

January 2015

# The Best *Out* Times

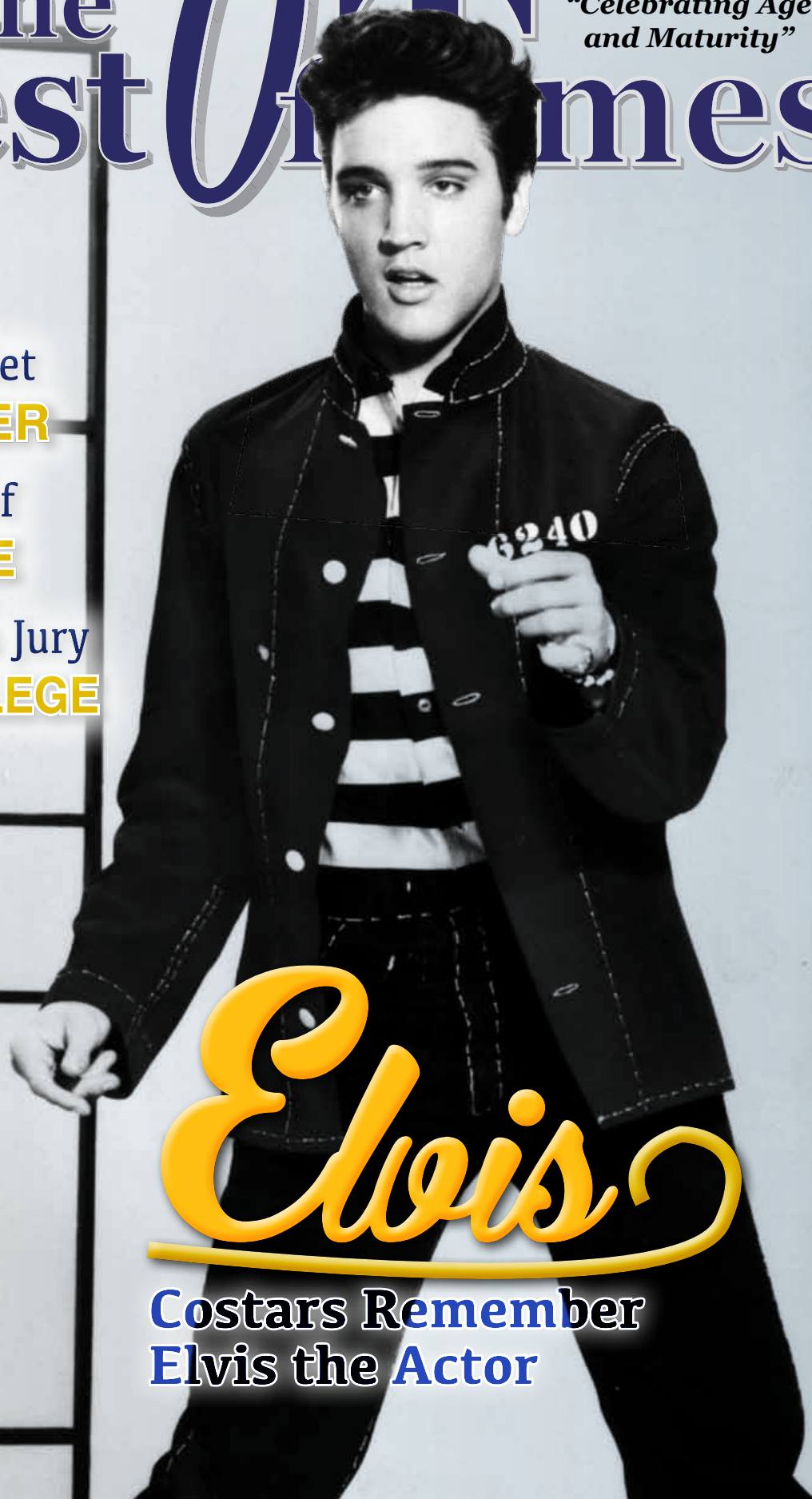
*"Celebrating Age  
and Maturity"*

*Inside*

Resolve to Get  
**HEALTHIER**

The Power of  
**CHOICE**

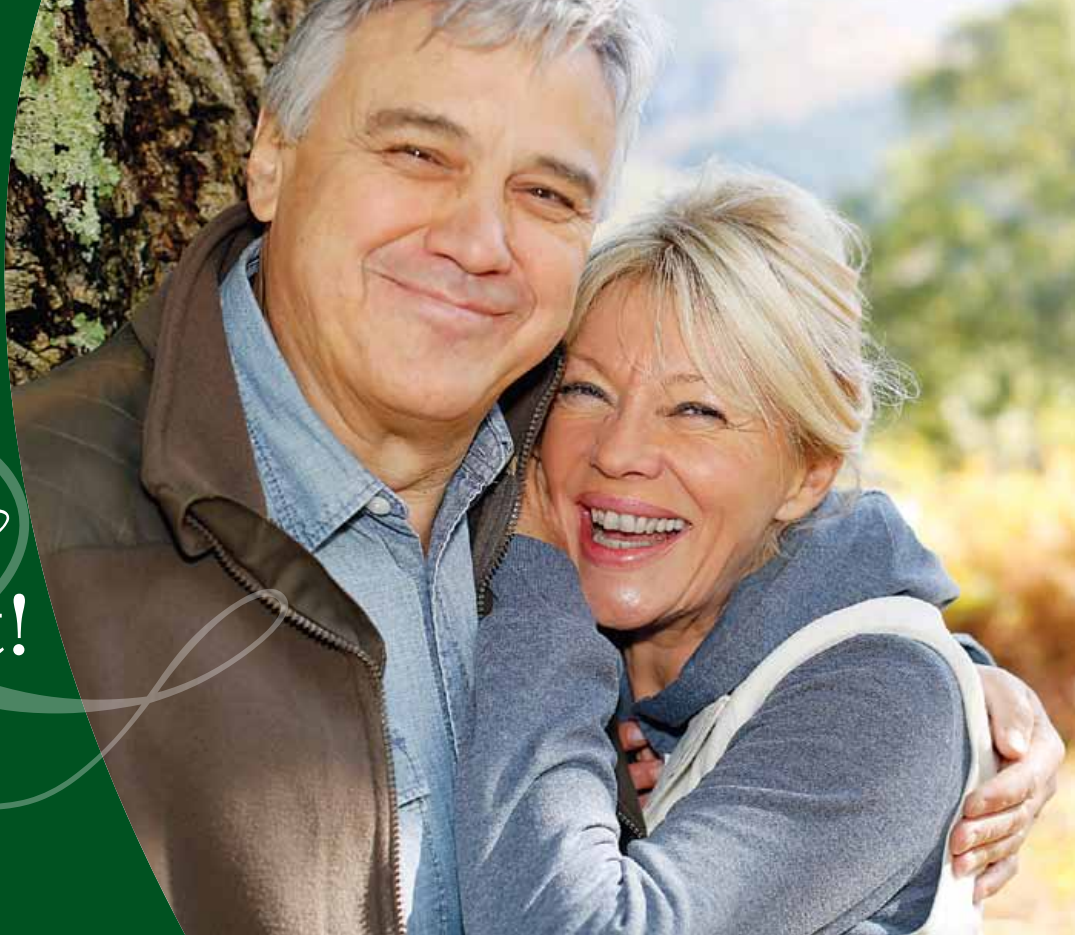
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**IS A PRIVILEGE**



**Elvis**

**Costars Remember  
Elvis the Actor**

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and  
*Love*  
It!




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2014 | 2015  
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30<sup>th</sup>  
Anniversary!



**Restless Heart**

Saturday, August 16, 2014

Black Jacket Symphony Presents  
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Saturday, September 13, 2014

**The Oak Ridge Boys**

Friday, September 19, 2014

Smokey Joe's Café—Featuring The Coasters

Friday, October 10, 2014

1964—The Tribute (Beatles)

Saturday, November 15, 2014

**Darlene Love Christmas Show**

Friday, December 5, 2014

Charles Dickens' A Christmas Carol

Saturday, December 6, 2014

**Guys and Dolls**

Thursday, February 5, 2015

Seven Brides for Seven Brothers

Friday, March 13, 2015

**Million Dollar Quartet**

Thursday, April 23, 2015

Broadway by Jeri (Jeri Sager)

Saturday, May 16, 2015

**Mamma Mia!**

Thursday, June 18, 2015

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# The Best Of Times

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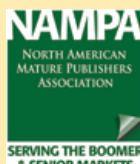
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**January 3:** The Origins of  
Common Sayings and Slang  
Terms

**January 10:** Neurosurgical  
Procedures for Movement  
Disorders

**Guest:** Dr. Jessica Wilden,  
neurosurgeon with LSU  
Health Sciences Center in  
Shreveport

**January 17:** 1954 Wallace  
Lake Tragedy

**Guests:** Jim McClure,  
Conway Link, and Ernie Rob-  
inson with the Shreveport  
Historic Preservation Society

**January 24:** Traveling  
Around the World on a  
Limited Budget

**Guest:** Judy Stone Weaver

**January 31:** Responsibili-  
ties of a Judge and Jury

**Guest:** Jeff Cox, Louisiana  
District Judge

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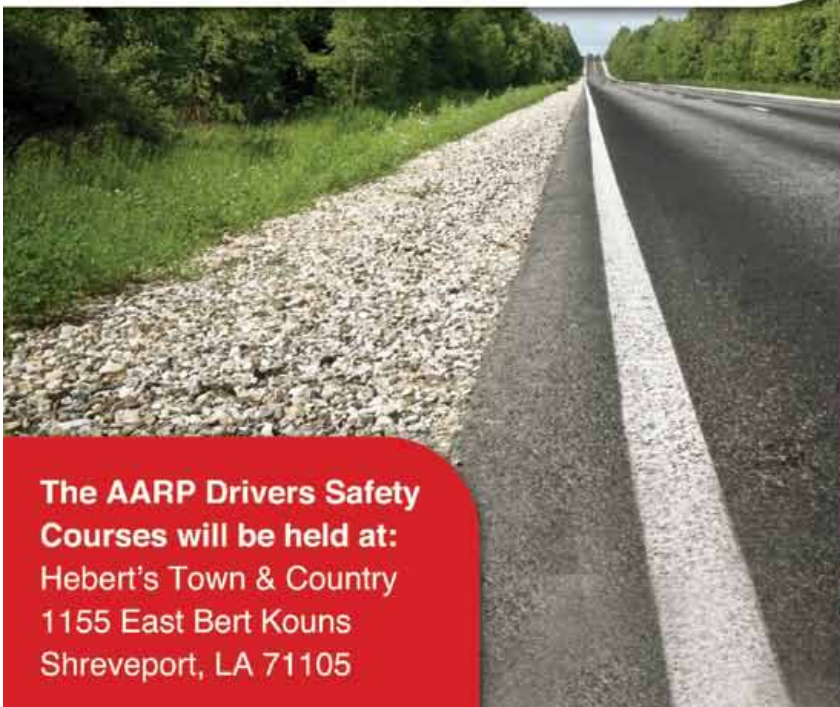
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**Saturday, March 14, 2015**  
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(Registration begins at 8 am)

**Saturday, April 11, 2015**  
8:30 am to 12:30 pm  
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# Stat! Medical News & Info

## Nasal Spray Demonstrates Promise for Migraine Pain Relief

Researchers are developing a novel prochlorperazine nasal spray formulation as a potential new treatment for migraines.

Migraines are manifested by severe pain and headache, accompanied by nausea, vomiting, and sensitivity to both light and sound. According to the Migraine Research Foundation, migraine ranks in the top 20 of the world's most disabling medical diseases.

Venkata Yellepeddi, Ph.D., and colleagues from Roseman University of Health Sciences, developed a prochlorperazine nasal spray that could prove useful. Comparative clinical studies have shown that prochlorperazine provides better pain relief than other anti-migraine drugs. Currently prochlorperazine is only available in tablet form. It is thought that a nasal spray version of prochlorperazine will not only be effective, but fast acting and have better patient compliance overall.




