

# Healthy old age depends on lifestyle

DEAR ABBY: I am in my mid-50s and look forward to traveling with my husband when he takes early retirement next year. My mother died at 82 with Alzheimer's disease, and lately, if I misplace my sunglasses or forget somebody's name, I become terrified that I'm coming down with it, too.

I have heard there are certain brain exercises people can follow to keep from losing our memories as we get older. My husband says I'm silly to worry about this now, but if there's anything I can do to protect myself from future problems, I want to get started. Any suggestions? — WORRIED SILLY IN



abigail van buren

• dear abby

L.A.

DEAR WORRIED: Although a family history of Alzheimer's does increase your risk, my experts tell me that recent scientific data estimate that only one-third of what determines memory ability and long-term brain health is genetically programmed. The other two-thirds are actually dictated by things that are under our own control, such as lifestyle and personal health choices. Thus, as we age, we have far more influence over our own

brain fitness and memory abilities than we ever imagined.

It is not "silly" to be concerned about getting a head start on preventing age-related memory loss. I spoke with Dr. Gary Small, director of the UCLA Center on Aging, who says it is never too early to begin protecting our brains. In his book, "The Memory Bible," Dr. Small explains that our brains actually begin to show signs of aging when we are in our early 20s. He outlines ways to protect our brain function with healthy diet, mental aerobics, memory techniques and stress reduction.

Organizations like the UCLA Center on Aging ([www.aging.ucla.edu](http://www.aging.ucla.edu)) and AARP ([www.aarp.org](http://www.aarp.org)) also provide information and programs about healthy lifestyles and ways to stave off many age-related diseases. Check

them out. It may give you some much needed peace of mind.

DEAR ABBY: For the past six years, I've had a problem with my younger sister, "Robin." She "borrows" my clothes and other things from my room without asking, and then isn't smart enough to put them back. Every time I walk by Robin's room, I find another article of my clothing, shoes or jewelry on the floor. When I confront my sister in front of our parents, Mom rolls her eyes and says she's tired of my complaints. Then Dad will ask Robin point-blank if she "really did it," and she'll say, "Yes, but I was about to return it." That's it, end of story. It's happened too many times to count.

Last summer, I put a keyed lock on my door, which helped with the problem until the lock was mysteriously filled with "goop." It never worked after that. Just yesterday, I found an

expensive dry-clean-only sweater of mine on Robin's floor. She had tossed it in the washer and dryer, and it was ruined. When I told Mom, she went out and bought me a new one, but just tonight I found one of my shirts on Robin's floor — also ruined.

I'll be moving out in July to go to college, but until then, I need some advice. Please help me, Abby — nobody else will. — COUNTING THE MONTHS IN MASON CITY, IOWA

DEAR COUNTING THE MONTHS: Your parents have been negligent in their responsibility to your little sister. They have failed to teach her responsibility, honesty, and respect for the possessions and boundaries of others. This will come back to haunt them — and your sister — in the future. Please show them this column and hang on until July. Your trials are almost over.

