

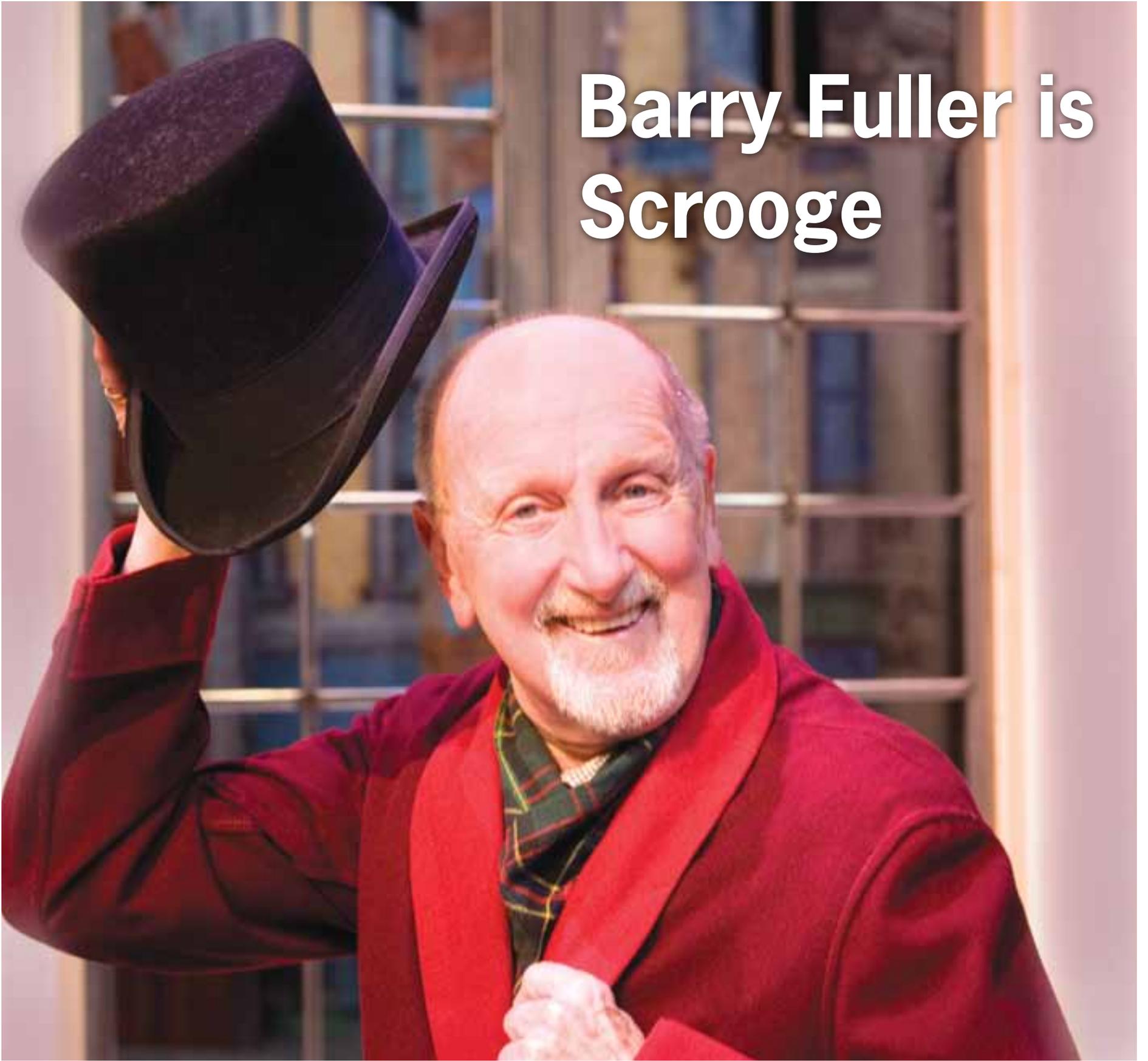
# THE BEST TIMES

Deborah Camp  
has gift ideas for  
the dog who has  
everything pg 10



*The Monthly News Magazine for Active Mature Mid-Southerners • December 2010*

## Barry Fuller is Scrooge



**PROFILES • HEALTH • TRAVEL • EVENTS OF INTEREST • PERSONAL FINANCE**

PRSR STD  
U.S. POSTAGE PAID  
MEMPHIS, TN  
PERMIT NO. 94

# PRISCILLA'S STORY

Osteoporosis is a disease that causes bone to become weak and susceptible to fracture. Of the 10 million Americans with this disease, 80% are women, and having a mother with osteoporosis puts a daughter particularly at risk. Priscilla Turner, 67, of Memphis, TN knows this risk all too well. Her 90-year-old mother, Jewell Fondren, suffers from osteoporosis (a disease that causes bone to become weak and susceptible to fracture). Over the past 30 years, Jewell has experienced a hip fracture, spinal fractures, and has a hunched back that may have been caused by multiple spinal fractures. Jewell, who lives with her daughter, has difficulty walking, cannot bend, and finds her clothes don't fit well because of her hunched back.

Two years ago, Priscilla seemed to be heading toward the same fate as her mother when she suffered from back pain. Priscilla went to see her doctor and discovered she had a spinal fracture. She was also diagnosed with osteopenia or low bone mineral density that can lead to osteoporosis. "I just thought I was getting older," she said. "I didn't know my bones were breaking, but when my doctor told me I had a spinal fracture, I was very surprised." Like Priscilla, the estimated 44 million Americans at risk for osteoporosis are often unaware that they have the disease until they break a bone, according to the National Osteoporosis Foundation (NOF), sponsors of National Osteoporosis Awareness and Prevention Month. However, today more information is known about the risk factors for osteoporosis and fractures.

If you have a low bone mineral density coupled with one or more other risk factors, you are at increased risk of having an osteoporosis-related fracture over the next 10 years, according to a recent publication by the World Health Organization (WHO). These risk factors include a previous fracture, a parent who has had a hip fracture, smoking, taking steroid medications, drinking three or more glasses of alcohol daily, and suffering from rheumatoid arthritis or from a disorder strongly associated with osteoporosis.

Less was known about osteoporosis years ago when Priscilla's mother was prescribed pain pills and bed rest to manage her osteoporosis-related spinal fractures. Treatments are now available to help strengthen bones, and new procedures have been developed to repair spinal fractures. When Priscilla experienced her spinal fracture, her primary care physician referred her to orthopaedic surgeon Dr. Edward Pratt\* of the Memphis Spine Center, who treated her spinal fracture with balloon kyphoplasty. Balloon kyphoplasty is a minimally invasive procedure that can reduce back pain and correct the deformity caused by a spinal fracture. Small balloons are inserted and inflated in the fractured area of the spine to restore it back to its normal shape. After the balloons are deflated and removed, the

cavity that has been created is filled with special bone cement, creating an internal cast. Priscilla is exceedingly close to her mother. They spend afternoons on their parlor couch, reminiscing about their years together or sitting quietly as Priscilla reads and her mother knits. However, she knows that she does not want to suffer the same fate as her mother.

"Osteoporosis has kept Mama from being as mobile as I knew her years ago," Priscilla said. "Her movements are restricted. She cannot bend nor do many activities around the house. Her walking is limited." When Priscilla experienced her second spinal fracture in 2007 and her activities became restricted due to the back pain, she decided to take action to avoid her mother's fate. She had her fracture repaired with balloon kyphoplasty and now exercises regularly and takes prescription drugs and calcium supplements to prevent more bone loss. "Today I do everything," she said. "We have a two-story home, and I am always going up and down the steps, and I couldn't do that before the (balloon kyphoplasty) procedures because of my back pain. I am also gardening again. I walk two miles a day and work out on weight machines. I am a very active person. I don't sit."

The National Osteoporosis Foundation estimates that one in two women and one in four men over age 50 will experience an osteoporosis-related fracture in their lifetime. Dr. Pratt believes that efforts like National Osteoporosis Prevention and Awareness Month are helping to raise much needed awareness of the risks and treatments for osteoporosis and related fractures.

"The world is beginning to gradually wake up and see that osteoporosis is a problem and that the best way to treat it is to stay ahead of it," says Dr. Pratt. To learn more about osteoporosis, visit the National Osteoporosis Foundation at [www.nof.org](http://www.nof.org). For more information about spinal fractures, take the risk assessment, go to [www.spinalfracture.com](http://www.spinalfracture.com).

*\*Paid consultant of Medtronic. Although the complication rate with KYPHON® Balloon Kyphoplasty has been demonstrated to be low, as with most surgical procedures, there are risks associated with the procedure, including serious complications. This procedure is not for everyone. A prescription is required. Please consult your physician for a full discussion of risks and whether this procedure is right for you.*

*For more information please call Medtronic at 1-888-645-4444 and/or visit [www.kyphon.com](http://www.kyphon.com).*

If you're over 50 or have osteoporosis, it's important that you don't ignore your back pain. It may signal a spinal fracture. See your doctor right away if you think you may have one.

## Spinal fractures can be repaired if diagnosed.

KYPHON® Balloon Kyphoplasty is a minimally invasive treatment for spinal fractures that can correct vertebral body deformity, reduce pain and improve patient quality of life.



before



balloon kyphoplasty



after

For more information on balloon kyphoplasty or to find a local physician performing the procedure, call (877) 459-7466 or visit [www.kyphon.com](http://www.kyphon.com)

Although the complication rate with KYPHON® Balloon Kyphoplasty has been demonstrated to be low, as with most surgical procedures, there are risks associated with the procedure, including serious complications. This procedure is not for everyone. A prescription is required. Please consult your physician for a full discussion of risks and whether this procedure is right for you.  
© 2008 Medtronic Spine LLC. All Rights Reserved.

MEDTRONIC  
Spinal and Biologics Business  
1221 Crossman Avenue  
Sunnyvale, CA 94089 USA  
Tel: (408) 548-6500  
16003152\_009 1011

**TAKE CHARGE**  
Don't turn your  
back on back pain.



**MICHELSON  
TECHNOLOGY  
AT WORK**

 **Medtronic**

# COVER STORY

Barry Fuller is making his 10th appearance as Scrooge in Theatre Memphis' annual production of "A Christmas Carol" this month.



# THIS MONTH

## Information

Briefs.....	5
Cover Story.....	6-7
Sudoku.....	13
Aging Commission.....	20
Crossword Puzzle.....	30
Classified.....	31

# FEATURES

Body & Soul.....	11	Medicare Answers.....	24
Best Garden Tips.....	13	Best Computing.....	25
Best History.....	15	Events.....	26-27
Best of the Pet World.....	23	Around Town.....	28-29

# How Good Can A \$189 Window Be?

## Good Enough To Be America's #1

Ask your Window World Consultant for Details



# \$189 installed

Any Size  
White  
Double Hung  
up to 4'x6'

Window World and the economic stimulus plan can put money in your pocket. Get up to 35%\* off your energy bills forever. Plus, with our flexible financing options, there's never been a better time to install America's favorite replacement windows.

We can show you windows that QUALIFY – call for FREE in-home demonstration.



"Simply the Best for Less"

# 901.684.6670

www.windowworldmemphis.com



\*Call for details

Our 30<sup>th</sup> year

# THE BEST TIMES

The Monthly News Magazine for Active Mature Mid-Southerners  
Volume 27, Number 20

- Publisher:** Lester Gingold, lgingold@thebesttimes.com
- Associate Publisher:** Joyce Meacham Gingold, jgingold@thebesttimes.com
- Managing Editor:** Thomas Jordan, tjordan@thebesttimes.com
- Advertising Manager:** Jim Moffatt, jmoffatt@thebesttimes.com
- Account Executives:** Arch Stewart, astewart@thebesttimes.com  
Jim Long, jlong@thebesttimes.com
- Office Manager:** Sherry Greene, sgreene@thebesttimes.com
- Art Director:** Mindy Shrable, mindy.shrable@gmail.com
- Contributing Writers:** Deborah Camp, Richard Sherman, John Harkins, Catherine Lewis, Randal Hartzog, Anthony Porter, Dr. B.W. Ruffner, Margot Seay, Julie Pierotti, Jennifer Reager.

www.thebesttimes.com

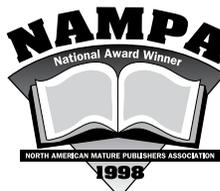


The Best Times is published monthly by Best Times LLC, 3100 Walnut Grove Rd., Suite 404, Memphis, TN 38111. © Copyright, 2005 Best Times LLC, Memphis, TN. All financial information published in The Best Times is taken from sources deemed reliable, but Best Times LLC cannot guarantee the accuracy thereof. Nothing published in The Best Times in any way constitutes a solicitation for the sale or purchase of stocks, bonds, securities or other financial instruments.

Subscription price for home delivery of The Best Times is \$20 for one year (12 issues). Address changes, subscription requests and other correspondence should be mailed to The Best Times, 3100 Walnut Grove Rd., Suite 404, Memphis, TN 38111. Phone: 901-458-2911; Facsimile: 901-458-7403.

ATTN: POSTMASTER: This publication is mailed third-class.

Member: The North American Mature Publishers Association



# PRIME TIME FROM THE PUBLISHER

## Retirement has a different meaning today

By Lester Gingold

THE BEST TIMES

“Aging” is used to mean a process or processes by which individuals deteriorate and lose capacity to be productive. The term “productivity” usually refers to work for pay and is measured in monetary transactions.

“Productive aging” is a term created by the late Dr. Robert Butler to draw attention to the fact that “aging” and “productivity” should not be opposed to each other, and that the older population is being seriously and unnecessarily discounted by “ageism” (prejudice against older people) by a number of barriers to employment along with other practices of discrimination.

