

January 2016

The Best Of Times

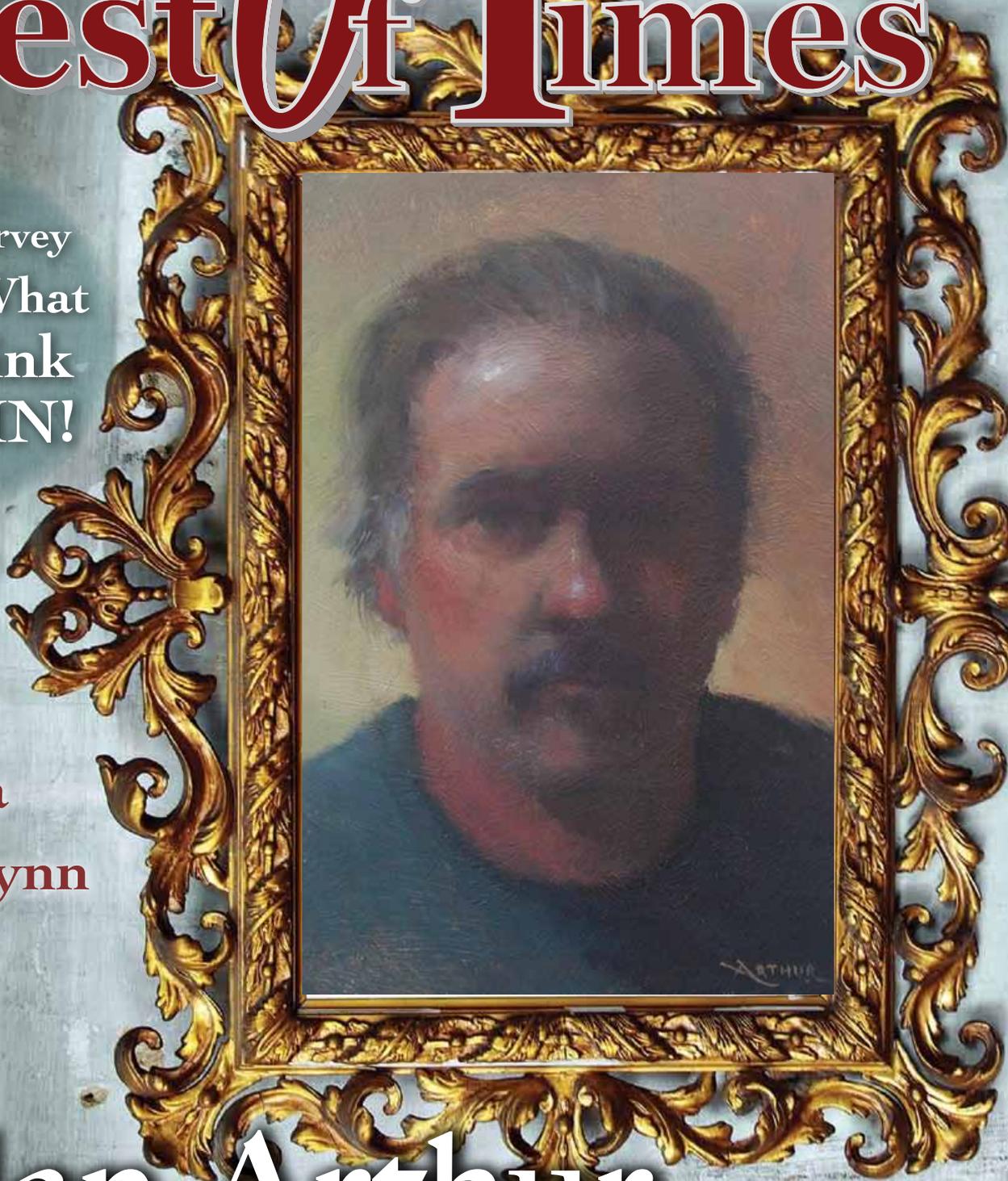
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Betty Lynn
Keeping
Mayberry
Alive



Alan Arthur

Portrait of an Artist

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January Contents

Tell Us What You Think and WIN!
(page 24)



Briefs

6 Stat! Medical News



Advice

16 Money Matters
Leasing vs Buying Your New Car

18 From the Bench
CASA Volunteers Make a Difference

20 Laws of the Land
You Call That an ID?

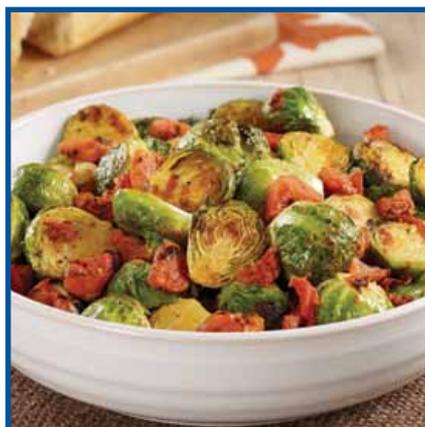
22 Dear Pharmacist
Relieve Joint Pain Without Ibuprofen



Features

9 Alan Arthur: Portrait of an Artist

13 What's New for Social Security in 2016?



In Every Issue

36 What's Cooking?
Tasty Meals in Minutes

38 Get Up & Go!

40 Our Famous Puzzle Pages
Crossword, Suduko, & Word Search

44 Parting Shots



Columns

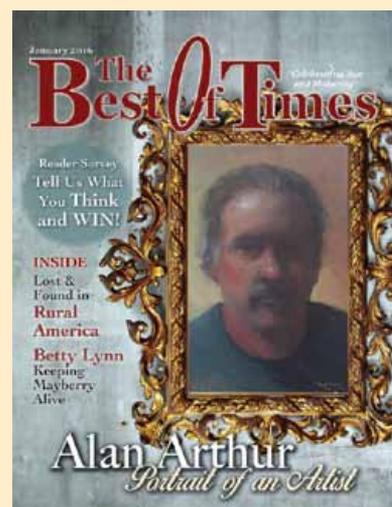
26 Traveltizers
Lost & Found in Rural America

28 Tinseltown Talks
Betty Lynn: Keeping Mayberry Alive

30 Whites Wines
Saving Sauternes

32 Page by Page
Review of "Circling the Sun"

34 Home With a Movie
"A Walk in the Woods", "Ant-Man", & "Shaun the Sheep"



Cover: Self Portrait by Alan Arthur
(10 x 8, oil on panel)

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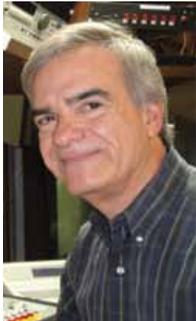


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January 9: National Association Seeks To Enhance Quality of Life For Those 50+.

Guest: Bill Zinke, President of "Enrich Life over 50"

January 16: Invest Wisely and Avoid Scams

Guests: Eric Bustillo, Regional Director of the US Securities and Exchange Commission

January 23

Latest Treatments for Eye Disorders
Guest: Dr. Christopher L. Shelby and Dr. Wyche T. Coleman, ophthalmologists with WKHS Eye Institute

January 30: The JFK Assassination and the Oswald Story

Guest: Kris Millegan, historian

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Sufferers of achy and fatigued muscles may have a new and unique dietary supplement option to help them recover more quickly. In a recently published clinical study in the *Journal of the International Society of Sports Nutrition* researchers from Texas A&M University[®] shed light on the benefits of Montmorency Tart Cherry Powder supplementation for exercise recovery. A short-term dose helped to accelerate recovery from muscle soreness, slow strength decline during recovery, and lessen markers of muscle catabolism in resistance trained individuals.



Short Sleep Linked to Distracted Secondary Eating and Drinking

A recent cross-sectional study conducted by researchers at the University of Alabama at Birmingham explored a new pathway between short sleep - less than seven hours - and obesity. The researchers found "short sleep is associated with more time spent in secondary eating and, in particular, secondary drinking. This potentially suggests a pathway from short sleep to increased caloric intake in the form of beverages and distracted eating and thus potential increased obesity risk, although more research is needed.

Forgetfulness or Alzheimer's?

"If you haven't seen your elderly loved one in a while, you might be more likely to notice changes in their memory and behavior that worries you," said Gregory Jicha, M.D., Ph.D., of the UK Sanders-Brown Center on Aging. Look for these early signs of dementia in an elderly loved one:

- It's normal for someone to forget a date or a name but suddenly remember it later. However, pay attention if they ask for the same information repeatedly, or struggle to recall important dates (like their own birthdate).
- Are they having trouble following a recipe? Problem-solving skills can deteriorate in someone with Alzheimer's.
- Do they get lost when driving to a familiar location? If they have difficulty completing familiar tasks, it might be a sign of AD.
- Healthy people occasionally struggle to find the right word, but using the wrong word -- particularly if they call something by the wrong name -- merits further scrutiny.
- Poor judgment: are they giving lots of money to telemarketers or charities?
- Poor hygiene.
- Personality changes: are they suddenly irrational, fearful, or suspicious?



'Purpose in Life' Linked to Lower Mortality and Cardiovascular Risk

Researchers at Mt. Sinai St. Luke's-Roosevelt Hospital, New York report that people who have a higher sense of purpose in life are at lower risk of death and cardiovascular disease. While the mechanisms behind the association remain unclear, the findings suggest that approaches to strengthening a sense of purpose might lead to improved health outcomes. The analysis included data on more than 136,000 participants from ten studies - mainly from the United States or Japan. The US studies evaluated a sense of purpose or meaning in life, or "usefulness to others." The Japanese studies assessed the concept of *ikigai*, translated as "a life worth living." The study participants, average age 67 years, were followed up for an average of seven years. The pooled data analysis can be found in *Psychosomatic Medicine: Journal of Biobehavioral Medicine*.



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Alan Arthur

Portrait of an Artist

by Kathleen Ward

Alan Arthur slowly studies his paintings as he sorts them in the alcove of his studio outside Keithville, LA. The early afternoon sun filters through the skylights, replicating each scene's distinct natural light just as he saw it and was inspired to capture it in a painting.

His subjects range from cityscapes to wilderness areas to country life, but he carefully avoids romanticizing the subjects, particularly farm scenes.

"I don't want anybody to look at a painting and just feel good because Daddy plowed," he jokes. "What I'm interested in is the composition, not the subject. Interesting shapes and colors, just sitting out somewhere."

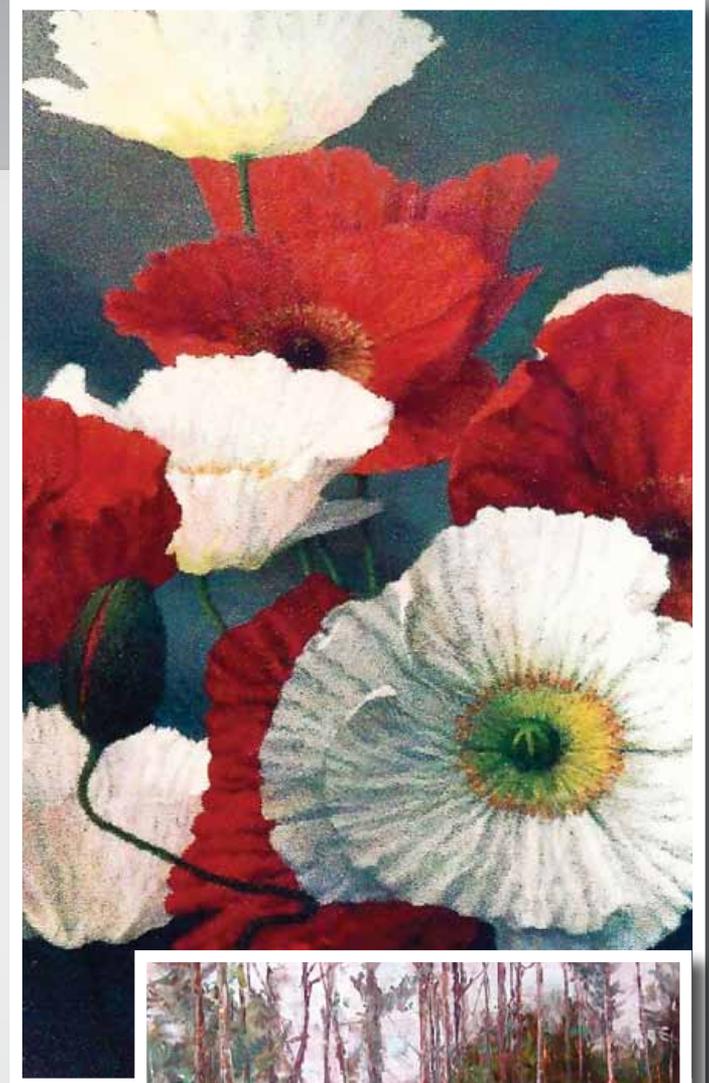
Those shapes have captured his imagination for 40 years in scenes he has painted in Europe and Scandinavia and from Vermont to northwest Louisiana.

