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Official rules, and a listing of prize packages and participating businesses will be found in the August, 2011 issue of *The Best of Times*, and beginning August 1 on our website at www.TheBestOfTimesNews.com and at all participating business locations.

THANK YOU to contest sponsors **Horseshoe Casino and Hotel** and **Harrah's Louisiana Downs**.

JULY CONTENTS



11 78 YEARS WITH BARKSDALE AFB

by Mary Flanders

MEDICAL

- 8 **STAT! Medical News**
- 18 **Summer Health for Seniors**
- 20 **Laws of the Land**
by Lee Aronson
You Won't Believe What This Renter Signed
- 22 **Money Matters**
by Jason Alderman
Seniors Vulnerable to Internet Scams

ADVICE

- 26 **From the Bench**
by Judge Jeff Cox
Courtroom Basics Regarding Criminal Trials
- 28 **Ask Dr. Marion**
by Marion Somers, Ph.D.
Long Term Care Insurance
- 30 **Dear Pharmacist**
by Suzy Cohen, RPh
Shop Like a Pharmacist

COLUMNS

- 31 **American Life in Poetry**
by Ted Kooser
"78 RPM" by Jeff Daniel Marion
- 32 **Long Live! Ask the Expert**
by Ola Diab
Howard S. Freeman
- 36 **Recent DVD Releases**
by Mark Glass
Just Go With It, Hall Pass, and The Adjustment Bureau

IN EVERY ISSUE

- 38 **What's Cooking?**
Savor the Season
- 40 **Our Famous Puzzle Pages**
Crossword and Sudoku
- 42 **Get Up & Go!**
Place to Go and Things to See
- 44 **Parting Shots**

16
Fed Up with Health Care Fraud? Fight Back
by Bob Moos

38

26

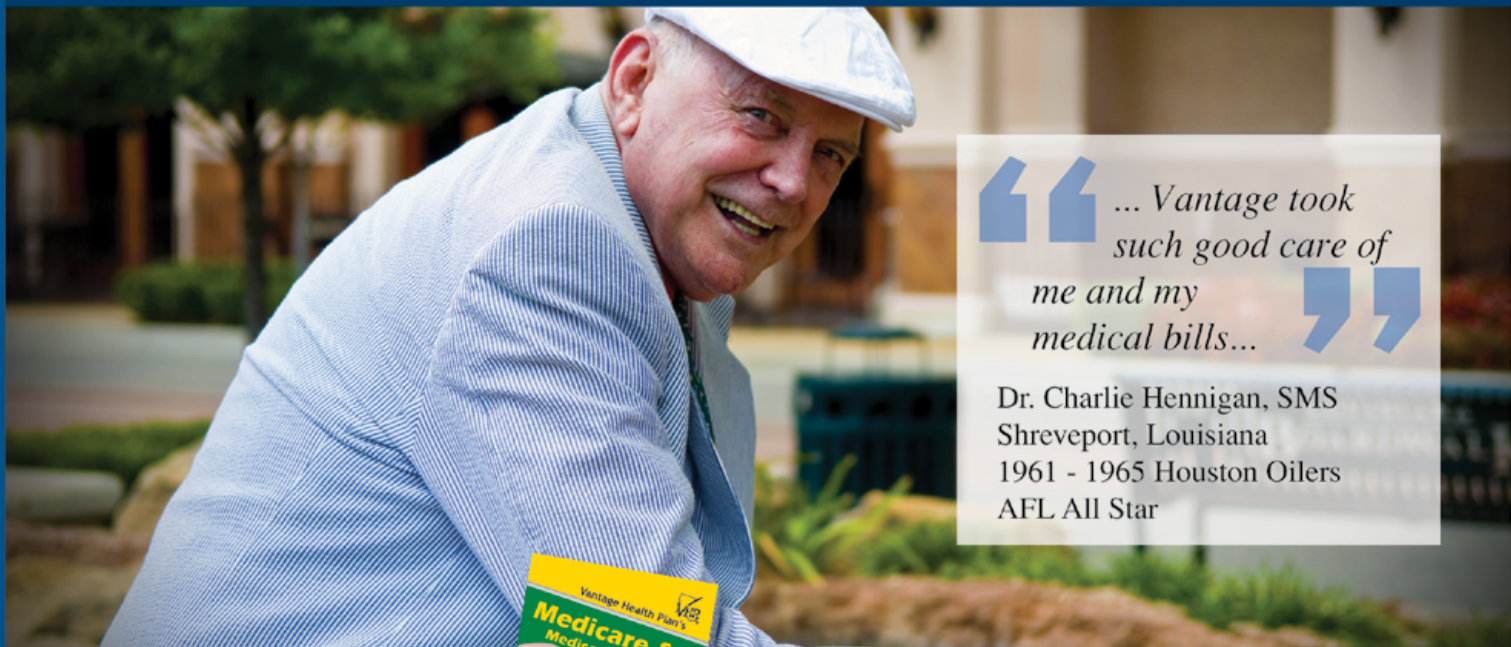
36



Tasty 34
Traveling
by Andrea Gross

65 Are you turning 65?

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As most of you already know, 2011 marks our 10th year as owners of *The Best of Times*.

In January we promised to make this year exciting...and I'm sure you will agree that thus far we've delivered! But we're not content to sit back on our laurels. Check out page 4 to learn about another great contest coming in August.

Until then, we have a pretty terrific issue for you this month. The big event is the feature on Barksdale Air Force Base. We proudly salute the efforts of all of our former and active members stationed here who have protected our country's freedom and appreciate the positive influence that the base has had on everyone's lives in the ArkLaTex.

But this issue is jam-packed with so much more. We also tell you how to fight back against healthcare fraud, ways to stay healthy during the hot days of summer, warn you about signing documents you haven't read, and offer tips on protecting yourself while online. We also cover courtroom basics, long-term care insurance, the health benefits of olive oil, and tips on shopping for nutritional supplements. And there's so much *more!*

Whew, I'm tired. I think I'll go pour a glass of lemonade, prop up my feet, work the crossword puzzle and watch a couple of DVDs. Then on to the August issue!

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the broadcast or email
Gary.Calligas@gmail.com
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JULY 2

"Could it be a Vitamin B12
deficiency?"
Sally Pacholok, RN and
Dr. Jeffrey J. Stuart

JULY 9

"Shreveport Little Theatre"
Robert Darrow and
Gene Bozeman

JULY 16

"BioStart Program to increase
number of future medical
professionals"
Dr. Heather Kleiner User, LSUHSC

JULY 23

"Minimally-invasive CABG
heart surgery"
Dr. Curtis Prejean, with Red River
Cardiovascular Surgeons

JULY 30

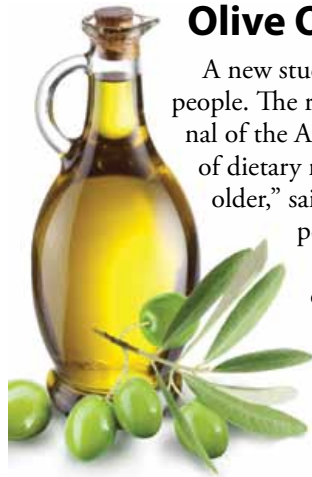
"The Jefferson Key"
Steve Berry, internationally known
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STAT!

90%

Bariatric surgery can lead to total or partial alleviation of migraines in nearly 90% of morbidly obese patients diagnosed with migraine headaches, according to a new study presented at the Annual Meeting of the American Society for Metabolic & Bariatric Surgery (ASMBS). Over an average follow-up of three years after gastric bypass surgery, more than 70% of patients never had another migraine. More than 18% had partial resolution, with migraine attacks dropping from five to two per month. These patients also experienced less painful migraines and took fewer medications. Nearly 11% of patients had no change in migraine status. The researchers noted that while gastric bypass generally improved or resolved migraine headaches among all study participants, those who developed their first migraines after becoming obese experienced the most improvement.



Olive Oil in Your Diet May Prevent a Stroke

A new study suggests that consuming olive oil may help prevent a stroke in older people. The research is published in the online issue of *Neurology*, the medical journal of the American Academy of Neurology. “Our research suggests that a new set of dietary recommendations should be issued to prevent stroke in people 65 and older,” said study author Cécilia Samieri, PhD. “Stroke is so common in older people and olive oil would be an inexpensive and easy way to help prevent it.” After considering diet, physical activity, body mass index and other risk factors for stroke, the study found that those who regularly used olive oil for both cooking and as dressing had a 41 percent lower risk of stroke compared to those who never used olive oil in their diet. Olive oil has been associated with potentially protective effects against many cardiovascular risk factors, such as diabetes, high blood pressure, high cholesterol and obesity.

Artificial Disc a Viable Alternative to Fusion for 2-Level Disc Disease

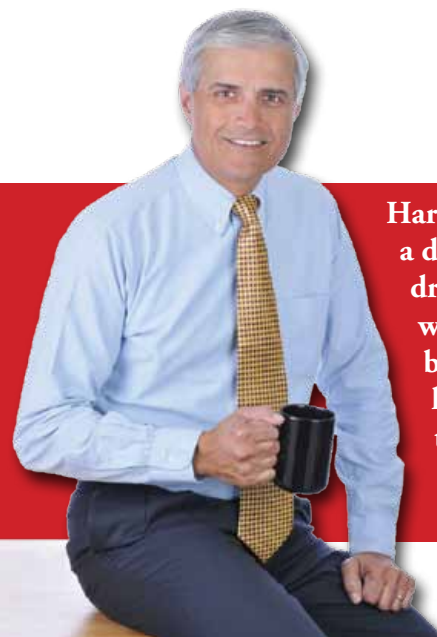
When two adjacent discs in the low back wear out, become compressed and cause unmanageable pain, numbness or other symptoms, replacement with artificial discs can be a viable alternative to standard fusion surgery, based on two-year post-surgery data from a randomized, multicenter trial recently published in the *Journal of Bone and Joint Surgery*. The study was designed to meet FDA criteria comparing overall results from a disc replacement patient group with those of a fusion group. Overall, 24 months after surgery, patients in both groups had less pain and were able to reduce their use of medication, but the percentages were higher in the disc replacement group. Seventy-three percent of disc replacement patients met the study’s pain improvement criteria, compared with less than 60% of the fusion patients. Of these, only 19% in the disc replacement group continued to need narcotics for pain, compared with 40% in the fusion group. Also, more disc replacement patients said they were satisfied with their outcomes and would choose to have the surgery again. The article reported that disc replacement operations were quicker and resulted in less blood loss, hospital stays were shorter and patients experienced more rapid improvement.



Vaccine First to Show Improved Survival Rates for Patients With Metastatic Melanoma

For patients with advanced melanoma, which is the most lethal type of skin cancer, the results of a large clinical trial show that a vaccine combined with the immune-boosting drug Interleukin-2 can improve response rate and progression-free survival. The findings of the study were published in the June 2 issue of *New England Journal of Medicine*. This marks the first vaccine study in the disease and one of the first in all cancers to show clinical benefit in a randomized Phase III clinical trial. Therapeutic cancer vaccines, unlike typical vaccines that prevent infections, are meant to jump-start the immune system to help it battle existing tumors.

