

October 2011

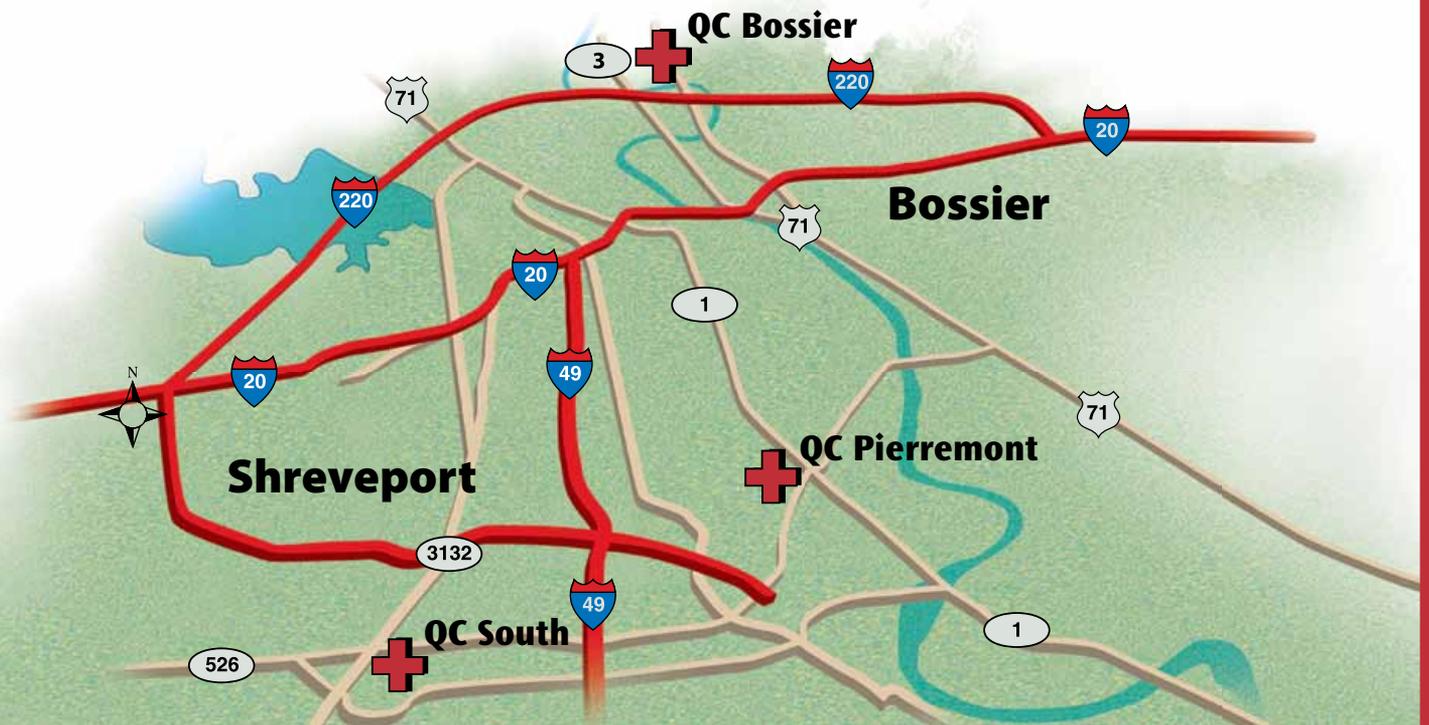
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The Best of Times 10th Anniversary Mega Giveaway Prizes

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

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

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★ Gold Prize Package (\$886 value) ★

