

May 2013

The Best Of Times

*"Celebrating Age
and Maturity"*

-Inside-

Cruising Through
Five Countries and
Ten Centuries

6 Exercises for a
Stronger Back

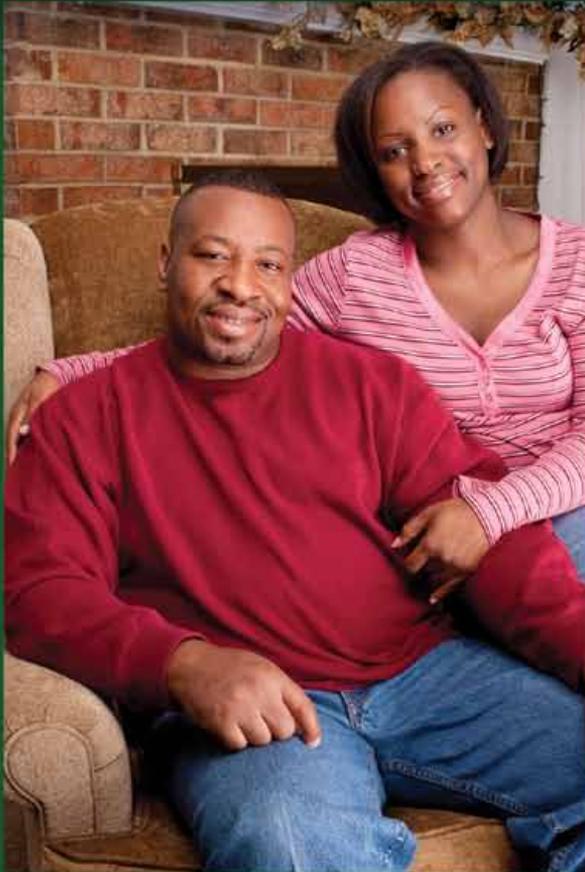
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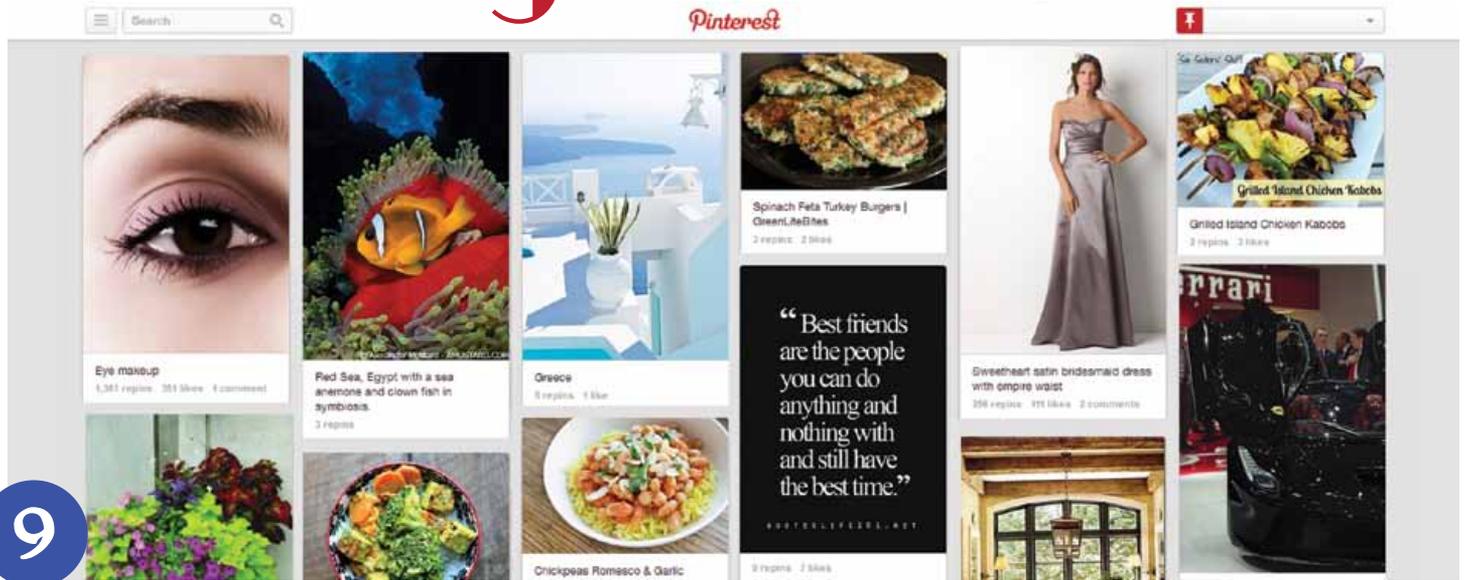


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In Every Issue



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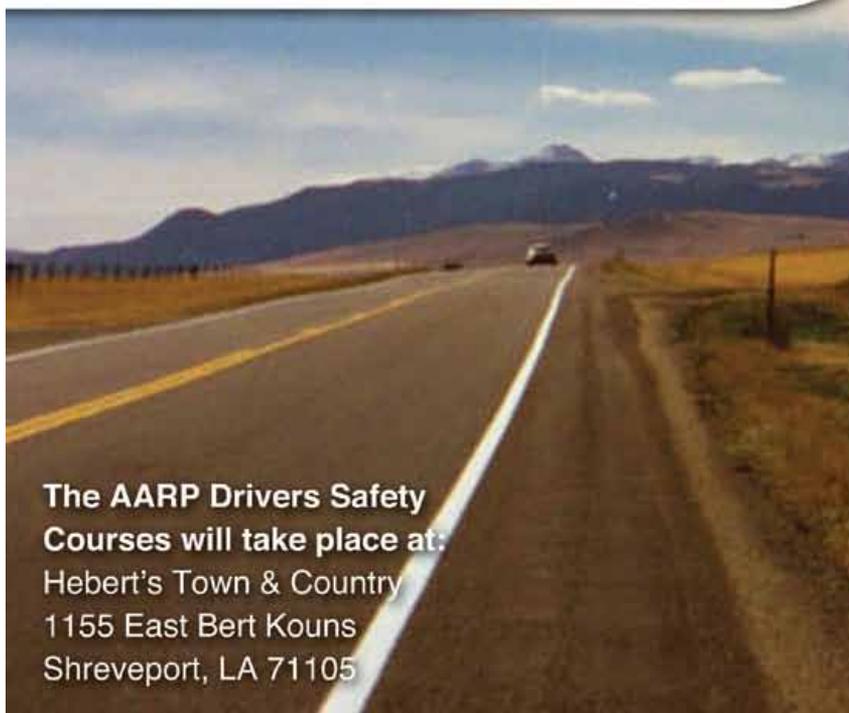
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(Registration begins at 8 am)

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Call NOW for reservations to attend one of the above course dates. Seating is limited!



In 1953, Eisenhower was president, Dr. Jonas Salk announced a new vaccine to prevent polio, the Korean War ended, Edmund Hillary and Tensing Nor-kay became the first to reach the summit of Mt. Everest, and I was born.

Sixty years doesn't sound like a long time, but modern day technology was in its infancy. In fact the big technologic news of that year was that the first color TVs were available for purchase (to the tune of about \$1,175).

Like many of my generation, I was technologically resistant (a close cousin to being technologically challenged) for many years. I just didn't seem to want to be any more advanced than I was. But work required that I learn to use a computer, email and do research using the internet. I was forced to learned to text in the days following Katrina, as that was the only way to communicate with friends and family in south Louisiana. I still don't know how to program a DVD player and I don't own a smart phone (yet), but times they are a changing. I absolutely LOVE my iPad. Facebook has allowed me to reconnect with friends and family around the world. And Pinterest has opened up a world of great ideas for everything from meals, to decor, to crafts.

If you've been curious, but didn't know how to get started, be sure to read Teri Greene's *Pin Away on Pinterest* (page 9), an informative read about this fast growing social network site.

The Best of Times is also getting on the technology bandwagon. You can already read your favorite magazine on our website, but coming soon we'll be introducing an app for your iPhone, iPad, and android devices. This FREE app will allow you to view past and current issues on your tablet or phone with no charge for subscription or content viewing.

Until next month, Happy Mother's Day and on Memorial Day please pause to remember all the brave men and women who paid the ultimate sacrifice defending our freedom. *-Tina*



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New Technique Shows Promise in Restoring Near Vision without Glasses

By middle age, most people have age-related declines in near vision (presbyopia) requiring bifocals or reading glasses. An emerging technique called hyperopic orthokeratology (OK) may provide a new alternative for restoring near vision without the need for glasses, according to a study performed at the University of New South Wales, Sydney and appearing in *Optometry and Vision Science*. For middle-aged patients with presbyopia, researchers have shown the feasibility of correcting one eye for near vision through OK, in which overnight contact lens wear shapes the cornea of one eye to allow in-focus near vision for reading. To preserve normal distance vision, the other eye is left untreated. Presbyopia is caused by age-related loss of flexibility in the cornea. Orthokeratology is a clinical technique to correct vision using specially designed rigid contact lenses to manipulate the shape of the cornea. Researchers liken OK therapy to orthodontic treatment using braces to change the alignment of the teeth. The improvement was apparent on the first day after overnight OK lens wear, and increased further during the initial treatment week. To retain the correction in near vision, patients had to continue wearing their OK lenses every night.



Sport Makes Middle-Aged People Smarter

High-intensity interval training makes middle-aged people not only healthier but smarter, showed a Montreal Heart Institute (MHI) study, in collaboration with the Montreal Geriatric University Institute. The participants were all overweight and had one or more other cardiovascular risk factors. They followed a four-month program of twice weekly interval training on stationary bicycles and twice weekly resistance training. High-intensity interval training involves alternating between short periods of low and high intensity aerobic exercise – for example, a series of 30 seconds of sprinting followed by 30 seconds of walking or jogging. After the program was finished, researchers discovered that waist circumference and trunk fat mass had decreased. They also found that the participant's VO2max and insulin sensitivity had increased significantly, in tandem with their score on cognitive tests. Insulin sensitivity is the ability of sugar to enter body tissue. VO2max is the maximum capacity of an individual's body to transport and use oxygen during exercise.

Green Tea Found to Reduce Some GI Cancers

Women who drink green tea may lower their risk of developing some digestive system cancers, especially cancers of the stomach/esophagus and colorectum, according to a study led by researchers from Vanderbilt-Ingram Cancer Center and published online in *American Journal of Clinical Nutrition*. Researchers found that regular tea consumption, defined as tea consumption at least three times a week for more than six months, was associated with a 17% reduced risk of all digestive cancers combined. Those who consumed about two to three cups per day had a 21% reduced risk of digestive system cancers. The risk was reduced by 27% among women who had been drinking tea regularly for at least 20 years. For colorectal cancer, risk was reduced by 29% among the long-term tea drinkers. Tea contains polyphenols or natural chemicals that include catechins. Catechins have antioxidant properties and may inhibit cancer by reducing DNA damage and blocking tumor cell growth and invasion.

Study Ties Early Menopause to Heart Attack, Stroke

Women who experience early menopause are more likely to have a heart attack or stroke than women whose menopause occurs at a later age, according to a new observational study performed at University of Alabama-Birmingham and published in *Menopause: The Journal of The North American Menopause Society*. Within the study, early menopause in European, African-American, Hispanic and Asian women doubled the risk for cardiovascular disease when compared to groups experiencing menopause later in life. Researchers hope that getting this message out will motivate women with early menopause to engage in the lifestyle and medical strategies known to reduce risk of cardiovascular disease - like controlling cholesterol, blood pressure and excess weight and by exercising.



