

May 2014

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INSIDE



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The Personal Touch



Jane Powell
Reflects



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May 2014

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Mother's
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Than Sorry!

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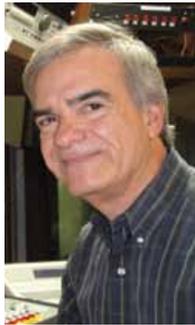
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- May 3** "History of Oil and Gas Exploration in NW LA"
Guest: Robert Butenhoff with the Oil and Gas Museum
- May 10** "Learning History from Coins and Collectibles"
Guests: Richie Self, professional numismatist with American Coins and Collectibles
- May 17** "Benefits of Using a Senior Adult Day Care Center"
Guest: Kim Allen, Legacy Senior Day Center
- May 24** "Men 50+: Get Healthy Again"
Guest: Dr. Jerry S. Life, internationally known medical expert in age management
- May 31** "The Lincoln Myth"
Guest: Steve Berry, internationally known author and historical lecturer

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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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Osteoporosis Risk Heightened Among Sleep Apnea Patients

A diagnosis of obstructive sleep apnea may raise the risk of osteoporosis, particularly among women or older individuals, according to a new study published in *Clinical Endocrinology & Metabolism* (JCEM).

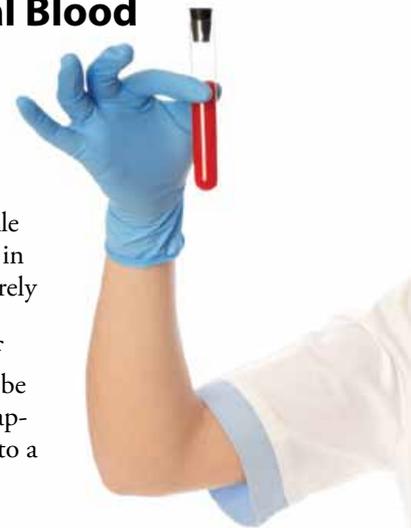
Sleep apnea is a condition that causes brief interruptions in breathing during sleep. Obstructive sleep apnea, the most common form, occurs when a person's airway becomes blocked during sleep. If sleep apnea goes untreated, it can raise the risk for stroke, cardiovascular disease and heart attacks.

When sleep apnea periodically deprives the body of oxygen, it can weaken bones and raise the risk of osteoporosis. The progressive condition can lead to bone fractures, increased medical costs, reduced quality of life and even death.

Researchers found the incidence of osteoporosis was 2.7 times higher among patients with sleep apnea than their counterparts, after adjusting for age, gender, other medical problems, geographic location and monthly income.

Breathing New Life into Artificial Blood

For now factories of blood are the stuff of science fiction, however, researchers from the Wellcome Trust report that they have created red blood cells fit for clinical transfusion. The production of artificial red blood cells derived from stem cells that have been made from an adult donor's skin or blood on an industrial scale could become a reality once a clinical trial is conducted in patients in 2016 or 2017. The blood would consist entirely of Type O negative blood, which can be transfused into any patient. This man made blood would also be free of possible infection. Early findings indicate that this may be the first time anyone has manufactured red cells to the appropriate quality and safety standards for transfusion into a human being.



In Old Age, Lack of Emotion and Interest May Signal Your Brain Is Shrinking

Older people who have apathy but not depression may have smaller brain volumes than those without apathy, according to a new study published in an online issue of *Neurology*®. Researches noted that just as signs of memory loss may signal brain changes related to

brain disease, apathy may also indicate underlying changes.

For the study, 4,354 people without dementia and with an average age of 76 underwent an MRI scan. They were also asked questions that measure apathy symptoms, which include lack of interest, lack of emotion, dropping activities and interests, preferring to stay at home and having a lack of energy. The study found that people with two or more apathy symptoms had 1.4 percent smaller gray matter volume and 1.6 percent less white matter volume compared to those who had less than two symptoms of apathy. Gray matter is where learning takes place and memories are stored in the brain. White matter acts as the communication cables that connect different parts of the brain. Researchers hope that if these findings are confirmed, identifying people with apathy earlier may be one way to target an at-risk group.

Lashing Out at Your Spouse? Check Your Blood Sugar

New research from Ohio State University shows that lower levels of blood sugar may make married people angrier at their spouses and even more likely to lash out aggressively. In a 21-day study, researchers found that levels of blood glucose in married people, measured each night, predicted how angry they would be with their spouse that evening. At the end of the 21 days, people who had generally lower levels of glucose were willing to blast their spouses with unpleasant noises at a higher volume and for a longer time than those who had higher glucose levels. The study shows how one simple, often overlooked factor – hunger caused by low levels of blood glucose - may play a role in marital arguments, confrontations and possibly even some domestic violence. Blood glucose levels can be brought up most quickly by eating carbohydrates or sugary foods. It even has a slang term: “hangry” (hungry + angry).



You've Just Stepped Into the Retirement Zone

by Dora Miller, Social Security Public Affairs Specialist in Shreveport

You are about to enter another dimension. A dimension not only of work and earnings, but of pension and leisure. A journey into a wondrous land of imagination. You unlock this door with Social Security's Retirement Estimator and online benefit application. Next stop ... the retirement zone.

That's not exactly sticking to the original script, but some television viewers may be hearing the voice of Rod Serling ringing in their heads right now. "The Twilight Zone" first aired on television in 1959 and ran for five seasons. The series took viewers through amazing journeys with each episode featuring characters who faced unusual or extraordinary circumstances.

If you're nearing retirement now, it may seem an extraordinary circumstance that these days you really can do it all from the comfort of your home or office computer. Amazing but true: you can do so much online, including getting an estimate of future benefits, testing out different retirement scenarios, completing and submitting your retirement application online, and much more!

Picture a man. A man sitting at his home computer. He isn't sure whether he should apply now, wait until he reaches full retirement age, or work a little longer and begin receiving benefits at age 70. He's about to find out ... with a visit to the Retirement Estimator. The Estimator uses his past earnings and allows him to enter variable future earnings and retirement dates to complete the picture of a retirement he'd like to live.

Imagine a woman. A woman with a laptop enjoying a hot cup of java at her favorite coffee house. She's done with planning and has decided it's time to take the plunge and retire. Before going to a local Social Security office as her parents and older siblings did, she visits www.socialsecurity.gov and discovers she can complete the entire application online and submit it in about 15 minutes. As in most cases, there are no papers to sign and no documents to provide. She ventures from www.socialsecurity.gov to an audio book and closes her eyes to begin enjoying her retirement.

Back when "The Twilight Zone" first hit television screens, the idea of testing out retirement scenarios or even completing and submitting a retirement application online would have been science fiction fodder fit for an episode of the program. Today, it is reality.

Try it out for yourself. Visit www.socialsecurity.gov and take a visit into ... the retirement zone.



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May 6: "The Science of Hope"

Video and discussion about Alzheimer's research and effects on the brain.
Hosted by Debbie Hayes, Alzheimer's Association.

May 13: "Caring for a Loved One with Alzheimer's, An Emotional Journey"

Video from actual caregivers followed by discussion, questions and suggestions.
Hosted by Debbie Hayes, Alzheimer's Association.



May 20: "Planning for Long Term Care Costs"

S.A.F.E. Planning Inc. will present information and discuss options for covering long term care costs.

May 27: "Effective Dementia Screening"

Presented by David Henry, M.D. specializing in geriatric medicine.

All seminars take place in Room 226 Building D, Bossier Parish Community College, 6220 E. Texas Avenue, Bossier City, from 10:00 a.m. until noon.

All seminars are **FREE** to the public but **pre-registration is required.**

Call the Alzheimer's Association at 318.861.8680 to register. Seating is limited to 35 for each session, so please call and register today!

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SCAMS!

Better SAFE Than SORRY!

by Mary Flanders

According to the AARP, forty billion dollars is stolen from Americans by crooked telemarketers every year, and fifty six percent of the victims are over 50 years old. Savvy scammers know that senior citizens are more dedicated to a land line phone, very often having the same phone number for years, and almost always answer their phone. And because of their traditional manners, they are more hesitant to hang up.

Imagine what you would do if you got this call. "Hi, Grampa, it's me, can you guess who? I'll give you a hint; it's your favorite grandson!" Of course the line is poor and it's hard to hear, and you haven't heard from him in a while, but you think it could be your oldest grandson. "Trey, is that you?" He answers, "Yes, it's me. Listen, I'm been in an accident, I'm ok, but I need some money. I'm using a friend's cell phone. And would you please not tell mom and dad? They'd get so mad!" Immediately you come to your grandson's rescue, giving him your credit card number and all the information he needs to access your bank account. You feel so great being able to help him. It's only later you find out Trey is fine, he didn't call you, and you are a thousand dollars or more poorer.

Sergeant Amy Muller, of the Shreveport Police

Department Financial Crimes Task Force warns they are seeing the "grandparent" scheme in our area. If you're a target of the "grandparent" scheme, don't panic. The best way to combat this is to never give a name. Try to pin down the person on the phone, ask questions. When pressed for details, the fake "grandchild" will hang up.

Get rich quick schemes often appeal to retired people on fixed incomes. They sound good, but leave the victim worse off than before. Perhaps you've gotten something in the mail congratulating you on winning a huge prize. But the catch is the fine print says you have to pay a "handling fee." Throw that junk mail in the trash. By law, you should never have to pay for a free prize.

A variation of that is a notification of winning an international lottery. If you've gotten a notice in the mail or an email that congratulates your big win in a foreign lottery, throw it in the trash. It may look legitimate, but no matter how many seals and signatures are on it, it's a fake. It's actually illegal for Americans to enter a foreign country's lottery.

