched on in different ways during a viral attack. The test essentially

is a freeze-frame to show "what those genes are doing at the moment in time that it's captured," explained Duke lead researcher Dr. Aimee Zaas, an infectious disease specialist.

Small studies spotted that viral signature in people who volunteered to be infected with different influenza strains for science.

For a more real-world simulation, the researchers then analyzed blood samples stored from feverish people who had come to the emergency room — and who were eventually diagnosed, the old-fashioned way, with either some type of virus or a bacterial infection.

The genomic test proved 89 percent

accurate in sorting out who had a virus, and did even better at ruling out those who didn't.

It took 12 hours to get results. The researchers hope to speed that up so that it might work as quickly as some in-office tests.

Why would a doctor want to know merely that a virus is present and not which virus? That's enough information to rule out antibiotics, Zaas said. Unnecessary antibiotic use is one factor in the growing problem of drug-resistant germs, which the government blames for more than 23,000 deaths a year.

Plus, if a dangerous new virus begins spreading, like MERS, this approach could help avoid quarantining people unnecessarily by telling right away which ones are virus-free. — AP



► Aging

Cont. from page 18

employers to give workers time off to visit their parents, though even proponents say that may be hard to enforce.

As the court officials explained the options to Zhang, she sat silently.

Finally, they offered a solution: Zhang could sue her children. Then the court could force them all to care for her equally.

She didn't even know what "sue" meant. But what other choice did she have?

Suddenly, everyone in the village knew her story and authorities began examining her claims of abuse. A village official, Zhang (no relation), said they aren't sure who to believe. In any event, she said, the children

are "probably not beating her now."

The locals mostly consider the children neglectful and are shocked they aired their private battle in court, said Zhang, who only gave her last name, as is customary among Chinese government workers.

The settlement was swift: The court ordered Mingde, Gangming and their sister to take care of their mother for four months of the year, and Yinxi to pay her \$10 per month. The children must split Zhang's medical bills.

Zhang Zefang now lives temporarily with her eldest son, Mingde, as the court ordered.

Her new home is crowded with clutter and complaints. Mingde frets about the cost of medical care. A frustrated Yinxi cries. Zhang clutches her walking stick and stares vacantly as she talks.

"I just wish I could die." — AP

► Slopes

Cont. from page 10

Several resorts have raised the eligibility age for discounted lift tickets, or they've limited deals to weekdays.

"To be fair to the ski areas, it's a business for them as well," said Doug Lofland, 56, one of the owners of the Over The Hill Gang International.

So what suggestions do experts have to help the rest of us ski into our Golden Years?

- Stay in shape.
- Try to choose slopes with less traffic so you can safely ski a little slower.
- Think about afternoon sun and shadows. A west-facing slope will have better definition.
- Be cognizant of higher altitude and

hydration.

• Walking in ski boots can be more challenging than skiing, so companies have developed lightweight shoes, like Pakems, that you can carry with during the day for a quick change.

• Consider taking a gondola or chair lift down the mountain if threatening weather sets in or you're tired.

• Consciously choose your danger level. "The repercussions of making a mistake are too great," Kidd said.

And finally, enjoy, like the 89-year-old who sent the 70+ Ski Club a photo of herself skiing with her great grandchildren.

"There are not many sports four generations can do together like that," said club president 42-year-old Richard Lambert. — AP

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Half of older workers delay retirement plans

By Matt Sedensky

CHICAGO —

There was a time when Tom Sadowski thought he'd stop working after turning 65 last year. But he's put off retirement for at least five years — and now anticipates continuing to do some work afterward.

In an illuminating sign of changing times and revised visions of retirement, an Associated Press-NORC Center for Public Affairs Research poll finds older Americans like Sadowski not only are delaying their retirement plans, they're also embracing the fact that it won't necessarily mark a complete exit from the workforce.

Some 82 percent of workers 50 and older say it is at least somewhat likely they will work for pay in retirement. And 47 percent of them now expect to retire later than they previously thought — on average nearly three years beyond their estimate when they were 40. Men, racial minorities, parents of minor children, those earning less than \$50,000 a year and those without health insurance were more likely to put off their plans.

