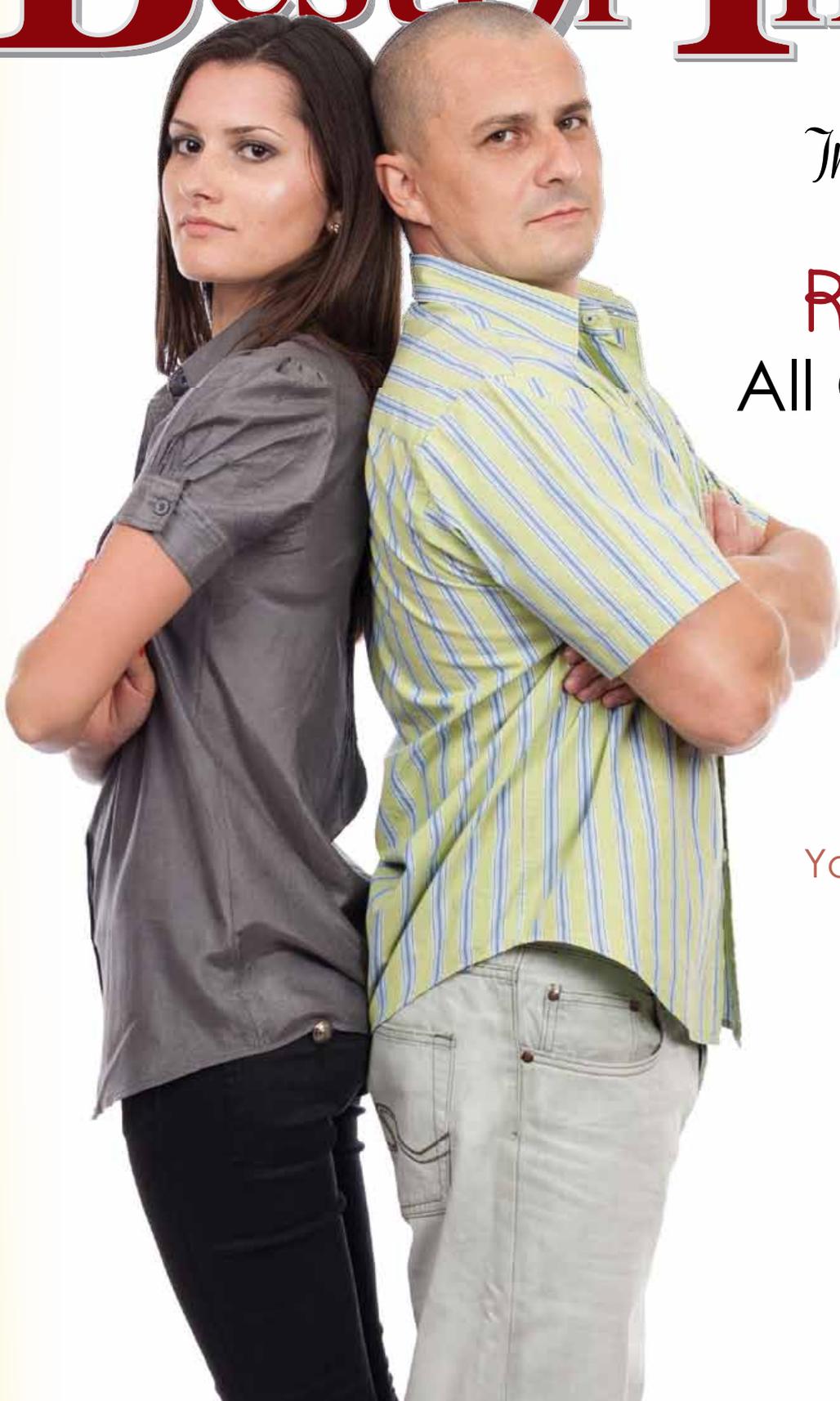


March 2013

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March 2013



6

Briefs

6 Stat! Medical News



18

Advice

18 Money Matters
Avoiding Tax Refund Identity Fraud

20 Laws of the Land
I Love Lucy...Even if She Doesn't Wear a Seatbelt

22 Dear Pharmacist
Potassium Perfects Blood Pressure

26 Social Security
March Madness at Social Security



14

Features

9 Sibling Rivalries: All Grown Up

12 Care and Care Alike

14 How to Do Your Taxes **FOR FREE**

16 Take a Mini Vacation



38

In Every Issue

38 What's Cooking?
Fresh Takes on Family Recipes

40 Get Up & Go!

42 Our Famous Puzzle Pages

44 Parting Shots



30

Columns

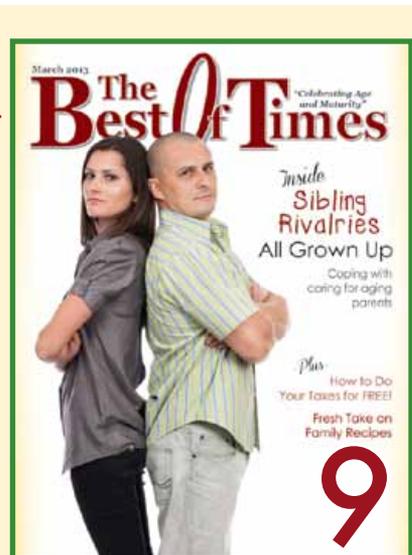
28 **Traveltizers**
There's More to Maui than Sand & Surf

30 **Broadway: A Personal Perspective**

32 **White's Wines**
Five Tips for Navigating a Wine List

34 **Where are they Now?**
Lori Nelson

36 **Recent DVD Releases**
"Here Comes the Boom", "Cloud Atlas", "Killing Them Softly"



9



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TINA's TURN

Millions of Americans today are caring for their aging parents. Tensions and stress

levels are high, resulting in adult siblings fighting over the care of their elderly or ill parents. Old rivalries, resentments and family dynamics surface as decisions must be made. This month Kelly Phelan Powell checks in with national and local experts to help provide insight and advice on how siblings can communicate more effectively, agree on a plan to share responsibilities, and focus on making wise decisions about their mom's or dad's care.

The 2013 edition of *Silver Pages*, is now available at most of our distribution sites. Our annual resource directory is widely recognized as an indispensable source of comprehensive, accurate, and up-to-date information. If you're having trouble finding your copy, send a check for \$5 (to cover the cost of shipping and handling) made out to The Best of Times to *Silver Pages*, PO Box 19510, Shreveport, LA 71149.

Congratulations to all our winners last month in our Fan Appreciation Contest. Don't forget to look for your name somewhere in this issue, on our website and listen for your name on The Best of Times Radio Hour on Saturday mornings. We'll have seven (7) more winners this month. If you still haven't entered, make sure to turn to page 35 for your chance to win.

Wishing all of you a blessed Easter!

Tina

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MARCH 2

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MARCH 9

"Lessons Learned from the
Loss of Valerie"
Jasmine Morelock Field, author

MARCH 16

"Integrative Oncology"
Dr. Syed Jafri and Dr. Tannaz
Armaghany, clinic directors of Feist-
Weiller Cancer Center, Integrative
Oncology Clinic

MARCH 23

"Community Renewal International –
Now and in the Future"
Mac McCarter, Founder and
Coordinator of Community Renewal
International

MARCH 30

"Seven Steps to Mastering the Toxic
Emotions that Sabotage You"
Ken Lindener, author and lecturer

Do you have a question for
one of our guests?
Email Gary.Calligas@gmail.com
prior to the show.



Eat to Dream

“You are what you eat,” the saying goes, but is what you eat playing a role in how much you sleep? Sleep, like nutrition and physical activity, is a critical determinant of health and well-being. With the increasing prevalence of obesity and its consequences, sleep researchers have begun to explore the factors that predispose individuals to weight gain and ultimately obesity. Now, a new study from the Perelman School of Medicine at the University of Pennsylvania shows for the first time that certain nutrients may play an underlying role in short and long sleep duration and that people who report eating a large variety of foods – an indicator of an overall healthy diet – had the healthiest sleep patterns. The new research is published in the journal *Appetite*. Researchers found overall, people who sleep 7 - 8 hours each night differ in terms of their diet, compared to people who sleep less or more. They also found that short and long sleep are associated with lower food variety. . Short sleep duration is associated with weight gain and obesity, diabetes, and cardiovascular disease. People who sleep too long also experience negative health consequences.

Congratulations John Storey of Bossier City - this month's winner of our Fan Appreciation Contest. Please contact us to claim your prize.

Hold the Diet Soda, Drink Coffee Instead

New research suggests that drinking sweetened beverages, especially diet drinks, is associated with an increased risk of depression in adults while drinking coffee was tied to a slightly lower risk. The study will be presented at the American Academy of Neurology's 65th Annual Meeting. The 10-year study involved 263,925 people between the ages of 50 and 71 at enrollment. People who drank more than four cans or cups per day of soda were 30 percent more likely to develop depression than those who drank no soda. Those who drank four cans of fruit punch per day were about 38 percent more likely to develop depression than those who did not drink sweetened drinks. People who drank four cups of coffee per day were about 10 percent less likely to develop depression than those who drank no coffee. The risk appeared to be greater for people who drank diet than regular soda, diet than regular fruit punches and for diet than regular iced tea. The research suggests that cutting out or down on sweetened diet drinks or replacing them with unsweetened coffee may naturally help lower depression risk.

Zinc Helps Against Infection

New research suggests that zinc helps control infections by gently tapping the brakes on the immune response in a way that prevents out-of-control inflammation that can be damaging and even deadly. The study, led by Ohio State University researchers, also found that if there is not enough zinc available at the time of infection, the consequences include excessive inflammation.

Good Mood Helps Boost Brain Power

Older adults can improve their decision making and working memory simply by putting on a happy face, a new study published in the journal suggests. Researchers found that easy mood-boosters - like giving people a small bag of candy - helped seniors do significantly better on tests of decision-making and working memory.



Nerve Stimulation May Help Prevent Chronic Migraines

Wearing a nerve stimulator for 20 minutes a day may be a new option for migraine sufferers, according to research published in the online issue of *Neurology*®. The stimulator is placed on the forehead, and it delivers electrical stimulation to the supraorbital nerve. Participants who received the stimulation had fewer days with migraine in the third month of treatment compared to the first month with no treatment. The number of days with migraine did not change for those who received a sham treatment. Thirty-eight percent for those who had the stimulation had 50% or higher reduction in the number of days with migraine in a month. There were no side effects from the stimulation.

The More You Sit, the Higher Your Risk of Chronic Diseases

Kansas State University researchers examined the associations of sitting time and chronic diseases in middle-aged males in a study that was recently published in the *International Journal of Behavioral Nutrition and Physical Activity*. Compared with those who reported sitting four hours or less per day, those who sat for more than four hours per day were significantly more likely to report having a chronic disease such as cancer, diabetes, heart disease and high blood pressure. The reporting of chronic diseases rose as participants indicated they sat more. Those sitting for at least six hours were significantly more likely to report having diabetes.



From Fried Foods to Doughnuts

Regular consumption of deep-fried foods such as French fries, fried chicken and doughnuts is associated with a 30 to 37 percent increased risk of prostate cancer, and the effect appears to be slightly stronger with regard to more aggressive forms of the disease, according to a study by investigators at Fred Hutchinson Cancer Research Center and published in *The Prostate*. Researchers noted that deep frying may trigger formation of carcinogens in food.

Music Therapy Benefits Surgery Patients

A new study review published by the University of Kentucky in the *Southern Medical Journal* found that music therapy can be beneficial to patients before, during and after a surgical procedure and may reduce pain and recovery time. Patients were less anxious before the procedure and recovered more quickly and satisfactorily after by being exposed to music intra- and post-operation. They also required less sedative medication and reported better satisfaction with their medical experience. Calm, slow, gentle music was shown to produce the most positive results and facilitate relaxation and pain reduction in patients. Data proposes that music could be beneficial in reducing cost and length of stay in intensive care units.

