

September 2012

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Sept. 24-28

Monday, Sept. 24

Franks Community Centre Living Room

1:30 p.m.: "Road to a Healthy Heart" - heart healthy lectures and screenings

"Grocery GPS: Tour the Aisles" - tips on healthy eating and snacking

Oak Room, Tower at The Oaks

5:30 p.m.: "Destination Broadway: Grab Your Dinner Jacket" - fine dining and live entertainment

Tuesday, Sept. 25

Franks Community Centre Living Room

10-11:15 a.m.: "Don't Trip: Book Your Itinerary to Fitness" - panel discussion on mental exercises and fall prevention

Wednesday, Sept. 26

Ballroom, Tower at The Oaks

1-3 p.m.: "Memory Lane: Skills and Activities to Keep You on Course"

Thursday, Sept. 27

Ballroom, Tower at The Oaks

10-11 a.m.: "Nutritional Navigation: Charting Your Course to Strong Bones and Memory" with Julie Hartley, Willis-Knighton dietitian

Friday, Sept. 28

Lake Eleanor and LifeTrail®

8:30 a.m.: "Stroll & Roll: A Journey for the Heart and Soul" - walk and fitness expo

Registration required.

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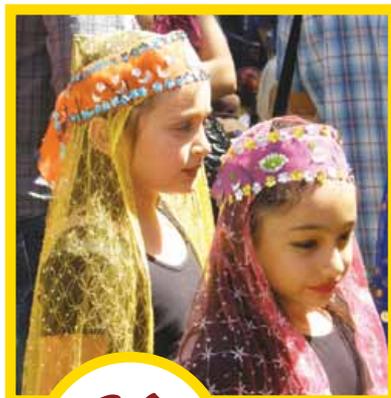
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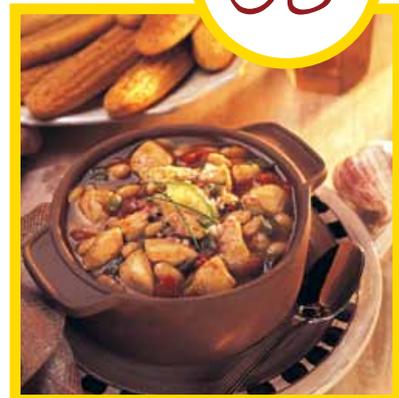
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Invite you to attend one of these upcoming
AARP Driver Safety Program Courses

By taking the AARP Driver Safety Course participants may:
Update their knowledge of the rules of the road, learn or
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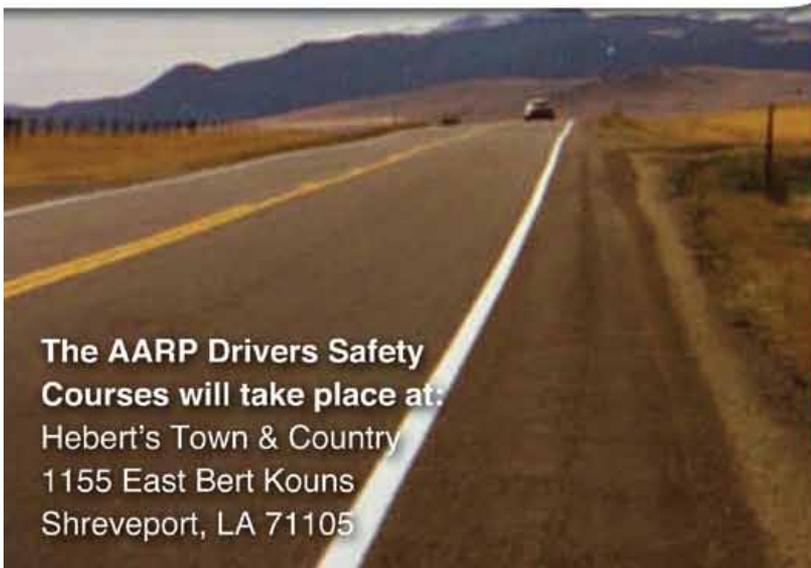
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(Registration begins at 8 am)

Saturday, September 15, 2012
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, October 13, 2012
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, November 17, 2012
8:30 am to 12:30 pm
(Registration begins at 8 am)

Saturday, December 8, 2012
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(Registration begins at 8 am)

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Grandparents play such an important role in the lives of their grandchildren. Some are actively involved with their

grandchildren on a day-to-day basis, others who live at a distance keep in touch with new technologies such as Skype and email. But I'm sure that most grandparents will agree that things have changed tremendously since they brought their own babies home.

In observance of National Grandparents Day, which falls on September 9, this month's feature by Kelly Phelan Powell looks at the unique role that grandparents play with updated safety tips and activities that are fun for all ages. We also check in on Lisa Marie Presley's efforts to keep her dad's legacy alive for his grandchildren and take a quick peak at some of the new ways to stay connected.

What do you think of that beautiful baby girl with the big blue eyes and her equally stunning grandmother that grace our cover this month? That is our very own graphic designer's daughter Sarah and her very young-looking mother Kathy Booth. Kudos to Jessica Rinaudo for that photo, as well as the photos used to design our feature.

Our Poker Rally is this week so our office is full of activity. Make sure to pick up our October issue to see who won.

Tina

The Best Of Times

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Do you have a question for one of our guests?
Please email Gary.Calligas@gmail.com prior to the show.

SEPTEMBER 8

"Shreveport Symphony Orchestra
Season 2012 - 2013"
Michael Butterman, Musical Director
and Conductor

SEPTEMBER 15

"Couponing to Save Money"
Jennifer Richardson, the Savvy
Shopper

SEPTEMBER 22

"Artificial Pancreas Treatments for
Diabetic Patients"
Deborah K. Adcock, MD, Medical
Director and Susan Posey,
Marketing Director with Diabetic Life
Pulse of Louisiana, LLC

SEPTEMBER 29

"National Recovery Month for
Compulsive Gamblers"
Dr. Kent Dean, Director of Outpatient
Programs for Louisiana Association
of Compulsive Gambling

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Iced Tea May Contribute to Painful Kidney Stones

A Loyola University Medical Center urologist is warning that iced tea can contribute to kidney stones. Iced tea contains high concentrations of oxalate, one of the key chemicals that lead to the formation of kidney stones, a common disorder of the urinary tract that affects about 10% of the population in the United States. Researchers noted that for people who have a tendency to form the most common type of kidney stones, iced tea is one of the worst things to drink. The most common cause of kidney stones is not drinking enough fluids. And during hot weather, people can become dehydrated from sweating. Dehydration, combined with increased iced tea consumption, raises the risk of kidney stones, especially in people already at risk. People are told that in the summertime they should drink more fluids. A lot of people choose to drink iced tea, because it is low in calories and tastes better than water. About 85% of tea consumed in the United States is iced, according to the Tea Association of the USA.

Mediterranean Diet Rich in Olive Oil May Protect Bones

A study to be published in the *Journal of Clinical Endocrinology and Metabolism* (JCEM) shows consumption of a Mediterranean diet, rich in fruits and vegetables, enriched with olive oil is associated with increased serum osteocalcin concentrations, a key ingredient to keeping osteoporosis in check and suggesting a protective effect on bone. For this study, elderly subjects were followed for 2 years. Participants were randomly assigned to three groups: Mediterranean diet with mixed nuts, Mediterranean diet with virgin olive oil, and a low-fat diet. Researchers found that consumption of the Mediterranean diet with olive oil was associated with a significant increase in the concentrations of total osteocalcin and other bone formation markers. There were also no significant changes in serum calcium in subjects taking olive oil whereas serum calcium decreased significantly in the other two groups.

Obesity, Metabolic Factors Linked to Faster Cognitive Decline

People who are obese and also have high blood pressure and other risk factors called metabolic abnormalities may experience a faster decline in their cognitive skills over time than others, according to a study published in *Neurology*. Metabolic abnormality was defined as having two or more of the following risk factors: high blood pressure or taking medication for it; low HDL or “good” cholesterol; high blood sugar or taking diabetes medication; and high triglycerides (a type of fat found in the blood) or taking medication to lower cholesterol. Over the 10 years of the study, people who were both obese and metabolically abnormal experienced a 22.5% faster decline on their cognitive test scores than those who were of normal weight without metabolic abnormalities.



Mom Was Right: Eat Your Breakfast

Skipping breakfast could raise your risk of contracting Type 2 diabetes, according to a study in *The American Journal of Clinical Nutrition*. Researchers studied the eating habits of 29,000 men over the course of 16 years. The study concluded that the men who consistently skipped breakfast had a 21% higher chance of developing diabetes than those who ate breakfast. The study didn't indicate why eating breakfast lowers the risk for Type 2 diabetes, however, other studies have suggested that eating a morning meal stabilizes blood sugar throughout the day.

Additionally skipping breakfast can lead to unhealthy habits all day long. According to a panel discussion during a symposium at the Institute of Food Technologists (IFT) 2012 Annual Meeting & Food Expo, compared to breakfast-eaters, breakfast-skippers tend to weigh more and have other unhealthy habits. Studies have found that breakfast-skippers consume 40% more sweets, 55% more soft drinks, 45% fewer vegetables and 30% less fruit than people who eat breakfast.

Magnetic Stimulation of Brain May Aid Stroke Recovery

Imagine waking up and being unable to see or recognize anything on the left side of your body. This condition, called hemispatial neglect, is common after a stroke that occurs on the right side of the brain. The current treatment of attention and concentration training using computer and pencil-and-paper tasks is inadequate. A study published in the online issue of *Neurology*, shows that magnetic stimulation of the nerve cells in the brain may speed up the recovery from this condition.



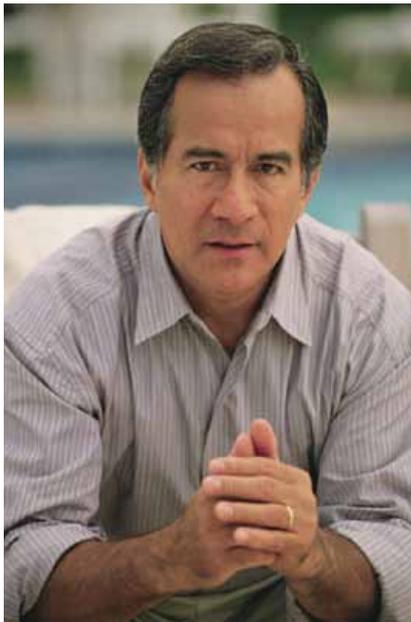
Breast Cancer Patients May Benefit From Radiation After Lumpectomy

For the majority of older, early-stage breast cancer patients, radiation therapy following breast conserving surgery may help prevent the need for a later mastectomy, according to research from The University of Texas MD Anderson Cancer Center. The findings, published in the journal *Cancer*, are contrary to current national treatment guidelines, which recommend that older women with early stage, estrogen-positive disease be treated with lumpectomy followed by estrogen blocker therapy alone -- and forgo radiation therapy post-surgery. Within 10 years of their treatment, 6.3% of the women who did not receive radiation therapy had a mastectomy, likely because of a breast cancer recurrence, compared to 3.2% who had the additional treatment. In patients with high-grade tumors, regardless of other factors such as age and/or tumor characteristics, radiation seemed to be highly beneficial.