Harvard researchers have discovered that men who drank six or more cups of coffee a day were almost 20 percent less likely to develop prostate cancer than those who drank no coffee. And they were 60 percent less likely to develop prostate cancer that was fatal or metastatic. Metastatic cancer is cancer that spreads to other areas of the body. Men who drank less coffee – one to three cups a day – were almost 30 percent less likely to develop fatal or metastatic prostate cancer. Researchers are looking at the antioxidant properties of coffee to explain why coffee consumption reduced the risk of developing prostate cancer. It didn’t matter whether the men drank caffeinated or decaffeinated coffee. (*The Journal of the National Cancer Institute*)





How Can I Tell if my Memory Problems are Serious?

A memory problem is serious when it affects activities of daily living. If you sometimes forget names, you're probably okay. But you may have a more serious problem if

you have trouble remembering how to do things you've done many times before, getting to a place you've been to often, or doing things that use steps, like following a recipe. Another difference between normal memory problems and dementia is that normal memory loss doesn't get much worse over time. Dementia gets much worse over several months to several years. Some memory problems may be due to medications or depression. Talk to your family doctor about any concerns you may have.

Memory problems that aren't part of normal aging

- Forgetting things much more often than you used to
- Forgetting how to do things you've done many times before
- Trouble learning new things
- Repeating phrases or stories in the same conversation
- Trouble making choices or handling money
- Not being able to keep track of what happens each day ●

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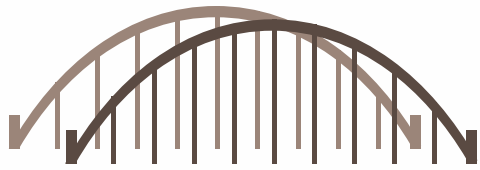
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78 YEARS WITH BARKSDALE AIR FORCE BASE

BY MARY FLANDERS

This year marks the 78th anniversary of the establishment of Barksdale Field, later to be called Barksdale Air Force Base, in Northwest Louisiana. Without it, the history of this area would be quite different. Very few employers have had such a long lasting positive effect on so many aspects of life as Barksdale Air Force Base. From the early 1930's through today and into the future Barksdale Air Force Base has been and will continue to be a good neighbor, a strong economic influence and have a profound positive impact on life here in the Ark-La-Tex.

The beginnings of Barksdale go back to 1923 when far sighted civic leaders became interested in making Shreveport home to a military flying field. Even back then it was considered to be

an economic coup for the area. In 1926, it was learned that the Third Attack Wing at Ft. Crockett Texas was being greatly expanded and would need at least 20,000 acres to support a bombing range and aerial gunnery.

According to the Headquarters, Eighth Air Force Historian, Lane Callaway, the origins of Barksdale were entwined in another piece of Louisiana history, the campaign for free textbooks for all school children by Governor Huey P. Long. At the time children could not attend school without textbooks. Poorer families could not afford to buy them so their children missed out on an education. As a part of Governor Long's Share the Wealth Plan, he, among other things, made it possible for all students to receive free textbooks and thus be able to attend school. The Caddo Parish School Board refused to distribute the free textbooks to all students because they felt that the proud families of this area should not be forced to accept charity as they called it, from the state. Special legislation was needed to approve the 1.65 million dollar bond issue to enable Shreveport to buy Bossier Parish land and annex it to Shreveport and then later deed it over to the United States Government. It was a masterstroke of politics for all involved. Governor Long withheld authorization to locate Barksdale Field until the School Board saw the textbook issue his way. Louisiana schoolchildren got their books and Shreveport got its airfield.

Callaway says the original site selected near Cross Lake proved to be too hilly and wooded, but in 1928 an area on a cotton plantation east of the Red River in Bossier Parish was selected. Shreveport purchased 21,802 acres of land in Bossier Parish for the airfield. Construction began in 1931 on what was to become the world's largest airfield. That marked the very beginning of what is still a great economic influence on the Shreveport-Bossier City area. Today the



AERIAL VIEW OF BARKSDALE AIR FORCE BASE TAKEN IN THE 1940'S. (US ARCHIVES AND SPECIAL COLLECTIONS, NOEL MEMORIAL LIBRARY)

base sprawls over nearly 22,000 acres, including 20,000 acres of a game preserve and recreational area.

Barksdale Field, as it was called, was formally dedicated on February 2, 1933. The field was named for Lt. Eugene Hoy Barksdale, a pilot with the U.S. Army Air Corps. Lt. Barksdale, originally from Goshen Springs, Mississippi, began his military career first with aviation sections in the U.S. Army Signal Corps and then as a pilot serving in England during World War I with the Royal Flying Corps. During his time with the RFC he shot down 3 enemy aircraft in aerial combat and participated in the ground destruction of 5 more enemy aircraft. He died in 1926 while flight testing a Douglas O-2 observation plane and is buried in Arlington National Cemetery.

In the 1930's Barksdale Field became home to the Third Attack Wing from Ft. Crockett. As the situation in Europe changed in the late 1930s the training of bomber crews began to take precedence over the training of pursuit and fighter crews at Barksdale Field. In May 1940, Barksdale hosted the Army's simulated European combat operations with over 320 aircraft participating and highlighted by the attendance of Major General Dwight D. Eisenhower and General George C. Marshall, U.S. Army Chief of Staff. One of the most notable units trained at Barksdale Field was the 17th Bomb Group, led by then Lt. Colonel (later General) Jimmy

Doolittle during his daring raid on Tokyo in April 1942.

On September 18, 1947, the official birthday of the USAF, the US Air Force became an independent branch of service and Barksdale Field became Barksdale Air Force Base and it continued to grow.

The first B-52 Stratofortress and KC-135 arrived at Barksdale in 1958.

The 2nd Bomb Wing transferred to Barksdale in 1963. From 1965 to the early 70's the 2nd Bomb Wing sent aircraft and personnel to Southeast Asia for missions in support of the Vietnam War

The year 1975 marked a very big change for the base as Headquarters, Eighth Air Force moved from Andersen AFB, Guam and stood up at Barksdale after the Second Air Force was inactivated. Since then the history of Barksdale Air Force Base and the history of the Eighth Air Force have been very much intertwined.

The first operational KC10 Extender aerial Tankers came to Barksdale in March of 1981. The distinctive aircraft were

**RIGHT: THE DEDICATION
CEREMONY OF BARKSDALE FIELD ON
FEBRUARY 2, 1933.**

**(US ARCHIVES AND SPECIAL COLLECTIONS, NOEL
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**LEFT: LT. COL. DAVID CHISENHALL,
2ND MISSION SUPPORT GROUP
DEPUTY COMMANDER, ESCORTS
LT. GEN. JAMES KOWALSKI, AIR
FORCE GLOBAL STRIKE COMMAND
COMMANDER, AROUND THE AIR
TRAFFIC CONTROL TOWER CATWALK
AT BARKSDALE AIR FORCE BASE.**

**(U.S. AIR FORCE PHOTO/AIRMAN 1ST
CLASS MICAIAH ANTHONY)**

a familiar sight over the Ark La Tex until 1994 when the Air Mobility Command consolidated the tankers. The last KC-135 at Barksdale was placed in the Eighth Air Force Museum and the last KC-10 left Barksdale in October.

In 1991 Operation Desert Storm was initiated. The very first mission was carried out from Barksdale by the 2nd Bomb Wing. Not only did it begin the action, but it was truly remarkable in that the B-52 bombers took off from Barksdale, flew to Iraq, completed their action and flew back to Barksdale without stopping and the assistance of aerial tankers along the route.

Through-out its history Barksdale Air Force Base has seen some remarkable events unfold including two stops by the ill-fated Space Shuttle Columbia. But the one event that will forever be remembered, the one event that assured Barksdale a place in the history books was its role as the country struggled to grasp the events of September 11, 2001. On that dreadful day President Bush addressed the horrified nation from Barksdale as he responded to the terrorist attacks of that terrible day. When he landed he was briefed by Eighth Air Force Staff and it was from the Eighth Air Force Commander's Conference Room the President addressed the nation.

Eighth Air Force also played a huge role in the rescue and recovery efforts following the devastation of Hurricane Katrina. According to Lane Callaway, Eighth Air Force Historian, the military support to civilian authorities for Katrina was the largest military operation inside the United States since the Civil War.

The 8th Air Force Museum, subordinate unit of the 2nd Bomb

Wing was established in 1979 at the edge of the Base near the North Gate. It tells the story of the men and women of the Air Force in war and peace so that everyone will understand the price of freedom and be inspired by what they learn.

According to Gary Miller, Director of the 8th Air Force Museum, the WWII vintage B-24 aircraft located outside in the air park portion of the museum is a very special exhibit. Produced by the hundreds during WWII, this B-24 is one of only a dozen or so that still survive worldwide. Other aircraft in the outdoor air park include a B-17 "Flying Fortress," a P-51 a British Vulcan, a Mig21F and SR-71Aa.

One of the most popular displays inside the museum is the 9/11 display from the Eighth Air Force Commander's Conference Room where President Bush addressed the United States after the World Trade Center and Pentagon attacks.

Looking to the future of the 8th Air Force Museum, Director Miller says there are big plans. The majority of the exhibits were installed in the 1980s and are in need of updating; and even more importantly, the historic aircraft have been outside, exposed to the elements and need to be brought indoors before they are irreparably damaged.

To these ends, the museum is raising awareness and funding to complete a renovation of the existing buildings. Going even further, planning has commenced on a multi year, multi-million dollar project for a much larger museum that would be able to house the valuable aircraft exhibits indoors. Preliminary studies for the restoration of the current museum and architectural

A NASA BOEING 747 CARRYING SPACE SHUTTLE DISCOVERY, STILL SCORCHED FROM ITS RE-ENTRY INTO EARTH'S ATMOSPHERE, TAXIS AT BARKSDALE. DISCOVERY'S STOP WAS THE SECOND OF TWO AS THE SHUTTLE WAS ON ITS WAY BACK TO KENNEDY SPACE CENTER, FLA.

(U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS BRANDON KUSEK)



concepts for the new museum expansion have been completed.

Steve DePyssler, Col. USAF Retired, the Director of the Retiree Activities Office at Barksdale calls Barksdale Air Force Base “the gem of the Air Force.”

He goes on to say that the Bossier City –Shreveport area is one of the 10 best military cities because of the tremendous support of the community. After 38 years active service in the Army and Air Force, he is an expert on transitioning from Base to Base. Col. DePyssler was originally stationed here, but then decided to retire here. Or rather, he says, his wife decided they would retire here. They are not alone. Attracted by the climate and the quality of life here, almost 75% of the enlisted members and 25% of the officers stay here after they retire, which in turn benefits the community in a variety of ways.

In its earlier days BAFB was mainly home to single airmen who didn't stay long, but as the base grew and its mission evolved with the closure of other B-52 bomber bases, it has seen the transition to more family oriented personnel. That translates into a huge impact on the economy of the area. Everything from sales taxes paid, to day care services, to restaurants; there are a multitude of jobs created indirectly as a result of Barksdale's impact that spreads through-out the economy.

