

January 2014

The Best *Old Times*

*“Celebrating Age
and Maturity”*

INSIDE:

*The Gone with the
Wind Trail*

**Medicare in 2014:
What You Need to Know**

Decades of Decadence



5 MYTHS
about
EXERCISE
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AGING



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2014

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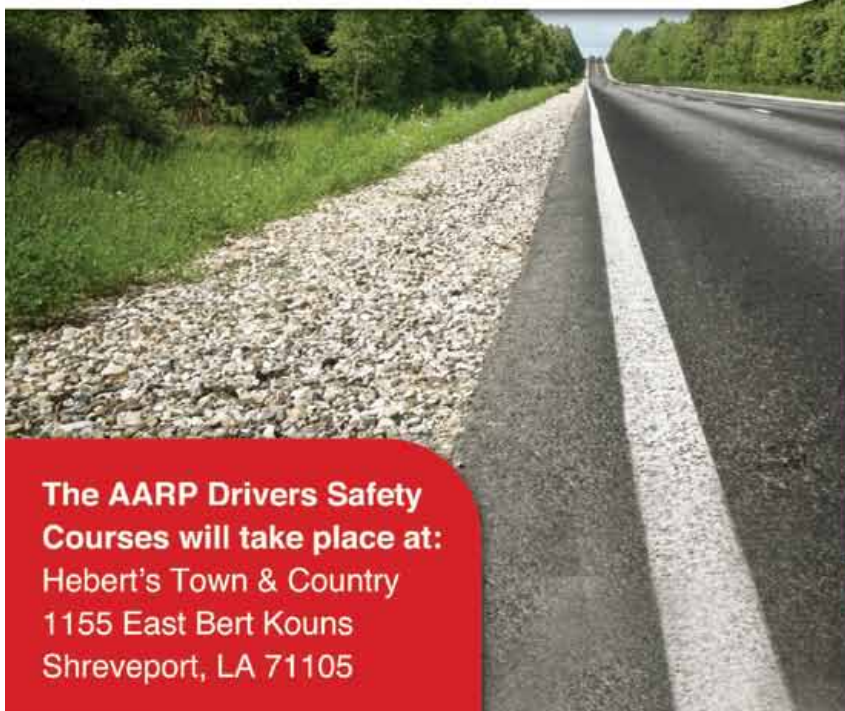
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The Best Of Times

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Publisher
Gary L. Calligas
Gary.Calligas@gmail.com

Editor
Tina Miaoulis Calligas
Editor.Calligas@gmail.com

Design
Jessica Rinaudo
Account Executive
Patrick Kirsop
kirsop@sbcglobal.net
(318) 588-2763

Webmaster
Dr. Jason P. Calligas

Writers
Bob Moos
John Koeberer
Mark Underwood

Contributors
Jason Alderman, Lee Aronson,
Suzy Cohen, Mark Glass, Andrea Gross,
Terri Schlichenmeyer, Nick Thomas,
David White



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Please email Gary.Calligas@gmail.com prior to the show.

JANUARY 4

The Art of Doll Collecting"
Anita Berg and Robin Grubbs

JANUARY 11

"Bridge: A Card Game for All Ages"
Randy Kenyon, President of the
Shreveport Bridge Association

JANUARY 18


"New Diabetes Treatment"
Dr. Deborah Adcock and Elizabeth
Johnson with Diabetic Life Pulse of
Shreveport

JANUARY 25

"Fire Prevention Tips"
Jimmy Hill, Assistant Chief of Fire
Prevention with Shreveport Fire Dept.

FEBRUARY 1

"Senior Services"
Tamara Crane, Executive Director of
Bossier Council on Aging, and Mary
Alice Rountree, Executive Director of
Caddo Council on Aging

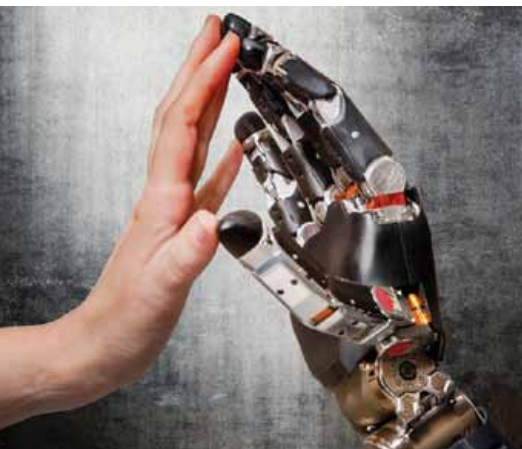


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A Blueprint for Restoring Touch with a Prosthetic Hand

New research at the University of Chicago is laying the groundwork for touch-sensitive prosthetic limbs that one day could convey real-time sensory information to amputees via a direct interface with the brain. The research marks an important step toward new technology that, if implemented successfully, would increase the dexterity and clinical viability of robotic prosthetic limbs.



4 Healthy Resolutions

With the new year quickly approaching, many are beginning to think about resolutions. Amy Tiemeier, Pharm.D., BCPS, associate professor of pharmacy practice at St. Louis College of Pharmacy suggests four easy resolutions for a healthier 2014.

1. Learn exactly what goes into your body. “Start by writing down every prescription medication, over-the-counter medication, herbal supplement, vitamin, energy drink, or enhanced water you have in a week. Additional info is available at www.stlcolp.edu.

2. Talk to a pharmacist about your current health and what your goals are in 2014. Take the list of medications and supplements you created to your pharmacist. As medication experts, pharmacists are trained at spotting potential interactions that could be causing you problems. Your pharmacist may be able to work with your physician to reduce the number of medications you take.

3. Clean out the bathroom medicine cabinet. It’s hot and humid in there, which can reduce the effectiveness of medications. A good rule of thumb to follow is that if you don’t remember the last time you used it, it’s probably time to have it replaced. Also, use this time to find another spot for pain relievers, antacids, or any other “as needed” medications. Do not flush the medication down the toilet or sink. Dispose of it properly by looking for a medication disposal program.

4. Get enough sleep. Insomnia is a common side effect of some medications, and it may be made even worse if you’re taking multiple prescriptions.. Even if you don’t have insomnia, getting enough sleep will provide you with more energy which helps you to remain active and make healthier decisions.

“It is important for older adults to have all of their medications reviewed by their pharmacist on an annual basis,” Tiemeier says. “Reviews are also a good idea after any significant changes in health such as a hospitalization or major changes in medications.”



Clinical Trial Finds Link Between Sleep Deprivation and Skin Aging

In a first-of-its-kind clinical trial, physician-scientists at University Hospitals (UH) Case Medical Center found that sleep quality impacts skin function and aging. The recently completed study, commissioned by Estée Lauder, demonstrated that poor sleepers had increased signs of skin aging slower recovery from a variety of environmental stressors, as disruption of the skin barrier or ultraviolet (UV) radiation. Poor sleepers also had worse assessment of their own skin and facial appearance. While chronic sleep deprivation has been linked to medical problems such as obesity, diabetes, cancer and immune deficiency, its effects on skin function have previously been unknown. Skin functions as an important barrier from external stressors such as environmental toxins and sun-induced DNA damage. The research team set out to determine if skin function and appearance is also impacted by sleep quality, which is vital to the growth and renewal of the body’s immune and physiological systems.

Exercise Program Helps Decrease Pain and Improve Mobility

Experts say it's never too late to reap the benefits of exercise. An exercise program consisting mainly of chair-based exercises and beginner yoga classes offered in New York City senior centers by Hospital for Special Surgery instructors has helped decrease pain, improve mobility and enhance the overall health of many participants. Nearly all respondents were female and age 65 or older. In the survey, many participants reported that their pain intensity dropped and interfered less with their quality of life. The following statistically significant results are noteworthy:

- 48% fewer participants had pain on a daily basis after completing the program
- 69% more participants could climb several flights of stairs after the program
- 83% more participants could bend, kneel, or stoop
- 50% more participants could lift/carry groceries
- 39% of participants felt the program reduced their fatigue
- 30% participants felt that the program reduced their stiffness

Want to Slow Mental Decay? Play a Video Game

A University of Iowa study shows that older people can put off the aging of their minds by playing a simple game that primes their processing speed skills. The research showed participants' cognitive skills improved in a range of functions, from improving peripheral vision to problem solving. (Published in *PLOS One*.)



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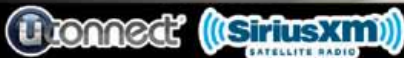
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5 MYTHS *about* EXERCISE *and* HEALTHY AGING



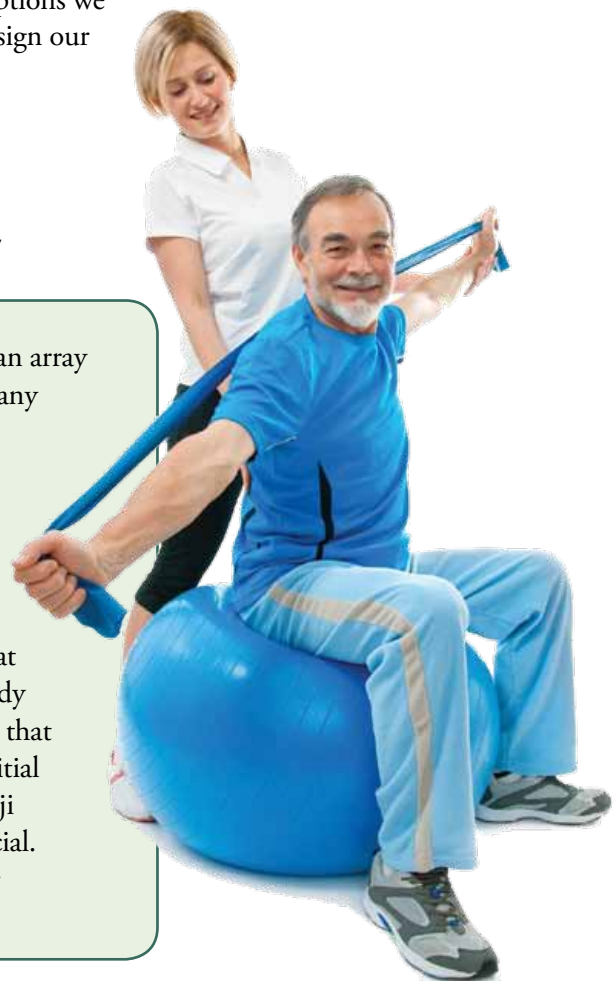
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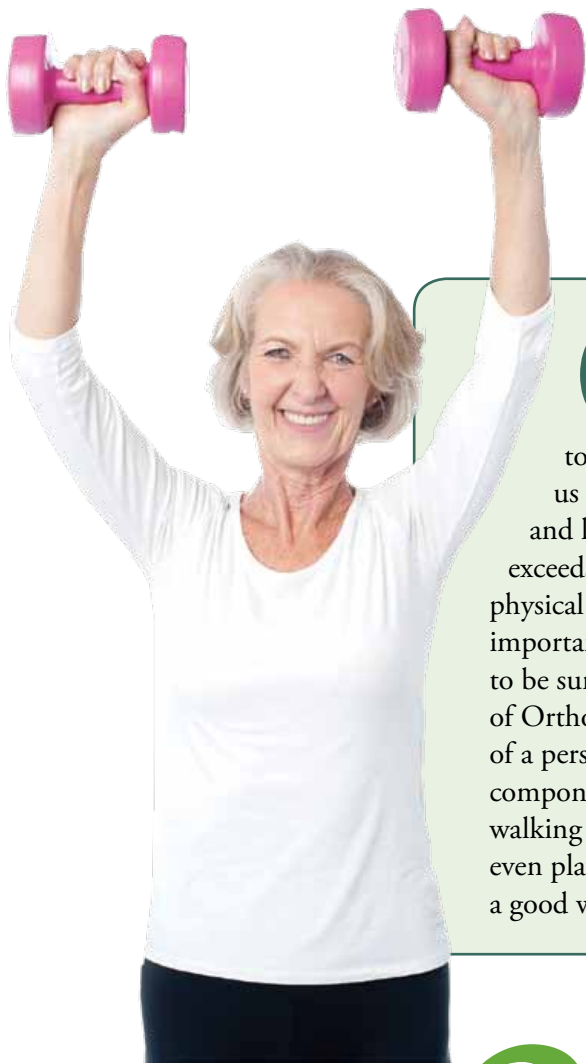
By now most of us know that physical activity is a top contributor to longevity and health in our later years. With the aging of the baby boomers, more attention is being paid to understanding how exercise can help reduce the toll of chronic illness on the health of seniors and on the financial health of our long-term care system.

