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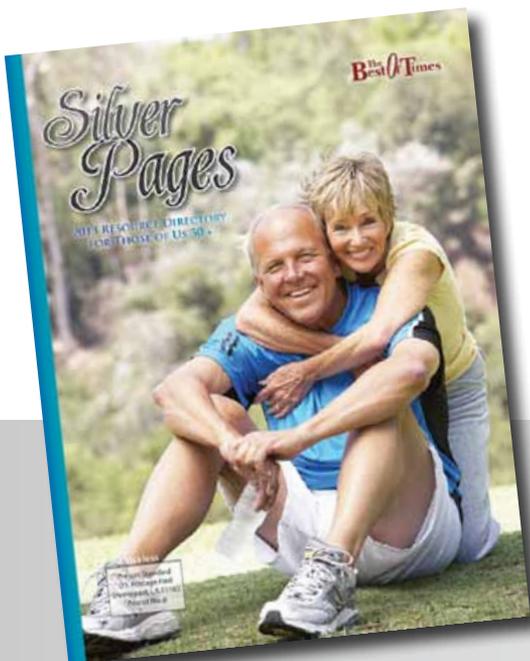
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## TINA'S TURN

Are you among the thousands of Americans who resolved to lead a healthier lifestyle in 2013? If healthier habits or weight loss

are among your new year's resolutions, pat yourself on the back for making wellness your number one priority and make sure to check out Sandra Gordon's fabulous feature, "Your Top Diet Questions Answered!" on page 9. She gives us the "skinny" on nutrition and ways to "healthy up" our diet. We also bring you an article by Ben Larrimore about joining the growing health trend of consuming less meat and a suggestion to join thousands of Americans who observe "meatless Mondays".

There are many theories as to why 13 is considered unlucky. Who knows how that superstition began but we, here at *The Best of Times*, have resolved to make 2013 LUCKY for dozens of our fans. Throughout this year we will be giving away a plethora of fabulous prizes to our loyal readers, radio show listeners, website visitors and special event attendees. For details on how you can WIN, check out page 15.

As always this issue is jammed with informative and fun articles. You will want to check out page 16 for a rundown on all the changes to Medicare for 2013, see page 18 for ways to stem the steady avalanche of junk mail arriving at your door, and see Suzy Cohen's tips for looking years younger.

David White returns with great information about Italian white wines, Andrea Gross introduces us to a rowdy bunch of pirates that frequent the waters near Tampa, and Brian Bradley gives us another outstanding insider's look into the world of the theatre.

Until next month I pray that 2013 brings all of you peace, good health, prosperity, loads of laughter, and a joyful spirit. God bless all of you throughout the coming year.

Tina



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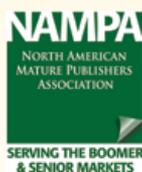
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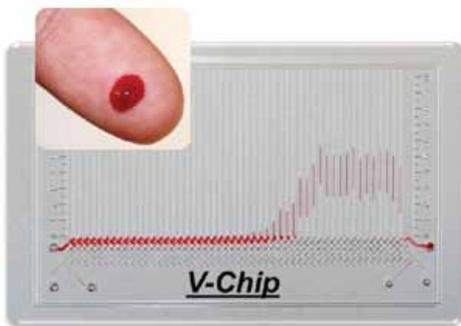
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prior to the show.

## Exercise May Protect Against Brain Shrinkage

Exercising regularly in old age may better protect against brain shrinkage than engaging in mental or social activities, according to a new study published in *Neurology*. People in their seventies who participated in more physical exercise, including walking several times a week, had less brain shrinkage and other signs of aging in the brain than those who were less physically active. According to researchers brain shrinkage may lead to problems with memory and thinking.

## Pocket Test Measures 50 Things in a Single Drop of Blood

A new device about the size of a business card could allow health care providers to test for insulin and other blood proteins, cholesterol, and even signs of viral or bacterial infection all at the same time with one drop of blood. Preliminary tests of the V-chip, created by scientists at The Methodist Hospital Research Institute and MD Anderson Cancer Center, were published by *Nature Communications*.



## New Research Shows Music Improves Health and Disease

Music has been incorporated into medical practice since before the ancient Greeks. However, though practitioners have been convinced of music's health benefits for thousands of years, there had been little peer-reviewed research to back them up. A 2012 scientific review, published in the journal *Nutrition*, collects information from a number of studies to support music's influence on health and support the experiences of complementary practitioners, who have long used music to help heal. For example, music reduces levels of serum cortisol in the blood.

Cortisol increases metabolic activity, suppresses the immune system and has been associated with both anxiety and depression. A number of studies have shown that exposing post-operative patients to music dramatically lowers their cortisol levels, enhancing their ability to heal. Other studies in the review measured music's impact on congestive heart failure, premature infants, immunity, digestive function and pain perception. In particular, music reduced the incidence of heart failure and showed that surgical patients required less sedation and post-operative pain medication.

## Weekly Soft Drink Consumption Bubbles Up Knee Osteoarthritis

Sugary soft drink consumption contributes not only to weight gain, but also may play a role in the progression of knee osteoarthritis, especially in men, according to new research findings presented at the American College of Rheumatology Annual Meeting. Factors that increase the risk of knee osteoarthritis include obesity, age, prior injury to the knee, extreme stress to the joints, and family history. After controlling for BMI and other factors that may contribute to knee OA, men who consumed more soft drinks per week had worse knee OA progression. Interestingly, men with lower BMI, less than 27.5 kg/m<sup>2</sup>, showed more knee OA progression with increased soft-drink consumption than men who had higher BMI scores. By contrast, only women in the lowest BMI segment of the study, less than 27.3kg/m<sup>2</sup>, showed an association between more soft-drink consumption and knee OA progression. The researchers concluded that men who drink progressively more soft drinks each week may see their knee OA worsen progressively as well. It is unclear whether this problem is due to high-calorie soft drinks leading to excess weight burdening knees, or if there are other ingredients in soft drinks that contribute to OA progression.



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Adults who include at least 150 minutes of physical activity in their routines each week live longer than those who don't, finds a new study in the "American Journal of Preventive Medicine".

## In the News

### SSA Announces 1.7% Benefit Increase

by Dora Miller

Monthly Social Security and Supplemental Security Income (SSI) benefits for nearly 62 million Americans will increase 1.7 percent in 2013, the Social Security Administration recently announced.

The 1.7 percent cost-of-living adjustment (COLA) will begin with benefits that more than 56 million Social Security beneficiaries receive in January 2013.

Some other changes that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$113,700 from \$110,100. Of the estimated 163 million workers who will pay Social Security taxes in 2013, nearly 10 million will pay higher taxes as a result of the increase in the taxable maximum.

Information about Medicare changes for 2013 will be available at [www.Medicare.gov](http://www.Medicare.gov). For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums.

### First Transcatheter Aortic Heart Valve Replacement Performed at WK

Interventional cardiologists have performed the first transcatheter aortic heart valve replacements (TAVR) using the Edwards SAPIEN Transcatheter Heart Valve at the Willis-Knighton Heart & Vascular Institute. The procedures were performed in the new hybrid suite, which integrates a surgical operating room with advanced imaging. The TAVR procedure enables the placement of a balloon-expandable heart valve into the body with a tube-based delivery system (catheter). The valve is designed to replace a patient's diseased native aortic valve without traditional open-chest surgery and while the heart continues to beat – avoiding the need to stop the patient's heart and connect them to a heart-lung machine which temporarily takes over the function of the heart and the patient's breathing during surgery (cardiopulmonary bypass).



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# YOUR TOP DIET QUESTIONS ANSWERED!

by Sandra Gordon

**H**ow can I control my cravings? What are the worst fast foods? Whether you're trying to lose the baby weight, get in shape for swimsuit season or just brush up on your nutrition knowledge and healthy up your diet, we've got you covered. Your most pressing problems solved.

## **1. Is there one small diet fix that will help me lose weight?**

"Yes. Stop drinking your calories," says Walter Willett, M.D., chairman of the nutrition department at the Harvard School of Public Health and coauthor of *Eat, Drink and Be Healthy*. Fruit juices, coffee drinks and regular soda are liquid calories that don't yield much satiety, says Dr. Willett. A 12-ounce regular cola contains 110 calories; the same amount of orange juice has 140.

"Research also shows that we don't compensate as well for calories consumed in liquid form," says Rachel K. Johnson, R.D., Ph.D., a professor of nutrition at the University of Vermont in Burlington.

In other words, we're unlikely to eat less later to make up for these extra calories. If weight loss is your goal, opt for low or no-calorie beverages like tea, water, seltzer and skim milk.

## **2. Are there any tricks to controlling a craving?**

First you need to know what's causing it. Often, plain old hunger makes us long for a particular food. "Cravings are a normal and natural response to underfeeding yourself and can be prevented simply by planning and eating enough throughout the day," says Katherine Tallmadge, R.D., author of *Diet Simple*. To stay satiated, she recommends eating three similarly caloric meals and one or more planned snacks daily. If the craving lingers after making this alteration, it may be emotionally based. Try distracting yourself for 20 minutes (the usual length of a craving) by chatting on the phone or taking a walk around the block, says Lawrence Cheskin, M.D., director of the Johns Hopkins Weight Management Center in Lutherville, Maryland.

If distraction doesn't do the trick, Linda Spangle, author of *100 Days of Weight Loss*, says you might have "head hunger." Identify the food you're yearning for: Is it chewy/crunchy or smooth/creamy? If it's the former, there's a good chance that you're angry,





Burger King's Triple Whopper with Cheese weighs in at 1,250 calories and 84 grams of fat.



One slice of Pizza Hut's Meat Lover's Pan Pizza packs 330 calories and 18 grams of fat.



anxious, frustrated, stressed or resentful. Ask yourself, What do I want to chew on in life right now? Spangle associates a yen for smooth/creamy foods with “empty emotions” like loneliness, sadness or a lack of recognition. Ask, What am I missing in my life at this moment? Whatever the answer, follow up with the bigger question: Will food get me what I need? Once you realize that eating won't resolve your problem, you can focus on what's really eating you.

### **3. I love fast food, but I'm trying to eat more healthily. What things should I avoid?**

Eighty-six the cheeseburgers, fried chicken, fried-fish sandwiches, French fries and meat-topped pizzas, says Michael Jacobson, Ph.D., executive director of the Center for Science in the Public Interest in Washington, D.C., and coauthor of *Restaurant Confidential*. One slice of Pizza Hut's Meat Lover's Pan Pizza with packs 330 calories and 18 grams of fat; Burger King's Triple Whopper with Cheese weighs in at 1,250 calories and 84 grams of fat. But if, alas, your belly's aching for the Golden Arches, control your portions by ordering a small grilled sandwich sans the cheese and sauce but with extra lettuce and tomatoes. Can't live without pizza? Opt for thin crust and vegetable toppings and you'll save more than 150 calories and 12 grams of fat.

