

April 2012

# The Best Of Times

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Inside

## TARZAN

LORD OF THE  
LOUISIANA JUNGLE

Interview



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# April 2012



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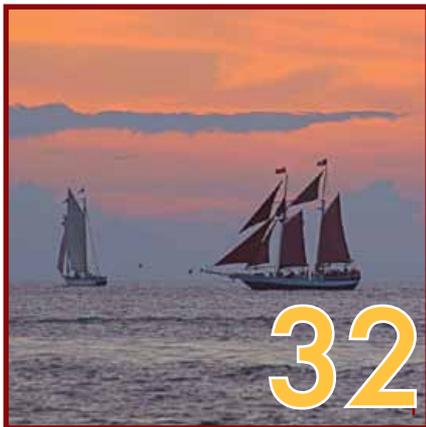
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Gary Panzer receives a gold medal from Geneva Strain at the Senior Olympics.

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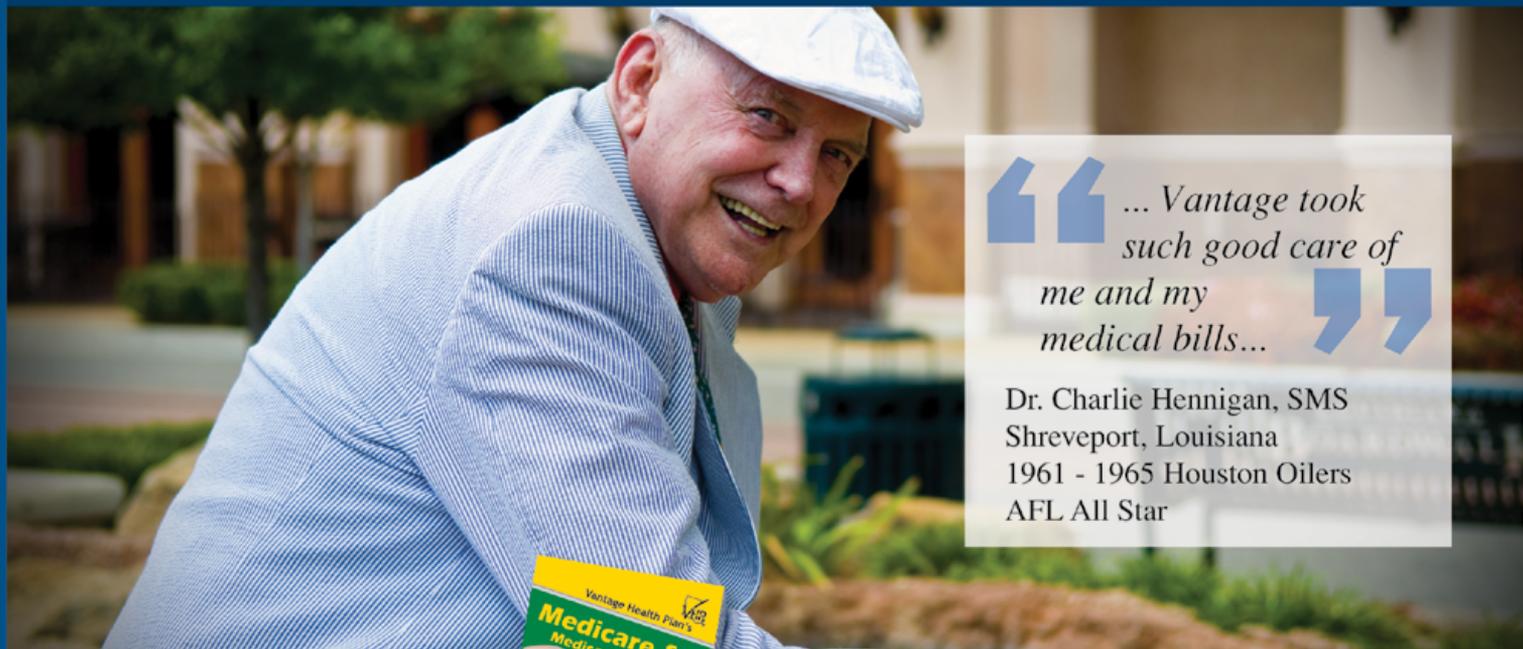
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The month of March was filled with blessings and joyous occasions. Husband Gary and son Jason celebrated their birthdays. We were involved in a major car accident, but through God's grace, the only casualty was our car. We escaped without a scratch. The Board of Directors of North American Mature Publishers Association (NAMPA) appointed Gary as its new Executive Director. In addition to his duties as publisher and radio host, he will be responsible for the leadership, operation, and membership activities of the national association. But perhaps our biggest news is that our oldest son Louis announced his engagement. We are thrilled to welcome Catherine into our family.

Despite all the excitement, we still managed to find time to bring you an April issue filled with fun and great information. You don't want to miss our interview with executive producer Al Bohl who is releasing the documentary "Tarzan: Lord of the Louisiana Jungle" and a re-edited version of the original 1918 silent motion picture classic "Tarzan of the Apes". We also celebrate the 20th anniversary of the Northwest Louisiana Senior Olympic games, visit the Florida Keys, cook with top-drawer ingredients, and get a sneak peek into some of the new plays on Broadway.

Until next month, take some time to enjoy this glorious Spring. Have a blessed Easter or Passover.

*Tina*

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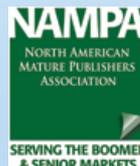
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Do you have a question for one of our guests? Call 320-1130 during the broadcast or email Gary.Calligas@gmail.com prior to the show.

**APRIL 7**  
"Fair Housing Month"  
Garry Sweeney, Director of Region  
6 Office of Fair Housing and Equal  
Opportunity

**APRIL 14**  
"20th NWLA District Olympic  
Games"  
Doyle Blasingame and Susan Berry

**APRIL 21**  
"Latest Cancer Treatments"  
Dr. Lane R. Rozen and Dr. Sanford  
Katz with Radiation Oncology  
Services

**APRIL 28**  
"Help is Available to Deal with  
Creditors"  
Eric W. Olsen, Attorney with HELPS,  
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## Eye Health May Be Related to Brain Health

People with mild vascular disease that causes damage to the retina in the eye are more likely to have problems with thinking and memory skills because they may also have vascular disease in the brain, according to a study published in *Neurology*<sup>®</sup>, the medical journal of the American Academy of Neurology. Damage to the retina is called retinopathy. In the study, the damage was mild enough to not cause significant symptoms. According to researchers, problems with the tiny blood vessels in the eye may be a sign that there are also problems with the blood vessels in the brain that can lead to cognitive problems. This could be very useful if a simple eye screening could give physicians an early indication that people might be at risk of problems with their brain health and functioning.



## No Bones About It: Eating Dried Plums Helps Prevent Fractures and Osteoporosis

When it comes to improving bone health in postmenopausal women - and people of all ages, actually - a Florida State University researcher has found a simple, proactive solution to help prevent fractures and osteoporosis: eating dried plums. The researchers found that a group of women that consumed dried plums had significantly higher bone mineral density in the ulna (one of two long bones in the forearm) and spine, in comparison with a similar group that ate dried apples. Researchers noted this was due in part to the ability of dried plums to suppress the rate of bone resorption, or the breakdown of bone, which tends to exceed the rate of new bone growth as people age. The study was published in the *British Journal of Nutrition*. In the United States, about 8 million women have osteoporosis because of the sudden cessation of ovarian hormone production at the onset of menopause.

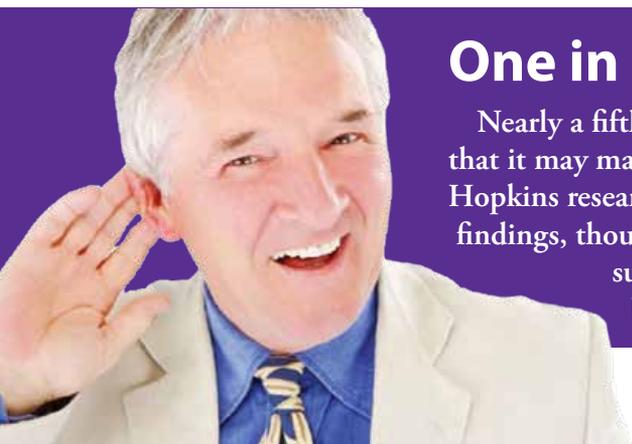


## Is Meditation the Push-Up for the Brain?

Two years ago, researchers at UCLA found that specific regions in the brains of long-term meditators were larger and had more gray matter than the brains of individuals in a control group. This suggested that meditation may indeed be good for all of us since, alas, our brains shrink naturally with age. Now, a follow-up study suggests that people who meditate also have stronger connections between brain regions and show less age-related brain atrophy. Having stronger connections influences the ability to rapidly relay electrical signals in the brain. And significantly, these effects are evident throughout the entire brain, not just in specific areas. The study appeared in the online edition of the journal *NeuroImage*.

## Vitamin D Deficiency Linked to Higher Mortality in Female Nursing Home Residents

The majority of institutionalized elderly female patients are vitamin D deficient and there is an inverse association of vitamin D deficiency and mortality, according to a recent study in the *Journal of Clinical Endocrinology and Metabolism* (JCEM). Recommendations for dietary vitamin D intake in the elderly are higher than any other age group because vitamin D deficiency is extraordinarily prevalent in this population and is considered a causal risk factor for skeletal diseases. Treatment involves the daily ingestion of up to 800 IU of vitamin D.



## One in Five Americans Has Hearing Loss

Nearly a fifth of all Americans 12 years or older have hearing loss so severe that it may make communication difficult, according to a new study led by Johns Hopkins researchers and published in the *Archives of Internal Medicine*. The findings, thought to be the first nationally representative estimate of hearing loss, suggest that many more people than previously thought are affected by this condition.

## Drinking Coffee May Protect Against Endometrial Cancer

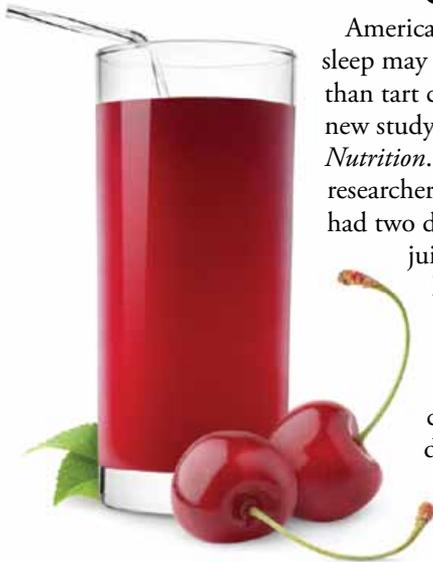
Long-term coffee consumption may be associated with a reduced risk for endometrial cancer, according to a recent study in *Cancer Epidemiology, Biomarkers & Prevention*, a journal of the American Association for Cancer Research. Researchers at the Harvard School of Public Health, said coffee is emerging as a protective agent in cancers that are linked to obesity, estrogen and insulin. During the course of 26 years of follow-up of 67,470 women, researchers documented that drinking more than four cups of coffee per day was linked with a 25 percent reduced risk for endometrial cancer. Drinking between two and three cups per day was linked with a 7 percent reduced risk. A similar link was seen in decaffeinated coffee, where drinking more than two cups per day was linked with a 22 percent reduced risk for endometrial cancer. Coffee has already been shown to be protective against diabetes due to its effect on insulin.



