

Mendoza receives DAISY award at Baptist Collierville

Decipher nutrition labels by following simple rules

Baptist DeSoto offers free H1N1 vaccines to the community

Booneville doctor finds joy in healthy hobby

It was December 1982 when Dr. Clifton Cartwright made a decision that changed his health and outlook on life forever.

A family physician at Baptist Memorial Hospital-Booneville, Cartwright made the decision to begin a running regimen after having trouble breathing while walking across the hospital's parking lot.

"I was very overweight and looked like Humpty Dumpty," he said. "I could not look my patients in the eye and tell them to lose weight without looking down at my own belly."

That very afternoon, Cartwright made his first run, completing one mile at a walking pace. By June, he was able to run six miles at a fair pace.

After building his stamina, Cartwright became interested in competing in marathons and began training for his first, which was held in Huntsville, Ala., in December 1983.

"It was awful," he said. "I had so much pain and cramping, but I knew I could not be that bad at it, so I decided to train for a second marathon."

Three months later he ran his second, and although he did not feel he did much better, he completed the race with a positive attitude.

"I told my wife after the race that I could do the marathons," he said, "and the rest is history."

Since then, Cartwright has competed in more than 300 marathons. By October 2009, he had completed a race in every state, including Washington, D.C.

To maintain his stamina, he tries to run at least 40 miles per week.



Dr. Clifton Cartwright, a family practice physician at Baptist Memorial Hospital-Booneville and avid runner, completes his 300th marathon in Chickamauga, Ga., on Nov. 11, 2009.

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Baptist releases 2009 community benefit report

According to its community report, Baptist Memorial Health Care provided more than \$541 million in community benefit in 2009 – including \$333 million in uncompensated care to patients in West Tennessee, North Mississippi and East Arkansas affiliate hospitals.

In addition to uncompensated care, Baptist's community benefit includes everything from health fairs and educational efforts to donations and community contributions. During the past six years, the amount of money the organization spent on uncompensated care and total community benefit has increased by 55 percent. Baptist's community benefit accounted for 36 percent of its operating expenses in 2009.

"We consider it a blessing to be able to support our communities in this way, especially in this economic climate," said Stephen Reynolds, president and CEO of Baptist. "Providing community benefit is one of the most important ways we fulfill our mission, which mirrors the three-fold ministry of Christ –healing, preaching and teaching."

In 2009, Baptist invested \$2.6 million in the Baptist Operation Outreach mobile health care van for the homeless, the organization's signature community outreach program. The van delivers primary health care to the homeless in the Memphis area.



Baptist DeSoto begins monthly heart patient support group

Designed to enhance patient care, Baptist Memorial Hospital-DeSoto will host Mended Hearts, a national heart patient support group affiliated with the American Heart Association.

Centered on visiting patients and sharing personal experiences with heart disease, the group held its first meeting on Monday, Jan. 11. The group will continue to meet the second Monday of each month from 6 until 7 p.m.

In addition to encouragement, trained visitors also provide educational information, from recommendations for healthy lifestyle choices and tips for

medication adherence to suggestions for managing depression, a common side effect after a heart event.

"We offer tangible proof that people can enjoy life despite heart disease and its challenges," said Carolyn Melton, cardiac rehab nurse manager for Baptist DeSoto. "The good news is that advancements in treatment and diagnosis have helped more patients recover than ever before. This means there is an increasing number of patients who need support from someone who has been there before."

To register for the Mended Hearts patient support group or obtain more information, please contact Melton at 662-772-3000. The group will meet in DeSoto Rooms B and C at the hospital. Limited space is available.

GuideStone Annuity Representative Schedule

Dates and times are subject to change. Please contact your facility's human resources office for information. Baptist colleagues can contact Ken Peavy at 901-226-3518 or e-mail Ken.Peavy@GuideStone.org, contact April Mollerberg at 901-226-3516 or e-mail April.Mollerberg@GuideStone.org.