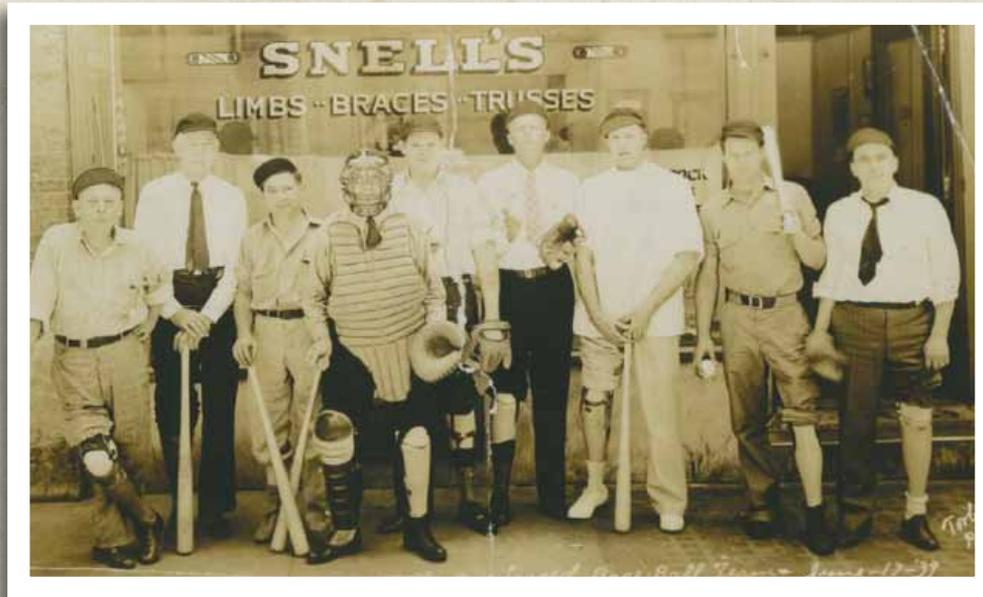
Two roundtrip Airline Tickets via Allegiant Airlines from Shreveport to Daytona Beach, Las Vegas, or Orlando. Expires September 30, 2012. Compliments of Allegiant Airlines.

★ Silver Prize Package (\$451 value) ★

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★ 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.



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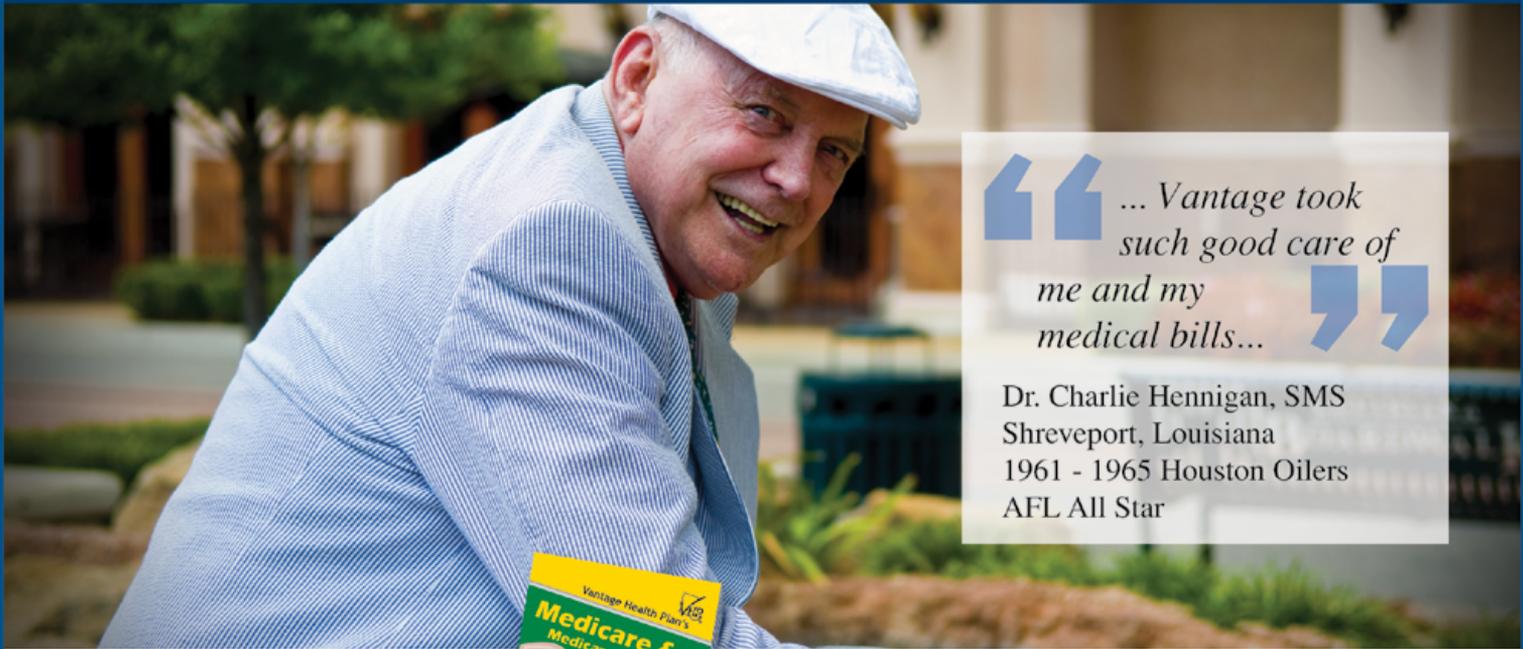
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On October 5, 2011, Gary and I purchased *Senior Scene News*. We had no idea at that time what a great adventure our new enterprise would be. We've learned, redesigned, changed, adapted, revised, edited, added, modified, altered, rearranged, renamed, 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 10th 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



