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Do you have a question for  
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Email [Gary.Calligas@gmail.com](mailto:Gary.Calligas@gmail.com)  
prior to the show.



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My friends know that I hate clutter and love my home to be neat and organized. Unfortunately, Gary tends to be a pack-rat and I'm a procrastinator. As our children moved out on their own, it became easier and easier to drag my feet because I had so much empty space. Our last child left home almost 9 years ago, consequently the closets and drawers in every room are now packed with odds and ends that I will probably never use again. Of course out-of-sight, out-of-mind. Worst of all, if I do need something that I know is tucked away "somewhere", I can't find it. For me the most daunting task of clearing out the clutter in my home is taking that all-important first step and getting started.

Are you ready to tackle all the clutter in your own home or are you planning on downsizing and need to purge your household of all the unnecessary items you've accumulated over the years? If so, make sure to check out this month's features by Sue Ronnenkamp and Bev Bennett, then roll up your sleeves and get started! I have - one closet at a time.

As I mentioned last month, the electronic version of your favorite local publication will soon be available totally free of charge as an app for your tablet or smart phone. We're still working out the kinks, but it should be ready to go at some point this month. If you want to be among the first to get the information you need and love in a manner that suits your technologically savvy lifestyle, make sure to listen to Gary on *The Best of Times Radio Hour* in the coming weeks for full instructions or check back in our July issue.

Until next month, Happy Father's Day to all the dads, especially to my oldest son who will be a first time father in a couple of months.

*Tina*



# I take this cancer seriously.



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## IBD Raises Risk of Melanoma

Patients with inflammatory bowel disease (IBD) are at higher risk of melanoma, a form of skin cancer, report researchers at Mayo Clinic. Researchers found that IBD is associated with a 37% greater risk for the disease. Based on this data, researchers are suggesting that physicians appropriately counsel IBD patients about the risk of melanoma and that sun-protective measures are very effective in preventing this cancer.

## Driving with the Dog Not a Good Idea



Senior drivers who always take a pet in the car are at increased risk for being involved in a motor vehicle collision, said University of Alabama at Birmingham (UAB) researchers. In a study published in *Accident Analysis and Prevention*, the research team said both overall and at-fault crash rates for drivers 70 years of age or older were higher for those whose pet habitually rode with them. Study results indicate that the crash risk for drivers who always drove with their pets was double that of drivers who never drove with a pet, while crash rates for those who sometimes or rarely drove with pets were consistent with the rates for non-pet owners.

## Exercise Effective for Patients with Major Depression

Exercise has been shown to be an effective treatment for major depressive disorder (MDD), both when used alone and in combination with other treatments. There's now sufficient research data to provide specific guidance on how to prescribe exercise for depressed patients, according to a report in the *Journal of Psychiatric Practice*®. Based on the available data, aerobic exercise is the preferred form of exercise for patients with MDD - although there is also support for resistance training. Researchers recommend that patients participate in three to five exercise sessions per week, for 45 to 60 minutes per session. Data suggest that patients may experience improvement in depressive symptoms as little as four weeks after starting exercise, but the exercise program should be continued for at least ten to twelve weeks to achieve the greatest antidepressant effect.



## Memory Improves for Older Adults Using Computerized Brain Fitness Program

UCLA researchers found that older adults who regularly used a brain fitness program played on a computer demonstrated significantly improved memory and language skills. The team studied participants with an average age of 84, recruited from local retirement communities in Southern California. The volunteers were split into two groups: the first group used a brain fitness program for an average of 73.5 (20 minute) sessions across a six-month period while a second group played it less than 45 times during the same period. Researchers found that the first group demonstrated significantly higher improvement in memory and language skills, compared to the second group. The study's findings add to the field exploring whether such brain fitness tools may help improve language and memory and may ultimately help protect individuals from the cognitive decline associated with aging and Alzheimer's disease. Age-related memory decline affects approximately 40% of older adults and is characterized by self-perception of memory loss and decline in memory performance. Previous studies have shown that engaging in mental activities can help improve memory, but little research has been done to determine whether the numerous brain fitness games and memory training programs on the market are effective in improving memory. This is one of the first studies to assess the cognitive effects of a computerized memory training program.

## Salk Scientists Develop Drug That Slows Alzheimer's Disease in Mice

A drug developed by scientists at the Salk Institute for Biological Studies, known as J147, reverses memory deficits and slows Alzheimer's disease in aged mice following short-term treatment. The findings, published in the journal *Alzheimer's Research and Therapy*, may pave the way to a new treatment for Alzheimer's disease in humans. According to the Alzheimer's Association, more than 5 million Americans are living with Alzheimer's disease, the sixth leading cause of death in the country and the only one among the top 10 that cannot be prevented, cured or even slowed.





## Fish Oil Doesn't Seem to Help Age-Related Macular Degeneration

A large-scale National Eye Institute study has shown fish oil supplements containing omega-3 fatty acids do not alter the progression of age-related macular degeneration, says a national team of researchers at The Methodist Hospital who ran Houston's part of the study.

Another key finding of the Age-Related Eye Disease Study 2, or AREDS 2, is that lutein and zeaxanthin may be safer and at least as effective as beta-carotene in reducing risk of disease progression. Like beta-carotene, lutein and zeaxanthin can be converted to vitamin A in humans and can collect at the retina, where they probably limit chemical damage caused by light. Lutein is found in foods like egg yolk and animal fat deposits. Zeaxanthin is found in some berries, corn, and paprika.

AREDS 2's results agree with past studies that have shown an association between beta-carotene consumption and the development of lung cancer in current or former smokers. Macular degeneration is a disease in which retina damage causes a loss of visual acuity in the center of the eye, called the macula. AMD is a major cause of blindness in the elderly, and currently affects about 11 million Americans. National Eye Institute experts believe that number will double by 2050.

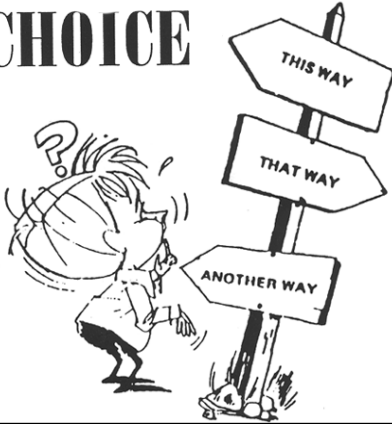
The first AREDS study showed that vitamins really make a difference in decreasing the complications of AMD. Based on the AREDS 2 data, it's now recommended that patients no longer take beta-carotene but look for a vitamin with 10 mg Lutein, 2 mg zeaxanthin, 80mg zinc, 2mg copper, 500mg vitamin C, and 400 IU vitamin E.

Susan Berry of Shreveport is this month's winner of The Best of Times Fan Appreciation Contest. Susan, please call us at 636-5510 to claim your prize. Readers, please turn to page 40 to learn how you can win next month.

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# Clearing the **Clutter** in Your Life

by Sue Ronnenkamp

I have to admit that I was amazed and perplexed by the amount of clutter and “stuff” I too often found when I worked with clients who were preparing for a move. This area was the greatest eye opener for me with my Living Transitions business, a service that provides “hands on” help with making a later life, downsizing move. Before I started doing this work, I had no idea that people could live with SO MUCH stuff and clutter around them! I am naturally a very organized and clutter-free kind of person and I grew up this way. I don’t remember my parents’ or grandparents’ homes ever being cluttered like I’ve seen with many of my clients so this was a huge learning experience for me.

Sorting through years of accumulated belongings is by far the most daunting part of making a later life living transition but there are some things I have learned that may be of benefit to you. These tips and insights should help whether you are the older adult ready to face this task, or if you’re the adult child who has offered to help your parents with the downsizing process. The key to keep in mind is HOW GOOD it will feel when this job is done and when there is new, clutter-free space in your home and in your life!

## It’s never too early to begin.

Even if you don’t think you’ll be ready to move for several years or more, it is never too early to begin the sorting and clearing process. Most clients I worked with could have easily started

To ask **how little**, not how much, can I get along with. To say – **is it necessary?** – when I am **tempted** to add one more **accumulation** to my life.

Anne Morrow Lindbergh





The key to keep in mind is  
**HOW GOOD** it will feel  
when this job is done and  
when there is new, clutter-  
free space in your home and  
in your life!



on this years in advance of their moves without affecting their day-to-day activities in the least. In one client situation I completed clearing a house in preparation for an upcoming move and the sale of the home. As a result of my work, at least 50 garbage bags and large boxes of clothes and belongings were donated to charity, at least 25 boxes of belongings were picked up by the auction house to sell, and at least 50 bags of garbage and recycling were set out on the curb for pick-up.

On the surface, the house looked virtually the same as when I first saw it because this client wanted to keep the overall house intact until it was sold. All that I cleared came from the closets, cupboards, drawers, and other storage areas in the house. And in spite of the volume of items that were passed on or disposed of, this client's daily activities and habits were not impacted in the least by my work. Why? Because the majority of the stuff that was cleared had not been used in 5, 10, 15, or even 20 years!

### If you're a pack rat, get ready for a tough job!

Just as I tell people that this transition will be tougher if they haven't moved in 40 or 50 years, it will be harder for anyone who is a pack rat to get through the sorting and clearing process. I know the Depression affected many older adults in ways that I can't even imagine but I still am not convinced in the least that hoarding does anyone any good. I've seen houses FULL of every imaginable thing but most of this stuff just ends up in the trash when all is said and done, and what value does that add? If I had a dime for every cotton ball, plastic bag, magazine, jar or plastic container I have seen and handled in the course of my work, I would be a rich woman by now! I have also seen far too many situations where basic items like toilet paper and paper towels were stockpiled for years and years to the point that they were too old to have any use at all and had to be thrown away. Saving things that are not being used, or that should be thrown away, recycled or donated doesn't help you and only adds to the clutter in your life. Let go of some of your fear about not having enough. If you have survived into your 70s, 80s, or 90s, most of the things you may have feared most in your life did not ever happen, or are FAR behind you by now.

