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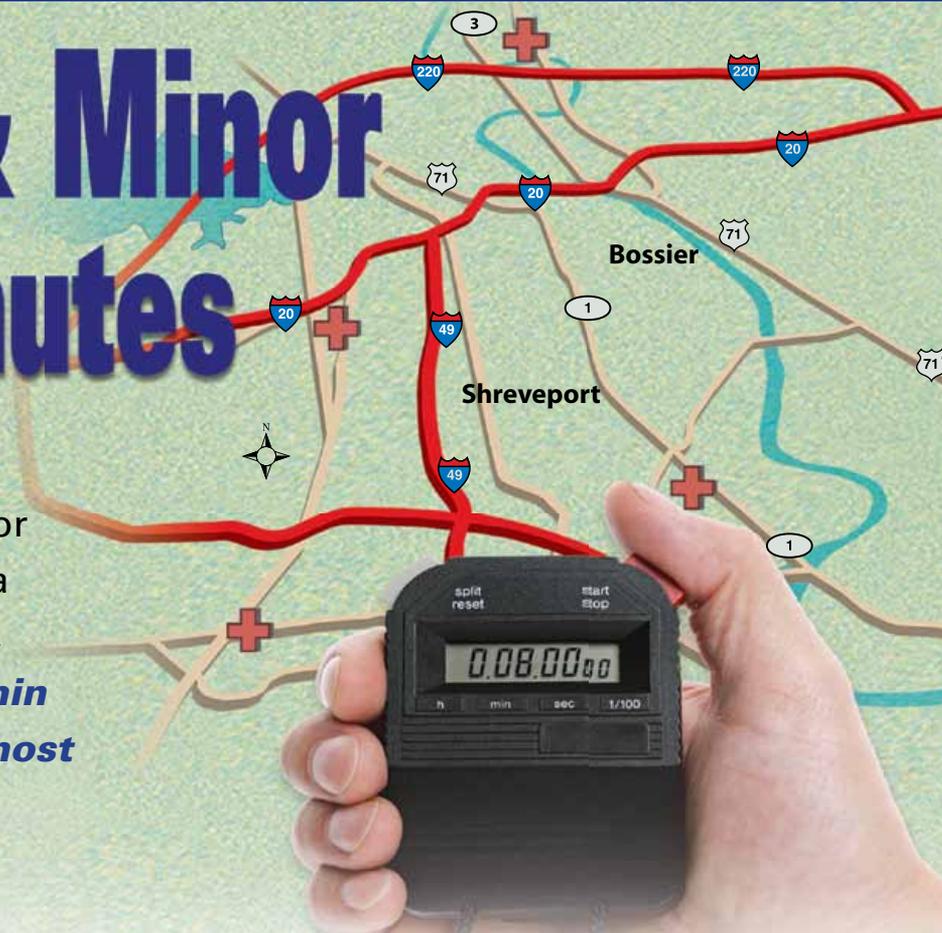


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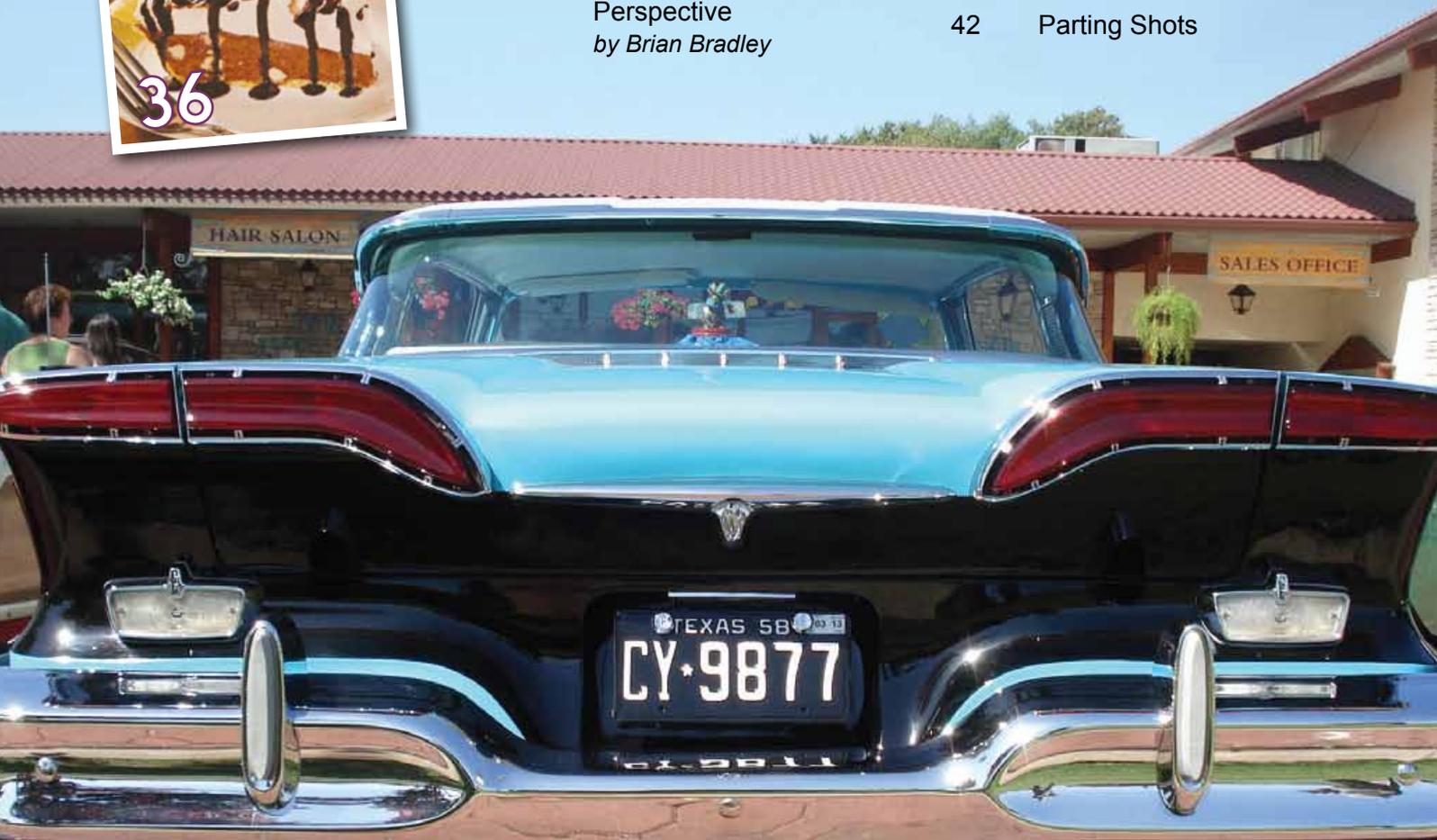
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**THE EDSSEL TURNS 55 PG. 9**



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**OCTOBER 6**

"Titanic – The Artifact Exhibition at Sci-Port in Shreveport"  
Jamie Norwood

**OCTOBER 13**

"Connected Living – Benefits of Technology for Seniors"  
Sarah Hoit, CEO of Connected Living

**OCTOBER 20**

"Healthy without Health Insurance"  
Author Matthew Edlund, MD

**OCTOBER 27**

"The Season of Sight"  
Denise Odom and Shelly Sellers from the Louisiana Lions Eye Bank

**NOVEMBER 3**

"Counseling to Improve the Lives of All"  
Laura Brucia Hamm, Executive Director of The Center for Families

Do you have a question for one of our guests?

Email [Gary.Calligas@gmail.com](mailto:Gary.Calligas@gmail.com) prior to the show.

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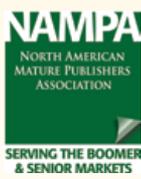
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Fall is definitely my favorite time of the year.

The hot days of summer are finally over, the air is crisp and cool, and football season is in full swing. Perhaps because I associate Fall with the beginning of the school year, there's a sense of starting fresh and the anticipation of a plethora of fun and interesting activities.

Speaking of activities - in addition to providing what we believe is the best magazine in the ArkLaTex, we are again hosting Senior Day at the State Fair. This year's event is slated for Thursday, October 25 at Hirsch Coliseum. In addition to free admission to the fair and free parking, there will be lots of door prizes, entertainment, contests, information and giveaways. *The Best of Times* publisher Gary Calligas will serve as host and emcee again this year. As with all of our events, Gary has a number of surprises planned that are sure to delight everyone present. You don't want to miss all of the fun and excitement, so make sure to mark your calendar NOW!

Until we see you at the Fair, there's lots of "good reading" in this issue. This month Jonathan Fox takes us on a stroll down automotive memory lane. The Edsel never gained popularity with American car buyers and was considered a monumental failure. Although it sold poorly, many considered them classy and technologically advanced and have fond memories of Sunday afternoon drives in the country. Do you remember the Edsel and, if so, what was your opinion of it? We would love to hear from you.

In next month's issue we take a look at the election process and head down to Puerto Rico for a piña colada. See you then.

Tina

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## A Cup of Joe May Help Some Parkinson's Disease Symptoms

According to new research, drinking caffeine each day may have a benefit in controlling movement in Parkinson's patients. For the study, Parkinson's patients who showed symptoms of daytime sleepiness and some motor symptoms were given either a placebo or a pill with caffeine (the equivalent of between 2 and 4 cups of coffee per day). After six weeks, the participants that took caffeine supplements averaged a five-point improvement in Parkinson's severity ratings compared to those who didn't consume caffeine. The caffeine group also averaged a three-point improvement in the speed of movement and amount of stiffness compared to the placebo group. Caffeine did not appear to help improve daytime sleepiness and there were no changes in quality of life, depression or sleep quality in study participants. Previous studies have shown that people who use caffeine are less likely to develop Parkinson's disease. (*Neurology*)



## Heavy Drinking May Lead to Stroke Earlier in Life

A new study, published in *Neurology*, shows that people who have three or more alcoholic drinks per day may be at higher risk for experiencing a stroke almost a decade and a half earlier in life than those who do not drink heavily. Heavy drinking has been consistently identified as a risk factor for a type of stroke called intracerebral hemorrhage which is caused by bleeding in the brain rather than a blood clot. The study found that heavy drinkers experienced a stroke at an average age of 60, 14 years before the average age of their non-heavy drinking counterparts. Among people younger than 60 who had a stroke that occurred in the deep part of the brain, heavy drinkers were more likely to die within two years of the study follow-up than non-heavy drinkers.



## OSA Increases Cardiovascular Mortality in the Elderly

Untreated severe obstructive sleep apnea (OSA) is associated with an increased risk of cardiovascular mortality in the elderly, and adequate treatment with continuous positive airway pressure (CPAP) may significantly reduce this risk, according to a new study from researchers in Spain. The findings were published in the American Thoracic Society's *American Journal of Respiratory and Critical Care Medicine*.

