

July 2016

The Best Of Times

"Celebrating Age and Maturity"

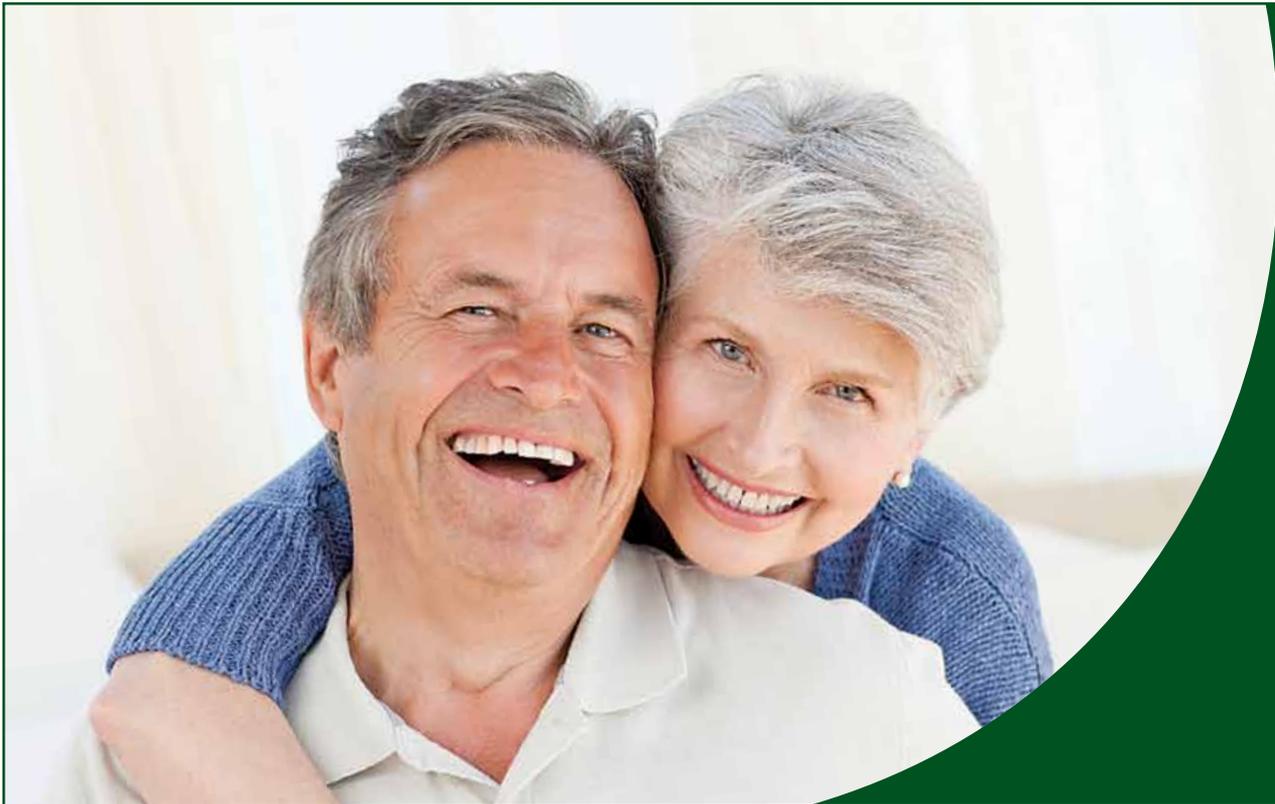
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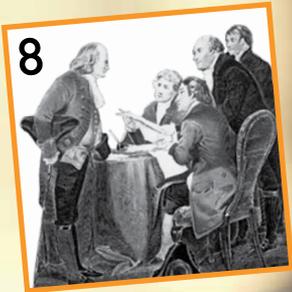
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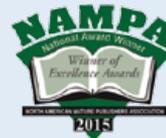
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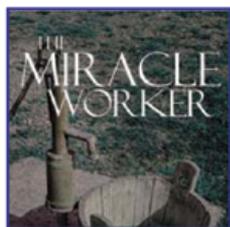
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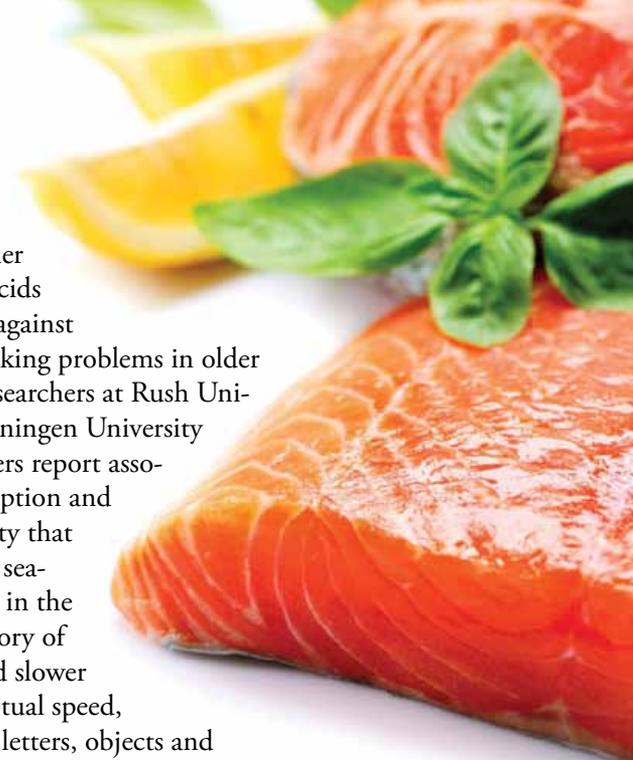


Dog Walking Seniors are Healthier

As the Washington Post reports, researchers at the University of Missouri and Miami University in Ohio analyzed data from a health and retirement study and found that dog walking is linked to improved emotional and physical health for older adults. Walking is an easy way for older adults to stay healthy and fit, and those who have dogs are more likely to go for a walk each day. Dog walking is linked to a lower body mass index, decreased doctor visits, fewer limitations on activities of daily living, and more frequent exercise. Dog walking also provides a way for pet owners to socialize. The study suggests that doctors may want to recommend dog ownership and that retirement communities can include dog walking paths to encourage residents to walk their dogs as a way to stay healthy.

Stave Off Cognitive Decline with Seafood

Eating a meal of seafood or other foods containing omega-3 fatty acids at least once a week may protect against age-related memory loss and thinking problems in older people, according to a team of researchers at Rush University Medical Center and Wageningen University in the Netherlands. The researchers report associations between seafood consumption and two of the areas of cognitive ability that they tested. People who ate more seafood had reduced rates of decline in the semantic memory, which is memory of verbal information. They also had slower rates of decline in a test of perceptual speed, or the ability to quickly compare letters, objects and patterns. The age-related memory loss and thinking problems of participants in the study who reported eating seafood less than once a week declined more rapidly compared to those who ate at least one seafood meal per week. Their research findings were published in an online issue of *Neurology*.



Dance for Your Health

A dance program helped older Latino adults walk faster and improved their physical fitness, which may reduce their risk for heart disease, according to research presented by the American Heart Association. Researchers at the University of Illinois at Chicago tested whether a community-based intervention focused on Latin dancing could benefit adults who were not very physically active. Study participants were an average of 65 years old, and after four months of twice weekly Latin dancing, researchers found:

- dancers walked faster and were more physically active during leisure time than prior to starting dancing
- leisure physical activity rose from 650 minutes to almost 818 minutes per week.



Using Almonds For Weight Loss

The almond is a nutritionally dense food and is a rich source of B vitamins, niacin, riboflavin, vitamin E, mineral, calcium, iron, magnesium, manganese, phosphorous and zinc. Similar to other nuts, the almond is high in fat, mainly unsaturated, and fiber and also has an abundant amount of protein. Frequent nut eaters are generally thinner compared with those who almost never consume nuts. Almonds are one of the ingredients in many weight-reducing diets because they suppress appetite and will keep you feeling energized and satisfied.

Dementia Patients at Risk of Potentially Unsafe Behaviors

A Johns Hopkins study on data from more than 7,000 older Americans has found that those who show signs of probable dementia but are not yet formally diagnosed are nearly twice as likely as those with such a diagnosis to engage in potentially unsafe activities, such as driving, cooking, and managing finances and medications. The findings, reported in the *Journal of the American Geriatrics Society*, highlight the need to make patients and their families explicitly aware of the memory disorder so that physicians and loved ones can take protective steps.

Rehydrating with Soda on a Hot Day May Worsen Dehydration

Repeated heat-related dehydration has been associated with increased risk of chronic kidney damage in mice. A new study in rats published in the *American Journal of Physiology—Regulatory, Integrative and Comparative Physiology* reports that drinking soft drinks to rehydrate worsened dehydration and kidney injury.

People with CHD Less Able to Cope with Mental Stress

Mental stress could put heart disease patients at increased risk of a dangerous event, such as a heart attack, according to research presented at the British Cardiovascular Society Conference. These results show a clear association between mental stress and effects on the heart that are particularly concerning for people with coronary heart disease (CHD). Currently there are no specific treatments to counteract these effects, although current angina treatments such as beta-blockers, that reduce the body's stress response, may offer protection.