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## Poor Sleep May Lead to Dementia

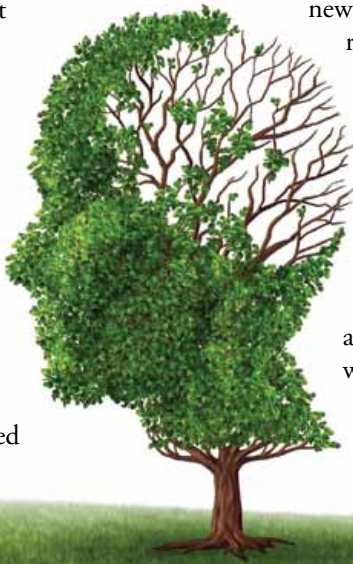
People who have sleep apnea or spend less time in deep sleep may be more likely to have changes in the brain that are associated with dementia, according to a new study conducted by VA Pacific Islands Health Care System and the Pacific Health Research and Education Institute in Honolulu, Hawaii and published in an online issue of *Neurology*®.

The study found that people who don't have as much oxygen in their blood during sleep, which occurs with sleep apnea and conditions such as emphysema, are more likely to have tiny abnormalities in brain tissue, called

micro infarcts, than people with higher levels of oxygen in the blood. These abnormalities are associated with the development of dementia.

In addition, people who spent less time in deep sleep, called slow wave sleep, were more likely to have loss of brain cells than people who spent more time in slow wave sleep. Slow wave sleep is

important in processing new memories and remembering facts. People tend to spend less time in slow wave sleep as they age. Loss of brain cells is also associated with Alzheimer's disease and dementia.



## MOVE IT, DON'T LOSE IT!!

It's not uncommon for your memory to decline as you age and process could start relatively early.

"Cognitive ability peaks in the late 20s, early 30s and starts to decline from there. It's fairly normal to remember less in your 40s and 50s," says Jeffrey Toth, Ph.D.

But brisk exercise that improves your blood flow - such as walking 30 minutes a day at a fast pace, biking or swimming - may be good for your cognitive health.

Physical exercise may make your brain more flexible and adaptable, which in turn could make cognitive training more effective, according to Toth, who is studying the effect of combining aerobic and cognitive brain exercise.



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*-Terri Miller and family*

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Wilda Taylor as Little Egypt with Elvis in *Roustabout*

# Elvis

## Costars Remember Elvis the Actor

by Nick Thomas

**F**or many, the title “King of Rock and Roll” is reserved for one man: Elvis Presley. Had he lived, the King would have celebrated his 80th birthday on January 8, 2015.

Unlike most departed singers who are remembered largely for their music, Elvis lives on through a phenomenal number of appearances in scripted motion pictures – 31 in all – beginning with “Love Me Tender” in 1956 and ending 13 years later with “Change of Habit” in 1969. His movies provide a unique glimpse into another dimension of one of the twentieth century’s greatest entertainers.

Although his films were often dismissed due to weak and predictable scripts, critics generally regarded Elvis as a surprisingly good actor. But what did costars think about working with Elvis?

In 1966, 10-year-old Donna Butterworth costarred in “Paradise, Hawaiian Style,” the second Elvis film set in Hawaii.

“My mom and dad took me to see ‘Blue Hawaii’ when I was just a little girl and I fell in love with him right then and there,” said Donna. “I used to listen to his records and I couldn’t get enough Elvis.”

Donna recalls filming her first scene on the cliffs of Makapuu, on Oahu.

“I had to run up into Elvis’s arms and call out ‘Uncle Rick, Uncle Rick.’ But I had only met him a few minutes before that. So when the director called ‘action,’ I ran up and got in his arms and his face was about 4 inches from my face. After all the anticipation of meeting Elvis Presley and working with him, I just froze. I couldn’t believe I was so close to this beautiful man! All the crew cracked up because they knew I was so enamored. In fact, Elvis laughed the hardest – he just loved to laugh.”

Unlike Donna, 7-year-old Susan Olsen wasn’t an Elvis fan when she briefly appeared in the talent contest audition scene in Elvis’s second last film, “The Trouble with Girls” (1969).

“I couldn’t understand all the hype over him and I didn’t even think he was good-looking!” said Susan, who went on to play youngest daughter Cindy on the popular ‘60s TV show, “The Brady Bunch.”

That changed after their first brief encounter.

“I remember that a bunch of the kids’ mothers suddenly started screaming, Elvis had come out of his dressing room and they crowded around him for autographs. So I thought ‘What the heck! I’ll get one too.’ So I went up to him – and I’m not making this up – when he looked at me I thought, ‘Oh, I get it! I see why they like him so much.’ He had this



special aura about him. I was just dumbstruck, I couldn't say anything. He signed the photo, handed it to me, and said 'Here ya go darling.'"

Elvis's leading lady in "The Trouble with Girls" came away with more than just an autograph. Marlyn Mason snagged an on-screen kiss. "It was a comedy kiss," said Marlyn, indicating that the only fireworks were the real ones in the movie scene.

She took an unusual approach to get the required reaction from Elvis. Just after the fireworks scene, Elvis comes up behind her and starts rubbing her shoulders.

"I just turned around, off camera, and started undoing Elvis's belt and trousers!" Marlyn recalled. "Well, I didn't get very far because it wasn't a long scene. Elvis got this funny look on his face which you can see in the film. He was great fun to work with, because I could throw anything at him and he'd just throw it right back."

She also recalls a private moment when Elvis shared thoughts about his acting.

"The saddest thing Elvis said to me was 'I'd like to make one good film because I know people in this town laugh at me.' I'll never forget that," she said. "But he was always down to earth and comfortable with himself. Some of that dialogue was so corny, but he managed to bring a realness to it. And I think that's just how he was in real life. He was a natural comedian, and his timing was just impeccable. I just found him to be a very genuine person."

Despite his fame, Will Hutchins says Elvis didn't play the celebrity although he was usually accompanied on most of his films by pals – the so-called Memphis Mafia.

"On the set, Elvis was like a host – a Southern gentleman – making sure everyone was having a good time," said Will, who first worked in "Spinout" (1966).

The follow year he costarred with Elvis in "Clambake" which featured a lot of ad-libbing and fooling around on the set.

"It was more-or-less a defacto stag party because Elvis was getting married soon after the filming was finished," recalled Will. "Elvis and his buddies would set off firecrackers. It was pretty wild, but a lot of fun. For the director's birthday, they had a cake and pushed it right in his face!"

Wilda Taylor appeared in three Elvis Presley films, but strutted into Elvis movie history as exotic dancer Little Egypt in "Roustabout" (1964).

"We rehearsed for about two weeks," said Wilda. "Elvis was in and out of rehearsal hall every so often between his other busy filming days for the other scenes. He knew his material and music well, and I grew to admire him a great deal. It's amazing, through the years, how many people know about me and Little Egypt from that film. Oddly enough, I really didn't know much about Elvis before we worked together, but I found him to be a lovely, darling person, and I was just pleased to be a small part of his life."

With each passing decade since his death in 1977 at age 42, the Elvis legend and legacy continue to grow. When viewed in the context of the often zany '60s TV and film period, it is gratifying that there exists such an extensive film library of the most celebrated entertainer in history. *Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 450 magazines and newspapers.* •



From Top: Will Hutchins and Elvis in Clambake; Marlyn Mason and Elvis in Trouble with Girls; Donna Butterworth and Elvis in Paradise, Hawaiian Style

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# Resolve to Get **Healthier**



FAMILY FEATURES

## Diets don't work.

According to the *Journal of Clinical Psychology*, 45 percent of Americans make New Year's resolutions each year, and weight-related resolutions top the list. Unfortunately, only about 8 percent achieve any type of resolution, weight-related or not.

If you've made (and then broken) the same old weight- or health-oriented resolutions each January, you're not alone. It might be time to focus on research-proven approaches to get healthier that actually work — without gimmicks, diets that eliminate foods, or buying strange foods and equipment.

### Start Well: Eat Breakfast

Start the day right, and it really can make things go better all day. Research has repeatedly shown that people who eat breakfast tend to take in more nutrients (calcium, iron, protein and fiber),

### Tips to Trim Mindless Calories

- **Eat mindfully:** Put all of your attention on the food and nowhere else.
- **Eat for hunger:** Make sure you are eating because you are hungry and not for other reasons.
- **Eat slowly:** You'll stop eating sooner and register that you've had enough.
- **Eat without guilt:** Consider whether the food is an "everyday" food or "sometimes" food and eat accordingly, enjoying every bite.



### For more information, try these resources:

- *US News and World Report Ranking of Best Overall Diets:* [health.usnews.com/best-diet/best-overall-diets](http://health.usnews.com/best-diet/best-overall-diets).
- *Mediterranean Diet:* [oldwayspt.org/programs/mediterranean-foods-alliance/what-mediterranean-diet](http://oldwayspt.org/programs/mediterranean-foods-alliance/what-mediterranean-diet).
- *DASH Diet:* <http://www.nhlbi.nih.gov/health/health-topics/topics/dash/>.
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- *MyPlate:* [www.choosemyplate.gov](http://www.choosemyplate.gov).
- *Information on diet, health, fiber, gluten and other topics:* [www.wheatfoods.org](http://www.wheatfoods.org).

are more alert and can concentrate better, and may even have better success with weight management.

To get yourself off to a strong start, think about combining protein, carbohydrates and low-fat dairy. Some possibilities: whole grain cereal and a high protein yogurt, an English muffin with peanut butter, or an egg sandwich with fruit and yogurt.

### **Eat Rough(age): Make Fiber a Priority**

Fiber, found in whole grain wheat, barley, corn and oats, as well as in fruits, vegetables and beans, helps keep things moving easily through the digestive tract. Remember that grain fiber has different nutritional benefits than fruits and vegetables, so you need both.

Fiber is also filling, providing volume with few calories because our bodies don't have the enzymes to break it down. But fiber can be digested and used for fuel by the 10 trillion bacteria that live in the colon and prevent numerous health conditions.

### **Get Your Facts Straight: If It Sounds Too Good to be True...**

Losing 10 pounds in two weeks only to regain it in eight makes no sense. Whether you've tried to go gluten-free, low carb or avoid all white foods, chances are quite high that your efforts didn't result in long lasting effects. What does work?

A balanced eating pattern and an active lifestyle.

There is no one perfect diet, and anyone who says otherwise is typically selling a book or products promising weight loss. Registered dietitian nutritionists can be trusted to provide credible, evidence-based information that can be tailored to your lifestyle and taste preferences. In addition, eating patterns such as those recommended by the Mediterranean Diet, the DASH Diet (Dietary Approaches to Stop Hypertension) and MyPlate can provide guidance on the types of foods to include in your meals.

### **Move It: Walk, Dance or Ride Your Way to Health**

Unless you use it often (2-3 times per week or more), skip the gym membership. Walk outside, walk the dog, dance in your kitchen, work in the garden or ride your bike to run errands. And, if possible, do it every day with friends for fun, and make it part of your regular lifestyle.

### **Make It Stick: Schedule and Track Your Progress**

Make a schedule of your health goals, and keep track of progress by writing in a food and activity journal or calendar. Write things down; it makes them more likely to happen. Note things like how you feel before and after meals and exercise. You may be surprised by what you learn.

## **How to Spot a Fad Diet in 30 Seconds or Less**

Fad diets come and go and return again. Here are some obvious clues that a diet is a fad rather than a realistic approach for becoming healthy.

1. Sounds too good or easy to be true
2. Promises rapid weight loss (5-10 pounds a week) or "miracle cures"
3. Allows only certain foods or food groups (cutting out others)
4. Promotes a product, special herb, vitamin or other compound
5. Can only be "followed" temporarily but is not supervised by a doctor
6. Hard to imagine or difficult to follow the diet forever
7. Doesn't recommend a form of exercise or says that it's unnecessary
8. Warns that one food or food group will make you seriously ill or worse
9. Makes recommendations based on pseudo-science not endorsed by credible organizations or peer reviewed by other scientists
10. Cites research that is preliminary, based on animals, has very few subjects, or uses poor methodology

*The bottom line:* Eat when you are hungry, strive for moderation and move more to feel good.



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by John Kennedy, State Treasurer

As state treasurer, I end up with countless dollars that flow into my office because businesses cannot locate people. I get stock dividends, uncashed checks, abandoned checking accounts and unredeemed gift certificates.

If you toss a check into a drawer because it's only for a few dollars, the uncashed amount winds up in the state treasury. If you move without leaving a forwarding address, your utility deposit refund winds up in the state treasury. If your grandma forgets about that savings account she opened up for you when you were born, the money winds up in the state treasury.