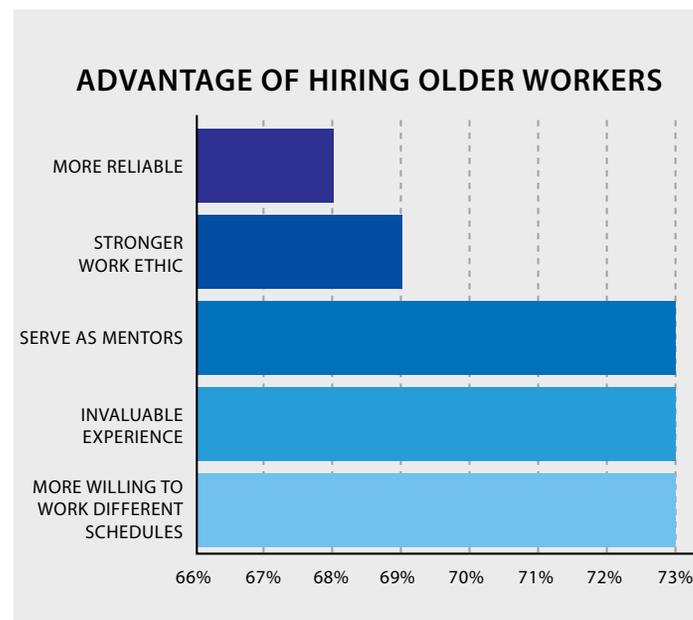
“Productive Aging” means the capacity of an individual to participate in the paid work force, to serve in volunteer activities, to assist in the family, and to maintain him or herself as independently as possible. Measuring output in the workplace is not enough. The value of older people in services as volunteers, or to the family as a caregiver, mentor or advisor would be difficult to monetize.

In today’s economy, and with

the outlook for a delay in Social Security until age 70, life in the workforce takes on new meaning and significance.

Retirement today has a different meaning. Many will talk about their “retirement jobs,” and often these encore careers become an important ingredient in the continuing lifestyle of an individual, the economy and society as a whole.

There are many advantages to hiring older workers as a survey from Boston University, based on observations from businesses,



shows in the chart below.

Without question, ageism among employers restricts the job opportunities. A senior attorney for AARP, Laurie McCann said, “Despite the fact that the United States Age Discrimination in Employment Act (ADEA) has been in place for over 45 years, discrimination in employment remains a pervasive force.”

The seniority system was built on what economists call an implicit contract with workers. We’ll pay you less now than you’re really worth while you’re young, but stick with us and we’ll make it up to you

later by paying you more than you’re worth later in your career.

The most creative way for continuing in the workforce is for the worker to be acceptable to a lesser paying job, more flexible hours, and respect for the individual in that assignment.

At The Best Times we have the example of a business taking advantage of the skill and desire of older workers. Jim Moffatt, our ad Manager is 70, and still has time for his volunteer activities with Memphis in May and the Marine Corps. Arch Stewart is 82 and enjoys his sharing his creative talents with our advertisers. Jim Long, a former chief administrative officer for Shelby County, now 69, enjoys this new career and the flexibility of his time. Our editor Tom Jordan, now 68, has time to write books and lecture at The University of Memphis. Sherry Greene completed 26 years with The Commercial Appeal before joining us as office manager and volunteering as a member of The Woman’s Exchange. Our art director, Mindy Shrable, our youngest one, is working toward her master’s degree at The University of Memphis. Of course at 88, I continue to guide the ship and also volunteer with my speeches and in advisory capacities to other organizations.

Productive Aging is in evidence here at The Best Times.



## THE BEST BOOKS

By Lester Gingold

THE BEST TIMES

*PASSAGES IN CAREGIVING*, Gail Sheehy, 396 pages, Harper Collins, \$27.99

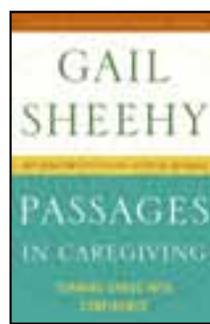
Gail Sheehy has chronicled every major turning point in life for 20th century Americans, making her one of aging’s all-time bestselling authors. Sheehy’s new book, “Passages in Caregiving,” tells us how to turn chaos into confidence in later life by caregiving.

Hundreds of books have been written about caregiving, but of the many I have read, none have given me more insight than Sheehy’s remarkable story of her husband, nationally known author and editor Clay Felker, and the life and death challenges of her

caregiving experience.

She identifies the stages of caregiving and offers her insights into navigating each. Being an accomplished researcher and writer, Sheehy’s book provides invaluable advice and guidance from the first signs of trouble to the final days of life. It is important to learn that the caregiver doesn’t have to be alone in the process. Moreover, she reminds us that the most devoted family caregiver is at risk of dying first. One of the most important lessons learned is to begin having conversations with your loved ones early in life, before a crisis strikes.

Sheehy guides us through the eight stages of caregiving in which she writes, “frankly uncertain



that I would survive to tell the tale . . . yet ultimately found new life . . . precious life, and I want you to find it too.”

The eight stages:

1. Shock and mobilization. Learning how to “fight rather than flee.”
2. The new normal. Finding ways to spend part of the day in pleasurable activities not related to the dependent one.
3. The boomerang. Responding to changing illness by expanding the circle of care to include your own caregiver.
4. Playing God. Avoiding being consumed by the “what ifs.”
5. “I can’t do it anymore.” It’s normal. She prays, “God please grant me a mild heart attack right now so the EMS will put me in the

hospital bed next to my husband and I can finally get some rest.”

6. Coming back. Beginning to release the sick one and imagining your own comeback.

7. The in-between. Learning to supervise dying by making decisions about such things as hospice.

8. The long goodbye. Helping the dying one find the peace to let go.

Former First Lady Rosalynn Carter said: “Gail Sheehy has brought these passages vividly to life from her own long experience and that of many others. This is one of those rare books that can drastically lighten even the heaviest load.”

I agree. Gail Sheehy’s “Passages in Giving,” is worthy of your time and reading.

## THE BEST BRIEFS

### Retirement Planning

The MetLife Mature Market Institute's Retirement Readiness Workbook can help pre-retirees access their preparation for retirement. It's free and you can download a copy from [www.maturemarketinstitute.com](http://www.maturemarketinstitute.com).

### Great expectations

Kiplinger reports that 70 percent of workers say they plan to work in retirement, but only 23 percent of retirees report that they work. The research from Employee Benefit Research Institute's recent confidence survey also said the retirement age planned has risen during the past year because of the economy.

### Light smoking not good

If you think you are doing your heart and lungs a favor by smoking only "a little," think again. Light or intermittent smoking may be safer than heavy smoking, but it still causes harm to the heart and body, according to a recent issue of the Harvard Heart Letter. The health hazards associated with light or intermittent smoking include increased risks for heart disease, lung cancer, respiratory infections and slower recover from injury, the letter said.

### Estate Tax 2010-Opportunity

Time to check with your lawyers and financial planner to consider this month as a window of opportunity for protecting your heirs as the Federal Estate Tax will lapse after this year. Kiplinger Retirement News Letter says act before the year ends.

### So the blind may see

The courts have recently put muscle on Social Security to better serve the blind and visually impaired. A San Francisco court ruled that Social Security must offer information in a format that is acceptable to these disadvantaged recipients. Today it is so often assumed that every Social Security recipient is computer literate and with 20-20 vision. If you know of problems report the matter to our local SSA office.



Senior's Day

Southern Style!

## EVERY TUESDAY!

- Receive \$5 in Slot Dollars.
  - **FREE** entry into our Senior's Day drawing from Noon to 5p.m.
  - Earn additional entries based on play.
    - Half price breakfast or lunch at The Great Buffet.
- OR
- \$5 off dinner at The Great Buffet.
- Must register at the B Connected Club to receive offers.**

PLEASE SEE B CONNECTED CLUB FOR COMPLETE DETAILS.



**SAM'S TOWN**  
HOTEL & GAMBLING HALL, TUNICA  
A BOYDGAMING EXPERIENCE

MUST BE 21 YEARS OR OLDER TO ENTER CASINO, GAMBLE OR PARTICIPATE IN CASINO PROGRAMS OR PROMOTIONS. DON'T LET THE GAME GET OUT OF HAND®. FOR ASSISTANCE, CALL 1.888.777.9696. ©2010 BOYD GAMING CORP. ALL RIGHTS RESERVED.

# Barry Fuller

## *What goes around, comes around*

By Randall Hartzog

Special To The Best Times

"I was never a leading man," Barry Fuller said.

But with his 10th time as Scrooge at Theatre Memphis' annual production of "A Christmas Carol," he leads all the other actors in a totally re-envisioned production that puts him front and center.

At age 82, Fuller commands the stage and the respect of his fellow actors. Literally generations of actors have worked with him in Memphis productions that range from 1956 with George Touliatos' Theatre 12 in "Twelfth Night" as Malvolio in the old King Cotton Hotel Ballroom to, most recently in May 2010, Jacob in "Joseph and the Amazing Technicolor Dreamcoat" at Theatre Memphis on the Lohrey Stage. He has worked at many other theaters in town as well directing, acting and even a little choreography from time to time. Having worked in the travel industry for 35-plus years, Fuller has seen the world and continues to look forward to his next trip and his next theatrical adventure.

In 1958, Fuller came to Memphis for his second time to participate in the summer season of the newly formed Front Street Theatre. That season was followed by a return to his native Australia for two years before he came back to Front Street for a long run of performing from 1960 to 1966. In those years he worked with budding Broadway stars such as George Hearn, Dixie Carter, Polly Holliday, Robert Foxworth, Karen Grassle, Dana Ivey and Paxton Whitehead. But it was in the 1970's that he started his tenure as the ultimate Ebenezer Scrooge at Theatre Memphis and his



Barry Fuller as Scrooge at Theatre Memphis

career in the travel-related industry.

In the theater, Fuller was first in many things. Not only the first to play Scrooge at TM, but he also directed the first production in the Circuit Playhouse on Walker Avenue – "The Fantasticks." His affinity

*"I've always considered myself a character actor. Even as a kid my first roles in church plays were always that of the old prophet." – Barry Fuller*

for Stephen Sondheim musicals also led him to be the first to direct many of the Sondheim classics in Memphis, including "Sweeney Todd," "Company," "Into the Woods" (with Sherwood Lohrey), "Assassins" and "Merrily We Roll Along."

"I specialized in musicals," Fuller said, "... and I love directing. There is something about watching the audiences;

hearing them is a great thrill. Although at my age, acting is less of a strain and better for me to do."

So he continues to act.

"I've always considered myself a character actor. Even as a kid my first roles in church plays were always that of the old prophet. I've only had two 'romantic' roles. The Dick Van Dyke role in "Bye, Bye, Birdie" and "The Foreigner" where I had to kiss Ann Marie Hall."

And his characters have stood out over the years. Known for his cameo roles, several have earned him Ostrander Awards, which are given in honor of theatrical excellence each year in Memphis. In 1997 he was awarded the Eugart

Yerian Lifetime Achievement Award in Memphis Theatre at the Ostrand's ceremony.

Lightheartedly he questioned, "Isn't it about time for another one?"

In 2006 in "Cats" at Theatre Memphis, he garnered another

Ostrander award for Best Cameo Performance. His heart-wrenching portrayal of Gus the Theatre Cat won over the audience night after night. His comedic timing in the more recent "Joseph and the Amazing

Technicolor Dreamcoat" (also at TM) made the production have real heart, according to Theatre Memphis Artistic Director Kell Christie.

"Barry's energy is so light and accessible. He brings a consummate professionalism to everything he does. The scenes in 'Joseph' were set in the right

direction by his impeccable timing."

This was not Fuller's first encounter with "Joseph" either. He is proud to admit that another one of his firsts was to direct the original 30-minute version at Calvary Episcopal Church after he had seen it in London on one of his junkets.

"It was the second half of a double-bill. I was fascinated with it and thought, 'I'm going to do that show in Memphis.'"

His childhood prophet obviously was speaking to him because "Joseph and the Amazing Technicolor Dreamcoat" went on to become one of the most produced shows in Memphis and he has been involved in at least three of the productions.

Fuller's travel-industry career did more than expose him to new shows. He rubbed elbows with stars in that part of his life too. Having started as a reservation agent for American Airlines in the 1970s through a friend's suggestion, he soon moved up to be a service representative at the airline's check-in counter and then to the position of passenger



Fuller (rt.) with Gene Katz in "A Funny Thing Happened on the Way to The Forum" at Playhouse on the Square '77-'78 season.

service representative. It was in that job that he was able to meet and assist Liza Minelli just after she had signed on for the film role of Sally Bowles in "Cabaret." Steve McQueen was

**BARRY FULLER, cont. pg 7**

**BARRY FULLER, from pg 6**

a memorable passenger as well, but his favorite recollection is that of Gloria Swanson. On her way through Memphis, he was responsible for “personally clearing her pots and pans through the system for her health food lifestyle.”

“She was a remarkably friendly lady,” he recalled.

After his stint with American Airlines, he moved on to Walker Holidays Travel and then spent the last 17 years of his career with Regency Travel.

Regency’s CEO, Terry Beaty, recalls of Fuller, “He was one of the finest travel consultants I ever had the privilege to work with. He had such a vast knowledge of things. He always brought charm and excitement to any itinerary.”

And it just so happens that Beaty and Fuller had worked together on stage many years before. It is Beaty’s memory that, “... in the ‘60s, it was “Bye, Bye, Birdie” for the Front Street Theatre. I was in high school and I remember that I was in awe of his talent. He was such an influence on me. And then to have the pleasure to work with him later in our careers . . . He has the most wonderful personality.”

Another friend, retired advertising executive and actor/director Bennett Wood, agrees. In the many years that they have been friends and collaborators, the friendship has just grown.

“He is an old friend who has been dear to the hearts of many a Memphis theater-goer,” Wood said.

And Wood should know. He was actually involved in the Front Street Theatre with Fuller in 1958. Their friendship even survived Wood’s comment of Fuller’s Italian pronunciation in an opera as being “peccable.” That accent was the least of Fuller’s worries apparently. It was in the 1980s that he began his opera “career” with the double role of a servant and a messenger in a minor role in “La Traviata” where he trod the boards with fellow Australian

Dame Joan Sutherland on the Memphis Opera Theatre Stage in Ellis Auditorium.



**Barry Fuller in “The Taming of the Shrew,” Front Street Theatre 1962.**

“She was quite the star,” he recalled.

And he also remembered that he and she have the same birth date, Nov. 7.

But it was his first opera role that really made him nervous. He was called to audition for a major role in “Die Fledermaus,” starring Beverly Sills. Not known as a singer, he thought it was just a speaking role until he received the libretto.

“‘Oh my, God,’ I thought. ‘I don’t even read music.’”

He got the part anyway and added another jewel to his theatrical crown.

And if that isn’t impressive enough, Fuller has performed for Ballet Memphis as well. As a matter of fact, he originated and performed for the next 10 years as Herr Drosselmeyer in “The Nutcracker.”

“It was a pantomime role ... and I learned so much about ballet just from the association.”

So holiday roles come naturally to Fuller. With his return to the Theatre Memphis stage as Scrooge this year it seems as if his stage life has come full circle.

