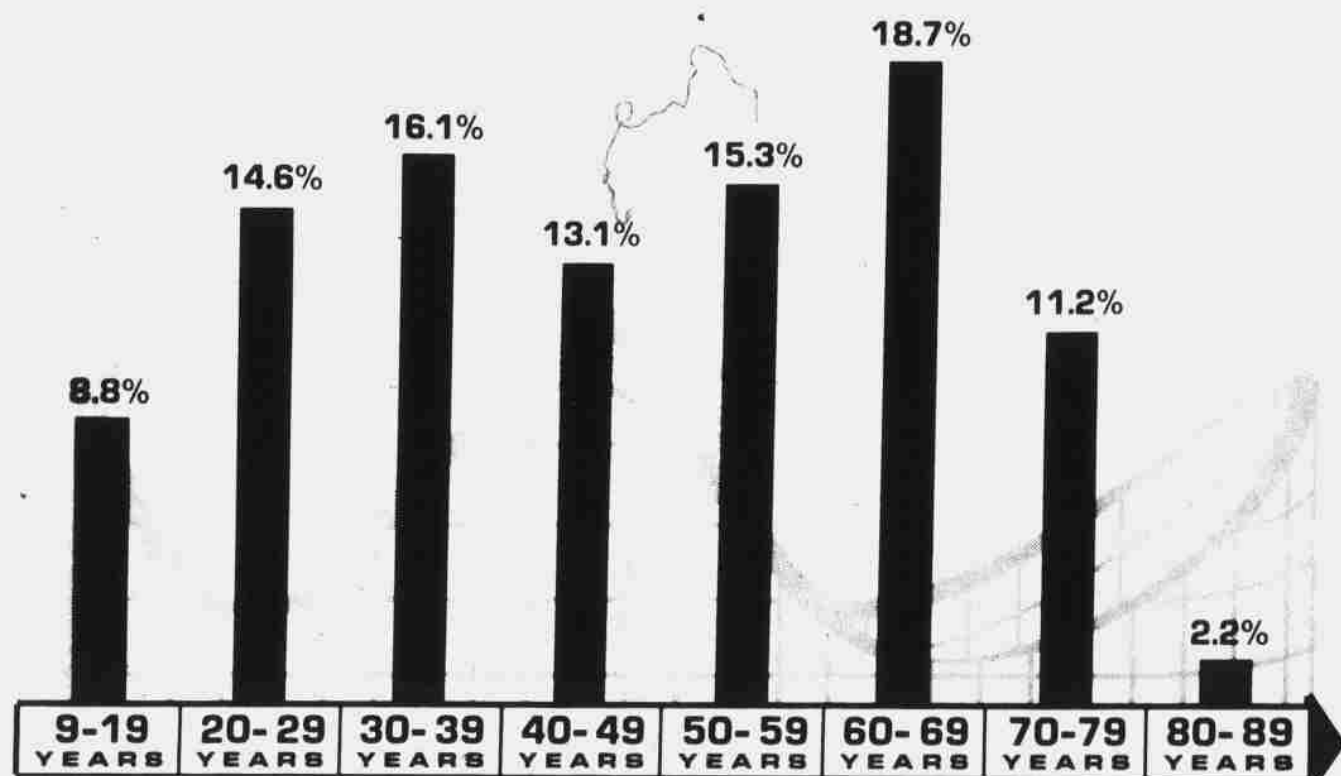


Seniors Cite Active, Healthy Lifestyle As Secret To Longevity

Friends Of Sheba Medical Center To Present Leah Rabin Inaugural Award In Beverly Hills, Jan. 27

Seniors Cite Life's Best Decade



Which decade of life is the very best? A recent Del Webb Corporation survey asked 400 Californians over the age of 55 that question. The greatest number -- nearly 20% -- cited the years from 60 to 69.

Del Webb's Sun Cities

The Del Webb Corporation, developer of the master-planned Sun Cities for active adults ages 55 and better, has long sought the answer to one of the world's great questions: What's the secret to a long and happy life?

After asking more than 550 seniors, it may well have its answer. More than 60 percent of those surveyed responded that a healthy lifestyle is the key to looking and feeling your best. A positive outlook and an active lifestyle were the second and third most frequent responses.

"Obviously, Mr. Webb knew what he was doing when he built the first Sun City in 1960," said Scott Higginson, vice president of government and community affairs for the two Southern Nevada communities, Sun City Summerlin and Sun City MacDonald Ranch. "Today's seniors have a very different view of retirement than their parents did. That's what makes Sun Cities so unique. They are designed for the retiree who is ready to enjoy life to its fullest."

Sun City Summerlin, for instance, features three fully-equipped recreation centers, which house swimming pools, aerobic and weight training rooms, and more than 5 dozen social and recreational clubs. According to Higginson, residents' enthusiasm and zest for life is contagious.

"A lot of people think of us as a golf community because our residents have three

great courses to choose from, but people who've visited Sun City Summerlin know that there is much more than just golfing here. From computers to tennis, there is a club and activity for everyone.

"We have a motto at Sun City Summerlin: 'If there isn't a club to match your interest, we'll start one.'"

Other seniors responses included smoking, sex, and even an occasional dose of Rush Limbaugh. Regardless of what activity they cited, one theme remained consistent -- do something. As one respondent succinctly stated, the answer to a long and happy life: "Get up every morning."

★★★★★

Existing business owners! Haven't gotten around to completing a business plan? Nevada Self Employment Trust is offering a six week *Fast Track* class and a micro-loan program. Find out more about these and other programs at the following free orientations:

Jan. 17 and 24, 7-8:30 p.m. at UNLV CBC Building (new building adjacent to Thomas & Mack) Room C224.

Jan. 25 and 30, 6-7:30 p.m. at North Las Vegas Library, 2300 Civic Center Dr.

★★★★★



LEAH RABIN

Mrs. Leah Rabin, wife of Israel's martyred Prime Minister, will receive the inaugural 1996 Rabin Award from the Friends of Sheba Medical Center at its annual dinner Sat. Jan. 27 in the International Ballroom of the Beverly Hilton Hotel.

Announcement of the evening of remembrance was made by Ruth Steinberger, president of the Los Angeles Chapter of Friends of Sheba Medical Center. Mrs. Rabin is international president of the Friends organization.

The event will also mark the establishment of the Yitzhak Rabin International Wall of Peace on the 150-acre campus of the 1700-bed medical arts and research complex at Tel Hashomer, Israel. The hospital, founded as Army Hospital Number Five by Dr. Chaim Sheba during Israel's War of Independence, has grown into a world-class institution, treating more than one million patients in its 700 clinics each year.

Dr. Sheba, a confidant of Israel's first Prime Minister, David Ben Gurion, was Israel's first Surgeon General.

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