

D|LIVING

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TV TIPS
FIND OUT WHAT'S ON TONIGHT D2
ONLY IN THE AJC ART IN THE COMMUNITY

How art made this Decatur senior community feel more like home

By Helena Oliviero
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A multipurpose room at the Clairmont Place was tidy and perfectly functional. In a room with a flat-screen TV and several tables and chairs, residents at this senior community in the Decatur area gathered here for movies and documentaries, bingo games and conversations over cups of coffee.

But all the while, the space was missing something — original art. And over the past two years, a group of residents banded together to add another dimension to the multipurpose room by turning the space into the Clairmont Place Art Gallery.

And that was just the beginning. Each floor of this seven-floor community formed art committees, and they worked together to cover walls — which were either void of any art or dotted with generic prints — with original pieces of art and photography. Everything from oil paintings of bright flowers to a gorgeous photograph of the sun shining inside the Alhambra, a palace and fortress complex located in Granada, Spain, now adorn this condominium complex, which overlooks a lake and walking trails.

And amazingly, residents making the changes quickly learned they didn't have to go far, or even leave the community, for art. Some of the art comes from residents' private collections. Others are the residents' own creations.

One of the residents at Clairmont Place is Ruth Gogel, a renowned photographer, who has won 10 Best of Show Awards. Some of her photographs are in the permanent collections across Georgia, including the Georgia Council for the Arts and Georgia Tech. Some of her photographs are in a photo exhibit in the recently created photo and art gallery.

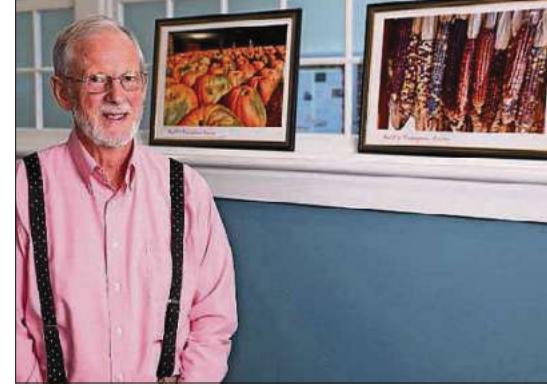
The photographs include one capturing a river in Cashiers, N.C., with bright green blades of grass and flecks of mica sparkling. Other photographs in the exhibit



Ruth Gogel, whose photographs are in permanent collections across Georgia, poses with her work in the gallery at Clairmont Place. JASON GETZ PHOTOS / SPECIAL TO THE AJC



"The Dance," by 91-year-old photographer Ruth Gogel, is shown in a gallery at Clairmont Place in Decatur. Gogel, an accomplished photographer, led a project with fellow residents to put artwork up in the spaces inside Clairmont Place.



Graham Kerr, retired from the State Department, is shown with photographs he's taken at a nearby farm recently.

feature rusty cars and trucks that seem to be transformed into sculptures by fire and weather. And the photographs also include stunningly gorgeous abstracts with silk scarves, bottles and jewelry that look like impressionistic paintings. A longtime member of the Atlanta Photographic

Society, Gogel puts objects behind glass bricks to create intriguing abstract designs.

The Clairmont Place was a pretty place with flowers, chandeliers in the dining room, cozy sitting areas. But many residents, including Gatra Mallard, chair of the Clairmont Place art commit-

tee, wanted to show "creativity has no age limit."

"Before, it felt cold," added Gogel, who is 91, about the residence. "Now it is more homey and warm."

Art has also brought together

Art continued on D2

AJC TOP HEALTH STORY CHILDREN AND YOGA

Tykes, tweens, teens turning to yoga



The popularity of yoga is booming in the United States among children. CONTRIBUTED BY DREAMSTIME

By Marie McCullough
Philadelphia Inquirer

The popularity of yoga is booming in the United States — among children.

More than 8 percent of youngsters ages 4 to 17 — or 4.9 million — practiced yoga last year, up from about 3 percent in 2012, according to federal survey data published recently.

That's a lot of child's poses.