Currently Barksdale Air Force Base is a big factor in the area

economy contributing a great deal to the area with salaries, and payments for goods, services and rentals in the defense contracts.

According the 2010 Economic Impact Analysis, Barksdale has a base payroll of \$402.5 million a year, annual expenditures of \$210 million and estimated \$141.2 million in indirect job creation. And with the latest missions including the Air Force Global Strike Command which added nearly 1000 new military and civilian jobs, the future is looking very positive for Barksdale.

As the brave men and women of the Air Force continue to defend our liberty, we are proud to call Barksdale Air Force Base our Best Neighbor.

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Fed Up with Health Care Fraud? Fight Back

By Bob Moos

A medical equipment supplier submits \$4.8 million in claims to Medicare for items never prescribed by doctors and never delivered.

A clinic bills Medicare for \$2.2 million for “treating” patients who agree to feign certain symptoms and undergo unnecessary tests.

A medical transportation company charges Medicare for ambulance trips it says it made, though it doesn’t own a single ambulance.

For too long, the crooks who were behind health care fraud were often one step ahead of law enforcement. But that’s finally changing. Thanks to better coordination among federal agencies and the introduction of cutting-edge technology, more criminals are being brought to justice.

The Department of Health and Human Services and the Department of Justice have formed a task force to target areas with suspicious Medicare billings. The “HEAT Team” crime investigators sift through claims data to identify billing patterns that suggest someone has run afoul of the law.

Complementing the state-of-the-art data analysis has been some hard-nosed police work. “Medicare Fraud Strike Forces” – made up of federal, state and local law enforcement agents – have been set up in seven cities known as fraud hot spots, including Houston and Baton Rouge, La.

The sophisticated detective work has paid off. In 2010, federal prosecutors filed fraud-related charges against 931 defendants and won 726

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convictions. The government's anti-fraud initiatives also recovered a record \$4 billion last year and returned it to Medicare's trust fund and other federal coffers.

In the past, most of the government's anti-fraud efforts focused on chasing after taxpayer dollars only after the swindlers had stolen the money. But the new Affordable Care Act gives the government more tools to keep the unscrupulous out of the Medicare and Medicaid systems in the first place.

Now, more rigorous screening measures will prevent fraudulent providers and suppliers from enrolling in Medicare or Medicaid and filing false claims. Particular attention is being paid to certain kinds of businesses with a long history of fraudulent billing, like medical equipment suppliers.

The new law also lets the government suspend payments to providers and suppliers suspected of fraud until the allegations can be investigated. And there are stiffer civil and criminal penalties to make crooks think hard about whether it's worth their while to steal from the health care system.

Yet, as important as all these aggressive new initiatives are, the first and best line of defense against fraud remains you – the health care consumer.

So here are a few ways you can protect your Medicare benefits:

Guard your Medicare number. Fraud schemes often depend on crooks first getting hold of people's Medicare numbers. So treat yours as you would a credit card. Don't share it with anyone except your doctor or other Medicare-approved health care provider. If you don't know whether a provider has Medicare approval, call 1-800-MEDICARE and ask.

Look out for suspicious activities. Be wary of salespeople who knock on your door or call you uninvited and try to sell you a product or service. Don't allow anyone except your doctor or other Medicare-approved provider to review your medical records or recommend services. And never let anyone give you "free" equipment or supplies in exchange for your Medicare number.

If you have Original Medicare, check your Medicare Summary Notice. Use a calendar or personal journal to record all of your doctor appointments and tests. Then review your quarterly claims statement to make sure Medicare wasn't billed for something you didn't get. If you spot what you think is an error, call the doctor's office or health care provider and ask about it. If they can't resolve your questions or concerns, call 1-800-MEDICARE.

Report suspected cases of fraud. If you think someone has misused your Medicare number, call 1-800-MEDICARE or the ID theft hotline at the Federal Trade Commission at 1-877-438-4338. If you suspect Medicare fraud, call the inspector general's fraud hotline at the Department of Health and Human Services at 1-800-447-8477.

Fraud isn't a victimless crime. Illegal schemes waste tens of billions of dollars each year and drive up everyone's health care bills. If we're to protect Medicare from fraud, we all need to pitch in.

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

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Summer Health Advice for Seniors

The hot, hazy days of summer can pose special health risks to older adults. It's important that older people avoid heat-related illnesses, known as hyperthermia.

Hyperthermia is an abnormally high body temperature caused by a failure of the heat-regulating mechanisms of the body to deal with heat coming from the environment. Heat fatigue, heat related dizziness, heat cramps, heat exhaustion and heat stroke are commonly known forms of hyperthermia.

One's risk of developing these conditions can increase with the combination of outside temperature, general health and individual lifestyle, according to the experts at the National Institute on Aging. Lifestyle factors can include not drinking enough fluids, living in housing without air conditioning, lack of mobility and access to transportation, overdressing, visiting overcrowded places and not understanding how to respond to hot weather conditions.

With this in mind, the experts at the institute are sharing some tips to help seniors avoid hyperthermia:

Older people, particularly those with chronic medical conditions, should stay indoors on hot and humid days, especially when an air pollution alert is in effect. People without air conditioners should go to places such as senior centers, shopping malls, movie theaters or libraries. Cooling centers, which may be set up by local public health agencies, religious groups and social service organizations are other options.

Health-related factors that may increase risk include:

- ★ Being dehydrated.
- ★ Age-related changes to the skin, such as poor blood circulation and inefficient sweat glands.
- ★ Heart, lung and kidney diseases, as well as any illness that causes general weakness or fever.
- ★ High blood pressure or other conditions that require changes in diet. For example, people on salt-restricted diets may increase their risk. However, salt pills should not be used without first consulting a doctor.
- ★ Reduced perspiration, caused by medications such as diuretics, sedatives, tranquilizers and certain heart and blood pressure drugs.
- ★ Taking several drugs for various conditions. It is important, however, to



continue to take prescribed medication and discuss possible problems with a physician.

- ★ Being substantially overweight or underweight.
- ★ Drinking alcoholic beverages.

Heat stroke is a life-threatening form of hyperthermia. It occurs when the body is overwhelmed by heat and unable to control its temperature. Someone with a body temperature above 104 degrees Fahrenheit is likely suffering from heat stroke and may have symptoms of confusion, combativeness, strong rapid pulse, lack of sweating, dry flushed skin, faintness, staggering, possible delirium or coma. Seek immediate emergency medical attention for a person with any of these symptoms, especially an older adult.

If you suspect that someone is suffering from a heat-related illness:

- ★ Get the person out of the sun and into a shady, air-conditioned or other cool place. Urge them to lie down.
- ★ If you suspect heat stroke, call 911.
- ★ Encourage the individual to shower, bathe or sponge off with cool water.
- ★ Apply a cold, wet cloth to the wrists, neck, armpits, and/or groin, places where blood passes close to the surface of the skin, and the cold cloths can help cool the blood.
- ★ Offer fluids such as water, fruit and vegetable juices, but avoid alcohol and caffeine.

★ For more tips and information on research and the aging, visit www.nia.nih.gov.

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Dehydration can increase risk of hyperthermia.

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ORTHOPAEDICS

What are the symptoms and treatment of torn cartilage?

Meniscus tears are the most common surgical condition involving the knee. Medial meniscus (inside) tears are 3 - 4 times more common than lateral tears (outside). The meniscus support 50% of the body weight with the knee extended and 90% with the knee flexed 90°. Because the meniscus supports body weight every attempt should be made to repair or maintain as much meniscus tissue as possible. Popping, giving way, locking, tenderness at the joint line, stiffness, and swelling are some of the signs/symptoms of cartilage tears. Arthroscopic surgery is generally done on an outpatient basis and recovery is from a few days to a weeks.



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HOSPICE

Should I wait for our physician to raise the possibility of hospice, or should I raise it first?

The most frequent comment hospice agencies hear from their patient's and families is "I wish I would have known about 'it' sooner." In 2008, 35.4% of those served by hospice died or were discharged in seven days or less - a timeframe way too short to realize the full benefits of hospice care. Ideally, discussions about adding the benefits of hospice services to an individual's care regimen should begin when it appears that a cure may not be possible for a life-limiting illness and within the context an individual's goals for treatment. It would not only be appropriate, but also prudent to initiate the conversation with your physician about hospice services.



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You Won't Believe What This Renter Signed

You've probably heard it a million times: don't sign anything that you haven't read. But do you actually follow this advice? If you don't, you could end up in all kinds of trouble.

Take Mike (not his real name) for example. He rented a house down in St. Mary Parish, Louisiana. But the house was in horrible condition. Before Mike signed the lease, the home had been vandalized. "Human excrement had been randomly thrown on all of the walls of the house. Windows were broken, screens were out, the toilet was broken, the plumbing was not even connected, the heating system in the house did not work, the roof leaked, the hot water heater was located in an outhouse behind the main dwelling and never worked properly."

Why did Mike rent the place? Although I've changed Mike's name, his case is real and according to the published facts, Mike may have rented the place because "he was desperate for a place to stay and entered into the lease with the hope that he could

make the place tolerable so that he and his family could live in it at least for a time."

But to make matters worse, Mike didn't read the lease before he signed it. And do you know what the lease said? "The premises are in first class condition, which the tenant acknowledges, and the tenant agrees to return the premises in the same condition at the end of the lease." The lease went on to say that Mike would be responsible for all repairs, both major and minor. The Judge called the lease "one of the most favorable to the landlord that the Court has ever seen... Literally, under this lease, the roof could fall in or the foundation could give way and the tenant would be responsible to restore the roof or the foundation."

Mike and his family lived in the home for a couple of months but when winter came, they moved out because they "could not live in a house without a heating system and without a hot water heater to provide hot water."

The landlord responded by suing Mike.



Lee ARONSON



The landlord didn't claim that Mike had caused all the damage in the house. Instead, the landlord argued that it was going to cost a fortune to fix up the house and because Mike had signed a lease that said he would return the premises in "first class condition," Mike should have to pay all of these costs. Sound fair to you?

Generally in Louisiana, if you sign it, you're stuck with it. But in this case, Mike lucked out. That's because Louisiana law says that some agreements, whether they are written or not, simply will not hold. For example, let's say that I somehow convince you to sign some papers that give me permission to chop your head off. The ax murdering commences and the cops show up. Do you think I'm going to be able to get off by arguing, "But I had permission to chop his head off. Look, I got it in writing!" That's not going to fly.

Generally, if a contract is "against public policy" then it will not be enforced by a Judge. And specifically, here's the law that was relevant to Mike's case: even if a residential tenant rents a place "as-is" and agrees to be responsible for all repairs, the agreement will not stand if the house or apartment has defects that "seriously affect health or safety." In Mike's case, the Judge decided that the condition of the home was so bad that it "seriously affects health and safety." As a result, the Judge held that Mike's written lease was no good and Mike would not be held responsible for the cost of repairs.

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

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Seniors Vulnerable to Internet Scams

We're forever warning teenagers to be careful online – don't reveal personal information to strangers, avoid scams, report bullying behavior. The same advice may be appropriate for grandma and grandpa as well. Seniors are the fastest-growing segment of new Internet users, as they've discovered email, online shopping and banking, social networking, traveling planning and other online conveniences.