“I remember the first time we did ‘A Christmas Carol,’” he said, “and it seemed like something special. The rapport with the children, the wonderful scrim and feast by Elinor Hawkins.”

His memories of the 10 times

he has performed the role are many and varied and he feels the Scrooge character is a challenge.

“You have to establish that Scrooge is mean and then unravel. The transformation is delicate,” Fuller almost whispered.

He knew what a challenge it was for the actors to be involved in a show over the holidays as well. So the casts became families each year under his patriarchal persona. Even then, there were some standout moments to him.

“Jim Ostrander as the Ghost of Christmas Present ... I loved doing that scene every time with him.”

And the Tiny Tim’s?

“Stewart Halpern, who is now a Hollywood producer, was wonderful. And Cody Hanford. He is talented young man.”

But one of his favorite memories is a gift ... a needlepoint of “A Christmas Carol” from Christi Gray Hall.

“It is just so sweet,” he said.

This November brought back other sweet memories as he toasted the extraordinary cast at the 25th anniversary of the epic production of “Nicholas Nickleby” he directed at Rhodes College. Not to be one to rest on his laurels, though, he auditioned that same weekend for yet another role, on his and Dame Sutherland’s birthday no less.

As for the new production of “A Christmas Carol” at Theatre Memphis, he is excited to be a part of that debut, too. He is fascinated at the creative work that has gone into the new set and costumes.

With some surprise he laughs, “My new costume is all black.”

He is eager to see how the new set will work, but he knows one thing. The favorite part of the old set will still be there, The Bed. He smiles and his eyes twinkle, “Everything old is new again.”

*Randall Hartzog is director of marketing and communications for Theatre Memphis.*

**‘A Christmas Carol’ gets a facelift at TM**

The 33rd annual production of “A Christmas Carol” at Theatre Memphis is getting a facelift.

After more than three decades of performing on the original set (designed Jay Ehrlicher and Elinor Hawkins), the 2010 cast will act on a new set that resident scenic designer Christopher McCollum has partnered with returning director Jason Spitzer to re-envision the traditional holiday classic.

In “A Christmas Carol,” Ebenezer Scrooge is approached by the ghostly vision of his former business partner, Jacob Marley, and then sets out on a journey of exploration that ultimately results in Scrooge’s enlightenment.

Spitzer, who has directed “A Christmas Carol” at TM twice before, has traveled to other cities to see their productions of the show to inspire his direction for this year on this redesigned set.

“Having seen some of the other productions,” Spitzer said, “I am very confident, and feel good about what we are doing and where we are with this concept. And I am pleased to be working with Barry, the original Scrooge. He is the Scrooge to end all Scrooges.”

Performances of “A Christmas Carol” are Dec. 3-23. Thursdays and Fridays at 7 p.m.; Saturdays at 2 p.m. and 7 p.m.; Sundays at 2 p.m. (and 7 p.m. on Dec. 19), and Dec. 20-23 at 7 p.m.

Tickets are \$28 for adults, \$15 for students with a valid ID, \$10 for children under 12. Call 682-8323 to purchase tickets or go online to [www.theatrememphis.org](http://www.theatrememphis.org).

## Make sure your Medicare plan is best for 2011

**G**ot Medicare? Whether you have Original Medicare, Medicare Advantage, or a Part D prescription drug plan, you should make sure the plan you have now will be the best plan for you in the year ahead. You can make the changes during the annual election period – or open enrollment – until Dec. 31. But first you should ask yourself certain questions about the past year, like did you:

- Change the medications you take?
- Get diagnosed with a new medical condition?
- Move to a new location?

Any of these changes could result in your current Medicare plan no longer fitting your situation.

Medicare plans also change. The costs can go up or down, and prescription drugs can be added or dropped from the list of drugs (the “formulary”) included in your plan. Some Medicare plans stop offering coverage in a particular location.

Some folks also are concerned about the impact of the new health reform law on their Medicare plan. AARP’s Ms. Medicare, Patricia Barry, says you shouldn’t panic.

“Your Medicare benefits are not being taken away and you will still have choices. And no, your plan wasn’t a victim of the new health care law. But you will need to make some decisions — depending on whether the ‘plan’ you’re talking about is a Medicare Advantage health plan, a ‘stand-alone’ Medicare prescription drug plan, or a Medicare supplemental insurance policy, also known as medigap,” she says.

There are major changes planned for Medicare Advan-

tage plans, but not until 2012.

Since 2004, Medicare Advantage plans have received subsidies from the government that, on average, cost Medicare about 12 percent more for plan enrollees than if they had been receiving services in the traditional program. Citing the extra cost to the taxpayer — amounting to about \$136 billion over 10 years — and the fact that this helps drive up the Part B premium for everybody on Medicare, the new health care law will gradually phase out the plan subsidies. But the phase-out doesn’t start until 2012, so subsidies in 2011 remain unaffected.

However, private fee-for-service (PFFS) plans — a non-managed-care type of Medicare Advantage plan — will change in 2011 under a different law passed in 2008. For the first time, these plans will be required to establish contracts with doctors, hospitals and other providers (as HMOs and PPOs have always been obliged

to do) so that enrollees can be sure which providers will accept their plan. As a result, many PFFS plans have chosen to withdraw from Medicare in certain areas. Nationwide, there will be 239 such plans in 2011 compared with 435 this year, a drop of 45 percent, according to Medicare officials.

You can use the health plan finder on Medicare’s website ([www.Medicare.gov](http://www.Medicare.gov)) to see what other plans are available to you and compare their costs and benefits. Or you can call Medicare directly at 1-800-MEDICARE (1-800-633-4227).

You could also get one-on-one help from the Tennessee office of the State Health Insurance Assistance Program, or SHIP, a national program that offers counseling and assistance to people with Medicare and their families. Call (877) 801-0044 or visit <http://www.state.tn.us/comaging/ship.html>.

– From AARP

## Holiday Grieving

By Nancy Averwater,  
CEO and Administrator,  
Baptist Trinity Home Care & Hospice

For anyone who has lost a loved one, the holidays can be a time of sadness, but it can also be a tender time to remember those who have gone.

“Finding ways to incorporate a loved one’s memory into family celebrations can be an important part of the healing process,” said Angela Hamblen, director of the Kemmons Wilson Family Center for Good Grief, which is part of Baptist Trinity Hospice. “It is a way of moving forward with life while also remembering the person who has died.”

“It’s important to say the person’s name and tell stories. We want to think our lives make a difference. People who are grieving don’t want to feel like a deceased loved one’s life didn’t mean something.”

### Ways to memorialize a loved one:

- Make a memory ornament.
- Light a candle.
- Decorate a memory tree.
- Remember why you are thankful.

During the holiday season, a grieving person can expect feelings of anxiety and sadness, even panic. But one can also find special meaning, joy and gladness in remembering that person whose life meant so much. For more information call 901-861-5656.

**BAPTIST**  
TRINITY HOME CARE  
& HOSPICE



**GERMANTOWN PLANTATION**  
SENIOR LIVING COMMUNITY



*“a beautiful community with a caring staff offering both independent and assisted living options. . .”*

**Month-to-Month Rents**

- Large, Upscale Apartments with Balconies
- Fine Dining with Chef Prepared Meals
- Movie Theatre and Indoor Pool
- Transportation to Doctors & Shopping
- 24-hour Licensed Nurses & Full-time RN
- Emergency Call Pendants
- Dedicated Chapel
- Locally Owned and Operated



**2 BEDROOM**  
SCALE 1/8" = 1'-0"  
1000 SQ. FT.

**(901) 757-4114**

9293 Poplar Avenue, Germantown, TN  
[www.germantownplantation.com](http://www.germantownplantation.com)

Opinion

## Don't drive physicians out of Medicare

By Dr. B. W. Ruffner Jr.  
and Margot Seay

With all the attention to political division in our country, we want to point out an area where older Americans and their doctors are firmly united: We must stop Congress from driving physicians out of Medicare.

This is an urgent matter because a massive 25 percent cut in reimbursement is looming for doctors who treat Medicare patients. Congress keeps trying to patch over the problem with temporary "Band-Aids," but refuses to face the issue head on. Four times alone this year, Congress has approved temporary measures that postpone the cuts – but that's only making the problem and the cuts bigger.

Many doctors are saying enough is enough. Some already are refusing to accept new Medicare patients because they don't know whether Medicare will pay them what it costs to care for seniors.

One in three primary care offices and one in five specialists say they will begin to limit the number of Medicare patients in their practice because of low payment rates and the ongoing threat of cuts. This means medical practices are facing tough choices that may affect access to

health care for you or a family member.

That is unacceptable to the hundreds of thousands of Tennesseans and millions of Americans who worked all their lives to earn the peace of mind that should come with Medicare coverage. When the money comes out of paychecks for the Medicare tax, it doesn't come with an asterisk warning, "Doctors may not be available." Think about it: How would you feel if your doctor declined to treat you because of congressional inaction?

---

*Many doctors are saying enough is enough. Some already are refusing to accept new Medicare patients because they don't know whether Medicare will pay them what it costs to care for seniors.*

---

The issue is complex but stems from a flawed payment formula created in 1997. Based on the "SGR," or sustainable growth rate, this formula does not keep reimbursements at pace with the cost of operating a medical practice.

Everyone in Washington agrees the formula is flawed, but Congress says it's now too expensive to fix the problem. Doctors and other experts know it is only going to get more expensive in the long run not to

fix it now. With the first boomers turning 65 next year, it's more important than ever that Congress take action to keep doctors in the Medicare program.

That's why AARP Tennessee signed on to the "Stop the Medicare Meltdown" Alliance. AARP Tennessee is the first consumer group to join the Tennessee Medical Association and some 40 other organizations urging Congress to stop pointing fingers and find a long-term solution.

According to a recent AARP poll, more than 80 percent of

its members are concerned that a Medicare pay cut will threaten access to their doctors. An even higher number (86 percent) of younger AARP members – those not yet eligible for Medicare –

worry that the cut will drive doctors out of the Medicare program. And a November poll by the American Medical Association found 94 percent of American adults age 18 and older feel the looming Medicare physician payment cut poses a serious problem for seniors who rely on Medicare.

Americans want this fixed, once and for all.

We all recognize it is a monumental problem and equally daunting task to derive a solu-

tion that everyone can agree on to keep Medicare intact both now and in the future.

But it's past time we find a better way to pay doctors who take care of our seniors, military veterans and their families. In Tennessee, doctors are treating more than 1 million Medicare recipients, including seniors and people with disabilities. These Tennesseans have earned their health care and the security of knowing they can keep seeing the doctors they count on.

This isn't a Republican or Democratic issue. This is about caring for constituents on a matter of great personal importance. We are calling on members of both major parties to rise above partisan division and come together to solve this problem.

We are all sick of this. And we need your help to make sure Congress knows that.

We urge you to sign the "Medicare Meltdown" petition at [www.tnmed.org/meltdown](http://www.tnmed.org/meltdown) and call Tennessee's U.S. Senators Lamar Alexander and Bob Corker at 1-800-944-6723 to tell them not to drive doctors out of Medicare.

*Dr. B. W. Ruffner Jr. is president of the Tennessee Medical Association. He is a medical oncologist and internal medicine specialist from Chattanooga. Margot Seay of Kingsport is about to begin her fifth year as president of AARP Tennessee.*



## Insuring Your Most Precious Assets

At McDonnell Insurance, we cover all angles and provide you with a total insurance solution that is much more than an insurance policy. Our dedicated brokers take a disciplined approach in identifying ways to properly insure you, your family, and your most precious assets. That is why you deal with one broker that has been trained to provide you with the best insurance program to fit your needs. For a no obligation quote, call us today.



**McDONNELL INSURANCE**

Since 1918



\*Written through CGA, a wholly-owned subsidiary of GuideOne Insurance

Home • Auto • Business • Employee Benefits • Bonds  
7200 Goodlett Farms Parkway • Cordova, TN 38016 • 901-278-5375  
[www.mcdonnellins.com](http://www.mcdonnellins.com)

## Adult Greek class by Nicholas Vieron begins in Jan.

SPECIAL TO THE BEST TIMES

Rev. Nicholas L. Vieron, pastor emeritus of the Annunciation Greek Orthodox Church, will teach the 39th consecutive adult Greek class beginning Jan. 17.

Vieron said the dream of Dr. Martin Luther King Jr. will come alive on that day, which is the national holiday honoring King. Vieron, 85, is one of the few white ministers remaining from the 1968 effort led by Rabbi James Wax to bring about racial equality here.

The class is an exposure not only to the Greek language, but to the history of that land that gave to us so many of our American values – democracy, sports, the arts, the terminology of the medical fields, the New Testament language.

“If God chose to talk to us in Greek, the least we can do is tune Him in,” Vieron said.

Several ministers sign-up for

the class each year to review their biblical Greek, he said.

The highlight of the class, Vieron said, “is that the students come from a crosscut of backgrounds – young and old, of various ethnic and religious convictions – many worship in the Shadow of the Cross, others near the Star of David, while some may have no religious convictions.”

But in this class, Vieron said, he embraces them in the “reality that we are all children of one God, a truth inscribed in our hearts in black and white. Each student’s values, traditions, backgrounds, religious convictions are embraced. The class reflects the real world, the kind of world Dr. King envisioned.

“Sign-up for the class and give this old priest an incentive to live one more year.”

The cost of the 14-week class is \$75.

“It is not a fund raising project for the church,” he said, “but

rather a ‘fun’ class where students relax and yet learn. No tests, no embarrassing moments. Some learn a little, others a little less, but all enjoy an hour a week in a relaxed atmosphere.”

One session includes lessons in Greek folk dancing and in culinary art.

Also, students have to “endure a weekly corny joke by the old priest,” Vieron said.

“Some students graduate being able to solo the Lord’s Prayer in the original text, while all graduate with honors and receive a beautiful diploma at a ceremony where graduates and their guests enjoy a seated dinner,” he said.

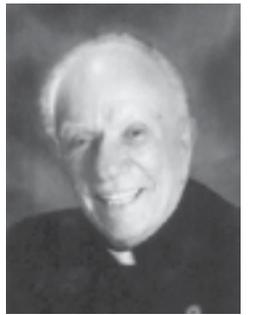
Vieron said if one does not pre-register to be in the class one prefers – Monday or Tuesday – then show up at the church at 573 N. Highland at 6 pm on Jan. 17 for the orientation session and register then.

