

September 2011

The Best Of Times

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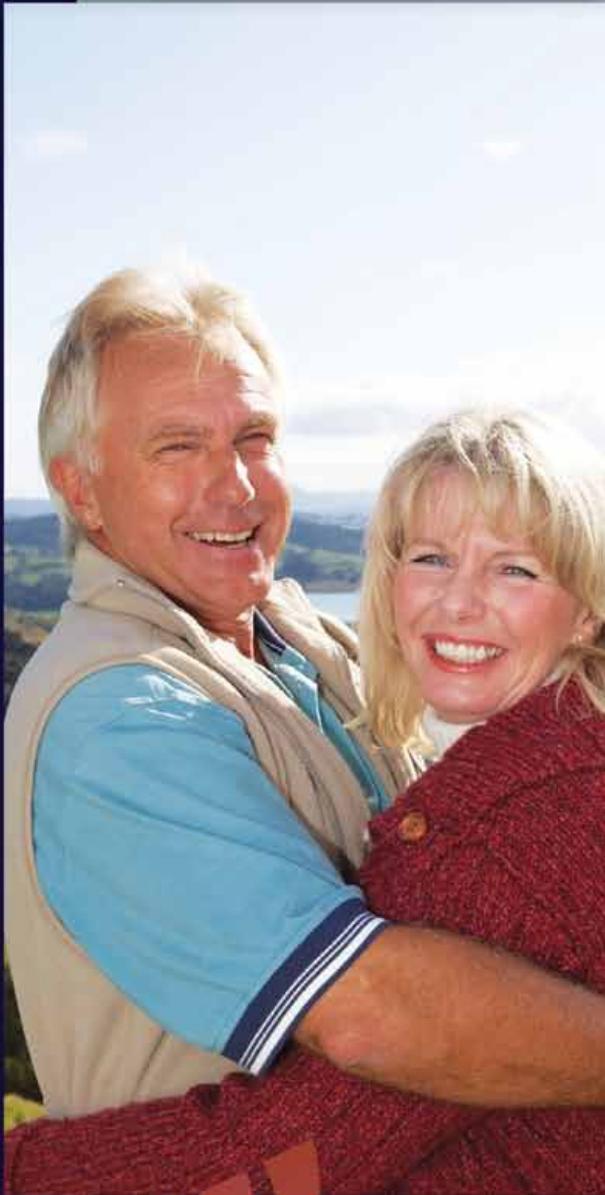
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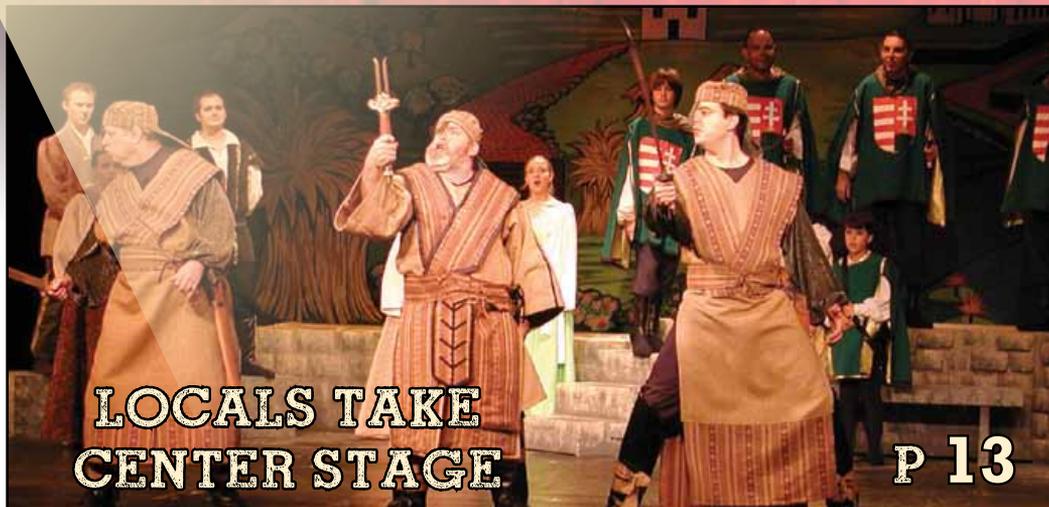
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On the Cover:
Dr. John Goddard as Pedro in the Shreveport Opera presentation of "Man of La Mancha."
Photographer: Roger Coley

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SEPTEMBER 3

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“Shreveport Symphony
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Michael Butterman, Music
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SEPTEMBER 17

“Genealogy”
Jim Johnson, Lisa Taylor, & Jim
Jones; ArkLaTex Genealogical
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SEPTEMBER 24

“Sustainable Weight Loss”
D. Lee Walker, researcher and
author

OCTOBER 1

Senior Legal Issues
Attorney Lee Aronson, Legal
Services of North Louisiana

The Best Of Times

September 2011 • Vol. 20, No. 9
Founded in 1992 as *Senior Scene News*
ISSN Library of Congress #1551-4366

A monthly publication from
TBT Multimedia, LLC
P.O. Box 19510
Shreveport, LA 71149
(318) 636-5510
www.TheBestOfTimesNews.com

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Our first *The Best of Times* Poker Rally, held during the month of August and culminating in a fun-filled event at Harrah's Louisiana Downs on August 24, was a tremendous success. Congratulations to Nelda "Sissy" Dennen of Shreveport whose full house made her the grand prize winner of a package valued at over \$1400! Congratulations also to the other 24 prize winners: Celeste Allen, Beth Furrh, Carol Henry, Johnny Lonadier, Jr., Frank White, Janet Henderson, Corethia Ashley, Gary L. Price, Harold Sater, Vernon Hastings, Shirley Dickerson, Ernell Brown, Johnnie Ford, Sandra Green, Hazel Thomas, Mary Peloso, Robert Peloso, Wanda H. Johnson, Beverly Sater, Fred Raley, Sr., Carolyn Parker, Lloyd Spaw, Alma Baird, and Bettie Hastings. Make sure to check out our October issue for photos of our winners.

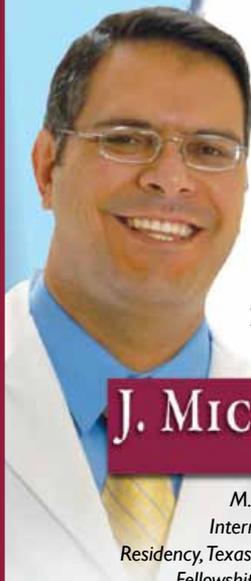
Additionally, over 100 attendees at the Judging Event and Business Expo were lucky enough to go home with a door prize. But perhaps the biggest winner was the Food Bank of Northwest Louisiana. Attendees at the event and participants in the rally donated over 600 pounds of canned goods to help feed area needy!

An event this large would not be possible without the support and efforts of many. A hearty thank-you to our prime sponsors, Harrah's Louisiana Downs and Horseshoe Casino and Hotel, for their assistance in making the TBT Poker Rally and Judging Event successful. We also truly appreciate the efforts of our participating businesses: Alzheimer's Agency of Shreveport/Bossier, Inc., Azalea Estates, Bossier Council on Aging, Caddo Council on Aging, Cornerstone Financial Services, LLC, Ethan Allen, Food Bank of Northwest Louisiana, Gullo's Fresh Produce and Bake Shop, Harrah's Louisiana Downs, Hebert's Town and Country - Dodge Chrysler Jeep, Horseshoe Casino and Hotel, Louisiana State Exhibit Museum, New Horizons Independent Living Center, NurseCare of Shreveport, Optical Zone, Smith Mason Legacies, Snell's Orthotics and Prosthetics, Summerfield Estates, The Center for Families, Vantage Health Plan, Willis Knighton Hospice. Additionally we wish to thank Jo Anne Woodard and the Retired Seniors Volunteers Program (RSVP) volunteers who helped in so many ways during the judging event. Join us also in thanking the many businesses that donated towards our prize packages and door prizes: AARP, Alzheimer's Agency of Shreveport/Bossier City, Bossier Council on Aging, Cornerstone Financial Services, Dr. Gary Booker, Food Bank of Northwest Louisiana, Harrah's Louisiana Downs, Holiday Lanes in Bossier City, Horseshoe Casino and Hotel, iShuttle, Jason's Deli, Learning Rx of Shreveport and Bossier City, Louisiana Organ Procurement Agency, Martin Luther King Health Center, New Horizons Independent Living Center, Nurse Care of Shreveport, Optical Zone, Sci-Port: Louisiana's Science Center, Shreveport Little Theatre, Stanley Steemer, Sterling Health Plans, Summerfield Estates, The Center for Families, The Krewe of Elders, The Robinson Film Center, Vantage Health Plans, and WK Hospice.

But most of all thank you to all of our readers, advertisers, and supporters. You truly make *The Best of Times* a labor of love.

Until next month, enjoy this fabulous issue.

Tina



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Charity Poker Challenge Benefits Area Charities

Area celebrities were invited to participate in a “Charity Poker Challenge” hosted by Horseshoe Casino and the World Series of Poker on Sunday April 7th at the Poker Room at Horseshoe Casino in Shreveport.

Over 70 participants played in this tournament for a chance to win \$5,000 for their charity. After a lot of fancy poker skills, fancy bluffing, a little luck and lots of great fun, the result was that 5 finalists agreed to split the \$5,000 winnings to allow each of their charities to receive \$1,000. The winners were: Larry Ryan who awarded his winnings to the Krewe of Centaur; Byron Trust who awarded his winnings to the Philadelphia Center, Stephen Kempf who awarded his winnings to MDA, Justin Greene who awarded his winnings to St. Jude Medical Research, and Phillip Scurria who awarded his winnings to the Service over Self - a Youth Ministry.

This Charity Poker Challenge was the kick off event of Horseshoe Casino hosting of the first of the 16 stops of the World Series of Poker Tour which will take place on September 8th through September 19th.

(EDITOR'S NOTE: *The Best of Times* proudly participated in the “Charity Poker Challenge” and was represented by publisher and radio host Gary Calligas and Jo Anne Woodard of Shreveport who was selected in a contest on *The Best of Times Radio Hour*. Although they did not win for their selected charities of Caddo Council on Aging/Bossier Council on Aging, they did have fun in participating in this unique tournament.)



SCAM ALERTS

National Unclaimed Property E-Mail Scam

State Treasurer John Kennedy recently issued an alert to Louisiana citizens regarding a national Unclaimed Property E-mail scam. According to National Association of Unclaimed Property Administrators (NAUPA), Americans are receiving deceptive messages stating that it is from the director of NAUPA and that an abandoned package has been found belonging to the recipient.

“Anyone receiving these e-mails, or any suspicious email asking for your sensitive personal information, should be immediately deleted and reported,” says Treasurer Kennedy. “Let me be clear, our Unclaimed Property program is a free service to Louisiana citizens. It’s free to search and free to make a claim.”

Treasurer Kennedy and NAUPA encourage individuals to report any suspicious Unclaimed Property communication to the Internet Crime Complaint Center (IC3) online at www.ic3.gov and the Federal Trade Commission at www.ftccomplaintassistant.gov.

Louisiana citizens can search for Unclaimed Property free at anytime online at www.LATreasury.com or by calling 1-888-925-4127 Monday through Friday 8:00 a.m. to 4:30 p.m.



Medicare Card Scam

Louisiana Senior Medicare Patrol has received reports from seniors in various parts of the state who have received calls from someone pretending to be with Medicare. The caller says Medicare is sending out new Medicare cards and they need the senior’s banking information. One senior reports that she received this same call three times, from different persons, in one week. Some of the calls are coming from the 347 area code. Medicare does not call you at home to ask you to confirm your Medicare number and they never need your bank account number.

Remember: Do not give your Medicare number to telephone solicitors, sales people and people you are not familiar with – once given, Medicare can be billed time and again with your number for services you do not want and have not authorized. To report Medicare Fraud call 1-877-272-8720.

