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January 2012 contents

Briefs

8 **STAT! Medical News**

Advice

- 18 **Laws of the Land**
by Lee Aronson
Death of the Death Tax
- 20 **Social Security**
by Dora Miller
Resolutions for 2012
- 22 **From the Bench**
by Judge Jeff Cox
What's Your Glory?
- 26 **Dear Pharmacist**
by Suzy Cohen
Rev Up Your Immune System
- 28 **Moving Free**
by Mirabai Holland
Mind/Body Resolutions -
Not Just a Dream

Columns

- 30 **Broadway: A Personal Perspective**
by Brian Bradley
*Godspell, Other Desert Cities,
Venus in Fur, Seminar*
- 32 **Traveltizers**
by Andrea Gross
The Secrets of San Francisco

In Every Issue

- 34 **What's Cooking?**
Keeping Resolutions While
on the Go
- 36 **Our Famous Puzzle Pages**
Crossword, Sudoku and
Word Search
- 38 **Get Up & Go!**
Things 2 Do and
Places 2 Go
- 43 **Parting Shots**



Listen Up
and Laugh
Health Benefits
are Waiting

by Mark Underwood

pg. 16



pg.30

pg.32



pg.34



Apps for all Ages

by Kelly Phelan Powell

pg. 11





Do you need additional information about the products or services provided by the following businesses?

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Restor-a-Book

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Bible Correspondence Course

Emergency Response System

Acadian OnCall

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DiamondJacks Casino and Resort

Sci-Port Discovery Center

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The Elder Law Practice of

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Eye Care Services

Dr. Mona Douglas, Optometrist

Funeral Homes

Centuries Memorial & Hillcrest Memorial

Rose-Neath Funeral Homes

Hearing Care Services

Shreve Hearing Aid Service

Home Furnishings & Upkeep

Glass Services

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Home Health Care Services

ArkLaTex Home Health

Hospice Care

Regional Hospice Care Group

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Hourly Personal Care Services

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TBT January 2012

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**Forms received by the 15th of the month are eligible for our drawing!*

Contest Rules: By submitting this form to The Best of Times, the named person is eligible to win a prize package valued at \$150, but only one entry per person or address per month. The winner will be selected on the 16th of the month from forms received by the deadline that month. The winner’s name will be published in the upcoming issue of The Best of Times, posted on our website www.thebestoftimesnews.com and announced during Best of Times Radio Hour radio show on a Saturday morning between 9 to 10 am on AM 1130 KWKH.



It seems that smart phones and tablets are being used by everyone - from toddlers to 99 year old grandmothers.

I received an iPad last Christmas and have used it every day since. In fact it's sitting on my desk. I'm presently playing (and losing) a game of Words with Friends with my nephew Michael who lives in Alabama. I also read books, compete in games against people around the world, keep up with the news, video chat with those I love in other states, answer email, and work on this magazine when I'm traveling. With over a half million apps (applications) currently available (with dozens more being added every day), the biggest problem with these instruments is knowing just which apps to download.

For those of you who received one of these wonderful devices for Christmas and don't know where to start, are you in luck. Kelly Phelan Powell has done a wonderful job of introducing us to some of the most popular apps for those of us of a certain age. But we're looking for more. Do you have an app that you love? Send me an email to editor.calligas@gmail.com. I'll try to pass on the word.

This time of year finds many of us setting lofty goals for ourselves: eat less, exercise more, read *The Best of Times* from cover-to-cover. Whether you made resolutions or not, this month's issue is full of terrific articles to help you start the year just right. Dora Miller shares some Social Security tips, Suzy Cohen and Mirabai Holland encourage us to get healthy, and Mark Underwood shows us how to laugh our way through the coming year.

And if you're looking to save a little money during the coming year, you don't want to miss our Deals & Discounts on page 40.

We also wish to take a moment to extend a hearty congratulations to TBT writer/contributor Kelly Phelan Powell and husband Blake. They became the proud parents of a gorgeous daughter - Harper Nell - on November 23.

Until next month... *Tina*

The Best Of Times

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Do you have a question for one of our guests? Call 320-1130 during the broadcast or email Gary.Calligas@gmail.com prior to the show.

JANUARY 7

"Volunteers of America"
Brian Byrd, VOA of North Louisiana
www.voanorthla.org

JANUARY 14

"Most popular applications for your iPad and iPhones"
Dan Cohen, APPs consultant
www.appsforall.net

JANUARY 21

"The art of book binding and restoration"
Kathy Jackson, Restor-A-Book
www.restor-a-book.com

JANUARY 28

"A look back at the past 10 years on The Best of Times Radio Hour"



STAT!

Care For Your Skin in 2012 and Beyond

Ring in the new year with 5 skin-saving resolutions suggested by The Skin Cancer Foundation.

1 Make sun protection part of your daily routine. Seek the shade, especially between 10 AM and 4 PM. Do not burn. Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses. Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.

2 Examine your skin, head-to-toe, every month. If you notice any change in an existing mole or discover a new one that looks suspicious, see a physician immediately. To find out more about how to spot a potential skin cancer, visit www.SkinCancer.org.

3 See your physician every year for a professional skin exam. The survival rate for patients whose melanoma is detected early, before the tumor has penetrated the skin, is about 99 percent.

4 Avoid tanning and UV tanning booths. The more time a person has spent tanning, the higher the risk of skin cancer.

5 Keep your skin glowing and healthy. Glowing skin can be achieved without tanning. Expert dermatologists say that proper cleansing, morning and night, is one of the best ways to maintain a healthy, natural glow.

Resolution Solution: How Making a Plan Can Help You Meet New Year's Goals

When making New Year's resolutions this year, committing to a specific plan for when and where you are going to accomplish each goal will make you more likely to succeed, says a Wake Forest University psychology professor.

In a recent study published in the *Journal of Personality and Social Psychology*, Assistant Professor E.J. Masicampo found that committing to a specific plan to accomplish a goal not only makes it more likely to be done, but also gets it off your mind so you can think about other things.

But, not just any plan will work, he says. "The ones that work specify exactly what you are going to do, including when and where you are going to do it."

He describes four essential elements of a successful plan:

1. Specifies exactly what you're going to do and in what situation (where and when)
2. Is under your control and not dependent on someone else's actions
3. Includes specific opportunities to meet the goal in situations likely to occur
4. Focuses on a goal you are motivated to accomplish

Most importantly, he says, "You have to picture yourself carrying out your plan. That's where the power of the plans lie, in imagining yourself completing the tasks."



Postmenopausal women with osteoarthritis have a 20% higher risk of bone fractures and experience almost 30% more falls than those without the disease, according to research presented at the American College of Rheumatology Annual Scientific Meeting in Chicago.



Long-Term Study Sheds New Light on Jaw Pain Disorders

People with disorders of long-term jaw pain were much more sensitive to mildly painful sensations elsewhere in the body, more aware of body sensations, and experienced greater heart rate increases under mild stress, according to the first large-scale clinical study of its kind. The findings, published in the *Journal of Pain*, provide insights into potential causes of temporomandibular joint disorders (TMJD), and should lead to new methods of diagnosing facial pain conditions, predicting who will be susceptible to them, and new treatment approaches, say the authors.



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Crossing Legs After Severe Stroke May Be a Good Sign of Recovery

People who are able to cross their legs soon after having a severe stroke appear to be more likely to have a good recovery compared to people who can't cross their legs. That's according to new research published in *Neurology*®. People who were able to cross their legs within the first 15 days after a severe stroke were more likely to have better independence in daily life, fewer neurologic problems and lower death rates.



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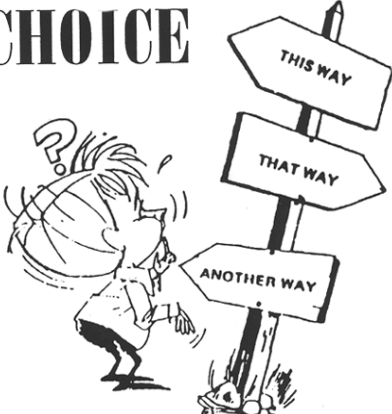
Blood Tests May Hold Clues to Pace of Alzheimer's Disease

A team of scientists, led by Johns Hopkins researchers, say they may have found a way to predict how quickly patients with Alzheimer's disease (AD) will lose cognitive function by looking at ratios of two fatty compounds in their blood. The finding, they say, could provide useful information to families and caregivers, and might also suggest treatment targets for this heartbreaking and incurable neurodegenerative disorder.

