

February 2013

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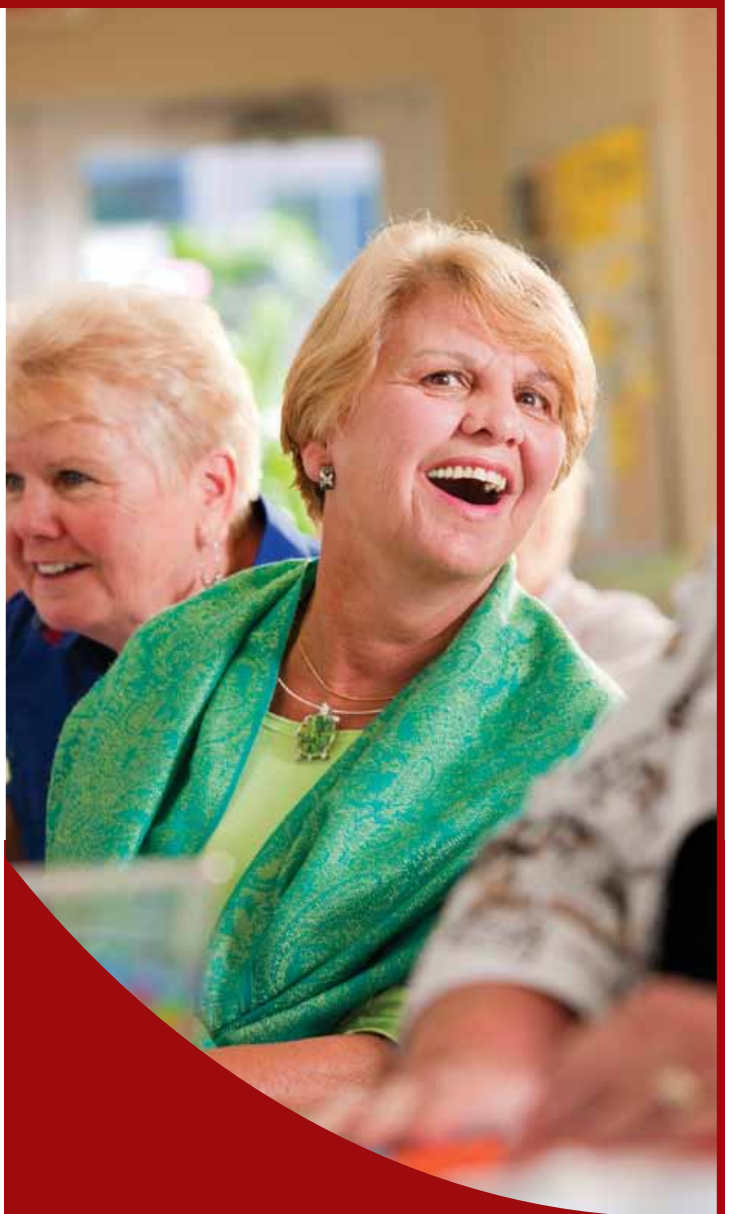
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## TINA'S TURN

Shortly after graduating from college, our son moved back in with us. After an initial adjustment period, his 1½ year

stay was a delight for me and Gary. More importantly it gave Jason time to study and save money for medical school. But things don't always go so smoothly when adult children move back home, especially when they arrive with family and pets in tow. This month Claire Yezbak Fadden offers tips for making the transition easier and Jessica Rinaudo does a wonderful job of relating a local family's experience.

We recently received the following email from Maurice L:

Since I have retired from community service (a long time ago) I still have people who want information and seek me out.

*The Best of Times* and *Silver Pages* have proven to be invaluable. In fact, people think I am a Whiz when I provide them information that they see from many sources. I immediately tell them that I get the information from your publications!

Thanks for making such a valuable resource available for us!

Thanks Maurice! What a wonderful tribute to the hard work and dedication of our staff!! Speaking of hard work - not only are we elbow-deep on next month's issue, we're also in the process of revising and updating *Silver Pages*, our annual resource directory. If you want to be among the first to receive your copy, make sure to attend our official release party on March 2 at NurseCare of Shreveport. You might also win one of our valuable prizes, including an Apple iPad!! For details see page 4.

And speaking of winners - **Mary Peloso** of Bossier City is the first winner of our Fan Appreciation Contest. Mary, call or email us to claim your prize of 2 buffets at DiamondJacks, 2 admission tickets to SciPort or an Imax movie, and 2 tickets to the Shreveport Symphony. Additional winners are listed on our website and will be announced each week on our radio show.

Wishing you a Happy Valentine's Day and Happy Mardi Gras!!



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John and Karen Keane, performers  
and teachers

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Armaghany, clinic directors of Feist-  
Weiller Cancer Center – Integrative  
Oncology Clinic

### MARCH 2

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from NurseCare of Shreveport"  
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one of our guests?  
Email Gary.Calligas@gmail.com  
prior to the show.

## Early Surgical Menopause Linked to Declines in Memory & Thinking

Women who undergo surgical menopause at an earlier age may have an increased risk of decline in memory and thinking skills, according to a study performed at Harvard Medical School that will be presented at the American Academy of Neurology's 65<sup>th</sup> Annual Meeting in March. Early surgical menopause is the removal of both ovaries before natural menopause and often accompanies a hysterectomy. While researchers found a link between surgical menopause and thinking and memory decline, women on longer hormone replacement therapies had slower declines. The study found that among women who underwent surgical menopause, earlier age of the procedure was associated with a faster decline in long-term memory related to concepts and ideas, in memory that relates to time and places and in overall thinking abilities. The results stayed the same after considering factors such as age, education and smoking. This same association was not seen in women who underwent natural menopause. There was also a significant association between age at surgical menopause and the plaques linked to Alzheimer's disease.

## High Blood Calcium Levels May Indicate Ovarian Cancer

A new study from Wake Forest Baptist Medical Center and published online in the journal *Gynecologic Oncology* is the first to report that high blood calcium levels might predict ovarian cancer, the most fatal of the gynecologic cancers. Researchers found that women who were later diagnosed with ovarian cancer and women who later died of ovarian cancer had higher levels of calcium in blood than women who did not before their cancer diagnosis. Researchers noted that the idea for this study came about because of published research which showed that men whose calcium levels were higher than normal have an increased risk of fatal prostate cancer. Ovarian cancer has a high fatality rate because it is hard to detect and by the time symptoms arise, the cancer is usually advanced. Early diagnosis might be accomplished through the use of a calcium biomarker, but researchers caution that more research is needed to confirm these results.



## Food Helps Older Generation Age Successfully

The 60+ age group globally is expected to climb from 605 million in the year 2000 to around 2 billion people by the year 2050. In addition, the number of people worldwide age 80+ is expected to quadruple to almost 400 million. Older consumers want to live active, healthy lives as they age. Additionally more than 60% of adults ages 50-64 have

been diagnosed with at least one chronic condition. Whereas in the past, many consumers turned to medicine and supplements to fight age-related illnesses; now they're using healthy eating as a key strategy in their goal of aging successfully. Specific product categories include:

- **Yogurt** - Probiotics added to yogurt offer digestive health benefits and protein helps prevent sarcopenia, the degenerative loss of skeletal muscle mass and strength often associated with aging.
- **Yellow Fats** - Margarines or spreads increasingly include plant stanols and omega-3 fatty acids, which are designed to help control cholesterol levels and maintain heart health.
- **Breads and Cereals** - Many bread products are now being fortified with whole grains, which have been shown in studies to help achieve weight loss and lower cholesterol, as well as calcium, vitamin D, omega-3 fatty acids, fiber and antioxidants to address a wide range of diseases.
- **Milk** - Milks fortified with plant stanols, omega 3 fatty acids, and calcium with vitamin D can help with heart, brain and eye health.

Source: *Food Technology* magazine published by the Institute of Food Technologists

## Loneliness, Like Chronic Stress, Taxes the Immune System

New research from Institute for Behavioral Medicine Research at Ohio State University links loneliness to a number of dysfunctional immune responses, suggesting that being lonely has the potential to harm overall health. Researchers found that people who were more lonely showed signs of elevated latent herpes virus reactivation and produced more inflammation-related proteins in response to acute stress than did people who felt more socially connected. These proteins signal the presence of inflammation, and chronic inflammation is linked to numerous conditions, including coronary heart disease, Type 2 diabetes, arthritis and Alzheimer's disease, as well as the frailty and functional decline that can accompany aging.

## Parkinson's Itself Does Not Increase Risk of Addiction

Parkinson's disease itself does not increase the risk of impulse control problems such as compulsive gambling and shopping that have been seen in people taking certain drugs for Parkinson's disease, according to new research published in *Neurology*<sup>®</sup>. The results of the study provide further evidence that impulse control disorders that occur in people with Parkinson's disease are related to the exposure to the dopamine-related drugs, not just the disease itself.

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# BOOMERANG KIDS

Strategies to keep your nest happy when it shifts from empty to refilled

**B**aby boomer parents are confronting a new boom -- the return of their adult children to the nest. The 1960s community of free spirits has spawned a generation of boomerang kids, many who are unable or unwilling to cut the parental tether. Census data show that during the recession years (2007-2009) the share of Americans living in multi-generational households increased more among adults, ages 25 to 34, than among any other age group.

According to a recent Pew Research Center study, nearly one-in-three parents say an adult child has moved back home in the past few years because of economic conditions. High student loan debt, low-paying or non-existent jobs and the high cost of living lead the list of reasons. Whatever the motivation, empty nesters are increasingly finding their bedrooms (and their garages) full.

As moms and dads, we're delighted to be there for our kids -- both emotionally and financially -- to help them over a rough patch. To make this temporary return to the nest work to everyone's satisfaction, however, it requires a bit of planning. If you're wondering where to start, consider these suggestions.

## GREAT EXPECTATIONS

Before the first suitcase comes through the door or boxes are stored in your garage, discuss what each of you expects from this revised living arrangement. "You want this to be a purposeful decision, not just casual arrangement," says Texas-based financial advisor Derrick Kinney. "Ask your child why she's come to live with you. Help her articulate to you what she truly needs. Maybe it's guidance in helping finding a job, or your counsel on another area."

Dr. Susan Kuczmariski, Ed.D. agrees. "This is the time to step back and establish more of a peer-to-peer or relationship with your adult children. "View your adult child as a young adult, not a child, adds the author of "The Sacred Flight of the Teenager: A Parent's Guide to Stepping Back and Letting Go" (Bookends Publishing).

Have a family meeting to set clear expectations, write them

down and have both sides sign it, suggests Kinney. "Then your child will thrive in developing independence, building confidence and will be equipped to move on. Put a timeframe on your agreement," he adds. "Say: 'This is for 90 days and then we'll evaluate how well it's working for both sides.'"

## WHAT'S THEIR PLAN?

Discuss your child's short- and long-term goals. Does he want to start a career and save money, prepare for graduate school or take a break from everything? "Your child has moved back home because they don't have any other options or their first choices didn't work out," says Dr. Kuczmariski, the mother of three adult sons. "Help him develop a time table to achieve his goal."

Part of that plan should include a job-hunting section. According to Dr. Kuczmariski, it's possible your college graduate hasn't learned how to look for a job the right way. "Don't find him a job, but ask the questions . . . be a sounding board," she advises. "Play the role of placement counselor and help him get over being uncomfortable about the job search. Give him leads to follow, encourage him to talk to peers about how they found their job. Remind him that in-person networking is one of the best ways to get the word out that you're looking for work."

## HOUSE RULES

Having your adult child move back home requires adjustment on everyone's part. You've gotten used to not planning dinner. Maybe your husband is fond of hanging around the house in his boxers. Whatever the reason for your child's return, he will still have family obligations and household chores.

Someone still has to take out the trash.

