

November 2013

The Best *OT* Times

*"Celebrating Age
and Maturity"*

PARENTS, ALZHEIMER'S & MONEY

Managing a Loved
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Apricots to Computer Chips

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“The Best of Times offers a clear design and a good range of content topics to its readers. The mix of ideas and features shows that staff members know who they’re writing for with each headline and feature.”

The Best Of Times

North American Mature Publishers Association member publications are independently judged by the prestigious University of Missouri School of Journalism which is generally considered one of the top journalism schools in the world.

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Column Review: 2nd Place

Briefs/Shorts: 1st Place

Topical Issue: 1st Place

Briefs/Shorts (Design): 2nd Place

Feature Layout: 2nd Place

Best Use of Color: 1st Place

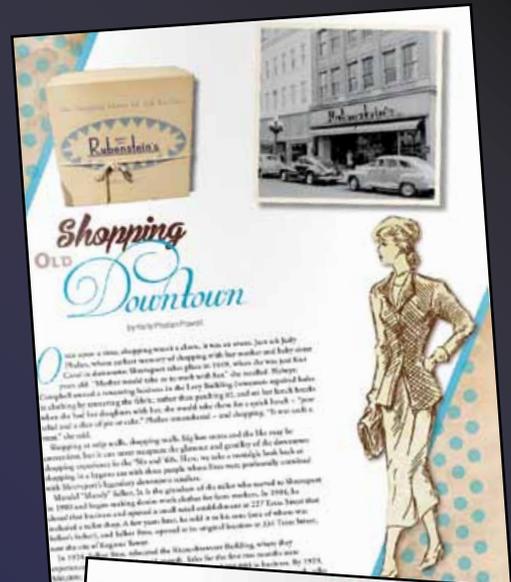
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I always thought that life would become less hectic when I became a senior. Boy was I wrong!! The most beautiful thing about the uniquely American Thanksgiving holiday is that it reminds me to slow down and take the time to reflect upon my many blessings.

We've all gotten a year older since last November and, I'm certain, most of us have had an interesting year. Speaking personally, I've been especially blessed with the addition to our family of a precious granddaughter and a wonderful new daughter-in-law, good health, time to travel, and the love of good friends and family.

Professionally, I'm filled with a continuing sense of pride in the community service that this magazine provides. I want to take this opportunity and space to thank those who have helped make this publication the premier resource for "those of us 50+" - our writers, contributors, and graphic designers. They've done it again! We just returned from our annual convention for mature publishers in Buffalo, NY. I'm so honored that *The Best of Times* was awarded 13 national awards, including the prestigious **Best of Show** award. Among the judges comments: clear design, good range of topics, mix of ideas, concisely edited, pertinent information, inviting, clever, thoughtful, consistent, and fun. Kudos to all who shared their special talents with us and especially to graphic designer Jessica Rinaudo, writer Mary Flanders, contributor the late Brian Bradley, and webmaster Jason Calligas who were singled out for special commendation. I'm also thankful for our loyal advertisers and readers who contributed to our success.

Speaking of Thanksgiving, take a look at this "stuffed" November issue. We offer tips and information for Alzheimer's caregivers, take a look at the value of JFK memorabilia, visit California's Silicon Valley, and salute Marvin Kaplan. Enjoy!

My family and I are planning a fabulous Thanksgiving. I hope you will too. Until next month.

Tina

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Please email Gary.Calligas@gmail.com prior to the show.

NOVEMBER 2

"Susan B. Komen Race for the Cure"
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NOVEMBER 9

"Hop on Board – A French
Quarter Christmas"
2013 Les Boutiques De Noel

NOVEMBER 16

"Parents, Alzheimers, and Money –
Managing a Loved One's Finances"
Bill Losey, Certified Financial Planner

NOVEMBER 23

"Collecting Memorabilia"
Jeff Figler, one of the world's leading
experts on collectibles

NOVEMBER 30

"50th anniversary of JFK
Assassination"
Dr. Jack Gordon, internationally
recognized Kennedy assassination
speaker and consultant

Don't Worry, Be Healthy!

People with cheerful temperaments are significantly less likely to suffer a coronary event such as a heart attack or sudden cardiac death, new Johns Hopkins research published in the *American Journal of Cardiology* suggests. Previous research has shown that depressed and anxious people are more likely to have heart attacks and to die from them than those whose dispositions are sunnier. But the Johns Hopkins study shows that a general sense of well-being - feeling cheerful, relaxed, energetic and satisfied with life - actually reduces the chances of a heart attack.

While some have suggested it's possible that people lucky enough to have such a trait are more likely to take better care of themselves and have more energy to do so, the research shows that people with higher levels of well-being still had many risk factors for coronary disease but had fewer serious heart events.

The researchers found that participants' positive well-being was associated with a one-third reduction in coronary events; among those deemed at the highest risk for a coronary event, there was nearly a 50% reduction. The findings took into account other heart disease risk factors such as age, smoking, diabetes, high cholesterol levels and high blood pressure.



New Study Says Exercise Can Reduce Stroke Risk

A new study from researchers at the University of Alabama at Birmingham (UAB) and published in the American Heart Association journal *Stroke* is one of the first to study the relationship between exercise and stroke in a large biracial cohort of men and women in the

United States. Using 27,000 stroke-free blacks and whites ages 45 and older, researchers examined the association of self-reported physical activity with incident of stroke. Participants were followed for an average of 5.7 years. The results showed that physical inactivity was reported by 33% of participants and was associated with a 20% increased risk of stroke. Those who reported they exercised at least four times a week were less likely to experience a stroke or mini-stroke.

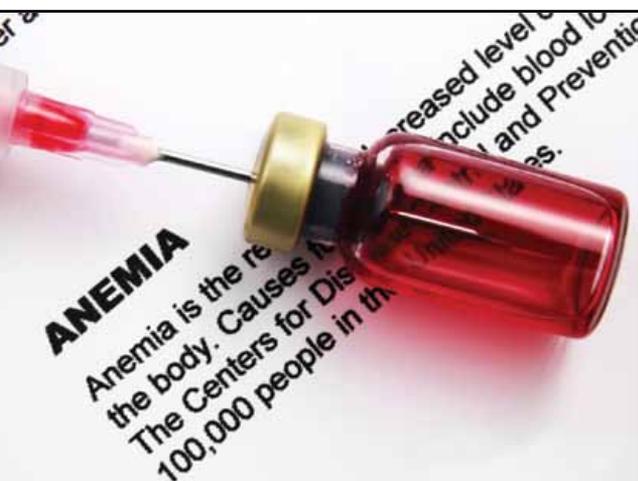
Routine Tasks Pose Problems for Older Individuals with Vitamin D Deficiency

Vitamin D-deficient older individuals are more likely to struggle with everyday tasks such as dressing or climbing stairs, according to a study in *The Endocrine Society's Journal of Clinical Endocrinology & Metabolism*. Scientists estimate as many as 90% of older individuals are vitamin D deficient. The vitamin - typically absorbed from sunlight or on a supplementary basis through diet - plays a key role in bone and muscle health. Researchers examined two groups - 762 people between the ages of 65 and 88, and 597 people between the ages of 55 and 65 - over the course of six years. Using blood test results, the subjects were split into groups with the highest, moderate and lowest vitamin D levels. Among the older group of participants, people with the lowest vitamin D levels were 1.7 times more likely to have at least one functional limitation compared to those with the highest vitamin D levels. In the younger cohort, individuals with low vitamin D levels were twice as likely to have at least one physical limitation. While the majority of the people in the older cohort's top two vitamin D groups did not report any physical limitations, 70% of the people with the lowest vitamin D levels had at least one limitation. In addition, the study found vitamin D-deficient individuals were more likely to develop additional limitations over time.



Anemia Linked to Increased Risk of Dementia

Anemia, or low levels of red blood cells, may increase the risk of dementia, according to a study performed by University of California - San Francisco researchers and published in the online issue of *Neurology*. For the study, 2,552 older adults between the ages of 70-79 were tested for anemia and also underwent memory and thinking tests over 11 years. The research found that people who had anemia at the start of the study had a nearly 41% higher risk of developing dementia than those who were not anemic. The link remained after considering other factors, such as age, race, sex and education. There are several explanations for why anemia may be linked to dementia. For example, anemia may be a marker for poor health in general, or low oxygen levels resulting from anemia may play a role in the connection. Reductions in oxygen to the brain have been shown to reduce memory and thinking abilities and may contribute to damage to neurons.



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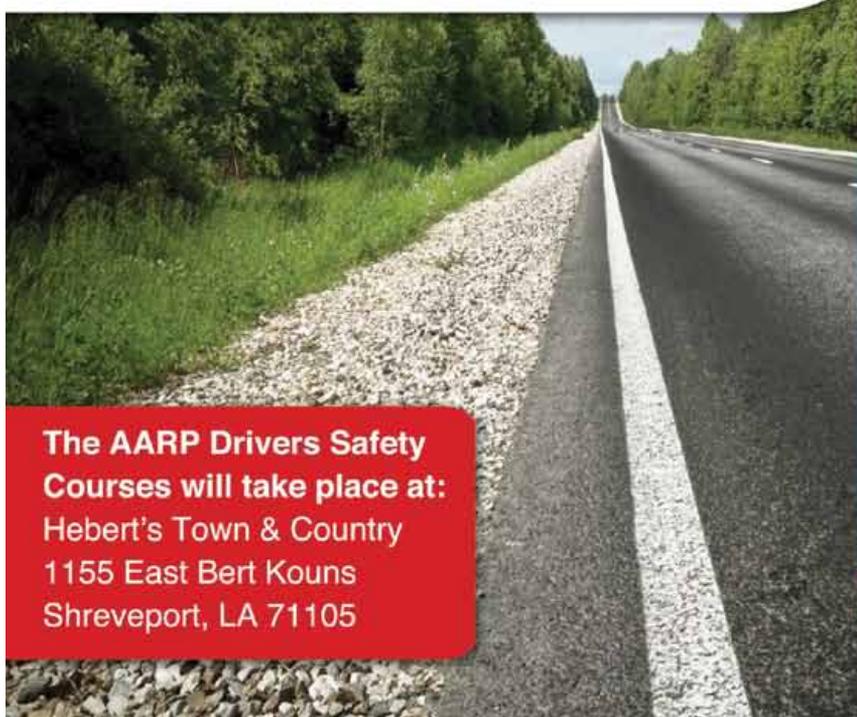
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Saturday, November 9, 2013

8:30 am to 12:30 pm

(Registration begins at 8 am)

Saturday, December 7, 2013

8:30 am to 12:30 pm

(Registration begins at 8 am)

4 GUIDELINES for Dealing with ALZHEIMER'S

by Dwayne Clark

Alzheimer's is a disease that can strike anyone, anywhere. It hits the famous and not-so-famous; the wealthy and the poor; and people of all races, creeds, and political persuasions. The disease is not only a challenge for the patient. It also challenges the families and friends of those who are afflicted.