Some scammers will call repeatedly, purportedly befriending their target. Sergeant Muller warns, "Nothing is off limits for these people, nothing is sacred. They'll tell



you they have sick, dying children, when they don't even have children." Scammers play to your emotions and trusting nature. Sgt. Muller advises it's ok to say "let me think about this," or "let me get back to you." And if they start to harass or pressure you, it's quite all right to just hang up. These people are not your friends; they only want your money.

Bobby Herring, Financial Crimes Detective for Caddo Parish Sheriff's Department is assigned to the combined finance crimes task force along with Sgt. Muller. He warns of other scams common in this area. Most common are phone scams, especially imposters pretending to be from the bank and tricking people into giving out their account numbers and financial information. This is a very serious crime and can ultimately lead to identity theft.

Even though all ages and income levels fall victim to these scams, Detective Herring says, it seems to affect the older population much more so. Often the victims realize too late they have been tricked and are too embarrassed to admit it to their family or to the police.

His advice – Do not respond to unsolicited phone calls. You can place your number on the national 'do not call' list, but that only controls the legitimate telemarketers, it doesn't stop the criminals. If you're helping an older loved one, he suggests using a credit monitoring service, one that gives real time notifications. The best thing you can do, he says, is pay attention and verify the credentials of anyone whose services you engage. Whether it's a caregiver, a caller, or a home handy man, the legitimate ones will gladly provide their qualifications, and if they do not, do not use them.

Lately, Detective Herring says the task force has been dealing with imposters posing as law enforcement officers and calling with

bogus arrest warrants or high pressure bill collectors collecting for phony bills.

Another scam local law enforcement is battling is substandard or fake home repair by unlicensed or crooked workers. They prowl neighborhoods looking for victims to offer unsolicited advice. For example, someone claims to be a roofer and "was in the neighborhood and happened to see your roof needs repair," or false home "inspectors" checking to see if your home is "up to code." They promise all sorts of discounts, ask for money up front, and either do substandard work or none at all, then disappear, leaving the homeowner with no recourse and possibly more expenditures to correct the poor work. These unscrupulous people seem at first to be totally trustworthy. But don't take their word for their qualifications. You are totally within your rights to ask for credentials, references, certification, proof of insurance and any documentation specific to the job they want to do. A reputable contractor has the proper documents and will have no problem producing them. If the person asking for your money will not or cannot produce verification, say no thank you and shut your door.

The Louisiana Attorney General's Office warns that con-artists are very convincing. Dishonest telephone scammers have many ways of stealing your money. If the caller says you must act immediately or refuses to send you any written information regarding the proposal, red flags should go up. Legitimate businesses do not pressure you to act until you have thoroughly reviewed the offer. Legitimate companies are more than willing to send you information about their products and services.

Most common are **phone scams**,
especially **IMPOSTERS**

pretending to be from the **BANK**
and **TRICKING PEOPLE** into **GIVING**
OUT THEIR ACCOUNT
NUMBERS and financial
information.



Charitable donations are another extremely sensitive area and the bogus ones often prey on trusting souls. There are many worthy causes but it is hard to discern which ones are valid and which ones are not. Here's what the Louisiana Attorney General's office says: if the caller is asking for a charitable donation but will not answer your questions about how your donation will be used, it's probably a rip-off. A legitimate charitable organization will send you information about their organization before you donate.

There's also a multitude of cons out there to steal your money and your identity. Never give out your credit card number or bank account number unless you have an established relationship with the business. If a caller asks for your credit card number or bank account number and you've never heard of them, do not give it out! It's more than likely a swindle. Watch for suspicious activities in your bank account. Never give out Social Security information. Thieves can steal your personal information, contact the

Social Security office and have your payment rerouted to their bank account or pre-paid debit card.

The Louisiana Senior Medicare Patrol, based in Baton Rouge, is a group of highly trained volunteers who teach others about health care fraud. These volunteers show Medicare and Medicaid recipients how to protect against, detect, and report fraud especially from those who try to sign you up for durable medical equipment. Some of the most frequently reported cons include the so-called Christian Medical Equipment Suppliers. They offer walkers, power wheelchairs, diabetic supplies, oxygen machines and other medical equipment and often claim there will be no cost to the senior.

These scammers

want to help their Christian brothers and sisters with healthcare costs and often appeal to churches to facilitate their "charity." Before you let a company like this speak to your congregation, make sure they are a legitimate company. Call the Louisiana Senior Medicare Patrol at 1-877-272-8720 for help.

Senior Medicare Patrol programs in Texas, Louisiana and California have received complaints regarding calls from 414 area codes. The caller claims to be with a medical equipment company and offers the senior free diabetic supplies or mobility equipment. The phone number appearing on the caller ID is a stolen number that does not belong to the caller. Often the caller has part of the senior's Medicare number and asks the senior to "verify" the rest of the number. The caller asks for the senior's doctor's name and phone number. The calls appear to be legitimate, but the companies that the callers represent do not exist. The callers only want Medicare numbers, which they then sell to scam artists.

Another swindle making the rounds in Louisiana is the Arthritis Kit Scam. The victims are told if they suffer from arthritis, diabetes, poor circulation, back aches, swelling, muscle soreness or hand or ankle inflammations that a Medicare-approved arthritis back kit will help. Victims are told it's free to those with Medicare Part A and B, and they may even qualify for a special heating pad and heat lamp. Unfortunately, it's not true; a Medicare arthritis kit does not exist. The crooks are only after the Medicare numbers.

Another fraud involves phony medical discount plans. Genuine medical discount plans can be a way for some people to save money on their health care costs, but be aware, they aren't health insurance but provide legitimate savings. The fake plans take peoples' money and offer very little in return. They don't include local providers or give you outdated lists of names and facilities. Some offers are just plain rip-offs.

Also the Louisiana Senior Medicare

Helpful Phone Numbers

Any time something feels "wrong," call the **Caddo Parish Sheriff's Department** at **318-681-0770**

or the **Shreveport Police Department** at **318-681-0785**

or the **Bossier Parish Sheriff's Department** at **318-965-2203**

or the **Bossier Police Department** at **318-741-8611**

If you suspect Medicare fraud, call the **Louisiana Senior Medicare Patrol** at **1-877-272-8720**



patrol has had reports of seniors in elderly housing units receiving unexpected visits from home health aides. In truth, home health services must be ordered by a doctor and are only available to people who have trouble leaving their home. If someone knocks on your door and offers to take your blood pressure, or do a glucose screening, or check your pulse rate, don't let them in. They want to see your Medicare card, and will use it to charge Medicare for services that you have not received. It is illegal for a home health aide to charge Medicare for any services that have not been ordered by your doctor.

In the \$299, \$389 or \$399 scam Medicare numbers are not the only goal; the scammers also obtain the beneficiary's bank account information and use it to take money from the target. The telemarketers offer a prescription drug plan that will provide a year's supply of prescription drugs for one payment of \$299, \$389, or \$399. The victim is told payment can only be made by automatic withdrawal and ask for Medicare, Medicaid and bank account numbers so the plan can supposedly start on the first of

If it sounds too good to be true,
it is. If you're not sure who it
is, **don't volunteer your
personal financial or medical
information.** If the person on the
phone pressures you for an answer right
away, **hang up.**

the month. What really happens is the money is withdrawn and no prescription drugs are delivered, or worse, the bank account is cleaned out.

There are a lot of schemes and scams and dishonest people trying to part you from your hard earned money. These are only a few of them and new ones are popping up every day.

You can save a lot of distress by remembering a few basic things.

If it sounds too good to be true, it is.

If you're not sure who it is, don't volunteer you personal financial or medical information.

If the person on the phone pressures you for an answer right away, hang up.

Just because they're friendly doesn't mean they're your friend. Trust your family; trust the law enforcement officials, but don't trust the person on the phone. Any time something feels "wrong," call the Caddo Parish Sheriff's department at 318-681-0770 or the Shreveport Police Department at 318-681-0785 or in Bossier the Sheriff's Department at 318-965-2203 or Police Department at 318-741-8611. It's better to be safe than sorry!



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Giving the Human Touch

The hours James Nix spends with his grandchildren are perhaps his most cherished time. After all, he almost never got the chance to even see his grandchildren.

Back in 1981, while working for an electric company, James came in contact with some high voltage wires that left him critically injured and seriously burned. Both of his arms were amputated as a result, but with strong determination James has been able to overcome new challenges one day at a time.

"It all just depends on you and your positive attitude about things," explains Nix. "When somebody tells you that you can't do something, prove them wrong!"

That same kind of determination drives our practitioners and technicians to keep improving the devices we fit and fabricate. We want to make life a little easier for those we serve. But we also believe that while biomechanics, technology, and mathematical precision play a large part in the services we provide, the true heart of our work is based on the human touch rather than the scientific one.

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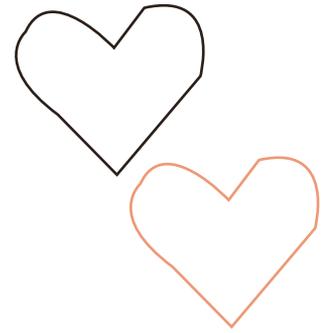
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Mother's Day

The Personal Touch



by Beth H. Macy

Mother's Day is a perfect time to ask yourself how much you really know about your mother. It's a time to get to know the person that she is outside of her role as mother or wife. How much do you know of your mother's past? Do you know what interests her? Do you know what she did in life before she became a mother? What are your mother's skills, likes, dislikes, passions? Give her the gift of wanting to know her.

