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May Contents

page 9

Medical

- 6 STAT! Medical News

Features

- 9 *Planning the Trip of a Lifetime*
by Judy Stone
- 13 *Medicare "Doc Fix" Finally a Done Deal*
by Alan Schlein

Advice

- 16 *From the Bench* by Judge Jeff Cox
Protective Orders
- 18 *Money Matters* by Jason Alderman
Debt and the Deceased: How Should Spouses and Heirs Proceed
- 20 *Laws of the Land* by Lee Aronson
The Case of the Back Yard Puddles
- 22 *Counselor's Corner* by Shobana Powell
Creating a Balanced Life: Mind, Body, Soul and Self-Care
- 24 *Dear Pharmacist* by Suzy Cohen
Green Apples and Your Brain

Columns

- 26 *Traveltizers* by Andrea Gross
United by Passion: Baltimore's Unique Museums
- 28 *Tinseltown Talks* by Nick Thomas
Leslie Caron Danced Her Way to Hollywood
- 30 *White's Wines* by David White
In Its Greatest Moments, Wine Provides and Idealized Reality
- 32 *The Bookworm Sez* by Terri Schlichenmeyer
Book Review of "Endangered"
- 34 *Recent DVD Releases*
"American Sniper", "Blackhat", and "What We Do In the Shadows"

In Every Issue

- 36 *What's Cooking?*
Fresh Way to Fiesta
- 38 *Get Up & Go!*
A May Calendar Filled with When, What, and Where
- 40 *Our Famous Puzzle Pages*
Crossword, Suduko, & Word Search
- 44 *Parting Shots*
Fabulous People Having Fun



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Saturday, September 13, 2014

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Friday, October 10, 2014

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Saturday, November 15, 2014

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Friday, December 5, 2014

Charles Dickens' A Christmas Carol

Saturday, December 6, 2014

Guys and Dolls

Thursday, February 5, 2015

Seven Brides for Seven Brothers

Friday, March 13, 2015

Million Dollar Quartet

Thursday, April 23, 2015

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Saturday, May 16, 2015

Mamma Mia!

Thursday, June 18, 2015

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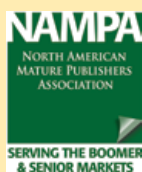
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May 2: Give for Good: An Online Giving Challenge

Guests: Jennifer Steadman and Paula Hickman with the Community Foundation of N.L.A.

May 9: "The Shape of Shreveport" Documentary Series

Guests: Will and Jim Broyles with The Ring Media Group

May 16: Personal Emergency Response Systems

Guest: Wayne Savoy with Acadian On-call

May 23: Gray-Washing: Taking Billions from Older Consumers

Guest: Colin Milner, CEO, International Council on Active Aging

May 30: How To Make Your Nest Egg Last Through Retirement

Guest: David A. Littell, Retirement Income Director at the American College of Financial Services

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Stat! Medical News & Info

Losing 30 Minutes of Sleep Per Day May Promote Weight Gain

Losing as little as 30 minutes of sleep per day on weekdays can have long-term consequences for body weight and metabolism, a new study finds. The results were presented in March at ENDO 2015, the annual meeting of the Endocrine Society. Because of social and work commitments, people often accumulate sleep debt during weekdays and make up for lost sleep over the weekend. But weekday sleep debt may lead to long-term metabolic disruption, which may promote the onset of, or exacerbate the progression of, type 2 diabetes mellitus. The study found that for every 30 minutes of weekday sleep debt at baseline, the risk of obesity and insulin resistance was significantly increased by 17% and 39%, respectively.

When a Stroke Strikes, Act F.A.S.T.!

F A S T

Face Drooping **Arm** Weakness **Speech** Difficulty **Time** To Call 911

Stroke is the fifth leading cause of death in the United States, and a leading cause of disability. It can happen to anyone at any age. A stroke is a brain attack that occurs when a blood clot blocks an artery or a blood vessel breaks, interrupting blood flow to an area of the brain. Brain cells begin to die.

People can significantly reduce their risk of stroke by controlling risk factors including tobacco and alcohol use, high blood pressure, high cholesterol, transient ischemic attacks (mini strokes), diabetes, obesity and heart conditions such as atrial fibrillation.

It's critically important to recognize the signs and symptoms of stroke and to call 911 right away. Recognizing stroke symptoms can be easy if you remember to think FAST:

Face - Ask the person to smile. Does one side of the face droop?

Arms - Ask the person to raise both arms. Does one arm drift downward?

Speech - Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?

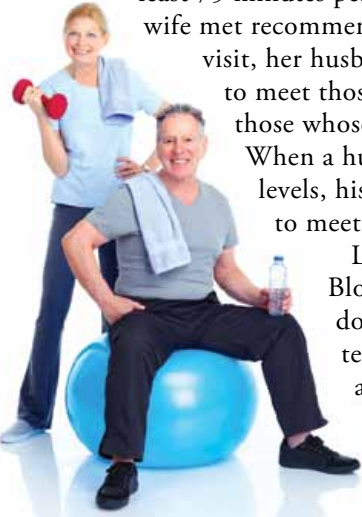
Time - If you observe any of these signs, it's time to call 9-1-1.

Improving Your Fitness Could Improve the Fitness of Your Spouse

New research led by the Johns Hopkins Bloomberg School of Public Health finds that if one spouse improves his or her exercise regimen, the other spouse is significantly more likely to follow suit. Findings suggest that a better approach to helping people boost their physical activity might be to counsel married couples together instead of individually.

The American Heart Association recommends that adults should exercise at a moderate intensity for a minimum of 150 minutes per week or at a vigorous intensity for at least 75 minutes per week. They found that when a wife met recommended levels of exercise at the first visit, her husband was 70 percent more likely to meet those levels at subsequent visits than those whose wives were less physically active. When a husband met recommended exercise levels, his wife was 40 percent more likely to meet the levels at follow-up visits.

Laura Cobb, a Johns Hopkins Bloomberg School of Public Health doctoral student says, "This study tells us that one spouse could have a really positive impact on the other when it comes to staying fit and healthy for the long haul."



Skin Test for Alzheimer's Disease and Parkinson's Shows Promise

A small, early study suggests that a skin test may someday be able to help diagnose Alzheimer's and Parkinson's diseases. Researchers at the Central Hospital at the University of San Luis Potosi in Mexico have found that skin biopsies can show the high levels of abnormal proteins often associated with the two diseases. Skin and brain tissue are similar, and so researchers looked at skin as a way to identify and diagnose the disease earlier. Compared to healthy people and those with non-Alzheimer's dementia, the Alzheimer's and Parkinson's patients had seven times higher levels of a protein called tau. The researchers also found that Parkinson's patients had eight times higher levels of a protein called alpha-synuclein, compared with healthy people. Currently, a definitive diagnosis of Alzheimer's disease cannot be developed for a living person, since the only definitive way to diagnose the disease comes from examining brain tissue from a biopsy. More research is needed to confirm these results.



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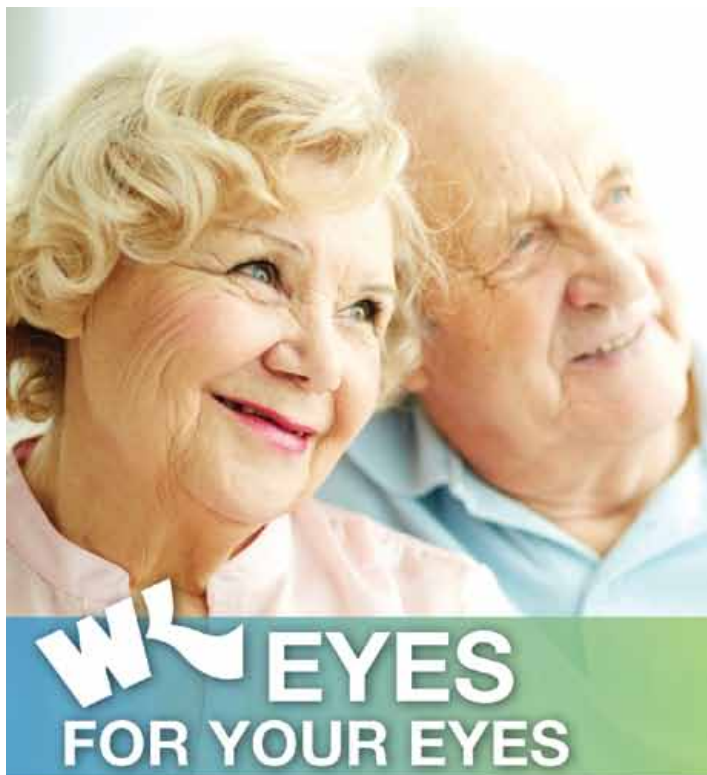
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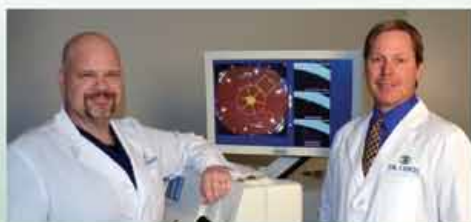
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Planning the *Trip* of a *Lifetime*

by Judy Stone

A trip around the world may sound a bit over the top, but if you take time to plan it, based on your available funding and time, it could be a cherished trip-of-a-lifetime. Our experience (and mistakes) from the year 2000, when my husband and I traveled to 10 countries in 103 days, is shared here to assist with the fun creation of your own trip.

PLANNING YOUR AIR TICKET

Designing an around-the-world itinerary begins with your bucket-list—the places you want to visit as well as the time and budget you can devote to your travels. Typically, purchasing an around-the-world ticket is cheaper than booking individual flights. You must travel in one direction, east or west. There are other rules, as well, such as a minimum and maximum number of stopovers and duration of the trip.

The price point is based on the number of miles and stopovers you plan. Today, there are several on-line planners that help you experiment with your itinerary, the dates of travel, and the cost. For example, using Delta's www.skyteam.biz planning template, I just created a 3-month, 31,646-mile itinerary that cost \$5,610 plus tax and fees, for one economy class ticket. (The business class version costs \$12,210.) Originating in Atlanta, the itinerary has stops in Dublin, Athens, Rome, Paris, Oslo, Singapore, Perth, Sydney, and back to Atlanta.

Using www.Staralliance.com, another possibility for around-the-world tickets, the same economy itinerary priced out at an estimated \$4,815 plus tax and fees. The business class version cost an estimated \$9,986. (The taxes can add as much as \$2,000, depending on which airports you're flying into.) But don't book your tickets just yet.....