Because there's currently no cure, it can be tempting for loved ones to deny the dementia and other symptoms and to attempt to maintain an "ordinary" life for as long as possible. However, getting past denial and facing the disease provides huge benefits for everyone: better medical care, an improved quality of life for the patient and family members, better caretaking of the patient, better support for loved ones, and increased awareness of how to create closeness and, ultimately, closure. Following are four guidelines for the journey of dealing with Alzheimer's when it strikes someone you love:

“Finding the right physician can extend both the quantity, and the quality of the patient's life.”

1 INFORM YOURSELF

Seek a deep level of knowledge and understanding as early on as possible, and stay on top of the research. This will help you (and other family members) fully grasp the mental and physical implications for the Alzheimer's patient, and you will better understand the challenges and opportunities ahead of you. You will have the tools and knowledge you need to recognize what will be the new normal for the patient: the agitation, the paranoia, the phobias, and the memory loss. Knowing what is normal at different stages and what to expect as the disease progresses will help assuage any feelings of guilt that may surface and provide much-needed emotional comfort and assurance as you move forward.



2 FIND THE BEST MEDICAL HELP

Many older people have had the same internist or general practitioner for twenty or thirty years. They've developed trust and familiarity with that person and commonly resist turning their care over to a stranger. While that's natural, it's also true that a specialist – a geriatrician, neurologist with a specialty in memory loss, and other doctors with specialties in aging – can provide a much higher level of care. They understand the many forms and diagnoses of memory loss, including Alzheimer's and Parkinson's, the challenges of nutrition, and the range of treatments and protocols needed to deal with the loss of abilities such as speech and swallowing. Finding the right physician can extend both the quantity, and the quality, of the patient's life. It's rarely too soon to make the transition to the right specialist.



3 LIVE IN YOUR LOVED ONE'S NEW REALITY

When a person has Alzheimer's, his or her brain misfires. Dementia patients experience things differently, and it's tempting to argue with them. However, that serves no useful purpose. In fact, all "reality therapy" does is agitate the person. So instead of insisting that your loved one face reality, enter your family member's reality. Give him or her time to reconnect with you, and avoid confrontation. This can help minimize the agitation that accompanies memory lapses.

4 CELEBRATE!

Although during the late phases of the disease, traditional ways of honoring a person can be difficult or even impossible, there are other ways to celebrate. You can have a family gathering and reminisce, and assume that the patient is listening and participating. You can also share the outdoors. Too often, people who suffer from Alzheimer's are confined to the halls of their community or their rooms. You can connect through music which physiologically changes your body and attitude. And, believe it or not, you can celebrate by eating junk food – the more calories, the better! Enjoying the food is far more important than its nutritional value. Most of all, give the gift of touch which is a primal need we all share. Touching can provide comfort, care, understanding, and stimulation, so celebrate the moment with a hug.

“Instead of insisting that your loved one face reality, enter your family member's reality.”

Finally, cut yourself some slack. Even the most giving, skilled, and loving family caregiver can get overwhelmed rather quickly. And not every family member is hard-wired to be a caregiver. Lighten up on yourself, and keep your expectations reasonable. Make sure you're getting enough sleep and taking care of your own needs. You don't have to feel guilty for recognizing that you are human and have your own needs. The only way you can help the Alzheimer's patient is if you take care of yourself first. You don't have to be on the go and accomplish something every moment of the day. Sometimes, it's okay to just sit.

By Dwayne J. Clark, author of My Mother, My Son. Visit him online at www.mymothermyson.com.



A Caregiver's Guide to Managing a Loved One's Finances

by Bill Losey, CFP®

Parents, Alzheimer's and Money

One out of eight Americans aged 65 and older has Alzheimer's disease, and 43 percent of Americans aged 85 and older have it, according to the Alzheimer's Association. Consider those percentages in light of the Social Security Administration's estimate that about 25% of today's 65-year-olds will live past age 90. These shocking statistics have serious implications for family wealth.

Your choices. What are your options when it comes to helping a parent out with money management? Informally, you can “lend a helping hand” and check in with mom and dad to make sure that bills and premiums are paid, and deadlines are met. But if you elect to formally take the financial reins, you are looking at a two-phase process:

1. You can get a power of attorney and assume some of the financial responsibilities. A power of attorney is a detailed and strictly constructed legal document that gives you explicitly stated measures of financial authority. If you try to handle financial matters for your parent(s) without a valid power of attorney, the financial institution involved may reject your efforts.

A *durable* power of attorney lets you handle the financial matters of another person immediately. The alternative – a *springing power of attorney* – only takes effect when a medical diagnosis confirms that person's mental incompetence. Copies of the power of attorney should be sent to any financial institution at which your parents have accounts or policies. It may be wise to get a durable power of attorney before your parent is unable to make financial decisions; many investment firms require the original account owner to sign a form to allow another party access to an account owner's invested assets.

You are going to have to hunt for information, such as...

- ✓ Where mom or dad's income comes from (SSI, pensions, investments, etc.)
- ✓ Where the wills, deeds and trust documents are located.
- ✓ Who the designated beneficiaries are on insurance policies, IRAs, etc.

✓ Who the members of mom or dad's financial team or circle are. You need to talk with them; they need to talk with you.

✓ The crucial numbers: checking and savings accounts, investment accounts, insurance policies, PIN numbers and of course Social Security numbers.

✓ It will also help to learn about their medical history and prescriptions.

If the disease progresses to the point where your mom or dad can't make competent financial decisions, then you are looking at a conservatorship. In that case...

2. You can act to become your mom or dad's conservator. This means going to probate court. You or your parent can initiate a request for conservatorship with a family law attorney; if the need is more immediate, you or your family's attorney may petition the court. In either case, you will need to show documentation that your parent is no longer financially competent. You must provide medical documentation of his or her dementia to the court as well.

The court will interview the involved parties, look at the documentation and perform a background check on the proposed conservator. This is all pursuant to a hearing at which the court presents its decision. If conservatorship is granted, the conservator assumes control of some or all of the protected party's income and assets.

How do conservatorships differ from guardianships? A guardianship gives a guardian control over many aspects of a protected person's life. A conservatorship limits control to the management of the protected person's assets and financial affairs.

What if I don't want to assume this kind of responsibility? Some wealth management firms offer daily money management as an option in a "family office" suite of services. The firms make home visits to help with bill paying, filing medical claims and other recurring tasks; carefully scrutinize anyone offering this service. (Visit aadmm.com for the American Association of Daily Money Managers.)

The other choice is to give a relative, a financial services professional, or a family lawyer durable or springing power of attorney or limited or full conservatorship. Such a decision must not be made lightly.

Bottom line: keep your parents away from unprincipled people. These steps may prove essential, yet they will not shield your family from scam artists. Be on the lookout for new friends and acquaintances. If your instincts tell you something is wrong, investigate.

Bill Losey, CFP® specializes in secure retirements for women and couples over age 50. He is President of Bill Losey Retirement Solutions, LLC, an independent fee-based registered investment advisory firm. Bill is the author of "Retire in a Weekend! The Baby Boomer's Guide to Making Work Optional" and he also publishes Retirement Intelligence®, a free weekly award-winning newsletter. Learn more at www.MyRetirementSuccess.com and www.BillLosey.com.

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JOHN F. KENNEDY MEMORABILIA

50 Years Later

by Jeff Figler

Friday, November 22, 1963 started out like most other Dallas fall days. It was cool and crisp, with the wind blowing ever so slightly. With the weekend approaching, most people were thinking about how to enjoy the good weather while it lasted. Oh yes, President Kennedy was in town, but, for most of the locals, he was of the wrong political party anyway.

But the eyes of the world would soon be fixated on Dallas.

Father time was about to stand still. The three major networks had interrupted their local programming, mostly soap operas, to capture the breaking news that was unfolding.

Many Americans were soon to be glued to their television or radio. CBS anchorman Walter Cronkite, later labeled “the most trusted man in America”, had the compelling duty to report on the shootings of President Kennedy and Texas Governor John Connolly.

Then at 1 p.m. Central time, Cronkite removed his glasses and tearfully announced to anybody and everybody that President Kennedy had died at 12:30 Central time. People of all races, religions, ages, sizes, shapes, and economic status wept uncontrollably.

The unmistakable leader of the Free World has been gunned down. Camelot was about to come to a screeching halt.

That was fifty years ago, a full half century. Even today, people vividly

remember where they were at the time they heard the news of JFK’s death.

Alive or not at the time, the Kennedy presidency has left an indelible mark on the American people, as well as on the culture of the United States. His abbreviated thousand day term is remembered much more than that of his predecessor, Dwight Eisenhower, or of his successor, Lyndon Johnson, and certainly JFK is not forgotten today. The mention of Kennedy’s name often invokes emotion, with friend and foe readily admitting that the Kennedy aura and mystique is still very prevalent. Especially among collectors.

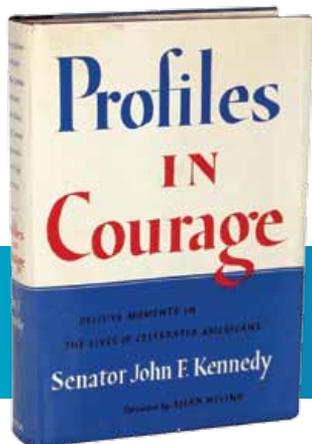
Many Kennedy items, especially those of an educational nature, are in the hands of libraries and other places of intellectual pursuits. However, many of his personal items are now possessed by the super-rich, and yes, even the common folk.

A quick glance at the prices paid for a few JFK’s items would even make Kennedy himself cry “foul”. Ready for this?

In a November 2011 auction, Kennedy’s rocking chair, presumably the last one he swayed in back and forth, went for a whopping \$65,725. Mind you, that was for a rocking chair, not a signed document related to a Congressional bill.

Try this one. It was common knowledge that, despite his physical ailments, Kennedy enjoyed sports, including football, golf, and baseball. He would often toss the pigskin at family gatherings, and hit the little white sphere around the golf links. But he also closely followed the Boston Red Sox and the old

Washington Senators. The baseball that he threw out on Opening Day in 1961 at the Senators game was auctioned in February 2013 for \$47,800. Even though it was inscribed, at least it bore his signature.



FIRST SIGNED EDITIONS OF THE AWARD WINNING *PROFILES IN COURAGE* BOOK ARE WORTH ANYWHERE FROM \$4,000 TO \$7,000, WHILE SIGNED FIRST EDITIONS OF HIS BOOK *WHY ENGLAND SLEPT* IS WORTH UP TO \$6,000.

Then there is the front page of the *Dallas Morning News* that was in a 2009 auction. Granted, this was no ordinary front page of a tabloid. Not by a long shot. This page had been signed by Kennedy on the day he was mortally wounded. This November 22, 1963 signed copy was sold for nearly \$39,000. It is often said that yesterday's news is not worth much, but surely this was an exception.