A good gift is thoughtful, such as a gift that shows understanding of the mother or wife outside of her role. Or a gift that gives back from you in return. Here are six categories and example of gifts to give your mother (or any important female in your life) for Mother's Day that show love for and understanding of that special woman in your life:

1. *Listening.* Do you remember how you felt when you last had someone really attend to your spoken word? Do you really listen to what your mother says or do you block it out as things heard before? Do you hear what she is saying with curiosity and ask for more or do you get defensive and shut her words out? Are you thinking of the next thing to say or allowing yourself to get swept away into her story? Conscious listening is a gift to the other person.

As you listen to her, ask questions. Show that you care enough to want to know who she was, who she has become and who she wants to be.

2. *Something she has been asking for.* Surprise her by painting the laundry room or cleaning the attic. Give the kids a ride to practice or pick them up after school. Spontaneously take out the garbage or wash the dishes. Watch that female flick on TV with her. Show that you have heard her by giving her something that is meaningful to her.

3. *Recognition as a person* (not just as a wife, mother, step-mother or significant other, or whatever her role is in your family). The gift of a vacuum cleaner symbolizes housecleaner whereas recognizing her as an artist by giving her a new tube of paint, or as an athlete,

by giving her a new yoga mat shows that you see her as more than just her household title. Even something as simple and inexpensive as new laces for her favorite running shoes could go a long way!

4. *Something that she would not have bought herself.*

The vacuum cleaner is an every day object that probably would have been purchased on another day. For Mother's Day why not pick up that silk scarf she has been touching at the store but not purchasing? Or that Nikon point and shoot she has been admiring? For those with more means, jewelry often falls into this category, so that diamond bracelet she has been admiring might just be appropriate. Or how about that lovely wristwatch she keeps trying on at the jewelry store? Look at what possessions of hers are well worn and tattered and may need upgrading. Show that you notice her by giving what she admires but doesn't buy or something that taps into an interest of hers.

5. *A handwritten note.* Handwriting taps into a different area of the brain than typing does, allowing you to more fully express yourself. And the unique style of handwriting brings back to the reader a piece of who the writer is. It is in a way, a gift of who you are. These notes are

often cherished for years to come. Write that note on something hand-made with the universal symbol of love by creating a heart shaped card, complete with white lace doilies on red construction paper! Give it to her with her favorite chocolate candies.

6. *Something that transports her away from the daily grind.*

Show that you know what she likes by treating her to a special break in the daily routine. Breakfast in bed is something hand made, a symbol of caring, something she wouldn't have done herself, and is out of the ordinary. Cooking dinner or taking her out to dinner gives in this way too. Even better, why not take her on a magical mystery tour. Spirit her away for a long walk or a drive that ends with viewing a beautiful sunset. Hand her that rose and handmade card at the end! A break in the daily grind doesn't have to be a lavish trip to Hawaii. It can be as simple as gifting movie tickets for her girls night out.

These simple guidelines can help you say to that special female in your life on Mother's Day. They help you say: "I see who you are," "I know what you like," and "I love you enough to pay attention to details about you." They are not things bought while rushed or purchased heedlessly. Instead they are gifts from the heart. What woman wouldn't appreciate that level of effort and thoughtfulness? At the same

time, gift yourself by getting to know who your mother is as a person this Mother's Day.

Beth H Macy, M.Ed. Psychology, LMHC, is the author of "Many Years Many Worlds." For more information visit www.manyyearsmanyworlds.com.



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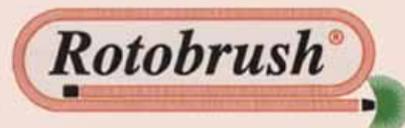
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What you can't see
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Resist the Urge to Tap Retirement Plans Early

by Jason Alderman

I have yet to meet anyone who thinks they're saving too much money for retirement. On the contrary, most people admit they're probably setting aside too little. Retirement accounts must compete with daily expenses, saving up for a home, college and unexpected emergencies for every precious dollar.

If taking money out of your IRA, 401(k) or other tax-sheltered plan is your best or only option, you should be aware of the possible impacts on your taxes and long-term savings objectives before raiding your nest egg:

401(k) loans. Many 401(k) plans allow participants to borrow from their account to buy a home, pay for education, medical expenses or other special circumstances.



Generally, you may be allowed to borrow up to half your vested balance up to a maximum of \$50,000 – or a reduced amount if you have other outstanding plan loans.

Loans usually must be repaid within five years, although you may have longer if you're using the loan to purchase your primary residence.

Potential drawbacks to 401(k) loans include:

- If you leave your job, even involuntarily, you must pay off the loan immediately (usually within 30 to 90 days) or you'll owe income tax on the remainder – as well as a 10 percent early distribution penalty if you're under age 59 ½.
- Loans cannot be rolled over into a new account.
- Some plans don't allow new contributions until outstanding loans are repaid.
- Many people, faced with a monthly loan payment, reduce their 401(k) contributions, thereby significantly reducing their potential long-term account balance and earnings.



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• Your account value will be lower while repaying your loan, which means you'll miss out on market upswings.

401(k) and IRA withdrawals. Many 401(k) plans allow hardship withdrawals to pay for certain medical or higher education expenses, funerals, buying or repairing your home or to prevent eviction or foreclosure. You'll owe income tax on the withdrawal – plus an additional 10 percent penalty if you're younger than 59 ½, in most cases.

Traditional IRAs allow withdrawals at any time for any reason. However, you'll pay income tax on the withdrawal – plus the 10 percent penalty as well, with certain exceptions. With Roth IRAs, you can withdraw contributions at any time, since they've already been taxed. However, to withdraw earnings without penalty you must be at least 59 ½ and the funds must have been in the account for at least five years.

To learn more about how the IRS treats 401(k) and IRA loans and withdrawals, visit www.irs.gov.

Further financial implications. With 401(k) and traditional IRA withdrawals, the money is added to your taxable income, which could bump you into a higher tax bracket or even jeopardize certain tax credits, deductions and exemptions that are tied to your adjusted gross income. All told, you could end up paying half or more of your withdrawal in taxes, penalties and lost or reduced tax benefits.

Losing compound earnings. Finally, if you borrow or withdraw your retirement savings, you'll sacrifice the power of compounding, where interest earned on your savings is reinvested and in turn generates more earnings. You'll forfeit any gains those funds would have earned for you, which over a couple of decades could add up to tens or hundreds of thousands of dollars in lost income.

Bottom line: Carefully consider the potential downsides before tapping your retirement savings for anything other than retirement itself. If that's your only recourse, consult a financial professional about the tax implications.



Jason Alderman directs Visa's financial education programs.

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The Case of The \$40,000 Check

by Lee Aronson

Bert was a bit of a hoarder. So when he died, Ernie, his son, was not looking forward to going through all of his stuff, but Ernie thought that Bert's will said that Ernie inherited Bert's house and everything in it. So Ernie got started on the job. While he was going through all of Bert's stuff, he found a check made out to Bert for \$40,000. Ernie thought that made the job worthwhile.

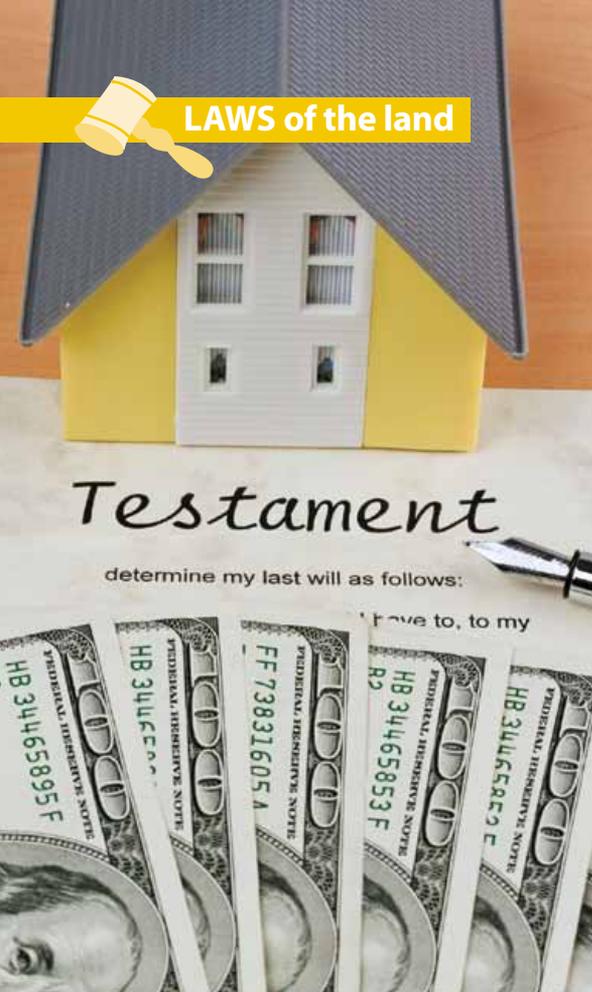
But the Paralyzed Veterans of America disagreed. That's because Bert's will left everything other than his house and the things in it to them.

Here's what had happened. Bert had gone to his lawyer and told her that he wanted to leave his house and everything in it to his son, Ernie, and everything else to the Paralyzed Veterans. But when the lawyer wrote Bert's will, she wrote that Ernie would get the house and "all of the corporeal movable contents therein." Bert didn't look at his will too closely when he signed it, and nobody had explained to him what a "corporeal movable" is, so he thought everything would be just fine because he assumed the term was just fancy legalese for everything in his house.

But that's not what the Paralyzed Veterans thought. They agreed with Ernie that the check was a "movable." That's legalese for anything that is not land or anything not permanently attached to land. For example, a house would not be a "movable" because it is permanently attached to land, but a check isn't permanently attached to land, so it is a "movable."