Lower Vitamin D Could Increase Risk of Dying, for Frail, Older Adults

A new study concludes that among older adults – especially those who are frail – low levels of vitamin D can mean a much greater risk of death. The randomized, nationally representative study found that older adults with low vitamin D levels had a 30% greater risk of death than people who had higher levels. Overall, people who were frail had more than double the risk of death than those who were not frail. Frail adults with low levels of vitamin D tripled their risk of death over people who were not frail and who had higher levels of vitamin D. The study was published online in the *European Journal of Clinical Nutrition*. Frailty is when a person experiences a decrease in physical functioning characterized by at least three of the following five criteria: muscle weakness, slow walking, exhaustion, low physical activity, and unintentional weight loss. People are considered “pre-frail” when they have one or two of the five criteria.

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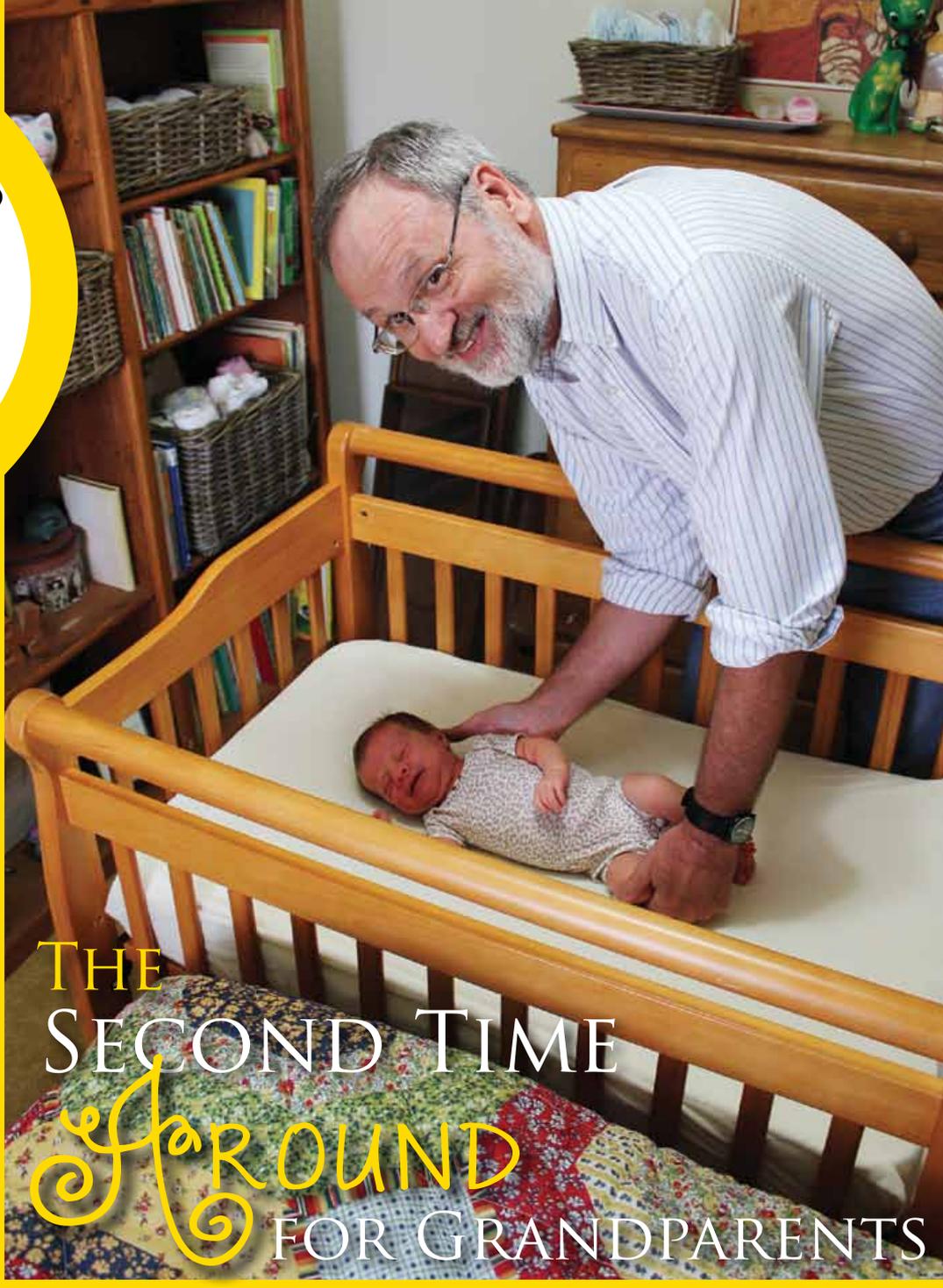


THE NATIONAL
INSTITUTE OF CHILD
HEALTH & HUMAN
DEVELOPMENT
RECOMMENDS
PLACING BABIES ON
THEIR BACKS TO
SLEEP

BY KELLY PHELAN POWELL
PHOTOS BY JESSICA RINAUDO

The best thing about having grandchildren, they say, is that you can love them, spoil them, play with them – and then give them back. Grandparents have unique perspectives to offer their grandchildren, and the bond between them can be almost as strong as those between a child and his or her parents. But for most grandparents, it's been quite a while since they've had a baby in the house, and the rules have changed over the last couple decades. Here, we've rounded up a list of things you need to know – safety precautions as well as some ideas to keep everyone from getting bored – to ensure that you and the grandkids have a grand time together.

Most can remember the all-consuming worry that comes with bringing your first child home from the hospital. Realizing that you were wholly and solely responsible for that tiny newborn's health and wellbeing was nearly overwhelming. So it's no surprise to you that your child and his or her spouse are freaking out a little. They may be spouting off statistics, asking you to read books and forwarding you links from Web sites. Meanwhile, you're thinking to yourself, "I raised a kid without reading all this



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stuff and buying a bunch of safety gear, and everything turned out just fine!"

Though the safety regulations may have changed, that doesn't mean you did anything less than a stellar job raising your own children. But scientists, doctors and children's product manufacturers are constantly conducting research in order to keep kids safe. And happy, healthy children are something everyone can agree on.

Dr. David Pace, a board-certified pediatrician at Mid City Pediatrics in Shreveport said the list of possible safety

measures is endless, but he stressed that "the best care of all is good, old-fashioned diligence, attention and common sense when it comes to looking after children," he said. Pace answered some common questions that parents and grandparents have, but he reminds everyone that this is not an all-inclusive list, and these are the opinions of one doctor. Always follow the instructions of your grandchild's own pediatrician.

Make sure you know how to use your grandchild's car seat or booster seat.

MAKE SURE YOU
KNOW HOW
TO USE YOUR
GRANDCHILD'S
CAR SEAT OR
BOOSTER SEAT



The National Highway Traffic Safety Administration says car accidents are the number-one killer of children 1 to 12 years old in the U.S. Place the child in the car seat with his or her back flat against the car seat. Make sure none of the straps are twisted. Tighten the straps until they're snug (they're snug enough when you can't pinch any extra material on the straps). Bulky clothing or blankets can prevent a snug fit, so buckle the child in first, then place coats or blankets over the child if she's cold. For booster seats, the lap belt should lie snugly across the child's upper thighs, not the stomach. For more information about safe car seat and booster seat usage, go to www.safecar.gov and click on "Parents Central."

In 1994, the Eunice Kennedy Shriver National Institute of Child Health & Human Development (NICHD) began the Back to Sleep campaign as a way to educate parents, caregivers, and health care providers about ways to reduce the risk for Sudden Infant Death Syndrome (SIDS), also known as "crib death." As the name suggests, the recommendation is to place healthy babies on their backs to sleep. "Since the campaign started, the percentage of infants placed on their backs to sleep has increased dramatically, and the overall SIDS rates have declined by

more than 50 percent," says the NICHD. Regardless, Pace said, some people still put babies to bed on their stomachs with the explanation that they sleep better that way. "Sometimes, that may be the case," he said, "but most babies very quickly get used to the position they are consistently placed in." He also said to avoid using soft bedding or placing pillows or stuffed animals in a baby's crib.

Bicycle helmets are another relatively recent safety precaution, but they're one that makes good sense. As the Mayo Clinic says, "If you fall from your bike, the bicycle helmet takes the force of the blow instead of your head." We don't always think of low-speed falls from a bicycle, a skateboard or roller skates as being potentially deadly. "We now understand a lot more about how long a concussion can affect the brain and just how serious the consequences may be if a child returns to normal activity too soon," Pace said. Even if your grandchild wears a helmet, assess his or her condition after any head injury, even if it seems only to be a minor one. Pace said, "A head bump that results in a loss of consciousness is always an emergency that requires an ER visit so a CT scan can be done. In fact, so does a bump that causes no loss of consciousness but does cause any level of

disorientation, confusion or abnormal behavior."

For some children, even favorite snacks can be problematic. We all know not to feed a child food to which he or she is allergic, but what if we're not aware of an allergy? This situation is a classic example of the old axiom, "an ounce of precaution is worth a pound of cure." Pace said, "Most pediatric allergists recommend holding off on feeding shellfish until age 2, and peanuts and peanut butter until 3 or 4 years of age. Honey is not good before age 1 because of toxins that are dangerous for babies, and no eggs before 1 because of allergies."

Sunburn and insect bites are two big problems for Louisiana children for most of the year. "In the past rubbing alcohol was frequently used to treat maladies like sunburn or even fever by rubbing kids down with it," Pace said. "This is no longer recommended because it gets absorbed through the skin. Other, safer, more effective treatments for sunburn, fever and insect bites are available at any pharmacy."

Fortunately, a well-stocked first-aid kit is all you need to deal with most of the bumps and bruises your grandchildren are likely to encounter. Pace recommends keeping items like bandages, antiseptic,

antibiotic ointment, children's Tylenol, ibuprofen and Benadryl on hand. Of course, make sure you have access to any prescription medications they may take as well, and double check that you're giving them the correct dosages.

If you would like further information on these or any other safety topics, Pace said the American Academy of Pediatrics Web site, healthychildren.org, is a reliable source, as is the Centers for Disease Control and Prevention (www.cdc.gov). "A very important resource for anyone with kids around is the phone number for Louisiana Poison Control," he added. "They have an unmatched ability for quick access and in-depth information available for free to anyone with a phone. They not only cover poisons but can give instructions on everything from scorpion or insect stings to houseplant ingestions. They can be reached at (800) 222-1222. It's easy to remember the number – all 2s except for a 1 in the middle."

With any luck, boredom will be the biggest problem you encounter with your grandkids, and that's the easiest fix of all. There's plenty of family fun to be had in Shreveport-Bossier.

Located in Keithville, Chimp Haven is a national chimpanzee sanctuary. Families can attend Discovery Days where they can tour the sanctuary and observe the animals. For dates and times, call (318) 925-9575 or visit www.chimphaven.org.

Sept. 29 through Jan. 20, visitors to Sci-Port: Louisiana's Science Center will have the unique opportunity to

experience the story of the legendary RMS "Titanic" through 200 authentic artifacts and extensive room re-creations. This year marks the 100th anniversary of the great ship's collision with an iceberg, which caused it to sink and claimed more than 1,500 lives. For more information, hours and admission prices, call (877) 724-7678 or go to www.sciport.org.

The 8th Air Force Museum preserves the aircraft and memorabilia that tell the dynamic history of Strategic Bombardment at the home of the 2nd Bomb Wing, the 8th Air Force and the new Air Force Global Strike Command at Barksdale Air Force Base. Visitors can see vintage aircraft like the B-17 and B-24 bombers and the P-51 Mustang of World War II. They also have on display in the airpark the highest and fastest flying jet aircraft ever, the MACH 3+ SR-71 Blackbird. Inside, a WWII-era briefing room plays a 20-minute video about the history of Barksdale, as well as six exhibit galleries that help tell the base's story.