Other items of the late President are in high demand as well. A wristwatch, that he wore during his 1960 presidential campaign with Richard Nixon, sold for nearly \$24,000. Nixon would later, of course, occupy the White House as well, but his personal items have never been auctioned for lavish amounts. Even a golf ball that Kennedy smacked around went for almost \$4000. That's right. A golf ball that he hit cost as much as what some people earn in a few months.

Okay, a few other "practical items". A size 44 leather Air Force One bomber jacket from 1962 was sold for an astonishing \$570,000. Over a half a million bucks for a jacket. A Kennedy worn necktie even went for almost \$9000.

Kennedy, of course, won the Pulitzer Prize for his book *Profiles in Courage*. Despite controversy as to who actually authored the book, signed first editions of the award-winning book are highly desirable. Depending on the condition of the book and dust jacket, signed first editions can range anywhere from \$4000 - \$7000. A signed first edition of another of his books, *Why England Slept*, can cost upwards of \$6,000.

Even small items signed by both JFK and the First Lady Jackie will set you back thousands. Such is the case with 1963 Christmas cards signed by the duo. They have been auctioned for as much as \$8,000-\$10,000.

And if you collect hair clippings, well, Kennedy's strands are in demand. A bag of his 1963 clippings gathered by the "Barber to

the Stars", Harry Gelbert, sold for over \$4000.

But don't be too discouraged. There are still some Kennedy items that the average mortal can acquire without deleting his or her bank account. For example, campaign buttons, as well as paper items from Kennedy's senatorial and presidential campaigns, in most cases, can be bought for less than ten dollars. Even photos can be gotten on eBay for around twenty dollars.

Admittedly, my favorite Kennedy items are a pair of bobbleheads, which have been labeled the "Kissing Kennedys". They are a pair of dolls with magnets, and I'm sure you can visualize the rest. They were first distributed only a month before the assassination, but the marketing ceased after the fateful November day. The bobbleheads are extremely rare and worth over a thousand dollars if the original boxes are included.

The incidents of that November weekend fifty years ago seem like almost yesterday. Many of us even remember watching little John Kennedy salute his father's casket during the funeral procession.

However, JFK memorabilia is still available. Items can be very pricey, but if you set your sights a bit lower than, let's say, his personal rocking chair, there are relics that can be very affordably obtained. These items will bring back the memories of the Camelot days of the early 1960s.

To many, the spirit of John F. Kennedy lives on.

Jeff Figler has authored more than 400 published articles about collecting. He is one of the world's leading experts on collectibles and is a former sports columnist for the St. Louis Post-Dispatch/STL Today, and San Diego Union Tribune. He was a contributing writer for Baseball Fantography. Jeff's most recent book is Collecting for Beginners. You can learn more about Jeff by visiting his website www.collectingwithjeff.com He can also be reached via email at jfigler@jefffigler.com



CAMPAIGN BUTTONS FROM KENNEDY'S SENATORIAL AND PRESIDENTIAL CAMPAIGNS, IN MOST CASES, CAN BE BOUGHT FOR LESS THAN \$10.

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"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend."
-Melody Beattie, author

The Goodness of Gratitude

by Karen Kersten, M.A., LMFT, LPC

As we approach the Thanksgiving holiday, I want to offer you some thoughts to ponder as you cultivate this state of mind. The word "gratitude" comes from the Latin word GRATIA meaning graciousness or grace. It is a humble appreciation for what one has to be grateful for – both psychologically and tangibly. It is an acknowledgement of what is good in life. When one chooses to use and practice this wonderful principle, the self begins moving toward a level of serenity. Using gratitude daily can help in seeing the world as larger than just oneself. It may produce a finer connection to both nature and to a spiritual level of thought as well.

Research in positive psychology has shown that gratitude correlates consistently with happiness. "Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles and they can become your blessings."

Our thoughts – what we think about – drive our feelings, our emotions. It has been said that emotion is Energy in Motion (e-motion!) We have both negative and positive energy within us. When we are feeling energy that is negative such as sadness, confusion, hurt, anger, and stress – we may suppress, discount or deny it. When we decide to choose Gratitude Thinking, choosing positive thought, we feel more optimistic and hopeful. Those good feelings can then lead to being more peaceful. We are able to then be aware of and transform our experiences into a joyful event and memory.

An attitude of gratitude can allow one to savor experiences and truly enjoy them. Research shows too that this grateful

perspective can produce optimism which in turn improves health and resilience.

Another study conducted with adults with neuromuscular disorders showed that journaling daily about their blessings revealed they were able to sleep more hours each night and also felt more rested in the morning. It revealed that there was more satisfaction and optimism with their lives.

This gratitude attitude also plays a large part in building and sustaining strong relationships too! In couples and in family counseling, expressing gratitude regularly to our loved ones has been shown to produce positive feelings for those loved ones and also allowed more ease in talking with each other.

Thoughts create or affect our feelings and both thoughts and feelings yield what we do. When our energy is positive and we are happier, it emanates from us causing others to notice this behavior as well. We smile more, we appear more relaxed and at peace. We are not as vulnerable to chaos.

Research also has shown that managers who affirm their employees regularly and consistently can produce more loyal and motivated staff members. They feel acknowledged and appreciated and part of a team.

As a counselor with The Center for Families for many years, I have learned and shared this incredible principle with hundreds of people because I know and have seen its amazing effect. This most cherished concept of spirituality has been in use for thousands of years because when one feels and lives it, he can cultivate acceptance and inner peace.

Zen Habits (Zenhabits.net/shy-living-a-life-of-gratitude-can-make-you-happy/) asks why the simple act of thinking about who and what one is grateful for makes such a difference in one's life! The reasons given included the following:

It is a reminder of the positive things in your life.

It turns negative into positive.

Examples:

I dislike that job! ☹ (But I HAVE a job!) ☺

My neighbor is so talkative! ☹ (But she really is so nice to me) ☺

To cultivate gratitude then:

- Call someone to say thank you to bring an instant smile to his face
- Write a thank you note, call or email, or text
- Keep a journal of your blessings (use it daily)
- Meditate about what you are grateful for
- Say a prayer of gratitude for the beautiful day that is ahead of you

Karen Kersten is a therapist with The Center for Families, a non-profit counseling agency. www.thecenterforfamilies.com.

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Here's what the law says: you can't use "any automatic telephone dialing system or an artificial or prerecorded voice" to call a cell phone. That's illegal. And if you do it, it will cost you \$500 per call. So if you were the Judge, would you rule for Cathy and award her \$500 per call for the 40 plus calls? Cathy sure hoped so.

But the computer company argued that they did nothing wrong because although the law usually doesn't allow for prerecorded voice calls to a cell phone, there is an exception: if the called party gives "prior express consent," then it is OK to make prerecorded voice calls to a cell phone. So the computer company claimed that when Cathy filled out her credit application, she gave her cell phone number, and that was "prior express consent."

Cathy said that even if that argument was true and she had given "prior express consent" for the computer company to call her cell phone, she had revoked that consent when she sent her letter telling the computer company not to call her anymore.

The computer company responded by saying something like, "Once you give us consent to call your cell phone, you can't revoke it. Ever. And we can call your cell phone with prerecorded messages forevermore."

Are you buying that? The Judge did.

And he threw Cathy's case out before it even got started.

So Cathy appealed. The Appellate Court Judges noted that the law Cathy was suing under, the Telephone Consumer Protection Act was passed by Congress "to protect individual consumers from receiving intrusive and unwanted calls." And the Judges also said there is a "basic common law principal that consent is revocable." Therefore, rather than throwing the case out, the Judges ordered the case to continue because the law "provides consumers with the right to revoke their prior express consent to be contacted on cellular phones by autodialing systems."

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





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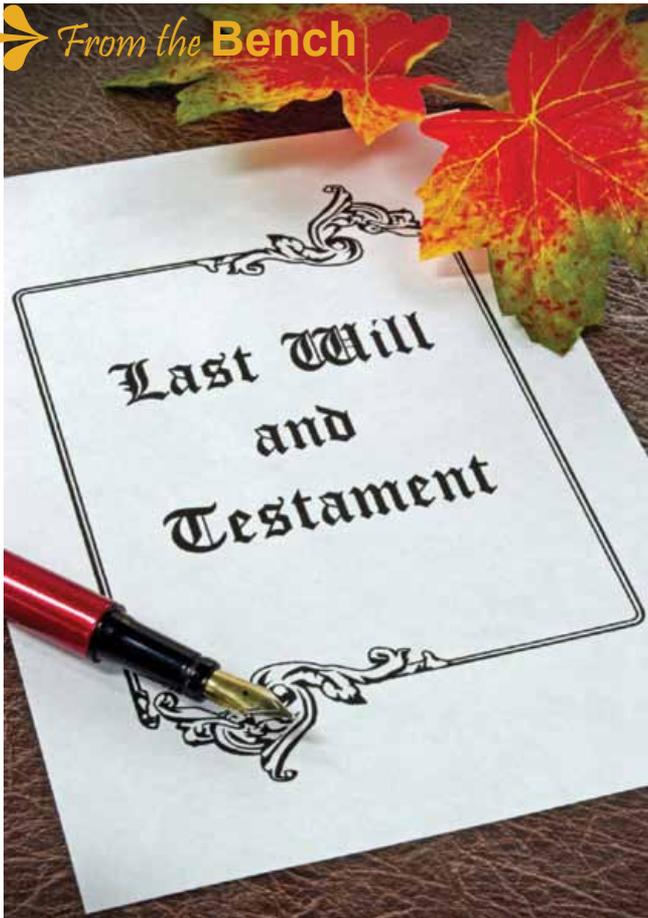
by Judge Jeff Cox

Each month, I try to look for any interesting cases that may affect you, the reader. This month, I found a case that reminds each of us to check our wills.

If it has been a number of years since you have done a will or consulted with an attorney, you might want to consider making an appointment just to make sure things are in order. Although most people believe we do not have forced heirship in the State of Louisiana any longer, the following case shows that forced heirship is still alive and can cause unintended consequences if not properly addressed.

In the Succession of Dean, 115 So. 3d 526 (La. App. 4th Cir. 4/3/13) the District Court was faced with interpretation of clauses contained in a decedent's will. The decedent's will, executed in 1983, left his "beloved children" the "forced portion" of his estate. After the decedent's widow filed a Petition for Possession of the estate, and a Judgment of Possession was entered in her favor, the decedent's three children from a prior marriage filed a Petition to Annul the Judgment of Possession.

The Judgment of Possession was annulled by the District Court. The decedent's daughter sought to be appointed the administrator of the succession and was appointed as the administrator. She then brought an action seeking a declaration that a copy of the document purporting to be the Last Will and Testament of the decedent was invalid, so that the laws of intestacy would govern. The District Court ruled that the Last Will and Testament of the decedent was valid and ruled that the decedent's widow was the sole heir.