SEARCHING FOR REASONABLE ACCOMMODATIONS

Try to plan your accommodations before you lock in your flight schedule. The fun is just beginning! There are so many sites to research affordable places to stay during your trip.



If you can spend a week at some of your destinations, apartments may be cheaper by checking in and out on a particular day of the week. Two-star hotels are typically good, just look at photos of the bed size and bathroom and send the owner an e-mail if you have questions. Your research will give you a good idea of what your accommodation budget is going to be. My personal goal is to average between \$150-200 per night for accommodations.

FINDING CULINARY DELIGHTS WITHIN YOUR BUDGET

Depending, of course, on where you are, the cost of food can be controlled with an adventurous spirit and a love of markets, street food, and picnics. In Paris, nothing beats the Rue Cler market for fresh, delicious, and eating like a Parisian. Watching the locals is always helpful. Best of all, you can justify indulging in gorgeous pastries, delightful cheeses, crusty French bread, and local wines with all the walking you will do.

Don't be afraid to ask. My husband ordered andouille sausage and pommes frites in a Paris café. The waitress asked if he knew what it was. He replied, "Oh yes, I'm from Louisiana." It was cooked beautifully and served in a white wine sauce, but cutting into it, he realized the sausage casing was stuffed with intestines. Yikes! He ate every bite. Sure enough, his French phrase book said, "andouille sausage is made of intestines." We still laugh about the dessert he ordered to clear his palate.

Budgeting \$100 per-day for two to cover food, local transportation, and entertainment is doable if you schedule some "light" days along the way.

OTHER TIPS

UBER PLANNING

Don't be surprised if it takes many days of your time to look at maps and research the general area where you want to stay



in each location, as well as the accommodations, the flight itinerary, the sites you want to see, and all the details that will make your trip a joy.

PACK SMART

Rick Steves (and numerous other travel sites) have so much advice on how to pack for a trip. Flying economy, you can check one 50-pound suitcase for free, so plan carefully. Business class allows two 50-pound bags, but practice walking up and down your driveway rolling two bags and a backpack before you commit. Use a secure backpack for medicines, cosmetics, money, credit cards, passport, and travel papers.

EMERGENCY SERVICES

We are MedJet members now for almost 20 years. Knowing we have options in case of illness overseas is reassuring.

COMMUNICATION

We are all "airplane mode all the time people," using wi-fi for all our communication while we are traveling out of the country. Phone cards, purchased as needed, are cheap if you



need to make calls. Of course, a tablet or e-reader for books is a big space saver and handy companion.

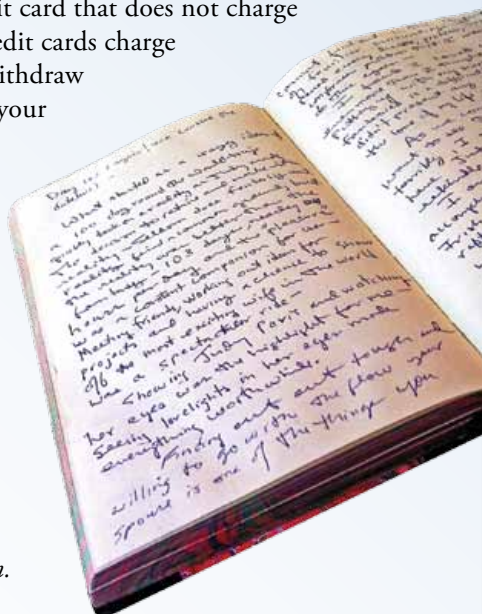
CREDIT CARDS

Make sure you travel with a credit card that does not charge foreign transaction fees. All credit cards charge big interest for any cash you withdraw using your credit card. A debit card for your currency needs is a must.

KEEP A DAILY JOURNAL

Recording the details of your trip will be so meaningful later. When you read it three, five or 10 years after your trip around-the-world, you will laugh, cry, and start planning your next adventure.

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VICKIE T. RECH
Client Care Coordinator

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*Thank you! Thank you!
- The Hodge Family*

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Medicare 'Doc Fix' Finally a Done Deal

By Alan M. Schlein

After 17 temporary fixes over the past 11 years, Congress has approved legislation permanently blocking perennial cuts in physicians' Medicare fees. In a rare show of genuine bipartisanship, the House and Senate both overwhelmingly passed the bill. It should become easier for doctors to make a living while taking Medicare patients and help seniors keep their doctors who accept Medicare.

In a 1997 budget agreement, Congress set up a formula, known as the Sustainable Growth Rate, or the SGR, which called for annual cuts in Medicare physician payments. But every time the cuts have been scheduled, heavy lobbying by doctors and health groups, and seniors associations have pushed Congress to come through with some short-term patches, known on Capitol Hill as "the doc fix."

Without a change in the law, doctors came within hours of doctors facing dramatically smaller paychecks from Medicare – a 21 percent cut in Medicare fees, which was scheduled to go into effect April 1, but had been postponed to allow Congress to finish with the pending legislation. What it will mean to seniors is increased premiums for those with incomes of more than \$85,000 a year, starting in 2018.

What is also at stake for doctors is bigger than a simple short-term or long-term fix: without a deal, doctors fear their pay will continue to be reduced or not grow sufficiently. Many doctors have threatened to stop treating Medicare patients altogether. The new payment formula would help doctors get out from under the constant threat of payment cuts while shifting to a new payment system based on quality, value and accountability.

A Final Stop to Repeating Uncertainty: The New Deal

The House voted 392-37 approving legislation that would stop the cuts, and the Senate voted 92-8. Some of the most conservative Senate Republicans were unhappy about the House's failure to fully pay for the cost of the doc fix. Roughly two thirds of the bill's \$214 billion 10-year costs were financed by simply making federal deficits even bigger. But efforts to force full financing were rebuffed. Liberals wanted additional money for children's and women's programs and those too were shot down.

The legislation scraps the old Medicare payment system and phases in a new one designed to reward doctors who provide high-value care, not just high volumes of care. It increases payments to physicians by 0.5% annually for the next four years. After that rates will remain flat for six years. Then payments for most physicians will increase by 0.25% annually. But don't be surprised if doctors continue to flee the Medicare program as their reimbursement levels haven't come close to staying even with current costs.

What is new and innovative in the agreement is the establishment of a two-track payment system, designed to push doctors toward value-based payments models such as accountable care organizations and bundled payments. Doctors who have at least 25 percent of their Medicare revenue tied to these kinds of payment models in 2019 will be eligible for 5 percent bonuses.

Earlier this year, Health and Human Services Secretary Sylvia Burwell set a goal of having half of all spending in traditional Medicare to contracts with incentives to manage quality and

costs – a big shift from fee-for-services to value and quality of services. The Congressional Budget Office projects the doc fix shift could save \$900 million over the next 10 years compared with keeping doctor payments flat, which is how their fees have been since Congress started passing temporary fixes back in 2003.

The doc fix bill also provides money for health care programs for children and low-income people and will be partly financed with higher premiums for wealthy Medicare recipients – a cost that bothers many Democrats and senior advocates. These additional costs to higher-income Medicare beneficiaries will raise nearly \$35 billion through 2025 but could potentially set a precedent for future program restructuring and benefit reductions backed by Republicans. Democrats also were worried about barring medigap policies without deductibles. But those concerns were partly mitigated by a provision in the legislation making permanent a program that provides premium assistance to low-income Medicare beneficiaries.

The Congressional Budget Office estimates it will add \$141 billion to the federal deficit with costs rising more sharply after that – adding over \$500 billion to the deficit over two decades. These costs are somewhat offset by pushing costs on to higher-end Medicare customers. Those deficit projects may

be its biggest problem in the Senate. Its total cost is \$214 billion, of which only \$73 billion is paid for, mostly through the structural reforms being implemented by Medicare.

But conservative deficit hawks, like Sen. Mike Lee, R-Ut, tried to amend the House bill to require Congress to make offsetting budget cuts that would pay for the entire plan without increasing the federal deficit. That effort lost 58-42.

Many doctors have threatened to stop treating Medicare patients altogether. The new payment formula would help doctors get out from under the constant threat of payment cuts while shifting to a new payment system based on quality, value and accountability.

Will You Be Affected?

This legislation will have a direct effect on many seniors, in particular, wealthy ones, who will see Medicare premiums increase.

Before the House passed its bill, AARP argued against increasing fees for seniors,

saying it places “unfair burdens on beneficiaries.” AARP and other consumer and aging organizations remain concerned that beneficiaries account for the largest portion of budget offsets (roughly \$35 billion) through greater out-of-pocket expenses” on top of higher Part B premiums that beneficiaries will pay to prevent the scheduled cut in Medicare physician payments.

The legislation requires patients to take a larger percentage of the costs of their insurance starting in 2018. Those with a modified adjusted gross income of \$133,500-\$160,000 for individuals and \$267,000-\$320,000 for couples, per year would pay 65 percent of their premium costs for Part B (outpatient services) and Part D (prescription drugs) up from 50 percent now. Those earning \$160,000-\$214,000 per year for individuals and \$320,000-\$428,000 for couples would see their premiums increase from 65 percent to 75 percent.

The Kaiser Family Foundation estimates this change would affect two percent of current enrollees. Right now, those individuals making between \$133,500 - \$160,000 currently pay \$272.20 per month while those making \$320,000 - \$428,000 pay \$313.90.

But even those making less than \$133,500 annually will see their premiums rise slightly. Since all beneficiaries pay a set percentage of premiums as doctor fees rise, those premiums are expected

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to increase as well. The Congressional Budget Office estimates those premiums will increase by about \$10 by 2025 to \$181 per month.

The new law also will make changes to medigap policies. Roughly 20 percent of seniors buy a supplemental medigap plan, which helps cover out-of-pocket costs and usually pays the deductible for outpatient services. But now the doc fix would block medigap plans from paying that deductible, currently capped at \$147 per year, beginning in 2020. Why? The idea, Kaiser Family Foundation's Neuman told Fiscal Times, is "for people to have some exposure to healthcare expenditures when they're making treatment decisions."

As for those with Medicare Advantage plans, the idea is to bring more competition to companies that provide these plans. Right now, most people who don't add a medigap policy usually have a Medicare Advantage (Part C) plan, which is typically either an HMO or a PPO and provides extra coverage for things like vision, dental or prescriptions. These plans offer the convenience of having just one plan, and sometimes cost less than combining a medigap plan with Part D coverage. But as consumers know, they often have more limited doctor networks and require co-payments.