This month, take time to reflect on the positive impact you, as a grandparent, can have on your grandchildren and the new role you now play in your children's lives, and discover "grand" new ways to celebrate family.

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Hi, Grandma and Grandpa!

Staying connected is a phone call – or an online chat - away

by Darci Swisher

Grandparenting, or even parenting, long distance is easier than ever with modern technology.

Camille Noe Pagán's two toddlers use Skype, a free service for Internet video calls, to visit regularly with her husband's

parents, who live states away.

"Indi was about two-and-a-half when we started Skyping with JP's dad," says Pagán, a novelist in Ann Arbor, Mich. "We see him about two to three times a year, and I think that virtual chatting has definitely helped Indi remember who he is."

And her son, Xavier, has been Skyping since birth - long before he had any idea what he was doing.

"It helped JP's parents feel like they were able to see him in all the baby stages instead of every quarter or six months when he looked like a different person," she adds.

But keeping in touch with older kids may be more difficult. A new study by Pew Research Center's Internet & American Life Project found that only 14 percent of teens talk daily with friends on a landline, and only 26 percent do so on cell phones.

However, the study notes that 75 percent of teens send text messages through their cell phones, with the average number of texts rising to 60 a day in 2011.

Technology-savvy parents and grandparents might be wise to keep texts simple, lest their well-intended communications end up on a website like "When Parents Text," a blog "dedicated to the trials and errors that come when a parent handles a cellphone."

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- Long - Term Care Center?
- Intensive Inpatient Rehab Unit

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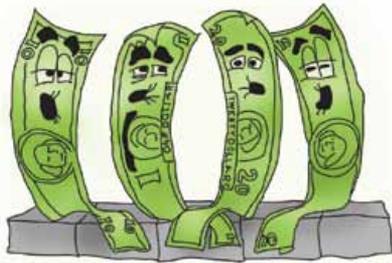
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MONEY TALK



by R. Wayne Edwards, June 2012

The twenty, the ten,
The five and the one,
Were speaking of all
The things they had done

Waiting destruction,
They were wrinkled and worn
Some were defaced
And others were torn.

The twenty had been
To England and France
And had been involved
In foreign finance.

The ten said that he
Had traveled the States
And seen lots of movies
While going on dates.

The five said that he'd
Been favored by youth
Hid under their pillows
When they lost a tooth

Then they asked the one
To complete their research,
He said that his trips
Were mostly to church!

Wayne Edwards is a native Texan, graduate of Texas A&M University, and retired Air Force officer. He lives, with his wife Ruth, on a fish farm in Texas. Please visit him at www.familypoet.com.

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ELVIS *through*

Lisa Marie's eyes



Keeping The King's legacy alive for his grandchildren

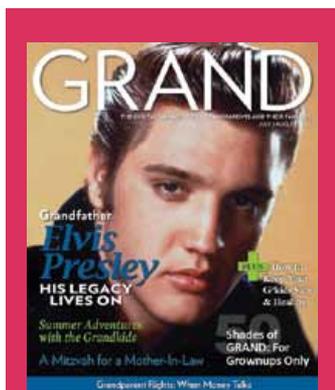
By Mary Ann Cooper, celebrity journalist and author of "Grandeur: The Personal Reflections of Famous Grandparents"

In 1977 cultural and music legend Elvis Presley died at his family estate, Graceland. This left his daughter, Lisa Marie, who was there on that tragic day, with much to work through after the grieving subsided - including escaping her iconic dad's shadow to forge her own identity and making sure her children - the grandchildren of The King of Rock and Roll - could do the same.

Like her father, Lisa Marie is passionate about music, and after years of having her music inspired by anger, she's finally "shedding the barnacles" of fury and overindulgences that she admits were not good for her. She released a new album this summer, borne of love and joy and entitled Storm and Grace. She says having her 3-year-old twins, Finley Aaron Love and Harper Vivienne Ann, has "softened" her. And as part of that mellowing process, Lisa Marie has also been able to appreciate and cherish the Presley family estate Graceland, the scene of the worst event of her life, much more. Earlier this year she opened a new two-year exhibit there called "Elvis, Through His Daughter's Eyes," which has 200 items, includ-

ing family photos and home movies chosen by her that explore her experience of growing up at Graceland and the relationship with her famous father. Artifacts also include Lisa Marie's baby footprints, clothing, childhood tricycle, record player, crib, and a gold ID bracelet given to her by Elvis. She launched the exhibit on her birthday, admitting it was the first time she had celebrated that occasion there, but noting happily that family gatherings at Graceland are becoming more of a tradition for her and her husband, Michael Lockwood, and their young twins, as well as two grown children from her previous marriage to Danny Keough: Riley (22) and Benjamin (19).

Yet Lisa Marie concedes that living at Graceland as the daughter of a legend wasn't always easy. She's careful to make sure Elvis's grandchildren appreciate the Presley legacy but aren't overwhelmed by it. The twins, who attended the exhibit with their mom, are already beginning to learn how special their grandfather was. Lisa Marie recalls that seeing all her childhood trinkets and toys "capsulated in one single room" made her gasp. Little



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Finley took note, pointing around the room to images of Elvis saying, "That's my grandfather." Lisa Marie explains, "They have a little iPod in their room, and I put his music on it. And they dance and I explain, 'This is your grandfather.' And they kind of just happily say, 'That's my grandfather.'"

Lisa Marie's older children appreciate their grandfather's iconic status but have carved out their own unique identities. Riley, who is a model and actress with four movies being released this year, says nobody made "this huge thing" of Elvis being her grandfather. Elvis was pictures in a family photo album and loving stories Lisa Marie told about her relationship with her dad - from the golf cart rides on Graceland property to singing "I Can't Help Falling in Love with You" to her at night. Lisa takes pride in Riley's successful career, noting she "didn't want her to have that shadow where she felt in competition and intimidated by anything. I wanted my children to be able to do anything they wanted to do."

Benjamin, who has the same sultry look as Elvis, is following in the musical footsteps of his grandfather and mother. In 2009 he signed a multimillion-dollar five-album deal with the record company Universal. But Benjamin doesn't intend to be his grandfather's clone. He explains, "The music will be nothing like Elvis, nothing at all."

Still, despite their drive for individuality, Graceland keeps calling the Presley heirs back to celebrate their family legacy and make new memories. Lisa Marie says, "Being here means everything to me. I have a real strong sense of home here. The babies love it, my husband and my older children love it. I feel rooted here."

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No Cell Phones Turned On in the Courtroom!

by Judge Jeff Cox

You may think this is a strange topic to write in this column. However, in the last couple of months, the court has been plagued with persons bringing in cell phones to the courtroom. This has caused many problems for the court and court personnel.

As you enter the courthouses, you will usually notice signs at the door that direct you to turn off any cell phones. When you enter the courtrooms, a bailiff will usually address the audience and let them know that cell phones are to be turned off and no one is to use them in the courtroom. If a cell phone does ring in the courtroom, the judge can either reprimand the person whose phone rang or may confiscate the phone and keep it until the close of business on Friday of the week the person was in court if there have been other instances where a phone has rang in the courtroom. The cell phones, as well as cameras, have been excluded from the courtrooms by the Louisiana Supreme Court and local District Court Rules.

Cell phones cause a distraction in

many ways in the courtroom. First, they interfere with the recording equipment in the courtroom. Each matter that appears before the court must be recorded. Cell phones cause a humming in the system which makes it difficult to record the proceedings. In addition, the humming sound makes it difficult for a court reporter to hear and transcribe the proceedings. As such, cell phones must be turned off.



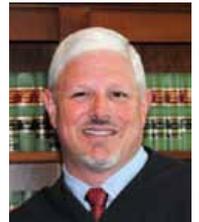
Second, cell phones ringing out in the courtroom can be a distraction. Many times, I have been in the middle of a proceeding when a cell phone rang out in the courtroom. This has distracted my train of thought and caused me to have to refocus

and possibly go back through steps I had already covered. You have to remember that a person appearing before a judge wants that judge's undivided attention. Cell phones can cause a distraction that can take away a judge's attention at a critical time in a case.

Third, cell phones have camera and recording abilities. Cameras and recording of cases are expressly prohibited in the courtroom. If a person is taking pictures or recording any of the events in the courtroom, the person's cell phone can be confiscated. In addition, the phone may be searched and any pictures taken or recorded can be ordered to be deleted from the phone before the phone is returned to the person. By entering the courtroom and using the cell phone, you are potentially consenting to the search of the cell phone if it is used while court is proceeding.

As you can see, cell phones present many problems for the court. Judges do not want to have to reprimand a person or confiscate a person's cell phone. However, a judge is responsible to control his or her courtroom. The best thing a person can do that is entering a courtroom is to turn off the cell phone until court is completed and they have left the courthouse.

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



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In considering a nursing home for future placement of a family member, I am told that I should review the home's most recent state survey. Where can I obtain one?

Survey results are posted online at www.medicare.gov/NHCompare. You may search the site by city, zip code, or the name of the particular homes. It will give you a comparison of each home to the state and national averages of issues cited. If you do not have Internet access, you may ask the nursing home staff to see the survey since homes are required to display a copy of their most recent survey in a public area.



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yet to focus on the decisions they'll soon be making about their health care.

One decision will be whether to join the traditional fee-for-service program run by the federal government or sign up for a Medicare Advantage health plan sold by a private insurer.

About three in four beneficiaries opt for Original Medicare, which has existed since the 1960s. With this kind of coverage, you can go to any doctor, hospital or other provider that accepts Medicare patients.

Medicare pays the doctor or hospital a fee for the service you receive. That fee generally covers 80 percent of the Medicare-approved amount for the care, after you meet your annual deductible.

You have a few choices for covering the other 20 percent:

- You may use your retiree health plan from your former employer, if you have such a policy. Some employers assume at least part of the cost, so retiree plans may be less expensive or more generous than other supplemental coverage.
- You may qualify for Medicaid, if you have limited income and savings. Besides helping you with your out-of-pocket costs like co-insurance and deductibles, the state-and-federal Medicaid program may pay for your monthly Medicare premiums, too.
- If neither of those two options applies, you may buy a "Medigap" policy from a private insurer to cover deductibles and co-insurance costs. There are 10 kinds of Medigap plans, with different benefits, so you'll have to decide which best fits your needs.

Though Original Medicare's Parts A and B cover most of your hospital and doctor bills, you'll also want to think about adding the Medicare drug benefit by enrolling in a Part D plan from a private insurer.

Even if you don't take a lot of prescriptions, it's still smart to consider the coverage when you first become eligible for Medicare. Otherwise, you may have to pay a late enrollment penalty later.

Original Medicare remains the favorite among people who want the broadest possible access to medical providers. When coupled with a supplemental plan, it makes health care costs relatively predictable.

Still, one in four beneficiaries now prefers to receive care through a private health plan. Instead of choosing Medicare's traditional fee-for-service program, you can buy a Medicare Advantage plan.

With Medicare Advantage, insurance companies contract with the government to provide care. The private insurers set their own premiums, deductibles and co-payments for their clients.

The health plans may offer cost advantages over Original Medicare and some added benefits, but, depending on the particular plan, they may also restrict your choice of hospitals and doctors.

About to Turn 65? Which Way Do You Want Your Medicare Coverage?

By Bob Moos

Every day, another 10,000 baby boomers turn 65. Most know they'll be qualifying for Medicare, but many don't realize they'll have two ways to get their new health care coverage.