Medicare average prescription drug premiums will not increase in 2012. The announcement from the U.S. Department of Health and Human Services (HHS) comes as more people with Medicare are receiving discounts on prescription drug costs and no-cost preventive services. New data indicates that 17 million people with Medicare have received free preventive services this year while 900,000 Medicare beneficiaries who hit the prescription drug donut hole have received a 50 percent discount on their prescription drugs.

The financial toll on caregivers age 50 or older averages \$303,880 per person over their lifetime.

The analysis, by the MetLife Mature Market Institute, was reported in “The Study of Caregiving Costs to Working Caregivers: Double Jeopardy for Baby Boomers Caring for Their Parents.”

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Researchers Develop Reliable Blood Test for Alzheimer's

Scientists from Durin Technologies, Inc., and the University of Medicine and Dentistry of New Jersey (UMDNJ)-School of Osteopathic Medicine have developed a blood test that detects the presence of specific antibodies in the blood that can be used to diagnose Alzheimer's disease with unprecedented accuracy. The test has potential to spot Alzheimer's in its earliest stages, years before symptoms such as memory loss, poor judgment or erratic behavior appear. The same test also demonstrated the ability to distinguish Alzheimer's from Parkinson's disease, a closely related neurodegenerative disorder. Researchers say this discovery may have a profound clinical impact and could ultimately be suited for inclusion in routine health care. Because this method requires only a small blood sample, it avoids the expense and patient discomfort of other proposed Alzheimer's diagnostic tests such as those involving neuroimaging techniques, more invasive procedures and hospitalization. An early diagnostic test could also serve to rule out Alzheimer's disease for some patients who are experiencing mild or intermittent memory loss. In about 20% of these cases, the patient's memory problems result from another condition such as anxiety, depression or a reaction to medication. The research team's findings appear online in *PLoS ONE*.

New Drug Aids Gout Patients

Pegloticase, a modified porcine enzyme, can produce significant and sustained clinical improvements in 2 out of 5 patients with chronic gout that is resistant to conventional therapies, researchers report in *JAMA*. In two controlled clinical trials, pegloticase rapidly lowered high levels of uric acid, the biochemical abnormality in gout, and kept it in the normal range for six months or more in 42% of patients receiving the drug every two weeks. Forty percent of patients had complete resolution of at least one of the painful swollen joint nodules, known as tophi, a hallmark of severe gout.



High Blood Pressure, Diabetes, Smoking and Obesity May Damage Thinking

A new study suggests smoking, high blood pressure, diabetes and being overweight in middle age may cause brain shrinkage and lead to cognitive problems up to a decade later. The study is published in *Neurology*. These factors appeared to cause the brain to lose volume appeared to affect its ability to plan and make decisions as quickly as 10 years later. Researchers suggest that identifying these risk factors early in people of middle age could be useful in screening people for at-risk dementia and encouraging people to make changes to their lifestyle before it's too late.

Blueberries: a Cup a Day May Keep Cancer Away

Blueberries are among the nutrient-rich foods being studied by UAB Comprehensive Cancer Center investigators exploring the link between disease and nutrition. Dieticians there say as little as a cup a day can help prevent cell damage linked to cancer. Why are blueberries considered healthful? They're full of antioxidants, flavonoids and other vitamins that help prevent cell damage. Studies suggest that antioxidants may help prevent the free-radical damage associated with cancer. Blueberries also are rich in vitamin C, which helps the immune system and can help the body to absorb iron.

Vitamin D May Relieves Joint and Muscle Pain for Breast Cancer Patients

Washington University doctors have found that high-dose vitamin D helps relieve joint and muscle pain in breast cancer patients taking estrogen-lowering drugs. Known as aromatase inhibitors, the drugs are prescribed to treat breast tumors fueled by the hormone estrogen. They are less toxic than chemotherapy, but many patients experience severe musculoskeletal discomfort, including pain and stiffness in the hands, knees, hips, lower back, shoulders and feet. The vitamin used in the study is plant-derived vitamin D2. Since vitamin D helps the body absorb calcium, too much of it can cause high levels of calcium in the urine, which may increase the risk of kidney stones. Such possible side effects emphasize the importance of tracking patients' urine calcium levels while taking high-dose vitamin D, but overall it appears to be very safe.

A new study shows that a simple ultrasound test may help to identify people at high risk of stroke who have a condition called asymptomatic carotid stenosis, a narrowing of the carotid artery found in the neck, in which few or no symptoms are present. (Neurology®)

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LOCALS TAKE CENTER STAGE

BY KELLY PHELAN POWELL



For a metropolitan area of just under 460,000 people, Shreveport-Bossier is overflowing with cultural opportunities. It boasts more than 25 venues for visual and performing arts, a number of which are live theatres, and this area is fortunate to have a symphony, opera company and ballet. The arts bring more than entertainment value to a city, however – a vibrant artistic and cultural community attracts businesses, which bolster the economy.

And while this region certainly has its share of professional performers, many of the people seen onstage in plays, musicals, operas and symphonic concerts are volunteers who get paid a small stipend – if anything at all – for their time. Most have jobs and, in some cases, high-pressure careers, and at the end of the day, they still have to memorize lines or lyrics, learn music and rehearse. Where do they find the time? What motivates them? Learn more about these talented individuals and what inspires them to share their time and energy with Shreveport-Bossier audiences.

Physician John Goddard regularly performs with the Shreveport Opera despite having no formal musical or theatrical training. In fact, he wasn't terribly enthusiastic about his first audition. "The only reason I did that is because I was singing in the choir at church, and one of the guys who sat next to me in the bass section said, 'Come on out for the opera,' so I did, and I was in the chorus for 'Susannah,' and that led to the next opera."

Besides the opera (and his full-time position at Willis-Knighton Work Kare), Goddard appears in community theatre productions throughout the region, and he is also the stage director of the Gilbert & Sullivan Society of North Louisiana. This summer, he was in the Gershwin musical "Crazy for You" at the Emmett Hook Center.

Goddard said the creative aspects of theatre and music are what motivate him to find the time and energy to produce, act and sing in these very demanding productions. "It's like being a kid, and you're just using your imagination...you get to be somebody different, and that helps stimulate a different side of the brain that what you use during the daytime, work hours." He also enjoys the social aspects of performing. "That's my social outlet, basically," he said.

Anyone who would like to audition for the Shreveport Opera should contact general and artistic director Steve Aiken by calling (318) 227-9503 or emailing saiken@shreveportopera.org.

Dr. Warren Grafton, a retired surgical pathologist, made his theatrical debut in the first grade. His first role was a little Dutch boy, and, he said, "I blew my first line!" He also played one of the

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**JANIN POU WITH PHILLIP
JORDAN BROOKS IN A
STREETCAR NAMED DESIRE
BY TENNESSEE WILLIAMS,
SLT, DIRECTED BY ROBERT
DARROW**
(PHOTO BY MICHAEL S BOYD)

seven dwarfs and Tom Sawyer's prim and proper cousin Sid. "I was the smallest kid in the class," he explained.

Even in medical school, Grafton found a way to perform. "We had little skits we put on every year," he said. "They put a dress on me, and I did 'Sweet Little Buttercup' that comes from 'H.M.S. Pinafore.'" He took a break from performing when he began his medical career, but inevitably, the bug bit him again. When he was dating his wife Carol, whom he married in 1987, he took her to several productions by the Gilbert & Sullivan Society. He decided to audition, and for the next dozen or so years, he was in a show every year.

Grafton's performances with Gilbert & Sullivan and his musical ability led to roles in community theatre productions. He played the mandolin in the "Amen Corner" of Shreveport Little Theatre's "Smoke on the Mountain," and in the sequel, "Smoke on the Mountain Homecoming," he played guitar. He also played guitar in "Honky Tonk Angels Holiday Spectacular" and as Mark Twain in Shreveport Little Theatre (SLT) Academy's "Big River." His most recent role was a poker player named Roy in "The Odd Couple" at SLT.

"I think I just got caught up with it," he said of his love for performing. "I've sung all my life. My mother was a choir director." When he was in Gilbert & Sullivan, he said, "If I didn't have a role, I would be in the chorus, just to be part of the show."

Though community theatre productions are a six-week commitment of every night and most weekends, Grafton likes the energy that surrounds rehearsals and performances. Every year, he attends SLT's general auditions. He said he tells the directors, "Well, if you've got an appropriate old-guy role, I'll do it. I work hard, and I work cheap."

Robert "Bobby" Darrow, managing and artistic director of SLT, said, "SLT holds two general auditions each fall for the upcoming Mainstage season, which the directors attend. These auditions are open to the general public, with no previous experience necessary. General auditions have already been held for the four comedies in our upcoming 90th Season. SLT audition notices are usually listed in The Shreveport Times on Tuesdays. These audition press releases are sent to over 90 regional press contacts on our press list. We also contact all actors

on SLT's audition email list and post on Facebook about upcoming auditions. After this general audition is held, each director has the option of holding additional auditions, if needed, closer to the production dates. To receive audition notices, an actor can get their email address on our audition email list by calling (318) 424-4439, emailing the request to sportlittletheatre@gmail.com or by 'liking' the Shreveport Little Theatre page on Facebook."

Janin Pou has starred in at least 50 theatrical productions in Shreveport, but recently, she got to play the role that she calls "Without a doubt, my favorite and most memorable...and most difficult": Blanche in SLT's recent production of Tennessee Williams's "A Streetcar Named Desire." It was a show Pou wanted to do since she ran sound for it at a theatre in New Orleans, where she first started performing. "It was 30 years ago that I worked the show, and 30 years later, I got to do the show. It was fun to do, and I was sad when it was over," she said.

In New Orleans, Pou began her theatrical career backstage, doing "background stuff – sound and lights," she said. But soon, she decided she wanted to get onstage. "A director was casting the British farce 'Habeas Corpus,' and I wanted to do a role in that show, and he said, 'If you go get some training, we'll think about it.'" The director

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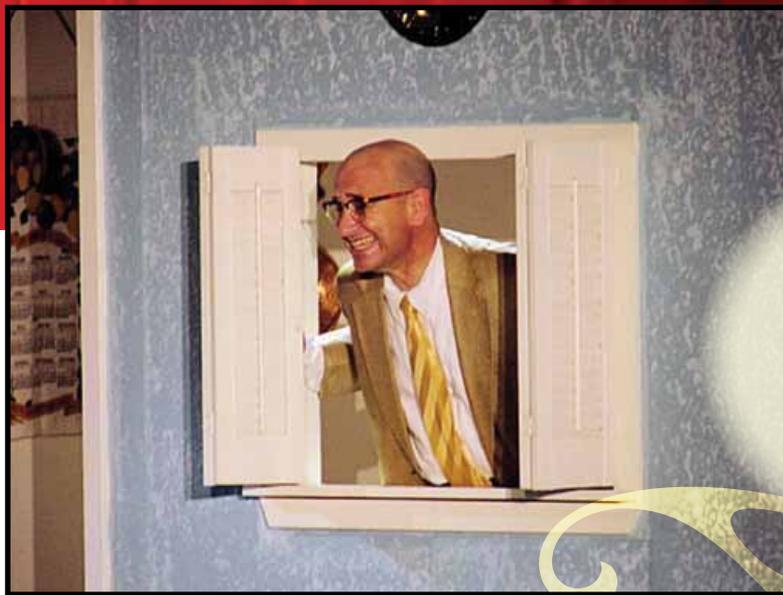
gave her the name of a coach who worked with her for about six months. She auditioned for and won the role she wanted, and she's been acting ever since.

When she moved to Shreveport, Pou acted in a few productions at Marjorie Lyons Playhouse in the late 70's and early 80's, but she took a break from acting from 1986 until the late 90's to raise her daughter, now a graduate student at LSU Health Sciences Center who comes to see all her mother's shows.

Her husband of 11 years, Dr. David Pou, is involved in theatre as well. His work on sets and set pieces earned him an award for Best Set Construction for "A Coupla White Chicks Sitting Around Talking."

Pou retired in November from a 35-year career in the oil and gas industry, and she said it was often difficult but always rewarding to balance acting with career, marriage and motherhood. "I love it. It's a hobby more than it is a chore," she said. Nevertheless, she tries to limit herself to three shows per year. In 2011, in addition to "Streetcar," Pou also starred in "25th Annual Putnam County Spelling Bee" at River City Repertory Theatre and "Hair-spray" at Shreveport Little Theatre.

