

## 'The trick is to keep breathing' jokes 100-year-old on his birthday

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By Rebecca Cain



The trick is to keep breathing - that is the advice of a 100-year-old who celebrated his birthday yesterday.

Don Austins from King's Thorn turned 100 on February 17 and celebrated with a meal at The Pilgrim Hotel in Much Birch with his family.

When asked what was his secret to reaching a century- he joked it was to keep breathing.

But he added: "If I am truthful- it is not to worry. You give thought to things but you don't worry."

He was born in Hereford and has spent most of his life in Herefordshire, except for when he carried out army service in the King's Shropshire Light Infantry.

He said during his career he worked mainly in the clerical

sector. He kept on working until he was 80, and it was not because he retired but because the company he worked for stopped trading.

He moved to King's Thorn with his wife Betty in 1969. She sadly passed away in 1982, aged 64, following a stroke.

Daughter, Sue Simpkins, son, Chris, and four of his five grandchildren were at his birthday lunch.

Mr Austins added: "When you are young you look at the pretty girls and they look back.

"At this point you still look at the pretty girls and they don't look back."