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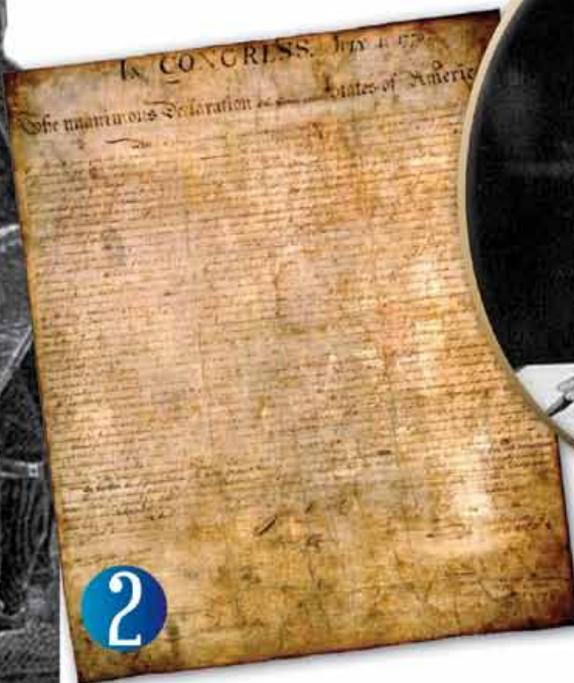
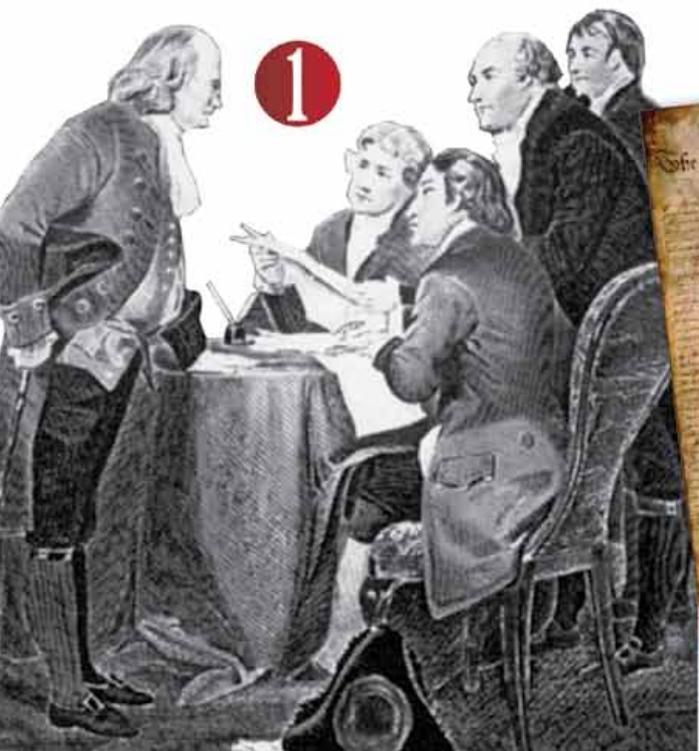
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Our Featured **5**

Facts About the Fourth of July

1. The Declaration of Independence was initially adopted by Congress on July 2, 1776, but then was revised and the final version was adopted two days later on July 4. The official signing ceremony took place on August 2, 1776.
2. There is something on the back of the Declaration of Independence, but it isn't a secret map. Instead, there are a few handwritten words that say, "Original Declaration of Independence / dated 4th July 1776." It is thought to have been added as a label when the document was rolled up for storage.
3. Librarian of Congress Archibald MacLeish was concerned for the U.S.'s most precious historical documents during World War II. On December 23, 1941, the Declaration of Independence and Constitution were removed from Washington and were moved to one of the most secure places in the country – Fort Knox.
4. President John Adams, Thomas Jefferson and James Monroe all died on the Fourth. Adams and Jefferson (both signed the Declaration) died on the same day within hours of each other in 1826.
5. The Liberty Bell has not been rung since 1846. To mark the holiday, every fourth of July it is tapped 13 times in honor of the original 13 colonies.



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Shreveport

Then & Now

These photographs, a blending of vintage and current photos of a particular location, are the result of twin brothers Mike and Mark Mangham's fascination with Shreveport history. If you have comments to share about these photos, please email Tina at editor.calligas@gmail.com. Photos blended and used with permission by Mike and Mark Mangham of Twin Blends Photography. For more photos visit www.twinblendsphotography.com or www.facebook.com/twinblendsphotography/.



Shreveport Central Fire Hall was located on the 700 Block of Milam Street. The vintage photo was taken in 1906. To the left is the Vordenbaumen and Eastham Building, which is still standing today. It was once the city's tallest.

According to the Signal 51 group, the fire department received its first piece of motorized equipment, an auto-chemical wagon with an engine rating of 55 horsepower, on January 10, 1910. More motorized equipment was gradually purchased until all of the horses were retired in 1917.

Vintage Photo courtesy LSUS Archives and Special Collections

Don Theater was located at 516 Crockett Street. It was built in the mid 1940's by Don George and was designed by Neild and Somdal. It had an unusual modern look for its time. The vertical marquee was two stories tall. It had one screen and seated around 1300 people. Crowds disappeared when theaters started popping up in the suburban malls. It closed in 1983.





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Snapshot SLEUTH

Do you recognize any of the people in these photographs?

The Best of Times is partnering with the library at LSU Shreveport to identify individuals in photos from their collections. If you know any of the individuals in these photos or if you have any memory or comments about the images, email Tina at editor.calligas@gmail.com or Laura at laura.mcmore@lsus.edu.
These photos are from the Menasco Studio Collection and are courtesy of Northwest Louisiana Archives at LSU Shreveport.



The photo to the left is dated June 1, 1963 and labeled as Bobby and the Dinos. It also says Roy Rogers.

The two pictures below are labeled Byrd with no date or occasion noted. The decorations hint that they were taken during a Mardi Gras celebration.



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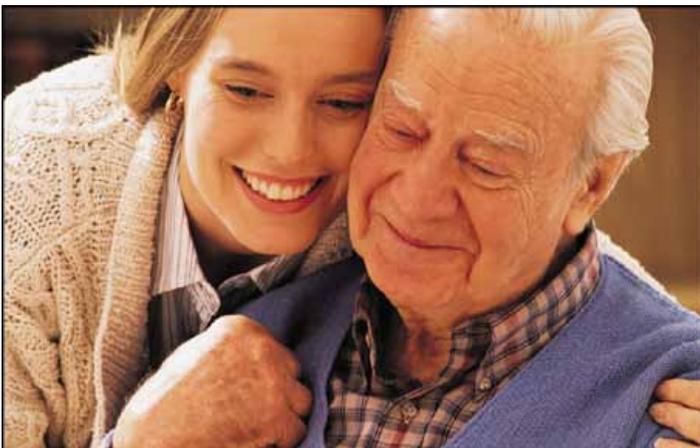


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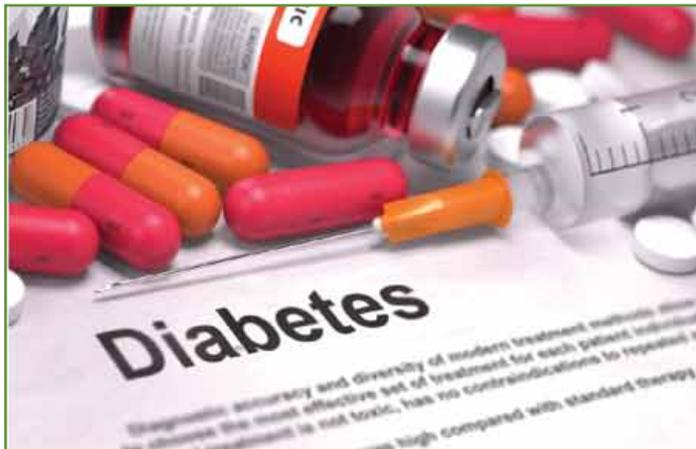
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25 Apps FOR Seniors

by Livvy Leblanc

Have you ever seen a toddler with a mobile device, their tiny fingers tapping and swiping effortlessly on the screen to find a favorite game? Or a teenager snapping selfies to share with friends on Instagram or Snapchat? Have you ever had an alert pop up on your mobile device reminding you of an important appointment or of a medication to take?



Whether the intent is for entertainment, communication with friends, or health maintenance, mobile device applications, or apps, are tools whose presence is ubiquitous and whose uses abound. With millions of apps created, updated and downloaded everyday, users of diverse ages, interests, and needs are experiencing greater ways to organize, track, update, share, and connect to others in their daily lives. In today's digital age, there is a growing demand for app developers to make this technology friendlier to mature users. Apps now exist to help make aging a more comfortable, independent and connected experience.

For the most accessible, useful, and intuitive technology to track wellbeing, manage and improve health, and stay better connected with friends, caregivers and family, here are the top 25 apps for Seniors. All are free to download but may offer in-app purchases and can be found in either Apple's App Store or on Google Play depending on your mobile device's operating system.