Vieron is a 1947 Holy Cross graduate. He was ordained to

the priesthood Oct. 26, 1948, by Bishop Germanos Polizoides, and served one year in Louisville, Ky., and five in Huntington, W. Va., before being assigned in 1955 to the Annunciation Church in Memphis. He retired in 1991 as pastor emeritus of the church.

Vieron also graduated from Marshall College in Huntington with a B.A. He earned a masters degree in history from Marshall in 1955, and graduated from the University of Memphis School of Law in 1970.

Vieron and his wife Bess, a native of Brooklyn, have two sons, Leonidas, who practices internal medicine in Memphis, and Paul, a graduate of our Holy Cross Seminary.



Rev. Nicholas L. Vieron

## Last edition of WKNO’s ‘The Best Times’

This month’s edition of “The Best Times” will conclude the series’ two-year run on WKNO. It is entitled “Words of Wisdom.”

Statesman and orator Daniel Webster said, “Wisdom begins at the end.” We think of wisdom as being synonymous with old age, and civilizations throughout history have looked to their elders for the wisdom that comes with experience. On the December show, host Cris Hardaway will re-visit some of the people he’s met over the last two years and hear their words of wisdom.

In the two years that “The Best Times” has been on the air, it has brought viewers stories about life after 50. The series highlighted the issues facing a graying America and

focused on the challenges presented by the longevity revolution.

This show is ending, but life after 50 will continue. And the manner in which we, as a society, address those issues and face those challenges will determine the character of all our tomorrows. At the beginning of each show, in the opening title sequence, there is a quote from English poet Robert Browning, “Grow old along with me! The best is yet to be.”

“Let’s hope that all our tomorrows will be ‘The Best Times.’ Thanks for watching,” Hardaway said.

The final episode of “The Best Times,” a partner to the monthly publication, airs Thursday, Dec. 23 at 7:30 p.m. and Sunday, December 26 at noon on WKNO/Channel 10. It also airs Saturday, Dec. 25 at 9:30 p.m. on WKNO2, available over the air on Channel 10.2 and on Comcast Digital Cable on Channel 910.

**UNITED CAPITAL**  
PRIVATE WEALTH COUNSELING

Let’s be frank. When was the last time you had an **Honest Conversation™** about your finances?

Your master plan is the product of an honest conversation about where you are today and where you are going. It helps you prepare for and adjust to foreseen and unforeseen events in your life and in the financial markets. It contains specific, measurable milestones to keep you on the right course. Sovereign Wealth Management is pleased to announce that we are now United Capital. The team you know and trust will now have enhanced resources, knowledge, experience and expertise to continue to serve you at a higher level. To learn more, call 901-685-5050 [www.unitedcapitalsoutheast.com](http://www.unitedcapitalsoutheast.com)

## BODY & SOUL

### Planned giving way to support CHC for years to come

By Jennifer Reager

SPECIAL TO THE BEST TIMES

Well, it's here – that time of year when it's hard to resist getting wrapped up in the frenzy of the holiday season. Soon most of us will be running from one gathering to the next, or trying to get our hands on the most-wanted gifts, or reaching out to those we see only at this time of year. It can also be the perfect time to slow down and not only reflect on warm memories of the season, but also look forward to the New Year – to the future.

Part of planning for the future is deciding how you want to be remembered. Why not consider including the Church Health Center (or another charity) in your will or other planned giving? The bottom line is that our work will never stop. Even after you are gone, your gifts will help keep our

doors open to care for people in the future.

The best place to start is by drafting a will. Be sure to check with your favorite charities to find out how they need to be listed in your will. For example, the official name of the Church Health Center is actually Church Health Center of Memphis, Inc.

If you already have a will in place, you can make a codicil, or addition, that specifies a gift to the Church Health Center in the following ways: fixed amount, which is a dollar amount or specific asset; percentage, which allows your designated gift to adjust to your financial circumstances; residual, which means we receive some or all of what is left after everything else is settled; or contingent, which makes your charity a beneficiary in the event that your primary beneficiaries pre-decease you.

Also, remember that retirement accounts are one of the best assets

to bequest to a charity. If an IRA is passed to your family after your death, much of the value would be depleted through income and estate taxes.

By including the Church Health Center in your will, you also become a part of our Legacy Society and therefore one of our most loyal and vital friends. Maybe you feel that you don't have much to offer, but your commitment could mean a lifetime of good health for someone in need.

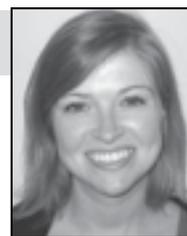
If you're looking for other ways to simply make a year-end gift, the Church Health Center offers several options, such as our Gift of a Day program and our recently-launched I Give \$25 campaign. A perennial favorite is our Holiday Card program. It's a great way to honor friends, family, co-workers, neighbors and more. Who wouldn't appreciate a hand-written card and a gift made in their name? A \$10 donation is suggested for each card.

Taking care of your shopping list has never been so easy.

Another incentive to give to the Church Health Center this year is that we have been given the exciting opportunity to receive a 50 percent matching gift for any new gifts for operating, capital or endowment support. Multi-year pledges count, and five-year pledges are also acceptable.

This time of year, it's okay to get a little carried away with the rush of the holidays. But we hope that you'll think about how your gifts and support can help us long after that rush is over.

*Jennifer Reager is the development operations supervisor at the Church Health Center, whose ministries provide healthcare for the working uninsured and promote healthy bodies and spirits for all. For more information about the Church Health Center, call 272-7170 or visit [www.churchhealthcenter.org](http://www.churchhealthcenter.org).*



### The Angel Tree program

The Salvation Army's annual holiday program, The Angel Tree, runs through Dec. 13 and provides underprivileged children and needy older adults with holiday gifts and the proof that someone cares.

This year, 5,600 angels need adopting from Angel Trees at the Oak Court Mall, Wolfchase Galleria, Carrefour at Kirby Woods and the Hickory Ridge Mall.

The Salvation Army's Angel Tree program relies on the sup-

port of the community to help bring joy during the holiday season to these angels.

The program provides angels with much needed clothing and other wished-for items such as toys. Come adopt an angel and help make Christmas special for someone in need.

#### Ringling bells

The Red Kettle Campaign, the Salvation Army's largest annual fundraiser, will continue until noon on Christmas Eve.

Donations support year-round programs in Memphis, such as homeless shelters, emer-

gency family services, drug and alcohol rehabilitation services and children's programs.



## Why Choose Memphis Funeral Home for Cremation?

### Your Loved One Never Leaves Our Care

We have our own full-service crematory that is fully staffed by only licensed funeral directors, who are certified cremation specialists.

Our professional staff personally performs all cremations, and therefore you know exactly whose ashes are in the urn.

For more complete information, as well as a list of who does and does not own a crematory, go to [MemphisFuneralHome.net](http://MemphisFuneralHome.net).



## Memphis Funeral Home and Memorial Gardens

Two Locations  
5599 Poplar Ave. • 3700 N. Germantown Pkwy.  
[MemphisFuneralHome.net](http://MemphisFuneralHome.net)  
**901-725-0100**

## 'Objects of Wonder' on view at the Dixon Gallery

By Julie Pierotti

SPECIAL TO THE BEST TIMES

Dating back to ancient Egyptian funerary painting, still life is the depiction of an arrangement of diverse inanimate objects, including items of food (especially fruit and game), plants, and artifacts.

In Classical Greece and Rome, highly lifelike still-life compositions appeared as elements in decorative frescoes and mosaics. Centuries later in the mid-1400s, both natural and manmade accessories emerged as symbolic props in religious works by Netherlandish artists, leading to what is referred to as the Golden Age of still-life painting in Europe in the next century.

From simple compositions to more complex table-top ar-



Walt Kuhn (American, 1877–1949): "Dancing Pears," 1924. Oil on canvas, at the Dixon Gallery. Courtesy of the Norton Museum of Art.

rangements, still life is a surprisingly diverse genre that continues to be explored and reinvented today.

On view through Jan. 9 at the Dixon, "Objects of Wonder" assembles 52 works of art from the collection of the Norton

Museum of Art in West Palm Beach, Fla., focusing on the intriguing genre of still life. The exhibition illuminates the progression of the still life over the past four centuries, from the Ming Dynasty in China

to the early 2000s through the work of some of the most famous artists in history, including Gustave Courbet, Henri Matisse, Pablo Picasso and Georgia O'Keeffe. From incredibly precise floral arrangements to more abstract compo-

sitions, the wide range of works featured in "Objects of Wonder" turns the traditional notion of "still life" on its head and introduces a whole new way of looking at the genre.

Still life emerged as an independent art form in Northern Europe, originating in an interest in the objects that helped to set the stage in larger, more narrative works of art. For example, in Kaspar van de Hoecke's "The Banquet of Holofernes," completed around 1615-1620, the still-life element in the painting is the accoutrements of Holofernes' banquet—the drinking glasses, candles, food, even a stuffed peacock. As time went on, artists became more and more interested in those accessories, making them the main attraction in their work.

**OBJECTS, cont. pg 21**



*Rated #1 in Senior Care  
for Your Peace of Mind.*

**Home  
Helpers®**

Making Life Easier<sup>SM</sup>

Senior Care • New Moms • Recuperative Care  
Continuing Care • Flexible Hours

(901) 414-9696 [www.HomeHelpers.CC](http://www.HomeHelpers.CC)

## Baby steps to big savings

How much energy do your appliances use? You might be surprised by the answer. Upgrading your refrigerator, stove, dishwasher, washer and dryer could save you energy and money as well as be better for the environment.

Every day there are baby steps and big steps we can take to improve our environment and save energy. Find out what you can do at [www.mlgw.com/babysteps](http://www.mlgw.com/babysteps).

**MLGW**

# THE BEST GARDEN

## Gardeners find ways to use water more wisely



By Catherine Lewis

SPECIAL TO THE BEST TIMES

As the sun glared down on us through September, gardeners glared back at it, hoping for some productive clouds. By the end of October our year-to-date precipitation was 10 percent below average.

We're fortunate that we have an ample water supply and don't have to deal with rationing. At the same time, many gardeners are learning not to take that abundance for granted and are finding ways to use water more wisely. They water during the cooler times of the day, although last summer, "cooler" only meant "less hot." They know that most plants thrive better with deep watering once or twice a week instead of daily sips.

Aside from drought-proof cactus, there are many plants that are drought tolerant. We can still enjoy a variety of plants by grouping the thirsty plants in one area of the garden and drought

tolerant ones in another, so that we can focus watering on the ones that need it most and not waste water on plants that need less.

Traditionally, we've managed excess storm water by getting rid of it as quickly as possible, but that attitude is changing. There is a renewed interest in rain barrels to save surplus water for later use. New techniques including rain gardens and permeable pavement send water back into the ground instead of routing it into storm sewers.

A rain garden is a bowl-shaped depression that takes advantage of a slope to catch run-off water. Plants are selected that tolerate occasional flooding as well as long, dry periods. At the Native Plant Conference in October, I learned that the rain garden needs to have a low point or a drain that breaks below our hard clay soil so that the water can filter down into the lower levels of the ground. Otherwise, you've built a pond or bog, not a rain garden, so this is probably a

job requiring professional help.

A simpler do-it-yourself project is a dry creek bed. A few years ago, I used a flexible pipe to route occasional standing water around the front of a flowerbed and out the other side. This year, I pulled up the pipe and dug a small trench, not around the bed, but through it and filled the trench with attractive river pebbles. The trench curves to encourage water to slow down and soak into the bed. There is still an outlet on the other side of the bed for the rare 5-inch deluge. The plants on each side of the dry creek are high enough that they shouldn't get waterlogged.

While trying to minimize water loss, we also have a responsibility to protect the water that does go into storm drains. Memphis and Shelby County ordinances forbid dumping harmful items into drains, including yard waste. Leaf-clogged drains cause flash floods. When leaves make their way through the system to rivers

and lakes, their decomposition deprives fish of oxygen. It only takes a few minutes to make sure the gutters and drains near our homes stay clear.

### SUDOKU

HOW TO PLAY: Each row must contain the numbers 1 to 9; each column must contain the numbers 1 to 9 and each set of 3 by 3 boxes must contain the numbers 1 to 9.

		1			8	4		
			1				6	
5		4		7				3
	2	5	6					
	6		3	1			8	
8						6		4
1				2			9	
					3		7	
	8		9					2

Answers on page 31

# OBJECTS OF WONDER

Four Centuries of Still Life from the Norton Museum of Art

OCTOBER 17 - JANUARY 9

DIXON

GALLERY & GARDENS

Organized by the Norton Museum of Art, West Palm Beach, Florida

DANIEL SEGHERS, *A Garland of Pink Roses, a Tulip, a Pink Carnation, Narcissus and Other Flowers with Blue Bows*, Oil on canvas, Norton Museum of Art. Gift of Valerie Delacorte in memory of George T. Delacorte, Publisher and Philanthropist



SPONSORED BY:



HYDE FAMILY FOUNDATIONS  
ROSE M. JOHNSTON

Brenda and Lester Crain  
Brad and Dina Martin

Nancy and Steve Morrow  
Ann and Steve Reynolds

Chris and Dan Richards  
Buff and Tommy Adams

Buzzy Hussey  
Gwen and Penn Owen

## Don't neglect yourself during holiday season

By Anthony Porter

Special To The Best Times

The holidays can be difficult. This time can be filled with parties, celebrations, and social gatherings, but at the same time, it can be filled with sadness, self-reflection, loneliness and anxiety.

The loss or absence of family and friends can create an increased sense of loneliness during the holidays. The stress of the



Anthony Porter

holidays may cause people who do not view themselves as "depressed" to develop stress responses. Even die-hard holiday enthusiasts may find that the extra shopping

and socializing can leave them wiped out. Being exhausted increases your stress and makes you more susceptible to colds. Family misunderstandings and conflicts can intensify – especially if you're put together for several days.

Then again, some experience post-holiday sadness after New Year's Jan. 1, resulting from unmet expectations and disappointments.

Most experts agree that this time of year, above all others, has the right mix of variables that contribute to feeling overwhelmed.

The holidays weren't designed

**DON'T, cont. pg 19**

# ONE of these women will die of breast cancer:



**Unfortunately, HALF will die from heart disease or stroke. Take care of your Heart!**  
**Schedule your vascular Screening tests at our Germantown or Southaven location today!!!**  
**Call 901-271-4192.**

The Stern Cardiovascular Center  
 Commitment. Compassion. Excellence.