To those interested in auditioning for River City Repertory Theatre productions, Artistic Director Patric McWilliams said, "River City Repertory Theatre is a professional theatre company, not a community theatre. We hire Actors' Equity actors, which is the union for profes-



**JOE TODARO IN
LAST OF THE RED
HOT LOVERS, SLT,
DIRECTED BY DICK
KING
(PHOTO BY GENE
CASSANOVA)**

sional actors in America. We also fill out casts with non-Equity actors. All actors are signed to contracts and are paid. The Equity actors are paid on the scale set up by Actors' Equity, and the non-professional actors are paid a stipend. [We] accept headshots and resumes. Those are then pulled when certain types of actors are being sought and auditions are then individually scheduled with the actor. We also hold open auditions when certain roles need to be filled. Those auditions are usually announced through the local press and on our website." Email headshots and resumes to therep@rivercityrep.org.

Joe Todaro is director of VRI (video relay interpreting) for the Deaf Action Center, but his start in acting came when he was a director at one of the local television stations in 1991. "I got into it reluctantly, but then I got bitten by the bug," he said. His first show was "Wrong Turn at Lungfish" at SLT, and he recently completed his 55th theatrical production in Shreveport, "Crazy for You," at the Emmett Hook Center.

When asked how – and why – he makes time for shows that require an enormous sacrifice of both hours and energy, Todaro returns to an old adage: "Whatever you set your mind to do, you can do. We have a lot of times in our lives when we think we're busy,



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but we're really not – we're just consumed with the 'busy-ness.'"

He said the excitement of live theatre fulfills him in a way other activities can't. "I enjoy the 'live-ness' of it – walking on the edge of disaster. There's a lot of tension that's involved with it," he said. "The audience wants to participate in the outrageous things you're doing. When's the last time you went to Kohl's and somebody broke into song?"

Todaro encourages anyone who's ever wanted to give it a shot. "It's never too late," he said. "Think about George Burns, Bob Hope – all those great entertainers who were around forever.



George almost made it to 100, and I think it was because he was an entertainer. I think it's a fountain of youth. If you've never been onstage, then get up there and add a few years to your life."

Joe Cooper, a commercial account executive at Goodwill Industries of North Louisiana, Inc., plays violin in the Shreveport Symphony Orchestra, an activity he has enjoyed for most of his life, since he started playing with them in high school in the late 1940's. His musical career began when he was a small child. He took lessons in a program through the National Institute of Allied Arts, based in St. Louis, MO, which set up studios across the country to teach children to play string instruments. Eventually, they made their way to Shreveport.

Cooper, who also plays the string bass, explained, "They had advance people who went out ahead of them, so they would recruit these ladies who had small children and who had friends who had small children. So then it was kind of like a Tupperware party... my mother's heart wasn't really in it, but [the lady] was a very dear friend, so she went. They gave their spiel, and then they handed out the little instruments for you to hold. I was maybe five years old at the time. And my mother said, 'Come on, Joe, let's go,' but I said, 'Wait, wait, this is kind of interesting.' Anyway,

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the long and short of it is she ended up springing for the program.”

In high school, he became Concert Master of the All State Orchestra, where he met John Shenault, founder of the Shreveport Symphony. After earning a music scholarship to the University of South Louisiana, Cooper graduated from college and became a navigator and then a pilot in the Air Force. During the Korean War, he lived in Japan, where his son was born, for two and a half years.

After returning home to Shreveport, Cooper saw Shenault every month at Downtown Rotary Club meetings, and Shenault kept asking him to return to the symphony. “One time, the nerve was just right,” he said. “Plus, my kids had just started private school, and I said, ‘You know, you pay a little bit of money, don’t you?’ And he said, ‘Yeah,’ and I said ‘OK, this is sounding much better!’” And he’s been there ever since.

Cooper said he thinks playing in the symphony keeps him young. “I’m probably the oldest dude in the symphony now,” he said. He enjoys spending time around the younger musicians and even appreciates their good-natured ribbing. He said, “They ask me things like, ‘Joe, what was Mozart really like?’ and I say, ‘He was a little son of a gun. Couldn’t stand him. But I was so far ahead of him in school, I’ve forgotten him.’”

He finds playing in the symphony, which he calls “a fulfillment” and “good for your brain,” to be relaxing. “After about 45 minutes or so, you’re totally immersed...it’s like you’re in a vacuum...and it’s really, in a lot of ways, therapeutic,” he said.

Musicians interested in auditioning for the Shreveport Symphony Orchestra should call (318) 222-7496 or email personnel@shreveportsymphony.com.

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A Great Life WILLIAM TEAGUE

BY MARY FLANDERS



*N*estled in a quiet corner of a pretty Shreveport neighborhood there is a lovely home, similar to all the lovely homes around it. But walk through the front door and you find yourself face to face with a most amazing man. You would never know it just by meeting Mr. William Teague, but he is a very famous world renowned concert organist who has played all over the world, but you'd know when you walked into his living room. One wall is covered with organ pipes of varying sizes; the rest of the room is dominated by the huge console where he creates his magic.

Recently Mr. Teague received the crowning achievement in his teaching career as he was awarded a Doctor of Fine Arts Degree from Centenary College. It was the culmination of a long and very distinguished musical career.

At a very early age William began playing the piano, but quickly moved to the organ. William is quick to explain that playing the organ is quite different from the piano. To play the organ, he explains, you must use your feet as well as your hands and often they're going 4 different directions. To play the piano, you use your shoulders, to play the organ, your wrist. An organist has a different posture than a pianist. An organist plays perched on their backside so that the feet are free to move. He says with a laugh, that's why all organists have bad backs.

A native of north Texas, he began his musical career as an organ student at SMU in Dallas, but was invited to attend the Curtis Institute of Music in Philadelphia. The Curtis Institute is arguably the most prestigious music school in the world. Selection to Curtis is based solely on artistic talent and promise and every student receives a full tuition scholarship.

Upon completing his intense education at Curtis, William set three goals for himself. The first goal was to have large prestigious church; the second goal was to teach at a small and exceptionally



Mr. Teague at the organ he designed for St Marks.

good college and the third was to have a concert career.

After graduation in 1948 he and wife Lucille were living in Philadelphia and William's agent was booking concert performances for him. His performance career was beginning to take off. Then William was recommended for a position at St. Marks in Shreveport. Thinking it might be nice to be back in the south, He came down to take a look at St. Marks. The first impression was not a good one, he was less than impressed. As he said, "In the choir house you could see through the floor to the ground underneath."

At that time the beautiful church that stands today on the corner of Fairfield and Kings Highway was only a blueprint. But the people of St. Marks had plans, big plans. Not only did the people of St. Marks want William Teague as organist, they wanted him to design the new organ for the new church. Goal number two was in sight.

The opportunity to get in on the ground floor in Shreveport was too



good to pass up and the Teagues moved to Shreveport. Over coffee after their first Sunday here, William and Lucille agreed they had made a big mistake, but William says, "It didn't take long for the wonderful people here to win us over."

Shreveport is also home to a small, but exceptionally excellent college and it wasn't long before William was teaching at Centenary.

Goal #3 achieved, and William Teague was not yet 30. What a great life!

William and Lucille met in the 7th grade and have been married for 67 years. The Teagues have two children, Linda Gayle who lives in Memphis and Chan who has followed in his father's footsteps, teaching at Centenary College and performing as timpanist with the Shreveport Symphony, as well as grandchildren and great-grandchildren.

During his concert career, Lucille, he says kept him together no matter where they were. She turned pages and pulled stops and kept him organized. "No way I could have had my career without out her," he says as he looks at her fondly.

Together they have traveled all over the world. He has played in magnificent churches such as Westminster Abbey. One of their most exciting and unique experiences was a concert in East Berlin. William and Lucille among a handful allowed behind the Iron Curtain. They say that was quite an experience even to the seasoned travelers they were. As they took off from London, their visas were still not approved and they weren't sure if they would be allowed to enter.

When he decided to quit touring the world with his music, he asked Lucille where she would like to go. "After all these years of going where I go," he said, "where would you like to go?" "Alaska," was her immediate answer and "please, no more churches."

They're both quick to point out that they love to travel, but there's no place they'd rather live that right here in Shreveport.

When asked if he was a religious man, he said "the rhythm of the Church dictated the rhythm of my life." What a wonderful rhythm, what a great life!



Louanna Townsend

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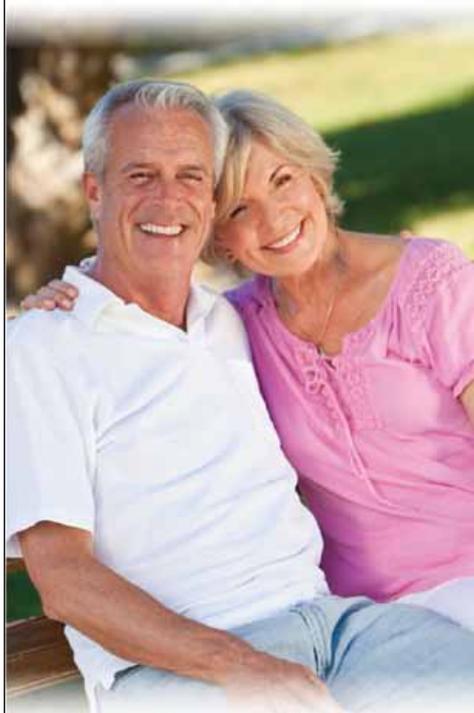
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'Doughnut Hole' Becomes Sweeter

By Bob Moos

Growing numbers of people are finding that the “doughnut hole” in Medicare’s prescription drug coverage has become sweeter this year.

This is the time of year when many beneficiaries reach the gap in their drug benefit. In the past, that’s meant they’ve had to begin bearing the full cost of their prescriptions. But this year, they’re getting a 50 percent discount on brand-name drugs and a 7 percent break on generics.

For the half-million people who have entered the coverage gap so far this year, the discounts have added up to an average savings of \$545.

By year’s end, more than 4 million Medicare beneficiaries will have fallen into the doughnut hole. For people with serious medical conditions and high drug costs, the savings from the price breaks may amount to as much as \$1,800.

The brand-name discounts have been particularly helpful to seniors living with cancer, diabetes, high blood pressure and high cholesterol. About a third of the price breaks have been for drugs used to treat those diseases and conditions.

Best of all, you don’t need to do anything to get the discounts once you reach the gap. Just buy your drugs at your pharmacy or order them through the mail.

The price breaks come as a result of last year’s Affordable Care Act. In fact, the new

law will eliminate the gap in Medicare’s drug coverage by 2020.

Though polls show that seniors are satisfied with the overall drug benefit, the one provision that has raised many people’s ire is the doughnut hole.

If you’re on a limited income, you may avoid the coverage gap by qualifying for Medicaid or other help. Otherwise, here’s what usually happens.

In 2011, you split the first \$2,840 of your drug costs with your private drug plan. Generally, after paying a \$310 deductible, you’re responsible for 25 percent of your prescription costs, while your drug plan picks up its share.



You then enter the doughnut hole, where, until now, you’ve been on your own for the next \$3,607.50 in prescriptions. At that point, you qualify for Medicare’s catastrophic drug coverage and pay just 5% of your costs for the rest of the year.

The doughnut hole came about because lawmakers wanted to keep drug spending within a budget at the same time they offered comprehensive coverage for the poor and very sick and some upfront coverage for everyone on Medicare.

But shouldering the entire cost of

their drugs while in the gap has worked a hardship on some seniors and people with disabilities.

Sometimes, beneficiaries stop filling their prescriptions or start splitting pills in two. Because many suffer from serious or chronic conditions, the decision to skip or cut back on medication can have serious health consequences.

For those reasons, providing some relief in the doughnut hole and eventually closing the gap became parts of the Affordable Care Act.

Last year, beneficiaries who entered the doughnut hole got a one-time \$250 rebate. This year, the help becomes far more substantial with the 50 percent discount on brand-name drugs and the 7 percent discount on generics.

