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Shreveport's
Farmers' Market



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Cover photo taken at Shreveport's Farmers' Market by Casey Habich.

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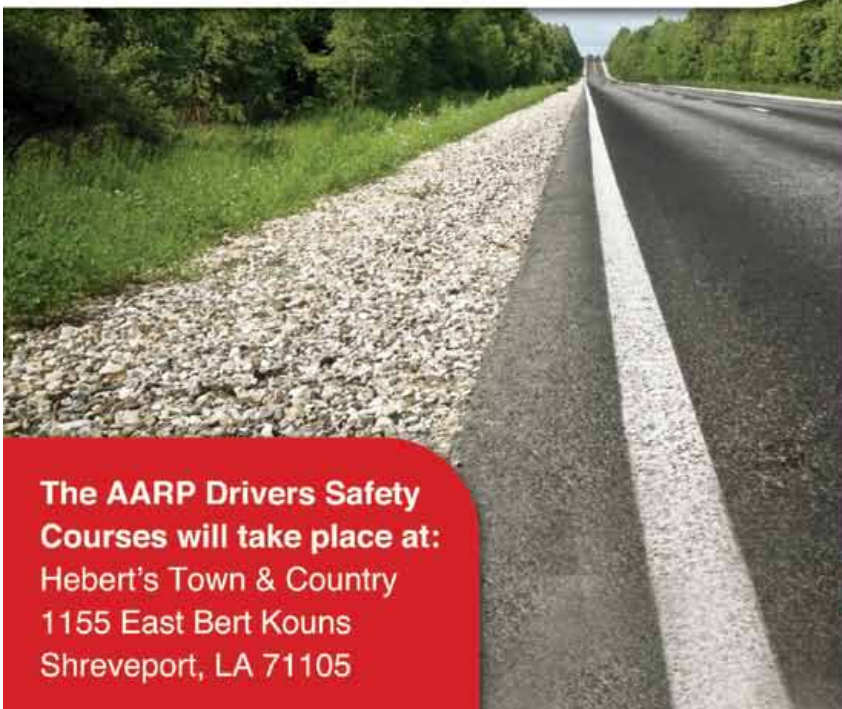
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June 7

"Services For Those With Disabilities"

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June 14

"Protect Yourself From Home Invasion"

Guests: Jeremy Haas with ARCS Self Defense of Shreveport

June 21

"Avoid Scams and Identity Theft"

Guest: Captain William Douglas and Claire Crawford with the Caddo Parish Sheriff's office

June 28

"Re-feathering the Empty Nest - Life After the Children Leave"

Guest: Wendy Aronsson, licensed psychotherapist and author

July 5

"The Chronic Cough Enigma"

Guest: Dr. Jamie Koufman, leading laryngologist and expert on acid reflux and voice disorders

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Take Responsibility, Make Amends and Forgive Yourself

Forgiving ourselves for hurting another is easier if we first make amends - thus giving our inner selves a “moral OK,” according to Baylor University psychology researchers.

The research, published in *The Journal of Positive Psychology*, is significant because previous studies show that the inability to self-forgive can be a factor in depression, anxiety and a weakened immune system, researchers said.

“One of the barriers people face in forgiving themselves appears to be that people feel morally obligated to hang on to those feelings. They feel they deserve to feel bad. Our study found that making amends gives us permission to let go,” said researcher Thomas Carpenter, a doctoral student in psychology in Baylor’s College of Arts and Sciences.

The more participants made amends, the more they felt self-forgiveness was morally permissible. Further, receiving forgiveness also appeared to help people feel it was all right.

Quit Bugging Me! Tips on Coping with Bug Bites

Warmer weather has folks venturing outdoors, and while the risk of running into a snake, bear or other menacing animal exists, the critters far more likely to be encountered in the great outdoors are ticks, mosquitos and other insects.

A lot of bugs pack a powerful bite or sting. Janyce Sanford, M.D., chair of the University of Alabama at Birmingham Department of Emergency Medicine, recommends an insect repellent with DEET, along with long pants and long-sleeved shirts, as the best way to ward off most pesky insects. DEET with a concentration of 10 to 30% is approved for use on children ages 2 months and older. Ten percent DEET will last about two hours, and 24 percent DEET lasts around five hours.

The best way to remove a tick, says Sanford, is to use tweezers and pull straight up in an easy motion. She recommends carrying an epinephrine auto-injector, commonly known as an EpiPen, when camping or hiking, for those who have previously had a severe reaction to a bee or wasp sting. EpiPens require a prescription from a physician and can be purchased at a drugstore. Sanford says a good first-aid kit is a must for anyone planning on spending time outdoors. Ready-made kits are available at outdoor stores, or they can be assembled from materials on hand. Include assorted bandages and basic medicines such as Tylenol, Benadryl and aspirin. Albuterol will help those with group members who have asthma or COPD. Include a 1 percent hydrocortisone anti-itch cream, foldable splints, alcohol wipes and cleaning agents.



It may not be the first thirst-quencher that comes to mind, but recent studies show that beet juice could help fend off Alzheimer's. Nitrates found in beet roots help blood and oxygen flow within the body by dilating blood vessels. In particular, they boost blood flow to the frontal lobes, which helps to prevent dementia. Other nitrate-packed foods include spinach, celery and cabbage.



SmartPhone Apps Help Doctors Manage Pain Patients

Mobile medicine is helping chronic pain patients cope with and manage their condition thanks to new smartphone apps, which can track patients from a distance and monitor pain, mood, physical activity, drug side effects, and treatment compliance.

According to Robert Jamison, PhD, professor of anesthesia and psychiatry at Harvard Medical School and pain psychologist with Brigham and Women’s Hospital, smartphone apps are helping pain specialists treat and monitor chronic pain sufferers. Mobile technology allows for easy time-effective coverage of patients at a low cost, offering significant opportunities to improve access to health care, contain costs, and improve clinical outcomes.

At the American Pain Society annual meeting, Jamison presented results of his research that found that internet-based cognitive behavioral therapy could significantly decrease pain levels, improve function, and decrease costs compared to standard care. A key feature of the pain management app is daily pain tracking in which patients are asked five questions about their pain, activity interference, sleep, mood, and overall status on a sliding scale of 1 to 10, and compare these with baseline ratings. Should pain ratings significantly increase from baseline or reach 9 or 10, the patient gets an immediate response that the pain specialist has been contacted.

“The pain management smartphone app can deliver non-pharmacological, cognitive behavioral treatment as well as prompt patients to stay active, comply with therapy, and develop pain coping skills,” Jamison reported.



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Shreveport's Farmers' Market

by Noma Fowler-Sandlin • photos by Casey Habich

Shreveport Farmers' Market is a lot like a plant. In the winter, the public doesn't see any of it, but lots of things happen just beneath the surface. Ideas and changes are fertilizing the soil for the wildly alive market that will be seen when the opening takes place around Memorial Day each year, on the first weekend after the Mudbug Festival vacates Festival Plaza. Concocting that fertilizer falls to me, its manager.

Just as a root must grow around things, so does our market. There are rocks and worms to move beyond, and to give the public what it wants, we must grow with the times. When the market was much smaller, we allowed farmers to supplement their home-grown items with things they'd bought from other farmers, and sometimes even from retail and wholesale sources to serve the voracious needs of our shoppers. For the seven years since I took over its management, the market has been reducing the amount of supplemental merchandise, and this year, with a few grand-fathered exceptions, almost all of what is sold will have been grown by the people selling it. This year, we've also tightened the description of what local means for a market as large as ours. Again, with thanks to those who've traveled further in the past built in to our model, it will all be grown within 100 miles of Festival Plaza, where it is held on Saturday mornings throughout the summer and fall, and on Tuesday afternoons for the first, cooler, half of the summer.

In the dark winter is when I meet with my employer, Kevin Stone, Executive Director of the Red River Revel Arts Festival, to discuss the many ideas I've had based on discussions with vendors and shoppers, and what I've learned through research during my "down time." Unlike most farmers' markets, Shreveport Farmers' Market is a project, just like Brew and Cork, of the arts organization.

To that point, the farmers' market seed has just been germinating in the green house of my mind. In March, at the annual orientation meeting, it gets more firmly planted. That is when we unveil the changes to the market, and find out who is interested. For the last two years, we've had to move those meetings from the old depot building in Festival Plaza to Riverview Hall, and hold four sessions to meet with as many potential participants as we can. Selling with us has become competitive, except for the local growers. We are determined to take all of those we can, first.

As we grow, we have tailored our rules to make the market the best it can be, and each year we attract more of the kinds of vendors a strong farmers' market should have. We've seen more and more farmers caring about how they treat their crops,



Farmers are working their magic, their skills, and worrying about late freezes, bug infestations, crop failures, but by opening day, **the fruits of their labor** will be brought to market.



We in the market definitely adhere to the belief that music makes our plant grow. I try to select performers who are just as “homegrown” as the merchandise at the market. Every year we try to play host to The Blanchard Jammers, a loosely-knit group of old-timers having a jam that fits our mission completely. We also have marvelous harmonies, roots blues, seasoned performers like Buddy Flett, and those just starting out.

After the meetings, the applications begin to pour in, and we see just what we have to do to stage the market for the public. I don't just throw all the names down on the map and hope for the best. I “plant” them where they have a chance at success. It takes over a month for me to lay out the market, trying not to put two vendors with exactly the same items right next to each other. Additionally, I must make sure electricity, of which there is never enough, is given to those who request it. Sometimes, I have to break hearts, because most of the spaces that have electricity are also the ones best suited for farmers. Since it's a farmers' market, they are given pride of place, electricity needed, or not. During the period it takes for me to put the market together, local crops are growing. Farmers are working their magic, their skills, and worrying about late freezes, bug infestations, crop failures, but by opening day, the fruits of their labor will be brought to market.