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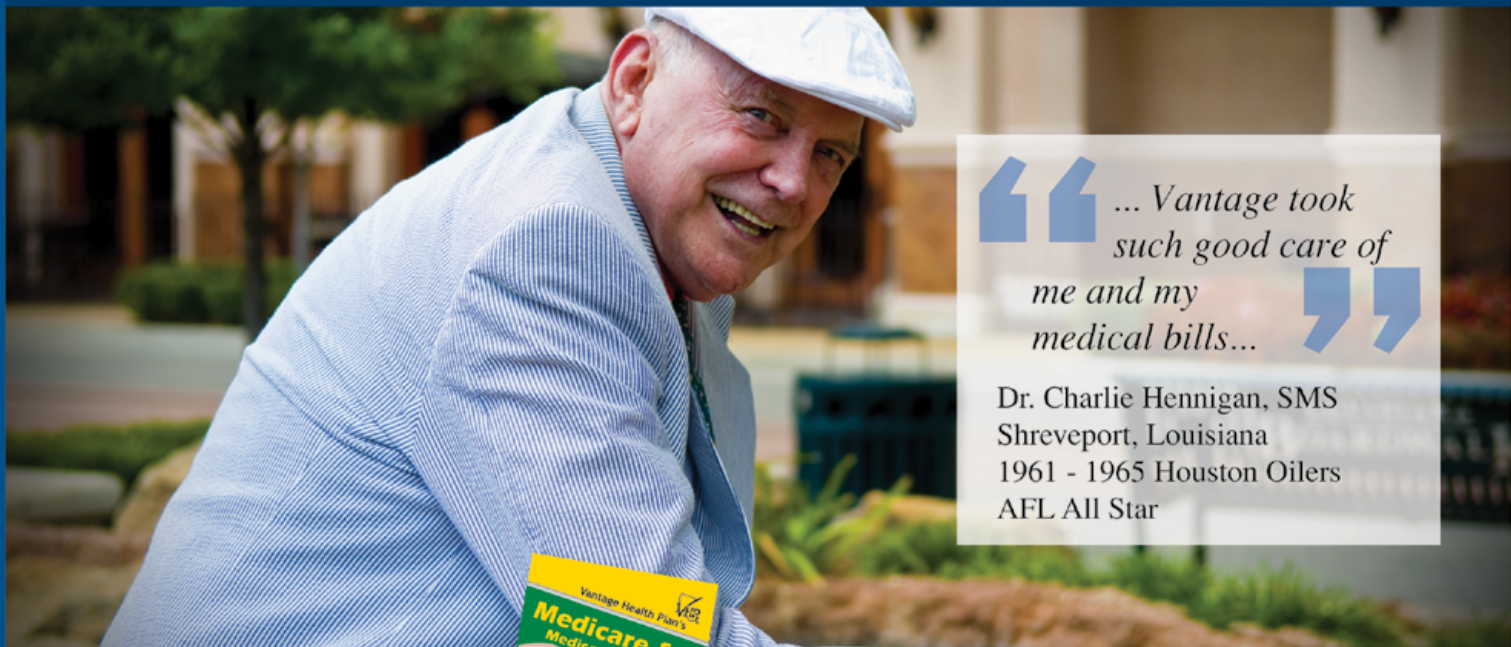
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Apps for all Ages

by Kelly Phelan Powell



People are often tempted to think technology is strictly a young person's interest, but mid-life and senior adults in Shreveport-Bossier prove on a daily basis that's just not the case. More and more, they're using their smartphones and tablet computers in every aspect of daily life, from working and communicating to socializing and playing games. Kathy Melancon, product development and research manager for the Shreveport-Bossier Convention and Tourist Bureau, received an iPad when she was attending the SXSW festival in Austin, TX, and showing Moonbot Studios' "The Fantastic Flying Books of Mr. Morris Lessmore." She said, "I like it. It's so much easier to carry around than my laptop. It's nice for travel as well."

Sister Carol Shively, superintendent of Catholic schools in the Diocese of Shreveport and a dedicated technophile, uses her iPhone and iPad every day in her work. She explained, "My philosophy is that I want our schools to be the most up-to-date, technology-driven schools we can possibly have," and in order to achieve that, she knows it's important for her to be as familiar with the latest innovations as any of the students and teachers she supervises. She got an iPad on the first day they became available, the day before Easter 2010. By May, all the teachers at Loyola College Prep had them, and now they're in the hands of every single Catholic school student from middle school through high school. "At the middle school level, we provide them as kind of a rental," she said. "High school, they purchase their own." Each student is also required to take a technology responsibility class.

Smartphones and tablet computers use application software or "apps," as they're more commonly known, designed to perform specific tasks. For the most part, each device, like the Apple iPhone or the Motorola Droid X, has its own set of available apps (which number in the hundreds of thousands or even millions), although there are some apps that can work on multiple brands. For instance, there are some apps that work on both the iPhone and Android operating systems. Donna Rawls of Shreveport, who has both an iPhone and an iPad, said, "I was given the very first iPhone – the 2G – as a gift, and at the time, I really didn't know what all the apps were about. I have

the iPhone 4 now, and it is mostly because of the apps, which I use everyday.”

Many apps are free, and some are available for purchase, although prices vary widely, from as little as 99 cents to as much as \$20 and up. In fact, last year, the most expensive iPhone app cost \$999.99! Thankfully, users rate apps, and tech magazines and Web sites often feature reviews, so buyers have some idea what they’re getting before turning over their hard-earned cash. Kathy Booth, an iPhone user for two years, said, “Most of mine are free, but I don’t mind paying. I wouldn’t want to pay more than \$5, though.” Melancon agreed. “I don’t mind paying a small fee for apps, but nothing over \$5.”

Mature adults have different expectations and needs than other segments of the population, like children and young parents, so it makes sense that their favorite apps are different, too. At age 50 and above, Shively said, the standard becomes “Show me how it fits me.” We researched and consulted some of the foremost authorities on not only apps but also lifestyle enhancements for this specific age group and compiled a list of apps that are useful, affordable and fun.

“Mature adults have different expectations and needs than other segments of the population, like children and young parents, so it makes sense that their favorite apps are different, too.”

Social Networking Apps

It’s no surprise that the most popular social networking app is Facebook, which is now used by an estimated one in 13 people on Earth. Facebook now has apps for iPhone, iPad and Android, and all are free.

There are innumerable Twitter clients available, but Twittrific was the one named Twitter Client of the Year by Macworld. It’s free, but its users say it would be a bargain at any price.

Business & Productivity

Smartphones and tablet computers aren’t merely entertainment devices – they’re also powerful tools that can help get your work done faster, easier and, most importantly, better.

Mashable.com calls GoodReader “the best document reader/file manager out there. Period.”

It can read a variety of different file types, including PDF, and can even open documents inside other apps for editing purposes. Both the iPhone and iPad versions are \$4.99.

Dropbox is a free service that uses cloud storage to allow users to access their photos, documents and videos almost anywhere and easily share them. In other words, no more emailing files to yourself. The iPhone, iPad and Android versions are all free.

Wired.com named Things one of the 15 iPad Apps You Should Download Today and said, “Things is to apps what a five-star restaurant is to eating.” Basically, it’s a to-do list app for organizing your errands, work projects and household chores where users can check off tasks as they complete them. With Things, users also have the ability to sync all their to-do list items to the Things apps for Mac and iPhone. The iPhone version is \$9.99, while the iPad app costs \$19.99. Consider it an investment for the chronically over-programmed.

Evernote is note-taking service that stores the user’s notes in the cloud so he or she can access them anywhere. The iPad app displays notes as large, easy-to-tap thumbnails, and typing and saving new notes is a breeze. The iPhone, iPad and Android versions are free.

Currently, there’s no way to print from the iPad or iPhone, but the Air Sharing app offers a solution: It wirelessly mounts your device as a drive on your computer so you

The Kindle App makes it easy to browse, purchase and read books on the go!



can print to a wireless printer. The universal app, which works on the iPad, iPhone and iPod Touch, is \$4.99.

Because she spends a lot of time on the road between schools, Shively said she relies heavily on Dragon Dictation, a voice recognition app that converts dictated notes to text. Both the New York Times and BusinessWeek gave this free app positive reviews.

Communication

Most of us remember AOL Instant Messenger from the early days of the Internet. Now AIM has social networking apps that allow users to chat for free in real time (users incur air time charges but not texting charges, making this a good option for those who need to text only occasionally and don't want to add text messaging to their data plans). The iPhone version costs \$2.99, but the iPad and Android apps are free.

With Skype, users can call, video call and instant message other Skype users for free, and they can call or text their other contacts at very low rates. It's free for iPhone, iPad and Android.

Games

If it seems like everyone's a Scrabble champ these days, that's because of the popularity of Words With Friends, an app that allows wordsmiths to play Scrabble and chat with friends. The iPhone and Android versions are free, but the iPad app costs \$0.99.

In Real Racing HD, the entire iPad becomes the steering wheel. No complicated button-pushing sequences make this a game that both adults and children can enjoy. The iPhone game is \$2.99, while the iPad app is \$4.99.

Twirl your fingers to land as many aircraft as you can while carefully avoiding collision in Flight Control HD. This game is sure to be a hit with all the local Air Force veterans. It's \$0.99 for the iPhone game and \$4.99 for the iPad.

The NPR App allows users to listen to their favorite NPR stations.

Entertainment

For the best content selection, look no further than Kindle. This e-reader app makes it easy to browse, purchase and read books on the go. The iPhone, iPad and Android versions are all free.

Creativity

Foodies, rejoice: The Epicurious app has recipes, ideas and gorgeous photos to inspire your inner gourmand, and it even has a shopping list function for you to consult while you cruise the grocery store. Best of all, it's free.

Wired.com describes SketchBook Pro as "a drop-dead-beautiful app for digital artists." It's a professional-grade paint and drawing app that gives the user a complete set of sketching and painting tools. Sound intimidating? Don't worry – it's streamlined and intuitive enough for even the daydreaming doodler. The iPad and Android versions are \$4.99.

News & Information

Devotees of Google Reader will love NewsRack. It syncs with Google Reader so if you add or remove a feed on one, it's automatically added or removed on the other, or you can selectively sync only certain feeds or categories. It's \$4.99 for both the iPhone and the iPad.

The NPR News app allows users to listen to their favorite NPR stations no matter where they are. They can even create playlists of stories to hear later in any order they want or download stories for offline reading any time. It's free for iPhone, iPad and Android.

Health

Healthful Apps is a series of apps from the Web site AppsforAll.net. Founded by social worker Dan Cohen, its mission is to help people find apps that enhance the quality of life for themselves and their families. The apps are divided

The Epicurious App has recipes, ideas and gorgeous food photos.



into categories based on users' needs, such as relaxation, diabetes or memory and focus. For anywhere from 99 cents to \$2.99, you can download an app that keeps you abreast of the latest and best apps in that particular category. Learn more at www.appsforall.net.

