

July 2014

# The Best Of Times

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# JULY

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*by Kelly Phelan Powell*



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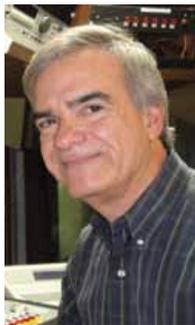
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July 5

"The Chronic Cough Enigma"

**Guest:** Dr. Jamie Koufman, leading laryngologist and expert on acid reflux and voice disorders

July 12

"Shreveport Little Theatre's (SLT) Exciting 2014-2015 Season"

**Guest:** Robert Darrow, SLT Director

July 19

"What is a Notary Public, When Do You Need One and Why?"

**Guests:** Peggy Gill and Tom Estes, with the Professional Civil Law Notary Association

July 26

"Eldercare Planner – Where to Start, Questions to Ask, and How to Find Help"

**Guest:** Joy Loverede, author, lecturer, and consultant with Elder Industry

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Friday, September 19, 2014

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Friday, October 10, 2014

**1964 — The Tribute (Beatles)**

Saturday, November 15, 2014

**Darlene Love Christmas Show**

Friday, December 5, 2014

**Charles Dickens' A Christmas Carol**

Saturday, December 6, 2014

**Guys and Dolls**

Thursday, February 5, 2015

**Seven Brides for Seven Brothers**

Friday, March 13, 2015

**Million Dollar Quartet**

Thursday, April 23, 2015

**Broadway by Jeri (Jeri Sager)**

Saturday, May 16, 2015

**Mamma Mia!**

Thursday, June 18, 2015

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## Regular Aspirin Use May Reduce Ovarian Cancer Risk

Women who take aspirin daily may reduce their risk of ovarian cancer by 20 percent, according to a study published in the *Journal of the National Cancer Institute*. It is estimated that over 20,000 women in the U.S. will be diagnosed with ovarian cancer in 2014, and more than 14,000 will die from the disease. Early stage ovarian cancer may be successfully treated. However, symptoms can mimic more common conditions, such as digestive and bladder disorders, so it is often not diagnosed until it has reached advanced stages. Late stage ovarian cancer leaves women with limited treatment options and poor prognoses, making preventive strategies potentially important. Chronic or persistent inflammation has been shown to increase the risk of cancer. Previous studies have suggested that the anti-inflammatory properties of aspirin and non-steroidal anti-inflammatory drugs, may reduce cancer risk overall. This study adds to a growing list of malignancies that appear to be potentially preventable by aspirin usage. Daily aspirin regimen should only be undertaken with a doctor's approval.

## Moving to the Grooving

Dancing eases hip or knee pain and helps older adults move better, according to a small Saint Louis University study published in *Geriatric Nursing*. According to researchers, after participants who regularly went dancing over several months reported less pain and were able to walk faster after dancing. All of the participants said they had pain or stiffness in their knees or hips, in most cases caused by arthritis. The findings are significant because older adults who walk too slowly are more likely to fall, become hospitalized or require care from others. In fact gait speed is the sixth vital sign that can help physicians predict adverse outcomes for older adults. In addition study participants who danced reported that they reduced their consumption of pain medicine by 39 percent and those who didn't dance said they took 21 percent more pain medicine. Researchers noted that dance-based therapy for older adults needs to be gentle, slow and include options so it can be performed standing or sitting.



## Being a Bookworm May Boost Your Brainpower in Old Age

New research suggests that reading books, writing and participating in brain-stimulating activities at any age may preserve memory, according to a study published in an online issue of *Neurology*<sup>®</sup>. The study suggests that exercising your brain by taking part in activities such as these across a person's lifetime, from childhood through old age, is important for brain health in old age. The study found that the rate of decline was reduced by 32 percent in people with frequent mental activity in late life, compared to people with average mental activity, while the rate of decline of those with infrequent activity was 48 percent faster than those with average activity.

## A Diet Higher in Protein May Lower The Risk of Stroke

People with diets higher in protein, especially from fish, may be less likely to have a stroke than those with diets lower in protein, according to a meta-analysis published in an online issue of *Neurology*<sup>®</sup>. The amount of protein that led to the reduced risk was moderate - equal to 20 grams per day. Seven studies with a total of 254,489 participants who were followed for an average of 14 years were included in the analysis. The results accounted for other factors that could affect the risk of stroke, such as smoking and high cholesterol. For every additional 20 grams per day of protein that people ate, their risk of stroke decreased by 26 percent. Researchers noted that the analysis does not support increased consumption of red meat, which has been associated with increased stroke risk. The reduced risk of stroke was stronger for animal protein than vegetable protein. Protein has the effect of lowering blood pressure, which may play a role in reducing stroke risk.

**Health Benefits of Dark Chocolate**  
The health benefits of eating dark chocolate have been extolled for centuries, but the exact reason has remained a mystery - until now. Researchers reported at the 247<sup>th</sup> National Meeting & Exposition of the American Chemical Society (ACS) that certain bacteria in the stomach gobble the chocolate and ferment it into anti-inflammatory compounds that are good for the heart.

Invite you to attend one of these upcoming  
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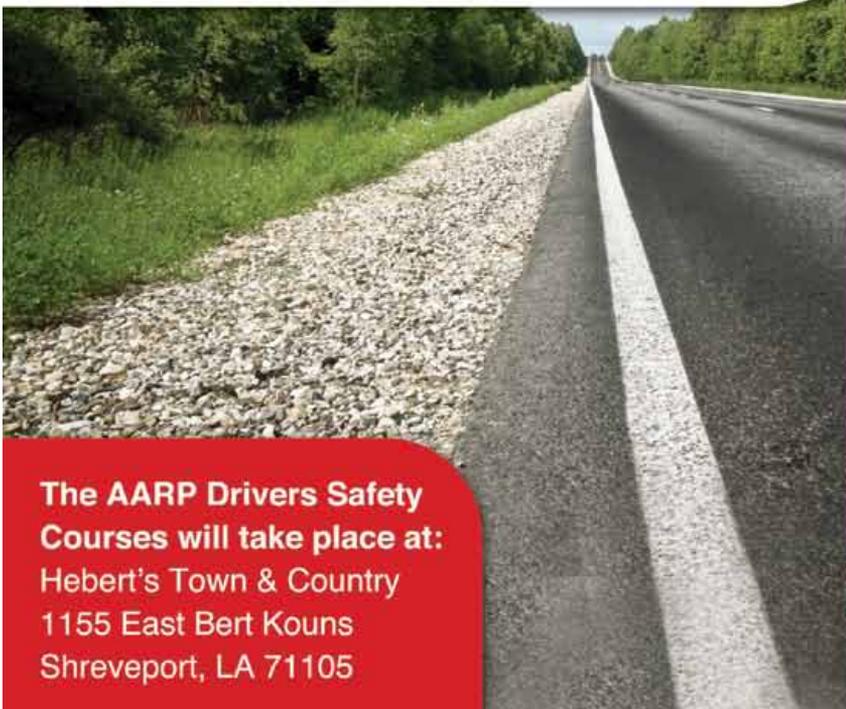
Attendance qualifies persons for a three-year discount on auto insurance from almost all insurers.

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(Registration begins at 8 am)

**Saturday, October 11, 2014**

8:30 am to 12:30 pm

(Registration begins at 8 am)

**Saturday, November 8, 2014**

8:30 am to 12:30 pm

(Registration begins at 8 am)

**Saturday, December 13, 2014**

8:30 am to 12:30 pm

(Registration begins at 8 am)

**Call NOW for reservations to attend one of the above course dates.**

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# DEALING with Common, Everyday CHALLENGES

by Kathleen Rhodes, LPC, LMFT

**A**lthough mental health professionals help clients with a wide range of complex issues, often times help is sought in dealing with everyday challenges that have a common theme. Presented here are three scenarios representing challenges that just about everyone faces sooner or later. Individual challenges may certainly be different from those presented in these scenarios, but the reader will likely notice a core of commonality and may therefore find the solutions presented of use in many situations.

“Usually, the hardest part of my dreaded task is getting started,”

## SCENARIO 1

### DIFFICULTY FALLING ASLEEP

You go to bed ready for sleep, but your mind begins to fill with thoughts of everything you need to do the next day. Before you know it, you are anxious and wide-awake.

**TIP:** Consider writing out a “to do” list about two to three hours before bedtime. You will likely find that, once things are written down, you have effectively put tomorrow’s tasks away until tomorrow and will not be inclined to worry about them during the night. If these thoughts continue, recite a rote prayer or scripture verse again and again, blocking out the unwanted thoughts. People don’t seem to count sheep anymore, but another option is to count backwards from 100 by 7’s. This math problem is complicated enough that you will find it difficult to focus on anything else. One exercise I find particularly restful is to vividly recall a quiet, peaceful place you may have visited in the past. Recall the sights you saw, the sounds you heard, and what it felt like to be there. If you fill your senses with these memories and fully imagine being in that place, you may find that you will find the same respite you did when physically there.



# SCENARIO 2

## DOING A TASK YOU ARE DREADING

Whether it is a pile of dishes in the sink that need to be washed, a work or homework assignment that needs to be completed, or a room that needs to be de-cluttered, there is rarely a shortage of things we really need to do, but do not feel like doing. These tasks may feel overwhelming, especially if they are sizeable.

**TIP:** Begin by telling yourself, “I’ll do as much as I can for five minutes, take a short break, then do five minutes more” and so on. Usually, the hardest part of any dreaded task is getting started. If you set shorter time goals, the task seems less daunting and easier to tackle. Typically, after the first five minutes are up, you may find you have found the momentum that will keep you going until the task is complete.

“Put on some favorite music and be grateful for the unexpected moment you now have to fully enjoy it.”



# SCENARIO 3

## ADJUST YOUR EXPECTATIONS

You get stuck in a traffic jam on your way to a scheduled appointment. Every muscle in your body is tense as your heart beats wildly as you reflect on being late because of the traffic.

**TIP:** To reverse this downward spiral, do some deep breathing and work to put this event in perspective. The consequence of being a few minutes late is never as terrible as you imagine. If you always expect traffic to flow smoothly with no hiccups, you are setting yourself up for future stress when you come upon another traffic jam. You can decrease your anxiety by telling yourself traffic jams happen and you cannot control them. Put on some favorite music and be grateful for the unexpected moment you now have to fully enjoy it.

Hopefully, you will find these tips to overcome common challenges helpful in the future.

*Kathleen Rhodes, LPC, LMFT is a counselor with The Center for Families, a non-profit counseling agency dedicated to serving North-west Louisiana since 1889. Counseling is provided on a sliding fee scale.*



# Get the Most Out of Your New Health Insurance

By Bob Moos

If you're one of the 8 million Americans who signed up for coverage during the Health Insurance Marketplace's initial open enrollment period, you may be wondering how to get the most out of your new health plan. So, let's take it step by step.

The first step is to understand how your plan works. Find out from your insurer: What's your share of the cost for a doctor or hospital visit? Will your share be higher if you use an out-of-network provider? What will you pay for prescription drugs?

When you first got coverage, your insurance company should have sent you a membership package, including a proof-of-insurance card. The card will answer some of those basic questions about cost as well as tell you how to contact your insurer.

Next, choose a doctor with whom you can have an ongoing relationship. Look at your insurance company's website or handbook to find which providers near you accept your health plan. At the same time, ask friends and family for suggestions.