And, although you pay less than the full price, the entire cost of your drugs counts toward the amount you need to spend to qualify for catastrophic coverage. For example, if you’re on a \$100 brand-name prescription, you’ll pay \$50, but you’ll be \$100 closer to getting out of the doughnut hole.

The price breaks for brands and generics will grow over time, effectively eliminating the doughnut hole by 2020. At that point, beneficiaries will be responsible for 25 percent of their drug bills, the share they now pay before entering the gap.

For more about how the drug discounts and other provision of the Affordable Care Act can help seniors and people with disabilities, visit www.healthcare.gov. You can also visit with a customer service representative at 1-800-MEDICARE.

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



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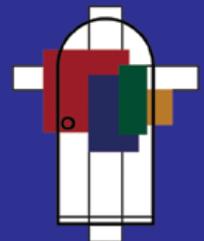
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Love, Marriage & Money

Bob and Emily (not their real names) had recently gotten married. It was the second marriage for both of them. Bob had good credit, but Emily, not so much. In fact, Emily was being sued for a credit card debt she had run up before she had married Bob. She admitted that she owed the money but she didn't understand why the credit card company had sent her questions about Bob and his job and his income. Bob's name wasn't on the credit card. And

Emily had stopped using the card long before she had even met Bob. So what does Bob have to do with it?

Well, Louisiana is a community property state. That means that before their marriage, everything Bob owned was his separate property and everything Emily owned was her separate property. And the same holds true for their debts: any money Bob owed prior to his marriage is his separate debt and anything Emily owed prior to the marriage is her separate debt. Once they get married, the property that they already owned individually remains their separate property. And the debts each already owed individually remain their separate debts. But any new money that comes in after the marriage, whether it's



Lee ARONSON

Bob's wages or Emily's social security check, is all community property.

And here's what Louisiana law has to say about separate debts (i.e. Emily's credit card debt) and community property: "A separate or community obligation may be satisfied during the community property regime from community property and from the separate property of the spouse who incurred the obligation."

What does that mean? It means that even though Emily's credit card debt is her separate obligation, the credit card company can collect the debt by going after Emily's separate property or her community property. Because she is now married to Bob, any income she has is community property and the credit card company could go after it. And any income Bob has is also community property, so the credit card company could go after that as well.



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But something the credit card company couldn't do is try to go after Bob's separate property. So let's say that before Bob married Emily, he bought a house. The house is in his name only. After he gets married, Emily moves into the house but Bob takes no legal steps to add Emily's name to the home. Because Bob bought the home prior to his marriage, it is his separate property. And it remains his separate property even after he marries Emily and Emily moves in. As a result, even if the credit card company sued Emily and won the case, the creditor still couldn't put a lien on Bob's home.

On the other hand, if Emily had bought some stocks or bonds prior to marrying Bob, these assets would be her separate property. And the credit card company could go after Emily's separate property.

But let's be clear: the credit card company can't try to seize any assets or garnish any wages unless it first sues Emily and wins its case. But if the credit card company wins its case and Emily doesn't pay up, then and only then can the credit card company try to collect on the judgment by going after Emily's separate property as well as Emily and Bob's community property. But even if the credit card company does win its case, there are some things it will not be able to seize. For example, social security income cannot be garnished or seized by a credit card company. So Emily's social security check should be safe. On the other hand, Bob's wages are fair game.

Ah, the joys of marriage.

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

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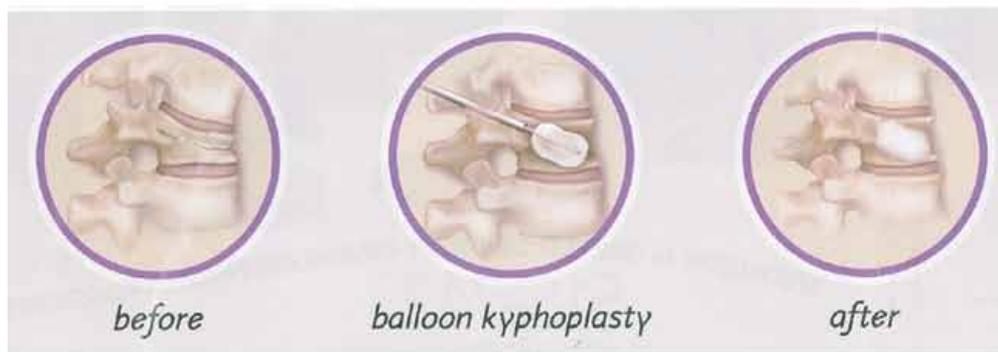
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Standing Tall: What Women Need to Know about Spinal Fractures

When you think of women's health issues, spinal fractures probably don't come to mind. But they should. These common fractures can not only be disfiguring, but deadly.

Spinal fractures are the most common osteoporotic fracture; over 900,000 spinal fractures occur every year in the United States alone, according to industry estimates and research. They occur more often than hip fractures in any one year. They also increase the risk of death. Unlike a hip fracture, the risk of death following a spinal fracture (link to: <http://www.spinalfracture.com>) continues to increase progressively, so it is important to treat spinal fractures soon after they occur. Sadly, only about one third of these fractures ever receive medical attention.

The main cause of spinal fractures is osteoporosis, which silently robs you of the density in your vertebrae — bones we often take for granted. Think of the vertebrae in your spine as a stack of square building blocks with mesh interiors. Osteoporosis causes the mesh architecture inside the blocks to deteriorate, eventually causing micro-fractures. As micro-fractures accumulate, the blocks become weaker and less able to resist the stresses we expect them to handle. Many times, what seems like very minor stress can cause fractures and the vertebrae to collapse, which causes the vertebrae to become compressed. You may notice you are getting shorter, and gradually you will notice a curving forward of your spine. This is called kyphosis.

Besides loss of height, some other changes occurring in your body might be due to spinal fractures. Do your clothes not quite fit right? Are you developing a "tummy" that you never had? Do you eat less because you get full so fast? Are you short of breath from small exertions?

With spinal fractures, what was once a nice sturdy compartment for your internal organs gradually becomes smaller and smaller, compressing your stomach, lungs and digestive tract. The compression keeps your lungs from expanding fully, makes your heart work harder and your entire digestive track is pushed forward between your ribs and hips.

Spinal fractures can occur spontaneously or from the minimal stress of day-to-day activities. Sometimes there is no pain and the fracture goes unnoticed, but sometimes there is extreme pain.

For Marian Williams, 80, of Salem, Va., it was both spontaneous and very painful. As she was walking down the stairs in her home, "It felt like something slipped in my back. It started hurting right away, and the pain quickly became unbearable. I couldn't do anything. Even when I was lying down or sitting down, it hurt," she said. "It hurt to move. It hurt to

breathe. I never had pain like that before. It was excruciating."

Marian was admitted to the hospital and referred to Dr. Van Lewis, a neuroradiologist in nearby Roanoke, who recommended a minimally invasive surgery known as KYPHON (R) Balloon Kyphoplasty. During this procedure, two tiny incisions are made in the back and balloons are inserted through small tubes into the fractured bone. The balloons are then carefully inflated in an attempt to raise the collapsed bone. The balloons are then removed, creating cavities in the bone that are filled with bone cement. A clinical study has shown that those who undergo this procedure experience improved quality of life, faster back pain relief and quicker return of physical function than patients who opt for non-surgical treatments such as physical therapy or pain medication. The benefits were sustained on average throughout 12 months. While spinal fractures may be associated with mortality, no data exists currently to show that KYPHON Balloon Kyphoplasty improves the mortality rate.

The complication rate with KYPHON Balloon Kyphoplasty has been demonstrated to be low. There are risks associated with the procedure (e.g., cement leakage), including serious complications, and though rare, some of which may be fatal. This procedure is not for everyone. A prescription is required. Please consult your physician for a complete list of indications, contraindications, benefits, and risks. Only you and your physician can determine whether this procedure is right for you.

Three days after being admitted to the hospital, Marian was treated with balloon kyphoplasty. "When I woke up from the surgery, they took me back to my room and told me to lie flat for two hours ... the excruciating pain was gone," Marian said.

Marian no longer has excruciating back pain and is back to her regular activities, which include lifting light weights, using the weight machines and taking low-impact aerobic classes at her gym three times a week.

For a free, informational packet on KYPHON Balloon Kyphoplasty, potential patients and physicians can call [phone number to be inserted here]. More information about spinal fractures can be found on the Internet at www.spinalfracture.com (link to: <http://www.spinalfracture.com/>) or www.kyphon.com. (link to: <http://www.kyphon.com/us/home.aspx>) or by writing to Medtronic, Inc., 1221 Crossman Ave., Sunnyvale, CA, 94089.

KYPHON Balloon Kyphoplasty incorporates technology developed by Dr. Gary K. Michelson.





Debt For Retirees Can Be a Problem

Retirees who have usually worked all of their lives are usually considered some of the luckiest people in the world. Most of them have worked for companies for long periods of time and most have paid off their houses, gotten their kids out of colleges or into jobs, and most have paid off all their debts. Why then are so many retirees facing new problems with debts?

Debt is a major concern in this economy. We have just seen the Federal Government have to raise their Debt Limit in order to avoid default on its obligations. In just the last week, we have seen the stock market lose most of its value this year and fall faster than it has since October 2008. With the fall of the stock market, most retirement plans took a major hit. Unfortunately, private citizens



Judge JEFF COX

do not have the same luxury to be able to borrow and raise the limit they borrow if they have too much debt.

According to a poll cited by the American Association of Retired Persons (AARP), one-third of retirees described their current personal debt levels as a problem. Seven percent of those polled called it a major problem.

What is causing this increase in debt? Many factors probably come together to cause retirees and seniors more debt. In recent years, people are living longer which causes many to outlive their savings. In addition, higher costs of living including gas, food, and utilities to name a few. Finally, longer life means longer health care needs and higher medical expenses which some of these expenses may not be covered.

What should a retiree try to avoid in order not to get into debt problems? First, do not use credit cards unless it is an emergency. Most credit card companies will extend credit to any person with a great credit history. However, most of these credit cards have interest rates which



can vary between 18% to 20%. Consider that most banks at the present time will make a loan at an interest rate of 4% or less and you can see the difference in using credit cards versus a bank loan.

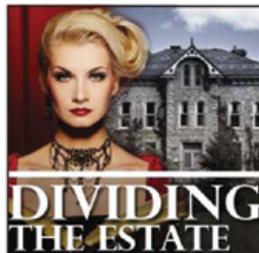
Second, do not borrow against your house unless you have to borrow. At the present time, mortgage markets are in trouble because of high loans made in the past and due to the shrinking value of homes. Mortgages against a home which

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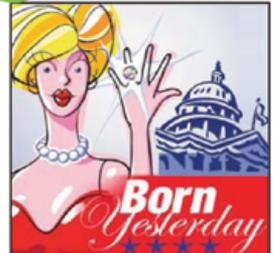
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a retiree already owns is not a good idea unless that retiree has to borrow due to the fact that retiree does not make as much income as when they were working. In addition, retirees need to be careful of reverse mortgages as these mortgages become due in the future when they do not have the income to pay the mortgage back or may not leave an asset as they intended for their heirs.

Third, if you find yourself in debt and find that you cannot afford the necessities of life, do not be afraid to consult a credit counselor or an attorney. In fact, before making a decision to borrow, you should consult one of these persons regarding your options before going into debt. There are laws in place which you, the retiree, may not be aware of that may prevent you from having to go into debt. None of us knows what the future holds, but we can try to prepare and have the best information we can to meet it. With these uncertain times and uncertain economy, we need all the information we can get.