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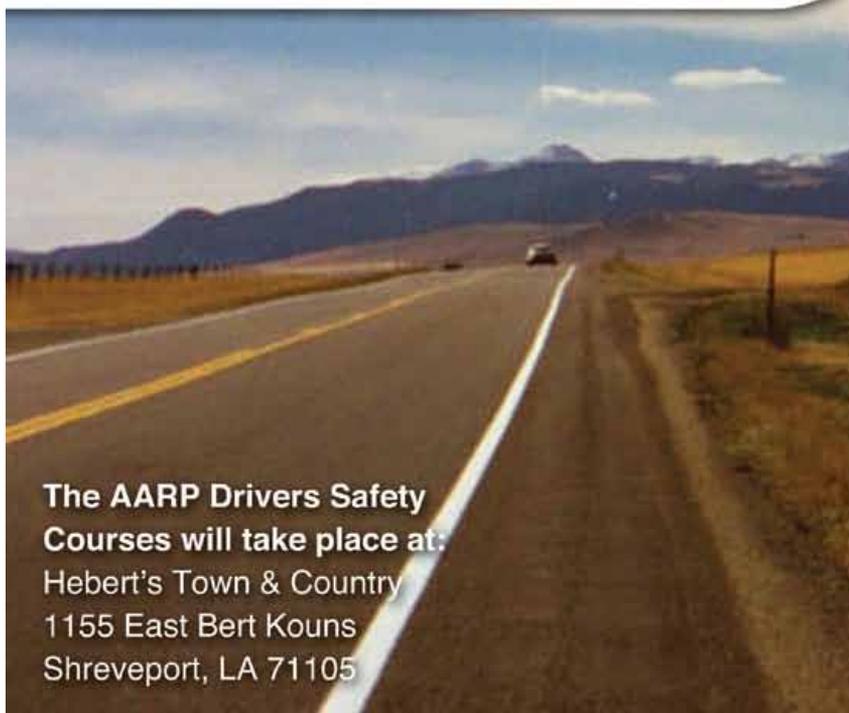
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sibling rivalries ALL GROWN UP

by Kelly Phelan Powell

When kids squabble, it's cute – unless you're their parents. When adult siblings fight over the care of their aging parents, however, it's traumatic and, quite often, creates a legal nightmare for all involved. But it's a problem that's spreading like wildfire across the U.S. As the Baby Boomer generation ages and their children assume responsibility for their affairs, old sibling rivalries, past wrongs and family communication issues bubble to the surface and threaten what may already be tenuous relationships. But we talked to two experts, both of whom say that there is hope for improving family dynamics so brothers and sisters can avoid coming to blows.

Speaker and author Dr. Francine Russo, *TIME* magazine's Boomer expert in her "Ask Francine" column and a former college professor, wrote a book on the subject called *They're Your Parents, Too! How Siblings Can Survive Their Parents' Aging Without Driving Each Other Crazy* (Random House, 2010) after experiencing these types of conflicts with her own sister as their parents aged. As she says on her website, www.yourparentstoo.com, "All the old stuff came back and ambushed me: sibling rivalry, old resentments, yearning for my parents' love, the guilt-laden ways we talked to each other - only worse."

The population is experiencing these issues for the first time in history. Because of the increase in life expectancies and tremendous medical advances, people can live for a decade or

more with chronic health conditions such as heart disease and diabetes, whereas their parents often died much more suddenly. As adult children watch their parents decline and must face not only their fear of losing their parents, but their own mortality as well, family dynamics become very intense. So it's really no wonder that old sibling rivalries can surface in the midst of trying to care for one's parents – often a traumatic psychological role reversal in itself. Russo said, "I began hearing from everybody

everywhere that adult siblings and their parents were having trouble figuring out how to do this."

Karen Kersten, a local licensed professional counselor (LPC) and a licensed marriage and family therapist (LMFT), pointed out that a number of practical factors contribute to this particular brand of family discord as well.

First, there's determining the best person to lead the family in a discussion about their parents' healthcare and the challenge of coordinating times among siblings to talk about and explore those needs. Then everyone may not agree on precisely what those needs are. Finally, there's the problem of finding the most effective and appropriate services and providers (independent living versus assisted living or palliative care versus hospice care, for instance). Throw in legal matters such as financial and estate management, and it's easy to see how sibling storms brew in these complex, unpredictable situations.

In Russo's case, like many others, communication in her

It's really no wonder that old sibling rivalries can surface in the midst of trying to care for one's parents – often a traumatic psychological role reversal in itself.

family was far from ideal in the first place, with large doses of anger and guilt mixed in for good measure. When her elderly parents began experiencing health problems, her sister, who lived nearby, became the primary caretaker. Russo, on the other hand, lived far away and was unable to regularly contribute to their care. But instead of asking for her help in other ways, her sister, who resented her new default position, simply made her feel badly, which only made her want to stay away. She said when she speaks on this subject to groups, she often begins by saying, "I want you to know that I was the sister who lived far away, so if you want to throw stones, now is the time to do it."

Kersten said situations like the one in Russo's family are very common when navigating the familial roles that surface when facing decisions about parents' care. The situation can reignite childhood jealousies about who was the favored child and his or her present role in managing parental care. This usually

stems, she said, from a lack of proactive planning and discussion about the future and denial about the importance of recognizing and exploring healthcare needs.

Either unconsciously or overtly the parents themselves sometimes exacerbate the already tense situation between siblings, Kersten said. Very often, they deny that there is any need to address their healthcare needs, either now or in the future. They also sometimes minimize or dismiss altogether the need for family meetings to discuss important topics. And now allowing enough time or lacking thorough discussion of these topics is the surest way for even the most harmonious of families to find themselves in conflict.

However, Russo said, there actually is good news in this scenario. "It is possible for adult siblings to see each other for the adults they have become rather than the bratty, bossy brothers and sisters they remember from childhood. People often carry these impressions into their 60s and 70s," she said. She said, "If they become conscious of these things, it can help them communicate better and make better choices."

And, as is so often the case, communication is key. Kersten said there are a number of ways adult siblings can better communicate:



positive, open attitude * "team" concept * be rested and calm * collaborate during regular meetings * one topic at a time * listen from all perspectives * use the word "I" * take a break





- Ensure that you have a positive, open attitude.
- Create with other family members a “team” concept, complete with team rules. Be willing to be a part of this family team.
- Make sure all parties are rested and calm.
- Collaborate about future care possibilities in regular family meetings. In the beginning, short durations of time may be best to introduce this new ritual.
- Focus on one topic in each meeting.

- Discuss thoughts, ideas and concerns from each person’s perspective. Everyone providing his or her own rationale helps all parties to better understand each other.

- Use “I” statements, e.g., “I wish,” “I want,” “I feel,” “I hope” and “I would like.”

- Take a break if you feel frustrated. Return only when you’re calm.

If these suggestions don’t work as well as you’d like, there are professionals who can help families overcome their communication problems and navigate the thorny issues that accompany the care of an aging parent. Counselors like Kersten, geriatric care managers, social workers and clergy are all able to assist families in these situations.

Don’t forget about the parents, however. Whether your children are already engaged in battle or you’re all just planning for the future, there’s a lot you can

do as a parent to mitigate these conflicts before they arise. “Half the talks I give are to groups of seniors,” Russo said. “It helps them to understand what their children are going through.”

By far, the most important thing parents can do to help their children in these situations is to communicate ahead of time, preferably in writing to your spouse and all your children, what your wishes are or will be in certain scenarios. Also, Kersten said, parents should be open to discussing their short- and long-term care needs. Set up a family meeting to talk about these needs as well as your wishes and concerns. “Being ready to talk openly and honestly can set the stage for productive work where family members effectively allocate and manage tasks based on their availability, expertise and preference) and offer possible solutions,” she advised.

Parents simply being aware of the past behaviors and interpersonal challenges between their children helps create a cooperative and collaborative environment in the present, Kersten said. She added, “Listen and work to heal any past hurts that impede a healthy relationship.” Speaking to your children’s strengths and not their weaknesses produces positivity and enthusiasm not only in family meetings, but also in their hearts.

Russo said, “Throughout my life, I have experienced first-hand the tremendous potential we all have to grow and transform ourselves with the people we love. The twilight transition offers us many such opportunities.” While the care of aging parents is often fraught with daunting challenges and emotional turmoil, it also offers a unique opportunity between adult siblings for insight and healing. No matter what issues your family faces, there are people and resources available to help.





Care and Care Alike

WHEN A LOVED ONE IS ILL, TAKING CARE OF THE SELF IS OF EQUAL IMPORTANCE



and not been overweight, it probably would have changed her particular trajectory. No matter what you do, you are still going to age, but watching someone fall apart and knowing how they ate, didn't exercise or smoked certainly ought to give you pause.

Q You must have had many realizations during your mother's decline. What stands out?

JG Caretakers get a lot of advice about being healthy, but this can be difficult and becomes just another burden. That said, I started doing yoga when my mother was sick, and it was an enormous help. I got more massages and became a mani-pedi junkie because, at the nail salon, I didn't know anyone, there were no questions, I was in suspended animation.

These things were helpful, but more important was making adjustments inside my head. If I had to do it over, I would have done quite well to think about the process differently. My brother and I were running ourselves ragged, almost as if we thought, "If we just do everything on our to-do list, everything will get

by Anna Sachse

In "A Bittersweet Season: Caring for Our Aging Parents – and Ourselves" (Vintage, 2012), newly out in paperback, author Jane Gross chronicles the difficult final years of her mother's life, weaving together intimate experience and practical advice. Here, the founder of *The New York Times* blog, The New Old Age, talks about the hard-earned lessons she's learned along the way.

Q What consequences can caring for an ailing loved one have on the health of the caregiver?

JG There's a mess of research on this. The issues are primarily stress-related, actual diseases, depression and not caring for oneself physically, but there is wide variation. In general, the health of the caregiver correlates to whether they are responsible full or part time, the ill person's condition, if you have help or if they are at home or at an assisted-living facility. But even if they are at a nursing home, you're not off the hook – you're still visiting, advocating and on-call mentally. If you tend to get colds, you will probably get a lot of colds. If you tend to get migraines, then you will likely

get a lot of migraines. If stress typically makes you over-eat or under-eat, then it will likely be a problem.

Q How can one use the experience of watching a parent age to make better decisions about their own health future?

JG Well, I don't want to blame the victim – our parents grew up in a different environment than we live in now. I never saw my mother riding a bicycle or even wearing sneakers, and her worst problems initially were mobility issues. Had she exercised



“The kindest thing you can do is just be present. Focus on quality of life, talk about your memories and ask stories about their lives.” ~ Jane Gross

better and we can get back to our lives.” That doesn’t happen. It’s preordained. The end point is that the person is going to die, whether it’s five years or a week from now. You have to think of it like a marathon, not a sprint – maybe then you won’t rush at the beginning, when you tend to make mistakes.

There’s a whole school of geriatric medicine called slow medicine: Just because you can, doesn’t mean you should. Mother didn’t want a lot of stupid things done, and said no after a certain point. In my experience, it’s not the old people who want to keep

going, but rather the children or medical professionals who ram it down your throat or don’t explain alternatives. Rather than viewing death as a medical problem with a solution, you can see it as a natural part of life. The kindest thing you can do is just be present. Focus on quality of life, talk about your memories and ask stories about their lives. For me, that was the epiphany: “I can’t make her well or young, but I can make the time very rich for both of us.” It’s a very different kind of caring for yourself that really can take the stress away.

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Number of people in the U.S., 65 and older, that received home health care in 2007

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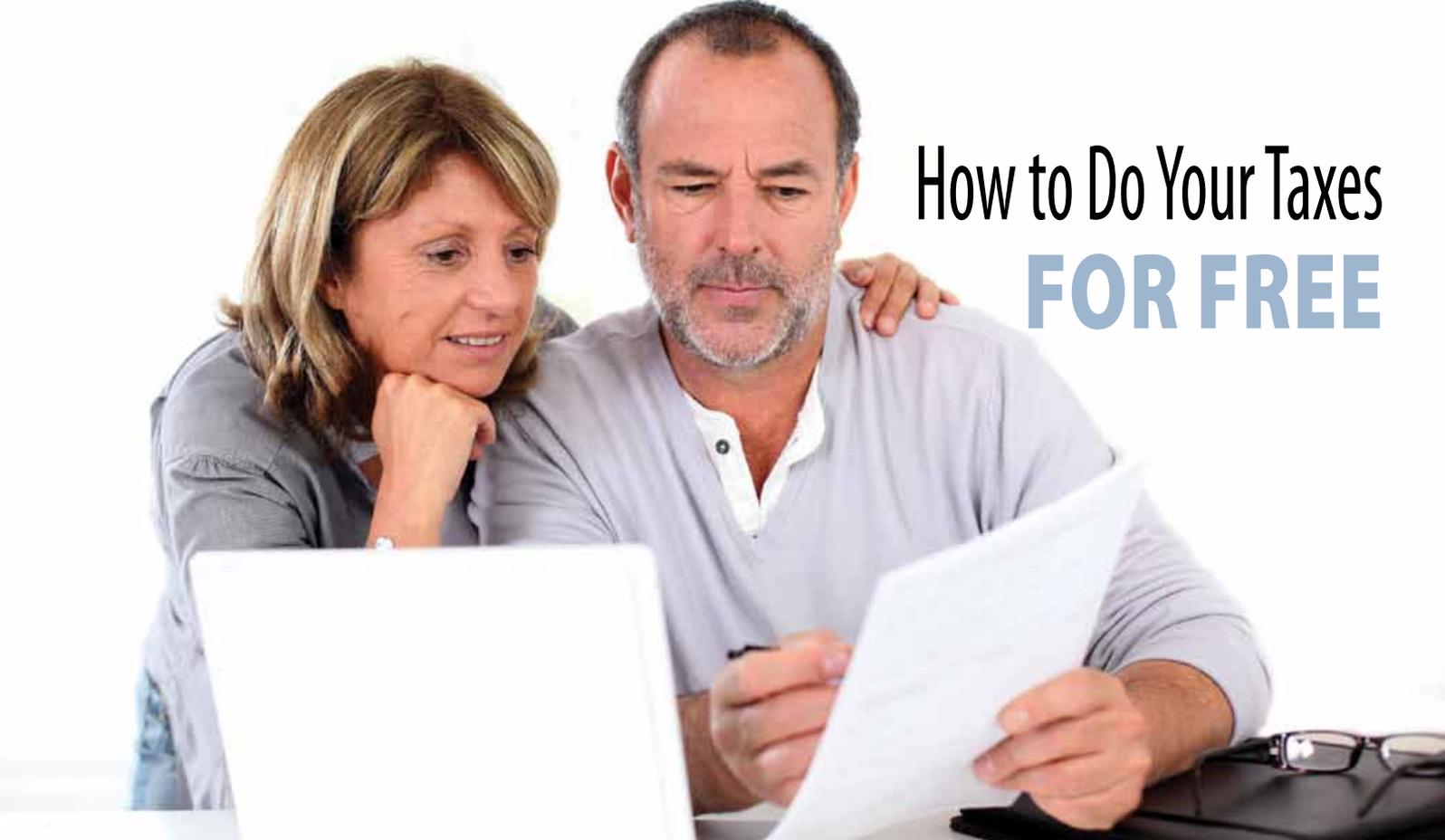
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FAMILY FEATURES