SATURDAY EVENING										
	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30
2	PBS Keeping Up	New Red Green	Lawrence Welk Show "Favorite Love Songs"		Awake and Sing A border lives with a Jewish family in the Bronx.				Austin City Limits	
3	IND (5:00) *** "The Patriot" (2000, Drama) (PA) Mel Gibson, Heath Ledger, Joely Richardson.				*** "Maverick" (1994) (PA) Mel Gibson, Jodie Foster. A conniving cardsharp heads for a high-stakes poker game.				"Devil's Adv."	
4	ABC *** "The Shawshank Redemption" (1994, Drama) Tim Robbins, Bob Gunton. A mild-mannered banker is sent to prison for murder.				News	Chris Matthews	Powerball-Millionaire		Ent. Tonight	
5	HBO (4:30) "The Arrival" (N)	Daredevil: First Look	Reverb		Boxing Raul Marquez vs. Shane Mosley. (Live)				"Collateral Damage"	
7	CBS Touched by an Angel (N)	District "Blindsided" (N)			Agency "Coventry" (N)		News	(:35) Drew Carey	(:05) Drew Carey	(:35) Drew Carey
8	NBC Law & Order "The Wheel" (N) (DVS)	Law & Order: Special Victims Unit "Silence"			Meet My Folks "The Barnes" (N)		News	Saturday Night Live Matthew McConaughey; Dixie Chicks. (N)		
11	TVLND Brady HappyDay	Sanford	I Love Lucy	Griffith	Leave		Van Dyke	M.T. Moore	Kotter	Soap
12	ESPN College Basketball	College Basketball Louisville at Houston. (Live)					Sportscenter		College GameNight (N)	
13	FOX NASCAR Racing Winston Cup Series -- Budweiser Shootout. (Live)				Equal Justice		Mad TV (N)		Sexwars	Sexwars
15	MAX "Dude-My Car"	*** "Pumping Iron" (1977) Arnold Schwarzenegger. The world's top bodybuilders get psych'd for competition. PG			*** "The Substitute" (1996, Drama) Tom Berenger, Emie Hudson, Diane Venora. A R					
16	TNN *** "Messenger of Death" (1988, Drama)				Blind Date	Blind Date	Real TV	Real TV	American Gladiators	
17	DISN Boy Meets World	Sister, Sister	Proud Family	Kim Possible	That's So Raven	Lizzie McGuire	*** "The Color of Friendship" (2000, Drama) Carl Lumbly.		(:35) Lizzie McGuire	
18	LIFE (3:00) "Only Love"	"Suddenly Naked" (2001) Wendy Crewson.			Final Justice				"Devil's Food" (1996)	
20	USA (5:00) "Caddyshack"	*** "Happy Gilmore" (1996) Adam Sandler.			JAG "Brig Break"				*** "GoldenEye"	
21	SHOW (5:30) *** "Zolander" (2001) Ben Stiller.	"Red Sneakers" (2001) Dempsey Pappion. Magic shoes turn a teenager into a basketball sensation.			*** "Jeepers Creepers" (2001, Horror) Gina Phillips. R				"Jay and Silent Bob"	
22	TMC (4:35) *** "Backdraft" (1991) Al Pacino.	*** "North" (1994, Comedy-Drama) Elijah Wood, Bruce Willis. (N)			*** "High School High" (1996) Jon Lovitz, Tia Carrere. (N)				*** "Heartbreakers" (2001) Premiere. (N)	