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The decedent's daughter, as administrator of the succession, appealed the ruling of the District Court. The 4th Circuit Court of Appeal overturned the District Court's ruling and held that the decedent's will leaving his three "beloved" children the "forced portion of his estate" entitled the children to 50 percent of the estate, despite the change in law regarding forced heirship. The children were forced heirs at the time the decedent's will was made, even though they were not forced heirs at the time of the decedent's death according to the change in the law. The Court of Appeal found that Louisiana Civil Code Article 1611(B) expressly authorizes the court to consider the law in effect at the time the decedent made his will in order to ascertain his intent towards his children.

As you can see by reading this case, lack of reviewing the Last Will and Testament by the decedent and his spouse may have caused unintended consequences. The decedent may have intended to leave his children assets from his estate or may have intended to leave all of his assets to his current spouse. In either case, the Will should have been reviewed and updated as the laws changed. It is a good idea to sit down with a professional on a regular basis and make sure that your Last Will and Testament reflects what you want to happen when you die.

On a side note, in recent weeks, I have been allowed the honor of speaking to various groups. Several people in these groups have commented that they read my articles and enjoy them. I appreciate all of these comments and want to thank you, the reader, for finding value in the articles I write.

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



Congratulations to M.D. Brown of Haughton - this month's winner of our Fan Appreciation Contest. M.D. please call us to receive your prize. Do you want a chance to win next month? Email or write us, then check out next month's issue, or listen to *The Best of Times Radio Hour*, or visit our website at www.TheBestOfTimesNews.com.

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Time Again to Shop for the Best Medicare Deal

By Bob Moos

Now's the time for Louisiana residents with Medicare to check their health and drug coverage for 2014. Medicare's open enrollment period runs from Oct. 15 until Dec. 7.

Open enrollment is the best time to make sure your health and drug plans still meet your individual needs, especially if you've had any changes in your health.

By now insurers should have notified you of any adjustments in your health or drug coverage or any changes in your out-of-pocket costs for next year.

The average monthly premiums for Medicare Advantage plans will inch up \$1.64 to \$32.60, while the average monthly premiums for basic drug plans will hold steady at about \$31.

Medicare Advantage remains a strong alternative for people who prefer to receive care through a private insurer rather than through Medicare's original fee-for-service program.

Enrollment in the private Medicare Advantage plans is expected to grow by 672,000 million to 15 million people in 2014 – about 30 percent of Medicare beneficiaries.



Even if you've been satisfied with your health and drug coverage, you may benefit from reviewing all your options. Shopping around may save you money or improve your coverage.

Louisiana residents in Medicare's original fee-for-service program can choose from 28 drug plans with monthly premiums ranging from \$12.60 to \$131.20 – about the same number of plans and premium range as last year.

Look beyond premiums, though. The only way to determine the true cost of your drug coverage is to consider other factors like deductibles, co-payments and

coinsurance.

Medicare's website – www.medicare.gov – has the best tool for helping you narrow your search for a new health or drug plan. Just click on "Find Health and Drug Plans."

After entering your ZIP code and the list of your prescriptions, you can use the "Medicare Plan Finder" tool to compare your coverage and out-of-pocket costs under different plans.

The quality of a health or drug plan's customer service should be considered, too. To help you identify the best and worst, the Plan Finder provides star rat-

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ings for each plan.

A gold star will show plans with the highest, five-star rating, while a warning icon will alert you to plans that have performed poorly for at least the past three years.

Besides using Medicare.gov, you can call Medicare's toll-free help line at 1-800-633-4227 or consult your "Medicare & You 2014 Handbook," which you have just received in the mail.

One-on-one benefits counseling is also available through your State Health Insurance Assistance Program. In Louisiana, you should call 1-800-259-5301.

Thanks to the health care law, you'll enjoy more savings on your prescriptions in 2014 once you land in the coverage gap, known as the "doughnut hole."

You'll receive a 53 percent discount on your brand-name drugs and a 28 percent discount on your generic drugs while in the gap.

The doughnut hole begins once you and your drug plan have spent \$2,850 for your drugs.

If you're having difficulty affording your medications, you may qualify for

extra help with your drug coverage premiums, deductibles and co-payments.

The amount of help depends on your income and resources. But, generally, you'll pay no more than \$2.55 for generic drugs and \$6.35 for brand-name drugs.

Forty-two percent of Louisiana residents with Medicare's drug coverage now get such a break.

To learn more about whether you qualify for extra help, visit www.socialsecurity.gov/prescriptionhelp or call Social Security at 1-800-772-1213.

Beginning this fall, many uninsured

Americans will shop for health care coverage on the newly launched Health Insurance Marketplace. But the marketplace doesn't affect you, since you already have health insurance through Medicare.

Just as you've always done each fall, your attention should be focused on whether you'd like to make any changes in your Medicare health and drug plans.

There's no better time to check that coverage. Any changes you make will take effect on Jan. 1.

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



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➔ Dear Pharmacist

Use Natural Supplements to Battle Osteoarthritis

by Suzy Cohen, R.Ph.

A: There isn't a quick magical fix for osteoarthritis, you have to treat the cause and it's not always easy to figure that out. Osteoarthritis has always been considered a "wear and tear" disease. But tick bites can cause painful, swollen joints (Lyme disease) and that is actually how Lyme was discovered; kids with joint pain were popping up all over Lyme connecticut.

There are many prescription drugs that ease pain, such as Celebrex or Relafen. They are not always tolerated. For the most severe cases, physical therapy, injections of cortisone and surgery may be options. These of course, have their own risks. Let's talk about simple things!

Capsaicin - Let's hear it for peppers. Commercial capsaicin products are sold nationwide in patch form, gel, cream and

roll-on. You apply it externally, and with repeated applications, it helps block pain signals. Wash your hands after applications (or use gloves). The last thing you want to do is apply capsaicin, then get it on yourself in the bathroom. Talk about a hot tamale!

Astaxanthin - This protective antioxidant is best known for vision health, however, it suppresses COX 2 enzyme, prostaglandins, interleukins, and tumor necrosis factor alpha (TNF-a). Simply put, astaxanthin helps painful situations that end in "itis" like arthritis, bursitis, tendonitis, etc. You may need 6 to 12mg daily.

Glucosamine sulfate - You make this if you have healthy cartilage, but you can also supplement. I think it's well tolerated, even though the studies are mixed. Glucosamine may be helpful, but only if combined with other substances.

Ginger - A natural spice that has anti-inflammatory properties, also sold as a supplement. I eat this with sushi all the time, but you can buy it as a powdered spice, or fresh root in the produce section, and turn it into a tea. It reduces pain by blocking prostaglandins (that's what ibuprofen does too). Ginger is selective, it only blocks the 'bad' prostaglandins, not the ones that benefit your body.

Dear Pharmacist,
I am 60 years old,
and now I'm told I
have osteoarthritis.
My doctor said
that there is no
known "cure" for
this. I need to know
the best natural
treatments.

~O.W., Melborne, FL



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DMSO - This is used on race horses, externally. Many Internet sites sell it, and health food stores. People use it all the time for joint pain, including myself but because it is technically for horses, unless you're a horse, I can't really tell you anything more.

Methylsulfonylmethane (or you can just say MSM, phew!) is a natural sulfur compound related to DMSO (see above), and it's been shown to improve pain symptoms, and although it is present in trace amounts in a variety of food, it is much more efficient to take a supplement.

I can send you a longer, detailed version with more remedies and treatment options. Sign up for my newsletter at www.DearPharmacist.com to get it.

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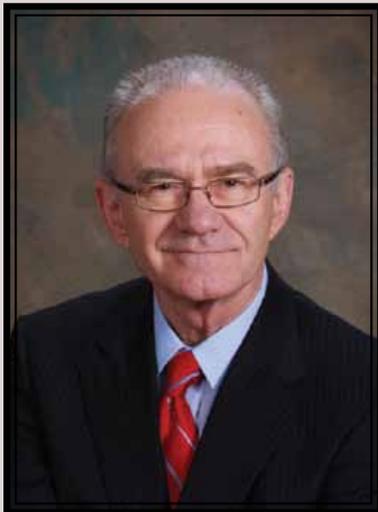
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“ My initial meeting with Joe may very well be the best two hours I've ever spent trying to help my parents. Most concerns are centered around preventing governmental agencies from seizing or controlling assets. That is definitely a thought, but with us the proper care of our parents was at the forefront of our actions. Fortunately, this was also Joe's primary concern—he made it clear that financial concerns were subordinate to the care of our parents. The veteran's portion of the program revealed things I would have never known existed. ~Mike Green

As I left Joe and Kyle's office the other day, my words were, "Thank you for helping make today easier." Easier because of the plans you helped us and my sweet mama set in place. I've watched us as a family as we walked through the transition of life the years brought to her. You were there for us with advice and answers. Plans made helped her and us enjoy each other and gave her peace. Life is precious, each day a gift. Again, Thank You. ~Jeanie Burnham

From Apricots to Computer Chips:

California's Silicon Valley



Stanford University has served as an incubator for Silicon Valley entrepreneurs since the 1930s.

Traveltizers by Andrea Gross ✻ *Photos by Irv Green*

A life-size model of a cosmonaut floats near the ceiling. A few feet away a green Statue of Liberty holds aloft a plasticized chocolate sundae. And sitting next to me are two men who might, just might, be making a deal that will change my life.

This is Buck's of Woodside, a restaurant in the hills surrounding California's Silicon Valley. It's a place known for comfort food, quirky décor and big deals, like the ones that resulted in funding for Hotmail, Netscape and PayPal.

"The Valley," as it's generally called, is centered in the fertile farmland between Palo Alto and San Jose. "This area was paradise back in the Sixties," says Phil Consentino, who owns J & P Farms, the last commercial orchard in San Jose. Since then, the valley's population has increased six-fold, and flourishing fruit trees have been cut down to make room for middle-class homes and apartments.

This transformation from a region of bountiful orchards to one filled with some of the world's most renowned high tech companies began just a few miles from Buck's in a small garage at 367 Addison

Avenue in Palo Alto. Here, in 1939, Stanford graduates Bill Hewlett and David Packard pooled their life savings (a total of \$538, which included cash and a used drill press) in order to start a small electronics company.

Today Hewlett-Packard ranks 43rd on Fortune's 2013 list of the world's largest companies, and the small garage is on the National Register of Historic Places. The sign out front dubs the garage the "Birthplace of Silicon Valley." My husband dubs the \$538 a good investment.

Another Silicon Valley landmark, the house where Steve Jobs lived from the mid-1990s until his death in 2011, is a few blocks away at 2101 Waverly Street. The two-story brick home, which sits on about a half acre, is fairly large but at the same time unpretentious and casual.

In fact, a determinedly casual attitude permeates the entire Valley.