The recession claimed Sadowski's business and a chunk of his savings, and with four teenage daughters, the graphic designer from Sterling, Va., accepts the fact he won't retire for another five years or more.

"At this age, my dad had already been

retired 10 years and moved to Florida," he said. "Times are different now for most people."

About three-quarters of respondents said they have given their retirement years some or a great deal of thought. When considering factors that are very or extremely important in their retirement decisions, 78 percent of workers cited financial needs, 75 percent said health, 68 percent their ability to do their job and 67 percent said their need for employer benefits such as health insurance.

"Many people had experienced a big downward movement in their 401k plans, so they're trying to make up for that period of time when they lost money," said Olivia Mitchell, a retirement expert who teaches at the University of Pennsylvania.

The shift in retirement expectations coincides with a growing trend of later-life work. Labor force participation of seniors fell for a half-century after the advent of Social Security, but began picking up in the late 1990s. Older adults are now the fastest-growing segment of the American workforce; people 55 and up are forecast to make up one-fourth of the



civilian labor force in 2020.

That growth has paralleled a rising interest in retirements that are far more active than the old stereotype of moving to Florida, never to work again. Among those who retired, 4 percent are looking for a job and 11 percent are already working again. Those still on the job showed far greater interest in continuing to work: Some 47 percent of employed survey respondents said they are very or extremely likely to do some work for pay in retirement and 35 percent said they are somewhat likely.

"The definition of retirement has changed," said Brad Glickman, a certified financial planner with a large number of baby boomer clients in Chevy Chase, Md. "Now the question we ask our clients is, 'What's your job after retirement?'"

One such retiree who returned to the workforce is Clara Marion, 69, of Covington, La., a teacher who retired in 2000 and went back to work a year later. She retired again in 2007 but soon returned to part-time work because she needed the money.

When she first retired, she had about \$100,000 in savings, but she has used much

of that up. Her pension isn't enough to pay her bills, and she isn't eligible for Social Security. So she's back in a second-grade classroom, four days a week.

"I'd love to be sleeping in," she said, "but I will probably never retire."

Though Marion's finances are primarily what keep her working, she says she enjoys her work, in line with other survey respondents reporting exceptional job satisfaction. Nine out of 10 workers in the study said they are very or somewhat satisfied with their job.

Increased lifespans and a renewed idea of when old age begins are also fueling more work among older adults. Six in 10 people said they feel younger than their age; only 6 percent said they feel older. Respondents said the average person is old at about 72. One in 5 said it depends on the person.

The AP-NORC Center survey was conducted Aug. 8 through Sept. 10 by NORC at the University of Chicago, with funding from the Alfred P. Sloan Foundation, which makes grants to support original research and whose Working Longer program seeks to expand understanding of work patterns of aging Americans.

It involved landline and cell phone interviews in English and Spanish with 1,024 people aged 50 and older nationwide. Results from the full survey have a margin of sampling error of plus or minus 4.1 percentage points. — AP

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Indiana grandmother, grandson team pen children's book

By Tabitha Waggoner

PRINCETON, Ind. —

After three years of work, Dr. Carolyn Cochren and her 11-year-old grandson, Ethan, are authors.

Adventures with Ethan: Freddy the Frog was an idea developed through collaboration with Ethan, who, with Freddy, are the main characters.

The story's voice is a nature-loving 6-year old boy who documents his adventures.

"Ethan actually had a situation where he threw a frog," the former Princeton Community Middle School principal said. "And then we built around it."

Was he originally afraid of *Freddy the Frog*?

"No. Except when it peed in my hand," Ethan said.

That happened when he was in second grade. Today, Ethan's a fifth grader at Saint Joseph Elementary School in Princeton. His favorite subject is social studies and he has a big imagination, he said. (When he was a kindergarten he even made up his own little book.)

"At the time I was hoping it might encourage him to read more if we worked on something together," Cochren said.

And it did, Ethan said. But he wanted the book to be real.

"We worked on it for three years,"

Ethan said.

"I kept putting it off," Cochren said. "I hadn't intended on doing this ... when he kept on pushing me, I said, 'OK, I will put something together.'"

So Cochren created a very small spiral bound book with the help of her computer and clip art.

"I thought that would make him happy, but he was like, well, I like what you did, but it really isn't published," she remembered.