The report from the National Center for Health Statistics doesn't distinguish between kids who tried yoga just once in the previous 12 months and those who turned into yogis. Nor does it explain why they're practicing

the ancient discipline of exercise, breathing, and meditation. But the upward trend fits with a complementary Center for Health Statistics report that found the percentage of adults who did yoga during the previous year jumped from 10 percent in 2012 to 14 percent in 2017.

"We didn't ask why or how or where," said coauthor Lindsey I.

Black, an epidemiologist with the U.S. Centers for Disease Control and Prevention. "But we do have anecdotal evidence that children are exposed to yoga in schools, gyms, studios, and through apps and the internet."

Yoga continued on D2

EVENT PREVIEW
Atlanta History Center
Author Program Series
Presents: Stephen Carter,
"Invisible"
7 p.m., Nov. 13. \$10.
Margaret Mitchell House, 979
Crescent Ave. NE, Atlanta
www.atlantahistorycenter.com

AJC TOP NATIONAL STORY HEALTHCARE

Why you shouldn't wait to sign up for Medicare Part B

By Paula Span
© 2018 New York Times

Twenty years ago, George Zeppenfeldt-Cestero left his job as a hospital administrator in New York to open a one-person health care consulting firm.

Since he was losing his employee medical coverage, he shopped around and bought a private health insurance plan through Aetna.

It was expensive, with premiums starting at about \$1,000 a month, but "it paid for all my doctors' visits and my medications," he said. "I was a satisfied consumer."

But several years ago, Aetna informed him that it was discontinuing that plan, sending him

scrambling for another insurer. That is when, applying for coverage through the state marketplace under the Affordable Care Act, Zeppenfeldt-Cestero learned that he (and, he argues, Aetna) had made a serious error.

He should have signed up for Medicare Part B three years earlier when he turned 65.

By delaying, he had missed the best window — the so-called Initial Enrollment Period — to apply for Part B, which covers much of what we consider health care: doctor visits, tests, injectable drugs (including chemotherapy), ambulances, physical therapy and other non-hospital services.

"It's one of those issues that has started to snowball," said Fred Ricardi of the nonprofit Medicare Rights Center, which annually fields 20,000 Medicare-related

Medicare continued on D4



George Zeppenfeldt-Cestero, 71, missed the deadline to sign up for Medicare Part B. He calls the effort to rectify the situation "my nightmare." NICOLE CRAINE/THE NEW YORK TIMES

LIVING

Monday television

"The Neighborhood"

8 p.m. CBS — When Dave drops by Calvin's barbershop, he's quickly embraced by its owner and patrons, much to Calvin's consternation.

"Dancing With the Stars"

8 p.m. ABC — Joe Amabile fans got him into the top six

because it's certainly not his dancing scores.

"The Price of Everything"

8 p.m. HBO — Pondering how we price the seemingly intangible value of fine art.

"Magnum P.I." 9 p.m.

CBS — A man dying of lymphoma hires Magnum to find his estranged,

bone-marrow-compatible brother.

"The Good Doctor" 10 p.m.

ABC — Dr. Shaun Murphy and Dr. Morgan Reznick must contend with two brothers bargaining over life and death.