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Three simple steps to getting started

Step 1: Gather Your Tax Information

- Collect your tax information and log on to Free File through the IRS website: www.IRS.gov/freefile.

Step 2: Choose an Option

- The "Help Me Choose A Company" option helps you pick the brand-name software that will guide you through the tax process.
- Free File Fillable Forms, the electronic documents, perform basic math calculations and are for people who are comfortable preparing their own paper tax returns.

Step 3: Prepare and e-file Your Return

- E-file your return for free. No matter what option you choose, IRS and brand-name software providers use the most current technology to ensure tax information is encrypted, so it's safe and secure when it's transmitted.

Checklist of materials to do your taxes

Keep this list as a checklist of the items you will need to do your taxes. The IRS recommends keeping all tax-related documents for three years, in case of an audit. Tracking income-related documents can help you take full advantage of deductions available to you.

- A copy of last year's tax return
- Valid Social Security numbers for yourself, spouse and children
- All income statements, i.e. W-2 forms, from all employers
- Interest/dividend statements, i.e. 1099 forms
- Form 1099-G showing any state refunds
- Unemployment compensation amount
- Social Security benefits
- Expense receipts for deductions
- Day care provider's identifying number

Volunteer Income Tax Assistance

There are thousands of Volunteer Income Tax Assistance (VITA) sites nationwide that offer free help to those earning around \$51,000 or less. To locate the nearest VITA site, search for "VITA" on IRS.gov.

Tax Counseling for the Elderly (TCE), which is supported by AARP, offers free tax help to people who are age 60 and older. Locate the nearest AARP Tax-Aide site at AARP.org or call 1-888-227-7669. Some VITA/TCE sites even offer Free File. You can do it yourself on their computers.



Earned Income Tax Credit (EITC) helps you keep more of what you earned

No tax benefit offers a greater lifeline to working families than EITC. Yet, one out of every five eligible taxpayers fails to claim it, according to the IRS. Because of the economy, even more people may be eligible if they have had changes in their earned income. Here are a few things to keep in mind:

- The maximum credit for 2012 tax returns is \$5,891 for workers with three or more qualifying children.
- Eligibility for the EITC is determined based on a number of factors including earnings, filing status and eligible children. Workers without qualifying children may be eligible for a smaller credit amount.

Learn more at www.irs.gov/eitc and use the EITC Assistant, or ask your tax professional. If you are eligible for EITC, you also are eligible for free tax help at VITA sites nationwide or to use Free File at www.irs.gov/freefile.

EITC: Are you eligible?

- You must have earned income.
- Your adjusted gross income cannot be more than the limit.
- Your filing status cannot be "Married filing separately."
- You must have a valid Social Security number.
- You must be a U.S. citizen or resident alien all year.
- You cannot file Form 2555 or Form 2555-EZ.
- Your investment income must be \$3,200 or less.

Free File is also available online 24/7, giving you the freedom to choose when and how you do your taxes.

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Take a Mini-Vacation

by Mark Underwood

Have you ever wished you could remember things better? Maybe you are experiencing “CRS” or “Can’t Remember Stuff.” The good news is you can resolve to have a healthier brain in 2013 and stop CRS.

One way you can do that is by taking more breaks from your daily grind with short mini-vacations.

Have you noticed many people rarely stop working long hours at the office or at home? Science tells us we have a limited reservoir of attention that we can devote to a single thing for long periods of time without taking a break.

And the longer the break, the better we’ll feel when we return to our daily routine. We tend to be more productive if we take deliberate breaks not only during the day from work-related tasks, but also from everyday life.

Science Matters

In 2010, researchers in the Department of Psychology at the University of

Illinois-Urbana-Champaign published their findings in *Cognition*, which concluded that while focus and attention are necessary to accomplish tasks, people achieve better cognitive control of work in their everyday life if they break away from their routine now and then.

What’s more, if you fail to replenish your attention resources your energy level will catch up with you and you’ll feel “burned out.” The best news for those who take regular breaks is that “replenishment” can help them become more productive.

Other studies have found that breaks improve concentration and vacations are far better for our brains than working overtime at the office or home.

It doesn’t really matter what you do on your vacation—whether you take time to go far away or change up your routine with a nearby getaway, the important part is that you replenish your brain by doing something different.



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“In golf, the approach is important, but having little or no follow through can cause a golfer to slice or lose distance,” said Ronald Boorman. “The majority of golfers do not have good follow through in their swing.”

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We consider the close relationships we’ve built with our patients to be the best *follow through* of all.



Mini-Vacation Brain Benefits

If you are worried about losing your mental capacity as you age, don't let that hold you back. You can improve your memory and stop experiencing CRS or that nagging feeling of "not remembering stuff."

One of the ways to boost your cognitive skills is by taking a walking, driving or flying breakaway. Here's how mini-vacation can help improve memory and brain power.

- **Stress relievers.** Vacations long and short give you an opportunity to let yourself surrender to the moment. Take in the scenery, stop and smell the roses. When you're on vacation, you're on your time.
- **Replenish your mind and body.** Breaks from routine give you opportunities to use different parts of your brain simultaneously while you're venturing out and learning something new.
- **Connect with new people and places.** Vacations give you countless opportunities to meet new people, explore and learn about cultural differences, language, food and traditions.
- **Push your cognitive skills.** You don't

have to travel far, but if you use a map, you'll be giving your visual-spatial skills and memory a work-out.

- **Keep you sharp.** Vacationing means you'll make quick decisions about many things like directions, lodging, meals and excursions. All of these variables require sharp processing of information and storing it in your memory bank.

Mini-Vacations On Any Budget

Frequent or long vacations can put a hole in many people's budgets. But mini-vacations can still give you the break you deserve.

As you're reading this you may feel you're ready for a vacation right now. But maybe you can't go far or for very long. The solution is to take a mini-getaway. Here are easy, affordable ideas to help you to relax, stress less and have a healthier brain in 2013.

- **Explore new places in your own area.** Plan a long weekend by taking a road trip to destinations you've never been to or have not seen in a long time.
- **Connect with nature.** Look for off-season mid-winter lodging deals, then

spend get outdoors and enjoy the freedom of being away from your daily routine.

- **Go to a day spa.** Recharge your mind and body with a day or weekend at a spa where you can pamper yourself.
- **Switch homes with a friend.** If your friend lives in the country and you live in the city, consider switching homes for a long weekend. It's an easy way to learn what it's like to try a different lifestyle while breaking your routine.

Mark Underwood is a neuroscience researcher, president and co-founder of Quincy Bioscience, a biotech company located in Madison, Wisconsin focused on the discovery, development and commercialization of novel technologies to support cognitive function and other age-related health challenges such as memory. Mark is also creator of popular brain health supplement Prevagen. Mark has been taped as an expert in the field of neuroscience for The Wall Street Journal Morning Radio, CBS and CNN Radio among others. Mark is also a contributor to the "Brain Health Guide" which highlights the research at Quincy Bioscience and offers practical tips to help keep healthy brain function in aging. More information can be found at: www.quincybioscience.com.

Information and Referral



Advocacy



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Consumer Center



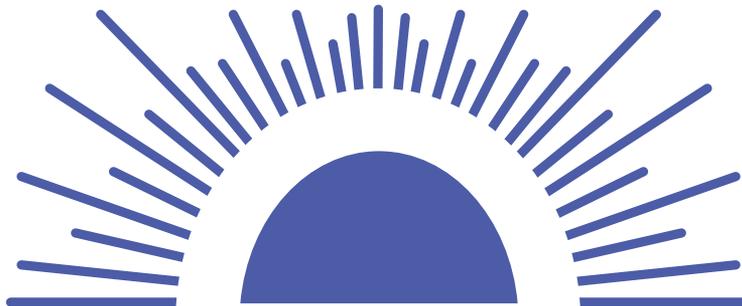
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Avoiding Tax Refund Identity Fraud

By Jason Alderman

Many people file their income tax returns as early in the year as possible. Some are eager to claim their tax refund right away, while others are simply following their New Year's resolution not to procrastinate until midnight, April 15.

Let me add another good reason to file your taxes right away: tax refund identity fraud.

That's where someone uses your Social Security number (SSN), birth date and other private information to file a fraudulent income tax return in your name and then pockets the resulting tax refund. Often, a victim's first clue is a letter from the IRS contesting their legitimate tax return, saying one has already been processed under that name. It can take months – and mounds of paperwork – to unravel the mess.

This scam has proliferated in recent years thanks to a confluence of events:

- There's a thriving black market in per-

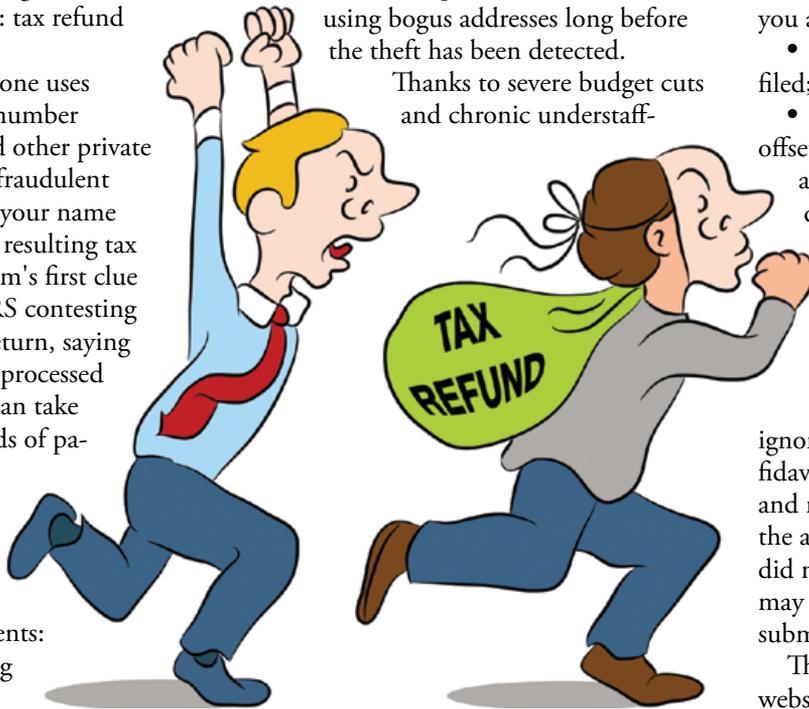
sonal information stolen from healthcare facilities, nursing homes, schools, insurance companies and other institutions that require an SSN as identification.

- The IRS is pressured to begin issuing refunds shortly after taxpayers start filing returns in mid-January, even though employers and financial institutions aren't required to submit withholding and income documentation until the end of March. Thus, disparities often aren't caught until months later.

- The growing popularity of electronic filing, where hard-copy documentation (like W-2 and 1099 forms) isn't required.