So here's a brief primer for all those busy boomers who are fast approaching Medicare age but haven't had time

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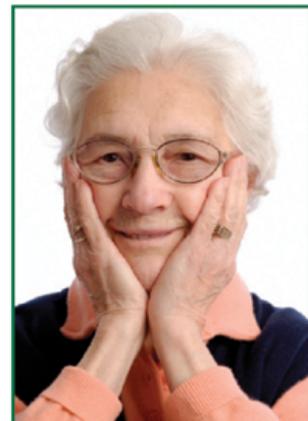
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Many Medicare Advantage plans charge a premium on top of your Part B monthly premium, but, unlike with Original Medicare, there's no need for you to buy supplemental "Medigap" insurance.

As for drug coverage, you'll generally need to get it through your Advantage plan. Most plans, in fact, include prescription drugs with their other benefits and charge a single premium.

Medicare Advantage enrollment has grown by 10 percent in 2012 and exceeds 13 million nationwide, or 27 percent of Medicare beneficiaries. In Louisiana, it has increased 10 percent and totals 179,696, or 25 percent of beneficiaries.

The private health plans have been especially popular among people with low to moderate incomes. They provide relatively affordable supplemental coverage, with lower premiums than those for Medigap policies.

So what's the better choice: Original Medicare or Medicare Advantage?

There's no single correct answer. It depends on your individual circumstances and preferences.

A good way to familiarize yourself with your options is to visit www.medicare.gov and browse through the "Medicare and You" handbook. It provides an excellent overview of the Medicare program.

Becoming informed will help you choose the health care option that's best for you. It'll also help you avoid mistakes that may cost you money.

Bob Moos is the Southwest public affairs officer for the Centers for Medicare and Medicaid Services



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Are You Responsible for Your Parent's Bills?

by Lee Aronson

A recent case out of Pennsylvania has made news because of its surprising holding. It involved a woman named Shirley (not her real name) who admitted herself to a nursing home, stayed there for about 6 months and then moved to Greece. Because she hadn't paid her nursing home bill, the nursing home decided to sue. But because Shirley was now living out of the country, they didn't sue her. Instead, they sued her son. We'll call him Bob.

As you can imagine, Bob was outraged that he was being sued. He didn't have anything to do with his Mom's admission to the nursing home. He hadn't signed

anything and he hadn't promised either his Mother or the nursing home that he would be responsible for the bill. So why should he be on the hook?

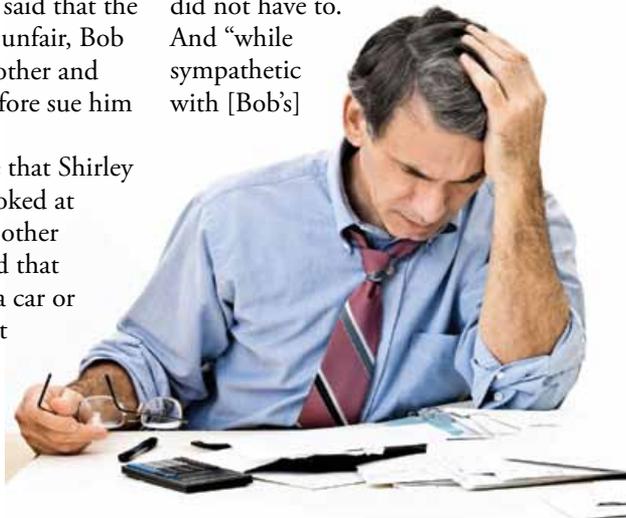
Because Pennsylvania has a law called "relatives' liability." This law says that children must financially assist their parents if the parent is poor. Bob told the Judge that he thought it was unfair for him to be held responsible for the nursing home bill and explained to the Judge that he didn't have anything to do with his Mother's nursing home stay. The Judge said that the law is the law and even if it is unfair, Bob had to financially assist his mother and the nursing home could therefore sue him if she was poor.

So Bob then told the Judge that Shirley was not poor. So the Judge looked at Shirley's bank statements and other financial records. They showed that Shirley did not own a house, a car or anything else of value and that her income, which consisted of social security and her share of her husband's Veteran's Administration benefit, came to about

\$1,000 a month. Based on this, the Judge decided that Shirley was poor. As a result, Bob would have to pay the nursing home bill in order to financially assist his poor mother.

But Bob wasn't done. He also pointed out that Shirley had a husband and 2 other adult children. Bob said the nursing home should have gone after them as well. The Judge said that if the nursing home had wanted to sue the husband and the 2 other children, it could have but it did not have to.

And "while sympathetic with [Bob's]



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obligation to support his mother without the assistance of his mother's husband or her other children... if [Bob] had desired to share his support-burden," then he could have counter-sued those individuals, but because he did not do so, Bob alone was on the hook.

Bob next told the Judge that he couldn't afford to pay the bill. He noted that the law in Pennsylvania says that even if the parent is poor, the child does not have to provide financial assistance if the child does not have "sufficient financial ability." So the Judge looked at Bob's financial records and found that he made over \$85,000 a year. The Judge ruled that even though the nursing home bill was for \$92,000, Bob did have "sufficient financial ability" to support his mother and ordered him to pay the bill.

What do you think would happen if this case took place in Louisiana? Louisiana has a law that is similar to the Pennsylvania law but there are some big differences. Here's Louisiana's law: "Children are bound to maintain their father and mother... who are in need... This obligation is limited to life's basic

necessities of food, clothing, shelter, and health care, and arises only upon proof of inability to obtain these necessities by other means or from other sources."

In Bob and Shirley's case, Shirley had applied for Medicaid and her application was pending at the time of the suit. If her application was approved, then Medicaid would pay the nursing home bill. Although that didn't matter in Pennsylvania, in Louisiana it would have made all the difference. If it was possible that Shirley could get Medicaid, then the nursing home did not have "proof of [Shirley's] inability to obtain these necessities by other means or from other sources." Therefore, under Louisiana law, Bob could not have been held responsible for the nursing home bill unless and until his mother's application for Medicaid had been denied.

Lee Aronson is an attorney with Legal Services of North Louisiana. His practice areas include consumer protection law, housing law, and health care law.



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Stop Annoying Telemarketing Calls

By Jason Alderman

When the Do-Not-Call Implementation Act of 2003 was passed, it was supposed to herald a new era of silence – as in, no more annoying dinner-time telemarketing calls. Based on the number of unsolicited calls our household still receives nearly a decade later, however, I'd say the law has been had only mixed success.

True, the sheer volume of calls did drop significantly after we registered our home and cell phone numbers with the Federal Trade Commission's National Do Not Call Registry. But because so many types of organizations are exempt from the legislation and so many shady companies flout the rules, everyone I know still gets pestered relentlessly.

There are steps you can take to curtail annoying calls; and just as important, ways to avoid falling for telemarketing scams:

First, if you haven't already done so, register

your phone numbers with the registry, either online at www.donotcall.gov or by calling 888-382-1222 from each phone you wish to enroll. Although it's illegal for telemarketers to call wireless phones, you may want to register them just in case.

Be aware that certain organizations are exempt from the Do Not Call regulations barring contact. Charities, political organizations, telephone surveyors and companies with which you've done business in the last 18 months (and their affiliates and business partners) are still allowed to contact you unless you specifically request to be removed from their lists.

Telemarketers have up to 31 days to update their lists, so if you're not currently registered it could take that long for calls to cease. After that, you can file complaints about unwanted calls at the Do Not Call website or phone number. Remember, though: Debt collectors may continue to call you, whether or not your number is registered.

Here are a few additional tips for reducing call volume:

Use Caller ID to screen incoming calls. By law, telemarketers must use some iteration of their business name in their onscreen ID, but many unscrupulous



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organizations will attempt to "spoof" you by providing misleading identifying information.

If you don't recognize the name or number you can either take the call or let it go to voicemail. If the line goes dead, that usually means it was a robo-call and there was no live operator available. Either way, you'll likely continue to receive calls unless you take action.

If a message is left and you think the organization is legitimate, call them back to request being taken off their own internal Do Not Call list, which they're required to maintain by law or face steep fines. If you suspect the call is a scam, go straight to filing a complaint.

You can also use your phone carrier's call-blocking function to prevent future calls from that number. However, this step won't do much good if someone is harvesting and selling your phone number to multiple telemarketers; plus, many carriers limit the number of callers you can block.

And finally: You can notify specific sellers in writing that you wish to continue receiving their calls. Just be aware that some marketers may attempt to obtain such consent surreptitiously via innocent-seeming solicitations or emails. This is one more reason why it's important to read every document and email carefully before signing or checking "I agree" to the fine print.

Jason Alderman directs Visa's financial education programs. To Follow Jason Alderman on Twitter: www.twitter.com/PracticalMoney.



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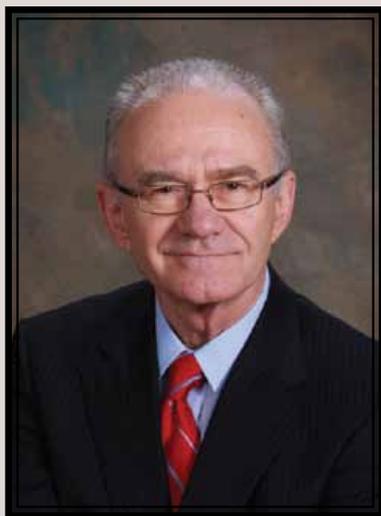
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Caffeine: It can take 6 or more hours to wear off. Having that cup of coffee after dinner, even with a low fat dessert, may not be such a good idea.

Alcohol: A couple of drinks with dinner can wake you up in the middle of the night and make it hard to get back to sleep. I have a friend who swears by a glass or two of wine at lunch but never alcohol after 2 pm. She says she sleeps like a baby at night. I think if I had a glass or two at lunch, I'd sleep like a baby at 2 pm and be up for the night at 5.

Stress: And then there is our old buddy stress. We all have some level of stress and how we deal with it can keep us up at night. Getting yourself relaxed in quiet, dark, temperature controlled environment can relieve stress and induce a desire and ability to sleep.

So what's it going to be, wide awake at 3 am or getting that beauty sleep and waking up lighter and brighter on your toes? Learning to get a good night's sleep is a process. Don't stress over it, it may keep you up at night.

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Don't Be the Fungus Among Us

by Suzy Cohen

Dear Pharmacist, One of my toenails has developed a yellowish-green fungus that won't go away. Can you help? --A.M., Boulder, Colorado

Toenail fungus (onychomycosis) is not merely an unsightly cosmetic problem, it sometimes causes physical pain, disfigurement or disability. Once you're infected with fungus, it spreads easily and it's tough to get rid of. This may shock you, but nail fungus is not a topical problem. You may see it on the surface, but those fungal spores are inside you causing dozens of other seemingly unrelated health problems! Medications aren't usually effective long-term because they kill

the fungus temporarily, but they don't improve the health of the host (you) meaning the left-over spores will just start multiplying in the host again. If you take medication, you should also change your diet and lifestyle habits in order to prevent the fungus from taking hold again. Step one is no more sugar or grains.

There is no shortage of drugs to kill fungus. Some of them include nystatin, griseofulvin, ketoconazole, fluconazole, itraconazole and terbinafine. Depending on the medication, it could cost you several hundred a month, and side effects range from minor nausea to hair loss and possibly liver or heart failure so make sure you remain monitored and take routine lab tests. Treatment could take up to a year. I told you fungus is stubborn!

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Sometimes people use a prescription nail lacquer called Penlac; I like this option because there are few if any side effects.