Opening day is a madhouse for the market, but a happy one, too. For the last two years, there have been over 12,000 visitors that day, and they are starved not only the produce, but for the experience of shopping amidst their neighbors, and buying from local sources. The farmers' market staff consists only of myself, plus two part-time assistants there for market days only. However, for those big days, we'll have a wonderful flock of volunteers, and plenty of manpower from SPAR who keeps the plaza in working order, and clean. At this point, our market is in full bloom.

Another big facet of the farmers' market is the public. Sure, I, as manager, put it together, and the farmers do the heavy lifting of growing the crops, but its the public who gives us the reason why. They are the container for our efforts – the pot in which we are grown. A good bit of my job is simply communicating to them. The internet has made such interaction much easier. We have a website where people can find answers to many questions. They can see a map of where each vendor is located, and find out a little about them, and what they sell. We also have a strong presence on Facebook, which is where people can get up-to-date information about special events within the market calendar, and

and more who sell by sustainable and transitional methods are coming forward. Sustainable agriculture is the act of farming using principles of ecology, the study of relationships between organisms and their environment. Some would call that “organic,” but using that word has become the fodder for lawsuits, as the government sells its certification, financially far beyond the reach of our farmers. Transitional means that a traditional farm is being weened of its addiction to chemical fertilizers and pesticides to become sustainable. That takes at least three years.

Although I could put a big gold star on the spaces of those who have made that transition already, our policy is to encourage dialog between the shopper and the seller. That way, not only can the consumer express their desires and concerns to the farmer, and the farmer describe and defend their policies, but build mutual respect between those two related parts of the shopping experience. Know your farmer. Not only do you get food out of that relationship, but sometimes, you make a friend, as well.

Another fortunate off-shot of our relationship to The Revel is that we can have a Market Cafe of concessionaires, providing delicious dining options. That segment of the market has grown so large and popular that for 2014 it's been relocated to the West Pavilion where it will accommodate a larger number of vendors than the old tent on the east side, and give choices from great Mexican food, to delicious beignets and cafe au lait, and just about everything in between. It will also contain multiple picnic tables for dining, and the music of local performers.

keep in touch. Prior to opening day, I will also make numerous media appearances. I try to get the word out just about any way I can.

Another great aspect of this market is that so many people can use it. We have an ATM on site, and many of the more technically-savvy vendors accept debit and credit cards. Due to many different price points, and our openness to work with various programs such as the Senior Nutrition Food Program, WIC, and SNAP, more people are able to shop at the market. Since we are located in the food desert of downtown, our weekly appearances there make it easier for so many people who live in the area. It is a lovely blending pot of shoppers from all financial backgrounds, races, age groups, and ethnicity.

After opening day, attendance follows the crop schedule. Throughout June, we are bustling. When hot July rolls around, as crops begin to slow down, so does the audience. By August, depending on the weather, we only have a few thousand in attendance. In fact, the Tuesday market, which takes place in the afternoon, only goes half the summer due to the fact that it's just too darned hot for man or beast in the covered, but still concrete, plaza in late-July and August.

After it slows down a bit, we will present some interesting demonstrations and talks. As we've grown, we've gotten some great connections. Chefs are willing to share their ideas for foods. One of our vendors is also a specialist on foraging. We'll try to feature her. I am making tentative plans for a salsa contest this year, to determine whose hot sauce is "best." For years, we've played host to belly dancers and hoopers, until it's become expected and enjoyed. There is an events section on our website where I'll be posting them as they are scheduled, and I urge people to stay abreast of what's up on Facebook.

By the end of the summer, thoughts will turn to getting kids ready for school, and the crops will be cooked to straw in the fields. Many of our farmers will then begin on a second crop for the year, and we will accommodate with a fall market. It's never as large as the summer session, but is growing every year. People have said to the farmers, "we want more," and in kind, they have responded. Many people continually wish for a year-round market here, but the numbers of attendees for the August and fall markets make me question its validity. Soon, there will be a much-anticipated Whole Foods in town for those times, but hopefully our demographic will remain so. It is with a little trepidation that I greet the chain; I'm not sure how it will effect Shreveport Farmers' Market, but I think the words "Shreveport" and "Farmers'" in our title will direct many people. Although the items in Whole Foods will be wholesome, they may come from halfway around the world. The carbon footprint for that is a big one. Local is the way to go. The carbon footprint of local crops, even if traditionally grown,

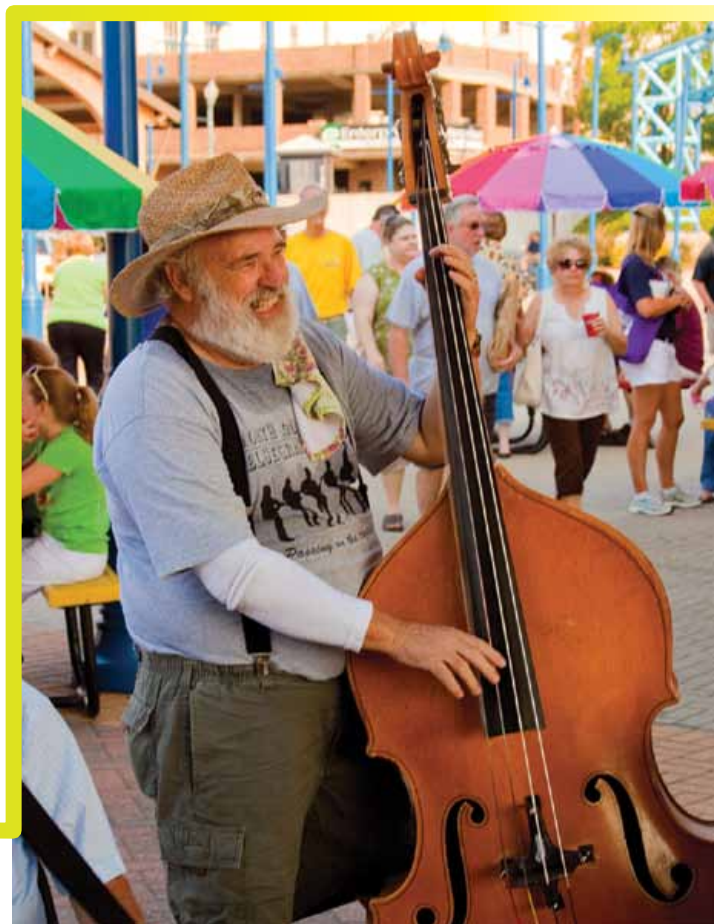


We in the market definitely adhere to the belief that **music makes our plants grow**. I try to select **performers** who are just as "**homegrown**" as the merchandise at the market.

is significantly smaller. And of course, by shopping from our farmers, people will keep their dollars stimulating the local economy, and encouraging farmers to continue in a profession that can, at times, be discouraging.

We work hard for the market to be a success, but it is not self-serving. If anything, it's a physical explanation of networking at its best. I know where there are some things people need, and I put those folks in touch with the people who need them. The market is merely a kind of matchmaker for the groups that need each other, farmers to consumers, patrons to farmers. And people have noticed. In a contest sponsored by farmland.org, an organization who keeps watch on the acreage of our dwindling farmed land nationally, we were not only in the Top 100 – we were number three among markets of our enormous size. Additionally, we were number one in the state of Louisiana. These occasional pats on the back keep us motivated to keep that networking going, but the day-to-day pats from satisfied customers and happy sellers do, too.

In the winter, we close. Like many of the fields, we store a kind of mental nitrogen for the plants that will once again be planted in the spring. Our farmers kick their feet up, and watch some football. Festival Plaza plays hosts to various springtime festivals. I, personally, work two other jobs during that downtime, but my heart, and my thoughts, are often on the next season of the market, planting notions, churning up the soil of ideas, and looking forward to the summer and Shreveport Farmers' Market.





Putting an "I" into EYE Care

FAMILY FEATURES

When going through your health checklists, you probably think about your blood pressure, weight and cholesterol levels. But what people often neglect is actually right in front of our eyes - our vision. Properly caring for your eyes is important for preventing vision loss and blindness, as well as protecting your overall health. As with many other aspects of personal healthcare, routine exams and preventive measures go a long way to ensuring healthy vision and helping you see well for a lifetime. The experts at the National Eye Institute recommend following these five steps to take care of your eyes and protect your vision.

Get a comprehensive dilated eye exam

You might think your vision is fine or that your eyes are healthy, but visiting your eye care professional for a comprehensive dilated eye exam is the only way to really be sure.

When it comes to common vision problems, some people don't realize they could see better with glasses or contact lenses. In addition, many common eye diseases, such as glaucoma, diabetic eye disease and age-related macular degeneration, often have no warning signs. A dilated eye exam is the only way to detect these diseases in their early stages.

During a comprehensive dilated eye exam, your eye care professional places drops in your eyes to dilate, or widen, the

pupil to allow more light to enter the eye. This enables your eye care professional to get a good look at the back of the eyes and examine them for any signs of damage or disease.

Live a healthy lifestyle

Living an overall healthy life is good for your eyes. This includes:

- **Maintaining a healthy weight** - Being overweight or obese increases your risk of developing diabetes and other health problems that can lead to vision loss, such as diabetic eye disease or glaucoma.
- **Eating healthy foods** - You've heard carrots are good for

your eyes, but eating a diet rich in other fruits and vegetables, particularly dark leafy greens, such as spinach, kale or collard greens, is important for keeping your eyes healthy, too. Research also has shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna and halibut.

- **Not smoking** - Smoking is as bad for your eyes as it is for the rest of your body. Research has linked smoking to an increased risk of developing age-related macular degeneration or cataract, both of which can lead to blindness.

- **Managing chronic conditions** - Many conditions, such as diabetes, hypertension, and multiple sclerosis, can greatly impact vision, resulting in inflammation of the optic nerve, diabetic retinopathy, glaucoma and even vision loss. Managing these conditions with the help of your health care provider can often prevent blindness.

Know your family history

Talk to your family members about their eye health history. It's important to know if anyone has been diagnosed with a disease or condition because many diseases tend to run in families. This will help to determine if you are at a higher risk for developing any of these problems yourself.

