

November 2014

FREE

# The Best Of Times

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*Inside* 

**THANKSGIVING  
REFLECTIONS OF  
A CAREGIVER**

**CONSIDERATIONS  
BEFORE ENTERING  
HOSPICE CARE**

**WAYS TO HELP  
A FRIEND WITH  
CANCER**

*Hospice Care* 

A Different Kind of Hope



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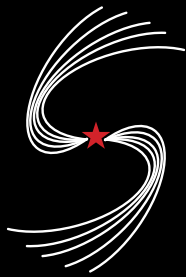
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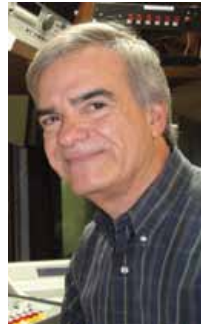
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**November 1:** How can an Electronic Health Record Help Me?

**Guests:** Cindy Munn and Linda Morgan with Louisiana Health Care Quality Forum

**November 8:** Martin Luther King Health Center Provides Needed Services

**Guests:** Krista Buckhalter & Licentra Randolph with MLK Health Center

**November 15:** Leading Edge Photon Therapy Treatments for Cancer Patients

**Guests:** Dr. Lane Rosen, Dr. Sanford Katz and Dr. Michael Durci with Willis-Knighton Cancer Center

**November 22:** Shreveport Regional Arts Council and their biannual fundraiser Christmas in the Sky

**Guests:** Pam Atchison, SRAC Executive Director and CIS Chairwoman Waynette Ballengee

**November 29:** Phylogenomics – The Science of Talking Directly to Your DNA

**Guest:** Doug Werner, PhD, OMD, and researcher

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*-Terri Miller and family*

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# Stat! Medical News & Info

## Talk Therapy Best for Social Anxiety Disorder

While antidepressants are the most commonly used treatment for social anxiety disorder, new research performed at the Johns Hopkins Bloomberg School of Public Health and published online in *The Lancet Psychiatry* suggests that cognitive behavioral therapy (CBT) is more effective and, unlike medication, can have lasting effects long after treatment has stopped. Social anxiety disorder characterized by intense fear and avoidance of social situations. For people who don't want or who lack access to CBT, the most commonly used antidepressants - selective serotonin reuptake inhibitors (SSRIs) - are effective. But they caution that medication can be associated with serious adverse events, that it doesn't work at all for many people, and that improvements in symptoms do not last after people stop taking the pills.



## Insomnia Among Older Adults May Be Tied to Sleep Quality

Reports of insomnia are common among the elderly, but a new study finds that sleep problems may stem from the quality of rest and other health concerns more than the overall amount of sleep that patients get. A study, published online by *Journals of Gerontology: Medical Sciences*, found discrepancies between self-reported insomnia and outcomes recorded on a sleep-monitoring device. One unexpected finding for the researchers was that respondents who reported waking up more frequently during the night had more total sleep time. Symptoms of insomnia, include difficulty falling asleep, staying asleep or waking up too early and then not feeling well rested during the daytime. Prior studies suggest that nearly half of older adults report at least one insomnia symptom and that lack of restorative sleep might be linked to heart disease, falls, and declines in cognitive and daytime functioning.





## Lift Weights, Improve Your Memory

Here's another reason why it's a good idea to hit the gym: it can improve memory. A new Georgia Institute of Technology study shows that an intense workout of as little as 20 minutes can enhance episodic memory, also known as long-term memory for previous events, by about 10 percent. The Georgia Tech research isn't the first to find that exercise can improve memory. But the study, which was just published in the journal *Acta Psychologica*, took a few new approaches. While many existing studies have demonstrated that months of aerobic exercises such as running can improve memory, the current study had participants lift weights just once two days before testing them. "Our study indicates that people don't have to dedicate large amounts of time to give their brain a boost," said Lisa Weinberg, the Georgia Tech graduate student who led the project. Although the study used weight exercises, Weinberg notes that resistance activities such as squats or knee bends would likely produce the same results. In other words, exercises that don't require the person to be in good enough of shape to bike, run or participate in prolonged aerobic exercises.

## Healthy Lifestyle May Cut Stroke Risk in Half for Women

Women with a healthy diet and lifestyle may be less likely to have a stroke by more than half, according to a study published in an online issue of *Neurology*<sup>®</sup>. The study looked at five factors that make up a healthy lifestyle: healthy diet; moderate alcohol consumption; never smoking; physically active; and healthy body mass index (BMI). Compared with women with none of the five healthy factors, women with all five factors had a 54-percent lower risk of stroke. Cerebral infarction is the most common cause of stroke, accounting for up to 80 to 85 percent of all strokes. Cerebral infarction is caused by a blockage in a blood vessel preventing blood and oxygen from getting to an area of the brain. There was no relationship between the healthy factors and the risk of hemorrhagic stroke.



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# Hospice Care

## A Different Kind of Hope

by Lynn Pribus

*Hospice, you see, is about hope of another kind. It's not, as some people imagine, a vine-covered cottage where people are relegated to die. Instead, it is an end-of-life program of assistance that has been growing in the U. S. since the 1960s and today it is very much a part of mainstream medicine.*



My mother was a healthy resident of a memory care facility when she fell and struck her head. She was whisked to an ER, deemed terminal and, because she was confused and agitated by all the noise and her IVs, she was placed in restraints in an ICU. I'd heard a little

about hospice and asked the staff to contact them.

A hospice team went into action. By the time my mom was transported back to her own room at the memory care home, a hospital bed was in place and gentle help was provided during the week she lay dying. She was not in restraints. Music played. Family, friends and staff stopped by her room. My husband and I were at her side when she breathed her last in perfect peace.

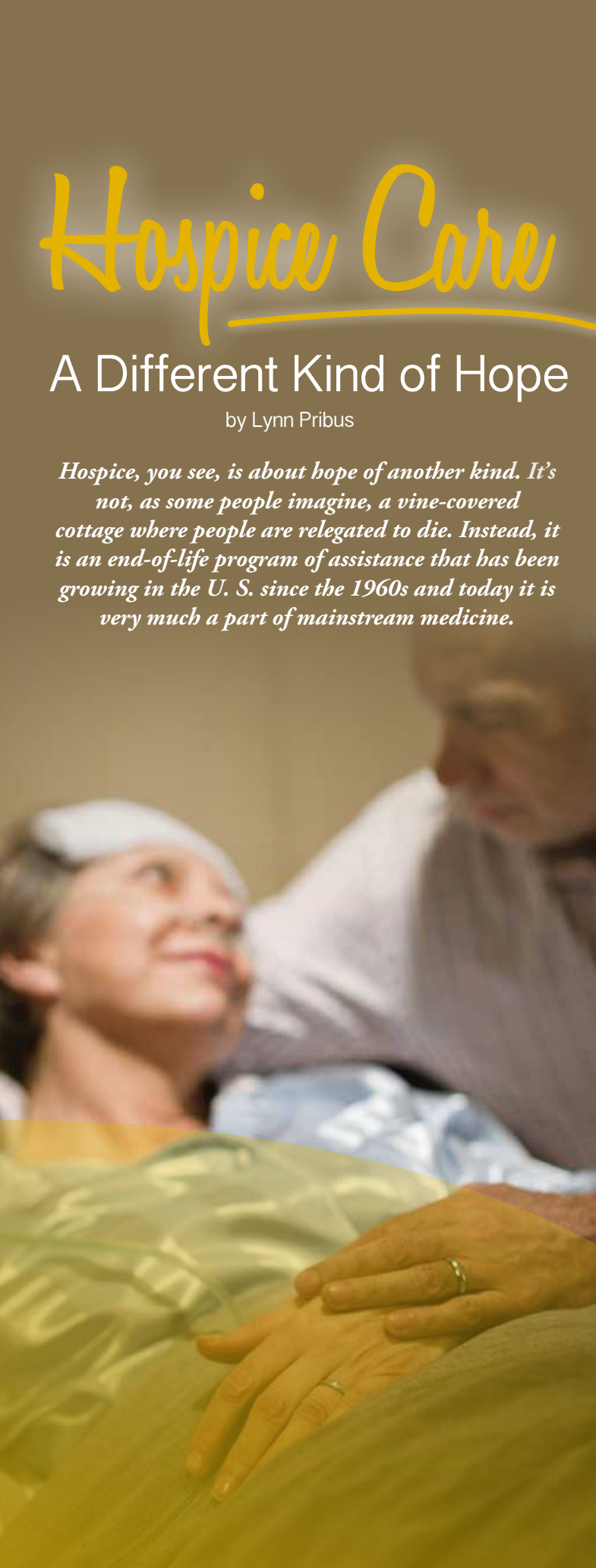
Hospice, you see, is about hope of another kind. It's not, as some people imagine, a vine-covered cottage where people are relegated to die. Instead, it is an end-of-life program of assistance that has been growing in the U. S. since the 1960s and today it is very much a part of mainstream medicine.

### *What Is Hospice?*

Hospice is a comprehensive team of physicians, nurses, social workers, therapists, counselors, chaplains and volunteers which keeps clients – persons with a life expectancy of less than six months – pain-free, comfortable and dignified. The team also provides practical and emotional support to family members.