### Clearing your house now is a wonderful gift to yourself.

Even if you believe you will never move from your current home, the reality is that your house will need to be cleared out at some point – either now or in the future after your death. The gift you give yourself by clearing your house now of everything you don't need or want is feeling energized and revitalized by the clear space and clean air around you. Take it from me and my client experiences, most houses I've seen are FULL OF YEARS OF ACCUMULATED DUST AND DIRT. Even if you have been a good housekeeper, dust and dirt accumulate naturally over time – especially when furniture and belongings and clutter have not been moved. I often found myself feeling overwhelmed and even depressed when I was surrounded by clutter inside my clients' homes. I even felt physically sick at times from breathing such stagnant, dust and dirt filled air. If you have lived this way for a long period of time, I can promise that you will feel better just from the physical act of opening up space around you and clearing the air in your home of even some of the dust and dirt. Try it, you'll like it!

Clearing your house now is a wonderful gift to your family.

The gift you give your family by doing this now is freeing them from having to make all the decisions for you about your belongings. This will also save them from having to face this task while also dealing with your diminished health, or while grieving your loss. My dad always threatened



to leave the job of clearing their house until after they were gone. Luckily for my siblings and me, my parents decided to downsize from their large home of 34 years in 1996, and my dad did not carry through on his threat. We all helped them with this process and move but we weren't responsible for making decisions for them about their belongings. What a gift this was! There's a cartoon I use in my talks that sums this up nicely: Just because you can't take it with you is no excuse for leaving it in such a mess!

### Giving away gifts doesn't mean that you are betraying the gift giver.

Once a gift is given to you, you are free to do with it what you choose. You can keep it, give it away, pass it on to someone else, or even throw it away. I can think of one client in particular who had a real problem with letting go of anything that had been given to him. The problem was that this client was 86 years old and these gifts added up to a substantial amount of belongings in his home. I'm not saying that someone might not be offended if you give away a gift they gave you, but once a gift is given it is yours to do with as you like. And the reality is that you can't keep everything. As you move into your later years, what is important is simplifying your life and having around you the things you really need and want going forward.

### Last but not least, remember that when all is said and done, you are not taking any of this stuff with you when you leave this world.

I either get laughter or stares of disbelief when I say this in my talks on later life transitions but when is the last time you ever saw a U-haul behind the hearse? It may be a little offensive but it hits home, doesn't it? We come into this world with nothing and we leave this world with nothing. My belief is that letting go of our accumulated belongings is a natural process of completing and releasing – like the leaves falling from the trees in autumn – in preparation for the end of our life. You can either have the honor of being part of the natural rhythm of life, or you can resist and deny it and miss the opportunity to be involved in this process.

*Sue Ronnenkamp is a nationally recognized expert in the area of later life living transitions. After 10 years of refining the "how to" of right-sizing/downsizing, Sue has shifted her focus to WHY continuing to move forward in all areas of our lives is key to vital and successful aging. Her new business is called Age-Full Living with its primary focus on embracing changing with our aging, living later life to the fullest, and reaping the gifts and blessings of growing older. For more information, visit Sue's website at [www.AgeFullLiving.com](http://www.AgeFullLiving.com).*





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# Downsizing Is the New Up

When the nest is empty, adjusting portion sizes is key to keeping off the weight

By Bev Bennett  
CTW Features

**N**ow that your kids are grown and you're officially an empty nester, you're thinking about your living space.

Maybe you want to move to smaller quarters, or maybe you're dreaming about putting those empty bedrooms to different uses.

Don't overlook your kitchen as you anticipate this new stage.

Your cooking and shopping habits when children, and especially ravenous teens, were home may not be appropriate or even beneficial to your well-being now.

Your cookware may need a post-kid overhaul, too. Do you still need a 10-quart stockpot? Imagine filling and lifting it. Are your muscles still up to the task?

By adjusting your culinary techniques while streamlining your kitchen so it's more convenient, you'll enjoy cooking and eat healthfully, say nutrition educators.

If you question whether it's worth the time to cook when you're an empty nester, think of preparing meals as an opportunity for culinary adventure or a new hobby, says Karen Buch, registered dietitian and director of lifestyle initiatives for Weis Markets, Inc. Sunbury, Pa.

It also can bring you and your spouse closer.

"Cooking for each other is an act of love and kindness," she says.

Here are tips to help you plan.





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## SHOPPING

Change your mindset. Forget the hungry hordes (aka, your kids); they're feeding themselves.

Instead of the "big trip" to the supermarket twice a month, shop two or three times a week for fresh fruits and vegetables, fish and lean meat, purchasing only what you'll eat in a few days.

Buying food in large quantities could cost you money now, according to Beth Kitchin, PhD, a registered dietitian and assistant professor of nutrition sciences at the University of Alabama at Birmingham.

"You may find that when you buy just what you need, while a little more expensive on the front end, you actually save money because you're less likely to throw leftovers away," writes Kitchin in an email response.

Although having some food in the cupboard or freezer for emergencies is sensible, don't overdo it, say the experts.

"I give my husband a maximum of how many cans of corn he can buy," says Mary Ann Johnson, Ph.D., the Bill and June Platt professor in foods and nutrition at the University of Georgia in Athens.

Her ultimatum is to buy no more than what they'll eat within two months.

If you discover that you're stockpiling staples, go through your pantry and eliminate foods you won't eat. Donate products still within "use by" dates to food pantries, says Buch.

Johnson and her husband were surprised to see that their appreciation for soup resulted in having about 20 cans on hand. Many of those were donated.

## COOKING

Think about your lifestyle as you plan menus.

Do you prefer having a few frozen entrees on hand, or would you rather cook more often?

Cooking larger amounts of the main course, such as lasagna, and having leftovers for later meals makes sense to Buch.

However, if you're embracing your inner Top Chef, and are excited about trying new dishes every night, look for recipes that serve one or two.

Consider your health goals, too.

"As we age we don't need as many calories, though we still may have a big appetite," says Johnson, who is on the faculty of gerontology at the university.

Satisfy your appetite and your nutritional needs with vegetables, fruits and whole grains as you cut back on meat and starches.

Try new ingredients and flavors to make meals appetizing. Johnson, for example, loves bottled ginger-sesame sauce.

"It adds flavor without a lot of fat. You can jazz up a meal that looks kind of bland," she says.

The nutrition professor also recommends spice blends in grinder bottles.

"These are so much more flavorful [than ground seasonings]. Find the flavors you like."

You'll also find smaller yield spice blends in supermarkets, allowing you to experiment without a large investment, says



Buch, who offers nutrition and culinary advice to supermarket shoppers.

## COOKWARE

Pots, pans and bakeware in more sizes than your collection of jeans are probably taking up valuable kitchen real estate. In addition, your cookware could be an accident waiting to happen. One false move and you're hit with a cake-pan avalanche.

"Ask yourself which pots and pans you use. When company comes what do you reach for? Get rid of what you don't need," Johnson says.

Also weed out scratched nonstick cookware, plastic storage containers without proper-fitting lids, plastic containers that aren't designed for food storage and oversized pots that are a strain to lift.

You can let go of one of your four sets of dishes, says Buch.

At the same time, invest in utensils and small appliances that make cooking easier and more enjoyable.

A microwave oven, even in a smaller size, is an asset for good nutrition.

"Use your microwave more – especially for vegetables," writes Kitchin.

"Two and a half minutes will do it for frozen corn or broccoli. The ice crystals add enough moisture for cooking. The less water, the more nutrients are preserved," Kitchin writes.

A slow cooker in a 2- or 3-quart size instead of the 5- or 6-quart version will be welcome for preparing smaller batches of soup, chili and stew.

Johnson took stock of her canned soup habit and opted instead for a small slow cooker.

"My husband and I like making soup in a slow cooker," she says.

An immersion blender that allows you to make velvety purees without adding high-fat cream is one of Buch's favorite kitchen appliances.

"Appliances have evolved and you can do most of your cooking with downsized equipment," Buch says.



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## Is Your Car Safe?

by Lee Aronson

I'm from New Orleans. And despite what everyone else says, I do not have an accent. However, I occasionally do use some words and phrases that are unique to New Orleans. For example, when I moved to Shreveport 19 years ago, no one knew what I was talking about when I asked where I needed to go to get my brake tag renewed. In New Orleans it's a brake tag; everywhere else, it's an inspection sticker.

I bring this up because there's been a recent change to the inspection sticker law. In the past, Louisiana citizens had to get their cars inspected once a year. But now when we get our car inspected, we can buy a sticker that's good for one year for \$10 or a sticker that's good for 2 years for \$20. When I first found out about this change, I was

glad. Having my car inspected is a chore that I do not like to do, so the less often I have to do it, the better. But then I got to thinking about it.

The whole point behind the inspection sticker law is to keep unsafe cars off the road. If a car's brakes don't work well, it's not supposed to pass inspection and should not be driven. The horn should work. The headlights, taillights and turn indicators should all work. If not, the car's not safe to drive and I don't want it

on the road. Yet, as I drive around, not only do I see a lot of bad drivers, I also see a lot of cars that sure don't seem safe to me. And people who are driving around in unsafe cars aren't just putting themselves at risk: there putting everyone else on the road at risk.

That's why I'm not so sure that it's a good idea for a driver with an older car that barely passes inspection to be able to buy a 2 year sticker and not have to worry about getting the vehicle inspected for another full 2 years. But I did find out that even if you have a current and valid inspection sticker on your car, there is a law that says the State Police can still stop you "at any time upon reasonable cause to believe that a vehicle is unsafe" and "require the driver to stop and submit such vehicle to an inspection." According to this law, if the police find your car to be unsafe, you will be allowed to drive home, if within a distance of 20 miles, or to a garage to get the car fixed. You will then have 5 days to "secure an official certificate of inspection and approval."





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I also found out that “student transportation vehicles” will still need to be inspected once a year. As far as I can tell, the law doesn’t define “student transportation vehicles.” If you drive a carpool of kids to and from school once a week, will you be able to get a 2 year sticker? I don’t know. But after this law passed, I went to get my car inspected and I wasn’t asked anything about whether I drove kids or students around.

Here are some other things I found interesting about the inspection sticker law: for every \$10 we pay, the vehicle inspection station gets a grand total of \$4.75. And no matter how busy the station may be with other things, the inspection station has to “give priority to customers seeking motor vehicle inspections.” And the station has to adjust the car’s headlights “when needed and mechanically practical, at no additional cost to the operator of the motor vehicle inspected.”

