

WOULD YOU LIKE TO FEEL TWENTY-ELEVEN?

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By Terry L. Sumerlin

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Several years ago, while speaking in Las Vegas, I had the opportunity to hear the Righteous Brothers. It was an unforgettable experience. Not only did they bring the house down with one standing ovation after another. They brought back memory after memory.

Most were surprised to learn that they sang together for over 40 years, and that their song "You've Lost That Lovin' Feelin'" has been played the most of any song in radio history. Not bad for a couple of "old guys."

The "old guys," had an interesting way of stating their age. They said they were "fifty-eleven." However, anyone who heard them would say they could just as easily have been "twenty-eleven." They were truly an inspiration to anyone past middle age. And for me, at "forty-fifteen," they are cause for rethinking the matter of what keeps a person youthful.

It would seem, as illustrated with the Righteous Brothers, part of youthfulness has to do with activity that makes you feel young. This doesn't mean doing something that is dangerous or unhealthy. But, it does mean that we should not be unnecessarily restricted by age. There was a time when putting on the protective catcher's gear and catching my son's 90 mph fastball made me feel young. For you it might be another activity. Yet, neither of us should allow artificial age requirements to deprive us of youthful enjoyments.

Something else that makes me feel like "twenty-eleven" is taking a greater interest in my health. This involves two decisions.

The first of these decisions is one that Sherry and I reached together. We decided to get serious about losing weight. Though neither of us is obese, we are not where we would like to be. This is in spite of the fact that we have dieted religiously. In other words, we have quit eating in church. We've also tried the 30-day diet. Yet, all we lost was a month. Now we are dedicated to eating healthy, and it has already affected how we feel about ourselves. Such might help you in the same way.

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The second decision was reached several years ago after a speaking engagement. It was the Sunday after the death of St. Louis pitcher Darryl Kile, and I was seated in a coffee shop in the St. Louis airport. As I choked up while reading the newspaper stories of the local hero, I decided that if that could happen to a 33-year old who had recently had a physical exam it could certainly happen to a 53-year old who had never had a thorough physical. And, for some reason, when I had the examination and got a clean bill of health, I felt younger. It could possibly work the same way for you.

Someone has said that age is mind over matter – if you don't mind, it doesn't matter. Problem is, often we do mind and it does matter. However, these are a few things we can do to keep age from mattering. They have a positive influence on the mind.

BARBER-OSOPHY: Worry less about being young and more about being youthful.

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### **Wooden High Chairs – Information And Tips**

**By Helen Walters**

There are many different wooden baby doll high chairs. Almost all of them look similar to each other, the only difference is that some of the wooden baby doll high chairs have, is the price of them — they can range from five dollars up to a couple hundred dollars. The wooden high chair is very popular in both baby doll and baby high chairs.

One of the wooden baby doll high chairs is the badger basket Swedish style doll high chair. This badger basket Swedish style doll high chair costs around about thirty to forty dollars. This Swedish style baby doll high chair has pink cushions, a safety belt to keep the doll on the chair, and a seat and footrest that are height-adjustable for your doll. This badger basket Swedish style baby doll high chair is designed for baby dolls up to twenty four inches in length and is for children ages three years old and up. The high chair is about eleven and one quarter inches wide by sixteen inches in diameter and by twenty and three fourths inches in height and it comes with removable and machine washable cushions.

Another high chair for dolls is call Doll's wooden high chair and it costs around about forty dollars to about fifty five dollars. This wooden high chair is about twenty eight and a half inches high, the seat stands about eighteen inches off the floor, the back is eleven and a half inches across, the seat of the chair is about eleven inches by ten inches in diameter, and the tray is thirteen and one fourth inches by

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three and one eighth inches in diameter.

This high chair looks like it is antique and made up of soil hard wood that looks like oak. The high chair is cream colored with a light green trim around it, and the back of the high chair has two painted baby dolls on it. You can choose furniture that have cushions that match the colors of your kitchen, or one that will fit the dinner table nicely without problems.

Here is another wooden high chair that you can find that is plain wood in kind of a rectangular shape and it costs around about sixty five dollars to about seventy dollars and it measures about twelve inches in diameter, thirteen inches wide, and thirty inches high. This wooden high chair also comes with an already attached tray.

Helen Walters provides a variety of information on issues important to parents.

is home to a large selection of articles and reviews of high chairs at:



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