In the past ten years, services have grown substantially in the number of hospice programs and patients served. In 2012, according to the National Hospice and Palliative Care Organization, an estimated 1.5 million Americans received services through some 5500 hospice organizations in the U.S., including all the states, D.C., Puerto Rico, Guam and the U.S. Virgin Islands.

About two-thirds of hospice care is in the place



the patient calls home which includes nursing homes and residential facilities. Some hospitals have hospice services and some hospices have their own in-patient facilities or hospices houses. Most clients are over 65 with a slightly higher percentage of women.

Some doctors are reluctant to propose hospice. They may not have experience with hospice or they don't want to admit their patient is dying or fear patients will think their doctor has given up on them. Increasingly, however, medical schools are addressing end-of-life care, and physicians are learning just how supportive hospice can be. Often it is a relief to the physician when the family brings up the topic.

## Who Can Use Hospice?

Any patient may opt for hospice if a doctor certifies there is a terminal illness with a life expectancy of about six months or less. The patient need not be bedridden, but must agree to forego further aggressive treatments unless the therapy is

directed at symptom relief rather than cure. At the end of six months, the patient may stay with hospice if the illness is still deemed terminal.

On the other hand, the patient may return to traditional medical care and aggressive, curative treatment at any time. In the 1970s, when the hospice movement was growing, most patients were people with cancer. Today, this is true for less than half. Other diagnoses include dementia, heart or lung disease, stroke and other problems.

On average, clients spend between two and three weeks under hospice care, although more than one-third of patients receive hospice care for a week or less. (In many of these cases, there is an unexpected precipitating incident such as my mother's fall.) On the other hand, some receive hospice services for six months or longer.

## Hospice Covered by Insurance

Many people are surprised to learn that hospice is covered by most insurance including Medicare, Medicaid, and private plans. While private policies vary, typical benefits include almost everything including medical equipment and medications. Coverage also pays for home care providers, doctors, nurses, therapists, chaplains, and social workers. In fact, less than one percent of clients are self-paying.

Although insurance may not cover certain small co-pays, few hospices actually bill clients for them because administrative costs often exceed the amounts due. Many hospices have endowments funded by foundations, corporate

# Hospice Services

*Hospice tailors its support to an individual's needs. Among the services are:*

24-hour support by phone or personal visit

### Direct patient nursing care

Medical appliances and supplies

### Prescription drugs

Services of a medical social worker who can coordinate community resources and provide family counseling

### Chaplain services

Counseling (including dietary, pastoral, and other)

Home care aide for bathing and other personal assistance

Homemaker services (for light housekeeping or meal preparation)

Short-term in-home care (8- to 24-hour coverage) when the family cannot provide it

Short-term inpatient care (if caregivers require a respite or for procedures necessary for pain control or other symptom management)

### Physical, occupational and speech therapies

Bereavement service for the family for up to 13 months following the patient's death

### Some hospices provide additional services including:

Music and animal therapy

Trained volunteers who provide compassionate support, companionship and assistance with tasks such as transportation, shopping, babysitting, and some personal care services



grants, memorial gifts, and fundraising activities such as thrift shops. These funds often cover costs for uninsured patients.

## Hospice Serves Families, Too

Most hospices have volunteers who offer direct, non-medical assistance to patients and their families. They may help with shopping, for example, or stay with a patient while family members run necessary errands. Respite care is available in some cases when a caregiver becomes temporarily unavailable.

Often hospice can help family members say the things they want to say when it's time to bid farewell. Hospice also provides bereavement services to the survivors, so they can look back without regrets.

Just knowing you are not alone is remarkably healing for both hospice patients and their families. Hospices help ensure that comfort and support are available to those who need it most.

*Lynn Pribus lives near Charlottesville, Virginia. Her mother, Marian, died in hospice care.*

## For More

# Information

**The Hospice Foundation of America** offers a searchable website with extensive online information such as insurance coverage, books, brochures and links for caregivers. Visit [www.hospicefoundation.org](http://www.hospicefoundation.org) or phone **800-854-3402**.

**The Website for the National Hospice and Palliative Care Organization's** searchable website gives information of many topics and lists hospices nationwide by zip code. Visit <http://www.nhpco.org> or phone **800-646-6460**.



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# Thanksgiving Reflections of a Caregiver

By Bonita Bandaries

Family caregivers have many concerns in common and November, National Family Caregivers' Month, is an appropriate time to recognize their issues and contributions.

More than 65 million Americans find themselves in the role of family caregiving performing tasks often without thought to their own well-being. Caregivers come in many forms - spouses, children, siblings,

or relatives. You may be one of these now or know someone who is in this stage of life.

Making good holiday memories for the family caregiver and the loved one in their care is often challenging but rewarding. Speaking from experience, I can say those holidays, particularly Thanksgiving, were very stressful. Frequently there were invitations to attend other family gatherings but this was not always possible. It is difficult to alter the routine of care or traveling is too difficult.

In my case, I found it easier to entertain in my home. There I could prepare food for the occasion and find ways to include my mother whose main interest had always been preparing wonderful meals. I could select some of her favorite dishes, asking her advice about the recipes and having her "taste-test" the dishes. Then at the dinner table, conversation focused on the dish that "mother made". She was happy to be involved which decreased my level of anxiety. It was good to spend time reminiscing about other family gatherings and creating memories for the younger generations. Telling family stories establishes a legacy.

As Thanksgiving approaches, I reflect on the last six years of holidays that my mother spent with me in my home. She would begin talking about the event weeks



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before and tell me step-by-step what I needed to do to cook her special Louisiana Cornbread Dressing.

This will be the fourth Thanksgiving that Mother is present in memory only. All of her family agrees that her legacy is faith, food, and family. The first Christmas without her, I prepared a collection of her recipes as a gift for the family members. This was well received by the grandchildren, especially the grandson who exclaimed, "These are Mamaw's recipes."

I was blessed that I could care for my parent with assistance from home health

services, her doctors, family, friends, and neighbors. As the only twenty-four hour caregiver, I experienced many stressful situations and times of loneliness. Though the level of care and the type of care required may be different, family caregivers need to feel connected to the outside world of family and friends. I learned that no matter how competent I was as a caregiver, it was important to know that others understood and I was not forgotten.

Reflecting on my role of family caregiver, I encourage everyone to remember the

caregivers they know during November with a special "Thank You". Assist in their tasks, give them some respite time, help with cooking and cleaning and recognize them with telephone calls, cards, or letters. There are many ways to say, "You are appreciated."



*Bonita Bandaries is a Shreveport resident and author of "A Promise Kept" which relates her experience as a caregiver. Her mother is pictured in the framed photo on page 12.*

## Louisiana Cornbread Dressing

- |                             |                                  |                      |
|-----------------------------|----------------------------------|----------------------|
| 1 4 to 5 pound large hen    | 4 boiled eggs chopped            | 1 stick of margarine |
| 5 eggs beaten               | 1 large skillet of cornbread     | 1 cup chopped celery |
| 4 quarts of water           | 1½ tsp. poultry seasoning        | Dash of sage         |
| 2 cups chopped green onions | 2 cups cooked rice (not instant) | 1 Tbsp. black pepper |
| 2 Tbsp. salt                | 2 cups chopped onion             |                      |

Clean and wash chicken; place in pot, add water and salt. Boil until tender. Sauté onion and celery in margarine; add cooked rice and crumbled cornbread together. Beat eggs well and combine. Add broth from the chicken until the mixture is really moist. Chop the boiled eggs and add. Place the mixture in a large baking pan with cutup chicken pieces arranged on top and bake until doneness. For larger quantity, use 2 skillets of

cornbread (large black skillet holds 2 packages of cornbread of mix); increase raw eggs to 6.

This is delicious served with Giblet Gravy which is made by blending ¼ cup margarine and 1 teaspoon of Kitchen Bouquet into ¼ cup of all purpose flour. Stir with 2 cups broth over low heat 2 to 3 minutes. Add chopped cooked giblets.

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# *Ways to Help a Friend with Cancer*

by Kathleen Rhodes, LPC, LMFT

**S**ooner or later, we all encounter unexpected challenges in life. Being diagnosed with cancer is likely one of the greatest life challenges we, or someone we know, will ever face. The feeling that follows those chilling words from a physician confirming something that may have been mentioned as a possibility, but then becomes a reality, is impossible for most of us to imagine. We feel helpless in not knowing what to do to help someone in this situation, although we desperately want to do something, anything, that will provide comfort and encouragement as they face this potentially life-threatening challenge. Whether you have a friend that has been recently diagnosed with cancer, is in the middle of treatment, or is toward the culmination of treatment, you can be of service as your friend fights this battle. Here are a few things you can do.

## *What do I say to a friend who shares their cancer diagnosis?*

Say very little. Saying you are sorry and that you care about them is enough. You can offer encouragement, but now may not be the best time. Upon first hearing of the diagnosis, you are shocked and more likely to say something that is not helpful. At this time, what you need to do most is listen.