## Go Red

Americans seeking a better night's sleep may need to look no further than tart cherry juice, according to a new study in the *European Journal of Nutrition*. An international team of researchers found that when adults had two daily glasses of tart cherry juice, they slept 39 minutes longer, on average, and had up to 6% increase in overall sleep efficiency (significantly less non-sleep time in bed), compared to when they drank a non-cherry, fruit cocktail.. The researchers attribute the sleep benefits to the melatonin content of the red Super Fruit – a

powerful antioxidant critical for sleep-wake cycle regulation. Tart cherries in juice, dried and frozen form are packed with other powerful antioxidant compounds, including anthocyanins – the compounds responsible for cherries' bright red color. In addition to a growing body of evidence supporting the benefits of tart cherry juice as a sleep aid, research indicates that tart cherries may help reduce inflammation related to arthritis, heart disease and exercise-related muscle pain.



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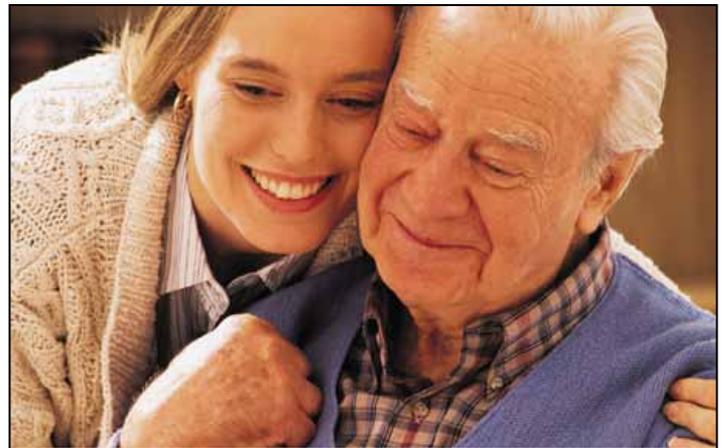
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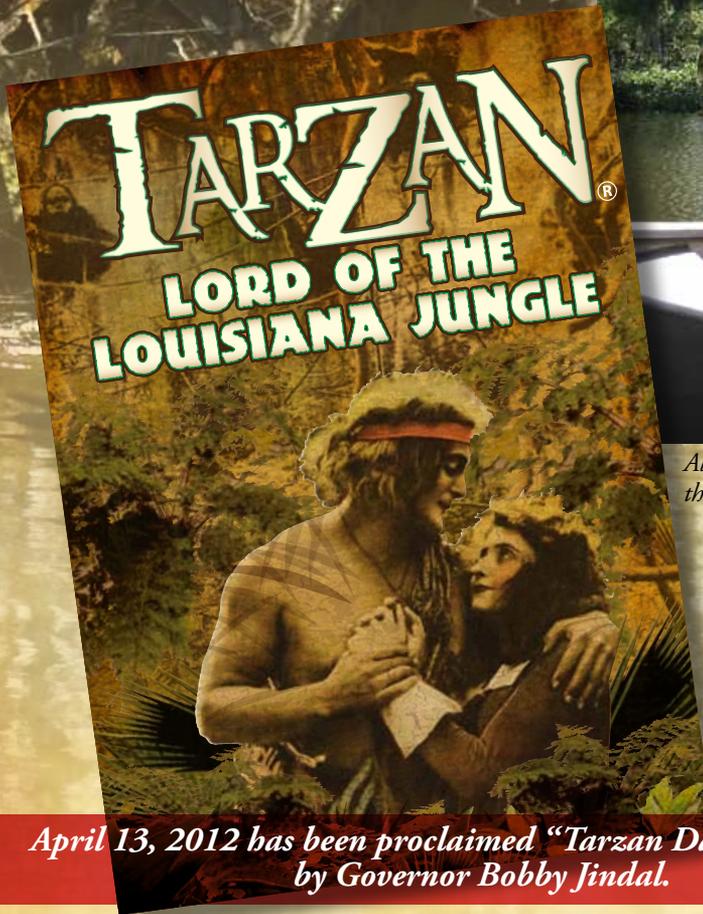
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*Al Bohl with his daughter Allison filming a scene for the documentary on the Atchafalaya River. Allen Kirkpatrick is piloting his boat.*

**The following is an interview with executive producer Al Bohl who is releasing the documentary “Tarzan: Lord of the Louisiana Jungle” and a re-edited version of the original 1918 silent motion picture classic “Tarzan of the Apes” at the Tarzan Festival in Morgan City on April 13-14.**

*April 13, 2012 has been proclaimed “Tarzan Day in Louisiana” by Governor Bobby Jindal.*



*We are excited about your documentary. We’ve got a few questions we’d like to ask.*

**AL:** I really appreciate your giving me this opportunity to talk about the film and the whole process.

**Q:** *Tell our readers a little about yourself.*

**AL:** I’ve lived in Bossier City, Louisiana for over fifty years. I am married to Doris who is an RN at Christus Schumpert. We have three grown children. Aaron is a Captain in the Marines. My youngest son, Alex, is a programmer for CenturyLink in Monroe. My daughter Allison is a filmmaker who lives in Lafayette.

**Q:** *What attracted you to this project?*

**AL:** Several years ago, a man from Morgan City told me about the making of the *Tarzan of the Apes* film in his town. It was believed that the producers brought in real apes and monkeys to add realism. When the shooting was over, the monkeys wouldn’t get back into

the cages so they left them. That really stuck with me. I kept asking myself if it could be true. While searching the web, I decided to see if anyone had ever asked this question before. My inquiry took me to [www.erbzine.com](http://www.erbzine.com). This is the official site of anything pertaining to Edgar Rice Burroughs, Tarzan or John Carter of Mars. I found out that the making of the film is just as interesting as the film itself.

**Q:** *We’ll get back to this in a moment but I’d like to know if you have always been a Tarzan fan?*

**AL:** I guess just about anyone who grew up in the 50s and 60s was a Tarzan fan in some form or another. Johnny Weissmuller’s Tarzan movies played all the time on television. Back then, I lived on the last street in Bossier and there was nothing but cotton fields for miles north. That was my jungle. A great thing about Tarzan as a character is that you don’t need a large wardrobe or imaginary powers to play the character. Any rope or hanging vine serves to bring out the Tarzan yell in anyone.

**Q:** *Have you always wanted to make a documentary about Tarzan?*

**AL:** Not until about four years ago. My background is in the arts. I went to college when I was 27 and got a degree in art from the Louisiana State University in Shreveport. After school, I went after the book industry. I’ve worked on nearly 50 books as an illustrator and cover designer. I’ve written several books such as the *Zaanan* series, *Guide to Cartooning* and some comic books. I also have a few unpublished books and screenplays. I won a competition for the best new TV series concept at the *Ottawa International Animation Festival* in Canada for my half-hour animated show called *Way Out There!* 9 Story Entertainment picked it up and it is now in development. For almost fourteen years, I have been the art director at *Sci-Port: Louisiana’s Science Center* here in Shreveport.

Two things happened to encourage me to go forward with this project. Allison was a Visual Arts major and even before she graduated she began making a name for herself with short films. She went to work for the *Cinematic Arts Workshop* at *University of Louisiana at Lafayette*. Their film *I Always Do My Collars First* won *Louisiana Filmmaker of the Year* in 2007. She has continued to win awards for films, cinematography and directing. When I approached Allison about working with

me on the Tarzan films, she agreed to help. With that decided, neither of us thought it would take four years to complete.

The other big crossroad for making this film was concerning the subject matter. Just a film about monkeys was not enough. I formulated a list of questions and decided if I couldn't get answers I would not continue. When you see the film, you will realize why I couldn't walk away from this multifaceted subject.

**Q:** *What was it like working with your daughter?*

**AL:** It was a dream. All this time and there was never a harsh word spoken between us. Allison is a very easy person to work with. This doesn't mean that she is a push-over. She's very professional and has a lot of authority in her knowledge base. She knows her craft. I was in awe of her. My wife had taught me how to back-schedule when I was knocking out books for publishers. Allison is very productive. She and I made a plan, divided the labor and got it done.

**Q:** *What was your job in making the documentary?*

**AL:** I was the executive producer, director and writer. We both wore several hats but the one I wore the most was executive producer. The job requires self-motivation and somewhat obsession to keep the project on track. I formulated a plan for pre-production and production. We combed through



*Gordon Griffith played Tarzan as a boy. This photo was taken in Morgan City, LA area.*

*-Photo courtesy Edgar Rice Burroughs, Inc.*

hundreds of photos and documents and videotaped up to seventy hours of interviews and locations. We interviewed scholars, authors, historians, fans, experts in merchandise, actors, an expert in primates, the curator of the Burroughs' collection and the family of Edgar Rice Burroughs. Our travels in Louisiana included Morgan City, New Orleans, Patterson and Baton Rouge. We also gathered interviews in Los Angeles and Tarzana, California. More footage was taped in Ohio, Kentucky and Chicago, Illinois. Post-production along with publicity and marketing for release were also part of my plan.

**Q:** *Let's begin to talk about the book, the documentary and original film. Once you decided to do the film, what did you do next?*

**AL:** Well, the final hurdle was the fact that Tarzan was created by Edgar Rice Burroughs. Actually, 2012 marks the character's first 100 years in print. Through research I found out that anything produced before 1923 was in public domain. So, the book and film

*Tarzan of the Apes* are in public domain in the United States. However, Tarzan is owned by the licensing company **Edgar Rice Burroughs, Inc.** Burroughs was the first person to incorporate himself into a company and he controlled everything concerning Tarzan and his other properties. So, I called ERB, Inc. and spoke with *Jim Sullos* the president and CEO of the company. Over a period of time we negotiated our agreement and I was granted a license to use the Tarzan name and gain access to their collection and information. Jim and his co-workers are super people and it has been a pleasure working with them.

**Q:** *Tell us about Edgar Rice Burroughs.*

**AL:** In the documentary, we deal with the person Edgar Rice Burroughs. He is considered by many to be the father or grandfather of American Science Fiction. As he said of himself, "I started to write because I needed the money..." He thought of himself as a failure. He tried many hats on before the right one fit. He was in the U.S. Calvary, cowboy, gold miner, accountant, worker for Sears, railroad cop, owned several businesses but nothing worked out. Finally, at 35 years old he was selling wholesale pencil sharpeners door-to-door. He had pawned his wife's jewelry to feed their children when he wrote his first book which was a **John Carter of Mars** story. His third effort was *Tarzan of the Apes*. The story of a child being raised by great apes and becoming the king of the jungle was an instant success. There are about 26 Tarzan books. I've read a good number of them but my favorite is the first. The wonderful thing about a Burroughs book is that you can read it over and over and not get tired of it. Many creators today got their inspiration from Burroughs. If you've read Burroughs' literature then you know where stories like *Star Wars*, *Avatar*, *Flash Gordon* and even *Superman* had their origins or major influence.

Tarzan came out in a pulp magazine in October 1912 but it was two years before Burroughs could get a book publisher interested. He started trying to sell Tarzan as a movie right away but no one took him up on it until **William Parsons** came along and made the Tarzan film.



*Al Bohl and Allison interviewing George T. McWhorter. He is the curator of the Burroughs Memorial Collection at the University of Louisville in Louisville, KY.*

**Q:** *Is Tarzan considered science fiction?*

**AL:** It is considered *high-adventure* with a little science fiction thrown in. Tarzan was raised by a tribe of great apes called the *mangani*. They were the missing link between man and ape. Again, we go into depth in the documentary about feral children, eugenics and the apes.

**Q:** *How is the book different from the film?*

**AL:** After studying the film and book over and over, I'd have to say that this film is the closest of all the Tarzan films to the actual character. A book can tell an entire story but a film is locked into being an outline of a story. The filmmakers combined characters and changed motivations. In the book, the natives were cannibals but in the movie they were jungle settlers who responded to the foolish aggression of the whites from England. It is interesting that in the film, Tarzan didn't take sides with either the whites or natives. Instead, he devised a way to just end the conflict. You'll have to see the documentary for more contrasts.