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Previously aired programs are available at 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 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

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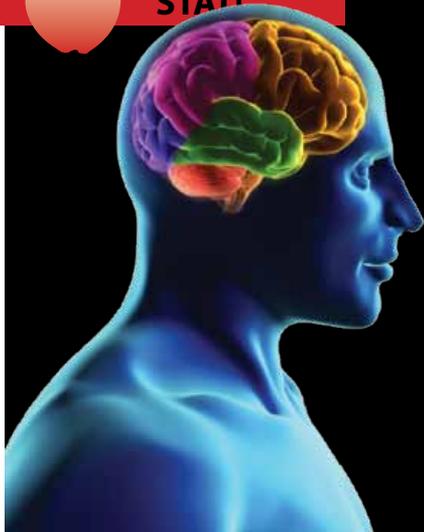
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Scientists Find Link Between Seizures and Brain Tumors

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.



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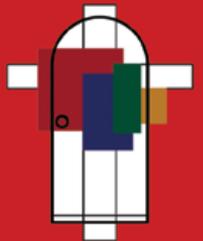
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LOUISIANA STATE FAIR

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.



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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.

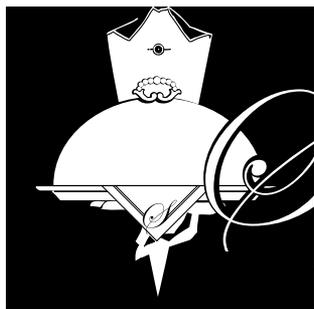
Those children showing livestock come from all over the state, almost every parish in fact. There is also a yearly football game on opening weekend, the Shreveport Classic; this year between college teams from Texas and Mississippi. Add in a large cheerleader competition, the adults from all over the 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



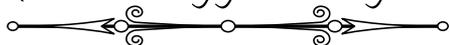
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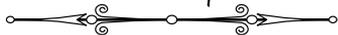
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**WAYNE TOUPS
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"I was a freshman in high school the first time I can remember going to the fair and I rode everything I could get on," Pam said.

"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 loose 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, or call (318) 635-1361.

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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

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(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.

- 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}



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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.



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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,