Even the most tech-savvy among us sometimes fall prey to online scammers, so if your parents or grandparents have recently taken the online plunge, here are some safety tips you can share:

Update security software. Make sure their computers have anti-

virus and anti-spyware software and show them how to update it regularly.

Think like the bad guys. Even the best software isn't 100 percent foolproof, so teach them how to anticipate and ward off annoying – or criminal – behavior. For example:

- Only open or download information from trusted sites to which you navigated yourself. Don't assume a link contained in an email, even from a friend, will necessarily take you to a company's legitimate website.

- Don't click on pop-up windows or banners that appear when you're browsing a site.

- Common email scams that target seniors include offers for discounted drugs and low-cost insurance, and supposed warnings from the IRS – which

incidentally, never contacts taxpayers by email.

- Financial institutions never email customers asking for verification of account or password information.

- When shopping online, look for safety symbols such as a padlock icon in the browser's status bar, an "s" after "http" in the URL address, or the words "Secure Sockets Layer" (SSL) or "Transport Layer Security" (TLS). These are signs that the merchant is using a secure page for transmitting personal information.

These are all common tricks used to infect your computer with viruses or to install spyware that records your keystrokes to obtain account or other confidential information.

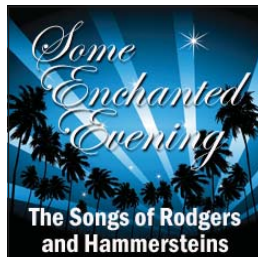
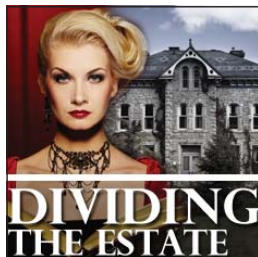


Jason ALDERMAN

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frequently used password is "password." Other common, easy-to-crack passwords include simple numeric sequences and names of pets, spouses and children. For more secure passwords:

- Use at least seven characters with a mixture of upper and lower-case letters, numbers and symbols.
- Use unique passwords for each account in case one gets compromised.
- Change passwords frequently.

Protect personal information. Never post sensitive information on any website (or share via email, mail or phone) unless you initiated the contact. This might include numbers for credit cards, bank accounts, Social Security, Medicare and driver's license, address/phone and full birthdate.

Set privacy controls. On social networking sites, carefully review privacy settings that let you limit who has access to your personal information. Similarly, always review a company's privacy policy to ensure you agree with how it may share your information with affiliate organizations.

Be skeptical of "free" anything. Before signing up for free trials, especially via pop-up windows or banner ads, make sure you understand all terms and conditions. Pay particular attention to pre-checked boxes in online offers before submitting payment card information for an order. Failing to un-check the boxes may bind you to contracts you don't want.

For more tips protecting personal and account information and preventing online fraud, visit www.VisaSecuritySense.com, which features tips on preventing fraud online.

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



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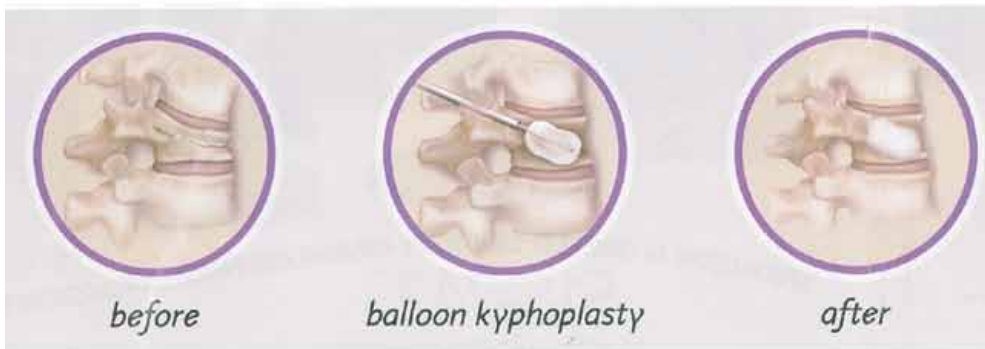
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Standing Tall: What Women Need to Know about Spinal Fractures

When you think of women's health issues, spinal fractures probably don't come to mind. But they should. These common fractures can not only be disfiguring, but deadly.

Spinal fractures are the most common osteoporotic fracture; over 900,000 spinal fractures occur every year in the United States alone, according to industry estimates and research. They occur more often than hip fractures in any one year. They also increase the risk of death. Unlike a hip fracture, the risk of death following a spinal fracture (link to: <http://www.spinalfracture.com>) continues to increase progressively, so it is important to treat spinal fractures soon after they occur. Sadly, only about one third of these fractures ever receive medical attention.

The main cause of spinal fractures is osteoporosis, which silently robs you of the density in your vertebrae — bones we often take for granted. Think of the vertebrae in your spine as a stack of square building blocks with mesh interiors. Osteoporosis causes the mesh architecture inside the blocks to deteriorate, eventually causing micro-fractures. As micro-fractures accumulate, the blocks become weaker and less able to resist the stresses we expect them to handle. Many times, what seems like very minor stress can cause fractures and the vertebrae to collapse, which causes the vertebrae to become compressed. You may notice you are getting shorter, and gradually you will notice a curving forward of your spine. This is called kyphosis.

Besides loss of height, some other changes occurring in your body might be due to spinal fractures. Do your clothes not quite fit right? Are you developing a "tummy" that you never had? Do you eat less because you get full so fast? Are you short of breath from small exertions?

With spinal fractures, what was once a nice sturdy compartment for your internal organs gradually becomes smaller and smaller, compressing your stomach, lungs and digestive tract. The compression keeps your lungs from expanding fully, makes your heart work harder and your entire digestive track is pushed forward between your ribs and hips.

Spinal fractures can occur spontaneously or from the minimal stress of day-to-day activities. Sometimes there is no pain and the fracture goes unnoticed, but sometimes there is extreme pain.

For Marian Williams, 80, of Salem, Va., it was both spontaneous and very painful. As she was walking down the stairs in her home, "It felt like something slipped in my back. It started hurting right away, and the pain quickly became unbearable. I couldn't do anything. Even when I was lying down or sitting down, it hurt," she said. "It hurt to move. It hurt to

breathe. I never had pain like that before. It was excruciating."

Marian was admitted to the hospital and referred to Dr. Van Lewis, a neuroradiologist in nearby Roanoke, who recommended a minimally invasive surgery known as KYPHON (R) Balloon Kyphoplasty. During this procedure, two tiny incisions are made in the back and balloons are inserted through small tubes into the fractured bone. The balloons are then carefully inflated in an attempt to raise the collapsed bone. The balloons are then removed, creating cavities in the bone that are filled with bone cement. A clinical study has shown that those who undergo this procedure experience improved quality of life, faster back pain relief and quicker return of physical function than patients who opt for non-surgical treatments such as physical therapy or pain medication. The benefits were sustained on average throughout 12 months. While spinal fractures may be associated with mortality, no data exists currently to show that KYPHON Balloon Kyphoplasty improves the mortality rate.

The complication rate with KYPHON Balloon Kyphoplasty has been demonstrated to be low. There are risks associated with the procedure (e.g., cement leakage), including serious complications, and though rare, some of which may be fatal. This procedure is not for everyone. A prescription is required. Please consult your physician for a complete list of indications, contraindications, benefits, and risks. Only you and your physician can determine whether this procedure is right for you.

Three days after being admitted to the hospital, Marian was treated with balloon kyphoplasty. "When I woke up from the surgery, they took me back to my room and told me to lie flat for two hours ... the excruciating pain was gone," Marian said.

Marian no longer has excruciating back pain and is back to her regular activities, which include lifting light weights, using the weight machines and taking low-impact aerobic classes at her gym three times a week.

For a free, informational packet on KYPHON Balloon Kyphoplasty, potential patients and physicians can call [phone number to be inserted here]. More information about spinal fractures can be found on the Internet at www.spinalfracture.com (link to: <http://www.spinalfracture.com/>) or www.kyphon.com. (link to: <http://www.kyphon.com/us/home.aspx>) or by writing to Medtronic, Inc., 1221 Crossman Ave., Sunnyvale, CA, 94089.

KYPHON Balloon Kyphoplasty incorporates technology developed by Dr. Gary K. Michelson.





Courtroom Basics Regarding Criminal Trials

I have been reading several articles recently in the newspaper which state that Judges have entered plea agreements with the defense attorney or have entered plea agreements with the District Attorney and Defense Attorney. A Judge cannot enter any deal. Only the District Attorney and Defense Attorney can enter a plea agreement. The Judge's only function when a deal is reached is either to approve the deal or reject the deal.

The Judge also does not dismiss charges. Only the District Attorney's Office has the right to bring charges or to dismiss charges. This article will attempt to explain each person's function in the

courtroom.

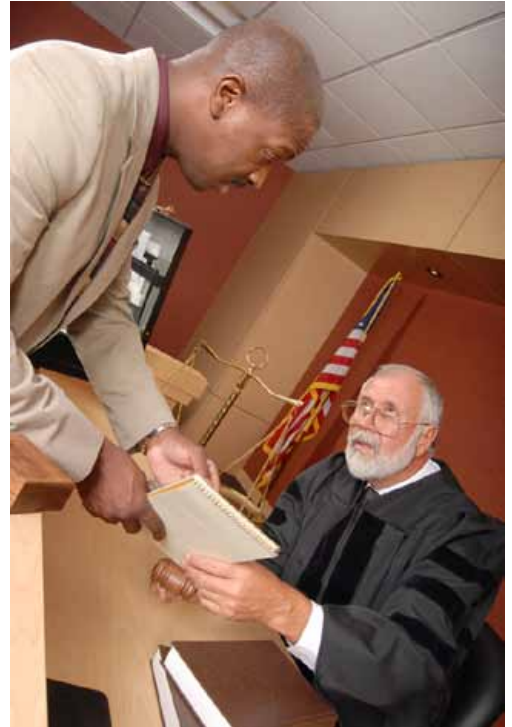
The Defense Attorney's function is to protect his or her client's rights. The Defense Attorney makes sure that the defendant is afforded every one of his or her rights under the United States Constitution and the Louisiana Constitution. A Defense Attorney will attempt to negotiate the best deal he can for his or her client, including the dismissal of charges if the case cannot be proven beyond a reasonable doubt. Defense Attorneys are in the courtroom to protect the individual's rights and freedoms.



Judge JEFF COX

The District Attorney represents the State of Louisiana in the parishes in which he or she was elected to represent.

The District Attorney, and his assistants, bring charges against a person charged with a crime and prosecute the crimes against a person. Only the District Attorney can prosecute a crime. The District Attorney, or his assistants, are the only persons who can dismiss a case before a trial. The District Attorney decides



what matters will go to trial or do not go to trial if a person is charged with a crime.

