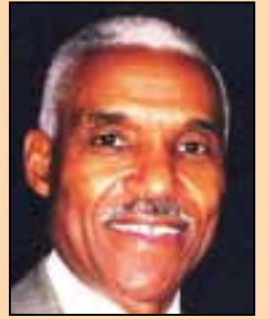


THE BEST TIMES

May is Older
Americans Month

Proclamation - pg. 4

Older population
grows - pg. 14



The Monthly News Magazine for Active Mature Mid-Southerners • May 2012

LIVING TO 100

SEARCHING FOR SECRETS OF LONGEVITY

100



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COVER STORY

People who have lived to 100 and older are increasing in number in the United States. In 2010, there were 148 centenarians in Shelby County.

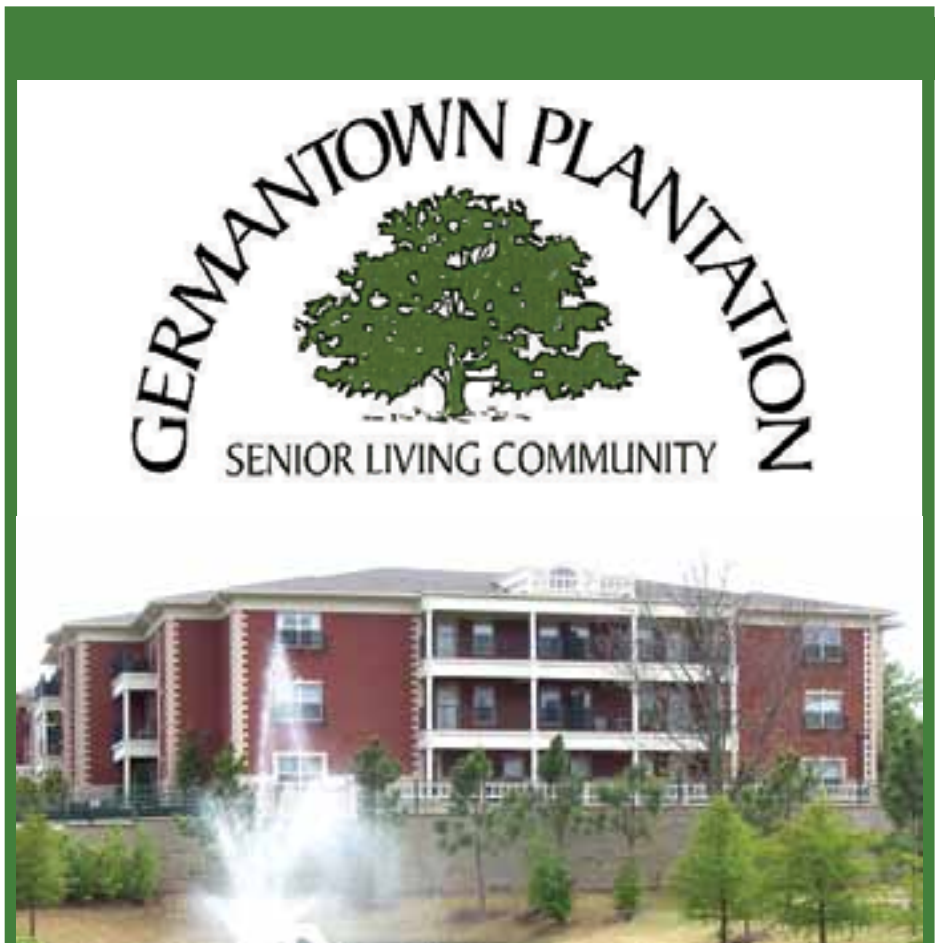
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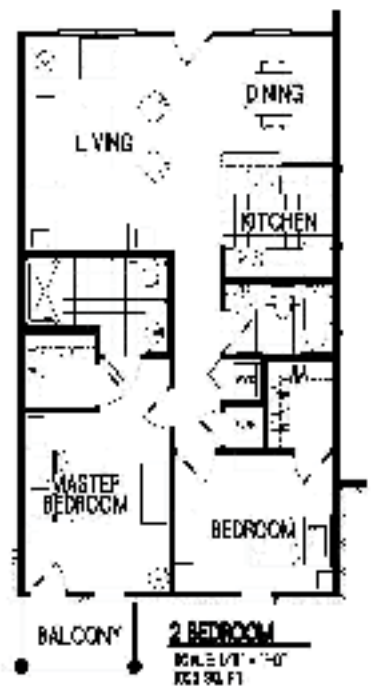
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Associate Publisher: Joyce Meacham Gingold
Managing Editor: Thomas Jordan, tjordan@thebesttimes.com
Advertising Manager: Jim Moffatt, jmoffatt@thebesttimes.com
Account Executives: Arch Stewart, astewart@thebesttimes.com
 Jim Long, jlong@thebesttimes.com
Office Manager: Sherry Greene, sgreene@thebesttimes.com
Cover Photography: David Gingold
Art Director: Mindy Shrable, mindy.shrable@gmail.com
Web Design Intern: Brigette Dobbins
IT Coordinator: Tamara Mitchner
Contributing Writers: Deborah Camp, Richard Sherman, John Harkins,
 Catherine Lewis, Susan A. MacManus, Margot Seay,
 Esther Wills, Jimmie Covington

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PRIME TIME FROM THE PUBLISHER



Prevent elder abuse and celebrate Older Americans Month

By Lester Gingold

THE BEST TIMES

Despite the 2010 passage of the Elder Justice Act, policy experts have found that combating widespread abuse of seniors is still not a top priority for care providers and governments alike. The newest release, the Public Policy & Aging Report, from the National Academy on an Aging Society and the Gerontological Society of America reported that one in 10 people aged 60 and older are affected by the problem.

Older Americans Month is an ideal time to give a wake-up call to Memphians that we are certainly not immune to the problem.

Elder abuse encompasses mistreatment, neglect and exploitation of a physical, psychological or sexual nature. The Elder Care Act was signed into law as a part of the 2010 Patient Protection and Affordable Care Act yet it has received no appropriations.

Marie-Therese Connally, director of the non-profit Life Long Justice and a senior scholar at Woodrow Wilson International Center, said, "The human and economic toll exacted by elder abuse is vast, cruel and costly. It is an issue where real federal leadership and a modest investment of resources by government and private funds could have a profound impact, mitigating the sufferings of millions of people and saving billions of dollars."

Connally demonstrated in this significant policy and aging report that elder abuse increases rates of mortality, injury and disease as well as a four-fold increase in nursing home admissions.

In conversations with many of our readers I am not surprised to hear a lack of concern and almost unbelief that the problem of elder abuse is a real one.

Unfortunately those being abused, so many times by family members, have nowhere to turn, and simply suffer. Our awareness of the possibilities of elder abuse is step one, and being always alert to the fact it could happen to those who may be near and dear to you.

In a new life-long learning center this would be an important subject for research and study, and an opportunity for strong advocacy.



THE BEST BRIEFS

Who recommends Exercise?

Research points to the benefits of physical activity for reducing the risk of chronic health conditions. Physicians and other health professionals can be influential sources of health information and exercise counseling by primary care physicians has shown to increase patients' participation in physical activity. In 2010 about one in three adults who had seen a physician or other professional had been advised to do exercise or physical activity. The percentage of adults advised by age groups 45 to 75 were more likely to be advised than other age groups. The age group 75-84 was substantially less, and less than 30 percent of those 85 and older even lower. This research from the U.S. department of Health and Human Services serves as a wake-up call to all older Americans not to wait for your physicians to suggest an exercise program, but start one now if you are interested in healthier aging.

Dalai Lama wins Templeton Prize

The 2012 Templeton Prize of \$1.7 million was awarded to Tenzin Gyato, the 14th Dalai Lama. The Tibetan spiritual leader is best known for his commitment to compassion, universal ethics, and harmony among religions. Dr. John M. Templeton said, "The Dalai Lama offers a universal voice of compassion underpinned by a love and respect for a spiritually scientific research that centers of every human being." The Templeton Prize, established in 1972 identifies "entrepreneurs of the spirit," and reaction from the press was widely welcomed with USA Today and The Guardian noting the award could not have been more timely. The Dalai Lama becomes the second Templeton Prize Laureate to also have won the Nobel Prize alongside Mother Teresa. Billy Graham won the award in 1982.

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Centenarian ranks grow in the United States

Centenarians in the United States grew in number to 53,364 in 2010 from 50,454 in 2000, thanks in part to genes, lifestyles, medical advances and the environment. In 2010, there were 148 people 100 or older living in Shelby County.

In this issue, the Best Times looks at living to 100 and beyond.

The newsmagazine talked with five centenarians living in Shelby County about what they believe helped them survive into their second century at a time when the average life expectancy is about 78.

Dr. Leonard W. Poon, director emeritus of the University of Georgia Institute of Gerontology, writes in an article in this issue

of The Best Times (page 7) about the predictors of longevity, among other issues involved in increasing the ranks of century club members.

Poon, the principal investigator of the Georgia Centenarian Study, wrote that the interaction of nature and nurture might be more important than the direct influences of genetics or environment alone in determining longevity.

Poon has defined nature as heredity and genetics and nurture as lifestyle and environment.

"These combinations of contributors are complex, multidimensional and interactive and importantly, no single factor ultimately impacts longevity,"

Poon wrote in another article last year.

Poon, author of the book, "Understanding Well-Being in the Oldest Old," also poses in his article for The Best Times the question of who would want to live to 100 and beyond.

As for advice on living to the century mark, Poon points to an Irish prayer.

Other experts on centenarians, Dr. Thomas T. Perls, founder and director of the New England Centenarian Study, and Margery Hutter Silver, Ed.D, wrote in their book "Living To 100:"

"Centenarians are the navigators who have successfully completed a long perilous voyage. Somehow, this one relatively small group of people has nimbly

negotiated the maze of maladies, mishaps and military conflicts that commonly lead to death. Not only do they escape death, but by and large they escape ill health for most of their lives. And, as we have found, their experience has much to tell us about how to live too."

The writers said the more time one spends with older people, the less "forbidding the prospect of aging becomes."

Aging, Perls and Silver wrote, "can be a time of work, of family, of play and of love. It can be a time when dreams materialize, and new goals are dreamed. And it will be a time that in coming years many, many more people will experience."

Local centenarians talk about their lives

Tips for living to be 100 and beyond include "clean living," eating well and religion, according to five centenarians interviewed by The Best Times.