Use protective eyewear

Wear protective eyewear when playing sports or doing activities around the home. Protective eyewear includes safety glasses and goggles, safety shields and eye guards specially designed to provide the correct protection for a certain activity. Most protective eyewear lenses are made of polycarbonate, which is 10 times stronger than other plastics.

Wear sunglasses

Sunglasses are a great fashion accessory, but their most important function is to protect your eyes from the sun's ultraviolet rays. When purchasing sunglasses, look for options that block 99 to 100 percent of both UV-A and UV-B radiation.

You can find more information on these preventive measures and dozens of other vision-related topics at www.nei.nih.gov.

Finding an Eye Care Professional

Finding a qualified eye care professional to help keep your eyes and vision in tip-top shape doesn't have to be overwhelming. Follow these tips from the National Eye Institute to find a doctor in your area:

- Ask family members and friends about the eye care professionals they use.
- Ask your family doctor for the name of a local eye care professional.
- Call the department of ophthalmology or optometry at a nearby hospital or university medical center.
- Contact a national, state or county association of ophthalmologists or optometrists. These groups, usually called academies or societies, may have lists of eye care professionals with specific information on their specialties and experience.
- Contact your insurance company or health plan to learn whether it has a list of eye care professionals who are covered under your plan.

An important part of good eye health is quality communication with your doctor. Remember to:

- Ask questions until you understand the information your doctor is giving you.
- Take notes, or get a friend or family member to take notes for you. Or, bring a tape recorder to assist in your recollection of the discussion.
- Ask your doctor to write down his or her instructions to you.
- Ask where you can go for more information.
- Other members of your health care team, such as nurses and pharmacists, can be good sources of information. Talk to them, too.

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What Every Caregiver Should Know About Medicare

by Bob Moos

The phone call can come at any hour. Your elderly parent has fallen ill and needs your help. If you haven't gotten the call yet, chances are you will. About 70 percent of our parents will require some kind of personal care during their old age. Sometimes, the care will extend for years.

Caregivers often find themselves at wits' end, careening from one crisis to another and having little time to confront the problem that cropped up yesterday, let alone tackle the one that just reared its head today. The challenges can quickly become overwhelming.

Having a working knowledge of Medicare may help you keep your balance and ensure that your parent, or other loved one, receives the appropriate care. Medicare doesn't have to be a mystery. There are simple ways to get answers to your questions.

The best overview of the Medicare program is the official "Medicare and You" handbook. It's mailed to all beneficiaries every fall and provides an up-to-date-description of all services and benefits. It's also readily available on Medicare's main website, at www.medicare.gov.

If you have a particular question, you may want to visit with

a Medicare customer service representative at 1-800-633-4227. Medicare also works closely with State Health Insurance Assistance Programs to provide free health insurance counseling. The Louisiana number is 1-800-259-5300.

Caregivers find Medicare's secure website – www.mymedicare.gov – especially useful. After setting up a personal account for your parent, you can view the details of your elder's coverage, track recent health care claims and keep up to date on preventive services your parent qualifies for.

Medicare can also help you locate the right health care providers for your parent. Its "Compare" web pages – at www.medicare.gov – are a good place to begin your search for a nursing home, hospital, home health agency, dialysis facility or physician that fits your parent's needs.

Medicare can reduce many out-of-pocket medical expenses, but it doesn't cover everything. Understanding what Medicare covers, as well as what it won't cover, can save you time and spare you frustration when navigating the caregiving maze. Here are a few key points:

Besides basic hospital and physician services and optional

prescription drug benefits, Medicare covers home health care. To qualify, a beneficiary must be homebound, under a physician's care and in need of part-time skilled nursing care or rehabilitative services like physical therapy.

Medicare also helps pay for oxygen, catheters and other medical supplies that a doctor prescribes for home use. The same is true for medically necessary equipment like oxygen machines, wheelchairs and walkers.

Medicare covers skilled care in a nursing home for limited periods following hospital stays. But it doesn't cover long-term stays. Patients who need custodial care (room and board) must pay out of pocket unless they're eligible for Medicaid or have private long-term care insurance.

Medicare pays for hospice care for someone with a terminal illness whose doctor expects will live six months or less. The hospice benefit also includes brief periods of respite care at a hospice facility, hospital or nursing home to give the patient's caregivers an occasional rest.

Besides long-term nursing home stays, Medicare typically doesn't cover regular dental care or dentures, regular eye exams or eyeglasses, and hearing exams and hearing aids. Likewise, it won't pay for non-emergency ambulance trips -- unless a doctor certifies they're medically necessary.

Money can quickly become a worry when managing a parent's health care. If your parent lives on a limited income, you should check whether he or she qualifies for help with prescription drug costs or with other Medicare-related premiums, deductibles and copayments.

For help with drug costs, contact Social Security at www.socialsecurity.gov or 1-800-772-1213 and ask about the "Extra Help Program." For help with other Medicare costs, go to www.medicare.gov or call 1-800-633-4227 and ask about the "Medicare Savings Programs."

It's common for caregivers to suffer from stress, loss of sleep, and poor health themselves. So it's important to eat properly, get regular exercise and set aside some time each week to do something you enjoy. You can't care for someone else if you don't look after yourself.

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

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Keep a Lid on Vacation Costs

by Jason Alderman

Summer vacation is right around the corner. I'm not a big believer in pre-planning every single detail – sometimes the best vacation moments are spontaneous. But unless your rich uncle is paying for the trip, you'll need to do a certain amount of preparation or your budget will fly out the window.

You do have a vacation budget, right? If not, here are a few suggestions for creating one and some cost-saving ideas to help keep expenses down:

First, be realistic about what you can afford. If your vacation will take more than a month or two to pay off, you may want to scale back on this year's trip and start setting aside money now for next year.

When building a trip budget, try to anticipate all potential expenses. Consider things like:

- Airfare-related expenses. Include taxes and fees for items like changing flights, extra leg room, priority boarding, Wi-Fi access, meals, and checked, oversized or overweight baggage.

- Kayak.com, Airfarewatchdog.com and Travelnerd.com provide handy charts that compare various fees for popular airlines; however, always double-check the



airline's own posted rules before booking your flight.

- Transportation to and from the airport – at home and all travel locations.
- Car rentals. Factor in taxes, gas, fill-up penalties and insurance (check your auto insurance and credit card policies to ensure you don't pay for duplicate coverage).
- Hotel/lodging. Don't forget taxes and other local fees, charges for phone/Internet, room service, early check-in or departure, gratuities, etc.
- Hotel room rates often are based on double occupancy. Although kids usually can stay for free, many hotels charge extra for additional adults.
- Entertainment. Include meals and snacks, event admission and ticket-order-

ing charges, transit passes or taxis, sporting equipment rental, babysitters, and special clothing or accessory requirements (sunscreen, hiking boots, etc.)

- Throw in an extra 10 or 15 percent for unanticipated expenses – lost luggage, flat tire, etc.

Search for deals on flights, hotels and rental cars at comparison sites like Orbitz.com, Kayak.com, Priceline.com, Hotwire.com, Hotels.com and Travelzoo.com. But beware: Before clicking "confirm," make sure the final price matches the initial quote. I've seen fares jump \$50 or more in just minutes or had the seat I was booking suddenly become unavailable.

A few additional tips:

- Follow and "like" airlines and ticketing sites on Facebook and Twitter. They'll

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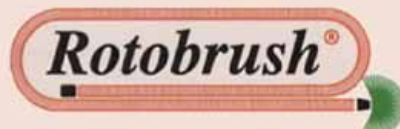
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often share sales, discounts and promotional codes with their followers.

- If the airfare goes down after you've purchased your ticket, ask the airline or ticketing site to refund the difference – it couldn't hurt to ask.

- Print and carry a copy of your airline's Contract of Carriage, which outlines your rights and the airline's obligations should your flight be cancelled or delayed for reasons besides weather or other "acts of God."

- Consider vacation rentals listed on sites like Airbnb.com, VRBO.com and HomeAway.com. You can often find cheaper accommodations with more space and amenities than hotels offer.

- Before booking a hotel room online, call the individual property to see if they can beat the company's posted rate. Also ask for member discounts for organizations you belong to like AAA or AARP.

Practical Money Skills for Life, a free personal financial management program run by Visa Inc., has a handy web-based travel calculator that can help you estimate travel costs and rejigger them to meet your budget needs (www.practicalmoneyskills.com/calculators). It's also available as a free iPhone app, which you can download from iTunes.

Bottom line: A little preplanning now can ensure you don't blow your whole budget on unexpected vacation expenses.

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





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One of My Favorite Type of Proceedings

by Judge Jeff Cox

In the last couple of months, I have seen some of the people out in public who have appeared in my courtroom. These people did not appear for criminal court, domestic court, or civil court. They appeared in one of my favorite type of proceedings. They appeared in my courtroom to adopt a child.