**Q:** *Why was Morgan City chosen?*

**AL:** The three principle reasons were that the filmmakers had been looking for jungle that could double as the one Burroughs described in the book. Next, they were looking for a large number of African-Americans. Finally, they needed a trustworthy railway system to get equipment back and forth from Los Angeles. The filmmakers used close to 800 African-Americans from nearby plantations. From my research, I believe it is safe to say that *Tarzan of the Apes* was the first major motion picture shot on location in the U.S. and the first to use all African-Americans to play themselves on screen.

**Q:** *What else can you tell us about the documentary that's unusual?*

**AL:** Our film is divided into chapters. One of the chapters is called *News on the March*. Using historical stock footage, narration and music, we tell what was happening in the world during the time *Tarzan of the Apes* was being made and released. There was so much instability in the world. It amazed me that the

filmmakers could be so creative during that time. David Cortello wrote and performed the music for this portion of the documentary. He captured the times and did a super job of interpreting the news items.

**Q:** *Why did you include the original movie Tarzan of the Apes as a second disc in your DVD package?*

**AL:** It would have been cruel to make the documentary and not allow people to see the original too. However, the original movie was 2 hours and 10 minutes long. In 1918, audiences loved it and it was



*A production still from the film "Tarzan of the Apes" or "The Romance of Tarzan."*

*-Photo courtesy Burroughs Memorial Library*

a major hit. People were accustomed to paying a few cents to see a movie but they stood in line to pay \$1.50 per ticket to see Tarzan. It made a big movie star of *Elmo Lincoln* who played Tarzan. Sadly, over time all that was left was a one-hour 16mm *digest* version which had become a jumbled storyline with terrible music. Allison and I went back in and re-cut it close to its original three act format. We added screen credits for the filmmakers. We tossed the music. Kermit Poling of Shreveport wrote and performed an entirely new orchestral score for the film. Kermit had already written for a couple of silent films. He did a wonderful job and really brought the old film to new life. His music for the documentary is excellent.

**Q:** *What is happening with the documentary right now?*

**AL:** 2012 is the hundredth birthday of Tarzan. Edgar Rice Burroughs, Inc. is celebrating that fact all year long. There are three other Tarzan movies in development now. Two from Warner Bros.

and a 3D animated film from Constantin. My films are the only ones available this year. I will be showing my films at the international Burroughs convention in August in Tarzana, California. Yes, Tarzana got its name from Tarzan. The documentary and film are already on the festival circuit and invitations continue to come in for showings.

There is a really cool exhibition called *Tarzan: Lord of the Louisiana Jungle* at the Louisiana State Museum in Patterson, Louisiana that is now open until April 2013. I encourage anyone to go to the Morgan City area and see this exhibition. While there, take a swamp tour and see where the site of the Tarzan jungle scenes were filmed. In seeing the documentary, you will know where to look for other points of interest around the city.

**Q:** *What is your next film?*

**AL:** I don't have any more plans to do this again. My goal was to put into reality everything I ever dreamed of doing in film. This project fulfilled that desire. I have screen plays that I want to finish but it is not that important to me if they ever get made. I enjoy writing. I continue to receive mail asking me to write the fifth Zanaan book. I'd like to do more with that series. Mostly, I am going to continue to enjoy my job with Sci-Port. I love working there.

*For more information about the documenary Tarzan: Lord of the Louisiana Jungle visit the website: [www.tarzanlordLAjungle.com](http://www.tarzanlordLAjungle.com).*

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*A production still from the film "Tarzan of the Apes".*

*-Photo courtesy Burroughs Memorial Library*

# Senior



**I**t took a while for Northwest Louisiana, and Bossier-Shreveport in particular, to join the Senior Olympics movement, but when it did a meteoric rise began.

From the onset, good planning and hard work on the part of those in charge of the Northwest Louisiana District Senior Olympics was met with enthusiasm from the senior's crowd. The games began with the Metropolitan YMCA of Shreveport-Bossier in charge in 1992.

"I could see from the beginning it would be successful because it was so well organized," said Julie Murray, who was there at the beginning as office manager of the Downtown Y. "And it was such a great idea. It was something that was good for seniors. It kept them active and gave them something to look forward to," said Murray, now Operations Manager of the Metro Y.

The 20th renewal of the Northwest Louisiana District Senior Olympics is really in tune with the old come-on "bigger and better." The fun and games for those 50 years of age and older began March 24 and continues through May 19 in Bossier and Shreveport. The 2011 edition drew 570 competitors, the most in district history.

"Every business or organization in its marketing strategy likes to say they're bigger and better," said Doyle Blasingame, chairman of the district competition. "And as we celebrate our 20th year, it's fitting that we are definitely bigger and better. With the help of Horseshoe Casino and Harrah's Louisiana Downs we will have better locations for our Senior Health Fair and Opening Ceremony and Celebration of Athletes."

**BY JERRY ROBICHAUX**

# OLYMPICS

Keep Getting Bigger

Senior Olympics was born in 1985 in St. Louis, Mo., and Louisiana was one of the first to offer state competition that qualified teams and individuals for national events. In 1992, Bossier-Shreveport became the center of one of 10 districts under the state umbrella.

The merits of the senior games have been underscored by physicians and health care professionals for years because they foster fitness through physical activity, and, as Murray points out, give seniors something to mark their calendars and plan for. And the games also offer increased opportunities for socialization and building of new friendships, elements many physicians say are part of a healthy approach to aging.

And that goes for those of varied ages.

“Some of our participants are in their 80s and are our staunchest backers,” said Doyle Blasingame, chairman of the NW District which came under the direction of the Bossier Council on Aging in 1996. One such is 87-year old Frances Hutton. Frances, who took part in her first state games in 1988, provided a wealth of experience gained competing at the state level as the local YMCA began its work in 1992. “We were thrilled to hear we would have our own district,” Frances remembers.

She claims the activities surrounding Senior Olympics “are a big reason I am where I am. I just love Senior Olympics. I was a pretty good little athlete, if I do say so myself,” she says, smiling.

Burtie Smith-Griffith of Haughton is another octogenarian who is in great shape for an 86-year-old. She has used the district games as a springboard to state and national laurels. She chose track and field, especially sprinting, as her endeavor. She usually trains year-round and has won her way to six of the last seven nationals, the latest in Houston where she won a bronze medal in the 100-meters. Her best finish in a national came in the 2009 event in San Francisco when she won silver in the 200-meters and bronze in the 100-meters.

“I started running when I was 67. I’ve got hopes I can make

Ohio (site of the next national games) in 2013,” she said recently.

On the opposite end of the age spectrum are Dan Ursery of Benton, Bob Taylor of Bossier City, and Margie Bamburg of Haughton. Ursery (63) has been involved in 12 consecutive district games. He enters all the sprints in the track competition and throws the javelin in the field. And he acts as an unofficial ambassador for the local games, traveling throughout the state to take part in and encourage other districts. “I feel it’s important for us here to support other districts because many competitors from other districts come to our events,” he explains.

Taylor (69), year in and year out, shows up for seven or more different events. They range from chess and table games to mini golf, table tennis and track and field.

Bamburg (64) entered her first district meet two years ago and must have had a good time. She increased her participation last year and formed her own team for the very popular Bean Bag Baseball.

Entry forms are available on the website [www.nwlsog.org](http://www.nwlsog.org) or at the Councils on Aging in Bienville, Bossier, Caddo, Claiborne, Webster, DeSoto and Red River parishes.

*[Editor’s Note: See Schedule of Events in Get Up & Go on page 38.]*



## Pictured

Left Page: Live Oak teams are almost unbeatable in senior residence bean bag baseball.

Top: Ron Adams (left) and George Taylor were dressed to the nines when they played 18 in the golf tournament.

Middle: Sue Prudhomme and Gordie Ward (right) shake hands with Tom and Patti Guanella after their epic tennis battle.

Bottom: Beth Thompson all business in bocce ball.

## Medicare Pays For Shingles Vaccine

By Bob Moos

Anyone who has suffered from shingles knows the pain is excruciating. “Uncomfortable” doesn’t begin to describe your plight if you come down with the disease. “Miserable” is much closer to the truth.

Shingles produces a blistering skin rash that lasts from two to four weeks. It usually appears on just one side of your body, most often on the torso or face. You also may have a fever, headache, chills or an upset stomach.

When the blisters finally go away, you may be left with scars. And for one in every five sufferers, the pain continues – sometimes for a year or more.

You can’t catch shingles from someone else. The disease - also known as herpes zoster - is caused by the same virus that causes chickenpox.

The virus actually starts as chickenpox, the childhood illness that comes with



a fever, sore throat and rash. When the chickenpox ends, however, the virus doesn’t.

It hides in your nerves and, for some people, emerges later as shingles. No one knows why that happens, but shingles is more common after age 60 and among people whose immune systems have been weakened by a disease like cancer.

About 1 million Americans a year get shingles. Most will have only one outbreak

in life, though a second or third outbreak can occur.

Fortunately, you can prevent shingles or at least blunt its effect with a vaccine. The U.S. Centers for Disease Control and Prevention recommends a one-time shot if you’re 60 or older.

The vaccine reduces the risk of shingles by about 50 percent. If you do come down with it, you’re likely to have a milder case if you’ve been inoculated.

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There have been no serious problems with the vaccine. The most common side effects have been redness, soreness, swelling or itching at the shot side. If you have any questions, visit with your doctor.

Medicare covers the shingles vaccine as one of its preventive benefits. But, unlike some other vaccines that are paid through Part B, the shingles vaccine is covered by Part D.

That's the part of Medicare you use when you buy prescription drugs at your pharmacy. People get Part D through a private stand-alone drug plan, if they have traditional Medicare, or through a Medicare Advantage plan that includes drug coverage.

Your Part D plan will pay for the vaccine itself and for your doctor or other health care provider to give you the shot. But you need to make sure you follow your particular plan's rules in order to keep your out-of-pocket cost as low as possible.

The average copayment for Medicare beneficiaries who get inoculated for shingles is \$57, though that will vary by plan.

If you're vaccinated at a drugstore, check to make certain it's in your Part D plan's pharmacy network. Otherwise, the shot will cost you more than your usual copay.

If you're inoculated in a doctor's office, check to make sure the office can bill your plan or at least can work through a drugstore in your plan's network. Otherwise, you'll have to pay the entire bill upfront and then claim reimbursement from your plan.

Just to be safe, call your Part D drug plan ahead of time and ask which pharmacies and doctors in your area you can use to receive the shingles vaccine at the plan's regular copay.

To learn more about shingles, please contact the Centers for Disease Control and Prevention at 1-800-232-4636 or visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines). For more about Medicare's coverage, call 1-800-MEDICARE or go to [www.medicare.gov](http://www.medicare.gov).

As today's 78 million baby boomers age, the number of shingles cases will only increase. Guard yourself against the pain and suffering. Get vaccinated.

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

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## Can Churches Discriminate?

by Lee Aronson

Alice (not her real name) was a teacher at a religious school. She got sick and her illness caused her to become disabled. However, even though she remained disabled, she recovered enough so that she could go back to teaching. But when she tried to go back to work at her religious school, she was fired. She thought she was fired because of her disability. And Alice knew that there is a law, the Americans with Disabilities Act, which makes it illegal for employers to fire or discriminate against employees based on their disability. So Alice sued to get her job back.

The school argued that they could fire Alice because of freedom of religion. They said that freedom of religion means that the govern-

ment can't pass a law that "prohibits the free exercise of religion" and any law that says a religious institution can't fire or discriminate against one of their teachers is unconstitutional because such a law "prohibits the free exercise of religion." Do you buy that argument?