Vallie Hamm

The eldest of those interviewed is 106-year-old Vallie Hamm, who said "clean living and a clean life" helped her live into her hundreds.

Hamm was born in Independence, Miss., on April 3, 1906. She taught school there until she moved to Memphis in 1940 with her late husband and went to work for Orgill Brothers.

Hamm, who lives at Kirby Pines Manor, said she enjoys reading the Bible and goes to Bible study classes when she can. She goes to church every Sunday.

She also said she likes music concerts and watching TV.



Gertrude Purdue

Brigadier Gertrude Purdue, 102, and her late husband served as Memphis Area Commanders of the

Salvation Army from 1962 to 1973. She said she believes in prayer and that "Christ lives in me."

Purdue, who was born May 18, 1909, said she also tries to eat right and to follow good advice on how to live a long life.

Purdue served as a Salvation Army officer for more than 40 years.

On her 100th birthday in 2009, Purdue was honored by the Army for a century of service.



Mary Davis

Mary Davis, 101, was the dean of the Upper School at St. Mary's Episcopal School and wrote a history of the school, "A Remarkable Journey."

"I've enjoyed my life, my family, my work and my church," Davis said. "I have been a strong follower of the Presbyterian church and a believer in God."

Davis, who was born Jan. 27, 1911, lives in Trezvant Manor.

"I love to read and I like to knit and I like to study and I enjoy people."

She said her life has been "a remarkable journey."

U.S. RESIDENTS AGE 100 AND OLDER

1990	2000	2010	2050
37,306	50,454	53,364	601,000*
*Projected Source: U.S. Census Bureau			



Marian Means

Marian Means, 100, graduated from Arkansas State University in Jonesboro and did some substitute teaching before becoming a full-time homemaker with two children.

She said staying busy helped her reach the century mark. Means, who was born Sept. 25, 1911, also said she had an "understanding and loving husband."

"I can't realize I'm a hundred," she said.

Means, who lives at Kirby Pines, continues to stay busy.

She plays bridge at least twice a week. Means also plays bingo and goes to vespers, musical events and plays.

Means enjoys reading and works the crossword in the daily newspaper. She also is a sports fan and keeps tabs on the University of Memphis Tigers and the Memphis Grizzlies.

James W. Furbee



James W. Furbee, born April 10, 1912, said he reached 100 because, "I just lived a good life."

He said, "My mother was an excellent cook. We all ate well and lived well."

Furbee, a Kirby Pines resident, added, "I can't complain about a thing."

He was born in Clarksburg, W. Va., and owned a tire distribution company.

He enjoys reading and likes jazz.

Living to be 100 isn't everyone's goal



By Leonard W. Poon

Would you want to live to 100 and beyond? This is one of several questions I frequently ask my audience when I give lectures on longevity around the world. One may be surprised by the answers. The Atlanta Journal Constitution surveyed 2,000 people in 2003 on this question and received 1,254 responses.

Forty-nine percent of those surveyed responded "yes," 41 percent "no," and 10 percent "don't know." While I gave a lecture in Stockholm in 2004, the Swedish newspaper, Dagens Nyheter, surveyed its readership on the same question on the Web; 13,241 people responded with 54 percent responding "yes," 33 percent "no," and 13 percent "don't know." Also in 2003, Harper's Magazine in collaboration with National Public Radio did a survey on the same question and came up with a surprising finding that two out of three American responded with no! I then surveyed university students and academic/professional colleagues, but provided them with the yes, no, and maybe choices. The outcome was fairly consistent --- about 20

percent yes, 20 percent no, and 60 percent maybe. I further surveyed older adults in "learning in retirement" classes and 60 to 70 percent responded "maybe." Clearly answers depended on how one phrases the question, the audience, and the options given for the answers.

I came to the conclusion that living to 100 years and beyond is not a goal that everyone seeks. Universally, people would comment if the quality of life at 100 is good, why not live as long as possible? On the other hand, if the quality of life is poor, then why would one want to prolong

the agony?

I frequently ask the follow-up question on what is acceptable quality of life to live to 100. Most would answer having an abundance of wealth, health and maintenance of cognitive functioning. Having friends and social support are frequently included. Reality dictates that not everyone at the end of life could have all or most of these resources. I then ask if one could only choose wealth, health, or cognitive functioning, what would be the one most important thing to ensure good quality of life or longevity. The answers may be surprising to some; however the responses were very consistent -- about 75 to 90 percent of the respondents chose cognition. The most popular response was if one has one's mind then one may be able to find solutions to potential problems. Without one's mind, one may be at the mercy of others.

The primary goal of the Georgia Centenarian Study (1988-2009), funded by the National Institute of Mental Health and the National Institute on Aging, was to study

trauma influences life satisfaction, morale, and longevity. Data collection was completed in 2009, and more than 200 peer-reviewed publications were published in different aspects of the study in scientific journals. We expect new findings from the data will continue to be uncovered in years to come. We are maintaining DNA and brain banks as well as a wealth of data that could be shared with qualified researchers around the world.

A popular question is which predictors, or clusters of predictors, are most important in influencing longevity. The answer could be summed up in three parts. One, since all the predictors used in our study had been found to be important in other studies, they were all found to be statistically important in influencing longevity in our study. Two, our current analyses are focusing on how these predictors influence each other to impact longevity. For example, genetic influences are predetermined by one's parents or family tree; how do certain predetermined genetic

characteristics interact with environmental factors to facilitate or shorten longevity? We believe the interaction of nature and

nurture may be more important than the direct influences of genetics or environment alone in the determination of individual patterns of longevity. These analyses are ongoing at present. Finally, we believe our finding that no one cluster of predictors is more important could be construed as good news, as longevity could be achieved by anyone who is willing to practice the good habits and life style for their longevity.

To illustrate the importance of nature and nurture, we published an analysis on which predictors could statistically predict the number of days of survival after a

person reached 100 years. We used all the predictors

in our study and let them compete against each other. Five predictors were found to be significant. Two of the predictors were more genetically determined: being female and father's age of death. Two of the predictors were environmentally determined: nutrition sufficiency and social support. The final predictor was influenced by both genetics and environment: cognitive status. It is important to note that the prediction of the number of days of survival after 100 years is different from the prediction of longevity. In fact, the Swedish Centenarian Study found predictors of longevity are different for young old (e.g., 80 years old) and the oldest old (e.g., 100 years+).

Given our current scientific knowledge on longevity, the following Irish prayer may provide appropriate advice on how to live a long and happy life:

"Take time to work, it is the price of success.

"Take time to think, it is the source of power.

"Take time to play, it is the secret of perpetual youth.

"Take time to read, it is the foundation of wisdom.

"Take time to be friendly, it is the road to happiness.

"Take time to love and be loved, it is the privilege of the gods.

"Take time to share, life is too short to be selfish.

"Take time to laugh, laughter is the music of the soul."

(Author unknown)

Leonard W. Poon, Ph.D., Dr. Phil, h.c., is trained in engineering, psychology and gerontology. He is a distinguished research professor, professor of psychology and public health, and director emeritus of the University of Georgia Institute of Gerontology. He is the principal investigator of the Georgia Centenarian Study.

I came to the conclusion that living to 100 years and beyond is not a goal that everyone seeks.

contributors and predictors of successful adaptation and longevity. Available studies showed that genetics could account for no more than 30 percent of the predictive power, and the Georgia Centenarian Study aimed to investigate how environment factors could also dictate longevity. We studied how family longevity, genetics (or specific genes), environment and social support and resources, nutrition and diet, physical health and diseases, blood chemistry, physical capacities, cognitive capacities, mental health, personality and coping styles, and life-long experiences and

The senior vote in 2012: Changes since 2008

By Susan A. MacManus

Every four years, political analysts are reminded that things have changed since the last presidential election. So it is with the senior vote in 2012.

Polls have shown that for quite some time, seniors have been following the 2012 campaign more closely than in 2008. Some attribute this spike in interest (+ 16 percent) to fears and concerns related to the depth and length of the Great Recession, the nation's longest since World War II. After all, it is seniors who still have the sharpest memories of the Depression. In general, seniors are the most likely to say the country is headed in the wrong direction. Some of this activism began with and intensified during the Great Depression. My interviews with seniors in Florida have revealed a deep concern for not just the economic future

of their grandchildren (always a worry) but now for that of their adult children. Many retirees have been shocked to get calls from their grown children asking for help with their home mortgage payments due to layoffs, firings or a shift from full-time to part-time work. This heightened fear of another economic collapse has prompted a number of seniors to participate in either the Tea Party or the Occupy Wall Street movements.

In 2004, it was the blog; in 2008, YouTube and Facebook. In 2012, it is the "mobile app"—an application for a smartphone or a tablet. Estimates are that by this fall, well over half of all voters can be accessed via some mobile communication device (cell phone, laptop, eReader, or a tablet like iPad). News alerts, insta-polls, candidate events, even last minute pleas to return absentee ballots or to vote will be made via these new technologies. Seniors are

the fastest growing cohort of new media users. They, like other age groups, are increasingly getting news on at least two digital web-based devices. Seniors also tend to access more news sites and read them in more depth than younger voters.

If turnout among young voters is down in 2012 as many analysts have projected, baby boomers and seniors will make up a larger share of the electorate on Nov. 6. This has certainly been the pattern in the GOP primaries. Repeatedly, seniors and baby boomers have made up well over half of those who have voted; Romney has been the winner among older Republicans, especially older women.

Historically, Social Security and Medicare have been cast as issues almost exclusively of concern to senior voters. Increasingly, there is speculation that these may

be even bigger issues for baby boomers near retirement age. After all, many have had their retirement dreams dashed during the Great Recession. Polls show that over one-fourth of the boomers have recently delayed their retirement. And it is the boomers who expect to be hit hardest by any reforms of these two entitlement programs, especially Medicare. One thing that has NOT changed, however, is the importance of senior voters. Both Democratic and Republican campaign strategists are well aware of older voters' higher turnout rates and projections of their increased share of the electorate in 2012.

(Sources: Gallup and Pew Research Center polls.)