This brings me to an important point: I either need a bigger safe or people need to claim their money. We go to malls a few times a year and offer to plug people's names into our Unclaimed Property search engine.

We advertise that roughly one in six people has Unclaimed Property. Still, we have a staggering amount of cash that belongs to other people. You hear so much about it that you tune it out - or you think that you keep a tighter hold on your pocketbook than Ebenezer Scrooge. So let me tell you a true story about "Joe."

Joe is a blue collar worker in Monroe with six kids and a house that is tumbling down around him. He's a hard worker who takes odd jobs when he can get them. Still, he struggles to pay his bills, and there's never enough extra to keep up his home.

Years ago, Joe worked for a well-known national company. He got stock

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options that ended when his employment did. Joe moved on without cashing out his stock. He didn't leave a forwarding address.

Fast forward a few years. A private company sends Joe a letter offering to help retrieve money from the state treasury for him in exchange for a finder's fee. It turns out that Joe has Unclaimed Property.

Fortunately, Joe had the good sense to hand the letter from the private company to a friend. The friend just happened to know State District Court Judge Scott Leehy. Leehy immediately suspected that the letter referred to Unclaimed Property in the state treasury. He did a little research and found out that Joe has more than \$30,000 in dividends, not including half a million dollars in stock.

"He had no clue that he had anything," Leehy said. "This is the nicest man. He's poor, but he has a lot of pride. He's a great family man."

With Leehy's help, Joe filed a claim for the \$30,000 in dividends. That claim

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You would be surprised by how much in Unclaimed Property ends up in the state treasury. I recently wrote an even bigger check to a man in the Acadiana region. He is a businessman who had \$100,000 in Unclaimed Property.

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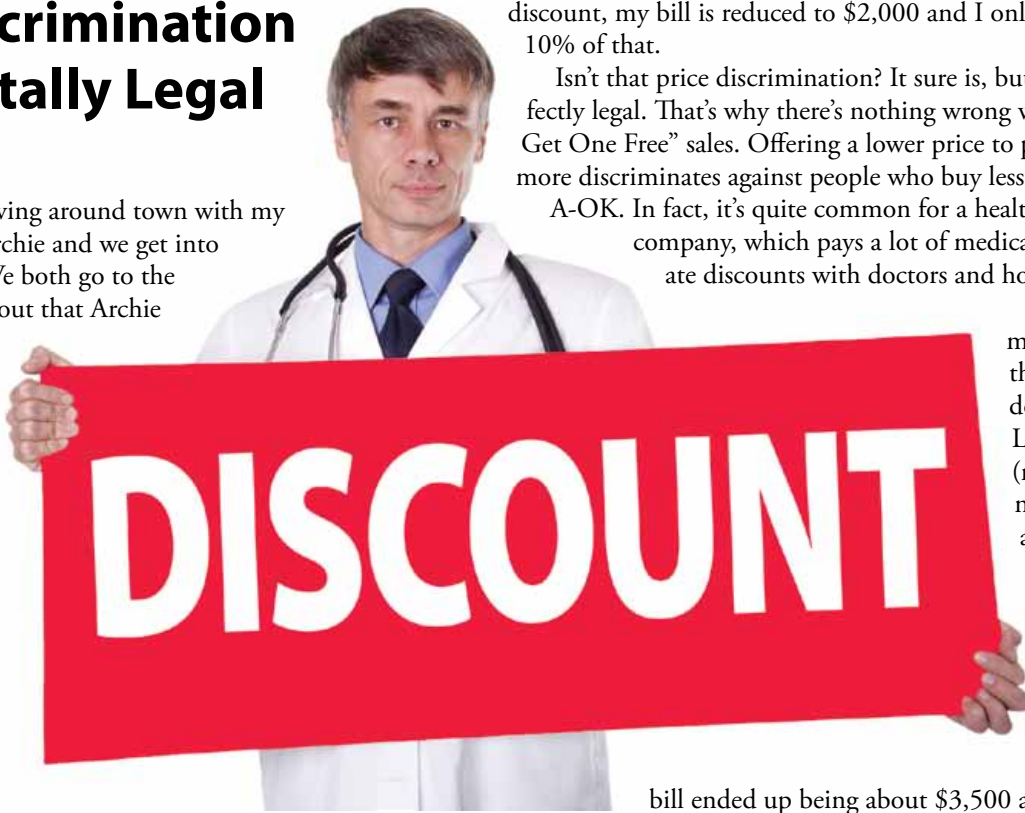
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# Price Discrimination That's Totally Legal

by Lee Aronson

Let's say I'm driving around town with my good friend Archie and we get into an accident. We both go to the hospital and it turns out that Archie and I have the exact same injury: broken noses. Following treatment our hospital bills are also exactly the same: \$3,000. Archie doesn't have health insurance, so he's responsible for the full \$3,000. I, on the other hand, do have health insurance. The way my health insurance



works is that I only have to pay 10% of the bill as my co-pay. Because my health insurance company is so big, they were able to negotiate a discount for the people they cover. So with the discount, my bill is reduced to \$2,000 and I only have to pay 10% of that.

Isn't that price discrimination? It sure is, but it's also perfectly legal. That's why there's nothing wrong with "Buy One Get One Free" sales. Offering a lower price to people who buy more discriminates against people who buy less, but it's still A-OK. In fact, it's quite common for a health insurance company, which pays a lot of medical bills, to negotiate discounts with doctors and hospitals.

Which brings me to a real case that happened down in south Louisiana. Gloria (not her real name) got into a car accident, but it wasn't her fault so she sued the other driver, who I'll call Edith. Gloria's hospital bill ended up being about \$3,500 and Edith's auto

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insurer wrote Gloria a check for that amount. But when Gloria tried to pay the hospital, she was told that she would have to pay \$5,000. The hospital explained that the \$3,500 was the discounted rate that her health insurance had negotiated, but because Gloria's health insurance company wasn't paying the bill (Edith's auto insurance company was), the hospital refused to give Gloria the discount. Sound fair to you?

It sure didn't seem fair to Gloria and she found that there were a whole lot of patients just like her. In fact, it was the hospital's standard practice to refuse to give the health insurance discount to a patient when another driver's auto insurance company was paying the bill.

Here's what Louisiana law says: a health care provider who has agreed to give a discount to customers of a health insurance company is prohibited from attempting to recover any amount over the discounted rate. So it sounds like Gloria's case will be open and shut.

And her case gets even stronger when you consider that some patients in central Louisiana tried to use this law by filing a suit against an ambulance company. Although the ambulance company had agreed to give a discounted rate to customers of certain health insurance companies, the ambulance company still tried to collect more than the discounted rate when its patients were involved in auto accidents and the other drivers' auto insurance company paid the patients' medical bills. The ambulance company tried to get the suit thrown out, but the Louisiana Supreme Court let the case proceed.

But when a hospital in north Louisiana was sued for the exact same billing practice, the Court said the suit involved "novel and untested legal theories." Why? Perhaps because the law also says, "However, nothing in this Subsection shall be construed to prohibit a contracted health care provider from maintaining any action at law against an enrollee or insured after a health insurance issuer determines that the health insurance issuer is not liable for the health care services rendered." In other words, it's OK for the ambulance company, or the hospital that treated Gloria or any other health care provider to charge more than the discounted rate if the patient's health insurer says that it's not responsible for the bill. And that's kind of what happened in Gloria's case. Her health insurance company said something like, "We're not responsible for this bill. Edith caused the accident. It was Edith's fault. Edith should be responsible for this bill."

So maybe Gloria's case isn't so clear cut. Can the hospital go after her for the full \$5,000 because her health insurance has determined that it is not liable for the bill? Or is the hospital limited to collecting the \$3,500 discounted rate? I don't know. The insurance company is trying to get Gloria's case thrown out, but so far the Court has refused to do so.

But at least Gloria had insurance. No matter how you cut it, insurance is an important part of estate planning. You may have the greatest Last Will and Testament in the world, but if you end up with huge medical bills, there could be nothing for your heirs to inherit.

*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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# Curcumin and Curry Spice Help Diabetes and Cancer

by Suzy Cohen, R. Ph.

**A**s the snowy cold weather begins to roll into Colorado, I crave warmer, heartier meals like chili, stews and brisket. Juicing kale and celery when it's 4 degrees outside doesn't cut it. So at this time of year, garlic and curry go in everything I eat. Let's talk curry today. Penang, red or green curry, it's all good with me! Curry sounds like it's one spice, but it's actually a blend of spices, and it always contains some turmeric spice.

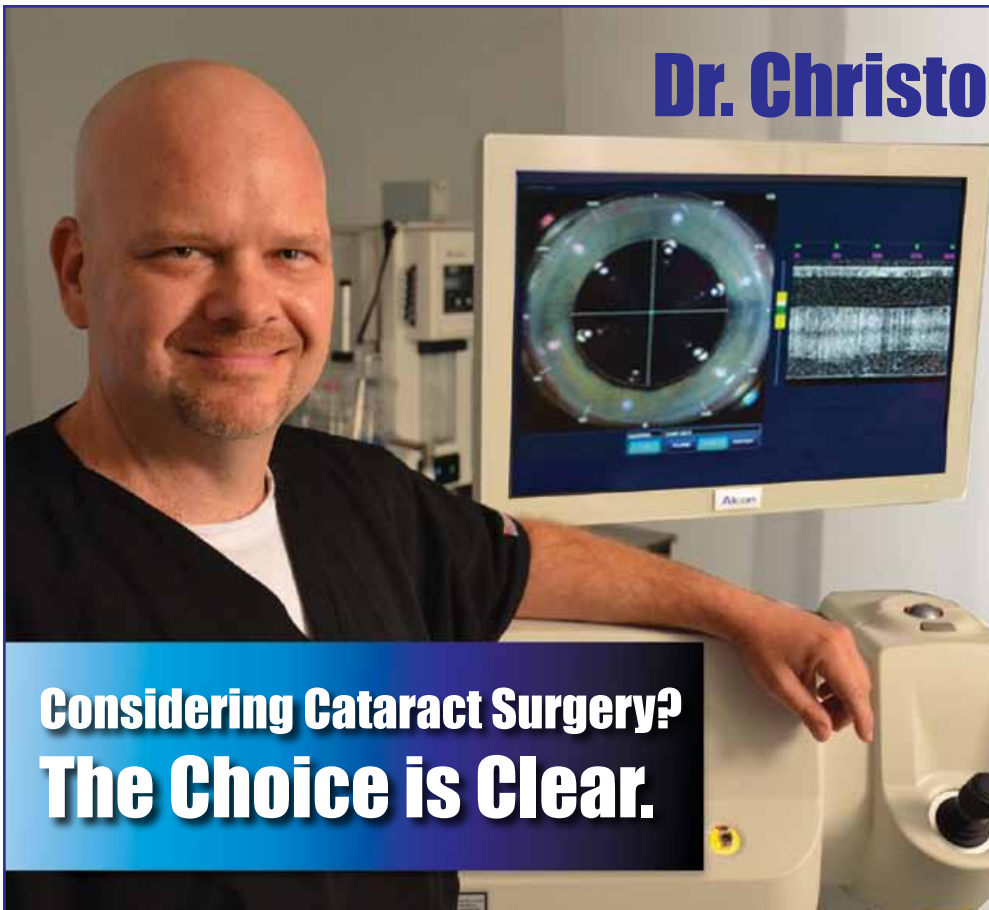
Turmeric comes from the ginger family. This yellow-orange spice was first used as a dye until its medicinal properties were uncovered. Our research today proves turmeric positively

benefits hundreds of health conditions, making it a healthy and tasty sprinkle for any dish. Do I want it right now? Yes please!

You can buy the spice called turmeric all by itself if you don't like curry. Supplements of turmeric are sold everywhere. And you'll also find "curcumin" which is one potent extract of turmeric.

Curcumin may prevent or improve age-related cognitive decline, dementia, and mood disorders. This is not wishful thinking, it's true. A randomized, double-blind, placebo-controlled trial observed 60 adults between the ages of 60 and 85. After about one hour of their curcumin dose, these adults

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enjoyed a higher attention span and better memory than those who swallowed the dud pill, the placebo. After four weeks of curcumin supplements, memory, mood, alertness, and contentedness were considerably better in the participants.