Narrow your choices by calling the doctor offices you think

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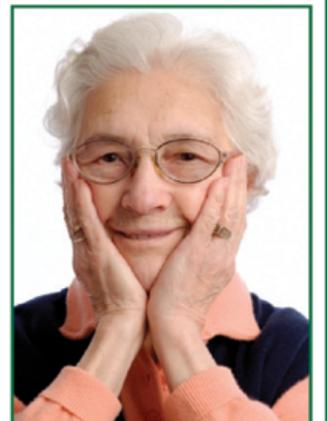
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might work for you and asking the staff a few questions: Is the provider accepting new patients? Is the office open at hours convenient for you? Which hospitals does the provider use?

If you like what you hear, make an appointment. Be prepared to provide your name, address, date of birth, Social Security number and information about your insurance. Also, have your insurance card with you when you call.

You may need to wait a few weeks for a regular check-up. Be sure to bring to your first visit your insurance card, a photo ID (such as a driver's license), any forms you were mailed and asked to complete, and a list of your prescriptions.

It's important to show up early for your appointment. Check in at the front desk. The office staff will make a copy of your insurance card and ID in order to bill your insurer. If you owe a copayment, the staff will collect it when you arrive or leave.

Don't be shy. Ask if you don't understand something your doctor says. Before you leave, you should know the answers to these questions:

- How is your health? If you have a medical condition, what is it? What will happen if you don't take care of it?
- What should you do to get healthier?
- If you take medicine, do you know how much to take and when to take it?
- What are you supposed to do next? (For example, do you need blood work or additional testing?) Where do you go to get it done? When do you need to see your doctor again?
- What should you do if you have questions once you get home?

If, after the first couple of visits with the doctor you've selected, you're not satisfied with your choice, it's all right to keep looking. Try someone else. You may prefer another doctor in the same office or clinic or another doctor at another office or clinic.

Once you've settled on a provider, keep going. You should still see your primary care doctor regularly, even if you see a specialist for a particular illness. Your primary care physician can help answer questions about your health, change any medications that are making you feel sick and figure out when your next visit should be.

Don't let a convenient excuse stand in the way of making that next appointment.

You're not sure what you're supposed to do next? That should never hold you back. Talk to your doctor about what you need to do, or have someone you trust come with you to your next doctor visit and help you understand.

You're too busy? We're all managing families, jobs and other things, but you can't do those things if you're not in good health. It may be possible to schedule a follow-up visit after hours or on weekends. Check with your physician's office.

You're scared? Don't put off seeing your doctor or getting a medical test because you worry about hearing bad news. Regular doctor visits and health care screenings let you detect problems early, when they're most treatable.

Visit [healthcare.gov](http://healthcare.gov) or call 1-800-318-2596 if you have other questions about your new insurance coverage. Nothing is more important than getting healthy – and staying healthy.

*Bob Moos is the Southwest public affairs officer for the U.S. Centers for Medicare & Medicaid Services*



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# Getting Health Insurance When You Retire Early

by Ron Pollack

If you decide to retire early, you might have trouble keeping your health insurance until you are eligible for Medicare, since few employers offer health coverage to retirees. Fortunately, the Affordable Care Act provides new options for coverage.

Here, we answer some questions you might have as you figure out your health insurance options.

## Can I get coverage through my spouse if he or she has workplace coverage?

Your spouse may still be working for an employer who offers health insurance to family members. Perhaps you declined that coverage before because you had it through your own job. Now might be a good time to re-evaluate if you want to join your spouse's plan - but act quickly! After you lose your coverage, you have a special 30-day period to enroll in coverage that is offered through your spouse's employer. (Go to [http://familiesusa.org/sites/default/files/product\\_documents/special-enrollment-opportunity.pdf](http://familiesusa.org/sites/default/files/product_documents/special-enrollment-opportunity.pdf) for more information on signing up for workplace coverage.)

## Can I keep my old health plan?

If you worked in a business with 20 or more employees, a federal law called COBRA allows you to keep that health plan for 18 months (or longer in some circumstances). However, you generally have to pay the full cost of monthly premiums—both the share of premiums that is paid by employees and the share that your employer used to pay - plus a small administrative fee. This may be expensive, but it gives you access to the same benefits and providers you had while you were working.

## Can I shop for and compare plans in the new health insurance marketplaces?

You can buy an individual health plan through your state's new health insurance marketplace. To find your state's marketplace, go to [www.healthcare.gov](http://www.healthcare.gov). You may want to compare the premiums, providers, and benefits in marketplace plans with the costs and benefits of your former employer's plan to decide whether the marketplace or COBRA would be a better deal for you. You have a special opportunity to buy a marketplace plan within 60 days of



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losing your employer-based coverage. If you miss the 60-day window, you must wait until November 15th for open enrollment.

Marketplace plans may be a particularly good deal if your income for 2014 will be between \$11,490 and \$45,960 (or between \$15,510 and \$62,040 for you and your spouse). You may even qualify for financial assistance that lowers your monthly premiums. Don't forget to apply for "help paying costs" in the marketplace. And people with the lowest incomes may qualify for special silver plans that have lower deductibles and copayments.

### Can I buy an individual health plan outside of the marketplace?

In most states, you can buy individual insurance outside of the marketplace by going directly to an insurance company or broker. Under the Affordable Care Act, all new health plans that are sold to individuals must cover a set of essential health benefits and cannot refuse to cover you if you have a pre-existing condition.

However, if you buy a plan outside of the

marketplace, you will miss out on some benefits. For instance, the marketplace offers plans that undergo greater scrutiny for consumer protections. Plus, the marketplace allows you to compare plan options from multiple insurance companies, apply for financial assistance to lower your monthly premiums, and get help from an unbiased organization or a call center.

### Can I get Medicaid?

If your income for 2014 drops below \$1,342 a month (or \$2,406 a month for you and your spouse), you should check to see if you can get Medicaid in your state. (The income guidelines are even higher in a few states.) The Affordable Care Act allows states to offer Medicaid to most low-income adults. Unfortunately, only about half the states have expanded Medicaid. (Visit <http://kff.org/health-reform/slide/current-status-of-the-medic-aid-expansion-decision/> to see which states have expanded.)

If you live in a state that has not expanded Medicaid, you can apply for Medicaid anyway and save the denial notice—this denial exempts you from the requirement to have health insurance.

If you are considering retiring early, visit the health insurance marketplace to research your coverage options. By planning ahead, you can make sure you are covered until you qualify for Medicare.

*Ron Pollack is the Executive Director of Families USA, a national organization for health care consumers. They have advocated for universal, affordable, quality health care since 1982.*



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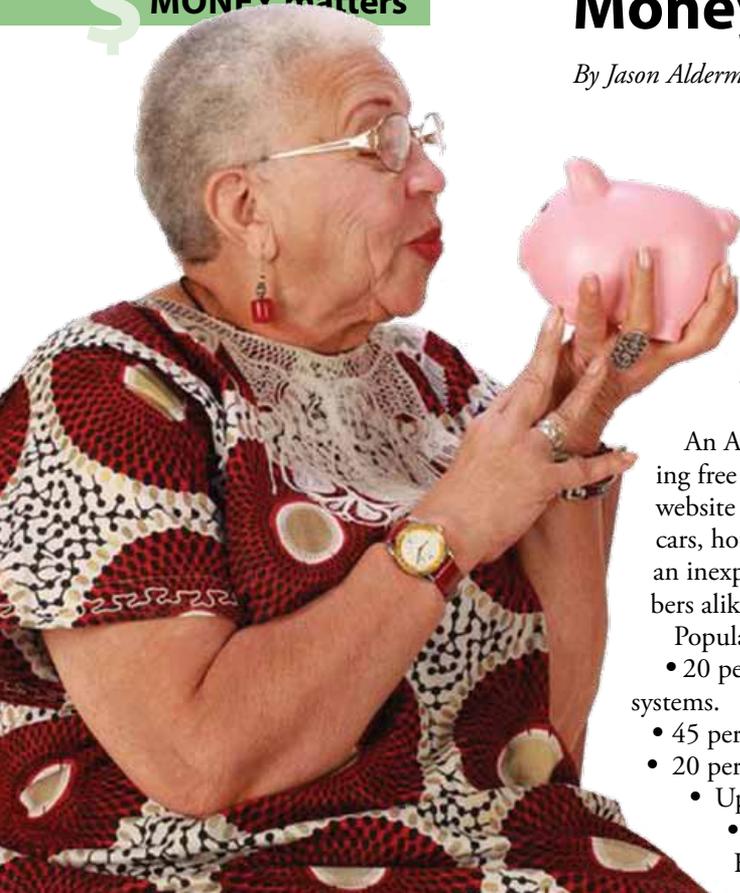
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# Money-Saving Tips for Seniors

By Jason Alderman



**W**e all love a good bargain, no matter what our age. But if you're a senior citizen on a fixed income, finding discounted goods and services can mean the difference between making ends meet and going without.

The good news is that tons of senior discounts are available – often for people as young as 50. One caveat right up front: Although many senior discounts are substantial, you sometimes can find better bargains – especially on travel-related expenses like airfare, hotels and rental cars. So always do your research first before requesting the senior rate.

Here's a roundup of some of the best senior discounts I've found:

An AARP membership costs only \$16 a year for anyone over age 50, including free membership for spouses or partners ([www.aarp.org](http://www.aarp.org)). AARP's discounts website features discounts on dozens of products and services including rental cars, hotels, restaurants, clothing and department store chains. AARP also offers an inexpensive driver safety course for drivers over 50 (members and nonmembers alike) that can lower auto insurance premiums by up to 10 percent or more.

Popular AARP discounts include:

- 20 percent discount on installation or upgrades to ADT home security systems.
- 45 percent off membership to Angie's List.
- 20 percent off purchases from 1-800-FLOWERS.com.
- Up to 25 percent off car rentals from Avis and Budget.
- Up to 20 percent discount at many hotel chains including Hyatt, Hilton, Wyndham, Best Western, Days Inn and Ramada, among others.

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A quick Google search will uncover numerous other senior discount resources. One popular site is SeniorDiscounts.com, an online directory of more than 220,000 U.S. business locations that offer discounts to people over 50. Registration is free, although they also offer a \$12.95/year premium that offers members-only discounts and other perks. Other good sites include Brad's Deals, Sciddy.com and Savvy Senior.

Other commonly available senior discounts include:

- A 15 percent discount on the lowest available rail fare on most Amtrak trains for travelers over age 62.
- Greyhound offers a 5 percent discount on unrestricted fares (over 62).
- Southwest Airlines offers senior fares (over 65). Although not necessarily their lowest available rates, Southwest's senior fares are fully refundable.
- The U.S. Geologic Survey senior pass (over 62) provides free lifetime access to more than 2,000 government-managed recreational sites (including national parks), as well as discounts on camping and other amenities. Senior passes cost \$10 in person or \$20 by mail (<http://store.usgs.gov/pass/senior.html>).
- Verizon Wireless offers discounted mobile phone service for subscribers over 65.
- Both Walgreens and Rite Aid offer monthly senior discount days for members of their rewards programs when most non-prescription items are 15 to 20 percent off. Ask your neighborhood pharmacy if they offer similar programs.

In addition, many restaurants, department stores, movie theaters, museums, theme parks, banks, credit card issuers, utilities (including gas and electric, water, garbage, telephone and cable) and other businesses offer special discounts or promotions for seniors. Always ask before your purchase is rung up.

**Bottom line:** Abundant resources are available to help seniors save money on purchases large and small. You just have to do a little research – and ask whether senior discounts are available. Remember, 10 percent here and 20 percent there can really add up.

*Jason Alderman directs Visa's financial education programs.*



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# Calling Doctor Internet

by Lee Aronson

**M**y mom loves being a grandmother. But my sister and her 4 kids live half way around the world in Australia. So they spend a lot of time video chatting over the internet. Although the technology is not perfect, it is very impressive: being able to see the kids while you talk to them is so much better than just a phone conversation.