The discovery of a frustrated would-be artist's discarded paint box in the neighbor's trash when he was 13 led to a lifelong fascination with painting and a steadfast determination to hone his skills. It has been a long pursuit, sometimes interrupted by the demands of life, for which he makes no apologies.

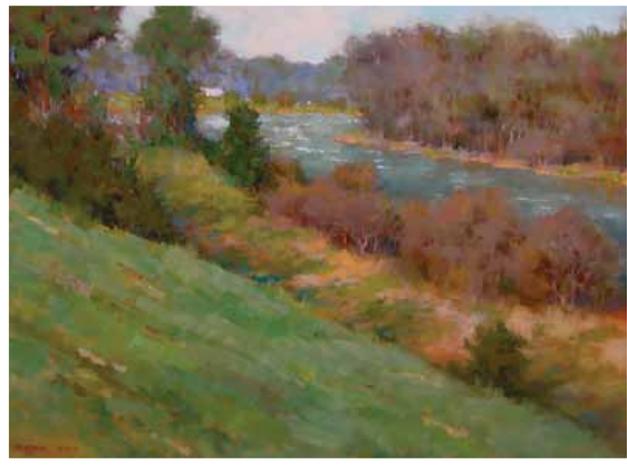
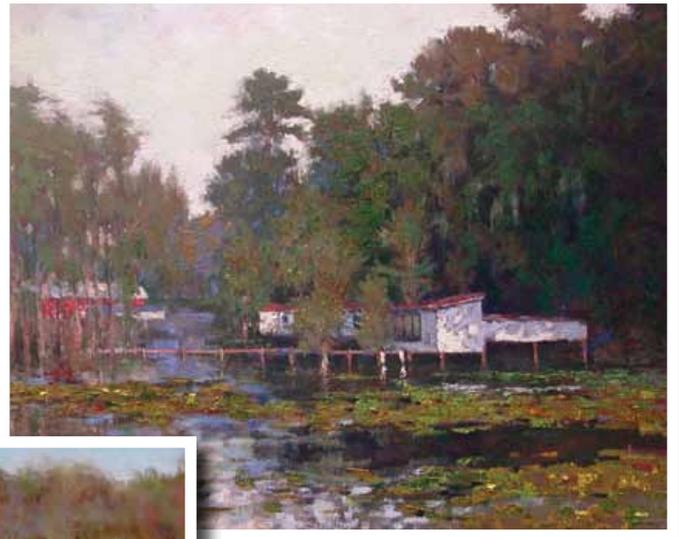
"I made the decision to get a regular paycheck instead of pursuing a shaky career as an artist. I did not want to be an embarrassment to the family if I failed. Also, there was a great deal of timidity involved, as I have never been comfortable as a self-promoter. I still detest this."

An avid hunter and fisherman, Arthur sometimes finds his subject matter in out-of-the-way places. He often drives around, sightseeing with his paints, an easel and a camera until he finds something that looks right.

"If it interests me, I can see a painting there. If the light changes, I take some photos and go home," often finishing the work in the studio that day. "I try as hard as I can not to lose what I saw when I was out there."



Top: *Poppies, Red and White*, 60x36 (oil on canvas).
Bottom: *Two Cows* 11x14 (oil on panel).



When he was young and learning, his diligence to get a perfect painting sometimes became a source of frustration.

“For years I just methodically spent hours and hours changing the picture,” he says. By then, “the inspiration had been gone. Today, the best paintings are the ones I don’t do that on.”

His original inspiration was Andrew Wyeth, until he realized that Wyeth was so widely copied. “Pretty soon I realized everybody was trying to cash in on” Wyeth’s subjects and style.

Today he is inspired by Richard Schmid, widely considered the greatest living Realist painter, but part of his maturation process has been finding the vision that separated his work from that of other artists. It has been a lifelong artistic education.

A graduate of Centenary in Fine Art, Arthur has continued his studies in Europe, Scandinavia, Russia and throughout the U.S. in mentoring programs and independent study at some of the best museums in the world. His paintings can be found in private homes in the U.S. and Europe.

“Most of my sales have been by word of mouth or through association with individuals who knew someone who loved paintings enough to buy them.”

One longtime patron has commissioned paintings for both his corporate pharmaceutical building and his private New Jersey home. Others have requested paintings

commemorating the old barns and homes of parents and grandparents, often reproduced from photographs made years ago.

Having a demanding job meant he could not devote the hours he needed to painting. Then, his company closed and he felt it was

time to seek a balance between work and art.

“I knew deep down that my work wasn’t ready by my standards. You need to be at a consistently high level before you approach a respectable gallery.”

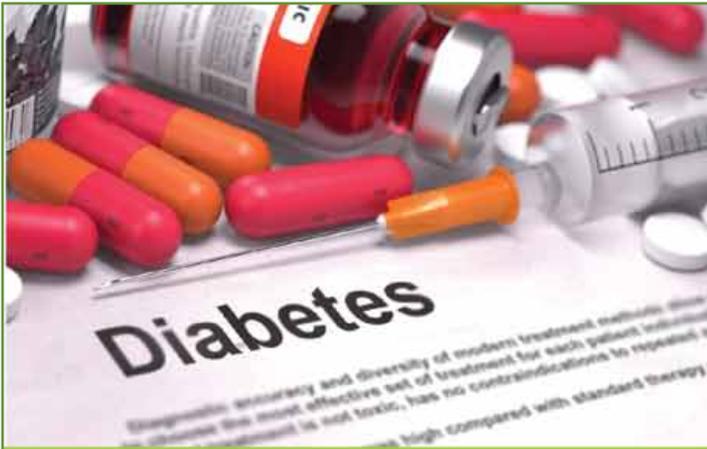
Arthur is submitting a painting to the major competition of the 4,000-member Oil Painters of America, a prominent nonprofit that promotes the traditions of fine art in representational or Realist painting. The submissions will be judged for the 25th Annual National Exhibit to be held in May and June at Southwest Gallery in Dallas. Last year’s show in St. Augustine, Florida awarded numerous prizes, including several of up to \$25,000.

Being selected to exhibit brings unknown artists to the attention of prominent national galleries and can be the beginning of a lucrative and rewarding career.

“The purpose of these competitions isn’t the money, it is to find galleries that would promote my work. Just to get it out there. I want to approach quality galleries and give it a shot. I hope the old saying, ‘It’s never too late,’ is true. The time I feel may be just around the corner.” •

Alan Arthur can be reached at alanarthur865@gmail.com.

Clockwise from top left: *The Johnson House* 18x24 (oil on panel); *Boathouses* 16x20 (oil on canvas); *Red River* 16 x 20 (oil on canvas).



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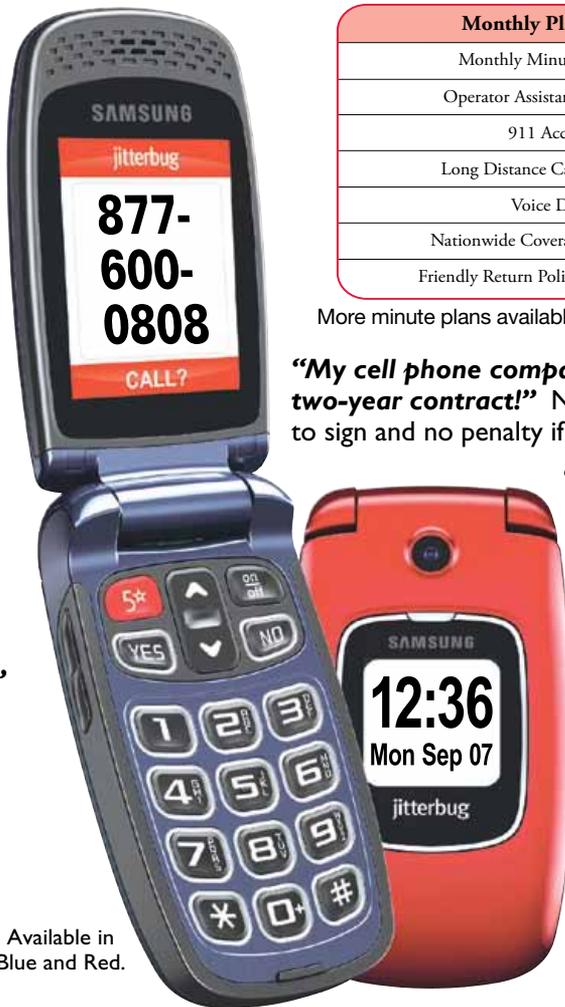
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High inflation means a stiff raise in Social Security benefits. But this year, inflation was ultra-low, and that means no raise for Social Security. For 2015, benefits rose only slightly, by 1.7%.

You've probably already heard that Social Security recipients will not get a raise in their benefits in 2016. One person's bad news is often the next guy's good news. Social Security raises are tied to inflation, and of course high inflation is bad for the economy as a whole. But high inflation means a stiff raise in Social Security benefits. This year, inflation was ultra-low, and that means no raise for Social Security. For 2015, benefits rose only slightly, by 1.7%.

For 2016, the average monthly benefit for Social Security recipients will be \$1,341, and for retired couples who both receive benefits, the average check will be \$2,212. The maximum benefit a person can draw in 2016 is \$2,639. This is actually down from the 2015 level of \$2,663 by \$24. Why did this change? These figures are calculated using a different measure.

Other News That Isn't New

◆ *The wage base for paying into Social Security.*

If you're still working and make a six-figure income, you will not see an increase in how much you pay into Social Security tax. Workers pay 7.65% on the first \$118,500 (known as the wage base) plus 1.45% on earnings over that amount. In most years, that wage base rises, taking a slightly bigger bite from high earners. But for 2016 there will be no hike in the wage base.

◆ *Working while drawing benefits.*

If you draw benefits and also work but you haven't yet reached your full retirement age, the amount you can earn before losing some of your benefits doesn't change in 2016. Just as in 2015, you can earn up to \$15,720 without affecting your Social Security. Before this amount, you forfeit \$1 for every \$2 you earn. So for example, if you earn an additional \$1,000 (for a total of \$16,720) you will forfeit \$500 in benefits.

If you reach your full retirement age in 2016 (which is currently 66), the earnings limit rises to \$41,880 for the months before your 66th birthday. And, for any amount you earn above that limit, you will forfeit \$1 for every \$3 you earn. So let's say you turn 66 in June of 2016. For January through May, you earn \$1,200 over the limit of \$41,880. You would forfeit \$1 for every \$3 of the excess of \$1,200 (a total of \$400).

In the month you reach your full retirement age, you may earn any amount without losing any benefits. Using the same example, if you turn 66 in June of 2016, any amounts you earn from June 1 on will not cause the loss of a single dollar of Social Security.

◆ *Medicare premiums.*

By law, Medicare Part B premiums cannot increase faster than Social Security benefits for most recipients, therefore, these premiums will not generally change. However, premiums will be higher for people who first sign up for Medicare Part B in 2016, and for certain high income Medicare beneficiaries.