One final thought: if the State is so broke, why aren’t we charging a penalty to people who let their inspection sticker’s expire? If show up to get my inspection sticker renewed before it expires, I pay \$10. And if I show up after it’s expired, I still pay just \$10. Should people who let their sticker’s expire have to pay more? I think so. I think they should have to pay a lot more. That may make me sound like a grumpy old man, but I feel strongly about keeping unsafe cars off the road.

*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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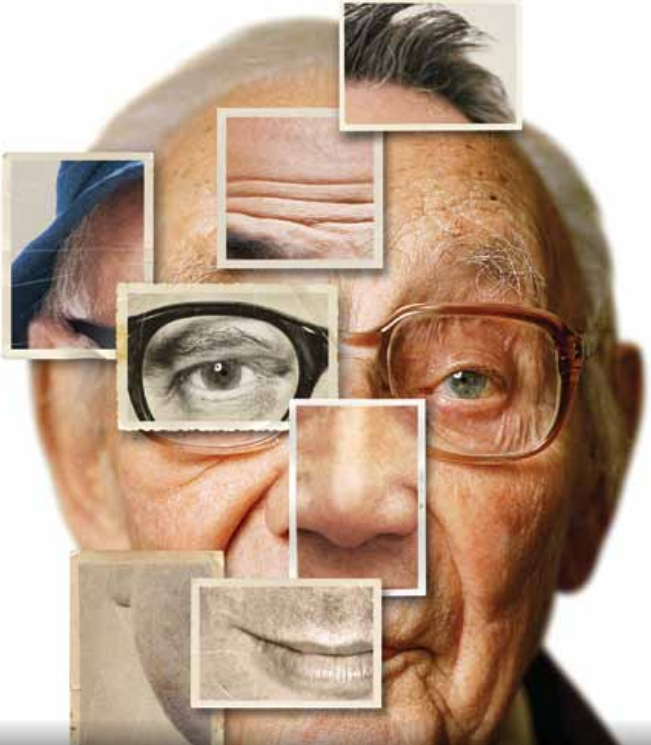
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# ADAPT TO CHANGE

by Judge Jeff Cox

**B**enjamin Franklin made a famous quote about life. He stated that only two things are certain in life: death and taxes. I hate to disagree with Mr. Franklin, but there are three things certain in life: death, taxes, and change. I will not discuss the death and taxes in this article, but I will be discussing changes.

At this time, the Louisiana Legislature is in session. They are discussing a budget that will affect numerous programs in the state. The legislature faces a huge deficit that must be filled so that the state can operate without a deficit. Other things that the legislature is considering are changes to our laws. Numerous changes have been proposed and will be

considered in committees. As these laws are finalized, I will attempt to give you an update on any changes that have occurred in the law that might be of interest to you, the reader. As with each session, the judges across the state will have to become familiar with revisions in the law so that we can apply these changes in our courtroom. Usually, after a legislative session, numerous statutes will be amended or changed.

On a more personal note, my wife and I are having some changes take place at home. My daughter is graduating high school and heading for college. It seems like yesterday that I was pulling her down the driveway in a wagon, watching her ride a bicycle with pigtails flying, or watching her drive on her own for the

first time. I can tell you that I am not ready for this change as I like having her at home and her spending time with us. She will be heading for college this fall. Of course, she is looking forward to the new life she will be facing and the new freedoms she will have at college. Her brother on the other hand is looking forward to having the house to himself. Both of them don't understand how life is changing.

Many of you reading this column have already faced the change of children growing up and leaving your home. In fact, a great number of you have no children at home. I have been told by many in this group that being a grandparent is the greatest thing beside having your own children. Many grandparents tell me they

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...we can be thankful  
that we have the ability  
to be part of change...

get to spoil their grandchildren and then send them home. I can honestly say that I saw this change from my own parents. My mom and dad let my children get away with things they would never let me do as a child.

In writing this article, I thought about all the changes in life. Some are good and some are bad. We all have to adapt to change and move forward. Even though there are no constants, we can be thankful that we have the ability to be a part of change and hopefully make things better than worse. Change of things around us will always be certain.

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



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# When Seniors Need Financial Assistance

By Jason Alderman

When the last national census was taken in 2010, 48 percent of the population was classified as poor or low-income (earning less than 200 percent of the poverty level). Anyone who's ever tried to live on a low income knows how difficult it can be to make ends meet when cost increases for essentials like healthcare, housing, food and energy outpace their earnings. This can be especially challenging for seniors living on a fixed income.

The good news is there are literally thousands of federal, state and private assistance programs designed to help seniors and others cover their basic needs. Your challenge might be finding ones for which you're eligible. Here are a few suggestions:

The nonprofit National Council on Aging offers BenefitsCheckUp ([www.benefitscheckup.org](http://www.benefitscheckup.org)), a free, confidential web-based service that helps seniors and their caregivers find financial assistance for healthcare, housing, food, utilities, in-home services and much more. After answering several questions, you're issued a personalized report describing pro-

grams and services for which you may be eligible, including links to their websites and applications.

Several government-sponsored programs help people with limited income and resources pay for medical coverage, including Medicaid and Medicare. For a good round-up of these programs, go to [www.medicare.gov](http://www.medicare.gov) and click on "Get Financial Help."

Most pharmaceutical companies offer patient assistance programs (PAPs) that provide uninsured and low-income people access to prescription drugs they couldn't otherwise afford. Ask your doctor, pharmacist or health clinic for details. Other good resources include: Medicare's alphabetical list of drugs available through PAPs ([www.medicare.gov/pap/index.asp](http://www.medicare.gov/pap/index.asp)); Partnership for Prescription Assistance ([www.pparx.org](http://www.pparx.org)); RxAssist ([www.rxassist.org](http://www.rxassist.org)); and NeedyMeds ([www.needymeds.com](http://www.needymeds.com)).

In addition, as a result of the Affordable Care Act, Medicare Part D participants who reach the so-called doughnut hole coverage gap now receive a 50 percent discount on brand-name prescription drugs and a 14 percent discount on generics. (These discounts will gradually increase until 2020 when the doughnut hole will disappear altogether.)

The IRS tax code includes several benefits that target seniors (and often, other lower-income taxpayers), including:

- A higher standard deduction amount for most people who don't itemize deduc-

tions if they and/or their spouse are over 65 or blind.

- An additional tax credit for lower-income people who are over 65 or disabled and file a 1040 or 1040A tax form. (For full details and eligibility, see IRS Publication 524 at [www.irs.gov](http://www.irs.gov).)

- Free tax return preparation assistance and counseling from IRS-trained volunteers is available to people over age 60, as well as low-to-moderate income folks and military families.

- IRS Publication 554 provides comprehensive help for seniors to prepare their tax returns.

Many government-sponsored benefits, grants and financial aid programs exist to help seniors, low-income families and others pay their bills, including:

- LIHEAP (Low-Income Home Energy Assistance Program) provides grants to help pay utility bills. To see if you qualify, go to [www.acf.hhs.gov/programs/ocs/liheap](http://www.acf.hhs.gov/programs/ocs/liheap).

- SNAP (Supplemental Nutrition Assistance Program) helps millions of lower-income Americans buy nutritious food each month. Visit [www.fns.usda.gov/snap](http://www.fns.usda.gov/snap) for qualification requirements.

- Rental assistance for low-income families is available from several U.S. Department of Housing and Urban Development programs as well as other state and local agencies (see [www.hud.gov/renting/index.cfm](http://www.hud.gov/renting/index.cfm) for details).

- Go to [www.usa.gov/Citizen/Topics/Benefits.shtml](http://www.usa.gov/Citizen/Topics/Benefits.shtml) for a comprehensive overview of additional aid programs.

And of course, don't forget to ask about senior discounts whenever you shop, travel or buy insurance – 10 percent here and there can really add up.

*Jason Alderman directs Visa's financial education programs.*

*To Follow*

*Jason Alderman on Twitter: [www.twitter.com/Practical-Money](http://www.twitter.com/Practical-Money).*



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**Saturday, October 12, 2013**

8:30 am to 12:30 pm

(Registration begins at 8 am)

**Saturday, November 9, 2013**

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# FOLLOW THE GOLD

Traveling the path of the gold rush from Georgia to California to Colorado

Story by Andrea Gross • Photos by Irv Green

**I** enter my hotel room, open the drape, and there it is—Colorado's Pikes Peak, one of the world's most famous mountains, outlined against the setting sun. This is the very same view that greeted Katharine Lee Bates when, after a day atop the 14,000-foot granite mound, she penned the words to "America the Beautiful." As I look out the window of our hotel, the Hilton Antler (called the Antler Hotel in Bates' day), I'm similarly inspired but less talented. Fortunately, my husband captures the scene with his camera.

Long before Bates wrote about the "spacious skies," the mountain had energized other Americans. As the easternmost big peak of the Rocky Mountains, visible for 100 miles, it was a beacon for gold prospectors as they set forth on the last, and longest-lasting, American gold rush.

## WHERE IT ALL BEGAN — GEORGIA, 1826

We begin our Gold Route Tour 1500 miles from Pikes Peak in the small towns west and north of Atlanta. Both the Cherokee and the Spanish found nuggets of Georgia gold as early as the sixteenth century, but the real rush didn't begin until the mid-1820s.

We learn this while watching a film at Villa Rica's Pine Mountain Gold Museum, which is built on the site of an old gold mine. Afterwards we walk a three-mile trail that's dotted with old mining equipment. Interpretative signs tell us that the equipment was abandoned when a man who was out hunting deer 100 miles to the northeast quite literally tripped over a golden rock. Within a year, 15,000 men left Villa Rica to go to the new site, Dahlonega, which gets its name from the Cherokee word for "yellow."

