

# Letter from the Publisher



Dear Readers:

As you will see, Tennessee is getting much of our attention. Last month we shared our visit to Knoxville and this month, Nashville. Everything you thought or imagined about Nashville is probably true and then some. Besides being the “music capital” of the US, it also has an abundance of the arts and a great deal of history. Imagine seeing the Parthenon, not in Athens, but in Nashville. Country music has a whole new meaning for us.

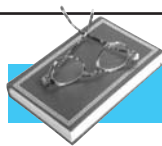
June is the month for brides and we were fortunate to find some of the most elegant bridal gowns one could imagine. So if you are a boomer and have never married, these are for you; if you are a granddaughter, this would make your grandparents and parents very excited about your wearing one of these treasures to celebrate your special day. And there are more wedding tips and information to share with your families and friends.

ELVIS has come full circle and in this month’s issue he is featured in Darwin Porter’s column, saddling up to Doris Duke (or the other way around); is featured in our New York theatre reviewer’s “All Shook Up,” and his gold car and piano are featured in the Nashville Travel article.

By now you must have made some plans to travel and get away for a few weeks. The problem is that everyone is planning the same thing, so how about staying around here in South Florida. There are so many exciting places to see and taste. All the way to Key West with its great fishing and relaxing on the west coast with its white sandy beaches and incredible sunsets.

—Anita Finley, Gerontologist  
June 2005

Happy  
June Bugs!



Boomer Times & Senior Life *Book of the Month*

## Divorce & Money— How To Make The Best Financial Decisions During Divorce

Author: Attorney Violet Woodhouse, CFP with Dale Fetherling  
— Reviewed by Anita Finley

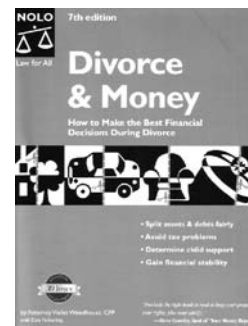
Steve Crowley, host of “Your Money Report” says of this book: *Precisely the right book to read to keep your property, your rights, plus your sanity...* As I read through the book, I was amazed at just how many unusual questions could be asked to protect valuable assets. For example, air miles saved is a “hot” item and so, at the time of divorce, it requires some thought as to “who gets the miles?” Some divorce and estate lawyers place a value on air miles at two cents apiece but the complication may be who was responsible for getting those miles? Some airlines do not allow disposition of the air miles asset. Had enough?

Good advice for those considering divorce is “Lose your spouse, not your shirt.” While divorce is rarely a simple affair, you can make splitting up less hazardous to your financial health. Give yourself a head start with *Divorce & Money*, the practical guide to evaluating and dividing assets during divorce.

*Divorce & Money* explains how to determine the real value of marital property—such as houses, businesses, retirement plans and investments—and how to negotiate a settlement. Step-by-step, the book shows you how easy it is to:

- decide whether to keep or sell the house
- protect yourself against misuse

- of joint accounts and credit cards
- avoid tax problems
- handle alimony and child support
- divide debts
- reduce risks to your investments



- avoid hasty decisions that could hurt you financially
- understand how a court evaluates assets and what they’re really worth
- gain financial stability as a single person.

This 7<sup>th</sup> edition of *Divorce & Money* includes all new information on divorce mediation and the different types of divorce advisors out there. It also provides updated and expanded tax information, plus a completely revised chapter on custody and support issues.

Author Violet Woodhouse, an attorney and certified financial planner consultant, is recognized as one of the nation’s top 200 financial planners by Worth.

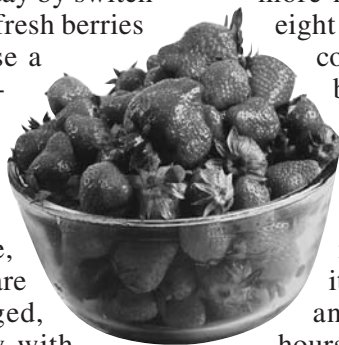
Dale Fetherling is a former Los Angeles Times editor and has written and edited more than a dozen nonfiction books.

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## Warm Weather Health Habits

These healthy eating and exercise tips from eDiets.com can help you put a spring in your step:

1. Breakfast. Lighten up the most important meal of the day by switching to cold cereal with fresh berries and skim milk. Choose a low sugar, high fiber cereal.
2. Think fresh. Grocery stores are full of fresh foods; stay on the perimeter of the store, where the fresh foods are located. Avoid packaged, frozen foods and stay with fresh produce in season.
3. Dine outdoors. Instead of drive-through fast food or sitting down in a restaurant, bring your lunch outdoors. Pack a cooler with a turkey sandwich on whole grain bread with



- lettuce and tomatoes and add a piece of fruit. Also powerwalk, jog or hike.
4. Hydrate. More activity may mean more perspiration, requiring more hydration. Drink at least eight glasses of water a day...a couple of those glasses could be herbal tea or flavored seltzer water.
5. Eat more...often. Instead of three square meals a day, boost your metabolism by taking an item or two from each meal, and eating it two to three hours later.
6. No more excuses. Stop making excuses such as “I’ll start tomorrow,” “I don’t feel like working out today,” and “I just can’t get into it yet.” Resolve to live healthy and follow through.

—NAPS



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