901.271.1000 800.523.8226 sterncardio.com

2010 Memphis Most  
 Voted by the readers of The Commercial Appeal



### Specialized Therapy

- Physical, Occupational, Speech and Restorative Programs
- Senior solutions programs including E Stem, Vital Stem and Diathermy
- 7 day a week therapy, located in Memphis, not far from the I-240
- Home evaluations for residents prior to discharge to ensure success
- Long term & short term therapy programs tailored to each individual
- Admissions accepted 24 hours day, 7 days a week
- 1 hour response time to all inquiries with an on site evaluation
- A caring team of professionals focused on improving the quality of life for our patients

Medicare and Medicaid Certified  
 Long & Short Term Care



Allenbrooke

Nursing and Rehabilitation Center, LLC

Loving Excellence in Senior Care

Please call 901-795-2444 for more information. 3933 Allenbrooke Cove • Memphis, TN 38118

## THE BEST IN MEMPHIS HISTORY

## McCalla's local history book is filled with detail

By John Harkins, Ph.D.

SPECIAL TO THE BEST TIMES

U.S. Dist Judge Jon McCalla's new book, "An Illustrated History of the People and Towns of Northeast Shelby County and South Central Tipton County: Salem, Portersville, Idaville, Kerrville, Armourtown, Bethel, Tipton, Mudville, Macedonia, Gratitude, Barrettville, and Rosemark, Tennessee," is in many respects the most remarkable local history book I have yet encountered. Despite its long title, it is difficult to describe. It is a multi-faceted, edited work, filled with exquisite detail, expressed through a variety of historical vehicles and formats. Accordingly, it conveys an enormous amount of information, plus numerous tonal nuances on what rural life was like in given times and places.

As suggested in the title, this work is a collective biography of a dozen towns along the Tipton-Shelby County border, surrounding the broader Rosemark community. It depicts many of the area's most notable citizens and families. It contains numerous profiles of community leaders, such as teachers, ministers, lawyers, and physicians. It has enormous amounts of genealogical information, including obituaries, census enumerations, cemetery listings, wills, and parish rosters. For some families, there are even genealogical charts. There is also a lot of information

on schools and churches. Often, early school teachers were not college educated and "old field schools" were built on lands that had been abandoned or depleted through over-farming. Subjects were generally restricted to reading, writing, and arithmetic; although occasionally some advanced studies appeared in the curriculum.

Some Rosemark-area residents later became famous. Novelist Erskine Caldwell, of "Tobacco Road" and "God's Little Acre" fame, was a preacher's son who mis-spent a sliver of his youth in the area. Robert Calvin "Bobby Blue" Bland, blues vocalist and Beale Street and WDIA radio personality was a native of Rosemark. Along with many lesser luminaries, Bland has a several page conversation transcribed into the book. Moreover, there is significant, respectful coverage of the area's other African American leaders and their families.

My favorite anecdote from McCalla's book surfaces in another oral history interview, this one depicting romance. After Bill Thompson began courting "Lib" Moore, they were out driving one day and passed the

Covington Cemetery. Reflecting on how pretty the cemetery was, Lib opined that she would one day be buried there. Bill quickly responded "No, you will be buried in the Mudville Cemetery with the rest of the Thompsons." Bill's assertion has to be among the most peculiar and presumptuous proposals of marriage ever offered. But, it worked! Bill and Lib married and lived in Rosemark.

Of course, there is more than incidental coverage of the nation's wars and the roles that local citizens played in such conflicts. This includes tales of Union soldiers confiscating food, animals, and fuel; burning houses, barns, and fences; and tales of individual's military service during the War Between the

States. Similar action coverage of the world wars and the situations on the home front are exemplified as well. Naturally, given the book's structure, there is some overlap in the stories told. However, such repetition does not undermine the book's quality.

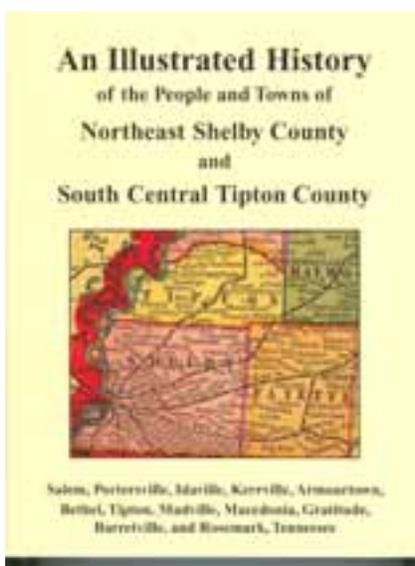
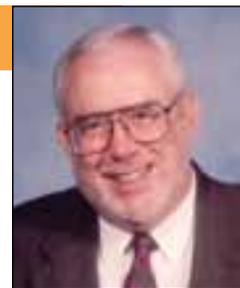
As one would expect of an expensive (\$65.00) coffee table book, this more than 600-page tome has super production val-

ues, including hundreds of high quality photographs, maps, and other images. The editors deliberately chose pictures of subjects when they were young, giving the book added vitality. The photographs have enormous charm and clarity. Moreover, some photo sequences are very informative as with the steps in ginning cotton at the Moore Brothers' operation in 1940. There is a comprehensive index and significant cross-referencing. Although the book contains much mundane information, its impact is not. Like most fine history books, the total work seems to convey much more than the sum of its parts.

Judge McCalla and his fellow editors will present a program and sign copies of this "Illustrated History" at the next West Tennessee Historical Society's meeting, at 7 p.m., on Monday Dec. 6, at Memphis University School's Wunderlich Auditorium. Call 260-1346 or 678-8242 for more information.

*John Harkins is archivist at Memphis University School and president of the West Tennessee Historical Society.*

THIS PAGE MADE POSSIBLE  
BY A GRANT FROM WILLS &  
WILLS MANAGEMENT, LLC.



WE'RE HAVING A WONDERFUL DAY AT WAVERLY!

You can, too, when you become part of our community of caring. You're going to love the personal attention, great atmosphere, and our Waverly Happiness Guarantee.

**Call to arrange a personal tour  
and ENJOY LUNCH ON US!**

Waverly Glen  
6551 Knight Arnold  
692-9260

Waverly Gardens  
6539 Knight Arnold  
360-8785

WAVERLY  
A Community of Caring  
www.waverlygardens.com

INDEPENDENT LIVING • ENHANCED INDEPENDENT LIVING • MEMORY CARE + ASSISTED LIVING

Memphis'  
Most Affordable  
Senior Living!



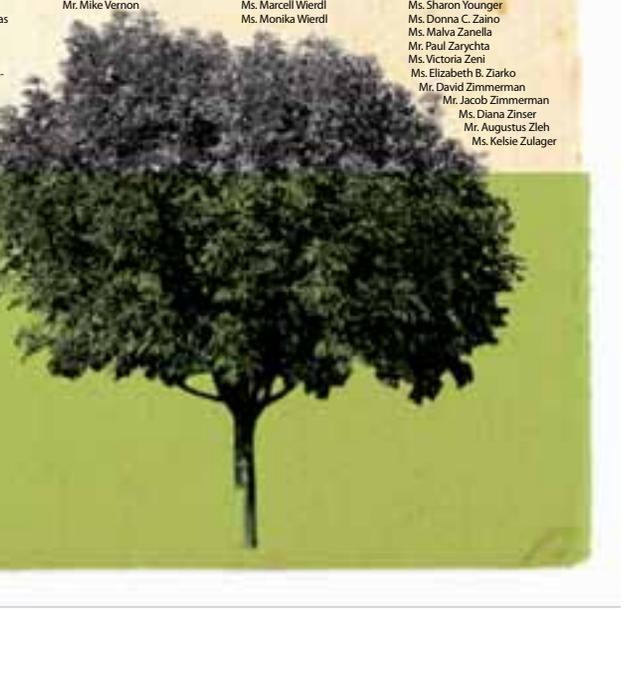
AND SUPPORTERS JULY 2009-JUNE 2010

- Extensive list of names and addresses for donors and supporters, organized by location: JACKSON, KNOXVILLE, and RUTH E. TATE SENIOR CENTER.

JACKSON 362 Carriage House Drive Jackson, TN 38305 731.660.8205

KNOXVILLE 320 N. Cedar Bluff Rd., Suite 201 Knoxville, TN 37923 865.769.8007 or 800.896.4069

RUTH E. TATE SENIOR CENTER 1620 Marjorie Street Memphis, TN 38106 901.774.2000



Holiday happenings make  
the best times...

**Peter Pan**  
November 19 - December 23

**A Christmas Story**  
November 26 - December 23

**The Santaland Diaries**  
December 3 - December 22

**playhouse on the square**  
playhouseonthesquare.org  
(901) 726-4656

*The Velveteen Rabbit*

GERMANTOWN COMMUNITY THEATRE

**A FAMILY MUSICAL  
HOPPIN' IN FOR THE HOLIDAYS**

**December 3 - 19, 2010**

Directed by Julie Reinbold | Music Direction by Dr. Jeff Brewer  
TICKETS: \$15 - \$23, 12 & UNDER \$10  
SHOWTIMES: THURSDAYS, FRIDAYS AND SATURDAYS 7:00 PM  
MATINEES: SATURDAYS & SUNDAYS 2:30 PM  
Germantown Community Theatre  
3037 Forest Hill Irene Rd, Germantown, TN 38138  
Box Office: 901.937.3023 | www.germantowncommunitytheatre.org

Sponsored by

*Snowy Nights* in **My BIG Backyard**

5-7 p.m.

November 26-27, December 3-4, 10-11, 17-23, & 26-28  
Members \$5/Non-members \$7/Under 2 free!  
memphisbotanicgarden.com

**December 4th & 5th**

Historic Homes Deck  
the Halls in Holiday  
Splendor, Cantatas in  
Historic Churches,  
Dinner Theaters and More!

*Holly Springs*  
**HOLIDAY HOME TOUR**

For more information: 888-687-4765 www.visithollysprings.com

BORSALINO • BILTMORE • BAILEY • DOBBS • KANGOL • STETSON

**MISTER HATS**

113 South Highland  
Memphis, TN 38111  
901-452-2099  
800-797-1860  
www.mrhats.com  
email: info@mrhats.com  
Mon-Sat 10am-6pm

Visit our famous **Christmas Shop** thru Dec. 22nd

**Woman's Exchange** Since 1885

Fine Hand Sewn Children's Clothes,  
Handmade Holiday Decorations,  
Gifts and Tearoom

Now featuring **CATERING & CARRY-OUT!**

Hours: Shop - Mon-Fri 10 am - 4 pm, Tearoom - Mon-Fri 11:30 am - 1:45 pm  
88 Racine St., Memphis www.womans-exchange.com 901-327-5681

**DON'T, from pg 14**

to create lasting happiness, but are just a brief moment in time to celebrate, in your family's tradition, what is important to you. There are a variety of ways to approach them effectively:

Learn to say no. Friends and family will understand if you can't participate in every project or activity.

List all the things that need to be done, and if possible, delegate. If not possible, cut back.

Try something new—celebrate the holidays in a new way. This especially applies to people who are grieving.

Keep up with holiday spending and don't overdo.

Try to live in the moment and enjoy the present. Don't be chained with someone's unrealistic expectations (or your own).

Limit your consumption of alcohol. Don't overeat. Overindulgence only adds to stress and guilt.

Surround yourself with supportive and caring people.

Reach out to others. Seek out community, religious or other

social events.

Look at the blank calendar for the new year – this is a clean slate.

Get out, even if it is just for a short time.

To create a lasting feeling of happiness, tap into our sense of purpose and meaning in life. If you are involved in community or spiritual activities, you are more likely to have a greater satisfaction with life.

A little depression or sadness during or after the holidays is normal, even the happiest of people have bad days. However, do not neglect yourself if your episodes become more frequent, more intense and more prolonged. Contact your doctor or a counselor.

*Anthony Porter is director of business development at Lakeside Behavioral Health System. The system has served the greater-Memphis area for over 30 years, and provides behavioral health and addiction treatment for children, adolescents, young adults and seniors in an inpatient, residential, day treatment and outpatient setting.*



**Two Months Free!**

**Everything You Need to Feel at Home.**

*And now, when you move in by December 20<sup>th</sup>, it's even more affordable!*

You'll find three delicious meals, *prepared fresh daily* by our chef, a full menu of social and recreational activities *with friends*, old and new, a *maintenance-free* lifestyle with linen, housekeeping and transportation services and so much more. All offered by a caring staff, on-site 24 hours and our Level 1 *Assisted Living Care* services are **included** should you need a helping hand. Call today!

6480 Quince Road  
Memphis, TN 38119  
**(901) 328-9271**

**The Pointe**

at KIRBY GATE

Assisted Living Community

**Enhancing...the lives and experiences of our residents and their families!**

LaVida Communities SENIOR RESOURCES GROUP | LaVidaCommunities.com | Your comfort. Our privilege. | Subject to availability on select residences for 3rd & 9th month's monthly fee & level 1 care with move-in by 12/20/2010.

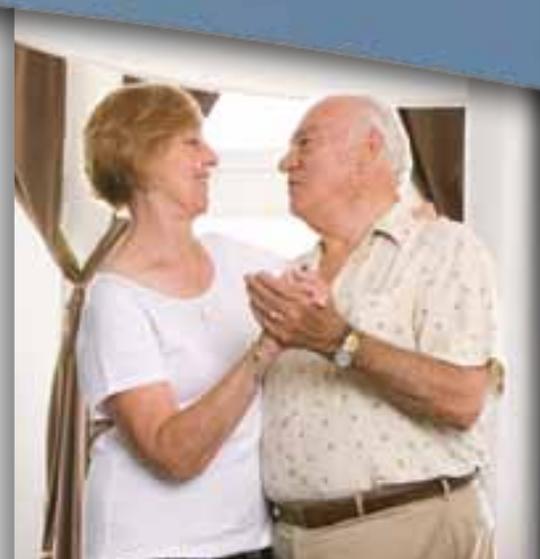
**Were you surprised by the changes to your 2011 plan benefits?**

**Consider HealthSpring!**

HealthSpring offers a \$0\* premium plan that provides all of the benefits you have under Original Medicare plus much more at no additional charge to you. We also have plans that include your Part D prescription drug benefits.\*\* Call today to learn more about how you can get more from Medicare and more from life with HealthSpring!