Susan A. MacManus is distinguished university professor at the University of South Florida, Tampa Campus

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You want your loved one safe, nurtured, and comfortable. If you are overwhelmed, you may not be capable of providing the best care possible. Signs that you may be ready to hire help include:

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- Your loved one is bed bound and you're having difficulty turning and positioning him or her.
- Your loved one has fallen repeatedly or developed pressure sores.
- You're feeling overly tired and not getting enough rest.
- You're short tempered, angry, or depressed.
- You find that you don't have time to complete your other daily tasks

Hiring help isn't an admission of failure. Knowing your limits and seeking help shows you're capable of making good decisions, both for yourself and for your loved one. If several of the statements above fit your situation you might want to consider hiring a caregiver.



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THE BEST GARDEN



When deciding where to plant, consider distance

By Catherine Lewis

SPECIAL TO THE BEST TIMES

When you decide where to plant all those colors you brought home from the plant sales, one factor to consider is distance. Because we live in a cove, our back yard is shaped like a map of Tennessee. The carport is in "Memphis," and way over in "Gatlinburg," I have a variety of baptisia (false indigo or false lupine) called 'Screaming Yellow.' Across the "miles" the appropriately named bright yellow flowers are a delight, and after they fade, the blackberry lilies will provide splashes of orange.

Softer or darker colors don't show up at that distance, but the bright colors can attract a visitor to walk over for a closer look where other plants with more subtle colors will be revealed. This principle worked for me one day at the Memphis Botanic Garden when, attracted

by a vibrant native azalea, I walked up the hill and discovered the hosta trail nearby. The trail is an American Hosta Society National Display Garden, but that yellow-orange azalea was the beacon that first called it to my attention.

There was no such beacon for the dark purple petunias I planted one year in the beds across the front of our house. The next door neighbor commented that they had thrived especially well, but when I stood across the street visiting with another neighbor, the dark flowers were invisible. This was clearly a place that needed warmer colors or some lighter shades mixed in with the dark.

While eye-popping colors are great from a distance, many gardeners prefer more soothing colors in close proximity to a patio or other place where they want to relax. Whatever quiet flower colors you choose, you can further soften the effect with gray foliage plants like artemesia, dusty miller

and lamb's ear. Green works as a neutral color in nature, and you can mix shades of green with colors to tone things down a bit.

A bed along the driveway might not be near the house, but you probably pass very close to it several times a day. Calm, dark blooms and lush green foliage near your driveway can enhance that feeling of relief when you make the final turn out of Memphis traffic. Or you might plant livelier colors there as a cheerful sendoff to look at when you leave and a greeting when you return.

White varies in visibility depending on whether it is in sun or shade. White flowers or the white in variegated leaves like hosta, Solomon's seal, or caladiums, brighten the shade and can call to you from a distance. In bright sunlight in the middle of the day, white flowers seem to disappear into the general glare. This shouldn't stop you from planting white varieties of sun-

loving species if you want because white flowers start to glow as the sun goes down.

Up close and personal or admired from afar, there's a place in your garden for any color you want to try. And if you decide it didn't work, there's always next year.

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.

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

Answers on page 31

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Nominees sought For AARP award

By Margot Seay, AARP Tennessee State President

SPECIAL TO THE BEST TIMES

Do you know someone who is making a significant difference in your community?

Think about people you've worked with on volunteer projects, folks you've heard about from friends, those you've read about in your local newspaper. What about you? Are you doing great things for your neighborhood, your city or your state?

Please let us know. We are seeking nominations for the 2012 AARP Tennessee Andrus Award for Community Service.

The award honors AARP founder Ethel Percy Andrus, whose motto "to serve, not to be served" continues to shape our work 54 years after she founded this association to help older Americans age with dignity and purpose.

The award recognizes unique older individuals who are doing amazing things to help their communities and are serving as an inspiration to others.

Some potential nominees are the hundreds of AARP volunteers who help folks with their taxes, teach safe driving skills, fight hunger and advocate on behalf of 50+ Tennesseans. Others are individuals who saw a need in the community and committed themselves to filling it.

This year is the 200th anniversary of Tennessee being nicknamed "The Volunteer State." That's why we are pleased nominations are open for any Tennessee volunteer who is age 50 or older – not just

AARP members.

And there's more than prestige and a nice trophy on the line. There's a purse totaling \$5,000 for the top three nominees to designate to their charities of choice!

"The best part about winning the Andrus Award – which in itself was a great surprise and honor – was the donation that was made to Junior's House Child Advocacy Center," 2011 winner Mary Ann Meyer-Schuck said. "It was very generous of AARP to help a very deserving charity."

Her work with Junior's House, which helps abused children, was an inspiration to us and we were honored to provide \$1,500 to help continue their work. Runner-up Bonnie Brown received \$1,000 for the Literacy Council of Williamson County and Debbie Pare's \$750 went to the Wilson County Senior Citizens Awareness Network (SCAN).

This year, we hope to help Tennessee charities even more.

AARP Tennessee will give \$2,500 to an eligible non-profit organization chosen by the state Andrus winner, while the top two runners-up will receive \$1,500 and \$1,000, respectively, for their charities of choice.

So take a moment to think of people who are doing great work - but may not be getting the recognition they deserve. Isn't it time to change that?

Nomination forms are available from Stacy Pennington in the AARP Tennessee office at 615-726-5116 or spennington@aarp.org. You also can call 1-888-OUR-AARP (1-888-687-2277) or apply online at www.aarp.org/tn (Go to the story with the headline "Nominate Inspiring Volunteers")

Nominations will be accepted through June 1.

Thanks so much for all that you do.

Margot Seay is AARP Tennessee's highest-ranking volunteer.

Aging & Advance Care Planning

By Diana Wier

Caring for aging parents or family members is difficult, but knowing the challenges and having a plan in place can make the process easier for both caregivers and elders.

Jeri Ashley, system director of advance care planning for Baptist Trinity Home Care & Hospice, offers her insight into the problems seniors and their caregivers face and how life planning can ease the process for both parties. "People are living longer, even compared to just 10 or 15 years ago," says Ashley. "Many of these people have not planned for that in terms of health care."

The logistics of caring for elders with multiple chronic diseases, who see multiple physicians and manage multiple medications are stressful for caregivers, says Ashley.

Caregivers become deeply involved in their senior's emotional struggles, including outliving their friends, spouse and maybe even children. "Church groups can offer comfort and socialization," says Ashley. "However loss of mobility, lack of transportation or depression may leave the elder emotionally suffering alone."

One of the most difficult decisions a family will make is taking away the car keys from Mom or Dad, says Ashley. The experience is painful for both parties, and this holds true for many changes that occur with aging. "Aging is not for the weak," says Ashley.

The little losses add up and caregivers may feel helpless when situations rapidly change.

"A caregiver will think 'O my! Mom hasn't eaten in three days'," says Ashley. "'She was recently in the kitchen always making meals'." Eventually a caregiver will experience a crisis, such as their loved one being short of breath. The only option will be to call 9-1-1.

After an emergency hospital visit, a whole new array of issues arises. Without a designated plan in place, family members often will not have a strong sense of how their loved one would want to live their final days. Baptist Trinity understands that quality of life is important to everyone and has developed a program centered around "life planning." The program is designed to help families have meaningful discussions about how they want to live when faced with a serious or life-limiting illness.

Baptist Trinity offers an under-one-roof resource for caregivers, seriousillness.org/memphis. The website provides resources and advice for seniors and caregivers. Also available is detailed information about advance care planning, which can ease the process of care for loved ones, especially when a crisis occurs.

For more information about Baptist Trinity Home Care & Hospice, please call 901-767-6767 or log on to www.seriousillness.org/memphis.





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Docent training at Brooks Museum

People who love art and enjoy dealing with people are being invited to apply for The Memphis Brooks Museum of Art's next training program for docents that starts in September.

Brooks docents are trained volunteers who each year lead thousands of children and adults on tours of the museum's extensive permanent collection and special exhibitions.

The training runs for six months.

Museum leaders say the benefits of being a docent include free art appreciation classes; exhibition walk-throughs with curators, artists and scholars; opportunities for continuing education and personal growth; ongoing training in teaching and learning theory; discounts on Brooks membership, in the Museum Store and the Brushmark Restaurant and "the support of an enthusiastic and dedicated docent peer group."

Julie Falvey, a current docent, particularly enjoys leading student groups.

"I love seeing students connect

with different works of art," she said. "They may recognize a person or a place they are studying in history class or a technique they are using in their own artwork. Facilitating a discussion based on their observations, questions, and ideas is inspiring and rewarding."

Memphis artist and docent Will Worledge said, "Joining the Brooks docent program has been a thoroughly uplifting and fulfilling experience. To have the honor to work in such a culturally important and well-esteemed institution has been a wonderful responsibility. I highly recommend to those who find [time] in their schedule and inclination to reach out and inspire others through Art."

People interested in learning more about becoming a Brooks docent, may call Brenda Burgess at 901-544-6244 or email her at brenda.burgess@brooksmuseum.org.

The Memphis Brooks Museum of Art, located at 1934 Poplar Avenue in historic Overton Park, is considered one of the leading art museums in the American South. More than 9,000 works make up the Brooks' permanent collection.

The Belz-Parker Artists Ascending Concert Series Presents The 45th Anniversary Gala Celebration

Edvinas Minkstimas



Edvinas Minkstimas is widely regarded as one of Europe's top emerging young pianists, one whose extensive repertory, solid technique and musical expression have led him to perform throughout Europe and North America. Minkstimas serves as a Board and Jury member of the Salzburg Festival, Board member of the Mahler Philharmoniker, Cofounder and Board member of the Global Lithuanian Leaders (GLL) organization, Board member of the National Jewish Health organization, DC Air and many others. He is a visiting professor and advisor to the president of the Vytautas Magnus University in Lithuania. His upcoming engagements include tours in Europe and South America, performances at the Phillips Collection and the National Gallery of Art, appearances with the Phillips Camerata, Fairfax Symphony, among others. Minkstimas is a winner of numerous international piano competitions, recipient of grants, scholarships and awards. His studies include a Doctorate of Music from Juilliard (2011) and an Artist Diploma from Paris Conservatory.