Some Medicare Advantage plans may see the doc fix changes as a way to grab market share by offering prices that can beat the higher premiums in traditional Medicare plans.

Another little-noticed provision in the

House bill would provide doctors new protections against medical malpractice lawsuits. As the New York Times reported, the bill, which requires the government to measure the quality of care that doctors provide and rate their performance on a scale of zero to 100, protects doctors by stipulating that the quality-of-care standards used in federal health programs – Medicare, Medicaid and the Affordable Care Act – cannot be used in malpractice cases. They argue that federal standards and guidelines do not accurately reflect the standard of care and as a result they should not be used to show negligence by a doctor or a hospital.

Medicare, Medicaid and private insurers increasingly require doctors to report data that can be used to assess the quality of care. They evaluate and pay them based on their performance. Doctors are very concerned that the increased use of quality metrics will pose unintended

legal risks to them and that lawyers will try to use this data in court to show that providers were negligent. The bill protects doctors against these kinds of lawsuits.

Assessing the final legislation after its overwhelmingly bipartisan approval in the House and Senate, Utah Republican Sen. Orrin Hatch said "This can serve as a template of how things should work around here."

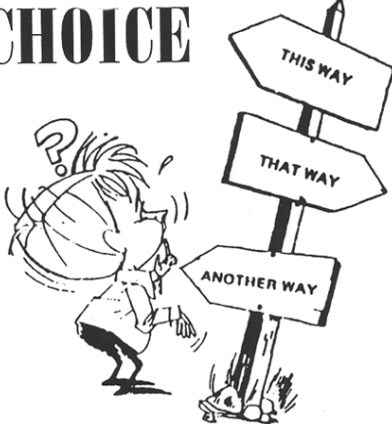
With the Congressional budget fight completely partisan and in step with Washington's usual gridlock, that is a nice theory, but not very likely. At least one bipartisan piece of legislation has now moved through Congress.

Alan Schlein runs DeadlineOnline.com, an internet training and consulting firm. He is the author of the bestselling "Find It Online" books. Also contributing to this story were Fiscal Times, Kaiser Health News, the Hill, and Modern Healthcare.

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Protective Orders

by Judge Jeff Cox

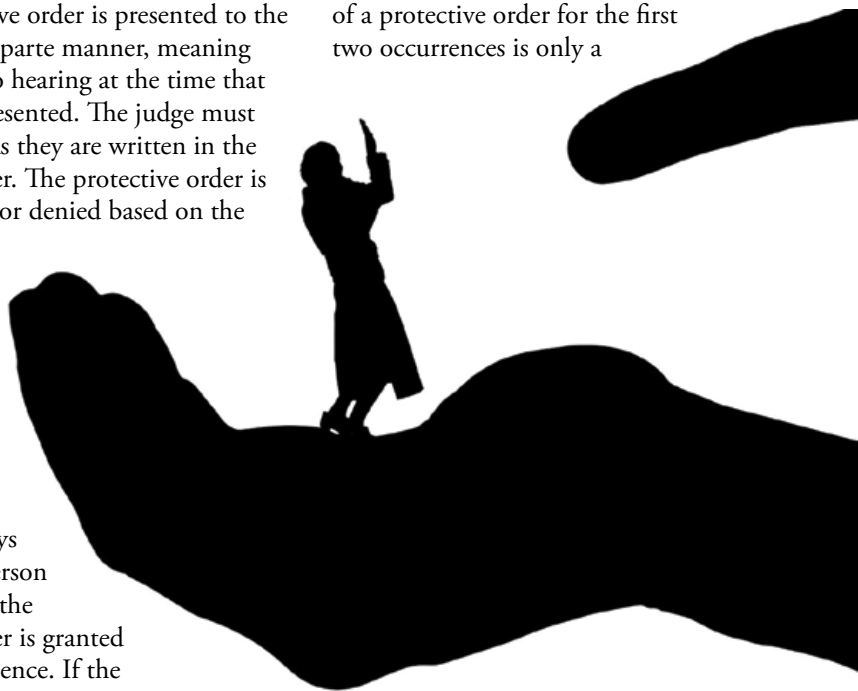
Recently, the courts have been flooded with protective orders. The newspapers have written about whether a protective order has been granted or denied and the judge before whom the protective order was presented. Television newscasts have done stories on protective orders and those persons that sought a protective order. With recent events, where several people have been injured or murdered by persons they know, protective orders have taken the spotlight in several of these news stories. This article will attempt to explain what a protective order is and what they do.

Persons who are being abused or threatened by someone related to them, living in the same home, or someone whom they are dating may file for a protective order from the court. In the protective order, the person being threatened can tell

how they are being threatened or abused. The person seeking the protective order must state all of the facts of why they are seeking the protective order. The more facts that can be shown help the judge decide whether or not to grant the protective order.

The protective order is presented to the judge in an ex parte manner, meaning that there is no hearing at the time that the order is presented. The judge must take the facts as they are written in the protective order. The protective order is either granted or denied based on the facts stated in the protective order narration. If the protective order is granted, a hearing will be set within twenty-one days to allow the person against whom the protective order is granted to present evidence. If the

hearing officer or judge finds enough evidence at that hearing, the protective order may be extended for a period of time or may be permanently granted. If the protective order is extended, a person who violates the protective order can be criminally charged and jailed. Violation of a protective order for the first two occurrences is only a

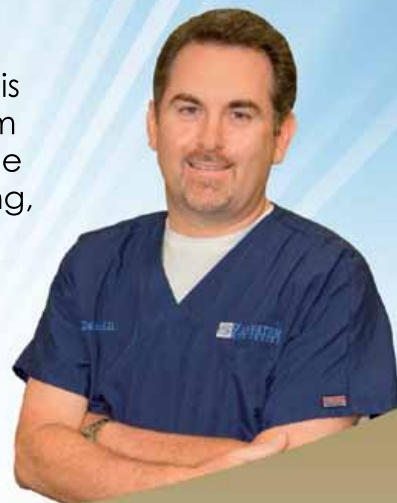


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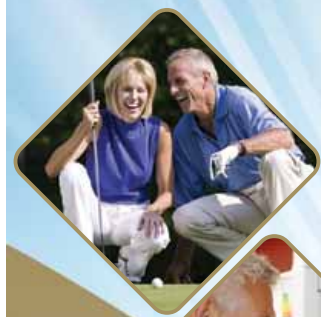
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misdeamenor with a maximum sentence of six (6) months in jail and up to a five hundred (\$500) fine.

In the protective order, the person seeking protection will ask that the person threatening or abusing them not be allowed within a one hundred foot or yard radius from them, depending on what the judge decides. The person who is enjoined from abusing or threatening is prohibited from going to the protected person's home, residence, or workplace. The person seeking the protective order may seek the use of the home, car, their personal belongings and other items and may seek to have any commonly owned items protected from destruction. The person seeking protection may also request custody of any children during the time that a protective order is in place. Usually, custody is reserved for a full hearing but may be granted by the judge if abuse is shown against the children.

Protective orders are only pieces of paper. Protection is not guaranteed as the person whom the order is sought against may not honor the court order. If the person against whom the order is sought

against violates the order, the person may be arrested and charged with Violation of a Protective Order. However, by the time the person is arrested, they may have caused harm to the protected person. We have seen cases in the past of couple of years where protective orders have been violated and persons have been killed. A piece of paper will not stop someone determined to cause harm to another person.

The best protection for persons being threatened or abused is to leave the situation. Make sure that you notify the police of any abuse and make a report. In most cases where the police become involved, the person who has been threatening or abusing another person will stop as they fear being arrested. If they do not stop, then police need to be aware so that the person can be arrested and hopefully detained where they will not be able to cause harm to the person being abused or threatened. Under Gwen's Law, as I have previously detailed in a prior article, if a person commits a felony against a household member, the person committing the felony can be held up to five (5)

days without bail until the offender can be evaluated and determined if they are a threat to the victim by the court. Protective orders are a means of being able to try to protect an abused person, but they are not the total solution if a person wants to cause harm to another.

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Debt and the Deceased:

How Should Spouses and Heirs Proceed?

by Jason Alderman

If your loved one died leaving significant debt behind, would you know what to do?

It's a worrisome question for everyone. Young or old, based on particular debt circumstances or geographic location, death with debt can provide significant problems for surviving family members. Depending on state law and the specific credit relationships involved, they might be shocked to learn that they could be legally liable for a deceased relative's outstanding debt – anything from unpaid mortgage balances and medical debt to unpaid credit card balances.

Spouses who may share any kind of debt jointly, particularly credit cards in dual name, could face greater challenges. It also may spell problems for co-signers of any kind of loan.

As with all financial planning, the best time to act is before an issue arises. Watching any family deal with extensive debt problems

after a spouse or relative passes on illustrates the need for financial transparency while all parties are alive. No matter how difficult a family member's credit circumstances are, spouses and adult children should face those circumstances while options are available to deal with any problems.

Spouses can begin by requesting and sharing their three free annual credit reports (www.annualcreditreport.com/index.action) from TransUnion, Experian and Equifax to confirm debt status. Once that information is out in the open, it's time for the couple or family members to deal with specific circumstances related to that debt. For example, a young couple may have different debt issues than an older, retired couple, but both should consider how they would handle the debts of a spouse or legal partner after death. It can be helpful to meet with a qualified financial or estate expert about ways to extinguish or manage debt issues as part of

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current financial and estate planning.

It is particularly important for borrowers and their executors to know what categories of the deceased's debts will likely need to be repaid after their death and other debts that might be canceled or forgiven. Generally, certain forms of unsecured debt held in the deceased's name alone – like credit cards or federal student loans – may likely be discharged, but check with qualified experts first.

Any kind of debt held in joint name should be evaluated. Spouses, legal partners and family members who have co-signed loans or joint credit accounts of any kind risk payoff responsibility for that debt if their co-borrower dies. Experts can advise how to deal with individual situations.

Experts also may suggest that co-borrowers without credit in their own names apply for a credit card in separate names while their spouse is still alive. A separate credit account, if responsibly managed, can help the survivor qualify for additional credit in their name after a spouse or legal partner dies.

