

October 2011

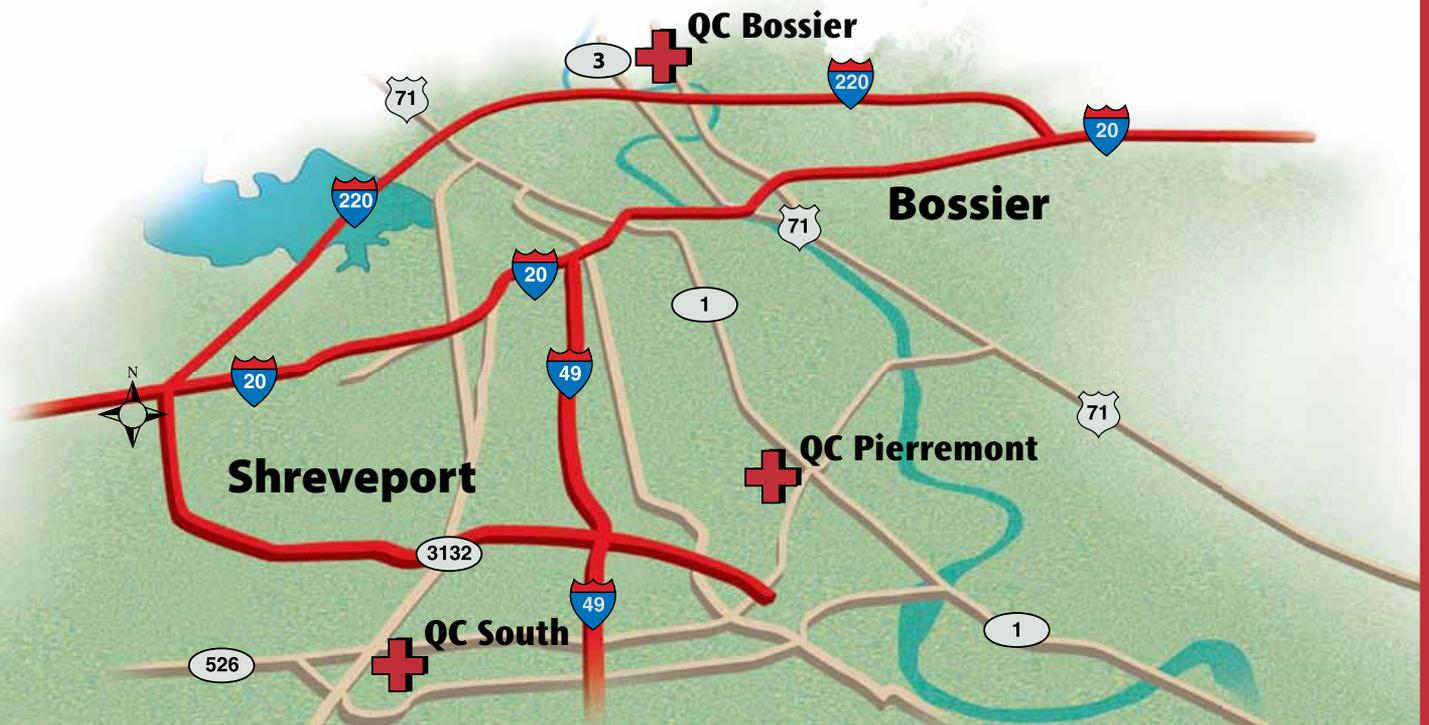
# The Best Of Times

*"Celebrating Age  
and Maturity"*

WELCOME TO THE  
LOUISIANA  
STATE FAIR

Priceless

Presort Standard  
U.S. Postage Paid  
Shreveport, LA 71103  
Permit No. 6



# 2+1=CONVENIENCE

**WK Quick Care Urgent Care is now more convenient than ever with the addition of a third location at Willis-Knighton South.**



- ▶ Same great benefits
- ▶ Open daily, 7 a.m. to 7 p.m.
- ▶ Caring for adults and children
- ▶ Lab and x-ray on-site
- ▶ ZipPass online registration
- ▶ Reputation for quality from Willis-Knighton Health System

**Trust your care to a provider you know and trust.**

**Bossier**  
2300 Hospital Drive  
(318) 212-7520

**Pierremont**  
1666 East Bert Kouns  
(318) 212-3520

**South**  
2520 Bert Kouns  
(318) 212-5520

[wkquickcare.com](http://wkquickcare.com)

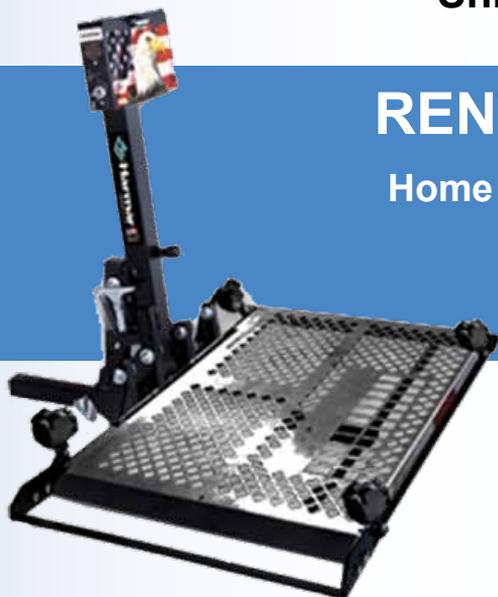


ENCOURAGING INDEPENDENCE

303 North Market Street, Suite B  
Shreveport, LA 71107

## RENTAL, SALES AND SERVICE

Home Medical Equipment • Power Wheelchairs  
Mobility Scooters • Vehicle Lifts  
Portable and Modular Ramps



*David Fletcher and Robert Robinson  
with over 40 years of combined  
experience.*

Come visit our Special Booth at

**SENIOR DAY AT THE  
LOUISIANA STATE FAIR**

Thursday October 27th from 10 am to 3 pm  
in the Hirsch Coliseum.

*Drop by our exhibit booth during the Louisiana  
State Fair from October 27th to November 13th.*



318-222-2860 • TOLL FREE 877-602-8109 • FAX 318-222-0893

# OCTOBER CONTENTS



FEATURES IN BRIEF

- 8 **STAT! Medical News**
- 13 **The Louisiana State Fair**  
*by Amanda Newton*
- 16 **Big Change for Medicare Enrollment: Early Deadline**  
*by Ron Pollack*
- 18 **From the Bench**  
*by Judge Jeff Cox*  
Causing Damage to Property
- 20 **Dear Pharmacist**  
*by Suzy Cohen, RPh*  
Prepare Yourself In Case of Emergency

ADVICE

- 22 **Laws of the Land**  
*by Lee Aronson*  
The Sandwich Lawyer
- 26 **Moving Free with Mirabai**  
*by Mirabai Holland*  
The Wellness Mandala
- 28 **Growing Up in Broadmoor**  
*by I.V. Hastings, Jr.*  
The Fair

COLUMNS

- 30 **Broadway: A Personal Perspective**  
*by Brian Bradley*  
The Season at a Glance



IN EVERY ISSUE

- 32 **Traveltizers**  
*by Andrea Gross*  
Oz for Animals
- 34 **Recent DVD Releases**  
*by Mark Glass*  
"My Dog Tulip", "Bridesmaids", and "Bride Flight"
- 36 **What's Cooking?**  
Happy Haunting
- 38 **Our Famous Puzzle Pages**  
Crossword and Word Search
- 40 **Get Up & Go!**  
An October Calendar Filled with Things 2 Do and Places 2 Go
- 42 **The Best of Times Poker Rally**
- 44 **Parting Shots**

FAB PHOTOS

## The Best of Times 10th Anniversary Mega Giveaway Prizes

To be awarded At Senior Day at the State Fair on Oct. 27 at 12 noon.

### ★ GRAND PRIZE PACKAGE (\$4,534 VALUE) ★

Victory-10 four wheel scooter with weather cover by Pride Mobility Products and an AL100 vehicle scooter lift by Har-mar Mobility Products. Delivery of the scooter and installation of the lift are included (within 200 miles of Shreveport). Compliments of AllMed Mobility of Shreveport.

### ★ PLATINUM PRIZE PACKAGE (\$1,010 VALUE) ★

Reclining Seat Lift Chair manufactured by Pride Mobility Products. Delivery is included at no charge (within 200 miles of Shreveport). Compliments of AllMed Mobility of Shreveport.

### ★ Gold Prize Package (\$886 value) ★

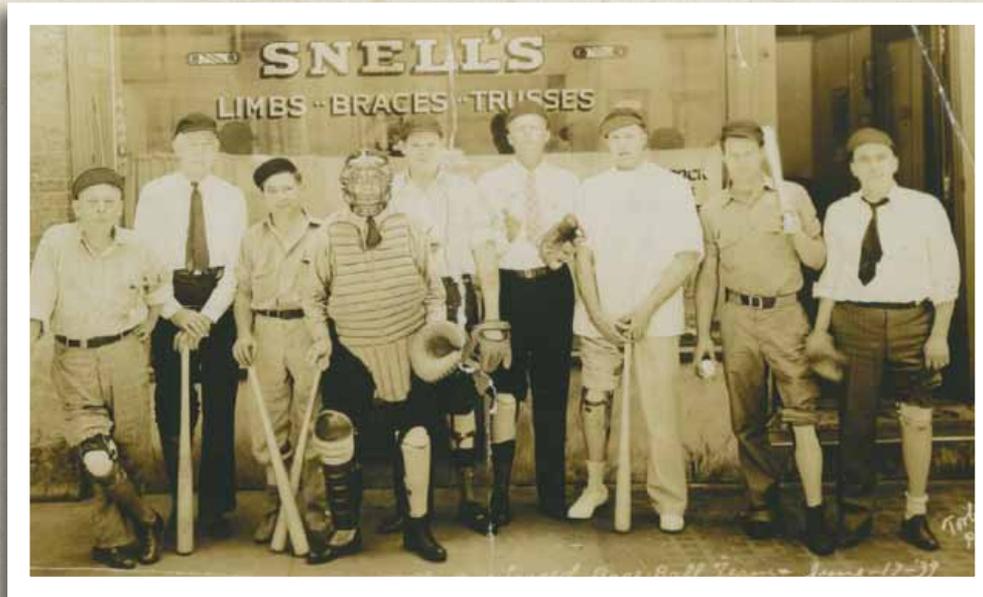
Two roundtrip Airline Tickets via Allegiant Airlines from Shreveport to Daytona Beach, Las Vegas, or Orlando. Expires September 30, 2012. Compliments of Allegiant Airlines.

### ★ Silver Prize Package (\$451 value) ★

Two Season Memberships for the 90th Season of The Shreveport Little Theatre. 10 tickets to Sci-port Louisiana's Science Center in Shreveport for general admission or admission to Imax movie. \$25 Gift certificate to Noble Savage Tavern in Shreveport. \$25 Gift Certificate to Athena's Greek and Lebanese Grill in Shreveport. \$25 Gift certificate to O'Briens Irish Pub in Bossier City. \$25 Gift Certificate to Big O's Restaurant in Bossier City. \$25 Gift Certificate to Market Restaurant in Shreveport. Two Legends Buffet Meals at Diamondjacks Casino and Resort in Bossier City.

### ★ Bronze Prize Package (\$266 value) ★

10 tickets to Sci-port Louisiana's Science Center in Shreveport for general admission or admission to Imax movie. \$25 Gift Restaurant Certificate to Nicky's Mexican Restaurant in Bossier City. \$25 Gift certificate to Noble Savage Tavern in Shreveport. \$25 Gift certificate to O'Briens Irish Pub in Bossier City. \$25 Gift Certificate to Big O's Restaurant in Bossier City. Two Legends Buffet Meals at Diamondjacks Casino and Resort in Bossier City.



# 100 YEARS OF CHANGING LIVES

*In 2011, the Snell Family Is Celebrating  
Our Company's Centennial*

Founded in 1911, Snell's Orthotics & Prosthetics (originally Snell's Limbs, Braces, and Trusses) is celebrating 100 years of serving the needs of our patients. Throughout the years, Snell's has remained steadfast in its commitment to assist the individuals we serve in reaching their goals and living life to the fullest. But don't confuse being steadfast with being stagnant, because we know that what you invest in today will yield abundant returns tomorrow. Our company's investment in new technology and specialized

training for our staff allows us to deliver prosthetic and orthotic devices of the highest quality.

Since its founding, Snell's has been a family-owned business. Today, members of the third and fourth generation of the Snell family work side-by-side to solve the new challenges the company faces on a daily basis so that future generations can continue to change lives.



1833 Line Ave. • Shreveport • (318) 424-4167 • Toll-Free 1-800-219-5273  
8730 Youree Dr., Building A • Shreveport • (318) 795-0953  
211 Hall St. • Monroe • (318) 388-3126 • Toll-Free 1-800-685-2268  
1404 Jackson St. • Alexandria • (318) 443-6391 • Toll-Free 1-800-289-3260

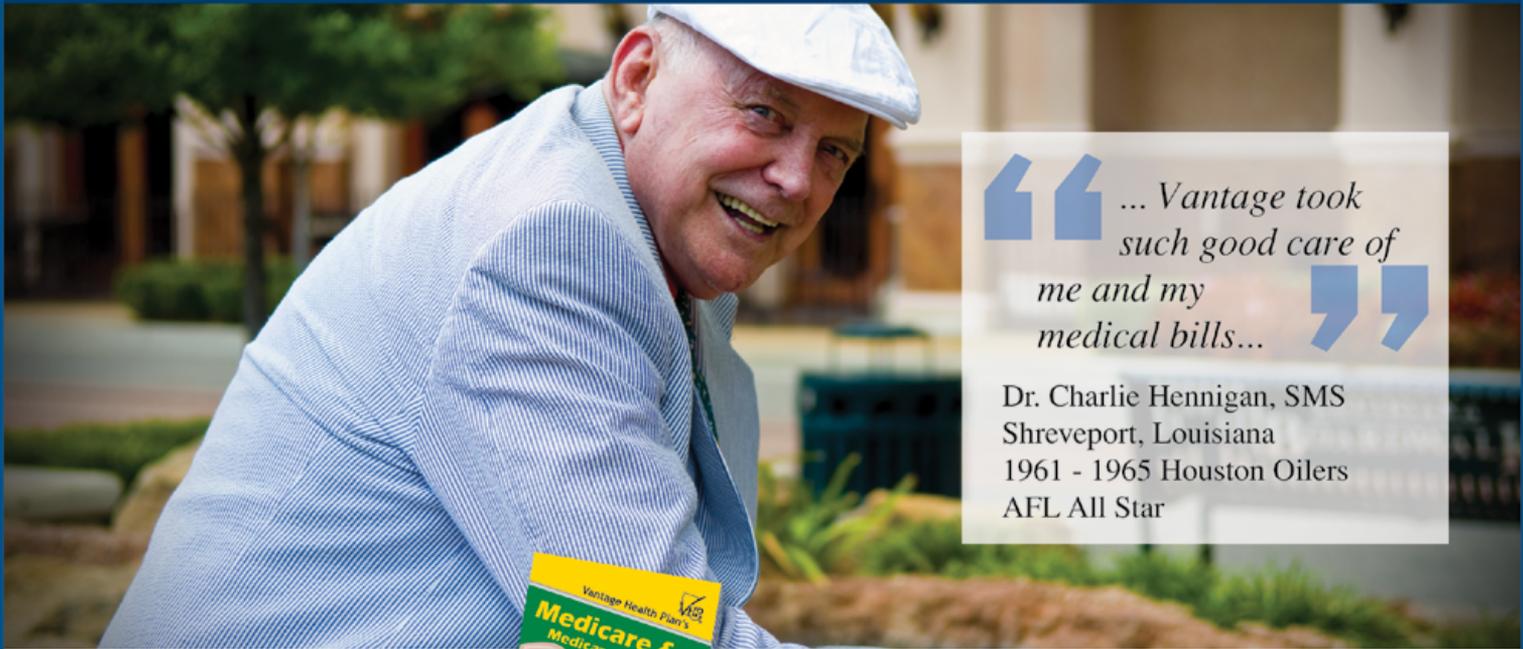
[www.SnellsOandP.com](http://www.SnellsOandP.com)



*Serving Shreveport (2 locations), Bossier City, Monroe, Alexandria, Ruston, Minden, Natchitoches, Coushatta, and Mansfield.*

# 65 Are you turning 65?

Need help choosing a Medicare Advantage Plan?



“ ... Vantage took such good care of me and my medical bills...”

Dr. Charlie Hennigan, SMS  
Shreveport, Louisiana  
1961 - 1965 Houston Oilers  
AFL All Star

Call today and ask for a **FREE Vantage Medicare & Medicare Advantage Made Easy** booklet.



**!** You are eligible to sign up 3 months prior to your 65th birthday month, during your birthday month, and 3 months after your 65th birthday month.