So in March 2013 she decided to create a manuscript of the children's book. By mid-October, they were published.

Ethan would walk through the woods over to his grandmother's house and help her put the story together.

His favorite part of the story is when "we're trying to make up ideas of what to do with the frog. I have all kinds of pages I like in here — this one and this one," Cochren said.

"One of my favorite parts is the wart lady," Cochren said. "I love what the illustrator (Brian Rice) did."

"A lot of it's true and some of it's not," Ethan said. "The wart lady is fake — we made that up."

The characters in the book are Ethan's cousins and sister.

"My brother was born later," Ethan



By Carolyn R. Cochren and Ethan Cochren
Illustration by Brian Rice

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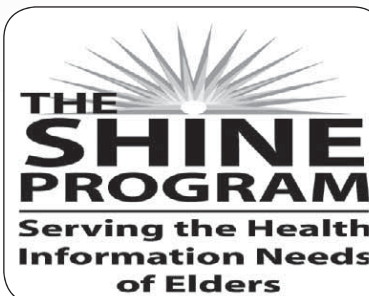
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Gov't plan aims to keep older drivers safe on road

By Kevin Freking

WASHINGTON —

Silver could take on a whole new meaning when it comes to car shopping. With more older drivers on the road, the federal government is contemplating a "silver car" rating system that will help identify which cars better protect elderly drivers and passengers in a crash.

Federal highway safety officials will investigate the possibility of such a rating system as part of a five-year plan designed to reduce the number of fatal and injury-causing accidents among older drivers.

The new plan also called for more research into how technology could prevent crashes or reduce their severity. One promising technology warns drivers when their car has moved outside its lane. Another automatically applies the brakes when a car is destined to ram the vehicle in front of it.

Over the past decade, the number of fatal-crash in the U.S. has declined significantly, but the progress had been more modest for older drivers, and came to a halt last year when 5,560 people over the age of 65 were killed as a result of motor vehicle crashes, a 3 percent increase from 2011. Another 214,000 were injured, a rise of 16 percent.

The government has a 5-star safety rating system for vehicles. It's now asking whether it can do better when it comes to older drivers. They are expected to drive more miles and drive later into life than previous generations.

"Let me be clear. What we're talking about here is information. Information is power. This is not something that is going

to change the price of vehicles," said David Friedman, deputy administrator for the National Highway Traffic Safety Administration (NHTSA). "The idea is to get consumers as smart as they can be about their safety choices when they walk into the showroom."

About one in five drivers, or 35 million, currently are 65 or older. The aging of the 77 million baby boomer generation — those born between 1946 and 1964 — will add to the number of older drivers on the road. NHTSA's plan focused on helping them drive as safely and as long as possible rather than trying to restrict their driving access.

Outside safety analysts said the plan's emphasis on technology was welcome because it should lead to more confident and safe drivers. Lane departure warnings and smart headlights that adjust based on distance to traffic are already available, but they are often considered a luxury item. Such technology will become more and more prevalent in the coming years, said Jodi Olshevski, director of the Hartford Center for Mature Market Excellence.

"The technology is evolving so quickly that understanding more about how it can benefit older drivers is really critical," Olshevski said.

Friedman said the technology developed in recent years has done much to make cars safer when they crash. Now, the question is whether crashes can be prevented entirely. He said the "holy grail" for drivers, especially older drivers, is a vehicle that can drive itself.

"This is, I think, where a lot of folks



would like to see us go. There's incredible potential," Friedman said. "It's something we're working day and night on to do the research to make sure it can be done right, it can be done safely and it can be done right out of the gate."

Olshevski said the plan's emphasis on keeping drivers on the road is the right one because it will help more of the elderly maintain their independence.

"Being able to get in your car and go where you want to go as long as possible and as safely as possible is important to quality of life as we age," Olshevski said.

The plan also seeks to increase seat belt use among the elderly because the consequences of being unbelted are worse for them. For

comfort reasons, some of those who use seat belts don't use them appropriately.

In the coming months, NHTSA said it will test public service messages aimed at increasing seat belt use and provide educational materials about ways car owners might be able to increase the comfort and fit of their seat belts.