◆ *Benefits for Children.*

There's a little known Social Security benefit that children may qualify to receive. If you're eligible for Social Security and still raising young children, the kids may be able to draw benefits based on your record. According to the Social

Security Administration, the child must be the biological or adopted child of an insured worker, or in some cases, a dependent stepchild or grandchild of an insured worker.

The benefits paid for children are in addition to payments to the workers themselves. To qualify, the children must be under age 18 and unmarried (or if they are still in high school but over 18 they can collect until they turn 19 or graduate, whichever comes first). If the kids are disabled, other rules apply, so contact Social Security for the details.

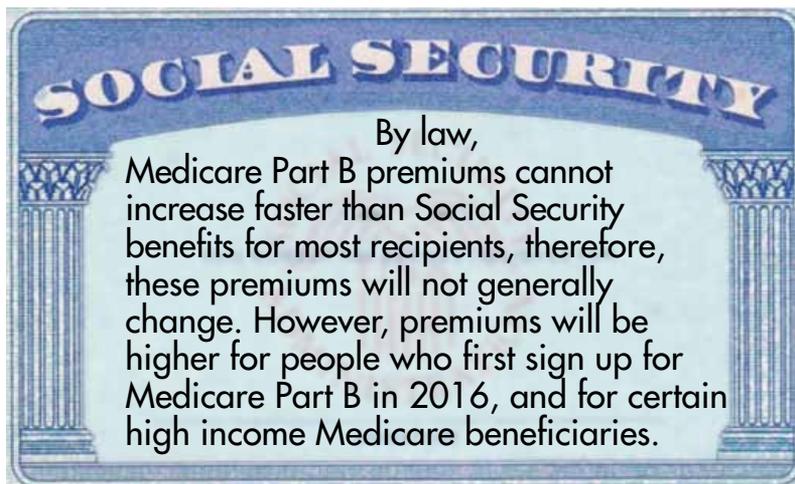
When you file for Social Security retirement benefits, each qualifying child can get a benefit equal to half of what you receive at your full retirement age. This is true even if you apply for benefits earlier, at a reduced amount. You should know though, that there's a limit to how much money a family can collect, based on a complex "family maximum payment" formula. Let's say you have two qualifying children collecting benefits on your record. If the maximum is exceeded, the payments to those children, but not to you, will be cut back. **See ssa.gov/oact/cola/familymax.html.**

Here's an example of how that is determined. Suppose your full retirement age benefit is \$2,200. Your family maximum benefit is \$3,700. Your benefit remains the same, which leaves \$1,500. If you have two qualifying children, the most they can each receive is half of the remaining \$1,500 or \$750 each.

To learn more, see the SSA publication (No. 05-10085) "**Benefits For Children**" at ssa.gov/pubs/EN-05-10085.pdf. You can contact the SSA to ask specific questions at 1-800-325-0778, Monday through Friday from 7am to 7pm.)

◆ *Collecting Social Security from a Distant Shore.*

Internationalliving.com says the number of Social Security recipients who have retired overseas is steadily rising. In



2013 – the last date for which data is available — the U.S. government paid out more than \$3 billion to retirees overseas, an increase of \$160 million over 2012, says the U. S. Social Security Administration.

Why are they going? The reasons may be many, but overall, in the countries that are seeing that have the biggest pull offer a cost of living that

is low enough, while maintaining quality of life, that retirees can live much better on their Social Security benefits than they can here.

The top retirement location seems to be Europe, followed by Canada and then Mexico. Specifically, increases are significant in countries such as the Philippines, Thailand, Panama, and Ecuador, all listed by Internationalliving.com as retirement havens.

Americans can receive Social Security in almost every country, and the process is fairly simple. The actual number of SS beneficiaries living abroad in 2013 had risen to 373,224. But in reality the number is likely much higher. Social Security recipients can receive benefits in one of two ways:

1. They can establish a bank account in their new country of residence, or
2. They can continue to have checks deposited into the banks they used before moving abroad, and using ATMs to withdraw their funds.

For those who take option number 2, the Social Security Administration may not have a record of where they actually live, which would understate the number of overseas retirees.

Something to think about? You can learn more about retiring in an affordable foreign paradise by logging onto this site: <http://internationalliving.com/2015/09/infographic-your-social-security-payments-overseas/>

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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

I cannot even begin to thank you enough for how you took such great care of my parents' affairs and helped us through the tall weeds of wrapping up all of the end of life business concerns.... I was able to focus on what was going on with family without worry because I knew all of the legal things were handled well. I particularly appreciated your compassionate interactions with us. You never made us feel inferior for asking so many questions or even the same questions over and over. It is astounding how cloudy the mind becomes during these times. Thinking clearly was quite a chore. I can tell you that we have highly recommended your office to many others. Hiring your firm was one of the best decisions we made during the past several years. I have tears in my eyes recalling so many of the events of this passage of time and I can assure you we navigated it much more gracefully with your help. Thank you again for everything. Quite sincerely thanking God for you.

-Terri Miller and family



Leasing vs. Buying Your Next Car



According to Edmunds.com, more than 25 percent of new American cars are now financed by lease instead of loan, and most of the people making that choice are under age 35.

It's all about the lowest possible monthly payment.

Yet for drivers young and old, leasing has grown substantially because it can also be done with little or no money down and the chance to get a newer, better car for less money overall.

The main disadvantage? You won't own the car unless you buy it at the end of the lease, which may or may not be a good deal.

Experian Automotive – a division of the major credit reporting service – reported in mid-2015 a nearly \$100-a-month savings for those who lease cars versus those who buy their cars by loan. Their numbers showed the average monthly payment for a brand-new leased vehicle was \$394 a month against \$483 for a new vehicle purchased by loan.

So would leasing be a good deal for you? Don't decide without research, qualified advice and a thorough look at your finances. Start with the major pros and cons:

Leasing:

Pros: Lower down payments and monthly payments than required with a conventional auto loan; low repair costs thanks to factory warranties typically tied to the term of the lease (usually three years); easy drop-off or trade-in once the lease expires; and lower sales tax expense because the lease is based on only three or four years of use.

Cons: You're essentially renting a car, not buying it – payments are cheaper because you're really only paying interest and depreciation expense and not receiving any equity in the vehicle; annual mileage caps (usually 12,000-



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15,000 miles) come with stiff penalties if you exceed those limits; and potentially steep fees for excessive wear-and-tear on the car or early termination of the lease.

Buying:

Pros: Freedom to put as much or as little mileage, wear-and-tear and modification on the vehicle as you choose; long-term (100,000 miles or over) car ownership with good maintenance can be much more economical long term; and because you own the car, you can sell at any time.

Cons: You'll generally require a higher down payment than a lease; monthly loan payments are generally higher because unlike leasing, you'll be taking ownership of the car once it's paid off; once factory warranties expire, you'll take on full maintenance costs for an aging car that may or may not be expensive; and you'll have more cash tied up in a depreciating asset for as long as you own the car.

All these positives and negatives aside, it's important to know that with loans and leases most details are negotiable, so it's important to do your research. Start by estimating how much car you can actually afford (www.practicalmoneyskills.com/HowMuchCarCanYouAfford) and seek out qualified financial and tax advice to shape how you'll approach the best possible deal for your financial situation.

For many, leasing requires more extensive study because this form of financing is relatively new to most drivers and the terminology (<http://www.cars.com/advice/>) can be daunting. But generally, the best deals depend on two major factors – negotiating the lowest price on the vehicle going in and making sure it's a vehicle that has a high estimated post-lease value. In short, the lessor's ability to keep making money on a high-value leased vehicle allows a lower monthly payment at the start.

Bottom line: If you need a vehicle, it pays to evaluate whether lease or purchase makes the most sense for you. Know your needs and get advice so you can make the most affordable choice for you.

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



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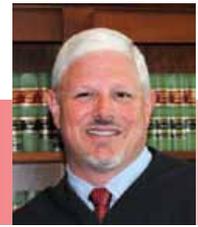
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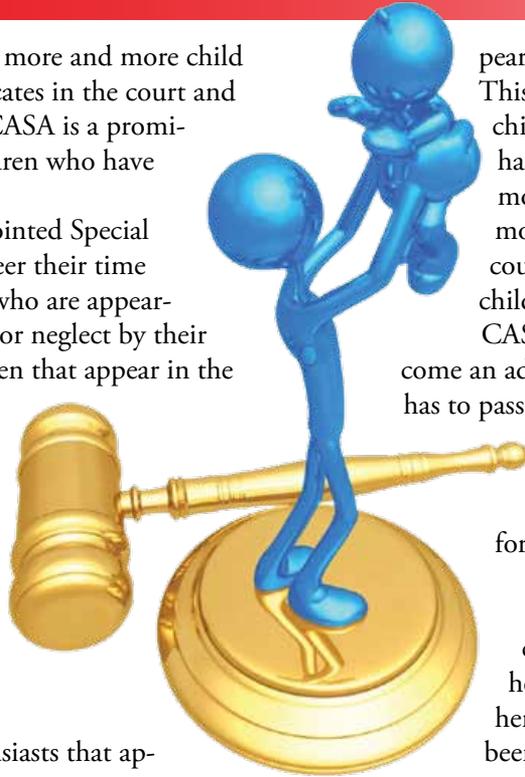
CASA Volunteers Make a Difference

Each year, our Court is faced with more and more child abuse cases. Children need advocates in the court and help through the court system. CASA is a prominent group that helps advocate for children who have been abused or neglected.

CASA is the acronym for Court Appointed Special Advocate. These are people who volunteer their time from the community to assist children who are appearing in the court either because of abuse or neglect by their parents or guardian. Many of the children that appear in the court are placed in foster homes and are cared for by foster parents. CASA Volunteers meet with and advocate on behalf of the children.

CASA Volunteers are not attorneys. They are people who volunteer their time and efforts in order to assist children. In fact, one group of volunteers in our local area is known as BACA, or Bikers Against Child Abuse.

BACA is a group of motorcycle enthusiasts that ap-



pear in court when a child has been abused. This group is very vigilant in protecting children who have been abused. BACA has a yearly ride in order to make people more aware of child abuse and usually have more than one of their members appear in court in any proceeding involving an abused child.

CASA Volunteers are trained in how to become an advocate for the children. Each volunteer has to pass a criminal background check and has to appear before the court and be administered an oath. CASA Volunteers are assigned cases and become advocates for the children.

At past events, I have heard volunteers speak of their involvement with children. One volunteer talked about how she had numerous grandchildren of her own. She also talked about how she had been a volunteer for a number of years. As



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before we as practitioners can address the clinical issues. I make sure the child knows that he has my full attention before easing into the clinical aspect with the parent," explains Al Still, a certified orthotist at Snell's Orthotics & Prosthetics.

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tears welled in her eyes, she stated that nothing warmed her heart more than seeing some of the children she had helped running up to her in the store or on the street and hugging her. She finally stated that she got more from this program than she ever gave.

If you have time or want to be more involved in your community, you might want to consider becoming a CASA Volunteer. You can contact the local office of Volunteers for Youth Justice in your community to learn more information. They will be glad to discuss this opportunity with you. You never know, you might have an influence on a child that will become the next great scientist, doctor, educator, or leader.

[Editor's Note: Contact Christie Lamoureux for more information on how you can become a CASA Volunteer at 318-425-4413 or Christie.lamoureux@vyjla.org.]

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

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You Call That An ID?



“Now that can’t be right. Louisiana isn’t a foreign country.” Which is what I thought to myself as I was reading the Real ID Act of 2005. (I have an unusual reading list. Next up is the Medicare Physician Fee Schedule for 2016.) I thought that what I was reading meant that starting this year, a Louisiana driver’s license will not be good enough to get you through airport security. As it turns out, it’s true; that’s exactly what the law says.