All those creams, sprays, and gels containing anti-fungal ingredients are intended for less challenging skin infections, such as ringworm, jock itch, and athlete's foot, but you can certainly try them for toenail fungus. They're easy to find, and easy to use, and a safe place to start. I think store-brand generic equivalents offer consumers an even better deal because generics always save you money.

The most promising natural is 100 % tea tree oil, an inexpensive, widely available antiseptic oil from Australia. You can buy it at any health food store and some pharmacies. Tea tree oil has anti-fungal properties because of the terpenoids. One little study from 1994 conducted at the University of Rochester found that tea tree oil provided "full or partial resolution" for some 60 percent of the study participants.

One of my new buddies has been applying tea tree oil daily to his nail fungus for 12 weeks and the new growth is coming in normal. That's awesome considering he's had that infection for about 40 years. If you'd like to try tea tree oil, just apply it every morning and night to dry nails. Dab it on the area, and don't give up because it may take several months before you see results. In the unlikely event that it irritates your skin, discontinue use.

This information is not intended to treat, cure, or diagnose your condition. For more info please visit www.DearPharmacist.com. ©2012 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.



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San Diego's -secrets-

Story by Andrea Gross; photos by Irv Green
www.andreagross.com

SAN DIEGO is an easy city to like. Weather that borders on idyllic, a near-tropical lushness, and roads that wind gently up hills and down canyons. The beach may be its biggest draw, but there are other things to do as well.

Here are San Diego's lesser-known activities and attractions.

In the city proper:

• International Sundays

Half-hidden by trees, the House of Pacific Relations International Cottages are overlooked by most visitors to Balboa Park. Yet every Sunday they come alive with a cultural fest that celebrates the traditions of 32 countries. Each house displays art and artifacts from a different country; most offer visitors samples of traditional food. Between March and October at 2



(Above) Youngsters dress in clothes of Iran during an International Sunday at Balboa Park.

(Right) Queen Califa's Magical Circle, which is composed of thousands of pieces of sparkling glass, is as amazing as it is enchanting.

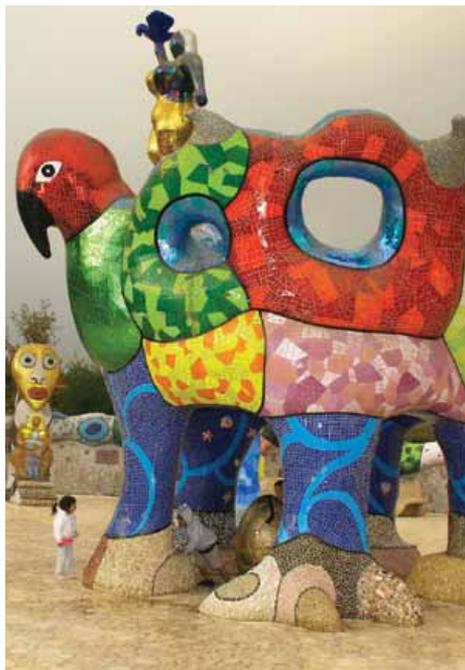
p.m. there's also a Sunday lawn program that highlights the music and dance of one nationality. Free. www.sdhp.org

To the north, inland:

• Queen Califa's Magical Circle in Escondido

Mosaic sculptures, made of thousands of pieces of sparkling glass and jewels, reflect and enchant at Queen Califa's Magical Circle, hidden in a grove in Kit Carson Park. The brainchild and work of internationally acclaimed French sculptor Niki de Saint Phalle, the Circle speaks to the child in all of us.

Check the website if you want to understand the park on a symbolic level, or just



go there to enjoy it on a visceral level. Free. www.queencalifa.org

• Los Penasquitos Canyon Preserve north of Mira Mesa

About 20 miles northeast of downtown San Diego, the Los Penasquitos Canyon Preserve showcases the region's diverse geography, ecology and archeological history. A fairly easy hike on mostly level ground gets you to a respectable waterfall with mountain-cold water. There are several bridges that cross the creek, meaning you can walk to the falls one way and return another. Walking distance: five miles round-trip from the west entrance; six from the east entrance. Free.

www.sandiego.gov/park-and-recreation/parks/penasq.shtml

To the north, coastal:

• Salk Institute Architectural Tours in La Jolla

When Dr. Jonas Salk, developer of the polio vaccine, set out to build a scientific research facility, he enlisted the help of world-renowned architect Louis Kahn. "Create a facility worthy of Pablo Picasso," he said, and Kahn did as instructed. Now the American Institute of Architecture lists the building as one of the "31 buildings that changed modern life." Free; reservations required.

www.salk.edu/about/architecture_tours.html

• Lux Art Institute in Encinitas

Intimate and inviting, Lux Art Institute is a cross between a museum and a studio. Artists from around the world take turns using the studio space to work on



The Flower Fields at Carlsbad Ranch consist of more than 1,500 plants.

a new creation, while at the same time being surrounded by an exhibit of their past works. Visitors are encouraged to engage in conversation with the artist, so much so that one ticket is good for two visits. Stop by once to see the work at the beginning; come back a week later to see how it has progressed. Admission \$5 for adults age 21+. www.luxartinstitute.com

- **The Flower Fields at Carlsbad Ranch in Carlsbad**

For approximately six to eight weeks during March and April, Carlsbad Ranch turns into a dazzling sea of color, backed, of course, by the dazzling sea of blue that is the Pacific Ocean. Covering 50 acres and consisting of more than 1,500 plants - most notably, ranunculus flowers, a member of the buttercup family - The Flower Fields are a perfect place to experience a San Diego spring. Admission \$11 for adults, \$10 for seniors 60+. www.theflowerfields.com

To the south

- **Volunteerism at Silver Strand State Beach in Coronado**

Once upon a time the small silver seashells that gave their name to Silver Strand State Beach were ubiquitous. Now they're fast disappearing as the coastal wetlands recede. To help change this, on Sunday mornings a State Park Environmental Educator leads people on a guided tour of the beach followed by a few hours during which everyone works on a restoration project or beach cleanup. Free. 619-424-4000, ext. 6300.

- **The U.S. Olympic Training Center in Chula Vista**

If you're suffering from Olympic withdrawal, a tour of the \$65 million ARCO Training Center could be just the thing. Guided tours are given on Saturday mornings, but you can walk down the mile-long Olympic Path on your own any day between 9:00 a.m. and 5:00 p.m. If you're lucky, you may even see some of the nation's top athletes working out. Free. 619-215-9070. www.teamusa.org Click on "About the USOC" to find the link to Tours

- **The Chula Vista Nature Center in Chula Vista**

From endangered green sea turtles to more than 224 species of birds, the Chula Vista nature Center invites visitors to immerse themselves in the ecology and environment of the wetlands. There's a walk-through aviary, a shallow-water tank that houses a touch-friendly shark, and gardens showcasing native plants. Admission \$14 for adults; \$9 for seniors 65+.

www.chulavistanaturecenter.org/

For information on other San Diego attractions: www.sandiego.org

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BROADWAY

A Personal Perspective

by Brian Bradley, exclusively for *The Best of Times*



Tony Award-nominated actress Carolee Carmello will star in "Scandalous: The Life and Trials of Aimee Semple McPherson". Photo by Chris Bennion

If you're going to be in New York on the 23rd of September, you must attend the 26th annual Broadway Flea Market and Grand Auction. This not-to-be-missed event in Shubert Alley gets underway at ten in the morning and ends around seven with the conclusion of the Grand Auction.

The street is lined with over 60 tables representing just about every Broadway and Off-Broadway show as well as support organizations like The Actors Fund, trade unions like Actors' Equity Association and theatre centric groups like the Michael Crawford International Fan Club. Each table sells memorabilia. There are books, records, scripts, Playbills and posters avail-

able. And you never know who might be working a table.

TDF sponsors the Pik-a-Tkt which offers chances to win tickets to shows through the purchase of raffle tickets. Broadway Beat sells DVDs of other Broadway Cares/Equity Fights AIDS fundraising events like the Easter Bonnet and Gypsy of the Year competitions. And the United Scenic Artists Local 829 sells (mostly) original costume sketches and set renderings often by well-known designers like Gregg Barnes.

From 11 until 3 there is the Autograph & Photo Booth. In 50 minute shifts stars from film, theatre and television are made available for an autograph and photo opportunity. Last year Bobby Cannavale (*Will & Grace*), Jonathan Groff (*Glee*), Bryan Batt (*Mad Men*), Thomas Sadoski (*The Newsroom*) and Brian d'Arcy James (*Smash*) were among the 64 names who participated.

Beginning at 10AM and continuing every 30 minutes a number of lots are put up for bidding in a silent auction. Among last years' most interesting items were Hal Prince's *The Phantom of the Opera* framed Platinum record signed by Mr. Prince, Streisand's *What Matters Most* CD signed by Barbra Streisand and a rare *Wicked* poster signed by the original principals. One of the most popular items in the si-

lent auction has become the hand-written musical phrase signed by the composer and lyricist. Over twenty-seven were featured last year. But the big seller was "Day By Day" from *Godspell* signed by Stephen Schwartz which sold for \$3,500.00.

The Grand Auction offers elaborate packages and significant items like a one-of-a-kind backstage photo from *The Little Foxes* of Elizabeth Taylor autographed by the legend which sold for \$10,000.00 last year. A set visit to the Emmy Award-winning *Modern Family* also sold for \$10,000.00. Last year the top-selling lot was a day at *The Phantom of the Opera* including a walk-on role which sold to two bidders for \$10,500.00 each.

For more details on this exciting event go to www.broadwaycares.org. You can bid online so keep an eye out for auction lots as they are posted.

Add *Ghost* to the long list of closings. But no sooner had *Ghost* announced they would, um, give up the ghost on August 18th after 136 performances, an interim booking was announced for the Lunt-Fontanne. *A Christmas Story*, a musical adapted from the Jean Shepherd stories and the 1983 film of the same title will play a limited holiday engagement beginning November 5th and concluding December 30th. Also for the holidays, *Elf the Musical* will return to the Al



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Hirschfeld Theatre for a nine-week run on November 9th.

One might be concerned about all the empty theatres; however the fall season is actually quite active with lots of **bold-faced** names. Katie Holmes, who made a respectable Broadway debut in 2008, will return in Theresa (*Smash*) Rebeck's new dark comedy, *Dead Accounts*, at the Music Box Theatre. She will be joined by two-time Tony winner Norbert Leo Butz. Henry Winker will head back to Broadway in *The Performers* at the Longacre Theatre. Cheyenne Jackson is featured in David West Read's porn business centric romantic comedy.



Photo by Peter James Zielinski

Debra Winger and Patti LuPone co-star in David Mamet's new two-hander *The Anarchist* set in a female penitentiary at the Golden Theatre. And Al Pacino headlines a revival of Mamet's Pulitzer Prize-winning play *Glengarry Glen Ross*. He'll be joined by John C. McGinley and Bobby Cannavale under Daniel Sullivan's direction. This play's last revival was just 2005 so this mounting may be premature. And Lincoln Center Theatre will present Tony Shalhoub, Danny Burstein and Seth Numrich in a revival of Clifford Odets' *Golden Boy*.

Musicals this fall include *Bring It On* about competitive cheerleading, *Chaplin*, *Rebecca* (from the classic novel), *Scandalous: The Life and Trials of Aimee Semple McPherson* with book and lyrics by Kathie Lee Gifford and a revival of *Annie*. And this winter will bring a new adaptation of Rodgers and Hammerstein's *Cinderella* to Broadway.