### **4. Do I need to cut back on salt if I don't have high blood pressure?**

It couldn't hurt. A high-sodium habit plays a role in high blood pressure and may contribute to the condition. Blood pressure tends to rise with age. The USDA recommends that everyone, including kids, reduce their sodium intake to less than 2,300 milligrams of sodium per day (about 1 teaspoon of salt). If you're over age 51, African American or have high blood pressure, diabetes or chronic kidney disease, try to reduce your sodium intake to 1,500 milligrams per day. To shake the salt habit, cut down on popcorn and cookies, frozen dinners, canned soups and broths and bottled salad dressing, which are major contributors to sodium in the American diet.

### **5. My triglycerides were high at my last checkup. How can I lower them?**

Triglycerides are simply a form of fat. “They are as important as high cholesterol [another type of fat] in women,” says Noel Bairey Merz, M.D., medical director of the Women's Heart Center at Cedars-Sinai Medical Center in Los Angeles. Left unregulated, these fats can contribute to atherosclerosis, a condition in which artery walls become thicker and less elastic. When a blood test indicates that triglyceride levels are high (over 150 mg/dl), it's a tip-off that they're hovering in the bloodstream instead of being stored in the body for energy. Losing weight, reducing alcohol consumption, quitting smoking and exercising regularly can all help lower triglyceride levels.

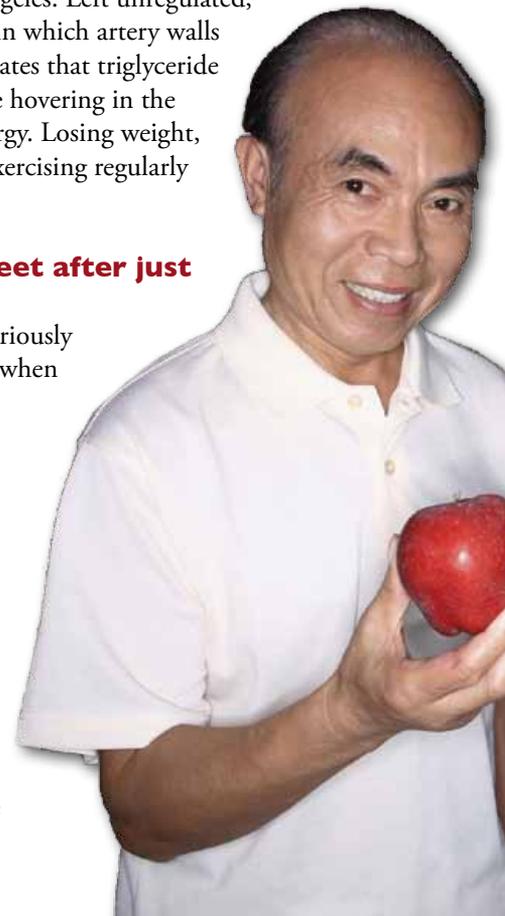
### **6. I find it impossible to stop eating a sweet after just a bite or two. Any tips?**

Um, pour pepper over the rest and then step on it? Seriously though, willpower is about timing. It's best to eat treats when you're full - say, at the end of a meal - so you'll be less tempted to binge.

“Using sweets like chocolate to alleviate hunger can actually create a craving for that food,” says Barbara Rolls, Ph.D., a nutrition professor at Pennsylvania State University and coauthor of *The Volumetrics Eating Plan*. Your brain gets the message that sweets hit the spot and remembers it the next time you're hungry.

### **7. Are organic foods more nutritious?**

Possibly. Whether foods are produced organically (without pesticides, herbicides and chemical fertilizers) or conventionally, “they generally contain the



same kinds and amounts of vitamins and minerals,” says Mary Lee Chin, R.D., president of Nutrition Edge Communications in Denver. However, a study published in the *Journal of Agriculture and Food Chemistry* found organic corn and strawberries to have higher levels of phenolic metabolites, or disease-fighting antioxidants. It seems the fertilizer used to produce conventionally grown foods may be enough to disrupt a plant’s metabolite production.

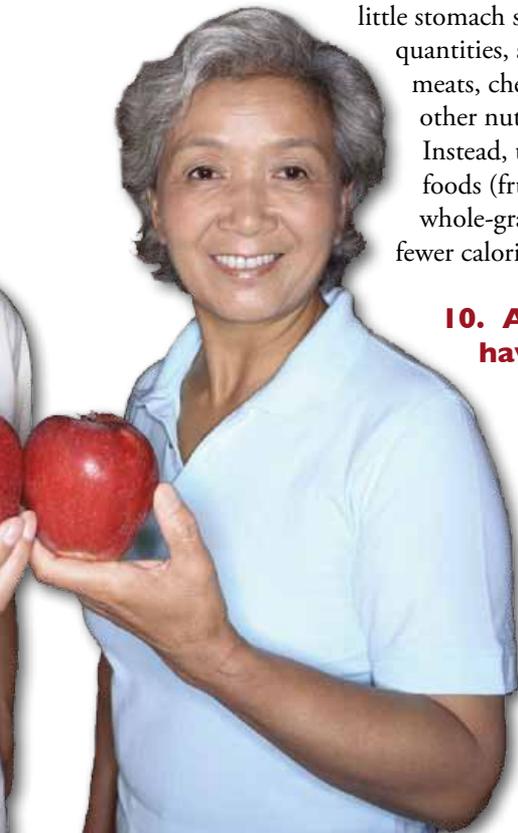
Children may be at risk of higher exposure to the possible toxins found in nonorganic food because baby food is often made up of condensed fruits or vegetables, potentially concentrating pesticide residues. Children’s developing immune, central-nervous, and hormonal systems may be especially vulnerable to damage from toxic chemicals. A study published in *Food Additives & Contaminants* showed that organic foods had residues of fewer pesticides that were present at lower levels than those found in conventionally grown foods. Given the health concerns associated with levels of many pesticide residues, it makes sense to buy organic food for your baby when you can, especially those that typically carry the highest residue levels. It can be worth paying more for organic apples, peaches, spinach, milk, and beef to avoid chemicals found in conventionally produced versions of those items.

### **8. Any strategies I can use so I won’t gain weight when I eat out?**

Thanks to supersize portions and the liberal use of tasty fats like butter and cream, restaurant meals can wreak havoc on a diet. But you can rein in the calories by developing some ironclad policies, says Cathy Nonas, R.D., author of *Outwit Your Weight*. For instance, you might decide that you’ll eat just half of your entree when you go to American and French restaurants, and a salad and half order of pasta when you’re out for Italian. In Chinese restaurants, your policy might be to share one steamed entree and one other dish with a friend. Other helpful tips: eat two appetizers (one should be low-calorie) instead of an entree, allow yourself a glass of wine if you pass on the bread basket, and always order sauces and dressings on the side. To increase the chances that you’ll adhere to these guidelines, make sure you take into account what’s most important to you. If you really love dessert, for example, your dining-out policy should reflect that.

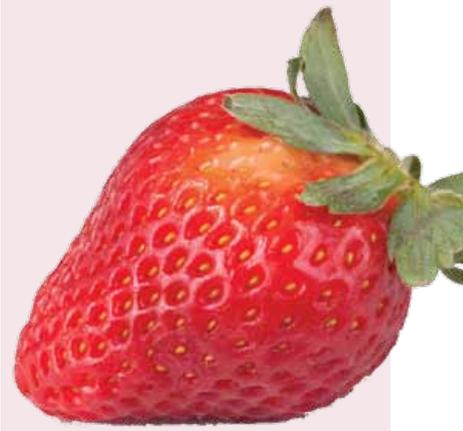
### **9. Are there some foods that contribute to weight gain more than others?**

No matter where the calories come from, consuming more than you burn will eventually cause you to gain weight. Some foods are easier to overeat, however. High-energy-density foods, those that have a low fiber or water content, take up relatively little stomach space, so you may find yourself consuming greater quantities, says Dr. Cheskin. In this category: white pasta, meats, cheese and cookies. Since some of these foods provide other nutrients, you needn’t purge them from your pantry. Instead, try to concentrate on eating more low-energy-dense foods (fruits, vegetables, broth-based soups, salads and whole-grain cereals with low-fat milk) and you’ll fill up on fewer calories, says Rolls.



### **10. Are there any “super” foods I can have that aid weight loss?**

“Dairy foods like skim milk and low-fat yogurt top the list,” says Michael Zemel, Ph.D., director of the Nutrition Institute at the University of Tennessee in Knoxville. In a study of 34 otherwise healthy obese adults, those who consumed three servings of light yogurt (for a total of 1,100 milligrams of calcium) daily lost 22 percent more weight and 61 percent more body fat than those on a low-dairy (500 milligrams of calcium) diet. Zemel explains that a high-calcium diet - 1,200 milligrams per



Organic strawberries have higher levels of phenolic metabolites, or disease-fighting antioxidants.



Those who consumed three servings of light yogurt daily lost 22 percent more weight and 61 percent more body fat than those on a low-dairy diet.



day - inhibits the production of calcitriol, a hormone that “tells” cells to generate more fat. Conversely, more calcitriol is released on a low-calcium diet, resulting in bigger, plumper fat cells. But supplements alone won’t suffice; you need to consume dairy foods. “Bioactive compounds in milk, yogurt and cheese work with calcium to nearly double the effectiveness of fat burning and weight management,” says Zemel.

**11. Diabetes runs in my family. Should I steer clear of sweets?**

If you’re overweight and don’t exercise regularly, yes. Limit your intake of simple carbohydrates, such as cookies, cakes, power drinks and soda, says Fran Kaufman, M.D., past president of the American Diabetes Association and author of *Diabesity*. These foods can cause blood sugar to rise rapidly and prime the pancreas to release insulin. Over time, the consistent release of this hormone can pave the way for type 2 diabetes, a condition in which the pancreas doesn’t make enough insulin and the body’s cells don’t

respond properly to the insulin produced. To prevent or delay the onset of this disease, lose weight if you need to and work out regularly, says Dr. Kaufman. Exercise helps metabolize excess circulating blood glucose; weight loss helps your body use insulin more efficiently.

“Bioactive compounds in **milk, yogurt and cheese** work with calcium to nearly **double the effectiveness of fat burning and weight management.**”



**12. I’m a Java junkie! How much caffeine is too much?**

Are you feeling jittery or experiencing insomnia or heartburn? If so, you may want to go easy on the joe. “On average, most adults will notice no side effects from caffeine at 300 milligrams or fewer a day,”

says Herbert Muncie Jr., M.D., professor of Family Medicine at Louisiana State University in New Orleans. That’s the caffeine equivalent of roughly 28 ounces (or three and a half cups) of regular coffee.