You see, back in 2001, some of the 9/11 terrorists used driver’s licenses to pass through airport security. So the Feds decided to pass a law “to protect against terrorism.” The law, called the Real ID Act of 2005, recognized that every State has a different set of rules and procedures for getting a driver’s license. The Feds said that’s OK, but their Act set some national “minimum

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security standards for the issuance of sources of identification, such as driver's licenses." The Act said that the States did not have to comply with these minimum security standards, but if a state chose not to, then any ID issued by that state would not be honored by federal agencies such as the Transportation Security Administration.

Care to guess how Louisiana responded? In 2008, our legislature passed a law that says the DMV is prohibited "from placing the gold star of Real ID compliance on licenses." Why this response? Because our legislature thought that the Act would "violate the privacy of American citizens." (This Louisiana reaction was one of the rare instances where both Governor Jindal and the ACLU actually agreed with each other.)

So what does this mean for us? Well, if I want to fly from Shreveport to New Orleans (Thank you Glo Airlines), I'm going to need a passport. A passport! And it doesn't matter where in America I'm flying to or where I'm flying from. Every TSA agent in every airport in the country is not going to honor my Louisiana driver's license. I'm going to need some other form of picture ID that complies with the minimum security standards of the Real ID Act, such as a passport.

When is all this supposed to start? Back in 2005, the Feds gave the States ten (10) years to comply with the Real ID Act. Almost all of the other states have made that ten year deadline, but not us. We don't want our privacy violated. So passports it will be, unless the Legislature reconsiders; which they've done before. Back in 2014, with the ten year deadline approaching, our Legislature decided that they "may" have made a mistake with the 2008 law that banned Real ID compliance. They tried to pass a law to allow Real ID compliance, but Governor Jindal vetoed it.

Now we've got a new governor. If our legislature passes another law allowing Real ID compliance, will he veto it? And could this new law go into effect before the ten year deadline passes? One of the things that makes the answers to these question even more complicated is that fact that the Act didn't give a specific date for when it would go into effect. The law merely says that the enforcement date for airports will be "no sooner than 2016."

The enforcement date for many other federal buildings, including federal courthouses, was supposed to be October 10, 2015. Right before that deadline, Louisiana asked for and got an extension. For now at least, a Louisiana driver's license will get you into a federal courthouse or military base.

According to State Police Colonel Mike Edmonson, if we are going to comply with the minimum security standards of the Real ID Act, the DMV is going to have to do two things differently than they do now: 1) they are going to have to take photos of everyone who enters a DMV and 2) they are going to have to require a certified copy of a birth certificate in order to renew all driver's licenses.

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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Relieve Joint Pain Without Ibuprofen

Many people have aches and pains that require ibuprofen and no one would begrudge you for taking this pill for an acute migraine or severe pre-menstrual cramps. I've been asked if I believe in ibuprofen and I do, but only for occasional use. I've even recommended a 200mg tablet of ibuprofen be taken along with a cup of coffee (to enhance effect) but that's only for a select type of headache pain, or for mild post-operative pain. Sounds crazy but combining caffeine with ibuprofen can provide pain relief better than the ibuprofen alone. A recent article discussing this was published in *The Cochrane Database of Systematic Reviews* (July 2015).



I don't recommend chronic, daily intake of ibuprofen because a) it masks the pain and b) it can be harmful long term. It's better to find the underlying cause of pain, and even if you can't, I still recommend natural inflammation fighters over NSAIDs (nonsteroidal anti-inflammatory drugs).

According to Medline Plus, "NSAIDs such as ibuprofen may cause ulcers, bleeding, or holes in the stomach or intestine. These problems may develop at any time during treatment, may happen without warning symptoms, and may cause death. The risk may be higher for people who take NSAIDs for a long time, are older in age, have poor health, or who drink three or

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more alcoholic drinks per day while taking ibuprofen. If you experience any of the following symptoms, stop taking ibuprofen and call your doctor: stomach pain, heartburn, vomit that is bloody or looks like coffee grounds, blood in the stool, or black and tarry stools.”

NSAIDs reduce inflammation by suppressing an enzyme in your body called cyclooxygenase-2 or COX-2 but they inadvertently block COX-1 enzyme which is needed for a healthy stomach lining. This is why NSAIDs like ibuprofen, naproxen and others can cause gastritis, and even a bleeding ulcer. Here are two safer choices for you:

Boswellia - It's also known as frankincense and it's a 5-LOX (5-lipoxygenase) inhibitor. This reduces leukotrienes which are involved in inflammation, asthma and allergies. Another compound in boswellia called “incensole acetate” blocks NF-Kappa B which would otherwise pour out tons of pain-causing cytokines! This compound acts like an anti-anxiety and antidepressant pill. Boswellia reduces interferon gamma (IFN-g), another pro-inflammatory cytokine. Honestly, boswellia is kind of awesome!

Ginger - We know this helps with nausea and vomiting, but it's also a strong anti-inflammatory herb, capable of reducing pain-causing compounds such as TNF, COX 2 (just like Celebrex) and 5-LOX. As an added benefit, compounds in ginger target and kill H. pylori, the bug most famous for stomach ulcers, but also involved in rheumatoid arthritis.

Hyaluronic acid - I am not referring to injectable Restylane or Juvederm for wrinkles! I'm referring to natural supplements of this, which can “lube” your joints. Arthritic joints are often extremely deficient in hyaluronic acid, and this makes the cartilage less squishy. Supplements may help.

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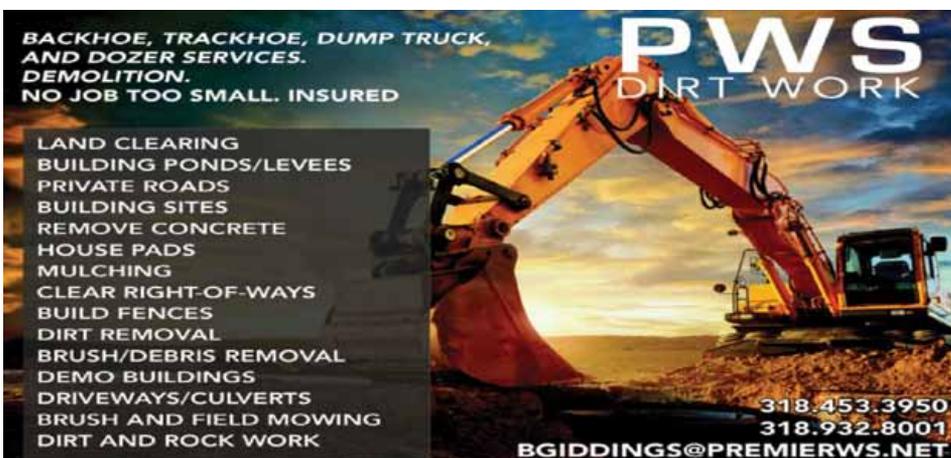
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14. Have you purchased products or services from ads seen in *The Best of Times*?

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15. Which of the following purchases or services are you planning during the coming year? (Circle all that apply)

- a. Attorney
- b. Automobile
- c. Electronics
- d. Financial planner
- e. Gardening
- f. Gifts for grandkids
- g. Home health care items
- h. Home improvement/home furnishings
- i. Housing
- j. Insurance
- k. Medical therapies (OT, PT, etc.)
- l. Personal safety items
- L. Travel

16. Is there anything else you would like to tell us? (Feel free to use additional paper)

Lost & Found in Rural America

Travelfizers Story by Andrea Gross • Photos by Irv Green

I was looking for cows when I saw my first barn quilt. It happened like this: My husband and I were fresh off a tour of Oregon's Tillamook Cheese Factory when we decided we wanted to photograph some of the venerable cows that, according to our tour guide, were the secret behind the famous cheese.

So there we were, moseying the back roads looking for a picturesque cow when we spotted a cowless but extremely picturesque barn. On the white siding below its green gambrel roof it had a huge geometric painting that looked just like one of the squares that make up old-fashioned quilts.

We snapped a picture and drove on. A minute later, we spotted another barn adorned with another brightly colored square. We drove back into town. This time we saw what we'd missed before: there was a painted quilt square on the steepled white church that anchored the downtown area.

As we soon learned, we'd stumbled onto the Tillamook County Barn Quilt Trail, one of an informal network of delightfully decorated farm buildings, homes and shops that have sprung up across the country, brightening rural roads and enlivening rural communities.

The first quilt square was painted in 2001 on an old tobacco barn in southern Ohio. Donna Sue Groves and her mother wanted to spruce up their weathered barn, and adorning it with the lively colors and patterns of an old quilt seemed the perfect way to do so, a way of honoring their Appalachian heritage.

One thing led to another. Neighbors liked the idea; they began decorating their barns as well. Soon travelers who normally would have stayed on the Interstate that bypassed Adams County exited so they could see the folk-art barns. Some of them stayed and had lunch or purchased locally-made crafts.

Other communities took note. In many cases various service organizations, art guilds or ad-hoc groups became involved. They published brochures that helped visitors explore the back roads and introduced them not only to their mom-and-pop shops and eateries but also to their history and culture.

Donna Sue Groves had, quite accidentally, founded a movement. Today there are more than 7,000 quilt squares throughout the United States and Canada, forming a trail of barn quilts that goes from coast to coast.

For the small towns, the trails

bring much needed and much appreciated, customers. For travelers, they are a way to see a part of America that is truly off the beaten track.

This is our type of travel — different, unpredictable,



Above: To help children appreciate their heritage, folks on the Southern Quilt Trail often involve students when making barn squares. A particular favorite of the students is "Sunbonnet Sue," a pattern that dates back to the early 1900s. Right: The quilt square on St. Peter Lutheran Church brightens the downtown area of Tillamook, Oregon .



and most of all, personal — and finding barn quilts has become an integral part of our trip-planning process. First we go to Barn Quilt Info (www.barnquiltinfo.com), the website put up by Suzi Parron, a former English teacher who became so enamored with barn quilts that she now spends most of her time promoting the movement. Then we click onto the states we'll be visiting, identify the counties that have the most developed quilt trails, and tweak our itinerary so we can visit at least one, often two.

Sometimes we call or email in advance to get tips from a local resident. Ginny Schaum, who works with the barn quilt trail in Schoharie, New York, advised us to eat at the town's Apple Barrel Café, where every sandwich has a slice of apple. Great idea. A woman associated with Georgia's Southern Quilt Trail helped us map a route that would take past the most historically interesting barns. More great ideas.

Other times, we just drop by the local visitor center and ask for suggestions. We had no trouble picking up a brochure at the Fort Morgan, Colorado Chamber of Commerce, but despite the map, we got lost twice on our way to Nancy

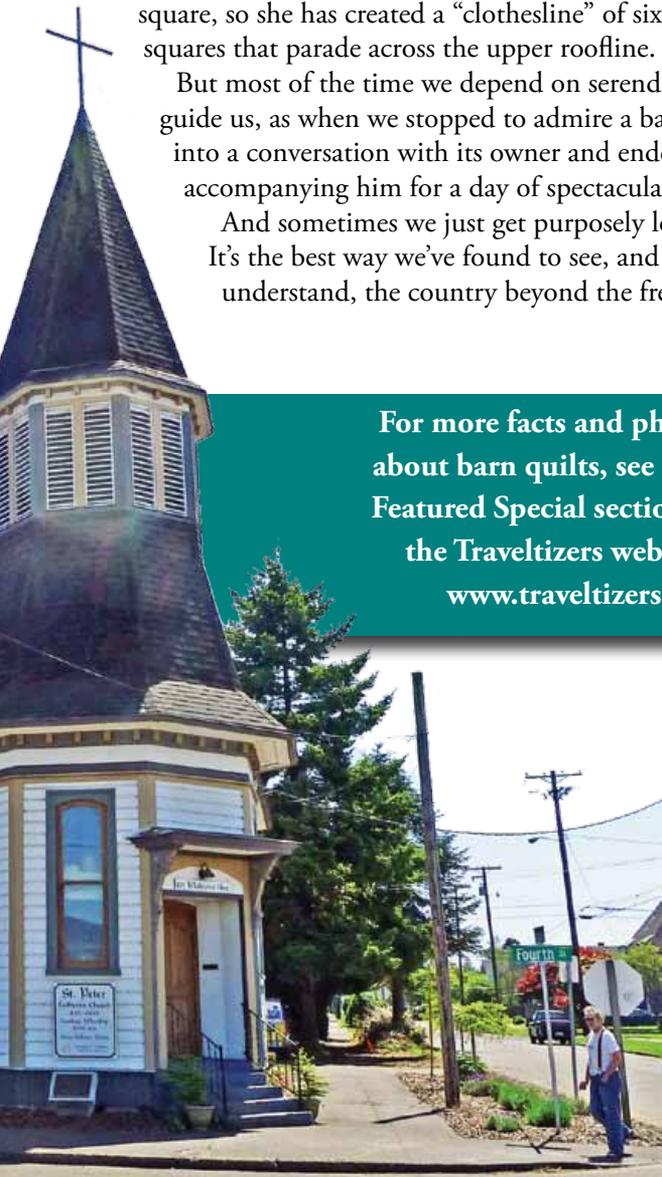
Lauck's barn, which was almost hidden by the tall brush.