## *How can I lighten this heavy burden?*

If you doubt whether your offer of help would be useful or appreciated, just ask. For example, “I wondered if you would like me to stop by after work and walk the dogs” or “I thought

I would take your children to Sci-port this Saturday afternoon, so you can nap.” Try to avoid this typical statement: If I can do anything for you, let me know. This places the onus on the one who is already overwhelmed with thoughts and worries to think of something you can do for them.

## *Ask before bringing food.*

Very often people’s taste buds are dramatically changed by various treatment procedures. One friend told me that the only thing she could eat during chemotherapy weeks was one filet of fish sandwich a day. Prior to chemotherapy, she rarely ate fish. My friend felt bad about the lovingly prepared casseroles spoiling in the refrigerator. The freezer? It was full of casseroles too.

### Consider a gift per day.

I recently read on one of the breast cancer survivor websites the following story. A woman would arrive at work after her chemotherapy each day to find a small gift from her co-workers. This woman mentioned receiving a book and a DVD rental. Consider finding little treasures for your loved one, friend, or co-worker to help brighten their mood.

### Send cards the old fashioned way.

In this day of technology and instant communication, it is important to remember that most people when ill are uplifted most by old-fashioned cards with handwritten notes full of love and encouragement. To many, the ritual of searching for just the right card, sitting down in a quiet place to write heart-felt words, lovingly addressing then sealing the envelope, then posting the card, truly indicates a reflection of the feelings of the sender.

### Call your friend often.

Regularly call to check-in with your

friend. If your friend is not feeling up to talking, leave a thoughtful voice mail message. When someone is battling cancer, they feel isolated. Isolation begets loneliness and loneliness triggers depression especially when accompanied by a severe illness.

### Schedule a date to drop by and do something your friend enjoys.

Pick-up your friend's favorite laugh-out-loud comedy. No tearjerkers please. Maybe your friend really enjoys a mani/pedi. If so, offer to give one or arrange for a salon to provide an in home mani/pedi. breast

Being a good friend to your cancer survivor does not require heroic gestures. To paraphrase Mother Teresa: We are not called to do great things, but small things with love.

*Kathleen Rhodes, LPC, LMFT is a counselor with The Center for Families. The 125 year old non-profit agency provides counseling on a sliding fee scale to anyone seeking assistance.*

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# Considerations Before Entering Hospice Care

by Judge Jeff Cox

**H**ospice Care, words that many people do not like to hear. Hospice Care is usually involved when a patient is considered to be terminally ill and only has a short time within which to live. Many decisions have to be made quickly when Hospice Care is recommended. The following items should be considered when a patient starts to enter Hospice Care.

First, does the patient have a Power of Attorney. Persons who are terminally ill need to consider who will pay their bills, make financial decisions, and take care of their business. In addition to a Financial Power of Attorney, the patient needs to have a Health Care Power of Attorney. The Health Care Power of Attorney will allow the person who has the Power of Attorney to make medical decisions on behalf of the critically ill patient. If a person enters hospice and does not have a Power of Attorney, then persons seeking to care for the patient will have to get court approval through an interdiction proceeding that will take time and a significant amount of money. Powers of Attorney should be considered by persons as they age in order to avoid the possibility of not having the capacity to complete one at the time it is needed.

The next thing to consider is the



patient's Last Will and Testament. If the patient has a Will, that Will needs to be checked to make sure it is current and up to date. If it is not up to date and the person has the capacity to make changes, the person needs to update the Will prior to entering Hospice Care.

Third, the patient needs to have a Living Will, if they desire to make a declaration concerning life-sustaining procedures. The Living Will declares what care the patient wants. The Louisiana Legislature has provided a specific model of the Living Will in the statutes and what will be covered by allowing the patient to check what care they wish to receive. If the patient is entering Hospice Care at this time and does not have a Living Will, considerations should be given of whether or not to execute a Living Will.

Fourth, the patient needs to consider a Do Not Resuscitate (DNR) Order. If the patient stops breathing or goes into

cardiac arrest, this order, if signed will keep the Hospice personnel from doing any heroic measures to bring the patient back to life. Careful consideration should be made regarding this order and it should not be entered into lightly.

Fifth, the patient needs to make sure that all persons know where important papers, titles, documents, life insurance policies, and health care policies are located. This will help family members once the patient passes away and keep them from having to search and possibly miss an important document. In addition, health care companies will need to be contacted in order to pay for the patient's Hospice Care.

Sixth, the patient needs to consider funeral arrangements. If arrangements have not been made, the patient must consider how he or she wishes to be buried or if they desire to be cremated. By making funeral arrangements while the patient

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is able to help, the patient will be able to decide how they wish to be buried. In addition, the patient can help choose the music and type of service that they wish to have conducted.

Finally, any person entering Hospice needs to have their families with them. They need to feel the love and support a family can provide. Families should remember that Hospice Care usually means a patient only has a short time to live and they should try to appreciate the time they have left to spend with the patient.

The items listed above are a general list to consider before a patient enters Hospice Care. Many more things may need to be considered. If at all possible, the patient and his or her family needs to consult an attorney who regularly practices in the area of estate and long term care planning prior to entering Hospice Care or any long term care facility such as a nursing home.

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



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- Carefully review your plan's "Annual Notice of Change" for substantive changes to premiums, deductibles, copayments, covered drugs, participating pharmacies, etc.

- Notice whether they've changed copayments/coinsurance for your medications or possibly dropped some altogether. Ask your doctor whether comparable, covered drugs will work; otherwise you could pay much more next year.

- Even if your plan hasn't changed substantially, it's still wise to use the Medicare Plan Finder at [www.medicare.gov](http://www.medicare.gov) to compare all available plans. You'll be prompted to enter your medications and dosages. The calculator then ranks plans by "star rating" and overall cost.

- Note: The lowest premium may not be your best bet – sometimes plans with higher monthly premiums have a lower overall cost due to their more favorable deductible, copayment and coinsurance amounts.

Medicare Advantage plans are HMO- or PPO-type alternatives to Medicare Parts A and B. Most cover drugs and some include extra benefits like vision and dental coverage at additional cost. They usually have lower deductibles and copayments but require you to use the plan's provider network. A few tips:

- If your Advantage plan includes drug coverage, you don't need Part D.

- Carefully review the "Annual Notice of Change" from your plan for any substantive changes.

- Even if your plan hasn't changed substantially, you can use the same Medicare Plan Finder as above to review available plans. As with Part D plans, an Advantage plan with a lower premium might have a higher overall cost, due to various restrictions.

**Bottom line:** Reviewing your Medicare options each year is complicated and time-consuming. But if you don't and your plans change significantly, it could cost you a bundle next year.

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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# How To Deal With...

by Suzy Cohen, R.Ph.

As a pharmacist for 25 years, I've been asked some basic questions so today's column is devoted to giving you answers and ways to deal with various pharmacy concerns. In no particular order:

### How can I get a lower dose of medication since the tablet or capsule only comes in one strength?

Easy to solve! Call the pharmacist and ask if the capsule contents can be dumped into applesauce and if the answer is "yes" then dump out half (or a quarter) of the contents and recap it. Save the rest for later. Tablets that can be broken are easy to spot. You'll see a breakable "score" in the middle of the tablet. If the



answer is "no, this medicine cannot be split or dumped," then have your doctor call it in to a compounding pharmacy. They prepare special dosages. For example, Viagra, the super sex pill is also used for cardiovascular conditions. Some men and women cannot take the full Viagra dosage, so the same active ingredient (sildenafil) is mixed into a liquid, allowing you to take lower doses or titrate up.

### How do I deal with a rude clerk?

Yep, this happens. I would certainly tell the store or pharmacy manager about your experience.

### How do I deal with high prescription prices?

There are pharmacy assistance programs that offer deep discounts to those who are in need, but the paperwork is extensive depending on the drug you are applying to. I recommend generics where available. If the medication you take does not come in generic, then switch to a sister drug in the same class that does come

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in generic. An example of this is with Abilify, the medication that had the highest amount of sales in the US, in 2013 hitting \$6,460,215,394.00 (that's 6.5 billion US dollars!) and the generic isn't available until 2015. So if you can't afford Abilify, used for various emotional and psychiatric disorders, you should ask your doctor to rewrite the prescription for Risperdal. This drug has a similar effect on the body as Abilify, but it has a more affordable generic equivalent right now. These drugs are not exactly the same ingredient, but they have some similar effects on the brain.

**What do I do if the pharmacy I go to is out of stock?** If you can wait for them to order your medication I would do that. Ask if they can advance you 3 pills until it comes in. Many pharmacies will grant this so long as it is not a controlled (addictive) substance but the judgment for this is with each pharmacist. Computers today allow pharmacists to check another store's stock to see if another location has your drug. To prevent running out, keep a list of your meds and when they are due. You can also ask your pharmacist to automatically refill your medicine, and they will track when it comes due and automatically refill it.

*This info is not intended to treat, cure, or diagnose your condition. Please visit [www.SuzyCohen.com](http://www.SuzyCohen.com). ©2014 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.*



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# I Never Agreed to That

by Lee Aronson

**K**ate from California (not her real name) went shopping on the internet. She saw a tablet computer being advertised for a fire sale price from a national retailer. So she ordered two, but the next day the retailer sent her an e-mail saying they had to cancel her order “due to unexpectedly high demand.” Kate was furious, so she sued.