But was the check a "corporeal movable?" If so, then the fancy legalese in Bert's will would give the \$40,000 to Ernie, but if the check wasn't a "corporeal movable" then it would go to the Paralyzed Veterans.

Louisiana law says that things are "corporeal" if they can be "felt or touched." Cash, for example, can be felt or touched, so it is "corporeal." That sounds like



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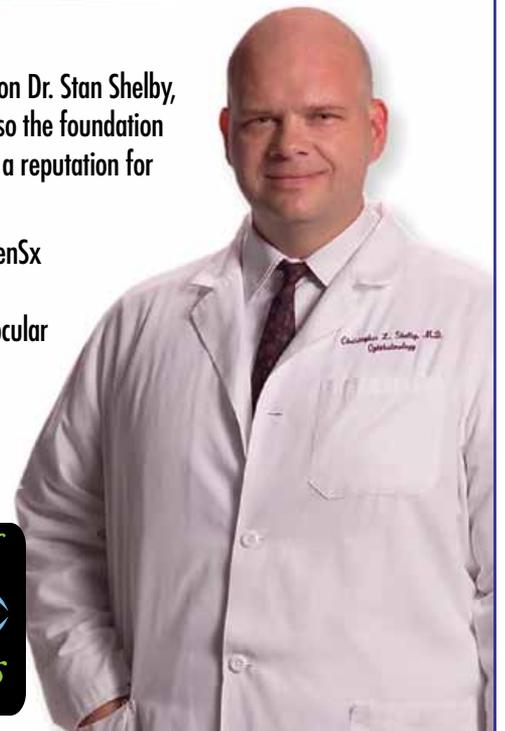
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good news for Ernie, doesn't it? After all, a check can be felt or touched. But the Paralyzed Veterans pointed out that Louisiana Law also says that "rights, obligations, and actions that apply to a movable thing," such as bonds, annuities and stocks are not "corporeal." So the Veterans argued that the check was like a bond, annuity stock because it "represented the right to the money and an obligation of the bank to pay." Therefore, they argued, the check was not "corporeal."

The Veterans also pointed to one Louisiana case where a divorcing couple was fighting about a certificate of deposit. The certificate the bank had issued to the couple when they had deposited their money into the CD was something that could be felt or touched. But the Judge ruled that the CD was like a bond, annuity or stock in that it represented an obligation of the bank to give the money plus interest back to the couple when the CD expired. So the Judge held the CD was not "corporeal." The Veterans thought the logic of that case should apply to their case as well. Especially as Bert's check was from a bank: he had gotten the check because right before he died, he had cashed in a CD he had with the bank.

Now what do you think? In Bert and Ernie's case, the Judge held that "this check made payable to [Bert] represented the obligation of the bank to pay funds to [Bert.]... Because the check had yet to be cashed, it represented the right to the money and an obligation of the bank to pay..." Therefore, like a bond or annuity or stock, the Judge decided that the check was not "corporeal." Because of the way Bert's will was written, The Paralyzed Veterans got the money. Is that what Bert wanted to happen? I don't know.

Here's how to avoid the confusion and the fighting: before you sign your will, read it carefully and make sure you understand it. I can't tell you the number of times I've reviewed an old will for a client only to have the client say, "But that's not what I wanted."

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




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An Attitude of Gratitude

Kathleen Rhodes, LPC, LMFT

Almost every night before bed, I write down a few things I am grateful or thankful for. I have been doing this for years. If I miss a couple of days, I notice a slight decline in my mood.

Researchers by the John Templeton Foundation and others have concluded that adopting this simple step of writing what you are grateful for can boost your mood. Some academic researchers conclude gratitude and expressing it decreases stress, increases happiness and usually makes people feel more positive about their life.

Knowing how to be grateful is even more important when things look bleak. Bad news can easily be found anywhere, but find the silver-lining. It is there, but it is often overlooked.

About twelve years ago, a deacon at my church lost his newly built dream home along with cherished possessions in a house fire, however, he did not dwell on that. Instead he expressed gratitude that he and his wife and their children were not injured.

I agree it can be extremely difficult to feel fortunate when you have lost your job or home or you are struggling with a serious illness or you are the caregiver of



someone gravely ill or perhaps you have lost a child or grandchild. Yet, the ability to reframe or refocus the situation can help you get through.

I am not saying ignore the negative; just do not dwell on it. Dwelling on the negative robs us of joy.

Do you need an attitude adjustment? Consider starting a gratitude journal and devote five or ten minutes a day to writing what you are grateful for. I use a simple notebook, but if you want to go high tech, there is an iphone gratitude app by Happy Tracker.

Kathleen Rhodes is a therapist for The Center for Families, a non-profit counseling agency dedicated to serving Northwest Louisiana since 1889.



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6 Tips That Could Save Your Life

by Suzy Cohen, R.Ph.

Dear Pharmacist

I take 4 different medications now. Lately, I've had stomach pain, insomnia, headaches and dizziness. I am sure it's related to my medicine. What should I do, stop everything? ~L.E., Seattle, Washington

While I do believe in “drug holidays” I don't think you should ever undertake those without your physician's approval and supervision. If you stop certain medications suddenly that are supposed to be weaned off slowly, it could cause seizures or major withdrawal problems. If you're fed up and insist on stopping everything, you must do it properly, and with supervision by your doctors.

When beginning a medication, or new dietary supplement, it's ideal to keep a little notepad handy, an app, or a computer document to track progress. Doing this allows you to pinpoint which medication triggers a side effect. I believe all side effects are caused by the drug nutrient depletion, something I call the drug mugger effect. Unfortunately the side effects are often misdiagnosed and labeled a “symptom” thus giving you some new disease. By restoring nutrients stolen by your medicine, you can avoid these new “symptoms.” That's important, because nutrient deficiencies look just like diseases. For example, a diagnosis of “restless legs syndrome” could be tied to your cholesterol medicine stealing vitamin D and CoQ10. Your depression diagnosis may just be related to your acid blocker, which suppresses your ability to make neurotransmitters by mugging your body of probiotics and methylcobalamin (a form of B12). I've been a

pharmacist for 24 years, so here are some of my ninja secrets to help you minimize side effects and interactions:

- 1** **Go to the same pharmacy each time.** There is a computer record of your medication profile that automatically screens for interactions. If you chase coupons and stray, the new pharmacy will not have the rest of your medication profile and you're more apt to experience an interaction.
- 2** **Take your medication at the same time each day.** If you take your blood pressure pill at different times of the day, you will experience more highs and lows in your blood stream, and the swinging blood levels causes dizziness, nausea and faintness.
- 3** **Consider the drug mugging effect.** If you take 1 or 2 medications, and suddenly need more medications for brand new symptoms, it's probably related to drug number 1 or 2 ripping you off! You have to fix the nutrient depletions, not layer on more medications.
- 4** **Don't drink coffee with stimulants.** There's an additive effect of caffeine with certain drugs like Provigil, Adderall, Concerta and Ritalin. Avoid the stimulants.
- 5** **Don't drink alcohol with sedatives.** There's an enhanced effect on your nervous system, and the alcohol can make your medicine work much stronger causing your breathing to stop completely. It's bad news to combine drugs that all depress your nervous system.
- 6** **Ask both your doctor and pharmacist point blank,** “Will this new medication interact with anything I'm taking.” This is particularly important if you go to more than one physician.

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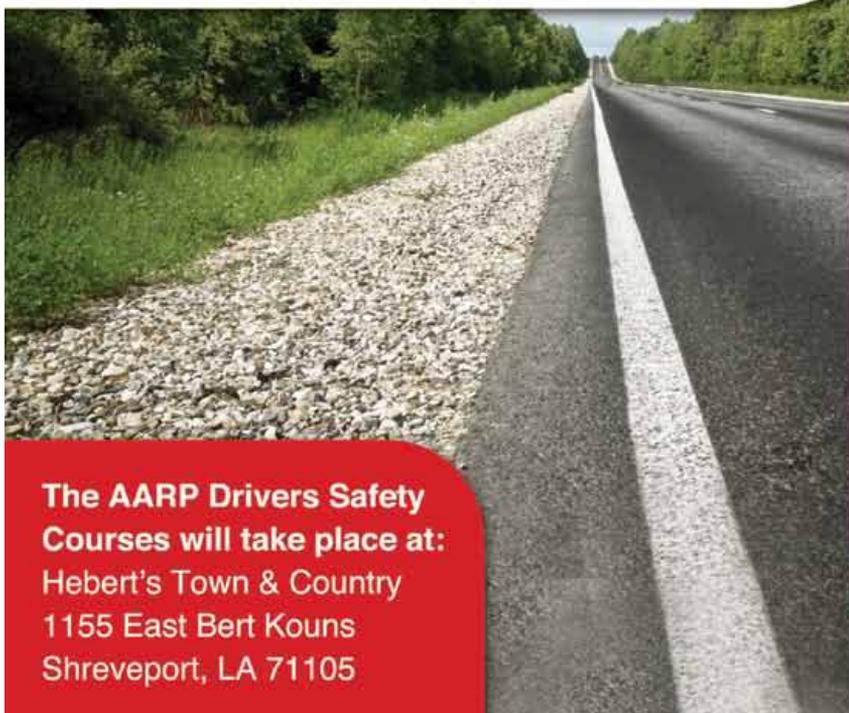
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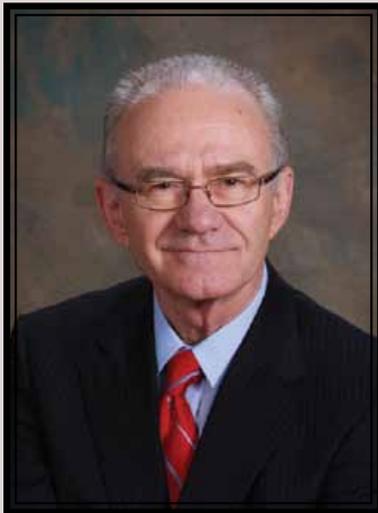
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I'm pleased, yet reluctant, to announce my retirement from the full time practice of law as I pursue another opportunity. I will remain in an "of counsel" status with my firm for a yet-to-be-determined period. I strongly endorse my partner, Kyle Moore. We have worked together for several years, and he and our Client Care Coordinator, Vickie Rech, will continue to offer to clients in Northwest Louisiana the same high level of service we have for many years now.