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Mental Fitness

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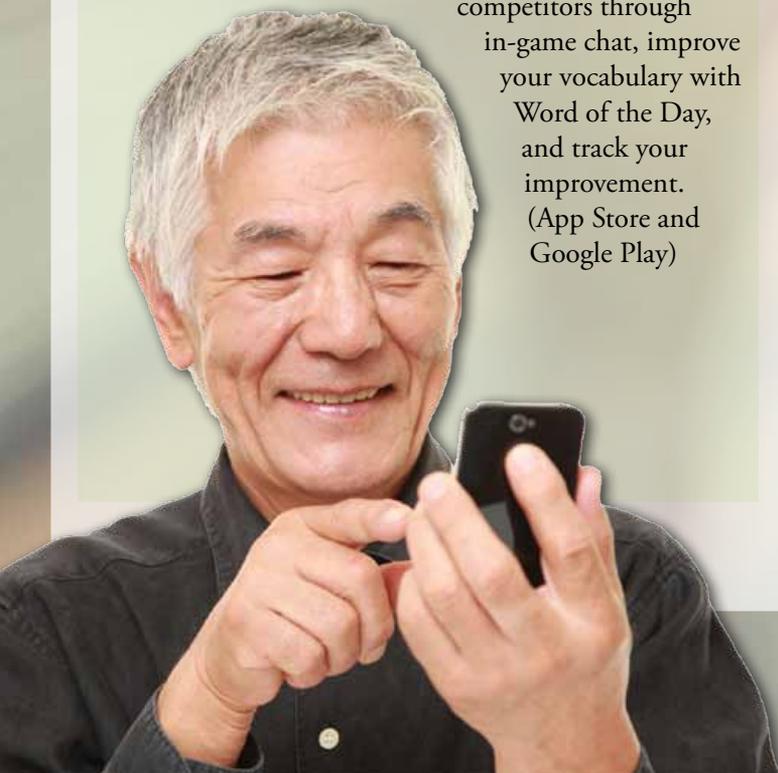


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News & Finance



Weather Channel: Local forecasts, radar maps, storm tracking and rain alerts:

This is the most comprehensive and trusted of weather apps that shows news, personalized weather alerts, fast-loading radar maps and videos based on your location. You can choose to receive push alerts for severe weather, lightning and rain. The app provides beautiful imagery and seasonal tools like pollen count. (App Store and Google Play)

Mint, Money Manager, Budget and Personal Finance:

Securely link to all of your banking, investment and financial accounts to view in one place (credit, checking, savings, 401k). This app is genius in allowing you to track spending, create budgets, view your credit score for free, remember when bills are due, and learn ways to be financially smarter. Colorful charts and graphs also show your spending and savings. (App store and Google Play)



Today's Document, National Archives and Records Administration:

Brush up on your history each day of the year with a significant historical photo or document from the National Archives. You can browse documents by date, view high resolution images, use the zoom feature, and share with friends on social media. (App Store and Google Play)



AARP News: For accessible and relevant news on member benefits, health, money, travel, home, garden, and music tailored to adults 50+. (App Store and Google Play)



Family



Postcards for Seniors: Designed especially for seniors who may feel left behind in the technology age, or for those who are not so techno-savvy. Postcards is an easy way to receive and send videos, photos and messages

digitally to mobile devices with easy touch buttons and an easy to control interface with adjustable font sizing. Families can change settings remotely on the Postcards website (App Store only)



FamilyWall, Private Family Calendar, Lists and Locations:

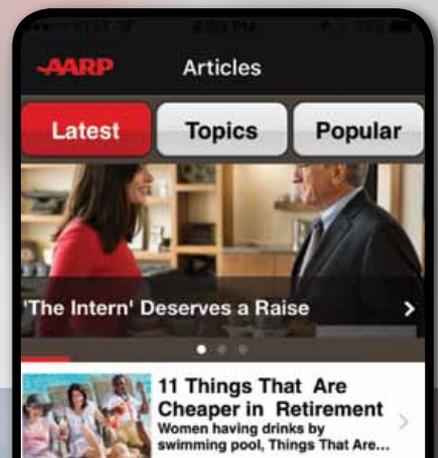
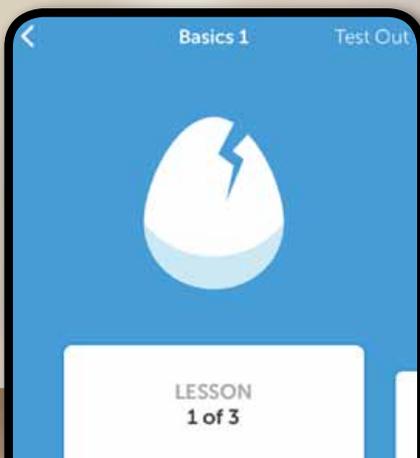
Organize and safely share family life with family members and close friends. Users can set up private, shared calendars, conversations, check-ins, photos, videos, contacts and events. The app also features a family activity wall and a family member location tracking. FamilyWall Premium can be purchased for \$1.99. (App Store and Google Play)



Mosaic Photo Books by

Mixbook: Create sleek, simple 7x7 inch photo books. Upload 20 photos of your choosing from your mobile device and the app automatically

arranges the photos in an artful display. The app is free to download, but there are costs associated with ordering the printed version of the photo book. User reviews state the process is fun, quick and simple. These photo books make great gifts, too. (App Store and Google Play).



Healthy Living

MedWatcher:

This app was created to help people participate in their health and influence healthcare by allowing them to report adverse side effects of prescription medication, medical devices, and vaccines to the FDA and to other MedWatcher users. The app also offers important news alerts. (App Store and Google Play)



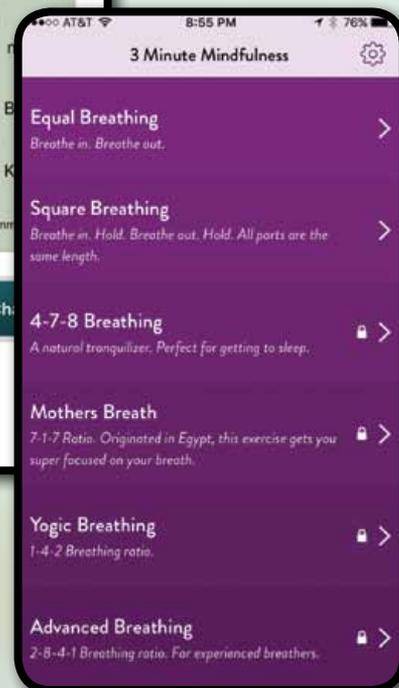
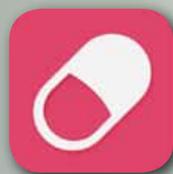
Sleep Cycle Alarm Clock: This app is hailed as the world's most used intelligent alarm clock that monitors your sleep habits and sounds an alarm at your lightest sleep phase. A great marriage of science, health and technology, Sleep Cycle makes for a well-rested morning. Before going to bed, set the alarm clock in the app, place your phone beside your bed to allow motion sensors and sound monitors to detect your movement and sound during sleep. The app charts these detections to determine the best time you should wake up within thirty minutes of when you set the alarm. The app tracks your sleep statistics in graphs and charts and allows you to choose different alarm melodies. (App Store and Google Play)



3 Three Minute Mindfulness, Breathing Exercises to Reduce Stress, Relieve Your Anxiety and Help You Sleep: Practice timed breathing exercises, make notes in the in-app Mindfulness Log, set reminders to refresh and reset your mind and experience the benefits of regular deep breathing. (App Store only)



My Pillbox: Managing multiple medications can be challenging, but My Pillbox makes it easy. It is a pill reminder and medication tracker that helps you manage your medications. The app can track multiple family members' medications and features charts and analytics of results that can be shared with doctors and caregivers. You can organize and color-code your medications and set schedules, notification times, refill reminders and alarms. After you record your results – taken, missed or skipped – you can record how you feel. (App Store and Google Play)



Smart Blood Pressure (Smart BP) Tracker by Evolve Medical Systems, LLC:

Record, track, analyze, and share blood pressure measurements within this app. Data is collected for graphs and statistics to show progress. Users can also sync their blood pressure data to Apple HealthKit and Microsoft HealthVault. (App Store and Google Play)

Vipe by Vipelderly Limited:

Vipe connects seniors to trusted contacts and emergency services in one easy to navigate app. It aims to help seniors live safer lives by tracking, monitoring and managing wellbeing and emergency information. Trusted contacts can also view a user's medication schedule and appointments and can be alerted to emergencies. In major or minor emergency situations, users can press a panic button to call local ambulance, police or fire station services. (App Store only)



Romance

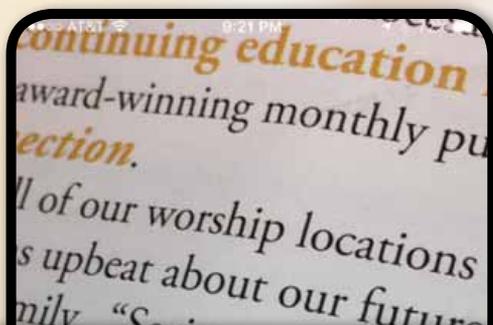
InnTouch Bed and Breakfast Locator:

Find inns and bed and breakfast lodging for romantic weekend getaways. View photos, recipes, and booking information. The app has been named “delightfully idiot-proof” by Sunset Magazine. (free, App Store only)



Our Time Dating for

Singles 50+: View profiles and photos of local mature singles. Swipe right on a match's picture to “like.” You can send and receive messages in the app, see who is viewing your profile, and also see your suggested matches (App Store and Google Play)



Digital Tools

Glasses by Yodel Code: A digital magnifier to use when reading any content on your mobile device. This app allows for one-hand use, 6x magnification, and can be used with a phone's flash for low-light reading. (App Store only)



Silver Surf: Book A handy web browser with enlarged navigation bars and buttons to zoom in and show high contrast for better visibility of webpages and content. (App Store only)

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The New *Centenarians* 100 Just a Milestone for Many

by Kathleen Ward

*“And if you should survive to a hundred and five
Look at all you’ll derive out of bein’ alive
And here is the best part, you have a head start
If you are among the very young at heart.”*

(“Young at Heart” 1953, music by Johnny Richards, lyrics by Carolyn Leigh)

Among those who turn 100 in 2016 are Kirk Douglas, Olivia de Havilland and Ruth Isler.

