ON A TREK
Two retired teachers walk more than 1,600 miles

By Connie Shoals
Special to the FT

Experienced backpackers will not take their with you on the trail. They're not being male in fact, they're being thoughtful. It's a real risk of the sport, but with basic plumbing and limited water, blisters, hypothermia, is a concern.

And yet, we never get sick, the whole time," said Steve McCracken, who recently walked more than 1,600 miles along the Pacific Crest Trail with his brother-in-law, Sue McCracken. The couple had planned to hike the trail during the summer but instead moved the event to the fall.

The couple hiked from mid-August to late October, starting at the southern terminus of the trail in Campo, California, near the border with Mexico. This is essentially where they left their car parked, on the border between Mexico and the United States. They hiked through the desert, along the coast, and into the mountains.

"We never go on our own," they said, adding that the same can be said for most of the other people they encountered on the trail.

Although both are coffee drinkers, they were careful to avoid drinking too much water, as too much water can lead to dehydration. They also carried a small first aid kit in case of emergencies.

The McCrackens trained for a year, mostly on the Bloomsburg College Trail, averaging 11 miles per day. Their longest day was 20 miles. With weighted backpacks, for example, they were able to hike all day without needing to take a break. They also carried a small first aid kit and a small first aid kit in case of emergencies.

Nature, other interests keep 93-year-old busy

By Carol Kirgan
The weekly

The birds and the bees are among the many enemies that Barbara Feitl finds at her home in Owingsdale Retirement Community in Bloomington.

At age 93, Feitl remains active in her local community. She is a member of the Bloomington Environmental Commission, where she works on local issues such as sustainability and energy conservation.

Feitl also enjoys gardening and spending time with her family. She is a member of the Owingsdale Retirement Community, where she lives with her husband and her two children. She also has two grandchildren.

In her spare time, Feitl enjoys reading and writing, and she is an avid traveler. She has visited many countries and enjoys learning about new cultures and customs.

While Feitl is busy with her many interests, she also finds time to relax and enjoy the outdoors. She often spends time walking in the woods or simply watching the sunrise or sunset.

Feitl is an active member of her community and is always willing to lend a helping hand. Whether it's helping her neighbors with their daily tasks, or spending time with her grandchildren, Feitl is always there to lend a helping hand.

Feitl is an inspiration to many and is a true example of how one can lead a fulfilling life at any age. She is a true testament to the fact that age is just a number and it's never too late to pursue your passions.

Barbara Feitl enjoys spending time in the outdoors, whether it's hiking in the woods or simply watching the sunrise or sunset. She is a true inspiration to all and is always ready to lend a helping hand. She is truly a remarkable woman and an inspiration to us all.
Health anxiety tends to rise after age 50. It doesn’t have to take over your life

By Dr. Viera Tyler

The Herald-Times

Dr. Viera Tyler was 5 years old when her father died of heart disease. She grew up with the constant fear that her mother and brother would die of cancer and heart disease as well.

She became a doctor and a researcher and now works at the Indiana University School of Medicine, where she studies health anxiety.

“Health anxiety is a common problem among older adults,” she says. “But it’s not something that has to control your life.”

The problem is that people with health anxiety tend to focus on their bodies and worry about everything from a headache to a sore throat.

They may avoid going to the doctor or taking medicine because they’re afraid it will only make their symptoms worse. They may also avoid social activities or travel because they’re afraid they’ll be in a situation where they might need medical help.

“Health anxiety can be really hard to treat,” Tyler says. “But it’s important to remember that there are treatments available.”

The most effective treatment for health anxiety is called cognitive-behavioral therapy (CBT). It involves identifying and challenging negative thoughts about health and teaching people how to cope with anxiety.

Other treatments may include medication or a combination of medication and therapy.

“I’ve seen patients who have made significant improvements in their lives after just a few months of treatment,” Tyler says. “It’s not a magical cure, but it can make a big difference.”

So if you’re struggling with health anxiety, don’t give up hope. There is hope and help available.”

“Health anxiety is a common problem among older adults,” she says. “But it’s not something that has to control your life.”

The problem is that people with health anxiety tend to focus on their bodies and worry about everything from a headache to a sore throat.

They may avoid going to the doctor or taking medicine because they’re afraid it will only make their symptoms worse. They may also avoid social activities or travel because they’re afraid they’ll be in a situation where they might need medical help.

“Health anxiety can be really hard to treat,” Tyler says. “But it’s important to remember that there are treatments available.”

The most effective treatment for health anxiety is called cognitive-behavioral therapy (CBT). It involves identifying and challenging negative thoughts about health and teaching people how to cope with anxiety.

Other treatments may include medication or a combination of medication and therapy.

“I’ve seen patients who have made significant improvements in their lives after just a few months of treatment,” Tyler says. “It’s not a magical cure, but it can make a big difference.”

So if you’re struggling with health anxiety, don’t give up hope. There is hope and help available.”

“You can do this,” Tyler says. “You don’t have to live in fear of your body.”