Lose It! is a highly-rated weight loss app that helps users set goals and keep track of their daily calorie and nutrient intake and exercise. It comes with many foods already listed, but it's also easy to add foods or recipes. It's free for the iPhone and Android.

Instant Heart Rate lets you place your finger over the LED camera, and in 10 seconds, it tells you how fast your heart is beating. You can also customize an exercise routine and track your progress using the included target heart rate zone calculator. It's \$0.99 for the iPhone and \$2.99 for Android.

If you're new to tablet computing, keep in mind that in order to access the internet, you must have either a data

plan (as with the 3G version of the iPad) or wireless internet access (wifi). Many locations across Shreveport-Bossier, including Barnes & Noble and McDonald's, offer free wifi to their customers.

It usually doesn't take long for recent smartphone and tablet converts to wonder how they ever lived without them. Rawls said, "For me, it's having everything right there at my fingertips. I have over 1,000 pictures on my iPhone and iPad, and I love not having to carry around a camera." Booth agreed. "I love being able to Google words or look up books, movies or things I might want more information on," she said. For those hoping to encourage techno-phobic friends or family members, Shively had some words of advice. "Find out what their interests are," she said. "You have to show them something that sparks their interest." Considering the myriad capabilities of these technological marvels, that shouldn't be hard to do.

Instant Heart Rate tells how fast your heart is beating by placing a finger on the screen.

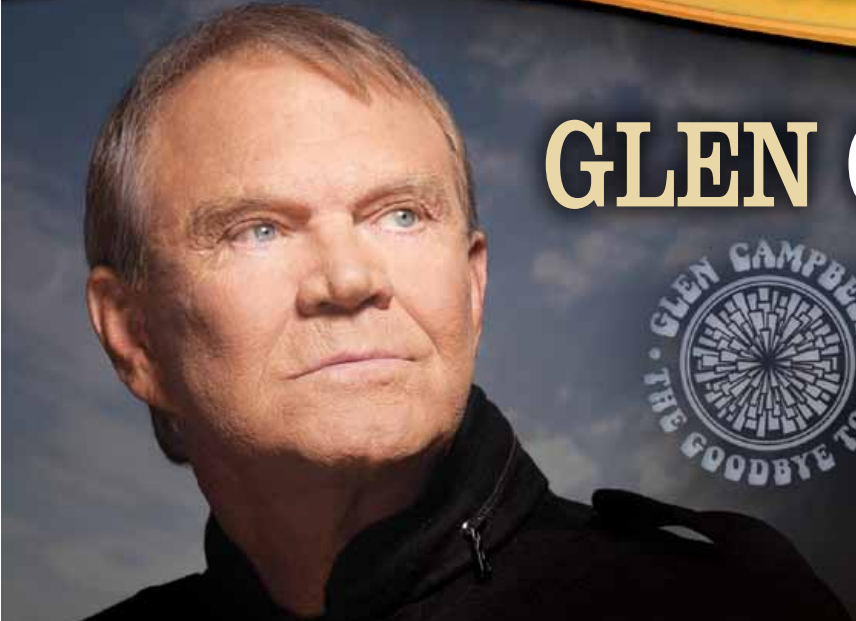

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Listen Up And Laugh -

Health Benefits Are Waiting

By Mark Underwood

Did you know

a good dose of laughter can actually help your immune system and decrease stress? Have you ever wished you could let go and laugh more often at the silliness of life? It sounds easy but it's not always possible, particularly if you're facing ups and downs of life's challenges. But if you can lighten up and be more playful, you'll give yourself the freedom to have more fun. The good news is laughing has built-in health benefits to boot.

Here's another reason to laugh. It's contagious. Have you ever wondered why some people tend to attract others? Look more closely. It may be that they laugh easily and frequently even when they are surmounting numerous challenges connected with their health and aging.

Over 50 years of research back up the fact that positive social connections improve health outcomes and laughing is part of that equation. If you admire people

who age gracefully, you may have noticed they smile easily and seem to radiate a joy for life even though they probably face an assortment of life's ups and downs.

Laughter for better health

There's no doubt about it laughter make you feel good, but research has shown that it also helps boost immunity, relax muscles, decrease pain, ease anxiety and relieve stress. Think of laughter as "internal

Keep a "laugh kit around"

These are some ways you can treat yourself to daily doses of good humor.

- Hang out with positive "kids" of all ages—friends and family members from young to old, children, grandchildren, and great-children.
- Surround yourself with reminders that there is a lighter side to life.
- Put a funny cartoon somewhere visible in your home where you start your day.
- Watch a funny movie or TV show.
- Play with a pet.
- Read the funnies.



jogging.” Laughter causes positive changes in brain chemistry by releasing endorphins, and that brings more oxygen into the body with the deeper inhalations caused by laughing. Keep in mind laughter is more than just a temporary mood booster. It is a powerful tool that helps us find new sources of meaning and hope. It gives us strength in difficult times, and connects us to others.

Giggle like a child



Boost your mental outlook by acting like a kid again. As you age, allow laughter, humor, games and playfulness to your life. Daily humor can help you feel more relaxed, creative and joyful. Studies have shown that the average preschool child in the U.S. laughs about 400 times a day. As adults we laugh far less frequently. According to studies at Ohio State University the average adult breaks out and laughs only about 15 times a day. If you can find a giggle in a situation, even for a few minutes, it will ease stress and help you refocus on positive things.

As you age, you may feel there are many things you can't do as well as you used to. Maybe you can't turn cartwheels like you used to, but no matter what your age, you can look for the humorous side of life. Laughter is a powerful tool. And it's free to use anywhere, anytime.

Laugh everyday because...

Most of us don't remember when we first smiled, but you were probably smiling when you were just a few weeks old. If you don't laugh out loud very often, don't despair, you can learn to laugh at any stage of life.

Look for something to laugh about everyday because you will automatically take yourself less seriously. Laugh everyday because it helps shift perspectives, recharge your batteries, and stay focused. Laughter helps you feel less anxious and sad. What's more, having a good hearty laugh at least once a day can help trigger better relationships and stronger bonds with your friends



and family members. Laughing produces a high speed exchange of positive enforcement between your brain and the people around you.

Positive emotions can reduce health risks. So go ahead, create as many microseconds as possible of happiness-related chemistry. Laugh and you'll improve your physical, mental and social health.

Mark Underwood is a neuroscience researcher, president and co-founder of Quincy Bioscience, a biotech company located in Madison, Wisconsin focused on the discovery and development of medicines to treat age related memory loss and the diseases of aging. Mark has been taped as an expert in the field of neuroscience for The Wall Street Journal Morning Radio, CBS and CNN Radio among others. More articles and tips for healthy aging can be found at www.TheGoodNewsAboutAging.com.

[Editor's Note: Listen to Mark Underwood on The Best of Times Radio Hour on February 4 at 9:00 a.m. on AM1130 KWKH.]



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- Excessive fears, anxieties or suspiciousness

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Death of the Death Tax

Mary (not her real name) got sick about 12 years ago. Because she had never married and never had any kids, she was worried that she would have to go into a nursing home. But fortunately for her, Ralph, one of her nephews, moved in with her and helped take care of her. Thanks to Ralph's help, Mary lived for another 2 years and was able to stay in her home until she died.

After Mary died, Ralph continued to live in her house for about 10 years and then decided that he wanted his Aunt's house to be put into his name. Can he do that?

Mary didn't have a will. So who inherits her stuff? In Louisiana, if you die without a will and

never married or had any kids, then your stuff does not go to the State. It goes to your parents (if they are still living) and your siblings.

In Mary's case, she had died when she was 71 and her parents had both died long before she did. That means that her siblings would inherit her house, her possessions and all of her other assets. Mary had a brother and a sister. Ralph was the son of Mary's brother. So as a general rule, Ralph would not inherit anything from Mary. His Dad (i.e. Mary's brother) and Mary's sister would inherit and they could have Mary's house put into their names by filing some papers at the courthouse.



Lee ARONSON

Would it make any difference that Ralph had taken care of Mary for 2 years? Or that he had lived in the home for the past 12 years? No and no. But what if

*As of January 1, 2012, there are **no** more State of Louisiana death taxes.*



Ralph had paid the property taxes on the house for the 10 years after Mary had died; would that make a difference? No. Ralph still can't have the home put directly into his name. However, if his Dad and his Aunt file papers at the courthouse putting the home into their

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names, the Dad and the Aunt could then file more papers at the courthouse giving the house to Ralph. But they don't have to and Ralph can't force them to give the house to him.

Now let's change the situation a little bit. Let's say that before Mary died, her brother (Ralph's father) had died. So when Mary died, she didn't have a spouse, didn't have any kids, her parents were already dead and her brother was already dead. Her only living relatives at the time of her death were her sister and her nephew Ralph. What does Louisiana law say about this? Mary's sister inherits half of the house and Ralph inherits the other half.

And now let's change the situation a little bit again. This time, like the previous example, Ralph's father died before Mary. But instead of having one kid, Ralph's Dad had 4 kids. So in this example, when Mary died she was survived by her sister and 4 nieces and nephews (i.e. her brother's children.) Now who inherits Mary's stuff? Because Mary's sister was alive when Mary died, she gets half of Mary's stuff. So half of the house goes to Mary's sister. Because Mary's brother died before her, the other half of Mary's stuff goes to his kids. So his 4 kids split the other half of Mary's house. Does it matter if one of these nieces lives out of state? No. Or if Mary never particularly liked that niece and hadn't spoken to her in the past 20 years? Nope. The niece is still entitled to her share, which would be one fourth of one half, or one eighth of the home.