RODNEY HO

****Excellent. ***Good **Fair *Poor (N) = new episode designated where space allows. [Channels] [Sports] [Movies] [News]

TV	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(2) WSB ABC	Dancing With the Stars "Semi-Finals" (N) (Live)		The Good Doctor "Humber" Brothers bargain over life and death. (N)	Ch. 2 Action News	(:35) Jimmy Kimmel Live			
(5) WAGA FOX	The Resident A black-out causes trouble for the staff.	9-1-1 "Under Pressure" The first responders feel the pressure.	Fox 5 News at 10:00 (N)	Fox 5 News Edge (N)	Fox 5 News Edge (N)			
(8) GPB PBS	Antiques Roadshow A Newcomb College vase circa 1905. (Part 3 of 3)	Escape to the Country	(:45) Escape to the Country	Hometown Blue Ridge	Amanpour and Company (N)			
(11) WXIA NBC	The Voice "Live Playoffs perform live. (N) (Live)	Top 24" The top 24 artists	Manifest "S.N.A.F.U." Ben searches for 11 missing passengers. (N)	The Late Feed (N)	Tonight Show-J. Fallon			
(14) WPXA ION	Criminal Minds Investigating a series of murders.	Criminal Minds The team must profile a bank robber.	Criminal Minds "The Aftermath" Critical decision.	Criminal Minds "North Mammon" Three college athletes disappear.	Criminal Minds "North Mammon" Three college athletes disappear.			
(17) WPCH	blackish blackish "White Breakfast"	CBS46 News at 9pm (N)	Inside Edition (N)	Last Man Standing	Funny You Should Ask (N)			
(30) PBA PBS	Midsomer Murders A serial killer strikes. (Part 1 of 2)	(8:49) Midsomer Murders	Endeavour on Masterpiece The death of an artist in a house fire leaves Oxford City Police baffled.	Grantchester on Masterpiece Case involving a suspicious death.	Grantchester on Masterpiece Case involving a suspicious death.			
(34) WUVG UNI	Jesús	Mi marido tiene más familia	Amar a muerte	Noticias 34 Atlanta-Edition	Noticiero Univisión: Edic			
(36) WATL MINT	Law & Order: Criminal Intent A researcher is found poisoned.	Law & Order: Criminal Intent Horse veterinarian is murdered.	11Alive News at 10 (N)	Daytime Jeopardy	Live PD: Police Patrol			
(46) WGCL CBS	The Neigh- Happy Together (N)	Magnus P.I. "Die He Said" A man hires Magnum to find his brother.	Bull "But for the Grace" Bull takes on a pro bono client. (N)	CBS46 News at 11pm (N)	Late Show-Colbert			
(53) WDTA	Wommack Joni: Tabl	Marcus and Joni	Duplantis Ron Carp.	Kenneth Copeland				
(57) WATC	Rel Jesus Con.	The Place Van Impe	Voice ... Monroe	Transforming Truth				
(63) WHSG	America's Hidden His	Alicia Duplantis	Graham	GregLau	America's Hidden His			
(69) WUPA CW	Arrow "The Demon" Felicity learns something about Oliver. (N)	DC's Legends of Tomorrow The Legends must find missing kids.	Two and a Half Men	Two and a Half Men	2 Broke Girls	2 Broke Girls		
CATV	8:00 8:30	9:00 9:30	10:00 10:30	11:00 11:30				
A&E	The First 48 A teenager dies saving his friend.	The First 48 Gunmen open fire on a porch.	(:01) The First 48 "Lost Boys"	(:04) The First 48 "Love Hate; A Soldier's Life"				
ABCFAM	(6:10) "The Incredibles" *** (2004)	(8:50) "Ice Age: Continental Drift" ** (2012, Children's) Voices of Ray Romano. Premiere.		The 700 Club				
AIB	Second Ponce	Peachtree Talk It Out SkyBox	AIB Metro	Faith	Bronner			
AMC	"Shooter" ** (2007, Suspense) Mark Wahlberg, Michael Peña, Danny Glover. A wounded sniper plots revenge against those who betrayed him.			"The Taking of Pelham 123" ** (2009)				
AP	North Lone Star	Into Alaska (N)	Into Alaska	North Woods Law				
BBC	Star Trek: Next	Star Trek: Next	Star Trek: Next	Star Trek: Next				
BET	(6:00) "Set It Off" *** (1996, Action)	"White Chicks" *** (2004, Comedy) Shawn Wayans, Marlon Wayans, Jaime King. Two male FBI agents pose as female socialites.			Daytime Jeopardy			
BRAVO	The Real Housewives of Orange County	The Real Housewives of Orange County (N)	The Real Housewives of Orange County	Watch What Housewives/OC				
CNBC	American Greed	American Greed	American Greed: Dead	American Greed				
CNN	Anderson Cooper 360	Cuomo Prime Time (N)	CNN Tonight	CNN Tonight				
COM	The Office	The Office	The Office	The Office	Daily Show	The Office		
CSPAN	Public Affairs Events							
CSPN2	Commun In Depth "Jodi Picoult"							
DISC	Street Outlaws: Memphis: Full Throttle (N)	Street Outlaws: Memphis: Damn the DMV"	(:01) Race Night at Bowman Gray (N)	To Be Announced	Brake Room (N)			
DISN	Raven's Coop & Home	Raven's Raven's Home	Good Luck Charlie	Good Luck Charlie	Raven's Raven's Home			
E!	E! People's Choice Awards	Busy	Nightly Pop	E! People's				