To preserve the family harmony, sanity and dignity, Dr. Kuczarski suggests mutually generate and mutually agree upon a new set of rules. "Have your child pick a couple chores to be responsible for. I encourage transcending gender--daughters can do car-related, yard-related or tool-related chores. Sons can cook, clean and do laundry."

Discuss whether she can have dates over for dinner. What's the sleeping arrangement if she has a friend spend the night? If your boomerang child wants to be out all night, is he expected to phone or text home? Common courtesy and mutual respect will assist in the process of laying down house rules that put your mind at ease.

## MONEY. MONEY.

The most successful situations have set the financial boundaries in advance. Discuss the terms by which your son or daughter will live at home again advises Kinney. "You don't want to become the financial Pez dispenser for your children," he says, "so that any time a handout is needed you automatically click cash out."

According to Kinney, in situations where a formal agreement hasn't been reached, the outcome is typically frustrating and unpleasant. "Mom or dad feels taken advantage of and the relationship sours. Instead of bailing your child out, use this opportunity to develop a financial plan," he says. "Through budgeting, he'll learn how to pay down debt and avoid new debt."

## CHARGING RENT?

For some parents, the mere mention of charging rent draws outrage. Other parents feel that requiring rent--even a minimal amount--is needed preparation for living independently. According to the Pew Research Center, 48 percent of boomerang children have paid rent to their parents and nearly 90 percent say they help with household expenses.

"Asking your children to pay money should be based on their

situation," Kinney says. "If they're using this time to get back on their feet, perhaps it isn't necessary to add an additional financial burden, but if your child hasn't demonstrated responsibility, insisting on paying rent, even a small amount, may be a good idea."

## TAKE CARE OF YOURSELF

Boomerang kids returning to the nest can strain your nest egg. Adult children have decades to build their financial security, while you may be only a few years away from your retirement date. Ironically, if you are not careful, you could end up financially dependent on them.

"It's very important for parents not to run their home by guilt, but instead have guts," says Kinney. "I see many clients who say to their kids: 'OK come live with me.' I encourage them to consider how that decision might negatively affect their lifestyle. Unlike when you're a student, no one gives out loans for retirement."

"You're not the only parents whose kid decided to move back home," reminds Dr. Kuczarski. "In addition to the financial consumption that increases, parents need to know it's not forever. Go out on your weekly date. Get out of the house. Keep your friendships active."

## HAPPY HORIZONS

Whatever arrangement you and your adult child agree to, stick to it. Studies show when both sides hold to their agreements and continue to respect one another, there will be fewer problems. If things start to unravel, call a family meeting to discuss expectations and boundaries.

"Understand your emotions -- there will be times that you may think you're being too hard," says Kinney, "but in reality you're helping to prepare your child to be a responsible adult."

*Freelance writer Claire Yezbak Fadden is the mother of three millennial-generation sons. Follow her on Twitter@claireflaire.*

To **PRESERVE THE FAMILY** harmony, sanity and dignity, Dr. Kuczarski suggests mutually generate and mutually agree upon a new set of rules.



# MAKE WAY FOR FIDO, TOO!

by Jessica Rinaudo

There are many reasons a child may move back in with their parents. Jobs are lost and found, money is tight, going back to school costs money. And while being tight on funds is one reason to share a roof again with mom and dad, another increasingly popular reason is because the kids are waiting to move into their own new home. Throw grandchildren and pets into the mix, and a usual quiet home for two quickly turns into a chaotic circus.

Lori Mainiero, her husband Dominic, and their two children had to move back in with her parents, Jan and Kenneth Starnes, between selling their old house and building a new one. What they hoped would be a short, temporary arrangement stretched into unplanned months of cohabitation as the several contracts on their old house fell through, pushing back the building of their new home and, subsequently, the time it took before they could move back out again.

While Lori and Dominic both hold full-time jobs, they couldn't find anywhere to live temporarily with their pets, one of which is aging and needs constant attention. When Lori approached her mother about living with them temporarily, her mom felt she couldn't say no, after all the arrangement was only temporary. "There ultimately was going to be an end to it and they could have their life and their space back and we would finally be settled, which helped everyone adjust to the idea of moving in together," said Lori.

Both Lori and Jan had great expectations about their living arrangement. Lori planned to cook for the whole family and envisioned sitting around in the evenings with her parents and the kids, enjoying each others' company. In actuality, Lori was so busy with trying to sell their old house and all that was involved with building a new one (both in south Shreveport), that she rarely made it home before 7 or 8:00 each night to her parents' home in north Bossier, completely eliminating all her cooking and relaxing plans.

Instead, Jan found that she was doing all the cooking and was overwhelmed by the huge surge in laundry she was required to do daily.

"There was a minimum of three loads of laundry every single day," said Jan. "That was just enough to have the basics, not counting surplus," added Lori. "We went through every single towel in our bathroom every single day."

Additionally, their grocery bill soared. And while Lori's father, Kenneth, told the Mainieros they didn't have to help pay for groceries, Lori insisted and she worked out a plan

with her mother.

"Mom and I have a joint account for the kids and I would put my whole grocery budget in there then she was able to go grocery shopping," said Lori.

Another unexpected challenge the two families faced was the difference in their own accustomed household temperatures. While the

Starnes were used to to 76-78 degree temperatures in their home, the Mainieros usually keep their house at a cooler 70 degrees.

The temperature was especially challenging for Lori's husband, who often abandoned socializing with the family in an effort to go somewhere and stay cool.

While those unexpected side effects were difficult, it did help that the Starnes laid out some ground rules for the Mainieros before they moved in, especially about the pets.

"I had to be able to treat my daughter's dogs the same way I treated mine. Because their dogs slept with them, and no that wasn't going to happen at my house. So the dogs were confined to the kitchen at night," said Jan.

Rules, of course, had to adapt to circumstance. Dinner at a set, early time was one of those changes. "At first I tried to wait until they got there to cook and eat," said Jan, "but Kenneth and I are used to eating at 5:00. But they're not even close to eating at 5, they're just getting off work."

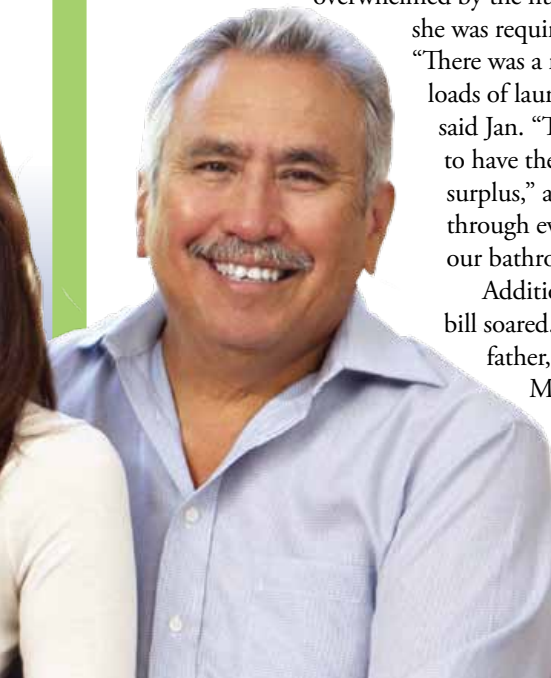
Lori added, "Mom eventually said there will be dinner every night. If you can make it, great, if not, you can warm it up when you get home later. Plan for dinner, but don't feel like you have to be here by a certain time. That was a huge stress relief for us."

And, the growth in household duties actually turned into a positive thing for the Mainiero children. Both kids had to take on chores and learned how to work together to keep a productive household. Aaron, 12, was in charge of backyard dog clean up and Victoria, 10, had to learn to vacuum well enough to meet grandmother's standards.

"The kids got to see what my childhood was like, cleaning up after the dogs in the yard. They had a lot more expectations put on them there than they were used to at home," said Lori.

Despite the challenge of six people and two dogs sharing one roof, both families were thankful they were able to do it. Lori was relieved that her mom took care of household duties so she could focus on her building her new home, and Jan was glad to be able to help them and provide a temporary shelter for her daughter and her family.

"We're glad it's over, but we're glad we got to do it too. I don't think any of us have any regrets about it," said Lori.



# The Skinny On Living a Longer, Healthier Life



Packing on pounds isn't a rite of passage for the fifty-plus set, especially considering the myriad negative health consequences of being overweight later in life

By Jeff Schnauffer

**M**any think it's just natural to put on weight as one ages, but some health experts say it may be the worst time in a person's life to put on weight and get out of shape. Yet unfortunately, more and more seniors are becoming obese.

According to Dr. Catherine Loria, nutritional epidemiologist in the National Heart Lung and Blood Institute's Division of Cardiovascular Sciences, Bethesda, Md., the obesity rate among men greater than 60 years old is 37 percent and women greater than 60 is 42 percent. And data from the 2009 - 2010 National Health and Nutrition Examination Survey reveals that adults age 60 and over were more likely to be obese than younger adults.

Myriad health risks accompany obesity, health experts say. These include hypertension or high blood pressure, high cholesterol and heart disease, cancer, osteoarthritis and diabetes. For the 50 plus crowd, health experts say obesity can increase these risks even further.

"Probably one of the main considerations there for the 50 plus population is that the conditions have had longer to do damage to the body," says Dr. Vance Blackburn, a physician in Birmingham, Ala., who has conducted research for the American Academy of Family Physicians. "Another factor is that people who are overweight tend to have multiple problems, like high blood pressure or hypertension and diabetes. As you start adding all of those things together then the health risks significantly increase. Probably one of the main factors is that the body's metabolism slows down as we age. I often have people say they are eating the same things they were eating before but they are gaining weight. And for those who are obese over 50, they are less likely because of fatigue or joint pain to be active. They're more sedentary. That definitely intensifies problems."

Among the trouble areas:

## Cancer:

"In the United States, it has been estimated that overweight and obesity contribute to 14 percent of all cancer deaths in men and 20 percent in women," says Colleen Doyle, director of nutrition and physical activity at the American Cancer Society in Atlanta, Ga.

According to Doyle, overweight and

obesity are clearly associated with increased risk for developing many cancers, including cancers of the breast in postmenopausal women, colon and rectum, endometrium, adenocarcinoma of the esophagus, kidney and pancreas.

## High Triglycerides and Cholesterol:

“Obesity definitely increases the rates of high triglycerides in the blood and that’s a component of the cholesterol levels. It also tends to lower the good cholesterol,” Blackburn says. “Those things are part of the risk factors that can increase heart disease.”

## Heart Disease:

In addition to the risks of high triglycerides and dangerous cholesterol levels, Dr. Robert H. Eckel, former president of the American Heart Association, encourages people who may be obese to be tested for obstructive sleep apnea. “This can lead to a greater risk of heart disease,” Eckel says. “This can be treated. This is an important area that is underestimated.”

## Diabetes:

“The risk of diabetes almost exponentially increases with weight gain as we become older,” says Dr. Jack Dersarkissian, regional lead for Adult Weight Management for the Southern California Permanente Group. “As we all get older, we lose our lean muscle mass, so we may stay the same weight, but it is fat. And it’s fat in the visceral area, which is inside the belly. That’s the most dangerous type of fat. Diabetes in and by itself really cascades into a lot of other diseases, like heart attacks and kidney failure and increase of stroke.”

## Osteoarthritis:

Dr. Patience White, vice president for public health of the Arthritis Foundation, says one in three people over 65 have osteoarthritis, or OA. “If you are obese, she says, “You are going to have a 66 percent chance of getting OA.”

Put those numbers together and White predicts a “silver tsunami” of people with osteoarthritis, or a breakdown of cartilage in the joints. At this point, 27 million Americans have OA. But by the year 2030, that number could jump to as high as 68 million. The consequence of osteoarthritis is pain and, if the condition worsens, joint replacement. “When you no longer have any cartilage left, as the rate of obesity and OA goes up, the number of people who get joint replacements goes up,” White says.