~Joseph Gilsoul, Elder Law Attorney



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“ I cannot even begin to thank you enough for how you took such great care of my parent's affairs and helped us through the tall weeds of wrapping up all of the end of life business concerns. I was able to focus on what was going on with family without worry because I knew all of the legal things were handled well. I particularly appreciated your compassionate interactions with us. You never made us feel inferior for asking so many questions or even the same questions over and over. It is astounding how cloudy the mind becomes during these times. Thinking clearly was quite a chore. I can tell you that we have highly recommended your office to many others. Hiring your firm was one of the best decisions we made during the past several years. I have tears in my eyes recalling so many of the events of this passage of time and I can assure you we navigated it much more gracefully with your help. Thank you again for everything. Quite sincerely thanking God for you. ~ Terri Miller and family

Our family was challenged with finding solutions to the many problems we were facing while handling affairs for our mother. Through the recommendations of a friend, we found our way to Kyle Moore and Vickie Rech. We cannot express sufficiently our deep appreciation for the incredible job they did and are doing for our mother. The many complexities of her financial situation are being handled professionally, in a timely manner and with compassion for our family. We consider them friends as well as legal advisors and highly recommend them!! ~Darlene Franks Pace and Carolyn Franks Browning”

Deep sea fishing is a favorite activity for both locals and visitors. For Katherine LeBlanc, Destin is indeed a lucky fishing village.



World's Luckiest Fishing Village

by Andrea Gross • photos by Irv Green

“Got one! What do I do now?” Katherine’s voice is tight; her line is taut; she has a catch. Scotty, one of the two crewmen on our deep sea fishing boat, rushes over and helps her reel in a Threadfish. It’s so small that it will be used as bait later in the day when we get out to where the big fish live, but no matter. Someone just like us — which is to say a newbie to

the world of fishing — has caught a fish just minutes after leaving Destin Harbor, and we all rock the boat in delight.

Destin, a small town that centers Florida’s Panhandle between Panama City and Pensacola, is on a small peninsula that separates the Gulf of Mexico from Choctawhatchee Bay. It’s so close to the deep waters of the Gulf that anglers don’t have to go more than ten miles out to sea to catch the likes of Snapper, Grouper, Amberjack, Cobia, Triggerfish and Mackerel.

This proximity to fish-rich waters has earned Destin the name of “The World’s Luckiest Fishing Village,” a slogan bestowed by Florida Governor Leroy Collins in the mid-1950s. As legend has it, the governor was in Destin trolling for votes when a local fisherman invited him to troll for fish

instead. When Collins stepped off the boat twenty minutes later, he was holding aloft a 29-pound Mackerel.

“It’s hard to believe that you left the dock and returned so soon with a fish like that,” commented a reporter.

“It’s not hard to believe when you’re fishing from Destin,” replied the governor, sporting an ear-to-ear grin. “This is the world’s luckiest fishing village.” The moniker stuck.

The city found that living up to its nickname was easy. Commercial fishermen realized that they made more money catering to the leisure fisherman than to the commercial market, and now approximately 100 charter fishing boats operate out of Destin. What’s more, its attractions have expanded to include more than fishing. People can hike, bike and simply stroll along beaches that are known for brilliant white sand, radiant green water and, on most days, a cerulean blue sky.



The Destin History and Fishing Museum has a 100-foot long display of fish that live in nearby waters.

Scientists say that the sand is made from quartz that is ground into fine particles as it makes its way downriver from the Southern Appalachians and that the sea



is green because light reflects off the submerged algae. Poets express it differently. The sand, they say, is like powdered sugar; the sea is the color of emeralds. As for me, being neither scientist nor poet, I simply enjoy the private beach that's attached to the Jade East Condos, take in the sights and swoon.

Meanwhile, I realize that I have absolutely no idea what a 29-pound Mackerel looks like. Fins and tail, sure. But is it round and fat or long and skinny?

For fish identification and to see an array of sea-related paraphernalia, my husband and I go to the Destin History and Fishing Museum. I look long and hard at the giant wall that features award-winning examples of fish that inhabit the nearby waters. Finally, secure that we can tell a Marlin from a Mackerel, we examine the museum's collection of rods and reels. I'm most fascinated by a bamboo pole that belonged to Ernest Hemingway. After all, a man who can write a Pulitzer Prize-winning novel about an "old man and the sea" obviously knows something about fishing poles.

But after two days on land, it's time to get out on the water, so that evening we board an 80-foot glass bottom boat for a two-hour dolphin watch. As the sun sets, the captain steers the Southern Star past the multi-million dollar homes that line Destin's harbor and heads into the nearby waters. The dolphins put on quite a show, surfing the waves with abandon and seeming to dance to the music that blares from the ship's sound-system.

The next day we rise at six in the morning for a five-hour deep sea fishing expedition. Will we be as lucky as the governor?

Actually, no. Dolphins hover around our boat, jumping, diving and eating the small bait fish that we'd hoped would attract the large trophy fish. But after the previous night's display, I find it hard to be mad at these delightful creatures. Okay, so I won't catch a trophy. I'll be happy to catch anything.

And soon I do. I haul in an Amberjack. Katherine catches a respectably large Snapper; Dennis reels in a Bonito. In fact, by the time we head back to Destin, everyone on board has caught something — not the biggest fish in the world but a fish big enough to brag about.

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Great Wines Tell an Honest Story

by David White

Spring has finally arrived. Lemonade stands will start popping up soon. And when the mercury rises, it's nearly impossible to pass one without making a purchase.

Of course, neighborhood kids would never dare charge more than a dollar or two for a cup of lemonade. But what if a budding entrepreneur asked for \$20? Would you still make the purchase?

Probably not. But if offered a glass of great wine, few oenophiles would hesitate to spend such a sum. Many would be willing to pay \$20 for just a two-ounce pour.

Obviously, wine is different from lemonade. But what makes it so special?

Michael Madrigale, one of the nation's top sommeliers, recently suggested two answers to that question.

He was visiting San Francisco from New York, where he directs the wine

program at several of Daniel Boulud's restaurants. Madrigale was speaking at 18 Reasons, a nonprofit that focuses on the relationship between food and community.

The topic? What sommeliers drink when spending their own money.

Many wine enthusiasts envy sommeliers, since they routinely open and taste bottles most of us could never afford. And they get to hang out with fascinating winemakers from across the world. But when they're home, sommeliers are just like the rest of us -- fully aware of budgets and priorities but still looking for something great.

A "great wine," Madrigale contended, "offers an honest reflection of where it came from."

Madrigale's words were spot on. In part, wine is special because it's able to translate time and place. Great ones

achieve that higher purpose.

This concept certainly isn't original. Fans of Burgundy and Mosel often battle over which region's wines better express the characteristics of their vintage and the soils and climate in which they're grown.

Ted Lemon, one of America's leading Pinot Noir producers, has even gone so far as to urge his colleagues to "give up being a winemaker" and instead "have the confidence to listen [to the vineyard] and allow the site to speak."

Lemon was addressing the 2013 Mornington Peninsula International Pinot Noir Celebration, a major event in Australia. "Your job is to craft wines which are the most honest, crystalline expression of their place and then let others decide if they feel that your efforts are worthy," he continued.

So when picking up their own tab,



sommeliers seek wines that are truthful and transparent.

Madrigale's second answer to what makes wine so special is just as important.

"Wine is not just a beverage," he said. "It's a story."

This concept, too, has been around for quite some time.

Consider older wines. They're a connection to the past and each bottle has a story to tell. I'll never forget the evening a friend shared a 1961 Château Ausone.

The estate is one of Bordeaux's most celebrated, and 1961 was a legendary vintage. The wine was stunning -- still fresh and vibrant -- but that was almost beside the point. In 1961, John F. Kennedy was inaugurated and France was still at war with Algeria. So while tasting the wine, much of my focus was on those who made it and the world they inhabited.

Young wines are just as capable of telling great stories.

This past weekend, I opened a Pinot Noir from Forge Cellars, a producer in New York's Finger Lakes. Those of us who obsess over Pinot Noir like to think we can identify a wine's origin by simply putting our noses in a glass. But this wine was unlike anything I'd ever had. It stopped me in my tracks, as it had obviously captured the essence of Finger Lakes Pinot Noir.

Lemonade simply can't offer a window to other places and cultures. Few would ever discuss lemonade's honesty. But wine? Great ones always tell an honest story.

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



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Jane Powell Reflects

by Nick Thomas

Multitalented actress Jane Powell celebrated her 85th birthday in April. She and husband Dick Moore purchased a home in Wilton, Conn., about 30 years ago, dividing their time between Connecticut and New York.

"We found this perfect house which was built in 1875 and didn't have to do much remodeling," said Ms. Powell from Wilton. "I love to cook, so we added a new kitchen, built an office in the back and put a gazebo in the garden."

And at 85, she could be considered a role model for seniors' health. "I love to eat, but have never eaten junk food."