In 2007, Minkstimas won First Prize at the Fifth International Ciurlionis Piano Competition in Vilnius, Lithuania. He has taken top honors at the First Tchaikovsky International Competition for Young Musicians (Moscow), the International Knezkova-Hussey Piano Competition (Canada) and European Piano Days (France), among other festivals and competitions. A native of Kaunas, Lithuania, Minkstimas claims his early artistic influences from Nordic poetry, Baltic mythology and other romantic images. He conveys the lyricism and poetry within a musical work through his displays of virtuoso technique. He is strongly influenced by such great pianists as Richter and Michelangeli, and composers Brahms, Liszt, Rachmaninoff, Ravel, Ligeti and Penderecki. Minkstimas' professional debut was at the age of fourteen with The Lithuanian National Philharmonic Orchestra (Vilnius), playing the Grieg Piano Concerto in A-minor. Minkstimas has released two recordings, featuring solo and orchestral performances of works by Brahms, Beethoven and Liszt. He has been recipient of numerous grants and scholarships, including those from the Meyer Foundation (France), Music Academy of the West (California), and the Lithuanian Ministry of Culture. For more information on Edvinas, please visit www.minkstimas.com.

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THE BEST OF THE PET WORLD



Let sleeping dogs (or cats) lie

By Deborah Camp

SPECIAL TO THE BEST TIMES

This morning we woke up with five cats on our bed. Yes, I know. That's not something one normally wants to admit but Lord only knows our pet-centric household is far from the norm.

There are two schools of thought on the subject of pets sleeping with their human companions. The school of no, they shouldn't rails against the notion of tipping off your pet that he's anywhere close to being your equal, even if you think that's the case. This is especially true with dogs, claim the naysayers, who opine that not only will the dog begin to view himself as equal but before you know it he'll imagine himself your superior. This would probably be true with our Mojo, who perhaps already entertains such thoughts. If the pet has behavioral problems like jealousy or aggression, allowing him on the bed will intensify that behavior, insist the proponents of Pets Mustn't Sleep With Humans.

Then there's the other side; those who extol the therapeutic benefits of a furry warm body, a rumbling purr or faithful pup at the foot of the bed. These folks rhapsodize about how pets are better than sleep-aids or heating pads, how they never steal your covers or complain about nightlights, and how a dog on the bed can give you a sense of security.

I won't take issue with either side. I think if you don't have allergies and your pet is reasonably well-mannered then what's the harm in letting them bunk with you. Mojo, however, is way too hyperactive

and would never be a welcome bed-guest. Besides, we trained him early about the joys of sleeping in his own large and comfortable crate. To him, it's his personal space, his bedroom. Every night around 9 he's ready to settle into his doggie-den.

With cats, they pretty much take up squatters rights wherever they want. And if it's on our bed, the only way we could keep them out is to keep the door closed. Not all of them want to share our company in the evening, but several do and while Mojo is doggy-denning, they're taking up choice spots on the bed. There might be occasional jostling, hissing or misunderstandings about who gets to sleep where but by the time we're ready to crash it's usually been sorted out.

However, there's another downside to pets in the bed with research to back it up. Many people who let their pets sleep with them suffer from sleep deprivation. Yes, it's true. We never get a good night's sleep. Ever. The sound of purring relaxes to a point but we've got a couple of kitties who conduct an entire symphony right in our faces at 3 a.m. Then there's the predawn game of attack-foot when a cat will decide that the slightest movement of our feet is our signal to play. So, throughout the night, we get waked up by cats walking on pillows, nuzzling our ears, meowing some complaint, or just affectionately head-butting us.

Many would say we're nuts to let them disrupt our nightly snooze but we're used to it. Sleep is highly overrated anyway.

Contact Deborah Camp at 590-0050, or dcamp@memphisbusiness.com for comments or suggestions.

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People 65+ increase in U.S.

By Jimmie Covington

SPECIAL TO THE BEST TIMES

People age 65 and older increased in both numbers and share of the population both locally and nationally during 2000-2010, U.S. Census Bureau figures show.

As the nation observes Older Americans Month in May, here are some of the numbers :

The nation had almost 40.3 million residents 65 or older in 2010, up from almost 35 million in 2000, a 15.1 percent increase. The nation's total population increased 9.7 percent during that time period. Older Americans made up 12.4 percent of the population in 2000 and 13 percent in 2010.

In Shelby County, people in the 65 and above age group increased to 95,224 from 89,581, a 6.3 percent gain, while the county's overall population grew 3.4 percent. The census count showed that older residents made up 10.3 percent of the county's population in 2010 up from 10 percent in 2000.

The lower percentages in Shelby County compared to the nation reflect that Shelby is among the nation's low growth counties.

With baby boomers moving into their older years, both the numbers and population share of people 65 and older will increase substantially. The baby boom birth years were 1946 through 1964. The first boomers reached 65 on Jan. 1, 2011.

Census Bureau officials project that people 65 and older will total 88.5 million in the United States in 2050, more than double the 2010 count, and will make up 20 percent of the total population.

Federal statistics show that 6.7 million people 65 and older were in the nation's labor force in 2010.

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BODY & SOUL

'Tis the season for fresh produce

By Esther Wills

SPECIAL TO THE BEST TIMES

Opening day for the second-annual Church Health Center/MIFA Farmers Market was Tuesday, May 1. And we will be open from 10 a.m. to 2 p.m. every Tuesday at Church Health Center Wellness, 1115 Union Ave., through September. Last year we laid the foundation, and this year, we are expanding in too many ways to count!

When we first started planning the market, all I could think about was Gillian Welch's song Wayside/Back in Time where she sings, "Peaches in the summertime, apples in the fall." I had a lot to learn because, literally, that's all I knew about farming. One thing I learned last year was how many of our potential customers who live in the area live in poverty. So this year we are offering the Supplemental Nutrition Assistance Program (SNAP), which allows our

customers to use their EBT cards as well as credit and debit cards. With cost being one of the biggest barriers to shopping at the market, this feature was a great addition.

We sell only locally grown produce and flowers and only locally prepared foods. Being in the heart of the medical district, our focus is our wellness center members, staff and immediate neighbors, who can all benefit from a locally accessible neighborhood market.

Recently, we held our lunch-hour grand opening, Lettuce Eat Local, highlighting our unique mission. There was live music, fresh produce and neighbors and co-workers enjoying lunch together. The Fuel Food truck and YoLo Mobile, a 1965 Airstream trailer, was there too! People came hungry and left happy raving about the different options of fresh produce available from area farmers. Everyone that attended also got some healthy recipes straight from our nutrition kitchen.

We have a lot of surprises in store for you this year, so please be sure to come back every Tuesday to see what's cooking.

Don't forget to attend our free Farmers Market cooking class that kicks things off every week at 9 a.m. We keep it simple and use only fresh, local ingredients, allowing the food's natural flavors to shine. On opening day, we will have special guest chefs from The Boys & Girls Club: Garden to Groceries Project. They will teach us how to make their famous basil oregano pesto sauce and yeast bread. Each week they will be selling pico de gallo, freshly made hummus, pita chips and more. Can't make it to our cooking

class? You can find our weekly recipe at

ChurchHealthCenter.org/farmersmarket.

Esther Wills is Farmers Market Manager and Wellness Education Coordinator 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 (901) 259-4673 or visit www.ChurchHealthCenter.org.



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Community Leaders at Rise Foundation luncheon-bottom row left to right, Ms. Martha Perrine Beard, Board Chairman, United Way of the Mid-South, Ms. Holly Petraeus, Mr. Skip Humphrey. Back Row left to right Mr. Bryce Haugsdahl, President, United Way of the Mid-South, Ms. Deborah Cotney, President, Meritan, and Regina Walker, Senior Vice President, United Way of the Mid-South.

Community Leaders at Rise Foundation luncheon-bottom row left to right, Ms. Martha Perrine Beard, Board Chairman, United Way of the Mid-South, Ms. Holly Petraeus, Mr. Skip Humphrey. Back Row left to right Mr. Bryce Haugsdahl, President, United Way of the Mid-South, Ms. Deborah Cotney, President, Meritan, and Regina Walker, Senior Vice President, United Way of the Mid-South.



The Rise Foundation recently held a Luncheon and Symposium for Servicemembers and Older Americans: Facing Financial Pitfalls. Keynote Speakers were Ms. Holly Petraeus, Assistant Director, Office of Servicemember Affairs, and wife of General David Petraeus, and Hubert (Skip) Humphrey, III, Assistant Director Office of Older Americans.

Skip Humphrey commented at the end of his two day trip, "I ended my trip to Memphis by visiting Meritan, a regional non-profit agency based in Memphis. There, I listened to older American veterans tell me about their experiences with payday lenders and frauds aimed at veterans. We discussed the Aid and Attendance scam, in which fraudsters rip off veterans by putting their assets in "trusts" that cannot be accessed and also jeopardize their ability to qualify for Medicare and Medicaid. We also talked about the "Buy your Pension" scam, in which swindlers take a veteran's pension, put the money out of reach, and invest in poor financial products on their behalf. On a brighter note, I also learned how senior veterans and others benefited from the job placement, financial counseling, and other tremendous community support offered by Meritan."



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THE BEST IN MEMPHIS HISTORY

Historians gather for county history festival

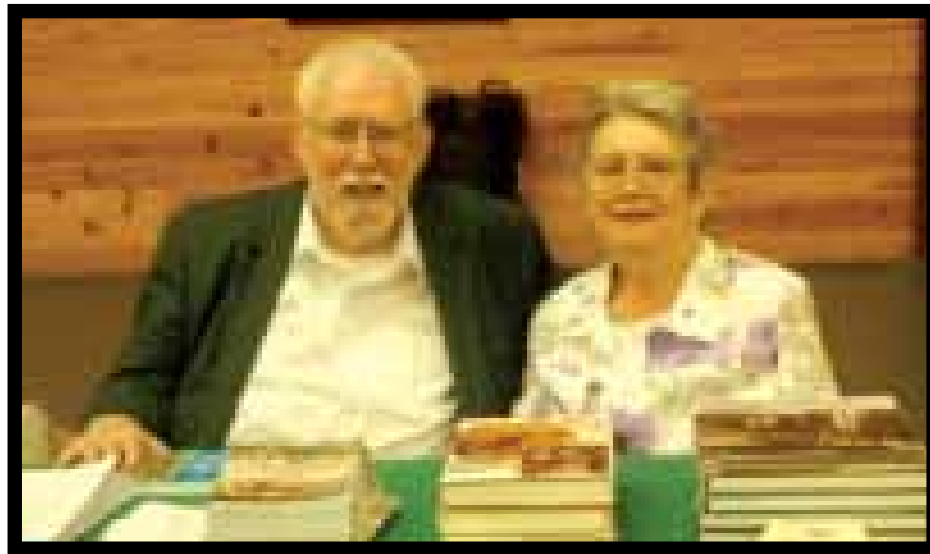
By John Harkins, Ph.D.