## High Blood Pressure or Hypertension:

“With hypertension, as we gain weight, our blood pressure can go up by 10 to 20 points,” Dersarkissian says. “If you are 200 pounds and you lose 20 pounds, that can improve diabetes and blood pressure risks and reduce the amount of blood pressure medication your are on.”

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Don't delay. Make the switch before time runs out. It's fast, free and easy to sign up for direct deposit or the Direct Express® Debit MasterCard® card by calling the U.S. Treasury Electronic Payment Solution Center at (800) 333-1795 Monday – Friday 8 a.m. to 8 p.m. EST.

Wait times are usually minimal, but could increase closer to the deadline. Call now to avoid long waits. For direct deposit, you can also sign up online at [www.GoDirect.org](http://www.GoDirect.org) or by visiting your bank or credit union.

### Choose Your Payment Option

Before making the switch, decide which payment option you would like. If you are unsure, you can call the U.S. Treasury Electronic Payment Solution Center at (800) 333-1795 and a friendly agent will discuss options and help you choose the right one for you. The U.S. Department of the Treasury recommends two electronic payment options:

- **Direct deposit.** If you have a checking or savings account, sign up to get your money by direct deposit. Your federal benefit payment will go straight into your account on payment day each month. On time, every time.
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- 12-digit federal benefit check number
- Amount of most recent federal benefit check
- Financial institution's routing transit number\* (direct deposit only)
- Account number\* and type – checking or savings (direct deposit only)

*\*This information is often on personal checks.*

## Keep Your Money Safe

Electronic payments are safer than

paper checks. In fact, you are 125 times more likely to have a problem with a paper check than with an electronic payment. Even though electronic payments are safer, it's important that you take steps to keep your money safe. The Treasury Department urges you to follow these three tips:

- Be careful of anyone who calls, texts or emails you asking for personal information.
- Do not give out your Social Security number or account information to anyone unless you are the one who has contacted them.
- Watch your bank or credit union account or Direct Express® card account often to make sure that all account activity is yours.

Remember, you are required by law to switch to an electronic payment option By March 1, 2013. Time is running out – make the switch today. More information, including instructional videos on how direct deposit and the Direct Express card work, is available at [www.GoDirect.org](http://www.GoDirect.org).

*Source: U.S. Department of the Treasury, Financial Management Service*

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# Protect Against Credit Card Fraud

by Judge Jeff Cox



**C**redit cards are becoming the favorite target of thieves. The thieves are not necessarily stealing the credit cards and using them, although this happens on a frequent basis. In most instances, the thieves are obtaining the credit card numbers and using these numbers to charge merchandise and other items to the unwitting victim. In many instances, a person may not know that they have been the victim of credit card fraud until their monthly statement comes in the mail. This is why it is important to closely scrutinize any monthly statement and report any discrepancies to the credit card company.

Credit card thieves use different methods in order to obtain credit card numbers. The first is by calling a person and telling them they are with the credit card company and their card may have been used for fraudulent purchases. The thief will then ask for the victim to read the credit card numbers on the front of the card and the three digit number on the

back of the card. By having these numbers, the credit card thief has full access to that person's credit card. If you are called by someone asking for your credit card information and telling you they are with the credit card company, ask them for a number where you can return their call. If they hesitate to give you a number or don't give you a number, then this is probably a scam. Even if they do give you a number, you need to verify that this person is with the credit card company. Never give out your credit card information to someone calling over the phone saying they represent the credit card company. If they did, they would have all your information regarding that card at their disposal.

Another method that credit card and credit thieves use is a method call phising. Phising is sending out emails to computer addresses telling the person receiving them that there is a problem with their credit account. The person sending the email attempts to get the person receiving the email to respond. If you open the email, your computer may be compromised

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...it is important to closely **scrutinize** any monthly statement and **report any discrepancies...**

and the person may be able to retrieve certain information from your computer or install viruses that affect your computer. If the person responds and gives their credit information, then the person receiving the information has full access to the credit account. The best thing to do is to install a computer program that sorts through emails and eliminates the ones that seem like they are phishing for information. The even better thing to do is not to open emails from persons or entities whom you do not recognize.

A third method that credit card thieves are using is to obtain the credit card information while working in a store or a restaurant. Credit card thieves have access to credit cards and can write down information regarding the cards. Many times, the person working at the store will ask to see your driver's license to verify you are the person who owns the credit card. By having all of your information, the credit card thief can use your credit card or apply for a new credit card in your name. Make sure to not put your social security number on your driver's license. This just provides further information for the thief.

Finally, the last method that I have heard used by credit card thieves is to use scanners. These devices allow thieves to copy your credit card when it is swiped by a waiter or attendant. The thief can then make a copy of the credit card and apply for new cards under fictitious names but the charges come back to the victim's account. Thieves are able to acquire numerous credit card numbers by using this method.

Credit card thieves are costing our economy a tremendous amount of money and victims a number of problems. Each person should carefully protect their credit card information. Each month, you should carefully analyze your credit statement and make sure there are no unauthorized charges. If you discover any unauthorized charges, you need to call the credit card company immediately and report these charges. You also may be directed by your credit card company to call your local law enforcement agency and report the fraud.

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



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## Keeping Funeral Costs Affordable

By Jason Alderman

Anyone who's put a loved one to rest knows that death is not cheap. According to the National Funeral Directors Association, the average adult funeral cost \$6,560 in 2009 (their most current data). That doesn't include such common add-ons as a cemetery plot, headstone, flowers, obituaries and limousine, which can add thousands to the bill.

Because death is a frequently avoided topic, many people aren't armed with information about the many variables – and costs – involved in planning a funeral. Thus, just when survivors are grieving and most vulnerable, they're bombarded by decisions that must be made quickly, often without even knowing what their loved one would have wanted.

The key message for the living is to decide on preferred funeral arrangements ahead of time and to convey those wishes to your family – ideally in your will.

Another important lesson: Know your legal rights and what funeral-related goods and services cost so you – or your survivors – don't feel pressured into buying things you don't want or need. The Federal Trade Commission (FTC) oversees "The Funeral Rule," which regulates how funeral providers must deal with consumers. Among its provisions:

- Upon request, funeral homes must provide an itemized price list of all their goods and services, whether you call (even anonymously) or visit in person.

- You have the right to choose among their offerings (with certain state-mandated exceptions) and are not required to purchase package deals containing unwanted items.

- Prior to purchasing a casket or outer burial container from a funeral home, they must share descriptions and prices before showing you stock on hand.

- Providers that offer cremations must make alternative containers (besides caskets) available.

- Note: The Funeral Rule does not apply to third-party sellers such as casket and monument dealers, or to cemeteries that lack an on-site funeral home.

If your beliefs don't require following specific funeral protocols, here are a few ways to reduce costs while still honoring the deceased and their survivors:

- Veterans, immediate family members, members of the Commissioned Corps of the U.S. Public Health Service and certain civilians who've provided military-related service may be entitled to burial at a national cemetery with a grave marker. Burial is free, but families are responsible for funeral home expenses and transportation to the cemetery.

- A \$255 lump-sum death benefit is available to surviving spouses or minor children of eligible workers who paid into Social Security.

- For many, cremation is a viable, less expensive option to burial. If you plan to hold a viewing first before the cremation, ask whether you can rent an attractive casket for the ceremony.

- Some families prefer not to hold a public viewing. For them, "direct cremation" or "immediate burial" may make sense. Because the body is promptly cremated or interred, embalming and



cosmetology services are not necessary, which saves hundreds of dollars. Also, with direct cremation you can opt for an unfinished wood coffin or heavy cardboard enclosure for the journey to the crematorium.

- You can purchase a casket or cremation urn from a source other than your funeral home. The funeral home cannot assess handling fees or require you to be there to take delivery.

The death of a loved one is always upsetting, but you may be able to ease your family's emotional and financial burdens by planning ahead.

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



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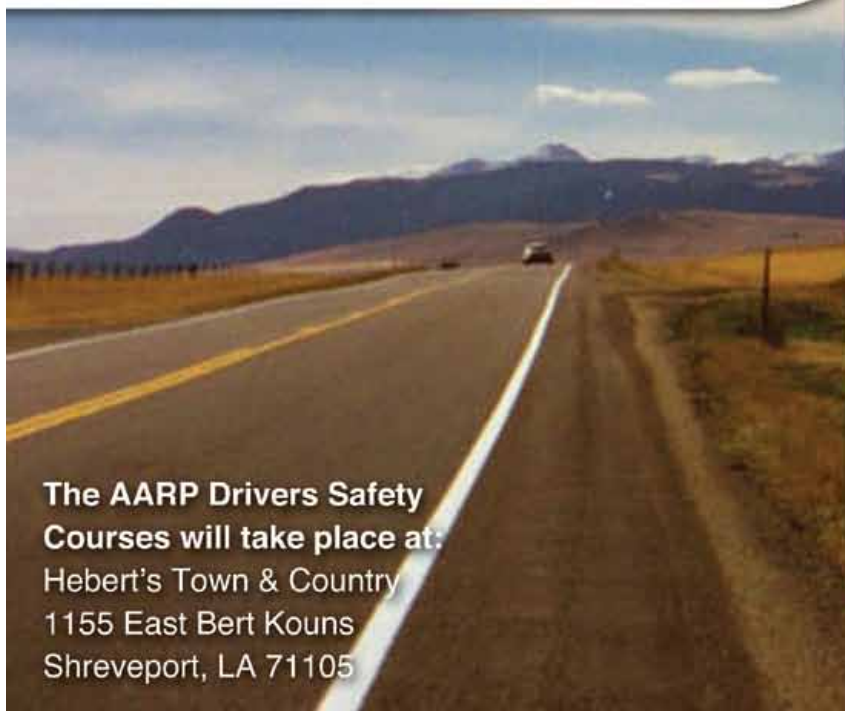
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## Give Me My Money!

by Lee Aronson

**G**loria (not her real name) was worried about her Mom, Edith (also not her real name) because Edith was having trouble paying her bills. So Gloria decided to help her Mom out and wrote her a check.

Edith took the check to her bank and tried to cash it. But the bank told Edith that she couldn't have the money right away because the bank had put a 5 day hold on the check. Is that legal?

You would think that would be an easy enough question to answer. But it's not. That's because there are all kinds of laws governing how long a bank can take to make deposited funds available to their customers. There are different laws for different kinds of checks. For example, if you deposit a cashier's check on a Monday morning, the bank usually has to make the money available to you by Tuesday at 9 AM. But if you deposit a

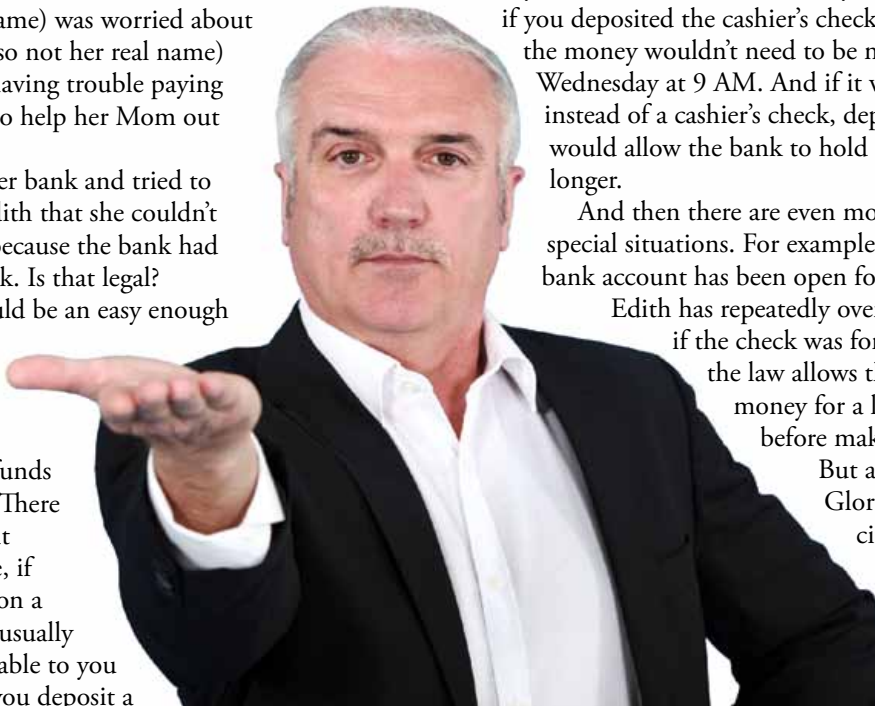
regular check that's not a cashier's check, then different rules apply. And if your check is not local, there's yet another set of rules.