Which got me to thinking: would you be willing to use video chat to go to the doctor? It's called telemedicine and according to the Wall Street Journal, lots of investors, including Google Ventures, think "that more Americans will like getting medical care 24/7 without leaving home or work" through virtual medical exams over the internet. The article pointed out that many doctors already use the technology to consult with specialists and "the Cleveland Clinic invites patients to upload their medical records for a second opinion from anywhere in the world." And



the American Telemedicine Association says that the number of telemedicine appointments has doubled since just 2011.

Regardless of whether you would be willing to use such a service, it's tough for doctors in Louisiana. Here's what I mean: the Louisiana Board of Medical Examiners, the organization that licenses doctors in Louisiana, has a rule about telemedicine: a doctor can't do it unless there is a health care professional in the room with the patient. Specifically, the rule says that a doctor can't "practice health care delivery, diagnosis, consultation [or] treatment...using interactive telecommunication technology that enables a physician and a patient at two locations separated by a distance to interact via two-way video and audio transmissions simultaneously" unless there is a licensed healthcare professional in the room with the patient "at all times the patient is receiving telemedicine services." And if a

Louisiana doctor breaks this rule, he could lose his license to practice medicine.

So if my Mom is in one medical office and videoconferences with a doctor in another medical office, everything will be OK as long as there is a healthcare professional in the office with my Mom. But if my Mom videoconferences with a doctor from her home, where there is no

healthcare professional in the room, then the doctor could lose his license.

But could my Mom, who lives

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in Louisiana, video chat with a doctor who has a medical license somewhere other than Louisiana? Although a non-Louisiana doctor doesn't have to worry about the rules of the Louisiana Board of Medical Examiners, it is a felony for a doctor with only an out of state license to give medical advice to someone in Louisiana. So the out of state doctor could go to jail.

But things may be changing for Louisiana doctors. Although out of state doctors still can't treat people in Louisiana, earlier this year, the Louisiana Board of Medical Examiners recognized "that telemedicine technologies are rapidly advancing and continue to provide opportunities for improving the delivery and accessibility of quality healthcare to patients in this state." So the Board decided that they would not take away the license or otherwise discipline a Louisiana doctor who uses telemedicine technologies "to communicate with established patients between regularly schedule[d] office visits" even if a healthcare professional was not in the same room as the patient. But all of the following conditions must be met:

- 1) the patient has previously had a face-to-face office visit with the doctor;
- 2) the patient's medical records are available to the doctor;
- 3) no conditions are addressed that would require a physical examination;
- 4) the patient has the option to see the doctor if a physical examination or face-to-face interaction is necessary; and
- 5) the doctor does not prescribe controlled substances during the video chat.

And the Federation of State Medical Boards is going even further. Its new guidelines say that it is OK for a doctor to use telemedicine to treat a patient for the first time even though the doctor has never seen the patient before and even though there is no health care professional in the room with the patient.

All of which is just more proof that the internet really is changing everything.

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





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# Symptoms and Solutions for High Blood Pressure

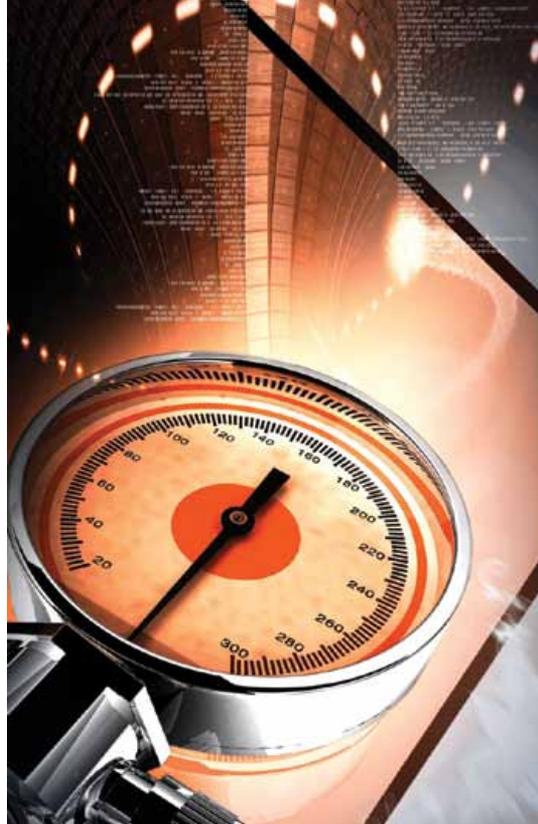
by Suzy Cohen, R.Ph.

**Q** Dear Pharmacist, Are there any natural remedies I can take for high blood pressure? I do take medicine but I want to get off because it makes me cough. Can you help? --T.L., Dallas, Texas

**A** Promise to remain supervised by your physician before going off your medicine, some have to be weaned, you can't suddenly stop. High blood pressure is one of those things I consider a symptom rather than a disease itself. It is "silent" meaning there are few obvious signs that you have it until a big event, for example a heart attack. As blood pressure rises, you may get headaches in the back of the head which may feel worse in the morning upon arising. You may also experience dizziness, blurred vision, ringing in the ears, fatigue, nosebleeds or the urge to urinate at night. So what are your options? Losing weight by exercising will help. A better diet is a must. Because hypertension is a risk factor for heart attack and stroke, physicians take quick action and prescribe medications to lower blood pressure:

**ACE Inhibitors** - Popular ones are lisinopril, benazepril and enalapril. These medications block your ACE enzyme. Natural foods and supplements that do the same thing in a gentler way include garlic, seaweed, pycnogenol, omega 3 fatty acids, egg yolks, zinc and hawthorn berries.

**Calcium Channel Blockers** - Verapamil, amlodipine and nifedipine. Medications in this category cause relaxation of



the blood vessels. Natural options are omega 3 fatty acids, calcium, magnesium, vitamin E, vitamin C, hawthorn berries, NAC and lipoic acid. You should also eat celery.

**Diuretics** - Blockbusters like furosemide and hydrochlorothiazide, these medications cause you to urinate more which reduces the amount of fluid in your blood vessels. When you reduce the squeeze in those tiny cramped vessels, pressure goes down. Natural, gentle "water pills" include vitamin C, potassium, vitamin B6, hawthorn berry, taurine and CoQ10. Celery too!

Certain foods and supplements are direct vasodilators, meaning they open up the blood vessels, thus relieving some pressure. These include taurine, potassium, omega 3 fatty acids, and you guessed it, celery! Even 4 stalks a week could help, more if you like it.

Juice it, dip it in hummus or sunflower butter, and if you just can't eat it, then consider supplements of "celery seed" extract. Compounds in celery like "3-n-butylphthalide" are known to reduce blood pressure. In China, this compound (extracted from celery seed) is sold as a drug to reduce beta amylase-induced neuronal apoptosis, which confers protection for people with stroke, dementia and traumatic brain injury (TBI).

The final piece of the anti-hypertensive puzzle is the beautiful beet. Solid research shows that beets, and beetroot juice can help with blood pressure and cholesterol. Drink about a cup a day. I juice a beet quite often myself. Consider massage to control cortisol. And yoga, it's another fun, non-pharmacological way to reduce blood pressure and stress hormones. Plus, it makes you more flexible and strengthens your spine.

*This info is not intended to treat, cure, or diagnose your condition. Please visit [www.SuzyCohen.com](http://www.SuzyCohen.com). ©2014 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.*





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# Judges Face Tough Decisions

by Judge Jeff Cox

Each day a judge sits on the bench, he or she is faced with decisions. The decision of whether or not to place a person in jail. The decision about a child's future. The decision about who wins or loses in a civil law suit. And, decisions which affect the public as a whole.

In general, most lawsuits and actions are settled prior to coming to court. Only the most disputed lawsuits end up being tried before the judge. As only the most disputed lawsuits end up in court before a judge, the litigants usually have animosity for the whole judicial process. This animosity can be directed by litigants against their attorney, the other side, or the judge. Each lawsuit takes a toll on the participants as their lives are in turmoil while the litigation proceeds until the outcome is determined.

Judges are in charge of the courtroom. They are there to maintain the balance. The judge is required to place his or her personal feelings aside when they enter that courtroom. The judge is required to listen to the facts, study the law, and make a decision to the best of his or her understanding of the law at that time. Each decision is to be taken seriously as it affects lives. Most decisions are very difficult and have to be weighed seriously and with much thought and deliberation.

Occasionally, a judge will find himself or herself involved in a highly contested issue where both sides are stirred by the issue. This is when the judge, putting all personal opinion or feelings aside, must have the fortitude, integrity, and character to make the decision according to the law as he or she interprets the law. This decision, as the judge knows, may come with the cost of being ridiculed or disliked, but the



judge knows the decision must be made according to the law as interpreted at that time to the best of his or her ability.

When I am in the courtroom, I remind the litigants that appear before me that I did not start the party. I was invited to the party by them due to the fact that they could not make a decision or resolve their dispute. I understand that at least one side, if not both sides, will be upset with my ruling and will feel like they did not get justice. But, again, I would not be involved as a judge in their case if the decision was easy.

Judges decisions are difficult. The robe they wear can seem like it weighs 5000 pounds on occasions. Judges put their lives and family's lives on the line each day to do their job. The next time you or your family is involved in court litigation, maybe you can remember that the judge is trying to do his or her job to the best of their ability and follow the oath they swore when they took office.

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



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# AMERICAN Melodies

by Kelly Phelan Powell

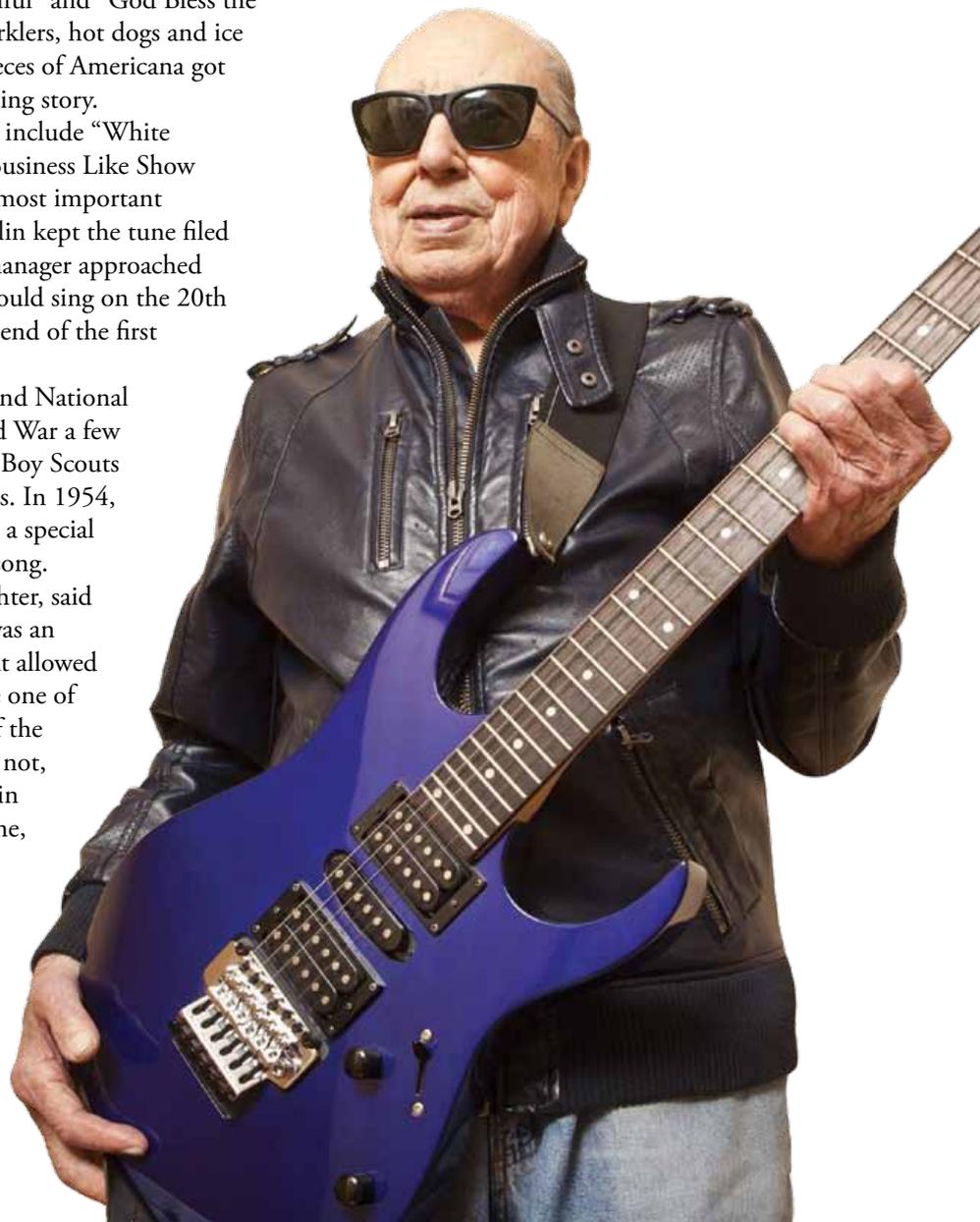
Ask any American about his or her favorite aspect of Independence Day, and you're likely to hear a wide range of answers including fireworks, goodies cooked on the grill, swimming, fresh, cold watermelon and, of course, a day off from work. For many of us, the good old patriotic standards – “God Bless America,” “The Star-Spangled Banner,” “America the Beautiful” and “God Bless the U.S.A.” – are as integral to the celebration as sparklers, hot dogs and ice cream. Most don't know, though, where these pieces of Americana got their start, and in some cases, it's a pretty interesting story.