Keep in mind that all debt situations are unique to the individual. For example, a senior who qualifies for nursing home care under Medicaid (public aid) may have family members who will need to sell the senior's home to address certain expenses after he or she has died. It is best to prepare relatives for that possibility in advance. Separately, a healthy senior relative may leave a home to heirs still under mortgage, or there could be a significant tax debt.

Airing and reviewing these issues in advance can either prepare relatives for certain realities or enable them to solve problems while the relative is still alive.

Bottom line: Dealing with a deceased relative's debt can add stress at a particularly worrisome time for spouses and relatives. The best option is transparency while relatives are alive so debt issues can be addressed as part of overall estate planning.

Jason Alderman
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The Case of the Back Yard Puddles

by Lee Aronson

Frank decided that he wanted to build a patio in his back yard. He was getting older and had no desire to keep mowing the lawn. His wife, Marie, had always enjoyed gardening, but she figured that she could grow her flowers from containers on the patio just as easily as from the ground. Besides, she thought that container gardening might even be less painful to her back. So the patio was built and they were pleased.

However, Raymond, their neighbor, was not pleased at all. That's because water doesn't soak into concrete. Before the patio was built, when it rained, the water would soak into Frank and Marie's back yard. After the patio was built, when it rained, the water would flow

into Raymond's back yard and create giant puddles and those puddles ended up being a breeding ground for mosquitoes.

Raymond thought about having a bunch of dirt trucked into his back yard to prevent the puddles, but he couldn't afford it. Is he out of luck?

Louisiana has a law that talks about situations just like this. Here's what it says: "An estate situated below is bound to receive the surface waters that flow naturally from an estate situated above unless an act of man has created the flow." And the "estate situated above" cannot do anything to make the flow of water more burdensome.

So what does that mean? Suppose Frank's back yard (i.e. his estate) is slightly higher than Raymond's back

yard and before Frank built that patio, when it rained, water would flow from Frank's back yard into Raymond's back yard. In that situation, Louisiana law says Raymond wouldn't be able to do anything: any plans of Raymond to build a levee to block the water would be illegal.

But suppose it was the patio that was causing the puddles. Before Frank built the patio, Raymond's back yard had never had a problem with rain causing puddles. That happened only after the patio was built. So if the patio, which is "an act of man," has created the flow of rainwater from Frank's back yard to Raymond's back yard, then Raymond is in luck. One thing Raymond could do is sue Frank for money damages.

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There was a farmer down in Rapides parish who had a problem similar to Raymond's. First the State took some of the farmer's land. Then the State used the land to build I-49. Once the interstate was built, it would cause the farm to flood when it rained, so the farmer sued the State for money damages. The judge said that I-49 is "an act of man" that caused the water to flow onto and flood the farm and therefore the judge awarded the farmer \$150,000.

But Raymond wasn't running a farm in his back yard. He couldn't prove that the puddles caused a specific amount of money damages. He just wanted the flooding to stop. Rather than suing for money damages, Raymond could ask a judge to issue an injunction forcing Frank to fix the problem. That doesn't necessarily mean that Frank would need to tear out his patio. If Raymond were to win such a case, Frank would need to do something to stop the flow of rainwater into Raymond's back yard. Perhaps Frank could install a French drain or perhaps Frank could dig a ditch that directed the water that flowed off his patio into his front yard.

Whatever happened to being able to do whatever you want in your own back yard? There are all kinds of laws, including zoning laws and property standards laws, which limit what you can do. Even in your own back yard.

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





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Creating a Balanced Life: Mind, Body, Soul, and Self-Care

by Shobana Powell, LMSW

Have you ever wondered how to maintain a sense of peace in a world that sometimes seems to be moving too fast? We can be so easily distracted by our everlasting to-do lists, never-ending currents events, and ever-changing technology, that we often neglect our own self-care. We often allow others or our circumstances dictate whether we live in a world of chaos or whether we will find peace that day. Sometimes, we prioritize the lives of our loved ones so much that we forget to take care of ourselves. The key to creating a balanced life, and regaining control over our own lives, is remaining intentional about self-care. That is to say, if we pay respect to the very things that make us human, such as the physical, the spiritual, the emotional, the mental, and the social aspects of our lives, we begin to take control over our own sense of peace.

Each aspect of our self-care holds great importance in our journey towards developing a balanced life. We must prioritize and embrace each of the facets of our wellbeing. Electing one or two tangible goals in each of those areas in our lives allows for a structured self-care plan for maintaining a balanced life. Each of our prefer-

ences and passions are distinct, and as such, there is no limit to the creativity and individuality that a self-care plan can hold.

Types of Self-Care:

- **Physical:** When taking the time to sit down and reflect on healthy, balanced living, it may seem obvious to prioritize our physical health, but in reality, when stress enters our lives, taking care of our own bodies is often

doctor when setting a healthy goal for maintaining regular exercise, sleep, and diet, keeping in mind any injuries, medication or medical concerns

- **Spiritual:** Spirituality can include a religion, belief system, moral code, connection to more than ourselves, or even a deeper connection to oneself, such as through meditation or mindfulness. Some may choose to pray, sing or worship, read religious or spiritual texts, read books related to spirituality, treat others with kindness, practice yoga or deep breathing, or even reflect on a sunrise or the beauty of nature around us.

- **Emotional:** Maintaining emotional health entails deliberately reflecting on our emotional needs and developing specific interventions to help address those needs. For example, if you struggle with bottling up your emotions, journaling or art can be effective and safe ways to express yourself. Some individuals might gain emotional energy from spending a few minutes in the sun each day. For others, emotional wellbeing may look like repeating self-affirmations or regularly sharing statements of gratitude with others to encourage a positive internal perspective.

- **Mental:** Stimulating our intellectual side is very important to maintaining a balanced life. This



the first thing to fall to the wayside. We might think, I can skip a few hours of sleep, my morning walk, or even a meal to get this done. However, when we neglect our physical needs, our productivity, efficiency, mood, and overall health suffer (Dahn & Penedo, 2005). Be sure to consult with your

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means spending time immersed in learning more about something that is interesting to you. Goals for maintaining or developing mental wellbeing could include reading books, taking courses, or watching documentaries about history, a new skill, or any other topic that is thought-provoking for you.

• **Social:** Humans are social creatures, and it is important to maintain connection to others. Isolation can be detrimental to one's sense of wellbeing and happiness. You can improve socialization in your life by choosing to schedule regular quality time with friends and family. You could also challenge yourself to join a book club or other community groups to foster new relationships. And remember, socializing does not necessarily require talking, but it should include spending that quality time engaging with others, whether it be through play, a common goal, or a deep conversation.

Please see the sample template of a self-care plan in the next column. The more personalized your plan is, the more effective it is. Remember to include goals that are realistic, as you want to be able to maintain these interventions on a routine basis. You can even post the plan on your wall to encourage yourself to uphold what you have set out to achieve. Create your own, drawing it yourself, adding pictures to motivate you, or personalizing it in any way you fit, so you not only think about taking care of yourself, but you put it into action.

Shobana Powell, LMSW, is the F.R.E.E. Coalition Program Director & Bilingual Counselor at The Center for Families, a non-profit counseling center.

Types of Self-Care	Realistic Goals	Frequency
Physical		
Spiritual		
Emotional		
Mental		
Social		

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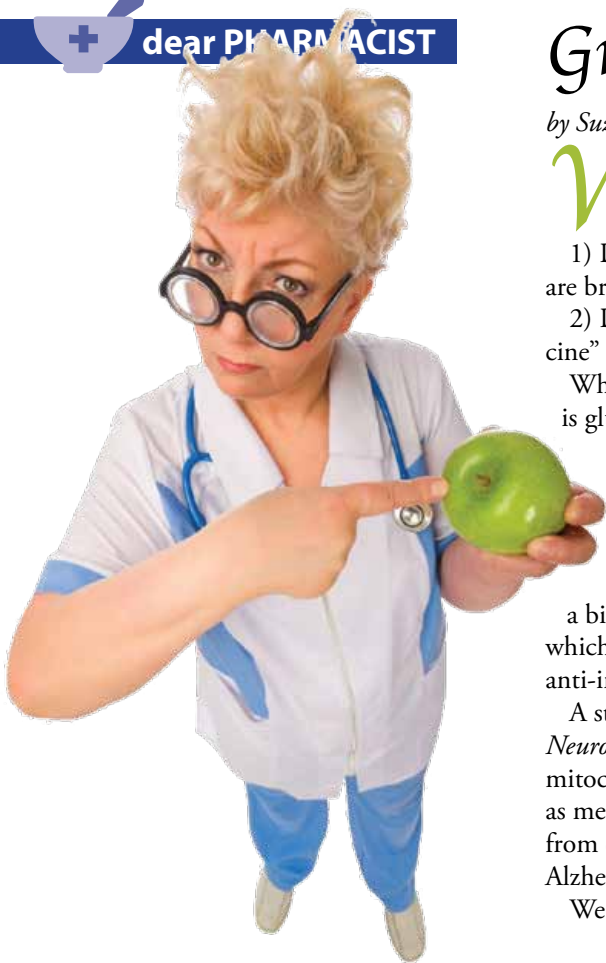

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Green Apples and Your Brain

by Suzy Cohen, R.Ph.

When I was chopping up green apples to put into my chicken salad I wondered two things:

- 1) Does anyone else realize that apples are brain food?
- 2) Do all of you see your food as “medicine” or am I just slightly neurotic?

When I eat avocados all I can think of is glutathione!

Tomatoes, lycopene.

Almonds, aspirin.

Ok, I think it’s just me, let’s move on.

Green apples are rich in a bioflavonoid called quercetin which is a natural antihistamine and anti-inflammatory.

A study published in the journal, *Neurochemical Research* in 2014 evaluated mitochondrial health in the brain as well as mechanisms that might prevent plaques from developing which are associated with Alzheimer’s disease.

We know that in Alzheimer’s patients,

beta amyloid plaques in the brain cause mitochondrial stress and affect functioning of your ATP generators. The amyloid plaques gum up ATP machinery as if you were putting Elmer’s in your gas tank! Long story short, memory is dampened, learning is stunted and you develop poor concentration, reduced comprehension and brain fog.

Your mitochondria or “mito” are tiny organelles inside your cells that produce energy molecules for you that we term ATP. The body gets fat and sugar from meals but then it needs to be broken down into teeny weeny parts so you have energy or “ATP” to function in your life.

This reaction is dependent on an enzyme called AMPK. and this AMPK is the gas pedal in terms of how fast you turn that cheesecake into energy.