Finally our perseverance paid off. Nancy's barn has a long, shallow roof that won't accommodate a large square, so she has created a "clothesline" of sixteen squares that parade across the upper roofline.

But most of the time we depend on serendipity to guide us, as when we stopped to admire a barn, fell into a conversation with its owner and ended up accompanying him for a day of spectacular birding.

And sometimes we just get purposely lost. It's the best way we've found to see, and better understand, the country beyond the freeways.

For more facts and photos about barn quilts, see the Featured Special section of the Traveltizers website: www.traveltizers.com



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Betty Lynn: Keeping Mayberry Alive



It's just after noon on the third Friday of the month, and 89-year-old Betty Lynn is preparing to take her seat behind a small brown table in the main room of the Andy Griffith Museum in Mount Airy, NC. Visitors are already beginning to flood into the 2,500-square-foot building to meet the actress best known to 60s TV fans as Barney Fife's girlfriend, Thelma Lou, from "The Andy Griffith Show" set in the fictional town of Mayberry.

"Over 500 people come through," says Betty of a typical day when she sits throughout the afternoon once a month at the museum greeting fans. They come from all over the world to meet a former cast member of the popular show and to see the large collection of Andy Griffith memorabilia, assembled by Griffith's life-long friend Emmett Forrest (see www.andygriffithmuseum.com).

In 2007, after being twice robbed in her Los Angeles home, Lynn left Hollywood for the quiet, secure life in Mount Airy, which was also Andy Griffith's hometown.

"I'd been coming here for the Mayberry Days festival for ages, so it seemed like the perfect place to settle," she said.

"Everyone has been so kind since I moved here. It didn't take long for me to feel like a local rather than a visitor."

"The Andy Griffith Show" ran for 8 seasons, throughout most of the 1960s. It won six Emmys, including five for Don Knotts. "Andy was fun and a bit of a tease off camera, while Don was sweet but very quiet and nothing like his Barney Fife character. But that just illustrates what a good actor he was."

Lynn also appeared in some 20 films and over 40 other TV shows, including many westerns.

"I enjoyed westerns, but filming in the hot Californian summers wearing long dresses and petticoats was rough," she said. "During one show, I think it was 'Texas John Slaughter' for 'Disneyland,' we sat down to lunch and these huge bugs swarmed all around us. We were told to just ignore them and eat around them."

Throughout her career, Lynn worked with some Hollywood greats.

"My first film, 'Sitting Pretty,' and then later 'Cheaper by the Dozen,' were with Clifton Webb, a sweet man with a good sense of humor," she recalled. "I also did two films with Bette Davis who got everyone to call me Boo, after one of my characters, so it wouldn't be confusing when they called 'Betty on the set!'"

She also worked, at one time or another, with almost all the cast of "Gilligan's Island."

"Alan Hale Jr. was on an episode of 'The Andy Griffith Show,' and played a mountain man looking for a wife," explained Lynn. "Recently, I saw the episode again, where he picked me way up in the air twice. I laughed because I looked like a rag doll."

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As she does on each of her visits to the museum, Betty braces for a long afternoon as enthusiastic fans are already forming the meet-and-greet line.

“It’s a little tiring by the end of the day, but it’s the least I can do since people may stand for hours to take a picture, get an autograph and a hug,” she says. “There’s a lot of love coming my way.”

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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Saving Sauternes

Olivier Bernard knows Bordeaux. Born there in 1960, Bernard has spent his entire life in the region -- and worked in the wine industry since 1978 when he opened a small wine shop. In 1983, he took over the operations at Domaine de Chevalier after his family purchased the historic estate in Pessac-Léognan. And he has been president of the Union des Grands Cru, the promotional body for Bordeaux's top producers, since 2012.

So it's telling that Bernard's estate in Sauternes, Clos des Lunes, focuses almost exclusively on dry wines.

Sauternes, of course, is the famous sub-region in Bordeaux where botrytis cinerea -- the fungus known as "noble rot" -- attacks grapes almost every year, leaving them desiccated, shriveled, and covered with fuzzy mold. Out of these beastly grapes comes the world's most famous sweet wine.

Why would one of Bordeaux's most passionate ambassadors make dry wine in Sauternes?

Soil and climate play a role, to be sure. But the market, no doubt, plays a larger one. Sadly, Sauternes is out of fashion.

Over the past 40 years, U.S. imports of Sauternes have declined almost 70 percent. Between 2004 and 2013, according to Liv-ex, auction prices on wines from the region's top châteaux -- Coutet, Climens, Rieussec, Suduiraut, and Yquem -- dropped between 19 and 37 percent.

In part, this drop is explained by changing preferences. Most of today's wine enthusiasts just don't take sweet wines seriously.

Changing dining culture has also impacted sales. Structured, leisurely dinners were once more common -- and always ended with dessert wines like Sauternes or Port. Today, such indulgences are rare -- and drawn-out meals are more likely to end with coffee than sweet wine.

Consumers have also moved beyond Bordeaux. Everyone still recognizes the region's significance, obviously. But for all intents and purposes, today's consumers have unlimited choices -- and

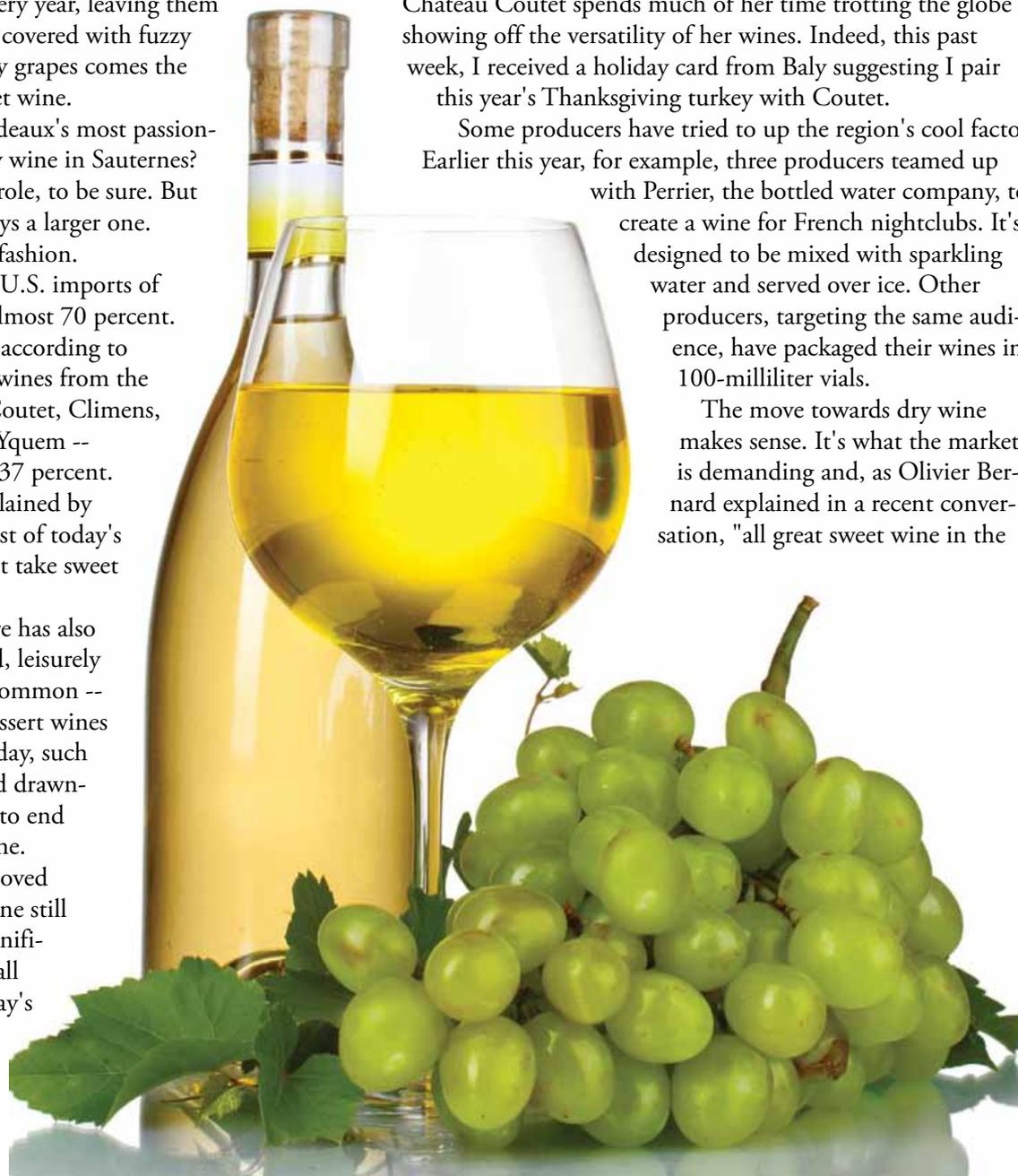
are responding accordingly. The average upscale supermarket carries more than 1,500 wine selections from across the globe. Those who do drink sweet wine have plenty to choose from.

To survive, many producers in Sauternes have turned to dry whites. Most major estates have always produced at least a bit of dry wine; Château d'Yquem has produced a dry blend of Semillon and Sauvignon Blanc -- simply called "Y" -- since 1959. But today, more producers are producing more dry wine than ever before.

Producers have also worked to convince consumers that their wines needn't be pigeon holed as dessert. Aline Baly, the Parisian-born, American-raised, third-generation proprietor of Château Coutet spends much of her time trotting the globe showing off the versatility of her wines. Indeed, this past week, I received a holiday card from Baly suggesting I pair this year's Thanksgiving turkey with Coutet.

Some producers have tried to up the region's cool factor. Earlier this year, for example, three producers teamed up with Perrier, the bottled water company, to create a wine for French nightclubs. It's designed to be mixed with sparkling water and served over ice. Other producers, targeting the same audience, have packaged their wines in 100-milliliter vials.

The move towards dry wine makes sense. It's what the market is demanding and, as Olivier Bernard explained in a recent conversation, "all great sweet wine in the



world once had the potential to be a great dry wine." The push to highlight the versatility of Sauternes also makes sense. Food is more varied and exotic than ever before -- and sweet wines often make the most sense. The move to sell wine through gimmickry, though, seems at odds with the tradition that distinguishes Sauternes.

Few regions can match Sauternes' history. And no wines of such consequence are a better deal. So long as one is willing to forgo Yquem, savvy consumers can purchase half bottles from virtually every top producer -- many with a decade or more of age -- for less than \$30. Wines from other regions of such significance cost multiples more.

One must root for today's efforts to sustain the region -- and hope that serious consumers continue to find at least some space for Sauternes.

David White is the founder and editor of Terroirist.com, one of the world's most popular wine blogs. His columns are housed at GrapeCollective.com.