## VANTAGE HAS MEDICARE ADVANTAGE PLANS WITH:\*

- No monthly premiums
- No deductibles
- \$5 Primary Care office visit co-pays
- X-rays & Lab covered 100%  
(No separate bills from Radiologists and Pathologists)
- Worldwide emergency coverage
- Dental and Vision coverage
- Free generic drugs
- Great local customer service

Dental & Vision Benefits Now Available



**VANTAGE HEALTH PLAN, INC.**  
*Making Healthcare Work!*

[www.VHP-Medicare.com](http://www.VHP-Medicare.com)

**1.888.823.1910**

\*There are several plans to choose from and all of these benefits may not be available in every Vantage Medicare Advantage plan. Vantage Health Plan is a health plan with a Medicare Advantage contract. You may be eligible to enroll in a Vantage Medicare Advantage plan if you reside in our service area and are currently entitled to Medicare Part A and enrolled in Part B. The benefit information provided herein is a brief summary, but not a comprehensive description of available benefits. Benefits, premiums, and co-payments/co-insurance amounts may change on January 1, 2012. For more information, contact Vantage at (888) 823-1910 or TTY (866) 524-5144, Monday through Friday from 8:00 a.m. - 8:00 p.m.



On October 5, 2001, Gary and I purchased *Senior Scene News*. We had no idea at that time what a great adventure our new enterprise would be. We've learned, redesigned, changed, adapted, revised, edited, added, modified, altered, rearranged, renamed, and revamped that original newspaper into the publication you now hold in your hands. We hope you've enjoyed the journey as much as we have.

Our loyal readers have truly made this magazine a labor of love and we treasure every moment of the past 10 years. In celebration and as thank you, we've tried to make the months leading up to our anniversary as much fun as possible with special events and contests. The festivities will all culminate on October 27 at Senior Day at the State Fair with our 10<sup>th</sup> Anniversary Mega Giveaway at 12:00 noon. There will be 6 fabulous prize packages awarded with the Grand Prize valued at \$4534. (For a complete list of prizes see page 4.) If you've attended any of our events or entered any of our contests this past year, then you're automatically entered into our Mega Giveaway. But would you like more chances to win? All attendees at our Medicare Community Forum on October 19 (see page 46 for details) and attendees arriving before 11:30 a.m. for Senior Day at the State Fair (see page 15) will receive TWO (2) entrees into the Mega Giveaway. There will also be scores of door prizes, information and fun in store for all. You don't want to miss these great events.

But it hasn't been all fun and games around our offices. This month we've worked over-time to put together a pretty amazing issue filled with all your favorite columns, a great feature about the State Fair of Louisiana, and an exciting new column. New York based theatre critic Brian Bradley has graciously agreed to write a monthly review of Broadway plays - exclusively for *The Best of Times*. We hope you enjoy it as much as we do.

See you at the Fair!

*Tina*



Broadcasting every **Saturday** morning from **9:00 a.m. to 10:00 a.m. on AM 1130 KWKH**, A Townsquare Media Radio Station in Shreveport, LA.

Streaming live on the internet [www.KWKHonline.com](http://www.KWKHonline.com)

Previously aired programs are available at [www.TheBestOfTimesNews.com](http://www.TheBestOfTimesNews.com)

Do you have a question for one of our guests? Call 320-1130 during the broadcast or email [Gary.Calligas@gmail.com](mailto:Gary.Calligas@gmail.com) prior to the show.

**OCTOBER 1**

"Senior Legal Issues"  
Lee Aronson, Legal Services of North Louisiana

**OCTOBER 8**

"Locals Take Center Stage"  
Joe Cooper, Warren Grafton, Joe Todaro, Jan Pou, & John Goddard

**OCTOBER 15**

"The Cholera Epidemic of 1854"  
Dr. Jerry McLarty, Feist Weiller Cancer Institute of LSUHSC

**OCTOBER 22**

"State Fair of Louisiana"  
Chris Giordano, President/GM

**OCTOBER 29**

"World War II Trivia"  
MSgt Ray U. Urban, WWII veteran

**NOVEMBER 5**

"Facts and Myths about Alzheimer's"  
Joanna Hensley with Alzheimer's Agency of Shreveport/Bossier;  
Debbie Hayes with Alzheimer's Association

**The Best Of Times**

October 2011 • Vol. 20, No. 10  
Founded in 1992 as *Senior Scene News*  
ISSN Library of Congress #1551-4366

A monthly publication from  
TBT Multimedia, LLC  
P.O. Box 19510  
Shreveport, LA 71149  
(318) 636-5510  
[www.TheBestOfTimesNews.com](http://www.TheBestOfTimesNews.com)

For a mailed subscription, send your name, address, and \$15 to cover postage and handling to the address above.

**THE FINE PRINT:** All original content published in THE BEST OF TIMES copyright © 2011 by TBT Multimedia, LLC, all rights reserved. Replication, in whole or in part by any means is prohibited without prior written permission from the publisher. Opinions expressed are the sole responsibility of the contributor and do not necessarily reflect those of the publication, TBT Multimedia, its publishers or staff. Always consult properly degreed and licensed professionals when dealing with all matters financial, medical, legal or emotional. We cannot accept liability for omissions or errors and cannot be responsible for the claims of advertisers.

**Publisher**

**Gary L. Calligas**  
[Gary.Calligas@gmail.com](mailto:Gary.Calligas@gmail.com)

**Editor**

**Tina Miaoulis Calligas**  
[Editor.Calligas@gmail.com](mailto:Editor.Calligas@gmail.com)

**Design**

**Jessica Rinaudo**

**Account Executive**

**Jo Anne Woodard**  
(318) 617-2912

**Writers**

**Amanda Newton**

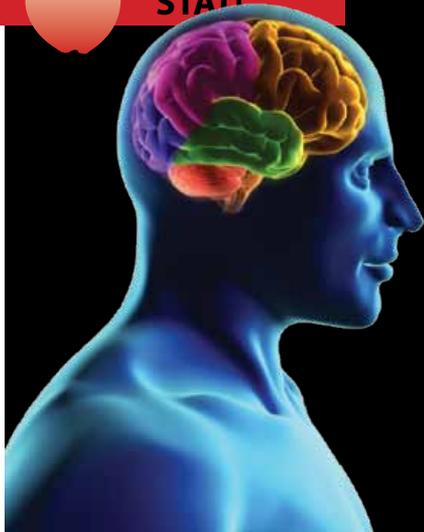
**Webmaster**

**Dr. Jason P. Calligas**

**Contributors**

Jason Alderman, Lee Aronson, Brian Bradley, Suzy Cohen, Judge Jeff Cox, Mark Glass, Andrea Gross, I.V. Hastings, Jr., Mirabai Holland, Ron Pollack





## Scientists Find Link Between Seizures and Brain Tumors

New research from the University of Alabama at Birmingham pinpoints the relationship between primary brain tumors and the onset of epileptic seizures and reveals that sulfasalazine, a drug used to treat Crohn's disease, inhibits those seizures and may be able to slow a tumor's growth. The onset of seizures is a common symptom in gliomas and often is the first sign of a brain tumor. Sen. Ted Kennedy had a seizure in May 2008, and three days later doctors confirmed that he had a malignant glioma. Kennedy died the following year. (*Nature Medicine*)

## Aerobic Exercise May Reduce the Risk of Dementia

Any exercise that gets the heart pumping may reduce the risk of dementia and slow the condition's progression once it starts, reported a Mayo Clinic study published in *Mayo Clinic Proceedings*. Researchers examined the role of aerobic exercise in preserving cognitive abilities and concluded that it should not be overlooked as an important therapy against dementia. The researchers broadly defined exercise as enough aerobic physical activity to raise the heart rate and increase the body's need for oxygen. Examples include walking, gym workouts and activities at home such as shoveling snow or raking leaves.

## No Link Between Menopause & Risk of Fatal Heart Attack

Contradicting the long-held medical belief that the risk of cardiovascular death for women spikes sharply after menopause, new research from Johns Hopkins suggests instead that heart disease mortality rates in women progress at a constant rate as they age. The findings, published in *BMJ*, the British medical journal, could have implications for how heart health is assessed in pre-menopausal women, who were previously believed to be at negligible risk of death from heart attack. Dhananjay Vaidya, Ph.D., an assistant professor of medicine at the Johns Hopkins University School of Medicine said, "What we believe is going on is that the cells of the heart and arteries are aging like every other tissue in the body, and that is why we see more and more heart attacks every year as women age. Aging itself is an adequate explanation and the arrival of menopause with its altered hormonal impact does not seem to play a role."

## Primary Component of Turmeric Kicks Off Cancer-Killing Mechanisms in Human Saliva

Curcumin, the main component in the spice turmeric, suppresses a cell signaling pathway that drives the growth of head and neck cancer, according to a pilot study using human saliva by researchers at UCLA's Jonsson Comprehensive Cancer Center. The study shows that curcumin can work in the mouths of patients with head and neck malignancies and reduce activities that promote cancer growth. Turmeric is a naturally occurring spice widely used in South Asian and Middle Eastern cooking and has long been known to have medicinal properties, attributed to its anti-inflammatory effects. Previous studies have shown it can suppress the growth of certain cancers. In India, women for years have been using turmeric as an anti-aging agent rubbed into their skin, to treat cramps during menstruation and as a poultice on the skin to promote wound healing. (*Clinical Cancer Research*)



## Enzyme Might Be Target for Treating Smoking, Alcoholism

An enzyme that appears to play a role in controlling the brain's response to nicotine and alcohol in mice might be a promising target for a drug that simultaneously would treat nicotine addiction and alcohol abuse in people, according to a study by researchers at the Ernest Gallo Clinic and Research Center, affiliated with the University of California, San Francisco.

## Study Reveals Link Between High Cholesterol and Alzheimer's Disease

People with high cholesterol may have a higher risk of developing Alzheimer's disease, according to a study published in *Neurology*, the medical journal of the American Academy of Neurology. Researchers found that high cholesterol levels were significantly related to brain plaques associated with Alzheimer's disease. In addition to high cholesterol increasing the risk of Alzheimer's disease, researchers previously found that insulin resistance, a sign of diabetes, may be another risk factor for brain plaques associated with Alzheimer's disease.



**Ark-La-Tex**  
Home Health Inc.

"Your Care is Our Business"

- skilled nursing care with 24 hour on call RN
- home health aides to assist your personal care needs
  - physical therapy
  - occupational therapy • speech therapy

2090 Stockwell Rd  
Bossier City, LA 71111  
(318) 747-6180 or 1-800-595-1356

www.Arklathomehealth.com

## Regional Hospice

CARE GROUP  
of N.W. Louisiana

*Over 95 years combined Hospice Experience*

**TEAMWORK ~ KNOWLEDGE  
COMPASSION & EXCELLENCE**

**For Information call:**

**Shreveport (318) 524-1046  
or Minden 382-9396**

8660 Fern Ave., Suite 145  
Shreveport, LA 71105

*Locally Owned and Operated*



## TRANSITION ESTATE SALES Can Help You NOW!

**SPECIALIZING IN:**

**Downsizing • Sorting**

**Packing • Moving**

**AND STORING OF ITEMS LEADING UP TO AN ESTATE SALE**

*Our clients and customers rave about our  
"friendly customer service"*

**CALL US TODAY TO HANDLE YOUR UPCOMING ESTATE SALE...  
YOU WILL BE GLAD THAT YOU DID!**

**(318) 798-6949**

[WWW.SRTRANSITIONSOFLLOUISIANA.COM](http://WWW.SRTRANSITIONSOFLLOUISIANA.COM)

**EMAIL US AT [LYNDIC21@AOL.COM](mailto:LYNDIC21@AOL.COM) TO BE INVITED  
TO UPCOMING ESTATE SALES**

# Safe and secure among friends.



**BOTH** of our *beautiful* apartment communities offer on-site coin operated laundry, emergency call systems, ample parking, and are **pet-friendly!**

With over a quarter of a century of providing quality, affordable housing for low-to-moderate income seniors, we combine compassion with professionalism in our **ministry** of housing and services to older adults.

## Southwood Gardens

is an affordable community for seniors age 55+ or disabled.

One- and Two-bedroom floor plans. Single story, NO stairs. Washer/dryer hookups.

3550 Cedar Creek Drive  
Shreveport, LA 71118

Telephone:

318-682-4022

FAX: 318-682-4017

TDD: 800-925-8689

## Southwood Square

offers affordable living for seniors age 62+. One-bedroom floor plans. Controlled access building. Elevator

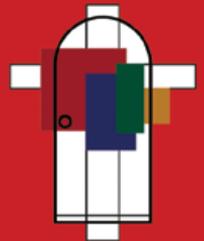
9085 Dean Road  
Shreveport, LA 71118

Telephone:

318-671-1888

FAX: 318-671-1885

TDD: 800-925-8689



For Information or a tour, please call: **Linda Milazzo** for Southwood Gardens at 318-682-4022 or **Roberta Martin** for Southwood Square at 318-671-1888

# LOUISIANA STATE FAIR

by Amanda Newton

Everybody loves convenience these days. Go to one place and get it all done, right? And in these crazy days of an up and down economy, stretching a buck is really nice, too. Well, this month marks the 105th year of the State Fair of Louisiana. And guess what? You can go to one place and have all the fun you can stand and do it for a really good price.

Each year, old and young alike eagerly await the state fair. Everybody has a favorite, must-do for the fair. Maybe it is the food, or the animals, or the rides; whatever, it's expected to be there.

The people working behind the scenes to make it all happen know this and don't take their job lightly. They know that they need to find a balance between the newest and the greatest, and also deliver those traditional things that people have come to expect. Something the magnitude of the state fair doesn't come together overnight.

"It is a year long process to put the fair together," said president and general manager, Chris Giordano.

Robb Brazzel, manager for exhibits and concessions, echoed that statement. "We start taking deposits when the fair ends from the vendors that are already here."

As of July of this year, Brazzel said he was booked up on vendors for this year's fair. But the work doesn't end in the office.

"Everyone in the office might go to another fair in Texas, Oklahoma, Arkansas or something like the Houston Livestock Show, and we will search for new vendors that have a different or unique product that we don't already have," Brazzel said. "We get a small percentage that way, but ninety percent of the time they are knocking on our door."

Mind you, beside the new and unique, Brazzel is expected to always have some of the tried and true available for fairgoers.

"You have got to have the corn dogs and funnel cakes; that's mandatory. You would be in big trouble if you didn't," he said.

In addition to the draw of great fair food, a lot of people show up at the fair to see the animals. Not only is it fun to see all the cows, lambs and pigs on display, it is also an experience that teaches the children showing the animals life-long lessons.

"We get a lot of attendance at the live stock show," said Mohamed Shamsie, livestock manager for the fair. "Our third week (of the fair) we don't have animals for three or four days and they (fairgoers) are real disappointed. They come into the barn and look for animals and we don't have any. (They) need to come early. All of our junior shows are the first two weeks."

Children can start pretty young when it comes to showing



animals at the state fair. In the junior shows they have to be nine years old and in the open shows there are some six-year-olds. Shamsie said showing the animals has many benefits for the children.

“It teaches them responsibility... how to care for their animals, and how to interact with other kids. And...it teaches them how to handle money. To me it is one of the greatest things.”

“At the end of the junior livestock show there is an auction,” Shamsie said. “And our auction is not as big as some of them and not as small as others. We are in between. It brought about \$340,000 last year.”

He added that the auction is what is called a premium auction, where the children get to keep their animals. Many fairs are going this way as it is becoming more difficult to process the animals.

“They (bidders on the auction) do this to support the kids.”

The largest attended fair in the state, with over 400,000 people attending, (last year it was 450,630 people) doesn't come together without a few challenges. But the biggest challenge to preparing for over 400,000 guests is completely out of general manger Giordano's hands.

“The biggest challenge for putting on a great fair is in God's hands, and that's the weather,” he said with a laugh. “That is the largest challenge; having good weather so people want to get out and come to the fair.”

That may be the biggest challenge for Giordano. But it by no means the only one.

“I deal with just about everything and we have many

contracts with exhibitors, concessionaires and suppliers. Raising sponsorship dollars is always a challenge.”

Asked if the recent recession had presented a hurdle to raising sponsorship money, Giordano had a ready response.

“It hasn't gotten any easier. I will put it that way.”

He went on to add that the fair has actually done pretty well during the recent economic downturn. Some of the fair's best years have been the last two or three, he said.

“I attribute that to the fact that people still need to be entertained,” he said. “They need to do things with their family and the fair provides a relatively inexpensive alternative for a family vacation. You can stay at home and you don't have all the expensive travel and hotel rooms and that sort of thing. It provides a venue that you can take the family to where they are going to see some things that they haven't seen before.”

Giordano's first State Fair of Louisiana experience occurred after his father, the late Sam Giordano, took over as general manager in 1992. He came for a visit and first attended the fair in 1994.

“I was impressed,” he said. “This was the biggest real fair that I ever saw in Louisiana. To date, it is the largest fair in Louisiana. There are some other fairs in the state, but none of them have the involvement that this one has statewide from 4-H and FFA.”