After a Stroke, Every Minute Counts

From the moment a person starts to experience stroke symptoms, the clock starts ticking. Every minute that passes can make a difference in how well their brain, arms, legs, speech or thinking ability recover.

Now, new national guidelines for stroke treatment make it clear just how much minutes count. The American Stroke Association guidelines are published in the American Heart Association journal *Stroke*.

Here are some key numbers:

90% - the proportion of stroke victims whose symptoms are caused by clots blocking blood vessels in the brain, making them potential candidates for clot-busting therapy if they get to the hospital in time.

9-1-1 - the number that people should call immediately after they or someone near them begins to experience symptoms of stroke.

4.5 hours - the maximum number of hours that can pass between the start of stroke symptoms and the start of clot-dissolving treatment (called tPA).

2 million - The approximate number of brain cells (neurons) lost for each minute delay in restoring blood flow after a stroke. Earlier treatment is better.

60 - the number of minutes between the moment a typical stroke victim reaches a hospital, and the moment they get treatment to break up a blood clot in their brain. This "door to needle time" includes the time it takes to use brain scanners to tell whether a clot or bleeding is causing the stroke.

4 - the number of letters in the word "FAST," which is an easy way to remember the sudden signs of a stroke:

- Face drooping: Does one side of the face droop or is it numb?
- Arm weakness: Is one arm weak or numb?
- Speech difficulty: Is speech slurred, are you unable to speak, or are you hard to understand?
- Time to call 9-1-1: If you have any of these symptoms, even if the symptoms go away, call 9-1-1 and get to the hospital immediately.



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Pin Away on *Pinterest*

The social media website that lets you share everything from recipes to fitness tips, craft projects to helpful hints – and you customize to what you like! Time to log in, scroll through and start pinning!

by Teri Greene

Have you heard about Pinterest, the social media site that lets users share recipes, do-it-yourself instructions, fitness tips, pretty much everything? That strange hybrid word has crept into everyday conversations, and at this moment, millions of fans are scouring its sprawling pages. But isn't this just another social media site taking over our lives like Facebook? Yes, and no.

Pinterest is fueled by user input and sharing, like many other sites. But click on www.pinterest.com, and the major difference is apparent: it's all about visuals -- photos and videos that lead to valuable, often fascinating, information. Even though you can find amazing things on the Web every day, this site is different. Pinterest lets users create collections of digital information - represented by photos - that can be edited in an instant and viewed at any time. The sign-up process is simple, and it's free.

As soon as you're a member, Pinterest will show you which folks among your social media contacts, including Facebook, are also using the site. Then, you can follow them and see each new "pin" they add to their "boards" in real time. The site even suggests topics for boards, such as "For the Home." But feel free to create your own titles.

One of my friends has only one board on Pinterest. It's titled "Things That Make Me Smile," and is overflowing with happy, beautiful stuff.

Your Own Space

Create as many boards as you want on the site. Think of them as "vision walls" on which you gather scraps and clippings for inspiration or reference, without the scissors, the mess, the time required in the physical world. Then, "pin" your finds to the boards. It can be recipes, craft ideas, art and photos, favorite quotes, fitness tips, DIY projects, home design concepts, antiques -- anything that draws you in.



www.pinterest.com

Pin It!



Creating a 'Pin'

Many popular business websites, including Lowe's, Zales, Pillsbury, HGTV and CBS, carry the Pinterest logo at the top of their pages. Just click it and pin it. Or, you can cut and paste the web address of the site onto Pinterest's "Pin" option, and it will soon appear on your board. Pinterest has apps for mobile devices such as iPads and smart phones that make the process even simpler. Pin away, then share them with friends and family (your "followers"). From there, your contacts can re-pin your pins they find interesting. Then, their followers can re-pin that pin. It can - and does - go on, and on, and on.

You can re-pin other pinners' finds to your board as well. Statistics show about 80 percent of new pins are re-pins that users find on the site. Once you get on the site, it's easy to see why. Stay within your circle of friends and family, and you'll get a diverse but limited taste of what's out there. Click the "Everything" or "Popular" tabs at the top of the page, and you never know what you'll find.

It Can Be Overwhelming

One day, I reviewed the "Popular" page and found hundreds of pins posted just moments before. Among them: a fluffy coconut pie, head-to-toe outfits from the fashion site Polyvore (as with the crafts site Etsy, it's a favorite among pinners), a flight of stairs carpeted in emerald (712 re-pins), instructions for building a small chicken coop (more than 2,000 re-pins), a kettle ball workout, Crock Pot chicken teriyaki (crockers are everywhere), a chandelier crafted from Mason jars (ditto that for Mason jars), a hairstyle tutorial, a list of "extraordinary uses of 18 household items," a vintage Audrey Hepburn movie poster.... and it went on, and on, and on.

Skimming pins can be distracting, but in a good way, a "sparkly-object-in-the-corner-of-my-eye-that-I-must-look-at, now" way. You'll likely discover interests you never knew you had.

Who's Pinning?

Experts at Search Engine Journal and

elsewhere report that Pinterest is most popular among 25- to 44-year-olds. But internet data changes at lightning speed. Look at the stats from social media gauging sites and one thing becomes obvious -- most don't even take into account users older than 54. Those experts apparently don't know Virginia Harris.

Harris, a 62-year-old south Alabama kitchen designer, has been pinning away since the site's launch in 2010. She now boasts 20 Pinterest boards, and as of this writing, 1,776 pins. Her three sisters, all in their late 50's, are as excited about pinning as Virginia.

'Take That, Statisticians!'

From knowledge gleaned on Pinterest, Harris built a table made of wood pallets, then created a board called "pallet fever." Her most unusual board, "roosters," is a collection of rooster-themed home decor and has found followers from Italy, Germany and the U.K.

"Who knew so many people in the world share so many specific interests?" said Harris. "And isn't that wonderful?" She recently donated dozens of old cookbooks to a thrift store. She doesn't need them anymore. She has Pinterest.

Harris said her generation has adapted to so many technological advances over the decades -- television, electronic typewriters, computers, the Internet -- that it's only natural that 50- and 60-somethings take to Pinterest so effortlessly, something marketers and researchers probably did not foresee. And the longer you've been around, the more interest you're likely to have.

Recently, I found an online cartoon labeling Pinterest users "the 'hoarders' of the internet." Maybe that's true. Like most hoarders, pinners know the exact location of everything they have. But there's an important difference: we -- and yes, I'm proudly proclaiming myself a Pinterest addict here -- don't need to create a path through mounds of junk to get from the bedroom to the kitchen. Everything is tucked onto neat little digital walls on our electronic devices. Just where they belong.



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Cruising Through FIVE COUNTRIES and TEN CENTURIES

by Andrea Gross
Photos by Irv Green

The scenes drift by — castles perched on hills, towns with multi-colored buildings, fields with checkerboard patterns. Then, as if a shade has been drawn, all I see is dark, gray stone. The Viking Njord, a new vessel that's larger and more environmentally friendly than most riverboats, has entered a lock. A few minutes later, it exits, having been gently raised more than 20 feet. Thus we cruise from Amsterdam to Budapest, stair-stepping up and down along three rivers (the Rhine, Main and Danube), two canals (the Amsterdam and the Main-Danube Canal) and 69 locks. It takes us 13 leisurely days to traverse 1200 miles, visit five countries and time-travel through ten centuries of European history.

Our first stop is Kinderdijk, where we're greeted by 19 windmills, all starkly outlined against a somber sky. The scene is so perfect in its simplicity, so stereotypically Dutch, that it could be the cover of a tourist brochure for the Netherlands. The mills, which were built in the mid-1700s and are still in working condition, are reminiscent of ones used in the Middle Ages, when the Dutch realized that in addition to grinding corn, wind-powered mills also could help drain wetlands and reclaim land from the sea.

Feudal reality again melds with fairytale fantasy as we enter Germany.

Because rivers were once the main means of transportation,

towns and cities were built on their shores, and we're never very far from land. I step out on the veranda of my stateroom, and as we sail eastward along the Rhine, I see one castle after another. Each is special in its own way — a tower here, a drawbridge there, ivy-covered walls everywhere — but they are all also startlingly similar. They were homes for feudal lords as well as fortresses that defended their fiefdoms which, I figure, makes them a medieval version of a governor's mansion surrounded by armed guards.

Many days we wander through small villages filled with cobblestoned streets, half-timbered houses and narrow buildings in rainbow colors. Other times we explore big cities where the buildings are more stately and the ambience more harried. But wherever we are, we overdose on chocolate, pretzels and beer before returning to the ship for a white-tablecloth dinner. The





days, as well as our stomachs, are full.

It's in Nuremberg that we bridge the centuries, moving from the Middle Ages, when the city was the unofficial capital of the Holy Roman Empire, to the 1930s and '40s, when it was the unofficial capital of the Nazis' Third Reich. "Hitler dreamed of an empire that would be as large as the ancient Roman one," says our guide, as we pass the parade grounds where Hitler staged party rallies. I notice that the nearby building, the massive Kongresshalle, bears a startling resemblance to the Roman Coliseum.

We're still munching on Lebkuchen, the traditional gingerbread cookies that we bought in Nuremberg, when the ship enters the lock that takes us to a watershed 1,332 feet above sea level, the highest point on any European waterway. From here our trip is literally downhill but each stop gives us another high.

We sail through Austria's wine country before spending a day in Vienna, where we attend a classical concert featuring the music of Mozart and Strauss. Aboard the ship, we learn how to make strudel and listen to rollicking music as we're served a buffet of Austrian specialties.

After the elegance of Vienna, Bratislava, the capital of Slovakia, is low key and unpretentious. I notice that souvenir shops, which are ubiquitous, are filled with mugs and carvings that feature elephants. "Why?" I ask a shopgirl. "I would expect elephant souvenirs in Asia, but why in Central Europe?"

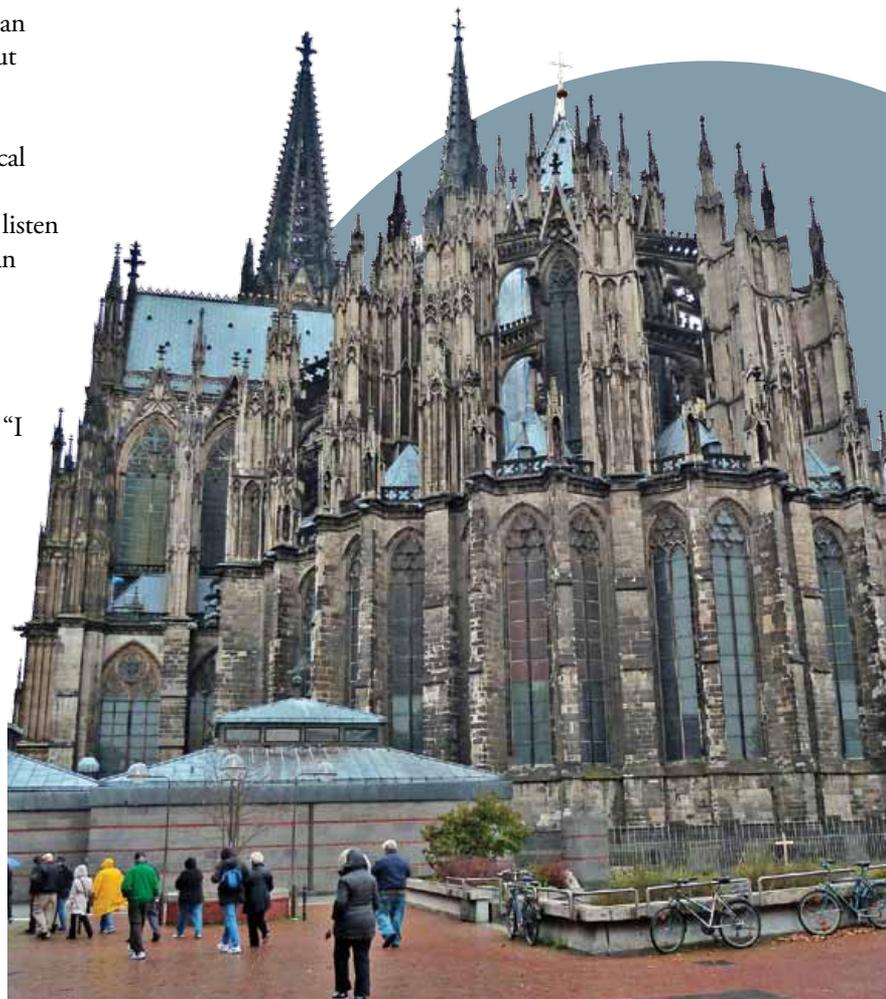
"Oh," she says with a shrug. "We only have elephants in zoos. But tourists like things with elephants. Elephant mugs sell." The market economy is alive and well in the former Communist stronghold.