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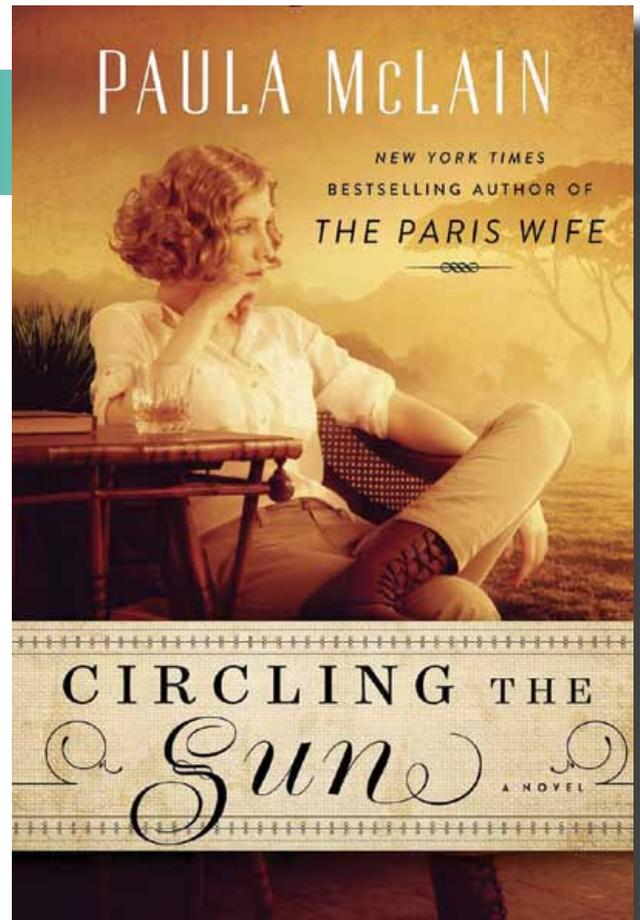
Review of *Circling the Sun*

Circling the Sun is a fictionalized biography of Beryl Markham, who is best known for being the first woman to fly solo across the Atlantic from East to West. While this particular feat launches the book, it is almost just an afterthought to the heart of Beryl's story in this novel.

During the early 1900's, Britains could buy land in Africa for relatively cheap and many flocked to the continent with hopes and dreams of beginning a new life on the exotic frontier. Beryl's parents were of such a mind, and took she and her brother there when they were very young to begin a farm and raise racehorses. This African landscape and the smells, sounds and work of horses and the farm are the true heart and setting of *Circling the Sun*.

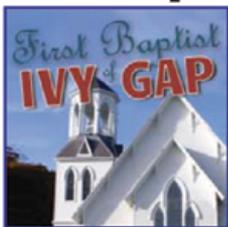
The book launches into the many tragedies and trials of Beryl's life when her mother, who doesn't like the lifestyle of living in Africa, takes Beryl's brother back to England, leaving her in the hands of her father and the neighboring Nairobi tribe, from whom Beryl befriends a boy named Kibii and learns to hunt wild pigs and speak Swahili.

Ever the strong willed woman and wild child in a time when women were not meant to behave so, *Circling the Sun* follows Beryl through her life, documenting her trials, failures and occasional successes: a hasty marriage at 16, training to become the first profes-



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sional female horse trainer and wading through the heady gossip circles that ran rampant through the privileged group of Europeans who lived and worked in Africa.

Much of the novel focuses on Beryl's relationships, especially with Denys Finch Hatton and Karen Blixen, two characters who many readers will know from *Out of Africa*. While the story truly shines when Beryl is in her element: training horses, working with her beloved surrogate father D, and even interacting with the close knit group of English people who lived in the community at the time, it sometimes gets bogged down in its long passages about Beryl's relationships with men and her inability to learn from her mistakes.

Still though, the book is good. In a time where women were expected to take a back seat to men and were nothing without a father or husband to stand for them, Beryl was truly a pioneer. Despite the many setbacks she faced over and over again – her father losing his farm, deaths of loved ones and even a scandal involving royalty, she became the first certified female horse trainer at 19, and fought to successfully earn a place both in the horse racing and flying industries.

Author Paula McLain did in depth research on Beryl to write this book, even traveling to the few old haunts that show up time and again in the story, and it shows. Beryl Markham, while not always likable, was certainly interesting and her life demands both sympathy and admiration.

Grade: B



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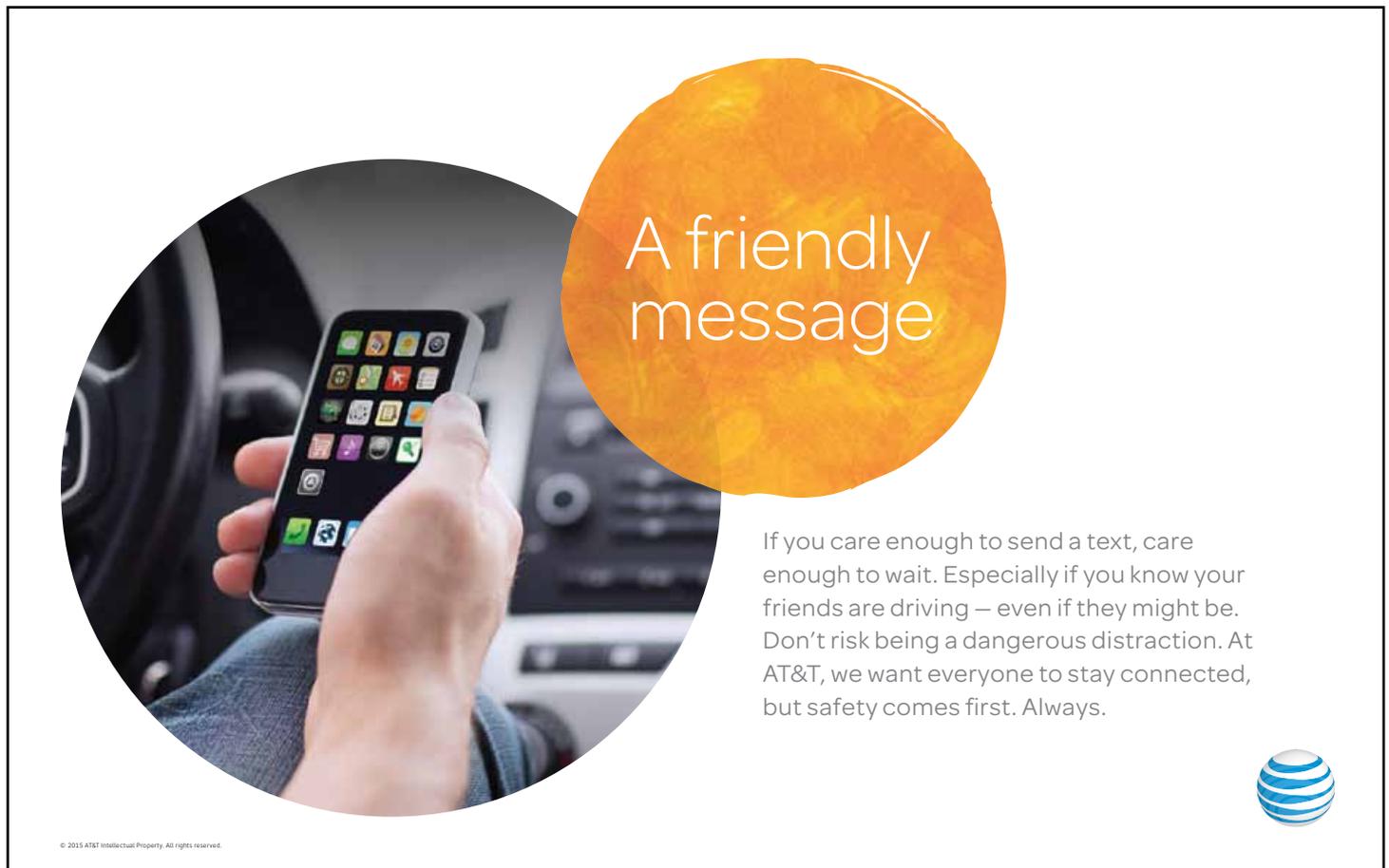
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Home With a Movie by David White



A Walk in the Woods, Ant-Man, & Shaun the Sheep



A Walk in the Woods ★★½ (out of 5)

(R) In this amiable dramedy, Robert Redford plays a respected, mostly-retired travel writer, living pleasantly in New England with a loving family. Some vague residual combination of wanderlust, pride and ennui inspires him to hike the Appalachian Trail for one final adventure before the ravages of aging take such options off his menu. Unlike a certain former

South Carolina governor, his goal is the actual 2,200-mile trek, not a fanciful cover for other types of age-denying endeavor. Among the many old friends and colleagues he invites to join him, the only taker is a dissipated former travel companion (Nick Nolte) he hadn't seen for 40 years... or missed.

Once they hit the trail, we get a leisurely package tour of their backstories, accented with how they handle the journey and interact with people and challenges along the way. Director Ken Kwapis wisely gives the old pros room to be all they can be, while making the pristine settings a vivid asset, both visually and thematically. Despite my devout aversion to prolonged exercise or any form of "roughing it" ever since infantry training drained all sense of pleasure from hiking or camping, Kwapis almost made this journey seem appealing.

The package adds up to a pleasant, if not riveting, way to spend a couple of hours in the seats enjoying how two fine actors take care of their business on the trail. Kristen Schaal, Mary Steenburgen and Nick Offerman stand out among the supporting players. The plot is blissfully free of excess, making the stars and their experience relatively relatable.



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Ant-Man ★★★★★½ (out of 5)



(PG-13) Regular readers have likely picked up my leanings on the last decade, or so, of summers largely dominated by big-budget movies based on comic book superheroes. I vastly prefer those that have fun with their subject over those taking such fantasies too seriously.

So who better than Mr. Nice Guy Paul Rudd to become a reluctant savior with highly unlikely powers courtesy of Marvel Comics? All hail Stan Lee. In this case, a scientist (Michael Douglas) created a supersuit and chemical cocktail that enables its occupant to instantly shrink, as needed, while also commanding an army of ants via a bonus mind-linking device. Paul's character is like a Spiderman without all the angst and low self-esteem. We given just enough backstory to flesh out a sympathetic sentimental side to his persona, without the other guy's bouts of guilt and other reasons for moping.

The plot is typical - demented corporate jerk perverting possibly-beneficial science into an ultimate existential threat - but perfectly suited to introducing newbies to this hero, his family and a few bumbling buddies. For a director whose resume shows mostly sitcoms and a couple of rom-coms, Peyton Reed delivers a fine package of pace and character development, deftly weaving the comedy, sentiment and computer-generated action into a cohesive final product. Sequels are certain, and will be most welcome.

Shaun the Sheep ★★★★★ (out of 5)

(PG) This animated adventure truly lives up to its billing as a treat for all ages. Or, exactly what you'd expect from the creators of the animated antics of Wallace & Gromit. Shaun decides life on the farm for their flock is too dull. Every day is just like the others. He decides they need an adventure. Unfortunately, things go wildly awry, forcing them into a covert foray into the Big City to rescue their beloved farmer. Many obstacles arise in a delightfully clever plot, showcased by utterly charming visuals. The artwork is first-rate, with plenty of non-scary action. No dialog needed, unlike the W & G 'toons. Adults will enjoy the action as much as their little companions, with bonus laughs from a number of sight gags aimed their way.

Mark Glass is an officer & director of the St. Louis Film Critics Association.



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Oven Roasted Brussels Sprouts with Tomatoes

- 1 pound small fresh Brussels sprouts, trimmed and cut in half lengthwise
- 1 can (14.5 ounces) Fire Roasted Diced Tomatoes, drained
- 2 tablespoons pure canola oil
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper

Heat oven to 425 F. In large bowl, toss together Brussels sprouts, drained tomatoes, oil, garlic powder, salt and pepper. Spread mixture in single layer on large shallow baking pan. Bake 20 minutes or until Brussels sprouts are tender and browned, stirring once halfway through.