Giordano is certainly not the only one impressed by the state fair. In 2009, the State Fair of Louisiana was named one of the top 50 fairs in North America. The list of fairs is compiled by “Matt's Carnival Warehouse,” an industry online publication. The ranking of fairs is determined mainly by fair attendance. Considering there are states with much larger populations than Louisiana, and also states with multiple large fairs yearly, it is really quite an accomplishment for the State Fair of Louisiana to have made the list and done so repeatedly.

Another thing that sets the State Fair of Louisiana apart from other fairs is that it remains a self-supporting fair. While fairs in other states often receive money from state coffers, and many of those have seen a cut in those monies in recent years, the state fair here supports itself.

“We are recognized through the state legislature as the official state fair for the state of Louisiana, but we are not a state agency,” Giordano said. “We are a private, not-for-profit organization.

We do solicit sponsors and we raise some money there. There are a few grant type programs that we participate in, such as the Shreveport-Bossier Convention and Tourist Bureau...and the Louisiana Office of Tourism. The city



**THE LOUISIANA  
STATE FAIR HAS LOTS  
OF THRILL RIDES**

police department provides us a little funding to go towards our police bill. Our bill with Shreveport Police alone is over \$100,000.”

Giordano went on to say that the fair security bill is quite a bit of money each year; money split between the Shreveport Police Department, Caddo Parish Sheriff’s Department, the state police and private security.

“We want people to feel safe to bring their family to the fair and know that there is plenty of protection here.”

The state fair agency also brings in money each year from events held at Hirsch Coliseum, Independence Stadium and other events held on the fair grounds. But the bulk of their revenue comes from the state fair.

With over 400,000 people coming each year for the state fair, it would stand to reason that that equals money coming into the local economy.



**AGMAGIC IS AN INTERACTIVE EXHIBIT SHOWCASING LOUISIANA AGRICULTURE. IT IS IN THE AGRICULTURE BUILDING DURING THE STATE FAIR AND IS COORDINATED BY LSU AGCENTER.**

was estimated that the fair had an overall economic impact of about \$24 million dollars annually,” said Giordano. “Not to mention the sales tax generated right here at the fair. All of our concessionaires and vendors and the carnival-all have to pay sales tax on the items they are selling. The carnival rides alone-their sales tax for state and local, which is 8.6 percent, comes to around \$90,000, depending on the year.”

Giordano added that the fairgrounds employ a lot of people, as the facilities are a year-round operation. They have about eight people in management in the office and a maintenance crew of about six to eight people; during the fair employment jumps to approximately another 300 people. When the carnival comes in, they hire local help as well, as do a lot of the food vendors, Giordano said.

As of this year, with 105 years under its belt, the state fair has certainly provided many families a lot of fun and some great memories. One local family is currently taking its third generation to the fair to enjoy what has become a family tradition.

Pam and Ed Twohig, of Shreveport, both grew up mainly in this area. Their early memories of the fair go back many years.

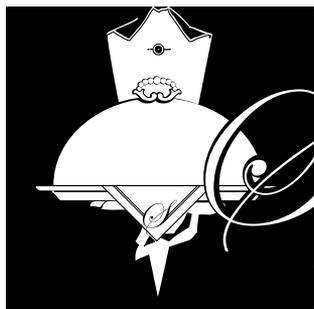
Those children showing livestock come from all over the state, almost every parish in fact. There is also a yearly football game on opening weekend, the Shreveport Classic; this year between college teams from Texas and Mississippi. Add in a large cheerleader competition, the adults from all over the country showing in the open livestock show, food vendors and concessionaires, and you have a large out-of-town presence.

“In 2003 we had a formal economic impact study conducted by LSU-S’s Center for Business Research. At that time, it



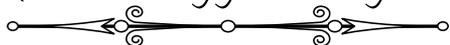
**4-H AND FFA MEMBERS PARTICIPATE IN A CALF SCRAMBLE, PART OF THE STATE FAIR PRO RODEO**





*Silver  
platter*  
events catering

*"Your dreams are our vision  
with perfection our only goal, nothing less will do"*



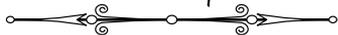
**318-946-1867**

*Anniversaries • Corporate Events • Retirement Parties*

*Meals in Minutes • Personal Chef Services*

*Gift Certificates available for Holiday gift giving*

*Inquire about our weekly & monthly  
discounts & specials*



*Visit our website at [www.silverplatterevents.biz](http://www.silverplatterevents.biz)  
Email us at [silverplattershreveport@gmail.com](mailto:silverplattershreveport@gmail.com)*



**WAYNE TOUPS  
PERFORMING  
AT THE FAIR**

"I was a freshman in high school the first time I can remember going to the fair and I rode everything I could get on," Pam said.

"I was probably 22 (years-old) the first time I can remember, and didn't like riding the rides, but liked to walk around and eat and drink stuff," Ed said.

They always took the kids whenever they could afford it, and would turn them lose and they would "pretty much ride everything they could get on and the grandkids are even worse," Ed said with a laugh.

Pam's favorites memories of the fair are a little hard to come by with so many grandkids living nearby; five to be precise.

"When we walk around in the evening time and eat our cinnamon rolls and stop at any of the shows we want to stop at. (There are) no time limits and we always enjoy the shows they have. It is easier to do with just the two of us. We have gone a couple of times just the two of us. But, the last couple of times we haven't."

These veteran fairgoers also had a few tips for going with kids and getting the most bang for the buck.

"Go when you can get the 'all you can ride' deal. Focus on the kids and let them ride whatever they want; as many times as they want. It doesn't matter how long you have to stand in line because they don't know time, they don't know heat, they don't know cold; all they know is fun. So we just stand in line until it's their turn. And if they want to go again, we go again," Pam said.

"Let them go till they just can't go anymore," Ed agreed. "Then we just carry them back to the car."

"We do it till they can't do anymore," Pam said. "They tell us they will outdo us and we tell them, 'Let's go for it.' And we usually end up toting them back (to the car.)"

If you want to have so much fun you have to be toted back to the car, visit the 2011 State Fair of Louisiana. This year's theme is "A Fair to Remember." The dates are October 27 - November 13, closed Mondays and Tuesdays. For more information, visit [www.statefairloisiana.com](http://www.statefairloisiana.com), or call (318) 635-1361.

## MACULAR DEGENERATION

### Imagine A Pair Of Glasses That Can Help You See Better!

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and easier to see. Dr. Mona Douglas is using miniaturized binoculars or telescopes to help people who have decreased vision, to see better.

In many cases, special telescopic glasses can be prescribed to enhance visual performance. She can often help people read, watch TV, see the computer and sometimes drive.

Telescopic glasses cost between \$1900-\$2600. It is a small price to pay for the hours of enjoyment with better vision and more independence.

**For more information and a  
FREE telephone interview call:  
1-888-243-2020**



**Dr. Mona Douglas, Optometrist**

Shreveport . Monroe . Lafayette

[www.IALVS.com](http://www.IALVS.com)

**The Best of Times**  
IN ASSOCIATION WITH

**THE State Fair  
OF LOUISIANA**

PROUDLY PRESENTS

- ★ Free Admission for **THOSE OF US 50+**
- ★ Free Admission to the State Fair Midway
- ★ Free Parking

# SENIOR DAY at the State Fair!

**Thursday,  
October 27, 2011**

10:00 a.m. to 3:00 p.m.

**JOIN US  
for lots of fun &  
entertainment**

- ★ Numerous Door Prizes
- ★ **FREE** Health Care Screenings & Information
- ★ **Contests! Giveaways! Entertainment!**
- ★ Informative Exhibits / Educational Presentations

★ **The Best of Times Anniversary MegaGiveaway**

- ★ Flu and Pneumonia Shots (*Medicare card required for **FREE** shots. Payment required for all others*)
- ★ Your Emcee is the publisher of **The Best of Times** and host of **The Best of Times Radio Hour**, Gary L. Calligas

To **exhibit** or become  
a **sponsor**, email  
Gary.Calligas@gmail.com  
or call (318) 636-5510  
by October 13, 2011  
(Exhibit space subject to availability)

**Hirsch Coliseum**  
at the Louisiana State Fair Grounds  
3701 Hudson Avenue, Shreveport, Louisiana

**DOOR PRIZES  
REGISTRATION FORM**  
(You must be present to win.)

Bring this with you to the 3rd annual SENIOR DAY AT THE STATE FAIR

Call My Name! \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_



## Big Change for Medicare Enrollment: Early Deadline

By Ron Pollack

If you have Medicare, you know that as soon as the leaves start falling from the trees, your mailbox will fill up with information about your Medicare choices for 2012. And, as tempting as it is to ignore it all, you really should take the time to review your current Medicare coverage to see if it will be different next year and whether you want to switch plans.

There's one big change this year that affects most people with Medicare. It's not a change in coverage, but a change in timing. This year, the annual enrollment period for Medicare Advantage

and Medicare prescription drug plans starts and ends earlier. It begins October 15 and ends December 7 for changes that take effect January 1, 2012. This is actually a longer period of time to make a decision (more than seven weeks, instead of the six weeks in past years). But it means that, unlike past years, you can't wait until the very end of the year to decide about your coverage for next year.

The new enrollment period is part of the Affordable Care Act (the health reform law). The longer enrollment period gives people more time to make decisions. And making it earlier means that people won't be changing Medicare plans around the Christmas holidays, when it's hard to get help and paperwork can be delayed. But it means that those with Medicare, and those who help loved ones with Medicare, need to be on their toes this year to make sure they meet the earlier deadline of December 7.

So, what should you do during the upcoming enrollment period? First, you should review the coverage you have now. If you have a Part D prescription drug plan or Medicare Advantage plan, you should get a letter from your plan (your "Annual Notice of Change") by the end of September. Don't ignore it! That letter will tell you how your plan will be changing next year. Check to see what will happen with your premiums and copayments. Find out if coverage of particular drugs or services is changing.

Then take some time to look at your other options. Maybe you can find a different drug or Medicare Advantage plan that's cheaper or better fits your needs. Or, maybe the plan you have now is the best one for you. Here are a few tips:

- If you have original Medicare and a supplemental plan

# The User-Friendly Phone Book

Best Online Yellow Pages

Community Information, Coupons, Classifieds & More

**shreveport247.com**  
Everything Shreveport • 24 Hours, 7 Days A Week

**318-865-1280** ☎ **877-235-0708**

2920 Knight St., Bldg 1, Ste 101 • Shreveport, LA 71105

(sometimes called Medigap), and you like your coverage, you don't need to change. Be very careful if you do decide to drop your Medigap plan—you may not be able to get it back later. Each state has its own rules about purchasing Medigap plans.

- Don't fall for any high-pressure sales. Everyone with Medicare has the same enrollment period: October 15 to December 7. There are no "limited-time offers." Don't make any changes in your coverage until you fully understand the consequences.

- Don't be shy - do your research, ask questions, and get help if you want it. The Medicare.gov website lists all the plans in your area. You can call 1-800-MEDICARE for general information and to enroll in a plan. You can also ask for a referral to your local State Health Insurance Assistance Program, or SHIP. There's one in every state, and they provide free counseling and advice to everyone with Medicare.

- If you or someone you know has limited income and resources, there are programs that can help with your costs. Talk to your local SHIP or go to the Social Security website: [www.ssa.gov/prescriptionhelp](http://www.ssa.gov/prescriptionhelp).

- If you decide to enroll in a new plan, do it through 1-800-MEDICARE, rather than through the plan itself.

The annual enrollment period is a good time to take stock of your Medicare coverage, even if you're happy with what you have. Just remember, December 7 is the last day you can make changes for coverage starting in January 2012.

*Ron Pollack is the Executive Director of Families USA*

{Editor's note: See page 46 for info about where you can learn more about Medicare changes}



All the independence.  
None of the hassle.

Summerfield Estates provides all-inclusive and carefree independent retirement living in a safe and enriching environment. Visit today for your personal tour.  
**Welcome to Holiday. Welcome home.**

**HOLIDAY**  
RETIREMENT

**Summerfield Estates**

Independent Retirement Living

9133 Baird Road, Shreveport, LA 71118 | 318-688-9525 | [summerfieldestates.net](http://summerfieldestates.net)

★ **YOUR CHOICE**

CONFUSED?  
GOD has only ONE way!!  
It is found in The BIBLE!!

**BIBLE  
STUDY  
IS  
IMPORTANT**



To enroll in a free, non-denominational Bible Correspondence Course send your name and mailing address to:  
**BIBLE  
CORRESPONDENCE  
COURSE**  
2045 East 70<sup>th</sup> St.  
Shreveport, LA  
71105



9011 Linwood Avenue  
Shreveport, LA 71106

*Specializing In*

Pre & Post Mastectomy Wear  
Designer Wigs  
Stylish Scarves and Hats  
Compression Garments

(318) 687-1444 • [www.accucaremedical.org](http://www.accucaremedical.org)



**WILLIS-KNIGHTON'S QUALITY  
CARE IS AVAILABLE IN YOUR HOME**

*North Louisiana's Oldest Hospice*

**212-4697**



# Causing Damage to Property

I have been listening with great interest to the news story about the spikes that have been placed on the hunting lands in North Bossier Parish. According to the news story, persons that live or hunt on the land have had their cabins broken into, items taken, and spikes placed in the roadway. These spikes, according to the news story, have caused damage to tires on vehicles, such as trucks and four wheelers. In addition, people that live or hunt on the property are worried about the effect these spikes could have if a person steps or falls on one of them, especially a child. Although these incidents have been limited to North Bossier Parish at the present time, similar incidents involving land have happened all over the country. People who commit these types of incidents need to think about the criminal consequences when they are caught.

In the instance of breaking into the cabin, the person who is found doing this can be charged with Simple Burglary if they take anything of value. This crime carries up to twelve years in jail plus fines and costs. If they damage the property while breaking in, they can be charged with Criminal Damage to Property. If the damage is under \$500, then it will be classified as a misdemeanor which is punishable by up to six months in jail



**Judge  
JEFF COX**

plus fines and costs. If the damage is more than \$500, then it is Felony Criminal Property Damage which carries up to two years in jail plus fines and costs. If the damage to property is more than \$50,000, then the jail time becomes ten years plus fines and costs.

In relation to the spikes placed in the roadway, the persons who cause these incidents can be charged with Misdemeanor or Felony Criminal Property Damage depending on what damage they do. In addition, if someone is injured or dies, the person who caused these incidents may be charged with Negligent Injuring or Negligent Homicide. Negligent Injuring carries up to six months in jail plus fines and costs. Negligent Homicide carries up to five years in jail plus fines and costs unless the person who dies is less than ten years old. If the person who dies is less than ten years old, then the person convicted of Negligent Homicide must serve a mandatory minimum of two years without the benefit of probation, parole, or suspension of sentence.

Although the person who commits the above referenced incidents can be charged criminally, they can also be sued civilly. A person who causes damages to another person's property or person can be sued in civil court for any damages that they cause to that person or that person's property. If the act is intentional, most insurance policies exclude intentional acts and the



person causing the damage will have to pay out of their own pocket. This can get very expensive as the person found responsible will have to pay the damages, plus interest on the damages from the time of filing the suit, plus court costs. These amounts can add up to thousands of dollars depending on the injuries sustained.

Now as a side note to the property owner. As a property owner, you can be held responsible for any dangers found on your property. In other words, you cannot booby trap your property. If someone is injured by what you do on your property, you can be criminally charged and may be civilly liable. If you are having problems with trespassers, it is better to set up trail cameras and catch the trespassers on film and turn these over to your local law enforcement agency rather than face possible criminal consequences or civil lawsuits by trying to remedy the problem yourself. It is always better to have your local enforcement agency assist you in dealing with any problems on your land.

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



K I L P A T R I C K ' S  
**Rose-Neath**

Funeral Homes, Crematorium and Cemeteries, Inc.

*Serving you since 1932*

[www.rose-neath.com](http://www.rose-neath.com)

1815 Marshall Street  
Shreveport, LA 71101  
(318) 222-0348

2500 Southside Drive  
Shreveport, LA 7 1118  
(318) 687-1256

2201 Airline Drive  
Bossier City, LA 71111  
(318) 746-2543

705 S. Spruce Street  
Vivian, LA 71082  
(318) 375-3011



Your Bridge from Hospital to Home

**NurseCare**  
of Shreveport



**Vicki Ott, Administrator**

**NurseCare** of Shreveport  
1736 Irving Place  
Shreveport, LA 71101

For more information call

**318-221-1983**

or visit our website

[www.nursecarenr.com](http://www.nursecarenr.com)

## **NurseCare of Shreveport offers**

- ◆ Short Term Unit with staff dedicated to getting you back home fast
- ◆ Registered Respiratory Therapists
- ◆ Full-time Wound & Burn Care Team
- ◆ Secure Unit for Alzheimer & Dementia
- ◆ In-House Physical, Occupational & Speech Therapy
- ◆ On site IV Therapy

When you need post-hospital or post-surgery rehabilitation, we want to be your bridge from hospital to home.