People walk with purpose, but the suits of Mad Men have morphed into the jeans of geniuses. During our week in Silicon Valley, we see only four men in sports coats, none in ties. (The dress code for women is more liberal. The only rule: save the stilettos for after-hours.)



Phil Consentino owns J&P Farms, the last commercial orchard in San Jose.

Of course, comfortable shoes are more than a fashion statement. They're a necessity. In Silicon Valley workplaces are not clustered in high-rises but sprinkled across "campuses" — a word that connotes not only low-slung buildings interspersed with large open spaces, but also youth and conviviality. Some companies have such sprawling campuses that they provide their employees with bicycles.

Except for the Apple store, which is filled with logoed t-shirts and mugs, the buildings are closed to visitors, so we move on to Castro Street in the town of Mountain View.

Unlike Buck's, which is the restaurant where people make deals, Castro Street is filled with eateries where folks hatch ideas. Here, over salads and stir-fry, lattes and

scones, ideas are floated, debated and often massaged into “the next great thing.”

In the Red Rock Coffee Company we find a packed crowd taking advantage of the café’s free wi-fi. Most people are in baggy shorts, sandals and look to be about nineteen years old. The fellow at the next table is typing feverishly on his tablet. I wonder if I should ask him for his autograph, just in case he turns out to be the next Jerry Yang (the founder of Yahoo).

Finally we set out for the geeky part of our expedition — a visit to three Silicon Valley museums that will, we hope, give us a layman’s overview of high tech wizardry. They succeed beyond our wildest expectations.

At the Computer History Museum we see everything from ancient abacuses to the first Apple computer (made in 1976) to an interactive display that explains how street-mapping works. At the Intel Museum we learn about semiconductor technology, and at the Tech Museum, which is not as much about how things work as it is about how much fun you can have when they do work, we train like Olympic contenders by virtually bobsledding down a virtual hill.



The Computer History Museum has more than 1,100 artifacts.

We spend the final day of our visit strolling among ancient redwoods at Henry Cowell State Park. It’s a delightful as well as humbling experience, reminding us that nature predates even the oldest man-made wonders.

On the plane ride home, we reflect on what makes Silicon Valley so different from other places. Our conclusion: Silicon Valley is a state of mind as well as a geographical entity, a place where optimism and creativity are as much a part of the environment as buildings and museums.

Tip:
Silicon Valley
lodging can be pricey.

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Simplify Wines On Thanksgiving

by David White

Thanksgiving strikes fear in just about every host. Preparing a giant bird is a herculean task.

Cooking gravy, stuffing, and cranberry sauce is always more complicated than expected. Then there's the anxiety of any family gathering -- will politics or off-color jokes derail the dinner?

Add wine to the list of things to worry about, and it's no wonder why so many wonderful at-home chefs dread the holiday.

Keep calm. With wine, at least, there's no need to stress.

First, buy American. While I typically avoid jingoism, purchasing a foreign wine on Thanksgiving just doesn't seem right. So when you head to the store, embrace your patriotism and pick up something domestic. And don't hesitate to buy local. The Pilgrims didn't import their turkey from a faraway land.

Second, follow the strategy of San

Francisco Chronicle wine editor Jon Bonné, who advises his readers to select a roster of three wines -- one white, one red, and one sparkling.

Anything beyond three wines creates needless confusion. Thanksgiving already causes enough headaches -- the last thing you need is a guest asking which red matches the stuffing or which white goes better with the sweet potatoes. So keep it simple and let guests drink whichever wine they prefer.

You'll also want to make sure you select wines with power and finesse. This is easier than it sounds.

A simple Pinot Grigio, for example, isn't a powerful wine -- so won't stand up to mashed potatoes and gravy. Equally important, an in-your-face Cabernet Sauvignon lacks finesse, so will smother your food. Look for refreshing wines with body.

For the sparkler, this means avoiding bottles that are too sweet -- look for

"brut" or "extra brut" on the label. Old standbys like Domaine Chandon are better than ever before, and these days, there are some exciting sparklers coming from states outside California. If you can find them, consider Gruet from New Mexico, Thibaut Janisson from Virginia, or Argyle from Oregon.

For the white wine, remember to look for body.

Bold Chardonnays work well with turkey and can cut through just about every component of your meal -- from sweet flavors like cinnamon to the bitterness of green vegetables.

If you're looking for something a bit unusual, consider a Riesling, either dry or slightly sweet. New York has been producing high quality Riesling for more than 30 years, ever since German immigrant Hermann Weimer "discovered that the cool climate and gravelly soils of the Finger Lakes were similar to his family's vineyards in the Mosel Valley." Produc-

ers in Oregon, Washington, Idaho, and Michigan are also making some stunning Riesling.

White wines inspired by France's Rhone Valley also make for a good match on Thanksgiving. Look for Viognier, Marsanne, Roussanne, or a blend with those grapes.

With reds, think refreshment. This means avoiding wines with lots of tannin, so steer clear of Cabernet Sauvignon, Merlot, and Malbec. It also means finding a wine with vibrant acidity, so avoid anything described as heavy or full-bodied.

Pinot Noir is the most popular choice on Thanksgiving, but it's difficult to find good one for less than \$20. That's why cool-climate Syrah or Grenache is a better bet. Both are fruity enough to satisfy the guests who like big reds, and elegant enough to handle the cornucopia of Thanksgiving. Just be sure to find one from a cool-climate region like Washington or California's coastal regions. Anything from a warm climate could overpower your food.

If you're looking for something a bit unusual, consider a Blaufrankisch, Austria's signature red wine. It's similar in profile to Pinot Noir, but generally a darker and spicier. New York's Red Tail Ridge makes one that's worth finding. Gamay Noir, the grape of Beaujolais, is also a good match. A few producers in Oregon, California, and New York are making delightful wines from this grape.

Finally, and most importantly, have lots of wine on hand!

David White, a wine writer, is the founder and editor of Terroirist.com. His columns are housed at Wines.com, the fastest growing wine portal on the Internet.

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"One Summer: America 1927"

by Bill Bryson, ©2013, Doubleday, \$28.95, 528 pages

reviewed by Terri Schlichenmeyer

Your summer wasn't long enough. For starters, May graduations spilled into June. There were reunions, a July vacation, cookouts in August, work and yard work, ball games, kids' activities, conferences and yikes, your summer was over before you had a chance to enjoy it.

Yep, it was too short – but just how meaningful was it? In the new book "One Summer: America 1927" by Bill Bryson, you'll read about five warm, highly influential months in history.

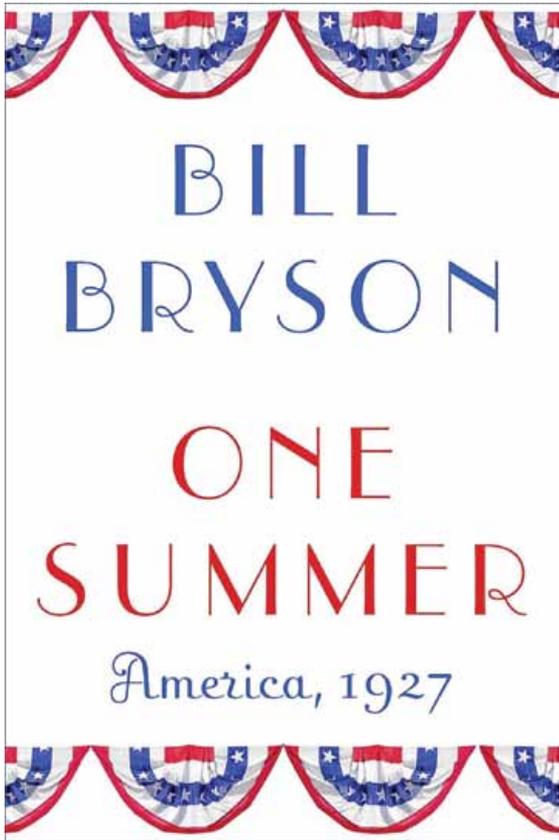
In the spring of 1927, the biggest rivalry since World War I waged over the Atlantic: France and the U.S. vied to see who could cross the ocean in an airplane first. Daredevils lined up to attempt it; some died trying.

There was good news for more staid individuals, however: the Literary Guild started their by-mail

bookclub in May of 1927, it was newspaper's "golden age," and faux-news tabloids were all the rage. It was a good time to be a reader – especially since TV transmission wasn't accomplished until later that year.

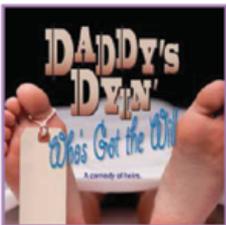
Certainly, baseball was America's Game then, and the friendly competition between Babe Ruth and Lou Gehrig was on every sports fan's mind that summer of 1927. People debated over who was the better batter but Harry Stevens, an Englishman, made more money from baseball than did either of them.

Money was a big consideration when four bankers met in New York "under a cloak of secrecy" in July 1927. Nobody knows exactly what they discussed, but it's believed that their decisions led to the Great Depression. President Calvin Coolidge was warned about the crisis to come but because he'd decided,



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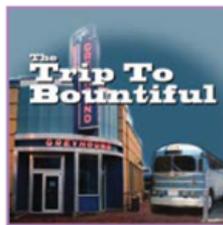
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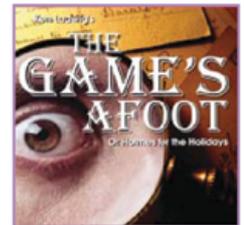
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that summer of 1927, not to run again for president, he passed the proverbial buck - though not before taking time to dedicate the new Mount Rushmore.

Trials were speedy in the summer of 1927 but the majority of murders went unsolved (including ones committed by the U.S. government). Henry Ford enjoyed good ideas in Detroit, but made bad ones in Brazil. Boxing and "speakies" attracted crowds, Prohibition made them break laws, and a thin, gangly young man named Charles Lindbergh flew into history...

At first glance, you'd be forgiven for wondering why author Bill Bryson chose to write a book about a few weeks in 1927. No wars occurred. No charters were signed. It was just another year, almost 90 years ago.

But bite into this brick of a book, and you'll see that "One Summer" is no ordinary story because that was no ordinary season. Bryson, who is a master of humorously wry understatements, takes readers on a meaningful meander through April-to-September when, it seemed, everything happened. We're given a lively history in perspective, tickled with sneaky observations and small asides, and presented with a little pop-culture something for everyone. I loved every paragraph.

Don't let the almost-500-page size of this book scare you because, once you start it, you'll have a hard time putting it down. Once you start it, you'll see that, like most of them, this is "One Summer" that just isn't long enough.