New York based theatre critic Brian Bradley is a voting member of the Outer Critics Circle. Send questions to brianbradleynyc@hotmail.com.

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Dolores Hart

Written/illustrated by Marshall Jay Kaplan

The former 1950's and 1960's leading lady is now leading a life as an American Roman Catholic nun.

Dolores Hart was born as Dolores Hicks on October 20, 1938 in Chicago, IL. With the onset of her parent's marital problems, Dolores moved in with her grandparents. Her grandfather was a movie theater projectionist. It was his enthusiasm about films that led Dolores to pursue a career in acting.

In addition to her grandfather, when Dolores was eleven, her father, Bert Hicks, who was a bit player actor, was offered a contract with a movie studio and was off to Hollywood - taking star struck Dolores with him. "I was a Hollywood brat. We lived in Beverly Hills and I would visit the movie lots with my Dad. I wanted to be part of that life!"

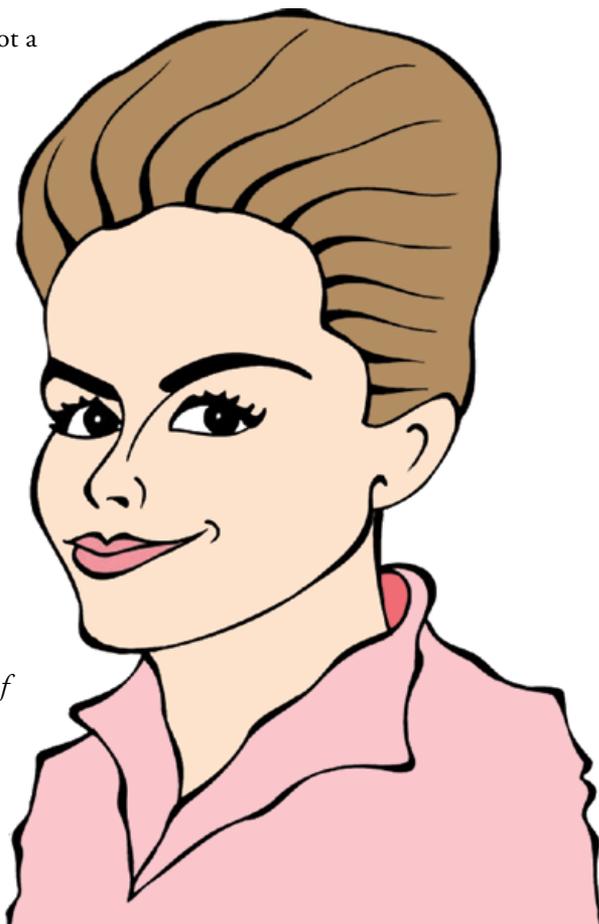
With her father's help, Dolores

changed her last name to Hart, got a movie contract and was signed to play Elvis Presley's love interest in 1957's *Loving You*. A career break other actresses only dream of! It's all about who you know! And what about Dolores' on-screen kiss with Elvis? "My kiss was 15 seconds long on film, but has lasted 50 years!"

After *Loving You*, Dolores was in demand, appearing in *Wild in the Wind* (1957 with Anthony Quinn) and *Lonehearts* (1958 with Montgomery Clift), until appearing in yet another Elvis movie - 1958's hit, *King Creole*!

Dolores then appeared on Broadway in 1959, earning a Tony award nomination for Best Featured Actress in *The Pleasure of his Company*.

Dolores was then off to Rome, filming the classic *Where The Boys Are* (1960) and *Frances of Assisi* (1961). It was during this time in Rome that changed her life. When she



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met Pope John XXIII, she told him "I am Dolores Hart - the actress playing the nun, Clare." The Pope replied, "No, you ARE Clare!"

After appearing in four more films and breaking off her engagement to Los Angeles businessman, Dan Robinson, the 25 year old actress decided to leave the film industry and become a nun at the Benedictine Abbey of Regina Laudis in Bethlehem, CT. "I took my final vows in 1970."

Today, Mother Dolores Hart is instrumental with bringing the arts into the community - raising awareness and money for the Abbey. She is also the only member of the Academy of Motion Picture Art and Sciences who is a nun. A true combination of Hollywood and religion - with a touch of Elvis!

Marshall Jay Kaplan is a Gemini Award nominated television producer, syndicated cartoonist, and television host.




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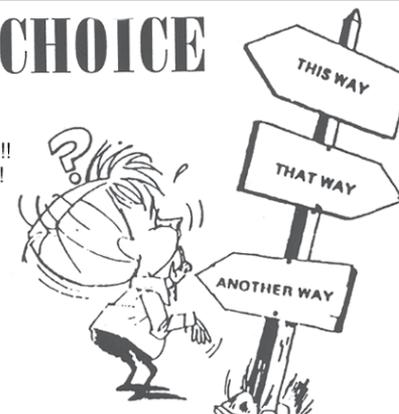
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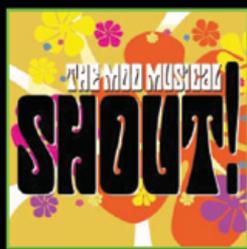
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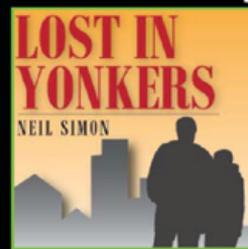
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Mark Glass

Bernie ★ ★ ★ ★



(PG-13) Zany slapstick actors usually have a shelf life. After a certain age, they need to move on or move aside. For Jim Carrey, after making a mint from his Ace Ventura-type roles, the shift to maturity

began superbly with *The Truman Show*, leading to a fine career extension. Robin Williams did the same - perhaps far more successfully. This droll fact-based dramedy from Richard Linklater may prove to be Jack Black's *Truman Show*.

His Bernie is an ambiguously fey mortician who becomes the most beloved character in a small East Texas town. He's kind and generous to all, throwing himself into all sorts of public-spirited activities, both religious and secular. His singing elevates funerals, choirs and community theater productions. He's especially kind to widows, giving them loving attention long after he's sent their loved ones off in grand style. He even manages to melt the heart of the town's meanest, richest widow (Shirley McLaine), becoming her first real friend and constant companion, before everything heads South.

Linklater masterfully tells the tale by interspersing the live action with comments by a slew of authentic looking and actual residents of Carthage who knew the real Bernie Tiede and Marjorie Nugent, giving the film the feel of a docudrama. Those homespun talking heads are almost worth

the price of admission, exuding charm and colorful idioms galore.

But Black's performance will be a revelation for those who only know him as the round mound who can pound all our senses, bouncing maniacally around the screen in a slew of broad-to-lowbrow comedies. His singing is varied and pitch-perfect for each setting. In the opening scenes, he evokes memories of Rod Steiger's campy Mr. Joyboy from the snarky cult classic of dark humor, *The Loved One*, before proceeding to flesh out a subtle, complex and somewhat enigmatic protagonist that should put Black among the contenders when awards season rolls around.

**The Five-Year
Engagement ★ ★**

(PG-13) Jason Segel and Emily Blunt are well-cast, individually and as a duo for this romcom about a charming San Francisco couple. They decide to marry as the film opens. He's an up-and-coming chef; she's a psych student, hoping for a gradu-

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ate position at Berkeley. When her only offer comes from the University of Michigan, the stress begins. Segel makes the sacrifice, moving with her, since his career seems more portable.

Wedding postponed.

But life in Michigan is a real drag for him. His fortunes wane as hers wax, while both endure the climate and cultural whiplash. It's far worse for him - especially when her two-year fellowship is extended by a three-year research grant. Will they endure the widening gap between their satisfaction levels in every aspect of life except each other?

The script includes many amusing scenes and contributions from supporting players (Brian Posehn, Kevin Hart, Chris Parnell, among others), but two hours is almost always too long for the genre, and especially so for this material. The usual magic touch of producer Judd Apatow is missing from the film. Nicholas Stoller directed and co-wrote with Segel. The two have collaborated more successfully before in *Forgetting Sarah Marshall*, and last year's *Muppet Movie*. As this couple's Michigan travails drag on, with no small dosage of *Heartland* condescension, the film's appeal withers. Although the production bounces back with a rousing, if far-fetched, climax, it may seem too little, too late. (9/11/12) *Mark Glass is an officer and director of the St. Louis Film Critics Association.*

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Sci-Port's Golden Days Matinee

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Larry Walton's 2011 Terlingua International Chili Champion Recipe

1st Mixture:	2 Tbs chili powder	
1 Tbs onion granules	1/8 tsp cayenne pepper	
1 Tbs garlic granules	2 dashes LA hot sauce	
1 Tbs beef granules		
1 Tbs chicken granules	Additional ingredients:	
2 Tbs chili powder	2 pounds ground beef	
1/8 tsp salt	1 14.5 oz can beef broth	
2 dashes LA hot sauce	1/2 14.5 oz can chicken broth	
	1 1/2 8 oz cans tomato sauce	
2nd Mixture:	1/8 tsp brown sugar, if needed	
1 tsp garlic granules	Salt to taste	
1 Tbs cumin		
1 package Sazon Goya		

Mix 1st and 2nd mixtures in separate bowls. Set aside.

Brown ground beef then drain off grease. Add beef broth, chicken broth and tomato sauce. Bring to a boil, then reduce heat to a slow simmer for 40 minutes.

Add 1st mixture and simmer for 40 minutes.

Add 2nd mixture and cook on low heat for 25 minutes. If too spicy, add brown sugar and salt to taste. (Yield: 8 servings)

Courtesy of the Chili Appreciation Society International, Inc.



Cook Chili LIKE A CHAMP

Spicy, mild, beans or meat only, tomato-based or white - there are as many ways to make chili as there are people who make it. Give Larry Walton, the 2011 Terlingua International Chili Champion's award-winning chili recipe - or any of these recipes - a taste test, and see how fast your friends and family name you their favorite chili champ. Find tips and more recipes at www.chilicookoffwinner.com.

Health Benefits of Chili

- Studies from around the world, including the American Association for Cancer Research, suggest that capsaicin, the spicy element of chili peppers, may help fight certain types of cancer.
- The fiber-rich beans found in most chili dishes have also been linked to a reduced risk of diabetes and heart disease.

Black and White Chicken Chili

Yield: 10 servings	2 15-ounce cans great Northern beans, not drained
6 fresh boneless skinless chicken thighs	2 15-ounce cans black beans, drained
1 large onion, chopped	1 tablespoon chili powder
2 jalapeño peppers, fresh; seeded and finely chopped	1 1/2 teaspoons ground cumin
1 tablespoon garlic, chopped	1/2 teaspoon salt
1 14.5-ounce can chicken broth	

Cut chicken into 1/2-inch cubes.

Spray large, deep pot or saucepan with nonstick cooking spray. Heat over medium-high.

Add chicken; cook 2 minutes, stirring frequently.

Add onion, peppers and garlic. Cook 5 minutes longer, stirring occasionally. Add remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, 20 to 30 minutes or until chicken is done (internal temperature of 170°F).

Serving Suggestion: Top individual servings of chili with sour cream. Serve with mixed green salad and hot tortillas or tortilla chips. Refrigerate leftovers or freeze in a tightly sealed nonmetallic container or freezer bag.