Standing just five feet tall and a slender 100 lbs most of her adult life, Jane says keeping fit is important. "I exercise several times a week, do Pilates and low impact aerobics. I've had arthritis, but it progresses more slowly if you look after yourself."

Best remembered for two giant MGM musicals in the 1950s, Powell starred in just eighteen other feature films between 1944-1958, although in later years she

played more dramatic roles on TV and in theater to great acclaim.

On the big screen, she was a reliable actress who could also sing and dance with the best. In "A Date with Judy" (1948) she held her own against the brilliant Elizabeth Taylor; she matched Fred Astaire step for step in "Royal Wedding" (1951); and she crooned alongside Debbie Reynolds in "Hit the Deck" (1955).

Born Suzanne Burce, in Portland, Oreg., she first performed on radio and in local theater. "I started professional singing training when I was 10, and dancing when I was 2."

Young Suzanne expressed little interest in an entertainment career, but her mother had other ideas. While vacationing with the family in Hollywood in 1943, she won a talent contest and signed a contract with Universal Studios the next day. She was just 14. "I didn't particularly want to do it," she says, but her parents "had this planned."

Within months, she was preparing for



her first film "Song of the Open Road" in which she played, quite prophetically, a child film star named "Jane Powell." The character's name appealed to the studio heads, and young Suzanne was re-christened Jane.

Today, her most known films are the musical hits: "Seven Brides for Seven Brothers" with Howard Keel, and "Royal Wedding" which features two famous solos by Fred Astaire dancing on a ceiling and with a coat rack.

And in a charming 6 minute vaudevilian-type skit, Powell and Astaire go head to head, matching witty banter, singing and dancing to a song with the longest title in any MGM musical: "How Could You Believe Me When I Said I Love You

When You Know I've Been A Liar All My Life?"

That routine perfectly showcased Powell's on-screen energy, enthusiasm, and comic talent. Of Astaire, Powell says he was the consummate performer. "After you worked with Fred, you just didn't want to work with anyone else."

However, life for young stars in the '40s and '50s could be tough. The major studios dominated the film industry and actors had little say about role selection and were readily typecast. They could be "rented out" to other companies at the studio's whim.

"The studios groomed young actors to be stars," said Powell. "It was hard to make friends socially. I never had any 'girls' nights' or sleepovers."

Despite being pushed into a Hollywood career and the pressures of work, the stress



never showed in her performances which were always upbeat and energetic.

But as the '50s drew to a close, so did the era of lavish Hollywood musicals. "They were expensive to make and the studio system dissolved," said Powell. "Audiences became more sophisticated and wanted more of a story plot."

Nevertheless, the MGM classics remain popular today with older audiences who look back on that film period with fondness, as well as younger viewers who are fascinated by the early Hollywood era.

"People still love to watch the old musicals," said Powell. *Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 400 magazines and newspapers. His web site is www.getnickt.com.*



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America's Most Wanted Bug: The Mosquito

by Nick Thomas

Of all the animal species on the planet, which one kills the most people each year? You might be thinking snakes. After all, cobras alone take out some 20,000 people annually in India. So, candidates with poison-laden fangs should logically be bumped to the top of the list, right? Nope.

How about wild carnivores sporting a prominent set of sharp teeth? Wrong again. You're more likely to be savaged by a crazed Lady Gaga than by any shark, lion, or bear.

In fact, the answer may very well be sitting just a few feet away from you, right now, ready to strike.

More than a relentlessly annoying pest searching for its next meal, blood-sucking mosquitoes can kill their human victims by transmitting deadly diseases and parasites. These include malaria, yellow fever, and Dengue Fever which, collectively, kill millions of people around the world each year. Malaria alone will have bumped off ten poor souls by the time you finish reading this article.

While the mortality numbers are staggering enough, diseases spread by mosquitoes have also influenced human history. These winged micro-vampires reportedly may have contributed to the deaths of prominent figures including Jefferson Davis, Alexander the Great, and Oliver Cromwell.

It's also been claimed that they helped thwart some of history's great ancient armies by preventing the advancement of Roman legions, defeating the Spanish Armada, and spoiling an attempt to conquer the world by that lovable rogue, Genghis Khan.

Turns out that not all of the world's 3,000 species of mosquitoes actually feast on humans. And rather than biting their victims, they actually stab their prey with a tiny, needle-like proboscis, sucking up as much as one and half times their body weight in blood.

During the "bite," some of the insect's saliva drains back into our blood. Most people are slightly allergic to the saliva

from these little droolers, which results in the familiar puffy, itchy welt that appears on the skin. Only the females "bite," and the blood provides protein for eggs. Once

topped up, they won't eat again for several days. Bet you wish you could say the same thing about your fridge-raiding, teenage kids.

So what can you do to protect yourself from these flying hemoglobin addicts? Well, you could build a canal around your home and fill it with *Gambusia affinis*, a small fish that can put away some 500 mosquito larvae a day. However, if unreasonable city ordinances prohibit moat construction in your neighborhood, consider the following suggestions:

- Bathe regularly (hopefully, you do this anyway). Lactic acid, produced by muscles during exercise, finds its way through the skin and attracts the menacing monsters in droves. So when partying under the stars, go easy on the dancing. Your cool moves may



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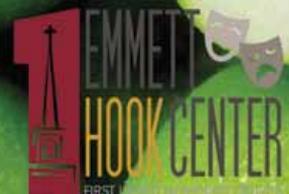
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attract more than a dance partner.

- Be careful what you drink, because alcohol dilates blood vessels increasing blood flow near the skin. So, the more pickled you become, the more attractive you are as a meal. Which leads to an interesting question: How much booze do you have to consume to get a mosquito drunk? Not sure any research has been done on that, but I'm willing to volunteer.

- Finally, you might want to hold off that breathing because mosquitoes have a liking for carbon dioxide, a component of our exhaled air.

So there you have it – simple steps to enjoy your next venture into the great outdoors. And I know they work, too. Because at the last BBQ party I attended, I spent the entire evening holding my breath, lying on the ground, motionless and sober.

Okay, so I wasn't exactly the life of the party. But at least there were no skeeters on me when the hosts threw me out.

Nick Thomas has written features and columns for over 350 magazines and newspapers. He can be reached at his blog: <http://getnickt.blogspot.com>.

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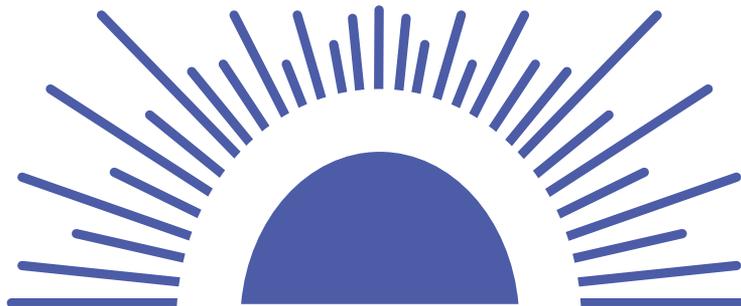
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Mark GLASS

Recent DVD Releases

August: Osage County **1/2

(R) Any cast that begins with Meryl Streep, Julia Roberts, Sam Shepard and Chris Cooper, then adds Juliette Lewis, Dermot Mulroney (or Dylan McDermott... whichever), Ewan McGregor, Benedict Cumberbatch and the suddenly ubiquitous Margo Martindale creates expectations that may be hard to meet. Director John Wells herds his charges through a turgid, talky saga of sordid familial dysfunction. Jerry Springer would have had a hard time presiding over this parade of old and new secrets and grudges.

Meryl is left alone in her isolated rural home when her husband (Shepard) dies under questionable circumstances. That brings the daughters (Julia, Juliette and Julianne Nicholson) home for the funeral and a considerable amount of psychodrama about their array of old issues and current dilemmas. There's a whole mess o' histrionics to deliver before they're done.

The upside of the proceedings is that the screenplay gives all its talented players at least one shining moment to validate their signing up for this ensemble product. The downside is that this family has so many unpleasant (or worse) backstories and resulting scars that there's little to generate empathy among the audience. Though billed as a comedy/drama, the laughs are sparse, and some of the plot turns are surprisingly dark. The experience might seem more rewarding as an acting clinic than as an insightful slice of relatable lives.



Her ***

(R) This quietly unsettling romantic dramedy might be more of a portent for the future than some would like to believe. Joaquin Phoenix plays a lonely, nerdy guy who buys a very personal new operating system that gives him voice and text contact with a "partner" (voice of Scarlett Johansson) programmed to develop a unique personality suited to the customer derived from their interactions.

We get a light, sentimental account of how he bonds with "her"; initially as a guilty secret, but then as an open almost-couple spending time with others. It's everything ship computer HAL hoped to achieve with astronaut Dave in *2001: A Space Odyssey*. What seemed amusingly bizarre when that film opened in the late 1960s now comes across as an imminent option for

the fragile and fearful among us. How far away can those applications be? How will we handle the temptations, or compete with the benefits a companion can offer who is perfectly synched with every user in all but one respect?

Versatile director Spike Jonze gives us a lyrical pace and setting for the course of his subject couple with a few intriguing developments along the way. Johannson's voice keeps her end of the relationship surprisingly engaging for viewers. Phoenix excels in making his guy relatable as an everyman, rather than a stereotypic loner...or even less-sympathetic creep.

This may not be much of a date movie, since excessive zeal for owning such a package by one would surely be interpreted as an insult to the other half of the couple. Otherwise, the debate over just how isolated we may become in our progressively web-based existences can find plenty of talking points in this entertaining, yet cautionary, tale.