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

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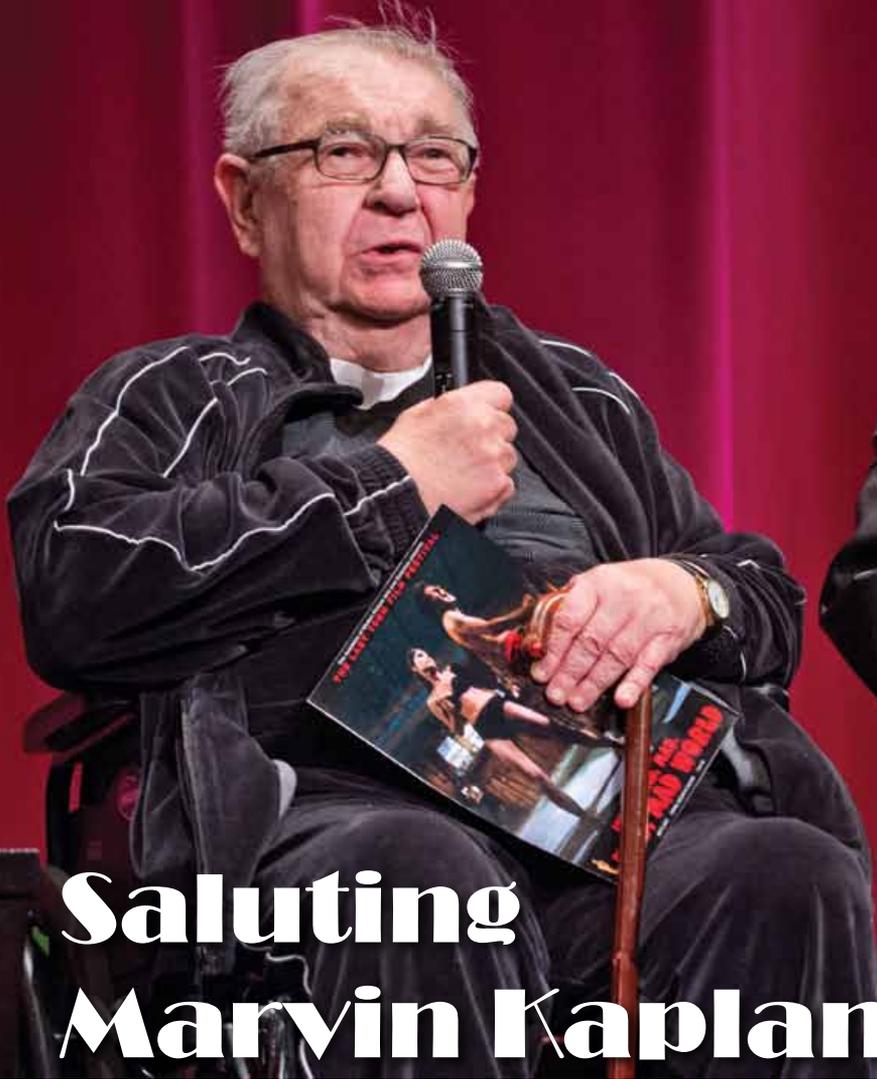
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Saluting Marvin Kaplan

Marvin Kaplan and Jonathan Winters in a July 9, 2012 press photo at the Academy of Motion Picture Arts and Sciences presentation of "It's a Mad, Mad, Mad, Mad World" for "The Last 70mm Film Festival" at the Samuel Goldwyn Theater in Beverly Hills.

Tinseltown Talks by Nick Thomas

Half a century ago, the country was embroiled in civil rights conflicts, a war in Asia, and mourning the loss of a president. When released in the midst of this social turmoil in 1963, Stanley Kubrick's "It's a Mad, Mad, Mad, Mad World" must have seemed appropriately titled. In reality, the film was an epic comedy featuring one of the greatest casts of comedians ever assembled on film.

"There was a pall on the whole country and not a lot to laugh about," recalled Marvin Kaplan, who appeared in the movie's memorable gas station sequence. "With stars like Mickey Rooney, Milton Berle, Jonathan Winters, Sid Caesar, Phil Silvers, Buddy Hackett, and Spencer Tracy, the film soon became a comedy classic."

In the gas station scene, Marvin is paired with Arnold Stang. Their char-

acters, Irwin and Ray, attempt to subdue a highly agitated Jonathan Winters whose character is competing in the mad race to locate buried money. When Winters erupts in anger, he reduces the building to rubble. "Unfortunately, the gas station was destroyed before all the close-up scenes were filmed," Marvin recalled. "It had to be rebuilt overnight – a mistake that cost \$100,000!"

The film, which took two years to make and was shot in thirty California locations, had its world premiere at the new Cinerama Dome in Hollywood which was completed just days before the movie's first showing.

While filming his scenes, Marvin was pleased to share quarters with Winters who had one of the few air-conditioned trailers on the set – a blessing in the 107 degree California desert. He also recalls



Gas station scene from "It's a Mad, Mad, Mad, Mad, World." Kaplan on left, Winters center, Stang right.

experiencing firsthand Winters' brilliance at improvisation and mastery of madcap mimicry and mime. "We would play a game in the trailer called 'Who are you today, Jonathan?' He would go on for 45 minutes making up characters while we waited to shoot the next scene. I've worked with two comedy geniuses in my life and one was Jonathan Winters."

The other was Charlie Chaplin.

In 1948, a youthful Marvin Kaplan was stage manager for a play called "Rain" at the Circle Theater in Los Angeles. Chaplin was the director. "He was so graceful and walked like a ballet dancer. One time he did a handstand on a table – he was around 60 at the time! And during the shows, he couldn't sit in the audience

and watch because he was too hyper. So he'd walk around the theater with a handkerchief in his mouth, but all the audience was watching him!"

Kaplan also recalls performing one Christmas in a play, "Aladdin and the Wonderful Lamp," with Chaplin in the audience. "I was in dark Egyptian make-up with my glasses removed. During the show I was supposed to hold up cards, but couldn't see a thing, so they were all the wrong way. It was really messed up. Chaplin came backstage after the performance to see the cast and Sydney, his son who was in the show. We asked him how he liked it: 'Sydney was good,' he said. 'The monkey was good, too. But that nearsighted Nubian slave really cracked me up.' It was one the greatest compliments I ever got!"

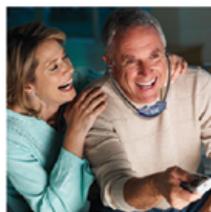
Since the 1950s, Marvin has appeared in numerous films and TV shows, and was a regular cast member on the 80s sitcom, "Alice." With his distinctive Brooklyn-flavored accent, he also worked as a voice actor, notably in the popular "Top Cat" cartoon from the early 1960s where he voiced Choo-Choo. "People tell me all the time they named their cat Choo-Choo after that character!"

In recent years, Marvin, who turns 87 in January, has concentrated on writing and producing, including the plays "A Good House for a Killing" and "Bluebeard's Eighth Wife" (see www.marvinkaplan.com) and is especially interested in working with veteran actors.

"I also executive produced and wrote the screenplay for 'Watch out for Slick,' which was in nine film festivals and won several awards," said Marvin. "The average age of the cast was 70 and one was 98 at the time. It's a myth that actors over a certain age can't memorize lines. We did one-takes mostly, and they came prepared and on time – none of the nonsense or tantrums we see from some young stars today!"

In addition to writing and producing, Marvin still acts. "The great thing about growing old is that I can do whatever projects I want. I have to keep busy."

Nick Thomas has written features and columns for over 330 magazines and newspapers and is author of "Raised by the Stars," published by McFarland. He can be reached at his blog: <http://getnickt.blogspot.com>



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RECENT DVD RELEASES

The Way Way Back ★★★★★



(PG-13) When sitcom actors Nat Faxon and Jim Rash last collaborated on a movie, they bagged an Oscar for their adapted screenplay of *The Descendants*. Now they're tackling a bigger challenge, sharing both writing and directing credits for this

coming-of-age dramedy, with plenty of heart to hold hands with its humor. Duncan (Liam James) is a shy, angry 14-year-old, reluctantly joining his mom (Toni Collette), her jerky new boyfriend (Steve Carell), and his stuck-up daughter for a summer at Carell's seaside cabin. Duncan hates Carell and the setting, wishing he could be with his dad, who has moved to San Diego with his new gal. Everyone around them in that community has friends and shared histories, leaving him even more isolated. Even the interest of the attractive girl literally next door (Anna-Sophia Robb) fails to dent his dour.

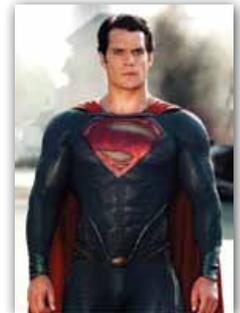
But there's a water park nearby, and Duncan finds himself drawn to it, especially because its manager (Sam Rockwell) seems like a better big brother/father figure than anyone else in range. Rockwell nails the role of glib, funny slacker with more of a heart than he lets on persona.

Despite the presence of Carell and other reliable comedic actors like Allison Janney, Amanda Peet, Rob Corddry, Maya Rudolph and the directing duo, the script is the star. Faxon and Rash deliver a package that resonates with the pressures and adjustments faced by both parents and their progeny, without veering into the extremes of farce or sentiment. The plot and characters are refreshingly realistic, free of the hyperbole that typically flows from Hollywood. Rockwell's performance is a big plus, as well, perhaps worthy of consideration for some year-end nominations.

Man of Steel ★★★★★

(PG-13) There's much to like about this version of the Superman saga we've all known from comic books to TV to feature films. Not only has the classic suit been given a sleek, subdued makeover, but the heroes' backstory has also been fleshed out and revised to make Earth's most powerful resident alien a more relatable character, complete with angst and identity issues akin to those of Batman and Spiderman.

The first update is a mix of political analogy and stunning f/x, as the demise of his home planet, Krypton, is depicted in much greater detail. The ruling elders ignored scientists like Supe's father, Jor-El (Russell Crowe), and harvested energy from its core far beyond its tolerance, leading to global implosion. The



Krypton segment of the film is spectacularly designed, especially if viewed on a 3-D screen.

We also see flashbacks to Clark Kent's childhood in Kansas, struggling to keep his origins and abilities a secret, continuing through adolescence and beyond, as he roamed globe searching for further insights into both his roots and his destiny. The variations from what we've seen and read before make for an intriguing screenplay, with an effective balance of humor to its mostly dramatic tone. It also sets up a monstrous climactic battle against General Zod and other Kryptonian exiles, with Earth's survival at stake.

Henry Cavill makes a fine Clark/Kal-El/Superman, not only in this film, but for the sequels it will surely spawn. Amy Adams contributes a post-feminist spin for the female lead, making her arguably the least annoying Lois Lane in TV/movie history. Director Zack Snyder's work might be lauded by most fans, but I thought the last hour's action grew tiresome, with far more devastation and repetition than needed to tell the tale. The film ran over 2:20, and that excess lowered this rating by ½ star. Even so, the elements are all in place for a first-rate series of high-octane adventures.