In the study, a group of animals received natural quercetin each day while others were given a dose of the famous Alzheimer’s medication called Aricept. The animals treated with the most



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quercetin had the most positive benefits. These mice had fewer problems learning tasks and they had a better memory. There was significant reduction in the amyloid plaque build-up too! Finally, their mitochondrial function was evaluated and it had improved. There was improved health and function of the mitochondria deep inside the hippocampus which is the memory center in the brain.

The study showed that AMPK enzyme activity was markedly increased in the mice given quercetin (not Aricept) which is really good. When the AMPK activity was increased with quercetin treatment, it slowed plaque build-up and even better, those poor little mito didn't suffer as much. There was less mitochondrial dysfunction. Scientists know that when this master switch of AMPK is flipped, your mitochondria respond. Additionally, microglial cell activity improves,

inflammation goes down, and blood sugar balance improves.

So even though it was just rodents, I feel like my chicken salad with green apples gives me an advantage in my quest for better brain health. Quercetin is a wonderful antioxidant sold at health food stores as a dietary supplement. You don't

need a prescription.

It naturally occurs in apples, red onions, black and green tea, raspberries,

cranberries, citrus, and green leafy veggies. There's a longer version of this article at my website in case you're really interested.

This info is not intended to treat, cure, or diagnose your condition. Please visit www.SuzyCohen.com. ©2015 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.



Green apples are rich in a bioflavonoid called quercetin which is a natural antihistamine and anti-inflammatory.



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United by Passion: BALTIMORE'S unique MUSEUMS

Story by Andrea Gross • Photos by Irv Green

One minute I'm outside the American Visionary Art Museum, gazing at a 55-foot tall whirligig. It spins, it whirls, it catches light and splatters it onto a nearby wall covered with fragments of mirror and tile. Inside the museum there's a giant "Bra Ball," created from the bras of nearly 2,000 breast cancer survivors. As you can tell, the AVAM is an extremely unusual place, one that celebrates the intuition and ingenuity of self-taught artists.

A few hours later I'm at the Baltimore Museum of Art, reveling in the bright colors and exuberant style of paintings by French artist Henri Matisse. In addition to an internationally acclaimed collection of art, the BMA is the proud owner of the world's largest holding of Matisse paintings.

Finally, I find myself in front of the Flag House and Star-Spangled Banner Museum, staring at a giant glass replica of the banner that inspired our national anthem. Behind it is the home of the woman who stitched the original flag, now a National Historic Landmark.

Here, an overview of three truly unique museums, none of which would exist were it not for the passion and dedication of some extraordinary folks.

AN IDEALIST'S DETERMINATION: THE AMERICAN VISIONARY ART MUSEUM (AVAM)

It took Rebecca Hoffberger ten years to open a museum honoring "outsider art," a term that's often used by those on the inside to describe works that they don't understand. This is art that owes nothing to tradition (as does folk art) and little to the surrounding environment (as does most art.) Rather it seems to burst forth from the creator's soul — thoroughly original, often quixotic or quirky. In short, visionary.

Most works — like the haunting figure carved by a tuberculosis patient — are accompanied by a story, bringing voice to the oft-anonymous and usually uncelebrated artist. Some elicit tears, other bring laughs, all provoke thought.

Today the museum, which has been designated America's "official national education center, repository and museum for self-taught, intuitive artistry," is spread over one-plus acres that contain three buildings as well as several outdoor exhibition areas. Yet despite its newfound respectability, it is, says Hoffberger, "a most un-museumy place" — and this is just the way she likes it. [www.avam.org]

THE SISTERS' FERVOR: THE BALTIMORE MUSEUM OF ART (BMA)

The building that houses the BMA is replete with a portico and classical Greek columns, just the sort of place where you'd expect to find 90,000 pieces of art and artifacts that span continents as well as centuries.

But it's the Cone collection that has brought worldwide fame to the museum. Claribel and Etta Cone were Golden Girls from the Gilded Age, rich socialites with an eye for art and the money to indulge. They

LEFT: Rebecca Hoffberger once told a New York Times reporter, "I like what the museum brings out in people. You hear giggles here." **TOP RIGHT:** Art at the AVAM is most unusual and includes a giant ball created from the bras of breast cancer survivors.





traveled the world, and their “souvenirs” were works by some of the greatest late nineteenth and early twentieth century artists, from Matisse and Picasso to Cézanne, Gauguin and van Gogh.

Over the years, their collection reached approximately 3,000 objects, and in 1949 it was donated to the BMA, a gift that catapulted the already excellent museum to even higher levels.

There’s no way we can see everything at the BMA in one visit. We feast on the works of Matisse and then go outside to the sculpture gardens, where more than thirty works by acclaimed artists such as Auguste Rodin and Alexander Calder are spread across nearly three acres. [www.artbma.org]

THE PATRIOTS’ PASSION: THE FLAG HOUSE AND STAR-SPANGLED BANNER MUSEUM

When, during the War of 1812, Commander George Armistead asked seamstress Mary Pickersgill to create a flag to fly above Baltimore’s Fort McHenry, she may have gulped, but she didn’t hesitate. Instead she enlisted the help of five women and together, working near round-the-clock, they produced a large garrison flag that could be seen for miles around as well as a smaller flag that could be used in inclement weather.

As the British pummeled the fort during the Battle of Baltimore, a young lawyer named Francis Scott Key watched from aboard a small ship. The following morning, “in the dawn’s early light,” he saw the giant flag and knew that Baltimore was safe. Thus inspired, he wrote the poem that later became the national anthem of the United States, and the giant flag that Mary Pickersgill and her helpers had made became known as the Star Spangled Banner.

We visit Pickersgill’s home and the adjacent Flag Museum. The museum is filled with exhibits relating to the War of 1812, but it’s Pickersgill’s home — restored with period furniture — that gives me a tingly feeling. This is where history was made, one stitch at a time. [www.flaghouse.org]



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Leslie Caron Danced Her Way to Hollywood

by Nick Thomas

Only a handful of actresses danced in feature films with both Gene Kelly and Fred Astaire. One was Leslie Caron.

Although her last feature film was a decade ago, she hasn't been exactly idle since.

"I won an Emmy in 2007 for a guest role on 'Law & Order: Special Victims Unit' which was a grand moment for me," said Ms. Caron from London, where she moved in 2013 from her native France to be near family.

Her autobiography, "Thank Heaven," was published in 2010, and in 2013 she appeared in an episode of the French TV crime series "Jo."

"So I'm not retired and would love to do more television or a movie," she emphasized.

Shortly before her birthday last year, at the age of 82, Caron even tackled a demanding stage role.

"I traveled to California for a play – 'Six Dance Lessons in Six Weeks' at the Laguna Playhouse – which was one of the best parts I've ever had. It was a two character play with six dance numbers and seven costume changes. A person of 50 would have found it a bit difficult. I would love to have continued with it to Broadway, but that would have been too strenuous."

Trained as a dancer, Caron's film career took off after Gene Kelly discovered the teenager performing in the Ballets des Champs Elysees in Paris in the late 1940s.

"The husband of a dancer I shared my dressing room with somehow knew Gene, who had seen me and wanted me to do a screen test for a movie," she recalled.

The film turned out to be "An American in Paris" and rehearsals were tough.

"I wasn't used to dancing in ballet shoes for 6-8 hours a day," she said. "And when I arrived in America I had mononucleosis and was undernourished having lived through World War II and food shortages. So I was very anemic."

Throughout the '50s, Caron appeared in other musicals, including "Daddy Long Legs" with Fred Astaire.

"Fred and Gene came from different eras," she noted. "Fred danced on his toes and barely touched the ground – an elegant, fluid dancer. Gene's dancing was very athletic."

Astaire's wife – ill from lung cancer – died during production.

"He would bury his head in a towel and cry," Caron remembered.



"Fred loved the film which had a lot of youth and joy, so I think it helped him through a very bad time."

Caron continued to work in film and TV into the '90s but says "I was hitting 60 and beginning to think my career was over, so embarked on a new venture."

Proving you are never too old to start a new chapter in life, she purchased and renovated an old building, by the river just outside Paris, turning it into a successful Bed and Breakfast. "I managed it for about 15 years until the economy crashed."

Today, Caron hopes for more roles, but remains realistic. "I'm not aiming for any Academy Awards. It just gives me a great deal of pleasure to keep working."

PHOTOS: Top - Gene Kelly and Leslie Caron in *An American in Paris*; Inset - Leslie Caron at the 2007 Emmys; Bottom: Louis Jourdan, Leslie Caron, and Maurice Chevalier (r) from *Gigi*.

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 550 magazines and newspapers.

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In Its Greatest Moments, Wine Provides an Idealized Reality

by David White

Fifteen years ago, Stephen Tanzer, one of the world's leading wine critics, described the Cabernet Sauvignon from Ridge's 1991 harvest in Monte Bello Vineyard as "among the top dozen made in California during the last 20 years."

So when I tasted the wine on January 16, 2012, my expectations were high. A few friends and I had gathered at a local steakhouse to explore some of California's top wines from the 1990s; bottles from producers like Seavey, Dominus, Chappellet, and Dunn were on the table. And the Ridge outclassed everything. The wine, grown in the Santa Cruz Mountains, exploded out of the glass with sweet, fleshy fruit, wild herbs, and graphite. It was concentrated but light on its feet. The finish lingered impressively.

The Ridge Monte Bello stopped us in our tracks. It was as if we had discovered the Holy Grail. Without question, it was the best California wine I'd ever had.

That evening, I went home and checked Wine-Searcher.com -- a website that combs through the inventory of nearly 14,000 U.S. wine shops -- to see if the wine was available for sale. It wasn't. But I desperately wanted to recreate that initial experience. So when I learned, sixteen months later, that a collector in Florida was looking to sell

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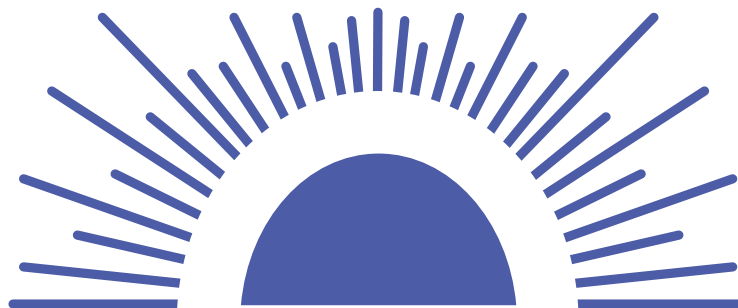
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some 1991 Monte Bello, I bought two bottles.