Jan. 20Baptist Tipton	Jan. 26Baptist Corporate
Jan. 20Baptist North Mississippi	Jan. 27Baptist Huntingdon
Jan. 21Baptist Union County	Jan. 27Baptist Women's Hospital
Jan. 22Baptist Memphis	Jan. 28Baptist Union City
Jan. 25Baptist Memphis	Jan. 28Baptist DeSoto

Baptist Memorial Hospital for Women, located at 6225 Humphreys Blvd., will host a free community seminar in the hospital's educational classrooms on Tuesday, Jan. 26.

Reservations are required and can be made Monday through Friday, 9 a.m. to 5 p.m., by calling 800-4-BAPTIST or 901-227-8478.

Everything You Always Wanted to Know About Pain Management Tuesday, Jan. 26, noon to 1 p.m.

Dr. John Bridges, director of pharmaceutical services at Baptist Women's Hospital

Dr. Bridges will discuss ways to manage pain, side effects of pain medication and non-pharmacological treatment options for pain.

Baptist College of Health Sciences' RN to BSN program is designed for RNs with associate degrees or diplomas who are ready to take the next step in their professional development by completing a Bachelor of Science in Nursing degree, which may open a variety of doors in management, leadership, teaching and special certification programs.

BCHS's unique blended model program is designed for the working adult. The blended model format offers the independence and flexibility of taking classes online while at the same time providing a traditional classroom environment and support for other classes.

This format is ideal for students who are apprehensive about online programs but don't have the time to attend a full, campus-based program. It also allows greater flexibility in scheduling classes around daycare, work and other responsibilities.

The RN to BSN program is designed to allow students to complete their degree in 12 months. For more information regarding the RN to BSN program, contact Lissa Morgan, BCBS manager of admissions, at 901-572-2441, or e-mail lissa.morgan@bchs.edu.

For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.

JOHN 3:17

Getting to know Dr. Monique May

Baptist Memorial Medical Group is a new physicians group specializing in family and internal medicine.

In each issue of Leader, we will feature a profile on a different BMMG physician. This week, Dr. Monique May, a family medicine physician and member of BMMG, discusses why she joined the medical group.



Monique May, M.D.

Name: Monique Danielle May, M.D.

Hometown: Bronx, N.Y.

Family: I have one son, Mitchell.

Education: I attended the University of North Carolina at Chapel Hill for my undergraduate studies and earned my medical degree from Temple University School of Medicine.

Professional organizations: I am a member of the Bluff City Medical Society and American Association of Family Physicians.

Specialty: Family medicine

Why do you practice your specialty? It allows me to educate patients and partner with them in maintaining their health and managing their chronic diseases. Also, I like the continuity of being able to see the entire family, from infants to grandparents.

What made you decide to join Baptist Memorial Medical Group? The Baptist name is well known for providing quality health care and caring for patients, whether or not they are able to pay for the care.

Dr. May practices medicine at Forest Hill Family Practice and Aesthetics, located at 8970 Winchester Road. The office's phone number is 901-794-5806.

Baptist Golden Triangle sponsors diabetes support group

Baptist Memorial Hospital-Golden Triangle is sponsoring a free, educational support group for those diagnosed with diabetes.

The group will meet from 8:30 a.m. until 3 p.m. in the patient tower of the hospital on the fourth Wednesday of each month. January's meeting will be held Jan. 27. If necessary, evening meetings will be scheduled.

Designed to benefit both the newly diagnosed and those who have been living with the disease, the

support group provides a comfortable setting for discussion, education and encouragement.

Information will be provided on diabetes, exercise, nutrition, medications, stress management and monitoring. The meetings are open to anyone living with diabetes, but a physician referral is required to attend. There is a limit of 10 participants per session.

For more information about the diabetes education program, please contact Stephanie Markham, assistant director of clinical services at Baptist Golden Triangle, by calling 662-244-1597.