- Many people receive refunds via direct deposit and prepaid debit cards. Criminals open and close accounts using bogus addresses long before the theft has been detected.

Thanks to severe budget cuts and chronic understaff-



ing – not to mention constantly playing whack-a-mole with thieves who dream up new schemes – the IRS is hard-pressed to keep up. In one extreme example, the agency issued more than \$3.3 million in refunds for 2,137 tax returns filed to a single address.

But all is not lost. The IRS has significantly beefed up its fraud-prevention efforts. In 2011, they intercepted nearly 262,000 fraudulent tax returns seeking almost \$1.5 billion in refunds related to identity theft. And they now issue special personal identification numbers (PINs) to impacted taxpayers to protect their future tax filings.

So what should you do if you've been victimized? Typically, the IRS will send you a notice that:

- More than one tax return for you was filed;
- You have a balance due, refund offset or have had collection actions taken against you for a year in which you didn't file a return; or
- IRS records indicate you received wages from an employer you don't recognize. This could indicate that someone has used your personal information to get a job.

If you receive such a notice, don't ignore it. Complete an Identity Theft Affidavit (IRS Form 14039 at www.irs.gov) and return it with a copy of the notice to the address provided on the notice. If you did not receive a notice but believe you may be at risk, the form contains separate submission instructions.

The IRS's Identity Theft Protection website (www.irs.gov/uac/Identity-Protec-

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tion) includes tons of helpful information, including ways to tell whether your identity may have been stolen, how to report a breach and tips to avoid identity theft.

And finally, file your tax return as early as possible to beat potential scammers to the punch. If you owe money, you can always file your return now and mail the payment by the April 15 deadline.

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



Wacky St. Patrick's Day Celebrations

For many, St. Patrick's Day, celebrated on March 17, is a day to celebrate the patron saint of Ireland with some corned beef and a pint of Guinness. But some places have their own peculiar celebrations.

Did you know that the Chicago River is dyed green every year on St. Paddy's Day? In Hot Springs, Arkansas, you can find the world's shortest St. Patrick's Day parade -- a whopping 98 feet down Bridge Street. Marchers include Irish Elvis impersonators and a middle-age troupe called Lards of the Dance. Residents of New London, Wisconsin get into the spirit by dressing as leprechauns and changing town signs to say "New Dublin."

Green beer and an Irish Elvis -- now that's a celebration!


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I Love Lucy...Even if She Doesn't Wear a Seatbelt

by Lee Aronson

Ricky (not his real name) was driving his wife to work at the candy factory when he got into an accident with Fred (also not his real name). Fred was 81, and although he had a valid driver's license, he really shouldn't have been driving any more: the accident was all his fault.

Fortunately, Ricky wasn't badly hurt. That's because he was wearing his seatbelt. His wife, Lucy (not her real name), wasn't so lucky. She wasn't wearing a seatbelt and ended up thrown from the

vehicle. She was rushed to the hospital and had major medical bills.

So she sued Fred. After all, the accident was all his fault. But Fred argued that he shouldn't have to pay anything because Lucy wasn't wearing her seatbelt. He claimed that if Lucy had been wearing her seatbelt, then she would have ended up like her husband: a few bruises but no major medical bills.

Do you agree with Fred?

Well, Louisiana has a seatbelt law. It requires everyone over the age 13 to wear a seatbelt. (Kids, depending on their age and weight, must either wear a seatbelt or be in a child safety seat.) The seatbelt law applies to drivers and all passengers, whether they be sitting in the front seat or the back seat. And if you get caught without a seatbelt, you can be fined \$25 (or more if you get caught more than once or if you get caught in New Orleans.)

But here's something else the Louisiana seatbelt law says: "In any action to recover damages arising out of the...operation of a motor vehicle, failure to wear a safety belt...shall not be considered evidence of comparative [fault.]" In other words, Fred may have been mostly at fault because of his bad driving, but Lucy may have also been at fault because she wasn't wearing a seatbelt. But the law doesn't allow Fred to compare his fault to Lucy's fault when it comes to "failure to wear a safety belt."

The Louisiana seatbelt law also says that "Failure to wear a safety belt...shall not be admitted to mitigate damages." This means that Lucy may have been able to avoid her injury or lessen her damages by wearing her seatbelt, but the law doesn't allow Fred to even make this argument.



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So let's say that Lucy's case goes to court and the Jury hears the evidence. Because of the Louisiana seatbelt law, they don't hear anything about whether Lucy was wearing a seatbelt. The Jury thinks that odd, so they send the Judge a note asking how to handle the fact that no one discussed whether Lucy was wearing a seatbelt. The Judge tells the Jury to "rely upon your common recollection of the evidence and your personal experience in life." The Jury doesn't understand that answer, so they send the Judge a second note asking if they can "assign fault to [Lucy] for failure to wear her complete seatbelt?" The Judge tells the Jury that he could not comment on that question. Well, that turned out to be a mistake. A case like this down in St. Tammany Parish went up on appeal and the Appellate Judges said that the Jury should have been told that they could give no consideration to the fact that Lucy was not wearing a seatbelt.

The Louisiana seatbelt law also mentions something else I found interesting. Apparently, some disabled people can't wear seatbelts. But the law says that even if you have "a physical or mental disabling condition that prevents you from wearing a seatbelt," if you get caught without wearing one, you can still get a ticket unless you have a special tag issued by the DMV. And in order to get the tag, you'll need a doctor's statement certifying that you are disabled and your disability prevents you from using a seatbelt.

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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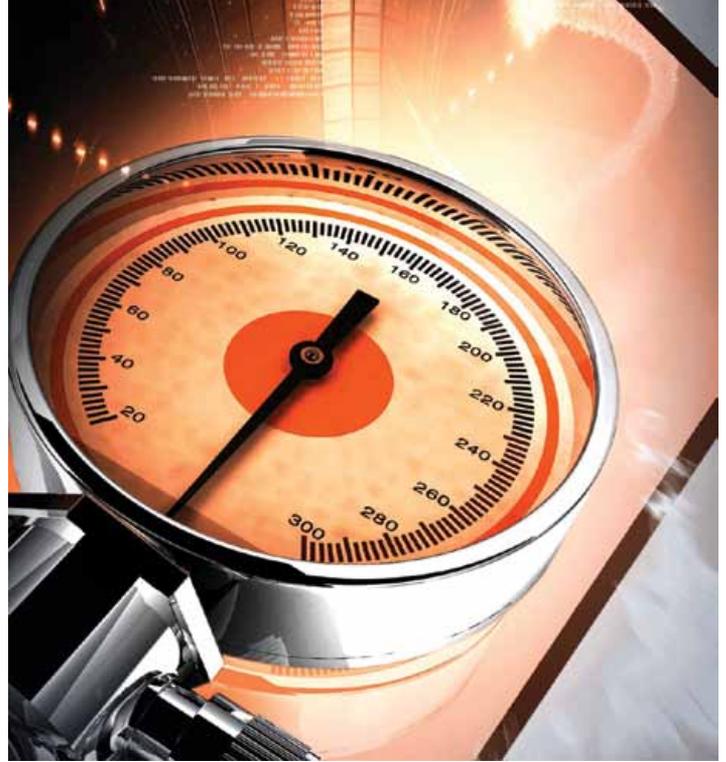
by Suzy Cohen, R.Ph.

Dear Pharmacist, I have high blood pressure but I'm not willing to start medication yet. It's only borderline high and I don't have insurance. If you had to pick only one vitamin, what would you suggest? ~M.G., Ocala, Florida

If I'm pinned to just one vitamin, I pick potassium. It's inexpensive, sold over-the-counter at pharmacies nationwide, and well-documented to help regulate blood pressure. There are medications like Micro-K and Klor-Con available by prescription.

Potassium lives in all of our cells, and you need it to move your muscles and make your heart beat in perfect rhythm. Without enough potassium on board, your muscles will cramp (and remember, your heart is a muscle). Potassium seems to protect the brain from ischemic injury (like a stroke). The scary part to me is that there are dozens of drug muggers of potassium, including certain types of diuretics, heartburn medications, laxatives, insulin therapy and corticosteroid drugs. More classes of medications are listed in my Drug Muggers book. I cannot overestimate the importance of restoring nutrients that get depleted by medications, for this is your side effect solution! Most physicians are aware of the need to reestablish potassium levels after ordering a diuretic drug so patients are commonly told to replace potassium with a banana. FYI, one cup of papaya or french green beans have much higher amounts of natural potassium compared to one banana, a fruit that is high in sugar and prone to fungal disease at the plantation.

Potassium can be depleted from the body by intense workouts (think hot yoga), any kind of dehydration, vomiting, chronic or severe diarrhea and alcoholism. If you want to know your blood



levels, physicians offer a blood test to evaluate this and other electrolytes.

Potassium works with its brother "sodium" and the two together help control your body's water balance, which in turn regulates blood pressure. Potassium has a cumulative effect and this makes it better to take a regular dose for two or three months, rather than to take large doses for short periods of time. Never take more than your doctor recommends and be careful because potassium interacts with certain diuretics and blood pressure drugs that are "potassium-sparing."

Studies consistently support potassium in the regulation of blood pressure. Research has shown that adults (and animals) with high blood pressure, who are given supplemental potassium often show a drop in systolic and/or diastolic pressure by up to 12 mm Hg (sometimes more depending on the study). Animals prone to stroke also showed benefit from potassium in at least one study. Only two percent of the rats who were potassium-sup-

plemented suffered a stroke, compared to 83 percent of the untreated group. When supplementing with potassium tablets, drink plenty of water and eat a snack because this helps ease the mineral into your body gently, while minimizing GI discomfort.

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

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❧ Bossier Council on Aging ❧

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

Info & referrals - 741-8302

Transportation - Wheelchair accessible vans available to transport seniors to grocery shopping, senior centers & BX (with military ID). \$3 suggested contribution. Medical appointment transportation provided with a \$10/roundtrip charge. Also contracts with Medicaid for referrals.

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 Monday - Thursday for homebound seniors in Bossier parish. \$1.50 suggested contribution.

Medical Alert - 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 - \$22 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.

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

Zumba classes - Monday & Wednesday @ 5:30 pm, Saturdays @ 10 am. Open to the public, free for seniors.

❧ 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.

Aging & 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

through 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.

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

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 served. Suggested \$1.50 donation accepted.

- A.B. Palmer SPAR, 547 E. 79th St., Shreveport. 673-5336. Mon thru Thur 9 am - 1 pm. Lunch @ 11:30 am.

- Airport Park SPAR, 6500 Kennedy Dr., Shreveport. 673-7803. Mon thru Thurs 9 am - 1 pm. Lunch @ 11:00 am.

- Cockrell SPAR, 4109 Pines Road, Shreveport. 629-4185. Mon thru Thurs 10 am - 12 noon. Lunch @ 10:30 am.

- Lakeside SPAR, 2200 Milam St., Shreveport. 673-7812. Mon through Thurs - 10 am - 12 noon. Lunch @ 11:30 am. Breakfast served Wed, Thurs & Friday @ 9 am.

- Martin Luther King Community Center. 1422 Martin Luther King Blvd, Shreveport. 222-7967. Mon through Fri: 9:30 am - 1:30 pm. Lunch @ 11:30 am. Transportation available on a limited basis. Call for more info.

- Mooringsport. 603 Latimer

St., Mooringsport. 318-996-2059. Tues, Wed, & Thurs. 9 am - 12:30 pm. Lunch @ 11:30 am.

- Morningstar, 5340 Jewella Ave. Shreveport. 318-636-6172. Mon through Fri - 8:30 am to 12:30 pm. Lunch @ 11:00 am. Transportation available on a limited basis. Call for more info.

- New Hill. 8725 Springridge Texas-Line Rd, Keithville. 925-0529. Tues and Thurs - 9 am - 12 noon. Lunch @ 11:00 am.

- Oil City, 110 Furman St., Oil City. Mon & Fri - 9 am - 12:30 pm. Lunch @ 12:00 pm.

- Randle T. Moore Senior Activity Center, 3101 Fairfield Ave., Shreveport. 676-7900. Thurs & Fri. Coffee @ 9:30 am. Program @ 10 am. Lunch @ 11:15 am. Reservations for lunch required @ 676.7900. Fri @ 11 am Senior Tech Talk.

- Southern Hills SPAR, 1002 Bert Kouns Industrial Loop, Shreveport. 673-7818. Mon through Thurs 10 am - 12:30 pm. Lunch @ 12:00 noon

- Valencia Park Community Center SPAR, 1800 Viking Drive, Shreveport. 673.6433. Mon - Thurs 9 am - 5 pm. Lunch @ 11 am.