Songwriter Irving Berlin, whose legendary hits include “White Christmas,” “Happy Holiday” and “There's No Business Like Show Business,” considered “**God Bless America**” his most important composition. Written in 1918 during WWI, Berlin kept the tune filed away until 1938, when the singer Kate Smith's manager approached him and asked if he had a patriotic song Smith could sing on the 20th anniversary of Armistice Day, which marked the end of the first World War.

“God Bless America” quickly became “the second National Anthem” after the U.S. entered the second World War a few years later. Berlin assigned all the royalties to the Boy Scouts and Girls Scouts, for whom it has earned millions. In 1954, President Dwight D. Eisenhower awarded Berlin a special Congressional Gold Medal for contributing the song.

Mary Ellen Berlin-Barrett, Berlin's oldest daughter, said the song was “very personal” for her father and was an expression of his deep gratitude to the nation that allowed him, an impoverished immigrant boy, to become one of the most successful and influential songwriters of the 20th Century. She emphasized that the lyrics are not, “God bless America, land that we love,” but are, in fact, “land that I love.” Berlin said himself, “To me, ‘God Bless America’ was not just a song but an expression of my feeling toward the country to which I owe what I have and what I am.”

Our country's actual national anthem, “**The Star-Spangled Banner**,” was originally not a song at all – the lyrics are derived from an 1814 poem, “Defence of Fort M'Henry,” written by a 35-year-old lawyer (and poet)



named Francis Scott Key. Key wrote the poem after witnessing the bombardment of Fort McHenry by British ships in the Chesapeake Bay in the Battle of Fort McHenry during the War of 1812.

The Anacreontic Society, a British men's social club, set the poem to the tune of a popular British song written by John Stafford Smith. "The Anacreontic Song" (also known as "To Anacreon in Heaven") was already popular in the U.S. Set to Key's poem and renamed "The Star-Spangled Banner," it would soon become a well-known American patriotic song, but it wasn't until March 3, 1931 that it became the national anthem via a congressional resolution signed by President Herbert Hoover.

### A FEW FUN FACTS ABOUT "THE STAR-SPANGLED BANNER:"

- Many nonprofessionals find the national anthem difficult to sing – that's because it has a range of one and a half octaves.
- Our national anthem actually has four stanzas, although only the first is commonly sung.
- Before "The Star-Spangled Banner" officially became the national anthem, a number of other songs served this purpose, including "Hail, Columbia" and "My Country, 'Tis of Thee," whose melody is identical to "God Save the Queen," the British national anthem.
- After the start of the Civil War, Oliver Wendell Holmes added a fifth stanza to the national anthem in 1861.
- Francis Scott Key hand-wrote a version in 1840 in which the third line reads, "Whose bright stars and broad stripes, through the clouds of the fight."

In 1893, a 36-year-old English professor at Wellesley College

named Katharine Lee Bates took train trip to Colorado Springs, CO, to teach at Colorado College. Several of the sights on her trip, including the World's Columbian Exposition in Chicago, the wheat fields of Kansas, and the majestic view of the Great Plains from Pikes Peak, inspired her, and on the pinnacle of that mountain, the words of a poem started to come to her. Upon returning to her room at the original Antlers Hotel, she wrote them down, and two years later, the poem was published by The Congregationalist to commemorate the Fourth of July.

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Before "The Star-Spangled Banner" officially became the **NATIONAL ANTHEM**, a number of other songs served this purpose, including **"HAIL, COLUMBIA"** and **"MY COUNTRY, 'TIS OF THEE,"** whose melody is identical to "God Save the Queen," the British national anthem.

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Although the poem was adapted to a number of existing songs over the next several years, a hymn composed by Samuel A. Ward was generally considered the best fit. Interestingly, its story is remarkably similar to the poem's: The tune came to Ward while he was on a ferryboat cruise from Coney Island to his home in New York City

on a summer day in 1882. He was so anxious to capture it that he asked a friend for his shirt cuff on which to write it down. "America the Beautiful" as we know it today was first published in 1910. Unfortunately, Ward died in 1903, so he never knew the popularity of the patriotic song he helped create. Thankfully, Bates lived until 1929, so she died knowing the tremendous impact of her work on American culture.

In the more than 100 years since "America the Beautiful" was published, particularly during the Kennedy administration, many have attempted to give "America the Beautiful" legal status as the national hymn or as the national anthem to replace "The Star-Spangled Banner." So far, its proponents have been unsuccessful, but many prefer "America the Beautiful" because it's easier to sing, more melodic, and more adaptable to new orchestrations while remaining as easily recognizable as "The Star-Spangled Banner." Also, some object to the war-oriented imagery in "The Star-Spangled Banner." Of course, many prefer "The Star-Spangled Banner" for the same reason. Regardless, "America the Beautiful" will continue to be held in high regard by scores of Americans for generations to come.

**1814:** "Defence of Fort M'Henry" written by Francis Scott Key.

**1861:** After the start of the Civil War, Oliver Wendell Holmes added a 5th stanza to the national anthem.

**1893:** Katharine Lee Bates took train trip to Colorado Springs. The sites inspired her to write "America the Beautiful."

**1918:** "God Bless America" written during WWI by Irving Berlin



**1840:** Key hand-wrote a version of the Star Spangled Banner in which the third line reads, "Whose bright stars and broad stripes, through the clouds of the fight."

**1882:** Tune that would be used for "America the Beautiful" was composed by Samuel A. Ward.



**1910:** "America the Beautiful" as we know it today was first published.

**1931:** "The Star-Spangled Banner" became the national anthem via a congressional resolution signed by President Herbert Hoover.

Country music artist Lee Greenwood could have scarcely known the immense and continued popularity headed his way when he recorded **“God Bless the U.S.A.”** for his 1984 album *You’ve Got a Good Love Comin’*. It rose to Number 7 on the Billboard magazine Hot Country Singles chart, and it played at the 1984 Republican National Convention with President Ronald Reagan and First Lady Nancy Reagan in attendance, but it skyrocketed during the Gulf War in 1990, again in 2001 after the September 11 attacks and once more in May 2011 when Osama bin Laden was killed by an American raid in Pakistan.

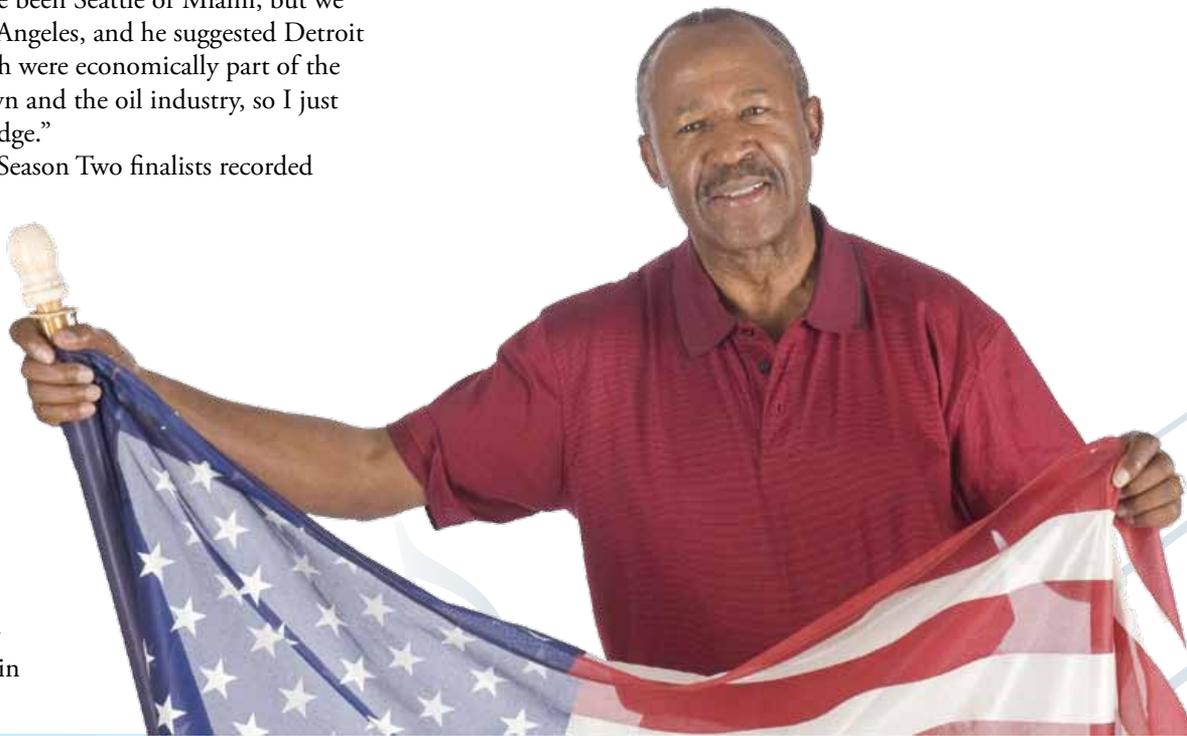
Of the song, Greenwood said he “wanted to write it my whole life. When I got to that point, we were doing 300 days a year on the road, and we were on our fourth or fifth album on MCA. I called my producer, and I said I have a need to do this. I’ve always wanted to write a song about America, and I said we just need to be more united... I’m from California, and I don’t know anybody from Virginia or New York, so when I wrote it—and my producer and I had talked about it—[we] talked about the four cities I wanted to mention, the four corners of the United States. It could have been Seattle or Miami, but we chose New York City and Los Angeles, and he suggested Detroit and Houston because they both were economically part of the basis of our economy—Motown and the oil industry, so I just poetically wrote that in the bridge.”