And there are also different laws for deposits made through a teller at a bank and deposits made through an ATM. That cashier's check that was deposited on a Monday morning would usually need to be made available by Tuesday at 9 AM. But if you deposited the cashier's check at your bank's ATM, the money wouldn't need to be made available until Wednesday at 9 AM. And if it was a regular check instead of a cashier's check, depositing in at an ATM would allow the bank to hold the money for even longer.

And then there are even more laws that deal with special situations. For example, if Edith's (i.e. Mom's) bank account has been open for 30 days or less or if

Edith has repeatedly over drafted her account of if the check was for \$5,000 or more, then the law allows the bank to hold the money for a longer period of time before making the funds available.

But assume that Edith and Gloria both live in the same city and use the same bank. Edith's account is not new and she has never overdrawn her account. The check from Gloria



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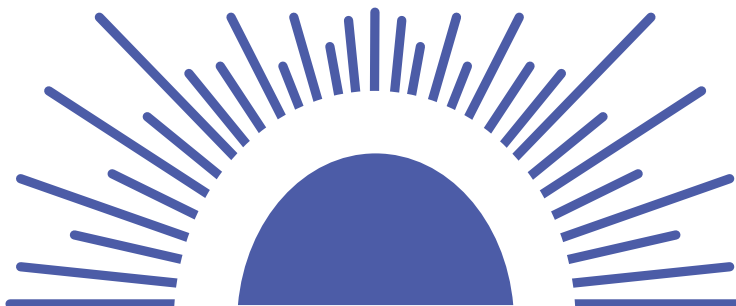
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is a regular check and is for \$800. Edith goes to her bank in the morning and deposits it with a teller. In that situation, the \$800 would need to be available the next day.

But here's the real kicker: just because the bank has made the funds available to Edith does not necessarily mean that Gloria's check will clear. In other words, even though the bank has given Edith the \$800, it's still possible that Gloria's check will bounce. And if that happens, who do you think the bank will go after? Edith.

So here's the bottom line: the bank can put a hold on Gloria's check. The length of the hold, whether it be 5 days, 2 days or 24 hours, depends on a whole bunch of different factors. But even if the bank cashes the check, Edith, the check depositor, can still be held liable if the check later bounces. Scam artists can take advantage of this by sending you a check and asking that you return part of the money to them. One of the scams I've seen goes something like this: "Here's some money you won. Keep part of it and send part of it back to us for taxes so you can claim the rest of your prize." After a brief hold, the bank then makes the money available to the victim. The victim takes the money and sends part of it back to scam artist. The scam artist's check later bounces and the victim is on the hook to his bank.

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



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# Supplements for Chemo Brain and Memory Loss

by Suzy Cohen, R.Ph.

**D**ear Pharmacist, My partner has cancer and is receiving chemotherapy. She's responding well but now has trouble with simple math, decision making, and she doesn't finish her sentences. Can chemo do that? --B.G., San Diego, CA

Scientists are still trying understand the phenomenon your partner describes, which they named "chemo brain." It happens to affect seniors, and those with chronic infections and illnesses.

Even with modern technology, such as MRIs, the exact cause of chemo brain has evaded scientists. You see, even with an MRI scan, only minor differences in the brain are seen before and after chemotherapy, and nothing definitively points to the cause of "chemo brain" making it hard to treat.

Alright, pop quiz time: Do you know that your brain needs glucose in order to work, grow, and think? It's true! Your noggin uses more than 20 percent of the fuel derived from the food you eat. Fuel is equal to glucose in this case. Knowing this tidbit, scientists recently made a discovery that will help chemo brain sufferers.

Researchers at the Virginia University School of Medicine tried a different approach. Instead of looking at still shots of the brain with an MRI (before and after chemo), they watched how the brain

uses glucose derived from the meals their patients ate. They used a specialized scanning device (PET scan), along with CT scans and discovered that certain parts of your brain light up brightly when glucose is utilized. These brighter areas show the regions of the brain that are actively 'eating' glucose. It's a good thing, it's you want because it means that your brain is working properly. Glucose feeds the brain.

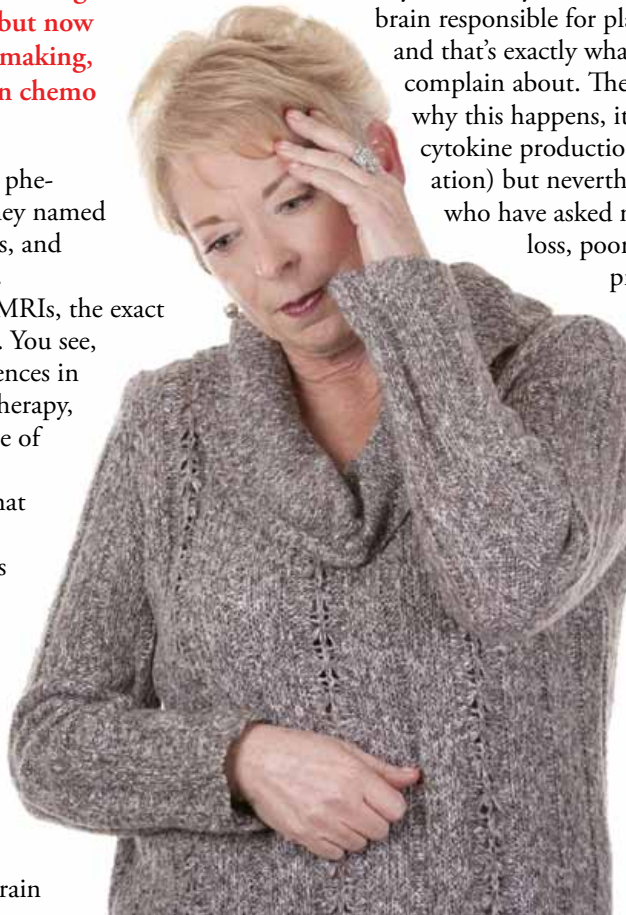
Interestingly, the brains of chemotherapy-treated patients still lit up, but they were much duller in brightness, indicating less activity. Incredibly, the duller areas are the regions of the brain responsible for planning and decision-making, and that's exactly what "chemo brain" sufferers complain about. The researchers are not exactly sure why this happens, it could be related to excessive cytokine production or nerve unraveling (demyelination) but nevertheless, it validates so many of you who have asked me to help you with memory loss, poor concentration, inability to solve problems, and general cognitive decline after receiving chemotherapy.

So what can you do to help your partner with chemo brain? First, point out to her that it may get better after completion of the chemo. Next, increase colorful fruits and vegetables in the diet, keeping it free of anything refined or processed.

Exercising 30 minutes a day can improve chemo brain by shuttling more glucose to the brain. There are supplements at health food stores, or online that nourish the brain, providing more glucose and improved blood flow. Ask your oncologist if some of the following would be beneficial for you: vinpocetine, ginkgo biloba, bacopa, phosphatidylserine, coconut oil and DHA. In fact, any of you with memory loss should ask your doctor about these supplements.

*This information is not intended to treat, cure, or diagnose your condition. Visit [www.DearPharmacist.com](http://www.DearPharmacist.com).*

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# Strange BUT TRUE

by Samantha Weaver

\*It was American humorist and columnist Josh Billings who made the following sage observation: "Reason often makes mistakes, but conscience never does."

\*You think there are a lot of lawsuits being heard in the courts these days? Statistics show that half of the suits filed never even make it to court.

\*In France in the 1700s, capital punishment was not uncommon, and criminals thus condemned were decapitated by the country's Chief Executioner. This position was hereditary, which posed a problem when, in 1726, the holder of that title, Charles-Jean-Baptiste Sanson, suffered an early death, leaving his 7-year-old son, Charles, to take up the grisly duties. It was obvious to all that a child could never wield the heavy axe required for the decapitations, so it was deemed acceptable for a helper to actually perform the executions. Only the official office-holder could put the official seal on the act, however, so the poor boy had to witness every one. It wasn't until the ripe old age of 12 that he began to take over the full duties of the office.

\*When famed inventor Alexander Graham Bell died in 1922, he was dictating a memo. His final words were, "So little done, so much to do!"

\*If you're a fan of big brass, you might want to head to Millersville, Pa., in May. Every year during that month, the town celebrates International Tuba Day, with some 50 tuba players on hand to serenade the crowd.

\*There's been much public conversation about the growing girth of Americans in recent decades. It's not just people who are gaining weight, though; between 1996 and 2006, the average motor vehicle made in the U.S. gained 500 pounds.

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## The Best Of Times "Fan Appreciation" Contest!

**The Best of Times** wants to thank our loyal subscribers, readers, radio show listeners, and website visitors by offering you the opportunity to WIN fabulous PRIZES throughout 2013!

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- **Is there a fee to enter the contest?** No, there is no fee to enter this contest.
- **How do I enter?** Complete and mail the entry form below or become a subscriber to *The Best of Times*.
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- **How can a person be automatically entered into the contest?** Easy, if you are a subscriber of *The Best of Times*, you receive an automatic entry each month.
- **How often are prizes awarded?** Every month in *The Best of Times* magazine; most Saturday morning broadcasts of *The Best of Times* Radio Hour, and every month on our website at [www.thebestoftimesnews.com](http://www.thebestoftimesnews.com).
- **How are winners selected?** Winners are randomly selected from all entries.
- **How do I pick up my prize?** Your prize will be mailed or delivered to you.
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  2. Look for your name on **our website at [www.thebestoftimesnews.com](http://www.thebestoftimesnews.com)** then email us at [gary.calligas@gmail.com](mailto:gary.calligas@gmail.com) or call (318) 636-5510.
  3. Look through the **current issue of *The Best of Times*** magazine. If you find your name listed as a contest winner, email us at [gary.calligas@gmail.com](mailto:gary.calligas@gmail.com) or call (318) 636-5510.

### 2013 The Best of Times "Fan Appreciation" Contest Entry Form

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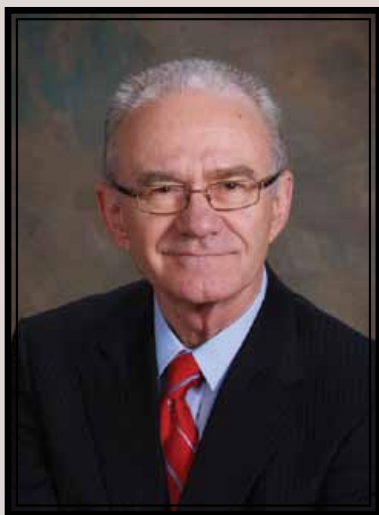
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# Debunking the Top **Five** Wine Myths

By David White

“Red wine with fish?” muses James Bond, as he confronts the villain in *From Russia with Love*. “Well that should have told me something.”

James Bond may be a great spy, but he wouldn't make a great sommelier. Believe it or not, fish sometimes works with red wine - and white wine often works with meat.