I was standing at a service station last week filling up my truck when I saw a young lady of about eleven to twelve years old approaching me. Needless to say, I was wondering why she was headed my way with her mother right behind her. She proceeded to tell me how she had been in my courtroom and had a picture of me with her parents when she was adopted. Her mother told me how happy she was and how she was doing in school. Both of them were smiling from ear to ear as they told me how that day in the courtroom had changed their life. I was able to tell them how thankful I was that they came by to speak to me and made them promise to always speak to me in the

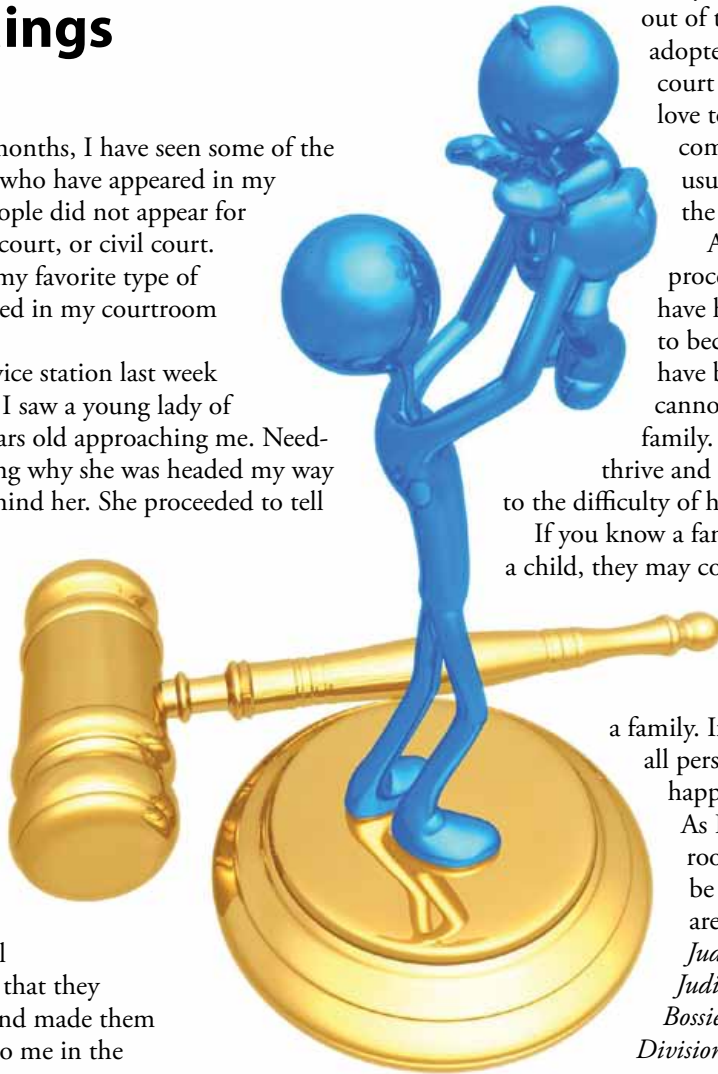
future when they see me and give me progress reports.

As I left the gas station that day, I was on cloud nine. So many times in the courtroom I see horror stories of people hurting their lives with criminal activities or fighting bitterly in child custody cases. I thought to myself everyone walks out of the courtroom happy after a child is adopted and I thought how much I wished all court proceedings could go this way. Parents love to take pictures after the adoption is completed with the judge and grandparents usually are beaming with joy in the back of the courtroom.

Adoption of a child is a wonderful process. You get to see people, who may not have had the opportunity to have a child, get to become parents. You see a child, who may have be an orphan or come from a home that cannot provide for the child, get to be part of a family. Many times, families that adopt children thrive and realize that every moment is precious due to the difficulty of having a child.

If you know a family that is having a difficult time having a child, they may consider adoption. If you know a person who may not be able to care for a child due to circumstances beyond their control, they may consider allowing the child to be adopted by a family. If an adoption takes place, I know that all persons appearing in the courtroom will be happy by the time the proceeding is finished. As I said at the beginning, I wish all courtroom proceedings could be as happy when they are finished.

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



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Gifts to Science

by Lee Aronson


I recently went to get my driver's license renewed. They asked me if I wanted to be an organ donor, and without much thought, I said yes.

But then I started to think about where my organs would go. Would they be used to help someone else, perhaps in a transplant operation? Or would they be used for educational purposes or research purposes? I didn't know and the only thing my driver's license said was "donor." So I decided to do some research and it turns out that Louisiana law has some very complicated rules about organ donation.

You can donate your organs for the specific purpose of research or education or you can donate for the specific purpose of transplantation or therapy. But if you don't specify your specific purpose, then the gift may only be used for transplantation or therapy; your organs can't be used for education or research. If your gift only uses generic words like "donor" or "organ donor" or "body donor," then your gift may only be used for transplantation or therapy, not education or research.

So because my driver's license only has the generic word "donor" on it, when I die, my organs could legally be used for transplantation or therapy but it would be illegal to use them for research or education. But what if that's not what you want? If your organs can't help a transplant patient or a therapy patient, would you want them used for science? In order to make that happen, just going to the DMV and telling them you want to be an organ donor is not good enough. You would need to specifically state in your will or "other record" that you sign that your organs should be used for education or research if they are not first used for transplantation or therapy.

When Fred (not his real name) died, no one knew if he wanted his organs donated. His will didn't mention anything about it. So who has to make the decision? Normally, it would be his wife. But if Fred had given a healthcare power




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of attorney to someone other than his wife, then the person to whom he gave healthcare power of attorney would have to make that decision. Only if Fred hadn't given healthcare power of attorney to anyone other than his wife would she have the authority to decide whether to donate his organs.

What if Fred didn't have a healthcare power of attorney or a wife? Then any one of his kids could decide to donate his organs, unless one of his other kids objected. So let's say Fred had 3 kids: Pebbles, Bam-Bam and Ralph. If Pebbles wants to donate her father's organs and none of the other kids speak up, then Fred's organs will be donated. But if Bam-Bam or Ralph objected to the donation, then Fred's organs could not be donated unless a majority of his children voted to make the donation. So what happens if Pebbles tells the doctors that she wants to donate Fred's organs but Bam-Bam objects? Because there are 3 kids, Ralph's vote will make the majority and be the deciding factor. Complicated? You bet and it also sounds like a situation ripe for a fight. So if you have strong wishes about organ donation, make sure to include them in your will or put it in writing and sign it.

And here's something else I found interesting about Louisiana's organ donation law. In Louisiana, a person becomes an adult when he or she turns 18. Until then, a person is a minor and minors don't have very many legal rights. But minors can get a driver's license learners permit at age 15 and that's also the age at which a person can legally donate his or her organs. (The law says anyone who can apply for a driver's license, which is defined as "a license or permit issued by the Louisiana Department of Public Safety and Corrections, Office of Motor Vehicles, to operate a vehicle, whether or not conditions are attached to the license or permit," can make an organ donation.) So if you have a 17 year-old grandchild, the grandchild can be an organ donor even if the parents object.

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



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10 Questions to Ponder Before Taking Medicine

Dear Pharmacist What does it mean when it says “take on an empty stomach” or “take with food” because I never adhere to those warnings and I’m still alive. Does it really matter? ~J.J., Denver, CO

It matters in most cases, but not all. With antibiotics, it may be that your medicine reaches a higher blood level when you take it on an empty stomach, but over the course of therapy, it doesn't change the outcome, meaning the pathogens are killed. With other medications, for example sleeping pills, a warning to avoid alcohol is important and should be adhered to because the combination could be fatal. Same thing with certain antidepressants (MAO inhibitors) that



can't be combined with cheese, or death could result. For your safety, let me give you the proper questions to ask your doctor and/or pharmacist:

- 1 What is the name of the condition that you are treating me for?
- 2 What is the brand name and generic name of the medication that you're prescribing?
- 3 Do I take it in the morning, or at night, or divide the dose throughout the day?
- 4 Is it better with food or on an empty stomach?
- 5 About how long before I begin to see results?
- 6 Is there a less expensive generic alternative?
- 7 Are there any supplements that could help this medicine work better, or any to avoid?
- 8 Is it okay to drink wine (if that applies) with my medicine?

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9 Will coffee, dairy or mineral supplements inactivate my medicine?

10 How long do I stay on this medication? Some medications are only intended for a few days or weeks, but people remain on them indefinitely. This is the most important question to ask.

If the caution label states “on an empty stomach” that means 2 hours after you eat, or 1 hour beforehand. If it states “take with food” it means to take it while eating or right after. If it says “do not operate machinery or equipment ...” that is your clue that your medicine makes you drowsy or clumsy. It means to avoid driving, using a chainsaw, mowing your lawn or anything that requires you to focus.

Here’s another good rule of thumb: Start low and go slow! With medications, the lowest effective dose is ideal. You don’t need to kill a fly with a shotgun and if you try, you could wind up with side effects that you would not experience with a lower dose.

And finally, if you notice your medication keeps you up at night, then don’t take it too late in the day. Examples of medicines that are best taken in the morning include thyroid medicine, steroids like prednisone, attention-deficit drugs like Ritalin or the fatigue buster Provigil. Examples of medicine that should be taken at night include certain antihistamines (like diphenhydramine), anxiolytics like alprazolam, pain medicines like hydrocodone and muscle relaxers. If in doubt, call your local pharmacist or physician.

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Eating Good in the Home of

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by Andrea Gross • photos by Irv Green

The observation deck atop Sandia Peak provides a panoramic view of the Land of Enchantment, now also known as the Home of Heisenberg (the fictional Walter White's alter ego).

I'm standing on the observation deck atop Sandia Mountain, surrounded by sky that, in days gone by, I'd have said was the color of turquoise. Thus I'd have paid homage to the Native American culture of Albuquerque, some 5,000 feet below me. But today, since the city has achieved fame as the location of the award-winning TV series *Breaking Bad*, another metaphor comes to mind. My husband and I are surrounded by sky the color of crystal meth.

In fact, "Blue Sky" is the street name for the methamphetamine cooked up by America's most famous fictional drug lord, Walter White. The story follows White, a high school chemistry teacher, as he turns to meth-making in order to pay for his cancer treatments and provide for his family if the treatment fails.

While numerous companies give tours of *Breaking Bad* film sites, we choose to explore on our own. Our first stop: Albuquerque's Old Town where, amongst galleries filled with Indian art, we find *The Candy Lady*, the small shop that produced the meth look-alike used during the initial years of the show. Later proprietor Debbie Ball began selling "Breaking Bad Candy,"

a confection that looks like drug crystals but incongruously tastes like cotton candy. (Ball carefully explains that her candy is not promoting drugs but rather a show that shows how destructive drugs can be.) We plunk down a dollar for a mini-bag of fake meth.



Then, in search of something more substantive, we go to the nearby Dog House, a greasy-spoon place frequented on screen by White's sidekick, Jessie Pinkman. We pass on the Frito pie, nibble on a mustard dog and move on to Garduño's, the site of a tense meeting between four of the main characters, who are so intent on their discussion that they leave the taquería's famous guacamole untouched.

How unfortunate for them. The dip is prepared tableside, exactly to our liking. So far it's our drug of choice.