The United States Supreme Court did. Well, only kind of. The Court said that employment discrimination laws, whether they be the Americans with Disabilities Act or the Civil Rights Act of 1964, can "prohibit the free exercise of religion" and therefore don't apply to religious institutions in some circumstances. Specifically,



there is something called the "ministerial exception." This means that when it comes to employment matters, religious institutions are free to discriminate against black people or disabled people if the job involved is the job of a "minister." So a Church may not be able to fire a black janitor based solely upon his race, but the Church would be able to fire a black minister based solely on his race.

The Court reasoned that the government has no right to get involved in any way with a religious institutions employment decisions regarding its ministers:

"the authority to select and control who will minister to the faithful, a matter "strictly ecclesiastical," is the church's alone." But when we're dealing with religious institution employees who are not ministers, the laws that prohibit employment discrimination do not "prohibit the free exercise of religion."

So back to Alice's case. If she was a minister, the Americans with Disabilities Act wouldn't apply and the religious school could fire her because of her disability. However, if she was not a minister,

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then the religious school probably couldn't fire her because of a disability. So do you think Alice, a teacher at a religious school, was a minister? Here are some details about her job: She taught fourth graders math, language arts, social studies, science, gym, art and music. She also taught a religion class four days a week, led the students in prayer and devotional exercises each day and attended a weekly school-wide chapel service.

In the end, the Supreme Court said that the legal definition of minister is not "limited to the head of a religious congregation." And the Court went on to find that Alice was a minister. As a result, the employment discrimination laws did not protect her and her suit to get her job back was thrown out.

Another United States Supreme Court case that I am watching involves freedom of speech. Some guy in California got himself elected to a local water board. And during one of those meetings, he claimed that he had been awarded a Congressional Medal of Honor. Well, it turns out that wasn't true. And it's a crime to lie about U.S. military decorations. But when the prosecutor filed criminal charges against this guy, he argued that he shouldn't be found guilty because freedom of speech gives him the right to say things even if they are "worthless, offensive and demonstrable untruths." Good point? Or is this guy trying to abuse his constitutional rights? The Supreme Court will decide.



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

*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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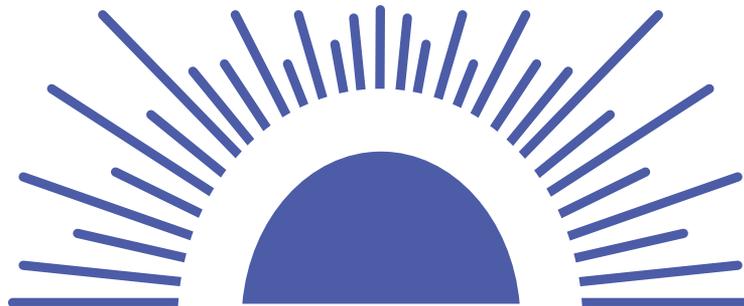
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## Dear Pharmacist

# Sorry to Pop Your Soda Bubble

**Q** Dear Pharmacist, My teenage daughter downs several diet sodas a day. She insists they're a healthy, weight-loss alternative to regular sodas. Should I be concerned? --E.L., Phoenix, Arizona

**A** In a word, YES. Several studies published this year suggest diet soda is not the healthiest beverage on the shelf. At the end of each of these individual studies researchers say something like, Hey, this research is not conclusive. This study doesn't mean that everyone should stop drinking diet sodas... moderation is good... blah, blah, blah. But when you put all these studies together, in my opinion, the fizzy stuff falls flat.

Put down your soda pop for a second and take a closer look at some

of this research:

Back in February 2010, doctors at the International Stroke Conference in Los Angeles reported on research showing that people who drink diet soda every day have a 61 percent increase in the likelihood of having a "cardiovascular event." That research hardly made the news.

Another study looked at 3,000 nurses and found that drinking just two diets sodas a day was associated with a decrease in kidney function. Let me remind you, kidneys are responsible for filtering your body of poisonous toxins. You really want your kidneys in tip top shape to keep

yourself "clean" which is why I always harp on you to drink fresh, filtered water.

Drinking "diet" soda begs the question, will it help with weight loss? A study reported in an online issue of Diabetes Care in January 2009 found that people who drink at least one diet soda a day experienced a 36 percent increased risk for developing metabolic syndrome, a disorder that includes the triple threat of high blood pressure, high cholesterol and high glucose. Metabolic syndrome almost always includes the condition of obesity. So if you connect the dots, it doesn't appear that weight loss is a benefit of drinking diet soda. The mechanism behind why people experienced a higher risk for metabolic syndrome wasn't teased out, nor can we conclude a definitive cause and effect. I can tell you this though, if any natural herb or vitamin was linked to even an inkling of the stuff diet soda is associated with, it would be yanked off the shelves in hours!

If you love soda (diet or regular), make it a special treat, rather than your beverage of choice all day long.



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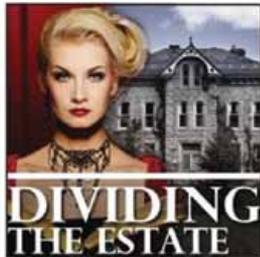
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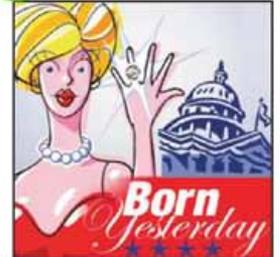
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## New Oil Play in the Area

by Judge Jeff Cox

In recent weeks, I have become aware of a new oil play in the local area. According to some petroleum insiders, this play could well eclipse the Haynesville Shale as far as value to the oil companies. This is not a gas play according to the persons who have discussed this with me, but an oil play. With oil at over

\$100 a barrel at the present time, this means significant money to the oil companies who participate in this play. Some of the oil company names I have heard mentioned as being interested in this play are Andarko, Exxon, AIX, and Southwest Energy.

Oil companies already are approaching landowners in Caddo, Bossier, Webster, Claiborne, and Union Parishes. Initial offerings, according to landowners, have been for a \$300 per acre lease bonus with only a 20% royalty interest. When comparing this to the Haynesville Shale play at the height of its activity, landowners were being paid up to \$20,000 to \$30,000 per acre and up to a 30% royalty interest. Considering that gas is selling below \$3 per unit at this time, you can see that an oil play has an extremely high value to the oil companies. Landmen for the oil companies, it seems, are in the area to attempt to obtain as much property as they can for the lowest amount they can lease the property for before this play becomes known to the public.

If a landman for the oil company approaches you about leasing the land, you, as the landowner, have the right to negotiate the lease with the oil company. You do not have to take the first offer and have the right to negotiate to have certain provisions placed in the lease. Of course, before negotiating any lease, you should consult an attorney or professional who knows oil and gas leases. Landmen can tell you they will not negotiate and this is all they are offering. You, as the landowner, have the right to

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*... as the landowner  
you have the right to  
negotiate the lease  
with the oil company.*

have certain protections for your property and have to remember that oil and gas leases can last as many as 100 years depending on production from the well.

There are certain provisions that ought to be considered. One provision that should be considered is a "Most Favored Nation" clause. This clause allows the landowner to be paid additional leasing bonuses if his or her neighbor is paid a higher leasing bonus. Another clause that should be considered is "Pugh" Clause. The Pugh Clause can cover vertical and horizontal production and releases any minerals not being produced so they can be released to be leased by another company.

Of course, the landowner should consider clauses that prevent damages to the land, fences, roads, and timber. If a well site is to be drilled on the property, the landowner should consider clauses that provides payment for the use the site and the loss they will suffer for not being able to use the land. Additionally, the landowner should consider limiting the amount of pipelines that cross their property to access the wells and the way the lease is assigned to different oil companies.

Other provisions that should be considered to be included in the lease is the responsibility for clean up of the site once the oil production is completed. Additionally, as water rights are becoming more valuable, the landowner should consider restrictions regarding water usage by the oil company.

All in all, the oil leasing in the community is an exciting prospect. However, if you are approached to lease any property,

you need to consult a professional before signing on the dotted line.

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



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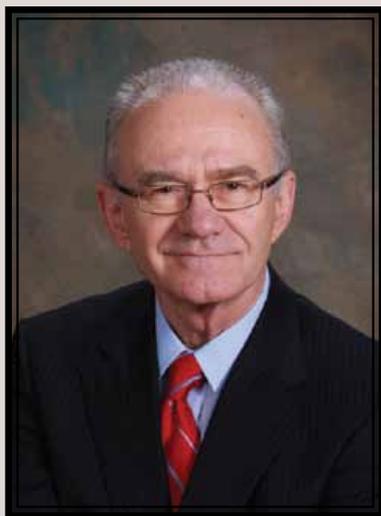
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# A Financial To-Do List For the Recently Widowed

By Jason Alderman

Losing your spouse is one of life's most stressful events. Ironically, it's during that time of grief, when you're probably not thinking clearly or focusing on such matters, that you're expected to make many important financial decisions that will impact the rest of your life.

Although there are certain actions you must take right away to ensure your current financial security, several major decisions with long-term consequences should probably be postponed until you've had a chance to reflect on how – and where – you want to spend the rest of your life.

If your spouse primarily handled the finances or you're not up to the task alone, ask a trusted relative or friend to help you sort out the following information:

- Gather legal and financial documents that will give a better sense of where you stand financially, including: wills, trusts and powers of attorney; mortgage and car title; tax returns; bank, loan and credit card statements; safe deposit box contents; insurance plans; and income sources.
- Compile outstanding bills and monitor due dates to avoid late charges or penalties for: utilities; mortgage/rent; health, auto and homeowners insurance premiums; car, student and personal loans; and credit cards.
- If your spouse was still working, contact his or her employer regarding unpaid salary, benefits, life insurance and



retirement accounts. This is particularly important if they provide your health insurance.

Other critical actions to take within the first month or two include:

- Contact companies where you have joint accounts and convert them to your name only. Also close any accounts that were in his or her name only that you don't wish to maintain.

estimated taxes. While the IRS may waive penalty fees on a late filing or underpayment related to your spouse's death, you're still responsible for any taxes or interest owed. Call 800-829-1040 or read "Filing Late and/or Paying Late" at [www.irs.gov](http://www.irs.gov).

Don't make irreversible financial decisions until you've had a chance adjust to your new status. For example, some

*Don't make irreversible financial decisions until you've had a chance adjust to your new status.*

- If your spouse was eligible for Social Security, you and your children may qualify for Survivor Benefits. Call (800) 772-1213 or visit [www.ssa.gov](http://www.ssa.gov).
- Similarly, if your spouse was a veteran, contact the VA regarding possible survivor benefits ([www.vba.va.gov/survivors](http://www.vba.va.gov/survivors)).
- Pay attention to income tax filing dates, particularly if you file quarterly

people rush to pay off their mortgage, only to discover later that the house is too large or they can't afford the taxes and upkeep. Others feel pressured to move closer to family members, only to discover that they miss their former life.

Other long-range planning suggestions:

- Rewrite your will and other documents that outline how you'd like your

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financial and health matters handled if you die, become disabled or become seriously ill.

- Until you have a better handle on your new living expenses, live frugally – especially if you're used to having two incomes.

- And finally, an update on my recent column about repaying overdue income taxes. The IRS just announced that for 2011 taxes due April 17, 2011, it will offer a six-month grace period on failure-to-pay penalties for certain taxpayers facing economic hardship. They also doubled the threshold for filing a streamlined installment repayment agreement (where you don't have to supply a detailed financial statement) from \$25,000 in taxes owed to \$50,000.

*Jason Alderman directs Visa's financial education programs. To participate in a free, online Financial Literacy and Education Summit on April 23, go to [www.practicalmoneyskills.com/summit2012](http://www.practicalmoneyskills.com/summit2012).*



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For Kristi, caring for others is just part of her nature. Since 1979, she has been rescuing neglected and abused Papillons, French Bulldogs, and Collies, so the dogs in her care also indirectly depend on the work we do. That's why Snell's practitioners and technicians make the long-term commitment necessary to make life a little easier for those we are fortunate enough to serve. Our experienced team knows that to keep improving at the top level, we must continually seek out specialized training and invest in the latest technology to consistently deliver the highest quality prosthetic and orthotic devices available. For more than 100 years, patients like Kristi have warmed our hearts by putting their trust in us.