Curcumin is a hot supplement, not spicy hot, but “hot” in the sense that research is conducted frequently. I found more than 900 published research papers pertaining to curcumin’s anti-cancer activity. One of these papers found that curcumin has the ability to make some cancer cells commit suicide. Basically, curcumin programs the cell to die! That’s a good thing, you want those cancer cells to go bye-bye! Technically, we call this “apoptosis.” Cancers that are resistant to multiple chemotherapeutic agents seem to still respond to curcumin, at least in mouse studies. Because of curcumin’s long-term record of safety and low risk of side effects, I think it’s a great natural adjunct to many protocols, especially for breast and prostate cancer. It’s a strong anti-inflammatory.

Type 2 diabetes has reached epidemic proportions. Diabetes Care, the journal of the American Diabetes Association, published a study about curcumin’s ability to prevent pre-diabetic patients from becoming full-blown diabetics. Results after 9 months showed 100% success! No one progressed. Further, curcumin-treated patients had better pancreatic beta cell function and higher adiponectin. Excellent! You know, I’m a pharmacist and I’ll tell you there isn’t one drug behind the counter that competes.

Curcumin is the ‘Kardashian’ of herbs. It’s spicy, notorious, and a little goes a long way if you know what I mean. Too much is not good, it’s a laxative. Most importantly, curry, and curcumin are considered effective and safe by most physicians. I’d ask about supplementing with it if you have inflammatory conditions, especially autoimmune ones like rheumatoid, ulcerative colitis, Crohn’s and psoriasis.

*This info is not intended to treat, cure, or diagnose your condition. Visit [www.SuzyCohen.com](http://www.SuzyCohen.com). ©Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.*





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# THE POWER OF CHOICE IN MENTAL WELLNESS

by Karen Kersten, LPC, LMFT

**F**or many of us, the beginning of a new year is a time to establish and prioritize goals. Perhaps the most common goal many of us set is to do better about taking care of our overall health or wellness. It is so very important to begin this New Year with the concept of wellness firmly grounded as a #1 priority!

Although the concept of wellness is typically associated with our physical health, few would argue that overall wellness requires a healthy mind as well and research continually supports this. There is a very strong link between mind and body in regard to overall wellness. It has been estimated that 90% of mental well-being or happiness depends on outlook and attitude. Therefore, having a positive outlook and attitude about life has a lot to do with having a healthy mind. Since we are the architects of our lives, we can CHOOSE to be happy

by making the choice to have a positive outlook and attitude about life!

Mentally healthy individuals use several tools to develop mental wellness as part of their everyday life. Typically, they:

- have a positive attitude: They see life as a journey with its issues. Problems are viewed rather as “challenges and learning opportunities” to be addressed and managed. They also expect a level of success. A resilient mindset believes one can master the challenges!
- create a balanced lifestyle full of meaning/purpose: fun, lots of love, work. That translates to making time for oneself, spending time regularly with family and friends, taking care of work duties as needed, having a hobby/special interest, taking a vacation, managing finances responsibly, and nurturing physical health through diet, sleep, and exercise.
- begin the start of each day with a positive thought or mantra. Such a



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thought might be “This day is beautiful and I plan to embrace all parts of it!” Cultivate the belief that unforeseen issues are both temporary and manageable!

- manage stress! Proactively address the needs of each day.
- create a deliberate mindful set of positive thoughts (self-talk), which cultivates a positive mood!
- cultivate laughter.
- see beauty.
- see opportunities as a gift.
- avoid negative people, places and things!
- avoid excesses: food, drink, work, gambling, etc.
- are proactive. Know your needs and wishes and work to obtain them.
- cultivate an action plan of engaging versus avoiding or ignoring challenges.
- find resources in the community such as books, clubs, organizations, classes, mentors, support groups, etc., to assist with the needs and concerns they have.
- ask for help when needed.

*Karen Kersten is a therapist with The Center for Families, a nonprofit counseling agency serving northwest Louisiana.*

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# Serving on a Jury is a Privilege

by Judge Jeff Cox

One receives a summons for jury duty by certified mail, and oftentimes the responses are mixed. A lot of apprehension is due to lack of understanding of the jury system. Other times, people are upset because jury duty disrupts their busy lives.

Questions jurors usually ask are: How long will I have to serve? What types of cases will I hear? Will I look stupid if I have to answer any questions before a whole lot of people? For what reasons may I be excused from jury duty? Will I be sequestered and kept from going home at night?

If it makes you, the reader,

feel any better, judges are summoned for jury duty. I have been summoned to serve on an upcoming jury and I have not excused myself from this privilege. I will be sitting in the jury pool with you waiting my turn.

The role of a juror is that of a fact finder in jury trials. There are civil trials that can involve litigation dealing with issues such as vehicle accidents, medical malpractice, and other issues where one party sues another party. There are petit juries, or criminal juries, dealing with tri-

als of defendants that are alleged to have committed certain types of crimes. The jurors hear evidence based on the law and make a determination in civil cases of negligence and/or monetary compensation, and in criminal cases a determination of guilt or innocence of the accused. The only jury that cannot go home at night is a case where a capital murder is committed and the death penalty is a possibility for punishment. On all other cases, the jury is released each day at the end of the proceedings to go home.

The history of jury trials can be traced back to the Magna Carta. It is a not only a civic duty to serve when summoned for jury duty, but it is a privilege to serve in that capacity as citizens of our nation. There are qualifications that one must have, however, in order to serve as a juror. You must be a citizen of the United States and this state and have resided within the parish in which you would serve for at least one year immediately preceding jury service; you must



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be at least 18 years of age; you must be able to read, write and speak the English language; you must not be under interdiction or incapable of serving as a juror because of a mental or physical infirmity, provided that no person shall be deemed incompetent solely because of the loss of hearing in any degree; and you must not be under indictment for a felony or not have been convicted of a felony for which you have not been pardoned.

There are only two exemptions one can claim to not serve on a jury, and those are persons who have served as a grand or petit jurors in criminal cases or as trial jurors in civil cases during a period of two years immediately preceding their selection for jury service, or persons who are seventy years of age or older. However, these are exemptions that one has to claim if they desire to do so, but one certainly is eligible and encouraged to serve if they so choose. If one wants to be excused from jury duty for any legitimate reason, he or she must send a letter with supporting documents explaining the reason for the request.

The Court Administrator or Jury Coordinator's name is on the jury summons and can be contacted if one has a disability that requires accommodations, but this person does not have the authority to grant excuses to anyone if you call them with that request.

It is very important to that a person can be held in contempt for ignoring the jury summons. The summons for jury duty should not be taken lightly. Sheriff's deputies can be sent to your home to force your appearance in court and the court can fine you or place you in prison once you are brought before the court.

The court does understand that times are tough and jury service can be a burden. The court will attempt to make your jury service as convenient as it can and try to not waste any of your time. But remember, if you or a loved one were on trial, you would want as many of your peers to choose from in order to receive a fair hearing. Remember, a price was paid by many with their lives so that we had the privilege of a fair trial.



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



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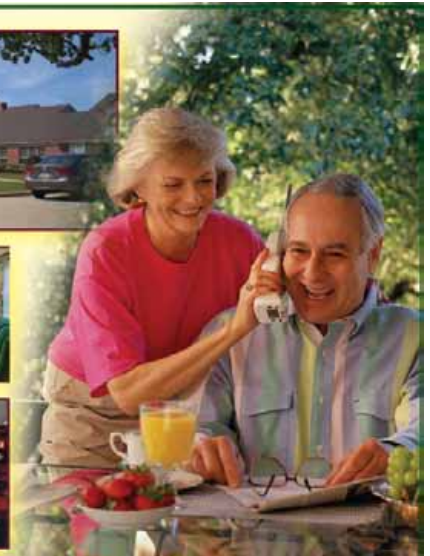
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## What You Need to Know Before Reading New Social Security Statements

by Jason Alderman

**N**o matter how far away you are from retirement, it's important to understand your Social Security benefits – and there's a particularly good reason to do it now.

The Social Security Administration (SSA) is bringing back annual paper benefits statements for the first time in three years. It stopped in 2011 to save money on printing and postage, but Congress and consumer advocates complained that workers needed better access to their data. In September, the agency reversed its decision and announced it's resuming the practice of mailing paper statements to workers in two categories:

- Those who are not receiving benefits and are within three months of turning 25, 30, 35, 40, 45, 50, 55, and 60. (After age 60, workers will receive a statement every year.)
- Those who still haven't registered for a My Social Security ([www.ssa.gov/myaccount/](http://www.ssa.gov/myaccount/)) online account.

Why is this important? First, if you've paid into the Social Security and Medicare system, you should understand the benefits you've earned. Second, as the SSA has been closing field offices and reducing services to the public, despite the fact that Baby Boomers are starting to flood the system. It's a good time to confirm and correct benefits due to the longer wait times on the agency's toll free telephone line and field offices.

Start by waiting for your next paper benefits statement or sign up at My Social Security website to review your current data. Here's a quick overview of what your statement tells you:

- **Introduction and your estimated benefits.** This section covers four categories. The first is your retirement benefits, which are based on your age when you start drawing them. The calculations are based on three critical ages as examples: 62 (the earliest age you can draw retirement benefits), 67 (the full retirement age for anyone born after 1960) and age 70 (the oldest anyone can start drawing benefits, generally at the highest level if you can wait). The second is disability, which refers to the amount of your monthly disability benefit if you qualify. Third, your family/survivors benefits if a loved one dies. And lastly, your Medicare eligibility and the particular facts to support that conclusion.
- **Your Earnings Record.** This is a summary of your earnings that you need to

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verify for accuracy. Pull your annual tax returns as far back as you can to confirm this information, and if you work with a tax or financial planning professional, double-check their conclusions if you plan to challenge any errors with the SSA.

- **Some Facts About Social Security.** Provides additional definitions and guidelines to better understand your statement and includes key contact information.

Most experts will tell you that when it comes to retirement, time is your biggest ally – it gives you the opportunity to invest, save and adjust your plan strategy. Use your statement to do the following:

- **Spot and correct errors.** If you and your tax professional spot disparities in your benefit statement make careful notes, gather your evidence and consult the SSA's contact page ([www.ssa.gov/agency/contact/](http://www.ssa.gov/agency/contact/)) to start the correction process remotely or in person.

- **Blend Social Security into a broader retirement plan.** Most experts agree Social Security alone won't provide a comfortable retirement. It's never too late to plan.

**Bottom Line:** Even if you're years away from retirement, make sure you understand your Social Security benefits, and that they're accurate and fit into a broader financial plan for your retirement.



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

**Dr. Bryan Vekovius** is a board certified ophthalmologist, who is one of the only specialists fellowship trained in treating tearing disorders. His innovative approach to treat dry eye and tearing disorders has improved the lives of many by sharpening their vision and improving their quality of life. He is also a recognized expert in cosmetic and reconstructive surgery of the eye, orbit bones, and eyelids. He has pioneered modern eye techniques to focus on the health of the eye as well as on cosmetic appearance.

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# A Quest for the “Ests”

## Visiting the Extremes of the United States

by Andrea Gross • photos by Irv Green

I'm a sucker for superlatives. My personal bucket list demands that I visit as many “ests” as possible, places that hold the record for being the highest, hottest or in some way the very best of their category.

I thought compiling the list would be simple, especially after I limited it to the United States, but of course it wasn't. I ran into myriad problems of measurement and definition. Eventually I came up with my own criteria, based as much on practicality and desirability as on quantifiable data.

Here, my recommendations for the Best of the Ests:

### HIGHEST

I have no intention of actually climbing the tallest peak, which rules out Alaska's Mt. McKinley (20,237 feet), yet I want to do more than peer toward the heavens. Thus I head for Colorado's Mount Evans. At 14,265 feet, Mount Evans is a pigmy among giants, but—and this is important—it's home to the highest paved road.

This means I can drive almost all the way to the country's highest parking lot, walk a mere quarter mile to the summit and voila, I'll be standing atop the highest reasonably accessible peak in the U.S.

The highway was built between 1917 and 1927 as a means of drawing tourists. It worked. Today the scenic drive—a two-lane ribbon that winds between towering evergreens, open meadows and lovely alpine lakes—is one of Colorado's top attractions. [[www.mountevans.com](http://www.mountevans.com)]



### LOWEST

Choosing the lowest spot is easy. Since I quickly rule out deep-sea diving and descending into a mine, I'm left with Death Valley, California, which is the lowest point of dry land that was formed by nature as opposed to by man-and-shovel.