## Exercise Found Beneficial to Cancer Patients

Numerous studies have shown the powerful effect that exercise can have on cancer care and recovery. For patients who have gone through breast or colon cancer treatment, regular exercise has been found to reduce recurrence of the disease by up to 50%. But many cancer patients are reluctant to exercise, and few discuss it with their oncologists, according to a Mayo Clinic study published in the *Journal of Pain and Symptom Management*. Researchers found that patients who exercised regularly before their diagnosis were more likely to exercise than those who had not. Many patients considered daily activities, such as gardening, sufficient exercise. Researchers noted that most patients didn't realize daily activities tend to require minimal effort. In addition, researchers found that patients took exercise advice most seriously when it came directly from their oncologists, but none of those studied had discussed it with them. Exercise can improve patients' mobility, enable them to enjoy activities and keep them from becoming isolated in their homes. It can contribute to overall feelings of strength and physical safety, ease cancer-related fatigue and improve sleep.

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## Diet Patterns May Keep Brain from Shrinking

People with diets high in several vitamins or in omega 3 fatty acids are less likely to have the brain shrinkage associated with Alzheimer's disease than people whose diets are not high in those nutrients, according to a study published in the online issue of *Neurology*®. Those with diets high in omega 3 fatty acids and in vitamins C, D, E and the B vitamins also had higher scores on mental thinking tests than people with diets low in those nutrients. These omega 3 fatty acids and vitamin D are primarily found in fish. The B vitamins and antioxidants C and E are primarily found in fruits and vegetables.

## Aspirin Helps Men with Prostate Cancer Live Longer

Men who have been treated for prostate cancer, either with surgery or radiation, could benefit from taking aspirin regularly. Taking aspirin is associated with a lower risk of death from prostate cancer, especially in men with high risk disease, according to a multicenter study published in the *Journal of Clinical Oncology*. The findings demonstrated that 10-year mortality from prostate cancer was significantly lower in the group taking aspirin, compared to the non-aspirin group – 3% versus 8%, respectively. The risks of cancer recurrence and bone metastasis also were significantly lower.

## Treating Vitamin D Deficiency Could Improve Depression

Women with moderate to severe depression had substantial improvement in their symptoms of depression after they received treatment for their vitamin D deficiency, a new study finds. Because the women did not change their antidepressant medications or other environmental factors that relate to depression, the authors concluded that correction of the patients' underlying shortage of vitamin D might be responsible for the beneficial effect on depression.

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# THE EDSEL TURNS 55

STORY AND PHOTOS  
BY JONATHAN FOX

Where were you on Wednesday, September 4, 1957? On that day fifty-five years ago Ford Motor Company unveiled the newest American automotive brand in a decade: the Edsel. Thousands of spectators gathered in showrooms across the nation to catch a glimpse of the highly anticipated car. Although Ford launched this bold venture after years of careful research and development, the Edsel was dissolved two years after its public debut and is now regarded as the costliest gamble in automotive history.

As early as 1948, Ford executives predicted Americans would grow increasingly dependent on their automobiles. Indeed, shopping centers, drive-in theaters, interstate highways, and suburbs came about in the 1950s. Likewise, the number of American passengers also increased thanks to the 50 million new babies of the “Baby Boom.” With this and the decline of electric streetcars and other forms of public transportation, Ford Motor Company was convinced it needed to expand its automotive line to profit from America’s flourishing mobility.

During the Second World War, women joined the blue-collar workforce to offset the men who had been deployed; however, they had little to purchase with their income because pantyhose, food, gasoline, tires, and other items were rationed. Following V-E Day, large-scale production of tanks, airplanes, and ammunition ceased, and manufacturers were once again able to produce homes, appliances, and civilian transportation. Post-war consumerism increased, and Americans were especially eager to trade in their vehicles for new models rolling off the Detroit assembly lines.

The economic boom of the early 1950s allowed families the financial means to become two-car households, yet executives at Ford realized low-income owners traded up their Fords not for Mercurys but for competing medium-priced brands like Pontiac, Oldsmobile, and Buick. Losing sales to rival manufacturers was undeniable, so in April 1955 a new unnamed division was added - a division designed to attract new customers while retaining Ford owners who would otherwise trade up to General Motors or Chrysler products. Ford confidently invested over \$250 million to expand its factories and to scrutinize polling data and statistics regarding consumer expectations.

The styling department began its artistic work in heavily secured studios. Their task was to create a fresh, new design that would be an instantly recognizable departure from contemporary automotive styling. Unlike most designs of the late 1950s which emphasized tailfins at the rear of the car, Ford stylists focused on the front of the car with its trademark “horse collar” grille. A full-size clay mock-up was shown to Ford executives in the fall of 1955, and the design was met with “an uncharacteristic round of applause.”

While the styling department finalized its designs,

the management team faced the overwhelming task of creating an effective dealership network. The public relations department made hundreds of appearances across the nation to address bankers, civic clubs, and the like. Eventually, 1,200 dealers throughout North America and Europe signed on to the program. In November 1956, the new division was finally assigned a name. After narrowing down over 20,000 suggestions, “Edsel” was chosen to honor the late Edsel Bryant Ford, former president of the company and son of Henry. The marketing team hailed the Edsel as “The Smart Car for Growing America.”

The press was allowed to view the Edsel one week prior to its public debut. Automotive journalists and their wives were treated to a lavish three day excursion to Dearborn. The main event was an Edsel test track performance in which seventy-five stunt drivers demonstrated the new cars’ handling and performance. Afterward, the journalists were allowed to drive home in a new Edsel while delivering the cars to their nearest dealership in the process. Executives at Ford were relieved when an overwhelming majority of the writers praised the Edsel’s cross-country performance.

Publicity for the Edsel was easy to come by. Prior to its public debut, *Life*, *Time*, the *Saturday Evening Post*, and a host of automotive magazines had all chronicled Ford’s optimistic investment. So much press had been given that the director of public relations commented, “The public was getting to be hysterical to see our car, figuring it was going to be some kind of dream car—like nothing they’d ever seen. . . When they find out it’s got four wheels and one engine, just like the next car, they’re liable to be disappointed.” At last, the 1958 Edsel was unveiled to the buying public on September 4, 1957.

When the Edsel made its public debut that day, eager Shreveport residents lined the sidewalk at 1401 Texas Avenue as early as 5:00 a.m. to see what was behind the papered

windows of Bledsoe Motor Company. Brothers William Raines Bledsoe and Matthew Colquitt Bledsoe II began selling Nash automobiles around 1939 and had briefly ventured into selling DeSotos and Plymouths before signing one of the first Edsel dealership contracts in the country. As such, the Bledsoes were featured in corporate Edsel literature used to encourage other dealers to join Ford’s new division. The Bledsoes cordially invited the public to see the new cars and offered music courtesy of Werlein’s and refreshments courtesy of Sutton’s Finer Foods to those who visited. New Edsels were also displayed at Selber Brothers Department Store and at the 1957 State Fair of Louisiana.

Eight different plants in the U.S. and Canada produced a total of 63,110 Edsels for the 1958 model year. Customers could choose from the Ranger, Pacer, Corsair, and Citation models along with Roundup, Villager, and Bermuda station wagons. Body styles could be had in convertibles, two-door and four-door hardtops, and sedans. Over ninety different exterior color combinations were available. The most powerful engine for the 1958 models was the 410 cubic inch “E-475” which delivered 345 horsepower. Depending on the model, Edsels ranged from \$2,300 to \$3,489 (options not included). Adjusted for inflation, this equates to \$18,810 to \$28,535 in today’s market.

Coaxing the public to visit a showroom was no problem; however, convincing them to purchase one of the new cars proved difficult. Analysts estimated that 600 Edsels needed to be sold nationwide each day to break even. However, only one sale was made for every thirty-plus demonstration rides. Edsel sales staggered after the initial flurry of its introduction. By December 1957, total daily sales averaged slightly more than 100 units nationwide (an anemic 0.44% of the market). Some dealers gave a die-cast model Edsel to each child whose parents took a test drive. Other dealers went so far as to give away a live



pony to select customers who test drove an Edsel. Despite these gimmicks and promotions, sales failed to materialize.

Being the first to introduce a 1958 model had unintended consequences. Patrons experienced a bit of “sticker shock” when they compared the new 1958 Edsel prices to year-end close-out prices of rival 1957 models. Others withheld buying an Edsel so they could compare competing brands set to debut a few weeks later. Ford executives began to realize, “You can’t research a product into the family garage.”

The car’s reputation for poor reliability only worsened matters. While Edsel’s design may not have appealed to everyone, the most damning feature was the highly advertised Teletouch Drive transmission system. Teletouch, a set of push-buttons mounted in the steering wheel hub, was the most requested—and most prone to malfunctioning—option for the 1958 Edsels. One report stated that the trunk lid opened after a driver pressed the button to shift into “reverse.” Other drivers found themselves unable to move as the car was locked in “park.” These mechanical flaws created “an unreliable means of transportation,” soured new Edsel owners, and deterred future buyers.

At the local level, the Bledsoes’ problems occurred even before the September debut. A forlorn sign of things to come occurred with the very first shipment of Edsels to Bledsoe Motor Company. The driver who unloaded the delivery misactivated one of the Teletouch buttons sending an Edsel from the top of the double-decker car hauler. Another source of stress came when a teenager who attended the Edsel introduction festivities at the Bledsoe dealership helped himself to a set keys resting in the ignition of one of the display models.

M.C. Bledsoe II passed away three months after the Edsel’s debut. His son, Matt “Sonny” Bledsoe III, purchased the remaining interest of the dealership from his uncle and discontinued the Edsel franchise in the spring of 1958. Though