Over the past year, research has shed new light on some common misperceptions we might have about exercise. Here are five myths - and facts that can help us design our own optimal exercise plan.

MYTH 1 EXERCISE ONLY BENEFITS THE BODY

Exercise benefits our hearts, muscles and bones, and reduces the risk of an array of health problems, from diabetes to kidney disease to arthritis. But many people are unaware that another very important organ—the brain—is also damaged by inactivity. You’ve probably read about “brain fitness games” and special computer programs to build up the mind and memory. But exercising the muscles is equally important when it comes to protecting brain health. Exercise strengthens connections in the brain and lessens the damaging effects of stress and depression. Within the past year, a study from the American Heart Association used brain imagery to demonstrate that exercise lessens the brain damage caused by stroke and diabetes. Another study from the Radiological Society of North America also used imaging, showing that exercise slows shrinkage of the brain as we age. Said Dr. Cyrus Raji, “Our initial results show brain aging can be alleviated through an active lifestyle.” Dr. Raji also noted that engaging in a variety of different activities is the most beneficial. Activities that simultaneously engage both mind and body may be especially beneficial. Maybe taking up square dancing is a good choice?





MYTH 2

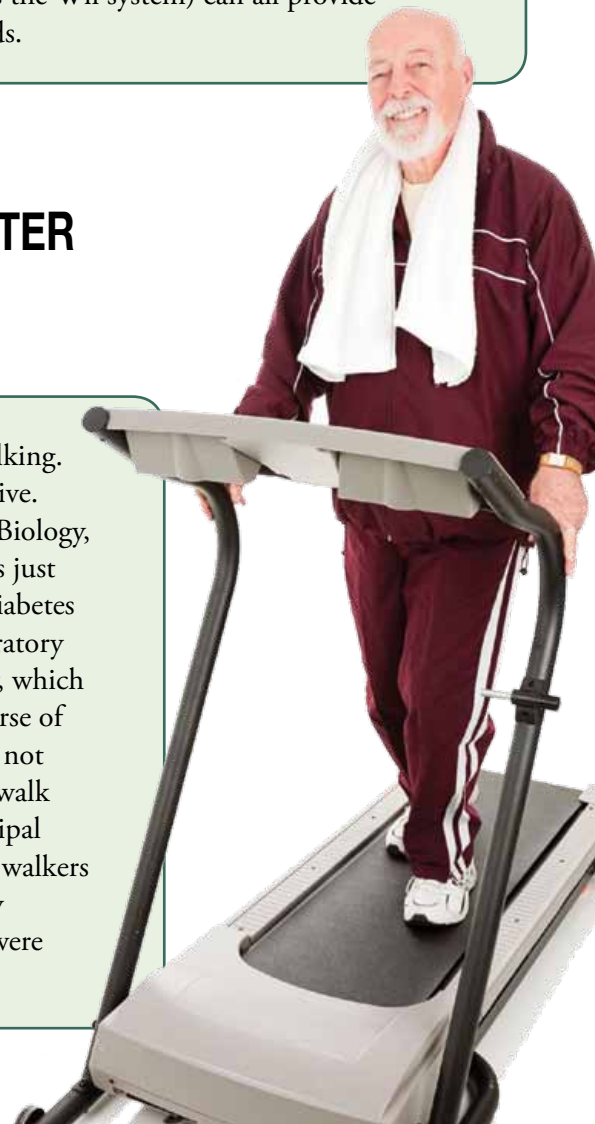
YOUR AGE DETERMINES YOUR OPTIMUM FITNESS ROUTINE

Gerontologists say that with very few exceptions, older adults benefit from adding more physical activity to their lives. But the appropriate type and intensity of exercise varies from individual to individual - more so than was the case when we were younger. Some of us are fortunate enough to have a combination of genes, lifestyle history and luck that allow us to continue an exercise program that matches or even exceeds the activities of our younger years. For others, a modified, low-intensity physical activity prescription is recommended. As we grow older, it is more important than ever to discuss our exercise plan with our healthcare provider to be sure all activities are both safe and beneficial. The American Academy of Orthopaedic Surgeons recommends that no matter what the intensity level of a person's workout, it should include aerobic, strengthening and flexibility components, as well as exercises that improve balance. Bicycling, dancing, walking the dog, working out on adaptive equipment at the gym, chair exercises, even playing active video games (such as the Wii system) can all provide a good workout, depending on our needs.

MYTH 3

RUNNING IS BETTER EXERCISE THAN WALKING

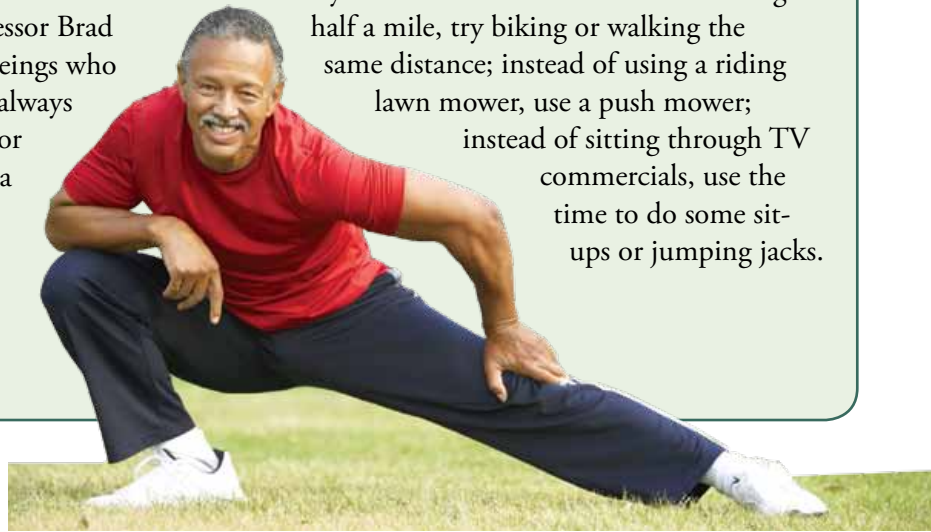
For weight loss, running has been found to be more effective than walking. But losing weight is not the only reason we need to be physically active. Last month in its journal *Arteriosclerosis, Thrombosis and Vascular Biology*, the American Heart Association reported that moderately paced walking is just as effective in reducing blood pressure, cholesterol levels and the risk for diabetes and heart disease. Researchers from the Lawrence Berkeley National Laboratory in California examined the data from the National Runners' Health Study, which collected information on 33,000 runners and 16,000 walkers over the course of six years. The study compared the benefits by the distance people covered, not by the amount of time the workout took, and found that whether people walk or run, they gain similar health benefits over the same distance. Said principal author Dr. Paul T. Williams, "The more the runners ran and the more the walkers walked, the better off they were in health benefits. If the amount of energy expended was the same between the two groups, then the health benefits were comparable."



MYTH 4 EXERCISE MUST BE SCHEDULED AND STRUCTURED

Sporadic, occasional activities like a hike every couple of weeks don't provide the same benefit as regular, frequent exercise. However, recent research suggests that your daily exercise goals needn't be achieved during a single time period, nor do you need a strict routine. Oregon State University researchers recently reported that small amounts of activity - even as small as one- and two-minute increments that add up to 30 minutes per day - can be just as beneficial as longer bouts of activity in the gym. OSU professor Brad Cardinal says, "We are designed by nature as beings who are supposed to move. In our society, you will always be presented with things that entice you to sit or be less active because of technology, like using a leaf blower instead of a rake. Making physical activity a way of life is more cost-effective than an expensive gym membership. You may be more likely to stick with it, and over the long term, you'll be healthier, more mobile

and just feel better all around." Added lead author Paul Loprinzi, "Our results suggest that engaging in an active lifestyle approach, compared to a structured exercise approach, may be just as beneficial. Seek out opportunities to be active when the choice is available. For example, rather than sitting while talking on the phone, use this opportunity to get in some activity by pacing around." Loprinzi advises people to look for small ways to be more active: instead of driving half a mile, try biking or walking the same distance; instead of using a riding lawn mower, use a push mower; instead of sitting through TV commercials, use the time to do some sit-ups or jumping jacks.



MYTH 5 THE BABY BOOMERS ARE THE MOST PHYSICALLY FIT GENERATION EVER

The baby boomers, that large group of Americans born between 1946 and 1964, have a reputation as being very fitness-conscious. The stereotype boomer goes running every day, works out at the gym, and has a personal trainer. Yet contrary to this image, recent research suggests that the boomers are actually in worse health than their parents. In the March 2013 issue of the Journal of the American Medical Association, West Virginia University researchers reported that the boomers have a higher rate of poor health and disabilities than did their parents' generation. The Centers for Disease Control and Prevention even predict a decline in life expectancy as obesity leads to an increased rate of hypertension, diabetes, high cholesterol and chronic disease. What is responsible for this startling trend?

Only 18 percent of boomers get the recommended daily amount of exercise. And we now know that even people who exercise regularly experience a decline in health when they spend most of the rest of the day sitting. Our bodies did not evolve to spend hour upon hour in a chair or on a couch - yet today's culture, more than ever, finds many of us at a desk for eight hours or more, emailing our office mates rather than walking down the hall, sitting down all day...right into our leisure hours, which are often spent engaged with a variety of tempting - but sedentary - electronic entertainments. Despite their image of active senior living, the boomers shouldn't rest on their laurels - or their recliners. Follow a regular exercise program and be sure to engage in regular small amounts of activity throughout the day.



Medicare in 2014:

What You Need to Know

By Bob Moos

The New Year brings improvements and other changes to Medicare. Here's a brief rundown of what to expect in 2014.

The best news is that there are no changes in Medicare's Part B premium and deductible.

The standard premium for the part of Medicare that covers your doctor visits and outpatient hospital care will stay the same -- \$104.90 per month. Over the past three years, the premium has remained unchanged or turned out lower than first projected.

A small number of people with Medicare -- about 4 percent -- pay surcharges on their Part B premiums because their annual incomes exceed \$85,000. They, too, will see no increase in their premiums for physician visits and outpatient services.

The Part B deductible for 2014 will also be the same as this past year -- \$147. That's what you pay out of pocket for your doctor appointments and outpatient care at the beginning of each year before your Medicare coverage kicks in and helps to cover costs.

You'll get bigger price breaks on your generic drugs in the "doughnut hole."

If you have a Medicare drug plan and reach the coverage gap, you'll receive bigger discounts on your generic prescriptions -- 28 percent in 2014, compared with 21 percent this

past year. You'll also continue to get about 53 percent off your brand-name drugs.

The price breaks are adding up. More than 50,600 Louisiana residents with Medicare have saved \$40.3 million on their prescriptions in the coverage gap this past year -- an average of \$795 per person. The discounts will continue to grow until the doughnut hole disappears in 2020.

If you're dissatisfied with your Medicare Advantage plan, you can quit it beginning January 1.

If you're unhappy with your private Medicare Advantage health plan, an annual "disenrollment" period allows you to return to the traditional fee-for-service Medicare program between Jan. 1 and Feb. 14. You can also pick a drug plan to go with your new coverage.

A word of caution here: There are a few things you can't do during the six-week disenrollment period. You can't switch from one Medicare Advantage plan to another. Nor can you switch from the traditional Medicare program to an Advantage plan. Most people will need to wait until the annual enrollment period in the fall to make either of those changes.

If you're not old enough for Medicare but need health care coverage, help is here.

If you have Medicare, you don't need to do anything about the new Health Insurance Marketplace. But if you, a spouse or

another family member are too young for Medicare and lacking insurance, this new way of buying coverage may be for you.

Health plans sold through the Marketplace will provide you with affordable and comprehensive coverage. Insurers can no longer deny you coverage, or charge you more, because of a pre-existing medical condition. Enrollment continues until March 31.

You can shop and sign up online at healthcare.gov or by phone at 1-800-318-2596. You can also sit down with a trained counselor and enroll. For a list of counselors in your community, visit localhelp.healthcare.gov or call the 1-800 customer service number.