23	MTV Osbournes	Osbournes	Osbournes	Osbournes	Osbournes	Clone High	Real World	Real World	Real World	Real World
24	DISC Our Earliest Ancestors	Search for Khan's Tomb			Monster Garage "Fire Truck"		Obesity: A Deadly Risk		Medical Mysteries: Giants	
28	TNT NBA All-Star Saturday Night (Live)				*** "Life" (1999) Eddie Murphy. (DVS)				Coming	
30	FXSP College Basketball	College Hockey Minnesota at Colorado College. (Live)					Rocky Mt.		Rocky Mt.	Last Word
32	FAM "Object-Affect."	Life-Bonnie	Less Than		*** "The Object of My Affection" (1998)				Life-Sitcom	Last Resort
33	NBC Entertainment Tonight Plastic surgery. (N)	Law & Order "The Wheel" (N) (DVS)			Law & Order: Special Victims Unit "Silence"		Meet My Folks "The Barnes" (N)		News	Saturday Night Live
34	NICK All That	Nick	Amanda	Skeeter	Cheers	Cheers	Cheers	Cheers	Cheers	Cheers
36	A&E Cold Case Files	Crossing Jordan "Believers" (N)			Third Watch "Sex, Lies & Videotape" (N)		Hollywood Reality "Child Stars"		Cold Case Files	
38	SCIFI (3:00) *** "It" (N)	"Antibody" (2002) Lance Henriksen. Premiere. (N)			*** "Meteor" (1979) Sean Connery. (N)					
39	TLC (5:00) World Birth Day	While You Were Out Creating a living room.			Trading Spaces Beds; "Texas: Rambler Road"		Trading Spaces "California: Dusty Trail" (N)			
40	FX *** "Volcano" (1997) Tommy Lee Jones.				Deadliest Volcanoes		Deadliest Swarms		M*A*S*H	M*A*S*H
42	FMC (01) *** "When the Whales Came" (1989)				(:01) Hour of Stars		Cinemajig	(:31) "The House on 92nd Street"		
49	EITV Corey Haim: THS	Anna	Star Dates		Saturday Night Live		Wild On...		Howard S.	Howard S.
51	TRAV Natural Wonders of the World				Secrets of New Zealand		Natural Wonders of the World			
53	WB "Dennis-Again"	*** "Star Wars" (1977) Mark Hamill, Carrie Fisher. The "special edition" of George Lucas' space opera. (N)			News		Cosby Show		"Marked for Death"	
54	ESPN2 College Basketball Texas at Texas A&M. (Live)				NHRA Drag Racing Winternationals Qualifying.		NBA 2Night		NBA	
58	HIST Modern Marvels Fortifications defend territory.	*** "A Soldier's Story" (1984, Drama) Howard E. Rollins Jr., Adolph Caesar. Premiere.			XY Factor "Sleeping With the Enemy" (N)		NBA 2Night		NBA	
59	HLTH Paid Prog. Paid Prog.	Workout	Bodies		Health Specials		Doctors Diaries		Workout	Bodies
60	UNIV Sábado Gigante Cocineras sexy: niños talentosos.				P. Impacto		Noticiero		Otro Rollo	
62	HGTV Room	Decorating	Decorating	Designing	Designers' Design		Room		Decorating	Designing
99	WGN *** "Dirty Rotten Scoundrels" (1988)				News		Fresh Pr.		"The Hand That Rocks the Cradle"	