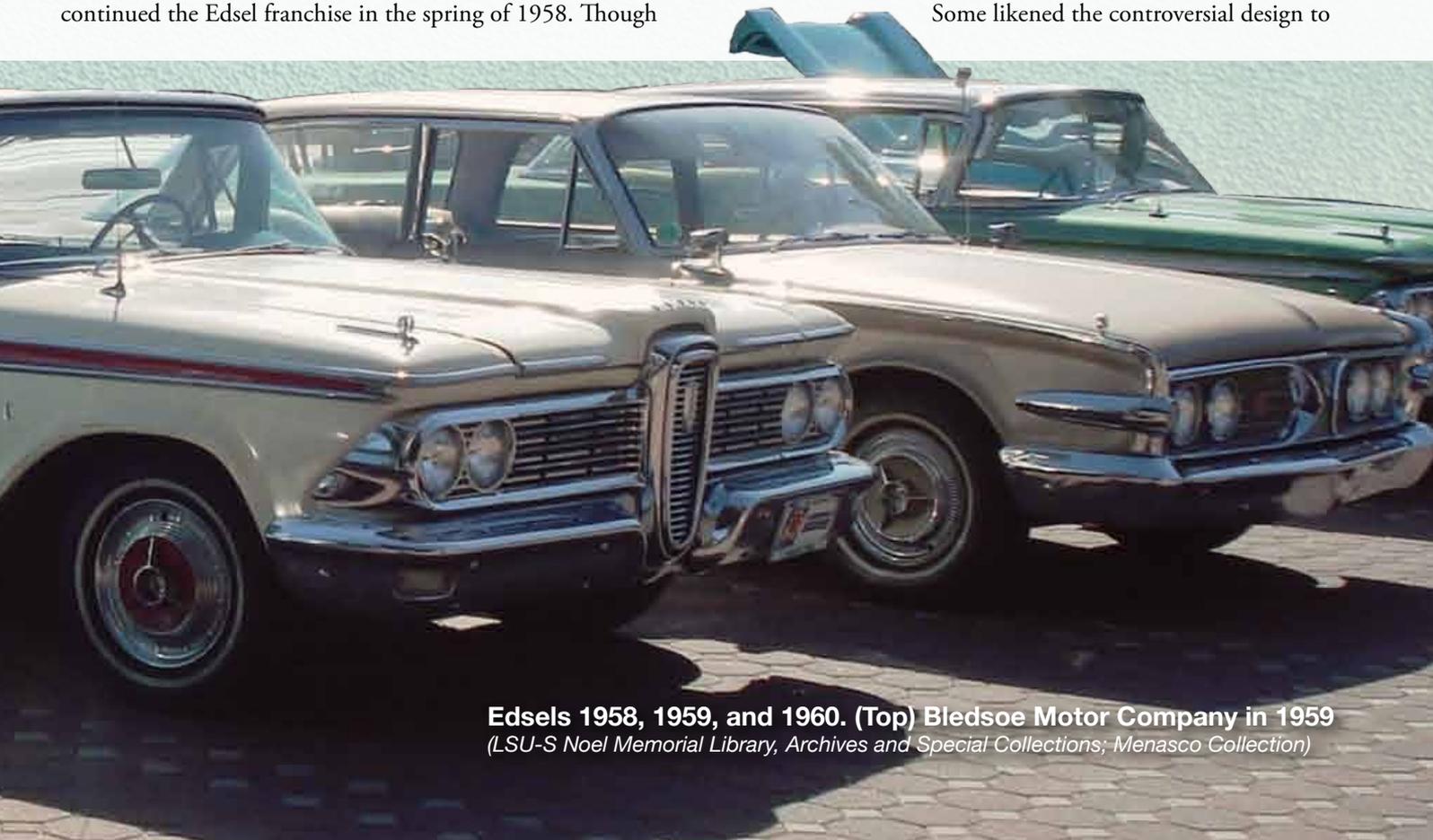


the Bledsoe family suffered financially for a time, the family rebounded as a successful Rambler dealer at 521 North Market Street. Ultimately, “Sonny” made his way to Dallas with a Dodge franchise that lasted until a merger in the mid 1990s.

Bledsoe Motor Company cancelled its Edsel dealership, but 1959 and 1960 models could still be purchased in Shreveport from Wray Lincoln-Mercury at 717 Crockett Street. 45,000 Edsels were produced for 1959 and were billed as, “The car that makes history by making sense.” The 1960 models used a “New! Nifty! Thrifty!” advertising slogan that also tried in vain to entice buyers. Less than 3,000 models were produced for 1960 when Ford Motor Company discontinued the Edsel due to slumping sales.

Unlike the positive response from Ford executives during the design phase two years earlier, the Edsel’s grille quickly earned a “love”/“hate” opinion from the public.

Some likened the controversial design to



**Edsels 1958, 1959, and 1960. (Top) Bledsoe Motor Company in 1959**  
*(LSU-S Noel Memorial Library, Archives and Special Collections; Menasco Collection)*

an “Oldsmobile sucking a lemon” while others derided it as a “flying bedpan.” Yet, no single factor caused the Edsel to fail—not even its looks. The Edsel fell victim to its over-exuberant promotion, awkward name, poor workmanship, and higher than anticipated prices. All were significant hindrances to the automobile’s success especially the timing of its introduction: headlong into the recession of 1957-58.

In 1957, the economy began to slip into serious recession with a seven percent unemployment rate. As such, the country put off buying due to doubts about the economic future. By September 1958 the recession was under control, but by then the Edsel had already been on the market for one year and irreparable damage had been done. The Edsel was not alone in its demise due to the economic down-turn: Nash and Hudson folded in 1957, Packard in 1958, and DeSoto in 1960.

The Edsel’s introduction in the fall of 1957 also coincided with changing consumer tastes. By the late 1950s, American consumers began a shift toward compact cars. The desire for longer, lower, and wider automobiles waned just as the Edsel came onto the market. Sales for small, economical foreign cars reached 200,000 in 1957, a gain of 110 percent over 1956. As it was, the Edsel turned out to be a giant leap in the wrong direction.

Despite its feasibility having been extensively

researched, the Edsel will forever be recognized as the automotive industry’s most disastrous experiment. Rather than being the strategic automobile that boosted Ford’s bottom line, Time magazine deemed the Edsel, “The wrong car in the wrong place at the wrong time.” All told, Ford Motor Company lost more than \$1,800 per car. Ford was so highly criticized for launching a product with such terrible results that the term “Edsel” has now become synonymous with “failure.”

Of the 110,847 total Edsels produced for 1958, 1959, and 1960, it is estimated that fewer than 6,000 survive today. Several automobile clubs have formed in honor of Ford’s “lemon,” most notably the Edsel Owners Club (EOC). Former EOC president Dean Brown stated, “Today the Edsel is alive and well living in the hearts and garages of hundreds of families across the nation and around the world. Edsels today are probably better cared for and better preserved than at any time since their introduction.” While classic car enthusiasts often consider the 1955-1957 Chevrolet Bel Air as the iconic automobile of the 1950s, those searching for a true sense of individualism have found a favorite in the much-maligned Edsel.



*Jonathan Fox is an American history teacher at Caddo Middle Magnet and is a member of the Edsel Owners Club. Anecdotes about Edsels, Bledsoe Motor Company, or Wray Lincoln-Mercury are greatly appreciated. Please contact the author at (318) 798-5906 or [jandk0902@earthlink.net](mailto:jandk0902@earthlink.net).*

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## Common misperceptions can stand in the way of making the best choices as we grow older.

**Myth #1: Seniors are grouchy.** Cartoon strips starring curmudgeonly old men, elderly women whacking miscreant teenagers with their canes...the crabby senior is an archetype with which we are all familiar. It is true that physical pain, depression, sensory impairment and mobility loss can take a toll on anyone's mood and outlook on life. But gerontological psychologists tell us that in general, our personality traits remain the same throughout our lives - and many of us even develop a more positive attitude as we age. Laura Carstensen of the Stanford Center for Longevity says, "In general, people get happier as they get older." Asked about the stereotype of the grumpy old man, Carstensen said, "Most of the grumpy old men out there are grumpy young men who grew old." Seniors who are experiencing an uncharacteristic negative mood should be evaluated for underlying causes.

**Myth #2: Memory loss is inevitable as we age.** The idea of the "senile" senior is a pervasive cliché. Any older adult who has gone shopping with a younger relative, only to be ignored by a salesperson, knows that younger people often assume that seniors are incompetent. It is true that Alzheimer's disease, stroke and other conditions that cause memory loss and cognitive impairment are more common as we grow older, and we do experience certain age-related memory changes. Yet most of us complete our lives fully cognitively intact.

Indeed, recent studies suggest that older brains are better at certain tasks that involve discernment and judgment - the qualities more commonly referred to as "wisdom." It is important to seek medical evaluation for memory problems right away. Many cases of memory loss are treatable - nutritional deficiencies, depression, sleep problems and medication side effects are common culprits. If the diagnosis is Alzheimer's or a similar condition, early diagnosis allows for the best care and planning.

**Myth #3: Most seniors live in nursing homes.** This is another cliché of yesteryear: rows of older adults sitting in rocking chairs on the front porch of a "rest home." Today's long-term care facilities serve a vital function, providing care for people who need skilled nursing and rehabilitation. And some older adults opt to move to a retirement community or other senior residence - but according to the AARP, 90 percent of the baby boomers wish to "age in place," remaining in their own homes as long as possible. This desire should guide our housing decisions sooner rather than later: will our homes be able to adapt to our changing needs? What in-home and community services are available to support older adults where we live? Could home modifications make the home a better fit if we later experience mobility and sensory challenges? We have a better chance of aging in place

if we anticipate our future needs.

**Myth #4: Longevity will continue to increase.** During the 20th century, the average lifespan in the U.S. lengthened by thirty years! Many people assume that this trend will continue. But studies suggest that the baby boomers will not experience an average increased longevity - and they may even take a step backwards. The Centers for Disease Control and Prevention (CDC) says that the 45- to 64-year-olds of today are more likely to have two or more chronic conditions than their parents. A team led by life expectancy expert S. Jay Olshansky of the University of Illinois Chicago predicts a decline in life expectancy within this century, as increased obesity rates lead to increased rates of cardiovascular disease, diabetes and other chronic illnesses. A recent survey conducted by the National Council on Aging found that although most seniors and baby boomers expect their lives to improve as they grow older, many are failing to take important steps to preserve their health. This is a reminder for people of every age that wellness doesn't just happen. We can make lifestyle choices that increase the likelihood that we will enjoy a healthy old age.

**Myth #5: Everyone ages in the same way.** Today's emphasis on healthy aging might seem to convey the message that we are in total control of our aging. But no matter how diligent we are about our health, unexpected illnesses, accidents and even our genes can send us on an unexpected path. There is no cookie-cutter model for how we will age and what our needs will be. On the individual level, this means that we should anticipate that arthritis, osteoporosis, Alzheimer's disease, diabetes and heart disease may strike even the most health-conscious among us. Learning all we can about the issues of later life allows us to create a flexible plan. National and community senior support organizations confirm that in these times, when we are trying to stretch our senior-support dollars, pinpointing the specific needs of individual seniors will bring increased efficiency and promote buy-in for taking charge of our own health.

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**Think**  
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**Think**  
*Sideways*

**Have you ever wondered where novelists, actors or writers find inspiration for their work?**

*by Mark Underwood*

**H**ave you ever wondered where novelists, actors or writers find inspiration for their work? Creativity is not a predetermined way of looking at the world - you can get inspired by almost anything, anywhere, anytime. All you have to do is be receptive to inspiration.

Some people inherit a highly developed sense of creativity or come to it naturally because they were raised in a creative environment. But most of us need some form of inspiration if we want to look at the world with a different perspective.

Whatever you call it - creativity, thinking outside the box or thinking sideways, creative thinking is all about looking at the world with a different twist, in a slightly different way than you usually do.

The good news is that inspiration is all around us.

## **Nurturing Creativity**

Creativity can be used in many endeavors. In World War II it was used to save lives.

J.P. Guilford, a psychologist and father of modern creativity, came up with a game plan to test the creative thinking of bomber pilots in the U.S. Air Force in World War II. He designed a personality test to select the most creative pilots who were most likely to survive

being shot down by using their creativity .

His question, "What would you do with a brick?" helped weed out pilots who weren't good at thinking sideways or differently in dire circumstances. Try it yourself. Can you come up with 50 uses for a brick in 15 minutes or less?

Most of us fine-tune our creative side when we are exposed to new things around us. All of us are influenced by our experiences—whether they are theatrical productions, symphonies, films, TV or travel.

Look for something new to explore or learn. Then hold on to those experiences and use them to inspire you.