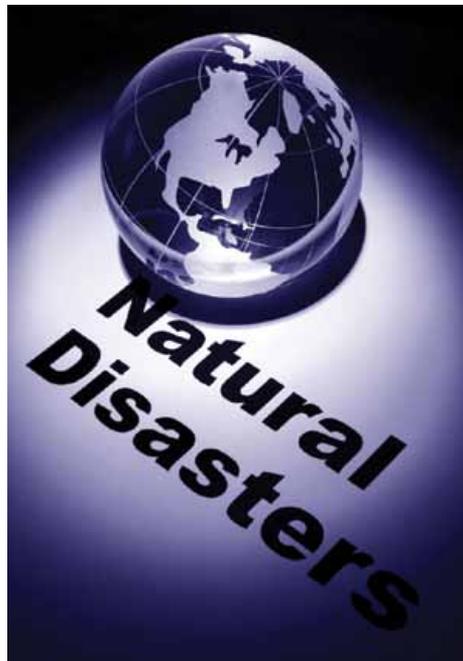
drop it in that toiletry or tote bag, and go. Option two is to purchase a ready-made cooling case, usually sold in the diabetes section of your pharmacy, and online. This stores insulin, and some might fit antibiotic suspensions, suppositories, growth hormone or epoetin (Procrit, Epogen). Two popular 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. ©2011 Suzy Cohen, R.Ph.



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ANSWERS FROM THE EXPERTS

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- 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.



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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.



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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



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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.

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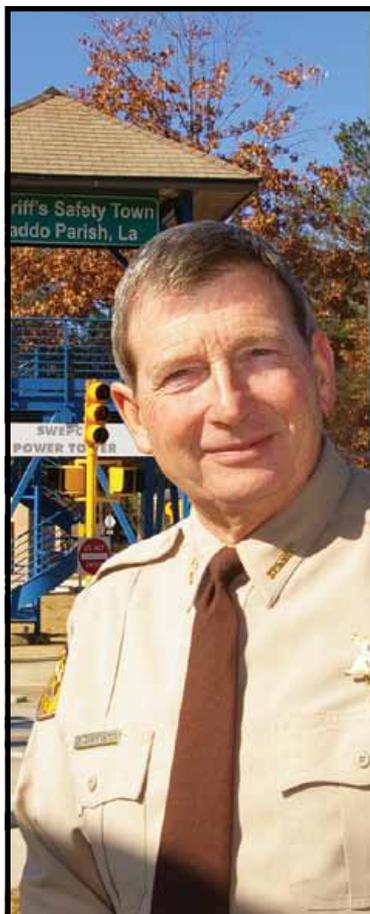
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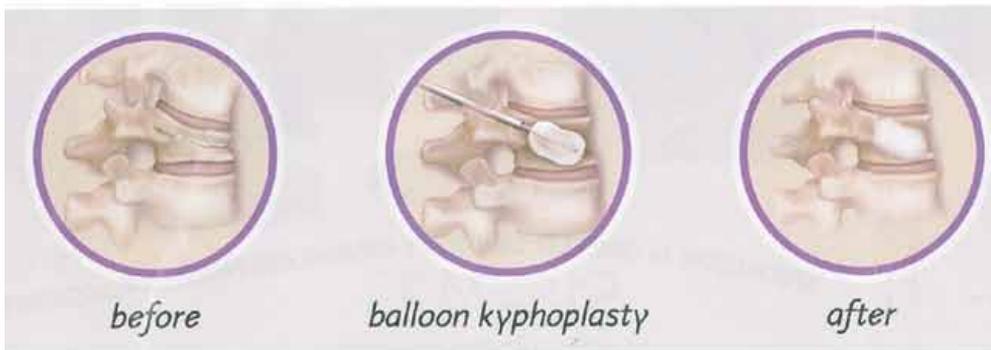
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Standing Tall: What Women Need to Know about Spinal Fractures

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 (link to: <http://www.spinalfracture.com/>) or 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.

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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



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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.

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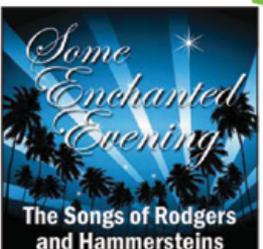
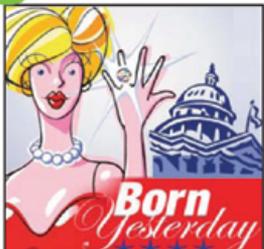




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BROADWAY

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

(*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.