The agency also released new guidelines for the states to improve safety for older drivers. One of the recommendations called for in-person renewal of driver licenses once a person hits a certain age if a state determines there is a problem with older driver crashes.

Another guideline called for all states to establish medical advisory boards that assess the medical fitness of individuals to drive. About two-thirds of the states have such boards. — AP

► Head

Cont. from page 21

said. "He should be in the next book," said Ethan, who has ambitions for a sequel.

"We don't know whether Freddy hit the tree or not, we just made that up," Cochren said.

"It was really close," Ethan said, adding that he thinks all the frogs have moved away since then because he hasn't seen any in a while.

He's never tried frog legs. "But I want to," he said.

"I don't," Cochren said.

"My friend giggled one and I shot one with a .22 (BB gun)," Ethan said.

"He's really an outdoor nature person," Cochren said. "And he has other ideas that have to do with nature and outdoors."

"He has learned a lot about the reading process, writing, marketing," she said. "It's been a good process so I'm glad I was pushed to do it."

Ethan hopes children all over the world will be able to read his book. That goal may be made if they are able to have the book added onto the Accelerated Reading list.

Cochren wrote the book at a third grade level since many students across the country have to take a reading test to pass the third grade level.

The book can be found at Amazon.com, AuthorHouse.com and other similar retail outlets. — AP/Princeton Daily Clarion

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Vegas tourism: Embrace generational marketing

LAS VEGAS —

Baby boomers are suckers for appeals to their narcissism. Generation Xers can't stand their parents. And millennials want to feel like do-gooders.

These aren't tired stereotypes. They're lessons marketing consultants say the Nevada tourism industry needs to start using if it wants to pull new customers into casinos.

Marketing consultant Chuck Underwood recently urged a room of executives and officials to think more critically about their patrons during the annual Nevada Governor's Conference on Tourism.

Visitor volume in Sin City has only recently bounced back after cratering during the recession.

Gambling revenue has been slower to rebound, and the tourists that do come to town are still spending less. A record number of visitors came to Las Vegas in 2012, but each one spent an average of just \$1,021 per visit. In 2007, visitors spent an average of \$1,318.

The tourism conference, held at Red Rock Casino, focused on finding creative ways to lure new patrons.

Underwood, who heads a consulting firm specializing in generational branding, suggested that the gambling industry might be in for a rough several years.

Gen Xers are just never going to be as into casinos as their parents, he said, and millennials are going to be broke for a long time to come.

He had better news about patrons in their 60s and 70s, many of whom could be seen plugging slot machines on the gaming floor outside the conference room.

"With their zest for squeezing life of all of its satisfactions, baby boomers represent a golden opportunity for Nevada tourism,"

Underwood said.

He later cautioned against using a series of baby boomer trigger words, including "aging," "mature" and "golden years," as men and women in suits scribbled on notepads.



Millennial Jenny Patterson, who books hotel rooms and shows for tourists, said she was grateful for the insights into the mind of the older gambler.

She'd intuited that baby boomers are more likely to pay for convenience and service, she said, "but I'd never really understood the 'why' of it."

Cory Brooks, who runs a charter place service out of Las Vegas, said he planned to take Underwood's advice and make more emotional appeals to his older customers. — AP

FDA requires tracking codes on medical implants

WASHINGTON —

Federal health regulators will begin tracking millions of medical devices, from pacemakers to hip replacements, using a new electronic system designed to protect patients by catching problematic implants earlier.

The Food and Drug Administration (FDA) published new rules that require most medical devices sold in the U.S. to carry a unique code, identifying its make, manufacture date and lot number. The codes will be stored in a publicly accessible database to help regulators, doctors and companies monitor safety issues with devices.

Doctors have promoted the tracking system and public safety advocates for years. Other industries, from food processors to automakers, have used unique identification codes to track their products through the supply chain for decades.

The FDA tracking system follows years of highly-publicized recalls involv-

ing defibrillators, artificial hips and drug pumps, which have been plagued by design and manufacturing flaws.

Recent recalls have included tens of thousands of defibrillator wires made by St. Jude Medical, due to risks they can crack and cause the heart-zapping devices to malfunction. Johnson & Johnson has recalled more than 100,000 artificial hips since 2010 after discovering they are more likely to break down early, causing pain and inflammation.