This is just one of the many wine myths that remain omnipresent. Here are the top five:

## **Myth #1: Serve white wine with fish and red wine with meat.**

James Bond wasn't entirely wrong. As general rule, it isn't a terrible idea to pair lighter foods like fish with white wine. But plenty of seafood dishes work better with red wine. If your fish is meaty or charred - or served with tomatoes, mushrooms, or a fruity sauce - it'll likely be complimented best by a delicate red like Pinot Noir.

Similarly, plenty of meats work better with white wines. Spicy cuisines like Chinese, Thai, and Indian demand rich, high-acid wines like Riesling and Gewurztraminer.

## **Myth #2: Sparkling wines like Champagne are only for special occasions.**

France's big Champagne houses have spent millions trying to convince us that Champagne is best enjoyed when celebrating. That might be true - after all, wine shops see a huge spike in sales around New Year's and Valentine's Day - but sparkling wines can be enjoyed all year long.

Most sparkers are characterized by vibrant acidity and freshness, so they work with variety of dishes. Sparkling wines can cut through spicy food, compliment savory food, and elevate even the simplest of dishes. Burgers and Champagne, anyone?

## **Myth #3: Sophisticated wine drinkers avoid Chardonnay and Merlot.**

Among self-appointed wine experts, it's become fashionable to bash Merlot and Chardonnay. This isn't entirely without reason.

When Americans started developing a taste for wine in the 1990s, Merlot became the go-to grape for red, and Chardonnay became the go-to grape for white.

So the market quickly became flooded with cheap, nondescript wine devoid of varietal character.

For Chardonnay, this resulted in wines that tasted mostly like butter and oak - leading many to declare themselves members of the “ABC Club” to let people know they'd drink “Anything but Chardonnay.” Meanwhile, oceans of Merlot were simply bland and boring.

Thing is, both Chardonnay and Merlot are responsible for some of the greatest wines in the world. Sure, both demand the right soil, the appropriate climate, and skilled winemaking. But when those demands are met - as they often are - both grapes can produce remarkably delicious, complex wines.

## **Myth #4: There are no good wines for less than \$20.**

The world is awash in affordable, great-tasting wine. But many drinkers insist on contending that it's difficult to find a good wine for less than \$20. They're not just wrong; they're delusional.

Sure, it's difficult to find a good Napa Valley Cabernet Sauvignon for less than \$20, just as it's difficult to find affordable caviar. But there are plenty of delicious options from the world's unheralded wine

regions – places like Portugal’s Douro Valley, Washington’s Columbia Valley, the Languedoc-Roussillon region of France, and virtually all of South Africa.

Even to seasoned oenophiles, these regions can be overwhelming. So don’t hesitate to ask your local wine shop for advice.

**Myth #5: Serve white wines chilled and red wines at room temperature.**

This is probably the most pervasive wine myth. And it’s why most people - and even most restaurants - serve red wines too warm and white wines too cold.

Before the advent of thermostats, homes were much cooler than they are today. So serving red wine at “room temperature” made sense – it still made for a refreshing beverage. Today, most Americans keep their homes at about 72° – a temperature that’ll make even the finest red wine taste rough and alcoholic.

Legend has it that white wines are served “cool” because historically, they came straight from the cellar. A cellar, of course, is warmer than your average refrigerator – most of us set our fridges at around 35°. Serving any wine this cold will mask its flavors.

Fortunately, you don’t need a fancy thermometer to serve wine at its optimal temperature. If you’re drinking a red wine, pop it in the fridge for 25-30 minutes. If you’re drinking a white wine, pull it out of the fridge about 25-30 minutes before you’re going to drink it.

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



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- ROME
- CARTERSVILLE
- ATLANTA
- CARROLLTON

# RAMBLES NEAR ATLANTA

## Art to Archaeology, Native Culture to Natural Beauty

Story by Andrea Gross • Photos by Irv Green

I love old-style books — you know, the kind that are printed on paper and stored on shelves rather than in clouds. Here, in Horton's, the oldest bookstore in Georgia and the tenth oldest in the nation, books from bestsellers to travel guides are lined on antique shelving that dates back to the store's founding in 1892.

The one-story brick building in Carrollton's town square was built in the 1880s and has a warm, comfortable atmosphere. I select a book, and the cashier rings it up on a stately brass cash register that has been there since the store's first owner, N.A. Horton, abandoned paper-and-pencil transactions in 1914.

Then I walk through a connecting door to the newsstand, order an icy mocha drink and sit down to plot my route through northwest Georgia, where I'll find remnants of a thriving Native culture, good art, and enough outdoor activities keep me happily healthy.

Here, overviews of three small towns, each within 65 miles of Atlanta:

### ROME

#### GENERAL OVERVIEW

Rome, so named because, like the Italian capital, it is built on seven hills, is the big city of northwest Georgia. As such, it's a perfect hub for exploring nearby towns and attractions. [www.romegeorgia.org](http://www.romegeorgia.org)

#### WHAT YOU'LL ❤️

- Time traveling back to the early 1800s, when the Cherokee were flourishing in north Georgia. First, visit the Chieftain's Museum in Rome, a must for those wanting insight into the events leading up to the Cherokees forced removal from the eastern United States. Then drive a half hour north to Calhoun to see the Chief Vann House, one that is as elegant as any owned by European settlers. Finally, visit New Echota State Historic Site near Calhoun, the place where the Trail of Tears officially began.
- Meandering through the magnificent gardens and art-filled home of nineteenth-century Southern dynamo, Martha Berry. Berry began by teaching impoverished youngsters how to read and went on to establish Berry College, one of the Southeast's most respected small liberal arts institutions.
- Climbing the terraced hills of Myrtle Hill Cemetery to see the Tomb of the Known Soldier. Charles W. Graves, an infantryman randomly selected to represent the "Known Dead" of WW I, was slated to be buried in Arlington alongside the Tomb of the Unknown Soldier, but at his mother's request, he instead was interred in his hometown.



### CARROLLTON

#### GENERAL OVERVIEW

This small town of 24,000 people offers down-home life at its best. The pace is slow, the people friendly and the festivals frequent. [www.visitcarrollton.com](http://www.visitcarrollton.com)

#### WHAT YOU'LL ❤️

- Whiling away the hours at Horton's Bookstore, followed by a leisurely stroll through the historic district. A pamphlet, available at the Visitors Center, details eighteen homes from the nineteenth century and explains the difference between a balustrade and a bargeboard, a gable and a portico.
- Admiring the handiwork of Southern quilters at the new Quilt and Textile Museum. The museum is fittingly located in an old cotton warehouse.
- Driving the West Georgia Textile Heritage Trail. This rapidly expanding trail weaves past mills and manufacturing plants that date back to the days when cotton was king.
- Testing your athletic prowess at Banning Mills, organized as a 501c3 Conservancy. Here you can hike trails, ride horses, kayak rivers, climb the Guinness-certified world's tallest climbing wall (140-foot high) and zip along the world's longest continuous zip line (seven miles long).





# CARTERSVILLE

## GENERAL OVERVIEW

Cartersville (population 20,000) is a small town filled with big-city attractions, from top rated museums to a vibrant downtown. [www.visitcartersvillega.org](http://www.visitcartersvillega.org)

## WHAT YOU'LL ❤️

- Ogling first-class art at the Booth Western Art Museum, a Smithsonian partner. In addition to contemporary Western art, the museum houses more than 200 Native American artifacts and original letters from every president of the United States.
- Staring at stars as well as fossils at another Smithsonian affiliate, the Tellus Science Museum. A 120-seat digital planetarium and a full-size replica of a 40-foot Tyrannosaurus rex make this museum a regional favorite.
- Visiting cleverly named and stocked stores such as Write Downtown, King's Knit-wit and Swheat Market. Be prepared to spend more time — and money — than you intended at Spring Place Pottery, where owner Gail Freeman showcases her work alongside that of equally talented regional artisans.
- Gobbling classic food at two Cartersville institutions, Ross's Diner and 4 Way Lunch. Both dish up burgers and hotdogs with all the trimmings; both are packed with locals, especially during lunch.
- Climbing atop the 63-foot hill at the Etowah Indian Mounds State Historic Park, inhabited by Native Americans from 1000 A.D. to 1550 A.D. A small museum shows artifacts that help visitors imagine daily life atop and around the mounds.



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# BROADWAY

## A Personal Perspective

by Brian Bradley, exclusively for *The Best of Times*



*Golden Boy* ©Paul Kolnik

I am officially calling for a moratorium on Mamet. We've seen enough already from this playwright/director. Since 2008 we've had eight productions on Broadway of Mamet plays. Five were revivals. At least four were financial flops. *A Life in the Theatre* was an artistic disaster. This season has brought us one new work and one revival.

*The Anarchist* looked promising on paper. A new Mamet play starring Tony winner Patti LuPone (a Mamet veteran) and Oscar nominee Debra Winger was enticing. But the brief script was incoherent, incomprehensible and in short stupefying. Mamet directed his own debate

(it can't really be called a play) which is never a good idea and extracted from his stars listless performances lacking in energy or comprehension. At one point Patti at least tried to infuse some passion vocally, but hitting Winger's wall she got nothing back and so that went nowhere. Winger seemed completely lost and adrift. *The Anarchist* closed abruptly.

Down the street Al Pacino is the big draw in a revival of *Glengarry Glen Ross* David Mamet's Pulitzer Prize winning 1984 drama about real estate salesmen. The problem is he's terrible as

the salesman in a slump. And that's too bad because everyone else, including Bobby Cannavale and John C. McGinley are terrific.

The play, set in 1983, is done by necessity as a period piece. But it still feels painfully dated. No one conducts business with hard files, index cards and land lines anymore so it's a challenge to relate to the central plot device. But there is no excuse for Pacino's ridiculous and numerous ticks, facial expressions and mannerisms that riddle his self-indulgent performance. He does a disservice to the character, his fellow actors and the play with his grotesque behavior. Where was the director Daniel Sullivan? Why was this allowed?

Truthfully, this fall has overall been one disappointment after another. *Dead Accounts*, Theresa (Smash) Rebeck's latest comedy, after last season's *Seminar*, marked the return to Broadway of Katie Holmes co-starring with two-time Tony winner Norbert Leo Butz and, as directed by Jack O'Brien received an exemplary production. Unfortunately the script, with its inconsistent tone and vaguely expressed ideas, just didn't deliver.

Miss Holmes gave a respectable performance as the loveless Lorna and exhibited a comfortable rapport with Jack



*Annie* ©Joan Marcus

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(Butz), the ice cream loving brother and prodigal son who returns from New York unannounced at their parents' Cincinnati home which she never left. But it's the dynamic Butz whose skillfully modulated intensity, hyperkinetic, high octane characterization carries a play that is light on laughs with awkward segues and ultimately as thin as tissue paper. *Dead Accounts* cut its limited engagement short by nearly two months.

I've avoided the subject of *Annie* because no one likes to knock a classic, especially one as popular as this Tony winning musical. But the current revival of *Annie* just doesn't live up to expectation. The 1977 original succeeded largely because of design, staging and brilliant comic performances. That production had flow, momentum and show-stopping numbers like "N.Y.C." and "Easy Street". This production has cumbersome set changes and mechanical staging with numbers that lack punch. In the title role Lilla Crawford sings solidly

if at times unintelligibly and carries her moments without commanding the stage. As the tyrannical orphanage matron Miss Hannigan, Katie Finneran struggles and fails to find the balance that came so naturally to Dorothy Loudon. Only Anthony Warlow, who brings a certain gravitas to Oliver Warbucks, elevates his moments to something above average.

The one gem in the midst of all this mediocrity is the Lincoln Center Theatre production of *Golden Boy* by Clifford Odets. I can't tell you how refreshing it

is to sit down in a theatre and watch a really well-crafted play, even if that play premiered in 1937 at its current home the Belasco Theatre. Williams, O'Neill and Miller have always garnered a lion's share of the attention. But attention really should be paid to the works of Odets. *Golden Boy* in particular seems to have been unfairly neglected, since its depiction of the complete corruption and destruction of an artist by boxing promoters is as modern as can be. In its old-fashioned melodrama it has the power to break your heart and make you cry.