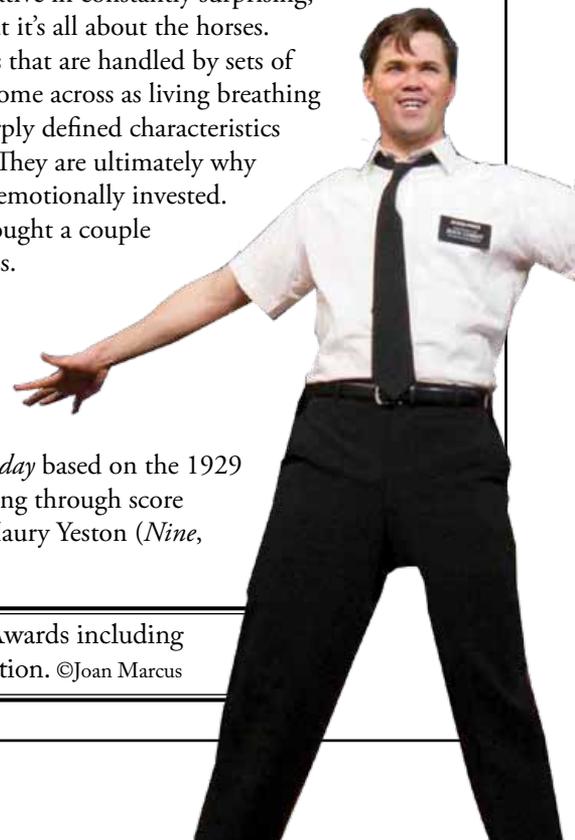
The summer brought a couple of new productions. Off-Broadway, the Roundabout Theatre Company presented a new ensemble musical *Death Takes a Holiday* based on the 1929 play. The nearly sung through score by Tony winner Maury Yeston (*Nine*,

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



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.





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Story by Andrea Gross;
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

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

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

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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.



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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.

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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)

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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.



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.



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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

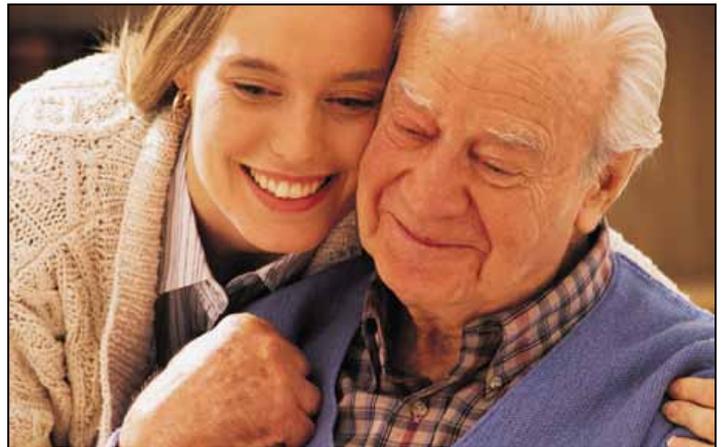
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- 6 Lucille's guy
- 7 Reason for tears
- 8 Evil
- 9 "And giving __, up the chimney he rose"
- 10 Oasis visitors
- 11 Snatches
- 12 __ con leche
- 13 Landon of 1920s-'30s politics
- 14 Folk legend Pete
- 15 Veggie chip brand
- 16 Don't judge a book 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
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| Cotton Candy | Games | Roller Coaster |
| Entertainment | Livestock | Stuffed animals |



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- 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

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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. (2nd 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

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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.

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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)

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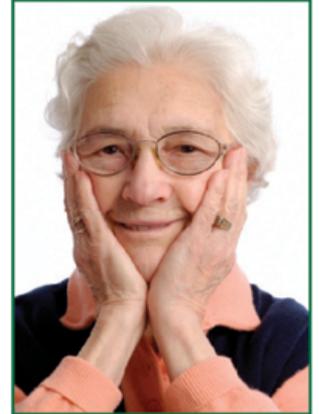
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Preview Party

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

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.

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- **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.