It's fitting that the river cruise ends in Budapest, a city that is divided physically as well as metaphorically by a river. "Buda," on the west side of the Danube, is the old part of the city, replete with a castle, fortress and several museums. Eight bridges join it to "Pest," the more modern area that, although it is still home to sites of historic and cultural significance, is characterized by expansive boulevards, fine restaurants and good shopping.

That night during our last dinner aboard the ship

we sit with friends and reflect on our trip. In less than two weeks we've traveled from the hip atmosphere of Amsterdam to the more restrained elegance of Budapest, walked through the winding alleys of ancient towns as well as the wide aisles of upscale department stores and learned about events both tragic and heroic.

"It's been a crash course in European culture and history as well as a relaxing vacation," says one fellow. Just then the pianist begins playing the familiar Gershwin tune, "Who could ask for anything more?" and we all start laughing. It's as if the pianist has read our thoughts. (www.vikingrivercruises.com)



Photos (from top counter clockwise): The windmills of Kinderjijk, a UNESCO World Heritage Center, are still in working order; The Viking Njord can carry 190 guests as it cruises along the Rhine and Danube Rivers; The Cologne Cathedral dates back to the 1200s and is a masterful example of Gothic architecture; The Danube divides Budapest into two distinctive neighborhoods: the old town of Buda and the more modern area of Pest.

6

EXERCISES FOR A STRONGER BACK

Back pain is one of the biggest concerns and problems for boomers. These six moves will help keep you pain-free and active longer. This routine takes about a half-hour, and you want to do it three times a week.



PLANK: 1-2 holds of 30-60 seconds

Get into plank position, which is also called a modified push-up position: You're facedown, with your weight resting on your forearms and toes, forearms aligned with your torso, elbows directly beneath your shoulders, and your body in a straight line from neck to ankles.

by Anna Sachse

The first of four books in the “The New Rules of Lifting” series came out at the end of 2005. A few years later, the authors Lou Schuler and Alwyn Cosgrove found that readers were asking for something more specific: a book for middle-aged and older people who want to continue lifting weights but know they can't do it the same way they did when they were younger. The fitness gurus resisted at first, mostly because they didn't want anyone to think in terms of their limitations. Schuler says, “Much better, I thought, to focus on what you can do, rather than what you can't.”

What changed? Schuler got older himself. He's 55-years-old now, and in the past five years he's dealt with shoulder, knee, calf and hip injuries, and a hernia surgery. So, he and Cosgrove put their heads together and created a boomer-friendly book – “The New Rules

of Lifting For Life: An All-New Muscle-Building, Fat-Blasting Plan for Men and Women Who Want to Ace Their Midlife Exams” (Avery, 2012; TheNewRulesOfLifting.com) – with a unique format: each type of exercise has a menu, with versions ranked from Level 1 to Level 5 (plus modifications that are even more basic or more advanced), and readers can choose the moves they want accordingly.

The whole point of the book is that everyone has different problems and needs, but among mid-lifers, back pain tends to be a front and center concern. Here, Schuler outlines six basic, tried-and-true moves to help you strengthen this fundamental structure of muscles, ligaments, tendons, nerves and bones that allows you to walk, lean over and pick up your grandchildren.

The first two exercises, the plank and side plank, develop stability in your core,

the muscles responsible for keeping your lower back and pelvis in a safe, neutral position. The hip raise teaches you to engage your gluteal and hamstring muscles in order to straighten your body when it's bent at the hips. The squat engages your supportive butt and thigh muscles as a unit, and the standing cable row and elevated push-up engage your core while working your biggest, strongest upper-body muscles.

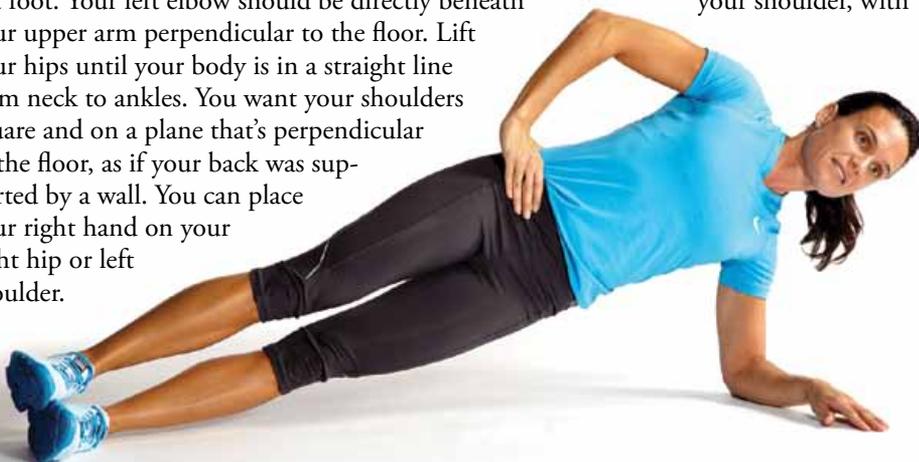
Notice that there aren't any sitting exercises in this workout? That's by design. “You sit all day at work,” Schuler says. “Why would you want to go to the gym and sit some more? If you want a strong, healthy back, you need to sit less, and move more.”

[Editor's Note: It's always important to consult your physician before beginning this, or any other, exercise program.]

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SIDE PLANK: 1-2 holds of 20-40 seconds (each side)

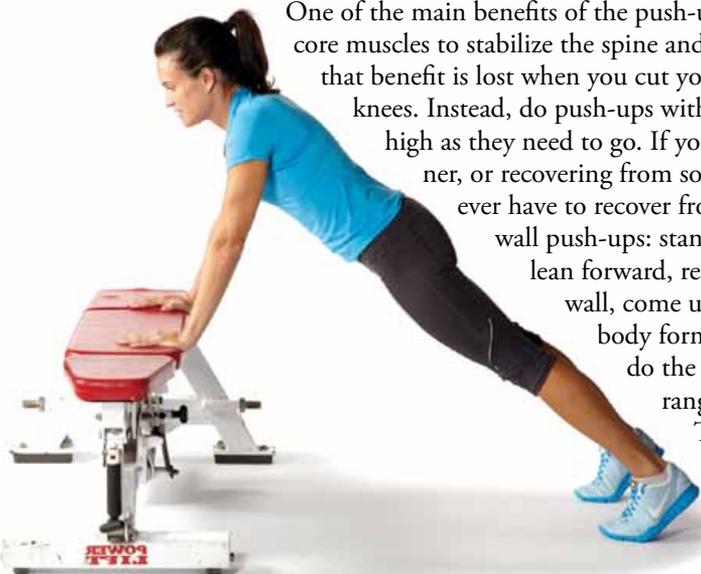
Lie on your left side with your legs straight and your right leg on top of your left. Position yourself so your weight rests on your left forearm and the outside edge of your left foot. Your left elbow should be directly beneath your shoulder, with your upper arm perpendicular to the floor. Lift your hips until your body is in a straight line from neck to ankles. You want your shoulders square and on a plane that's perpendicular to the floor, as if your back was supported by a wall. You can place your right hand on your right hip or left shoulder.



ELEVATED PUSH-UP: 1-2 sets of 12-15 reps

Cosgrove is no fan of the "girl" push-up, with knees on the floor. One of the main benefits of the push-up is the way it uses the core muscles to stabilize the spine and pelvis, and most of that benefit is lost when you cut your own body off at the knees. Instead, do push-ups with your hands elevated as high as they need to go. If you're an absolute beginner, or recovering from something no one should ever have to recover from, you can even do wall push-ups: stand a few feet from a wall, lean forward, rest your hands on the wall, come up on your toes so your body forms a straight line, and do the exercise with whatever range of motion you can.

The point is, always do the hardest push-up variation you can manage for the required repetitions.



HIP RAISE:

1-2 sets of up to 15 reps

Lie on your back, knees bent, feet flat on the floor, arms out to your sides. Squeeze your glutes and lift your hips until your body forms a straight line from knees to shoulders.



STANDING CABLE ROW: 1-2 sets of 12-15 reps (each arm)

Set the pulley of a cable machine to waist height, and attach a stirrup handle. Grab the handle in your nondominant hand (your left if you're right-handed) and step back from the machine until you have tension in the cable with your arm fully extended in front of you. Stand facing the machine with your feet shoulder-width apart, toes pointed forward, knees and hips bent slightly, chest up, shoulders back, and your working arm extended out in front of you. (You can rest your nonworking hand on your thigh or hip, or hold it behind your back, whichever you prefer.) Tighten your hip and torso muscles to brace your core. Pull the handle to the side of your torso, keeping your shoulders forward and minimizing rotation. Return to the starting position, do all your reps, switch arms, and repeat the set with your other arm.

GOBLET SQUAT: 1-2 sets of 12-15 reps

Grab a dumbbell or weight plate and hold it with both hands against your chest, just below your chin. (It's called a goblet squat because if the weight were a cup, you could drink out of it.) Stand with your feet shoulder-width apart, push your hips back, and squat as described above. Keep your eyes focused forward and your torso as upright as possible.



CASA Volunteers Advocate on Behalf of Children

by Judge Jeff Cox

This month has been declared Child Abuse Awareness Month. This past week, events were held on the steps of our local courthouses recognizing this month and the people who work in the court system to help abused children. One of the most prominent groups recognized were the CASA Volunteers.

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

are cared for by foster parents. CASA Volunteers meet with and advocate on behalf of the children.

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

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

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



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At one of the events this past week, I heard one of the volunteers speak. She talked about how she had numerous grandchildren of her own. She also talked about how she had been a volunteer for a number of years. As tears welled in her eyes, she stated that nothing warmed her heart more than seeing some of the children she had helped running up to her in the store or on the street and hugging her. She finally stated that she got more from this program than she ever gave.