*Sandra Gordon is an award-winning writer who delivers expert advice and the latest developments in health, nutrition, parenting and consumer issues.*

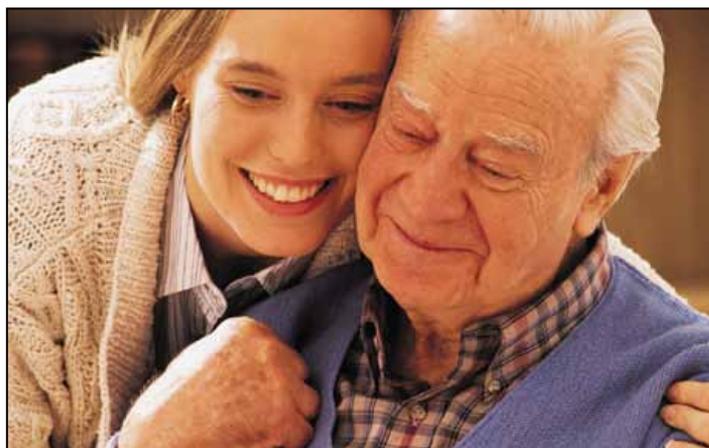
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# Where's the Beef?

## AMERICANS ARE CONSUMING LESS MEAT WITHOUT 'GOING VEG' – SHOULD YOU JOIN THE HEALTHY TREND?

By Ben Larrison

In a country known for its love of the fast-food hamburger and a thick, juicy steak, something strange has been happening of late: People are eating less meat.

By all statistical accounts, Americans have been cutting cut back on their meat consumption – though not necessarily by going vegetarian. USDA projections for 2012 show a notable decline in meat and poultry use, just as they did in 2011, while a 2010 American Meat Institute study found that 18 percent of Americans regularly eat meatless meals for health reasons.

There is plenty of medical evidence in the case for consuming less meat. Studies have demonstrated that eating meat can help cause cardiovascular disease, Type II diabetes and certain cancers – including those of the colon and prostate. Processed meat is even worse.

The latest bad news for meat comes in the form a new study from the Harvard School of Public Health, which shows that eating even a small amount of red meat every day raises mortality risk by 13 percent, while a daily serving of processed meat every day comes with a 20 percent increased risk of mortality.

In light of such news, you may very well be thinking of cutting back on your meat consumption. But just because you have decided to eat less meat – be it for health, environmental, cosmetic or other reasons – doesn't mean you must become all-out vegetarian. In fact, these eat-less-meaters have even earned their very own term: flexitarian.

"To be strictly vegetarian or vegan, in my view, is not 100 percent necessary for health," says Dr. Donald Hensrud,



editor of The Mayo Clinic Diet. "And what I mean by that is it's what you eat 90 percent of the time, or 95 percent of the time, that makes the most impact."

So how can you join the "Eat less meat" movement? Well, one easy way would be by participating in what is perhaps its most recognizable offshoots: Meatless Monday. The initiative began in 2003, when founder Sid Lerner – a 72-year-old former ad man– worked with Johns Hopkins University to begin a public health awareness campaign regarding excessive meat consumption by encouraging people to give up meat at their Monday meals. "The goal," says Tami O'Neill, project associate for The Monday Campaigns, "is for people to use the start of their week to contemplate healthier eating."

But O'Neill is also quick to mention that the Meatless Monday campaign is not recruiting people to vegetarian or vegan lifestyles. ("We're completely for people eating meat or wanting to eat meat," O'Neill says.) The idea is more for people to take the start of the week as an opportunity to think about what they eat, and to explore the ever-growing world of plant-based meals.

While the notion of giving up daily meat may seem daunting at first, it's often just a matter of mindset. "Instead of focusing on what you can't eat, focus

on what you can," Hensrud says. "And come up with different meals that are tasty, healthy, practical, but don't involve meat. Whether that's including fish more often, or just starting out going plant-based instead of meat one day a week or something."

Plus, thanks to the Internet, it's pretty easy to find quick-'n'-easy meatless recipes, some of which may even introduce your taste buds to some new foods and flavors. One such food is quinoa, the so-called "miracle grain" that eats like rice or couscous while also packing a great deal of protein. Who knows? Maybe you'll like it so much you'll try it again with chicken or fish. "A lot of it is not necessarily time, it's planning," Hensrud says. "And what could be a better return on investment than spending some time to improve your health?"

With so many "new" elements to the eat-less-meat movement, it may at first feel like nothing more than a trend. But in some ways, the move away from meat is actually a return to the days of the past. "We're eating double the amount of meat that we were eating in the 1960s," O'Neill says. "Our diet has rapidly changed," she says, from sit-down meals with healthy sides into "...a fast food culture and a take-out culture, and we're seeing that on our waist lines."

Health is a significant factor to wanting to cut down on meat, but there are plenty of other reasons to change your eating habits. Industrial farming takes a major toll on the environment, while some folks have trouble just getting past the idea of eating Wilbur. And then, of course, there is simple truth that cutting back on meat often means cutting back on calories, making it a great help if you are looking to cut a leaner figure.

Such was initially the case for Carole Carson, author of "From Fat to Fit: Turn Yourself into a Weapon of Mass Reduction" (Hound Press, 2007), a book in which she chronicles her efforts to shed pounds and get in shape just before turning 60 – efforts that included eating less meat.

Carson says when she lost weight, her family members started losing weight, too: "And I wasn't proselytizing!" Having the fellow motivators made all the difference.

"I don't think anybody can do this alone," Carson says. "Changing your habits has to be done as a family or a community. You really need people around you to help you make a change."

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**"We're eating double the amount of meat that we were eating in the 1960s. Our diet has rapidly changed, from sit-down meals into fast food culture and we're seeing that on our waist lines."**

~Tami O'Neill, project associate for The Monday Campaigns

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# What to Know About Medicare in 2013

The New Year will bring improvements and other changes to Medicare. Here's a brief rundown of what to expect in 2013.

By Bob Moos

## ⇒ You'll get bigger price breaks on brand-name and generic drugs in the "doughnut hole."

If you have a Medicare drug plan and reach the coverage gap, you'll receive bigger discounts on your prescriptions – about 53 percent for brand-name drugs in 2013 (compared with 50 percent this past year) and 21 percent for generics (compared with 14 percent in 2012).

The price breaks are adding up. More than 46,000 Louisiana residents with Medicare have saved \$31.2 million on their prescriptions in the coverage gap this past year – an average of \$672 per person. The discounts will continue to grow each year until the doughnut hole disappears in 2020.

## ⇒ Medicare premiums will increase only slightly.

The monthly premium for the part of Medicare that covers doctor visits and outpatient hospital care will increase for most people by only \$5, to \$104.90, in 2013. The Part B premium has gone up slowly over the past five years – an average of less than 2 percent annually.

The standard premium amount is calculated each year according to a mathematical formula. It takes into account Medicare's costs the previous year and the fact that the government pays 75 percent of Part B's costs while beneficiaries pay the other 25 percent.

A small number of people with Medicare – about 4 percent – pay surcharges on their Part B premiums because their annual incomes are higher than \$85,000. They, too, will see only a slight increase in their premiums for physician visits and outpatient services.

## ⇒ Medicare deductibles will increase modestly.

Besides new premiums, there are new deductibles for 2013. These are the

amounts you pay out of pocket each year before Medicare kicks in and covers its share of the bills.

The Part B deductible for doctor appointments and other outpatient care will be \$147, compared with \$140 this past year. The Part A deductible for up to 60 days of inpatient hospital services will increase about 2 percent, from \$1,156 in 2012 to \$1,184 in 2013.

## ⇒ If you're dissatisfied with your Medicare Advantage plan, you can quit it beginning Jan. 1.

If you're unhappy with your private Medicare Advantage health plan, an annual "disenrollment" period allows you to return to the traditional fee-for-service Medicare program between Jan. 1 and Feb. 14. You can also pick a drug plan to go with your new coverage.

*A word of caution here:* There

are a few things you can't do during the six-week disenrollment period. You can't switch from one Medicare Advantage plan to another. Nor can you switch from the traditional Medicare program to an Advantage plan. Most people will need to wait until the annual enrollment period in the fall to make either of those changes.

## ⇒ You'll pay less for walkers, wheelchairs and other medical equipment.

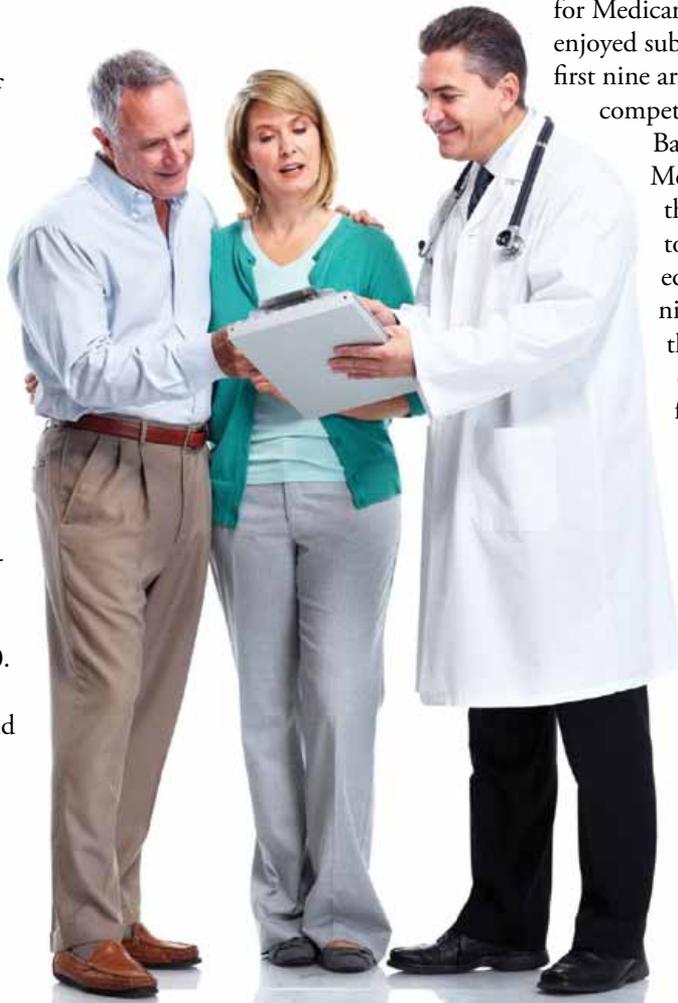
You're likely to reap hundreds of dollars in savings each year from the new way that Medicare will pay for medical equipment like home hospital beds, walkers and wheelchairs. The reform takes effect in dozens of additional metropolitan areas starting July 1.

The government is replacing an outdated fee schedule with a new system that requires equipment suppliers to bid for Medicare's business. Beneficiaries have enjoyed substantial price reductions in the first nine areas where Medicare has tried competitive bidding.

Baton Rouge and New Orleans-Metairie-Kenner will be among the next metropolitan areas to see lower costs on medical equipment and supplies beginning this summer. All areas of the country will benefit from competitive pricing within a few years.