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# Spring Into Shape

By Mirabai Holland

I love to get out in the Spring after a Winter of exercising indoors. Even if you haven't done much over the winter, the green smell of plants and flowers in the air and switching on to daylight savings time are great motivators.

Start with a duration you're comfortable with and work your way up. I do some standing pushups and a couple of stretches at the end of my walk to round out the workout. No equipment necessary, just your favorite tree. Here is what I do:



**Standing Pushups:** Stand facing your tree and stretch arms in front of you, chest level and place hands on the tree a few inches apart. Keeping your body straight, slowly bend elbows until your chest is close to the tree and push back with a single thrust.

Work up to 20 reps. Works chest, and arms.



**Back Extension:** Stand facing your tree and stretch arms in front of you slightly below chest level.

Place hands on the tree a few inches apart. Keep arms stretched as you bend back lifting your head chin up while contracting your abs. Hold for 10-20 seconds. Stretches back.

**Front Thigh Stretch:** Stand facing your tree and hold on with your left hand. Grab your right ankle and gently pull heel towards buttocks.

Hold for 10-20



seconds. Then switch legs. Stretches the front thigh muscles.

*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. Her Moving Free® approach to exercise is designed to provide a movement experience so pleasant it doesn't feel like work. [www.mirabaholland.com](http://www.mirabaholland.com)*

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*My father is taking many prescription medications and is about to be admitted to a nursing home for rehab care from hip surgery. How will he get prescriptions refilled and will Medicare cover them?*

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*I am 70 years old and am very nearsighted. I noticed that area doctors have been promoting LASIK to correct nearsightedness. Am I a candidate at my age and does Medicare cover any part of the costs?*

LASIK is usually not a first option for people over age 65 because of cataracts. There is a new Multifocal Lens available now called ReStor that allows people with cataracts to see like they did at 25! 80% of people who have the Restor lens implanted are completely free from glasses. Medicare does cover some of the cost of the new lens. To find out if you are a ReStor candidate, call our office at 212-3937 for a screening exam.



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# a toast to THE KEYS

story by andrea gross • photos by irv green

I immediately learn three things on our visit to Key West.

First, the ambience is seductive. As Jimmy Buffet sang in his hit song Margaritaville, all you want to do is sit on a porch swing and strum on a six-string.

Second, the weather is glorious most of the year. The average temperature is 78°, the coldest ever recorded is a balmy 41° and the warmest — reached on only a few occasions more than 30 years ago — is 100°.

And third, getting there is half the fun. The 128-mile Overseas Highway, which leads from the Florida mainland to Key West, links the numerous keys [small islands] by means of 42 bridges. In 2009 it was named an “All American Road,” an honor that puts it in the top tier of national scenic byways.

We stop at the Kona Kai Resort, which has one of the few ethnobotanic gardens in the United States. During a 90-minute tour of the small, densely-packed plot of land, we learn about the relationship between people and plants and gather

enough fascinating facts to amuse our friends for a year. For example, we see a moss that was responsible for the first automobile recall. It seems the moss, which was used as seat stuffing in the early Model T’s, was laden with chiggers, leading to a massive outbreak of itchy rears. But the first part of

the road near Key Largo is mostly lined with shops offering a variety of water-based activities, restaurants featuring fish and key lime pie, and gift stores hawking sandals and seashells.

It’s not until an hour and a-half later, when we start across the Seven Mile Bridge that the road seems to open and.... Oh my, we feel like we’re driving on water! To the right is the Gulf of Mexico. To the left is the Atlantic Ocean. In the distance there are small keys of green, but the overwhelming color is blue — the soft blue of the sky, the teal blue of the water.

It’s evening when we reach Key West, which is not only the end of the Overseas Highway but also the end of U.S. Highway 1, the approximately 2,500-mile long

interstate that begins in Maine at the U.S.-Canadian border. There are a multitude of signs to commemorate this fact, as well as a big buoy to mark the town’s status as the southernmost city in the United States.

Down on the waterfront the Sunset Celebration is in full swing. Performers are walking on tightropes, telling stories, doing dances, juggling torches. Juried craftspeople are selling everything from handmade scarves to palm-tree paintings. And hundreds of people are watching schooners, catamarans, glass bottom boats and sailboats return to the pier, backed by the fading light. Here, I realize, is what differentiates Key West from the rest of the world. In most places, a carnival like this would be an annual event; in Key West, it happens every night, weather permitting, which it usually is!

The festive feel persists on Duval Street. Many people are shopping, intrigued by the mix of high-end crafts, mid-range souvenirs and fine Cuban cigars. But most are simply ambling



in most places, a carnival like this would be an annual event; in key west, it happens every night, weather permitting, which it usually is!

The Overseas Highway appears to float above the water as it links the Florida mainland to Key West.



< Juried craftspeople line the pier during the Sunset Celebration.

and listening to the music that blares from the restaurants and bars.

The next morning, hoping to catch some inspiration, we tour Key West's literary haunts. This is the place where Tennessee Williams wrote his first draft of *A Streetcar Named Desire*, Robert Frost wrote *The Gift Outright*, and Ernest Hemingway wrote parts of *Death in the Afternoon*, *For Whom the Bell Tolls* and *The Snows of Kilimanjaro*.

Williams' and Frost's former homes are closed to the public, but we go into Hemingway's, where we're greeted by many of the 44 cats that roam the property, all direct descendants or close relatives of a cat given to Hemingway during his ten-year stay on the island. A guide regales us with tales of Hemingway's escapades, some of which involved writing, many of which involved fishing, drinking and romancing.

Equally fascinating is the old naval residence that served as a Little White House for Harry Truman, who spent 175 days of his presidency in Key West. Truman's writings were of another sort. They included memos that dealt with the use of nuclear weapons and post-World War II reconstruction as well as frequent love letters to Bess.

We end our stay in Key West at a decadent dessert lounge enticingly named "Better than Sex." Sitting in a lounge so dimly lit that patrons are given flashlights to see the menu and sipping cabernet from a glass rimmed in chocolate, we feel as if we're miles away — not only from the mainland, but from reality itself.

For more information visit [www.fla-keys.com](http://www.fla-keys.com).



An oversized buoy reminds visitors that Key West is the southernmost city in the U.S.



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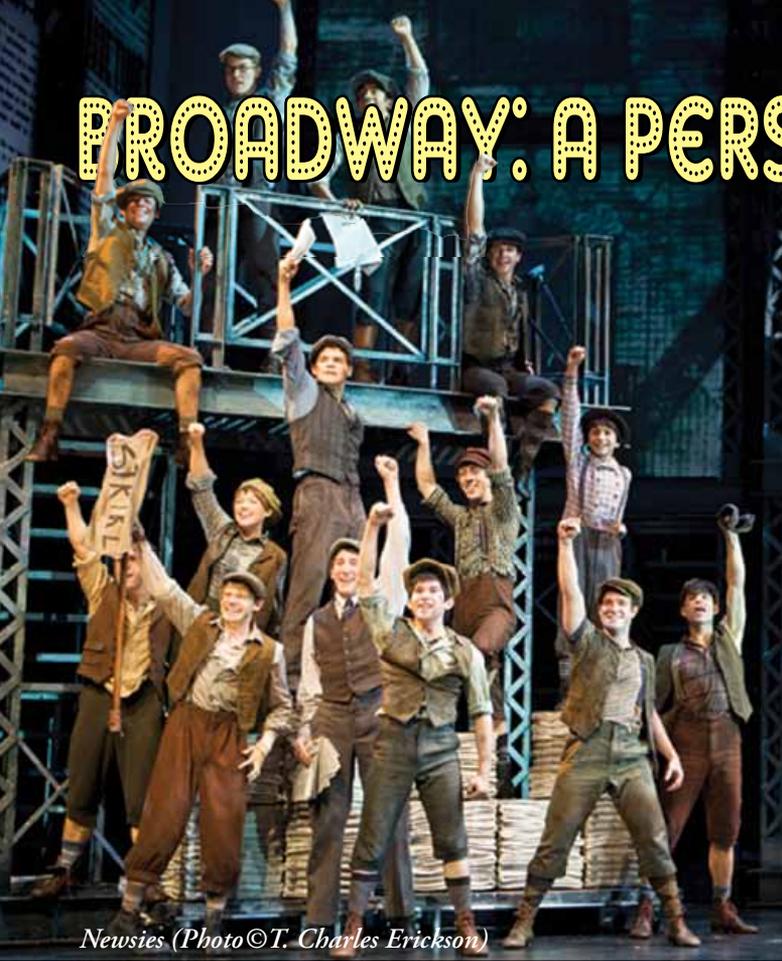
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# BROADWAY: A PERSONAL PERSPECTIVE



Newsies (Photo © T. Charles Erickson)

By Brian Bradley

Spring is here! The weather is warmer and Broadway is heating up. Whether it sizzles or not remains to be seen. But the energy in the theatre district is never greater than in the spring so we remain hopeful and optimistic.

The fall was active but the results were mixed. Only two new plays seem to be secure commercially. *Seminar*, the new comedy by Theresa Rebeck (who also created NBC's *Smash*) just announced Jeff Goldblum would replace Alan Rickman beginning Tuesday, April 3rd which suggests they plan a longer run than originally anticipated. And *Other Desert Cities*, which has already

introduced cast replacements, is still a terrific production of a marvelous play. *Venus in Fur* has transferred to a commercial run at the Lyceum Theatre after a limited engagement at the Manhattan Theatre Club. We're hoping it does well. *Venus* is hot in any season.

In contrast, every musical that opened this fall except *Godspell* closed and *Godspell* looks to be taking it day by day. Even Stephen Sondheim's *Follies* failed to fully recoup its investment. We're hopeful the difference will be made up during the acclaimed revival's Los Angeles run. *Porgy and Bess*, a winter opening is doing surprisingly well.

Seventeen new productions are scheduled to open between March 15th and April 26th in the run-up to the Tony Awards including five new musicals. With the bliss that comes from ignorance, we are going to preview some of the most promising titles without the interjection of critical opinion. That'll come in future columns after I've assessed them.

*Nice Work If You Can Get It* has a lot of potential. It stars Matthew Broderick and Kelli O'Hara and Tony Award winner Kathleen Marshall is directing and choreographing. The score comes from the catalog of George and Ira Gershwin and the new script is loosely based on their 1926 musical comedy *Oh, Kay!* The down side is the book writer is not one of my favorites, but the last time the Gershwin catalog served as the basis for a "new" musical, *Crazy for You* won Best Musical in 1992.

*Ghost The Musical* (versus what, ghost the cheese spread?) which originated in London opens here with its original London leads. At the moment they are both unknowns, but there must be a reason they are recreating their roles. The multiple Tony-winning director Matthew Warchus has had the Midas touch recently and Bruce Joel Rubin adapted his own Oscar-winning screenplay. Dave Stewart (of the Eurythmics) has partnered on the score. I'm officially intrigued.

Also based on a film, *Leap of Faith* planned to open next fall. But when *On a Clear Day* flopped, the producers of *Leap of Faith*

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leapt at the St. James Theatre for a spring opening. After what might be described as a tumultuous tryout in Los Angeles, this musical with a score by Alan Menken and Glenn Slater (*Sister Act*) has a new director, a new choreographer and a new collaborator for the revised script. But four-time Tony Award nominee Raúl Esparza as a conman is still attached.