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



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

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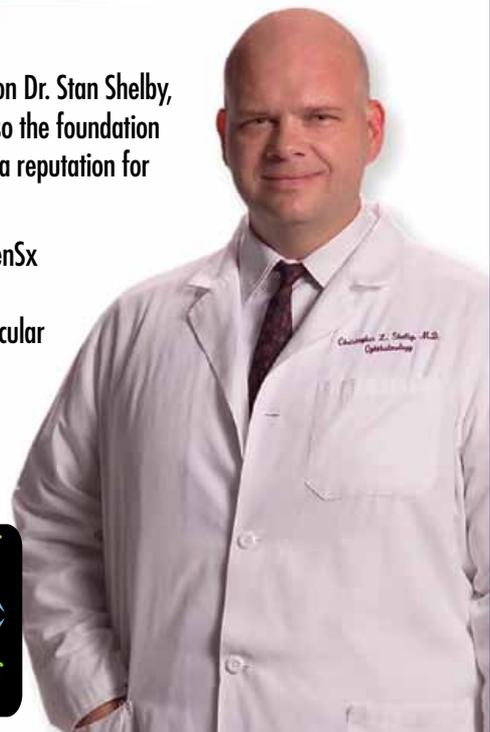
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Happy Birthday, But You're Fired

by Lee Aronson

Imagine if your boss called you into his office and fired you because you were too old. Wouldn't that be illegal age discrimination? It would be in most cases, but not for judges. That's because Louisiana, like many other states, has a law that says judges must retire once they turn 70. (Well, that's not exactly right. To be more specific, part of the Louisiana Constitution says, "a judge shall not remain in office beyond his 70th birthday. A judge who attains the age of 70 while serving a term of office shall be allowed to complete that term of office.")

How can that possibly be legal? After all, there's a federal law that prohibits employment discrimination based on age. It's called the Age Discrimination in Employment Act. But it doesn't apply to elected officials. And in Louisiana, judges are elected. Only Federal judges are appointed.

But that hasn't stopped elected judges in other states from suing to have their state's mandatory retirement age law declared unconstitutional. Elected judges in Missouri tried it. So did judges in Vermont and in Virginia.

These older judges pointed out that the United States Constitution guarantees "equal protection under the law." They argued that they weren't being treated equally because judges younger than them didn't have to retire. Some of these cases went all the way up to the United States Supreme Court. The Supreme Court agreed that the older judges were being treated differently than other judges because they were being forced to retire due to their age. But sometimes, even though we are entitled to equal protection under the law, it's OK for a law to treat different people differently. For example, a law that says you have to be 21 or older to drink treats

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people differently. And that's just fine. But on the other hand, a law that says men can drink, but women can't, would not be OK: it would violate the Equal Protection Clause.

So how can you tell whether a law that treats people differently is OK? Well, that's usually up to a judge. If the law involves a fundamental right like freedom of speech or freedom of religion, then the judge probably isn't going to allow a law that treats people differently. For example, a law that says you have to be over 40 in order to go to Church isn't going to fly.

And a law that treats a group of people differently who has historically been discriminated against also probably won't be OK. So a law saying African-Americans can't get driver's licenses won't fly.

But if a fundamental right isn't involved and a group with a history of discrimination isn't involved, then the judge is probably going to allow a law that treats people differently.

In the older judges' cases, the United States Supreme Court held that the right of a State judge to keep his job is not a fundamental right. The United States Supreme Court has also held that "while the treatment of the aged in this Nation has not been wholly free of discrimination, such persons, unlike, say, those who have been discriminated against on the basis of race or national origin, have not experienced a history of purposeful unequal treatment." In other words, the Supreme Court says senior citizens don't have a history of being discriminated against. Therefore, the Court held that laws that require judges to retire at a certain age are OK and do not violate the Equal Protection Clause.

But Louisiana may be about to change the mandatory retirement age for its judges: there is currently a bill in the Louisiana legislature that if passed, would allow us to vote in 2014 to decide whether we should keep this law or allow judges to continue to serve after their 70th birthdays.

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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 2. Look for your name on **our website at www.thebestoftimesnews.com** then email us at gary.calligas@gmail.com or call (318) 636-5510.
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Insurance You Can Probably Do Without

By Jason Alderman

I'm a big believer in having the appropriate amount of insurance, especially when it comes to your health and personal liability. But if money is tight and you want to get the most bang for your buck, there are a few types of insurance you can probably do without – or that may duplicate coverage you already have elsewhere:

Extended warranties. When you buy a car, appliance or electronic device, the salesclerk usually will try to sell you an extended warranty. These policies often duplicate coverage already provided in the manufacturer's warranty. Plus, many credit cards provide an additional warranty on items purchased with the card.

Smartphone insurance. After shelling out big bucks for a smartphone, you might be tempted to buy replacement insurance. Just be aware that you'll probably pay a hefty deductible and likely receive a refurbished phone, possibly not even the same model. My advice: Keep your old phone to reactivate in case you drop or lose the new one.

Flight accident insurance. The risk of dying in a plane crash is miniscule and already covered by regular life insurance. Also



check your credit card cardholder agreement, since many cover such accidents for tickets purchased with their card.

Child life insurance. Life insurance is intended to provide economic protection for a person's dependents, so unless your children are movie stars supporting you, this coverage is probably unnecessary. You can better protect their future by stowing those monthly premiums in an emergency savings account or buying additional term life insurance for yourself.

Pet insurance. With veterinary treatments now rivaling human medicine (organ transplants, chemotherapy, etc.), you could easily spend a small fortune keeping Fido alive. Before buying pet insurance, however,

compare plan features carefully and weigh the expense you'd pay out over your pet's lifetime. For example, monthly premiums increase with your pet's age, deductibles and copayments are typically higher than for human coverage and there are usually predetermined per-year and per-condition caps. Plus, preexisting and hereditary conditions usually are not covered.

Rental car insurance. In most cases, the optional insurance offered by car rental agencies duplicates existing coverage you already have. However, before automatically rejecting agency coverage, ask your insurance company and credit card issuer whether you are fully covered for rental cars. A few considerations:

- Coverage through your auto policy often expires after 30 days or less of renting the car.

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- Sports cars, luxury models, SUVs and trucks are often excluded.
- Travel outside service areas typically is forbidden – especially across foreign borders or in rough terrain.
- If you don't carry comprehensive and collision coverage on your own car, your insurance may not cover a rental. Also, ask whether such coverage is limited to your own car's value, since most rentals are new.
- Ask what happens if you violate rental agreement terms (e.g., driving recklessly or allowing unauthorized drivers).

Specified disease insurance. Some people take out supplemental health and life insurance against specific conditions such as cancer, heart disease or stroke. Before buying, make sure you have adequate major medical insurance, which already covers such conditions. And carefully review the policy for restrictions. For example, many cancer insurance policies won't pay for outpatient care or cover skin cancer, and impose fixed-dollar limits on specific procedures.

When it comes to your budget – and your family's security – it pays to know which insurance is essential and which you can probably skip.

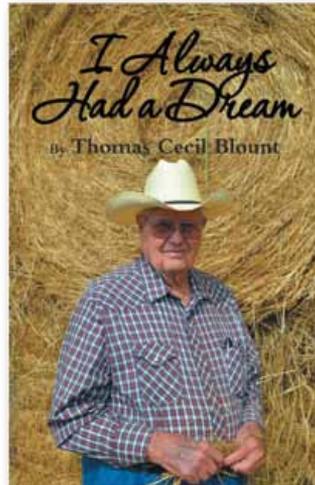


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Calcium Supplements for Bone Strength

by Suzy Cohen, R.Ph.

Dear Pharmacist, I'm concerned about my bone density because I was told I have osteopenia. Are all calcium supplements the same? Do you have other recommendations? --A.F.

Osteopenia, or lower-than-normal bone density, is frequently found in post-menopausal women but can affect men and women of all ages. Over the past few years, some questionable research suggested a connection between calcium supplements and atherosclerosis. But last November, Harvard researchers presented research showing no connection between calcium supplements and coronary artery calcification. If your doctor suggests calcium supplements for you, here's some information:

Calcium carbonate: The least expensive form of calcium to manufacture, calcium carbonate is also called bone meal or dolomite. This requires lots of stomach acid to digest, so very little calcium goes to your bones where needed. Because it stays in the gut, you will find this compound also sold as Tums and Rolaids, two products used to neutralize acid (not for bone growth).

Calcium citrate: The easiest form of calcium to find, calcium citrate is absorbed about as well as calcium carbonate but requires less stomach acid to digest, so it can be taken with or without food. But

be careful, as this type of calcium can sometimes cause headaches. There's a bunch of brands for this.

Tricalcium Phosphate: Easy to absorb, this is a combination of calcium and phosphorous which your bones (and body) need as well. Nature Made makes adult gummies with this type of calcium.

Calcium aspartate or calcium gluconate: These intelligent forms of calcium offer your body aspartate or gluconate which is used in other metabolic pathways to produce energy. Sometimes this bioavailable form of calcium is combined with vitamin D, magnesium and/or zinc.

Calcium collagen chelate: Minerals that are ingested as chelates, or organic salts offer good absorption and that means less tummy upset. Life Extension and Swanson brands both make this.

Calcium as Microcrystalline Hydroxyapatite (MCHC): This easily absorbed form of calcium is derived from freeze-dried calf bone. This provides other bone-builders like phosphorous, magnesium, zinc, and chromium that nourish your bones. Solaray and Xymogen brands both make this. For people who don't drink milk, Hawaiian Spirulina tablets (a



blue-green algae) may help. It actually contains 300 percent more calcium than whole milk, plus other minerals. Remember, minerals like calcium are best absorbed when taken in combination with other minerals like strontium, magnesium, and vitamin D.

Other important factors in bone health include adequate levels of vitamin K2 which is involved in clotting. And strontium. It has a two-fold effect on osteoporosis meaning it prevents bone breakdown while also stimulating new bone growth. Medications only work one side of that equation. A 2004 study in New England Journal of Medicine concluded that strontium reduces risk of non-vertebral fractures by 41 percent over three years, and increases bone mineral density by about 14 percent. Eliminated processed and refined foods is a must.

This info is not intended to treat, cure, or diagnose your condition. For more info visit www.DearPharmacist.com.

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American Life in Poetry

By Ted Kooser,
U.S. Poet Laureate
(2004 - 2006)

Sometimes beginning writers tell me they get discouraged because it seems that everything has already been written about. But every experience, however commonplace, is unique to he or she who seizes it. There have undoubtedly been many poems about how dandelions pass from yellow to wind-borne gossamer, but this one by the Maryland poet, Jean Nordhaus, offers an experience that was unique to her and is a gift to us.

A Dandelion for My Mother

*How I loved those spiky suns,
rooted stubborn as childhood
in the grass, tough as the farmer's
big-headed children—the mats
of yellow hair, the bowl-cut fringe.
How sturdy they were and how
slowly they turned themselves
into galaxies, domes of ghost stars
barely visible by day, pale
cerebrums clinging to life
on tough green stems. Like you.
Like you, in the end. If you were here,
I'd pluck this trembling globe to show
how beautiful a thing can be
a breath will tear away.*

American Life in Poetry is made possible by The Poetry Foundation (www.poetryfoundation.org), publisher of Poetry magazine. It is also supported by the Department of English at the University of Nebraska-Lincoln. Poem copyright © 2006 by Jean Nordhaus. Reprinted from "Innocence," by Jean Nordhaus, published by Ohio State University Press, 2006, with permission of the publisher. Introduction copyright © 2013 by The Poetry Foundation. The introduction's author, Ted Kooser, served as United States Poet Laureate Consultant in Poetry to the Library of Congress from 2004-2006. We do not accept unsolicited manuscripts.