The Valley's precise lowest point (282 feet below sea level) is near Badwater Basin, which sits amidst nearly 200 square miles of salt flats. A boardwalk lets visitors walk part way into the basin, but most folks step down onto the actual flats. The landscape is bizarre but beautiful, a pattern of interlocking shapes created by the valley's unique combination of extreme heat, minimal rainfall and low elevation. [[www.nps.gov/deva/index.htm](http://www.nps.gov/deva/index.htm)]

### DRIEST

Here I run into trouble. Calexico, a small town on the California-Mexico border, has the lowest annual rainfall, but Death Valley has the most consecutive days with no rainfall.

In the end I opt for neither. In my mind, “dry” suggests a place where I can mount a camel and ride endless miles across towering sand dunes. Calexico is dune-less, and while Death Valley has dunes, they aren't record-setters. For that I have to go to Great Sand Dunes National Park in Colorado, which although devoid of camels has 750-



foot tall sand piles, the highest in North America.

Later I learn that the dunes aren't really dry. In fact, it's the moist layer of sand right under the surface that holds the upper dry sand in place. But that's okay. At this point in my Quest-Est, I'm more concerned with imagery than scientific accuracy. [www.nps.gov/grsa/index.htm]

## WETTEST

As for the wettest place, I must choose between the soggiest land or the drippiest sky. Since I don't have a pair of wet boots but own several umbrellas, I decide on Hawaii's Mount Haleleale. Then I learn that the mountain's average rainfall exceeds 38 feet a year—a fact that greatly dampens my enthusiasm (pardon the pun)—so I restrict my search to the contiguous United States and end up on Washington's Olympic Peninsula.

While the Aberdeen Reservoir is the rainiest place with 130.6 inches a year, Forks is the rainiest town with 120 inches a year. More important, it's given this accolade not only by the National Climatic Data Center but also by Stephenie Meyer, who used it as a setting for her Twilight book series. Why, I may even spot a vampire along the shore or amidst the trees, and this makes Forks a double superlative—winner of both the wettest and the weirdest categories. [www.forkswa.com]

## GOLDEST

Once I exclude non-contiguous Alaska, Rogers Pass, Montana, holds the record for a one-day temperature low (-70°F), but the peak of New Hampshire's Mount Washington wins the title for all-time year-around cold (annual average temperature of 27°). In addition, with wind gusts that sometimes reach more than 230 mph, it's also considered the windiest place in the United States.

Therefore, with masochistic determination I head to the summit. The road is steep, narrow and bordered with deadly drop-offs. But am I glad I went? Absolutely. The view on top is spectacular and, what's more, at the Weather Discovery Center in nearby North Conway I learn that Mount Washington holds bragging rights to the best Est of all: Home of the World's Worst Weather.

It's a perfect way to end my search. The title of "Worst" makes Mount Washington the "Best." [www.mountwashington.org]



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# Rethinking the Tasting Note

by David White

"This first wine is a fighter; he's loud. The second wine is pensive; she has a dark side." This past Saturday, as I led a seminar in Chevy Chase, Maryland, one of the participants offered these tasting notes while comparing two wines.

We were exploring Pinot Noir from California and France. I offered more typical descriptions to highlight the differences -- dark, ripe cherries on the Sonoma example versus earthy, tart cherries on the one from Burgundy -- and several students pushed back.

At least half the room admitted that they find tasting notes bewildering. Others acknowledged that they scoff at wine descriptors. Many confessed that such notes intimidate them.

At first, I defended the standard wine review. I collect wine, so I pay close attention to people whose palates are similar to mine, like Eric Asimov of the New York Times. And I read reviews from critics like Stephen Tanzer and Antonio Galloni of *Vinous* to glean information about a wine's general flavor profile. With Chardonnay, for example, I'm interested in wines that are high in acid and offer aromas of tart citrus fruits. I'm rarely excited by a heavy Chardonnay with notes of ripe tropical fruits, butter, and oak. Basic descriptors like these help describe a wine and its style.

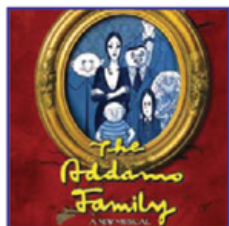
But I could sympathize with my students. Communicating effectively about wine shouldn't demand an encyclopedic knowledge of rare fruits and bizarre aromas; after all, wine is just fermented grape juice. Thanks to mass-market wine magazines, however, we've come to expect gobbledygook.

Consider *Wine Spectator's* wine of the year, Dow's 2011 Vintage Port. Critic Kim



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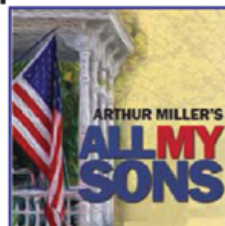
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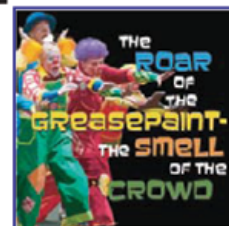
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Marcus praised the wine for its "surplus of dark plum, kirsch, and cassis flavors" and savored "Asian spice and raspberry tart accents" on the finish.

Raspberry tart accents? Kirsch and cassis? The wine sounds like a cocktail that's been spilled all over some throw pillows. It's no wonder why everyday consumers are turned off by the rhetoric of oenophilia.

In my seminar, the student who personified the two Pinot Noirs was joking. But after quickly reflecting on the notes, I praised his creativity and urged all my students to follow his lead.

After all, the descriptions were spot-on. Full of rich, ripe fruit and oak, the Sonoma Pinot Noir was a bruiser. If it were a person, he would always be the loudest in the room -- and a liability at the bar. The Burgundy, by contrast, was graceful. If it were a person, she'd spend her days studying poetry -- and offer a mischievous grin to admirers.

At the very least, descriptions like these are just as valuable as laundry lists of obscure aromas.

Imagine, for a moment, if I offered you a glass of either Dom Perignon or Krug, two of the world's top Champagnes. If I compared the former to Natalie Portman and the latter to Scarlett Johansson, you'd know what to expect: Dom Perignon's beauty is in its elegance; Krug is more of an opulent bombshell.

Likening wine to art also works. My favorite Beaujolais isn't enjoyable because it smells like strawberries and plums. It's enjoyable because it's like a Bruce Springsteen concert -- exhilarating, spiritual, and deeply emotional, with a finish that just keeps going.

Experiences also work. My favorite Champagne brings me back to the winemaker's small hotel in Avize, France, where I once spent a magical evening.

Wine enthusiasts are inevitably asked if we can truly detect crazy aromas in our wine. Those who answer affirmatively then find themselves explaining why they care so deeply about a beverage that smells like tar, wet leaves, black pepper, and blueberries. The truth, of course, is that those aromas have nothing to do with why we love wine. So perhaps it's time to change the way we talk about it.

*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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# The Best Books of 2014

by Terri Schlichenmeyer

So many books, so little time. It's easy to feel that way when faced with an entire bookstore full of possibilities. How do you pick? How do you know what's good?

Start here, with the Bookworm's Best of 2014...

Let's start with FICTION.

Throughout the year, every time something bad happens, you're reminded to hug the ones you love. "Five Days Left" by Julie Lawson Timmer, the story of a woman who is at the end stages of a terminal disease, and a man in another state who has fallen in love with a child he's fostering, will actually make you want to do that. Bring tissues. That's all I'm saying.

My list wouldn't be complete

without my annual nod to Emma Donoghue. Her novel "Frog Music," a big story of murder and lust set in 1870s San Francisco is a must-read for this year. It's a gauzy tale – in fact, it seems at times like a dream, as though the main character,

Blanche Beunon has imagined the whole friendship she had with Jenny Bonnet and the reason for Jenny's death. Bonus: it's based loosely on a true event.

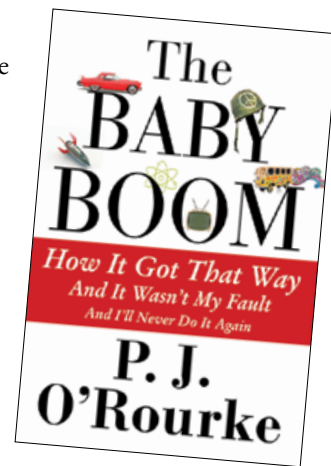
I almost guarantee that you won't see "The Last Time I Died" by Joe Nelms on any other Best Of list. It's here because it was one of those books that just struck me: Christian Franco, a loser in life and love, learns that he can re-visit his childhood by being brought back from the edge of death. Early trauma left him with holes in his memory. Reviving gave him answers. But he had to die again and again and you won't be able to put this book down until you know what happens.

They say we all have a doppelganger, and "Recognition" by O.H. Bennett is based on that idea: on a rainy night, as a young widow heads home to pick up her son, she sees a beggar who is her late husband's double. Many years ago, he went missing and was presumed drowned – but did he? You'll wonder, too...

And finally, a tie: "A Wanted Woman" by Eric Jerome Dickey and "I Am Pilgrim" by Terry Hayes are both thrillers; I couldn't decide which I liked better. Be aware that the Dickey book leans toward violence and profanity, while the Hayes book is more espionage-like. Both kept me on the edge of my seat for days...

And then there are my NON-FICTION PICKS...

"The Baby Boom" by P.J. O'Rourke will bring back memories



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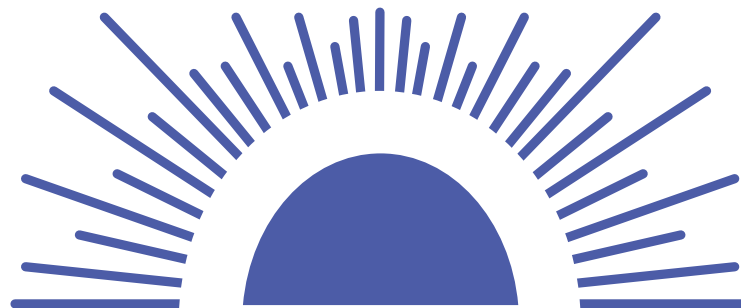
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for anyone born between 1947 and 1964. O'Rourke recalls the usual things that Boomers will remember – playing outside til dark, getting that first Color TV – but the real appeal comes when he finds something you've long-forgotten, and he expounds upon it. This book is like time-travelling to your childhood.

Lovers of the Old (or new) West will love "Badluck Way" by Bryce Andrews, the story of cowboying, ranch life, and the end of both. It's also a tale of conservation: wolves were a big problem on the ranch where Andrews worked, and they cost his employer a good amount of money. But where's the happy medium between raising cattle and being a steward to the land and its wildlife? This book doesn't have all the answers, but it'll make you think.

I'm normally not a big fan of biographies that include "recreations," but "Death of a King" by Tavis Smiley was a great exception. In this book, Smiley envisions the last year of Dr. Martin Luther King, Jr.: his friendships, his dilemmas, the heartbreak he knew and caused, the work he did, and that which he might've wished he didn't do. I liked this book because it's thoughtful, and because it makes Dr. King into an ordinary man. Smiley makes King approachable.

If you've read other Best Of lists this year, you've probably found "Being Mortal" by Atul Gawande there – and for good reason. It's about the end-of-life, aging, and how medicine perceives both. Gawande urges readers to take charge of the end of their lives. That's powerful stuff, in a powerful book.

And lastly, another tie: "The Removers" by Andrew Meredith, "Smoke Gets In Your Eyes" by Caitlin Doughty, and "The Skeleton Crew" by Deborah Halber all deal with bodies. Dead ones. The Meredith book is a father-son memoir in a coming-of-age way; the Doughty book is a memoir about her years working in a crematory; and the Halber book is about how everyday people spend their time comparing missing persons lists with online lists of unclaimed bodies. I liked 'em all. I couldn't decide ...

And there you are: twelve books you just can't miss. Happy Reading!



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# THE AUTOMOBILE NAME GAME

BY NICK THOMAS

Do you have fond memories of your first car? I don't. And the reason can be explained in two words: Chevy Chevette.

Okay, you can stop laughing now. I know this was not a vehicle that a young, testosterone-primed male of the 80s could worship as it rattled along the Interstate powered by an engine that roared like an electric toothbrush.

So after driving around unknowingly for weeks with a "Ram Me" sign someone had attached to the back bumper, I realized it was time to trade up to a vehicle with a name boasting a little more panache – a Thunderbird.

Car names are important to automobile manufacturers. They are keenly aware that public recognition and acceptance of a name can influence a vehicle's commercial success in a highly competitive industry.