In 2003, the American Idol Season Two finalists recorded “God Bless the U.S.A.” and released it as a single. Part of the proceeds went to the American Red Cross, for which it raised \$155,000. At the request of one of the finalists, Josh Gracin, who is a Marine, the line “and I won’t forget the men who died” was replaced with “and I won’t forget the ones who died,” because he wanted to acknowledge that both men and women have died for their country. It reached Number 4 in

the Hot 100 and was certified Gold in 2003.

In 2011, following the death of bin Laden, Beyoncé re-released her 2008 cover of the song, with the proceeds going to charity. In a statement, she said, “I cannot think about anything more appropriate to do to help these families... Almost 10 years [after 9/11], it is still so painful for all Americans, especially those who lost loved ones. We were all affected by the tragedies of 9/11 and continue to keep the families who lost loved ones close to our hearts...” In Beyoncé’s version, the end of the second verse is “And it’s time to make a change.” She also changed “If I had to start again with just my children and my wife” to “with my family by my side.”

This Fourth of July, as we spend time with our loved ones enjoying the freedoms paid for by the bravery of countless thousands of men and women who have fought and died for this great country, let’s also make a point of acknowledging the artistic contributions of the songwriters who have contributed the powerful words we need to express our love for and pride in the United States of America.



**1938:** Singer Kate Smith sang “God Bless America” on the 20th anniversary of Armistice Day



**1984:** Country music artist Lee Greenwood recorded “God Bless the U.S.A.” It played at the 1984 Republican National Convention.

**2001:** September 11 saw a rise in patriotic music.

**2011:** Following the death of bin Laden, Beyoncé re-released her 2008 cover of “God Bless the U.S.A.”, with the proceeds going to charity.



**1954:** President Dwight D. Eisenhower awarded Berlin a special Congressional Gold Medal for “God Bless America.”



**1990:** “God Bless the U.S.A.” popularity skyrocketed during the Gulf War.

**2003:** American Idol Season Two finalists recorded “God Bless the U.S.A.” Proceeds went to the American Red Cross.





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by Brian Hayden

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As you walk around the city, you'll come across some of the finest architecture of the late 19th and early 20th centuries, featuring buildings by Frank Lloyd Wright, Louis Sullivan, H.H. Richardson, Richard Upjohn, and Eliel and Eero Saarinen.

Buffalo's emerging Canalside district showcases the city's waterfront and proud history of shipping along Lake Erie and the Erie Canal. The centerpiece of this district is the commercial slip, the western terminus of the Erie Canal dating from 1825 that has been re-excavated and restored. A system of bike trails, parks and boardwalks comprise Buffalo's Outer Harbor and offer stunning views of the lake and city skyline.

On the subject of history, you can stand where Teddy Roosevelt took the oath of office at the recently renovated Theodore Roosevelt Inaugural National Historic Site or learn about Buffalo's Native American, ethnic and industrial heritage at the Buffalo History Museum. Mark Twain spent time in Buffalo in the late 19th century as a newspaper editor; leaves from the original manuscript of the "Adventures of Huckleberry Finn" are on display in the Mark Twain Room at downtown's central library. The city is also filled with African American heritage; for starters, Duke Ellington, Dizzy Gillespie and other giants of jazz performed at the Colored Musicians Club, which is now a museum and still hosts regular gigs by area musicians.

If performing arts are your thing, Buffalo has some two dozen theaters, anchored by the magnificent Shea's Performing Arts Center, which hosts an annual Broadway Series. The Grammy Award-winning Buffalo Philharmonic Orchestra is led by JoAnn Falletta, who has been hailed by the "New York Times" as one of

the finest conductors of her generation.

While Buffalo is justifiably proud of its chicken wings (and no trip to Buffalo is complete without a stop at the Anchor Bar, where wings first took flight 50 years ago this year), they also have 400 independently-owned restaurants, delicious local specialties, a pair of wine trails and vibrant farmers' markets. Don't miss some Western New York culinary favorites, including beef-on-weck sandwiches, sponge candy, and charcoal broiled hot dogs. Buffalo is also home to several breweries, including Flying Bison Brewing Co. and Hamburg Brewing Company. The first distillery in Buffalo since Prohibition, Lockhouse Distillery, opened in 2013.

Shoppers will find everything from hip boutiques in Buffalo's trendy Elmwood Village, Allentown and Hertel neighborhoods to major department stores at a number of local shopping centers and malls.

Sports fan? Buffalo has a wealth of options, including the NFL's Bills, NHL's Sabres, AAA baseball's Bisons, world-class fishing, great skiing and fantastic watersports. Kayak through the city's historic grain elevator district on the Buffalo River or rock climb up those elevators on Silo City Rocks, set to open in 2014.

Spend a day in the natural splendor of the Tiff Nature Preserve, only minutes from downtown Buffalo, or admire floral beauty during a stroll in the Buffalo and Erie County Botanical Gardens. A series of parks and parkways throughout Buffalo designed by renowned landscape architect Frederick Law Olmsted provide a scenic respite in the heart of the city.

The region also offers a host of

**Buffalo has  
some TWO DOZEN  
THEATERS, anchored  
by the magnificent  
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annual Broadway Series.**

family-friendly activities, from The Buffalo Zoo and Buffalo Museum of Science to the Explore and More Children's Museum in East Aurora. Military buffs will be amazed at the submarine, destroyer and cruiser permanently docked at the Buffalo harbor, part of the Buffalo and Erie County Naval and Military Park, the largest inland naval park in the country.

And Buffalo seems to have a festival for everything, ranging from the National Buffalo Wing Festival to the Allentown Art Festival to the Taste of Buffalo, the largest two-day food festival in the country. GardenWalk Buffalo, the nation's largest free garden tour, is celebrating its 20th anniversary this year. Buffalo also offers a host of ethnic celebrations, from two St. Patrick's Day parades to the Galbani Buffalo Italian Heritage Festival, reflecting the city's diverse roots. There's even Dyngus Day, the day after Easter Sunday, when polka bands, Polish food and a parade ring in the end of the Lenten season.

If incredible entertainment, dining, art and culture aren't enough, they have one of the wonders of the world – Niagara Falls – just 20 minutes away. At Niagara Falls State Park, you can get up-close with the roaring waters at the Cave of the Winds or venture to the base of the falls on a Maid of the Mist boat tour.

For more information about events, attractions and things to do in Buffalo Niagara, go to [www.visitbuffaloniagara.com](http://www.visitbuffaloniagara.com) or contact Visit Buffalo Niagara at 1-800-BUFFALO.



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# Marsha Hunt: The Blacklisted Beauty who Battled Back

**E**ighty years ago, 16-year-old Marsha Hunt began her professional career with a prominent New York City modeling agency. But her real love since the age of four was acting. So, the following year, in May 1935, she headed to Hollywood.

Within weeks of arriving on the West Coast her dream was realized with a Paramount contract.

“It wasn’t about becoming a famous star,” said Ms. Hunt from her home in Los Angeles. “I just wanted the joy of pretending to be interesting characters and convincing audiences that I was.”

She was assigned leading roles in many of her 20 films released during the 1930s, appearing with costars such as John Wayne.

“I worked with John Wayne before he was an airport!” said Hunt, referring to the many public locations now named after the legendary actor. The pair costarred in “Born to the West” (reissued as “Hell Town”) in 1937, two years before Wayne became an overnight superstar in “Stagecoach.”

Hunt’s own star status continued to rise throughout the 1940s, clocking up another 30 films during the decade.

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In 1943, she was one of 65 top MGM stars that studio head Louis B. Mayer gathered for a memorable “class photo.”

“It was MGM’s 20th anniversary and we were all summonsed to a soundstage one day,” recalled Hunt, the last surviving actor in the famous photograph. “I had never met many of the stars, and we weren’t even given a chance to mingle before or after the photo, which was a shame.”

Relations between the studios and some actors, including Hunt, took a dramatic dive in the late 40s as a wave of anticommunism paranoia swept the nation. When a Congressional committee accused a group of writers of communistic affiliations, Hunt and others spoke out but found themselves vilified during the McCarthy-era Hollywood Blacklisting period.

“We called ourselves The Committee for the First Amendment, hired a plane, and flew to Washington in 1947 – the Bogarts, Danny Kaye, Paul Henreid, Ira Gershwin, and other actors, writers, producers, directors – to defend our industry and the maligned writers.”

Rather than being hailed champions of free speech, Hunt and others who failed to repent their action were banned by the Hollywood studios.

“I was punished by being denied work by the industry I went to defend!” said Hunt. “While it killed the momentum of my film career, I was determined to continue acting. Happily, Broadway opened up for me, then

television, and eventually movies. But I was never again given film roles as richly challenging, or the same billing or salary.”

If any good emerged from the Blacklisting, it was when Hunt turned her interests elsewhere. After a world trip with her husband in 1955, she was touched by the hardships and poverty of other nations.

“I came back a different person,” she admitted. “I had been so focused on my acting and was now more aware of my fellow man. I wound up giving 25 years of my life to the United Nations to promote peace, progress, and unity.”

Hunt’s life story is the subject of a documentary, “Marsha Hunt’s Sweet Adversity,” by Emmy Award winning director Roger C. Memos (see [www.hollywoodandart.com/zeldacandance.html](http://www.hollywoodandart.com/zeldacandance.html)).

Because the film is a nonprofit project through the International Documentary Association, funding is still needed to complete the final stages of editing in order to be entered in major film festivals this September, a month before Hunt’s 97th birthday.

“I’ve had an interesting life with all the highs and lows,” said Hunt, who would love to see the film released this year. “I’m touched they wanted to tell my story.”

*Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 400 magazines and newspapers.*



*Marsha Hunt at Turner Classic Film Festival 2012. Credit: Turner Entertainment*

An advertisement for JOKEM TOYOTA. At the top left is a photo of the dealership building with 'GEICO' and 'TOYOTA' signs. Below it is a QR code and text: 'View Inventory, Brochures, CarFax Reports, Schedule a Service Appointment, or even Schedule a Test Drive.' To the right of the QR code is a red speech bubble saying 'LOCALS LOVE US.COM WINNER!' and a red car icon labeled 'COROLLA'. Below that is a red banner with the phone number '1-800-456-0501 | 318-798-3773'. The main part of the ad features a large photo of a silver Toyota Tundra pickup truck in front of a service center with 'SERVICE' and 'EXPRESS LUBE' signs. Below the Tundra is a photo of a black Toyota Avalon sedan in front of a 'LUBE CENTER'. The word 'TUNDRA' is written in blue on the ground in the Tundra photo, and 'AVALON' is written in white on the background of the Avalon photo.



# Embracing the Rhone Rangers

By David White

"**R**aise your hand if customers regularly come in and ask for a good Cabernet."

I recently issued this directive to a group of 40 sommeliers, retailers, and other wine industry insiders from across Washington, D.C. Unsurprisingly, just about every hand shot up.

I quickly spoke again. "Raise your hand again if customers frequently come in and ask for a good Chardonnay." Again, just about every hand went up.

"Now," I continued, "raise your hand if a single customer has asked for Grenache or Mourvedre in the past month." Not a single hand went up.

"What about Carignan? Piquepoul?" While several attendees chuckled, no hands were raised.

The 40 industry insiders had gathered to explore the market's support for the 22 grape varieties that hail from France's Rhone Valley. Several dozen wine producers from across the United States who embrace these varieties were in town, so I moderated a panel discussion among eight of them.

I opened with this thought experiment to illustrate how gutsy it is to

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focus on unusual varieties. Sure, oenophiles recognize that one can only drink so much Cabernet Sauvignon, Merlot, Chardonnay, Pinot Noir, and Sauvignon Blanc. But the average consumer is unfamiliar with -- and intimidated by -- Rhone varieties like Syrah, Grenache, and Mourvedre.