People with incomes up to \$45,960 for individuals and \$94,200 for families of four may qualify for tax credits to reduce their premiums. Some applicants may also qualify for help with deductibles, co-payments and other out-of-pocket costs.

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As I said, this is just a quick look at Medicare's more noteworthy changes. The "Medicare and You 2014" handbook you recently received in the mail has a complete summary. If you'd like, you can also visit medicare.gov and download a free digital version of the handbook to your e-reader.

Make the most of your Medicare benefits by staying informed.

Bob Moos is the Southwest public affairs officer for the Centers for Medicare and Medicaid Services

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10 Steps to Reduce **STRESS** in Your Life

By John Koeberer



There is no doubt that stress kills. There are many health professionals and medical analyses that validate the strong negative impact stress has on your health and general well-being, as well as your longevity. It is the chronic, day in and day out stress that is the problem. It can exacerbate pain, cause depression, obesity, digestive disorders, autoimmune diseases, heart disease, and even contribute to the advancement of Alzheimer's and cancer. There is good evidence that uncontrolled stress takes a major detrimental toll in so many areas affecting your good health... physical, mental, and emotional. There is good reason to learn how to control it.

Stress is the result of receiving some sort of threat to our well-being and your body reacts by secreting cortisol and adrenaline which increases your heart beat, blood pressure, strength, stamina, and general alertness. That threat can come from many sources but it usually is job or relationship based but other sources can be problems with your children, your health, or your finances along with your own unrealistic expectations. Your muscles become tight, your senses are heightened, and you are ready for flight or fight. You learned all that to survive many centuries before. We all know that prolonged stress is bad stuff...the important thing is knowing how to deal with it effectively. Here are ten steps to help.

1. ACCEPT THE FACT THAT FEW ESCAPE STRESS. Don't think you are immune and not subject to its negative consequences. Know thy enemy. Educate yourself more fully on just how stress can manifest itself.

2. KNOW FOR CERTAIN THAT YOU CAN BEAT STRESS. This is key...it is this inner knowing -- not just believing -- that will make you successful in your head to head with stress. Go onto the internet and review all the positive stories of those who have dealt successfully with stress and come out on the other end with productive and happy lives. There is much value in the knowledge that others have experienced exactly your situation and more than survived very successfully.

3. GET COMFORTABLE WITH YOUR OWN PHYSICAL, EMOTIONAL, AND MENTAL SELF-MAINTENANCE REGIMENS. Know that a good diet, a strong exercise program combined with a good self image, and some inaugural low key spiritual practices can prepare you to deal successfully with stress. Just the knowledge that your mind, body and soul are in sturdy shape is a huge deterrent to stress getting a foothold.

4. ADOPT THE ATTITUDE THAT "AS ONE DOOR CLOSSES ANOTHER ONE ALWAYS OPENS." Know that all things happen for a reason and that there is something better just around the corner. When you start "knowing" this, you will see so many examples magically start appearing in your life.

5. BRING HUMOR INTO YOUR LIFE... DOCUMENTATION ABOUNDS ON THE POSITIVE IMPACT OF HUMOR. Watch humorous movies, explore humor on the internet, and learn to laugh things off. When you laugh, your body secretes endorphins - positive mood enhancers.

6. ADOPT MORE POSITIVE FRIENDS AND DISCARD THOSE THAT ARE CONTINUALLY NEGATIVE. These kinds of people have an immense negative impact... avoid them. Cheer up your living environment by bringing more cheerful, optimistic, and friendly people into your life. Turn the lights up, take time to smell the flowers and

treat yourself on a regular basis to some chocolate, or a splurge dinner or vacation. It is important to have something to look forward to that makes you smile.

7. BRING MORE SUNSHINE INTO YOUR LIFE...LITERALLY.

Vitamin D3 is good for positive physical, mental, and emotional enhancement. Get out from under the umbrella and enjoy the warmth for short periods.

8. ADOPT THE THOUGHT THAT ... "THIS TOO SHALL PASS."

We can all recollect so many times in our life of instances that we thought at the time were real deal killers...only to turn out to be not even a small ant hill.

9. ELIMINATE THE NEED TO BE "RIGHT."

Needing to be right is so important for so many of us that we destroy relationships and careers and eventually ourselves in its pursuit. Dr. Wayne Dyer has a great way to diffuse situations in which you find yourself needing to be right. He says just to say to the offending party, "You're right about that!" and then let it go.


10. AND FINALLY AND MOST IMPORTANTLY...IMAGINE YOURSELF LIVING A LIFE WITHOUT STRESS. Deeply internalize what that life might look like and feel the emotions that accompany that life and then start living your life as if that life was already in and about you. Adopt some time each day for some contemplative moments to remember to do all these exercises but especially this one.

Someday, health experts will look back on how we are living our lives and realize how deadly stress was to our 21st century society.


John Koeberer is the author of "Green-Lighting Your Future: How to Manifest the Perfect Life".



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Think Like an Optimist!

by Mark Underwood

Have you ever wondered how some people manage to be in a good mood all the time? What is it that they know that you don't about seeing the glass as "half full" instead of "half empty?"

Many people work at getting physically fit, but not everyone practices "mental fitness." Many don't consciously know how to keep a positive attitude going in spite of problems we all come up against.

So what are these happy thinkers doing that many people are not? Let's start with lifestyle. No matter where you live or what chapter of your life you're in, it's easy to get the doldrums from time to time. In some parts of the country winter blahs are blamed while others lead an overly scheduled lifestyle which brings on daily challenges.

Research has found that the difference between people who remain cheery when faced with challenges that life doles out and those who can't switch off negative thoughts, is the difference in mindsets.

David Snowden, a professor of neurology at the University of Kentucky has said that when optimists face problems they are able to "switch off" negative thoughts and "switch on" a happy state of mind.

Health Benefits for Optimists

Optimism is good for you health, pessimism is not. Stress can be harmful, yet it is nearly impossible to avoid. As we age, the effects of stress take a greater toll on our health, from increasing cholesterol to disrupting sleep.

Individuals that turn a difficult situation into a workable solution may actually be protecting themselves from the harmful

effects of stress and other health problems.

A 2011 Harvard School of Public Health study found a significant increase of risk for various health problems including heart disease in people with negative outlooks.

Studies have also shown that people who can see humor in difficult situations where others see only anxiety and failure benefit from keeping a light-hearted outlook.

Living life like the way you want

There are various degrees and forms of negative thinking, but results are often the same. It can destroy motivation and energy, concentration skills, and feelings of self-worth. For some people, they've lived for years with a constant lack of positive thoughts. Instead, they have replaced them with continual negativity.

Living like this is difficult especially if you do so every day of the week. Negative thoughts may make you want to avoid deadlines and responsibilities. You put off daily tasks like cooking and cleaning and feel like not going to school and work.

Tips for Ramping up Positive Thinking

It's one thing to say to say you want a positive attitude, but it's another thing to practice optimistic thinking when times are tough. How do you go from complaining to having a sunny disposition?

Like most things, the more you practice the better at it you get. Open the door to being more enthusiastic about life. The more you consciously put positive thoughts in your head, the more intuitive it will get.

Positivity may be easier than you think because you can practice it anywhere, anytime without any special equipment or

training. Use these tips to start being a new you.

- **Listen for negativity:** Find one place in your daily routine where you often run into negativity. Listen for your internal voice emerging that is looking at troubling news as failure. Ignore it. Change the channel and find a new internal voice that says, "I will get through this and in the meantime, I'm grateful for what I have." Do this daily.

- **Learn to laugh:** Laughter is one of the most enjoyable ways to let the day's stressors melt away. Humor has been studied extensively for its major effect on our well-being. As social beings we thrive with positive contact with others. Make sure you have people in your life that make you laugh and can help you lighten the day. Positive people are contagious.

- **Do something nice** (and unexpected) for someone. Research studies have found that five good deeds a day can make you happier. Look for ways to go out of your way to be kind to someone. It could be something simple like opening a door for a shopper whose hands are full or signing up to be a volunteer at a local organization that gives back to the community.

- **Exercise for mind and body.** If you feel fit and healthy, you're much more likely to want to feel up beat less and less likely to wallow in everyday problems. Exercise has a profound effect on our ability to cope with stress. Exercise elevates our moods and helps fuel positive thinking.

Positive thinking is about placing your mind in readiness to find the good and upbeat in negative situations. It is not just window dressing for a problem—it is a technique as well as a lifestyle that can potentially change your life for the better.

Mark Underwood is a neuroscience researcher, president and co-founder of Quincy Bioscience, a biotech company located in Madison, Wisconsin focused on the discovery, development and commercialization of novel technologies to support cognitive function and other age-related health challenges such as memory. Mark is also creator of popular brain health supplement Prevagen. 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. Mark is also a contributor to the "Brain Health Guide" which offers practical tips to help keep healthy brain function in aging. www.quincybioscience.com.

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Over 70½? Don't Forget Mandatory IRA Withdrawals

by Jason Alderman

With final holiday preparations looming, the last thing anyone wants to think about is next April's tax bill. But if you're over 70½ and have any tax-deferred retirement accounts (like an IRA), put down the wrapping paper and listen up: IRS rules say that, with few exceptions, you must take required minimum distributions (RMDs) from your accounts by December 31 of each year – and pay taxes on them – or face severe financial penalties.

Here's what you need to know about RMDs:

Congress devised IRAs, 401(k) plans and other tax-deferred retirement accounts to encourage people to save for

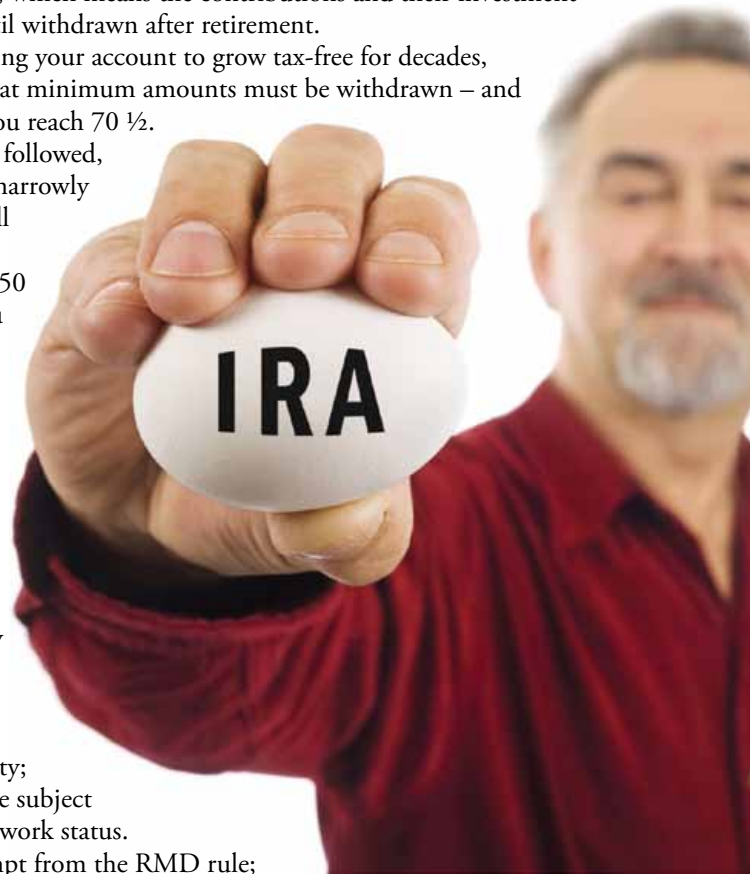
their own retirement. Aside from Roth plans, people generally contribute "pretax" dollars to these accounts, which means the contributions and their investment earnings aren't taxed until withdrawn after retirement.

In exchange for allowing your account to grow tax-free for decades, Congress also decreed that minimum amounts must be withdrawn – and taxed – each year after you reach 70½.

To ensure these rules are followed, unless you meet certain narrowly defined conditions, you'll have to pay an excess accumulation tax equal to 50 percent of the RMD you should have taken; plus you'll still have to take the distribution and pay regular income tax on it.

You can delay or avoid paying an RMD in certain cases, including:

- If you're still employed at 70½, you may delay starting RMDs from your work-based accounts until you actually retire, without penalty; however, regular IRAs are subject to the rule, regardless of work status.
- Roth IRAs are exempt from the RMD rule;



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however, Roth 401(k) plans are not.