**Call Toll Free: 1-866-814-8607**  
**TTY users should call: 1-866-206-5565**  
**8 a.m. to 8 p.m. Central Time / 7 days a week**  
**www.healthspring.com**

 **HEALTHSPRING**  
More from Medicare. More from life.



\*You must continue to pay your Medicare Part B premium. \*\*You may be able to get Extra Help to pay for your prescription drug premiums and costs. To see if you qualify for extra help, call 1-800-MEDICARE (1-800-633-4227), TTY users should call 1-877-486-2048, 24 hours a day/7 days a week; the Social Security Office at 1-800-772-1213 between 7 a.m. and 7 p.m., Monday through Friday. TTY users should call 1-800-325-0778; or your State Medicaid Office. Limitations, copayments, and restrictions may apply. Benefits, premiums and/or copayments/coinsurance may change on January 1, 2012. The benefit information provided herein is a brief summary, not a comprehensive description of benefits. For more information contact the plan.

HealthSpring is available in the following Tennessee counties: Bedford, Bradley, Cannon, Cheatham, Coffee, Davidson, DeKalb, Dickson, Fayette, Franklin, Gibson, Grundy, Hamilton, Hickman, Macon, Madison, Marion, Marshall, Maury, McMinn, Meigs, Montgomery, Robertson, Rutherford, Sequatchie, Shelby, Smith, Sumner, Tipton, Trousdale, Warren, White, Williamson, and Wilson; the following North Mississippi counties: DeSoto and Tunica; and the following North Georgia counties: Catoosa, Dade, and Walker.

“HealthSpring, a Coordinated Care plan with a Medicare Advantage contract”

# Aging Commission of the Mid-South



Assistance.

Advocacy.

Answers on Aging.

## Medicare Enrollment Continues in December

The Aging Commission of the Mid-South's SHIP program is continuing with its series of community open enrollment events, from December 1st until December 16, 2010.

SHIP staff and volunteers will be available to assist consumers, December 1st at the Aging Commission of the Mid-South. Check the schedule to see which enrollment site will meet your needs.

In order to complete the enrollment process, **you must bring your Medicare Card and all Prescription Medications.** Staff and volunteers will be on hand to help you.

No appointment is necessary, all Medicare D consumers will be assisted on a first-come, first-served basis.

2011 begins an exciting phase to Medicare D with gradual closing of the coverage gap. Although the donut hole or coverage gap does not officially close until 2020, the coming year (2011) allows for a 50% reduction in the cost of brand medications.

Consumers may also call Medicare **1-800-633-4227** for after hours and weekend assistance.

## New Inspection Station Uses On-board Diagnostic Testing

The City of Memphis opened a new vehicle inspection station on November 15 at 2355 Appling

## MEDICARE D ENROLLMENT DATES for 2010

Day/Date	Time	Location
WEDNESDAY December 1st	9:00 AM 2:00 PM	Arlington Senior Center 6265 Chester St., Arlington, TN
THURSDAY December 2nd	9:00 AM 3:00 PM	Tipton County Commission on Aging 401 S. College St. Covington, TN
FRIDAY December 3th	9:00 AM 2:00 PM	Aging Commission of the Mid-South 2670 Union Ave. Ext., 10th Floor, Mph, TN
MONDAY December 6th	9:00 AM 2:00 PM	Wesley Millington Tower 5077 Easley, Millington, TN
TUESDAY December 7th	9:00 AM 2:00 PM	Memphis Center for Independent Living 1633 Madison Ave., Memphis, TN
WEDNESDAY December 8th	9:00 AM 2:00 PM	UT Cooperative Extension Program 200 Crain Street, Ripley, TN
THURSDAY December 9th	9:00 AM 2:00 PM	Tipton County Commission on Aging 401 S. College St., Covington, TN
FRIDAY December 10th	9:00 AM 2:00 PM	Aging Commission of the Mid-South 2670 Union Ave Ext., 10th floor, Mph, TN
MONDAY December 13th	9:00 AM 2:00 PM	Aging Commission of the Mid-South 2670 Union Ave Ext., 10th floor, Mph, TN
TUESDAY December 14th	9:00 AM 2:00 PM	Magnolia Terrace 669 North Third, Memphis, TN
WEDNESDAY December 15th	9:00 AM 2:00 PM	Lewis Senior Center 1188 N. Parkway, Memphis, TN
THURSDAY December 16th	9:00 AM 12:30 PM	Hospitality HUB 146 Jefferson Ave, Mph, TN

City Cove that will make the process much quicker for vehicles made from 1996 onward. This inspection station has six inspection lanes, two of which accommodate large commercial and recreational vehicles.

This new inspection station offers on-board diagnostic testing which is an early-warning system that monitors a vehicle's emissions-control devices.

The driver must exit the vehicle in order for this test to be performed. This test allows for early detection of potential emission problems resulting in less expensive repairs, if repairs are found to be needed.

Older cars will continue to have tailpipe emissions testing.

**Need Assistance call 324-3399**

The Aging Commission of the Mid-South (Area Agency on Aging and Disability) provides leadership in advocacy, information and referral in Shelby, Fayette, Lauderdale and Tipton counties. In addition, the Commission funds and oversees multiple home and community based programs for seniors and adults with disabilities. This article is made possible with funds provided by the US Administration on Aging (AoA), Tennessee Commission on Aging and Disability (TCAD), Shelby County Government, and City of Memphis Government. For more information on Aging Commission activities and programs, call the Senior Information Line at 324-3399 or toll free at 1-866-836-6678.

**OBJECTS, from pg 12**

These paintings, though more focused in subject, became increasingly detailed and through that detail, still served a narrative purpose. Often including blossoming flowers and ripened fruits, still life became a vehicle for discourse on the transience of human life, which fades just as flowers die and fruits rot.

In the 20th and 21st centuries, artists have continued to examine still life painting in all its complexities, stretching the idea beyond its usual boundaries. In his "Playing Cards and Flask" from 1912, Italian Futurist painter Geno Severini used the seemingly simple concept of a table-top composition to convey his avant-garde ideas on perspective and space in

art. Working in three-dimensions with materials like wood, glass, and fabric, artists today continue to expand on the centuries-old notion of still life through complex and thought-provoking arrangements.

"Objects of Wonder: Four Centuries of Still Life from the Norton Museum of Art" is on view through Jan. 9. The Dixon Gallery & Gardens is located at

4339 Park Avenue in East Memphis. Open Tuesday – Friday from 10 am – 4 pm, Saturday from 10 am – 5 pm and Sunday from 1 -5 pm. Admission is \$7 for adults, \$5 for seniors ages 65 and over, \$3 for children ages 7 – 17 and free for children 6 and under. For more information, call 761-5250.

*Julie Pierotti is assistant curator at Dixon Gallery & Gardens.*

*It's Happening at* **GPAC**



GPAC  
HOLIDAY GIFT  
CERTIFICATES  
A PERFECT  
FIT!

## Romeo and Juliet & Les Sylphides

### Russian National Ballet

Sunday, January 2 • 7 p.m.

Another of the ballets blancs or "white" ballets, *Les Sylphides* is an ethereal, romantic reverie set to the music of Chopin. Rarely performed, Tchaikovsky's *Romeo & Juliet*, brims with young love, passion, and tragedy. A must-see event for the classical ballet lover!

Tickets: \$30 • \$40 • \$50 (plus handling fee)

Media Sponsor:  
**WKNO-FM**  
NPR The Heart of Memphis



GERMANTOWN PERFORMING ARTS CENTRE

CALL 901-751-7500 OR VISIT [www.GPACweb.com](http://www.GPACweb.com)
















We are Medicare and Medicaid certified for Long Term and Short Term Care. Call today for more information.

## Striving to Exceed Your Expectations

- Skilled Nursing Services
- REHABILITATION SERVICES
- Clinical Dieticians
- Physical, Speech and Occupational Therapy
- Religious Services
- Inpatient or Outpatient Service
- Activities



5-Star Facility  
as rated by  
Health Grades



Nursing and Rehabilitation Center, LLC

6733 Quince Road • Memphis, TN • 901-755-3860







5-Star Facility as rated by Centers for Medicare & Medicaid Services

## Give wisely with help from BBB

**B**ecause of technology and the creativity of charities, there are many different ways that donors can give to a worthy cause. Whether you're giving money, canned goods, used items or your time, BBB Wise Giving Alliance reminds donors that how you give is just as important as what you give.

According to the Chronicle of Philanthropy, charitable donations to the largest charities were down 11 percent last year. Despite the tough economy and the overall decline in giving, donors are still looking for ways to help the less fortunate, particularly around the holidays. According to the Salvation Army, red kettle donations in November and December of 2009 actually increased by \$9 million over the previous year.

"Despite the downturn in the economy, people are still looking for creative or small ways that they can give back and support those who are even less fortunate over the holidays," said Randy Hutchinson, BBB president. "However you decide to give, it's important to stop and take the time to research the charity thoroughly to make sure that your dollar stretches the farthest it can in this tough economy."

How you give—and not just what you give—to a charity matters. Following are five common ways that people donate to chari-

ties over the holidays and a few things to consider:

**Give items** – Many organizations solicit for donations over the holidays including coats, toys, and canned goods. Whatever you're donating, make sure the items are of good condition and that the recipient charity is accepting such items to help further its cause.

**Give when you shop** - Many charities have had great success partnering with businesses who agree to donate some amount of the purchase price from sales of items to a worthy cause. This type of cause-related marketing means that you can help while you shop. Check if the promotion identifies the actual or anticipated amount of the purchase price the charity will receive. Also some businesses, like grocery stores, ask if you want to donate to a charity and have that amount added to your receipt which is called embedded giving. See if the embedded promotion states which specific charity will receive the collected funds.

**Give online**—Giving online with a credit or debit card is among the most efficient ways to support a charity. Before you enter in your numbers, give the website a thorough review and look for the organization's privacy policy, and verify if the organization has appropriate security measures

in place to protect such transactions.

**Give through text messaging** – The option to give via text message took off in the wake of the disastrous earthquake in Haiti. After texting a message to a number, the donation is tacked on to your cell phone bill. While donating via text is fast and easy for the donor, the actual money can take months to reach the charity so consider donating directly to a charity through its website if there is an urgent need.

**Give your time** – In today's tight economy, you may not have money, but you can always give a little bit of your time to help support a worthy cause. In addition to volunteering around the holidays, you can also be a vocal supporter of a charity and help raise awareness among friends and family and on your Facebook page or blog.

The BBB Wise Giving Alliance reports on more than 1,200 national charitable organizations and determines if they meet 20 accountability standards addressing governance, finances and fund raising practices.

To review charity evaluations and get more advice on how to give when times are tight, visit [www.bbb.org/charity](http://www.bbb.org/charity).



## Pray with Me

*Mouveleane Cook, RN*

When one signs on to work in hospice, you better be ready to step out of your comfort zone because you never know what a patient will ask you to do. Part of my duties is to contact all our patients on a daily basis, in carrying out that function I had the great pleasure to talk with Ms. G. Whenever I spoke with Ms. G she was always positive, although she was well aware that she was dying of Lung Cancer. I would have to make her tell me how she was doing physically, she always wanted to talk about the goodness of the Lord and she would end every conversation by saying be blessed and I would tell her I am already blessed because I spoke with you today. I would tell Ms. G I always felt better after talking to her and she would laugh and say I am blessed. I only met Ms. G one time prior to her death, but on the night she was dying her daughter called and stated Ms. G had given her instruction that when her time came to leave this earth she want to hear me pray with her not for her so her daughter called and asked if I would pray over the telephone. This really was not something I was comfortable in doing but I never thought about not praying because you see it was not about me or how uncomfortable I felt, it was all about Ms. G and what she wanted. As hospice's nurses we have to always remember its not about us its about our patients and their families and our ability to service them.

At Odyssey Hospice we can help you or your loved one deal with the difficulty of an illness or injury. Give us a call, 901-818-5600.



## Meeman Center FOR LIFELONG LEARNING

Enroll now for our spring classes at [meeman.rhodes.edu](http://meeman.rhodes.edu).

- Lore of Literature
- The Examined Life
- Taijiquan (T'ai Chi Ch'uan)
- Character and Constitution in the Thought of Thomas Jefferson
- Spain: 1898 to the Present
- A History of the Book
- Poetry Workshop
- The Art of Mindful Living
- The Jazz Vocalist
- Great Decisions in Foreign Policy
- Movies at the Meeman: The Great Directors Series
- The Search for Values in the Light of Western History and Religion
- From African Music to African-American Music
- Living Life Deliberately: Mindfulness Meditation in Daily Life
- Ancient China: The Foundation of Empire
- The Medieval Church: Power and the Holy
- Scotland: The Jacobites – Who Were They and Why Did Jacobitism Fail?
- 1611 and All That: The Making and Cultural Meaning of the "Authorized Version" of the Bible
- Archaeology of the New Testament World
- The Responsible Self

Meeman Center for Lifelong Learning  
2000 North Parkway  
Memphis, TN 38112  
(901) 843-3965 Fax (901) 843-3947



Rhodes College  
—1818—

# THE BEST OF THE PET WORLD



## What to give the dog who has everything?

By Deborah Camp

SPECIAL TO THE BEST TIMES

It's that time of year again. When middle-aged sons and daughters struggle to come up with any kind of original holiday gift ideas suitable for mom and dad, siblings, or other adult members of family. Children are easy—no problem there. The media have done everything but go out and buy the gifts for you; wrap 'em up and stick 'em under the tree.

As first year dog-parents, though, we're in a quandary about what to get our pure-bred mutt Mojo for Christmas. He's a feisty mixed breed of what one vet suggests is part Australian Shepherd and border collie. Whatever he is, he's growing up fast and big. Already 10 pounds heavier than what they told us at the adoption event.

"Oh, he won't be a big pooch.

Maybe 42 pounds max," the pretty blonde volunteer cooed at us, while snuggling then 15-pound Mojo under her chin. In your dreams, lady.

Mojo, it turns out, is a strong, active dog. He wants to run, jump and play all the time. If the cats would allow, he'd herd them all over the house. We take him out for two walks daily, sometimes chalking up as many as five miles. As it's gotten chillier, we've dialed back some, but usually we get in at least a couple of miles a day.

It didn't take long to discover Mojo needed extra help with his leash training. The class at Dogwoods helped a lot, but it's been up to us to further refine his puppy manners and to channel his natural exuberance. One gift we bestowed upon him came from the website of the "Dog Whisperer" Cesar Milan. It's called the "Illusion" collar, and acts as a supportive neck brace,

making it easier to keep his head up and in place and harder for him to jump sideways and act a fool.