BMHCC Helpline/Hotline 877-BMH-TIPS

If you have a question about legal or regulatory requirements, suspect any violation of BMHCC Standards of Conduct, legal or regulatory requirements or suspect that anyone is committing acts of patient abuse in any form, call 877-BMH-TIPS. Reports to the hotline may be made anonymously. Calls are handled confidentially to the extent allowed by law. Baptist does not tolerate retaliation for reports made in good faith. It is the policy of Baptist Memorial Health Care to admit and provide services to patients and guests without distinction due to race, color, age, religion, sex, national origin, handicap or disability. Marilyn Dunavant is Baptist's corporate compliance officer.

Running *Continued from page 1*

Most days, he runs after his office hours, but on Saturdays, he takes a 15-mile run or participates in a marathon.

"I always have my cell phone with me, just in case the hospital needs to reach me," he said. "But I have to catch my breath in order to talk to the nurses."

Cartwright is ranked 34th in the nation for completing the most marathons and is a member of the 50 States Marathon Club.

"We consider ourselves to be the 'lunatic fringe' of running, and we are proud of it," he said. "As a member and a physician, I try to be an ambassador for running and fitness."

Throughout his years of running, Cartwright has had his share of injuries, including a stress fracture in his left tibia after completing a 50-plus mile ultramarathon.

"I am better now, but now that I am 56, I try to be careful when I'm running to prevent serious

injuries," he said.

Although running and his patients take up most of his time, Cartwright enjoys other hobbies with his sixth grade sweetheart and wife of 36 years, Carolyn.

"We enjoy working in our yard and spending time with our pets; we have one dog and four cats," he said. "I also enjoy reading fiction and history, and of course, we travel throughout the country to different marathons."

Cartwright also keeps busy serving as Booneville's "Running Doctor." For the past three years, he has provided information on medical issues on the community's WBIP radio station three times a day. He usually reserves Friday for discussions on running.

"The station switches to gospel programming on the weekends, so I do what I call a 'popcorn' sermon for the weekend," he said. "Years ago, I was licensed to preach by my church, so this is my little ministry."

As for his future in running marathons, Cartwright hopes to



Dr. Clifton Cartwright poses with an Air Force plane after completing the Air Force Marathon in Dayton, Ohio. Cartwright and his wife frequently travel throughout the country for marathons, and he is ranked 34th in the nation for completing the most marathons.

continue as long as he is able. He views people like Don McNelly, an 88-year-old runner who still walks in marathons, as his personal heroes.

"It's hard to feel sorry for people in their 50s and 60s who moan and groan about walking a few steps when I know runners who are much older and continue to run or at least walk distances," he said. "Each time they run in a marathon, they are putting their bodies out there to see what happens. I seldom finish without tears at the finish line."

So far this year, Cartwright has six races scheduled, and he hopes to complete 20 by the end of December.

"I do not plan to quit," he said. "If God continues to bless me with the humble ability to lumber along with my good friends out there for another 26.2 mile 'walk in the park,' I will be a happy man."

Baptist Union City names Service First champion

Kim McDaniel, admissions manager at Baptist Memorial Hospital-Union City, was recently named the hospital's first quarter Service First champion.

McDaniel was nominated by a patient who took notice when McDaniel went above and beyond to comfort a scared child.

The nomination read:

I was at the hospital for my monthly visit. I also had to get some blood work done while I was there. I was sitting in admissions when I noticed that there was a small child sitting in his father's lap waiting to

get admitted. The little boy then had to sit in his grandmother's lap while his father helped with the admitting process.

I noticed the little boy was awfully scared and was asking his grandmother why he had to be there. He made the cutest comment: "But grandma, I can get better at home."



Kim McDaniel

He was starting to tear up when Kim noticed how scared he was. He had a little Tasmanian Devil stuffed animal with him. Kim asked him if he and Taz would come to the desk.

She made Taz a bracelet and put a little bracelet on the boy and told him that he and Taz could be together while they were in the hospital, and everyone would know that Taz was his.

This really calmed the little boy down. It got his attention off being sick and scared. He seemed to chipper right up and wasn't as scared; he even had a smile on his face.

As you know, admissions is a very busy place, and Kim didn't have to take the time out to try and make that little boy feel better.

It is people like her who go above and beyond that makes Baptist Union City a great hospital. I was very touched by this and hope that this will bring her some joy to know that someone noticed her kindness.