As I said, this is just a quick look at Medicare's more noteworthy changes. The "Medicare and You 2013" handbook you recently received in the mail has a complete summary. If you need a copy, ask for one at 1-800-MEDICARE, or visit [medicare.gov](http://medicare.gov) and download it.

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



## ANSWERS FROM THE EXPERTS

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

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

If he is eligible for Medicaid and has been awarded benefits, the pharmacy will bill Medicaid for reimbursement.



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

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



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*My grandchild complains of shoulder, neck and back pain when in school. Could this be due to his heavy backpack?*

Yes. Backpacks are designed to distribute weight to larger muscle groups that can handle the load. Backpacks should have 2 padded wide shoulder straps, a padded back, and a waist strap (for heavier loads). Also backpacks should light and not add to the load. Rolling backpacks are an alternative, although stairs are a problem. Your grandchild should use both shoulder straps, tighten straps so the pack is 2 inches above the waist and closest to the body, not pack more than 20% of the child's body weight in the backpack, and pack only what he needs.

Pack heavier items close to the back and unpack unnecessary items in the locker.



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## Stem the Tide of Junk Mail

By Jason Alderman

**H**ere's more than you ever wanted to know about junk mail: Each year, direct mail creates 10 billion pounds of solid waste in the U.S. and costs local communities more than \$1 billion in collection and disposal expenses – not to mention putting you at greater risk for identity theft if you don't shred personalized mailings before tossing.

So how can you stop the flood of junk mail you receive? You could try moving or changing your name, but as you've probably noticed, a lot of what's delivered to your mailbox is addressed to "Occupant." In fact, the U.S. Postal Service relies heavily on such deliveries, which now outnumber first-class postage mailings.

Here are a few more practical sugges-

tions for stemming the tide:

A good way to significantly reduce the number of offers you get for new credit accounts and insurance is to register with [www.OptOutPrescreen.com](http://www.OptOutPrescreen.com), a secure website created by the leading credit bureaus (Equifax, Experian, Innovis and TransUnion).

By completing a simple online form, you can request to be removed from marketing lists the bureaus supply to lenders and insurance companies for use in firm (preapproved) credit or insurance offers. The electronic opt-out is valid for five years. If you want to opt out permanently, you must mail the form to the address provided. You can also opt back into such mailings electronically through the website. And, if you prefer, you may opt in or out by phone at 888-567-8688.

Another good method to curb the amount of direct mail you receive is to register with [www.DMAchoice.org](http://www.DMAchoice.org), a program run by the Direct Marketing

Association, the leading trade organization for businesses and non-profits that send direct mail. When you register, your name is put in a "delete" file that is sent to DMA's 3,600-plus members to check against their mailing lists.

It's important to note that not all marketers belong to DMA, so registering won't stop all such mailings. Also, it won't stop mailings from companies you already do business with or to which you've made a donation in the past. To get off their lists you'll have to contact them directly.

You can also register with [DMAchoice.org](http://DMAchoice.org) to stop mail from being sent to a deceased individual or if you want to manage mail being sent to a dependent in your care. And, they have an email preference service where you can opt out of receiving unsolicited commercial emails from DMA members for six years.

A third opt-out option to explore is [www.CatalogChoice.org](http://www.CatalogChoice.org), a free service



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that helps you submit opt-out requests for catalogs, coupons, credit card offers, phonebooks, circulars and more. Catalog Choice also offers several paid where they do more of the legwork to get you off third-party mailing databases.

One last suggestion: If you've got elderly parents, you might want to screen their mail for an overabundance of direct mail – especially catalogs and solicitations for money. If they're on a fixed income and susceptible to strong sales pitches, the combination can be devastating to their bank account. You can help them register with the organizations mentioned above.

No matter how diligent your efforts to get yourself off unwanted mailing lists, you're probably still going to get some junk mail. But it's good to know there are ways to significantly scale back the amount.

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



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## No More Doughnuts!

by Lee Aronson

**Y**ou've probably heard the saying, "Money is the root of all evil." Well, not according to one of my old bosses: he thought doughnuts were the root of all evil.

So let's say that he holds a big meeting and tells all of his employees that he doesn't want any of them eating any doughnuts. And those that do are going to have to pay more for health insurance. Is that legal?

There are special rules that deal with group health insurance you get through your job. These rules are different than the rules for people who buy individual or family health insurance on the open market. But when it comes to group health insurance, employers are usually not allowed to charge employees different amounts for health insurance. But there are some exceptions to this rule. Here's the deal: the boss can't charge doughnut eaters more, but he can reward the healthier non-doughnut eaters by allowing them to pay less. Isn't that just a matter of semantics? Yep, but that's the law.

The way it works is everyone must be given the chance to participate in a "wellness program." In my old boss's case, his "wellness program" would be "don't eat doughnuts. And if you can pull it off, you'll get a discount on your health insurance."

But there is a limit to how much of a discount non-doughnut eaters can get. Right now, the discount can't be more than 20% (but it will go up to 30% in 2014.) So let's say that health insurance costs \$1,000 per employee per month. That means the discount can't be more than \$200. So let's say that for the healthy non-doughnut eaters,



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the company pays \$800 and the employee pays the remaining \$200. But the doughnut eaters have to pay \$500 because the company only pays \$500 for their health insurance. That's a \$300 discount for the non-doughnut eaters. But because \$300 is more than 20% of \$1,000, that's too much of a discount. Therefore, a plan like this would be illegal.

But even if the discount was 20% or less, the plan would still be illegal unless the employer allows "a reasonable alternative standard" for employees "for whom it would be unreasonably difficult due to a medical condition, or medically inadvisable, to satisfy the standard." Here's an example: Don (not his real name) suffers from a rare medical condition (which I am making up) called Doughnut-itis. He has to eat at least one doughnut a day or he will die. In a case like that, the boss would have to give Don the discount or "allow a reasonable alternative standard" for getting the discount.

These same rules would apply to differences in insurance premiums for smokers, for fat people, and for any other health factor. And these rules also apply

to employees who have what might be called "risky hobbies" such as skydiving or "motorcycling, snowmobiling, all-terrain vehicle riding, horseback riding, skiing, and other similar activities."

So are employers really doing stuff like this? They sure are. The National Business Group on Health found 48% of employers "plan to tie financial incentives to worker's participation in health programs."

Finally, how about an employer who gives health insurance to all of the full time employees but not to the part time employees? Is that legal? Yes. When it comes to health insurance, employers can treat different types of employees differently as long as the distinction is based on an employment classification rather than a health factor.

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



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# Looking Forward to the New Year

by Judge Jeff Cox

It's hard to believe that we are already at the end of another year. By the time you read this article, Christmas 2012 will have come and gone. We have many things facing us in the New Year. As Americans, we face new taxes, fiscal cliffs, unemployment worries, and a new health care law. We have faced contentious elections this past year with really not much changing in the way of national politics, some would even say with even more of a stalemate. Many of you reading this article could wonder how I could write that I am looking forward to the



New Year when our country is facing such crisis as stated above.

As many of you do, I like to take an assessment of the Blessings we have had in the past year. I look at my family. I have a wife and two wonderful children. I have two wonderful parents that are still in good health. I have great in-laws that actually like me as a son-in-law. And, I have an extended family on both sides that I get to see on a regular basis.

My dad turned 85 this year and maintains a garden that he feeds to neighbors and friends, works in the yard, and works at the farm.

He can still out work most people and keeps my brother and I lined up in all that we do at the farm. He has been a wonderful example of a father and a grandfather to my children, especially my son. In fact, he can't make a step without my son being behind or beside him. They are definitely like two peas in a pod and a pair of people couldn't be any more alike.

My mom is a mature 29. She has actually threatened to write me out of her will if I tell anyone her age, so I won't be spilling the beans in this column. Mom has the cleanest home in town. She cleans it everyday, does the wash, and

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makes sure everything is in its place. Mom even has time to can vegetables from dad's garden and put things in the deep freeze for the winter time. She has been very active throughout her life and made sure I got my school work and was at every football practice.

My mom and dad have been two very active people. They both have been involved in their Church and their community. As of late, mom has been slowed down a little by knee surgery. She is making progress every day. But, because of her knee surgery, mom and dad have needed us to help them a little, even though they have tried to do everything they can on their own. They have both stated that they do not want to be a burden to my brother and I or to their family.

What they haven't understood is that they are not a burden. My brother and I both love being able to do what they allow us to do. Both of them cared for my brother and I and we feel it is an honor to be able to help them. We feel more connected by being able to help them and do what they allow us to do.

Unfortunately, many older parents, family members, and senior citizens in our community feel this way. Senior citizens feel they have taken care of the younger generation for years and that they should be the ones doing everything. Some fear they are losing their independence by receiving help or that it shows a sign of weakness. None of this is true as we all need help at some time or another. Most children and family members want to be involved in the lives of their parents. Most children want every minute they can spend with their parents as this is how memories are made that will last their lifetime. Family time is hard to come by these days and must be treasured.

The reason I am looking forward to the New Year is because I will have the opportunity to spend time with my parents and family. Let each of us make a commitment in the New Year to assist those we can and to cherish the memories that are made by the opportunities we are presented. Wishing all of you a Happy New Year!



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

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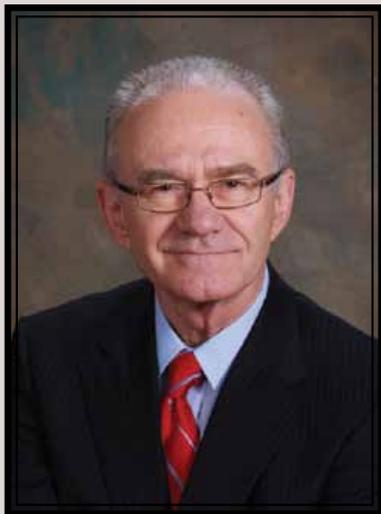
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# Look 15 Years Younger

by *Suzy Cohen, R.Ph.*

**D**ear Pharmacist, I met you at a book signing and was in awe of how good you look at 47, your skin was radiant and you look 30 something, not a deep wrinkle on you. What's your secret? --L.J., San Diego

Thank you, that warms my heart because I work at that. It's harder to maintain skin in Colorado, compared to humid Florida, out here it's a desert. Soon I'll offer supplement ideas.

I don't believe in making yourself look like a mannequin with all sorts of shots, plumpers or designer lotions. Skin hydration tops my list. I'm constantly spraying facial toner (alcohol-free) and I keep a miniature sprayer in my purse to spritz myself and Sam... he never sees it coming, just gets it in the face with cold spray, ha ha. He says this habit of mine reminds him of Gus from My Big Fat Greek Wedding, who sprayed Windex on everybody. Yeah, totally me but hey it works. FYI, this habit helps prevent razor bumps and it's fabulous right after a bikini wax.