Isler has a full and active life and a lot to celebrate, way more than one party could accommodate, so she had several parties.

“It was so much! I’ve been celebrating for a week,” said Isler, who turned 100 on April 21st. She received citations from the governor and the mayors of Bossier City and Shreveport.

On her birthday, she celebrated at the Shreveport Bridge Association clubhouse with around 50 of her friends. There was plenty of food and bridge games at 12 tables.

“There’s a game about every day,” Isler said, who drives herself to the games. “It’s a straight shot from The Oaks,” where she has lived for more than two years.

“I started playing when I was in high school,” she said. “It has evolved over the years. It’s gotten more complicated.”

“She lacks a precious few points to become a Life Master,” said one of the hosts of the party, Nina Archer. “She is so well respected because she plays really well.”

She was going to a tournament out of town that could have given her the opportunity to win the points she needed to be a Life Master when a family emergency interfered. Now she has difficulty traveling and visits her out-of-town friends and family using Skype.

Isler has two sons, both retired ministers, three grandchildren and two great-grandchildren. Her sons live in Tyler and Fort Myers, Florida.

“Everyone was here for my birthday,” she said. Her second



Ruth Isler

celebration was at The Oaks. When she’s not going to bridge games she plays bean bag baseball, reads or knits.

“I’ve tried to eat fresh fruit and vegetables and I was always real active,” she said. She also credits “a positive attitude and support from my family” for her long life. Two of Isler’s three siblings lived into their mid-90s. Another sister died in her 50s. Her

father lived to be 75 and her mother lived to be 82.

Isler grew up in New Jersey. “It was a great place to grow up, boating on the Delaware River” and playing basketball.

She moved to Dayton, Ohio, when she was 26 and went to work for the Army/Air Force as a civilian procurement specialist. Her job was to locate and procure a broad range of parts and supplies “to get everything that was needed for the war effort,” she said.

During her years with the Air Force she watched the lists of job openings posted at the bases and if a job came open she was interested in she asked for a transfer, which allowed her to live in Hawaii, Japan and Germany. She retired from Barksdale Air Force Base in 1983.



“I met my husband in Japan and we were married in Japan,” she said. William Isler retired from the Air Force. His nickname was “Red” and her children also had red hair. She took a break for 13 years to have her children while she and her husband lived in Germany, but went back to work with the Air Force.

While her husband didn’t join her in some of her frequent travels, she encouraged her children to travel. Now her grandson “is a traveler. He lived in Australia and married in Argentina. He now lives in Dublin,” she said.

She has travelled in the Netherlands, France, Spain, Australia, Bangkok, Hong Kong, Singapore and her two favorite places, Hawaii and New Zealand.

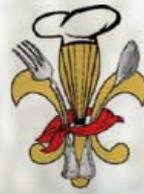
“I’ve been on several cruises to Bermuda, Caracas, Aruba, Panama, Colombia and most of the Caribbean islands,” she said.

There are around 382,000 people in the world over 100, with 53,000 of them in the U.S. mainly in cities in the Northeast or Midwest, according to the 2010 Census, and that number is growing every year. Eighty-two percent of those centenarians are women. People who live to 110 or more are called “supercentenarians.” Only 40 people have made it to 115.

“With each passing year, the newly born live about three months longer than those born the prior year,” according to The Atlantic. The UK’s Office of National Statistics estimates one-third of the babies born in 2013 will live to be at least 100. The chances are especially good if you live in Italy, Japan, California, Costa Rica or Greece, according to the website Personal Excellence.

“When I was 80, my brother and I went to Costa Rica. It was a great trip. We had lunch with one of the local families and toured around,” Isler said.

“I never thought I would see so much. I’ve been very fortunate. I’m in pretty good health and I have had a lot of support from friends and my family.” •



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Too Many Annoying E-Mails



I hate sales calls, so let me make this very clear. I will never buy a newspaper subscription from a salesman who calls me during dinner. No matter how badly I need a newspaper subscription. That's why I signed up for the Do Not Call list long ago. (To sign up for this free list, call 1-888-382-1222.)

Because the Do Not Call list prevents marketers from calling me, now they send me a bunch of junk e-mail. (Some of it is forwarded to me by my co-workers who apparently think I am interested in how to get rich quick by working at home.)

To sign up for the list, call 1-888-

Although not as annoying as telemarketing calls, I'm not a big fan of junk e-mail. Especially as much of it is full of false information, scams and rip-offs. So I decided to see if I could find anything like a "do not e-mail" list. Unfortunately, I had no such luck. Nor could I find a law that required an e-mail advertiser to get my permission before an ad could be sent to my e-mail address.

I did find a Louisiana law that gives us consumers some

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WITH VOICE COMMAND

pretty interesting rights. This law says that anyone who sends an unsolicited advertising message to a Louisiana e-mail address must comply with certain rules. For example, electronic mail advertisements must have “ADV:” (which stands for advertisement) at the beginning of the e-mail’s subject line and if the ad “contains obscene material” then the subject line must begin with “ADV: ADLT” (which stands for advertisement adult.)

All advertising e-mail must “conspicuously” state the sender’s return e-mail address, which must be a working e-mail address. The e-mailed advertisement must explain that “further unsolicited commercial electronic mail can be declined by sending an e-mail to that return e-mail address.”

*free Do Not Call
8-382-1222?*

Once you inform the sender that you do not want to receive any more e-mail from them, they have 21 days to put you on their do not e-mail list. After those 21 days expire, if they do happen to e-mail

you again, then you can sue them. (Assuming that the sender isn’t some off-shore company claiming to be out of the jurisdiction of the United States.)

To win such a suit, you would have to prove that the e-mail somehow caused you damages. If you were able to prove such damages, no matter how small, then you would be entitled to attorney’s fees, court costs and “the lesser of ten dollars for each and every unsolicited commercial electronic mail message transmitted in violation [of the laws I have described in this article], or \$25,000 per day.” I am assuming that when the statute refers to “each and every unsolicited commercial electronic mail message transmitted,” it is talking about not just every junk e-mail sent to you, but rather every junk e-mail the sender has sent to anyone that doesn’t comply with these rules.

Here’s something else the law addresses. Do you subscribe to any magazines? If you do, then the chances are high that the magazine has sold your name and address to a whole bunch of other companies. It’s quite common for companies to have a mailing list of their customers and to sell this mailing list to other companies and advertisers. That’s legal in Louisiana, but Louisiana makes it illegal to “knowingly sell or otherwise provide a list of electronic mail addresses to be used to initiate the transmission of unsolicited commercial electronic mail advertisements” that violate these rules. Technically, I think this means that it is OK to sell a list of e-mail addresses, but if you know that the buyer of the list will use it to send e-mails that don’t comply with these special Louisiana laws, then you’ve got a problem. Especially since there is a federal law that gives the Federal Trade Commission the right to fine spammers \$16,000 for every single e-mail that violates the law.

Lee Aronson is a Shreveport attorney with Lineage Law, LLC, an estate and business planning law firm serving clients throughout Louisiana.