Every quarter, Baptist Union City awards a colleague with the Service First award. The award is given to a colleague who has been nominated for excellent work and a caring attitude, as well as demonstrating a superior commitment to patients and co-workers.

Did you know?

Baptist Memorial Health Care is now on Facebook and Twitter!

Become a fan and follow us today.

Former patient gives back to Baptist Rehab-Germantown



Brad Poor, a former patient at Baptist Rehab-Germantown, now volunteers at the hospital that helped in his rehabilitation following a serious car accident. Poor was in a coma and suffered severe internal injuries, but through the hospital's Next Step program, he has been able to lead a normal life.

Ten months ago, Brad Poor was in a coma after skidding off an icy road. Almost every bone in his body was broken; his abdominal organs were forced into his chest. At the time, all his friends and family wanted was for him to be the man he was. He ended up being so much more.

"My mom found out about Baptist Rehab-Germantown when I was still in a coma," he said. "When I came out of the coma and started the Next Step rehab program, I had to learn how to walk, eat, talk — basically learn how to do everything again as a result of my brain injuries."

Next Step put him through an intensive program of physical and speech therapy.

"The program not only helped me out physically but also mentally. I needed to be retaught absolutely everything," he said. "I'm so excited because in about two months, I'll be able to test to

drive again, so I can drive to church on my own and even go back to school. None of that would be possible if not for the treatment I've received and continue to receive at Baptist Rehab-Germantown."

Poor's recovery through Next Step was remarkable on its own. But his experiences changed him in more ways than one. He now volunteers at Baptist Rehab-Germantown to show his appreciation and to inspire others.

"I feel this is a great way to help pay my nurses back for all they did for me," he said. "Also, I feel like I have the opportunity to be an inspiration to others who are in the condition that I was in. I can show them just how far they'll be able to come and encourage them. And it's actually fun here! When I volunteer, it's usually the best day I have."

*I will lie down and sleep in peace, for you alone,
O LORD, make me dwell in safety.*

PSALM 4:8

Mendoza receives DAISY award at Baptist Collierville

Susan Mendoza, a nurse working in the intensive care unit at Baptist Memorial Hospital-Collierville, recently received the DAISY award for Extraordinary Nurses, which is given in appreciation of the work nurses do.

Mendoza was nominated by the mother of a former patient.

The nomination read:

In November 2009, my daughter was brought to the emergency room experiencing a life-threatening situation. After the ER stabilized her, they moved her into the ICU. I sat in the waiting room while the staff was getting her settled.

I was very shaken, confused and scared. Nurse Susan came in to talk to me and let me know that I could see my daughter soon. She sat and talked with me for awhile, assuring me that everything would be okay.

She shared with me her

experiences in similar situations. She truly knew what I was going through; she immediately gave me a sense of calmness and renewed my strength to support my daughter.

The next day, my daughter told me that Nurse Susan not only took very good care of her, but gave her strong emotional support, as well.

I was very impressed and appreciative with the entire Baptist Collierville staff.

However, for me, Nurse Susan went far beyond any expectations I had and should be commended and

recognized for her extraordinary service to my family.



Susan Mendoza

Mendoza was presented with the award in a ceremony before patients, colleagues and visitors on Jan. 7.

Each quarter, Baptist Collierville nursing administrators accept nominations and select a nurse to receive the DAISY award.

At a presentation in front of the nurse's colleagues, physicians, patients and visitors, the honoree receives a certificate and a sculpture called A Healer's Touch, hand-carved by artists of the Shona Tribe in Africa.

Baptist DeSoto offers free H1N1 vaccines to the community

Baptist Memorial Hospital-DeSoto will give free H1N1 vaccines to individuals 10 and older at a community flu event on Wednesday, Jan. 20, from 3:30 until 8 p.m.

"We want to provide free H1N1 vaccinations to the public as another way to give back to the community and keep high-quality

care our top priority," said Walter Grace, assistant administrator at Baptist DeSoto. "At the event, flu information will be given to further educate everyone on H1N1. Because pregnant women are at high risk, they will be able to receive education specific to them at the information table, and we will also have nurses available to answer any questions."