SPECIAL TO THE BEST TIMES

Over the last three Aprils, an increasing number of local history entities have rallied mid-month at Davies Manor in East Bartlett. They gather to celebrate Shelby County's past and to open the Davies Manor museum complex to visitors for the season. The place suits this function, since its two-story, early-19th-century log house is arguably West Tennessee's most historic museum home. It is also the ancestral home of the late Ellen Davies Rodgers, (Shelby County's first official historian). Moreover, the second and current county historian, former state legislator and county commissioner Ed Williams, has served on the Davies Manor Association's board for many years and has been the primary organizer of this annual event.

On April 15th, the weather was perfect for the festival and 19 groups participated in its activities. The line-up of organizations included: the Arlington Chapter of the Association for the Preservation of Tennessee Antiquities (APTA), the Bartlett Historical Society, the Casey Jones Home and Railroad Museum (in Jackson, Tenn.), the relatively new Cordova Museum, the Davies Manor Association, the Descendants of Early Settlers of Shelby County and Adjoining Counties, Elmwood Cemetery,

the Nathan Bedford Forrest Camp 215 of the Sons of Confederate Veterans, the Ft. Wright Historical Society, the Hardeman County Chapter of APTA, the Historic Archives of Rosemark and Environs, the Memphis Jewish Historical Society, Jimmy Ogle Talks and Tours, Memphis Explorations (also a historic tour enterprise), the Mud Island River Park, the Shelby County Archives, the Shelby



West Tennessee Historical Society President John Harkins and his wife Georgia staffed the society's Hillwood Hall table during the third annual Shelby County History Festival at Davies Manor. The two are also members of the Descendants of Early Settlers and Davies Manor Association.

County Historical Commission, the Office of the Shelby County Historian and the West Tennessee Historical Society (WTHS).

The most eye-catching of the attractions included characters in 19th century costumes, especially the Civil War re-enactors. The latter's uniforms, equipage and weapons were camera magnets, as

were their military drills and a faux skirmish on the grounds. For those with a less militaristic perspective, there were the antiques and exhibits throughout the Manor house. There was even a demonstration of quilt making and a very fine quilt exhibit. Such demonstrations and characterizations are all part of "experiential learning," which can deliver lessons fondly recollected over many decades.

Most of the participating groups also had tables of exhibits and information about their missions set up in Hillwood Hall. Tables were generally staffed by two or more proselytizing members. Many of the participants have been long acquainted with each other, but they cordially welcomed newcomers to join them in

enjoying the field of local history. For example, the West Tennessee Historical

Society's table enlisted seven new members and sold a total of about 30 discounted books and journals. Among the publications available were: "Metropolis of the American Nile," "Memphis Chronicles," "Historic Shelby County," "Cotton Row to Beale Street," gift boxed sets of Paul R. Coppock's six books on Memphis-area history, and the 2010 edition of the "West Tennessee Historical Society Papers." Other visitors took brochures and copies of "The Best Times," and may join WTHS at a later date. "Memphis Chronicles" is a compilation of "The Best in Memphis History" essays taken from "The Best Times."

WTHS publications are available through the society, and are discounted to society members. Persons or corporate entities wanting to learn more about the West Tennessee Historical Society can access its new website at www.wths-tn.org. Or, they can wait a year to attend the next Shelby County History Festival. Kudos to Davies Manor Director Nancy McDonough and her staff for hosting another splendid history outing.

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THE BEST IN COMMUNITY PREPAREDNESS

Warm Weather Brings Water Safety Precaution

It only takes a second. Those words ring very true, especially when it comes to water-related emergencies and particularly if children are involved. As the weather rapidly warms in the Mid-South, swimming season will arrive even earlier. However, water accidents can happen around any source of water, indoors or outdoors.

Before you open up the pool and invite over the kids and grandkids, take a minute to think about water safety. What are the water hazards in your community? Do you live near a lake or creek? Where are the drainage ditches in your community? Do your neighbors have a pool and is it secured with childproof fencing? Be aware and take precautions to prevent an emergency.

Visit readyshelby.org for more information on water safety and how to always make sure your time near the water is safe and fun.

• Drowning is the second leading cause of unintentional injury-related death for children ages 1 to 14 years. According to the Centers for Disease Control and Prevention, drowning usually happens quickly and silently, often with one or both parents at home and while the child was out of sight for less than five minutes.

• According to the CDC, the place where drowning is likely to occur changes with age: children under one year most often drown in bathtubs, buckets or toilets; children 1 to 4 years most often drown in home swimming pools; and older children most often drown in natural water settings.



• In addition to swimming pools, out-of-doors water hazards include drainage ditches, culverts, creeks, streams, wells, cisterns, canals and garden ponds.

• Constant supervision is critical whenever children are around water! If boating, make sure all passengers, including children, wear a U.S. Coast Guard-approved life jacket

around water (even if they aren't planning on going in).

• Block access to unguarded, non-designated swimming areas and consider investing in pool fences and gates, as well as pool alarms.

• As wonderful as a poolside

drink sounds, remember that alcohol and water do not mix! Alcohol impairs judgment as well as balance and coordination. Take a moment to think before you mix a drink.

• Enroll children in swimming lessons and in water-safety courses. Water-safety courses are offered through the Red Cross, YMCA and swim schools.

In Case of an Emergency

If a child is missing, check the water first. It's always a good idea to take a quick head count every so often, especially if there's a large group of children playing.

Know how to tell if a swimmer is in distress or is drowning.

Don't assume that a swimmer in distress is kidding! A swimmer in distress may look as though he or she is swimming but actually is making little to no progress. An active drowning victim may be vertical in the water but unable to move forward or tread water. A passive drowning victim is motionless and floating face down on the bottom or near the surface of the water.

• If someone is in distress and you are not certified in life-saving techniques, remember: reach or throw, don't go! If you have a pool,

keeping throwing or reaching equipment on hand is critical.

• Know CPR! Courses are available through the Red Cross.

• Make sure you have a well-stocked first aid kit on hand.

For additional information, go to:

www.readyshelby.org

www.redcross.org

**IF YOU CAN PLAN A TRIP,
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Map out your safe place, run through your fire drills and know where to head when a disaster takes you off course.

**GO NOW TO:
ReadyShelby.org**

When you're prepared for emergencies, you're prepared for anything.

This month Is for Stroke Awareness

National Stroke Awareness Month this month is focusing attention on the symptoms of strokes and the need for quick responses to save lives.

Organized by the National Stroke Association, the annual observance also promotes awareness of stroke risk factors and preventive measures that can be taken.

According to the Internet Stroke Center, statistics show that stroke is the third leading cause of death in the United States, claiming more than 140,000 lives each year. Also it is the country's leading cause of disability.

A person experiencing symptoms should try to raise both arms above his or her head. If one arm starts coming down, a stroke may be occurring.

About 795,000 people have strokes each year in the United States. Almost three-fourths of strokes occur among people over age 65.

Tennessee health statistics show that 440 Shelby County residents died of cerebrovascular disease in 2010, including strokes.

A stroke occurs when blockage of an artery or when a blood vessel leaks or bursts and disrupts the flow of blood through the brain, damaging brain tissue.

The Mayo Clinic staff in Rochester, Minn., says symptoms may include: Sudden dizziness, loss of balance or coordination, trouble with speaking or understanding, paralysis or numbness on one side of the face or body, blurred or blackened vision or seeing double, a

sudden and severe headache that might be accompanied by vomiting, dizziness or "altered consciousness."

A person experiencing symptoms should try to raise both arms above his or her head. If one arm starts coming down, a stroke may be occurring.

It's extremely important to seek immediate medical attention if any of the signs occur because the longer a stroke goes untreated the greater the chances of brain damage, disability or death.

The suspected stroke victim should reach the emergency room within the first hour after symptoms start.

The Mayo staff also recommends that anyone with a person who is thought to be having a stroke should carefully watch the person while emergency help is on the way and should:

Keep the person from eating or drinking.

Shift the person's head to the side if vomiting occurs in order to prevent choking.

Begin mouth-to-mouth resuscitation if breathing stops.

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PAD: Hidden problem in women

BOSTON—If ever a disease deserved a new name, peripheral artery disease is it. “Peripheral” smacks of something on the sidelines. Nothing could be further from the truth. Peripheral artery disease affects at least 12 million Americans, more than heart disease and stroke combined. It kills some, maims others, and makes life disagreeable or unbearable for countless more. The condition is often overlooked or misdiagnosed in women, according to the Harvard Women’s Health Watch.

Although peripheral artery disease usually affects the legs, it can also affect the arms. Symptoms include:

Pain, cramping, or heaviness with exercise or movement that subsides with rest.

Painful, cold, numb, or tingling legs or hands.

Sores on the legs, feet, arms, or hands that don’t heal.

Any of these symptoms warrant

a closer look. Peripheral artery disease is generally diagnosed with a test called the ankle-brachial index, which compares blood pressure in the arm with blood pressure at the ankle.

Lifestyle changes are often the first step in fighting peripheral artery disease. Exercise can help open arteries and improve blood flow. Managing cholesterol and

blood pressure, and not smoking, are also important. Some people with peripheral artery disease need to have bypass surgery or artery-opening angioplasty, which may include placing a stent to improve blood flow to the affected arm or leg.

Women tend to develop symptoms of peripheral artery disease in their 60s and 70s—a decade later than

men. By then, women may have other conditions like arthritis or nerve damage that can mask the symptoms and delay diagnosis until the disease is fairly far advanced. If you have any of the symptoms listed above, ask your doctor if you should have a workup for peripheral artery disease. Early action can make you feel better, and keep your arms and legs functioning.



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Mother's Day official in 1914

By Sherry Greene
THE BEST TIMES

The 98th official Mother's Day in the U. S. is May 13. After local and state attempts and a long campaign by Anna Jarvis, recognized as the founder of Mother's Day, on May 8, 1914 the U.S. Congress passed a law designating the second Sunday in May as Mother's Day, requesting a proclamation. On May 9, 1914 President Woodrow Wilson issued a proclamation declaring the first national Mother's Day, calling upon the citizens to display the flag as "a public expression of our love and

reverence for the mothers of our country."

White carnations were given away at religious services, beginning a custom of wearing a carnation on Mother's Day. Anna Jarvis chose the carnation because it was her mother's favorite flower. Florists later promoted wearing a red carnation if your mother was living, or a white one if she was dead, (perhaps to put less demand on their short supply of strictly white carnations). Today bouquets and orchid or rose corsages are more evident.