- You can also transfer up to \$100,000 directly from your IRA to an IRS-approved charity. Although the RMD itself isn't tax-deductible, it won't be included in your taxable income and lowers your overall IRA balance, thus reducing the size of future RMDs.

Another way to avoid future RMDs is to convert your tax-deferred accounts into a Roth IRA. You'll still have to pay taxes on all pretax contributions and earnings that have accrued; and, if you're over age 70 ½, you must first take your minimum distribution (and pay taxes on it) before the conversion can take place.

Ordinarily, RMDs must be taken by December 31 to avoid the excess accumulation tax. However, if it's your first distribution you may wait until April 1 the year after turning 70 ½ – although you're still must take a second distribution by December 31 that same year.

Generally, you must calculate an RMD for each IRA or other tax-deferred retirement account you own by dividing its balance at the end of the previous year by a life expectancy factor found in one of the three tables in Appendix C of IRS Publication 590:

- Uniform Lifetime Table if your spouse isn't more than 10 years younger than you, your spouse isn't the sole beneficiary or you're unmarried.
- Joint and Last Survivor Table when your spouse is the sole beneficiary and he/she is more than 10 years younger than you.
- Single Life Expectancy Table is for beneficiaries of accounts whose owner has died.

Although you must calculate the RMD separately for each IRA you own, you may withdraw the combined amount of all RMDs from one or more of them. The same goes for owners of 403(b) accounts. However, RMDs required from other types of retirement plans must be taken separately from each account.

To learn more about RMDs, read IRS Publication 590 at www.irs.gov.

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



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Fire Hannibal Lecter

by Lee Aronson



Let's say that I have 3 people working for me: Cookie Monster, Kermit the Frog and Hannibal Lecter. Because business is slow, I have to fire one of them. So I put Hannibal on the chopping block. I choose to fire him for 2 reasons: 1) he always brings his lunch, which stinks up the office when he reheats it in the microwave, and 2) he sounds old over the phone. When Hannibal found out my reasoning, he sues me for illegal age discrimination. Will he win?

Nope: I only have 3 people working for me and the age discrimination laws only apply to employers with 20 or more employees.

But even if I had 20 employees, Hannibal probably still wouldn't win his suit. Here's why: in 2009, The United States Supreme Court said that even if an employee proved that age was a motivating factor in his firing, the employee would not win an age discrimination case. Instead the employee must prove that age alone was the overriding reason for the firing. In Hannibal's case, his age was a motivating factor in his firing: he sounded old on the phone. But that wasn't the only reason I fired him. I was influenced by other factors and therefore had a mixed motive for firing Hannibal: he would warm his lunch up in the microwave and it would make the office smell just horrible. People would come in and ask, "What died in here?" So Hannibal would be out of luck with his age discrimination lawsuit.

But get this; if an employer discriminates against an employee based on race, religion, sex or national origin instead of age, then the employee will have an easier time. He/she won't have to prove that race, religion,

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sex or national origin was the reason for the discrimination like he or she would in an age discrimination case. Instead, the employee will only need to prove that race, religion, sex or national origin was a motivating factor. So if I fire Hannibal based on age and because of his smelly lunch, I am just fine. But I could have a problem if I fired Hannibal because of his religion and because of his smelly lunch.

Why the difference? Because the age discrimination law is a completely different law than the race, religion, sex and national origin discrimination law. And although these two laws say basically the same thing, there are some differences in the wording of these laws. But if you were to ask me why the two laws have this difference in wording, I couldn't answer that. I don't know why Congress writes the laws the way they do. And I'm not sure Congress does either.

But the age discrimination law could soon change. Congress is currently considering a bill called the Protecting Older Workers Against Age Discrimination Act. If it passes, employees would be able to win age discrimination cases without having to prove that age was the reason for the discrimination. Instead, employees would only have to prove that age was a motivating factor in the discrimination. And that would make it easier for employees to prove age discrimination.

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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Herbal Relief May Help Nerve Pain

by Suzy Cohen, R.Ph.

Perfect because herbs are just plant-based drugs and have many interactions and cautions. There are inexpensive vitamins that can help you too. I'll cover that today.

Nerve pain is termed "neuropathy" and sometimes you see it as "peripheral neuropathy." It can be best described as tingling, burning, radiating and sharp; some people say they feel like ants are biting. Everyone's experience is different, and the sensation may feel different depending on the cause. Diabetes medications can sometimes exacerbate neuropathy by causing a drug nutrient depletion. Some of the most popular medications prescribed (ie metformin, glipizide) are what I call 'drug muggers' of vitamin B12. You need B12 to produce myelin, a protective fatty coating around your nerve fibers. Your nerves get touchy and neuropathy can begin if you run out of myelin. Supplementing with methylcobalamin might help, but do test to see if you are low in that. It's a blood test. You never want to supplement with something you already have enough of. There is more about diabetes, and nerve-soothing remedies in my *Diabetes Without Drugs* book.

Herbs that are in the "nervine" category can be very nourish-

ing and soothing to the nerve tissue. Among the best are Chinese skullcap, lemon balm, wood betony, St. John's wort, chamomile, prickly ash and milky oats. These are found in a variety of ways including commercial tea, dried herb so you can make your own

tea or compress, tinctures, capsules and so forth. They each have a book full of side effects and precautions. St. John's Wort interacts with many many drugs. I love herbs, and have a special relationship with them, I study them all day long because I'm fascinated that Mother Nature has it's very own medicine cabinet! So I can assure you that these plant drugs have side effects and interactions. Do not take it upon yourself to just self-treat without seeing a knowledgeable practitioner who studies and prescribes herbs for a living.

For milder effects you could always take a bath in herbs; mix together all of the following to make 2 cupfuls: Oatstraw, skullcap, wood betony and St. John's wort. Put it in a clean sock and drop into your bath. You can also put 5 to 10 drops of lavender essential oil in there. Soak for at least 20 minutes, keeping the water lukewarm, not too hot on those sensitive areas. This must be discussed with your practitioner since there is transdermal absorption of these herbs. If you have a local (small) area, you can also try a commercial product called Neuragen sold at

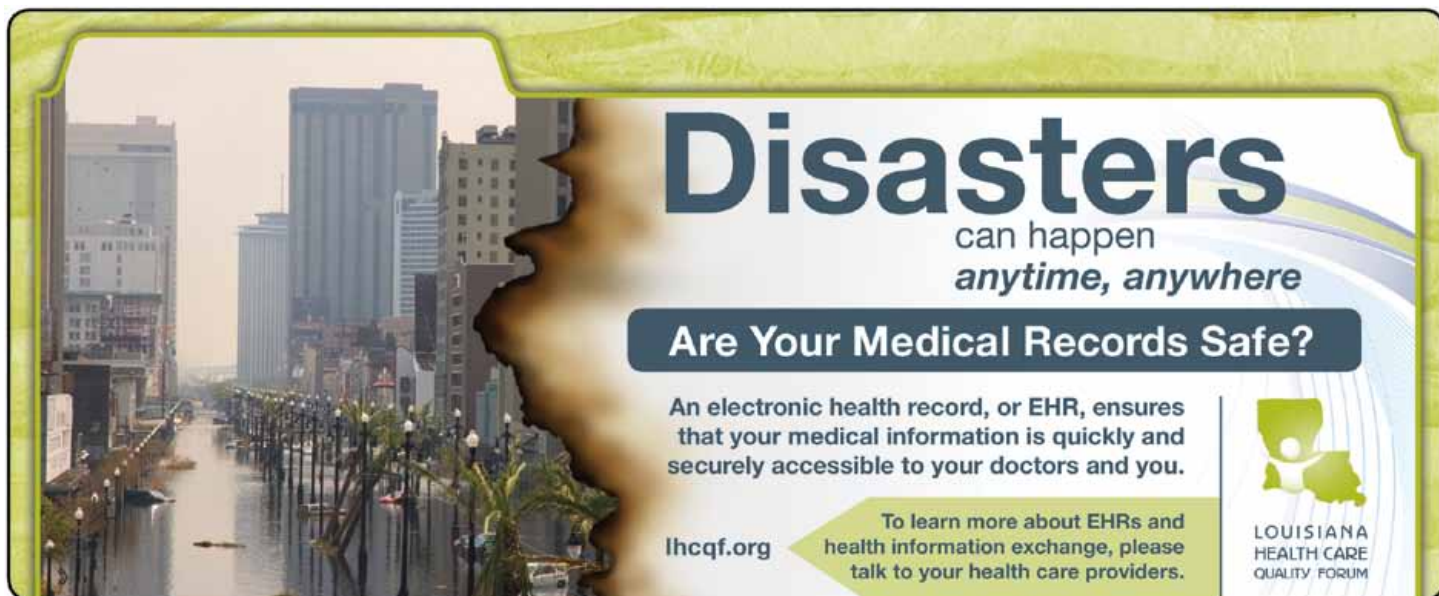


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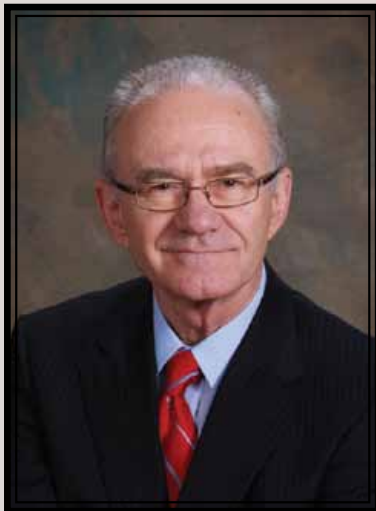
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As I left Joe and Kyle's office the other day, my words were, "Thank you for helping make today easier." Easier because of the plans you helped us and my sweet mama set in place. I've watched us as a family as we walked through the transition of life the years brought to her. You were there for us with advice and answers. Plans made helped her and us enjoy each other and gave her peace. Life is precious, each day a gift. Again, Thank You. ~Jeanie Burnham

HERE'S TO YOU, MRS. ROBINSON

Tinseltown Talks by Nick Thomas

When NASA honored June Lockhart last October, it would have been quite fitting to borrow the above lyrics from a popular Simon and Garfunkel song to salute the 88 year old actress! Best remembered by sci-fi fans for her role of TV space mom Maureen Robinson in the 60s series "Lost in Space," June told me recently that the NASA recognition was a highlight of her long career which includes a Tony Award, an Emmy nomination, and a couple of stars on the Hollywood Walk of Fame.

"I was presented with the Exceptional Public Achievement Medal for my work with the space agency," she explained. "I've been to two space shuttle launches and worked with NASA since the 1970s, addressing their employees and traveling on NASA's behalf to promote the agency. So I'm absolutely thrilled by this recognition. No other actress has received this honor."

One of her memorable experiences occurred during a Space Shuttle mission in 1992. "I called NASA one day and spoke with astronaut Ken Reightler and told him I had a good wake-up song for them to use," recalled June, referring to "The World is Waiting for the Sunrise," a catchy 50s hit by Les Paul and Mary Ford. The song held special significance because the lyrics were written by her father, beloved character actor Gene Lockhart.