The Judge, in a criminal prosecution, is charged with the responsibility of making rulings and trying cases. The Judge cannot dismiss any charges against a defendant unless the Judge believes the defendant is not guilty after a trial or a hearing. If the Judge is presiding over a jury trial, the Judge acts like a referee in making sure that the District Attorney and the Defense Attorney follow the Rules of Evidence in presenting testimony to the jury. If a plea deal is reached between the District Attorney and the Defense Attorney, the Judge can either approve the deal or reject the deal. However, in most cases the deal is honored based on a pre-trial conference and the evidence which may be presented. In no case, a Judge cannot tell the District Attorney what case he or she will try, which case he or she will dismiss, or in which case he or she will enter a plea agreement. The Judge is only responsible for sentencing once a trial has been had and a defendant in a criminal case has been found guilty or has pled guilty.

These are the basic functions of the Defense Attorney, District Attorney, and the Judge in criminal courtrooms. Hopefully, this article will help you better understand the function of each in the courtroom.

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

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J. Gary Booker, MD, 851 Olive Street, Shreveport, LA 71104



Long-Term Care Insurance

I'm the primary caregiver for my 86-year-old father, and a friend recommended that I consider purchasing long-term care insurance - both for him, and for myself. But what is long-term care insurance, and how is this different from my regular health insurance, or Medicaid? - Mary from Massachusetts



Dr. Marion SOMERS

quire some kind of long-term care services at some point in their lives. Unfortunately, many of these services are not fully covered by regular health insurance, Medicare, or Medicaid. This includes long-term stays in nursing homes or assisted living facilities, adult day services, home health care services, and more. The costs of these services can really add up when you consider that the average going rate for a private room in a nursing home in the US is over \$200 a day.

Long-term care insurance can help protect your assets, reduce the burden of care on your loved ones, and ensure that you will get the kind of care you both want and need. And it's never too soon to get it - in fact, the younger and healthier you are, the better rates you're

likely to get.

Remember as you research long-term care policies that it's important to have open communication with your family and loved ones so you can choose the proper policy. Take the time to read through different policies and compare them to your price range and needs. For more information, check out a non-profit organization I've been working with to help educate Americans about this very topic: www.3in4needmore.com. You'll find more information and a full list of online resources to help you in your search. Good luck!

Over the last 40 years, Dr. Marion (Marion Somers, Ph.D.) has worked with thousands of seniors and their caregivers as a geriatric care manager and elder care expert. It is now her goal to help caregivers everywhere through her book ("Elder Care Made Easier"), iPhone apps (www.elder911.net) web site, columns, public service announcements, and more. For more information, visit www.DrMarion.com



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Bossier Council on Aging

Bearkat Site (741-8302), 706 Bearkat Dr., Bossier City. 8:00 AM - 4:30 PM;

Plain Dealing Site (326-5722), 101 E. Oak St., Plain Dealing, 9:00 AM - 1:00 PM

Info & referrals - 741-8302

Transportation - Vans available to seniors 60+ who have no means of transportation for medical appointments, grocery store, drug store and other necessary stops. Wheelchair accessible. One week notice required. \$3 round trip suggested. Also through referrals from Medicaid.

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.

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 5 days per week for elderly homebound in Bossier Parish, \$1.50/meal suggested.

Personal Medical Response System - 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 fee per month.

Senior Centers - Recreation, crafts, educational seminars, and

health information. Also: day trips, extended trips, exercise/dance classes, bingo, cards, dominoes, health screenings, exercise equipment room, Senior Games and Thursday night dances with a live band.

Medication Management - Seminars, brown bag services provided by pharmacists and programs provided by health care providers. Drug plan assistance available.

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

Caddo Council on Aging

Information Referral - Call 318.676.7900 to find help for specific senior 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 and 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. Provided in Caddo and Bossier parishes.

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 you navigate through the complex system of Long Term Care

• Medicare Counseling - Answer questions on Medicare coverage

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

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

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.

Personal Care - Personal care provided weekly for homebound seniors.

Nursing Home Ombudsman - An advocate will investigate and resolve senior's nursing home complaints. Provided in Bienville, Bossier, Caddo, Claiborne, Desoto, Red River and Webster parishes.

Retired Senior Volunteer Program - 318.676.5186 - Seniors 55+ can volunteer to work with community non-profit agencies and health care

facilities. A great opportunity to meet new people and have fun! Program provided in Caddo and Bossier parishes.

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

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

Senior Centers/Dining Sites - Fun activities. Lunch is served for a \$1.25 donation. Transportation is provided on a limited basis. Call 318.676.7900 for information.

• AB Palmar SPAR - 547 E. 79th St. Shreveport. Mon. - Fri. 9 am - 1 pm. Lunch at 10:30 am.

• Airport Park SPAR - 6500 Kennedy Dr. Shreveport. Mon. - Fri. 9 am - 1. Lunch at 11:00 am.

• Broadmoor Neighborhood Center - Broadmoor United Methodist Church, 3715 Youree Dr., Shreveport. Friday Only - 9:30 am - 12:30 pm. Lunch served at 11:30 am

• Canaan Tower Apartments, 400

North Dale, Shreveport. Mon. - Fri. 8 am - 12:00 noon. Lunch at 11:00 am

• Cockrell Spar - 4109 Pines Rd., Shreveport. Mon. - Fri. 10 am - 12 noon. Lunch served at 10:30 am

• Cooper Road Community Center, 1422 Martin Luther King, Shreveport. Mon. - Fri. 9:30 am - 1:30 pm. Lunch served at 11:30 am

• Lakeside SPAR - 2200 Milam St., Shreveport. Mon. - Fri. 10 am - 12 noon. Lunch served at 11:30 am.

• Morning Star Baptist Church, 5340 Jewella Ave., Shreveport. Monday - Friday / 9:00 am - 12:00 pm. Lunch served at 11:00 am

• Mooringsport Community Center, 603 Latimer Street, Mooringsport. Tues, Wed, Thurs / 9:00 am - 12:30 pm. Lunch served at 11:30 am

• New Hill CME Church, 8725 Springridge Texas Rd, Keithville. Tues and Thurs / 9:00 am - 12:00 pm. Lunch served at 11:00 am

• Oil City Community Center, 310 Savage Street, Oil City. Monday and Friday / 9:00 am - 12:30 pm. Lunch served at 11:30 am

• Southern Hills SPAR, 1002 Bert Kouns, Shreveport. Monday - Friday / 10:00 am - 12:30 pm. Lunch served at 12:00 pm

Webster Council on Aging

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

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

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

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

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.

Homemaker services - Provided to those meeting specific requirements.

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

Wellness - designed to support/improve the senior's mental/physical

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.

Shop Like A Pharmacist

Q Dear Pharmacist, Are there certain ways to shop and ensure that I buy high-quality supplements? --J.J.

A Yes. Here's some advice that can help you make better selections:

Check for artificial colors- Dyes and Lakes are unnecessary additives to make supplements prettier but many are coal tar derived. Because there is no benefit obtained from artificial colors, I think they should be avoided. The U.S. FDA allows colors because they say they pose no risk when used properly, but I think that depends on who you ask. Some colors like tartrazine (a.k.a. FD&C Yellow 5 or E102) can trigger allergies in people; skin rashes, hives, migraines, nasal congestion, asthma, anxiety, depression or diarrhea. Some colors are suspected in hyperactivity (ADHD) and DNA damage (think cancer). Colors are frequently used in medications to help distinguish tablets, but less frequently used in supplements. Do you want pretty or pure?

Check for allergy-causing ingredients- I think it's nice when a maker takes special care to avoid the items that many are sensitive to. Try to avoid wheat, gluten, dairy, corn, soy and sugar. There are many additives, some natural ones

too, that can trigger problems. Download a free brochure called "Food Additives" from www.FoodAdditives.org.

Check for USP certification- It stands for "United States Pharmacopeia." When you're shopping at your local pharmacy, picking supplements, you sometimes see the three initials, "USP," printed smack dab on the label which means the product has been certified. By the way, the USP-National Formulary is kind of like a very thick cookbook of sorts that provides directions on manufacturing, disintegration, solubility and testing parameters. What I like about the USP certification process is that it's a third-party verification program that is recognized as a sign of quality in over 130 countries. I think it's nice when



Suzy COHEN, RPh



*Did You Know?
If you're suffering with itchy watery eyes, conjunctivitis or seasonal eye allergies, try Zaditor eye drops. It used to be prescription, but it's sold OTC now and it's strong.*

someone other than the makers is able to certify quality, purity and potency. Just FYI, many good products are USP certified, even though it's not designated on the label. You can learn more at www.USP.org and in my book, Drug Muggers where I've offered you product lists and guidelines to find the highest quality vitamins and minerals based on my 22 years of experience.

Check for bizarre or unnecessary additives- Like high fructose corn syrup, carmine (red bug colorant), or shellac. The insidious thing here is that you can't always tell what's actually "added" because it's done during manufacturing. For example, today on the FDA website, I learned that a big company has amended the food additive regulation to permit the use of hydrogen peroxide (!) in the manufacture of modified whey. If you love whey protein shakes, make sure it's derived from organic cow's milk that has never been injected with growth hormones!

This information is not intended to treat, cure, or diagnose your condition. For more information visit www.DearPharmacist.com. ©2011 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.



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American Life in Poetry



By Ted Kooser,
U.S. Poet Laureate
(2004 - 2006)

Tell a whiny child
that she sounds
like a broken
record, and she's
likely to say,

"What's a record?" Jeff Daniel Marion,
a Tennessee poet, tells us not only what
78 rpm records were, but what they
meant to the people who played them,
and to those who remember the people
who played them.

78 RPM

*In the back of the junkhouse
stacked on a cardtable covered
by a ragged bedspread, they rest,
black platters whose music once
crackled, hissed with a static
like shuffling feet, fox trot or two-step,
the slow dance of the needle
riding its merry-go-round,
my mother's head nestled
on my father's shoulder as they
turned, lost in the sway of sounds,
summer nights and faraway
places, the syncopation of time
waltzing them to a world
they never dreamed, dance
of then to the dust of now.*

*American Life in Poetry is made possible by The
Poetry Foundation, publisher of Poetry magazine.
It is also supported by the Department of English at
the University of Nebraska-Lincoln. Poem copyright
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The introduction's au-
thor, Ted Kooser, served
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LONG LIVE! ASK THE EXPERT: HOWARD S. FRIEDMAN

Co-author of "The Longevity Project"

BY OLA DIAB
CTW FEATURES

Everybody wants a long, healthy and happy life. But what's the secret? Common knowledge says don't stress or worry too much, be happy and positive, exercise regularly and maybe even get married, but what does science say? In 1921, Stanford University psychologist Lewis Terman began a study where he tracked the lives of 1,500 Americans from childhood to death. The two-decade study is now a book called "The Longevity Project" (Hudson, 2011) where Howard S. Friedman and Leslie Martin, researchers and psychology professors at the University of California, Riverside, establish what it is about these 1,500 individuals that led some to stay well and others to fall ill or die early.

"It was especially fascinating to understand that health was not random and that those individuals who became involved with others in a consequential life were improving their own health and longevity as an unanticipated bonus," Friedman says.