How did you feel when you listened to a magnificent choir or attended a concert in a park on a summer evening? Unleash those feelings to inspire your creative juices.

## **A Mysterious Process**

Creativity is a complex neurological process. It's not as easy to quantify. There's no such thing as a light bulb over your head announcing a good idea.

But scientists have found that they can "see ideas" with a brain scanner. A few seconds before a person gets an idea, the area of the brain called the superior anterior temporal lights up.

No one path inspires creativity, but scientists have found that different parts of the creative process require different types of creative thinking. They have also learned that when we are resting, the superior anterior temporal (behind the ear) tries to send us messages of inspiration.

Albert Einstein may have summed up long naps and walks on the beach best when he said, "Creativity is the residue of wasted time."

## **Tips for Getting Inspired**

Most of us are creatures of habit, but you can ramp up your creativity if you try new things. Get in tune with these random influences:

- **Change your TV watching habits.** Most of us enjoy watching the same TV shows, but if you changed

things up you might get new ideas. Use your remote to randomly watch programs that aren't on your 'favorites' list.

- **Change your Internet activity.**

Adults spend an average of 29 hours, 15 minutes browsing the Internet each month. Are you using the same web browsers, going to the same shopping or news sites? Try new sites that aren't typically on your radar. You may get new ideas that unlock your creativity.

- **Read differently.**

Push your comfort zone. If you read memoirs or biographies, try reading an historical novel, poetry, science and health or classic literature. Move around the house. Read in a different room or chair.

- **Take a nap.**

Inner thoughts can give you intriguing new ideas.

- **Get unstuck.** Do something simple like taking a walk around the block at a different time of day. You may meet someone new or see nature differently when you change your routine. New things inspire new ideas. And that's an inspiration worth taking a walk for any day.

*Mark Underwood is a neuroscience researcher, president and co-founder of Quincy Bioscience, a biotech company located in Madison, Wisconsin focused on the discovery and development of medicines to treat age related memory loss and the diseases of aging. Mark has been taped as an expert in the field of neuroscience for The Wall Street Journal Morning Radio, CBS and CNN Radio among others. Mark is also a contributor to the "Brain Health Guide" which highlights the research at Quincy Bioscience and offers practical tips to help keep health brain function in aging. More articles and tips for healthy aging can be found at: [www.TheGoodNewsAboutAging.com](http://www.TheGoodNewsAboutAging.com).*

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# Move it or LOSE IT?

## A new study finds that exercise, at any age, may reduce a person's risk of developing Alzheimer's

By Renee Lee, CTW Features

Physical activity, even simply cooking or washing dishes, may reduce the risk of developing Alzheimer's disease, even in people over the age of 80, according to a study by neurological researchers from Rush University Medical Center.

The study recently was published in the online issue of *Neurology*, the medical journal of the American Academy of Neurology.

Rush researchers had 716 older individuals without dementia wear an actigraph, a device that monitors activity, on their non-dominant wrist for 10 days.

All exercise and non-exercise was recorded, and study participants also self-reported their physical and social activities.

"This is the first study to use an objective measurement of physical activity in addition to self-reporting," says Dr. Aron S. Buchman, lead author of the study and associate professor of neurological sciences at Rush. "This is important because people may not be able to remember the details correctly."

Over a mean of 3.5 years of follow up, 71 of the participants developed Alzheimer's disease.

The study showed that people in the bottom 10 percent of

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**“These are low-cost, easily accessible and side-effect free activities people can do at any age, including very old age, to possibly prevent Alzheimer’s.”**

daily activity levels were more than twice as likely to develop Alzheimer’s disease as people in the top 10 percent of daily activity.

Those individuals in the bottom 10 percent of intensity of the physical activities were almost three times as likely to develop Alzheimer’s as the people in the top 10 percent of intensity.

“Since the actigraph was attached to the wrist, activities like cooking, washing the dishes, playing cards and even moving a wheelchair with a person’s arms were beneficial,” Buchman says. “These are low-cost, easily accessible and side-effect free activities people can do at any age, including very old age, to possibly prevent Alzheimer’s.”

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## Is There a 'Right to Lie'?

by Lee Aronson

Imagine if the United States Supreme Court called you a habitual liar. That recently happened to a guy out in California. This guy claimed that he played hockey for the Detroit Red Wings. That was a lie. He claimed he married a starlet from Mexico. That was a lie too.

Normally the United States Supreme Court and rest of our government wouldn't care about lies like these. But the California guy went one step further. After winning an election to some local water board, he introduced himself at his first meeting by saying, "I'm a retired marine of 25 years. I retired in the year 2001. Back in 1987, I was awarded the Congressional Medal of Honor. I got wounded many times by the same guy." All of which was just a bunch of more lies. And the government cared about these lies

because it is a crime to lie about receiving the Congressional Medal of Honor. So the guy ended up being indicted.

The guy admitted that he had lied about receiving the Medal, but he didn't think that should be a crime. After all, he argued, this is America and as Americans we have the right to free speech.

The Government responded by pointing out that freedom of speech can be limited. For example, you can't yell fire in a crowded theatre. And freedom of speech is not a valid defense to crimes like defamation, obscenity and child pornography. The Government claimed that the law making it a crime to lie about receiving the Congressional Medal of Honor was a valid limit on the freedom of speech because the law has a very important purpose: "to protect the reputation and meaning of military honors."

The case went all the way up to the United States Supreme Court. Care to guess what happened? The Supreme Court agreed that the law had a very important purpose. "The Government is correct when it states military medals serve the important public function of



recognizing and expressing gratitude for acts of heroism and sacrifice in military service and also foster morale, mission accomplishment and esprit de corps'

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among service members.”

But just because a law has an important purpose does not alone make the law a valid limit on freedom of speech. The law also has to be “necessary” and “narrowly tailored.” In other words, is there another way to protect military honors without restricting freedom of speech? Is this law targeted, direct and effective?

The Judges couldn’t agree on the answer to those questions. There are 9 Supreme Court Judges and they each get 1 vote. Six of the Judges voted that there were other more targeted, direct and effective ways to protect military honors without limiting freedom of speech. But the other 3 Judges voted that the law “is a narrow law enacted to address an important problem and it presents no threat to freedom of expression.”

Because majority rules, the Court’s final decision was that the law making it a crime to lie about receiving the Congressional Medal of Honor was an unconstitutional limit on freedom of speech. So the liar from California was right and the criminal charges against him were thrown out.

Another freedom of speech case that hasn’t made it to the Supreme Court yet involves tobacco companies. They sued to declare unconstitutional a law that would have required them to put disgusting pictures on their cigarette packages. What kind of disgusting pictures: diseased lungs or a body on an autopsy table and other images that would hopefully reduce smoking rates. So far, the Judges have said that reducing smoking rates is a very important purpose but that the government failed to prove that these disgusting pictures were an effective way to achieve that goal. And without that proof, the law is an unconstitutional limit on free speech and the tobacco companies therefore don’t need to put the disgusting pictures on cigarette packages.

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



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Another valuable piece of information found in your statement is an estimate of what your retirement benefit will be at age 62, at full retirement age and at age 70. Use those numbers to start estimating your retirement needs. These online calculators can help:

- The Retirement Estimator at [www.ssa.gov/estimator](http://www.ssa.gov/estimator) automatically enters your earnings information to estimate your projected Social Security benefits under different scenarios, such as age at retirement, future earnings projections, etc. You can also download a more detailed calculator to make more precise estimates.

- AARP has a retirement calculator at [www.aarp.org](http://www.aarp.org) that helps determine your current financial status and what you'll need to save to meet your retirement needs.

Bottom line: Understand what Social Security benefits will be available to you and how much more you'll need to save in order to have a comfortable retirement.



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

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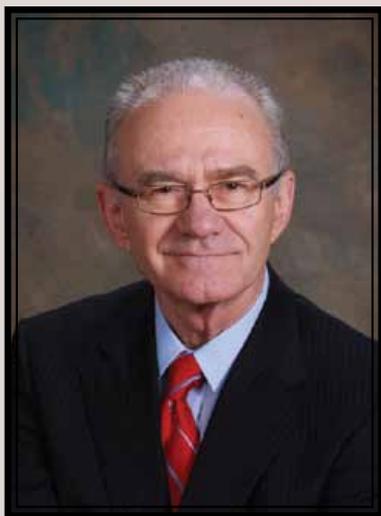
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## Walking From The Core

by *Mirabai Holland, MFA*

I've been shooting some walking sequences in the Colorado Rockies these past couple of weeks and it's been spectacular. We planned it just right. The aspens are turning gold, and that clean crisp flavor of Fall is in the air.

It's a perfect time to walk, and walking is about as perfect a human exercise as we've got. It's a great combination, Fall and walking: not too hot, not too cold, lots to look at. And, doctors always want us to walk when they tell us to get some exercise. I wonder if they walk themselves. So your doctor should be very pleased when you call and say "I'm starting a walking program, what do you think"? Do check with your doctor to make sure you don't have any issues that will keep you from brisk walking, and then if all's good, get to it.

Besides getting a great cardiovascular workout you'll strengthen and sculpt your

legs and butt. If you swing your arms you'll get some shoulder action too; all this while leaf peeping, or people watching if you're in the city, and enjoying the fall air.

There's been plenty of buzz lately about core exercise and how a strong core, the abs, back, butt and upper thigh muscles, can keep you mobile into old age. There's a lot of truth to that. The core muscles hold you torso erect and promote good posture and general body strength.

If you do it right, walking can strengthen your core and improve the way you walk at the same time.

A weak core makes you slouch and walking slouched messes up your gait and can even give you back injuries. Start by standing tall with your head over your shoulders, shoulders over your hips, hips over the feet, abs pulled in. If you're not used to it, it'll feel like work at first. But, try keeping that posture while you walk, even for 5 minutes at a time. It will become more and more comfortable. You'll start to realize it's the natural way for humans to stand and walk. Your gait will improve, your core will get stronger, you'll



be less fatigued and you'll enjoy your walks more. And won't you look cool and snappy out there with that perfect gait.

I've got another week of walking in the Rockies for a living and I'm enjoying every minute of it; being out in the open air, checking out the fall color and looking cool and snappy.