Beautifully staged by Bartlett Sher and evocatively designed, the authentic performances are captivating from Tony Shalhoub who invested so much in his son's future to Danny Burstein's infatuated trainer to Seth Numrich as golden boy Joe, whose breakdown scene is career-making.

*New York based theatre critic Brian Bradley is a voting member of the Outer Critics Circle. Send questions to brianbradley NYC@hotmail.com.*



*Dead Accounts* ©Joan Marcus

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## My Rosebud Moment

by *Vernon Hastings, Jr.*

**G**enerations of moviegoers have gasped in instant recognition as the last scene of Orsen Wells classic "Citizen Kane" flashes on the screen. The small sled from Kane's boyhood is tossed into a fire, the name Rosebud smokes, then explodes in flames.

I wonder if we all haven't had a "Rosebud" experience in our life. I will tell you mine.

My family moved to Shreveport in 1947, I was five years old. The night before we departed, my cousin Bobby arrived at our house by cab. Bobby brought me a going away gift, a windup, tin model of an ocean liner. It was late, I was already asleep in

bed. Mother roused me to come and see the boat float and move in the bath tub. Barely awake, I watched the boat as it traveled back and forth in the tub thrilled that it was mine. Quickly, the tub was drained, Bobby left, I returned to bed, dreams of the boat dancing in my head.

The next morning I rushed to the kitchen looking for the boat fearing it had all been a dream. There was Stevie, the son of the couple who lived in the downstairs of our two story rented house, Stevie was hugging the boat to his chest. "It's mine now" Stevie shouted as he disappeared down the hall. I screamed and began a howling cry that went on for an hour. As I sobbed, Mother explained that she had given the boat to Stevie as a going away present.

My Mother was an angel, the finest Mother that anyone could have. Somehow, Mom always gave more to others than she ever expected for herself, thus her gift to Stevie.

Now I am a man in my seventies, this scene has been repeated in my memory countless times in my life since.



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I am puzzled why this one scene has been so indelible in my memory. It is surely not the boat itself, Mother saw to it that I received many more toys and boy's equipment in later years, far more than I deserved.

No, as I turn this scene over and over, I think I am sad not for the toy but for the boy. The boy I was, thrilled, then dashed. I see myself, a tow headed little boy screaming and sobbing to no avail. Still, deep inside me is this little boy. I have felt the sting of powerless disappointment many times in my life, my Rosebud moment only stands out because it was my first.

*This piece is from Vernon's book of childhood memories.*

*"Barefeet and Tailfins, Growing Up in The 1950s" is available from Lulu.com, or King Hardware and Lewis Gifts in Shreveport.*



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*By R. Wayne Edwards, May 2002  
http://www.familypoet.com/*

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## Richard Roundtree

by Marshall Jay Kaplan

**B**est known as the 1970's leading man in blaxploitation films – with his greatest on-screen character being Detective John Shaft, Richard Roundtree has proven that an actor can break through being typecast and has worked continually in film and television for the past forty years.

Richard Roundtree was born on July 9, 1942 in New Rochelle, New York. He attended high school and starred on the school's undefeated football team. After dropping out of college, Roundtree sold suits at Barney's in New York – he wanted to look the part of a stylish, sophisticated and established young man, even though he did not have a college education. His good looks and style landed him some modeling jobs for Ebony Fashion Fair.

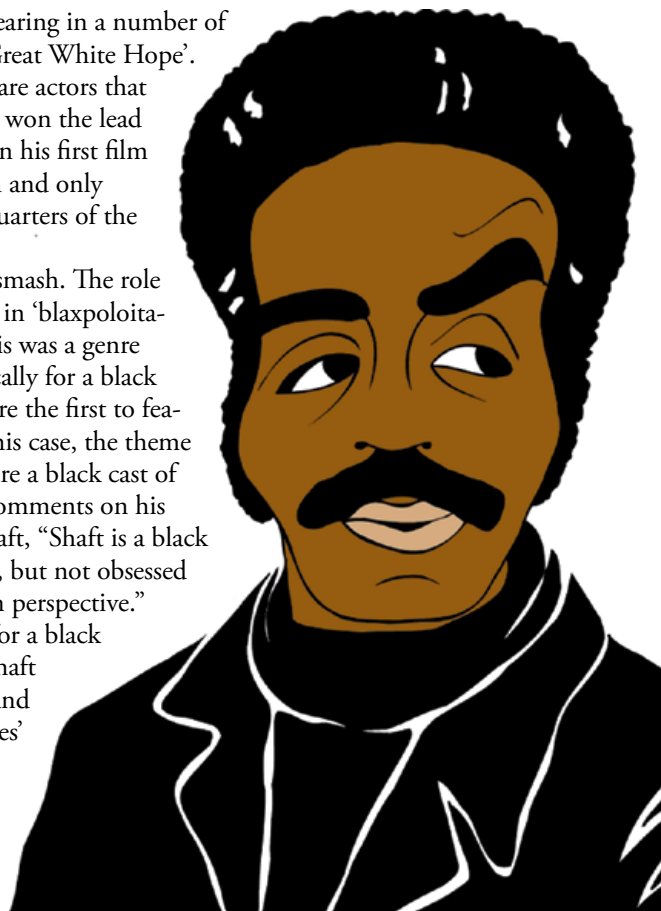
Richard was always interested in acting. After doing some modeling, the theatre bug came crawling and he enrolled at the

Negro Ensemble company – appearing in a number of their stage plays including "The Great White Hope". Roundtree became one of those rare actors that auditioned for their first film and won the lead in 1971's 'Shaft'. He reflects upon his first film experience, "I was scared to death and only began to feel comfortable three quarters of the way through filming."

'Shaft' was a box office action smash. The role immortalized Roundtree as a star in 'blaxploitation' films of the early 1970's. This was a genre of movies that were made specifically for a black audience. Blaxploitation films were the first to feature music of funk and soul (in this case, the theme song by Isaac Hayes) and to feature a black cast of actors and actresses. Roundtree comments on his lead character, Detective John Shaft, "Shaft is a black man who is proud of being black, but not obsessed with it – he keeps his blackness in perspective."

'Shaft' had audiences rooting for a black hero against white villains. The Shaft 'look' of turtleneck, leather coat and moustache (along with Isaac Hayes' soundtrack) became pop culture.

After 'Shaft', Roundtree was cast as slave Sam Bennett in the 1977 mini-series, 'Roots'. He also had a supporting role in



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the 1974 blockbuster, 'Earthquake'.

The 1980's saw a decline in Roundtree's starring status. A series of flops led to him guest appearing on TV series or starring in low budget, straight-to-video films. In 1993, he battled breast cancer and won. Male breast cancer is very rare and came to public attention because of Roundtree.

Roundtree continued to work on his image and his craft – eventually better roles came his way. In 1995, Richard was cast in the hit film, 'Seven' (starring Morgan Freeman and Brad Pitt). This led to semi-regular roles on the TV series, '413 Hope Street', 'Rescue 77' and 'Desperate Housewives'. In 2000, he played Shaft's uncle in the remake of the original film (now starring Samuel L. Jackson).

One of the hardest working actors in showbiz, Richard currently resides in Los Angeles, enjoys photography, golfing and of course, acting.



*Marshall Jay Kaplan is a Gemini Award nominee TV producer, syndicated cartoonist, and TV host.*

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

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*My father has glaucoma and is blind in one eye. When should I be checked, even though I see fine?*

A family history of glaucoma is a very strong risk factor for the disease. Other risk factors include advancing age, African-American race, and nearsightedness. If you have a first or second degree relative with glaucoma, you should be evaluated as soon as possible. Glaucoma is a painless progressive disease which, left untreated, causes irreversible blindness. If you have a family member with glaucoma or have other risk factors, schedule a screening at 212-3937.



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318-212-3937;  
[www.ShelbyEye.com](http://www.ShelbyEye.com)  
See our ad on page 34.

*I broke a bone last year. Do I have osteoporosis?*

In certain high risk groups the risk of a serious fracture can double after a first fracture. Those who experience an osteoporotic hip fracture have a 24% increased risk of dying within one year following the fracture. This is not only a disease of aging white women. Osteoporosis occurs in all racial groups and men have a 1:8 chance of having an osteoporotic fracture. Although there is no specific cure, you can: Get enough Vitamin D and Calcium. Get regular exercise (weight bearing and low impact). Do balance exercises to avoid falls (Tai chi decrease falls in older individuals) and if you have a broken bone talk to your doctor about a bone density test.



**John J. Ferrell, M.D.**  
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Suite 210  
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## Recent DVD Releases



Mark GLASS

### The Master ★★★



(R) After serving in the Pacific during WWII, Joaquin Phoenix finds himself suffering from what would now be called PTSD. After release from a naval hospital, he drifts from job to job, drinking too much of the booze he makes from available materials, and periodically exploding in fits of rage.

He stumbles onto a little cruise vessel that happens to be the base for a self-styled guru (Phillip Seymour Hoffman) who is building a movement on a type of past-life regression therapy, and some hazy cultural mythology about all it can offer the world. He's charismatic in some respects, and perhaps as damaged as Phoenix in others. The film features superb performances by the two main males, plus Amy Adams' surprising dimensions as Hoffman's wife. But the script promises far more substance than it delivers. Many questions linger about the nature of the bond between the Master and his unlikely protege/subject/alter ego. We're never quite certain of Hoffman's existence as visionary vs. hustler, or his degree of self-awareness about what's making his clock tick. The result may strike viewers as a letdown after two-plus hours of character development.

### Argo ★★★

(R) Here's a film that not only works beautifully as an intense action thriller, but tells a true story that was kept under wraps for too long. When the Iranians ousted the Shah in 1979, they stormed the US Embassy in protest over our longstanding support for his brutal, repressive regime, taking about 60 hostages. Their long ordeal became a national crisis. All we knew was President Jimmy Carter's failed rescue attempt, and the shame of our inability to bring them home. But another operation flew under the radar. Six of our people had fled to the Canadian Ambassador's home, and were hiding there, facing certain execution if discovered. I'm not sure how accurate this portrayal may be on the details, but it makes for a helluva movie on purely cinematic criteria, with it's historical grounding as a bonus. Ben Affleck stars as the extraction specialist who comes up with the cover story of filming a big-budget sci-fi movie using some Iranian lo-



cations. Affleck pretends to be the advance man for a Canadian production company, allowing him access to the hiding place, bearing credentials that will ideally let the trapped bureaucrats leave with him as members of his crew. The backstory buildup he needs comes from a couple of Hollywood players (John Goodman, Alan Arkin), evoking fond comparisons to the underrated political satire *Wag the Dog*, and providing moments of much-needed comic relief. Affleck the actor is adequate, but Affleck the director is a stud. He delivers an admirably cohesive and engrossing film, while juggling scenes from many parts of the globe, involving a broad assortment of participants. He also fleshes out a diverse range of characters from all sides without getting bogged down in any particular element of his script.

## Sinister ★★



(R) This horror flick is mostly dull for about 100 minutes, before reaching a relatively interesting conclusion in the last 10. Ethan Hawke is a true-crime writer, whose career may have peaked. He

moves his wife and two kids into the house where the latest gruesome event occurred, hoping for a comeback book. A family of five lived there. Four were found hanging from a tree in the back yard; the youngest daughter is missing. Hawke tries to keep his family from knowing where they're now living, for reasons that never make sense to anyone on or facing the screen. He finds some 8mm films and a projector in the attic. They show several similar crimes, including the one he's investigating. Other mysterious things occur, as their lives seem to be imperiled by something more supernatural than mortal. Far more danger is dangled than delivered, as the plot plods along. Hawke's persona and actions generate little empathy, and we learn too little about the other characters to care much about their fates. Not good for creating the dramatic tension on which any suspense fare relies.