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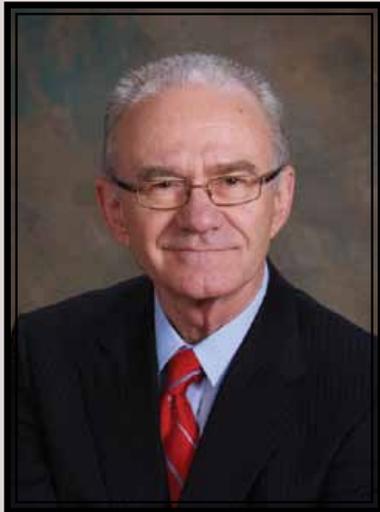
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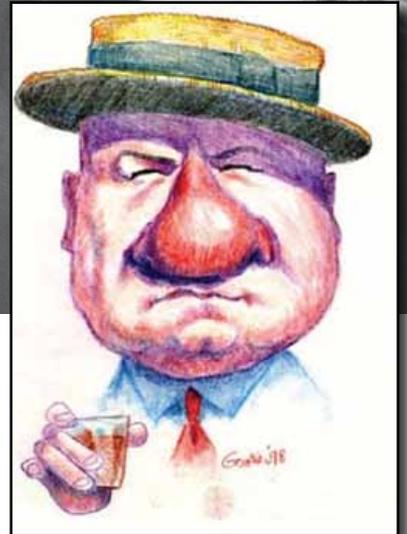
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Dick Gautier:

A Man of Many Talents

By Nick Thomas

Of all those zany sitcoms produced in the 60s, *Get Smart* remains a favorite of classic TV fans. This show had it all: crazy characters (Max, “99,” Larabee, Hymie the humanoid robot), delightfully wicked villains (Siegfried, the Claw, Leadsid), goofy spy gadgets (shoe phone, cone of silence), cool cars (Sunbeam Tiger), unforgettable catchphrases (missed it by that much!), a parade of stellar guests (Milton Berle, Don Rickles, Vincent Price), unbelievable save-the-world plots, and that omnipresent 60s canned laugh track.

Don Adams, who played Max, passed away in 2005. A few years earlier, during a 75th birthday roast in his honor, Don made a very simple request: “I don’t want a big funeral. I don’t want a lot of flowers; or eulogies,” he told the gathering. “I’d just like a few of my close friends to get together and try and bring me back to life.”

Dick Gautier, who played Hymie the robot, wasn’t close friends with Don off the set, but says he enjoyed working with him. We talked a few days ago from his home in Los Angeles.

“He lived a very different kind of lifestyle to me,” said Dick. “He and his buddies were always at the racetrack, but I was never a gambler.”

Incredibly, Dick’s Hymie character (“his father’s name was Hymie”) only appeared in six episodes during the first four seasons of *Get Smart*. Yet he remains one of the show’s most popular and memorable characters.

Dick based Hymie partly on a childhood memory.

“As a kid in Canada, I saw this mannequin-like guy in a store window who moved in a very stiff manner. The deal was, if you made him smile, you could win a gift from the store. I almost got him to laugh! So I started imitating him and discovered I



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had a flair for entertaining. I told that story during my *Get Smart* audition, did those movements, and got the role of Hymie.”

Not surprisingly, laughter was not uncommon on the *Get Smart* set.

Dick remembers shooting one scene where Max takes a rather drunk Hymie into a closet and scolds him because drinking and spying don't mix.

“I had to reach over and kiss Don on the cheek,” recalled Dick. “But the two of us started giggling like high school girls during every take, and the crew grew impatient. I finally got through it by not looking at Don. When the scene was over, he looked at me and said ‘Are you going to say it or am I?’ So I told him to go ahead. He looked at the crew and said “Okay guys, we're coming out of the closet!”

In addition to acting in hundreds of TV shows and movies, Dick has been a stand-up comedian, writer, producer, director, voice actor, and singer. During lean times, he even demonstrated pogo sticks at Macys. Details can be read on his web site bio which Dick describes as “that once grotesquely inflated thing which deflates slightly with each passing day.”

Dick is also an artist specializing in caricatures and has written numerous books on drawing.

He's captured the Burt Reynold's forehead, the W.C. Fields' nose, the John Travolta chin, and dozens of other celebrities

perfectly (see www.dickgautier.com).

He also makes an interesting comparison between today's stars to those of yesteryear with their more rugged features (think Bogie, Gable, Connery).

“Many of today's actors look like fashion models. Take someone like Brad Pitt who has those stunning, boyish good looks. Some are so handsome, they just don't have any distinguishing features to hang your comic hat on, as an artist.”

In addition to drawing and painting, Dick has just finished writing a two character play which he hopes to

direct. And at 81, his career achievements just keep mounting.

“I've been around so long,” he says, “sometimes I feel like I was in the original Flintstones – the real ones the cartoon was based on!”

[Photo Credits - page 14: ABC publicity BW still from 1989. Permission was given by the artist to publish Dick's color caricature of WC Fields. Page 15: Reunion of cast for "Get Smart, Again!" movie. (l to r): Robert Karvelas, Dave Ketchum, Don Adams, Dick Gautier.]

Thomas' features and columns have appeared in more than 300 magazines and newspapers, including the Washington Post, LA Times, Chicago Tribune, Boston Globe, San Francisco Chronicle, and Christian Science Monitor. He can be reached at his blog: <http://getnickt.blogspot.com>



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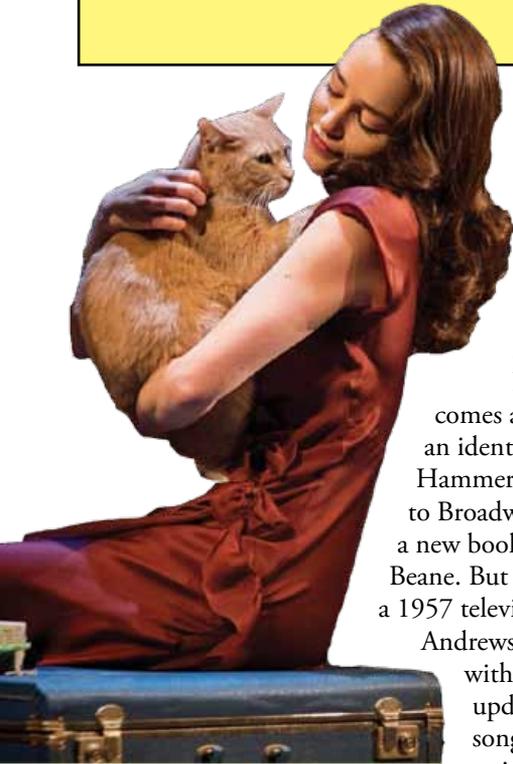
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BROADWAY

A Personal Perspective

by Brian Bradley



Breakfast at Tiffany's
©Nathan Johnson

This version, which is quite different in many small and significant respects from earlier incarnations, wants to be both old-fashioned and contemporary. The prince's parents are both deceased, the kingdom now run by a chancellor exploiting the prince's ambivalence to serve his own interest. One of Cinderella's stepsisters is secretly dating a political radical.

There is any number of reasons why this *Cinderella* should not work, and yet it does. From the very beginning of the bright crisp overture it just feels right. The show flows easily under Mark Brokaw's smooth direction. The set and lighting design set just the right fairy tale tone and the costumes are literally transformative. And the cast is really a dream come true from the hysterical Harriet Harris as the stepmother to another comic genius (Peter Bartlett) as the prince's scheming Sebastian and effortless Victoria Clark as (Cinder) Ella's fairy godmother. Laura Osnes simply radiates joy and Ella's positive optimism in the face of cruelty and adversity.

Yes, the prince is a bit of an unexpected goofball. Ella has to actually hand him the shoe on the steps of the palace before he "gets" it. Yes, one of the stepsisters is dropped from "Stepsister's Lament" presumably to accommodate the Tony nominee, an excellent Ann Harada. Yes, the score has always seemed reminiscent of earlier and better songs and the interpolated songs even more so. And there are those that find the use of puppets for Ella's

Welcome to spring on Broadway. So far the first month has offered the good, the bad and the mediocre. I can't wait for next month.

Kicking off the season comes a musical suffering from an identity crisis. Rodgers and Hammerstein's *Cinderella*, is new to Broadway and it does have a new book by Douglas Carter Beane. But the score was written for a 1957 television special starring Julie Andrews. It was remade in 1965 with Lesley Ann Warren and updated with interpolated songs and an all-star, multi-racial cast in 1997 headlined by Brandy (Norwood) and Whitney Houston.

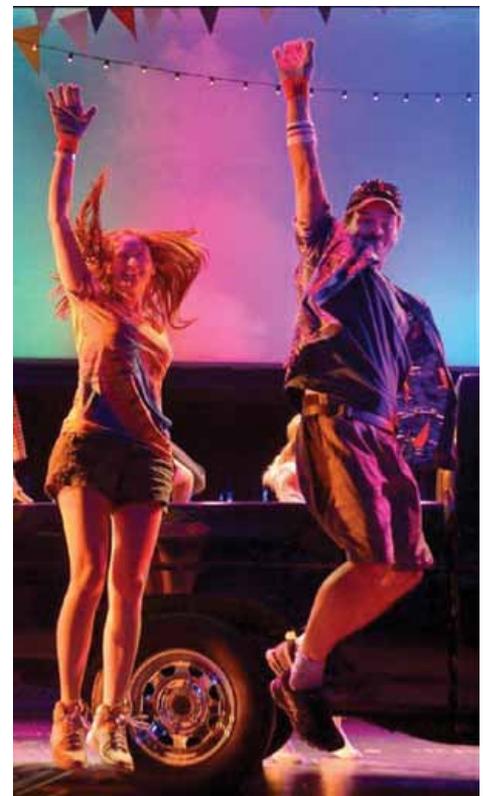
forest friends annoying. But when "Ten Minutes Ago" kicks off at the ball, you can't help but be swept up in the sincere romance at the heart of this endearing tale.

With a big white cotton candy hairdo, Holland Taylor inhabits the brash Ann Richards, the beloved former democratic governor of Texas in *Ann*, a solo show she also authored, with a commanding presence and dynamic energy. She is a revelation and great fun to watch even when her tidy script is letting us and her down. The play opens awkwardly with a speech at an imaginary college graduation and then shifts to her imposing office for a typical day-in-the-life of the governor in action. Taylor's seamless portrayal is lively, funny and humane. Ann's country-fried comments are entertaining. And although we do get the basic history from childhood to the first marriage that led to her entering politics, there's little probing especially the whys. Even with several endings and an over-extended running time Miss Taylor is left to wander off stage and we are left to wonder what it was exactly that made Richards so notable.

Truman Capote is rolling over in his grave. His *Breakfast at Tiffany's* has been adapted for Broadway by Richard Greenberg and it's about as entertaining as hearing the book read aloud. Major designers contributed to a visual look that is dreary. The direction is sluggish. But most criminal of all the acting is on a high school level and that may be an insult to high schools. Holly's cat is the only one who escapes unscathed with dignity.

Hands on a Hardbody is the rather intriguing title of an unlikely new musical about a contest. Set in a Nissan dealership in Longview, Texas, the story is simple and similar to any number of plays, movies and musicals about depression era dance marathons. The contest brings together a disparate group of entrants. The last one left

Hands on a Hardbody ©Kevin Berne



with one hand on the hardbody pick-up truck wins it.

Great premise, great potential with the contestants as well as those running the contest. The problem is a certain amount of that potential went unfulfilled because the format became repetitive and the plotting clichéd. Sure the truck represents something different to each entrant and each entrant has their own back-story. So the requisite star turn for each is unavoidable. But without the wow moments, and we can't blame the solid ensemble, we are hard-pressed to care about anyone in particular.