What you eat will either nourish or damage your cells, and influence your appearance. If you consume processed foods,

or smoke and drink things that are "oxidants," you unleash free-radicals which do one thing, and only one thing, rust you! Wrinkling is just rusting of the skin. This is why ANTI-oxidants are beneficial. Here are my other secrets:



**Exercise** - Nothing detoxifies the body like sweating. For me, it's yoga, Zumba dance or my infrared sauna.

**Astaxanthin** - The "king" of carotenoids, this natural algae acts as an internal sunscreen. I take 12mg daily and never go a day without it. I'm athletic, and astaxanthin is clinically proven to support joint health, giving me bang for the buck. Several well-designed studies conclude that natural astaxanthin prevents skin damage from the sun's ultraviolet rays and this reduces signs of sagging, wrinkles and dryness.

**Zinc** - I take a 20mg lozenge every day,

for 3 to 4 months each year, beginning in the fall or winter (because it also improves immunity). Zinc is known to help with wound healing.

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**French green or Rose clay** - A great overall cleanser which I do once a month. Add 1 drop of lavender, clary sage and tea tree essential oil for added benefit.

I use a peel every month to diminish fine lines and reduce pores. The product I like comes in towelettes called "Alpha Beta Peel by Dr. Dennis Gross." It's paraben free. That's good because parabens are endocrine disruptors and mess with hormone balance. In fact, elevated estrogen may cause cystic acne and heavy periods.

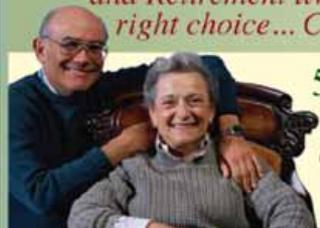
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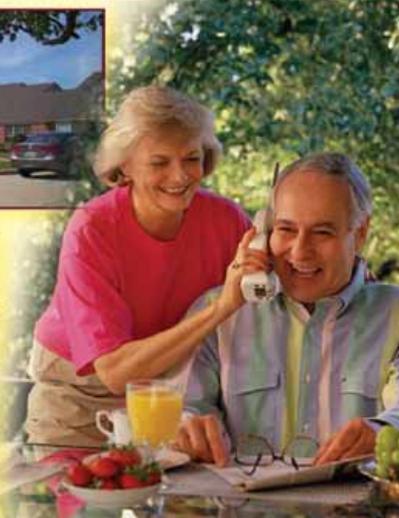


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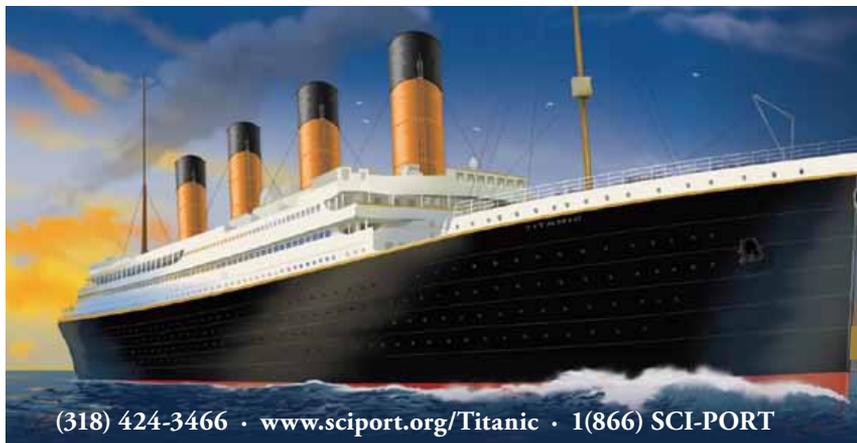
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# The Electric White Wines of Italy

by David White

Legend has it that a renowned British wine taster was once presented with a flight of wines while wearing a blindfold. He nailed each wine, correctly identifying the grape and the region in which it was grown.

Toward the end of the challenge was a glass of water. Upon smelling and sampling it, the taster expressed bewilderment.

"I have no idea what this is," he exclaimed, "but I can assure you it's something I've never had before!"

Traditionally, this story has been used to spark a conversation about the futility of blind tasting. The wine world's smart alecks, however, have taken to replying back with a joke: "Why didn't he peg it as Pinot Grigio?"

Sadly, there's some truth to this retort. All too often, Pinot Grigio is simply a substitute for water. Mass-market bottlings are refreshing and fruity -- and deliver a buzz -- but they're never very compelling.

This reality has tarred the reputation of all Italian white wines. That's a shame, because Italy produces the most exciting whites in the world. Even Pinot Grigio can be spectacular.

Italy has been producing wine for thousands of years. When the ancient Greeks colonized southern Italy, they called it "Oenotria," or land of the vine.

Pinot Grigio gained a foothold in America in 1979, when wine importer Tony Terlato visited Milan in search of the "next great white wine."

Terlato tasted a Pinot Grigio and "was taken by its fresh aromas, its crispness, freshness and the way it paired effortlessly with foods." The next day, he drove to northern Italy's Alto Adige region, where Italy's best Pinot Grigio is grown. Upon arriving, he visited a local restaurant and ordered every Pinot Grigio on the wine list. Of the 18 bottles, Terlato most enjoyed the offering from Santa Margherita. He visited the winery the following day

-- and returned to the United States as its sole importer.

Santa Margherita Pinot Grigio took off. Today, it's America's most popular imported restaurant wine.

Over the past 33 years, however, Pinot Grigio has become a victim of its own success. Santa Margherita isn't cheap -- it retails for \$25. So the market has been flooded with cheap alternatives, led by brands like Cavit, Ruffino, and Ecco Domani.

There are better wines for the money. More grape varieties are planted in Italy than any other country in the world. Thousands of Italian wines make their way to the United States.

The most exciting whites come from northeast Italy, particularly the regions of Alto Adige, a neighbor to Austria and Switzerland, and Friuli-Venezia Giulia, which borders Slovenia to the east and Austria to the north.

Alto Adige is still home to the world's

best Pinot Grigio, but dozens of varieties flourish there. Pinot Bianco, for example, is more floral and mineral-driven than Pinot Grigio. Gewurztraminer, Muller Thurgau, and Kerner are exceptionally aromatic -- and display enough sweetness and acidity to complement cream sauces and even spicy foods.

In recent months, I've become obsessed with Kerner, as it seems to work with everything. Top producers include Koferrhof and Abbazia Di Novacella, which both make bottlings for under \$20.

Friuli-Venezia Giulia, commonly shortened to Friuli, is home to a host of obscure, fun, and versatile grapes like Ribolla Gialla and Friuliano. Producers in the region are also known for producing rich, complex blends and crisp, clean Chardonnay and Sauvignon Blanc.

Southern Italy also generates delicious whites. My favorites come from Campania, where a grape called Fiano thrives. At first, Fiano typically comes across as an easy-drinking quaffer. But it can hold its own at any table -- and the better examples gain complexity with age. One of my favorites, Feudi di San Gregorio's Fiano di Avellino, runs less than \$20.

It's no secret that Italy produces some of the finest red wines in the world. Top Barolo and Brunello di Montalcino easily command hundreds of dollars per bottle. But too many consumers disregard Italy's whites thanks to the flood of cheap Pinot Grigio that's come ashore.

They shouldn't. Italy produces more distinctive wines than any other nation -- and its whites are positively electric.

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



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# Pirates & more in Tampa

Story by Andrea Gross • Photos by Irv Green



Tampa residents get into the spirit of Gasparilla.



Ybor City is a National Historic District that commemorates the city's Latin heritage. Left: Tampa residents get into the spirit of Gasparilla.

There it is!" The child who is standing next to me jumps up and down, accompanying each jump with an ear-splitting shriek. I look in the direction he is pointing. It is indeed a scream-worthy sight. There, sailing towards us in a slow but steady manner, is a giant pirate ship, with masts that pierce the sky and bright flags that wave in the breeze. The name of the ship is emblazoned on its side: José Gasparilla.

The deck is crowded with hundreds of men, some with black triangular hats adorned with a skull-and crossbones insignia, others with colorful rag-wrapped turbans. The men blast cannons, brandish swords, whoop and holler as the ship, surrounded by a flotilla of small boats, prepares to invade the city of Tampa.

The ship docks, the pirate captain disembarks and approaches the mayor, demanding the Key to the City of Tampa. The mayor complies; the party can begin.

Tampa's annual pirate fest, which will take place this year on January 26, honors José Gaspar, the bold buccaneer who in the late 1700s and early 1800s captured hundreds of ships off the coast of Florida. Today the Gasparilla Festival has become a major event, and the stolen treasure is being returned in the form of tourist dollars.

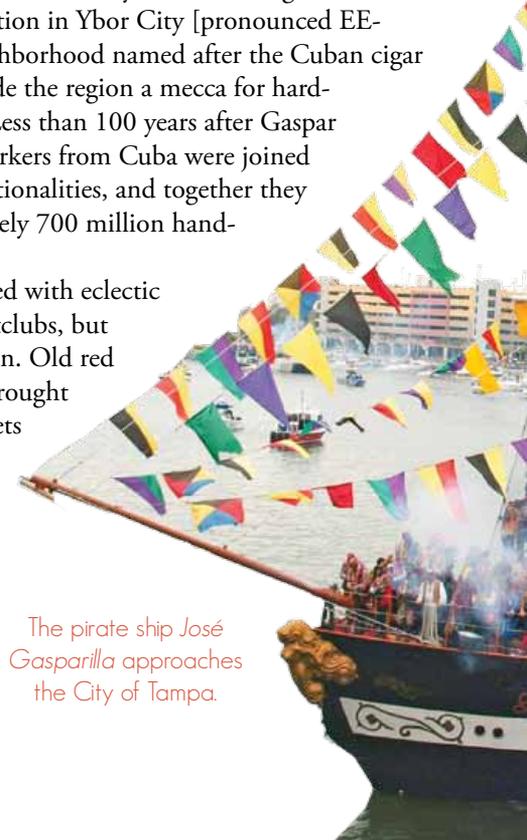
Gasparilla combines the legend of Gaspar with the magic of Mardi Gras. Following their successful takeover of the city, the merry pirates [a.k.a civic leaders who are members of Ye Mystic Krewe of Gasparilla] strut through downtown in true swashbuckling style, accompanied by more than 100 floats and marching bands.

At the same time, merrymakers fill the streets, where there's nonstop entertainment and an abundance of food stands. The partying continues 'til 10 pm, at which time the victorious pirates retreat, letting Tampa return to the twenty-first century.

Of course, Tampa is more than pirates. Its attractions include great beaches [nearby St. Pete Beach was voted #1 by TripAdvisor], a temperate climate [average summer temps are in the low 80s; average winter ones are in the low 60s], and a historic district that reflects the city's Latin heritage.