I left with the distinct feeling that things are changing, fast.

Consider the surging popularity of serious rosé.

While consumers once associated domestic rosé with cheap, sweet "blush" wines like Sutter Home's White Zinfandel, more and more domestic rosé is dry and refreshing. Many of America's top pink wines are produced from red Rhône varieties, mimicking the storied rosés of Provence.

Jason Haas, the general manager of Tablas Creek in Paso Robles, California, offered attendees his Patelin de Tablas rosé, a blend of Grenache, Mourvèdre, and Counoise. Haas has increased production of rosé over each of the last several years, but can barely keep up with demand. He's convinced that because consumers now know that nothing beats a crisp rosé on a hot summer day, they'll become more comfortable with Rhone varieties.

Knowledgeable, approachable sommeliers are also promoting Rhone varieties.

Once upon a time, high-end restaurants employed snooty sommeliers who pushed expensive, predictable wines. Today, however, high-end restaurants are staffed with hip sommeliers who are better described as wine educators. They listen to what consumers want. And most of these sommeliers are quite fond of the Rhone Valley and its imitators.

Last year, wine writer W. Blake Gray made a compelling case that most steakhouse patrons are looking for "a Grenache/Syrah blend, but they want it to be called Cabernet."

He's right. At steakhouses, especially, nothing pleases more patrons than a dark, spicy red, without a strong tannic structure. This came up while attendees tasted a Grenache from William Allen, the vintner behind Two Shepherds.

One sommelier attending the panel discussion jumped in to argue that steakhouse patrons have always been asking for Grenache, Syrah, and red Rhone blends -- just not by their names. Now that sommeliers almost universally pay attention to customers, he expects restaurant sales of Rhone varieties to rise. Virtually everyone agreed.

Trend-setting consumers are also beginning to look for wines sourced from California's oldest vineyards, many of which include a host of Rhone varieties. While these wines are typically blends, many are just a single variety.

David Gates, who heads up vineyard operations for Ridge, brought attendees a Carignan from Buchignani Ranch, a site that was planted over about 25 years beginning in 1927. Consumers are flocking to wines like this because they're jewels of an earlier time and show that there's more to California than Chardonnay and Cabernet Sauvignon.

Producers who focus on Rhone varieties still have their work cut out for them. But for good reason, they're increasingly optimistic.

*David White is the founder and editor of Terroirist.com, which was named "Best Overall Wine Blog" at the 2013 Wine Blog Awards. His columns are housed at Grape Collective.*

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## GREETINGS!

*by Nick Thomas*

I've never been especially fond of shaking hands. As a child, I rated it on the same level of disdain as being kissed by smothering, elderly ladies with more facial hair than a Shih Tzu.

Today, I'm older and wiser, but more germophobic. So the thought of millions of bacteria and viruses hitching a ride on our skin during this human greeting ritual only makes it more hideous.

And when you really think about it, isn't handshaking a rather odd custom?

Its origin is somewhat obscure. One plausible theory dates from Roman times, when men carried daggers and similar weaponry for protection as they traveled the long, lonely, roads.

If they came upon a stranger, it was not uncommon to reach for one's dagger and brandish it as a warning to a potential as-

sailant. Not a particularly friendly gesture perhaps, and even today not an entirely unknown practice in some urban areas.

However, once it was established that your new acquaintance was not planning to steal all your hard earned shekels, daggers would usually be re-sheathed. Open hands would be extended to demonstrate your benign intent, then gripped together in confirmation of new, best buddy status.

But it seems there could also be a biological component associated with greeting rituals, because they are not restricted to humans. Other primates, such as chimpanzees, greet each other by touching hands too, although they rarely reach for weapons or antiseptic hand wipes.

It turns out that handshaking is actually a somewhat simplistic form of

greeting compared to the more elaborate behavior displayed by other animals. In fact, methods of expressing greetings in other species are as varied as the species themselves.

For instance, wild dolphins greet their pals using individual whistle signatures. Each has a unique whistle which the dolphins use to recognize one another. Of course, human males once widely mimicked this method to greet (or at least casually acknowledge the existence of) female members of their species. However, since the 1960s, many female humans have spurned this primitive greeting ritual as being offensive, and regard it as evidence of limited emotional evolution in their male counterparts.

In the case of large cats, such as lions, they generally greet each other by rubbing

their heads and bodies against each other. Again, it would probably be unwise for humans to mimic such contact, at least during an initial meeting, since this gesture could possibly be misinterpreted.

Better to remain a little more aloof like domestic cats. They are far less demonstrative than their larger cousins, and merely put their tails straight up in the air when a friendly fellow feline approaches.

Elephants say "hi" by entwining their trunks; giraffes press their necks together; and horses rub noses. Wolves wave their tails and lick each other's face, while penguins tap their bills together.

Even rats acknowledge their buddies. They will face each other, stand high on their hind legs, and emit a series of squeaks and squeals. Rats are quite smart, actually. They probably learned this form of greeting from humans who behave in much the same fashion when they themselves unexpectedly come upon a rodent in the pantry.

As uncomfortable as handshaking is for some of us humans, it's certainly preferable to other greeting rituals used in the animal kingdom – canine tailgating obviously

comes to mind. In fact, quite a few animal species are clearly in need of etiquette lessons when it comes to salutations.

For instance, lobsters greet by squirting urine on each other. It appears that when two boisterous males meet, their urine carries a record of who's the boss and this helps to avoid fights. I expect conflict would likely escalate should humans

adopt this crustacean welcoming gesture.

Along these lines, even mammals can demonstrate less than hygienic greetings. Hippos display aggressive and territorial characteristics by hurling excrement on rivals when they meet in the herd.

If this practice sounds somewhat familiar, it should. That's because it is sometimes

also observed in human society, particularly during a ritual known as "political campaigning."

*Nick Thomas (www.getnickt.com) teaches at Auburn University at Montgomery, Alabama, and has written features, columns, and interviews for over 400 magazines and newspapers.*

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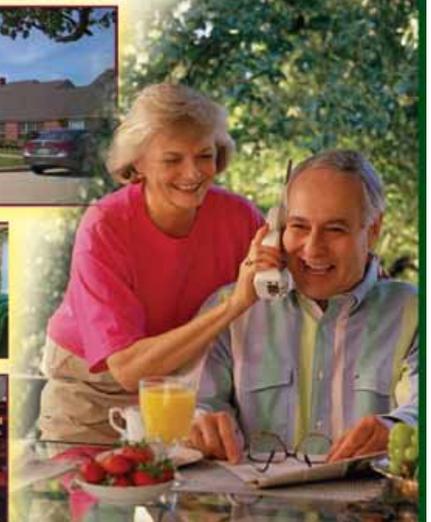
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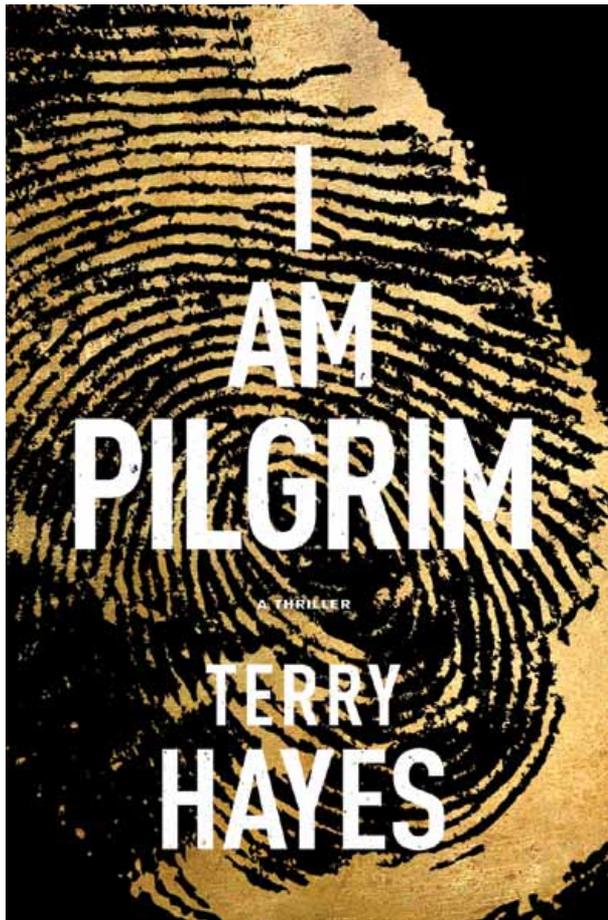


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## “I Am Pilgrim: A Thriller” by Terry Hayes

©2014, Emily Bestler Books, \$26.99, 613 pages

reviewed by Terri Schlichenmeyer

You wish you'd never done it. If only you could hit “reset,” take it all back, call do-overs, and you wouldn't make the same choices. You'd think things through and pay better attention. Instead, now you've got regrets you can't fix but, as in the new novel “I Am Pilgrim” by Terry Hayes, you can sure try...

There weren't many times when he wished he hadn't written the book.

The book was supposed to be cathartic: every case, death and crime he'd ever worked put to paper so he could focus on forgetting them all, published by an esoteric press under a nom de plume because he had no name.

You don't get to be Rider of the Blue – the top of the top in a department the government officially denied – by holding onto things like names.

Months were spent pouring out observations for an audience he knew would be small – detectives and operatives, mostly - and he rarely regretted it. Not, anyhow, until he saw the aftermath of a perfect murder committed by someone who used what he'd written, to kill.

He immediately felt guilt. Then he felt revulsion when he recognized a series of numbers scrawled on a clue as an area code for Turkey. He wasn't eager to revisit memories attached to numbers like that. He was even less interested in going back to the Turkish town where he'd been a freshman agent – but when the President of the United States asks, you do what's required.

American forces had recently discovered something that made the

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President's blood run cold: in a remote area of Afghanistan, three bodies were found buried in quicklime and infected with a virus that was hand-engineered to bypass vaccines. It had potential for mass devastation that would make the Black Plague look like a children's game. And it was obvious that its creator – a man he nicknamed Saracen – was ready to use it.

He wasn't happy about coming out of retirement, but he was the best chance anyone had of catching a madman. He would start in Turkey; he'd require fake passports, a faux life, and yet another identity: he told the President to call him "Pilgrim."

Whatever you're doing right now, stand up and turn around. Take a good look at the edge of your seat. That's where you'll be clinging when you read "I Am Pilgrim."

Beginning with a body in an acid bath, author Terry Hayes flings us from New York to Paris, New England to the Middle East and everywhere in between, to the past and a future that's so chillingly realistic that you'll want to bar the doors. Our host is a taciturn man who officially doesn't exist but who's quietly known as someone who finishes a job, no matter what it takes.

And what it takes, well, look at your seat again.

This is a thriller in the finest form, perfect for poolside, park, or plane ride. You'll understand why, once you read "I Am Pilgrim" - and you'll be glad you've done it.



*Terri Schlichenmeyer has been a professional book reviewer for over a decade.*

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**Bad Words**



(R) Starting a title with “Bad” has led to other dark and/or snarky comedies, ending in words like Santa or Teacher. In this one, Jason Bateman directs himself through another amusingly understated performance to fine effect. He plays a 40-year-old drone who finds a loophole in the rules for a hallowed, nationally-televised spelling bee, to compete against the nation’s best middle-school word mavens. His presence angers the promoters and the parents even more than his kiddie competition. We’re kept in the dark about his motive, but he’s obviously trying to settle some type of old score that left significant inner scars. He’s also damned good at spelling, to the consternation of everyone rooting against the taint his mere presence inflicts on the contest.