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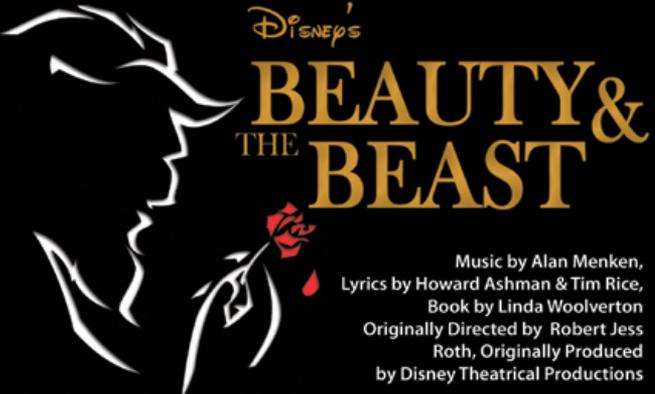
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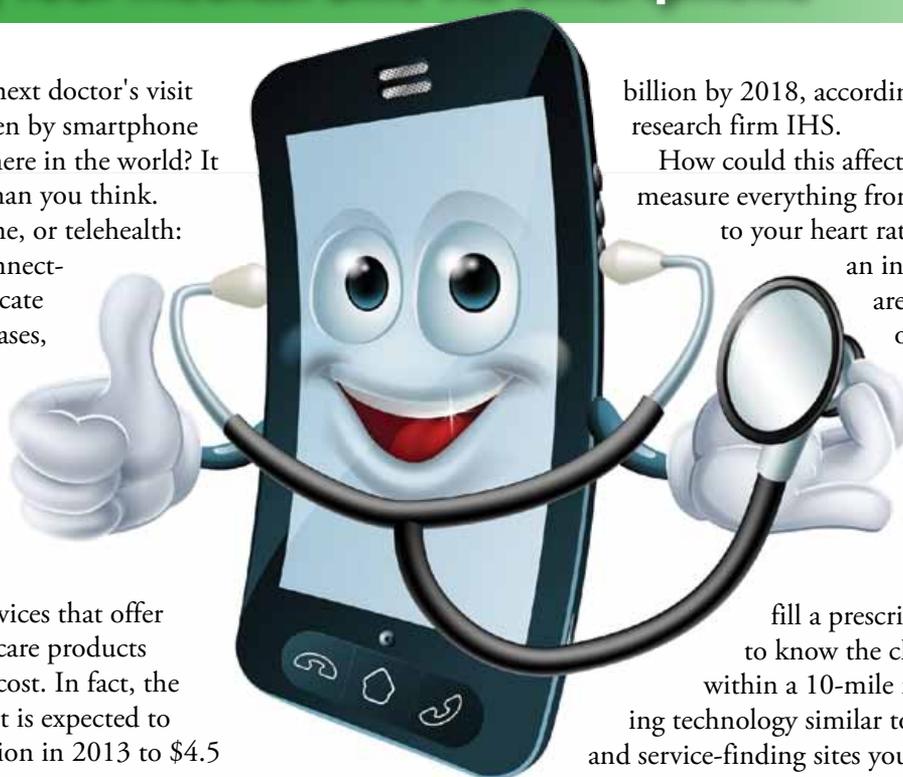
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Cutting Your Medical Bills via Smartphone

What if your next doctor's visit could happen by smartphone from anywhere in the world? It could happen sooner than you think.

It's called telemedicine, or telehealth: The use of Internet-connect-ed devices to communicate information about diseases, symptoms and other health data. The Patient Protection and Affordable Care Act (ACA) is driving innovators in health-care and technology to develop apps and devices that offer greater access to healthcare products and services at a lower cost. In fact, the global telehealth market is expected to grow from \$440.6 million in 2013 to \$4.5



billion by 2018, according to Colorado-based research firm IHS.

How could this affect you? Though apps that measure everything from your daily walk or run to your heart rate are already available, an incredible range of options are coming. Here are some of the current and future product development trends in smart-phone and wearable healthcare:

GPS Medicine.

Let's say you need to fill a prescription and you want to know the cheapest place to buy it within a 10-mile radius of your office. Using technology similar to the restaurant, movie and service-finding sites you probably use now,

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developers are considering similar models for medical supply and service pricing data that could save you money in real time.

Physical activity and vitals tracking. While many major health systems and hospitals allow you to download apps that let you schedule appointments, see lab results and even communicate by email or text with your doctor, such offerings have no diagnostic value... yet. However, the U.S. Food and Drug Administration recently released policy statements on what it calls "mobile medical apps" that will actually allow tracking of vital health data for direct interpretation by trained health professionals.

Diagnosis by selfie. Who knew taking a selfie could help improve your health? This new technology allows patients to take a photo of a non-life-threatening injury or rash using their cell phones (<http://www.wsj.com/articles/the-future-of-medicine-is-in-your-smartphone-1420828632>). Then, an algorithm processes the image, evaluates it and texts back the diagnosis. Developers are coming up with sensors to collect symptom- and condition-related health data, which could mean that in the future, physicians will have a lot more to work with than a mere photo.

Virtual appointments. Healthcare legislation is also expected to spur use of handheld devices to create 24/7, real-time communication between patients and practitioners for the cost of a co-pay – or less. In a 2014 report, consulting firm Deloitte said that there would be 100 million health "eVisits" globally, potentially saving over \$5 billion in costs compared to those incurred by traditional physician visits.

But before you start downloading this new technology, research the following:

- Who made the app and what do the developers really know about my condition?
- What about privacy? What's in the app's usage agreement and how safe is the payment, prescription or medical data required to use the app?
- What does my primary care doctor or my insurer think about me using this app? Could using it affect my coverage in any way?
- What does it really cost to use the app and how might it affect data charges on my smartphone or tablet bill?

Bottom line: The ability to manage your healthcare by smartphone is a revolutionary concept. But before you dive in head first, learn as much as you can about the technology and whether your current health professionals and networks support it.

Nathaniel Sillin directs Visa's financial education programs. To follow Practical Money Skills on Twitter: www.twitter.com/PracticalMoney.

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Which Should You Take, Advil or Tylenol?

When you're in pain what do you reach for, Tylenol or Advil?

What about fever or body aches from the flu?

How if your precious baby is teething or gets an ear-ache, which do you give?

These are questions that you might be asking yourself today, and I'm going to help you. There are some primary differences between these two medications, both blockbusters sold worldwide under various brand names. The ingredients themselves are included in thousands of multi-tasking formulas.

If you read labels, you'll see the generic names as follows:

Tylenol = Acetaminophen

Advil, Motrin = Ibuprofen

Fever - You can use either one unless you're giving it to a baby less than 6 months old. Babies less than 6 months old should be given acetaminophen (Tylenol).

Pain - I'd choose ibuprofen because it directly reduces some pain-causing cytokines, whereas acetaminophen impacts the way you feel pain, essentially 'numbing' you



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to the sensation. No one is 100 percent sure how it works, we just have clues. We know it works though. If you have severe pain, it's sometimes recommended to alternate between ibuprofen and acetaminophen every few hours. Back pain and osteoarthritis responds better to ibuprofen according to the British Medical Journal.

If you are normally a wine drinker at dinner, or you drink alcohol stay, away from Tylenol because it could exacerbate the liver damage caused by the alcohol. Ibuprofen is a drug mucker of folate, whereas acetaminophen is a drug mucker of glutathione. If you run out of folate, you could develop high homocysteine (increases risk of heart disease), cervical dysplasia, depression, chronic diarrhea, grey hair and mouth sores. If you run low on glutathione, fatigue, general pain and liver problems occur. There are dozens of other symptoms that I don't have space to list, and also, these depletions take time. You don't run out of the nutrients with normal dosages, taken properly for a short-term. Don't live in pain because you are worried about this, just keep it in mind if you take them every day. Supplement with what the drug mucker stole.

PMS or cramps - Definitely ibuprofen for this, it is a stronger anti-inflammatory. Just FYI, a combination of B complex and magnesium may help mood swings, water retention, tearfulness and cramps.

Do you take blood thinners (warfarin) or anticoagulant medications? You're better off with acetaminophen in this case since ibuprofen can further thin the blood. Heart disease or hypertension? Your better off with acetaminophen.

A recent study suggests taking Tylenol affects your ability to empathize with someone else during their own physical or emotional pain. Does Ibuprofen blunt your emotional reactions too? While no study never tested ibuprofen, I personally think it does. Whenever you reduce your own ability to feel pain, it's certainly harder to feel pain for another.

Finally, you may be concerned about addiction, so let me reassure you, both medications are completely safe in this regard.

This information is not intended to treat, cure, or diagnose your condition. Always consult your physician for all medical matters. Visit www.SuzyCohen.com. ©2016 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.

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Home Improvement Fraud



Recently, I have seen quite a few cases around the State of Louisiana involving contractors who do not finish their jobs. In particular, we see a rash of this type of crime after major storms, such as hurricanes or tornados.

In this article, I wanted to identify what Home Improvement Fraud involves and what you, the reader, can do to possibly avoid having this happen to you.

Home Improvement Fraud is located in La. R.S. 14:202.1. The statute states:

A. Home Improvement Fraud is committed when a person who has contracted to perform any home improvement, or who has subcontracted for the performance of any home improvement, hereinafter referred to as “contractor”, knowingly engages in any of the following actions:

- (1) The failure to perform any work during a forty-five day period or longer after receiving payment.
- (2) The use by a contractor...of any deception, false pretense, or false promise to cause any person to enter into a contract for home improvements.
- (3) The damaging of any property of any person by a contractor...with the intent to induce that person to enter into a contract for home improvements.



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B. For purposes of this Section, “home improvement” means any alteration, repair, modification, or other improvement to any immovable or movable property primarily designed or used as a residence or to any structure with the residence or upon the land adjacent thereto.

The contractor has defenses that he or she can raise as to why the work has not been completed. If the weather is horrible with lots of rain, medical emergencies for the contractor, or no access to the job site, then the contractor can be excused from having to comply with those items stated above.

