

D LIVING

News: livingnews@ajc.com | Delivery: ajc.com/customer-care or 404-522-4141

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
holiviero@ajc.com

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.

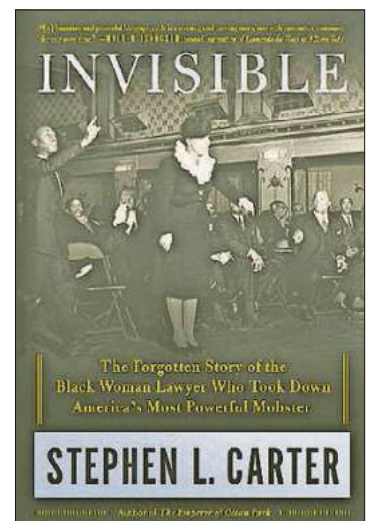
The Clairmont Place was a pretty place with flowers, chandeliers in the dining room, cozy sitting areas. But many residents, including Gatra Mallard, chair of the Clairmont Place art commit-

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 BOOKS 'INVISIBLE'



A look at woman who took down mobster

By Nedra Rhone
nrhone@ajc.com

The story had been floating around in author Stephen Carter's head for a long time.

A black woman born in Atlanta at the turn of the century who went off to Smith College and Fordham University law school. She was later appointed the first black woman assistant district attorney in New York for a team that would take down Charles "Lucky" Luciano, the Italian-born mobster considered to be the father of organized crime.

That woman, Eunice Hunton Carter, was Stephen Carter's grandmother. As a child, he knew very little about her illustrious career and everything about her imposing presence.

"When she was alive, she was this huge intimidating figure in my life and the lives of my four siblings who was always correcting our grammar or our use of the wrong fork at the dinner table. When she died, I began to hear these stories," said Carter.

Carter shares those stories in his new book "Invisible," (Henry Holt, \$30). On Nov. 13, he will appear at the Atlanta History Center for a lecture as part of the Center's author program series.

A longtime law professor at Yale University, Carter is most well-known as a novelist, though he has also published eight works of non-fiction. With most of his books, he writes them and moves on to the next, he said, but "Invisible" continues to fascinate him.

"Usually when I write a book, I don't want to talk about the book. This one I love talking about because Eunice's story is so inspiring and I am really grateful to have

'Invisible' continued on D4

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 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

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. As a result, he has to pay permanently higher premiums, and he had to endure an unset-

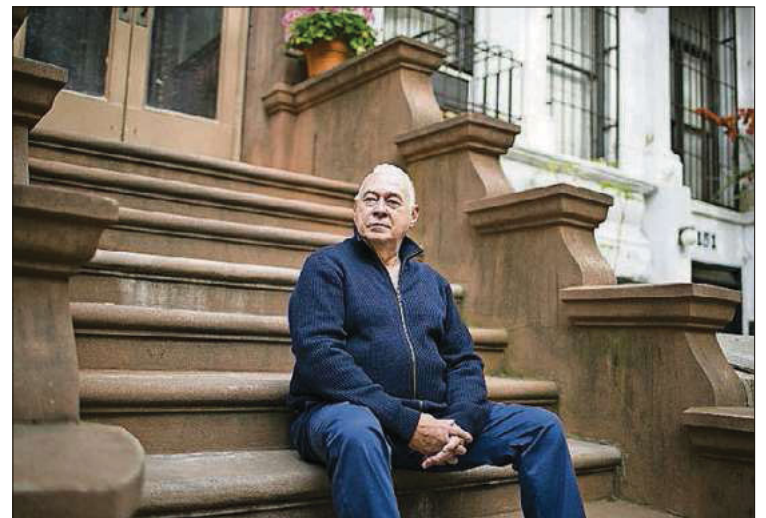
tlingly long period – from December to July – before the coverage actually kicked in.

"It was very nerve-racking," Zeppenfeldt-Cestero, now 71 and still working. "For six months, I was without any coverage whatsoever."

Such Part B mistakes appear to happen with some frequency. Last year, nearly 700,000 Medicare beneficiaries were paying Part B penalties, according to the Centers for Medicare and Medicaid Services.