You have a choice. We hope you will tell your healthcare professional that your choice is **NurseCare of Shreveport**.



# Prepare Yourself In Case of Emergency

*Dear Pharmacist, I just dealt with the ramifications of the earthquake in Virginia and now a hurricane is barreling towards us. What tips can you offer? --T.R., Richmond, Virginia*



**Suzy COHEN, RPh**

Great question. Depending on where we live, we might face earthquakes, tornadoes, power outages, flash floods, fires or hurricanes. Climate-related disasters give us little or no time to think about our medications, because we are focused on protecting our family, the property and staying safe. The following tips should help with your emergency preparedness:

Have a written list of all your medications that includes dosage, directions, your local pharmacy and physician and their phone numbers. Include both the generic and brand names. Pharmacies can actually print you a comprehensive list, but make sure it's current.

You want to be able to grab your medications and dietary supplements, and go! I suggest you buy a toiletry or make-up bag today, and store a 10 day supply of medications in it. Make sure your name is in it. Only take important medicine, like those

used for epilepsy, blood pressure, pain, heartbeat rhythm, asthma, migraines, diabetes, and so forth. Keep the drugs in their original pharmacy container. Rescuers and relief team members may dispense your medications to you, so it must be correctly labelled. Include a water bottle so you can take your medicine when needed, a flashlight and a spare set of eyeglasses. A little first aid kit would be wise to have.

If you take refrigerated medications like insulin, then you have two options. Option one is to buy a little ice pack and keep it frozen, preferably in a sealed baggie. That way, when the power goes out, grab the ice pack from your freezer,

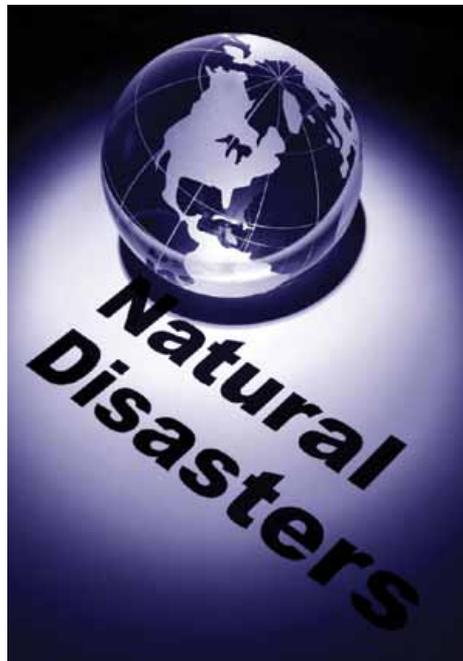
drop it in that toiletry or tote bag, and go. Option two is to purchase a ready-made cooling case, usually sold in the diabetes section of your pharmacy, and online. This stores insulin, and some might fit antibiotic suspensions, suppositories, growth hormone or epoetin (Procrit, Epogen). Two popular cooling cases are made by Frio and Medicoool. These are great for regular travel too.

If you live in a region where fires are common, keep a 10 day supply of medications in a fire safe box. It's not a bad idea for anyone to do this. I did a quick search on the Internet and found two companies, Sentry and First Alert, that sell boxes which are both fire safe and waterproof. Another consideration is to purchase a little plastic waterproof container. Look in the boating section of your sporting good store.

If you are prone to floods, or live in a hurricane zone, water purification tablets aren't a bad idea. They use chlorine dioxide to destroy microorganisms within 15 minutes, killing Giardia, Cryptosporidium and other pathogens. Hikers and campers often carry these. One popular brand is Katadyn Micropur tablets. These tablets are usually available at places like REI sporting good stores and online.

**Did You Know?** People with Celiac disease or gluten intolerance are prone to developing osteoporosis because they have trouble absorbing calcium from food.

*This information is not intended to treat, cure, or diagnose your condition. For more information visit [www.DearPharmacist.com](http://www.DearPharmacist.com). ©2011 Suzy Cohen, R.Ph.*



## AZALEA ESTATES

ASSISTED LIVING  
AND  
RETIREMENT COMMUNITY

When it's time to make a decision on Assisted and Retirement living, be sure you make the right choice... Consider Azalea Estates.

516 E. Flournoy Lucas Rd.  
Shreveport, LA 71115  
Call Lorrie Nunley or Beth Furrh  
**318-797-2408**  
[www.azaleaestates.com](http://www.azaleaestates.com)

# ANSWERS FROM THE EXPERTS

*I have heard of a new lens implant for cataract surgery that will eliminate glasses. Does Medicare pay for it?*

This is an exciting time to have cataracts. There is a new Multifocal Lens Implant called Restor that allows a wide range of vision without glasses. 80% of patients who have received the lens never have to use glasses, ever! Medicare and/or insurance covers part of the lens and surgery, the rest will have to be paid out of pocket. If you think you have cataracts and would like to learn more about the Restor Lens, call us at 212-3937.



**Chris Shelby, MD**  
Pierremont Eye Institute  
7607 Youree Dr.  
Shreveport, LA 71105  
318-212-3937;  
www.ShelbyEye.com

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

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.



**Vicki Ott**  
NurseCare Nursing and  
Rehab Center  
1736 Irving Place  
Shreveport, LA 71101  
(318) 221-1983  
See our ad on page 19.

*Is Osteoarthritis (OA) hereditary?*

OA does have a genetic predisposition. Common forms of OA of the hands has a familial component. Obesity is a modifiable risk factor for bilateral (both) knee OA and weight loss will reduce the risk of OA in the knee. Obesity, surprisingly, does not show an increased risk of hip OA, but does show increased risk of hand OA. Whether adipose tissue releases OA-causing growth factors or hormones is not known at present, but what is known is that weight loss does have an identifiable improvement in OA of the knee.



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

## Consult with Mirabai Holland Live Via Skype

Let Mirabai custom design a Fitness Program just for YOU based on Your Personal Needs & Goals

info: [exercise@movingfree.com](mailto:exercise@movingfree.com)



SHREVEPORT  
SYMPHONY  
ORCHESTRA

MICHAEL BUTTERMAN, MUSIC DIRECTOR

*Simply Classic*  
2011-2012 SEASON

## CIRQUE DE LA SYMPHONIE

Sat., November 12—7:30 PM  
Sun., November 13—2:30 PM  
Riverview Theatre

*Don't miss this entertaining extravaganza—fun for the whole family!*

*The magic of the circus returns!*



**TICKETS & DETAILS:**  
[www.shreveportsymphony.com](http://www.shreveportsymphony.com)  
**318.227.8863**  
Tickets start at \$17





# The Sandwich Lawyer

I'm so glad this has never happened to me, but I heard the other day about a guy in Texas who broke a tooth when he bit into a sandwich that he ordered for lunch. Apparently there was an unexpected (and unordered) piece of glass in the sandwich. And it wasn't long after that when I came across a Louisiana case that involved almost the same thing.

The case involved a woman down in New Orleans, we'll call her Darleen, although that is not her real name. She went to a grocery store deli counter and ordered a muffaletta. For those of you who don't know, a muffaletta is very thick sandwich with meats, cheeses and olive salad. Anyway, Darleen got the muffaletta home, took a big bite and fractured a molar. So

she sued the grocery store that prepared the sandwich. She felt that the accident wasn't her fault and that she shouldn't have to pay her huge dental bill.

Well Louisiana has had its fair share of sandwich cases, and here's what the law says: "A food provider, in selecting, preparing and cooking food, including the removal of injurious substances, has a duty to act as would a reasonably prudent man skilled in the culinary art in the selection and preparation of food." So Darleen argued that "a reasonable prudent man skilled in the culinary art in the selection and preparation of food" wouldn't serve a sandwich that



Lee ARONSON

damages teeth.

Of course the grocery store disagreed. The grocery store pointed out that Darleen's molar was damaged by an olive pit that was in the olive salad on the sandwich. And because an olive pit "is similar in color to an olive and is not readily visible in the ingredients of the Italian olive salad," it would not be unreason-

able for a "reasonable prudent man skilled in the culinary art" to miss an occasional olive pit. The grocery store also argued that olive pits are natural to olives and Darleen therefore should have expected that there might be a pit in the sandwich. Finally, the grocery store explained that they did not make the olive salad. They bought the olive salad from a supply company that bought the olive salad from someone else who made the olive salad.

So if you were the Judge, what would you do? Well, here's what happened. The Judge pointed out that things might be different if Darleen had ordered a ham



## A helping hand when you need it most.

We believe that quality care *must* be provided all day, every day, to every resident. This philosophy is followed in every department of our facility.



Riverview  
CARE CENTER

4820 Medical Drive, Bossier City, Louisiana

(318) 747-1857

"The Elegance of Long Term Care"

- 24-Hour Licensed Nurses & Certified Nursing Assistants
- Dually Certified for Medicare/Medicaid
- Physical, Occupational, Speech and Respiratory Therapy
- Therapeutic Meal, monitored by Licensed Dietician
- Planned social & recreational activities
- Arranged medical transportation
- Beauty / Barber shop on site
- Spacious single- and double-occupancy rooms
- Wound treatment Nurse

sandwich, but when determining whether a food provider acted reasonably “as would a reasonable prudent man skilled in the culinary art,” a Judge needs to be sure to “consider among other things, whether the injurious substance was natural to the food served and whether the customer would reasonably expect to find such a substance in the particular type of food served.” In other words, the Judge agreed with the grocery store’s arguments and held that Darleen was out of luck. (Things may have been different for a ham sandwich because there are no hard substances natural to a ham sandwich and a customer would not reasonably expect to find a hard substance in a ham sandwich.)

Anyway, the Judge went on to point out that he based his decision on a Louisiana Supreme Court case in which

the Court held that a restaurant was not liable to a patron who broke his tooth biting into a pearl while eating an oyster poor boy because “a pearl, was in fact a substance natural to the food served, an oyster, and that it was reasonable for a customer to expect to find a pearl in the oyster.”

Now I don’t know about you, but I’ve eaten more than my fair share of oysters and I have never found a pearl. And if anyone ever suggested that we go get oysters because they expected to strike it rich by finding a pearl, the last thing I would call that person is “reasonable.”

*Lee Aronson is an attorney with Legal Services of North Louisiana. His practice areas include consumer protection law, housing law and health care law. Sandwich law is the last thing on his plate.*

## Medicare Open Enrollment October 15 - December 7



**ANSWERING.  
AIDING.  
GUIDING.**

Anyone eligible for Medicare (65+ or disabled) should know about the **Senior Health Insurance Information Program (SHIIP)**. SHIIP offers free and confidential help with Medicare and other health insurance. Our counselors work through local organizations and can help answer your questions.



LOCAL HELP FOR PEOPLE WITH MEDICARE

1-800-259-5301 [www.lds.la.gov](http://www.lds.la.gov)

## Investing in Our Community

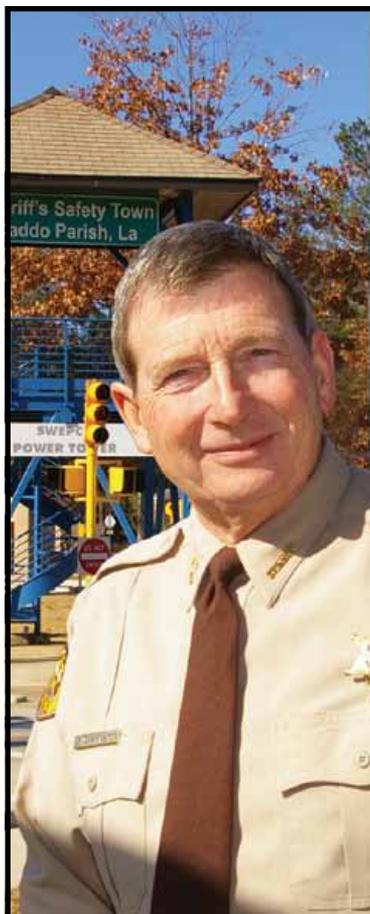
*“Willis-Knighton was the first community supporter to recognize how Sheriff’s Safety Town could prevent injuries and save lives. When we approached Jim Elrod with our idea, he made a commitment to this project by donating not only funding, but other resources as well, like time and staff support, and continues to do so today. Because of our partnership with Willis-Knighton, more than 12,000 second-graders have received valuable safety information that could one day save their lives.”*

**Sheriff Steve Prator**  
Caddo Parish Sheriff

Willis-Knighton Health System is pleased to support Sheriff’s Safety Town because it teaches children the skills they need to protect themselves from harm. Because we are a local health system, we are dedicated to making this a better community. . .for you and for us all.



**A Not-For-Profit Community Health Corporation**



# TAKE CHA

## DON'T TURN YOUR BACK O

If you're over 50 or have osteoporosis, it's important that you don't ignore your back pain. It may signal a fracture. See your doctor right away if you think you may have one.

## Spinal fractures can be repaired if diagnosed

KYPHON® Balloon Kyphoplasty is a minimally invasive treatment for spinal fractures that can correct vertebral body deformity, reduce pain and improve patient quality of life.

Spine specialists actively offering KYPHON® Balloon Kyphoplasty in your local area:

### Willis Knighton - North

Dr. Travis Henley 318-212-8550  
 Dr. Marcos Ramos 318-635-2086  
 Dr. Donald Smith 318-635-6363

### Minden Medical Center

Dr. William Whyte 318-221-7246

### LSU Medical Center - Univ. Hospital

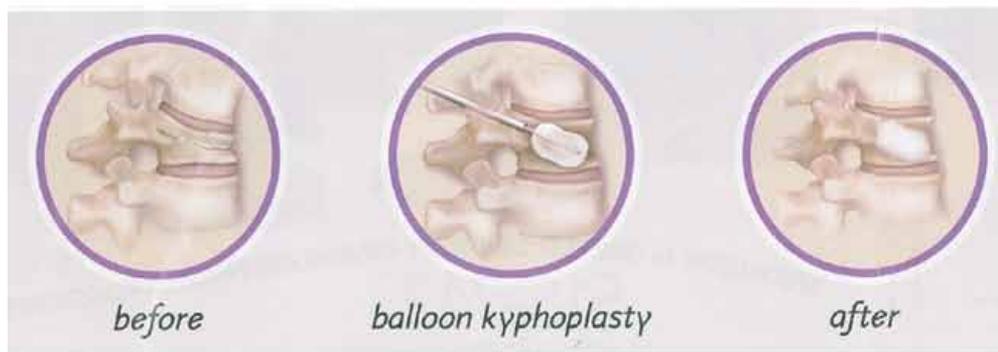
Dr. Hugo Cuellar 318-675-7914  
 Dr. Bharat Guthikonda 318-813-1563  
 Dr. Donald Smith 318-635-6363

### Christus Shumpert Hospital System

Dr. P. Britain Auer 318-798-4623  
 Dr. Carl Goodman 318-798-4623  
 Dr. Euby Kerr 318-629-5555  
 Dr. Andrew Utter 318-629-5555

### Willis Knighton - Pierremont

Dr. Bharat Guthikonda 318-813-1563  
 Dr. Travis Henley 318-212-8550  
 Dr. Milan Mody 318-798-6700  
 Dr. Ravish Patwardhan 318-797-5543  
 Dr. James ZumBrunnen 318-424-3400



For more information on Balloon Kyphoplasty call (877) 459-7466 or visit [www.kyphon.com](http://www.kyphon.com)



# LARGE

## ON BACK PAIN

### spinal

### cebral

## Standing Tall: What Women Need to Know about Spinal Fractures

When you think of women's health issues, spinal fractures probably don't come to mind. But they should. These common fractures can not only be disfiguring, but deadly.

Spinal fractures are the most common osteoporotic fracture; over 900,000 spinal fractures occur every year in the United States alone, according to industry estimates and research. They occur more often than hip fractures in any one year. They also increase the risk of death. Unlike a hip fracture, the risk of death following a spinal fracture (link to: <http://www.spinalfracture.com>) continues to increase progressively, so it is important to treat spinal fractures soon after they occur. Sadly, only about one third of these fractures ever receive medical attention.

The main cause of spinal fractures is osteoporosis, which silently robs you of the density in your vertebrae — bones we often take for granted. Think of the vertebrae in your spine as a stack of square building blocks with mesh interiors. Osteoporosis causes the mesh architecture inside the blocks to deteriorate, eventually causing micro-fractures. As micro-fractures accumulate, the blocks become weaker and less able to resist the stresses we expect them to handle. Many times, what seems like very minor stress can cause fractures and the vertebrae to collapse, which causes the vertebrae to become compressed. You may notice you are getting shorter, and gradually you will notice a curving forward of your spine. This is called kyphosis.

Besides loss of height, some other changes occurring in your body might be due to spinal fractures. Do your clothes not quite fit right? Are you developing a "tummy" that you never had? Do you eat less because you get full so fast? Are you short of breath from small exertions?

With spinal fractures, what was once a nice sturdy compartment for your internal organs gradually becomes smaller and smaller, compressing your stomach, lungs and digestive tract. The compression keeps your lungs from expanding fully, makes your heart work harder and your entire digestive track is pushed forward between your ribs and hips.