I drank both within a year, opening up my final bottle last January with two friends who had just welcomed a baby. This past Christmas, those friends left me speechless when they gave me a bottle of the wine. Remembering that I'd described it as the best California wine I'd ever tasted, they purchased a bottle when they spotted it online.

That bottle was opened over lunch this past Saturday in New York. It was as thrilling and delicious as it was three years ago. Just as important, though, it demonstrated that great wine is more than just a beverage.

By uncorking the 1991 Ridge Monte Bello, I was able to tell five friends, old and new alike, why the wine meant so much to me. Two California winemakers were present, so the wine quickly inspired a profound conversation about the Santa Cruz Mountains and the past, present, and future of California Cabernet.

Pleasure matters, obviously. But those of us who obsess over what we drink aren't just looking for something tasty; we're looking for an experience, an indescribable story that only wine can tell.

That combination revealed itself again on Saturday evening when my group met up with two others at Marta, a hot new Italian restaurant just north of Madison Square Park. One of the friends who joined us brought a 1971 Aglianico from Mastroberardino, an Italian winery in Campania. In part, he purchased it because of the vintage; he was born in 1971. He brought the wine to dinner because one of our companions is infatuated by old Italian wines, so he knew it'd be appreciated. When we noticed that the restaurant had the 1998 offering of the same wine on its list, we ordered it for a side-by-side comparison.

Both wines were positively arresting. And, like the Ridge, the two Aglianicos offered us something beyond deliciousness. The side-by-side comparison inspired a conversation about the remarkable value offered by many Italian wines -- and the seductiveness and sensuality of old wine.

Saturday's experiences help illuminate my obsession with wine. No other beverage can so connect us to the past, offering a window to other places and cultures. Alcohol matters, of course, but no other drink can so effectively link us to one another, inspiring conversations about life's deepest questions. Wine is romantic. In its greatest moments, it provides far more than pleasure; it provides an idealized reality.

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



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"Endangered" by C.J. Box

©2015, Putnam, \$26.95, 384 pages

Reviewed by Terri Schlichenmeyer

You have little-to-no control. Deny no more. You've finally come to accept it: the future really isn't in your hands. You have no control over others, either, which is the hardest lesson to learn. And certainly, in the new book "Endangered" by C.J. Box, there's no control over who becomes victim of a crime.

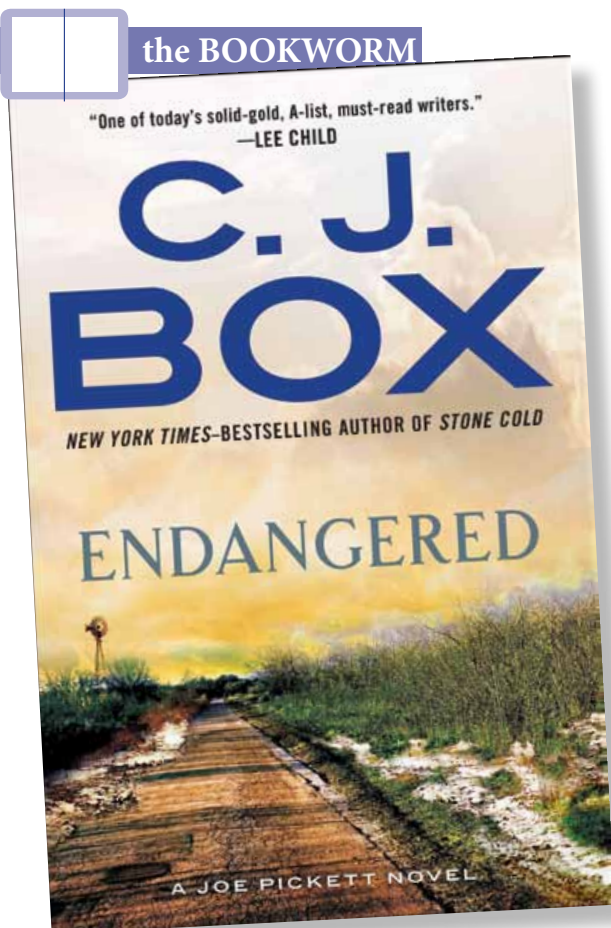
Wyoming Game Warden Joe Pickett was used to carnage.

He'd seen plenty of blood from man and beast, but the illegal massacre of an entire lek of politically-loaded sage grouse really set him back on his heels. The slaughter had been senseless and near-complete but before he could collect his thoughts or evidence, Pickett received a call that made him forget about dead birds: a girl resembling his daughter, April, had been found in a roadside ditch, beaten half to death.

Immediately, Pickett had his suspicions: some months before, April had run away with rodeo star Dallas Cates, the cocky youngest son of two irritating edge-of-the-law lowlifes living nearby. Pickett was even more suspicious when Brenda and Eldon Cates showed up at the sheriff's office, preemptively, to say that their boy was innocent.

Dallas, they claimed, had been badly hurt riding a bull. He couldn't have harmed April and besides, April had broken up with Dallas. Pickett doubted all that was true but when April's belongings were discovered in the possession of a local survivalist, he had to put his skepticism aside.

But as April lay in a Billings hospital in a medically-induced coma, Pickett learned that she wasn't the only VIP patient: his old friend, Nate



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before we as practitioners can address the clinical issues. I make sure the child knows that he has my full attention before easing into the clinical aspect with the parent," explains Al Still, a certified orthotist at Snell's Orthotics & Prosthetics.

We've come to learn that sometimes we say it best when we say nothing at all.

Romanowski, falconer and sometime outlaw, was also hospitalized, having been shot by persons unknown. Pickett thought Nate had been set up; it appeared he'd been ambushed in the middle of nowhere. Now he, too, was unconscious. Nate's girlfriend, Olivia Brannan, and his van were missing.

Pickett sensed that the Cates family was somehow involved – but how? Surely it was no coincidence that Pickett's daughter and his closest friend were both hospitalized with life-threatening injuries. Could the clues from one massacre stop another?

No matter where you are in the world, when you've got a book by author C.J. Box in your hands, you're in the West. That may be due to a mixture of characters, led by the wonderfully stoic, thoughtful Joe Pickett – or it may be due to the natural beauty of which Box so perfectly describes.

And in "Endangered," he does a lot of that: Pickett is sent all over Wyoming and into Montana here, which gives Box plenty of room for literary roaming. Meanwhile back home in Saddlestring, we're left to squirm with new Bad Guys that may be the baddest that Box ever offered.

I wish you could see my copy of this book. I read it hard because it was that good. And yes, this is the latest in a series but it can be read alone, so don't be afraid to give it a try. Just be warned: once you start "Endangered," your reading time may be out of control.



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



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Recent DVD Releases

by Mark Glass,

*an officer & director of the
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American Sniper



(R) Clint Eastwood adds another success to his war-related directing resume with this fine tribute to a real-life hero. Navy SEAL sniper Chris Kyle served four tours in Iraq/Afghanistan. He became the most prolific practitioner of that specialty in U.S. military history, earning "The Legend" as a reverential nickname from his peers. Bradley Cooper plays him well, showing not only



the subject's backstory and his achievements overseas, but the inner man, as well.

The script from four credited writers, including Kyle's own book, offers insights into the physical and emotional aspects of that unique combat role, covering both the theaters of action and the price paid on the homefront. As depicted, Kyle's sense of duty and loyalty to the troops he protected from above was impossible to forget between tours. He adored his wife (Sienna Miller) and kids, but seemed restless and distracted stateside, obsessing about the troops he wasn't covering, and the enemy's skilled sniper counterpart he'd been unable to eliminate.

If you don't know Kyle's story, the film will be more compelling, since you won't know how it ends. Those who do will still find that Eastwood honors the soldier, the person, and his family while resisting the easy temptation to overplay any of the intense emotions experienced by the principals. Kyle's experience transcends all political viewpoints, reminding us of how simple principled decisions can be. As Fess Parker's Davy Crockett memorably phrased it, "Be sure you're right, then go ahead."

Blackhat



(R) Michael Mann has written, produced and/or directed plenty of fine films, earning four Oscar nominations for *The Insider* and *The Aviator* among a slew of wins and mentions from other entities. Much of his work has been in the realm of crime and large-scale action. This globe-trotting cyberterrorism thriller will not enhance his resume. It's too long



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and too dull, with a miscast lead actor and an ill-conceived path to the finish line.

Aussie hunk Chris Hemsworth has made a name and a bunch of money in Hollywood, mainly from playing Thor in several big-budget Marvel Comics-based fantasy flicks. He's built to thrive in the few action sequences in this one, but hard to buy as one of the world's greatest computer whizzes. He jus' don't seem like a guy with them kind o' smarts.

As to the plot, someone inserted a virus into a Chinese nuclear plant, causing a near meltdown. Meanwhile, across the globe, a similar attack wrought havoc in one phase of our stock market. Were the two incidents connected? Who masterminded the incursions, and what's their endgame? The title refers to hackers. The FBI reluctantly springs Hemsworth from prison to work with a Chinese cop who had been his college roomie and fellow programming nerd. The latter's foxy sister just happens to have her own essential skill set for the mission. How convaveenient!

The potentially interesting and topical element could have been how guarded the cooperation was in this ad hoc partnership between the two nations, given the history of Chinese espionage directed at US technology, and their distrust of our side. But that theme yields to other stuff that's more typical of the genre. A few surprises occur along the way, but not enough to justify over two hours of running time, or to make Hemsworth grow more credible in this role. Even his most ardent fans can wait for the DVD release.

What We Do in the Shadows ★★★★★



(Unrated) If you've had your fill of vampires being romanticized and glamorized from the *Twilight* movies to HBO's *True Blood* and their ilk, here's the antidote. How about some laughs at the expense of a few contemporary undead slackers sharing a flat in New Zealand? Jermaine Clement, who garnered cult

popularity here with countryman Bret McKenzie as the musical comedy duo *Flight of the Conchords*, co-wrote, co-directed and co-stars in this *Shaun of the Dead* meets *Black Sheep* (not the one with Chris Farley; the newer one about zombie livestock terrorizing the locals from Clement's homeland). In mockumentary format, three vamps of varying ages show us their lives in today's Wellington. These guys have some of the powers we associate with their kind from existing lore, but remain quite clueless in many respects. They're supposedly flying under the radar so no one will know they exist, while consenting to be filmed by a regular human crew. Dumb and dumber even in death.