Confusing? It sure can be. Especially if you have a large family and some of the family members have died before you. That's why it can be a very good idea to have a will. If Mary was particularly grateful to Ralph for taking care of her and keeping her out of a nursing home, she could have written a will. And in that will, she could have left her house or anything else to Ralph regardless of the fact that she had siblings that were still living.

But here's the best news of all: as of January 1, 2012, there are no more State of Louisiana death taxes. So even though Mary died 12 years ago and her siblings will inherit, as of January 1, 2012, they will not have to pay any state death taxes.

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



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Resolutions for 2012

It is that time of year: out with the old and in with the new. You may be thinking about your list of New Year's resolutions for 2012. There are many important things to consider. Deciding to diet, exercise, read more books, or watch less television are all good resolutions. However, the ones we suggest do not require nearly as much work and will not nag you all year long. Take a few minutes now, and you could have this list of resolutions knocked out in less time than it takes to put together a list of resolutions. Each of these will take only a matter of minutes.

1 Get an estimate of your future Social Security benefit. In just a few minutes, you can have an instant,

personalized estimate of your future Social Security benefit. Our online Retirement Estimator gives estimates based on your actual Social Security earnings record. This is valuable to know when you are making plans for your future. Check it out at www.socialsecurity.gov/estimator.



DORA MILLER

2 Visit the ballpark. Not that one; the Ballpark Estimator. It will help you do a better job of saving for your future. It is true that times have been tough lately. However, no matter how much you earn, it is a good idea to try to save. Check out the Ballpark Estimator for a projection of how much you should save for a comfortable retirement. Go to the ballpark at www.choosetosave.org/ballpark.

3 Visit our Benefits Planner, where you can get started right away planning for a secure retirement. You also can go here to use the disability and survivors planners to find out how much

you or your family might qualify for if the need arises. www.socialsecurity.gov/planners

4 Retire online! You can complete and submit your retirement application in as little as 15 minutes. www.socialsecurity.gov/retireonline

5 Apply online for disability benefits. www.socialsecurity.gov/applyfordisability

There is even more you can do at www.socialsecurity.gov. If you are feeling adventurous and want to explore, look around our home page, read some of our publications, and take advantage of our most popular services at the left side of the screen.

However, if you choose to contact your local Social Security office you have several choices in Northwest Louisiana.

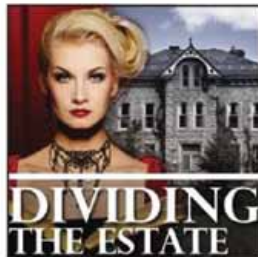
- The Shreveport office serves Caddo, Bossier, and Desoto Parishes. It is located at 1240 S. Pointe Pkwy. The local phone number is (877) 318-3074.
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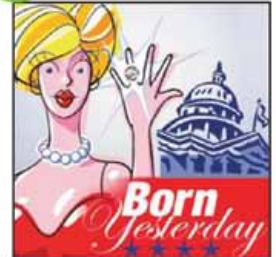
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Whatever your choice; telephone, internet or face-to-face, SSA employees are available to assist you.

Happy New Year from Social Security. Feel free to visit us anytime at www.socialsecurity.gov.

Dora Miller is the Social Security Public Affairs Specialist in North Louisiana

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What's Your Glory?

Most of you reading this article may say that is a strange question. This question comes from the book written by Mitch Albom which is entitled "Have a Little Faith". Some of you may have seen the Hallmark movie that was an adaptation of this book.

The book chronicles the life of two men. One is a Jewish Rabbi, the other is a Christian Minister. The Jewish Rabbi at the beginning of the story asks Mitch Albom to do his eulogy. Mitch Albom decides he needs to get to know the Rabbi so he visits with him over several meetings. In one of those meetings, he sees the Rabbi has written a book entitled "What is Your Glory?" The Rabbi explains that the book is about what we do to help others in our world and what we leave behind as good when we are gone. The question got me to thinking at this beginning of the new year about what we could do to help others.

The first thing I thought about was the charities that are out there to help people. There are several local charities in our area that could use help. Financially, charities are struggling with this down economy.

Many are suffering through hard times and are struggling to keep their doors open. Any financial assistance given at this time is greatly appreciated and most donations are tax deductible.

If you are not in the position to help the charity financially, then you may consider giving of your time. Many charities can use volunteers to help them. There may be the opportunity to assist in some way that you would not have thought of on your own. Any physical assistance that you can give the charity is usually greatly appreciated and it usually gives the giver a new purpose or new focus.

Another thing that could be done is to assist those around us, particularly our neighbors and friends. Many in our



Judge JEFF COX

If we all keep our eyes open and pay attention, an opportunity may present itself where we can help.

community are getting older and need some assistance from time to time. Any assistance that you can give to an elderly neighbor or friend will be greatly appreciated by that person. If you really get to know the person and get to talk to them, they can be a wealth of information about history and families in this area. Some of



the conversations I have had with some of the senior members of our community have provided me with great insight into the history of our community.

Finally, consider any way that you can make our community better. Some of the best ideas that help in our community come from ideas where a person saw a need. Your idea may spark a new way to handle community problems that each of us face on a daily basis. If we all keep our eyes open and pay attention, an opportunity may present itself where we can help.

In asking the question above, I hope that it helps each of us remember that we can help and serve others. I want to wish all of you a Glorious New Year! Judge Jeff Cox is the 26th Judicial Court Judge for Bossier/Webster Parishes, Division C.

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My father is taking many prescription medications and is about to be admitted to a nursing home for rehab care from hip surgery. How will he get prescriptions refilled and will Medicare cover them?

The hospital's discharging physician will write orders for medications. Generally, the nursing home's primary pharmacy will dispense the meds and they will be delivered to the center the same day. As to cost, if your father admits under Medicare Part A, the medications are paid for by the nursing center. If he admits as private pay, either your father or his prescription drug plan will be billed for the costs. If he is eligible for Medicaid and has been awarded benefits, the pharmacy will bill Medicaid for reimbursement.



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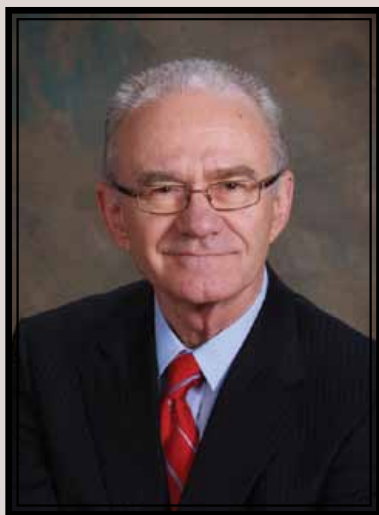
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Rev Up Your Immune System

Dear Pharmacist: The cold weather is upon us, and I'm worried about cold and flu. What are some simple steps to keep my immune system healthy? --L.F., Alexandria, Virginia



Suzy COHEN, RPh

Preventing the spread of germs is job one. If you feel any symptoms of a cold, please stay home and delegate your errands to a friend or relative. Also, consider the other individuals around you, such as your spouse or child, who could potentially fall ill before making close contact with sick people. Being mindful of this could have lasting benefits if you consider the fact that their cold could turn into pneumonia should they have a weak immune system.

If you have to cough or sneeze, please do so into the crook of your elbow.

Wash your hands with soap and water frequently for 30 seconds. While shopping for bargains at the mall, or waiting in airport security lines, or anywhere for that matter, keep your hands away from your eyes, nose and mouth. I'll tell you to make sure your grandkids do the same, but I know they put their little fingers in all the wrong places, so I also recommend keeping antibacterial lotion or wipes handy.

With that, here are some of my top vitamin recommendations to help support immunity:

- **Probiotics.** These are beneficial bacteria that naturally help maintain immune system wellness. They also aid in proper digestion.

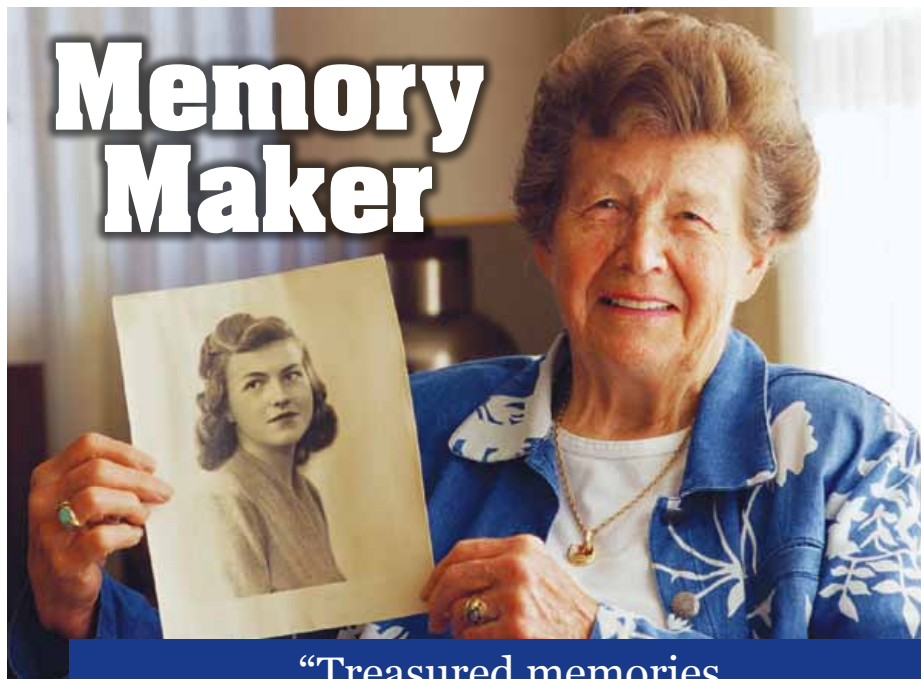
- **Vitamin C.** The humans body doesn't make vitamin C, so it's important we get it from other sources such as supplements, citrus fruits, or vegetables including bell peppers. It's a strong antioxidant that does "housekeeping" on your cells and helps support the immune system.