The town has a charming main square, a museum located in an historic courthouse, two gold mines and, best of all, a place where we can—or so we fantasize—strike it rich. After touring



Top: Katharine Lee Bates wrote the words to "America the Beautiful" while looking at this view of Pikes Peak. Left: A tour of Consolidated Gold Mines in GA takes folks back to the first major gold rush in American history.

the underground

Consolidated Gold Mines, we head to Crisson Gold Mine where we find several locals panning for gold. "I come every weekend," one confesses. "It's fun, but I'd be better off playing the stock market." We leave without investing in a gold-

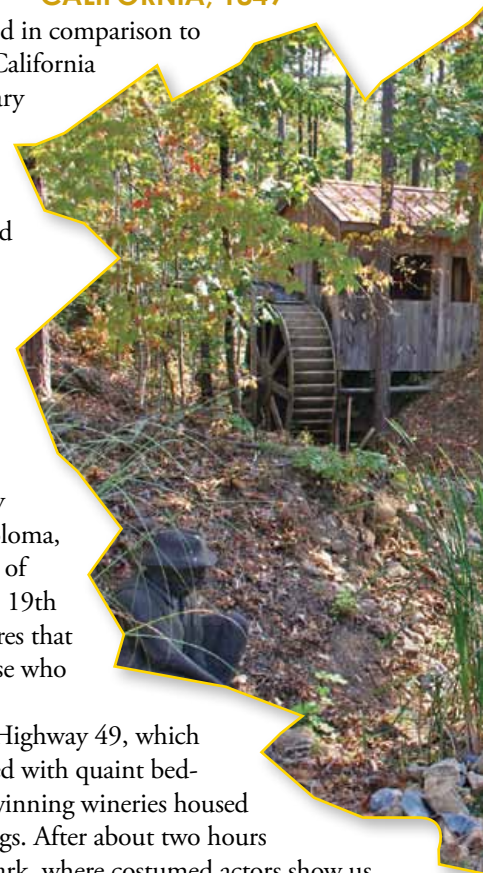
panning experience.

## THE RUSH IN THE WEST — CALIFORNIA, 1849

The Dahlonega rush paled in comparison to the one that took place in California in the late 1840s. On January 24, 1848, a man named James Marshall was building a mill for Captain John Sutter when he spotted a gold rock. News traveled fast, and soon an estimated 300,000 people headed west to try their luck and test their skill.

The old mill is long gone, but there's a replica in Marshall Gold Discovery State Historic Park near Coloma, along with other reminders of gold rush days: a store mill, 19th century school and two stores that are reminders of the Chinese who helped settle the area.

Later we drive south on Highway 49, which links old mining towns filled with quaint bed-and-breakfasts and award-winning wineries housed in restored gold-era buildings. After about two hours we reach Columbia State Park, where costumed actors show us







A narrow-gauge train through Colorado's mining country is an excellent way to learn the history of the area.

how folks lived during the golden days. We visit period-specific stores, see blacksmiths at work and take a ride in a stagecoach.

### PIKES PEAK OR BUST — COLORADO, 1859

Not long after disheartened prospectors abandoned California, gold was found in a Colorado creek. More than 50,000 ever-hopeful men, urged on by the slogan "Pikes Peak or Bust," raced to find their fortune in the Rockies. The nearby towns of Cripple Creek and Victor became go-to, get-rich places.

We begin our tour at the Mollie Kathleen Mine, where we're crammed into an elevator for a two-minute ride that takes us 1,000 feet underground. A guide lets us experience what it was like for the miners by turning off the lights and turning on the drills. The darkness is oppressive, the noise deafening. Although I believe him when he says that conditions are better now, I still cross "miner" off my list of possible second careers.

To learn more about the history of the area, we board a narrow-gauge steam-engine railroad for a 45-minute ride through rocky hills covered with spindly pines and abandoned mine structures, some of which sit atop mines that are as deep as the Empire State Building is tall. Many folks estimate that these hills still hold more than six billion dollars of gold.

In the meantime, as trucks and drill rigs race around the stepped walls of the vast caldera where the mineral is hidden, Cripple Creek is almost as well known for its casinos as for its mining. It seems that the search for gold takes many forms.

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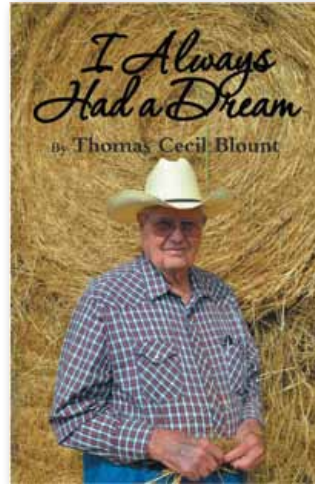
[www.visitcripplecreek.com](http://www.visitcripplecreek.com) • [www.pikes-peak.com](http://www.pikes-peak.com)

Left: Pine Mountain Gold Museum in Villa Rica's Stockmar Park features an old water wheel.

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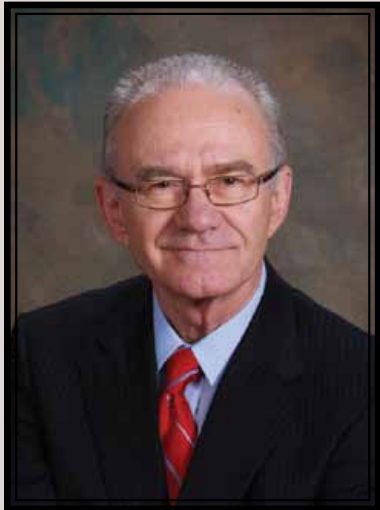
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“ My initial meeting with Joe may very well be the best two hours I've ever spent trying to help my parents. Most concerns are centered around preventing governmental agencies from seizing or controlling assets. That is definitely a thought, but with 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

”

# Alan Young Remembers Mister Ed

by Nick Thomas

**W**hat do David Filby, Wilbur Post, and Scrooge McDuck have in common? They were all characters ("The Time Machine," "Mister Ed," and "DuckTales," respectively) played by actor Alan Young.

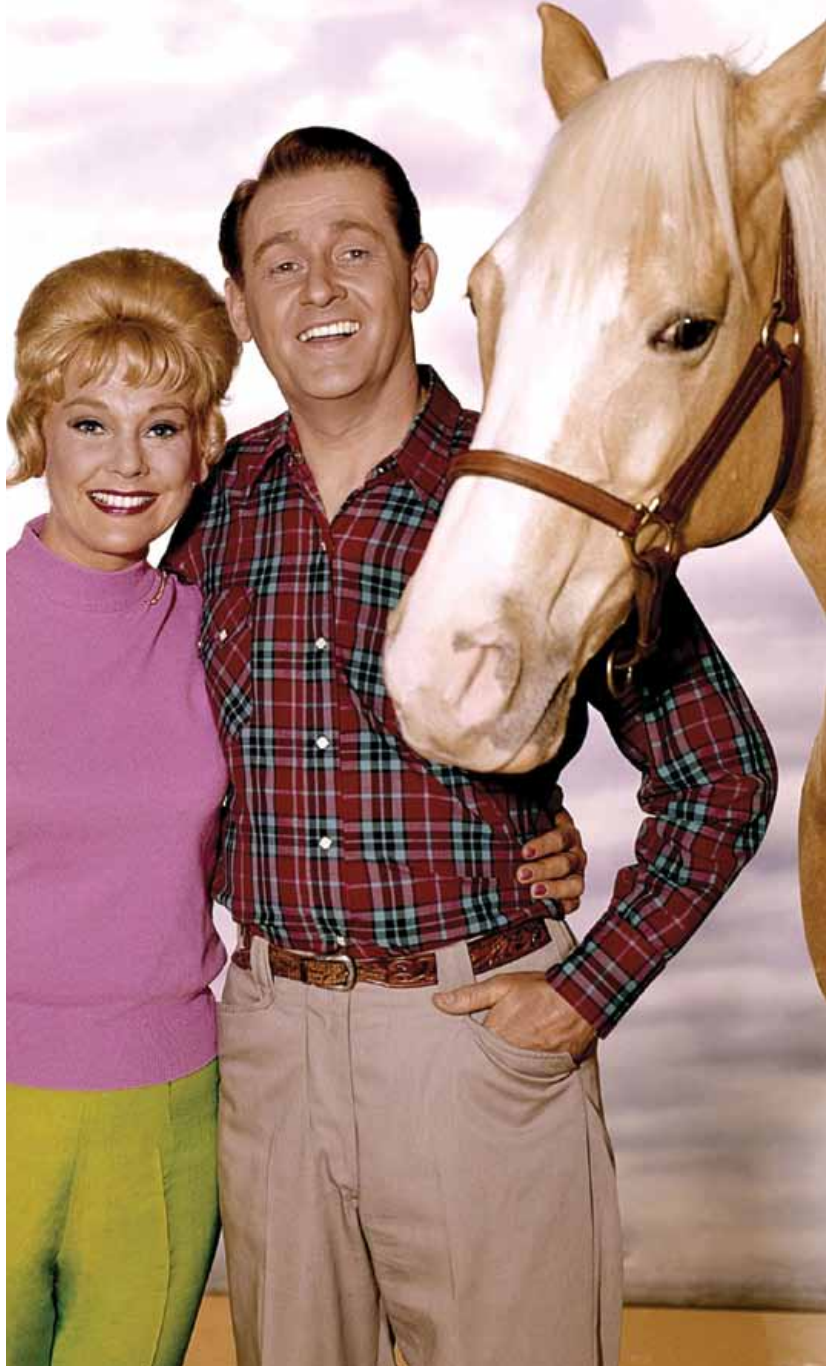
A resident of Studio City, Calif., for over 50 years Angus, as he was once known, was born in Northern England. His Scottish father soon moved the family to Edinburgh, then later to Canada when he was six. He suffered from prolonged bouts of asthma as a child and was bedridden for months at a time. During those depressing weeks, his spirits would be lifted by tuning into Canada Radio and he soon began to write his own comedy routines.

Later, as a young man, his talents as a writer and performer were recognized and "The Angus Young Show" hit the Canadian radio waves. After changing his name to Alan, he headed to Los Angeles and went on to appear in some twenty films and dozens more television shows.

Though little remembered today, "The Alan Young Show" was a half-hour variety show that ran on CBS in 1950-53 and Alan's first major success in the U.S. "It won several Emmys, including Best Variety Show in 1951 and I won for Best Actor," Alan told me in an interview.

Without a doubt, however, fans of 60s television will remember Alan in "Mister Ed" – named after his talking horse co-star. It was one of the most popular series of the day, running from 1958-1966. "I still get phone calls from all over the world to talk about the show," says Alan.