*Mirabai Holland M.F.A. legendary fitness pioneer is one of the leading authorities in the Health & Fitness industry, and public health activist who specializes in preventive and rehabilitative exercise for people. Her Moving Free® approach to exercise is designed to provide a movement experience so pleasant it doesn't feel like work. © 2012 www.mirabaihol-land.com*



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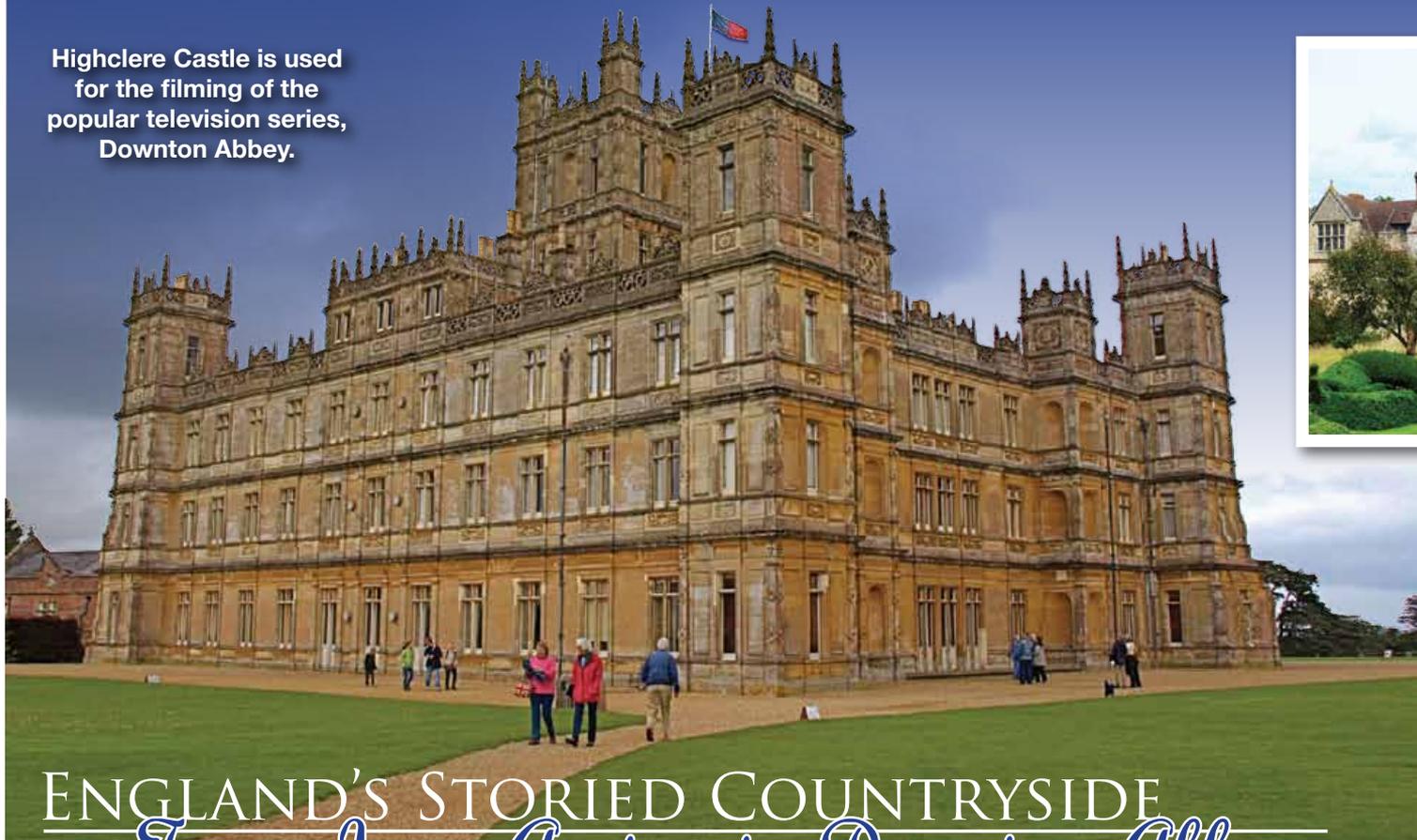
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Highclere Castle is used for the filming of the popular television series, *Downton Abbey*.



## ENGLAND'S STORIED COUNTRYSIDE *From Jane Austen to Downton Abbey*

Story by Andrea Gross • Photos by Irv Green

It's the fourth day of my English countryside tour, and I'm finally becoming fluent in English Expressions. For example, I now know that the plug in my hotel room must be "earthed," the reflector in the middle of the road is a "cat's eye," and that when the coach pulls off the motorway, I'll have time to "nip to the loo" or—my personal favorite—"go for a tea and a wee."

I'm also becoming more familiar with English Extremes—the grand castles and manor houses of the aristocracy and the small villages of the common folks. Their lifestyles are, as our guide from Insight Vacations would say, as different as "chalk and cheese."

We spend eleven days weaving along two-lane roads bordered by fields of barley in the south and pastures of Blackface sheep in the north. While modern homes surround some of the mid-size cities, the small towns are filled with buildings that often date back hundreds of years. Some are made of hand-hewn brick, others of stacked stone. Some, especially in the Cotswolds, are tawny gold while those in

the north are industrial gray. But all have narrow streets, roofs rippled with age and bright-hued flowers that scramble up the walls. In short, they're all picture-postcard perfect.

We stop in several of the villages, especially those with literary connections. In Winchester we see the boarding house where Jane Austen died and the cemetery where she was buried. In Grasmere we visit Wordsworth's home and gravesite; in Haworth, the Brontës' parsonage; and in Stratford-on-Avon, the birthplace of William Shakespeare.

But if these towns are small and unassuming, the castles and manor houses that surround them are large and overwhelming. Many of them fell on hard times after World War I as their aristocratic owners, whose families had owned the property for hundreds of years, realized they were land-rich but cash poor. In order to maintain and pay taxes on their historic homes, they opened them to

tourists. This was undoubtedly sad for the aristocrats but wonderfully fortunate for the rest of us.

Our tour of the castles and manor houses amounts to a crash course in English history. We stop at Hever Castle, the childhood home of Anne Boleyn, and I finally learn to keep straight the fate of Henry VIII's six wives. "It's easy," says our guide. "Just remember the rhyme: Divorced, beheaded, died; divorced, beheaded, survived." (Poor Anne was Wife #2, beheaded in 1536 after only three years





as queen.)

Leaping forward four centuries, we visit Chartwell, the adult home of Sir Winston Churchill, who purchased the estate in 1922 and

lived there until his death in 1965. In between we visit six other grand estates, glimpsing life as it was hundreds of years ago and, to a lesser extent, as it is today for England's gentry.

Finally, after being immersed in such an aristocratic atmosphere and re-reading the passionate prose of Austen and the Brontës, our thoughts turn to Downton Abbey, the hit television show that traces the antics of a fictional upper-crust family and their servants from 1912 through World War I. (The

storyline will continue into the early 1920s during the third season, which begins in January on PBS.)

How closely, we wonder, do sites used for filming the series compare to those we've just seen on our Insight tour. To find out, we turn to Robina Brown of The Driver-Guides Association, who drives us to the two main film sites: Highclere Castle (possible, although difficult, to reach by public transportation) and Bampton Village (impossible to visit without a car).

Highclere, which is used for both the exterior and many of interior shots of Downton Abbey, is a properly proud

edifice, with turreted towers, ornate ceilings and more than 1,000 acres of mostly-manicured lawn. As we walk through the house we recognize several of the rooms—most notably the library, salon, dining room, grand hall, and, especially, one of the bedrooms that was the site of a pivotal plot turn.

But for me the real treat is visiting Bampton, a small town that has existed in relative obscurity since the Iron Age but that now is familiar to millions of people across the world. Robin Shuckburgh, Chairman of the Bampton Community Archive and owner of the Coach House B&B, points out the buildings that were used to depict the fictional Downton Village.

Here, in one of the oldest and best-preserved villages in England, fact and fiction merge. It's the perfect end to our countryside tour of, as the Brits would say, the land "across the pond."

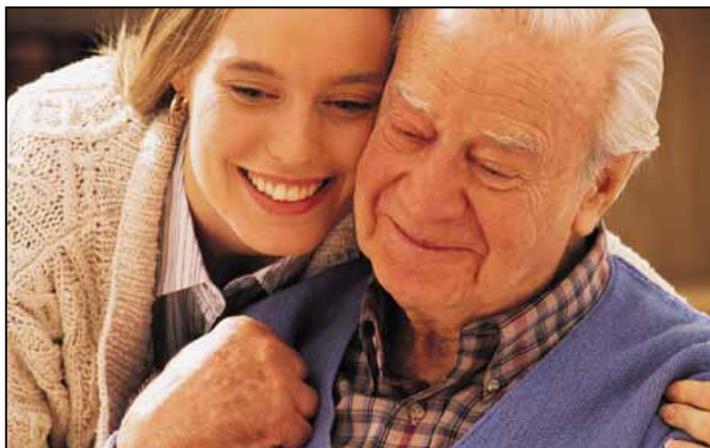
*Photos: Left: Hever Castle was the childhood home of Anne Boleyn. Bottom left: William Shakespeare as born and raised in the small market town of Stratford.*

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# BROADWAY: A Personal Perspective

By Brian Bradley

**B**ring It On: *The Musical* was not a show I was prepared to take seriously. And although it does have its faults, I liked it much more than expected.

Geared as it is toward female teenage girls, one might rightfully question the appeal for an adult Broadway audience. And much of act one can be a strain with cheerleading routines that are admirably athletic but ultimately exhausting and generic songs that are not discernible from one another and blur together. But act two is another matter entirely.

Based on the film franchise (the original benefited from the amusing sparring between Kristen Dunst and Jesse Bradford as

well as its witty satire), the libretto by Jeff Whitty (Tony Award winner for the *Avenue Q* book) has a new set of characters and a fresh plot. After achieving her goal of becoming captain of Truman High's award-winning cheerleading squad, because of some questionable redistricting, Campbell is transferred to an urban school whose cheerlead-

ing squad was dismantled which leaves her the odd girl out. Once the story moves to Jackson High the songs become more character and plot driven, their traditional structure more appealing. And the characters, including La Cienega a transgender student are more interesting, their circumstances more compelling.

La Cienega is a Broadway first, a transgender high school student. And she is introduced without fanfare or explanation as one of three black girls in a hip-hop dance crew that are Campbell's equivalent in popularity. The fact that this sassy teen has been accepted in an inner city environment may be debatable, but her inclusion as a character is progressive and her acceptance sends a strong message without bashing an audience over the head.

Most importantly, Gregory Haney really inhabits the role from her fierceness and outrageousness to her more restrained moments. As fine as Taylor Louderman is as our

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protagonist Campbell, ingénues are often upstaged and that is the case here. In particular by Adrienne Warren as Campbell's chief rival at Jackson and Ryann Redmond as the chubby girl and perpetual mascot whose edgy wardrobe makes her a fit with her new student body.

As much as I was dreading *Bring It On* and mostly liked it, I was really looking forward to The Public's Shakespeare in the Park presentation of *Into The Woods* and was mostly disappointed.

Stephen Sondheim and James Lapine's marvelous musical is an exploration of love and loss as told through a number of fairy tale characters, their stories and what happens after happily ever after. The material is extremely challenging both in terms of the music and the style and richly rewarding when done properly.

The complexity, cleverness and humor of lyrics for "Agony", "Hello Little Girl" and "It Takes Two" are only matched by the rueful sadness of "Stay With Me", "No More" and "Moments in the Woods". Phrases like "Sometimes people leave you, halfway through the wood" from "No One Is Alone" or "What do you leave to your child when you're dead? Only whatever you put in its head" from "Children Will Listen" are deeply moving and profound.