Easy Chicken Chili

Yield: 4 servings

- 6 Fresh Boneless Skinless chicken thighs (cooked and cut into bite-sized pieces)
- 2 16-ounce cans kidney beans, not drained
- 2 14.5-ounce cans diced tomatoes, not drained
- 1 1.6-ounce package Chili Seasoning Mix
- 1 tablespoon garlic pepper sauce, to taste

Combine all ingredients in a large saucepan. Stir until well blended. Bring to a boil; reduce heat and simmer 20 minutes.

Serve with shredded cheese and tortilla chips or crackers.



Hot Dog Sauce

Yield: 6 servings

- 1 pound ground beef
- 1 medium onion, diced
- 3 tablespoons chili powder
- 1 teaspoon salt
- 3/4 teaspoon oregano
- 1/4 teaspoon cumin
- 1/4 teaspoon red pepper flakes
- 2 cups water

Brown meat (breaking up pieces) and onions; drain. At this point you can run it through a chopper if a finer dice is desired.

Add all other spices; mix well. Add water and simmer for one hour.

Can be made ahead of time and frozen in a nonmetallic container or freezer bag.

All recipes courtesy of FAMILY FEATURES

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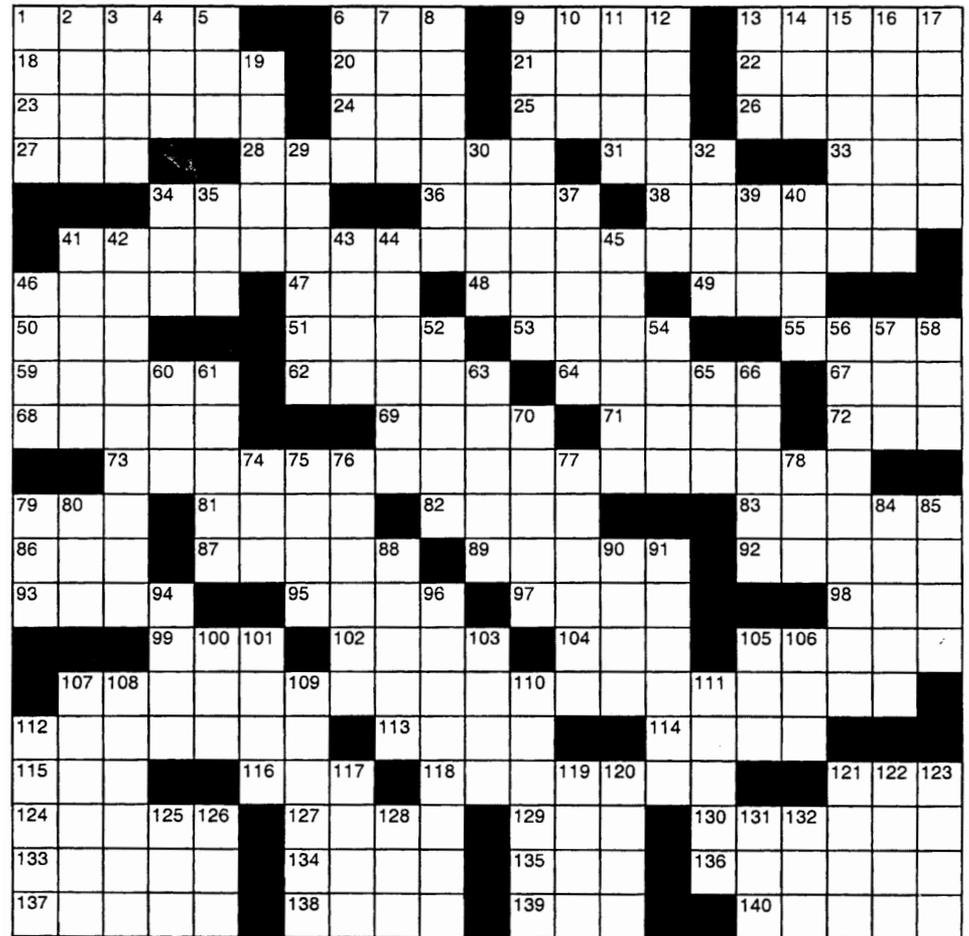
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LouisianaTravel.com

Super Crossword: ILL HUMOR

Answer: Page 42

- ACROSS
- 1 Monty Python's Michael
 - 6 Deli choice
 - 9 Gear teeth
 - 13 Film pterodactyl
 - 18 Porthos' pal
 - 20 Team scream
 - 21 Well-ventilated
 - 22 Felony
 - 23 Start of a remark
 - 24 Funnyman Philips
 - 25 Deep purple
 - 26 Confused
 - 27 Faux -
 - 28 Vince of "Ben Casey"
 - 31 Small shots
 - 33 PC key
 - 34 "Rosanna" rockers
 - 36 Couple
 - 38 Part of HOMES
 - 41 Part 2 of remark
 - 46 Minnesota city
 - 47 Alias initials
 - 48 Heavy metal instrument?
 - 49 Child welfare org.
 - 50 Mil. unit
 - 51 Say it isn't so
 - 53 Labyrinth
 - 55 Relax
 - 59 Gentle as -
 - 62 Abhorrence
 - 64 A Barbary State
 - 67 "Norma -" ('79 film)
 - 68 Buccaneers' headquarters
 - 69 Actress Ione
 - 71 Football's Swann
 - 72 Woodsman's tool
 - 73 Part 3 of remark
 - 79 - Mahal
 - 81 Alley Oop's love
 - 82 Out-of-this-world org.
 - 83 Invasions
 - 86 President Bush was one
 - 87 Overturn
 - 89 Macho type
 - 92 Roast host
 - 93 Circus sight
 - 95 Teri of "Tootsie"
 - 97 - majesty
 - 98 Canterbury quaff
 - 99 Hoagy
 - 102 Wordsworth work
 - 104 ABA member
 - 105 Teach on the side
 - 107 Part 4 of remark
 - 112 Deprive (of)
 - 113 Wooden strip
 - 114 Olympic event
 - 115 Flight
 - 116 Tasty tuber
 - 118 Proposition
 - 121 Carol opener
 - 124 Inevitable activity
 - 127 Hungarian sheepdog
 - 129 Shaq's pack
 - 130 End of remark
 - 133 Daybreak
 - 134 Toast topper
 - 135 Perlman or Palillo
 - 136 Bostonian, for one
 - 137 "The Brandon - Story" ('98 film)
 - 138 So. state



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- 139 Still
 - 140 Self-confidence
- DOWN
- 1 Theatrical Joseph
 - 2 District
 - 3 Neighbor of Thailand
 - 4 Mischief-maker
 - 5 Zilch
 - 6 Make coffee
 - 7 "Rama - Ding Dong" ('61 tune)
 - 8 Legendary athlete Jim
 - 9 Pepper
 - 10 Vinegar's partner
 - 11 Chow
 - 12 Token
 - 13 JVC competitor
 - 14 Terrier's tidbit
 - 15 Win over
 - 16 Audrey Tautou role
 - 17 Peachy-keen
 - 19 Take care of
 - 29 El -, AR
 - 30 Tapered seam
 - 32 Cut a cuticle
 - 34 Decimal base
 - 35 Two - kind
 - 37 Morocco's capital
 - 39 Cable channel
 - 40 Thickening agent
 - 41 Writer Rogers St. Johns
 - 42 Thingumbob
 - 43 Got by, with "out"
 - 44 Disappear
 - 45 Lapis -
 - 46 Part of Q.E.D.
 - 52 Canadian territory
 - 54 "Only Time" singer
 - 56 Destroy
 - 57 Getz's instrument
 - 58 Fairway accessory
 - 60 Speedometer abbr.
 - 61 "Blue -" ('77 hit) game
 - 63 Blabby bird
 - 65 Business abbr. instrument
 - 66 - drum
 - 70 One of the Fords
 - 74 Weasel word?
 - 75 First name in fashion
 - 76 Finger food
 - 77 Composer Jean-Philippe
 - 78 "Platoon" setting
 - 79 Gumshoe
 - 80 Chicken - king
 - 84 Apollo's isle
 - 85 Soothsayer
 - 88 Witty
 - 90 Vino center
 - 91 Irritate
 - 94 Punta del -
 - 96 Link
 - 100 Actress Thurman
 - 101 Bunch of birds
 - 103 "Pyramus and Thisbe," e.g.
 - 105 Playground
 - 106 Luau
 - 107 Confederation
 - 108 January stoat
 - 109 Earl Grey's place
 - 110 William Sydney Porter
 - 111 Man of the cloth?
 - 112 Great time
 - 117 Stubborn sort
 - 119 Hautboy
 - 120 Be bombastic
 - 121 "Kon- -"
 - 122 Summertime treats
 - 123 - -Ball
 - 125 "Sister Act" extra
 - 126 Scholastic abbr.
 - 128 Deighton or Dawson
 - 131 "The Bells" monogram
 - 132 - -Cat

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1. LANGUAGE: What does the Greek prefix "crypto" mean?

2. MEASUREMENTS: If the outside temperature is 10 degrees on the Celsius scale, what temperature is it on the Fahrenheit scale?

3. GENERAL KNOWLEDGE: The Julian calendar was named for whom?

4. ASTRONOMY: What is perihelion?

5. CHEMISTRY: What is the symbol for the element magnesium?

6. LAW: Legally speaking, what does a testament do?

7. GEOGRAPHY: What modern-day country is in an area known in ancient times as Lusitania?

8. MEDICINE: What disease is caused by deficiency of vitamin A?

9. LITERATURE: Who wrote the novel "The Swiss Family Robinson"?

10. MATH: What does the symbol "r" stand for in geometry?

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- Answers
1. Hidden
 2. 50 degrees F
 3. Julius Caesar
 4. Point in orbit where an object is closest to the Sun
 5. Mg
 6. Indicates how a person's personal property should be distributed
 7. Portugal
 8. Night blindness
 9. Johann David Woyss
 10. Radius of a circle

Sudoku

by Linda Thistle

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

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! *Answer: Page 42*

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MAGIC MAZE ● — COOKIE

Answer: Page 42

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

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

- | | | | |
|----------------|----------|--------------|------------|
| Almond | Fortune | Raisin | Sugar |
| Anise | Molasses | Refrigerator | Toll House |
| Butter | Oatmeal | Shortbread | Tough |
| Chocolate chip | Oreo | Spice | |

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by Samantha Weaver

• It's not known who made the following sage observation: "Arguing about whether the glass is half-full or half-empty misses the point, which is this: The bartender cheated you."

• The longest war in history lasted 335 years and resulted in exactly zero casualties. In 1651, the Netherlands and the Isles of Scilly off Great Britain declared war upon each other, but nothing ever came of the conflict and it was soon forgotten. Finally, in 1986, the two combatants agreed to a peace treaty.

• Do you suffer from cacodemomania? If you believe that you are possessed by an evil spirit, you do.

• The world's smallest mammal can be found only in Thailand and Myanmar. Weighing about as much as a dime, Kitti's hog-nosed bat is sometimes called the bumblebee bat due to its diminutive size.

• You might be surprised to learn that an eagle can kill a young deer and fly away with it.

• The Beatles was not the first band in which John Lennon played. Those previous groups obviously didn't work out, though; in fact, at one point Lennon broke a washboard over a bandmate's head during a dispute. After the Beatles' success, though, Lennon apologized in style: He bought the poor guy a supermarket.

• Those who study such things say that armadillos can be housebroken.

• At sea level, water boils at 212 degrees Fahrenheit. At the top of Mount Everest, though, the lower air pressure reduces the boiling point to 156 degrees.

• If you recycle one glass jar, you'll save enough energy to power a TV for three hours.

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Get Up & Go!