"It's one of those issues that has started to snowball," said Fred Riccardi 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

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 “Hubert” Brothers bargain over life and death. (N)		Ch. 2 Action News Nightbeat	(:35) Jimmy Kimmel Live
(8) WAGA FOX	The Resident A blackout 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)
(11) WPXI NBC	Antiques Roadshow A Newcomb College vase circa 1905. (Part 3 of 3)		Escape to the Country		Hometown Blue Ridge		Amanpour and Company (N)	
(14) WPXA ION	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
(17) WPCH	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.	
(30) PBA PBS	blackish “White Breakfast”		blackish CBS46 News at 9pm (N)		Inside Edition (N)		Last Man Standing	
(34) WUVG UNI	Midsummer Murders A serial killer strikes. (Part 1 of 2)		(8:49) Midsummer 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.	
(36) WATL MNT	Law & Order: Criminal Intent A researcher is found poisoned.		Law & Order: Criminal Intent Horse veterinarian is murdered.		11Alive News at 10 (N)		Daytime Jeopardy	
(46) WGCL CBS	The Neighborhood Happy Together (N)		Magnum 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)	
(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		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”	
ABC FAM	(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	
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.					
BRAVO	The Real Housewives of Orange County		The Real Housewives of Orange County (N)		The Real Housewives of Orange County		Watch What Happened	
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	
CSPAN	Public Affairs Events		Politics and Public Policy Today					
CSPN2	Commun In Depth		“Jodi Picoult” Author Jodi Picoult.				Public	
DISC	Street Outlaws: Memphis: Full Throttle (N)		Street Outlaws: Memphis “Damn the DMV”		(:01) Race Night at Bowman Gray (N)		To Be Announced	
DISN	Raven’s Home		Raven’s Home		Good Luck Charlie		Raven’s Home	
EI	EI People’s Choice Awards		Busy		Nightly Pop		EI 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.						“Interstellar” *** (2014) Anne Hathaway	
HALL	“12 Gifts of Christmas” (2015) Katrina Law.		“Christmas Joy” (2018) Danielle Panabaker.					
HGTV	Love It or List It “Kitchen 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) Tatyana Ali, Brendan Fehr, Kim Fields.		(:03) “Four Christmases and a Wedding” (2017, Romance) Arielle Kebbel, Markie Post.					
MSNBC	All In With Chris Hayes		Rachel Maddow Show		The Last Word		The 11th Hour	
MTV	Teen Mom OG		Teen Mom OG (N)		The Last Word		The 11th Hour	
NBCSN	Poker Masters (N)		Poker Masters (N)		Poker Masters		Super High Roller Bowl	
NICK	Henry SpongeBob		SpongeBob		Friends Friends		Friends Friends	
OXGN	Dateline: Secrets		Snapped		Snapped: Killer		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		Futurama	
TBS	Family Guy Family Guy		Family Guy		Family Guy		Final Space	
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 Raymond		Everybody Raymond		Two and a Half Men		The King of Queens	
TVONE	Fatal Attraction		Fatal Attraction		For My Man (N)		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	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, Hailee Steinfeld.				(:20) Sall-ye4Ever	
SHOW	Ray Donovan Ray goes back to work for Sam.		Shut Up and Dribble (Part 2 of 3)		Kidding		Ray Donovan Ray goes back to work for Sam.	
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.					

11/12/18

MUSIC

Michael Buble returns to the road in 2019, will play Duluth

By Melissa Ruggieri
 mruggieri@ajc.com

After taking a two-year break from music to care for his son, Michael Buble is heading back on the road. The “Home” heartthrob will kick off a tour Feb. 13 in Tampa and roll through Atlanta with a show Feb. 17 at Infinite Energy Arena in Duluth. Tickets, priced at \$65-\$149.50, will go on sale at 10 a.m. Nov. 19 at the venue box office, www.infiniteen-

ergycenter.com and by calling 770-626-2464. Every full-priced ticket purchased for the tour includes a CD or digital copy of his new album, “Love” (technically, it’s a heart emoji), which arrives Nov. 16. Fans who pre-order the album will receive instant downloads of “When I Fall in Love,” “Love You Anymore” and “Such a Night.” Buble will also perform on NBC’s “Today” show and with Jimmy Fallon on Nov. 19 and “Live with Kelly and

Ryan” on Nov. 20. He last played the area with a 2013 concert at Infinite Energy Arena. The singer’s 5-year-old son, Noah, was diagnosed with liver cancer two years ago. Buble and his wife, Luisana Lopilato, relocated to Los Angeles while the little boy underwent treatment and Buble retreated from music to be with his family. Noah is now in remission and, according to the family, “doing well” in his recovery.