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



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Having Bad Dreams? It Could Be Your Medicine

Dear Pharmacist, My doctor is referring me to a psychologist because I'm having so many bad dreams. These are new for me, and while I believe that dreams are "telling" I can't help but wonder if it's something I'm taking. In the last 6 months, I've began taking three new prescriptions. Could my drugs have any bearing on my sleep or dream state? --T.H., Denver, Colorado

Yes, medications can definitely impact the way you sleep, and cause vivid dreaming, lucidness, and even nightmares. There are over 130 medications that can cause nightmares and I've posted the list at my website, www.SuzyCohen.com because I don't have the room to do so here. I'll mention a few of those drugs shortly, but for the moment, let's talk about nightmares. It's normal to have them on occasion, but not all the time. I believe that dreams are a way for our unconscious mind to get our attention about a life situation, one that is particularly troubling. They are frightening and often contain emotional content or vivid details that stick with you throughout the day, if not forever. Nightmares are fairly common in children, but they are not usually associated with any underlying psychological problems. About 5 to 8

percent of the adult population, mostly women, have to deal with recurring nightmares. Just FYI, nightmares are considered one of the hallmark symptoms of post-traumatic stress disorder (PTSD). Many war veterans and child abuse survivors can attest to this.

But as I said earlier, medications can trigger nightmares too. Below is a list of some of the most popular drugs or dietary supplements I can think of, that have the potential to affect dreaming. If you see your medication on the list, and nightmares have become troublesome



Suzy COHEN, RPh

for you, then speak to your doctor about lowering your dose a little bit, switching medication categories, or trying something natural.

Albuterol- a popular inhaler used for asthma or bronchospasm

Alprazolam and diazepam- these medications are used for relaxation or sleep

Amitriptyline and doxepin- two older antidepressants

Statins- a class of medications used to reduce cholesterol

Bisoprolol- a blood pressure drug

Carbidopa/levodopa- used in Parkinson's disease

Cetirizine- an antihistamine

Citalopram and Escitalopram- two newer popular antidepressant

Fenfluramine- an appetite suppressant used for weight loss

HCTZ (Hydrochlorothiazide)- a popular diuretic used to reduce blood pressure

Levofloxacin- An antibiotic

Melatonin- a natural sleep aid, but excessive amounts can cause nightmares

Mugwort- a natural herb sometimes used to expand consciousness and dream states, as well as for digestive health

Propranolol- used for high blood pressure, migraines and heartbeat irregularities

Zanamivir- inhaled drug used for Influenza

Zolpidem- popular sleep medication

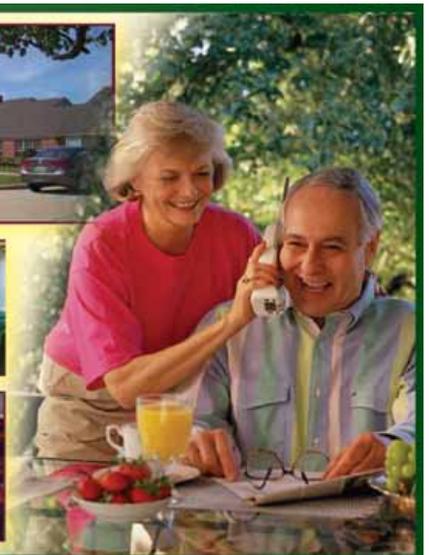
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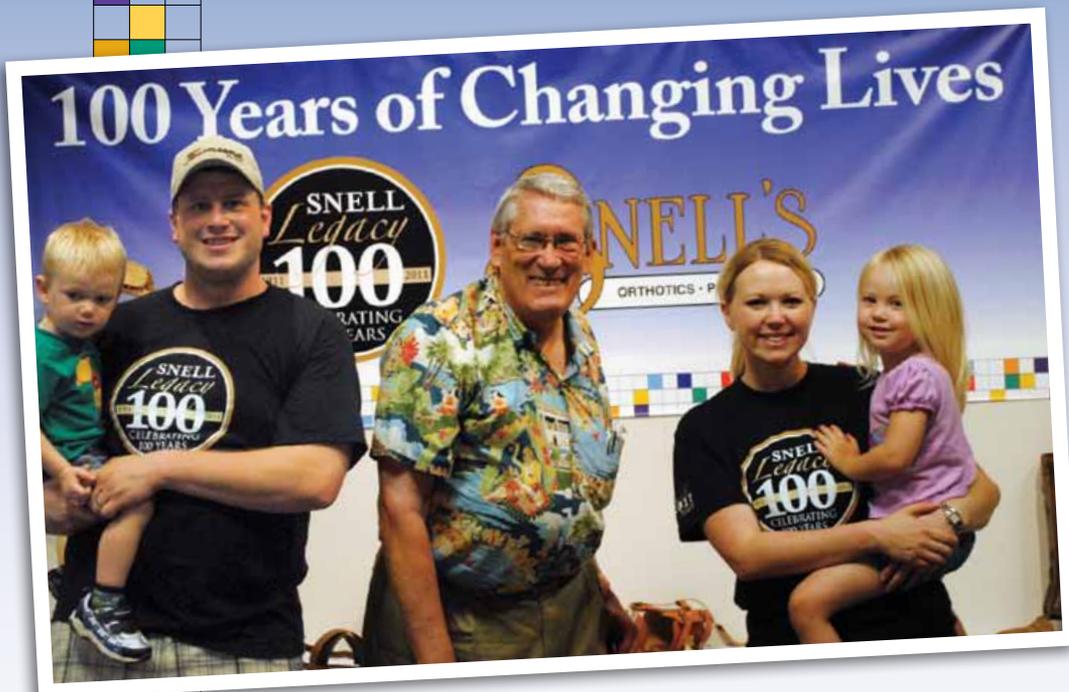
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Pop's sons, Ralph and Jim, expanded the business across the Mississippi into Arkansas and Louisiana, serving thousands of individuals including wounded soldiers returning from war as well as those stricken during the polio epidemics of the 1940s and 50s. "Big Jim" (he was 6' 8" tall) opened the company's first Louisiana office in Shreveport in 1939.

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Pictured above in front of the company's centennial history display at the Louisiana State Exhibit Museum in Shreveport are three generations of the Snell family: (from left to right) Miles (age 2), Christopher, Clint, Ashley, and Emily (age 3)

Should You Put Retirement on Hold?

One indicator our economy is still hurting is that more and more people are postponing retirement. According to the Department of Labor, those over 55 and still working have increased steadily since the recession began – 28.9 million at last count – and some surveys show more than a third of employees expect to work past age 70 or

never retire. Would-be retirees have faced a perfect storm of negative situations:

- Having to tap retirement savings early to cover bills or tide them through unemployment.
- Plunging home values diminished or erased the equity many had hoped to draw on in retirement.
- Unable to afford – or qualify for – health insurance they'll need until Medicare kicks in.
- And many boomer parents have put their own savings on hold while helping their kids struggle through the recession.



Jason ALDERMAN

If you're hoping to retire in the next few years, consider the following:

How much will you need? Financial planners often



suggest people may need 70 percent or more of pre-retirement income to maintain their current lifestyle, but it's difficult to generalize. For example, some people downsize housing or retire to less expensive areas and thus need less. Others can expect increased medical, utility and other bills to outpace earnings on their savings.

Start estimating your retirement needs by using online calculators:

- The Retirement Estimator at www.ssa.gov/estimator automatically enters your earnings information to estimate your projected Social Security benefits under different scenarios, such as age at retirement, future earnings projections, etc. You can also download a more detailed calculator to make more precise estimates.
- Check whether your 401(k) plan administrator's website has

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a calculator to estimate how much you will accumulate under various contribution and investment scenarios. If not, try the various retirement calculators at www.bankrate.com.

- AARP offers a retirement calculator to help determine your current financial status and what you'll need to save to meet your retirement needs.

After you've explored various retirement scenarios, consider paying a financial planner to help work out an investment and savings game plan. If you don't have a personal referral, good resources include www.cfp.net, www.napfa.org and www.fpanet.org.

Social Security

issues. To make ends meet, many people begin drawing reduced benefits from Social Security before reaching full retirement (65 for those born before 1938 and gradually increasing to 67 thereafter). This can have several financial consequences:

Your monthly benefit will be reduced by up to 30 percent. (Conversely, if you postpone benefits until after reaching full

retirement age, your benefit increases by 7 to 8 percent per year, up to age 70.)

Although many states don't tax Social Security benefits, they are counted as taxable income by the federal government. So, depending on your overall income, you could owe federal tax on a portion of your benefit. IRS Publication 915 at www.irs.gov has full details.

If you begin drawing Social Security while still working, your benefit could be significantly reduced depending on your income. Read "How Work Affects Your Benefits" at www.ssa.gov for details. (Rest assured, however: Those reductions aren't truly lost since your benefit will be recalculated upward at full retirement age.)

One last suggestion: Once

you've settled on what you think will be a sufficient retirement budget, try living on it for a few months first before retiring to make sure it actually works.

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

Would-be retirees face a perfect storm of negative situations.

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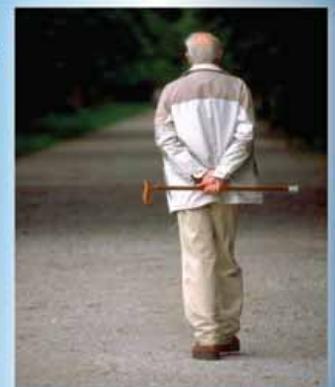
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Exercise in Transition

September again. Summer's unofficially over, vacations are behind us; the kids are back to school.

It's a busy month, a transitional month. Transitional times come with danger and opportunity. Lots of people fall off the exercise wagon at this time of year. It's easy to do.

On the other hand, lots of people start or step up their exercise programs in September.

This is a perfect time, as your schedule transitions, to add something new.

So I'm going suggest we do something new with something old, the old fitness standbys, the major building blocks of fitness, Cardio, Strength and Flexibility. A proper balance of these three can improve your quality of life at any age may help you live longer.

We all know cardio exercise burns calories and helps prevent or manage heart disease, but did you know that, according to the National Institutes of Health, daily moderate cardio exercise can reduce one's risk of heart attack by 50%? In our sleek 21st

century way we've kind of back-burnered cardio in favor of more ooh-la-la exercises like Pilates and Yoga. Bad idea.

Try dancing around to an old favorite CD. Walk, run, swim, bike, spin, take a class. Find new ways to get that cardio.

I know you'll actually enjoy it, especially after about 20 minutes when the endorphins kick in. Your body will be eternally grateful; and if you're prone to mood swings, those may improve too.

Strength is in for women. It's finally fashionable for women to be buff. You don't have to look like you could arm-wrestle a lumberjack, but a firm sculpted physique

is healthy, feminine and sexy.

Strength training builds muscles and bones, burns calories and picks up your metabolic rate to aid in

cises that address more than one muscle group at a time. For instance pushups against a wall or on the floor work your chest, and arms together. Modified squats (go half way down to save stress on your knees) work front and back of your legs, buttocks, and if you go up on your toes when you come up, you'll work your calves too.

Last but not least Flexibility, promotes a supple youthful body, increases range of motion around the joints making daily movements easier, and helps keep us mobile as we age.

Here's where Yoga and Stretch classes come in. If you're not stretching or only stretching after other exercise, try mixing in at least one stretch session a week.

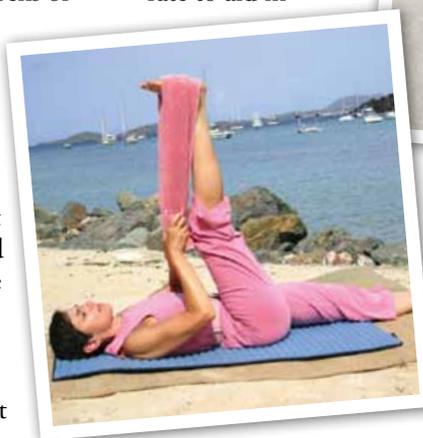
Stretching has the added benefit of inducing a near meditative state. You end with a feeling of well-being and a renewed vitality.

So don't let a good transition go to waste. Mix the big 3 into your schedule and get a jump on those holiday bulges.

Mirabai Holland M.F.A. legendary fitness pioneer, is one of the leading authorities in the Health & Fitness industry, and public health advocate who specializes in preventive and rehabilitative exercise. Her Moving Free® approach to exercise is designed to provide a movement experience so pleasant it doesn't feel like work. Send your questions to: askmirabai@movingfree.com



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Diabetes is a very common cause of blindness in the United States. High blood sugar causes damage to the cells that line the small blood vessels, which causes them to leak. When leaking occurs in the back of the eye, it can lead to temporary or permanent loss of vision. If you have diabetes it is essential to have an eye exam at least once a year. Diabetic eye disease can be treated to prevent vision loss. Call today if you have diabetes and have not had an eye exam.