Bateman’s character is not only an enigma, but something of a jerk, as he resorts to some hilariously fiendish tactics to psych out a few young scholars he considers the most serious rivals. The acerbic wit of Andrew Dodge’s screenplay is especially praiseworthy for a feature debut. The same can be said (or written) for Bateman’s first time behind the cameras. A few scenes stray into cringe-inducement, partly in pursuit of physical energy to offset the staid milieu of spellers sitting on platforms awaiting their turns at the microphone. But the overall production is well-paced and highly entertaining. If you improve your vocabulary or spelling a bit while you’re at it, the perk is included in the ticket price.

**The Face of  
Love** ★½

(PG-13) Admittedly, I’m not part of the target demographic for romantic dramas among the AARP set, despite having reached that age range. But I still think I can spot a dud, even when it’s not in my wheelhouse. Annette Bening has been joyfully married to architect Ed Harris for 30 years. While vacationing in Mexico, he drowns. Five years later, she’s moping around in the lovely home he’d designed for them, finding partial solace in her grown daughter and the solicitous widower across the street (Robin Williams). The two couples had always been close. Williams



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silently yearns for something beyond platonic to emerge from their shared losses. She's still mourning her lost love too much to get enthusiastic about anything.

One day Bening sees her late hubby's apparent Doppelganger (also Harris), who turns out to be a painter and art professor. She essentially stalks the guy until they start dating. He's been divorced for a decade and falls hard for her. But as Bening spends months doing all she can to keep him in the dark about why she pursued him, the relationship grows ever more creepy. Harris #2 is an incredibly nice fellow who deserves the truth about why she's always looked at him so lovingly from the get-go. We're not sure of the extent to which she's depressed from prolonged grief, delusional, or even dangerous.

At times the film feels as if a Brian de Palma is setting us up for something tragic, along with the suspense element of whether and how new Ed will discover her motives, and how he'll react to it. The brooding tale drags annoyingly, seeming much longer than its 92 minutes, as Bening's prolonged deception makes her ever less sympathetic. The ending rings false and forced, as if someone decided in mid-production which way they wanted to end it, all preceding content notwithstanding.

The best news may be that Harris, after earning an Oscar nomination for his compelling portrayal of artist Jackson Pollock in 2000, has now learned how to pretend to paint actual objects! Hone that craft, dude, but don't forget to aim for scripts that deserve your talents.

## Sabotage ★★

(R) Arnold Schwarzenegger gamely slogs his way through in this attempt at an action flick, playing the head of a special DEA undercover team that also does the SWAT thing when they feel like it. After a



big bust in which \$10M of cartel drug money vanishes, Ahnuld and his squad are all suspended for six months of investigation. Even though the money is still missing and no one's cleared from suspicion, the honchos decide to reinstate the crew. Just when they have a reason to celebrate, someone starts knocking them off in variably grotesque manners. Could it be retaliation by the drug lords? Is there a thieving rat among their seemingly tight-knit ranks? Were they set up by someone else who lusted for the money and/or other motivating factors?

The action sequences and other gory bits are generally satisfactory for splatter fans. But the screenplay is awful; the characters are poorly conceived variations on all the standard stereotypes. The who and why of where the money went may have been chosen by throwing darts at a board of possible endings - missing several better options. Ahnuld isn't necessarily too old for the genre. But maybe he shouldn't be trusted with script selection. I would worry that this role is a sign of career dementia, but many of his earlier choices like Red Sonja or Junior, indicate that was never a big part of his skill set.

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



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From snacks to sides, grapes add a burst of flavor

# Versatile and Delicious MEAL IDEAS

## Grape, Feta and Mint Quinoa Salad (Servings: 4)

- 1 cup quinoa
- 1 1/3 cups water
- 1 cup red seedless California grapes
- 1/2 cup crumbled feta cheese
- 1/2 cup fresh lemon juice
- 8 fresh mint leaves, coarsely chopped
- Sliced green onion tops (optional garnish)

Rinse quinoa in fine-mesh sieve. Put in medium saucepan with water and bring to a boil; reduce heat and simmer, covered, for 12 minutes. Remove from heat and let stand for 10 minutes. Remove cover and fluff with fork. Cover and refrigerate until chilled.

Stir together quinoa, grapes, cheese, lemon juice and mint in large bowl. Top with green onions, if desired.



### FAMILY FEATURES

Always the convenient go-to option for snack time, grapes from California also bring great taste, texture and added flair to your favorite dishes. While shoppers often choose this tasty fruit for in-between meal snacking, grapes can also boost the “healthy” factor in recipes, while adding bright, beautiful color to salads, entrees and desserts. California grapes are available May through January. For flavorful, unique ways to add grapes to your meals, visit [grapesfromcalifornia.com](http://grapesfromcalifornia.com) or [facebook.com/grapesfromcalifornia](https://www.facebook.com/grapesfromcalifornia).

## Grape, Golden Beet and Brown Rice Salad (Servings: 8)

- 4 medium golden beets, scrubbed
- 2 cups cooked brown rice
- Salt and black pepper, to taste
- 1/3 cup chopped red onion
- 1 clove garlic, minced
- 1/4 cup white wine vinegar
- 1/4 cup extra virgin olive oil
- 1 tablespoon honey
- 1 cup thinly sliced celery
- 1 cup halved red seedless California grapes
- Pinch cayenne
- 1/4 cup chopped Italian parsley

Preheat the oven to 375°F. Trim off all but 1 inch of stem on the beets and place in a small baking dish. Cover with foil and bake until a paring knife inserted into the center of the beets goes in easily, about 60–90 minutes. Let cool until easy to handle. Peel, then cut the beets into 1/2-inch wedges.

At the same time, combine the onion, garlic and vinegar in a large mixing bowl and let stand 15 minutes. Whisk in the oil, honey and salt and pepper to taste. Then add the rice, beets, celery, grapes, cayenne, parsley and toss. Serve warm or chilled.



## Smart snacking

Whether it's midafternoon or midmorning, reach for grapes whenever you need a quick, convenient snack you can feel good about. They are ready-to-eat with no peeling or coring required. Plus, grapes go where you go — they're easy to pack along to the office, the game, in a lunch or in the car.

Here are more reasons to feel great about choosing grapes:

- One serving (3/4 cup) contains just 90 calories.
- Grapes have no fat, cholesterol and virtually no sodium.
- They are also a natural source of beneficial antioxidants and other polyphenols. In fact, some studies suggest grapes may help support a healthy heart.

## Grape and Lentil Salad (Servings: 6)

- 3 cups green seedless California grapes, halved
- 3 cups chopped English cucumber
- 17.5 ounces (2½ cups) steamed lentils
- ½ cup pitted Kalamata olives, sliced into slivers
- ¼ cup crumbled feta cheese
- 2 lemons, zested and juiced (about 6 tablespoons)
- 2 tablespoons olive oil

In large bowl, toss all ingredients together. Serve chilled or at room temperature.

Notes:

- Canned lentils (rinsed and drained) can be substituted.
- An English cucumber has a thinner skin and smaller seeds than traditional cucumbers.



## Tostadas with Grape & Jicama Salsa (Servings: 4)

- 8 handmade-style corn tortillas
- Cooking spray, as needed
- 1 cup black seedless California grapes, chopped
- 1 cup red seedless California grapes, chopped
- 1 cup chopped jicama (about ½ medium jicama)
- 1 avocado, diced
- ½ cup chopped fresh cilantro
- 1 jalapeno, seeded and finely chopped
- 1 lime, zested and juiced
- ¼ teaspoon sea salt
- 1 (15-ounce) can vegetarian refried beans, warmed

Preheat oven to 400°F. Place tortillas on baking sheet and mist with cooking spray. Bake for 5 minutes, flip and bake additional 3 to 5 minutes, until crisp.

In medium bowl, mix together grapes, jicama, avocado, cilantro, jalapeno, lime zest, lime juice and salt.

Spread beans on tortillas and top them evenly with salsa mixture.

**Note:** this recipe is gluten-free and vegan.



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• July 12 - 8:30 a.m. – 12:30 p.m.

Hebert's Town and Country, 1155 E. Bert Kouns Ind. Loop. Hosts: Hebert's and *The Best of Times*. Contact: 318-221-9000; Instructor: Ray Branton.

## EVENTS

**51st annual Ark-La-Tex Coin, Stamp, & Card Exposition** - Sponsored by the



Shreveport Coin Club. Saturday July 26 from 9 a.m. - 6 p.m.; Sunday July 27 from 9 a.m. - 3 p.m. Bossier Civic Center, 620 Benton Road. **FREE** and open to the public. Buy, sell, and trade. Hourly door prizes. Register for a ¼ ounce Gold Eagle.

**Highland Open Studio Tours** - Sun, July 6, 11:00 a.m. to 4:00 p.m. 436 Topeka, Shreveport. Celebrate the artistic Highland area of Shreveport. Art, live music and all sorts of interesting creative things to see and do. **FREE**. For more info call 318-676-8010.

**KTBS-3 Independence Day Festival** - Festival Plaza, downtown Shreveport. July 4. Farmers' Market 7 a.m. to noon. Food area noon - 11 p.m. Children's area 2 p.m. - 6 p.m. Dragon Boat races at 4 p.m. on the Red River. Live entertainment 4 - 11 p.m. Fireworks at 9:15 p.m.

**Shreveport Farmers' Market** - Featuring locally-grown produce, meat, honey, plants, artisan food products, arts and crafts, a Market Café, and music. Festival Plaza in downtown Shreveport at 101 Crockett Street. Saturday markets from 7 a.m. to noon, through August 30; Tuesday markets from 3 p.m. to 6 p.m. featuring mostly home-grown fruits, vegetables, and meats. Tuesday markets run through July 15. For info visit [www.shreveportfarmers-market.com](http://www.shreveportfarmers-market.com), call 318-455-5788.

## MEETINGS

**Ark-La-Tex Genealogical Association** - 1 PM, Saturday, July 12 at Randle T. Moore Center, 3101 Fairfield Ave., Shreveport. Featuring: Beverly Smith, Historian and Vice President, Herbert S. Ford Memorial Museum, Inc. Topic: "History of Claiborne Parish and the North Louisiana Hill Country

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**MOVIES**

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

**RANDALL T. MOORE SENIOR CENTER**

**Senior Center Fun** - Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Caddo Council on Aging. Every Thursday and Friday. Coffee and cookies at 9:30 a.m. Program/speaker every Thursday at 10 a.m. Fridays Senior Tech Talk at 10 a.m., 1on1 Tech at 11 a.m. **FREE**.

- July 3 & 4 - Closed for Holiday
- Thursday July 10 - 10:00 a.m. “Love your Pet, Love your Community” by Kristen Powers of the Robinson Rescue
- Friday July 11 - 10:00 to 11:30 a.m. Tech Talk for Seniors Social Media Basics.

- Thursday July 17 - 10:00 a.m. “Seniors – What Shreve Memorial Library has to offer you” by Ivy Woodard -Latin
- Friday July 18 - 10:00 a.m. Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tech tips
- Thursday July 24 - 10:00 a.m. “The History of Walter B. Jacob Memorial Nature Park” by Rusty Scarborough
- Friday July 25 - 10:0 to 1:30 a.m. Tech Talk for Seniors. Introduction to popular ‘apps’.
- Thursday July 31 - 10:00 a.m. “Genealogy and DNA” by Jim Jones
- Friday August 1 - 10:00 to 11:30 a.m. Tech Talk for Seniors. Introduction to popular ‘apps’.