Nevertheless, we're not as interested in Walter White's dining habits as we are in those of Bryan Cranston, the actor who plays White. Therefore, we head to El Pinto's, which is not only a Cranston favorite but also a favorite of politicians from the Clintons and Obamas to George W. Bush. Bush liked it so much that he asked the manager to prepare a meal in the White House for a Cinco de Mayo festival.

Since the manager isn't likely to come to our house to prepare a Southwestern meal, we decide we'd better learn to cook our own. That's why on Day 4 of our New Mexico sojourn I find myself in Jane Butel's kitchen, using a pair of tongs to lower a rectangle of soft dough into a deep pot of hot oil. Within seconds, the dough puffs up, a light golden ball of fried flour, a true sopapilla, ready to drizzle with honey and pop in my mouth. I feel like a magician.

Jane is the acknowledged guru of Southwestern cooking. She's starred in a weekly TV cooking

show, served as a consultant for companies such as Del Taco and El Torrito, and written 22 cookbooks on Southwestern cooking. Oh, yes, she also helped Julia Child start her first cooking school in Paris. Now she holds weekend courses in her home, which is in Corrales, a few miles north of Albuquerque.

In short order we learn the following tidbits:

- Mild chiles have broad shoulders and blunt tips, while hot ones have pointed tips. “The sharper the point, the spicier the taste,” says Jane.
- If your mouth burns from too-hot chili, numb the pain with sugar, acid or fat. Therefore folks have learned to pair hot food with margaritas, which contain lime juice (acidic) or with cheese and sour cream, which contain fat.
- Capsaicin, the substance that gives peppers their bite, has been shown to relieve headaches and arthritis, fight cancer and sinus infection, and burn calories.

Jane divides us into three groups and tells us to don new red aprons. As we drink and munch our way through the weekend, I become competent, if not exactly proficient, at making perfect margaritas, to-die-for guacamole and nachos with three kinds of salsa. On our final day we work together to prepare a main course that is as full of Southwestern color as it is of Southwestern flavor: red chile, blue corn and jalapeno skillet bread, and chicken fajitas with tri-color pepper sautéed with pico de gallo. As for dessert, we feast on our miraculous sopapillas.

We’re eating good in the land of Breaking Bad, and we’re also going to eat good when we get back home.

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Left: The Candy Lady sells bags of blue candy that look like the crystal meth cooked up by Walter White and his accomplices in Breaking Bad. (photo by the Candy Lady). **Below:** Bryan Cranston, the lead actor in Breaking Bad, enjoys the music as well as the food at El Pintos.





Norman Lloyd: Still on the Ball

by Nick Thomas

Norman Lloyd admits he's taking things a bit easy these days. This year, he currently has only one film waiting for release and he now plays just two tennis matches a week. Still, that's not bad, considering the veteran actor, producer, and director turns 100, later this year!

"People are always asking me for the secret of long life," said Mr. Lloyd from his home in Los Angeles. "Well, I have no secret and I suspect it's partly luck. But I do know one thing. You've got to stay active as you get older. And tennis is a great way to do that. It helps to take away all the aches and pains."

One of Lloyd's memorable singles opponents, whom he first met in the 1940s, was a childhood idol.

"Charlie Chaplin loved tennis and I was invited to his home by a friend to play," recalled Lloyd. "We became good friends, played regularly, and after would sit on his sun porch and drink a Scotch Old-Fashioned."

Off the courts, Lloyd appeared in some 40 films and numerous TV shows but was equally comfortable behind the camera as director or in the front office producing.

"Alfred Hitchcock hired me to direct many of his weekly mystery shows," said Lloyd, who also produced more than 200 episodes between 1957-1965. "I've been directing and producing since my early days in theater."

Lloyd and Hitchcock were no strangers on a train. The pair had worked previously on two films, "Spellbound" (1945) and "Saboteur" (1942).

As a villain in "Saboteur" Lloyd helped create a memorable Hitchcock sequence, staged from the lofty heights of the Statue of Liberty.

"Hitchcock recreated the arm of the Statue from the elbow up to the torch at full scale, on a Universal Studios stage," said Lloyd. "The closest I got to the real Statue during filming was the base."

In a scene with Bob Cummings atop of the Statue's torch platform, Cummings lunges at Lloyd with a gun.

"Then I fall over the rail," explained Lloyd. "Hitchcock was a master of 'writing with the camera' from his silent film days and wanted the scene in one take. So instead of cutting to a stuntman, he asked if I would do it. I was an accomplished tennis player at the time and quite athletic – not to mention being young and foolhardy – so I agreed to do a backflip over the rail!"

Out of camera view, Lloyd says a platform had been constructed to catch him, but the stunt was still risky.

"The platform was about 14' high and covered with mattresses and a man was there to catch me and prevent me from rolling off. But in the scene, after I go over the rail, I grab onto a ledge and Bob tries to pull me up by my jacket, but the stitches begin

to break and I fall. Hitchcock didn't use any music in the scene, just the sound of wind which was brilliantly effective."

On TV, Lloyd is best remembered as a regular in the groundbreaking 80's medical series "St. Elsewhere." He played Dr. Daniel Auschlander in over 130 episodes during the show's six year run.

"The show dealt with subjects never discussed before on television," noted Lloyd. "To my knowledge, it was the first time that AIDS was featured. It also examined issues such as the expense of dialysis for patients, and other topics included religious themes. The writing was brilliant with a superb cast including Ed Flanders – I don't think there was a finer actor in America – and Denzel Washington who went on to have great success."

In addition to his accomplishments in entertainment and on the tennis court, Lloyd can claim one of the longest marriages in show business history – to stage actress Peggy Lloyd, who passed away in 2011.

"A couple of days before she died, she asked how long we had been married," recalled Lloyd. "I told her 75 years and she said 'It should last!' I thought that was charming."

As his milestone birthday approaches in November, Lloyd knows exactly how Peggy would want him to celebrate.

"My tennis friends and I are going to have a big tournament on my 100th birthday," he said. "Perhaps at that age they may forgive me if I cheat a little."

Nick Thomas (www.getnickt.com) teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 400 magazines and newspapers.



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At Wine-Focused Restaurants, Embracing the Unknown

"Representing real people who make real wine has always been very important to me," explained Danny Fisher, the general manager and beverage director of Ripple, a wine-focused restaurant in Washington, D.C. "When you're drinking wine -- or any kind of beverage, really -- you want to know that someone has put time and effort into it. It shouldn't be mass produced, toyed with, or manipulated."

Fisher and I were chatting about the wisdom -- or foolishness -- of loading up a restaurant wine list with small-production, unfamiliar offerings.

Sure, Americans have fallen for wine. We surpassed France as the world's largest wine-consuming nation in 2010 and have been drinking more each year. But consumers still feel most comfortable with major grapes like Cabernet Sauvignon, Chardonnay, Pinot Noir, and Sauvignon Blanc. And most stick with easily recognized brands, like Duckhorn, Kendall-Jackson, and Chateau Ste. Michelle.

In restaurants and wine bars across the country, however, a growing number of courageous sommeliers are eschewing these obvious choices and gently guiding patrons outside their comfort zones. These efforts are having an impact. Thanks in no small part to people like Fisher, Americans are beginning to embrace the unknown.

Consider Ripple's by-the-glass list. It's home to 40 different wines, including an unusual blend of Vermentino and Grenache Blanc from maverick California vintner Steve Edmunds; an orange wine from Channing Daughters on Long

Island; and a Teroldego from superstar Italian winemaker Elisabetta Foradori.

"From the beginning, one of our biggest things was that we wanted people to be able to taste different wines -- and that's why we have so many by the glass," Fisher explained. "It's so our customers can explore what different wines taste like with foods. You can do half glasses if you want; it's all about tasting and seeing what you like and maybe discovering something new."

The focus on food is echoed by David McCarus, the proprietor of a boutique wine distribution agency in South Carolina. While the general manager and beverage director of FIG, an award-winning restaurant in Charleston, he focused on the interaction of wine with food and the role wine should play at the table. And he saw how eager consumers were to learn.

When McCarus moved to Charleston from San Francisco in 2012, he wasn't sure he would find a receptive clientele.

"I didn't know if there was an appetite in town," he explained. "But I had a strong enough belief that people would understand the wine program if it made the food taste better. Consumers might not know what they're looking for. They might not really know what they want. But if the wine and food can combine into this organic dance -- and it makes sense while it's happening -- people will be comfortable. And people will come back."

McCarus saw his patrons come back again and again. A successful wine program satisfies virtually every customer, of course, so McCarus

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made sure to always have something for everyone, even if it was obscure and didn't match the exact request.

"My point was always, 'why don't we try this?'" he continued. "So if someone comes in and asks for a glass of Pinot Grigio, we can say, 'no, we don't have a glass of Pinot Grigio, but we have this beautiful Erbaluce from Piedmont made by this great producer and it's really delicious and it will be really good with your fish.'"

What McCarus and Fisher have done isn't unique. Nationwide, more and more sommeliers are showcasing small-production, interesting wines -- and providing opportunities for people to try things that aren't available at the local supermarket. They're acting as educators, eager to share their palates and preferences with their customers.

The wine world is vast. And thanks to this work, Americans are beginning to make all sorts of discoveries.

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 Little Girl Who Fought the Great Depression" by John F. Kasson

©2014, W.W. Norton; \$27.95; 308 pages

reviewed by Terri Schlichenmeyer

Staying upright. That's what you learned when you were a year old: being vertical and walking. You mastered communication at two, played well with others at four, and by time you were six years old, you could read, write, and remember your telephone number.

So this'll make you feel silly: at just six years old, Shirley Temple was saving the world from despair. Read all about it in "The Little Girl Who Fought the Great Depression" by John F. Kasson.

Herbert Hoover had surely enjoyed a good run of popularity.

For a decade before he was swept into the White House in 1928, he was one of America's most respected men. The "personal tenderness" he exhibited and his "ability to deal with calamities," however, weren't quite as apparent when the stock market plunged, unemployment rose, and the country began its slide into the Great Depression.