❧ 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

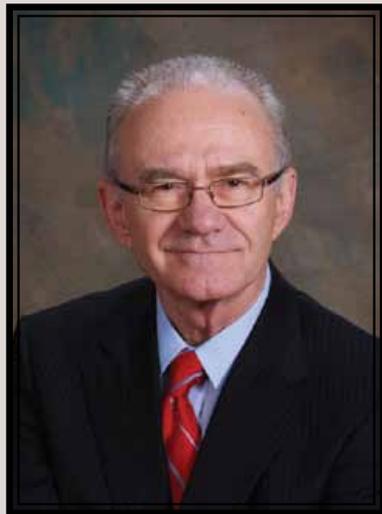
Medical Alert - linking clients with in-home emergency response system.

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March Madness at Social Security

By Dora Miller

It's that time of year! Basketball fans are gearing up for March Madness — a time when the final four teams in the NCAA fight for the title of national champion. While basketball fans are excited about March Madness, Social Security already has a winning “final four” of online services to cheer about: our new *my Social Security* service, the *Retirement Estimator*, online *Benefit Application*, and online *Extra Help* application!

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Dora Miller is the Social Security Public Affairs Specialist in Shreveport, LA



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There's More to Maui than Sand & Surf

Story by Andrea Gross • Photos by Irv Green

It's 5:30 in the morning, and I'm shivering on a Maui beach. The wind is gusting, and the waves are crashing onto the shore, showering us with fine particles of mist and sand.

I'm one of about fifty people, most in swimsuits, wrapped in towels and looking either supremely serene or vaguely apprehensive. The serene folks are the Kanaka Maoli [Native Hawaiians] or at least kama'aina [non-Hawaiian islanders]. The apprehensive, like me, are visitors.

We're here to experience Hi'uwai, a traditional Hawaiian purification ceremony. It's the opening event of Maui's Celebration of the Arts, an annual festival that honors Hawaiian culture, from music to crafts, from rituals to herbs. [This year the Celebration will be held March 29-31.]

Clifford Nae'ole, the Hawaiian Cultural Advisor to The Ritz-Carlton Hotel in Kapalua, which is hosting the event, begins speaking. "Now it is time for silence," he says. "When you go into the water, think about what you've done, good and bad. When you get out, you'll leave the dirt behind." He calls us to move closer to each other as he intones a chant that I can't understand. Then he waves us towards the water.

I surprise myself by going in, letting the water wash over me. The wind whips my face, blows my hair, and I almost stumble as the waves come in with a roar. As I regain my balance, I sense new possibilities. Maybe there's something to this.

Within about ten minutes, the last few people leave the water, and Nae'ole has

us face the east where the sky is getting lighter, a glimmer of pink peaking through the trees. A woman leads us in a chant to awaken the sun. "A new day has begun," says Nae'ole, and he encourages us each to hug the person closest to us. I'm standing near three people; I hug them all.

After I dry off and fill my stomach with coffee harvested on the nearby island of Molokai and toast smeared with roasted pineapple jam, I go to the lobby where a large man in native dress is beating on a four-foot-tall drum and intoning a chant even more haunting than the one on the beach. This, I learn, is the Wehe I Ka 'Ipuka, the opening protocol that honors the elders.

Nae'ole bristles when I ask him if the morning dip and subsequent drum ceremony were just the opening shots in a faux festival, designed to capitalize on the current interest in cultural travel.



Left: The festival showcases different types of music. Right: A chant, accompanied by rhythmic drumbeats, honors the elders.



“These are as real as it gets,” he says firmly. “I would not dare create, invent or dilute our culture. My ancestors would not allow it. What you are experiencing is authentic and perpetuates all things Hawaiian.”

The days whirl by, a three-ring circus of demonstrations, performances and workshops. I create a necklace from shells and flowers, my husband learns to blow a nose flute, and we attend a lecture on Hawaiian herbal healing. In between, we watch dancers perform different styles of hula, some that are accompanied by percussion instruments, others by guitars and ‘ukuleles.

The next day we head for Hāna, where life ambles on much as it did years ago. The first part of the drive goes quickly. It’s not until we reach Kahului, the western terminus of the famed Hāna Highway, that the challenge begins.

The 52-mile road consists of 59 bridges, most of which are single lane, and 620 curves. That’s right—620 curves in 52 miles or, to put it another way, 12 swerves per mile! But the scenery, a tropical rainforest replete with rushing water and fruit-laden trees, is worth every gut-wrenching turn.

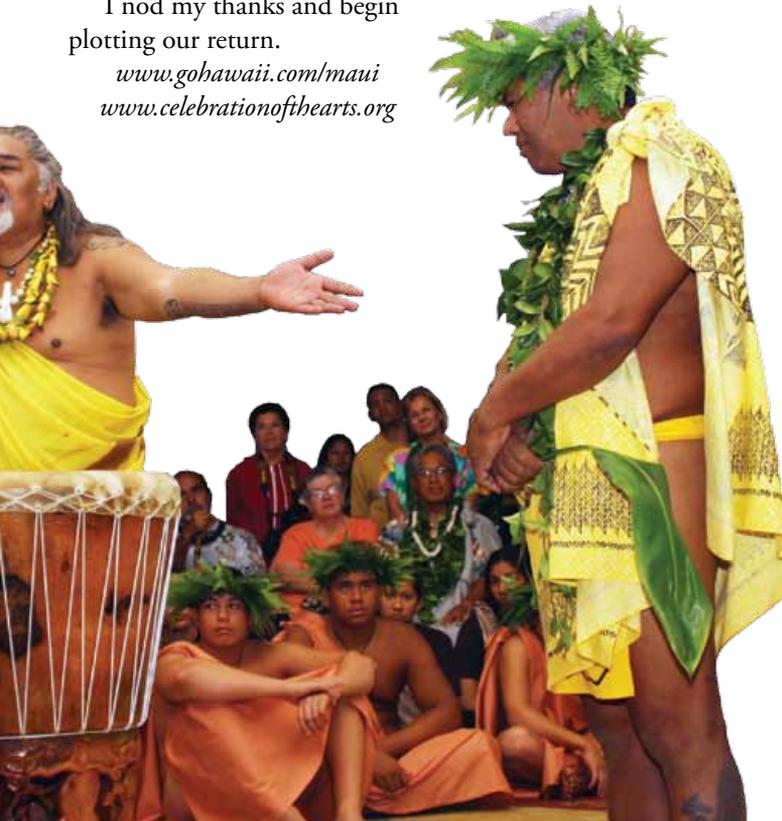
After about three hours the road straightens, and we’re in the small community of Hāna, where the loudest sounds come from the waves and waterfalls. There’s plenty to do—from hiking in Haleakala National Park to examining quilts and poi boards at a small museum—but the ambience is so gentle, so tranquil, that we feel the tensions drain away and for two days do little more than munch on mango, walk on the beach and admire the falls.

On our way back we peruse the art galleries in the historic whaling town of Lāhaina and treat ourselves to an evening at the Old Lāhaina Lu’au. There, sitting cross-legged on a woven mat, we have a final feast where we dine on traditional Hawaiian food and enjoy a musical journey through Hawaiian history.

A hula dancer stops us as we leave. “A hui hou kākou,” she says, handing us each a flower. “Until we meet again.”

I nod my thanks and begin plotting our return.

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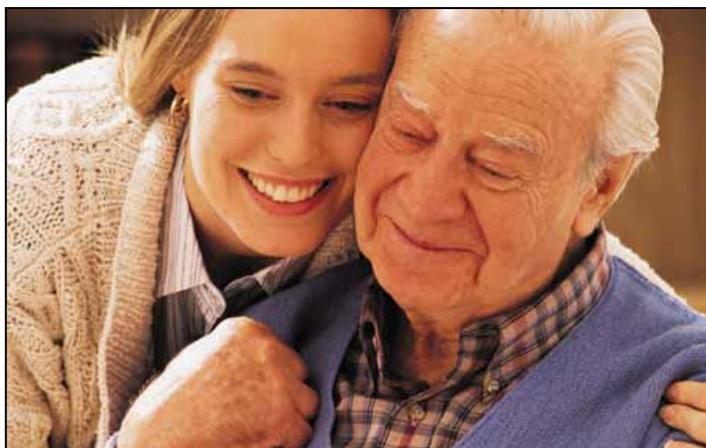
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Broadway: A Personal Perspective

by Brian Bradley; Photos ©Joan Marcus

Spring is just around the corner and after snow flurries comes a flurry of activity on Broadway. Some major names are attached to properties with potential. But as we've learned, a star name may not translate into a successful production (*The Heiress*).

Take the current revival of Tennessee Williams' Pulitzer Prize-winning 1955 drama about mendacity *Cat on a Hot Tin Roof* now starring Scarlett Johansson as an example. Miss Johansson gave a very promising, in fact Tony-winning performance in Arthur Miller's *A View from the Bridge* in 2010. I found her completely credible in that supporting role, a very well thought-out characterization. Unfortunately, that experience hardly prepared her for the rigorous demands of Margaret (Maggie). Besides being marble mouthed which renders her and the delicious dialogue often unintelligible she sounds like Kate Nelligan in *The Prince of Tides* which, given this play is set in Mississippi is hardly the right dialect. She plays the long first act one note, all wired like the title says while completely neglecting Maggie's motivation plus the complicated dynamics navigated by Maggie and her hard drinking husband Brick (played by a shockingly flaccid Benjamin Walker). None of the performances exhibit Williams' rich subtext and therefore do Williams no justice.

The whole numbing production frustrates under Rob Ashford's odious direction. The massive set, meant to fill the theatre's large proscenium opening is completely out of proportion and looks

ridiculous as a plantation bedroom with its vaulted ceiling, huge chandelier and multiple ceiling fans not to mention all those windows! The sound is unnecessarily intrusive. The storm sounds like a tornado is about to touch down on the estate and the music, with the field hands singing in celebration of Big Daddy's birthday sounds like *The Lion King*. Even the fireworks are overdone. At least we were spared Ashford's most talked about "improvement", Ghost Skipper, which was thankfully cut during previews. It seems the only direction given generally fine actors like Ciarán Hinds (Big Daddy) and Debra Monk (Big Mama) is "louder and faster".

Coming up this season we can expect to see Tom Hanks, Nathan Lane, Alec Baldwin & Shia LaBeouf, Fiona Shaw, Cicely Tyson, Holland Taylor and Bette Midler. Tom Hanks will star in a new play by the late Nora Ephron about the controversial tabloid columnist Mike McAlary *Lucky Guy*. Nathan Lane will star in Tony Award nominated Douglas Carter Beane's *The Nance* about New York burlesque in the 1930's. Mr. Beane is also contributing a new book to a lavish new production of Rodgers and Hammerstein's *Cinderella*. At least we hope it's lavish. Holland Taylor will portray Texas governor Ann Richards, Fiona Shaw Mary in *The Testament of Mary* a world-premiere stage adaptation of a recent novella and Bette Midler legendary Hollywood agent Sue Mengers in *I'll Eat You Last*.

The Roundabout Theatre Company is currently presenting an emotionally



Cat on a Hot Tin Roof



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involving revival of William Inge's Pulitzer Prize-winning 1953 melodrama *Picnic*. As it was mentioned about *Golden Boy* recently, it's such a pleasure to sit down to a really well-crafted play done with the kind of truth and honesty that a properly directed, gifted cast can deliver. And the cast for *Picnic* is sensational. Mare Winningham and Ellen Burstyn are both touching as Flo, the mother of the pretty girl from the wrong side of the tracks and her neighbor Helen, trapped as the caregiver for her mother, who hires the studly Hal (a persuasive Sebastian Stan) to do some chores whose overt masculinity sets off a chain of events. Elizabeth Marvel is a true marvel as Helen's boarder, a school teacher prone to outbursts determined not to end up an old maid. Only Maggie Grace has the occasional false line reading as the ingénue who must choose between a safe relationship with her rich college boyfriend for whom she feels no passion and the heat generated by her attraction to Hal.



Picnic

It's great to see Laurie Metcalf's exceptional performance in Sharr White's *The Other Place* reach a larger audience on Broadway at the Manhattan Theatre Club than it did at the much smaller MCC Theater. Of course that also means she is now eligible for a Tony Award for her work as a biophysicist whose mental atrophy is told from her perplexed perspective. She previously won an Obie and Lucille Lortel Award for what is essentially an academic play that one tends to respect without feeling a connection with the pivotal exception of a heartbreaking scene Metcalf plays with her own daughter Zoe Perry.

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

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WINE RED & WHITE

Five Tips for Navigating a Wine List

by David White

Navigating a wine list can be daunting. Even wine geeks are intimidated by the leather-bound tomes that so many restaurants hand out. When the wine list doesn't land on the table with a thud, patrons are still met with unrecognizable regions and producers. Plus, no matter where you dine or how much you know, prices can be senseless.