Penalties for violating this statute can range from \$500 dollars up to \$20000 dollars in fines. Jail sentences can be imposed up to ten (10) years. Restitution is required to be ordered by the Court pursuant to the statute. If the person with whom a contract is entered into is a disabled person or is sixty years of age or older, the crime becomes an automatic felony carrying up to ten (10) years in jail no matter the cost or price of the contract of home improvement. Lack of knowledge of the person’s age or disability shall not be a defense according to the statute.

To prevent Home Improvement Fraud avoid contractors who enter town after a storm. If you decide to contract with an out-of-town contractor, you need to thoroughly investigate their work history and references. Even if you use a contractor that lives in town, you need to check with the Better Business Bureau and check to see if any complaints have been filed. Further, you need to make sure any contractor is licensed and bonded and you need to call to verify that their insurance is in force and effect at the time you enter the contract for the job.

Nothing can guarantee you won’t be the victim of this type of crime. But, by doing your homework, you may be able to avoid being taken advantage of by an unethical contractor.

Judge Jeff Cox is the 26th Judicial Court Judge for Bossier/Webster Parishes, Division C.



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Don't Fly Over Nebraska

Story by Andrea Gross; photos by Irv Green unless otherwise noted

It doesn't take long to fly over Nebraska, but it's much more interesting to drive.



In my years of traveling

I've flown over Nebraska many, many times. I'd look out the window and see neat plots of farmland and the winding ribbon of the Platte River, but not much else. I wasn't surprised. After all, what else is there between the Miracle Mile of Chicago and the mountains of Colorado? Last summer my husband and I decided to find out.

A former state slogan asserts that "Nebraska is where the west begins" and, as we soon learn, it begins just a few minutes after we cross the Missouri River Bridge that runs between Iowa and Nebraska.

There, in the middle of downtown Omaha, bronze bison crash through buildings, Canadian geese fly through air and a giant wagon train prepares to depart for points unknown. More than 100 larger-than-life sculptures, arranged in two non-adjacent but coordinating parks, provide a glimpse of what the pioneers were about to face.

As we fill up our gas tank, a typically pragmatic Nebraskan puts it another way. "Once those pioneers got to Omaha, they didn't have much choice. They were pretty much in the middle of what is now the United States, not counting Alaska or Hawaii. No matter which direction they turned, they had 1500 miles to go before reaching the country's edge."

Above: Nebraska is the fourth leading state in terms of agricultural production, topped only by the mega states of California and Texas and by neighboring Iowa.

Our journey suddenly sounds embarrassingly easy. We only have 450 miles to go before reaching the western edge of Nebraska, and we'll be traveling in a Honda rather than a covered wagon.

But before leaving the town where the west begins, we have to see where Warren Buffett - arguably Nebraska's most well-known citizen - began. We drive by his home at 5505 Farnam Street, where he has lived for nearly 60 years. It's a nice enough house - two stories, brick, attached garage - but not exactly a billionaire's estate. According to Zillow, a similar house would sell today for \$875,000.

Warren-stories and sightings are easy to come by in Omaha. An elderly gentleman tells us that he asked the billionaire if he'd ever used senior discounts. He enclosed a stamped, self-addressed envelope with his query, and Warren answered immediately: "I did get in as a senior citizen at the movies the other night - and note, I used your stamped envelope for the reply."

A woman says she saw Warren and Microsoft founder Bill Gates, the world's wealthiest person, at Petrow's, a family diner replete with fountain bar, where they each ordered the value-priced daily special. But for a quick snack, Buffett is said to prefer Dairy Queen, a holding of his Berkshire-Hathaway company. He usually orders a small Dusty Sundae, which

The Spirit of Nebraska's Wilderness and Pioneer Courage Parks in downtown Omaha feature more than 100 larger-than-life bronze pieces that depict Nebraska's past. *Photo credit: Omaha Convention & Visitors Bureau*





Floating down the river in an old feeding tank is a popular activity in western Nebraska.

is soft vanilla ice cream topped with malted milk powder. We decide to splurge by spending 60 cents more for a large. Omaha is one place where we can afford to eat better than a billionaire.

Following our grand indulgence, we head west on Interstate 80, roughly paralleling the route taken by nearly half million settlers during the mid-nineteenth century. The Great Platte River Road, as it was called back then, was the main path for The Oregon Trail, the Mormon Trail and the Gold Rush Trail. Today it's an Interstate Trail for modern travelers.

We get another sense of the country's vastness at Kearney's Archway, a two-story museum that, as the name implies, arches over the interstate. Inside, a host of exhibits detail Nebraska's transportation history, from wagons to trains to speeding cars.

About 25 miles past North Platte, where we stop to see Buffalo Bill's ranch and Union Pacific's giant railroad yard, a small sign advises us that we're about to enter Mountain Time Zone. We

have to adjust our watches as well as our mindset, for it's here that the west of our imagination really begins. The neat plots of farmland filled with rows of corn become vast fields filled with grazing cattle. And the traffic - as well as the number of rest stops - thins out.

Off to the north are the Sandhills, a vast, rolling prairie that covers nearly a third of the state. Highway 2, which bisects the region from east to west, is ranked as one of the ten most beautiful highways in the nation.

Interspersed amongst the cattle ranches, there's water, lots of it. In fact, the Sandhills are a recreational wonderland, filled with rivers and lakes that are perfect for fishing, swimming, tubing and - my favorite - tanking. This is a Nebraska specialty that consists of using a feeding tank meant for livestock, outfitting it with cushy seating and taking it on a float down a river.

Thoroughly relaxed and slightly damp, we return to Interstate 80 and head out to Wyoming. We've driven the length of Nebraska and one thing is certain: the best way to see Nebraska is by car - not through an airplane window.



Warren Buffett and his bridge buddy Bill Gates enjoy the atmosphere and prices at Omaha's Petrow's diner.

For more on Warren Buffet's favorite haunts and other great Nebraska destinations, see www.traveltizers.com.



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Carleton Carpenter: Actor, Author & Lion Tamer



What were the chances that a 6 foot 3 inch spaghetti-thin, 18-year-old blonde actor from Bennington, Vt., could break into Broadway on his first job interview in the 1940s?

For Carleton Carpenter, after arriving in New York City in the winter of 1944, they were clearly quite good.

“Within 24 hours I had my first Broadway role in a play called ‘Bright Boy,’” said Carpenter, who turns 90 in July, from his home in Warwick, NY. “The character was written as a tall, lanky blonde who wanted to be an actor. Talk about perfect casting!”

Although towering over most other actors, Carpenter’s fresh, youthful appearance appealed to casting directors. And while theater was always his great love – he appeared in ten Broadway productions – he also had roles in some 50 television and film productions.

Largely a supporting actor in movies, Carpenter left his mark on two musicals released in 1950.

In ‘Three Little Words,’ he appears in a memorable musical number with Debbie Reynolds – “I Wanna be Loved by You” – never speaking or singing a word. It was an odd coupling, with Reynolds over a foot shorter than Carpenter.

“I guess they just liked the look of the two of us together,” he said.

The same year, Reynolds and Carpenter appeared in “Two Weeks with Love,” although Jane Powell and Ricardo Montalban were the leads. Nevertheless, the vertically mismatched couple again stole the show with their musical highlight “Aba Daba Honeymoon,” a catchy novelty song.

“We were rehearsing and I spotted the song in a pile of old sheet music on the piano,” recalled Carpenter. “I played it for Debbie and we liked it. When

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I saw Jack Cummings, the producer, walking towards the rehearsal hall, I told Debbie to sing the lyrics very fast. He agreed it would be a good number for the two of us."

Carpenter's first leading role was in MGM's "Fearless Fagan" in 1952.

"It was loosely based on a true story about a guy who was drafted into the army and tried to take his pet lion named Fagan with him," explained Carpenter. "I had a lion for a co-star, but it was my first star billing – you just go with it!"

While publicity posters promoted the film with headlines such as "Janet Leigh, Carleton Carpenter, Keenan Wynn and introducing Fearless Fagan (himself)," Carpenter says the real Fagan made only one brief appearance at the beginning of the film.

"He had a double!" laughed Carpenter. "Fagan and I worked on the MGM lot for a month getting used to each other, but he was old. By the time we started filming, his trainer was worried he might hurt someone. The studio brought in a young lion and he was like a pussy cat. I crawled into bed with him, we wrestled, and I did every scene with him. I had padding under my uniform and around my arms, but occasionally he would nip my rump."

Janet Leigh, however, wasn't impressed with her four-legged co-star.

"Poor Janet was just terrified," said Carpenter. "But she was well protected. Off camera, the crew were watching with loaded guns just in case!"

Aside from acting, Carpenter is a songwriter and author. His mystery novels have been reissued in paperback, and signed copies are available for \$10 directly from the author (write PO Box 844, Warwick, NY 10990).