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



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# Sweet Ways to Cook with **SWEET CORN**



FAMILY FEATURES

**C**orn on the cob with butter is a popular side dish, but there's so much more you can do with fresh, juicy corn. These recipes make the most of sweet corn from Florida. To get more ideas for cooking with corn, visit <http://bit.ly/floridacorn>.

## **Sweet Corn with Southern BBQ Butter**

*Yield: 4 servings*

**¼ cup of your favorite barbecue sauce (sweet, spicy, etc.)**

**¼ stick butter**

**4 ears fresh sweet corn, shucked**

**Kosher salt and fresh ground pepper**

**Chives, for garnish**

Preheat oven broiler on high.

Add barbecue sauce and butter to small saucepan.

Stir over low heat until melted and smooth.

Season corn lightly with salt and pepper. Place sweet corn in a medium-sized baking dish and pour barbecue mixture over sweet corn. Broil 4 inches from broiler, being sure to watch the whole time. Turn and baste for 6 to 8 minutes, or until golden.

Garnish with chives. Serve warm.

## **Sweet Corn and Black Bean Enchiladas**

*Yield: 6 to 8 servings*

**1 tablespoon vegetable oil**

**½ cup onion, chopped**

**1 cup fresh sweet corn kernels**

**2 bell peppers, diced**

**1 teaspoon ground cumin**

**1 cup salsa**

Preheat oven to 350°F.

Lightly spray an 11 x 7-inch (2-quart) baking dish with pan release cooking spray.

Add vegetable oil to a medium pan. Cook onion, corn and bell peppers over medium high heat for 3 minutes. Add cumin, salsa and black beans, and continue to cook for two minutes, stirring occasionally. Season with salt and pepper to taste. Remove pan from heat and let cool slightly.

Place an even amount of the filling mixture in each tortilla. Using 1 cup shredded cheese, evenly distribute it on top of each tortilla. Carefully roll up each tortilla, and place seam side down in sprayed baking dish.

Pour enchilada sauce over rolled enchiladas, spreading to coat all tortillas. Sprinkle with remaining 1 cup cheese.

Bake 25 to 30 minutes or until cheese is melted and sauce is bubbly around edges. Remove from oven and let cool slightly.

Serve with diced avocado, salsa and sour cream, if desired.

**1 can low sodium black beans, rinsed and drained**

**Kosher salt and freshly ground pepper**

**10 6-inch corn tortillas**

**2 cups shredded Monterey Jack cheese, divided**

**1 8-ounce can enchilada sauce**





## Sweet Corn and Tomato Bisque

*Yield: 4 servings*

2 tablespoons unsalted butter

½ onion, finely chopped

4 ears fresh sweet corn,  
kernels removed

1 large garlic clove, minced

4 cups low-sodium broth  
(vegetable or chicken)

Kosher salt and fresh ground  
pepper

2 tablespoons sour cream

2 medium tomatoes, coarsely  
chopped

1 scallion, thinly sliced

1 tablespoon cilantro, finely  
chopped, plus more for garnish

Melt butter in large, heavy pot. Add onion and cook over moderately high heat, stirring, until lightly browned, for about 6 to 7 minutes.

Stir in corn and garlic, cooking until corn is lightly browned, about 5 minutes. Add broth and simmer until corn is tender, about 15 minutes. Lightly season with kosher salt and pepper to taste.

Transfer half the soup into blender or food processor; purée until almost smooth. Add blended soup back into unblended soup; stir to combine.

Add tomatoes, scallion and 1 tablespoon cilantro; bring to a boil. Serve hot and garnish with cilantro.

## Sweet Corn and Ricotta Fritters

*Yield: 4 to 6 servings*

2 ears fresh sweet corn, kernels removed

½ bunch fresh cilantro, chopped fine

4 ounces low-fat ricotta cheese

2 large eggs, beaten

1/3 cup self-rising unbleached or whole-wheat flour

Kosher salt and fresh ground pepper

Olive oil (for shallow pan frying)

In medium-sized bowl, combine corn, cilantro, ricotta, eggs, flour and a pinch of salt and pepper.

Add a small amount of olive oil to a medium-high preheated sauté pan. Carefully add spoonfuls of corn mixture to hot pan. Cook on both sides until golden brown. Test the first done fritter, and adjust seasoning with salt and pepper. Serve with low-fat sour cream if desired.



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Alzheimer's Association  
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[www.alz.org/louisiana](http://www.alz.org/louisiana)

Alzheimer's Association  
Debbie Hayes, Associate Director  
910 Pierremont Rd., Ste. 410  
Shreveport, LA 71106  
318.861.8680

The Alzheimer's Association invites all  
caregivers to a series of educational  
conferences to be held at Bossier Parish  
Community College at 10:00 a.m.!

Topics and guest speakers will include:

- Feb. 26, 2013...The Alzheimer's Association will discuss the 10 warning signs of Alzheimer's, risk factors, and more!
- Mar. 5, 2013...Pennington Financial will discuss options to cover long term care costs and other often missed VA benefits
- Mar. 19, 2013...Christus Hospice and Palliative Care will discuss the myths of hospice care and who and when caregivers can qualify for hospice assistance

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**2013 Alaskan Cruise - *The Best of Times*** invites you on a 7 day Alaskan Cruise aboard the Carnival Miracle departing Seattle, Washington on July 2, 2013 and returning on July 9. For more info contact Cindy Loeb with All About Travel at 970-434-6494 or email [Cindy-L@Qwest.net](mailto:Cindy-L@Qwest.net).

### DRIVER SAFETY

**AARP Driver Safety Program** - A 4 hour classroom refresher course for drivers age 50+ which may qualify participants for a three year automobile insurance premium reduction or discount. Seating is limited. Participants must **preregister**. \$14 for non-AARP members; \$12 for AARP members (AARP card required at registration). Correct change or checks payable to AARP accepted.

- February 16: 8:30 a.m. – 12:30 p.m. Hebert's Town and Country, 1155 E. Bert Kouns Ind. Loop, Shreveport. Hosts: Hebert's and *The Best of Times*. Door prizes

# Get Up & Go!

and light refreshments. Call 318-221-9000 to register. Instructor: Ray Branton.

### MARDI GRAS

**Krewe of Gemini Parade** - Saturday, February 9 beginning @ 4:30 pm on Clyde Fant Parkway near Sci-Port: Louisiana's Science Center on the Shreveport riverfront.

**Krewe of Highland Parade** - Sunday, February 10. The parade rolls north on Creswell beginning at 2 pm. After the parade, there will be the Carnival de Columbia in Columbia Park, located at Columbia Street and Line Avenue.

### MEETINGS

**The Ark-La-Tex Genealogical Association, Inc.** - 1 p.m., Saturday February 9, at Broadmoor Branch Library, 1212 Capt. Shreve Drive, Shreveport. The speaker is Ms. Raegan Stearns, instructor, archivist and librarian at Southern University at Shreveport (SUSLA). Her topic is "Highlighting Southern University's Special Collections and Archival Resources". This program is to commemorate Black History Month. **FREE**. For info call 318-746-1851

### MOVIES

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

### PRESENTATIONS

**Alzheimer's Conferences** - The Alzheimer's Association is pleased to announce a series of educational conferences coming for caregivers in the Shreveport/Bossier area. Bossier Parish Community College, Building D Room 226. The seminars are **FREE** but pre-registration is requested. Please contact the BPCC Continuing Education department at 318.678.6015 to register. BPCC is located at 6220 East Texas Street, Bossier City. For more information contact Debbie Hayes at 318.861.8680 or [dhayes@alz.org](mailto:dhayes@alz.org). Topics and dates will include:

- February 26: 10:00 a.m. - 12 noon, Debbie Hayes, Associate Director for the Alzheimer's Association, will present "Alzheimer's Disease: Know the 10 Signs." The presentation will include information about the warning signs, risk factors, and more!
- March 5: 10:00 a.m. - 12 noon. Chuck Barber from Pennington Financial, LLC, will present "Planning Ahead for Long Term Care Costs." He will discuss options to cover long term care costs, eligibility requirements, and VA benefits.

**Cataract MegaSeminar** - Saturday Feb 16, 10:30 a.m. - 12 noon at WK Eye Institute (formerly Steen-Hall), 2611 Greenwood Rd, Shreveport. Learn about cataract procedures, including the new blade-free, laser-assisted procedure. Receive a **FREE** on-site cataract screening. Door prizes; discounts toward procedures. Seating is limited. Call 212-8225 to register.



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**“The Emancipation Proclamation – At the Crossroads of Freedom and Equality;”**  
- 2:00 pm on Saturday, Feb. 23

in the Bossier Parish Library Historical Center, 2206 Beckett Street, Bossier City. In honor of Black History Month, Dr. William D. Pederson, Director of American Studies and the International Lincoln Center and Professor of Political Science at LSU-S, will speak on the often-overlooked effects of the Emancipation Proclamation. Well-known local actor and story teller Thelma Harrison will portray Harriet Tubman, former slave and crusader for freedom as a “conductor” on the Underground Railroad. **FREE.** Call 746-7717 for more information.

**University at the Oaks: Generals and Soldiers** - A new four-week University at The Oaks series will begin Monday, Feb. 4, at 5 p.m. at The Oaks of Louisiana. “Louisiana Sesquicentennial: Generals and Soldiers” will explore notable figures in the War Between the States and will be lead by LSUS history professors Gary Joiner, Ph.D., and Cheryl White, Ph.D. Topics will include “The Devil in Dixie: Gen. Benjamin Butler” (Feb. 4); “The Louisiana Tigers: Louisiana Troops in Northern Virginia” (Feb. 11); “Gen. Richard Taylor” (Feb. 18); and “The Fighting Bishop: Leonidas Polk (Feb. 25). Open to the public. There is a \$25 fee for non-residents and registration is required. Register at wkhs.com or call 212-8225.

**RANDALL T. MOORE SR CENTER**  
Randle T. Moore Center is located

at 3101 Fairfield Avenue. Admission is **FREE.** Coffee and cookies at 9:30 a.m. followed by a program/speaker. Lunch is served at 11:00. Suggested donation for lunch is \$2. Make lunch reservations by calling the Caddo Council on Aging at 676.7900.

- Friday February 1: 10:00 a.m. local historian Dr. Gary Joiner will discuss “How Fairfield Avenue Came Out?” Also a special Mardi Gras celebration by the Krewe of Gemini. At 11:30 – Tech Talk for seniors on smart phones and tablets.

- Thursday February 7: 10:00 a.m. Robinson Film Center presentation by Meghan Hochstetler “Southern Cinema: Over a Century of Louisiana Films”

- Friday February 8: 10:00 a.m. Deputy Frankie Morris of the Sheriff Department will talk about safety tips for seniors; 11:30 – Tech Talk for seniors on smart phones and tablets

- Thursday February 14: 10:00 a.m. Valentine party with Bingo

- Friday February 15: 10:00 a.m. Presentation by Juanice Busey on American Indian culture in Louisiana; 11:30 – Tech Talk for seniors on smart phones and tablets

- Thursday February 21st - 10:00 a.m. Kourtney Washington, Donor Relations & Special Events Marketing Manager for Sci-Port: Louisiana's Science Center, will be the guest speaker. Her presentation, “Sci-Port: Senior Offerings” will focus on special senior programming including Golden Days Matinee, the Center's newest IMAX films and the latest traveling exhibition, “Riverworks.”

- Friday February 22: 10:00 a.m. Cruise Online. A Cruise captain will lead you down “Memory Lane” with sights and sounds from the 40’s and 50’s...Classic

Comedy, Big Band music, Trivia, Sing-alongs, and more! 11:30 Tech Talk

- Thursday February 28: 10:00 a.m. Jeff Girard, Regional Archaeologist for State of Louisiana will talk about the 100 year Red River Raft.

