

# AARP

The Magazine

World's Largest Circulation Magazine

**50  
REASONS  
TO LOVE  
BEING  
50+**

**LIVE LONGER, LIVE HERE!**

## **AMERICA'S 10 HEALTHIEST CITIES**

### **SHIPWRECKED**

A thrilling story of survival  
on a cruise gone bad

### **END BACK PAIN**

Five easy moves

### **CAR-RENTAL SECRETS**

How to drive a bargain

### **LOWER YOUR CANCER RISK NOW**

What you need to know

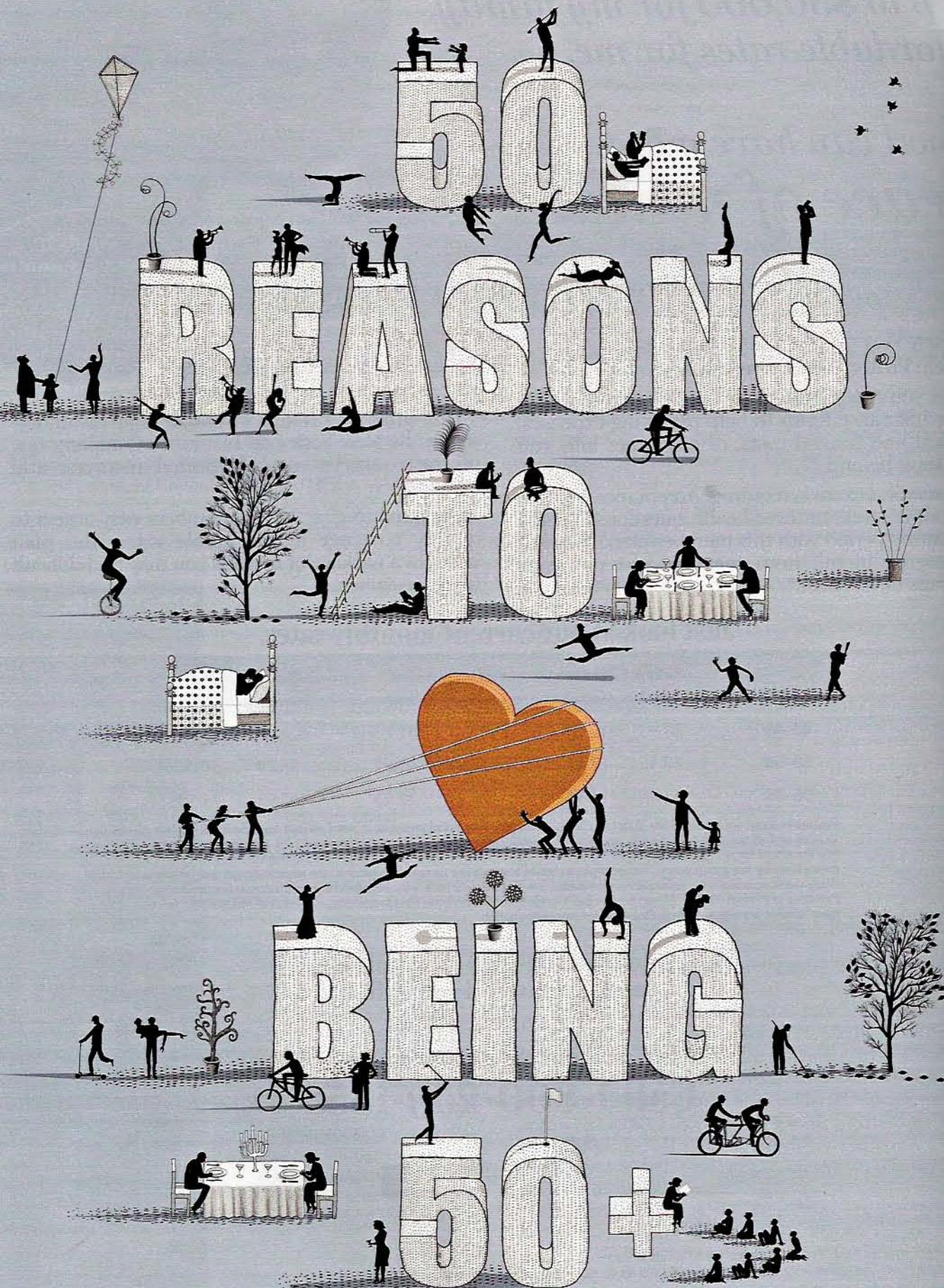
# Sidney Poitier

The legendary actor (and author)  
on life, courage, death, and love

**PLUS  
THE ZEN OF  
GARDENING**

**SUPER  
FOODS  
FOR  
YOUNGER  
SKIN**

**COPING  
WITH A  
SELFISH  
SPOUSE**



**LATE BUT GREAT**  
After 20 years apart, Ann Cochran and her dad have built a new relationship.



**01 Because you've finally become closer to your parents**

FOR 20 YEARS I've waited for this: my dad prepares veal marsala on my stove, shows concern when I cough, walks my dog if I'm rushing to work. "Tell me what I can do to help," he often asks. My mother died in 1978. In the years that followed, Dad and I became distant in miles and emotion. He married a woman with a prescription-drug dependence; I married an alcoholic. Finally, I found happiness with my third and final husband. But through it all, I missed my mother, and I missed my dad.

At the age of 83 my father separated from his second wife, and my brother and I urged him to move near us. I found him an apartment, and I was proud of myself. Proud that I could take care of him.

We adjusted to each other easily. He is a gregarious guy with a small dog; they make friends daily. A superb cook, he could be the next Mrs. Fields, but I prefer him as Dad, baking biscotti in my kitchen, or sour cream coffecake, or beef bourguignon. Our Christmas gift to him was French-cooking lessons; we await the duck à l'orange.

Sunday dinners, baseball games...it's all so normal now. So "family." It's not perfect, but it's good. After 20 years, we're just a normal family.

—Ann Cochran is a writer in Cabin John, Maryland.

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**08 BECAUSE SEX GETS BETTER WITH AGE**

enough to say what we want, content enough to swap calisthenics for intimacy. More tenderness and less testosterone can be very sexy indeed.

A female friend of mine says her husband used to want sex so often, she felt "dispensable." These days it feels more like a choice. It's different for men, too. "I'm more concerned with making the other person happy," says a male friend. His wife is happy, too: "Who knew we'd be having so much fun?" —Elizabeth Benedict is a novelist who writes frequently about sex ([www.elizabethbenedict.com](http://www.elizabethbenedict.com)).

- BECAUSE GRAY LOOKS GOOD**
- 02 GRAY STRIPES  
Anthony Bourdain, Edward James Olmos, Jay Leno
- 03 WAVY GRAY  
Emmylou Harris, Linda Evans, Cloris Leachman
- 04 GRAY BEARDS  
Kofi Annan, Willie Nelson, Sean Connery
- 05 GRAY BANGS  
Olympia Dukakis, Paula Deen, Ruby Dee
- 06 SOLID GRAY  
Richard Gere, James Earl Jones, Ted Danson
- 07 FAUX GRAY  
Santa Claus, Gandalf, Statler and Waldorf