Consider the Jeep Wrangler – a great earthy name for a car. But the Kia Kickit probably wouldn't inspire much consumer confidence.

Vehicles are often christened with names that intrigue or arouse our sense of adventure and excitement. What bold driver wouldn't want to be seen trekking through the rugged wilderness in a Pathfinder, Explorer, Outback, Expedition, or Navigator?

Exotic places also sell cars: Dakota, Monte Carlo, Malibu, Park Avenue, Tahoe, and Yukon – all exciting destinations and, presumably, exciting cars. A Lincoln Lubbock might never make it off the showroom floor.

Then there are drivers who select specific models according to his or her profession. Can't you see an astronomer behind the wheel of a Mitsubishi Eclipse; an optometrist in a Ford Focus; or a pilot taking off in an Isuzu Ascender? And what proctologist could resist parking a Ford Probe outside the surgery?

The late explorer Sir Edmund Hillary would have felt right at home climbing into a Mercury Mountaineer, although he would have been wary about the Chevy Avalanche. And almost certainly the infamous Heidi Fleiss would have treated her "girls" to a fleet of Escorts.

The animal kingdom has also been well represented in the automobile name game over the years. But not just any animal – often it is one that symbolizes power, strength or speed. So the Mercury Cougar, Dodge Ram, and Ford Taurus worked well (at least in name). But there have been successful exceptions to muscular monikers: the VW Beetle was a cute, popular car, and justly deserved its quaint title.

Two animal categories have been especially popular: horses and birds. In addition to the Mustang, Ford rounded up the best equine names with Bronco and Pinto as well. Wisely, they never produced a Ford Gelding – probably a little too Freudian for young male drivers.

During the energy conscious Carter administration, Dodge created a stable of their own with the Colt. It was a time of efficiency, when cars were named after little animals, such as the Audi Fox. There

were even VW Rabbits multiplying all over the freeways.

Our feathered friends have been well represented with the Jeep Eagle, Ford Falcon, and the Buick Skylark. Even chickens made an appearance in the 30s and 40s with the Bantam.

From the 60s and 70s, Plymouth had the Barracuda and the Roadrunner, which were great looking cars. But the head of Plymouth's marketing department should have taken a lesson from other companies that produced the Corvette Stingray, Fiat Spider and the Dodge Viper. Now there were some classic cars with names that had bite.

Along these lines, there are a few car names that may not immediately be recognized as animals, such as the Mercury Sable. A sable might be best described as an elegant weasel. Wisely, the Mercury marketers chose sable over weasel.

And let's not forget the Chevy Impala, named after a graceful deer-like African mammal. Well, perhaps graceful on four legs when gliding over the subtropical savannas, not necessarily when rattling along the Interstate on four wheels.

And speaking of rattling, I sometimes wonder about the fate of my old Chevette. I suspect it was melted down and recycled into a faster and more graceful vehicle, such as the one my neighbor currently owns, which just happens to be ..... a John Deere.

*Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written for over 450 magazines and newspapers.*



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## Recent DVD Releases

by **Mark Glass**,  
an officer & director of the  
St. Louis Film Critics Association.

### The November Man ★★☆☆



(R) Pierce Brosnan doesn't have to play James Bond to star in a successful spy flick. In this outing, he's a retired CIA operative brought back from his life of leisure by his old boss (Bill Smitrovich) for one key mission. Well, we all know that sort of plan never turns out to be as simple as promised. Otherwise, these movies would be shorts. And dull ones, at that.

The genre thrives on switches, double-crosses and players who ain't what they seem. All of those elements flourish in this taut tale, based on a novel by the late Bill Granger. A sadistic ex-general (who seems eerily Putin-esque) is poised to become Russia's next president, unless certain war crimes in his clandestine resume come to light. Brosnan scrambles around a handful of Russian and European settings, fending off threats from all sides, including his former protégé (Luke Bracey), and a key witness (Olga Kurylenko, the "Bond girl" with Brosnan's successor, Daniel Craig, in *Quantum of Solace*).

Will the creep succeed in burying all the possible witnesses to his atrocities? Who has what level of skin in the game? The answers are satisfyingly complex, with generous doses of action along the way.

### Dawn of the Planet of the Apes ★★½

(PG-13) I'm starting to OD on big-budget action flicks featuring massive computer-generated battle sequences. Even so, there's something to like about this sequel to 2011's *Rise of the Planet of the Apes*. The saga resumes about 10 years later, with

Caesar (Andy Serkis), the simian who learned how to speak, having established a thriving colony in Muir Woods, not having seen any human survivors of the global viral epidemic for a long time. Then a few show up. There are enclaves of us; one in nearby San Francisco. They need to reactivate a dam that's on Caesar's turf. Neither side understands or trusts the other. Apes were the source of the devastating pathogen; humans had a longer track record of mistreating their ancestors (zoos, lab experiments, habitat destruction, etc.). Not the climate for warm fuzzies among the warm or the fuzzy.



Some well-intentioned leaders work out a tentative truce, while other hawkish, paranoid members of both species undermine the prospects for peaceful coexistence. There's not much one could call novel about the story, but the execution is commendable. Analogies to historical and current political events and polemics are anything but subtle, but still valid. Mayhem staging is quite good, though I don't think 3-D enhanced it as fully as in several other recent sci-fi epics. Enjoy the ride; another sequel is in the works.

### Guardians of the Galaxy ★★☆☆



(PG-13) Though I've never met him, I'll bet St. Louis native James Gunn knows how to have fun while surviving in Hollywood. His scripts for *Dawn of the Dead* and *Slither* deftly combined horror and humor. Now he shines

as the writer and director of this light-hearted big-screen incarnation of a Marvel Comics superheroes-in-space series. Compared to the recent onslaught of big-budget productions tending to be dark in tone, or otherwise taking themselves far too seriously for fantasy fare, *Guardians* stands out as a breath of fresh air.

We're shown the origins of what becomes a team of one roguish, Han Solo-esque Earthling (Chris Pratt); a foxy green assassin (Zoe Saldana); a diminutive, sarcastic humanoid racoon lab

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experiment (voiced by Bradley Cooper); a hyperthyroid sourpuss (David Bautista) who makes The Hulk seem perky; and a big locomotive tree with limited vocabulary, but surprising skills (Vin Diesel at his most appealing...just the voice). This motley crew of crooks and grudge holders winds up as unlikely allies against a galactic megathreat.

To Gunn's credit as a writer, he lays out a surprisingly coherent screenplay, considering the large number of characters, exotic alien life-forms, planets and backstories he's cramming into two hours. Lacking any previous awareness of The Guardians, I have no idea how true he is to their pulpy roots. Yet bringing newbies like me up to speed so efficiently, while delivering plenty of laughs and splashy action along the way, makes his directing admirable, as well.

Pratt's character is just starting to find his place in space. Cooper's is the source of most of the laughs; others come largely at Bautista's expense; Saldana would be sexy reading from a phone book in a muumuu. The creators wisely chose not to aim for the emotional depth or sense of wonder we got from the original Star Wars trilogy. Nor are they competing with the likes of Batman and Spiderman for angst-driven heroics, even though these protagonists have all suffered hard knocks of their own. This adventure hits all the right notes for large-scale f/x action sequences, mind-blowing sets and species, suspense and comedy. I've rarely left the theater after one of these sci-fi epics so ready for its inevitable (in this case, scheduled for 2017) sequel.

### The Hundred-Foot Journey ★★☆☆½

(PG) For those craving a nice little dramedy aimed for older audiences, this one should fill the bill nicely. A family of restaurateurs from Mumbai is forced from their home by political unrest. After a failed attempt to re-start in England, they're driving through France when their car breaks down in a remote village. The patriarch (Om Puri) senses their destiny lies there in an abandoned eatery, despite its proximity to an elegant one-star Michelin Guide establishment directly across the road. The star of the enterprise is Hassan, who inherited his late mother's instincts for creating unique and wonderful dishes, and just needs the chance to let his gift blossom.



The locals, knowing nothing of Indian cuisine, are skeptical. The rival owner (Helen Mirren) is initially dismayed by the gaudy colors and pungent odors invading her turf, then threatened by the awareness of some serious competition. The two sides engage in various tactics to mess with each other, even as one or two possible romances stir across the battle line.

There's not a lot of novelty in the screenplay, but the settings are lovely and foodies will salivate over the kitchen and dining table closeups. The story plays out with a lyrical sweetness despite some ethnic unpleasantness in the mix. Mirren and Puri aren't the stars, but they're the ones who make it all work as well as it does.

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# BIG FLAVOR, LITTLE TIME

**Family dinners made in a SNAP**



## FAMILY FEATURES

**Y**ou don't have to be a master chef to create great meals that your family will love. Simple yet flavorful and warming dishes are the perfect solution for busy cooks with hungry families to feed. Ranging from classic spaghetti and meatballs to easy Italian lasagna in a skillet, these recipes combine carefully chosen ingredients, so you can serve meals rich with flavor and quality. Look for more great recipe ideas at [Hunts.com](http://Hunts.com).

## Classic Spaghetti and Parmesan Meatballs

**Servings:** 6 (1½ cups pasta with sauce and 2 meatballs each)

1 pound ground round beef (85 percent lean)  
¾ cup Grated Parmesan Cheese, divided  
¼ cup chopped fresh Italian (flat-leaf) parsley  
1 egg, slightly beaten  
1 tablespoon finely chopped garlic, divided  
¼ teaspoon salt  
1 tablespoon olive oil  
¾ cup finely chopped yellow onion  
1 can (14.5 ounces) Diced Tomatoes, undrained  
2 cups Hunt's Tomato Sauce  
¼ cup chopped fresh basil  
1 tablespoon granulated sugar  
12 ounces dry spaghetti, uncooked

Preheat oven to 375°F.

Combine beef, ½ cup Parmesan cheese, parsley, egg, 1 teaspoon garlic and salt in medium bowl. Divide mixture into 12 portions; shape into meatballs and place on aluminum foil-lined shallow baking pan. Bake 15 minutes or until done (160°F).

Heat oil in large skillet over medium-high heat. Add onion; cook 4 minutes or until tender, stirring occasionally. Add remaining 2 teaspoons garlic, cook 1 minute more or until fragrant. Stir in undrained tomatoes, tomato sauce, remaining ¼ cup Parmesan cheese, basil and sugar. Bring to a boil.

Add meatballs to sauce; gently stir to coat. Reduce heat and simmer 10 minutes or until sauce has thickened slightly, stirring occasionally.

Meanwhile, cook spaghetti according to package directions. Drain spaghetti; top with sauce and meatballs. Top with extra Grated Parmesan Cheese, if desired.

## Easy Chicken Parmesan

Servings: 6 (1 breast with sauce and spaghetti each)

- |                                                                              |                                                |
|------------------------------------------------------------------------------|------------------------------------------------|
| 1 can (15 ounces) tomato sauce                                               | 6 small boneless skinless chicken breasts      |
| 1 can (14.5 ounces) Diced Tomatoes with Basil, Garlic and Oregano, undrained | $\frac{3}{4}$ pound spaghetti, uncooked        |
| 6 tablespoons grated parmesan cheese, divided                                | $1\frac{1}{2}$ cups shredded mozzarella cheese |

Heat oven to 375°F.

Pour tomato sauce and undrained tomatoes into 13-inch-by-9-inch baking dish. Stir in  $\frac{1}{4}$  cup (4 tablespoons) Parmesan. Add chicken; turn to coat evenly both sides of each breast with sauce. Cover.

Bake 30 minutes or until chicken is done (165°F). Meanwhile, cook spaghetti as directed on package, omitting salt.

Top chicken with remaining cheeses; bake, uncovered, 5 minutes or until mozzarella is melted. Drain spaghetti. Serve topped with chicken and sauce.



## Classic Skillet Lasagna

- |                                                |                                                                                                         |
|------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| Servings: 6 (about $1\frac{1}{3}$ cups each)   | 12 ounces Italian pork sausage                                                                          |
| 8 ounces dry bowtie (farfalle) pasta, uncooked | $\frac{1}{3}$ cup chopped yellow onion                                                                  |
| 1 cup part-skim ricotta cheese                 | 2 cans (14.5 ounces each) or 1 can (28 ounces) Diced Tomatoes with Basil, Garlic and Oregano, undrained |
| $\frac{1}{3}$ cup grated parmesan cheese       | 1 can (6 ounces) Tomato Paste                                                                           |
| 2 tablespoons water                            | $1\frac{1}{2}$ cups shredded part-skim mozzarella cheese, divided                                       |
| $\frac{1}{4}$ teaspoon ground black pepper     |                                                                                                         |

Cook pasta according to package directions, omitting salt.