Now we're considering another gift from Cesar's website. His first Christmas present from us may turn out to be a doggie back pack. When filled with a few items—like a six pack of bottled water, or as Michael suggests, maybe something alcoholic—this will add extra weight as he walks. What this will do for him, according to Cesar and other dog trainers, is give him a "job" and a sense of purpose. Historically dogs that carry this kind of genetic makeup were working dogs. Dogs that get up every morning with a schedule of chores, unlike some of these lazy, indolent pups who live fat and happy, content to nibble, look out the window, and then head back to the food bowl.

Shepherds, some spaniels and collies, retrievers, schnauzers and sheepdogs—these among others were dogs that are used to guard livestock, do search and rescue, sniff out drugs and even accompany troops in combat. These dogs often get bored and frustrated and resort to unwelcome behavior, such as chewing furniture. Give them a job, is what experts say. And the backpack serves as a sort of "job substitute." It will focus his attention and make him concentrate more on the pleasure of the walk instead of the squirrel that's just out of reach.

That's one present I can scratch off the list.

*For questions or comments or information about this topic, or any other topic about pets, contact Deborah Camp at [dcamp@memphisbusiness.com](mailto:dcamp@memphisbusiness.com)*

The **BED IS BACK** with an all **NEW SET!**

**\$5 off**  
any full price ticket  
promo code BESTMUAC  
exp. 12.23.10

**BARRY FULLER RETURNS AS SCROOGE!**

**DEC 3-23** **CHRISTMAS CAROL**

**M THEATRE MEMPHIS**  
UNRIVALED PERFORMANCE. UNENDING APPLAUSE.

**TICKETS** online [theatrememphis.org](http://theatrememphis.org) or call **682.8323**

The Arthur F. & Alice E. Adams Foundation | SUNTRUST | Merrill Lynch Wealth Management | THE BEST TIMES | Wapak | ArtsMemphis | the arts changing lives!

## Attention Veterans



To honor our Veterans, High Point Funeral Chapel proudly offers the following Veterans Package **Complete Traditional Funeral for \$3995**

**Includes:**

- Basic Services of the funeral director \$1495
- Embalming \$695
- Dressing, casketing and/or cosmetizing of deceased \$125
- Visitation \$350
- Funeral service in our chapel or graveside \$350
- Funeral vehicle (Hearse) \$195
- Flower Van \$75
- Transportation of deceased from place of death to funeral home \$195
- 20 gauge Spartan silver protective casket \$1395
- Guest register book and memorial folders \$65
- Veterans Compassionate Credit \$945



**High Point Funeral Chapel**  
Memphis only official provider National Burial Policy

**3788 Summer Avenue • 901-454-5795**

These prices are effective as of September 1, 2010, but are subject to change





# BEST COMPUTING



## Avoid problems, don't use unsecure wireless

By Richard Sherman  
SPECIAL TO THE BEST TIMES

**Q. We are renting a vacation home for a month that has wireless, but it is not secured by a password. The people we rent from are good people and the house is in a nice area. I had planned to access our brokerage account online to check balances while we are gone. How vulnerable is my computer and my information, if I use this wireless access?**

A. In a word, vulnerable. That doesn't mean your data or identity will be stolen or your system hacked or victimized by any of a number of evils that can result from using an unsecured wireless network, but could it happen? Absolutely. Unfortunately, the security of the network has nothing to do with how nice the owners of the house are or the lovely neighborhood.

When you use an unsecured wireless network in the manner you describe, you're effectively saying, "I know it's not secure and I know there's a small chance that my data may be stolen, but I'm willing to take that chance."

The only person you have to answer to is yourself, so if you're comfortable with that decision,

have at it.

When all is said and done, you'll probably be fine, but could there be a problem? Yes, there certainly could. Personally, I would suggest focusing on your vacation and not spending time online, if you can possibly avoid it. If you must check your balances, most banks and brokerage firms provide toll-free numbers for that purpose.

**Q. I understand that software programs load into memory (RAM) when being used. But when a program is closed, is it removed from memory and returned to the hard drive?**

A. In theory, yes; in reality, not quite. Memory works like a blackboard that is constantly overwritten with new data. The data stored in memory is temporary, which is why you must save data before turning off your computer.

When software programs are shut down, they are supposed to tidy up after themselves and remove everything loaded into RAM. Unfortunately, most programs leave a trail behind and don't completely remove themselves from memory. Over time, this unsightly data build-

up can cause your computer to become sluggish. To purge RAM completely, simply reboot your computer. If you normally leave your computer on 24/7, as I do, restarting the computer once a week should be sufficient.

**Q. How can I change a color photo into a black and white picture?**

A. Irfanview ([www.irfanview.com](http://www.irfanview.com)) is a free program that can convert your photo to an artsy black and white image. To transform your photo, open Irfanview, display your image by clicking File > Open, navigate to your photo, click to select it, then click the Open button.

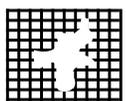
With your image displayed, click Image in the Menu Bar, then click Convert to Greyscale. Your image will then, not surprisingly, appear in greyscale. Grayscale images are distinct from black-and-white images which, within the context of digital photography, are images with only two

colors, black and white; grayscale images have many shades of gray in between.

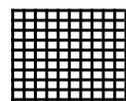
If you want true black and white, click Image in the Menu Bar again, then click Decrease Color Depth. In the window that appears, click to select "Two Colors," then click the OK button to save your changes.

If you are satisfied with your new colorless picture, click File > Save As. Be sure to give your black-and-white photo a new name or you will overwrite the original color photo. Click OK to save the new image.

For plain-English answers to your questions by email, plus great computing tips, subscribe to Mr. Modem's award-winning WEEKLY newsletter. Subscribe using Promo Code 1640 and receive TWO free months (eight weekly issues!) with your 12-month subscription. To view a sample issue or subscribe, visit [www.MrModem.com](http://www.MrModem.com).



## REWEAVING



*for your finer garments*

BEFORE    Moth Holes • Burns • Tears • Knit Repair    AFTER

### EXPERT WEAVERS

5500 Poplar Ave. • Bldg. B Suite 9 • 767-1799

## DENTURES ARE OUR #1 BUSINESS

We have been the Memphis Leader in One-Day denture service since 1979. There are 4 experienced dentists on staff that will take your impressions and fit your dentures the same day for a great price.

### Compare Our Prices Save time and Money

- Economy Dentures ..... \$400 ea.
- Personalized Dentures .... \$450 ea.
- Deluxe Dentures ..... \$550 ea.
- Partial ..... \$400
- Extractions ..... \$65 ea.
- Porcelain Crowns ..... \$570 ea.
- Denture Repairs ..... \$65



### Mid-South Dental Center

1707 Bender Rd.  
Call Now and save  
**346-2514**

OR  
**396-3674**

**Drs. Myers, Simpson, Clark & Anderson**



## Celtic Woman

The Greatest Journey & Songs from the Heart

Sunday / December 5 / 8:30 PM

Monday / December 6 / 8:00 PM

Friday / December 10 / 8:00 PM

Saturday / December 11 / 6:00 PM

Tuesday / December 14 / 9:00 PM

**Tune in** and find out how you can get best-of-house **tickets** to the **Celtic Woman concert** at The Orpheum Theatre in May, 2011




Channel 10  
**WKNO**



Discover [wkno.org](http://wkno.org)  
Discover **WKNO**

## DECEMBER EVENTS AND HAPPENINGS:

### The Memphis Brooks Museum of Art highlights photographer

#### Michael Darough:

Annual showcase of work by emerging young artists who are students, or have recently graduated from art school, on view through Jan. 16. Since its inception in 2002, the series has showcased the work of emerging artists from the Memphis College of Art, Rhodes College, and the University of Memphis.



#### Camp Good Grief Gingerbread Village at Memphis Botanic Garden Atrium

**Camp Good Grief's Gingerbread Dream - a place free from sorrow, in the Atrium of The Memphis Botanic Garden through Dec. 31.** Architect John Pruet's master plan for a holiday fantasy city is fulfilled by a group of chefs and artists who contributed their time to create a gingerbread dream come true in miniature. Bringing awareness of Camp Good Grief, the children's bereavement program of Baptist Healthcare, Gingerbread Dream focuses on the holidays as a time symbolizing joy and promise despite the sorrows of daily life. Admission is free.

**Camp Good Grief's Gingerbread Dream - a place free from sorrow, in the Atrium of The Memphis Botanic Garden through Dec. 31.** Architect John Pruet's master plan for a holiday fantasy city is fulfilled by a group of chefs and artists who contributed their time to create a gingerbread dream come true in miniature. Bringing awareness of Camp Good Grief, the children's bereavement program of Baptist Healthcare, Gingerbread Dream focuses on the holidays as a time symbolizing joy and promise despite the sorrows of daily life. Admission is free.

**Christmas Shop at The Women's Exchange:** open through Dec. 22. Mon-Fri. 10 a.m.-



Peter Pan at Playhouse on the Square through Dec. 23

4 p.m. Hand crafted ornaments and decorations abound. 88 Racine St.

**Playhouse on the Square: Holiday productions of "Peter Pan," and "A Christmas Story,"** continue thru Dec. 23. Reservations & ticket Info: 726-4656, seniors \$20. 66 South Cooper St.

**SunTrust Zoo Lights:** through Dec. 30, 5:30-10 p.m. Memphis Zoo, Overton Park. \$5 for members; \$7 for non-members. Lights from the Farm to Teton Trek and everywhere in between, featuring Memphis Zoo on Ice -- the Zoo's first outdoor ice skating rink (skating based on availability. Additional fee applies). Go to [memphiszoo.org](http://memphiszoo.org) for more information.

**Snowy Nights in My Big Backyard:** Memphis Botanic Garden Fri. & Sat. Dec. 3 & 4, 10 & 11, 17-23, 26-28. 5-7:30 p.m. (Last admission 7 p.m.) daily Dec. 17-Dec. 28. (Closed Christmas Eve and Day.) Stroll through falling "snow" to a musical light display. Create winter crafts and enjoy fun and games. Sip hot cocoa and cider around the marshmallow roasting pit. MBG members \$5. Non-members \$7. 636-4100 for info.



The Velveteen Rabbit at Germantown Community Theatre Dec. 3-19.

**The Velveteen Rabbit:** Dec. 3 - 19, Germantown Community Theatre. A holiday musical adaptation of the book by Margery Williams. Adults \$23, seniors and students \$15, 12 and under \$10. Thur.- Sat. 7 p.m., matinees 2:30 p.m. Sat. and Sun. 3037 Forest Hill Irene

Rd. 38138 Box Office: 754-2680. | [www.germantowncommunitytheatre.org](http://www.germantowncommunitytheatre.org)

**Holly Springs Holiday Home Tour** Dec. 4 10 a.m. -4 p.m. & Dec. 5<sup>th</sup> 1 p.m. -5 p.m., tour historic homes decorated for the holidays, hear cantatas in historic churches and attend lavish dinner theater. Tickets \$22 to benefit the Marshall County Historical Museum and can be purchased at the museum, 220 E. College Ave. on the square.

**Holiday Artists' Market at The Brooks Museum of Art:** Sun. Dec. 5, 11 a.m. - 5 p.m. Free museum admission & cash bar. Buy from over 30 local artists. For more information call 544-6226.

**Alternative Gift Market,** Sun. Dec. 5 Germantown Presbyterian Church, 10 a.m. - 7 p.m. Partnered with Ten Thousand Villages, a non-profit promoting items handmade by artisans in third-world countries. Find something unique while helping a third-world community become self-sufficient. Also the Presbyterian Women will sell handmade necklaces to support Living Waters for the World, a non-profit group that trains and equips mission teams to provide clean sustainable water. 2363 So. Germantown Rd., call for info 754-5195 or go to [www.GermantownPres.org](http://www.GermantownPres.org).

**Christmas at St. Mary's Concert:** Dec. 5, 7 p.m. with the Rhodes Singers, Chamber Singers, Women's Chorus, Rhodes College Orchestra and Rhodes College Brass, featuring diverse music of the season. James Cornfoot, Joseph Montelione and William M. Skoog, conductors. St. Mary's Episcopal Cathedral, 700 Poplar Ave.

**Holiday Bazaar** Wed, Dec. 8, 8:30-11:30 am at Lewis Center for Seniors. Handmade items, crafts, ceramics, jewelry, wood and much more. Photos with Santa. Enjoy complimentary beverages while shopping. Door prizes for purchasers. 1188 N. Parkway.

**Holiday Survival for Caregivers of Persons with Dementia:** Wed. Dec. 8. 4:30-6 pm. Join Alzheimer's Day Services of Memphis for

this educational program. Executive Director Ruthann Shelton discusses how the holidays can be adapted to fit the routine and needs of the whole family. Learn tips and strategies to make the holidays more enjoyable for everyone. Respite care available by request at no charge; please call or e-mail to make arrangements or to register 372-4585 or e-mail [devdir@alzheimersdayservices.org](mailto:devdir@alzheimersdayservices.org) before Tue. Dec. 7. 3185 Hickory Hill Rd.

**Handel's "Messiah"** Dec. 10, 8 p.m. Memphis Symphony Orchestra, the MasterSingers Chorus and selected members from other area choirs. William M. Skoog, chorus master; Andrew Altenbach, conductor. Purchase tickets through the Memphis Symphony or the Cannon Center. Cannon Center, 255 North Main St.

**The Nutcracker presented by Ballet Memphis,** Dec. 10 7:30 p.m., Dec. 11 2 p.m. & 7:30 p.m., and Dec. 12 2 p.m.

**The Orpheum Theatre,** 203 So. Main St. Tickets available at The Orpheum box office, Davis Kidd Booksellers, Ticketmaster locations and Ticketmaster online. Prices vary.

**Home for the Holidays Art and Elegant Craft Show** Dec. 11, 12 p.m.-5 p.m. Church of the Holy Communion Cheny Hall. Unique, handmade gifts Memphis artisans. A portion of proceeds go to Habitat for Humanity. Art, soaps, jewelry, wreaths, wood crafts, accessories and more. 4645 Walnut Grove Rd. 761-4771. [www.memphishabitat.com/homefortheholidays.shtml](http://www.memphishabitat.com/homefortheholidays.shtml)

**Memphis Boychoir** performs at the annual **Service of Lessons and Carols** Sun. Dec. 12, 4 p.m. and 7 p.m., featuring hymns led by brass and organ, Saint John's Episcopal Church, 3245 Central Ave.