Fortunately, deciphering a restaurant's list doesn't have to be stressful. Here are five simple tips.

Ask for Help

The era of the snooty sommelier is over. Whereas yesteryear's sommeliers were glorified sales agents who intimidated their guests by pushing expensive, predictable wines, today's sommeliers are wine zealots, eager to share their passion and palates. So if the restaurant you're visiting employs a wine professional, ask for advice. Most are keen to help patrons find the perfect wine, regardless of the price.

Be Brave

If you're at a restaurant with an impressive wine list, seize the opportunity to

be adventurous. Your dinner companions will be impressed with your courage, and you'll learn something new.

If you like Chardonnay, for example, consider Viognier. If you like Sauvignon Blanc, try Torrontes or Albarino. If you typically order California Cabernet, consider ordering Malbec or Sangiovese. And don't be afraid of Merlot. Even though it's become cool to bash the grape, Merlot can be as rich as Cabernet Sauvignon, and is generally more approachable.

If everyone at your table has ordered something different, opt for an unusual wine that'll pair with virtually everything. For white, think Austrian Gruner Veltliner. For red, think Sicilian Nero d'Avola.

Look for Value

I recently chatted with Kathy Morgan MS - one of just 186 people worldwide to earn the "master sommelier" designation - and she insisted that good deals can be found virtually everywhere.

"Don't be afraid to order cheaper wines, especially if the wine list was put together by a sommelier or a wine professional," she explained. "If thought is put into the list, all the wines should be good."

If there isn't a sommelier, Morgan

advises people to seek out wines from less popular regions. At steakhouses, for example, you can often find deals on Pinot Noir from France and the United States, as most patrons order bigger wines. And at every restaurant, wines from Spain typically offer a great value.

Try Some Glasses

Morgan is also convinced that skipping the bottle list can be a wise decision. "At restaurants with serious wine programs," she explained, "sommeliers see wines by the glass as an introduction to their programs - they know that's where people are going to get their first impression."

Ordering by the glass also enables patrons to try a wine before committing to it - it's not frowned upon to ask your server for a taste of something before ordering a full glass. Plus, ordering by the glass makes it easier to try a variety of wines at one meal.

Remember, You're In Charge

Is your wine too warm? Do you feel pressured to spend more than you'd like? Is your server refilling your glass too quickly? If the answer to any of these questions is "yes," speak up!

Restaurants are notorious for serving

red wine too warm - reds should always be served slightly cool, at about 60-65 degrees. So if your wine tastes like it's been sitting at room temperature, ask for an ice bucket or switch to a white wine - or beer.

If the sommelier is steering you towards something too expensive, there was probably a miscommunication. So say something. If you don't want to let your guests know how much you're spending, point to the price you're thinking and ask for something similar.

Finally, don't be embarrassed to ask your server to slow down. I always insist on finishing my glass of wine before it's refilled. That way, I can track the wine's evolution and better monitor how much I've consumed.

While there are countless other ways to navigate a restaurant's wine program, these five tips should be easy to remember - and help elevate your next dining experience.

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



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➔ Where are they Now?

Lori Nelson

by Marshall Jay Kaplan

She was lovely. She was pretty. She was blonde and she was talented – at least that's what her parents thought! Today, Lori Nelson is still lovely, pretty and blonde, but no longer acts.

Lori Nelson was born as Dixie Kay Nelson on August 15, 1933 in Santa Fe, New Mexico. Lori's mother made the decision that her daughter would get into the movies and saw to it that she created a child star, starting with singing and dancing lessons. Lori's show business career began at the age of 2 ½ dancing on stage. By age four, she was billed as 'Santa Fe's Shirley Temple'. Eventually the family made their way to Hollywood and re-named their little blonde moppet, 'Little Miss America'. Lori made the casting rounds and began getting jobs as a child model.

By age 18, Lori finally landed a movie contract with MGM, and made her motion picture debut in 'Bend of the River'



(1952). Lori never became a major film star, but was a very familiar face in movies of the 1950s', most notable as 'Ma and Pa Kettle's daughter, Rosie Kettle in the movie series of the same name. Other films include, 'Francis Goes to West Point' (1952), 'Walking My Baby Back Home' (1953), 'Revenge of the Creature' (1955) and the cult film, 'Untamed Youth' (1957, with Mamie Van Doren). However, it was television where Lori got her biggest break.

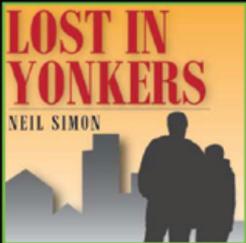
In 1957, Lori was cast as Greta Hanson, alongside Barbara Eden and Merry Anders in the TV series, 'How To Marry A Millionaire', based on the motion picture of the same name. The show was quite popular and Lori appeared in 39 episodes. Lori acted in films and TV shows for the next few years and was "set up on many dates by the publicity department" with such stars as Tab Hunter, Burt Reynolds and Rock Hudson. Lori did marry music composer and recording artist, Johnny Mann in 1961 and retired from acting. Acting was never Lori's choice in life – it was her mother's.

Lori divorced Mann in 1971 and remarried a Los Angeles Police Officer. Lori is currently still married, completely retired from acting and resides in Porter Ranch, California – just northwest of Los Angeles.

Marshall Jay Kaplan is a Gemini Award nominee TV producer, syndicated cartoonist, and TV host.



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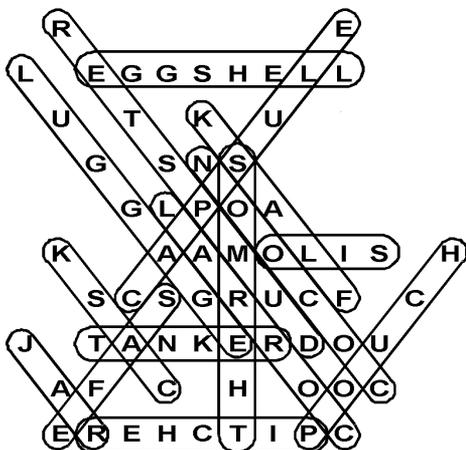
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Weekly SUDOKU

Answer

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CONTAINERS



"Fan Appreciation" Contest!

The Best of Times wants to thank our loyal subscribers, readers, radio show listeners, and website visitors by offering you the opportunity to WIN fabulous PRIZES throughout 2013!

- **How long will this contest run?** February 1, 2013 - December 31, 2013.
- **What are the prizes?** Dinners for 2, Sci-Port, symphony and theatre tickets, and lots more. Some prize packages are valued at over \$100.
- **Who is eligible to win?** Persons over 18 years of age are eligible.
- **Is there a fee to enter the contest?** No, there is no fee to enter this contest.
- **How do I enter?** Complete and mail the entry form below or become a subscriber to *The Best of Times*.
- **Are there limitations on the number of entries I can submit?** Yes, only one entry per person per month will be accepted.
- **How can a person be automatically entered into the contest?** Easy, if you are a subscriber of *The Best of Times*, you receive an automatic entry each month.
- **How often are prizes awarded?** Every month in *The Best of Times* magazine; most Saturday morning broadcasts of *The Best of Times* Radio Hour, and every month on our website at www.thebestoftimesnews.com.
- **How are winners selected?** Winners are randomly selected from all entries.
- **How do I pick up my prize?** Your prize will be mailed or delivered to you.
- **How do I know if I've won a prize?** There are three ways to win.
 1. Listen to *The Best of Times* Radio Hour between 9:05 a.m. & 9:55 a.m. every Saturday morning on News Radio 710 KEEL or via the internet at www.710KEEL.com or via RadioPUP app on your smart phone or ipad. If you hear your name announced as a winner, call us at (318) 320-5335 before 9:59 am.
 2. Look for your name on [our website at www.thebestoftimesnews.com](http://www.thebestoftimesnews.com) then email us at gary.calligas@gmail.com or call (318) 636-5510.
 3. Look through the **current issue of *The Best of Times*** magazine. If you find your name listed as a contest winner, email us at gary.calligas@gmail.com or call (318) 636-5510.

2013 The Best of Times "Fan Appreciation" Contest Entry Form

Name: _____

Address: _____

City, State, Zip: _____

Telephone: _____

Email: _____

Yes, I would love 12 issues of *The Best of Times* and a copy of *Silver Pages* delivered directly to me and be automatically entered into the contest each month. (Make your \$20 check payable to *The Best of Times*).

I do not wish to subscribe at this time, but please enter me in the contest.

Mail completed form to: The Best of Times, PO. Box 19510, Shreveport, LA 71149.

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Recent DVD Releases



Mark GLASS

Here Comes the Boom ★★



(PG) Kevin James co-wrote and stars in every couch potato's sentimental fantasy comedy. He's a disenchanting high school science teacher who decides to save the music teacher's (Henry Winkler) job by dusting off his college wrestling skills, buried beneath 20 years of body

fat. The idea is to earn about \$50K from Mixed Martial Arts cage fighting to cover the costs. He also hopes that will finally land him the romantic shot with the lovely school nurse (Salma Hayek) who's consistently (and understandably) declined.

The result is the cinematic equivalent of the wet, sloppy kisses one might get from an affectionate Saint Bernard. Nothing about this *To Sir, With Gloves* story is plausible. The cast and subplots are replete with awww-gee types that Garry Marshall would have spurned as too mawkish. Accepting James as another Rocky Balboa, even when played somewhat tongue-in-cheek, is about a toss-up on the "suspension of disbelief" scale with buying into Hayek as his Adrian. Despite the preceding cynicism, James is likable enough to make the product a guilty pleasure, if you're in the right mood for such fare.

Cloud Atlas ★★★★★

(R) This sweeping epic is one of the year's most ambitious films in several respects, even beyond its running time of nearly three hours. The script covers six eras (three past, one present and two in the distant future, spanning the globe as we jump rather swiftly from one subplot to the next.



Intriguingly, many of the actors in this deep, distinguished cast play multiple roles - not all of the same nature. That applies to Tom Hanks, Halle Berry, Jim Broadbent, Hugo Weaving, Susan Sarandon, Hugh Grant and a number of others. The stories seem unrelated, but some elements overlap, as a thematic consistency eventually emerges. The budget must have been enormous; makeup and costumes alone likely cost more than most films.

Between the scope of the production and the number of temporal switches, the film asks its viewers for an above-average

amount of concentration. The effort will be rewarded with fine performances, and a number of thought-provoking perspectives on history and the nature of our species. Some moments of humor and romance are sprinkled among the predominantly serious, and often violent, elements of these tales. By spanning so many centuries, we segue from period costume fare to futuristic and post-apocalyptic sci-fi action. In one sense, that makes this experience like a single-screen multiplex with a repertory company for channel surfers. Expect plenty of attention during Awards Season. Its three directors (Tim Twyker, Andy and Lana Wachowski) deserve considerable credit for making such a lengthy film seem much shorter than it is.

Spoiler Alert: The dominant thread among these sagas is an homage to those brave, principled individuals who risk their lives and fortunes against overwhelming odds to do what's right. That's the upside. The downside may be that no matter what one hero does to right the immediate wrongs facing him/her, and possibly inspire others down the road, there will always be new and different evil forces to overcome.

Killing Them Softly ★★☆☆½

(R) Brad Pitt stars, more or less, as a contract killer in this gritty crime drama with a couple of novelty elements. A couple of slacker henchmen go for a low-level mobster's idea to rob a poker game full of Mafiosi-types because they think the blame will fall on a certain patsy (Ray Liotta), making the hold-up's extreme risks manageable. They pull off the job, but their secret is far from secure.



A solid cast, including Richard Jenkins, Sam Shepard, James Gandolfini and some other fine lowlife-character actors, create the suspense of the chase, with plenty of realistic mayhem along the way. That means beatings and shootings without any martial-arts or high-tech weaponry enhancements.

The bonuses come from the writing. The hard times of the principals are juxtaposed with TV news clips from the autumn of 2008, in which our nation's financial crisis and election rhetoric serve as the macrocosm for tight money and short fuses on their mean streets. I'm also a sucker for the comic relief of thugs coming up with dialog surprisingly above their apparent levels of book learnin'. Pitts' speech at the end is particularly worth the wait, even if for those less entertained by the gory bits.

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



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ANSWERS FROM THE EXPERTS

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?

The hospital's discharging physician will write orders for medications. Generally, the nursing home's primary pharmacy will dispense the meds and they will be delivered to the center the same day. As to cost, if your father admits under Medicare Part A, the medications are paid for by the nursing center. If he admits as private pay, either your father or his prescription drug plan will be billed for the costs. If he is eligible for Medicaid and has been awarded benefits, the pharmacy will bill Medicaid for reimbursement.



Vicki Ott
NurseCare Nursing and Rehab Center
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 48.