We start our exploration in Ybor City [pronounced EE-bore], the historic neighborhood named after the Cuban cigar manufacturer who made the region a mecca for hard-working immigrants. Less than 100 years after Gaspar pillaged the region, workers from Cuba were joined by workers of other nationalities, and together they produced approximately 700 million hand-rolled cigars a year.

Today the area is filled with eclectic shops and trendy nightclubs, but traces of the past remain. Old red brick buildings with wrought iron grillwork line streets bordered with spindly palms; master cigar-rollers continue to practice their craft; and the Columbia Restaurant, Florida's oldest and the world's largest Spanish restaurant,



The pirate ship José Gasparilla approaches the City of Tampa.

features a full array of Cuban food, as well as the “original Cuban sandwich” [a long loaf of soft, white bread filled with layers of ham, roast pork, Swiss cheese, pickles and mustard].

Walking through the restaurant is almost as interesting as tasting its food. Amidst the wrought iron and bright tiles, there’s a royal dining room, a Spanish courtyard and a flamenco nightclub.

The Tampa Bay History Center, a 60,000-square-foot facility that opened in January 2009, tells us more about Ybor City and the entire Tampa Bay region. Various exhibits highlight people from the Seminole Indians and Spanish conquistadors to the “cowmen and crackers” who were part of Florida’s cattle ranching past.

To see a bit of Tampa’s natural history, we go to the 240-acre Lettuce Lake Park, so named because the surrounding greenery reminded folks of a lunchtime salad. Rather than renting a canoe or kayak, we pick up a map and brochure at the visitors center and explore on foot. There are 3,500 feet of boardwalk, more than a mile of paved pathways and an abundance of well-maintained nature trails that lead us through groves of cypress and ferns, past two alligators, a few turtles and an untold number of birds.

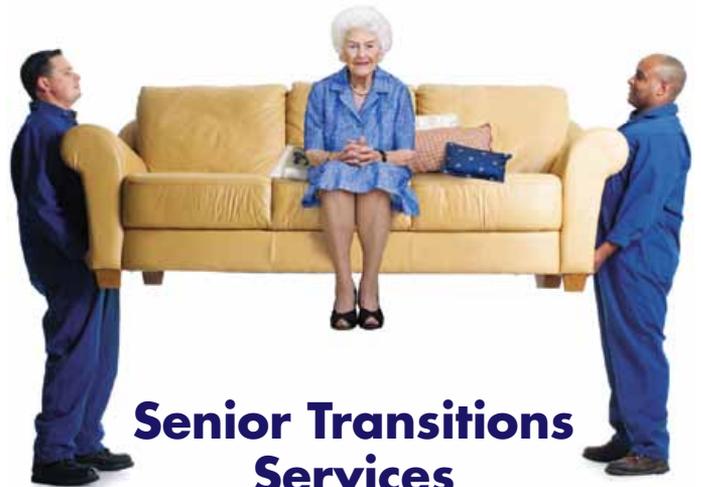
That evening we arrive early for our flight home and are relaxing at the mojito bar when a gentleman tells us that the best place to see a Florida sunset is from the top of the airport parking garage. We take the elevator to the top floor and there, against a red sky, we can almost see a fully-rigged pirate ship sailing into the Bay.

With a smile and a toast to José Gaspar, we go down to catch our plane.

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# BROADWAY: A Personal Perspective

By Brian Bradley

The fall season is brimming with musicals, both new and revivals as well as a handful of plays. *The Performers* opened and closed so quickly we didn't even have an opportunity to see it. One Off-Broadway play is a gem. Musical are a mixed bag.

Moisés Kaufman's misdirected production of *The Heiress* is sumptuous visually. Derek McLane's expansive, richly appointed Washington Square townhouse, including a chandelier that raises and lowers for illumination, may not be architecturally accurate, but along with Albert Wolsey's subdued, yet lavish costumes there's plenty to hold your attention while you wait for Judith Ivey's next scene.

The fact that Miss Ivey steals the show with her bright portrayal of Catherine's confidant Aunt Lavinia is not at all a good thing. It's because Jessica Chastain is so woefully lacking in the title role that she could. Miss Chastain offers a mere outline of a complex, heartbreaking character that has won actresses Oscars and Tonys previously. She telegraphs feelings and italicizes emotions like an overeager acting student, but it's all false and fake. David Strathairn attempts to mitigate her father for empathy when his unbending position and lack of remorse better serve the story. Catherine's pain of rejection and betrayal by her suitor Morris left me frustratingly unmoved.

Meanwhile Off-Broadway Lincoln Center is presenting Christopher Durang's hysterical new comedy *Vanya and Sonia and Masha and Spike* with its own starry cast including Sigour-

ney Weaver and David Hyde Pierce. Durang takes characters and themes from Chekhov, mixes them up; the result is an inspired play set in present day Bucks County about a insanely eccentric, engaging and ultimately touching family. Both Mr. Pierce as the gay, asexual brother Vanya and Kristine Nielsen as his spinster adopted sister Sonia who has pined after Vanya for years, stop the show with tour-de-force moments. Weaver is delicious nailing Durang's quips as Masha, the egocentric movie star with athletic boy toy Spike

as her accessory.

Also exceptional is the Roundabout Theatre Company's production of *The Mystery of Edwin Drood*. Everything about this revival of Rupert Holmes' Tony-winning musical is impeccably executed from the design to the performances to the direction. The result is an unqualified pleasure the kind that comes from pure entertainment.

*Drood* is based on an unfinished novel by Charles Dickens. The theatrical conceit is that an English Music Hall company of actors is performing their version of the novel in which the audience determines the murderer which dictates the finale to the show within a show. The actors have the tricky challenge to portray both an actor and a Dickens character and even actors that I have not been particularly fond of previously, rise to the occasion under Scott Ellis' superb direction. The tone and style of the piece is captured to perfection; the hoary jokes and hammy gestures elicit huge laughs. And the score seems far more satisfying than it did the first time around.

Let's just say that *Scandalous: The Life and Trials of Aimee Semple McPherson*



Scandalous: The Life and Trials of Aimee Semple McPherson.  
Photo © Jeremy Daniel

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*Aimee Semple McPherson* is not very good. Carolee Carmello sings her heart out and commands the stage as the title evangelist, but her efforts are an exercise in futility. The material does not support her. You know you're in trouble when there is an insert in the opening night program listing Musical Numbers because of last minute changes and the final two press previews have to be cancelled because the star requires strict vocal rest.

Kathy Lee Gifford has written the book, lyrics and additional music. The book, with its cheesy devices like Aimee recounting her story in flashback, is riddled with clichés, her lyrics perfunctory. Gifford's characters are cardboard with skimmed over motivation. And because everything comes from one point-of-view, Aimee is constantly stepping forward to sing a power ballad that sounds just like the one before. I expected better from talented composer David Friedman.



*Heiress.* Photo ©Joan Marcus

Like *Elf*, *A Christmas Story* was yet another attempt to come up with a holiday musical that would become a holiday family tradition. And like *Elf*, *A Christmas Story* is based on a popular holiday film which should bring a built-in audience looking forward to the iconic moments they fondly recall. And those moments are presented diligently as if the authors were working off a checklist. But they don't land the way they did on celluloid. And their efforts to expand the story to accommodate musical numbers feel forced. The whole show is so hectic; those delicate moments meant to give the show its poignancy go by unnoticed.

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



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## Tempest Storm

She was one of the greatest burlesque performers of the 1950's, with one of the greatest stage names of all time. Tempest Storm is now in her eighties and still continues to make appearances – red hair and all!

Tempest Storm was born as Annie Blanche Banks in Eastman, Georgia on February 29, 1928. After putting up with physical abuse as a child, being raped by a local gang as a teenager and with two failed and abusive marriages behind her, Tempest ran away from home and decided to seek fame and fortune in California. She had already been through so much and was just twenty years old.

Tempest felt that her assets were her ample bosom (her 'money maker' as she refers to them) and her outgoing personality. She used these attributes to eventually begin a career on the burlesque stage.

Originally performing for many years at a burlesque theatre in Oakland, California, called The El Rey, Tempest eventually made her way to the stages of Las Vegas. She was famous for her measurements (44DD-25-25), her striking red hair, her magnetic personality and her name. Tempest was appearing on the covers of men's magazines and was in the same league as other burlesque legends, Lili St. Cyr and Blaze Starr. At the height of

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her career in 1955, she had appeared in LIFE Magazine, had her breasts insured by Lloyds of London for one million dollars and was married to the movies' first black cowboy singer, Herb Jeffries.

With the decline of the burlesque houses in the early 1960's, so was the decline in Tempest's career. She did continue to appear on stage, albeit she no longer commanded the huge dollars nor were the venues as nice as they used to be.

In 1987, her life story, "Tempest Storm – The Lady is a Vamp" was published. Although she officially retired at the age of 67 in 1995, she did strip occasionally. The last time she disrobed on stage was at the age of 80.

Tempest does appear at autograph conventions and currently resides in Las Vegas. Oh, and about shoe 'money makers' of hers? "They don't make 'em too big for this business!"



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

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# 1862



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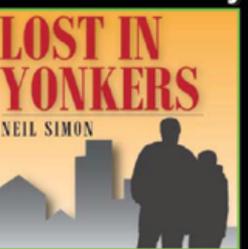
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Celebrating the

# Sandwich

## FAMILY FEATURES

Sandwiches are a delicious, easy way to enjoy a healthy meal. From satisfying meat-and-cheese combos, to sandwiches piled high with savory vegetables, to the many “PB and” combinations, the possibilities are limitless. But all the deliciousness starts with one key, wholesome ingredient - bread. The Dietary Guidelines for Americans and the USDA MyPlate program recommend eating six one-ounce servings of grain foods each day, half of which should come from whole grain sources. To help you and your family get your “daily fix of six,” The Grain Foods Foundation has partnered with celebrity chef Bryan Voltaggio to create these sensational sandwiches. To find more recipes, visit [www.gowiththegrain.org](http://www.gowiththegrain.org) or GoWithTheGrain on Facebook and Twitter.

## The Pastrami Reuben

*Makes 6 sandwiches*

- 12 slices rye bread
- 24 ounces sliced beef pastrami
- 12 slices Muenster cheese, thin
- 1½ cups sauerkraut, prepared and drained
- ½ cup Thousand Island dressing
- 2 ounces butter, at room temperature

Lay out two slices of rye bread on a cutting board.

Top first piece of bread with one slice of Muenster cheese, then about 2 ounces of sauerkraut, 4 ounces (or roughly three to four thin slices) of pastrami, and a second slice of Muenster cheese. Set aside.

Spread second piece of bread with Thousand Island dressing, then place on top of the other half of the sandwich.

Brush top and bottom of sandwich with butter.

If you own an electric sandwich maker or Panini press, place sandwich inside for 2½ to 3½ minutes. If you don't have a sandwich press, simply place sandwich in a sauté pan on top of your stove, set at medium heat. Cook for 3½ to 4½ minutes on each side.