Servings: 6

- 1 can (15 ounces) tomato sauce
- 1 can (14.5 ounces) Diced Tomatoes with Basil, Garlic and Oregano, undrained
- 6 tablespoons grated Parmesan cheese, divided
- 6 small boneless skinless chicken breasts (1½ pounds total)
- ¾ pound spaghetti, uncooked
- 1½ cups shredded mozzarella cheese

Easy Chicken Parmesan

Heat oven to 375 F.

Pour tomato sauce and undrained tomatoes into 13-by-9-inch baking dish. Stir in ¼ cup (4 tablespoons) Parmesan. Add chicken; turn to evenly coat both sides of each breast with sauce. Cover.

Bake 30 minutes or until chicken is no longer pink in center (165 F). Meanwhile, cook spaghetti as directed on package, omitting salt.

Top chicken with remaining cheeses; bake, uncovered, 5 minutes or until mozzarella is melted. Drain spaghetti. Serve topped with chicken and sauce.





Eggplant Lasagna

<i>Servings:</i> 8	½ teaspoon salt
Pam Original No-Stick Cooking Spray	½ teaspoon ground black pepper
1 cup part-skim ricotta cheese	1 package (20 ounces) Italian-seasoned ground turkey
¾ cup grated Parmesan cheese	¾ cup chopped yellow onion
¾ teaspoon dried Italian seasoning	1 tablespoon finely chopped garlic
1 large eggplant (about 1 pound), cut into ¼-inch thick lengthwise slices	1 can (14.5 ounces) diced tomatoes, drained
¼ cup extra virgin olive oil	¼ cup tomato paste
	¼ cup thinly sliced fresh basil
	1½ cups shredded part-skim mozzarella cheese

Heat oven to 350 F. Spray 8-by-8-inch glass baking dish with cooking spray.

In small bowl, combine ricotta cheese, Parmesan cheese and Italian seasoning; set aside.

Heat grill pan over medium-high heat. Brush eggplant slices with oil; sprinkle both sides with salt and pepper. In batches, place eggplant on grill pan. Cook each side 1-2 minutes or until lightly browned and tender. Remove and place on baking sheet lined with paper towels; pat to remove excess moisture.

Spray large skillet with cooking spray; heat over medium-high heat. Add turkey and cook 3 minutes, stirring occasionally. Add onion and garlic; cook 2-3 minutes more or until onion is tender and turkey is crumbled and no longer pink. Drain. Add drained tomatoes, tomato paste and basil to skillet; stir to combine. Reduce heat and simmer 2 minutes more.

Assemble lasagna by spreading ¾ cup meat mixture over bottom of dish. Place 3 eggplant slices over meat mixture, top with ¾ cup meat mixture, half of ricotta cheese mixture and ½ cup mozzarella cheese. Repeat layers, ending with a layer of eggplant slices topped with meat mixture and remaining mozzarella cheese.

Spray underside of aluminum foil with cooking spray; cover dish tightly with foil. Bake 30 minutes. Let stand 10 minutes before serving.



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EVENTS

Foster Grandparent Program Banquet - 7:00 PM on Thursday, January 14 at Sam's Town Casino and Convention Center in Shreveport. Banquet theme will be: Bridging 6 to 60, which emphasizes the generational connection of one generation helping another. Key-note speaker is RaShad Bristo, motivational speaker and author of "Bitter or Better: Doing More with Less." Additional highlights for the evening will be a Celebrity Auction. Local celebrities - including *The Best of Times* publisher Gary Calligas - will offer personalized

unique auction "must have" packages which are sure to capture your imagination. Special entertainment. There are tables and sponsorships available as well. Information and tickets are available by calling 318-780-7144 or 318-676-7913.

KREWE ACTIVITIES

Krewe of Centaur Parade - Saturday, January 30 beginning at 4:30 PM. Parade begins at Clyde Fant Parkway at Lake Street in downtown Shreveport. It continues on Clyde Fant Parkway to Shreveport-Barksdale Highway. The parade then takes a left on to East Kings Highway and continues to Preston Avenue, where it ends. **FREE**.

Krewe of Elders Grande Bal: Saturday, January 9 at 5:30 PM at Shreveport Convention Center, 400 Caddo Street, in downtown Shreveport. Entertainment will be provided by Ambush. Cash bar, formal dinner, black tie optional, open to public. \$55.00 members; \$65.00 non-members. Info. 752-9175; 631-8865.

Krewe of Centaur's Float Loading Party - Friday, January 29 beginning at 6:30 PM at the Krewe of Centaur's den, 351 Aero Dr., Shreveport. Visitors can see all the floats up close and personal before the parades. There will be lots of food, music and fun for all ages. **FREE** and open to the public.

MEETINGS

Ark-La-Tex Genealogical Association Meeting - Saturday, January 9



from 1 to 3 PM at the Randle T. Moore Center, 3101 Fairfield Ave (corner of Fairfield Ave and Kings Hwy), Shreveport. The featured speaker is Leonard Gresens, Investments Advisor, Historian and Collector. His presentation will be "Old Tokens and Other Nostalgia of Shreveport". In addition, Genealogists Peggy LaCour will present "If It Had Been a Snake. . ." This program is **FREE** and open to the public. For information call 746-1851 or email jjohnson747@suddenlink.net.

The GENCOM DNA Interest Group Meeting - Wednesday January 13 from 10:00 AM until 12:30 PM in the large meeting room at the Broadmoor Library, 1212 Captain Shreve Drive, Shreveport. The meeting will provide information on and answer



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G A M B L I N G P R O B L E M ?



Captain Shreve Drive, Shreveport. This meeting will begin a series of meetings that will take the attendees on a step-by-step journey through the year from how to begin genealogy research to more advanced areas of genealogy and family history research. The presentation will include where and how to start gathering family history information, how to choose and use a family tree software program to organize your research, and using pedigree charts and family group sheets in your research. The meeting is **FREE** and open to the public. For information contact: Jim Jones, phone (318) 773-7406 or email jgones09@gmail.com.

questions in all areas of DNA testing: Which DNA test should I take? Which testing company should I test with? What is the difference in the testing companies and what does each offer? What is the cost of DNA testing? Now that I have my DNA test results, what do I do? We will also provide information and assistance in using third party websites that will provide additional tools for analyzing and working with your DNA test results. The meeting is **FREE** and open to the public. For information contact Jim Jones at (318) 773-7406 or email jgones09@gmail.com.

The GENCOM Genealogical Computer Society Meeting - Sunday, January 31 at 2:00 PM in the large meeting room at the Broadmoor Library, 1212

THEATRE

Souvenir - Performances on January 7, 8, 9, 15, and 16 at 7:30 PM. January 10 and 17 at 2:00 PM. Shreveport Little Theatre, 812 Margaret Place, Shreveport. A comedy with song. Florence Foster Jenkins, a wealthy society eccentric believes she is a great coloratura soprano. Her annual off key recitals brought her extraordinary fame, climaxing at Carnegie Hall. This true tale is told through the eyes of her beloved accompanist. Adults: \$20; Senior/Student/Military: \$18. Buy tickets online at www.shreveportlittletheatre.com or call the Box Office 318-424-4439.

The Producers - Sunday, January 17 at 7:00 PM at the Strand Theatre, 619 Louisiana Ave., Shreveport. A scheming producer and his mousy accountant aim to produce the biggest flop on Broad-

way in Mel Brooks' laugh-out-loud spectacle. Bialystock and Bloom! Those names should strike terror and hysteria in anyone familiar with Mel Brooks' classic cult comedy film. *The Producers* once again sets the standard for modern, outrageous, in-your-face humor. It is a truly "boffo" hit, winning a record twelve Tony Awards and wowing capacity crowds night after night. Tickets are \$68.50, \$55.50, \$35.50. Call the box office at (318) 226-8555 or email strand@thestrاندtheatre.com.



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FEBRUARY 12

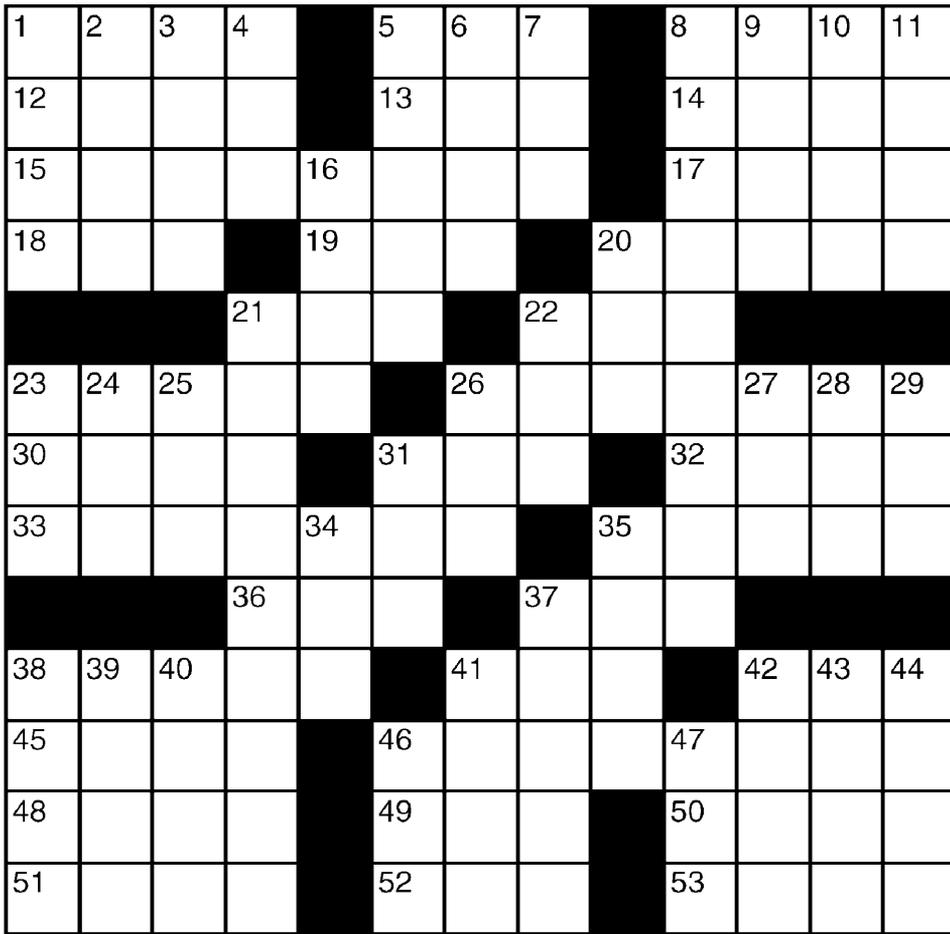
ticketmaster



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King Crossword

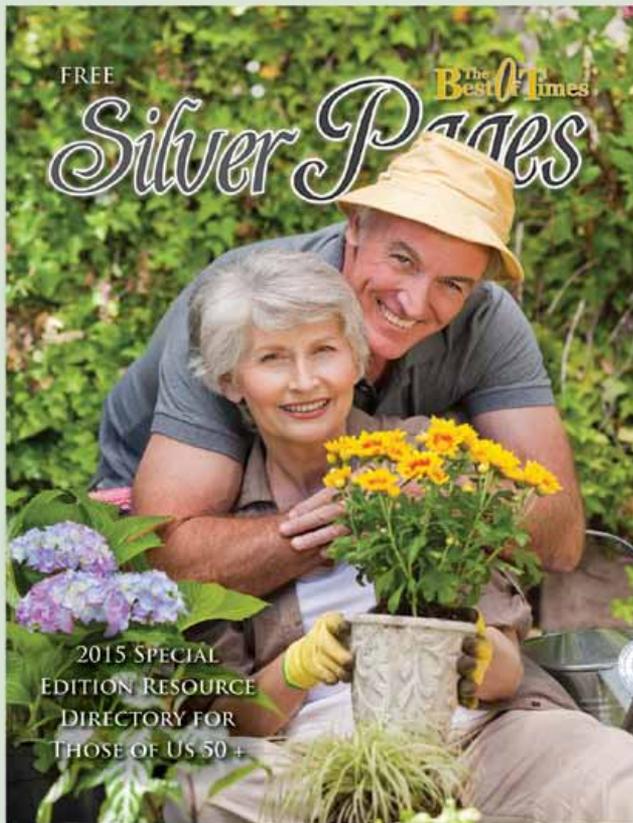
(Puzzle answers on page 42)