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Kyle A. Moore

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Community Forum on Medicare Advantage Plans for 2012

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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**

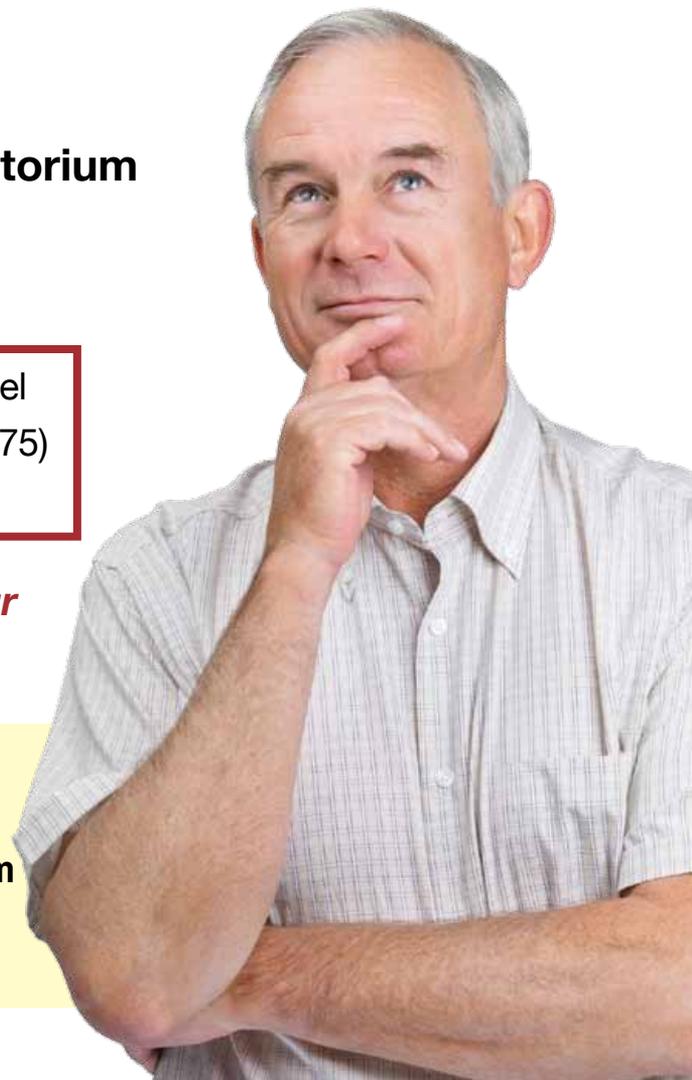
**Louisiana State Exhibit Museum - Auditorium
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Shreveport, LA 71103**

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
10th Anniversary Mega Giveaway!***

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limited, so
please arrive
early!**

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Email 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



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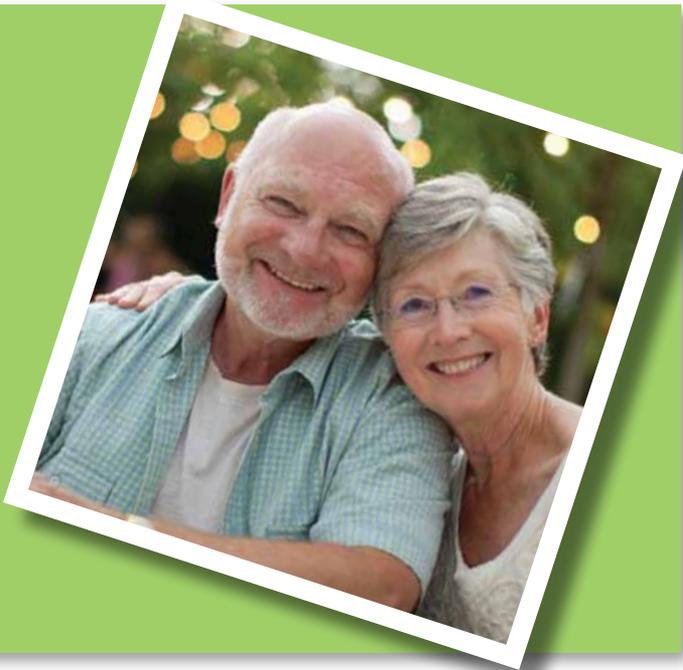
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