The event will be held in the DeSoto rooms accessible at the hospital's north entrance. Participants will be required to sign a consent form before receiving the vaccine.

MORE NEWS AND EVENTS

Decipher nutrition labels by following simple rules

After weeks of holiday eating, you realize it's time to lose some weight. To start, you decide you want to purchase the healthiest products in the grocery store.

However, after 10 minutes of studying nutrition labels, you find yourself completely confused and not sure of what to do.

Does this sound familiar? People trying to lose weight or maintain a healthy diet strive to eat foods that will be beneficial to them but have trouble understanding the information provided on nutrition labels.

When looking for the best possible product, there are a few simple rules to note before making your final choice.

Check the serving size.

The serving size should be the first thing you look at when comparing items. Note how many servings are actually in the package. Then, compare the serving size with how much you actually eat.

Sometimes, we tend to eat more than one serving of a product in a sitting.

If a serving of an item is one cup and you typically consume two cups, all the nutrition information will be doubled.

Note the calories and calories from fat.

Calories show you how much energy you are getting from a serving of food.

If you are cutting calories to lose weight, you need to recall how many servings of an item you typically eat.

You should also check how many calories from fat are in the product. Based on a 2,000-calorie diet, calories from fat per serving should not exceed one-third of the total calories.

Know what nutrients to limit.

In a healthy diet, certain nutrients should be limited. Try to eat foods with low or no quantities of fat, saturated fat, trans fat, cholesterol and sodium. These nutrients can increase your risk of certain diseases such as heart disease, some cancers or high blood pressure.

Trans fat is the worst fat for your body. Try to eat foods that have no trans fat at all. If a product contains less than .5 grams of a nutrient, food manufacturers are not required to list it. So, even though the package may say an item has no trans fat, it might actually contain a small portion.

Pay attention to the ingredients list.

Ingredients used in a product are listed from the greatest used to the least used. If sugar is first in the list of ingredients, avoid that item because it contains more sugar than anything else. Other ingredients to watch for are molasses and corn syrup.

Understand the percent daily values.

All foods with nutrition labels have a percent daily values footnote for diets of 2,000 and 2,500 calories listed under the nutrition information. This footnote never changes; it simply provides you with information about how much of each nutrient you should have in your diet.

In the nutrition label of each food, you'll notice a column marked "% Daily Value." This column shows you the percentage of nutrients the food offers based on a daily intake of 2,000 calories. Five percent or lower is considered low, and anything greater than 20 percent is considered high. Make sure the percentage for those nutrients you need to limit stay low, preferably less than 5 percent.

Knowing the basics of nutrition labels will go a long way toward helping you understand whether or not a food item is proper for a healthy diet. Remember these rules when deciding which product is best for you, and you will be on your way to a healthier life.

NEA Baptist raises funds for March of Dimes

Through several fundraising efforts, NEA Baptist Memorial Hospital in Jonesboro, Ark., recently raised more than \$3,000 for the March of Dimes, a non-profit organization dedicated to improving the health and quality of life for infants.

The hospital designed T-shirts with the assistance of the NEA Clinic, and the shirts were sold in both the hospital and the clinic. The hospital raised \$785 from the sale of the shirts.

NEA Baptist also held a silent auction to help raise funds, and the auction included birdhouses, hand-painted glasses, a one-month tanning package, earrings, a

candy arrangement, a handmade purse and three oil paintings by hospital scheduling coordinator Luci Murray.

The silent auction raised more than \$800, and with additional T-shirt sales and other donations, the total amount raised from the event was \$932.

This year marked the third time Juanita Wilcox, team leader for the hospital's March of Dimes campaign, headed the fundraising efforts.

The NEA Baptist March of Dimes team for 2009 included Wilcox and administrative house supervisor Tami Best, nurse manager Jennifer Crisp, head nurse Lisa Stewart, health unit coordinator Lacrishia Ring and registered nurses Susan Bounds and Teri Raborn.