- **Vitamin D.** Getting your Vitamin D from sunlight isn't always reliable, especially if you use sun block to protect your



skin or live in a state with a long winter. Most people don't realize that Vitamin D is mostly obtained from fortified foods. A Vitamin D supplement can provide added support, try 1,000 - 5,000 IU but ask your doctor to make sure. You want the bio-active form, "vitamin D3" and high-

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- **Echinacea.** Related to daisies, this herbal supplement is thought to rev up the immune system thereby lowering risk of infection. Recommended dosage is usually in cycles, not every single day.

When choosing dietary supplements, seek out brands that are committed to science-based protocols for product development and testing. Be sure to ask your health care professional or pharmacist what supplements are best for you, especially if you take medications.

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Mind/Body Resolutions - Not Just A Dream

January is a profound time. We can feel it. New year, new you they say. We vow to lose weight, get fit, quit smoking, and change our entire personality.

So why do we try and fail year after year and why have so many of us given up that resolution nonsense altogether?

I think it's because we were setting ourselves up to fail instead of succeed.

We push ourselves too hard to do too much too soon to change habits that took half a lifetime to cultivate and expect that's going to be ok with us and it's not.

If we want to change long standing habits we need to look at it differently.



Mirabai HOLLAND

We need to see ourselves differently. See yourself thin. Feel what it's like to be thin. Consider yourself a thin person, a non-smoker, whatever.

World-class athletes live by this. It really works. And it works for everything.

Here are two mind-body techniques they use and you can use right away to help set those resolutions into motion.

Visualization: happens mostly on the right side of the brain, the part that controls emotion, intuition and nonlinear thought.

So if your goal is to lose 10 pounds you visualize yourself 10 pounds thinner maybe by wearing that pair of jeans you have been wanting to get into again.

Don't just see yourself as having lost the weight. See yourself as a thin person, someone who was always thin and will always be thin. That mental image can replace the one you now have of yourself and help you transform your behavior on both a conscious and subconscious level. It can allow you to finally put that desire into permanent action.

Affirmations: By engaging in positive self-talk you can change what you believe about yourself. You can speak to yourself silently or out loud in short phrases that start with "I am".

And don't be afraid to say you are who you really want to be.

Repeat several times until you are able to clear your mind of anything but that particular affirmation.

Once you see and hear how it feels to be someone who has already reached their goal, you can use the same techniques to



set and achieve easy short-term interim goals. For instance if your goal is to become fit, you can start by visualizing and feeling yourself having exercised today and affirm with "I will exercise 5 minutes today".

As long as you have plausible expectations and don't say stuff like I'm 6 feet tall when you're 5'6, you can make amazing changes real.

"I am going to have the best year ever in 2012." Happy New You!

Mirabai Holland M.F.A. legendary fitness pioneer is one of the leading authorities in the Health & Fitness industry, and a public health activist who specializes in preventive and rehabilitative exercise. Her Moving Free® approach to exercise is designed to provide a movement experience so pleasant it doesn't feel like work.
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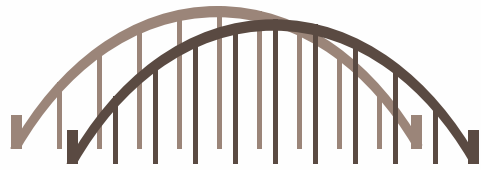
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BROADWAY

A Personal Perspective

by Brian Bradley

The fall season has gained momentum since my last post. A number of plays have opened but musicals, sorry to say have been scarce. Two new musicals, *Bonnie and Clyde* and *Lysistrata Jones*, as well as a revival of *On a Clear Day You Can See Forever* are scheduled to open. But besides *Follies*, the only other musical to open this season has been a revival of *Godspell*.

The good news about this revival is that it's not a carbon copy of the overly familiar original John-Michael Tebelak staging. That guy still gets program credit for his original direction even though he has never done anything before or after of renown. But neither has the current director Daniel Goldstein completely succeeded in overcoming problems inherent with the concept. There have been some attempts, mostly ill-advised, to update material firmly ensconced in the 1970's. But this production, performed in the round, does allow for some creative innovation with its splashy environmental scenic concept. Still *Godspell* remains a static retelling of parables mixed with likeable simplistic songs and no real dramatic arc. So this amped up revival is unlikely to alter anyone's opinion.

Three plays stand out this fall. But the crème de la crème is definitely *Other Desert Cities* by the gifted playwright Jon Robin Baitz. Originally presented Off-Broadway last season by Lincoln Center Theatre, this acclaimed family drama has now transferred to Broadway with two roles recast (one quite a different interpretation).

At the Palm Springs home of the Wyeth family, with the kids home for Christmas, any hope for breezy banter or a civilized dinner at the club evaporates when daughter and New York-based author Brooke (Rachel Griffiths) announces her tell-all memoir about her dead brother is about to be published. That bombshell is the catalyst for the escalation of heated exchanges, accusations and ultimatums. The interaction is invigorating, the acting superlative and the ending a stunner.

This family does love each other still they challenge each other

aggressively. They can be harsh and rough without maliciousness. Our alliances are constantly shifting. Is Brooke exploiting a family tragedy or was the process an essential part of her emotional recovery? Is her version subjective or self-serving? There is no right or wrong.

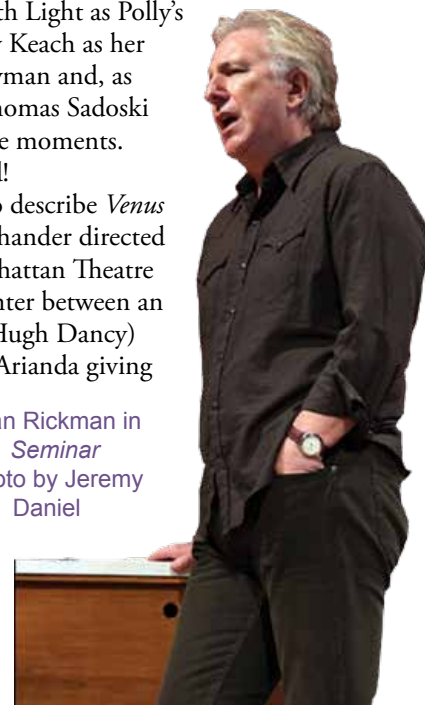
The Wyeths are articulate overachievers with issues and depth beyond their superficial labels or the roles they've chosen in life. It's like all the dysfunctional-family clichés and stereotypes exist momentarily and are then dismantled. This is particularly true with the perfectly coiffed ex-screenwriter Polly (Stockard Channing) who, when given no option reveals something that should never have been revealed which makes you see her in a completely different light.

Really everything about this production is perfection from the beautifully nuanced writing to Joe Mantello's masterful, modulated direction. John Lee Beatty's set defines the essence of Palm Springs. Judith Light as Polly's newly sober sister Silda, Stacy Keach as her usually restrained husband Lyman and, as her TV-producer son Trip, Thomas Sadoski all have marvelous memorable moments. Even the poster art is inspired!

You only need one word to describe *Venus in Fur*. Hot! David Ives' two-hander directed by Walter Bobbie at the Manhattan Theatre Club depicts a chance encounter between an exasperated writer/director (Hugh Dancy) and a flustered actress (Nina Arianda giving a star making performance) on a dark and stormy night.

After a frustrating day of auditioning clueless actresses (his rants about them are very funny)

Alan Rickman in
Seminar
photo by Jeremy
Daniel



Thomas is packing up the rehearsal hall when in bursts the harried and disheveled Vanda hours late for her scheduled appointment. At first resistant to hearing her read, she cajoles him to acquiesce and let her audition. The minute Vanda begins to read the role, it is clear she knows this character from the depth of her being. Her transition is immediate and complete, he is intrigued and they are soon immersed in the scene. As the reading progresses, Thomas and Vanda assume the sexual roles of their characters. Who knew the act of applying boots could have such sustained sexual energy. Hypnotic theatre!



Other Desert Cities
photo by Joan Marcus

Seminar, Theresa Rebeck's dark comedy receiving its World Premiere at the Golden Theatre is a terrific and thoroughly entertaining observation about a group of would-be novelists with, it seems more ego than talent and the temperamental tyrannical editor with his recklessly brilliant and unorthodox instruction. Rebeck misses nothing from their sense of entitlement to their dubious intellectual pretense. But Alan Rickman, in the star turn of the season, luxuriates in the language and captivates us with every...last...word.

Next month: *On a Clear Day You Can See Forever*, *Lysistrata Jones*, Kim Cattrall in *Private Lives* and *Chinglish*. *New York based theatre critic Brian Bradley is a voting member of the Outer Critics Circle. Send questions to brianbradleynyc@hotmail.com.*



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The Secrets of San Francisco

by Andrea Gross • www.andreagross.com

I lived in California for many years, but it wasn't until last year that I began to learn the secrets of one of its greatest cities — San Francisco. Oh, I'd walked the Golden Gate, noodled around Chinatown and shopped in Union Square, but I'd never heard the gossip.

Then I took three neighborhood tours, each led by residents who showed me the hidden places and told me the scandalous stories. Finally, I feel like a native.

