



# Family



## Our Cultural Ties to Water

Imna Arroya (above) is internationally renown for her printmaking. Arroya is from Puerto Rico and of African, Taino and Spanish ancestry. She grew up immersed in the rich cultural traditions of the Caribbean. Her 8-foot woodblock prints on white satin with borders of African fabric depicts Yemaya, the Yoruba orisha (deity) of the ocean. Arroya's artwork along with her video, "The Many Faces of Yemaya" can be viewed at the Interstate Firehouse Cultural Center, located at 5340 N. Interstate Ave.

Through Aug. 25, the IFCC gallery is featuring the visual arts of seven women who are giving their unique cultural perspectives on water in an exhibit called "Voices of Water."

## Boomers Happy to Help

By USA TODAY

Baby boomers in the "sandwich" years — 45 to 55 — are crunched by commitments to their parents and kids, but most manage with minimal stress, shows a national survey out today.

Contrary to clichés of narcissistic boomers, the findings of the AARP phone survey portray the "me" generation as the "we" generation that gives freely.

There is a lot of involvement with younger and older generations, according to the survey:

- 70 percent have at least one living parent.

- 44 percent have kids under 21 at home and living parents or in-laws.

- Some 22 percent identify

themselves as "caregivers" for older relatives. More than 80 percent give "intermittent" help, such as driving, housework and checking up on them.

- 74 percent say family needs don't stress them; 48 percent wish they could do more for their parents.

When the going gets rough, spiritual faith and siblings are key sources of help.

Blacks surveyed report the most stress: One-third say they're stressed by family commitments. They have the most children and are more likely than whites to be caring for older relatives.

Racial differences in the survey are partly from economics, says demographer Harold Hodgkinson of the Institute for Educational Leadership in

Washington, D.C. "Increasingly, the middle class of every race is living very differently from lower classes," he says.

Cultural differences are apparent, too: Asian-Americans are most likely to feel they should do more for parents — 72 percent feel guilty — but do the most caregiving, the survey finds.

Boomers' parents "are

healthier than parents used to be at that age," so that is helping to keep demands down, says Cornell University sociologist Elaine Wethington.

The findings confirm results from a large MacArthur Foundation study of midlifers, she adds. "People in the middle have the most going on, but they have the best mental health and the most resources to cope," she says.

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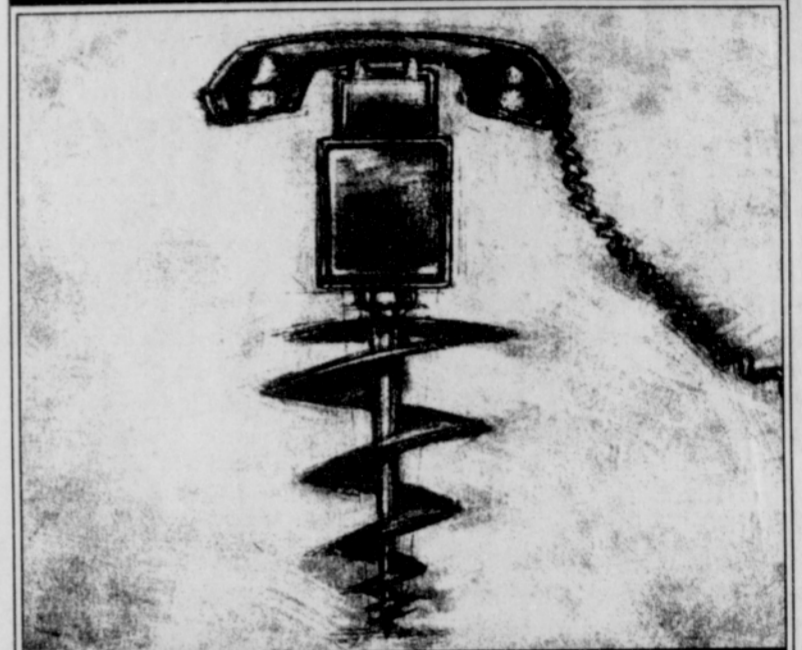
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