But Hoover knew what to do. He told a reporter in 1931 that the country needed "a good, big laugh" to make things right.

Gertrude Temple already had two sons when she "made a fateful resolution." She decided that her third child would be a curly-haired blonde girl named Shirley, who would pull the family out of financial difficulties. When that child was born in 1928, it was as if Gertrude's dream had "willed [Shirley Temple] into existence."

By the time Franklin Roosevelt ousted Hoover in the 1932 election, most of the world's citizens were truly suffering. Average American pay-



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checks had fallen to nearly half of what they were in 1929 – that is, if the wage-earner even had a job. Unemployment was well into double-digits; worse, for southern blacks. Food was scarce, housing was iffy, and resources were dear.

Enrolled in a dance class, three-year-old Shirley Temple caught the eye of two one-reel moviemakers and was offered a contract for \$10 per day of filming. It was formulaic work, but it gave her mother hope and in the fall of 1933, Gertrude made certain that Shirley was seen by the songwriter for a new Fox Film. He promptly replaced a “less winning little girl” with Shirley.

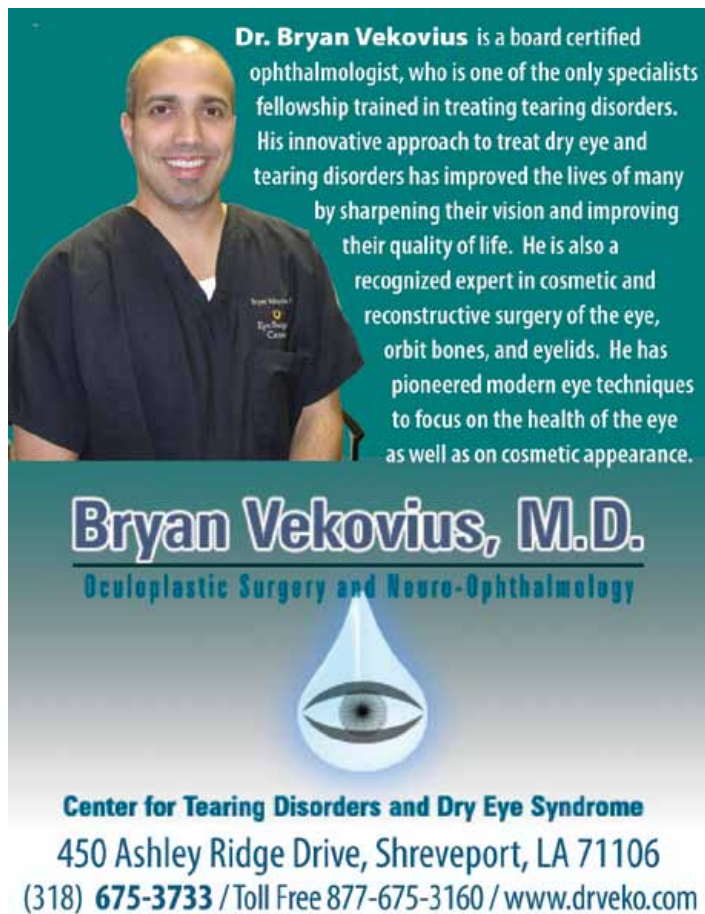
Within a year, the world was smitten...

Heavy things to put on the shoulders of a child, no? Yes, and author John F. Kasson explains why the time was ripe for a kid to become one of the world’s best-known, then-best-loved people.

But that’s not all: in “The Little Girl Who Fought the Great Depression,” we’re treated to a lively, yet focused, history filled with surprises and unique perspectives. Kasson shows us how African Americans fared, both on-screen and off. We’re told of Shirley Temple’s unusual friendships, and how she misbehaved sometimes. And Kasson offers statistics and excerpts from letters that keenly show how the Depression affected everyday people, and how Shirley Temple offered them comfort.


I came for the history that’s here, I stayed for the biography, I loved every minute of both and so will movie fans and history buffs. For them, “The Little Girl Who Fought the Great Depression” is an upstanding book.

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



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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Mark GLASS

Recent DVD Releases

Lone Survivor ★★★★★



(R) In this grueling, fact-based depiction of a 2005 Navy SEAL mission that went very badly, viewers are given an intimate, riveting look at the chasm that can develop between battle plans as drawn, and their execution. A four-man team is deployed to a desolate Afghani mountain range to kill a high-ranking Taliban leader whose presence in a remote village has

been credibly confirmed. They find their target, but everything falls apart before they can start their assault.

The title provides its own spoiler alert, letting us know things won't go well for the squad. Bad luck betrays their position, and they're soon under fire from a much larger force on higher ground, with unreliable communications for support or evacuation. What follows is 40 minutes of the most intense battlefield action since the D-Day landing sequence in "Saving Private Ryan". Bullets and heavier munitions fly in all directions as the SEALs scramble for cover and try to return fire against overwhelming odds. Director Peter Berg extends his action resume from last year's CG-laden alien clash, "Battleship", with this close-up view of the chaos one may find in actual warfare among humans.

Others can debate the factual accuracy of the details, including any variations from the source book by Marcus Luttrell, the eponymous surviving team leader played by Mark Wahlberg. I claim no special knowledge or insight in that arena. The film honors the bravery of all combat forces by showing the extremes of known and unanticipated perils they might have to face. It may also illustrate a 'pro' argument on the drone-strike controversy, at least in terms of casualties that may be avoided. The screenplay does include some offsetting positives about the mission, but if you decide to go, make sure you're geared for the emotional drain that's likely to come from sharing that bleak mountainside with those SEALs.

Jack Ryan: Shadow Recruit ★★½

(PG-13) Chris Pine stars in the fourth action feature based on Tom Clancy's novels about the eponymous CIA analyst/operative, following Harrison Ford, Alec Baldwin and Ben Affleck. The



Ryan character is thus becoming our domestic James Bond in cinematic presence, though bearing little resemblance to 007 in other respects. This time, we meet a version of Ryan as a grad student in London on 9/11. He immediately signs up for the Marine Corps, is seriously injured in Afghanistan, and eventually recruited to covert CIA duty under the cover of working in high finance when the plot resumes a decade later. Even his physical therapist, who has since become his fiancée (Keira Knightley) doesn't know his real job.

When his handler (Kevin Costner) sends him to Moscow to follow the money trail on an imminent threat to our economy, the fireworks begin. Kenneth Branagh serves double duty as director and criminal mastermind of semi-Bondian proportions. The rest is formulaic, but executed with reasonably fine style. One would be well served by seeking an IMAX or other large screen to enjoy the big-scale sequences of the film's latter half.

Pine must be aspiring to a unique title like King of the Prequel, after playing younger, alternate-reality version of William Shatner's iconic Captain James T. Kirk in the last two Star Trek features. This similarly gives us a spin on Ryan's beginnings, even though the character's on-screen heroics appeared in the early 1990s against the "Russkies" and a radical splinter group of the IRA, predating this CIA recruitment.

Non-Stop ★★★★★½

(PG-13) Liam Neeson stars in this action thriller as a boozing, depressed U.S. Air Marshal, reluctantly boarding a flight to London. We don't know why he's such a wreck, but he hardly seems up to the task of protecting his fellow travelers from any kind of threat that may occur. Shortly after takeoff, he starts getting text messages from an unknown person on the plane, claiming that someone will be killed every 20 minutes until Neeson arranges for \$150 million to be wired to a numbered account. The texter has significant contact and skills to be able to hack into the secured phone system while remaining unidentifiable, after showing he knows more about Neeson's private life than anyone should.



Neeson tries to fend off disaster, not knowing who to trust. Even worse, his superiors on the ground and the pilot don't believe him. As the plot thickens, it includes manipulating events to make Neeson look like the perpetrator. The result is a hybrid of classic whodunnits with the likes of a Die Hard flick in the confined, vulnerable setting of a commercial jet crossing the Atlantic. A slew of passengers and a couple of crewmembers are variably dangled as possible sources of the threat. Neeson delivers his usual level of competence as a flawed hero, whose emotional baggage dwarfs whatever he checked at the terminal.

Director Jaume Collet-Serra, who steered Neeson through another action opus, "Unknown" (coming out of a coma just to find his identity stolen), does a fine job of churning the action and suspense in the claustrophobic environment the film's premise imposes. This may not be great art, but it certainly ranks as fine escapism.

Mark Glass is an officer/director of the St. Louis Film Critics Assn.

🌀 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 -

• New Hill. 8725 Springridge Texas-Line Rd, Keithville. 925-0529. Tues and Thurs - 9 am - 12 noon. Lunch @ 11:00 am.

• Oil City, 110 Furman St., Oil City. Mon & Fri - 9 am - 12:30 pm. Lunch @ 12:00 pm.

• Randle T. Moore Senior Activity Center, 3101 Fairfield Ave., Shreveport. 676-7900. Thurs & Fri. Coffee @ 9:30 am. Program @ 10 am. Fri @ 11 am Senior Tech Talk.

• Southern Hills SPAR, 1002 Bert Kouns Industrial Loop, Shreveport. 673-7818. Mon through Thurs 10 am - 12:30 pm. Lunch @ 12:00 noon

• Valencia Park Community Center SPAR, 1800 Viking Drive, Shreveport. 673.6433. Mon - Thurs 9 am - 5 pm. Lunch @ 11 am.

Sheriff's Operation Safeguard - Caddo Parish Sheriff's Office helps reunite persons with Alzheimer's who have become lost with their families. Participants are given a special ID bracelet containing information stored in the Sheriff's Office database. Call 318.681.0875 to register. FREE.

Telephone Reassurance - Volunteers call seniors to offer comfort, support and a chat.

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



REFRESHING WATERMELON

FAMILY FEATURES

Watermelon conjures images of warm weather days, refreshing sweetness and the delightful dribble of sticky juice trickling down your chin. Though it is, indeed, a delicious seasonal snack, watermelon is a healthy treat that can be enjoyed year-round. For these and other recipes featuring watermelon, visit www.watermelon.org.