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I have a rotator cuff tear. Do I need surgery?

It depends. Rotator cuff tears are a common source of shoulder pain, which increases in incidence with advancing age. A person can have a rotator cuff tear without experiencing pain. (The incidence varies from a reported 5% to 40%.) 40% of tears will enlarge, and of these, 80% will be symptomatic. 20% of patients remain symptom free for a 5 year period. There is no evidence that delaying surgery to attempt a non-operative treatment protocol adversely affects results. If you have significant weakness and/or a large tear, surgery may be advisable sooner. MRI's are valuable tests to determine tear anatomy and degree.



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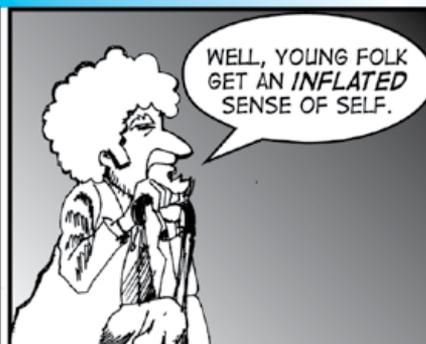
Should I wait for our physician to raise the possibility of hospice, or should I raise it first?

The most frequent comment hospice agencies hear from their patient's and families is "I wish I would have known about 'it' sooner." In 2008, 35.4% of those served by hospice died or were discharged in seven days or less - a timeframe way too short to realize the full benefits of hospice care. Ideally, discussions about adding the benefits of hospice services to an individual's care regimen should begin when it appears that a cure may not be possible for a life-limiting illness and within the context an individual's goals for treatment. It would not only be appropriate, but also prudent to initiate the conversation with your physician about hospice services.



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PEOPLE OFTEN SPOT GRIZZLIES DURING THEIR GONDOLA RIDE TO THE LAKE LOUISE WILDLIFE INTERPRETIVE CENTRE. (PHOTO BY IRV GREEN)

I'm standing atop an expanse of ice that's as thick as the Eiffel Tower is tall. The cold penetrates the soles of my shoes, but I hardly notice as the guide tells me that this glacier, the mighty Athabasca, and the ones that surround it combine to make one of the largest icefields outside of the Arctic Circle. It's also one of the major attractions of the Canadian Rockies.

In our week in Banff National Park, located in Alberta province, we discover many superlatives: the largest ice fields, the most grizzlies, the bluest lakes, the first national park in Canada and a UNESCO World Heritage Site.

We take a 14-minute gondola ride to Lake Louise Wildlife Interpretive Centre, which is perched on a mountaintop at an altitude of 6850 feet. "It's a banner year for grizzlies," the ranger tells us when we disembark the gondola. This, we soon discover, is both good and bad. We're likely to see a grizzly, but the small museum a quarter mile downhill is temporarily off limits. In fact, a group of visitors is currently being held hostage in the museum as a papa grizzly prowls around its exterior.

We're allowed to walk to a sightseeing platform where we spend the better part of an hour, sharing binoculars, whooping with delight as we spot one, then two, and finally four bears ambling through the trees.

Then we're told to go back to the gondola, walking quietly in groups of six so as not to disturb or incite the animals.

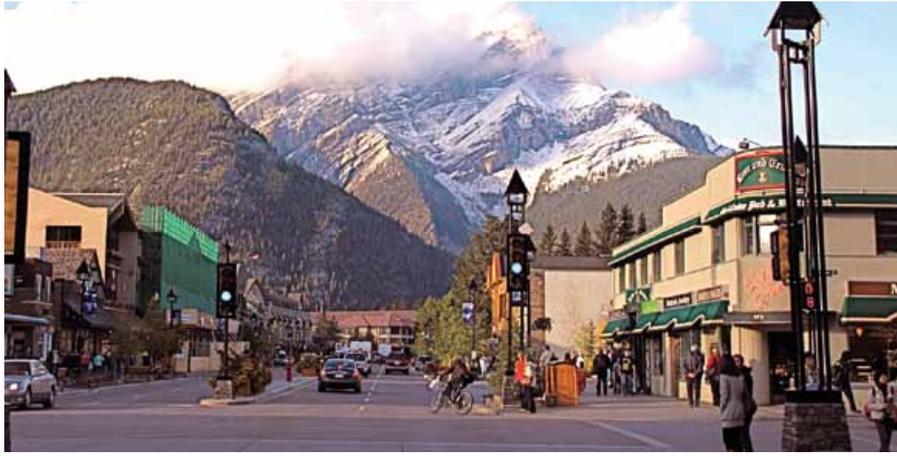
In addition to the ice and bears, it's the turquoise blue lakes that most inspire visitors. As glaciers slowly grind the underlying rock, small particles called "rock flour" become suspended in the rivers and lakes. The interplay between light, rock flour and water produces the distinctive color.

We take a 90-minute cruise on Lake Minnewanka, the largest body of water in the area, during which we see, yes, another grizzly as well as cougar, elk and eagle. But for me the best part of the cruise is the narration. Guide Gary Doyle delights us with stories about the history of Banff—how First Nation people settled the land, how the railroad magnates developed it, and how today's residents are conserving it.

To learn more about the history of the area, we go to Banff Village, the small town that anchors the National Park and provides tourists with ample restaurants, souvenir shops and places to stock up on hiking gear and insect repellent. The village has a number of museums, but we most enjoy learning about the past at the impressive Banff Springs Hotel.

Storyboards posted at convenient spots explain that the hotel was built as part of

a grand marketing plan. William Cornelius Van Horne, general manager of Canadian Pacific Railway, wanted to increase company profits by enticing city folks from eastern Canada to visit the beautiful but rugged west. Realizing that his prospective passengers would demand luxury accommodations



ABOVE: BANFF VILLAGE IS THE "URBAN CENTRE" OF THE CANADIAN ROCKIES. (PHOTO BY IRV GREEN.) LEFT: THE GLACIERS IN THE CANADIAN ROCKIES COMBINE TO MAKE ONE OF THE LARGEST ICEFIELDS OUTSIDE THE ARCTIC CIRCLE. (PHOTO COURTESY OF TRAVEL ALBERTA)

once they arrived at their destination, he began construction on the Banff Springs Hotel in 1887.

Three years later Van Horne built a one-story log cabin a few miles away near Lake Louise. The small chalet served as another stop for railroad passengers but also as an adventurous get-away for people staying at the much grander Banff Springs. The cabin morphed into a small chalet and eventually grew to become a grand chateau. Today photos of Chateau Lake Louise poised near the gem-toned lake are an iconic image of the Canadian Rockies.

Although the two historic hotels are impressive, our hearts are captured by Moraine Lake Lodge, nine miles outside the village and on the shore of a lake that is, if possible, even more beautiful than Lake Louise. My only problem: I can't decide if I'd prefer to stay in my room, admiring the scenery while enjoying the wood-burning fireplace and deep soaker tub, or if I'd rather be outside where I can

stroll around the lake, hike in the woods and relish the brisk mountain air.

While the Canadian Rockies rise gradually from the plains on the west, they end abruptly on the east, flattening into a Kansas-like plain. We don't want to leave, and our mood darkens as we head towards Calgary, 85 miles away. But at the airport we find that eight airlines have direct flights from Calgary to the United States. No problem. We can come back soon, and we vow that we will!

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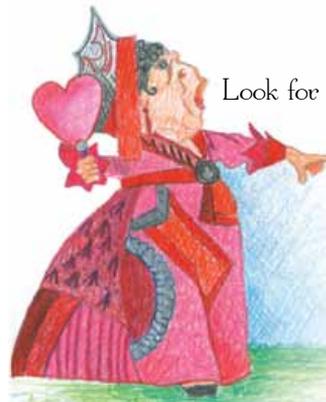
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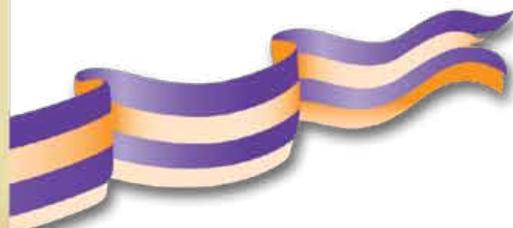
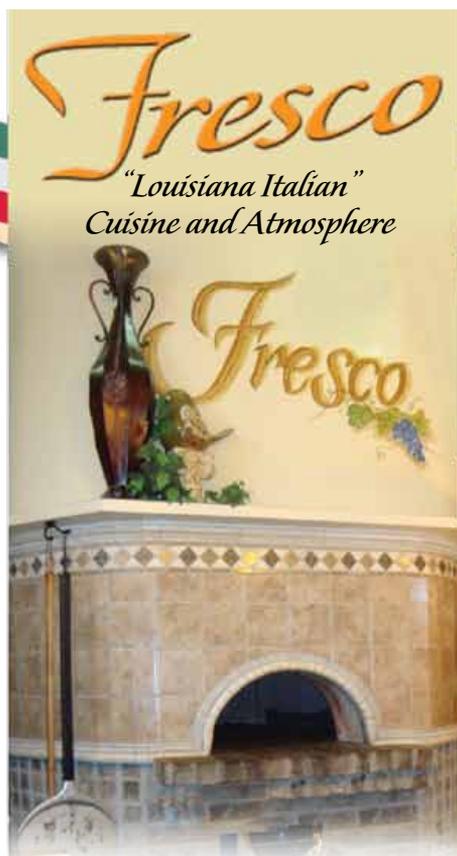
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Restaurant reviewer: Kelly Phelan Powell

Editor Tina Calligas and I recently enjoyed a delicious summertime lunch at Fresco, a new deli, pizzeria and market on the corner of Pierremont Road and Fairfield Avenue. The airy, casual and relaxing atmosphere was a welcome respite from the sweltering temperatures of late, and the fresh, delicious food, which owner Robert Bakowski describes as “Louisiana Italian,” was a pleasant change of pace as well.

We both decided to order the Gourmet Muffuletta, which is available in ¼, ½ and whole sizes. Just as we were about to order ¼ each (\$6.99), our waitress, Melissa, advised us that ½ (\$11.99) is sufficient to feed two people, thus saving us \$2. It turned out to be the classic New Orleans concoction of mortadella ham, Genoa salami, olive salad and provolone cheese, but it we agreed that Fresco’s version is the freshest and lightest we’ve ever had, and the oily heaviness that accompanies most muffuletta’s was completely absent. This is no doubt due in part to the fact that the olive mix is made fresh in house. The sandwich is available cold or toasted (we had the cold version).

Fresco serves all sandwiches with a choice of chips, potato salad or pasta salad, and we sampled the two salads. We found the pasta salad to be remarkably fresh tasting, perfectly chilled and not at all oily, as many are. Their recipe includes broccoli, a unique and satisfying addition.

The potato salad is made with red new potatoes and while Fresco’s is definitely a high-quality rendering of an old delicatessen standard, it wasn’t very distinguishable compared to some of their other dishes. This im-

pression wasn’t helped by its presentation in a plastic cup.

Though the Gourmet Muffuletta was delicious and very satisfying, we couldn’t resist trying Fresco’s Florentine brick oven pizza (\$9.99), as it features some of our favorite ingredients – roasted garlic and spinach sauce, red onions, cremini mushrooms, baby spinach, chicken and, of course, cheese. It was one of the best pizzas either of us has ever had in Shreveport. In fact, I’ve been back especially for it two more times since then.



Shown here are just a few of the dishes offered at Fresco. The Gourmet Muffuletta is served with a choice of chips, potato salad or pasta salad. Fresco’s Florentine brick oven pizza features roasted garlic and spinach sauce, red onions, cremini mushrooms, baby spinach, chicken and, of course, cheese. There are several dessert selections.