Spinal fractures can occur spontaneously or from the minimal stress of day-to-day activities. Sometimes there is no pain and the fracture goes unnoticed, but sometimes there is extreme pain.

For Marian Williams, 80, of Salem, Va., it was both spontaneous and very painful. As she was walking down the stairs in her home, "It felt like something slipped in my back. It started hurting right away, and the pain quickly became unbearable. I couldn't do anything. Even when I was lying down or sitting down, it hurt," she said. "It hurt to move. It hurt to

breathe. I never had pain like that before. It was excruciating."

Marian was admitted to the hospital and referred to Dr. Van Lewis, a neuroradiologist in nearby Roanoke, who recommended a minimally invasive surgery known as KYPHON (R) Balloon Kyphoplasty. During this procedure, two tiny incisions are made in the back and balloons are inserted through small tubes into the fractured bone. The balloons are then carefully inflated in an attempt to raise the collapsed bone. The balloons are then removed, creating cavities in the bone that are filled with bone cement. A clinical study has shown that those who undergo this procedure experience improved quality of life, faster back pain relief and quicker return of physical function than patients who opt for non-surgical treatments such as physical therapy or pain medication. The benefits were sustained on average throughout 12 months. While spinal fractures may be associated with mortality, no data exists currently to show that KYPHON Balloon Kyphoplasty improves the mortality rate.

The complication rate with KYPHON Balloon Kyphoplasty has been demonstrated to be low. There are risks associated with the procedure (e.g., cement leakage), including serious complications, and though rare, some of which may be fatal. This procedure is not for everyone. A prescription is required. Please consult your physician for a complete list of indications, contraindications, benefits, and risks. Only you and your physician can determine whether this procedure is right for you.

Three days after being admitted to the hospital, Marian was treated with balloon kyphoplasty. "When I woke up from the surgery, they took me back to my room and told me to lie flat for two hours ... the excruciating pain was gone," Marian said.

Marian no longer has excruciating back pain and is back to her regular activities, which include lifting light weights, using the weight machines and taking low-impact aerobic classes at her gym three times a week.

For a free, informational packet on KYPHON Balloon Kyphoplasty, potential patients and physicians can call [phone number to be inserted here]. More information about spinal fractures can be found on the Internet at [www.spinalfracture.com](http://www.spinalfracture.com) (link to: <http://www.spinalfracture.com/>) or [www.kyphon.com](http://www.kyphon.com). (link to: <http://www.kyphon.com/us/home.aspx>) or by writing to Medtronic, Inc., 1221 Crossman Ave., Sunnyvale, CA, 94089.

*KYPHON Balloon Kyphoplasty incorporates technology developed by Dr. Gary K. Michelson.*





# The Wellness Mandala

October, leaves are turning, frost is on the pumpkin and flu season is knocking at our door. I've got no excuse. Even my neighborhood drugstore is giving out flu shots these days.

Thinking about avoiding the flu always makes me wax philosophic.

So I started thinking about wellness. What is wellness anyway?

It's the absence of disease. If you are not sick you are well.

But it's more than that isn't it? It's quality of life and for some it's the balance of all things. I like this balance concept so I dug out one of my favorite balance tools:

The Mandala: the wheel of life. I wrote down all the types of wellness I could think of and ended up with 6 categories that I stuck on my Mandala. They are:



**Mirabai HOLLAND**

## Physical Wellness

- Taking care of your body, eat right, exercise
- Visit your doctor regularly

## Mental Wellness

- Keeping an open mind and trying to see other's point of view
  - Allowing your curiosity to take you to new places and learn new things.

## Emotional Wellness

- Trying to keep a positive state of mind
- Cultivating self esteem
- Reaching out to others for support

## Spiritual Wellness

- Recognizing your beliefs.
- Allowing your core values to direct your actions.

## Social Wellness

- Developing positive inter-personal relationships at home and work
- Allowing yourself to give and receive love: to and from everyone that

## Mirabai's Wellness Mandala



means that much to you including animals

- Participate in social situations; try not to stay on the sidelines.

## Environmental Wellness

- Making your home environment peaceful, pleasant, safe and comfortable.
- Choosing an occupation and a workplace that doesn't drive you nuts.
- Try to have a positive impact on our natural environment. Recycle more, pollute less.

When the wheel is in balance it spins evenly. When even one of these categories is out of whack, the whole wheel starts to wobble.

So as a wellness professional I respectfully suggest you get rolling!

*Mirabai Holland M.F.A. legendary fitness pioneer is one of the leading authorities in the Health & Fitness industry, and public health advocate who specializes in preventive and rehabilitative exercise. Her Moving Free® approach to exercise is designed to provide a movement experience so pleasant it doesn't feel like work. Send questions to: askmirabai@movingfree.com.*

**A&A**  
Tent Productions

318-222-2000  
www.aandatents.com

*Wedding and Party Rentals*



*Encore*  
Event Rentals

318-213-5864  
www.encoreeventrentals.com

Like Us On  facebook

Tents | Tables | Chairs | Staging | Lighting | Much More!



COME SEE

**WHAT YOU'VE BEEN MISSING**

**HEBERT'S**  
**Town and Country**

DODGE • CHRYSLER • JEEP • RAM

2011 CHRYSLER 300

*We can  
help!  
Just ask.*



## MEDICARE & YOU

*Our trained counselors  
are available,  
by appointment,  
**Mon-Thu**  
**8am-3pm**  
to talk in person with  
you and help guide you  
through the complexities  
of Health Coverage.*

We are your  
one-stop source for:

- Medicare
- Medicaid
- Low-Income Subsidy
- Part D Enrollment
- Medication Assistance
- Referrals
- Recommendations

Caddo Council On Aging  
1700 Buckner St #240  
Shreveport LA 71101  
**(318) 676-7900**

[www.caddocoa.org](http://www.caddocoa.org)

Follow us on Facebook



**Now is the time!  
Open Enrollment Period:**

**OCT 15 to DEC 7**

**What is the benefit of having an earlier enrollment period?**

Starting this year, Open Enrollment is earlier and lasts longer to give you enough time to review and make changes to your coverage.

You will need to make your final selection for next year's Medicare coverage by December 7th. This change ensures Medicare enough time to process your choice, so your coverage can begin without interruption on January 1.

**You don't have to do this alone! CCOA is available to help.**

## The Fair

One of the great adventures on my childhood in Shreveport in the fifties was the arrival of the Louisiana State Fair. The colorful posters announced the opening dates in the window of the five and dime in the Big Chain shopping center on Youree Drive which was the center of our universe.

Excitement ran high as we gathered at the house of the mother who would drive us there. Soon the big sedan would be crammed with skinny boys, all talking at once about the things they would do and see at the Fair. In these innocent times, young boys would be allowed to roam free of parental oversight with only a meeting time and place to limit them.

The excitement of the strange smells and noises was intoxicat-

ing to the untraveled senses. Roaring motorcycles and riders spun in a large cylinder defying gravity, Roller Coasters thundered



I.V.  
**HASTINGS, Jr.**

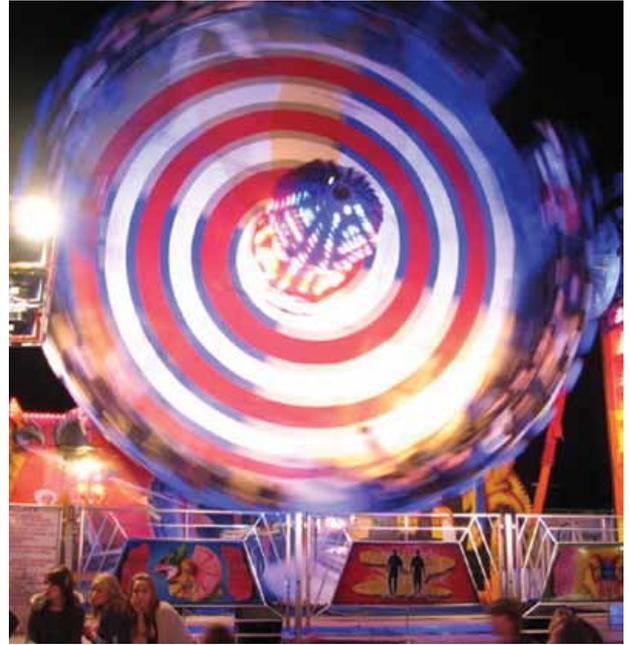
by with screaming passengers, the Tilt-a-Whirl flung its riders in circles, it seemed that the Midway was an endless collection of frightening rides and tempting games. Adults who normally ignored young boys were pleading for us to come try our hand at their game, the prize, a huge teddy bear or a piece of glassware for Mother.

Past the rides and games were most of

*...I was lost in brooding about the happiness of the Bearded Lady and Alligator Boy.*

the food vendors. Exotic foodstuffs not normally available were here for the purchase, footlong hot dogs, corny dogs on a stick, and cotton candy, to name a few. The tempting aromas filled the young mind with desire!!

Then there was the strong man booth, a place where a man could



*Non-Profit*

*Non-Residential*

## NEW HORIZONS INDEPENDENT LIVING CENTER

*"enabling people with disabilities to live independently"*

**318-671-8131**

**1-877-219-7327**

**Visit our New Website: [www.nhilc.org](http://www.nhilc.org)**

- Advocacy
- Peer Support
- Information and Referral
- Skills Training
- Counseling
- Transportation
- Computer Skills
- Assistive Technology
- Home Modifications
- Long-Term Personal Care Services
- Elderly and Disabled (EDA) Waiver
- New Opportunity Waiver (NOW)
- Private Pay
- Accessible Computers
- Recreation and Socialization Opportunities
- Community Education Center
- DSW Registry Training
- Meeting Space for Disability-related Groups

**Visit our CONSUMER CENTER at 8508 Line Avenue, Suite D, Shreveport, LA 71106**

impress his girlfriend by pounding a sledge hammer on a machine, sending a red arrow up a scale reading his prowess, "He Man, SoSo" down to "Whimp". The man was there selling the silver disc to install in your auto carburetor to increase gas mileage by 100%, guaranteed!! This with gasoline selling for nineteen cents per gallon.

Finally, one came to the real reason for the Fair, agriculture exhibits. Cows, goats, sheep, you name it, someone was showing it at the fair.

Naturally, boys only trudged though these exhibits when the money was gone and the cotton candy was but a sticky mustache.

Our pockets long empty, our feet sore, we dutifully gathered at the meeting place for the ride home. While some might dream of next years fair and the things we meant to do but forgot this year, I was lost in brooding about the happiness of the Bearded Lady and Alligator Boy.

*I.V. Hastings, Jr. moved to Shreveport in 1947 at the age of 6. He has written a series of vignettes about his childhood in Broadmoor in the 1950s.*

## Now Leasing

### Newly Renovated, Low Income Housing

# Canaan Tower Senior Apartments

Located at 400 North Dale Ave., Shreveport, LA

Gated Community	Barrier Free Apartments
Video Security	On Site Beauty Shop
24 Hour On Site Security	All Utilities Paid
On Site Laundry Room	And Much More!

For More Information Contact Us At 318-222-4230

## MEDICARE SUPPLEMENT INSURANCE

**Need help with your Medicare Supplement Choices?**

**We can help.**

For a free quote visit,  
[www.facebook.com/cornerstonefinancial](http://www.facebook.com/cornerstonefinancial)

**Cornerstone Financial Services, LLC**  
 910 Pierremont Rd., Ste. 410  
 Shreveport, LA 71106  
 318.861.8607 office  
 318.272.2190 cell

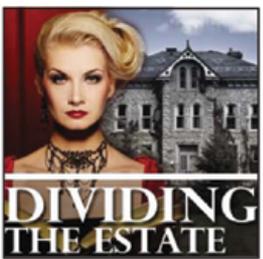
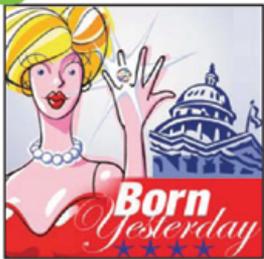




## THE SHREVEPORT LITTLE THEATRE

# 90th SEASON 2011-2012

## Let the fun and laughter begin!

 <p>Sept. 8 - 18, 2011</p>	 <p>Nov. 3 -13, 2011</p>	 <p>Jan. 5 - 15, 2012</p>	 <p>Mar. 1 -11, 2012</p>	 <p>Apr 26 - May 5, 2012</p>
--	---	--	--	---

### ALL FIVE MAINSTAGE SHOWS

For only: \$80 (adults) or \$72 (seniors, students, active military)  
*a savings of \$10 off individual ticket price*

**FOR MORE INFORMATION**  
**Call (318) 424-4439**  
 or email us at  
[sportlittletheatre@gmail.com](mailto:sportlittletheatre@gmail.com)  
 Or visit our Box Office  
 at 812 Margaret Place  
 Noon - 4 p.m. Monday - Friday



**THE SHREVEPORT LITTLE THEATRE**  
[www.shreveportlittletheatre.org](http://www.shreveportlittletheatre.org)

# BROADWAY

## A Personal Perspective

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



Roundabout Theatre Company presented a new ensemble musical *Death Takes a Holiday*. ©Joan Marcus

Welcome to the first of what will hopefully be many columns intended to inform, inspire and offer advice on the subject of Broadway theatre from my perspective and reflecting my taste. Opinions they say are cheap, but this one comes with over thirty years experience reviewing theatre and more than a casual knowledge of the process. This column will preview upcoming productions as the season firms up and review recently opened shows so that you have some idea of what to see, what not to see and why when you plan your New York theatergoing. From time to time there may also be some handy hints intended to debunk the Broadway mystique which could save you money.

Let's take a glance at the season past before we get into the upcoming season ahead. To discover the highlights of what was an exceptionally terrific season overall, one needs to look no further than the top Tony Awards. For once the Tonys really got it right so it's hard to argue with the outcome.

*The Book of Mormon*, which won nine Tony Awards including Best Musical, Book, Score and Direction, is a rare example of the alchemy of theatre and also the biggest hit on Broadway. Trey Parker and Matt Stone, the creators of *South Park* but new to the theatre, along with Tony Award winning composer Robert Lopez

---

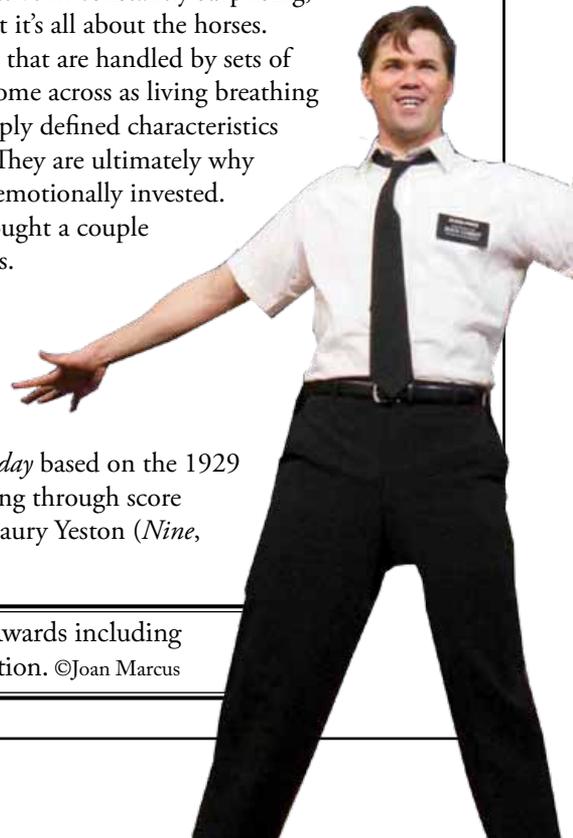
*The Book of Mormon* won nine Tony Awards including Best Musical, Book, Score and Direction. ©Joan Marcus

---

(*Avenue Q*) have fashioned an original musical (not based on or adapted from anything) with an original score that is as cheeky as *South Park* and similar in tone, but also exhibits an obvious affection for musical comedy conventions. It is true that only one number from the show was suitable to be performed on commercial television. Their humor is as witty as it is colorful, even profane. But every component, from the vibrant direction and amusing, satirical choreography to the bright performances from a cast of complete unknowns rise to the occasion and deliver the laughs.

*War Horse* won five Tony Awards including Best Play. But that doesn't begin to do justice to the uniqueness of this staggeringly brilliant accomplishment. The deceptively simple story, based on a young adult novel about a boy and his horse caught up in the horrors of World War I, has edge-of-your-seat moments that elicit gasps and reduce men and women to tears. The saga is involving and the performances are heartwarming. But the real impact comes from the sheer theatricality. All the elements that can contribute to a visceral experience are employed to their fullest. The lighting, scenic design, songs, sound and music, projections and costume design are all evocative in constantly surprising, inventive ways. But it's all about the horses. Full size sculptures that are handled by sets of three puppeteers come across as living breathing creatures with sharply defined characteristics and personalities. They are ultimately why the audience is so emotionally invested.