Despite its popularity ("Mister Ed" won a Golden Globe), the show never received an Emmy. "I'm not sure why it never won, but it was certainly an unusual plot! Ed did win the Patsy Award that was given for the best animal actor. In fact, Ed won it so many times that the American Humane Association, who gave out the award, asked me if I would mind if he didn't win one year. They were concerned



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people might think the award was 'fixed'! So the next year, Lassie won and Ed was second."

Even though "Mister Ed" is now over 50 years old, Alan says he still gets asked how the horse's lips were made to move. Initially a mystery at the producers' insistence, Alan started the rumor that peanut butter was placed under the horse's lip, which he would try to lick off.

"Al Simon and Arthur Lubin, the producers, suggested we keep the method a secret because they thought kids would be disappointed if they found out the technical details of how it was done," Alan said. "So I made up the peanut butter story, and everyone bought it. It was initially done by putting a piece of nylon thread in his mouth. But Ed actually learned to move his lips on cue when the trainer touched his hoof. In fact, he soon learned to do it when I stopped talking during a scene! Ed was very smart."

Despite the popularity of the show, it was suddenly cancelled half way through the sixth season.

"It was a shock to all of us," Alan recalled. "The show had good ratings, but CBS got a new program director who wanted to get rid of shows like "Petticoat Junction," "The Beverly Hillbillies," and "Mister Ed." I guess he thought we were becoming the hillbilly network! Al Simon walked on to the set while we

were reading scripts for the next day and said we were dropped then and there. It was awful, people were crying, but that was it. We never shot another episode."

Since "Mister Ed," Alan has been a much in demand voice actor, working on shows such as "The Smurfs," "Ren and Stimpy," "The Chipmunks," and "Scooby-Doo." He is probably best known in the cartoon universe for his role as Disney's Scrooge McDuck.

Today, Alan has retired from film work and focuses on writing. In two books, "There's no Business Like Show Business ... Was," and "Mister Ed and Me... and More!" he recounts stories from his long career. Details can be found on his web site (<http://mister-ed.tv>).

"I love to write. I've had the pleasure of meeting and working with so many lovely people here in Hollywood. I've heard so many of them tell fascinating stories, so I wanted to put it all together so fans could read about working in Hollywood in the 'old days.'"

*Nick's features and columns have appeared in more than 300 magazines and newspapers, and he is the author of "Raised by the Stars," published by McFarland. He teaches at Auburn University Montgomery, in Alabama. He can be reached at his blog: <http://getnickt.blogspot.com>.*



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# Zinfandel:

## Uniquely and Distinctly American

By David White

**M**ention Zinfandel to most wine consumers, and it's quickly dismissed. It's easy to see why.

For starters, many Americans associate the variety with the cheap, sweet "blush" wines that became popular in the 1980s. This style of wine will always have fans, but to my palate, it's just too cloying. Most white Zinfandel tastes more like Kool-Aid than wine.

Among consumers who know that Zinfandel can produce dry reds, many believe the variety inevitably produces monolithic, alcoholic fruit bombs. Avoiding such wines makes sense – it's difficult to find pleasure in wines go down like cough syrup.

It's unfortunate that so many wine drinkers have these impressions.

Zinfandel can be delicious. The best examples are wonderfully accessible and strike the perfect balance between power and finesse. While certainly robust, they're marked by fresh, brambly berries and are energetic enough to pair with a variety of cuisines. Plus, Zinfandel is uniquely and distinctly American. It's well worth exploring.

Zinfandel has a fascinating history.

For most of its existence, it was thought to be an indigenous American grape. But when a professor from University of California, Davis, visited Italy in 1967, he realized that Primitivo – a dark-skinned, southern Italian grape – was remarkably similar to the American "original." By 1972, researchers concluded that the grapes were, in fact, identical.

Primitivo, however, also had dubious



origins. So researchers started investigating, and in the late 1990s determined that Zinfandel's roots are Croatian.

Zinfandel came to the United States in the late 1820s, when a nursery owner in New York purchased cuttings from Austria. The origins of the name "Zinfandel" remain a mystery, but shortly after its arrival to the East Coast, the grape's popularity quickly soared.

This made perfect sense – the grape was a home winemaker's dream, as it was reasonably easy to grow, vigorous, and fairly resistant to disease.

When East Coasters started heading to California during the gold rush, Zinfandel followed and quickly became the variety of choice, often planted right alongside other grapes for diversity. Many of these vineyards remain, giving wine drinkers a direct connection to California's earliest settlers. (It's worth noting that if it weren't for the popularity of white Zinfandel in the 1980s and '90s, many of these vineyards would have been ripped up.)

Without question, these ancient vineyards – typically full of thick, gnarly vines – produce the most complex, vibrant wines. Plus, as New York Times' wine critic Eric Asimov once wrote, "[these] wines seem to tell stories. Not red, white and blue fables of triumphalism but tales of immigrant vision and perseverance, of American history and the pastoral roots of a great industry."



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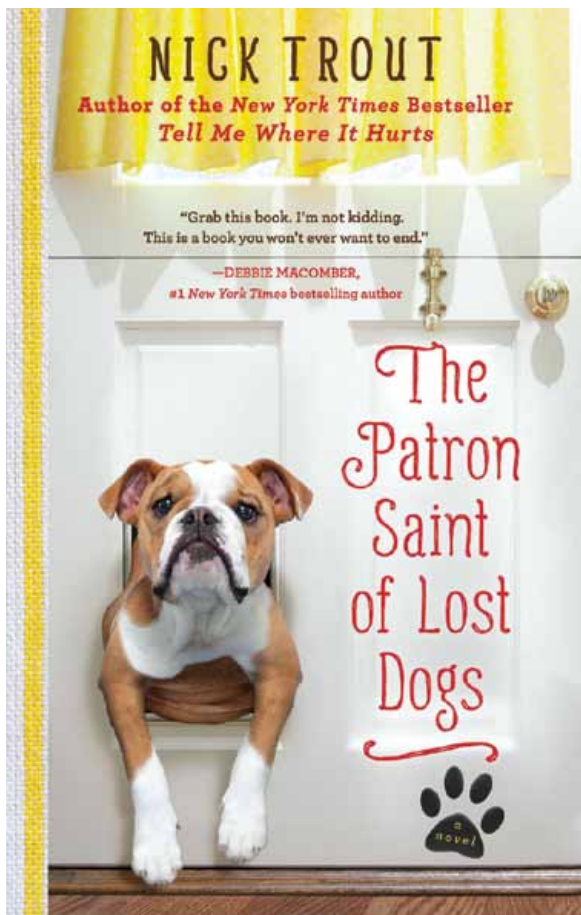
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## “The Patron Saint of Lost Dogs”

by Nick Trout (©2013, Hyperion, \$14.99, 341 pages)

Review by Terri Schlichenmeyer

The package was wrapped so nicely. The paper was festive, the colors zesty with frou-frou ribbon and a shiny bow on top. Surely, if it was possible for someone to make a career out of wrapping gifts, it was such a person who wrapped this one.

Too bad it was a gift you never wanted.

Yes, we’ve all had them: odd presents, awkward presents, thought-that-counts things. And in the new book “The Patron Saint of Lost Dogs” by Nick Trout, this unwanted gift was a big one...

If his life hadn’t fallen apart back in South Carolina, veterinary pathologist Dr. Cyrus Mills would never have returned to Eden Falls, Vermont.

There was nothing in Vermont for him anymore, really. His mother

was dead. His father had only recently taken his last breath, although Bill Cobb had been dead to Cyrus for fifteen years. And with no family there and only bad memories, Cyrus couldn’t see any reason to return.

But there was no reason to stay in Charleston, either: Cyrus’ medical license had been recently suspended in a not-quite-resolved scandal and he was near-penniless. So when he learned that he’d inherited his father’s veterinary practice, Cyrus knew where he could get the money to clear his name.

But he was wrong.

The Bedside Manor for Sick Animals was very sick itself. As hard-hearted as Cobb was to his son, he was a beloved doctor but a poor bill-collector, and a softie for his patients and their owners. Many Eden Falls residents owed Bedside Manor money. Vendors had can-

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celled contracts. Equipment was outdated and supplies were low. The clinic needed emergency treatment.

All Cyrus wanted was to sell it off, but he learned that it wouldn't be easy, especially since many people, including the clinic's few employees, relied on Bedside Manor in many ways. He hated what the business represented – an absent, distant, uncaring father – but he wasn't just going to give it away.

He'd have to muddle through – as long as someone didn't give away his secret...

So you say you're in the mood for something light, maybe a little romantic with a pinch of mystery. You want fiction, but some authenticity would be welcome. And that's why you want "The Patron Saint of Lost Dogs."

It's no accident that realism lies in the pages of this debut novel: author Nick Trout is also a veterinarian, so the knowledge of his esoteric-fact-loving main character is legitimate as well as entertaining. I loved the geekiness of Trout's Cyrus Mills, in fact, and I loved the Bedford-Falls-like neighbors and clients he had – which is not to diminish the roles of the various pets, all equal cast members in this sweetly gentle book.

This is the kind of novel you can hand to your grandmother, loan to your teen, share with your friends, and recommend to your book group. It's Cute with a capital "C," and you should read it. For anyone who loves a pet and a good novel, "The Patron Saint of Lost Dogs" is the total package.



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

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*I have heard that Glaucoma is a painless disease. How often should I get checked for Glaucoma?*

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*Is Osteoarthritis (OA) hereditary?*

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



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## RECENT DVD RELEASES



Mark Glass

### Quartet ★★☆☆½

(PG-13) Every mature viewer who enjoyed last year's *The Best Exotic Marigold Hotel* can confidently line up for this ticket. What you'll get is another gentle comedy among the retirement set showcasing a fine ensemble cast of actors from Great Britain. Both include Maggie Smith. This one also features Pauline Collins, Billy Connolly, Michael Gambon and Tom Courtenay, under the direction of Dustin Hoffman. The setting is a retirement home for musicians that's fallen on hard times. The revenue from their annual concert just might be their last hope for saving the venerable institution for its venerable occupants. Most are there because it's all they can afford, just as the seniors in the other film saw that Indian facility as their Final Frontier, setting up their only choices - harmony or homeless. The intrigue here is whether some of the members of a once-lauded operatic quartet can get past some old wounds and newer anxieties for a reunion performance on the birthdate of Giuseppe Verdi (as Victor Borge noted, Joe Green, in English). The market value of that attraction would apparently bring in more than enough to keep the place solvent. The principals provide a nice mix of personalities and back stories for warmth, humor and pathos. Connolly's roguish flirting is the source of most of the chuckles. Smith plays a diva whose reticence presents the greatest obstacle to putting on the show the gray-haired longhairs need. Hoffman steers them at a pace that evokes empathy without milking the sentimental side. The reliable old pros on both sides of the camera deliver another first-rate product.