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

Cinderella ©Carol Rosegg



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True rosé has been
a part of life in
Europe for centuries.

The Rise of American Rosé

By David White

For the past three decades, wine enthusiasts have shuddered when presented with American rosé.

The reason? Domestic rosé has long been associated with the cheap, sweet "blush" wines that became popular in the 1980s. While these wines will always have fans, they're quite different from the dry, refreshing Old World rosés that oenophiles crave when the weather warms.

In recent years, however, American vintners have started to produce rosés that can easily rival the Old World's best offerings. With summer just around the corner, these wines are worth exploring -- and stocking up on.

Rosé is made in one of two ways.

In the first method, the winemaker crushes red wine grapes and leaves the juice in contact with the skin for a brief period, typically one or two days. She then discards the skins, allowing the juice to finish fermentation on its own. Thanks to the short period of skin contact, the wine retains some color.

In the second method, rosé is a byproduct of red wine fermentation. Red wine obtains color, tannin, structure, and flavors from grape skins. If a winemaker wants to increase the skin-to-juice ratio during fermentation, she can simply remove some juice at an early stage. This pink juice can be fermented separately to create rosé. This method is known as saignée.

Since rosé is the only goal with the first method, some oenophiles call such wine "true" rosé. These wines typically have more texture and higher acid than saignées, so can easily pair with a variety of foods.

True rosé has been a part of life in Europe for centuries. In Provence, France, residents and visitors alike have long recognized

the brilliance of pairing rosé with warm weather and coastal cuisine.

The Old World remains the source of countless fantastic rosés. But many domestic producers are now making wines that are just as delicious.

One of my favorites comes from Arnot-Roberts, a small producer in California. Made from Touriga Nacional, a Portuguese variety best known for its large role in Port, the Arnot-Roberts rosé is delicate, crisp, and structured, and packed with complexity.

Elsewhere in California, other favorites come from Copain, Peay, and Radio-Coteau's County Line, three producers that utilize Pinot Noir to make bright, brilliantly seductive wines. Another comes from Matthiasson, a Napa Valley producer that uses Syrah to produce a wine that's stony, refreshing, and bursting with ripe, citrus flavors. All four are worth seeking out.

California isn't the only source of top-notch domestic rosé.

In Oregon's Willamette Valley, Ponzi Vineyards makes one that's consistently delightful. In New York, Channing Daughters on Long Island has gained a cult following for its offerings -- this year, the winery produced seven different rosés! Many wineries in New York's Finger Lakes are also gaining recognition for their bottlings. The list goes on.

Of course, America remains awash in cloyingly sweet pink wine. And it's still too easy to accidentally wind up with a bottle that tastes more like Kool-Aid than wine. But more and more producers are taking rosé seriously, so it's easier than ever before to find a crisp, refreshing summertime quaffer that's worth stocking up on.

David White, a wine writer, is the founder and editor of Terroirist.com. His columns are housed at Palate Press: The Online Wine Magazine (PalatePress.com).

2013 NWLA DISTRICT SENIOR OLYMPICS SCHEDULE

For additional information and a full schedule, visit www.nwlsog.org.

Thurs., May 2 - MARKSMANSHIP, 1 P.M. 22 rifles and pistols, Shooters USA, 357 Magnum Drive, Bossier City. TABLE TENNIS, 5:30 P.M. Bossier Recreation Offices, 3223 Old Shed Road.

Sat., May 4 - HORSESHOES (recreational), 8 A.M. HORSESHOES (advanced), 9 A.M., Knights of Columbus Bossier, 5400 E. Texas, Bossier City

Mon., May 6 - WASHER PITCH, 9 A.M., Bellaire Fitness Center, 4330 Panther Drive, Bossier City. 8 BALL AND 9-BALL POOL, 9 A.M., Randall T. Moore Center, 5500 Fairfield Avenue, Shreveport. Play continues May 7.

Wed., May 8 - BOWLING MIXED DOUBLES, 1 P.M., All Star Lanes, 9130 Mansfield Road, Shreveport.

Thurs., May 9 - TABLE GAMES, 9 A.M., (Skipbo, Dominos, Phase 10) Bossier Council on Aging, Bearkat Drive. MINIATURE GOLF, 6:30 P.M., Party Central, 4401 Viking Drive, Bossier City.

Fri., May 10 - BOWLING DOUBLES, 1 P.M., All-Star Lanes, 9130 Mansfield Road, Shreveport.

Sat., May 11 - LADDERS GOLF, 8 A.M., Knights of Columbus Bossier, 5400 E. Texas, Bossier City.

Mon., May 13 - REC & 5K WALK, 8 A.M. North Bossier Park off Brownlee Road, Bossier City.

Tues., May 14 - SHUFFLEBOARD, 8 A.M. singles, 1 P.M. doubles. Bellaire Fitness Center, 4330 Panther Dr, Bossier.

Wed., May 15 - BOWLING SINGLES, 1 P.M., All-Star Lanes, 9130 Mansfield Road, Shreveport.

Fri., May 17 - SCOTCH DOUBLES BOWLING, 1 P.M., Holiday Lanes, 3316 Old Minden Rd., Bossier City

Sat., May 18 - TRACK AND FIELD, 8:30 A.M., Airline High School, Viking Drive, Bossier City.

Wed., May 22 - 9 PIN NO TAP BOWLING, 1 P.M., Holiday Lanes, 3316 Old Minden Rd., Bossier City.

Fri., May 24 - TEAM BOWLING, 1 P.M., Holiday Lanes, 3316 Old Minden Rd., Bossier City.

Wed., May 29 - CELEBRATION 10 A.M., Sky Room at Harrah's Louisiana Downs.

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Recent DVD Releases



Mark Glass

Hyde Park on Hudson ★★



(R) Here's another biopic no one really needed, delivering a mediocre portrayal of a fascinating figure. Anthony Hopkins did no favors to our memories of Alfred Hitchcock in his vehicle; nor does Bill Murray add anything of value to Franklin D.

Roosevelt's legacy with this look at the events surrounding his 1939 visit from England's king and queen as a prelude to our then-controversial potential involvement in WWII. We learn about their weekend meeting from the perspective of a cousin (Laura Linney), whose involvement with the Prez was closer than our traditional view of familial engagement. Despite the historic significance of the first appearance by any English monarch in this former colony, and the desperation that compelled it, the script subjugates the macrocosm to the relatively tepid tale of this observer, mostly crafted from her posthumously-discovered diaries.

The script offers bits of levity and some tabloid glimpses into both families. While nothing occurs that would satisfy Jerry Springer's audiences, enough is suggested about everyone's private lives to titillate viewers. Seeing great public figures with deep private flaws does raise one valid question about our current media climate. Do we really need to know the sexual, medical or other intimate details about our leaders?

Broken City ★★

(R) This urban political/crime drama is surprisingly well-scripted, with more than its fair share of twists and turns. Mark Wahlberg plays a hardnosed New York cop, who is stripped of his badge early in the film over a controversy about his shooting an alleged rapist. Although the mayor (Russell Crowe) understands and approves of what he did, public outrage over what may have been excessive force compels The Brass to throw Wahlberg under the proverbial bus.



The story jumps ahead seven years. He's been struggling to exist as a private detective. Suddenly, Hizzoner calls him in for a lucrative job - tailing his wife (Catherine Zeta-Jones) to see who she's boinking. That results in photos of her meetings with the

campaign manager of his opponent in the final week before voting in his neck-and-neck race for re-election. A huge real estate deal regarding an existing housing project is the hot-button topic. Did the mayor save the city from bankruptcy, or lavish a bonanza on his wealthy supporters at the expense of the residents?

Brian Tucker's script is particularly impressive for a rookie. Director Allen Hughes' experience in the genre helps, with the pacing and mostly non-glamorous settings well-suited to the material. The rating comes more from violence than sexual content, and is relatively restrained. Wahlberg, Crowe and Jeffrey Wright (the police chief) add solid performances.

Jack Reacher ★★☆☆



(R) Tom Cruise still has the chops to play an action hero, even if this vehicle has more than its share of flaws. The lead dude is a former Army MP who has chosen to

live off the grid. But Jack turns out to be more like a Jason Bourne than most military cops. When a former sniper seems to have killed five random citizens in a Pittsburgh shooting spree, Cruise blows into town. Initially, he wants to make sure the guy fries for it, based on something unjust that happened in Iraq, leaving unfinished business between them. But we soon learn that all may not be what it seems, forcing Cruise into supersleuth mode for a Mission Impossible on the who and the why of this tragedy.

The film is somewhat longer than needed to sustain the right levels of dramatic tension. Even so, the script keeps us guessing on one important point until the climax. After the inevitable Climactic Moment, the ending is unfortunately tainted with bits of Hollywood schmaltz that may be hazardous to anyone's cinematic cholesterol levels. Caution - there may be sequels.

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



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FAMILY FEATURES

Whether you grow your own vegetables or shop the produce aisle in your grocery store, garden-fresh vegetables add beautiful color and great taste to the table. Ree Drummond, known to fans as The Pioneer Woman, has written two best-selling cookbooks. She says she loves to find new ways to put more delicious veggies on her family's table. If you don't have a vegetable garden or can't always get fresh produce, don't despair. Flash-frozen vegetables retain much of their flavor and nutrient value. Thaw vegetables before using them in these recipes, or just heat them through and toss with butter for an easy side dish. Ree Drummond blogs at www.ThePioneerWoman.com. Find more recipes at www.LandOLakes.com.

Margherita Pasta

Yield: 4 servings
6 ounces (1½ cups) uncooked dried penne pasta
4 Tbs. Butter with Olive Oil & Sea Salt
2 teaspoons finely chopped fresh garlic
2 medium (2 cups) tomatoes, coarsely chopped
¼ cup thinly sliced fresh basil leaves
½ cup shredded Parmesan cheese

Cook pasta according to package directions. Drain; return to saucepan. Keep warm.

Meanwhile, melt butter in 12-inch nonstick skillet over medium-high heat until sizzling. Add garlic; cook 30 seconds or until softened. Add tomatoes and basil; continue cooking, stirring occasionally, until heated through (1 to 2 minutes). Add pasta and Parmesan cheese, stir until combined. Serve immediately.

Spring Stir-Fry (Yield: 4 servings)

4 Tbs. Butter with Olive Oil & Sea Salt, divided
3 cloves garlic, minced
1 pound whole jumbo shrimp, peeled, deveined, tails removed
3 carrots, peeled and chopped
½ lb. asparagus, ends trimmed off, cut into 2-inch pieces
1½ cups fresh or frozen green peas
Salt and freshly ground pepper, to taste
1 lemon
¼ cup finely minced fresh parsley
Fresh Parmesan shavings, as desired

Heat 2 tablespoons butter in large skillet over medium heat. Add minced garlic and stir to cook for 1 minute. Add shrimp and cook for 3 minutes, or until opaque. Remove shrimp and garlic to a plate. Do not clean skillet.

Add rest of the butter and melt. Add carrots and asparagus in a single layer and cook, stirring occasionally, for 2 to 3 minutes or until tender but still slightly crisp.

Scoot carrots and asparagus to edges of pan, then add peas to middle of pan. Cook for 1 to 2 minutes, stirring gently, until peas are heated through and tender.

Add shrimp back to pan, stir to toss, then add salt and pepper. Squeeze juice of one lemon all over contents of pan and cook for an additional 30 seconds. Remove from heat. Sprinkle parsley over top.

Serve stir fry immediately over cooked rice, or on its own. Top with Parmesan shavings and squeeze on extra lemon juice if needed.