North Beach

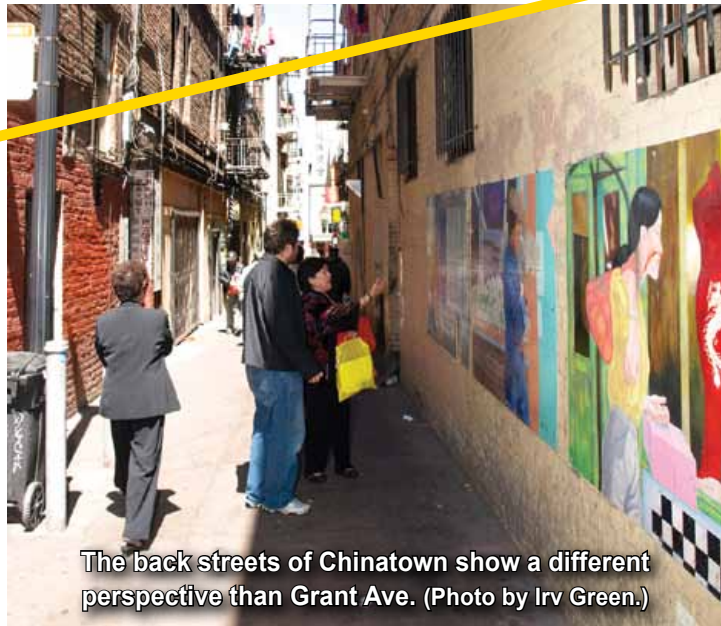
The American Planning Association calls North Beach one of ten “great neighborhoods in America,” and it's easy to see why. It's a community in every sense of the word — a place where people walk, talk and eat.

That's exactly what my husband and I do during our award-winning Local Tastes of the City Tour. Tom Medin, owner and guide, begins by giving us the history of the area. It was, he says, settled by Italians, then became a hangout for members of the Beat Generation and a risqué nightclub district. But now it's relaxed into an area of small shops, eateries, bakeries and delicatessens.

He leads us from one to another, feeding us fascinating facts to digest along with the food. By the end of the tour, when we go into Café Trieste, a coffee house frequented by the likes of Steve Allen, Woody Allen, Pavorati and Bill Cosby, I'm feeling like I am an in-the-loop San Franciscan.

That night, to solidify our city-wise credentials, we go to Beach

Blanket Babylon, a San Francisco staple since 1974. We sip wine and watch performers, who wear outrageous hats that are four or five feet tall as they spoof all things political and most things sacred. The man next to me laughs so hard that he spills his wine into my lap. I barely notice because I'm laughing equally hard.



The back streets of Chinatown show a different perspective than Grant Ave. (Photo by Irv Green.)

Chinatown

We're walking through San Francisco's Chinatown, but the bustling crowds of Grant Avenue seem far away. On the back streets men are playing mah jong, women are folding disks of dough into fortune-cookie packets, and a man is weighing medicinal herbs for a customer who has a hacking cough.

“Nee haw, hello,” I say, trying out my one phrase of Chinese. Our leader — she doesn't like to be called a “guide” — laughs. “No, no, no,” she says. “That's Mandarin Chinese. Here in San Francisco, most of the Chinese speak Cantonese. It's nay ho.”

That's only the first of many things we learn as we follow Shirley Fong-Torres, aka the Wok-Wiz, through the part of Chinatown where, as she says, “real people live, work and play.”

She points to a mural on an alley wall and explains the custom it depicts. “That's not just a pretty painting,” she says. “It's a picture of one of our Chinese New Year activities.” Next we go into a store filled with imitation cell phones, television sets, food and clothing, all made out of paper. The Chinese, we learn, want to make sure their relatives have all the comforts of this world

when they journey to the next one. Again, without Shirley, we'd have missed the real meaning of what we were seeing. We'd have thought the items were simply cute children's toys.

Nob Hill

We take a cable car to the Fairmont, the grand dame of hotels atop San Francisco's Nob Hill. It seems apropos since the cable car is what allowed the 19th century's most privileged folks to live in rarefied hilltop air, far above the "low-life" who frequented the docks. The street was simply too steep for horse-drawn carriages.

Valerie Huff, owner of Hobnob Tours, meets us and leads us first through the public rooms of the grand hotel, then on a two-hour, flat-ground tour of the neighborhood. Before the earthquake of 1906, the area was filled with grand mansions and luxury hotels, all but two of which were destroyed by the post-quake fires. Today the area is again filled with homes of the affluent.

Valerie laughs as she dispenses gossipy tidbits. I learn, for example, that two feuding barons each hired bodyguards to protect one from the other, and that a rich widow disinherited her son when he opposed her marriage to a younger man.

By the time the tour ends, I know why Nob Hill is sometimes called "snob hill," and I'm reveling in my insider status.

We've only begun to explore the neighborhoods in depth, but for now my mind is full and my feet are sore!

For more information:

North Beach: www.localtastesofthecitytours.com

www.beachblanketbabylon.com

Chinatown: www.wokwiz.com

Nob Hill: www.hobnobtours.com



The cable car always has been – and still is – the best way to get to Nob Hill.

(Photo courtesy of Hobknob tours.)

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Keeping Resolutions *WHILE ON THE GO*

Saving money and eating healthier rank high on the list of New Year's resolutions, but as many know too well, busy schedules can make it hard to keep these resolutions up. "Pretty Delicious" author and "Top Chef" alum Candice Kumai has partnered with The Glad Products Company to create delicious recipes that help bring healthy food out of the kitchen. For additional recipes, visit Facebook.com/Glad. (*Family Features*)

Spinach Salad with Walnuts, Strawberries and Goat Cheese

For the salad:

½ cup walnuts
4 cups fresh spinach, stems trimmed
8 large strawberries, hulled and thinly sliced
¼ cup crumbled goat cheese

Heat the oven to 375°F.

Place walnuts on rimmed baking sheet and bake until fragrant and toasted, about 8 minutes. Transfer to a plate to cool.

Toss spinach with strawberries in a large bowl.

In small bowl, whisk together honey, mustard, vinegar and salt. Sprinkle walnuts on top of spinach and strawberries mix.

Serve sprinkled with goat cheese. (Serves 4)

For the dressing:

3 Tbs. honey
2 Tbs. Dijon mustard
¼ cup balsamic vinegar
¼ teaspoon sea salt

Roasted Fig and Blue Cheese Salad

For the figs

2 cups fresh black mission figs, sliced in half
2 Tbs. balsamic vinegar
2 Tbs. extra virgin olive oil
1 tsp. honey
¼ tsp. sea salt

For the salad

½ cup blue cheese, cut into elegant wedges or thin slices
6 cups mixed salad greens with arugula
½ cup candied walnuts
Sea salt to taste



For the dressing

3 Tbs. honey
2 Tbs. Dijon mustard
¼ cup balsamic vinegar
¼ tsp. sea salt

To roast figs, preheat the oven to 350°F. Remove stems off end of each fig, then slice fig in half. Roast for approximately 30 minutes or until a bit golden brown. Remove and cool slightly.

In small mixing bowl, mix 2 tablespoons balsamic vinegar, olive oil and honey. Add figs and toss to coat evenly. Marinate for 5 to 10 minutes.

Whisk honey, mustard, 1/4 cup balsamic vinegar and sea salt together to create dressing.

Place greens in large salad bowl; toss in candied walnuts. Serve with two fig halves on top of each salad with a blue cheese wedge. (Serves 4)



Spicy Tequila Lime Shrimp Salad

For the shrimp:

2 Tbs. extra virgin olive oil
1 garlic clove, minced
½ tsp. ground cumin
Pinch red pepper flakes
1 pound medium shrimp, deveined
3 Tbs. high-quality tequila
Salt, to taste
1 tsp. dried chipotle powder
2 to 3 Tbs. fresh cilantro, chopped

For the salad:

4 cups dark, leafy mixed greens
½ cup roasted red peppers, sliced thin
½ cup black beans, drained and rinsed
1 avocado, sliced thin

For the dressing:

½ cup nonfat plain Greek yogurt
3 Tbs. high-quality tequila
1 Tbs. grated lime zest
1 tsp. hot sauce
2 Tbs. fresh lime juice
Pinch of sea salt to taste

Add olive oil to a large skillet over medium heat. Once oil is hot, add chopped garlic and cook for about 1 minute. Add cumin and red pepper flakes, and let flavors blend together.

Add shrimp and toss. Carefully add tequila and cook until alcohol burns off. Season with salt, and add dried chipotle powder. Once shrimp are cooked, add chopped cilantro, toss and put aside on a plate.

Toss mixed greens in a large salad bowl and add in roasted red peppers and black beans. In medium bowl, whisk all of the dressing ingredients together and alter to desired taste by adding additional hot sauce and salt.