One of the tips we present is to welcome new work assignments. That is, rather than thinking "Oh no, more work, I'm stressed", instead think "Oh good; increased opportunity to accomplish something worthwhile!"

"The Longevity Project shows why many people became both happy and healthy by living a good, dedicated, involved life." Here, Friedman discusses the "secrets" she and her co-author discovered.

The 1,500 people studied for the book were tracked decades ago. How are their health problems still relevant today? Do people still suffer from the same unhealthy practices people

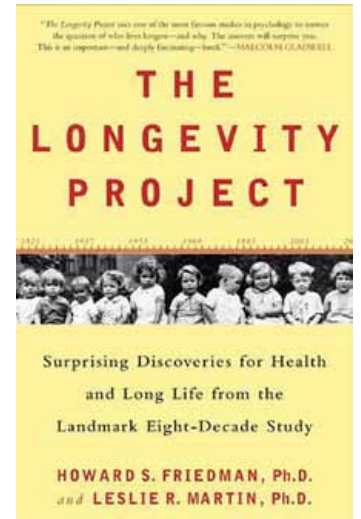
suffered from decades ago?

We spent a lot of time looking at the generality of the findings. In the research, we focused on things that are distributed similarly to the general population of Americans today, such as personality traits, key social variables like marriage and divorce, and lots of career and work variables. When needed, we also conducted comparison analyses with valid contemporary measures in contemporary (modern day) samples. The results hold up well and are very relevant. And of course, people still die today from cancer, heart disease, injuries, and so on.

What are these unhealthy practices? How do people change them?

There are self-quizzes and case histories in "The Longevity Project" that you can use to understand your own long-term patterns, and trajectories relevant to health. These focus on your personality and your social interactions. Then, the best way to get yourself on a healthy pathway, one of healthy long-term patterns, is to associate with other healthy, active, involved individuals, especially those relevant to

your desired healthy lifestyle. As our examples and studies revealed, each individual needs to understand his or her own life trajectory and engage in the things that fit best for that individual.



In the book, one of the things you discussed to keep people healthy is stress. Many people find that shocking because they're told to take it easy to live longer. How is stressing and worrying healthy?

Our results clearly showed that those who were highly motivated, worked the hardest, steadily advanced in their careers and achieved the most career success lived the longest. They didn't work themselves

Caring for someone with a life-limiting illness often presents many challenges. There can be changing care needs and loved ones can experience feelings of exhaustion and stress. It is during this difficult time that we offer hospice services - providing pain and symptom management, spiritual and emotional support, personal assistance and compassionate care.

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to death, they worked themselves to life. Ambition was not a problem and taking it easy was not healthy. In fact, those who were carefree, undependable, and un-ambitious in childhood, and who were unsuccessful in their careers, had a whopping increase in their mortality risk.

One of the interesting things the book points out about living a long and healthy life is career accomplishments. How does a person approach or choose a career and avoid stressing or shortening his or her own life?

One of the tips we present in "The Longevity Project" (which we both use ourselves) is to welcome new work assignments. That is, rather than thinking "Oh no, more work, I'm stressed" instead think, "Oh good; increased opportunity to accomplish something worthwhile!" And then – here's the key – start on that task right away. This is not "positive thinking." Rather, this is a behavioral approach to the workday. You do it knowing that it will bring even more work. We present many examples showing that this is how the long-lived participants lived.

You found behaviors and characteristics in these 1,500 people studied that relate to longevity. What are a few of those behaviors and characteristics? What are the secrets to longevity?

In childhood, each participant's parents and teachers were asked to rate the child on dozens of trait dimensions. We worked to create a reliable and valid scale of conscientiousness and dependability – whether the child was prudent, conscientious, truthful and free from egotism. Then, in young adulthood, the participants were asked questions like,

"Are you thrifty and careful about making loans?" and "How persistent are you in the accomplishment of your ends?" We worked for months to construct and validate a new series of new, reliable personality scales. It was almost as if we had gone back decades and measured Franklin Roosevelt's personality by finding a modern-day doppelganger. Unexpectedly, in both childhood and adulthood, conscientiousness turned out to be the best personality predictor of long life. This

is a strong effect, comparable to the effects of systolic blood pressure or cholesterol on longevity.

And what were a few behaviors and characteristics that were shortening these people's lives?

Men who got and stayed divorced (or who remarried and divorced again) saw their risk of dying skyrocket. And social isolation was generally very unhealthy.

© CTW Features

WHEN WAS THE LAST TIME YOU DANCED at a Louisiana festival?



Did you know tourism generates more than \$850 million in state taxes annually? So why not invite your friends and family to Louisiana for the Festival of Lights in Natchitoches, Contraband Days in Lake Charles, the Red River Revel in Shreveport or the French Quarter Festival in New Orleans? When you go to a festival, Louisiana starts dancing. For ideas on what to do this weekend, visit our website.

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TASTY TRAVELING



Story by Andrea Gross; photos by Irv Green • www.andreagross.com

Sometimes we watch sausage being stuffed or ice cream being swirled. Other times we amble through markets, take a food class, or attend a wine festival. One way or another, food nearly always is an important part of our travels.

And why not? Culinary travel is about more than what people eat; it's about how they live.

Here, food-based experiences in three diverse spots: Georgia, Wisconsin and Washington.

SHRIMPIN' IN GEORGIA

Captain Larry Credle powers up the *Lady Jane*, an authentic shrimp trawler that's been refurbished to hold 49 passengers. "Let's go shrimp-in'," he says with a grin as we leave the pier in Brunswick, Georgia to go on a shrimp-catching cruise in St. Simon Sound.

The crew lowers a huge net until it lies near the bottom of the sound. Then the boat moves



The Lady Jane is an authentic shrimp trawler that's been refurbished for passengers.



forward at about two knots an hour while the net drags along behind, scooping up everything in its path. (Note the origin of the word dragnet.) After about fifteen minutes, the crew raises the net and dumps the contents onto a big table.

Passengers crowd around to touch and hold the catch, which includes shrimp, bluefish, jellyfish, horseshoe crabs, and even a small stingray, a mini-version of the one that doomed Steve Irwin (*The Crocodile Hunter*). Then we return them to the water or toss them to the sea gulls that are hovering nearby.

Midway through the cruise First Mate John Tyre brings out a huge pot of boiled shrimp. We dig in with abandon, knowing that we'll never again enjoy shrimp this much.

www.shrimpcruise.com

Passengers can smell, touch and hold the catch.

FROM FARM TO TABLE IN WISCONSIN

Linda Harding isn't satisfied just teaching folks how to cook. She wants them to understand food, to know what's gone into the growing as well as the preparing of it.



With Linda's help, amateur cooks are able to whip up a tasty meal.

It's for that reason that my husband and I find ourselves standing in an organic vegetable garden at Blooming Hill Farm in Plum City, Wisconsin. As owner Mary Maier-Abel walks us through the fields, Linda, who has an extensive culinary background, extols the virtues of farm-fresh produce. "Food that's freshly picked and simply prepared allows the flavor to shine through," she says.

After a thorough but all-too-short tour of the farm, we head back to Linda's home, a delightful 1902 house that she's refurbished to be both comfortable and efficient. Under her guidance the five of us, all admitted novices, have no trouble whipping up a masterful meal from local foods: wild mushroom duxelle on crostini; farm fresh salad with beets and blue cheese, rosemary and garlic roasted leg of spring lamb, oven roasted heirloom potatoes and vegetables, and a positively yummy apple crisp with black walnuts.



Small, sustainable farms provide tasty produce to people who travel the Wisconsin's River Road.

Afterwards, we sit down and enjoy our efforts. This, we agree, has been an experience that we can truly take home, both around our hips and in the form of recipes for later!

www.thekitchensage.com

GOING TO THE MARKET IN SEATTLE

Seattle's Pike Place Market, the oldest continuously operated farmers market in the nation, is colorful, crowded and caffeinated, as befits the prime attraction in the city that birthed Starbucks. There are men hawking fish that, they promise, can be delivered to your home before spoiling, performers strumming guitars, people talking in a multitude of languages.



Seattle's market is the oldest continuously operated farmers market in the nation.

Vendors at Pike Place Market stress the fact that overnight shipping is available.

And while the odor of fish predominates, it's mixed with

the strong smells of curry, kimchee, coffee and chocolate. As for color, the flowers, which change seasonally, are startling bright; the vegetables are overwhelmingly supersized, and the fruit is incredibly sweet.

We let ourselves be swept along with the crowd, and as we do, vendors ply us with samples: a handful of dried fruit, a slice of apple, a chunk of cantaloupe, a taste of jam, and the best chocolate-covered cherry I've ever tasted.

We're not really hungry, but in the name of research we order a halibut sandwich from the Mixed Grill. Delicious! Four hours later we decide we must try some fish and chips from Lowells. Incredible.

We think we've seen it all, but just to make sure, the following day we take the Savor Seattle Tour. In a space of two hours, our guide serves up bits of market history as well



as tastes of more than 20 foods, from fresh-made doughnuts to several kinds of piroshky. I roll home thoroughly sated.

www.pikeplacemarket.org/;
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Recent DVD Releases



Mark GLASS

Just Go With It (PG-13)



Here's another lame sentimental romantic comedy from Adam Sandler. As usual, there are small parts for some SNL alums, and a treacly romance (this time opposite a miscast Jennifer Aniston), the

inevitable crotch-slammng sight gags, and fewer laughs per minute than the running time should contain. It's not awful. There are a handful of amusing moments, but most of them are in the trailers. It's just one more mediocre juggling act between the lovable doofus types Sandler used to play, and the more nuanced leading man he hopes to become. Jim Carrey may be his transition role model, but he's running well behind the man who morphed from Ace Ventura into Truman. The more we see of Aniston seeming ill-suited for her big screen roles, the harder to recall why she became such a cultural icon on the small one.

Hall Pass (R)



Whenever the Farrelly brothers release a new comedy, it's reasonable to expect some guilty pleasures of the gross-out variety. Their best was *There's Something About Mary*, but its lesser successors have still shown energy and dabs of wit with the lowbrow yuks (or yucchhs!, as may vary with each viewer's tastes). No exception here. Owen Wilson and Jason Sudeikis are typical

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suburban hubbies, married respectively to Jenna Fischer and Christina Applegate. Both are typical guys - checking out passing babes, fantasizing about the romps they could enjoy if they were free to play.

Their beleaguered, but loving wives surprise the lads with the insistence that they accept a "hall pass," defined as a one-week holiday from marriage. No strings; no recriminations. The theory is let the boys find out how large the gap is between the flesh festival of their fantasies and the reality of how they'd actually fare on the open market as 45-year-old bachelors. The details of how their adventures unfold are best left to show time. The characters are somewhat sugar-coated, since the idea is mostly to place likable players in the unlikely position of put-up-or-shut-up, to prove a point they need to learn, while amusing the viewers.

In some parallel universe, this idea might actually take root as a marriage evaluation or preservation tool. There's an underlying logic to the idea, so long as one doesn't consider all the emotional and physical land mines in the field for both spouses. The hall pass concept may not redefine the institution of matrimony in this world, but if it triggers shock and outrage among the bluenoses in our ranks, I think the Farrellys will enjoy claiming "mission accomplished."