"So I went to Mission Control in Houston and at around 2

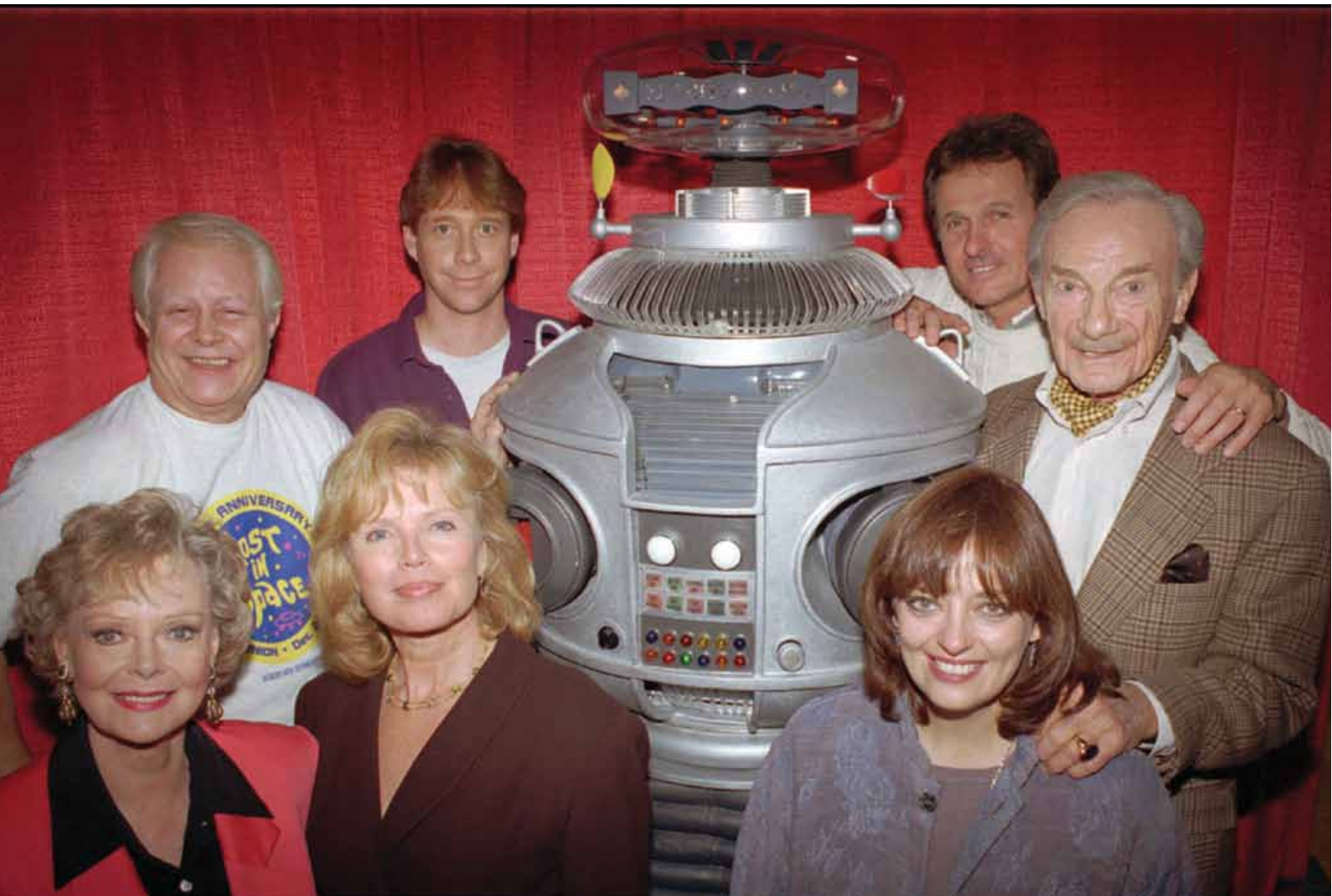
am they played the song for the crew of the Columbia mission," she explained. "Then a voice from space came over the speaker: 'Some of us up here want to know what Lassie's mother is doing in Mission Control at 2 o'clock in the morning!'"

"Lassie," one of the TV's longest-running shows (1954-1973), was June's other big hit in which she dispensed maternal wisdom, this time for six seasons as a farm mom. Later, she morphed from matriarch to medic as Dr. Janet Craig for three seasons on "Petticoat Junction."

"Petticoat Junction was a delight to do with wonderful scripts," said June. "It was great playing comedy after 'Lost in Space,' which was more dramatic, and 'Lassie,' which didn't have many laughs."

On the big screen, 12 year old June made her debut in the 1938 holiday classic, "A Christmas Carol," alongside both her parents, Gene and Kathleen Lockhart, who played the Cratchits. While she went on to costar with greats such as Gary Cooper in "Sergeant York" and Judy Garland in "Meet me in St. Louis," "A Christmas Carol" is special since it was the only time she appeared with her parents in a motion picture.

But it was memorable for other reasons, too. "My daughter, Junie, and granddaughter, Christianna, have never let me forget that the first words I ever spoke in movies were: 'I know, I know





– sausages!” said June, referring to her on-screen guess for the contents of a food package Mr. Crachit brings home. “We all shriek with laughter when we watch it now.”

In addition to being an advocate for NASA and many other causes, June continues to work and costarred in the comedy spoof “Zombie Hamlet,” which had its world premiere at the 2012 Palm Beach International Film Festival and was just released on DVD in December.

In 2013, she appeared in the interactive movie series “Tex Murphy,” a gaming platform that combines animation with full-motion video of real actors. “That was a new experience and

I really enjoyed it. And in December, I also celebrated my 80th year as a paid performer in the business! I made my debut at the age of eight in ‘Peter Ibbetson’ at the Metropolitan Opera House.”

While actors are used to receiving accolades for career milestones, June admits to still being quite overwhelmed by the NASA recognition and is, she says, “over the Moon about it!” Congratulations, Mrs. Robinson!

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

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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THE GONE WITH THE WIND TRAIL

Where Everyone Gives a Damn

Story by Andrea Gross • Photos by Irv Green

I allow three days to explore the Gone with the Wind Trail in and near Atlanta, but it takes me only one to become a Windie. A Windie is a die-hard GWTW fan, a person who is immersed in the history, legends and legacy surrounding the Pulitzer Prize-winning novel and enormously popular film. Some dream of Rhett; others dream of Scarlett's fancy clothes or 17" waist. As for me, I dream of publishing a novel that wins one of the world's most prestigious awards and is turned into a film that earns me millions.

On the surface, GWTW is the wildly romantic tale of Scarlett O'Hara, a headstrong Southern belle (played by Vivian Leigh in the movie) and her love-hate relationship with Rhett Butler, a dashing, successful opportunist (depicted by Clark Gable).

But on a deeper level, GWTW is the story of the American South during and immediately after the Civil War, a time when an entire society was challenged and ultimately transformed.

The book, written by first-time novelist Margaret Mitchell, was released to the public in 1936 and became an overnight sensation. David Selznick produced the movie, which is the highest grossing film in box-office history, earning an estimated \$3.3 billion in today's dollars. To capitalize on the public's interest, the State of Georgia created a GWTW Trail that leads people to five sites that are in some way connected to the book, the film or the author.



A festival celebrating the 75th anniversary of the film's release will take place at the Marietta Gone with the Wind Museum from June 6-8. For more information, see www.gwtwmarietta.com

Our first trail stop is in Clayton County, where Mitchell's relatives had a rural home. As a child, Mitchell visited often and listened intently as her family elders told stories about their experiences during the Civil War. Many of these tales were transformed into scenes in her novel, leading her heirs to dub Clayton County the "Official Home of Gone with the Wind." (To Mitchell's dismay, Selznick upgraded the comfortable farmhouse of Mitchell's memory into Tara, a much grander mansion that he thought would better appeal to movie audiences.)

The Road to Tara Museum has a painting of the old farmhouse, in addition to authentic Civil War items and reproductions of many of the costumes worn in the film, including the green Drapery Dress that Leigh wears in one of the movie's most memorable scenes. But it's not until I see the display of foreign edition books

that I begin to morph from casual tourist to possible Windie.

GWTW has been translated into more than forty languages and sold in more than fifty countries, from Albania and Burma to North Korea and Serbia. Why are people all over the world so intrigued by a story about a war that took place in America so long ago?

We learn the answer the next day when we visit the Margaret Mitchell House, where the author lived when she began her novel. It takes only a few minutes to see the small apartment but much longer to peruse the exhibits in the nearby hallway.

There, on a large signboard, is a quote by Margaret Mitchell: “If the novel has a theme, it is that of survival.”

Why, of course. GWTW addresses a basic concern: If their old world is “gone with the wind,” how do people create a new one that will work in their new circumstances? This is a question asked by everyone who has ever suffered a hardship, be whatever the cause. When seen in this light, it’s easy to understand the story’s universal and enduring appeal.

Our next stop is Atlanta’s Public Library, where there are more than 1,500 of Mitchell’s personal items, including her old Remington typewriter and 1937 Pulitzer Prize certificate.

We’re even more fascinated by the items on display at the Marietta GWTW Museum, Scarlett on the Square, which holds a treasure-trove of photos and ephemera. I examine the film contracts. Gable got \$160,000 plus a bonus that enabled him to divorce his wife and marry Carole Lombard, the love of his real life. On the other hand, his co-star Vivian Leigh got a mere \$30,000. Yes, Gable was a mega-star but still, I can’t help but wonder what Mitchell, who was quite the feminist for her time, thought of that.

Finally, we double back to Atlanta to visit Oakland Cemetery, where Mitchell is buried next to her husband. Her tombstone is small compared to many and gives no hint of her fame. It’s simply inscribed with her married name, Margaret Mitchell Marsh. Someone, a Windie no doubt, has decorated the grave with pink flowers, reputedly Mitchell’s favorite color.

I want to extend my stay in Georgia, to delve more deeply into the GWTW phenomena and to learn more about the era in which the novel is set. But we have a plane to catch, so I console myself by remembering Scarlett’s words, “Tomorrow is another day.” I’ll be back.



Photos: Top left: A Tudor Revival mansion had been subdivided into small apartments by the time Mitchell and her husband moved in; Bottom left: Gone With the Wind movie poster; Top right: One of the most popular pieces in The Road to Tara Museum is a replica of the Drapery Dress, worn by Vivian Leigh. Bottom right: Gone with the Wind, the book, has been published in more than forty languages, including Amharic (Ethiopia) and Kannada (India).

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Identifying Flaws & Faults in Wine

by David White

Sniff, swirl, sip. Whether at home or at a restaurant, analyzing wine is a fairly straightforward process. And when you stick your nose in a glass of wine, you'll typically encounter pleasant aromas like fruits, flowers, and spices. Sometimes, though, a wine will seem off.

One unfortunate truth about wine is that a decent percentage is flawed - somehow spoiled along the way to your table. Flawed wines should be poured down the drain or returned to your server. Wine should be delicious - and life is too short to drink bad wine.

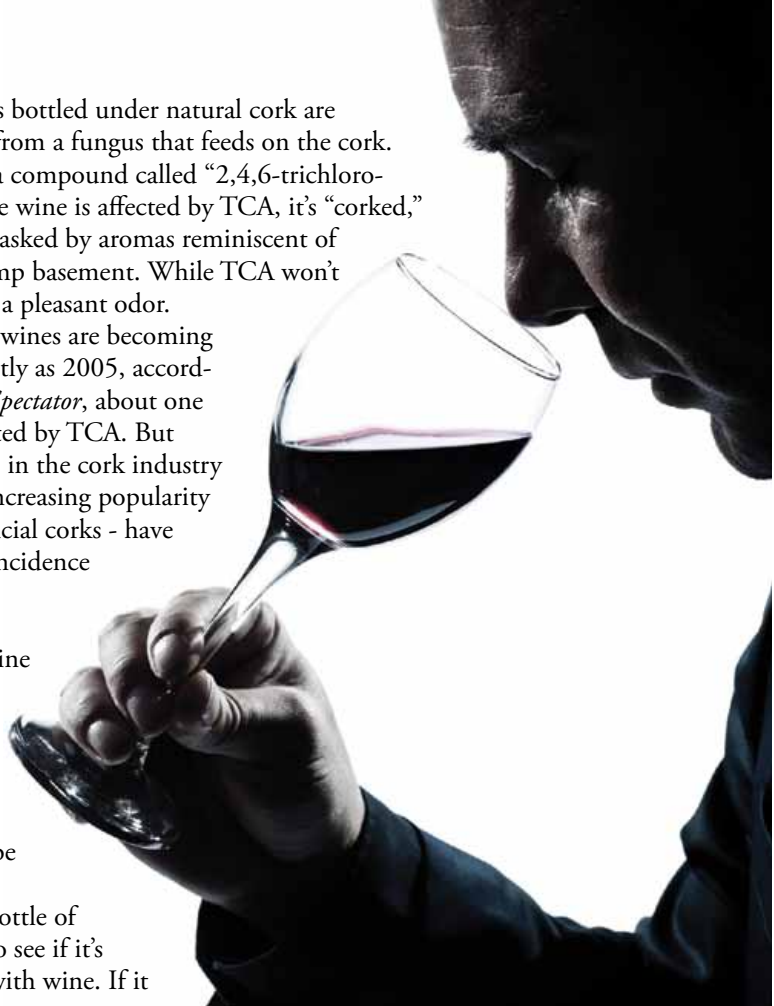
Recognizing common wine flaws is at least as important as memorizing grape names and tasting descriptors. So here's a quick primer on some common faults.