The Monuments Men ***1/2



(PG-13) Does anyone have a richer, more enjoyable life than George Clooney? He's not only thrived as an actor, but parlayed his success into directing and/or producing any project he sets his sights upon. Then he admirably uses that clout to tell exceptional, worthy stories, rather than settle for the easy money of blockbusters. His eye for quality attracts other luminaries to pet projects like this - a fact-based account of a group of artists, too old or unfit for duty in WWII, who volunteered to enter the war zone to recover and preserve the overwhelming amount of artworks the Nazis had been plundering from all the countries they occupied. The tale is well told, with Matt Damon, Bill Murray, John Goodman, Jean Dujardin, Cate Blanchett and others drawn to the fine script Clooney wrote with Grant Heslov and others. As director, Clooney generously shines the spotlight on all his cast, not just his handsome leading man of the same name.

The unlikely septet Clooney's character assembled received a quick dose of Army boot camp, before deployment to Normandy a month after D-Day. Theirs was a low-priority mission as far as field officers were concerned, forcing them to improvise for transport and logistics. Besides the hassles with red tape, they were rushed to recapture works of cultural, historic or religious import before the Nazis got them out of reach; or even worse, destroyed them. They even had to move faster than the Russians, who were closing in from the East, and perceived as less likely to return any treasures they might find to the rightful owners. The screenplay deftly mixes comic relief, suspense and emotional high points with the serious subject of the adventure. It honors the real men and their mission by portraying them at a realistic human scale, rather than hyperbolizing this handful of architects and art scholars into a version of *The Dirty Dozen*.

Expectations may well run low when a film with such a strong cast comes out in February, without the Oscar-qualifying ploy of December openings in Los Angeles and New York. This may not have contended for those honors, but it's a highly satisfying telling of a wonderful story, and a tribute to all who helped to save more than five million pieces of art for posterity.



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Wild Blueberry, Coconut and Ginger Smoothie

Recipe by Rachael Hartley,
An Avocado A Day, anavocadoaday.blogspot.com

Yield: 1 serving

- 1 cup frozen Wild Blueberries
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- ¼ cup light coconut milk
- 2 tablespoons unsweetened, shredded coconut
- ½ teaspoon grated fresh ginger

Place all ingredients in blender and blend until smooth. Serve immediately.

Gluten-Free Orange Pancakes with Wild Blueberry-Orange Sauce

Recipe by Katie Heddleston, *Healthy Heddleston, katieheddleston.com*

Yield: 12 to 15 thin pancakes

Wild Blueberry-orange sauce:

- ½ cup frozen Wild Blueberries
- 1 tablespoon freshly squeezed orange juice
- ½ teaspoon orange zest
- 1 tsp. granulated sugar (or honey)

Orange pancakes

- ½ cup plus 2 tablespoons gluten-free flour
- 1 Tbs. granulated sugar (or honey)
- ½ tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- ¼ cup freshly squeezed orange juice
- ¼ cup milk
- 1 egg
- ½ tsp. orange zest
- 1 Tbs. melted butter or margarine

First make sauce. In small sauce pan, combine all ingredients and place on low heat while preparing pancakes. Stir occasionally. Smash Wild Blueberries to desired consistency.

To make pancakes, combine all dry ingredients in a medium mixing bowl. Then add in wet ingredients. Whisk everything together until well combined; batter will be thin. On griddle or electric skillet preheat to medium heat. Make sure pan is hot before scooping batter. Using ¼-cup scoop, pour batter (but not whole scoopful into pancake shapes on griddle). Batter is thin so not much is needed for each pancake. Wait until pancake bubbles before flipping. Flip and cook other side. Continue process until all batter is used. Pour sauce over pancakes while warm.

Note: Only 1 orange is needed for juice and zest for pancakes and sauce.

Wild Blueberry Polenta with Grilled Onions and Sausage

Recipe by Mireya Merritt, *My Healthy Eating Habits*
myhealthyeatinghabits.com

Yield: 4 servings

Onions:

- 1½ large onions, cut in half and thinly sliced, about 4 cups
- 1½ tablespoons olive oil

Polenta:

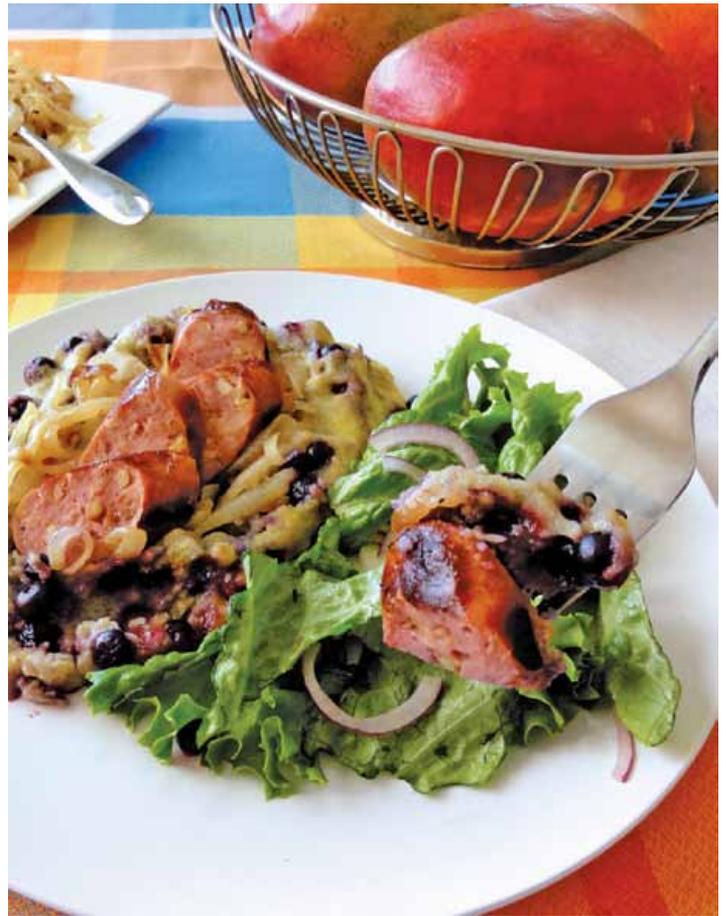
- 4 cups water
- 1 teaspoon salt
- 1 cup yellow cornmeal
- 1 ¾ cups frozen Wild Blueberries

Sausage:

- 2 teaspoons olive oil
- 4 sausages, prepared according to package instructions

Saute onions in 1 1/2 tablespoons olive oil until lightly caramelized, about 25 minutes. About 15 minutes before onions are ready, heat water in 4-quart saucepan until comes to a boil. Add salt and slowly whisk in cornmeal. Stir frequently until the polenta thickens up and texture is smooth. Carefully stir in frozen blueberries, trying not to break them. Cook one minute and then turn off the heat, cover the pot and allow polenta to rest 1 to 2 minutes.

To serve, place large spoonful of Wild Blueberry polenta on plate, top with grilled onions and then place one sausage, sliced or whole, on top of onions. Serve with sliced oranges or garden salad.



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• May 13: 8:30 a.m. – 12:30 p.m. Senior Friends, 1100 Doctors Drive, Springhill. Contact Person: Diane Blake 318-539-1040 (mornings only)

• May 21: 12 Noon - 4 p.m. Bossier Council on Aging, 706 Bearkat Drive, Bossier City. Contact: Kathy Thomas 318-741-8302

• May 28: 8:30 a.m.-12:30 p.m. The Waterford, 2222 E. Bert Kouns Indus-



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EVENTS

Empty Bowls Event - Thursday, June 5, 6 pm - 9 pm. Eldorado Casino and Hotel, downtown Shreveport. Attendees will enjoy a modest dinner featuring soups, bread, dessert and a beverage. Silent auction. For more info, contact Krystle Beauchamp at 318-675-2400 ext.111 \$45 per ticket.

Le Tour des Jardins - NWLA Master Gardeners annual spring garden tour. 10 a.m. to 5 p.m. on May 3, and 1 p.m. to 5 p.m. on May 4. Advance tickets are \$10 and can be purchased at any Citizens National Bank, or call (318) 698-0010.

Senior Adult Vacation Bible School - June 2 - 6 at Cypress Baptist Church, 6 miles north of I220 on Airline Drive in Bossier City. 10 a.m. Worship; 11 a.m. complimentary lunch. For more info call 318-965-2296.

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NWLA DISTRICT SENIOR OLYMPICS

- Thursday, May 01 Marksmanship, 1 P.M. 22 rifles and pistols, Shooters USA, 357 Magnum Drive, Bossier City.
- Saturday, May 03 Recreational Horseshoes, 8 A.M., Advanced Horseshoes, 9 A.M., Knights of Columbus Bossier, 5400 E. Texas, Bossier City
- May 5: **Washer Pitch**, 9 a.m., Bel-laire Fitness Center, 4330 Panther Drive, Bossier City.
- May 7: **Bowling Mixed Doubles**, 1 P.M., All Star Lanes, 9130 Mansfield Road, Shreveport.
- May 8: **Table Games**, 9 a.m., (Skipbo, Pinochle, Dominos, Phase 10) Bossier Council on Aging, Bearkat Drive. **Table Tennis**, 5:30 p.m. Bossier Recreation Offices, 3223 Old Shed Road. **Miniature Golf**, 6:30 P.M., Party Central, 4401 Viking Drive, Bossier City.

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

- May 9: **Bowling Doubles**, 1 p.m., All-Star Lanes, 9130 Mansfield Road, Shreveport).

- May 10: **Ladders Golf**, 8 a.m., Knights of Columbus Bossier, 5400 E. Texas, Bossier City. **Archery**, 9 a.m. Registration, Red River Archery Range, 4099 Radcliff Road, Shreveport.