The Adjustment Bureau (PG-13)



Matt Damon scores again as an action hero, this time mixing some of his Jason Bourne espionage credentials with *Inception* sci-fi tools for a political and quasi-religious variation on *The Matrix*. Sound confusing? It actually turns out as a more coherent adventure than *Inception*, and comparable to it on the excitement scale. Damon's near-certain win in his race for a New York Senate seat is derailed by a last-minute scandal. Just before his concession speech he meets a woman (Emily Blunt) who seems to be his dream girl. But he loses her number.



He heads for Wall Street, where he makes some big bucks while hoping to regain his wounded good-guy reputation. He finds that little in his life - or anyone's - occurs by chance. There's some godlike entity, with minions among us who look like Feds, but have special abilities. Their job is to keep humans on track with his master plan, though no one knows exactly what is, or why any event or relationship fits. Damon is told that Blunt is off-limits, even though they keep running into each other every few years, finding undeniable chemistry. Their course is a romantic drama, wrapped in a semi-theological sci-fi premise, including some very cool travels through space and time. Director George Nolfi wisely subordinates all the fanciful elements to the rest of the story, maintaining a surprisingly realistic tone to the proceedings.

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

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SAVOR the Season

FAMILY FEATURES

Grilling can bring so much more to the table than basic brats and burgers. In these recipes, cookbook author and celebrity chef Nick Stellino uses a few key ingredients that add new dimensions of flavor to seafood, steak and even salad. He calls on olive oil and vinegars to make

savory marinades and zesty seasonings that will make you truly savor the grilling season. For more of Chef Stellino's recipes, visit www.pompeian.com, as well as how-to videos, visit www.pompeian.com and "Like" Pompeian on Facebook at www.facebook.com/Pompeian.



Grilled Salad with Goat Cheese

Serves 4 to 6

- 2 large heads radicchio, cut in half
- 2 large heads Belgian endive, cut in half
- 2 red bell peppers, cut into quarters and seeded
- 2 yellow bell peppers, cut into quarters and seeded
- 6 tablespoons Extra Virgin Olive Oil, divided
- 5 ounces baby arugula salad
- 8 tablespoons goat cheese, crumbled
- 1½ tablespoons Balsamic Vinegar

Preheat grill or broiler to high. Brush radicchio, endive and peppers with 4 tablespoons olive oil.

Cook on a hot barbecue or under the broiler for 2 to 3 minutes per side, until they start to color on each side. Place on a cutting board while still hot and cut into 1-inch pieces.

Place arugula salad and goat cheese in a bowl with the radicchio, endive and peppers; mix well until the cheese starts to melt.

Add remaining 2 tablespoons olive oil and balsamic vinegar; mix well and serve.

Skewered Shrimp with Black Bean-Lemon Rice

Serves 4

Marinade/Dressing:

- ¾ cup Extra Virgin Olive Oil
- ¼ cup Red Wine Vinegar
- 3 tablespoons lemon juice
- 2 medium garlic cloves, minced
- 1½ teaspoons salt
- ¾ teaspoon coarsely ground black pepper

Skewers:

- 24 large raw, headless, peeled shrimp, with tails on (about 1 pound)
- 24 whole green onions, trimmed to 6 inches in length
- 24 cherry tomatoes
- 2 poblano chili peppers, seeded and cut into 24 pieces
- 8 12-inch bamboo skewers, soaked in water

Rice:

- 3 cups hot cooked brown rice
- 15 ounces canned black beans, rinsed and drained
- ¼ cup chopped cilantro
- 3 teaspoons grated lemon zest

Whisk marinade ingredients in small bowl. Reserve ½ cup mixture in separate bowl and set aside. Place shrimp in a resealable plastic bag, pour marinade over shrimp, seal tightly and coat well. Refrigerate 30 minutes, turning frequently.

Remove shrimp from marinade (reserving marinade). Place shrimp on skewers, alternating with tomatoes, chilies and onions (folded in half).

Preheat grill on high heat. Brush skewers with reserved marinade and cook 4 to 5 minutes on each side or until shrimp are opaque in center.

Place remaining marinade in a small saucepan on the grill to heat slightly. Toss rice with black beans, cilantro and lemon zest.

To serve: Top rice with skewers and spoon remaining marinade over skewers.

Grilled Skirt Steak with Tomato-Infused Marinade

2½ to 3 pounds skirt steak

Marinade:
 5 garlic cloves
 ½ cup fresh mint, loosely packed
 1 tablespoon fresh thyme leaves
 1 cup fresh parsley, loosely packed

1 cup fresh basil, loosely packed
 1½ tablespoons salt
 1 tablespoon fresh rosemary
 1 28-ounce can Italian-style peeled tomatoes
 ½ cup Pomegranate Infused Balsamic Vinegar
 2 tablespoons sugar

To marinate meat: Place all marinade ingredients in food processor and process for 2 minutes into a smooth liquid paste. Place meat in a large resealable plastic bag and cover with the marinade. Seal bag and swish marinade around to make sure it coats all of the meat. Let the meat marinate in the refrigerator for at least 5 hours — preferably overnight — turning twice.

To cook meat: Preheat grill or broiler to high. Cook the skirt steak 4 to 6 minutes per side, according to your liking. Cover with foil and let it rest for a few minutes before slicing.

To serve: Cut steak into slices and serve with Tomato, Burrata and Arugula Salad. (Serves: 4 to 6)



Grilled Skirt Steak with Tomato-Infused Marinade and Tomato, Burrata and Arugula Salad

Tomato, Burrata and Arugula Salad

¼ teaspoon salt
 ¼ teaspoon pepper
 ¼ teaspoon dried oregano
 ¼ teaspoon sugar
 4 large tomatoes, preferably heirloom
 4 ounces baby arugula salad
 3 tablespoons Extra Virgin Olive Oil, divided

1 tablespoon Balsamic Vinegar, divided
 6 to 8 ounces burrata cheese, cut into 4 pieces, OR fresh mozzarella, cut into slices
 1 ounce shaved Parmesan cheese

Mix dry spices and sugar together in small bowl.

Cut tomatoes into slices about ½ inch thick; place on a tray and sprinkle with the spice mixture on each side. Let slices rest and absorb the flavor for about 10 to 15 minutes.

Dress arugula salad with 1½ tablespoons olive oil and ½ tablespoon vinegar.

To serve: Place dressed salad in the middle of each plate; top with tomato slices, then with pieces of burrata or mozzarella slices. Drizzle each plate with remaining olive oil and vinegar. Top salads with shaved Parmesan. (Serves 4 to 6)

Nick Stellino's Grilling Tips

- Grease grates of grill with Extra Light Tasting Olive Oil before heating.
- Pre-heat barbecue with cover down (high for gas) for 15 minutes.

Next volunteer training session: July 18 in Bossier City

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BROADWAY SHOWSTOPPERS

By Pamela Amick Klawitter; Edited by Rich Norris and Joyce Nichols Lewis

- ACROSS**
- 1 Cotton-picking handful
 - 5 Like pro football players
 - 9 Libreville is its capital
 - 14 Seasonal crew?
 - 19 Moises of baseball
 - 20 One often thickens on stage
 - 21 Word with soap
 - 22 Corporate reward
 - 23 Airport pickup spot
 - 26 Ballet ___
 - 27 "___ and his money ..."
 - 28 Toledo toast
 - 29 Certain Honshu resident
 - 31 ___ Sauer: handgun
 - 33 Library ID
 - 35 Urges
 - 39 Norman landmark
 - 46 Prop- suffix
 - 47 Captain Hook's last words are its motto
 - 48 Gives an earful
 - 49 Frat characters?
 - 50 Some HDTVs
 - 52 Sunscreen additive
 - 54 Alas., once
 - 55 Iona College athletes
 - 56 Troublemaker's credo?
 - 61 British miler Steve
 - 62 One in a pool
 - 63 Trendy tea
 - 64 Some NFL linemen
 - 67 Class unit
 - 69 Assistants and such
 - 72 Like a wake
 - 74 2000 Gere title role
 - 75 It may be fenced
 - 78 Mrs. Gorbachev
 - 81 Relative of -ish
 - 82 One might prompt a curtain call

- 86 Dressing target
- 89 "Let ___!"
- 90 Inventor Sikorsky
- 91 Cheese holder
- 92 Nutmeg covering
- 93 Like most sandals
- 96 Fictional futuristic race
- 98 Big foot letters
- 99 Fleeting celebrity
- 103 Some kitchens
- 104 Gossip
- 105 Moral slip
- 106 Cellist awarded a posthumous Lifetime Achievement Grammy in 1989
- 110 Second-deepest U.S. lake
- 113 Convertible alternatives
- 117 Burst of activity
- 120 Relax
- 123 Come to terms
- 124 Many a chat room visitor
- 125 ___ Center: N.J. arena
- 126 Italian hot spot
- 127 Like some bulls
- 128 Hoity-toity types
- 129 British tax
- 130 Voicemail accumulation: Abbr.

- DOWN**
- 1 Radner's Wawa
 - 2 Minnesota's St. ___ College
 - 3 Company symbol
 - 4 1931 count portrayer
 - 5 SUV stat
 - 6 Some draft picks
 - 7 Like "la vida" in a Ricky Martin hit
 - 8 And others, to Cicero
 - 9 Splitting word?
 - 10 Springfield storekeeper
 - 11 Carlos's kiss
 - 12 Mined finds
 - 13 "The Lion King" lioness

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- 14 Slips
- 15 Takeoff place
- 16 Before and after "and" compared with
- 17 Safe opener?
- 18 Have a look
- 24 Better way to be wanted?
- 25 Needing practice
- 30 Clan attire
- 32 Gain access to
- 34 "Peaceful Warrior" actor
- 36 Flimflam
- 37 Silents star Jannings
- 38 Sign of freshness
- 39 Find out
- 40 Most handy
- 41 Massages deeply
- 42 Hoity-toity type
- 43 Took off
- 44 "Hamlet" courtier
- 45 Olympic volleyball medalist
- 46 Big name in traitors
- 51 Match parts
- 53 Part of a Spanish 101 conjugation
- 55 Seuss, actually
- 57 Not easily excited
- 58 "The Closer" channel
- 59 Stock and then some
- 60 "The Jungle Book" python
- 64 Passing notes?
- 65 Chairman of the board, for one
- 66 Blessed event?
- 68 Fireside quaff
- 70 ___ Schwarz: 5th Avenue toy store
- 71 '30s-'40s actress D'Orsay
- 73 Former despot
- 76 Hunter of the stars
- 77 Carved pole
- 79 Prudent advisers
- 80 Skating gold medalist ___ Anton Ohno
- 82 Latvia-Sweden separator
- 83 Grapefruit relative
- 84 Eternally
- 85 Faculty mems.
- 86 Heist target
- 87 La Scala highlight
- 88 Garage apparatus
- 93 Angel Clare's love, in an 1891 novel
- 94 Lochinvars
- 95 Turkey's place, in song
- 97 "___ Lovin' That You Want": Rihanna hit
- 100 Crown cover
- 101 Like some restaurants
- 102 Game opener
- 107 It might precede bad news
- 108 2009-'11 CIA director Panetta
- 109 City of NW France
- 111 Slow flow
- 112 "The Dukes of Hazzard" deputy
- 114 Porridge base
- 115 Ball game opener?
- 116 Ladies of Sp.
- 117 It's tapped for syrup
- 118 FedEx Cup org.
- 119 Ernst collaborator
- 121 Belle of the ball
- 122 People people, briefly

