



GOOD FOOD:
Good health starts with
grocery store smarts

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REMEMBER WHEN:
We all got our kicks on the
route that's the best

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MINNESOTA
Good Age
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WHEN I'M

Who knows why 16-year-old Paul McCartney picked 64 as the age when he will be "old and losing my hair, many years from now." It must have sounded frightfully old.

We already knew that 64 is hardly old when we set out to talk to some actual 64-year-olds. What we did find out is that 64 is a transition age: Most of these people are still working, but they're all looking forward to what's next. For some it will be new jobs and new relationships, for others a quieter time more focused on their own interests. And very few of them are losing their hair.

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No business card necessary

BY MONICA WRIGHT

When reporter Dave Nimmer arrived at the *Minneapolis Star* newspaper in 1963, he had one suit, two white shirts, and an apartment near the Foshay tower. "I thought, this town serves brandy and is five hours from the Canadian border. This has got to be everything I'd ever want," says Nimmer, a Wisconsin native.

During his journalism career, which included stints on air at WCCO and teaching at the University of St. Thomas, Nimmer was a popular and well-recognized staple of local news. Yet transitioning to





JUSTICE PAUL ANDERSON

“There was a time in my life when I thought 64 was old,” says Minnesota State Supreme Court Justice Paul Anderson from his office in the Minnesota Judicial Center in St. Paul. “Not anymore. I feel like I’m at the top of my game intellectually.” Anderson’s key for staying sharp? Using his role as a justice to interact with the public instead of sticking solely to the bench. “I really enjoy explaining what we do and how the court works,” says Anderson. “When I was growing up, I promised myself that if I was ever in a position to give back, I’d make sure I would.”

That means at least once a week Anderson can be found anywhere from the annual Boys State Leadership Program for high school students to a classroom on the Iron Range. Anderson takes this responsibility so seriously that even the time he spends on vacation isn’t considered off-limits: while on a plane back to Minneapolis, he met a fifth-grade

student who was studying her state capitals. Anderson was so impressed with the student that he offered to come to her school to talk about civics and history. True to his word, Anderson showed up at the girl’s school in Medford armed with a presentation and a judge’s robe for the kids to try on. “One of my keys to staying young mentally is engaging with young people,” explains Anderson.

With as much enjoyment as Anderson gets from his job, it’s not surprising that “retirement” is considered a dirty word. By law, he has to retire from the court at age 70, and if the 2008 election goes his way Anderson hopes that’s a mark he’ll hit. “I have no desire to retire from what I’m doing. I am still absolutely energized by my work,” says Anderson. “The combination of experience and perspective, there’s something about that that comes with age which is irreplaceable.”

— Monica Wright

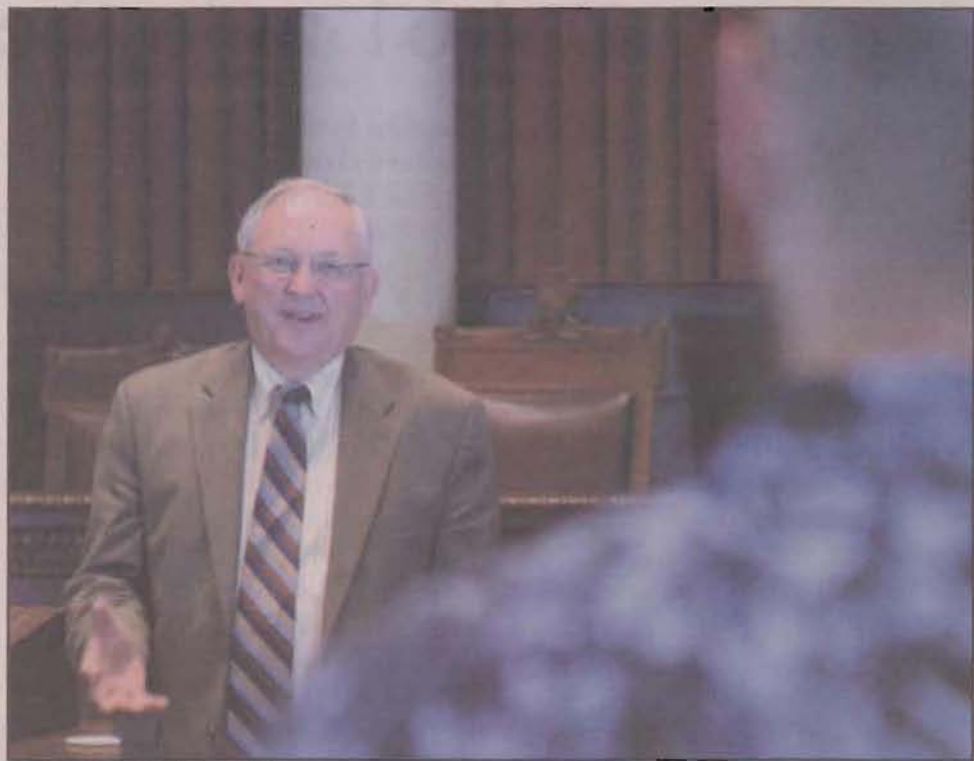


PHOTO BY JOE SZURSZEWSKI

Justice Paul Anderson plans to keep working until age 70, when the law says he has to retire from the court.