Pasta Primavera (Yield: 6 servings)

For the pasta

4 tablespoons Butter with Olive Oil & Sea Salt, divided
 2 large carrots, peeled and sliced diagonally
 1 cup bite-sized broccoli pieces
 2 medium zucchini, sliced diagonally
 1 medium summer squash, sliced diagonally
 4 ounces white mushrooms, washed and sliced
 ½ large onion, diced
 3 cloves garlic, minced
 ½ cup frozen peas
 1 cup diced cooked ham
 8 whole basil leaves, chopped (set aside extra chopped basil, for garnish)
 1 pound pasta (penne, fusilli or linguini), cooked according to package directions and drained

For the sauce

¼ cup dry white wine (up to 1/2 cup), optional (replace with additional broth if not using)
 ½ cup low-sodium chicken broth
 ¾ cup heavy cream
 ¾ cup half-and-half
 Black pepper to taste
 ½ cup grated Parmesan cheese (set aside extra grated Parmesan cheese, for garnish)

Heat 2 tablespoons butter in a large skillet over medium-high heat. Add carrots and cook for 1 minute, then add broccoli and cook for an additional minute. Remove from skillet and set aside.

Add 1 additional tablespoon butter to skillet and allow it to melt. Add zucchini, squash, and mushrooms, and cook for 3 to 4 minutes, or until vegetables are starting to soften. Remove from skillet and add to other vegetables. Set aside.

Add remaining 1 tablespoon butter to the skillet and allow it to melt. Add onions and garlic to skillet and cook for 2 minutes, or until starting to turn translucent. Pour in wine and chicken broth and stir, scraping bottom of pan to loosen flavorful bits. Cook liquid for 3 to 4 minutes, allowing it to reduce by about half. Stir in cream and half-and-half, then add Parmesan and allow cheese to melt. Add black pepper to taste. Let sauce thicken for about 2 to 3 minutes.

Add all vegetables to sauce, then add frozen peas, diced ham and chopped basil. Stir to combine everything. If sauce needs a little more liquid, splash in a small amount of broth as needed.

Place cooked pasta in a large serving bowl. Pour all contents of skillet over pasta and toss to combine. Sprinkle with extra chopped basil and serve with extra Parmesan.



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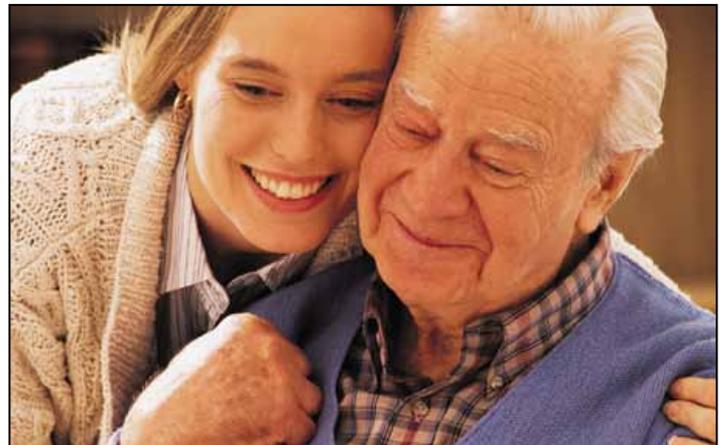
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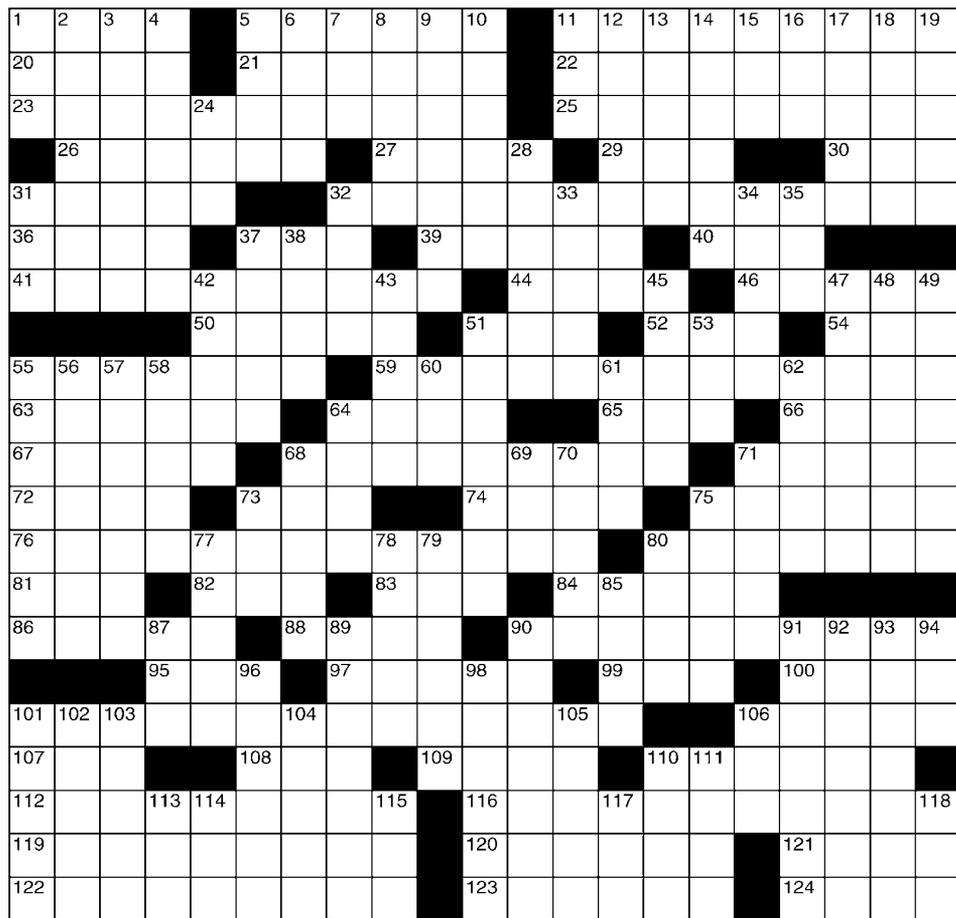
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ACROSS

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- 5 Spoke from a soapbox
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- 22 In touch with who one is
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- 39 Norman Vincent ___
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- e.g. 68 61-Down purchases, e.g.
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- 72 Oahu, e.g.
- 73 Water, to Fifi
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- 80 Fiduciary
- 81 Thing to pick
- 82 "Told ya!"
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- 108 "___ for Cookie"
- 109 Starchy pudding ingredient
- 110 Lethargic state
- 112 Waterway with many locks
- 116 This puzzle's theme
- 119 Toward a nation's interior
- 120 Wallop
- 121 Descartes or Lacoste

SUPER CROSSWORD: *Hex Nuts* (answers on page 40)



- 122 Slob's quality
- 123 Corrects, as a manuscript
- 124 River of Belgium

- 17 "The Gift" director Sam
- 18 Golf's Els
- 19 Patronage
- 24 Snoop
- 28 Stopped sleeping
- 31 Dept. of Justice org.

- 60 Stephen of "Bad Behaviour"
- 61 Popular pop
- 62 Loved ones
- 64 Talk up
- 68 Olympic figure skater Cohen
- 69 Math class: Abbr.
- 70 Kramer of "Seinfeld"
- 71 São ___
- 73 Important time
- 75 Trademark
- 77 "No man is ___ to his valet"

- 92 Slow absorptions
- 93 Red Bull ingredient
- 94 Title for a knight
- 96 Actor Chuck or singer Lila
- 98 Hound breed
- 101 Small intestine division
- 102 "___ diem!"
- 103 Heroic poems
- 104 Kunta ___ ("Roots" role)
- 105 Demi of film
- 106 Quartet minus two
- 110 K.P. veggie
- 111 Baking qtys.
- 113 Canon camera option
- 114 "___ bono" ("To what purpose?")
- 115 Fleur-de-___
- 117 Capacious vase
- 118 Gen ___ (post-'65 arrival)

DOWN

- 1 Rose's fruit
- 2 Gully creator
- 3 Audibly excited fans
- 4 Make bigger
- 5 Mitch Miller's instrument
- 6 Legendary birds
- 7 Diving shorebird
- 8 Yummy tidbit
- 9 Catches in a web
- 10 Yearn for
- 11 Letters on a battleship
- 12 Person on a pension
- 13 Fashion designer Bill
- 14 Ski chalet style, often
- 15 Rebellious Turner
- 16 Puncturing tool

- 32 Sown thing
- 33 Metal mixture
- 34 Ryan or Tatum
- 35 Irritate
- 37 Mushroom parts
- 38 Tony winner Kazan
- 42 Sings
- 43 Jeered
- 45 Spirit of a culture
- 47 Protective wall
- 48 Make trite
- 49 Having feeling
- 51 Rife
- 53 Cleave
- 55 Hands out
- 56 Court case
- 57 Competence
- 58 Attack from all sides

- 79 Arctic people
- 80 Quartet minus one
- 85 Strike callers
- 87 ___ -di-dah
- 89 Las Vegas' ___ Palace
- 90 Explanatory drawing
- 91 Cook, as onion rings

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- 1. GEOGRAPHY:** What is the capital of Kentucky?
- 2. GAMES:** What was the name of the victim in the board game "Clue"?
- 3. BUSINESS:** Which fast-food restaurant chain once had a motto "Hot Eats, Cool Treats"?
- 4. LITERATURE:** Who wrote the novel "Cousin Bette"?
- 5. MATH:** What is another name for integers?
- 6. LANGUAGE:** What does the latin phrase "ecce homo" mean?
- 7. MOVIES:** Ingrid Bergman won her first Oscar for her role in which movie?
- 8. MYTHOLOGY:** In Greek myth, what kind of creature was the Echidna?
- 9. ART:** Which Renaissance artist was often called "Il Divino," the divine one, during his lifetime?
- 10. HISTORY:** Who introduced the "Reign of Terror" during the French Revolution?

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1. Frankfurt
2. Mr. Boddy
3. Dairy Queen
4. Honore de Balzac
5. Whole numbers
6. Behold the man
7. "Gaslight"
8. Half woman, half snake
9. Michelangelo
10. Maximilien Robespierre

Answers

Sudoku

by Linda Thistle

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

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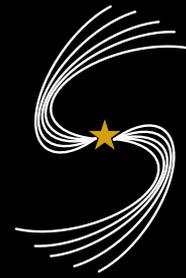
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C R O L J G D A X V S P N K I
 F C A X V S Q O L J H E C A X
 V T R M I C R O P H O N E P N
 L J H F Y D B Y S T T M P T X
 V T R S V P O M M K A I I O G
 E D B Z A X R O R I T H P R W
 U T R Q R E O D L E O N E C N
 L J I G G F D S D C P T C H O
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

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

- | | | | |
|--------|------------|------------|---------|
| Baton | Gravy | Peace pipe | The hat |
| Butter | Hot potato | Pepper | Torch |
| Emails | Ideas | Salt | Wisdom |
| Germ | Microphone | The buck | |

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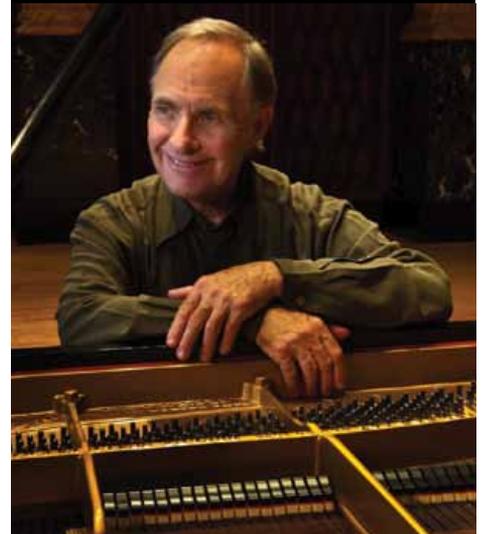
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DRIVER SAFETY

AARP Driver Safety Program - A four (4) hour classroom refresher course for drivers age 50+ which may qualify participants for a three year automobile insurance premium reduction or discount. Seating is limited. 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.