Baptist partners with American Cancer Society to host prostate cancer support group

Baptist Centers for Cancer Care is partnering with the American Cancer Society to host a prostate cancer support group, Man to Man®.

The group will meet at 6:30 p.m. in the Ann L. and Joseph H. Powell Library, located in the physicians' office building adjacent to Baptist Memorial Hospital-Memphis at 6025 Walnut Grove. Monthly support meetings will be held on the third Thursday of each month in the Powell Library at 6:30 p.m. January's meeting will be held Jan. 21.

Designed to help men and their families cope with prostate cancer, Man to Man provides a comfortable setting for discussion, education and support through the recovery process. Spouses and family members are encouraged to attend.

For more information, please call the Baptist Centers for Cancer Care at 901-226-4039.

Baptist sponsors adult diabetes support group

Baptist Rehabilitation-Germantown is sponsoring a free, monthly support group for adults diagnosed with diabetes.

The group will meet at 7 p.m. the last Monday of every month in the hospital's community room. The hospital is located at 2100 Exeter Road. January's meeting will be held Jan. 25.

Designed to benefit both the newly diagnosed and those who have been living with the disease, the support group provides a comfortable setting for discussion, education and encouragement. Spouses and family members are encouraged to attend. Reservations are not required.

According to the American Diabetes Association, more than 20.8 million adults and children in the United States are diabetic. Around 14.6 million have been diagnosed with the disease, but 6.2 million have yet to be diagnosed and are unaware they are diabetic.

CLASSIFIED ADS

HOUSEHOLD

- King-sized mattress and box springs, Simmons Beauty Rest world class series, six months old, paid \$1,800, will take \$800. Call 901-262-7642.
- Large, solid oak dining table with six matching chairs, beautiful carvings, removable leaf on gears, table has four very stout legs, must see to appreciate, great condition, \$850. For more information, call 901-262-7642.

MISCELLANEOUS

- Peavey sound equipment, includes two 26x22-inch speakers on tripod stands, large table top mixing board with built-in outlets to plug in instruments, custom mixing board carrying case, two monitors, microphone stand and all wires, \$1,200. Call 901-262-7642.
- Gently worn scrubs for sale, size extra-large and large, many patterns and colors, \$10 per set, name brands, 15 to 20 sets available, pay one price and get them all! Please call 662-562-6940 or 662-689-0206.
- Moving and must sell: spa-quality Reebok ski machine, you move for \$300; large heavy oak dresser with eight drawers, great condition, you move for \$200. Call 901-574-2152.
- 30-inch Sanyo television with stand, \$150; dark cherry coffee table and end tables, \$150; wedding dress, size 16, comes with veil, tiara and shoes, \$400. Please call 901-763-1567 or 901-262-0119 after 3:00 p.m. for more information.
- Wedding dress, size 14, two veils, one veil has beaded jewels to match dress, tiara, jewelry, size eight shoes included, two years old, \$700. Call 901-230-1617 or 901-758-3584.
- Downdraft counter top gas cooktop, stainless steel, GE Profile, approximately two months old, \$600. Call 901-262-7642 for information.
- Ivory wedding dress, Queen Ann neckline, lace sleeves, size eight, \$250. Call 901-606-8055.
- Dooney & Bourke handbag, black leather with brass trimming, medium zipper pocket sack, very spacious, practically brand new, registered with Dooney & Bourke, valued at \$235, will sell for \$195. Call 901-351-6517 or 901-368-5522.

RENTALS

- House for rent in Germantown, Tenn., three bedroom, 2.5 bath in Allenby-Westfair community, two car garage, new carpet, new tile, new paint, located at 8394 Westfair Circle North near Farmington and Kimbrough, neighborhood pool, Farmington/Houston schools, lease is for one year, \$1,475 security deposit, \$1,475 rent. For information, please call 901-517-9442.
- Eight-year-old brick home for rent in Cordova, Tenn., hardwood floors, four bedrooms, 2.5 bath, two car garage, privacy fence, comes with high-end refrigerator, microwave and washer/dryer, \$1,250 per month. Call 901-517-6384 or e-mail dxgxa@yahoo.com for pictures.