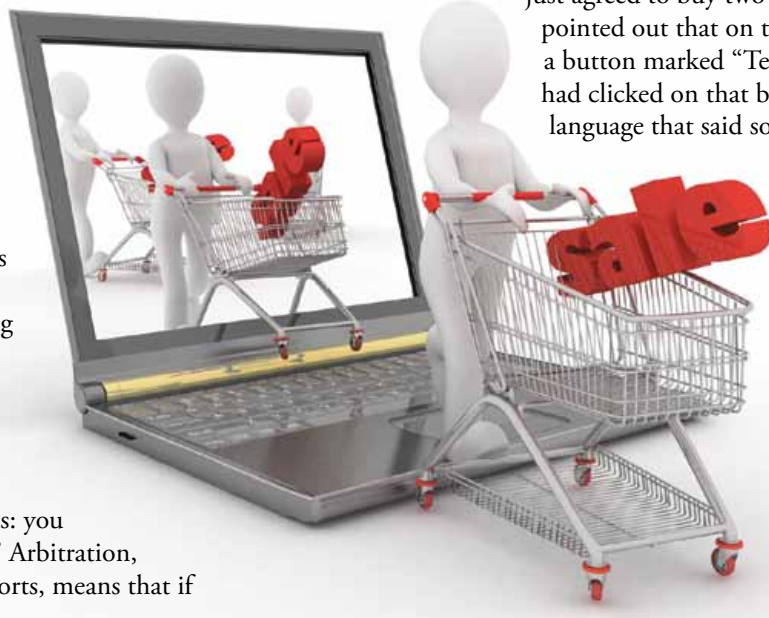
The retailer said something like, “You can’t sue us. When you placed your order, you agreed to our terms and conditions. And our terms and conditions say that you can’t sue us: you can only ask for arbitration.” Arbitration, according to Consumer Reports, means that if

you have a problem, “instead of being able to air your complaint to a judge or jury, you [instead have to] take it to an arbitration firm selected by the very company that engaged in the wrongdoing. And there, critics say, the odds may be stacked against you.” Kate didn’t want that. She wanted a jury trial. So the Judge was left with a difficult decision. Should he throw her case out and make the case go to arbitration or should he let Kate have her day in court?

Usually, if people agree to something then they are stuck with what they have agreed to, but Kate said she had never agreed to arbitration. She just agreed to buy two tablet computers. The retailer pointed out that on the bottom of its web page was a button marked “Terms and Conditions.” If Kate had clicked on that button, she would have seen legal language that said something like, “We won’t do business with you unless you agree not to sue us. Instead, if you have a complaint, you must use the arbitration process.”

Kate admitted that she hadn’t read the retailer’s terms and conditions. She said that she hadn’t even noticed the “Terms and Conditions” button.

Now, if this hadn’t been an internet case, and instead Kate had signed a contract or a sales agreement that required arbitration, then I think



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Kate would have been out of luck and the Judge would have thrown out her court case. But because this was the internet, the Judge instead decided to take a close look at the retailer's web site. He wanted to know if that "Terms and Conditions" button was hard to find or whether it was readily noticeable.

Here's what the Judge said: "While failure to read a contract before agreeing to its terms does not relieve a party of its obligations under the contract," the website owner must "put users on notice of the terms to which they wish to bind consumers...Consumers cannot be expected to ferret out hyperlinks to terms and conditions to which they have no reason to suspect they will be bound."

In this case, the national retailer showed the Judge that the "Terms and Conditions" button was in the bottom left hand corner of each and every page of its website; that the button was close to other buttons that a user must click on to complete an order; and that the button was underlined and in a different color than the rest of the text on the screen. Does that sound readily noticeable to you?

It didn't to the Judge who pointed out that it would have been an entirely different case had the retailer instead used a system in which website users were required to click on an "I agree" box after being presented with a list of terms and conditions of use. But that wasn't the case here. As a result, the Judge refused to

throw out Kate's case and she will get her day in court.

**Bottom line:** I think the internet is great, but it can also be dangerous. For example, I recently met a woman whose husband had just died. He had a Will, but he had gotten it off the internet. While that Will might have been good in the other 49 states, a Louisiana Judge had declared it invalid. I wonder what the "Terms and Conditions" on that website say.

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





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# Amidst the Spires of OXFORD

by Andrea Gross • photos by Irv Green



**M**y tutor hands me a piece of paper. “Congratulations,” he says. “You’re an Oxford graduate.”

Well, not really. A “faux grad” is more like it. But I do have a certificate verifying my attendance at one of the world’s oldest and most prestigious universities, one whose alums include kings and saints, economists and entrepreneurs, Nobel Prize winners and Olympic medal winners.

And now, me.

My husband and I have just completed “The Oxford Experience,” a one-week program at Christ Church, the largest and arguably most beautiful of the university’s 38 constituent colleges. During that week, we took classes in the morning, explored the historic campus in the afternoon (including areas that are off-limits to most visitors), and played croquet, danced medieval folk dances and went pub-crawling in the evening.

We lived in dorms carved out of buildings that dated back to the 18th century and ate in the Great Hall where King Charles I held his parliament in the 17th century and which was used as inspiration for Harry Potter’s Hogwarts Hall in the 21st century. Our fellow students, who included folks from more than a dozen countries, ranged in age from under twenty to over ninety, although the majority were in their mid to late sixties.

In short, we were taught by experts, surrounded by history, immersed in culture and members of an international community. It’s a heady combination and undoubtedly explains why the program, which began in 1990, is so popular. There are six one-week sessions between the first of July and the middle of August. During each session, there are at least ten courses, each limited to twelve students, who meet with a tutor for three hours every morning. Courses range from the specific (George Eliot’s *Middlemarch*) to the general (Moral Philosophy), the artistic (Beethoven: His Life and Music) to the historic (The Birth of Europe), the religious (Sacred Landscapes and Holy Places) to the scientific (Human Memory and the Brain).

The courses are so varied, and so well presented, that more than fifty percent of the attendees are repeaters. Indeed, we met one woman who has come for ten summers and, during many of those summers, has stayed for two or more sessions.

Although Christ Church is just a few blocks from the center of Oxford, our days on campus were so full that we weren’t able to



thoroughly enjoy the town. So after “graduation” we allow ourselves three days to see the age-old buildings and cobblestone alleys of the city itself.

To get an overview, we climb the 100-plus steps to the top of the Church of St. Mary the Virgin, where we look out over a sea of spires. Steeped churches and turreted buildings are surrounded by hills of green, and narrow alleys are bisected by modern thoroughfares.

Descending from the stratosphere, we stop at the Bodleian Library, which with more than eleven million volumes is the second largest in Britain; gaze at the Sheldonian Theatre, designed by famed 17th century architect Sir Christopher Wren; and meander through the Botanic Garden, the oldest such garden in England.

In the shallow river bordering the Gardens, we get our first look at punting, a popular Oxford activity that involves propelling a flat-bottomed boat by pushing a pole against the riverbed. It looks easy so we rent a boat, intending to try our skill, but it takes us less than ten minutes mired in mud to realize that we have no skill. We finally hire a “chauffeur,” who punts while we contemplate the view.

We get our literary fix by having pub-grub at the White Horse, figuring that if it’s good enough for Inspector Morse it’s good enough for us; downing ale at The Eagle and Child, the favorite stomping grounds of J.R.R. Tolkien and C.S. Lewis; and visiting the shop that was frequented by the real life Alice in Wonderland as well as Lewis Carroll, the man who immortalized her.

Finally, on our last day, we treat ourselves to an all-day tour of the Cotswolds. As Martin Cowell, owner of Absolute Touring, drives his eight-passenger van along windy roads and small villages that are inaccessible to larger vehicles, we enter a world where sheep graze in fields bordered by stacked stone fences and homes are built from bricks the color of burnished gold.

Martin tells us that the Cotswolds has been deemed an Area of Outstanding Natural Beauty, and it is indeed. But it’s more than that. It’s a poster come to life.

Back in Oxford, we stop at a souvenir shop where I buy a tee-shirt emblazoned with the Oxford University insignia. After all, even a faux-grad deserves some bragging rights.



▲ Clockwise from top left: During the Oxford Experience, after dinner activities include **croquet**, a game that has been popular in England since the early 1600s.

- Oxford Experience students celebrate when they receive their “**diplomas**” during their **final dinner in the Great Hall**.

- **Punting** is a popular Oxford activity that involves using a **pole to propel a flat-bottom boat along a shallow river**. • Luke Gander, **owner of Alice’s Sweet Shop**, shows an illustration of his shop in Lewis Carroll’s novel, *Through the Looking Glass*, which is a sequel to Carroll’s most well-known book, *Alice’s Adventures in Wonderland*.