ESPN	(:15) NFL Football	New York Giants at San Francisco 49ers. (N) (Live)			(:15) SportsCenter With Scott Van Pelt (N) (Live)			
ESPN2	College Basketball	College Basketball	Vermont at Kansas. (N) (Live)	Vans Park Series (N)				
FNEWS	Tucker Carlson Tonight	Hannity (N)	The Ingraham Angle (N)	Fox News Night				
FOOD	Holiday Baking Championship	Holiday Baking Championship (N)	Christmas Cookie Challenge (N)	Ultimate Thanksgiving Challenge				
FS1	Basketball	College Basketball	Morgan State at DePaul. (N)	"They Fight" (2018) Premiere				
FSSE	College Basketball	Prairie View A&M at Baylor.	College Basketball	Evansville at Xavier.				
FSSO	(7:30) NBA Basketball	New Orleans Pelicans at Toronto Raptors. (N) (Live)	NHL Hockey	Nashville Predators at Anaheim Ducks. From the Honda Center in Anaheim, Calif.				
FX	"The Martian" *** (2015, Science Fiction) Matt Damon, Jessica Chastain, Kristen Wiig. A stranded astronaut tries to survive on Mars.							
HALL	"12 Gifts of Christmas" (2015) Katrina Law.	"Christmas Joy" (2018)	Danielle Panabaker.					
HGTV	Love It or List It "Kitch-en Catastrophe"	Love It or List It (N)	House Hunters Int'l	House Hunters Int'l				
HIST	The Curse of Oak Island: Digging Deeper (Season Premiere) (N)			(:08) The Curse of Oak Island: Drilling Down				
HLN	How It Really	Forensic Forensic	Forensic Forensic	Forensic Forensic				
LIFE	"Wrapped Up in Christmas" (2017, Romance) Tatjana Ali, Brendan Fehr, Kim Fields.	(:03) "Four Christmases and a Wedding" (2017, Romance) Arielle Kebbel, Marlie Post.						
MSNBC	All In With Chris Hayes	Rachel Maddow Show	The Last Word	The 11th Hour				
MTV	Teen Mom OG	Teen Mom OG (N)	Teen Mom: Young	(:02) Teen Mom OG				
NBCSN	Poker Masters (N)	Poker Masters (N)	Poker Masters	Super High Roller Bowl				
NICK	Henry SpongeBob	SpongeBob SpongeBob	Friends Friends	Friends Friends				
OXGN	Dateline: Secrets	Snapped: Snapped: Snapped: Snapped: Killer						
PARMT	"The Expendables 2" ** (2012) Sylvester Stallone. A mercenary and his team seek vengeance for a murdered comrade.		"The Expendables 3" ** (2014) Sylvester Stallone, Jason Statham.					
SYFY	(7:30) "Harry Potter and the Sorcerer's Stone" *** (2001) Daniel Radcliffe, Rupert Grint. J.K. Rowling's student wizard has his first adventure.		(:01) Futurama	Futurama				
TBS	Family Guy Family Guy "Bigfat"	Family Guy Family Guy	Family Guy Family Guy	Final Score	Seinfeld			
TCM	"Smart Blonde" * (1936) Glenda Farrell.	(:15) "Adventurous Blonde" * (1937, Crime Drama) Glenda Farrell.	"Fly-Away Baby" ** (1937) Glenda Farrell.	"Blondes at Work"				
TLC	Long Island Medium "Sitcom Spirits" (N)	Mama Medium "Where There's Smoke" (N)	Long Lost Family (N)	Long Island Medium "The Reunion"				
TNT	(6:30) "3 Days to Kill"	"Sully" *** (2016) Tom Hanks, Aaron Eckhart.		The Alienist				
TOON	Gumball Gumball	Amer. Dad Amer. Dad	Burgers Burgers	Family Guy Family Guy				
TRAV	My Ghost Story	My Ghost Story	My Haunted House	Haunted Live				
TRUTV	Carbonaro Carbonaro	Carbonaro Carbonaro	Jokes Jokes	Jokes Jokes				
TVLAND	Everybody Everybody	Everybody Everybody	Two and a Half Men	Two and a Half Men	The King of Queens			
TVONE	Everybody Raymond	Everybody Raymond	Two and a Half Men	Two and a Half Men	Fatal Attraction			
USA	WWE Monday Night RAW (N) (Live)			Modern Family	(:33) Modern Family			
VH1	Love & Hip Hop	T.I. & Tiny: Friends	To Be Announced	Love & Hip Hop				
WE	Law & Order	Law & Order "Gaijin"	Law & Order	Law & Order "C.O.D."				
WGN-A	M*A*S*H M*A*S*H	M*A*S*H M*A*S*H	M*A*S*H M*A*S*H	M*A*S*H M*A*S*H				
PAY	8:00 8:30	9:00 9:30	10:00 10:30	10:30 11:00	11:00 11:30			
CMAX	"Crazy Heart" *** (2009, Drama) Jeff Bridges, Maggie Gyllenhaal, Robert Duvall.	(9:55) "Date Night" ** (2010) Steve Carell, Tina Fey.	(:25) "Why Him?"					
HBO	"The Price of Everything" (2018, Documentary) Premiere.	(:45) "Pitch Perfect 3" ** (2017, Musical Comedy) Anna Kendrick, Halle Steinfeld.		(:20) Sally Ever				
SHOW	Ray Donovan Ray goes back to work for Sam.	Shut Up and Dribble (Part 2 of 3)	Kiddling	Ray Donovan Ray goes back to work for Sam.	Kiddling			
STARZ	Outlander "Do No Harm"	(8:58) "Easy A" *** (2010, Comedy) Emma Stone, Penn Badgley.	(:33) Outlander "Do No Harm"	"Paul, Apostle"				
TMC	"Wakefield" *** (2016) Bryan Cranston, Howard Hides out in the attic of his home for weeks.	"Captain Fantastic" *** (2016, Comedy-Drama) Viggo Mortensen, Frank Langella.						