Remove sandwich and while still hot; cut in half and serve.

## The Banana, PB and Honey

*Makes 6 sandwiches*

- 12 slices enriched white bread
- 6 bananas, sliced
- 1 cup spiced peanut butter (see recipe)
- 2 tablespoons honey
- 1 teaspoon sugar
- ½ teaspoon cinnamon
- 2 ounces butter, at room temperature

Lay out two slices of enriched white bread on a cutting board.

Spread both slices of bread with peanut butter. Set one aside.

Take one slice and top with sliced bananas, then drizzle with honey. Place the reserved slice of bread on top.

Brush top and bottom of sandwich with room temperature butter.

If you own an electric sandwich maker or Panini press, place sandwich inside for 2½ to 3½ minutes. If you do not have a sandwich press, place sandwich in a sauté pan on top of your stove, set at medium heat; and cook for 3½ to 4½ minutes on each side.

While cooking, combine cinnamon and the sugar in small bowl.

Remove sandwich and while still hot, season liberally with cinnamon and sugar. Cut in half and serve while hot.

### Spiced Peanut Butter

*Yield 1 cup*

- 1 cup peanut butter
- 1 teaspoon salt
- 1 ¾ teaspoons honey
- 1/8 teaspoon ginger powder
- 1/8 teaspoon cinnamon, ground

Mix all ingredients together in a bowl until well blended.

Place the peanut butter in an airtight container and store in the refrigerator for 6 to 8 weeks.





## The Pilgrim

Makes 6 sandwiches

12 slices seven-grain bread

24 ounces turkey, sliced

Orange Cranberry Compote, as needed (see recipe)

Sage Cream Cheese, as needed (see recipe)

4 tablespoons butter, at room temperature

Seasoning salt, to taste (see recipe)

Lay out two slices of seven grain bread on a cutting board.

Spread Orange Cranberry Compote evenly across one slice of bread. Set aside.

Spread Sage Cream Cheese evenly across second slice of bread, then top with about four ounces of turkey.

Place slice of bread with the Orange Cranberry Compote on top of turkey.

Brush top and bottom of sandwich with room temperature butter.

If you own an electric sandwich maker or Panini press, place the sandwich inside for 2½ to 3½ minutes. If you do not have a sandwich press, simply place the sandwich in a sauté pan on top of your stove, set at medium heat, and cook the sandwich for 3½ to 4½ minutes on each side.

Remove sandwich and while still hot, season liberally with seasoning salt. Cut in half and serve while hot.

### Orange Cranberry Compote

Yield 1 cup

½ pound cranberries

1 orange, quartered

¼ cup sugar

½ teaspoon salt

Pepper, to taste

In medium sauce pot, cook cranberries, orange and sugar for approximately 20 minutes at a low simmer, then stir in a pinch of salt.

Remove pieces of orange, and pour into blender or food processor. Puree until smooth, then lightly season with pepper.

### Sage Cream Cheese

Yield 2 cups

2 cups cream cheese, at room temperature

15 sage leaves, finely chopped

1 garlic clove

½ teaspoon salt

In bowl, combine cream cheese and sage using a rubber spatula, mixing well. Grate (or very finely chop) garlic, adding to bowl. Season to taste with salt.

### Seasoning Salt

Yield 1 cup

¼ cup sea salt

3 juniper berries, toasted and ground

1 orange, zested

Lightly toast juniper berries in a pan, then place in a spice grinder and blend. Combine juniper, salt and orange zest in a mortar and pestle, and combine all evenly.

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**ACROSS**

- 1 Fellow crew member
- 9 Social levels
- 15 Set of morals
- 20 Food of the gods
- 21 Orange-and-black bird
- 22 Hotel queen Helmsley
- 23 Camp shelter with a rounded roof
- 24 1982 Fleetwood Mac hit
- 25 City on the Rhone River
- 26 Start of a riddle
- 29 Skiing need
- 32 Sterile hosp. areas
- 33 Make believe
- 34 Mag. team
- 35 Riddle, part 2
- 44 Category
- 45 Oft-dunked cookie
- 46 Knocked off
- 47 "Hava -" (Jewish folk song)
- 50 12-step affiliate group
- 52 Neutral, e.g.
- 54 Certain Scot
- 55 Riddle, part 3
- 62 Congeal
- 63 Here, to Pierre
- 64 Help wrongly
- 65 Riddle, part 4
- 76 Anecdote
- 77 Roxy Music's Brian
- 78 "- Rock" (Simon & Garfunkel hit)
- 79 Riddle, part 5
- 89 Guesstimate words

- 90 Gas in lights
- 91 Nebraska natives
- 92 Neighbor of Croatia
- 95 Jury's event
- 98 "The heat -!"
- 99 Longoria of TV
- 102 End of the riddle
- 106 "Gimme -!" (start of a cheer at Iowa)
- 108 Cartoon shriek
- 109 "- Town"
- 110 "I do," e.g.
- 111 Riddle's answer
- 120 Part of POW
- 121 City in southwest Ireland
- 122 "Get Smart" star
- 126 - -Turkish War
- 127 Some fishers
- 128 Optometric exams
- 129 Paint coat
- 130 Can't stand
- 131 Sudden drop

**DOWN**

- 1 Doleful
- 2 Doc bloc
- 3 Big name in early PCs
- 4 Before a big early 20th-cen. conflict
- 5 Light-loving insect
- 6 Cruising
- 7 Color shade
- 8 Scarfs down Sherlock
- 9 Accomplices
- 10 Stimulation
- 11 Window component
- 12 Rundgren or Bridges

# Super Crossword: Freshening Franchises

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		
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62								63					64							
65				66	67	68	69			70	71					72	73	74	75	
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79	80	81	82					83	84				85	86	87	88				
89							90					91								
92				93	94		95			96	97		98				99	100	101	
			102				103					104					105			
106	107			108						109							110			
111			112					113	114	115				116	117	118	119			
120							121						122					123	124	125
126								127					128							
129								130					131							

- 13 Tickled red Muppet
- 14 Spotted in the vicinity of
- 15 Hyundai model
- 16 Byte beginner
- 17 Of detective Sherlock
- 18 "- some advice"
- 19 Houses, to Jorge
- 27 Tillage tool
- 28 Inflation subj.
- 29 Biol. or zool.
- 30 Bobby Orr's org.
- 31 With 113-Down, acorn producer
- 36 - me tangere (touch-me-not)
- 37 Port near Algiers
- 38 - shui
- 39 Carrot, e.g.
- 40 Othello's betrayer
- 41 Gladly
- 42 Speak sharply to
- 43 Waffle brand
- 48 Grassy tract
- 49 Wholly
- 50 High: Prefix
- 51 Film style
- 53 Yank rivals
- 55 Learning loc.
- 56 1960s TV
- 57 Kirk's diary
- 58 M.Sgt., e.g.
- 59 Cube's six
- 60 Home: Abbr.
- 61 Erwin of early films
- 66 King James Bible suffix
- 67 Rural "uh-uh"
- 68 Personal flair
- 69 Old Spanish money
- 70 Pa's bro
- 71 North Pacific salmon
- 72 Smokes
- 73 Old witch
- 74 - Darya River
- 75 Singer Cooke
- 79 Irate crowd
- 80 Spanish gold
- 81 Ill-fated 1940s warship
- 82 "Sula" author Morrison
- 83 Tooted thing
- 84 Camelot wife
- 85 Discharge
- 86 Seattle loc.
- 87 Flapjack eatery, briefly
- 88 Mama's ma
- 93 Not correct
- 94 To - (perfectly)
- 96 Penitent types
- 97 Least soft
- 99 Pindar's H
- 100 Dog treater
- 101 Eruption emission
- 103 Did an axel
- 104 Sky sphere
- 105 Laid turf on
- 106 Seething
- 107 U.S.-Can.-Mex. pact
- 112 Cube of hay
- 113 See 31-Down
- 114 Desist
- 115 Sheltered, nautically
- 116 Garden west of Nod
- 117 Vary wildly
- 118 Billfold fillers
- 119 - the Great (kiddie-lit detective)
- 123 "A Fool Such -"
- 124 "Jersey Shore" airer
- 125 Compass dir.



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# Get Up & Go!

## CRUISE

**2013 Alaskan Cruise - *The Best of Times*** invites you on a 7 day Alaskan Cruise aboard the Carnival Miracle departing Seattle, Washington on July 2, 2013 and returning on July 9. For more info see page 48 of this publication or contact Cindy Loeb with All About Travel at 970-434-6494 or email [Cindy-L@Qwest.net](mailto:Cindy-L@Qwest.net).

## DRIVER SAFETY

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

• Saturday, January 19. 8:30 a.m. to 12:30 p.m. (registration begins at 8). Herbert's Town & Country, 1155 East Bert Kouns, Shreveport. Light refreshments will be served. Giveaways! Door Prizes!

## EVENTS

**"2013 Night of Praise"** - Price Harris presents a night of fellowship around gospel music, on Friday, January 11 at 6:30 pm at Calvary Baptist Church in Shreveport. FREE admission. Featuring: Geraldine & Ricky, Allen Family, The Needhams, Calep Lewis, Steel Magnolias, Airline Baptist Choir. 318-347-4370.

**New Year's Events** - Summerfield Estates, 9133 Baird Road, Shreveport invites

everyone to join them for a number of free events. Open to the public. To RSVP, or to learn more, call 318-688-9525.

- Friday, January 4 at 4 p.m.: Mocktail Happy Hour
- Saturday, January 5 at 4 p.m.: Wii Tournament
- Sunday, January 6 at 4 p.m.: Let's Talk Seniors® - Health Benefits of Laughter

**CCOA Senior Events** - Randall T. Moore Center, 3101 Fairfield Ave., Shreveport. 9:30 a.m. coffee and cookies followed by a guest at 10. Lunch served at 11 a.m. (suggested donation for lunch \$2.00). Call the Caddo Council on Aging at 676-7900 for lunch reservations.

- Thursday, Jan 3 - Dora Miller of the Social Security Office will discuss changes and additions to Medicare
- Thursday Jan 10 - Shreveport Opera
- Friday Jan 11 - Dr. Paula Click Fenter of LSU Allied Health will discuss how balance is fun!
- Friday Jan 18 - Lisa Taylor from the Shreve Memorial Library will talk about Genealogy and how to get started on your family history
- Friday Jan 25 - Attorney Lee Aronson will discuss what Louisiana law has to say about living wills, health care power of attorney, durable power of attorney and physician orders for scope of treatment.

## EXHIBITS

**Titanic: The Artifact Exhibit.** - through January 20 at Sci-Port on Clyde Fant Parkway in downtown Shreveport. Fea-



tures numerous artifacts recovered from the Ship's wreckage housed in galleries recreated to resemble various sections of the Ship. Monday - Friday 10 am - 5 pm; Saturday 10 am - 6 pm; Sunday noon - 6 pm. (318) 424-3466.