Small in scale and unconventional, *Once* may have a tougher go of it. Inspired by the hit indie film which won the Oscar for its hypnotic song "Falling Slowly", the plaintive and rousing songs are by the same pair that also starred in the picture as mismatched would-be lovers. Their songs from the film along with additional material by their band and folk songs are seemingly used expressively to punctuate the moods and hopes of Guy and Girl. The Bob Crowley designed Dublin pub setting reportedly functions environmentally with the pub floor a neutral ground where multiple scenes re-imagine the screenplay and

the audience is invited during intermission. Guinness anyone?

Also scheduled is Disney's *Newsies*. Based on the live-action film with additional songs by Alan Menken and Jack Feldman and a new script by four-time Tony Award winner Harvey Fierstein, *Newsies* did unexpectedly well during its World Premiere engagement and may end up extending its initial strictly limited Broadway run (101 performances).

Both *Jesus Christ Superstar* and *Evita* are returning to Broadway. In case we forgot, they both have scores by *Phantom* composer Andrew Lloyd Webber. *Superstar* is a Stratford Shakespeare Festival production. *Evita* will be based on the 2006 London staging with Argentine actress Elena Roger repeating as Eva. Ricky Martin will tackle Che in New York. With his name more predominant on some front-of-house promotion, one person cracked, "When did they change the name of this show to Che?"

Next month: a preview of the plays. *New York based theatre critic Brian Bradley is a voting member of the Outer Critics Circle. Send questions to brianbradllynyc@hotmail.com.*



*Ghost (Photo © Sean Ebsworth Barnes)*



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## Asparagus, Orange & Prosciutto di San Daniele Salad

*Yield: 6 portions (pictured upper left)*

- 1 pound asparagus, trimmed
- 2 tablespoons extra virgin olive oil
- 1 tablespoon orange juice
- 2 teaspoons white wine vinegar
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 8 slices Prosciutto di San Daniele (4 ounces), halved lengthwise
- 2 navel oranges, peeled and segmented
- ¼ cup pine nuts, toasted

In salted water, cook asparagus until tender, 3 to 5 minutes. Rinse with cold water; pat dry.

In small bowl, whisk olive oil, orange juice, vinegar, salt and pepper. Divide asparagus on salad plates and drizzle with dressing. Arrange Prosciutto di San Daniele and orange segments over asparagus; sprinkle with pine nuts.

## Parmigiano Reggiano-Spinach Puffs

*Yield: about 3 dozen (pictured lower left)*

- |   |   |
|---|---|
| 4 cups baby spinach (6 ounces),<br>cooked, cooled | ¾ cup milk  |
| ¾ cup flour                                       | 5 tablespoons butter                                      |
| ½ teaspoon salt                                   | 3 large eggs, at room temperature                         |
| 1/8 teaspoon cayenne pepper                       | 1½ cups (6 ounces) coarsely<br>grated Parmigiano Reggiano |

Preheat oven to 400°F. Line 2 baking sheets with parchment paper. Wrap spinach in a towel, squeeze until dry; chop fine.

In small bowl, mix flour, salt and cayenne.

In medium saucepan, bring milk and butter to a boil. Remove from heat and add flour mixture; with wooden spoon, beat until it thickens and pulls away from sides, about 1 minute.

Add eggs 1 at a time, beating well until incorporated. Stir in spinach and cheese.

Drop rounded spoonfuls onto prepared baking sheets, spacing 1 inch apart. Bake until golden, 20 to 25 minutes.

Serve warm. (Puffs can be held at room temperature up to 1 day or frozen; reheat in 400°F oven, 3 to 5 minutes.)

## Ziti with Roasted Cauliflower, Prosciutto di Parma, and Toasted Breadcrumbs

*Yield: 4 portions (pictured upper right)*

2 slices country-style bread, crusts removed, torn into pieces  
 1/3 cup olive oil, divided  
 1 large cauliflower (2½ pounds), trimmed, chopped  
 ¼ teaspoon salt  
 8 slices Prosciutto di Parma (4 oz), cut into 1-inch squares, divided  
 4 cloves garlic, finely chopped  
 8 oz. dry ziti, cooked and drained, reserving 1 cup pasta water  
 ½ cup dry white wine  
 ½ cup chopped flat-leaf parsley  
 ¼ teaspoon hot red pepper flakes, or to taste  
 Preheat oven to 425°F.

In food processor, pulse bread to form crumbs.

In shallow pan, mix breadcrumbs with 1 tablespoon olive oil; toast until golden, stirring once, about 5 minutes.

In large baking pan, mix cauliflower with 3 tablespoons olive oil and salt. Roast until browned, stirring occasionally, about 30 minutes.

In large skillet over medium-high heat, heat remaining 1 tablespoon oil; add half prosciutto and cook until crisp. Stir in garlic; cook until fragrant, about 30 seconds.

Stir in pasta, cauliflower and wine. Stir well, adding pasta water as needed for a saucy consistency. Stir in parsley and hot pepper flakes.

Spoon into shallow bowls; top with remaining Prosciutto di Parma and breadcrumbs.

## Bruschetta with Skillet-Seared Mushrooms and Grana Padano

*Yield: 4 portions (pictured lower right)*

4 slices country-style bread  
 4 ounces Grana Padano, coarsely grated  
 3 tablespoons extra virgin olive oil  
 1 pound crimini mushrooms, thinly sliced  
 1 small red bell pepper, cut in 1/2-inch pieces  
 2 cloves garlic, cut in slivers  
 2 teaspoons flour  
 1/4 teaspoon salt  
 1/4 teaspoon freshly ground black pepper  
 1/3 cup half-and-half

Preheat oven to 400°F. On baking sheet, toast bread until crisp, about 10 minutes. Scatter one-third of the Grana Padano over toast.

In large skillet over medium-high heat, heat olive oil; add mushrooms and cook, stirring occasionally, until they give off liquid, about 5 minutes.

Stir in bell pepper and garlic; cook until tender, about 5 minutes. Reduce heat.

Stir in flour, salt and pepper; cook, stirring, 2 minutes; add half-and-half and simmer until slightly thickened, about 3 minutes.

Divide over bruschetta and top with remaining Grana Padano.

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Ph. 318 220-4416 • Fax 318 220-4417 Email: [cgarland@chadgarlandcpa.com](mailto:cgarland@chadgarlandcpa.com)  
 7591 Fern Avenue, Suite 1701, Shreveport, Louisiana 71105

Thank God for Pistachio Baklava.



And for Koulourakia and Tsourekia, too.

**Thursday, April 5, 2012 • 10 a.m. - 5:30 p.m.**

St. George Greek Orthodox Church Activities Center  
 542 Wichita Street, Shreveport

Advance orders may be phoned to (318) 747-4478 or faxed to (318) 861-3255

Advance order forms are available at [www.GoSaintGeorge.org](http://www.GoSaintGeorge.org)

**Sponsored by Ladies Philoptochos Society  
 of St. George Greek Orthodox Church**

*Proceeds from the Greek Easter Bread Sale will fund the organization's many charitable activities.*

**ACROSS**

- 1. \*Harry Potter's antagonist
- 6. Hole puncher
- 9. Attention grabber
- 13. Beyond suburban
- 14. Sheepish cry
- 15. Supports climbing plants
- 16. \*Holmes would try to verify this
- 17. Make a mistake
- 18. Popular jewelry stone
- 19. \*Toni Morrison's Pulitzer winner
- 21. \*Emerald City visitor
- 23. Before tac
- 24. Sports award
- 25. Siesta
- 28. \*"A Clockwork Orange" protagonist
- 30. Performed alone
- 35. Away from wind
- 37. Heart feeling
- 39. Mother-of-pearl
- 40. Live bait
- 41. "Now \_\_\_\_\_ entertainment!"
- 43. Not Sunni
- 44. Used to call someone's attention, pl.
- 46. Expression of pain
- 47. Dissenting clique
- 48. Street of shops, especially in orient
- 50. Fraud or imposter
- 52. U Rah \_\_\_\_!
- 53. Mixed breed canine
- 55. \_\_\_\_ de Janeiro
- 57. \*It chronicles Leopold Bloom's

- journey through Dublin
- 61. \*Twist and Heep creator
- 65. \_\_\_\_\_ Protocol on climate change
- 66. Consumed
- 68. China Grass
- 69. NBA great \_\_\_\_\_ Baylor
- 70. St. Louis player
- 71. Speak one's mind
- 72. Make hot and dry
- 73. \_\_\_\_ Lanka
- 74. Used as fertilizer and explosive

**DOWN**

- 1. Not bright
- 2. "\_\_\_\_\_ of thumb"
- 3. Seed cover
- 4. 15th century North America explorer
- 5. Famous picture book pig
- 6. Tucked in
- 7. \*One main topic in Tolstoy's 1869 classic
- 8. Hog fat, pl.
- 9. Jumping stick
- 10. A team reserved for emergencies
- 11. Comedian with red, curly hair
- 12. 3-point shot
- 15. Heavy elementary particle
- 20. Enthusiastic approval
- 22. Roman goddess of fertility
- 24. Car emission, e.g.
- 25. Honorific title given

**CLASSIC NOVELS**

*Solution on pg 39*

1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
19						20		21	22					
			23				24							
25	26	27		28		29			30		31	32	33	34
35			36			37			38		39			
40						41			42		43			
44				45		46					47			
48						49		50			51		52	
				53		54			55		56			
57	58	59	60					61				62	63	64
65						66	67			68				
69						70				71				
72						73				74				

- to Muslim rulers
- 26. Central Pacific greeting
- 27. Actress Rosie
- 29. Repeating sound
- 31. Lad's counterpart
- 32. Autumn color
- 33. \*"Fear of Flying" author Jong
- 34. \*It happened in Venice
- 36. \*Jane Austen classic
- 38. \_\_\_\_\_ A Sketch
- 42. African river, also spelled "Chari"
- 45. Delilah's trusting victim
- 49. Street in Paris
- 51. One millionth of a meter
- 54. Former Russian leaders
- 56. Giraffe-like African animal
- 57. Short for ukuleles
- 58. Singer/actor Lovett
- 59. Hindu discipline
- 60. Evoke emotion
- 61. Ashton's ex
- 62. Give off
- 63. Number of baseball fielders
- 64. Tiresias in "Oedipus Rex," e.g.
- 67. Smoker's lung residue



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www.azaleaestates.com

## SUDOKU

Fill in the blank squares in the grid, making sure that every row, column, and 3 x 3 box includes all digits 1 through 9. (Solution on page 39)

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

© StatePoint Media



## Classic Novelists Word Search (solution page 39)

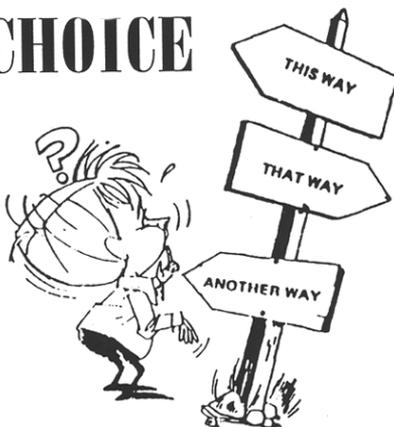
Austen  
 Bronte  
 Dickens  
 Dumas  
 Faulkner  
 Fitzgerald  
 Hawthorne  
 Hemingway  
 Huxley  
 Melville  
 Morrison  
 Orwell  
 Steinbeck  
 Stevenson  
 Swift  
 Thoreau  
 Tolkien  
 Twain

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

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MICHAEL BUTTERMAN, MUSIC DIRECTOR

## SEASON FINALE: POLING'S FAREWELL

Saturday, April 28 - 7:30 PM  
 Riverview Theatre  
 600 Clyde Fant Parkway

## KERMIT POLING, VIOLIN SSO Percussion Trio

BERNSTEIN *Candide Overture*  
 BARBER *Violin Concerto, Op. 14*  
 HANSON *Symphony No. 2 in D-flat Major ("Romantic")*  
 PECK *The Glory and the Grandeur*

Join us in honoring Concertmaster Kermit Poling at his final concert with the SSO after 27 years!