Meanwhile, combine ricotta cheese, Parmesan cheese, water and pepper in small bowl; set aside.

Heat large skillet over medium-high heat. Add sausage and onion; cook 3 – 5 minutes or until sausage is crumbled and onion is tender, stirring occasionally. Drain.

Add tomatoes (undrained), tomato paste,  $\frac{3}{4}$  cup mozzarella cheese and cooked pasta to skillet; stir to combine.

Dollop spoonfuls of ricotta mixture on top of pasta mixture. Sprinkle with remaining mozzarella cheese.

Reduce heat to low; cover and cook 2 – 3 minutes or until ricotta mixture is hot and mozzarella cheese melts.



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## CONCERTS

**Night of Praise Concert** - hosted by the Price Harris Ministries. Friday, January 9 at 6:00 p.m. at the Calvary Baptist Church in Shreveport. An evening for people to come together for fellowship around gospel music. The Green Acres Choir from Tyler, Texas will be one of the choirs performing. **FREE.** For additional information, please call (318) 347-4370.

**The Music of Pink Floyd** - Shreveport Symphony. Saturday, January 17 at 7:30 p.m. @ RiverView Theatre in downtown Shreveport. Experience the music of Pink Floyd as the SSO performs with a full rock band. This two-hour-plus concert features a massive light show timed with more than 15 Pink Floyd tunes, including "Money," "Learning to Fly," "Comfortably Numb" and selections from *The Wall*. Tickets: \$25 - \$65. Call 318-227-TUNE (8863). [www.shreveportsymphony.com](http://www.shreveportsymphony.com)

**SSO Rising Stars: Dvorak Cello Concerto** - Shreveport Symphony. Saturday, January 24 at 7:30 p.m. @ RiverView Theatre in downtown Shreveport. Featuring: Guest Artist & Shreveport Native John-Henry Crawford. Tickets: \$17 - \$58. Call 318-227-TUNE (8863). [www.shreveportsymphony.com](http://www.shreveportsymphony.com)

## DRIVER SAFETY

**AARP Driver Safety Program** - 4 hour classroom refresher course which may qualify participants age 55+ for a 3 year car insurance reduction or discount. Seating is limited. Participants must **preregister**. \$15 for AARP members (AARP card required); \$20 for non-AARP members. Correct change or checks payable to AARP.

• Jan 5: 8:30 a.m. – 12:30 p.m.  
First United Methodist Church, 201 John Wesley Blvd., Bossier City. Contact: Jane Cooper 318-742-3823; Instructor: Martha Hogan

• Jan 10: 8:30 a.m. – 12:30 p.m.  
Hebert's Town and Country, 1155 E. Bert Kouns Ind. Loop, Shreveport. Hosts: Hebert's and *The Best of Times*. Contact: 318-221-9000; Instructor: Martha Hogan

• Jan 17: 9 a.m. – 1:00 p.m. Desoto Parish Library, 203 Highway 5, Logansport. Host: Tommy McMellon; Contact: 318-697-2311; Instructor: Mary Sue Rix

## EVENTS

**"Asset Protection Planning For Your Long Term Care"** - Monday, January 19, 2:30 to 4:00 p.m. Presented by attorney Kyle Moore at The Waterford at Shreveport, 2222 East Bert Kouns, Shreveport. Learn how to protect your family from devastating nursing home costs by qualifying for Medicaid; how Veterans Aid and Attendance pension benefits are available while you live at home, in a senior residential facility, or in a nursing home; how to protect yourself from financial predators. **FREE** but reservations are required. RSVP to 318-222-2100, ask for Kyle's group.

**Barksdale Global Power Museum Association Fall Awards Banquet** - (formerly the Eighth Air Force Museum Association). January 24 at the Eldorado Casino Resort Shreveport, 451 Clyde Fant Pkwy, Shreveport. Cocktails at 6:00, Dinner is scheduled for 7:00. Speaker: Lieutenant General Thomas J. Keck,

# Get Up



USAF (retired) past Commander, 8th Air Force, Barksdale Air Force Base. He was in command of the 8th Air Force during the 9-11 series of events, including briefly hosting President George W. Bush with Air Force One at Barksdale Air Force Base. The public is invited to attend. Cost including dinner is \$75 per person; Table Sponsorships are available at \$700 for 10 guests. Dress is Business Casual, open collar. Please RSVP until January 20 by email to [info@8afmuseum.com](mailto:info@8afmuseum.com), or call the Museum Gift Shop at 318-752-0055.

## KREWE ACTIVITIES

**Krewe of Elders Grande' Bal** - Friday, January 23 at 6:30 p.m. at Sam's Town Ball Room located at 315 Clyde Fant Memorial Parkway in downtown Shreveport. Entertainment provided by The Pack. Cash bar. Black Tie. \$65 per person. Open to public. Dinner Buffet. For more information or tickets call 752-9175; 631-8865.



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## Mondays & Tuesdays

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## MEETING

**GENCOM Genealogical Society** - Sunday, Jan 25 from 2:00 to 4:00 p.m. at the Broadmoor Branch Library, 1212 Captain Shreve Drive, Shreveport. Gary Calligas, publisher of *The Best of Times* and host of The Best of Times Radio Hour will present "Recording Family Stories Before They Are Lost". In his presentation Mr. Calligas will encourage and challenge attendees to start now to write or record their memories and family stories. After the program GENCOM will provide information on how to get started in writing your family stories. Everyone is welcome and the meeting is **FREE** and open to the public. For more information and details call (318) 773-7406 or email [jgjoness09@gmail.com](mailto:jgjoness09@gmail.com).

## MOVIE

**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. Caddo Council on Aging. 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. **FREE**.

- Thursday January 1: Closed
- Friday January 2: Closed
- Thursday January 8: 10 a.m. "Coates Bluff" by Chuck Lambert
- Friday January 9: 10 a.m. Tech Talk for Seniors Social Media Basics including: Facebook, Twitter and more
- Thursday January 15: 10 a.m. "Hospice 101" by Steve Bordovsky
- Friday January 16: 10 a.m. Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tech tips
- Thursday 22: 10 a.m. "Senior Tax Filing" by Cherrie Groves
- Friday January 23: 10 a.m. Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tech tips
- Thursday January 29: 10 a.m. "Medicare 101 and Ways to Save Money and Stay Healthy" by Mary Alice Rountree
- Friday January 30: 10 a.m. Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tech tips

## THEATRE

**Guys and Dolls** - Thursday, February 5 at 8 p.m. at The Strand Theatre, 619

Louisiana Ave., Shreveport. Considered by many to be the perfect musical comedy, this romantic romp introduces us to a cast of vivid characters. The original and its many revivals have won too many Tony Awards to name. Ticket prices: \$68.50, \$55.50, \$35.50. (318) 226-8555. [www.thestrandtheatre.com](http://www.thestrandtheatre.com)

**Two on the Aisle, Three in a Van** - January 8, 9, 10, 15, 16, 17 at 8:00 p.m.; January 11 & 18 at 2 p.m. The Shreveport Little Theatre, 812 Margaret Place, Shreveport. Sometimes the best comedy isn't onstage but from the stage door parking lot, where the point of view comes from the theatre's backstage unsung heroes. \$18 - \$20. For tickets (318) 424-4439 or [boxoffice@shreveportlittletheatre.com](mailto:boxoffice@shreveportlittletheatre.com).

**Vanya & Sonia & Masha & Spike** - January 9, 10, 16, & 17 @ 7:30 p.m.; January 11 & 17 @ 3:00 p.m. Master of comedy Christopher Durang's witty mash-up of Chekhov characters and smartphones is a delightful new farce for our hyperconnected era. Will Vanya and Sonia ever find happiness? Will Masha sell the Bucks County farmhouse out from under them? And will Spike ever put his pants on? The utterly hilarious and occasionally touching answer is just a ticket away. Winner of the 2013 TONY® Award for Best Play! East Bank Theater at 630 Barksdale Blvd. in Bossier City. Tickets are \$18 for adults; \$15 for Seniors/Students. For information on this or any of our exciting upcoming projects or to purchase tickets, call 218-9978 or email [stagecenterla@gmail.com](mailto:stagecenterla@gmail.com).

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# King Crossword

*Puzzle answers on page 42*

## ACROSS

- 1 Use an old phone
- 5 Poorly lit
- 8 Atomizer output
- 12 “— Karenina”
- 13 Anger
- 14 Golden Rule word
- 15 Fleet from far away
- 16 Cistern
- 17 Gulf War missile
- 18 Dwarf plant
- 20 Self-defense martial art
- 22 Egos’ counterparts
- 23 Decks in the ring
- 24 Fashion
- 27 Listing alphabetically
- 32 Leave dumbstruck
- 33 Individual
- 34 Tic-tac-toe win
- 35 Couch potato’s place
- 38 Heal, as a broken bone
- 39 Charged particle
- 40 Midafternoon, on a sundial
- 42 Not celebrat-

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			
56					57				58			

- ed, as a hero
- 45 Had a stogie
- 49 Reason for a tarp
- 50 — Baba
- 52 Mediocre
- 53 “It shouldn’t happen to —”
- 54 Ultramodernist
- 55 “Star Trek II” villain
- 56 Highway section
- 57 Martini ingredient
- 58 Pivot
- 4 Timmy’s pet
- 5 Math
- 6 A Gershwin
- 7 Transcending (Pref.)
- 8 Tundra creature
- 9 Cut
- 10 Poker variety
- 11 — list (agenda)
- 19 Commercial
- 21 White House nickname
- 24 Scratch
- 25 Have debts
- 26 Choice
- 28 Away from SSW
- 29 Scorn
- 30 “There’s — in team”
- 31 Obtained
- 36 Lizard’s locale?
- 37 Hostel
- 38 Newsstands
- 41 “— Gonna Sit Right Down and Write Myself a Letter”
- 42 Caspian feeder
- 43 Zilch, in Xochimilco
- 44 Jets or Sharks
- 46 1980s-90s German chancellor
- 47 Birthright barterer
- 48 Finished
- 51 Wahine’s gift

## DOWN

- 1 Smear
- 2 Data
- 3 Any time now

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# MAGIC MAZE ● RESTRAINTS

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

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

- |          |           |         |          |
|----------|-----------|---------|----------|
| Air bag  | Collar    | Leash   | Sling    |
| Anchor   | Fastener  | Lock    | Tether   |
| Arrester | Handcuffs | Muzzle  | Tie down |
| Chain    | Hobble    | Shackle |          |

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## Sudoku

by Linda Thistle

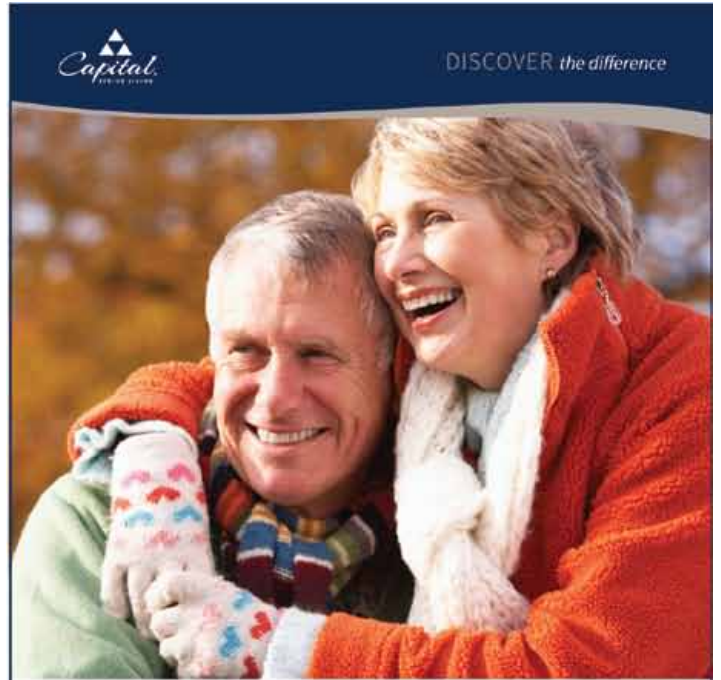
	2				6			3
		3		5		1		
1			4					8
	3		8					9
5				3		7		
		9			1			4
		8	7			9		
6				2			4	
	9				5			6

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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(Puzzles on pages 40-41)

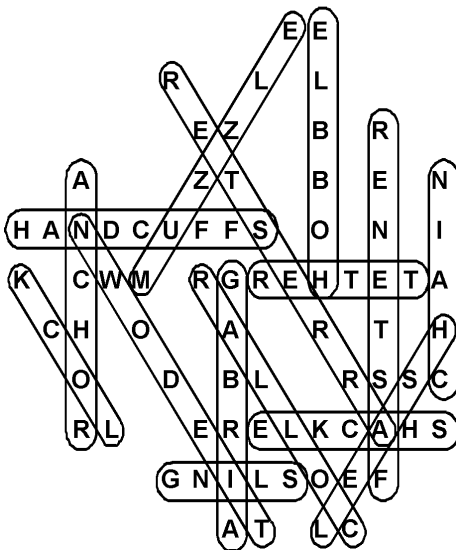
# King Crossword

Answers

Solution time: 25 mins.