Greek Pita Flatbread with Watermelon

(Servings: 4)

- 4 wedges seedless watermelon, cut into bite-size pieces
- 1 cup chicken, cooked and diced
- 1 tablespoon cilantro, chopped
- 2 tablespoons Greek yogurt
- ¼ teaspoon garlic salt
- 1 dash cayenne pepper
- 2 pieces whole pita bread, halved
- ¼ cup prepared spreadable herb cheese
- 4 large lettuce leaves

Place sliced watermelon on paper towels to remove excess liquid. Mix chicken, cilantro, yogurt, garlic salt and cayenne pepper. Spread inside surfaces of pita bread halves with herbed cheese and fill each with about ¼ cup chicken mixture. Top with watermelon and lettuce before serving.

Watermelon Pomegranate Toss Salad (Servings: 4)

Dressing

- 1 cup pomegranate juice
- 1 tablespoon balsamic vinegar
- 1½ tablespoons orange zest
- 1 tablespoon agave syrup
- 1 small shallot, minced
- 1/8 teaspoon stone-ground mustard
- ½ cup extra virgin olive oil
- Dash of salt and pepper, to taste

Salad

- 8 cups baby spinach (one 6-ounce bag)
- ¾ cup diced red onion
- 2 cups diced watermelon
- 6 ounces fresh raspberries
- ½ cup pomegranate seeds

Simmer juice in small saucepan over medium-high heat until reduced to about 3 tablespoons and liquid is a thick syrup. Set aside. When cool, add remaining dressing ingredients. Whip; set aside for flavors to blend.

Place watermelon on paper towel to absorb excess fluid. Place spinach in large serving bowl. Top with onion, watermelon, raspberries and pomegranate seeds. Divide onto four salad plates and drizzle with dressing.



Greek Pita Flatbread with Watermelon



Watermelon Pomegranate Toss Salad

Watermelon Rind, Carrot and Pineapple Slaw

Watermelon rinds are packed with citrulline and arginine, two compounds that aid in healthy blood flow.

(Servings: 4 one-cup)

Dressing

- ¼ cup fat-free, plain Greek yogurt
- ¼ cup low-fat sour cream
- 1½ tablespoons stone-ground mustard
- 1 tablespoon apple cider vinegar
- 4 teaspoons fresh lemon juice
- 1 tablespoon sugar
- 1 teaspoon poppy seeds
- 2 teaspoons olive oil
- Salt and pepper to taste

In small bowl, blend together dressing ingredients thoroughly. Set aside.

Place watermelon rind on several layers of paper towels to soak up excess fluid.

In medium-sized bowl, place dressing, rind, carrot and pineapple and toss to thoroughly coat.



Slaw

- 4 cups grated watermelon rind with fruit and green peel removed
- 1 cup grated carrot
- 1½ cup diced fresh pineapple

Breakfast a Go-Go

- 1/3 cup low fat granola
- 3/4 cup de-seeded watermelon chunks
- 5 ounces low-fat banana yogurt

In tall glass or to-go container, layer ingredients as follows: half each of granola, watermelon and yogurt. Repeat to create two of each layer.



Selecting a Watermelon

Choosing the best watermelon at the market is as easy as 1-2-3.

1. Look the watermelon over.

You are looking for a firm, symmetrical watermelon that is free from bruises, cuts or dents.

2. Lift it up.

The watermelon should be heavy for its size. Most of the weight is water.

3. Turn it over.

The underside of the watermelon should have a creamy yellow spot from where it sat on the ground and ripened in the sun.

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- June 20 - 8:30 a.m. – 12:30 p.m. Caddo Sheriff's Dept., 1121 Forum, Shreveport. Contact: Deputy Claire Crawford, 318-681-0869; Instructor: Martha Hogan
- July 1 - 12:00 p.m. – 4:00 p.m. - Asbury UMC, 3200 Airline Drive, Bossier City. Contact: Angela Pfanner, 746-5349; Instructor: Mary Sue Rix

Horizons Independent Living Center is a private, non-profit, non-residential, consumer-controlled, community-based organization "enabling people with disabilities to live independently."

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

EVENTS

Chimpanzee Discovery Day - Saturday June 14. 9 a.m. - 12 noon. Chimp Haven, 13600 Chimpanzee Pl, Keithville, LA. Visitors to Chimp Haven will have the chance to observe the chimpanzees in their natural, forested habitats; talk to staff about their personalities and natural behavior. Adults \$6; children \$3. For more info call 925-9575 or www.chimphaven.org/support/events/

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

New Horizons Open House - June 19, 2 pm – 5 pm at their new location at 1111A Hawn Avenue, Shreveport. Please RSVP at nhilc@nhilc.org. New

Shreveport Farmers' Market - Opening Saturday, May 31. Featuring locally-grown produce, meat, honey, plants, artisan food products, arts and crafts, a Market Café, and music. Festival Plaza in downtown Shreveport at 101 Crockett Street from Market Street to Commerce Street. Saturday markets takes place from 7 a.m. to noon, May 31 to August 30, with the exception of June 21; Tuesday markets will be held at the east end of Festival Plaza, from 3 p.m. to 6 p.m. featuring mostly home-grown fruits, vegetables, and meats. Tuesday markets run from June 3 to July 15. For more info visit www.shreveportfarmersmarket.com, call 318-455-5788, or email farmersmarket@redriverrevel.com.

FOR THE GRANDKIDS

Art Camp 2014 - Hosted by Caddo Magnet High School art teachers Shirlene Alexander and Holli Hennessy. July 7 - 11 from 9 - 3 at the Louisiana State Museum. For children age 7 - 14. Theme: Down on

CONCERT

Stayin' Alive: Tribute to the Bee Gees - Friday June 13 at 8 p.m. Strand Theatre, 619 Louisiana Ave, Shreveport. The Gibb brothers, Barry, Robin and Maurice are evoked by an incredible vocal trio, backed by a band that wholly captures the sound mystique of the Bee Gees. \$30.50 - \$53.76. For tickets call 318-226-1481 or visit www.thestrandtheatre.com.

DRIVER SAFETY

AARP Driver Safety Program - A 4 hour classroom refresher course which may qualify participants age 55+ for a 3 year automobile 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.

- June 14 - 8:30 a.m. – 12:30 p.m. Hebert's Town and Country, 1155 E.



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JUNE 14



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the Farm. For more info call Shirlene at 218-4380 or Holli at 573-0063.

KREWE ACTIVITIES

Krewe of Elders - Party on Sunday, June 8 from 2:00 until 6:00 p.m., at American Legion Post No. 14, 5315 South Lakeshore, Shreveport. Entertainment by Back, Beat Boogie Band, cash bar, 50/50 raffle, snacks, open to public. \$6.00 members, \$10.00 non-members. For more info call 752-9175, 631-8865.

MEETINGS

Ark-La-Tex Genealogical Association - 1 PM, Saturday, June 14 at Randle T. Moore Center, 3101 Fairfield Ave., Shreveport. Featuring Don Weathersby, History Buff, Researcher and Business Owner. Topic: "Influential Figures of Shreveport's Past". Admission is **FREE**. For more info call 318-746-1851.

MOVIES

Movies & Moonbeams - Featuring "Turbo" (rated PG). Friday June 6 at 8:30 p.m. RiverView Park at 601 Clyde Fant Parkway, Shreveport. Sponsored by SPAR. Free parking is available at the lot across the street from the park. Bring your own blanket, lawn chairs and picnic basket or enjoy one of the tasteful treats from the "Some Like It Hot" food truck. The sprayground fountain will also be up and running. Pets on a leash are permitted however alcohol is not.

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**.

THEATRE

The Strand Theatre's 30th Anniversary Season Announced - All performances are at 8:00 p.m. For individual or season tickets call the box office at 318-226-1481 or visit www.thestrandtheatre.com.

- Restless Heart on Saturday, Aug. 16
- Black Jacket Symphony Plays Fleetwood Mac's Rumours on Saturday, September 13
- Oak Ridge Boys on Friday, Sept. 19
- Smokey Joe's Café featuring the Coasters on Friday, October 10
- 1964 - The Tribute (Beatles) on Saturday, November 15
- Darlene Love Christmas Show on Friday, December 5
- A Christmas Carol on Saturday, December 6
- Guys and Dolls on Thursday, February 5, 2015
- Seven Brides for Seven Brothers on Friday, March 13, 2015
- Million Dollar Quartet on Thursday, April 23, 2015
- Broadway by Jeri on Saturday, May 16, 2015
- Mamma Mia! on Thursday, June 18, 2015



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2013
2014
SEASON



SWEET CHARITY
Friday, March 21, 2014

HELLO DOLLY
STARRING SALLY STRUTHERS
Tuesday, March 25, 2014

An Afternoon With
HAL LINDEN & HIS BAND
Sunday, April 6, 2014

WEST SIDE STORY
Thursday, April 10, 2014

VINCE:
The Life And Times
Of Vince Lombardi
Saturday, May 3, 2014

ADAM TRENT
Magician/Illusionist
Friday, June 6, 2014

STAYIN' ALIVE
- A Tribute To The Bee Gees
Friday, June 13, 2014

THE STRAND THEATRE
(318) 226-8555 or e-mail us at
strand@thestrandtheatre.com

King Crossword

Puzzle answers on
page 40

ACROSS

- 1 Winter woe
- 4 On in years
- 8 Decelerate
- 12 You can't stand to have one
- 13 Rid of rind
- 14 Comedy Central's ".0"
- 15 Pismire
- 16 Ear-related
- 17 Capri or Wight
- 18 Veep under Jefferson and Madison
- 21 "Of course"
- 22 Early love boat?
- 23 Check recipient
- 26 Raw rock
- 27 - Mahal
- 30 Hot tubs
- 31 Average guy?
- 32 Precursor to Surrealism
- 33 Annoy
- 34 Energy
- 35 Chest wood
- 36 Shriner's topper
- 37 Resistance measure
- 38 "Syriana" Oscar winner
- 45 Long ride?
- 46 Physiques,

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		

- for short
- 6 Idle or Bogosian
- 7 State with conviction
- 8 Reek
- 9 Missing
- 10 Norway's capital
- 11 Timely query?
- 19 Deli loaves
- 20 Rage
- 23 Omega preceder
- 24 Spring mo. division
- 25 Tie up the phone
- 26 "Alley —!" furthest point
- 27 Wee bit
- 28 Oklahoma city
- 29 Cookie holder
- 31 Hussy
- 32 Showroom sample
- 34 Cribbage scorer
- 35 Picked
- 36 Facade
- 37 Bygone
- 38 Smooth-talking
- 39 Green land
- 40 Muscat's place
- 41 Imitate
- 42 Church part
- 43 Tend texts
- 44 Relaxing exercise

DOWN

- 1 Banner
- 2 Highway
- 3 Doing
- 4 Orbit's
- 5 Microsoft founder

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MAGIC MAZE ● CHEESE —

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

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

Burger	Dip	Pizza	Stick
Cake	Dish	Pudding	Straw
Culture	Fondue	Sauce	Tray
Cutter	Grater	Spread	

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Strange BUT TRUE

by Samantha Weaver

☉ It was beloved "Peanuts" cartoonist Charles Schulz who made the following sage observation: "Life is like a 10-speed bike. Most of us have gears we never use."