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Tickets start at \$17



# Get Up & Go!

## CONCERT

**Shreveport Symphony - Poling's Farewell** - April 28 at 7:30. RiverView Theatre in downtown Shreveport. Tickets are \$17 - \$42. Call 227-8863.

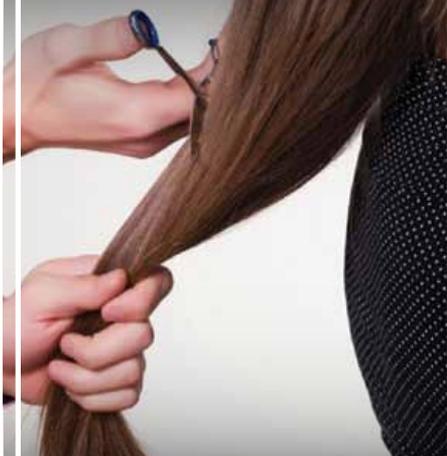
## DANCE

**SPAR Senior Sock Hop & Dance** - Friday, April 20, 5:30 pm to 7:30 pm at A. B. Palmer Community Center, 547 East 79th Street. Featuring music from the 60's and 70's. Dress in 60's and 70's attire. **FREE.** For information, contact Camille B. Webb, SPAR Senior Coordinator at 318-673-5336 or visit [www.mySPAR.org](http://www.mySPAR.org).

## 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.

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318-868-8708**

- April 12. 9 a.m. – 1 p.m. Senior Friends, 1100 Doctors Drive, Springhill. Contact: Kathy Shaver 318-539-1040; Instructor: Ray Branton
- April 12. 8:30 a.m. – 12:30 p.m. Eastwood Baptist Church, 2810 Hwy 80 East, Houghton. Contact: Jamie Bell 318-949-9433; Instructor: James Smith
- April 20. 8:30 a.m. – 1:30 p.m. Caddo Parish Sheriff's Department, 1101 Forum Drive, Shreveport. Contact: Deputy Frankie Morris 318-681-0869; Instructor: Robert Bertrand
- April 24. 8:30 a.m. – 12:30 p.m. First United Methodist Church, Room 316, Education and Administrative Building, Head of Texas Street, Shreveport. Contact: Carl Rhoads 318-424-7771; Instructor: Ray Branton
- April 24. Noon – 4 p.m. (Open to those with access to Barksdale Air Force Base), Barksdale Golf Course Clubhouse Meeting Room. Host: Retiree Activities Office; Instructor: Dave Jampole

## EXHIBIT

**Bodies Revealed Exhibition** - Through May 21 at SciPort: Louisiana's Science Center, 820 Clyde Fant Pkwy. An up-close look inside the human body. Monday - Friday 10 a.m. - 5 p.m.; Saturday 10 a.m. - 6 p.m.; Sunday Noon - 6 p.m.

## MEETING

**GENCOM Genealogical Computer Society monthly meeting** - Sunday, April 22 at 2:00 P.M. at the Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport. The program will be "Researching Military Records of Your Ancestors on the Internet and in the Library Genealogy Department" and "How to Start Your Own Personal Blog". **FREE** and open to the public. For information call 318-773-7406 or email [jjones09@gmail.com](mailto:jjones09@gmail.com).

## MOVIE

**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.

## SEMINAR

**"How to Get the Government to Help Pay for Your Long Term Care"** - Presented by elder law attorneys Joseph Gilsoul and Kyle Moore. Thursday April 19 at 6 p.m. at Horizon Bay, 2540 Beene Blvd., Bossier City. There is no charge but reservations are required. RSVP to Brandy or Ginny at (318) 222-2100.

## SENIOR OLYMPICS

**2012 Northwest Louisiana District Senior Olympics** - Through May 23. For more info and a complete schedule of events visit [www.nwlsog.org](http://www.nwlsog.org).

- Saturday, April 14 - Chess. Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport, 12 noon
- Sun. April 15 - Biking Time Trials. Ellerbe/Frierson Rd intersection, 2 p.m.
- Wednesday April 18 - Senior Health Fair/Opening Ceremonies. Riverdome at Horseshoe Casino, 9 a.m.- 1 p.m. Competition includes Dance Team 9:30; Darts 9:30 a.m., Accuracy Throws 9:30 a.m., Arts and Crafts. Judging from 9 a.m. (awards 12:30 p.m.). Bean Bag Baseball finals: Retirement communities at 10 a.m. and 50-Plus at 1 p.m.
- Friday April 20 Golf. Presented by Landers Dodge, Northwood Hills GC, 5000 Northwood Hills Dr. 8:30 a.m.
- Sat. April 14 - Archery. Red River Archery Range, 4099 Radcliff Rd, Shreveport, register 9 a.m., shooting 10 a.m.
- Sunday, April 22 - Chip & Putt Competition. The Practice Tee, Benton Road at 1-220, 2 p.m.
- Friday April 27 - Bocce Ball. Knights of Columbus, 5400 East Texas Avenue, Bossier City, 9 a.m.
- Thursday May 3 - Marksmanship. .22 rifles and pistols, Shooters USA, 357 Magnum Drive, Bossier City, 1 p.m.
- Thursday May 3 - Miniature Golf - Party Central, 4401 Viking Drive, Bossier City, 6:30 p.m.
- Friday May 4 - Bowling Mixed Doubles, All Star Lanes, 9130 Mansfield Road, Shreveport, 1 p.m. (Must choose your own partner and list name on entry)

## SPECIAL EVENTS

**An Evening for Heroes** - May 3 at Shreveport's Convention Center. LSUH-SC Shreveport will honor the dedicated professionals who respond at a moment's notice to help the area's critically-injured.

Gala includes reception, dinner and program. Funds raised will benefit LSUHSC Shreveport. For more info, visit [lsuhsc-foundation.org](http://lsuhsc-foundation.org), or call the 318.861.0855.

**Authors in April** - Fundraiser for the Pioneer Heritage Center. Semi-formal luncheon. Saturday, April 14 at 11 am at Sam's Town Hotel and Casino, 315 Clyde Fant Parkway in Shreveport. Featuring Robert M. Edsel, author of the nonfiction books: *Rescuing Da Vinci* and *The Monuments Men: Allied Heroes, Nazi Thieves* and the *Greatest Treasure Hunt in History*. Call Marty Young at 797-5339 or email [pioneer@lsus.edu](mailto:pioneer@lsus.edu) to reserve your tickets.

**Eighth Air Force Museum Association Distinguished Speaker Series Dinner** - May 12th at the Eldorado Resort Casino Shreveport. Silent Auction at 6:00, Dinner at 7:00. \$40 per person. Dress is Business Casual. The Distinguished Speaker Series highlights an impressive spokesperson quarterly. This month Colonel Charles (Chuck) DeBellevue, USAF (retired). He was the first U.S. Air Force weapons systems officer to become an ace during the Vietnam War in 1972. For more information or to RSVP (until May 10) email [paswork@msn.com](mailto:paswork@msn.com), or call 318-752-0055.

**Health Heroes Day** - The Louisiana Organ Procurement Agency and our Donate Life - Louisiana awareness campaign in collaboration with Sci-Port: Louisiana's Science Center. Saturday, April 14. 11 a.m. to 4 p.m. SciPort, 820 Clyde Fant Memorial Parkway in Shreveport. This exhibit will educate and provide free info to people of all ages about available area health, wellness, and human services. For

more information, please call 425-2237.

**Stepping into Spring Senior Style Show** - Hosted by the Bossier Council on Aging (BCOA) in honor of Older Americans Month. Tuesday, May 1 at 11:30 am at the Bossier Civic Center in Bossier City. Featuring clothing from Dillards. A light lunch will be served and there will be vendors in attendance to discuss services important to seniors. Tickets are \$50 per person; \$25 for seniors age 60 and older. For info and tickets, please call 741-8302.

## THEATRE

**Shreveport Little Theatre - - Born Yesterday** - April 26, 27, 28, May 4, 5, 2012 at 8 p.m., April 29, May 6 at 2 p.m. Tickets are \$15 for seniors, students and active military, \$17 for adults. Tickets may be purchased at box office, 812 Margaret Place, from noon - 4 p.m. weekdays, or by calling 424-4439.

## TOURS

**Free Trolley Tour** - Every 3rd Thursday, hop on the FREE trolley to see arts and

cultural venues in the Downtown Shreveport area. Each month features different locations and special events. A professional tour guide rides along on the green trolley offering interesting tidbits about Shreveport's multicultural history. Tours run approximately every 20 minutes from 5:00 p.m. to 8:00 p.m. Beginning at Artspace at 710 Texas St. For more info including this month's destinations, contact the Shreveport Regional Arts Council at (318) 673-6500 or artspace at (318) 673-6535.

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## 200 Years of History

# 1823

Louisiana's presence in the U.S. House of Representatives shifts from one at-large seat to three seats representing Congressional districts. Louisiana's total population at the time is about 154,000 people, of which about 70,000 were slaves.

Celebrating 200 Years Of Celebrating  
For more interesting history and Bicentennial events visit [www.LouisianaBicentennial2012.com](http://www.LouisianaBicentennial2012.com)

D	R	A	C	O		A	W	L		P	S	S	T	
R	R	A	L		B	A	A		B	O	W	E	R	
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1	8	9	7	5	4	6	3	2
7	2	4	6	3	9	1	8	5
5	3	6	2	1	8	7	9	4
8	9	1	5	6	3	2	4	7
2	5	3	4	7	1	9	6	8
6	4	7	8	9	2	3	5	1
4	7	5	3	2	6	8	1	9
9	6	2	1	8	5	4	7	3
3	1	8	9	4	7	5	2	6

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

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## Bossier Council on Aging

**Bearkat Site** (741-8302), 706 Bearkat Dr., Bossier City. 8:00 AM - 4:30 PM;

**Plain Dealing Site** (326-5722), 101 E. Oak St., Plain Dealing, 9:00 AM - 1:00 PM

**Info & referrals** - 741-8302

**Transportation** - Vans available to seniors 60+ who have no means of transportation for medical appointments, grocery store, drug store and other necessary stops. Wheelchair accessible. One week notice required. \$3 round trip suggested. Also through referrals from Medicaid.

**Outreach** - Home visits are made

to help qualify seniors for services.

**Homemaker** - Trained employees provide light housekeeping for seniors having difficulty maintaining their homes. \$3/visit suggested.

**Caregiver** - Support services are provided for family caregivers including in-home respite care for the caregiver, education for the family, and material aid and sitter services for the patient.

**Legal Services** - Education on elder legal issues. Counseling for individuals is accessible monthly with a local lawyer or by referrals.

**Congregate (Site) Meals** - Hot,

nutritious meals served at 11:30 AM at the sites, Monday - Friday. \$1.50 per meal is suggested.

**Home Delivered Meals** - Meals provided 5 days per week for elderly homebound in Bossier Parish, \$1.50/meal suggested.

**Personal Medical Response System** - With a referral from BCOA, an auto dial unit is available for installation on your phone. Necklace, wristband, or pocket clip styles provided. Press the button for immediate help. \$20 fee per month.

**Senior Centers** - Recreation, crafts, educational seminars, and

health information. Also: day trips, extended trips, exercise/dance classes, bingo, cards, dominoes, health screenings, exercise equipment room, Senior Games and Thursday night dances with a live band.

**Medication Management** - Seminars, brown bag services provided by pharmacists and programs provided by health care providers. Drug plan assistance available.