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



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 S E B A F B D C R M L D A
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 U N I N L S N O I S S I M
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EXHIBIT



Remember in Shreveport When - The Exhibit - The Louisiana State Exhibit Museum at the Fairgrounds in Shreveport. This exhibit will celebrate memories of current and former residents of Shreveport. July 2 - August 13. Monday through Friday, 9 a.m. until 4 p.m.; Saturdays from 12 p.m. until 4 p.m. Admission is free and tours are available by appointment. Free parking. Special events include:

- July 2 - 12- 4 PM. Opening day of exhibit (Picnic on the Grounds). 11 AM - 1PM: Tom Pace- Talk of the Town live broadcast. 12 noon: Presentation of State and City Proclamations. 12:30 - 4 PM:

Music by The Hayride Connections

- July 9 - 12-4 PM Tribute to the Texas Melon Garden and Drive-In Produce. Watermelon-50 cents a slice! 12:30 - 2:30 PM Music by The Matthew Davidson Band

- July 16 - 12-4 PM. Music by Howling Henry and Louisiana Dan

- July 23 - 12-4 PM. 5 Generation Day (Photo opportunity from 1-3 PM). 12-4 PM Music by The Bill Bush Combo

- July 30 - 12-4 PM. Music by Buddy Flett and Friends. 2-3 PM: Shreveport Trivia Quiz (Come test your skill).

KREWE OF ELDERS

Krewe of Elders party - Sunday, July 17, from 1:30 to 5:30 p.m., at the American Legion Hall Post No. 14 located at 5315 South Lakeshore Drive, Shreveport, Louisiana. Entertainment provided by Louisiana Crossroads. Cash bar, door prizes, 50/50 raffle. Food available for purchase. Open to public. \$6 members, \$10 non-members. Info 635-4901, 752-9175.

MEETING

The GENCOM Genealogical Computer Society monthly meeting - Sunday, July 24 at 2:00 PM at the Broadmoor Branch of the Shreve Memorial Library, 1212 Captain Shreve Drive, Shreveport. The Jones Family will present a program on "The Genealogist's Dream Vacation". This program is about their trip to the Family History Center in Salt Lake City, Utah and a week of genealogy research at the center. The meeting is free and open to the public. For info call 318-773-7406 or email jimjones09@comcast.net.

MOVIES

Movies and Moonbeams - Sponsored by Shreveport Public Assembly and Recreation (SPAR), along with the Robinson Film Center. Bring your blanket or folding chair. Free admission. Concessions available or bring your own. For more info call 318.673.7892 or visit www.moviesand-moonbeams.org.

- July 15 - Columbia Park. "Cats and Dogs: The Revenge of Kitty Galore" 8:30pm. (PG)

Sci-Port's Golden Days Matinee - Weekdays 1:00 - 4:00 p.m. On the Shreveport riverfront. Seniors enjoy an IMAX film, FREE admission to Sciport galleries and a frozen yogurt. Cards, board games & activities available. All for \$9. Groups call (318) 424-8660 to schedule.

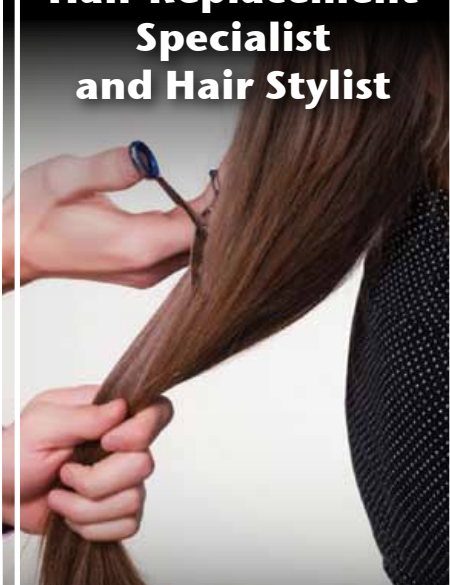


Silver Screenings - Presenting "High Society" starring Bing Crosby, Grace Kelly, and Frank Sinatra. Matinee and luncheon for seniors on Tuesday July 19 at 10:30 a.m. at Robinson Film Center, 617 Texas Street in downtown Shreveport. \$5.75 for the film. \$14 for the film and lunch. Call (318) 459-4122 to RSVP.

OPEN HOUSE

Wine and cheese open house with a complimentary meal for those who

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tour on July 4 from 10 a.m. to 6 p.m. Summerfield Estates, 9133 Baird Road in Shreveport. Free. For more information, or to RSVP, please call 318-688-9525.

RED HAT SOCIETY



Red Hat Day at the Races - The Lagniappe Queen Council of North Louisiana invites members of official Red Hat Chapters to a "Red Hat Day at the Races" on Saturday September 17th at Harrah's Louisiana Downs, 8000 Highway 80 East, Bossier City. Doors open at 11 am with shopping and picture taking. Buffet served at Noon, with races starting at 1 pm. Cost is \$35. Dress to the 9's in your Red Hat Regalia. Deadline is July 31st for pre-registration. For info and questions, please contact Ginny Bates at 318-309-0449 or email to ginnybates2@comcast.net.

SHOPPING

Sizzlin' Summer Shop-a-thon - July 23. 10 a.m. to 3 p.m. Courtyard Marriott on the Boardwalk, Bossier City. The Barksdale Spouse Home & Small Business Group presents the Sizzlin' Summer Shop-a-thon. Come show support to local military

spouses for a day of fun, prizes and shopping. Independent Consultants include: Advocare, Thirty-One, Mary Kay, Scentsy, PartyLite, My Sunshine Photography, Just Jewelry, Beautiful Bowtique, Passion Parties, Usborne, Salt N Light Ribbon Creations.

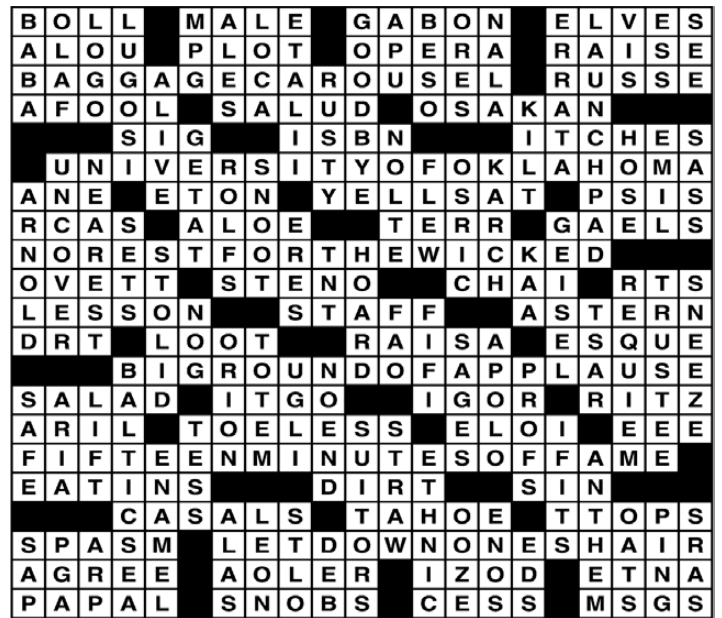
SUPPORT GROUPS

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

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

VOLUNTEER

Louisiana SMP is looking for volunteers in Bossier, Caddo and Webster parishes to help spread anti-fraud information. Volunteers work booths at senior expos, health fairs and other community events. They also present short education sessions to Medicare beneficiaries at senior centers, retirement homes, and other places where seniors congregate. To find out how you can help Louisiana SMP stop Medicare fraud, call 877-272-8720. Volunteers receive free training and are given all educational materials presented at education sessions.



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





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July Parting Shots

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

Shreveport's Farmer's Market Season Opening, June 4 at Shreveport Festival Plaza



Dates for the 2011 market season are:
Summer, Saturdays, June 4 – September 3,
7 a.m. to Noon
Tuesdays, June 7 – July 19, 3 p.m. to 6 p.m.
Fall: Saturdays only, Oct. 22 - Nov. 19

(right) Jeanie Mathers receives instruction on Bonsai care from Bob Specian and Sherrie Wilson



(below) Blanchard Jammers provide great entertainment



(right) Randy and Gayle Martinex Morgan's tamales are a hit



(below) Gary Calligas prepares for his live broadcast



(left) Neil Johnson (right) serves fresh beignets to Ben Melton



(below, left to right) Patty and Gary Falnes with Matt and Rose Chaplin



Katie Camp Bridesmaid's luncheon, June 3



Katie Camp was feted with a Bridesmaid's luncheon on 6/3. With Katie (third from the left) are (l to r) her grandmother Patsy Camp, mom Pam Camp, mother of the groom Ginger Comeaux, and the groom's grandmothers Sylvia Broussard, and Genevieve Comeaux

New on-going exhibit, the Shreveport Regional Airport



Posters from movies made in the Shreveport-Bossier City area were installed in an on-going exhibit at the Shreveport Regional Airport. Pam Glorioso (left) with City of Bossier and Arlena Acree, Director of Film, Media, and Entertainment at the announcement press conference.

New Love Center Crowning Ceremony

Opal Marshall with Lovelle and April Butler



Greek & More Festival, May 20, St. George Greek Orthodox Church



Delbert and Shelia Chumley

Vida Gregorio, Betty McJurkins

Anthony and Julie Spano



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July Parting Shots (continued)

Food Bank of NWLA annual Empty Bowls fundraiser, June 9, Eldorado Resort Casino



Operation Blessing, a project of Bossier Parish Sheriff Department and a Food Bank partner, and Helen Black, community development director for Eldorado Resort Casino and a Food Bank board member, were honored at the event for their service to the agency.

(right) Martha Marak, Food Bank Executive Director, congratulates honoree Helen Black (seated)

(below) Ann and Ron Chatelain with Ken Nichols (right)



(above left to right) Harriet Hudson, Carlene Willis, and Jim Goolsby represented Operation Blessing

(below) [standing] Martha Marak and John Theo, [seated] Mitzi Theo, Patrice Gaydos, and Sophie Duke



Woman's Department Club's Spring Tea, May 26

(top right) Val Allen

(right) Alice Thompson

(right bottom oval) Simonie Jones models clothes from Ruth's

(below) Marti Powell



(right) Outgoing President Maredia Bowdon with Tea chairman Jammy Willingham



Haynes' retirement ceremony, June 4



(left to right) MSgt Jerry Welch, Chris Brown, **Retired MSgt Elroy Haynes**, Gail Haynes and Floyd Whitley at Barksdale AFB retirement ceremony

Askew and Gamble engagement party, May 21



Betsy Askew and Denn Gamble



The groom's aunt Jean Gamble with Vicki Franks

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