**The Making of "Rise of the Guardians"** - Through Saturday, January 26. Presented by artspace, 710 Texas Street. As Artistic Director of artspace, William Joyce is able to provide a unique glimpse into the characters from his original illustrations and the translation into animated prints from DreamWorks 2012 "Rise of the Guardians". Tuesday - Saturday 10 am to 5 pm. FREE! For info call 318-673-6535 or visit [www.artspace-shreveport.com](http://www.artspace-shreveport.com).

## MARDI GRAS

**Krewe of Centaur parade** - Saturday Feb 2 beginning at 4:30 pm. Parade begins on Clyde Fant Parkway at Lake Street near Sci-Port, continues on Clyde Fant Pkwy. and turns right onto Shreveport-Barksdale



## GOLDEN GAMERS

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- \$1,000 exclusive JackPlay drawing Wed, Jan 30 at 4pm
- One FREE drawing entry every Monday-Wednesday

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Hwy., takes a left onto East Kings Hwy. and continues to Preston Ave, where it ends. FREE. 318-572-4632 for more info.

**Krewe of Elders Bal** - Friday, January 11, 6 - 11 pm at the American Legion Hall, 5315 S Lakeshore Dr, Shreveport. Entertainment provided by Louisiana Crossroads. Dinner buffet, cash bar, 50/50 raffle, Black tie optional. \$40 advance, \$45 at door. Open to public. For more info or for tickets call 318-635-4901 or 318-752-9175.

**Twelfth Night Party** - Saturday, January 5 at 6:30 pm at the Bossier Civic Center, 620 Benton Rd, Bossier City. Entertainment by The Chee Weez. Dress is Mardi Gras festive. Open bar. Concessions and food available for purchase. \$40 per person. For more info call 318-470-0006 or www.KreweOfCentaur.org.

### MEETINGS

**GENCOM Genealogical Computer Society monthly meeting** - Sun, Jan 27 at 2 pm. at the Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport. Program: "How to Know Which County/Parish Courthouse to Visit to Find Your Ancestors' Records." It is necessary for the genealogist researcher to know where to look for ancestor records to keep from wasting valuable research time. Everyone is welcome and the meeting is free and open to the public. For info call 318-773-7406 or email [jjones09@gmail.com](mailto:jjones09@gmail.com).

**The Ark-La-Tex Genealogical Association, Inc.** - 1 PM, Sat, Jan 12, Randle T. Moore Center, 3101 Fairfield Ave., Shreveport. The speaker will be Shawn

Bohannon, LSUS Archivist and Historian discussing "Resources for genealogy research at LSUS". Admission is FREE. For information call 318-746-1851.

### MOVIES

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

### THEATRE

**Taffeta Memories** - presented by the Shreveport Little Theatre, 812 Margaret Place, Shreveport. January 10, 11, 12, 17, 18, and 19 at 8 p.m.; January 13 and 20 at 2 pm. Taffeta Memories is a musical comedy by Rick Lewis. It's almost a half century later, and the Taffetas are still crooning the hits of the 1950's! Kaye, Peggy, Cheryl, and Donna are all grown up now and perform their hits looking back on their career as a mid-century girl group. For tickets call (318) 424-4439.

**'night Mother** - presented by the Shreveport Little Theatre., 812 Margaret Place, Shreveport. January 31, February 1 and 2 at 8 pm; February 3 at 2 pm. 'night Mother, the 1983 Pulitzer Prize winner for Drama, by Marsha Norman. Jessie calmly tells Mama that by morning she will be dead, as she plans to commit suicide that evening. The subsequent dialogue between Jessie and Mama slowly reveals her reasons for her decision, her life with Mama, and how thoroughly she has planned her own death, culminating in a disturbing - yet unavoidable - climax. \$10 to \$15. For tickets call (318) 424-4439.

## Strange BUT TRUE

by Samantha Weaver

☉ Those who study such things say that a rainbow can't be seen at midday; the optical phenomena are visible only in the morning or in the late afternoon.

☉ In 1982, a radio station in Allentown, Pa. thought its rating could use a bit of a boost, so it came up with a contest: Three contestants, selected at random, would live on top of one of the station's billboards (portable toilets and sleeping bags were provided). The last one to give up would be awarded a mobile home. The problem was, nobody wanted to give up. The three men who climbed to the top of the sign at the end of September were still there come March 1983. In that month, one of the contestants was arrested for dealing drugs, but the remaining two stayed aloft until May. Once the freezing winter was finally over, the radio station decided to declare both of the men winners.

☉ If you're like the average American, you use between 75 and 100 gallons of water every day.

☉ The Sahara Desert is nearly as large as the continental United States.

**Thought for the Day:** "If at first you don't succeed, try again. Then quit. No use being a damn fool about it."

-W.C. Fields

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# January 2013 Parting Shots

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

## Christmas in the Sky,

produced every other year by the Shreveport Regional Arts Council, was held on December 8 at Harrah's Louisiana Downs.



Mr. and Mrs. Charles Johnson



(l to r) Dr. Alan and Sheryl Little with Michelle and Ronnie Wagley



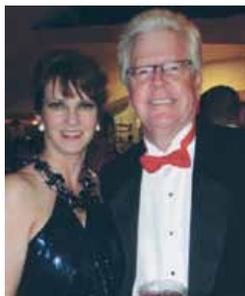
Mr. and Mrs. G.C. Marcotte are welcomed by one of the many elaborately dressed costumed characters.



Shelley & Michael Acurio won the Duck Dynasty package in the live auction.



Hugh Johnson(left) and Jay Covington



Tini Casten and Andy Shehee



Rod and Ruth Taylor

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January Parting Shots continued —  
**W**oman's Department Club held their Annual Christmas Party on Dec 7th.



Mr. and Mrs. Jack Thompson



Martie Powell (right) with daughters Gayle Wibben and Rosalyn Baker



Mr. and Mrs. Jim Gardner



Mr. & Mrs. Dean Anderson

**T**he CEU event and dinner was held on three evenings in late November by NurseCare of Shreveport to assist social workers and RNs obtain their required annual CEUs.



Annelisa Davis, RN won a door prize.



Sherry McConnell (left) and Katie Bates

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 (318) 746-2543

705 S. Spruce Street  
 Vivian, LA 71082  
 (318) 375-3011



January Parting Shots continued —

**The Shreveport Super Senior 3.5/4.0 tennis team** won the state tournament and will advance to the sectional tournament in March in Dothan, Alabama.



(L to R) Becky Koll, Gale Evans, Jan Glasgow, Sue Watts, Kathy Barthold, Sandra Williamson, Anne Hodges. Not pictured: Judy Butcher and JoAnn Grantham.

**Science students** from area schools competed in a national LEGO competition at SciPort to propose solutions to help senior citizens. This group of students from Stockwell Elementary proposed a solution for cataracts.



**Candlelight Christmas Tours** were hosted by Jan Pettiet in December. The tour included stops at the Logan Mansion, built in 1897, and the Davis Home Place built circa 1916.



Dressed in period attire, Marsha Gill relates some of the history of her home, The Davis Homeplace.



Jan Pettiet (left) with Vicki LeBrun, owner of the historic (and reportedly haunted) Logan Mansion.



Linda Levy and Theresa Allen enjoyed this remarkable tour.



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## Recruiting Participants for Clinical Trials

We conduct clinical trials for Schizophrenia, Major Depression, Bipolar Disorder, and Alzheimer's Disease. We currently are recruiting for two major depression studies. These depression studies are for patients with their depression unimproved on current treatment. Call Michelle Harrison or Viola Burr for details at (318) 227-9600.

**J. Gary Booker, MD, APMC**

851 Olive Street • Shreveport, LA 71104 • (318) 227-9600  
www.jgarybookermd.com

**The Shreveport/Bossier Opera Guild's Les Boutiques de Noel** preview party was held at the Bossier Civic Center.



**Jeri Holloway and Eli** at the Blessing of the Animals.



Dr. Bruce and Betty Henderson with Debbie Grand (right)



Sue (left) and Clarence Babineaux with one of the many vendors.



Lyndra and Paul Strickland got a head start on their Christmas shopping.

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A red Dodge Dart car is shown from a front-three-quarter view, parked on a reflective surface. The background is a blurred cityscape at night.



Your Bridge from Hospital to Home

**NurseCare**  
of Shreveport



**Vicki Ott, Administrator**

**NurseCare** of Shreveport  
1736 Irving Place  
Shreveport, LA 71101

For more information call

**318-221-1983**

or visit our website

[www.nursecareofshreveport.com](http://www.nursecareofshreveport.com)

## **NurseCare of Shreveport offers**

- ◆ Short Term Unit with staff dedicated to getting you back home fast
- ◆ Registered Respiratory Therapists
- ◆ Full-time Wound & Burn Care Team
- ◆ Secure Unit for Alzheimer & Dementia
- ◆ In-House Physical, Occupational & Speech Therapy
- ◆ On site IV Therapy

When you need post-hospital or post-surgery rehabilitation, we want to be your bridge from hospital to home.

You have a choice. We hope you will tell your healthcare professional that your choice is **NurseCare of Shreveport**.



*The Best of Times invites you on an*

# *Alaskan Cruise*

**July 2 to 9, 2013** aboard the **Carnival Miracle**

## **Departs From:**

Seattle, Washington

## **Cruise:**

7 day cruise aboard the Carnival Miracle

## **Ports of Call:**

Cruising the Tracy Arm Fjord  
Skagway, AK  
Juneau, AK  
Ketchikan, AK  
Victoria, BC, Canada

## **Proof of Citizenship:**

Proof of citizenship is required. A valid passport or passport card is highly recommended or a certified government issued birth certificate is required for travel.

## **Cost Per Person:**

Balcony cabin	\$1,370 (Double occupancy)
Ocean view cabin	\$1,180 (Double occupancy)
Inside cabin	\$ 750 (Double occupancy)

- The above per person price based upon double occupancy per cabin
- Additional fees for port taxes and government fees applicable.
- Optional cancellation/travel insurance is available.
- Air fares to and from Seattle, Washington; transfers to and from the airport to the Seattle cruise dock; gratuities; shore excursions; and pre- and post-hotel stays in the Seattle area are not included in the above cabin rates but can be arranged separately by the booking agent.
- Additional discounts may be applicable.

## **Payment:**

- \$350 per person deposit
- Final payment due April 8, 2013
- Deposit refundable up to final payment due date of April 8, 2013

**For more information and reservations, please call Cindy or Sharon with All About Travel at (970) 434-6494 or email [Cindy-L@QWest.net](mailto:Cindy-L@QWest.net)**



This cruise is not an escorted or sponsored cruise/tour by TBT Multimedia, LLC or *The Best of Times*.