Commercialization began early and Jarvis herself was arrested in 1948 for disturbing the peace while protesting against it. Greeting cards and jewelry items designed for mothers became big business.

According to 2006 research by the National Restaurant Association, more than six out of 10 Americans who plan on commemorating Mother's Day with a meal dine out, making Mother's day the busiest day of the year for restaurants.

Postcard issued by the Northern Pacific Railway for Mother's Day 1915. Sentiment on back reads in part, "Live this day your mother's way".



Piece of Mind Alzheimer's Tour

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- OLIVE BRANCH FAMILY YMCA** • 8555 Goodman Rd. 662.892.9622 May 8, 8:30-1:00 p.m.
- MILLINGTON FAMILY YMCA** • 7725 E. Navy Circle 901.873.1434 May 11, 10:00-1:00 p.m.
- YMCA AT SCHILLING FARMS** • 1185 Schilling Blvd. E. Collierville 901.850.9622 May 17, 9:00-11:30 a.m.

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MARCI'S MEDICARE ANSWERS



Dear Marci,
I know that usually Medicare covers outpatient mental health services at 60 percent. How does Medicare cover inpatient mental health services? —Sarah

Dear Sarah, Your out-of-pocket costs are the same in a psychiatric hospital as they are in any hospital. Part A covers the cost of your care after you meet the \$1,156 deductible in 2012. You can get inpatient mental health care either in psychiatric hospitals (hospitals that only treat mental health patients) or in general hospitals. Your doctor should determine which hospital setting you need.

If you receive care in a psychiatric hospital, Medicare helps pay for up to 190 days of inpatient care in your lifetime. After you have reached that limit, Medicare may help pay for mental health care at a general hospital.

If you enter a psychiatric hospital within 60 days of being an inpatient at a different hospital, you are in the same benefit period and do not have to pay the deductible again. A benefit period begins the day you start getting inpatient care and ends when you have been out of the hospital or skilled nursing facility for 60 days in a row.—Marci

Dear Marci,
Will Medicare pay for my osteoporosis screenings? —Jessica

Dear Jessica, Maybe. Medicare may cover the full cost of bone mass measurement screenings every two years if your doctor says you are at

risk for osteoporosis and one of the following applies:

- You are an estrogen-deficient women who is at risk for osteoporosis based on her medical history and other findings
 - You have vertebral abnormalities that were shown on an x-ray
 - You have received daily steroid treatments for more than three months
 - You have hyperparathyroidism
 - You take an osteoporosis drug
- Medicare will also cover follow-up measurements or more frequent screenings if your doctor prescribes them. —Marci

Dear Marci,
I have high drug costs but my income is too high for Extra Help. What can I do?—Doug

Dear Doug, Good question. Remember, you should apply for Extra Help even if you don't qualify because some income is disregarded. However, if you know you don't qualify for Extra Help, there are other programs that can assist you. Many states offer a state pharmaceutical assistance program (SPAP) to help their residents pay for prescription drugs. Each program works differently. Many states coordinate their drug assistance programs with Medicare's drug benefit (Part D). If you do not have Part D, but qualify for your state's SPAP, you will have the chance to sign up for Part D, and you may be required to enroll in a Part D plan. If a drug is covered by both your SPAP

and your Part D plan, both what you pay for your prescriptions plus what the SPAP pays will count towards the out-of-pocket maximum you must reach before your Medicare drug costs go down significantly. Your SPAP may also help pay for your Part D plan's:

- premium;
- deductible;
- copayments; and/or
- coverage gap. (Many SPAPs give you coverage during the Part D prescription drug coverage gap, or doughnut hole.)

Many states have reduced their SPAPs in 2012, so they may not offer all of these services. However, SPAPs can still be a valuable in helping you pay for high drug costs. Call your State Health Insurance Assistance Program (SHIP) to see if you qualify for your state's SPAP.—Marci

Marci's Medicare Answers is a service of the Medicare Rights Center (www.medicarerights.org), the nation's largest independent source of information and assistance for people with Medicare. To speak with a counselor, call (800) 333-4114. To subscribe to "Dear Marci," the Medicare Rights Center's free educational e-newsletter, simply e-mail dearmarci@medicarerights.org.

To learn more about the services that Medicare will cover and how to change plans, log on to Medicare Interactive Counselor at the Medicare Rights Center's website at www.medicareinteractive.org.

Celebrate Older Americans Month at the PNA's Senior Expo on Wednesday, May 9th.

By Bob Bernstein



May is a busy month for our elder community, their caregivers, and the Professional Network on Aging!



Since 1963, communities around our country have joined in annual celebration of age.

This is a time when our communities come together to honor our elderly, their families, and to educate all on the contributions made and still being made by this segment of our population.

This year's theme for Older Americans Month is "Never Too Old to Play," a proud tradition that shows our nation's commitment in recognizing the contributions and achievements of older Americans.

The PNA follows this theme all through the year, getting our seniors and caregivers involved, engaged and being active in their own lives and their community.

On Wednesday, May 9th the PNA's Senior Expo will take place at the Agricenter International from 9 a.m. – 2 p.m. It will be a great, fun-filled day for seniors and caregivers.

Activities include a vendor fair, entertainment including the Navy Band, the Reed Riders, a cooking demonstration, and much more. The AARP/Wellness Bus will be available for health screenings.

Admission and parking are free. The event is being chaired by Sidney Franklin who states, "this will really be a great one!" You and your friends will want to be a part of Expo.

This is one of several annual events sponsored by PNA. Mark your calendar to attend the Senior Expo on May 9th. Call 901/222-4189 for additional information.

Bob Bernstein, ACSW, LCSW, BCD
 President, Geriatric Consultants



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AARP DRIVER SAFETY PROGRAM CLASSES

May 14 & 15 (Mon & Tue) 9 a.m. - 1 p.m. Ridgeway Baptist Church 2500 Ridgeway Rd., Ray Malone -309-5966

May 16 & 18 (Wed & Fri) 9 a.m.-1 p.m. "Oak Room", Somerville Bank & Trust 16790 Highway 64, Ronald Beyer 465-3946

May 18 & 21 (Fri & Mon) 8:30 a.m.-12:30 p.m., McWherter Senior Center 1315 Estate Dr.2 Instructors - Call either Joyce Grace 396-2296. Bette Gordon 398-8595

May 22 & 23 (Tue & Wed) 12 p.m.-4p.m.Cordova Library. 8457 Trinity Rd., George Coleman 384-3581

June 14 &15 (Thu & Fri) 10 a.m.-2 p.m. Whitehaven Branch Library 4120 Millbranch Rd. 2 Instructors - Call either: Joyce Grace 396-2296 Bette Gordon 398-8595

June 19 & 20 (Tue & Wed) 8:30 a.m. to 12:30 p.m. TN Technology Ctr. 1600 Highway 51 South, Covington Jim Novotny 476-0477 Dianne Honeycutt 901-476-6566

Jun 19 & 20 (Tue & Wed) 9 a.m.-1 p.m. 1st Alliance Bank 5960 Highway 64, Oakland Paul Fritsche 465-3806

June 19 & 20 (Tue & Wed) 9 a.m.-1 p.m. Second Baptist Church 4680 Walnut Grove Rd., Ray Malone 309-5966

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BEST COMPUTING



Windows 8 isn't out commercially yet

By Richard Sherman
SPECIAL TO THE BEST TIMES

Q. Now that Windows 8 has been released, have you tried it? If so, what do you think?

A. Windows 8 has not been released commercially yet, though the Consumer Preview Edition made its debut on Feb. 29. As a card-carrying geek with chronically nerdy tendencies, I have been using it since that time. Windows 8 introduces many new features and constitutes a significant change from Windows 7. I have a few concerns, though overall I like it. My complete review can be read at <http://bit.ly/y13RBx>.

Q. I am thinking about buying a Kindle or Kindle Fire reader, in part because I would like to read your eBooks, but I have a few questions first: What formats are sup-

ported by eReaders? What is the typical battery life of an eReader? Does using an eReader hurt one's eyesight? Thanks, Mr. M.

A. .TXT and .PDF files are supported by all eReaders, as are basic image files such as .GIF and .JPG. Beyond these fundamental formats, supported formats vary depending on the eReader. As far as the typical battery, displaying pages of a book in an eReader uses very little power. The most power is used when turning pages. Battery life is normally listed as 7,000 to 8,000 page turns, which would constitute several weeks of heavy reading, or about 36 minutes if you're Evelyn Wood. Regarding any harm to one's eyesight, according to my ophthalmologist, Dr. Jerry "Squinty" Anderson, absolutely not. In fact, compared to a computer screen, there is less eyestrain with an eBook reader because it will generally have a higher resolution and refresh rate resulting in the absence of screen flicker.

Q. I receive the following security warning when I open my Gmail:

"Do you want to view only the Web page content that was delivered to you securely?" How can I prevent this from appearing? I'm using Internet Explorer, if that makes any difference.

A. That type of warning is not emanating from Gmail, but rather from your browser. Gmail itself has no strong feelings about what you view. It will be happy to display anything you click. You didn't mention what version of Internet Explorer you're using, so try this – and if the wording isn't precise for your version, it should be close enough that you can locate the appropriate settings: Go to Tools > Internet Options > Security > Security tab > Custom Level button. In the Miscellaneous section, change Display Mixed Content to Enable, then save and exit. That should take care of it.

Q. The status bar on my screen is about an inch and a quarter wide, and I do not know how to make it smaller. Can you help?

A. By "status bar," I'm assuming that you mean the Taskbar – the

large bar that appears across the bottom of the screen. If so, that is designed to expand or contract, which can come in handy. I have a very large monitor, for example, so I keep my Taskbar about three times the normal size so I can see a multitude of open programs and windows. To adjust the size of the Taskbar. First, right-click it and make sure it shows that it is Unlocked. Then place your cursor on the top horizontal edge of the Taskbar until it (your cursor, not the Taskbar) turns into a double-headed arrow. While pressing the left mouse button, slowly drag the bar down toward the bottom of the screen and it will "collapse" incrementally, in steps or tiers, to the size you want it to be. When you're done, right-click and lock the Taskbar so it won't move or change in the future.