### Identity Thief ★

(R) This lame-brained comedy might actually be funnier than this rating indicates, though wasting gifted actors like Jason Bateman and Melissa McCarthy calls for consequences. Identity theft is a serious problem. That doesn't preclude milking laughs from a hyperbolized example, but the script has to serve the cast and concept far better than this one does. Bateman plays a corporate financial drone with a lovely family and nice little life in Denver. McCarthy not only runs up huge bills and a DUI under his name in Florida, but does so just when he's starting a great new job that will vanish within a week if he can't clear the record first. She can borrow his name because it's Sandy,



which is beaten to death as a recurring joke about his manliness. Yeah. That's how low the comic branches hang. Jason heads to the Sunshine State, desperately hoping she'll 'fess up to his boss and save his career. He discovers he's been victimized by a woman who is part criminal and part kook. She's also in hot water with a local crime boss who has two sets of thugs chasing her. That sets Melissa and Jason on a seemingly interminable road trip in the tradition of farces like *Planes, Trains & Automobiles*, in which unlikely, if not antagonistic, characters find themselves stuck with each other for a journey. The movie is too long and too silly to work. McCarthy's character is so ill-defined that when the action shifts to the script's inevitable warm fuzzy bits, nothing resonates.

## Safe Haven ★★½



(R) It was a dark and stormy night. An attractive, disheveled young brunette (Julianne Hough) is fleeing from a scene of violence.

She runs into the home of an elderly woman, emerging later with short blond hair, boarding a bus seconds ahead of the pursuing cops. She debarks (debuses?) in a small North Carolina coastal village, gets a job as a waitress, rents an isolated cabin, and reluctantly starts falling for the handsome widower (Josh Duhamel) who runs the general store with his two kids and uncle. We learn before the rest that she's a "person of interest" in a Boston homicide, and probably not using her real name in her new home. The quiet drama, based on a novel by Nicholas Sparks, plods along as its inevitable romance blossoms, with some helpful advice from her other new friend - an attractive neighbor (Cobie Smulders), who seems nearly as secretive about her own backstory as our leading lady on the lam. We like Hough's character, and hope she's not really the perp of the pursuit, but don't discover the truth of why she landed there for longer than the plot requires. The action eventually picks up for a rather farfetched climax, with a welcome little perk at the end.

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### Brining 101

What exactly is brining? Much like a marinade, meat and poultry is soaked in flavorful liquid, such as an all-purpose seasoning like soy sauce. This adds a tremendous amount of flavor and also breaks down proteins, thus, tenderizing the meat or poultry. The only real rule to brining is that the meat must be kept cold throughout the entire process. Use a large container, cooler or brining bag that can fit into a refrigerator because the protein and brine solution has to be kept below 40 degrees at all times.

### Savory Chicken Brine

*Servings: 6*

1 chicken (5 to 6 pounds)  
1 gallon cold water  
1 tablespoon dried sage  
1 tablespoon dried celery seed  
½ tablespoon dried thyme  
¾ cup kosher salt  
¾ cup sugar  
¾ cup Soy Sauce  
2 tablespoons of seasoned salt

Remove giblets from chicken cavity, rinse chicken inside and out. In large stock pot or container, mix water, sage, celery seed, thyme, salt, sugar and soy sauce to create brine. Stir well until sugar and salt are dissolved. Place chicken in brine, cover and refrigerate at least 4 hours or overnight.

Preheat oven to 400°F. Remove chicken from brine and rinse well inside and out. Sprinkle with 2 tablespoons of seasoned salt. Bake chicken at 400°F for 45 minutes.

### Classic Fried Rice

*Servings: 6*

6 strips bacon, cut into ½-inch pieces  
1 egg, beaten  
8 green onions and tops, sliced  
4 cups cold, cooked rice  
1 tablespoon garlic, minced  
3 tablespoons Soy Sauce

Cook bacon in large skillet over medium heat until crisp. Move bacon to side of pan; add egg and scramble. Move egg over and add green onions to the skillet; sauté for a minute. Stir in rice, add garlic and soy sauce. Toss until mixture is well blended and heated through.



## Greek Pasta Salad

*Servings: 6*

### *Sun-Dried Tomato Salad*

#### *Dressing:*

- ¾ cup sun-dried tomatoes, drained or rehydrate if dry
- ⅔ cup olive oil
- ¼ cup fresh basil, chopped
- 2 tablespoons capers
- 3 cloves garlic
- 3 tablespoons Rice Vinegar

For dressing, whisk together sun-dried tomatoes, olive oil, basil, capers, garlic and rice vinegar. Set aside.

For salad, whisk together 1 cup salad dressing and chili sauce, set aside. In large bowl, combine pasta and remaining ingredients, tossing to combine. Serve with salad dressing.

#### *Salad:*

- ¼ cup Thai Style Chili Sauce
- 4 cups rotini pasta, cooked
- ½ cup cucumber, peeled and seeded
- 1 cup cherry tomatoes
- 1 cup green bell pepper strips
- 1 4-ounce package feta cheese, crumbled
- 1 3.8-ounce can black olives, sliced and drained
- ¾ cup chopped green onions
- ½ tablespoon chopped dill weed



## Spaghetti and Meatballs

*Servings: 8*

- 1 pound spaghetti
- 1¼ pounds ground beef
- 2 eggs, beaten
- 1 cup Panko Bread Crumbs
- 1 tablespoon Soy Sauce
- 1 cup Parmesan cheese, grated and divided

- 4 cloves garlic, minced and divided
- 2 tablespoons vegetable oil
- 1 small onion, finely diced
- 2 28-ounce cans crushed tomatoes
- 1 tablespoon dried oregano

Cook spaghetti according to package directions, rinse and drain.

Combine ground beef, eggs, panko, soy sauce, ½ cup Parmesan cheese and 2 cloves of garlic in large bowl; shape into 1 1/2-inch sized meatballs. Bake meatballs at 350°F on ungreased cookie sheet for 10 to 12 minutes. Meanwhile, heat deep skillet, add oil, 1 clove garlic and onions and sauté for about 5 minutes until onions are soft. Add tomatoes and remaining garlic, cheese and oregano; simmer for at least 20 minutes.



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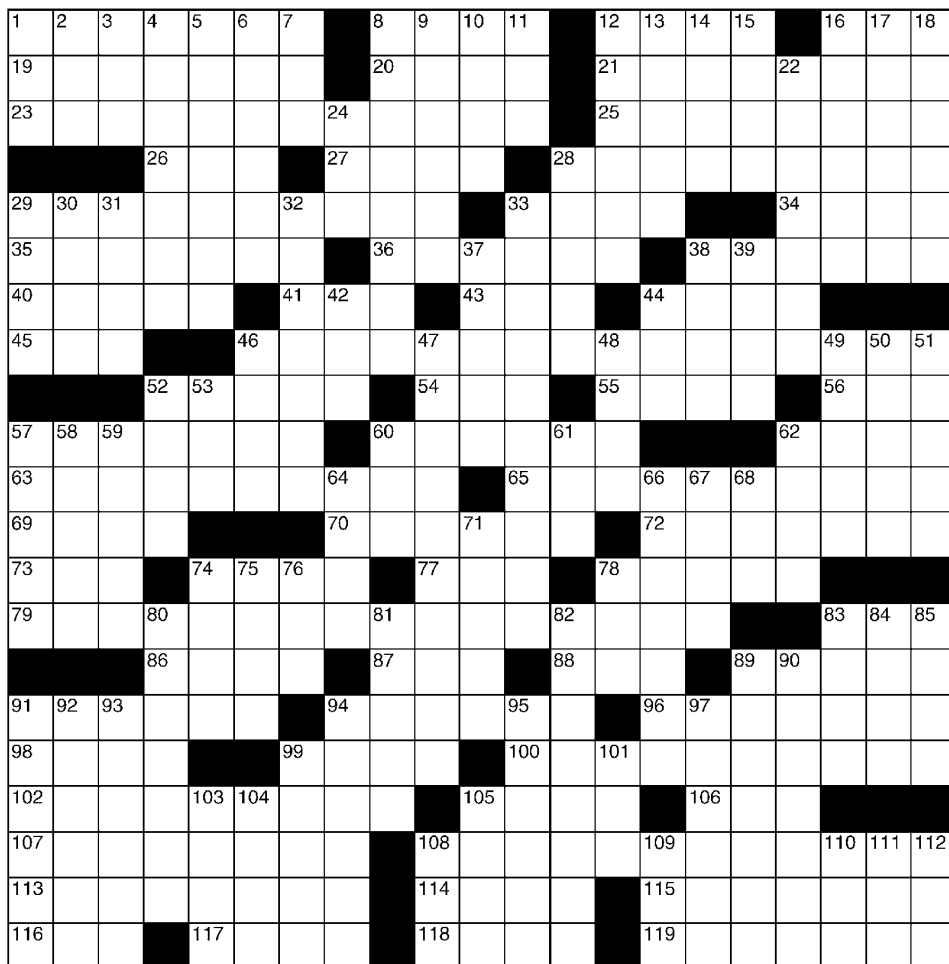
## ACROSS

- 1 Stick with it  
8 Wife of Cronus  
12 "Man - Mancha"  
16 JFK's successor  
19 Not too much  
20 A very long time  
21 Brushing and flossing  
23 1985 Larry McMurtry novel  
25 Cockney, e.g.  
26 Inferior newspaper  
27 Municipality  
28 Exude vitality  
29 Sitting atop  
33 Certs piece, e.g.  
34 Regard  
35 Plane's path  
36 Songsmith Berlin  
38 Like traditional keyboards  
40 Neuters  
41 Film director Kotcheff  
43 Suffix with pent-  
44 "Je -" (French for "I am")  
45 Double-curve shape  
46 Starts seeing things out of balance  
52 "- Got Nobody" (standard song)  
54 Baseball's Blue Jays, on scoreboards  
55 Job to do  
56 Novelist Brown  
57 Birthplace of GM  
60 Infuse with gas  
62 Not spicy