☉ If you pay attention to politics at all, you've almost certainly heard the term "gerrymander" used to describe the practice of carving up electoral districts in such a way that one party has an advantage. You probably don't know, though, how that term entered the lexicon. In 1812, a new district in Essex County, Massachusetts, was created, and a journalist thought the twisting boundaries caused the district to resemble a salamander. A cartoon highlighting the resemblance was created, and because the party that did the redistricting was led by Gov. Elbridge Gerry, the practice was dubbed "gerrymandering."

☉ Before he became a comedian and actor, Bob Newhart worked as an accountant at the Illinois State Unemployment Office.

☉ It was 19th-century British author and social reformer John Ruskin who made the following sage observation: "In order that people may be happy in their work, these three things are needed: they must be fit for it; they must not do too much of it; and they must have a sense of success in it."

☉ Before the element helium was known to exist on Earth, scientists discovered that it existed on the sun. The newly discovered element was therefore named helium after the Greek god of the sun, Helios.

☉ If you suffer from odontophobia, you're afraid of teeth.

☉ If you have ever been pregnant (or known someone who has), you might be familiar with a condition sometimes known as "momnesia" or "prego-brain." It seems pretty common for pregnant women to forget names, misplace keys and sometimes even make it to work while still wearing their fuzzy slippers. You might be surprised to learn that there is science to support the existence of this phenomenon: Brain scans show that during pregnancy, some of the blood flow in a woman's brain shifts from the forebrain, responsible for short-term memory and multitasking, to the hindbrain, which takes care of the basics of survival. So the next time you see a pregnant woman in the grocery store wearing bunny slippers, give her a break; she's building a new person.

☉ A cow was once purchased at auction for \$1.3 million.

Thought for the Day: "A person usually has two reasons for doing something: a good reason and the real reason."

~Thomas Carlyle

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Sudoku

by Linda Thistle

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

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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ANSWERS FROM THE EXPERTS

How can people partner with healthcare centers to make them a better place to live?

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Vicki Ott
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Rehab Center
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(318) 221-1983
See our ad on page 48.

What can I do to help my mom with her medications? She has several different medications and they get confusing for us both.

Medicine Management is so important to wellness and is such a cost savings for health care providers, that your home health benefit can be used for just that, managing your medicines. A home health nurse will inventory, check for duplicate prescriptions, set up a weekly planner, and teach the patient and care givers about each medicine. The nurse will teach about diet, side effects, and timing of your medicines too. Lastly, some patients stop taking a medicine because they feel good, when the reason they feel good is because they were taking that medicine.



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See our ad on page 25.

My shoulder hurts. Should I play through the pain?

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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I have diabetes and have heard that it can make you go blind. Is this true?

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



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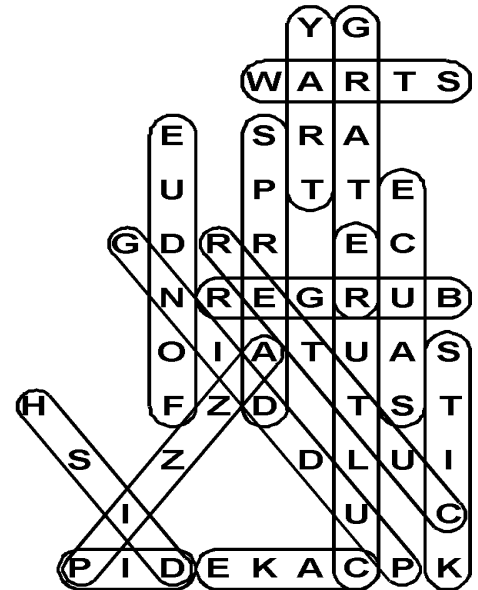
King Crossword

Answers

Solution time: 24 mins.

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

CHEESE



SUDUKO

Answer

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

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

JUNE PARTING SHOTS

The 2014 Senior Health and Fitness Expo was held on April 15 at Horseshoe Casino & Resort in conjunction with the NWLA Senior Olympics.

Pat Reeves warms up for the accuracy throw competition. ▶



Jamie Martin (left) with Dick Haney and Linda Morgan



Lifford Jackson and Claire Crawford



Harold and Jean McEachern



Maxine Thoma (left) and Barbara Wheeler



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JUNE PARTING SHOTS (continued)

SciPort's DNA Society Appreciation cocktail party was held on May 6.

Virginia and Phil Israel ▶ hosted the party at their Southern Trace home.



Becky and David Cooksey with Joe and Abby Averett ▼



The Center for Families held their 125th birthday party and Give for Good fundraising event on May 6th in the Center's Serenity Garden.



Executive Director Laura Brucia Hamm with Patricia Giacalone



Lisa and Ken Babin

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JUNE PARTING SHOTS (continued)

The Womans Department Club held their annual Cinco de Mayo luncheon on May 3.



Dr. Lee and June Stevens



Dean and Kathy Anderson



June Stevens and Madeline Holder



Ed and Becky Powers

The Naked Bean Coffee Shop plays host to a jam session every Wednesday evening.



▲ (l to r)
Pam Smelley on banjo,
Bill Smelley on bass,
Richard Houston on guitar
and Kent Gill on fiddle.

◀ Jeri Holloway and
Richard Houston

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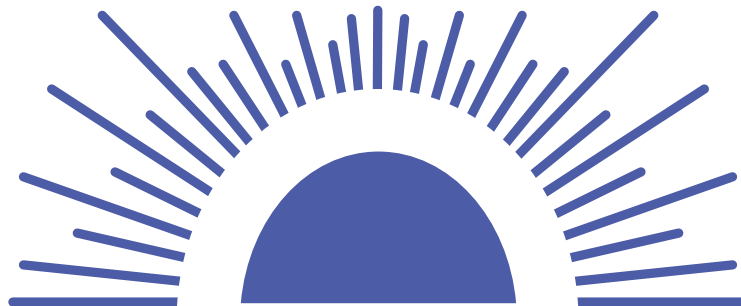
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JUNE PARTING SHOTS (continued)

Authors in April was held on April 26 at Sam's Town Casino. The annual fundraiser, which benefits the Pioneer Heritage Center on the LSU-Shreveport campus, featured Robert M. Edsel, author of "The Monuments Men: Allied Heroes, Nazi Thieves, and the Greatest Treasure Hunt in History".



Dianne Turnley with her copy of "The Monuments Men"



Robert M. Edsel autographs "Saving Italy" for Lois Rowe

The Strand Theatre celebrated its 30th birthday as a performing arts center and 2014 – 2015 season announcement on May 6.



David Trout and Joyce Ritter



Kim Price and Jodie Glorioso



Larry Ryan & Celia Sawyer



▲ Executive Director Danny Fogger announces the 2014 – 2015 performances.



◀ Lorraine Thompson and Betty Beene

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JUNE PARTING SHOTS (continued)

The Professional Civil Law Notary Association held their monthly meeting on May 3.

(l to r)

Henry Taylor, Jr, Melinda Basco, Marilyn Dixon, and Beth Wilt



The Bossier Arts Council hosted their WAM (Wine, Art & Music) event on May 15 at Boomtown Casino's 1800 Prime Steakhouse. Music was provided Shreveport Symphony's string trio.



Jane and Bob Molloy with Lauri and Tommy Wallace



(l to r) Mary Gregory, Tamiko T. Younger, Mary C. Hollins, and Glinda DuBois



Virginia Cook, Ron Bermingham, and Shirley Koval



Joshua Chambers' visual art was featured at the event.



Chef Monday Thomas, BAC executive director Leigh Anne Chambers, and Boomtown Food & Beverage manager Mike Bales

Dr. Christopher Shelby

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JUNE PARTING SHOTS (continued)

A retirement party was hosted on May 6 honoring attorney Joe Gilsoul.



(l to r) Joe Gilsoul, David Oliver, Gary Moore, and Bryon Moore



(l to r) Kyle Moore, Joe Gilsoul, Vickie Rech, and Carol Taylor

Rev. Dr. Jason Foster of Holy Nativity of the Lord Orthodox Church was feted with a surprise party on May 16 upon passing his Viva and receiving his Doctorate in Liturgical Theology from Durham University (England).



Lewis, Ruth, Sally, and Samuel Norton with Father Jason



Rod Taylor and Father Jason

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Dr. Mona Douglas, Optometrist

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JUNE PARTING SHOTS (continued)

The Grand Opening of Willis Knighton's new Innovation Center and Talbot Medical Museum was held on May 4.



Don and Hedy Hebert, Jim Elrod, and Bossier Mayor Lo Walker



Dr. John Miciotta, Dr. Dudley Talbot and David Bird prepare to cut the ribbon.



Dr. Gregory and Kathy Bell



Margaret Elrod and Sarah Porter



Gary Joiner (left) with Paul and Linda Jordan

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