Cork Taint. Wines bottled under natural cork are vulnerable to damage from a fungus that feeds on the cork. This fungus produces a compound called "2,4,6-trichloroanisole," or TCA. If the wine is affected by TCA, it's "corked," and the fruit will be masked by aromas reminiscent of wet cardboard or a damp basement. While TCA won't make you sick, it's not a pleasant odor.

Fortunately, corked wines are becoming less common. As recently as 2005, according to study by *Wine Spectator*, about one in 15 bottles was affected by TCA. But technological advances in the cork industry - combined with the increasing popularity of screw caps and artificial corks - have dramatically reduced incidence levels.

Heat Damage. Wine is perishable. And if it's exposed to high temperatures - an all-too-common occurrence in the summertime - it may be "cooked."

When you open a bottle of wine, check the cork to see if it's streaked or drenched with wine. If it



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is, the wine might be heat-damaged, as heat causes wine to expand and push against the cork. But you'll need to smell the wine to make sure, as it could also mean that the bottle was simply overfilled.

If the wine has been exposed to high temperatures, it will seem flat, with muted aromas and minimal flavor. Unfortunately, it's extremely difficult to determine if a bottle has mild to moderate heat damage. But a completely cooked bottle is hard to miss.

Oxidation. When you open a bottle of wine, also check to see if the cork is crumbly. If the wine is relatively young, this could be a sign of improper storage or a faulty cork and the wine could be oxidized. Wine exposed to a significant amount of oxygen loses its freshness, and will give off aromas of caramel, candied almonds, and dried fruits. It may be reminiscent of Sherry and Madeira, as the production of those wines relies on oxygen. The color can also be a giveaway - white wine will appear more golden than you expect; red wine may take on a brown tinge.

Barnyard Funk. Ever encountered aromas of manure, sweat, wet dog, or Band-Aids in your wine? Those smells typically signal the presence of *brettanomyces*, a spoilage yeast typically called "brett."

At low levels, the flavors imparted by brett can be enjoyable - in fact, they're often desirable in wines from the Rhone Valley and Burgundy. But brett yeasts can't be controlled. As wine blogger Joe Roberts once explained, "whether or not the wine has pleasant smoked meat characteristics or instead smells like one of my daughter's diaper blow-outs is almost entirely dictated by chance."

If you think your wine might be flawed and you're at a restaurant, give your glass to the server and solicit her opinion. If she's familiar with the wine, she'll be able to let you know if something is off. And if she's not familiar with it, she'll probably trust your judgment or have someone with more expertise come to the table. If you're at home, just trust your nose.

David White, a wine writer, is the founder and editor of Terroirist.com. His columns are housed at Palate Press: The Online Wine Magazine.

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“The Quiet Season: Remembering Country Winters”

by Jerry Apps, ©2013, *Wisconsin Historical Society Press*, 150 pages

review by Terri Schlichenmeyer

It snowed overnight. You saw it first thing this morning, and you grumbled. You know how much extra work that stuff is: shoveling, brushing, scraping. Everything needs more time to warm up and get going – including you.

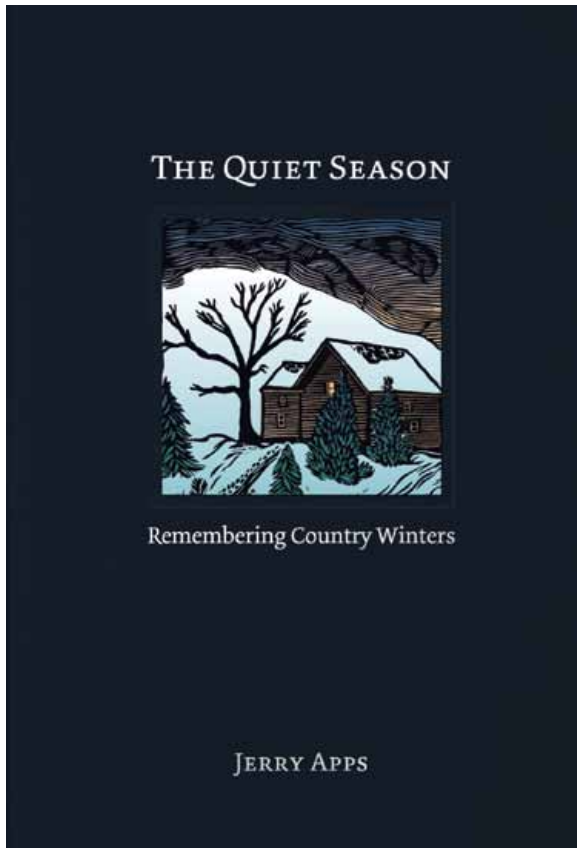
Sure, snow is pretty... for about ten minutes. Or, as you'll see in “The Quiet Season” by Jerry Apps, it's beautiful for a lifetime.

Born to a pair of farmers in the “midst of the Great Depression,” Jerry Apps says that, save but for his time spent in the Army, he's never missed a Wisconsin winter. For folks in snowy climes, winter reminds us that “we are not in charge,” he says.

The winters of 1939-1947 were particularly memorable for Apps. Electricity hadn't yet come to his parents' farm - it didn't arrive until the spring of '47 – which meant that milking cows and fetching water was all done by hand. Dinner was made on a wood-burning stove that served both to prepare food and to heat the kitchen. Homework for the three Apps boys was done by kerosene lamp.

Apps remembers how his father prepared for winter by “making wood” from dead oak trees and hauling it closer to the house. The family butchered a hog every fall because they “needed the meat if we were going to survive the long winter.” Produce from garden and field was laid in for the season.

Even when there was a snowstorm, the three Apps boys had to walk to school and they tried not to miss a day. The season's first snow was



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We've come to learn that sometimes we say it best when we say nothing at all.

especially exciting; says Apps, he and his classmates were “running around like we were possessed by first snowfall demons.” As white stuff piled up, his teacher in the one-room school-house tapped one of the bigger children to shovel a path to the outhouses.

Apps recalls playing in the snow, and wading through waist-high drifts. He remembers hunting in it, travelling by car and on foot through it, and hoping that Santa could handle it. He recalls when neighbors took care of neighbors and dances were held in someone’s dining room. And he remembers the perfection of winter some 70 years ago, its loveliness and its magic.

I’m not sure where it came from, but reading “The Quiet Season” gave me a definite sense of pulse-slowness calmness.

Maybe that’s because author Jerry Apps – who often mentions his love of a good story – is himself the teller of tales that circle around community in a TV-less, packed-calendar-free, horse-drawn but hard-working world that fewer and fewer folks remember. They’re told with awe, gratitude, grace, more than a little knee-slapping – and lots of love for the way things were, the rotation of the seasons, the bounty of the land, and the perseverance of its people.

This is the kind of book that elders will read and read again. It’s a book you’ll want to give to a whiner. It’s one you’ll be glad to curl up with because, though it’s mostly about winter, “The Quiet Season” will leave you warm.



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

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The Hutzler 571 Banana Slicer

by Nick Thomas

Are you still enjoying your Christmas gifts, or have they already been banished to the closet recycle gift bin for next year? I'm putting mine to good use, especially my favorite: the Hutzler 571 Banana Slicer (Bananas Not Included).

Forget your cheese graters, lemon zesters, garlic presses, Julienne Shredders, and citrus peelers, the Hutzler 571 Banana Slicer is a kitchen Godsend.

Instead of wasting some 12 seconds slicing a banana erratically with a conventional, dangerous knife, I've now shaved the process down to a mere 2 seconds (less with practice) with the safe Hutzler – think of the time savings when spread over a lifetime of banana slicing!

The Hutzler 571 Banana Slicer is just under 11 inches long and comes in attractive planation camouflage yellow. Sure, it looks like a tiny, distorted ladder you might install in a birdcage, but the slicing mechanism has obviously been tirelessly refined to banana slashing precision after many years of research and development, since it has clearly evolved through 570 previously flawed versions.

In the interests of full disclosure, I should also point out that there

are other commercial banana slicers on the market. For instance, Bed, Bath & Beyond sells a product that looks like a giant dog toenail clipper which you use to clip the banana slices one at a time. Yeah, right, like I want that hassle with my busy lifestyle.

Although my Slicer came without a detailed user's guide, I was able to call the company's toll-free emergency hotline (1-800-GO-BANANAS) for instructional guidance to talk me through the operating procedure:

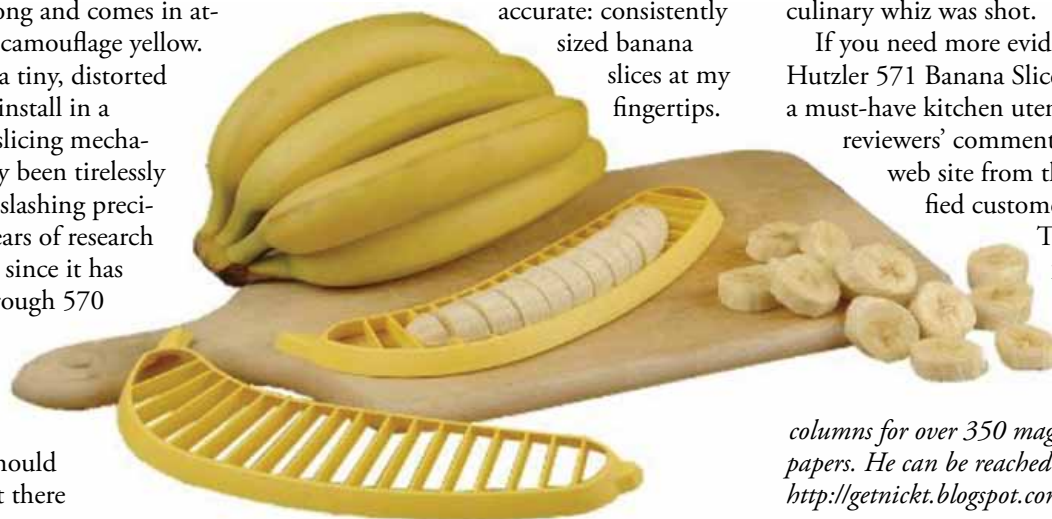
"First, peel the banana," said Chiquita, the pleasant, helpful operator. "Lay in on the countertop and place the Hutzler 571 Banana Slicer on top of the banana."

"Then what?" I asked impatiently.

"Okay, so then you gently press the Hutzler 571 Banana Slicer onto your banana, resulting in perfect half-inch banana slices every time! Do you need me to repeat the instructions?"

"No," I replied gratefully. "I'm actually recording this conversation in case I have a problem later."

And I must say, the operator was quite accurate: consistently sized banana slices at my fingertips.



Since the slicing slats are rather blunt, I agree that removing the skin first is advisable; otherwise, instant banana smoothie.

What a shame I didn't have a Hutzler 571 Banana Slicer when my kids were in elementary school. Sending them off with school lunches consisting of uneven banana slices led to many years of lunch-time mocking by the bratty, sliced fruit purist crowd.

As further proof of the Hutzler 571 Banana Slicer's appeal, we recently had neighbors to dinner and for dessert I offered up a banana cream pie made with, you guessed it, the Hutzler 571 Banana Slicer.

"Oh my goodness, this is the best banana cream pie ever!" said the wife, examining the fruit pieces with her kitchen caliper. "Those slices are flawless and symmetrical. How did you do it?"

I bathed in the glow of her praise as long as I could, but eventually yielded to her interrogation. "Okay, okay," I confessed. "It was the Hutzler 571 Banana Slicer."

My reputation as the neighborhood culinary whiz was shot.

If you need more evidence of the Hutzler 571 Banana Slicer's popularity as a must-have kitchen utensil, check out the reviewers' comments on the Amazon web site from thousands of satisfied customers, just like me.

Thanks Hutzler
571 Banana
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Nick Thomas
has written
features and

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

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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, 9:00 AM - 1:00 PM

Info & referrals - 741-8302

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.

Information Referral - Call 318.676.7900 for specific problems

Resource Directory:
www.caddocouncilonaging.org

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

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

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

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

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

Outreach - Home visits are made to help qualify seniors for services.

Homemaker - Trained employees provide light housekeeping for seniors having difficulty maintaining their homes. \$3/visit suggested.

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.

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

❧ Caddo Council on Aging ❧

through www.medicare.gov

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

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.