Their (un)life is like a house-sharing TV reality show, with the neatnik being annoyed by the slob; the Lothario lording his dubious success over the others; dissent over who to turn and who to feed on; and so it goes. Along the way, werewolves and other beasties add to the proceedings, with reliable Rhys Darby as the alpha of the former. The script delivers a handful of truly solid yuks with the yecchhs, though the premise wears a bit thin before the credits roll. Not for all tastes, but sure to be appreciated by its target demo.

New Book by Local Author!

Local author, **Joanne Sherrod W. Sigler**, has just published her third book ***Wednesdays Are for Remembering*** relating to memories of growing up in Shreveport and its early history. In her book, she lovingly describes the many changes in transportation, education, dress, the work place, entertainment, parties, medicine, neighborhoods, and friendships. She recalls the lives of family, welcomed strangers, and life-long friends whose memories come to life in her book. These stories of Shreveport's past will be truly relived and cherished by many.



Copies of "Wednesdays Are for Remembering" are available at \$25.00 each at King Hardware located at 4834 Line Avenue in Shreveport.



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Baja Fish Tacos with Watermelon Guacamole

Servings: 12–16 tacos

- 2 medium avocados, peeled and chopped
- 2 tablespoons lime juice
- 2 teaspoons diced jalapeno pepper (or to taste)
- 1/3 cup chopped cilantro
- 2 medium garlic cloves, minced
- 1 can (4 ounces) diced green chilies, drained
- 2 1/2 cups diced watermelon, divided
- Salt, to taste
- Cooking spray
- 1 1/2 pounds cod
- Chili powder
- 12 – 16 corn tortillas
- 3 – 4 cups commercial coleslaw mix (shredded cabbage and carrots)
- 1/2 – 1 cup commercial salsa

For guacamole, mash avocados to mix of smooth and chunky in medium bowl. Add lime, jalapeno, cilantro, garlic and chilies and mix thoroughly. Add 1 1/2 cups diced watermelon and salt (if desired) and toss. Cover and refrigerate to let flavors blend.

Heat oven to 350°F. Spray cookie sheet with cooking spray.

Place cod on sheet and sprinkle with chili powder and salt. Bake for 12–20 minutes (depending on thickness of fish) or until cooked through. Remove from oven and cut into pieces.

Heat tortillas on grill or griddle. Top each with few pieces of fish, 1/4 cup coleslaw mix, heaping spoonful of guacamole, tablespoon of salsa and few pieces of remaining diced watermelon.

Fiesta-Worthy Facts

Impress guests at your Cinco de Mayo celebration with these mouthwatering morsels:

- Although about 200 – 300 varieties of watermelon are grown in the United States and Mexico, there are about 50 varieties that are most popular.
- The five best-known types of watermelon include: seeded, seedless, mini, yellow and orange.
- Watermelon is the most-consumed melon in the United States, followed by cantaloupe and honeydew.
- Early explorers used watermelons as canteens.
- Watermelon is 92 percent water, which makes it a good option for hydrating your body.

Watermelon Margarita

Servings: 1

1½ ounces tequila
¾ ounce Triple Sec
¾ ounce Midori
2 ounces sour mix
6 ounces cubed, seeded watermelon
8 ounces ice

Blend all ingredients. Serve in 14 ounce glass. Garnish with lime and watermelon wedge.



Watermelon Cilantro Salsa Tropical

Servings: 8-12

2 cups chopped seedless watermelon
1 cup chopped fresh pineapple
1 cup chopped fresh mango
4 limes (juice only)
1 cup trimmed and chopped scallions
½ cup chopped fresh cilantro
Salt and pepper, to taste

Toss all ingredients in mixing bowl and season with salt and pepper just before serving.



Southwest Salsa Bowl

1. Choose round seedless watermelon.
2. Wash watermelon and pat dry.
3. Use dry erase marker to trace design around middle of watermelon.
4. Use utility knife to carve design (copy design in photo).
5. Split watermelon in half, and use scoop to carve out flesh.
6. Choose flat area of rind on other watermelon half to trace and carve out lizard design (copy from image in photo).
7. Fill bowl with salsa.
8. Garnish with lizard, chips, jalapenos, cilantro and lime.

Fire and Ice Salsa

Servings: 3 cups

3 cups seeded and chopped watermelon
½ cup green peppers
2 tablespoons lime juice
1 tablespoon chopped cilantro
1 tablespoon green onion
1 - 2 tablespoons jalapeno peppers

Combine ingredients; mix well and cover. Refrigerate 1 hour or more.



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DRIVER SAFETY

AARP Smart Driver Program - 4 hour classroom refresher course which may qualify participants age 55+ for a 3 year car insurance reduction or discount. Seating is limited. Participants must **preregister**. \$15 for AARP members (AARP card required); \$20 for non-AARP members. Correct change or checks payable to AARP.

- May 6 - 11:30 a.m.- 3:30 p.m. Bossier Council on Aging, 706 Bearkat Dr., Bossier City. Contact: Kathy Thomas 318-741-8302

- May 7- 8:30 a.m. - 12:30 p.m. Shriners Hosp., 3100 Samford Ave, Shreveport. Contact: 318-226-3305

- May 8 - 8:30 a.m.- 12:30 p.m. Caddo Parish Sheriff's Office, 1121 Forum Dr. Shreveport. Contact: Claire Crawford 318-681-0869

EVENTS

Mall St. Vincent's South Highland Summer Market - Fridays from May 15 - July 24. 5 p.m. - 9 p.m. Under the tent in the parking lot near Fairfield Ave. exit. Fresh produce, specialty foods, crafts.

Melanoma Screening - Monday, May 4, from 8 to noon at Ark-La-Tex Dermatology in Bossier City and Wednesday, May 6, from 8 to noon at Dermatology Specialists at WK North. Appointments are required. Schedule by visiting the Willis-Knighton website, clicking "Classes to select" or by calling the Willis-Knighton Community Education helpline, (318) 212-8225. The screening involves a brief visual check with a physician.

Senior Art Program - For the visually challenged and blind. Every Friday at Louisiana Association for the Blind, 1750 Claiborne Ave. Shreveport. For more information call Patty at 318-635-6471, ext 228.

"The Shape of Shreveport" Documentary Series Premiere - Presented by Ring Media Group on June 4 at the Strand Theatre, downtown Shreveport. Doors open at 6; movie at 7. Episodes 1 - 4 focus on Henry Shreve; the Yellow Fever outbreak of 1873; the influence Elvis and MLK had

on Shreveport; and the oil and gas crash of 1980's. Tickets are \$20 and available at www.Shapeofshreveport.com

WAM (Wine, Art, Music) - Presented by the Bossier Arts Council featuring the art of Ashley Wachal and unique food and wine pairings at Boomtown Casino's 1800 Prime Steakhouse, Thursday, May 14, 5:30 - 8:00 p.m. Tickets are \$20.

PERFORMANCES

Broadway by Jeri - Saturday, May 16 at 8:00 p.m. at the Strand, Theatre, 619 Louisiana, Shreveport. Jeri Sager, a veteran of Broadway and numerous national tours, is best known for her portrayal of Grizabella in "Cats", Fantine in "Les Miserables" and Eva Peron in "Evita". \$52. Call 318-226-8555 or email strand@thestrاندtheatre.com.

Rising Water - May 8 & 9 at 7:30 p.m., May 10 at 3 p.m. Emmett Hook Center at First United Methodist Church, 550 Common at Milam, Shreveport. A stage reading. In the aftermath of

Hurricane Katrina, a couple awoken in the middle of the night to find their pitch-dark house filling with water. They struggle to survive and keep the guttering flame of their love from being extinguished. \$16 adults, \$14 senior, \$12 students. Call 318-429-6885 or email info@EmmettHook-Center.org

RANDALL T. MOORE SENIOR CENTER

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

SEMINAR

Parenting Your Parents - Monday, May 4 at 6:30 p.m. pm at First Baptist Church, 542 Ockley, Shreveport. Local professionals discuss issues related to caring for aging parents. **FREE**. RSVP to Carol Mills at 841-8420 or carol@fbcshreveport.org.

SENIOR OLYMPICS

The 2015 Northwest Louisiana District Senior Olympics runs from March 27- June 2. The April schedule is:

- Friday May 1 - Dominos, 9 A.M. NW La. War Veterans Home, Teague Parkway,



Win a Party Barge!

May 24

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May 30

Cash & JackPlay drawings every weekend!



G A M B L I N G P R O B L E M ?

Bossier City.

- Saturday, May 2 - Recreational Horseshoes, 8 A.M. Advanced Horseshoes, 9 A.M., Knights of Columbus Bossier, 5400 E. Texas, Bossier City.

- Saturday, May 2. Archery, 9 A.M. Red River Archery Range, 4099 Radcliff Rd, Shreveport.

- Monday, May 4 - Washer Pitch, 9 A.M., Bellaire Fitness Center, 4330 Panther Drive, Bossier City.

- Wednesday, May 6 - Chess. Noon, Randle T. Moore Senior Center, 3101 Fairfield Avenue, Shreveport.

- Thursday, May 7 - Table Games, 9 A.M., (Skipbo, Phase 10) Bossier Council on Aging, Bearkat Drive. Bossier City.

- Thursday, May 7 - Miniature Golf, 6:30 P.M., Party Central, 4401 Viking Drive, Bossier City.

- Saturday, May 9 - Ladders Golf, 8 A.M., Knights of Columbus Bossier, 5400 E. Texas, Bossier City.

- Monday, May 11 - Recreational & 5K Walk, 8 A.M., North Bossier Park off Brownlee Road, Bossier City

- Tuesday, May 12 - Singles Shuffleboard, 8 A.M., Bellaire Fitness Center, 4330 Panther Drive, Bossier City.

- Wednesday, May 13 - Mixed Doubles Bowling, 1 P.M., All-Star Lanes, 9130 Mansfield Road, Shreveport.

- Friday, May 15 - Doubles Bowling, 1 P.M., All-Star Lanes, 9130 Mansfield Road, Shreveport.

- Saturday, May 16 - Track & Field, 8:30 A.M., Airline High School, Viking Drive, Bossier City.

- Wednesday, May 20 - Bowling Singles, 1 P.M., All-Star Lanes, 9130 Mansfield Road, Shreveport.