- 63 Train puller  
65 1981 hit for Earth, Wind & Fire  
69 "... with - -foot pole!"  
70 Voting slip  
72 Picked by 70-Across  
73 "Lord, is -?"  
74 Points where rays meet  
77 Jr.'s jr.  
78 Mack vehicle  
79 It vibrates in the direction of its propagation  
83 AOL or MSN  
86 She's a Brit. royal  
87 French sea  
88 Infuriation  
89 Cut's partner  
91 Emanates  
94 Meryl Streep's alma mater  
96 Rips to bits  
98 French for "bridge"  
99 Toupees, e.g.  
100 Certain citrus orchard  
102 Cheap town bar  
105 Spanish pot  
106 Make out  
107 County in northwest Florida  
108 Gunpowder or firework  
113 In error  
114 Chimps, e.g.  
115 Yellow avenue in Monopoly  
116 Hive buzzer  
117 Bird's refuge

## Love is All Around

(answers on page 40)



- 118 Jet-set jets, once  
119 Bridge part

## DOWN

- 1 Chum  
2 "Turn to Stone" rock gp.  
3 - Tin Tin  
4 With severity  
5 "Jumpin' Jack Flash, -!"  
6 Catchphrase  
7 Pro -  
8 Split again  
9 Noisy owl  
10 Be jealous of  
11 Enzyme ending  
12 Chinese tea  
13 - Loops (cereal)  
14 Tall and thin  
15 Actor Alan  
16 Poet Sidney  
17 Nominal promotion of a military officer  
18 Actor Irons

- 22 Least warm  
24 Italian author Umberto  
28 Cruise ship  
29 Beam intensely  
30 Sharp barks  
31 Tax-deferred svgs. plans  
32 Back something with a wagger  
33 Liquid petrolatum  
37 Steam  
38 Answer's opposite: Abbr.  
39 Candle part  
42 Mass. hours  
44 Hot tub site  
46 "Stretch" car  
47 Inflexibility  
48 Proofer's "keep this in"  
49 Ninny  
50 Trumpet part  
51 Culminated  
52 A part of  
53 \$20 bill

- dispenser  
57 Thrash about  
58 Kin of bingo  
59 Trap post-blizzard  
60 Gardner of film  
61 Vietnamese holiday  
62 Deride  
64 "In the same place" footnote abbr.  
66 Begin a tennis game against  
67 Adhesive  
68 DVR button  
71 Fibbing sorts  
74 Rasp  
75 Singer Redding  
76 Since, slangily  
78 Paving goo  
80 Organized whole, in psychology  
81 PR concern  
82 Requiring no cord

- 83 "As - often the case ..."  
84 R-W hookup  
85 Le Pew of cartoons  
89 Book's start  
90 Nabs  
91 Self-confidence  
92 New player  
93 Just to be sure  
94 Bon - (epicure)  
95 Totally wrong  
97 Playwright Eve  
99 Becomes hip, with "up"  
101 Artist Ernst  
103 Shylock's offering  
104 "Okey- -"  
105 "Stupid me!"  
108 - Cruces  
109 Sgt.'s underling  
110 103-Down accrual: Abbr.  
111 Bk. number  
112 Prior to, in sonnets

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**1. HISTORY:** Who was the last president of the Soviet Union?

**2. FAMOUS QUOTATIONS:** What famous writer once said, "Any idiot can face a crisis -- it's day to day living that wears you out"?

**3. GEOGRAPHY:** What is the capital of South Carolina?

**4. ANIMAL KINGDOM:** What are the wild dogs of Australia called?

**5. BUSINESS:** What company's slogan is, "Don't leave home without it"?

**6. ASTRONOMY:** What is our solar system's sun composed of?

**7. HOLIDAYS:** When was Mother's Day declared a national U.S. holiday?

**8. THEATER:** What city was the setting for the original "The Phantom of the Opera"?

**9. COMICS:** What comic strip had an imaginary character called "Stupendous Man"?

**10. WAR:** What was the last former Confederate state to be readmitted to the Union after the Civil War?

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- Answers  
1. Mikhail Gorbachev  
2. Anton Chekhov  
3. Columbia  
4. Dinos  
5. American Express  
6. 98 percent hydrogen and helium  
7. 1914  
8. Paris  
9. Calvin and Hobbes  
10. Georgia

## Sudoku

by Linda Thistle

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

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

**Difficulty:** ★

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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### MAGIC MAZE

### BE CAREFUL – DON'T TRIP

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

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

Cats  
Curb  
Doorstep  
Ice

Ladder  
Marbles  
Rock  
Rugs

Shoestring  
Sidewalk  
Skateboard  
Skates

Toys  
Wires  
Words

2013  
2014  
SEASON



### THE HIT MEN

Saturday, August 3, 2013

### CIRQUE DREAMS ROCKS

Friday, September 20, 2013

### RING OF FIRE

Saturday, September 28, 2013

### BEAUTY AND THE BEAST

Wednesday, October 30, 2013

### RAIN

— A Tribute To The Beatles

Friday, November 1, 2013

### MEMPHIS

Wednesday, November 27, 2013

### STEVE LIPPIA CHRISTMAS

Thursday, December 5, 2013

### SHOJI TABUCHI Christmas Show

Friday, December 13, 2013

### BRASS TRANSIT

"The Musical Legacy Of Chicago"

Friday, February 14, 2014

### SWEET CHARITY

Friday, March 21, 2014

### HELLO DOLLY

STARRING SALLY STRUTHERS

Tuesday, March 25, 2014

### An Afternoon With 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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## 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.

• **June 15: 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. Light refreshments,**

**door prizes. Contact: 318-221-9000; Instructor Ray Branton**

• **June 20: 12 Noon – 4 p.m. Bossier Council on Aging 706 Bearkat Drive, Bossier City. Contact: Kathy Thomas 318-741-8302; Instructor: Ray Branton.**

## EVENTS

**Chimpanzee Discovery Day: Endangered Species** - Saturday, June 15, 9 am - noon. Chimp Haven, 13600 Visitors will observe the chimpanzees in their natural, forested habitats; talk to staff about their personalities and natural behavior; and discover the wonders hidden

on the nature trail. **FREE.** Call 318-925-9575 for more information.

**Empty Bowls** - Fundraiser for Food Bank of Northwest Louisiana. Eldorado Casino and Hotel on Thursday, June 6th. Luncheon from 11:30- 1 pm. Dinner event from 6-9 pm. Attendees will enjoy a modest lunch/dinner featuring soups, bread, dessert and a beverage. Silent auction at the evening event. Every attendee receives a bowl of their choice to remind attendees of all the empty bowls in our community that do not get filled. Purchase tickets at the Food Bank, 2307 Texas Avenue or

call the Food Bank at 675-2400 ext. 100.

## EXHIBITS

**Special Exhibition: "Where Will You Travel Next?" Destinations in Paintings from the Kasten** - Through July 7. R.W. Norton Art Gallery, 4747 Crewell Ave. Shreveport. Open to the public from 10 a.m. to 5 p.m. Tuesday through Friday; 1 p.m. to 5 p.m. on weekends. **FREE.** For info call 318-865-4201

**The Courage to Rise Again** - Extraordinary exhibit of folk art by Bertha Harris. Sunday, June 2 through Friday, June 28, Mondays through Fridays,

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9 am to 4 pm. Louisiana State Exhibit Museum, 3015 Greenwood Road, Shreveport. **FREE.** Call 318-632-2020 for more information.

**The Making of EPIC** - Exhibit is a collection of art by William Joyce that follows the evolution of the children's book "The Leaf Men and the Brave Good Bugs" to the new animated film *EPIC*. Through Saturday, July 20. Presented by Shreveport Regional Arts Council at artspace, 710 Texas Ave., Shreveport. Tuesdays through Friday, 10 am to 5 pm; Saturdays, 12 noon to 5 pm. **FREE.** Call 318-673-6535 for more information.

#### KREWE ACTIVITIES

**Krewe of Elders party** - Sunday, June 23 from 1:30 to 5:30 p.m. at the American Legion Post No. 14, 5315 South Lakeshore Drive, Shreveport. Entertainment provided by The Eric Craig Band. Door prizes, 50/50 raffle, cash bar, bring snacks, open to public. Info. 752-9175, 631-8865. \$6 members, \$10 non-members.

#### MEETINGS

**The Ark-La-Tex Genealogical Association, Inc.** - 1 PM, Saturday, June 8 at Randle T. Moore Center, 3101 Fairfield Ave., Shreveport. Historian and Businessman Don Weathersby will pres-

ent "Shreveport's Historical Figure: William Edenborn, Businessman, Inventor and Philanthropist". Additionally: Hornbook Session, Phil Adderley, CG, "Unusual Records and Artifacts": Citing 'Square Blocks' that do not fit. "Round Citation Models.". 318-746-1851. **FREE.**

**GENCOM Genealogical Computer Society** - regular monthly meeting Sunday, June 30 at 2:00 p.m. at the Broadmoor Library. Phil Adderley, CG will present "Casting the Net for 17th Century English ancestors: Bermuda". **FREE.**

#### 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 am, 1on1 Tech at 11 am. Admission is **FREE.** Lunch is served at 11:00. Make lunch

reservations by calling the Caddo Council on Aging at 676.7900. Suggested donation for lunch is \$2.

#### SEMINAR

**Legal Documents Seminar** - Presented by Elder Law Attorneys Joseph R. Gilsoul and Kyle A. Moore. Tuesday, June 18, 1:00 to 2:30 p.m. at The Waterford of Shreveport, 2222 E. Bert Kouns Industrial Loop, Shreveport. Topic - Legal documents that you just shouldn't go without: powers of attorney, wills, and living wills. What are these documents, and what are the consequences if you don't have them? **FREE** and open to the public. Reservations are required. RSVP to Ginny or Brandy at 222-2100.