The summer brought a couple of new productions. Off-Broadway, the Roundabout Theatre Company presented a new ensemble musical *Death Takes a Holiday* based on the 1929 play. The nearly sung through score by Tony winner Maury Yeston (*Nine*,



*Titanic*) is sumptuous and beautifully sung (undercut by an anemic, ten piece orchestra), but the book by Tony winners Thomas Meehan and Peter Stone is merely serviceable and the show, with static direction just sits there inert.

The Manhattan Theatre Club brought a revival of Terrence McNally's Tony-winning *Master Class* to their Broadway space (the Samuel J. Friedman) for the summer. The coveted role of opera diva Maria Callas is one of the great female roles written in the last couple of decades. Tyne Daly does do a respectable job but is so miscast, it's sort of like watching



*War Horse* won five Tony Awards including Best Play.

©Paul Kolnik

Ethel Merman play a Mary Martin role. She just overwhelms it.

And most notably the summer brought the opening on June 14th of *Spider-Man: Turn Off The Dark*. It's funny to think of it as a summer opening since it started previews on November 28, 2010. But after 182 accident and injury plagued previews and a hiatus during which the whole mess was deconstructed and patched together, the fiasco opened. Whoopee! Everything that can be said about this unfortunate train wreck has already been said. There is a lot of money on stage, but there is no cohesive vision to justify the hodgepodge of high tech devices employed. The story, although at least now coherent, is boring. The acting is laughable. And the score by Bono and The Edge is absolutely terrible. Don't see it!

Next month: Stephen Sondheim's legendary *Follies*.

*New York based theatre critic Brian Bradley is a voting member of the Outer Critics Circle.*

*Send questions to [brianbradley@hotmail.com](mailto:brianbradley@hotmail.com).*



**Special  
Discount Coupon  
10% off your entire order**



- ❖ Applicable Monday through Friday from 4 to 6 pm
- ❖ Shreveport location only
- ❖ Valid through December 31, 2011
- ❖ Not valid for use with any other offer/coupon or with delivery order
- ❖ Just mention this discount coupon – coupon not required to be presented



Have You Noticed a Change  
in the Emotional Health of  
a Friend or Loved One?



Red River Behavioral Center specializes in the treatment of emotional and behavioral disturbances in the older adult population. Our multi-disciplinary team of professionals are specially trained to diagnose these disturbances and prescribe individual treatment plans for needed inpatient or outpatient care.



## RED RIVER

### BEHAVIORAL

Indicators for Treatment:

-Aggressiveness	-Despair	-Thought Disturbance	-Sleep Disturbance
-Anxiety	-Mood Swings	-Alzheimer's Disease	-Suicidal Thoughts
-Depression	-Hopelessness	-Memory Problems	

2800 Melrose Ave - Bossier City, LA 71111 - 318.549.2033

Story by Andrea Gross;  
[www.andreagross.com](http://www.andreagross.com)

“Lions, and tigers, and bears! Oh, my!” I find myself humming the familiar tune from the Wizard of Oz when I’m interrupted by a loud roar. It seems that a nearby lion is trying to tell me something.

My husband and I are visiting The Wildlife Animal Sanctuary, a land every bit as amazing as the mythical Oz. Here, and at other sanctuaries across the country, injured and abused animals are being rehabilitated and, if they can’t be returned to the wild, given a safe haven in which to live out their lives in relative comfort.

#### Their stories are heartbreaking:

- Kobe, an African lion at Colorado’s Wildlife Animal Sanctuary, was adopted by folks who thought the cuddly cub would make a darling pet. When he became a strong, unruly teen, his owners dumped him into a concrete pit.
- Nicholas, a bull elephant at California’s PAWS rehabilitation center, was retired by his circus owners after he made a ruckus when forced to ride a tricycle.
- A unnamed brown pelican, treated at Florida’s Suncoast Seabird Sanctuary, became entangled in a fisherman’s line. After the fisherman cut the line, which was wrapped around the pelican’s throat, he abandoned the bird to starve.

The stories go on, tales of people who didn’t realize that wild animals can’t be domesticated into lovable pets, of zoos that overbred in order to get cute babies that would increase attendance, of people who wanted to use animals as roadside attractions.

What on earth were these people thinking? (At least the Scarecrow admitted he didn’t have a brain.)



Here, three sanctuaries that welcome visitors:

### Birds in Florida

Part hospital, part long-term care facility, the Suncoast Seabird Sanctuary in Indian Shores, Florida, concentrates on the four R’s — rescue, repair, rehabilitate and, if possible, release. As the largest wild bird hospital in the United States, it’s a ray of hope for birds that have been caught in fishing lines, wounded by gunshot, ingested pesticide or been injured or poisoned in other ways.

More than 8,000

*This Northern Gannet, which has only one eye, will remain at the Suncoast Seabird Sanctuary for his entire life. Credit: © Marina Scarr Photography.*



*A Black Skimmer feeds her chicks outside the Suncoast Seabird Sanctuary. The chicks are between two and four days old. Credit: © Marina Scarr Photography.*

birds, from large birds of prey to tiny songbirds, receive help each year in the sanctuary’s extraordinary hospital, which includes an ER room, surgical center, recovery area and convalescent home. Birds that are unable to live in the wild receive long-term housing.

The sanctuary is open year round except for major holidays and, unlike most other

sanctuaries, admission is free.

[www.seabirdsanctuary.com](http://www.seabirdsanctuary.com)

### Carnivores in Colorado

More than 300 lions, tigers, wolves, bear and assorted other animals live at The Wildlife Animal Sanctuary, the oldest and largest carnivore sanctuary in the United States. TWAS carefully rehabilitates the animals that are entrusted to their care, first calming them by keeping them separate from other animals, then gradually releasing them into an environment that offers a degree of freedom and dignity.

The sanctuary recently received national attention when it rescued 25 ex-circus lions from Bolivia. Now instead of living eight to a small cage, the lions roam the grasslands 30 miles northeast of Denver.

A long boardwalk winds around the facility, allowing visitors to view the still-caged animals from above and the free-roaming ones through a telescope. The best time to go is early morning, late afternoon or during feeding times.

[www.WildAnimalSanctuary.org](http://www.WildAnimalSanctuary.org)

Call for feeding times: 303-536-0118.



*This tiger, rescued from horrendous conditions, now has a safe place to live at Colorado’s Wildlife Animal Sanctuary. Credit: © Irv Green.*

## Elephants in California

Even sanctuaries that house potentially dangerous animals like lions and tigers generally draw the line at elephants. Elephants — especially bulls — simply require too much space. They need grassy hills, water for drinking and bathing, and, most of all, since they're social animals, they need room for family and friends. They're also strong; the heavy-duty fencing required for bull elephants costs \$168 per linear foot.

That's why it was big news in 2007 when the Performing Animal Welfare Society (PAWS) became the first sanctuary in North America to house a bull elephant.

Started in 1984 by Pat Derby, who had trained animals in Hollywood for television shows such as "Flipper," "Gunsmoke" and "Lassie," PAWS has three facilities and houses approximately 100 animals, including nine elephants, three of which are bulls.



*Elephants have space to roam at California's PAWS rehabilitation center. Credit: © Janice Clark.*

The newest of the three facilities, Ark 2000, is located near San Andreas, California and comprises 2,300 acres — a veritable mansion for the animals, many of which spent their earlier lives being forced to perform for humans.

At PAWS, the tables are turned, and it's the elephants that reign supreme. Humans are welcomed into the sanctuary several times a year for special events. These events include discussions on animal care and rehabilitation, guided habit tours and plenty of time for animal viewing.

[www.pawsweb.org](http://www.pawsweb.org)

## Memory Maker



**"Treasured memories continue to bring happiness."**

**For more information, call toll-free today!  
1-888-804-5240**

Cynthia's love of scrapbooking came from her mother, Nora, who always believed this was the best way to preserve precious memories. The pair's enthusiasm for scrapbooking sparked so much interest among other **Horizon Bay** residents that it's now a favorite event.

Horizon Bay Memory Care is a safe haven dedicated to those with memory challenges. At Horizon Bay, residents are respected not for who they were, but for who they are.

**Your story continues here...**



2540 Beene Blvd. • Bossier City, LA 71111

[www.horizonbay.com](http://www.horizonbay.com)

Resident experiences portrayed by models. 

**INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE**



Caring for someone with a life-limiting illness often presents many challenges. There can be changing care needs and loved ones can experience feelings of exhaustion and stress. It is during this difficult time that we offer hospice services - providing pain and symptom management, spiritual and emotional support, personal assistance and compassionate care.

Odyssey Hospice | 8508 Line Avenue, Suite A | Shreveport, LA 71106 | (318) 868-8788  
www.odsyhealth.com

WHEN WAS THE  
LAST TIME YOU DANCED  
at a Louisiana festival?



Did you know tourism generates more than \$850 million in state taxes annually? So why not invite your friends and family to Louisiana for the Festival of Lights in Natchitoches, Contraband Days in Lake Charles, the Red River Revel in Shreveport or the French Quarter Festival in New Orleans? When you go to a festival, Louisiana starts dancing. For ideas on what to do this weekend, visit our website.

© 2011 The Louisiana Department of Culture, Recreation & Tourism

**LOUISIANA**  
*Pick your Passion™*  
LouisianaTravel.com

## Recent DVD Releases

by Mark GLASS



### My Dog Tulip \*\*\*1/2

(NR) This animated treatment of J.R. Ackerley's reminiscence about the dog who shared much of his later years is a low-key, touching homage to a pet, with which most animal lovers will find common emotional ground. In his lonely, declining years, Ackerley found himself with a dog - surprising to both of them - since the man hadn't been particularly interested in them before. The relationship began awkwardly, with some embarrassing aspects, as we see and hear from Christopher Plummer's wistful voice-over, imbuing the tale with nostalgic warmth and the sort of droll humor we associate with refined Brits. The hand-drawn animation style makes this a visual treat, with an ethereal timelessness. Everything important about the bond and behaviors of man and dog, including the uncertainty that evolves over who is the master of whom, could have fit into any era of the last few centuries.



### Bridesmaids

\*\*\*1/2



(R) If only someone had committed to one goal for this project, we might have had a winner, instead of a near-miss combo platter. The protagonist is Annie (Kristin Wiig), whose life is falling apart as her best friend (Maya Rudolph) is not only getting married, but moving from Milwaukee to Chicago. As Maid of Honor, Annie not only finds herself pushed financially to oversee all the festivities, but in a struggle for the bride's approval with Helen (Rose Byrne), who not only projects the image of Miss Perfect, but backs it up with wealth, charm and a full-tilt strategy of undermining Annie at every turn. There are plenty of slapstick, lowbrow and even grossout moments. Melissa McCarthy, as the groom's rugged sister, may look like a thorn among the lovelier roses, but she nearly steals the movie from the other bridesmaids, delivering a wealth of comedy and breadth of character in relatively little screen time. But director Paul Feig couldn't decide how much of the script to use, dragging us through Annie's financial, familial and romantic woes for so long that it dilutes the punch of the comedy. Between rounds of her battle with Helen, we watch her suffer through booty calls, roomie troubles, career fizzles and an excessively slow uptake on learning who she could become, and where she might find true love. Since Wiig co-wrote the script, it would likely be hard for anyone to trim the fat from the star's pages, at the expense of her face time - especially a director whose resume is long on TV series, and short on feature films. Too bad.



Have you made **prearrangements** for your family, or do you still have that to do? Leaving these decisions to your children on the worst day of their lives is a terrible emotional burden.

Call Today To Receive a **FREE** Family Planning Portfolio

**Centuries Memorial**  
8801 Mansfield  
Shreveport, LA 71108  
(318) 686-4334

**Hill Crest Memorial**  
601 Hwy. 80 East  
Houghton, LA 71037  
(318) 949-9415

With some prudent editing, this one could have rivaled the breakout film of another Saturday Night Live colleague - Tina Fey's *Mean Girls*.

## Bride Flight \*\*\*\*



(R) After WW II, most of Europe was faced with rampant devastation and displacement of large segments of its population. One of the options for moving forward was emigration to undamaged, underpopulated places like Australia and New Zealand - the late 1940s equivalent of our Wild West. The title refers to a planeload of young adults from Holland, seeking a new life in New Zealand. We focus on three women crossing half the globe for arranged marriages, and handsome, charismatic Frank, who befriends them on the journey. The rest is epic-scale soap opera, as their intertwined lives vary from expectations over the next 50 years. The less you know about the details of this multi-faceted romantic drama, the better. It opens in the present with a death, and several people traveling to the funeral. That's a wraparound for the decades in between. Fine acting, superb production values and a few elements of suspense elevate this one above many of the hankie-wringers that hit the theaters or cable TV. Most viewers will find themselves caring about the cast, and how their fates compare to their hopes and dreams.

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

**BBB** ACCREDITED BUSINESS SINCE 1995

**BBB RATING** (A+)

DIGITAL & PROGRAMMABLE HEARING AIDS  
CALL FOR A FREE HEARING TEST

(318) 797-7733 or Call Toll Free 1-800-736-6140  
1810 E. 70th, Shreveport, LA (next to Edwin Watts Golf Shop)

GERALD COCKERHAM  
Hearing Aid Specialist

# Shreve

HEARING AID SERVICE



Home consultation without obligation.  
Service & repair of all makes & models.

## ACADIAN ON CALL



1.800.259.1234  
[www.AcadianOnCall.com](http://www.AcadianOnCall.com)



AUTOMATED, MONITORED  
MEDICATION DISPENSERS

---

PERSONAL EMERGENCY  
RESPONSE SYSTEMS



NATIONWIDE  
CELLULAR SYSTEM

# ALZHEIMER'S DISEASE

CALL MICHELLE HARRISON, STUDY COORDINATOR: 318-227-9600

Qualified participants will receive study-related medical evaluations and investigational medication at *no cost*.

J. Gary Booker, MD, 851 Olive Street, Shreveport, LA 71104

Dr. Gary Booker is conducting a research study sponsored by a major pharmaceutical company.



# Happy Haunting

This Halloween, don't let the kids have all the fun - scare up your own good time with a Halloween party for grown up ghouls. (Family Features)

## Phantasmic Party Themes

Set the mood with a theme for your party, then carry it out with invitations, decorations, food and fun.

◆ **Upscale Gothic** - Think stylish haunted mansion, dripping with vintage looking black and white décor. Create an eerily elegant centerpiece by spray painting interesting branches black and securing them in an old silver vase or pitcher so they look like a tree in a planter. Then hang cut-out ravens and owls from the branches.

◆ **Monster Mash** - Go old-school by celebrating the old monster movies from days gone by. Have Dracula and werewolf movies playing on the TV. Use fake cobwebs and mummy gauze to dress tables and chairs, and freeze plastic body parts into ice cubes for some truly chilling drinks.

◆ **A Haunted Twist** - You can put a good fright into just about any fun theme. How about a haunted luau? Or a haunted hoedown, carnival or cruise? Start with the usual décor, then give it a good scare with fake blood and grossed-out goodies.

## Devilishly Good Dining

Keep party food simple to make and easy to eat. These recipes are alarmingly easy and will have your guests howling for more. You can scare up more recipes at [www.underwoodspreads.com](http://www.underwoodspreads.com).



### Curry Chicken Stars

1 can (4.25 ounces) Chicken Spread  
 ¼ cup sliced almonds  
 ¼ cup red bell pepper, sliced  
 2 Tbs. green onion, chopped  
 1 Tbs. Apricot Spread  
 ¼ tsp. curry powder  
 1 can (8 ounces) frozen crescent dinner rolls

Preheat oven to 350°F. In a small bowl, combine all ingredients except crescent rolls. Unroll crescent roll dough, fold in half and then roll into a 10-inch square. Cut into 16 (2½-inch) squares. Make 1-inch cuts diagonally from the corners of each square.

Place one heaping teaspoon of filling into the center of each square. To form stars, fold in every other dough tip toward center. Insert a wooden toothpick into the center of each star to hold dough. Bake on greased baking sheet for 10 to 12 minutes.



### Chicken Pastelitos

1 Tbs. olive oil  
 1 chopped onion  
 ½ green bell pepper, chopped  
 1 celery stalk, chopped  
 2 cans (4.25 oz. each) Chicken Spread  
 2 Tbs. raisins  
 2 Tbs Spanish style Salad Olives, drained and chopped  
 1 Tbs. tomato paste  
 1 tsp. Cayenne Pepper Sauce  
 ¼ tsp. oregano, dried leaves  
 2 Tbs. bread crumbs, if necessary  
 1 package (14 ounces) frozen white or yellow dough for turnover pastries, thawed  
 1 egg, beaten

Preheat oven to 400°F. Line large baking sheet with nonstick foil.

In large skillet over medium heat, in hot oil, cook onion, pepper and celery, covered for 10 minutes or until tender but not brown.

Stir in chicken spread, raisins, olives, tomato paste, pepper sauce and oregano. Stir in bread crumbs to thicken filling.