I have heard about a couple of supplements that have been advertised on the radio that may help with eye problems. Can they help me?

This is a very common question. Certain forms of Macular Degeneration can be helped by using high doses of antioxidant vitamins. A daily multivitamin and a healthy diet is usually enough to satisfy the daily requirements. If you have been diagnosed with Macular Degeneration, you can purchase OcuVite or other eye vitamins at a health food store or drug store. Regardless of your ocular status, it's always a good idea to take a daily multivitamin.



Chris Shelby, MD
PierreMont Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
www.ShelbyEye.com
See our ad on page 20.

What are the symptoms and treatment of torn cartilage?

Meniscus tears are the most common surgical condition involving the knee. Medial meniscus (inside) tears are 3 - 4 times more common than lateral tears (outside). The meniscus support 50% of the body weight with the knee extended and 90% with the knee flexed 90°. Because the meniscus supports body weight every attempt should be made to repair or maintain as much meniscus tissue as possible. Popping, giving way, locking, tenderness at the joint line, stiffness, and swelling are some of the signs/symptoms of cartilage tears. Arthroscopic surgery is generally done on an outpatient basis and recovery is from a few days to a weeks.



John J. Ferrell, M.D.
Mid South Orthopaedics
7925 Youree Drive;
Suite 210
Shreveport, LA 71105
(318) 424-3400



fresh takes on family recipes

FAMILY FEATURES

Updating familiar family recipes is a great way to turn them into new family favorites. These recipes were winners in the College Inn Broth Ultimate Recipe Challenge contest, and are sure to be a hit at your family table. For more recipes, visit www.collegeinn.com.

Creamy Chicken Enchilada Soup

Servings: 4 to 6

Soup:

- 4 to 5 boneless, skinless chicken thighs (1 pound)
- ½ cup canola oil, divided
- ½ teaspoon salt, divided
- 2 soft corn tortillas, sliced into ¼-inch strips
- 1 small onion, diced
- 1 clove garlic, minced
- 1½ teaspoons chili powder
- 1 teaspoon ground cumin
- ¼ cup lime juice
- ¼ teaspoon lime zest
- 1 quart chicken broth
- 1 can (14.5 oz.) diced tomatoes, undrained
- 1 can (4 oz.) diced green chilies, drained
- 4 ounces reduced-fat cream cheese

Toppings:

- Fried tortilla strips
- ½ cup shredded cheddar cheese
- 2 green onions, sliced into ¼-inch pieces

1. Preheat oven to 350°F.
2. Place chicken in 8x8-inch glass baking dish. Brush with 1 tablespoon oil and sprinkle with ¼ teaspoon salt. Bake 15 to 20 minutes or until no longer pink inside. Shred cooked chicken meat with 2 forks and set aside.
3. Heat remaining oil in small skillet. Add tortilla strips in 2 batches; fry until golden brown, about 2 minutes each batch. Drain on paper towel-lined plate. Sprinkle with 1/4 teaspoon salt and set aside. Reserve 1 tablespoon oil for Step 4.
4. Heat reserved 1 tablespoon oil in Dutch oven over medium heat. Add onions and cook until translucent, about 3 minutes. Add garlic and cook 30 to 60 seconds, stirring constantly. Do not brown garlic. Add chili powder and cumin; stir and cook 15 to 30 seconds.
5. Quickly stir in lime juice, lime zest, broth, tomatoes, and diced chilies. Bring mixture to a boil, and reduce heat to simmer. Add cream cheese. Simmer 'til cream cheese is melted.
6. Stir in shredded chicken, cook about 5 minutes.
7. Ladle into individual soup bowls, and garnish with tortilla strips, cheddar cheese and green onion.

Savory Honey Mustard Poached Pears and Figs

Servings: 4 to 6

- 2 cups chicken broth
- 1 cup dry white wine
- 1 cup water
- ½ teaspoon Dijon mustard
- 3 tablespoons honey, divided
- 1 tablespoon lemon juice
- 2 bay leaves
- 4 pears (firm variety such as Bosc), peeled, halved and cored
- 6 ounces dried figs, stems removed
- ½ cup chopped hazelnuts
- ½ cup crumbled blue cheese or goat cheese



1. Trace diameter of large saucepan onto parchment paper. Cut out and set aside.
2. Combine broth, white wine, water, mustard, 2 tablespoons honey, lemon juice and bay leaves in large saucepan. Bring to a boil, whisking occasionally. Reduce heat to low and simmer 5 minutes.
3. Add pears, core-side-up, and figs; cover with vented parchment paper so pears stay fully submerged.
4. Simmer 20 minutes until pears are fork-tender.
5. Toast hazelnuts in small, non-stick sauté pan over medium high heat, about 2 minutes or until fragrant, stirring constantly. Quickly remove nuts from pan onto a separate plate.
6. To serve, remove pears from poaching liquid and place onto individual salad plates. Drizzle with remaining 1 tablespoon honey and sprinkle with nuts and cheese.

Cherry Bomb Meatloaf Sliders

Servings: 4 to 6

Sauce:

1 cup chopped dried cherries
1 cup chicken broth
4 cloves garlic
2 Tbs balsamic vinegar
1 Tbs tomato paste
½ cup extra virgin olive oil
1 Tbs hot sauce
Salt, to taste

Meatloaf:

1 pound lean ground beef
½ cup panko bread crumbs
¼ cup finely chopped fresh parsley
2 Tbs minced onion

2 Tbs pickle relish
1 clove garlic, crushed
Salt and ground pepper, to taste
½ cup beef broth
1 egg, lightly beaten

Spread:

4 ounces cream cheese, softened
4 slices smoked provolone, chopped
2 tsp chopped chives
½ tsp Worcestershire sauce

12 Hawaiian or Portuguese sweet dinner rolls, sliced

1. Preheat oven to 350°F.
2. To prepare sauce, combine cherries, chicken broth, garlic, balsamic vinegar and tomato paste in medium saucepan. Cook over medium heat 15 minutes or until thick and bubbly. Remove from heat and pour into food processor; process 2 minutes, drizzling in olive oil and hot sauce until fully emulsified. Season with salt, if desired. Set aside.

3. To prepare meatloaf, break up ground beef into large chunks in medium bowl. Mix in the bread crumbs, parsley, onion, relish and garlic; season with salt and pepper, if desired. Add beef broth and egg, mixing until combined.

4. Place meatloaf mixture diagonally into a 9x13-inch baking pan, making a long log (15 inches long x 2 inches wide). Smooth the top and bake 30 minutes. Brush with 2 tablespoons of sauce to glaze. Bake an additional 15 minutes and remove from oven. Let meatloaf rest 10 minutes before slicing.

5. To prepare spread, combine cream cheese, provolone, chives and Worcestershire sauce in a small bowl, stirring to create a thick spread.

6. To serve, cut meatloaf into twelve, 1-inch-thick slices. Place each slice onto an open roll and top with 1 teaspoon each sauce and spread.



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Get Up & Go!

CONCERTS

Concert Organist Performance - Saturday, March 9th at 7:00 pm at The Cathedral of St. John Berchmans, 939 Jordan Street, Shreveport. Featuring the world renowned Spanish organist, Raul Prieto Ramirez, performing on the new 3 manual 55-rank Parkey Pipe Organ. **FREE** and open to the public. Sponsored by St. John Berchmans Cathedral and the North Louisiana Chapter of the American Guild of Organist. For questions, please contact Patrick Williams at 318-221-5296.

Shreveport Symphony - Saturday, March 16, 7:30 PM, RiverView Theater. **FREE** 'Inside the Music' pre-concert talk starts at 6:30 PM. Four-time Grammy nominee Philippe Quint joins the SSO for Vivaldi's ever-popular *The Four Seasons* as well as Piazz-

olla's tango-infused work that it inspired.

DRIVER SAFETY

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

- March 7: 12:00 Noon. Bossier Council on Aging 706 Bearkat Drive, Bossier City. Contact: Kathy Thomas 318-741-8302; Instructor: Ray Branton.

- March 14: 8:30 a.m. Cypress Baptist Church, 4701 Palmetto Road, Benton. Contact: Sherry 318-965-2296

- March 16: 1:30 p.m. The Oaks of Louisiana, 600 E. Flournoy-Lucas, Shreveport. Contact: Margaret Gilbert 318-212-2141 (Meeting in the living room, Live Oak facility) Instructor: Martha Hogan

- March 16 8:30 a.m. Hebert's Town and Country, 1155 E. Bert Kouns Ind. Loop. Hosts: Hebert's and *The Best of Times*. Light refreshments, door prizes. Contact: 318-221-9000; Instructor Ray Branton

MEETINGS

The Ark-La-Tex Genealogical Association, Inc. - 1 PM, Saturday, March 9. Randle T. Moore Center, 3101 Fairfield Ave., Shreveport. The speaker will be Joe Slattery, Broadmoor Librarian, Genealogist and Historian. His topic will be "Veterans of the War of 1812 who lived and died in Caddo Parish." Additionally: Hornbook session featuring Philip Adderley, CG, reviewing "Wildcard Search Strategies" for Ancestry.com's U.S. Census Collection." Admission is **FREE** and open to the public. For more info call 318-746-1851

GENCOM Genealogical Computer Society regular monthly meeting - Sunday, March 17 at 2 p.m. at the Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport. The program will introduce the new Family Tree application on FamilySearch.org. Family Tree offers an easy way for everyone to search for records of their ancestors and work together on shared family trees. Everyone is welcome and the meeting is **FREE** and open to the public. For info call 318-773-7406 or email jgiones09@gmail.com.

MARCH

March for Meals - Wednesday March 13 at noon. Celebrity Grand Marshall: Dallas Cowboy Morris Claiborne. Bands, food, entertainment. Donations accepted for Meals on Wheels.

MOVIES

Sci-Port's Golden Days Matinee - Weekdays 1 - 4 p.m. On the Shreveport riverfront. Seniors enjoy an IMAX film, **FREE** admission to Sciport

GOLDEN GAMERS
Monday - Wednesday

- \$1,000 exclusive JackPlay drawing Wednesday, March 27 at 4pm
- 1 FREE coffee every month
- One FREE drawing entry every Mon-Wed
- Gift of the month with 100 slot points

Must be 21 or older to gamble. Limit/restrictions apply. See Rewards Club for details. ©2013, Louisiana Riverboat Gaming Partnership, LLC.

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galleries and a frozen yogurt. Games & activities available. All for \$9. Groups call (318) 424-8660 to schedule.

PRESENTATIONS

Alzheimer's Conferences -

Presented by the Alzheimer's Association for caregivers. Bossier Parish Community College, 6220 East Texas Street, Bossier City, Building D, Room 226. **FREE** but pre-registration is requested. Contact the BPCC Continuing Education department at 318.678.6015 to register. For more info contact Debbie Hayes at 318.861.8680 or dhayes@alz.org.

- March 5: 10:00 a.m. - 12 noon. Chuck Barber from Pennington Financial, LLC, will present "Planning Ahead for Long Term Care Costs." He will discuss options to cover long term care costs, eligibility requirements, and VA benefits.

- March 19: Christus Hospice and Palliative Care will discuss the myths of hospice care and who/when caregivers can qualify for hospice assistance.

RANDALL T. MOORE SENIOR CENTER

Senior Center Fun -

Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Coffee and cookies at 9:30 a.m. followed by a program/speaker. On Fridays at 11 a.m. Tech Talk on smart phones

and tablets. Lunch is served at 11:00. Admission is **FREE**. Suggested donation for lunch is \$2. Make lunch reservations by calling the Caddo Council on Aging at 676.7900.

- Thursday March 7: Featuring Skipper Dickson discussing his book, "Louisiana River Journal"

- Friday March 8: Jon Lowe discussing changes in farming.

- Thursday March 14: Vernon Hastings, author of "Barefeet and Tailfins" will talk about his book and childhood memories of the '50's in Shreveport

- Friday March 15: Bob Griffin will present "Travel and Seniors"

- Thursday March 21: Musical Memories of Yesterday by Len and Madeline Elford

- Friday March 22: A CRUISE captain will lead you down "Memory Lane" with sights and sounds from the 40's and 50's...Classic Comedy, Big Band music, Trivia, Sing-a-longs

- Thursday March 28: Robinson Film. In this multimedia presentation, participants study the work of musical greats Fred Astaire, Gene Kelly, Judy Garland, Julie Andrews.