[www.oxfordexperience.info](http://www.oxfordexperience.info)  
[www.visitoxfordandoxfordshire.com](http://www.visitoxfordandoxfordshire.com)

*Note: Registration for the 2015 Oxford Experience closes May 1, 2015. The most popular classes fill up early, so newbies are advised to register ASAP.*



# New Zealand Offers More Than Hobbits and Sauvignon Blanc

by David White

Americans are fascinated by New Zealand. Thanks to "The Lord of the Rings" -- and the tourism board's "100% Pure New Zealand" marketing campaign -- we envision stunning landscapes when we think of the island nation. We picture a playground for adventure, with endless options for hiking, bungee jumping, whale watching, and the like.

When it comes to wine, though, Americans know very little about New Zealand.

If anything, we simply think of Marlborough Sauvignon Blanc. Because of brands like Oyster Bay and Kim Crawford, most wine enthusiasts are familiar with the nation's signature style, marked by explosive aromas of fresh-cut grass and bracing acidity. Indeed, that single variety accounts for 84.5 percent of the nation's wine exports. And each year, New Zealand ships nearly 50 million bottles of Sauvignon Blanc to the United States.

Eric Platt, the U.S. representative for Pacific Prime Wines -- an import company backed by four, family-owned New Zealand wine producers -- is on a mission to show that New Zealand's offerings are actually quite diverse. So virtually every day, he meets with restaurants, retailers, distributors, and consumers to show that there's more to New Zealand than mass-market Sauvignon Blanc.

Platt's job is to sell wine, of course, but he considers himself a teacher.

"It's education, all the time," Platt explained one recent morning. "We're still at the ground level, so we need ambassadors to get people excited about New Zealand wines."

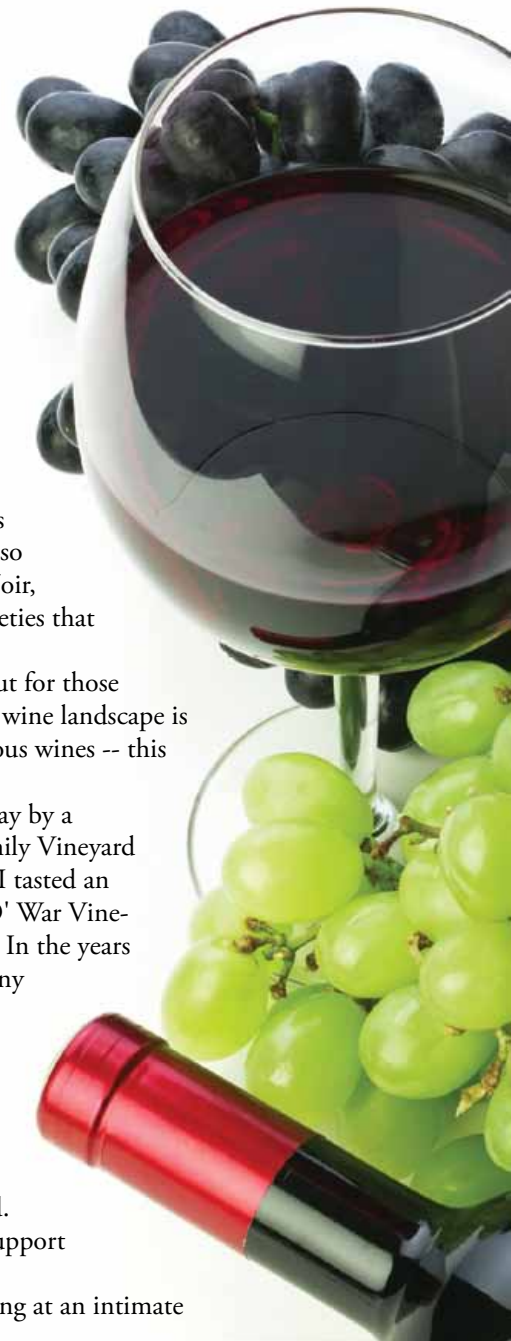
Platt and I met because Francis Hutt, the winemaker at Carrick Wines in Central Otago, New Zealand, was visiting the United States. Central Otago is the world's southernmost winemaking region, so Hutt is best known for his Pinot Noir, Pinot Gris, and Riesling, three varieties that excel in cool climates.

Hutt's wines are the real deal. But for those who recognize that New Zealand's wine landscape is incredibly varied -- and full of serious wines -- this is hardly surprising.

Three years ago, I was blown away by a Bordeaux-style red from Blake Family Vineyard in Hawkes Bay. Shortly thereafter, I tasted an equally moving Syrah from Man O' War Vineyards, a winery on Waiheke Island. In the years since, I've been impressed with many wines from New Zealand.

Platt has nothing against Sauvignon Blanc. In fact, all four of the wineries in his portfolio produce single-varietal wines from the grape. And he thinks there's room for large brands like Kim Crawford. But he'd like more consumers to support New Zealand's smaller wineries.

"I like to use the analogy of dining at an intimate



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50-seat restaurant versus a 250-seat chain," he explained. "The chain serves a purpose, just like the mass-market wine. It brings us an experience that we come to expect. The small restaurant is similar to a small winery; surprises await us at every corner."

New Zealand is home to about 700 wineries. And even though the nation is best known for a single variety from a single region, its winemaking history goes back to 1819, when Samuel Marsden, an English missionary, planted wine grapes and noted that "New Zealand promises to be very favorable to the vine."

Since January, New Zealand wine shipments to the United States are up nearly 20 percent. Shipments from virtually every other nation are down. Platt has noticed this uptick. So perhaps consumers are starting to realize that New Zealand does, indeed, offer many surprises.

*David White is the founder and editor of Terroirist.com, which was named "Best Overall Wine Blog" at the 2013 Wine Blog Awards. His columns are housed at Grape Collective.*

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**Considering Cataract Surgery?  
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by Nick Thomas

**W**hile today's television landscape is littered with so-called reality programming, westerns dominated the airways in the 1960s. One of the most popular was "The Virginian," which ran for nine seasons on NBC from 1962-1971, and starred James Drury as the unnamed, mystery foreman of the Shiloh ranch, set in Medicine Bow, Wyoming.

Drury celebrated his 80th birthday in April and, far from retiring, continues to travel the country greeting fans at western festivals (see [www.thevirginian.net](http://www.thevirginian.net)). He is also resurrecting his tough but honorable cowboy character in a new show for kids that combines live-action and animation.

"It's called 'Billy and the Bandit' aimed at 8 to 10-year-olds, but adults can enjoy it, too," said Drury from his home in Houston. "Billy is the great, great, grandson of 'The Virginian' and confined to a wheelchair. He is told tales of the old West by his grandfather, played by me, and fantasizes about western adventures as he falls asleep. All kinds of stories come out of that."

With the pilot script now completed and cast and crew filming, Drury reunites in the new series with his old "Virginian" costars, Roberta Shore and Gary Clarke.

"It's an exciting project. We're looking forward to telling some great stories for families every week," said Drury.

Currently broadcast on cable's INSP TV, Drury isn't surprised that "The Virginian" has remained popular with audiences for over 50 years.

"It was the first 90-minute western on TV and that gave our writers an opportunity to explore detailed stories," he explained. "It was like doing a movie every week. We also had a wonderful cast of continuing characters, and with the great writing, the finest actors in Hollywood wanted guest starring roles – George C. Scott, Bette Davis, Joan



# James Drury's Next Generation "Virginian"



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Crawford and Robert Redford come to mind. Every day I'd go off to the set excited about the wonderful actors I'd be working with."

But starring in a weekly 90-minute series was demanding.

"Some days we would be filming parts of five different episodes, so it required a lot of mental concentration," said Drury. "I had a strong work ethic, so didn't mind. I did the show for nine years, but would have been delighted to continue for another ten!"

With his rugged good looks and wrangling experience, Drury was a natural TV cowboy.

"I've been riding horses since I was in diapers!" said Drury. "My grandfather put me on his Belgian plow horse when I was just a toddler. The animal was so broad, my legs stuck straight out on both sides like I was doing the splits. It's one of my earliest memories."

As he did in  
"The Virginian,"  
Drury plans to bring his love  
of the old West to  
"Billy and the Bandit"



Born in New York City, Drury spent time growing up on his parents' Oregon ranch and developed an interest in acting after performing in a Christmas play as a child. He later returned to New York for stage work before moving to Hollywood. Along with wife Carl Ann, Drury has lived in Houston for 35 years, and off-screen has competed in cutting horse competitions, polo, and dressage.

"Texas has been good to me," said Drury. "I've worked with many great horse trainers here and up through Oklahoma. I love it all – the dust, the sweat, the sunshine, and the smell of the horses."

As he did in "The Virginian," Drury plans to bring his love of the old West to 'Billy and the Bandit' and is confident audiences will embrace the show.

"There are so many cable channels now looking for new content," he said. "Westerns were morality plays where good always triumphed over evil and people respond to that. Our show retains those values of the old West. Parents and grandparents can watch it with the kids, and that's a valuable family experience these days."

*Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features and columns for over 450 publications.*



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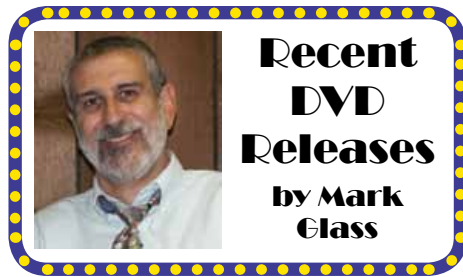


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**A Most  
Wanted  
Man** ★★ ★

(R) This attempt at an espionage thriller, starring Phillip Seymour Hoffman as one of

Germany's top, yet underrated, covert anti-terrorist operatives offers a complicated, cerebral perspective on Europe's handling of those threats, hampered by conflicting internal and external priorities and turf wars. Their own bureaucracies compete as much as cooperate; Interpol and other intelligence services, including ours, muddy the waters even more.

A Chechen Muslim sneaks into Germany, claiming to be the son of a dead Russian honcho who left a whopping estate in one of their banks. The young man may be a terrorist; he may not be who he claims; he may really want his despised father's money for some noble cause. No one can coordinate a plan for vetting his story that suits all the governmental factions or his lawyer (Rachel McAdams), who is trying to protect him from harm or deportation until this all gets sorted. Confusion abounds among the agencies and principals. The dangerous type.

The pace and tone are truer to their John Le Carre roots than the slam-bang antics of a Jason Bourne. Thoughtful and suspenseful, triggering thoughts and questions about the reality we're allowed to know of, compared to the range of gruesome realities likely passing under our radar, but ultimately a bit short on overall entertainment value.



**Maleficent**  
★★★

(PG) Sleeping Beauty is a beloved fairy tale and animated feature film. This live-action spin on the yarn

gives us the backstory of the evil eponymous fairy who put the curse on her, and serves up some variations on the course of the princess' life. Though visually masterful, as one expects from any of the Disney studios' products, the concept is dubious, and its execution seemed tedious. Angelina Jolie's decision to accept the title role in this CG-dominated fable is curiously and curiously, to borrow from another piece of classic fantasy lit.

Those being nagged for tickets by their young charges should note there's little levity in these proceedings, and some sequences might be scarier to the wee 'uns than its rating would indicate. *Rosencrantz and Guildenstern Are Dead* cleverly turned Hamlet into a farce by making two marginal characters protagonists witnessing the principal tragic events. This one tries a similar perspective switch, but without the wit of a Tom Stoppard to make it work. *Mark Glass is an officer & director of the St. Louis Film Critics Association.*

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# ANSWERS FROM THE EXPERTS

*After a person is admitted to a nursing home, how long will they stay there and will they ever return to their home?*

Length of stay varies and is generally dependent on 3 things:

- 1) the potential for improvement to the point that the individual is able to resume caring for themselves and meet their own vital needs (this is frequently the case after health management and rehab),
- 2) the ability of the family to provide the care themselves in a home environment, and
- 3) the comfort level of the physician that the person's needs can be met outside a medical setting.



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*My mother has been recently diagnosed with Alzheimer's disease, does she qualify for hospice care under her Medicare benefits?*

Yes, Medicare pays 100% for hospice services for Alzheimer's disease and any diagnosis where patients are determined to have a life expectancy of less than six months. Most newly diagnosed Alzheimer's patients won't qualify for hospice care. Medicare also pays 100% of home health services. CHRISTUS Behavioral Home Health will assess your mother under the direction of our staff psychiatrist. We treat symptoms of Alzheimer's disease like memory loss, wandering, and personality changes. Social workers, counselors, and chaplains assist your family. When your mother qualifies for hospice care, our team will help with this change.



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*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.



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(Puzzles on pages 36 - 37)

## King Crossword — Answers

Solution time: 21 mins.

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

## SUDUKO —

Answer

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

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# This Holiday, Create a COLORFUL FEAST



## Peanut Butter and Grape Trifle

*Servings: 14*

- 1 (16-ounce) container nonfat vanilla Greek yogurt
- 8 tablespoons creamy peanut butter
- 2 tablespoons honey
- 1 (8-ounce) container lite whipped topping, divided
- 1 (16-ounce) store-bought pound cake, sliced into 1-inch cubes
- 3 cups red seedless grapes, plus more for garnish
- 3 cups green seedless grapes, plus more for garnish
- ¼ cup honey-roasted peanuts, chopped (optional)

In medium bowl, stir together yogurt, peanut butter and honey until well combined. Gently fold in half of whipped topping. Set aside.

In clear glass trifle dish or bowl, layer half each of pound cake cubes, peanut butter mixture, red grapes and green grapes. Repeat layers a second time and top with remaining whipped topping. Garnish with additional grapes (sliced in half) and chopped peanuts, if desired.

## Helpful Tips for the Perfect Holiday Turkey

- When shopping for your turkey, look for one with a pop-up timer.
- To thaw, keep it in the refrigerator based on its weight. For example, it should remain in the refrigerator for 24 hours for every 5 pounds. To thaw quickly, place it in the sink and cover with cold water, changing the water every half hour per pound.
- Once the turkey has thawed, always refrigerate or cook immediately.
- When you're ready to cook, baste the bird with extra virgin olive oil. Place turkey with the breast up on a rack in a shallow roasting pan in an oven preheated to 325°F. Loosely cover turkey with foil to prevent over-browning.
- The turkey is done cooking when the meat thermometer reads 180°F, or if the red stem on the pop-up timer is up and the drumstick feels soft or moves easily.
- Always allow the bird to rest for at least 20 minutes for easy carving.
- Present your turkey on a platter with a fresh and colorful garnish, such as California grapes.





## Cornbread Dressing with Roasted Grapes, Walnuts and Pancetta

*Servings: 12*

2 cups red seedless grapes  
 2 cups green seedless grapes  
 2 cups cubed butternut squash  
 1½ tablespoons olive oil  
 Salt and pepper, to taste  
 6 ounces diced pancetta  
 ¾ cup sliced celery  
 1 large onion, chopped  
 2 cloves garlic, minced  
 5 cups coarsely crumbled cornbread (either store-

bought or prepared from a mix), toasted  
 ¾ cup coarsely chopped walnuts, toasted  
 2 tablespoons chopped fresh sage  
 1 cup reduced-sodium chicken broth  
 3 tablespoons butter, melted  
 3 tablespoons white balsamic vinegar  
 1 egg, beaten

Preheat oven to 400°F. Toss grapes and squash cubes together in large bowl with oil, salt and pepper, to taste. Spread in single layer on baking sheet and roast for about 20–30 minutes, until grapes have begun to slightly shrivel and squash is tender. Set aside.

Heat large nonstick skillet over medium-high heat and cook pancetta until it begins to brown slightly. Add celery and onions and cook until tender and onions are translucent, about 5–6 minutes. Add garlic and cook for one minute more. Remove from heat.

In large bowl, combine cornbread, pancetta mixture,

grapes, squash, walnuts, sage and salt and pepper to taste, if desired. Set aside.

In medium bowl, whisk together broth, butter, vinegar and egg. Pour over cornbread mixture and toss well to combine.

Spray 9-by-13-inch baking dish with cooking spray. Spoon dressing evenly into dish. (At this point, you can either bake immediately or cover and refrigerate overnight to bake the next day.)

Bake, covered with foil, at 350°F for 20 minutes. Uncover and bake another 20 minutes, or until warmed through and golden brown.

*For more ways to increase the freshness and flavor of your holiday meals, visit [GrapesfromCalifornia.com](http://GrapesfromCalifornia.com), [Facebook.com/GrapesfromCalifornia](https://www.facebook.com/GrapesfromCalifornia) and [Pinterest.com/GrapesfromCA](https://www.pinterest.com/GrapesfromCA).  
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**1964: The Tribute (Beatles)**

- Saturday, November 15 at 8:00 p.m. at The Strand Theatre, 619 Louisiana Ave., Shreveport. 1964 creates a live 60s Beatles concert with period instruments, clothing, hairstyles, and onstage banter. \$52. (318) 226-8555. www.thestrandtheatre.com

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- Nov 7 - 8:30 a.m. – 12:30 p.m. Caddo Sheriff's Dept., 1121 Forum, Shreveport. Contact: Deputy Claire Crawford, 318-681-0869.

- Nov 8 - 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*. Contact: 318-221-9000.

**EVENTS**

**2nd Annual Celebrating Family Caregivers Event, Nov. 7.**

11 a.m. to 1 p.m. at Hamilton/South Caddo Library, 2111 Bert Kouns Industrial Loop, Shreveport. **FREE** and open to the public. Contacts with local resources, drawings, refreshments. Hosted by Bonita Bandaries, former caregiver and author. Request donation for Food Bank of NWLA. For info: 402-5618.

**Greek Pastry Sale** - Sponsored by Ladies Philoptochos Society of St. George Greek Orthodox Church. Tuesday

November 25, 10 a.m. - 5:30 p.m. St. George Greek Orthodox Church Activities Center, 542 Wichita, Shreveport. Featuring Greek pastries and frozen items. Preorders are encouraged. Call 747-4478 for an order form.

**National Memory Screening Day** - an annual initiative of the Alzheimer's Foundation of America (AFA). **FREE**,

confidential memory screenings. Nov. 18 from 10 a.m. to 2 p.m. at Broadmoor United Methodist Church, 3715 Youree Dr., Shreveport. Educational materials about memory concerns, brain health and caregiving available. The face-to-face screenings consist of a series of questions and tasks, and take 5 to 10 minutes to administer. For more info call Preferred Care at Home at 318-861-4632 or visit www.nationalmemoryscreening.org.