- May 12: **Recreational & 5K Walk**, 8 a.m., North Bossier Park off Brownlee Road, Bossier City.

- May 13: **Shuffleboard**, 8 a.m., Bel-laire Fitness Center, 4330 Panther Drive, Bossier City. **Chess**, Noon, Randle T. Moore Senior Center, 3101 Fairfield Avenue, Shreveport.

- May 14: **Bowling Singles**, 1 p.m., All-Star Lanes, 9130 Mansfield Road, Shreveport.

- May 16: **Scotch Doubles Bowling**, 1 p.m., Holiday Lanes, 3316 Old Minden Rd., Bossier City.

- May 17: **Track and Field**, 8:30 a.m., Benton High School, Highway 1, Benton.

- May 21: **9 Pin No Tap Bowling**, 1 p.m., Holiday Lanes, 3316 Old Minden Rd., Bossier City.

- May 23: **Team Bowling**, 1 P.M., Holiday Lanes, 3316 Old Minden Rd., Bossier City.

- May 28: **Celebration**, 10 a.m., Sky Room at Harrah's Louisiana Downs.

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 Senior Tech Talk at 10 a.m., 1on1 Tech at 11 a.m. Admission is **FREE**.

- Thursday May 1 - 10:00 "Pharmacy Questions and Answers" by Retired Pharmacist Bobby Hawkins

- Thursday May 8 - 10:00 "A Trip Down Rick Rowe's Memory Lane" by Rick Rowe

- Thursday May 15 - 10:00 "Health Foods for the Brain" by Jamie Shaw

- Thursday May 22 - 10:00 "Let's Go RVing" by Diane Smith

SEMINARS

AIM for Caregivers: Alzheimer's Information Meetings for Caregivers - Hosted by the Alzheimer's Association and Bossier Parish Community College. All seminars take place in room 226 Building D, Bossier Parish Community College, 6220 E. Texas, Bossier City. 10 a.m. until noon. All seminars are **FREE** to the public but preregistration is required. Call the Alzheimer's Association at 318-861-8680 to register. Seating is

limited to 35 for each session.

- May 6: "The Science of Hope" Video and discussion about Alzheimer's research and effects on the brain

- May 13: "Caring for a Loved One with Alzheimer's, An Emotional Journey"

- May 20: "Planning for Long Term Care Costs"

- May 27: "Effective Dementia Screening"

THEATRE

Mark Twain's *The Diaries of Adam and Eve* - May 16 and 17 at 7:30 p.m.; May 18 at 3:00 p.m. A stage reading presented in Couch Chapel by Emmett Hook Center, 500 Common Street, Shreveport. A light-hearted look at the world's first love story through the eyes of America's greatest humorist. \$10 at the door. For more information please call 429-6885 or 429-6887.

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King Crossword

Puzzle answers on
 page 42

ACROSS

- 1 Longtime TV host Griffin
- 5 Lion or tiger
- 8 Wound cover
- 12 Lotion additive
- 13 Caustic solution
- 14 Dorothy's dog
- 15 Violent protest
- 16 Always, in verse
- 17 Soldiers collectively
- 18 Connected series
- 20 Incursion
- 22 Finds by chance
- 26 Actor Lorenzo
- 29 Chart format
- 30 Cistern
- 31 Unsigned (Abbr.)
- 32 Corral
- 33 Long story
- 34 Hostel
- 35 Skillet
- 36 Choir member
- 37 Region of Northern Ireland
- 40 Repast
- 41 Griped

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		

- 45 Out of the storm
- 47 Inseparable
- 49 Cab
- 50 Transmit
- 51 Summer mo.
- 52 Finished
- 53 Compassion
- 54 "CSI" evidence
- 55 Relax
- 5 Pristine
- 6 Nay canceler
- 7 Lay of the land
- 8 Flight component
- 9 Fine-grain leather
- 10 \$ dispenser
- 11 Tarzan's son
- 19 Greek consonants
- 21 Expert
- 23 Shell out
- 24 Starch-yielding palm
- 25 Luminary
- 26 Secular
- 27 - Domini
- 28 Historically
- significant building
- 32 Spacecraft statistic
- 33 Any of 100 in Washington
- 35 School org.
- 36 Pair
- 38 Indigent
- 39 Last letter
- 42 Hub
- 43 Former partners
- 44 Gossip
- 45 Cleopatra's slayer
- 46 Mainlander's memento
- 48 Sister

DOWN

- 1 Painter Chagall
- 2 Director Kazan
- 3 Cheer (for)
- 4 11/11 honoree

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

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

- | | | | |
|-------------|-------|----------|-------|
| Africa | Doors | Place | Stock |
| Bounds | Gear | Play | Tune |
| Character | Hand | Practice | Whack |
| Circulation | Order | Reach | |

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Sudoku

by Linda Thistle

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

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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MAY PARTING SHOTS

The 66th Holiday in Dixie Cotillion

"Highland Royal Hunt" was held at the recently renovated Municipal Auditorium on April 11.



Kiki Casten (left) with daughter Tina Edmiston



2011 HID Cotillion King Kim Kayser with wife Mary Jo



Lady Kristen Edmiston and Sir Marshall Sutton



Judge Jeff and Susan Cox

A Cotillion Céilidh honoring Cotillion Queen Sarah Bicknell, Prince Dave Pettiette, and Princess Mary Caroline Querbes was hosted by their parents on Saturday April 12 at Riverview Hall.

Merritt and Virginia Chastain



Vernon and Louise Chance



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MAY PARTING SHOTS (continued)

The grand opening of the recently renovated Municipal Auditorium in Shreveport was held on April 3 with a host of entertainers, public officials and area residents in attendance.

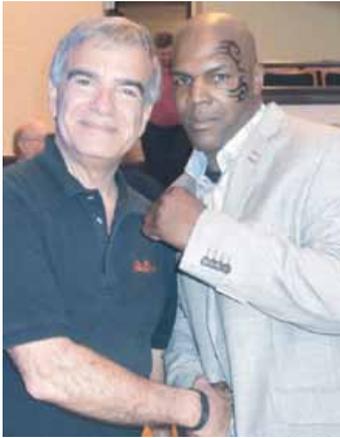
(right)

Trey Buteau and Joanne Sigler



(below)

A Mike Tyson look alike dukes it out with TBT Publisher Gary Calligas



(above)

Dianne and Jerry Harmon with 2014 Miss LA Tourism Nancy Sevier



(left)

Legendary guitarist James Burton with wife Louise

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MAY PARTING SHOTS (continued)

The 700 year old wonderworking Kursk Root Icon of the Theotokos made a visit to the U.S. with a stop at St. Nicholas Orthodox Church in Shreveport on April 10.



Catholic Bishop Michael Duca chats with Father Jason Foster of Holy Nativity of the Lord Orthodox Church



Jane and Soc Lorant

SPAR's 10th annual Spring Musical Review featuring area community choirs was held on April 10 at Riverview Hall.

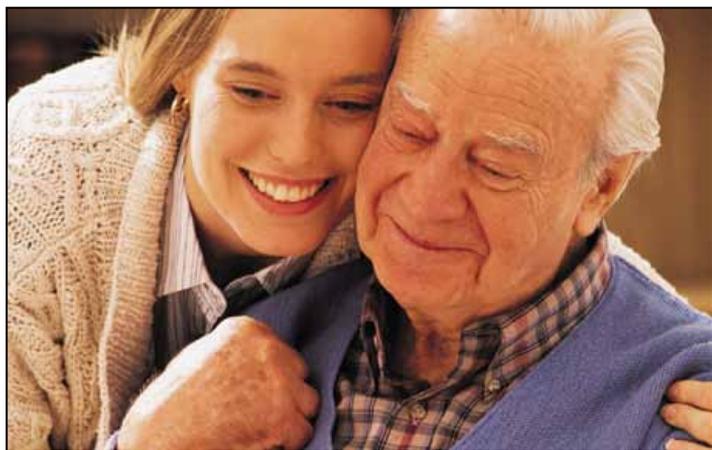
Annie Thomas and Don Newson



Dwayne Taylor and Camille Webb



Lorita and Louis Brooks



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MAY PARTING SHOTS (continued)

Bob Fosse's Sweet Charity was performed on March 21 at the historic Strand Theatre.

(l to r) Anne Perque, Aliyah Rivers, Emily and Doug Schaumburg



Minette and Ed Cooper



Candace Spinks and Francine Robertson

Krewe of Elders Queen Pat Stell was feted with a Royal Tea on March 23 at the Cross Lake home of Sylvia Mobley.

The past Queens of the Krewe of Elders gathered to honor current Queen Pat Stell. (seated) Jeri Lancaster; (standing l to r) Sue Prudhomme, Queen Pat, Sylvia Mobley, Celia Frazier, Mary Anne Rankin, Liz Skyles



(below) Gail Sykes, Connie Rivet, and Jullia Collins



Queen Pat Stell with husband Bill and daughter Tonia Stell McNatt

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MAY PARTING SHOTS (continued)

Community Health Education Network hosted CHEN University on March 18 at the Hilton Garden Inn in Bossier City. This annual event educates professionals about the latest trends in healthcare delivery.



(l to r) Michelle Johnson, Dr. Jerome Cox, Toni Berry, and Glenda Drake

(right) Kate Kennedy (left) visits Dora Miller at the Social Security booth



(below) Debbie Hayes and Megan Rabalais



(above l to r) Tina Prelow, Kenneth Thompson, Crystal Rhine, and Rozina Wright Freeny



(left) Kristin Schneider and Andrea Anderson

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