ACROSS

- 1 Andy's pal of old
- 5 Comic Margaret
- 8 Rue the run
- 12 Cougar
- 13 Explanation
- 14 "Animal House" group
- 15 Voters' choice
- 17 -- accompli
- 18 Lair
- 19 Squid squirt
- 20 Striped animal
- 21 "CSI" evidence
- 22 Pen name?
- 23 Trip around the world?
- 26 With 6-Down, Peter Pan's foe
- 30 Bellow
- 31 Pooch
- 32 Really enjoying
- 33 Three-part European union
- 35 Friars Club event
- 36 Dove's comment
- 37 Junior
- 38 Ashen
- 41 Suitable
- 42 Hot tub
- 45 Wrinkly fruit
- 46 Ouster
- 48 "Scat!"
- 49 Fond du --, WI
- 50 Leer at
- 51 Oscar winner Goldie
- 52 "-- Doubtfire"
- 53 Melt

DOWN

- 1 Mimicked
- 2 Stubborn one
- 3 Portent
- 4 Pouch
- 5 Wedgwood product
- 6 See 26-Across
- 7 Possess
- 8 Fondness
- 9 Grouch
- 10 Tresses
- 11 "At Last" singer James
- 16 Coloration
- 20 Type of code
- 21 Way
- 22 Satchel
- 23 Scepter topper
- 24 Fish eggs
- 25 Prohibit
- 26 Courteney of "Friends"
- 27 Literary collection
- 28 Part of TGIF
- 29 "To be or -- ..."
- 31 Pair
- 34 Actress Myrna
- 35 Campus mil. program
- 37 Glasses, slangily
- 38 Shove
- 39 Old Turkish title
- 40 Unhurried
- 41 Open slightly
- 42 Unspoken "Alas!"
- 43 Silents star Negri
- 44 From the beginning
- 46 Shade provider
- 47 Youngster



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MAGIC MAZE

WON MORE THAN
50 U.S. OPEN
TENNIS MATCHES

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

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

- | | | | |
|-----------|---------|----------|--------|
| Agassi | Federer | Sabatini | Serena |
| B.J. King | Graf | Sampras | Tilden |
| Connors | Lendl | Seixas | Venus |
| Evert | McEnroe | Seles | |

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LMP: 651-R



Sudoku

by Linda Thistle

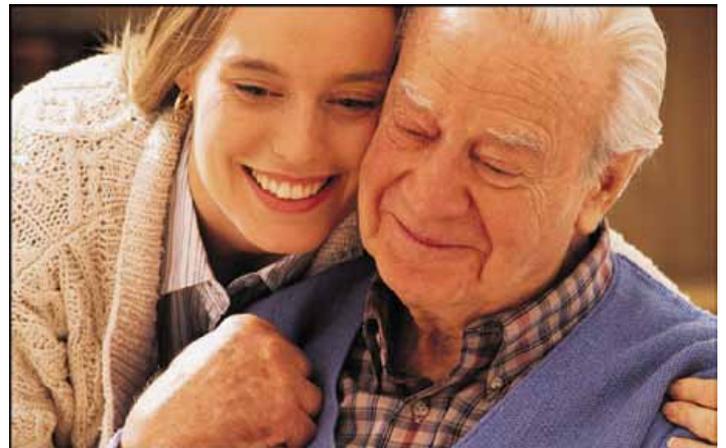
	9		3			7		
		2		8				3
6					5		1	
	8			3	6	4		
4			9					2
		9		1			8	
		5			3	9		
	4		8					7
2				7			6	

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!

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- Hallucinations; hearing voices
- Misuse of alcohol or medications
- Disorientation
- Numerous unexplained physical ailments
- Difficulties coping with daily living
- Excessive fears, anxieties or suspiciousness

ANSWERS FROM THE EXPERTS

My mother has been recently diagnosed with Alzheimer's disease, does she qualify for hospice care under her Medicare benefits?



Toni Camp
Regional Hospice Care Group
8660 Fern Avenue, St. 145
Shreveport, LA 71105
(318) 524-1046
See our ad on page 35.

Medicare will pay 100% for hospice services for Alzheimer's disease and any diagnosis where patients are determined to have a life expectancy of less than six months. Our hospice would need to obtain a physician's order to evaluate your mother to see if she meets the hospice Medicare guidelines of a 6 month prognosis to qualify for hospice care services.

After a person is admitted to a nursing home, how long will they stay there and will they ever return to their home?



Vicki Ott
NurseCare Nursing and Rehab Center
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 48.

Length of stay varies and is generally dependent on 3 things:

- 1) the potential for improvement to the point that the individual is able to resume caring for themselves and meet their own vital needs (this is frequently the case after health management and rehab),
- 2) the ability of the family to provide the care themselves in a home environment, and
- 3) the comfort level of the physician that the person's needs can be met outside a medical setting.

I am a 50-year-old female who has worn contacts and glasses for my near-sighted condition for years. Will the new eye procedures eliminate my need for contacts or glasses?



Chris Shelby, MD
Pierremont Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
www.ShelbyEye.com
See our ad on page 47.

After age 40, most people become presbyopic, meaning you lose your near vision. There are many options for people who want to reduce their dependence on glasses or contacts. Some people are great candidates for LASIK, while others would benefit more from the ReStor Multifocal Lens Implant. In order to know exactly which procedure is best for you, you should be examined. Call 212-3937 today to learn about all of the options available to you.

I broke a bone last year. Do I have osteoporosis?



John J. Ferrell, M.D.
Mid South Orthopaedics
7925 Youree Drive;
Suite 210
Shreveport, LA 71105
(318) 424-3400

In certain high risk groups the risk of a serious fracture can double after a first fracture. Those who experience an osteoporotic hip fracture have a 24% increased risk of dying within one year following the fracture. This is not only a disease of aging white women. Osteoporosis occurs in all racial groups and men have a 1:8 chance of having an osteoporotic fracture. Although there is no specific cure, you can: Get enough Vitamin D and Calcium. Get regular exercise (weight bearing and low impact). Do balance exercises to avoid falls (Tai chi decrease falls in older individuals) and if you have a broken bone talk to your doctor about a bone density test.

(Puzzles on pages 40-41)

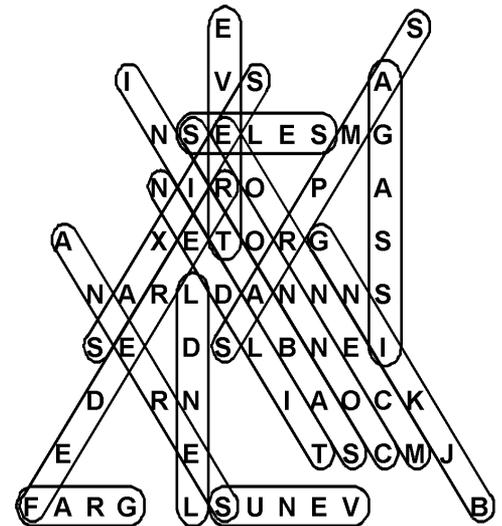
King Crossword

Answers

Solution time: 21 mins.

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

WON MORE THAN 50 U.S. OPEN TENNIS MATCHES



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

January PARTING SHOTS



Share your photos with us. Email to editor.calligas@gmail.com

Over 30 themed trees were decorated and placed throughout The Oaks of Louisiana for their every-other-year Tour of Trees which was held December 12 and 13.



Carolyn and Bob Eason



Sheryl Glass (left) and Beverly Shepherd



Louise Choate (left) and Opal Wimberly



Christine Jordan with Santa and Mrs. Claus



Sue Radford (left) and Catherine Radford

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— Janet F.

Have you ever said to yourself “I’d love to get a computer, if only I could figure out how to use it.” Well, you’re not alone. Computers were supposed to make our lives simpler, but they’ve gotten so complicated that they are not worth the trouble. With all of the “pointing and clicking” and “dragging and dropping” you’re lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that’s designed for simplicity and ease of use. It’s the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world

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NEW
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Caddo Council on Aging's Foster Grandparent Volunteer Program Service Award Recognition Luncheon was held on December 10 at Shreveport Downtown Hotel.



Rev. Ulysses Reed, Sr. & the oldest FGP Eunice Miles



(l to r) Mildred Hollway, Martha Raley, Mable Woolen



Heather Hardsey & Stephanie Johnson



Betty Ogunnupe (left) & Lucille Williams



Mildred Hollway and Martha Raley



Hazel Williams (left), who was honored for 35 years of service, with Yvonne Miller



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Food Bank of Northwest Louisiana

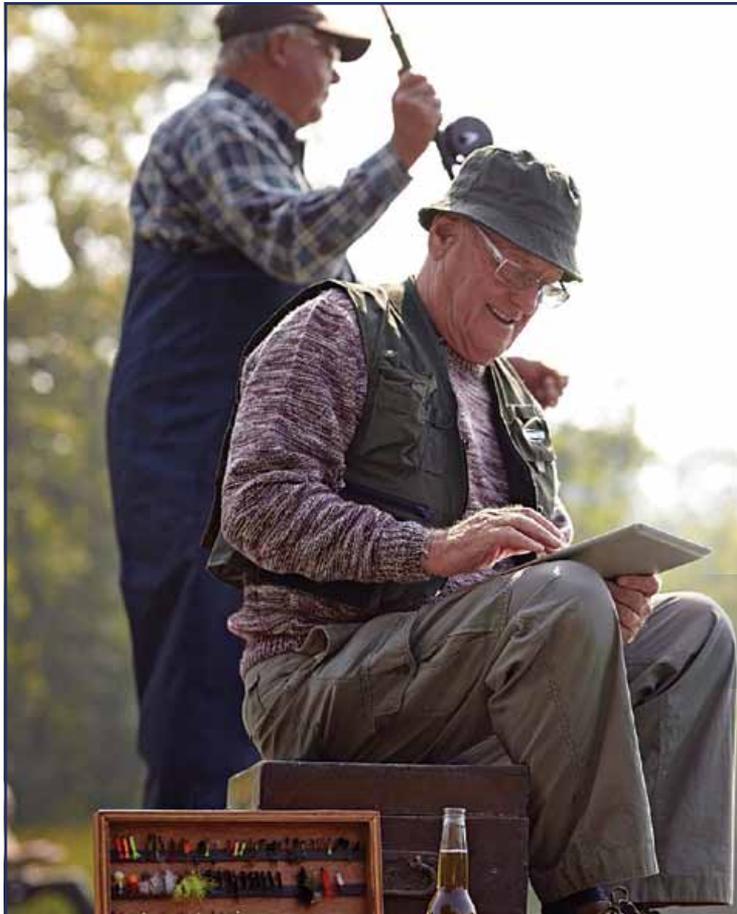
The Friends of the Louisiana State Exhibit Museum held their annual meeting on December 10.

Friends Board members Jane Hubbard (left) and Randy Tiller with Museum Curator Nita Cole



David and Sue Rubenstein

(l to r) Robert Grand, Museum Director Wayne Waddell, and Board member Harriet Daggett



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The Rose City Chapter of AARP held their annual Christmas party on December 7.

(l to r) Marilyn Varnell, Dow Jackson, Vernon Varnell, and Carolyn Franklin



Jeri Holloway with her Bernese Mountain dog, Eli



(l to r) Bonnie Williams, Vince Scholtes, Beverly Bowers, and C.C. Nicholas

Dr. Christopher Shelby

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