- Friday March 29: Closed for Good Friday

THEATRE

Neil Simon's *Lost in Yonkers* - presented by the Shreveport

Little Theatre, 812 Margaret Place, Shreveport. . March 1, 2, 7, 8, and 9 at 8:00 p.m.; March 3 and 10 at 2:00 p.m. Set in 1942. Bella is 35-years-old, mentally challenged and living at home with her mother, stern Grandma Kurnitz. As the play opens, ne'r do-well son Eddie deposits his two young sons on the old lady's doorstep. He is financially strapped and taking to the road as a salesman. The boys are left to contend with Grandma, Bella and her secret romance, and with Louie, her brother, a small-time hoodlum in a strange new world called Yonkers. Tickets \$17 for adults; \$15 seniors. For tickets call (318) 424-4439.

WOMEN'S WEEK

Inspiring Women Week

- Sponsored by the City of Bossier City. Proceeds will benefit NWLA Food Bank's Back Pack Program and the Bossier Learning Center's Adult Literacy Program. For tickets call 747-0597 or email Meredith.McLellan@phoenix.edu

- March 6th - 8:00 am - 9:00 am - Kickoff Breakfast at the University of Phoenix, Louisiana Boardwalk 2nd floor off the parking garage. Featuring Keynote Speaker Jan Elkins. Tickets \$10. Doors open at 7:30 am

- March 7th - 5:00 pm - 7:00 pm - Alive @ Five at Hilton Garden Inn, 2015 Old

Minden Road. Networking and Social event. Cash Bar / Eats

- March 8th - 4:00 pm - 6:00 pm - Relaxing Recess at Bossier Council on Aging, 706 Bearkat in Bossier. Come pamper yourself. Enjoy a facial, a chair massage and relaxation tips and more. Donations accepted to benefit The Bossier Learning Center/NWLA Back Pack Program

- March 9th - Crime Prevention Day. Bossier Civic Center. 9 am Self Defense Class by Heidi Chapman, Pak's Karate; 10 am - Class on Internet Safety by Shelley Anderson, Bossier City Marshal's Office. No charge.

- March 11th - Women, Wine and Paintbrushes - 5:30 - 7:30 pm at the Bossier Arts Council, 630 Barksdale Blvd. Come enjoy a glass of wine and a painting class. Tickets \$25. Limit 35 seats, Reservation and prepayment required.

- March 12th - 11:30 am - 1:00 pm - Face Fair at Willis-Knighton Bossier Auditorium featuring Dr Futtrell and Dr Glorioso. Call 212-8225 for reservations (limit 50 attendees). Tickets - \$6 Salad Lunch included.

- March 13th - 11:30 am - 1:00 pm - Inspiring Women Week Luncheon honoring Women in Education. Bossier Civic Center. Tickets - \$25 each.



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SUPER CROSSWORD: The Father of... (answers on page 35)

ACROSS

- 1 Lets go by, as a chance
- 9 Like some eyeglass lenses
- 16 Short race
- 20 Emerge again
- 21 Medium tempo
- 22 Not tricked by
- 23 ... Nuclear Physics
- 25 Needle-nosed fishes
- 26 "Grand" instruments
- 27 Speak ill of, in slang
- 28 O.J. Simpson trial judge
- 29 Cuban salsa singer Cruz
- 30 People who may share armrests
- 32 ... the Symphony
- 35 McKellen of "Scandal"
- 36 Like the pope: Abbr.
- 37 Become laryngitic
- 38 ... Organized Crime
- 44 Wd. with the same meaning
- 45 Luggage screeners' org.
- 46 Lobbies with glass ceilings
- 47 Ease off
- 48 Motor noise
- 50 Señora Perón
- 53 Golfer's first stroke
- 56 - -jongg
- 58 ... Modern China

- 63 S&L options
- 64 TV actress Arthur
- 66 Ease off
- 68 "False!"
- 69 Tantrum
- 70 ... Country Music
- 73 Lady Liberty's land
- 74 Win by - (barely triumph)
- 76 Clay worker
- 77 Univ. e-mail ending
- 78 Garden of -
- 79 ... History
- 81 Nestlé's - -Caps
- 83 Napping audibly
- 85 Wear for a messy meal
- 86 Small inlet
- 88 Employer of many CPAs
- 90 Dorothy, to Em
- 91 Father's Day honorees
- 94 Exam room noises
- 96 ... Modern Genetics
- 100 Tremendous
- 103 Actor Mischa
- 104 "The Raven" penner
- 105 ... Fitness
- 107 Libra
- 113 Shaw of jazz clarinet
- 114 Former Ford
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- 116 Iroquois tribe
- 117 Early 16th-century year
- 118 ... the United

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| <ul style="list-style-type: none"> 122 Centuries on end 123 Off base with permission 124 It offers goods under a canvas shelter 125 Hong Kong's Hang - Index 126 Dawdled 127 Playful marine mammal | <ul style="list-style-type: none"> clumsy 13 Bill worth 100 clams 14 Waste away 15 Was ahead 16 Folded-over page corner 17 Investment firm worker 18 Long steps 19 Biblical cry of praise 24 Scale notes 29 Single dance move? 31 Fraternity "T" 32 First mo. 33 "Then again," in a chat room 34 Darling 36 Supper club 38 Queen of rap 39 Of the womb 40 Maker 41 SWAK part 42 Slangy approval 43 Aptiva maker 44 Dirty streak 49 New no more 51 Vehicles for large | <ul style="list-style-type: none"> families 52 - -Z (totally) 54 Kobe sash 55 Seduce 57 Toast starter 59 Essentials 60 Hit the books 61 Very nature 62 Hardly the saintly type 65 Secret love affairs 67 More hokey, as a joke 70 "Star Wars" knight 71 "Who's there?" reply 72 Quick trot 75 Cry out loud 78 Activist Brockovich 80 Malia or Sasha 82 The "O" of NATO: Abbr. 84 Not divided 87 "Son of -!" 89 Clever, specious reasoners 91 Crib clothes 92 Prize getter | <ul style="list-style-type: none"> 93 Division 95 Modern Greek 97 Mr. - (old whodunit game) 98 Caviar base 99 Loggins & - ("Your Mama Don't Dance" duo) 101 Aspen sport 102 Bullring holler 103 - Doria (ill-fated liner) 106 Bikini Island, e.g. 107 Lilt syllable 108 Italian for "hundred" 109 Neurotic worrying 110 Unleash upon 111 School, in Paris 112 More rational 115 Fell behind financially 118 Zeus or Thor 119 Ben - 120 Eden exile 121 "Te- -!" |
|--|--|--|--|

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1. GEOGRAPHY: The island state of Bahrain lies in what body of water?

2. HISTORY: In what year did Germany invade Poland?

3. CARTOONS: What is the name of Donald Duck's girlfriend?

4. NATURAL WORLD: What part of the cotton plant is known as the "boll"?

5. MOVIES: Which actor produced and starred in "Bonnie and Clyde"?

6. MYTHOLOGY: In Greek mythology, which god is associated with winged sandals?

7. MILITARY: In Great Britain, what is the Victoria Cross awarded for?

8. ANIMAL KINGDOM: What is a group of porcupines called?

9. ENTERTAINERS: What famous singer/song-writer was born with the name Stevland Judkins?

10. MUSIC: According to the song, where does Johnny B. Goode live?

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10. Louisiana

9. Stevie Wonder

8. A prickly enemy

7. Valor in the face of the gods

6. Hermes, messenger of the

5. Warren Beatty

4. Seed pod

3. Daisy

2. 1939

1. Persian Gulf

Answers

MAGIC MAZE ● CONTAINERS

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

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

- Capsule
- Cask
- Cocoon
- Corral
- Dumpster
- Eggshell
- Flask
- Jar
- Luggage
- Pitcher
- Pouch
- Safe
- Silo
- Tanker
- Thermos

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Sudoku

by Linda Thistle

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

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

Difficulty: ☆

- ★ Moderate
- ★★ Challenging
- ★★★ HOO BOY!

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Strange BUT TRUE

by Samantha Weaver

☉ It was Simon Cameron, who served as secretary of war under President Abraham Lincoln, who made the following sage observation: "An honest politician is one who, when he is bought, will stay bought."

☉ You might not be surprised to learn that some people who play video games can become rather obsessed. In 2007, one such person, a 45-year-old gamer, used a Japanese sword to rob a lingerie shop. He was apprehended, and when he was put on trial, he told the judge that at the time of the robbery he believed he was a female elf.

☉ It's common knowledge that methane, a greenhouse gas, contributes to the rise in global temperatures. It's less well-known, however, that 20% of the world's methane emissions comes from livestock and their, well ... emissions.

☉ The average human walks approximately 100,000 miles in the course of a lifetime. If that walking were done in a straight line on the equator, you would circle the Earth four times.

☉ In the early 1990s, a couple in Milwaukee was curious about the value of a painting they had displayed in their home, so they invited an art expert to evaluate the piece. The painting in question turned out to be of little relative value, but the expert noticed another work, a still life with flowers, that the owners believed to be a reproduction of a Van Gogh. Imagine this couple's surprise when the work turned out to be an original 1886 painting, which later sold at auction for \$1.4 million.

Thought for the Day: "A bride at her second wedding does not wear a veil because she wants to see what she is getting." ~Anonymous

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MARCH PARTING SHOTS

Share your photos with us. Email to editor.calligas@gmail.com

The Shreveport Bridge Association held their Mardi Gras Madness Sectional Bridge Tournament in February at the Hilton Garden Inn in Shreveport.

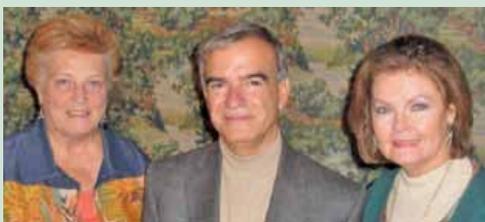
(l to r) Fran Hewitt, Bettie Hastings, Kay Paine, and Vernon Hastings



(l to r) Jackie Thompson, Jackie Carroll and Susan Cockerham are ready to play



TBT Publisher Gary Calligas was the featured speaker at the Optimist Chapter meeting at Ralph & Kacoos in Bossier City on January 30th. Pictured with Gary are Marilyn Rech (left) and Gloria Yantis.



Tournament chairs Pam & Randy Kenyon with Bridge-ette



Kitty Provenza in the Mardi Gras spirit

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March Parting Shots continued

Joy meeting of Asbury United Methodist Church in Bossier City on February 5th



Eugene Cook and Sylvia Rachal performed at the meeting



Barbara Hanchey (left) and Julie Papageorge



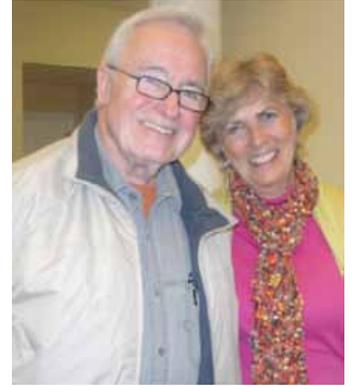
(l to r) Shirley Parker, Larry Scott, Betty Pilkinton, and Judy Spears

Vocal percussionist **Shodekeh** performed for residents and guests at The Oaks of Louisiana on January 23.

(Right) Michael Buttermann, Musical Director of the Shreveport Symphony, with Shodekeh



Doe and Jerry Grass



Claude and Connie Beasley

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March Parting Shots continued

Meeting of American Business Women's Chapter

in Bossier City at Ralph & Kacoos on February 7th



(L to R) Dianne Monroe, Debby Oesterneich, Gloria Bookout, and Barbara Flournoy



(l to r) Naomi Soliday, Libby Swanson, Zella Taggart, and Dee Brown



(l to r) Gretchen Bell, Marilyn Rech, Wendy Wilker, and Rose Turner

The Women's Department Club

celebrated their annual Mardi Gras Jazz Brunch on January 26.

Betty McCain, Maredia Bowdon, Vada McGoldrick, Mary Harville, Madeline Holder



Krewe of Justinian Queen Sonya Medlyn, Captain Kenny Haines, King John Cox

Joe Averett was feted at Guiseppe's Ristorante with a 70th birthday party hosted by his wife and daughter.

Charlie and Jane Clawson (left) with Joe and Abby Averett



The Averetts with Bobby and Jane Jelks

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March Parting Shots continued

Robinson Rescue's 4th annual "Best in Sheaux" fundraising event at Zocalo's Restaurant on February 11th



Tami Rollins with Kylie Wolf (aka Daiquiri Ashley)



Vicki Franks with daughter Audra Muslow

(l to r) Rick Holland, Rob Franks, and J Wesley Brint



Susan (left) and Cynthia Keith

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The advertisement features a red and silver 2013 RAM 1500 pickup truck parked on a rocky, mountainous landscape. A circular seal in the top right corner reads "2013 MOTOR TREND TRUCK OF THE YEAR". The bottom of the ad includes the dealership name "HEBERT'S Town & Country" and logos for Chrysler, Dodge, Jeep, and Ram.

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