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

## RESTRAINTS



## SUDOKU

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

# ANSWERS FROM THE EXPERTS

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

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



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*My mother's Medicare HMO tells me that she cannot utilize the home health agency for my mom that she used before as they are not part of their network. I am not familiar with the choices of home health agencies the HMO said that I can choose from, so I want to use the home health that we have used before. What are my further options and I can I appeal their mandate to use a certain agency?*

You can choose any home health agency serving your community. Each agency has contracts with specific and most likely many private insurances, managed Medicare plans (HGP), and some even accept Medicaid plans. Original Medicare is the most accepted insurance for home health agencies. If the agency is not in network with your current plan you may still choose to use the home health agency you prefer. If you are not in network, you will most likely have to pay more or even all of the cost yourself. You can also appeal the decision of the HMO to the Division of Administrative Law Health and Hospitals Section at 225-342-5800. They will lead you though your appeal. Appeals take time and paperwork so be prepared.



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Over 12 million people visit a doctor's office for a shoulder problem annually. Athletes are particularly prone to shoulder injuries due to repetitive, cumulative stress/injuries. Injuries occur during sports, as well as every day home and work activities. Most shoulder problems involve muscles, tendons, and/or ligaments and can be treated effectively with exercises, medications, physical therapy, etc. Steady pain, limitation of motion, difficulties with work activities of daily living or difficulty with sleep should alert you to seek an orthopedic surgeon for help in diagnosing and treating your shoulder pain.



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*When should I have cataracts taken out?*

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## 🌸 Bossier Council on Aging 🌸

**Info & referrals** - 741-8302

**Caption Call System** - Hard of hearing telephone system available @ no cost. Must have landline & internet services.

**Caregiver** - Support services are provided for family caregivers including in-home respite care for the caregiver, education for the family, and material aid and sitter services for the patient. \$3/visit suggested.

**Home Delivered Meals** - Provided Monday - Thursday for homebound seniors in Bossier parish. \$2 suggested contribution.

**Homemaker** - Trained employees provide light housekeeping for

seniors having difficulty maintaining their homes. \$3/visit suggested.

**Legal Services** - Education on elder legal issues. Counseling for individuals is accessible monthly with a local lawyer or by referrals.

**Medicaid Food Stamp Applications** - Application center and assistance filling out the forms. By appointment only.

**Medical Alert** - With a referral from BCOA, an auto dial unit is available for installation on your phone. Necklace, wristband, or pocket clip styles provided. Press the button for immediate help. \$25 fee per month.

**Outreach** - Home visits are made

to help qualify seniors for services.

**Senior Centers** - Recreation, crafts, educational seminars, and health information. Also: day trips, extended trips, exercise/dance classes, bingo, cards, dominoes, health screenings, exercise equipment room, Senior Games and Thursday night dances with a live band. Hot, nutritious meals served at 11:30 AM at the sites, Monday - Friday. \$2 per meal is suggested.

• Bearkat Site (741-8302), 706 Bearkat Dr., Bossier City. Monday through Thursday 8 am - 4:30 pm; Friday 8 am - 2:30 pm.

• Plain Dealing Site (326-

5722), 101 E. Oak St., Plain Dealing, 9 AM - 1 PM

• Benton Site (965-9981), 102 Bellevue, Benton, 10 AM - 1 PM, Monday - Thursday.

**Transportation** - Wheelchair accessible vans available to transport seniors to grocery shopping, senior centers & BX (with military ID). \$3 suggested contribution. Medical appointment transportation provided with a \$10/roundtrip charge. Also contracts with Medicaid for referrals.

**Zumba classes** - Monday & Wednesday @ 5:30 pm, Saturdays @ 10 am. Open to the public, free for seniors.

## 🌸 Caddo Council on Aging 🌸

**Information Referral** - Call 318.676.7900 for specific problems

**Resource Directory:**

www.caddocouncilonaging.org

**Aging & Disability Resource Center of Northwest LA** - Serving Seniors & Disabled Adults in Northwest Louisiana Parishes. Call 1.800.256.3003 or 318.676.7900

• Long Term Care Resources & Options - Help navigate complex system of Long Term Care

• Medicare Counseling - Answer Medicare coverage questions

• Medicare Part D Application - Assist you to find the best plan through www.medicare.gov

• Medicine Assistance - Help seniors and disabled adults complete applications to drug companies for free or discounted medicine.

**Community Choice Waiver** - Case manager for Region 9.

**Family Caregiver** - Short-term temporary relief care is provided for caregivers so that they may have a break from senior care. A donation is requested.

**Foster Grandparent** - 318.676.7913. Seniors age 60+ can serve as mentors, tutors & caregivers to youth with special needs. Foster grand-

parents must meet federal income requirements. A modest tax-free salary is given for 20 hours' per week service.

**Homemaker** - A trained worker will perform light household tasks for house-bound persons. A \$5 monthly donation is requested.

**Legal Services** - Referrals for individual counseling

**Meals on Wheels** - Hot meals are delivered to homes of seniors unable to shop or cook for themselves. A yearly wellness check is included. A \$5 weekly donation is requested.

**Medical Alert** - Senior emergency response system provided by Acadian on Call for a \$22 monthly fee. This system gives immediate access to medical care in case of accidents.

**Medicaid Applications** - Application center and assistance filling out the forms. By appointment only.

**Nursing Home Ombudsman** - Advocate will investigate and resolve senior's nursing home complaints.

**Personal Care** - Personal care provided weekly for homebound seniors.

**Senior Centers/Dining Sites** - Fun activities. Lunch served. Suggested \$1.50 donation accepted.

• A.B. Palmer SPAR, 547 E. 79th St., Shreveport. 673-5336.

Mon thru Thur 9 am - 1 pm. Lunch @ 11:30 am.

• Airport Park SPAR, 6500 Kennedy Dr., Shreveport. 673-7803. Mon thru Thurs 9 am - 1 pm. Lunch @ 11:00 am.

• Cockrell SPAR, 4109 Pines Road, Shreveport. 629-4185. Mon thru Thurs 10 am - 12 noon. Lunch @ 10:30 am.

• Lakeside SPAR, 2200 Milam St., Shreveport. 673-7812. Mon through Thurs - 10 am - 12 noon. Lunch @ 11:30 am. Breakfast served Wed, Thurs & Fri @ 9 am.

• Martin Luther King Community Center. 1422 Martin Luther King Blvd, Shreveport. 222-7967. Mon through Fri: 9:30 am - 1:30 pm. Lunch @ 11:30 am. Transportation available on a limited basis. Call for more info.

• Mooringsport. 603 Latimer St., Mooringsport. 318-996-2059. Tues, Wed, & Thurs. 9 am - 12:30 pm. Lunch @ 11:30 am.

• Morningstar, 5340 Jewella Ave. Shreveport. 318-636-6172. Mon through Fri - 8:30 am to 12:30 pm. Lunch @ 11:00 am. Transportation available on a limited basis. Call for more info.

- support services that provide a temporary break in the tasks of caregiving. For family caregivers who are providing care for an older individual who is determined to be functionally impaired because of inability to perform instrumental functions of daily living without substantial supervision and assistance. This service is provided to persons caring for a homebound relative 60+, for a relative 60+ caring for a homebound child or grandchild.

**Home-Delivered Meals** - Noon meal delivered to eligible home-

bound elderly (illness, disability or while caring for spouse who is), 5 days a week.

**Homemaker services** - Provided to those meeting specific requirements.

**Information and Assistance** - Provides the individual with current information on opportunities and services within the community.

**Legal Assistance** - providing legal advice, counseling, and representation by an attorney. Lectures are scheduled on a quarterly basis.

**Medicaid enrollment center** -

take initial Medicaid applications

**Medical Alert** - linking clients with in-home emergency response system.

**Recreation** - Art, crafts, hobbies, games, and trips.

**Transportation** - transporting older persons to and from community facilities and resources. Assisted transportation also provided and must be scheduled weekly in advance.

**Wellness** - designed to support/improve the senior's mental/physical well-being through exercise, physical fitness, and health screening.

## 🌸 Webster Council on Aging 🌸

**Minden Senior Center** (371-3056 or 1-800-256-2853), 316 McIntyre St., Minden, LA 71055; 8 am to 4 pm

**Cotton Valley Senior Center** (832-4225), Railroad Ave., Cotton Valley; 8:30 am to 12:30 pm

**Springhill Senior Center** (539-2510), 301 West Church St., Springhill; 8 am to 4 pm

**Congregate Meals** - nutritionally balanced meals for persons 60+ and spouses provided at senior centers, served 5 days a week.

**Family Care-Giver Support**



# Sky Rocks! Christmas in the Sky

2015 January  
*Happy New Year!*

Attendees partied like rock stars at Sky Rocks! Christmas in the Sky, benefiting the Shreveport Regional Arts Council, on 12-13-14 at Harrah's Louisiana Downs. The gala featured live and silent auctions, entertainment, dancing, cocktail buffets, costumed characters and fabulous sets.



Pat and Bill Stell



Michael and Richea Corbin in the Electric Daisy Carnival section



Hugh Johnson and Jay Covington



David and Janin Pou



Mr and Mrs Charles Johnson visit with one of the costumed characters in the Motown section



David Holmes with SKY British Invasion entertainers

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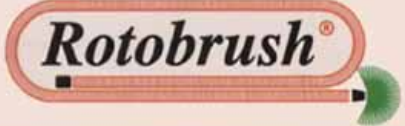
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# PARTING SHOTS

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



Dr Carl and Sylvia Goodman



Susan and Judge Jeff Cox



Harold and Bev Sater with one of the many entertainers



Sky Chair Waynette Ballengee welcomes the sell-out crowd of attendees



(l to r) Anna and Darrel Folse with Clarence and Sue Babineaux in the Rock of 80s section



Drs. Maurie and Lane Rosen

## *A National Memory Screening Day*

event was held on November 8th at Broadmoor United Methodist Church.

**Right:** Jackie Nettles (left) and Debbie Hayes

**Far right:** (l to r) Cookie Reed, Viola Burr, Fay Cunningham, and Ruth Booker



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January 2015 Parting Shots (continued)  
**More Area Events**  
*Strand Theatre*



Debbie and Robert Grand visit with Claire Nelson (right) on December 6 in the Chandelier Room at the Strand Theatre during the intermission of Dicken's "A Christmas Carol".



**Highland Family Night**

(l to r) Emme Spalding, Pastor Billy Spalding, Jon Simpson, Sandra Simpson, Brittany Lee and Luke Lee at the Highland Family Night Dinner held at Calvary Chapel.

**AARP  
 Rose City Chapter**

held their annual Christmas party and new officer installation on December 1.

Betty Sellers and  
 Corporal Jimmy Thomas ➔



(l to r) Patsy Kracman, Dale Kracman, Carolyn Franklin, Bev Bowers, Marilyn Varnell, Vince Scholtes, Vernon Varnell, Don Jackson, and Bob Franklin



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- Depression, extreme sadness
- Confused thinking, difficulty concentrating
- Hallucinations; hearing voices
- Misuse of alcohol or medications
- Disorientation
- Numerous unexplained physical ailments
- Difficulties coping with daily living
- Excessive fears, anxieties or suspiciousness

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movie, books, and audio

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