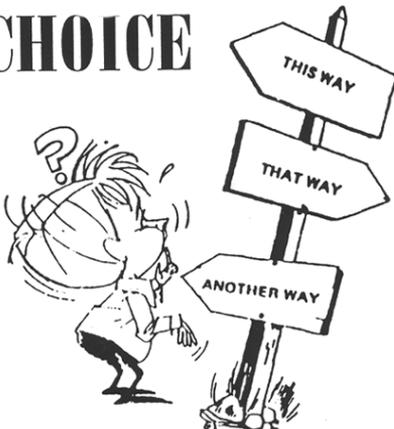
Photos: MGM publicity photo of Carpenter with young lion. Inset - Debbie Reynolds and Carleton Carpenter reunite at Cinecon 48 in 2012. Credit: Matthew Rettenmund (boyculture.com)

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 600 magazines and newspapers.

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decisions, familial dysfunction and selfish behaviors, it's easy to find relatable moments: the overprotective mom who wants the best for her children; the starry eyed man who buys into a get-rich-quick scheme, only to have it crash disastrously; the entrepreneur who wants to be great again – their hopes are what pull you in – that and the great cast of exceptional, well-defined secondary characters.

In contrast to the siblings' selfishness, in many ways the secondary characters redeem *The Nest*. Melody's twins grapple with their own coming of age and their mother's expectations. Stephanie, Leo's on-again-off-again girlfriend, refuses to be defeated by bumps in the road, even embracing them to better her own life. And there are characters who are physically disabled, or who lost someone in 9/11, who are just as intriguing as the main four.

This book is already being hailed as "the book" of 2016. Maybe it's the readability, maybe it's because every family has those people, or those strained but still somehow loving sibling relationships, or maybe it's the moments spent wondering how in the world these characters' (often terrible) decisions are going to play out. For me, it wasn't the best book of the year, but it is interesting, sometimes relatable and well-written.

Grade: B

Jessica Rinaudo is an editor and graphic designer who has fostered a love of reading from a very young age. She lives with her husband and their four children in Shreveport.

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Perfect Apple Pie

Crust

1 box (14.1 ounces) refrigerated pie crusts, softened as directed on box

Filling

6 cups thinly sliced, peeled apples (6 medium)
 ¾ cup sugar
 2 tablespoons all-purpose flour
 ¾ teaspoon ground cinnamon
 ¼ teaspoon salt
 ⅛ teaspoon ground nutmeg
 1 tablespoon lemon juice

Heat oven to 425°F. Place 1 pie crust in ungreased 9-inch glass pie plate. Press firmly against side and bottom.

In large bowl, gently mix filling ingredients; spoon into crust-lined pie plate. Top with second crust. Wrap excess top crust under bottom crust edge, pressing edges together to seal; flute. Cut slits or shapes in several places in top crust.

Bake 40 to 45 minutes or until apples are tender and crust is golden brown. Cover edge of crust with 2- to 3-inch-wide strips of foil after first 15 to 20 minutes of baking to prevent excessive browning. Cool on cooling rack at least 2 hours before serving.

Tip: Two cans (21 ounces each) apple pie filling can be substituted for the filling.

Fresh Berry Cream Tart

Crust

1 refrigerated pie crust (from 14.1-ounce box), softened as directed on box

Filling

1 8-ounce package cream cheese, softened
 ⅓ cup sugar
 1 tablespoon orange-flavored liqueur or orange juice
 4 cups assorted fresh whole berries (small strawberries, blueberries, raspberries, and/or blackberries)
 ⅓ cup red currant jelly, melted

Heat oven to 450°F. Prepare pie crust as directed on package for one-crust baked shell using 9-inch tart pan with removable bottom. Bake for 9 to 11 minutes or until light golden brown. Cool completely.

In small bowl, combine cream cheese, sugar and liqueur; beat until smooth and well blended. Spread cream cheese mixture evenly in cooled baked shell. Top with berries; brush berries with melted jelly to glaze. Refrigerate at least 2 hours before serving. Store in refrigerator.

Lemon Raspberry Pie

Crust

- 1 refrigerated pie crust (from 14.1-ounce box), softened as directed on box
- 1 teaspoon flour
- 2 tablespoons finely chopped pecans

Filling

- ½ cup sugar
- 2 tablespoons cornstarch
- ½ cup water
- 2 tablespoons margarine or butter
- 1 egg yolk, beaten
- ¼ to ⅓ cup lemon juice

Topping

- 2 3-ounce packages cream cheese, softened
- ¼ cup powdered sugar
- ½ teaspoon lemon extract
- 1 8-ounce carton frozen whipped topping, thawed
- 1 tablespoon milk
- 3 cups fresh raspberries or frozen raspberries without syrup, thawed, dried on paper towels
- Mint sprigs, if desired

Heat oven to 450°F. Prepare crust according to package directions for unfilled one-crust pie using 9-inch pie pan. Press pecans into bottom of pie crust-lined pan. Generously prick crust with fork. Bake for 9 to 11 minutes or until light golden brown. Cool completely.

In small saucepan, combine sugar and cornstarch; blend well. Stir in water, margarine and egg yolk. Cook over medium heat until mixture boils and thickens, stirring constantly. Boil 1 minute. Remove from heat. Stir in lemon juice. Pour into cooled crust. Refrigerate 1 hour.

In small bowl, beat cream cheese, powdered sugar and lemon extract until smooth. Beat in whipped topping at low speed until well blended. Add milk; mix until smooth and of spreading consistency. Spread thin layer of topping mixture around edge of crust. Reserve 4 raspberries for garnish. Arrange remaining raspberries over top of filling. Spread remaining topping over raspberries. Garnish with mint sprigs and reserved raspberries. Refrigerate 2 hours before serving. Store in refrigerator.



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- Friday July 15 - Jazz at Its Best. 3 PM at Garden Park Nursing & Rehabilitation Center, 9111 Linwood Avenue, Shreveport.
- Saturday July 16 - Jazz at Its Best. 3 PM at Waterview Court Senior Living, 2222 E Bert Kouns Industrial Loop, Shreveport.
- Saturday July 23 - Jazz at Its Best. 3 PM at Magnolia Manor Nursing and Rehabilitation Center, 1411 Claiborne Ave, Shreveport.

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- Thursday July 7: 10:00 "Shreve-

port's Oldest Cemeteries" by Susan Hardtner

- Thursday July 14:10:00 "Love, Dignity And Peace: Amie Hospice 101" by Jay Williams
- Thursday July 21: 10:00 "Shreveport Symphony" by Conductor Michael Buttermann
- Thursday July 28: 10:00 "Tools To Care For Your Pet" By Kirsten Howard of the Robinson Rescue
- Friday July 1, 8, 15, 22, & 29: 10:00 Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tech tips

CLASS

"Secrets of a Restaurant Chef" cooking classes - Offered by Crescent City Bistro, a restaurant located at 5215 Monkhouse Drive in Shreveport. Monday and Tuesday evenings, 6 - 7:30 p.m.. Chef Darrell Johnson, chef and co-owner of Crescent City Bistro, will instruct the classes. Johnson is a graduate of Le Cordon Bleu, an American Culinary Federation-certified executive chef, and a veteran of the kitchen staff at revered New Orleans restaurant Commander's Palace. Each class will have a unique theme. At the conclusion of each class, students will sample their creations. For more details of upcoming

classes or to enroll in a class, like the restaurant on Facebook (at www.facebook.com/CrescentCityBistro) or call (318) 210-0006. Cost to enroll in each class is \$50. Only 10 spaces/class.

EVENTS

American Rose Center "Train Days in the Gardens" - Every other Thursday, families are invited to come out and let their children ride the replica steam engine unlimited times for \$5. The train will run from 10:00 a.m. to 12:00 p.m. on June 2, 16, 30, July 14, 28 & August 11, 25. Families are invited to stroll the gardens and enjoy the picnic area, a playground, and a large covered pavilion. Children under 5 years old must be accompanied by an adult on the train. The American Rose Center, located at 8877 Jefferson Paige Road in Shreveport, LA, is open Monday through Saturday 9 a.m. to 5 p.m. and Sunday 1 p.m. to 5 p.m. Admission is by donation.

Ark-La-Tex Genealogical Association 'Genealogy Expo' - Saturday, July 9 from 1 to 3 PM at the Randle T. Moore Center, 3101 Fairfield Ave (corner of Fairfield Ave and Kings Hwy), Shreveport. This event will feature demonstrations of various genealogy research tools and techniques, including use of Facebook, Rootsmagic software, online newspaper searches, military research methods plus others. **FREE** and open to the public. For information call 746-1851 or email jjohnson747@suddenlink.net.

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MEETINGS

Caregivers' Memory Loss Support Group - Support group for those caring for loved ones suffering from memory loss related illnesses. 5:30 p.m. – 6:30 p.m., on the first Thursday of every month at Harrell Library at The Glen (Access via Main Entrance on Flournoy Lucas Road). **FREE**. For info, 798-3500 or info@theglensystem.org.

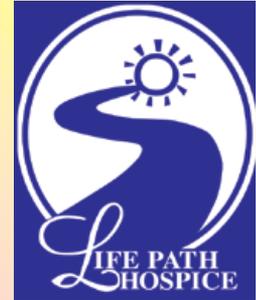
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THEATRE

"Beauty and the Beast" - July 15, 16, 22, 23 at 7:30 PM; July 16, 23 at 2:00 PM; July 17, 24 at 3:00 PM. Emmett Hook Centre at First United Methodist Church, 550 Common Street, downtown Shreveport. Disney's "Beauty and the Beast" is the classic story of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped in a spell placed by an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed to his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity. \$25 adult, \$20 senior/military, \$15 child/student. For tickets call 429-6885 or emmetTHOOKcenter.org.