Personal Care - Personal care provided weekly for homebound seniors.

Nursing Home Ombudsman - An advocate will investigate and resolve senior's nursing home complaints.

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

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

Home-Delivered Meals - Noon meal delivered to eligible home-bound elderly (illness, disability or while caring for spouse who is), 5 days a week.

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Congregate (Site) Meals - Hot, nutritious meals served at 11:30 AM at the sites, Monday - Friday. \$1.50 per meal is suggested.

Home Delivered Meals - Meals provided Monday - Thursday for homebound seniors in Bossier parish. \$1.50 suggested contribution.

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. \$20 - \$22 fee per month.

Senior Centers - Recreation,

318.681.0875 to register. FREE.

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

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 & Friday @ 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

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.

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

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

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.

• 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. Lunch @ 11:15 am. Reservations for lunch required @ 676.7900. 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.

well-being through exercise, physical fitness, and health screening.

Family Care-Giver Support - 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.

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

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

Medicaid enrollment center - take initial Medicaid applications

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

Recent DVD Releases



Mark GLASS

The Wolverine ***

(PG-13) For most, if not all, fans of the misunderstood, evil-fighting mutants known collectively as the X-Men (even though many of them are women), Wolverine (Hugh Jackman) is the favorite. So why not give him his own vehicle? We meet him in his civilian Logan persona, hiding from painful memories of his violent past in the Alaskan boonies. He's living so deep into the woods that Sarah Palin couldn't see his cabin from her porch. But foxy warrior Yukio (Rila Fukushima)

tracks him down to bring him to Tokyo. An enemy soldier he saved in WWII during the Nagasaki bombing is dying, and wants to say goodbye.

Well, not quite. Over the intervening decades, the old dude became one of Japan's richest industrialists, and actually has a rather bizarre agenda other than a final expression of gratitude. That involves the Yakuza, a hot but really creepy doctor (Svetlana Khodchenkova), and an elaborate set of pseudo-science machinations revolving around Wolverine's invulnerability. Even better, a handful of slam-bang action sequences. 3-D helps keep the adrenaline flowing, but the script called for a trim even more than the one our hirsute hero needed after his time doing an homage to Grizzly Adams.

Fans of the comic book and movie franchise will be quite sat-

isfied, especially since they will better appreciate the nightmares and flashbacks that drove him into seclusion - particularly his agonizing over the loss of his beloved Jean Grey (Famke Janssen). Who wouldn't?

Fans should also stay put for the credits to catch the now semi-obligatory bonus scene that sets up further adventures.

Closed Circuit ***½

(R) Conspiracy theorists can go bananas with speculation over the extent to which this espionage-themed thriller from England reflects THE TRUTH. A truck bomb kills 120 people in London. An anonymous tip leads to the location where the bomb was assembled and loaded, followed shortly by the arrest of a Turkish immigrant who'd leased that space. He claims to have subtlet it to one of the terrorists killed in the explosion, knowing nothing of its contents or their plans. Two lawyers are appointed to defend him, due to special national-security procedures used for such cases.

One lawyer will defend him in the standard criminal system. But since the Government claims part of its evidence is too sensitive for public disclosure, a second lawyer handles his interests in a closed hearing before a special judge to argue for discovery if any of that intelligence might aid the main defense, thus determining how the open trial can proceed. The two lawyers may not communicate with each other - especially after the second one sees the secret material.

Rebecca Hall plays the secret half of the team. The first public defender is replaced by Eric Bana after an apparent suicide. They used to be lovers, but decide to keep that on the down-low in order to avoid being disqualified for perceived conflicts of interest. The case becomes dazzlingly complicated, with more players and



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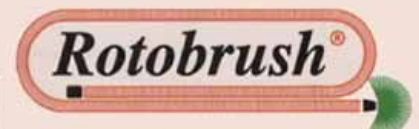
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possibilities cropping up as the two separately prepare their defenses. No one they encounter is who he or she seems, as all sorts of agendas swirl around them - some with lethal implications for both barristers.

Keeping up with the plot requires quite an effort between the legal procedures and the spy side of the story. Mercifully, the two lawyers don't turn into action heroes while scrambling through the web of obstacles and deception, maintaining some sense of grounding in a credible cinematic reality. Ciaran Hinds, Julia Stiles and Jim Broadbent anchor a deep, talented supporting cast to fine effect in this better-than-average political thriller.

Short Term 12 ***



(R) The setting for this quiet little drama is a county home for kids with problems. Although the facility has some professionals on staff, daily supervision comes from a handful of twentysomethings with more laudable intentions than training or credentials. Brie Larson stars as the leader of that group. She has a fine temperament and considerable savvy about her charges and how to deal with their problems. Some of that ability to relate comes from similarities to her own issues and historical scars. The script focuses mainly on a few of the kids and the non-work relationship between Larson and her beau (John Gallagher, Jr.), who is the de facto #2 on the crew. He's also the yin to her yang in dealing with the residents, generally approaching his work with a more playful approach. They're both good at their jobs, but troubled as a couple.

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



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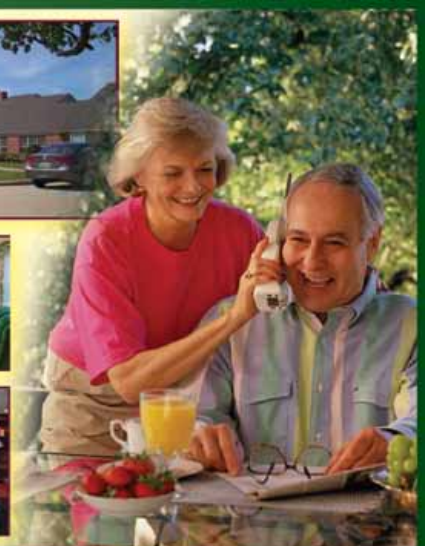
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— CELEBRATE — Decades of Decadence



FAMILY FEATURES

Each decade has its own distinct foods, including desserts. Yet some of these decadent treats have stood the test of time. To celebrate these nostalgic sweets, CanolaInfo's "Decades of Decadence" recipe collection serves up a delicious trip down memory lane with modern influence by Ellie Krieger, M.S., R.D., host of the Cooking Channel's "Healthy Appetite." Try this fresh, healthy update on 1930s Pineapple Upside Down Cake, originally invented to take advantage of canned pineapple. Take a journey back to the '40s with Chocolate War Cake. Or dig into Frozen Grasshopper Pie, a '50s favorite once home freezers became common. For the complete "Decades of Decadence" collection and more recipes from Krieger, visit www.CanolaInfo.org.

1930s - Pineapple Upside Down Cake

| | |
|--|---|
| Cooking spray | $\frac{3}{4}$ cup granulated sugar |
| $\frac{1}{3}$ cup packed dark brown sugar | 1 teaspoon baking powder |
| 4 to 5 pineapple rings (about $\frac{1}{4}$ of whole pineapple) about $\frac{1}{2}$ inch thick | 1 teaspoon baking soda |
| 2 tablespoon chopped crystallized ginger | 1 cup low-fat buttermilk |
| $1\frac{1}{4}$ cups all-purpose flour | $\frac{1}{2}$ cup canola oil |
| $\frac{3}{4}$ cup whole-wheat pastry flour | 2 large eggs |
| | $1\frac{1}{2}$ teaspoon vanilla extract |

Preheat oven to 350°F. Generously spray bottom of 9-inch, nonstick layer cake pan with canola oil cooking spray. Sprinkle evenly with brown sugar, then arrange pineapple rings on top in one layer. Sprinkle chopped ginger pieces in spaces around pineapple rings and in their centers.

In medium bowl, whisk together all-purpose flour, whole-wheat flour, sugar, baking powder and baking soda. In another medium bowl, whisk together buttermilk, canola oil, eggs and vanilla.

Mix wet and dry ingredients until combined. Pour batter over pineapple-brown sugar mixture and bake until top is lightly browned and wooden skewer inserted into center of cake comes out clean, 40 to 50 minutes. Let cool for 5 minutes, then run knife around cake edges and, using oven mitts, invert cake onto large serving plate.

Note: Whole-wheat, all-purpose flour can be substituted for whole-wheat pastry flour.



1940s - Chocolate War Cake

- | | |
|----------------------------------|------------------------------|
| 3/4 cup whole-wheat pastry flour | 1/2 teaspoon salt |
| 3/4 cup all-purpose flour | 1 cup cold water |
| 1 cup granulated sugar | 1 tablespoon cider vinegar |
| 1/3 cup natural cocoa powder | 1/3 cup canola oil |
| 1 teaspoon baking soda | 1 tsp pure vanilla extract |
| | 1/2 tsp confectioners' sugar |

Preheat oven to 350°F. In 9-inch round baking pan, whisk together whole-wheat pastry flour, all-purpose flour, sugar, cocoa powder, baking soda and salt.

In small bowl or measuring cup, combine water and vinegar.

Make well in center of flour mixture in pan and pour canola oil and vanilla extract into well. Pour water-vinegar mixture over top of flour and then stir well to blend all ingredients.

Bake until set and toothpick inserted into center comes out clean, about 30 to 35 minutes. Place cake on rack to cool in pan. Once cool, sprinkle with confectioners' sugar.

Note: Whole-wheat, all-purpose flour can be substituted for whole-wheat pastry flour.

1950s - Frozen Grasshopper Pie



- Cooking spray
- 1 1/4 cups finely crushed chocolate wafer cookies or chocolate graham cracker crumbs
- 3 tablespoons canola oil
- 4 cups mint chip reduced-fat ice cream or frozen yogurt, softened
- 1/3 cup chocolate shavings

Preheat oven to 350°F. Spray 9-inch pie dish with canola oil cooking spray.

In medium bowl, mix cookie crumbs and canola oil until combined, then press mixture into prepared pie dish. Bake until fragrant, 6 to 8 minutes. Allow to cool completely.

In large bowl, place softened ice cream and mix well until uniform texture forms, similar to soft-serve ice cream. Fill cooled pie crust with ice cream, smoothing out top. Garnish with chocolate shavings, cover with plastic wrap and put back in freezer until solidly frozen, at least 4 hours.

When ready to serve, heat knife under hot water and use it to cut pie into slices.



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CONCERT

Shreveport Symphony - The Music of Led Zeppelin, with guest conductor Brent Havens, vocalist Randy Jackson, and awesome lighting effects. Saturday January 11 at 7:30 p.m. Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. **FREE** 'Inside the Music' pre-concert talk starts at 6:30 PM. Tickets start at \$19. Call 318-227-TUNE (8863) or visit www.shreveportsymphony.com.

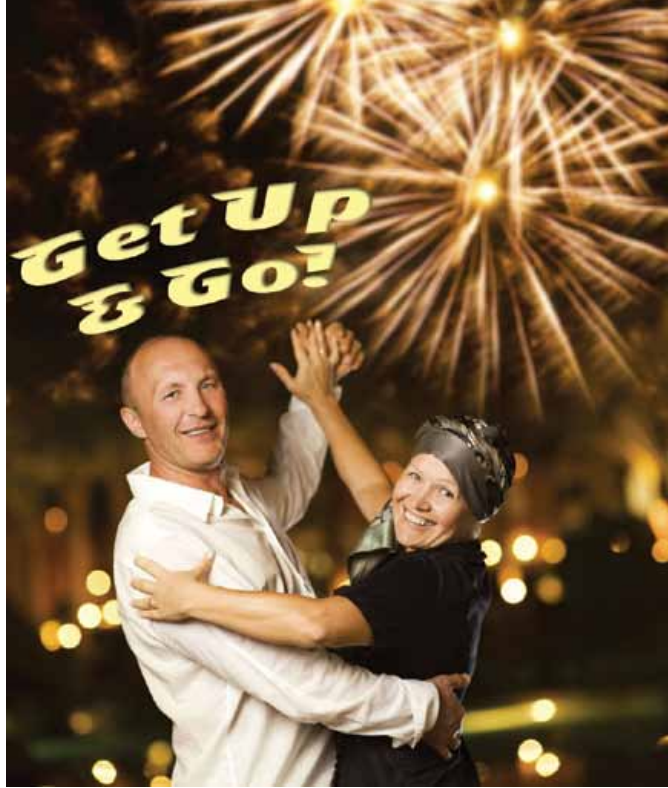
DRIVER SAFETY

AARP Driver Safety Program - A four (4) hour classroom refresher course for drivers age 50+ which may qualify participants for a three year automobile insurance premium reduction or discount. Seating is limited. Participants must **preregister**. \$15 for AARP members (AARP card required at registration); \$20 for non-AARP members. Correct change or checks payable to AARP accepted.