### THEATRE

**Neil Simon's *Lost in Yonkers*** - presented by the Shreveport Little Theatre, 812 Margaret Place, Shreveport. . February 28, March 1, 2, 7, 8, and 9 at 8:00 p.m.; March 3 and 10 at 2:00 p.m. Set in 1942. Bella is 35-years-old, mentally challenged and living at home with her mother, stern Grandma Kurnitz. As the play opens, ne'r do-well son Eddie deposits his two young sons on the old lady's doorstep. He is financially strapped and taking to the road as a salesman. The boys are left to contend with Grandma, Bella and her secret romance, and with Louie, her brother, a small-time hoodlum in a strange new world called Yonkers. Tickets \$10 - \$17. For tickets call (318) 424-4439

**Stage Center presents *Avenue Q*** - Fridays, February 8 & 15 @ 7:30pm; Saturdays, February 9 & 16 @ 7:00pm (note the early curtain); Late night performance on Saturday, February 9 @ 11:00pm; Sunday, February 17 @ 3pm. Performances at the Woman's Department Club, 802 Margaret Place in Shreveport. It is a gut-bustingly hilarious modern musical that tells the timeless story of a recent college grad named Princeton who moves into a shabby New York apartment all the way out on Avenue Q, a place where puppets are friends, Monsters are good and life lessons are learned. Tickets: \$15 for adults; \$12 for Seniors. For tickets call 318 -218-9978.



# GOLDEN GAMERS

## Monday - Wednesday



- \$1,000 exclusive JackPlay drawing Wednesday, February 27 at 4pm
- One FREE drawing entry every Mon-Wed

- 1 FREE coffee every month
- Gift of the month with 100 slot points

Must be 50 years of age or older to participate in promotion. Must be 21 or older to gamble. Regular or decaffeinated coffee and valid Monday-Wednesday only. Gift limited to first 500 guests, limited to one per guest per month and can not be redeemed for another guest. While supplies last. Drawing entry slips awarded at Rewards Club Monday-Wednesday. DiamondJacks Casino & Resort-Shreveport-Bossier City and its management reserve the right to change or cancel this promotion at any time for any reason. Valid at DiamondJacks Casino & Resort-Shreveport-Bossier City only. See Rewards Club for details. ©2013, Louisiana Riverboat Gaming Partnership, LLC.

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# Super Crossword: May Day (answers on page 44)

## ACROSS

- 1 Hammed it up onstage
- 7 "- Girls" (2000-07 TV series)
- 14 Mall parts
- 20 Ethiopian's neighbor
- 21 Virtual merchant
- 22 Tough trial
- 23 "You gave me no warning!"
- 25 Wasn't honest with
- 26 "Draw me" challenges
- 27 Seventh Greek letter
- 28 Place to buy dog food
- 29 Gen. Robert -
- 30 Product line owned by General Mills
- 33 Common papal name
- 36 Queenly role for Liz
- 38 Dandelion-infested, e.g.
- 39 Smartly dressed
- 40 Choice for a fill-up in Canada
- 43 Make ill
- 45 Charge for electronic banking
- 46 Taxpayer's ID
- 47 Bursting - seams
- 48 Strongman Ferrigno
- 51 Up - point
- 52 Jets' stats
- 54 Small-but-potent pick-me-ups
- 58 Old British ruling family

- 60 With 42-Down, extensions
- 62 Make anew
- 63 Attends, as an event
- 64 Come out of a daydream
- 66 Call hidden in this puzzle's eight longest answers that's apt for May Day?
- 67 Injury-free
- 69 Scarf material
- 71 CafŽ au -
- 73 Summer, in Tours
- 74 Meet events
- 77 "CBS News Sunday Morning" host
- 80 Tic-toe link
- 82 Hi-fi part
- 83 USMC title
- 84 - Amboy, New Jersey
- 85 Champion's sign
- 87 Tempt
- 89 Pollux's twin
- 91 Region of calms in the northern Atlantic
- 93 Drinking aid
- 96 "- Mio"
- 98 Folk wisdom
- 99 Social misfit
- 100 What those "who only stand and wait" do, per Milton
- 103 Tenets
- 105 Umpire
- 106 Knot up
- 107 Like dark igneous rock
- 111 California city

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- |                                       |                              |                             |   |
|---------------------------------------|------------------------------|-----------------------------|---|
| near Berkeley                         | 12 R&B singer                | 48 Goner                    | appraisal                                   |
| 112 Baseball's 2004 All-Star Game MVP | Des'-                        | 49 Famed Giant Mel          | 86 Immodesty                                |
| 115 Gave a lousy review of            | 13 West end?                 | 50 Mil. morale booster      | 88 Miserable, unhappy existence             |
| 116 Watered down                      | 14 Parts of feet             | 53 Used a chair             | 89 Hot pepper                               |
| 117 Ransacked                         | 15 Three-whole-step interval | 55 Prefix with -plasm       | 90 Gave a trophy, e.g.                      |
| 118 Horses                            | 16 Certain Ukrainian         | 56 Origins                  | 91 Not kidding                              |
| 119 Homer work                        | 17 Burning                   | 57 Mother of 47-Down        | 92 Dramatic solos                           |
| 120 Allergic outburst                 | 18 Visit a diner             | 59 Wood knot                | 93 Sharpening bands                         |
|                                       | 19 Careless                  | 61 Sorrowfully, in music    | 94 Year of - (Chinese zodiac cycle starter) |
|                                       | 24 Inscribed stone pillar    | 65 Readies for surgery      | 95 Make pure                                |
|                                       | 28 Fires (up)                | 66 - of relief              | 97 Give free rein to, as anger              |
|                                       | 30 Self-assured              | 68 After taxes              | 101 Is in charge                            |
|                                       | 31 Kicked back               | 69 Livy's 1,200             | 102 Air outlets                             |
|                                       | 32 Bleeps                    | 70 "My, my!"                | 104 County north of San Francisco           |
|                                       | 33 Like fuel-rich bogs       | 72 Houston ball team        | 107 Physique                                |
|                                       | 34 "How much - much?"        | 73 Olympic swimmer Gertrude | 108 Narrative                               |
|                                       | 35 Fed. fugitive hunter      | 75 Inno giver               | 109 Don Juan's mother                       |
|                                       | 37 UFO's crew                | 76 Converse                 | 110 Zip -                                   |
|                                       | 41 Start cruising            | 78 Having bristles          | 112 Hurly-burly                             |
|                                       | 42 See 60-Across             | 79 Eggs in a lab            | 113 Kettle cover                            |
|                                       | 44 Retirement plan name      | 81 Pros at property         | 114 Understand                              |

## DOWN

- 1 This, in Lima
- 2 Actor Jay
- 3 Fail to name
- 4 Has a flavor like
- 5 The elder architect Saarinen
- 6 Took apart
- 7 Metro and Prizm, once
- 8 FWIW part
- 9 Morning TV host Matt
- 10 City's central section
- 11 Senior years

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- 1 MOVIES: What was the name of the angel in the movie "It's a Wonderful Life"?
- 2 ANATOMY: What is another name for an erythrocyte?
- 3 GEOGRAPHY: In which country is the Po River located?
- 4 HISTORY: In what century was the Erie Canal constructed?
- 5 MUSIC: Which composer wrote more than 400 waltzes, including "The Blue Danube"?
- 6 ENTERTAINERS: Which female movie star was born with the name Margarita Carmen Cansino?
- 7 LITERATURE: Which sister is the oldest in the classic book "Little Women"?
- 8 TELEVISION: What was the name of the little girl in the animated TV show "Frosty the Snowman"?
- 9 GENERAL KNOWLEDGE: What is the common birthstone for May?
- 10 GAMES: What color is the No. 3 ball in billiards?

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- Answers
- 1. Clarence Obody
  - 2. Red blood cell
  - 3. Italy
  - 4. Early 19th century
  - 5. Johann Strauss
  - 6. Rita Hayworth
  - 7. Meg
  - 8. Karen
  - 9. Emerald
  - 10. Red

### LENGTHY WORDS

**MAGIC MAZE ●**

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

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

Along	Headlong	Longhair	Longshore
Belong	Lifelong	Longhand	Oblong
Daylong	Longbow	Longhorn	Tagalong
Furlong	Longevity	Longing	

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## Sudoku

by Linda Thistle

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

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

**Difficulty: ☆**

★ Moderate   ★★ Challenging  
 ★★★ HOO BOY!

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Answers

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

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Risperdal	1mg	100 tabs	\$490	\$135	\$ 55	89%
Flomax	.0.4mg	30 caps	\$109	\$ 26	\$ 17	85%
Fosamax	70mg	4 tabs	\$ 83	\$ 47	\$ 22	74%

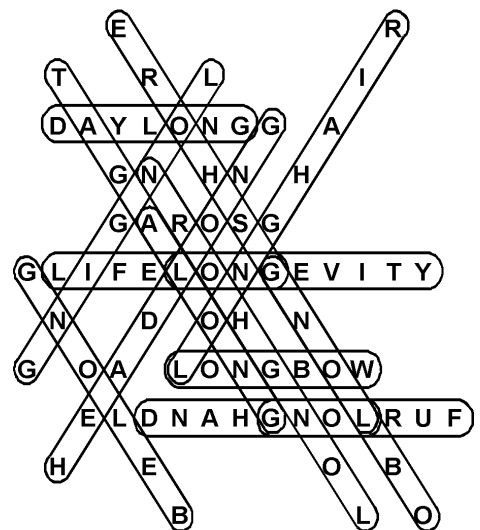
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**LENGTHY WORDS**



**SUDOKU**

Answer

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

# February Parting Shots

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



## Star Women League Social and PHP (People Helping People) Outreach Awards reception.

The Outreach Awards recognize outstanding women who are making a difference in the lives of others. Shown here: (l to r) Tonnie Johnson, Jan Core, Roynetta Ortiz and Dottie Bell



PHP Heart SMART Health Awareness kickoff event attended by (l to r) Tanyala Lyrse, Dottie Bell, Jan Core, Roynetta Ortiz, Tonnie Johnson and Cheryl Young.



**G**eorgia Booras was feted with a surprise 50th birthday party on January 12. The highlight of the evening was a special performance from "Elvis".



**Top:** (l to r) Jill Stravolemos Spakes, Chris Booras, Lisa Skamangas, Jenny Booras, Annaleah Solice, and Georgia Booras with "Elvis"







**Left:** Cousin Demmye Booras, mom Sophia Booras with Georgia



**E**llen Strickland (in pink) receives a visit from daughter Sherry Bright, and grandsons Ryan (left) and Scott Baker.

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**February Parting Shots continued**

**The Krewe of Elders**

celebrated their 15th Grand Bal on January 11th at the American Legion Hall in Shreveport.

**Left:** Krewe des Ambassadeurs Queen Kathy Camp and King Shelby Duay

**Right:** Krewe of Sobek Captain Michael Harris, Queen Lois Peyton, and King Carl Pierson, Sr



Paul Little and Janice Franklin



Jay Prudhomme and Wanda Smith



Craig and Amy Stetson



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**February Parting Shots: Krewe of Elders**  
continued



Krewe of Elders King Randy Mobley, Queen Sylvia Mobley, and Captain George Kalmbach



Dr. Michael and Sue Torma



Mary Anne Rankin and Sue Prudhomme

**Epiphany Blessing of the Waters** was held Sunday January 6 on the Red River. Parishioners from three area Orthodox churches participated.



Father Jason Foster blesses Michael Cosse after he retrieved the blessed cross from the river.



(l to r) Father Brendan Pelphrey of Saint George Greek Orthodox Church, Father Daniel Bethancourt of Saint Nicholas Orthodox Church and Father Jason Foster of Holy Nativity of the Lord with parish members.



Ethelyn and Philip LaHaye

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