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MONDAY EVENING										
	6 pm	6:30	7 pm	7:30	8 pm	8:30	9 pm	9:30	10 pm	10:30
2	PBS Antiques Roadshow "Seattle, Washington"	American Experience "Partners of the Heart"			Sidney Poitier: One Bright Light		News	Being Served	Charlie Rose (N)	
3	IND *** "The Other Sister" (1999) Juliette Lewis, Diane Keaton. Two mentally challenged individuals meet and fall in love.				(:45) *** "Trading Places" (1983) Eddie Murphy. Two men's lives are altered by a bet made between tycoons.					
4	ABC Veritas: The Quest "Skulls" (N)	Practice "Character Evidence" (N)			Miracles "The Patient" (N)		News	(:35) Night-line	(:06) Jimmy Kimmel Live	
5	HBO (5:00) *** "Shallow Hal" (2002) PG-13	Janet Jackson: In Concert From Hawaii The singer performs hits in Honolulu.			Unchained Memories: Readings From the Slave Narratives (N)				"Black Rain" R	
7	CBS King of Queens (N)	Yes, Dear	Everybody Raymond	Still Standing	CSI: Miami "Dead Woman Walking" (N)		News	(:35) Late Show Jennifer Garner. (N)	(:37) Late Show	
8	NBC Fear Factor "Couples Show" (N)	Third Watch "Collateral Damage" (N)			Crossing Jordan "Wild Card" (N)		News	(:35) Tonight Show (N)	(:37) Late Night	
11	TVLND Brady HappyDay	Sanford	Gilligan		Leave		I Love Lucy	Munsters	MacGyver	
12	ESPN College Basketball	College Basketball Oklahoma at Texas. (Live)					Sportscenter		College Basketball	
13	FOX Boston Public "Chapter Fifty-Seven" (N)	Joe Millionaire Evan makes a final decision.			Fox Report With Shepard Smith		LAPD: Life on the Beat	LAPD: Life on the Beat	Paid Program	Paid Program
15	MAX (4:45) *** "A Knight's Tale" (2001)	*** "Home Alone 2: Lost in New York" (1992, Comedy) Macaulay Culkin. (N) PG			*** "The Time Machine" (2002) Guy Pearce. (N) PG-13				Time Machine	
16	TNN Real TV	Real TV	Real TV	Blind Date	Taboo (N)	Blind Date	Star Trek: Next Gener.		WWE Raw	
17	DISN Boy Meets World	Smart Guy	Sister, Sister	Even Stevens	Sister, Sister	Lizzie McGuire	*** "The Aristocats" of Phil Harris. (N) G		Kim Possible	
18	LIFE Unsolved Mysteries	*** "The Wedding Dress" (2001) Tyne Daly.			Wed-Journey		Nanny		Nanny	
20	USA Westminster Kennel Club	Dog Show "Opening Night" (Live)			JAG "Pilot Error"		Robbery Div.			
21	SHOW (5:05) *** "Great Balls of Fire!" (1989)	*** "Charms for the Easy Life" (2002, Drama) Gena Rowlands. iTV. (N)			(:15) *** "Earth Girls Are Easy" (1989, Comedy) Geena Davis, Jeff Goldblum, Julie Brown. (N)				*** "Hackers" (1995) Jonny Lee Miller. (N)	
22	TMC (15) *** "Husbands and Wives" (1992, Comedy-Drama) Woody Allen, Mia Farrow.								Real World	
23	MTV Wannabes	I Bet	Rucker League		NBA All-Star Countdown		Prime Time Players			
24	DISN Perfect Mothers, Perfect Predators		Primates		By Any Means Necessary?		Monster Garage		NYPD: Life on the Street (N)	
28	TNT Law & Order (N)		Law & Order		Law & Order		Law & Order		X-Files "Sleepless" (N)	
30	FXSP NASCAR	Rocky Mt.	FOX One	54321	Best Damn Sports Show Period (Live)		Rocky Mt.	54321		
32	FAM Life-Sitcom	Last Resort	Celebrity Mole Hawaii		Whose? Whose?		700 Club		Caroline Rhea Show (N)	
33	NBC News	Ent. Tonight	Fear Factor "Couples Show" (N)		Third Watch "Collateral Damage" (N)		Crossing Jordan "Wild Card" (N)		News	(:35) Tonight Show
34	NICK Sponge	Ginger	Cheers	Cheers	Cheers	Cheers	Cheers	Cheers	Cosby	Cosby
36	A&E Biography: Jean Harlow: Bombshell		Midsomer Murders "A Tainted Fruit" A woman is killed after receiving threatening letters. (N)		Third Watch "The Greater Good" (N)		Biography: Jean Harlow: Bombshell			
38	SCIFI Stargate SG-1	Stargate SG-1			Stargate SG-1		Dream	Crossing	Twilight Z.	Twilight Z.
39	FLX While You Were Out	Hometime: Four	Hometime: Four		Medical Detectives		Trauma: Life in the ER "Point Blank Range"		Maternity Ward "The Risk Factor" (N)	
40	TC Married...	Married...	Buffy Vampire		Buffy Vampire		*** "Sudden Impact" (1983) Clint Eastwood.			
45	FMC Making the Connection	(:01) *** "The Towering Inferno" (1974) Steve McQueen, Paul Newman.					"Bonnie and Clyde"			
49	EITV Richard Pryor: True Hollywood Story				Saturday Night Live		Howard S.	Howard S.	Wild On... "H2O"	
51	TRAV Ancient Greece	New Zealand	Tokyo Revealed				Ancient Greece		New Zealand	
53	WB Friends	Everybody Raymond	7th Heaven "I Love Lucy" (N)		Everwood "My Funny Valentine" (N)		News		Will & Grace	Everybody Raymond
54	ESPN2 NHL Hockey	San Jose Sharks at Detroit Red Wings. (Live)			NHL 2Night		Season (N) (Part 1 of 2)		NBA 2Night	NFL Films
58	HIST Mail Call	Conquest	Motorcycles		How motorcycles have excited riders.		History vs. Hollywood "The Great Escape"		Mail Call	Conquest
59	HLTH Doctors Diaries		Workout	Bodies	Health Specials		Doctors Diaries		Workout	Bodies
60	UNIV Las Vias del Amor		Entre el Amor y el Odio		Cristina		P. Impacto		Noticiero	En las Mejores Familias
62	HGTV Homes	Sensible	Curb	Designers'	Design	Love	Homes		Sensible	Curb
99	WGN *** "The Price of the Bride" (1989)				News		Justice		Rockford Files	Heat