**Medicaid Applications** - Application center and assistance filling out the forms. By appointment only.

## Caddo Council on Aging

**Information Referral** - Call 318.676.7900 for specific problems

**Resource Directory:**  
www.caddocouncilonaging.org

**Homemaker** - A trained worker will perform light household tasks for house-bound persons. A \$5 monthly donation is requested.

**Family Caregiver** - Short-term temporary relief care is provided for caregivers so that they may have a break from senior care. A donation is requested.

**Foster Grandparent** - 318.676.7913. Seniors age 60+ can serve as mentors, tutors & caregivers to youth with special needs. Foster grandparents must meet federal income requirements. A modest tax-free salary is given for 20 hours' per week service.

**Ageing & Disability Resource Center of Northwest LA** - Serving Seniors & Disabled Adults in Northwest Louisiana Parishes. Call 1.800.256.3003 or 318.676.7900

- Long Term Care Resources & Options - Help navigate complex system of Long Term Care
- Medicare Counseling - Answer Medicare coverage questions
- Medicare Part D Application

- Assist you to find the best plan every year through [www.medicare.gov](http://www.medicare.gov)

• **Medicine Assistance** - Help seniors and disabled adults complete applications to drug companies for free or discounted medicine.

**Legal Services** - Referrals for individual counseling

**Meals on Wheels** - Hot meals are delivered to homes of seniors unable to shop or cook for themselves. A yearly wellness check is included. A \$5 weekly donation is requested.

**Medical Alert** - Senior emergency response system provided by Acadian on Call for a \$22 monthly fee. This system gives immediate access to medical care in case of accidents.

**Personal Care** - Personal care provided weekly for homebound seniors.

**Nursing Home Ombudsman** - An advocate will investigate and resolve senior's nursing home complaints.

**Sheriff's Operation Safeguard** - Caddo Parish Sheriff's Office helps reunite persons with Alzheimer's who have become lost with their families. Participants are given a special ID bracelet containing information stored in the Sheriff's Office database. Call 318.681.0875 to register. FREE.

**Telephone Reassurance** - Volunteers call seniors to offer comfort, support and a chat.

**Senior Centers/Dining Sites** - Fun activities. Lunch is served for a \$1.25 donation. Transportation is provided on a limited basis. Call 318.676.7900 for information.

• **AB Palmer SPAR** - 547 E. 79th Street, Shreveport. Monday - Friday, 9 am - 1 pm. Lunch served at 11:30 am. 673-5336.

• **Airport Park Spar**, 6500 Kennedy Drive, Shreveport. Mon. - Fri. 9 am - 1 pm. Lunch served at 11:00 am. 673-7803.

• **Broadmoor Neighborhood Center** - Broadmoor United Methodist Church, 3715 Youree Drive, Shreveport. Friday Only. 9:30 am - 12:30 pm. Lunch served at 11:30 am. 861-0586.

• **Cockrell SPAR**, 4109 Pines Road, Shreveport. Monday - Friday, 10 am - noon. Lunch served at 10:30 am. 629-4185.

• **Cooper Road** - Cooper Road Community Center, 1422 Martin Luther King Blvd, Shreveport. Monday - Friday, 9:30 am - 1:30 pm. Lunch served at 11:30 am. 222-7967.

• **Lakeside SPAR** - 2200 Milam

Street, Shreveport. Monday - Friday, 10 am - noon. Lunch served at 11:30 am. 673-7812.

• **Morning Star** - Morning Star Baptist Church, 5340 Jewella Ave., Shreveport. Monday - Friday. 9 am - noon. Lunch served at 11 am. 636-6172.

• **Mooringsport** - Mooringsport Community Center, 603 Latimer Street, Mooringsport. Tuesday, Wednesday, Thursday. 9 am - 12:30 pm. Lunch served at 11:30 am. 996-2059

• **New Hill** - New Hill CME Church, 8725 Springridge Texas Rd, Keithville. Tuesday and Thursday. 9 am noon. Lunch served at 11 am. 925-0529

• **Oil City** - Oil City Community Center, 110 Furman Street, Oil City. Monday and Friday, 9 am - 12:30 pm. Lunch served at 11:30 am. 995-6687

• **Southern Hills SPAR** - 1002 Bert Kouns, Shreveport. Monday - 10 am - 12:30 pm. Lunch served at noon. 673-7818.

• **Valencia Park Community Center SPAR** - 1800 Viking Drive. Monday - Friday, 9 am - 5 pm. Lunch served at 11 am. 673-6433.

## Webster Council on Aging

**Minden Senior Center** (371-3056 or 1-800-256-2853), 316 McIntyre St., Minden, LA 71055; 8 am to 4 pm

**Cotton Valley Senior Center** (832-4225), Railroad Ave., Cotton Valley; 8:30 am to 12:30 pm

**Springhill Senior Center** (539-2510), 301 West Church St., Springhill; 8 am to 4 pm

**Transportation** - transporting older persons to and from community facilities and resources. Assisted transportation also provided and must be scheduled weekly in advance.

**Congregate Meals** - nutritionally balanced meals for persons 60+ and spouses provided at senior centers, served 5 days a week.

**Home-Delivered Meals** - Noon meal delivered to eligible home-bound elderly (illness, disability or while caring for spouse who is), 5 days a week.

**Homemaker services** - Provided to those meeting specific requirements.

**Recreation** - Art, crafts, hobbies, games, and trips.

**Wellness** - designed to support/improve the senior's mental/physical

well-being through exercise, physical fitness, and health screening.

**Family Care-Giver Support** - support services that provide a temporary break in the tasks of caregiving. For family caregivers who are providing care for an older individual who is determined to be functionally impaired because of inability to perform instrumental functions of daily living without substantial supervision and assistance. This service is provided to persons caring for a homebound relative 60+, for a relative 60+ caring

for a homebound child or grandchild.

**Information and Assistance** - Provides the individual with current information on opportunities and services within the community.

**Legal Assistance** - providing legal advice, counseling, and representation by an attorney. Lectures are scheduled on a quarterly basis.

**Medicaid enrollment center** - take initial Medicaid applications

**Medical Alert** - linking clients with in-home emergency response system.

## Moonbot Studios honored

**H**undreds of people lined Texas Street in downtown Shreveport for a confetti parade to celebrate the Oscar awarded to Moonbot Studios, William Joyce, and Brandon Oldenburg for Best Animated Short Film for "The Fantastic Flying Books of Mr. Morris Lessmore".



*Oscar winner Bill Joyce with son Jack*



*Betty Walker, Bill and Marie Kalmbach*



*Holli Hennessy and Jim Montgomery*



*Joe and Betty Matheny*



*TBT publisher Gary Calligas congratulates Bill Joyce*



*Curtis and Dianne Turner*

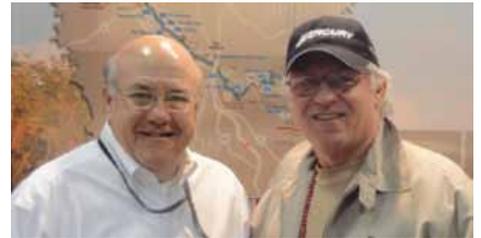


## The Bassmaster Classic Expo

was held at the Shreveport Convention Center on February 24th.



*Michael and Janet Bacon with David Williams (right)*



*Ken Guidry (left) and Sammy Deeds*



*(L to R) Michael Glass, Jerry Lorant, Judson Lorant, and Colby Lorant*



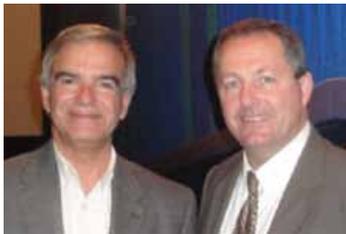
*Local radio talk show hosts Gary Calligas and Tom Pace discovered that they were both born on March 8*

April Parting Shots continued  
**Food Bank of NW Louisiana Fund Raiser**

The premiere showing of the movie **Deadline**, held on February 22nd at Regal Louisiana Boardwalk Theatre in Bossier City, raised funds for the Food Bank of Northwest Louisiana.



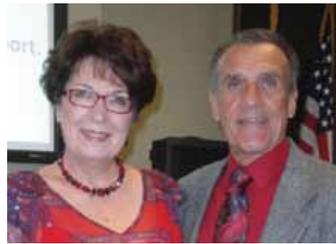
Food Bank Executive Director Martha Marak with husband Bob and Development Director Amie Roberts



TBT publisher Gary Calligas welcomes new Shreveport Times publisher Don Bailey to the area



Dorothy and Jim Holt



Lori Utech and Carlton Smith



Terri and Pam Pipes



**H**ero and Survivor dinner at Sheriff's Safety Town on February 25th  
 Left: Dr Spencer Willis and Dr Mary Lowery Nordberg



**Birthday Wishes**



*Alstead Anderson wishes Lillie Anderson a happy 75th birthday*



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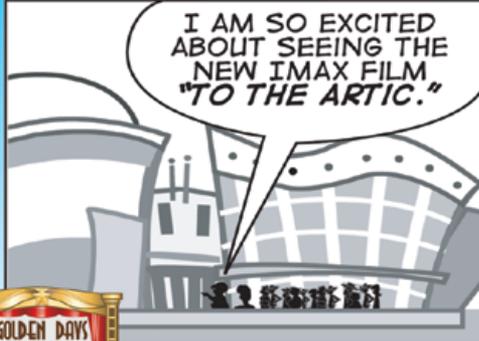
### BETTER HEARING SYSTEMS of North West Louisiana LLC

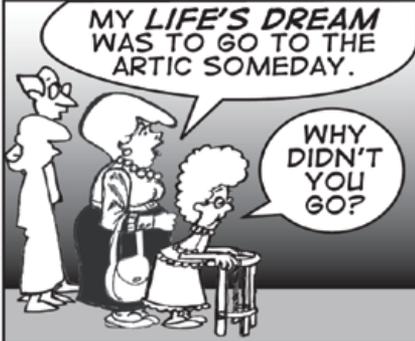


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April Parting Shots continued

**Black & White Tie Bingo**, benefitting Shreveport's Goodwill Industries, was held at Sam's Town Hotel & Casino on March 2.

*Gene and Charlotte Bryson*



*Gil and Valerie Murphy*



**Above:** (l to r) Jeff and Toni Thompson with Martha and Mike Whitehead



**Left:** (l to r) Sherri Talley, Joye Gamble, and Roxanne Bosserman

Life Community Achievement Awards  
*Alstead Anderson congratulates Opal Marshall (left) and Jan Core, the recipients of the Cherish in Life Community Achievement Awards*



*Sisters Angel Pappas (left) and Helen Yampanis meet Governor Bobby Jindal*

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**April Parting Shots continued**

**Krewe of Highland** hosted its annual parade on  
 February 19th.



*Krewe of Highland King Scott Ferris and Queen Angela John*



**Above:** (l to r)  
 Krewe of Elders  
 Captain George  
 Kalmbach, Queen Liz  
 Skyles, and  
 King Richard Skyles



**Left:** Riders of  
 the 'Remember in  
 Shreveport and Bossier  
 When Exhibit' float

**Les Bons Temps** held their Mardi Gras party at Ernest's



*Ingrid Campbell and Vicki Franks*



*Lois and Kirby Rowe*



*(l to r) Abby and Joe Averett with Debbie and Robert Grand*

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April Parting Shots continued

**The March for Meals** was held in downtown Shreveport on March 14.

*CCOA and government representatives lead the parade*



*(l to r) Arlene White, Tandra Nwabueze, and Sandra Green march with The Best of Times banner*

*Brian Carr with Caesar's Entertainment presented a donation to CCOA Executive Director Mary Alice Rountree*



*(l to r) Lesa Townsend, Tammy Thrower and Sherri McConnell*



*Nancy and Robert Boone*

**Right:** Isabel Roche and Merikay Rings

**WK Spirit of Women's**

Signature Spring Event was held on February 25th in celebration of good heart health.



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