The FDA will begin phasing in the new system this year, requiring identification codes on high-risk devices like heart stents and defibrillators. The tracking requirement will then be expanded to moderate-risk devices such as X-ray systems, surgical needles and power wheelchairs. Makers of those devices will have three years to implement the tracking codes. Many low-risk devices, such as bedpans and examination gloves, will be exempt from the requirements. — AP

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Retiree uses martial arts to keep mind, body solid

By Curtis Johnson

HUNTINGTON, W.Va. —

Fernando Dominguez's life is the story of one accomplishment after another.

The 88-year-old, Mexican immigrant is an accomplished physician and surgeon, who retired eight years ago but did so with little desire to slow down. He described colon cancer and a knee injury as speed bumps toward his pursuit of a fourth-degree black belt in taekwondo.

Dominguez picked up martial arts at age 75. He said taekwondo keeps him in good physical condition and gives him a solid mind.

"Living should not be stationary," he said. "We should have a goal, 'What am I going to accomplish? What am I going to do five or 10 years from today?' Have a goal and go after that."

So far, when measured by that standard, Dominguez gives himself a passing grade.

It's a pursuit that started during the mid-1920s in the Gulf Coast port city

of Coatzacoalcos, located in southern Mexico. He saw hometown doctors, noticed their care for patients and decided he would follow in their footsteps.

Dominguez became a medical doctor at a university in Mexico City. He practiced general medicine in the capitol city for some time, before eventually setting his mind on America and becoming a surgeon.

Dominguez studied internal medicine at the University of Houston in 1959, and moved to Huntington a year later for further training at Cabell Huntington Hospital. He became an American citizen in April 1963 and received certificates from both facilities.

The aspiring surgeon practiced full time at Huntington's VA Medical Center, while he completed the necessary training. He then joined with his trainer in opening a private practice downtown, eventually stepped into his own practice and finally returned to the VA Medical Center where he retired in 2005.

Dominguez had developed a passion for taekwondo a few years earlier. It was

born out of a conversation with local grandmaster Chong Kim as Dominguez enjoyed an evening of tennis, another passion of his.

"The goal is to have good physical condition, good manners to help people and defend yourself if you have to."

— Fernando Dominguez

Dominguez, then 75, had an interest in martial arts dating back to television shows from decades ago. Dominguez recalls thinking he might be too old, but Kim insisted he try.

"It was difficult for me," he said. "In taekwondo, 90 percent of it is kicking. You know, at the age 75 or 76 kicking is difficult."

But Dominguez persevered attaining his third-degree black belt in May 2008. He was required to wait four years before trying for another degree, a time frame

during which he developed colon cancer in June 2009.

"To me, having a black belt second-degree, fourth-degree or fifth-degree doesn't matter," he said. "The goal is, like I said, to have good physical condition, good manners to help people and defend yourself if you have to."

Dominguez's medical accomplishments include time spent treating civilian war casualties in Vietnam during 1969 and volunteer service in Haiti during 1985. His résumé also features time as clinical instructor for medical residents who visited the VA Medical Center from the University of Kentucky, an accomplishment he holds dear knowing he took those he taught under his wing.

Dominguez still participates in tumor conferences at local hospitals and hasn't lost his yearning for surgery.

"I miss the OR," he said referencing the operating room. "I don't care much about administration, the rules and this and that, but I want to see and examine a patient from the head and down to the toes." — AP/ The Herald-Dispatch

► Trust

Cont. from page 9

adulthood less trusting than those who came before them.

The best hope for creating a more trusting nation may be figuring out how to inspire today's youth, perhaps united by their high-tech gadgets, to trust the way previous generations did in simpler times.

There are still trusters around to set an example.

Pennsylvania farmer Dennis Hess is one. He runs an unattended farm stand on the honor system.

Customers select their produce, tally their bills and drop the money into a slot, making change from an unlocked cashbox. Both regulars and tourists en route to nearby Lititz, Pa., stop for asparagus in spring, corn in summer and, as the weather turns cold, longneck pumpkins for Thanksgiving pies.

"When people from New York or New Jersey come up," said Hess, 60, "they are amazed that this kind of thing is done anymore."