- May 18: 8:30 a.m. – 12:30 p.m. Hebert's Town and Country, 1155 E. Bert Kouns Ind. Loop, Shreveport. Hosts: Hebert's and *The Best of Times*. Light refreshments and door prizes. Contact: 318-221-9000; Instructor: Ray Branton

EVENTS

Chimpanzee Discovery Day: Endangered Species - Saturday, May 18, 9 am - noon. Chimp Haven, 13600

Chimpanzee Place, Keithville. An entertaining and educational event for the entire family. Visitors will have the chance to observe the chimpanzees in their natural, forested habitats; talk to staff about their personalities and natural behavior; and discover the wonders hidden on the nature trail. **FREE**. Call 318-925-9575 for more information.

14th Annual Croquet Classic - Fundraiser for Community Renewal. May 4 beginning at 9 am on the lawns of LSU campus. *The Best of Times Radio Hour* will be hosting a live remote broadcast from this event beginning at 9 am. This remote broadcast is proudly sponsored by Brock's Collision Centers in Shreveport and Bossier City. Luncheon and Live Auction 12 noon, LSU Ballroom. For more info call 425-3222.

Get Up & Go!

Le Tour des Jardins - Annual spring garden tour by The NWLA Master Gardeners. Tour five beautiful private gardens throughout Shreveport and Benton. Tour hours will be 10 a.m. to 5 p.m. on May 4, and 1 p.m. to 5 p.m. on May 5. Advance tickets are \$10 and can be purchased at any Citizens National Bank, or by calling the Master Gardeners office at (318) 698-0010. Tickets may also be purchased at any garden on the days of the tour for \$12.

Southern Hills "Music in the Park" - Saturday, May 18th from 1 to 5 pm at the Southern Hills Park, 1002 Bert Kouns Industrial Loop. Shreveport. **FREE** admission. Bring the entire family. Featuring arts, crafts, food, and children activities. Soldiers Angels will be accepting donations of single serving drink mixes, beef jerky, and energy protein bars. Special guest and music provided by: X factor finalist Willie Jones, Casey Martin Band, and AirHeart. For more information, call 318-834-7179 or 318-572-4590.

EXHIBITS

"Where Will You Travel Next?" Destinations in Paintings from the Kasten Collection - Norton Art Gallery, 4747 Creswell Ave, Shreveport. May 7 - July 7. Take passage to another era - from the 1860s into the 1920s - through paintings by distinguished artists from England, France, Germany and Austria. Visitors will embark on a visual tour given by some of the finest artists of this time. Tuesday through Friday from 10 a.m. to 5 p.m., Saturday and Sunday from 1 p.m. to 5 p.m. Closed on Mondays and national holidays. The gardens are open to visitors daily during daylight hours. **FREE**.

East Bank Gallery features Arthur Simone - May 2nd through June 1st with a reception on May 11th from 3-6 pm. The East Bank Gallery is a project of the Bossier Arts Council, 630 Barksdale Blvd. right off of I-20. Tuesday-Saturday from 11 am - 6 pm. For more info about Arthur Simone or BAC call 318.741.8310 or visit bossier arts.org.

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FESTIVAL

30th Annual Mudbug

Madness Festival - Downtown Shreveport's Festival Plaza. Thursday, May 23 through Sunday, May 26. The annual event is known for live zydeco music and Louisiana crawfish served every imaginable way. Special to this year's festival, organizers have announced a closing night fireworks show in celebration of the 30th anniversary milestone. The closing night fireworks show will take place at 8:45 p.m., Sunday, May 26.

HEALTH SCREENINGS

Health and Wellness

Fair - For all ages. Saturday, May 18th from 10 am to 1 pm at VOA's Highland Center located at 520 Olive Street in Shreveport. This health and wellness fair is proudly sponsored by The Shreveport-Bossier Professional Women's Group. There is **NO CHARGE** for participation or attendance. For more information, please call (318) 828-2984.

Melanoma Screening

-Monday, May 6 is the American Academy of Dermatology's annual Melanoma Monday. Ark-La-Tex Dermatology will conduct **FREE** skin cancer screenings from 8 a.m. to noon. Josephine Futrell, M.D., Ph.D., will conduct screenings

in the Bossier clinic located in Suite 400 of the Medical Office Building II, 2300 Hospital Drive. Sarah Glorioso, M.D., will conduct screenings at the Shreveport clinic located in Suite 830 of WK Pierremont Health Center, 8001 Youree Drive. Anyone interested in receiving a free skin cancer screening can register on the Willis-Knighton website (www.wkhs.com/classes) or by calling (318) 212-8225.

MEETINGS

The Ark-La-Tex Genealogical Association, Inc. - 1 PM, Saturday, May 11 at Randle T. Moore Center, 3101 Fairfield Ave., Shreveport. The speaker will be Sally Sinor, Director/Archivist. The program will be "Masonic Records of the Grand Lodge of Louisiana". Additionally Hornbook Session, Phil Adderley, CG, will present "Unusual Records and Artifacts": Citing 'Square Blocks' that do not fit. Admission is **FREE**. For more information call 318-746-1851.

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. Every Thursday and Friday. Coffee and cookies at 9:30 a.m. Program/speaker every Thursday at 10 a.m. Fridays Tech Talk at 10 am, 1on1 Tech at 11 am. Admission is **FREE**. Lunch is served at 11:00. Make lunch reservations by calling the Caddo Council on Aging at 676.7900. Suggested donation for lunch is \$2.

- May 2 - Lee Aronson "Protection from Identity Theft"
- May 9 - Dr. Victoria LeFevres "Butterfly Gardening"
- May 16 - Dr. Gary Joiner "A Little History"
- May 23 - Liz Swain "Downtown" Past, Present & Future"
- May 30 - Yoga Guru "Chair Yoga"

SEMINAR

Medicare 101 Educational Seminar - Thursday, May 9th from 10 am to 12 noon at Christus Schumpert's St Mary Place Auditorium, One Saint Mary Place in Shreveport. Hosted by Louisiana Department of Insurance, Senior Health Insurance Information Program (SHIP). There is

NO CHARGE to attend this seminar. Attendees will answer the following questions: (1) Do you know what benefits you have? (2) Do you understand your benefits? (3) Are your benefits working for you? (4) Need more information on Medicare Advantage and Prescription Drug Plans? For more information, please call (800) 259-5300.

THEATRE

Forever Plaid - Presented by Shreveport Little Theatre. May 2, 3, & 4 at 8 pm; May 5 at 2 *Forever Plaid* is one of the most popular and successful musicals in recent memory. This deliciously goofy revue centers on four young, eager male singers killed in a car crash in the 1950's on the way to their first big concert, and now miraculously revived for the posthumous chance to fulfill their dreams and perform the show that never was. Call (318) 424-4439 for tickets or more information.

The Wedding Singer - Presented by Shreveport Little Theatre. May 23, 24, and 25 at 7:30 pm; May 26 at 2 pm. The hilarious comedy is about a down-on-his luck wannabe rocker who is a wedding singer. Based on the 1998 film of the same name. Call (318) 424-4439 for tickets or more information.

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

SUDOKU

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

THINGS WE PASS AROUND

MAY

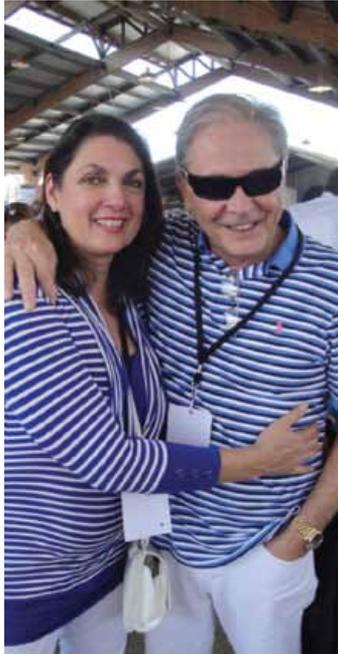
PARTING SHOTS

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2013 Cork Wine Festival was held at Festival Plaza in Shreveport on April 6.



Mark Hebert (left) and Herb Miller



Linda and Jim Vozzella



Jimmy and Angela Mijalis



Mr. and Mrs. Kip Holloway



Mr. and Mrs. Michael Corbin



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May Parting Shots continued

The Oaks of Louisiana held an Open House on April 5th.

(l to r) Claude and Connie Beasley with Elly Hubsmith



Mr. and Mrs. EE Bland, Jr.



(l to r) Jodie McLean, Cherry Conover, and Sally Montgomery



Linda and Bob Crosby

An AARP Driver Safety course was held on April 13 at Hebert's Town & Country.

Attendees Archie and Erma Adams



Dot Kistler won 1 of several door prizes.



Karen Canterbury won 2 tickets to SciPort.



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--	--	--	--

The Opening Ceremonies for the 2013 NWLA District Senior Olympic Games was held at Horseshoe Casino Riverdome on April 16th. The day featured a senior health fair, as well as Olympic competitions.



BCOA Executive Director Tamara Crane (left) congratulates door prize winner Atlean Snow



Jeri Lancaster (seated) with Joann and Doyle Blasingame



Alma Edwards, at 103 years young, was one of the oldest competitors.



Joann Lonadier visits with Vicki Ott at the NurseCare of Shreveport exhibit booth.

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May Parting Shots Senior Olympics
continued



CCOA Executive Director Mary Alice Rountree (left) & BCOA Executive Director Tamara Crane listen as Chris Collins announces Wendy's new program supporting area seniors



Dorothy DePanion and son Gary were winners in the Dart competition



Silver Sluggers won gold in the Bean Bag Baseball competition



Beanie Boppers were 2nd place winners of the Bean Bag Baseball competition



(l to r) Sandie Wall, Jackie Harris, Jean McEachern, and Alexandra Oliver at New Horizons Independent Living Center exhibit booth



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May Parting Shots Senior Olympics
continued



Above: Sr. Olympics medalists Jean and Harold McEachern



Right: Evelyn McConnell prepares to compete for the Waterford Warriors



The Food Bank of Northwest Louisiana

held a Painting Bowls Party at Louisiana Boardwalk on April 4th in preparation for their Empty Bowls fundraiser which will be held on June 6.

Food Bank Executive Director Martha Marak (left) with McGail Parsons



(l to r) Judy Oesterreich, Libby Swanson, Debbie Oesterreich, and Tami Oliver

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LSUHSC Shreveport

hosted mini-medical school where community members put on white coats and got a taste of medical school. The session ran once a week for 4 weeks beginning on February 19.



Robert Grand (center) graduates



Mary and John Wheless are awarded diplomas from Medical School Dean Dr. Andrew Chesson (left) and Chancellor Dr. Robert Barish



(l to r) Lea and Allyn Stroud with 3rd Year LSUHSC medical student Elaine Stewart



(l to r) Linda Farrar, Dr. Robert Barish, and Johnnie Covington

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