**WAM (Wine, Art, Music)**

- Hosted by the Bossier Arts Council at Boomtown Casino's 1800 Prime Steak-

house. Thursday, November 13 at 5:30pm. Features wine and food pairings, love music courtesy of a guest artist, and visual art. \$20 at the door. www.bossierarts.org or call 318-741-8310.

**Wine, Cheese and Therapies - Venetian Carnival!**

Saturday, Nov. 15. 6:00 - 10 p.m. at Ristorante Giuseppe, 4800 Line Avenue, Shreveport. Benefiting The Center for Families. 4 course meal with wine prepared by award winning chef, Giuseppe Brucia, a variety of activities, and entertainment. Tickets are \$125. Call 318-222-0759 or www.thecenterforfamilies.com.

**MEETING**

**Ark-La-Tex Genealogical Association, Inc.** 1 PM, Saturday, November 8 at Randle T. Moore Center, 3101 Fairfield Ave., Shreveport. Featuring: William Lane Callaway, Historian/Senior Writer/Command Curator at Hq. Air Force Global Strike Command at Barksdale AFB. Topic: "Barksdale in the Beginning", an overview of Shreveport in the 20's and the founding of "Barksdale Field". Admission is **FREE** and open to the public. Info: 318-746-1851.

**MOVIES**

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- Thursday Nov. 6: 10 a.m. "Do I have Dementia" by Dr. Christine Wright
- Friday Nov. 7: 10 a.m. Senior Tech Talk. Introduction to Internet, browser, on line security/safety and other tech tips.
- Thursday Nov. 13: 10 a.m. "Nursing Home Questions and Answers" by Diane Crouch, CCOA Ombudsman
- Friday Nov. 14: 10 a.m. Tech Talk for Seniors. Social Media Basics
- Thursday November 20: 10 a.m. "Caregiving and Dementia: What resources are Available in Shreveport" by Dr. Christine Wright
- Friday Nov. 21: 10 a.m. Senior Tech Talk. Introduction to Laptops, tablets and smart

phones and other tech tips  
• Closed Nov. 27 and 28

**THEATRE**

**The Fox on the Fairway - A** charming mad-cap adventure about love, life, and man's eternal love affair with golf. Presented by Shreveport Little Theatre. November 6, 7, 8, 13, 14, 15 at 8 p.m., November 9, 16 at 2 p.m. at SLT, 812 Margaret Place, Shreveport. Tickets are \$18 for seniors, students and active military and \$20 for adults. For tickets call SLT's box office (weekdays from noon - 4 p.m.) at (318) 424-4439 or online at [www.shreveportlittletheatre.com](http://www.shreveportlittletheatre.com).

**A Christmas Story The Musical -** Presented by Stage Center. Emmett Hook Center, 550 Common St., downtown. Based on the classic 1983 holiday movie. Wednesday & Thursday, November 26 & 27 @ 7:30 pm, Friday, November 28 @ 2 pm (Black Friday Deal for this performance only. Buy one adult ticket and receive a free child's ticket, or buy two adult tickets and get the second half off) & 7:30 pm, Saturday, November 29 @ 7:30 pm, Sunday, November 30 @ 3 pm. Tickets are \$22 for adults, \$20 for seniors, \$18 Students/Kids. Tickets go on sale on Monday, November 10. Call 218-9978 or email [stagecenterla@gmail.com](mailto:stagecenterla@gmail.com).



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**1964 — The Tribute (Beatles)**

Saturday, November 15, 2014

**Darlene Love Christmas Show**

Friday, December 5, 2014

**Charles Dickens' A Christmas Carol**

Saturday, December 6, 2014

**Guys and Dolls**

Thursday, February 5, 2015

**Seven Brides for Seven Brothers**

Friday, March 13, 2015

**Million Dollar Quartet**

Thursday, April 23, 2015

**Broadway by Jeri (Jeri Sager)**

Saturday, May 16, 2015

**Mamma Mia!**

Thursday, June 18, 2015

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# King Crossword

Puzzle answers on  
page 31

## ACROSS

- 1 Pleasant
- 5 Arrest, slangily
- 9 Long, crosser
- 12 Press
- 13 Colorful fish
- 14 Id counter-part
- 15 Huge victory
- 17 Eccentric
- 18 Like — of bricks
- 19 Wild West show
- 21 Inane
- 24 Antitoxins
- 25 Seed covering
- 26 Country-wide
- 30 Cooler
- 31 Heathen
- 32 Before
- 33 Try
- 35 Long story
- 36 Farm fraction
- 37 Cook-wear?
- 38 Cultural character
- 40 Verdi opera
- 42 CNN alumnus
- 43 British Dobbs
- 44 British capitalists?
- 48 Sun Yat- —

1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15				16						17		
			18					19	20			
21	22	23				24						
25					26	27					28	29
30				31						32		
33			34						35			
		36					37					
38	39					40	41					
42				43	44					45	46	47
48				49					50			
51				52						53		

- 49 Sea eagle
- 50 Final blow
- 51 Superlative suffix
- 52 Favorable votes
- 53 Beefy entree
- 21 Secure
- 22 Persia, now
- 23 "The Year of Living Dangerously"
- 24 Celebrity
- 26 Church area
- 27 Past
- 9 Listen
- 10 Chills and fever
- 11 Dorothy's dog
- 16 Pigpen
- 20 Acapulco gold
- 21 Secure
- 22 Persia, now
- 23 "The Year of Living Dangerously"
- 24 Celebrity
- 26 Church area
- 27 Past
- 28 Jason's ship
- 29 Slender
- 31 Garnishing sprig
- 34 Environmentally friendly
- 35 Paddles
- 37 Fuss
- 38 Otherwise
- 39 "Piggies"
- 40 "— Karenina"
- 41 Mid-month date
- 44 Raw rock
- 45 Chow down
- 46 Deli loaf
- 47 Boar's mate

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# Sudoku

by Linda Thistle

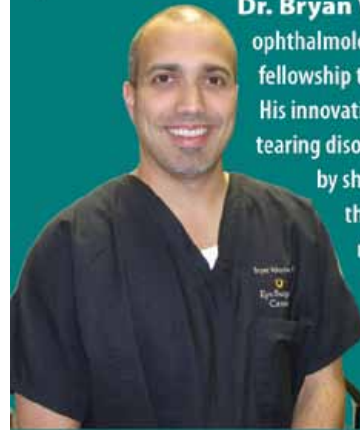
9			1				2	
	6			8		1	7	
		7			4			6
		9			8		5	
	4		2			3		
7				1				9
	2			5			6	
		5	7			4		
8					2			3

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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**Dr. Bryan Vekovius** is a board certified ophthalmologist, who is one of the only specialists fellowship trained in treating tearing disorders. His innovative approach to treat dry eye and tearing disorders has improved the lives of many by sharpening their vision and improving their quality of life. He is also a recognized expert in cosmetic and reconstructive surgery of the eye, orbit bones, and eyelids. He has pioneered modern eye techniques to focus on the health of the eye as well as on cosmetic appearance.

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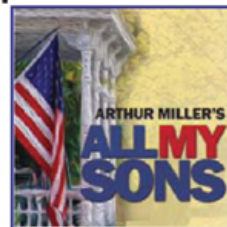
September 18-28, 2014



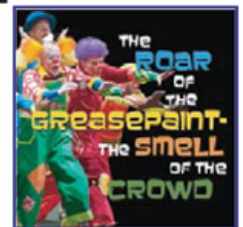
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January 8-18, 2015



Feb 26 - March 8, 2015



April 23 - May 3, 2015

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# North American Mature Publishers Association (NAMPA)

hosted their annual convention in October in the Shreveport/Bossier City area. The organization was also celebrating its 20 anniversary.

**#1**  
**The Best Of Times**

Gary and Tina Calligas accept the Best of Show for Division A from NAMPA Vice President Jill Gaines (right).



Royalty and members of the Krewe of Centaur welcomed NAMPA members to the area. (l to r) NAMPA Executive Director and former Duke of Fun Gary Calligas, Queen Robin Enkey, King Gregory Zerrahn, Dr. Susan Schoffner, Duchess Mary Celichowski, Duke Jamie Copeland, Angie Costakis, and Tina Rose



NAMPA attendees enjoyed an afternoon on Cross Lake. (l to r) Larry Levite, Tom Skarupski, Sharon Levite, Cheryl Adams, and Gary Calligas

# November PARTING SHOTS

Share your photos with us.  
Email to [editor.calligas@gmail.com](mailto:editor.calligas@gmail.com)

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# Celebrating 100+ Years

Shreveport Mayor Cedric Glover along with the Caddo Council on Aging honored area residents age 100+ years old at a VIP luncheon at the Independence Stadium Skybox on October 14.