Hess has updated the old ways with technology. He added a video camera a few years back, to help catch people who drive off without paying or raid the cashbox. But

he says there isn't enough theft to undermine his trust in human nature.

"I'll say 99 and a half percent of the people are honest," said Hess, who's operated the produce stand for two decades.

There's no single explanation for Americans' loss of trust.

The best-known analysis comes from *Bowling Alone* author Robert Putnam's nearly two decades of studying the United States' declining "social capital," including trust.

Putnam said Americans have abandoned their bowling leagues and Elks lodges to stay home and watch TV. Less socializing and fewer community meetings make people less trustful than the "long civic generation" that came of age during the Depression and World War II.

University of Maryland Professor Eric Uslaner, who studies politics and trust, puts the blame elsewhere: economic inequality.

Trust has declined as the gap between the nation's rich and poor gapes ever wider, Uslaner said, and more and more Americans feel shut out. They've lost their sense of a shared fate. Tellingly, trust rises with wealth.

"People who believe the world is a good place and it's going to get better and you can help make it better, they will be trusting," Uslaner said. "If you believe it's dark and driven by outside forces you can't control,

you will be a mistruster."

African-Americans consistently have expressed far less faith in "most people" than the white majority does. Racism, discrimination and a high rate of poverty destroy trust.

Nearly 8 in 10 African-Americans, in the 2012 survey conducted by NORC at the University of Chicago with principal funding from the National Science Foundation, felt that "you can't be too careful." That figure has held remarkably steady across the 25 GSS surveys since 1972.

Changing attitudes among whites drove the decline in the nation's overall trust quotient.

It's possible that people today are indeed less deserving of trust than Americans in the past, perhaps because of a decline in moral values.

"I think people are acting more on their greed," said Murawski, a computer specialist who said he has witnessed scams and rip-offs. "Everybody wants a comfortable lifestyle, but what are you going to do for it? Where do you draw the line?"

Ethical behavior such as lying and cheating are difficult to document over the decades. It's worth noting that the early, most trusting years of the GSS poll coincided with Watergate and the Vietnam War.

Trust dropped off in the more stable 1980s.

Crime rates fell in the 1990s and 2000s, and still Americans grew less trusting. Many social scientists blame 24-hour news coverage of distant violence for skewing people's perceptions of crime.

Can anything bring trust back?

Uslaner and Clark don't see much hope anytime soon.

Thomas Sander, executive director of the Saguaro Seminar launched by Putnam, believes the trust deficit is "eminently fixable" if Americans strive to rebuild community and civic life, perhaps by harnessing technology.

After all, the Internet can widen the circle of acquaintances that might help you find a job. Email makes it easier for clubs to plan face-to-face meetings. Googling someone turns up information that used to come via the community grapevine.

But hackers and viruses and hateful posts eat away at trust. And sitting home watching YouTube means less time out meeting others.

"A lot of it depends on whether we can find ways to get people using technology to connect and be more civically involved," Sander said.

"The fate of Americans' trust," he said, "is in our own hands." — AP

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Simple steps to a home both cozy, cost-efficient

By Melissa Rayworth

As temperatures drop and daylight is in shorter supply, we fight back: We crank up the heat in our homes and turn on lights earlier and earlier. And yet we also want to keep our heating and electric bills as low as we can.

Can you keep your home warm and inviting all winter while still conserving energy?

Here, three home design experts offer advice on how to keep things cozy while minimizing energy use this winter. Their suggestions range from the traditional (there's a reason why your grandmother hung those heavy curtains in winter) to the high-tech, including a thermostat that can talk to your iPad.

Maxwell Ryan, founder of the popular home décor website ApartmentTherapy.com, is a designer. John Colaneri, co-host of HGTV's *Kitchen Cousins*, is a construction expert who builds and remodels homes.

Both offer identical pieces of advice about staying warm while conserving power and saving money: Swap out your old incandescent bulbs (and those swirly compact fluorescent bulbs, too) for the new Cree brand LED bulbs.

"They can last longer than 10 years and they use 84 percent less energy than incandescents," Ryan said. "They also are dimmable" and give a warm-looking light — a big change from the energy-saving

compact fluorescents.