#### THEATRE

**9 to 5 the Musical** - Presented by Stage Center. Based on the hit 1980 movie of the same name. Marjorie Lyons Playhouse. Fridays, June 28 & July 5 @ 7:30 pm; Saturdays,

June 29 & July 6 @ 7:30 pm; Sundays, June 30 & July 7 @ 3 pm. The box office opens June 10. Visit StageCenterLA.com or call 318.218.9978. \$20 for adults; \$18 for seniors & students purchasing in advance.

#### TOUR

**TNT Express** - Thursday Night Trolley tour rolls every 3<sup>rd</sup> Thursday of the month, taking visitors to downtown art, cultural and science attractions including museums, galleries and historical sites. A professional guide rides along offering interesting tidbits about Shreveport's multicultural history. Trolley tours begin approximately every 20 minutes from 5 to 8 p.m. TNT Trolley starts at artspace, 710 Texas Street. Trolley stops vary each month. Complimentary parking available at the blue scroll mural on the Northeast corner of Common and Texas Streets. **FREE.** For more info including this month's destinations, call (318) 673-6500 or (318) 673-6535.



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# The Best of Times

## "Fan Appreciation" Contest!

WIN fabulous PRIZES throughout 2013!

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

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

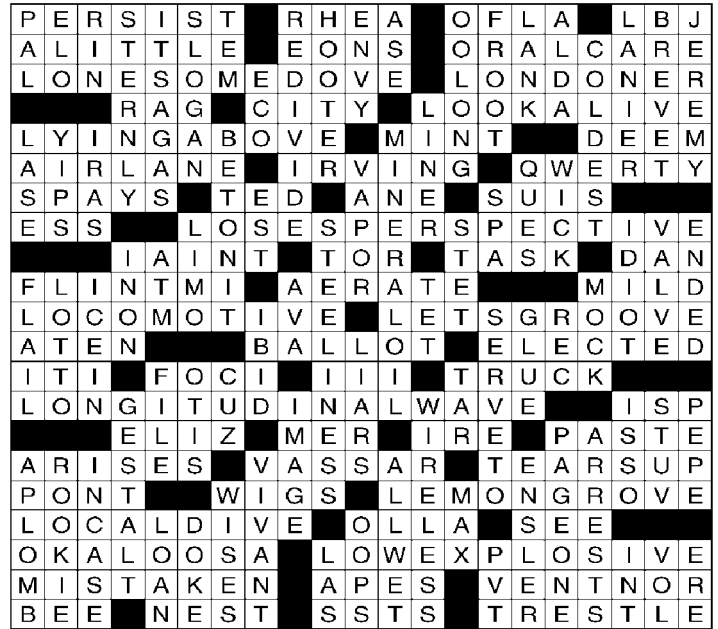
Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

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

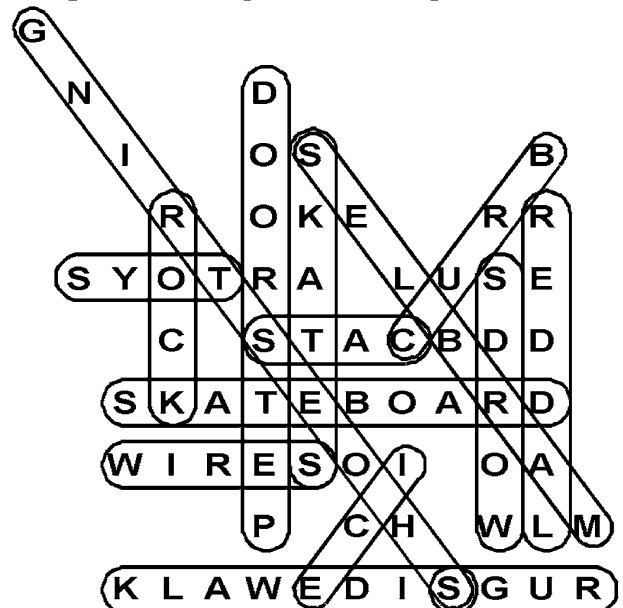
\_\_\_\_ I do not wish to subscribe at this time, but please enter me in the contest.

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



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

BE CAREFUL — DON'T TRIP







# JUNE PARTING SHOTS

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

**World War II Veterans Luncheon** was held at Barksdale AFB to honor X-POW, MIA, and Purple Heart Heroes.



Betty and William Whitworth



Joseph Lytle with Sen. Adley



Wilson Robertson



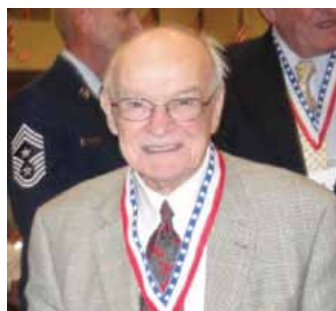
LA Senator Robert Adley (right) awards the Louisiana Veteran Honor Medal to Dr. Donald Webb



Eileen Rahm (left) and Jane Stroud



Mr. and Mrs. Challie Griggs



Fletcher Thorne-Thomsen



Sen. Adley with Cliff Birchfield

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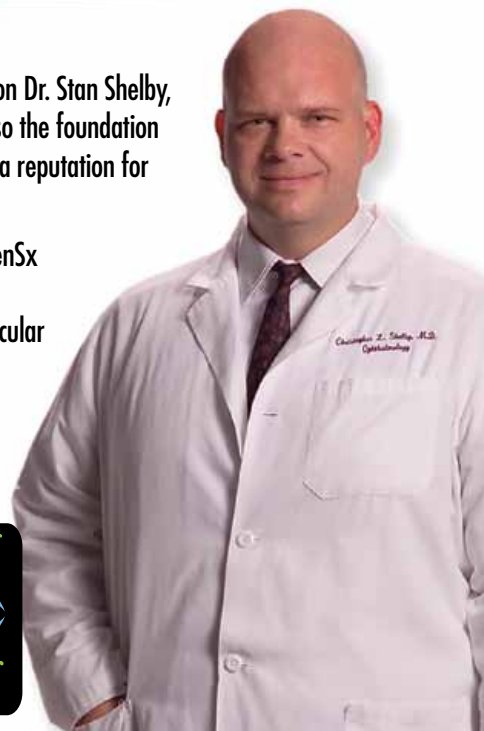
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**The 14th annual Croquet Classic** fundraising event for Community Renewal was held at LSU Shreveport on May 4th.



(l to r) Joe Averett, Michael Carmody, Tina Sheffield, and Minou and George Fritze\ Linda Watts is ready to play



## Helping Women



Jayne Tappe (right) receives the 2013 Heart & Hands of Hope Foundation award from Candy Welch for helping single mothers find homes.

## The Stepping into Spring Senior Style Show

hosted by the Bossier Council on Aging was held on April 25th at Hilton Garden Inn in Bossier City



(l to r) Millie Hodge, Shirley Maraman, Margaret Coates



(l to r) Terri Roberts, Donna Angle, Paige Barbo, and Natalie Huffty



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June Parting Shots continued

**The 6th annual Celebrity Waiter Dinner** benefiting Evergreen Life Services was held on May 9 at East Ridge Country Club.



Celebrity waiters Dr. Victoria Everton and Dr. Steven Kitchings with Linda Dowling (right).

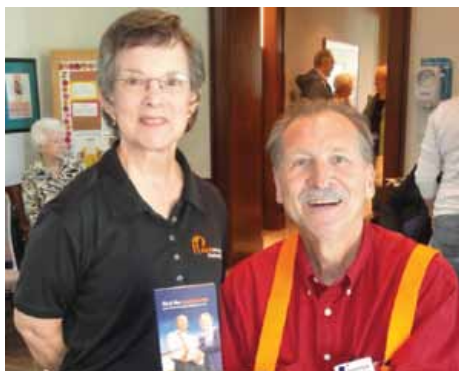


Rob Franks (left) with Sharon Gomez and Kent Craft

**A free Abdominal Aortic Aneurysm screening** was held at Christus Schumpert Cancer Treatment Center on April 20.



(l to r) Dr. Jonathan M. Davis, Patty Lindsey, and Dr. Stephen White



Shelia Arrington with Richael Moore

**Community Renewal's Maggie Lee Henson Celebration of Caring** event was held in the Red River District in Shreveport on April 20.



Reece Hoffman with Grandmother Mary Ellen Hoffman



Jinny Henson, Angel Award winner  
Shalon Lewis, and John Henson



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**A** public viewing of the new Elio car which will be manufactured in Shreveport was held at the company's plant on May 12th. The new vehicle will boast a 84 mpg highway fuel economy at a \$6,800 price.



John Lee of News Radio  
710 KEEL



Jerome Vassallo,  
VP of Retail Operations



Ron Clyburn checks out the new Elio



**Margaritaville** – LA Lt. Governor Jay Dardenne visited Bossier City on a multi-city tour promoting tourism in the state. (l to r) Barry Regula, LA Lt Gov Jay Dardenne, Bossier City Mayor Lo Walker, and Paul Alanis




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June Parting Shots continued

**W**endy's will be donating a portion of all proceeds received from 5 – 8 pm on the first Wednesday of each month to the Caddo and Bossier Councils on Aging. (l to r) Jamie Brown, Irene Jackson with CCOA, Kim Leshay, and Chris Collins.



**The Waterford Warriors** won Gold in the Senior Olympics for Bean Bag Baseball in the Residences Division.

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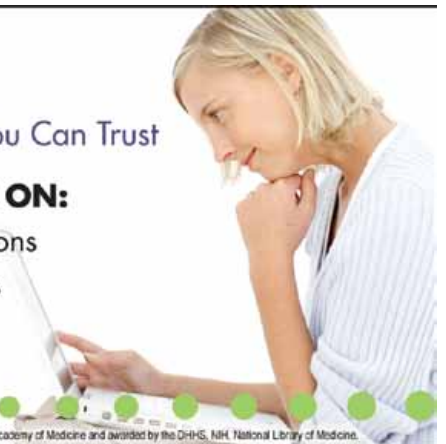
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☛ Peggy Fuselier and  
Elise L. Boyte

### Attorney Joe Gilsoul

presented a free seminar  
on qualifying for assis-  
tance to pay for long-term  
care at the Broadmoor  
Library on April 27.



Stacy Brown and  
Evelyn Cassell ☛



### The Women's Department Club

annual Cinco de Mayo  
luncheon was held on  
May 4th.

☛ Hosts June Stevens  
and Kathy Anderson

☛ Maredia Bowdon



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