AMERICAN LEGION

American Legion Club Post 14 Events. 5315 South Lakeshore Drive, Shreveport. All events are open to the public. No cover charge. Age 21 and over. For more info call the Legion office at 318-635-8186.

- Every Friday: Dinner at 6:00 pm; dancing to live music 6:30 – 10:00 pm. Cost \$8 - \$13 for dinner depending on the menu.
- Every Saturday: 6 - 10 pm. Karaoke with Dickie Turner. Happy Hour from 5-7 pm
- Every Sunday: 6:00 pm. Covered dish dinner in the lounge; 6:30-10:30 pm Karaoke in the lounge.

DRIVER SAFETY

AARP Driver Safety Program - A 4 hour classroom refresher course for drivers age 50+ which may qualify participants for an automobile insurance premium reduction or discount. Participants must preregister. \$14 for non-AARP members; \$12 for AARP members (AARP card required at registration). Correct change or checks payable to AARP accepted.

- September 15: 8:30 a.m. – 12:30 p.m. Hebert's Town and Country, 1155 E. Bert Kouns Ind. Loop, Shreveport. Hosts: Hebert's and *The Best of Times*. – Contact: 318-221-9000; Instructor Ray Branton
- September 20: 8:30 a.m. – 12:30 p.m. Brookwood Baptist Church, 9014 Brookwood Church Way, Shreveport. Contact: Susan Jones 861-8911, Extension 107; Instructor: Martha Hogan

EVENTS

Alzheimer's Disease: Facts You Need to Know - A free one-hour seminar about Alzheimer's disease and the latest information about public policy and the national Alzheimer's Plan. Saturday, September 8, 10 – 11 a.m., Bossier Parish Community College, Bldg. D, Bossier City. Hosted by the Alzheimer's Association. For more info, call Debbie Hayes, Associate Dir. for the Alzheimer's Assn at 318.861.8680.

Health Care Fraud Prevention Conference - Tuesday, September 18, 9:00 am - Noon, CHRISTUS - Schumpert Hospital, Shreveport. A FREE conference for Medicare beneficiaries and all professionals who work with seniors. Learn about the latest scams, recent arrests and convictions, and what you can do to pre-vent Medicare fraud! Registration Required. Presented by Louisiana Senior Medicare Patrol and the HHS/OIG HEAT Medicare Strike Force. For more info visit www.stopmedicarefraudla.org or call 877-272-8720 to register.

Life Savers 2012---It's a Party! Around the World. . .in Search of the Cure - Benefiting cancer research at Feist-Weiller Cancer Center at LSU Health. Saturday, September 29 at Shreveport Convention Center, 7 – 11 p.m. \$100 general admission. NO tickets sold at the door. Call 318-813-1423 to reserve your seat. Open Bar and foods from around the world featuring Indian, Chinese, Mexican and

Italian stations. Casual or dress in the garb of your favorite country if you dare. Featuring the music of Harmon Drew Super Group.

Louisiana Master Gardeners Sponsor Free Gardening Workshop - Barnwell Center on September 19, from 10:00 am to 12 Noon. FREE. The speaker will be Dr. Brent Pemberton from Texas A&M University in Overton, TX. Professor Pemberton is a specialist in Agri-life Research. His topic will be "Outstanding Plants for the Southern Region." Come and enjoy an informative workshop that will prepare you for fall gardening inspiration!

Lunch 'n Learn Series - Presented by Alzheimer's Agency of Shreveport/Bossier. Call for reservations: 780-7906, or e-mail j.hensley@alzagency.org

- Friday, September 14 at 11:30 a.m. at Christus Schumpert Auditorium. Topic: Caring for the Caregiver. Speaker: Rev. Sandra Huber, Chaplain of Hospice of Shreveport/Bossier. Bring your own lunch.

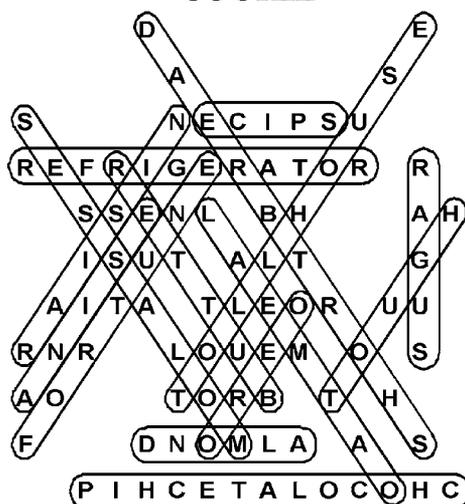
4th Annual Red River Dragon Boat Festival - Presented by the Rotary Club of Shreveport. Beginning at 8:30 a.m., Sept. 15 at Riverview Plaza on Clyde Fant Parkway in downtown Shreveport. Dragon boat races will begin immediately following an opening ceremony. Admission is free for spectators. Call (318) 221-3053 or (318) 286-1274 or email at shreveportrotary@gmail.com for additional information.

Super Crossword

Answers

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

COOKIE



SUDOKU

Answer

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

EXHIBIT

"A Pressly Potpourri" - Through September. Barnwell Garden and Art Center, 601 Clyde Fant Parkway, Shreveport. Thomas A. Pressly, Jr. is the headline artist in a multi-generational show featuring Mr. Pressly, his wife, Emily, and their granddaughter, Catherine Pressly Herring. For more info call 318-673-7703.

KREWE OF ELDERS

Krewe of Elders party - Sunday, September 16 from 1:00 until 5:30 p.m., at the American Legion Post No. 14, 5315 South Lakeshore Drive, Shreveport. Entertainment provided by the Rockin Redeyes Band. Cash bar, door prizes, 50/50 raffle, food available for purchase. Open to public. \$6 members, \$10 non-members. Info 635-4901, 752-9175.

MOVIES

Sci-Port's Golden Days Matinee - Weekdays 1 - 4 p.m. On the Shreveport riverfront. Seniors enjoy an IMAX film, FREE admission to Sciport galleries and a frozen yogurt. Games & activities available. All for \$9. Groups call (318) 424-8660 to schedule.

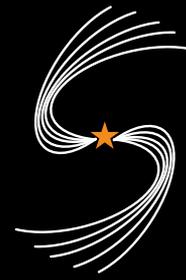


THEATRE

"Dodging Bullets" - 7:30 p.m. Sept. 13,14,15; 3 p.m. Sept. 16. River City Repertory Theatre opens its seventh season by

presenting this award winning one man show from Phoenix, AZ. Actor David Barker (who also wrote the piece) plays 10 characters as he recounts the day his brother-in-law attempted to kill he and his sister who had been mired in a domestic violence situation. \$25 adults, \$10 students and military. River City Rep at Eastbank Theatre, 630 Barksdale Blvd. Bossier City. Box Office: 318-868-5888. For additional info: www.rivercityrep.org

"My Way: A Musical Tribute to Frank Sinatra" - Sept.13, 14, 15, 21, 22 at 8:00pm; Sept 16, 23 at 2 p.m. "My Way", features 56 songs recorded by "Old Blue Eyes." Shreveport Little Theatre, 812 Margaret Place, Shreveport. Tickets are \$22, with \$10 student rush tickets. For reservations call 424-4439 or visit SLT's box office at 812 Margaret Place.



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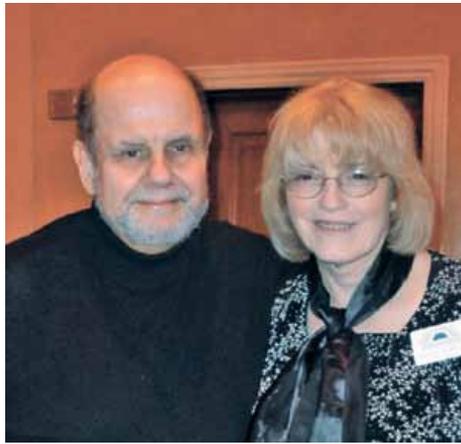
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September Parting Shots

New Horizons Independent Living Center

hosted their 1st annual Douglas Stewart Parade of Stars Benefit Ball on August 18th at Sam's Town Hotel and Casino in Shreveport to honor ten individuals with disabilities who have excelled in their respective fields and in life.

(Below) The STAR honorees: Ashley Scott (seated), Mary Russell, Beverly Collins, Rosa Robertson, Derris Gardner, Morgan Morey, Renee Kimbell (seated), Dr. Terry Harris, and Duane Ebarb (seated) (not pictured: Huey Nunn)



Dr. Kent and Gale Dean



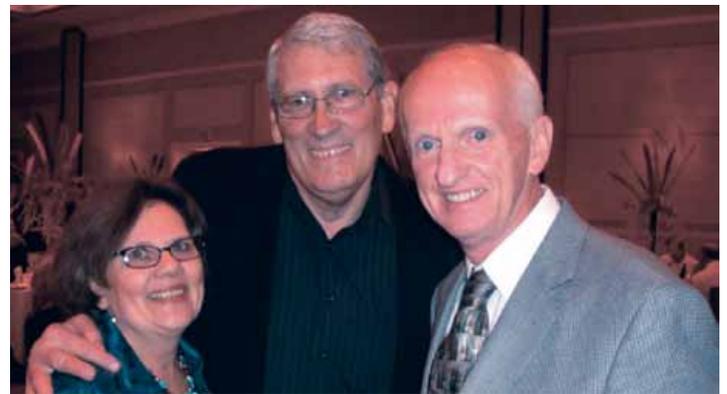
Kelly Murphy and Matt Meyer



Kathy and David Harper



Tina Calligas (left), country music artist Trini Triggs, Claudia Lyles



L to R – Cindy Pace, Clint Snell, and Steve Pace

The Philadelphia Center's 23rd Annual Auction was held on August 3 at Horseshoe's Riverdome. Pictured (l to r) Sparkle Marshall, Leann Breen, Harold Grant and Candy Welch.



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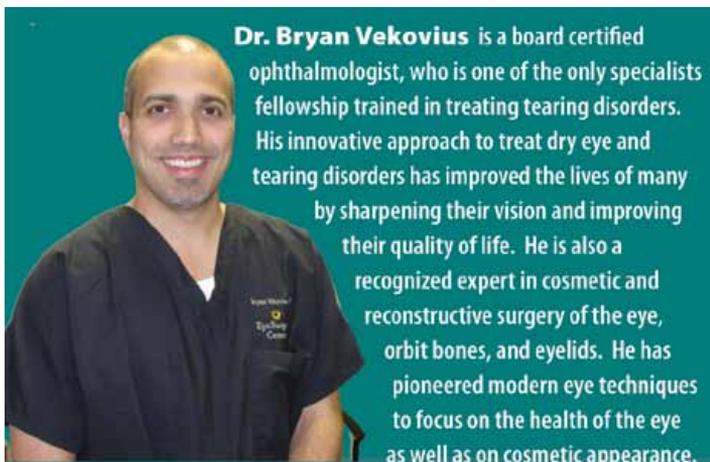
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September Parting shots continued

US Congressman John Fleming answered healthcare related questions at Community Healthcare Education Network (CHEN) meeting at Tito's Restaurant in Bossier City on August 14th.



Shirley Weaver shows off some bling at a recent jewelry party in Twelve Oaks.



At the Sports-Aman's Paradise Expo Michael Beran of "A All Animal Control" introduces a live owl.



Bev Bowers (left) and Pat Dickerson



Sue Crowe (left) and Ann Johnson



Carolyn Patton and Susan Young (front)

ARP held a Driver Safety Course at Hebert's Town and Country dealership in Shreveport on July 21st:

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