"If you do the math on the LED," he said, the bulbs save you so much on electricity that they pay for themselves within a year and then last about nine more years.

Colaneri and Ryan also both advise homeowners to replace old thermostats with new Nest brand models. "They take 30 percent off your bill each month," Colaneri said. "And they look very high-tech and cool to display."

Nests are programmable "learning thermostats," which means they track your habits and adjust accordingly. They also connect via Wi-Fi to check weather reports online, and you can control them remotely from an iPad.

There is new outdoor technology, as well. On your deck or patio, designer Brian Patrick Flynn suggests adding a new propane-powered space heater. The newest models are cost-effective and stylish, said Flynn, executive producer of HGTV.com's *Holiday House*.

Warm, cozy upholstery fabrics work on a practical level by holding your warmth when you touch or sit on them. But Ryan points out that they also work visually: A room full of soft, warm fabrics will give you a psychological sense of warmth that adds to your enjoyment.

So add thick throw blankets to chairs and sofas, and swap out silk-covered pillows and



even lampshades for ones covered in thicker, nubbier fabrics like muslin and burlap.

Ryan also recommends using thick curtains in winter. A decade ago, he said, "curtains were considered fusty and old-fashioned and expensive." But with so many beautiful, inexpensive curtains available today, they've become popular again.

Besides adding color or a bold pattern to a room, curtains also block cold air that might leak in around windows. And they muffle sound from outside, which Ryan said helps make rooms feel more insulated in winter.

Crackling flames in an indoor fireplace can change the feel of a room instantly. And outdoors, they bring a welcome infusion of heat and light on a winter evening.

"Outdoor fireplaces are increasingly more and more popular, coast to coast,"

Flynn said. "They're not all that much of an expense like an outdoor kitchen would be."

If you're building a new outdoor fireplace, leave ample room for seating. "Many times homeowners have outdoor fireplaces built, but there's only enough room for a small table or two chairs. What's the point, people? The whole idea is to gather and stay cozy outdoors," Flynn said.

Gleaming hardwood or tile floors are lovely in spring and summer. But in cold weather, add a thick rug or swap out a thin one for something heavier.

This will not only warm your feet, but also change the look and sound of your space.

"When acoustics are dampened," Ryan said, "the room feels warmer."

An outdoor rug can have the same impact. "Thick outdoor area rugs are made of acrylic/wool blends," Flynn said. "The wool feels great on your feet and definitely locks in warmth."

This last tip, shared by Maxwell Ryan, comes from a conversation he had years ago with home décor guru Martha Stewart. She advised him to run his ceiling fans backward in winter to push warm air back down along the walls of the room.

If you don't have ceiling fans, Ryan suggests adding one or two for energy savings and added comfort year-round. — AP

Worcester County Memorial Park introduces The Good Grief Social Group

GOOD GRIEF is a social group for the purpose of meeting people who have experienced a loss in their lives.

Worcester County Memorial Park is proud to have developed a "new" group for those men and women who are looking to meet new people in the area for socializing.

At Worcester County Memorial Park, we have a great after care program, which tries to stay in touch with families who have lost a loved one. So many times people we visit feel lost and are left to figure out how to move forward and enjoy life. Most have friends, but a lot of friends are married making them feel like a third wheel or intruding. You may find yourself feeling



this way.

This is NOT a grief support group. It is for those who are now ready to meet new people and have fun and enjoy other's company. Our goal is to provide

activities throughout the year.

You may want to get together once a month to be around others and enjoy fellowship. You may want weekly dinners, or you may want to get together for movies, cards, or day trips.

We started the group in May and it really has taken off! We would love you to join us. Every get-together we have new people join and everyone makes

them feel welcome! Our intention is for this not to be a dating service but rather to garner new friendships.

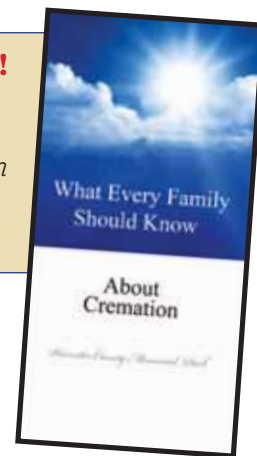
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