No restaurant review is complete without a careful evaluation of the dessert menu, and in doing our due diligence, we discovered one more area in which Fresco shines. Though we were already quite full from the muffuletta, salads and pizza, the turtle cheesecake (\$3.50) nevertheless tempted us, and this heavenly combination of chocolate, caramel and cream cheese was everything we hoped it would be. Other dessert selections include Italian cream cake, cannoli and tiramisu.

If we had to choose one standout quality about Fresco, it would be the freshness of all the dishes. Bakowski assured us that everything on the menu is made with fresh ingredients on site, and it shone through in all the items we sampled.

Additionally, the atmosphere at Fresco was lovely and reminded us of a small, intimate Italian café. Although it was very busy the day we visited, the dining room didn’t seem crowded, and our excellent server never made us feel rushed. On a subsequent lunch visit, the hostess seated my companions and I on the patio, and given the extreme summer temperatures, we expected to suffer. But awnings and a couple of ceiling fans made it very pleasant indeed. The restaurant also includes a small retail area where customers can choose from a small but thorough retail selection and “grab n’ go” items from the menu.

Presently, parking in Fresco’s lot is limited, but they are expanding. Cuban Liquor welcomes overflow parking into their lot as long as drivers park on the side of the store. Fresco is currently open for lunch and dinner but will soon offer a Sunday brunch as well. Reservations are welcome and can be made by calling (318) 869-4049.

For a top quality but casual lunch or dinner in Shreveport at a reasonable price, Fresco can’t be beat. Give this newcomer a try soon, and you won’t regret it.



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Sweet Wild Blueberry Omelet Rolls

2 cups frozen wild blueberries, thawed
 ½ cup wild blueberry jam
 8 eggs
 2 tablespoons light cream
 4 tablespoons sugar

In small bowl, mix Wild Blueberries with Wild Blueberry jam to bind.

In a second bowl, beat eggs with cream, sugar and flour.

Place a 12-inch frying pan over medium heat and melt 1 tablespoon butter. Add half of the egg mixture and turn down heat in order to slowly cook eggs. Flip over the omelet. Place omelet on a plate, scatter half the Wild Blueber-

ries on it and roll it up.
 1 tablespoon flour
 2 tablespoons butter
 1 ounce chopped pistachio
 Powdered sugar
 Mint leaves

Prepare a second omelet from remaining butter, egg cream and Wild Blueberries. Cut omelets into pieces and sprinkle with pistachio and powdered sugar. Garnish with mint leaves as desired.

Nutritional Information per Serving: 410 calories, 18g fat, 170mg sodium, 53g carbohydrates, 1g fiber, 13g protein. (Serves 4)



Tandoori Chicken Sticks with Wild Blueberry Fig Sauce

1½ pounds boneless, skinless chicken breast	½ cup chopped fresh figs (or substitute pears)
1 package Tandoori Tikka or Tandoori Chicken marinade	½ tsp. orange zest
½ cup low-fat, plain yogurt	2/3 cup cooked red lentils
2/3 cup frozen wild blueberries	¼ tsp. salt
½ cup wild blueberry jam	¼ tsp. pepper
	¼ tsp. powdered coriander
	1 Tbs. oil or cooking spray
	Skewers

Chop chicken into bite-sized chunks.

Stir together Tandoori Tikka and yogurt in medium bowl and add chicken. Cover and let marinate for at least 1 hour.

Sauce: Stir together wild blueberries and jam in a small saucepan. Rinse and chop figs. Add figs and orange zest. Cook sauce stirring until it just comes to a simmer. Remove from heat, cool slightly. Add lentils and season with salt, pepper and coriander.

Pre-heat oven to 425°F. Remove chicken from marinade and drain in a colander. Place chicken pieces in an oiled 11 x 13-inch glass baking dish, without allowing them to touch.

Roast 8 to 10 minutes until done. Place chicken on skewers. Serve with the wild blueberry dipping sauce. Traditionally accompanied by rice as an entrée.

Nutritional Information per Serving: 123 calories, 1g fat, 130mg sodium, 14g carbohydrates, 1g fiber, 14g protein, 30mg cholesterol. (Serves 4 as entrée or 12 as an appetizer)

Wild Blueberry Coconut Smoothie

- 3 cups frozen wild blueberries
- 4 tablespoons brown sugar
- 1 piece of fresh ginger (walnut-size), peeled and grated
- 13 ounces canned coconut milk, divided
- 1 teaspoon toasted, grated coconut, for garnish

Blend wild blueberries, brown sugar, ginger and 6 ounces coconut milk in blender until frothy. Pour remaining coconut milk into four glasses and slowly add wild blueberry mixture to each. Stir gently with a spoon to get a marbled white and blue look. Garnish with toasted coconut. *Nutritional Information per Serving:* 280 calories, 20g fat, 15mg sodium, 29g carbohydrates, 5g fiber, 2g protein (Serves 4)



Veggie Sticks with Ricotta Wild Blueberry Dip

- 2 stalks celery
- 3 carrots
- ¼ cup part-skim ricotta (or cream cheese)
- 1 ounce crumbled Gorgonzola
- 1 tablespoon Wild Blueberry juice
- 1 pinch grated orange peel
- Freshly ground pepper
- ½ cup fresh Wild Blueberries

Wash celery and carrots and cut into sticks. Mix ricotta and Gorgonzola with wild blueberry juice. Season with grated orange peel and pepper. Gently stir in wild blueberries and place in bowl for dipping. *Nutritional Information per Serving:* 351 calories, 17g protein, 14g fat, 43g carbohydrates, 737mg sodium, 44mg cholesterol (Serves 1)

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Like

Across

- 1 Building supports
- 7 Dirty dog
- 15 Calyx part
- 20 Sarge, e.g.
- 21 Drive off
- 22 Said in an ugly way
- 23 Constant threat, metaphorically
- 25 Inscribed pillar
- 26 Floor square
- 27 Is deceptive, in a way
- 28 Nile reptile
- 30 Russian communications acronym since 1992
- 31 Vacation area
- 33 Confederate Memorial Carving site
- 39 German article
- 40 Healthy as ___
- 41 Do goo
- 42 Pianist who claimed to have invented jazz
- 50 Yellow fever mosquito
- 54 Bullfight cry
- 55 ___-de-France
- 56 Get the better of
- 58 Watch
- 59 Controversial orchard spray
- 60 Comic Carvey
- 62 "On His Blindness" poet
- 64 River to the Rhein
- 65 Places to pick up cats
- 67 "La Loge" artist
- 69 Deep-seated
- 71 Doomed duo
- 76 Tiberius' villa at Sperlonga included one
- 78 Current events?
- 79 Dabbling ducks
- 82 Hot stuff
- 83 1951 Lanza role
- 87 Early '60s Polo Grounds team, nowadays
- 89 "Dragonwyck" author Seton
- 90 Island strings
- 91 Country estate

- 92 In place of
- 93 Trojan War counselor
- 95 Land in old Rome
- 97 Esso ad phrase
- 101 Amsterdam street adornment
- 103 Results
- 104 "Oz" ailer
- 105 Light dessert
- 111 Aardwolf's diet
- 116 Apply in a slapdash way
- 117 Wood on a diamond?
- 118 Peek-__
- 120 Seed pod
- 121 Literally, "to God"
- 123 Source of spy movie suspense
- 129 Irritating
- 130 Places for duds
- 131 Made square
- 132 Head lock
- 133 Foolhardy
- 134 Ones who excite devils?

Down

- 1 MIT and others
- 2 Alamo hero
- 3 ___ Gay: WWII plane
- 4 Plots that may be developed
- 5 In style
- 6 Existed in a suppressed state
- 7 "Smooth Operator" singer
- 8 Word with act or action
- 9 Draw a bead
- 10 Denebola's constellation
- 11 Mandela's org.
- 12 ___-Mart Stores, Inc.
- 13 TV group with B.A. Baracus and Hannibal Smith
- 14 Bas-relief medium
- 15 Barbecue sound
- 16 Authorize
- 17 St. Peter's Basilica masterpiece
- 18 Dwight's two-

FISH HEADS

By Robert A. Doll; Edited by Rich Norris and Joyce Nichols Lewis

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- 19 Get wind (of)
- 24 '80s Pontiac
- 29 Curly-tailed dog
- 32 Poem of everyday life
- 34 Hardly racy
- 35 Notable 1969 bride
- 36 "The world will little note, ___ long remember, what we say here": Lincoln
- 37 Heap praises on
- 38 Ebb's relative
- 42 Shaw title saint
- 43 Cinders of old comics
- 44 Vaults
- 45 Lynn from Kentucky
- 46 Titanic, e.g.
- 47 Grassy plain
- 48 Can. province
- 49 Con opener
- 51 Hopeful letter opener
- 52 Rochester's love
- 53 ___ money
- 57 TCU part: Abbr.
- 61 S part
- 62 Botch
- 63 Plenty mad
- 64 Up with, with "of"
- 66 Remained
- 68 Psych ending
- 70 Surfing site
- 72 Almond ___: candy
- 73 Tangy mustard
- 74 On one's guard
- 75 D'Ysseldorf direction
- 76 Oversupply
- 77 Croupier's tool
- 80 City about
- 200 miles from Marseille
- 81 Cutty ___: Scotch
- 84 Aardvark's tidbit
- 85 "Vive le ___!"
- 86 More than suggested
- 88 Like a 29-Down
- 91 Shopping venue
- 92 Hall of Fame catcher Carlton
- 94 Libido symbol
- 96 Nikes alternative
- 98 Something besides the ltr.
- 99 Nutritional stat
- 100 Sch. in Athens
- 102 Writer's deg.
- 105 Show flexibility
- 106 Perennial '90s-'00s presidential candidate
- 107 False front
- 108 One may be present when an envelope is opened
- 109 Midwest hub
- 110 Chair designer Charles
- 112 Anxious
- 113 Film set contraption
- 114 Track official
- 115 They may follow teams
- 119 Honcho
- 122 Procedure: Abbr.
- 124 Cinephile's TV choice
- 125 Hunky-dory
- 126 Nothing at all
- 127 Doctor of music?
- 128 Stowe girl

SUDOKU - Fill in the blank squares in the grid, making sure that every row, column, and 3 x 3 box includes all digits 1 through 9.



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solution on page 43

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 L I D E C K I N L A D R G R
 R M D L O Y D E M O C E E H
 T E R I E S D N T A A M R D

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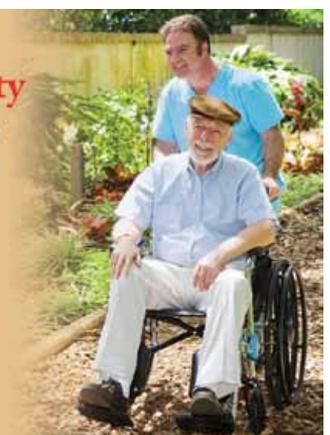
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Race for the Cure - Sept. 17. Race begins at Centurylink in Bossier City. Register online at www.komennwla.org. For more info, please call 318-220-7050

Race to End Alzheimer's - Saturday Sept 10. Arklatex Speedway, 13035 Boyter Lane Rd., Vivian, LA. Sprint car racing. Races begin at 7:30. Sports memorabilia silent

auction. Door prizes. For more info call 318-861-8680 or visit www.alz.org/louisiana.

BRIDGE LESSONS

EasyBridge 2 - For intermediate players who would like to improve their game. Wednesday mornings from 9 a.m. to approximately 11 a.m. Beginning Wed. Sept. 14. Shreveport Bridge Association, 7625 E. Kings Highway, Shreveport. \$6 per session fee includes lesson and playing time. For more info or to register, call Bonita at 865-1224

DINNER IS SERVED

Free meal - August 11. (2nd Thursday of every month) 5:30 p.m - 6:30 p.m. Love Chapel United Methodist Church Pavilion, Corner of Highway 80 & Forest Hills Blvd., Haughton. Everyone

is invited. No cost, no hassle. Just good food. Questions - call 949-0430 or visit lovechapelumc@bellsouth.net.

DRIVERS EDUCATION

AARP Driver Safety Program - A 4 hour classroom refresher course for drivers age 50+. Participants must preregister. \$14 for non-AARP members; \$12 for AARP members (AARP card required at registration).