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ACROSS

- 1 Towel designation
- 4 Wildebeest
- 7 Oscar winner Patricia
- 11 Concept
- 13 A billion years
- 14 Gumbo need
- 15 Ripped
- 16 Kreskin's claim
- 17 Office part-timer
- 18 Does in
- 20 Opposite of "nope"
- 22 Commonest English word
- 24 Elvis' instrument
- 28 Annoys
- 32 Cutting tool
- 33 Jai --

DOWN

- 34 Knock
- 36 Pleased
- 37 Fool
- 39 Roams
- 41 Followed relentlessly
- 43 Menagerie
- 44 Chew, as rodents do
- 46 Used a paper towel
- 50 Cincinnati's state
- 53 Pinch
- 55 Infamous Roman emperor
- 56 Aspiration
- 57 Genetic stuff
- 58 Kindly bloke
- 59 Disarray
- 60 Evergreen type
- 61 Decks in the ring

DOWN

- 1 Smacks
- 2 "American --"
- 3 Antitoxins
- 4 "Golly!"
- 5 Inquisitive
- 6 Open, in a way
- 7 "Forget it!"
- 8 -- out a living
- 9 Upper limb
- 10 Once around the track
- 12 Cole Porter musical
- 19 That girl
- 21 Arctic bird
- 23 Blunder
- 25 Mosaic piece
- 26 Somewhere out there
- 27 Ball club from 50-Across
- 28 Musical combo

- 29 Hodgepodge
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- 31 Witnessed
- 35 Peace (Sp.)
- 38 Japanese money
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- 42 Fine and --
- 45 Sommelier's suggestion
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- 48 Cubesmith Rubik
- 49 They get connected
- 50 Resistance unit
- 51 Weeding implement
- 52 Tape speed meas.
- 54 Dog's hand

Puzzle answers on page 42. ©2016 King Features Synd., Inc.

MAGIC MAZE ●

ADDING IN OR
OUT PREFIX
MAKES A NEW
WORD

A E B Y V R O L I F C Z W T Q
 N K I F C Z W U R P M J H E C
 Z X U S G Q G N L J G E C Z X
 V T R P N N N L J H D E D C A
 Y W V T I R I P N L K R R I G
 E C B O Z X T W W U S E A X C
 R P G O M L T (B O U N D) W O J
 I G E D B A U Y X R O L M B B
 W U T S Y Q P P O O G E A N T
 T N E I T A P L R E D I S W E
 K J H G F D L S W O L F C B S

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- | | | | |
|-------|---------|---------|-------|
| Board | Doors | Growing | Set |
| Bound | Fielder | Laws | Sider |
| Box | Flows | Lay | Ward |
| Come | Going | Putting | |

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Sudoku

by Linda Thistle

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

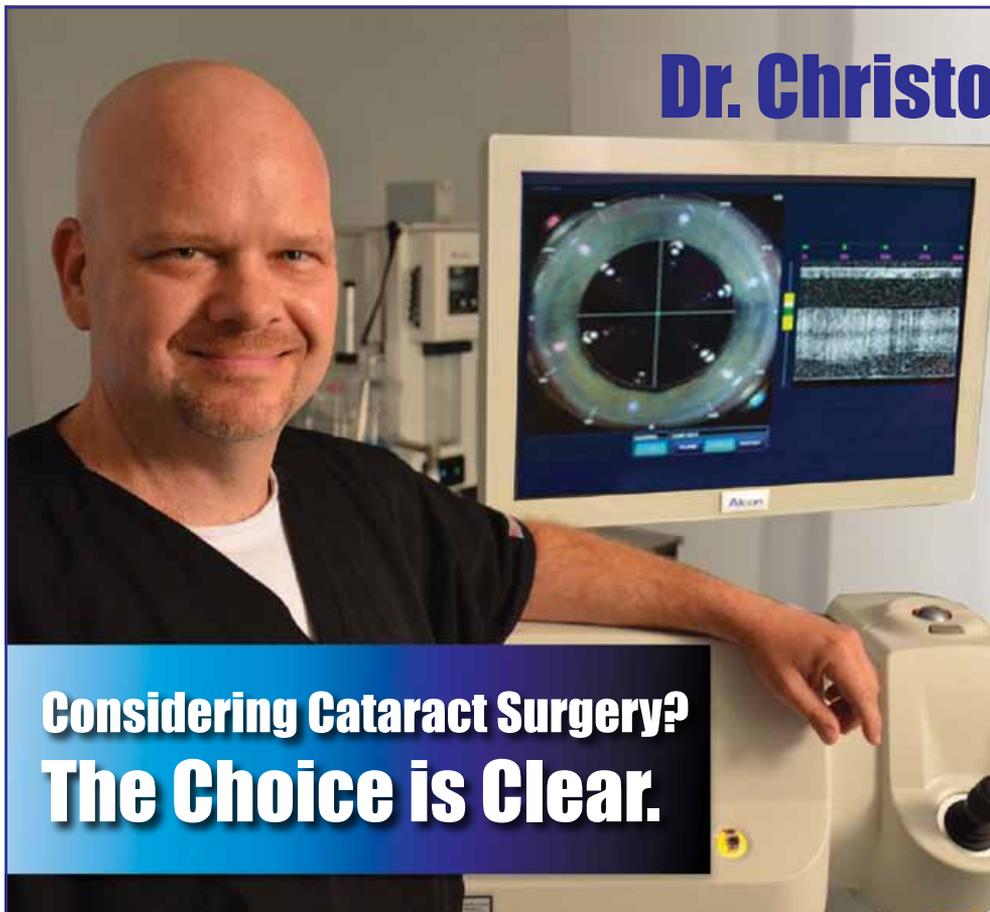
Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

Difficulty: ♦♦

- ♦ Moderate ♦♦ Challenging
 ♦♦♦ HOO BOY!

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PARTING SHOTS

The Shreveport Bridge Association held their annual awards ceremony on Sunday June 5.

Mini-McKinney medals were given to those members who received the most total points in their respective division in 2015. (back row l to r) Bob Ayers, Charlie Weed, Dot Nutall, Ike Hawkins, Ben Sour, Betty Ann Kennedy, (front row) Ardith Thompson, Anne Marston, Pat Hanisee, Ann Green, Susan Young



5 time world champion Betty Ann Kennedy received a special award in recognition of accumulating over 20,000 masterpoints.



Bobbie Goodman, Nell Cahn, Pam Kenyon, and Dot Nutall with new Life Master Susan Young (seated)



Ace of Clubs certificates were given to those who were awarded the most master points in their division at the club level in 2015. (back row l to r) Jason Mook, Pat Berry, Bob Ayers, Ike Hawkins, Judy Steinfeld, Ben Sour, Jean Cheatham, Betty Ann Kennedy; (Front) Ardith Thompson, Anne Marston, Ann Green, Susan Young

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KYLE A. MOORE

Kyle A. Moore of the law firm of Weems, Schimpf, Haines, Landry, Shemwell & Moore, APLC has been selected as the newest member of the Special Needs Alliance. The Special Needs Alliance (SNA) is a national, non-profit collective of many of America's leading disability and public benefits attorneys. Currently in 48 states, the SNA's mission is to help enhance the quality of life for people with disabilities by coordinating private resources with public benefit programs through special needs planning and trusts. Membership to the SNA is extended by invitation only and Moore is one of only three members in Louisiana.



VICKIE T. RECH
Client Care Coordinator

Our family was challenged with finding solutions to the many problems we were facing while handling affairs for our mother. Through the recommendations of a friend, we found our way to Kyle Moore and Vickie Rech. We cannot express sufficiently our deep appreciation for the incredible job they did and are doing for our mother. The many complexities of her financial situation are being handled professionally, in a timely manner and with compassion for our family. We consider them friends as well as legal advisors and highly recommend them!

-Darlene Franks Pace & Carolyn Franks Browning



Waterview Court Staff

Waterview Court celebrated Red Nose Day with residents and staff by wearing red noses and playing bean bag baseball.



Pat Covington, Executive Director



Mandi Stoner, Receptionist



Natalie Robinson, Anthony Dillard



(l to r) Ursula Weaver, Belia Kulick, Natalie Robinson and Tom Wilson

AC Duct Cleaners

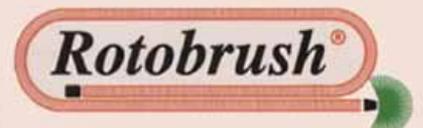
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CARING FROM THE HEART



Front Row (L to R): Chasity Ellis, Vicki Ott, Jennifer Cole
Seated (L to R): Somanya Jackson, Kacee Ferrier
Back Row (L to R): Angie Hayes, Charlotte McCune, Donnie Flint



Vicki Ott, Executive Administrator
Angie Hayes, Assistant Administrator
Donnie Flint, Director of Nursing
Charlotte McCune, Assistant Director of Nursing
Kacee Ferrier, Director of Rehab
Chasity Ellis, DPT/Assistant Rehab Director
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