Top with avocado slices and sautéed shrimp. (Serves 4)



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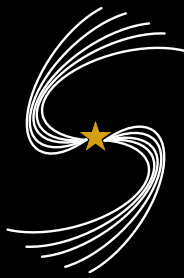
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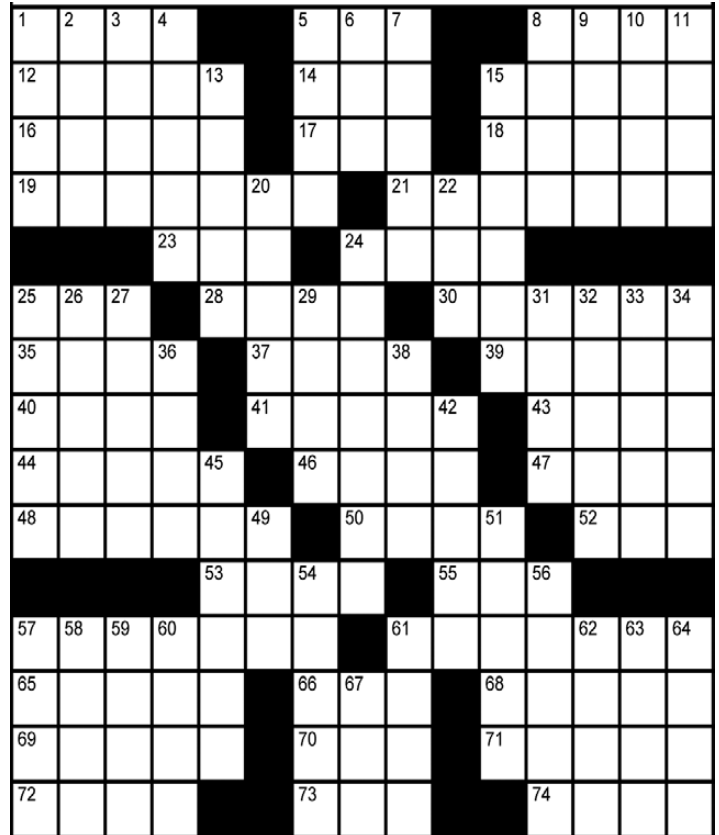


ACROSS

1. Dateless male
5. Exclamation of disgust
8. Radar target
12. Second T in T&T
14. Beauty treatment site
15. Bonnie's partner
16. Forearm bones
17. PST plus three
18. Super Bowl XLV winning QB
19. *Smoothie maker
21. Crashing percussions
23. Duty, as in duty-free
24. Wait for other one to drop?
25. Civil War's Johnny
28. Wholly engrossed
30. Street child
35. Kim Basinger's ex
37. 4th planet from sun
39. In the air
40. *Old phone operator
41. Animal trail
43. Matterhorn site
44. Like an anchor just clear of the bottom
46. Part of temple floor plan
47. Swim or track contest
48. Stunt flyer's peril
50. Ham ____
52. "____ and the Family Stone"
53. Not win
55. Explosive
57. *Internet WiFi access site
61. *Pop-up appliance
65. *Manual calculator, pl.
66. Length of existence
68. A la ____
69. Test TV program

POPULAR GADGETS

Solution on page 39



70. Neither here ____ there
71. Swedish money
72. Meat and potato dish
73. *Advertiser's enemy?
74. Elizabeth Taylor, e.g.
11. Writing implements
13. Mothball substitute
15. *Standard on most smart phones
20. Skill evaluations
22. Second person pronoun
24. Precedes antistrophe
25. *Some drivers can detect this
26. High society
27. Goatee, e.g.
29. Daddy
31. Pack to capacity
32. Author Louis Sachar's Newbery Medal winner
33. Forcefully urge
34. Foul
36. Greek muse of history
38. Acceptable, but not outstanding
42. Right-hand page
45. Soapbox
49. Likewise
51. Green thumb, e.g.
54. *iPad owners use it when watching or reading
56. Ivan and Nicholas, e.g.
57. Happenings
58. Death notice
59. A tall one is not true
60. Flat-bottomed boat
61. Territory, abbr.
62. Faster than a walk
63. Volcano in Sicily
64. End of the line
67. Government domain



SUDOKU - Fill in the blank squares in the grid, making sure that every row, column, and 3 x 3 box includes all digits 1 through 9.



4	7							
				8	3			9
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Solution on page 39

Word Search (solution page 39)

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| Blizzard | Fireplace | Overcoat | Snowflake |
| Cocoa | Flurries | Resolutions | Snowman |
| Cold | Freeze | Scarf | Super bowl |
| Diet | Gloves | Skiing | Winter |

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COMMUNITY EVENT

Overcoming Learning Obstacles: A Community Resources Event - January 13. 4:00 to 8:00 p.m. Gateway Church, 8925 Youree Drive, Shreveport. Phil and Amy Parham of the reality TV show, "The Biggest Loser" will lead the event. Sessions will provide insight on learning and memory, IEP basics, autism, dyslexia, ADD/ADHD, and brain training. FREE and open to the public but organizers ask for a \$5 donation to Gateway Church for those attending the dinner. Registration starts at 3 p.m. Breakout sessions start at 4 p.m. followed by a dinner break at 6:45 p.m. and the Parham keynote address at 7:30 p.m. For info or to register, call 318-742-8004 or email Shreveport.la@LearningRx.net.

CONCERT

Shreveport Symphony - RiverView Theatre in downtown Shreveport. Tickets are \$17 - \$42. Call 227-8863.

- *The Beauty of Brahms* - January 21, 2012 at 7:30.

CLASSES

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tor. SandysDance Center, 111 Dalton Street Suite 400, Shreveport. \$7 Adult (\$6 USA Dance Members), \$3 Student (with Student ID). For more info www.usadanceshreveport.org or August Myszkka at 318-938-0135.



Art/Painting/Drawing Classes for seniors - David Raines Community Center, 2920 Round Grove Lane, from 9 - 11 am, each Tuesday from January 10 thru April 10. The second classes will be held at Southern Hills Community Center, 1002 Bert Kouns, 9 - 11 am each Thursday from January 12 thru April 12. Classes are free for senior citizens who are interested in learning art/painting/drawing or to would like to improve their skills. For additional information call David Raines Community Center at 318.673.5342, Southern Hills Community Center at 318.673.7818 or Camille Webb, Supervisor of Senior Programs at 318.673.7845.

Money Matters and Health Smart Classes for senior citizens - The first classes

will be held at A. B. Palmer Community Center, 547 East 79th Street, from 9:00 - 11:00am, each Tuesday from January 10 thru April 10. The second classes will be held at Hattie Perry Community Center, 4300 Ledbetter Street, from 9:00 to 11:00am each Wednesday from January 11 thru April 11. Classes are FREE. The classes will focus on understanding labels on food items that can help improve health and save money. The classes will also cover such items, as letting the "credit card work for you"; which is better "debit or credit"; how to keep track of your money; reading and understanding the prescription, etc. Speed reading and comprehension will be offered for those that know how to read, but, either don't like reading and/or have limited reading skills. For additional information call A. B. Palmer Community Center at 318.673.5335, Hattie Perry Community Center at 318.673.7810 or Camille Webb, Supervisor of Senior Programs, at 318.673.7845.

ENTERTAINMENT

Glen Campbell: Good-Bye Tour Concert - January 14, 8:00 PM. DiamondJacks Casino and Resort, 711 Dia-



mondJacks Blvd, Bossier City. Glen Campbell is an American country singer, guitarist, television host, and occasional actor. His hits include "Gentle on My Mind", "By the Time I Get to Phoenix", "Galveston", "Rhinstone Cowboy", and "Southern Nights". Must be 21 years of age or older to attend this event. Tickets prices are \$40, \$50, \$60, and \$80. For tickets and information, please call (318) 678-7695 or visit www.diamondjacks.com

KREWE OF ELDERS

Grande Bal - Friday, January 13, 6:00 until 11:00 p.m., at the American Legion Hall Post No. 14 located at 5315 South Lakeshore Drive, Shreveport. Entertainment by Louisiana Crossroads. Heavy hors d'oeuvres, 50/50 raffle, cash bar. Black Tie optional. \$40.00 in advance, \$45.00 at door. For information please call 635-4901, 752-9175.

MEETINGS

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



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Saturday, January 14. Randle T. Moore Center, 3101 Fairfield Ave., Shreveport. Featuring Philip Adderley, CG, Private Investigator. Topic: Resolving female identities based on family traditions and indirect and circumstantial genealogical evidence. FREE and open to the public. For info call 318-746-1851.

GENCOM Genealogical Computer Society monthly meeting - Sunday, January 22 at 2:00 P.M. at the Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport. We will view a webinar by professional genealogist Elise Friedman entitled "Introduction to Genetic Genealogy". Everyone is welcome and the meeting is FREE and open to the public. For information call 318-773-7406 or email jgones09@gmail.com.

Rivercities Garden Club - 2 PM, Sunday January 8. Barnwell Art Center, 601 Clyde Fant Parkway, Shreveport. Featuring Dr. Gladden Willis whose topic is "Why Plant Native Plants?". Admission is FREE. For information call 318-869-1413.

MOVIES

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

SEMINAR

"How to Get the Government to Help Pay for Your Long Term Care" - Pre-

sented by Elder Law Attorneys Joseph R. Gilsoul and Kyle A. Moore with Client Care Coordinator Vickie Rech. Wednesday January 11. 10:30 a.m. The Tower at the Oaks of Louisiana, 600 E. Flournoy Lucas Rd., Shreveport. Reservations required. RSVP - (318) 222-2100.

SUPPORT GROUPS

Bereavement Support Group - Thursdays, 5:30 p.m. Willis-Knighton Medical Center, Hospice Family Room, 3300 Albert L. Bicknell Drive Suite 3.

North Louisiana Multiple Myeloma Support Group - Second Wednesday of every month at the Broadmoor Baptist Church on Youree Dr. in Rm. 3109 at 2pm. For more info call Carolyn Petty at 318-797-6620

THEATRE

Shreveport Little Theatre - Tickets are \$15 for seniors, students and active military, \$17 for adults. Tickets may be purchased at box office, 812 Margaret Place, from noon - 4 p.m. weekdays, or by calling 424-4439.



• *Some Enchanted Evening: The Songs of Rodgers & Hammerstein.* January 5, 6, 7, 12, 13, 14 at 8 p.m. and January 8, 15 at 2 p.m.

Shreveport Opera - All performances are at RiverView Theatre in downtown Shreveport at 7:30 p.m. Individual performance tickets are \$25 - \$90. Call 227-9503.