Before Midnight ★★★★★



(R) Julie Delpy and Ethan Hawke return for Round 3 in this cerebral series that started with 1995's *Before Sunrise*, and continued in 2004's *Before Sunset*. We rejoin the international couple nine years later on sort of a working summer vacation

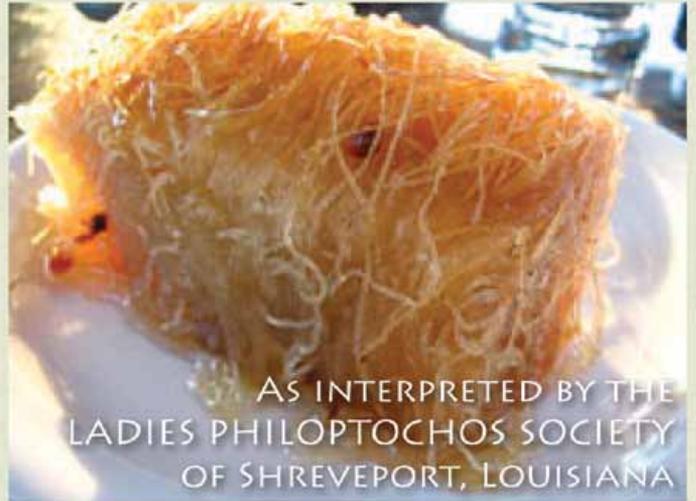
in Greece, staying with a colleague. Delpy is on the verge of a major career change that conflicts with a similarly significant move Hawke is considering. Fans of the first two will be completely satisfied with this further stage of their relationship in every respect. The script (co-written by the stars with director Richard Linklater) is a fine example of realistically intelligent, emotionally satisfying dialogue, uttered by flawlessly crafted characters. Most members of the audience would love to join this cast at its dining tables, and throughout the idyllic rural settings hosting most of the action.

As before, the film is long on conversations, with topics ranging from the specifics of the characters' relationships to observations about many aspects of life spanning several cultures. These are people who have learned much from life, still have flaws and foibles, and realize they remain works in progress. For anyone seeking headier fare than the broad comedies and big-scale action flicks that abound each summer, it would be hard to top this choice. Those who haven't seen, or don't clearly recall, the earlier films will have little trouble catching up with the players and their backstories. This is the kind of movie actual grownups (and artsy pretenders) complain that no one makes any more. Well, folks, someone did.

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



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Whether you're a first time host or a seasoned pro, there are certain secrets to help ensure a holiday meal that is both elegant and effortless. One such secret is using dressings and sauces to enhance savory flavors and add zest to your meals. One taste and your guests will think you spent hours in the kitchen.

This holiday season, experiment with your favorite dressings and sauces to create meals for your family. You can also visit www.dressings-sauces.org for more holiday meal recipe ideas.

BBQ Roast Turkey (Servings: 6)

- | | |
|--|---------------------------------|
| 1 10 to 12-pound turkey | 2 small onions, quartered |
| ¼ cup butter, softened | 3 cups prepared BBQ sauce |
| 3 cloves garlic, minced | 2 teaspoons soy sauce |
| 1 teaspoon salt | 1 teaspoon Worcestershire sauce |
| 1 teaspoon freshly ground black pepper | 1 bay leaf |
| 3 lemons | |

Preheat oven to 400°F. Rinse turkey inside and out. Pat dry.

In small bowl, combine butter, minced garlic, salt and pepper. Loosen skin of turkey and rub butter between skin and meat. Place lemons and onion inside cavity of turkey. Tie legs with kitchen string.

Combine BBQ sauce, soy sauce, Worcestershire sauce and bay leaf in saucepan. Simmer 30 minutes to blend flavors. Discard bay leaf. Set aside until ready to use, 2 cups for basting and one cup for serving.

Place turkey on rack in heavy, large roasting pan. Roast one hour, then reduce heat to 325°F. Brush turkey with 2 cups of BBQ sauce mixture. Roast 20 minutes. Brush with BBQ sauce every 20 minutes, about 1 hour 10 minutes longer, for a total of 2½ hours or until meat thermometer inserted into thickest part of thigh registers 175°F. If turkey begins to get too brown, cover with foil while roasting.

Transfer turkey to platter. Cover loosely with foil and let rest 30 minutes before slicing.

Serve immediately with remaining cup of BBQ sauce mixture.

Grilled Shrimp with Remoulade Sauce (Servings: 4 to 6)

3/4 cup mayonnaise	4 cups water
2 tablespoons ketchup	2 tablespoons kosher salt
2 teaspoons Dijon mustard	2 tablespoons sugar
2 teaspoons hot sauce	1 tablespoon lemon juice
2 teaspoons capers, chopped	2 cloves garlic, minced
1 teaspoon parsley, chopped	6 whole peppercorns
Freshly ground black pepper, to taste	24 shrimp (8 to 10 count) peeled and deveined

For remoulade sauce, whisk mayonnaise, ketchup, Dijon mustard, hot sauce, capers and parsley in small bowl. Season to taste with black pepper. Store in refrigerator until ready to use. Can be prepared 2 days ahead.

Combine water, salt, sugar, lemon juice, garlic and peppercorns in gallon size ziplock bag. Add shrimp to brine and chill 15 to 20 minutes. Drain shrimp and rinse with cold water. Place shrimp on skewers.

Preheat grill to medium high heat. Spray grill grates with cooking spray and grill shrimp 2 to 3 minutes per side. Serve immediately with remoulade sauce.

Additional sauce options: Blend 1/2 cup prepared mayonnaise with 2 teaspoons Sriracha. May also be served with prepared Mango Chipotle Sauce.



Baby Greens with Roasted Pears, Feta and Walnuts (Servings: 4 to 6)

4 firm, ripe pears (Bosc or Bartlett) peeled, cored and cut into 8 slices	1/2 cup walnuts, toasted
1 teaspoon olive oil	Salt, to taste
8 cups baby greens	Freshly ground black pepper, to taste
1/2 cup feta cheese, crumbled	Choice of salad dressing

Preheat oven to 400°F. On a parchment lined baking sheet, drizzle pears with olive oil. Roast in oven until edges of pears begin to brown, but still firm. Cool. Gently toss baby greens and cooled pears in salad bowl. Sprinkle feta and walnuts over salad. Season with salt and pepper. Serve immediately with choice of dressing.

Suggested dressings: Ranch, Champagne Vinaigrette or Strawberry Poppy Seed.



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That May Indicate the Need for Treatment

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- Hallucinations; hearing voices
- Misuse of alcohol or medications
- Disorientation
- Numerous unexplained physical ailments
- Difficulties coping with daily living
- Excessive fears, anxieties or suspiciousness

CONCERT

Shreveport Symphony - Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. November 16 at 7:30 PM. Richard Wagner and Richard Strauss created some of the most emotionally rich music in history. A program of dazzling passion - from *Don Juan*, to the beauty of *Four Last Songs*. Joining the SSO are Wideman Competition gold medalist Asiya Korepanova and soprano (and Centenary alumna) Twyla Robinson, one of the most sought-after classical artists in the world today. **FREE** 'Inside the Music' pre-concert talk starts at 6:30 PM. Tickets start at \$19. Call 318-227-TUNE (8863) or visit www.shreveportsymphony.com.

DRIVER SAFETY

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

• November 9: 8:30 a.m. - 12:30 p.m. Hebert's Town and Country, 1155 E. Bert Kouns Ind. Loop, Shreveport. Hosts:



Hebert's and *The Best of Times*. Contact: 318-221-9000; Instructor Ray Branton.

EVENTS

Christmas Tour of Homes - presented by Quota International of Bossier City. 1 to 5 p.m. on Sunday Dec 8. Featuring 5 family homes decorated in the Christmas tradition. Admission is \$20, see any Quotarian for tickets, or you may call 318-747-2613 or 318-868-7961.

Shreveport Farmers' Market - 8 a.m. until noon every Saturday through November

23. Festival Plaza in downtown Shreveport at 101 Crockett St.. Fall crops and plants, meat, cheese, milk, home-made goods, and a market cafe. For more information call 318-455-5788 or visit www.shreveportfarmersmarket.com.

The Global Power Museum Association Distinguished Speaker Series Fall Banquet (formally the Eighth Air Force Museum Association) - November 8th at Silver Star Steakhouse, 1201 Dixie Overland Rd, Bossier City. Cocktails at 6:00, Dinner at 7:00. Guest speaker - Major

General Jack Weinstein, Vice Commander, Air Force Global Strike Command, BAFB. Gen. Weinstein will bring a great perspective from the ICBM environment relaying his experience with true space weaponry programs. Cost including dinner is \$75 each. Dress is Business Casual. Please RSVP until November 6th to info@8afmuseum.com, or call the Museum Gift Shop at 318-752-0055.

Louisiana Veterans Day Honor Parade and Ceremony - Sunday, Nov. 10, 2-3 p.m. Louisiana State Fair Grounds, 3701 Hudson Ave., Shreveport. Floats, marching bands, JROTC drill teams and veterans organizations parading down the midway of Louisiana State Fair. The parade will begin at Hirsch Memorial Coliseum and end at the Salvation Army Boys and Girls Club. **FREE** admission and **FREE** parking will be provided for all veterans and their families. Veterans are encouraged to wear their organizational veterans' caps and t-shirts. The Louisiana Veterans Honor Ceremony will follow the parade at Salvation Army Boys & Girls Club, 2821 Greenwood Road, Shreveport. Veterans from all wars will be recognized and specially nominated veterans will be presented with certificates of appreciation.



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KREWE ACTIVITIES

Krewe of Elders 50s Dance - Saturday, November 16, at 7:00 p.m., at American Legion Post No. 14 located at 5315 South Lakeshore Drive, Shreveport. Entertainment provided by Backbeat Boogie Band. Cash bar, 50/50 raffle, food available for purchase. \$10.00 per person. Open to public. Info. 752-9175, 631-8865.

MEETINGS

GENCOM Genealogical Computer Society Monthly Meeting - Sunday, November 17 from 2:00 p.m. to 4:00 p.m. at the Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport. Members and guests will share short presentations answering the question, "If I Could Invite One of My Ancestors to Share Thanksgiving Dinner with Me, Who Would it be and What Questions Would I ask Them?" Everyone is welcome and the meeting is **FREE** and open to the public. For information call (318) 773-7406 or email jgiones09@gmail.com.

The Ark-La-Tex Genealogical Association, Inc. monthly meeting - 1 PM, Saturday,

November 9. Randle T. Moore Center, 3101 Fairfield Ave., Shreveport. Featuring: Monica Pels, Curator of the Spring Street Museum on "Some History of Greenwood Cemetery". **FREE** For info call 318-746-1851

MOVIES

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

RANDALL T. MOORE SENIOR CENTER

Senior Center Fun - Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Every Thursday and Friday. Coffee and cookies at 9:30 a.m. Program/speaker every Thursday at 10 a.m. Fridays Tech Talk at 10 a.m., 1on1 Tech at 11 a.m. Admission is **FREE**. Lunch is served at 11:00. Suggested donation for lunch is \$2. Make lunch reservations by calling the Caddo Council on Aging at 676-7900. Programs are:

- Thursday November 7 - Holiday Safety by Claire Crawford
- Friday November 8 - Introduction to Laptops, tablets and smart phones and other tech tips

- Thursday November 14 - Going Live with Television Weather Forecasts by Meteorologist Brian Fowler of KTBS.
- Friday November 15 - Introduction to Internet, browser, on line security/safety and other tech tips.
- Thursday November 21 - Traveling and Partying with Times Reporter Maggie Martin
- Friday November 22 - Social Media Basics.