- Two bedroom, one bath home in the heart of East Memphis, includes a bonus room, great sun porch that overlooks the fenced-in backyard and other nice features, \$900 per month. For additional information, call 901-568-0430.
- Duplex for rent at 858 East Trigg in Memphis, two bedrooms, one full bath, living room, dining room, kitchen, carpet, central heat, gas stove, washer/dryer connection, front and back security doors, window bars on all windows, fenced yard, private driveway and parking, \$400 deposit, \$525 rent. For more information, call 901-268-6550.

REAL ESTATE

- 2000 16x80 mobile home in Lafayette County, Miss., with vinyl siding and shingled roof, gas fire-place with custom mantle, completely remodeled with laminate wood floors, all kitchen appliances included, large master bedroom with a garden tub, front porch included, must be moved, \$18,000. For additional information, call 662-607-0111.
- Heaven on Earth: beautiful scenic lots for sale in Perry County, Tenn., two and a half hours from Memphis, six to 242 acres each, private gated driveways, close to Buffalo and Tennessee rivers, must see! Please call 901-266-3411 or 901-262-3411.
- Three bedroom home for sale at 1632 Hopewell Rd. Less than five miles from Baptist Memphis, large fenced yard, covered patio, all appliances included, good neighborhood, near Willow Park, \$99,700. Please contact Bill at 901-573-4251 for details.
- Country lodge in Snow Lake Shores, Miss., vaulted ceilings, three bedrooms, one bathroom, one hour from Memphis, lake home perfect for fisherman, \$42,000. Call 901-386-3429 or 901-830-6953.

VEHICLES

- Yamaha Grizzly 125, automatic forward/reverse, no clutch, \$2,500. Call 901-412-9615.
- 2004 Toyota Sequoia, low mileage, excellent condition, leather seats, \$17,500. For more information, call 901-233-4353 or 901-372-9534.
- 2007 Dodge RAM 3500 SLT quad cab, 4x2, very low mileage, mint condition, 6.7L Cummins Bluetec ultra-clean turbo diesel engine with six speed automatic transmission, all deluxe features including overhead console, long bed and liner, \$30,000 or best offer. Call 901-386-2313.

SERVICES

- Home improvements, tiling, carpeting, painting, fencing, wood work and trim, lawn care and landscaping, no job too small or too big, if you need it done, we can do it! Contact Derrick Hollingsworth or David Hall at 901-652-4636.

WANTED

- Roommate needed to share three bedroom, two bath home in South Tipton County, close to Millington, half rent, half utilities, references needed, call 901-835-2991 for more details.

CLASSIFIED AD GUIDELINES

Classified ads are published as a service to Baptist colleagues in each edition of Baptist Leader. Submissions for each edition of Leader must be received by 2 p.m. on the preceding Monday. For any ad, please include work number and location for verification purposes and **one non-work number for publication**.

Ads run at least once, and will run as space allows. New ads will receive preference over repeat ads. Services and goods offered must be legitimate and legal, and Leader cannot be responsible for misprints, omissions or false advertising. All ads may be rejected at the discretion of Baptist Memorial Health Care administration or the editor.

Ads for services and goods must be offered or wanted by Baptist colleagues, individuals or independent contractors. Franchises, other non-independent services, medical, dental and other clinical services are not eligible for classified ads.

To submit an ad, e-mail leader@bmhcc.org or fax to 901-227-3516.

Baptist Weight Loss Center to offer free seminar in January

Baptist Memorial Hospital-Memphis, located at 6019 Walnut Grove Road, will host a free educational seminar on surgical weight loss options in the hospital's seminar rooms on Monday, Jan. 18, at 7 p.m.

During the seminars, Dr. George Woodman will address the benefits and risks of weight loss surgery and its growing use for the treatment of morbid obesity.

The seminars are part of the Baptist Weight Loss Center, which offers options to help individuals whose body mass index indicates they are either overweight or obese.

No reservations are required. The seminar will take place in seminar rooms two and three.