On lightly floured surface, with floured rolling pin, roll 1 dough round into 6-inch circle. Spoon ¼ cup filling on one side of circle. Brush egg along edge of circle; fold dough over to cover filling. Seal edges of turnover with fork; brush with egg. Place turnover on prepared baking sheet. Repeat, using remaining filling and dough rounds. Cut small slit in top of each turnover.

Bake 15 minutes or until golden brown and puffed. Cool slightly, serve warm.





### Great Balls of Fire

- 1 cup (4 ounces) cheddar cheese, shredded
- 3 ounces cream cheese, softened
- 1 can (4.25 ounces) Deviled Ham Spread
- 2 tablespoons green onions, finely chopped
- 3 tablespoons green chili peppers, chopped
- 1/3 cup walnuts, chopped

In small bowl, combine cheddar cheese, cream cheese, ham spread, onions and chilies; mix well. Shape mixture into a ball. Roll in chopped nuts. Wrap in plastic wrap; refrigerate 2 hours. Let stand at room temperature 30 minutes to soften slightly before serving. Serve with crackers.

### Devil's Dip

- 8 ounces cream cheese, softened
- 1 can (4.25 ounces) Deviled Ham Spread
- 1 cup green onions, chopped
- 1/4 cup pimiento, finely chopped
- 1 teaspoon Hot Sauce

In a small bowl, mix cream cheese, ham spread, green onions, pimientos and hot pepper sauce. Chill, covered for about 30 minutes. Serve with crackers, chips or vegetables.



# Idiom's Delight

By Pawel Fludzinski; Edited by Rich Norris and Joyce Nichols Lewis

- Across**
- 1 Scarfed (down)
  - 7 Taken \_\_: startled
  - 12 Play mates?
  - 16 Jefferson Davis was its only pres.
  - 19 "Ten-hut!" reversal
  - 20 Neighbor of Maui
  - 21 Away from gusts
  - 22 Hasty escape
  - 23 Great minds think alike, but ...
  - 26 Pay stub?
  - 27 River to the Bay of Biscay
  - 28 Al \_\_
  - 29 On the house
  - 31 Home to the Ibsen Museum
  - 34 Boolean operators
  - 36 Fail to keep up
  - 37 Trains
  - 38 Ignorance is bliss, but ...
  - 43 Surrealist Magritte
  - 44 Kanga's little one
  - 45 Took orders from
  - 46 Evening in Roma
  - 47 Doesn't just lurk, website-wise
  - 48 Like some silences
  - 50 DOJ branch
  - 52 Sharp-tongued talk
  - 54 Pro \_\_
  - 55 It's been proven to grow hair
  - 57 Fort's defense
  - 60 Big Easy quarterback
  - 62 Split differently
  - 64 Wheyfaced
  - 65 Mess with
  - 66 Some whistle blowers
  - 67 Iran's official language
  - 68 Texas's state tree
  - 70 Rink feint
  - 71 Big fuss
  - 72 Something to see, perhaps
  - 73 Place where fresh water and salt
  - 75 Along the rim
  - 76 Serious downpours
  - 79 Like some microbrews
  - 80 One of Esau's wives
  - 81 Stud alternative
  - 83 IV tripled
  - 84 Texas city named for a Kansas city
  - 87 "Another \_\_ Paradise": Phil Collins hit
  - 89 Vibes
  - 91 Puts on a happy face
  - 93 Month in Madrid
  - 94 Venerated one
  - 95 Birds of a feather flock together, but ...
  - 98 Spills the beans
  - 100 Org. for 60-Across
  - 101 Greek gp.
  - 102 "My Way" lyricist
  - 103 Beat
  - 104 1895-'96 \_\_-Ethiopian War
  - 106 Nursery buy
  - 109 Alibi, perhaps
  - 110 Two's company, three's a crowd, but ...
  - 116 Constellation next to Scorpius
  - 117 Zero
  - 118 Daisylike flower
  - 119 Not just dangerous
  - 120 OK at the corral
  - 121 Elemental bit
  - 122 Doesn't go on
  - 123 For a spell
- Down**
- 1 Post-WWII feminine flier
  - 2 Tribe of Oklahoma
  - 3 Sign of summer
  - 4 Unused, as farmland
  - 5 Former U.S. pump sign

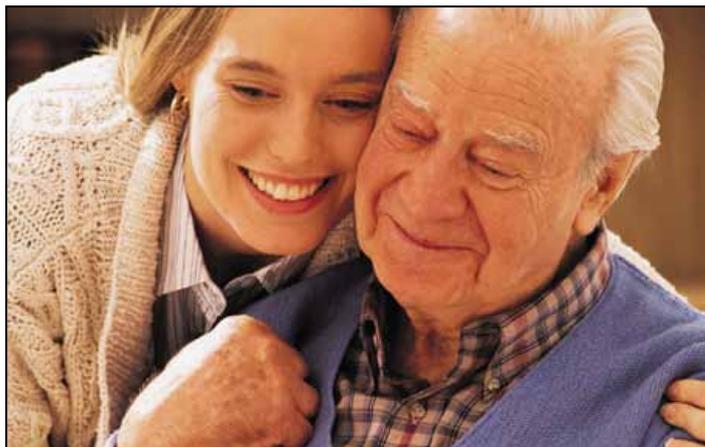
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
19						20					21					22	
23						24					25					26	
			27					28				29			30		
31	32	33				34		35		36		37					
38				39	40			41			42				43		
44				45					46					47			
48			49					50		51		52		53			
			54					55			56		57				58 59
60	61					62					63		64			65	
66					67					68		69			70		
71				72				73		74				75			
76			77				78		79				80				
			81					82		83			84				85 86
87	88					89			90		91		92			93	
94					95					96					97		
98				99				100				101				102	
103							104			105		106		107	108		
109					110		111				112					113	114 115
116					117				118				119				
120					121					122				123			

(c)2011 Tribune Media Services, Inc. All rights reserved. Solutions on page 40 9/18/11

- 6 Lucille's guy
- 7 Reason for tears
- 8 Evil
- 9 "And giving \_\_, up the chimney he rose"
- 10 Oasis visitors
- 11 Snatches
- 12 \_\_ con leche
- 13 Landon of 1920s-'30s politics
- 14 Folk legend Pete
- 15 Veggie chip brand
- 16 Don't judge a book by its cover, but ...
- 17 Prominent
- 18 Pulls together
- 24 Worn away
- 25 "And So \_\_": Billy Joel song
- 30 Down's opposite
- 31 Gumbo pod
- 32 Tundra blanket
- 33 He who hesitates is lost, but ...
- 35 Husk
- 37 Like some warmup pants
- 39 Postgraduate burden
- 40 Iberian river
- 41 Pursuit of perfection
- 42 Rolled lunch
- 47 Aspirin target
- 49 Bellyacher's litany
- 51 "\_\_ My Sons": Arthur Miller play
- 53 Group sharing a crest
- 55 Msg. to the flock
- 56 Champion of the common man
- 58 Flood barrier
- 59 Fulda tributary
- 60 Würst on the grill
- 61 Take back to the drawing board
- 62 Run-down digs
- 63 Break points at Wimbledon?
- 67 \_\_ for oneself
- 69 Overreact to spilt milk
- 70 Two-part
- 72 Capital near Zurich
- 74 Government demand
- 75 Pindar, notably
- 77 1987 All-Star Game MVP Tim
- 78 Course taken with a spoon
- 80 Assist shadily
- 82 "And make it snappy!"
- 84 Warning of old
- 85 Violin part
- 86 Pronoun for Pedro
- 87 Show publicly
- 88 Pick up
- 90 To the extent that
- 92 Glucose and fructose, e.g.
- 95 So last year
- 96 Most in need of a doctor
- 97 Full of team spirit
- 99 Insurance giant
- 104 Mosque VIP
- 105 Bart and Lisa's bus driver
- 107 Helen of Troy's mother
- 108 Group in a shell
- 111 Pre-Tokyo Tokyo
- 112 Not square
- 113 Infamous Amin
- 114 90-degree angle creator
- 115 Manhattan ingredient

DCRTRGCEPISSEETLZV  
 NASIANTLFRYRNRISE  
 YLAMROMAOYTEOOVAN  
 MREKTOOIRDMOBEECO  
 ESTUFFEDANIMALSCF  
 SDNUORGRIFAFLPTOO  
 NACRETSAOCRELLORR  
 WACLSETOFNSEOECNE  
 OCRRCZROERONHOOKDT  
 LFSIEEYOKTNWNCEOC  
 CARTLACLOTSSREGM  
 APNRWPNSROTI BIHXE  
 EEPDOAIXCAROUSEL  
 NKIPFDOOMSORUOWCI  
 RMFUNNELCAKESHWZS  
 SHULNLAOMULFIEROT  
 NTMARFLNYGOS SSGLEO

- |               |              |                 |
|---------------|--------------|-----------------|
| Animals       | Exhibitors   | Midway          |
| Balloons      | Exhibits     | Popcorn         |
| Carousel      | Fairgrounds  | Prizes          |
| Clowns        | Ferris wheel | Rides           |
| Corn Dog      | Funnel Cakes | Rodeo           |
| Cotton Candy  | Games        | Roller Coaster  |
| Entertainment | Livestock    | Stuffed animals |



## Senior Care at Brentwood Hospital

### Levels of Care

- Inpatient
- Partial Hospitalization (Day Treatment)
- Outpatient

Call us, we can help!

**Brentwood**  
 Senior Care Unit  
 (318) 678-7500

### Warning Signs

That May Indicate the Need for Treatment

- Depression, extreme sadness
- Confused thinking, difficulty concentrating
- Hallucinations; hearing voices
- Misuse of alcohol or medications
- Disorientation
- Numerous unexplained physical ailments
- Difficulties coping with daily living
- Excessive fears, anxieties or suspiciousness

When You're Here, You're In Luck!

WEDNESDAYS

50 YEARS OR BETTER?

WEDNESDAYS AT DIAMOND JACKS!

SENIOR  
 FUN DAY

\$10,000  
 JACKPLAY DRAWINGS

11AM to 2PM

- \$2,500 in Jackplay given away every Wednesday
- Drawings every 1/2 hour starting at 11AM
- Three \$100 Jackplay winners every 1/2 hour
- Two \$100 and One \$500 Jackplay winner at 2pm
- Simply visit the Rewards Club every Wednesday to receive your FREE entry into the drawing starting at 9AM

50+  
 SENIOR  
 BUFFET

WEDNESDAYS  
 FREE BUFFET!

- Earn 15 points on Wednesday and get a FREE BUFFET
- Points must be earned on Wednesday only 3AM-8PM
- Buffet must be redeemed on Wednesday only 7AM-9PM



CASINO RESORT  
**DIAMOND JACKS**  
 BOSSIER CITY

711 DiamondJacks Blvd • I-20, Exit 20A

1-318-678-7777 • 1-866-5JAXMAX

www.diamondjacks.com

BECOME A FAN ON FACEBOOK!

Must be 50 years of age or older. Must have valid photo ID and Rewards Club card to participate. Winners must be present to win within a (5) five-minute countdown. Participants cannot win more than one time on drawing day. Unclaimed prizes are forfeited. JackPlay prizes are valid for 30 days or will be void. DiamondJacks Casino & Resort-Shreveport-Bossier City and its management reserve the right to change or cancel this promotion at any time for any reason. Valid at DiamondJacks Casino & Resort-Shreveport-Bossier City only. See Rewards Club for details. ©2011, Louisiana Riverboat Gaming Partnership, LLC.

COMPULSIVE OR PROBLEM GAMBLING? CALL 1-877-770-STOP (7867)

# Get Up & Go!

## DINNER IS SERVED

**Culinary Arts Buffet** - The Bossier Parish Community College Culinary Arts Program, 6220 East Texas, Bossier City offers a buffet on Tuesday nights from 5:00 to 6:30 p.m. in the Emmett E. Cope Student Services Center (Building F). The cost is \$7 per person and to go boxes are available. The buffet is open to the public.

**Free meal** - October 13. (2<sup>nd</sup> Thursday of every month) 5:30 p.m. - 6:30 p.m. Love Chapel United Methodist Church Pavilion, Corner of Highway 80 & Forest Hills Blvd., Haughton. Everyone is invited. No cost, no hassle. Just good food. Questions - call 949-0430 or visit lovechapelumc@bellsouth.net.

## DISCOVERY

**Sci-Port's Golden Days Matinee** - Weekdays 1:00 - 4:00 p.m. On the Shreveport riverfront. Seniors enjoy an IMAX film, FREE admission to Sciport galleries and a frozen yogurt. Cards, board games & activities available. All for \$9. Groups call (318) 424-8660 to schedule.

## DRIVERS EDUCATION

**AARP Driver Safety Program** - A 4 hour classroom refresher course for drivers age 50+. Participants must preregister. \$14 for non-AARP members; \$12 for AARP. (AARP card required at registration)

- October 8 - 8:30 a.m. – 12:30 p.m. Elizabeth Baptist Church, 301 Old Bellevue Road. Benton. Contact: Carolyn 318-965-2592; Instructor: James Smith
- October 20 - 8:30 a.m. – 12:30 p.m. First United Methodist Church, head of Texas Street, Shreveport. Contact: Carl Rhoads 318-424-7771; Instructor: Ray Branton.
- October 25 - 12:00 noon – 4:00 p.m. Lakeview United Methodist Church, 5550 South Lakeshore Dr., Shreveport. Contact: Helen Cislagbli 318-636-6922; Instructor: Ray Branton
- October 27 - 8:30 a.m. – 12:30 p.m. Summer Grove Baptist Church, 8924 Jewella Ave, Shreveport. Contact: Connie Russell 318-683-6931; Instructor: Ray Branton
- November 1 - 1:00 pm. – 5:00 p.m. Live Oak Retirement Community, 600 E Flournoy-Lucas Road, Shreveport. Contact: Natalie Wiggins, 318- 212-2141; Instructor: Ray Branton members. **NOTE:** AARP is offering the Driver Safety Course FREE of charge to all veterans and their spouses (including widows/widowers) during the month of November. (Military ID/Proof of military service required.)

## FESTIVAL

**Kites for Life** - Sunday, October 16. 10 am – 3 pm. LSU – Shreveport Campus, Soccer fields near E. Kings Hwy. Spon-

sored by the Louisiana Organ & Tissue Donor Registry. Families are encouraged to set up "picnic style." Kites provided by sponsors and free to all participating children. FREE Admission to everyone – Games, Prizes, Music, & Fun!

## FORUM

**Community Forum on Medicare Advantage Plans for 2012** - Wednesday October 19, 9:00 a.m. - 1:00 p.m. Louisiana State Exhibit Museum Auditorium, 3015 Greenwood Road, Shreveport. Learn about Medicare Advantage Plans so you can make an informed decision during the upcoming Medicare Annual Enrollment Period from October 15 to December 7. Free admission, free parking, light refreshments, door prizes including the grand door prize of a Pride Mobility Three Wheel "Go-Go Elite Traveler" scooter valued at \$1575 donated by AllMed Mobility.

**"Know your Medicine; Know your Pharmacist"** - October 12, 10:00 am. Captain Shreve Branch of Shreve Memorial Library. Presented by The ULM College of Pharmacy Faculty and Students. They will discuss the importance of compliance with medications and open lines of communication between the patients, pharmacist and the prescriber. Bring 1 container of ALL current medication. Friendly staff will be on hand to input this information on a portable memory device. This small device may

Puzzle Answers

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

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

be carried on a key chain, in a pocket or purse. In the event of a medical emergency, any doctor or ER staff can plug this device into their computer, and instantly have complete medication data.

### KREWE OF ELDERS

**Krewe of Elders Halloween Party** - Sunday, October 30, from 1:30 to 5:30 p.m., at the American Legion Post No. 14, located at 5315 South Lakeshore Drive, Shreveport. Entertainment provided by Louisiana Crossroads. Cash bar, prizes for best costumes, 50/50 raffle, food available for purchase. \$6 members, \$10 non-members. Open to public. Info. 635-4901, 752-9175.

### MEETING

**The Ark-La-Tex Genealogical Association meeting** - Saturday October 8 at 1 PM at the Broadmoor Branch Library, 1212 Captain Shreve Drive, Shreveport. Kelvin Meyers, Professional Genealogist and Lecturer from Dallas will present "A Happy Home Without Husbands: The Women's Commonwealth of Texas". Free and open to the public. For information email jjohnson747@suddenlink.net.

**The GENCOM Genealogical Computer Society** - Family History Month meeting "GENFEST" Saturday, October 22 at 1:00 PM at the Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport. There will be displays and demonstrations on genealogy/family history research and the use of computer technology to accomplish this research. GENCOM members will also be present to answer any questions about genealogy and give a tour of the library's Genealogy Department. Free and

open to the public. For info call 318-773-7406 or email jgjones09@gmail.com.

### PERFORMANCES

**Shreveport Little Theatre** - Individual performance tickets are \$15 for seniors, students and active military, \$17 for adults. Tickets may be purchased at box office, 812 Margaret Place, from noon - 4 p.m. weekdays, or by calling 424-4439.