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MAY EVENTS & HAPPENINGS:

Noises Off: Now – May 13. Wed. May 9, & Thur. 7:30pm, Fri. & Sat. 8 pm, Sun. 2 pm. \$23 adults, \$15 students w/ ID. 682.8323 to purchase tickets or go to www.theatrememphis.org.

Icons in Transformation: now – June 22. 120 piece travelling exhibit at Calvary Episcopal Church, 102 N 2nd St. Includes contemporary work of Russian abstract expressionist Ludmila Pawlowska, and traditional icons from the Vassilevsky Monastery/Suzdal. For more info on events during this exhibit call 525-6602, or visit www.calvarymemphis.org/icons

Parkinson's Exercise Class: every Thursday at 1 p.m. at Belmont Village, 6605 Quail Hollow Rd. 624-8820

IRIS Orchestra with Andre Watts, pianist: – Sat., May 5, 8 p.m. IRIS season finale, GPAC Main Stage, \$55 + handling. 751-7500 or www.GPACweb.com

Art Bike Parade: Sat. May 5 Memphis College of Art, 3 p.m. Full day of interactive art & the college's first-ever art bike parade, decorated bikes by MCA students and members of the community displayed in front of Rust Hall in Overton Park. Featuring the installation exhibit, "ENTER=ACTIVE". Free to public.

Jonathan Butler: Sat., May 5, 7 p.m. Grammy® nominee and South African Jazz recording artist at St. Andrew AME Church, 867 S. P'kwy E. Presented by Cultural Arts for Everyone.



"Noises Off" at Theatre Memphis through May 14th

"S Wonderful – the Music of Gershwin and Friends": Benefit for the Church Health Center, Sun. May 6, 4 pm. Singer-pianist Chris Nemec with nationally recognized Gary Beard Chorale, sanctuary of Lindenwood Christian Church, 2400 Union Ave. \$10 (General admission) and \$50 for Golden Circle. 458-1652, email chris.nemec@Lindenwood.net or go to www.Lindenwoodcc.co Staffed nursery and handicap accessible.

English Tea: May 8, 2:30-4. The Woman's Exchange, 88 Racine St. Assorted sweet and savory delicacies. Treat Mom. \$20.



Chris Nemec play's Gershwin at Lindenwood.

Reservations required, call Nora at 327-5681

PNA Senior Expo: May 9, AgriCenter International ent. B, Wed. May 9th, 9 am-2 pm. Free admission and parking.

WE Art Gallery opening reception: Thur. May 10, 4-7 p.m. Over 30 local artists. The Woman's Exchange, 88 Racine St., sales benefit the Woman's' Exchange, helping people to help themselves since 1885.

Barefoot in the Park: May 10-13, Thur. – Sat. 8 pm, Sat & Sun 3 pm. Bartlett Performing Arts, 3663 Appling Rd \$10, 385-6440.

Antarctic Adventures: the Sequel May 10, 6-8 pm, Free. Reception, lecture, Q&A. Seal expert Dr. Jennifer Burns and educator Alex Eilers are back from the Antarctic and ready to share their adventure with you. The Pink Palace Museum, 3050 Central Ave.

The Philippines "Live from the Islands": May 10th The Orpheum. Memphis in May event features two groups, Bayanihan – The Philippines National Dance Company, and Worldwide Family of Modern Arnis - the evolution of Filipino Martial Arts. Filipino chef Claude Tayag prepares a tasting. \$15. Groups of 20+ \$12 pp. TicketMaster 1-800-745-3000, at ticketmaster.com, or The Orpheum box office 525-3000.

Memphis Greek Festival: Fri. & Sat May 11 & 12. - 11 am – 10 pm - Rain or shine! 12 & older - \$3, 6-11 - \$1, 5 & Under - FREE Annunciation Greek Orthodox Church 573 N Highland St. 327-8177

Mother's Day Jazz Brunch: May 13, 10:30 am - 2 pm, Memphis Botanic Garden, Japanese Garden. Gourmet buffet, live music by Memphis Jazz Orchestra with Tom Prestigiacommo, roses for moms, children's crafts. Carriage rides and adult beverages at additional. MBG members: \$30/non-members: \$40/Children 2-12 \$10/Under 2: FREE. Reservations required, call 636-4131.

Virtual Dementia Tour Thur., May 17, 9 am-3 pm. Alzheimer's Day Services' annual workshop, open to professional staff and those who care for the elderly. By appt. at Dorothy's Place 3185 Hickory Hill Rd \$10 per person. Contact Jean Skorupa-Moore via email at devdir@alzheimersdayservicecs.org or 372-4585.

Cordova AARP Meeting: May 17 at 11:30 am at the Cordova Branch Library, 8457 Trinity Road. New members welcome.

A Sweet Affair with Jazz Divas: 'Fitzgerald, Holiday, Vaughan and Washington', May 18 & 19, 8 p.m. TheatreWorks 2085 Monroe. Live Jazz a la the "Savoy Ballroom" in the mid 1930's. Delilah Blue, Paris Gilkey, Paige Brown, Takesha Martin and Redd Velvet channel legendary divas. Dance, and enjoy dessert from TV show "This House is Cooking!" \$35 pp, VIP \$50. Portion of proceeds to Women's Theatre Festival of Memphis. Reservations

213.7444. Group rates available. www.womenstheatrefestivalofmemphis.org/asweetaffair.pdf

Piece of Mind Alzheimer's Tour at Brooks Museum of Art: "Family" May 22, 10:30 am-noon. Free admission - Karleen Gardnerkarleen.gardner@brooksmuseum.org or 544.621 In Overton Park, Mid-Town.

Sunset Symphony: May 26th, 7:30 pm The Memphis Symphony will be joined at the river by The Bar-Kays after intermission, followed by the best fireworks show in the Mid-South. Ticketmaster.com \$8 or at the gates - \$9. Children 6 & under free

Through Our Garden Gates Garden Tour: Sat., June 2, 9 a.m. to 4 p.m. Visit four home gardens and the Plant-A-Row organic vegetable garden demo at Davies Manor Plantation. Brunch, lunch & tea available. Topics include wildlife management, native plants, hydrangeas, landscaping, organic gardening & more \$10. 752-1207 or visit www.memphisareamastergardeners.org

Belz Ascending Artists Series: 45th Anniversary Gala with pianist Edvinas Minkstimas: Sun, June 3, 7:30 p.m., Baron Hirsch Congregation,



Jazz recording artist Jonathan Butler performs at St. Andrew AME Church May 5th

400 S. Yates. Free to public.

The Mid-South Comfort Care Coalition meeting: Tue. June 5 Trezevant Terrace activity room, 3437 Waynoka Ave. Potluck supper 5:30 pm, Kimberly McCollum of Elmwood Cemetery presentation "Elmwood 101" 6 pm-7:30 pm. Contact Emily Fox-Hill at efoxhill@aol.com or 626-4233.

YMCA Healthy Living Expos, Free and open to the community:

Olive Branch Family YMCA – Tue., May 8, 8:30-11:30 am, Triathlon 7 am-11 am. Silver Sneakers® Class 11:30-12:30 pm. Lunch (sign up for lunch by May 4), awards & door prizes 12:30-1 pm April Carpenter acarpenter@ymcamemphis.org

Millington Family YMCA Fri., May 11, 10 am-1 pm, Vendors and health fair, Silver Sneakers 10:15 am, shallow water aerobics 11:15 am. Contact: Michael Moore or Lisa Anderton 873-1434.

YMCA at Schilling Farms, Thur. May 17, 9-11:30 am, 1185 Schilling Blvd., E, Collierville. 35 exhibitors, free health screenings Christian music 10 a.m., door prizes, etc. Tish Lewis 850-9622.

Send your June event submissions to Sherry Greene by May 15 at

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AREA AGENCY ON AGING AND DISABILITY

Older Americans Month 2012

May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults in our community. The Aging Commission of the Mid-South joins in this annual commemoration of Older Americans Month—a proud tradition since 1963 that shows our commitment to celebrating the contributions and achievements of older Americans.



The theme for Older Americans Month 2012—**Never Too Old to Play!**—puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant ways. This year's celebrations will recognize the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities.

As large numbers of baby-boomers reach retirement age, many communities have increased their efforts to provide

meaningful opportunities for older adults—many of whom remain physically and socially active through their 80s and beyond. Current trends show that people over age 60 account for an ever-growing percentage of participants in community service positions, faith-based organizations, online social networking as well as arts and recreational groups.

Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a grandparent or elder report that these relationships helped shape their values, goals, and life choices and gave them a sense of identity and roots.

While the Aging Commission of the Mid-South provides services, support, and resources to older residents year-round, Older Americans Month is a great opportunity to show special appreciation for some of our most beloved citizens.

If you need information about recreation clubs and organizations, museums, Senior Center locations, volunteer opportunities, other leisure activities, call the **Information and Assistance line at 222-4111.**

Administration for Community Living

All Americans - including people with disabilities and seniors - should be able to live at home with the supports they need, participating in communities that value their contributions. To help meet these needs, the Department of Health and Human Services, (HHS) is creating a new organization, the Administration for Community Living (ACL) with the goal of increasing access to community supports and full participation, while focusing attention and resources on the unique needs of older Americans and people with disabilities.

Secretary Kathleen Sebelius said, "For too long, too many Americans have faced the impossible choice between moving to an institution or living at home without the long-term services and supports they need. The goal of the new Administration for Community Living will be to help people with disabilities and older Americans live productive, satisfying lives."

The ACL will combine the efforts and achievements of the Administration on Aging (AoA), the Office on Disability and the Administration on Developmental Disabilities in to a single agency, with enhanced policy and program support for both cross-cutting initiatives and efforts focused on the unique needs of individual groups within each of the three agencies.

Need Help Call 222-4111

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 901-222-4111 or toll free at 1-866-836-6678.