- September 3 - 8:30 a.m. - 1:30 p.m. Caddo Parish Sheriff's Dept. Safety Town, 8910 Jewella, Shreveport. Contact: Frankie Morris - 318-681-0875 or 318-681-0869
- September 8 - 12:00 Noon - 4 p.m. Bossier Council on Aging, 706 Bearkat Dr., Bossier City. Contact: Esperanza - 318-741-8302
- September 15 - 8:30 a.m. - 12:30 p.m. Brookwood Baptist Church, 9014 Brookwood Church Way, Shreveport. Contact: Susan Jones - 318-861-8911, Ext. 107.

KREWE OF ELDERS

Krewe of Elders Party - Sunday, September 18, from 1:30 to 5:30 p.m., at the American Legion Post No. 14, 5315 South Lakeshore Drive, Shreveport. Entertainment provided by Rockin Redeyes. Cash bar, door prizes, 50/50 raffle, food available for purchase. \$6 members, \$10

non-members. Open to public. Info 635-4901, 752-9175.

MEETING

The GENCOM Genealogical Computer Society monthly meeting - Sunday, September 25 at 2:00 PM at the Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport. Toni Turk will present a program on "Honoring Our Ancestors". The meeting is free and open to the public. For information call 318-773-7406 or email jjones09@gmail.com.

MOVIES

Movies and Moonbeams - Sponsored by Shreveport Public Assembly and Recreation (SPAR), along with the Robinson Film Center. Bring your blanket or folding chair. Free admission. Concessions available or bring your own. For more info call 318.673.7892 or visit www.moviesandmoonbeams.org.

- Sept. 2 - 8 pm. Riverview Park. "Tangled" (PG).
- Sept. 16 - 8 pm. Mamie Hicks. "Scoobie Doo: The Curse of the Lake Monster" (PG)

Sci-Port's Golden Days Matinee - Weekdays 1:00 - 4:00 p.m. On the Shreveport riverfront. Seniors enjoy an IMAX film, FREE admission to Sciport galleries and a frozen yogurt. Cards, board games & activities available. All for \$9. Groups call (318)

Silver Screenings
the seven year itch
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424-8660 to schedule.

Silver Screenings - *The Seven Year Itch* starring Marilyn Monroe and Tom Ewell. Matinee and luncheon for seniors on Tuesday, September 20 at 10:30 a.m. at Robinson Film Center, 617 Texas Street in downtown Shreveport. \$5.75 for the film. \$14 for the film and lunch. Call (318) 459-4122 to RSVP.

PERFORMANCES



Shreveport Little Theatre's 90th season. Season membership to all five Mainstage shows are \$80 for adults and \$72 for seniors, students and active military. Individual performance tickets are \$15 for seniors, students and active military, \$17 for adults. Tickets may be purchased at box office, 812 Margaret Place, from noon - 4 p.m. weekdays, or by calling 424-4439.

Lend me a Tenor - September 8, 9, 10, 16, 17 at 8 p.m., September 11, 18 at 2 p.m.

Dividing the Estate - November 3, 4, 5, 11, 12 at 8 p.m., November 6, 13 at 2 p.m.

Some Enchanted Evening: The Songs of Rodgers & Hammerstein - January 5, 6, 7, 13, 14, 2012 at 8 p.m., January 8, 15, 2012 at 2 p.m.

Over the Tavern - March 1, 2, 3, 9, 10, 2012 at 8 p.m., March 4, 11, 2012 at 2 p.m.

Born Yesterday - April 26, 27, 28, May 4, 5, 2012 at 8 p.m., April 29, May 6, 2012 at 2 p.m.

Shreveport Opera Season. All performances are at River-

View Theatre in downtown Shreveport at 7:30 p.m. Season ticket subscriptions range from \$60 to \$235. Individual performance tickets are \$25 - \$90. Call 227-9503

The Merry Widow - October 29, 2011

La Tragedie de Carmen - Feb. 4, 2012

Madama Butterfly - March 31, 2012

Shreveport Symphony season. All performances are at RiverView Theatre in downtown Shreveport. Season ticket subscriptions range from \$105 - \$280. New subscribers: Buy one subscription, get one FREE. Single tickets are \$17 - \$42. Call 227-8863.

The Power of Music - September 24 at 7:30 p.m.

Cirque de la symphonie - November 21 at 7:30, November 13 at 2:30

Holiday Pops with Twyla - December 17 at 7:30, December 18 at 2:30

The Beauty of Brahms - January 21, 2012 at 7:30

Go for the Gold - February 25 at 7:30 p.m.

Luck o' the Irish - March 17, 2012 at 7:30

Poling's Farewell - April 28 at 7:30.

RED HAT SOCIETY

Red Hat Day at the Races - The Lagniappe Queen Council of North Louisiana invites members of official Red Hat Chapters to a "Red Hat Day at the Races" on Saturday September 17 at Harrah's Louisiana Downs, 8000 Highway 80 East, Bossier City. Doors open at 11 am with shopping and picture taking. Buffet served at noon, with races starting at 1 pm. Cost is \$35. Dress to the 9's in your Red Hat Regalia. For info, please contact Ginny Bates at 318-309-0449 or email to ginnybates2@comcast.net.

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

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

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



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

The Krewe of Elders Coronation Ball was held on August 5 at the American Legion Hall Post No. 14

Right: Elders Duke Ronny Campbell, Captain George Kalmbach, Queen & King Liz & Richard Skyles

Below right: Ray Urban and Kay Cates

Below left L to R: Krewe of Centaur Captain Sophie Duke, Queen XX Antoinette Gardner and King XX Joe Duhon



Health Fair at the Cloverdale Apartments in Bossier City on August 5

Below L to R: Edgar Mae Clingan, Betty Graves Foster, and June Pinson

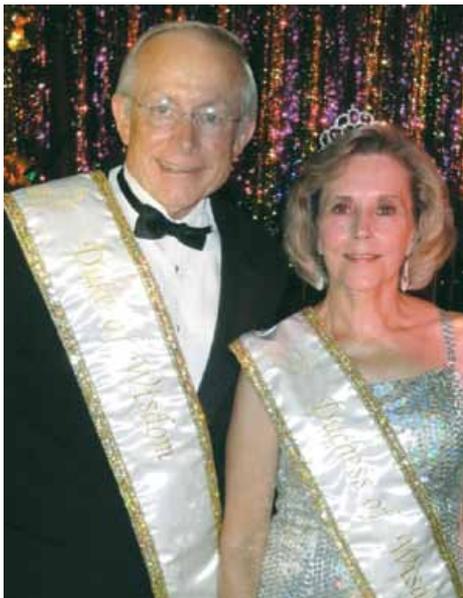


Above L to R: Rose Banks, Clarice Barnes, and Lisa Malham



Holiday Trail of Lights announcement event was held on August 10 at the Barnwell Garden & Arts Center

Below: Dardanella Powell (left) with Barbara Landman



Above left: Krewe of Elders Duke and Duchess of Wisdom Ronny and Traci Campbell

Above right: Wanda Smith (left) and Sue Prudhomme

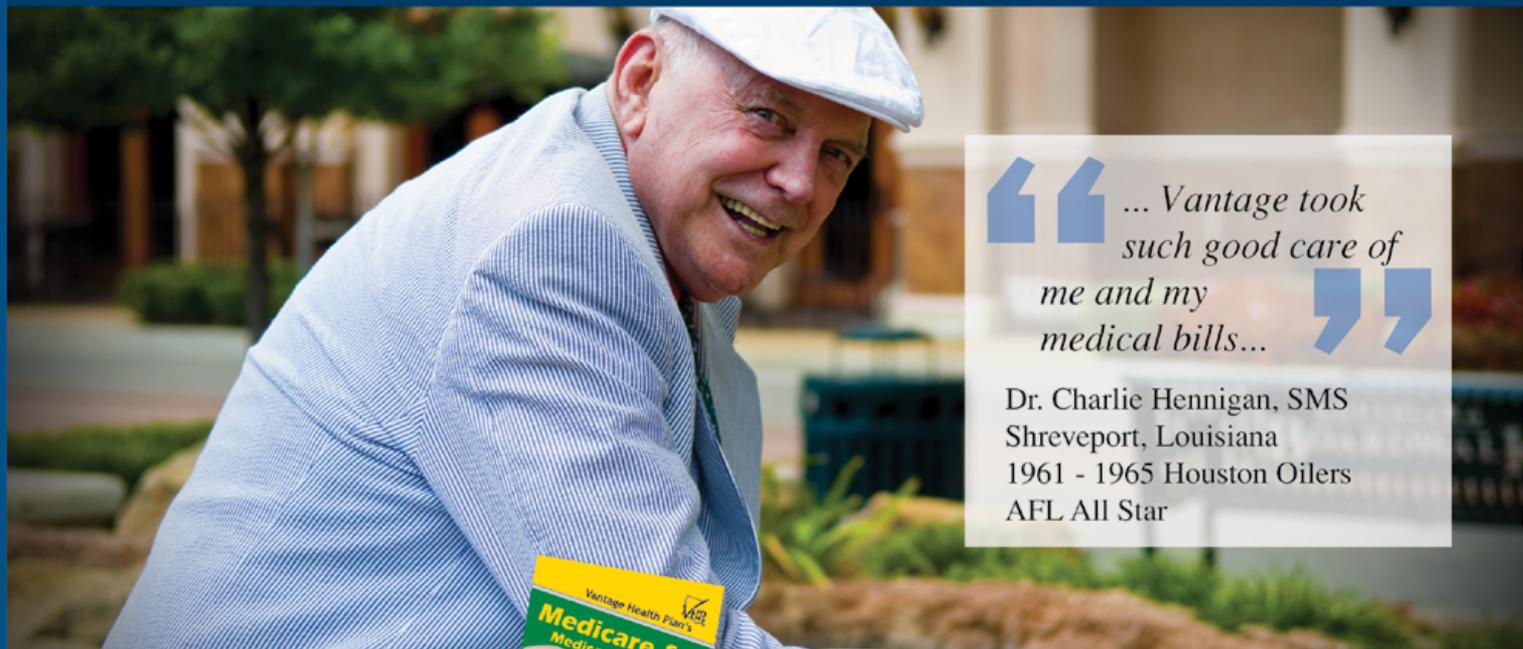
Right: Tamara and Jody Crane



Above L to R: Ann Smith Conly, Abbie Smith, and Butch Conly

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September Parting Shots (continued)

A **Shreveport Trivia Contest** was held in conjunction with the Remember in Shreveport When Exhibit at the Louisiana State Exhibit Museum in Shreveport on July 30th.

Top Right: Jo Anne Woodard, James Sorrels, and Virginia St John



Middle Right, L to R: Pete and Gwen Shaffer



Below: Bob Griffon tries on his jacket from Bob and His Buddies days



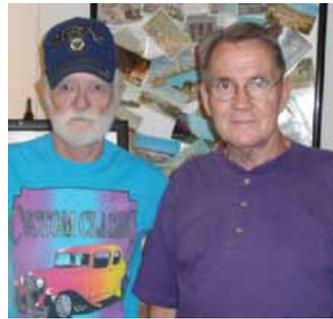
Right: Nita Cole, Wayne Waddell, and Cindy Grogan



Above: Charles Thomas played on the 1968 City Championship Softball Team



Above: Winners of Shreveport Trivia contest (L to R) Betty Sorrels, Bruce and Debbie Grabener, Roger Braniff



Left: Ed Rigsby (left) and Bob Watson

Charity Poker Challenge, kickoff event for the upcoming World Series of Poker Tour, Horseshoe Casino in Bossier City August 7

Right: Jo Anne Woodard and Gary Calligas represented The Best of Times



Below, L to R: Winners Byron Trust, Justin Green, Phillip Scurria, Todd Warren, and Larry Ryan



Residents of **The Oaks of Louisiana** cruised the Red River on a hot, breezy Saturday morning, and then finished painting the town RED by eating spaghetti at Monjuni's.

Left: Kay Martin and Betty Spears

Below: Dr. Reba Neel, Pat Rinehart, Natalie Bethard and Rosemary Murphree



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