**SEMINAR**

**The Truth About Medicaid and VA A&A Pension, and How They Can Pay for Your Long Term Care** - Presented by attorney Kyle A. Moore. Wednesday July 16 at 3:00 p.m. at the Broadmoor branch of Shreve Memorial Library, 1212 Captain Shreve Dr., Shreveport in the large meeting room to the right, inside the first set of doors. Reservations are

required. RSVP to 318-222-2100, ask for Kyle's group.

**THEATRE**

**A Chorus Line** - Presented by Stage-Center at Marjorie Lyons Playhouse, 2911 Centenary Blvd, Shreveport. July 24, 25, 26, 31, Aug 1, 2 at 7:30 p.m.; July 26 & Aug. 2 at 2:00 p.m. Based on true stories, A Chorus Line revolutionized Broadway, becoming the longest running musical in history in 1983 with over 6,000 performances. Told through captivating song, riveting drama and stunning choreography, the auditionees for a Broadway musical describe the events that have shaped their lives and their decisions to become dancers. \$22. Adults, \$20. Seniors, \$15. Students. For tickets call 318-218-9978.

**Shrek: The Musical** - A musical adaptation of the hit movie SHREK. Shreveport Little Theatre, 812 Margaret Place, Shreveport. July 16, 17, 18, 19, 23, 24, 25, and 26 at 7:30 p.m.; July 19, 20, 26, and 27 at 2 p.m. For tickets call (318) 424-4439. Tickets \$22.

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# King Crossword

*Puzzle answers on  
page 44*

## ACROSS

- 1 Hot tubs
- 5 Bottom line?
- 8 Bedouin
- 12 Exist
- 13 Exploit
- 14 Brightest star in Lyra
- 15 Ear-related
- 16 Needlefish
- 17 Blue hue
- 18 Nogoodnik
- 20 Locations
- 22 Fawn's mama
- 23 Chowd down
- 24 Use a paper towel
- 27 Clerics' vesting place

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			

- 32 Melody
- 33 Ring decision
- 34 Ball prop
- 35 Bishop, often
- 38 Now, on a memo
- 39 Pitch
- 40 Understood
- 42 Mountain range
- 45 Whole
- 49 Comedy Central's Daniel
- 50 — de deux
- 52 Paradise
- 53 "Beetle Bailey"
- 54 Perch
- 55 Coaster
- 56 Nasty stinger
- 57 Type squares
- 58 "— of the D'Urber-villes"
- 8 Forward, in Florence
- 9 Asks
- 10 Malaria symptom
- 11 Sheepish remarks
- 19 With 41-Down, continue
- 21 Listener
- 24 Bankroll
- 25 Midafternoon, in a way
- 26 Disapprovers' demonstrations
- 28 Alias (Abbr.)
- 29 Creates a
- 30 Earl Grey, for one
- 31 "Uh-huh"
- 36 Drive-in staffer
- 37 Blunder
- 38 Authenticate
- 41 See 19-Down
- 42 Pack away
- 43 Greek vowel
- 44 Cathedral feature
- 46 Between jobs
- 47 Roger of "Cheers"
- 48 Tackles' teammates
- 51 Intention

## DOWN

- 1 Unkempt one
- 2 Pocket bread
- 3 Eager, and then some
- 4 Withdraw
- 5 Hints at
- 6 "Born in the —"
- 7 Griffin of old

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# MAGIC MAZE ● BRASS INSTRUMENTS

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

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

- |         |             |            |          |
|---------|-------------|------------|----------|
| Buisine | Flugelhorn  | Mellophone | Trombone |
| Clarion | Flumpet     | Sackbut    | Trumpet  |
| Cornet  | French horn | Saxhorn    | Tuba     |
| Fiscorn | Kombu       | Sotone     |          |

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# Sudoku

by Linda Thistle

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

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

**Difficulty: ★★★**

★ Moderate    ★★ Challenging

★★★ HOO BOY!

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**Dr. Bryan Vekovius** is a board certified ophthalmologist, who is one of the only specialists fellowship trained in treating tearing disorders. His innovative approach to treat dry eye and tearing disorders has improved the lives of many by sharpening their vision and improving their quality of life. He is also a recognized expert in cosmetic and reconstructive surgery of the eye, orbit bones, and eyelids. He has pioneered modern eye techniques to focus on the health of the eye as well as on cosmetic appearance.

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# ANSWERS FROM THE EXPERTS

*Will Medicare cover my mother's care in a nursing home?*

While Medicare does not pay room & board fees for one actually "living" in a nursing home, there are portions of nursing home care that are covered. Medicare covers 100 days of skilled nursing care when the doctor feels that either nursing or rehabilitation services for Medicare Part A insured persons are needed following a recent hospitalization of 3 or more days. Additionally, Medicare Parts B & D may pay for your mother's medications and physical, speech or occupational therapies ordered by a physician while she is in a nursing home. Depending upon the financial situation, nursing home room & board is generally paid by the individual, Medicaid, or Long Term Care Insurance.



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

Yes, Medicare pays 100% for hospice services for Alzheimer's disease and any diagnosis where patients are determined to have a life expectancy of less than six months. Most newly diagnosed Alzheimer's patients won't qualify for hospice care. Medicare also pays 100% of home health services. CHRISTUS Behavioral Home Health will assess your mother under the direction of our staff psychiatrist. We treat symptoms of Alzheimer's disease like memory loss, wandering, and personality changes. Social workers, counselors, and chaplains assist your family. When your mother qualifies for hospice care, our team will help with this change.



**Don Harper**  
CHRISTUS HomeCare  
& Hospice  
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318-681-7200  
See our ad on page 11.

*I have a rotator cuff tear. Do I need surgery?*

It depends. Rotator cuff tears are a common source of shoulder pain, which increases in incidence with advancing age. A person can have a rotator cuff tear without experiencing pain. (The incidence varies from a reported 5% to 40%.) 40% of tears will enlarge, and of these, 80% will be symptomatic. 20% of patients remain symptom free for a 5 year period. There is no evidence that delaying surgery to attempt a non-operative treatment protocol adversely affects results. If you have significant weakness and/or a large tear, surgery may be advisable sooner. MRI's are valuable tests to determine tear anatomy and degree.



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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.



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See our ad on page 13.

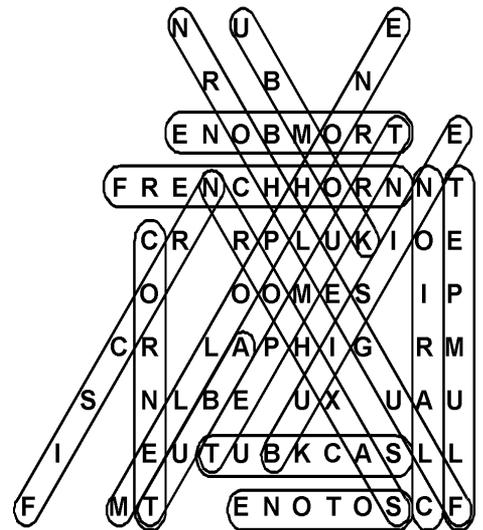
## King Crossword

Answers

Solution time: 25 mins.

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

## BRASS INSTRUMENTS



## SUDUKO

Answer

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



# JULY PARTING SHOTS

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

**Shreveport Regional Arts Council (SRAC)** debuted UNSCENE!, a monthly series that will take place in the Shreveport Common, on June 20 at the Municipal Auditorium with a farm to table culinary experience. Attendees were also treated to a trolley tour of Shreveport Common, live entertainment, visual art and a drive-in movie.

Maggie Malone and Michael Butterman



(l to r) Paula Hickman, Susie Tingle, Sabra Scoggin, Dale Slack, and Ken Hickman



Judy Austin and Nancy McInnis



Joann Lopez with SRAC Executive Dir. Pam Atchison



Roger and Becky DeKay with Melinda and Al Jones

**Crawfish, music and fun** highlighted the 30th annual **Mudbug Madness Festival** in Shreveport from May 22 to 25th

(l to r) Alfred Don Lee, Henry Alfred Lee, and Nancy Lee Gibson



▼ Rita and Jim Simpson with Linda Colquitt Taylor



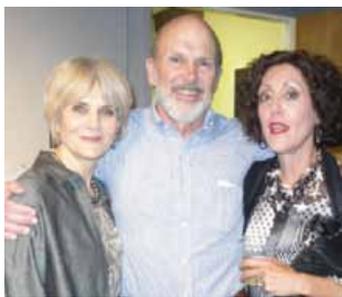
◀ Darwin and Susan Thornhill



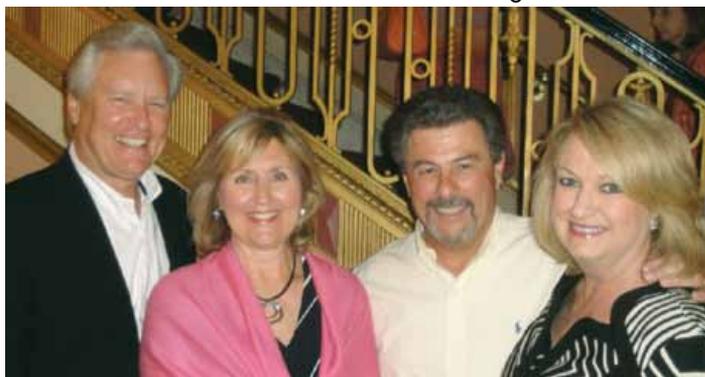
# JULY PARTING SHOTS (continued)

“Stayin’ Alive: A Tribute to the Bee Gees” was held at The Strand on June 13.

(l to r) Carol and Dee Peterson with Jodi Glorioso



Bill and JoEllen Gallman with Mike and Leesa Rosenzweig



Hebert’s Town and Country in Shreveport hosted a record attendance AARP Driver Safety class on June 14th.

(l to r) Joan Bergeron, Joe and Kathy Cobb

▼ Shirley Pruett and Charles Angell, Sr



Gerry and Chuck Milner



Sheryl and Alan Little with Gwen and Frank Lawler

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# JULY PARTING SHOTS (continued)

(l to r) Gale Dean, Clint Snell, Sharon Geddes, Harry Miley, and Phil Gill



**New Horizons Independent Living Center** held an Open House on June 19 at their new location on Hawn Avenue.



Maurice Lamothe, Rocky Fuselier, and Gwynn Houston (standing)



Joy Lennon, Clint Snell, and Alan Loosley



Joe Smith and Gale Dean



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# NURSECARE

*of Shreveport*

**A Skilled Nursing and  
Rehabilitation Facility**

*Because  
YOU  
Care...*



Vicki Ott, Administrator

**Your first choice for short term rehabilitation  
and long term care for your loved one!**

1736 Irving Place, Shreveport, LA 71101

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

**(318) 221-1983**

## **Some specialty services offered:**

- ▶ IV Therapy
- ▶ Dementia Management
- ▶ Tracheotomy Care
- ▶ Electrical Stimulation Therapy
- ▶ Sub Acute Rehab
- ▶ Wound Care
- ▶ Cardiac Care
- ▶ Restorative Nursing/Rehab
- ▶ Diabetic Care
- ▶ Dialysis Management
- ▶ Pain Management

## **Residents enjoy almost all of the comforts of home, PLUS much more:**

- ▶ Physical fitness and exercise periods
- ▶ Exciting social events
- ▶ Faith based services
- ▶ Music, crafts, and creative activities
- ▶ Dining prepared for taste, health,  
and nutritional value
- ▶ Entertainment resources including  
movie, books, and audio

NurseCare of Shreveport welcomes all persons in need of our services without regard to race, age, disability, color, national origin, religion, marital status, or gender and will make no determination regarding admissions or discharges based upon these factors. We comply with Section 504 of the Civil Rights Act.