THEATRE

Always Patsy Cline - The Shreveport Little Theatre, 812 Margaret Place, Shreveport. November 7, 8, 9 14, 15, and 16, at 8:00 pm.; November 10 and 17 at 2: 00 pm. This heartfelt revue tells the true story of the country music legend's unlikely friendship with a fan, Louise Seger, cemented by years of letter-writing. Featuring many of Cline's timeless hits. Call the box office at (318) 424-4439 or email boxoffice@shreveportlittletheatre.com.

Tarzan - the stage musical based on Disney's epic animated musical adventure and "Tarzan of the Apes" by Edgar Rice Burroughs. Thursdays, December 5 & 12 @ 7:30 p.m., Fridays, December 6 & 13 @ 7:30 p.m., Saturdays, December 7 & 14 @ 2:00 p.m. & 7:30 p.m. Emmett Hook Center at 550 Common Street in downtown Shreveport. You'll be wowed by high-flying excitement and hits like "You'll Be in My Heart," "Son of Man" and "Two Worlds." **Tarzan** tells the story of an infant boy orphaned on the shores of West Africa. Taken in and raised by a tribe of gorillas, the young boy strives for acceptance by his ape father while grappling with his uniqueness. Tickets: \$20 Adults, \$18 Seniors, \$15 Students/Kids. Box office opens on November 18. For reservations, call (318) 218-9978. Visit www.Stage-CenterLA.com.



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RING OF FIRE

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Wednesday, October 30, 2013

RAIN

— A Tribute To The Beatles

Friday, November 1, 2013

MEMPHIS

Wednesday, November 27, 2013

STEVE LIPPICHA CHRISTMAS

Thursday, December 5, 2013

SHOJI TABUCHI Christmas Show

Friday, December 13, 2013

BRASS TRANSIT

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SWEET CHARITY

Friday, March 21, 2014

HELLO DOLLY

STARRING SALLY STRUTHERS

Tuesday, March 25, 2014

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HAL LINDEN & HIS BAND

Sunday, April 6, 2014

WEST SIDE STORY

Thursday, April 10, 2014

VINCE:

The Life And Times Of Vince Lombardi

Saturday, May 3, 2014

ADAM TRENT

Magician/Illusionist

Friday, June 6, 2014

STAYIN’ ALIVE

— A Tribute To The Bee Gees

Friday, June 13, 2014

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strand@thestrandtheatre.com

King Crossword

Puzzle answers
on page 42

ACROSS

- 1 McNally's partner
- 5 Lawyers' org.
- 8 Verve
- 12 Sandwich cookie
- 13 Turf
- 14 Interoffice note
- 15 Rip
- 16 Alpine coatings
- 18 Drum on which cable is wound
- 20 "Siddhartha" author
- 21 Whatever amount
- 22 Teeny
- 23 Long-legged bird
- 26 Oven in an Indian restaurant
- 30 Help
- 31 Monkey suit
- 32 Shock and —
- 33 Entrance rug
- 36 Got along
- 38 Summertime mo.
- 39 Cover
- 40 Swiss money
- 43 Griffith's lawyer role
- 47 Longtime airplane manufacturer

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19					20			
			21				22					
23	24	25				26				27	28	29
30					31					32		
33			34	35					36	37		
			38				39					
40	41	42				43				44	45	46
47					48				49			
50					51				52			
53					54				55			

- 49 Capri, e.g.
- 50 Cain's victim
- 51 Fish eggs
- 52 Online journal
- 53 Existed
- 54 Massachu-
setts cape
- 55 Drunkards
- 8 Ran the show
- 9 Meadows
- 10 Pumps up the volume
- 11 Schnozz
- 17 Timely question?
- 19 Stick with a kick
- 22 Grow
- 23 Despondent
- 24 Uncle (Sp.)
- 25 Altar affirma-
tive
- 26 Egypt's boy king
- 27 Rowing need
- 28 Have bills
- 29 Roulette bet
- 31 Playground game
- 34 Cause anger
- 35 Greatly
- 36 Healthy
- 37 Goes off script
- 39 Burdened
- 40 Imperfection
- 41 PJs coverup
- 42 Computer brand
- 43 "You're putting —!"
- 44 Norway's capital
- 45 Coagulate
- 46 Small barrels
- 48 Historic period

DOWN

- 1 Campus mil. grp.
- 2 Neighbor-
hood
- 3 Tide type
- 4 On the back
- 5 Analyze ore
- 6 German city
- 7 Commotion

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MAGIC MAZE ● THE THREE R's

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

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

- | | | | |
|-----------|----------|----------|----------|
| Arbitrary | Burrower | Mirror | Reporter |
| Arrears | Corridor | Narrator | Terror |
| Barrier | Harrier | Referral | Warrior |
| Barrister | Horror | Reorder | |

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Sudoku

by Linda Thistle

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

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

Difficulty: ★★★

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

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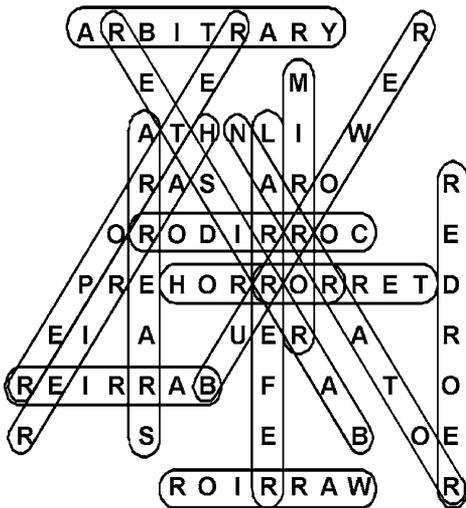
King Crossword

Answers

Solution time: 21 mins.

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

THE THREE R's



SUDUKO

Answer

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

ANSWERS FROM THE EXPERTS

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

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



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- Medications: The Medicare hospice benefit covers medications needed to treat the patient's terminal illness.
- Medical supplies: The physician and nurse will work with the family to determine which medical supplies and equipment the patient needs.



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See our ad on page 46.

November Parting Shots

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

Les Bons Temps Dance Club held their Fall luncheon on October 1 at the lovely home of Rebecca Miller.



Above: Bettie Hastings, Della Howell, Jo Ann Golden, and Myra Beeson



Right: Libby Siskron, Debbie Grand and Betty Henderson



New members Claudia Lyles, Mary Anne Adams, Sue Wyche, and Betty Henderson



Gracie McAlister, Margaret Anne Boone, Martha Hunter and Carolyn Hamilton

Something Wonderful Is Happening Here!

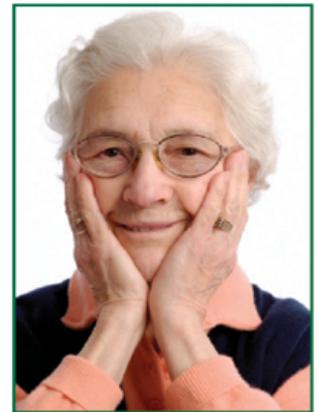
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The Krewe of Elders held their Royalty Coronation on October 5 at the American Legion Hall on Cross Lake.



Outgoing Royalty: (l to r) George Kalmbach, Jerry Harmon, Dianne Harmon, Pat Stell, Bill Stell, Randy Mobley, Sylvia Mobley, Julia Collins.



Queen Pat Stell and King Bill Stell



Above: 2013 Royalty (l to r) Duke and Duchess of Longevity Rick and Lawanda Turner, Co-Captain Bob Sykes, Queen Pat Stell, King Bill Stell, Captain Julia Collins, Duke of Wisdom Doug McWaters, Duchess of Wisdom Beverly Jones



Right: Queen of Highland Victoria Provenza leads the line dancing.



Co-Captain Bob Sykes and Captain Julia Collins

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November Parting Shots continued

Red River Bank and the Federal Home Loan Bank of Dallas (FHLB Dallas) awarded \$941,000 in Affordable Housing Program (AHP) grants to two local community organizations – Holy Angels and Volunteers of America National Services.

Below: Holy Angels' grants will be used to renovate one of its dorms and will create a handicap accessible bathroom and renovate the kitchen in one of its group homes.

The grant to Volunteers of America National Services will assist in the construction of a 50-unit apartment complex in Shreveport for very low-income elderly residents.



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The Choice Hotel International 2013 Service Hero Award was presented to Ropunda Henderson (center) on October 1 during a luncheon at Rodeway Inn & Suites. Ms. Henderson was honored for her role in rescuing resident and pets from a hotel fire in February. Pictured with Ms Henderson are (l to r) Kenneth Cole, Jayesh Mehta, Jim Johnson and Jerome Dismuke.



Halloween Miscellaneous

Great-grandmother Anne S. Reed Miller dresses for Halloween.

Anne's sister (also a great grandmother) Carol S. Campbell takes a less scary approach to the holiday.



Breast Health Awareness Workshop— People Helping People Community Outreach Breast Health Awareness Workshop was held October 15 at West Shreveport Community Meeting Center. (l to r) Jan Core, Pat Presley, Sandy Lord Dodson and Candy Welch.

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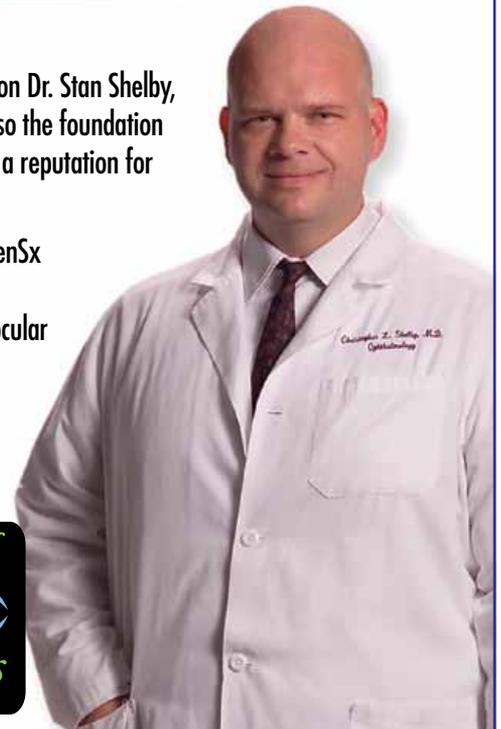
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