- Saturday January 11. 8:30 to 12:30 p.m. at Hebert's Town & Country, 1155 East Bert Kouns, Shreveport. Light refreshments, giveaways, door prizes!

EVENTS

Alzheimer's Agency Lunch and Learn - "Protecting Your Money and Other Assets: You Can do More Than You Think". Joe Gilsoul, guest speaker. Friday, January 10, 12 noon to 1:00 p.m. Lunch provided. Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive in the large meeting room to the



right, inside the first set of doors. **FREE.** RSVP required at 318-780-7906 or Pat.Covington@brookdaleliving.com.

Northwest Louisiana Elder Law Boot Camp - Thursday, January 23. 9:00 a.m. to 1:00 p.m. at Riverview Hall, 600 Clyde Fant Parkway, Shreveport. Hosted by Caddo Council on Aging, Bossier Council on Aging, Elder Law Task Force, and Governor's Office of Elderly Affairs. This free educational seminar is presented as a community service and will cover issues affecting seniors, their caregivers, loved ones and professionals. Topics include estate planning issues, public benefits, and debt problems. Seating is limited. For reservations, call (318) 676-7900. RSVP Deadline: January 15. Lunch will be provided. **FREE.**

15th Annual World Religion Day - Sunday, January 26, The Highland Center, 520 Olive, 1:00 - 5:00 p.m. Keynote speaker: Dr Peter Huff, T.L. James Associate Professor of Religious Studies at Centenary College.

KREWE ACTIVITIES

Krewe of Elders Grand Bal - Friday, January 10. 6:30 p.m. at The American Legion, 5315 South Lakeshore Dr., Shreveport. Entertainment will be provided by the Eric Craig Band. There will be a cash bar and hors d'oeuvres. Black tie is optional. Open to the public. \$50. For tickets or information call 318-752-9175

Krewe of Sobek Mardi Gras parade - Saturday, January 18 beginning at 1:0 p.m. Fairgrounds Field, Shreveport. Featuring colorful and elaborate costumes. Plenty of throws and candy. The theme this year is "Sobek Under the Big Top". The parade route begins at Fairgrounds Fields' parking lot. After exiting the fairgrounds, the route continues west on Greenwood Road for one block; makes a right to travel north on Mertis Avenue to Lakeshore and make a right heading east, then another right on Missouri heading south back to the Fairgrounds' parking lot. **FREE.** For more info visit www.kreweofsobek.org

MEETINGS

GENCOM Genealogical Computer Society Monthly Meeting - The GENCOM Genealogical Computer Society

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will meet for their first monthly meeting in 2014 on Sunday, January 15 from 2:00 p.m. to 4:00 p.m. at the Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport. This meeting will begin an exciting new year of learning more about how to use computer technology in genealogy research. Jim Jones, President of GENCOM will be the presenter of the programs "New Tips on Using FamilySearch.org Discovered on a Trip to the Family History Library in Salt Lake City" and "Tips and Hints on Using Ancestry.com to Find New Ancestors." Everyone is welcome and the meeting is free and open to the public. For information call (318) 773-7406 or email jjones09@gmail.com.

MOVIES

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

RANDALL T. MOORE SENIOR CENTER

Senior Center Fun - Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Every Thursday and Friday. Coffee and cookies at 9:30 a.m. Program/speaker every Thursday at 10 a.m. Fridays Tech Talk at 10 a.m., 1on1 Tech at 11 a.m. Admission is **FREE**. Lunch is served at 11:00. Suggested donation for lunch is \$2. Make lunch reservations by calling the Caddo Council on Aging at 676-7900. Programs are:

- Thursday January 2 - Closed
- Friday January 3 - 10:00 Senior Tech Talk. Introduction to Laptops, tablets and

smart phones and other tech tips

- Thursday January 9 - Featuring: 10:00 "Beginning Genealogy by Reed Mathews
- Friday January 10 - 10:00 Senior Tech Talk. Introduction to Internet, browser, on line security/safety and other tech tips.
- Thursday January 16 - 10:00 "Travel Stories" by Bob Griffin
- Friday January 17 - 10:00 Tech Talk for Seniors. Social Media Basics including: Facebook, twitter and more
- Thursday January 23 - Closed for Legal Bookcamp at the Riverview Hall
- Friday January 24 - 10:00 Senior Tech Talk .Introduction to Laptops, tablets and smart phones and other tech tips
- Thursday January 30 - 10:00 Local Restaurants and Activities" by Chris and Sara Hebert
- Friday January 31 - 10:00 Tech Talk for Seniors. Social Media Basics including: Facebook, twitter and more

THEATRE

The Trip to Bountiful - presented by Shreveport Little Theatre, 812 Margaret Place, Shreveport. January 9, 10, 11, 16, 17, & 18 at 8 p.m.; January 12 & 19 at 2 p.m. Horton Foote's 'The Trip to Bountiful' is the poignant story of an aging widow living with her son and daughter-in-law in a three-room flat in Houston, Texas. Fearing her presence may be an imposition on others, Mrs. Watts believes that if she could only get back to Bountiful, her hometown, she would surely regain her strength, dignity and peace of mind. 'The Trip to Bountiful' follows Mrs. Watts through her physical and emotional journey home. Tickets are \$10 - \$17. Call the box office at 318-424-4439 for tickets.

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HAL LINDEN & HIS BAND
Sunday, April 6, 2014

WEST SIDE STORY
Thursday, April 10, 2014

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

ADAM TRENT
Magician/Illusionist
Friday, June 6, 2014

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

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King Crossword

Puzzle answers
on page 44

ACROSS

- 1 Crony
- 4 Light (Sp.)
- 7 Summary
- 12 Carte
lead-in
- 13 "A Chorus
Line" song
- 14 Entertain
- 15 Energy
- 16 Good
product,
idiomati-
cally
- 18 Recede
- 19 Be frugal
- 20 Record
- 22 Id counter-
part
- 23 Loathe
- 27 Possessed
- 29 "Clue" item
- 31 Cavalry unit
- 34 Guiding
principle
- 35 Goes over
the books
- 37 Weeding
implement
- 38 Brewery
output
- 39 Med. plan
option
- 41 Creche trio
- 45 Eucalyptus
eater
- 47 Heavy
weight
- 48 Duke
Ellington
classic
- 52 Clear the

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- tables
- 53 Give a
speech
- 54 Deteriorate
- 55 Time of your
life?
- 56 Thick
- 57 — Jima
- 58 Still
- 8 Ostrich's
cousin
- 9 Scoundrel
- 10 Fool
- 11 Em, en, o,
—, kue
- 17 Recognize
- 21 Psalm group
- 23 Seraglio
- 24 Mimic
- 25 Pirouette
pivot
- 26 Conclude
- 28 Suitable
- 30 "The Name
of the Rose"
author
- 31 Bill
- 32 Regret
- 33 Praise in
- 8 rhyme
- 36 Not barefoot
- 37 Empty
- 40 New Zealand
native
- 42 Cornered
- 43 Overcharge
- 44 Smaller map
- 45 Dandling
locale
- 46 21-Down
member
- 48 Turf
- 49 Exist
- 50 Erstwhile
M&Ms color
- 51 "—
Impossible"

DOWN

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

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

- | | | | |
|-------|---------|---------|-------|
| Apex | Castle | Marble | Red |
| Bear | Crystal | Misery | Table |
| Blue | Cypress | Mystery | Tabor |
| Boler | Grouse | Phoenix | |

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Sudoku

by Linda Thistle

| | | | | | | | | |
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| 9 | | | 4 | | 5 | 6 | | |

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

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- ★ Moderate ★★ Challenging
 ★★★ HOO BOY!

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Chris Shelby, MD
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King Crossword

Answers

Solution time: 27 mins.

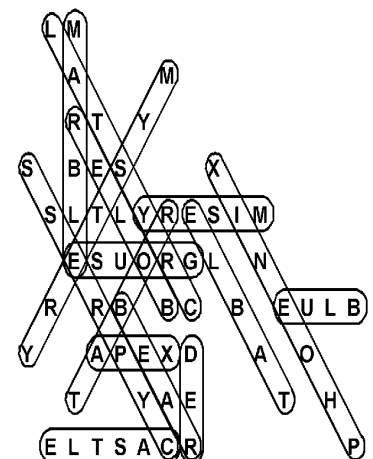
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SUDOKU

Answer

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

MOUNTAIN : CANADIAN SKI AREAS



2014 JANUARY PARTING SHOTS

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



Jeri Holloway and Eli at Holy Cross Church Blessing of the Animals.

The Women's Department Club held their annual Christmas party on December 6.



Betty McCain
Madeline Holder
Vada McGoldrick
Mary Harville
Alice Thompson



Dean and Kathy Anderson

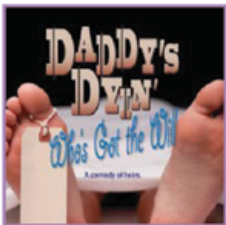


Dr. Lee and June Stevens

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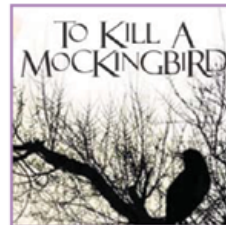
September 9-19, 2013



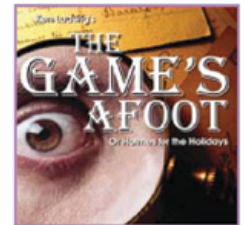
November 7-17, 2013



January 9 - 19, 2014



Feb 27 - March 9, 2014



April 24 - May 4, 2014

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JANUARY PARTING SHOTS (continued)

Shreveport-Bossier Convention and Tourist Bureau held their Annual Christmas Open House Luncheon on Friday December 6.

Below: (l to r) Natalie Roberson, Candy Welch, Faye Taylor, Stacy Brown and Lila Davis



Lola and Dan Herndon hosted Lola's monthly Bridge group on December 8 for their annual Christmas party.

Below: Judy Chidlow, Lola Herndon, Judd Chidlow, and Susan & Joe Cage



Johnny & Betty Walpool with Lila & Jerry Davis at Our Lady of the Blessed Sacrament 1st Holiday Social.



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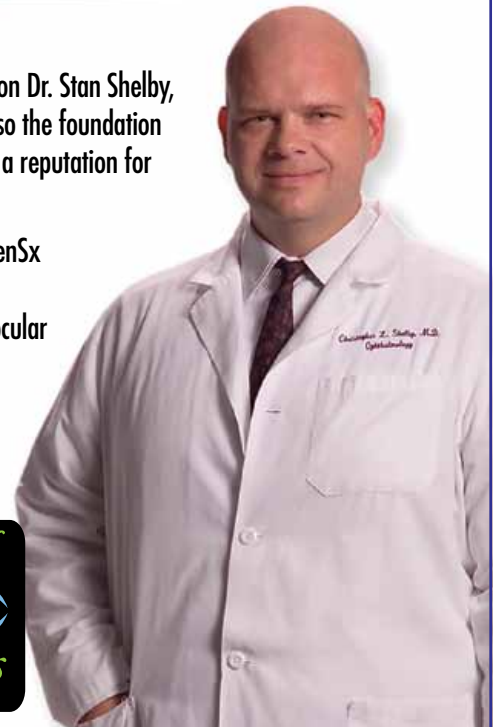
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- ▶ Recognized nationally as one of 250 leading innovators in the field of premium intraocular lens surgery by "Premier Surgeon," a magazine for ophthalmologists
- ▶ Board-Certified, American Board of Ophthalmology
- ▶ Member of the American Academy of Ophthalmology and the American Society of Cataract and Refractive Surgery

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JANUARY PARTING SHOTS (continued)

Les Boutiques de Noel preview party was held at the Bossier Civic Center on Wednesday November 20.

Below: Robert and Debbie Grand with Jack and Anita Berg



(l to r) Sharon Avant, Virginia Israel, and Debbie Sheets

Tom Pace welcomes The Best of Times Publisher Gary Calligas to the Christian Services Telethon.



Billy Jean Reasor and Ruth Atkins



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