But you can muck it up. And the two English directors Timothy Sheader and Liam Steel have certainly accomplished that in every way imaginable. First off,

they have framed the show in a different way. Instead of the narrator being an older gentleman, he is now a boy who, it appears, imagines the scenario with the toys he dumps out of his backpack. This applied device makes no sense and is an unnecessary distraction. Their staging is busy and chaotic and creates innumerable focus issues.

The set, a confining tree house like unit nestled in the fake forest (left over from the previous production?) is hideous and requires actors to practically climb over each other sometimes while obscuring them at others. The odd mix of periods for the costumes, you could call it period less, is destructive and unattractive. The wit of *Into The Woods* comes from handsomely dressed princes and princesses or appropriately dressed commoners in a fairy tale setting acting out in neurotic ways. Poor Amy Adams as the Baker's Wife is saddled with what looks like a dead squirrel for a wig. And imagine Donna Murphy as the Witch made up as the Swamp Thing with talons as long as crutches. The lights are murky and only exacerbate the focus problems.

The performances run the gamut but lean toward the average. One suspects the cast was under rehearsed and not properly directed.

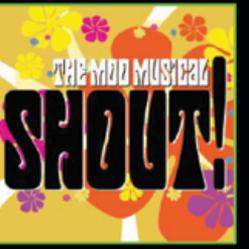
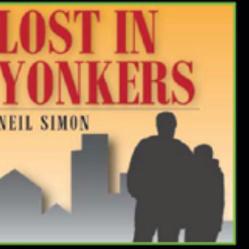
The performances run the gamut but lean toward the average. One suspects the cast was under rehearsed and not properly directed.

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



*Bring it on (Photo by Craig Schwartz)*

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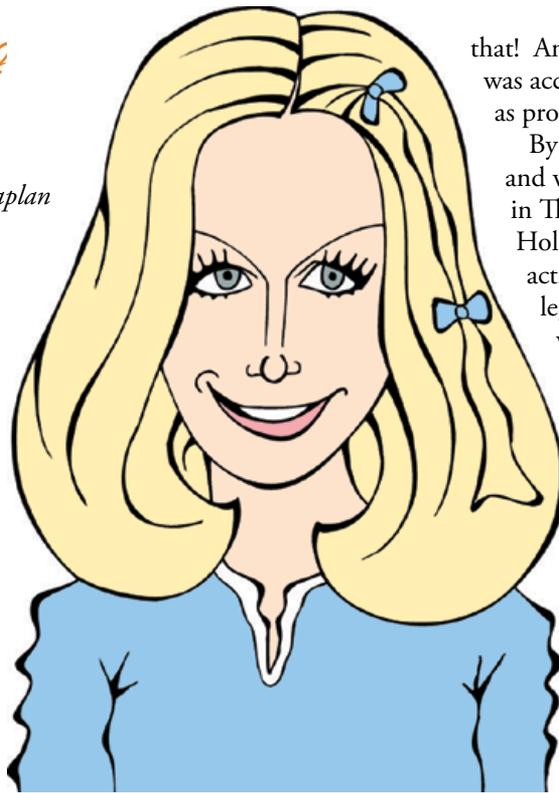
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## Joan Van Ark

Written and illustrated by Marshall Jay Kaplan

She was beautiful. She was unique. She was the best 'crier' on any late night soap. Today, Joan Van Ark is still beautiful and unique. More importantly, she is the most energetic and passionate actress you might ever meet!

Joan Van Ark was born on June 16, 1943 in New York City. Named after Joan of Arc, she had "a lot to live up to!" As a student reporter at age fifteen, she interviewed legendary stage and screen actress, Julie Harris who recommended to the young Joan that she attend the prestigious Yale School of Drama. Joan listened to her future acting mentor and idol - and did just



that! And on a scholarship, no less! Although she was accepted to Yale, she left after her first year as producers had already come calling.

By age nineteen, Joan had appeared on stage and was a Tony nominated actress for her role in *The School of Wives*. Universal Studios in Hollywood offered Joan a contract. Her first acting gig was for a TV pilot opposite the legendary Bette Davis. Although the pilot was not picked up, Joan was – this time with NBC.

After a few supporting roles, Joan won the role of Valene Ewing, wife of black sheep Gary Ewing (played by Ted Shackelford), son of Jock, brother of J.R. (Larry Hagman), mother of Lucy (Charlene Tilton) – does that all make 'Dallas' sense? After all, Dallas is a soap opera! Well, to Dallas fans it made perfect sense. So much so, that her and Ted's characters were spun off into *Knots Landing* – another successful night time soap

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that takes place on a cul-de-sac. Joan remained on the cul-de-sac for thirteen years, earning numerous accolades and magazine covers. As on the show, to this day, she and Michele Lee remain the best of friends. Joan earned six Emmy nominations and won two Soap Opera Digest Awards. However, Joan's greatest gift on 'Knots' was being able to co-star with her acting mentor, Julie Harris.

After leaving 'Knots' in 1992, Joan returned to her number one love, the stage, as well as made appearances on other TV shows.

Joan has remained married for almost 45 years to her childhood sweetheart, former TV reporter, John Marshall. They have a daughter, Vanessa Marshall who is a very well known voiceover actress.

Joan resides in Studio City in a lovely home. She runs 10 miles (yes, 10 miles) a day. Why? "Well, I have to get all of the crap out of my head somehow!" Joan attends acting classes regularly – always improving upon her craft. She considers herself a serious actress.

As for her next role? "I would love to play a biker grandma!" Does Joan ever sit still? "Absolutely not! I'm going to be dead and buried one day and I still have so much to do!"

She may have starred in Knots Landing, but Joan Van Ark is anything but landed – she continues to soar!

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



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# Recent DVD Releases



Mark GLASS

## What to Expect When You're Expecting ★★



(PG-13) The popular advice book for impending parenthood loosely forms the underpinnings for this sentimental ensemble comedy, featuring several couples in various stages of adding children to their lives. Cameron Diaz, Jennifer Lopez Elizabeth Banks and Anna Kendrick are among the moms-to-be - each

with a significantly different set of circumstances. Their partners are variably supportive, scared or reluctant. Chris Rock and Thomas Lennon lead a group of dads who offer perspective to those about to join their pram-pushing ranks, and many of the film's funniest moments.

The comedy seems largely forced, and awkwardly mixed with the serious aspects of the principals' set of stories, building to an even more far-fetched climax. Viewers in that particular phase of their lives will likely provide the best demographic for enjoying these proceedings. Otherwise, the amount of talent in front of the cameras greatly outweighs the nutritional value of the screenplay.

If you want a far more satisfying dose of pregnancy-related hilarity, try the book "What to Expect When You're Expected" by Daily Show writer/producer David Javerbaum, spoofing the source material for this film by offering a detailed month-by-month guide addressed to the fetus. You may as well read it, since I doubt that one can be adapted for the screen.

## Marvel's The Avengers ★★★★★

(PG-13) Like the X-Men, these characters mean well, but are misunderstood by politicians and other mortals suffering from prowess envy. Iron Man is a rich industrialist, so he's more trusted than The Incredible Hulk, Thor (a Norse God from outer space? Just imagine the attack ads he'd face in this climate), Hawkeye (not the hilarious doc from M\*A\*S\*H\*; some dude with a big bow and superarrows), Black Widow (sexy, but who is really cool with spiders?), or even Captain America (a war hero, but thawed out and juiced up after 70



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years on ice; that's almost zombie territory). Samuel L. Jackson heads S.H.I.E.L.D. - an effort to mold them into a cohesive unit the honchos and public will accept. Egos and irrational fears pose almost as much threat as the invaders, and the super-duper power source they're fighting over.

We've seen many of these characters from the legendary mind of Stan Lee (Spielberg and Lucas for nerds who read comics before they're turned into movies) in recent hit films. In the early going, Robert Downey Jr.'s snarky sarcasm carries the film through the talky exposition phase of gathering the troops and setting up the premise. By the time the Big Battle arrives, the adrenaline rushes that all the geeks have been drooling over since the project was announced live up to those high hopes. If a 3-D screen is in range, go for the upgrade.

Most importantly, the producers get the tone right, mixing action, character development (valuable for embracing those just meeting some of the players) and comic relief. Films like John Carter suffer from taking themselves too seriously. This stuff should be fun, and these guys understand that. The two-hour plus running time feels burdensome for a while, but by the time you leave, it will seem shorter. Enjoy this one as the group's intro, since sequels are virtually inevitable.

### The Cabin in the Woods ★★★★★

(R) Disclaimer - This high rating is intended only for fans of slasher flicks. The rest of you may as well skip to the next review, 'cause you ain't got no business renting this one. For genre fans, the more of these cheesy excuses for mayhem you've devoured, the more you'll appreciate how writers Joss Whedon

and Drew Goddard extend their considerable sci-fi street cred by simultaneously paying homage to all the conventions, while turning the concept upside down and inside out. If you relish the arrival of new variations on psychotic slayers, with or without any sort of preternatural or supernatural powers, you are squarely within the target demographic for these festivities.

Two babes, two hunks, and a comic-relief stoner leave college for a weekend visit to a creepy cabin in some very remote woods. All the setups of looming danger appear. Simultaneously, some sort of high-tech, super-secret event is occurring that may or may not have anything to do with what will befall our presumably ill-fated quintet. What does happen is grisly, ghastly and periodically hilarious. Beyond that, the less you know, the more fun you'll have. Do not seek further details from any bloggers or buddies before you watch. Just let it all unfold before your eyes, ears and stomach.

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



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FAMILY FEATURES

The secret is out - and it's both sweet and savory! These recipes, all finalists in the **Eagle Brand** Sweet Secret Recipe and Essay Contest, are infused with creativity and sweetened condensed milk. For more easy inspiration, visit [www.eaglebrand.com](http://www.eaglebrand.com).

### Autumn Acorn Squash Soup

Rebekah R., Appleton, Wis.; Serves 6

- 1 small onion
- ¼ cup chopped celery
- 2 tablespoons sweet cream butter
- 2 tablespoons all-purpose flour
- 1 teaspoon chicken bouillon
- ½ teaspoon dill weed
- ¼ teaspoon curry powder
- Dash cayenne pepper
- 2 cups chicken bone stock
- 1 (14-ounce) can sweetened condensed milk
- 3 cups cooked acorn squash, mashed
- Salt and pepper to taste
- 6 bacon strips, cooked and crumbled

Saute the onion and celery in butter in a large saucepan. Stir in flour, bouillon, dill, curry and cayenne pepper. Gradually add chicken stock and sweetened condensed milk.

Boil for 2 minutes. Add the squash, salt and pepper.

Place in blender; blend in batches until smooth. Pour into bowls; garnish with bacon.