AROUND TOWN

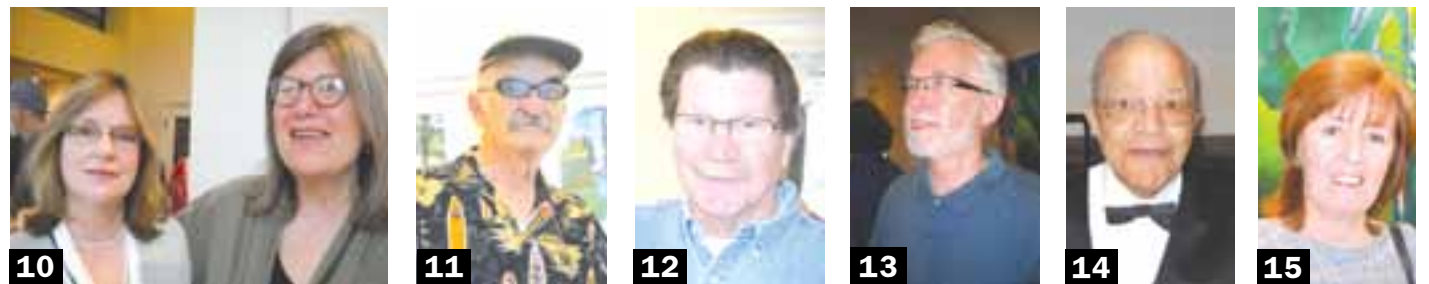
Volunteers at Botanical Garden's Plant Sale

- 1. Gail Lifer
- 2. Lois Stocker
- 3. Carolyn Green
- 4. Sherry Barwick
- 5. Sara Misner with daughter Janet Misner
- 6. Nancy Ford and Nelda Hammer
- 7. Jean O'Neill
- 8. Shelia Sojourner
- 9. Callie English-Bolyard



Carol Sams and Jeanne Seagle show their art at Askew Ferguson

- 10. The artists Carol Sams and Jeanne Seagle
- 11. John McIntire
- 12. John Robinette
- 13. Bill Crowder
- 14. Famous bartender Lafayette Draper serves the guests
- 15. Jane Schneider
- 16. Annette and Lee Askew
- 17. Frances Walker and Jo Croner
- 18. Rebecca Chappell, Gloria Parks
- 19. Mark Pergolizzi, Jeanne and Tom Pellett
- 20. Pat and Carol McGarrity, Susan Kath, Liz Engel
- 21. Joy Bateman with husband Bill Anderson



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AROUND TOWN

94-year-old Lewie Donelson has book signing

1. Lewie signing for one of many fans
2. Oliver Cobb
3. Herschel Schwartz
4. Noel Schwartz
5. Dr. Chapman Smith and Bonnie Smith
6. Eb and Camille LeMaster
7. David Kustoff, Bill Halton
8. Olivia and Wallace Bruce
9. Eve and Eddie Settles
10. Melissa Dow, Jan Rochelle, Beth Vick, Susie Davis
11. Dr. George Flinn
12. Beth Simpson
13. Huddy and Bayard Boyle
14. Virginia Donaldson Curry
15. Ted Donaldson
16. Joan Sights, Betty Drummond
17. Martha Sheppard
18. Darlene Goldberg
19. John and Ann Dulin
20. Jackson Baker, Lewis and Betty Nolen



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ACROSS

- 1. Ottava --
- 5. Port city in Israel
- 10. Epicarp
- 14. Compartment
- 18. On the summit of
- 19. Handle of a kind
- 20. Arm bones
- 21. Song
- 22. Bread roll topping: 2 wds.
- 24. Causing astonishment: hyph.
- 26. Turncoat's crime
- 27. Hardly ever
- 29. Sounds
- 30. Magritte or Russo
- 31. Presently
- 32. Wen
- 33. Autocrat
- 36. Not very bad, not very good: hyph.

38. Defoe's Crusoe, e.g.

- 42. "It's -- -- to Tell a Lie"
- 43. River horse
- 47. Hasten
- 48. Mil. rank
- 49. Willow tree
- 50. Sacraments
- 51. -- Katherine Sorvino
- 52. Conscious mind
- 53. Green Mountain Boys leader
- 54. Tower site
- 55. Check-in areas
- 56. Relied
- 58. Judge
- 59. Occasional confessor
- 60. Storms
- 61. Brought about
- 62. Swimmer's problem
- 63. Relief pitcher in baseball
- 65. Divide

66. A mixer: 2 wds.

- 69. Unit of volume
- 70. Bookplate
- 71. Means of restraint
- 72. -- se
- 73. Fratricide's victim
- 74. Cerise or cerulean, e.g.
- 75. Barrel part
- 76. Small
- 77. -- Lanka
- 78. Internet clutter solution: 2 wds.

80. Speed

- 81. Not barefoot
- 83. Yearn
- 84. Pumped up
- 85. Means' justifier
- 86. Recipe word
- 88. Sing like Ella
- 90. Type of whale
- 93. Staircase shape
- 95. Art supplies

99. Furious

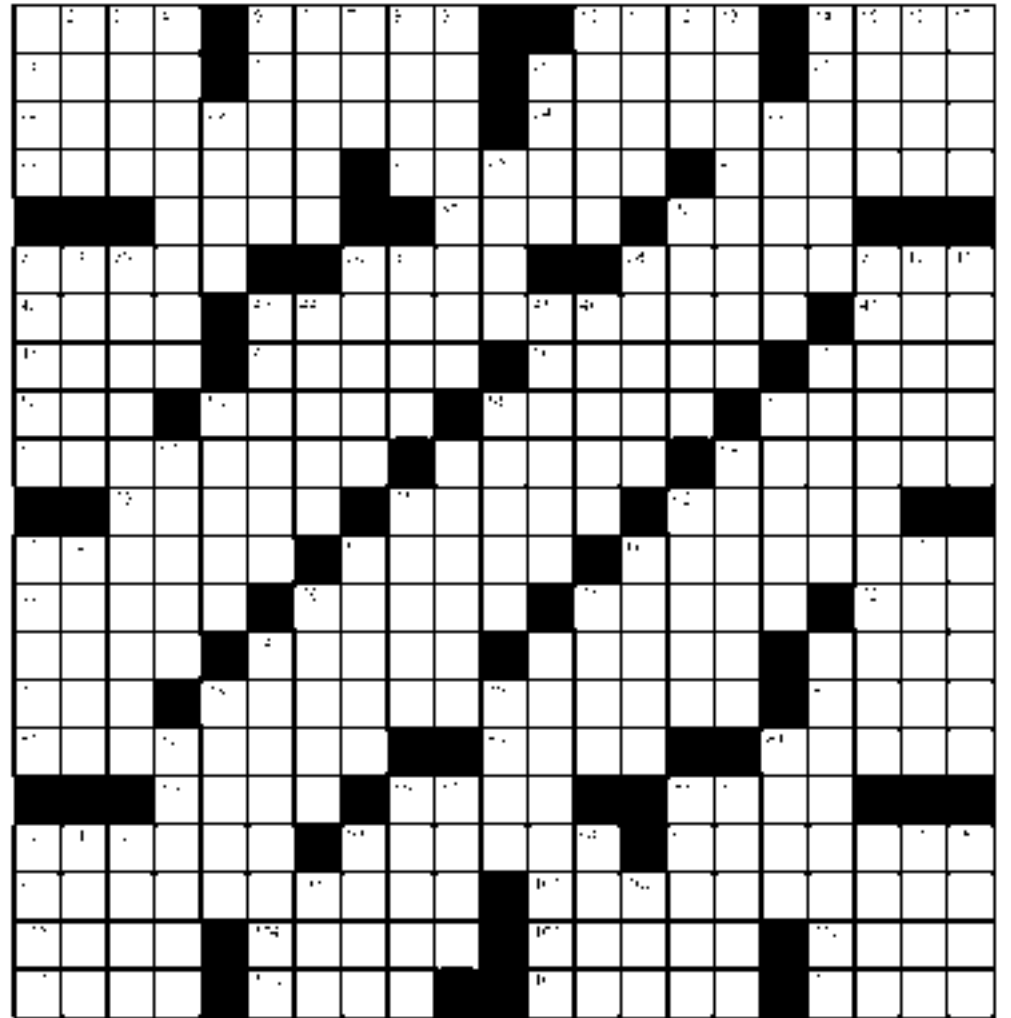
- 101. Fear of a certain place
- 103. Woe -- --!
- 104. Shoe part
- 105. Summon
- 106. Mining yields
- 107. Nonsense writer
- 108. Father
- 109. Ceremonial dinner
- 110. Eat a little

DOWN

- 1. Engrossed
- 2. Believe -- -- not!
- 3. Brood
- 4. Manifest
- 5. Argonaut's leader
- 6. Coeur d'--
- 7. Old cry of disapproval
- 8. Manias
- 9. Valuator
- 10. Silky fabric
- 11. Same as above
- 12. Pinch
- 13. God also called Bacchus
- 14. Per --
- 15. Discord personified
- 16. Wrinkle
- 17. Falls behind
- 20. Change the decor
- 23. River in France
- 25. Mails
- 28. Air show maneuver
- 32. Cud-chewing creature
- 33. Tore
- 34. Concern of a linguist
- 35. A biomolecule
- 36. Caught sight of
- 37. Exposed
- 38. Trace anagram
- 39. Abele: 2 wds.
- 40. Buenos --
- 41. Brewing need
- 43. One with ownership
- 44. Skerries
- 45. Persuasive speaker
- 46. Famous Buddhist country

51. Cripples

- 53. Tee off
- 54. Something donut-shaped
- 55. Up for --
- 57. Atelier item
- 58. Echo chamber effect
- 59. Edge tool
- 61. Form of jazz
- 62. Bit of garlic
- 63. Reunion group
- 64. Sign of the zodiac
- 65. Toledo toast
- 66. A rail
- 67. Make frost-free
- 68. One- -- bandit
- 70. Runs
- 71. Urge
- 74. Gelidity
- 75. Teacher of Plato
- 76. Cuspidor
- 78. Solar-cell array
- 79. Hideout
- 82. Farther down
- 84. Household chore
- 86. Quill
- 87. Metronome sound
- 88. Support for a felly
- 89. Gambol
- 90. Curved handle
- 91. Church section
- 92. -- Linda
- 93. Get top billing
- 94. "-- Actually"
- 96. River in Spain
- 97. Misinformation
- 98. Cumberbund
- 100. Letter after phi
- 102. Seedcase



Answers on page 31



Young at heart

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1	6	9	5	3	4	2	8	7
4	8	2	9	1	7	6	3	5
7	3	5	8	2	6	4	9	1
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6	1	4	7	9	8	3	5	2
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L	E	A	R														

Answers to May Sudoku Puzzle from pg. 9

Answers to May Crossword Puzzle from pg. 30

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10:30 am - Healthy Heart Awareness

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12:00 pm - Memphis Grizzlies Foundation

12:30 pm - Recognizing Memory Loss

1:00 pm - Cooking Demonstration

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