(back l to r) Arlena Acree, Mayor Glover, Caddo Council on Aging Executive Director Mary Alice Rountree, and Burnadine Anderson with centenarians (seated) Aubyn Ward, Alice Mitchell, Lois Thompson, Rheshia Cox



Alzetta Shepherd Petterway and Mable C Smith

Mayor Glover congratulates the oldest area centenarian Icefene Thomas (age 111) and her family



Maymie Dubois



Vivian McDaniel and her family



Virginia Starsney

## And another centenarian....



Friends and family gathered in the Community Center in Sarepta to congratulate Richard Griffin (wearing yellow rose) on his 100th birthday which was September 23.



Louise Townsend and family members Harry Townsend and Jean Princehouse

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# WINE, CHEESE AND THERAPIES

## Venetian Carnival

**Benefiting:**  **The Center for Families**  
Commitment to Empower the Lives of All

**Date & Time**  
 Saturday  
 November 15, 2014  
 6:00 PM to 10:00 PM

**Venue**  
 Ristorante Giuseppe  
 4800 Line Avenue  
 Shreveport, LA 71106

**Tickets**  
**Early Bird Event Tickets**—\$100  
*(August 1st to September 30th)*

**Regular Event Tickets**—\$125  
*(October 1st to November 7th)*

**Jewelry Therapy**  
**\$1,000 Shopping Spree Raffle**  
 Sponsored by Lee Michaels  
 \$20 per ticket  
*"you do not have to be present to win"*

**Be enticed during a magical night you'll never forget!**

**Your Experience Includes:**

- 4 Course Meal with Wine
- Live Music
- Variety of fun & exciting "therapies"
- A Raffle, Games & Contests, including a costume contest!
- and much more!

**Come Dressed to Impress...**  
 in your finest ball gown, tux, Venetian Carnival Costume, or come as you are. Don't forget your mask!

**To Purchase Your Tickets**  
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 318-222-0759  
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Translation:  
 "From a Greek kitchen with love"

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**Tuesday, November 25**

## Greek Pastry Sale

Our delicious (and hand-made!) pastries and frozen items are that perfect accompaniment to your holiday meal or as a special gift for teachers, family, and friends.

*Pre-orders are highly recommended.*  
**Prepaid orders will receive priority in availability.**  
**Pastries will be available on NOVEMBER 25 on a limited basis only.**  
 To assure that you will not miss any of your favorites, please send your order (& check or money order) by Nov. 15.

To obtain an order form, email [georgia.b@comcast.net](mailto:georgia.b@comcast.net) or call **747-4478**

**All sales and order pick-up on Nov. 25**  
 10 a.m. to 5:30 p.m. at  
**St. George Activities Center, 542 Wichita, Shreveport, LA**

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November Parting Shots (continued)

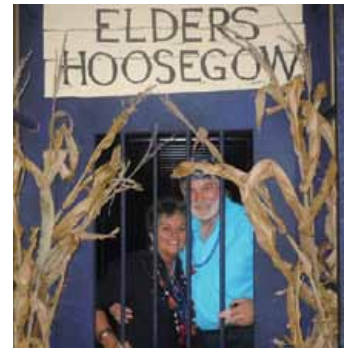


The Krewe of Elders held their royalty coronation at the American Red Cross Northwest Louisiana Chapter building on September 26.

(L - R) Duke of Wisdom Terry Warner, Duchess of Wisdom Lisa Warner, Captain Julia Collins, King Bob Sykes, Queen Gail Sykes, Co-Captain Randy Mobley, Duchess of Longevity Wanda Cunningham, Duke of Longevity Charlie Raybine



Outgoing King and Queen  
Bill and Pat Stell



Connie and Doug Rivet

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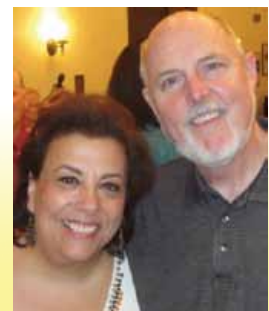
Cynthia and Tom Flynn with David and Theresa Allen

"The Addams Family"

a musical comedy was presented by Shreveport Little Theatre in September.



Mrs. Ann Wright is a regular attendee at a wide variety of area cultural events



Sandra and Bob Corley

Invite you to attend one of these upcoming  
**AARP** Driver Safety Program Courses

By taking the AARP Driver Safety Course participants may:  
Update their knowledge of the rules of the road, learn or  
improve defensive driving techniques and extend their  
safe driving lifetimes.

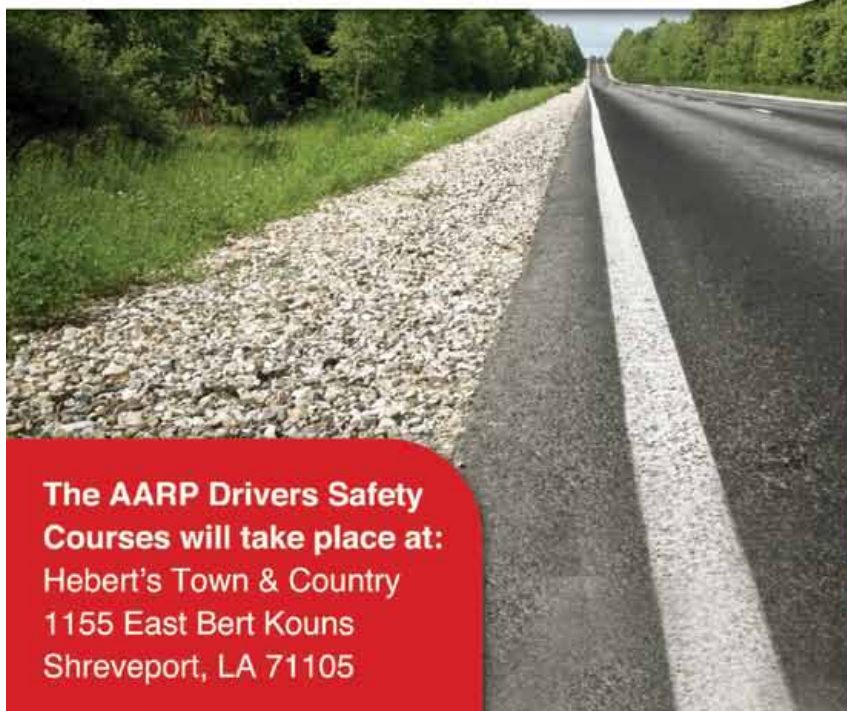
Attendance qualifies persons for a three-year  
discount on auto insurance from almost all insurers.

AARP membership is not required to attend.

**Fees:** \$15.00 for AARP members with  
their membership numbers

\$20.00 for all others.

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The AARP Drivers Safety  
Courses will take place at:  
Hebert's Town & Country  
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Shreveport, LA 71105

**Upcoming AARP  
Driver Safety Courses:**

**Saturday, July 12, 2014**

8:30 am to 12:30 pm

(Registration begins at 8 am)

**Saturday, August 9, 2014**

8:30 am to 12:30 pm

(Registration begins at 8 am)

**Saturday, September 13, 2014**

8:30 am to 12:30 pm

(Registration begins at 8 am)

**Saturday, October 11, 2014**

8:30 am to 12:30 pm

(Registration begins at 8 am)

**Saturday, November 8, 2014**

8:30 am to 12:30 pm

(Registration begins at 8 am)

**Saturday, December 13, 2014**

8:30 am to 12:30 pm

(Registration begins at 8 am)

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## November Parting Shots (continued)

# LAGNIAPPE

Snippets from around town



Yolanda McCoy with Shreveport Mayor's office proudly shows an issue of The Best of Times



Brandy Evans and Stacy Brown at Holiday Lanes for Shreveport Bossier Convention and Tourism Bureau Tour



Latonya Lewis, Billy Spalding, Britney Lee and Sandra Simpson at Highland Community Dinner at Calvary Chapel

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# Black Jacket Symphony

presented Fleetwood Mac's "Rumours" album and other hits at the Strand Theatre on September 13.



(l to r) Xochi Smith and Al B with Bobby and Shelly Cook



Kay Constantine (left) with Lisa Miaoulis



Danny and Janice Crawford

WE'RE FEELING

**SUPER!**

# The Best Of Times

THE BEST OF TIMES WAS AWARDED 16 NATIONAL AWARDS  
AT NAMPA'S (NORTH AMERICAN MATURE PUBLISHERS  
ASSOCIATION) ANNUAL CONVENTION.

A HUGE THANK YOU TO OUR DESIGNERS, CONTRIBUTORS,  
AND WRITERS!

## FIRST PLACE

### Best of Show

Senior Issues - Lee  
Aronson's Laws of the  
Land columns

Briefs and Shorts (Editorial)

Briefs and Shorts (Design)

"How To" Feature - From  
Alloy to Zerbe: A Guide to  
Collecting Coins by  
Jonathan Fox

Front Cover Design -  
June 2014

Table of Contents (Design)

Best Banner

Best Overall Use of  
Photography

Best Use of Color

Self Promotion (in house) -  
2 Thumbs Up promo

Self Promotion (outside  
source) - Strand Theatre  
playbill ad

Self Promotion (Awards) -  
2013 NAMPA awards  
promo

Best Single Ad in Color -  
Lake Country ad

## SECOND PLACE

Community Service  
Feature - Scams! Better  
Safe than Sorry! by Mary  
Flanders

## THIRD PLACE

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