*Dividing the Estate* - Nov. 3, 4, 5, 11, 12 at 8 p.m., Nov. 6, 13 at 2 p.m. Set in the fictional town of Harrison, Texas in 1987, it focuses on the Gordons, a clan of malcontents ruled by octogenarian matriarch Stella that must prepare for an uncertain future when plunging real estate values and an unexpected tax bill have a negative impact on the family fortune.

**Shreveport Opera** - All performances are at RiverView Theatre in downtown Shreveport at 7:30 p.m. Individual performance tickets are \$25 - \$90. Call 227-9503

*The Merry Widow* - October 29, 2011. An operetta by composer Franz Lehár concerning a rich widow, and her countrymen's attempt to keep her money in the principality by finding her the right husband.

### STATE FAIR

**Senior Day** - Thursday October 27. 10:00 a.m. - 3:00 p.m. FREE admission and parking for those age 50+. In the Hirsch Coliseum at the Louisiana State Fair Grounds there will be free health care screenings, informational booths, exhibits, presentations, contests, door prizes, giveaways, and entertainment. Flu and Pneumonia shots will be available. Winners of *The Best Of Times* Anniversary Mega Giveaway to be announced.

WE ARE COMFORT KEEPERS®

IN-HOME CARE THAT'S *Always Nearby.*



- Companionship
- Cooking, Light Housekeeping, Laundry
- Incidental Transportation
- Medication Reminders
- Personal Care Services

Call Us Today!  
**318-934-0090**

Each office independently owned and operated. © 2009 CK Franchising, Inc.

WWW.COMFORTKEEPERS.COM

## Sam Stroope Hair Replacement Specialist and Hair Stylist



**990 Quail Creek Rd.  
(Inside Element Fitness)  
Shreveport  
318-868-8708**

### Sci-Port's Golden Days Matinee

**Just \$9 • Weekday afternoons for senior adults • (318) 424-8660 • www.sciport.org**  

# The Best Of Times POKER RALLY

The first *The Best of Times* Poker Rally, held during the month of August and culminating in a fun-filled judging event and business expo at Harrah's Louisiana Downs on August 24, was a tremendous success. Congratulations to all of the winners and a heartfelt thanks to our sponsors and participating businesses.



Krewe of Elders members Sue Prudhomme, Mary Bringol, and Jay Prudhomme offer beads to Betty and Vernon Hastings and Debbie Grand at the Rally.



L to R -- Winners Ernell Brown; Hazel Thomas; Vernon Hastings; Johnnie Ford; Wanda H Johnson; and Sandra Green



Neva Jones (left) congratulates 2nd place winner Celeste Allen



Expo attendees Pat Rinehart and Cora Godfrey



Expo attendees from Azalea Estates – Alma Baird (left), Mary Scudder, and Darlene Sandidge



Expo attendees Linda and Michael Hawthorne



7th place winner Janet Henderson



AirHeart entertains attendees at the judging event.



L to R -- Leroy Parker, Jewel Smith, and Corethia Ashley (8th place winner) were contestants in Keep or Swap the Briefcase Game



Winners Johnny Lonadier (left), Frank White, and Carol Henry



L to R -- contest winners Fred Raley, Sr; Bettie Hastings; Lloyd Spaw; Carolyn Parker; Beverly Sater and Harold Sater



Rally Expo attendees Carolyn and Ray Parker



3rd place winner Beth Furrh with Alma Baird who won 24th place



Gary Calligas and Jo Anne Woodard congratulate the Grand Prize winner Nelda Dennen (center)

## Something Wonderful Is Happening Here!

- Retirement living at its best
- Spacious apartment homes
- Countless amenities & service
- Activities to suit every taste

### KINGSLEY PLACE SHREVEPORT

An Emeritus Assisted Living & Alzheimer's Care Community

7110 University Drive, Shreveport, LA 71105  
www.emeritus.com

Phone - (318) 524-2100 | Fax - (318) 524-2300  
Kpshreveport3@emeritus.com

An Emeritus Certified Assisted Living Community  
We comply with the Fair Housing Act.



Shreveport/Bossier Opera Guild Presents:

The 37th Annual  
Les Boutiques de Noël

## Winter Wonderland

Your One Stop Holiday Shopping Extravaganza!

Senior  
Citizen Special  
**\$5.00**  
Market Place  
Shopping  
with this ad

Bossier Civic Center  
620 Benton Road  
Bossier City, LA

www.lesboutiquesdenoel.com



### Preview Party

November 16, 2011  
6:30 p.m. – 10:00 p.m.

Admission: \$125.00

### Market Shopping

November 17, 2011  
9 a.m. – 6 p.m.

November 18, 2011  
9 a.m. – 8 p.m.

November 19, 2011  
9 a.m. – 6 p.m.

Admission: \$7.00  
Valet Parking: \$5.00

# October Parting Shots

Share your photos with us.  
Email to [editor.calligas@gmail.com](mailto:editor.calligas@gmail.com)

A 1921 Bour-Davis Motor Car was donated to the Louisiana State Exhibit Museum by members of the ArklaTex Antique and Classic Car Association on August 16.



Above: Members of the ArklaTex Antique and Classic Car Association

Right: Steve Smith (left) and Ernie Roberson

Below: (L to R) Dick Nelson, Secretary of State Tom Schedler, Nita Cole, Wayne Waddell



Area red hatters traveled to New Orleans for the Red Hat International Convention.

L to R: Queen Mother Lynda Herzog, Lani Scarce, Carol Noble, Shelby Britt



The Shreveport Little Theatre presented "Lend Me a Tenor" September 8 - 18.

Right: Tem and Maggie McElroy

Far Right: Rob and Vicki Franks



Residents of Horizon Bay retirement community in Bossier City held a charity rocking marathon on August 18 to raise money for the Alzheimer's Agency of Shreveport/Bossier.



Above: Joanna Hensley with Pat Covington (right)

Left: Vickie Rech with Dale Henry

Right: Bernadine Moran

The Silver Screenings presentation of "His Girl Friday" was held at the Robinson Film Center in downtown Shreveport.

Below: (L to R) Vince Scholtes, Jo Ann Quaid, Hugh Coyle, and Bobbie Bass



Above: (L to R) Martha Thomas, Ann Rhoads, and John Carter



The third annual Red River Dragon Boat Festival was held on September 10. Pictured are some of the members of the United Way team (l to r): Keri Sisco, Lonnie Blansit, Sam Stroope, Chris Gorman, George Rolfe, and Michelle Rolfe.

# DO YOU HAVE A PLAN?

Joe and Kyle will work with you to develop a plan for your family's specific needs. We perform a full spectrum of services, considering all options to develop an effective, flexible, and protective plan.

- **Specialized estate planning** – Make the best use of wills, trusts, powers of attorney, and LLCs to protect you and your family. Also, implement strategies to protect you from unscrupulous persons or even yourself as your competence declines.
- **Long-term care planning** – Explore all options and develop a plan to qualify you for Medicaid and/or VA Aid and Attendance benefits (for qualifying veterans and their spouses), while protecting assets to supplement your care above the basic level provided by governmental programs. Develop a life care plan with our client care coordinator, Vickie Rech, to coordinate your long term care.
- **Special needs planning** – Protect inheritances or settlements received by persons with disabilities that would otherwise simply replace government benefits.
- **Successions** – Assist heirs with transfer of assets from the estate of the decedent. Litigate contested claims.

**Call today to schedule  
an appointment.**

**318-222-2100**

(\$300 for initial consultation fee)

Joseph R. Gilsoul  
Kyle A. Moore

Weems, Schimpf, Gilsoul, Haines, Landry & Carmouche, APLC  
912 Kings Highway, Shreveport, LA 71104  
[www.weems-law.com](http://www.weems-law.com)

# MEDICARE IS CHANGING.

## Community Forum on Medicare Advantage Plans for 2012

Sponsored by **The Best Of Times**

**Free Admission • Free Parking • Light Refreshments • Door Prizes**

Learn about Medicare Advantage Plans for 2012 on the **same date, time, and place** so you can make an informed decision during the upcoming Medicare Annual Enrollment Period from October 15th to December 7th.

**Wednesday,  
October 19, 2011  
9:00 am to 1:00 pm**

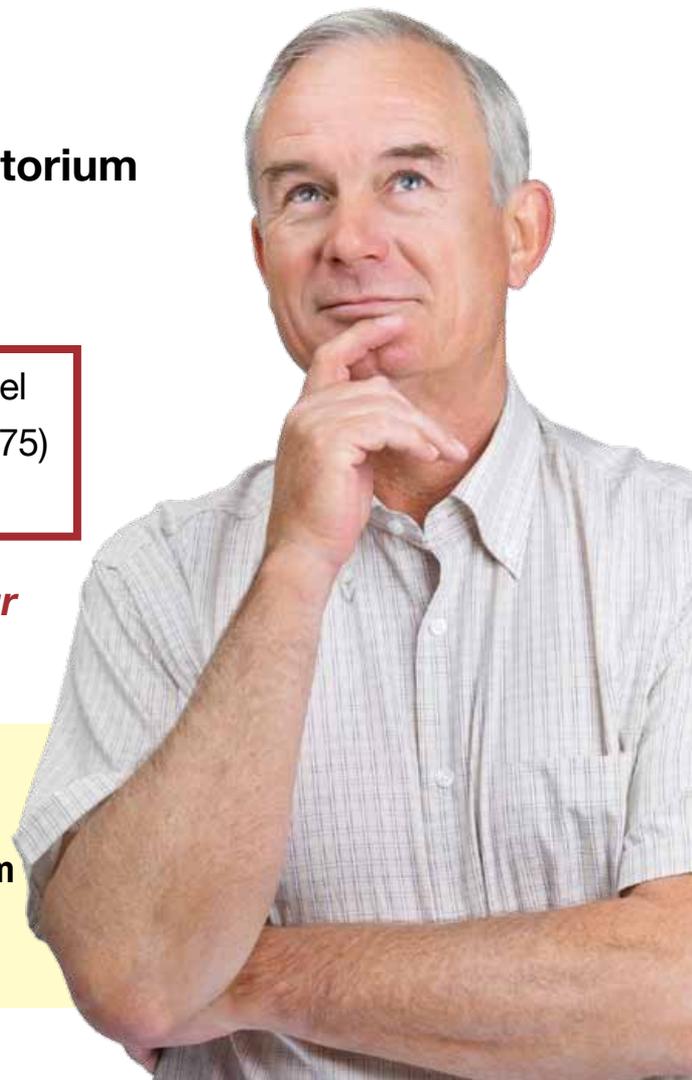
**Louisiana State Exhibit Museum - Auditorium  
3015 Greenwood Road  
Shreveport, LA 71103**

**Grand Door Prize:** Pride Mobility Three Wheel  
“Go-Go Elite Traveler” scooter (valued at \$1,575)  
donated by AllMed Mobility

***All participants will receive 2 entries into our  
10<sup>th</sup> Anniversary Mega Giveaway!***

**Seating is  
limited, so  
please arrive  
early!**

**For more information,  
please visit  
[www.TheBestOfTimesNEWS.com](http://www.TheBestOfTimesNEWS.com)  
Call 318-636-5510  
Email [gary.calligas@gmail.com](mailto:gary.calligas@gmail.com)**



**October Parting Shots (continued)**

**James Bustillo, Director of Blue Cross and Blue Shield of Louisiana's Shreveport Regional Office**, recently marked his 40th anniversary as an employee of Blue Cross at a gathering at the Shreveport Regional Office and was formally feted at Blue Cross' annual Service Recognition Luncheon.



**EasyBridge graduates and staff:** (Front row) Stephanie Lusk, Janye Merritt, Barbara Varnell, Barbara Peterson, Virginia Phelps, Malissa Waters, Mary Ellen Foley, Joyce Ritter (assistant), Bonita Hays [presenter]; (2nd row) Kathy Plante, Mary Beth Walker, Andree' Caplis, Jane Manco, Joan Lurie, Catherine Lusk; Back row: Gail Quinn, Maggie McElroy, Glenda Ilgenfritz, Anne Bateman, Madonna Payne



**Community Service** – Left to Right: Mary Jackson, State Representative Barbara Norton, Sam Jenkins and Tommy Nard at the Community Service Recognition ceremony on August 31

Right: **Opal Marshall** 71st birthday celebration was held on September 14.

**Pyra Calligas** was surprised on her 93rd birthday with a visit from her niece Tina Yampanis and sister Helen Yampanis of Dallas.



Far right: **TBT publisher Gary Calligas** gave a presentation at Azalea Estates on September 18. Here with Vivian Locking



**Introducing Elegance.**  
One of our 5 Signature Lifestyles.  
Luxury has never been so affordable.

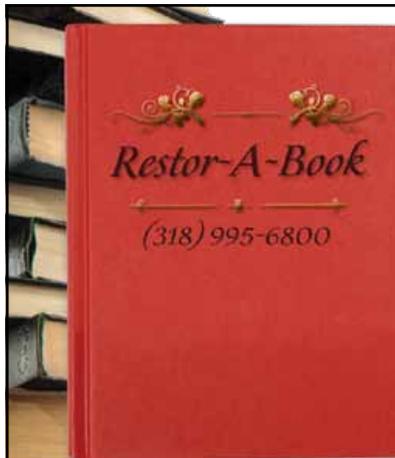


**October Sale**

**ETHAN ALLEN**  
CLASSIC DESIGN. MODERN PERSPECTIVE.

**SHREVEPORT 8824 YOUREE DRIVE 318.797.3187**

SALE ENDS OCTOBER 31, 2011.  
VISIT A DESIGN CENTER OR ETHANALLEN.COM FOR DETAILS.  
©2011 ETHAN ALLEN GLOBAL, INC.



**A Professional Bindery offering restoration and hand binding of:**

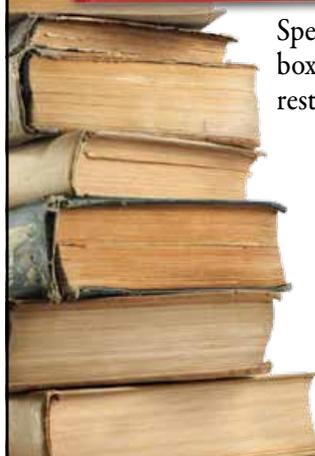
- Genealogy papers
- Bibles
- Project reports
- Tabloids
- Newspapers/Magazines
- Church Hymnals
- Courthouse Record Books
- Bulletins

Specializing in custom made clamshell boxes for maps, musical scores, and the restoration of rare books!

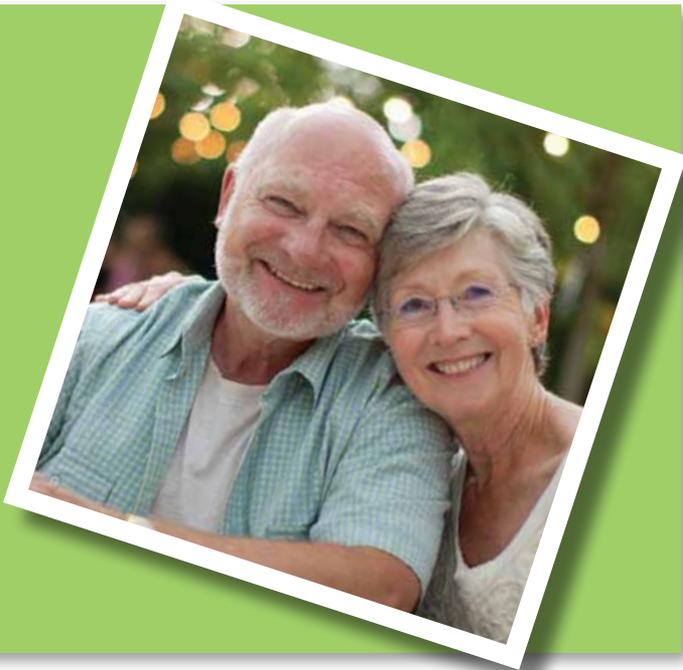
*Over 20 years of experience in restoration binding!*

**Restor-A-Book**

126 S. Land Avenue  
Oil City, LA 71061  
(318) 995-6800  
jbookdoctr@aol.com  
www.restor-a-book.com



Humana's  
2012 Medicare  
Advantage  
plans are here!



**Humana has a full range of Medicare plans.**

Find out more about which one could be right for you.

**Call to schedule an in-home appointment or  
to find a seminar near you.**

**1-877-713-6179 (TTY: 711)**

8 a.m. to 8 p.m., 7 days a week

**New Medicare enrollment dates!**

The dates to enroll in a Medicare Advantage plan for 2012  
have changed. The new dates are **October 15th - December 7th**,\*  
so don't forget **enrollment ends December 7th.**

**HUMANA®**

A Health plan with a Medicare contract. A salesperson will be present with information and applications. This is an advertisement. For accommodation of persons with special needs at sales meetings, call 1-877-713-6179 (TTY: 711), 8 a.m. to 8 p.m., 7 days a week. \*Some exceptions apply.

Y0040\_GHHH4NRHH File and Use 10012011