Things to do in and around Atlanta today

By Helena Oliviero
 holiviero@ajc.com

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.

Ottmar Liebert & Luna Negra

Ottmar Liebert is a German guitarist and songwriter known for his Spanish-influenced, easy-listening music. In 1989, Liebert, a five-time Grammy Award nominee, founded the first incarnation of his band Luna Negra (black moon). 8 p.m. Nov. 12. \$35-\$50.



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.

‘Vedem Underground’

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

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. Recommended for visitors at least 10 years old.

10 a.m.-5 p.m. Mondays. Through March 10. \$4-\$12; free for children under 3 and members. Bremen Museum, 1440 Spring St. NW, Atlanta. 678-222-3700, thebremen.org.



Quiltmaker Maryagnes Kerr is shown with one of her pieces at Clairmont Place. JASON GETZ / SPECIAL TO THE AJC

Art

continued from D1

residents from all walks of life. Some, like Gogel, worked at the Centers for Disease Control and Prevention for many years. Others, like Graham Kerr, are retired from working in the foreign service.

Kerr’s interest in photography goes back to when he was 15 years old and had a darkroom in his house. He enjoyed photographing his travels around the world – from Nigeria to Indonesia and several other countries. In recent years, Kerr, now 76, photographed

the Chihuly exhibit at the Atlanta Botanical Garden and had his photography on display in the art gallery. He recently photographed Burt’s Pumpkin Farm, and photographs from that trip now brighten the dining room and give a personal touch to an area that’s festive, decorated with pumpkins and silk flowers in autumn colors.

“Walking the halls is like being in an art gallery,” said Kerr. “You never know what you will see.”

Meanwhile, his wife, Maryagnes Kerr, a quiltmaker, has one of her colorful quilts on display in the dining room.

Each floor of residents received grant money they can use for art. Gogel enjoys perusing thrift stores for great finds, finding framed artwork for as little as \$16.

On a recent afternoon, Gogel listened to jazz while working on her craft in her dining room. She recently took photographs at the Goat Farm Arts Center in West Midtown. And she continues to create abstracts with glass bricks.

For Graham Kerr, the art adds color, vibrancy and warmth to the independent living complex, a community of 200 people.

“It makes you feel good,” he said.

Yoga

continued from D1

Virginia Caton, owner of Downward Dog Dance, Yoga & Wellness studio in Richmond, Va., can attest to that, having seen steady growth in the number of schools and preschools that hire her to offer classes.

“Principals are seeing that the after-school programs they had before aren’t working,” Caton said. “They’re looking for something that will calm the kids down. Of course, no child is going to do an hour-long vinyasa class; it’s not like an adult yoga class. We integrate movement, sound, and dance.”

Studio 34 on Baltimore Avenue in West Philadelphia does occasional introductory yoga classes for high school stu-

dents. On Thursday, a group of 12th graders was signed up to learn how to use yoga to release stress before a test, said studio co-owner and instructor Adrienne Dolberry.

“We don’t have an established class, but we do special requests,” she said. “We set up the mats, blankets, and blocks, and walk them through a very beginner-friendly class.”

The federal health survey is conducted face-to-face in the homes of a representative sample of citizens. Parents or other guardians supply the information on children.

The 2012 questionnaire tried to delve into the costs and potential benefits of using a long list of complementary health approaches with children – not only yoga, but also qigong, tai chi, massage, acupuncture, biofeedback,

Ayurveda, craniosacral therapy, Pilates, and more. Most of these were so unpopular that they were dropped from the 2015 questionnaire, Black said.

No surprise, the survey found yoga usage varies by sex: More than one in 10 girls practiced it, compared with one in 20 boys. Surprisingly, age didn’t make much difference: 8 percent of kids ages 12 to 17 did yoga, compared to 8.7 percent of those ages 4 to 11.

The survey also found about 3.4 percent of children saw a chiropractor last year, virtually unchanged over the last five years. The percentage who meditated grew, from about 3 percent to more than 8 percent, but mediation was defined so broadly that it could reflect kids saying the “om” mantra during yoga.

DILBERT