Things to do in and around Atlanta today

By Helena Oliviero

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Enjoy fall days with a stroll or take in a new exhibit at the Bremen Museum. Here are some ideas to start your week:

Explore the Fernbank Forest

There are more than two miles of path in the 65-acre Fernbank Forest. Enjoy views of the natural landscape while listening to songbirds and watching for animals. Fernbank Forest has some rugged and steep areas but can accommodate a slow or brisk stroll for walkers of all ages and experience levels. Forest access is available during museum hours and is included in the price of admission. \$18-\$20. 10 a.m.-5 p.m. Fernbank Museum of Natural History, 767 Clifton Road NE, Atlanta. 404-492-5293, fernbankmuseum.org.



The new exhibit exploring the magazine, titled "Vedem Underground: The Secret Magazine of the Terezin Ghetto (1942-1944)," opened recently at the Bremen Museum in Atlanta. PROVIDED BY THE BREMEN MUSEUM

Variety Playhouse, 1099 Euclid Ave. NE, Atlanta. www.variety-playhouse.com

revealed the inner thoughts of teenagers through poetry, illustrations, even jokes.

The title of the magazine is at the top in black ink and large – Vedem, which means "in the lead" in Czech.

A powerful new exhibit exploring the magazine, titled "Vedem Underground: The Secret Magazine of the Terezin Ghetto (1942-1944)," opened recently at the Bremen Museum in Atlanta.

In 1942, a secret group of teenage boys produced an underground magazine while imprisoned inside the walls of the Terezin Ghetto, a Czechoslovakian show camp designed by the Nazis to hide their plans of mass extermination.

Living in what was previously a classroom, the boys found a typewriter and started documenting the daily life and struggles inside the 18th-century walled fortress about 40 miles north of Prague. The publication also

Ottmar Liebert & Luna Negra

Ottmar Liebert is a German guitarist and songwriter known for his Spanish-influenced,