## Creamy, Dreamy Sweet and Savory Recipes

### Malt Shoppe Chocolate Mousse Pie

Gloria B., Naperville, Ill.; Serves 8

- 1 (9-inch) refrigerated pie crust
- 1/3 cup packed light brown sugar
- 1/3 cup malted milk powder
- 3 tablespoons cornstarch
- ¼ teaspoon salt
- 1 (14-ounce) can sweetened condensed milk
- 1 cup semi-sweet chocolate morsels
- 1 teaspoon vanilla extract
- 1 (8-ounce) container frozen non-dairy whipped topping, thawed, divided
- ¾ cup crushed chocolate-covered malted milk balls, divided
- Chocolate flavored syrup, maraschino cherry, garnishes

Heat oven to 450°F. Thoroughly prick bottom and sides of crust with fork to prevent shrinking. Bake pie crust as directed in baked shell using 9-inch glass pie plate. Cool completely. Combine brown sugar, malted milk powder, cornstarch and salt in medium saucepan. Whisk sweetened condensed milk, stirring constantly, over medium heat until mixture comes to a boil and thickens. Remove from heat, stir in chocolate morsels and vanilla until smooth. Refrigerate filling until cooled.

Fold in 1¼ cups of whipped topping into filling. Fold in ½ cup crushed malted balls. Spoon filling into cooled, baked crust. Top pie with remaining whipped topping; sprinkle with remaining crushed malted balls. Drizzle with chocolate syrup; top pie with cherry. Refrigerate.



## Tropical Breeze Mango-Coconut Cheesecake

Amy S., Clifton, N.J.; Serves 12

### *Crust:*

- 2 cups sweetened flake coconut
- 1 tablespoon granulated sugar
- Grated zest of half a lime
- 2 tablespoons unsalted butter, softened

### *Filling:*

- 3 (8-ounce) packages reduced fat cream cheese, softened
- 1 (14-oz) can sweetened condensed milk
- 3 large eggs
- 3 tablespoons lime juice
- 1½ teaspoons vanilla extract
- 2 tablespoons cornstarch
- 1 cup Mango Jam

### *Garnish (optional):*

- 1 ripe mango, peeled, seeded and thinly sliced
- 1 lime, thinly sliced
- 1 can sweetened whipped cream

**For Pie Crust:** Heat oven to 350°F.

Toss together coconut, sugar and lime zest in a medium mixing bowl. Add butter and stir until crumbly. Press mixture into bottom and up sides of a 9-inch non-stick spring form pan. Bake for 10 to 12 minutes, until light brown. Allow to cool completely.

**For Filling:** Reduce oven temperature to 300°F. Beat cream cheese until smooth with an electric mixer on medium speed in a large mixing bowl. Gradually beat in sweetened condensed milk, beating until smooth. Add eggs, lime juice, vanilla extract and cornstarch, mixing until well combined.

Pour cream cheese mixture into prepared crust. Stir in jam until smooth, drop dollops of jam on top of filling. Gently swirl jam with a knife until top of filling appears marbled.

Bake for 55 to 60 minutes, or until center is set when jiggled. Place pan on wire rack to cool completely. Cover and refrigerate 8 hours or overnight.



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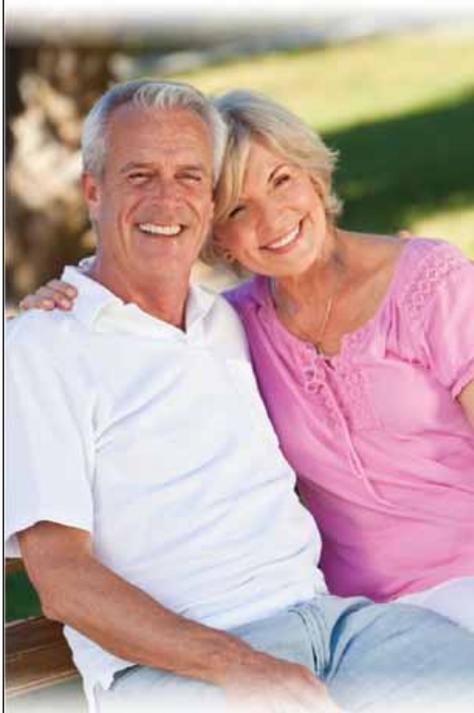
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1. MOVIES: What was the name of Rocky's boxing nemesis in "Rocky"?
2. MUSIC: Which 1980s rock band had a hit with the title "Roxanne"?
3. HISTORY: Where did the Battle of Waterloo take place?
4. SCIENCE: What does a mycologist study?
5. TELEVISION: What was the name of the boyfriend in the "Gidget" surfing series?
6. COMPUTERS: What does it mean when you get the message "Error 404" on a computer?
7. LANGUAGE: What does the acronym "radar" stand for?
8. LITERATURE: When was "The Cat in the Hat" first published?
9. TEAM SPORTS: How many members does a cricket team have?
10. GEOGRAPHY: What is the capital of Trinidad and Tobago?

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- Answers
1. Apollo Creed
  2. The Police
  3. Belgium
  4. Fungi
  5. Mycologist
  6. Webpage not found
  7. Radio detecting and ranging
  8. 1957
  9. Eleven
  10. Port of Spain

# Sudoku

by Linda Thistle

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

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!

© 2012 King Features Synd., Inc. *Answer: Page 40*

## MAGIC MAZE ● UNIONIZED

*Answer: Page 40*

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

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

- |             |             |             |          |
|-------------|-------------|-------------|----------|
| Actors      | Laborers    | NBA players | Teachers |
| Bricklayers | Miners      | NFL players | Umpires  |
| Firemen     | MLB players | Nurses      | Writers  |
| Jockeys     | Musicians   | Police      |          |

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**RiverView Theater**

**600 Clyde Fant Parkway**

**Michael Buttermann, conductor**



In collaboration with Moonbot Studios and the Robinson Film Center, this event features a screening of the Oscar®-winning short film *The Fantastic Flying Books of Mr. Morris Lessmore* with the full SSO performing the score. Also includes music from *Harry Potter*, *Psycho*, *Schindler's List*, *Star Wars*, *Pirates of the Caribbean* and more.

**TICKETS & DETAILS:**

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*Tickets start at \$15; Students \$12*



Morgan Stanley  
 Smith Barney



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## CONCERT

**Movie Masterpieces** - Shreveport Symphony. Friday October 19. 7:30 p.m. Features a screening of the Oscar-winning short film *The Fantastic Flying Books of Mr. Morris Lessmore* with the symphony performing the score. Also includes music from the movies *Harry Potter*, *Psycho*, *Schindler's List*, *Star Wars*, and *Pirates of the Caribbean*. Tickets start at \$15. Call 318-227-8863.

## DRIVER SAFETY

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

- October 12: 8:30 a.m. – 12:30 p.m. Caddo Parish Sheriff's Department, 1101 Forum Drive, Shreveport. Contact: Deputy Frankie Morris 318-681-0869; Instructor: Martha Hogan
- October 13: 8:30 a.m. – 12:30 p.m. Hebert's Town and Country, 1155 E. Bert Kouns Ind. Loop, Shreveport. Refreshments and Door Prizes. Hosts: Hebert's and *The Best of Times*. Contact: 318-221-9000; Instructor Ray Branton
- October 18: 8:30 a.m. – 12:30 p.m. First United Methodist Church, Head of Texas Street, Room 316, Educational and Administrative Building. Contact: Carl Rhoads 318-424-7771; Instructor: Ray Branton
- October 30: 12:00 Noon – 4:00 p.m.

(Open to those with access to Barksdale Air Force Base) Barksdale Golf Course Clubhouse Meeting Room Barksdale AFB. Host: Retiree Activities Office Phone 318 – 456 – 4480; Instructor: Dave Jampole

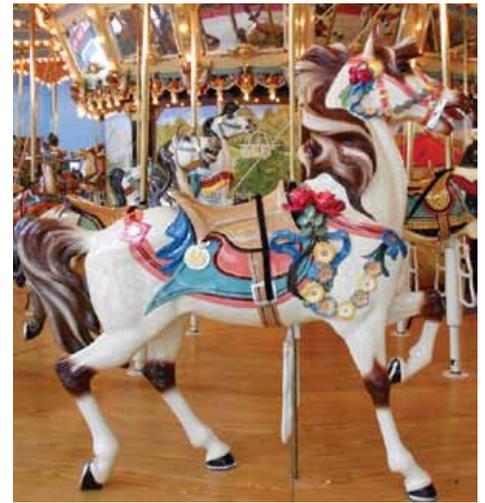
## EVENTS

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

- Friday, October 12 at 12 noon. Promise Hospital ACU conference room, 1st floor 1800 Irving Place (Irving Place runs parallel to Line Avenue). Topic: Communicating Effectively with Loved Ones with Dementia. Speaker: Loretta Carlson, Board Member, Alzheimer's Agency. Bring your own lunch.

**Senior Day at the State Fair** - Thursday Oct 25. 10 am - 3 pm. Hirsch Coliseum at the State Fair Grounds. Door prizes, **FREE** health care screenings, flu shots, exhibits, contests, entertainment. **FREE** admission and **FREE** parking to the fair for those age 50+.

**Wine, Cheese and Therapies, Insight Your Senses** - Sat., Nov. 3. 6 - 10 p.m., Ristorante Giuseppe, 4800 Line Ave., Shreveport. Proceeds benefit The Center for Families. Featuring a 4 course dinner with wine by Chef Giuseppe Brucia, music, live football viewing, receive a massage or other healing therapy and silent auction. Tickets are \$100 per person. Call (318) 222-0759 or at the Center at 864 Olive Street, Shreveport.



## EXHIBITS

**Titanic: The Artifact Exhibit.** Through January 20 at Sci-Port on Clyde Fant Parkway in downtown Shreveport. Features numerous artifacts recovered from the Ship's wreckage housed in galleries recreated to resemble various sections of the Ship. The exhibit will take visitors through key milestones in the Titanic's story, from its conception and construction through to life on board and the wreckage from the sinking, as well as the incredible stories of its passengers and crew. Visitors will also get to learn the story behind the discovery of the Titanic wreck in 1985 and the efforts to monitor and recover artifacts. Monday - Friday 10 am - 5 pm; Saturday 10 am - 6 pm; Sunday noon - 6 pm. (318) 424-3466

**In the Shadow of Danger: Photographs of the Vietnam War, 1970-1971** - Through Oct 14. Norton Art Gallery, 4747 Creswell, Shreveport.

## KREWE OF ELDERS

**Coronation Bal** - Friday, October 5, 6:00 until 11:00 p.m., at the American Legion Post No. 14, located at 5315 South Lakeshore Drive, Shreveport. Entertainment provided by Rockin Redeyes Band. Dinner Buffet, cash bar, 50/50 raffle. Black Tie Optional. \$40.00 advance, \$45.00 at door. Open to public. Info. 635-4901, 752-9175.

**Halloween Party** - Sunday, October 28, from 1:00 until 5:30 p.m., at the American Legion Post No. 14, located at 5315 South Lakeshore Drive, Shreveport. Entertainment provided by Louisiana

## 200 Years of History

# 1849



Baton Rouge becomes Louisiana's capital and the Louisiana State Capitol Building opens one year later, serving as state government headquarters until 1935. Resembling a castle, it today remains one of the finest examples of Gothic architecture in America.

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Crossroads Band. Prizes for best costumers, 50/50 raffle, cash bar, food available for purchase. Open to the public. \$6.00 members, \$10.00 non-members. Info. 635-4901, 752-9175.

