THE GOLDEN YEARS

Dr. Robert Gilmore with his most recent French music book, "Chantez Encore."

Dr. Jerome Romagosa

"I don't waste time telling others what to do. I just do things myself."

Dr. Jerome Romagosa

Photos by
TERRI H. FENSEL
BRAD KEMP

Mr. and Mrs. Claude Hobert, at left, as Uncle Sam and Betsy Ross during recent Bishop's Charity Ball; below, Dr. Jerome Romagosa walks a brisk five miles a day.

The well known radiation oncologist spoke of healthy attitudes, personal joy, love for family and while joking around his favorite room, the study, he commented on the perfect situation for happiness that he's found.

According to him, if you want to live for a long time and remain enthusiastic about life you have to commit yourself to three things: first, have some sort of service to others and creativity. The latter endeavor, according to him, must be practiced continually and it's about the most important of all.

His speech, "The Perfect Patient," has been published in many books and has been translated into 21 languages. He says, "If you combine those three you won't have to worry about your health, you'll have the best life.

Using their penchant for charity work and talent for getting things done, Claude and Eunice Hobert transform and heal the lives of others and especially..."
Golden Years

"wee ones" into a happy existence. In their pictures turn living room is already stocked full of Christmas presents that will arrive December 25th. A retired sailor says they begin their day each Christmas morning. "We always start with a prayer and a cup of coffee. Then we sit around the Christmas tree, enjoying each other's company and the warmth of the fire."

On Christmas Eve, fatima and Aclandua High School students performed in the school's annual Christmas concert. The concert featured carols, poems, and readings, creating a festive and joyful atmosphere.

Fatima, a senior at Fatima High School, played the piano and sang several Christmas carols. She said, "I love the feeling of sharing the holiday spirit with everyone. It's a special time of year for me."

And, with the "Study on Comparative Literature" that he's been working on, the book's importance.

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"I'm a fire-breather type of character," Gillmore says. "I breathe fire! I wake up early in the morning and then come in my loft like mad, and then they come in almost faster than I can write them down."

The 84-year-old musician spoke more of his meaningful life sustained by music. According to him, "Music is the key to a good living, but not necessarily the key to a good life. He was fortunate. He did not have to work outside."

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