• *La Tragedie de Carmen* - February 4, 2012

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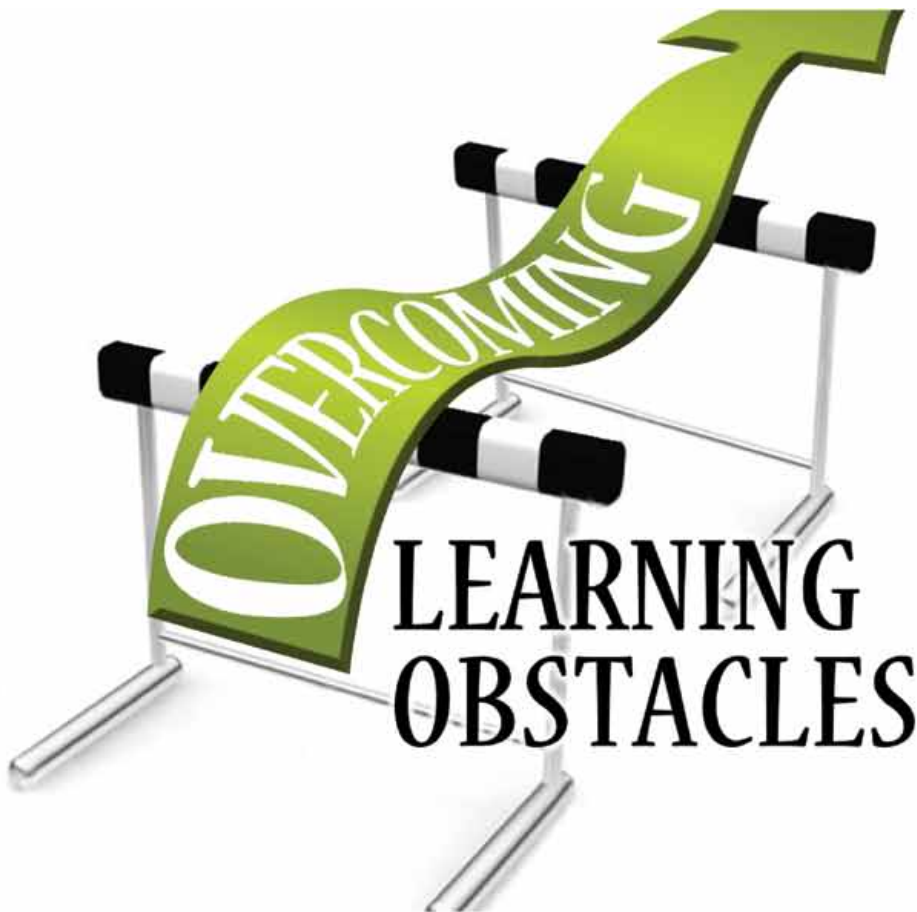
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A one stop event to learn about local providers and resources for families with learning difficulties.

Keynote Speakers: Phil and Amy Parham of "The Biggest Loser" TV show. Hear their journey and the hurdles they overcame with their son who has autism.



Small Group Topics:

IEP Basics
Autism
Cognitive Skills
Dyslexia
ADD/ADHD
The Brain, Learning and Memory

Informational Tables:

LearningRx
Little Works
Sylvan
Center for Therapy
Families Helping Families
Early Steps
Camp Rainman
The Autism Society
The ARC
Discovery Toys

A
COMMUNITY
RESOURCES
EVENT

January 13th, 2012
4:00 - 8:00 p.m.
Gateway Church,
Shreveport



January 2012

JAN Parting Shots



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

Lagniappe Queens Council Christmas Party on November 26 at Smokey Joe's Cafe at Sam's Town.

Brenda Griffith and Carol Farley



Christy Goerbig and Debbie Lafitte

Award Presentations



Roynetta Ortiz (left) is the recipient of the 2011 PHP Helping Hand Hero Award and Creola Reese received the PHP 2011 Woman of The Year Award at the 2011 People Helping People Community Outreach Awards Celebration on December 10

Cheering on the Tigers at the home of Sue and Al Wyche



Scott Kennedy, Holli and Pat Hennessy



Sue and Al Wyche



Vicki Franks, Ginger Lynn, and Karen Kennedy

Thanksgiving 2011 memories

Linda and Herbert Johnson



Dianne and Johnny Brock



AP and Shirley Weaver



Wendell and Bonita Hayes with kids and grandkids



Sisters Maurine Fulkerson and Audrey Lewis

Christmas Benefit for Homeless Students



(l to r) Dottie Bell, Pitre Walker, Senator Gregory Tarver and Nashunte' Manuel



2011

January Parting Shots continued

CHRISTMAS PARTIES AROUND TOWN

Christmas Party for residents and friends of Azalea Estates



Above: Country Diamonds provided the entertainment. Members of the group are (l to r) Alice DeHaven, Evelyn Winn, Joann Lonadier, Jancie Bennett, Diane Smith, Phyllis Page, and Marge Short

Right: Margaret Harper and Jim Overton with Ruby Overton (seated)

Below: Alma Baird (left) and Sue Gaiennie



Left to right: Mary Helen Tidwell, Irma Wicker, Mable Nobel, Dessie Shores, and Santa



Left to right: Pat Claussen, Gerry and Dan Baird

2nd annual The Oaks of Louisiana Tour of Trees

Elaborately decorated themed Christmas trees were scattered throughout the community. Tours were opened to the public.



Top photo: Jeanne Linam (left) and Jacquelyn Bicknell love the majestic tree in the Foyer

Bottom photo: Terrie Roberts in front of the Candy Cane Tree



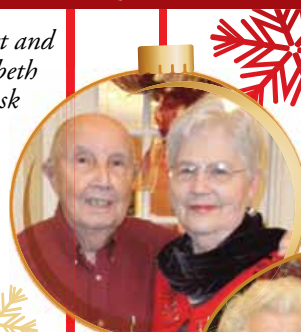
Top photo: Paul and Bonnie Glanville



Bottom photo: Mrs Chris Hughes

Christmas Party at the Arbor and Terrace of Bossier

Robert and Elizabeth DeBusk



Edna Bowen and Cecil Gates



Billie Davis (left) with her mother Louise Walding



Grace Worley and Gordon Adams



January Parting Shots continued

The Shreveport Bridge Association Annual Christmas Party



Above left: (l to r) Joyce Ritter, Todd Barnes, Susan Young and Kitty Provenza

Above right: Earlene Boddie, Debbie Boyd, and Pam Kenyon

Right: Pat Newberg, Jerry Thomas, Fick Newberg, and Ann Cook



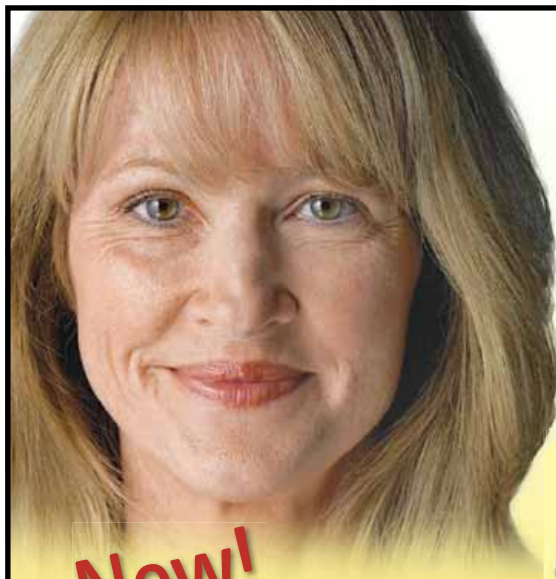
Linda Young, Mina Chesnut, Bill Young, and Ardith Thompson



Birthday Celebration



Leon Demopoulos celebrated his 88th birthday with his children, grandchildren, great-grandchildren and surprise visitor Shreveport Mayor Cedric Glover.



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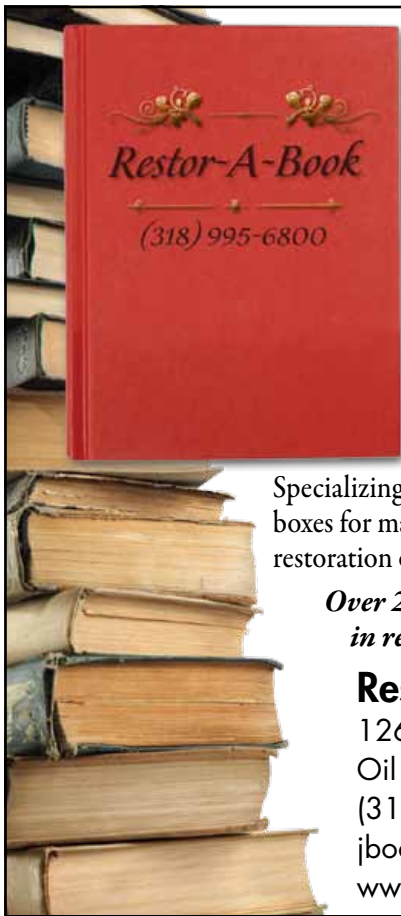
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January Parting Shots continued

Las Vegas Night at Wine Country benefited the Deaf Action Center

Right: Michael and Josephine Futrell



Below left: Bob and JoAnna Robinson

Below right: Dr. Lane Rosen (left) and Dr. Bryan Vekovius



Above: Lisa and Kit Gamble



Right: Sandi Kallenberg



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January Parting Shots continued

Opening Night of "The Subject was Roses"

The River City Repertory performance starred Tony award winner Donna McKechnie.

Right: Bob and Ann Hays with Donna McKechnie



Below left: Patric McWilliams & Donna McKechnie

Below right: Neil Johnson (left) and Robert Trudeau



Above: (l to r) Mitzzy Perry, Joann Seiglar, Debbie Grand, and Linda Wright

Right: Joan and Aubrey Lurie



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