**MEETINGS**

**The Ark-La-Tex Genealogical Association, Inc.** - 1:00 pm Saturday, October 13 at Randle T. Moore Center, 3101 Fairfield Ave., Shreveport. Featuring Gary Joiner, PhD. Topic: Gravestone Symbolism and Iconography, "Exploring the meaning of cemetery symbols and other graveyard mysteries." Admission is free. Open to the public. Information: 318-746-1851.

**GENCOM Genealogical Computer Society Family History Month meeting** - Saturday, November 3 from 1 - 4 pm at the Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport. There will be displays and demonstrations presented by members of GENCOM on genealogy/family history research and the use of computer technology and DNA testing to accomplish this research. GENCOM members will also be present to answer any questions about

genealogy and give a tour of the library's Genealogy Department. This event is free and open to the public. For info call 318-773-7406 or email jgiones09@gmail.com.

**MOVIES**

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

**THEATRE**

**Moon Over Buffalo** - A laugh-out-loud comedy presented by the Shreveport Little Theatre, 812 Margaret Place, Shreveport. Nov 1, 2, 3, 8, 9, 10 at 8 p.m.; Nov. 4, 11 at 2 p.m. Tickets are \$10 - \$17. Call (318) 424-4439 for tickets or more information

**TOURS**

**Chimp Haven Fall Festival** - Saturday, October 20. 9:00 am - 2 pm. Chimp Haven, 13600 Chimpanzee Place, Keithville. Free and open to the public. An autumn celebration filled with a straw maze, pick-your-own-pumpkin patch, photo opportunities, face painting, farmer's market, entertainment,

pumpkin carving contests, pie eating contests, and behind-the-scenes hay rides. Visitors will be able to view the chimpanzees in their naturalistic environment and talk to staff about the chimpanzees' personalities and natural behavior. (318) 925-9575.

**Halloween Candlelight Tour** - Local legend tells us that a young girl died tragically at The Logan Mansion in 1904. Does her spirit lock the owners out, move furniture, hide things, appear in windows? You be the judge. The annual tour at The Logan Mansion will be held on Saturday, October 27 and Wednesday, October 31 starting at 6 pm. Tours begin every 20 minutes. \$10 for adults and \$5 for children under 12. Reservations are not necessary. Plan to spend

one hour in the mansion. The Logan Mansion is located in the west end of downtown Shreveport at 725 Austin Place, one block from Municipal Auditorium. For more info call 318-459-2285.

**TNT Express** - FREE Thursday Night Trolley tour rolls through downtown Shreveport every 3<sup>rd</sup> Thursday of the month, taking visitors to downtown art, cultural and science attractions including museums, galleries and historical sites. A professional guide rides along offering interesting tidbits about Shreveport's multicultural history. Trolley tours run approximately every 20 minutes from 5 to 8 p.m. Trolley stops vary each month. For more info including this month's destinations, call (318) 673-6500 or (318) 673-6535.



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**Super Crossword**

Answers

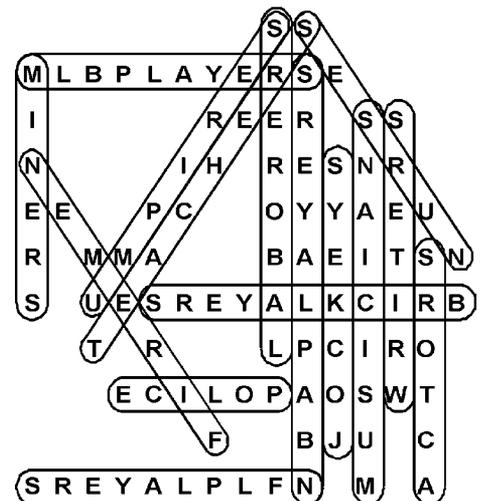
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S	T	R	E	N	G	T	H	T	R	A	I	N	I	N	G	G	R	E	Y
S	T	O	R	E	S	S	H	A	W	A	S	S	E	R	T	S			
S	H	E	H	E	A	L	T	H	T	H	R	E	A	T					
A	F	T	A	O	A	R	S	E	M	I	R	S	U	I	N	T	A		
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S	T	O	P	S	B	Y	H	E	A	T	T	R	A	C	E	D			
L	E	T	A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

**SUDOKU**

Answer

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

**UNIONIZED**





# OCTOBER PARTING SHOTS

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

**The Best of Times Poker Rally Judging Event and Business Expo** was held at DiamondJacks Casino and Resort in Bossier City on August 29th. The event benefited the Food Bank of NW Louisiana.



Food Bank representative Gene Haynes (left) thanks Gary Calligas of The Best of Times for a successful food drive. Over 1,600 pounds of food and over \$1,000 in cash donations were collected during TBT's Poker Rally.

Residents and staff from Azalea Estates were among the big winners. They are Mary Scudder, Mary Manson, Nancy Rivers, Pauline Hadda, Agilee Barrett, Alma Baird, Marian Brown, Stafford Harvill, Dianne Ranger, & Gerri Baird.



(L to R) Mary Anne Shemwell, Pablo Castro, Mary Bringol, Jason McLaughlin, Alma Baird, Ruby Jackson, Gail Spaw, Rodney Nunley (front)

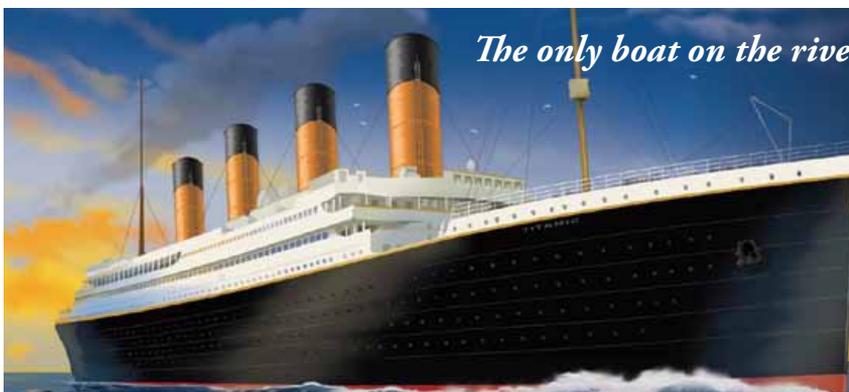


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**October Parting Shots continued — More Poker Rally**

E. W. Murphy (seated) won the three wheel LSU scooter provided by AllMed Mobility. Pictured with Mr. Murphy are AllMed representatives Robert Robinson and Shawn Festavan and TBT publisher Gary Calligas.



**Left:** Mary Anne Shemwell was one of 800 attendees.

**Right:** Sherry Sellers, representing the Louisiana Lions Eye Bank, was one of 62 exhibitors.



Amy Nichols won the Grand Prize package which included a three wheel scooter, presented by Robert Robinson of AllMed Mobility of Shreveport.



Jo Anne Woodward participated in DiamondJacks Slot Tournament after the Rally.



Linda Dickson (left) and Donna Ryan at the **Susan B. Komen Race for the Cure** on September 15th at Century Link in Bossier City.

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20484-RES01-0112-GB 

October Parting Shots continued —

**The 2012 Collector's Choice Wine Tasting and Auction**, benefiting the Louisiana Association for the Blind, was held on August 24 at Sam's Town.

(L to R) LA Assn for the Blind representatives Kelly Murphy, Shelly Taylor, and Tom Tyler



Gale Funk (left) and Shelly Taylor bid on the Marilyn Monroe wine.



(L to R) David and Susan Smelley with Karen and Scott Kennedy



Brenda Bartle (left) and Frances Washburne



Paul and Karen Carrig

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October Parting Shots continued —

**Lions West Shreveport** held their monthly meeting at Johnny's Catfish Restaurant on September 11. TBT publisher Gary Calligas was the special guest speaker.

(L to R) Paul Glanville, Andy Loftus, and Les Brosset



Bill Altimus (left) and John Favrot



**The Third Annual ALTAPL Ladies Luncheon** was held on Sept 7 at East Ridge Country Club.

(L to R) Jeanie Middleton, Sue Wyche, Cindy Harris, Karen Kennedy, Dianne Turnley, Linda Hymel, Claudia Lyles and Vicki Franks



(L to R) Ginger Lynn, guest speaker Judge Jeanette Garrett, and Roxanne Bosserman

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# Christmas in Central Park

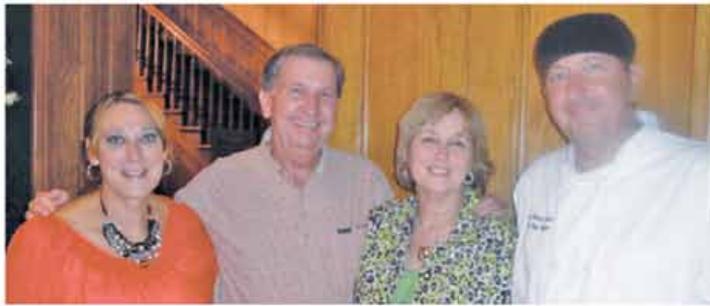
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NOVEMBER 15<sup>TH</sup> - 17<sup>TH</sup>

BOSSIER CIVIC CENTER 620 BENTON ROAD

**October Parting Shots continued —**

**Birthday Girl:** Debbie Grand celebrated her birthday in style at The Mabry House in Shreveport. (L to R) Ginger Mylar, Robert and Debbie Grand, Chef Steve Mylar.



**ARP's Drivers Safety Course** was held on September 15 at Hebert's Town & Country.



**Left:** Shirley and Richard Gunther won symphony tickets compliments of The Best of Times.

**Right:** Carol Martin receives a gas card door prize from Nancy Brantley of Hebert's Town & Country.

**4th annual Rotary Red River Dragon Boat Festival** on September 15th.

(L to R) Father Bosco with Kaye and JJ Richards of the Crusades team, representing St. Jude Church in Bossier City.



**Haunted Historic Shreveport Tours and Dinner at Twine** on Line on September 15th.

(L to R) Patti Garrett, Pat Gill, Terry Bacigalupi, Pam Cummings.

CHRISTMAS IN THE SKY  
**2012**  
**APOCALYPSE**  
**WOW**  
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**Entertainment & Dancing**  
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**Valet Parking**

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By taking the AARP Driver Safety Course participants may:  
Update their knowledge of the rules of the road, learn or  
improve defensive driving techniques and extend their  
safe driving lifetimes.

Attendance qualifies persons for a three-year  
discount on auto insurance from almost all insurers.

AARP membership is not required to attend.

**Fees:** \$12.00 for AARP members with  
their membership numbers

\$14.00 for all others.

**Light refreshments! Giveaways! Door Prizes!**

The AARP Drivers Safety  
Courses will take place at:  
Hebert's Town & Country  
1155 East Bert Kouns  
Shreveport, LA 71105

**Upcoming AARP  
Driver Safety Courses:**

**Saturday, August 25, 2012**  
8:30 am to 12:30 pm  
(Registration begins at 8 am)

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

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

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

**Saturday, December 8, 2012**  
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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**Vicki Ott, Administrator**

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