- Friday, May 22 - Bowling Scotch Doubles, 1 P.M., Holiday Lanes, 3316 Old Minden Rd., Bossier City.

- Wednesday, May 27 - Bowling 9 Pin No Tap. 1 P.M., Holiday Lanes, 3316 Old Minden Rd., Bossier City.

- Friday, May 29 - Team Bowling, 1 P.M. Holiday Lanes, 3316 Old Minden Rd., Bossier City.

- Tuesday, June 2 - Celebration. 10 A.M., Knights of Columbus Bossier, 5400 E. Texas, Bossier City.

NOTE: For more info and rain dates please visit their website at www.nwlsog.org

SUPPORT GROUP

Senior Connection - Peer support group for persons 55 and older who are legally blind. 2nd Friday of the month from 11 a.m. to 1 p.m. in the Low Vision Rehab Center, 1714 Claiborne Avenue. Speakers, activities, food and fun. (318) 698-2300.



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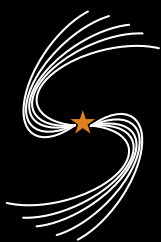
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Prelude to Khovantschina

TCHAIKOVSKY

Violin Concerto

TCHAIKOVSKY

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Superstar violinist **VADIM GLUZMAN** returns to play the concerto that is his signature—Tchaikovsky. Including Tchaikovsky's Symphony No. 2, this all-Russian program will close the season in a blaze of energy!



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www.shreveportsymphony.com

318.227.TUNE (8863)



WILLIS-KNIGHTON HEALTH SYSTEM



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THE SHREVEPORT REGIONAL ARTS COUNCIL
WITH FUNDS FROM THE CITY OF SHREVEPORT

King Crossword

Puzzle answers on
page 42

ACROSS

- 1 Unpaid TV ad
- 4 Carpet style
- 8 Old portico
- 12 Chaney of film lore
- 13 Caffeine-rich nut
- 14 Hack
- 15 Make up your mind
- 16 Molecular matter
- 17 Demolish
- 18 Informer
- 21 Crucial
- 22 Highland boy
- 23 Bottom
- 26 Wield an axe
- 27 Rx watchdog org.
- 30 Throat clearer
- 31 Scratch
- 32 Affirmative actions
- 33 Prohibit
- 34 Lustrous black
- 35 Saw things?
- 36 Stickum
- 37 Explanation
- 38 Small flutes
- 45 Vicinity
- 46 Charged bits
- 47 Pub order
- 48 Snaps

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18				19					20			
				21			22					
23	24	25				26				27	28	29
30					31				32			
33				34				35				
				36			37					
38	39	40				41				42	43	44
45					46					47		
48					49					50		
51					52					53		

- | | | |
|----------------------|-----------------------|---------------------------|
| 49 Naked | 7 Casino patron | 34 Pleasure |
| 50 Upper limit | 8 New England seafood | 35 Threw |
| 51 Egyptian cross | 9 Melt | 36 Grind, in a way |
| 52 Crossword diagram | 10 Leak slowly | 37 Language of India |
| 53 Whatever number | 11 Mimic | 38 One of the Three Bears |
| | 19 Read quickly | 39 Ms. Brockovich |
| | 20 Legislation | 40 Bottle feature |
| | 23 Apprehend | 41 Session with a shrink |
| | 24 "Eureka!" | 42 Tibetan monk |
| | 25 Hideaway | 43 Flair |
| | 26 Chapeau | 44 Alluring |
| | 27 Adversary | |
| | 28 Banned bug spray | |
| | 29 Fire residue | |
| | 31 Cat chat? | |
| | 32 Mr. Gingrich | |

DOWN

- 1 Turn the soil
- 2 Former frosh
- 3 Con
- 4 Roller derby participant
- 5 With fervor
- 6 Shaving cream additive

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Sudoku

by Linda Thistle

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

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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MAGIC MAZE ● ASSOCIATED WITH COLUMNS

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


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

Abacus	Corinthian	Frieze	Plinth
Base	Cornice	Ionic	Shaft
Capital	Doric	Metope	Tuscan
Composite	Entasis	Parthenon	

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TUNDRA



AVALON

(Puzzles on pages 40 - 41)

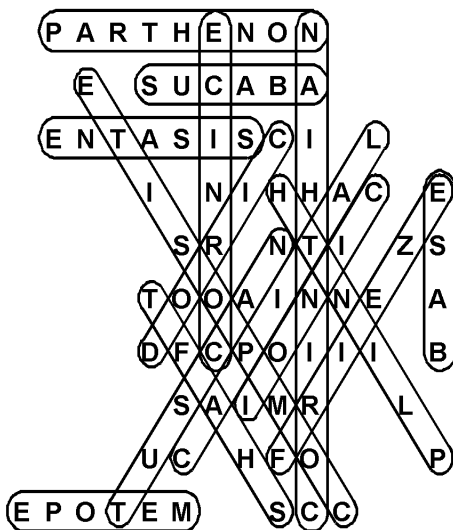
King Crossword

Answers

Solution time: 24 mins.

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

ASSOCIATED WITH COLUMNS



SUDOKU

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

ANSWERS FROM THE EXPERTS

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

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



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

What can I do to help my mom with her medications? She has several different medications and they get confusing for us both.

Medicine Management is so important to wellness and is such a cost savings for health care providers, that your home health benefit can be used for just that, managing your medicines. A home health nurse will inventory, check for duplicate prescriptions, set up a weekly planner, and teach the patient and care givers about each medicine. The nurse will teach about diet, side effects, and timing of your medicines too. Lastly, some patients stop taking a medicine because they feel good, when the reason they feel good is because they were taking that medicine.



Don Harper
CHRISTUS HomeCare
& Hospice
1700 Buckner Sq., #200
Shreveport, LA 71101
318-681-7200
See our ad on page 27.

Is Osteoarthritis (OA) hereditary?

OA does have a genetic predisposition. Common forms of OA of the hands has a familial component. Obesity is a modifiable risk factor for bilateral (both) knee OA and weight loss will reduce the risk of OA in the knee. Obesity, surprisingly, does not show an increased risk of hip OA, but does show increased risk of hand OA. Whether adipose tissue releases OA-causing growth factors or hormones is not known at present, but what is known is that weight loss does have an identifiable improvement in OA of the knee.



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

I have heard of a new lens implant for cataract surgery that will eliminate glasses. Does Medicare pay for it?

This is an exciting time to have cataracts. There is a new Multifocal Lens Implant called Restor that allows a wide range of vision without glasses. 80% of patients who have received the lens never have to use glasses, ever! Medicare and/or insurance covers part of the lens and surgery, the rest will have to be paid out of pocket. If you think you have cataracts and would like to learn more about the Restor Lens, call us at 212-3937.



Chris Shelby, MD
Pierremont Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
www.ShelbyEye.com
See our ad on page 25.

❧ Bossier Council on Aging ❧

Info & referrals - 741-8302

Caption Call System - Hard of hearing telephone system available @ no cost. Must have landline & internet services.

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. \$3/visit suggested.

Home Delivered Meals - Provided Monday - Thursday for homebound seniors in Bossier parish. \$2 suggested contribution.

Homemaker - Trained employees provide light housekeeping for

seniors having difficulty maintaining their homes. \$3/visit suggested.

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

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

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. \$25 fee per month.

Outreach - Home visits are made

to help qualify seniors for services.

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. Hot, nutritious meals served at 11:30 AM at the sites, Monday - Friday. \$2 per meal is suggested.

- Bearkat Site (741-8302), 706 Bearkat Dr., Bossier City. Monday through Thursday 8 am - 4:30 pm; Friday 8 am - 2:30 pm.

- Plain Dealing Site (326-

5722), 101 E. Oak St., Plain Dealing, 9 AM - 1 PM

- Benton Site (965-9981), 102 Bellevue, Benton, 10 AM - 1 PM, Monday - Thursday.

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.

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

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.

Community Choice Waiver - Case manager for Region 9.

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 grand-

parents must meet federal income requirements. A modest tax-free salary is given for 20 hours' per week service.

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

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.

Nursing Home Ombudsman - Advocate will investigate and resolve senior's nursing home complaints.

Personal Care - Personal care provided weekly for homebound seniors.

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 & Fri @ 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. 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.

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.

❧ 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

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

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.

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.

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.

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

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

Wellness - designed to support/improve the senior's mental/physical well-being through exercise, physical fitness, and health screening.



MAY Parting Shots

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

2015 NWLA Senior Olympics - Team "Go-Getters 2" took the bronze medal in beanbag baseball



(front row l to r) Ivy Thomas, Ronny Comstock, Linda Comstock, Lionel Brangham, Linda Brangham, Donna Cole, Donna Monroe, Ginny Bates, and Juanita Pinion. (Back row) Tony Cole and Clarence Pinion

The new Artport, Flying Colors, was held on April 2 at the Shreveport Regional Airport.



(l to r) Robert Trudeau, Mark Crawford, Brandy Evans and Bob Brown.

Day of caring - Charlotte Rice, Stacy Brown, Barry Regula, Ruth Hunter and Brandy Evans volunteered to paint at the

Rescue Mission in United Ways' Day of Caring on March 20.



THE SILENT EPIDEMIC HEPATITIS C

In the United States, it is estimated that 3.2 million people are infected with Hepatitis C (HCV). Many people do not even know they have the virus and can live with it for decades. Over time, HCV can lead to **liver cirrhosis**, **liver cancer**, and ultimately **liver failure**.

CDC recommends getting tested if you were born between **1945 and 1965**. Baby Boomers are **5X** more likely to have Hepatitis C.



Call (318) 631-9121 or visit www.gis.md to make an appointment with one of our board certified Hepatologists.

BIRTHDAY CELEBRATIONS

May PARTING SHOTS (continued)



Birthday Celebration: Dottie Bell, Bobby Washington, Gwen Washington, Cheryl Young, Lawanda Johnson and Boris Johnson helped Adolph Young (center) celebrate his 60th birthday in April.

Lily Mijalis was feted with a surprise 60th birthday party, hosted by her husband Johnny at the Cross Lake home of Gus and Stacy Mijalis on April 19.



Diane Deprang, Lily Mijalis, Maria Skamangas, Maria Kirkikis, and Melanie Salter

Sherry Moritz,
Lily Mijalis,
Mike Moritz,
and
Johnny Mijalis



Johnny Mijalis, Gus Mijalis, Lily Mijalis, and Stacy Mijalis



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