SATURDAY FEBRUARY 8, 2003										
MORNING										
10:00	4	ABC	34	NICK	NBA All-Star Read to Achieve Hosted by Ahmad Rashad and Summer Sanders. (Live)					
12	ESPN	College Basketball	Temple at Massachusetts. (Live)							
28	TNT	NBA All-Star Read to Achieve Hosted by Ahmad Rashad and Summer Sanders; musical performances by Justin Timberlake, Christina Aguilera, B2K and LL Cool J. (Live)								
11:00	7	CBS	College Basketball Alabama at Florida. (Live)							
18	LIFE	Movie	*** "Splash" (1984) Tom Hanks.							
28	TNT	Movie	*** "Passing Glory" (1999) (PA) Andre Braugher.							
11:15	22	TMC	Movie	*** "Take the Money and Run" (1969) Woody Allen.						
11:45	3	IND	Movie	*** "Forever Young" (1992) Mel Gibson.						
AFTERNOON										
12:00	12	ESPN	College Basketball Wisconsin at Northwestern. (Live)							
30	FXSP	Women's College Basketball	Colorado at Texas A&M. (Subject to Blackout) (Live)							
12:30	15	MAX	Movie	*** "What's Love Got to Do With It" (1993) Angela Bassett. 'R' (N)						
12:45	22	TMC	Movie	*** "Husbands and Wives" (1992) Woody Allen.						
1:00	4	ABC	NHL Hockey Regional Coverage -- Detroit at Colorado, N.Y. Rangers at Philadelphia or Pittsburgh at Boston. (Live)							
7	CBS	PGA Golf Pebble Beach National Pro-Am -- Third Round. (Live)								
12	DISN	NBA All-Star Read to Achieve Hosted by Ahmad Rashad and Summer Sanders; musical performances by Justin Timberlake, Christina Aguilera, B2K and LL Cool J. (Live)								
40	FX	Movie	*** "The Last Supper" (1995) Cameron Diaz.							
2:00	12	ESPN	College Basketball Connecticut at Providence. (Live)							
21	SHOW	Movie	*** "Blue Sky" (1994) Jessica Lange. iTV. 'PG-13'							
28	TNT	NBA Rookie Challenge	From Atlanta. (Live)							
30	FXSP	Women's College Basketball	Kansas State at Baylor. (Live)							
2:01	45	FMC	Movie	*** "How to Marry a Millionaire" (1953) Betty Grable.						
2:30	15	MAX	Movie	*** "A.I.: Artificial Intelligence" (2001) Haley Joel Osmont. 'PG-13' (N)						
3:00	38	SCIFI	Movie	*** "It" (1990) John Ritter.						
99	WGN	Movie	*** "Father of the Bride" (1991) Steve Martin.							
4:00	40	FX	NASCAR Racing Winston Cup Series -- Daytona 500 Practice. From the Daytona International Speedway in Daytona Beach, Fla. (Live)							
54	ESPN2	College Basketball	Winthrop at Coastal Carolina. (Live)							
4:01	45	FMC	Movie	*** "House of Strangers" (1949) Edward G. Robinson.						