**Kallen Esperian sings Music for the Season,** at Germantown Presbyterian Church Sun. Dec. 12, accompanied by **pianist Tom Bryant**, professor of music, Rhodes College. This special worship begins at 4 p.m., free and open to the public. In lieu of admission

EVENTS, cont. pg 27

### Keeping People at Home and Healthier Longer

*In-home assistance for the elderly or disabled*



#### Together we provide an alternative:

- Personal Care Assistance
- Bathing/Dressing
- Walking/Exercise
- Medication Reminder
- Nutritious Meal Prep
- Light Housekeeping
- Shopping/Errands
- Companion/Conversation
- Respite Care
- Reliable, On-Call 24/7
- Employees are Insured & Bonded
- State Licensed

*"Arcadia helps families provide the regular attention, professional care and companionship necessary to keep their loved ones happy at home".*

## ARCADIA

HealthCare

Arcadia can tailor a program to fit your specific need. We are here to help enhance your quality of life.

6061 Stage Road - Suite 8  
Bartlett, Tennessee 38134  
**(901) 458-5887**  
[www.arcadiahealthcare.com](http://www.arcadiahealthcare.com)  
Member, TN Assn. Home Care



Cartridge World®

### High Quality INK & TONER REFILLS For your printer cartridges

- A fraction of the price of buying new
- 100% satisfaction guaranteed
- Free pick-up and delivery for qualified businesses

1603 Union Ave • 721-6024      1306 Goodman Rd • 662-253-0056  
4717 Poplar Ave • 767-4065

[www.cartridgeworldusa.com/Store371](http://www.cartridgeworldusa.com/Store371)



# AROUND TOWN

## Baptist Trinity Hospice House Opens with Reception

1. RICK MCDADE, Chaplain
2. HOWARD MORTON and ANN SMITH
3. JUANITA QUIDE and LINDA MORTON
4. EDGAR SCOTT and SUSAN KING
5. MELBA SCOTT
6. KEN COPE and ROD ROBINSON served refreshments
7. NANCY WEBSTER and TINA RILEY
8. WALTER SANDUSKY and BEN W. BLEDSOE
9. LARRY and JAN KENT
10. CECELIA ERWIN and CHERYL NEILSON
11. SANDY JARVIS, ANN MCALISTER, ANGELA HAMBLEN
12. GREG CAMPBELL and PAGE HEINZ
13. JEAN ETLER, DONNA NORTHCUTT, SANDY LUMSDEN
14. PAULA DONATI, VALENCIA DAVIS, CAROL LAGRAIZE
15. PEGGY HUFFMAN, SHERRY GRIFFITH, MARY WALTON WALKER



## Iris 10th year at GPAC with great performance'

1. HARDY MAYS and his mother ELOISE
2. PATRICIA GRAY and ED KOSPLEND
3. ALAN and MARGARET EVERETT
4. JEANINE MAH and CHARLOTTE BERNSEN
5. DAVID LILLARD and LAURA CRANE
6. TERESA BRUCE DUNLAP in the Green Room
7. BOBBY FOGELMAN hiding from the camera
8. MICHAEL STERN and Pianist YEFIM BRONFMAN take a bow
9. GERRE GOURLEY, LILLIAN ALPEET
10. CHARLES TILLY, DR. WILLIAM BICKERS and ANNETTE BICKERS, BETTE TILLY
11. JUNE GARFINKEL, JIM CLANCY, ELLE APPLING
12. ALEX and JOAN JEKEL, MILTON SCHAFFER
13. LAURENCE RITTER, GAIL and PAGE WILLIAMSON
14. JAY JENKINS, JOYCE and BRUCE WEBBER. JUDY JENKINS



# AROUND TOWN

## Jazz and Pasta Night for Samaritan Counseling Center

1. SARA HOLMES and LINDA HOUSE
2. ELAINE KRUGER and LISA HARRIS
3. HARRYETTE and WES BAILEY
4. LORA LEONARD
5. ELAINE CREWS
6. MIKE and JULIE MATTHEWS
7. TOM and SUSAN FAGAN
8. ANNE REMMERS PHILLIPS
9. KATHY WAYCASTER
10. ROB and LEIGH HENDRY
11. LESLIE GOODWIN
12. VICKIE GORE
13. BETTY WINTER, JONA SMITH, KAREN KILPATRICK
14. ERNESS AND JOAN KELLY, RON MCDONALD
15. ANN LANGSTON, Honorary Co-Chair, CLAUDIA HALTON, GWEN OWEN
16. JOHN and DORSEY WADE
17. CATHERINE WILLKER, JOHN GILMER
18. MARGARET ANN and JIM EIKNER, auctioneer for the evening



## Kirby Pines has impressive Veterans Day Ceremony

1. CHARLES TRAMMEL, GEORGE KING, Mayor MARK LUTTRELL
2. Marines ceremoniously folding the flag.
3. Pipe and Drums played beautifully
4. Retired Commander BOB GORDON and his wife EILEEN (residents of Kirby Pines for 15 years)



# THE Trezevant

A LIFECARE RETIREMENT COMMUNITY



# CROSSWORD

ACROSS

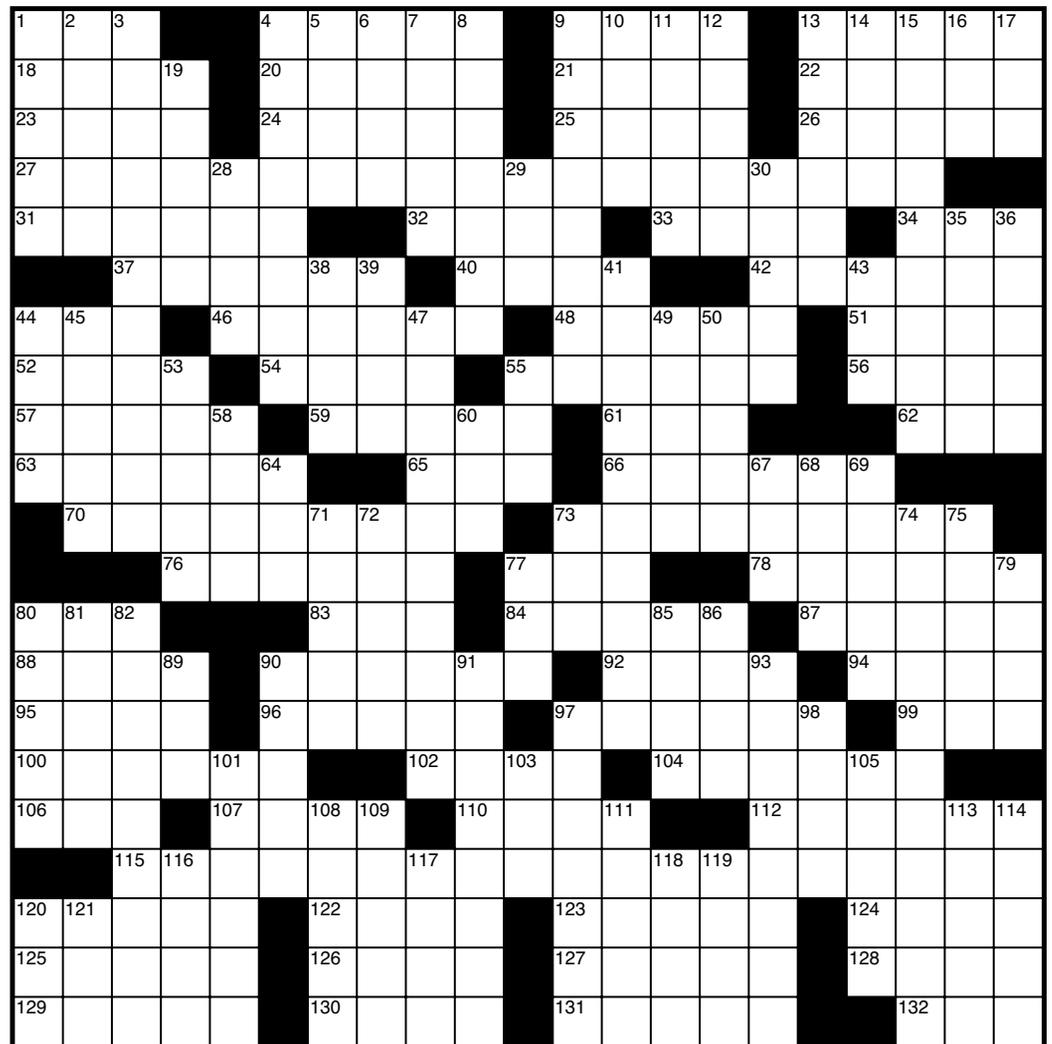
- 1. Cul-de- --
- 5. Penn and Lennon
- 10. Gibe
- 14. Badenov or Godunov
- 19. Son of Aphrodite
- 20. Simple dwelling
- 21. Burn plant
- 22. Circumstance
- 23. A state: abbr.
- 24. Something for a maestro
- 25. Do in
- 26. Shrewd
- 27. Start of a quip by Steven Wright: 6 wds.
- 31. Soap opera, e.g.
- 32. Baseball's Slaughter
- 33. Layer of ore
- 34. Abbr. in bus.
- 37. WWII's "Big Three"
- 40. Anthracite
- 42. Jumbled mass
- 44. Mil. facility
- 46. Game of cards
- 48. Start computing: 2 wds.
- 51. The Emerald Isle
- 52. Loud sound
- 54. Portico
- 55. Comes back
- 56. Gentle one
- 57. Inventor Nikola --
- 59. Poet
- 61. -- Pasha
- 62. Colletti or Rorem
- 63. Adopt
- 65. Wedding-notice word
- 66. Colleens
- 70. Part 2 of quip: 2 wds.
- 73. Part 3 of quip: 2 wds.
- 76. Set in position
- 77. Tatami
- 78. Straw hat
- 80. Flatfoot
- 83. Earlier
- 84. Friendly relations
- 87. Vehicle with pedals

- 88. Copied
- 90. Disinclined
- 92. America's Cup shape
- 94. Fed. agents
- 95. Desperate
- 96. Patty and -- of "The Simpsons"
- 97. Stage remarks
- 99. -- -de-France
- 100. Begrudges
- 102. Scoria
- 104. "-- --, no gain"
- 106. Reception
- 107. Do a farm job
- 110. Pitfall
- 112. Perilous
- 115. End of the quip: 6 wds.
- 120. Private road
- 122. Jason's ship
- 123. Leporine animals
- 124. Legal claim

- 125. Place for gutters
- 126. Commotion
- 127. Garment shape
- 128. Loose and bitter
- 129. Exhausted
- 130. Attempt
- 131. Aeries
- 132. Pistol

DOWN

- 1. Tractor-trailers
- 2. Originate
- 3. Viola da gamba cousin
- 4. Finnish composer
- 5. Old oath
- 6. High: prefix
- 7. Not a soul
- 8. Sound
- 9. Fundraising event: 2 wds.
- 10. Inter --
- 11. Trundles
- 12. -- Epoque
- 13. Turn
- 14. Closed curve
- 15. Performance
- 16. Auberge
- 17. Hogcote
- 19. Slow crawler?
- 28. Old school
- 29. Outback animal, for short
- 30. Opens wide
- 35. Cheek
- 36. Nicene --
- 38. Outside: prefix
- 39. Wearing footgear
- 41. Regions
- 43. Directed
- 44. Official records
- 45. In the --
- 47. Picnic spoilers
- 49. Labor camp
- 50. Hibernian
- 53. God of wealth
- 55. Itinerary: abbr.
- 58. Yank: abbr.
- 60. Collection
- 64. Biblical judge
- 67. Paved ways: abbr.
- 68. Coup d'--
- 69. Jersey
- 71. Time off
- 72. Broadway backer
- 73. Manufacturing group
- 74. Doing away with
- 75. Bumpkin
- 77. Anna -- Bullock, aka Tina Turner
- 79. Descartes
- 80. ROTC student
- 81. Think
- 82. Omnipresent
- 85. Double
- 86. Tokyo, once: var.
- 89. Agnus --
- 90. Something of worth
- 91. Russian thistle
- 93. Repels
- 97. Muslim title: 2 wds.
- 98. Rational
- 101. Borgnine the actor
- 103. Macaw genus
- 105. Fiber from the agave
- 108. Collect
- 109. City in Australia
- 111. Norman Vincent --
- 113. "-- -- cold, starve a fever"
- 114. Surrealist painter
- 116. Regular
- 117. Exchange fee
- 118. "Exodus" author
- 119. Confined
- 120. -- Plains
- 121. Kind of sheet



Answers on page 31



The holidays—friends, family and neighbors gather at home to celebrate. At Trezevant the welcoming spirit of the season is obvious throughout our community.

We extend an invitation this season, to visit us at Trezevant, the Mid-South's **leading retirement community** providing spacious residential apartments and elegant garden homes, assisted living, memory care, and 5-star rated skilled nursing in the Allen Morgan Health & Rehabilitation Center.



 Trezevant



177 North Highland, Memphis, TN  
(901) 515-2800 • [www.trezevantmanor.org](http://www.trezevantmanor.org)





12 Months No Interest • Same as Cash!



The Gutter Experts  
Free Estimates  
Financing Available



**FREE** SIDING & WINDOW INSPECTION  
With free Gutter Helmet estimate.

Protect your home. Put on the helmet.

Call Now! 901-452-2667

Specializing in all exterior repairs  
[atozconstructionservices.com](http://atozconstructionservices.com)

### Replacement Windows



- Take Advantage of up to \$1500 in "Green" Tax Credits.
- Save on Energy Bills
- Improve Your Home's Appearance.
- Increase the Value of Your Home

\*With Approved Credit.

### General Home Repair

12 MONTHS SAME AS CASH!\* 18 YEARS IN BUSINESS

# ATOZ Construction Services, LLC

- Rotten Wood Replacement
- Windows, Siding & Gutters
- All Types of Exterior Repair
- Fiber Cement Siding



### Professional Roofing



- Residential & Commercial
- Total Roof Replacement
- Expert Roof Repair
- Skylights, Flashings Installed
- Shingled or Flat Roofs!

LICENSED • BONDED  
FINANCING AVAILABLE

FREE ESTIMATES • FREE ESTIMATES • FREE ESTIMATES • FREE ESTIMATES



Call Now! 901-452-2667

[atozconstructionservices.com](http://atozconstructionservices.com)



FREE ESTIMATES • FREE ESTIMATES • FREE ESTIMATES • FREE ESTIMATES